

The Cragg Challenge 2019 Information for Participants



Please note there are changes from last year's event. In particular for cyclists, please see the additional information on the last page.

THE VENUE

Registration, Race Control and Start/Finish is near Royd Ices on Cragg Road in Mytholmroyd, HX7 5HR (about 10 minutes walk from car parking)

CAR PARKING

There is parking at Orchard Park on Scout Road, HX7 5HZ (nearer the Start/Finish). The parking area is staffed by volunteers who will collect donations for parking.

There is some (limited) parking at Mytholmroyd Community Centre, although access to this may be more difficult during the flood alleviation works.

ARRIVING BY RAIL

Mytholmroyd station is about 10 minutes walk from the Start/Finish area. As you come out of the station on to the road turn left and follow the road up to Royd Ices.

REGISTRATION

Please be at the Registration in good time to register before registration closes. Registration will close before your event scheduled start time. (See below)

Registration times are:

Cycling from 8.00am to 8.50am. The event starts from 9.00am (the release will be in waves 9.00-9.10)

Running from 10.30 to 11.50.

- The 1 Mile Dash starts at 12.00
- The 10 Mile run starts at 12.30
- The 10 Km run starts at 12.40
- The 5 Km run starts at 12.50

PARTICIPANT NUMBERS

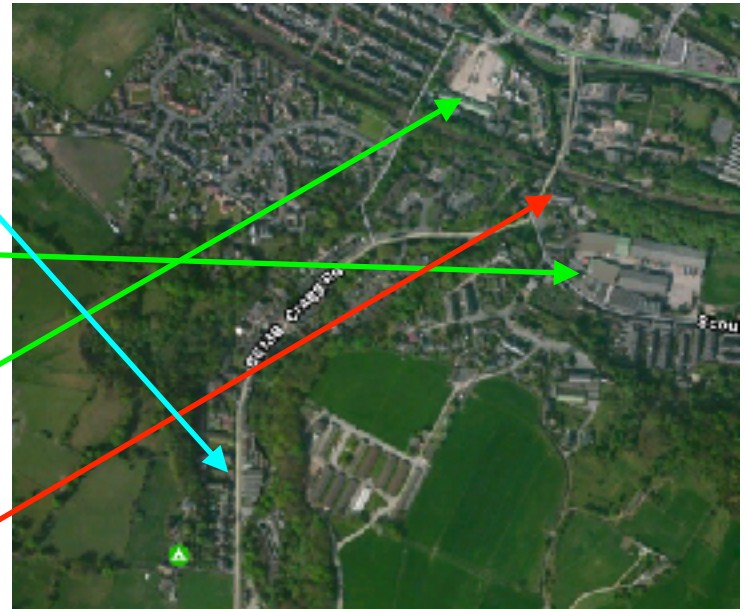
Your Participant Number will be allocated on the day, please collect this when you register.

Runner numbers should be pinned to the front of your top (safety pins provided), chip tags attached to your running shoes (tie wraps provided).

Cycle numbers should be attached to your handlebars (tie wraps provided), it is important that the marshals can see your number.

BAG STORAGE

There will be bag storage in the Silver TeamOA van near the Start/Finish point. The van will be open 20 mins before your event to leave one small, bag. Luggage tags are provided so you can mark your bag with your Participant Number.



TOILETS

There are some limited toilet facilities at the Start/Finish line as well as near each refreshment station on the course.

THE START

Please make sure you are at the Start/Finish area 15 mins before your scheduled start time. These are:

Cycle: from 9.00 am (there is additional information for cyclists at the end of this document)

There are cyclists starting a 100Km Audax at the same point just before this, you might need to overtake some of these on your way up.

1Mile: 12.00 pm (assembly by 11.40 bus leaves at 11.45 for the Start Point near the Robin Hood)

10Mile: 12.30 pm (assembly by 12.25)

10Km: 12.40 pm (assembly by 12.35)

5Km: 12.50 pm (assembly by 12.45)

The runs are chip-timed from your start with a split being manually recorded at your respective turn-around point, **please ensure you hand back your chip at the end.**

CUT OFF TIME

The Cycle event cut-off time is 10.05, for cyclists to return under controlled descent to Mytholmroyd. Only descents controlled by a leading marshal (cyclist or motorbike) will be allowed.

Cyclists who finish at the top and wish to carry on to circuit round via either Littleborough, Todmorden and Hebden Bridge, or Ripponden and Sowerby Bridge, may of course do so. Cyclists who wish to return down the hill will need to wait for the escorted descent which will commence as soon as it is safe to do so.

Cut off time for runners will be 2.45pm, with the road being re-opened by 3.30pm.

THE ROUTE

The route is confined to Cragg Hill, the longest continuous incline in England.

The road is closed for the day with the only vehicle movements being authorised/emergency vehicles during the events.

All competitors need to stick to the **left hand side** of the road to allow marshal vehicles access and runners coming back down the course.

There is some movement of escorted vehicles between 11.15 and 11.45.

During the Schools Relay (start 10.15) there will be two buses tracking the relay dropping off and collecting runners. These buses are clearly marked and slow moving.

*You are strongly advised **NOT** to use earbuds or similar which will affect your ability to hear what is going on around you or to be able to respond to instructions from marshals.*

A map of the route for each event is on the website www.cragg15.uk



THE REFRESHMENT STATIONS

There are 3 Refreshment Stations on the route.

One at the 2.5 Km point (the turning point for the 5 Km run)

One at the 5 Km point (the turning point for the 10 Km run)

One at the 5 Mile point (the turning point for the 10 Mile run at the top)

The refreshment stations will be available for runners going up and down so the 10 Km runners will see 3 Refreshment Stations, and the 10 mile runners 5 Refreshment Stations. There will be water and snacks.

If you take anything away from the refreshment stations can we ask you to carry any litter to the next marshalling point or refreshment station so that they can be immediately cleared up and we don't spoil the enjoyment of the countryside for other users and we don't create choking hazards for grazing animals.

AT THE START/FINISH

There is a performance area at the Start/Finish compered by Calder Valley Radio to play music, provide commentary and link live music during the day. There are also a number of stalls and activities here. The prize ceremonies for the schools relay and for runners will take place there too.

There is an outdoor cafe at the start/finish, serving a variety of hot and cold food and drinks. We hope you will stay to watch the prize givings and have some refreshments.

When you have finished your event please make sure you have been registered as finished, **hand back your chip** and collect your Participant Medal, don't forget to collect your bag if you have left one at the bag storage. There will be a refreshment station providing water and snacks.

MEDALS AND PRIZES

Every participant will receive a medal to mark their entry into the event. There will be additional prizes allocated at the finish.

FANCY DRESS

Fancy dress is positively encouraged and there will be a number of photo opportunities for costume and all photos will be available for download in a social media friendly format after the event. (See below)

EVENT PHOTOGRAPHY

We are making the event photography FREE and we will email after the event with a link to be able to download photographs, these will be available as soon as we have them.

FINALLY

Take care driving home. We hope you have a wonderful day



ADDITIONAL INFORMATION FOR THE CYCLE CLIMB

1. All cyclist to leave 9.00 am, then intervals of 20 seconds. Release will be small groups of cyclists.
2. ***There will be a second clock at the top synchronised to the start (9.00am) to help you record your time for the climb.***
3. At the top cyclists are clear to continue up to the A58 and continue either left to Ripponden or right to Littleborough. **At the junction with the A58 they will leave the road closure and therefore be back on open roads.**
4. Cyclists wishing to return down the hill will have the following options:

9.25	Follow the first designated Marshal Cyclist (all the marshal cyclists are experienced East Lancs Road Cyclists) down the hill. This will be a fast ride down to Sykes Gate, then a more respectable pace down the valley to the Start/Finish area.
9.30	Follow the next designated Marshal Cyclist down the hill. This will be a fast ride down to Sykes Gate, then a more respectable pace down the valley to the Start/Finish area.
9.35	Follow the next designated Marshal Cyclist down the hill. This will be a fast ride down to Sykes Gate, then a more respectable pace down the valley to the Start/Finish area.
9.40	Follow the next designated Marshal Cyclist down the hill. This will be a fast ride down to Sykes Gate, then a more respectable pace down the valley to the Start/Finish area.
9.45	Follow the final designated Marshal Cyclist down the hill. This will be a more measured pace down the valley to the Start/Finish area to ensure that everyone in the group can keep up.
9.50	Follow a designated Motorbike Marshal down the hill. This will be a more measured pace down the valley to the Start/Finish area to ensure that everyone in the group can keep up.
9.55	Follow the final designated Motorbike Marshal down the hill. This will be a more measured pace down the valley to the Start/Finish area to ensure that everyone in the group can keep up. This will be the last group permitted to return down the hill.

- Timings of the above may vary according to numbers and conditions on the day. The aim is to not have cyclists waiting to return for more than a few minutes at the top.
- All cyclists are advised that the closed road will invite pedestrians out onto the road. They must therefore be vigilant and obey the rules of the road.
- There may be riders still ascending the hill during this time and therefore **all riders** whether ascending or descending must **stick to the left-hand side of the road.**
- The Marshal Cyclists are experienced East Lancs riders wearing their distinctive East Lancs colours and Hi-vis. They are trained road riders and will set a good pace, however we ask **all riders not to overtake them on the way down.**
- The Motorbike Marshals are experienced riders supervising road events of this type. **All riders are asked to follow their lead and not overtake them on the way down.**
- The **schools relay starts at 10.15** from the bottom escorted by 2 school buses which will use **most of both sides of the road** as they progress up the hill. Riders in the last group need to be aware of this and to **be prepared to stop to let them pass.**