



**Loose Cannon's Conditioning 10m TT**  
**Incorporating the**  
**East District Road Bike Championships**

**10<sup>th</sup> September 2023**  
**B10/36r**

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

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

Its gives us great honour to incorporate the Road bike East District Championships. We hope it lives up to the expectation we have created for this event!

Once the event has finished please stay for the presentation of awards, trophies and refreshments. All proceeds made from refreshments will be donated to the East Anglian Air Ambulance.

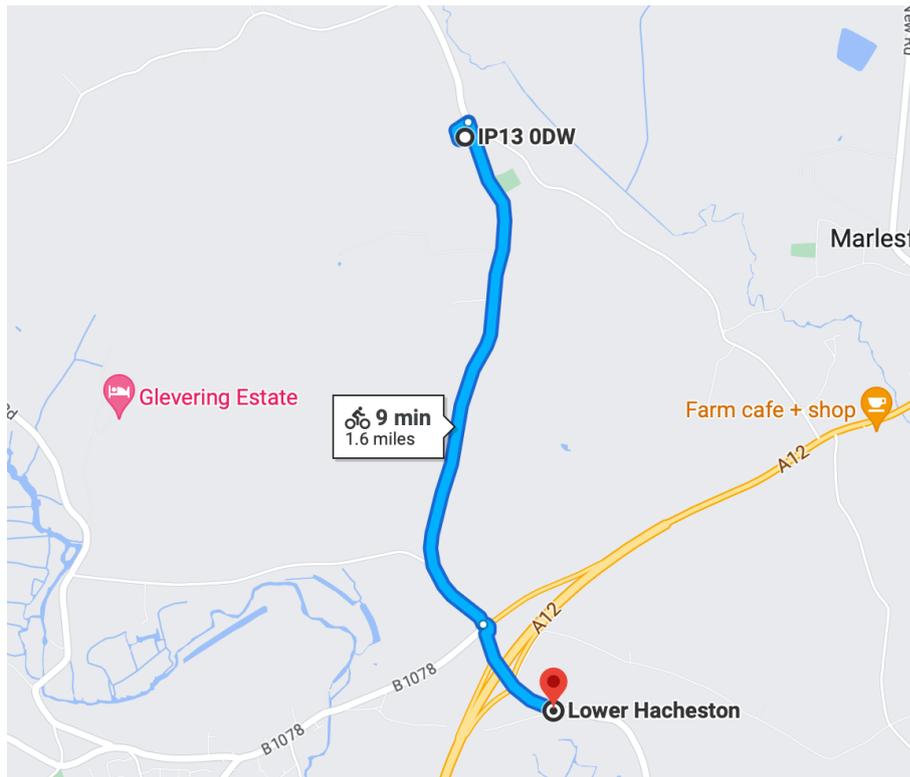
**HQ**

Hacheston Village Hall  
Hacheston  
Woodbridge  
IP13 0DW

**Course**

Start opposite eastern edge of manhole cover on b1078 road at Campsea Ashe, approx. 11 metres east of entrance to slip road leading south to Wickham Market bypass (a12). proceed to slip road where turn left to join a12 southbound, proceed on a12 to Melton roundabout (5.2 miles). take 3rd exit & retrace north on a12 to finish at 10th cats eye south of large dot sign in lay-by signed 'Lowestoft' A12/Framlingham b1116/ Wickham Market b1078'.

## Route to Start



The start is approximately 1.6 miles away and will be clearly signed. After the finish you retrace your steps, again this shall be signposted to avoid any possibly confusion after your efforts :D

### 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.



### Awards

We have been extremely fortunate to have gathered a healthy prize fund which covers all categories equally across the event.

**1st Place: £100 cash + £50 Le Col voucher + Handcrafted LCC Trophy**

**2nd Place: £50 cash + £40 Le Col voucher**

**3rd Place: £40 cash + £30 Le Col voucher**

**4th Place: £30 cash**

**5th Place: £20 cash**

### **ROAD BIKE ONLY TEAM PRIZES AVAILABLE**

**1st £75**

**2nd £50**

Thank you to the following sponsors of this event.

The Learning Turner for the handcrafted bespoke trophies

[https://www.instagram.com/the\\_learning\\_turner/](https://www.instagram.com/the_learning_turner/)

Unscrambled LTD for a cash donation

<https://www.unscrambled.co.uk/home>



J. White Plumbing and Heating LTD for a cash donation

<https://www.facebook.com/jwhiteplumbingheating/>



LeCol Cycling clothing and Apparel for the vouchers and cash donation

[lecol.cc](http://lecol.cc)

**LE COL**



A huge thank you to the various other private sponsors and supporters too.

## Course Records

<b>Solo Male</b> 00:19:22 Lloyd Chapman 31-Jul-16	<b>Solo Female</b> 00:22:26 Rebecca Johnson 29-Jul-18
<b>Solo Male (Junior)</b> 00:22:08 William Carlyon 12-Sep-21	<b>Solo Female (Junior)</b> 00:28:23 Isabella Johnson 06-Aug-17
<b>Tandem</b> 00:21:09 Gary Pamment, Barry McDonald 06-Aug-17	

## Organiser details

Lloyd Chapman

[Lloyd@loosecannonsconditioning.com](mailto:Lloyd@loosecannonsconditioning.com)

07716064595

## 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.*

*Mark Fairhead from CC Breckland for the help with administrations*