

PEAK
ROAD CLUB



myHill
CYCLING

Peak Road Club and myHill Cycling present the 5th

Longstone Edge Hill Climb

Wednesday 26th June 2024. Racing starts at 7.01pm



With the support from



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

Welcome to the 5th edition of the Longstone Edge hill climb. The event is being promoted with additional restrictions in place with regard to the road closure, 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: chrismyhill@btinternet.com

Start time keeper: John Clarke

Finish time keeper: Christine and Phil Minto

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 approximately 8.30pm to all vehicles other than the emergency services and event officials.

Whilst the race is in progress **NO** competitors that have finished are allowed to descend down the course beyond the cattle-grid. **The ONLY exception to this is between 7.25 and 7.35pm when the youth competitors will be allowed to return to the HQ.**

Event time table:

5.30pm: Competitors car park open

6.00pm: Signing on opens

6.30pm: COURSE CLOSED TO VEHICLES

6.45pm: Warming up on the course closes

7.01pm: Youth event starts

7.25pm: Youth event ends

7.25pm TO 7.35pm: YOUTH RIDERS ALLOWED TO CAREFULLY DESCEND THE COURSE

7.39pm: Senior events starts.

8.20pm: Last senior rider starts

8.21pm: Locals race starts

From 8.30pm approx: Event signage removed from the course. Road reopens.

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.

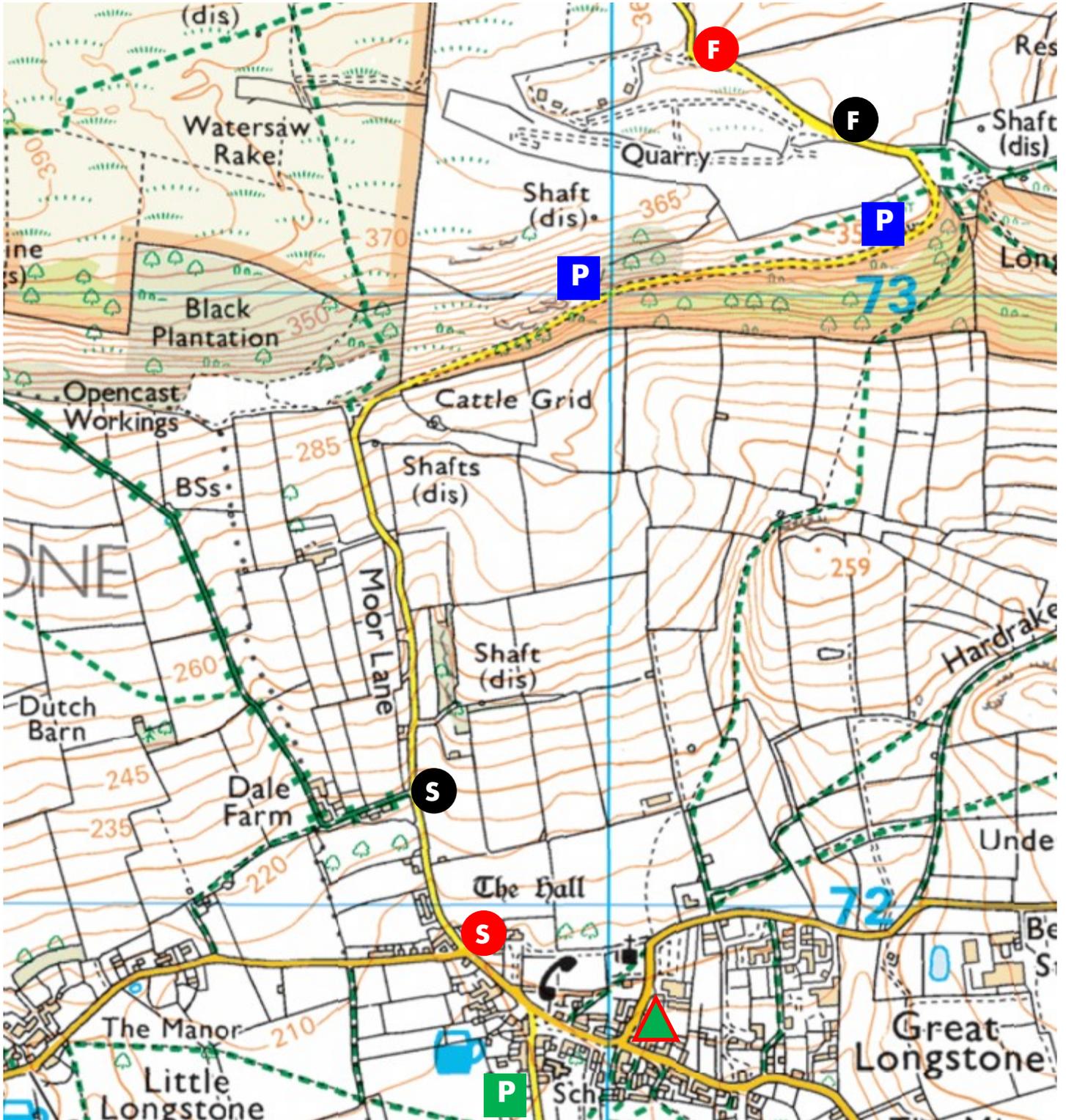
Cars can also be parked in the large laybys on the course. These are on the left as you drive up the hill. **Please note that if you park here you will not be able to leave the event until the road is re-opened and you must arrive before 6.15pm.**

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.

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)

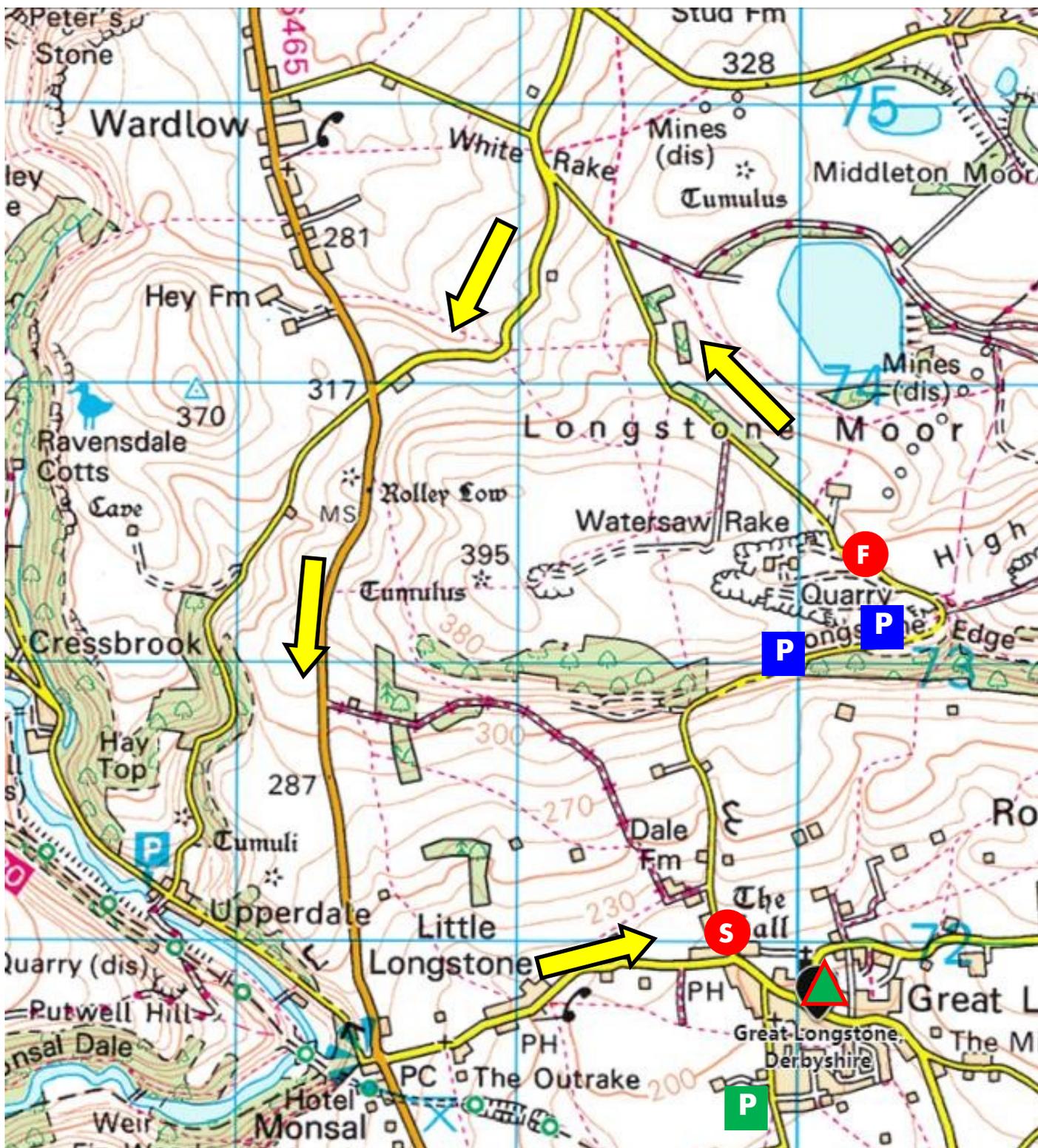


Course finish



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:

Signing on

Please **sign on** and collect your **number** and at the **HQ**. Signing on will be available from **6pm**. All competitors under 18 must have a **SIGNED PARENTAL PERMISSION** form. These can be handed in when you sign on.

Helmets

All **competitors** must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition

Front and Rear lights

An illuminated **FRONT AND REAR** light, either constant or flashing, must be affixed to the machine in a position that is clearly visible. No lights = no ride.

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.

Body numbers

Your number should be fixed so as to be clearly visible from the rear when in the normal riding position.

Signing out

You must sign out after your ride, failure to do so will result in a DNF.

Longstone Hill Climb event conditions.

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.

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.

Parking

Please park in the areas shown on the map. **NO PARKING AT THE TOP OF THE HILL**. We have had a few people drive to the top expecting to be able to park and they were turned away and told to park in the allocated area.

Longstone Edge Hill Climb event conditions (continued):

Warming up

NO warming up on the course after 6.45pm.

Arriving to the start

Please try to avoid arriving at the start more than 5 minutes before your start time. 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.

Finishing

Please ride through the finish line, 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** (other than during the times when this is allowed) 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

Please give the riders **LOTS** of support, but please stand well away from the edge of the road. If you are riding, and you wish to spectate after your effort, please notify a marshal and proceed carefully back down the hill. Please be aware of competitors coming up the hill and stop at the side of the road to allow them to ride unimpeded.

DO NOT DESCEND BEYOND THE BOTTOM CATTLE GRID. WHILST THE EVENT IS IN PROGRESS

Results

No times will be given at the finish. Results will be available at the HQ as soon as possible after your ride

Prizes:

Winner's mugs will be posted, and prize money will be paid via BACS.

If you know you have won a prize, please send your bank account details by email to the organiser. I will then send the money during the following week.

Refreshments:

LEAP are kindly providing refreshments in the village hall from 6pm. All profits will be going towards local causes, so please spend generously!

Locals 'have a go' race

After the main race, local residents will have the opportunity to have a go up the climb. If any take up the challenge please note that the road will stay closed until they have all finished—and please give them all plenty of encouragement!

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 bottom cattle grid during the race.

DO NOT warm up on the climb after 6.45pm

DO have a great time!

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:

| | OPEN | | | 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 | 2022 | Nicholas Latimer | 04:56 | 2020 | Sonia Insley | 07:48 |
| VET 50 | 2020 | Chris Myhill | 05:09 | 2023 | Sally Maitland | 06:55.2 |
| VET 60 | 2022 | James Russell | 06:37 | 2021 | Kym Martindale | 08:58 |
| VET 70 | 2021 | David Hayward | 09:42 | 2023 | Yvonne Twelvetree | 08:51.8 |
| | | | | | | |
| Espoir | 2020 | Ben Granger | 04:38 | 2020 | Lucy Lee | 05:40 |
| | | | | | | |
| Jun Age 18 | 2021 | Taylor Hill | 05:03 | | | |
| Jun Age 17 | 2021 | Dan Taylor | 04:52 | 2022 | Lilja Raine | 07:25 |
| Jun Age 16 | 2023 | Isaac Oliver | 04:44.9 | 2020 | Lilja Raine | 08:13 |
| | | | | | | |
| Juv age 15 | 2023 | Harry Hudson | 04:49.4 | 2020 | Amy Loftus | 07:29 |
| Juv Age 14 | 2022 | Harry Hudson | 05:02 | 2023 | Maia Howell | 06:25.2 |
| Juv Age 13 | 2023 | Finlay Hudson | 05:37.7 | 2022 | Maia Howell | 06:39 |
| Juv Age 12 | 2023 | Cody Bassett | 06:32.7 | 2021 | Maia Howell | 07:13 |
| Juv Age 11 | 2021 | Finlay Hudson | 06:19 | 2020 | Maia Howell | 07:10 |
| Juv Age 10 | 2021 | Cody Bassett | 09:16 | 2020 | Millie Turner | 10:23 |
| Juv Age 9 | 2023 | George Anthony | 07:57.5 | 2021 | Olivia Marriott | 08:48 |
| Juv Age 8 | 2022 | George Anthony | 08:33 | | | |
| Juv Age 7 | 2021 | George Anthony | 09:49 | | | |
| | | | | | | |
| C3 | | | | 2020 | Amelia Cass | 07:32 |
| | | | | | | |
| Tricycle | 2020 | Lez Young | 08:19 | | | |
| | | | | | | |
| TEAM OF 3 Overall | 2020 | Team Lifting Gear Products/Cycles in Motion (Alex Raynard, Calum Brown, Eugene Cross) | 14:36 | 2020 | Holmfirth CC (Amy Loftus, Evie Turner, Lydia Turan) | 23:51 |
| Juv TEAM of 3 | 2022 | Matlock CC (Harry Hudson, Emil Howell, Isaac Holwell) | 16:24 | 2020 | Holmfirth CC (Amy Loftus, Evie Turner, Lydia Turan) | 23:51 |

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 and effort 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!

Prizes:

| | Senior | | Junior | Youth 10/11 | | Youth 12/13 | | Youth 14/15 | |
|---------------|--------|--------|--------|-------------|--------|-------------|--------|-------------|--------|
| | Open | Female | Open | Open | Female | Open | Female | Open | Female |
| First | £25 | £25 | £20* | £10 | £10 | £10 | £10 | £10 | £10 |
| Second | £15 | £15 | | | | | | | |
| Third | £10 | £10 | | | | | | | |

⇒ *1 rider, 1 prize

⇒ **OVERALL winners** in open senior, open female, open youth and female youth will also receive a winners mug.

Check List:

Don't ruin your evening by forgetting something important! Make sure you bring the following:

⇒ Rear light AND front light fitted to your bike and make sure they are working!

⇒ Pump, tools and spare inner tubes.

⇒ Parental permission form for juvenile and junior riders.

⇒ Helmet

⇒ Cycling shorts and jersey (or skinsuit), base layers, socks, towel.

⇒ Cycling shoes. Often forgotten!

Thank you:

Thanks to the following organisations and individuals for helping to make the event possible:

Great Longstone parish council. For their continued support and encouragement for this event.

LEAP. For providing refreshments in the village hall.

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 and arranging the refreshment volunteers

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

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

Have a great evening and we hope that you'll come back next year!