



ECSA CYCLING CHAMPIONSHIP UNITED KINGDOM

ROAD CYCLING EVENT DETAILS

- **What bikes can be used?**
 - Any type of bike can be used. Although most people use a typical “road” bike (drop handlebars, 700c wheels with 23-28mm tyres) some use a trekking, hybrid or mountain bike (ideally with narrow or smooth tyres). There are no rules or restrictions on luggage, racks, mudguards, lights or anything else – you can use them or not. However as the events are on public roads shared with other cyclists, vehicles, horses etc. we would not recommend specialist “time-trial” style bikes.

- **What are the routes like?**
 - All events take place on public roads, shared with other vehicles.
 - We aim to use quiet country roads as much as possible and to avoid large main roads with high traffic volumes unless necessary for short sections.
 - Routes will not generally include lots of major hills but this does not mean there are no climbs and you will normally accumulate some ascent.
 - Road surfaces in the UK can vary widely. Both main roads and minor roads can occasionally be in poor condition in places and our routes use quiet country roads as much as possible. These can sometimes be narrow and poorly maintained so you are likely to encounter small patches of gravel, stones, grass or mud. For these reasons we do not recommend very light racing tyres, reliability will be more important than absolute speed.

- **Any limit on number of teams from each country?**
 - We do not plan to limit the number of teams, unless we receive a lot of entries and accommodation is a problem.

- **Event format**
 - There are 3 distances available to choose of approximately:
 - 50 miles - 75 miles - 100 miles
 - All routes are circular, starting and finishing at the same place
 - All riders are given a high quality, waterproof Ordnance Survey map with all the routes pre-marked on it and they must follow the route in the direction shown.
 - GPS files of the routes will be available to download shortly before the event.
 - The organisers will put up some direction signs on the road but these cannot be guaranteed to cover the full distance of each route.
 - Competitors are responsible for following their map or GPS directions.

- There will be a small number of manned checkpoints at junctions and riders must visit each of these in sequence.
 - This is not a race and riders will not all start at the same time.
 - Riders can choose their start time within a range from approximately 08.30 to 10.00 and this will be recorded by the organiser when they depart.
 - Riders must stop at each checkpoint where their time will be recorded before their final time is recorded at the finish.
 - There will be a time limit for each distance but riders are reminded this is not a race and the challenge is to successfully navigate the course, obeying all the rules of the road and stopping at the checkpoints.
 - Do not take risks, be aware of poor road surfaces.
- **Scoring**
 - Teams will consist of two or three non-gender-specific riders.
 - The two fastest times for each team will be the ones considered as scoring for their chosen event.
 - Riders who exceed their respective distance time limits (normally 6 hours or 8 hours) cannot be counted as 'finishing' riders and will not be given a scoring time.
 - A minimum of two riders must finish their chosen route for that team to be considered for a counting time.
 - Riders from a team may ride the course together, separately or with other competitors as they prefer.
- **Drinks and food on the event**
 - Riders should start the event with food and drink suitable for their chosen distance.
 - The organisers will try to supply extra water at the checkpoints but this cannot be guaranteed.
 - If necessary you will be able to purchase extra food and drink at cafes, pubs, petrol stations and local shops where available on the route and the organisers will advise likely locations.
 - There will be drinks and snacks (hopefully tea and biscuits) at the finish.
- **Health & Safety Rules**
 - All riders must obey the Highway Code (UK traffic rules)
 - All riders must wear a proper cycle helmet whilst riding.
 - All riders must carry a working mobile phone with sufficient battery power and call credit to last the day.
 - Be very careful around horses being ridden on the road - slow down, give them lots of room and speak to the rider to let them know if you are approaching from behind.
- **And finally...**
 - Ride on the left!

Please send any questions by email to: andrea.scott-lewis@hmrc.gsi.gov.uk