

Bike Bath **COTSWOLDS**

Sunday 1st September 2024
Westonbirt School, Tetbury

On-the-Day Event Details

The on-the-day Event Control telephone no. is 0752 8055110.

About the event

Thank you for signing up for Bike Bath (Cotswolds)

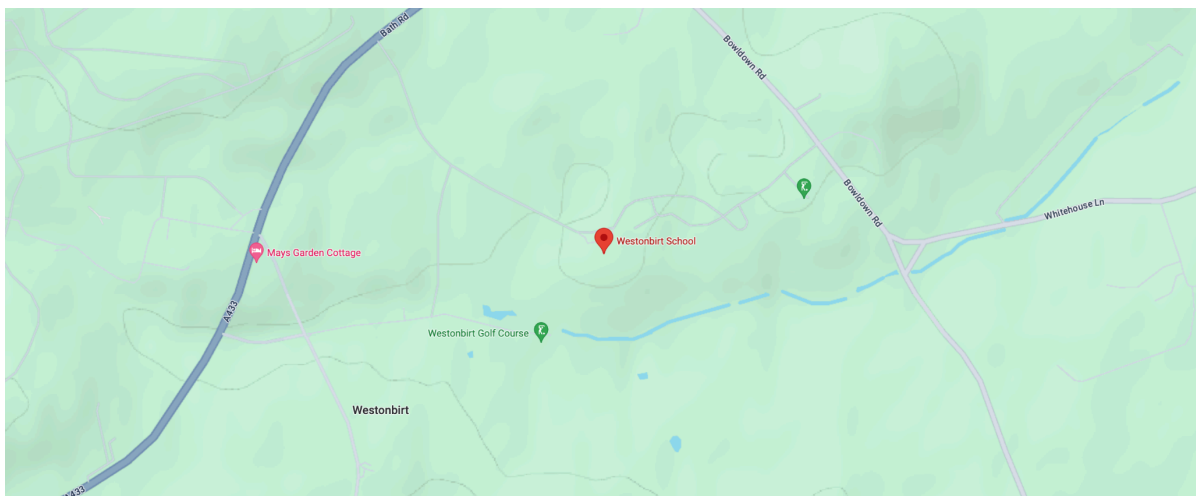
The event is designed by Iconic Cycling Events, the specialist cycling division of Breathing Space. The event will attract over 500 cyclists where riders will complete either short (28), medium (55) or long (78) mile routes from Westonbirt School

We are grateful to all those organisations which have sponsored, supported, and entered as teams or individuals. Use the code ICE25 for the exclusive 25% off discount code at event partners bullfrogbottles.com.

How do I get there?

Westonbirt School, Tetbury, Gloucestershire, GL8 8QG - [view on Google Maps](#)

By Car: Parking is available for free at Westonbirt School. Westonbirt is 3.5 miles south-west of Tetbury in Gloucestershire, off the A433 road to Bath.



Timings - Sunday 1st September 2024

7:00am	Car park and check in opens. Hot drinks available from the coffee van.
7.30-8.30am	Long route (78 miles) riders depart. <i>Groups of 15-20 will be briefed and depart. Groups will depart at 3-5 minute intervals.</i>
8.30-9.30am	Medium route (55 miles) riders depart
9.30-10.30am	Short route (28 miles) riders depart
11.30am	Riders will start to return to Westonbirt School There will be post ride massages available from Bryan from The Bike The Body in return for a donation to Dorothy House.
12:00pm	Returning riders receive a medal and a post-ride baguette. There will be a bar selling beers and soft drinks.

Routes

View the routes on Strava, Ride With GPS, or download the GPX file.

SHORT ROUTE: [click for Strava](#) | [click for RWGPS](#) | [GPX file](#)

MEDIUM ROUTE: [click for Strava](#) | [click for RWGPS](#) | [GPX file](#)

LONG ROUTE: [click for Strava](#) | [click for RWGPS](#) | [GPX file](#)

The support team will be marking the routes up to and on Saturday 31st August and adjustments to a route may be required. The Ride Director will advise of any changes to routes at the rider briefing immediately before you set off.

Emergency Details

We ask that all riders carry with them in a printed format and accessible in a pocket (perhaps with your phone), their name, address, emergency contact details and any medical information.

Check-In

The rider sign on sheet will be organised in alphabetical order by surname. Please follow the signs directing you to your surname sheet.

Check-in will open at 07:00 on Sunday 1st September.

If you know someone who will be registering on the day, please note that we will be accepting both card and cash payments.

You will be asked to show your email confirmation as proof of entry.

Facilities at Check-In

Hot drinks will be available to purchase on Sunday morning.

There are toilet facilities at the start/finish and at the feed stations. Period products will be available in all female toilets and from female members of Iconic Cycling Events Staff/volunteers.

There will be a back drop facility at registration.

Women only start pods

At the start, riders set off in pods of about 20 after a briefing. There will be a women only pod for each of the ride distances for anyone who would prefer this. The pods will set off at the following times.

Long Route – 07:45 am

Medium Route – 08:45 am

Short Route – 09:45 am

Please email Natalie Creswick at nc@iconiccyclingevents.co.uk before 6pm on Saturday 31st August if you would like to join a female only start pod.

Rider Safety and Etiquette

Please remember that Bike Bath (Cotswolds) is a sportive and, as such, is in no way competitive. Riders should ensure they obey the Highway Code at all times and ride in a safe and responsible manner at all times.

You must wear a hard-shell helmet and will not be permitted to ride without one.

Toilets

There are toilet facilities at Westonbirt School, as well as at the feed stops at Fire & Flow Coffee Shop and Poulton Village Hall.

Please be sensitive to residents and other road users if you are caught short along the way and either bin or bring back any litter.

Riding with Children

Please ensure that you have returned [a parental consent form](#) to us if you are riding with an Under-16 or riding as a 16/17 year-old without a parent or guardian who is aged over 18.

Route Signage

The route will be marked throughout with white arrows on red backgrounds, before, on, and after all significant junctions. Caution signs are placed where cyclists should be extra vigilant.

Particular points on the route e.g. *Feed stations and route splits* will have signs with black writing on a yellow background. An example of each of these signs is below.



In the event of you becoming aware that signage has disappeared or been changed, we ask that you inform Event Control at the earliest opportunity.

Feed Stations

78 mile route. Fire and Flow Coffee Shop (18 miles) and Poulton Village Hall (53 miles)

55 mile route. Fire and Flow Coffee Shop (18 miles) and Poulton Village Hall (25 miles)

28 mile route. There are no stops on the short route.

The feed stops will be stocked with a range of healthy and high energy food products, as well as water and squash. Coffee is available to purchase from Fire and Flow.

However, we would emphasise that riders should bring sufficient supplies with them for their ride and if you have specific hydration or energy products or dietary needs then please carry these with you. If you are vegan, vegetarian or gluten free please ask the staff/volunteers at the feed stop, they may have other products that are not on display.

Rider Support

We will have support vehicles out on the course but riders are expected to be self-sufficient.

We recommend carrying two spare inner tubes, a pump, and any necessary tools with you. You should also carry some cash, a form of ID, a mobile phone and your usual brand of energy products.

What kit do I need?

- A roadworthy bike
- A helmet

There is mechanical support on the rides, but we recommend that everyone is self-sufficient and carries:

- Tyre levers
- Mini-pump
- 2 Spare inner tubes
- Multi-tool
- Puncture repair kit

The feed stop will be stocked with a range of sweet and savoury high energy food products, as well as water, but we also recommend carrying:

- Full water bottle(s)
- Snacks

What clothing do I need?

You can cycle in anything you feel comfortable in, but we recommend:

- A waterproof jacket
- A pair of padded cycling shorts. This will make the riding much more comfortable. You can wear baggy shorts, leggings or trousers over the top if you don't want to just wear lycra.

Medals:

All riders will receive a finisher's medal.

Post Event Food and Drink:

Riders will receive a complimentary post-ride baguette (GF option available) back at Westonbirt School and drinks will be available to purchase from the bar. Cash or card payments accepted.

Cut off times

We will start to clear the courses mid-afternoon and would expect to have all riders home by 16:00. A dedicated vehicle will drive the routes as the courses close, potentially able to pick up riders who have to withdraw from the event at that stage. If the dedicated vehicle finds you out on the course while clearing you will have the option of taking a lift, subject to capacity in the vehicle, or carrying on without route markers. If you abandon before the finish or anticipate arriving after 17:00 please ensure you call Event Control to notify them.

Route	Length	Start Slot	Time available	Min. av. speed required	Min. av. speed required including a 60 min break
Long	78 miles	07:30 - 08:30	8 hours – based on an 8:00 am start	9.75 mph	11.1 miles per hour
Medium	55 miles	08:30 - 09:30	7 hours – based on a 9:00 am start	8 mph	9.2 miles per hour
Short	28 miles	09:30 - 10:30	6 hours – based on a 10:00am start	4.7 mph	5.6 miles per hour

First Aid Cover

There will be first aid trained staff at the event, at all the feed stops, and on our support vehicles that will be out along the route who can offer assistance for minor/non-emergency issues (contactable via event control; **Emergency tel no. - 07528 055110**). Please note, for serious incidents and some back injuries, we are unable to transport any casualties and the emergency services will be called.

Riders should always use their common sense and contact the emergency services where necessary. Please do inform the race organisers (using the event control number shown on the rider information sheet) of any major incident.

Emergencies and communications

Details of what to do in case of an emergency will be covered in the brief at the ride start. Please be aware that areas on the routes may be out of mobile phone signal. Riders are asked to look out for each other and report any accidents or mechanical problems to Event Control, the support vehicles or the event team at the feed stations.

Insurance:

Breathing Space carries a public liability insurance policy, limited to £10,000,000 for legal liabilities arising from claims made against an event organiser, official or participant that involves either bodily injury or property damage to a third party. **We recommend all riders to have their own personal cover.**

Clear Away:

Very occasionally, for a range of reasons, riders are delayed in returning to the event village (starting late, long lunch, getting lost, mechanical problems). Whilst we want to ensure all riders have a memorable and enjoyable day, we will start to dismantle the event village from 4pm and riders should be aware of this.

Charities:

You can ride for any charity, but our charity partner for the 2024 Bike Bath - Cotswolds event is [Dorothy House Hospice](#). You can help support this charity by adding a donation to your booking at the basket, or by using our events to fundraise for them directly.

To join the Dorothy House Team and receive a FREE cycling top, please email events@dorothyhouse-hospice.org.uk.

Dorothy House provides expert hospice care and support for local patients facing a life-limiting illness as well their families in Bath & North East Somerset and parts of Wiltshire and Somerset. The services and broader care are delivered by the charity completely free of charge, providing comfort and dignity to people in the community and helping them to live each day to the full.

Bike Bath (Cotswolds) partners:

We would like to say a huge thank you to all our sponsors and friends of Bike Bath (Cotswolds):

Event hosts:



Event supporters:

