



Hilly 10 mile Time Trial
Counting Event for YCF SpoCo Series 2019

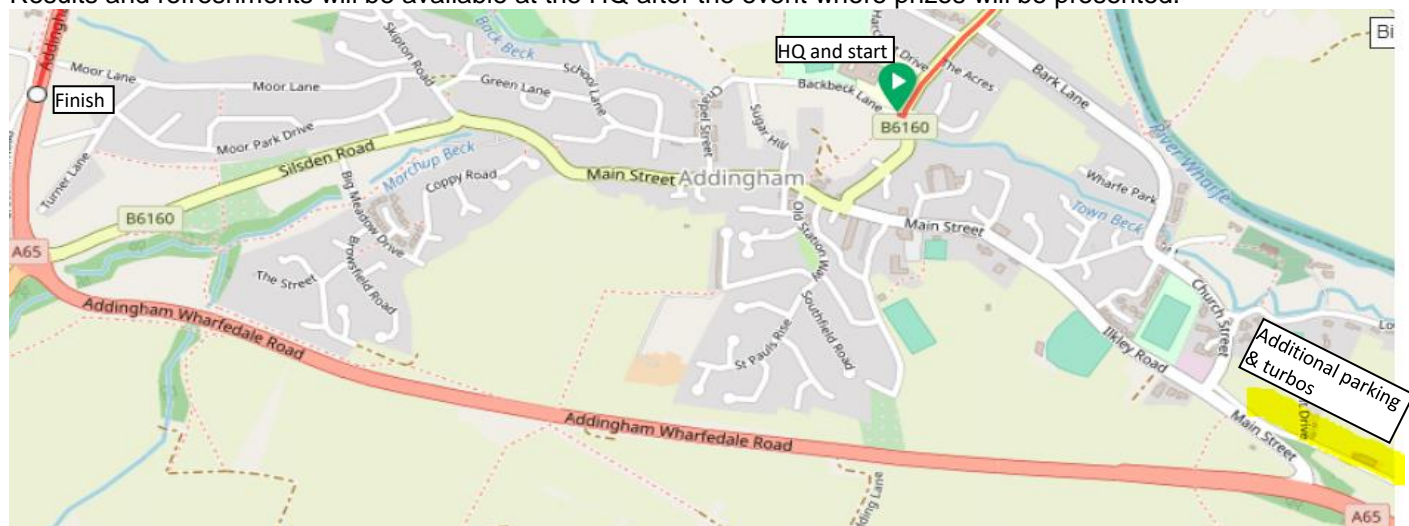
Sunday 24th March 2019 – Course V810
First rider off at 09.51hrs

Timekeepers: George Barker (Pennine CC) and Phil Hurt (Yorkshire RC)

Event Secretary: Doug Hart 07866 764645, 6 Beechwood Grove, Shipley, BD18 4JS. doug.hart95@gmail.com

****NEW HQ for 2019**** (open from 8:45am)

Addingham Youth Centre, Bolton Road, Addingham LS29 0NR. Adjacent to Addingham Primary School (and start). Parking available in the car park in front of the school (no turbos and please be respectful of local residents). Officials only on right hand side next to HQ. Additional parking and space to use turbo trainers along old Ilkley Road. Results and refreshments will be available at the HQ after the event where prizes will be presented.



COURSE V810

Addingham – Bolton Bridge – Skipton - Addingham

Start in Bolton Road, Addingham (B6160), in gateway to Addingham Primary School, at a point 6 yards south of lamp-post no.8. Proceed north on B6160 to Traffic Island at junction with A59, Bolton Bridge. (2.021mls). Take 1st exit, left, and continue westwards on A59 to Skibeden Traffic Island, junction A65. (5.924mls). Take 1st exit, left, and proceed east on A65, via Draughton by-pass, to finish at green road sign, indicating exit point 300 metres, before Traffic Island at junction of A65/B6160 on Addingham by-pass (10.000mls).

Riders must not stop at the finish. **Riders must return to HQ and sign out.** Continue to roundabout, turn left onto B6160 and descend into Addingham. Right at T-junction then left immediately after Crown Inn to return to the HQ.

There will be direction boards on the course, as well as marshals. Note: Marshals are only to indicate your direction, and not to control traffic in your favour. At each junction it is your responsibility to ensure that it is safe to proceed. Keep your heads up, and keep to the left of the carriageway. TAKE CARE when turning left at Skibeden Island. The approach to the island is downhill, and can be quite fast. Do not cross central white line on exiting the island. There are a few pot-holes and raised drain covers, particularly on the section to Bolton Bridge. Please watch out for these.

In the interest of your own safety, CYCLING TIMETRIALS, and the Event Promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users, and is active whilst the machine is in use. NB. Junior and Juvenile riders MUST wear an approved Hard Shell Helmet.

Please be aware of CTT Regulation 17(b)

All competitors are required to return to the event HQ, hand in their number(s) and **SIGN OUT**.

A competitor **MUST** sign out him/herself. It is not permissible for another person to sign out on behalf of the competitor.

Failure to do so will result in the competitor being recorded as DNF.

Awards:

<u>Men</u>	<u>Women</u>	<u>Veterans</u>
1st Fastest: £30	1st Fastest: £30	1st Vet on Standard £15
2nd Fastest: £25	2nd Fastest: £25	2nd Vet on Standard £10
3rd Fastest: £20	3rd Fastest: £20	3rd Vet on Standard £5
Road bike £10	Road bike £10	

Team £5 each (awarded using the Bidlake system – fastest 3rd rider)

NB: one rider, one prize (except road bike and team).

It is intended to present the prizes on the day at the HQ.

Road-bike prize conditions

No aero-bars/extensions or rear disc wheels

Deep section wheels and aero helmets etc. are permitted.

To be eligible **you must declare your intention** to the start marshal.

Veteran standard times

The Veterans Time Trials Association publishes target times in one year age bands over 40, known as 'Standards' (with women getting a more generous allowance). In addition to overall time for a race, many Vets are interested in beating their Standard time. The Standards are based on a flat course so not many riders will beat their Standard on the V810 course. For those that don't the challenge is to see how close you can get to it – and then try and get closer the following year (when you will have an extra couple of seconds age allowance as well!)

THIS IS THE 2nd COUNTING EVENT FOR THE YORKSHIRE CYCLING FEDERATION SPOCO COMPETITION 2019.

The Competition is **open to all riders**, not just members of YCF Affiliated Clubs. Awards in all categories. Riders must complete 6 of the 12 counting events. Fastest Rider scores 120 pts, 2nd 119pts etc. There is a separate competition for women: 1st Woman 120pts. 2nd 119pts etc.

Date	Event	Course
Sat 23rd March	Sports-Lab 10.7	V763
Sun 24th March	Ilkley CC 10	V810
Sat 13th April	Otley CC 10 (M)	V212
	Otley CC 10 (W)	V212
Sun 28th April	Vive Le Velo 25	V433
Wed 29th May	Halifax Imperial 21	V965
Sun 2nd June	East Bradford CC 15	V221
Tues 25th June	YCF Hill Climb	V9916
Sat 29th June	Huddersfield Star Whs 10	V915
Sat 6th July	Valley Striders 25	V235
Sat 24th August	Scarborough Paragon 10	V415
Sat 14th Sept	Otley CC 25	V235
Sat 21st Sept	Harrogate Nova 10	V212

Full details in CTT Handbook.

Series Co-ordinator: Phil Hurt

Number	Start time	firstname	lastname	club	gender	category
51	09:51	Liz	Hills	Otley CC	Female	Veteran
52	09:52	Sandra	Burrows	Vive Le Velo	Female	Veteran
53	09:53	Rachel	Crowther	Otley CC	Female	Veteran
54	09:54	Holly	Carter	Manchester Wheelers	Female	Senior
55	09:55	Claire	Jessop	Otley CC	Female	Veteran
56	09:56	Trish	Barton	Airedale Olympic	Female	Veteran
57	09:57	Hannah	Benson	Ilkley CC	Female	Veteran
58	09:58	Greg	Jessop	Otley CC	Male	Veteran
59	09:59	Adrian	Stott	Jackpot Racing	Male	Veteran
60	10:00	Craig	Battersby	Team Chronomaster	Male	Veteran
61	10:01	Daniel	Wilkinson	Ilkley CC	Male	Veteran
62	10:02	Daniel	Shaw	Halifax Imperial Wheelers	Male	Veteran
63	10:03	David	Barry	sportfagley	Male	Veteran
64	10:04	Kevin	Sayles	Yorkshire Road Club	Male	Veteran
65	10:05	Blair	Buss	Halifax Imperial Wheelers	Male	Veteran
66	10:06	Chris	Watts	Ilkley CC	Male	Senior
67	10:07	John Eric	Potter	Bridlington CC	Male	Veteran
68	10:08	John	Mackellar	Team Chronomaster	Male	Senior
69	10:09	Nik	Blesic	Bronte Whs	Male	Veteran
70	10:10	Toby	Cowell	Cambridge University CC	Male	Espoir
71	10:11	Russell	Brown	Yorkshire Road Club	Male	Veteran
72	10:12	Steve	Burrows	Vive Le Velo	Male	Veteran
73	10:13	Liam	Rees	Ilkley CC	Male	Veteran
74	10:14	Chris	Yates	Otley CC	Male	Veteran
75	10:15	Craig	Moody	Giant Halifax Race Team	Male	Veteran
76	10:16	Jake	Unsworth	Ilkley CC	Male	Senior
77	10:17	Max	Vesty	Cambridge University CC	Male	Espoir
78	10:18	Tom	Broadley	Otley CC	Male	Senior
79	10:19	Patrick	Casey	Cycle Sport Pendle	Male	Juvenile
80	10:20	Jack	Brown	ActiveEdge Race Team	Male	Espoir
81	10:21	Peter	Lindfield	Team Chronomaster	Male	Senior
82	10:22	Mike	Marshall	Skipton CC	Male	Senior
83	10:23	David	Leckenby	Ilkley CC	Male	Veteran
84	10:24	David	Taylor	Ravensthorpe CC	Male	Veteran
85	10:25	Ian	Mitchelson	Halifax Imperial Wheelers	Male	Veteran
86	10:26	Luke	Rothery	Airedale Olympic	Male	Senior
87	10:27	Martin	Gargett	Halifax Imperial Wheelers	Male	Veteran
88	10:28	Jymmy	Trevor	Hull Thursday RC	Male	Veteran
89	10:29	Andrew	Johnston	Airedale Olympic	Male	Senior
90	10:30	Chris	Sherriffs	Ribble Pro Cycling	Male	Senior