**UNDER C.T.T. REGULATIONS** **Sunday April 7th 2019**

 **Diss & District C.C. ‘Medium Gear’, ‘Pre 1980 Spec.’ & 2-UP**

 **Open 25 Mile Time Trials**

Event Sec.: M. Madgett, 32 Tottington Lane, Roydon, Diss, Norfolk. IP22 5BJ

Timekeeper: Mr M. Madgett, Mr K. Joliffe

**COURSE:** B25/17, Road A1066

START near double electric pole, approx. ¼ mile west of Bressingham Church. Proceed to Thetford, where TURN around roundabout, (M), and RETRACE, to FINISH approx. 150yds east of start.

**PARKING & H.Q.:**

At Bressingham Village hall turn North off A1066 at junction near Church & ‘Chequers’ P.H.; continue to crossroads, where turn right, and Hall is 200yds on the left.

**PLEASE BE QUIET** AROUND THE HALL, AS IT IS IN A RESIDENTIAL AREA!!

**NUMBERS & SIGNING ON** will be in the Hall

**PLEASE NOTE This year you also have to 'SIGN OFF'!!**

**For MEDIUM GEAR event: Maximum gear allowed is 72” on a 27” wheel. Gears WILL be checked, prior to start, over a distance of 18’10 ¼ “; any rider overgeared will be disqualified.**

**(52 x 19 on sprints/700 x 23 is normally ‘spot-on’)**

**For ‘PRE 1980 SPEC.’ event: ‘Tri – Bars’, Low- Pro’s, indexed gears and ‘Aero Wheels’, are not allowed, but clipless pedals will be allowed, in the interests of practicality!!**

**LOCAL REGULATIONS**:

1) **No warming up along the course**, once the event has started.

2) **No U-turns** permitted on the course, or adjacent roads, while the event is in progress.

Note: A U-turn is defined as a 180-degree turn completed within the highway, whilst astride the machine.

(It is recommended that riders dismount, check that the road is clear in both directions, then, with machine, walk across the road.)

3) The use of **Turbo Trainers** is banned at all events with a.m. start times

**PRIZES**: - **Pre 1980 Event**: 1st Overall £15 1st Vet on Std £10

**Medium Gear Event**: 1st Overall £20 2nd Overall £15 1st Vet on Std £10

**2-Up Event**: 1st Overall £15 each 2nd Overall £10 each

 **IN THE INTERESTS OF YOUR OWN SAFETY**

**Cycling Time Trials & the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally recognised safety standard**

**In accordance with Reg. 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets**

**Cycling Time Trials Strongly Recommend that riders use a Rear Light, either flashing or constant, visible to following road users, and is active while the machine is in use.**

 **Heads up & a Safe Ride!!!!!!**

**Pre 1980 Spec Event**

**No Name Club Cat Std Time Start at**

8 Rob Hobbs Diss & District CC V 1.06.00 9.08

9 Duncan Murphy Audax UK 9.09

10 Chanel Mason Storey Racing L 9.10

11 Ed Dean Norwich ABC V 1.08.14 9.11

12 Ross Edgar Lea Valley CC V 1.06.39 9.12

**Medium Gear Event**

**No Name Club Cat Std Time Start at**

14 John Musgrave Diss & District C.C. V 1.16.59 9.14

15 Geoff Frost Team Velo Velocity V 1.07.26 9.15

16 Derek Cawston Wolsey RC V 1.08.02 9.16

17 Mark Fairhead CC Breckland V 1.09.05 9.17

18 Paul Rippon Ipswich BC V 1.08.02 9.18

19 Terence Hawes Kassei CC/Tecnofuel V 1.09.05 9.19

20 Richard Hutt Harp RC V 1.10.38 9.20

21 Jordan Black Newmarket C & T club 9.21

22 Peter Kerry Ipswich Velo V 1.06.13 9.22

23 Andy Kennedy Ipswich BC V 1.08.52 9.23

 **2-Up Event**

**No Name Club Cat Start at**

25 Thomas Levy Ride Harder 9.25

26 James Chapman Ride Harder

27 Stephanie Hoyle Godric CC L/V 9.27

28 Nicki Holland-gladwish Godric CC

29 Michael Collings Diss & District CC V 9.29

30 Anouska Stott Diss & District CC L/V

31 Lucas He Cmbridge University CC 9.31

32 Alex He VC Baracchi V

33 Oliver Cozens Norwich ABC 9.33

34 Richard Postance Norwich ABC

35 Samuel Yates Team Pedal Revolution.co.uk 9.35

36 Tom Cook Team Pedal Revolution.co.uk

37 Rory Havis Ely & Dist CC/B&T Motor Repair 9.37

38 Robert Goulding Ely & Dist CC/B&T Motor Repair V