

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 Sunday 19th March 2022 First rider off at 12:01

Events:

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

Timekeepers:

George Barker - Pennine CC
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.rabbihillpark.co.uk/>

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

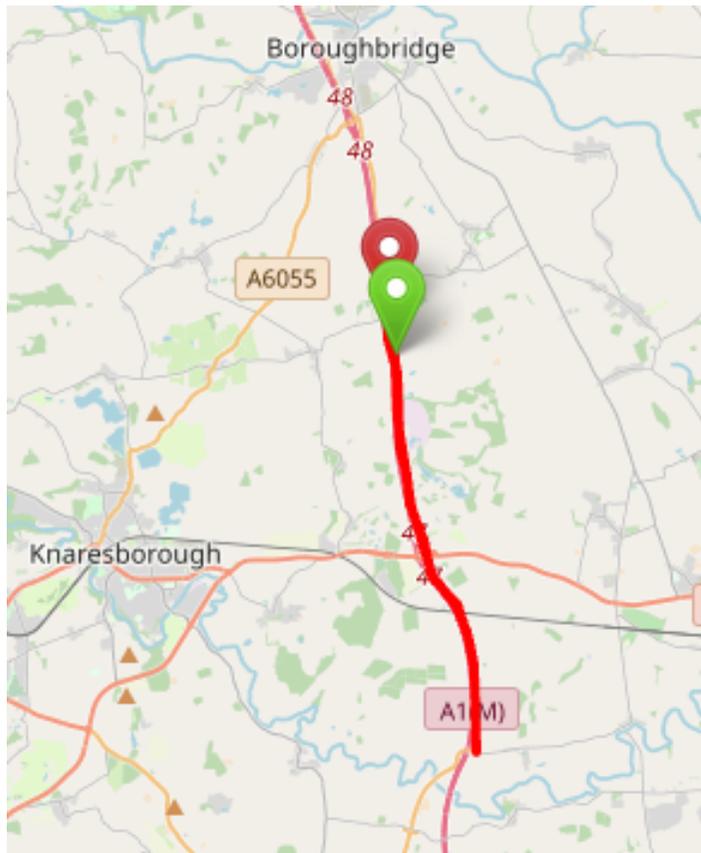
Be aware that the general public also visit the businesses in this park and will be driving in and out of the car park during our event so please remain aware and considerate.

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>

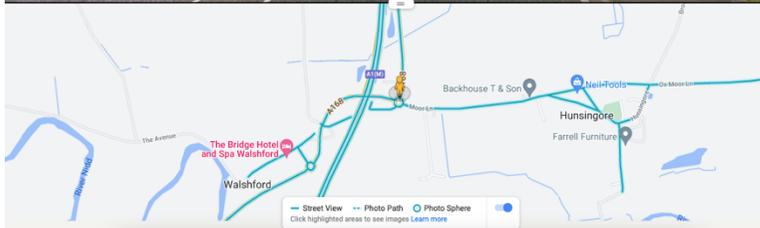


The route is on the A168, starting at Rabbit Hill Country Store just south of Boroughbridge (green marker). From the layby we ride south to the Walshford roundabout at the halfway point and return back on the same road to the finish point a couple of hundred meters past where we started from (red marker).

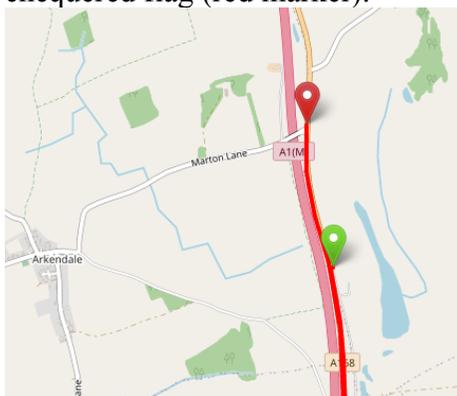
The image below shows the actual start location in the layby very close to clearway sign. From there we turn left onto the main carriageway and continue from there. At the start riders will be responsible for setting themselves off when the time keeper indicate that is it their time to go. Although there 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 a new 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 you 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 6 scores from YCF events count overall towards the competition.

Number	Start Time	Name	Club
1	12:01:00	Stuart Coupe	Valley Striders Cycling Club
2	12:02:00	Dominic Hewitson	Airedale Olympic
3	12:03:00	Rachel Meredith	Valley Striders Cycling Club
4	12:04:00	Jenny Moore	Bramley Wheelers CC
5	12:05:00	Paul Brierley	Huddersfield RC
6	12:06:00	Dale Harrison	Valley Striders Cycling Club
7	12:07:00	Karl-Eric Devaux	Wakefield Triathlon Club
8	12:08:00	Kalila Cook	Valley Striders Cycling Club
9	12:09:00	Tora Oetgen	Bramley Wheelers CC
10	12:10:00	Thomas Venning	Valley Striders Cycling Club
11	12:11:00	Simon Loftus	Holmfirth C C
12	12:12:00	Tony Browning	Valley Striders Cycling Club
13	12:13:00	Paul Ryman	Bramley Wheelers CC
14	12:14:00	Katherine Hogg	Valley Striders Cycling Club
15	12:15:00	Joseph Healy	Ravensthorpe CC
16	12:16:00	Jacques Goetz	East Bradford CC
17	12:17:00	Eleanor Stafford	Valley Striders Cycling Club
18	12:18:00	Christopher Fisher	Sowerby Brothers CRT
19	12:19:00	Philippa Cox	Valley Striders Cycling Club
20	12:20:00	Jonathan Wills	Valley Striders Cycling Club
21	12:21:00	Martin Turner	Holmfirth C C
22	12:22:00	Paul Grave	Valley Striders Cycling Club
23	12:23:00	Alison Pearce	Queensbury Queens of the Mountain
24	12:24:00	Paul Hamill	Valley Striders Cycling Club
25	12:25:00	Andrew Lambe	Ilkley CC
26	12:26:00	Tim Bennett	Clifton CC York
27	12:27:00	Jason Sutcliffe	Valley Striders Cycling Club

28	12:28:00	Suzanne Noon	Queensbury Queens of the Mountain
29	12:29:00	Alison Hesley	Valley Striders Cycling Club
30	12:30:00	Joe Hepworth	Valley Striders Cycling Club
31	12:31:00	Guy Lewis	Holmfirth C C
32	12:32:00	Julia Davies	Valley Striders Cycling Club
33	12:33:00	Alfie Jones	LFGSS CC
34	12:34:00	Lucy Cohen	Valley Striders Cycling Club
35	12:35:00	Mark Smith	Rapha Cycling Club
36	12:36:00	Claire Jessop	Otley CC
37	12:37:00	Victoria Mathwin	Queensbury Queens of the Mountain
38	12:38:00	Chris Dooley	Valley Striders Cycling Club
39	12:39:00	Julia Parr	Queensbury Queens of the Mountain
40	12:40:00	John Blomeley	Yorkshire Road Club

Tandem Event

There are no extraordinary rules for the tandem event. Each team is given 1 number. In this case our tandem crew have number 41 and will start a minute after the final road bike rider.

Number	Start Time	Name	Club
41	12:41:00	Robert Webster	Tandem Club
41	12:41:00	Claire Chambers	Tandem Club

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 first MG72 rider will start one minute after the tandem team.

Number	Start Time	Name	Club
42	12:42:00	Jymmy Trevor	Jem Hadar Racing
43	12:43:00	Will 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
44	12:44:00	Chris Johnson	Valley Striders Cycling Club
45	12:45:00	Adrian Stott	Yorkshire Road Club
46	12:46:00	Gemma Parkinson	Durham University Cycling Club
47	12:47:00	Peter MacKlam	Yorkshire Road Club
48	12:48:00	John Tiffany	Harrogate Nova CC
49	12:49:00	Sue Parkinson	Cyclesense CC
50	12:50:00	Mike Dalton	Stockton Wheelers CC
51	12:51:00	Mike Furby	Valley Striders Cycling Club
52	12:52:00	David Taylor	Huddersfield RC
53	12:53:00	Liam Mealey	Otley CC
54	12:54:00	Colin Reynolds	City RC (Hull)
55	12:55:00	Andy Whitehead	Rockingham CC
56	12:56:00	Jason Procter	Valley Striders Cycling Club
57	12:57:00	Susan Sanders	Drighlington BC
58	12:58:00	David Lane	Ravensthorpe CC
59	12:59:00	Andy Hill	Valley Striders Cycling Club
60	13:00:00	David Glew	Knottingley Velo
61	13:01:00	Neil Fearn	Harrogate Nova CC
62	13:02:00	Brian Parker	Total Tri Training
63	13:03:00	Anthony Matthews	Ilkley CC
64	13:04:00	Grant Young	Valley Striders Cycling Club
65	13:05:00	Mark Walker	Hull Thursday RC

66	13:06:00	Evan Schofield	D2D Sheffield RT	98	13:38:00	Elaine Simpson	Sherwood CC
67	13:07:00	George Carter	Huddersfield Star Whs	99	13:39:00	Kat Handy	Valley Striders Cycling Club
68	13:08:00	Andrew Minshull	Sowerby Brothers CRT	100	13:40:00	Sean Sanders	Drighlington BC
69	13:09:00	Evie Turner	Holmfirth C C	101	13:41:00	William White	Newmarket Cycling & Triathlon Club
70	13:10:00	Matthew Asquith	Team Sportslab	102	13:42:00	Mark Rowland	Selby CC
71	13:11:00	Shaun Lawson	Clifton CC York	103	13:43:00	Gareth Shepherd	Bramley Wheelers CC
72	13:12:00	Amy Loftus	JRC Interflon Race Team				
73	13:13:00	Yassir Al-Ausi	Bramley Wheelers CC	104	13:44:00	Rebecca Dawes	RFDA (Racescene Female Development Accademy)
74	13:14:00	Mike Cole	Huddersfield RC	105	13:45:00	Dave Diston	Muckle Cycle Club
75	13:15:00	Maddie Leech	CAMS Racing	106	13:46:00	David Leckenby	VTTA (Yorkshire)
76	13:16:00	Stuart Henderson	VTTA (Yorkshire)	107	13:47:00	David Hird	Hambleton RC
77	13:17:00	David Hunt	Wakefield Triathlon Club	108	13:48:00	Ryan Crawford	Out of the Saddle
78	13:18:00	Molly Savill	Albarosa CC	109	13:49:00	Allen Bell	Yorkshire Road Club
79	13:19:00	Emma Vincent	Valley Striders Cycling Club			Benjamin Williams	
80	13:20:00	Matthew Cole	Team Bottrill	110	13:50:00		Cliff Pratt Racing
81	13:21:00	Lee Statham	Houghton CC	111	13:51:00	James Meadows	Cleveland Wheelers CC
82	13:22:00	Sarah Harrison	Sheffield Triathlon Club	112	13:52:00	Alasdair Bruce	Yorkshire Road Club
83	13:23:00	Kevin Melia	VC Bradford	113	13:53:00	Helen Goldthorpe	Otley CC
84	13:24:00	Frank Healy	Ravensthorpe CC	114	13:54:00	David Capes	Scarborough Paragon CC
85	13:25:00	Daniel Shaw	Halifax Imperial Wheelers				
86	13:26:00	Mark Laughton	York Cycleworks	115	13:55:00	Dan Taylor	Coveryourcar.co.uk RT - Fitted and Tailored Car Covers
87	13:27:00	Luca Bednarek	Kirklees Cycling Academy	116	13:56:00	Paul May	Selby CC
88	13:28:00	Stephen Woodrup	Yorkshire Road Club	117	13:57:00	Richard Durham	VTTA (Yorkshire)
				118	13:58:00	David Morley	Valley Striders Cycling Club
89	13:29:00	Jane Fontana	Valley Striders Cycling Club	119	13:59:00	Michael Watson	Clifton CC York
90	13:30:00	John Brearley	Squadra RT	120	14:00:00	David Brearley	Chapeau! Vive Le Velo
91	13:31:00	Christopher Green	Drighlington BC				
92	13:32:00	Martin Hailstone	Chapeau! Vive Le Velo				
93	13:33:00	Ian Hampton	Clifton CC York				
94	13:34:00	Sue McFarlane	Army Cycling				
95	13:35:00	Neil Cleminshaw	Chapeau! Vive Le Velo				
96	13:36:00	Matt Howitt	Johnstone Wheelers				
97	13:37:00	Chris Harris	Holmfirth C C				

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.

Road Bike/Non-Aero (race numbers 1-40)

- 1st Place Man and Woman £40 each
- 2nd Place Man and Woman £30 each
- 3rd Place Man and Woman £20 each
- 1st place Vet on standard £20
- 2nd place Vet on standard £20
- 3rd place Vet on standard £20
- 1st place Jun/Juv £20

Tandem (race number 41)

£20 for a sub 27 minute time. This is an arbitrary yet challenging target set by the secretary for this event only to create an incentive

MG72" (race numbers 42 and 43)

1st Place on handicap £15. Junior riders receive a -5 minutes handicap as determined by the secretary for this event only to create an incentive for Will to try and beat his father

TT Bike (race numbers 44-120)

- 1st Place Man and Woman £50 each
- 2nd Place Man and Woman £40 each
- 3rd Place Man and Woman £30 each
- 1st place Vet on standard £25
- 2nd place Vet on standard £25
- 3rd place Vet on standard £25
- 1st place Male and Female Jun/Juv/Esp £25

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 #120 has the fastest time and rider #110 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 #115 is historically faster than rider #105. 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. So, although this is a Yorkshire Cycling Federation event, the event secretary and a number of the marshals are members of Valley Striders CC and hence have riders set at #1 for the road bike/non-aero event and #44 for the standard time trial.

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

Day	Date	Organisers	Distance	Course
Saturday	19 th March	YCF	10 miles	V212
Sunday	17 th April	Vive le Velo	25 miles	V433
Saturday	23 rd April	Otley CC	10 miles	V212
Sunday	15 th May	Ravensthorpe CC	10 miles	V511
Sunday	22 nd May	Selby CC	10 miles	V511
Sunday	29 th May	East Bradford CC	15 miles	V221
Saturday	11 th June	Yorkshire RC	25 miles	V235
Saturday	2 nd July	YCF (Andy Wilson)	50 miles	V150
Wednesday	6 th July	YCF (Hill Climb)	4.8 miles	V9916
Saturday	6 th August	Otley CC	25 miles	V235
Saturday	13 th August	YCF (Points for Women)	15 miles	V225
Saturday	13 th August	YCF (Points for Men)	25 miles	V235
Sunday	21 st August	Yorkshire RC (Hill Climb)	4.8 miles	V9916
Saturday	10 th September	Yorkshire RC	25 miles	V235
Saturday	17 th September	Harrogate Nova CC	10 miles	V212

Sports Bike/non-Aero Competition

Day	Date	Organisers	Distance	Course
Saturday	19 th March	YCF	10 miles	V212
Sunday	3 rd April	Vive le Velo	10 miles	V7113
Sunday	17 th April	Vive le Velo	25 miles	V433
Sunday	15 th May	Ravensthorpe CC	10 miles	V511
Wednesday	1 st June	City RC/Vive le Velo	10 miles	V714
Saturday	11 th June	Yorkshire RC	25 miles	V235
Sunday	12 th June	Chapeau Vive le Velo	10 miles	V7113
Wednesday	15 th June	City RC/Vive le Velo	10 miles	V714
Wednesday	29 th June	City RC/Vive le Velo	10 miles	V714
Wednesday	13 th July	City RC/Vive le Velo	10 miles	V714
Saturday	13 th August	YCF	15 miles	V225
Saturday	13 th August	YCF	25 miles	V235
Saturday	10 th September	Yorkshire RC	25 miles	V235

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.

Update 16th March

I have been to see the course today as there was a possibility of some temporary traffic lights being put out, however, I've spoken with the workforce and they tell me that they won't be working at the weekend and that they will be gone anyway to work further up the A168 near Boroughbridge. So, it's looking very good for us on the main V212 course. I'll be conducting a risk assessment on the day anyway so if anything comes up at that time we might need to react, but I am confident that we will not have anything to concern us.

Message from the Event Secretary

Thanks for taking part in the event. As we can see from the start sheets, participation is really high and we actually reached our 120 rider limit for the event. We can also see that the riders list is diverse with great representation in all categories across the 4 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 a new category for the YCF but a welcome one and in this case, it has been shown to be a popular addition. 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! We also welcome a tandem crew and as a tandem pilot myself who's done a few TTs with my wife as stoker then I know something of how this will feel for them. 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 great! Full sun, double digits temperature with a gentle tail wind on the return leg. It really doesn't get any better than that.

Finally, enjoy the event and get yourself a brew from the teashop when you've finished

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. In 2022 we have the usual TT points competition as well as a new points competition for the road/sports bike/ non aero category.



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

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.



www.valleystriders.cc

www.facebook.com/groups/valleystriderscc/

www.instagram.com/valleystriders/