

**Stow Triple – Hill Climb Stage Race**

15th September 2019 – 9:00









Organiser – Cameron Balfour

Phone Number – 07376492950

Official Event Website – www.stowtriple.co.uk

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**Race HQ and Sign-on**

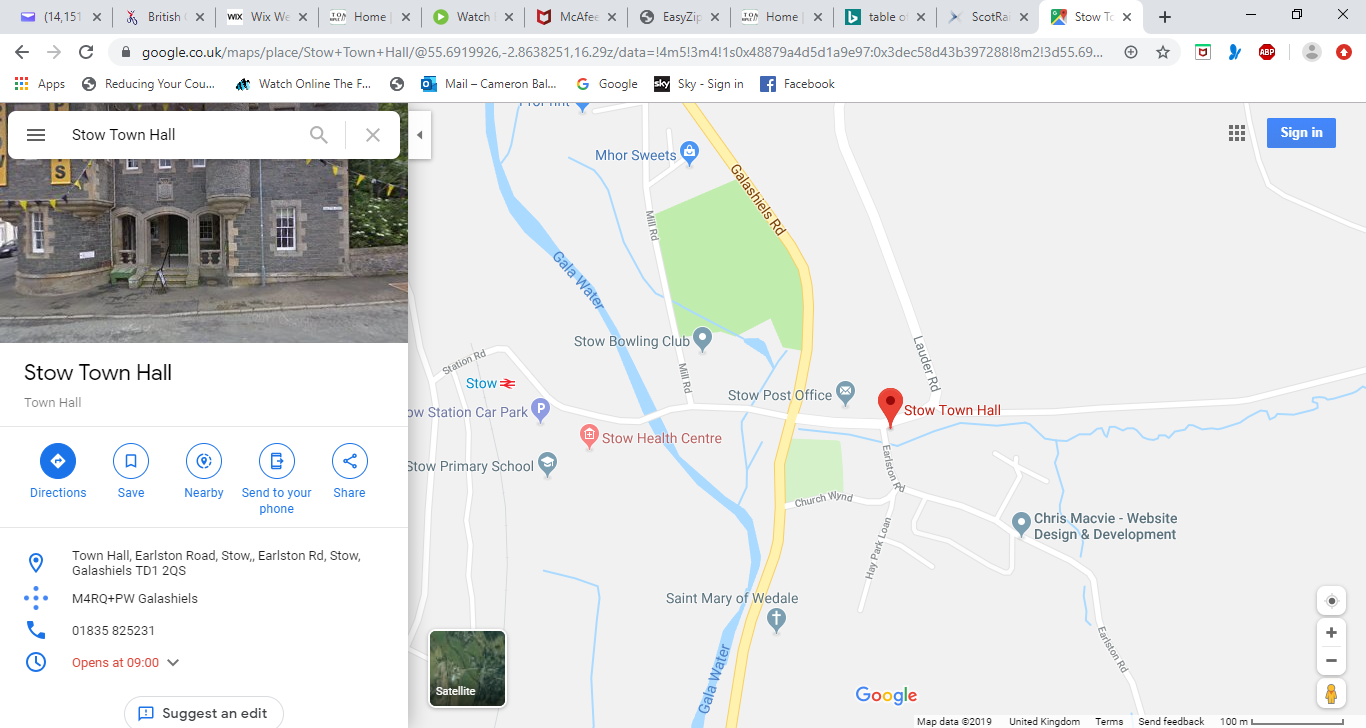
The race HQ is based at Stow Town Hall - (**Town Hall, Earlston Road, Stow. Galashiels TD1 2QS United Kingdom).**

The Town Hall is Located just off the A7 (on the left-hand side coming from Edinburgh, and right-hand side from Galashiels.

**Race sign-on is from 7:45-8:30 in Stow Town Hall.** Remember to pick up complementary Brownie from ‘BRO enterprise’ when signing on.

**Youth A & B riders need to have gears checked before starting the event.**

***Race HQ***



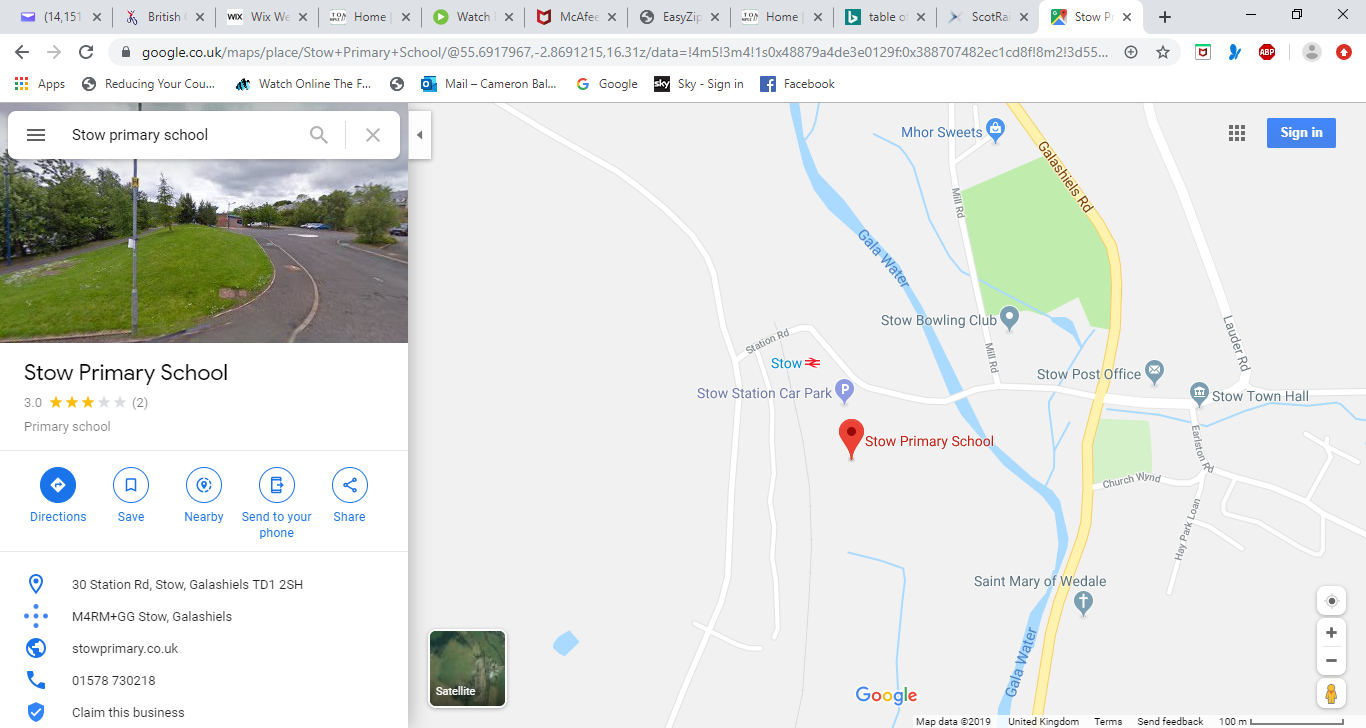
**Parking**

There is limited parking on the street of the Town Hall. **Please avoid parking in these spaces** so they are still available for local customers at the Cloud House Café just next to the town hall (do pop in for a coffee and piece of cake throughout the day – well worth it)!

However, the car park will be left open in Stow Primary School and can be used for parking/warming up for the stages.

Additionally, there is parking beside the playing fields (Mill Road) and a few in the Health centre – next to the primary school which will be available to use.

***Advised parking***



**Race Format**

A hill climb(s) with a twist...

Using three different styles of climb: one super rampy, one steady power based and one brutally steep. Riders will be set off individually in a standard TT format at **1 minute** intervals.

Over the course of the day riders’ times will be added together in a GC stage race format, with the winner being the person with the lowest accumulated time over the three climbs.

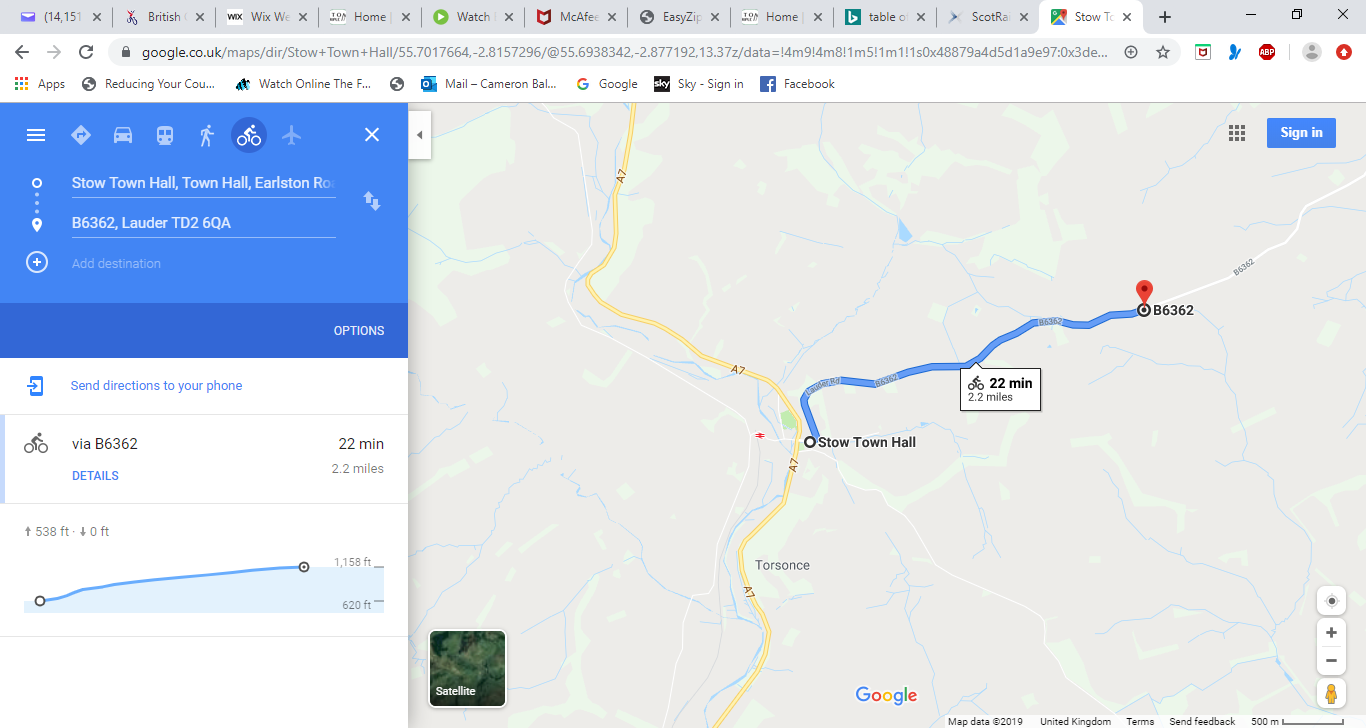
With limited time to recover in-between stages, recovery (or keeping warmed up...) between each will be vital.

**Stage 1**

(09:00)

The opening stage of Stow triple starts from outside the Town Hall and is a suffer fest from the get go with its steepest section of 14% just 0.4km into the stage. After going through the trees, the stage kicks and flattens in a series of ramps all the way to the summit of Lauder Moor 3.34km later.

***Stage 1 Route***



**Stage 2**

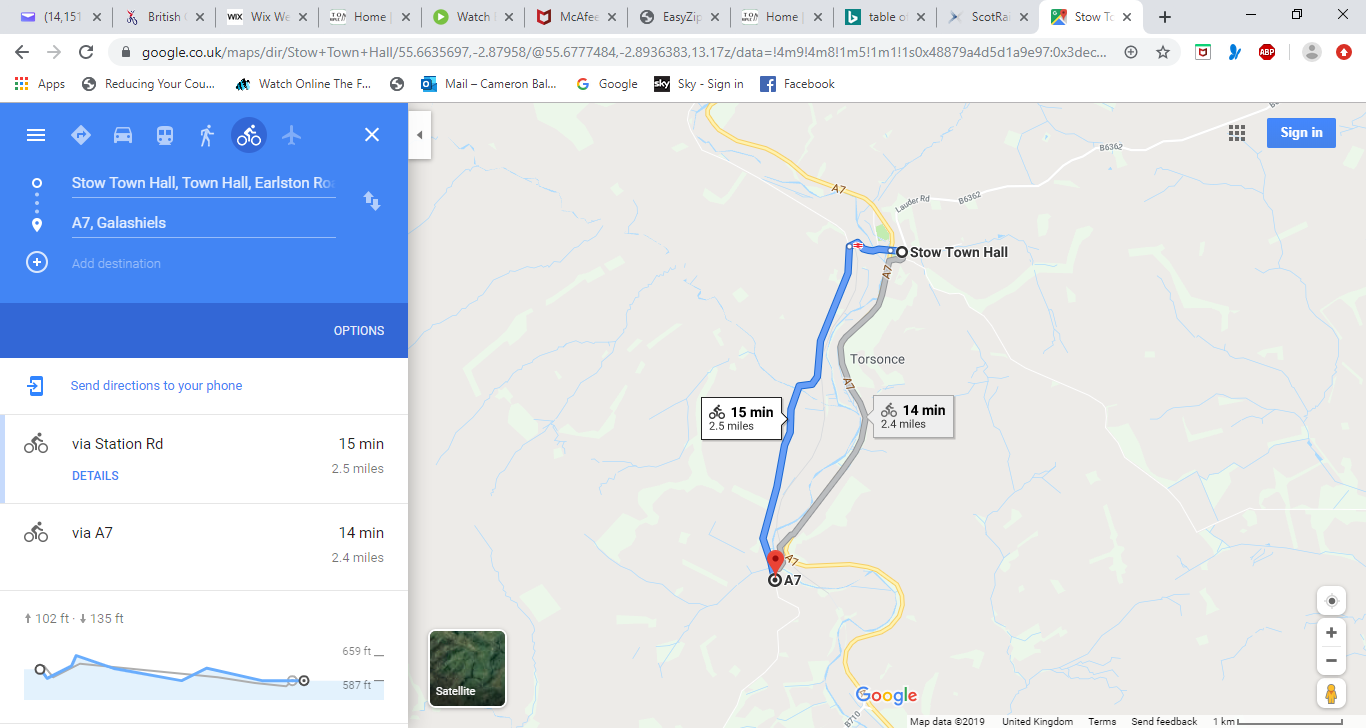
(10:45)

Stage 2 is the only stage which doesn’t start from the hall, nonetheless it is just a short (just under 4km) pedal down the valley. This one is an opportunity for the stronger TT guys as it is the slackest of the 3 stages, reaching a peak gradient of 11.7%, 1.7km into the stage. More suited to the stronger guys, this stage could be an opportunity for the heavier chaps and chapette's to gain back some time.

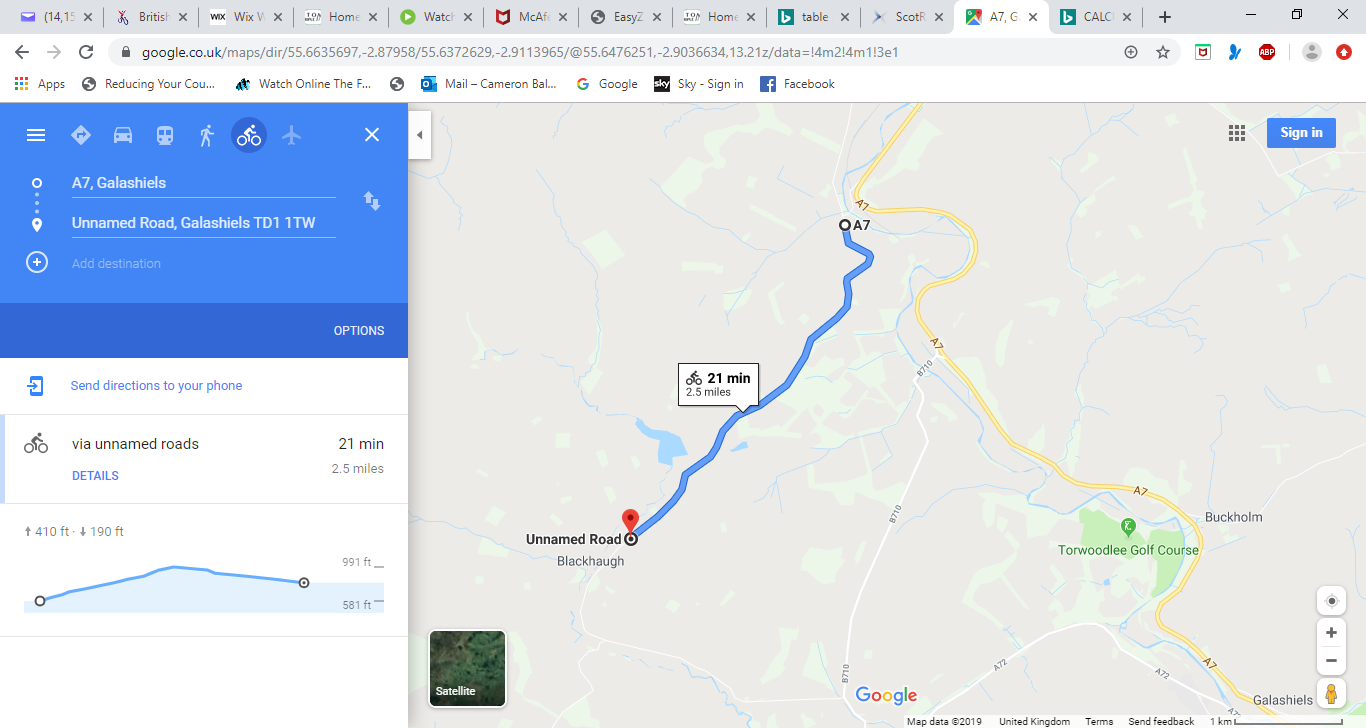
If you’re wanting to drive there the A7 is slightly faster but be warned there is no parking places near by so it would be a dumping the car on the side verge job which isn’t advised.

However, it’s an easy pedal from the HQ along the backroad and a good opportunity to loosen the legs off a bit ahead of the next stage.

***Race HQ to Stage 2 Start***



***Stage 2 Route***

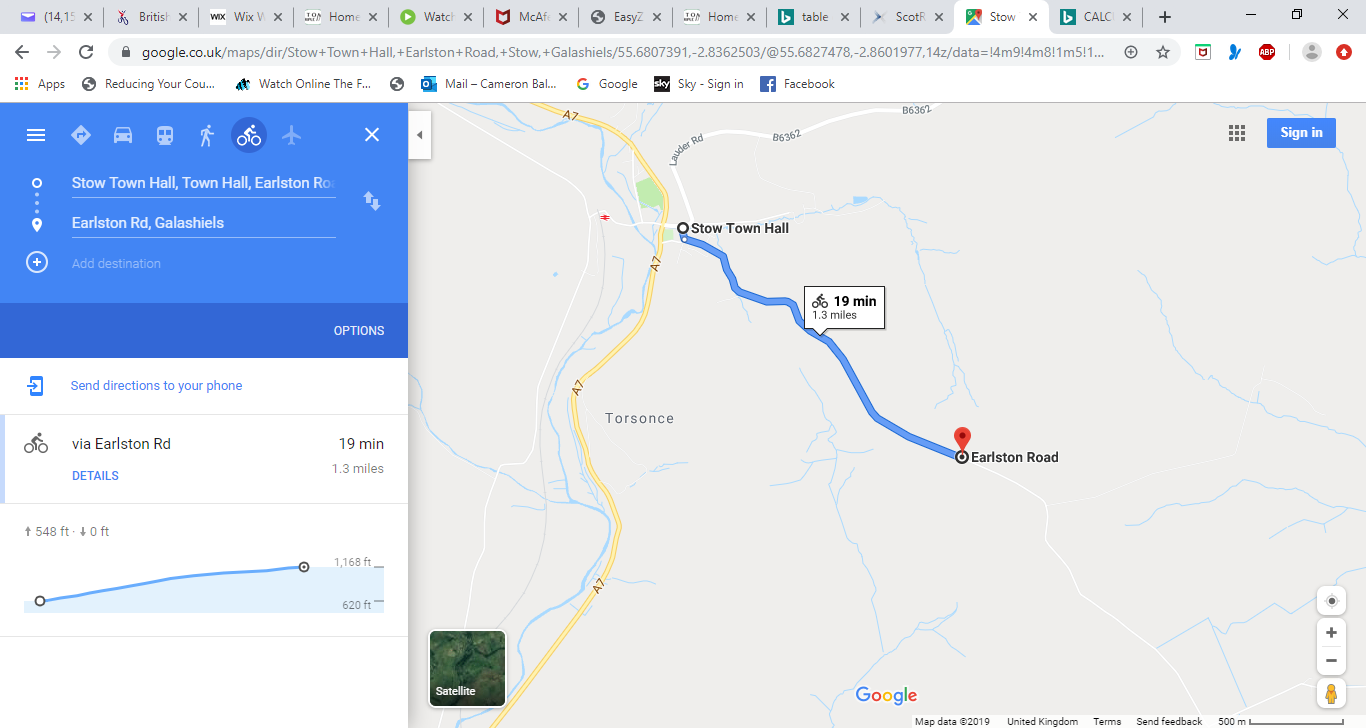


**Stage 3**

(12:30)

The final stage - previously used in Scottish Hill Climb Championships starts from outside the race HQ and like the first stage is brutal from the get-go. Despite only being 2.05km long the final Queen stage is undoubtably the most challenging especially with 2 hill climbs already in your legs.

***Stage 3 Route***



**Prize List**

All of the prizes are kindly donated from the race sponsors listed on the official event website.

Please take the time to have a look on each of the businesses/organisations pages – there really are some amazing products on offer.

Prizes awarded for:

* Youth B - 1st, 2nd, 3rd
* Youth A - 1st, 2nd, 3rd
* Junior – 1st, 2nd, 3rd
* Senior Female – 1st, 2nd, 3rd
* Senior Male – 1st, 2nd, 3rd
* Lanterne Rouge (senior male)

Prize giving will be done in the town hall as soon as we can get results finalised after the final stage.

Please stay afterward for a few standard post TT nibbles.

**Start Sheet**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Name** | **Cat** | **Team/Club** |
| 1 | Rhys Edwards | Youth B | Edinburgh RC |
| 2 | Luis Ryder | Youth B | Edinburgh RC |
| 3 | Michael Dorward | Youth B |  |
| 4 | Rory Thiel | Youth A | Discovery Junior Cycling Club |
| 5 | Jack McManus | Youth A | Royal Albert CC |
| 6 | Cameron Stromberg | Youth A | Deeside Thistle CC |
| 7 | Craig Paterson | Youth A | East Kilbride Road Club |
| 8 | Michael Goodfellow | Youth A | East Kilbride Road Club |
| 9 | Callum Dickson | Youth A | Kelso Wheelers |
| 10 | Gregor McArthur | Junior | Glasgow Nightingale CC |
| 11 | Grace Dent | Senior Female | Project 51 |
| 12 | Sharon Bird | Senior Female | Edinburgh RC |
| 13 | Andrew Doig | Senior Male |  |
| 14 | Cameron Ritchie | Senior Male | Edinburgh University CC |
| 15 | Richard Dennis | Senior Male | Ronde Works Racing |
| 16 | Sean Taylor | Senior Male | Peebles CC |
| 17 | Neil Shepherd | Senior Male | Gala CC |
| 18 | John Mackenzie | Senior Male | SR Albannach |
| 19 | Paul Newsome | Senior Male | Project 51 |
| 20 | Jesse Dawson | Senior Male | Glasgow Nightingale CC |
| 21 | Duncan Macleod | Senior Male | Musselburgh RCC |
| 22 | Andy Reid | Senior Male | Musselburgh RCC |
| 23 | Simon Titmuss | Senior Male | Ronde Cycling Club |
| 24 | Iain Archibald | Senior Male | Johnstone Wheelers Cycling Club |
| 25 | Dan Gardner | Senior Male | Baguet-MIBA-Indulek-Derito CT |
| 26 | Grant Ferguson | Senior Male | Hope Factory Racing |
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