



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

Promoting Club: Cycling Club Breckland  
www.ccbreckland.org

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Promoted for and on behalf of Cycling Time Trials under their rules and regulations on

**Sunday 26th June 2022 – B50/21 – Start Time: 0730**

**Cycling Club Breckland & East District Championship**

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**Event Headquarters: East Harling Sports & Social Club NR16 2NA**

There is good parking here, or at the start, or parking on the Angel Inn Road at the A11 junction will make access to your car after the finish very easy. Sign off & return numbers to the HQ.

**Start: Bridgham Picnic Site (Anna's PitStop on Google Maps)**

It is 5 miles from the HQ to the start, please allow time to ride / drive there. Turn Left out of the HQ, proceed out of East Harling on the B1111, passing the Whiskey Distillery to the junction with the A11. Turn right to the A11 slip towards Thetford. Proceed on the A11 to the rest area exit. Start is near Anna's Pit Stop on Google Maps. There are public toilets at the start.

**B50/21 (Croxtan – Eccles Circuit)**

- *START - Croxtan - Eccles - Croxtan - Eccles - Croxtan - FINISH*
- Start at Bridgham Picnic Site (Anna's PitStop on Google Maps). Proceed west on A11, via Thetford RB, to Croxtan Interchange.
- Take sliproad to T junction (CAUTION), turn right and proceed under A11 to turn left into sliproad to join A11 eastbound.
- Proceed east on A11, via Thetford RB, to start circuit.
- Continue to Eccles Road Interchange. Turn left into sliproad and proceed to T junction (Hargham Road), turn left and proceed under A11 to take sliproad onto A11 westbound. Proceed to join A11 westbound and continue on A11 via Thetford RB to Croxtan Interchange.
- Take sliproad to T junction (CAUTION), turn right and proceed under A11 to turn left into sliproad to join A11 westbound.
- Proceed east on A11, via Thetford rab, to complete circuit at paint mark adjacent to field entrance. (29.295)
- Repeat Circuit.
- Finish adjacent to start area, after completing the circuit twice. You will turn at Croxtan three times, and Eccles twice.
  
- *After the finish proceed to take the Watton, East Harling, B1111 exit off the A11. Follow B1111 back to the HQ or loop back onto the A11 to retrace your route to the Start Area.*

**Do not cut the right turn at the Croxtan exit. This is 2 way traffic and you will hit loose gravel if you cut the corner. Any rider who crosses the central white line will be disqualified. This turn will be marshalled.**

**Time Keepers** Start: Andy Moore & Stephen Penney Finish: Andy Moore & Stephen Penney  
**Observer** Mark Fairhead **Marshals** Friends and Members of CCB

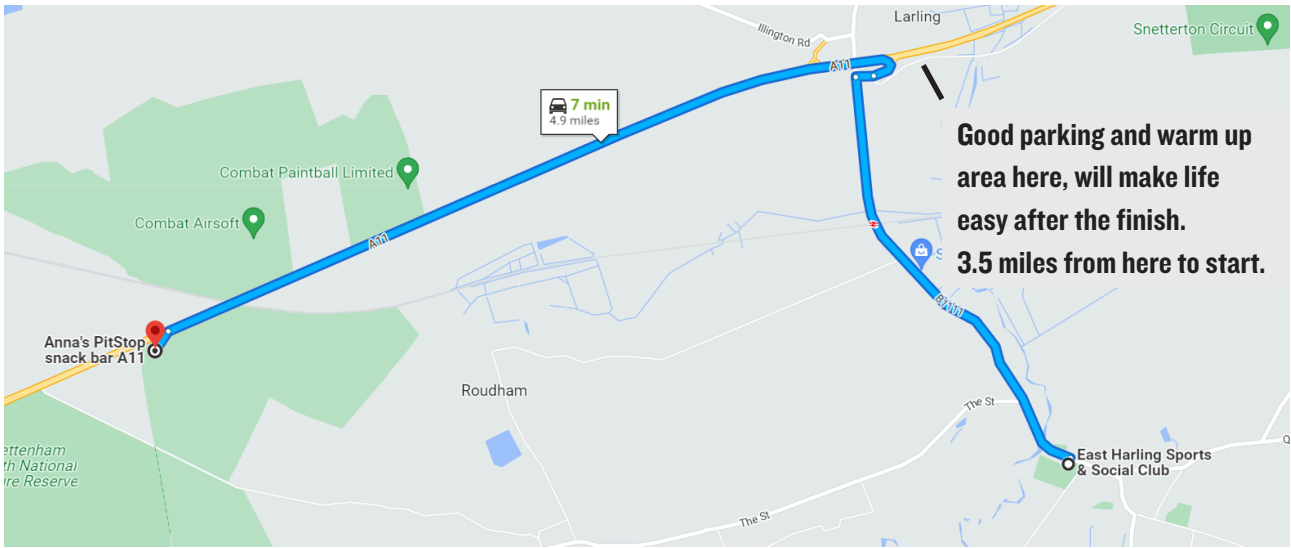
**REMEMBER - FRONT & REAR LIGHTS ARE COMPULSORY - NO LIGHTS: NO RIDE.**



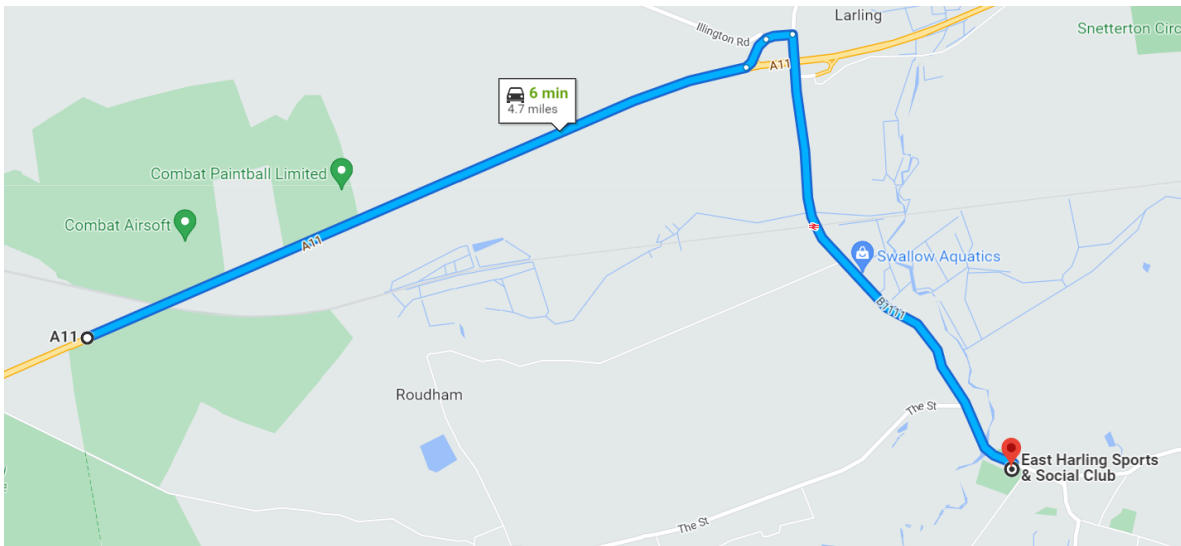
Cycling Club Breckland are proud to support



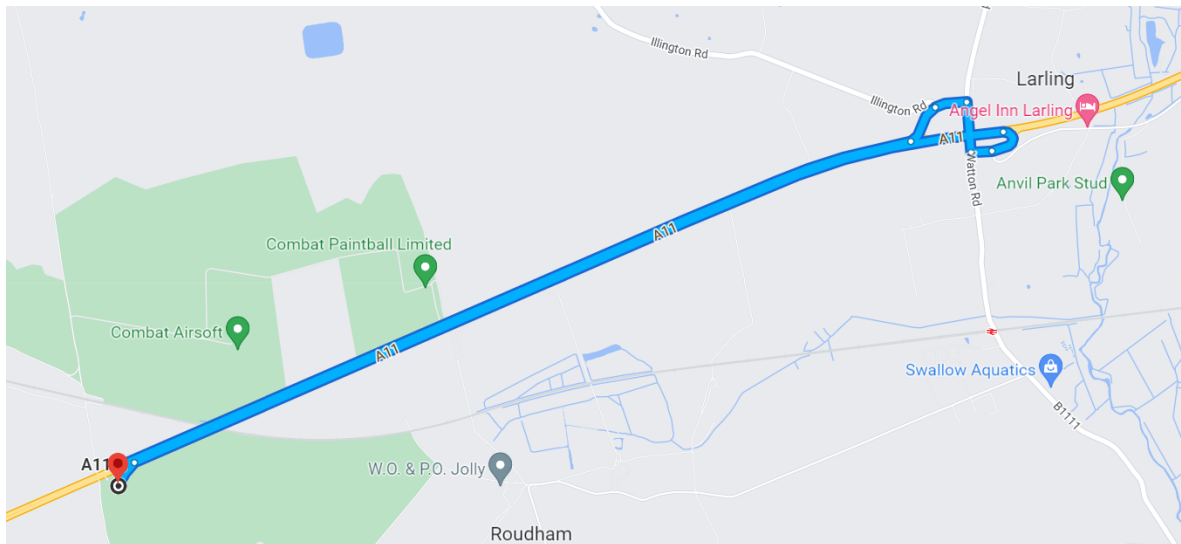
**Route to Start:**



**Route to back to HQ:**



**Route from finish back to the start if you park at the start:**





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**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.

**Start area** Do not over crowd the start area. There will be no pusher off.  
**Do not use the hedges as a toilet.**

**Finish** Sign off and return your number to the HQ.  
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)



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## **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:

Front & Rear Lights are compulsory at all CTT events. These must be affixed to the cycle and working, 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!**



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