

# CYCLING CLUB BRECKLAND



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## **East District Cycling Association Championship 15 mile Time Trial** **Promoted for and on behalf of Cycling Time Trials under their rules and regulations on** **Wednesday 10th July 2019 - Course B15/1 - Start Time 7.00pm**

TIMEKEEPERS START Val Hester CC BRECKLAND

FINISH Heather Saunders, Heidi Davis and Andy Moore CC BRECKLAND

PUSHER OFF Don Saunders/Paul Cross CC BRECKLAND RESULTS BOARD Don Saunders CC BRECKLAND

MARSHALLS Rod Hobbs, Mick Wood C C BRECKLAND, Bruce Williams North Norfolk Wheelers, Phil Hollingsworth EACC

REFRESHMENTS Maggie Hamon CC BRECKLAND

**Course Details: B15/1 Revised June 2007 Attleborough-Browick.**

**Course records**

**Mens - Matthew Smith (Drag2Zero) 28.27**

**Lady, Katja Reitdorf (Born to Bike) 33:41**

**Tandem, Mark Arnold/Glen Taylor 26.53**

**START:** at paint mark on road in West Carr road and proceed 0.194 miles to join A11 Eastbound. Proceed East to Browick interchange, take slip road signed Mulbarton and proceed to Browick roundabout (1), take 3rd exit and proceed over bridge to Browick roundabout (2), take 2nd exit to rejoin A11 Westbound. Proceed West on A11 to FINISH under the pedestrian bridge on the A11 joining West Carr road.

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

**Directions to START – left from VH then 1<sup>st</sup> right, follow through Gt. Ellingham on Long Street to take 1<sup>st</sup> left into West Carr Road and proceed to Start.**

**Directions back to HQ from Finish – continue on A11 to Attleborough rab, take 3<sup>rd</sup> 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**

**The road surface on parts of the course near to the BP & Shell garages near Besthorpe and the Concrete section is not in great order – some patching up has been done although these patches are slight raised and are a bit bumpy – still better than falling in a hole, there are cracks, bumps and holes – please take care to keep your head raised and be mindful not to serve into path of traffic.**

## **HEADS UP AND RIDE SAFE.**

### **Prizes**

**Scratch: 1st £20 2nd £15 3rd £10**

**VETS on Std: 1st £20 2nd £15 3rd £10**

**1st Lady: 1<sup>st</sup> £20 2<sup>nd</sup> £15 3<sup>rd</sup> £10**

**Handicap 1st £20 2nd £15 3rd £10**

**Team of 3: £10 Each**

**EDCA circuit awards as appropriate**

**One Rider: one prize except team.**