**UNDER C.T.T. REGULATIONS** **Sunday April 16th 2023**

 **Diss & District C.C. ‘Medium Gear’, ‘Pre 1980 Spec.’ & 2-UP**

 **Open 25 Mile Time Trials**

Event Sec.: M. Madgett, 32 Tottington Lane, Roydon, Diss, Norfolk. IP22 5BJ

Timekeeper: Mr M. Madgett,

**COURSE:** B25/17, Road A1066

START near double electric pole, approx. ¼ mile west of Bressingham Church. Proceed to Thetford, where TURN around roundabout, (M), and RETRACE, to FINISH approx. 150yds east of start.

**PARKING & H.Q.:**

At Bressingham Village hall turn North off A1066 at junction near Church & ‘Chequers’ P.H.; continue to crossroads, where turn right, and Hall is 200yds on the left.

**PLEASE BE QUIET** AROUND THE HALL, AS IT IS IN A RESIDENTIAL AREA!!

**NUMBERS & SIGNING ON** will be in the Hall.

**For MEDIUM GEAR event: Maximum gear allowed is 72” on a 27” wheel. Gears WILL be checked, prior to start, over a distance of 18’10 ¼ “; any rider overgeared will be disqualified.**

**(52 x 19 on sprints/700 x 23 is normally ‘spot-on’)**

**For ‘EROICA SPEC.’ event: ‘Tri – Bars’, Low- Pro’s, indexed gears and ‘Aero Wheels’, are not allowed, but clipless pedals will be allowed, in the interests of practicality!!**

* **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.**
* **U-Turns will not be permitted on course or roads adjacent to Start and Finish areas while the race 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.
* **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).
* **Numbers** will be at the H.Q. where you will need to sign in before being provided with your number, and can be exchanged for a drink after the event. **Note:** All competitors – Please note that from 2017 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.
* **Warming up:** No warming upalong the course once an event has started.
* **Turbo trainers:**  The use of turbo-trainers is banned at all events with a.m. start times.

**PRIZES**: - **Eroica Spec Event** 1st Overall £15

**Medium Gear Event**: 1st Overall £15 1st Vet on Std £10

**2-Up Event**: 1st Overall £20 each 1st Ladies £20 each

* All competitors – please be aware of CTT Regulation 14(i):
* *No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to their machine a working white front & rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.*
* **NO LIGHTS – NO RIDE**

 **Heads up & a Safe Ride!!!!!!**

**Eroica spec bikes Event**

**No Name Club Cat Std Time Start at**

6 Rob Hobbs Diss & District CC V 1:06:44 9.06

7 Stan Worrall VC Baracchi V 1.11.53 9.07

**Medium Gear Event**

**No Name Club Cat Std Time Start at**

9 Mark Fairhead CC Breckland V 1.09.56 9.09

10 David Gill Diss & District CC V 1:10:14 9.10

11 Geoff Frost Team VeloVelocity V 1:07:56 9.11

12 Andy Kennedy Ipswich BC V 1.09.58 9.12

 **2-Up Event**

**No Name Club Cat Start at**

14 Mark Eastwood West Suffolk Whs V 9.13

15 John Steed West Suffolk Whs V

16 Miranda Clements Cambridge Universty CC L 9.15

17 Jo Matthews Cambridge UniversityCC L

18 Richard Carrington West Suffolk Whs V 9.17

19 David Young West Suffolk Whs V

20 Simon Butteriss Ely & District CC V 9.19

21 Rory Havis Ely & District CC

22 Lee Shipp Diss & District CC V 9.21

23 Ryan Gray Ride Harder