

Yorkshire Cycling Federation 100

promoted for and on behalf of Cycling Time Trials under their rules & regulations

Saturday 16th July 2016 – Course V278 (Revised) – Start 13:31

Event Secretary:

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Chief Marshal:

Richard Haigh, 75, Hall Ing Lane, Honley, Holmfirth HD9 6QW
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Timekeeper: (Start & Finish) **George Barker**, Pennine CC

Handicapper: **John Lawton**, Elmet CRC

Event HQ: (Open from 13:00 to 20:30)

Thirsk School & Sixth form College
Topcliffe Road, Sowerby,
Thirsk, North Yorkshire, YO7 1RZ

Course V278 (Revised):

START on east side of B1448 (Topcliffe Road, Thirsk), at southern edge of drain cover, opposite northern end of lay-by on western side of road, 15yds north of red post box in lay-by, and approximately ¼ mile north of flyover over A168 dual carriageway. PROCEED SOUTH, over flyover and continue down slip-road to join A168 southbound carriageway. Continue on A168 to slip-road leading to Dishforth. BEAR LEFT up slip-road to Dishforth South TI, where RIGHT (3rd exit) over bridge over dual carriageway to Dishforth North TI. Turn RIGHT (2nd exit) and continue to island at end of Rainton Lane (5.41mls). STRAIGHT ON – CARE!! – (2nd exit) and down slip-road to join the A168 northbound carriageway. Continue on A168/A19 to slip road leading to A684 (Northallerton) (22.20 mls). BEAR LEFT down slip road, LEFT again (give way) to pass under A19 dual carriageway, continue LEFT to join A19 southbound carriageway (22.87 mls). CONTINUE SOUTH on A19/A168 to slip road leading to Dishforth (39.67 mls) where bear LEFT up slip road to roundabout where RIGHT (3rd exit), RIGHT at next traffic island (2nd exit) and continuing STRAIGHT ON (CARE!!) at the third traffic island (2nd exit) (40.18 mls). REPEAT CIRCUIT via A168/A19 and A684 junction (Ellerbeck) to Rainton Lane TI (74.95 mls). (CARE!!) Continue down slip road and follow the A168/A19 northbound to slip-road leading to A684 (91.74mls). BEAR LEFT down slip road, LEFT again (give way) to pass under A19 dual carriageway, continue LEFT to join A19 southbound carriageway (92.41 mls). CONTINUE SOUTH on A19 to **FINISH** at northern edge of the first drain cover south of the large blue road sign which indicates weight limit in Thirsk town centre, and approx. 170 yds before start of slip-road (signed A168 Northallerton). (100.0 mls). **Riders to bear left down slip-road immediately after the finish, to South Kilvington (off “Clearway”) before stopping.**

Back to the HQ - Approx. 3 Miles

At the roundabout, take the 2nd exit onto A168
Turn left onto Northallerton Rd/B1448
Continue to follow B1448 (1.7 mi)
Turn right onto Market PI/A61
Continue to follow A61 (0.2 mi)
At the roundabout, take the 1st exit onto Topcliffe Rd/B1448 (1.1 mi)

Use of Motor Vehicles: Events over 100km - “Regulation 22(c) – use of motor vehicles – defines the assistance a competitor may receive from a vehicle and its occupants along the course. Competitors **and their helpers** should read, understand, and obey it”. Vehicle registration form enclosed – completed forms must be lodged with the Event Secretary not later than the start time of the competitor.

Feeding: Please note that food will not be supplied during the event. There must be **NO FEEDING** on the A168/A19 dual carriageway. This road is a “Clearway”. On the single carriageway sections of the course drive and park with consideration for other road user, and competitors when stopping to feed etc. No breakable bottles to be used, and all food etc. only to be handed up by persons on foot. Please pick up any litter.

Caution: As the course comprises 3 circuits, there will be overlapping of riders. **There will be Observers out on the course. Any reports of accompanied riding (See Reg.21) may result in disqualification of the riders involved, or possible further disciplinary action.** The onus lies with the overtaken rider to drop back in order to avoid accompanied riding.

IN THE INTERESTS OF YOUR OWN SAFETY

Cycling Time Trials and the event promoters strongly advise you 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.

1 st Fastest	£25.00	1 st Handicap	£25.00	Fastest Lady	£25.00
2 nd Fastest	£20.00	2 nd Handicap	£20.00	Team of 3 x £10	£30.00
3 rd Fastest	£15.00	3 rd Handicap	£15.00	Vet on standard	£15.00
1 st Tandem	£10 per rider				

No	TOS	Name	Club	Cat	Std	Hcp
1	13:31	John Bosley	Abellio - SFA Racing Team	M V54	Tandem	
1	13:31	Kate Bosley	Abellio - SFA Racing Team	W V54	Tandem	
3	13:33	Doug Hart	Ilkley CC	M V43	4:49:26	0:30:00
4	13:34	John Baddeley	Stone Wheelers CC	M V70	5:29:13	2:10:00
5	13:35	Allen Bell	Yorkshire Road Club	M V70	5:29:13	1:10:00
6	13:36	John Warrington	Tyneside Vagabonds CC	M V42	4:48:22	1:15:00
7	13:37	Dave Bramley	Team Swift	M V42	4:48:22	1:25:00
8	13:38	John Hassall	Bossard Whs	M V71	5:32:03	1:50:00
9	13:39	Lee Mitche	Team Burn Machine	M V42	4:48:22	1:55:00
10	13:40	Gerry McGarr	Gloucester City Cycling Club	M V64	5:15:33	0:50:00
11	13:41	Stephen Porritt	Selby CC	M 34		1:10:00
12	13:42	John Howells	Corinium Cycle Club	M V75	5:45:37	1:15:00
13	13:43	John Smith	Thurcroft CC	M V78	5:58:49	1:30:00
14	13:44	John-Paul Bednarek	Team Burn Machine	M 36		1:20:00
15	13:45	Vicky Jowett	Albarosa CC	W 33		1:05:00
16	13:46	Paul Lee	Calder Clarion	M V51	4:57:39	1:10:00
17	13:47	Andy Cook	Chippenham & District Wheelers	M V53	4:59:49	1:00:00
18	13:48	Andrew Collings	Team Burn Machine	M V45	4:51:31	1:25:00
19	13:49	Ali Mahdi	East Bradford CC	M V46	4:52:32	1:40:00
20	13:50	Andy Whitehead	Rockingham Cycling Club	M V50	4:56:36	1:00:00
21	13:51	Sharon Clifford	WCS Racing Team	W V56	5:27:45	1:10:00
22	13:52	Mark Lansdown	Albarosa CC	M V59	5:07:21	1:15:00
23	13:53	Edgar Reynolds	Congleton CC	M V68	5:24:04	1:25:00
24	13:54	Trevor Halstead	Gainsborough Aegir CC	M V58	5:05:57	1:40:00
25	13:55	Robert Corney	Scarborough Paragon CC	M V49	4:55:34	1:05:00
26	13:56	Paul Brierley	Huddersfield RC	M V49	4:55:34	0:50:00
27	13:57	Peter Brook	Chester RC	M 34		0:45:00
28	13:58	Randle Shenton	Team Swift	M V58	5:05:57	0:55:00
29	13:59	Lynn Hanson	Seacroft Whs	W V49	5:19:12	1:00:00
30	14:00	Stewart Pickard	Vive Le Velo	M V48	4:54:33	0:25:00
31	14:01	Martin Sigrist	Newbury RC	M V56	5:03:21	0:30:00
32	14:02	Danny Sampson	Selby CC	M V44	4:50:29	0:45:00
33	14:03	Andrew Scorey	100% ME	M 32		0:55:00
34	14:04	Chris Womack	VC Baracchi	M V69	5:26:33	1:00:00
35	14:05	Neil Skellern	Team Swift	M V52	4:58:43	0:10:00
36	14:06	Paul Targett	Pendle Forest CC	M V51	4:57:39	0:45:00
37	14:07	Karen Taylor	East Bradford CC	W V49	5:19:12	0:55:00
38	14:08	Simon Ward	Scarborough Paragon CC	M V43	4:49:26	0:40:00
39	14:09	Kirsty Smith	Team Swift	W V41	5:10:04	1:05:00
40	14:10	Trevor Mayne	Birdwell Wheelers	M V52	4:58:43	0:25:00
41	14:11	Angela Hibbs	Fusion RT Fierlan	W 35		0:30:00
42	14:12	Norman Griffin	Vive Le Velo	M V58	5:05:57	0:45:00
43	14:13	Mike Potter	Scarborough Paragon CC	M V57	5:04:37	1:05:00
44	14:14	Duncan Gell	Drighlington BC	M 36		1:00:00
45	14:15	Stephen Irwin	North Lancs RC	M V45	4:51:31	0:05:00
46	14:16	Chris Smith	Condor RC	M 29		0:30:00
47	14:17	Peter Walker	Leigh Premier Road Club	M 39		0:50:00
48	14:18	Mark Rowland	Selby CC	M V53	4:59:49	0:55:00
49	14:19	Chris Goode	Yorkshire Coast Clarion CC	M V50	4:56:36	1:00:00
50	14:20	Jim Trevor	Hull Thursday RC	M V44	4:50:29	0:20:00
51	14:21	Joe Le Sage	Rutland Cycling Club	M V43	4:49:26	0:25:00
52	14:22	Gareth Metcalfe	Otley CC	M V57	5:04:37	0:40:00
53	14:23	Matthew Wilson	Jackpot Racing	M 27		0:35:00
54	14:24	Graham Jones	Edinburgh Road Club	M V51	4:57:39	1:00:00
55	14:25	Adam Topham	High Wycombe CC	M V47	4:53:33	0:00:00
56	14:26	Andrew Callaghan	Calder Clarion	M V54	5:00:57	0:50:00
57	14:27	Mark Symons	City RC (Hull)	M V55	5:02:08	0:45:00
58	14:28	Mark Burtonshaw	Team Swift	M V58	5:05:57	0:55:00
59	14:29	Gary Simpson	Team Burn Machine	M V48	4:54:33	1:00:00
60	14:30	Danny Grieves	GS Metro	M 27		0:10:00
61	14:31	Mark Nulty	Team Swift	M 31		0:15:00
62	14:32	Andrew Askwith	Bridlington CC	M V51	4:57:39	0:25:00
63	14:33	Daryl May	Sheffrec CC	M V42	4:48:22	0:28:00
64	14:34	Peter Greenwood	Team Swift	M V64	5:15:33	0:32:00
65	14:35	Richard Bideau	Pendle Forest CC	M V45	4:51:31	0:00:00