

VTTA YORKSHIRE GROUP OPEN 10 MILE TIME TRAIL

Promoted for and on behalf of Cycling Time Trails under there Rule and Regulations

OFFICAL START SHEET

Sunday 7th August 2022

Starting at 08:31

**Event Organiser**

Blair Buss

6 Bramley View, Lightcliffe, Hipperholme, Halifax, HX38ST

Telephone – 0142 220 2957 or 0793 614 6533

e-mail – blairbuss@btinternet.com

**Time Keepers**

Mike Penrice (VTTA Yorkshire) and Steve Brown (Ravensthorpe c c)

**Headquarters**

The headquarters is located at Dalton Village Hall, Willow Bridge Lane, Dalton, Thirsk. Postcode YO7 3BN.

The Hall will be open from 06:30.

**Awards**

First on standard in each age group £15

Second on standard in each age group £10

(40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 + both male and female)

Actual Fastest Male 1st £15 2nd £10

Actual Fastest Female 1st £15 2nd £10

Medium Gear 1st £15

One rider one prize

**Course details**

 **10 mile TT on A168 at Dishforth**

**V210**

Start on western side of unclassified road (Dishforth Lane) leading from Rainton Traffic Island to Rainton village in field gateway at a point 1100 yards north of the island, opposite centre post of short wooden fence on opposite side of road.

Proceed south on Rainton Lane to traffic island (0.68 mls)

Bear left down slip road to join northbound carriageway of A168.

Proceed along A168 to junction with slip road to B1448 (Thirsk) 5.16 mls.

Bear left up slip road to traffic island where bear right (3rd exit) over bridge over A168, bearing right to next traffic island. Keep left to join A168 southbound carriageway. 5.96 mls.

Continue on A168 to slip road signed A168 Boroughbridge/Dishforth. 9.98 mls.

Bear left up slip road for about 50 yds to finish at metal man-way cover (red paint mark on cover) on grass verge, 47 yds before start of crash barrier protecting electrical installation on left hand side of slip road. 10.00 mls.

**Directions to start**

HQ to the Start: From HQ it is 4.8 miles to the start, if you choose to park your vehicle between the HQ and the start do not park in any field entrances or block any access. Please do not park in any pubs or hotels in and around Topcliffe, or within the immediate vicinity of the start itself. Signage will be out to help riders to get to the start.

Please give yourself plenty of time to get to the start.

HQ to Start Garmin Route: <https://connect.garmin.com/modern/course/102033227Prizes>:

**Course Warning**

You will descend onto a roundabout, just before rejoining the dual carriageway 5.90 miles at speed, do not attempt to negotiate this at speed or on the aero bars as it is a sharp bend around the RAB and sharp bend to exit.

**Headquarters, Car Parking and Race Numbers**

* Number and signing on from 07:00.
* You must also sign off when returning number or you may be recorded as DNF
* 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.
* Toilets and changing facilities are available at the HQ.

**Parking.** The hall has a car park to the rear and parking is available along the lane. Please respect residents by parking considerately. Please do not park in the new estate opposite the HQ.

Warming up - please ensure that you warm up off the course. No riders on the course other than for racing.

**Safety**

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

Regulation 14(i) requires that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users, and is active whilst the machine is in use. No light no ride. This also goes for the front light. No front light No Race. The pusher off will stop any rider without front or back lights.

Course V210 Rainton to Dishforth held for and on behalf of Cycling Time Trials under their rules and regulations.

First rider off at 08:31 hours.

 The HQ will be open from 6:30am. There is ample parking in the area for riders to sign on and then proceed to your preparation and warm up areas elsewhere. Please park sensibly and avoid blocking any access points, footpaths and grass verges. We have the support of the village hall committee and want to ensure we maintain the relationship for future events and organisers.

There are changing facilities and refreshments at HQ, we only have access to the car park and grounds.

Toilets will be available in the hall. Please use and leave the toilet in a clean state for the next user.

There are plenty of quiet roads to warm up on, please do not warm up in built up areas such as Topcliffe or Dalton. When approaching the start from Dalton, be mindful that riders may be coming down from the slip road at pace to loop around for their second lap, keep into the left. The use of turbos is not permitted for warming up as we are unable to monitor distancing from other riders or the public.

There will be a results board on the day, Prizes will be awarded as soon as possible after the end of the event. All results will be published via the CTT website as soon as possible. Please don’t forget to sign off before you depart failing to do this will mean DNF.