



OPEN 10 MILE TT

www.harrogatenova.cc

A Yorkshire Cycling Federation Spoco and Points Series Event

10 mile Time Trial Saturday 21st September 2019

Prizes provided by Harrogate Nova CC

Promoted for and on behalf of Cycling Time Trials under their Rules & Regulations

Timekeepers	Secretary
Phil Hurt Yorkshire Road Club Mike Penrice V.T.T.A (Yorkshire)	Duncan Mullier 79 Olive Grove Harrogate HG1 4RW 07890 180797 duncan@harrogatenova.cc

Headquarters

Arkendale Village Hall, Moor Ln, Arkendale, Knaresborough, North Yorkshire HG5 0RF
Open from 12:30. Pick up and return your number here.

Signing on and Signing off

You are required to sign on before you start and sign off before you leave.

Course V212

Start approximately 3.5 miles south of Boroughbridge in entrance to A168 from old A1 (now a long lay by) at a point approximately one yard before "Clearway" sign. Turn left on to A168 and proceed to Walshford roundabout (4.72 miles). Encircle roundabout and retrace along A168 to Arkendale Road, to finish adjacent to central bollard at a red paint mark. (10 Mile)

Event Homepage

<http://www.harrogatenova.cc/nova-open-10/>

From HQ to start

Head East up Moor Lane to where it comes out on the A168 (where the finish is). Turn right and proceed to the start on your left. It is the entrance to a farm shop called Rabbit Hill, so take care

with cars entering and exiting. It is approximately 1.5 miles from the HQ to the start.

Regulations

Under CTT Regulations all riders must 'sign on' before they start - the signing on point and numbers will be at the HQ.

Competitors prior to starting are not permitted to ride past the start during the duration of the event. No warming up on the course once the event has started.

Do not stop at the timekeepers, times will be continually relayed to the HQ.

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. (This is compulsory for junior and youth competitors.)

Parking

There is very limited parking at the HQ (small car park on the other side of the lane) with overflow parking in the field at the rear of the carpark. **DO NOT PARK IN THE PUB CAR PARK.** Please do not park in Hollins Farm near the finish. There are laybys to the north of the finish between the finish and Boroughbridge and beyond.

Special Notice Road Closures

The UCI paracycling events take place from 13:00-17:00 and there are road closures in the area very close to Arkendale. Please [click on this link and plan your journey](#).

Please obey the rules of the road. Keep your head up. Good luck for a trouble free ride.

Please don't forget to return your number.

Thanks to our volunteer cake makers and marshals from Harrogate Nova.

Prizes presented after the race

If you have to leave early and the event has finished then see event manager Caroline Mullier if you have a prize.

Men	Prize		Men	Prize
1st Fastest	40		Fastest Vet (50-59)	20
2nd Fastest	20		2nd Fastest Vet (50-59)	10
3rd Fastest	10			
Fastest Vet (40-49)	20		Fastest Vet (60-69)	20
2nd Fastest Vet (40-49)	10		Fastest Vet (70+)	20
3rd Fastest Vet (40-49)	10			
Women				
1st Fastest Woman	40			
2nd Fastest Woman (40-49)	20			

Startsheet

14:03	3	Richard Dixon	Team Swift Tandem	Male	V50	
14:03	3	Tim Humphries	Team Swift Tandem	Male	V50	
14:04	4	Abi Vyner	Rapha CC	Female	V40	
14:04	5	Paul Thirling	Hartlepool CC	Male	V40	
14:05	6	Harvey Stroh	Team SB Hub	Male	Junior	
14:06	7	Richard Bellerby	Harrogate Nova CC	Male	V70	
14:07	8	Michael Lamb	Kiveton Park Cycling Club	Male	V50	
14:08	9	Sarah Lewthwaite	Team Sportslab	Female	V40	
14:09	10	Evie Turner	Holmfirth C C	Female	Juvenile	
14:10	11	Walter Wilkinson	Harrogate Nova CC	Male	V70	
14:11	12	Robert Tate	Leeds Westfield CC	Male	V70	
14:12	13	Rod Brooks	Warrington Road Club	Male	V70	
14:13	14	Tracey Coldwell	Holmfirth C C	Female	V50	
14:14	15	Matthew Asquith	Team Sportslab	Male	V40	
14:15	16	Ala Whitehead	Rockingham CC	Female	V40	
14:16	17	Matthew Mullier	Harrogate Nova CC	Male	Junior	
14:17	18	Andy Whitehead	Rockingham CC	Male	V50	
14:18	19	Stu Wood	Yorkshire Road Club	Male	V50	
14:19	20	Sarah Foulds	Sowerby Sunday Club	Female	Senior	
14:20	21	Pete Nixon	Seacroft Whs	Male	V40	
14:21	22	Mike Hutchings	Harrogate Nova CC	Male	V50	
14:22	23	Chris Harris	Holmfirth C C	Male	V60	
14:23	24	Ian West	Selby CC	Male	V60	
14:24	25	Andrew Carroll	Hull Thursday RC	Male	V40	
14:25	26	Jo Scott	Team Swift	Female	V50	
14:26	27	Richard Durham	Settle Wheelers	Male	V60	
14:27	28	David Short	Clifton CC York	Male	V60	
14:28	29	Mark Johnson	Yorkshire Road Club	Male	V50	
14:29	30	Richard Guymer	Hull Thursday RC	Male	V60	
14:30	31	Richard Lilleker	Cleveland Wheelers CC	Male	Senior	
14:31	32	Douglas Jaram	Hull Thursday RC	Male	V50	
14:32	33	James Meadows	Cleveland Wheelers CC	Male	Senior	
14:33	34	Jennifer Lynn	Selby CC	Female	V50	
14:34	35	Adrian Stott	Jackpot Racing	Male	V40	
14:35	36	Melissa Greaves	Valley Striders Cycling Club	Female	Senior	
14:36	37	Steve Burrows	Vive Le Velo	Male	V60	
14:37	38	Sandra Burrows	Vive Le Velo	Female	V50	
14:38	39	Peter Hook	VC York	Male	Senior	
14:39	40	Mark Higgins	Knottingley Velo	Male	V50	
14:40	41	Adam Cockroft	Albarosa CC	Male	V40	
14:41	42	Chris Jones	Calderdale Tri Club	Male	V40	
14:42	43	Sean Sanders	Drighlington BC	Male	V40	
14:43	44	Eleanor Haresign	Vitfor OTE	Female	V40	
14:44	45	Russell Brown	Valley Striders Cycling Club	Male	V40	
14:45	46	Josie Smith	Barnsley Road Club	Female	Senior	
14:46	47	Claire Jessop	Otley CC	Female	V50	
14:47	48	Dennis Potter	Adept Cycling	Male	V50	
14:48	49	Kevin Melia	VC Bradford	Male	V50	
14:49	50	Jymmy Trevor	Hull Thursday RC	Male	V40	
14:50	51	Oliver Higbee	Drighlington BC	Male	Senior	
14:51	52	Jonathan Croft	Team Sportslab	Male	Senior	

14:52	53	Joe Greaves	Bronte Whs	Male	V60	
14:53	54	Neil Cleminshaw	Vive Le Velo	Male	V40	
14:54	55	Darren Caines	Bronte Whs	Male	V50	
14:55	56	Steve Smales	Harrogate Nova CC	Male	V50	
14:56	57	Ben Garrard	Selby CC	Male	V40	
14:57	58	Steve Gore-browne	Team Swift	Male	V50	
14:58	59	Dave Mann	Harrogate Nova CC	Male	V40	
14:59	60	Steve Gibson	Peak Road Club	Male	V50	
15:00	61	Andy Wond	Sowerby Sunday Club	Male	V50	
15:01	62	Ian Garbett	Holmfirth C C	Male	V40	
15:02	63	David Taylor	Ravensthorpe CC	Male	V60	
15:03	64	Mark Wolstenholme	Team Swift	Male	V40	
15:04	65	John Tiffany	Harrogate Nova CC	Male	V70	
15:05	66	Darren Yarwood	Vive Le Velo	Male	V40	
15:06	67	Chris Scaife	Teesdale CRC	Male	V50	
15:07	68	Anthony Ashworth	Wetherby Whs	Male	V50	
15:08	69	Peter Macklam	Yorkshire Road Club	Male	V70	
15:09	70	Richard Dean	Rockingham CC	Male	V40	
15:10	71	Allen Bell	Yorkshire Road Club	Male	V70	
15:11	72	Stephen Ayres	Bronte Whs	Male	V40	
15:12	73	Alasdair Bruce	Yorkshire Road Club	Male	V60	
15:13	74	Richard Sharp	Team Swift	Male	Senior	
15:14	75	Gordon Kemp	Out of the Saddle CC	Male	V40	
15:15	76	Ed Nicholson	York Cycleworks	Male	V40	
15:16	77	Chris Mawer	Harrogate Nova CC	Male	V50	
15:17	78	John Brearley	Squadra RT	Male	Senior	
15:18	79	Paul Tyler	Ferryhill Whs	Male	V60	
15:19	80	Philip Graves	VC York	Male	Senior	

YCF Points Competition 2019 - after 9 events

MEN

Pos	Rider	Club	Rides	Total
1	Darren Yarwood	Vive Le Velo	7	716
2	Ian Garbett	Holmfirth CC	7	690
3	Sean Sanders	Drighlington BC	6	683
4	Neil Cleminshaw	Vive Le Velo	7	677
5	Steve Burrows	Vive Le Velo	8	662
6	Daniel Shaw	Halifax Imperial	7	656
7	David Taylor	Ravensthorpe CC	7	614
8	Chris Harris	Holmfirth CC	6	606
9	Anthony Ashworth	Wetherby Whs	5	584
10	Guy Lewis	Holmfirth CC	7	573
11	Kevin Melia	VC Bradford	6	571
12	Gary Simpson	Yorkshire RC	5	497
13	Christopher Green	Drighlington BC	5	496
14	Stephen Ayres	Bronte Whs	4	477
15	Peter Watson	Harrogate Nova	4	474

WOMEN

Pos	Rider	Club	Rides	Total
1	Sandra Burrows	Vive Le Velo	8	712
2	Ala Whitehead	Rockingham CC	6	685
3	Susan Sanders	Drighlington BC	5	581
4	Tracey Coldwell	Holmfirth CC	4	458
5	Rebecca Bland	York Cycleworks	3	352
6	Harriet Breakey	Holmfirth CC	3	348
7	Sarah Lewthwaite	Team Sportslab	2	240
8=	Helen Goldthorpe	Otley CC	2	239
8=	Karen Taylor	Team Sportslab	2	239
10	Jo Scott	Team Swift	2	234

Remaining Events:

Date	Event	Course
Sat 21 st Sept	Harrogate Nova 10	V212
Sun 6 th October	YCF Team 25 (YCFClubs)	V232

Full details in CTT Handbook.

Points only awarded to members of YCF affiliated clubs & YCF racing members.

Riders best 6 performances to count

Series Co-ordinator: Phil Hurt. Emailto ycfcompos@live.co.uk

YCF SpoCo 2019

After 8 counting events

MEN				
Pos	Rider	Club	Rides	Pts
1	Matthew Asquith	Team Sportslab	7	671
2	Steve Burrows	Vive Le Velo	5	506
3	Ian Mitchelson	Halifax Imperial	4	468
4	Andrew Askwith	Vive Le Velo	4	442
5	Melvin Blackford	Vive Le Velo	4	435
6	Jymmy Trevor	Hull Thursday RC	4	412
7	Greg Jessop	Otley CC	4	368
8	Jack Brown	ActiveEdge	3	357
9	Blair Buss	Halifax Imperial	3	344
10	David McNeil	All Terrain	3	328
11	Daniel Shaw	Halifax Imperial	3	320
12	David Taylor	Ravensthorpe CC	3	302
13	Patrick Casey	Cycle Sport Pendle	3	282
14	Mike Cole	Huddersfield RC	3	270
15	Toby Cowell	Cambridge University	2	236
WOMEN				
Pos	Rider	Club		
1	Sarah Lewthwaite	Team Sportslab	7	720
2	Claire Jessop	Otley CC	6	706
3	Sandra Burrows	Vive Le Velo	5	575
4	Ala Whitehead	Rockingham CC	3	349
5	Hannah Benson	Ilkley CC	2	239
6	Jo Scott	Team Swift	2	233
7	Rachel Crowther	Otley CC	2	217

YCF SpoCo COMPETITION 2019

Remaining Events

Date	Event	Course
Sat 14 th Sept	Otley CC 25	V235
Sat 21 st Sept	Harrogate Nova 10	V212

Full details in CTT Handbook.

Riders best 6 performances to count.

Open to members of ALL CTT AFFILIATED CLUBS

Series Co ordinator: Phil Hurt. Emailto: ycofompe@live.co.uk