

54th Annual 3 Peaks Cyclo-Cross Sunday 25th September 2016

REGULATIONS & INSTRUCTIONS FOR COMPETITORS - updated 01/06/2016

COURSE DETAILS:

Location	metres asl	kms	Estimated Times
Helwith Bridge	220	0	09.30
Horton-in-Ribblesdale	227	3	09.35
*Gill Garth	300	6	09.42 - 9.50
*Ingleborough	723	12	10.10 - 11.10
Cold Cotes	260	17	10.25 - 11.30
Ingleton	200	20	10.30 - 11.37
Chapel-le-Dale	285	27	10.42 - 12.00
Whernside	736	31	11.05 - 13.05
Blea Moor Aquaduct	310	35	11.15 - 13.20
Ribblehead	303	38	11.25 - 13.40
Horton-in-Ribblesdale	227	47	11.35 - 14.00
Pen-Y-Ghent	694	52	12.10 - 15.00
Horton-in-Ribblesdale	227	58	12.25 - 15.25
Helwith Bridge	220	61	12.30 - 15.30

*Gill Garth to Ingleborough is private land

Riders failing to pass through the above defined route will be disqualified.

PRIZES: Details in programme given at signing-on

1. SIGNING ON

- Competitors must register at Race Control from 7.00am to 9.00am and be ready at the start by 9.20am. Programmes will be collected when signing on.
- The competitor's car registration number will be required when signing on.
- The declared emergency contact must be contactable on the day. If this has changed since entering the race please enter the new phone number in the space provided on the signing-on sheet. The contact must not be another competitor or a support vehicle relying on patchy mobile phone coverage.
- **Any competitor whose signature is found missing from the signing-on sheet after the start will be disqualified from the race.** This is because riders who do not sign on will not be covered by the race insurance and the race organising group will not be liable for any rider who fails to sign on.

2. SAFETY EQUIPMENT

- When signing on at Race Control, competitors must produce a whistle and a survival bag (either an orange polythene bag or a lightweight metalized polyester bag as recommended by the British Mountaineering Council), which must be carried at all times during the race.
- A change of cycle will not be accepted as an excuse for not having a survival bag.
- Competitors are advised to strap the survival bag firmly under their saddles. During the race and at the finish, spot checks will be made and any competitor without a whistle and survival bag will be disqualified.
- Survival bags can be purchased at sports outfitters and the Pen-y-Ghent cafe, Horton-in-Ribblesdale.

3. NUMBERS & SI CARDS

- Numbers must be worn on the left arm and must be visible at all times for the benefit of photographers, spectators and officials.
- Competitors must be familiar with the procedure for using the SPORTident SI card (dibber) electronic timing device which will be issued with a wristband at registration.
- **It is the responsibility of each rider to ensure that they have "dibbed in" successfully at each control point.** Failure to do so could result in disqualification and/or removal from the race results.

4. THE START

- Line up in estimated finish time order - there will be signs on display at the start area grouping riders by estimated finish time - race numbers are related to estimated finish times.
- Elite riders will be invited to move to the front - all other riders should remain behind the rope.
- The first 5.5 kms will be escorted by a British Cycling lead car and police vehicle and competitors will ride behind the lead car and comply with instructions broadcast from the loudspeakers. Riders must keep left and not cross the centre-line where present.
- Any rider passing or attempting to pass the lead car during the escorted section will be disqualified.
- Special care must be taken when passing through Horton-in-Ribblesdale, especially over the two narrow bridges by the Crown Hotel where there is a sharp left turn. It is recommended that riders familiarise themselves with this section of the route.

5. BLACK FLAG PROCEDURE

- If the Commissaire waves a black flag this means that the race has been temporarily halted and riders should slow down safely and STOP.
- The Commissaire will then issue instructions and when the race is re-started all riders must comply with the instructions or risk disqualification.

6. RETIREMENTS

- Competitors who retire from the race must notify the nearest marshal and then return IMMEDIATELY to Helwith Bridge (i.e. not spectate).
- Do NOT seek assistance from Mountain Rescue staff if you retire - go to a marshal!
- Failure to return to Race Control immediately on dropping out could result in rescue teams' time being wasted (see also item 19) and will also result in a ban from future events (3 people banned in 2015). If you are unable to return to Race Control (e.g. air ambulance evacuation), then you must hand your dibber/SI chip to a member of the Bowland Pennine Mountain Rescue Team.
- There will be a sweep conducted by Mountain Rescue and a minibus to transport riders who drop out back to Helwith Bridge. The route and timing of the minibus will align with the mountain rescue team sweep.

7. STOP TIMES

- CUT-OFF TIMES WILL BE IN OPERATION AT CHAPEL-LE-DALE AND HORTON-IN-RIBBLESDALE.
- **Any rider not at Chapel-Le-Dale by 12.00 and Horton-In-Ribblesdale by 14.00 will be eliminated from the race and may not continue.**
- Please note that these cut-off times are subject to alteration on the day at the discretion of the race officials who will take into account the prevailing weather and ground conditions.
- Eliminated riders must return directly to Race Control at Helwith Bridge to advise of their retirement and hand in their SI cards.
- ON NO ACCOUNT SHOULD ELIMINATED RIDERS GO THROUGH THE FINISH AREA AS THIS COULD LEAD TO CONFUSION AND POSITIONAL/TIMING ERRORS (see also item 19 below).
- Should a rider not observe the relevant stop time they will receive an enforced ban for the following years race.

8. ROVING COMMISSAIRES

There will be roving Commissaires on the road section. Any support riders or support vehicles seen within 100m of their rider, except for mechanical assistance, will result in the disqualification of the rider.

9. SUPPORT VEHICLES ON-COURSE PARKING RESTRICTIONS

- The parking of support vehicles is forbidden on the road between Chapel-le-Dale and Whernside and also in Horton-in-Ribblesdale (with the exception of the official car park 100m before the Crown Hotel). Helpers must service riders by cycle or on foot at these sections of the route.
- At Cold Cotes, Ribblehead and Horton support vehicles must park in designated car parks or in locations as instructed by our Marshals.

10. BIKE CHANGE RESTRICTIONS

No bike changes may be made within 100m of our Race Marshals at Cold Cotes, Chapel-le-Dale, Ribblehead and Horton.

11. HELMETS

Hard shell helmets must be worn.

12. WATERPROOFS

Competitors will be advised at the start if the carrying of a waterproof is mandatory

13. BRUNSCAR DRINKS STATION

There will be a drinks station at Brunscar between Chapel-le-Dale and Whernside at the start of 20 metres of bridleway, where competitors must walk the 20 metres and ride again after the bridleway (due to bridleway laws).

14. The race is for CYCLO-CROSS BIKES WITH DROP HANDLEBARS ONLY

The use of mountain bikes and road bikes is prohibited. There will be an examination of bikes before the start and spot checks made throughout the race. A cyclo-cross bike is a road bike with cyclo-cross tubulars/tyres and low gears. Disc brakes are allowed. Bicycles must comply with these regulations:

- The structure of the bike connecting the saddle, pedals and forks shall be triangular
- The component parts must be tubes or profiles, the form of which is free from restriction. The minimum width shall be 25mm. The maximum width shall be 80mm for the frame and 50mm for the rear stays, forks and seat pillar.
- Wheels of the bike may vary in diameter between 70cm maximum and 55cm minimum, including the tyre. The width of the tyre cannot be more than 35mm.
- STRAIGHT HANDLEBARS ARE NOT ALLOWED.
- The use of 27" or 700mm wheels in mountain bike frames will not be allowed.
- Any rider running disc brakes must have the ability to maintain the brakes during the event.
- Competitors are reminded that British Cycling Regulations prohibit riders using on board camera devices. Any rider found using such a device may be subject to sanction by British Cycling.
- Commissaire's decision will be final.

15. RESTRICTED AREAS

No cyclists or support riders (except competitors) have permission to go on the following sections of the course:

1. Gill Garth - Ingelborough
2. Brunscar (Chapel-le-Dale)-Whernside-Blea Moor
3. Up and down Pen-y-Ghent from from the gate half way up.

There will be Commissaires to enforce this regulation. Any competitor in the race connected with a cyclist caught breaking this rule will either be penalised or disqualified.

16. THE FINISH

Leading to the finish will be a 'Finish Funnel' segregated from the road by cones on the RIGHT hand side of the road.

- Riders will be directed down this coned lane by race marshals and a traffic controller. This 'Funnel' will start just in from the junction of Austwick Lane and B6479 main road as you approach Helwith bridge.
- This funnel is for finishing riders only, NOT retirees or eliminated riders (see point 7).
- SLOW DOWN before making the sharp right turn into the pub car park - the loose gravel surface can result in an embarrassing (and painful) fall with only a few metres to go - definitely not worth it!

17. DRUGS TESTING

Any rider may be subject to a drugs control test.

18. Collection of SPORTident dibbers: FINISHERS

These will be collected at the finish.

- Note: Time will be taken when a rider has CROSSED the finish line NOT when the dibber is handed in.
- Please do not crush or crowd the volunteer dibber collectors as this is a difficult job and will result in confusion and in you being delayed in receiving your printout.

19. Collection of SPORTident dibbers: RETIREES

Riders failing to complete the course must return their SI dibbers to the Retirees Control Point - follow the signs or ask a marshal if in doubt.

- DO NOT GO THROUGH TO THE FINISH - THIS WILL MESS UP THE RESULTS.

ESSENTIAL SAFETY INFORMATION

OUR MARSHALS WILL WARN OTHER ROAD USERS AT ROAD JUNCTIONS BUT CANNOT STOP TRAFFIC. RIDERS ARE RESPONSIBLE FOR THEIR OWN SAFETY AND OTHERS ON THE ROADS AND MUST RESPECT THE HIGHWAY CODE.

ON THE MOUNTAIN TRACKS AND PATHS, ESPECIALLY THE DESCENTS OF WHERNSIDE AND PEN-Y-GHENT ALL WALKERS HAVE PRIORITY.

This mountain area of Yorkshire Dales has very changeable weather conditions. A clear, sunny day can quickly change to wet and cold weather with thick mist. An accident or exposure in these conditions without the proper equipment can be fatal: this is why we are insisting that competitors carry a whistle and survival bag at all times during the race.

WHISTLE - if assistance is needed in case of injury or exposure, six long blasts in quick succession repeated after a minute interval. Go on whistling until assistance arrives. IF YOU HEAR WHISTLING, REPORT IT AT THE NEAREST CHECK POINT

SURVIVAL BAG - in case of injury, exhaustion or exposure, get into a sheltered spot in the bag and start whistling. Make sure the bag covers you but leave a good air gap at the top of the bag. Make sure the foot of the bag faces into the wind. Exhaustion and exposure can overtake you quickly without you realising. The Rescue Teams would prefer to turn out to an early call for assistance than one that is too late. YOU HAVE A WHISTLE AND SURVIVAL BAG - USE THEM IF YOU HAVE TO

HAVE A GOOD RACE!

Parking and Traffic Management Instructions for Vehicles

ROAD CLOSURE DETAILS

To enable the management of traffic flow at peak times and ensure the safety of riders there will be an official road closure of Austwick Road at Helwith Bridge as follows:

07:00 - 10:00 only westbound traffic allowed to cross the bridge between the B6479 and the pub car park

09:45 - 12:30 open in both directions

12:45 - 14:45 limited access with a stop/go patrol assisting the safe arrival of riders. Expect delays if existing the race car park at this time.

14:45 road closure ends.

If you intend to leave early please familiarise yourself with these alternative routes in advance:

Route to Settle:

Go up the Austwick Road and turn left at the crossroads 600m up the hill to take the Little Stainforth/Stackhouse road. This road runs parallel to the main B6479 and joins the A65 just north of the river between Settle and Giggleswick - close to Settle town centre.

Route to Ingleton and all points north and west:

Carry straight on at the crossroads above Helwith and proceed through Austwick to join the A65 south of Clapham. Right turn on to the A65 and proceed to Ingleton and beyond.

A) PARKING INSTRUCTIONS FOR NON-SUPPORT VEHICLES

Any vehicle not being used for support purposes will be directed to be parked in the field off the road between the YSS Hostel and pub car park for a £3.00-all-day fee - this is very close to race registration.

VERY IMPORTANT! HAVE THE CORRECT CHANGE READY (£3.00) TO HAND OVER TO THE FARMER. THIS WILL PREVENT QUEUES OF TRAFFIC FORMING.

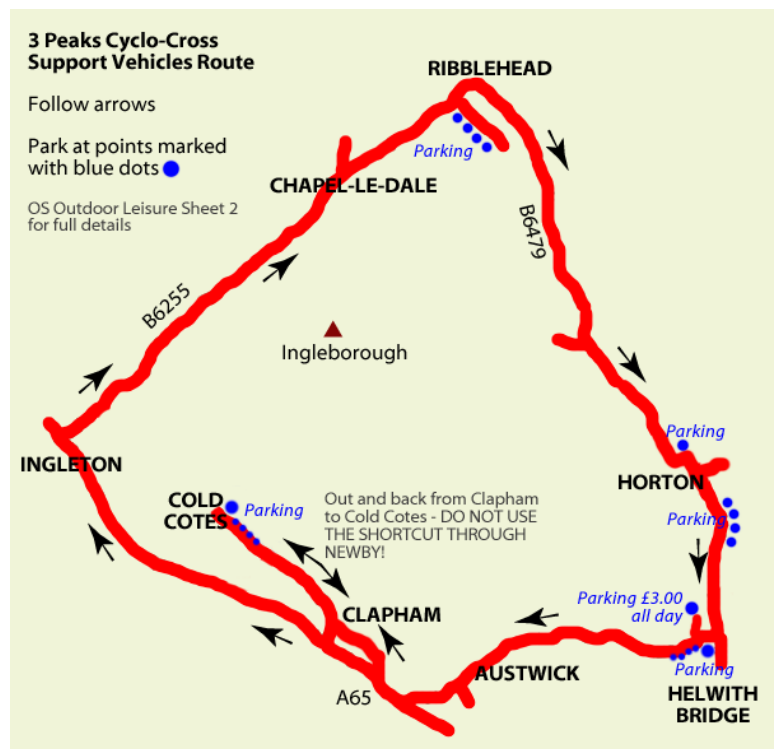
n.b. Early arrivals might be able to park free of charge on the village car park but this rapidly fills up.

B) PARKING INSTRUCTIONS FOR SUPPORT VEHICLES

1. On arrival at Helwith Bridge support vehicles will be directed to park in the following locations:

(i) On the main car park on the left after the pub. This car park rapidly fills up. Park with consideration for others. If you are worried about getting boxed-in then use the quarry lane or the road.

(ii) On the adjacent lane leading to the quarry - do not block access for fishing traffic and turn your vehicle around before parking (cul-de-sac).



(iii) On the road leading uphill to Austwick. **Use the left side only and park facing in the direction of Austwick.** The line of vehicles gets very long so be prepared for a lengthy walk/ride to race control if you are late arrival. **Do not park in the coned-off areas near to and in the village or wait on the main street while your rider is registering.** Parking is forbidden at the Helwith Bridge pub car park (reserved for official vehicles only).

2. On leaving Helwith Bridge to meet riders at Cold Cotes, the following route must be taken: Helwith Bridge - Austwick - Clapham - Cold Cotes (see map above). **It is strictly forbidden for support vehicles to follow the riders after the start to Horton-In-Ribblesdale and Gill Garth.**

3. On arrival at Cold Cotes off-road capable vehicles will be instructed by marshals to park on the common to the right of the gate where the riders exit the fell. When this area is full vehicles will park on the **left hand side** of the road back to Clapham from Cold Cotes. **All drivers will be instructed to turn around** so that their vehicle is pointing back in the direction of Clapham and **park up on the left hand side of the road.** This line of vehicles will get quite long! Allow several minutes for the walk up to the service area carrying wheels/food etc. Do not park on the spaces reserved for vehicles belonging to officials/police/emergency services on the road adjacent to the common.

4. On leaving Cold Cotes for Ribbleshead, the following route must be taken: Cold Cotes - Clapham - Ingleton - Chapel-le-Dale - Ribbleshead.

The support vehicle route does not take the shortcut down through Newby. Go back to Clapham and join the A65 south west of Clapham and make the right turn to Ingleton. A marshal will be in place at Newby Cote to prevent support vehicles turning right on to the Newby Road.

5. It is strictly forbidden for support vehicles to use the riders' route in either direction from Cold Cotes to Ingleton. Marshalls will be present to enforce this regulation.

6. At Ribbleshead, vehicles must be parked on the unmade-road approach to Ribbleshead quarry (on right before railway bridge).

7. It is strictly forbidden for support vehicles to park on the road in Horton-In-Ribblesdale. Support vehicles should either park on the official car parking field 100m before the Crown Hotel or must drive through the village and park on the left hand side only after the last houses and the 40 mph sign on the road leading back to Helwith Bridge. On-the-spot fines may be given by the Police to support vehicle drivers parked on the road in Horton-In-Ribblesdale and we may also ban their rider or riders from the 3 Peaks Cyclo-Cross for the next 2 years. **YOU HAVE BEEN WARNED.**

8. Take extreme care when turning right off the B6479 back into Helwith Bridge! Be on the lookout for riders finishing the race at the junction and along the stretch over the bridge and down to the pub. Follow the instructions given by marshals at the road junction. Keep your speed down to a crawl and keep checking all your mirrors. **Give way to all riders without hesitation!**

9. **PARKING ON BOTH SIDES OF THE ROAD OUT OF HELWITH BRIDGE (up the hill to Austwick) IS STRICTLY FORBIDDEN!** **Park on the left side only** and leave the village in a westerly direction if the race is still in progress (see road closure details above).

All the above instructions are at the request of the Police and local residents and are also for the safety of the competitors. We appreciate these instructions are prescriptive - traffic is the number one complaint against the race and the failure of a minority to adhere to these instructions threatens the future of the race.

Mark Richmond (Race Secretary) - May 2016