



MATLOCK TOP 10 ROAD BOOK 2022

Welcome to the road book for the 2022 Matlock Top 10 sportive (BOB). The event takes place on Sunday 10th July 2022 from The Whitworth Centre, Darley Dale.

Matlock and the surrounding area is steeped with road biking hill climb history: Bank Road, Riber Road and Rowsley Bar to name just three of the well known 'legendary' ascents. The Matlock Top 10 celebrates the richness of the areas steep, 20% plus gradient hill climbs by creating a route that ascends 10 of them in 63 km/39.2 miles.

This guide will tell you all you need to know about the event including event timings, awards, signage, location, routes, profiles and technical climb information.

This event is a British Cycling registered sportive.



ROUTE DESCRIPTION

The 2022 Matlock Top 10 begins with a relatively easy roll out to Warrencarr through Darley Bridge, where the first of the 10 challenging en-route climbs begins – with a steep ascent up onto Stanton Moor. The first half of the climb, up to Stanton Lees, will be familiar to those that have ridden the original route, the second half is all new. Just after passing through Stanton Lees you do get a brief respite, where the road flattens out and even heads downhill, but the final section is steep, averaging around 10%, making this climb a tough opener and a good warm up for what is about to come!

A beautiful contouring road brings riders from Stanton in Peak to Pillhough, followed by a steep descent where caution is needed – watch out for the bend at the bottom! Over the river Wye and into Rowsley and the foot of Rowsley Bar and its infamous hairpins. Climb number two and arguably the hardest, with an average gradient of over 10% and if you ride the steepest parts of the hairpins a max gradient well in excess of 25%! Take it easy on the early slopes, don't go too deep too early and remember that there is still 1 km / 0.6 mile of climbing to the summit once you exit the steepest section under the trees.

Shortly after the summit the route turns south and heads down Darley Hillside to Two Dales and the foot of the third climb, Sydnop Hill. The descent is very steep and narrow in places so please descend with care! The climb up Sydnop Hill, is another really steep one, whilst not quite as hard as Rowsley Bar, this is still a very challenging climb. The toughest gradients come towards the bottom, there is a very welcome respite two thirds up with a short descent which will allow some recovery before the final pitch to the summit.

From the top of the climb the route head south west to Matlock via Farley, the descent is initially very mellow and easy going making it a good place to refuel, coast and recover. The first three climbs were brutes but with Bank Road and Riber Road next up things aren't about to get any easier. Take care descending through Farley, it gets quite steep and there are plenty of park cars. At the roundabout turn left and onto Matlock's famous Bank Road, a climb steeped in history and one that wouldn't be out of place in an Ardenne Spring Classic. One of the shorter climbs of the route but with a steep constant gradient between 12-17% for most of its length, only easing towards the top. A short descent and a steady climb up the other side to Starkholmes and to the foot of Riber Road. One of if not the steepest climbs in Derbyshire and one that has played host to many national hill climb championships. It is very short but with gradients over 25-30% you would hope so. Pray for good weather as in the rain traction is extremely limited! 5 down, 5 to go!

From Riber Castle the route makes its way down to Lee Bridge via a lovely descent through the Derbyshire countryside. The next climb up to Holloway can easily be dismissed when looking at the profile, however with an average gradient of over 9 percent and maxing out 18%, this climb is very similar to Bank Road, combined with the fatigue of the last 5 climbs, underestimate it at your peril! From Holloway the descent to Whatstandwell is very quick, but steep in places and watch out for oncoming cars on the narrow sections!

Climb number 7 Alderwasley is the longest climb so far at over 2 miles / 3.5 km. The gradient isn't any easier, with steep pitches throughout the climb including one of over 20%. Pacing is once again key, take it easy and enjoy the scenery – if you can! Just over the summit at Wirksworth Moor there is the option, for anyone finding the going too tough, to skip the next two climbs and rejoin the route for the final climb.

A quick descent down to Wirksworth, take care passing the park cars, to the foot of the Wirksworth climb, which compared to previous years has been extended. The first 1 km / 0.6 miles of the climb on West End and Brassington Lane are the toughest but the final new pitch is no push over. The legs will certainly be getting tired by now but just two climbs remain.

Shortly after the summit the route heads north for a fast descent down towards the Via Gelia, be warned the route doesn't turn right onto the main road but instead turns right just before and begins the penultimate climb to Middleton. Tired legs and a punishing 8.8% average gradient may make this relatively short climb feel significantly longer than its 1.34 km / 0.8 mile length. Over the ninth summit, through Middleton and down to historic Cromford and onto the final climb of the Matlock Top 10 – Bonsall.

At 4.4 km / 2.7 miles this is by far the Matlock Top 10's longest climb and heads up to the highest point of the route at 348 metres / 1142 ft of elevation. The gradient varies all the way up and the final section is pretty flat, so don't look at the 4.8% average gradient and think that the steep climbing is all done, there are plenty of steep pitches on this one too! However what the climb does provide is mini respites all the way up, which will allow those with wary legs a chance of some recovery. At the top Chapeau that is all 10 climbs completed.

The descent back to the finish via Winster, Wensley and Darley Bridge is very quick but the road can be very busy, take your time, descend with care and roll back to the finish where it will be time to revel in the accomplishment of completing the infamous Matlock Top 10.

EVENT LOCATION

The Whitworth Centre, Station Road, Darley Dale, Matlock,
Derbyshire, DE4 2EQ [view on google maps](#) // [what 3 words](#) ///
[tags.take.truly](#)

FACILITIES

Covered HQ
Toilets
Post event hot drinks & snacks

PARKING

There is a pay & display car park at the Whitworth Centre which is accessed via the A6 – it will be signed with our yellow/black signs.

Once the car park is full/coned off please park on the road side. Please park sensibly i.e. don't block any driveways.

PLEASE CAR SHARE OR RIDE TO THE EVENT.



REGISTRATION

OPENS AT 7:30 AM CLOSES AT 9:00 AM

Please **do not** try and **register** more than **1 hour** before your **allocated start window** – this will **help** **congestion** and **reduce** **queuing** time.

At registration sign on then event staff will provide you with the following in a sealed plastic bag:

EVENT ROUTE MAP – with emergency numbers on the back.

NUMBER BOARD AND ZIP TIES – which you must be attached to your bike.

SPORTident TIMING CHIP – you will be required to self-strap your Si Timing Cards (dibber) to your wrist and wear it for the duration of the event. If you need assistance please just ask someone at registration.

You are **required** to use your **SPORTident timing chip**, at the **start** and **finish**. Failure to 'dib' will mean you will **not** be **classed** as a **finisher** on the event.

The SPORTident Chip is being loaned to you for the day, take care of it, if you lose it you will be charged **£30** for a replacement.

IMPORTANT!!

ALL 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).

START TIMES

There will be rolling start windows of a maximum of 40 riders every 10 minutes – choose your allocated start window when entering. First start is 7:50 am last start 9:10 am

Choose your start window wisely – choose an earlier start window if you are concerned about the cut off time!!

You will be able to start anytime you wish within your designated 10 minutes start window.

VIDEO BRIEFING

Rather than having a start line briefing we will record a video briefing that will be available to watch online before the event. A transcript of the briefing will be available to read and details will be emailed to all entrants in the week beforehand.

Last minute updates if required will be provided to the participants at the start line.

YOU WILL NOT BE ALLOWED TO START WITHOUT HAVING WATCHED/READ THE BRIEFING!

CUT OFF / FINISH TIME

STRICTLY ENFORCED

You **must** have **gone through** the **cut off point** by the **designated time**. If you **fail** to **reach** the **cut off point** **before** the **prescribed time** you **must** to **follow** the **signed cut off**, **signs will be removed from the full course from 11:30 onwards**.

CUT OFF POINT – WIRKSWORTH MOOR
38.9 KM / 24 MILES – 11:30

The signed cut off removes two tough climbs of route. Any rider can choose to take the signed cut off but it will be compulsory from 11:30 onwards. If you take the cut off please inform a member of the event staff at download.

IT WILL BE COMPULSORY FOR ALL RIDERS TO FOLLOW THE SIGNED CUT OFF FROM 11:30 ONWARDS, THIS IS TO ENSURE ALL RIDERS REACH THE FINISH ON TIME.

FINISH CLOSES AT 13:30 PROMPT!!

COURSE SIGNAGE

The 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**.

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!

PLEASE RESPECT ALL OTHER ROAD USERS AT ALL TIMES!



CAUTION NEEDED

The **Matlock Top 10** is held principally on **small, steep lanes** which are often **very narrow** and in places can be **covered** in a small **layer** of **mud** and/or **gravel**, which will **require caution** from all **riders** to **descend safely** and **courteously**. All riders must be **ready** and **able to stop** at **any point** as there **may** be **livestock, walkers, horse riders, cyclists** or **cars** on the roads. We will ensure that **adequate caution/care signs** are placed to **warn you** but **riders must take care** when **descending** at all times.

CARE SIGNS ARE THERE FOR A REASON – PLEASE ADHERE TO THEM

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** and **warn** them of your **approach** and then **pass quietly** and **carefully**.

PLEASE RIDE IN SINGLE FILE ON NARROW COUNTRY LANES

REMEMBER IT IS NOT A RACE AND YOU MUST ABIDE BY THE HIGHWAY CODE

CODE OF CONDUCT

By entering this event you are agree to the following code of conduct – anyone seen to be breaking any of these will be **EXCLUDED** from the event plus all future events, and in serious cases a full report will be sent to British Cycling.

OBSERVE THE HIGHWAY CODE AT ALL TIMES

This event is held on open roads and you must obey the highway code at all times – ZERO EXCUSES!

NON COMPETITIVE EVENT – NO RACING

This is a non competitive event and you are forbidden from racing. If you want to race, this event is not for you – please enter a road race or a time trial. We take this extremely seriously!

NO URINATING IN PUBLIC

Do not use the side of the road as a toilet – please use the marked public toilets on the map

NO RUDE OR ABUSIVE BEHAVIOUR

You must be polite and respectful to all road users (cars, horses, bikes, pedestrians etc.), event staff and marshals and any other members of the general public. This includes riding in a controlled manner and being able to slow down if confronted with ramblers, horses, farmers etc. in the road. You have no more right than they do to be on the road so please be respectful. This also includes being loud or swearing as you pass through villages – something that is regularly complained about by locals regarding cycle events.

NO LITTERING

Litter bags will be provided at the feed-station so there is no excuse!! Keep litter/wrappers/cartons etc in your pockets until you reach the feed station / finish.

NO SHORT CUTS

If you aren't interested in sticking to the route and completing the challenge please do not enter. If you are seen to be taking a short cut you will not be classified as a finisher.

Please help us clamp down on anyone breaking the code of conduct by reporting any incidents of poor behaviour to any of the event marshals or officials.

WE ORGANISE OUR EVENTS BECAUSE WE WANT TO SHOWCASE THE FANTASTIC YET CHALLENGING RIDING THAT MATLOCK HAS TO OFFER AND WE WANT THEM TO BE FRIENDLY, ENJOYABLE RIDES FOR EVERYBODY INVOLVED.

COMPULSORY EQUIPMENT

NO HELMET NO RIDE!

- **ROAD BIKE** – must be roadworthy and in good working order*
- **HELMET** – hard shell helmets conforming to CE standard EN1078 (not caving, climbing or canoeing types)
- **FRONT & REAR LIGHTS** – only compulsory in bad weather / poor visibility (strongly recommend at all times)
- **WATERPROOF JACKET****
- **FULLY CHARGED MOBILE PHONE**
- **MONEY** – in case you get stranded somewhere!
- **FORM OF ID**
- **SPARE INNER TUBES** – minimum of 2
- **ROAD PUMP** – capable of inflating to at least 100 psi (CO2 canisters do not count)
- **MULTITOOL** – including a chain tool
- **WATER BOTTLES** – 2 x 500 ml (or larger) full water bottles
- **SUFFICIENT FOOD** – carry sufficient supplies to last 2/3 hours worth of riding
- **EVENT MAP** – emergency contact numbers will be printed on the back of the map

Event officials will disqualify anyone who in their opinion does not meet the above compulsory equipment criteria

**We highly recommend that you have your bike checked over by a professional mechanic before the event to ensure it is in good working order.*

***The requirement to carry a waterproof jacket may be relaxed in the event of warm weather but at all other times it is required.*

SELF SUFFICIENCY

YOU ARE EXPECTED TO BE SELF SUFFICIENT AND ABLE TO COPE WITH PUNCTURES AND MINOR MECHANICALS, ETC

This event is a **challenge ride**, not a race. It is you against the relentless terrain and you are **required** to **carry adequate food and drink**, along with **tools required** to fix **normal everyday mechanicals** such as broken chains, slipping gears and punctures.

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 **any medical emergencies** will **always take priority** and it **therefore** may take some time for the **emergency support** vehicle to **reach you**. You **may wish to arrange** your **own lift back** to event HQ either by friends / family or a taxi – that is fine but **please check in** at the **event HQ** once you **return** as **you must let us know** you are **safe** and **hand in your timing chip**.

****SHOW SOME CAMARADERIE AND HELP OUT FELLOW RIDERS IN NEED!****

FEED STATION



REMOTE FEED STATION – ALDERWASLEY 36.6 KM / 22.7 MILES – CLOSES AT 11:20

The feed station will keep you topped up with a range **OTE** sport nutrition products along with water and fruit squash.

Please note that feed station supplies are not suitable for allergen sufferers.

This feed station is remote and there are no toilets

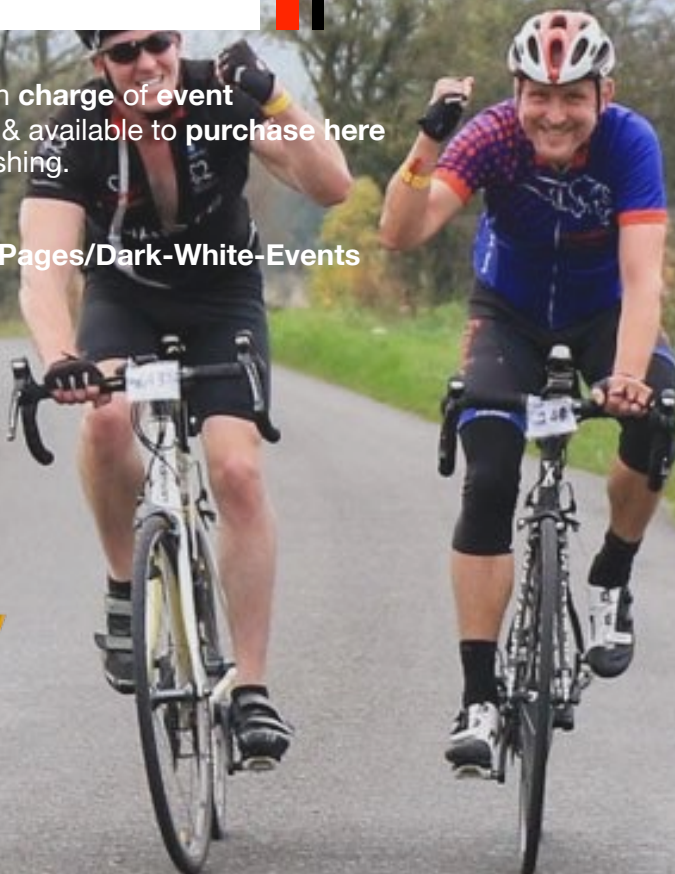
FEED STATION SUPPLIES ARE NOT UNLIMITED I.E. THEY ARE NOT ALL YOU CAN EAT BUFFETS! ALL EFFORTS HAVE BEEN MADE TO PROVIDE ALL RIDERS WITH SUFFICIENT SUSTENANCE, HOWEVER, STOCK CANNOT BE GUARANTEED. PLEASE TAKE RESPONSIBLY AND CONSIDER YOUR FELLOW RIDERS WHO HAVE YET TO VISIT THE FEED STATION.

EVENT PHOTOS

Coline from **Respice Photography** is in charge of event photography. Photos will be uploaded & available to purchase here usually within 48 hours of the event finishing.

<https://respicephoto.smugmug.com/Pages/Dark-White-Events>

RESPICE
PHOTOGRAPHY



ABANDONING

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. **RTC Medical** are providing a **Rapid Response Vehicle** to cover any **accidents** and **emergencies** out on **course**. In the case of a **life threatening emergency** 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

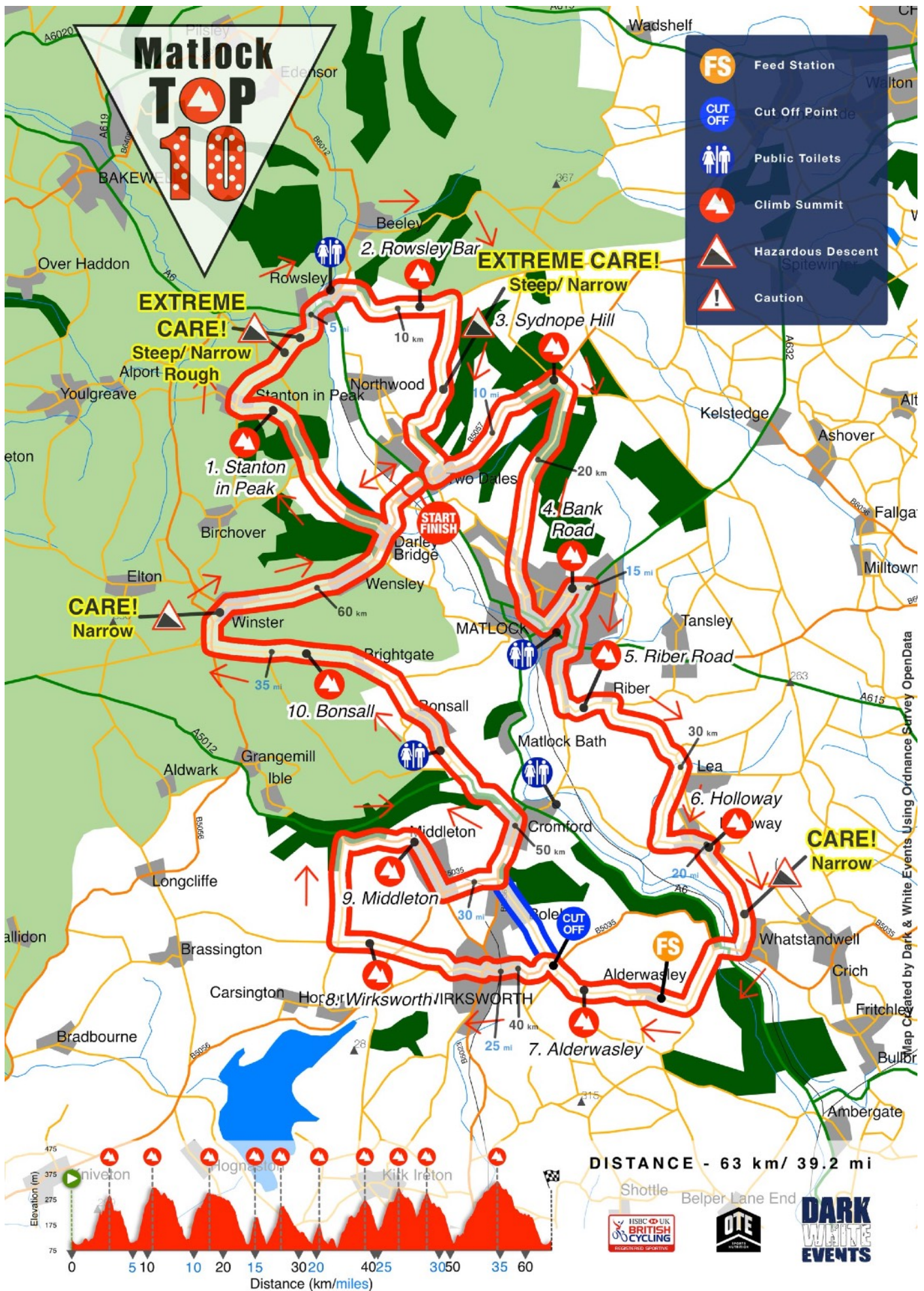
Hopefully no one will need it but the local A&E is at:

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

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

WHAT 3 WORDS

Please **download** the free app **WHAT 3 WORDS** it is an **easy** way for you to **provide** us and the emergency services with an **accurate position** of your **location**.

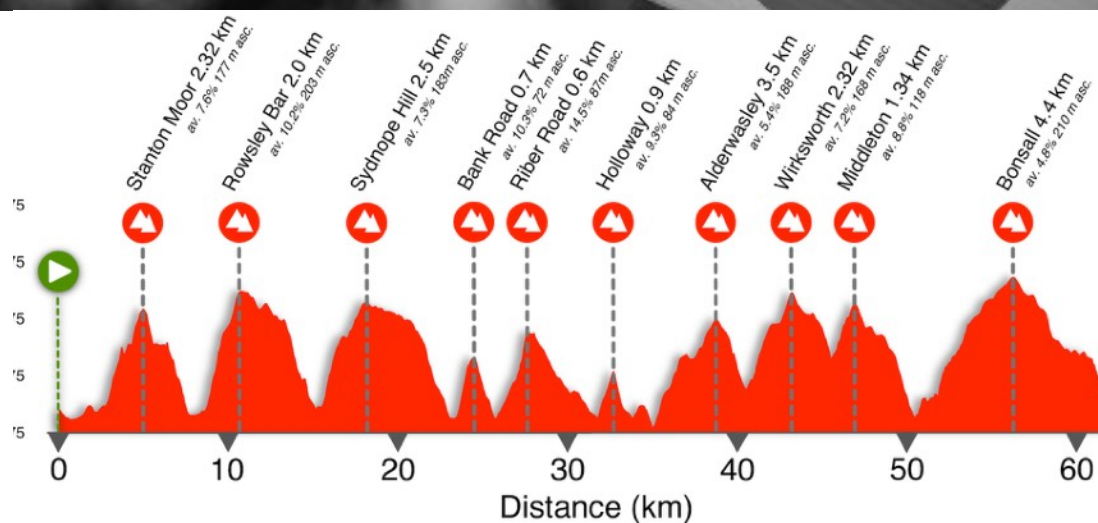


ROUTE STATS

DISTANCE - 63 km / 39.1 miles

CLIMBS - 10

ASCENT - 1887 m / 6158 ft



TIMING AWARDS

MEN

GOLD - Sub 3 hr 05

SILVER - Sub 3 hr 30

BRONZE - 3 hr 30+

WOMEN

GOLD - Sub 3 hr 40

SILVER - Sub 4 hr 05

BRONZE - 4 hr 05+

EVENT CERTIFICATE

Every Matlock Top 10 finisher will receive a **Gold**, **Silver** or **Bronze** certificate

AT THE FINISH

You must **stop** at the **finish line** and **self dib** into SPORTident **finish box** which will be fixed to a table/stake. **Failure to stop and dib will result in a non-finish.**

FINISH CLOSES AT 13:30 PROMPT

DOWNLOAD

All participants must **return** to the **event registration** building to **download** their **time**, hand back their **SPORTident timing chip** and **collect** their **certificate**.

DOWNLOAD PROCEDURE

SELF DIB – Self dib into the download SPORTident box.

REMOVE DIBBER – Remove the dibber using the provided scissors and place the dibber into the ‘dibber return’ plastic box and the used strap into the bin.

COLLECT CERTIFICATE AND RESULT PRINT OUT – You will be provided with your timing award certificate and result print out.

FREE TAKE AWAY POST EVENT REFRESHMENTS

At **download** we will **provide take away refreshments** which will include **Tea, Coffee, Juice, Cake** and **Biscuits**. These will be **take away only** and we **request** that **you** do **all eating** and **drinking outside** the **registration building**. This will **minimise** the **amount of indoor congregating**.

PLEASE HELP US REDUCE PLASTIC AND POLYSTYRENE USE BY BRINGING YOUR OWN REUSABLE CUP!



This is a British Cycling registered and supported event. For details on becoming a British Cycling member and all the associated benefits [click here](#).

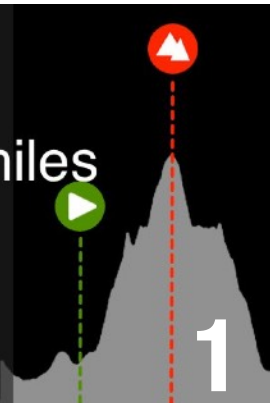
Stanton Moor

2.32 km | 1.44 miles

Ascent 177 m

Av. Gradient 7.6 %

Max 20 %



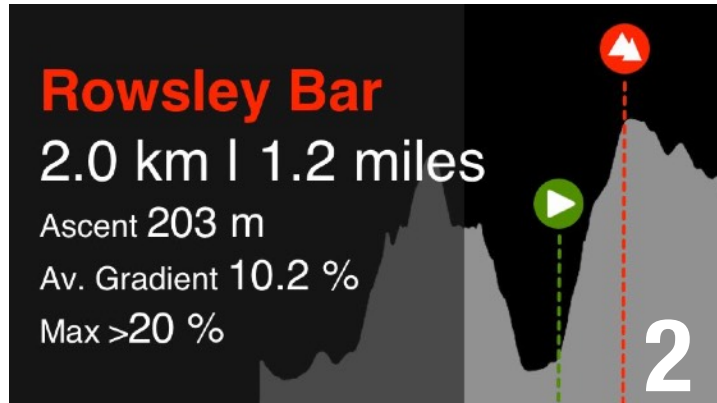
Rowsley Bar

2.0 km | 1.2 miles

Ascent 203 m

Av. Gradient 10.2 %

Max >20 %



Sydnop Hill

2.5 km | 1.55 miles

Ascent 183 m

Av. Gradient 7.3 %

Max >20 %



Bank Road

0.7 km | 0.43 miles

Ascent 72 m

Av. Gradient 10.3 %

Max >20 %



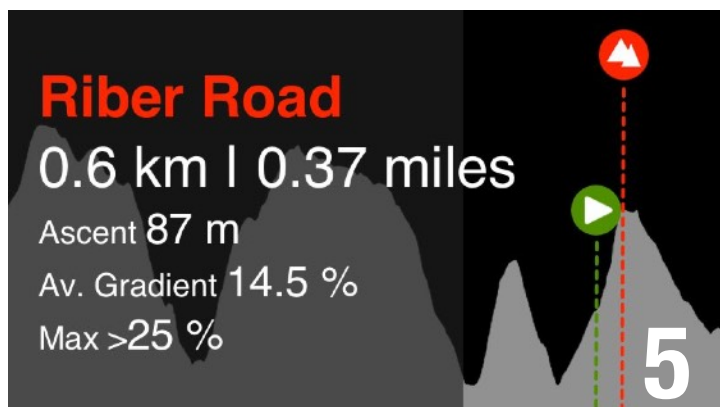
Riber Road

0.6 km | 0.37 miles

Ascent 87 m

Av. Gradient 14.5 %

Max >25 %



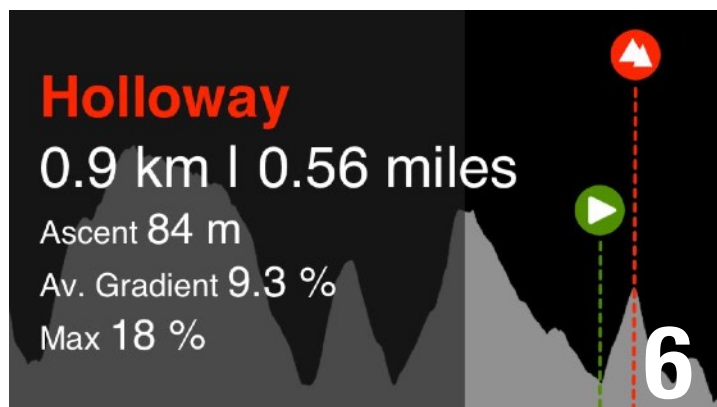
Holloway

0.9 km | 0.56 miles

Ascent 84 m

Av. Gradient 9.3 %

Max 18 %



Alderwasley

3.5 km | 2.2 miles

Ascent 188 m

Av. Gradient 5.4 %

Max 19 %



Wirksworth

2.32 km | 1.44 miles

Ascent 168 m

Av. Gradient 7.2 %

Max 20 %



Middleton

1.34 km | 0.83 miles

Ascent 118 m

Av. Gradient 8.8 %

Max 17 %



Bonsall

4.4 km | 2.7 miles

Ascent 210 m

Av. Gradient 4.8 %

Max 20 %

