



Three fantastic competitions - details inside



Nottinghamshire

welcomes the

Tour of Britain

OVO ENERGY

TOUR OF BRITAIN 2018: STAGE 7

Saturday 8 September

School Resource Pack

www.nottinghamshire.gov.uk/tourofbritain

www.tourofbritain.co.uk

#NottsToB

ovo energy

TOUR OF
BRITAIN



How this pack works

The OVO Energy Tour of Britain cycle race passes through Nottinghamshire for the second year in a row, in what will be the biggest free-to-attend sporting event the county has ever seen. The race takes in 223km of the county's roads starting in West Bridgford and finishing in Mansfield on the same day. This will be a unique opportunity for residents across Nottinghamshire and the surrounding areas to see some of the world's top cyclists.

Crowds of over 210,000 lined the streets in September last year as our county hosted an entire stage of the tour for the first time making it the largest sporting event in the county's history. An estimated one million people also tuned in to watch the Nottinghamshire stage on ITV4. Our county was recognised by the Tour's event organisers for outstanding community engagement last year but this year we want to go bigger, and better.

This pack is designed to help teachers and parents get young people aged 4 to 11 years old excited and involved to help make this year's stage the best yet!

You'll find a wealth of background information on the Tour and cycle racing in general, together with a host of activities and competitions to help support children's understanding, raise awareness and interest in cycling, road safety and fitness.

Watch the promotional video:

<https://www.youtube.com/watch?v=ocYUqagKZNc>

Some facts about the OVO Energy Tour of Britain



Bradley Wiggins was the first Brit to win the modern Tour overall, back in 2013.

20 different nationalities of rider have won stages of the modern Tour of Britain. British riders have won the most with 20 stage wins between 2004 and 2016.

The shortest stage length was a mere 2.5km in 2007.

The longest stage length was 227km in 2015.

The Tour of Britain has been around in one form or another since the end of the Second World War.

The rider leading the Tour overall wears the Green Jersey, and is what every rider seeks to pull on.





Could you be a professional cyclist?

How cycling teams work

Professional cycling is very different to a leisurely weekend ride!



Each of the Tour's teams will have six cyclists who will work together to support their lead rider throughout the race – the aim is to lead the General Classification and ultimately win.

The bikes are very different too. During the Tour of Britain, riders will be using a 'Road Bike'; these are highly technical and can cost over £20,000!

The more technical a bike, the greater the chance of something going wrong – so professional teams have mechanics working on the bikes, tuning them and making sure they stand up to endless hours on the road. Each team also has a mechanic who travels in the team support car for the race to help with any problems.



The different parts of the race

Sprint

The end of each stage culminates in a sprint to the line. Sprint finishes are extremely tactical and at times like a game of chess. The team will work together to provide their sprinter with shelter and a safe passage to the final 500m or so. Sprinters will wait until the last minute before they make a dash for the line, giving all they have and using every last bit of energy to try to win the stage

Climb

These are often the most challenging parts of a race, where technique and positioning are crucial. Keep an even pace, start the climb at the front of a group and pace yourself to start slow and finish fast.

Descent

Going downhill at speed needs concentration, bravery and a lot of awareness of everyone around you! Riders can reach speeds of 70mph on some descents, so it's not for the fainthearted!

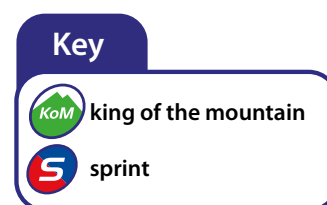
School Activity

Put together a fact file on Britain's most famous riders.

Where the 2018 race takes place

The 2018 OVO Energy Tour of Britain begins in Pembrey Country Park, South Wales on Sunday 2 September and finishes in London on Sunday 9 September, visiting Scotland, England and Wales taking in some of Britain's most beautiful spots.

It's made up of eight separate stages in total, shown here.



Stage 1

**Pembrey Country
Park - Newport**
Sunday 2 September

Stage distance: 175km



Stage 2

**Cranbrook -
Barnstaple**
Monday 3 September

Stage distance: 174km



Stage 3

Bristol - Bristol
Tuesday 4 September

Stage distance: 125km



Stage 4

Nuneaton - Royal Leamington Spa
Wednesday 5 September

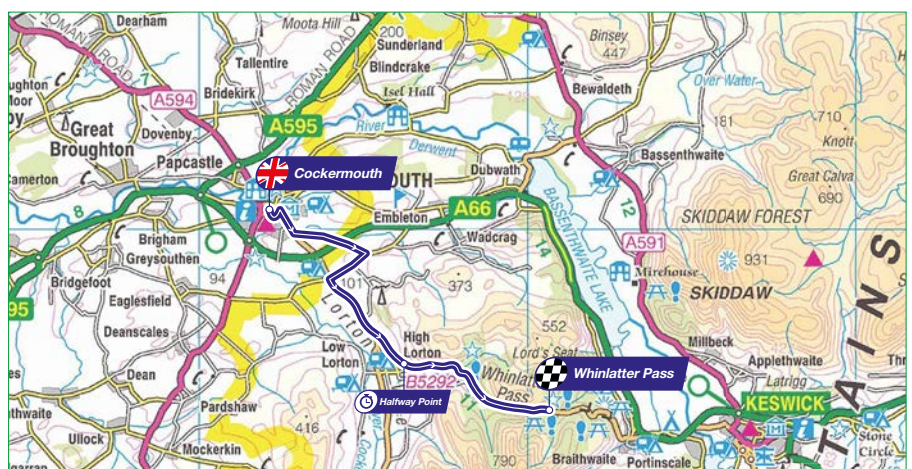
Stage distance: 183km



Stage 5

Cockermouth - Whinlatter Pass
Team Time Trial
Thursday 6 September

Stage distance: 14km



Stage 6

Barrow-In-Furness - Whinlatter
 Friday 7 September

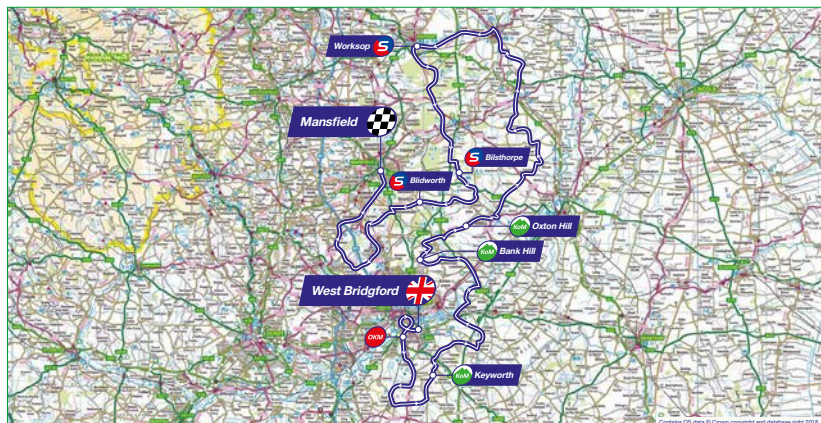
Stage distance: 169km



Stage 7

West Bridgford - Mansfield
 Saturday 8 September

Stage distance: 223km



Stage 8

The London Stage
 Sunday 9 September

Stage distance: 5.5km



School Activity

Can you work out the total number of kilometres cycled over the entire race?

What is the average number of kilometres per day the cyclists will have completed by the end of the race?

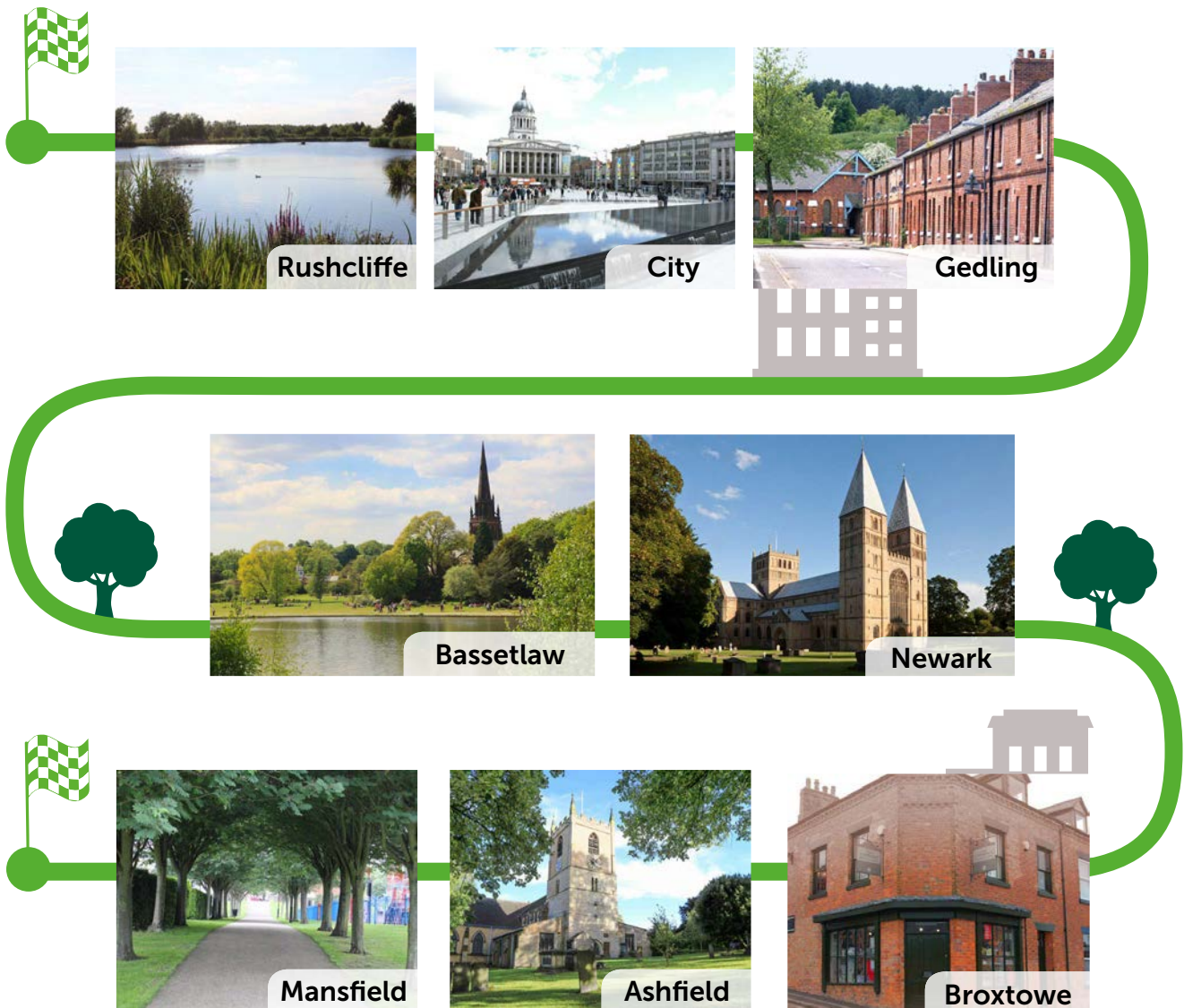


The OVO Energy Tour of Britain comes to Nottinghamshire

Stage 7: Nottinghamshire

On Saturday 8 September, Stage 7 of the OVO Energy Tour of Britain visits Nottinghamshire. The stage starts in West Bridgford, where spectators will have the unique opportunity to experience the pre-race atmosphere as the cyclists gather at the start line. The TV crews will be here too, getting interviews with riders before the start.

The route goes across Nottinghamshire, visiting many towns and villages. The riders will visit Rushcliffe and the city centre, before heading north of the county where they'll pass through Southwell and Retford as they continue north towards Worksop. The route then brings the peloton (main pack of riders) south, riding through the magnificent Sherwood Forest, on to Rufford Abbey, past Newstead Abbey to Hucknall before finishing in Mansfield.





Map data © 2018 Google

School Activity

List all the towns the Nottinghamshire stage visits in alphabetical order.

How many kilometres will the cyclists have ridden by the end of Stage 7?



Get
involved!

How you and your school can get involved!

A big part of the Tour of Britain is the spectator support. Along the route, flags and banners encourage the cyclists as they ride past and part of the fun is creating interesting land art to show your support.

It's easy for everyone to get involved

If the race goes past your house or through your village/town you could give the riders a fun and friendly welcome with bunting, flags and posters, or even decorate and display bikes. So, encourage pupils and their families and friends to line the route to wave flags or banners you've designed on race day.



Perhaps use an old bicycle and upcycle it to put on display outside your school – your school council could hold a competition and the winner and their class could decorate the bike.

Why not create some fabulous land art? You could do this by creating a bicycle shape or something to celebrate your town or Nottinghamshire in the school yard? It would look great from an aerial view, and with helicopter TV coverage on the day your school might be filmed!



Remember to use the **#Nottstob** Hashtag to show us what you get up to on the day.

Enter our great competitions!

To celebrate Nottinghamshire hosting Stage 7 of the OVO Energy Tour of Britain, we are offering local schoolchildren the chance to design the Stage 7 starting flag and winner's trophy and a special Tour of Britain school meal menu.

The lucky winner of the flag competition will have their design professionally made and will be invited to wave the flag at the start of the race.

The lucky winner of the trophy competition will have their design professionally made and will be invited to present the trophy to the winner of Stage 7.

First prize for the lucky winner of the 'Eat like an athlete' competition is a fantastic family overnight stay at St Michael's Cottage, set in the beautiful Peak District village of Hathersage.

The winners and their school will be awarded other fantastic prizes.

Entries for the 'Eat like an athlete' competition need to be in by **Friday 29 June**

Entries for the flag and trophy competitions need to be in by **Sunday 15 July**

Please email your entry to **marketing@nottsc.gov.uk** with Tour of Britain in the subject header or post your entry via freepost to: **FREEPOST RTCU-CTYJ-XXKA**, Tour of Britain Competition, County Hall, Loughborough Road, West Bridgford, Nottingham NG2 7QP.



Competition:

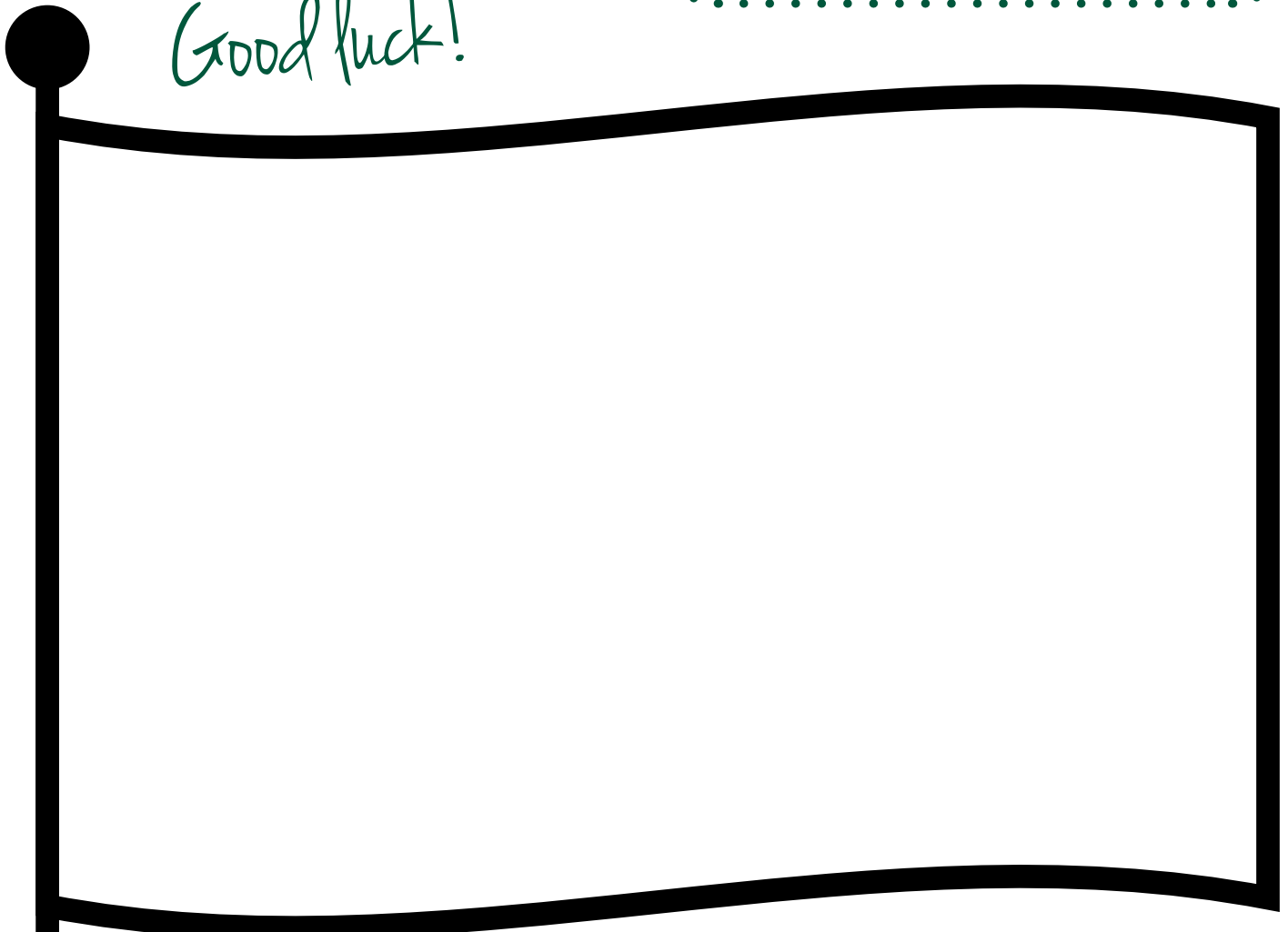
Design the starting flag

Use the template to design a Tour of Britain Stage 7 starters flag. The winning entry will be made and used to start the race on the **8 September** in West Bridgford. Please use this outline.

Name: _____
Age: _____ School: _____
Home address: _____

Parent/Guardian signature: _____
Contact no/email: _____

Good luck!



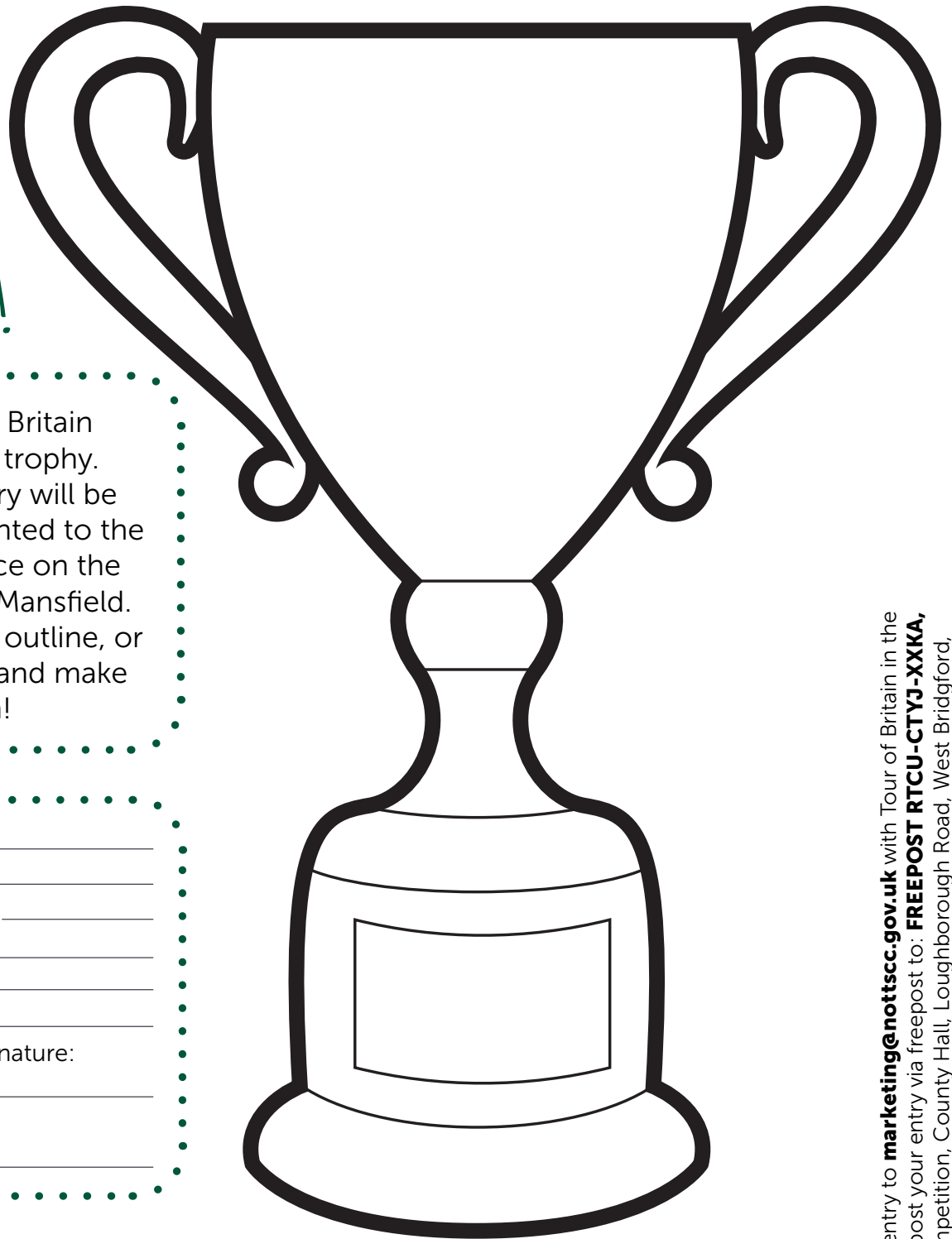
A panel of judges will shortlist the entries for both flag and trophy designs. The shortlisted designs will be added to social media for the public to vote for the winner. (Only one entry per person).

Please email your entry to marketing@nottsc.gov.uk with Tour of Britain in the subject header or post your entry via freepost to: **FREEPOST RTCU-CTYJ-XXKA**, Tour of Britain Competition, County Hall, Loughborough Road, West Bridgford, Nottingham NG2 7QP. by Sunday 15 July 2018.

Competition:

Design the winner's trophy

Good luck!



Design a Tour of Britain Stage 7 winner's trophy. The winning entry will be made and presented to the winner of the race on the **8 September** in Mansfield. You can use this outline, or be adventurous and make one of your own!

Name: _____

Age: _____ School: _____

Home address: _____

Parent/Guardian signature: _____

Contact no/email: _____

A panel of judges will shortlist the entries for both flag and trophy designs. The shortlisted designs will be added to social media for the public to vote for the winner. (Only one entry per person).

Please email your entry to marketing@nottssc.gov.uk with Tour of Britain in the subject header or post your entry via freepost to: **FREEPOST RTCU-CTYJ-XXKA**, Tour of Britain Competition, County Hall, Loughborough Road, West Bridgford, Nottingham NG2 7QP. by Sunday 15 July 2018.

Competition: Eat like an athlete



For the riders, nutrition is very important. The fuel they put into their bodies during their training and in the lead up to the event plays a big part in determining their performance on race day. Like any professional sports person, riders have to ensure they follow a balanced diet full of protein, complex carbohydrates, and fresh fruit and vegetables to provide them with the right amount of nutrients, and to help their performance.

Most professional teams have their own chef who will cook meals especially for the cyclists to help maximise their cycling performance. So why not have a go at creating your own chef inspired Tour of Britain menu by entering our 'Eat like an athlete' competition!

We are delighted to announce that the winning entry of our 'Eat like an athlete' competition will feature on our Tour of Britain school menu and be available at schools across the county on Friday 7 September. What's more, the individual winner and their school will be presented with their prizes by a VIP.



First prize is an overnight stay at St Michael's Cottage in Hathersage for a family (up to 5 people).

The runner up will enjoy a fun filled day for them and a friend at the Mill Adventure Base's October Half Term Holiday Club.



The winning school will also receive a prize of gardening equipment (courtesy of Mars).



Mars





CYCLING MENU

STARTER

MAIN

DESSERT



Competition:

Design your own healthy three course menu that's fit for an athlete!

Your menu should include a starter, main and dessert. Please do not include nuts in your menu, whilst these are a great source of energy we are unable to use nuts in any meals provided to schools.

Entries must be submitted before Friday 29 June 2018.

Please include name of dish and suggest the main ingredients of each dish listed (you do not have to provide a full recipe). Please note the winning menu may have to be slightly altered to meet the government's School Food Standards.

Name: _____

Age: _____ Class: _____

School Name: _____

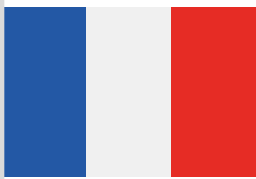
School Address: _____

Contact no/email: _____

Please email your entry to marketing@nottsc.gov.uk with **Tour of Britain** in the subject header or post your entry via **FREEPOST RTCU-CTYJ-XXKA** Tour of Britain Competition, **County Hall, Loughborough Road, West Bridgford, Nottingham NG2 7QP** by 29 June 2018.

Just for fun: Flags of the World

Can you name the country of some of the teams taking part in this year's race?













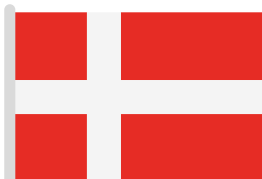














School Activity

Practise your interviewing skills!

Partner up or get into groups, and allocate individuals to take on the role of the riders and news reporters. What questions would you ask the riders after a successful day on their bike?



Tour of Britain Quiz

1 Where and on what date does the Tour of Britain begin?

2 How many teams took part in the 2017 Tour of Britain?

3 What speed can cyclists reach on a descent?



4 How many kilometres is the entire race?

5 How many kilometres is Stage 7?

6 Who won the Tour of Britain in 2017?





7 What colour jersey will the 2018 winner wear?



8 Which country has won the most stages of the Tour of Britain?

9 Can the riders cycle on the pavement during the race?

10 Which forest does Stage 7 pass through?



Cycling & Tour terms

Can you find out the meaning of the words below?

	<i>My Guess</i>	<i>Actual Definition</i>
Chasers		
Arrière du peloton		
Commissaire		
Coup de Chacal		
King of the Mountains		
Musette		
Tête de la course		

Useful links

There's plenty of information on the internet about the OVO Energy Tour of Britain and cycling in general. Here are just a few links to useful websites:

www.nottinghamshire.gov.uk/tourofbritain

www.tourofbritain.co.uk

After the race

its legacy

Bringing the Tour of Britain to Nottinghamshire supports our aims to encourage more people to cycle.

Nottinghamshire County Council brings together a broad range of partners to promote cycling as a safe, effective, cheap, healthy and enjoyable activity for commuting and leisure, with a safe, high quality local infrastructure.

Nottinghamshire has more than 650 miles of countryside and urban cycle routes and some fantastic cycling specific facilities, including:

- » Cycle training in schools
- » Safety advice
- » Initiatives to get more people cycling to work
- » Cycle maintenance sessions
- » Campaigns and events throughout the year, such as cycle to work, Bike to School weeks and guided cycle rides

For information on other events, clubs and initiatives, visit:

British Cycling
www.britishcycling.org.uk

Sustrans
www.sustrans.org.uk

Sport England (English Sports Council)
www.sportengland.org

CTC, the National Cycling Charity
www.ctc.org.uk

Via - Child cycle training
www.nottinghamshire.gov.uk/childcycletraining

TravelChoice
www.nottinghamshire.gov.uk/travelchoice

Routes and Rides
www.nottinghamshire.gov.uk/walksandrides

School Activity

Get your pupils to cycle Stage 7 of the Tour. This could be completed in schools as a one-off event or as a series of events over several days. Children/adults could bring their bikes to school and cumulatively cycle the total distance of the Nottinghamshire stage in the school playground or around the local park.

Nottinghamshire County Council would like to pay special thanks to Cheshire East Council for allowing us to adapt their original resource. We would also like to thank OVO Energy Tour of Britain for their support in sourcing resources for this pack.



5  COCKERMOUTH TO WHINLATTER PASS TEAM TIME TRIAL - 14KM
THURSDAY 6 SEPTEMBER 2018



6 BARROW-IN-FURNESS TO WHINLATTER PASS - 169KM
FRIDAY 7 SEPTEMBER 2018

WEST BRIDGFORD TO MANSFIELD - 223KM
SATURDAY 8 SEPTEMBER 2018

7

8 THE LONDON STAGE -
77KM (14 X 5.5KM LAPS)
SUNDAY 9 SEPTEMBER 2018



NUNEATON TO ROYAL LEAMINGTON SPA - 183KM
WEDNESDAY 5 SEPTEMBER 2018

4

1 PEMBREY COUNTRY PARK,
CARMARTHENSHIRE TO NEWPORT - 175KM
SUNDAY 2 SEPTEMBER 2018

3 BRISTOL TO BRISTOL - 125KM
TUESDAY 4 SEPTEMBER 2018

2 CRANBROOK TO BARNSTAPLE - 174KM
MONDAY 3 SEPTEMBER 2018