

CYCLING CLUB BRECKLAND



PLEASE CONTACT: EVENT SECRETARY Mark Fairhead
19 Sawmill Close Wymondham Norfolk NR18 0TJ Tel 01953 600497 or 07772 516713

CLUB WEBSITE www.ccbreckland.info
e-mail markfairhead@btinternet.com

50 miles BBAR Time Trial

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Saturday 1st Sept. 2018 - Course B50/20 - Start Time 15.01pm**

TIMEKEEPERS	START Stephen Penney Anglia Velo	FINISH Frida Wezel and Micheal Keen Lea Valley C C
PUSHER OFF	Don Saunders CC Breckland	RESULTS BOARD Mark Fairhead/Don Saunders CC Breckland
MARSHALLS	Browick – Martin Badham, Rod Hobbs C C Breckland, Bruce Williams North Norfolk Wheelers & Paul Vergette Godric CC Snetterton – Paul Cross, Roger Sayer C C Breckland Jonny Hawes Gt Yarmouth C C	
REFRESHMENTS	Maggie Hamon CC Breckland	

**HQ – Great Ellingham Village Hall – Rocklands side of Great
Ellingham School on B1077.**

Course: B50/20 (Attleborough – Snetterton – Wymondham – Attleborough Circuit)

START at paint mark on road adjacent to A11 westbound slip road – Attleborough (B10/3B Start) join A11 via slip road. Proceed westbound onto A11. Cross Attleborough RAB and proceed on A11 to exit onto slip road signed 'Snetterton Circuit/Horse Welfare' (brown sign). Take slip road to first RAB and take first exit. At second RAB take first exit, continue over A11 (bridge) to third RAB where take first exit. At fourth RAB take first exit to slip road to join A11. Proceed eastbound to start of circuit 0.64 miles before RAB (6.12 miles).

Start circuit: continue eastbound, crossing Attleborough RAB, passing all junctions, take slip road signed 'Mulbarton' and take slip road to RAB. Take third exit across bridge to second RAB. Take second exit (slip road to A11 westbound). Retrace on A11 passing all slip roads to Snetterton Circuit/Horse Welfare slip road. Exit and retrace over bridge and RABs to rejoin A11 eastbound. Proceed on A11 to complete circuit 0.64 miles before RAB (28.06 miles).

Complete circuit to FINISH at paint mark 0.64 miles before RAB (50.00 miles).

Directions to START – left from VH then Continue along B1077 – pass through 1st set of traffic light - under A11 bridge – Turn right at 2nd set of traffic lights – turn left into Blackthorn Road – Start is adjacent to junction.

Directions back to HQ from Finish – continue on A11 to Attleborough rab, take 1st exit and proceed to Great Ellingham X rds, turn left and HQ 250 mtrs on right.

Numbers and signing on/out sheet will be at the HQ and NOT at the start. Numbers can be exchanged for a free drink after the event.

Attn. All competitors – Please note that for 2017 all competitors are now required to PERSONALLY to 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.

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.

THE EAST DISTRICT COMMITTEE RECOMMEND THAT COMPETITORS SHOULD FIT A REAR L.E.D. LIGHT TO ENHANCE VISIBILITY TO OTHER ROAD USERS. AS THIS IS AN EVENING EVENT, AND COULD BE OVERCAST AND CLOUDY CONDITIONS, WE STRONGLY ADVISE THAT YOU USE A REAR LIGHT

HEADS UP AND RIDE SAFE.

Prizes

Scratch: 1st £30 2nd £25 3rd £20

VETS on Std: 1st £25 2nd £20 3rd £15

Ladies: 1st £30 2nd £25 3rd £20

Team of 3: £10 Each

Handicap 1st £20 2nd £15 3rd £10

One Rider: one prize except team.

Beating of course record – Mens (1:40:31) Joe Skipper £20

Beating of course record – Womens (1:53:04) Laura Bartlett £20