



# Rutland CC “Mam Nick” Hill Climb

Saturday 7 October 2023

*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
Marshalls and Helpers	Rutland CC Members and friends
EVENT HEADQUARTERS:	The Nags Head Edale S33 7ZD (roughly)
EVENT SECRETARY:	Dominic Watts 5 Kenwood Avenue, Sheffield, S71NN Mob: 07789 784848 email: dom@rutland.cc

## Prizes

	Overall M&W	Overall B&G Juvenile	Vet M&W	C5 M&W
1	£50	£15	£20	£20
2	£30	£10		
3	£20	£5		
Total	£200	£60	£40	£40
Total Prize Money £340				

We aim to award prizes on the day. Please stick for the prize-giving and use the facilities in the pub

## HQ and Parking

2023's HQ is **The Nags Head** Edale. Numbers will be available at the HQ. **THERE IS NO PARKING AT THE HQ.** Do not drive up to the HQ and try and park. There is ample parking available in the National Park pay & display car park, just next to Edale Station, and you will have to pay. **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 WORKING FRONT AND REAR LIGHT ARE ATTACHED TO YOUR BIKE AND SWITCHED ON! No lights & helmet, no ride.**

There are some tight corners on the climb – make sure you stay on the left side of the road. **MARSHALS WILL BE PRESENT TO NOTE THE NUMBERS OF RIDERS WHO CUT CORNERS.** There may 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. Mam Nick can be a cold descent and you might want 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 2k from the HQ – please allow enough time to make your start, 7 to 8 mins.**

**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 TO RETURN YOUR NUMBER AND SIGN OFF AT HQ WHEN YOU FINISH**