

Cystic Fibrosis

30 Mile Charity bike ride Sunday 12th May 2019

Entry Form

Name: _____

Address: _____

Tel No: _____

Email address: _____

(PLEASE PRINT EMAIL ADDRESS CLEARLY)

The organisers shall **not be liable** for any **loss, damage, actions, claims, costs** and **expenses** which I may suffer, or which may be against the organisers by reason or in consequence associated with this event. **I am in good health.**

Signed:.....

Notes:

1. The above disclaimer **must be signed** before any entry can be accepted.
(A parent must sign for any cyclist under the age of 18 years)
2. Please ensure that you ride in a safe manner and **adhere** to the **Highway Code**.
“PLEASE DO NOT RIDE MORE THAN TWO ABREAST”
3. **Cyclists are strongly advised to wear helmets and bright coloured clothing.**
4. **Cyclists under the age of 16 years must be accompanied by their parent/s or guardian at all times.**
5. Route and direction sheets attached.
6. ***PLEASE BE AWARE **The ride is on PUBLIC ROADS*****
7. Sponsorship forms are also enclosed for those cyclists wishing to raise additional funds for the charity.

PLEASE ensure correct postage value / size along with *Stamped addressed envelope* (For riders Entry Number/s to be posted back to you).

8. Refreshments will be available at the **start** and the **two checkpoints** en route.
9. **Basic** mechanical support and St John's 1st Aid back up will be available on the day.

All cyclists are to check in at the start, the two checkpoints en route and the finish.

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Venue: Stokesley Town Hall Stokesley High Street -

Registration: 9.00am – 9.45am Start: 10.00am

Entry Fee **£10 (£12 on the day of ride)** ** Free for under 16 years old

Please make cheques payable to: **Cystic Fibrosis** and send, along with entries to:

Paul Mackintosh, 90 Salutation Road, Darlington, DL3 8JW. 0780 1143942 (Mobile)
(Please remember S.A.E. ensure correct Postage) * For riders entry number/s

Email : paulmack1@ntlworld.com

Closing date for postal entries: **Saturday 4th May 2019**

The Route

Emergency phone numbers:

Paul Mackintosh
Chris Hugill

Organiser/Car Back up
Car Back up

07801143942
07711694234

The Route:

Start:

Town Hall, High Street Stokesley.

Leaving the Town Hall, turn right **WITH CARE**, straight ahead for 200 yards turn right at the roundabout – sign posted

Great Ayton (A172)

To next roundabout, take second exit – **A173 Great Ayton**

3 miles

In Great Ayton turn right at the **Buck Inn** to T Junction, turn left to next T Junction then turn Right and continue along **Easby Lane** to **T Junction**, bear left into **Easby**.

2.5 miles

In **Easby**, turn right to **Ingleby Greenhow**.

1.5 miles

Thru' **Ingleby Greenhow** to road junction 20 yards after **Dudley Arms**.

Turn right (sign posted **Great Broughton**) and continue for ½ mile.

½ mile

Turn sharp left – sign posted **Chop Gate – ascending Clay Bank** to car park
(Please keep to the left whilst ascending the bank)

2.75 miles

Clay Bank refreshment stop.

COMPULSORY CHECK IN POINT

Leave the car park, **Look left** – turn right to **Great Broughton** (Sign Posted Stokesley)
(Fast descent - TAKE CARE)

Thru' Great Broughton, passing the **Bay Horse** to the crossroads

2.75 miles

Turn left at the crossroads along **Kirby Road** to **Kirby**.

½ mile

Thru' **Kirby** to **Busby** and on to **T Junction**.

2.5 miles

At **T Junction** turn left (sign posted **Carlton & Faceby**).

Follow road thru' **Carlton** and into **Faceby**.

4 miles

Cross **A172** to **Goulton Lane (EXTREME CARE)** sign posted **Potto**.
Along **Goulton Lane** to **T Junction (Preston's of Potto)** turn left.

1.5 miles

Potto

½ mile

Dog & Gun (Tomahawk Steakhouse) Refreshment stop

COMPULSORY CHECK IN POINT

Leave **Dog & Gun Car Park**, turning right thru' village to road junction at **Potto Hall**, turn right
(sign posted **Hutton Rudby**)

½ mile

At next junction, turn right to **Hutton Rudby**.

1.25 miles

Thru' **Hutton Rudby**, bear right at road junction (**take care**) sign posted **Stokesley**, continue up the bank, (follow sign for Stokesley) turn left at **Holme Lane, Chicken Run (No sign, look for route arrow)**

KEEP LEFT, this is 2 WAY TRAFFIC

0.75 miles

Continue to T-Junction in **Seamer**, turn left.

2.25 miles

Carry on this road then turn right along **Tanton Road** (sign posted **Great Ayton**)

Along **Tanton Road** to **T Junction**, turn right (sign posted **Stokesley**)

1.75 miles

Look for sign post (**LOCAL TRAFFIC ONLY**) and **turn right** to mini roundabout and follow signs to **Town Centre**.
Turn right to Town Hall

3 miles

Finish: Town Hall, High Street Stokesley.