

PEAK
ROAD CLUB



myHill
CYCLING

Peak Road Club and myHill Cycling present the 2nd annual

Longstone Edge HillClimb

Wednesday 30th June 2021. Racing starts at 7.01pm



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

Welcome to the 2nd edition of the Longstone Edge hill climb. We all had so much fun last year, we've decided to do it all again!

The event is being promoted with additional restrictions in place to keep both you and the public safe, and also there is some very important information regarding parking and access to the course. 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: Malcolm Smith

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 10.00pm to all vehicular traffic other than the emergency services and event officials.

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.

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.

Refreshments:

We are lucky to have refreshment stall for this race in the participants car park and in a lay-by on the hill. They will be offering cold cans and homemade cakes at £1 an item. Please support them as they are volunteers and all monies raised will be going to Ashgate Hospice. Please dispose of your litter responsibly or take it home with you.

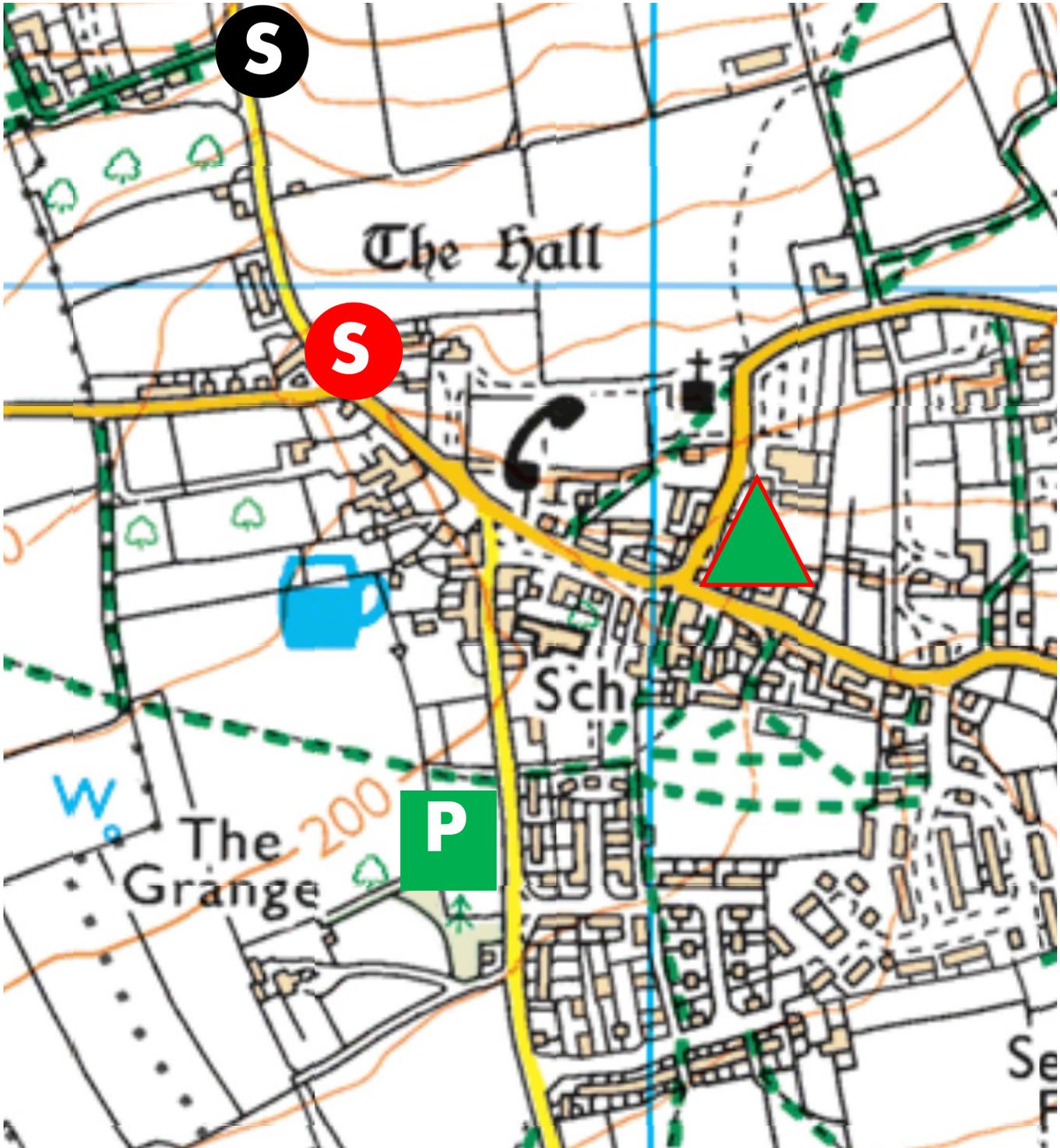
HQ and Parking

Parking:

Parking for competitors is in a paddock on Station Road

HQ:

Signing on and numbers will be outside the village hall on Church Lane. Toilets 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)



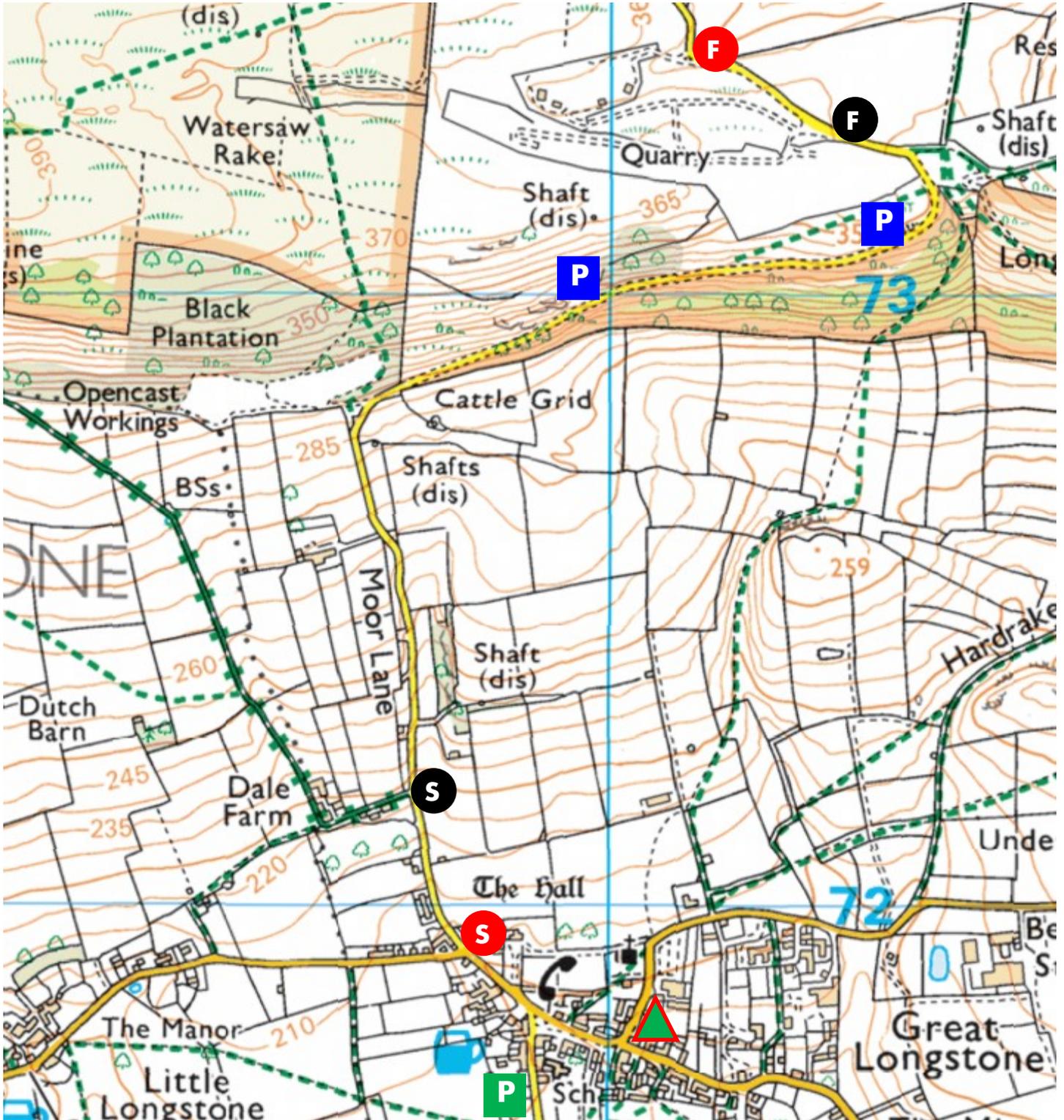
Course start



HQ (Village Hall)



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)

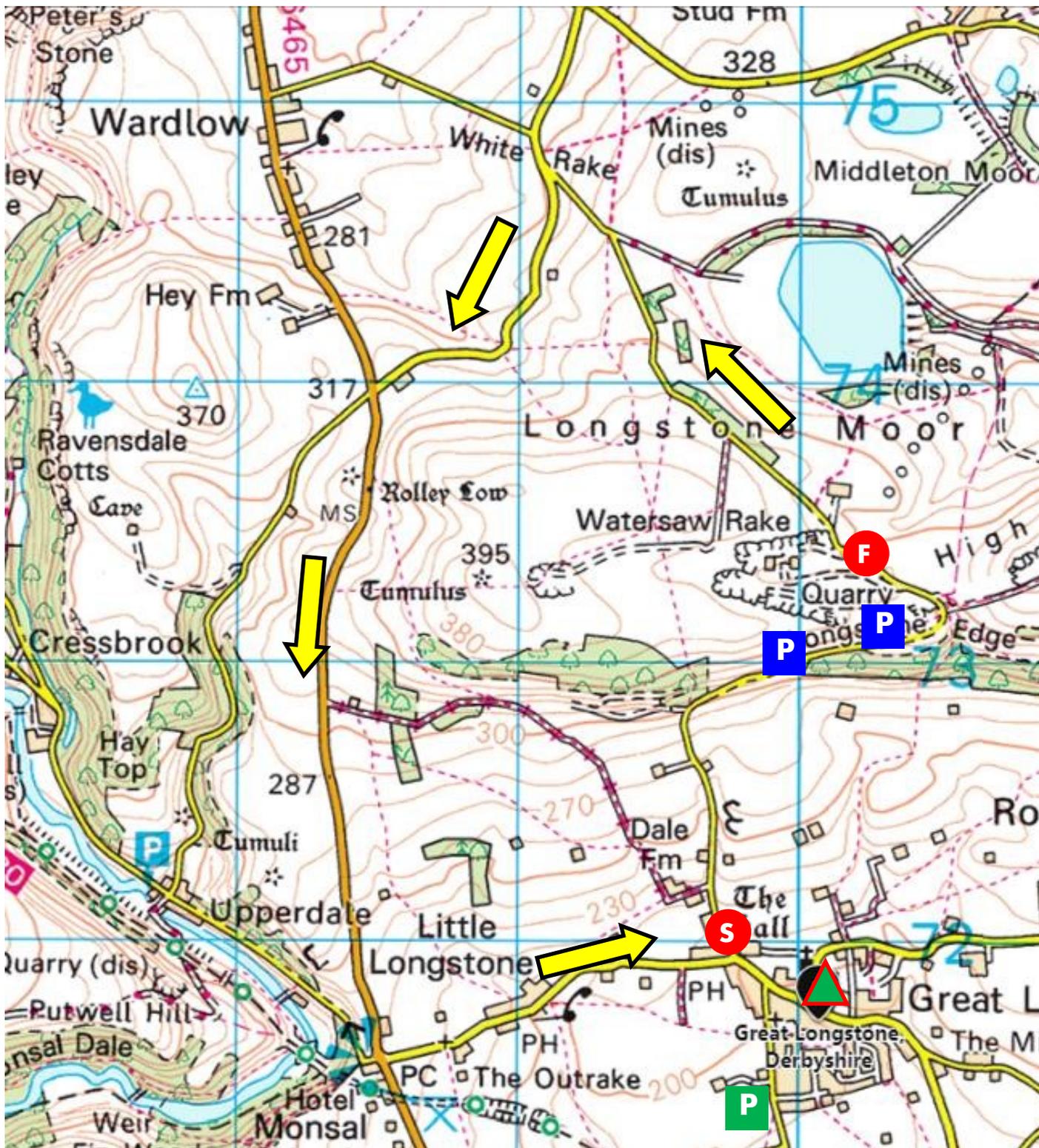


Course finish



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:

Helmets

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. Under 18 competitors MUST wear a helmet.

Rear Light

An illuminated rear light, either constant or flashing, must be affixed to the rear of the machine in a position that is clearly visible to other road users. No light = no ride.

Parental permission

All riders who are under 18 must have a SIGNED PARENTAL PERMISSION form. These can be collected when you sign on. Please leave in the box on the signing on table.

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.

Event conditions - with particular reference to Covid-19 restrictions.

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.

It goes without saying that competitors should not attend if they feel ill in ANY way or if members of the household have symptoms.

Parking

Please park in the areas shown on the map and leave sufficient space so that you can maintain a 2 metre gap between yourself and others at the event. **NO PARKING AT THE TOP OF THE HILL.**

Signing on and numbers

You must sign on before you can start. Please bring your own pen. If you have to queue be sure to maintain a 2 metre gap. Hand sanitiser will be available. **Parents of under 18's must fill in and sign the parental permission form which will be attached to the rider number.** Your number will be handed to you, **please do not help yourself.**

Warming up

The **use of static trainers IS ALLOWED**, but please maintain a 2 metre gap from other competitors. **NO warming up on the course after 6.45pm.**

Body numbers

Your number should be fixed so as to be clearly visible from the rear when in his normal riding position. **Safety pins will not be provided, so please bring your own.**

Arriving to the start

Please try to avoid arriving at the start more than 5 minutes before your start time. Only 3 people will be allowed to wait at the start. 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.

Starting

You will not be pushed off and you will start with one foot on the ground.

Please note: if you miss your pedal when starting, and this causes you to put your foot on the ground; regulation 31b (A competitor may not cover any of the course on foot) will be waived, however the clock will continue to run. Any kit you leave at the start is left at your own risk. It will not be picked up by the marshals.

CTT Event conditions (continued):

Cattle grid

We are intending to have the gate adjacent to the cattle grid open for the duration of the race and we will sweep this part of the road. Please note that there is also a cattle grid on the ride back to the bottom of the hill

Finishing

You must ride through the finish as there will be no catchers. 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** 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

If you are parked on the course you may watch other riders coming up the hill, but please stand at least 2 metres away from the edge of the road and 2 metres away from other people in the area. When you have finished your ride, you may go back down the hill to where you have parked your car, but please be aware of competitors coming up the hill. You **MUST NOT DESCEND PAST THE BOTTOM CATTLE GRID.**

Signing out

You must sign out after your ride. Please bring your own pen. If you have to queue be sure to maintain a 2 metre gap. Please place your number in the bucket. A number of people last year did not sign out, resulting in many disqualifications. Please don't add your name to this list.

After your ride

Do not loiter at the HQ/car park. Unless you are staying to spectate, please pack away and leave immediately upon completion of your race.

Results

No times will be given at the finish. Results will be posted on a spreadsheet which will be updated in real time. A link for this will be sent to you or will be available on the evening.

Prizes:

Due to the cost of promoting the event, in particular the cost of providing and signing a closed road, there are once again no cash prizes this year. Winners prizes for first male and female in both the under 16 and 16 and over events will be posted out.

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 cattle grid during the race.
DO NOT warm up on the climb after 6.45pm
DO have a great time

A final word.....

Hill climbs are renowned for their social atmosphere and the camaraderie between riders. This is the main the reason I have been riding them since 1985! Unfortunately this can not be the case right now. For the foreseeable future you simply park, sign on, warm up, race, pack up and leave; and if you do stay to watch you have to maintain social distancing. I know that this isn't in the spirit of hill climbs, but right now this is the only way we can race. So please follow the rules and help ensure that racing can continue. Thank you.

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	2020	Darrell Clarke	05:08	2020	Sonia Insley	07:48
VET 50	2020	Chris Myhill	05:09	2020	Harriet Eisner	11:04
VET 60	2020	Lez Young	08:19	2020	Yvonne Twelvetree	09:15
VET 70						
ESPOIR	2020	Ben Granger	04:38	2020	Lucy Lee	05:40
JUNIOR	2020	Lewis Holmes	05:33	2020	Lilja Raine	08:13
Age 18						
Age 17						
Age 16	2020	Lewis Holmes	05:33	2020	Lilja Raine	08:13
JUVENILE	2020	Joshua Williams	05:06	2020	Maia Howell	07:10
Age 15	2020	Joshua Williams	05:06	2020	Amy Loftus	07:29
Age 14	2020	Ryan Williams	05:17			
Age 13	2020	Emil Howell	06:07	2020	Evie Turner	07:51
Age 12				2020	Lydia Turan	08:31
Age 11	2020	Roch Morgan	07:15	2020	Maia Howell	07:10
Age 10				2020	Millie Turner	10:23
Age 9	2020	Brodie Stewart	10:47			
C3				2020	Amelia Cass	07:32
TRICYCLE	2020	Lez Young	08:19			
TEAM OF 3	2020	Team Lifting Gear Products/Cycles in Motion (Alex Raynard, Calum Brown, Eugene Cross)	14:36			

Names in bold are the overall record for a category.

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 fitted to your bike and make sure it's working!
- ⇒ Pump, tools and spare inner tubes. You won't be able to borrow from someone else.
- ⇒ Pen.
- ⇒ Safety pins for your number.
- ⇒ Helmet—if you are under 18.
- ⇒ 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. From the first meeting we had with the parish council they have been totally supportive of us promoting a hill climb on Longstone Edge. The councilors welcomed us with open arms and they very much see this event becoming a firm fixture in the local community calendar. Hopefully as every year goes by, we can involve the village more and more and make the event into a real occasion for competitors and locals alike.

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.

Jane Stirland and Lauranne Pearce —for organising the refreshments stalls.

Mr and Mrs Turner — owners of a property within the road closure.

Helen Boden—Derbyshire Dales district council, for arranging the road closure.

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

Guy Cook for helping out with the event signage.

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

Steve Gibson: it was his idea!

And finally to **YOU** for entering!