



**Loose Cannon's Conditioning 10m TT**  
**Incorporating the**

**18<sup>th</sup> May 2024**  
**B10/9 or B10/53**

**Promoted for and on behalf of Cycling Time Trials under their rules and regulations.**

**Thank you for entering the Spring Loose Cannon's Conditioning TT event.**

**HQ**

Sudbourne Village Hall  
Sudbourne  
Snape Rd,  
Woodbridge IP12 2AT

**Course**

We would like to bring to your attention that there are traffic lights currently placed on the B10/9 course. If they are up and running on the day, the course will be held on the new B10/53.

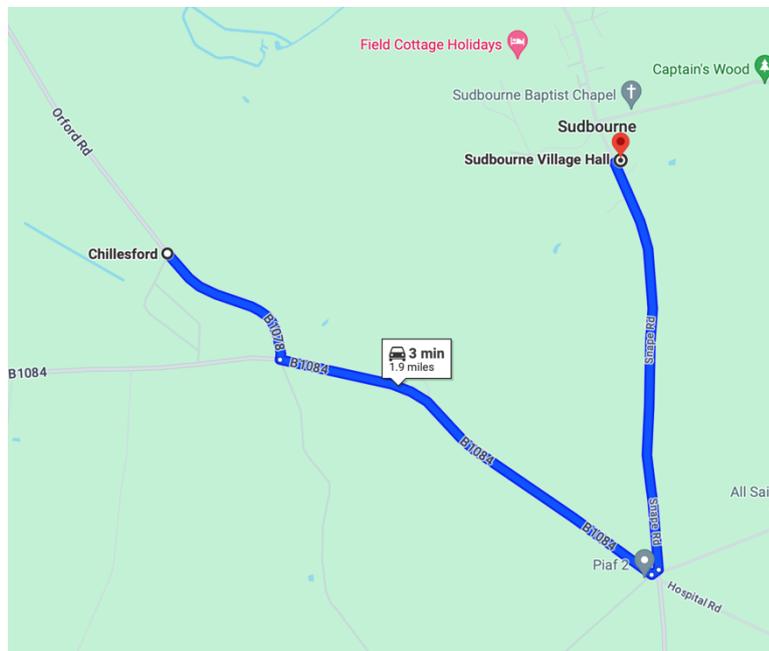
**B10/9**

START on B1078 approx. 0.5 miles from junction with B1084 near Sudbourne. Proceed on B1078 through Tunstall village. Follow B1069 to roundabout at entrance to former Bentwaters Airbase, where retrace route along B1069 & B1078 past start. Turn left onto B1084 (CAUTION from potential traffic coming from the left) to FINISH approximately 200yards from "Five Crossways" south of Sudbourne village.

### **B10/53**

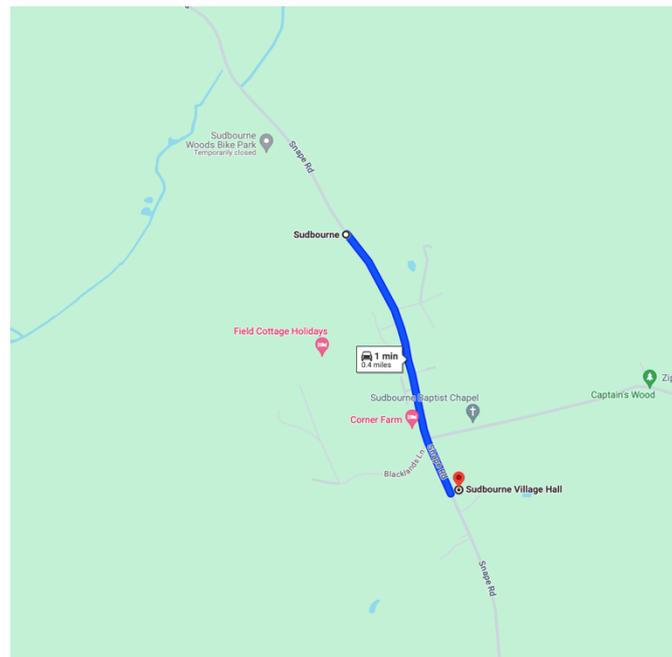
Start at National Speed limit sign on Snape bound edge of Sudbourne village. Proceed north to Snape, where left at 'triangle' onto B1069. (CAUTION very tight corner, you need to approach with caution) Do not take the short cut across the rough area. Proceed to Tunstall, where left onto B1078. Be aware of traffic from the right. (CAUTION very tight corner, you need to approach with caution) Proceed on B1078 to junction with B1084, where left to Sudbourne 5 -ways, where left.. Finish at telegraph pole 022C before Sudbourne Village, after 30mph sign

### **Route to Start for B10/9**



**Turn left out of Village hall, proceed to 5ways, take left onto B1084 then proceed approx. 983yards, turn left on to B1078 and arrive at start in approx. 300yards**

## Route to Start for B10/53



**Turn right out of the village hall and the start is approximately 300yards**

### Local Regulations

#### 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.

**Use of turbo trainers is prohibited at East District events with an AM. Start time.**

### CTT Regulations:

#### FRONT LIGHTS

No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.



## **REAR 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.

## **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.

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.

## **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.



### **Course Records**

Solo Open

00:20:40

Lloyd Chapman

25-Mar-17 | plomesgate cc

Solo Female

00:23:24

Becky Ridge

09-Jul-22 | Wolsey R.C.

Solo Open (Junior)

00:24:22

Harvey Young

19-Mar-22 | Plomesgate C.C.

Solo Female (Junior)

00:27:21

Isabella Johnson

23-Mar-19 | Plomesgate CC

### **Awards**

**1<sup>st</sup> Open and female TT £20**

**2<sup>nd</sup> Open and female TT £12**

**3<sup>rd</sup> Open and female TT £8**

**1<sup>st</sup> Vet standard £20**

**2<sup>nd</sup> Vet standard £12**

**3<sup>rd</sup> Vet standard £8**

### **Organiser details**

Lloyd Chapman

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07716064595

### **Time Keeper Officials**

Pete Wheelan – Plomesgate Cycling Club

Bev Wheelan – Plomesgate Cycling Club



*LCC would also like to thank fellow club Plomesgate CC for their help and assistance in the loan of their race numbers, signs and professional expertise.*