

CYCLING CLUB BRECKLAND



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50 miles BBAR Time Trial

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Saturday 29 June 2019 - Course B50/20 - Start Time 16.01pm**

TIMEKEEPERS START Andrew Moore C C Breckland FINISH Heather Saunders, Heidi Davis & Val Hester C C Breckland
PUSHER OFF Don Saunders CC Breckland RESULTS BOARD Mark Fairhead/Don Saunders CC Breckland
MARSHALLS Browick – Bruce Williams North Norfolk Wheelers, Phil Hollingsworth EACC, Nev Everett Diss & District
Snetterton – Paul Cross, Adam Cross, Roger Sayer, Simon Atherton C C Breckland
REFRESHMENTS Maggie Hamon & Debbie Cross - CC Breckland

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

**Please note due to the entry level we will be tight on parking space –
please park sensibly – There are 2 layby areas on the route to the start
– if used be respectful to resident access and other users - residential
parking near start is possible if used please be respectful of local
residents.**

**At the start area and along Blackthorn road and side roads – no
urinating please – local residents have complained – you wee you risk
losing the use of several fast courses.**

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 remember 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.

Awards EDCA medals to EDCA affiliated club riders.

Cash Prizes.

Scratch: 1st £30 2nd £25 3rd £20

VETS on Std: 1st £30 2nd £25 3rd £20

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 – Men's (1:39:38) Matthew Senter £20

Beating of course record – Women's (1:53:04) Laura Bartlett £20