



WHARFEDALE TON FRIDAY 16 JUNE 2023

and new for 2022 for those with less time: the HALF TON - 50 miler



Over £70,000 raised for Marie Curie since 2016 – Help us get towards £80,000!

Wharfedale Ton 2023

On the day event information

About the event

The Wharfedale Ton is back for its 7th year and has now become a staple of West Yorkshire's various summer, cycle networking events.

The 100 mile route, planned and designed by Phil Paget, now goes north up as far as Boroughbridge and the new route proved very popular with repeat riders. For 2023 we have had to change the route slightly again due to the current closure of Aldwark Bridge. As a result we will now visit some lovely little villages to the West of the A1 including Staveley where lunch will be available.

As a 100 mile ride, it was always important to limit the number of hills in order to ensure mass participation. The route has only about 5000 feet of climb over the whole 100 miles which is very do-able – even for those who live in the flat lands (you know who you are!). After all, over that distance it tends only to appeal to die-hards if the route is too tough. This route is designed to be enjoyable whilst also ensuring you get that sense of achievement – a ton is no mean feat!

NB – riders of the Half Ton: if riding the new 50-mile half ton, there is no lunch stop unfortunately. There are refreshments (coffee/tea, fruit, pies etc) at the first pit stop at Kirk Deighton then you are welcome to have food at the end. For this reason, we recommend a later start time to get you back to the clubhouse around mid afternoon at the same time as those on the full Ton. Alternatively, you could always sign in at Ilkley then drive to Kirk Deighton and do the middle 50 miles only, ensuring you get lunch – your choice. If you do choose this option we still ask that you sign in and out at Ilkley so we can track participants.

Start/finish location

Ilkley Rugby Club
2 Denton Road
Ilkley LS29 0AA

Travel to Ilkley

By car or train ... or cycle (but only if 100 miles isn't enough for you!).

Ilkley train station is located on Station Plaza Ilkley and is approximately 1500m from the start

location at the rugby club. Head straight down Brook Street, across the lights and down about ¼ mile to the rugby club on the right.

Parking at Ilkley Rugby Club

Limited parking is available at Ilkley Rugby club for participants on the grassed area around the rugby field however not in the main car park except for those arriving very early because this is the start/finish area.

There is further free parking across the road at Ilkley Lido which is located opposite the rugby club and also along Denton Road to the other side of New Brook Street.

Vehicles are left entirely at their owners' risk.

Bike Security

Bike Security before and after the event is, at all times, your own responsibility. At the lunch stop a few of our staff will be around in the car park to keep an eye out for opportunists and although the Aldwark Arms is a quiet country location with little passing traffic, we cannot guarantee nor do we take responsibility for bike security.

Registration/check-in

All riders will be allocated a rider number which will be logged on your return to the rugby club. We ask that this number is given in the event that you need assistance en route. Also if for any reason you decide you cannot make it back to the club please phone control with your number.

Registration will take place outside in the rugby club car park. In the event of very wet weather registration will take place upstairs inside the rugby club.

When entering Ilkley rugby club please do not wear cycle shoes into the building to avoid damage to flooring.

Facilities at check-in

Full toilet and changing facilities are available in the rugby club.

It is your responsibility to ensure that your bike is roadworthy and we recommend getting it serviced before coming to the event.

Breakfast

Please have breakfast before coming to the event. We are waiting for confirmation from the rugby club as to whether coffee facilities will be available and will update this information as soon as we know.

Event Timings

7.15 am	Registration Opens
7.30 am to 9.00 am	Riders depart IRFC. Riders will be released in small groups as they are ready to avoid causing traffic congestion. [We suggest riders of the Half Ton may wish to set off after 10am although registration should be before 9am if possible.]
9.30am to 11.00am	Riders pass through the 26.5mile pit stop at Kirk Deighton Village Hall, Nr Wetherby. Legendary Lishman's Pork Pies, fruit and liquid refreshments available.
11.45am to 1.30pm	Lunch Stop – 52 miles: riders stop at the Royal Oak pub at Staveley Village for lunch – sandwiches, crisps and other carb-high food stuffs, oh and plenty of juice!

2.30pm to 3.30pm	Mid-afternoon, 77 mile pit stop - Riders once again pass through Kirk Deighton Village Hall, Nr Wetherby for further refreshments.
3.30pm to 5.30pm	100 miles! Riders arrive back at Ilkley Rugby club and go upstairs into the Clubhouse for post ride food of chilli, rice, baked potato (vegetarian option available). There is also a full pay bar available.

Signage and GPX/TCX files

Although fully and professionally signposted by our friends at Sportive HQ the route is also available on Strava at [New Wharfedale Ton for 2023 v0.3 FINAL | 100.2 mi Cycling Route on Strava](#)

The excellent signage team from Sportive HQ will be marking the route on the evening of 15th June and early morning of Friday 16th of June and this will include any last-minute adjustments to the route that have become necessary as a result of unexpected roadworks or other emergency reasons.

The signage will take account of this however, in which case those who have ridden the event before need to keep their eyes open for any changes. Please always ensure that you keep an eye out for the signs which will be prominently displayed.

NOTE: we take pride in ensuring that our signs are displayed at the turn or just before, and then another 50-100 metres beyond the turn so you should always get swift re-assurance that you are on the right route.

As ever, beware that very occasionally there can be mischief makers who mess with the signage which is beyond our control. In this respect, at the end of this guide is a full Village List which we urge you to carry with you (snap a copy to your phone!) then if in doubt just look for the next village name.

Rider safety and etiquette

Please remember the Wharfedale time is intended as a friendly, business networking event and as such is in no way competitive. Riders should ensure they obey the Highway Code and ride in a safe and responsible manner at all times. Consideration to other road users and safety is a key priority.

You must wear a hardshell helmet and will not be permitted to ride without one.

Many parts of the route are on narrow country lanes often with a sharp corners and sometimes on adverse camber which can gather gravel and dust. Additionally, some of the road surfaces are less than perfect due to poor maintenance in some places. These are natural cycling hazards and care must be taken.

Going too fast around tight corners when gravel has gathered is a recipe for the disaster so please take care to ride within a pace the territory will support.

It's always nice to ride two abreast but on many of these roads, particularly on a business day as a Friday is (for those not riding the Ton ☺), there is no room for vehicles to pass. If there is a vehicle behind you on a narrow stretch of road, if safe, please ride in single file and allow vehicles to pass. Never ride more than two abreast.

Horses: take care where there are horses and please slow down and announce your presence in advance and give the horse and rider plenty of room. We do not want any accidents at all but least still, any arising from clashes between riders and animals. We need your help to ensure that we maintain our excellent safety record for the event.

Busy Road Junctions

Inevitably, from Ilkley to Boroughbridge and back does involve crossing some A-roads and some very limited sections of busier roads but the route has been planned to minimise the exposure to A-roads so far as possible but there is inevitably some limited A road riding. Particular care should be taken at all such major A road crossings and busier sections of road.

As we lawyers say, "without prejudice to the generality of the foregoing", some noteworthy sections demanding caution include:

- crossing the A658 between Follifoot Road, Pannal and Haggs Road;
- the A168 Kirk Deighton to Walshford;
- the Roecliffe Lane/A168 roundabout at Boroughbridge – cars can be entering this roundabout from both right and left at some speed as they come off the A168;
- crossing the A59 near Green Hammerton across towards Cattal. Please take your time - this is a very busy crossing from one country lane to another but you are crossing an exceptionally busy main road where cars have only recently exited the A1M so tend to be going swiftly.
- Wetherby can be busy so take it easy through here in the afternoon.
- VERY BUSY short section of A61 (Leeds to Harrogate main road) and right hand turn across Leeds-Harrogate bound traffic towards Dunkeswick – very busy road – if in doubt please dismount and walk across.
- From Castley to Pool-in-Wharfedale – you are in the last 15 miles and with be turning onto the A658 for a short stretch and then turning right across the traffic towards Otley by the Shell station.

Toilet facilities

These are available at our break stop at Kirk Deighton Village Hall and also at the Royal Oak for lunch. If you are caught short along the way please be sensitive to residents and other road users.

Ride Support

This is first and foremost an unsupported ride. Riders are expected to be self-sufficient and should treat the ride in exactly the same way as if they were going out with friends for weekend ride. That said we will have a support vehicle out on the course but this will be prioritised for emergencies.

We recommend carrying two spare inner tubes, a pump and any necessary tools with you. You should definitely also carry some cash, a mobile phone and your usual brand of energy products and two full water bottles. Water will be available at the break stops but you should always make sure that you keep topped up.

First Aid cover

Riders should always use their common sense and contact emergency services where necessary. Please do inform race organisers of any major incident.

We have a medical vehicle/motorcycle which will be out on the course and able to respond to medical issues. If you have any medical conditions we urge you to carry a card with you to alert any medical professionals in the event of a problem.

Riders are asked to look out for each other and report any accidents or mechanical problems to the Event Control number.

Insurance

Insurance you should ensure that you have your own insurance arrangements in place for yourself and your bike. Event organisers are covered for public liability.

Event Terms and Conditions

Ts and Cs for the event can be found here:

[Wharfedale Ton 2023 Ts Cs 29337488.pdf \(gordonsllp.com\)](https://www.gordonsllp.com/Wharfedale%20Ton%202023%20Ts%20Cs%2029337488.pdf)

If you have any particular query please feel free to email us and we will do our best to answer:

philip.paget@gordonsllp.com

Have fun and best of luck!

Wharfedale Ton 2023 Village List

Ilkley	Great Ouseburn	Great Ouseburn	
Askwith	Lower Dunsforth	Little Ouseburn	
Fewston	Aldbrough	Whixley	Castley
Norwood	Boroughbridge	Cattal	Pool in Wharfedale
Beckwithshaw	Roecliffe	Cowthorpe	Otley
Ashville College	Bishop Monkton	North Deighton	Weston
Pannal	Copgrove	Kirk Deighton	Askwith
Spofforth	Staveley	Wetherby	Ilkley
North Deighton	Arkendale	Sicklinghall	
Kirk Deighton	Marton-cum-	Netherby	
Walshford	Grafton	Kearby	
Whixley	Aldbrough	Dunkeswick	
Thorpe Underwood	Lower Dunsforth	Wheeton	

For riders of the Half Ton ONLY

Wharfedale HALF TON 2023 Village List

Ilkley	Sicklinghall	
Askwith	Netherby	
Fewston	Kearby	
Norwood	Dunkeswick	
Beckwithshaw	Wheeton	
Ashville College	Castley	
Pannal	Pool in Wharfedale	
Spofforth	Otley	
North Deighton	Weston	
Kirk Deighton	Askwith	
Wetherby	Ilkley	