

# 180k & 90k Sportive Instruction



## ENTRIES

Cycle Sportive; Saturday 3 July 2021. Finisher Medal & T-Shirt for all finishers.

## QUALIFICATION STANDARD

There is no requirement for qualification to enter this race but participants are reminded that the course is over arduous and hilly terrain. The organiser has implemented cut offs at each of the feed stations and, due to the welfare of staff out on the course, will have no hesitation about pulling anyone from the race if they fall behind these set times.

## CUT OFFS

Cyclists must finish the 180K course within a 12 hour 15 minute time limit (average speed of 15km/hr including stops) and the 90K within a 9 hour time limit (average speed of 10km/hr including stops). There are additional cut offs at each feed stations on route. See the [feed station table](#) here for full details.

## REGISTRATION

Registration check-in takes place at Hever Castle on either Friday evening or on the morning of the sportive. Please see Race Information Pack for exact timings.

## START/ FINISH LOCATION

Registration is at Hever Castle on the Friday evening and at the start on the morning of the race. Please see the Race Information Pack for exact timings.

The Start and Finish are at Lake View Field, Hever Castle - Grid reference: TQ 48315 45061 (What three words: Twice/ Star/ Silk)

## START TIMES Saturday 3 July

180K cyclists may start their route at any time between 0700 and 0800 hrs.

90K cyclists may start their route at any time between 0800 and 1000 hrs.

## ROUTE

For the 180K and 90K race routes travel from the start at Hever Castle due south up and over the Ashdown Forest to the village of Fletching and the 1st Feed Station on the route.

Thereafter both routes continue further south following the line of the River Ouse. Just after Barcombe Mills the route split with the 180K continuing south to the South Downs and the south coast and the 90K heading north towards Uckfield. The 180K route heads briefly into Eastbourne and then north and east out to the High Weald of Kent passing the 2nd feed station at Seven Sisters and the 3rd feed station at its most easterly point in Battle. Both routes re-join just north of Uckfield and head back up and over the Ashdown Forest, passing the 4th (2nd for the 90k route) feed station at Black Hill Car Park. The final run in passes through the quintessential English villages of Groombridge, Fordcombe, Penshurst and Chiddingstone before arriving back at the front gates of Hever Castle. **Read full route descriptions here: [180K](#) & [90K](#)**

## TIMING AND GPS TRACKING

All competitors will be issued with a Geo Tracks GPS tracker which will also act as their timing device. This must be kept with the athlete at all times either on their person or in their backpack.

This GPS tracker has three uses;

- 1) it will provide the participant with an overall time and various split times for their race; 2) it will provide the race organisers with the ability to track each participant and know their exact whereabouts on the course at all times;
- 3) it will provide supporters with the ability to track their athlete, via a Live View URL, along the route to make support and logistics for family and friends a lot easier.

Please ensure you return the GPS tracker at the finish point. If you retire early please also drop the tracker off at the finish or at a feed station.

Live View Tracking route maps can be seen here:

**90km** - <https://events.geotracks.co.uk/live/676>

**180km** - <https://events.geotracks.co.uk/live/675>

Please note tracker icons will only appear on the day of the event  
Geo Tracks also provide an app for iPhone users that is the perfect aid to navigation. The app centres on your GPS tracker icon and shows the route to follow.

To download the Geo Tracks iPhone app  
please click this link:

<https://apps.apple.com/gb/app/geo-tracks/id1480094189>

You will need to enter the event no. 675 (90km) or 676 (180km) and your bib number (issued at registration).

Please note. The app only works on the day of the event!

## GPX FILE

It is highly recommended that participants download the GPX file for the event and upload to an electronic navigation device such as a GPS watch.

The GPX file can be downloaded from this page (scroll down to the find the bike rides).

<https://www.geotracks.co.uk/whats-tracking>

## FEED STATIONS

There will be 5 feed stations including the finish along the length of the course. [A full list of the aid stations and all opening closing times can be found here](#). All feed stations carry as a minimum: water, coke, chocolate, sweets, sandwiches, nuts, lots of fruit, High 5 gels, High 5 bars, High 5 zero tabs, High 5 energy source, wraps, sandwiches and other sweet and savoury snacks. Hot drinks are available at Fletching Village Hall, Seven Sisters Visitor Centre, Battle Memorial Hall and the Finish. Hot food at the finish only. Feed Stations are not

kinetic and will require a full stop and entry into a hall, marquee or pub garden on each occasion.

## **SPORTS MASSAGE**

Sports massage provided by Six Physio will be available at selected feed stations. This will be provided on a first come first served basis. See Feed Station list for their location.

## **CYCLE SUPPORT**

We will provide cycle mechanical support out on the course but due to the distances involved this may take some time to get to your location.

## **COURSE MARKINGS**

The course will be marked by a series of Castle Race Series (CRS) signs. Images of these will be included in your final Race Information Pack and race day briefing.

It is ultimately the cyclists responsibility to navigate the course successfully, with or without course markings. We strongly recommend that you take the time to recce the route before race day.

## **PACERS**

No pacers are permitted at any point on the route.

## **CREW SUPPORT**

Cyclists are allowed to have a crew support and there are a number of excellent points on the route for this kind of support. However, the nutrition support you receive at the check points will be enough for any cyclist and a crew is not essential. Cyclists are responsible for their crew and must ensure that their behaviour does not adversely affect any of the other participants in the sportive.

## **MEDICAL**

There will be a dedicated team of race medics available throughout the duration of the weekend including static first aid teams and race ambulances. If you suffer an injury or accident that warrants direct medical attention, the medics will be on hand to provide you with exactly that. Contact numbers and full details of what to do in an emergency will be given to you in the Race Information Pack and again at race registration. Due to the distances involved the medics may take some time to reach you or potentially be out of contact tending to other cyclists. In those instances and if appropriate you should contact the emergency services on 999.

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## **KIT**

Cyclists must carry the following mandatory equipment at all times. There will be spot checks and a time penalty of one hour will be imposed for any item found to be missing at any point on course.

### **Mandatory Equipment:**

- Cycle Helmet
- Fully Charged Mobile Phone including the numbers for the Race Medic and Race Director (these will be provided at registration)
- Water Bottles capable of carrying a minimum of 1 litre.
- Waterproof Jacket: Gore-tex or similar, minimum 10000mm+ & must have sealed seams.
- Puncture Repair Kit (at least 2 repairs worth of kit eg. two inner tubes and a pump or CO2 canisters)

### **Strongly recommended but not mandatory:**

- Route Map - Should be a hard copy that you are able to navigate from and not a map on your phone
- Sunglasses
- Bike lights
- Additional cycle tools
- Leg and arm warmers
- Chamois cream
- Cycle jersey and shorts
- Base layer