



THE FLAT 100 SOUTH

Sunday 4th September 2022



Venue:

Peterborough Cycle Hub
Unit 10 Botolph Bridge Trading Estate
Peterborough PE2 9QP

**Please read in good time before the event so that you understand everything that will be happening on the day.
Thanks**

Matt & the Sportive HQ crew.

The Flat 100 South

Sunday 4th September 2022

Event HQ

Peterborough Cycle Hub

**Unit 10 Botolph Bridge
Trading Estate**

Peterborough

PE2 9QP

Itinerary

07.15 Event Opens

**07.30 Riders Set off as per
booked start time**

10.00 Ride Start Closes

12.30 Finish Food Opens

17.00 Finish Food Closes

17.30 Event Finish

We have made changes to the event after the postponement earlier in the year due to the weather. One of these has been the change in venue which is now the Peterborough Cycle Hub, due to this change we are now unable to offer parking at the start venue, so please **do not** turn up to the start line in a vehicle, there simply isn't room, the nearest large public car park is at Ferry Meadows (PE3 6LN) whilst this car park isn't free, we have now arranged for a caterer to come in at the finish and provide burgers for everyone taking part free of charge, do let the caterer know at the finish if you require vegetarian, vegan or gluten free as your needs will be catered for.

Medals are also include for everyone taking part.

Mechanical Support Whilst it is your responsibility to come to the event with a mechanically sound cycle we will have support at HQ, mobile support from our fully qualified cycle mechanics. We will do our best to keep you going but please turn up on a fully serviced bike and try to look after yourself in terms of punctures and simple problems.

Intended Route

You were asked when you entered the event, what is your intended distance? This can be changed at registration or indeed whilst you are riding the event, depending on how you feel on the day. If you change route whilst riding, please inform the staff at the finish line so as to update the system. Whilst the route option is optional, the choice to do the Long route will be closed at the 34.4 Mile point (route split), just after the feed station at 11:00.

It is possible to swap between long and medium routes, it is not possible to change from short to either medium or long.

The Routes are available to view here and can be downloaded from this site in whatever format you would like:

Short - <https://ridewithgps.com/routes/40805135>

Medium - <https://ridewithgps.com/routes/40805132>

Long - <https://ridewithgps.com/routes/40805121>

Signage

All routes start by following bright yellow arrows, you will be warned of any route splits where there will be signs to remind you of which colour signs to follow.

Short Route is the first 'split' and will change to Green Signs.

Medium and Long routes will continue to follow Yellow signs.

The second split is next where the Medium route will then follow Orange Signs. The Long route will continue to follow Yellow signs all the way to the finish.



Main/Long Route Yellow



Medium Route Orange



Short Route Green

Paramedics

There will be 2 Motorbike Riders circuiting the course on the day from Trans-Med. They are both fully qualified paramedics and can assist with many incidents, whilst they are there just for the safety of all of the riders doing the event, if you are find yourself in an emergency situation please do not hesitate to call 999 if needed.

There will also be First Aid Teams at each Feed stop and Event HQ for the whole day.

Feed Stops

If you have requested a gluten free or vegan diet please mention it to the feed station staff and they will get your food for you. All other diets such as vegetarian are catered for and 'on display'

The Short Route

The short route has a mobile feed stop that will be on route

Food on Offer will be:

- Choice of Sandwiches
- Flapjack + Brownies
- Crisps
- Fruit
- Electrolyte Powders and Water

Long Route

Feed Station 1 Manea Village Hall - 33.8 miles (Slightly off route)

Inside the hall itself there will be access to toilets.

Food on Offer will be:

- Selection of Sandwiches
- Flapjack and Brownies
- Crisps
- Fruit
- Tea, Coffee, Electrolyte Powders and Water

Medium Route

Feed Station Manea Village Hall - 33.8 miles (Slightly off route)

Inside the hall itself there will be access to toilets.

Food on Offer will be:

- Selection of Sandwiches
- Flapjack and Brownies
- Crisps
- Fruit
- Tea, Coffee, Electrolyte Powders and Water

Long Route

Feed Station 2 Marshland - 66 miles

Inside the hall there will be access to toilets.

Food on offer will be:

- Sandwiches
- Fruit
- Flapjack and Brownies
- Haribo

Photos

As ever photos from the event will be free to download when they are online, if you wish you can purchase a physical photo if you prefer.

Photos will be online at <https://www.adiesphotography.co.uk/gallery.html>

Event HQ

Event support will be managed from the HQ at Peterborough Cycle Hub. Please store the number in your phone prior to the ride so that if you need any support or for any reason you are unable to complete the ride please phone to let us know what is going on. As ever photos from the event

EVENT CONTROL - 07537 892268

Event Rules, Terms & Conditions

It is your responsibility to make sure you are familiar with the event rules, terms and conditions.

Insurance

Whilst the event is fully insured for public liability, should any rider cause injury to a third party as a result of taking part in the event.

Event Insurance does not cover the individuals taking part in terms of damage to bikes etc, this is at your own risk. With this in mind we strongly recommend a personal insurance policy for your own peace of mind.

SPORTIVE|HQ

Cyclo sportive Rules

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 14 or over to participate in the 25-35 mile routes (distance depending on event), between 14 and 16 to participate in the medium route (60 - 65 Miles) and 17 or 18 to participate in the 100 Mile 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. All riders under 18 must have a signed parental consent form which includes details of the nominated adult that they will be riding with.

A 50% refund is available up to 1 week from the event date, after this date no refund is available. Entries on the day are subject to availability.

Please make sure you have read and fully understand the Rider Handbook in advance of the event, it contains many details that you need, saves you asking a lot of questions. Rider Handbooks are available to download from the event webpage, will be emailed out 3 days before the event and you will be signing at registration to say that you have read, fully understand and will comply with all rules given for the event.

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 do not pass through any traffic lights on red. Local Police Forces 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.

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.

Participants will be responsible for the road worthiness & safe working order of their own cycle, please do not turn up to the event with a bike that needs attention. We offer mechanical support for the ride but we do not offer to service your bike before the ride, if your bike needs work doing before the event, please take it to your local bike shop well in advance of the ride itself.

Turning up with a bike that is not fit to ride will result in disqualification from the event as it is seen as a major safety issue to yourself and others around you.

Tri bars / aero bars are allowed, under a sensible use policy; 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.

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. Do not blindly follow the rider in front of you - they might not be riding at our event.

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 on the longer ride providing you are within the set time limits.

Please indicate your intention to stop or change direction.

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.