



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 7th July 2021 - 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 take note of the following Corvid 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 systems of corvid 19.

Course Details: B15/3 Larling – Croxton – Larling

Start at paint mark on road on B1111 approx. 0.2 miles north of A11, proceed south under A11 to turn left onto sliproad A11 signed ‘Thetford’ (0.25 miles)

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 to take sliproad to B1111 (14.54 miles), proceed to T junction with B1111 (CAUTION) turn left to Finish at paint mark approx. 50 yards past Start just prior to Larling sign.

Please Take note the approach to the final left turn is fast – please be mindful of traffic and DO NOT Swing out wide Keep tight to the left. Any crossing of white centre lines or unsafe riding could lead to a DQ.

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 proceed under over pass to start. Approx. 2 miles.

After Finishing:

Strictly no U Turning allowed near finish. (See EDCA U Turn Regulations.)

After turning ride back under A11 reverse of route to Start.

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

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

HQ will have limited facilities, toilets and carparking – Signing on/off will be around the back under the veranda.

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. Please use provided Sanitiser.

Please adhere to 2m social distancing when queuing for Toilets and signing on.

After finishing and signing off please place your number in the Orange bucket.

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.

Strictly no warming up in hatch Area. Ride only through Hatched area to get to start – Road beyond start finish area is ok to warm up on.



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.

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

Scratch: 1st £25 2nd £20 3rd £15

VETS on Std: 1st £20 2nd £15 3rd £10

1st Lady: 1st £25 2nd £20 3rd £15

Handicap 1st £20 2nd £15 3rd £10

Team of 3: £10 Each

EDCA awards as appropriate.

One Rider: one prize except team.