

WELCOME TO THE RAMPAGE

We thought we would try something different – so here goes and we hope you enjoy it!

The Rampage is a cycling hill climb with a big and obvious difference. Our event is inside a car park - not just any car park but the newest and shiniest car park in Leeds. We are extremely fortunate to have the generous support of **Hammerson** who have kindly lent us their brand new Victoria Leeds multi story car park. With its non-slip deck and perpetual climb, this car park is ideal to test your legs and your lungs.

The racing will be pretty much non-stop from 5PM when the under 18's kick off to our prize giving at 9.45PM however it's not just about the-bike. At the top of the car park (the view of Leeds is great by the way) we have a covered 'finish zone'. riders and spectators alike can look down over the finish line and cheer riders on whilst listening to some great tunes from our resident (one night only) DJ and enjoying food and drink courtesy of Harvey Nichols, North Brewing Company, Odd Burgers and The Formerly Whole Hog amongst others.

These events take a great deal of organising and we need to say a massive thank you to a whole load of people. Hammerson for trusting us with their car park, **Gent Visick** and **Strata** principal event sponsors, **LeedsBID** for the event management and clean up, **Spokd** for technical support, **Finn** for a great website and PR, **All Things Ride** for great support and PR, **Ote Sports** for winners goodie bags and finally, **Chevin Cycles** for bringing us some shiny e-bikes. Thank you all or as cyclists like to say – Chapeau!

So why are we doing this – well obviously it's for fun but there is a serious note. We are supporting **LandAid**, the property industry's charity working to end youth homelessness in the UK. LandAid have been extremely active in Leeds over recent years and are directly engaged in a number of projects within the City. So if you see somebody with a charity bucket on the night please dig deep – it's for a great cause.

Have a brilliant night, enjoy Victoria Gate, wrap up warm and thank you for your support.

Rupert Visick

ON THE NIGHT

MARSHALS

Please arrive at Level 6 no later than 4.30PM.

RIDER NUMBERS AND START TIMES

These are provided below and will be available on the Rampage website www.therampageleeds.com.

Please make sure you check your start time and register at least 15 minutes prior. We have a large number of riders and a very tight timetable, so any late arrivals will not be able to take part. It is your responsibility to check your number and start time and to ensure you arrive on time!

We cannot accept responsibility for valuables. Please bring a friend who can look after your belongings while you race.

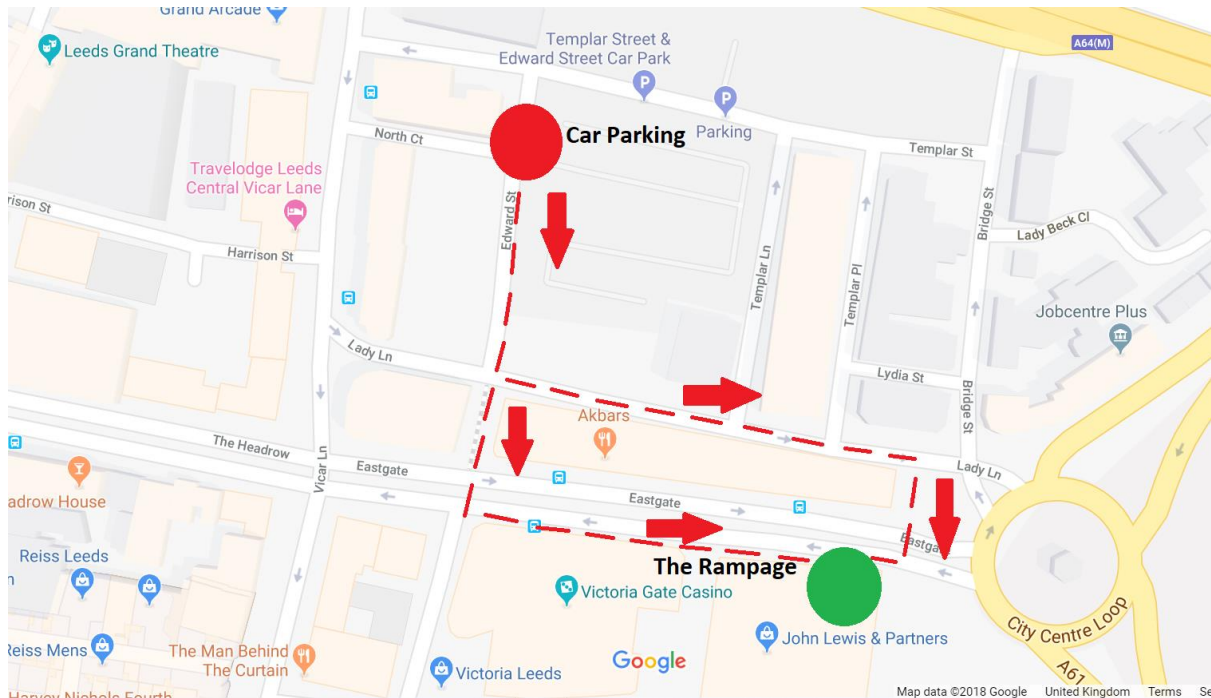
LOCATION AND CAR PARKING

The Rampage is being held within the **Victoria Leeds Multi Storey Car Park (LS2 7HX)**, the lower levels of which will be open throughout the evening to the public.

However we would ask that riders park in the adjacent surface car park at Edward Street/ Templar Street as we cannot guarantee spaces for all competitors within Victoria Leeds itself – and we would hate for any roof mounted bikes to come in to contact with the height barrier at the entrance!

The location of the additional car parking and routes from there to Victoria Leeds are shown below:

Templar Street & Edward Street Car Park
Edward Street
Leeds
LS2 7LP



HOW THE RAMPAGE WILL WORK

When you arrive at the Victoria Leeds Multi Storey Car Park please proceed to the Level 6 and register at the Rampage desk, where you will be given your number and reminded of your start time.

With the large number of entries we do not expect everyone to arrive at 5PM, but all riders are required to register at least 15 minutes before their start time.

Once registered you will need to report to the start pen 5 minutes prior to your ride time, where you will be directed by a marshal to the start at the appropriate time.

The first round is a timed qualification run, although will still be run head to head, with the top riders qualifying for the following knockout rounds. So even if you are coming second in your first heat you can still progress so keep pedalling!

Once you have finished your run you will be met by a marshal at the top and told when your finishing position/ time will be available. You can then proceed to the spectator's area to cheer on your fellow competitors or find a quiet corner to get your game face on for Round 2.

The subsequent rounds will be announced at the finish area as soon as possible after the first timed round has finished – this will however take a few minutes so please be patient.

Once you have been told you have qualified please report to the start pen at Level 6 ready to go again.

The second through to final rounds will be run as strict knockouts and will not be timed, until we get down to the last man, woman, boy or girl standing!

SCOUTING THE COURSE

There will also be a scouting opportunity for all riders between 3:30PM and 4:45PM. This time is for familiarising yourself with the course and the surface only and therefore is not to be ridden at speed.

There may be a number of other riders on course at this time so please take care and ride sensibly! Any rider who does not adhere to this will be disqualified.

Juniors will have the opportunity of a separate scouting session from 4:45PM to 5PM if required, and the same rules will apply.

WHAT TO WEAR AND BRING

The forecast for Thursday looks good but please be mindful the evenings at this time of year can get cool, and we are not at ground level which will add to the chilliness.

If you are one of the earlier riders you may have a bit of a wait before the next round so please ensure you bring plenty of warm clothes to wear if required – we wouldn't want anyone to use cold muscles as an excuse for a poor performance!

We would also love you to hang around and enjoy the rest of the evening after you have finished competing so again please ensure you have some warm clothing to put on when finished.

As per the rider's rules wearing of a hard shell helmet conforming to CE standards EN1078 is mandatory. Other than that your kit is entirely up to you!

Riders will be given the opportunity to scope the course between 3:30PM and 4:45PM but there will be no official warm up facilities provided, and we do not have time to allow riders between rounds to use the track to warm their legs up.

So if you wish to bring your own rollers or turbo trainer to turn your legs over please do so. There will be an area provided at the start where these can be set up.

EVENT TIMING

15:30	Track opens for rider scouting
16:45	Track closes to senior riders
17:00	Track opens for junior scouting
17:10	Juniors competition starts
17:55	Juniors final
18:00	Juniors presentation
18:10	Men's competition starts
20:00	Ladies competition starts
20:20	Men's knockout rounds start
21:00	Ladies knockout rounds start
21:30	Ladies final
21:35	Men's final
21:45	Presentations

FOOD, DRINK AND ENTERTAINMENT

Our “Event Village” is at on the roof of the car park (Level 11) with brilliant views of the finish line and we would encourage spectators to enjoy the action from this vantage point. Lift access is available directly from ground level.

We will have a fantastic DJ to entertain you whilst you cheer on the suffering, and we are delighted to have a bar run by **North Brewing Co** selling some of their finest brews together with soft drinks. **Harvey Nichols** are also providing a pop up bar serving a variety of tasters showcasing the best of their 4th Floor Brasserie.

Hungry cyclists and spectators will be able to buy amazing burgers and pulled pork sandwiches courtesy of **Odd Burgers** and **Formerly The Whole Hog**, and there will also be hot drinks available to purchase for those cyclists and spectators in need of their caffeine fix!

In addition, **Issho** and **East 59th**, the restaurants within Victoria Leeds, will be on site offering various discount offers. **Aagrah** are also offering a 10% discount and a complimentary drink to all spectators and cyclists when they visit the restaurant.

There are also a number of other restaurants within Victoria Leeds and the surrounding area which we’d encourage people to visit after the event. John Lewis is open until 7PM.

OTE Sports, who have kindly provided the goodie bags for our worthy winners, are offering a 25% discount to all spectators and participants on their award winning performance nutrition products via their website using the code **RAMPAGE18**

WC’s are available for both riders and spectators outside the exit of the car park opposite the market site. Please avoid littering and use the bins provided.

RULES & REGULATIONS

RIDERS RULES

- There is no restriction on the type of bicycle used however all bikes must be roadworthy and have front and rear brakes.
- All riders must wear a hard shell helmet conforming to CE standards EN1078 as mandatory whilst competing.
- All riders must sign on (Level 6 of the Victoria Gate Multi Storey Car Park) no less than 15 minutes prior to their allotted start time. Please be aware the lower levels of the car park will be open to the public throughout the evening so take care on arrival and be aware of your surroundings.
- Riders are required to be in the start pen no less than 2 minutes ahead of their allotted start time.
- There will be a designated warm up area for any rollers or turbos that riders bring – please use this area only.
- There will be a scouting opportunity for all riders between 3:30PM and 4:45PM. During this time all riders must follow the road markings in the car park (i.e. stick to the left!).
- This time is for familiarising yourself with the course and the surface only and is explicitly not to be done at race pace!
- Any riders not adhering to this will be disqualified from the event.
- Juniors will have the opportunity of a separate scouting session from 4:45PM to 5PM and the same rules will apply.
- There will be no marshals on course during this scouting period, however we will be onsite should you require assistance.
- Lanes will be drawn at the start with the start marshals decision being final.
- Riders must stay in their allotted lane in all cases until they have rounded the first corner and then may use either lane assuming they are 2 clear bike lengths ahead of their opponent.
- Riders will not be held at the start and must therefore start under their own propulsion.
- The course is the grey roadway bordered by blue pedestrian walkways. For safety please do not stray into the designated car parking bays. This is allocated for spectators and will be segregated with red and white striped tape.
- There are a series of steel columns and bollards surrounding the race track which will be clearly identified and wrapped in cushioned material. Please match your speed to your ability to ensure you can round the corners safely.
- At the last level leading into the finish there will be a barriered finish funnel – be aware of the feet of the barriers as they will stick out into the track. These are marked with red and white striped tape.

- Once through the finish please clear the area as soon as possible to avoid congestion and potential accidents.
- The first rounds are timed and the timing marshal's decision is final. All times will be posted on the website after the event.
- Riders qualifying for knock out rounds will be posted on a board at the top of the course. It's up to you to check!
- Riding down the car park is strictly forbidden and anybody caught doing so will be immediately disqualified. There is a dedicated lift manned by a marshal exclusively for the use of cyclists returning to the start.
- At the absolute discretion of any of our marshals, anybody who is believed to be under the influence of alcohol will not be permitted to participate in the event.
- This is a non-contact event! The car park has 100% CCTV coverage and anybody identified as breaching this will be instantly disqualified and asked to leave the venue.
- Ride safely and within your ability please – if you fall off it will hurt!

EVENT SAFETY

You are participating in this event at your own risk. You must rely on your own ability in dealing with all hazards. You must ride in a manner which is safe for yourself and others.

There will be medical assistance on the night provided by St John's Ambulance and marshals throughout the location who will assist you if required.

TERMS AND CONDITIONS

You are participating in this event at your own risk. You must rely on your own ability in dealing with all hazards. You must ride in a manner which is safe for yourself and others. If you do not abide by these terms and conditions you will be removed from the event.

By entering the event you agree that no liability whatsoever shall be attached to The Rampage in respect of any injury, loss or damage suffered by yourself in or by reason of the event.

Event organisers reserve the right to change or cancel the ride in the event of unforeseen circumstances including severe weather conditions.

You must not offer your place to another rider without notifying the event organiser.

JUNIORS START TIMES

Number	Start Time	First Name	Surname
101	17:10	Sofia	Bednarek
102	17:10	Serh	Jackson
103	17:12	Luca	Bednarek
104	17:12	Jacob	Barnett
105	17:14	Joe	Turnbull
106	17:14	Milo	Hull
107	17:16	Sammy	Mills
108	17:16	Ella	Hollis
109	17:18	Timothy	Lane
110	17:18	Finn	Coll
111	17:20	Max	Krasinski
112	17:20	George	Radcliffe
113	17:22	Callum	Gee

SENIOR MENS START TIMES

Number	Start Time	First Name	Surname
1	18:10	Ben	Woolveridge
2	18:10	Liam	Wilton
3	18:12	Michael	Williamson
4	18:12	Neil	Wilcock
5	18:14	Thomas	Whale
6	18:14	Benjamin	Webster
7	18:16	Simon	Warren
8	18:16	Glen	Turnbull
9	18:18	Daniel	Tully
10	18:18	Rich	Thornton
11	18:20	Andy	Stoneman
12	18:20	Ryan	Stockton
13	18:22	Simon	Spier
14	18:22	Matthew	Sice
15	18:24	Gary	Rollings
16	18:24	Tony	Rees
17	18:26	Tom	Ramsay
18	18:26	Viktoras	Ramoska
19	18:28	Chris	Radcliffe
20	18:28	Thoma	Radcliffe
21	18:30	Raphael	Ploix
22	18:30	Nick	Paybe
23	18:32	Thomas	Palmer
24	18:32	Martin	Ogden
25	18:34	Brian	Oakley
26	18:34	George	Nolan
27	18:36	Ian	Nixon

28	18:36	Paul	Nicholson
29	18:38	Stuart	Newton
30	18:38	Samuel	Newham
31	18:44	Richard	Mostyn-Jones
32	18:44	David	Morley
33	18:46	John	Mitchell
34	18:46	Tony	Mills
35	18:48	Paul	Miles
36	18:48	Stephen	Lewis
37	18:50	Harry	Lee
38	18:50	Chris	Kirby
39	18:52	Howard	King
40	18:52	Guy	Kesteven
41	18:54	Adam	Jones
42	18:54	N	Johnson
43	18:56	Mark	Jagger
44	18:56	Andrfew	Jackson
45	18:58	Samuel	Ingle
46	18:58	Stuart	Hull
47	19:00	Andrew	Hovells
48	19:00	Lutz	Hostert
49	19:02	Andrew	Holgate
50	19:02	Joe	Hepworth
51	19:04	Benjamin	Harmer
52	19:04	Thomas	Harmer
53	19:06	Torquil	Hall
54	19:06	Nick	Guest
55	19:08	Liam	Golton
56	19:08	Simon	Glenn
57	19:10	Stephen	Gee
58	19:10	Max	Folkett
59	19:12	Iain	Findlay
60	19:12	Liam	Fearnley
61	19:18	Jonathan	Emery
62	19:18	Alex	Eadington
63	19:20	Mark	Durham
64	19:20	Pete	Dowling
65	19:22	Andy	Deighton
66	19:22	Elliott	Day
67	19:24	Dan	Davie
68	19:24	Robert	Dadzie
69	19:26	Nigel	Cussen
70	19:26	Robert	Cumming
71	19:28	Simon	Crawford
72	19:28	Marcus	Cram
73	19:30	Paul	Coyle
74	19:30	Andrew	Coward
75	19:32	Nick	Cohen

76	19:32	Matthew	Cleave
77	19:34	Dave	Burns
78	19:34	Chris	Breedon
79	19:36	Olly	Bowles
80	19:36	Mark	Bourgeois
81	19:38	Stephen	Bottomley
82	19:38	Metheven	Bond
83	19:40	Greg	Billenness
84	19:40	Arne	Beswick
85	19:42	Nathaniel	Bennett
86	19:42	John-Paul	Bednarek
87	19:44	Greg	Barton
88	19:44	David	Barnett
89	19:46	Graham	Atkinson
90	19:46	Hylton	Armstrong
91	19:48	Patrick	Altoft
92	19:48	Richard	Allan
93	19:50	Joe	Pidcock
94	19:50	Tom	Pidcock

EBIKE START TIMES

The heat will be at 19:54

SENIOR LADIES START TIMES

Number	Start Time	First Name	Surname
120	20:00	Camilla	Boyton
121	20:00	Fiona	Collier
122	20:02	Josie	Cram
123	20:02	Bridget	Darke
124	20:04	Sophie	Earl
125	20:04	Gwen	Hill
126	20:06	Anna	Hull
127	20:06	Amber	Hull
128	20:08	Emily	Jacklin
129	20:08	Michaela	Laxton
130	20:10	Sarah	Lewthwaite
131	20:10	Alex	Smethurst
132	20:12	Hannah	Spencer
133	20:12	Jill	Tate