



Dear Rider,

Thank you for entering the **South Downs 100 Sportive**. Please find below the pre event information sheets. We ask that you read this information thoroughly as it contains details that will ensure the event runs smoothly and you have a great ride!

**If you have entered for other riders aside from yourself, please ensure they receive a copy of this information sheet prior to the event.**

### Start location

Chichester College,  
Westgate Fields  
Chichester  
West Sussex  
PO19 1SB

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### Registration

The event centre will open at 7:15am to allow riders to park and prepare. **Please do not arrive before this time.** Registration will open at 7:30am and will take place in the Sport Hall. On arrival report to registration to collect your registration pack, timing chip and bike number.

**You must bring your helmet to registration so your disposable timing chip can be stuck on to it.**

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### Getting ready

Once you have registered you can get yourself and your bike ready to ride. Please remember to take the following items with you:

### **Map**

A map of the route is contained on the last page of this event information. We strongly recommend you **print this and bring a copy with you.**

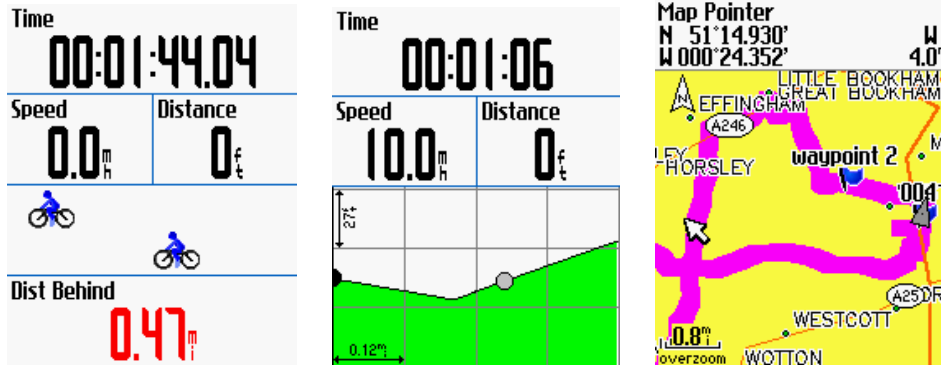
A limited supply of maps will be available to collect from registration.

### **GPS**

For GPS information, click on the links below to see the route and view the elevation profile. [Garmin GPS users](#) can also download the route information to work with



their virtual partners, so you can challenge yourself to achieve a Gold, Silver or Bronze standard.



Simply click on the 'details' tab to then download to a Garmin device to receive navigation around the route as well as a virtual partner pacing, elevation profile and other data fields to help you achieve your chosen timing goal.

For **non-Garmin** GPS click export GPX file to obtain navigation around the route only.

### South Downs 100 Sportive - Epic Route

Bronze – <http://connect.garmin.com/player/50276848>

Silver – <http://connect.garmin.com/player/50277356>

Gold – <http://connect.garmin.com/player/50276891>

### South Downs 100 Sportive - Standard Route

Bronze – <http://connect.garmin.com/player/50277690>

Silver – <http://connect.garmin.com/player/50277760>

Gold – <http://connect.garmin.com/player/50277732>

### South Downs 100 Sportive - Fun Route

Bronze – <http://connect.garmin.com/player/50277690>

Silver – <http://connect.garmin.com/player/50277760>

Gold – <http://connect.garmin.com/player/50277732>



## Helmets

Please note: **helmets are mandatory.**

## Spares & repairs

You should be carrying basic tools, inner tubes and a pump to fix punctures or mechanical problems you may experience. A basic first aid kit is also recommended. Spare inner tubes and some basic spares are on sale on the day. [Wiggle](#) will also be offering mechanical support if needed prior to the start. This support should not be relied on to fix existing problems with your bike, but to help resolve any problems that have occurred on the way to the event.

## Food & drink

Make sure that you have enough food and drink for the ride. Additional drinks, snacks and energy products are on sale on the day. Free [High5](#) energy drinks and snacks are available at the feed stations on the route, but you should carry enough food to last you the ride.

Once you are ready to ride, go to the start line.

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## Starting

The start will open at **8.00 am** and close at **9.30am**.

**Epic Course Riders should start between 8.00am – 9.00am**  
**Standard Course Riders should start between 8.30am – 9.30am**  
**Fun Course Riders should start between 8.30am – 9.30am**

When ready join the group of riders waiting to start.

The start marshals will start riders in groups at 2 minute intervals.

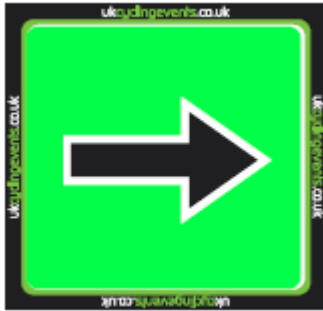
Listen to any instructions and route information the start marshals give. Once you are instructed to, you can start the ride.

## Course Markings

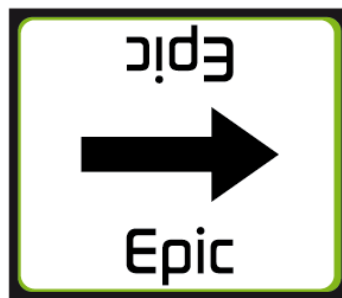
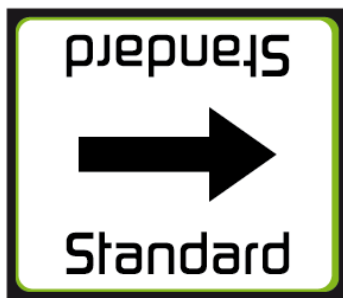
Once you set off from the event centre the route will be marked with the use of arrow signs and marker ribbons. Arrows signs will be at all junctions on the route.

So quite simply you follow these signs as you come to a junction.





The route is marked using bright **Green signs** with **Black** arrows with 'ukcyclingevents.co.uk' markings on the outside. The route signs will direct you around the course and will be found at junctions and turnings.  
**Yellow triangular Caution signs** will be used where appropriate to mark potential hazards such as, turnings off fast stretches of road, a fast decent and a crossing with a busier road. When you see these sign you should reduce your speed and ride with extra caution.



**Course Split points** will be used to highlight where the route splits for the shorter distances. A white '**course split ahead**' sign will warn riders that the route will split.

The white arrow signs with the route name i.e 'Standard' marked on them will direct riders at the next junction, to the direction they should take to complete their chosen route. It is important you take extra care when you see these signs to ensure you follow your chosen route.



Although the route is clearly marked, you should study your map before starting to familiarise yourself with your route. You should refer to your map frequently during your ride to confirm your location. If you accidentally stray from the route you should back track to the last point where you knew you were on the route. On occasions the general public will tamper with signs, it is therefore each riders own responsibility to follow the route themselves and to ride appropriately on the public roads.

Riders are welcome to change to shorter routes, as they are completing the event, simply follow the signs for one of the shorter routes at the course split points and **inform us of your route change at the finish.**

### **Feed / Drink Stations**

Dependant on the length of the route you have entered there will be 1-3 feed / drink stations. These are indicated on your event day map.

This is an opportunity to top up your water bottles with [High5](#) energy drink and take on board some food.

Each feed station will have 2 sections:

- 1- Eat Me Now foods- Such as bananas / flapjacks etc. These are to top up your energy levels instantly.
- 2- Keep Me Foods – each Rider can pick up **1 free [Eat Natural bar](#), [9Bar](#) or [High 5 energy Gel](#)**, to take with them. These can be consumed later in the ride, when you need a little boost to get you to the next feed station / the finish.

This should supplement the food / drink you have taken on the ride and you should not solely rely on this as your only form of nutrition.

**Please take only your quota of free food** at the feed stations as we have to cater for all the riders.

[High5](#) will be providing the very best sports nutrition for all the Wiggle Super series events. To read how their product range can help you ride faster, click the link below:

[http://www.highfive.co.uk/min\\_leaflets/guides.html](http://www.highfive.co.uk/min_leaflets/guides.html)

Track pumps and multi-tools will be available to use at these stations to assist you with mechanical problems.

**For safety, riders must slow down in the approach and exit to any feed station.**





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### Route clearing

Approx. 30 minutes after the last rider starts, our team will set out to clear the route. They will be removing all route signs and markings at this point.

Our riders will stay behind the last riders and assist any riders who may be having problems. They will aim to have all route markings removed and all riders finished by **4:30pm**. Riders taking too long to complete the route may be directed back via a shorter route if it is deemed necessary by our experienced team.

### Emergencies

You will find contact numbers on your map and on the back of your rider number. These numbers are for use in emergencies only. Please do not call these numbers for non emergency situations.

### Broom wagon & ride time limits

The broom wagon will follow the last riders on the course. They will assist or pick up riders in difficulty or falling short of the required event time limits. It should be noted that the event HQ will close at 5:30pm. The broom wagon crew will reserve the right to pick up or point riders to complete a shorter course who are falling short of this finish deadline.

**Riders concerned about completing in the time available are urged to start as early as possible.**

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### At the finish

At the finish line, make sure you cross the finish line so your time is recorded. There is no need to give your start number / timing chips back, as these are disposable. Please make sure you collect your free copy of ['Cycling Active'](#) and Finishers medal as you cross the line.

### Refreshments

Free Tea and Coffee is available after the event. A selection of cakes, sandwiches and savory snacks will be on sale as well. There nothing better than having a cup of tea and a big piece of **Farmhouse baked cake** when you finish!

### Massage

Star Massage are on hand with their industrious, nimble fingered masseurs to work out those knots, aches and pains. There is no fixed charge but all we ask is that you give a donation that you feel is appropriate for the treatment you receive.





## Bike Wash

Bike wash facilities will be available at the finish, thanks to [Mobi washers](#) and [Fenwicks](#). Please feel free to give your bike a well deserved clean using a Mobi washer and the free Fenwicks cleaning products.

## Timing Standards

Although Sportives are non-competitive, riders often like to set themselves targets to aim for. The table below shows the time and average speed required to achieve either the Gold, Silver or Bronze standard at this event. Competitor's times, will be displayed in alphabetical order on our website [www.ukcyclingevents.co.uk](http://www.ukcyclingevents.co.uk) the day after the event. An email with a link to the results will also be sent to all riders when ready.

### Wiggle Super Series- South Downs 100 Sportive.

Route	Standard	Distance	Ave Speed	Time
Epic	Gold	103 miles	16.5 mph	6hr 08m
Epic	Silver	103 miles	15.0 mph	<6hr 45m
Epic	Bronze	103 miles	<15.0 mph	>6hr 45m
Standard	Gold	73 miles	16.5 mph	4hr 25m
Standard	Silver	73 miles	15.0 mph	<4hr 51m
Standard	Bronze	73 miles	<15.0 mph	>4hr 51m
Fun	Gold	43 miles	16.5 mph	2hr 33m
Fun	Silver	43 miles	15.0 mph	<2hr 48m
Fun	Bronze	43 miles	<15.0 mph	>2hr 48m

## Event Photography

[www.sportivephoto.com](http://www.sportivephoto.com) will be taking photos of riders during the event. Visit their website after the event to view and purchase your photos.





### **Thanks**

UK Cycling Events would like to thank all of our volunteers and sponsors for their invaluable support in making this event happen:

Wiggle – [www.wiggle.co.uk](http://www.wiggle.co.uk)

IPC Media (Cycling Weekly / Cycling Active) - [www.cyclingweekly.co.uk](http://www.cyclingweekly.co.uk)

Fenwicks – [www.fenwicks.info](http://www.fenwicks.info)

Mobi Washers- [www.mobiwasher.co.uk](http://www.mobiwasher.co.uk)

High5 – [www.high5.co.uk](http://www.high5.co.uk)

Eat Natural – [www.eatnatural.co.uk](http://www.eatnatural.co.uk)

Garmin – [www.garmin.com/garmin/cms/site/uk](http://www.garmin.com/garmin/cms/site/uk)

9Bar- [www.9-bar.co.uk/](http://www.9-bar.co.uk/)

*Thank you for entering the Wiggle Super Series.  
Have a great ride!*











UK Cycling Events Signs

UKCE Signs to look for


General use direction signs to be found around the cycle course.







Route information

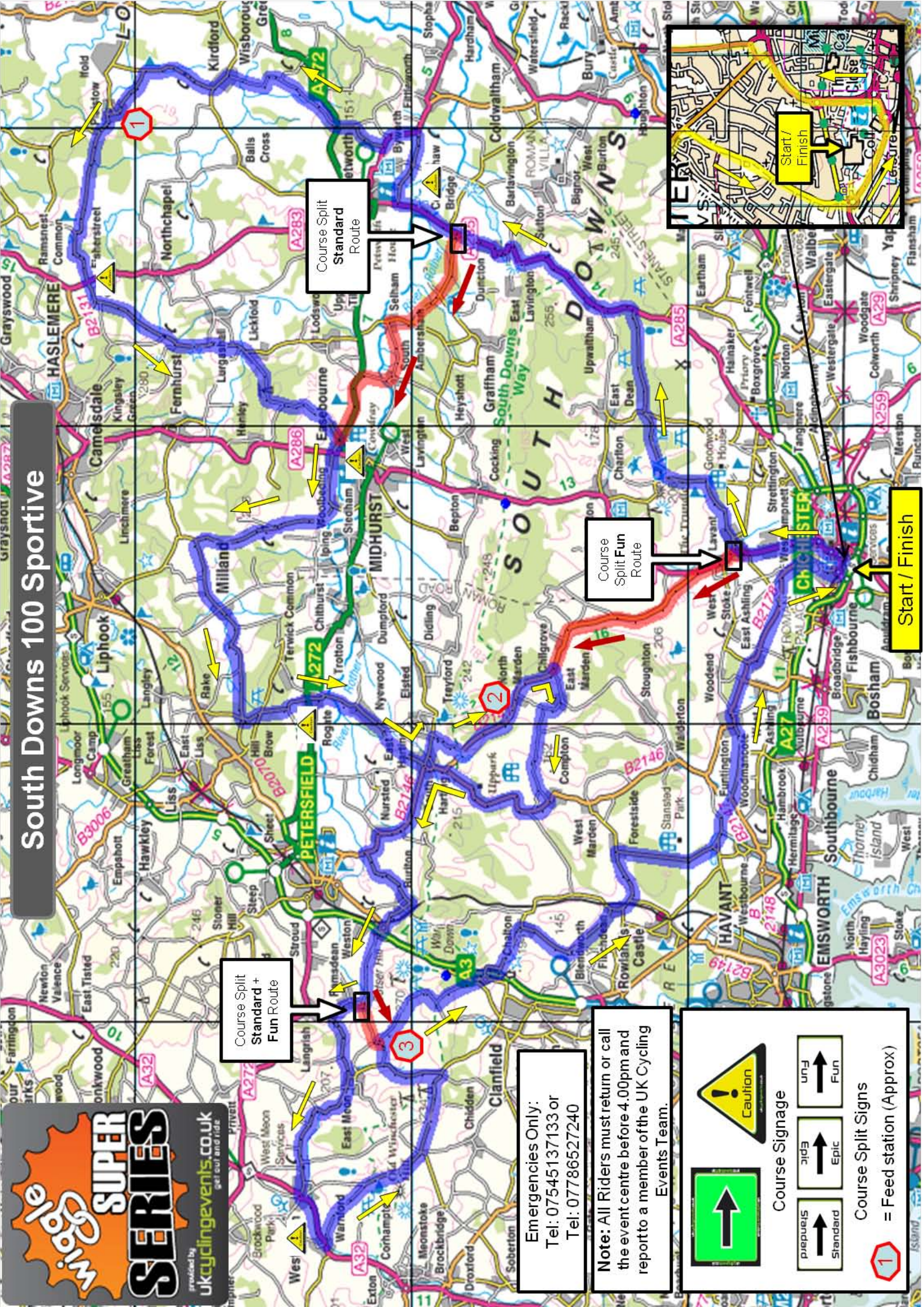
Caution!



General event information around start/finish area.

# South Downs 100 Sportive



Course Split Standard Route

Course Split Fun Route

Course Split Standard + Fun Route

Emergencies Only:  
Tel: 07545137133 or  
Tel: 07786527240

Note: All Riders must return or call the event centre before 4.00pm and report to a member of the UK Cycling Events Team.

**Caution**

**Course Signage**

- Standard
- Epic
- Fun

**Course Split Signs**

- Standard
- Epic
- Fun

= Feed station (Approx)

**elewing SUPER SERIES**  
provided by [ukcyclingevents.co.uk](http://ukcyclingevents.co.uk)  
get out and ride