



Event Secretary: Adam Cross
10 Princess Close, Watton, Norfolk, IP25 6XA
07532 775651

Promoting Club: Cycling Club Breckland
www.ccbreckland.info

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Thursday 20th June – B30/IB – Start Time: 1900
Cycling Club Breckland East District Championship 30

Time Keepers	Start:	Heidi Davis & Don Saunders	CC Breckland
	Finish:	Heather Saunders & Emily Davis	CC Breckland
Pusher Off	Paul Cross	CC Breckland	
Observer	Don Saunders	CC Breckland	
Results Board	Ellen Newstead	CC Breckland	
Refreshments	Margaret Hamon & Debbie Cross	CC Breckland	
Marshals	Adam Cross, Rodney Hobbs, Barry Smith, Rory Hodgson, Bruce Williams + others		

B30/IB (Attleborough – Snetterton – Browick – Snetterton – Attleborough) Revised 2018

START at paint mark two metres before 'Clearway' sign on sliproad from B1077 to join A11 westbound at Attleborough. Proceed westbound onto A11 and proceed to cross Attleborough roundabout and proceed on A11 to exit onto sliproad signed 'Snetterton Circuit/Horse Welfare' (brown sign). Take sliproad to first roundabout where take first exit. At second roundabout take first exit and continue over A11 (bridge) to third roundabout where take first exit. At fourth roundabout take first exit to sliproad to join A11 eastbound. Proceed eastbound, crossing Attleborough roundabout – passing all junctions – take sliproad to roundabout signed 'Mulbarton' (Browick Road). Take third exit across bridge to second roundabout where take second exit onto sliproad to rejoin A11 westbound. Retrace on A11 – passing all sliproads – over Attleborough roundabout, and continue to Snetterton Circuit/Horse Welfare sliproad. Exit and retrace over bridge and roundabouts. Rejoin A11 eastbound, cross Attleborough roundabout to FINISH approx 1.25 mile from roundabout just after blue footbridge over A11.

Event Headquarters: Great Ellingham Village Hall

Village Recreation Ground, 1 Watton Rd, Great Ellingham, Attleborough NR17 1HZ

The hall is in the heart of the village so please be respectful of the facilities and the location.
We use this for other Open Events.

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.

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.

CYCLING CLUB BRECKLAND are proud to support





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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 recognized 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 Prize per rider, except Team Prize

Scratch	TBC
Women	TBC
Vets on Standard	TBC
Team of 3	£5 per rider

Heads Up & Ride Safe

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