

CYCLING CLUB BRECKLAND



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On the Day Event Sec. Will be:

Don Saunders - Gravedigger's Cottage, Church Street, Carbrooke. Thetford. Norfolk. IP25 6SW.
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CC BRECKLAND's Open 30 mile Time Trial incorporating District Championship Promoted for and on behalf of Cycling Time Trials under their rules and regulations on Saturday 16th Sept. 2017 - Course B30/1R – Revised August 2015 - Start Time 16.01pm

TIMEKEEPER (START)	Val Hester and Andy Moore CC BRECKLAND	FINISH	Heather Saunders and Heidi Davis CC BRECKLAND
PUSHER OFF	Malcom Potter/Don Saunders CC BRECKLAND	RESULTS BOARD	Emily Davis Assisted by Maisie CC BRECKLAND
MARSHALLS	Members and friends of C C Breckland and other EDCA Clubs.		
REFRESHMENTS	Terry & Sue Jennings CC BRECKLAND		

COURSE DETAILS: B30/1R – REVISED August 2015 – Garmin file available on request from the organiser.

START at paint marker on road adjacent to A11 westbound inter junction - Attleborough (B10/3B Start) join A11 via Slip road - Proceed WESTBOUND onto A11 – Cross Attleborough roundabout and proceed on A11 to exit onto slip road signed SNETTERTON CIRCUIT/HORSE WELFARE (brown sign). Take slip road to first roundabout - take FIRST exit. At second roundabout take FIRST exit - continue over A11 (bridge) to third roundabout - take FIRST exit. At fourth roundabout - take FIRST exit to slip road to join the A11 EASTBOUND.

Proceed EASTBOUND crossing ATTLEBOROUGH roundabout - passing all junctions – take slip road signed MULBARTON (BROWICK ROAD) - take slip road to roundabout - take THIRD exit across bridge to second roundabout - take SECOND exit (slip road to A11 WESTBOUND).

Retrace on A11 passing all slip roads – over ATTLEBOROUGH roundabout – continue to SNETTERTON CIRCUIT/HORSE WELFARE slip road – exit and retrace over bridge and roundabouts – rejoin A11- cross Attleborough roundabout to **FINISH** (1.25 miles from Roundabout) Just before Blue Foot bridge over A11.

HQ – Great Ellingham Village Hall – Rocklands side of Great Ellingham School on B1077.

Directions to START – left from VH – Continue on B1077 towards Attleborough through first set of Traffic lights – pass under A11 then turn Right at second set of Traffic lights – then Immediately left to start area..

Directions back to HQ from Finish – continue on A11 and exit at next slip sign posted WATTON/ATTLEBOROUGH B1077 – at Traffic light turn left onto B1077 and continue to Great Ellingham – VH will be on your right.

Numbers and signing on/out sheet will be at the HQ and NOT at the start.

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, and walk across the road.

The use of Turbos is prohibited for am starts. **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.

THE EAST DISTRICT COMMITTEE RECOMMEND THAT COMPETITORS SHOULD FIT A REAR L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS. AS THIS IS AN EVENING EVENT, WE STRONGLY RECOMMEND THAT YOU USE A REAR LIGHT

HEADS UP AND RIDE SAFE!

PRIZES ONE RIDER: ONE PRIZE EXCEPT TEAM SCRATCH 1st £20 2nd £15 3rd £10 Ladies' 1st £20 2nd £15 3rd £10

VET on STANDARD 1st £20 2nd £15 3rd £10 TEAM OF THREE £5 each Esp./Jun. £10.00

CYCLING CLUB BRECKLAND are proud to support

