



Event Secretary: Adam Cross
4 Sharman Avenue, Watton, Thetford, IP25 6ED
07532 775651 // adamcross240@gmail.com

Promoting Club: Cycling Club Breckland
www.ccbreckland.info

Promoted for and on behalf of Cycling Time Trials under their rules and regulations on
Sunday 17th September 2023 – B10/19 – Start Time: 0900
Cycling Club Breckland on behalf of ECCA

Event Headquarters: Scoulton Village Hall Mere Road, Scoulton

It is approx. 2.5 miles from the HQ to the start in Hingham outside Lincoln's Hall

The hall will be open from 0800, if you wish to arrive earlier the car park is open, but the numbers wont be available until 0800.

B10/19 (Hingham – Carbrooke RAB – Hingham)

- START at paint mark on B1108, opposite garage, outside Lincoln's Hall Hingham
- Proceed west on B1108 to Carbrooke roundabout (5.5 miles)
- Encircle roundabout to retrace on B1108 to FINISH on B1108 near farm track approx. 0.5 miles before Woodrising Road

Do not ride through the red light if it is illuminated at the pelican crossing near the turn. This will be marshalled.
It is rare that this crossing is used, but any riders who disobey the lights will be disqualified.

Secretary on the day	Paul Cross 07823 502158
Time Keepers	Don Saunders, Heather Saunders & Heidi Davis
Observer	Don Saunders
Marshals	Friends and Members of ECCA & CCB

Course Records:

Solo Male

00:19:30 Timothy Torrie 13-Aug-22 | C.C.Breckland

Solo Female

00:21:56 Kimberley Hatton-Farrow 21-Apr-18 | CC Breckland

Solo Male (Junior)

00:21:31 Jake Crossley 18-Apr-21 | C.C. Breckland

Solo Female (Junior)

00:27:55 Isabella Johnson 21-Apr-18 | CC Breckland



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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:

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.

Head up and ride safe!



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- Toilet Facilities** Toilet facilities are available in the HQ, please arrive ready to ride as there are no changing rooms.
- Race numbers** Please place your Race Number low on your back. If you are using a Triathlon style number belt you must also pin the number at the bottom so that the time keepers can see your number.
At the end of the event please place your numbers in the bucket provided.
- Start area** **DO NOT use the hedges as a toilet - this is a residential area. Anyone caught will be DQ'd**
- Finish** Please remember to **PERSONALLY** sign the sign out sheet when returning the number.

Please remember all competitors are now required to **PERSONALLY** sign the sign out sheet when returning the number.
Failure to do will result in the competitor being recorded as DNF.

It is advisable to have a mobile phone on your person (Please abide by CTT Regulations)



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