

<b>Cycling Club Breckland 12 hour time trial - B12/2 (revised 2018) Option B</b>	Inter Miles	Total Miles
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Start at paint mark at 'Give Way' sign in Back Lane, Scoulton	0	0
Proceed west on B1108 via Carbrooke rab and mini rab to Watton Traffic Lights		
Turn left onto A1075 and proceed to 'White Post' junction at Stow Bedon		
Turn left at junction onto B1111 and proceed to Shropham Hall X roads, turn left and proceed through Shropham to turn left onto sliproad to join A11 eastbound	13.219	13.219
Proceed on A11 via Attleborough bypass to Browick interchange, take sliproad signed B1135 'Mulbarton' to 1st rab take 3rd exit and proceed over bridge to 2nd rab, take 2nd exit to rejoin A11 southbound. Proceed via Attleborough bpass and rab to Eccles Road interjunction bridge	19.524	32.743
continue on A11 southbound to Thetford rab, take 2nd exit and continue on A11 to sliproad signed 'Croxtan' take sliproad and proceed to T junction (CAUTION) turn right and proceed under A11 to take sliproad to A11 eastbound		
Proceed via Thetford rab to start of Circuit No.1 at Eccles Road bridge	20.095	52.838

<b>CIRCUIT No.1 (Eccles Road - Thetford - Eccles Road)</b>
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Take sliproad and proceed to Shropham - Old Buckenham road, turn left and proceed under A11 to turn left into sliproad to A11 southbound. Proceed on A11 via Thetford rab to sliproad signed 'Croxtan', take sliproad and proceed to T junction (CAUTION), turn right and proceed under A11 to sliproad to A11 eastbound.

Proceed on A11 via Thetford rab to complete circuit at Eccles Road bridge on A11.

Completion of 2nd circuit

Completion of 3rd circuit

Completion of 4th circuit

Completion of 5th circuit

Completion of 6th circuit

20.705	73.543
20.705	94.248
20.705	114.953
20.705	135.658
20.705	156.363
20.705	177.068

On completion of 6th circuit proceed to 'soft verge' sign to start Circuit No. 2

0.153	177.221
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**Circuit No.2 (Browick - Eccles Road - Browick)**

Continue on A11 via Attleborough rab and bypass to sliproad signed ' Mulbarton - B1135 ', take sliproad and proceed to Browick rab (1), take 3rd exit and proceed over bridge to Browick rab (2). Take 2nd exit to join A11 southbound and proceed via Attleborough bypass and rab to sliproad, take sliproad to T junction with Old Buckenham - Shropham road, turn right CAUTION and proceed under A11 to turn right CAUTION into sliproad onto A11 eastbound, proceed to A11 to complete circuit

Completion of 2nd circuit

Completion of 3rd circuit

Completion of 4th circuit

Completion of 5th circuit

20.075	197.296
20.075	217.371
20.075	237.446
20.075	257.521
20.075	277.596

On completion of 6th circuit proceed to Attleborough rab, take 1st exit signed 'Gravel Pit' and proceed to Great Ellingham X Rds.

4.138	281.734
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**Finishing Circuit (Carbrooke - Hingham - Carbrooke)**

Start Great Ellingham X Rds, turn left and proceed west to Rocklands, turn left on sharp right hand bend.

Proceed through Lower Stow Bedon to T junction. Turn left and proceed to turn left at Shropham Hall.

Proceed through Shropham to Eccles Road inter-junction, turn left to join A11 eastbound.

Proceed to Attleborough rab, take 1st exit and proceed to complete circuit at Great Ellingham X Rds

Completion of 2nd circuit

Completion of 3rd circuit

Completion of 4th circuit

Completion of 5th circuit

12.37	294.104
12.37	306.474
12.37	318.844
12.37	331.214
12.37	343.584