



### 3 Peaks Cyclo-Cross Instructions for Support Vehicles (2008)

**1.** On arrival at Helwith Bridge support vehicles are advised 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 flooded quarry - do not block access for fishing traffic and turn your vehicle around before parking (cul-de-sac).

(iii) On the road leading 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 a late arrival.

(iv) Any vehicle not being used for support purposes can be parked on a field off the road between the YSS Hostel and pub car park for a £2.00-all-day fee.

Do not be tempted to park in the coned-off areas near to and in the village or "just wait for a minute or two" on the main street while your rider is registering. If all vehicles did that the situation would soon become chaotic.

Parking is forbidden at the Helwith Bridge pub car park (reserved for official vehicles only).

**All instructions from parking marshals should be obeyed with good humour please** - they are unpaid volunteers and are fellow cyclists - not traffic wardens!

**2.** Support Vehicles will be issued with a window sticker which must be **displayed at all times** during the race.

- 3.** On leaving Helwith Bridge to meet riders at Cold Cotes, the following route must be taken: **Helwith Bridge - Austwick - Clapham - Newby Cote - 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.
- 4.** On arrival at Cold Cotes vehicles will be instructed by marshals where to park - initially on the common to the right of the gate where the riders come out - and when that is full on the road from Newby Cote before Cold Cotes. You will be instructed to turn your vehicle around so that it is pointing in the direction of Newby Cote - this prevents a chaotic situation arising when vehicles start to depart for Ribblehead. This line of vehicles will get quite long - don't panic! Allow several minutes for the walk up to the service area carrying wheels/food etc. Do not attempt to park on the spaces reserved for vehicles belonging to officials/police/emergency services on the road adjacent to the common.
- 5.** On leaving Cold Cotes for Ribblehead, the following route must be taken:  
**Cold Cotes - Newby Cote - Ingleton - Chapel-le-Dale - Ribblehead.**
- 6.** It is **strictly forbidden** for support vehicles to use the riders' route in either direction from Cold Cotes to Ingleton. Police officers will be present to enforce this regulation.
- 7.** At Ribblehead, vehicles must be parked on the approach unmade road to Ribblehead quarry (on right before railway bridge).
- 8.** 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 (£1 fee payable) 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**

**The above instructions are at the request of the Police and are also for the safety of the competitors.**

**John Rawnsley**  
**3 Peaks Cyclo-Cross Organiser**