

C C BRECKLAND 10 MILE TIME TRIAL

To be promoted on Thursday 17 May 2018 on course B10/3B for and on behalf of Cycling Time Trials under their rules and regulations.

Event secretary: Mrs V E Reynolds, 33 Heath Crescent Hellesdon Norwich NR6 6XF. TE no: 01603 426025.

Headquarters: Morley Village Hall, which will be open from 18.00hrs, parking at the hall and carefully in Golf Course Road.

Timekeepers: Emily Davis, Heidi Davis, Val Hester & Heather Saunders.

Course details – B10/3B

START at paint mark on road adjacent to A11 (west bound) at Attleborough (inter junction – A11- A1077).

Proceed to join slip road and A11 and continue via Attleborough rab to Snetterton.

Take slip road & proceed to rab. Take 1st exit & proceed to 2nd rab.

Take 1st exit and proceed to 3rd rab to take 1st exit.

Proceed to 4th rab, take 1st exit to join A11 east bound.

Proceed via Attleborough rab to **FINISH** at paint mark approx. ½ mile from start area.

In case of bad weather, we would use the B10/3(emergency course) as follows:

START at paint mark 10 metres east of Golf Links Road, Morley on B1172. Proceed east to rab, take 1st exit and proceed on B1172 to Wymondham rab. Turn and retrace to Morley rab. Turn and retrace to Wymondham rab. Turn and retrace to **FINISH** at paint mark in layby 100 metres before Morley rab on B1172.

East district local regulations

NUMBERS – will be at the HQ and not the start.

U TURNS – will not be permitted on the course or roads adjacent to start and finish while a race is in progress.

NOTE any breaking of this regulation, in the first case, will mean disqualification from the event. Further cases will be referred to the District Committee.

DEFINITION – a U TURN is defined as a 180 degree turn completed within the highway whilst astride the machine. It is recommended that the rider(s) should dismount, check the road is clear in both directions, then, with the machine, walk across the road.

WARMING UP- No warming up along the course by competitors once an event has started.

CYCLE HELMETS -In the interest of your own safety, Cycling Time Trials and the event organiser strongly advise you to wear a Hard-Shell Helmet that meets an internationally accepted safety standard.

Cycling Time Trials strongly recommend that riders use a rear light either flashing or constant, visible to following road users and is active while the machine is in use.

TURBO TRAINERS – The use of Turbo trainers is banned at all events with AM starts.

PRIZE LIST

1ST £20, 2ND £15, 3RD £12 & 4TH £10. Women 1ST £12, 2ND £10. Vet on std: 1ST £20, 2ND £15, 3RD £12 & 4TH £10. Spot prizes: Positions throughout the field.

Team 1st £5 each.

One prize per person except team.