



# THE FLAT 100

10th June 2023



Venue:

HQ Trinity Academy, Church Balk, Thorne  
South Yorkshire, DN8 5BY

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 Team

## Itinerary

7.15am Parking Opens

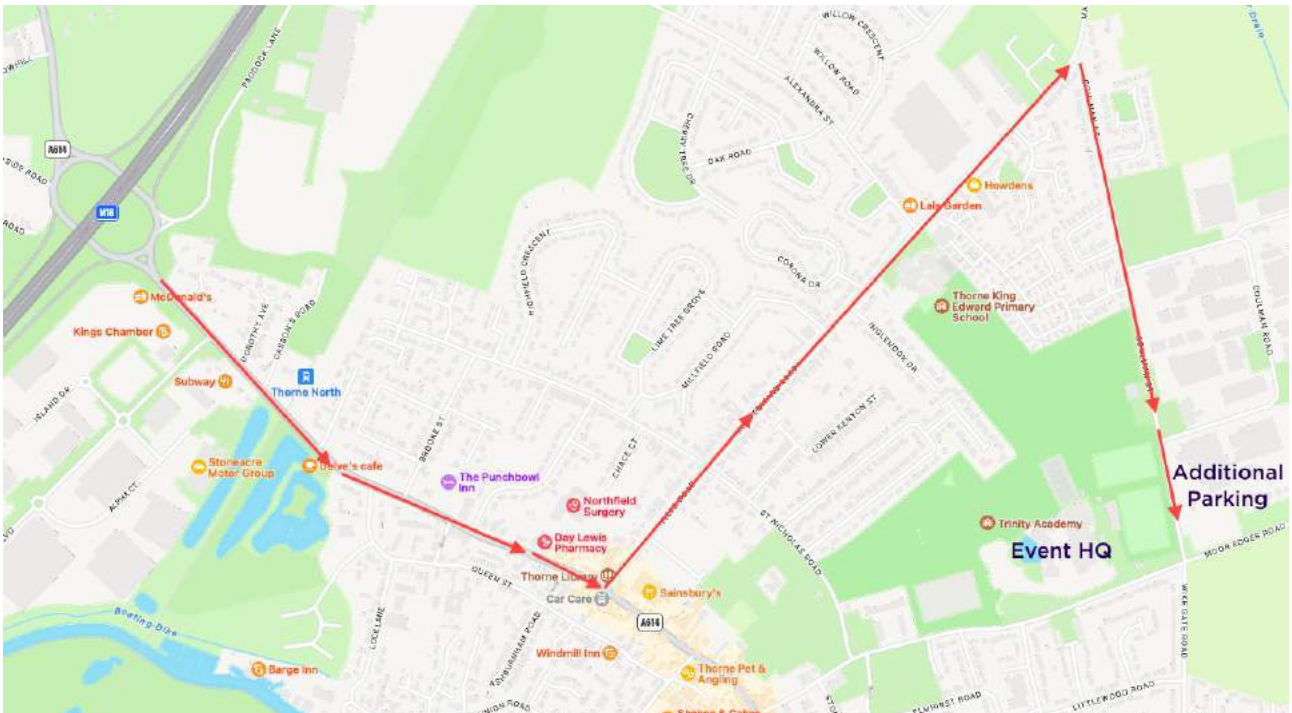
8am Ride Starts - as per pre allocated times

1.30pm Long Route Option Closes at 43 Mile Point (Just  
after Feed Station)

5pm Ride Finishes

## Route to the event

Please use the below route to get to the event in a vehicle as it will keep the route clear for cyclists to set off. There will be a couple of Pink Arrows at the 2 Junctions to help you find this route. Turn left at the main traffic lights in Thorne, then turn right into Coulman Road.



## Parking

Rider Numbers 1- 200 Please park at Trinity Academy:

Trinity Academy  
Church Balk  
Thorne  
DN8 5BY

Rider Numbers 201 - 530 Please park at Iqbal Poultry

Iqbal Poultry  
Coulman Road  
Thorne  
DN8 5JT

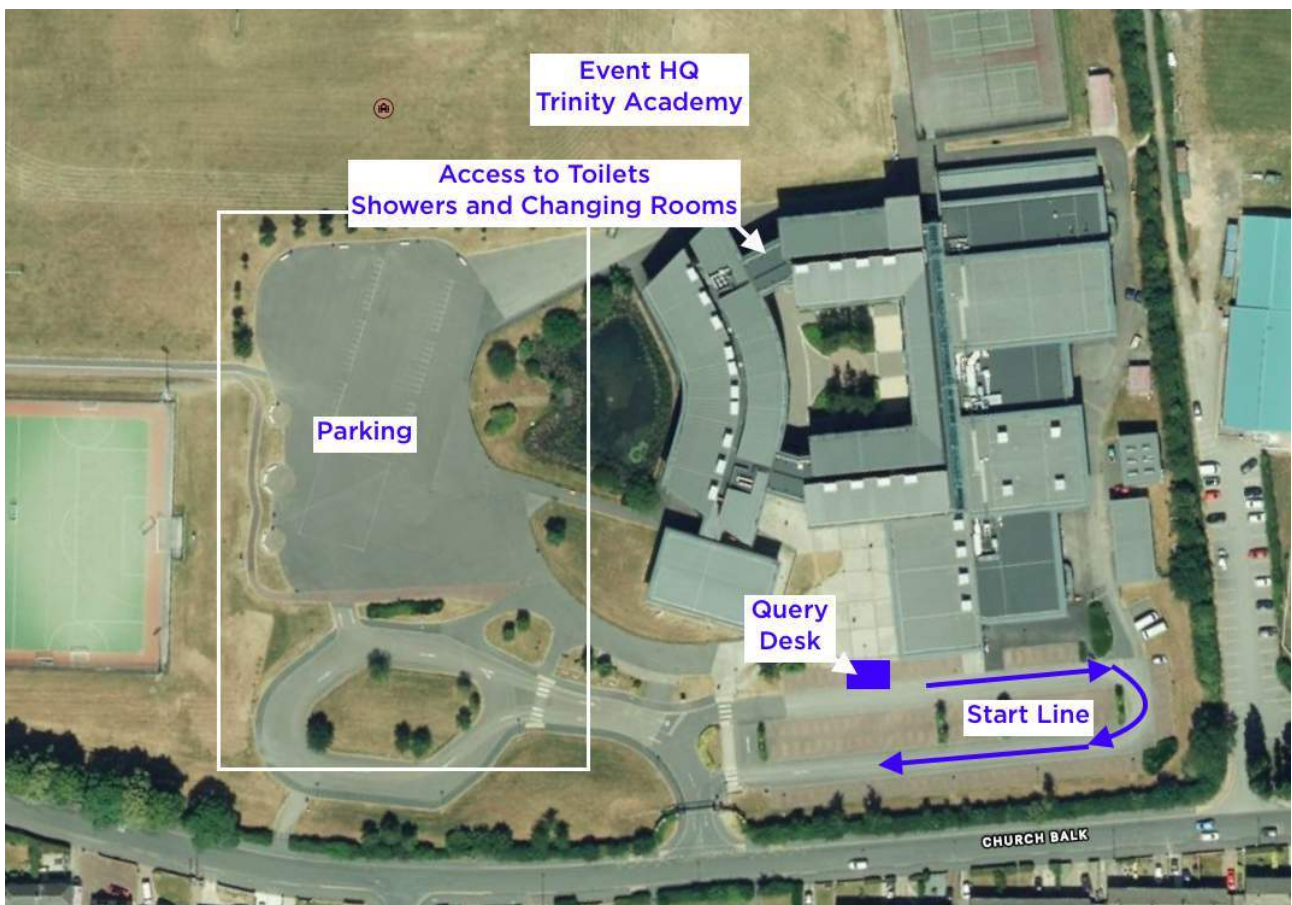
# Registration

There is no need to register on arrival as all rider numbers with timing chips have been posted, please attach the rider number with the chip on the back to the front of your bike, do not wrap it around your frame and make sure it is clearly visible from the front.

If you have not received your rider pack in the post, go to the query desk and let the staff there know your name and they will issue a spare if needs be.

With no need to register, please arrive no earlier than 45 minutes before your allocated start time. We are trying to create a flow on site rather than a mass start and queue.

# Event HQ Plan



# Ride Start Times

Whilst everyone has an allocated start time and we ask you to stick to them as much as possible we will be as flexible as possible with this, if there is space for you to start a little earlier on the long and medium routes we will allow you to filter in with this. On the short route we ask that you stick to your start times please, other wise the feed station will not be ready for you.

Also bear in mind if everyone tries to start early it won't be possible.

## Routes

The routes are the same as 2022, please don't use any routes previous to 2022. Routes can be downloaded in advance if you need but they will be fully marked.

### Long Route

This route will be fully marked in Yellow Signs

This is the link to the Long Route - <https://ridewithgps.com/routes/36183630>

### Medium Route

This route will be marked in Yellow signs up until the split point just after the Feed Station at Owston Ferry. You will see a warning sign telling you that the route split point is ahead and for the medium route and short route to follow Orange Signs. When this route rejoins the main route, you will see a sign that says "Routes Merge Please follow Yellow Signs". This will take you to the finish.

This is the link to the Medium Route - <https://ridewithgps.com/routes/37784725>

### Short Route

The Short route will start on Yellow signs for the first 6 miles and then you will see a warning sign telling you that the split point is ahead, Short Route follow Green Signs. The route then rejoins the main route again with a sign telling you 'Routes Merge, please follow Yellow Arrows. After the Feed Station at Owston Ferry. You will see a warning sign telling you that a route split point is ahead and for the medium route and short route to follow Orange Signs. When this route rejoins the main route, you will see a sign that says "Routes Merge Please follow Yellow Signs". This will take you to the finish.

This is the link to the Short Route - <https://ridewithgps.com/routes/37784755>



Main/Long Route Yellow



Medium Route Orange



Short Route Green

**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.

### Paramedics

There will be two mobile response vehicles from Medicore. 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 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.

### Event HQ

Event support will be managed from the HQ at Thorne Trinity Academy. 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.

**EVENT CONTROL - 07537 892268 - This number is also on the front of your Rider Number**

# Feed Stations

If you have requested either a vegan or gluten free food choice, please mention this to the staff at the feed station and give your name, they will have your food put aside from everything else.

## Long Route

21.6 Miles Swinefleet Village Hall - Tea & Biscuit Stop

- Tea / Coffee
- Water / Isotonic Drinks Powder
- Biscuits

43.8 Miles Owston Ferry Coronation Hall

- Sandwiches - Egg Mayonnaise, Savoury Cheese, Ham
- Sausage Rolls
- Pork Pie
- Crisps
- Fruit
- Flapjack
- Brownies
- Tea / Coffee
- Water / Isotonic Drink Powder

72.2 Miles Clayworth Village Memorial Hall

- Flapjack
- Brownies
- Fruit
- Tea / Coffee
- Water / Isotonic Drink Powder

## Medium Route

21.6 Miles Swinefleet Village Hall - Tea & Biscuit Stop

- Tea / Coffee
- Water / Isotonic Drinks Powder
- Biscuits

43.8 Miles Owston Ferry Coronation Hall

- Sandwiches - Egg Mayonnaise, Savoury Cheese, Ham
- Sausage Rolls
- Pork Pie
- Crisps
- Fruit
- Flapjack
- Brownies
- Tea / Coffee
- Water / Isotonic Drink Powder

## Short Route

17.0 Miles Owston Ferry Coronation Hall

- Sandwiches - Egg Mayonnaise, Savoury Cheese, Ham
- Sausage Rolls
- Pork Pie
- Crisps
- Fruit
- Flapjack
- Brownies
- Tea / Coffee
- Water / Isotonic Drink Powder

## Changing Routes

If you change routes during the ride, please let us know when you get back so we can update the system.

## 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.





## 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.



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.

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. You will need to display your rider number on the handlebars of your bike to be allowed entry into any of the feed zones, failure to do this will mean you will be turned away.

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, front facing from handlebars for identification at all times. These can be kept as a keepsake for the event, many people get a print out from the timing company at the end and stick it to the back of the rider number.

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 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.

\* If you are under the age of 18 please contact ([matt@sportivehq.com](mailto:matt@sportivehq.com)) to request a parental consent form in advance of the event and have it completed ready for registration on the day. This will speed up the registration process on the day.