

# Diss and District Cycling Club

## Open 25-mile time trial

**Sunday 16<sup>th</sup> August 2020 at 7.30am at  
Bressingham Village Hall**

(High Road, Bressingham, IP22 2AT, will be open from 6.30am,  
first rider off 7.31am)

**Promoted for and on behalf of Cycling Time Trials**

**Event organiser: Mark Ready, 92 Louie's Lane, Roydon, Diss, IP22 4QN**  
01379 641849, e-mail [mcready92@gmail.com](mailto:mcready92@gmail.com)

**Time keeper: Mick Madgett**

**Course: B25/17**

**(Bressingham – Thetford)**

**Start:** on the A1066 by entrance just after double electric pole, east of Halfords Lane, Bressingham. Proceed to Thetford where turn around roundabout, and retrace to finish approximately 150 yards east of start.

### **Course records:**

|           |                                      |                |
|-----------|--------------------------------------|----------------|
|           | Ben Stancombe (Team VeloVelocity)    | 52:45 (2019)   |
| Lady:     | Denise Hurren (Sole Bay Cycle Sport) | 1.01.51 (2018) |
| Tricycle: | Barry Charlton (Swinerton Cycles)    | 1.00.55 (2014) |

**Parking:** is available in the Bressingham Village Hall car park.  
No cars, other than Event Officials, are to be parked at the start or finish.  
Please be mindful the car park is located next to residential properties.

### **Prizes:**

|                                 |                                     |                      |     |
|---------------------------------|-------------------------------------|----------------------|-----|
| 1 <sup>st</sup> Fastest £30     | 1 <sup>st</sup> Vet on Standard £30 | 1 <sup>st</sup> Lady | £30 |
| 2 <sup>nd</sup> Fastest £20     | 2 <sup>nd</sup> Vet on Standard £20 | 2 <sup>nd</sup> Lady | £20 |
| 3 <sup>rd</sup> Fastest £10     | 3 <sup>rd</sup> Vet on Standard £10 |                      |     |
| 1 <sup>st</sup> Team (£10 each) |                                     |                      |     |

One rider, one prize except the team prize.

### **U-turns:**

U-turns will not be permitted on course or roads adjacent to Start and Finish areas while a race 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 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 the event has started.

### **Turbo trainers:**

The use of turbo trainers is banned at all events in the East District with a.m. start times.

### **Important – Please Read**

The following instructions outline the “special circumstances” for this event due to COVID-19. These instructions are correct at the time of issuing but may change due to updated risk assessment or changing government advice. Any changes will be detailed at the HQ on the day of the event.

### **Competitors**

- Competitors must not attend if they feel ill in any way or if a family member has any symptoms.

### **HQ Building**

- There are currently no catering facilities but this could be a possibility by the time of the event.
- There will be no access to the HQ building, except to use the toilets.

### **Sign-on/sign-out**

- Signing-on will be done one at a time. Queue orderly and maintain 2 metres whilst waiting.
- Disposable numbers will be issued. Once you have finished your event do not bring your number back. Take it home and dispose of it responsibly.
- You do not need to return to the HQ area to sign-out.

### **Start area**

- There will be no pusher off and the start time keeper will be more than 2 metres from the start.
- Competitors must not leave any personal items with the time keeper. Any items left in the start area are done so at the owner's own risk.

### **During the event**

- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.

### **Results**

- There will not be results available at the HQ, however these will be uploaded to the Diss Cycling Club website, [www.disscc.com](http://www.disscc.com), as soon as possible after the event.