

# **Diss and District Cycling Club Open 10-mile time trial**

**Sunday 21<sup>st</sup> July 2019 at 8.30am at  
Scole Community Centre and Playing Fields**

**Promoted for and on behalf of Cycling Time Trials**

**Event organiser: Rob Hobbs, 86 Louie's Lane, Roydon, Diss, IP22 4QN  
07812 040098**

**Time keeper: Mick Madgett**

**Course: B10/42**

**(Billingford – Needham – Billingford)**

**Start:** on the A143 by drain cover at upper end of western entrance to lay-by, east of Billingfield. Proceed east on A143 to roundabout at Needham, where turn and retrace to finish 10 yards past field entrance, approx. 150 yards west of start. (10 miles).

**Note there is a LARGE GROOVE in the road on the centre of the carriageway of the roundabout AT THE TURN on the return leg to Billingford.  
PLEASE TAKE CARE.**

**Note the Headquarters to the Start is approx. 1.5 miles.**

## **Course records:**

	Ben Stancombe (Team Velovelocity)	20:17 (2018)
Lady:	Julia Shaw (GS Strada)	23.47 (2007)

**Numbers:** will be at the HQ and not the start. Riders must sign on and off at the HQ, riders not signing-off will be recorded as a DNF.

**Parking:** is available in the Scole Community Centre car park.  
No cars, other than Event Officials, are to be parked at the start or finish.

## **Prizes:**

1 <sup>st</sup> Fastest £30	1 <sup>st</sup> Vet on Standard £30	1 <sup>st</sup> Lady	£30
2 <sup>nd</sup> Fastest £20	2 <sup>nd</sup> Vet on Standard £20	2 <sup>nd</sup> Lady	£20
3 <sup>rd</sup> Fastest £10	3 <sup>rd</sup> Vet on Standard £10		
1 <sup>st</sup> Team (£10 each)			

**U-turns:**

U-turns will not be permitted on course or roads adjacent to Start and Finish areas while a race is in progress.

**Note** – 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).

**Warming up:**

No warming up along the course by competitors once the event has started.

**Turbo trainers:**

The use of turbo trainers is banned at all events in the East District with a.m. start times.