

PEAK
ROAD CLUB



myHill
CYCLING

Peak Road Club and myHill Cycling present the inaugural

Longstone Edge HillClimb

Wednesday 5th August 2020. Racing starts at 6.31pm



Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Welcome to the first of what will hopefully be many hill climb events on Longstone Edge. Peak RC member Steve Gibson had the idea of having an event on Longstone Edge many years ago and finally his vision will be realised! The event is being held under challenging circumstances with additional restrictions in place to keep both you and the public safe. Therefore can I ask that you read ALL of the event instructions carefully.

Thank you for entering and I wish you an enjoyable evening of sport.

Officials:

Event secretary: Chris Myhill. 39 Windsor Drive, Wingerworth, S42 6TG.
Mobile: 07792891157. Email: myhillcycling@btinternet.com

Start time keeper: John Clarke

Finish time keeper: Malcolm Smith

Marshals: Members of Peak Road Club.

Course details:

START on Moor Road just beyond the entrance to Dale Farm (GR SK196721) approx 275m north of the junction with Main Street, Great Longstone.

Proceed north up Moor Road for approx 1.2 miles (1.86km) to **FINISH** at the summit adjacent to the gravel road at a point where there is a small inlet in the verge and inline with the prominent post to the south. (GR SK203732)

The road will be **CLOSED** from 6.00pm to 9.00pm to all vehicular traffic other than the emergency services and event officials.

Arriving at the event:

If you are driving to the event please arrive **AT THE TOP** of the climb, please DO NOT drive up the climb even if you arrive before the road closes as people may be warming up and the road is narrow. If you arrive by bicycle you may ride up the climb if you present yourself at the start **BY 6.15PM**. After this point the road will be closed to all cyclists other than those competing.

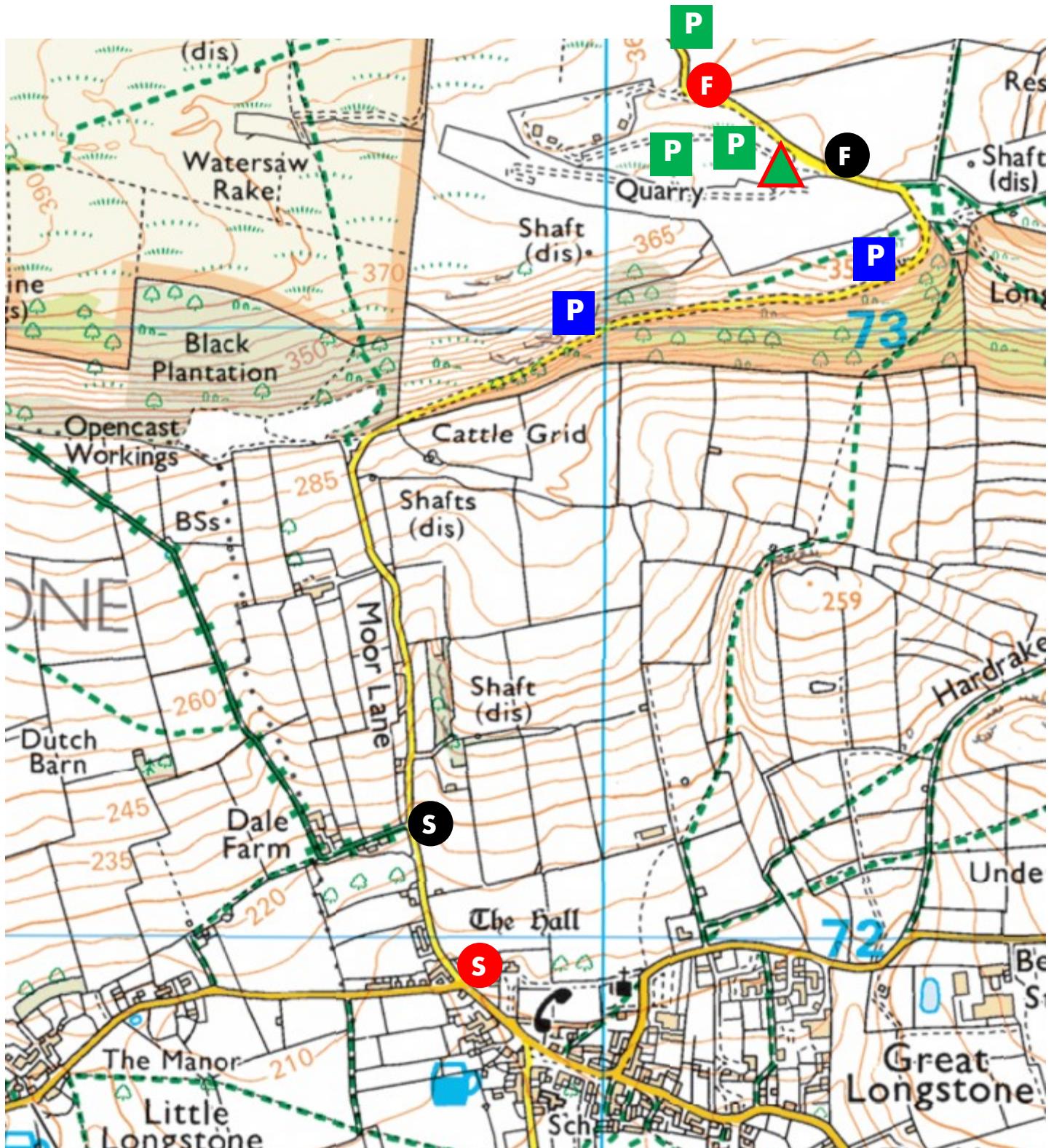
Parking

Cars can be parked at the top of the climb. There is plenty of space on a gravel road adjacent to, and beyond the finish. This is within the road closure but a sufficient gap will be left in the barriers for you to drive through. You will be able to leave the event as soon as you have finished your race. You can also park beyond the road closure, but can I ask that you only park on the **LEFT** as you approach the top of the hill. Cars can also be parked in the large laybys on the course. These are on the right as you drive down the hill. **Please note that if you park here you will not be able to leave the event until the road is re-opened** and you must arrive before 6.00pm.

Leaving the event:

If you are leaving by car can I ask that you drive away in the **direction of the finish**. Please **do not drive down the hill** as officials will be coming up the hill collecting barriers and signs.

Course layout



Road Closure start



Road Closure finish



Course start



Course finish



Parking

(must arrive before 6.00pm and cannot leave until 9.00pm)



Parking

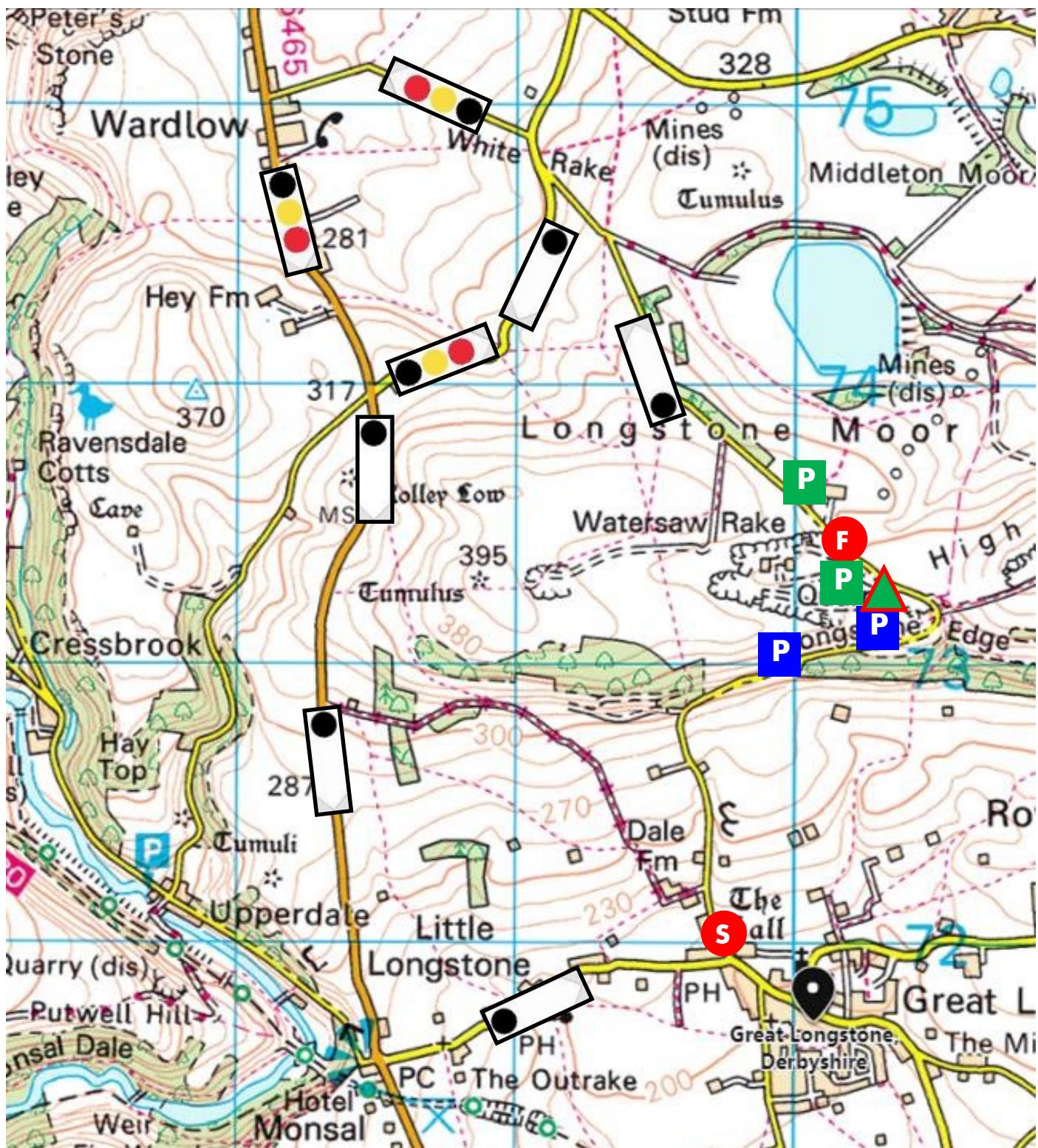
(arrive and leave at any time)



Signing On/Officials Station



Warming up and riding to the start



Road Closure start



Road Closure finish



Warm up route



Route to start



Parking

(must arrive before 6.00pm and cannot leave until 9.00pm)



Parking

(arrive and leave at any time)



Signing On/Officials Station



CTT Event conditions:

Helmets

IN THE INTERESTS OF YOUR OWN SAFETY, Cycling Time Trials and the event promoters strongly advise you to wear a HARD SHELL HELMET that meets an internationally accepted safety standard. Under 18 competitors MUST wear a helmet.

Rear Light

An illuminated rear light, either constant or flashing, must be affixed to the rear of the machine in a position that is clearly visible to other road users. No light = no ride.

Parental permission

All riders who are under 18 must have a SIGNED PARENTAL PERMISSION form. These can be collected when you sign on. Please leave in the box on the signing on table.

Competitors machine

Bicycles with a fixed wheel shall have a left hand threaded locking device securing the fixed sprocket.

Bicycles with a free wheel shall have a working brake on the front wheel and a working brake on the rear wheel.

Event conditions - with particular reference to Covid-19 restrictions.

Please follow the conditions set out below to ensure the safe running of the event. I have listed the conditions in order, from the point that you arrive at the event to the time that you leave. **Failure to meet/break regulations in bold will result in you not being allowed to start or your result being voided.** It goes without saying that competitors should not attend if they feel ill in ANY way or if members of the household have symptoms.

Driving to the event

If you are driving to the event do not bring anybody else with you. The only people attending the event will be competitors and officials. The only exception is where a competitor is a non-driver and they need someone to get them to the event.

Parking

Please park in the areas shown on the map and leave sufficient space so that you can maintain a 2 metre gap between yourself and others at the event. NO PARKING IN GREAT LONGSTONE.

Signing on and numbers

You must sign on before you can start. Please bring your own pen. If you have to queue be sure to maintain a 2 metre gap. Hand sanitiser will be available. **Parents of under 18's must fill in and sign the parental permission form which will be attached to the rider number.** Your number will be handed to you, please do not help yourself.

Warming up

Warming up is only allowed to take place on the road. The **use of static trainers IS NOT ALLOWED.** On the previous page I have marked out a suggested 3.5km warm up loop which will be signposted. NO WARMING UP IN GREAT LONGSTONE.

Body numbers

Your number should be fixed so as to be clearly visible from the rear when in his normal riding position. **Safety pins will not be provided, so please bring your own.**

Continued.....

CTT Event conditions (continued):

Riding to the start

Please follow the marked route to get to the start. The distance from the top of the climb to the start is 7.3km and most of it is downhill. Allow 15—20 Minutes.

Arriving to the start

Please try to avoid arriving at the start more than 5 minutes before your start time. Only 3 people will be allowed to wait at the start. If you are early you can ride up and down the stretch of road between the start of the road closure and the start of the course.

Starting

You will not be pushed off and you will start with one foot on the ground.

Please note: if you miss your pedal when starting, and this causes you to put your foot on the ground; regulation 31b (A competitor may not cover any of the course on foot) will be waived, however the clock will continue to run.

Any kit you leave at the start is left at your own risk. It will not be picked up by the marshals.

Cattle grid

We are intending to have the gate adjacent to the cattle grid open for the duration of the race and we will sweep this part of the road. Please note that there is also a cattle grid on the ride to the start which you will have to ride over.

Finishing

You must ride through the finish as there will be no catchers. As the finish levels off this should not be a problem however, please DO NOT STOP IMMEDIATELY AFTER THE FINISH as this will impede other riders. I suggest you ride through the road closure and have a decent warm down. If you are riding back to a car parked on the hill stay ON THE LEFT and give way to riders coming up the hill.

Signing out

You must sign out after your ride. Please bring your own pen. If you have to queue be sure to maintain a 2 metre gap. Please keep your number as a memento of the event.

Results

No times will be given at the finish. Results will be posted on a spreadsheet which will be updated in real time. A link for this will be sent to you.

Prizes:

Due to the cost of promoting the event, in particular the cost of providing and signing a closed road, there are no cash prizes this year. However, as many of the costs are a one-off expense, there will be cash prizes in future. Winners mugs for first male and female in both the under 16 and 16 and over events will be posted out.

After your ride

Do not loiter at the HQ/car park. Unless you are staying to watch, please pack away and leave immediately upon completion of your race. If you are parked on the course you may watch other riders coming up the hill, but please stand at least 2 metres away from the edge of the road and 2 metres away from other people in the area.

A final word.....

Hill climbs are renowned for their social atmosphere and the camaraderie between riders. This is the main reason I have been riding them since 1985! Unfortunately this can not be the case right now. For the foreseeable future you simply park, sign on, warm up, race, pack up and leave; and you if you do stay to watch you have to maintain social distancing. I know that this isn't in the spirit of hill climbs, but right now this is the only way we can race. So please follow the rules and help ensure that racing can continue. Thank you.

The hill:

Length:	1.86km.
Overall Average Gradient:	7%
Average Gradient to the cattle grid (first 600m):	12%
Average Gradient from the cattle grid to the finish (final 1206m):	5%

Strava KOM (as of 22nd July 2020):

Joe Clarke 5.04

Strava QOM (as of 22nd July 2020):

Hatti Archer 6.11

Tips:

1. Don't start too hard as most of the climb is after the cattle grid. Even though the gradient does ease; 5% is hard with legs full of lactic acid.
2. If the wind is in the west, the final 200m will be a head wind and it will feel like a long way!
3. Remember the road is closed so TAKE THE SHORTEST LINE! A lot of money has been spent so you can ride on the right hand side of the road - so please do so!

The View:

If you notice the amazing view during your ride—you're not trying hard enough, but just in case you want to know what you'll be missing out on; here it is:



If this is your first race.....

First of all I would like to thank you for choosing this event as your debut and for placing your trust in Peak Road Club. I hope that this will be your first race of many and that you will go on to enjoy many years of competition.

When you arrive it might appear that many of the other competitors know what they are doing as they calmly prepare for the race. But don't be fooled—most will be as nervous as you are! Below are a few tips for you to get the best out of the evening, but if you are unsure about anything just ask one of the helpers in a high viz jacket.

1. Don't go out for a huge ride the day before. My recommendation would be to have your last hard ride on Sunday, rest Monday and just have a gentle spin on Tuesday.
2. Eating. Your last meal should be about 3 hours before your start time as you do not want a full stomach for a hill climb. If you feel peckish before the race, just have a mouthful of cereal bar.
3. Pack your bag well before you leave the house and go through the check list on the next page.
4. Unless you are planning to park on the hill (in which case you need to arrive before 6pm), arrive at the event an hour before your start time.
5. Once you have parked, check over your bike, sign on, get your race kit on and any extra warm up layers, fit your number, go for a warm up, ride to the start.
6. Do not worry if you do not achieve your target time. Your only target at this stage is to enjoy the experience. Good luck!

Check List:

Don't ruin your evening by forgetting something important! Make sure you bring the following:

- ⇒ Rear light fitted to your bike and make sure it's working!
- ⇒ Pump, tools and spare inner tubes. You won't be able to borrow from someone else.
- ⇒ Pen.
- ⇒ Safety pins for your number.
- ⇒ Helmet—if you are under 18.
- ⇒ Cycling shorts and jersey (or skinsuit), base layers, socks, towel.
- ⇒ Cycling shoes. Often forgotten!
- ⇒ Drink and food as we cannot provide any.

Thank you:

Thanks to the following organisations and individuals for helping to make the event possible:

Great Longstone parish council. From the first meeting Steve and myself had with the parish council they have been totally supportive of us promoting a hill climb on Longstone Edge. The councilors welcomed us with open arms and they very much see this event becoming a firm fixture in the local community calendar. Hopefully we can involve the village next year and make the event into a real occasion for competitors and locals alike.

Robert Thornhill—local farmer. Robert offered us one of his paddocks for competitors parking. Unfortunately we were unable to take up his generous offer this year, but we really appreciated the support which Robert gave us and we hope to take him up on his offer next year.

Mr and Mrs Turner — owners of a property within the road closure. Mrs Turner didn't bat an eyelid when I told her that the road past her and her husbands property would be closed, and again we appreciate the support shown.

Helen Boden—Derbyshire Dales district council. Thank you for allowing us to change the date of the road closure with no additional cost.

Adam Roe-Smith—Editor of Under The Edge magazine. Thank you for helping us to keep the local community informed.

Guy Cook for helping out with some of the event signage.

Marc Etches: for recommending Pymmwenn printing for the numbers and Signature Branding for the road closure 'Advance Notice' signs.

Members and friends of Peak RC: for giving up your time to marshal the event and keeping competitors and the public safe.

Steve Gibson: for having the idea of a hill climb on Longstone Edge!