

# THE HAYDON HUNDRED

10<sup>th</sup> June 2023

140km, 100km and 60km sportive rides in the  
South Tyne, Wear & Tees Valleys

## Riders Guide

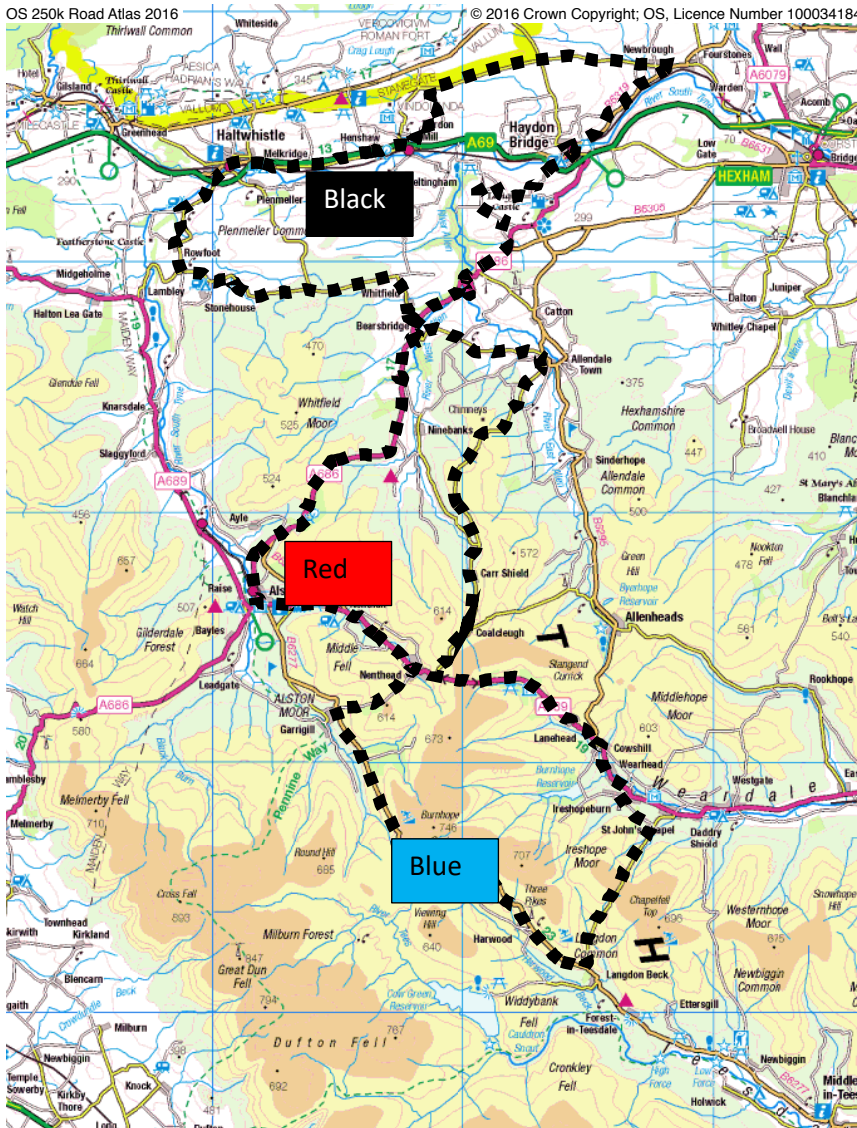
Map of Haydon Bridge and key Locations



# THE HAYDON HUNDRED

This manual contains all the information you need for the Haydon Hundred Sportive Ride. Please take a few moments to read it. It is intended to aid your enjoyment of the day.

The Haydon Hundred route consists of three interlocking loops.



The **HH60 Challenge route** uses only the northern loop, starting in Haydon Bridge and taking an anti-clockwise trip round Newbrough, Haltwhistle, Whitfield and back to Haydon Bridge.

The **HH100 Classic route** follows the HH60 as far as Whitfield and then turns right to take in an additional 40km section via Alston, Nenthead and Allendale before rejoining the Challenge route at Whitfield.

Finally the **HH140 Sky rider route** leaves the Classic at the Nenthead feed station, turning right to take in the most southerly loop into Teesdale and then back into Weardale, rejoining the Classic riders about 1km after Nenthead,

just in time to climb Black Hill. This section is the Strava Sky rider KOM – can you take it?

**PLEASE NOTE THAT DIRECTIONAL ARROWS ARE COLOUR CODED FOR EACH ROUTE**

Arrows for the 60km Challenge loop are **BLACK**.

Arrows for the 100km Classic loop are **RED**.

Arrows for the 140km Sky rider loop are **SKY BLUE**.

**Route Splits will show coloured arrows for all routes.**

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## BEFORE THE RIDE

Both **the Co-Op Supermarket** and **Claire's Newsagent and general store** will be open from 7am on the morning of the event. Both stock a range of foodstuffs and drinks. Both have ATM cash machines outside.

**Oddfellows Café** will be open from 7am with a range of fantastic healthy and fortifying breakfast options – as well as excellent coffee.

Toilets are available in the Methodist Chapel opposite the start venue.

## AFTER THE RIDE

We would love you to stay in the village for something to eat, a well earned beer, or whatever takes your fancy.

In your goody bag you should find a voucher to help you do this, and the good news is that you can trade it in all over the village. Right on your doorstep is the **WMH Hog Roast**, wafting tempting aromas over the finish line, and only a short distance away our eating places are just waiting to help you refuel and quench that thirst. Why not have a look and see what the village has to offer?

**The Haydon Bridge Festival – Come along for a celebratory beer at our festival from 2-11pm**

<http://haydonbridgefestival.co.uk/>

### The Anchor Hotel

The Anchor is a riverside inn with a long history including a spell as courthouse for the Barony of Langley. Now it is a welcoming hostelry and on a nice day there is nothing better than sitting at an outdoor table by the river and the village's historic bridge. Tel: 01434 688121 Website: <http://www.anchorhotelhaydonbridge.com/>

### The General Havelock

The village gastropub, again in a riverside setting with a popular patio for sunny days. A good range of bar and restaurant meals lovingly prepared with carefully sourced ingredients and an ever-changing range of real ales from local breweries. Tel: 01434 684376

### The Railway Hotel

Traditional village pub and B&B serving beers, meals and bar snacks. Tel: 01434 684254

### Haydon Bridge Fish & Chip Shop

People travel from afar to sample our fish and chips, and you will know why when you have tried them. The generous portions here will certainly fill any gaps left by the morning's exertions. Tel: 01434 684289

**Oddfellows Café** has a range of fantastic food and drink options – as well as excellent coffee. 01434 684755

***This event is organised by The Haydon Bridge & Haydon Parish Development Trust. The primary purpose of the event is to develop cycling and leisure/tourism pursuits in the parish. Any surplus generated will be used by the Trust to support future events and to develop facilities for tourism in the village.***

***All the work involved in creating and running this event has been done by volunteers.***

## [Timetable, Registration, Start & Finish](#)

### **The start & finish will be at The Bridge Library & Visitor Information Point**

Church Street, Haydon Bridge, NE47 6QJ.

On arrival, please park in the Car Park, which is at Haydon Bridge High School just a few hundred yards further up Church Street. (See village map at front of this guide). Marshals will be on hand to direct you. SatNav co-ordinates NE47 6LR or 54°58.547'N, 2°15.096'W, or NY 834 646.

NOTE THAT THE SCHOOL CAR PARK WILL BE CLOSED AND LOCKED AT 5PM.

Alternatively there is parking on the road into the east end of the village, or on the way out to the west.

Please protect your modesty when changing – there have been comments!

## [Twelfth City Cyclery \(https://www.twelfthcitycyclery.com\)](https://www.twelfthcitycyclery.com)

Will be available at the start to provide mechanical assistance where needed and with a small selection of spares.

They are offering Haydon Hundred entrants a **15% discount** for a bike service before the event.

## [Arrival & Signing On](#)

07:30 Event HQ opens.

We aim to start Skyrider (140km) entrants first, from 8:00 to 8:20, then Classic (100km) entrants from 8:20-8:40 and finally Challenge (60km) entrants from 8:40-9:00. These are not mandatory but are intended to spread riders out and avoid too much queueing at the start. Please do not arrive more than 20 minutes before your start wave.

Signing on and number distribution is in the library. Please enter from the station car park side and exit via the front door. Once you have your bike number proceed to the Start area.

*All riders under the age of 18 must also have a signed parental consent form.*

**Your timing chip is embedded in the start number and must be fixed to your handlebars with the cable ties provided. The number should be visible, hanging down from the bars and not be wrapped around the bar or the timing may not work.**

Please note: No helmet means no start – we don't want to be dictatorial, but this is a mandatory requirement.

All riders must start and finish from the start/finish line – failure to do so will mean that you are not legally part of the event and your time will not be recorded. If we don't know you've started we won't know when you're missing! If you wish to change route (for example by taking the shorter route at either of the route split), that's fine, but please tell a marshal at the split and also at the finish so that we can time you correctly and not lose you.

17:30 Event HQ closes. If you are not back we will look for you. If you retire from the event PLEASE call us so that we are not looking all night.



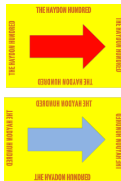
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## Route & Signage:

### HH60 Challenge Route

Follow the black arrows all the way round. The other riders leave you at Whitfield for their longer rides.

Don't worry, the route split will be marshalled if you want to ask someone.



### HH100 Classic Route

This is the core route and the one most people are doing. Follow the Black arrows from the Start to the route split at Whitfield. From there follow the red arrows all the way around and back to Whitfield and then take the black arrows to get you home.



### HH140 Skyrider Route

Follow Black arrows to Whitfield then Red arrows to the second Feed Station at Nenthead. Here you should **immediately** turn right following Sky Blue Arrows, past the Public Toilets on your Left. Follow Sky Blue arrows through the third Feed Station and then in 1km turn right and from then on follow Red arrows back to Whitfield and the Black arrows to the finish.



## Pulling out during the Ride and changing route

You are welcome to change your mind about which route you are doing, but please inform either a feed station marshal or one of the start/finish crew.

If you decide to pull out of the event, please inform us so that we know where you are.

**NOTE that mobile coverage is patchy but there is a signal at each feed station.**

## Finish:

Your time will be recorded as you cross the finish line under the gantry. We will try to publish these times during event day, however a full list will be published on our website the following day. [www.haydonhundred.co.uk](http://www.haydonhundred.co.uk) & <https://www.sportstimingsolutions.co.uk/>

After crossing the line, stop at the desk where you will be given your commemorative drinks bottle and a food voucher redeemable in pubs/restaurants/take-aways (shown on the map at the beginning of this manual) and valid on the day of the event only.

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## Spares

All Feed Stations will carry a limited supply of spare inner tubes, puncture kits and a pump. However, you should not rely on these. It is your responsibility to be self sufficient on the ride.

The feed stations will be stocked with Bananas, Flapjacks, water and electrolyte drink, but we cannot emphasise strongly enough that riders should bring the essentials with them. Bring water bottles, energy bars and gels or equivalent. You will have a long day in the saddle and the feed station may seem further than you think.



## Feed Station 1: Haltwhistle (All Routes)

Km 27.4 on all routes.

Situated on road side just below Bellister Bridge (OS Ref: NY 701 633) – Portaloo available.

## Feed Station 2: Nenthead (HH140 Skyrider & HH100 Classic Routes only)

Km 65.9 on HH100 & HH140 Routes

Situated on road side in front of North Pennine Cycles and next to Miner's Arms Pub (OS Ref: NY NY 758 458)



North Pennine Cycles will be open and owner David Raeside will be on hand to help with spares, repairs or sales. The Nenthead village shop and the Hive café will also be open with a wide range of foods and other products available. There are public toilets directly opposite the feed station in the Nenthead Mines car park.

## Feed Station 3: Killhope Cross (HH140 Skyrider Route only)

Km 105 on HH140 Skyrider Route

Situated in Lay-By at side of road at summit (OS Ref: 799 432) – No Facilities.

## Rider Conduct:

**Please do not leave litter.** This route goes through beautiful, unspoilt countryside. Please do not drop food wrappers, plastic bottles etc. We can't clean up after you and local residents will not want us back if we leave litter.

Riders should obey the Highway Code at all times. Please be aware of your fellow cyclists and let those who are faster overtake - likewise, respect the slower riders. Please extend reasonable courtesy to all other road users, riding in single file when appropriate and no more than two abreast at other times.

All authorised marshals and Sweep Vehicle teams should be respected at all times. Please remember that they are on course for your safety, but they are NOT there to stop traffic.

Participants should **not** listen to headphones or use mobile phones whilst cycling.

**In the absence of any warning signs, it is the individual rider's responsibility to be aware of road conditions and hazards at all times.** We will sign the most extreme hazards but the roads in rural areas are often poor and we cannot mark every hazard. It is your responsibility to ride accordingly.

Care and due attention should be taken on all descents. Please be aware of farm vehicles and any livestock on roads.

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## Hazards:

Due to the nature of the course you may encounter some all or all of the following:

**Animals:** We are out in the countryside, so expected the unexpected.

On parts of the course you will meet sheep wandering around like they own the place. Please be **careful!!!**



**Mud & Gravel:** Some sections of road may have a generous covering of **mud**; which at best will made you dirty and at worst is slippery, especially when wet or damp, take **care...**

### **Cattle grids**

There are a number of these on the **route so** please take care, especially if wet.



If you are unsure please use the **adjacent gate**.

## Main Roads:

The route either crosses or uses a number of main roads. None of these is particularly busy.

We will be putting out hazard boards for you and warning signs for motorists, so they know you're going to be there, but cars do travel a lot faster than bikes – **so again, it is your responsibility to be careful.**

## Top Tips...

Riding a sportive isn't just about getting on and pedalling. You can make life a whole lot easier if you employ some tactics. Just as pro road riders make an art form of conserving their energies throughout a stage, you should aim to do the same when approaching a sportive or indeed any long ride.

Having the feed stations is great for back up but it's well worth tucking some food and a **gel into your pockets** should you get a bit peckish. Likewise with tools - most feed stations will have a pump and a spare tube but you'll still need to carry the usual spares.

**Don't come out of the blocks too hard:** It's difficult not to go hard and fast at the start of the ride. You're excited about the ride ahead and if you've started the ride in a big group, you're probably getting swept along by adrenalin! However, you'll pay the price later in the ride as the lactic acid accumulates in your legs.

**Mix it up and stay flexible:** Many riders find that stiffness and soreness in the back, neck, wrists and backside puts paid to their efforts long before muscle fatigue. Consciously varying your position, alternating between the tops, hoods and drops can really help to stave-off aches and pains and allow yourself to ride to your full potential.

**Getting out of the saddle regularly** also helps to loosen up the back and alleviates soreness and numbness. **Relax** on the bike and you'll find yourself going faster for less effort.

**Eat and drink little and often:** **Eat** lots of quality carbs and **drink** plenty of water or energy drink whether you feel hungry or not. **Little and often is best**, so stuff you can eat on the move is best. If you do make a lengthy stop at the pub or at a feed-station, go easy for the first few miles afterwards, your body will be thinking "phew, it's all over!!" and will need some persuasion to continue.

Don't forget to enjoy yourself: Look up and enjoy the National Park and North Pennines AONB. It's a fantastic place to ride your bike and these are some of the best cycling roads around (hope you agree).

## Mechanical Information:

Please ensure that your bike is in good working order pre-event and that your choice of bike is one that is both efficient and comfortable. You will need to maintain an average speed of around 12mph. Please carry the essentials with you (spare inner tubes/pump/puncture repair kit). This will help towards a great ride.

## Medical:

For cuts and grazes we will have basic first aid kits located at the feed stations.

For any exhausted or injured riders there will be a sweep vehicle that will be operating on the route; collecting riders and bikes, if you can make it to the nearest Feed station do, otherwise we will pick you up, but remember that we have many riders to look after and unless it is a real emergency there may be a substantial wait. It's always best to be self-sufficient if you can.

Please note that any rider requiring emergency medical support should call 999 as a first response.