



360cycling

North West Youth Tour 2024

24th 25th and 26th August 2024

Welcome to this year's tour, there are 3 days of exciting riding to look forward to. Every day is at a different venue with laps of the famous Daisy Bank hill on stage 2.

This event could not happen without the support of Lancaster City Council or Lancaster University so we would like to offer our thanks to them for their continued support.

This year we are eternally grateful to 360cycling who will be onsite for all 3 days please pay them a visit and have a look at their stock. They are a relatively new company with a real passion to drive the sport forwards and offer help and support to all young cyclists.

Their website can be found here

<https://www.360cycling.co.uk/about-us>

Your Officials over the 3 days are detailed below please try to thank them if you get the opportunity. These events could not take place without the wonderful people who regularly give up their evenings, weekends and family time voluntarily.

Sign on will be open each day and you are expected to get your bike gear checked and sign on in good time for your event. There is a reserve list for the A boys if you are not signed on 30 minutes before your time trial on Saturday then your place may be given to a reserve. If anyone is struggling to get to sign on for stage one on time please phone 07519928470 and we will consider rescheduling your time please only do this in an emergency as new times cannot be guaranteed.

The event is held under the technical regulations of British Cycling



Any complaints need to be submitted within 24 hours. Results will be available live and QR codes will be at sign on to allow you to access this.

Please note under no circumstances are riders/parents/supporters to park on the Lancaster Auction carpark on Saturday anyone doing this will face disqualification. Equally on Sunday anyone parking on Wyresdale Road, Pottery Gardens or Lancaster Leisure parks will be disqualified. This may seem harsh but this has caused a very big problem in the past and will jeopardise future events.

No Dogs on the University Grounds.

| Officials | | |
|-----------------------------------|--|---------------------|
| Caroline Hereward | Organiser | Number 07519928470 |
| Len Woffindin | Chief Commissaire | |
| Christine Woffindin | Chief Judge | |
| Dan Connor | Commissaire 3 | Sunday |
| Mal Dixon | Commissaire 2 | |
| Dave Greatorex | Moto Commissaire | |
| Gary Burns | Moto Commissaire | |
| Isabell Jones | Assistant Commissaire | Saturday and Monday |
| Heather Bamforth Fred Bamforth | Assistant Commissaire Assistant Commissaire | Sunday Sunday |
| Vanessa Woffindin | Assistant Judge | |
| Peter Jacks | Time Keeper (stage 1) | Saturday |
| Georgina Davis-Heywood | Sign on | |
| Eve Davis-Heywood | Sign on | |
| Nick Taylor | Marshal Coordinator | |
| | Marshal Coordinator | |
| | | |
| David Hereward | Rider Liaison/ Safeguarding | |
| Travis Hereward | Gear Check | |
| | Gear Check | |
| | Gear Check | |
| David Hereward | Safety Officer | |



| | | |
|-----------------|----------------|--|
| | Safety Officer | |
| Eventrex | Timing | |
| Lancs Ambulance | First Aid | |
| | Doctor | |

Sign on and bike and gear check

Sign on is open every day. On the first day you will be issued a number and transponder which you will keep for each day. If for any reason you are unable to compete the following day please return your transponder to sign on. Any transponders not returned will incur a fee of £95.

Gears must be restricted in line with the British Cycling technical regulations please see the below table. Gears will be checked before sign on each day and after each stage any rider placed 1st 2nd or 3rd will be expected to have their gears rechecked. There may also be random riders selected to have their gears checked following each stage.

Please remember for Youth E, D, C and B riders wheel depth is limited to 35mm.

Please also not the British Cycling rule about club/team kit being worn this will be strictly adhered to for all A and B category riders as this is a national series event

Sign on Times

Please adhere to these times as it reduces the pressure on the sign on volunteers.

Saturday

Please look at the TT start sheet and arrive to sign on no earlier than 1 hour before your start time. You must be signed on 15 minutes before your time. Any rider attending to sign on more than an hour before their time will be asked to come back nearer to the time.

Sunday



| | |
|------------|---------|
| 8am-8.45am | Men |
| 9.30am | D/E |
| 10.15am | C |
| 11.30am | B Girls |
| 12.20pm | B Boys |
| 1.30pm | A Girls |
| 2.45pm | A Boys |

Monday

| | |
|---------|--------------------|
| 8am | D/E Boys and Girls |
| 8.30am | C Boys and Girls |
| 9am | B Girls |
| 10.30am | B Boys |
| 12.30pm | A Girls |
| 1.30pm | A Boys |

| Gear restrictions | |
|-------------------|-------|
| Youth A | 6.93M |
| Youth B | 6.45M |

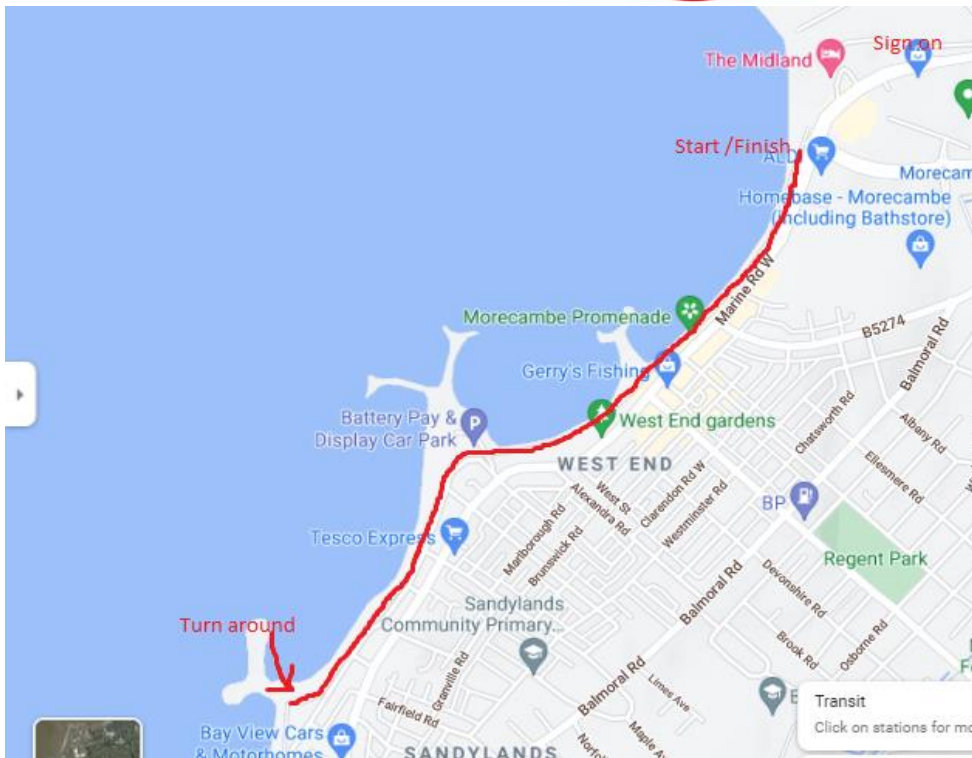


| | |
|---------|-------|
| Youth C | 6.05M |
| Youth D | 5.40M |
| Youth E | 5.10M |

Stage one 24th August 2024

The prologue/ Time trial. This is held on Morecambe promenade, it is an out and back time trial of approximately 2 miles, the promenade is completely closed during the event to members of the public. You must present yourself for gear check and line up in time for your start time. Any rider arriving late for their start time will be allocated their finish time plus the number of seconds late to the start plus 60 seconds. Start and finish is just down from The Midland Hotel opposite Aldi. Once you pass through the finish you must immediately slow down.

A road race legal bike is required for all stages. Please note there is no time trial equipment permitted for stage one, this includes but is not limited to TT bars, TT bikes and disk wheels. This applies to all categories.

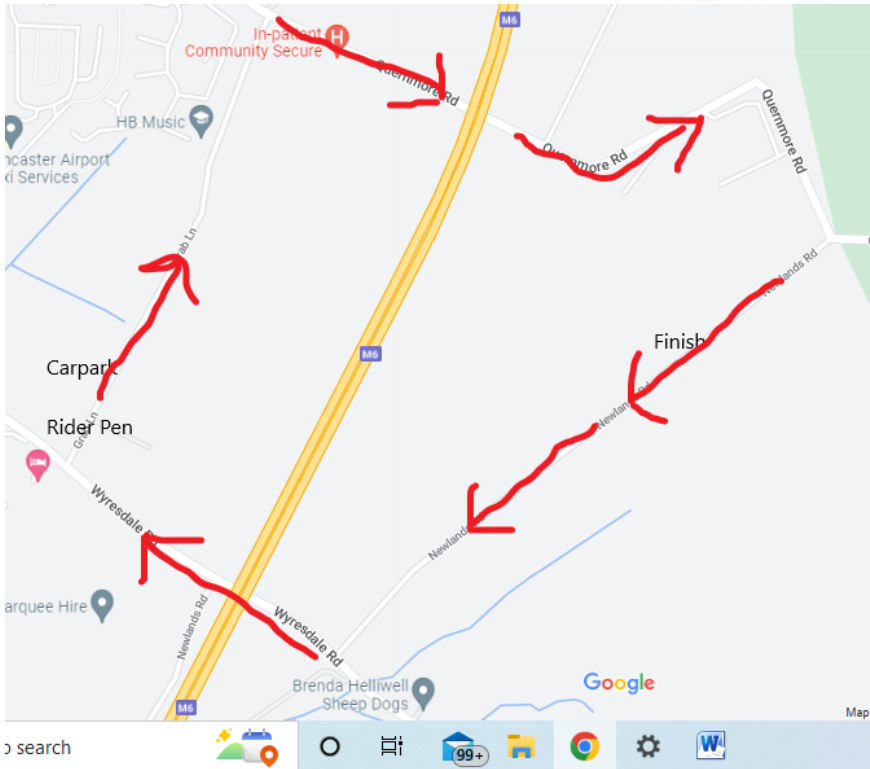


Parking is readily available in Morecambe; please do not park on The Midland Hotel car park.

Stage two 25th August 2024

This is an exciting course approximately 2 miles in length with multiple ascents of Daisy Bank Hill (E category will only do this once). Please respect the farm buildings on this site and do not climb the pens.

Riders need to be in the rider pen 10 minutes before the start time in the below table.



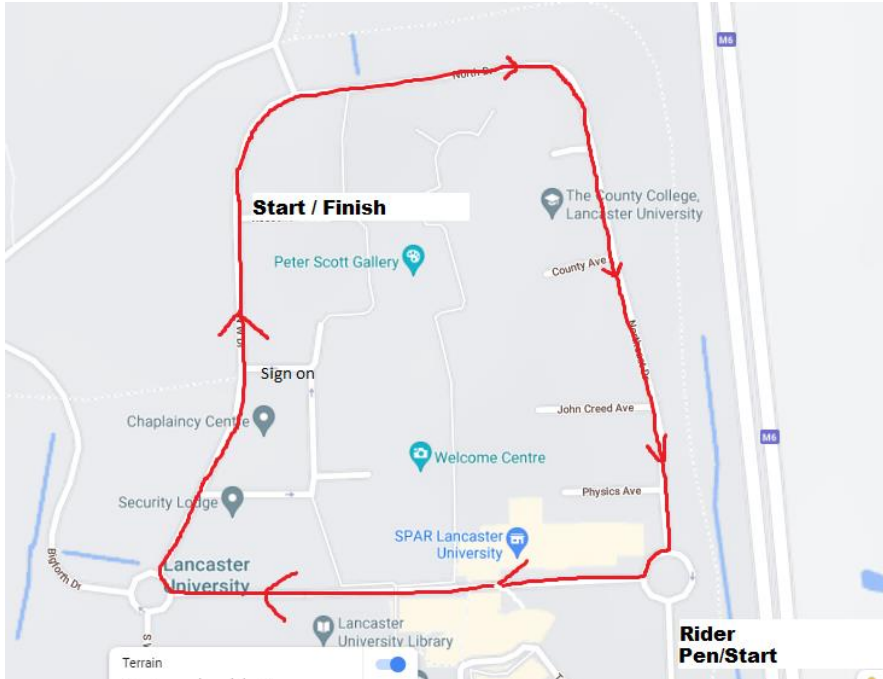
The what 3 words code for parking is //defected.thigh.hacking .

Stage three 26th August 2024

This is a closed road circuit of approximately 1 mile long. Again, riders must be in the rider pen 10 minutes before the start time.



Route map



Car parking

Please use Alexandra Park drive car park for stage three please.

Race Schedule

Stage one

The course will be open for familiarisation from 11am till 11.30am. Times for TT will be detailed ASAP in a separate document.



Stage Two

| Time | Category | Length |
|---------|----------------|-------------|
| 9.00am | Open | 1hr 10 mins |
| 10.30am | Traffic window | |
| 10.45am | E | 20mins |
| 10.46am | D | |
| 11.15am | C Boys | 30mins |
| 11.16am | C Girls | |
| 12pm | Lunch/TW | |
| 12.30pm | B Girls | 40mins |
| 1.20pm | B Boys | 40mins |
| 2pm | Break/TW | |
| 2.30pm | A Girls | 1hr |
| 3.30pm | TW | |
| 3.45pm | A Boys | 1hr |

Stage Three

| Time | Category | Length |
|---------|--------------------|-----------|
| 9am | D/E Boys and Girls | 20 mins |
| 9.30am | C Boys and Girls | 30mins |
| 10.10am | B Girls | 1hr |
| 11.30am | B Boys | 1hr |
| 12.30pm | Lunch | |
| 1.30pm | A Girls | 1hr10mins |
| 2.45pm | A Boys | 1hr10mins |



Bonus seconds

There will be two primes part way through each race and the last lap and they are worth bonus seconds. These will be signalled by blows on the whistle or the final lap bell.

Primes only for Categories C and above and only on Sunday

| Points and seconds | | |
|---------------------------|----------|-----------|
| 1st | 5 points | 5 seconds |
| 2 nd | 3 points | 3 seconds |
| 3rd | 2 points | 2 seconds |
| 4th | 1 point | 1 second |
| | | |

Lapped Riders

- Lapped riders may be instructed by the Commissaires to pull out of the race if deemed necessary. Please pay attention to the Commissaires' instructions at all times – if instructed to pull out, you must do so immediately, but you will be placed by the officials. Riders who complete the race duration but are 1 or more laps behind the winner will be awarded a time for the GC that is equivalent to that of the last place rider on the lead lap plus their own average lap time multiplied by the number of laps down they are
- A rider who DNF's from a stage will be awarded a GC time that is equivalent to the GC time of the last placed rider who completed the race duration plus a fixed penalty of 5 minutes



Retirements

Should any riders wish to retire from the race, they must report to a Commissaire or finishing judge immediately. Riders must not ride in the opposite direction to the race. Please then return your timing chip to sign on.

Crashes & Mechanical Incidents

Due to the no laps rule riders must change and chase. All wheels must be compliant with UCI/BC specification and regulations and gear restrictions appropriate to the age group of the rider.

Bike changes can ONLY occur after critical mechanical failures AND after approval by commissaires. The commissaires will direct a suitable place to wait with spare wheels. Any mechanical issues must be dealt with to the left-hand side of the course.

BC Technical Regulation R13.3 will apply: In the event of any racing incident, mechanical issue or puncture occurring within the last 3km of any stage, the rider concerned will be credited with the finishing time of the last competitor of the group they were with at the time of the incident, providing that the finish line is crossed.

The threshold for TR 13.3 for stage 2 and stage 3 will be one lap to go. Any claims for incidents within the last lap must happen within 5 minutes of the finish. Any rider that does not finish a stage under the event medic's instruction will be given an appropriate time by the Chief Judge to allow them to continue the next stage after they have reported to the medic for confirmation of fitness to ride before signing on for the next stage.

Enquiries

To allow the officials to continue with their appointed roles please initially contact sign on or Caroline. Should any riders or parents wish to make an enquiry about a result or feels they need to raise any issues about a race they must do this via sign on or Caroline. They will listen, note the query and then bring it to the attention of the relevant officials at an appropriate time. Once they have received an answer they will



communicate the outcome - with this in mind please don't interrupt the officials whilst they are working on the racing.

Gridding

Riders will be gridded 10 minutes before the start of Stage 2 & 3, based on GC. The top 20 on GC will be called up to the line in order and the rest will line up behind. With this in mind, please do not line up on the start line before ordered to by the officials as you will be turned around. Do not enter the circuit until told to do so.

Race Conduct

Riders are reminded that the following infringements may result in a fine/ relegation, or both, from the stage:

- Not being in full control of their machine i.e., hands off the handlebars in victory celebration, arms dangling over the bars and the like.
- Abusive or aggressive behaviour is not acceptable.
- Riders must wear their registered club or team kit at all times, that includes the time trial. Riders not in a registered club or team, must wear predominantly plain clothing. Plain clothing must not be worn in place of registered club or team kit. The only exception is for wearing a leader's jersey in place of club or team kit. See BC handbook section R2.2, and App R1 3.2."
- Littering – gel wrappers, energy bar wrappers must not be dropped under any circumstance.
- Warm Up – Warming up on the course during another race is strictly forbidden
- Calls of Nature - Please use the toilets provided at each venue.
- The use of foul or inappropriate language is not acceptable.
- Feeding – no feeding (passing bottles or food up) will be permitted during the event but riders can start with food and drink to last the duration.

Parents/guardians are reminded that they are responsible for the safety and wellbeing of the young people in their charge. Special care must be taken around the



beach, roads and buildings near the event. The organisers will do their utmost to ensure the safe running of the event during the times outlined in the programme.

The Kyle Lewis memorial trophy will be presented to the overall winner of the youth A boys.

For this we wish to thank Hope technology for the manufacture and donation of this trophy which will be presented to many boys in future races also.

Prizes and podiums

There will be podiums as soon as possible after each race