

<b>Cycling Club Breckland 12 hour time trial - B12/2 (revised 2018) Option A</b>	Inter Miles	Total Miles
--	-------------	-------------

Start at paint mark on B1108, opposite Garage, outside Lincoln's Hall (HQ), Hingham	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	15.799	15.799
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	35.323
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	55.418

<b>CIRCUIT No.1 (Eccles Road - Thetford - Eccles Road)</b>
--

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.	20.705	76.123
Completion of 2nd circuit	20.705	96.828
Completion of 3rd circuit	20.705	117.533
Completion of 4th circuit	20.705	138.238
Completion of 5th circuit	20.705	158.943
Completion of 6th circuit	20.705	179.648
On completion of 6th circuit proceed to 'Soft Verge' sign to start Circuit No. 2	0.153	179.801

**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	199.876
20.075	219.951
20.075	240.026
20.075	260.101
20.075	280.176

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

4.138	284.314
-------	---------

Turn left and proceed through Rocklands, down Caston hill to turn right (CAUTION) signed 'Carbrooke', proceed north to junction with B1108. Turn left to START of FINISHING CIRCUIT at milestone (Watton - 3 miles)

5.800	290.114
-------	---------

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

Start at Milestone (Watton - 3 miles) proceed west to Carbrooke rab, turn and retrace on B1108 to Hingham.

At Hingham Green take 1st left and proceed to X rds, turn right (CAUTION) and proceed to X Rds (B1108) turn right (CAUTION) and proceed west on B1108, via Scoulton to complete circuit at Milestone (Watton - 3 miles)

Completion of 2nd circuit

Completion of 3rd circuit

Completion of 4th circuit

Completion of 5th circuit

11.141	301.255
11.141	312.396
11.141	323.537
11.141	334.678
11.141	345.819