



Sowerby Sunday Club

Open 10-mile time trial promoted for and on behalf of Cycling Time Trials under their rules and regulations

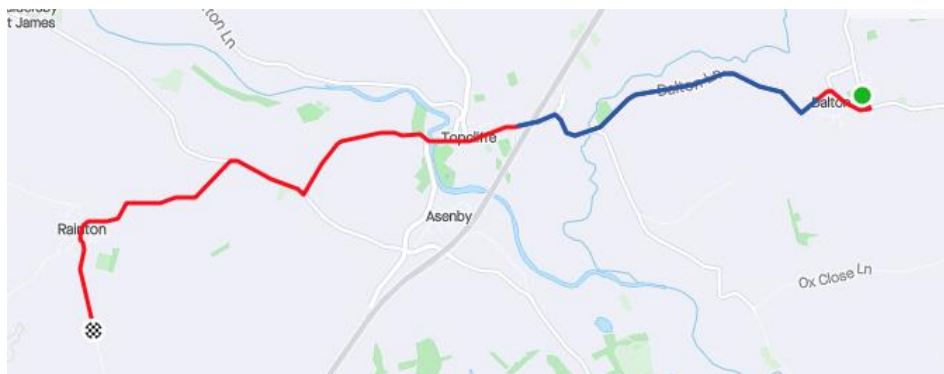
First Rider off at 8:01am, Sunday 19 June 2022 on the V210 Course

Organiser: Andy Wond. Email: ssc@wond.org.uk Mobile: 07590 507992

Timekeepers: John Hardy and Elaine Ward

Headquarters: Dalton Village Hall, Willow Bridge Lane, Dalton. Thirsk. YO7 3BN
HQ is 5 miles from the start, give yourself sufficient time to get from HQ to the start.

<https://www.strava.com/routes/2814469488720115534>



Headquarters: The HQ is in a residential area so please be considerate. The HQ will be open for sign on from 7:10am. Refreshments will be served from approximately 8:30am. We do not currently plan to display results on the day, to ensure accuracy. Please remember to sign on and off, any rider who fails to sign off after the event will be recorded as DNF.

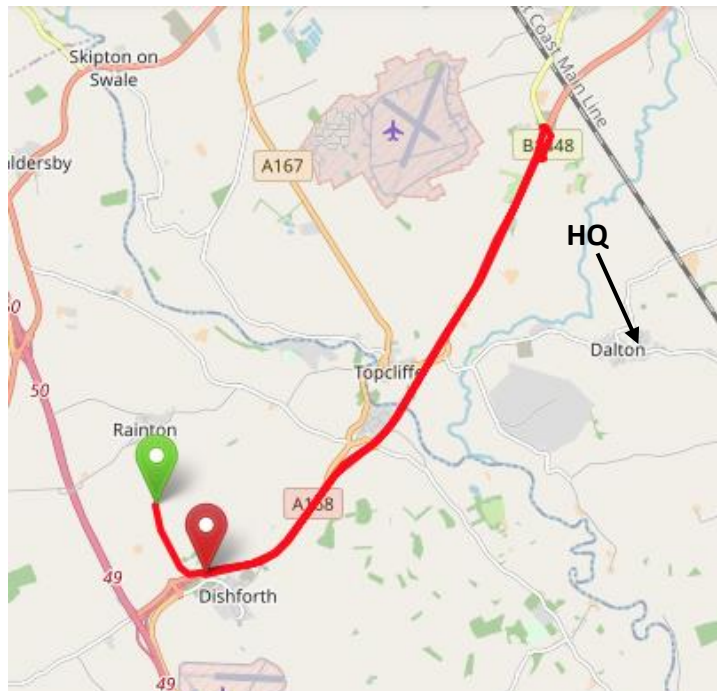
Parking: The hall has a car park to the rear and limited parking is available along the lane. Please respect residents by parking considerately. Please do not park in the new estate opposite the HQ, or in any pubs or hotel car parks in and around Rainton/Topcliffe, or within the immediate vicinity of the start itself. If you choose to park your vehicle between the HQ and the start do not park in any field entrances or block any access.

Warming up: No warming up along the course once the event has started. No U-turns in view of the start.

Front and Rear lights: Functioning front and rear lights are compulsory.

Cycling helmets: All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised safety standard.

Course: Start on eastern side of unclassified road 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 (0.62 mls) Bear left down slip road to join northbound carriageway of A168. Proceed along A168 to junction with slip road to B1448 (Thirsk) 5.09 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. 5.90 mls. Continue on A168 to slip road signed A168 Boroughbridge/Dishforth. Bear left up slip road to finish at start of crash barrier protecting electrical installation on left hand side of slip road. 10.00 mls



Course warning: You will descend onto a roundabout, just before re-joining the dual carriageway at 5.90miles. Do not attempt to negotiate this at speed, or on the aero bars, as it has sharp bends on the roundabout and the exit.

Marshals: Members and friends of Sowerby Sunday Club will be on the course to guide and keep riders safe. Please obey any instructions given by marshals. Please try to give some acknowledgement of their dedication, even if you can only manage a grunt! Please shout your number as you finish.

Prizes:

	Overall	
	Male	Female
First	£40	£40
Second	£20	£20
Third	£10	£10

Road Bike*	
Male	Female
£20	£20

* No aero bars, disc wheels or TT helmets

Vets		
	Male	Female
40-44	£5	£5
45-49	£5	£5
50-54	£5	£5
55-59	£5	£5
60-64	£5	£5
65-69	£5	£5
70-75	£5	£5
75+	£5	£5