



Paul Kirk Memorial North Lincs CycloSportive Sunday 14th April 2019

Thank you for taking part in this sportive which is organised by Lingsquad with all profits being split equally between charities.

After the sad loss of Paul Kirk during the sportive in 2011 from a previously unknown heart complaint, the North Lincs CycloSportive was permanently renamed to 'The Paul Kirk North Lincs CycloSportive'. Paul was a keen cyclist and charity fund raiser and this is a fitting tribute in his memory.

This year we will be raising money for two charities. The Nottinghamshire & Lincolnshire Air Ambulance Trust and for this year the Sick Children's Trust

The Lincolnshire and Nottingham Air Ambulance (<http://www.ambucopter.org.uk/>) has assisted Lingsquadders and many other cyclists over the years however their work involves potentially everybody from road accidents, recreational activities and critical patient transfers. In February 2013, Lingsquad tragically lost a club mate, committee member & friend, Christian Brown, in a tragic cycling accident. Christian was airlifted to Hull Royal Infirmary in a critical condition by the Lincolnshire & Nottinghamshire Air Ambulance but unfortunately he didn't recover.

The Sick Childrens Trust (www.SickChildrensTrust.org) were one of the charities that assisted Lingsquadders Chris and Nicola whilst their son Leo underwent treatment and Lingsquad are proud to help recognise all their work and efforts.

Both charities are extremely worthwhile and well deserving of our support.

On their behalf, Lingsquad thank you for your support.



NORTH LINCS CYCLOSPORTIVE Event Instructions

1. Parking this year is at Briggs main car park which offers free all-day parking.
2. Registration will be open from **7.00am** through until **9.30am** in The Angel Suite Brigg Town centre. From the car park head towards the Start/ Finish line in main market square and follow local signs to register.
3. You will be given two rider number bands and a timing chip, please attach one band to the front of your bike and the other around your wrist. The timing chip must be attached to your helmet.
4. When you are ready to start please make your way to the holding area.
5. Riders will be set off at 3 minute intervals from 8am.
6. All riders must have started the event by 10am latest
7. Riders for the 100 mile route must reach the 45 mile cut off point by 13.30hrs.
8. There is limited food available on the course, if you feel you want more, bring it with you.
9. There will be one feed station on the short and medium routes which is at Faldingworth village hall (22 & 42 miles respectively) this is also the first feed station on the 100 mile route. An additional feed station on the 100 mile route is located at Swallow village hall (just under 70 miles in).
10. Please make your event number (issued at the start) known to the people at the feed station(s), this helps us work out where people are on the course.
11. You must read the race regulations and comply with them
12. The event is NOT a race; anyone found to be racing will be disqualified.
13. The ride must be finished by 17.00; the course will be checked at this point and 'sweep' vehicle to collect any riders on the course. Any Rider not accounted for, we will contact the emergency services who will start looking for you.
14. Finishing times will be published within 72 hours of the end of the event.
15. The race instruction and rules are there for everyone's enjoyment of this event and continued success. Please familiarise yourself with these.

Venue – Brigg Market Place, North Lincs

Parking Old Courts Road Brigg, DN20 8JD



Start/ Finish Line

Registration – Entrance to The Angel Suite



NORTH LINCS CYCLOSPORTIVE Rules & Regulations

We the organisers have a responsibility and duty of care towards our participants. The following regulations are to be followed for the duration of the event:

- You must be over 18 years of age on the day of the event to ride the 100 miler, route 1 & over 16 years of age on the day of the event to ride the 100km route. Under 18's must have the consent of a parent or guardian and be accompanied by a nominated adult at all times whilst on the ride.
- No refunds are available. You may NOT ride under someone else's number under any circumstances. Failure to comply with the rule will result in disqualification. We will not be accepting substitutions after the closing date or on the day of the ride.
- Entries on the day are subject to availability.
- If you cannot take part then you may find another cyclist to take your place and the organisers will arrange a substitution at a fee of £10. The original entrant will NOT be refunded his/her entry fee.
- Participants will be responsible for the road worthiness & safe working order of their own cycle.
- Tri bars / aero bars are allowed under a sensible use policy and will be set off at 8am; they may not be used in group riding, heavy traffic or whilst approaching road junctions. We recommend they are only used whilst in solo situations. Failure to comply to this regulation will result in Disqualification. However, ATB bar ends are permitted on mountain bikes. Failure to comply will result in exclusion.
- The route will be marked with directional arrows. Direction will be indicated by signs placed clearly at or before junctions. It is the responsibility of each participant to take the correct route. All volunteers and staff involved in the event will be clearly identifiable. The marshals do not have the authority to stop motorists; they are there for your safety and other road users. **Please listen and obey their instructions.**
- You may not deviate from the official route. Failure to comply with the rule will result in disqualification. If you have entered onto a shorter route you will be allowed to continue one of the longer rides providing you are within the set time limits.
- You must obey all Highway Code Rules. You are requested to ride in single file where appropriate and no more than 2 abreast at any time. Please be aware of your fellow cyclists and other traffic. Please indicate your intention to stop or change direction.
- Please do not pass through any traffic lights on red. Humberside & Lincolnshire Police may be patrolling the route and any cyclists found breaking the law may be subject to individual prosecution. Failure to comply with the rule will result in disqualification.
- You may not use your mobile phone while riding. You must stop at the side of the road if you need to make or receive a call.
- The organisers reserve the right to terminate an individual's ride on health and safety grounds.
- The ride will take place regardless of bad weather and will only be cancelled, re-routed or stopped for reasons of safety. Entry fees, however, are not refundable.



- It is mandatory THAT ALL riders wear a safety approved cycling helmet complying with latest ANSI Z90/4 OR SNELL standards. Any rider not wearing a helmet will not be covered by the event insurance and will be disqualified from the event and could be liable for damages if involved in an accident on that basis.
- We advise that all participants carry a form of identification showing their name, address and/or contact details of a person to be advised in the eventuality of an accident. All riders are recommended to carry suitable wet weather gear, 2 drink bottles, an energy bar or similar snack, multi-tool, spare inner tubes and a working pump, a mobile phone, a small amount of money, as well as extra clothing to complete the ride being undertaken, taking into account the route and possible adverse weather conditions.
- The organisers will endeavour to provide fluid and some form of food at designated "feedzones" however we cannot guarantee supplies will be available at all times and urge riders to only take what they need and be mindful of the needs of those following behind.
- No participant may take food or drink from anyone whilst on the move. If you need food or drink you must stop to receive it.
- Mobile support vehicles in the form of cars or motorbikes are strictly forbidden and will lead to disqualification. You may however receive outside support from a stationary vehicle any such vehicle must not interfere with the progress of other riders.
- All riders are covered by third party insurance for the duration of the event. The cost of this is included in your entry fee. The organisation is covered for third party liability.
- Rider's number, issued at registration, must be displayed for identification at all times and you will need this for your meal voucher.
- The organisers will send out regular newsletters by email to all entrants. You may only unsubscribe from this service after the event has been held.

Entry Terms & Conditions

- ✓ I understand that I participate completely at my own risk and that the organisers will not be held responsible for any damage, injury or loss, however caused by myself, outside of the third-party insurance in place for the duration of the event.
- ✓ I agree to wear a safety approved cycling helmet complying with latest ANSI Z90/4 OR SNELL standards for the duration of the event.
- ✓ Entry fee(s) are non-refundable and non-transferable.
- ✓ I declare myself medically fit and able to participate in the ride. By entering the ride(s), I waive any liability on the part of the organiser due to medical grounds.
- ✓ Cyclo Sportives are designed as events for serious cyclists who have the strength, endurance and stamina to successfully complete the challenge. Please ensure you have done the right level of training to go for your standard and/or chosen distance.
- ✓ If I am under 18, I have the written consent by parent or guardian to ride & my parent or guardian will also accompany me throughout the duration of the event by bicycle.
- ✓ Participants must agree to have read the event regulations and to agree to abide by the regulations and accept the entry terms and conditions as stated above by the organiser.



NORTH LINGS CYCLOSPORTIVE Route Signs

All Routes



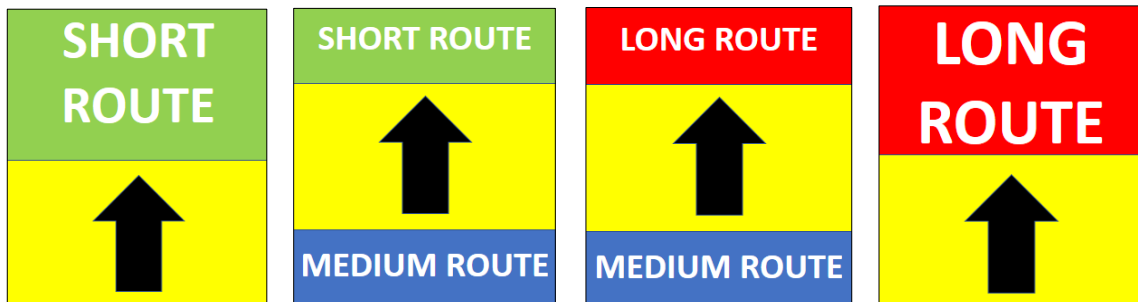
The course is marked with yellow coloured route signs and has clearly marked split points.

Whilst cycle computer files are available, it is also recommended you familiarise yourself with your route.

Route Split points

Shortly after where routes split, a small number of the signs as shown below will confirm you are on the correct route. Note that some routes combine and dual signage will be displayed.

After less than a mile, the signage will then revert to the standard yellow background black arrow format.



Emergency Contact Details

The Event Emergency number will go through to our HQ who respond appropriately. However, for serious emergencies, please dial 999 immediately.

PLEASE TEAR OFF AND PUT IN YOUR POCKET/ STORE IN YOUR PHONE



07471 190 687