

Promoted for and on the behalf of Cycling Time Trials under their rules and regulations.

Yorkshire Cycling Federation



10-mile open Time Trial events held on Saturday 18th March 2023 First rider off at 12:05

Events:

Non aero road bike individual 10M TT
Medium Gear 72" individual 10M TT
Individual 10M TT

Timekeepers:

Richard Haigh – Holme Valley Wheelers
Phil Hurt – Yorkshire Road Club

Marshalls & Staff:

Yorkshire Cycling Federation
Valley Striders CC

Event Secretary:

Mike Furby – Valley Striders CC
micf@rocketmail.com
07833 083567

Course Code: V212

Important Information

It is mandatory to have working front and rear lights fitted to your bicycle in the proper positions so that they can be seen by other road users.

It is also mandatory for ALL riders to wear a helmet.

Riders are also required to wear races numbers on the rear of their cycling clothes such that they can be seen by other road users. Numbers will be handed out to riders at the sign in point Rabbit Hill Country Store.

No riders are to use the course for warming up during the event. Use other roads adjacent.

Drafting is not allowed in any of the events. It is the responsibility of the passing rider to get past quickly and for the rider being passed to let a gap of 10 meters appear.

Event HQ @ Rabbit Hill Park, Courtyard Café, HG5 0FF

We are fortunate to be hosted by the Courtyard Café at Rabbit Hill Park once again. They have plenty of car parking available on site and there is the café that will be open and other facilities. Event sign in and number collection will be managed in this location. We also plan to report rider's times during the event here too. Please arrive in plenty of time before your allocated start time which you will find in the start lists below. It is suggested that riders arrive 1 hour before their allocated start time to give them time to prepare and warm up. Also, please arrive from the north to reduce traffic on the course if you arrive after the event has started.

Park: <https://www.rabbithillpark.co.uk/>

Café: <https://www.facebook.com/thecourtyard.rabbithill>

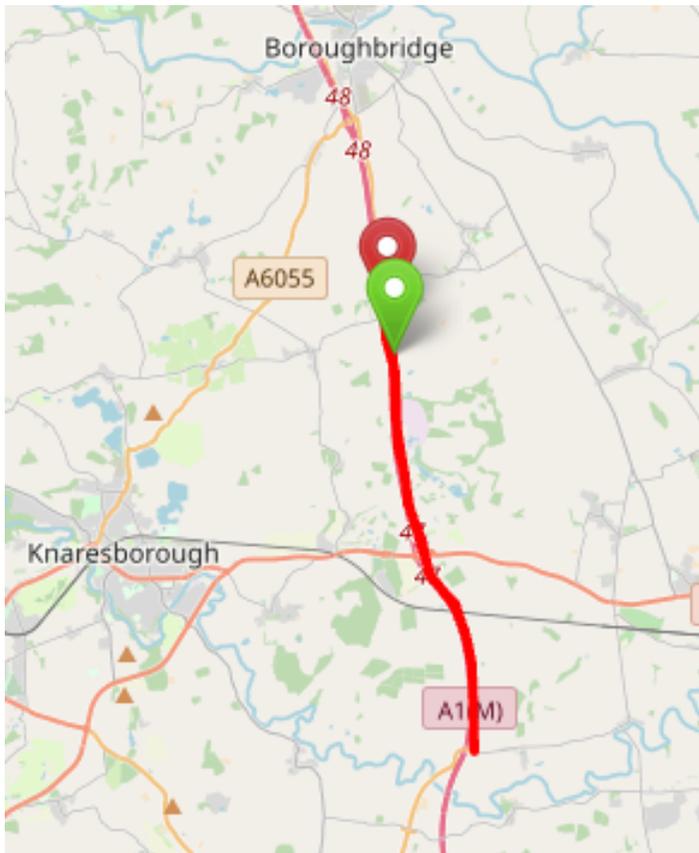
Be aware that the general public also visit the businesses in this park and will be driving in and out of the car park during our event so please remain aware and considerate.

V212 Course Description

The Route can be viewed on various online mapping platforms including the CTT website and Strava.

<https://www.cyclingtimetrials.org.uk/course-details/v212>

<https://www.strava.com/segments/1107243>

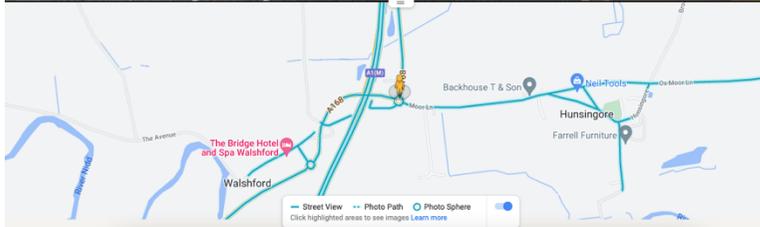


The route is on the A168, starting at Rabbit Hill Country Store just south of Boroughbridge (green marker). From the layby we ride south to the Walshford roundabout at the halfway point and return back on the same road to the finish point a couple of hundred meters past where we started from (red marker).

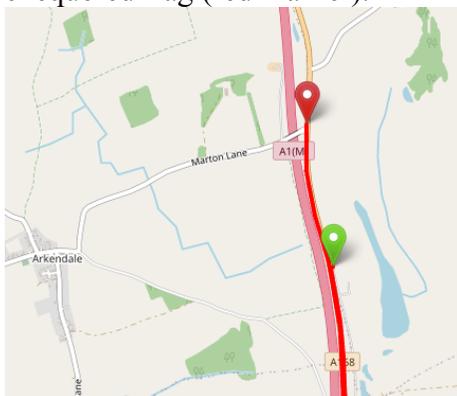
The image below shows the actual start location in the layby very close to clearway sign. From there we turn left onto the main carriageway and continue from there. At the start riders will be responsible for setting themselves off when the time keeper indicate that is it their time to go. Although there are marshals at this location they cannot control traffic which might be on the main carriageway and so riders should set themselves off safely.



The next image shows the Walshford roundabout that we will approach from the North. Riders will encircle the roundabout and return back towards Boroughbridge. The roundabout is a little under halfway at 4.9 miles from the start. There will be marshals at this roundabout to guide you. Note that marshals cannot control traffic by law so responsibility to navigate around is the responsibility of the rider to do so safely.



The final image shows the relative positions of the start and finish. As riders approach the end at 10 miles they should continue past the start point until they reach the finish line where there will be timekeepers positioned and a chequered flag (red marker).



Non Aero / Road bike Event

This is an additional type of event that is becoming popular in the time trialling community. The premise is to provide a time trial format without the need to use specific time trialling equipment to take part and be competitive. There is an element of complying with the spirit of the competition and so the request is that riders consider that and abide by the rules that we are setting out here.

The basic rules are:

- No TT frames
- No Solid disk wheels (disc brakes are allowed of course but some folks confuse the terms disk wheels with disk brakes)
- No very deep section wheels, 65mm is the maximum which is what many new road bikes are delivered with now anyway.
- Minimum 12 spokes in each wheel.
- No Aero helmets, this one's harder to judge but just make sure your helmet has no visor, nor was designed to have a visor. You understand the spirit of the competition so you know what this means ;)
- Skin suits are allowed though, and given that it's march then long sleeved ones are ok.
- No clip on TT/Tri/Aero/Spinaci bars
- Riders must not ride with their forearms resting on the handlebars at any time

This event is part of the YCF sports bike/non-aero points competition. Points are awarded to riders competing for YCF affiliated clubs. There are a number of YCF points events over the course of the season at different distances and in different locations in the county. A rider's best 4 scores from YCF non-aero events count overall towards the competition.

Number	Start Time	Name	Club
5	12:05:00	Stuart Coupe	Valley Striders Cycling Club
6	12:06:00	Stephen Broadley	Otley CC
7	12:07:00	Claire Young	Valley Striders Cycling Club
8	12:08:00	Jane Sanders	Valley Striders Cycling Club
9	12:09:00	Chris Dooley	Valley Striders Cycling Club
10	12:10:00	Valerie Maycock	Valley Striders Cycling Club
11	12:11:00	Matt Schofield	D2D Sheffield RT
12	12:12:00	Chris Cobb	Valley Striders Cycling Club
13	12:13:00	Philippa Cox	Valley Striders Cycling Club
14	12:14:00	Keith West	Valley Striders Cycling Club
15	12:15:00	Rachel Meredith	Valley Striders Cycling Club
16	12:16:00	Jake Hobson	Drighlington BC
17	12:17:00	Anthony Matthews	Ilkley CC
18	12:18:00	Eleanor Stafford	Valley Striders Cycling Club
19	12:19:00	Adrian Keeler	Valley Striders Cycling Club
20	12:20:00	Steven Guymer	Squadra RT
21	12:21:00	Nikolas Hanson	Valley Striders Cycling Club
22	12:22:00	Jemil Tokdemir	Team ASL-Bolton
23	12:23:00	Joe House	Drighlington BC
24	12:24:00	Lutz Hostert	Valley Striders Cycling Club
25	12:25:00	Sean Sanders	Drighlington BC

Medium Gear 72" Event

Riders in this event must use a bicycle with gearing that does not exceed 72 gear inches. The following website has a table that shows the gear ratios for the various chain ring and sprocket sizes.

<http://www.fixedwheel.co.uk/tech.htm>

This table is, however, based on a 700x21C wheel+tire combination and so with the general increase in tire sizes used in recent years there is a small adjustment to consider if bicycles are fitted with larger tires such as 700x25C. Scrutineers will need to examine the specifications of the machine in question and in the end simply measure the distance travelled for one pedal revolution which for a medium gear is 18ft 10.1/4 inches.

Our sole MG72 rider will start one minute after the road bikes

Number	Start Time	Name	Club
26	12:26:00	Jymmy Trevor	Jem Hadar Racing

Individual Time Trial Event (YCF Points Competition)

The Individual Time Trial is part of the YCF points competition. Points are awarded to riders competing for YCF affiliated clubs. There are a number of YCF points events over the course of the season at different distances and in different locations in the county. A rider's best 6 scores from YCF events count overall towards the competition.

Number	Start Time	Name	Club
27	12:27:00	Stephen Boxall	Houghton CC
28	12:28:00	Chris Jones	Calderdale Tri Club
29	12:29:00	Vicky Miller	Cleveland Coureurs
30	12:30:00	Ian Swinscoe	Moonglu CC
31	12:31:00	Liam Davison	ADDFORM Vive Le Velo
32	12:32:00	John Hewison	Zurbaran Racing
33	12:33:00	Paul Brierley	Huddersfield RC
34	12:34:00	George Young	Clifton CC York
35	12:35:00	Euan Adam	Durham City Velo
36	12:36:00	Andrew Askwith	Vive Le Velo
37	12:37:00	Sue McFarlane	Army Cycling
38	12:38:00	John Ketley	City RC (Hull)
39	12:39:00	Steven Homer	Houghton CC
40	12:40:00	Matthew Asquith	Otley CC
41	12:41:00	Stuart Henderson	Team Bottrill
42	12:42:00	Alasdair Bruce	Yorkshire Road Club
43	12:43:00	Gordon Johnson	Clifton CC York
44	12:44:00	Peter MacKlam	Yorkshire Road Club
45	12:45:00	Kris Whitelaw	Vector Racing
46	12:46:00	Evan Schofield	D2D Sheffield RT
47	12:47:00	David Taylor	Huddersfield RC
48	12:48:00	Rashad Salman	Valley Striders Cycling Club
49	12:49:00	Chris Goode	Yorkshire Coast Clarion CC
50	12:50:00	Neil Cleminshaw	ADDFORM Vive Le Velo
51	12:51:00	James Meadows	Cleveland Wheelers CC
52	12:52:00	Michael Watson	Clifton CC York
53	12:53:00	Allen Bell	Yorkshire Road Club
54	12:54:00	Mark Robinson	Durham City Velo
55	12:55:00	Matthew Peace	Otley CC
56	12:56:00	Daryl May	Sheffrec CC
57	12:57:00	Lewis Johnson	Clifton CC York
58	12:58:00	Adrian Brain	Calder Clarion
59	12:59:00	John Tiffany	Harrogate Nova CC
60	13:00:00	Russ Richardson	Zurbaran Racing
61	13:01:00	Andy Whitehead	Rockingham CC
62	13:02:00	Tony Kent	Harrogate Nova CC
63	13:03:00	Gareth Shepherd	Bramley Wheelers CC
64	13:04:00	David Lane	Ravensthorpe CC
65	13:05:00	Mark Walker	Velo Sport Racing
66	13:06:00	Roger Bromiley	Harrogate Nova CC
67	13:07:00	Will Trevor	City RC (Hull)
68	13:08:00	Lee Cairns	Doncaster Wheelers C.C.
69	13:09:00	Mike Cole	Huddersfield RC
70	13:10:00	Aidan Adams	Harrogate Nova CC
71	13:11:00	John Martin	Elmsall Road Club
72	13:12:00	Sam Leng	AIMS Cycling
73	13:13:00	Sandra Burrows	Vive Le Velo
74	13:14:00	Sarah Foulds	Velo Culture
75	13:15:00	Andrew Miller	ADDFORM Vive Le Velo
76	13:16:00	Andy Newham	Lincoln Wheelers CC
77	13:17:00	Paul Sander	Stockton Wheelers CC
78	13:18:00	Andy Delaney	Northumbria Police C.C.
79	13:19:00	Steven Clarkson	Harrogate Nova CC
80	13:20:00	Ian Guilor	Mapperley CC
81	13:21:00	Rich Benson	Harrogate Nova CC
82	13:22:00	Matt Howitt	Johnstone Wheelers
83	13:23:00	Richard Durham	VTTA (Yorkshire)

84	13:24:00	Gretchen Zoeller	Ilkeston Cycle Club
85	13:25:00	Sam Straw	ADDFORM Vive Le Velo
86	13:26:00	Adrian Stott	Yorkshire Road Club
87	13:27:00	Alex Ingham	AIMS Cycling
88	13:28:00	Paul Ryman	Bramley Wheelers CC
89	13:29:00	Jason Procter	Valley Striders Cycling Club
90	13:30:00	Kieran Morris	Total Tri Training

Prizes

Prize levels are based on participation and so the prize pot for the open TT event is slightly higher than road bike due to the larger numbers taking part.

Prize money is tbd at the moment so that I can post this sheet before working out the prizes.

Road Bike/Non-Aero (race numbers 5-25)

- 1st Place Man and Woman £tbd each
- 2nd Place Man and Woman £tbd each
- 3rd Place Man and Woman £tbd each
- 1st place Vet on standard £tbd
- 2nd place Vet on standard £tbd
- 3rd place Vet on standard £tbd
- 1st place Jun/Juv £tbd

MG72" (race numbers 26)

Can Jymmy beat his time of last year? £tbd

TT Bike (race numbers 44-120)

- 1st Place Man and Woman £tbd each
- 2nd Place Man and Woman £tbd each
- 3rd Place Man and Woman £tbd each
- 1st place Vet on standard £tbd
- 2nd place Vet on standard £tbd
- 3rd place Vet on standard £tbd
- 1st place Male and Female Jun/Juv/Esp £tbd

Other Information

There will be marshals in place on the course primarily at the Walshford Roundabout. We will have time keepers at the start and finish points along with other stewards in those locations. There will also be support at the HQ itself.

We will not be holding riders up at the start. Riders will need to start with one foot down from behind the start line and push themselves off at their start time. Each rider will be told by the start line time keeper when it is their time to start. Once their time is called, riders should set off and join the main carriageway safely by observing any oncoming traffic. Remember that marshals and other event helpers cannot direct traffic, they can only provide riders with directional information.

There will also be signage at various point on the course to help guide riders and also on the roads leading to the course to advise other road users that a cycling event is in progress.

The start lists have been set using a traditional method whereby the fastest riders are given a number ending in 0 and where the fastest rider has the highest number. So, in this case rider #90 has the fastest time and rider #80 the next fastest and so on. We fill the 0's first, then move on to the numbers ending in 5 and apply the same principle, i.e. rider #85 is historically faster than rider #80. This system effectively puts a 5 minute gap between the fastest riders on the start sheet. Then we move on to the 1's and then the 6's and so on. There are some deviations from this plan for special circumstances such as where two riders are from the same club are kept separated. It is also customary for the organising club to have the honour of having the first rider in the event.

FAQ

Q. I've forgotten my helmet. What do I do?

A. Due to CTT regulations and insurance requirements we cannot allow you to take part without a helmet. If you can find one before the event is over then you might be able to take part still but only if another rider doesn't turn up. Ask around too, people may have a spare they might loan to you.

Q. I've forgotten one or both of my bike lights. What do I do?

A. Again, due to CTT regulations and insurance requirements we cannot allow you to take part without working front AND rear lights fixed to your bike in a visible position for other road users to see you. If you can find lights before the event is over then you might still be able to take part, but only if another rider doesn't turn up for their slot. As with the helmet question, ask around, some people may have spares. Some who have already finished may loan you theirs.

Q. I've accidentally entered the TT bike event instead of the road bike event. Can I ride still?

A. Yes, so long as you have a helmet and working front and rear lights then you are fine to take part. You'll just ride in amongst the TT bike riders but you'll still get a time on the official results. It's no problem whatsoever.

Q. I've accidentally entered the road bike event but I have Aero equipment. Can I ride still?

A. Yes, you can ride and you'll still get a time in the official results but you will not be eligible for any of the event prizes or YCF competitions. It's not a big deal, but it's better to go and read the rules now and remind yourself what the non-aero requirements are.

Q. I've missed my start time. Will I be able to ride still?

A. It is possible but only if another rider doesn't turn up and their slot becomes available. It's worth waiting around to see and be ready to go if that situation comes up. You may not get much notice though.

YCF Competitions 2022

Points competition

Saturday	18-Mar-23	Yorkshire Cycling Federation	V212	10 miles
Saturday	22-Apr-23	Otley CC (Women)	V212	10 miles
Saturday	22-Apr-23	Otley CC (Men)	V212	10 miles
Sunday	14-May-23	Selby CC	V511	10 miles
Sunday	21-May-23	Ravensthorpe CC	V511	10 miles
Sunday	28-May-23	East Bradford CC	V221	15 miles
Saturday	03-Jun-23	Yorkshire Road Club	V235	25 miles
Wednesday	07-Jun-23	YCF (Hill Climb)	V9916	5 miles HC
Saturday	15-Jul-23	YCF (Andy Wilson)	V150	50 miles
Saturday	12-Aug-23	Yorkshire Cycling Federation	V235	25 miles
Sunday	20-Aug-23	Yorkshire Road Club	V9916	5 miles HC
Saturday	09-Sep-23	Yorkshire Road Club	V235	25 miles
Saturday	16-Sep-23	Harrogate Nova CC	V212	10 miles

Road Bike/non-Aero Competition

Saturday	04-Mar-23	Jem Hadar	V212	10 miles
Saturday	18-Mar-23	Yorkshire Cycling Federation	V212	10 miles
Sunday	30-Apr-23	Vive le Velo	V433	25 miles
Sunday	21-May-23	Ravensthorpe CC	V511	10 Miles
Saturday	03-Jun-23	Yorkshire Road Club	V235	25 miles
Sunday	18-Jun-23	Sowerby Sunday Club	V210	10 miles
Saturday	12-Aug-23	Yorkshire Cycling Federation	V235	25 miles
Saturday	09-Sep-23	Yorkshire Road Club	V235	25 miles

A rider's best 6 scores from the above events to count overall. Separate tables for Men and for Women. Riders must be in clubs affiliated to YCF if they want to take part.

Backup Courses

On occasion events are forced to consider the use of alternative courses such as when roadworks unexpectedly appear post event creation. For YCF10 we have three alternative course options that are all approved by North Yorkshire Police and the CTT. These are the V111 and V113 10 mile courses and V101 5 mile course. All three are in close proximity to the intended V212 course but have a moved start and finish line and different stretches of road/roads.

V101: <https://www.strava.com/segments/31209545>

V111: <https://www.strava.com/segments/2359520>

V113: <https://www.strava.com/segments/31209517>

In all cases the HQ would remain the same, however there would be a need to ride to the start line from the HQ which will take some (maybe 10) minutes.

Message from the Event Secretary

Thanks for taking part in the event. As we can see from the start sheets, participation is good at just under 90 riders for the event. We can also see that the riders list is diverse with great representation in all categories across the 3 events that we are putting on.

The V212 is a well-known local TT course colloquially known as the 'Red Wall Road'. It is considered to be a 'sporting' route which means that it's not flat. The road itself is a single carriageway, quite wide and relatively quiet. It's about as simple as it gets with 5 miles out and 5 miles back. The surface is in good condition though not smooth enough to have any world records being set on it. There will be riders at the event that have ridden this course many times so if you're unsure of anything just ask someone who looks like they know what they are doing.

The road bike event is again a category for the YCF and it is also great to have had interest in the more traditional yet unusual Medium Gear 72" event. If you don't know what that's all about then I suggest you take a look at Jymmy's bike when you see it and maybe ask him how fast he has to spin his legs! Then we have the standard TT bike event and we have some really quick riders lining up indeed. This will be the first event for many riders this year, and for others, their actual first event ever.

It's worth also looking at the weather forecast as it's looks grey and you should consider bringing big coats and warm up with a tea and cake in the café.

Mike

About the Yorkshire Cycling Federation

YCF comprises of many affiliated cycling clubs and some individuals primarily from the Yorkshire region and promotes cycling events throughout the county for the benefit of all.

YCF runs competitions every year for the riders who are representing YCF affiliated clubs or are YCF racing members.

About Valley Striders CC

We are a friendly cycling club based in North Leeds, for new and experienced cyclists. The Club was formed in 2013 by a group of friends from the local running club (Valley Striders Athletics Club, further information below) who were looking to vary their training. Since then, the club has grown significantly and now consists of a group of runners and cyclists with a wide range of backgrounds, experiences and interests.

The club is affiliated to British Cycling, providing insured social and training rides, led by volunteering (trained) ride leaders. We provide rides for;

- those new to cycling who wish to gain confidence and road craft
- cyclists who want to enjoy social and scenic rides
- cyclists looking to improve their fitness
- cyclists and athletes training for endurance and competitive events
- those wanting a combination of all the above

The Club is also affiliated to Cycling Time Trials (CTT) and Yorkshire Cycling Federation (YCF) and we participate in the Cyclesense evening TT league.



<https://www.facebook.com/groups/115408488629431/about>



www.valleystriders.cc

www.facebook.com/groups/valleystriderscc/

www.instagram.com/valleystriders/