



Event Secretary: Adam Cross
4 Princess Close, 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 20th September – B28/8 – Start Time: 0900
ECCA / Cycling Club Breckland 25

Time Keepers Start: Heidi Davis & Don Saunders CC Breckland
 Finish: Heather Saunders & Emily Davis CC Breckland

Observer Don Saunders CC Breckland

Marshals Browick: Michael Wood, Bruce Williamson, Paul Cross

Event Headquarters: East Harling Sports & Social Club

Recreation Ground, Church Rd, East Harling, Norwich NR16 2NA

Signing on will be at the back of the building, go through the archway or around the side of the building.

We use this for other Club & Open Events, so please be respectful of the facilities and the location.

As this an AM Start, the use of Turbo Trainers is prohibited.

The Start Underneath the A11, on the Watton Road B1111, just along from Swallow Aquatics / Whisky Company
Avoid crowding the start area / restricting local traffic flow. DO NOT use the hedges as a toilet.

To ride to the start, turn left out of the HQ and ride past the English Whisk Co / Swallow Aquatics.
The start is just under 2 miles from the HQ.

B25/8 (Larling - Wymondham - Larling)

- START Approximately 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
- Proceed via ATTLEBOROUGH roundabout to FINISH at Clearway sign on A11 just prior to large layby at Larling. Timed from bridge.

After the finish, proceed to the next exit, turn left and continue on the road back to the HQ.

Prizes: Only ECCA riders will be eligible for the ECCA medals & plaques awarded at this event. Winners will be contacted after the event - there will be no results on the day.



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

Promoting Club: Cycling Club Breckland
www.ccbreckland.info

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.

Parking Please ensure you park at least a car width apart – there should be ample space

Toilet Facilities Queue were indicated – please use sanitizer when entering.

You MUST NOT use the Toilet as a changing room. Please arrive ready to race as best you can or make arrangements to change 'discreetly' in your vehicle.

Signing on/off Signing on tables will be positioned outside of the hall – Please bring and use your own pen.

Your Race Number will have been cleaned and handled in line with Covid – 19 Guidelines. Please pick up only your number. Please remember to sign off using your own pen.

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 There is ample space to form a queue along the pavement – please maintain a 2m distance between riders. Do not over crowd the start area. There will be no pusher off.

The Race By the nature of Time Trialing it complies with social distancing quite nicely, however, please be mindful when catching and passing a competitor to pass first safely and a reasonable distance. It is advisable to have a mobile phone on your person (Please abide by CTT Regulations)



Event Secretary: Adam Cross
10 Princess Close, Watton, Norfolk, IP25 6XA
07532 775651 // adamcrosscreative@gmail.com

Promoting Club: Cycling Club Breckland
www.ccbreckland.info

It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

Please only use a mobile phone when stationary and in lines with CTT REG. Awareness of surroundings.

At the finish Please do not form a gathering in the carpark or any other areas of the HQ, sign off use your own pen and place your race numbers in the bucket provided. Please pack up and leave at your earliest convenience upon completion of your ride. There will be no result board or results issued on the day.

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!