

UNDER C.T.T. REGULATIONS

Sunday 4th August 2024

**THE TRICYCLE ASSOCIATION (EAST REGION)
25 MILE TIME TRIAL**

Event Sec.: M. Ready, 92 Louie's Lane, Roydon, Diss, Norfolk. IP22 4QN
Timekeeper: Mr M. Madgett

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.

AWARDS:- As per T.A. regulations

- **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.**
- **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, Please return your number after the finish, deposit it in the receptacle provided by the door of the HQ.
- **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 their machine a working white front & rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.*
- **NO LIGHTS – NO RIDE**

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

No	Name	Club	H'Cap	Start
1	Mike Smith	Maldon & District CC	19.40	8.01
2	Judith Swallow	Westerley Cycling Club	12.40	8.02
3	Dave Minter	Audax UK	8.40	8.03
4	Mark Vowells	San Fairy Ann CC	SCR	8.04