

WELCOME TO THE RAMPAGE

The Rampage is back for a second year and we hope it will be bigger and better than ever! A cycling hill climb with a difference – a lung busting uphill battle to the summit of a car park.

And not just any car park but the shiniest car park in Leeds! We are extremely fortunate to again have the very generous support of **Hammerson** who have kindly lent us their brand new Victoria Gate car park. With its non slip deck and perpetual incline this car park is ideal to test your legs and your lungs.

The racing will be pretty much non stop from 5 pm 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 **Red Bull's** professional event DJ, and enjoying food and drink courtesy of **East 59th**, **North Brewing Company**, and **Rapha's H Van**. There will also be a little challenge put on by Red Bull for those of you not competing to test your legs as well!

These events take a great deal of organising and we need to say a massive thank you to a whole load of people. **Hammerson** and the team at **Victoria Leeds** for trusting us with their car park, **Gent Visick**, **Strata**, **Synergy Car Leasing** and **LeedsBID**, principal event sponsors, **Spok'd** for technical support, **Finn** for a great website, **All Things Ride** for providing some fantastic prizes for our winners, **Paria CC** for designing and producing our winners jerseys, and **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, and **Variety the Childrens Charity**, who support sick, disabled and disadvantaged children, both of which are extremely active in Yorkshire and are directly engaged in a number of projects within the region. 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 Leeds** and thank you for your support.

Rupert Visick

ON THE NIGHT

RIDER NUMBERS AND START TIMES

These are provided in the attached document 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 in that round. It is your responsibility to check your number and start time and to ensure you arrive on time!

If you are not able to register in time to take part in the first timed round you will still be able to register for your second round effort.

LOCATION AND CAR PARKING

The Rampage is being held within the **Victoria Leeds 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!

Please do not ride your bike up the public area of the car park – Marshal's will be on hand to ask you to dismount if you try to do so.

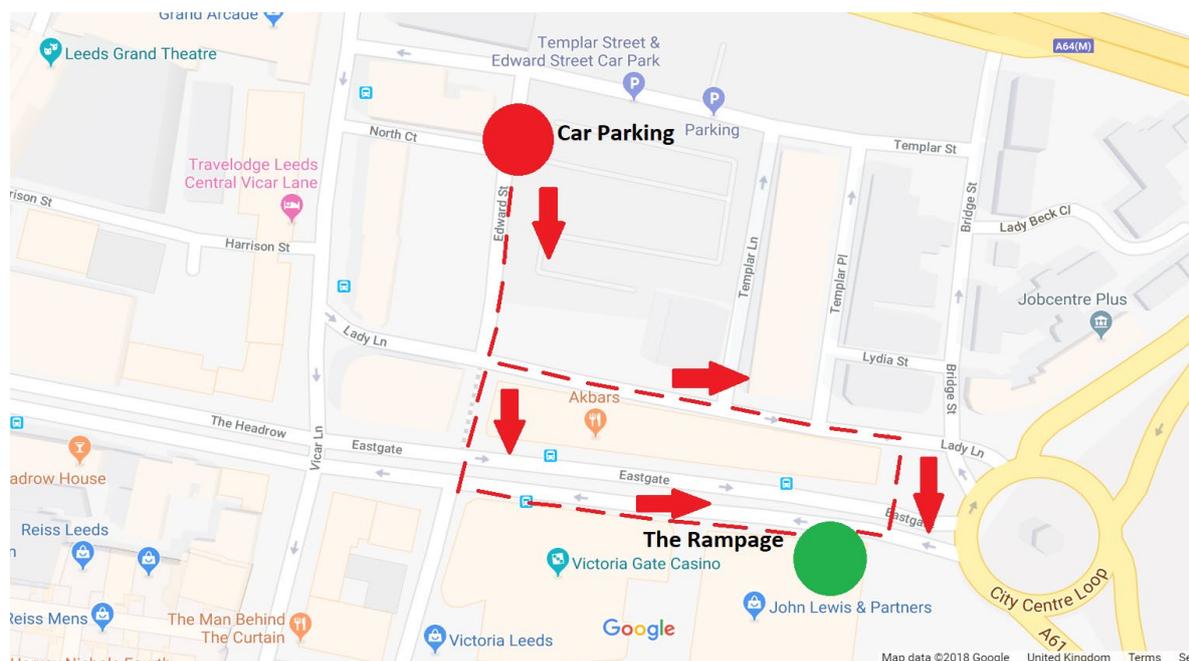
The location of the additional car parking and routes from there to Victoria Leeds are shown below:

Templar Street & Edward Street Car Park

Edward Street

Leeds

LS2 7LP



HOW THE RAMPAGE WILL WORK

When you arrive at the Victoria Leeds Car Park please proceed to the 6th floor and register at the Rampage desk, where you will be given your number, timing chip 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.

Your chip will need to be attached to the front forks of your bike, and your number to your top. Cable ties and safety pins will be supplied.

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.

At the start you will have the option to be held by one of our Marshals, or you can push off and clip in as normal – please note though we are not professionals at this and accept no liability for a bad start due to a less than British Cycling standard push off!

The first two rounds are timed qualification runs (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 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 asked to dismount from your bike and move away from the finish line. Live timings will be displayed on the TV screen in the finish zone so you will be able to see your progress whilst other competitors are riding up. You can then proceed to the spectators area to cheer on your fellow competitors or find a quiet corner to get your game face on for Round 2!

The list of start times also has your Heat 2 time on it – please make sure you allow enough time to return to the start at Level 6 ready to go again! In your second heat you will swap lanes with the other rider so everyone has exactly the same opportunity of getting to that first corner first!

When returning to the start under no circumstance should you ride down the car park – please use the lift and stairwells. Any rider found riding down the course will be immediately disqualified.

The subsequent rounds will be announced at the finish area as soon as possible after the first timed round has finished – this may 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!

After the two times rounds, the remaining rounds through to the finals will be run as strict knockouts and will not be timed – until we get down to the last man, woman, boy or girl standing!

IMPORTANT: Once you have finished your ride and are no longer in the competition please ensure you return your chip to the Marshal who will be hovering around you trying to clip it off your bike at the first opportunity – there is a charge for unreturned chips so we will be keen to ensure we collect them all in – you have been warned!

SCOUTING THE COURSE

There will also be a scouting opportunity for all Riders between 4:00pm 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.

WHAT TO WEAR AND BRING

The forecast for Thursday looks good but please be mindful the evenings 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 Riders 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 prior to the evening's races however 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

16:00	Track Opens for Rider Scouting
16:45	Track Closes
17:00	Juniors Competition Starts
17:45	Juniors Final
17:50	Juniors Presentation
18:00	Mens First Timed Round
18:45	Ladies First Timed Round
19:00	Mens Second Timed Round
19:45	Ladies Second Timed Round
20:00	Mens Knockout Rounds Start
20:25	Ladies Knockout Rounds Start
21:20	Mens Finals
21:20	Ladies Finals
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 are very excited to be supported by **Red Bull** this year who will be bringing their fantastic Event 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. Soft drinks and lager will be served by **East 59th**, who are also providing a BBQ (with both meat and vegetarian options) for hungry cyclists and spectators alike! There will also be hot drinks available to purchase from **Rapha’s H Van** for those cyclists and spectators in need of their caffeine fix!

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.

As well as providing an awesome DJ for us on the night **Red Bull** will also be hosting one of their “Pro Challenges” in the finish area where both spectators and riders can compete to see how far they can cycle in 30 seconds – so have a go and see how you get on!

Please note that a number of the operators will be on cash only basis on the night so please come prepared – there are cash points available within Victoria Leeds and the surrounding area.

WC’s are available for both riders and spectators adjacent to the lift lobby on Level 10, and for riders adjacent to the start on Level 6.

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 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 will be required to sign a waiver when registering and before being allowed to take part – no waiver, no ride.
- 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 turbo's 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 (ie 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.
- There will be no Marshals on course during this scouting period, however we will be onsite should you require assistance.
- Lanes will be alternated for the two timed runs, and then drawn at the start of the knockout rounds, 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 may opt to be held at the start by the start Marshals or can 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.
- 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.

- 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 Marshals 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 Marshall exclusively for the use of cyclists returning to the start, or you can use the stairwells at either end of the car park.
- At the absolute discretion of any of our Marshalls, 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 qualified first aid personnel and Marshalls 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.

JUNIOR CATEGORY START TIMES

Number	1 ST Round	2 ND Round	Name
100	17:00	17:10	Austin Riley
101	17:00	17:10	Joshua Daly
102	17:01	17:11	Sofia Bednarek
103	17:01	17:11	Jody Mills
104	17:02	17:12	Vaughn Fitzgerald
105	17:02	17:12	Luca Bednarek
106	17:03	17:13	Mackenzie Riley
107	17:03	17:13	Freya Whiteside
108	17:04	17:14	Patrick Casey
109	17:04	17:14	Jude Miles
110	17:05	17:15	Joseph Whitworth
111	17:05	17:15	Will Thompson
112	17:06	17:16	Thomas Hutchison
113	17:07	17:17	Ethan Whiteside

OPEN CATEGORY START TIMES

Number	1 ST Round	2 ND Round	Name
1	18:00	19:00	Aaron Spink
2	18:00	19:00	Aidan Pinder
3	18:01	19:01	Alex Kenyon
4	18:01	19:01	Alexander Booth
5	18:02	19:02	Andrew Devine
6	18:02	19:02	Andrew Holgate
7	18:03	19:03	Andrew Richardson
8	18:03	19:03	Andrew Whiteside
9	18:04	19:04	Ashley Green
10	18:04	19:04	Callum Wort
11	18:05	19:05	Charlie Tatman
12	18:05	19:05	Chris Bailey
13	18:06	19:06	Chris Breedon
14	18:06	19:06	Chris Grek
15	18:07	19:07	Chris Winn
16	18:07	19:07	Daniel Hornsby
17	18:08	19:08	Daniel Wright
18	18:08	19:08	Francis Rhodes
19	18:09	19:09	Franco Tang

20	18:09	19:09	Gordon Simpson
21	18:10	19:10	Greg Barton
22	18:10	19:10	James Audsley
23	18:11	19:11	James Farnaby
24	18:11	19:11	John Bagley
25	18:12	19:12	John Bowman
26	18:12	19:12	John Mitchell
27	18:13	19:13	John-Paul Bednarek
28	18:13	19:13	Jonathan Hindle
29	18:14	19:14	Jonathan Oakey
30	18:14	19:14	Joshua Edmondson
31	18:15	19:15	Luke Rothery
32	18:15	19:15	Luke Waterhouse
33	18:16	19:16	Marek Lurc
34	18:16	19:16	Mark Gayton
35	18:17	19:17	Martin Ogden
36	18:17	19:17	Matt Cade
37	18:18	19:18	Matthew Baker
38	18:18	19:18	Matthew Chadwick
39	18:19	19:19	Matthew Eastwood
40	18:19	19:19	Matthew Sice
41	18:20	19:20	Michael Blow
42	18:20	19:20	Michael Nichols
43	18:21	19:21	Mike Harper
44	18:21	19:21	Mikey Askew
45	18:22	19:22	Nick Johnson
46	18:22	19:22	Nathan Edmondson
47	18:23	19:23	Neil Fitzgerald
48	18:23	19:23	Nick Loydall
49	18:24	19:24	Nick Payne
50	18:24	19:24	Oliver Ducker
51	18:25	19:25	Paul Buckingham
52	18:25	19:25	Paul Bulmer
53	18:26	19:26	Paul Heyes
54	18:26	19:26	Paul Miles
55	18:27	19:27	Philip Procter
56	18:27	19:27	Rob Mawer
57	18:28	19:28	Roger Lomas
58	18:28	19:28	Rory Moriarty

59	18:29	19:29	Ryan Stockton
60	18:29	19:29	Sam Critchley
61	18:30	19:30	Simon Beeson
62	18:30	19:30	Simon Crawford
63	18:31	19:31	Simon Glenn
64	18:31	19:31	Steve Chadburn
65	18:32	19:32	Steve Worrell
66	18:32	19:32	Sven Siddle
67	18:33	19:33	Thomas Crowley
68	18:33	19:34	Thomas Harmer
69	18:34	19:34	Toby Osman
70	18:34	19:34	Tom Garnett
71	18:35	19:35	Tyler Smith
72	18:35	19:35	Chris Jackson
73	18:36	19:36	Harry Midgley
74	18:36	19:36	Kieran Smith

LADIES CATEGORY START TIMES

Number	1 ST Round	2 ND Round	Name
81	18:45	19:45	Camilla Boyton
82	18:45	19:45	Cassandra Mackintosh
84	18:46	19:46	Helen Parkin
85	18:46	19:46	Laura Donald
86	18:47	19:47	Linda Davies
87	18:47	19:47	Natasha Cutmore
88	18:48	19:48	Nicola Eccles
89	18:48	19:48	Rachel Dove
90	18:49	19:49	Tessa Knowles