



10 Mile Open Time Trial to be held on Saturday 13th April 2019 on the V212 (YCF SpoCo Points Event)

Promoted for & on behalf of Cycling Time Trials under their Rules & Regulations
First Rider off at 14.01 hours (men)

Event Contact Christine Bell 17 Westbourne Drive, Guiseley, Leeds, LS20 8DB Tel: 07941 971904 -please text/email apologies christinebell3@btinternet.com	Timekeepers Phil Hurt and Steve Brown
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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. Remove cleats before entering the main hall. The HQ will be open from 12:30. There will super home baked cakes at the end of the ride, bring **cash**, all funds raised from this event will support our development work, 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 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 be respectful of this area and remove all rubbish before departing. Sharing lifts, or travelling by train will reduce congestion in the village and do not park on verges in the village. **Do not park in the Blue Bell car park, this is for patrons only and there is no parking at the START LINE**

Getting to the Start

It is approximately 1.5 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, when safe to do so and join the A168. The start is on the left in about ½ mile at the entrance to Rabbit Hill Park (HG5 0RB) There is **NO PARKING** at the **start or finish**. The Rabbit Hill Business Park/Cafe will be in use and some cars will be turning in here so 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 **past** 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) This map shows the route from HQ and back again

(<https://ridewithgps.com/routes/29428238>)

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

Course Records

Solo Male: Philip Groves 20.25 (2017)

Solo Female: Jessica Bacon 23.40 (2016)

Awards:

Fastest Man	Women	Juniors	M/F
1 st £30	1 st £30	1 st £30/£30	
2 nd £20	2 nd £20	2 nd £20/£20	
3 rd £10	3 rd £10	3 rd £10/£10	

Women - Team Prize £10 per rider (3 fastest riders)

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

Non TT Bike

As we have so many novice riders we will have a prize for both the men and the women's fields for the fastest rider on a non TT bike set up – this means no special adaptations for the event – skinsuits/aero helmets/tri-bars. To enter for this prize riders must sign up when they arrive at the HQ.

One Rider One Prize except Team 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

Some Otley Club members will take photographs on the course and these will be uploaded after the event to a shared album. If you have photographs taken by your friends and family please do share after the event.

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

