

CYCLING CLUB BRECKLAND



PLEASE CONTACT: EVENT SECRETARY Paul Sexton
4 Mulberry Court, Hethersett, Norfolk, NR9 3FA Tel. 07412 983383

CLUB WEBSITE www.ccbreckland.info
E-mail paul_sexton77@yahoo.co.uk

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Saturday 7th March 2020
Course B10/19 Start time 14:00 hours**

TIMEKEEPERS	START	Emily Davis/Val Hester	CC Breckland
	FINISH	Heather Saunders/Heidi Davis	CC Breckland
PUSHER OFF	Don Saunders	CC Breckland	
OBSERVER	Don Saunders	CC Breckland	
RESULTS BOARD	Paul Sexton	CC Breckland	
MARSHALLS	BROADMOOR CROSSROADS	Mick Wood	CC Breckland/ Will Riley
	CARBROOKE ROUNDABOUT	Roger Sayer/Rod Hobbs	CC Breckland
	PEDESTRIAN CROSSING	Paul Cross	CC Breckland
REFRESHMENTS	Maggie Hamon/Ellen Newstead/Debbie Cross	CC Breckland	
COURSE DETAILS	B10/19 –Hingham–Carbrooke–Hingham		

START at paint mark on B1108, opposite garage, outside Lincoln's Hall (HQ) Hingham. Proceed west on B1108 to Carbrooke roundabout (5.5 miles). Encircle roundabout to retrace on B1108 to FINISH on B1108 near farm track approx.. 0.5 miles 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	20.18	Lloyd Chapman (Banks/Catford CC)	2017
Lady's	21.56	Kimberley Morrison (Drag2Zero)	2018
Tricycle	28.42	Don Saunders (C C Breckland)	2013

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 future Open Events – specifically 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.

CTT Regulations and Local EDCA Regulations

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.

U-Turns will not be permitted on course or roads adjacent to Start and Finish areas while the race 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.

Definition: A U-Turn is defined as a 180 degree turn completed within the highway whilst astride the machine. (It is recommended that the rider(s) should dismount, check the road is clear in both directions, then, with machine walk across the road).

Numbers will be at the H.Q. where you will need to sign in before being provided with your number, and can be exchanged for a drink after the event. **Note:** All competitors – Please note that from 2017 all competitors are now required to **PERSONALLY** sign the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.

Warming up: No warming up along the course once an event has started.

Turbo trainers: The use of turbo-trainers is banned at all events with a.m. start times.

All competitors – please be aware of CTT Regulation 14(i):

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

No Rear Light – No Ride.

Prize money - One rider, one prize, except team prize.

SCRATCH	1st £30	2nd £20	3rd £15
LADIES	1st £30	2nd £20	3rd £15
FASTEST VET ON STANDARD	1st £30	2nd £20	3rd £15
TEAM OF THREE	£15 Each		