

Tour O The Borders

Sunday 6 September 2026



 TOUR O THE BORDERS

SUPPORTED BY
PROJEKTRIDE

Scottish
Borders
COUNCIL

5

THE BIKE
FITTERS

vittoria
The Ride Ahead

Tour
de A

CREATED & PRODUCED BY
hillsideoutside

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WELCOME

THANK YOU for entering Tour O The Borders 2026! A fabulous day on the bike awaits you, but for now please take a few minutes to read these notes – they should contain everything you need to know for the weekend.

We're delighted to be joining forces with Sir Chris Hoy's Tour de 4 campaign to support the fight against cancer. Thanks to everyone who has contributed, we know we're making a big difference to cancer charities across the UK.

Thank you to our sponsors and partners: HIGH5, ProjektRide, The Bike Fitters UK and Vittoria Tyres.

We would also like to thank Scottish Borders Council, Contraflow, MX Medical, Scottish Ambulance Service, Police Scotland, Scottish Fire and Rescue Service, Go Tweed Valley, and other agencies & organisations who have provided invaluable support and advice with the planning and execution of Tour O The Borders 2026.

Huge thanks also to the local residents and communities along the routes for their support and cooperation, as well as to the numerous volunteers who give up so much free time to ensure the success of this event.

Most importantly, remember this is a fun and friendly event – even though it will be a challenging day out for most riders. Give it your best, and above all, enjoy the ride!

LATE ENTRIES! Advance booking closed at midnight Sunday 30th August, but a limited number of last-minute entries will be available on Saturday 5th September at registration between 10am-7pm.

Schedule

Tuesday 1 September

Wave info & start times sent out via email to all riders.

Saturday 5 September | 10:00 – 19:00

REGISTRATION AT TWEED GREEN, PEEBLES, EH45 8AP

If you are registering for a friend, you must have their mobile phone number and emergency contact details before you can pick up their rider pack.

A limited number of event entries will be available at registration.

Note: Riders who opted for postal pack entries will have received their packs in the post so don't need to come to Registration on Saturday.

WEE TOURO AT TWEED GREEN, PEEBLES, EH45 8AP

A FREE 32km event for all kinds of riders. Start and finish at the Tour O The Borders event village. Sign up on the day – an opportunity for family and friends of Touro riders to take part in a welcoming and sociable ride. Find out more [here](#).

Registration 09:30-10:15. Start from 10:30.

Sunday 6 September | 06:45 – 07:15

RIDER START AT TWEED GREEN, PEEBLES, EH45 8AP

Arrive at event start area 30-45 minutes before your allocated start time and be ready to ride with your number board attached to your handlebars (your timing chip is on the back of your number board), wristband around your wrist and helmet on.

Important Travel Notice

Riders approaching Peebles from the west should be aware that the A72 at Lyne Station will **close at 6:05am** on the event day.

Please plan your journey to ensure you have passed through this section before the closure takes effect, or use an alternative route.

Getting There

The Event HQ, registration and start is at Tweed Green, Peebles, EH45 8AP.

If you are arriving by car, the main roads into town are the A72 from the south and west, and the A703 from the north. Please share car transport if you can.

The closest stations are Tweedbank and Edinburgh Waverley Station. Check [Traveline Scotland](#) for dedicated bus connections.

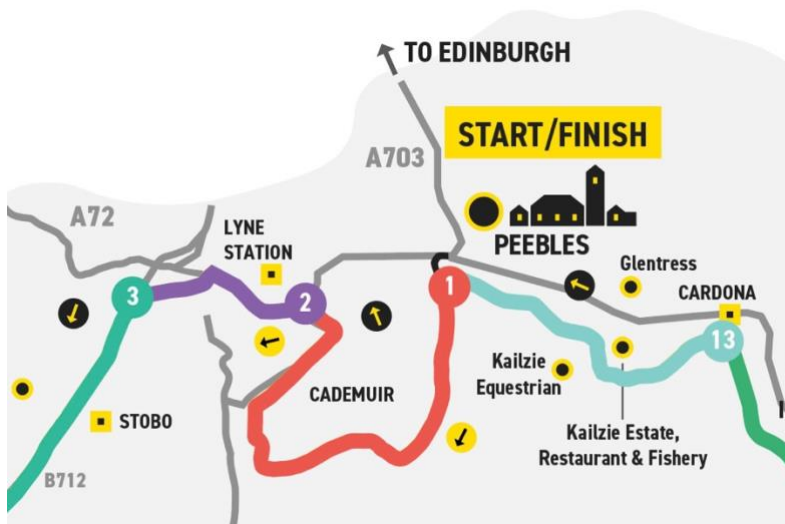
The X62 bus runs between Edinburgh/Galashiels and Peebles. Bikes are allowed on many buses to Peebles.

Please be aware of the road closures in place for the event on Sunday 6th September - this could mean additional planning is required for getting to the start in time. Please see the Road Closures info and map [here](#).

Important Travel Notice

Riders approaching Peebles from the west should be aware that the A72 at Lyne Station will **close at 6:05am** on the event day.

Please plan your journey to ensure you have passed through this section before the closure takes effect or use an alternative route.



Section
Closure Times:

1	06:05 – 08:30
2	06:05 – 08:35
3	06:30 – 09:00

Cycling to/from the event village

Please do not ride your bike on the pavement at any time. This includes Priorsford (foot) Bridge, please adhere to the signage instructing you to dismount your bike before crossing.

Please be courteous to residents and everyone else. Let's make sure the road cycling community has a good reputation.

Event Village

On both Saturday and Sunday the event village will be buzzing with music and vendors so why not hang out and soak up the pre- and post-ride vibes and atmosphere.

Food Vendors, *open Saturday and Sunday post ride:*

Over Hot Coals (BBQ favourites)

With A Cherry On Top (coffee, crepes, churros, ice cream)

Coffee Inc (coffee and cakes)

Wood Oven Wonders (real wood fired pizza)

Bonnie Burrito (does what it says on the van - burritos...) [Sunday only]

Note: Peebles High Street also has a number of wonderful cafes too.

Other vendors/exhibitors in the event village: ProjektRide, Vittoria Tyres, Bike Fitters UK Ltd, Cycle Law Scotland, The Physiotherapy Clinics, Scottish Borders Council

ProjektRide Bike Hire & Mechanics

We're delighted to be partnering with Edinburgh-based ProjektRide so you can enjoy a quality bike at Tour O The Borders without the hassle of transporting your own. Link to their website [here](#).

The ProjektRide team will have a bike shop set up at Event HQ for last minute purchases in case you forget something (we've all done it!) and they'll also have some fantastic demo bikes for people to try.

ProjektRide mechanics will be based in the event village all weekend for those unforeseen emergency repairs and tune ups ahead of the big day.

Additionally, they will also be based at Tweedsmuir, Moffat and Cappercleuch feed stations on event day.

Vittoria Tyres

We're delighted to announce that Italian tyre legends Vittoria will be joining us for this year's Tour O The Borders.

They'll be in the event village all weekend, so if you want any advice on tyres, pressures, treads, rolling resistance or anything else bike tyre-related, you can get all the answers there.

This is 100% not just for geeks – getting the correct tyre pressures (and the right sort of tyres of course) makes a very noticeable difference to both your speed and comfort. An awful lot of riders are still (mistakenly) under the impression that the harder your bike tyres are, the quicker you will be. That might be true on an indoor track, but on Scottish roads it just isn't the case!

Vittoria are kindly providing our motorbike marshals with a supply of inner tubes, so if you're unfortunate enough to get a puncture during the event, they'll be able to give you a brand new high quality tube (for free) to get you moving again ASAP.

Bike Fitters UK Ltd

Patrick, Charlie and Greg from the Bike Fitters UK Ltd will be in the event village all weekend. Drop by and find out more about how a professional bike fit can make a real difference to your comfort, performance and most importantly, enjoyment on the bike.

As part of our partnership with Bike Fitters UK, 2026 Tour O The Borders participants can claim a 10% discount off a bike fit for up to 6 weeks before and after the event this September*.

Simply contact Patrick at Patrick.lamont@thebikefitters.com with proof of your event entry and he'll get you booked in with their fully mobile bike fitting service. They come to you in the comfort and convenience of your home or office, at a time that suits you.

**some geographical restrictions may apply. The Bike Fitters is a franchised network of bike fitters, and this offer is currently valid with the Bike Fitters Edinburgh and Lothians, who cover the central belt of Scotland and the Scottish Borders. If you live in an area covered by another fitter in the network, they may not be able to honour the discount. If you live outside the main area of coverage in Scotland, an additional fee might apply to cover mileage.*

Cycle Law Scotland

Cycle Law Scotland will be joining us, offering expert legal advice and support for cyclists. Whether you have a question about your rights on the road or simply want to find out more about the work they do, pop by for a chat with the team and say hello!

The Physiotherapy Clinics

The Physiotherapy Clinics will be at Tour O The Borders over the weekend, offering physio and massage support to riders.

“We will have a gazebo on Tweed Green over the weekend. On Saturday one of our physios will be there, if you have any pre-race niggles or concerns, come along and have a chat. On Sunday, we will have three physios and a massage therapist available after the ride. Whether you have an ache or pain you would like some advice on or just want to give the legs a bit of attention after all those miles, come and see us.”

They will also be able to help with any strapping/taping needed before the ride, with a charge for this depending on what's required.

On Sunday, post-race massage is available at £10 for 10 minutes.

Scottish Borders Council

For [Wee Touro](#) on Saturday 5th September Scottish Borders Council will have a selection of FREE hire bikes and helmets available at the event village on Tweed Green, with bikes suitable for young riders aged 8–16 years.

These will be hired out on a first come, first served basis from 9am.

Event HQ Facilities

Toilets

Portable toilets are available on Tweed Green on Saturday and Sunday.

Bike Security Reminder

We want everyone to enjoy the event with complete peace of mind. Please keep your bike secure throughout the weekend – use a bike lock whenever your bike is unattended, utilise designated secure areas at your accommodation where available and keep your bike out of sight if you're stepping away for longer periods.

Peebles Highland Games



It's going to be a busy weekend in Peebles as Peebles Highland Games also takes place in Hay Lodge Park on Saturday 5th September. The Highland Games is a celebration of Scottish Traditions including highland dancing, pipe bands and heavy athletics including tossing the caber. There is also scottish catering, stalls and even an opportunity to try haggis hurling! Riders who can confirm their entry in The Tour O The Borders at the gates will receive a 30% discount on the full adult entry price. To find out more visit: www.peebleshighlandgames.com

If you're collecting your rider pack in person on Saturday, please note car parks will be particularly busy due to the Highland Games.

Parking – IMPORTANT!

Parking: Saturday

The official event car park is not open on Saturday – please use the public car parks in Peebles.

Note: parking will be particularly busy in Peebles due to the Highland Games being held in Hay Lodge Park.

There is no parking available at Tweed Green itself.

There are public car parks on Edinburgh Road, Kingsmeadows Road and at the Gytes Leisure Centre, all within easy walking distance of Tweed Green. Please see the Saturday parking map [here](#).

Event Parking – Sunday Only

Event Parking is now full – please do not travel to the event car park unless you have pre-booked your parking space, you will be turned away.

Everyone who has pre-booked event parking will be emailed parking information, including location, driving instructions and parking pass separately. This email will be sent from SI Entries.

Alternative parking options

There are a number of public car parks and on-street parking spaces throughout Peebles. Please allow plenty of time to find a suitable parking space as the town is expected to be busy throughout the weekend, particularly on the morning of the event.

We ask all riders to park considerately and responsibly. Please do not park across driveways, access roads, or in any location that could inconvenience or obstruct access for local residents or emergency services.

Camping

Event Camping is now fully booked for Saturday night.

The [Go Tweed Valley](#) website has alternative accommodation suggestions in the local area.

Everyone who has pre-booked camping will be emailed camping information, including location, our campsite guide and camping pass separately. This email will be sent from SI Entries.

Rider Info

Registration – IMPORTANT!

You'll be sent your rider no., wave no. and start time via email on 1st September.

This section applies to people who have not received their rider pack in the post.

Registration is at Tweed Green, Peebles, EH45 8AP on Saturday 5th September from 10am – 7pm.

We appreciate that this is difficult for some riders but as an alternative it's possible for someone else (e.g. a friend or another rider) to collect the rider pack for you. If you are registering on behalf of someone else, you need to be able to confirm the rider/s' mobile phone number and emergency contact details.

Please be aware, it will NOT be possible to register on the Sunday. Due to the road closures for the event, we must start promptly at 06:45 – registering ~2000 riders on the morning of the event is impossible!

What Happens At Registration

When you arrive at registration to collect your rider pack, you will be asked to confirm your mobile phone number and emergency contact details.

You'll then receive your rider pack which will contain your number board, wristband, cable ties and your timing chip (attached to your number board).

PLEASE NOTE: If any of your details change (phone number, emergency contact etc) you must let us know! We ask all riders to carry their (fully charged) mobile phone with them during the event. Your timing results will also be sent directly to your mobile phone shortly after the event.

Changing Route Length

If you decide to change from the long to the short route, or vice versa, you need to come to the registration tent on Saturday to let us know so we can update start/timing sheets and validate your number board.

Shorter course riders will all start in the last start wave.

Please don't swap routes once you have started the event. However, if you really need to change from the long to the shorter course whilst out there, you must inform the event official at the junction where the two routes split (Tweedsmuir/37KM marker). You may also be asked to wait where the short and long routes rejoin at 88KM marker/Cappercleuch. This is an important safety issue to ensure the road closure is operational on the section of road from Cappercleuch to the Gordon Arms.

Don't forget your rider pack on the day!

If you do forget your rider pack, there will be a £20 charge for a replacement on the day. You will need to come to the registration tent between 6.00am and 6.15am on Sunday to collect this.

Number Boards

You will not be allowed to ride without your number board. Number boards must be fixed to your handlebars and be readable throughout the event. Please do not bend or cut your number board.

Your timing chip is in the form of a disposable chip that is attached to the back of your number board. The timing chip reacts with the timing mats at the start/ finish and on the neutralised zone in Moffat.

Medical conditions and emergency contact details must be completed on the reverse of the number board (make sure you have these details with you!).

No rider may use another's rider's event number.

Wrist Band

IMPORTANT: You will be given a wrist band at registration (or in your postal pack) with your rider number – the same as is on your number board. You **must** wear this at all times during the event – you will not be allowed to start the ride without it.

Event Jerseys & T-shirts

If you ordered a Touro 26 jersey or t-shirt, please collect from Touro Registration on Saturday or Event HQ on Sunday after you finish your ride.

For any remaining jerseys or t-shirts, it's first come first served at the Event HQ tent at the weekend. Cash or card accepted.

Clothing & Kit

Please make sure that you are well prepared for a day out on the roads. Remember you'll be out exposed to the elements for several hours and must be prepared in the case of unexpected delays.

You must have the following:

- Helmet (must be worn & fastened at all times while you are riding your bike)
- Mobile phone (charged)
- Suitable clothing

Strongly Recommended:

- Bike lights (to get to the start before the sun is up)
- Waterproof jacket/extra layer(s) in case of delays
- Gloves, arm and leg warmers
- Water bottles
- Energy gels/food etc
- Spare tubes/puncture repair kit
- Pocket tools
- Cycle computer/GPS
- Sunblock
- Emergency foil blanket

Bike Prep

Please make sure your bike is serviced and in good, safe working order.

You'll get up to some fast speeds so you want to feel confident in the machine which will get you through the day and over all those miles. Your bike is your friend – show it you care!

Handlebars: No unconventional handlebars are permitted including triathlon bars, aero bars, clip-ons etc. Bar end plugs must be fitted.

Helpful Tips

On the evening before the event...

- Ensure you are on top of your hydration – you don't want to be playing catch up on event day!
- Carb-loading is a thing of the past; you don't need to work your way through a mound of pasta! Focus on lighter proteins like chicken, fish or beans with some carbs and make sure you don't eat too late in the day.
- Get a good night's sleep.

On the day of the event...

- Try to eat an hour or two before, then eat and drink something 30 minutes before the event start– energy drink, bananas etc.
- Eat and drink at regular intervals throughout the event – you must stay fuelled for the body to work at optimum efficiency – *don't wait until you feel hungry/thirsty*.
- Check out further on the day nutrition information from event partner HIGH5 [here](#).
- Don't go off at a pace you can't maintain. Listen to your body during the event, set a comfortable pace and try not to get swept up into a higher pace when being passed by other riders.
- If you're in a group of riders, ride safely and carefully, and don't make any sudden moves – there may be someone close behind you. If you are in a group and find yourself enjoying the slipstream of someone else's back wheel, have good manners – do your turn at the front!
- Please note, our advice is always safety first, so we would encourage all riders not to get too close to one another.

Event Photography

Your Photo Finish will be out on the course taking photos of riders and a link will be sent to you after the event for images of your big day. Make sure your number board is clearly positioned on front of your bike so all your pics can be easily found online.

You can sign up in advance on their website, to receive early bird offers (10% discount) and be notified the moment the gallery goes live: [Your Photo Finish](#)

Note: We will also have our own photographers in place who will provide images for the media and promotion of next year's event.

Environment

Part of why we run events is to celebrate the beautiful natural Scottish Borders environment we're proud to call home, so:

- DO NOT DROP GEL OR NUTRITION WRAPPERS, OR ANY OTHER RUBBISH!
- Please take litter home or place it in the bins provided at the feed stations/in the event village
- Use correct bins provided. Please don't contaminate recycling.

Course Info

Full 120km | 1200m ascent

Challenge 88km | 940m ascent

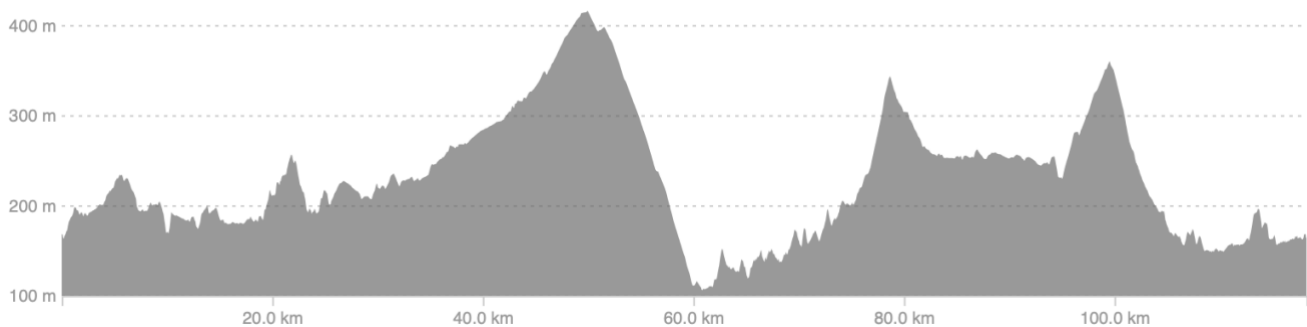
Course Maps

Please see the course map below or download [here](#).

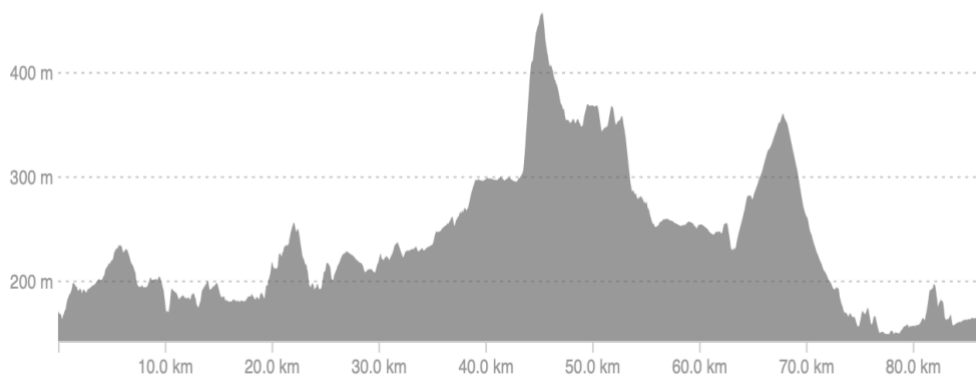
Please download the KM Marker map [here](#).

You can find the course profiles and download GPX files from the event website [here](#).

Full route course profile:



Challenge route course profile:



Event Start and Start Waves/Times

Event Safety is our number one priority and with this in mind, every rider has been allocated an approximate start time and wave number. Riders will start in waves, between 06:45 and 07:09.

Your wave and start time will be emailed to you on Tuesday 1st Sept.

As you arrive at the event village please follow the yellow arrows shown on the map below and make your way to your allocated wave zone.

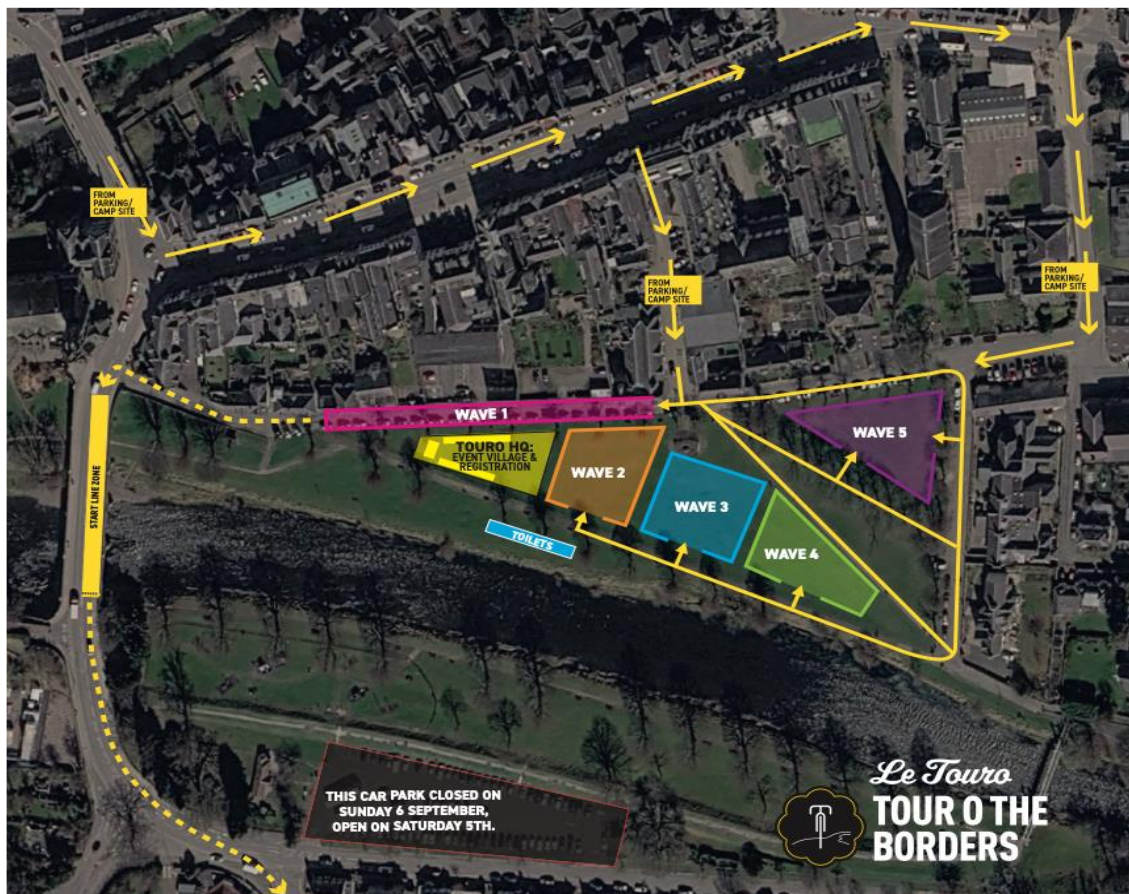
You must be at your assembly zone on Tweed Green 30-45 minutes before your start time. Be ready to ride. You should have your number board attached to your handlebars with timing chip in place (your timing chip is attached to the back of your number board), wristband and helmet on.

Wave 1

Wave 1 participants will gather on Tweed Green road, where a marshal will lead them to the start area on Tweed Bridge.

Waves 2-5

Riders in waves 2 - 5 should assemble on Tweed Green as shown below. Once the preceding wave has moved to the start on Tweed Bridge, each group will follow their assigned wave marshal onto Tweed Green road in preparation for the start.



Changing Wave

Start waves are important for safety – remember they are based on your predicted speed on the course, and slower riders start later for safety reasons.

If you wish to ride with a friend who is in a different wave, you may still be able to do so – ask an event official and we'll do our best to make this possible.

Course Marking

Once you set off from Peebles, the route will be marked with the BLACK ARROWS ON YELLOW signs. These will be at all junctions on the route.

There are also kilometre marker signs along the duration of the course – these are yellow with black text for the long course and after the course split at Tweedsmuir the short course markers are black with yellow text.

Please also look out for other caution or warning signs. These caution signs will be used where appropriate to mark potential hazards. When you see these signs, you should reduce your speed and ride with extra care.

There will be marshals along the route at road junctions and strategic points, these marshals will be able to assist you if you have any difficulties.

Finish

Starting and finishing on Tweed Bridge, you can have your own Champs Elysees moment before rolling back down to the finish arena on Tweed Green where you'll receive your finisher's medal and can join other riders and friends in the event village. It's perfect for your mates/adoring fans/unimpressed children to cheer you on to a heroic finish.

At the finish line, make sure you go through the arch so your finish time is recorded. All riders' times are logged and available online as well as being sent via SMS direct to your mobile phone.

The organisers will endeavour to give all entrants a time derived from the electronic timing chip system provided. However, they are not responsible in the unlikely event of fault in the electronic timing system.

Marshal Instructions - IMPORTANT!

You must follow all marshal instructions.

Marshals along the route will notify you of unexpected hazards (such as emergency services on the route) when necessary.

Marshals will be wearing high visibility vests and will clearly signal if you need to stop or slow down. If a marshal needs you to stop, they will stand in the road and signal clearly with both arms, if a marshal needs you to slow down, they will signal with one arm in a clear up and down motion.

Climbs & Descents

All major climbs have, happily, descents directly after the top of the hill. All riders must ride with due care and attention at all times on descents. Please check out the map and be aware of the fast descents.

The Talla descent is notoriously fast – PLEASE TAKE CARE

The Devil's Beef Tub descent can also be very fast, so please be extra careful here too, but all the descents can go from fast fun to flat-out scary if there's a tailwind/crosswind and you don't control your speed.

Ride with care!

This is a closed road event, however we do ask that you ride on the left except when overtaking. Please check over your shoulder before pulling out to overtake and do let faster riders overtake you safely.

We also ask you to remain vigilant in case of unauthorised vehicles on the road despite the closure.

Even the best rider can crash when they're pushing hard. We've seen people pretending they're Tom Pidcock at over 70kmph on twisty singletrack roads – scary stuff! So, no matter how fast and fit you are, ride safe and don't take risks.

Swapping Course Mid-Ride

As noted earlier, please don't swap routes once you have started the event. This is for safety reasons and so we know where everyone is / should be.

However, if you really need to change from long to the shorter course whilst out there, you must inform the event official at the junction where the two routes split (Tweedsmuir).

Long course riders who have started in early waves and divert onto the short course may have to wait for a short while to rejoin the shared course at Cappercleuch to ensure the road closure is operational between Cappercleuch and the Gordon Arms.

Retirement

If you retire from the event for any reason, please inform an event official as soon as possible. Please refer to the contact number on your number board, and call or text in if you can't find a marshal. Otherwise, we'll be out looking for you and phoning your emergency contacts!

Sweeper and Minimum Speeds

Riders need to complete the course at a minimum average speed of 16kmph. Otherwise, the sweeper vehicle may pick you and your bike up (if you want/and if space is available) and you will be asked to surrender your timing chip/number board.

Alternatively, you are free to continue the route (without your number board) on open roads after the sweeper has passed but entirely at your own risk/discretion. Please be aware course marking may have been removed.

Please note, roads are being re-opened as soon as possible after the sweeper has passed through to minimise inconvenience to residents and businesses around the route. Thanks for your understanding!

Don't worry, 16kmph is a fairly relaxed pace when all the ups and downs are accounted for.

Cut-off times

The latest you can arrive at Tweedsmuir (the short course turn-off) in order to continue the long course is 09:20.

As we've already said, if you're going to switch course length, please let us know in advance!

- You must leave Tweedsmuir feed station by 9:30 to continue on closed roads (on the short route).
- You must leave Moffat by 11:05 to continue on closed roads.
- You must leave Cappercleuch feed station by 12:40 to continue on closed roads.
- You must leave Traquair feed station by 13:50 to continue on closed roads.

Special Traffic Management Measures – IMPORTANT!

We have introduced some Traffic Management arrangements in co-operation with local communities, residents and businesses:

Moffat Neutralised Zone

Moffat town centre is a neutralised zone. Your timing is halted when you come into Moffat and recommences when you leave the town.

The event's road closures are active from Moffat's boundaries – signs will be in place to indicate this.

The roads in Moffat Town Centre are open to traffic. Please ride carefully and be aware of traffic in this section.

You must follow the rules of the road within the Moffat Neutralised Zone – this includes stopping at red lights!

Cardrona/Kailzie Local Traffic system

A restricted one-way system will be in place from Cardrona to Peebles – to allow limited resident and local business traffic for a few km of the route. This is a strict and controlled one-way system for local vehicle access only, but please be aware you may encounter a vehicle (going the same direction as you) on this section.

Short Route: Talla/Megget Local Traffic system

Though the road is closed at each end, we've come to an arrangement with the local community to allow farm and local residents vehicle movement in both directions on the section of road between Tweedsmuir and Cappercleuch if necessary.

Please be aware that occasional vehicle movement is possible on this section of the Short Route.

Mechanical Support

We're delighted to have ProjektRide providing mechanical back-up at Touro 2026. On Saturday and Sunday they will be onsite at the event village for any last-minute spares and checks.

ProjektRide mechanics will be based at Tweedsmuir, Moffat and Cappercleuch feed stations.

Motorbike marshals will mostly be carrying spare tubes, tyre levers and track pumps. Please carry the basics yourself.

Feed Stations

You should eat and drink 'little and often' during the ride, so carry the appropriate food with you. We have good feed stations on course, but we advise all riders to have worked out in advance what nutrition works for them and to use the event feed stations as supplemental to their own established feeding routines.

Tweedsmuir Village Hall (36km)

- Water
- Hot drinks
- Forsyth's legendary macaroni pies
- Homebaked cakes (vegan & gluten-free available - please ask)
- Bananas
- HIGH5 nutrition
- Toilets available

Moffat Town Hall (61km) *Long Course only*

- Water
- Hot drinks
- Forsyth's legendary macaroni pies
- Homebaked cakes (vegan & gluten-free available - please ask)
- Bananas
- HIGH5 nutrition
- Toilets available (public toilets)

Please note that all food and drink options will be available at every table.

Cappercleuch Village Hall (57/89km)

- Water
- Hot drinks
- Homebaked cakes (vegan & gluten-free available - please ask)
- Bananas
- HIGH5 nutrition
- Toilets available

Traquair Village Hall (74/106km)

- Water
- Hot drinks
- Forsyth's legendary macaroni pies
- Homebaked cakes (vegan & gluten-free available - please ask)
- Bananas
- HIGH5 nutrition
- Toilets available

Rules & Regulations

Terms & Conditions

The event's terms and conditions can be found [here](#), including your liabilities and acceptance of event/cycling risks.

Insurance

Personal insurance coverage is not provided by Hillside Outside.

Participants are responsible for securing their own accident, rescue, health, travel, property and liability insurance.

Photography and Images

The organisers shall have unlimited rights to publish pictures and video images of the participants; to forward these photos to press representatives and to use them for marketing activities. By taking part you are agreeing to be photographed or recorded for video purposes. You are also agreeing to potential video recording by drones, at any location around the event and course. Any drones operated on behalf of the organisers will be piloted by legally registered and qualified operators. Photography and video recordings may be used for promotional and publicity purposes.

If you don't want your picture potentially to be used for event publicity/ reporting let us know (with your rider number).

Safety

- **A helmet must be worn and fastened at all times.** Anyone without a helmet will be asked to put one on or leave the event.
- Your wristband must also be worn at all times during the event. Your rider number is how you will be identified and cared for in the event of an accident.
- Fill in the information on the back of your number board fully. In case of an accident this could make a critical difference.
- Please carry your (fully charged) mobile phone.
- Use of a mobile phone while cycling is not permitted, you must pull to the roadside and stop if you wish to make/ receive a phone call.
- Use of a music player or other similar device with headphones is also not permitted.
- This is a closed road event. We do however ask that you take care on the roads and cycle on the left except when overtaking.
- Take care when overtaking other cyclists and look over your shoulder before pulling out. Please allow other cyclists to overtake you safely.
- Take care when pulling out from feed stations, if you are missing the feed station please slow down to ensure the safety of riders leaving the stops. Food stops will be marked well before hand.
- Be aware of the potential of animals on the road and note cattle grids which may require care.

- As the event will be on a Sunday there will be church services occurring along the route. Please be aware of pedestrians on the route.
- Vehicular access is maintained for emergency services, if you hear a siren - pull over and get off the course immediately.
- Potholes and rough road surfaces will be marked where possible but please always stay aware especially on fast descents.
- Please watch your speed! Steep descents will be marked with CAUTION signs.
- Riders must obey all event marshals' and event officials' instructions.
- If you have any health concerns seek the advice of a health professional prior to the event.
- Bring any personal medication such as asthma inhalers and insulin. Please list these on your number board.
- Bring sunblock and sufficient layers of clothes with you.
- Bring sufficient food and drink.
- Please remember that an average minimum speed of 16 kmph must be maintained, as this is the pace the sweeper vehicle will maintain.
- **TAKE CARE ON FAST DESCENTS.**