

CYCLING CLUB BRECKLAND



PLEASE CONTACT: Event Secretary Adam Cross
74 Hills Road, Saham Hills, Thetford, Norfolk, IP25 7EZ Mobile: 07532 775651

CLUB WEBSITE www.ccbreckland.info

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Saturday 2nd March 2019 — B10/19 Start time 14:00

TIMEKEEPERS:	START	Heidi Davis	(CC Breckland)
	FINISH	Heather Saunders	(CC Breckland)
PUSHER OFF:	Don Saunders	(CC Breckland)	
OBSERVER:	Don Saunders	(CC Breckland)	
RESULTS BOARD:	Debbie Cross	(CC Breckland)	
MARSHALLS:	BROADMOOR CROSSROADS	Rod Hobbs and Roger Sayer	(CC Breckland)
	CARBROOKE ROUNDABOUT	Paul Cross	(CC Breckland)
	PEDESTRIAN CROSSING	Adam Cross	(CC Breckland)
	HINGHAM CREMATORIUM	Sally Withey	(Team Swift)
REFRESHMENTS:	Maggie Hamon, Debbie Cross & Ellen Newstead (CC Breckland)		

COURSE DETAILS: B10/19: Hingham – Carbrooke – Hingham – Alternative start position.

START: Start at paint mark on B1108, opposite Garage, outside Lincoln's Hall (HQ), Hingham. Proceed WEST on B1108 to Carbrooke roundabout. (5.5miles) ENCIRCLE ROUNDABOUT to retrace on B1108 to FINISH on B1108 near farm track approx. 0.5 mile before Woodrising road.

Please be mindful that this is a sporting course – there is some surface break-up and the usual bumps, lumps and pot holes to be expected on B classification roads. It is also single carriageway, so be visual and mindful of traffic using this road.

COURSE RECORD:	Male: 20.18	Lloyd Chapman	4 th March 2017
	Female: 21:56	Kimberley Halton-Farrow	21 st April 2018

EVENT HEADQUARTERS: Lincoln Hall, Hingham, NR9 4HW

The hall is in the heart of the village so please be respectful of the facilities and the location.
We use this for other Open Events – specifically the CC Breckland 12 hour.

Lincoln Hall has a good sized car park, please park with consideration. There is additional parking on the area in front of the hall, DO NOT PARK on the grassed area to the left of the entrance (as you go in). There is ample parking in Hingham near to the HQ– if parking in residential areas please be considerate to local residents. As this is a residential area please DO NOT use the car park or area in front of the hall as a changing room.

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.

**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.**

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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

PRIZES

One rider, one prize, except team prize.

SCRATCH	1 st £25	2 nd £15	3 rd £10
JUNIOR	1 st £15		
LADIES	1 st £25	2 nd £15	3 rd £10
FASTEST VET ON STANDARD	1 st £25	2 nd £15	3 rd £10
TEAM OF THREE	£10 Each		

COURSE RECORD stands at 20.18 for Males and 21.56 for Females.
There is an additional £20 prize if these are beaten.

HEADS UP AND RIDE SAFE.