

Audax UK: The White Rose Permanents

Dales and Wolds 300, White Rose 600

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Background

Enclosed herein are the details of the two 'White Rose' rides – these are permanent versions of the Two Dales 300 and old York 600 calendar events. The key word here is 'hilly' although the last half of the 600 is actually quite benign in terms of terrain. The 300 and the first half of the 600 require a good set of climbing legs, and the steepness of some of the hills doesn't stop them being fairly long as well. Riders of the 600 will be above 1700ft on two occasions, and at sea level (or thereabouts) for the run up the East Coast between Beverley and Bridlington.

Both rides are hilly - the 300 has about 4600m of climb and the 600 has 6100m. The difficult and exposed terrain encountered on these rides is such that only experienced riders and/or very good climbers should attempt them.

Route Details

Control distances for the 300 and 600 are shown below, assuming a York start. As usual, the distances quoted are for the shortest practical on-road distance between controls. As such, this may entail major roads so it is up to you to find a route which is acceptable to you. If you take to the lanes, you should expect to go over-distance and plan accordingly.

Control	Distance (300km)	Distance (600km)
York	0	0
Otley	46	46
Grassington	80	80
Carlton-in-Coverdale (INFO)	107	107
Hawes	133	133
Tan Hill	154	154
Northallerton	212	212
Helmsley	245	245
Malton (300km only)	270	--
York	300	292
Beverley		344
Bridlington		380
Flamborough Head (INFO)		389
Filey		414
York		487
Thorne		551
South Milford		584
York		610

Note that there are two info controls for each ride – details of these will be provided with your brevet card. If the info controls are not filled in, it will be assumed that you took a short-cut and your ride will not be submitted for validation.

It is not necessary to start in York – you can start at any of the listed controls providing that all of the controls are visited in the appropriate order.

Entry

The standard entry fee for Permanent rides is £2.50 (as of November 2009) plus a completed AUK entry form and two C5 envelopes. Please send your entry in plenty of time – ideally no later than two weeks before you plan to ride.