



Event Secretary: Adam Cross
4 Sharman Avenue, Watton, Thetford, IP25 6ED
07532 775651 // adamcrosscreative@gmail.com

Promoting Club: Cycling Club Breckland
www.ccbreckland.info

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Sunday 19th September 2021 – B25/8 – Start Time: 0900
Cycling Club Breckland on behalf of ECCA

Event Headquarters: East Harling Youth Centre Church Rd, East Harling, Norwich NR16 2NB

It is approximately 2 miles from the HQ to the start, turning left out of the HQ. There is good parking near the start and along the road towards the Angel Inn Larling Pub. At the A11, turn right signposted towards Thetford, then take the right towards the pub.

B25/8 (Larling – Browick – Larling)

- **START.** Approx 200m south of A11 at paint mark on B1111. Proceed to turn **LEFT** onto slip road to A11 **EASTBOUND** to join A11 carriageway.
- Proceed **EAST** via **ATTLEBOROUGH** roundabout to slip road signed **MULBARTON**.
- Take slip road and proceed to **BROWICK** roundabout (1). Take 3rd exit and proceed over bridge (13.2 miles) to **BROWICK** roundabout (2).
- Take 2nd exit to rejoin A11 **WESTBOUND** and proceed via **ATTLEBOROUGH** roundabout to **FINISH** at Clearway sign on A11 just prior to large layby at Larling. Timed from bridge.
- *Proceed and take the next exit signposted Watton to retrace route back to HQ*

Time Keepers Start: Don Saunders Finish: Andy Moore & Heather Saunders
Observer Don Saunders
Marshalls Friends and Members of CCB

There is a slim chance that Highways will begin preparatory road works on the concrete section that will require us to switch HQ & courses, although they are not supposed to be working over the weekend. We will notify you of any change to the HQ and Course by noon on Saturday, so please keep an eye on your emails.

If we have to switch, the HQ will move to OB Cafe in Old Buckenham, and the course will run from Attleborough to Croxton and back.



Cycling Club Breckland are proud to support

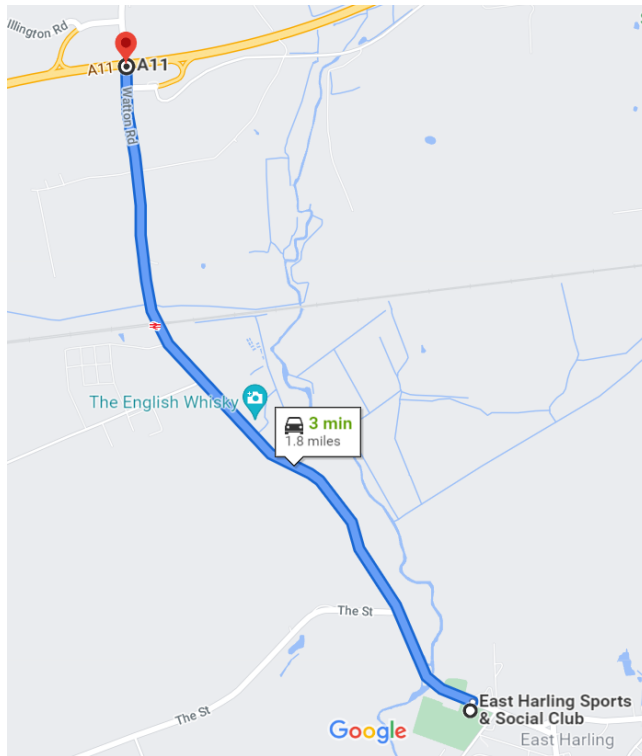




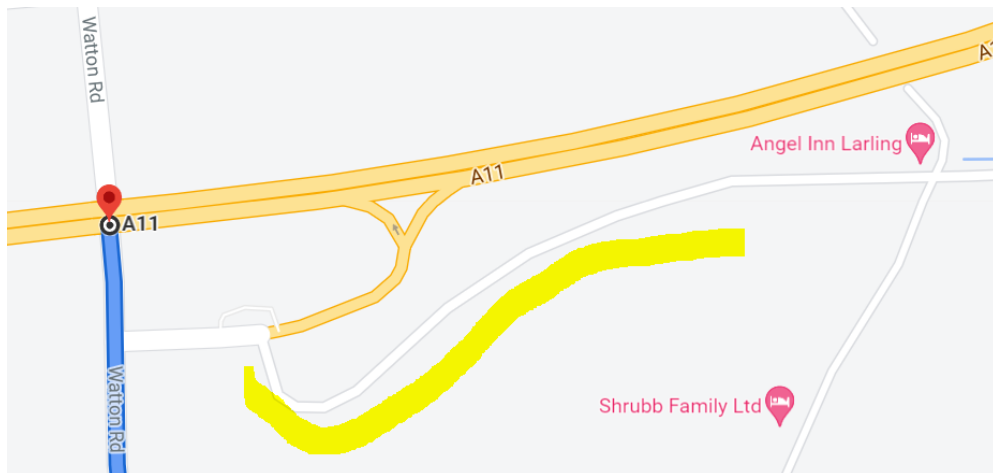
Event Secretary: Adam Cross
4 Sharman Avenue, Watton, Thetford, IP25 6ED
07532 775651 // adamcrosscreative@gmail.com

Promoting Club: Cycling Club Breckland
www.ccbreckland.info

To the Start:



Ideal warm up area / parking near start:



Cycling Club Breckland are proud to support





Event Secretary: Adam Cross
4 Sharman Avenue, Watton, Thetford, IP25 6ED
07532 775651 // adamcrosscreative@gmail.com

Promoting Club: Cycling Club Breckland
www.ccbreckland.info

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Sunday 19th September 2021 – B25/8E – Start Time: 0900
Cycling Club Breckland on behalf of ECCA

Please take note of the following Covid 19 guidance:

Social distance rules apply to all riders, helpers, marshals and time keepers — please be respectful and keep us all safe.
Please do not attend the event if you or any member of your support crew or family shows symptoms of Covid 19.
An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately.
Do not go to the start line, if you feel this is the case and notify the organizer of your intention not to start as a result of an adverse warmup.

Toilet Facilities Toilet facilities are on site, please arrive ready to ride as there are no changing rooms.

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

Race numbers Please place your Race Number low on your back. If you are using a Triathlon style number belt you must also pin the number at the bottom so that the time keepers can see your number.
At the end of the event please place your numbers in the bucket provided.

Start area Do not over crowd the start area. There will be no pusher off.
DO NOT use the hedges as a toilet. Anyone caught will be DQ'd

Finish Please sign off use your own pen and place your race numbers in the bucket provided.
There will be no result board or results issued on the day.

It is advisable to have a mobile phone on your person (Please abide by CTT Regulations)



Cycling Club Breckland are proud to support





Event Secretary: Adam Cross
4 Sharman Avenue, Watton, Thetford, IP25 6ED
07532 775651 // adamcrosscreative@gmail.com

Promoting Club: Cycling Club Breckland
www.ccbreckland.info

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.

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.

CTT Regulations:

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 rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

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

Head up and ride safe!



Cycling Club Breckland are proud to support

