



# South Norfolk Time Trial League



- The South Norfolk Time Trial League is an interclub league of cycling Time Trials held under CTT rules.
- 12 x 10 mile TT's promoted and organised by VC Norwich, Norwich ABC & CC Breckland.
- CCB & VCN races will be on the B10/19 10 mile course between Hingham and Watton.
- NABC races will be on the B10/47 (revised 2024) 10 mile course between Morley and Wymondham.
- B10/47 Event HQ – Morley Village Hall (NR18 9SU), sign on from 1800, closes at 1845.
- B10/19 Event HQ – Scoulton Village Hall (NR9 4NR), sign on from 1800, closes at 1845.
- Members of all CTT affiliated cycling and triathlon clubs are welcome to participate.

Date	Time	Promoting Club	Course	HQ
28-May	19:00	NABC	B10/47	Morley
04-Jun	19:00	VCN	B10/19	Scoulton
11-Jun	19:00	CCB	B10/19	Scoulton
18-Jun	19:00	NABC	B10/47	Morley
25-Jun	19:00	VCN	B10/19	Scoulton
02-Jul	19:00	CCB	B10/19	Scoulton
09-Jul	19:00	NABC	B10/47	Morley
16-Jul	19:00	VCN	B10/19	Scoulton
23-Jul	19:00	CCB	B10/19	Scoulton
30-Jul	19:00	NABC	B10/47	Morley
06-Aug	19:00	VCN	B10/19	Scoulton
13-Aug	19:00	CCB	B10/19	Scoulton

As in 2024 the league will have 12 races. The riders best 10 mile performance from the previous season.

If no results are available the rider will be placed in a division after 3 league races.

The ladies and Road Bike categories are open to all time standards.

Division 1: Less than 24:00 min

Division 2: 24:00 to 26:00 min

Division 3: More than 26:00 mins

Ladies: Open

Road Bike: Open No aerobars, TT/visored Helmets or wheels deeper than 60mm Hands on bars at all times, no 'puppy paws'.

In each event points will be awarded on the basis of 10 for 1<sup>st</sup> in each division, down to 2 points for 9<sup>th</sup> and 1 point to all other finishers.

The riders best 8 results will count towards their league position.

Trophies will be awarded to the winners from each division, these are to be returned before the end of the following season.



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