

# CYCLING CLUB BRECKLAND



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## Cycling Club Breckland open 30 miles Time Trial Incorporating East District Championship.

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on  
**Saturday, 27th August 2023 – Course B30/8rev Aug. 2023 – Start Time 08:01am**

**HQ – Mundford Village Hall, St. Leonards St. Mundford, IP26 5DW**

TIMEKEEPERS: START Don Saunders/Andy Moore, CC Breckland

FINISH: Don Saunders/Andy Moore CC Breckland

MARSHALS: Members of Cycling Club Breckland and friends of.

### **Course Details: B30/8 Rev. Aug. 2023**

**Start at paint mark adjacent to Fire Track sign 45, 1 mile south of Mundford rab on A1065. Proceed to Mundford rab, take 1st exit onto A134 and proceed to turn at Whittington rab. Retrace to Mundford rab to complete 1st circuit. Encircle rab. And retrace to Whittington rab. On completion of 2nd circuit at Mundford rab take 1st exit onto A1065 and proceed to Finish at paint mark 1.4 miles north of Mundford rab**

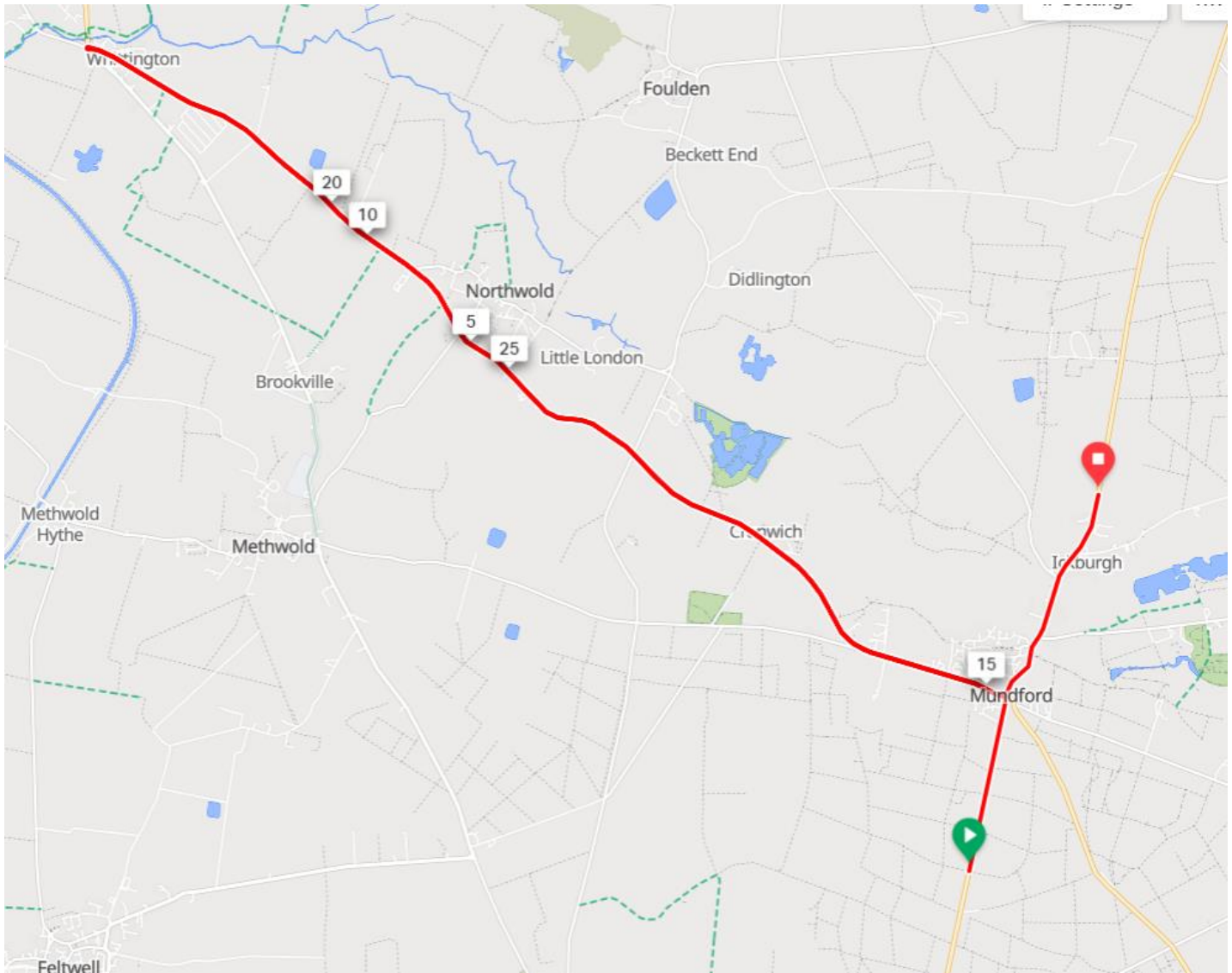
**Route to Start – From HQ Turn Left then, left again onto A134 at Roundabout take the 3<sup>rd</sup> exit and proceed to start at Fire Track 45 – approximately 1.5 miles.**

**On Finish - Pull over were safe to do so – dismount and cross the road, **U TURNS are unacceptable** and will result in disqualification. Retrace to Mundford, either turn of into village (Crown Rd. or London Rd.) or continue to the rab. Were take 3<sup>rd</sup> exit on to A134, turning right into St Leonards St.**

**Please note there is a pedestrian crossing near to the VH. Riding through a red light will result in a disqualification.**

**Numbers and signing on/out sheet will be at the HQ and NOT at the start.**

**Attn. All competitors – Please note that all competitors are required to PERSONALLY sign 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.

**Use of turbo trainers is prohibited at East District events with an AM. Start time.**

### **CTT Regulations:**

#### **FRONT LIGHTS**

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

#### **REAR LIGHTS**

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.

### **Covering the Course**

The onus of keeping to the course rests with each rider.

### **Awareness of Surroundings**

Competitors must not use ANY audio equipment except prescribed hearing aids.

Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

All competitors 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. It is the responsibility of the rider to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

Please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN and RIDING through RED light at the Carbrooke Pedestrian Crossing. Which will not be tolerated and will result in being disqualified.

### **Regulation 20 of CTT's Rules and Regulations (Observance of the Law) provides that:**

#### **20. Observance of the Law**

All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:

- (a) not ride in a manner that is unsafe either to themselves or to other road users;
- (b) ride on the left-hand side of the road except for safe overtaking and when making right hand turns;
- (c) conform to all traffic signs, signals and direction indicators;
- (d) in making any turn before, during or after the event, ensure that it is safe to do so.

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

**Due to the small number of riders, there isn't much in the pot for prize monies given VH cost is £58 there will be 4 spot prizes of £5 for 3rd, 6th, 9th and 12th places.**

**East District championships certificates will be awarded if February 2024.**