

CYCLING CLUB BRECKLAND



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Cycling Club Breckland open miles Time Trial

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Wednesday 22nd June 2022 - Course B25/5 - Start Time 19:00pm

TIMEKEEPERS START Don Saunders CC BRECKLAND

FINISH Heather Saunders, Heidi Davis CC BRECKLAND

MARSHALLS Members of Cycling Club BRECKLAND and friends of.

Please take note of the following Corvid 19 guidance.

Please do not attend the event if you or any member of your support crew or family shows systems of corvid 19.

HQ – Morley Village & Sports Hall, Golf Links Road, Morley St. Peter, Wymondham, NR18 9SU

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

Course: B25/5

This event is being run on the B25/5 course.

Start at paint mark 50 yards south of Dodds Road junction with London Road, Attleborough. Proceed south to Attleborough RAB, 1st exit onto A11. Proceed south on A11 via Thetford RAB to Croxton inter-junction. Turn left into slip road and proceed to T-junction (caution), turn right and proceed under A11 to turn left into slip road to A11 northbound. Proceed via Thetford and Attleborough RAB's on A11 to finish approx 100 yards beyond blue pedestrian bridge at West Carr Road.

Route to Start – From HQ – Turn Right, @ T Junction turn right and proceed through Besthorpe Village, @ T Junction with A11 Entrance slip, turn right and proceed over A11 (Bridge) Proceed to Attleborough – straight through Traffic Lights, at Junction (Caution) Turn Right onto one way system, continue passed Sainsburys until reach start location at Dodds Lane.

Route back to HQ – After finish take the **very next exit @ traffic lite junction turn Right and proceed up the hill, passed Lidl and Join oneway system, at traffic lights turn left and retrace back to HQ.**

Attn. All competitors – Please note that for 2017 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.

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.

CLOTHING – It is recommended that riders do not wear Black or Dark clothing during an event held on public roads.

CTT Regulations:

FRONT & REAR LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front (White) and rear (Red) of their machine working lights, 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.

Protective Helmets – Reg. 15

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.

Riders Please beware of the regulation below – specifically Reg. 20 (a) which covers the issue of HEAD DOWN riding – Head down riding will not be tolerated.

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.

Please note Regulation 20a cover riding HEADS DOWN, please maintain forward vision.

Prizes – Reflective of low entry.

Mens: 1st £20 2nd £15 3rd £10

Lady: 1st £20 2nd £15

VETS on Std: 1st £20 2nd £15 3rd £10

Team of 3: £10 Each

One Rider: one prize except team.

HEADS UP AND RIDE SAFE.