



EVENT MANUAL

Thank you for entering the Moor to Sea Sportive 2023 on Sun 1st Oct 2023
nb Last updated 30th Aug 2022 & subject to minor changes.

IMPORTANT: Please take time to read this document thoroughly before you travel. It contains details that will ensure the event runs smoothly and that you get maximum enjoyment out of your ride!

REGISTRATION:

If you selected the 'Beat the queues & have your race pack, with timing chip attached, sent out to you in the post.' it will be posted out to you on Wed 31st August. Otherwise packs will be for collection on the morning of the event.

If you are planning on entering on the day. You will need to allow yourself time to complete the registration process. On the day entries cost an additional £5.

- Pack Contents:**
- Rider Number with timing chip stuck to the back (Must be fixed to the front of your bike)
 - 2 x Cable Ties (to fix Rider Number to your bicycle)

Reg. Times: Registration Desk is open from 06:30 hrs to 08:45 hrs on Sunday 4th Sept..

VENUE:

Address: Exeter Racecourse, Kennford, Exeter, Devon, EX6 7XS

Telephone: Event Director: 07866 567 894 (For contact pre and post event)
Event Control: **07748 085524** (Only use during event)

Please put the Event Support Number in your mobile phone contacts list.

Email: enquiries@sportivaevents.co.uk

DIRECTIONS:

- From Exeter:**
- Continue along the M5 to junction 31 where the road becomes the A38 at Kennford.
 - Keep in the LEFT LANE signed A380 Torquay to ascend Telegraph Hill.
 - At the top of the hill take the LEFT turn signed "Great Haldon".
 - At the 'T' Junction turn RIGHT to cross the A380.
 - At the next 'T' junction turn RIGHT and follow the road through Haldon Forest.
 - Straight on at the mini roundabout then First LEFT into Exeter Racecourse.

- From Plymouth**
- Continue along the A38 past Chudleigh and ascend Haldon Hill.
 - At the top, take the LEFT just past the Winning Post Services (Little Chef) Signed 'Exeter Racecourse and Dunchideock'.
 - At the 'T' junction turn RIGHT and follow the road under the A38.
 - Take the next RIGHT into Exeter Racecourse.

WARNING: If you are using this approach after 07:30 hrs you will encounter fellow cyclists who have just started. Please take great care [It's only for 300 meters!].

- From Torbay**
- Continue along the A380 until you reach the top of Telegraph Hill.
 - Take the LEFT turn prior to the Texaco Garage signed 'Exeter Racecourse & Haldon'
 - Follow the road through Haldon Forest.
 - Go straight on at the mini roundabout.
 - Take the first LEFT into Exeter Racecourse.

PARKING:

There is ample FREE parking at Exeter Racecourse.

Upon arrival you will be directed to a designated parking area by the Car Parking Stewards.

CATERING:

West Coast Catering will be providing catering from 7am, serving hot & cold drinks and tasty snacks.

CYCLE JERSEYS:

If you have pre-ordered a Moor 2 Sea Cycle Jersey or any other Sportiva merchandise you can collect it from registration before or after your ride.

There will be an opportunity to purchase the Moor 2 Sea, KoM, QoM or Sportiva Events Jerseys from registration, post ride. Stocks are very limited and will be sold on a first-come-first-served basis.

START PROCEDURE:

Riders for the longer routes will start first. Please do not start until your route choice has been called. If you start too early we may not have resources such as marshals, timing points or feed stations in place ready for you.

When you are ready to begin your ride, present yourself at the 'Start Gate', behind the large blue arch. You will receive a short safety briefing before you begin your ride.

Riders will be set off in groups of around a dozen with a minute or so between each group.

NB There is a steep descent in the first mile. Please take care here or you could end up with an early bath or worse!

START & FINISH TIMES:

- Participants for the **Extreme (Long)** route must start between **07:30 hrs & 08:00 hrs**
- Participants for the **Challenge (Medium)** route must start between **07:45 hrs & 08:30 hrs**
- Participants for the **Inspire (Short)** route must start between **08:00 hrs and 09:00 hrs**

All participants MUST start by 09:00 hrs and finish no later than 17:30 hrs.

There will be a **cut-off time** of **11:15 hrs** at the route split (40 miles) on the Extreme Route (approx 12 mph). Slower riders will be diverted onto the shorter Challenge route.

ROUTE INFORMATION:

We make every effort to ensure that our routes are all clearly signed and marshaled. However the onus of remaining on course remains with the rider.

ROUTE SIGNS:



Direction Arrow



Steep Descent
[Take Extra Care]



Hazard Warning
[Take Care & be ready to stop]



Route Split signs
[Follow arrows for your route option]

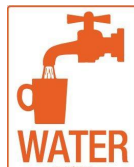
**EXTREME
CHALLENGE
INSPIRE**



Feed Stations



Toilets



Drinking Water



Notable Hill



Hazard - Go Slow

MARSHALS:

There are marshals at key locations around the route. They are there to help you remain on course and raise awareness of the Sportive. Marshals are NOT there to stop traffic or give you priority right of way. You must comply with all traffic signs & road markings. It is your responsibility to ensure that it is safe before you proceed.

MAPS & GPX FILES:

Route Maps are available online. We recommend RidewithGPS and all registered riders will be able to use it free of charge. See maps on the event page <https://sportivaevents.co.uk/events/moor-to-sea/>
If you have a Bike Computer we recommend that you download the appropriate GPX or TCX file and use this as an additional backup to ensure you remain on route. You can download all the GPX files here - [Sportiva Events : Moor to Sea GPX files](#)

RIDE SAFETY:

The Moor to Sea Sportive is a challenging event that takes place on open public roads. Cycle events of this nature will always have an element of risk, however, if you follow the advice we provide, those risks will be minimised.

- You must wear an approved cycle helmet on the course at all times.
- This is NOT a closed road event. Respect other road users.
- Always cycle at a speed where you are able to stop safely when required.
- Know the limits of your own bike handling ability. Do not be drawn into danger by following others.
- Always heed the advice of course marshals (stop if they signal you to do so)
- Do not ride more than two abreast and single-out on narrow or busy roads
- ALWAYS comply with Traffic Law & the Highway Code
- Take note of the normal road signs & markings in addition to the event signs.
- Pay attention to Caution Signs. They are for your SAFETY.
- Be prepared to stop at Pedestrian Crossings.
- Take particular care when passing through built up areas.
- DO NOT contravene RED Traffic Lights.
- It remains your responsibility to ensure it is safe to continue when negotiating marshalled junctions. Give Way when necessary and take extra care when merging onto main roads.

Some sections of road surface are less than perfect. Watch for pot-holes, loose gravel, and any other debris that may have washed or blown onto the carriageway.

ELECTRONIC CHIP TIMING:

Your timing chip is on the back of your event number. Please ensure you attach the number reasonably flat on the front of your bike

When you start you will cycle past a row of Timing Antennas on your left-hand side. The timing-chip on your helmet will activate your start time. This will continue recording your individual time until you cross the finish line at the end of your chosen route.

There are no timing control points located in the feed stations. You are not required to enter the feed stations if you do not want to.

Please note that the clock does not stop whilst you are at the Feed Stations. Any time you spend at a feed station is included in your overall medal time.

Please ensure you go through the finishing arch when you return to HQ. This is for your safety so we know you are back to HQ)

Results will be available at the Event HQ and will be published on the website within 48 hours of the event.

FEED STATIONS:

All Feed Stations will have a selection of sweet and savoury foods to choose from.

Hi Five Energy Drinks, Gels and Bars will also be available.

We recommend that you carry two 750ml Drinks Bottles to ensure you have sufficient fluids to last you between the Feed Stations.

Should you run out of drink, there are a number of places along the route where you should be able to obtain additional water.

Kingsteignton: Located at St Michael's Church Hall, Kingsteignton, TQ12 3JU

- 24.5 miles Inspire Route only though emergency stops by those doing the Challenge or Extreme routes are allowed

Postbridge Postbridge Village Hall, Postbridge, Devon, PL20 6SY
There is a small diversion of approx half a mile to access the feedstation the first time you pass it.

- 46.2 miles for Challenge & Extreme routes
- 93.3 miles for Extreme Route

MECHANICAL SUPPORT:

Mechanical assistance is available for emergencies only. You should aim to be self-sufficient. Please carry your own spare inner tubes and a basic repair kit.

If you require Mechanical Support - Call **EVENT CONTROL** on 07748 085524

Make sure you have this number recorded in your mobile phone contact list.

We will need to know your location to be able to get a mechanic to you. We recommend you install the FREE what3words app on your phone so you can give us a precise location.

If you are able to make your own way to the next feed station or nearest village, this can really help us provide a faster service for you.

EMERGENCY PROCEDURES:

If you should witness any incident where a fellow participant or member of the public appear to need assistance, we would urge you to stop and offer help.

If it is clear a casualty requires hospital treatment please call **999** first.

Call **EVENT CONTROL** on **07748 085524**. You should have this number programmed into your mobile phone in case you require any assistance.

We have Paramedics out on the course. **Devon Direct First Aid : Dave 07758 361165 & Kay 07737064960**

We will of course need to know the location of the incident to be able to get a assistance to the scene. You or another participant are likely to have a **bike computer** recording the distance travelled on the course. Ideally please install w3w (what3words) that is a very accurate and quick way for us to find you!

If you have a **GPS** or **Smart Phone**, these can also help identify your location.

WELFARE:

TOILET FACILITIES:

There are ample toilet facilities available at Exeter Racecourse.

There are ample toilet facilities available at all the Feed Stations.

If you need a comfort stop away from the Feed Stations, please try to use public facilities at one of the many villages along the route. If you are unable to wait, please ensure you choose a location that is away from public view, where you will not cause offence to others.

RIDER SUPPORT:

Participants should always aim to be self-sufficient throughout their ride. However, if you experience any difficulties and require assistance, please call Event Support on **07748 085524**. The Event Support Team will be able to provide advice or assistance as required.

UNABLE TO FINISH:

If you are unable to complete the ride or decide not to continue for any reason, please ensure you advise the Event Support Team (**07748 085524**) or an Event Official, so that we know you are safely off the course.

A support vehicle can be sent to pick you up and take you back to the HQ if necessary. Please get yourself to a place of safety, somewhere that is warm and dry along the route, then call our Event Support Team on **07748 085524**.

CLOTHING & EQUIPMENT:

- Bikes must be in a roadworthy condition. Please have yours properly serviced before attending.
- Cycle Helmets **MUST** be worn.
- Ensure you wear the correct clothing for the conditions. Check the weather before leaving home.
- Carry a rear light if there is any chance of mist or fog
- Ensure you carry enough food and drink for your ride.
- We recommend you have 2 x 750ml water bottles
- Carry spare inner-tubes (2), a pump, tyre levers and a small repair kit
- Carry your mobile phone with our Event Control number programmed into your contacts list.

- Carry some cash (£20.00) for use in emergencies.

ACCOMMODATION:

- Exeter Court - www.exetercourthotel.co.uk
- Travelodge M5 Exeter - www.travelodge.co.uk
- Caravan Club (Exeter Racecourse) - www.caravanclub.co.uk
- The Devon Hotel - www.devonhotel.co.uk

FINISH PROCEDURE:

You must cross the finish line to record your official time.

All finishers will receive a medal & gift bag on completion of their ride. Once you have cycled under the finish arch, please dismount. Then, make your way into the Event HQ where you will receive your Finish Time, Medal & tshirt.

There will be food and drink available.

MEDAL STANDARDS:

There are Gold, Silver, & Bronze Medal standards set for this event in respect of Age and Gender Categories. Your medal standard will be available via a live screen at the Event HQ and will be included in the results when they are published on our website.

All finishers will receive a medal in accordance with their official finish time.

Time Limits for the medal standards are published on the event website.

SPORTIVE PHOTOS:

Free photos of the ride will be available. We'll put some highlights on Facebook or the full set (searchable by selfie & bib) will be available on our results page <https://sportivaevents.co.uk/results/>

REFRESHMENTS:

There will be a refreshment van available at the Race Course.

SSAFA CHARITY SUPPORT:

Sportiva Events Ltd has chosen **SSAFA** (Soldiers, Sailors, & Airmen's Families Association) as its charity partner. A percentage of all entry fees are donated direct to them. The Moor to Sea Sportive supports SSAFA Devon, whilst our Taunton Flyer Sportive supports SSAFA Somerset and our Land's End 100 Sportive supports SSAFA Cornwall.

We will have some collection buckets at the event - please do show your support by dropping a couple of quid in one of the tubs - thank you.





High 5 Sports Nutrition are energy product sponsors of the Moor to Sea Sportive.

High5 have been developing and supplying sports nutrition products for over 20 years. They are one of the UKs leading Sports Nutrition companies and the innovative products they develop have often been at the forefront of sports nutrition globally.

Call: 01273 303817

www.HighFive.co.uk

EXTREME MEDAL TIMES

MEN'S MEDAL TIMES EXTREME						
	U18	S	V40	V50	V60	V70
GOLD	7:05:00	7:00:00	7:08:00	7:18:00	7:40:00	8:10:00
SILVER	7:54:00	7:44:00	8:00:00	8:18:00	8:35:00	9:00:00
BRONZE	Finish	Finish	Finish	Finish	Finish	Finish

WOMEN'S MEDAL TIMES LONG						
	U18	S	V40	V50	V60	V70
GOLD	Finish	07:30:00	07:39:00	08:00:00	08:40:00	09:10:00
SILVER	-	08:25:00	08:35:00	08:50:00	Finish	Finish
BRONZE	-	Finish	Finish	Finish	Finish	Finish

CHALLENGE MEDAL TIMES

MEN'S MEDAL TIMES MEDIUM						
	U18	S	V40	V50	V60	V70
GOLD	4:41:00	4:40:00	4:42:00	4:48:00	5:08:00	5:30:00
SILVER	5:18:00	5:13:00	5:14:00	5:18:00	5:36:00	5:58:00
BRONZE	7:44:00	7:38:00	7:44:00	7:47:00	Finish	Finish

WOMEN'S MEDAL TIMES MEDIUM						
	U18	S	V40	V50	V60	V70
GOLD	5:18:00	5:10:00	5:11:00	5:32:00	5:44:00	6:10:00
SILVER	6:15:00	5:54:00	5:55:00	6:24:00	6:45:00	Finish
BRONZE	Finish	Finish	Finish	Finish	Finish	-

INSPIRE MEDAL TIMES

MEN'S MEDAL TIMES SHORT						
	U18	S	V40	V50	V60	V70
GOLD	3:04:00	3:08:00	3:13:00	3:17:00	3:22:00	3:28:00
SILVER	3:50:00	3:57:00	4:04:00	4:11:00	4:19:00	4:28:00
BRONZE	5:07:00	5:19:00	5:31:00	5:45:00	6:00:00	6:15:00

WOMEN'S MEDAL TIMES SHORT						
	U18	S	V40	V50	V60	V70
GOLD	3:17:00	3:22:00	3:27:00	3:32:00	3:38:00	3:44:00
SILVER	4:11:00	4:19:00	4:27:00	4:35:00	4:55:00	5:00:04
BRONZE	5:45:00	6:00:00	6:17:00	6:34:00	6:54:00	7:10:00