



YORKSHIRE

REGIONAL ROAD RACE CHAMPIONSHIPS

2019

Incorporating North East and North West Women's Regional Road Race Championships

RACE MANUAL

SUNDAY 2nd JUNE



Promoted by British Cycling Yorkshire Region

WELCOME

Welcome to the 2019 Yorkshire Regional Road Race Championships, a race steeped in history that always produces a worthy winner. This years circuit combines exposed and quiet roads which invite the aggressive style of racing that has seen a long list of legendary victors.

Our first race of the day comprises of Junior and Masters riders, racing over 5 laps of the circuit. Shortly after at 10:05am Yorkshire, North East and North West female riders are given a stand alone race. This field of riders, including junior women, will race over 3 laps. The Men's Elite race sees some of the regions stalwarts lining up against pro riders and fresh generation of emerging talent racing over 7 laps.

Yorkshire has long held a reputation of producing world class cyclists and the strength in depth of each race is becoming stronger each year, so we can expect a day of exciting racing.

This is a prime opportunity to thank the volunteers from British Cycling Yorkshire Events Group and all the marshals who are supporting this great event.

Finally, good luck to all competitors. We will look forward to seeing everyone on Sunday.

Best regards,

British Cycling Yorkshire Events Team.

RACE HEADQUARTERS

Terrington Village Hall
Village Hall
Terrington
YO60 6QB

Signing on, changing facilities and pre-event meetings and prize presentations are located here.

RACE REGULATIONS

The race will be run under the Technical Regulations of British Cycling and the specific regulations of the British Cycling Elite Road Series 2019.

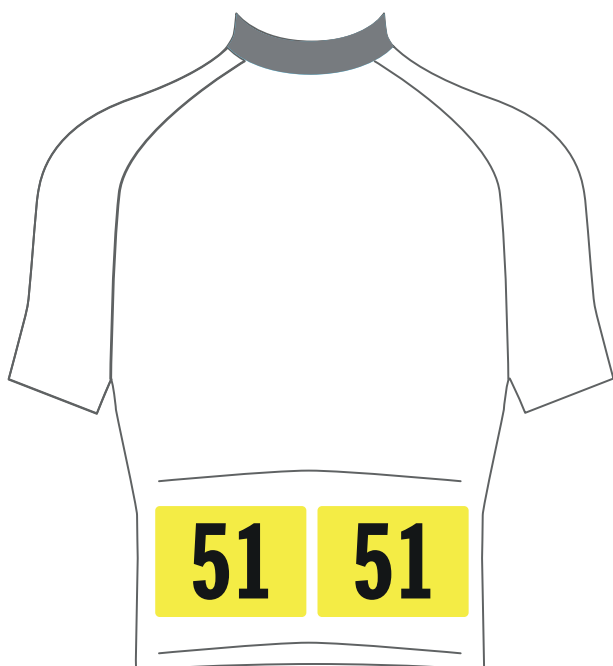
SIGNING ON & GEAR CHECK

All event staff, team managers and riders are required to sign on. Riders must produce a valid YORKSHIRE 2019 British Cycling racing licence or UCI licence. Please ensure that the licence is signed and a up to date photo is displayed. Fines may be issued if licences are not in order or presented. Please note that female riders will have to present a valid North East, North West or Yorkshire 2019 British Cycling racing licence or UCI licence.

All junior riders must be gear checked before sign on. Gear check will be positioned outside the HQ.

RACE NUMBERS

You will be issued with 2 race numbers which must be worn on your lower back, unfolded and attached as shown in the diagram below:



During the race, numbers must be clearly visible at all times. Where a number cannot be seen the rider concerned may not be placed in the final classification. In the event of wet weather, please ensure that capes or gilets don't cover your jersey numbers.

DO NOT FOLD YOUR NUMBERS

**PLEASE RETURN YOUR RACE NUMBERS
AFTER THE EVENT**

DRIVERS MEETING

All drivers who will be part of the race convoy including motorcyclists, team managers and race staff must attend the drivers meeting where they will be briefed by the race organisation.

RACE COMMUNICATIONS

All race communications will be by UHF radio. Separate channels will be assigned for marshals, organisation and commissaires and will be advised as appropriate.

All team vehicles that wish to be part of the race convoy must be fitted with a UHF radio capable of receiving the Radio Tour channel. No radios will be provided by the organisation for team use. A radio check will be carried out during the neutralised section at the start of the race, however the onus is upon the teams to ensure that they have a functional radio prior to the start of the event.

RACE MANAGEMENT

The race will operate under Traffic Regulation Orders facilitated by the National Escort Group, Accredited Marshals and volunteer marshals. The race runs through small villages so please be cautious of park cars and public driveways at all times. Unless specifically indicated otherwise, all junctions must be negotiated in the correct direction.

RIDER CONDUCT

All riders are expected to obey the rules of the highway and stay on the left hand side of the road at all times. Any riders crossing the white lines or hatched areas will risk disqualification. The circuit has central traffic islands / bollards, so please be aware of these. These should be passed on the left hand side only. Any riders taking on gels must return them to their pockets and not litter the course. Bottles may be discarded at the feed zone if you have a helper there to collect.

RACE BRIEFINGS WILL TAKE PLACE AT THE HQ 10 MINUTES BEFORE ROLL OUT

SERVICE / NEUTRAL SERVICE

Servicing and feeding from team cars will be allowed ON THE LEFT HAND SIDE ONLY. This will be strictly enforced. The race organisation will provide a neutral service car for the Master & Juniors and the Men's Elite race whose position in the race convoy will be determined by the Chief Commissaire. Neutral service will accept spare wheels before the event at the HQ. Please remember to swiftly return any wheels used from neutral service at the end of the race.

FEEDING ZONE

The official feed zone is just after the finish area. Feeding must take place ON THE LEFT. PLEASE respect the residents of this area and remove any discarded items if dropped. There will be no feeding on the first lap and the final lap except in the women's race where feeding will be allowed on the final lap.

HOSPITAL

The nearest hospitals providing accident and emergency facilities are:

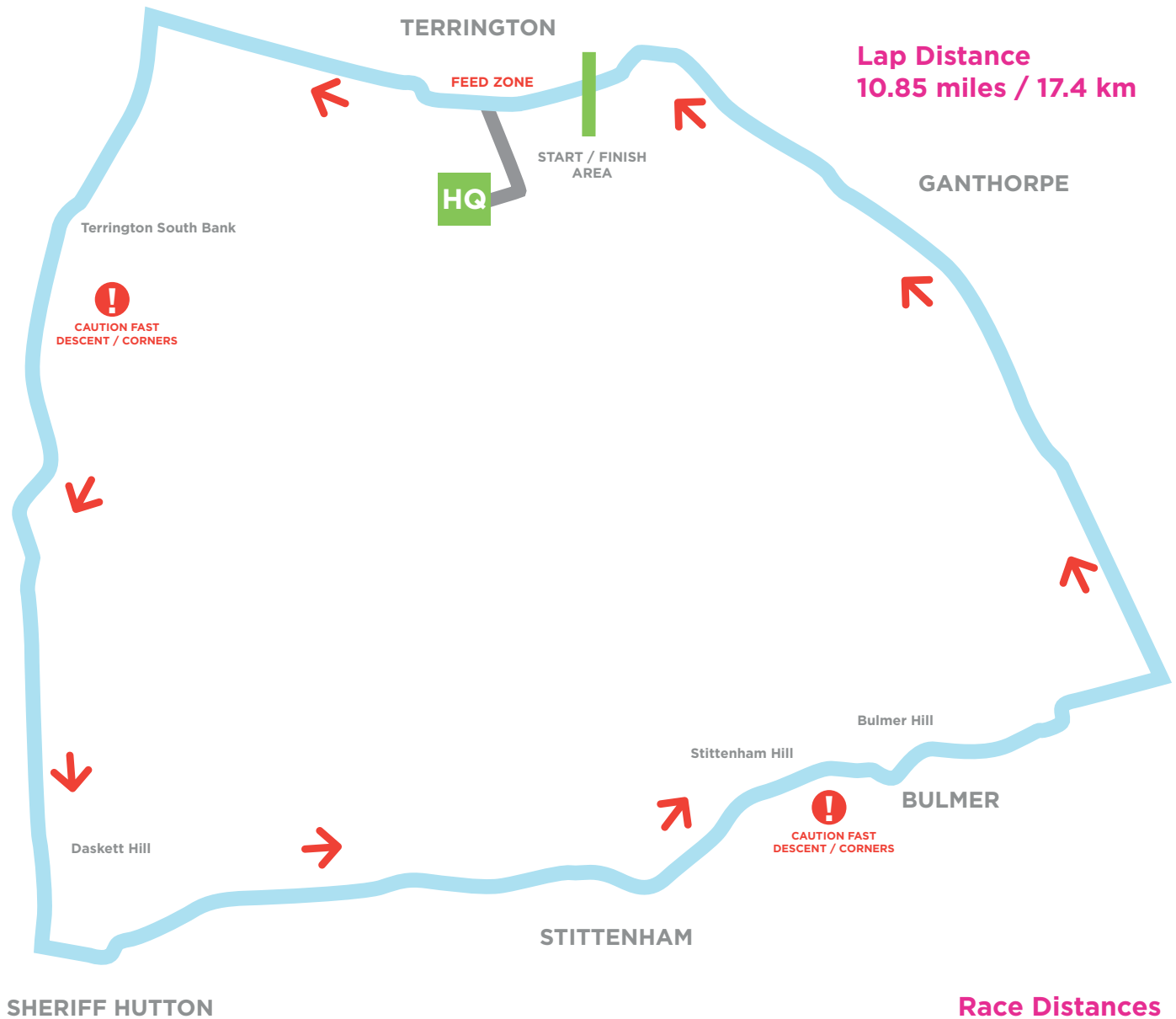
The York Hospital (19km)
Wigginton Road
York
North Yorkshire
YO31 8HE

Malton, Norton & District Hospital (11km)
Middlecave Road
Malton
North Yorkshire
YO17 7NG

REGIONAL ROAD RACE CHAMPIONSHIPS 2019



THE CIRCUIT



Lap Distance
10.85 miles / 17.4 km

Race Distances

Juniors and Masters - 5 Laps = 54.25 miles / 87.3km
Women and Junior Women - 3 Laps = 32.55 miles / 52.3km
Senior Men - 7 Laps = 75.95 miles / 122.2km

Elevation - 852ft / 259m of climbing per lap



START

FINISH

EVENT SCHEDULE

The morning will see the Juniors and Masters compete in the first event of the day at 10:00, followed by an independent female only race at 10:05. All races will share the same circuit. The Elite mens race will commence at 14:00.

Plan for the day:

08:00	Course Check
08:30	Officials Briefing
09:00	Drivers Briefing
09:15	Marshals Briefing
09:40	Signing On closes
09:45	Convoys Formed Up
09:50	Rider Briefings
10:00	Masters & Junior Men Roll Out
10:05	Women Roll Out
11:40	Women's Race Ends Approx
12:15	Junior & Masters Race Ends Approx
13:00	Women's & Junior Women's Presentations Juniors & Masters Presentations
12:45	Officials Debriefing and Briefing
13:00	Drivers Briefing
13:15	Marshals Briefing
13:40	Signing On Closes
13:45	Convoy Formed Up
13:50	Rider Briefing
14:00	Elite Race Roll Out
17:15	Senior Men's Race Ends Approx
17:45	Elite Race Presentations Approx

PRIZE LIST

Masters Men

1st	£35.00 plus BC gold medal
2nd	£30.00 plus BC silver medal
3rd	£25.00 plus BC bronze medal

Junior Men

1st	£35.00 plus BC gold medal
2nd	£30.00 plus BC silver medal
3rd	£25.00 plus BC bronze medal

Senior Women*

1st	£50.00
2nd	£30.00
3rd	£25.00

*Plus individual regional medals based on entry numbers on the day.

Junior Women*

1st	£35.00
2nd	£30.00
3rd	£25.00

*Plus individual regional medals based on entry numbers on the day.

Elite Men

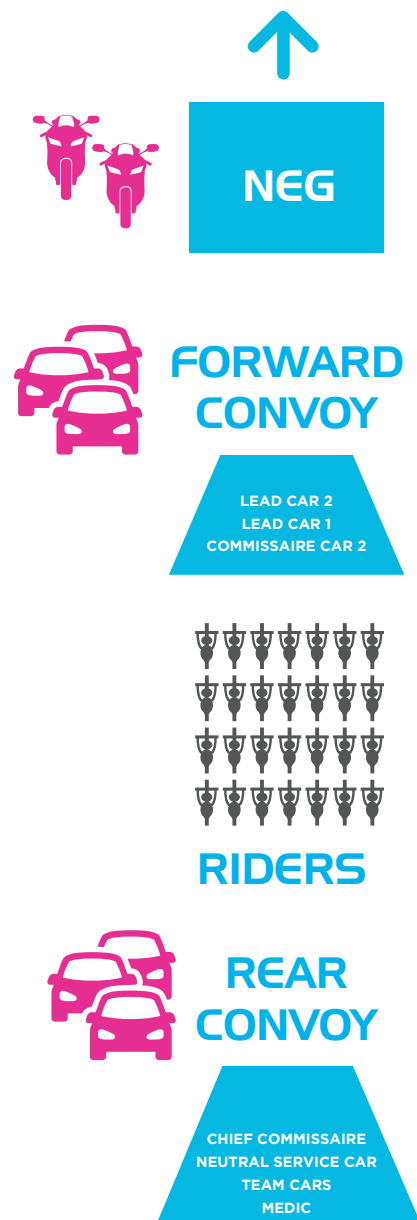
1st	£50.00 plus BC gold medal & Howard Amos trophy
2nd	£30.00 plus BC silver medal
3rd	£25.00 plus BC bronze medal

Medals are awarded in accordance with British Cycling Technical Regulation 18.7.1

START AREA VEHICLE PLAN

Please assemble as laid out below.

All movement instructions will come from the Commissaires via race radio.



EVENT STAFF

Organisers	British Cycling Yorkshire
Race Directors	Matthew Gott 07940 302 079 & Marc Etches 07736 387 032
Chief Judge	Peter Sutton
Signing On	Mandy Parker
Medic	Greame Rundle GCS Medical 07923 025 480
NEG Riders	Richard Falls
	Mick Findlay
	Stu Catchpole
	Alan Laurie
	Martin Doc
	Vic Siswick
	Phil Bates

Masters & Junior Men's Race

Chief Commissaire	Graham Parker
Commissaire 2	Barry Atha
Lead Car Driver	Peter Root
Lead Car 2 Driver	Adam Lathbury
Chief Commissaire Driver	Chris Lawrence
Commissaire 2 Driver	Bob Howden
Neutral Service	Mark Barry, HMT Hospitals Giant Cycling Team

Senior Women & Junior Women's Race

Chief Commissaire	Peter Sturney
Commissaire 2	Phil Makinson
Lead Car Driver	Chris Habershon
Lead Car 2 Driver	Matt Gott
Chief Commissaire Driver	Marc Etches
Commissaire 2 Driver	Andy Tannahill

Elite Men's Race

Chief Commissaire	Graham Parker
Commissaire 2	Peter Sturney
Commissaire 3	Barry Atha
Lead Car Driver	Andy Tannahill
Lead Car 2 Driver	Phil Makinson
Chief Commissaire Driver	Chris Lawrence
Commissaire 2 Driver	Bob Howden
Commissaire 3 Driver	Adam Lathbury
Neutral Service	Dave Coulson, Cycling Sheffield

RACE TIMINGS

Masters Men & Junior Men

RACE START at 10:00

Riders will roll out neutralised from the HQ until the commissaire drops the flag at a point where it is deemed safe to do so. Please don't block the road outside the HQ before the start and use toilets provided.

Start / Finish: Terrington Village

	42kph / 26mph	38kph / 24mph	36kph / 22mph
Lap 2 start	10:25	10:27	10:30
Lap 3 start	10:50	10:54	11:00
Lap 4 start	11:15	11:21	11:30
Lap 5 start	11:40	11:48	12:00
Finish	12:05	12:15	12:30

Lap distance 17.4 km / 10.85 miles
Race distance 5 laps = 54.25 miles / 87.3km

Senior Women & Junior Women

RACE START at 10:05

Riders will roll out neutralised from the HQ until the commissaire drops the flag at a point where it is deemed safe to do so. Please don't block the road outside the HQ before the start and use toilets provided.

Start / Finish: Terrington Village

	38kph / 24mph	36kph / 22mph	32kph / 20mph
Lap 2 start	10:32	10:35	10:38
Lap 3 start	10:59	11:05	11:11
Finish	11:26	11:40	11:44

Lap distance 17.4 km / 10.85 miles
Race distance 3 laps = 32.55 miles / 52.3km

REGIONAL ROAD RACE CHAMPIONSHIPS 2019



Elite Men

RACE START at 14:00

Riders will roll out neutralised from the HQ until the commissaire drops the flag at a point where it is deemed safe to do so. Please don't block the road outside the HQ before the start and use toilets provided.

Start / Finish: Terrington Village

	42kph / 26mph	38kph / 24mph	36kph / 22mph
Lap 2 start	14:25	14:27	14:30
Lap 3 start	14:50	14:54	15:00
Lap 4 start	15:15	15:21	15:30
Lap 5 start	15:40	15:48	16:00
Lap 6 start	16:05	16:15	16:30
Lap 7 start	16:30	16:42	17:00
Finish	16:55	17:09	17:30

Lap distance 17.4 km / 10.85 miles
Race distance 7 Laps = 75.95 Miles / 122.2 km

MASTERS & JUNIOR MEN

RIDER LIST

Race distance - 5 Laps = 54.25 miles / 87.3km

1	Glen	Turnbull	Patron	3rd M
2	Peter	Anderson	Private Member	2nd M
3	Jonathan	Apaloo	VC York	2nd M
4	Jamie	Burgan	Rutland CC	2nd M
5	Jon	Chambers	Private Member	3rd M
6	Stephen	Gibson	Peak Road Club	3rd M
7	Steven	Gott	Ilkley Cycling Club	3rd M
8	Christopher	Green	Doncaster Whls CC	3rd M
9	Oliver	Humphreys	Geared Up & CN Cycles RT	3rd M
10	Matthew	Mannakee	Prologue Racing Team	3rd M
11	Ged	Millward	Ilkley Cycling Club	3rd M
12	Richard	Moore	Squadra RT	2nd M
13	Robert	Pape	VC York	3rd M
14	Andrew	Sedgewick	Rutland CC	3rd M
15	Phil	Shackleton	All Terrain Cycles Ride In Peace	3rd M
16	Joe	Coukham	Prologue Racing Team	2nd J
17	Liam	Davison	Team JRC	3rd J
18	William	Foster	Cyclesense	2nd J
19	Curtis	Green	Js Cycle Shack	4th J
20	Joshua	Greenwood	HMT Hospitals Giant Cycling Team	2nd J

MASTERS & JUNIOR MEN

RIDER LIST

Race distance - 5 Laps = 54.25 miles / 87.3km

21	Sam	Howcroft	Otley CC	3rd J
22	Joseph	Law	Giant Halifax Race Team	2nd J
23	Oliver	Rees	HMT Hospitals Giant Cycling Team	1st J
24	Harvey	Stroh	Team SB Hub	2nd J
25	Dylan	Westley	HMT Hospitals Giant Cycling Team	2nd J
26	Scott	Wolfenden	Prologue Racing Team	2nd J
27	George	Wood	Team JRC	2nd J
28	James	Wordsworth	Fensham Howes - MAS Design	2nd J
29	Jenson	Young	HMT Hospitals Giant Cycling Team	2nd J

WOMEN & JUNIOR WOMEN

RIDER LIST

Race distance - 3 Laps = 32.55 miles / 52.3km

51	Hannah	Larbalestier	Team Boompods	2nd	Y
52	Jennifer	Batey	Team Boompods	2nd	NE
53	Jihanna	Bonilla-Allard	Hopey Bicycle Repairs	3rd	Y
54	Hannah	Bruce	Crimson Orientation Marketing RT	3rd	NW
55	Josie	Cram	Albarosa Cycling Club	2nd	Y
56	Sarah	Cramoysan	Prima Team Racing	3rd	NE
57	Sophie	Earl	Valley Striders CC	3rd	Y
58	Olivia	Fawcett	Team Boompods	2nd	NE
59	Rachel	Galler	Blaydon Cycle Club	3rd	NE
60	Harriet	Gilson	Private Member	4th	NW
61	Rebecca	Gregson	The Racing Chance Foundation	3rd	NW
62	Katie	Helsby	Costa Brava Mediterranean Foods	3rd	NW
63	Jayati	Hine	University of Sheffield CC	3rd	Y
64	Jessica	Hobson-Taylor	Crimson Orientation Marketing RT	3rd	Y
65	Helen	Jackson	Kendal Cycle Club	2nd	NW
66	Alexandra	Kendall-Smith	Crimson Orientation Marketing RT	3rd	NW
67	Jo	Ryding	Team JRC	2nd	NW
68	Gemma	Sargent	Team Jadan Weldtite-Vive le Velo	2nd	NW
69	Gabriella	Shaw	Brother UK - Tifosi p/b OnForm	1st	Y
70	Annabel	Simpson	Brother UK - Tifosi p/b OnForm	2nd	Y

WOMEN & JUNIOR WOMEN

RIDER LIST

Race distance - 3 Laps = 32.55 miles / 52.3km

71	Clare	Smith	Giant Halifax Race Team	3rd	Y
72	Laura	Tissiman	Crimson Orientation Marketing RT	2nd	Y
73	Fiona	Turnbull	Slingshot	2nd	NE
74	Lauren	Watson	Private Member	4th	NE
75	Claire	Whitworth	Team JRC	3rd	NW
76	Christina	Wiejak	Team Jadan Weldtite-Vive le Velo	2nd	NW
77	Mary	Wilkinson	Team Jadan Weldtite-Vive le Velo	2nd	Y
78	Rebecca	Womersley	Bianchi Dama	3rd	Y
79	Phoebe	Brown	RFDA	3rd J	Y
80	Poppy	Cooke	RFDA	2nd J	Y
81	Megan	Cullen	Otley CC	3rd J	Y
82	Rebecca	Dawes	RFDA	3rd J	Y
83	Lucy	Ellmore	Otley CC	3rd J	Y
84	Olivia	Ingham	Cycling Performance Squad	3rd J	Y
85	Flora	Knight	Team 22	2nd J	NW
86	Jasmine	Lomas	RFDA	4th J	Y
87	Abi	Smith	RFDA	2nd J	Y
88	Kate	Taylor	The Racing Chance Foundation	3rd J	NW

ELITE MEN

RIDER LIST

Race distance - 7 Laps = 75.95 miles / 122.2km

1	Alex	Dalton	Ribble Pro Cycling	Elite
2	Tom	Andrews	Team B38 / Cycles In Motion	2nd
3	Benjamin	Baugh	Wold Top The Edge RT	2nd
4	Cameron	Blake	Prologue Racing Team	2nd
5	Michael	Chadwick	Doncaster Whls CC	2nd
6	Patrick	Clark	Team B38 / Cycles In Motion	2nd
7	Damien	Clayton	Andy Moore Autocentres Racing	Elite
8	Oliver	Cockerill	Wold Top The Edge RT	2nd
9	Eugene	Cross	Team B38 / Cycles In Motion	2nd
10	Tom	Cullen	Otley CC	2nd
11	Thomas	Davison	Js Cycle Shack	2nd
12	Adam	Duggleby MBE	Vive Le Velo	Elite
13	Glen	Hale	Holmfirth Cycling Club	2nd
14	Benjamin	Harmer	Wold Top The Edge RT	2nd
15	Joe	Howcroft	Otley CC	2nd
16	Mark	Jagger	Team B38 / Cycles In Motion	2nd
17	Toby	Jarvis	Team PB Performance	1st
18	Harry	Lee	Wold Top The Edge RT	2nd
19	Matthew	Lock	Cliff Pratt Racing	2nd
20	Ryan	Manders	Crimson Orientation Marketing RT	2nd

ELITE MEN

RIDER LIST

Race distance - 7 Laps = 75.95 miles / 122.2km

21	Daniel	McDermott	Asfra Racing	1st
22	Ben	Mewes	TAAP Cervelo	2nd
23	Robert	Mitchell	Out Of The Saddle	2nd
24	Andrew	Nichols	Team B38 / Cycles In Motion	1st
25	William	Orrell-Turner	Wheelbase CabTech Castelli	2nd
26	Joshua	Ravn	Wold Top The Edge RT	2nd
27	Alex	Ridehalgh	Paceline Cycles North	2nd
28	Kieran	Savage	Cycling Sheffield Giant Sheffield	1st
29	David	Shackleton	Wilsons Wheels Race Team	1st
30	Nathan	Smith	Wold Top The Edge RT	2nd
31	Jude	Taylor	Team B38 / Cycles In Motion	1st
32	Matthew	Taylor	Prologue Racing Team	2nd
33	Julian	Varley	SwiftCarbon Pro Cycling	1st
34	Mark	Walker	Wold Top The Edge RT	2nd
35	Brett	Waterhouse	Wilsons Wheels Race Team	2nd
36	Robert	Watson	Paceline Cycles North	2nd
37	Dean	Watson	Andy Moore Autocentres Racing	1st
38	Danny	Winfield	Js Cycle Shack	2nd
39	Jake	Womersley	Crimson Orientation Marketing RT	2nd



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Race manual design by:



bluestrawberryelephant.com