

45% Rule

Will all riders please note that (Amongst others):

Planet X Five Spoke Full Carbon Aero Front Wheel

Zipp 1080

Mavic IO

X-Treme Aeromax

Do not comply with regulation 14 (g) "Deep section rims, tri spoke and wheels of a similar design may be used. The front wheel must have at least 45% of the surface area open" and should not be used on the front of machines.

Anyone found using such a wheel may be subject to disqualification and face disciplinary action.

Prize money – One prize per rider except team.

Mens	Womens	Vets. On Std.	Handicap	Novice
1 st - £40	1 st - £40	1 st - £40	1 st - £30	1 st - £30
2 nd - £30	2 nd - £30	2 nd - £30	2 nd - £20	2 nd - £20
3 rd - £20	3 rd - £20	3 rd - £20	3 rd - £10	3 rd - £10
4 th - £15	4 th - £15	4 th - £15		
5 th - £10	5 th - £10	5 th - £10		

Team of 3 - £10 Each.

RTTC 12 Hour National Championship – including VTTA National Championship, VTTA East Group Championship and incorporating EDCA championship.

Sunday 11th August 2019

Promoted for and on behalf of Cycling Time Trials under their Rules, Regulations and Championship Conditions by the East District Cycling Association.

Event Secretary

Ass. Event Secretary

Mark Fairhead

Don Saunders.

19 Sawmill Close

Wymondham

Norfolk

NR18 0TJ

01953 600497 Mob. 07772516713

Chief Timekeepers

Don Saunders, Heather Saunders, Heidi Davis, Emily Davis & Andy Moore

Marshalls

Members of C C Breckland, Members of East District Cycling Association clubs and other clubs and friends of.

Prize Presentations

20.30 PM

Event HQ (open from 04.30am)

Lincoln Hall, The Fairland, Hingham Norfolk, NR9 4HN

Please park with consideration to local residents and be mindful of the time of day, please use the carpark area wisely.

VTTA National Awards.

1st man on standard – Gold medal, jersey and cap

2nd man on standard – Silver medal

3rd man on standard – Bronze medal

1st women on standard – Gold medal, jersey and cap

2nd women on standard – Silver medal

3rd women on standard – Bronze medal

Club team of three on standard – Gold medals

Group team of three on standard – Gold medals

VTTA East Anglian Group awards – to be presented at VTТА East Awards Dinner

Actual Fastest 1st

Best on Standard 1st

Lady best on Standard 1st

Team of 3 Best on Standard 1st

Age Groups – Fastest in age group 40-44,45-49,50-54,60-64,65-69,

70-74,80-84 & 85-89

EDCA awards to be presented at later date.

Cycling Club Breckland 12 hour time trial - B12/2 (revised 2019)	Inter Miles	Total Miles
Start at paint mark on B1108, opposite Garage, outside Lincoln's Hall (HQ), Hingham	0	0
Proceed west on B1108 via Carbrooke rab and mini rab to Watton Traffic Lights		
Turn left onto A1075 and proceed to 'White Post' junction at Stow Bedon		
Turn left at junction onto B1111 and proceed to Shropham Hall X roads, turn left and proceed through Shropham to turn left onto sliproad to join A11 eastbound	15.799	15.799
Proceed on A11 via Attleborough bypass to Browick interchange, take sliproad signed B1135 'Mulbarton' to 1st rab take 3rd exit and proceed over bridge to 2nd rab, take 2nd exit to rejoin A11 southbound. Proceed via Attleborough bpass and rab to Eccles Road interjunction bridge	19.524	35.323
continue on A11 southbound to Thetford rab, take 2nd exit and continue on A11 to sliproad signed 'Croxtan'		
Take sliproad and proceed to T junction (CAUTION) turn right and proceed under A11 to take sliproad to A11 eastbound		
Proceed via Thetford rab to start of Circuit No.1 at Eccles Road bridge	20.095	55.418
CIRCUIT No.1 (Eccles Road - Thetford - Eccles Road)		
Take sliproad and proceed to Shropham - Old Buckenham road, turn left and proceed under A11 to turn left into sliproad to A11 southbound. Proceed on A11 via Thetford rab to sliproad signed 'Croxtan', take sliproad and proceed to T junction (CAUTION), turn right and proceed under A11 to sliproad to A11 eastbound.		
Proceed on A11 via Thetford rab to complete circuit at Eccles Road bridge on A11.	20.705	76.123
Completion of 2nd circuit	20.705	96.828
Completion of 3rd circuit	20.705	117.533
Completion of 4th circuit	20.705	138.238
Completion of 5th circuit	20.705	158.943
On completion of circuit No.5 proceed to 'Soft Verge' sign to start Circuit No.2	0.153	159.096
Circuit No.2 (Browick - Eccles Road - Browick)		
Continue on A11 via Attleborough rab and bypass to sliproad signed 'Mulbarton - B1135', take sliproad and proceed to Browick rab (1), take 3rd exit and proceed over bridge to Browick rab (2). Take 2nd exit to join A11 southbound and proceed via Attleborough bypass and rab to sliproad, take sliproad to T junction with Old Buckenham - Shropham road, turn right CAUTION and proceed under A11 to turn right CAUTION into sliproad onto A11		
eastbound, proceed to A11 to complete circuit	20.075	179.171
Completion of 2nd circuit	20.075	199.246
Completion of 3rd circuit	20.075	219.321
Completion of 4th circuit	20.075	239.396
Completion of 5th circuit	20.075	259.471
Completion of 6th circuit	20.075	279.546
On completion of 6th circuit proceed to Attleborough rab, take 1st exit signed 'Gravel Pit' and proceed to Great Ellingham X roads. Turn left then immediately right to join START of Finishing Circuit.	4.148	283.694
Finishing Circuit (Carbrooke - Hingham - Carbrooke)		
Start at paint mark approx 250 yds north of Great Ellingham X roads, proceed to Hingham X roads. Turn left onto B1108 and proceed to Carbrooke X roads, turn left and proceed to Caston T junction. Turn left and proceed through Rocklands to Great Ellingham X roads, turn left to complete 1st circuit	12.774	296.468
Completion of 2nd circuit	12.774	309.242
Completion of 3rd circuit	12.774	322.016
Completion of 4th circuit	12.774	334.79
Completion of 5th circuit	12.774	347.564

Details of Arm numbers.

Please note National Championship Condition 2 v(j)

Numbers – Competitors must only use the numbers supplied by the event organizer.

Body numbers should be fitted in accordance with regulation 16. Arm numbers should be fitted to the upper arm facing forward.

Arm Numbers worn correctly.



Arm Numbers worn incorrectly

COURSE DETAILS: B12/2 Revised 2019

All details as per loose sheet in the rider pack.

Start is located by the large tree stop in front of the HQ.

East District Local Regulations

U Turns will not be permitted on course or roads adjacent to the Start and Finish areas while the event 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 East 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 an event has started.

There will be an on-the-day risk assessment – But PLEASE be aware the road surface on part of the course is not perfect.