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**Seacroft Wheelers 10-mile open Time Trial events to be held on Sunday 28th July 2024**

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

First rider off at 08:31

Events:

Non aero road bike individual 10M TT

Individual 10M TT

Timekeepers:

M Penrice – VTTA

R Foster – City Road Club (Hull)

Marshalls & Staff: These will be placed at the start and at the roundabouts, many thanks to all those who assist

Event Organiser: Dave Hall- Seacroft Whs – 07914435706

Course Code: V518 - Selby Bypass

Event HQ is Thorpe Willoughby Village Hall - Leeds Rd, Thorpe Willoughby, Selby YO8 9PA

A map to the location is available on their website here

<https://www.thorpewilloughby.org.uk/village/village-hall/>

There is car parking available on site and has wheelchair access into the hall itself. 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. It is suggested that riders arrive up to 1 hour before their allocated start time to give them time to prepare and warm up – however the HQ will open at 08:00.

**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 and must be working and turned on.**

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

Riders are 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 Thorpe Willoughby Village Hall

No riders are to use the course for warming up during the event. Use other roads adjacent whilst being considerate to other road users.

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.

Be aware that the general public will be driving through Thorpe Willoughby Village. Please be considerate to passing traffic through the village as you leave the HQ

The route is posted on CTT website here

<https://www.cyclingtimetrials.org.uk/race-details/26468>

This course has been little used for some time, however in 2023 it yielded one of the fastest times in Yorkshire.

Course Records

|  |  |  |  |
| --- | --- | --- | --- |
| **Category** | **Name** | **Club** | **Time** |
| Open TT | Adam Duggleby | Addform | 19:08 |
| Open Road | Dan Stone | Wakefield Triathlon | 23:49 |
| Female TT | Helen Goldthorpe | Valley Striders | 24:42 |
| Female Road | Jennifer Lynn | Selby CC | 36:47 |
| Junior M | Jakob Hill | Clifton CC | 21:54 |
| Junior F | None recorded |  |  |

There are a number of age-related records not listed here – for all these records please follow the link

<https://www.spindata.co.uk/courses/course/21075-v518?ordering=time&direction=asc>

Description:   V518 Start on A1238, approximately 0.5 mile west of Thorpe Willoughby, at start of first horizontal kerbstone on south side of field gateway, adjacent to large road sign and approximately 200 yards south of traffic island at junction of A63 and A1238. Proceed south to TI, where take first exit, left onto A63. Continue on A63 to TI junction A63/A19, where straight ahead. Continue on A63 to TI junction A63/A1041\*\*, where straight ahead. Continue on A63 to TI junction A63/service road to fields (approximately 0.25 mile east of river swing bridge) (5.185 miles).   Encircle TI and retrace outward route via TI junction A63/A1041 and TI junction A63/A19. Finish on A63 10 yards west of pedestrian crossing point and adjacent to eastern end of high wooden fence, approximately 0.25 mile before TI junction A63/A1238. (10 miles)

TT bikes – Your machine must comply with CTT rules for Aero bikes.

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; sleeved ones are ok.

• No clip-on TT/Tri/Aero/Spinacci bars/Ultra narrow bars – bars must approximate to the riders shoulder width

• 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.

**Prize fund rules –**

**Open category TT/R prizes will be awarded based on number of riders in the category.**

**10 riders = 1 prize,15 riders = 2 prizes, 20+ riders = 3 prizes**

**Women’s TT/R prizes will be awarded based on number of riders in the category.**

**7 riders = 1prize 12 riders = 2 prizes 17+ riders = 3 prizes**

**Junior/Youth M prizes based on number of riders in the category.**

**5 riders = 1prize, 10 riders = 2 prizes, 15+ riders = 3 prizes**

**Junior/Youth F prizes based on number of riders in the category.**

**5 riders = 1prize, 10 riders = 2 prizes, 15+ riders = 3 prizes**

**Middle markers prize = free entry to next year’s event for number of riders for three riders who are closest to Organisers PB which was set many years ago.**

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

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.

**\*Rider Safety\* Riders must move to the correct filter lane when approaching roundabouts to prevent vehicles overtaking and turning left in front of them. Riders must check behind them before changing lanes – this is especially important in the TT machine classes where there is a strong desire to maintain an aero position**

**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 accidently 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. Notify when signing on at the event HQ so that it is possible to change how your time is recorded. It’s no problem whatsoever.

**Q. I’ve accidently 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 for road bikes. Notify when signing on at the event HQ so that it is possible to change how your time is recorded It’s not a big deal, but it’s better to go an 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. You may not start after 10:30 on the start sheet due to the cut-off time for the event application.

**If you are unable to make the start, please give notice prior to the event since this may enable riders who have missed their start times to ride. Please text me on my mobile number, 07914435706 I will not be answering calls.**