

# Rider Manual Willmott Dixon Classic

34  
miles

66  
miles

100  
miles



17 Sept 2021

# Welcome to the Willmott Dixon Classic!

It's great you can join us for another edition of the Willmott Dixon Classic, which again starts at Royston.

The classic is a celebration of the proud heritage of Willmott Dixon, which was founded not too far away in nearby Bassingbourn. From our origins has grown one of the UK's largest privately owned companies, one that wants to constantly strengthen and improve the fabric of our society. Supporting Action is part of this ethos.

## Action Medical Research

We are delighted that you have chosen to take part in the ride and in doing so help raise money for and support Action Medical Research.

This manual has been put together to provide you with all you need to know about the ride. Please take time to familiarise yourself with this information so that you can enjoy your ride experience to the fullest extent.

At Action Medical Research we are determined to stop the suffering of babies and children caused by disease and disability. We know that medical research can save and change children's lives. By raising as much as you can on the Willmott Dixon Classic you will be helping to find ways to reduce premature birth, to support children facing a lifetime of challenges caused by disabilities, and to develop cutting-edge therapies for rare and incurable diseases.



**WILLMOTT DIXON**

**SINCE 1852**



## The Route

With three new routes this year the Willmott Dixon Classic offers something for cyclists of all abilities and takes in some of the best countryside in Hertfordshire and Cambridgeshire. The route is largely undulating with a couple of hills to test the legs but plenty of nice fast flat sections to ramp up the speed.

Route	Distance	Climbing
Champion	100 miles	921m
Classic	66 miles	758m
Cool	34 miles	448m

See the full route on Map My Tracks

<https://www.mapmytracks.com/events/willmott-dixon-classic1>

You can also download a GPX file of the route there for your Garmin device.



## Start Venue

Heath Sports Centre, Baldock Road, Royston, Herts SG8 5BG

Free Parking is available for all riders at the start venue.

## Itinerary

07:30 Guests start to arrive and sign in

07:30-08:30 Breakfast available

08:30-09:00 Welcome from Rick Willmott and explanation of route

09:00 Riders start to assemble

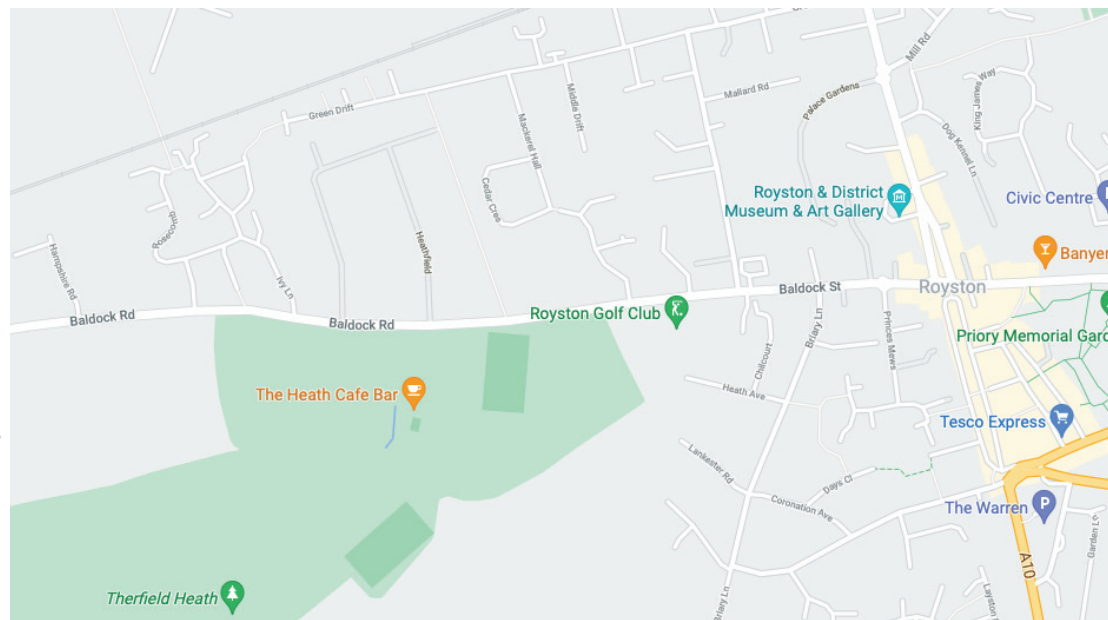
09:15 Riders given safety briefings and set off in small groups

09:45 All riders out on route

13:30 First Riders start to return from the ride

14:00-17:00 BBQ served to riders.

18:00 All riders depart



## Registration

At registration you will receive the following

\*Bike number – cable ties provided

\*Event Control card – Event Control number is 07719 997017 this number is only available on the day of the ride and not before. Please add to your contacts.

## Breakfast

Before the ride there will be a hot breakfast provided to keep you fueled for the first few miles!

## Start times

Riders will set off in small groups. If you are inexperienced or new to cycling we recommend that you start early. Each group of riders will receive a short safety briefing before they are set off.

## Event Signage

The route is signed throughout with yellow signs bearing the 'Action' button and direction arrows.

Note that the 'Action' button will always be in the bottom right hand corner, if it is not, then it has been tampered with.



All turns are signed; do not turn off the road unless directed to do so by signage.



Where the routes split, tri coloured signs with 'Route Split Ahead' and 'Route Split Now' will highlight the split.

From this point you should follow your selected route; the colour that denotes your route. After the route split on the Cool and Classic routes, the signs will revert back to yellow and this is highlighted by a pink/yellow sign on the Cool route and blue/yellow on the Classic route.

## Feed Stations

Our feed stations, provide the perfect opportunity to stop for a cuppa, rest your legs and take a breather. There will be items such as flapjacks, bananas, sweets, water and squash. High5 EnergySource drink will be available at all stops.

Location / Route option	Champion	Classic	Cool
Broxted Village Hall	26 miles	26 miles	N/A
Littlebury Village Hall	53 miles	53 miles	22 miles
Barrington Village Hall	75 miles	N/A	N/A

## Event Support

To help your day run as smooth as possible we have some great support available at every stage of the event.

### Mechanical support

Mechanical assistance will be provided by the bike rescue project and is available at the start and out on the road. We have roaming moto marshals who can assist with minor problems or if you have something a little more technical we have our team of experienced cycle mechanics on call to come to your aid – just text Event Control. All riders are encouraged to carry some basic tools and puncture repair kits. Please be aware that there may be a delay in getting mechanical assistance to you if we are dealing with more serious incidents.

### Medical support

We have medical support provided by County Paramedics who will be roaming the route and respond to calls for help. In the event that you or someone is involved in an accident that requires emergency services, do not hesitate to contact 999 in the first instance and then the Event Controller on the number provided. If the incident is minor and not life threatening the Event Controller will be the first person to contact.

### Broom wagon

There will be a broom wagon out on the route following the last riders and if needed will collect riders that are unable to complete the ride. Riders that are following behind our event completion schedule may be moved on or directed onto a shorter route to ensure that they complete the ride. Riders are encouraged to start as early as possible if they concerned about finishing in time.

## The Finish

Please approach the finish with caution as there are often spectators close by. At peak times please be patient as riders are filtered through the finish enclosure. You will receive your goody bag at the finish after crossing the finish line.

Refreshments: There will be a hot BBQ waiting for riders at the finish alongside a selection of drinks and salads.

Changing / Showers: These are available in the Sports Centre for you to use before and after the ride. A limited number of lockers are also available.

## Appendix 1: guide to safe cycling

### Event rules:

- All riders must display their rider number on their bike and wear the wristband.
- Riders under the age of 18 must be accompanied by an adult during the event.
- Each group of riders will receive a safety briefing before being set off at the start.
- The wearing of helmets (conforming to CE Standards EN1078) is mandatory for all riders. No helmet, no ride.

### Road safety

During the ride there are no closed roads, therefore you must ride safely at all times and be aware of other road users. Below are some tips for staying safe on the road:

- Obey the Highway Code at all times.
- Stop at all junctions.
- Never ride more than two abreast.
- Ride single file on single track roads.
- Keep a safe distance between you and the rider in front.
- Do not use headphones whilst cycling.
- When turning off a main road, check the road behind you and signal your intentions clearly.

### Riding in a group

Riding in a group is efficient, energy-saving and fast. Riding close behind another bike will allow you to 'draft' (sit in the slipstream of the rider ahead) which reduces your wind resistance, thereby saving you lots of energy and effort. Take it in turns with other riders to sit at the front of the group to help each other.

There is a technique to this so it is definitely worth getting it right. The key rules are:

- Follow a straight course – sudden changes in direction cause crashes and make for a nervous peloton.
- Signal any potential hazards or obstructions the group behind (see below for more details)
- Look ahead of you regularly when riding in a group, not just at the wheel in front – this gives you time to react to things and anticipate.
- Don't brake suddenly – this avoids the "concertina effect". Also, the less you brake, the less you have to accelerate. This maximises energy conservation.
- Don't overlap wheels with the riders in front – leave about 1 to ½ metre gap between you and the rider in front. If you do overlap, wheels can touch and if this happens it is very hard to keep it upright.
- Most importantly, look out for other riders around you and they should look out for you. Ride smoothly and stay relaxed.

## Calling out

Use the following basic call outs / signals to communicate when riding in a group:

“Car back”	There is a vehicle behind, let it pass.
“Car up”	Vehicle up ahead, let it pass.
“Single Out”	The group needs to go from two lines into one.
“Easy”	When called from the front it signals that you need to start slowing down because of traffic lights or a junction for example.
“Directions”	Not every change in direction obviously, but when turning onto another road call ‘right’ or ‘left’.
“Holes”	Used to point out potholes, drains, any other hole in the road.

## Appendix 2: bike maintenance

Keeping your bike clean and in good working order is essential to help to prevent mechanical difficulties, accidents and hopefully stop you being stranded in the middle of nowhere during a training ride!

- Tyres must be in good condition and inflated correctly - the psi values will be marked on the tyres.
- It is a very good idea to learn how to change a punctured inner tube yourself - this video is a good start:  
[youtube.com/watch?v=8Tm1wewekVQ](https://www.youtube.com/watch?v=8Tm1wewekVQ)
- Brake blocks should be equally spaced over the wheel and not worn down past the wear line - if in doubt, change them.
- Brake and gear cables should be free from rust and not frayed - if in doubt, have them checked at a bike shop.
- Seat and headset clamps should be tightened to avoid movement.
- Wheels should be securely fastened to the bike frame with no movement.
- The drive chain should be in good condition and not worn - again, a bike shop can help you check.
- After cleaning your bike and chain, remember to lubricate the chain again afterwards to stop it seizing or snapping - specialist lubricant can be purchased at all bike shops.
- Have your bike fully serviced at a bike shop just before the event starts.

## Thanks

We would like to thank all the fantastic volunteers and supporters who help make the event possible.

We know that medical research can save and change children’s lives but we can only fund that research thanks to the support and commitment of people like you and organisations like Willmott Dixon

If you’d like to make a donation or ask for sponsorship as part of your ride please visit:

<https://www.justgiving.com/campaign/WillmottDixonClassic2020>

Action Medical Research