

## **The Tour of Longwick Sunday the 22<sup>nd</sup> of September.**

The Tour of Longwick is back again following last years success. Its a one day stage event for all Club members, based on four stages: It's a social event, training event, and competition event all rolled into one. There's something for everyone no matter your ability.

Very similar to last year the stages will comprise : a short prologue time trial, a hill climb, a bunched road event, and a final team time trial, all based in and around the Longwick and Princess Risboro area. Longwick Village hall will be used throughout the day as the event HQ. Catering through the day will be available. And all riders will be assigned to a team each with a team captain. Teams of 8 riders will be as comparable as possible each with mixed abilities.

The days competition will be based on best team overall, best overall individual performances, for both men and women. There's something for everyone here. Everyone will have a chance for podium places. Road bikes will be used for all stages.

The hill climb and prologue time trial will of course be solo events. A different hill will be used this year for the hill climb. The bunched event will be based on small groups of 10 to 12 riders of similar ability. Some riders may be given handicap starts. The team time trial performance will be based on fastest team times based on 5 riders, or on team times for teams who finish with the whole team together – 8 riders. Teams who finish together will get time bonuses deducted from their actual time.

In addition to the riders, a team of officials will be required : helpers, time keepers, judges, HQ team for catering and results. And I've drawn the straw as overall event coordinator.

An early indication of your interest as a rider or helper would be very helpful for planning purposes. Personally I hope to see a significant number of Club members, plus friends and family getting involved with this event. Officially the event will have the status of a HWCC Training day.

**To gauge interest do let me know if you would like to take part in this event or volunteer to help during the day. Email me.**

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