



Information for the RBLR1000 Saturday 7th June 2025



This is a sponsored long distance motorcycle ride to raise money organised by the Royal British Legions Riders Branch to raise funds for the Poppy Appeal. The event has been running since 2009 and has over 100 riders taking part each year raising on average around £25,000 each year. You choose which pre-verified route you want to ride alone or with friends.

All routes start and finish at Squires Café Bar near Leeds near the longest day so most of the route can be ridden in Daylight. By completing a 1000 miles inside 24 hrs and collecting receipts from the specified stops you will be verified as a lifelong member of the Iron Butt Association who organise the ride for the RBLR. Everyone who returns to the finish will receive a certificate of recognition.

Please read this document in full to ensure you understand the challenge and requirements for this event. IT HAS BEEN UPDATED THIS YEAR.

Step 1 - Choose a route & Sign up online

There are three main routes to ride which all start and finish at Squires Cafe Bar, B1222, Newthorpe, near Sherburn in Elmet, West Yorkshire, LS25 5LX. [///grazed.hardening.tangling](http://grazed.hardening.tangling)

The main Northern and Southern routes are just over 1000 miles and can be ridden in either a clockwise or anti-clockwise direction. There's also a shorter 500 mile route which also can be ridden in either direction. This means you actually have six routes in total to choose from:

Route A - North Clockwise

Route B - North Anti-clockwise

Route C - South Clockwise

Route D - South Anti-clockwise

Route E - 500 Clockwise

Route F - 500 Anti-clockwise

Once you've decided which route you wish to ride complete the online entry form:

<https://britbuttrally.wufoo.com/forms/2025-rblr-1000-entry-form>

Fill it in **carefully** as it is exactly how you will be registered for IBA membership and your certificate printed.

- The entry fee is £25 per rider and £10 per pillion.
Tee-shirts and patches can be pre-ordered until 30th April 2025
- You can make a donation on entry. The suggested minimum is £25
- There is an option for free camping onsite.

Step 2 - Download GPX files

GPX files can be downloaded from <https://rblr1000.co.uk/satnav/> to load into your mapping software or navigation device. You must visit every location listed and get a receipt to verified your distance at the finish. Be warned your bike odo reads high so do not rely on that to prove your distance.

Step 3 - Plan your Ride

You are strongly advised to ride some longer days in all weather conditions, day and night. This will iron out any niggles with your kit, your bike and you that become major issues on long rides. Think about what kit to wear. Do any consumables need replacing on your bike (chain, tyres, bearings, oil)? Think about keeping hydrated and do not eat a big meal on the way around (it will make you tired digesting it)

The key to long rides is to settle into your normal relaxed pace and practice minimising stops. You do not need to ride illegally just average 42mph over 24 hrs.

You are advised to have a schedule of arrival times and distances of your route so you know if you are keeping to your plan.

This [link](#) will take you to the IBA forum for the RBLR1000 where you can discuss preparation and seek advice from experienced IBA members.

Step 4 - Arrive at Squires ready to Start

Check -in will be from 3pm to 7pm on Friday 6th June. You will be invited to:-

- Pass over any donations
- Sign a disclaimer
- Collect your route card
- Check your emergency contact who must not be on the ride with you.
- Collect pre-ordered tee-shirt and patch from the IBAUK shop

If it's impossible for you to check-in on Friday we can check you in on Saturday morning after the riders have left.

Step 5 - Ride your Plan

- 1000 miles riders leave from 5am on Saturday morning.
- 500 mile riders leave from 6am on Saturday morning
- The staff will record your odo and start time.
- The ride does not require you to speed. If you (1000 milers) return within 17 hours of your leaving time we know you will have been speeding excessively and your ride will not be verified.
- Your ride time is not saved or published. The best time to finish in is between 20 hrs and 22 hrs. That ensures enough rest and normal riding.

At every stop on your route card, obtain a printed receipt with location date and time. Check it before you leave. If there is a problem you can get a receipt from anywhere in the same town as the listed stop. The receipt can be for anything not necessarily fuel.

If you're unable to complete the ride for any reason please phone or text the emergency number on your receipt log. If you do not return and we cannot contact you, we will phone your emergency contact.

Step 6 - At the finish

At the finish the volunteers will wave you to a stop to record your odo and finish time. They will point you towards a parking place. After putting your receipts in the order you collected them, you should present them and your route card for verification to the IBAUK verifier who will (if you are successful) present your certificate. Every rider will get a certificate of recognition even if they fail verification or arrive back late.

Step 7 - Sponsorship

You're asked to raise a minimum of £25 towards the Poppy Appeal. The ways to donate are in Appendix B.

Riding safely.

Rookies, Group riding and advice on fatigue See appendix C

APPENDIX A - ROUTES

Route A, B - North 1000

Name	Postcode	Evidence needed
Squires Cafe Bar	LS25 5LX	Staff signature + odo
Haydock Island Shell	WA12 0HL	Receipt
Fort William	PH33 6TQ	Receipt
Wick Tesco	KW1 4QS	Receipt
Berwick-Upon-Tweed	TD15 1QQ	Receipt
Squires Cafe Bar	LS25 5LX	Staff signature + odo



Route E, F - 500 miles

Name	Postcode	Evidence needed
Squires Cafe Bar	LS25 5LX	Staff signature + odo
Millom	LA18 5BB	Receipt
Workington Asda	CA14 1NQ	Receipt
Berwick-Upon-Tweed	TD15 1QQ	Receipt
Whitby Sainsburys	YO22 4NL	Receipt
Beverley	HU17 0TG	Receipt
Squires Cafe Bar	LS25 5LX	Staff signature + odo



APPENDIX B - SPONSORSHIP

You're asked to raise a minimum of £25 towards the Poppy Appeal. Please collect your sponsorship and donate one of the following ways.

Set up a "Just Giving" Page.

- Go to Just giving.com
- "Sign up" top Right
- Click on blue button "Start fundraising"
- Top Button "Yes I'm fundraising for a charity"
- Search RBLR
- Select "Royal British Legion Lloyds Branch UK -RCN 219279"
- Build your page
- Post it on social media

By Bank Transfer

Account Name: RBLR PAO Fundraising

Sort Code: 30-65-21

Account No : 28721360

Include "RBLR1000" and your name in the reference

Email Heidi riders.treasurer@rbl.community to confirm the payment.

At the start

- By cheque. Make cheques payable to "RBLR PAO Fundraising" and put your name and "RBLR1000 2025" on the back.
- By cash in an envelope with your name and amount on. Don't seal it until check in.

After the event

Send a Cheque to:

Philip Weston

4 Pound Lane

Nailsea

BS48 2AT

Payable to "RBLR PAO Fundraising" write "RBLR1000" and your name in the back

APPENDIX C - RIDING SAFELY

IMPORTANT - Remember this is for fun and riding is a hobby. There is no pressure to complete the ride should you become tired or otherwise feel unsafe.

Your First Iron Butt Ride

If this is Your First Iron Butt ride read <https://ironbutt.co.uk/w3/firstukride.php> for good advice.

Group Riding

While group Saddlesore rides bring with them the safety of group travel, they can also increase your risk by encouraging you to press on when you might otherwise stop. So, be sure the riding styles of others in your group match your own. Practice riding in your group beforehand. Develop a system of communication, either verbal with intercom radios or by flashing your lights. In this way if somebody needs to stop for fuel or a rest they won't get left behind. This is especially important when it's only the person at the front who knows where they're going and how to get there! Also, it makes sense to have a plan should you decide to split up or leave anyone behind.

Fatigue

Motorcycling comes with risk and riding long distances increases that risk. It's imperative you understand the ride you're undertaking and minimize the possibility of an accident by practising safe riding habits. No one, not even the most experienced Long Distance rider can safely fight off fatigue. If you're tired, the only option is to stop and rest. The Saddlesore rides enjoy a fantastic safety record but to continue this record requires you to do your part. If you are tired or ill, are having a bad day, or facing other hurdles that are impacting your riding skills, please stop and rest so that you may enjoy motorcycling another day!

This is an article well worth reading about fatigue, caffeine and circadian rhythms. [https://www.minuteman1000.com/DonArthur MC Fatigue.pdf](https://www.minuteman1000.com/DonArthur%20MC%20Fatigue.pdf)

Any problems on the day speak to one of the rally team.

Before the event email Philip Weston president@ironbutt.co.uk