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**OFFICIAL START SHEET**

OPEN 25 MILE TIME TRIAL

Solos and Tandems

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

**Course V235**

A168 Boroughbridge – Walshford – Boroughbridge x 2

**Saturday 14th September 2019**

First riders off at 09.07 hours

*Event Organiser*

**Martin Tallontire**

43 Whiteley Croft Road, Otley, West Yorks. LS21 3NS

Tel 01943 461950 & 07772 620081

*Timekeepers*

**Mick Phillips and Phil Hurt**

*The volunteers who make this event possible –* **Sheldon Howcroft, Cliff Ralphs, Liz Hills, Liam Mealey, John Barnett, Claire Jessop, Anne, Mary & Evan Tallontire.**

**AWARDS**

These will be made on the basis of one rider, one prize (except team prize).

Fastest Rider 1st £25, 2nd £15 3rd £10,

Fastest Female Rider 1st £25, 2nd £15, 3rd £10

Fastest Veteran in each veteran category (V40, V50, V60) £10

Fastest Espoir £10

Fastest Junior £10

Fastest Team of 2 £10 each

**Course V235:**

Start approximately 3.5 miles south of Boroughbridge in entrance to A168 from old A1 (now a long layby) at a point approx. one yard before “clearway” sign. Turn left onto A168 & proceed south to Walshford roundabout (4.72 miles), encircle roundabout & retrace northwards along A168 to Boroughbridge South roundabout (12.27 miles), encircle roundabout & retrace southwards along A168, continuing past the start to Walshford roundabout (19.86 miles), encircle roundabout & retrace northwards along A168 to finish approx. 0.4 miles beyond the start & approx. 300 yards before Arkendale road, opposite the northern end of a crash barrier protecting a large road sign (25 miles).

**Headquarters, Car Parking and Race Numbers**

Event HQ is Arkendale Community Hall (HG5 0RF). This will be open from 7.45 am. Parking is available in the Hall car park on the opposite side of the road to the Community Hall, with overflow parking in the field behind the car park (through the gate on the right at the rear of the car park). This should give adequate parking space for all riders and supporters, so please do not park in the pub car park next to the hall or in the village.

There are several laybys and turn ins off the A168 suitable for parking, warming up on turbo trainers etc. though please do not park at the start or on the old road next to the start – we have been specifically asked to keep this road clear. The results board and refreshments will be in the hall. Signing-on and numbers are at the HQ from approximately 8.00 am. Please return numbers to the HQ for a free drink of tea or coffee.

**IMPORTANT** – All riders MUST personally sign the signing out sheet after the event – the sheets for signing out will be in the same location as the signing on sheets. Please do not forget as without a signature after the event you will be recorded as a DNF.

**Start Directions**

The start is 1.5 miles from the HQ. On leaving Arkendale Community Hall turn left and follow Marton Lane until you reach the T Junction with the A168. Turn right and follow the A168 for approximately 1/2 mile to the start. This journey takes no more than 10 minutes at a comfortable pace. **No parking at the start or finish please.**

**Safety**

Please do not warm-up on the section of the A168 on which the event is held at any time after the start. As this event covers a lap and a half of the course please be aware that riders may overlap, please take special care at the start and finish areas. Please note that the marshals are only to indicate your direction and cannot control traffic in your favour. At each junction it is your responsibility to ensure that it is safe to proceed. Keep your head up and keep to the left of the carriageway. 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.

Please note the start is also the entrance to Rabbit Hill Business Park/Cafe and cars are likely to turn into and out of the park, please be mindful of this when coming to the start.

**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. 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.**

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