



RIDE MANUAL

2019



RIDE MANUAL

Thank you for entering the Land's End 100 Sportive 2019.

IMPORTANT: Please take time to read this document thoroughly before you travel. It contains details that will ensure the event runs smoothly and that you get maximum enjoyment out of your ride!

REGISTRATION:

If you have entered online your 'Ride Pack' will be ready for your collection in the Event HQ Marquee on Folly Field, Marazion on the morning of the Sportive.

If you are planning on entering on the day. You will need to allow yourself time to complete the registration process. Please note there is an additional £5 admin fee for registering on the day and that we will only be able to accept cash or cheque payments.

- Pack Contents:**
- Rider Number (Must be fixed to the front of your bike)
 - Disposable Timing Chip
 - Stick to the **OUTSIDE-LEFT** of your cycle helmet
 - **DO NOT Stick over metallic decals or old timing chips**
 - 2 x Cable Ties (to fix Rider Number to your bicycle)

Registration Times: The Registration Desk will be open from 07:00 hrs to 08:45 hrs.

VENUE:

Address: Folly Field, Marazion, Penzance, Cornwall, TR17 0EF
Telephone: Event Director: 07764 793122 (For contact pre and post event)
Event Control: 07548 946358 (Only use during event)
The Event Support Number is recorded on the rear of your Bike Number.
Email: stewart@justevents.biz

DIRECTIONS:

- By Car:** We're easy to find, just head down the A30 through Devon and Cornwall. On a single carriageway stretch just before Penzance, you will see the Newtown Roundabout sign. Take the second exit from the roundabout, then turn left at the end of that road. You will soon see Folly Field Car Park and St Michael's Mount on your right.
- By Train** The nearest station is Penzance. There is a reliable, regular mainline service linking directly to London, the Midlands, northern England and Scotland. A sleeper service is available from London Paddington to Penzance (and back) so you can let the train take the strain and wake up refreshed ready for your Cornish sportive experience. Penzance Railway Station is only a short cycle ride from Folly Field.

PARKING:

Folly Field is owned by St Aubyn Estates. There is ample parking available but it is not free. You will need to pay the car park attendants at the gate. **Parking Fee is £4.00 for cars and £8.00 for any vehicle over 5.5 meters in length (including bike racks).** Please ensure you have the right change ready so that they can get people in and parked up as quickly and smoothly as possible. Thank you.

PRE-RIDE REFRESHMENTS:

Code 4 Coffee will be at the event selling hot & cold drinks and light snacks.
The Beach Box Cafe will also be open at Folly Field.

START PROCEDURE:

Riders for the long route will start first. Please do not start until your route choice has been called. If you start too early we will not have resources such as marshals, timing points or feed stations in place ready for you.



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When you are ready to begin your ride, present yourself at the 'Start Gate', behind the large orange gantry. You will receive a short safety briefing before you begin your ride.

Riders will be set off in groups of approximately 70 at a time with 5 minute intervals.

START TIMES:

- Participants for the Long Route must start between **08:00 hrs & 08:30 hrs**
- Participants for the Medium Route must start between **08:15 hrs & 08:45 hrs**
- Participants for the Short Route must start between **08:30 hrs and 09:00 hrs**

All participants MUST start by 09:00 hrs and finish no later than 17:30 hrs.

RIDE PACE & CUT OFF TIMES:

- Long Route: Minimum Pace (11 mph)
 - Cut Off - Bosleake (57 Miles) **13:00 hrs** (Diverts to Medium route)
- Medium Route: Minimum Pace (9 mph)
 - Cut Off (40 Miles) **13:15 hrs** (Diverts to Short)
- No Participants to start after **09:00 hrs**
- All participants must finish by 17:30 hrs
- Short Route: Minimum Pace (6 mph)

NOTE: Ride Pace includes stop time (including time at feed stations) - turn off auto-pause on GPS Bike computers to display accurate ride information.

ROUTE INFORMATION:

We make every effort to ensure that our routes are all clearly signed and marshalled. However the onus of remaining on course remains with the rider.

ROUTE SIGNS:



Direction Arrow



Steep Descent
[Take Extra Care]



Hazard Warning
[Take Care & be ready to stop]



Route Split signs
[Follow arrows for your route option]



Hazard - Go Slow



Notable Hill



Medal Time Ends Here



Feed Stations



Toilets

MARSHALS:

There are marshals at key locations around the route. They are there to help you remain on course and raise awareness of the Sportive. Marshals are NOT there to stop traffic or give you priority right of way. You must comply with all traffic signs & road markings. It is your responsibility to ensure that it is safe before you proceed.



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MAPS & GPX FILES:

Route Maps are available online. Please click on the respective Route page option on the event website www.LE100.uk

If you have a bike computer we recommend that you download the appropriate GPX or TCX file and use this as an additional backup to ensure you remain on route. To access Route Map Files please visit www.LE100.uk, select your Route Option (Long , Medium or Short). Scroll to the embedded route map, click on the 'Send to device' link and follow the online instructions.

RIDE SAFETY:

The Land's End 100 Sportive is a challenging event that takes place on open public roads. Cycle events of this nature will always carry an element of risk, however, if you follow the advice we provide, those risks will be minimised.

- Prior to the event, check your bike. Make sure your brakes, tyres & gears are all in good condition.
- You MUST wear an approved Cycle Helmet on the course at all times.
- This is NOT a race or a closed road event. Comply with the law and respect other road users.
- Always cycle at a speed where you are able to stop safely when required.
- Know the limits of your own bike handling ability. Do not be drawn into danger by following others.
- Always heed the advice of course marshals (stop if they signal you to do so)
- Do not ride more than two abreast and single-out on narrow or busy roads
- ALWAYS comply with Traffic Law & the Highway Code
- Take note of the normal road signs & markings in addition to the event signs.
- Pay attention to Caution Signs. They are for your SAFETY.
- Be prepared to stop at Pedestrian Crossings.
- Take particular care when passing through built up areas.
- DO NOT contravene RED Traffic Lights.
- Watch out for pot-holes, loose gravel, or debris that may have washed into the carriageway
- It remains your responsibility to ensure it is safe to continue when negotiating marshalled junctions.
- Give Way when necessary and take extra care when merging onto main roads.

ELECTRONIC CHIP TIMING:

You must stick the disposable timing-chip to the outside-left of your cycle helmet, ensuring that it is not stuck on top of any old timing-chips or metallic surfaces. The timing-chip will not damage your helmet. It can easily be peeled off and thrown away after the Sportive.

When you start you will cycle past a row of Timing Antenna on your left-hand side. The timing-chip on your helmet will activate your start time. This will continue recording your individual time until you reach the finish timing point.

There are no timing control points located in the feed stations. You do not have to enter the feed stations if you do not want to.

Please note that the clock does not stop whilst you are at the Feed Stations. Any time you spend at a feed station is included in your overall medal time.

There are no intermediate timing points for this event. Your time will be recorded against the route you have chosen to enter. If you want to switch routes, make sure you do so at Registration prior to commencing your ride.

Results will be available live online. The Link can be found on the event website www.LE100.uk and on our FB Page @JustEvents.ltd





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FEED STATIONS:

All Feed Stations will have a selection of sweet and savoury foods to choose from.

Hi Five Energy Drinks, Gels and Bars will also be available.

Please only take the provisions you require to complete your ride. If you are amongst the early groups to reach the feed stations, remember that there are hundreds more following who will also need to refuel. Please don't take more than your fair share.

We recommend that you carry two 750ml Drinks Bottles to ensure you have sufficient fluids to last you between the Feed Stations.

Should you run out of drink, there are a number of places along the route where you should be able to obtain additional water.

St Just: St Just Sports Centre, TR19 7JX

- Long Route - 22.3 miles
- Medium Route - 22.3 miles
- Short Route - 22.3 miles
- **OPEN: 09:00 hrs to 12:00 hrs**

Portreath: Portreath Millennium Hall, TR16 4LP

- Long Route - 50 miles
- Medium Route - 50 miles
- **OPEN: 10:40 hrs to 14:00 hrs**

Mawgan: Mawgan Recreation Hall, TR12 6AX

- Long Route only - 71.3 miles
- **OPEN: 11:45 hrs to 14:30 hrs**

ALLERGENS & SPECIAL DIETS:

We are unable to guarantee that the normal range of foods provided at our feed stations will be free from allergens such as eggs, nuts, gluten, lactose, wheat, crustations, fish, soya, celery, etc.

Some of our foods will be packaged and will have their ingredient clearly identified on the wrapper.

We will have a 'free from' food box available at each feed station with a small selection of allergen free products but we are unable to cater for individual special dietary requirements. If you have specific dietary requirements we recommend that you bring your own food supply with you.

MECHANICAL SUPPORT:

Mechanical assistance is available for emergencies only. You should aim to be self sufficient. Please carry your own spare inner tubes and a basic repair kit.

Mechanical support is provided by Bay Cycles of Torquay.

If you require Mechanical Support - Call **EVENT CONTROL** on **07548 946358**.

This number is printed on the rear of your bike number.

We will need to know your location to be able to get a mechanic to you. You or another participant are likely to have a **bike computer** recording the distance travelled on the course. If you provide us this information we will be able to establish your precise location.

If you have a **GPS** or **Smart Phone**, these can also help identify your location.

If you are able to make your own way to the next feed station or nearest village, this can really help us provide a faster service for you.



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EMERGENCY PROCEDURES:

If you should witness any incident where a fellow participant or member of the public appear to need assistance, we would urge you to stop and offer help.

If it is clear a casualty requires hospital treatment please call **999** first.

Call **EVENT CONTROL** on **07548 946358**. You should have this number programmed into your mobile phone in case you require any assistance. It is also recorded on the rear of your bike number.

We have Paramedics out on the course. We will direct them to you as quickly as possible.

We will of course need to know the location of the incident to be able to get assistance to the scene. You or another participant are likely to have a **bike computer** recording the distance travelled on the course. If you provide us this information we will be able to establish your precise location.

If you have a **GPS** or **Smart Phone**, these can also help identify your location.

FINISH PROCEDURE:

Once you reach the Event HQ at Folly Field, cycle through the Finish Gantry to the dismount zone.

Then, make your way in to the Event HQ Marquee where you will receive your Finish Time, Medal and Goody Bag.

There will be food, drink, and a massage clinic available at the finish to help kick-start your recovery.

MEDAL STANDARDS:

There are Gold, Silver, & Bronze Medal standards set for this event in respect of age and gender categories. Your medal standard will be available online using the link on our website www.LE100.uk

All finishers will receive a medal in accordance with their official finish time.

Time Limits for the medal standards are published on the event website.

REFRESHMENTS:

There will be food and drink available for you to purchase at the finish of your ride. We will also have a number of tables and chairs available in the Marquee where you will be able to sit and relax with panoramic views across Mounts Bay to St Michael's Mount.

- Code 4 Coffee (Offering fresh ground coffee and speciality teas)
- The Beach Box Cafe (Offering Traditional Cornish Pasties)
- Bangers On The Go (Catering Van)

SPORTS MASSAGE:

Our Event Partners, SW Health & Wellbeing will be onsite with their Massage Clinic in the Event Marquee. This is the perfect way to relax and sooth away any aches and pains from your ride before driving home and is an excellent aid to promoting muscle recovery.

SPORTIVE PHOTOS:

A professional sports photographer from Charles Whitton Photography will be taking the official photographs out on the course. You will be able to view your photos on their website using your Bike Number.

www.CharlesWhittonPhotography.com



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WELFARE:

TOILET FACILITIES:

There are ample public toilet facilities available at Folly Field.

There are also toilet facilities available at all the Feed Stations.

If you need a comfort stop away from the Feed Stations, please try to use public facilities at one of the many villages along the route. If you are unable to wait, please ensure you choose a location that is away from public view, where you will not cause offence to others.

RIDER SUPPORT:

Participants should always aim to be self sufficient throughout their ride. However, if you experience any difficulties and require assistance, please call Event Support on **07548 946358**. The Event Support Team will be able to provide advice or assistance as required.

UNABLE TO FINISH:

If you are unable to complete the ride or decide not to continue for any reason, please ensure you advise the Event Support Team (**07548 946358**) or an Event Official, so that we know you are safely off the course.

A support vehicle can be sent to pick you up and take you back to the HQ if necessary. Please get yourself to a place of safety, somewhere that is warm and dry along the route, then call our Event Support Team on **07548 946358**.

CLOTHING & EQUIPMENT:

- Bikes must be in a roadworthy condition.
- Get your bike properly serviced before attending.
- Cycle Helmets **MUST** be worn.
- Ensure you wear the correct clothing for the conditions. Check weather before leaving home.
- Carry a rear light if there is any chance of mist or fog
- Ensure you carry enough food and drink for your ride.
- We recommend you have 2 x 750ml water bottles
- Carry spare inner-tubes (2), a pump, tyre levers and a small repair kit
- Carry your mobile phone with our Event Control number programmed into your contacts list.
- Carry some cash (£20.00) for use in emergencies.

ACCOMMODATION:

- Penzance Youth Hostel - www.yha.org.uk/hostel/penzance
- Travelodge Hayle - www.travelodge.co.uk
- Premier Inn, Hayle - www.premierinn.com
- Godolphin Arms - www.godolphinarms.co.uk
- The Marazion Hotel - www.marazionhotel.co.uk
- Queen's Hotel - www.queens-hotel.com

SSAFA CHARITY SUPPORT:

Just Events Ltd has chosen **SSAFA** (Soldiers, Sailors, & Airmen's Families Association) as its charity partner. A percentage of all entry fees are donated direct to them.

We will have some collection buckets at the event - please do consider showing your support by dropping a couple of quid in one of the tubs - thank you.





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EVENT SPONSORS & PARTNERS



SW Health & Wellbeing are support partners of Just Events Ltd.

SW Health & Wellbeing is run by Stephen Smith-Wild, a South West Region Exercise Therapist with 6 years experience offering Sports Massage and Exercise Therapy to private clients and Sporting Events.

Call: 07984 456062 www.facebook.com/pg/swhealthwellbeing



Bay Cycles Limited are support partners for Just Events Ltd.

Bay Cycles is a family run, independent bike shop, based in Torquay. Owners, Jez & Lisa have over 30 years experience in the cycle industry and strive to deliver a first class service for their customers. They are Cytech qualified mechanics, Trek Precision Fit Technicians, and Trek product specialists.

Call: 01803 316785 www.BayCycles.co.uk



High 5 Sports Nutrition are energy product sponsors of the Moor to Sea Sportive.

High5 have been developing and supplying sports nutrition products for over 20 years. They are one of the UKs leading Sports Nutrition companies and the innovative products they develop have often been at the forefront of sports nutrition globally.

Call: 01273 303817 www.HighFive.co.uk



St Aubyn Estates has been part of the West Cornwall landscape for more than 600 years. It is a family owned enterprise spanning 5,000 acres with a diverse portfolio of businesses which include land and property management, tourism and hospitality, building and farming.

Call: 01736 710507 www.StAubynEstates.com



The National Coastwatch Institution (NCI) is a voluntary organisation set up in 1994 to restore a visual watch along UK shores after many small Coastguard stations closed. NCI is a registered charity managed by a board of Trustees with a Constitution agreed by the Charities Commission.

Call: 01736 786761 www.nci.org.uk/capecornwall