

UNDER C.T.T. REGULATIONS

Sunday April 11th 2021

**THE TRICYCLE ASSOCIATION (EAST REGION)
25 MILE TIME TRIAL**

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, **PLEASE NOTE** that only the entrance lobby & Toilets will be used this year. **PLEASE** bring your own pen for signing on. There will be hand sanitiser in the entrance lobby. Afraid no tea/coffee available this year.

AWARDS:- As per T.A. regulations

- **In the interests of your own safety Cycling Time Trials strongly advise you to wear a HARD SHELL HELMET that meets an Internationally accepted safety standard. All competitors under the age of 18 and/or Juniors 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, Please return your number after the finish, deposit it in the receptacle provided by the door of the HQ.
- **Warming up:** No warming up along the course once an event has started.
- **Turbo trainers:** The use of turbo-trainers is banned at all events with a.m. start times.
- 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 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.*

- **NO REAR LIGHT – NO RIDE**

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

No	Name	Club	Hcp	Start
1	James Fuller	TA East	35.00	9.01
2	Nicholas Boyd	West Suffolk Whs	18,00	9.02
3	Lauren Pike	Lincoln Whs CC	13.00	9.03
4	Mark Vowells	San Fairy Ann CC	1.30	9.04
5	Dave Mason	Lincoln Whs CC	2.00	9.05
6	Wayne Marks	Tri-Anglia	11.00	9.06
7	Sid Charlton	Lincoln Whs CC	19.00	9.07
8	Ian Pike	Lincoln Whs CC	SCR	9.08