



Club WEBSITE: [www.rideharder.co.uk](http://www.rideharder.co.uk) email: [james@rideharder.co.uk](mailto:james@rideharder.co.uk)

**PLEASE CONTACT EVENT SECRETARY -**

James Walsgrove, 25a Buxton Close, Easton, Norfolk, NR9 5DW - Tel: 07767 335378

Event Sec Ass Mark Fairhead

**Ride Harder open 10 miles Time Trial**

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations on  
Saturday 21<sup>st</sup> May 2022 - Course B10/50 - Start Time 15:01pm**

TIMEKEEPERS      START Don Saunders CC BRECKLAND

FINISH Heather Saunders, Heidi Davis CC BRECKLAND

MARSHALLS      Members of Ride Harder and friends of James

**Please take note of the following Covid 19 guidance.**

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

**Route to Start: Turn right from HQ, Turn Right at the T junction proceed on B1172 to Attleborough. Turn right at the next T junction and follow the road to Town Centre. Continue straight through following the one way around the church and head out on the London road (You will go past Sainsbury's). Continue to the Breckland Lodge where you will find the start area approx. 4.5 mile.**

**Route to start**

**[https://www.komoot.com/tour/765739259?share\\_token=avphqcVCD9rCWCXPAgo5luo6kCeV9fG2emzpMk1dCHqhoMOoGY&ref=wtd](https://www.komoot.com/tour/765739259?share_token=avphqcVCD9rCWCXPAgo5luo6kCeV9fG2emzpMk1dCHqhoMOoGY&ref=wtd)**

**B10/50 (Attleborough - Larling - Attleborough)**

**START at paint mark in old A11 at the entrance to Fen Street, proceed to A11 rab 1st exit (M) onto A11 and proceed to exit A11 at Slip road (LARLING Turn) Signed Watton B1111 at T Junction Turn right (Caution) (M) proceed on B1111 under A11 under pass to Left turn (M) As you join A11 northbound (4.70 m) proceed to finish in West Carr Road.**

**After finish proceed to the very next exit (B1077) and return via Attleborough Town and NOT proceed to Morley exit to return to HQ**

### **Course Profile**

[https://www.komoot.com/tour/765730878?share\\_token=arbe8LF8Floe18BcoGmDmRUi2iHC0IP6vg6ldxFfH6L2bnhjbC&ref=wtd](https://www.komoot.com/tour/765730878?share_token=arbe8LF8Floe18BcoGmDmRUi2iHC0IP6vg6ldxFfH6L2bnhjbC&ref=wtd)

## **HQ – Morley Village and Sports Hall, Golf Links Road, Morley NR18 9SU**

**Numbers and signing on/out sheet will be at the HQ and NOT at the start. Weather permitting signing on will be done outside. Safety pins available**

**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.**

**Toilets – We will have the use of toilets – Located to the right of the entrance lobby. PLEASE come dressed and ready to compete – do not use the toilet as a changing facility.**

### **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.

### **CTT Regulations:**

#### **REAR AND FRONT 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. A front light is not also required.**

#### **HELMET**

**Competitors must wear a helmet to race**

#### **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.**

**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 recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078.**

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 are reflective of entry-level.

Men's: 1st £20 2nd £15 3rd £10

Lady: 1<sup>st</sup> £20 2<sup>nd</sup> £15 3<sup>rd</sup> £10

Team of 3: £10 Each

One Rider: one prize except for team.

**HEADS UP AND RIDE SAFE.**