

Diss and District Cycling Club

Open 25-mile time trial

Sunday 13th August 2023 at 8.00am

HQ: Bressingham Village Hall

(High Road, Bressingham, IP22 2AT, will be open from 7.00am,
first rider off 8.01am)

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

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:

	Zachary Herrod (AeroLab Ward WheelZ)	51:12 (2020)
Lady:	Hannah O'Brien (Loose Cannon's Conditioning)	59.26 (2022)

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:

Fastest Women Riders		Fastest Men Riders		Fastest Road Bikes	
1 st	£30	1 st	£30	1 st	£30
2 nd	£20	2 nd	£20	2 nd	£20
3 rd	£10	3 rd	£10		

1st Team (£10 each)

One rider, one prize except the team prize.

In addition to the above, there will be a separate prize of £10 for any new course record set at the end of the event.

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.

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**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.

HQ Building and Signing-on / Signing-out

- Signing-on will be done in the lobby area, where there is access to toilet facilities.
- Please note that all competitors are required to PERSONALLY sign the sign out sheet when returning the number. Failure to do will result in the competitor being recorded as DNF.
- Hot drinks will be available to purchase after the event.

Start area

- Please maintain a safe distance at the start area and note the start is a five-minute ride from the HQ.
- 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

- These will be available at the HQ after the event.