



# Cleveland Wheelers Cycling Club



proudly presents

# “The Blakey Ridge Race”

## 25 Mile Time Trial (T256)

### Sunday 21<sup>st</sup> April 2024

Promoted for and on behalf of Cycling Time Trials under their rules and regulations



#### *Event Secretary*

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#### *Timekeepers*

Bill Millen

Shaun Joughin

#### *Arriving at the Event*

**Event HQ** is in Castleton Village Hall (opposite the Co-Operative on the High Street) will be open from 7:45am. There are toilets facilities available in the village hall. **NOTE : Event HQ for 2024 is different to previous years.**

**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 are limited parking spots in Castleton village but please be considerate and do not park too close to properties or block entrances.

Additional parking is available on the gravelled area on Birk Field Road. This is signposted 'Westerdale 1 ¾' from the junction with High Street. Do not take the road signposted 'Westerdale 2'! Please park in the open gravelled area approx. 200m up the road and if this becomes full then please use the northern side of the road (right side approaching) this area from Castleton. Please do not park on both sides of the road as it is quite narrow.

**Warming Up** - No U-turns within sight of the start line. The road between the start and Danby provides plenty of opportunities for warming up. Please do not use turbo trainers within 100m of inhabited properties.

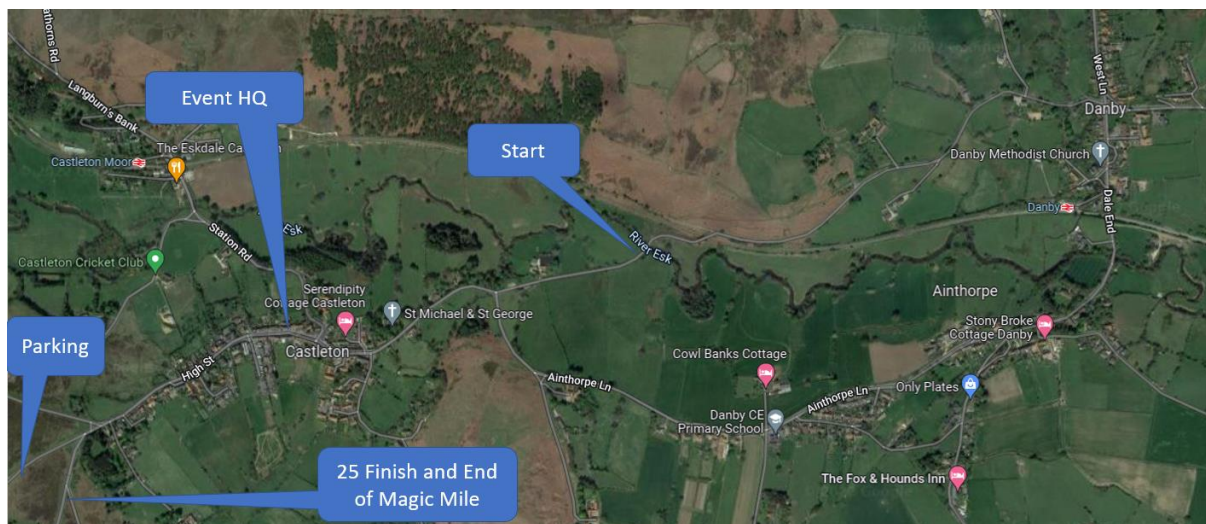
**Race Numbers and Signing-on Sheet / Signing-out Sheet** will be in the event HQ in the village hall.

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

Please pin numbers on as low as possible to assist timekeepers and number catchers in identifying you. If you could shout your number as you pass the Castleton cattlegrid it would be much appreciated.

**You must have a working front and rear light to start in the event. Please don't forget these!**



Having Trouble with locations? - What3Words can help!

Event HQ : <b>passing.zipped.functions</b>	Magic Mile : <b>lends.carriage.reply</b>
Start : <b>fellow.just.tiredness</b>	Turn : <b>chainsaw.friend.fault</b>
Finish : <b>marine.replying.tooth</b>	

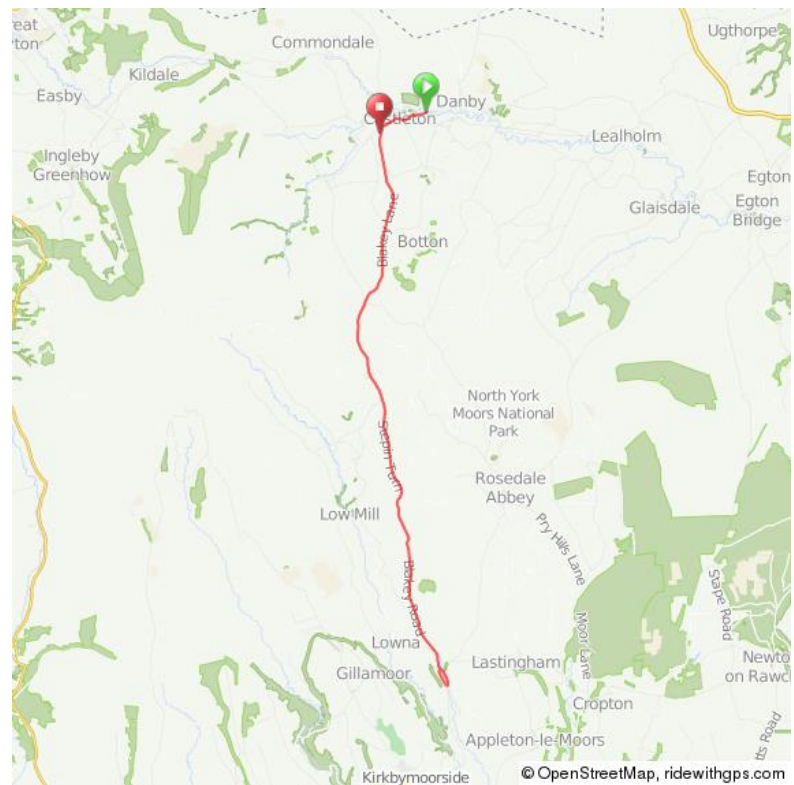
### *Course details - 'Probably the most scenic time trial course in the UK'*

**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 9:06 am**

There will be no pusher-off so all riders must start with one foot on the ground. Track stands and rolling starts are not permitted.

If you are riding in the road bike category the start marshal will check your machine.

**T256** - Start on the Danby - Castleton road (not via Ainthorpe) at gateway approx 100 yards 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'.



### The Magic Mile

This adds a bit of a twist to the event. The first mile of the 25 is effectively a timed hill climb!

From the start near the River Esk the road climbs through the village of Castleton and over the cattle grid. At the cattle grid is the end of the 'magic mile'. This is also opposite the finish of the 25. It is marked in orange on the course profile below.

Go as hard as you like on this section, there are prizes, there is glory, but remember you must complete the full 25 mile course to be eligible for the magic mile awards.

**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

there 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 folktale 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!

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

**Return your number** - Please return your race number to Castleton 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 the all the riders have finished the event and have time to get changed.

If nominated (please let the organiser know) prizes can be donated to a selected local charity which the Cleveland Wheelers support. In 2023/2024 this is The Headlight Project (<https://www.headlightproject.org/>)

### ***Attention!!***

**Helmets** – All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised standard

**Lighting** - Your machine must have working front and rear lights to be permitted to start the event.

**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 Castleton 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 reunited. There may even be some sheep roaming in the villages below the level of the cattle grids.

**Road Surface** - 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 when you will be carrying some speed from the descent. The road surface changes to a minor road. Please be aware of your speed on the approach and do not take any risks here to save a couple of seconds. This turn is sign-posted and marshals will be present.

**West Side – Hutton-le-Hole - 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. There is a restriction sign at the end of this road at the turn. 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 so please be aware of this.

**Cattle Grids** – There are 2 cattle grids on the course (end of magic mile / finish and entering/leaving Hutton-le-Hole) each of 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.

## ***Course Records***

### **Solo Male**

1:01:30

Steven Parsonage

25-Apr-21 | Cleveland Wheelers CC (Hilly)

### **Solo Female**

1:08:39

Abi Smith

25-Apr-21 | Cleveland Wheelers CC (Hilly)

### **Solo Male (Junior)**

1:04:46

John Russell

25-Apr-21 | Cleveland Wheelers CC (Hilly)

### **Magic Mile**

**Male :**            3:33    John Russell                    25-Apr-21 | Cleveland Wheelers CC (Hilly)

**Female:**         4:13    Abi Smith                        25-Apr-21 | Cleveland Wheelers CC (Hilly)

## Prizes

There are essentially three 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.

<b>Fastest</b>		<b>Male</b>	<b>Female</b>
1 <sup>st</sup>		20	20
2 <sup>nd</sup>		10	

<b>Road Bike</b>		<b>Male</b>	<b>Female</b>
1 <sup>st</sup>		10	10

Vet 40-49	10	U18 Male	10
Vet 50-59	10	U18 Female	10
Vet 60-69	10		
Vet 70+	10		

- 2. 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.

<b>Magic Mile</b>		<b>Male</b>	<b>Female</b>
1 <sup>st</sup>		10	10

- 3. 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.

## ***Road Bike Definition***

### The Rider:

1. No time trial style pointy helmets (including Kask Bambino), or helmets with built in visors are to be worn.
2. Use of skinsuits is permitted
3. No riding with elbows or forearms on the handlebars. If witnessed, the competitor will be disqualified.

### The Machine:

1. The frame should be constructed in the traditional pattern, i.e. built around a main triangle. Multi geared bikes as well as fixed wheel machines are permitted.
2. No time trial style or triathlon forward extension bars with or without elbow pads will be present.
3. Wheels should be of a spoked construction, with a minimum of 12 spokes and a maximum depth of 90mm.