



EMERGENCIES

You will find contact numbers on the map and bike rider number:

Medical Emergencies:

07591 206 430

Mechanical Assistance:

07591 206 394

Please add these to your mobile phone before you ride. These numbers are for use in emergencies only.

In the event of **mechanical issues**, please be mindful of other road users. For your safety, and theirs, try to move to the side of the road and come to a safe stop. If possible, move yourself and your bike away from the road. If you are unable to fix the mechanical fault yourself, use the number above and wait for assistance. Place your bike upside down so it is sitting on its saddle and handlebars so our mechanic can spot you more easily.

In the event of a **medical emergency**, call us on the number above immediately. If the situation is deserving, please call 999 first and ask for an ambulance, but always call us straight after so we can get to you and assist the emergency services.

How to share your location

It's also a good idea to familiarise yourself with how to share your location from your phone. That way, in the event of mechanical failure or a medical emergency, you can send us your location and we will find you much quicker. [Here are instructions on how to share your location using Google Maps and Maps for iPhone.](#)



REGISTRATION

A 'Pre-registration Marshall' will check your start wave and won't allow you to enter the venue more than **30mins** before the start of your starting wave. Event number collection will then be done by surname in socially distanced lines with a one way flow process into the venue.

Remember to bring your helmet to registration so a member of staff can stick your timing chip to it.



BIKE NUMBERS

Please make sure you attach your bike number (supplied at registration) to the front of the bike so it can be seen clearly. Do not wrap it around your bars.



COURSE SIGNS

The route will be marked arrow signs and marker ribbons. Arrows signs will be at all junctions on the route.

Although the route is clearly marked you should study your map before starting to familiarise yourself with your route. If you accidentally stray from the route you should back track to the last point where you knew you were on the route.

Riders are welcome to change to shorter routes, please inform us of your route change at the finish.



FEED STATIONS

There will be feed stations along the course. This should supplement the food / drink you have taken on the ride.

Riders will not be encouraged to stop at the feed station for any lengthy period of time, but instead encouraged to pass through the feed station quickly and eat / drink on the move.

You will need to carry a personal bottle. No bottle no drink.

Where a feed station cannot be facilitated on the short route, OTE bars, gels and hydration will be provided at the start for you to carry on the ride.



RESULTS

Rider times will be displayed in alphabetical order on Results Base and on our website www.ukcyclingevents.co.uk the day after the event.



ESSENTIAL ITEMS

- ✓ Helmet (no helmet, no ride!) Helmets must comply with latest US Snell B90/B95 or European standard CE standards
- ✓ Basic tools
- ✓ Inner tubes
- ✓ Pump
- ✓ Drink bottle
- ✓ Basic first aid kit (recommended)
- ✓ Mobile phone for emergencies
- ✓ Lights and high visibility clothing (on days where fog or rain is forecast or where light is likely to be reduced)
- ✓ Facemask (for venue)
- ✓ Hand sanitiser



THE FINISH

Make sure you cross the finish line so your time is recorded and collect your medal. Your start number and timing chip are disposable.

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