

CYCLING CLUB BRECKLAND



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East District Cycling Association Championship 15 mile Time Trial **Promoted for and on behalf of Cycling Time Trials under their rules and regulations on** **Wednesday 25th May 2022 - Course B15/3 - Start Time 19.01pm**

TIMEKEEPERS START Don Saunders CC BRECKLAND

FINISH Heather Saunders, Heidi Davis CC BRECKLAND

MARSHALLS Members of Cycling Club BRECKLAND and friends of.

Please do not attend the event if you or any member of your support crew or family shows symptoms of covid 19.

Course Details: B15/3 Larling – Croxton – Larling

Start at paint mark at bus turn around on sliproad to Join A11.

Proceed on A11 via Thetford rab to Croxton interjunction, take sliproad and proceed to T junction (CAUTION), turn right and proceed under A11 to turn left onto sliproad signed 'Norwich', proceed to join A11 (7.90 miles).

Proceed on A11 via Thetford rab. continue on A11 to finish at bottom of hill on A11 past Larling exit.

Route to the start:

Turn left from HQ – proceed on B1111 over railway crossing (allow sufficient time in case the gates come down) up the 'hill, turn left where sign posted A11 London/Thetford. Do not go beyond start area.

To warm up, turn toward start and take the immediate right turn.

After Finishing:

Continue on the A11 to Snetterton junction take exit slip. A route map will be issued at event signing on and uploaded to CTT Event site.

HQ – East Harling Sports and Social Club, Church Road, East Harling, Norfolk NR16 2NA.

http://www.ehssc.org.uk/finding_us.php

HQ is small with limited main car park, overflow parking is available via far-left end of car park.

Numbers and signing on/out sheet will be at the HQ and NOT at the start. Please bring your own pen for signing and if possible, your own safety pins if needed.

Attn. All competitors – Please note that for 2017 all competitors are now required to PERSONALLY to the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.

EAST DISTRICT LOCAL REGULATIONS

U-TURNS will not be permitted on the course or roads adjacent to the START and FINISH whilst the event is in progress. Any breaking of this regulation in the first case may mean disqualification from the event. Further cases will be referred to the District Committee. A U-TURN is defined as a “180-degree turn completed within the width of the carriageway whilst astride the machine”. It is recommended that riders should dismount - check the road is clear in both directions -then, with machine, walk across the road.

WARMING UP - NO warming-up along the course once the event has started.

CLOTHING – It is recommended that riders do not wear Black or Dark clothing during an event held on public roads.

CTT Regulations:

FRONT AND REAR LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working Front Light and a Rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. – Rule is simple no lights no Start.

Covering the Course

The onus of keeping to the course rests with each rider.

Awareness of Surroundings

Competitors must not use ANY audio equipment except prescribed hearing aids.

Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

In the interests of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an Internationally accepted safety standard. All competitors under the age of 18 and/or Juniors MUST wear a properly affixed helmet, which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.

HEADS UP AND RIDE SAFE.

Prizes reflective of entry size:

Scratch: 1st £20 2nd £15 3rd £10 VETS on Std: 1st £20 2nd £15 3rd £10

1st Lady: 1st £20 2nd £15 3rd £10 Handicap 1st £15 2nd £10 3rd £5

Team of 3: £10 Each EDCA awards as appropriate.

One Rider: one prize except team.