



# Rutland CC “Mam Nick” Hill Climb

Saturday 9 October 2021

- First Juvenile rider off at 10.01am
- First Main rider off at 10:11am

*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).

## Course Records

Men	Andrew Feather	6:03:07	2019
Women	Liz Banks	7:37:07	2019

# Officials

## TIME KEEPERS:

Marshalls and Helpers

## EVENT HEADQUARTERS:

## EVENT SECRETARY:

John Clarke & Malcolm Smith

Rutland CC Members and friends

Edale Village Hall (S33 7ZD roughly)

Dominic Watts

5 Kenwood Avenue, Sheffield, S7 1NN

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## Prizes

	Overall Men	Overall Women	Junior Men	Espoir Men	V40 Men	V50 Men	Espoir Women	V40 Women	V50 Women	Lanterne Rouge men	Lanterne Rouge Women
1	£50	£50	£20	£20	£20	£20	£20	£20	£20	£10	£10
2	£30	£30									
3	£20	£20									

Team (3 riders) £10 each

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

## HQ and Parking

The HQ is in Edale Village Hall. Numbers will be available at the HQ. Parking is available in the National Park pay & display car park, it is pay & display so please ensure you obey the rules of the car park.

**DO NOT PARK IN THE LAYBYS AT THE START OR FINISH.**

## Covid19 Regulations

We still need to be aware that the virus is still circulating and should be taking appropriate precautions. If you feel ill or have any Covid19 symptoms, then please possible, please DO NOT attend the event. If you carry out a lateral flow test the day before the event even if you feel well. This will help contain the spread of the virus and help safeguard future events. Thanks for your understanding. As COVID restrictions are easing, we will have prize giving after the race.

## Please note

Keep your head up while riding and obey the rules of the road. Marshals are there to warn traffic, and have no legal ability to stop it. Riders must take responsibility for their own riding at all times!

CTT Regulations CTT require the use of a red rear light, either flashing or constant. Every competitor must ensure that their machine is so constructed, equipped and maintained as to be capable of being ridden on the road safely at all times and in all conditions.

There are some tight corners on the climb – make sure you stay on the left side of the road and riders must not cut any corners.

**RIDERS SEEN CUTTING ANY CORNER WILL BE DISQUALIFIED. MARSHALS WILL BE PRESENT TO NOTE THE NUMBERS OF RIDERS WHO CUT CORNERS.**

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 summit causing many riders to start their sprint early but DO NOT cut the final corner.

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 well before 9.30am.

Please note that the start is approximately 1,000 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 in the HQ.

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

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. In accordance with Regulation 15 ALL JUNIOR competitors must wear Protective Hard Shell Helmets.

It is mandatory that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.

No light| no ride