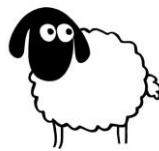




# Cleveland Wheelers Cycling Club

in conjunction with 'Flossy the Sheep Promotions' proudly presents



# “The Blakey Ridge Race”

**25 Mile Time Trial (T251)**

**Sunday 17<sup>th</sup> August 2014**

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

## *Event Secretary*

Shaun Joughin

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## *Timekeepers*

Bill Millen

Frank Joughin

## *Arriving at the Event*

**Event HQ** is in Danby Village Hall (YO21 2LZ) will be open from 7:30am. The village hall is on the opposite side of the road from the Duke of Wellington pub by the cross roads 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.

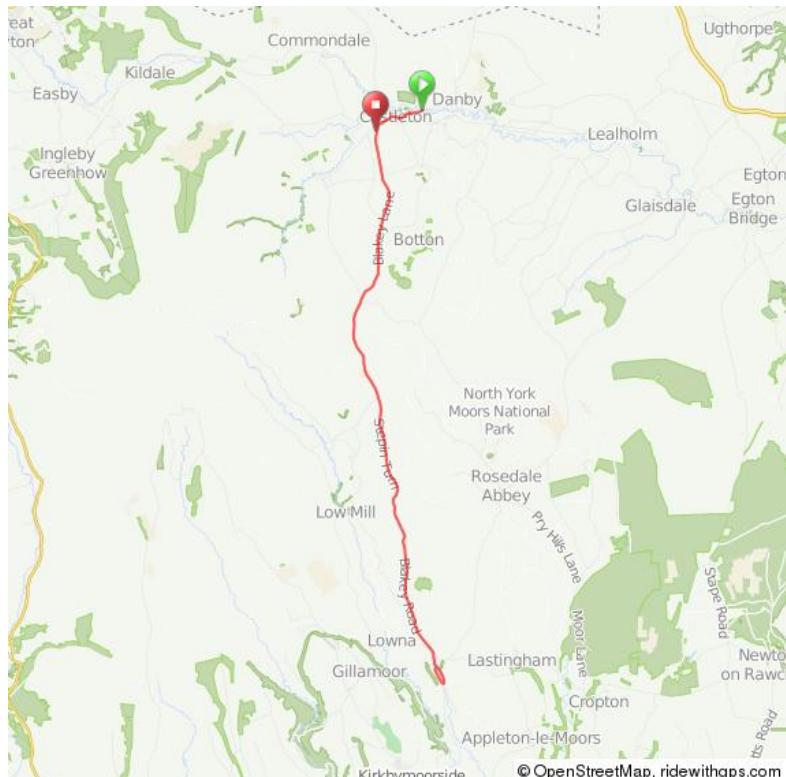
plenty of opportunities for warming up. Please do not use turbo trainers within 100m of inhabited properties.

**Race Numbers and signing on sheet** will be in the event HQ in the village hall.

**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 9:02 am

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

**T251** - Start on the Danby - Castleton road (not via Ainthorpe) at gateway approx 100 yds 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'.



### 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 here 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 folk-tale 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!

## ***Attention!!***

**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 the 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 quickly reunited. There may even be some sheep roaming in the villages below the level of the cattle grids. For anyone who needs a translation 'Baa means no!'

**Road Surface** - Unfortunately the Tour did not come over this part of Yorkshire therefore the road has not been recently resurfaced. 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. It would be a real test for the pros to get around without braking so please treat it with respect. It is probably the only corner on the course which you will have to brake for so please be aware of your speed on the approach and do not take any risks here to save a couple of seconds.

**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. 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. This is the first time we are using this course and we want to preserve it for future events so please ride accordingly.

**Cattle Grids** – There are 2 cattle grids on the course 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.

**Helmets** - 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. In Accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets

**Rear Lighting** - It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active while the machine is in use.

With all this being said, this is a very fast course (in places). The aim to keep everybody safe, have a fine day out in the countryside and a fun event.

## ***What happens when the race is finished?***

**Return your number** - Please return your race number to the 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 all the riders have finished the event and have

## Prizes

There are essentially four 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.

1st Fastest	£30*
2nd Fastest	£20*
3rd Fastest	£10*
4th Fastest	£5*

\* Plus additional competition entries to Galactic Echo's voucher draw. For more details please refer to the attached pdf.

2. **Handicap Competition** – awards will be given to those riders who have the quickest aggregate time after subtraction of the handicap which has been applied. Note : 1) for some riders who did not have any record of previous performance have been given a nominal handicap of 6:00.

1st Fastest	£20
2nd Fastest	£15
3rd Fastest	£10
4th Fastest	£5

3. **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.

1st Fastest	£20 + Galactic Echo Goldie*
2nd Fastest	£10
3rd Fastest	£5

\*For details of Galactic Echo and its writer please refer to the text at the end of this document and the accompanying pdf.

4. **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.

*Why not spend a little more time in the area after the event with your family?*

**Botton Village** - Only a couple of miles up the valley from the event head quarters. At the first junction on the race route turn left to Ainthorpe and then take the first road on the right to Botton Village. Run by the Camphill Trust, Botton village is a community for people with learning difficulties and they sell many of their products including fruit, vegetables, gifts and crafts. Also a really 'nice' but not particularly well known climb back onto Blakey Ridge at a mere 33% gradient.

<http://www.cvt.org.uk/botton-village.html>

#### **North York Moors Visitor Centre**

Nature trails, navigation exercises , play areas and generally the hub of activities for keeping adults and children occupied

<http://www.northyorkmoors.org.uk/visiting/visitor-centres/the-moors-national-park-centre>

**Local History** - There are many old buildings, standing stones all with some interesting stories in the local area to the race. Lots of things unearthed which you probably did not know even existed.

<http://www.hidden-teesside.co.uk/>

**Eating and Drinking** – At 1,320ft The Lion Inn 6 miles into the course 11<sup>th</sup> Highest pub in England. It is very popular serving hungry cyclist sized portions. Also to hungry walkers on the Lyke Wake walk which shares part of the Ridge Race course between Ralph's Cross and the road to Rosedale.

The Duke of Wellington in Danby which is over the road from the village hall also has a good reputation for food and accomodation.

<http://www.lykewake.org/route.php>

<http://www.lionblakey.co.uk/>

<http://www.dukeofwellingtonondanby.co.uk/>

If you enjoyed the event please like our facebook page.

<https://www.facebook.com/ridgerace?ref=hl>

## *Introducing the Galactic Echo from founder and author Simon Coates*

The Galactic Echo is a fiction concept based on life in the far future, the 23rd/24th century to be precise. Where it differs from most sci-fi concepts such as Star Trek, Mad Max, etc is that it looks at what life might really be like rather than ideas that are actually impossible or extremely unlikely - but balancing that with artistic licence.

One of the concepts is that we might be living on planet Mars (it is something that scientists are looking at now with manned missions in the next few decades), so I have taken that idea to its' logical conclusion - that we have established societies and populations there.

Planet Mars has the highest peak in the known universe, the simply massive volcano Olympus Mons, which stands three times higher than Mount Everest. It features a very gradual gradient, which, with myself being a competitive cyclist, would make it an almost irresistible challenge of a hill climb on a monumental scale. The length would be 240 miles...

So there we have it. Bike Racing into the Red is a story that follows a rider of the time who takes on this massive challenge. So it is a cycling story, but with other personal challenges thrown in, along with a bit of romance - but if you are expecting smut then you will be disappointed!

It was tremendous fun to write, the cycling parts were written while I was imagining riding my own bike and I hope you like it too! Foreword to the story provided by Paul Curran, two-time Commonwealth Games champion and all-round top guy.

The story is available to download from Amazon (along with two other eBooks about spaceship racing), if you do download please leave a review - to do so up to September 11th will enter you into the current competition to win prizes including vouchers for NRG/Godley Cycles to the value of £170.

More can be found at [www.galactic-echo.com](http://www.galactic-echo.com) I will be presenting the prize for the fastest rider up the 'magic mile' so will look forward to seeing you on the day. Best of luck to all riders.

Simon Coates, Cleveland Wheelers

## Rider List and Start Times

Start Time	Number	Title	Name	Club	Handicap
09:02	2	Mr	Andrew Kneeshaw	Cleveland Wheelers CC	14:00
09:03	3	Mr	Dave Cook	Clifton C.C. York	13:30
09:04	4	Mr	Stephen Smithies	Cleveland Wheelers CC	17:30
<b>09:05</b>	<b>5</b>	<b>Mr</b>	<b>Ian Tyerman</b>	<b>Cleveland Wheelers CC</b>	<b>05:30</b>
09:06	6	Mr	Joel McGlynn	Cleveland Wheelers CC	06:00
09:07	7	Mr	Andy Cosgrove	Teesdale CRC	06:15
09:08	8	Dr	Dominic Watt	Clifton C.C. York	09:30
09:09	9	Mrs	Tricia Bell	Cleveland Wheelers CC	13:30
<b>09:10</b>	<b>10</b>	<b>Mr</b>	<b>Duncan Sleigh</b>	<b>Clifton C.C. York</b>	<b>04:45</b>
09:11	11	Mr	Ciaran McCusker	Selby CC	06:00
09:12	12	Mr	Paul Christon	Cleveland Wheelers CC	07:00
09:14	13	Mr	Clive Upton	Hambleton RC	11:00
09:13	14	Dr	Stephen Murphy	Cleveland Wheelers CC	10:30
<b>09:15</b>	<b>15</b>	<b>Mr</b>	<b>Richard Lilleker</b>	<b>Cleveland Wheelers CC</b>	<b>03:15</b>
09:16	16	Mr	Ian Thompson	Cleveland Wheelers CC	06:00
09:17	17	Mr	Martin Axon	TS Racing Team - Vankru	06:00
09:18	18	Mr	Mark Felgate	Cleveland Wheelers CC	09:15
09:19	19	Mrs	Karen Poole	gbcycles.co.uk	11:30
<b>09:20</b>	<b>20</b>	<b>Mr</b>	<b>David Crawley</b>	<b>Rock to Roll Cycles</b>	<b>00:45</b>
09:21	21	Mr	Ian Galbraith	Drighlington BC	05:30
09:22	22	Mr	David Kirton	Cleveland Wheelers CC	06:15
09:24	23	Mr	Timothy Swales	Cleveland Wheelers CC	09:00
09:23	24	Mr	David Peacock	Cleveland Wheelers CC	10:00
<b>09:25</b>	<b>25</b>	<b>Mr</b>	<b>Carl Donaldson</b>	<b>GS Metro</b>	<b>SCR</b>