



Jem'Hadar offer the 'Ice Breaker' 10 Mile Open Non Aero Road Bike TT

On Saturday - 4th March 2023

Registration opens: 12:30pm **Race Time:** 14:29 **Course:** V212

Race Director: My Jymmy TREVOR (07970 966458)

Assistant Race Director : Mr Blair Buss (07 936 146 533)

Time Keepers: Mr Phil Hurt (Yorkshire Road Club) & Mr Mike Penrice (VTTA)

Timekeepers clerks : Nigel & Karen Bennett

Other Race Officials: Various members and friends of VTTA & Jem Hadar

First Aiders: Jymmy Trevor, Blair Buss

Head Quarters: Arkendale Community Hall : Moor Ln, Arkendale, Knaresborough **HG5 0RF**

IMPORTANT INFORMATION REGARDING PARKING

Please do not park in the car park of the Blue Bell Pub unless you intend to use the pub for drinks or meals, then it's fine. I have hired the field across the road for us to park in if you want to park at the HQ. You can also find some great places to park on the A168 just to the North of the course in laybys and off roads. They are safe and good if you wish to use a turbo trainer to warm up. If you park in a layby on the course please respect anyone already racing and try not to affect their race. Please park considerately and respect the residents in the village. As always the future of the course is dependent on our respect to the local residents.

Distance from HQ to start location: 1.6 miles. Turn left out of the HQ (or right out of the parking field) and follow Marton Lane to the A168. At this junction turn right and head towards Rabbit Hill Business Park located on the left where the start is located.

Please DO NOT warm up on the course past the start area once the event has started, (anyone seen doing this will be DQ'd from the event). Plenty of good roadway North of the course to warm up, please use these roads.

Promoted for, and on behalf of, Cycling Time Trials, under its Rules & Regulations

This event is run under CTT regulations which can be found in the link below.

<https://www.cyclingtimetrials.org.uk/>



1. Non Aero Road Bike Rules

These rules apply such that our event can be part of the Y.C.F. Non Aero League. Please contact Y.C.F. if you have any comments on the restrictions.

1. *No aerobars, clip on aerobars or aero extensions can be used.*
2. *Hands must be holding the handlebars at all times whilst racing (ie. not with forearms resting on the handlebar)*
3. *Wheels may have no more than 65mm depth and must have at least 12 spokes*
4. *Helmets must have no visor and must not be TT aero helmets.*
5. *Ears must not be covered by the helmet*

You're OK to use a skin suit or regular cycle clothing.

We'll check you at the start to ensure you comply and get the points for the Y.C.F. League.

2. Awards

Please come to the HQ at the end of the event to be awarded prize money.

1st Actual - £20, 2nd Actual - £10, 3rd Actual – Non cash physical prize on the day

1st VTTA AAT - £20, 2nd VTTA AAT - £10 3rd VTTA AAT - Non cash physical prize on the day

One person – one prize

3. Sign-On

Sign on inside the village hall, but please, No cleats inside please. Let's respect the hall so we are welcomed back. Come and see our lovely sign on team and get your number and sign the attendance sheet.

2. Course Details

V212 : Start approx 3.5 miles south of Boroughbridge in entrance to A168 from old A1 (now a long lay-by) at a point approx 1 yard before "Clearway" sign. Turn left on to A168 and proceed to



Walshford roundabout (4.72 miles). Encircle roundabout and retrace along A168 to Arkendale Road, to finish adjacent to central bollard at a red paint mark.

<https://www.strava.com/segments/1162710>

3. Race Results.

There will be on display of results back at HQ. They will also be posted 'on line' in a cloud as they come in and you can access them using a QR code that will be posted in the HQ We will collate the results and post them online. We will also post them online to the Jem'Hadar website in social media channels. We will then email the participants using the address supplied at preregistration. Riders having pre-registered that do not race will be given a DNS on the results sheet.

4. Under 18s.

Under CTT regulations no rider under the age of 12 on the day of the event is permitted to race on the open road. Jem'Hadar is very happy to welcome all riders aged 12 and above. Those under 18 will require a parental consent form. Please print off the parental consent from the link below, complete it and bring this with you on the day of the event.

<https://www.cyclingtimetrials.org.uk/documents/download/3742>

<https://www.cyclingtimetrials.org.uk/documents/download/3743>

5. Start List

Appendix A is the rider list with the number assigned to you. This is the number that must be collected from the HQ upon arrival. Please do not swap numbers: your emergency contact details are assigned to this number, we really don't want to be phoning the wrong person in case of an emergency. If you are unable to attend, DO NOT swap your name with someone else. Riders found doing this will not be permitted to race, will be reported to the CTT and will not be accepted in future events.

6. Vehicles on course :

Time trialling under CTT regulations is unsupported. Riders must not be followed, for any reason whilst on course. Any rider suspected of this will be disqualified and reported to the CTT. This



practice and so called layby hopping is dangerous for other participants and a nuisance to traffic and will not be permitted under any circumstances.

7. Race Protocol

You will need to sign on to collect your number.

Riders are not permitted to warm up on course whilst the race is on. We recommend that you ride up and down the A168 between the finish and the roads north of the course.

The Time Keepers / pusher off person will be checking that riders a) have their number attached and, b) have a working front and rear light. Either of these are missing and you will not be permitted to race.

Make it easy for the finish time keeper, when you cross the line, shout your number as loud as you can. Do not approach the finish time keeper at any point for any reason.

Once you have finished please return your number to HQ and sign out on the official form. It's a CTT regulation and not signing back in will result in disqualification as per the regs.

8. Official Event Photographer

I've arranged for Craig Zad to come and photograph the event, you'll see him on the course. Please see the event photos on the link below and if you like your picture pay the small fee he asks for to download. Remember, he has to run a website, keep his camera kit upto date and pay to travel to the event. His fees are very reasonable. Please respect the copyright, we don't want to lose Craig because of illegal downloads. He could be photographing wedding and making a tidy fee, but he does this as part of our TT community.

<https://www.craigzadphotos.co.uk/cycling>

9. Refreshments

We will provide tea, coffee, hot chocolate and soft drinks as well as some light snacks. They are free but a contribution of some loose change will help ensure we can put a similar event on next year.

PLEASE DO NOT FORGET YOU NEED A WORKING REAR AND FRONT LIGHT NOW
CTT Regulations state they are mandatory and you will not be able to start without them fitted to your machine and have them working when you set off.



A list of the Y.C.F. Non Aero Road Bike Events in 2023.

Yorkshire Cycling Federation Sports Bike Competition (Non-Aero)

Yorkshire Cycling Federation Sports Bike Competition is open to all riders of CTT affiliated clubs.

Best 4 positions for each rider, from all events below.

Separate tables for Men & Women, awards to age categories

3 events minimum qualification to achieve placing in top 3 positions

Saturday	04-Mar-23	Jem Hadar	V212	10 miles
Saturday	18-Mar-23	Yorkshire Cycling Federation	V212	10 miles
Sunday	30-Apr-23	Vive le Velo	V433	25 miles
Sunday	21-May-23	Ravensthorpe CC	V511	10 Miles
Saturday	03-Jun-23	Yorkshire Road Club	V235	25 miles
Sunday	18-Jun-23	Sowerby Sunday Club	V210	10 miles
Saturday	12-Aug-23	Yorkshire Cycling Federation	V235	25 miles
Saturday	09-Sep-23	Yorkshire Road Club	V235	25 miles

Specification for "Sports Bike" in accordance with CTT restrictions applied to "non-aero" events
A normal road bike, this means constructed in the traditional pattern, i.e. built around a main triangle. No time trial style or triathlon forward extension bars with or without elbow pads should be present., spoked wheels with 12 spokes minimum a maximum rim depth of 65mm, so no tri spokes, no disc wheels, no time trial aero-helmets or helmets that guide the air round the shoulders.

Contact Phil Hurt for more information