Notes for Competitors

1. Sign on will be open from 7:00 am in the Bishopton Hall car park

2. Under 18s must complete a parental consent form(attached at the end of this document)and hand it in at sign on. No form = No ride.

3. The distance from Race HQ is approximately 1.5miles, heading West –please allow plenty of time to reach the start area before your allocated time.

4. Course Marshals have no legal authority to stop traffic on the course, and as such will only provide course directional information.

5. Please read the enclosed anti-doping notice.

6. Once a rider has completed their ride, they must return their race number and sign out, failure to do either will result in a DNF

7. Safety is paramount to the Organiser, Promoting Club and Governing Body hence why we have moved the start to 8.01am;

8. Riders MUST have a powerful light fixed to the rear of their bike, visible and working

9. Riders MUST not wear dark coloured clothing.

10. Riders MUST not ride with their head down at any point

11. Riders MUST ensure their bicycle is mechanically fit-for-purpose (steering; brakes; drive-train; contact points etc).

12. Riders MUST NOT change lanes at any point on the course except where manoeuvring safely into the outside lane for the Newark Castle turn roundabout. Any crossing of the central white line will be an automatic disqualification.

13. Riders MUST adhere to the rules and regulations of the Highway. Marshals and Police will be monitoring riding standards.

14. Any rider that is reported for breach of any of the above WILL incur sanctions -this may include disqualification.

 Covid-19

NO requirement to bring along a license/membership card to leave as deposit for your number.

NO changing or shower facilities available.

NO catering provided.

NO live results

NO prize ceremony

NO gathering at the start line. Adhere to the traffic cones placed at 2m intervals

NO leaving personal belongings with the Time Keeper

NO pusher permitted,

NO track stands permitted, it’s a foot down start Adhere to all Government guidelines about social distancing and wearing of face masks

IF YOU ARE NOT WELL OR ARE SHOWING ANY SIGNS OF COVID PLEASE DO NOT COME TO THE EVENT