

Diss and District Cycling Club

Open 25-mile time trial

**Sunday 15th August 2021 at 7.30am at
Bressingham Village Hall**

(High Road, Bressingham, IP22 2AT, will be open from 6.30am,
first rider off 7.31am)

Promoted for and on behalf of Cycling Time Trials

**Event organiser: Mark Ready, 92 Louie's Lane, Roydon, Diss, IP22 4QN
01379 641849, e-mail mcready92@gmail.com**

Time keeper: Mick Madgett

Course: B25/17

(Bressingham – Thetford)

Start: on the A1066 by entrance just after double electric pole, east of Halfords Lane, Bressingham. Proceed to Thetford where turn around roundabout, and retrace to finish approximately 150 yards east of start.

Course records:

	Zachary Herrod (AeroLab Ward WheelZ)	51:12 (2020)
Lady:	Becky Ridge (TPH Racing)	1.01.11 (2020)
Tricycle:	Barry Charlton (Swinerton Cycles)	1.00.55 (2014)

Parking: is available in the Bressingham Village Hall car park.

No cars, other than Event Officials, are to be parked at the start or finish.

Please be mindful the car park is located next to residential properties.

Prizes:

1 st Fastest £30	1 st Vet on Standard £30	1 st Lady	£30
2 nd Fastest £20	2 nd Vet on Standard £20	2 nd Lady	£20
3 rd Fastest £10	3 rd Vet on Standard £10		
1 st Team (£10 each)			

One rider, one prize except the team prize.

U-turns:

U-turns will not be permitted on course or roads adjacent to Start and Finish areas while a race is in progress.

Note – 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).

Warming up:

No warming up along the course by competitors once the event has started.

Rear lights:

No competitor shall be permitted to start 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.

Turbo trainers:

The use of turbo trainers is banned at all events in the East District with a.m. start times.

Important – Please Read

The following instructions outline the “special circumstances” for this event due to COVID-19. Whilst restrictions have eased this has been written in accordance with the guidance from Cycling Time Trials.

Competitors:

- Competitors must not attend if they feel ill in any way or if a family member has any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind, and anyone experiencing this should DNS and leave immediately and not go to the start line.

HQ Building and Sign-on / sign-out:

- Hot drinks will be available to purchase.
- There will be no access to the HQ building, except to use the toilets.
- Signing-on will be done one at a time. Please queue orderly.

Start area:

- Please maintain a safe distance at the start area and note the start is a five-minute ride from the HQ.
- Competitors must not leave any personal items with the time keeper. Any items left in the start area are done so at the owner's own risk.

During the event:

- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.

Results:

- There will not be results available at the HQ, however these will be uploaded to the Diss Cycling Club website, www.disscc.com, as soon as possible after the event.