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**OFFICIAL START SHEET**

OPEN 50 MILE TIME TRIAL

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

**Course V251**

A168 Dishforth – Walshford – Dishforth x 2

**Sunday 4th August 2019**

First riders off at 10.03 hours

*Event Organiser*

**Helen Goldthorpe**

18 Talbot Road, Roundhay, Leeds, LS8 1AG

Tel 07946 540373

*Timekeeper*

**Phil Hurt**

**AWARDS**

These will be made on the basis of one rider, one prize (highest value).

Fastest Rider 1st £30, 2nd £20, 3rd £15, 4th £10

Fastest Female Rider 1st £30, 2nd £20

Fastest Male Veteran £15

Fastest Female Veteran £15

**Course V251:**

V251: START on unclassified road leading from Dishforth village to traffic island on A168, at clearway sign on southern side of road. Proceed to roundabout, where take 1st exit (left) onto A168. Continue to Kirby Hill TI (2.95ml), where take 2nd exit (straight across), stay on A168, to Roecliffe Road TI (4.60ml). Straight across (2nd exit), stay on A168, to Boroughbridge South TI (5.35ml). Take 2nd exit, continuing south on A168 to Walshford TI. (12.90ml). Encircle island, retrace outward route via Boroughbridge South (20.45ml), Roecliffe Road (21.25ml), and Kirby Hill TIs (22.95ml). to Dishforth TI (25.80ml). Encircle island and repeat circuit via Walshford TI (38.70ml), back to Kirby Hill TI (48.75ml), where straight across, on A168, to FINISH approx. 1.6 miles south of Dishforth TI, 0.6 miles south of windsock on airfield, opposite gap in hedgerow on eastern side of road, “50” mark on wooden fence. (50 miles).

**Headquarters, Car Parking and Race Numbers**

Event HQ is Dishforth Village Hall (YO73JU). This will be open from 8.45 am.

Parking is available in Dishforth village. Please park considerately.

Please note that Yorkshire DC local regulations do not permit the use of turbo trainers with 150 yards of any occupied property.

The results board and refreshments will be in the hall. Signing-on and numbers is at the HQ from approximately 9.00 am.

**IMPORTANT** – All riders MUST personally sign the signing out sheet after the event – the sheets for signing out will be in the same location as the signing on sheets. Please do not forget as without a signature after the event you will be recorded as a DNF.

**Start Directions**

The start is around half a mile from HQ as you leave Dishforth village, just before you reach the roundabout with the A168.

**Safety**

Please do not warm-up on the section of the A168 on which the event is held at any time after the start. As this event covers a two laps of the course please be aware that riders may overlap, please take special care at the start and finish areas. Please note that the marshals are only to indicate your direction and cannot control traffic in your favour. At each junction it is your responsibility to ensure that it is safe to proceed. Keep your head up and keep to the left of the carriageway. Please wear your race number in a central position below the waist so that it is clearly visible to other road users when you are riding.

**In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all riders to wear a hard shell helmet that meets an internationally accepted safety standard. In accordance with Regulation 15 ALL 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.**

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