



# The Squires and Spires Cyclosporitive Sunday 2nd June 2019

*51 miles | 78 miles | 96 miles*

## **Introduction**

Welcome to the Squires and Spires Cyclosporitive.

There will be 3 routes available in 2019. Cycle the Piccolo (51 miles), the Medio (78miles) or the Grande (96 miles) - the choice is yours. The theme of the Squires and Spires will take riders on a tour past many country houses, including Althorpe House (home of the Spencer family and resting place of Princess Diana) and Cottesbrooke Hall (the inspiration for Jane Austen's 'Mansfield Park'). The route is littered with ancient churches dating back to the 13<sup>th</sup> century and passes through numerous villages made famous by the English Civil war.

Northamptonshire is not renowned for its mountains or extreme terrain, but that does not mean it isn't challenging, especially the final third of the course.

Everyone who successfully completes their distance will get a Commemorative Medal.

If you have questions prior to the event please contact by email: [info@justracinguk.com](mailto:info@justracinguk.com)

## **Important Information**

All participants are responsible for providing their own bicycle and ensuring it is in safe working order. All riders **MUST** wear an approved cycle helmet. No rider will be allowed on the route without a helmet on and we are unable to provide a refund in such circumstances.

We also advise that all participants carry enough food and drink for the ride, as well as money, a mobile phone, spare inner tubes and a working pump.

The use of triathlon handlebars or other bar extensions is discouraged for safety reasons. However, where riders do have them fitted they must not be used when riding in a group and riders must allow for a gap to the rider(s) in front that allows time to reach for their brakes if necessary.

There are very few do's and don'ts, but that said, please note that personal headphones are *prohibited* for safety reasons.

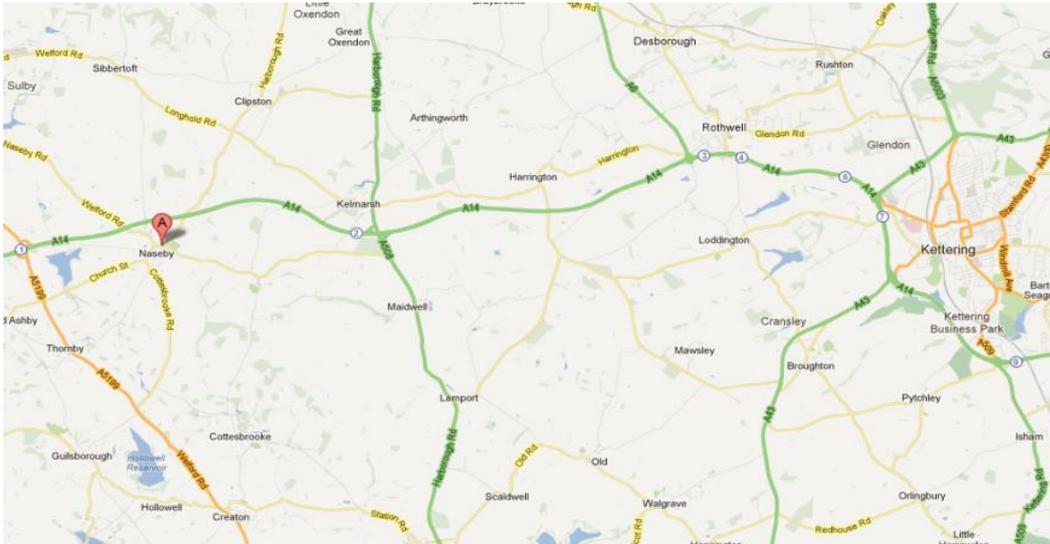
For more information, why not read the guidelines on the British Cycling website :

<https://www.britishcycling.org.uk/knowledge/article/izn20141017-Sportive-A-Guide-to-Sportive-Etiquette-0> .

Please remember, littering on the course (gel wrappers, banana skins, etc.) is *not* acceptable. Please dispose of your litter at a feed station or return with it to the finish area and dispose of it in an appropriate place. Anyone seen to litter will not be given a finish time.

### **Event Location and Car Parking**

Event HQ is at the Naseby Village Hall, where there is ample free parking and toilets.



Naseby Village Hall  
Naseby  
Northants  
NN6 6DE

### **Registration**

Registration for all routes will take place on Sunday 2nd June from 0745, with the last registration taking place at 0845. You will be required to confirm your route choice at this time. On the day entries will carry an additional £5 charge.

All riders will receive their bike number label (*to be attached to the bike*) plus a helmet label (*to be attached to the front of your helmet*).

There will be a medical team on standby at the Event HQ and at strategic positions along the course.

The cut off time for the last rider will be 5:00pm. Shortly after the last rider has started their chosen course, we will leave event HQ and begin to remove all direction signs and route markings. The event team will remain behind the last riders and offer assistance if this is needed. If the event team feel that it is appropriate, the last riders will be asked to either return to event HQ by a shorter route, or given the choice of continuing on their chosen route on the understanding that the feed stations and route markings may already be removed.

## **Start**

There will be a pre-start zone for competitors to muster prior to their departure. Start times will begin from 8.30am and will contain no more than 20 riders setting off at 2 minute intervals.

There are no allocated start times for individuals. Once you have signed on you are able to join the start queue as soon as you are ready. You will be given a short race briefing prior to being let onto the course. Please listen carefully to any safety recommendations. The last start time for any rider will be 0900.

## **Feed Stations**

There will be 1 feed station on the Piccolo, 2 on the Medio and 3 on the Grande. There will be a range of food and water available at each feed station.

Piccolo; 32 miles

Medio; 27 miles / 59 miles

Grande; 27 miles / 59 miles / 78 miles

## **Finish**

The finish line is the same as the start line – don't forget to collect your finishers medal! On completion of your route your time will be recorded. If you have changed routes and chosen to ride a shorter or longer distance during your ride, let the timing team at the finish line know to ensure we have an accurate record of your ride. Times will be recorded on the Just Racing website within 24 hours and will appear alphabetically.

## **Post-Race**

Bike racking will be available for you to use while you have a post ride massage, eat some food, relax or go for a run.

## **The Routes**

All routes can be found on the website and each one can be downloaded here and imported into your device:

**The Piccolo** - <https://ridewithgps.com/routes/28893183>

**The Medio** - <https://ridewithgps.com/routes/28893206>

**The Grande** - <https://ridewithgps.com/routes/28893432>

All routes are available as GPX files to download from the Ride with GPS website event page. All junctions will be marked with large black arrows on a yellow background, showing the direction to be followed.



Should you wish to take a written step by step set of instructions for the routes, this can be downloaded from the just racing website.

### **Events Team**

Our events team comprises of a range of individuals who gather together at each event, with a common purpose of ensuring that the athlete has a positive and enjoyable race experience. We have a fantastic team which we are always looking to develop and add to. No experience necessary with on the job training for all. Setting up all of our events includes a wide variety of tasks that aren't always immediately obvious to the competitor.

Anybody interested in getting involved with the Just Racing events team for any of our events, either as an individual or as a club, please get in touch; [events@justracinguk.com](mailto:events@justracinguk.com)

### **Future Events**

For all future events and information, please visit our website at [www.justracinguk.com](http://www.justracinguk.com)