

ECSA Cycling – National MTB Event – Friday 18 May 2017 – Malham and the Yorkshire Dales

Mountain biking was included as an ECSA event in the UK for the first time in 2017. Following the success of that event we are inviting our colleagues again for a new challenge on 18 May 2018. We have designed a test of fitness and navigation that will exploit the best of the Yorkshire Dales National Park. The routes are approximately 40km for the Standard event and approximately 70km for the Full Championship course. They are slightly more challenging than in 2017 as the hills are bigger and the trails are rougher and rockier, and it is almost completely off road, but still very good fun to ride.

The event will start and finish from the beautiful village of Malham, not far from the spectacular geological feature of Malham Tarn. This is in the centre of some of the best off-road riding in England.

<http://www.yorkshiredales.org.uk/visit-the-dales/discover-the-dales/wonderful-villages/malham>

Whichever route you tackle you are guaranteed a big cycling day out in stunning countryside navigating your way around arguably one of the most beautiful parts of the country. We provide a quality, waterproof, custom-made and pre-marked Ordnance Survey map for each rider to follow. Teams are made up of either 2 or 3 riders with the best 2 scores in each team counting for the competition you've entered. Both of these routes will have options for you to cut short should your legs be giving up a little early.

Points are awarded for visiting check points and those prepared to put in the miles will be rewarded. Whilst this is a self-navigated event the organisers may use a limited number of navigational aid signs at their discretion.

General Information and Rules

- Team entries and accommodation requirements must be made via your ECSA Representative. Individuals without a team will be placed into Composite teams at the Organisers' discretion.
- Teams will consist of two or three non-gender-specific riders, the aggregate net points of the best two riders finishing with a positive or neutral score to be counted. Riders exceeding their respective class time limits (of six hours or seven hours) will score zero points.
- Irrespective of which team they are in, on the day riders may ride alone, or with their team mates, or with members from other teams, and may choose their own start times.
- Latest starting time is 9:30 for the championship route and 10:00 for the standard route. Any rider may start after then but will be given a start time of 9:30 or 10:00 respectively. All riders may start from 8:30.
- Details of any time penalties affecting scoring will be advised before the event.
- The courses may only be ridden on the sequential routes as marked on the map and in the directions as marked on the map. Anyone retiring from the event may return to the event centre by any route, please place your safety above other considerations if ending early. If you chose to retire from the event do not collect any further checkpoints. Suggested bail out routes will be explained in the final briefings.

- In the event of tied scores, the higher aggregate age (in whole years) of the two scoring riders in the tied teams will gain preference. Any remaining ties will be broken at the Organisers' absolute discretion.

Health & Safety Rules

- **All roads, trails and bridleways are open to the public during this event. Care must be taken throughout.**
- All riders must obey the Highway Code when riding on roads, and when off-road they must follow the Countryside Code, giving way to walkers and horse riders.
- All riders must wear a proper cycle helmet whilst riding.
- All riders must carry a working mobile phone with sufficient battery power and call credit to last the day.
This is to ensure two-way contact remains possible between the Event Desk and riders out on the course.
- The full detailed rules, risk assessment and health and safety briefing will be provided before the event.

Entries & Accommodation

All entries including accommodation bookings **must** be made through your ECSA Representative.

Accommodation is available at Premier Inn Gargrave on Thursday 17th and Friday 18th May, the total cost of accommodation to each participant will be **€155** for 2 nights, including 2 course dinner, bed and breakfast, based on two sharing a room. There will also be a **€20** competition entry fee.

Extra night's accommodation is available on application but may be in a different hotel nearby or within easy travel if the hotel is fully booked.

Non-cyclist residential package **€155** per person, dinner bed & breakfast for 2 nights based on two sharing a room.

Single rooms are available for participants and guests with a single supplement of **€51** per night, total cost for two nights will be **€257**.

The nearest airports are Leeds Bradford and Manchester, with Birmingham also in easy reach. Assistance with transfer to and from the hotel can be arranged. Andrea Scott-Lewis will advise.

Closing date for entries requiring accommodation is Friday 30 March 2018.

Further details

Any questions about the route, organising teams or the accommodation please contact me.

Andrea Scott-Lewis
ECSA UK Representative