



Dear Riders,

Thank you for entering the Yorkshire Mountain Bike Marathon 2023.

In the coming weeks, we will be posting out a rider information pack with the following items enclosed:

1. Event participant number which needs to be affixed to your bike (cable ties will be available on the day if required)
2. Event Location Information

**Please ensure that you read this document in its entirety.**

**The Event Emergency Services Contact Number is 07861786370. Please enter this into your mobile phone in the case of an emergency.**

Additional details will be published on our website: [www.yorkshiremountainbikemarathon.co.uk](http://www.yorkshiremountainbikemarathon.co.uk). Here you can find GPX files for the different routes, maps, and any further information that we think you may need.

If you have any queries, please contact Ash at Northern Ride; [ash@northernride.com](mailto:ash@northernride.com) or 01653 699070.

Kind Regards

*The Yorkshire Mountain Bike Marathon Team*  
[www.yorkshiremountainbikemarathon.co.uk](http://www.yorkshiremountainbikemarathon.co.uk)

## Participant Instructions

When you entered the event you registered your name with Si-events and accepted the Yorkshire Mountain Bike Marathon's [terms and conditions](#), please view and read these prior to attending on the day. You can see an outline of the day and answers to key questions below:

1. Riders should try to start at the following times:
  - a. 80km riders between 9:00am and 9:20am;
  - b. 65km riders between 9:25am and 9:45am;
  - c. 40km riders between 09:50am and 10:10am;
  - d. 25km riders after 10:15am.
2. All participants will follow yellow arrows indicated with a Birdsall & Northern Ride logo. There are two routes, a 25km route and a 40km route. Both routes start on the same track and at times split and then re-join. Where the routes split, there will be a clear 25km route sign in blue and a 40km route sign in red, with an arrow next to it indicating which direction you should take. The 25km participants should always follow the 25km route. 40km participants should always follow the 40km route. The 65km participants should follow the 40km route on their first lap and the 25km route on their second lap. 80km participants should do two laps of the 40km route.
3. Any participants who decide to abandon at any point should inform one of the event staff at the start/finish.
4. There will be a rolling start.
5. Entrants who wish to challenge themselves to a fast time in the 80km event should make themselves known on the day. We will allow these participants to start in a group each with the same start time.
6. If you wish to warm up before the event, please do so either on the gravel in front of Birdsall House or on the public highway outside the Parkland at your own risk. Please note that the road will not be closed.
7. Proceed to the start line through the roped channels when you are ready to start: you will need your rider number attached to your bike in advance.
8. Where there are fence/gate barriers 'flip-flap gates' will be provided: you should be able to ride or push your bike through these.
9. There is a feed station (based at Wharram Percy: <https://w3w.co/update.barstool.limitless>) with water, toilets, and some food. All riders should aim to ride self-sufficiently and not rely on the feed stations for support.
10. Once you have finished, please move out of the start/finish area and into the Event HQ as soon as possible to prevent obstruction to other participants.
11. We shall endeavour to provide take-away drinks and refreshments in a timely manner near the Event HQ.
12. Spectators are welcome on the day.

13. In order to claim your refreshment when finishing you need **hand in your rider pack letter that doubles up as your token (this will be posted out to you in the coming days).**

## Participant Instructions Continued...

What will I receive in the post and what do I need to bring with me?



### Rider Number

You will receive a rider number and zip ties which must be attached to the front of your bike and clearly visible.

25KM: Blue

40KM: Red

65KM: Green

80KM: Yellow

**Yorkshire Mountain Bike Marathon**

Participant Number: [Redacted]  
Distance: [Redacted]

Address: [Redacted]

Attendees: [Redacted]

Thank you for entering the Yorkshire Mountain Bike Marathon 2021.

Given the difficult last 18 months and the ongoing battle with Covid-19 the event has to be run in a more controlled manner than before.

This is an organised sporting event and therefore the Government's exemption for a gathering exceeding 20 people applies. However, there are conditions which both the organisers, participants and spectators must comply with. We are therefore sending out all the (joint) documentation, your participant number and other important information. Please read all the documents before attending the event. You and any accompanying spectators will have to complete a Covid-19 declaration, a copy of your participant's version is pre-filled ready for your signature and enclosed with this letter. A spectator's form can be downloaded at <https://www.yorkshiremountainbikemarathon.co.uk/decln> and they should hand this into the Event HQ.

Enclosed you should find:

1. Event participant number for affixing to your bike;
2. Event Location Information;
3. Sign on and Covid-19 Declaration form **(YOU MUST COMPLETE AND BRING THIS TO THE START)**

All other details are enclosed in this rider information document sent out via email and available at <https://www.yorkshiremountainbikemarathon.co.uk/riderinfo>, please take the time to carefully read this information. If you have any queries, please contact Ash at Northern Ride, details below.

Further details are published on the event website: [www.yorkshiremountainbikemarathon.co.uk](https://www.yorkshiremountainbikemarathon.co.uk). Here you will find route maps, files, maps, and further information and any updates to the information provided herein. Please check the website for further published information before the event.

Yours sincerely,  
The Yorkshire Mountain Bike Marathon Team.  
[www.yorkshiremountainbikemarathon.co.uk](https://www.yorkshiremountainbikemarathon.co.uk)

**REFRESHMENT TOKEN**  
PLEASE BRING THIS LETTER WITH YOU TO HAND IN AFTER THE EVENT TO RECEIVE YOUR FINISHERS REFRESHMENTS.

### Participant Letter / Refreshment Token

You will receive a participant letter outlining the event and the day.

**The letter doubles up as your refreshment token and this must be brought on the day.**

You will hand the letter in when you finish to receive your complimentary finishers refreshments.

## Event Location Information

### Event start and finish address:

Birdsall House Park, Birdsall, Malton, North Yorkshire, YO17 9NR

### Location of the event's entrance:

Nearest Post Code: YO17 9NU

What3words: <https://w3w.co/lordship.obtain.dives>

### **Parking**

Parking will be in the Birdsall House Park. There will be Marshalls in place. Please follow their instructions. Please ensure you park at least a metre away from other vehicles in order to assist with the unloading of bikes and kit. (A map of Birdsall House is at the end of the document)

### **Public Transport:**

There is no public transport to the event location.

### **Event HQ**

Time spent congregating at the HQ is strictly limited. The start times are indicated below and riders should arrive with enough to get their equipment ready and warm up prior to the event.

### **Event Refreshment and Waiting Area**

The refreshment and waiting area will be sign posted.

### **Event Start Area**

The start will be a rolling start, you must orderly approach the start line, at this point your exact start time will be noted.

### **Event Start Times**

Please be ready to start at the beginning on the allocated start time. Your rider number will be noted when you cross the line and this will be your official start time. If you are riding a conventional bike in the 80km distance and looking to set a fast time, please make yourself known to our Event Staff on the morning of the day and you will be set off in a collective group with a 09:00 start time.

<b>25km</b>	<b>40km</b>	<b>65km</b>	<b>80km</b>
10:15 – 10:30	09:50 – 10:10	09:25 – 09:45	09:00-09:20

## **General Information**

### **Registration**

All rider registration information is posted out in advance as per the prior description.

### **Bicycle and Equipment**

Please make sure your bike is in good working order and you have any spares needed. Mechanical support is available but there are large sections of off-road terrain where you will be required to conduct your own maintenance. There will be mechanical support available upon request at feed stations (See Route Maps). Low gearing is advised as many of the hills are steep.

### **Electric Bicycles**

The Yorkshire Mountain Bike Marathon Partnership welcome responsible e-bike riders at our events. Any e-bike used on an MTB-Marathon must comply with the governments EAPAC Requirements and be ridden with due consideration to other users at all times. E-bikes which do not comply with the governments EAPAC requirements are not permitted to be used at any time. If you are on an e-bike please take additional care, acting with patience and courtesy to other riders that are not utilising electric assistance

## **Helmets**

All riders **MUST** wear a helmet; **no helmet no ride**.

## **Clothing**

Riders will face long climbs but equally as long descents, please make sure you are adequately dressed for the weather and your ability. Remember you can always remove items of clothing!

## **Mobile Phones**

All riders **MUST** carry a mobile phone to contact the emergency services & event organiser in the event of an emergency. This will be checked during signing on so please have this with you. The event travels through some very remote countryside with NO MOBILE PHONE COVERAGE on parts of the course. Please do not treat your entry lightly and remember to respect the challenge. If in a valley bottom please move to higher ground to obtain reception. Work with other participants if necessary.

**The Event Emergency Services Contact Number is 07861786370. Please enter this into your mobile phone in the case of an emergency.**

## **Emergency Contact**

Emergency services are provided by Fab Medics; emergency contact is via one of the feed station operators or HQ. If you need to call Fab Medics the number is 07861786370.

For any emergencies where the above is not contactable dial 999 and ask for Police, Mountain Rescue. Please use the What 3 Words Application to help locate you.

## **What 3 Words Application**

The What 3 Words application is useful for locating riders in the event of an emergency. Please download the application available [here](#), to be prepared in the event of an emergency when telephone reception is available.

## **Retirements (DNF)**

Riders unable to complete the event must inform the feed station operators or call the event organiser on the number provided on the day to prevent any emergency action. There will be a cut-off time for all competitors at Feed Station 1 & 3 at 16:00 (See Route Maps). No riders will be allowed to continue the courses after this time and will be asked to follow the road back to Birdsall Estates House.

## **Trails and Roads**

During the event there will be warning signs at appropriate points on the trails or roads. Absence of these signs does not signal that there are no dangers approaching and it is the individual rider's responsibility to make a decision regarding whether to ride a section or not. The marking of the route does not necessarily indicate that the trail or road is rideable and the participant is deemed to make their own decision about whether to proceed on bike, foot or not at all.

There are road crossings and road sections, riders must at all time adhere to traffic regulations, do not ride more than 2 abreast and ride in single file on narrow roads. Riders should take extra caution when moving from off-road to road sections by stopping and checking the route and it is each rider's responsibility to make a decision that movement is safe.

On the off-road sections please ride within your own ability and capacity to stop safely.

### Toilets

There will be toilets available at the start/finish with hand wash facilities near to the refreshments area and feed station, including designated ladies/gents' toilets. Please ensure you use the hand sanitiser and wash facilities provided.

### Litter

Riders are reminded to use the bins at feed stations and NOT drop litter on the course.

### Refreshments, Water and Nutrition

Riders must ensure they are riding with sufficient nutrition and water to sustain themselves during the challenge event. In addition to your own nutrition there will also be water and food available at feed stations as per the route maps.

After the event there will be **one free drink and hot snack** available to each participant. In order to claim this, you need to stop in the designated area at the finish line and **hand in your rider pack letter that doubles up as your token (this will be posted out to you in the coming days).**

### Take-Away Purchases

Cash is preferred for take-away purchases due to limited signal; we have priced items in £1 denominations to make this easier.

### Rider Time Achievements

We have set the following guidance goals for finishers so you can gauge your finish times:

	Gold Time	Silver Times	Bronze Times
25 KM	<1 ¾ hrs	<2 ½ hrs	All other finishers inside the time limit.
40KM	<2 ¾ hrs	<3 ½ hrs	
65km	<3 ½ hrs	<4 ½ hrs	
80KM	<5 hrs	<6 ½ hrs	

**Please note:** There will be a cut-off time for all competitors at the Feed Stations at 16:00 (See Route Maps). No riders will be allowed to continue the courses after this time and will be asked to follow the road back to the Start/Finish area.

### Results

Full results will be published at [www.yorkshiremountainbikemarathon.co.uk](http://www.yorkshiremountainbikemarathon.co.uk) approximately a week after the event.

### Rider Route Responsibility

The route will be signed with direction arrows and cautionary notices, in the unlikely event of vandalism or adverse weather removing these, riders should familiarise themselves with the route information available [here](#).

**GPX Files**

Please note Birdsall is a working estate and there may be slight route alterations on the day to the GPX files and Appendices. Relevant signage will be in place if this occurs. Please do not solely rely on a GPX file.

**25KM Route GPX File**

Email [ash@northernride.com](mailto:ash@northernride.com) for the GPX.

**40KM Route GPX File**

Email [ash@northernride.com](mailto:ash@northernride.com) for the GPX.

**Note:**

65km is one lap of the 40km route and one lap of the 25km route. 80km is two laps of the 40km route.

## Signage

### Route Marker Signage

The standard signs for all routes to follow are yellow as per below:



### Route Split Signage

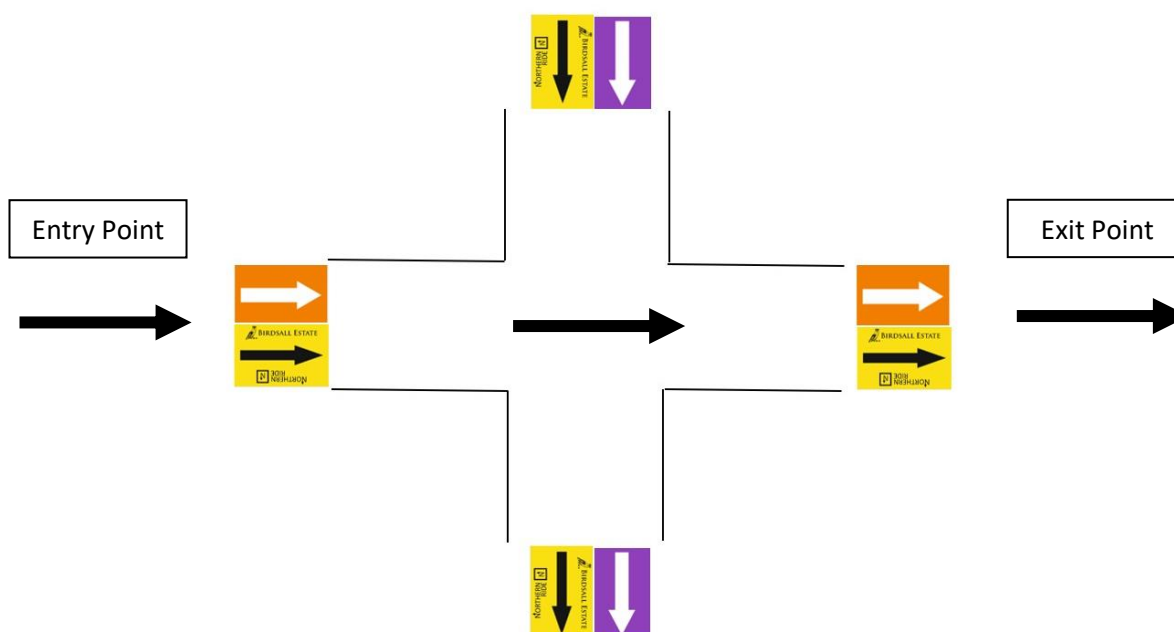
On occasion the 25km route will split from the 40km route (80km follows the 40km route), this will be signed as per below:



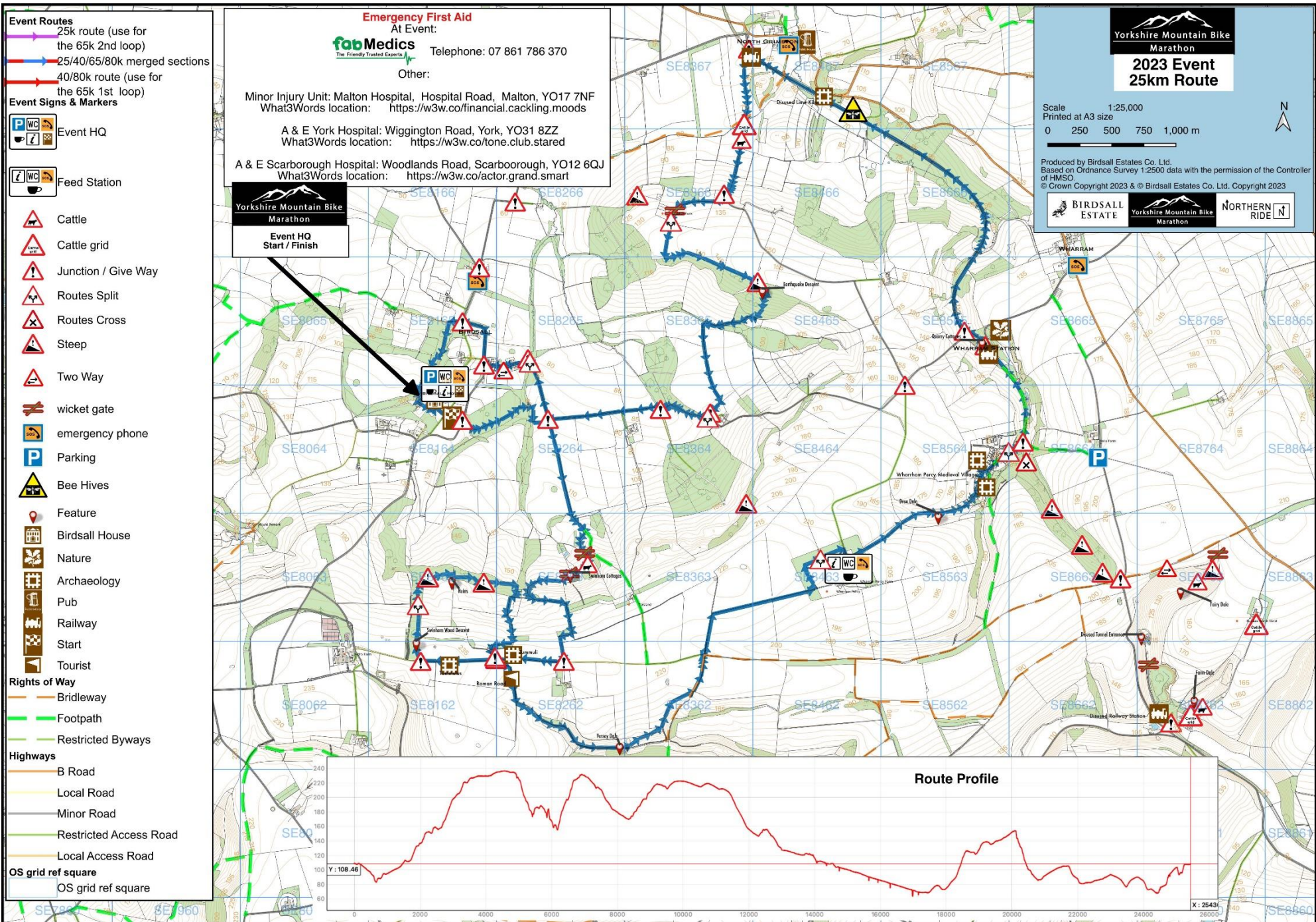
### Route Crossing Point Signage

On occasion the route will cross itself meaning riders will be coming from different directions, here an additional orange or purple sign will be put up alongside the yellow signs. See guidance below:

- As you approach a crossing area you will see two signs, the yellow standard sign and an additional coloured sign (Orange or Purple).
- At this point you need to identify the additional coloured sign and ensure you follow this colour across the crossing point.
- To be clear in the below diagram you would see the standard yellow sign next to an additional orange sign, you would continue straight following the standard yellow sign and additional orange sign. You would ignore the standard yellow sign next to the additional purple sign as your entry point was orange.
- If you get confused in this area, go back the way you came to identify the colour of the additional sign (Orange or Purple) from your entry route and proceed as above.









- Event Routes**
- 25k route (use for the 65k 2nd loop)
  - 25/40/65/80k merged sections
  - 40/80k route (use for the 65k 1st loop)
- Event Signs & Markers**
- Event HQ
  - Feed Station
  - Cattle
  - Cattle grid
  - Junction / Give Way
  - Routes Split
  - Routes Cross
  - Steep
  - Two Way
  - wicket gate
  - emergency phone
  - Parking
  - Bee Hives
  - Feature
  - Birdsall House
  - Nature
  - Archaeology
  - Pub
  - Railway
  - Start
  - Tourist
- Rights of Way**
- Bridleway
  - Footpath
  - Restricted Byways
- Highways**
- B Road
  - Local Road
  - Minor Road
  - Restricted Access Road
  - Local Access Road
- OS grid ref square**
- OS grid ref square

**Emergency First Aid**  
At Event:  
**fabMedics**  
The Friendly Trusted Experts  
Telephone: 07 861 786 370  
Other:  
Minor Injury Unit: Malton Hospital, Hospital Road, Malton, YO17 7NF  
What3Words location: <https://w3w.co/financial.cackling.moods>  
A & E York Hospital: Wigginton Road, York, YO31 8ZZ  
What3Words location: <https://w3w.co/tone.club.stared>  
A & E Scarborough Hospital: Woodlands Road, Scarborough, YO12 6QJ  
What3Words location: <https://w3w.co/actor.grand.smart>

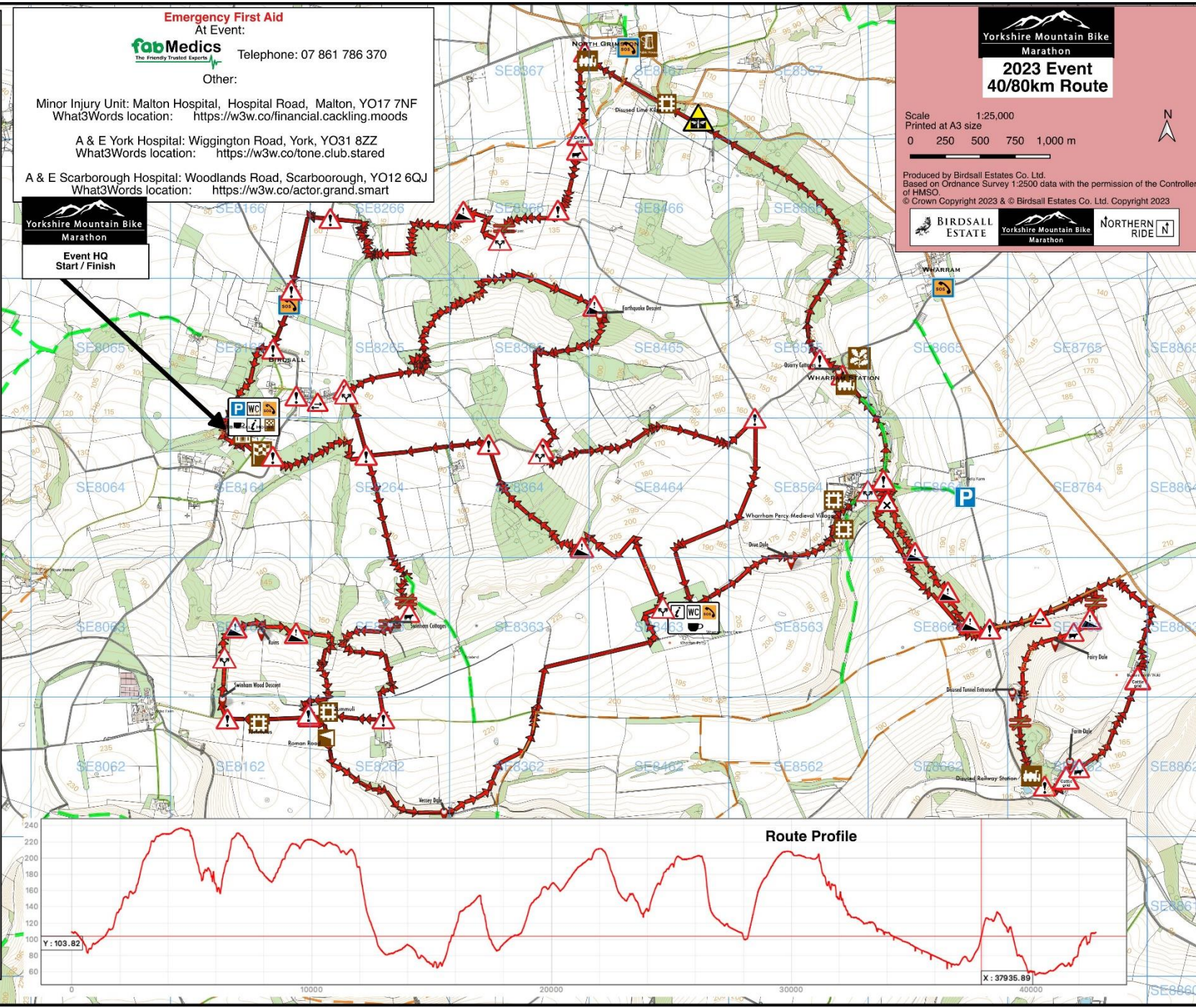
**Yorkshire Mountain Bike Marathon**  
Event HQ  
Start / Finish

**Yorkshire Mountain Bike Marathon**  
**2023 Event**  
**40/80km Route**

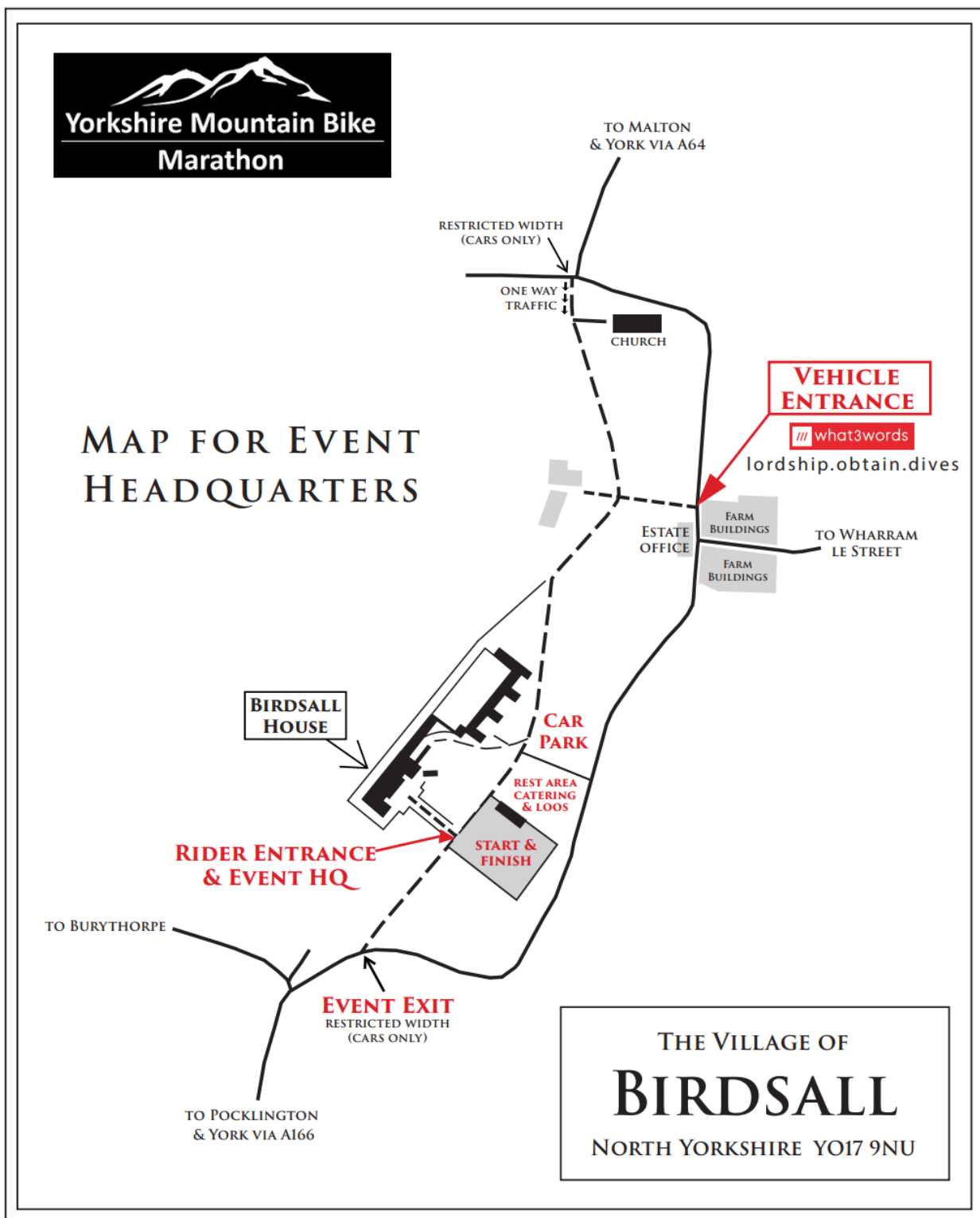
Scale 1:25,000  
Printed at A3 size  
0 250 500 750 1,000 m

Produced by Birdsall Estates Co. Ltd.  
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**BIRDSALL ESTATE** **Yorkshire Mountain Bike Marathon** **NORTHERN RIDE**



## Birdsall House Map



## Terms and Conditions

The Terms and Conditions detailed below apply to all entrants participating in the Yorkshire Mountain Bike Marathon 2023 organised and operated by the Yorkshire Mountain Bike Marathon Partnership. By registering online via SiEntries YOU AGREE to the Terms and Conditions of Entry and Rules of the Event below. If you are registering for a colleague, YOU are confirming that YOUR COLLEAGUE has AGREED to the same.

1. The participant accepts that the Yorkshire Mountain Bike Marathon event is not a race, but a personal challenge. The participant does not have priority over either road or off-road users and will always ride sensibly and legally with consideration to other riders and all other users of the route. The participant acknowledges that the route(s) are widely used by walkers, horse riders and families with small children and dogs.
2. The participant is fully responsible for their actions whilst attending the event. This includes the event village and during the ride itself. Yorkshire Mountain Bike Marathon Partnership, Northern Ride, Birdsall Estates, or any other sponsor/partner does not accept responsibility for the actions of the participant nor the consequences of such actions.
3. Each participant, upon signing on, agrees that they are physically and mentally capable of riding the distance they have chosen. If, during the event, they decide to change their route and distance, then all consequences of this action are theirs.
4. All participants under the age of 18 shall have had a consent form completed by their parent/guardian and riders under the age of 16 must be accompanied by a parent or guardian during the entire ride.
5. The Participant agrees to receive pre-event and promotional communications from the Yorkshire Mountain Bike Marathon Partnership and Northern Ride. Promotional emails can be unsubscribed from with ease by contacting us. By entering you also consent to Yorkshire Mountain Bike Marathon holding your personal information for event and marketing purposes. The participant number board allocated to you should be always fixed to the bike and visible.
6. Each participant accepts full responsibility for any fees or costs incurred or arising from the need for repatriation.
7. It is mandatory that all riders wear a safety approved cycling helmet complying with latest CE standards EN1078 standards. Any rider not wearing a helmet will not be covered by the event insurance, will be disqualified from the event and could be liable for damages if involved in an accident on that basis. The rider must accept this as a condition of entry. Yorkshire Mountain Bike Marathon Partnership reserve the right to refuse entry to the event to anyone with inappropriate equipment or clothing.
8. The Participant confirms that they understand and accept that they are responsible for the roadworthiness and safe working order of their own cycle, that the use of triathlon handlebars or similar is prohibited, that lights (front & rear with adequate battery life) must be used during hours of dusk/darkness and that no accompanying vehicles are allowed to follow riders.
9. During the event there will be warning signs at appropriate points on the trails or roads. Absence of these signs does not signal that there are no dangers approaching and it is the responsibility of the individual rider to decide whether they should ride a section. The marking of the route does not necessarily indicate that the trail or road is rideable and the participant is deemed to make their own decision about whether to proceed on bike, foot or not at all.
10. Any marked route is shown for guidance only and the Yorkshire Mountain Bike Marathon Partnership does not insist that you use the route shown. Therefore, if the participant chooses to ride a section, it is entirely their own choice. If they choose a different route to avoid obstacles or sections they decide are beyond their capabilities, they do so entirely at their own risk.
11. Much of the route runs through private land with the landowner's permission: it is therefore a condition that participants do not try to ride the route at any other time or promote it to others to ride after the date of the event.
12. The participant understands and accepts that where the event takes place on the open road, they must always abide by the Highway Code and when riding on a public highway that the function of marshals is only to indicate direction and that they must decide whether the movement is safe.



13. The Yorkshire Mountain Bike Marathon Partnership reserves the right to shorten or alter the published route at any time. Participants do not have the right to claim a refund if the route is shortened.

14. Riders must be considerate to other users of bridleways, tracks and byways when riding off road. Upon seeing other users, such as horse riders and walkers, riders are required to slow down and pass with care. Where appropriate, riders should stop and wait at the side of the route for other users such as horse riders to pass safely.

15. Participants understand and accept that whilst all reasonable effort has been made by the Yorkshire Mountain Bike Marathon Partnership to make the events safe and enjoyable, the Yorkshire Mountain Bike Marathon Partnership does NOT accept liability for any accident, damage, theft, injury or illness to entrants, spectators, or any other person, vehicle, or property whatsoever. Participants agree that NO liability whatsoever shall attach to the Yorkshire Mountain Bike Marathon Partnership, promoting organisations, members of the promoting organisations, landowners, event officials, volunteers, or event sponsors in respect of any injury, loss or damage suffered by the participant in or by reason of the event **HOWEVER CAUSED**.

16. By entering the event location you agree to be filmed/photographed and to the use of your image in any footage used by the Yorkshire Mountain Bike Marathon Partnership or any official Yorkshire Mountain Bike Marathon sponsors for their own publicity in any media worldwide.

17. **All riders must report to the finish, even if they retire.** Not doing so will mean that a search may be organised and the subsequent cost will be billed to the rider.

18. Event entry fees cannot be refunded or transferred under any circumstances.

19. The Yorkshire Mountain Bike Marathon Partnership reserves the right to cancel any event, due to extreme weather conditions. In such an event, each participant's entry will be automatically moved to the rescheduled event. If a Participant cannot make this event, they can carry their entry to another event organised by the Yorkshire Mountain Bike Marathon Partnership of an equal or lower ticket value within the following 18-month period. No refunds will be issued.

20. The Yorkshire Mountain Bike Marathon Partnership welcome responsible e-bike riding at our events. Any e-bike used on a MTB-Marathon must comply with the governments [EAPAC Requirements](#) and be ridden with due consideration to other users at all times. E-bikes which do not comply with the governments EAPAC requirements are not permitted to be used at any time.