



VTTA (Trophy) Open 10-mile Time Trial

promoted for and on behalf of Cycling Time Trials under their rules and regulations

First Rider off at 18:05pm, Saturday 29 June 2024

on the V210 Course

Organiser: Andrew Vaughan. Email: andrewvaughan@ymail.com Mobile: 07764185847

Timekeepers: Mr Mike Penrice & Mr Steve Brown

HQ : Dalton Village Hall,

Willow Bridge Ln, Dalton, Thirsk

YO7 3BN

Headquarters: Dalton Village Hall is 5.0 miles from the start, give yourself sufficient time to get from HQ to the start.

This could take you 20 minutes so please allow yourself the correct amount of time.

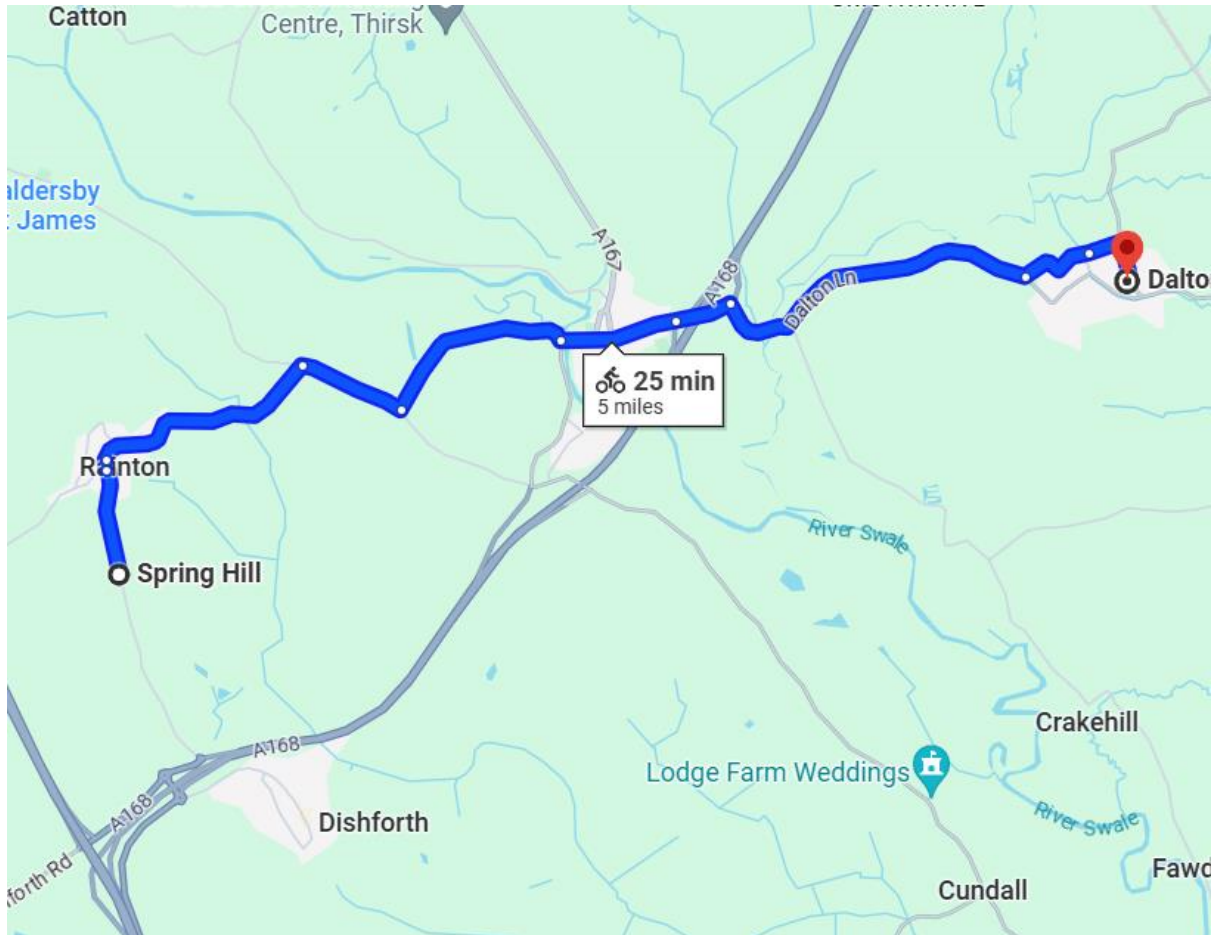
Warming up: No warming up along the course once the event has started. No U-turns in view of the start.

Front and Rear lights: Functioning front and rear lights are compulsory.

Cycling helmets: All competitors must wear a properly affixed helmet. Helmets should conform to a recognised safety standard.

HQ to the Start.

Please ensure you know the route to the start.



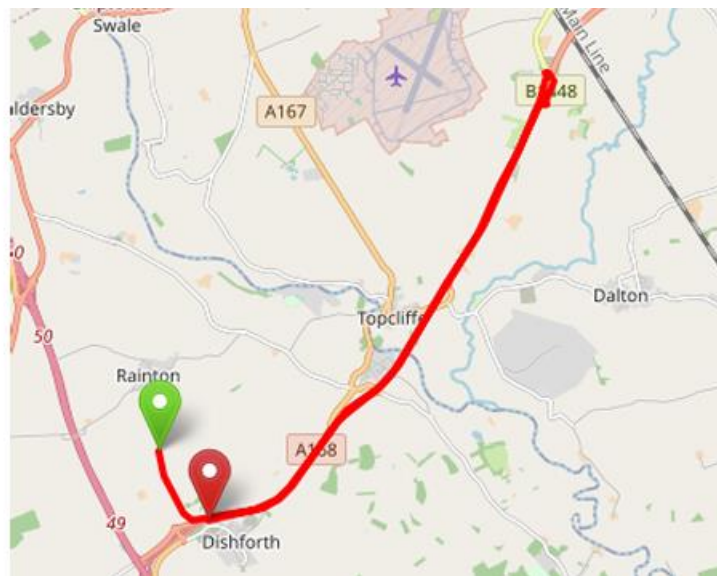
This is a link giving instructions from HQ to the start.

[Dalton Village Hall to Spring Hill, Thirsk YO7 3PU - Google Maps](#)

THE COURSE

Course: Start on eastern side of unclassified road leading from Rainton Traffic Island to Rainton village in field gateway at a point 1100 yards north of the island opposite centre post of short wooden fence on opposite side of road. Proceed south on Rainton Lane to traffic island (0.62 mls) Bear left down slip road to join northbound carriageway of A168. Proceed along A168 to junction with slip road to B1448 (Thirsk) 5.09 mls. Bear left up slip road to traffic island

where bear right (3rd exit) over bridge over A168, bearing right to next traffic island. Keep left to join A168 southbound carriageway. 5.90 mls. Continue on A168 to slip road signed A168 Boroughbridge/Dishforth. Bear left up slip road to finish at start of crash barrier protecting electrical installation on left hand side of slip road. 10.00 mls Course warning: You will descend onto a roundabout, just before re-joining the dual carriageway at 5.90miles. Do not attempt to negotiate this at high speed, or on the aero bars, as it has sharp bends on the roundabout and the exit.



Marshals: Members and friends of Sowerby Sunday Club will be on the course to guide and keep riders safe. Please obey any instructions given by marshals. Please try to give some acknowledgement of their dedication, even if you can only manage a grunt! Please shout your number as you finish.

Prizes :

Non Vet Prizes : 1st Senior - £30 : 1st Espoir - £10: 1st Junior - £10 : 1st 1st Senior Female - £20

VTTA Member Prizes : All on Age Adjusted Time (AAT)

1st - £40 : 2nd - £30 : 3rd - £20 : 4th £15 : 5th £10

Non VTTA Members over 40 – (the VTTA National rules state prize are for members only) but we have decide to award the following to non members:

1st & 2nd places for non VTTA member (over 40) – Free membership of VTTA (Yorkshire) and free entry to Std Awards