

Mill Lee Road Hill Climb Start Sheet



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skyhook
COACHING SERVICES

27/09/2020

WHO WANTS TO BE A
MILL LEE
CHAMPIONNAIRE
WHO WANTS TO BE A

OHC18

LIFTING
GEAR PRODUCTS

*Cycles In
Motion*

The Course

OHC18

Course Description

Start on Mill Lee Road at the Derestriction sign just south of The Plough PH. Proceed uphill and keep left before grassy triangle at Hoar Stones Road junction to finish at top edge of first gully grate on left hand side <https://www.strava.com/segments/21462022>

Key Stats

Distance: 400m

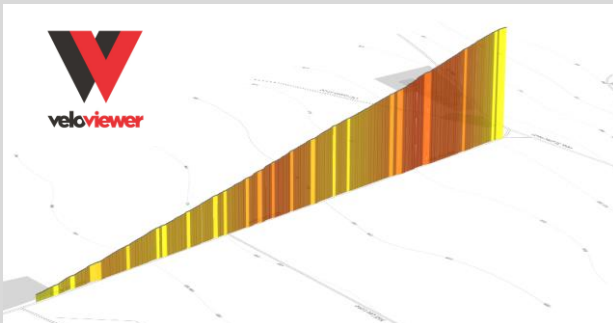
Height Gain: 48m

Average Gradient: 10.9%

Max Gradient: 13%

Men's CR: 0:48.1 (Calum Brown, 2019)

Women's CR: 1:23.04 (Hannah Larbalestier, 2019)



Rider Instructions

Signing On

You have two options for signing on

1. Online sign on will be open from 09:00 -19:00 on Saturday the 26th September. An email link will be circulated around in due course. This is only available to riders over the age of 18.
2. Sign on at the bottom of the climb marked on the map on the following page. Please bring your own pen.

Race Numbers

We are trialing the option for riders to print their own numbers at home via the link below:

<https://drive.google.com/file/d/1JXCeSEkUJVgsWnyFQ1feKs70PXQK9fOP/view?usp=sharing>

We also have disposable numbers available at sign on for anyone who does not wish to use the print at home option. We will not be providing pins

Signing Out

Please sign out at the table at the top of the course once you have completed your ride. Pens (which you may take home with you) and hand sanitiser will be provided.


Rider Instructions

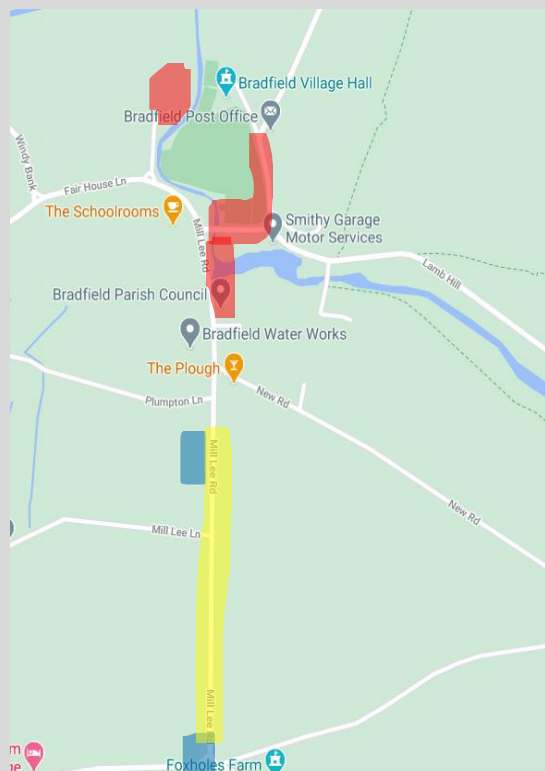
Starting Frame

Riders will not be held at the start but may use the starting frame provided.

You must only touch it with your hands or the provided nitrile gloves. Please sanitize your hands / nitrile gloves before touching the frame using the alcohol gel provided. The frame will be cleaned with antimicrobial spray between each rider setting off

Map

-  **Parking**
(additional on street parking available around Agden and Damflask Reservoirs)
-  **Sign on / out**
-  **Course**



COVID 19 Arrangements

We ask riders to follow current UK regulations regarding Covid-19.

- No spectators are allowed on the course
- If you have any Covid symptoms, please do not attend the event.
- Hand sanitiser is provided at sign on, start and finish
- You must bring your own pen to sign on.
- We will not be providing pins for numbers
- Please arrive at the starting area no more than 3 minutes before your start time.
- Please do not leave items at the start line.
- Always maintain a distance of at least 2 meters from others.
- Do not congregate in groups of more than 6.
- Please leave after completing your ride and signing out .

Rider List

Number	Start Time	Name	Team	Category
1	15:01	Christian Fox	Team Lifting Gear Products/Cycles In Motion	Vet (M)
2	15:02	Andy Nichols	Team Lifting Gear Products/Cycles In Motion	Sen (M)
3	15:03	Rick Bailey	Team Lifting Gear Products/Cycles In Motion	Sen (M)
4	15:04	Tobias Edwards	Team Lifting Gear Products/Cycles In Motion	Esp (M)
5	15:05	Paul Armstrong	Team Lifting Gear Products/Cycles In Motion	Sen (M)
6	15:06	Sonia Insley	Bolsover and District CC	Vet (F)
7	15:07	Ella Cheetham	Team Lifting Gear Products/Cycles In Motion	Esp (F)
8	15:08	Haddi Conant	Team Lifting Gear Products/Cycles In Motion	Esp (F)
9	15:09	Anna Brittain	7 Hills Cycling Club	Sen (F)
10	15:10	Becky Hair	Magspeed Racing	Sen (F)
11	15:11	Rebecca Richardson	Team Brother UK	Sen (F)
12	15:12	Russell Jelly	Mapperley CC	Vet (M)
13	15:13	Matthew Beech	Ilkeston Cycle Club	Vet (M)
14	15:14	Richard Knowles	Stafford RC	Vet (M)
15	15:15	Paul Hutchin	Worrall Wheelers	Vet (M)
16	15:16	Peter Grant	Velo Club Bridgford	Vet (M)
17	15:17	Billy N M Cheetham	Team Lifting Gear Products/Cycles In Motion	Vet (M)
18	15:18	Daniel Farrand	Bolsover and District CC	Vet (M)
19	15:19	Chris Kaye	Ilkeston Cycle Club	Vet (M)
20	15:20	John Hind	Bolsover and District CC	Vet (M)
21	15:21	Richard Stoodley	TrueSapien	Vet (M)
22	15:22	Daniel Emery	Birdwell Wheelers	Vet (M)
23	15:23	Simon Warren	Norwood Paragon CC	Vet (M)
24	15:24	Charlie Openshaw	Islington Cycling Club	Vet (M)
25	15:25	Phil Holwell	Peak Road Club	Vet (M)
26	15:26	Oliver Humphreys	National Clarion CC	Vet (M)
27	15:27	Tom Monkhouse	Sheffield Sports Cycling Club	Juv (M)
28	15:28	Patrick Casey	Team Lifting Gear Products/Cycles In Motion	Juv (M)
29	15:29	Ryan Williams	Beeston Cycling Club	Juv (M)
30	15:30	Jules Chadderton	Huddersfield Star Whs	Jun (M)
31	15:31	Ewan Mackie	HMT Hospitals Giant Cycling Team	Jun (M)
32	15:32	Taylor Hill	JRC Shutt Ridley RT	Jun (M)

Rider List

33	15:33	Sam Shepherd	Rochdale Tri Club	Esp (M)
34	15:34	Chris Slack	Team Lifting Gear Products/Cycles In Motion	Sen (M)
35	15:35	Thomas Palmer	Geared Up & CN Cycles RT	Esp (M)
36	15:36	Steven Morrow	Chorlton Velo	Sen (M)
37	15:37	Matthew Cooper	National Clarion CC	Sen (M)
38	15:38	Alan Royle	Rutland Cycling Club	Sen (M)
39	15:39	Christopher Peach	Ilkeston Cycle Club	Sen (M)
40	15:40	Tom Parsons	Bolsover and District CC	Sen (M)
41	15:41	Francis Eades	Islington Cycling Club	Sen (M)
42	15:42	Tom Hazelton	Dulwich Paragon CC	Sen (M)
43	15:43	Michael Brown	Geared Up & CN Cycles RT	Sen (M)
44	15:44	Callum Dixon	Kingud Factory Racing	Sen (M)
45	15:45	Karl Wooffindin	Team Lifting Gear Products/Cycles In Motion	Sen (M)
46	15:46	Hamish McDougall	Team Lifting Gear Products/Cycles In Motion	Sen (M)
47	15:47	Luke Hind	Team Lifting Gear Products/Cycles In Motion	Esp (M)
48	15:48	Kieran Smith	Team Lifting Gear Products/Cycles In Motion	Jun (M)

Prize Info

There will be no prize presentation. Prize winners will be contacted after the event and arrangements made to distribute winnings.

1st Overall: £35

2nd Overall: £25

3rd Overall: £15

1st Woman: £35

2nd Woman: £25

3rd Woman: £15

1st Veteran Overall: £15

1st Veteran Woman: £15

1st Junior: £15

1st Juvenile: £15

Best Race Face: £10



We are committed to providing equal prize money for male and female competitors at our events

With Thanks to

Time Keepers

Christine Minto

Phil Minto

Photography

Chris Fox

Event Helpers

The Komprendos (Riders and Friends of Team Lifting Gear Products/ Cycles in Motion)

Signs Provided By

University of Sheffield CC

Results

TheVO2Project Ltd. Quick Timesheet

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