



Important - Riders must read this briefing before the start - Important

Tour de Bristol 2019 - St. Peters Hospice Road Sportive Rider Briefing

- Registration for the [100km route is from 07:45 and the ride will start between 08:00 – 09:15](#), for the [65km route registration is from 08:45 and ride starting between 09:15 – 10:00](#) and for the [40km route registration is from 09:45 and the ride will start between 10:00 – 10:30](#) on Saturday the 6th April 2019 at the Centre of Sport, UWE Frenchay Campus.
- All riders will be given a rider number with the chip fixed to the back. Please check you have a chip when you pick your rider number up at registration and make sure that you have your rider number attached to your bike. The boards have to be visibly attached to the centre of the handlebars. It is the rider's responsibility to ensure their number is clearly legible when passing control points (Split points and finish line). If you forget to fit your number board/timing chip we will not be able to give you a finishing time. Although you will be given a finish time we would like to remind you it is **NOT a race**.
- Do not leave the course until you have either signed off at the start/finish line or you have informed a marshal or other official by ensuring that they make a note of your number.
- The route will be way marked with arrows (**white on cyan blue**). It is essential that you stay on the marked route at all times. We will focus on marking when you turn off the road you are on – rather than put a marker every hundred yards on the same stretch of road.
- All split points are clearly marked. If uncertain of where to go please check with the marshal positioned at the split point.
- The course is run entirely on open roads. 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 indicate your intention to stop or change direction. There is no road too small for a tractor or a Land Rover to come around the corner. Please take extra caution and only overtake other riders if you are sure that you won't affect other road users.
- Please do not pass through any traffic lights on red! Police will be patrolling the route and any cyclists found to be riding outside of the road rules will be subject to fines. Failure to comply with the rule will result in disqualification.
- The route will be marshalled at key points. Riders, as well as spectators, have to follow marshals and officials instructions at all times prior to, during and after the ride.
- Please take a mobile phone for emergencies. You will find the emergency numbers on your back up map and on this briefing.
- There will be feed stations along the way, but it is essential to carry sufficient food, water, waterproofs and repair kit!! **Feed Station 1 for the 40Km** riders (at 20km) at Easter Compton Farm Shop, Main Rd, BS35 5RE.
Feed Station 2 for both 65Km (at 19Km and 48Km) **& 100Km** (at 19Km and 80Km) can be used on the way out and way back is on Bridge Access Road, Aust, BS35 4BD.
Feed Station 3 for 100Km riders (at 50km) at The Inn at Penallt, Penallt, Monmouth, NP25 4SE.
- Make sure you eat and drink sufficiently – before, during and after the ride!! The feed stations are for replenishing your supplies but they are not to be relied upon as the only source of your provisions.
- No participant (other than those on tandems) 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 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.
- The ride ends back at the Centre of Sport, UWE, Frenchay Campus. Please make sure that you go through the official finish at the event village so that we can de-register you and know that you've returned safely.
- Every rider is obliged to help if another rider is in trouble. Please let the nearest marshal know or contact the Event Organiser on the number below.
- You must complete the course by 5pm to be classified as a finisher.
- Everyone is requested not to leave any rubbish on the course or in the car park.
- Safety-approved cycling helmets are compulsory. We recommend cycle helmets complying with ANSI Z90/4 or SNELL standards. Any rider not wearing a helmet whilst participating in the event will be excluded. Cycling shoes, shorts and jerseys are also recommended.
- All riders are recommended to carry mobile phone (fully charged and turned on), 2 drink bottles, an energy bar or similar snack, tools, 2 replacement inner tubes and should be self sufficient in case of a technical defect.
- Riders are responsible for the perfect technical condition of their bike.
- The organiser cannot be held responsible for loss of or damage to any personal belongings.
- Please take this briefing and the provided back up map with you on the ride so that you have the emergency numbers to hand.
- Tour de Bristol 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.

You will be given a back-up map alongside this briefing which is purely there to get you back on course or back to the finish in case you get off course. Last minute course changes are not considered on this map, please follow route signage.

Emergency contact numbers (please take this briefing with you on the ride):

Paul Newman (course/start/finish) 07834 005835 Michael Wilkens (on course) 07976 586418

Emergency (central number) 999 Medibike- (medical assistance) 07932 031455

Louisa James (event organiser) 07549 487812 Gary Harris (mechanical support) 07575 482228