



2018 MATLOCK TOP 10 ROAD BOOK

The 5th annual Matlock Top 10 takes place on Sunday 14/10/2018 from The Whitworth Centre in Darley Dale near Matlock. This guide/road book will tell you all you need to know about the event including timings, awards, signage, location, routes, profiles and technical climb information.

The riding is all based in the Derwent Valley and surrounding countryside – expect some very steep ascents (10 on the long route; 4 on the shorter route) with gradients in excess of 20%. The climbs include: Sydnop Hill, Bank Road, Ribber Road, Bonsall, Stanton, Rowsley Bar.

Make this sportive your final big challenge before Winter sets in!

For online entries and all other information [click here](#)

This event is a British Cycling Registered Sportive.



PRIMAL



Start Location: The Whitworth Centre, Station Road, Darley Dale, Matlock, Derbyshire, DE4 2EQ ([click for map](#))

Start time: you can start at any time you choose to between **8:00am – 9:30am**

****We strongly advise all riders of the long route to start before 9:00am to ensure they reach the cut off time at the feed-station****

Finish closes at **1:30pm**

Registration opens at **7:30am**

At **registration** you will have to **sign on**, where you will be provided with a **SPORTident Si Card** timing chip (a 'dibber') and a detailed **route map**.

The detailed **route map** will include positions of the **feed-station/control-point**, **public toilets** and **route split points**. This is your own personal guide to the route, the route will be clearly marked but if you are ever unsure of where you are please refer to your map. **Please keep your map with you** for the duration of the event.



**Registration
Start/Finish**



SPORTident timing is **ultra reliable**, **weatherproof** and provides you, the rider, with an **instant post-event time**. It consists of an **Si card** or 'dibber' (a small plastic tag about 2" long with a timing chip in it) and the use of **control boxes**. The dibber records the time whenever you "dib" into a **control box**.

At **registration** your **dibber** will be attached to your wrist. There are **4 different places** you need to 'dib' **1. START 2. FEED-STATION 3. FINISH 4. DOWNLOAD BOX**. At the **start**, dib into the **START BOX** to begin your ride. **DO NOT START WITHOUT DIBBING** otherwise your time will not be recorded! At the feed-station there will be a **FEED-STATION BOX**. It is **COMPULSORY** to **STOP and dib** even if you don't want any sustenance.

At the **finish** dib in the **FINISH BOX** to stop the clock on your ride. Finally return to **registration** and **return the dibber and download your ride in the DOWNLOAD BOX**. You will instantly be printed a ride time for your route.

IMPORTANT!!

TIMING CHIPS/DIBBERS MUST BE RETURNED TO THE REGISTRATION DESK AFTER YOU HAVE BEEN THROUGH THE FINISH, IF YOU DON'T
(A) YOU WILL NOT BE CLASSED AS A FINISHER AND
(B) YOU WILL BE INVOICED FOR THE COST OF THE DIBBER (APPROX £30).

****The key thing to remember is dibbing is compulsory - NO EXCUSES!****

Course Signage

The **Matlock Top 10** route will be signed with distinctive **blue arrows** on a **yellow background** attached to **lampposts/signposts/telegraph poles**.

The route will be **well signed** however on long sections of unbroken road where the **route is obviously straight on** then it **won't be signed – just keep going straight!** At difficult junctions where navigation isn't easy we will put out **confirmation arrows** after the junctions.

All route splits will be clearly marked with **distinctive split arrow signs** – these will be followed by **route confirmation signs** designating which route you are now following. If at any point you are unsure as to your location or think you may have gone off route, please **refer to the map** provided. **Do not** continue on hoping to re-find the route, the Peak District is very easy to get lost in!

Care signs will be placed at the side of the road before **dangerous junctions/descents** – please adhere to them, they are there for your safety! Some of the descents are steep so please take care and remember it is not a race!

Please respect all other road users at all times!

START - TIMING BOX

START

FINISH - TIMING BOX

FINISH

SLOW DOWN HAZARD AHEAD

CARE

OFFICIAL CLIMB START



Riber Road

0.6km

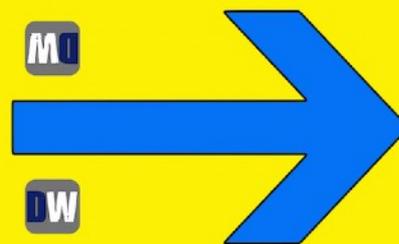
Ascent **87m**

Max **30%**

14.5%

DARK WHITE EVENTS

COURSE ARROWS ALL ROUTES



EXAMPLE SPLIT SIGN



FEED-STATION AHEAD



OFFICIAL CLIMB SUMMIT

Climb Summit



DW

Bonsall Feed-Station

The feed-station will keep you topped up with a range **OTE** sport nutrition products along with savoury snacks, fruit, biscuits, water and fruit squash. There will also be some superb **Tipple Tails Total Fruit Cake**.

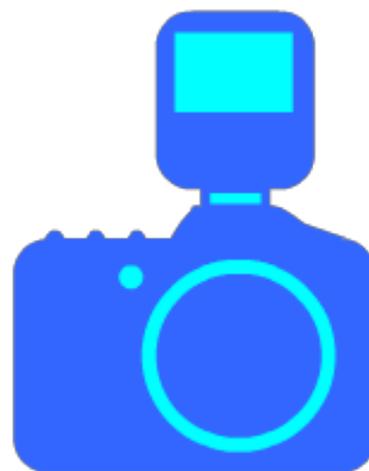
Please note that these feed-station supplies are **NOT** to be relied upon and you are advised to carry what you require for the duration of the event.



Feed-station location Bonsall
Distance 33.4 km 20.75 miles Long Route
Distance 21.9 km 13.6 miles Short Route
There are public toilets at the feed-station

FEED-STATION CUT OFF TIME: 11:00am

All riders must reach the feed-station BEFORE the cut off time. If you **fail to reach the feed-station** before the prescribed **cut off time** you will need to head directly back to the start/finish point using the event map as supplied.



Chris Meads Photography

Chris Meads is in charge of event photography. Photos will be uploaded & available to **purchase here** usually within 24 hours of the event finishing.

chrismeadsphotography.com

Kit Requirements

NO HELMET NO RIDE!

- **Helmet** – hard shell helmets conforming to CE standard EN1078 (not caving, climbing or canoeing types)
- **Bike** – must be roadworthy and in good working order. Front & rear lights are strongly recommended, particularly in poor visibility.
- **Clothing** – dress according to the weather, bright clothing is best. Riders inappropriately dressed for the prevailing conditions won't be allowed to start!
- **Form of ID** – in case of emergencies
- **Mobile Phone** – fully charged!
- **Watch** – a mobile phone is adequate
- **Emergency Money**
- **Spare Inner Tube**
- **Road Pump**
- **Multi-tool** - including a chain tool
- **Tyre Levers**

Self sufficient

You are **expected** to be **self sufficient** and able to cope with **punctures** and **minor mechanicals** etc.

****Show some camaraderie and help out fellow riders in need!****

In the event of a **major mechanical** there is an **emergency support vehicle available**. If you do have any major problems please **contact HQ** (emergency numbers are on the reverse of the map handed out at registration).

Please be warned that it may take some time for the emergency support vehicle to reach you. **NB – any medical emergencies will always take priority over mechanical issues.**

Local Bike Shops

For any last minute bike issues/requirements.
Stanley Fearn, 19 Bakewell Road, Matlock DE4 3AU
01629 582089
Zetnap, 127 Smedley Street, Matlock DE4 3JG 01629
593631

[Click here for a list of local bike shops](#)

ANYONE SEEN TO BE DOING ANY OF THE FOLLOWING WILL BE EXCLUDED:

LITTERING – litter bags are provided at the feed-station so there is no excuse!! Keep litter/wrappers/cartons etc in your pockets until you reach a feed-station (or the finish).

URINATING IN PUBLIC – please use the marked public toilets on the map and refrain from urinating in public!

ABUSIVE TO OTHER RIDERS OR ROAD USERS – always be respectful to all other road users and take particular care when passing horses & riders.

SEEN TO BE RACING – sportives are non-competitive challenge events, if you want to race one another please take part in road racing events!

TAKING SHORT CUTS – if you don't stick to the route you will not be classified as a finisher.

Please make sure you read all of the event **rules & regulations**

Route Conditions

All Dark & White Cycling sportives are predominantly held on **quiet/narrow country lanes** which can in places be a little **broken** and **rough**. Look out for strips of **gravel** down the middle and at the edges of chipped and sprayed roads. Also watch out for **mud** on the road if the local farmers have been in and out of fields.

We will do our best to put “**Care**” signs up if there are any dangerous sections but **please** always **take care** on descents and don't be surprised to come across a road filled with **tractors, cows, sheep, horses or walkers!**

Please **show respect to all riders and all other road users** – the event roads are open to all traffic. Whilst riding on the smaller lanes or where **traffic is busy** please ride in **single file**. Please also be particularly careful of **horses & riders** – warn them of your approach and then pass quietly and carefully.



CARE

CARE signs are there for a reason PLEASE ADHERE TO THEM

Abandoning your event

If for any reason you are **unable to continue** but still able to ride **please return** to the **HQ** using your map as navigation.

All riders who decide to abandon **MUST return to HQ** to return your 'dibber' and inform us of your abandonment. **We don't want to be out searching for anyone after the event has finished!**

GOLDEN RULE: All riders must report to HQ/registration to return your Si dibber and let us know you are safe. NO EXCUSES!

Emergency numbers

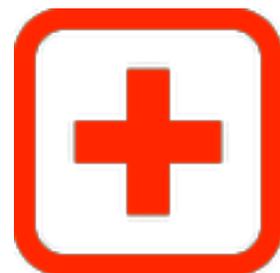
We hope you don't need these but they can be found on the back of your route map handed out at registration. If you are in need of immediate medical attention please do not hesitate to phone the emergency services directly on 999 or 112. (NB - please can you let someone know at Event HQ if you have done this)

Local Accident and Emergency Hospital

Hopefully no one will need one but here are details of local A&E's:

Royal Derby Hospital Uttoxeter New Rd, Derby DE22 3NE 01332 340131

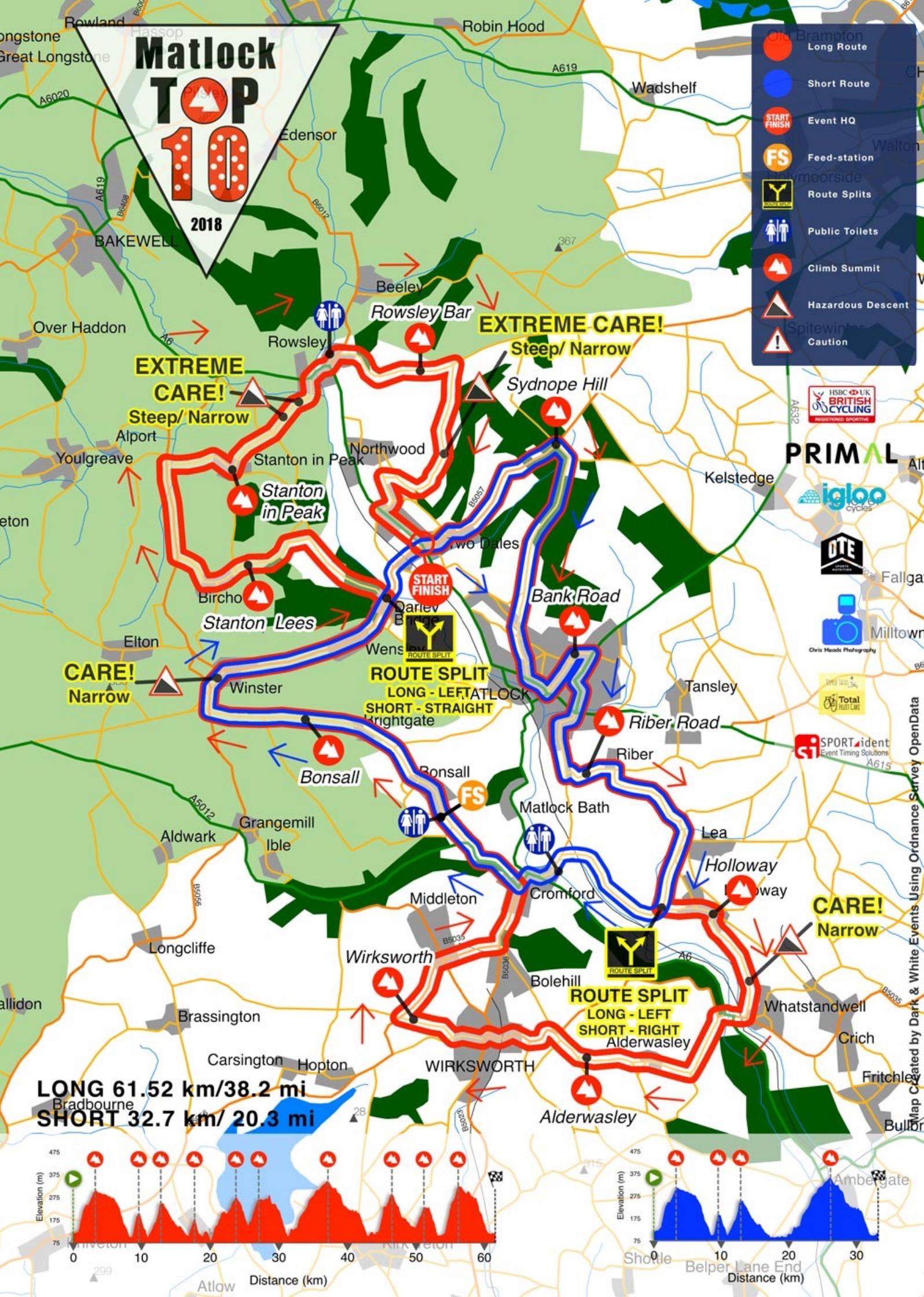
Chesterfield Royal Hospital Calow, Chesterfield, Derbyshire S44 5BL 01246 277 271



Matlock TOP 10

2018

- Long Route
- Short Route
- Event HQ
- Feed-station
- Route Splits
- Public Toilets
- Climb Summit
- Hazardous Descent
- Caution



LONG 61.52 km/38.2 mi
SHORT 32.7 km/ 20.3 mi



Map Created by Dark & White Events Using Ordnance Survey OpenData

Timing Awards

MATLOCK TOP 10

DISTANCE - 61.5 km/ 38.2 miles

CLIMBS - 10

ASCENT - 1736 m/ 5696 ft

MATLOCK TOP 4

DISTANCE - 32.7 km/ 20.3 miles

CLIMBS - 4

ASCENT - 799 m/ 2621 ft

LONG MEN

GOLD - Sub 3hr 05

SILVER - Sub 3hr 30

BRONZE - 3hr 30+

LONG WOMEN

GOLD - Sub 3hr 40

SILVER - Sub 4hr 05

BRONZE - 4hr 05+

SHORT MEN

GOLD - Sub 1hr 40

SILVER - Sub 2hr 00

BRONZE - 2hr 00+

SHORT WOMEN

GOLD - Sub 2hr 00

SILVER - Sub 2hr 20

BRONZE - 2hr 20+

[Click to view 2017 rider times](#)

Event Certificate

Every finisher will receive either a **Gold**, **Silver** or **Bronze** certificate.

At the finish

Dib in the control box at the finish point to stop the clock on your ride then make your way back to HQ (registration). Return you dibber, download your time, receive your finishing certificate and see if you have won a spot prize courtesy of **Primal Europe**.

Now it is time to relax, chat and reminisce....

PRIMAL

Post ride refreshments

Tea, Coffee, Squash, Water, Savoury Snacks, Cake, Biscuits and cake.



This is a **British Cycling registered** and **supported event** - for more details on becoming a British Cycling member with all the associated benefits [Click here for more](#)

VISIT THE INSIGHT ZONE
AND ROLL OFF THE START
LINE WITH CONFIDENCE

 **BRITISH
CYCLING**
CLICK HERE

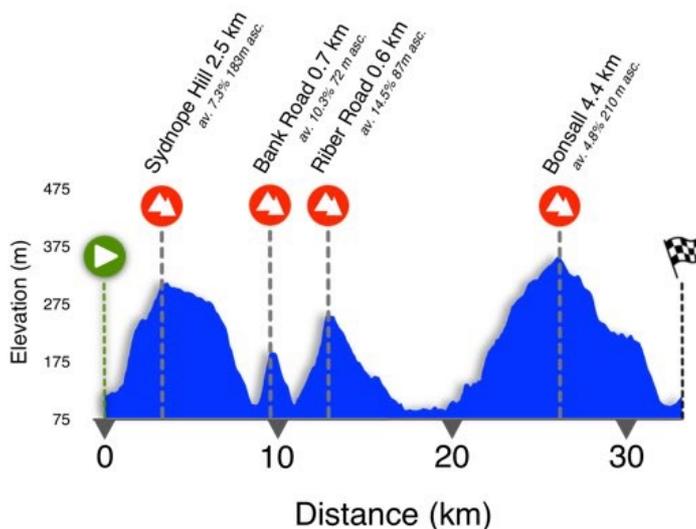


Route profiles

Matlock Top 10 Long



Matlock Top 4 Short



En route you will find signs at the bottom of each climb informing you of the average gradient, metres of ascent & length of climb. The top of the climb will be signified by climb summit signs.

See the following pages for detailed climb information & course planners' comments.



Sydnope Hill

2.5 km | 1.55 miles

Ascent 183 m

Av. Gradient 7.3 %

Max >20 %

Starts at 0.8 km (Long & Short)



Long & Short

Straight into the climbing from the off! Sydnope is steep and long, there is a brief rest two thirds up but it will do little to ease the pain. The initial hairpins through Two Dales will instantly warm up any cold legs. Quite possibly the most vicious start to a sportive ever! Then again there isn't anything else quite like the Matlock Top 10!

Bank Road

0.7 km | 0.4 miles

Ascent 72 m

Av. Gradient 10.3 %

Max >20 %

Starts at 8.6 km (Long & Short)



Long & Short

Short but very steep. This climb has a very different feel to the last one. Climbing up through the town of Matlock the road is straight and relentless with only a mini-respite as you cross Smedley Street 2/3 of the way up – it then ramps up again after that. You can just about see the top all the way up but that won't make it arrive any quicker. This climb was used on the 2016 Women's Aviva GB Tour.

Riber Road

0.6 km | 0.37 miles

Ascent 87 m

Av. Gradient 14.5 %

Max >25 %

Starts at 12.1 km (Long & Short)



Long & Short

Bank Road tick, next up the infamous Riber Road. Take it easy on the climb from Matlock Green up to Starkholmes as it is just the gentle warm up. Once on Riber Road immediately engage climbing gear and prepare for a short 25% spell in hell!

Holloway

0.9 km | 0.56 miles

Ascent 84 m

Av. Gradient 9.3 %

Max 18%

Starts at 16.8 km (Long)



Long

Introduced in 2017 at the last minute as a replacement for Holt Woods, Holloway returns once again for 2018. Another short and steep affair quite similar to Bank Road with relatively consistent but gruelling gradient makes it worthy edition to the Matlock Top 10 and definitely a tougher climb than the Holt Woods it replaces.

Alderwasley

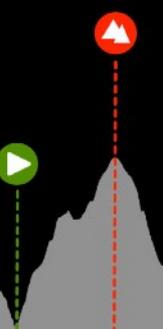
3.5 km | 2.2 miles

Ascent 188 m

Av. Gradient 5.4 %

Max 19%

Starts at 20 km (Long)



Long

Straight up from Whatstandwell and the A6 this climb could seem very hard as it is pretty long at over two miles so you will have to really pace yourself unlike the previous four ascents. There are some very steep sections on the lower slopes.



Long

A short, sharp no-nonsense ascent and there are no recovery sections to this climb. It really ramps up at bottom (20%+) then it's just steep all the way to the top, it only begins to level out in the last 50 metres or so.



Long & Short

At 4.4km in length Bonsall is the longest climb of the event with some pretty steep sections (one at the bottom and another as you climb out of the back of Bonsall) - it then just drags on up to the highest point of the route. The feed-station is part way up.



Long

Possibly one of the least known of the climbs on the route but arguably one of the toughest. Very steep 20% + ramps throughout the duration of this ascent makes Stanton Lees a real brute. There are however the occasional flatter sections which do allow you to recover. Please beware of traffic as the roads are very narrow.



Long

Turning off the main Ashbourne-Bakewell road the climb bites hard around the first hairpin, but then it eases up slightly. The toughest section is towards the top; a constant 12-15% gradient through the stunning village of Stanton in Peak.



Long

The final climb of 2018 Matlock Top Ten: Rowsley Bar is a killer - continuously steep from the start the climb never relents in fact it just gets steeper! Switching back and forth through the wooded hairpins this is an absolute classic road biking hill climb test. Eventually you will climb up and out of the trees and crest the top and find yourself up on the moors – if you have time at the top look back to one of the best views in the Peak District.