



Sunday 15/9/24

Rider Info

Timetable

08.00 - Venue open

08.30 - Pit set-up

08.45 - Registration opens/Course opens for practice

09.50 - Registration closes

10.00 - RACE STARTS

13.00 - Race finish

13.30 - Podiums/Prize giving (approx. time)

Directions and Parking

Address; Northampton Bike Park (Delapre Golf Club), Eagle Drive, Northampton, NN4 7DU

What3words; often.figure.waters

If you are parking at the Bike Park (pre-payd **OR** paying on the day), exit the A45 dual carriageway (Brackmills Junction) and follow signs to Delapre Golf Club. Continue into large car park and follow to the very far-end – this is the bike park section. If you are paying on the day, then follow the payment instructions on the notice boards.



If you are parking at the bike park **AND PAYING ON THE DAY**, you will need this app.



Bike park/car park/golf club map

If you are using the free-parking option, then head to Delapre Abbey, London Rd, NN4 8AW. Once parked up, follow bike/pedestrian signage to the Bike Park/Hardingstone.



Delapre free parking map

Race Numbers

Race numbers are to be collected from registration on the day.

Registration opens at 08.45 Sunday.

(If you change bike during the race, you will need to transfer your number board onto new bike)

Sighting laps/warm-up

The course will open for sighting/warm-up at 09.00. There may be limited marshals on course so please be aware of that. You are riding at your own risk.

IMPORTANT - A & B LINES

- We highly recommend you take a good look at the two A-line options on the course before you ride them!

Riders should not attempt to ride the A-lines unless confident in their ability to safely complete these sections. Please ride the B-lines, and do not walk the A-lines, if you are not confident.

Race start

There will be no gridding at race start but please place yourselves roughly where you expect to finish.

Pits/technical zone

The pits/tech zone area will be located directly after the start/finish line. There will be room to set up a table etc but no gazebos.

There will be gel bins placed near the pit/tech zone exit

Pairs transition

The transition area will be just past the finish line.

All riders must high-five their team mate on swap, failure to do this will result in a time penalty being added to your overall time

Rules

- **The race is a 'short' 3 hour** – meaning only **completed** laps **before** the 1pm finish will count.
- Helmets are mandatory. Anyone caught riding without a helmet will be removed from the event immediately.
- No eBikes
- Technical assistance is permitted. You are free to change bikes or parts, however, this is only allowed within the designated pit area. Spare bikes/wheels can be left here though all items are left at your own risk.
- Feeding is allowed anywhere on course, helpers are allowed to hand you bottles or food.
- Riders are free to help each other while out on the course, but swapping bikes is not allowed.
- Anyone caught missing a section of the course will be disqualified.
- Anyone who disobeys a marshal will be disqualified.

Please note; be courteous towards other competitors when passing. If passing a back-marker please give them plenty of warning that you will pass on the left or right. You must then wait for a suitable moment. Remember everybody has the same right to be on the course as you. Anybody found to be barging past or endangering others will be disqualified.

Trail/race etiquette

For more on this, please click the link to the FNSS document [HERE](#)

Podiums/prizes

There will be podiums (1st/2nd/3rd) and prizes for all categories, regardless of number.

First Aid

This will be covered by independent event medical providers. The medical provider will be responsible for the provision of first aid at the event and will have overall control of medical emergencies in the designated areas.

First Aid facilities will be provided on site for all staff and the anticipated number of public utilising the event areas during the event period. A first aid point will be located next to the start/finish area.

If you come across an injured rider on course, please firstly check the injury is not life threatening (to the best of your ability) and then ride to the next marshal point to inform them. Or, If you have your mobile phone on you please contact the event organiser on 07749 828654

Nearest Hospital

Northampton General (3km), Cliftonville, Northampton NN1 5BD

Extreme/adverse weather

In very bad conditions, the race organisers may create a detour or shorten the course.

Water

There will be a limited number of water butts in the pits area though we recommend you bring your own supply to ensure you don't run out.

Toilets

These are located in the golf clubhouse which is adjacent to the large car park.

Refreshments

Can also be found in the golf clubhouse. There is a café serving snacks and meals as well as tea/coffee etc. There is also a bar.

Contact

If you have any questions, please contact the organiser at info@mtbepicsuk.co.uk