

# Athlete's Guide to Whixley Phoenix Sportive 2025

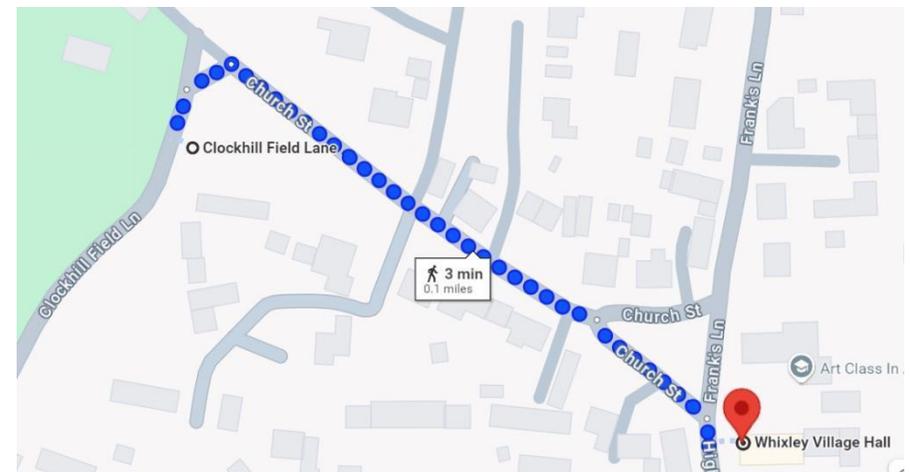
Welcome to the Whixley Phoenix Sportive! We are thrilled to have you join us for a fantastic day of cycling through some of the most beautiful landscapes around. Please read this guide carefully to ensure a safe and enjoyable experience.

## Event Overview

- **Date:** 31<sup>st</sup> August 2025
- **Start Location:** Whixley Village Hall, Whixley, YO26 8AP
- **Start Time:** 9:00 AM
- **Routes:** Three options – Short Route, Medium Route and Long Route
- **Finish Location:** Whixley Village Hall

## Parking Instructions

- **Parking Location:** The Plantings will be open for parking and there is plenty of parking on surrounding roads in Whixley.
  - **The Plantings** - <https://maps.app.goo.gl/h6mmXbuDH5o3x2c27>
  - **Whixley Village Hall** - <https://maps.app.goo.gl/R1g7RDHnp1t68e8HA>
- **Important:** Be considerate of local residents and do not block access points or driveways. Avoid parking directly in front of houses if possible.
- **Note:** The Village Hall driveway will be used for the start and finish of the ride, so please ensure it remains clear at all times.





# Preparation

## Personal Safety

- Please only ride if you are fit and able to do so. Ensure you are hydrated and have had breakfast on the day of the ride.
- Please ride to your ability and be mindful of the weather conditions.

## Helmet

- All riders will be required to wear a helmet to take part in the event.

## Clothing

- Padded cycling shorts are a good idea and weather can be unpredictable, so a lightweight jacket is also recommended.

## Bike

- Please ensure your bike is roadworthy, your tyres are pumped up to the correct pressure and we recommend carrying a small repair kit including a spare inner tube that is the correct size for your bike. We recommend carrying out an M-check before the big day. <https://www.cyclinguk.org/article/video-guidewhat-do-setting>



# On the Day

## Registration

- **Location:** Whixley Village Hall
- **Time:** Registration opens at 8:00 AM
- **Requirements:**
  - **Rider Check-In:** Each participant must check in at registration 8-8.45am
  - **Bike Inspection:** Please bring your bike to the registration area for a quick safety check.
  - **Helmet Inspection:** Helmets are compulsory. We will need to see your helmet at registration to ensure it meets safety standards.

## Safety Briefing

- **Time:** 8:45 AM
- **Location:** Near the start line at the Village Hall driveway.
- **Content:** The briefing will cover important safety information, route highlights, and emergency procedures.
- **Open roads:** Please obey all traffic signs and signals, the roads are open for all types of traffic.

## Facilities

- **Toilets:** Available inside Whixley Village Hall.
- **Water:** You can fill your water bottles at the Village Hall before the ride.
- **Bag Drop:** Bags can be stored in the Village Hall, which will be attended throughout the event for your security.
- **Mechanical support:** Spokey Dokey Rob will be on hand to help with any light repairs before the event starts and throughout the ride.



## Route Details

### Short Route

- **Distance:** 43km (26.7miles)
  - The route heads through Whixley and then towards Queen Ethelburga's, crossing the Boroughbridge Road which can be busy. Please be careful. ○  
Then heads towards Aldwark Bridge, which a lovely wooden toll bridge, but free for cyclists. Please slow down and say hello to the toll keeper. ○  
Then we turn left towards Aldwark village, ride through some country lanes and left again towards Flawith, left again onto the Helperby Road. ○  
The feed station is in Helperby at the village hall, the entrance is by the war memorial, this will be sign-posted.
  - Shortly after the feedstop the road bends right, and then the route splits. The short route turns left towards Thornton Bridge, which is single track bridge, where on-coming traffic has priority, so please give way.
  - After the bridge, take the immediate left turn to Milby/Boroughbridge. There is small hill here, followed by flat and often slightly windy section with a few right-angle bends, just follow the main road through Milby until the T-junction and then left into Boroughbridge.
  - There is a roundabout, where the route takes the first exit across the river towards the town centre, then then next left at the Crown Hotel, follow the bends through the town square and then take a left turn towards Aldborough (signposted 'Way of the Roses').
  - Follow this road all the way back to Great Ouseburn, where there is a t-junction, turn left and follow that road through the village and back towards Queen Ethelburga's and continue back towards the cricket club, again being very careful when crossing the Boroughbridge Road.
  - Return back to Whixley by heading left after the cricket club and then turning right at the village shop, down the hill and then right into the village hall. •

**Route Link:** [Strava Short Route](#)



## Medium Route

- **Distance:** 90km (56 miles)
  - The route heads through Whixley and then towards Queen Ethelburga's, crossing the Boroughbridge Road which can be busy. Please be careful.
  - Then heads towards Aldwark Bridge, which a lovely wooden toll bridge, but free for cyclists. Please slow down and say hello to the toll keeper.
  - Then we turn left towards Aldwark village, ride through some country lanes and left again towards Flawith, left again onto the Helperby Road.
  - The feed station is in Helperby at the village hall, the entrance is by the war memorial, this will be sign-posted.
  - Shortly after the feedstop the road bends right, and then the route splits. The medium and long routes continue straight towards Raskelf.
  - Follow the main road all the way to the roundabout in Easingwold, straight across and up passed the church.
  - Turn left at the end of the road, towards Crayke.
  - The first climb starts as you enter Crayke, there is a t-junction where you may need to give-way, turn left up the hill and then left again to continue climbing to the church. The climb averages 3% but at it's steepest is around 12% which is right at the end of the climb- <https://www.strava.com/segments/18319274>
  - Once through Crayke, follow the road to Oulston, where you will find the next climb – averaging 4% but with a steep 10% section in the middle.
  - Follow the main road through Oulston, there is right and then a left bend at the top of the climb and then a nice descent. Please take this steady.
- **IMPORTANT ROUTE CHANGE**– The route has changed from 2024 and earlier versions. It now continues to Coxwold, where you can make use of the feed station at the village hall, and then head through Coxwold towards Husthwaite. Don't worry the old route will still work, but the sharp left hand turn will not be sign-posted, instead you will continue onto Coxwold where the village hall is right at the cross roads.
  - After leaving the feed stop, you will turn **left**, back the way you came and go straight across towards Husthwaite at the cross roads.
  - Follow that road all the way to Husthwaite, up Kay's Bank, until you reach a T-Junction, where you turn left.
  - Take the first road on the right (at a crossroads) and then there are some slightly technical descents, so please take is steady.
  - This road finishes with a short 5% climb that finishes with a t-junction where you turn right back towards Easingwold. When you arrive back in Easingwold turn right towards the town centre, before you reach the town centre, turn right again and head up Church Street. The visibility is poor, so please make sure it is clear to cross the oncoming traffic.
  - At the roundabout continue straight across, then take the left turn towards Alne.



- Continue through Alne and then at the cross roads turn right towards Helperby. You will then come across the feed station for the second time.
  - After leaving the feed station you will rejoin the short route back through Boroughbridge.
  - The all routes turn left towards Thornton Bridge, which is single track bridge, where on-coming traffic has priority, so please give way.
  - After the bridge, take the immediate left turn to Milby/Boroughbridge. There is small hill here, followed by flat and often slightly windy section with a few right-angle bends, just follow the main road through Milby until the T-junction and then left into Boroughbridge.
  - There is a roundabout, where the route takes the first exit across the river towards the town centre, then then next left at the Crown Hotel, follow the bends through the town square and then take a left turn towards Aldborough (signposted 'Way of the Roses').
  - Follow this road all the way back to Great Ouseburn, where there is a t-junction, turn left and follow that road through the village and back towards Queen Ethelburga's and continue back towards the cricket club, again being very careful when crossing the Boroughbridge Road.
  - Return back to Whixley by heading left after the cricket club and then turning right at the village shop, down the hill and then right into the village hall.
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- **Route Link:** [Strava Medium Route](#)



## Long Route

- **Distance:** 123km (76 miles)
  - The route heads through Whixley and then towards Queen Ethelburga's, crossing the Boroughbridge Road which can be busy. Please be careful.
  - Then heads towards Aldwark Bridge, which a lovely wooden toll bridge, but free for cyclists. Please slow down and say hello to the toll keeper.
  - Then we turn left towards Aldwark village, ride through some country lanes and left again towards Flawith, left again onto the Helperby Road.
  - The feed station is in Helperby at the village hall, the entrance is by the war memorial, this will be sign-posted.
  - Shortly after the feedstop the road bends right, and then the route splits. The long route continues straight towards Raskelf.
  - Follow the main road all the way to the roundabout in Easingwold, straight across and up passed the church.
  - Turn left at the end of the road, towards Crayke.
  - The first climb starts as you enter Crayke, there is a t-junction where you may need to give-way, turn left up the hill and then left again to continue climbing to the church. The climb averages 3% but at it's steepest is around 12% which is right at the end of the climb- <https://www.strava.com/segments/18319274>
  - Once through Crayke, follow the road to Oulston, where you will find the next climb – averaging 4% but with a steep 10% section in the middle.
  - Follow the main road through Oulston, there is right and then a left bend at the top of the climb and then a nice descent. Please take this steady.
  - At Coxwold crossroads, turn right, towards the village hall where you find the second feed station.
  - The Long route continues right from the feed stop towards Byland Abbey.
  - Follow this road through Wass, where it bends right towards Ampleforth.
  - Take the left turn after Ampleforth towards Helmsley up Beacon bank – this is tough climb of around 1km at an average of 8%, it's steepest just after the turn - the best segment I can see is this one - <https://www.strava.com/segments/7593908> The view at the top is great!
  - Then a lovely descent towards a T-junction – be prepared to stop and turn left towards Sproxton/Helmsley.
  - There is a short climb at Sproxton, and then the T-junction onto the A170, turn right towards Helmsley. This may be busy and will have cycle event signs displayed to the traffic. It is about a kilometre (0.7miles) to Helmsley and gentle downhill.
  - In Helmsley continue through the town to the mini-round-about and turn left towards Stokesley on the B1257, and then very shortly afterwards at the t-junction turn right continuing on the B1257.



- This is the start of the climb to the top of Rievaulx Bank, it's about 2km around 6% average. It's steepest at the start.
- Turn left at Rievaulx bank, it is a steep descent, please be careful. Descending all the way down to the beautiful Rievaulx Abbey.
- Continue along until you reach the t-junction, where you turn right across a single track bridge, please watch out for cars there.
- Then follow that road to Scawton up Scawton bank. This is the toughest climb of the ride. It starts gradually and gets steeper until there is a sustained section at 16% in the middle.
- After the village, you continue to the end of the road, which is a T-junction back onto the A170, it's a right turn and the traffic moves fast here. It will be marked with cycle event signs for the traffic to see, but please take care crossing the road here. There is around a mile until a left turn towards the White Horse (and Yorkshire Gliding Club).
- After you pass the gliding club the road descend steeply at 25%, please make sure you have tested your brakes as other vehicles will be coming up the road. Ride to your abilities and be aware of other road users at all times. You'll see the White Horse up close on your right.
- At the bottom of the descent you will come to a T-junction, turn right and follow the road to Kilburn. Continue through the village. There are some great views of the White Horse behind you. Then continue up Whinney Bank and then turn left at the T-junction towards Coxwold.
- At the cross roads you can turn left to visit the feed station again, or turn right to continue on the route towards Husthwaite.
- Follow that road all the way to Husthwaite, up Kay's Bank, until you reach a T-Junction, where you turn left.
- Take the first road on the right (at a crossroads) and then there are some slightly technical descents, so please take it steady.
- This road finishes with a short 5% climb that finishes with a t-junction where you turn right back towards Easingwold. When you arrive back in Easingwold turn right towards the town centre, before you reach the town centre, turn right again and head up Church Street. The visibility is poor, so please make sure it is clear to cross the oncoming traffic.
- At the roundabout continue straight across, then take the left turn towards Alne.
- Continue through Alne and then at the cross roads turn right towards Helperby. You will then come across the feed station for the second time.
- After leaving the feed station you will rejoin the short route back through Boroughbridge.
- The short route turns left towards Thornton Bridge, which is single track bridge, where on-coming traffic has priority, so please give way.
- After the bridge, take the immediate left turn to Milby/Boroughbridge. There is small hill here, followed by flat and often slightly windy section with a few right-angle bends, just follow the main road through Milby until the T-junction and then left into Boroughbridge.



- There is a roundabout, where the route takes the first exit across the river towards the town centre, then then next left at the Crown Hotel, follow the bends through the town square and then take a left turn towards Aldborough (signposted 'Way of the Roses').
  - Follow this road all the way back to Great Ouseburn, where there is a t-junction, turn left and follow that road through the village and back towards Queen Ethelburga's and continue back towards the cricket club, again being very careful when crossing the Boroughbridge Road.
  - Return back to Whixley by heading left after the cricket club and then turning right at the village shop, down the hill and then right into the village hall.
- **Route Link** - <https://www.strava.com/routes/3320414022545100188>

## Route Marking

- **Route Markers:** The route will be clearly marked with red arrows. These will be displayed prominently along the course to guide you. An example of these markers will be shown at the registration desk.
- **Route Split:** As you leave Helperby, there will be a large sign indicating where the short route (left) and the medium/long routes (straight on) diverge. Please pay close attention to this sign to ensure you follow the correct route for your chosen distance.
- **Route split and feed stop at Coxwold:** The medium route can visit the feed stop in Helperby, but then turns around towards Hushwaite. The long route goes directly past the village hall on the way towards Ampleforth, on the return after the white horse you need to turn left and then turnaround towards Hushwaite to continue.

## Feed Station – Helperby

- **Location:** Helperby Village Hall <https://maps.app.goo.gl/Xi2rLRyaNhQiRwbJ7>
- **18km and 61km** (medium only) **99km** (long only)
- **Available:** Pork pies, sandwiches, bananas, gels, and water will be available at the feed station.
- **Long Route:** Riders on the long route will have the opportunity to use this feed station twice.



## Feed Station – Coxwold

- **Location:** Coxwold Village Hall <https://maps.app.goo.gl/4dz5MXswmuXxGcDq5>
- **40km** (medium and long) **and 74km** (long route only)
- **Available:** Pork pies, sandwiches, bananas, gels, and water will be available at the feed station.
- **Long Route:** Riders on the long route will have the opportunity to use this feed station twice.



## Summary



Feed stops (all have food, water, toilets)	Short	Medium	Long
Start - Whixley	0km	0km	0km
Helperby	18km	18km	18km
Coxwold		40km	40km
Coxwold			74km
Helperby		63km	99km
Finish - Whixley	26km	90km	123km
Total ascent	192m	680m	1314m

## Route Support

- **Emergency Support:** If you encounter any emergencies during the ride, please contact Claire, the event organiser, at **07594 549934**.
- **Mechanical Support:** For any mechanical issues on the ride, call **07913 240541** to reach Rob, who will be following the route in the Spokey Dokey van. Rob can provide assistance with repairs or offer you a lift back to the start if needed.



## Rules & Etiquette

- **Helmets:** Mandatory for all participants.
- **Road Safety:** Obey all road signs, signals, and event marshals. Ride safely and considerately.
- **Littering:** Please do not litter. Dispose of any rubbish at designated points or take it with you.
- **Respecting Others:** Be courteous to other riders and road users.
- **Withdrawing:** If you decide to withdraw from the event after you have started, please call and let us know, so that we do not send out a search party to find you ! Thank you!

## After the Ride

- **Finish Line:** Collect your finisher's medal and enjoy some refreshments at the Village Hall.
- **Results:** We will record the time you finish and this will be available on the [spokeydokeybikes.co.uk](http://spokeydokeybikes.co.uk) website after the event. (Remember is a ride not a race!)
- **Photos:** We will take a few photos during the ride and share these on the Spokey Dokey Facebook page after the event.

Thank you for taking part! Please join us again next year!

Claire and the team 😊