



## Hell of the North Cotswolds 2018

Promoted & organised by Winchcombe CC \* & Cheltenham & County CC

### EVENT NOTES (incorporating British Cycling Regulations) and TERMS and CONDITIONS

1. The Event is an **On & Off Road Endurance Event** aimed at **EXPERIENCED RIDERS**. It is **NOT** a race.
2. Riders are required to register before the start & to sign off by handing in their Control Card at the finish.
3. There will be a number controls around the course and at the food stop. Riders must ensure that they pick up a coloured wristband at each of these. The wrist bands should be displayed at sign off and the control card must be handed in. Certificates & medals will then be issued.
4. Controls open based on a 25kph average and close based on a 12.5 kph average. This is equivalent to riding the complete 100km route in 4 hours and **not more than** eight hours. Riders arriving at the Guiting Power food stop on the 100Km route who are running late will be directed to the 50Km route to return to Winchcombe.
5. The wearing of as hard shell helmet conforming to CE Standards EN1078 is mandatory for all riders at all times whilst on the course. Riders must affix the self-adhesive identifying number issued at registration to the front of their helmets.
6. It is the responsibility of each rider to follow the course on the route map that will be provided at registration. The route will also be identified by distinctive route markers. Digital downloads of the route will be issued to all registered riders in the week before the event. It is the responsibility of each rider to assess the prevailing conditions and terrain and adjust their speed appropriately or dismount if necessary.
7. Where the event crosses or travels on public roads, then the laws of riding on the road and the Highway Code must be obeyed. Some sections are held on un-surfaced tracks and bridleways and due consideration must be given to other users, particularly horse riders and walkers and the Countryside Code should be adhered to.
8. All riders, riding in a group must ride in an orderly manner in accordance with the Highway Code, not more than two abreast & singling out on narrow lanes. All riders should extend all reasonable courtesies to other road users. The use of earphones (Eg. MP3, iPod) is discouraged.
- 9. The following are NOT PERMITTED - a) Triathlon/time trial bars or similar, disc wheels or tri-spokes, penny farthings, b) Electric bikes or recumbent cycles. c) The use of child carriers. d) The flying of DRONES**
10. It is the riders responsibility to ensure their bikes are in safe working condition and roadworthy.
11. Riders should carry sufficient water, food and money and ensure that they are adequately equipped to deal with punctures, mechanical breakdown, inclement weather and to advise Event HQ if they are unable to complete the route.
12. All riders should carry a fully charged mobile phone and some form of personal identification with their name, address and the emergency contact details of a person to be contacted in the event of an accident.
13. Riders are not permitted to have their own "personal" support vehicle.
14. **All riders under the age of 18yr. must submit a [PARENTAL CONSENT FORM] signed by their Parent/Guardian by post to the Event Secretary within 7 days of entry. ENTRIES ARE NOT VALID UNTIL RECEIPT OF THIS FORM.**
15. **Riders under the age of 16yr. must be accompanied by** a parent or guardian.
17. No refund of entry fees will be allowed but transfer of an entry may be allowable entirely at the Organisers discretion and then only by following the Organiser's instructions.

### TERMS and CONDITIONS

I have read and understood the Event Notes incorporating British Cycling Regulations and agree I will comply with them.

I acknowledge that the organisers do not provide Public Liability Cover for individual riders and I agree that I will arrange my own cover for the event.

I, or my parents or guardian, agree that I participate in this event entirely at my own risk, that I must rely on my own ability in dealing with all the hazards, and that I must ride in a manner that is safe to myself and others. I am aware that when riding on a public highway the function of marshals is to indicate direction only and that I must decide whether the movement is safe. I agree to participate in this event without any liability whatsoever on the part of the promoter, promoting club/s, British Cycling, or any club or organisation affiliated thereto or their officials or members in respect of any injury, loss or damage suffered by me.

I, or my parents or guardian agree that, if during this event I receive attention from the Emergency Services or St. John Ambulance, the Organisers may obtain my details from them for the purpose of Incident Reporting to British Cycling.