



**10 Mile Open Time Trial to be held on Saturday 14<sup>th</sup> April 2018 on the V212 (YCF SpoCo Points Event)**

**Promoted for & on behalf of Cycling Time Trials under their Rules & Regulations**

**First Rider off at 13.30 hours (women)**

<b><u>Event Sec.</u></b> Christine Bell 17 Westbourne Drive, Guiseley, Leeds, LS20 8DB <b>Tel:</b> 07941 971904 -please text apologies or email to christinebell3@btinternet.com	<b><u>Timekeepers</u></b> George Barker and Mick Phillips
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**Event HQ and Parking**

The event headquarters is at Arkendale Community Hall, 51 Moor Lane, Arkendale HG5 0QT. Numbers, signing-on sheet, and the result board will be located here. The HQ will be open from 12:30. There will be super home baked cakes and pies at the end of the ride, please bring plenty of cash, all funds raised from this event will support our club funds including our youth riding programme.

**Please remember to return your number when you return to sign back in – this is a CTT requirement.**

There is a small car park opposite the HQ which opens out into a field. We have been given special access to this field by the owners, it is usually used for their horses so please be respectful of this area and remove all rubbish before departing. If you can share lifts that would be very helpful as it will reduce the amount of parking and congestion in this small village. There are train stations at Knaresborough and Cattal. **Please do not park in the Blue Bell car park, this is for patrons only.** For those who require parking nearer the start/finish, there are a number of places off the side of the A168 (but not at the start line or near the finish line, as this will interfere with rider safety).

**Getting to the Start**

It is approximately 2 miles from the HQ to the start, so allow plenty of time to get there. From HQ turn left and proceed along Marton Lane to A168. Turn right, taking time to check if other riders are coming and continue along the A168.

The start is on the left in about ½ mile at the entrance to Rabbit Hill Park (HG5 0RB). Please note there is **NO PARKING** at the **start or finish**. The start is the entrance to Rabbit Hill Business Park/Cafe and cars are likely to turn into and out of the park, please be mindful of this when coming to the start and do not congregate in this area. Please do not interfere with the timekeepers duties by talking to them at the start or by asking them for your times at the end. All times will be communicated to the results team at HQ by phone.

**Course details V212**

Start on the access road to Rabbit Hill Park just off the A168. Turn left and proceed to the Walshford Traffic Island (approx. 4.5 miles); take 4th exit, (ie. encircle roundabout and retrace along A168) and continue along the A168 to the chequered flag/board at the junction with the A168 of the road to Arkendale (Marton Lane) (approx. 5.5 miles). Continue on the A168 to turn around, at the right hand turn to Braimber Lane, return to the A168 and then take a right to make your way back

along Marton Lane to Arkendale and the HQ.(please take care not to obstruct the path of other riders who are completing their event)

(on the CTT website description Marton Lane is described as Arkendale Road, but Google Maps uses Marton Lane so we have amended the description so it correlates with any on line maps you may use)

**REMEMBER!!! The new CTT Regulations require you to sign out from this ride at the HQ. Failure to do so will result in a DNF.**

## Awards:

Males	Women	Juniors	M/F
1 <sup>st</sup> £30	1 <sup>st</sup> £30	1 <sup>st</sup> £30/£30	
2 <sup>nd</sup> £20	2 <sup>nd</sup> £20	2 <sup>nd</sup> £20/£20	
3 <sup>rd</sup> £10	3 <sup>rd</sup> £10	3 <sup>rd</sup> £10/£10	

Ladies Team Prize £10 per rider (2 fastest riders)

Mens Team Prize £10 per rider (3 fastest riders)

## One Rider One Prize except Team prizes and any spot prizes

### Safety

Please carefully read the risk assessment for the course which will be displayed at the HQ. Safety, not performance is the first priority. Any dangerous behaviour on the course will be reported.

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. In accordance with Regulation 15 junior competitors must wear protective HARD SHELL HELMETS. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use. When riding, give priority to traffic from your right; signal clearly to other road users the course you intend to take.

Marshals will be positioned at major road junctions and at roundabouts to aid the rider and are not there to stop traffic.

### Doping Control

This event may be subject to a Doping Control. When you return to HQ to sign back in, **it is your responsibility to check** if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. We hope that you will all continue to ride safely, healthily and without use of performance drugs.

### Course Photography

A member of Otley CC, Carolyn Nelson, will be on the course taking photographs. These will be uploaded to our club Flickr account for all riders to download, although a mention of Carolyn will be appreciated.

### New Riders

We are delighted that there are many riders who are giving time trialling a go at this event. We encourage you to read the guidance for new riders on the CTT website

<https://www.cyclingtimetrials.org.uk/articles/view/28>

I am sure all our experienced riders will show you tolerance and be supportive to you so that you will want to continue with this addictive sport

Christine Bell and Trevor Hatib  
Otley Cycle Club

