

CYCLING CLUB BRECKLAND



PLEASE CONTACT: EVENT SECRETARY Mark Fairhead
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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 £30	2 nd £20	3 rd £15
JUNIOR	1 st £20		
LADIES	1 st £30	2 nd £20	3 rd £15
FASTEST VET ON STANDARD	1 st £30	2 nd £20	3 rd £15
Fastest Fixed Wheel	1 st £15	2 nd £10	3 rd £5
AGE GROUP PRIZES	(A) 40-44	£15	
	(B) 45-50	£15	
	(C) 51-55	£15	
	(D) 56-60	£15	
	(E) 61-65	£15	
	(F) 66-70	£15	
TEAM OF THREE	£15	Each	

COURSE RECORD stands at 20.30 set by David McGaw at last year's event. There is an additional £20 prize if the winner beats this.

HEADS UP AND RIDE SAFE.