**UNDER C.T.T. REGULATIONS** **Sunday April 7th 2019**

**THE TRICYCLE ASSOCIATION (EAST REGION)**

**25 MILE TIME TRIAL**

Event Sec.: M. Madgett, 32 Tottington Lane, Roydon, Diss, Norfolk. IP22 5BJ

Timekeeper: Mr M. Madgett

**COURSE:** B25/17, Road A1066

START near double electric pole, approx. ¼ mile west of Bressingham Church. Proceed to Thetford, where TURN around roundabout, (M), and RETRACE, to FINISH approx. 150yds east of start.

**PARKING & H.Q.:**

At Bressingham Village hall turn North off A1066 at junction near Church & ‘Chequers’ P.H.; continue to crossroads, where turn right, and Hall is 200yds on the left.

**PLEASE BE QUIET** AROUND THE HALL, AS IT IS IN A RESIDENTIAL AREA!!

**NUMBERS** & SIGNING ON will be in the Hall

**REMEMBER you also have to 'SIGN OFF' this year!!**

**LOCAL REGULATIONS**:

1) **No warming up along the course**, once the event has started.

2) **No U-turns** permitted on the course, or adjacent roads, while the event is in progress.

Note: A U-turn is defined as a 180-degree turn completed within the highway, whilst astride the machine.

(It is recommended that riders dismount, check that the road is clear in both directions, then, with machine, walk across the road.)

3) The use of **Turbo Trainers** is banned at all events with a.m. start times

4) The East District Committee recommend that competitors **fit a rear LED light** to enhance visibility to other road users

**AWARDS:-** As per T.A. regulations

**IN THE INTERESTS OF YOUR OWN SAFETY**

**Cycling Time Trials & the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally recognised safety standard**

**In accordance with Reg. 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets**

 **Cycling Time Trials Strongly Recommend that riders use a Rear Light, either flashing or constant, visible to following road users, and is active while the machine is in use**

**Heads up & a Safe Ride!!!!!!**

**No Name Club Hcp Start**

1 Ian Mackenzie Southend Whs 28.20 9.01

2 Peter Holland Lincoln Whs CC 23.00 9.02

3 Gary Guntrip A5 Rangers 11.00 9.03

4 David Mason Lincoln Whs CC 9.40 9.04

5 Lez Young Lincoln Whs CC 6.40 9.05

6 Ian Pike Lincoln Whs CC SCR 9.06

**NOTES**:-

After the event members and friends the Tricycle Association East will be lunching at The KINGS HEAD, NORTH LOPHAM

Ferg Muir has promised to give numbers, so if you are coming, please tell Ferg

15 Calvert Street, Norwich NR3 1BY **01603 615000** **fergusmuir@btinternet.com**

As soon as possible – but do not be afraid to come at the last minute if a window of opportunity opens, though food will probably not then be available.

**The Kings Head** is about 4 miles from Bressingham, on the B1113 South Lopham to Kenninghall road.  Postcode IP22 2NE   Grid ref. TM037834.