

COURSE MAP

WIGGLE UPS & DOWNS MTB
SATURDAY 23RD APRIL 2016

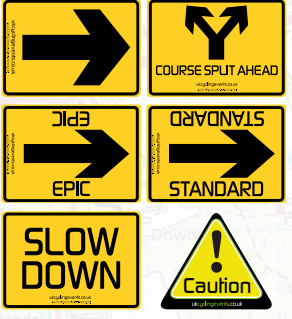
ukcyclingevents.co.uk
get out and ride

ROUTE DISTANCES

- 31** Epic
- 22** Standard

Map data provided by
 Ordnance Survey

COURSE SIGNAGE



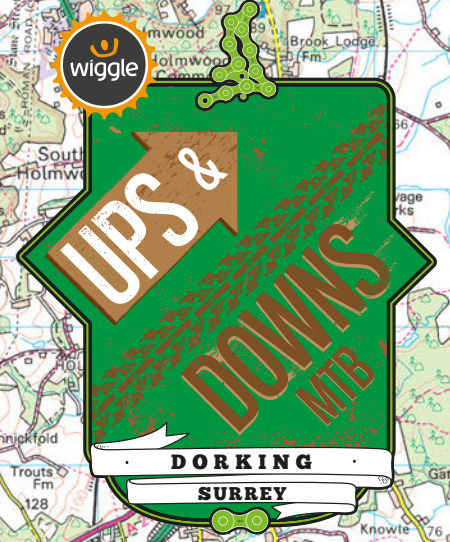
START & FINISH

FEED STOP TWO

FEED STOP ONE

EVENT VENUE
Friends Life Building
Pixham End
Dorking
RH4 1QA

MEDICAL EMERGENCIES: 07961 063 100
MECHANICAL ASSISTANCE: 07854 081 972
Note: All Riders must return or call the event centre before 4.00pm and report to a member of the UK Cycling Events Team.



DORKING
SURREY

EVENT DETAILS

WIGGLE UPS AND DOWNS MTB

SATURDAY 23RD APRIL 2016

HASHTAG YOUR RIDE: #GETOUTANDRIDE

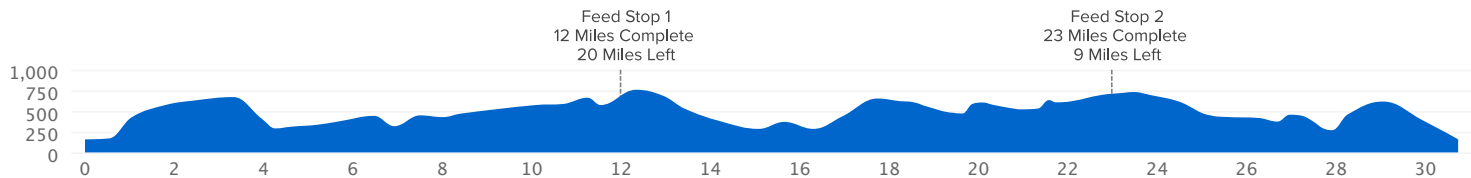


VENUE OPENS: 7:20am - REGISTRATION OPENS: 7:30am (Closes: 9:25am)

LATEST FINISH TIME: 4:00pm

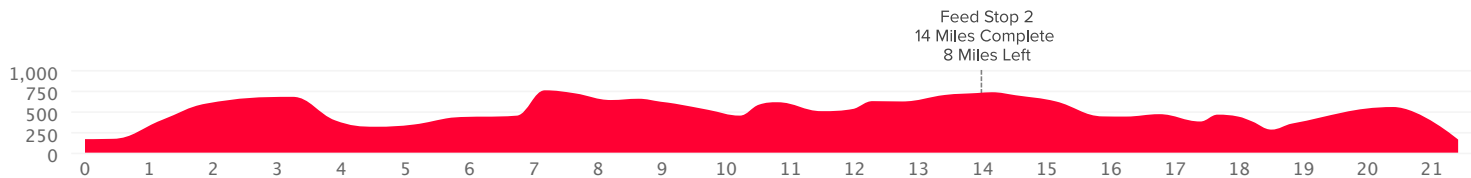
🕒 EPIC START TIME: 8:00AM - 9:15AM **EPIC RIDERS CANNOT START AFTER THIS TIME**

📏 Dist: 32 Miles 📈 Elevation Gain: 2463 ft 🏔️ Difficulty Rating: 7/10 📍 GPX File 📶 Garmin: /modern/activity/745452553



🕒 STANDARD START TIME: 8:30AM - 9:30AM

📏 Dist: 22 Miles 📈 Elevation Gain: 1745 ft 🏔️ Difficulty Rating: 6/10 📍 GPX File 📶 Garmin: /modern/activity/745454258



FEED STOP 1

Outdoor location
Pitch Hill
Lat: 51.174295
Long: -0.454425

FEED STOP 2

Outdoor location
White Down
Lat: 51.233452
Long: -0.404438

🕒 TIMING STANDARDS

Route	Award	Distance	Avg Speed (Mens)		Time	Avg Speed (Women)		Time
			Men	Women				
Epic	🌟 Gold	32	> 9 mph	> 8 mph	< 3hr 33min	> 8 mph	> 7 mph	< 4hr 0min
Epic	🌙 Silver	32	> 8 mph	> 7 mph	< 4hr 0min	> 7 mph	> 6 mph	< 4hr 34min
Epic	🌟 Bronze	32	< 8 mph	< 7 mph	> 4hr 0min	< 7 mph	< 6 mph	> 4hr 34min
Standard	🌟 Gold	22	> 9 mph	> 8 mph	< 2hr 26min	> 8 mph	> 7 mph	< 2hr 45min
Standard	🌙 Silver	22	> 8 mph	> 7 mph	< 2hr 45min	> 7 mph	> 6 mph	< 3hr 8min
Standard	🌟 Bronze	22	< 8 mph	< 7 mph	> 2hr 45min	< 7 mph	< 6 mph	> 3hr 8min