



Cycling Club Breckland open 10 miles Time Trial Incorporating East District GHS Championship.

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Saturday, 12th August 2023 – Course B10/19 – Start Time 14:01**

HQ – Scoulton Village Hall, Mere Road (off B1108) Scoulton, Norfolk, NR9 4NR

TIMEKEEPERS: START Don Saunders, CC Breckland

FINISH: Heather Saunders, CC Breckland and Heidi Davis, CC Breckland

MARSHALS: Members of Cycling Club Breckland and friends of.

Course Details: B10/19

START at paint mark on B1108, opposite garage, outside Lincoln's Hall (HQ) Hingham. Proceed west on B1108 to Carbrooke roundabout (5.5 miles). Encircle roundabout to retrace on B1108 to FINISH on B1108 near farm track approx. 0.5 miles before Woodrising Road.

Note: Revised start and finish point maybe used.

Note: Start is just over 2 Miles from the HQ, From HQ, turn right then turn left (with caution) out of Mere Road.

Course records

Men: Timothy Torrie (trainSharp Development Team) 19:30 (2022)

Women: Kimberley Morrison (Drag2Zero) 22:56 (2018)

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

Attn. All competitors – Please note that all competitors are required to PERSONALLY sign 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.

CTT Regulations:

FRONT LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

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.

All competitors 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. It is the responsibility of the rider to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

Please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN and RIDING through RED light at the Carbrooke Pedestrian Crossing. Which will not be tolerated and will result in being disqualified.

Regulation 20 of CTT's Rules and Regulations (Observance of the Law) provides that:

20. Observance of the Law

All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:

- (a) not ride in a manner that is unsafe either to themselves or to other road users;**
- (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;**
- (c) conform to all traffic signs, signals and direction indicators;**
- (d) in making any turn before, during or after the event, ensure that it is safe to do so.**

Please be careful of the drain covers in the first 100 yards or so.

HEADS UP AND RIDE SAFE.

Prizes: Values and number are reflective of entry level.

Men: 1st £25 Lady: 1st £25 1st. Espoir £25 1st Vet on Std. £25

Spot Prize for 5th, 10th, 15th & 20th of £5

One rider one prize.