

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 16th March 2024 First rider off at 12:01

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:

Jackie Haigh – Holme Valley Wheelers
Chris Goode – Yorkshire Coast Clarion
Alan Sides & – Rotherham Wheelers

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>

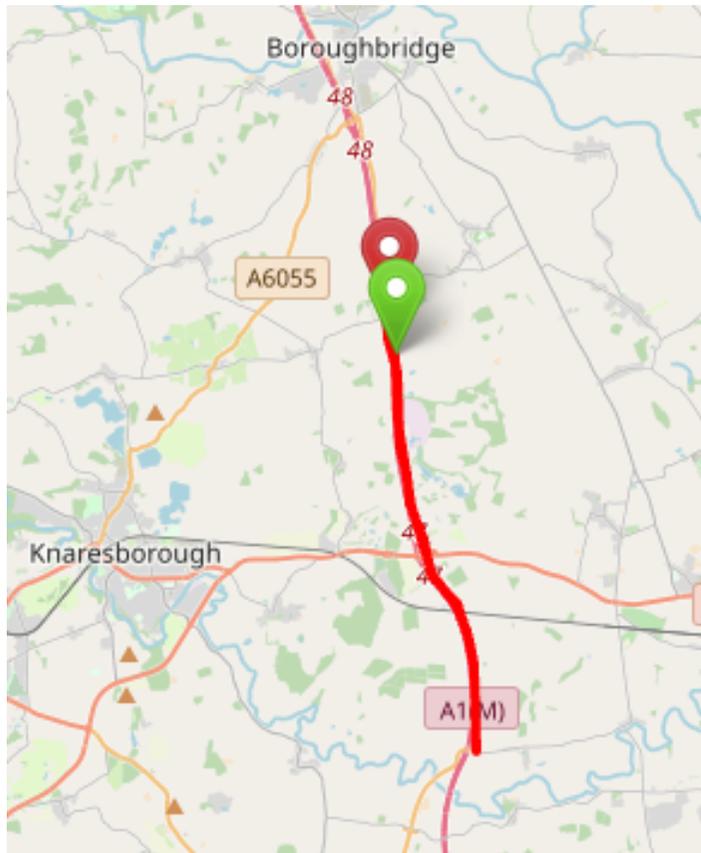
Be aware that the general public also visit the businesses in this park and will be driving in and out of the car park during our event so please remain aware and considerate.

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).

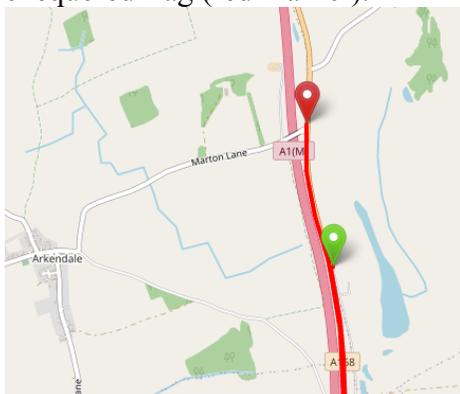
The image below shows the actual start location in the layby very close to clearway sign. From there we turn left onto the main carriageway and continue from there. At the start riders will be responsible for setting themselves off when the time keeper indicate that is it their time to go. Although there 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).



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 four MG72 riders will start off the event at 12:02

Number	Start Time	Name	Club
2	12:02:00	Stephen Broadley	Otley CC
3	12:03:00	Chris Dugher	Selby CC
4	12:04:00	Richard Durham	Settle Wheelers
5	12:05:00	Jymmy Trevor	City RC (Hull)

Road bike & Tricycle Event

Tricycle(s) will head out first at 12:08 followed by the Road bikes.

For the Road bikes; this is a time trial format race but 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, 90mm is the maximum
- Minimum 12 spokes in each wheel.
- No Aero helmets. They cannot cover ears, have a visor, be altered, have air vents covered or be pointy.
- 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
8	12:08:00	Paul Dawson	VTTA (North)
9	12:09:00	Elizabeth Atkin Johnson	Clifton CC York
10	12:10:00	Anthony Matthews	Ilkley CC
11	12:11:00	John Barnett	Otley CC
12	12:12:00	Brian Mumford	Valley Striders Cycling Club
13	12:13:00	Jenny Moore	Bramley Wheelers CC
14	12:14:00	James Clinton	Liverpool Braveheart Bicycle Club
15	12:15:00	Michael Jenic	Clifton CC York
16	12:16:00	Chris Harris	Holmfirth C C
17	12:17:00	Andy Hill	Valley Striders Cycling Club
18	12:18:00	Marjorie Davison	Ravensthorpe CC
19	12:19:00	Suzanne Noon	Bramley Wheelers CC
20	12:20:00	Nikolas Hanson	Valley Striders Cycling Club
21	12:21:00	Louise Watson	Bramley Wheelers CC
22	12:22:00	Kenneth Corbett	Wakefield CC
23	12:23:00	Aidan Raftery	North Shields Polytechnic Club
24	12:24:00	Eleanor Stafford	Valley Striders Cycling Club
25	12:25:00	Joe House	VENTURE RACING
26	12:26:00	Jake Hobson	Drighlington BC
27	12:27:00	Gordon Johnson	Clifton CC York
28	12:28:00	Oliver Thorpe	Racing Team Dawson

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
29	12:29:00	Christopher James Fisher	Sowerby Brothers CRT
30	12:30:00	Benjamin Williams	Team Bottrill
31	12:31:00	Vanessa Barker	Hull Thursday RC
32	12:32:00	Paul Brierley	Huddersfield RC
33	12:33:00	Gretchen Zoeller	Born to Bike - Bridgtown Cycles
34	12:34:00	Andy Delaney	Northumbria Police C.C.
35	12:35:00	Sean Sanders	ADDFORM Vive Le Velo
36	12:36:00	Malcolm Steer	Darlington Cycling Club
37	12:37:00	Brian Parker	Seacroft Whs
38	12:38:00	Alasdair Bruce	Harrogate Nova CC
39	12:39:00	John Tiffany	Harrogate Nova CC
40	12:40:00	Mark Wolstenholme	VTTA (Yorkshire)
41	12:41:00	Sharon Clifford	SheHair Racing Team
42	12:42:00	Andrew Newey	Ribble Valley C&RC
43	12:43:00	Darren Worton	Calder Clarion
44	12:44:00	John Eric Potter	VTTA (Yorkshire)
45	12:45:00	Russ Richardson	Zurbaran Racing
46	12:46:00	Andrew Askwith	Vive Le Velo
47	12:47:00	Karen Taylor	Springfield Financial Racing Team
48	12:48:00	Allen Bell	Yorkshire Road Club
49	12:49:00	Mike Cole	Huddersfield RC

50	12:50:00	Neil Cleminshaw	ADDFORM Vive Le Velo
51	12:51:00	Michael Charlton	GS Metro
52	12:52:00	Shaun Lawson	Clifton CC York
53	12:53:00	Gareth Shepherd	Bramley Wheelers CC
54	12:54:00	Andrew Vaughan	City RC (Hull)
55	12:55:00	Danny Grieves	GS Metro
56	12:56:00	Anthony Sedgwick	Calder Clarion
57	12:57:00	Duncan Smart	Scarborough Paragon CC
58	12:58:00	Phil Wright	Hartlepool CC
59	12:59:00	Alan Kaye	City RC (Hull)
60	13:00:00	John Brearley	ADDFORM Vive Le Velo
61	13:01:00	Graham Heaton	City RC (Hull)
62	13:02:00	Mick Flaherty	Seacroft Whs
63	13:03:00	Angela Hannon-Flaherty	Seacroft Whs
64	13:04:00	Steven Clarkson	Harrogate Nova CC
65	13:05:00	Sam Straw	ADDFORM Vive Le Velo
66	13:06:00	Roger Bromiley	Harrogate Nova CC
67	13:07:00	Beth Grogan	Selby CC
68	13:08:00	Mark Robinson	Durham City Velo
69	13:09:00	Rebecca Bland	Seacroft Whs
70	13:10:00	Euan Adam	Durham City Velo
71	13:11:00	Ray Hall	Protech Velo
72	13:12:00	Steve Burrows	Vive Le Velo
73	13:13:00	Mike Tyas	Hull Thursday RC
74	13:14:00	Sophie Rotheram	University of Birmingham Cycling Club
75	13:15:00	Phillip Tyas	Barnsley Road Club
76	13:16:00	Will Trevor	City RC (Hull)
77	13:17:00	David Taylor	Huddersfield RC
78	13:18:00	Sandra Burrows	Vive Le Velo
79	13:19:00	Peter MacKlam	Yorkshire Road Club
80	13:20:00	Kieran Morris	Total Tri Training
81	13:21:00	Ian Swinscoe	Royal Air Force Cycling Association

82	13:22:00	Jason Procter	Valley Striders Cycling Club	Prizes
83	13:23:00	Sue McFarlane	Army Cycling	
84	13:24:00	David Lane	Ravensthorpe CC	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.
85	13:25:00	Stuart Henderson	ADDFORM Vive Le Velo	
86	13:26:00	Michael Cross	Harrogate Nova CC	
87	13:27:00	Alex Ingham	AIMS Cycling	
88	13:28:00	Mark Casey	Seacroft Whs	Prize money is tbd at the moment so that I can post this sheet before working out the prizes.
89	13:29:00	George Young	Clifton CC York	
90	13:30:00	Jack Levick	Rose Race Team	

so the prize pot for the open TT event is slightly higher than road bike due to the larger numbers taking

I can post this sheet before working out the prizes.

Road Bike/Non-Aero

- 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"

£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 be holding riders up at the start if they wish. 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 as a TT bike instead of a road bike. 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 as a road bike 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 2024

Yorkshire Cycling Federation Points Competitions 2024.

Yorkshire Cycling Federation Points Competition is open to all riders of YCF affiliated clubs.

Best 6 positions for each rider, from all events below.

Separate tables for Men(Open) & Women.

5 events minimum qualification to achieve placing in top 3 positions

Saturday	16-Mar-24	Yorkshire Cycling Federation	V212	10 miles
Saturday	20-Apr-24	Otley CC (Women)	V212	10 miles
Saturday	20-Apr-24	Otley CC (Men - Open)	V212	10 miles
Sunday	28-Apr-24	Vive le Velo	V433	25 miles
Sunday	19-May-24	Ravensthorpe CC	V910	10 miles
Sunday	26-May-24	East Bradford CC	V221	15 miles
Saturday	01-Jun-24	Yorkshire Road Club	V235	25 miles
Saturday	13-Jul-24	YCF (Andy Wilson)	V151	50 miles
Sunday	28-Jul-24	Seacroft Wheelers	V518	10 miles
Saturday	10-Aug-24	Yorkshire Cycling Federation	V235	25 miles
Saturday	17-Aug-24	Yorkshire Road Club	V235	25 miles
Saturday	14-Sep-24	Harrogate Nova CC	V212	10 miles
Sunday	15-Sep-24	Yorkshire Road Club	V9916	5 miles HC

Above events are Open to members of any CTT Affiliated Club, but only members of YCF Affiliated Clubs will score points.

Yorkshire Cycling Federation Road Bike Competition (Non-Aero)

Yorkshire Cycling Federation Road Bike Competition is open to all riders of CTT affiliated clubs.

Best 5 positions for each rider, from all events below.

Separate tables for Men (Open) & Women.

Please note: there is only one "Road Bike" event listed in Yorks DC this year, but with the current CTT entry system riders can enter any event and select type of machine from drop-down list on the entry page – viz. road bike, TT bike, or trike. Placings will be taken from the official CTT result where type of machine will be indicated.

Saturday	16-Mar-24	Yorkshire Cycling Federation	V212	10 miles
Friday	29-Mar-24	City RC (Hull)	V714	10 miles
Saturday	04-May-24	Yorks Coast Clarion	V461	20 miles
Sunday	19-May-24	Ravensthorpe CC	V910	10 Miles
Thursday	23-May-24	Halifax Imperial Whs	V915	10 miles
Sunday	02-Jun-24	Selby CC	V511	10 miles
Sunday	28-Jul-24	Seacroft Wheelers	V518	10 miles
Saturday	14-Sep-24	Harrogate Nova	V212	10 miles
Sunday	29-Sep-24	Bramley Wheelers	V236/1	25 miles

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>

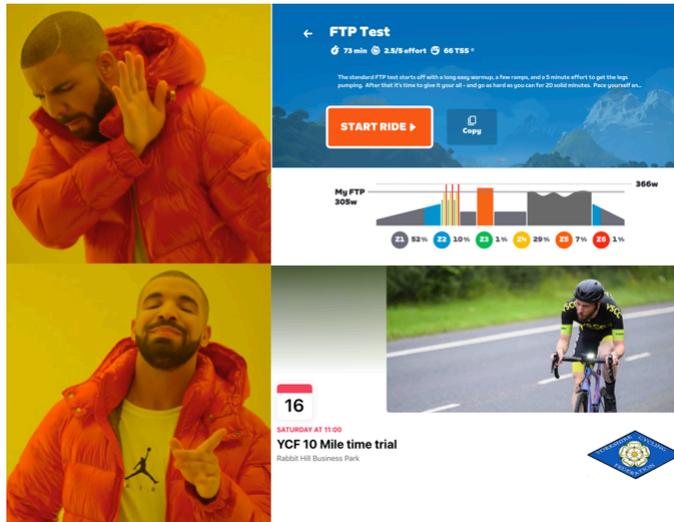
In all cases the HQ would remain the same, however there would be a need to ride to the start line from the HQ which will take some (maybe 10) minutes.

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 with great representation in all categories.

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.

It's worth also looking at the weather forecast as it is looking damp and you should consider bringing big coats and warm up with a tea and cake in the café. However, whatever the weather be assured that it is certainly in my humble opinion better to be outdoors than stuck inside.



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.



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

And don't forget.....

YCF AGM – To be held at Fairburn Community Centre, North Rd, Fairburn, Knottingley WF11 9LA On the Sat 16-March 2024 commencing at 15.30hrs. or as soon after as possible

It's the same day as the YCF10 this year.
Yes! The same day as this very event!