



Rutland CC “Mam Nick” Hill Climb

Saturday 8 October 2022

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Course

Mam Nick from Barber Booth - OHC/10. The hill is approximately 2.1km, with an average gradient of 10.1%. Start at the bus stop (at coordinates 53.359480N latitude and -1.830793W longitude). Finish at the bus stop approx. 100 metres from the summit (coordinates 53.347597N latitude and 1.813672W longitude).

Previous Course Records...

Men	Tom Bell	5:37:0	2021
Women	Rebecca Richardson	7:34:0	2021

Officials

TIME KEEPERS:

Phil & Christine Minto
& Malcolm Smith

Marshalls and Helpers

Rutland CC Members
and friends
Nags Head Edale (S33
7ZD roughly)

EVENT HEADQUARTERS:

EVENT SECRETARY:

Adam Lathbury
18 Singleton Road,
Sheffield, S6 2NJ
Mob.07951 611596
email:
adam@rutland.cc

Prizes

	Overall Men & women	Juvenile	Senior Men	Vet Men	Senior Women	Vet Women	
1	£50	£15	£20	£20	£20	£20	
2	£30	£10	Esp + Jun Men		Total Prize Money £230.00		
3	£20	£5	£20				

We aim to award prizes on the day. Please stick around for some refreshments and for the prize-giving.

HQ and Parking

This year the HQ is the Nags Head. Numbers will be available at the HQ. **THERE IS NO PARKING AT THE HQ.** Ample parking is available in the National Park pay & display car park (but I'm afraid you will have to pay, unless the machines are broken). **PLEASE DO NOT PARK IN THE LAYBYS AT THE START OR FINISH.**

Please note: Keep your head up while riding and obey the rules of the road. Remember that marshals are there to warn traffic, not to stop it. Take responsibility for your own riding at all times. **WEAR A HELMET & ENSURE A FRONT AND REAR LIGHT ARE ATTACHED TO YOUR BIKE!**

There are some tight corners on the climb – make sure you stay on the left side of the road. In the past riders have cut the final corner despite oncoming traffic, causing problems with the police. **RIDERS WHO CUT THIS CORNER WILL BE DISQUALIFIED. PLEASE DON'T MAKE ME DQ ANYONE THIS YEAR – STAY ON THE LEFT-HAND-SIDE OF THE ROAD! MARSHALS WILL BE PRESENT TO NOTE THE NUMBERS OF RIDERS WHO CUT THE CORNER.** There will be catchers at the top, but it is a blind summit so try to stay in control. Descend carefully. No warming up on the course once the event has begun. **The finish is about 100 metres before the top so start your sprint early. Mam Nick can be a cold descent. Feel free to leave a warm jersey to be transported to the top when you sign on – but please note that you'll have to do this before 9.30am. Please note that the start is approximately 1600 metres from the HQ – please allow enough time to make your start.**

Transporting results: There is no mobile phone reception at Mam Nick. Riders may be asked to take a slip of paper with times on it back to the HQ.

This event may be subject to doping control. As soon as you have finished, you should return to the HQ as it is your responsibility to check if you are required for testing. Race numbers required for doping control will be displayed adjacent to the result board.

REMEMBER WHEN YOU RETURN YOUR NUMBER TO SIGN OFF AFTER YOU HAVE FINISHED.