

**25 Mile Time Trial - Saturday 2nd June 2018**

First rider off at 14.02 pm.

Promoted for and on behalf of cycling time trials under their rules and regulations.

**Event secretary:** Ian Ambler, 11 Hague Park Lane, South Kirkby, Pontefract, WF9 3SS Telephone: 07738828546

**Time keepers:** Phil Hurt and George Barker.

**Numbers and signing on at:** Event Headquarters is Arkendale Community Hall, Moor Lane, Arkendale, HG5 0RF.

Please sign-in and sign-out here when collecting/returning numbers. Failure to sign out by the competitor will result in them being recorded as DNF.

Result Board and refreshments will be here also.

**SHOE-PLATES ARE NOT TO BE WORN IN THE HALL. There is limited parking space around the village. The Hall car park is across the road from the HQ.**

**Do not park in front of any houses, or in the Blue Bell car park. The roads in the village are quite narrow, and there is a regular bus service.**

**TURBO TRAINERS NOT TO BE USED IN THE VILLAGE, OR WITHIN 100 YARDS OF ANY OCCUPIED PROPERTY.(Yorks DC Reg).**

There are a number of lay-bys along the A168, and several side roads. **Do not use the long section of old road adjacent to the start – this is private property.**

It is approx. 2 miles from the HQ to the start. From the HQ, head east, past the church, down Holgate Bank, bear left, becomes Marton Lane. In about 1 mile, cross the A1M flyover to arrive at T-junction with A168. Take care here, as earlier starters may be passing the lane end, turn right and continue on A168, start is on left in about half a mile. After finishing, take next left (Marton Lane) to return to the HQ.

Please respect the neighbourhood.

**Thanks to:**

**Refreshments**: Jayne Ambler, Linda McNamara, Michelle Hartley and Leah Radford
**Signing on:** Joanne and Will Potter
**Result board:** Ian Ambler
**Clerk:** Andrew Whitehead
**Number taker:** Ala Whitehead
**Pusher off:** Dave Gregg
**Marshals:** Steve Hall, Phil Ragsdale, Graham Barker, Ian Brears, Oliver Potter, Gordon Kemp, Alex Broadhead and Martin Broadhead.

**Course Details V235**

Allerton Park – A168 – Walshford - Boroughbridge.

**START** approx. 3.5 miles south of Boroughbridge, in entrance to A168 from old A1 (now a long layby) at a point approx. 1 yard before "Clearway" sign. TURN LEFT on to A168, and proceed south to Walshford Traffic Island (4.72 mls).

**ENCIRCLE ISLAND** and retrace north along A168, past start, to Boroughbridge South Traffic Island (12.27 mls).

**ENCIRCLE ISLAND** and retrace south on A168 to Walshford TI (2nd time) (19.86 mls).

**ENCIRCLE ISLAND** and proceed north on A168.

**FINISH** at northern end of crash barrier protecting road direction sign, on west side of road, approx. 150yds south of Arkendale Road (Marton Lane) (25 miles).

There will be some overlapping of riders on the course. Early starters please be aware of later riders setting off from the start (15 mile point for those completing 1 lap).

**There is no parking available (other than for Officials) at the start, or at the finish (Police request). The A168 is a “Clearway” – no parking at the side of the carriageway.**

Marshals are only to indicate your direction, and not to control traffic in your favour. At each junction it is your responsibility to ensure that it is safe to proceed. Keep your heads up, and keep to the left of the carriageway

**No U turns WHATSOEVER within sight of the start or finish.**

**No warming up on the course after the event has started.**

IN THE INTEREST OF YOUR OWN SAFETY CYCLING TIME TRIALS AND THE EVENT PROMOTERS STRONGLY ADVISE YOU WEAR A HARD SHELL HELMET THAT MEETS AN INTERNATIONALLY ACCEPTED SAFETY STANDARD. STANDARD HARD SHELL HATS MUST NOW BE WORN BY JUNIORS AND UNDER 18's. WE ALSO ADVISE, EVEN IN STRONG SUNLIGHT, THE USE OF A REAR LIGHT, SET TO STEADY FLASHING MODE TO BRING DRIVERS ATTENTION TO YOUR PRESENCE.

**Prize List**

**Overall**

1st - £40 and will hold the Paul Hunt Memorial Trophy for one year.

2nd - £30 3rd - £20

**Women**

1st - £40 2nd - £30

Team of 3 - £10 per rider

Prizes will be presented in the hall after the event. The Paul Hunt Memorial Trophy will be presented at the Rockingham cc end of year prize presentation.