

<u> On Sunday – 30th June, 2024</u>

Registration opens: 09:00pm Race Time: 10am Course: V235

Race Director: My Jymmy TREVOR (07970 966458)

Assistant Race Directors : Mr Tony Stott & Mr Chris Goode

Sign Placement: Mr Will TREVOR of City Road Club (Hull)

Time Keepers: Mr Phil Hurt (Yorkshire Road Club) & Mr George Barker

Timekeepers clerks: Mr Chris Goode

Other Race Officials: Various members and friends of VTTA

First Aiders: Jymmy Trevor.

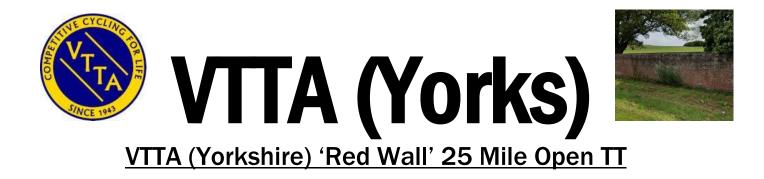
Head Quarters: Rabbit Hill Business Park, HG5 0FF

IMPORTANT INFORMATION REGARDING PARKING

Rabbit Hill have allowed us to used their car parking. Please respect the Rabbit Hill facilities. The Rabbit Hill people are very good to the time trail community, so please show a mutual respect for them and their premises.

You can also find some great places to park on the A168 along the course in laybys and off roads. As the road is a clearway – No parking on the main road. They are safe and good if you wish to use a turbo trainer to warm up. If you park in a layby on the course please respect anyone already racing and try not to affect their race.

As always the future of the course is dependent on our respect to the local residents.



OTHER INFORMATION

Please note that the A168 is a Clearway – NO PARKING – NO U-TURNS.

<u>Please note that marshals are only to indicate your direction, and not to</u> <u>control traffic in your favour. At each junction it is your responsibility to</u> <u>ensure that it is safe to proceed. Keep your heads up, and keep to the left</u> of the carriageway.

Please DO NOT warm up on the course past the start area once the event has started. This is not fair to those already racing.

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

This event is run under CTT regulations which can be found here

https://www.cyclingtimetrials.org.uk/



1. Awards

There will be a presentation at the end of the event. Please remain if possible to see if you won a prize and to congratulate those who have.

VTTA Yorkshire Member Awards (all on AAT):

1st Placed VTTA (Yorkshire) Member – Oliver Shield (presented at the annual luncheon January 2025) 2nd Place : Plaque with details recorded on it (presented at the annual luncheon January 2025) 3rd Place : Plaque with details recorded on it (presented at the annual luncheon January 2025)

VTTA Member Awards (all on AAT):

1st Place £30 : 2nd Place £25 : 3rd Place £20 : 4th Place £15 : 5th place £10 Please note Female VTTA members get additional AAT making a level playing field so the awards are open to Open & Female members (for example a 45 year old Male gets 39 seconds whereas a 45 year old Female gets 5 minutes 30 seconds taken from their recorded time). Same for tricycles.

Under 40 year old Awards :

1st Place Senior - £20 : 1st Place Female (<40 year old) - £20 : 1st Place Youth £10

Non VTTA Members over 40 – (the VTTA National Rules 3.1.3 state prize are for VTTA 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

One prize per racer where practicable - Race Director has the final call on all awards. The awards are there to acknowledge those who have trained and raced hard.

2. Sign-On

At the Headquarters – Numbers collected in the same location.

All under 18s please bring your parental consent form with you.

Don't forget to return number and SIGN OUT after your ride – CTT regulations state REG. 17(b). Failure to do so will result in rider being recorded as a DNF.



2. Course Details

COURSE V235:

START approx. 3.5 miles south of Boroughbridge, in entrance to A168 from old A1 (now a long layby) at a point approx. 1 yard before "Clearway" sign. TURN LEFT on to A168, and proceed south to Walshford Traffic Island (4.72 mls). ENCIRCLE ISLAND and retrace north along A168, past start, to Boroughbridge South Traffic Island (12.27 mls) ENCIRCLE ISLAND and retrace south on A168 to Walshford TI (2nd time) (19.86 mls). ENCIRCLE ISLAND and proceed north on A168, FINISH at northern end of crash barrier protecting road direction sign, on west side of road, approx. 150yds south of Arkendale Road(Marton Lane) (25 miles).

3. Race Results.

Results will be on Results App. Riders having pre-registered that do not race will be given a DNS on the results sheet.

4. Under 18s.

Under CTT regulations no rider under the age of 12 on the day of the event is permitted to race on the open road. VTTA (Yorks) is very happy to welcome all riders aged 12 and above. Those under 18 will require a parental consent form. Please print off the parental consent from the link below, complete it and bring this with you on the day of the event.

https://www.cyclingtimetrials.org.uk/documents/download/3742

https://www.cyclingtimetrials.org.uk/documents/download/3743

5. Start List

The rider list with the number assigned to you is published on the CTT website. This is the number that must be collected from the HQ upon arrival. Please do not swap numbers: your emergency contact details are assigned to this number, we really don't want to be phoning the wrong person in case of an emergency. If you are unable to attend, DO NOT swap your name with someone else. Riders found doing this will not be permitted to race, will be reported to the CTT and will not be accepted in future events.



6. Vehicles on course :

Time trialling under CTT regulations is unsupported. Riders must not be followed, for any reason whilst on course. Any rider suspected of this will be disqualified and reported to the CTT. This practice and so called layby hopping is dangerous for other participants and a nuisance to traffic and will not be permitted under any circumstances. **PLEASE OBEY THIS FOR THE SAFETY OF ALL THE RIDERS. IT'S REALLY DANGEROUS!**

7. Race Protocol

Riders are not permitted to warm up on course whilst the race is on.

The Time Keepers / Pusher Off / Course Clerk will be checking that riders a) have their number attached and, b) have a working front and rear light. Either of these are missing and you will not be permitted to race.

Make it easy for the finish time keeper, when you cross the line, shout your number as loud as you can. Do not approach the finish time keeper at any point for any reason.

Once you have finished please return your number to HQ and ensure you sign the sheet to indicate you returned safe.

PLEASE DO NOT FORGET YOU NEED A WORKING REAR AND FRONT LIGHT NOW

CTT Regulations state they are mandatory and you will not be able to start without them fitted to your machine and have them working when you set off.

Don't forget to return number and SIGN OUT after your ride – REG. 17(b). Failure to do so will result in rider being recorded as a DNF.

8. Refreshments

The café will be closed as it is not open on Sundays. Please be prepared with your own refreshments.