



Cleveland Wheelers Cycling Club



proudly presents

“The Blakey Ridge Race”

25 Mile Time Trial (T256)

Sunday 23rd April 2023

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



Event Secretary

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Timekeepers

Bill Millen

Shaun Joughin

Arriving at the Event

Event HQ is in Danby Village Hall (YO21 2LZ) will be open from 7:45am. The village hall is on the opposite side of the road from the Duke of Wellington pub by the crossroads in the centre of the village. There are toilets facilities available in the village hall.



Parking - No vehicles, except those of the timekeeper(s) and other event officials, shall be parked in the vicinity of the start and finish points. There is a small car park outside the village hall. Please be considerate and do not park too close to properties or block entrances.

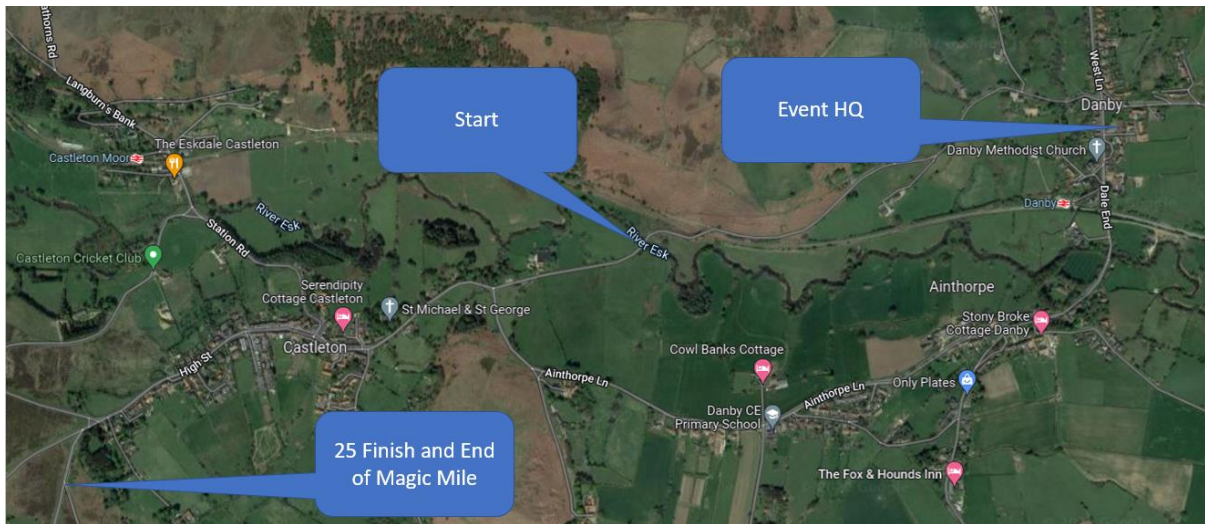
Warming Up - No U-turns within sight of the start line. The road between the village hall and the start provides plenty of opportunities for warming up. Please do not use turbo trainers within 100m of inhabited properties.

Race Numbers and Signing-on Sheet / Signing-out Sheet will be in the event HQ in the village hall.

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

You must have a working front and rear light to start in the event. Please don't forget these!



Having Trouble with locations? - What3Words can help!

Event HQ : crumples.finishers.snooty	Magic Mile : lends.carriage.reply
Start : fellow.just.tiredness	Turn : chainsaw.friend.fault
Finish : marine.replying.tooth	

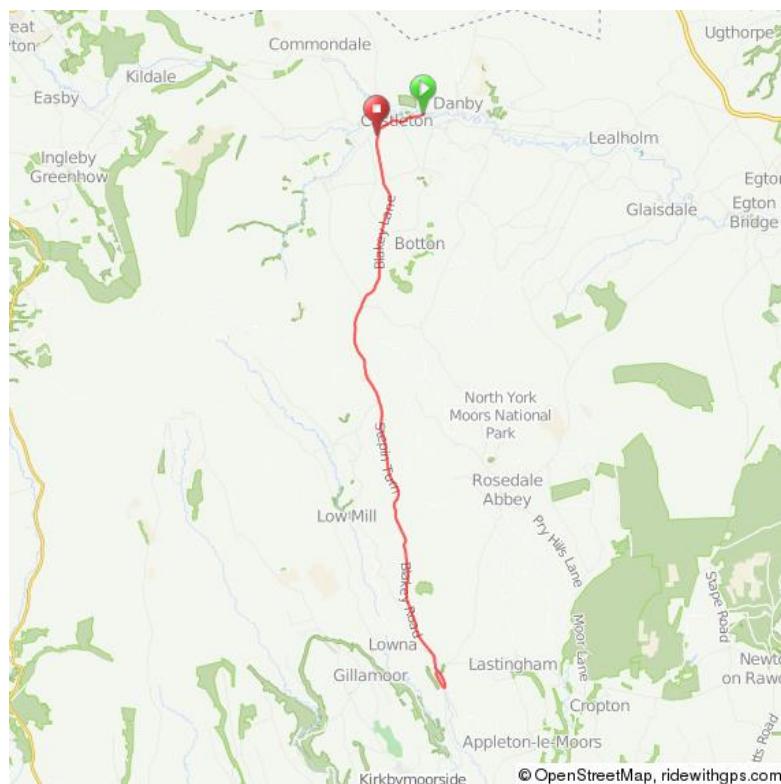
Course details - 'Probably the most scenic time trial course in the UK'

Start - Please note that the start of this course is about a mile from the village hall. Follow the signs for Castleton. The first rider starts at 9:04 am

There will be no pusher-off so all riders must start with one foot on the ground. Track stands and rolling starts are not permitted.

If you are riding in the road bike category the start marshal will check your machine.

T256 - Start on the Danby - Castleton road (not via Ainthorpe) at gateway approx 100 yards west of bridge over river Esk. Proceed through Castleton village (M), passing over cattle grid (1 mile) over Blakey Ridge to Hutton-le-Hole. Proceed to southern end of village, Turn right (M) with care and proceed through Hutton-le-Hole village on the western side of the beck on minor road (limited access to motor vehicles) to rejoin the Hutton-le-Hole to Castleton road (M) to return back over Blakey Ridge. Finish approx 50m north the cattle grid on the southern side of Castleton village at the road sign indicating 'right hand bend'.



The Magic Mile

This adds a bit of a twist to the event. The first mile of the 25 is effectively a timed hill climb!

From the start near the River Esk the road climbs through the village of Castleton and over the cattle grid. At the cattle grid is the end of the 'magic mile'. This is also opposite the finish of the 25. It is marked in orange on the course profile below.

Go as hard as you like on this section, there are prizes, there is glory, but remember you must complete the full 25 mile course to be eligible for the magic mile awards.

Course Profile (Total climbing = 2145 ft , Total Descent = 1858 ft)



High Point - Ralph's Cross is the highest point on the course at 1372 ft and according to legend, the cross was set up to mark the resting place of a monk from Farndale and a nun from Rosedale. They would often meet there and a romantic liaison of sorts occurred, but they were found out by their superiors and came to a nasty end, possibly with their deaths. But the most common folktale tells us that a farmer called Ralph from Danby found

the dead body of a traveller at this spot. He was so moved by this that he decided to erect a cross in memory of this poor unfortunate traveller, who had starved to death and was found to be penniless. Ralph had a hollow carved into the top of the cross so that more wealthy travellers, those on horseback, might place a few coins for the benefit of any less fortunate travellers, or as a thanksgiving for having reached this point on their journey. The poor traveller was able to take a coin, if he/she could reach the hollow, and buy a hot meal at the nearest inn. Ralph then vowed that such a terrible thing would never ever happen again, and it seems to have worked, thanks to him.

Don't forget to look around. You can see four different 'dales'!

On the way to the turn on the right as you approach Ralphs cross you have Westerdale and on the left and Danby Dale with the 'Botton Up' climb joining the ridge from deep below in the valley. Once you pass Ralphs cross you can see Rosedale to the left which is home of the infamous 1 in 3 'Chimney Bank'. Continuing on, past the Lion Inn, on the right is the steep drop down Blakey Bank into Farndale. These climbs are all a bit tougher than those on the course so it is best to keep on a straight track down to the turn. On the way back the views have changed yet again. Enjoy!

What happens when the race is finished?

Return your number - Please return your race number to Danby village hall

Relax and Recover - Numbers can be exchanged for a drink and cake in the village hall after the event where the results and prize presentation will be located.

Prize Presentation - The prize presentation will be made shortly after the all the riders have finished the event and have time to get changed.

If nominated (please let the organiser know) prizes can be donated to a selected local charity which the Cleveland Wheelers support. In 2023 this was Cleveland Mountain Rescue Team and Middlesbrough & Stockton MIND

Attention!!

Helmets – All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised standard

Lighting - Your machine must have working front and rear lights to be permitted to start the event.

Parked Cars - Please take care when passing stationary / parked cars in the villages of Castleton and Hutton-le-Hole.

Speed Limits - In the two villages which you pass through there are speed limits. These limits should not be an issue for the first mile through Castleton but when approaching the turn in Hutton-le-Hole please be aware of this and be particularly conscious of other road users. Just after the finish, when descending through Castleton you will still be carrying quite some speed from the final few miles of downhill and will be quite tired(!). The Magic Mile is NOT being timed the other way around so after the finish please **slow down** and navigate through Castleton village with caution!



Sheep – Cute as they are, these beasts should be treated with utmost respect when travelling by bicycle over the moorland roads. They have a blatant disregard for theirs, and your safety and see no reason not to amble over a road in front of a moving vehicle. Especially quick movements can be the result of mother and baby trying to get reunited. There may even be some sheep roaming in the villages below the level of the cattle grids.

Road Surface - It is generally in good condition for a moorland B-road but there are a few holes and gravel in places. Please also look to the road ahead for as well as glancing around at the beautiful scenery along the ridge.

Tight Bend at Turn - There is a tight right turn at the end of the Hutton-le-Hole when you will be carrying some speed from the descent. The road surface changes to a minor road. Please be aware of your speed on the approach and do not take any risks here to save a couple of seconds. This turn is signposted and marshals will be present.

West Side – Hutton-le-Hole - Restricted Access Road - Please note that the lane up the western side of the beck in Hutton-le-Hole is a restricted access road for motor vehicles for local access only. There is a restriction sign at the end of this road at the turn. Any following vehicles should not drive around this road but should find a suitable turnaround spot elsewhere in the village. The lane is two way traffic and is quite narrow in places. Generally, the local community are used to very light traffic and may not be expecting to encounter cyclists at speed on this particular road so please be aware of this.

Cattle Grids – There are 2 cattle grids on the course (end of magic mile / finish and entering/leaving Hutton-le-Hole) each of which will each be crossed twice. These can be slippery especially if the road is wet therefore please try to cross them in a seated position.

Foul weather - Due to the exposed nature and altitude the weather can change quite rapidly on Blakey Ridge. In the event of weather leading to low visibility the event may be cancelled or postponed.

Course Records

Solo Male

1:01:30

Steven Parsonage

25-Apr-21 | Cleveland Wheelers CC (Hilly)

Solo Female

1:08:39

Abi Smith

25-Apr-21 | Cleveland Wheelers CC (Hilly)

Solo Male (Junior)

1:04:46

John Russell

25-Apr-21 | Cleveland Wheelers CC (Hilly)

Magic Mile

Male : 3:33 John Russell 25-Apr-21 | Cleveland Wheelers CC (Hilly)

Female: 4:13 Abi Smith 25-Apr-21 | Cleveland Wheelers CC (Hilly)

Prizes

There are essentially three events in one and prizes will be awarded in the village hall after the event.

- 1. Overall Fastest Rider** awards will be given to riders who clock the fastest overall times for the full 25 miles course.

Fastest		Male	Female
1 st		20	20
2 nd		10	

Road Bike		Male	Female
1 st		10	10

Vet 40-49	10	Juvenile Male	10
Vet 50-59	10	Juvenile Female	10
Vet 60+	10	Junior Male	10
		Junior Female	10

- 2. Magic Mile.** From the event start to the cattle grid above Castleton village is exactly one mile. The intermediate split for this first magic mile will be recorded and prizes awarded accordingly. To be eligible to qualify for a time on this part of the course riders must complete the full course. Busting a gut and posting a cracking time for a mile and then being back at HQ supping tea and cake before the others have finished is just not cricket! Riders must get round the full 25 miles and register a finish time to be eligible for the magic mile competition.

Magic Mile		Male	Female
1 st		10	10

- 3. Ridge Race Trophy** will be awarded to the rider with the lowest number of points accumulated from the relative positions in the respective magic mile and the split for the final 24 miles. In the event of equal number of points then the rider with fastest overall time will be declared the winner. The winner will retain the trophy for a period of one year.

Road Bike Definition

The Rider:

1. No time trial style pointy helmets (including Kask Bambino), or helmets with built in visors are to be worn.
2. Use of skinsuits is permitted
3. No riding with elbows or forearms on the handlebars. If witnessed, the competitor will be disqualified.

The Machine:

1. The frame should be constructed in the traditional pattern, i.e. built around a main triangle. Multi geared bikes as well as fixed wheel machines are permitted.
2. No time trial style or triathlon forward extension bars with or without elbow pads will be present.
3. Wheels should be of a spoked construction, with a minimum of 12 spokes and a maximum depth of 90mm.