

Notes to riders. Please read all sections. Knowing this information in advance will greatly enhance your enjoyment, and the smooth running of the event. Thank you.



General but important

You and your bike

- Please make sure you have appropriate clothing for whatever the weather brings.
- Please make sure your bike is in really good shape. We do not have mechanical back-up.
- Remember to bring what you need to deal with a puncture or two. The SAG wagon is for collecting people who have a significant mechanical, not for those who puncture and don't have spare tubes.
- There is a well-stocked feedstation at 33 miles, but bring your bottles already filled, and a snack or two for your pockets. Start self-sufficient and top up at the feedstation. Please remember there are 400 mouths to feed.
- Bring your phone.
- Wear a helmet. The insurance covering the event, and you, is contingent on this.

Rider behaviour

- Remember this is not a race against other riders. Please consider each other as you ride. Work together when you can – it's more fun and you'll get a better time.
- Please take great care to avoid pot-holes and point them out to others as you ride.
- Please abide by traffic laws and the Highway Code.

Specifics

The route

- The route is 69 miles. Check it out at <http://www.mapmyride.com/ride/united-kingdom/east-and-west-sussex/938663451294>. You can get GPS from here.
- You shouldn't need it, but a **cue sheet** is at the end of this document – a back-up you might want in your back pocket.

Call-out number

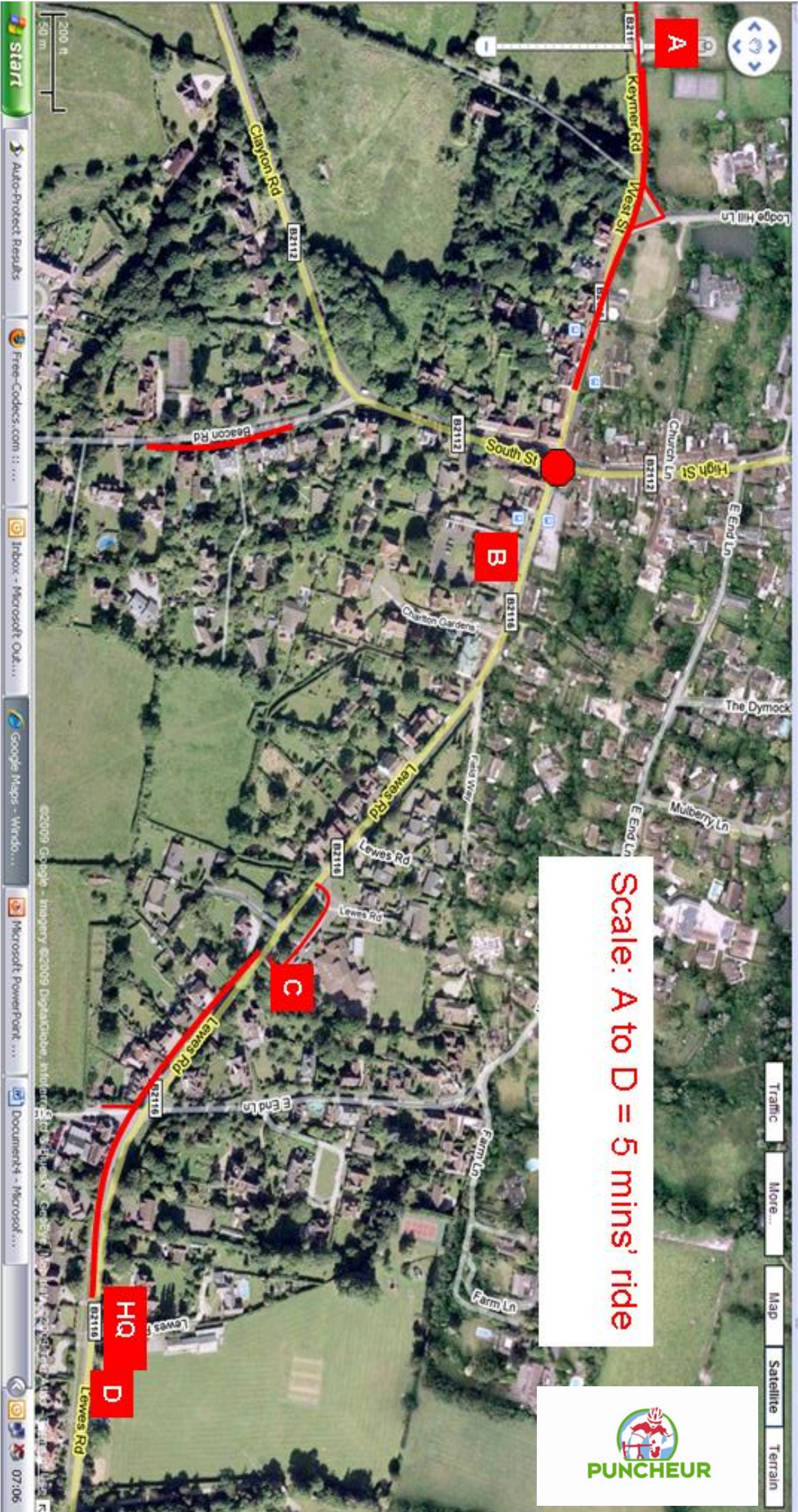
- If you get into difficulty and can't continue, please call **07906 627297**. I will come out to get you and return you to HQ. Please don't call this number before the day.
- If you are hurt, call the same number and the paramedic will be sent directly to your location. Tell us the distance on your computer so we know where you are.
- If you are in an emergency situation, call 999 before you call the number above.

The Timing Chips

- SI-Cards (timing chips) will be given to you at HQ when you register. They **MUST** be handed in at the finish **at the top of the Beacon**. If you retire during the event, please get to the HQ and hand in your chip there. This is an essential safety requirement of the event. Failure to do so will also incur a charge of £25 and could disqualify you from taking part in a future event.

Parking:

- Please car-share to travel to the event if you can. I know many locals are cycling up to 15 miles to the HQ, and some are coming by train. Bravo!
- Ditchling is a small village and parking space is of a premium. Please print out and study the google earth map on the next page. Bring it with you on the day.



Scale: A to D = 5 mins' ride



A = Good area for street parking

B = Ditchling Village Hall car park ~ 40 cars

C = St Margaret's School: parking outside and in playground ~ 50 cars

D = HQ Car Park: 40 cars. For early birds and staff. Will be closed at 7.15am

 = small roundabout  = on-street parking

Time taken to ride from A to HQ = 5 mins max

- In order to keep the HQ and start area as free from traffic as possible, the small car park there will be closed at 7.15am. After that time, please park elsewhere.
- Other parking places are available (see map), but if you want to save yourself (and others) the hassle of turning round, keep west of the HQ after 7.15am.
- If you know that you won't be going back to HQ for pasta, you could park in the **car park at the top of Ditchling Beacon**, ride down to HQ to register, then collect your car at the end when you finish at the Beacon. This is a good option for those who want or need to get home quickly.

Registration: HQ Building

- Registration will open at 7.30 and close at about 9.
- A range of organic breakfast cereals, and tea and coffee, will be available from 7.30, courtesy of our sponsor, **Infinity Foods**.
- When you enter the HQ building, there will be 4 tables, labelled A-F, G-L, M-R and S-Z. By your surname, go to the appropriate table and collect your timing chip and rider number.
- We will set up your timing chip and help you put it on before you leave the building.
- Once you have secured your rider number to your bike, make your way to the start, or grab some breakfast if you haven't already.

Start: HQ Car Park

- There are no allocated start times. You start when you are ready. If you think you will get a gold time, consider starting later, and if you think you are aiming for bronze, try to start earlier. It will be a better event that way. Standards are shown below.
- This event uses a timing chip system, not a timing mat system. You must dip your timing chip into a start marshal's timing consul to register your official start time. There will be 2 marshals to make sure this happens. (You will need to do the same at the feedstation and finish.)
- This allows for a very relaxed start. Riders will roll out of the start area at the rate that their timing chips can be dipped.

Standards

Good luck with the time you are hoping for. Much of the course is fast, but be careful not to get carried away and think you won't meet anything that takes your heart rate right up! There are a few 12% stingers, but they don't last long – maybe a couple of minutes.

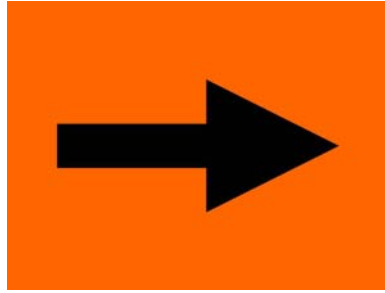
Don't worry at all if you struggle to get a bronze. If you don't get inside the bronze time, keep training, do some more sportives, and come back for the next event.

	Gold	Silver	Bronze
Men	Inside 4 hours	Inside 4h.30	Inside 5 hours
Women	Inside 4.20	Inside 4.50	Inside 5.20



Signage

- The route will be signposted by black arrows on orange card (see sample). There will also be orange ribbons in trees/hedges to confirm that you are on the correct route.



- There are a few places where we would like you to take extra care, due to the road narrowing, or a steep descent, for example. Those places will also have signs. Please take note of them.
- **Take great care approaching bends on the narrower minor roads.** Although those roads will be virtually traffic free, you will occasionally meet cars coming the other way. If you can't see 30 or 40 metres ahead of you, then slow down and keep tight left.
- Take care on descents. Most 'offs' in sportives happen when people overcook it on bends when they are descending. If you don't know what's ahead of you, take it easy. See special note below on the Beacon.
- You might see yellow signs with black arrows as you cross the B2110 at Balcombe. Please ignore them; they are signs for a TT taking place the same day.

The Feedstation

- This is at 33 miles, at East Grinstead Leisure Centre at Saint Hill. **You must dip your timing chip here.** A marshal will help you do this.
- Refill your bottles (water, and Science in Sport energy and electrolyte drinks) and take some food, sponsored by Infinity Foods, Brighton. Take only what you need – remember other riders yet to get to the station.

Finishing at the Beacon

The Beacon is about 1km and averages 10%. It will be tough after 68 miles.

- If you need to stop on the way up, shout 'stopping' so the rider(s) behind you knows. You might need to walk 10-20 yards before you find a space to get off the road. There is no pavement.
- At the top, 20 yards after the brow, you will **turn right** into a car park. Head for the Marshals, but if cars are coming the other way, or leaving the car park entrance, wait as you would do on any ride. Please obey the Marshals' instructions.
- Once in the car park, you will see Marshals with timing consuls. Dip your timing chip in the consul. You must take your chip to the Timing-meister who will download your data. You will get a printout of your time.
- Take as much time as you want to enjoy the view, then carefully leave the car park to go back down the Beacon. There will be pasta waiting for you at HQ.
- **VERY IMPORTANT: descending the Beacon must be done slowly. You will be tired, there will be traffic and other riders descending with you, the bends are tight, there will be gravel. You will need to brake the whole way down. Please, please take no risks whatsoever. I can't stress this one enough. Thank you.**

Photography

I am delighted to tell you that Phil O'Connor will be shooting this event. Your rider number, tied to the front of your bike, will help you find the photographs Phil took of you, a few days after the event at <http://sportivephoto.thirdlight.com/libraryhome.tlx>

MacMillan Cancer care and Support

This year a percentage of the proceeds is going to Macmillan. We benefitted greatly from their support recently. There will also be a few collecting tins at HQ at the end of the ride. There is no obligation whatsoever, but if you have some some coins burning a hole in your pockets and you would like to put in, that would be great.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Our sponsors

Thank you again to our sponsors: Infinity Foods Brighton, Science in Sport, Natural Balance Foods, and Doves Farm. Fantastic stuff!



We look forward to seeing you on the 6th!

The PUNCHEUR team

CUE SHEET ON NEXT PAGE

Cue Sheet – in miles



You will only need this if someone has taken down signs or you switch off at junctions, miss an arrow/ribbon and then realise later you are lost.

Towns/villages/landmarks are in red. Cue sheets can be meaningless when you are lost, but find a signpost or person that points to one of the places in red and you should get back on track.

Last year a few people missed the turn at 38.6 miles. There is a map below to point this out. It's in orange in the cue sheet.

Leave HQ turn left going east	0.0 miles
Turn right at A275	5.0 miles
Turn left for Hamsey	5.5
Bear left towards Barcombe Cross	7.8
Bear left at Barcombe Cross go down School Lane	8.8
Turn left Shortbridge Road	13.3
Immediate turn right Lodge Lane	13.4
Cross A272 towards Fletching	13.6
Fletching village turn right up High Street	14.7
Fork right (stay north) to Bell Lane	15.3
Bear right stay on Bell Lane	17.2
Turn left on A22 Nutley High Street	18.1
Turn right Crowborough Road	18.4
Enter Ashdown Forest	19
Turn left onto B2026	20.3
Stay on B2026 through Ashdown Forest	
Turn left at Upper Hartfield – this point is top-right corner of map	24.9
Turn left Coach Road	26.8
Pass through Coleman's Hatch	27
Straight over A22 Wych Cross Traffic Lights	29.4
Turn right at T-junction Weir Wood Reservoir	32.7
Turn left Saint Hill Road	33.6
FEED STATION	34.4
Turn left B2110 for Turner's Hill	34.6
Straight over at Turner's Hill on B2110	37.4
Turn Left: Back Lane	38.6
Turn left West Hill towards Ardingly	41.4
Ardingly Reservoir	42
Ardingly : turn right College Road	43
Turn right Borde Hill Lane	44.9

Balcombe: staggered junction straight ahead on Haywards Heath Road	48.8
Turn right mini r.bout B2036	48.9
Turn left Handcross road	49
Bear left join B2110	50.5
Turn left r.bout into Handcross High Street	51.9
Turn right onto B2110 (you will go over A23)	52.2
Turn left Coos Lane towards Warninglid	52.6
Warninglid: keep straight on	55
Cross straight over A272	57.4
Wineham: keep straight on	59
Turn left T-junction B2116 to Albourne	60.3
Albourne: turn right at T-junction	62.5
Traffic lights turn left for Hurstpierpoint	62.6
Through Hurstpierpoint	63.5
Through Hassocks	64.5
Traffic lights turn right (south) A273	65
Turn left B2212 for Ditchling	66
Turn right Beacon Road	67.5
BEACON	69

