

# The Cragg Challenge 2023 Information for Participants



Please note there are changes from the last event. The day is shorter, starts earlier and it is important we keep to schedule to fit everything in. Additional instructions for the Oliver Collinge Climb (School relay) will be issued directly to parents.

## 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).

There is also some parking at Mytholmroyd Community Centre.

## 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:

**John Jones Dash** (1 Mile) registration is from 8.00am.

- Then make your way to the Start line which is by Glenn House near the Robin Hood, (15-20 min walk), remember the road is closed to traffic from 8.30
- The 1 Mile Dash starts at 8.45 (approx), once the relay has passed through.

**Running** registration is from 8.15 to 9.00.

- The 10 Mile run starts at 9.10, followed by the 10 Km and 5 Km runs, the 5K will start once the relay bus is back at the bottom.

**Cycling** registration is from 10.30am to 11.00am.

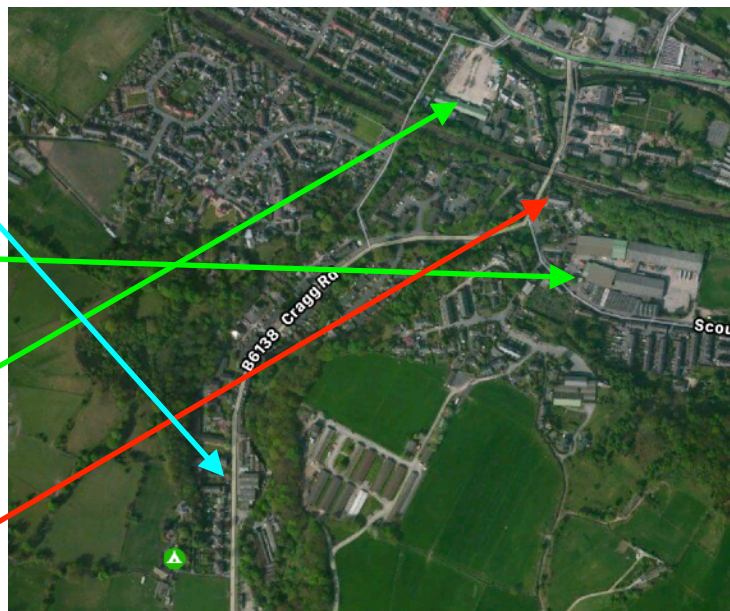
- The event starts at 11.10am (the timing is dependent on the completion of the 10 mile run, we may start a bit earlier if the runs have all finished)

## 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), timing wrist tags attached to your wrist (straps 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 a vehicle near the Start/Finish point. The vehicle will be unattended but available if you wish 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 10 mins before your scheduled start time. These are:

**1Mile:** 8.45 am (assembly by 8.35 at the Start Point near the Robin Hood, 15min walk)  
**10Mile:** 9.10 am (assembly by 9.00)  
**10Km:** from 9.20 am (assembly by 9.10)  
**5Km:** from 9.30 am (assembly by 9.20, start time dependant on relay bus return)

**Cycle:** 11.10 am (assembly by 11.00 additional information for cyclists is at the end of this document)

The runs are electronically timed using your wrist tag, **please ensure you hand back your wrist tag at the end.**

## CUT OFF TIME

Cut off time for runners will be 11.10 am, after this time cyclists will be making their ascent (and descent) of the hill.

The Cycle event cut-off time is 12.00, for cyclists to return under controlled descent to Mytholmroyd. Only descents controlled by a leading marshal (cyclist or motorbike) will be allowed. The road may be re-opened from 12.00.

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.

## THE ROUTE

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

The road is closed for the morning 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.

During the Schools Relay (start by 8.35) there will be two buses tracking the relay dropping off and collecting runners. These buses are clearly marked and slow moving. These buses will be **returning back down** the hill from 9.20 (approx)



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.

## THE REFRESHMENT STATIONS

There are 3 Refreshment Stations on the route.

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

One near 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 issue event related information. There are also a number of stalls, from our sponsors and charities 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 wrist tag** 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 11.10 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 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:
  - 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

11.35	Follow the first designated <b>Marshal Cyclist</b> (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.
11.40	Follow the next designated <b>Marshal Cyclist</b> 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.
11.45	Follow the next designated <b>Marshal Cyclist</b> 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.
11.50	Follow the designated <b>Motorbike Marshal</b> 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.

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.**