



Sowerby Sunday Club

Open 10-mile time trial promoted for and on behalf of Cycling Time Trials under their rules and regulations

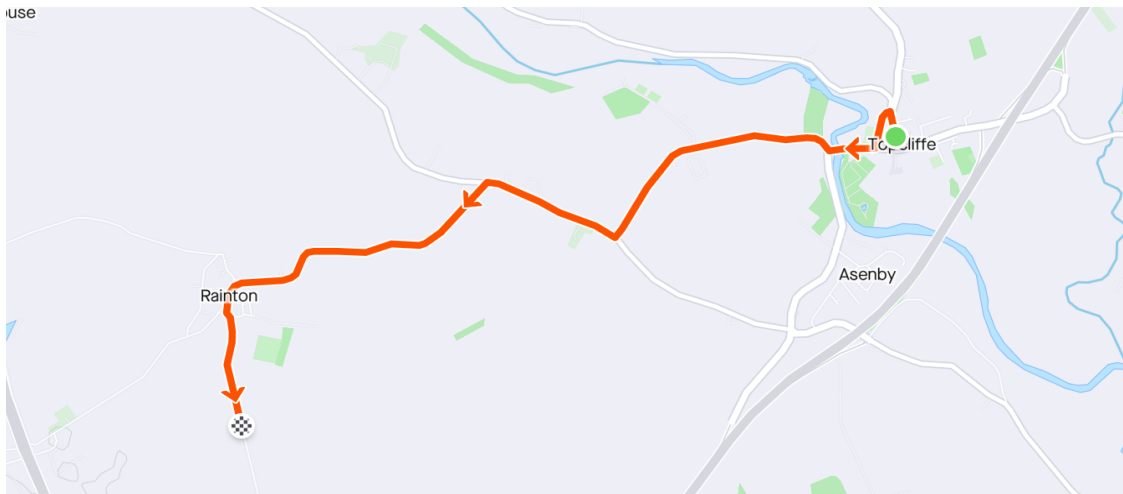
First Rider off at 8:01am, Sunday 23 June 2024 on the V210 Course

Organiser: Andy Wond. Email: ssc@wond.org.uk Mobile: 07590 507992

Timekeepers: John Hardy and Elaine Ward

Headquarters: **Topcliffe and Asenby Village Hall**, Front St, Topcliffe YO7 3RJ
HQ is 2.8 miles from the start, give yourself sufficient time to get from HQ to the start.

<https://www.strava.com/routes/3237741149790531554>



Headquarters: Note that HQ is in Topcliffe, not Dalton. The HQ is in a residential area so please be considerate. The HQ will be open for sign on from 7:10am. **No cleats allowed in the hall.** Refreshments will be served from approximately 8:30am. Note the one-way traffic system on Front Street. Please remember to sign on and off, any rider who fails to sign off after the event will be recorded as DNF.

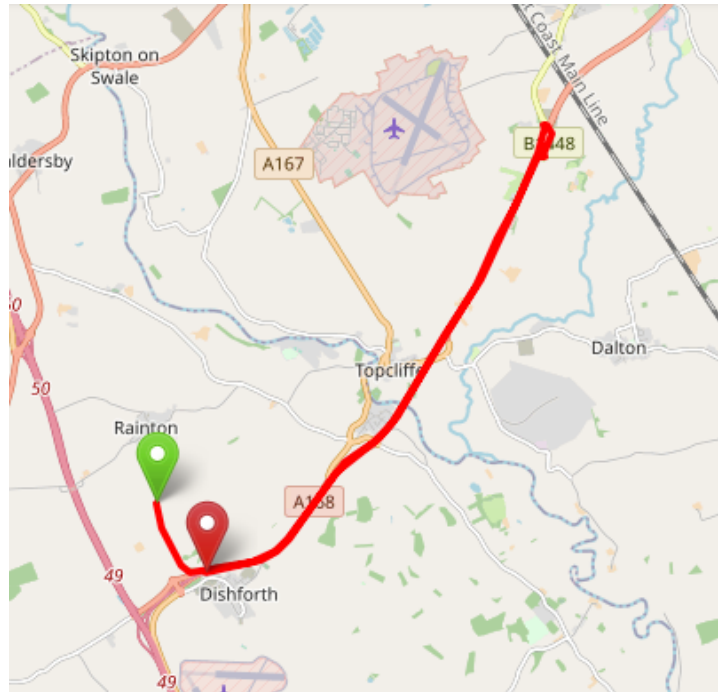
Parking: There is not parking at the village hall. Car Parking is at The Angel at Topcliffe Hotel, Long Street, YO7 3RW approximately 50 metres from the Village Hall. Please respect residents by parking considerately. Please do not park within the immediate vicinity of the start itself. If you choose to park your vehicle between the HQ and the start do not park in any field entrances or block any access.

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.

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:

	TT Bike	Road Bike
First	£20	£20
Second	£15	£15
Third	£10	£10

Number	Start Time	Firstname	Lastname	Club	Category
1	08:01:00	Michael	Watson	Sowerby Sunday Club	Senior
2	08:02:00	Malcolm	Steer	Zurbaran Racing	Veteran
3	08:03:00	Paul	Brierley	Huddersfield RC	Veteran
4	08:04:00	John	Withinshaw	Sowerby Sunday Club	Veteran
5	08:05:00	David	Glew	FTP (Fulfil The Potential) Race Team	Veteran
6	08:06:00	Mark	Burtonshaw	Harrogate Nova CC	Veteran
7	08:07:00	Michael	Vaiksaar	Valley Striders Cycling Club	Veteran
8	08:08:00	Mark	Philipson	City RC (Hull)	Veteran
9	08:09:00	John	Barnett	Otley CC	Veteran
10	08:10:00	Sam	Straw	ADDFORM Vive Le Velo	Senior
11	08:11:00	Tom	Ward	Sowerby Sunday Club	Senior
12	08:12:00	Jason	Procter	Valley Striders Cycling Club	Veteran
13	08:13:00	Andrew	Vaughan	City RC (Hull)	Veteran
14	08:14:00	Richard	Napper	Sitwell Cycling Club	Veteran
15	08:15:00	James	Dickson	AIMS Cycling	Veteran
16	08:16:00	Shaun	Lawson	Clifton CC York	Senior
17	08:17:00	Chris	Dyke	Team Lifting Gear Products	Veteran
18	08:18:00	Allen	Bell	Yorkshire Road Club	Veteran
19	08:19:00	Paul	Dawson	VTTA (North)	Veteran
20	08:20:00	Julian	Ramsbottom	Team Bottrill	Veteran
21	08:21:00	Grant	Whiteside	Harrogate Nova CC	Veteran
22	08:22:00	Terry	Parvin	Ferryhill Whs	Veteran
23	08:23:00	John	Quimby	Sowerby Sunday Club	Veteran
24	08:24:00	Mike	Cole	Huddersfield RC	Veteran
25	08:25:00	Stuart	Henderson	ADDFORM Vive Le Velo	Veteran
26	08:26:00	Sam	Leng	AIMS Cycling	Senior
27	08:27:00	Stuart	Raw	Cestria C.C.	Senior
28	08:28:00	Andrew	Donald	AIMS Cycling	Veteran
29	08:29:00	Chris	Goode	Yorkshire Coast Clarion CC	Veteran
30	08:30:00	Neil	Cleminshaw	ADDFORM Vive Le Velo	Veteran
31	08:31:00	Ray	Hall	Protech Velo	Veteran
32	08:32:00	Lee	Morley	Hartlepool CC	Veteran
33	08:33:00	David	Taylor	Huddersfield RC	Veteran
34	08:34:00	Tim	Jackson	Sowerby Sunday Club	Veteran
35	08:35:00	Phillip	Tyas	Barnsley Road Club	Veteran
36	08:36:00	James	Meadows	Cleveland Wheelers CC	Senior