

PEAK
ROAD CLUB



myHill
CYCLING

Peak Road Club and myHill Cycling present the 4th

Longstone Edge Hill Climb

Wednesday 28th June 2023. Racing starts at 7.01pm



**This year includes
a 'Have a Go'
event for locals!**

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

Welcome to the 4th edition of the Longstone Edge hill climb. The event is being promoted with additional restrictions in place with regard to the road closure, 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: Phil Cushway

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 in-line with the prominent post to the south. (GR SK203732)

The road will be CLOSED from 6.30pm to approximately 8.30pm to all vehicles other than the emergency services and event officials.

Whilst the race is in progress NO competitors that have finished are allowed to descend down the course beyond the cattle-grid. **The ONLY exception to this is between 7.25 and 7.35pm when the juvenile competitors will be allowed to return to the HQ.**

Event time table:

5.30pm: Competitors car park open

6.00pm: Signing on opens

6.30pm: COURSE CLOSED TO VEHICLES

6.45pm: Warming up on the course closes

7.01pm: Juvenile event starts

7.25pm: Juvenile event ends

7.25pm TO 7.35pm: JUVENILE RIDERS ALLOWED TO CAREFULLY DESCEND THE COURSE

7.38pm: Senior events starts.

8.10pm: Last senior rider starts

8.11pm: Locals race starts

From 8.30pm approx: Event signage removed from the course. Road reopens.

Competitors Parking.

Robert Thornhill has kindly allocated a paddock for competitor's parking and this will be clearly signed, The paddock is flat, well drained and there is plenty of room but. It is usually home to a number of ponies, so keep an eye out for the manure. Apparently it's very difficult to get it out of cycle shoe cleats. On the plus side, if you are a keen gardener you may want to bring a bucket and shovel with you.

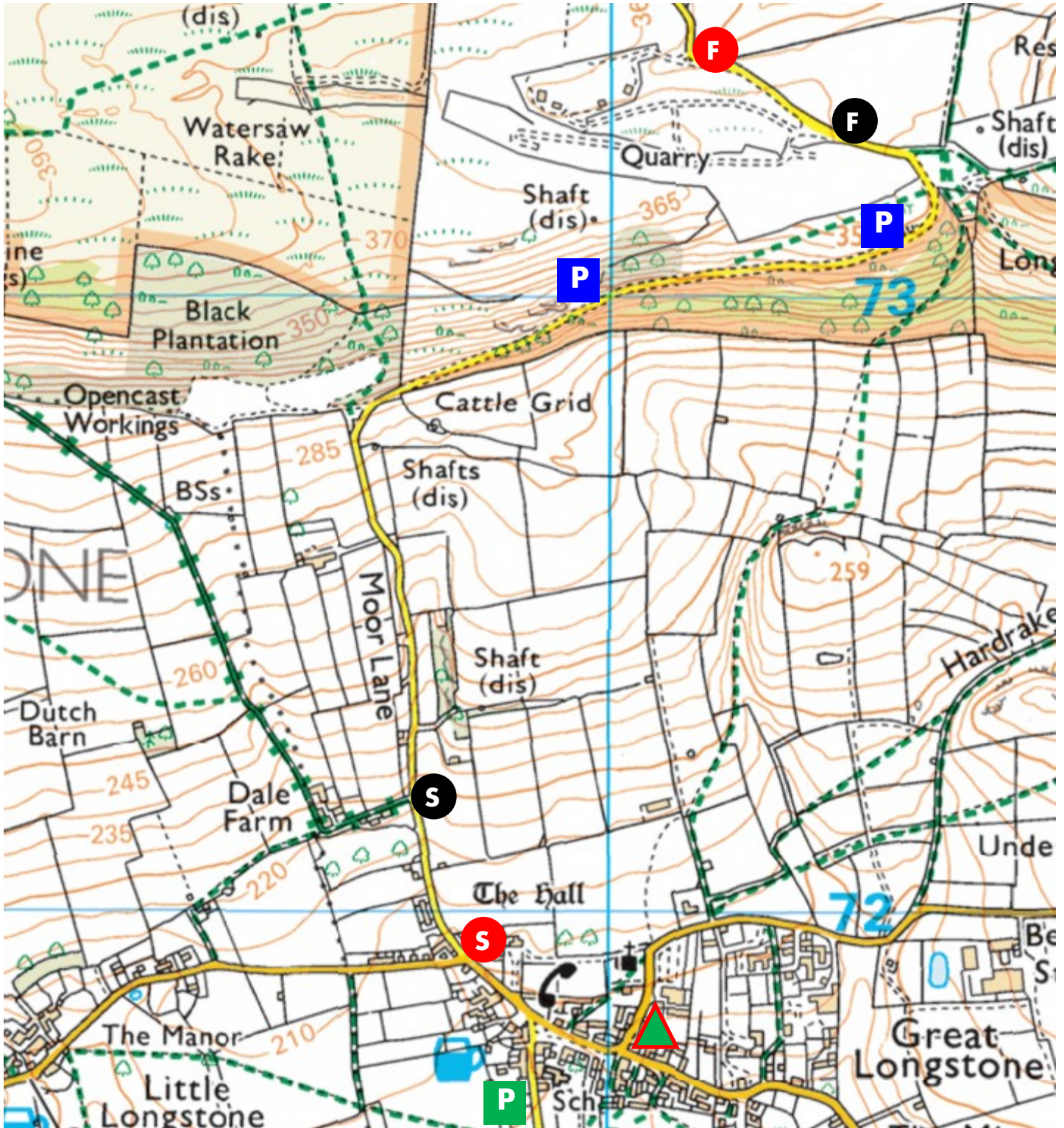
Cars can also be parked in the large laybys on the course. These are on the left as you drive up the hill. **Please note that if you park here you will not be able to leave the event until the road is re-opened** and you must arrive before 6.15pm.

Where not to park:

Under no circumstances can you park within the road closure (other than in the laybys) and there is to be **no parking at the top of the climb**. We are racing through private land and the land owner has asked for there to be **no parking on the verges within his property**. Longstone Edge is breathtakingly beautiful—and we wish to keep it that way.

Failure to follow this request will jeopardise the future of the event and as such, anyone parking within the restricted areas, will be **disqualified from the event** and their actions reported to CTT North Midlands District.

Course layout



Road Closure start



Parking

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



Road Closure finish



Competitors Parking

(arrive and leave at any time)



Course start



HQ (Village Hall)



Course finish



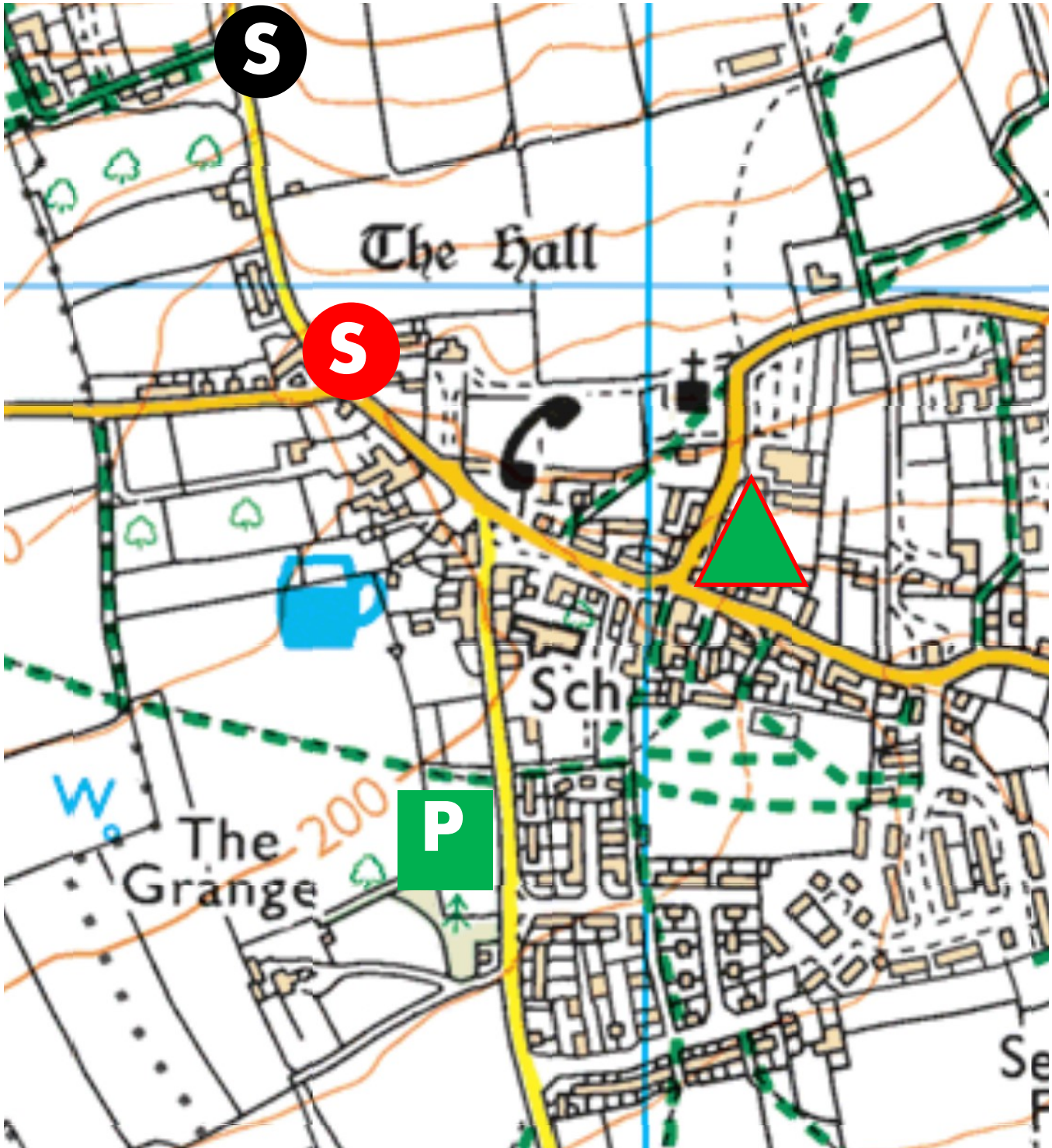
HQ and Parking

Parking:

Parking for competitors is in a paddock on Station Road

HQ: Great Longstone Village Hall. DE45 1TB

Signing on and numbers will be at the village hall on Church Lane. Toilets and refreshments are available inside the hall. Please do not park in Church Lane, instead park in the paddock and walk/cycle to the village hall



references

Road Closure start



Competitors Parking
(arrive and leave at any time)



Course start

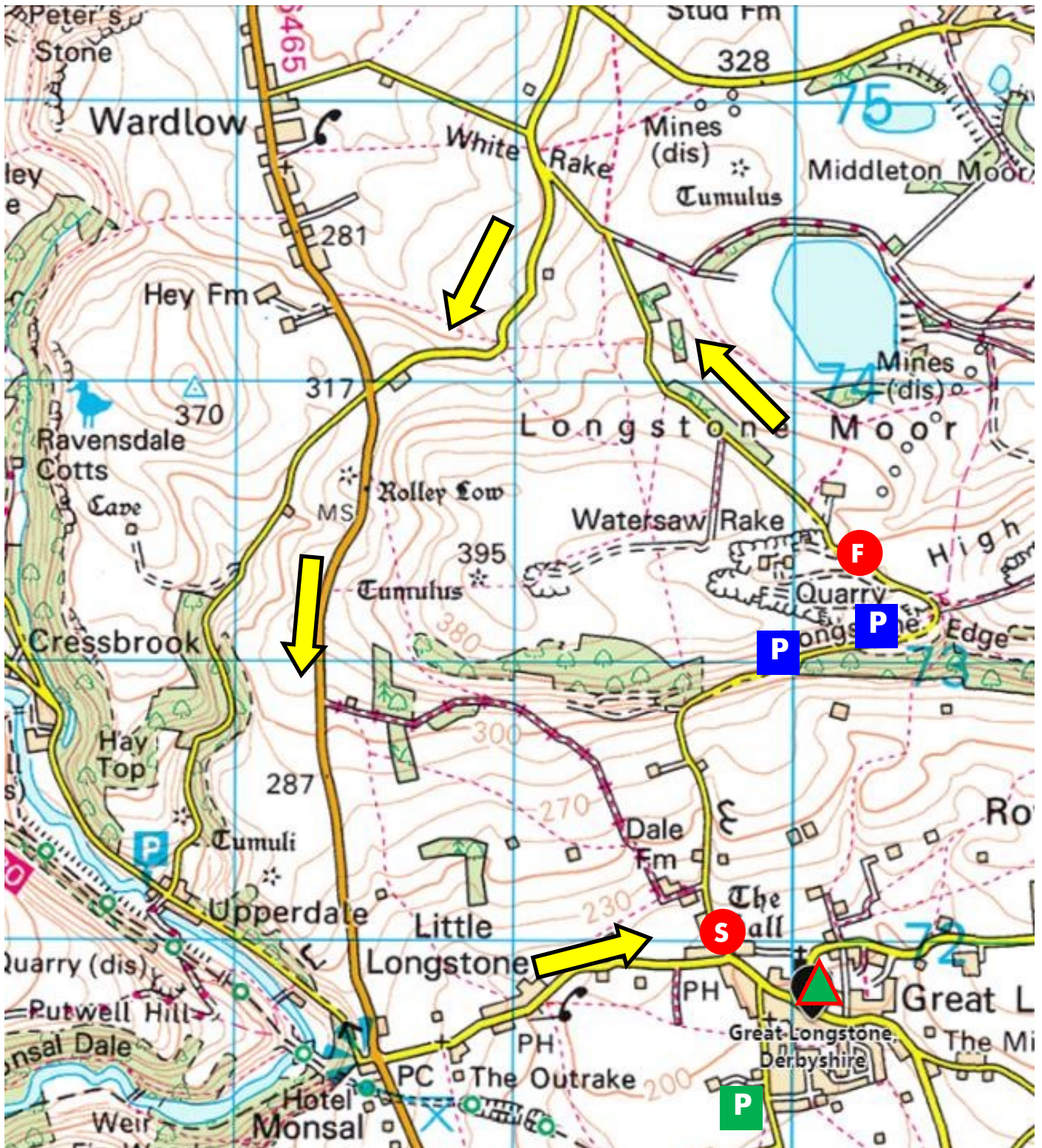


HQ (Village Hall)



Riding back to the HQ

To return to Great Longstone DO NOT GO BACK DOWN THE HILL you must follow the route marked on the map. This will be easy to follow, as you will simply follow the yellow diversion signs. If you are planning to spectate after your ride, please see the guidance on page 7.



Road Closure start



Parking

(must arrive before 6.30pm and cannot leave until 10.00pm)



Road Closure finish



Competitors Parking

(arrive and leave at any time)



Route back to HQ



HQ (Village Hall)



CTT Event conditions:

Signing on

Please **sign on** and collect your **number** and at the **HQ**. Signing on will be available from **6pm**. All competitors under 18 must have a **SIGNED PARENTAL PERMISSION** form. These can be handed in when you sign on.

Helmets

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition

Front and Rear lights

An illuminated **FRONT AND REAR** light, either constant or flashing, must be affixed to the machine in a position that is clearly visible. No lights = no ride.

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.

Body numbers

Your number should be fixed so as to be clearly visible from the rear when in the normal riding position.

Signing out

You must sign out after your ride, failure to do so will result in a DNF.

Longstone Hill Climb event conditions.

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.

Arriving at the event:

If you are driving to the event please arrive **AT THE BOTTOM** of the climb, please **DO NOT** drive down the climb even if you arrive before the road closes as people may be warming up and the road is narrow. You may warm up on the climb if you present yourself at the start **BY 6.45PM**. After this point the road will be closed to all cyclists other than those competing.

Parking

Please park in the areas shown on the map. **NO PARKING AT THE TOP OF THE HILL**. We have had a few people drive to the top expecting to be able to park and they were turned away and told to park in the allocated area.

Longstone Edge Hill Climb event conditions (continued):

Warming up

NO warming up on the course after 6.45pm.

Arriving to the start

Please try to avoid arriving at the start more than 5 minutes before your start time. 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.

Finishing

Please ride through the finish line, 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. To return to Great Longstone **DO NOT GO BACK DOWN THE HILL** (other than during the times when this is allowed) you must follow the route marked on the map. This will be easy to follow, as you will simply follow the yellow diversion signs.

Spectating

Please give the riders **LOTS** of support, but please stand well away from the edge of the road. If you are riding, and you wish to spectate after your effort, please notify a marshal and proceed carefully back down the hill. Please be aware of competitors coming up the hill and stop at the side of the road to allow them to ride unimpeded.

DO NOT DESCEND BEYOND THE BOTTOM CATTLE GRID. WHILST THE EVENT IS IN PROGRESS

Results

No times will be given at the finish. Results will be available at the HQ as soon as possible after your ride

Prizes:

Due to the cost of promoting the event, and the low number of entries, there are no cash prizes this year.

Winners prizes for first male and female in both the under 16 and 16+ events will be posted out.

Refreshments:

Local volunteers are kindly providing refreshments in the village hall from 6pm. All profits will be going towards local causes, so please spend generously!

Locals 'have a go' race

After the main race, local residents will have the opportunity to have a go up the climb. If any take up the challenge please note that the road will stay closed until they have all finished—and please give them all plenty of encouragement!

SUMMARY

DO park in the designated spaces.

DO sign out and return your number.

DO return to the HQ via the route shown

DO NOT park at the top of the climb or on any verges on the course.

DO NOT ride back down the hill past the bottom cattle grid during the race.

DO NOT warm up on the climb after 6.45pm

DO have a great time!

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%

Course Records:

	MALE			FEMALE		
OVERALL	2020	Andrew Feather	04:23	2020	Rebecca Richardson	05:23
SENIOR	2020	Andrew Feather	04:23	2020	Rebecca Richardson	05:23
VET 40	2022	Nicholas Latimer	04:56	2020	Sonia Insley	07:48
VET 50	2020	Chris Myhill	05:09	2021	Elizabeth Bridgen	08:09
VET 60	2022	James Russell	06:37	2021	Kym Martindale	08:58
VET 70	2021	David Hayward	09:42	2021	Yvonne Twelvetree	09:11
ESPOIR	2020	Ben Granger	04:38	2020	Lucy Lee	05:40
Jun Age 18	2021	Taylor Hill	05:03			
Jun Age 17	2021	Dan Taylor	04:52	2022	Lilja Raine	07:25
Jun Age 16	2022	Ryan Williams	05:01	2020	Lilja Raine	08:13
Juv age 15	2022	Isaac Oliver	04:55	2020	Amy Loftus	07:29
Juv Age 14	2022	Harry Hudson	05:02	2021	Iggy Campbell	09:04
Juv Age 13	2021	Harry Hudson	05:43	2022	Maia Howell	06:39
Juv Age 12	2021	Roch Morgan	06:50	2021	Maia Howell	07:13
Juv Age 11	2021	Finlay Hudson	06:19	2020	Maia Howell	07:10
Juv Age 10	2021	Cody Bassett	09:16	2020	Millie Turner	10:23
Juv Age 9	2021	Harry Cope	09:04	2021	Olivia Marriott	08:48
Juv Age 8	2022	George Anthony	08:33			
Juv Age 7	2021	George Anthony	09:49			
C3				2020	Amelia Cass	07:32
TRICYCLE	2020	Lez Young	08:19			
TEAM OF 3 Overall	2020	Team Lifting Gear Products/Cycles in Motion (Alex Raynard, Calum Brown, Eugene Cross)	14:36	2020	Holmfirth CC (Amy Loftus, Evie Turner, Lydia Turan)	23:51
Juv TEAM of 3	2022	Matlock CC (Harry Hudson, Emil Howell, Isaac Holwell)	16:24	2020	Holmfirth CC (Amy Loftus, Evie Turner, Lydia Turan)	23:51

Names in bold are the overall record for a category.

No.	Name	Club	Gen	Cat	Age	Start	
1	Pasco	Reynolds	Matlock CC	Male	Juvenile	14	19:01
2	Seraphina	Green	Sheffield Youth Cycling Club	Female	Juvenile	11	19:02
3	Caspar	Reynolds	Matlock CC	Male	Juvenile	15	19:03
4	Lucy	Ball	Derby Mercury R C	Female	Juvenile	13	19:04
5	Isla	Woolf	Matlock CC	Female	Juvenile	12	19:05
6	Cody	Bassett	Derby Mercury R C	Male	Juvenile	12	19:06
7	Thomas	Woolf	Matlock CC	Male	Juvenile	15	19:07
8	Olivia	Marriott	Derby Mercury R C	Female	Juvenile	11	19:08
9	Frederick	Farr	Matlock CC	Male	Juvenile	13	19:09
10	Jamie	Brough	Matlock CC	Male	Juvenile	13	19:10
11	Alfie	Astles	Matlock CC	Male	Juvenile	9	19:11
12	Benjamin	Taylor	Sheffield Youth Cycling Club	Male	Juvenile	13	19:12
13	George	Anthony	Matlock CC	Male	Juvenile	9	19:13
14	Alfie	Nott	Sheffield Youth Cycling Club	Male	Juvenile	14	19:14
15	Maia	Howell	Matlock CC	Female	Juvenile	14	19:15
16	Finley	Hudson	Matlock CC	Male	Juvenile	13	19:16
17	Roch	Morgan	Derby Mercury R C	Male	Juvenile	14	19:17
18	Harry	Hudson	Matlock CC	Male	Juvenile	15	19:18
WINDOW FOR JUVENILE RIDERS TO FINISH AND DESCEND THE CLIMB AND RETURN TO THE HQ							
39	Tracy	Gregory	Buxton CC/Sett Valley Cycles	Female	Veteran	58	19:39
40	Josie	Cram	PMRR	Female	Senior	33	19:40
41	Yvonne	Twelvetree	Sheffield Triathlon Club	Female	Veteran	72	19:41
42	Harriet	Eisner	Sheffield Triathlon Club	Female	Veteran	59	19:42
43	Sally	Maitland	Ratae RC	Female	Veteran	56	19:43
44	Lilja	Raine	Velo Bavarian	Female	Espoir	18	19:44
45	Steve	Yeoman	Rutland Cycling Club	Male	Senior	39	19:45
46	Kevin	Raine	myhillcycling.co.uk	Male	Veteran	62	19:46
47	Hugo	Reynolds	Matlock CC	Male	Veteran	48	19:47
48	Zak	Viney	myhillcycling.co.uk	Male	Senior	27	19:48
49	Gary	Morrison	South Normanton C C	Male	Veteran	48	19:49
50	Mark	Conanughton	Fusion Cycling Club Dronfield	Male	Veteran	54	19:50
51	Neil	Bentley	Common Lane Occasionals	Male	Veteran	53	19:51
52	Robert	Cornford	myhillcycling.co.uk	Male	Senior	36	19:52
53	Nigel	Pepper	Addiscombe CC	Male	Veteran	53	19:53
54	Laurie	Stobbs	Trek Bicycles Bakewell	Male	Veteran	43	19:54
55	John	Hind	Bolsover and District CC	Male	Veteran	58	19:55
56	Daniel	Farrand	TrueSapien	Male	Veteran	43	19:56
57	Patrick	Heron	Matlock CC	Male	Senior	34	19:57
58	Brian	Whiteley	Clancy Briggs Cycling Academy	Male	Veteran	45	19:58
59	Mark	Rowbottom	Chesterfield Coureurs CC	Male	Veteran	42	19:59
60	Jonathan	Loveday	7 Hills Cycling Club	Male	Senior	34	20:00
61	James	Russell	Macclesfield Wheelers	Male	Veteran	61	20:01
62	Tom	Andrews	Team Lifting Gear Products	Male	Senior	33	20:02
63	Laurence	Fryer-Taylor	OVB	Male	Senior	31	20:03
64	Lewis	Smith	Sheffield Youth Cycling Club	Male	Junior	16	20:04
65	Marcus	Cram	Muckle Cycle Club	Male	Senior	30	20:05
66	Nicholas	Latimer	Team Lifting Gear Products	Male	Veteran	41	20:06
67	Bhima	Bowden	Macclesfield Wheelers	Male	Senior	35	20:07
68	Andy	Nichols	Team Lifting Gear Products	Male	Senior	33	20:08
69	Isaac	Oliver	Sheffield Youth Cycling Club	Male	Junior	16	20:09
70	Chris	Dyke	Team Lifting Gear Products	Male	Senior	39	20:10

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/myHill Cycling. 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 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 you 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 6.45pm), 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 AND front light fitted to your bike and make sure they are working!
- ⇒ Pump, tools and spare inner tubes.
- ⇒ Parental permission form for juvenile and junior riders.
- ⇒ Helmet
- ⇒ Cycling shorts and jersey (or skinsuit), base layers, socks, towel.
- ⇒ Cycling shoes. Often forgotten!
- ⇒ Money for refreshments.

Thank you:

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

Great Longstone parish council. For their continued support and encouragement for this event.

Robert Thornhill—local farmer. For providing dedicated parking for competitors. I know from my own experience that when you travel to an event you want to be concentrating on your race, so not having to worry about where to park is once less thing to think about.

Stuart Fairfax—owner of Longstone Moor farm. For his patience and understanding, and for helping us to promote the event in a manner that is not damaging to the local environment.

Jane Littlefield—Booking secretary Great Longstone village hall and arranging the refreshment volunteers

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

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

A final word.....

Can I thank you all for entering this years event. For the 2020 and 2021 events years we have had 100+ entries, which has made the Longstone Edge hill climb one of the most popular summer hill climbs. Unfortunately this year we have received a much reduced entry, as have so many other events, so we really do appreciate your participation this year!

From 9pm you will find the marshalling team in The Crispin—so why not join us for a drink?!

Have a great evening and we hope that you'll come back next year!