

EAST BRADFORD CYCLING CLUB



The event is promoted for and on behalf of Cycling Time Trials under their rules and regulations.

Open 15 mile time trial Held on Sunday 28th May 2023.

COURSE V221. GRAFTON – COWTHORPE.

Event Secretary: Helen Simpson 78 Brow Lane, Clayton, Bradford, BD14 6PT

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Timekeepers: George Barker and John Hardy

First rider off at 10.01 a.m

Head Quarters – Rabbit Hill Business Park, Great North Road, Arkendale HG5 0FF (this is on the course – just south of Arkendale road end on A168) *approx 1 mile to the Start – turn right from HQ car park onto A168, follow road 1 mile then 2nd right into Limebar Lane. The finish is beyond this turn off.*

All riders please be aware of earlier riders on the course when turning in and out of the HQ area and near the start as riders will be going in the same direction to FINISH beyond the turn to the start.

START on South side of Limebar Lane (road leading from Grafton to join A168, approx 2 miles South of Boroughbridge) at two way sign 10 yards East of A168 junction. PROCEED West to junction with A168, where Left and South on A168 to Walshford roundabout (5.992 miles).

take 3rd exit (RIGHT) over fly over, over A1(M) to Bridge Hotel roundabout, Straight across (1st exit) and continue South to slip road, signed Cowthorpe (Cowthorpe Lane). (7.224 miles.) Bear LEFT onto slip-road under fly-over, to T junction (Give Way and Turn Left with care) over fly-over to **Turn Left** down slip-road to join (WITH CARE) A168 Northbound (Give Way) (7.669 mls).

Continue North, via Bridge Hotel roundabout where straight across (2nd exit), to Walshford roundabout. (8.970 mls). TURN LEFT (1st exit) and continue northwards on A168 to **FINISH** at Field Gateway 100 yards North of two-way Traffic sign on Left, just North of Limebar Lane (15.00) miles.

Signing on sheet and numbers will be at the Business Park, in the courtyard, there are toilets but the café is shut on Sundays.

Please return number after your ride and sign out.

The Results board will be in the Courtyard and there will be cake etc available.

There will be a prize presentation after the event in the courtyard.

PRIZE LIST.

Ladies 1st £25, 2nd £15, 3rd £10

Fastest road bike £10

Men 1st £25, 2nd £15, 3rd £10

Fastest Lady – YLCC Trophy (kept for a year)

Age Category Prizes 1st in ages 18-49, 50-59, 60-69, 70 + £10 each (open to all riders on actual time)

Teams. (Bidlake system. On fastest 3rd rider) 3 @ £10 each. - Any 3 from same club, Ladies and men.

One rider one prize except teams.

IN THE INTERESTS OF YOUR OWN SAFETY. Cycling Time Trials rules say you must wear a hard shell helmet that meets an internationally accepted safety standard.

A REAR WORKING RED LIGHT and WHITE FRONT LIGHT MUST BE ATTACHED TO THE BIKE.

Parking is in the car park (Green Tech) to the right as you enter the Business Park area, please park sensibly and do not block other cars – further parking available where suitable.

Hope it is good riding weather and that you have a good ride. Thanks for entering.