



VTTA (Yorkshire)



VTTA(Yorkshire) offer the 'Ice Breaker' 10 Mile Open TT

On Saturday – 2nd March 2024

Registration opens: 12:30pm **Race Time:** 13:59 **Course:** V212

Race Director: My Jymmy TREVOR (07970 966458)

Assistant Race Director : Tony Stott

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

First Aiders: Jymmy Trevor. **Professional Physiotherapist:** Natalie Trevor.

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 here

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



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1. Awards

Please come to the HQ at the end of the event to be awarded prize money. There will be a presentation at the end of the event. Please remain if possible to see if you won a prize and to congratulate those who have.

Awards

Youth Category – 1st Winners Plaque, 2nd Runner Up Plaque, 3rd Classic Mini Trophy, 4th Star Mini Trophy, 5th Bamboo Star

Junior Category – 1st Winners Plaque, 2nd Runner Up Plaque, 3rd Bamboo Star, also a Bamboo Star for fastest road bike

Espoir Category – 1st Winners Plaque,

Female Category - 1st Actual – Winners Plaque, 2nd Runner Up Plaque, 3rd Day Prize,

Female Category – Fastest Senior Female - Heavyweight Hemisphere Tower

Female Category - Fastest Senior Female – Bamboo Star

VTTA Age Adjusted Times - 1st Actual – Winners Plaque, 2nd Runner Up Plaque, 3rd Day Prize,
1st VTTA Member - Heavyweight Hemisphere Tower

Over 40 : Age Category Awards : A – Day Prize, B – Day Prize, C – Day Prize, D – Heavyweight Hemisphere Tower, E – Day Prize, F – Heavyweight Hemisphere Tower, G – Day Prize, H – Day Prize, I – Day Prize

1st Senior - Heavyweight Hemisphere Tower

1st Place Rider racing for host promoter VTTA (Yorkshire) - Day prize

Overall - 1st – Winners Plaque, 2nd Runner Up Plaque

One prize per racer where practicable – Race Director has the final call on all awards. The awards are there to acknowledge those who have trained and raced hard.



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2. 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 after reading the course safety information.

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.

Results will be on Results App. Results will be on the big Screen in the HQ. 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. VTTA (Yorks) 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

The rider list with the number assigned to you is published on the CTT website. 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.



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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. **PLEASE OBEY THIS FOR THE SAFETY OF ALL THE RIDERS. IT'S REALLY DANGEROUS!**

7. Race Protocol

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 / Course Clerk 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 ensure you sign the sheet to indicate you returned safe.

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 the 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.



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ICE BREAKER HALL OF FAME

2023 Winner : Marcel Schubert

