



## Valley Striders CC 25M TT Event Guide 2019

### The Event

Thank you for signing up to our event. This will be the 3rd running of this event and we hope to continue with the success of last two for which we received a lot of really great feedback from the riders who took part. We have raised over £1000 for the Yorkshire Air Ambulance through this event partly through the proceeds from the event, but also from the generosity of riders who donated during the event itself. Although we were forced to cancel last year due to roadworks, many riders and indeed CTT waived their entry fees and allowed us to contribute even more to this worthy cause.

This event is part of the YCF SpoCo series. It is a 25 mile individual time trial that is run on the V235 course which is a wide single carriageway with relatively low traffic volumes. Further information is given below.

In terms of the organization, everything is essentially unchanged. We are again at Arkendale Village Hall which is just a mile and a half from the start line. This is where riders will be asked to sign in and collect their body numbers. At the HQ we will be offering refreshments as well as a results table that we hope to keep updated during the course of the event.

## Headquarters and Parking

Event Headquarters is the Arkendale Village Hall (Arkendale Community Hall, Moor Lane, Arkendale, Knaresborough HG5, United Kingdom). The village lies to the west of the A168, between Knaresborough, Wetherby and Boroughbridge. Access the village via the A168 junction to the north of the A59. Dalton). Body-numbers, signing-on sheets, result board and refreshments will be located here.



The HQ will be open from 13:00 for sign on and number collection.

You MUST return your numbers after your ride else you will be reported as DNF (this is a new CTT regulation for 2017).

Please park sensibly, and do not block entrance to rear car-park.

The farmer field behind the village hall car park MAY be available for parking, this needs to be checked on the day.

Please keep noise to a minimum.

SHOE-PLATES ARE NOT TO BE WORN IN MAIN HALL

It is approx. 1.5 miles from the HQ to the start, so allow plenty of time to get there.

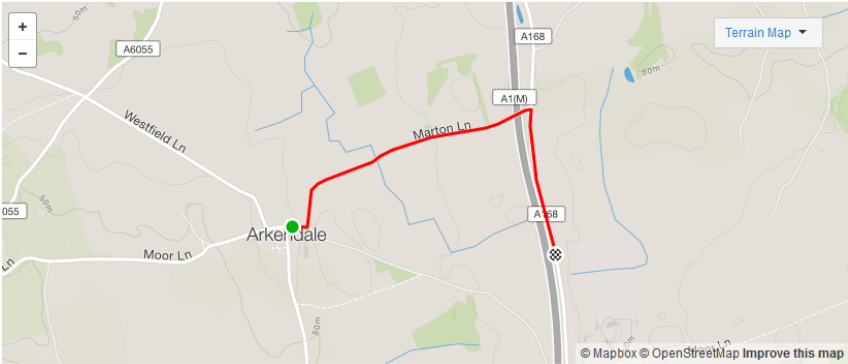
From HQ turn left onto Moor Lane, then continue to Marton Lane. Continue over the A1 onto the A168.

Turn right towards the start line. See the route here from HQ to the Start:

<https://www.strava.com/routes/5464087>

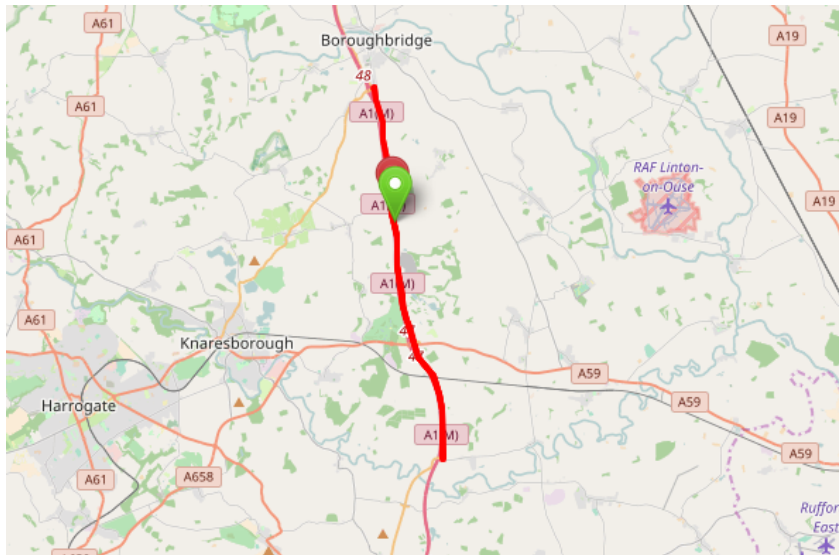
★ Arkendale Hall to V235 Start Line

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## Course Description

The route is 2 laps. <https://www.strava.com/segments/3789465>.



From the start point, head south 4.5 miles towards Walshford roundabout. Then circle the roundabout and head north back on the A168 towards Boroughbridge roundabout at 12.5 miles. You will pass the finish line at 10 miles - do not stop and do not turn into Arkendale at the next junction. Proceed northbound until Boroughbridge and circle the roundabout and head back south on the A168 past the start point again until the roundabout at 20 miles. Then circle the roundabout for the final time and head north on the A168 to the finish line at 25 miles. Finally you can head directly back to Arkendale by simply continuing north a few hundred yards and take the junction to Arkendale and the return to the HQ.

There will be some overlapping of riders as some will be on their second lap while others are still on their first lap. Do not stop on your first lap. Please do not blindly follow the rider in front if they turn off towards Arkendale as they may have completed their two laps while you may still be on your first.

### PLEASE NOTE:

Marshals and/or signs will be positioned as near to the junctions and roundabouts as is possible.

There is limited parking available (other than for Officials) at the start.(Police request).

## Safety

In the interest of your own safety, CYCLING TIMETRIALS, and the Event Promoters strongly advise you 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 strongly advised that you use front and rear bike lights during the event.

## Partners

### Yorkshire Cycling Federation

VSCC joined YCF in 2016. For 2017 YCF included this 25M TT in the SpoCo series. The event was also added to the YCF points series during 2017 due to a late need to include an extra event in that series.

### Cycling Time Trials

This event is promoted for and on behalf of Cycling Time Trials under their rules and regulations.

<https://www.cyclingtimetrials.org.uk/>

### Yorkshire Air Ambulance

This event is in support of the Yorkshire Air Ambulance and all proceeds will go to that charity. Last year VSCC donated £500. We included all profits as well as some personal donations from some of the riders.



## Other Organisations

### North Yorkshire Police

This event has been notified to North Yorkshire Police and a reply has been received. The letter has been forwarded to the Yorkshire CTT open event secretary

### Highways Agency

This event is being run on the A168 between Walshford and Boroughbridge. This is a single wide carriageway road running parallel to the A1. The national speed limit on a single carriageway is 60mph for motorized vehicles. We are making regular checks for the appearance of roadworks and at the time of writing (3<sup>rd</sup> July 5 days prior to the event) there is a major concern with regards to roadworks and we plan to take a decision by Friday 6<sup>th</sup> July

<https://www.roadworks.org/>

## About Us

Valley Striders was founded in July 1982 and the name refers to the Meanwood Valley in North West Leeds, around which many of the early running training routes were based. The club has seen much success over the years and is indeed one of the more successful clubs in the region while still welcoming folks at the beginner and social level. Membership has grown steadily and with the creation of Valley Striders Cycling Club in 2012, which itself attracted a large number of new members, we are somewhere around 500 members in total. In addition we have a BTF affiliated triathlon club.

VSCC is affiliated with British Cycling, CTC, CTT and YCF. VSCC caters for all levels of rider and we offer group cycling from social to fast paced. We are highly visible in local sportives and we are also active in road racing and of course time trialling. As well as putting on this CTT Open event we also help run a Tuesday evening 10M TT league in conjunction with Vertex and Yorkshire Road Club as well as delivering on our responsibilities to YCF in terms of marshall support at association events.

