

Athlete's Guide to Whixley Phoenix Sportive 2026

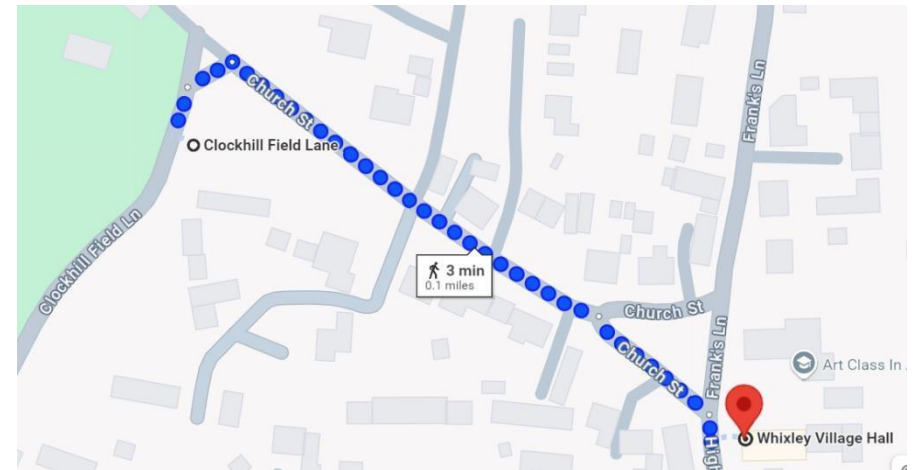
Welcome to the Whixley Phoenix Sportive! We are thrilled to have you join us for a fantastic day of cycling through some of the most beautiful landscapes around. Please read this guide carefully to ensure a safe and enjoyable experience.

Event Overview

- **Date:** 30th August 2026
- **Start Location:** Whixley Village Hall, Whixley, YO26 8AP
- **Start Time:** 9:00/9.30 AM
- **Routes:** Four options – Family, 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 Whixley 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:** 52km (32miles)
 - 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 right towards Alne, left at the cross roads towards Alne.
 - The feed station is in Alne at the village hall, the entrance is on the right hand bend in the middle of the village, this will be sign-posted.
 - After your first visit to Alne you continue to wards Alne station and follow the road to it's end as you enter Easingwold.
 - At the T-junction the route splits, this will be signposted, short left (medium and long right).
 - Follow the road through Raskelf to Helperby where it bends sharply left.
 - After you have left Helperby-Brafferton village you will take the right turn towards Myton on Swale (this shows as a dead-end on the road sign, but there is a road through).
 - Enjoy cycling through the picturesque Myton-on-Swale, turning left at the t-junction near the village, taking you back towards the Helperby Road.
 - When you reach the Helperby Road T-Junction, turn right towards Alne.
 - At the cross roads turn left back towards Alne village hall, for your second visit.
 - This time when you leave head right towards Aldwark bridge, and go straight across the cross roads.
 - Cross the bridge, and at the aend of the road turn left towards Little Ouseburn and continue on towards Queen Ethelburgas school. Follow the road to the cross roads at the end and cross over, taking care whilst crossing the sometimes busy 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:** 75km (47 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 right towards Alne, left at the cross roads towards Alne.
 - The feed station is in Alne at the village hall, the entrance is on the right hand bend in the middle of the village, this will be sign-posted.
 - After your first visit to Alne you continue to wards Alne station and follow the road to its end as you enter Easingwold.
 - At the T-junction the route splits, this will be signposted, medium and long right (short left).
 - Follow the road 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, then the long route splits left and then a nice descent. Please take this steady.
- **IMPORTANT ROUTE CHANGE**– The route has changed from 2024/2025 You now need to turn left in Coxwold and head back towards Husthwaite for the feed station.
 - When you reach the village turn right, and then shortly afterwards turn left which is signposted to the village hall which will be on your left.
 - After leaving the village hall continue left, then turn left up a steep switchback.
 - 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 continue straight towards Raskelf.
- Follow the road through Raskelf to Helperby where it bends sharply left.
- After you have left Helperby-Brafferton village you will take the right turn towards Myton on Swale (this shows as a dead-end on the road sign, but there is a road through).
- Enjoy cycling through the picturesque Myton-on-Swale, turning left at the t-junction near the village, taking you back towards the Helperby Road.
- When you reach the Helperby Road T-Junction, turn right towards Alne.
- At the cross roads turn left back towards Alne village hall, for your second visit.
- This time when you leave head right towards Aldwark bridge, and go straight across the cross roads.
- Cross the bridge, and at the aend of the road turn left towards Little Ouseburn and continue on towards Queen Ethelburgas school. Follow the road to the cross roads at the end and cross over, taking care whilst crossing the sometimes busy 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 Medium Route](#)



Long Route

- **Distance:** 112km (70 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 right towards Alne, left at the cross roads towards Alne.
 - The feed station is in Alne at the village hall, the entrance is on the right hand bend in the middle of the village, this will be sign-posted.
 - After your first visit to Alne you continue to wards Alne station and follow the road to its end as you enter Easingwold.
 - At the T-junction the route splits, this will be signposted, medium and long right (short left).
 - Follow the road 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.
 - **IMPORTANT ROUTE CHANGE**– The route has changed from 2024/2025 – the route splits at the top of the hill, with long route going left towards Husthwaite, medium continuing straight.
 - Follow the road into Husthwaite, turn right at the end of a little switchback (you will return up this later!)
 - The village hall feed station is shortly on your right.
 - Exit the village hall right on your first visit towards Coxwold, at the t-junction turn right and then left to continue towards Coxwold.
 - Straight on towards Byland Abbey at the cross roads.
 - 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 (0.7 miles) 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 turn right towards Husthwaite.
- When you reach the village turn right, and then shortly afterwards turn left which is signposted to the village hall which will be on your left.
- After leaving the village hall continue left, then turn left up a steep switchback.
- 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 continue straight towards Raskelf.



- Follow the road through Raskelf to Helperby where it bends sharply left.
- After you have left Helperby-Brafferton village you will take the right turn towards Myton on Swale (this shows as a dead-end on the road sign, but there is a road through).
- Enjoy cycling through the picturesque Myton-on-Swale, turning left at the t-junction near the village, taking you back towards the Helperby Road.
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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/3504569161195565180>



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 arrive into Easingwold the Short route splits, there will be a large sign indicating where the short route (left) and the medium/long routes (right) 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 Hushwaite:** The medium route enters Hushwaite from the North, with the village hall on their left. The long route splits after Oulston and passes the village hall in Hushwaite on its right on first pass and on its left on its second pass.

Feed Station – Alne

- **Location:** Alne Village Hall <https://maps.app.goo.gl/9BAoWUygDz4cywgNA>
- **13km** (all routes), **40km** (short only), **63km** (medium only) **101km** (long only)
- **Available:** Sandwiches, bananas, gels, and water will be available at the feed station.
- **Medium & Long Route:** Riders on the long route will have the opportunity to use this feed station twice.

Feed Station – Hushwaite

- **Location:** Hushwaite 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
Alne	13km	13km	13km
Husthwaite		35km	32km
Husthwaite			72km
Alne	40km	63km	101km
Finish - Whixley	52km	75km	112km
Total ascent	225m	617m	1290m

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 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 😊