



Three fantastic
competitions -
details inside



Nottinghamshire welcomes the Tour of Britain

TOUR OF BRITAIN 2022: STAGE 5

Thursday 8 September

School Resource Pack

Sponsored by

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SCAPE

www.nottinghamshire.gov.uk/tourofbritain

www.tourofbritain.co.uk

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How this pack works

The Tour of Britain cycle race will pass through Nottinghamshire for the third time, in what will be the biggest free-to-attend sporting event the county has ever seen. The race takes in 190km (approx. 118 miles) 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 250,000 lined the streets in September 2018, which was the last time our county hosted a stage of the tour, making it the largest sporting event in the county's history. Our county was recognised by the Tour's event organisers for the 'best crowds and best local-buy in of the whole Tour' and this year we want to go even 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 and young people's understanding, raise awareness and interest in cycling, road safety and fitness.

Some facts about the 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 2022 race takes place

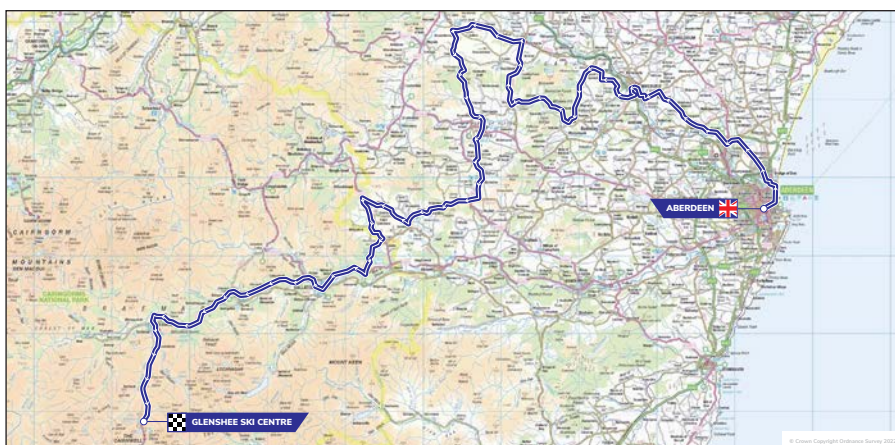
The 2022 Tour of Britain begins in the city of Aberdeen in Scotland on Sunday 4 September and finishes on the Isle of Wight, off the south coast of England, on Sunday 11 September, taking in some of Britain's most beautiful spots.

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

Stage 1

**Aberdeen &
Aberdeenshire**
Sunday 4 September

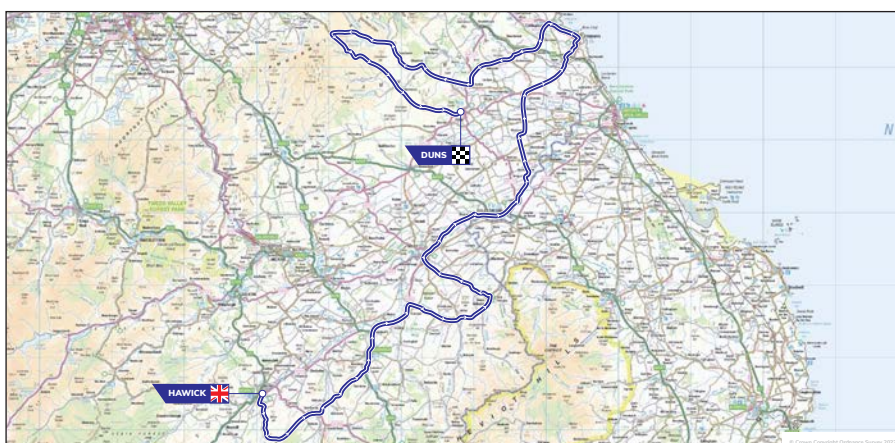
Stage distance:
185km/115 miles



Stage 2

Scottish Borders
Monday 5 September

Stage distance:
178km/111 miles



Stage 3

**Durham &
Sunderland**
Tuesday 6 September

Stage distance:
168km/104 miles



Stage 4

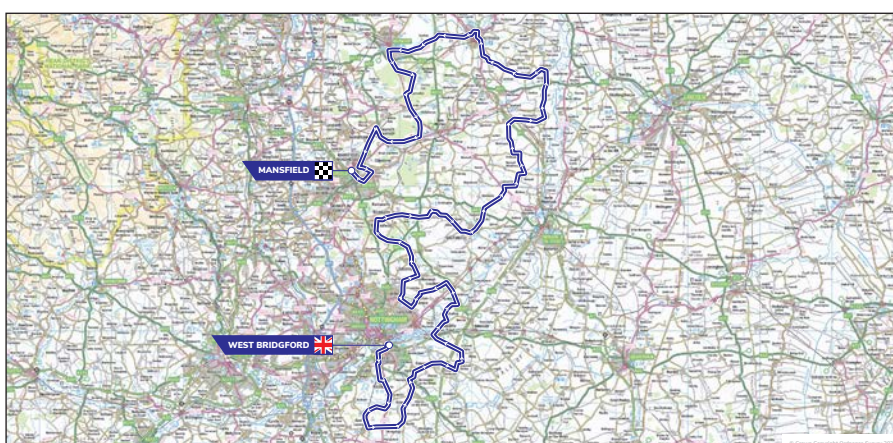
**Redcar &
North Yorkshire**
Wednesday 7
September
Stage distance:
152km/94 miles



Stage 5

Nottinghamshire
Thursday 8 September

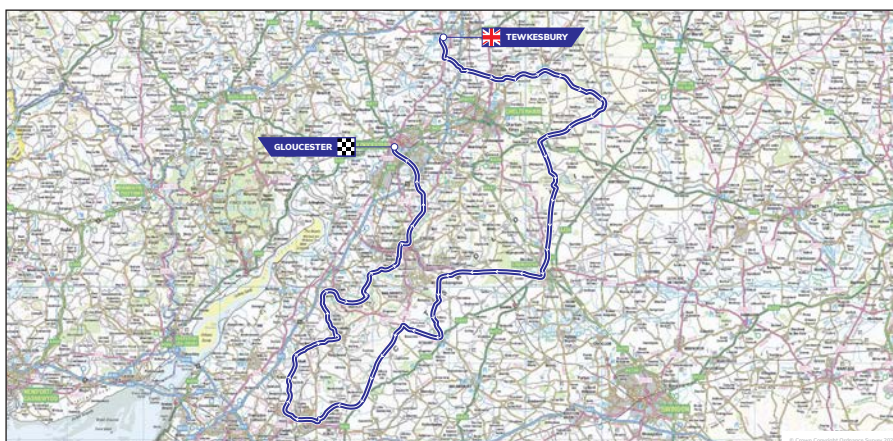
Stage distance:
190km/118 miles



Stage 6

Gloucestershire
Friday 9 September

Stage distance:
169km/105 miles



Stage 7

Dorset
Saturday 10 September

Stage distance:
180km/112 miles



Stage 8

Isle of Wight
Sunday 11 September

Stage distance:
150km/93 miles



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?

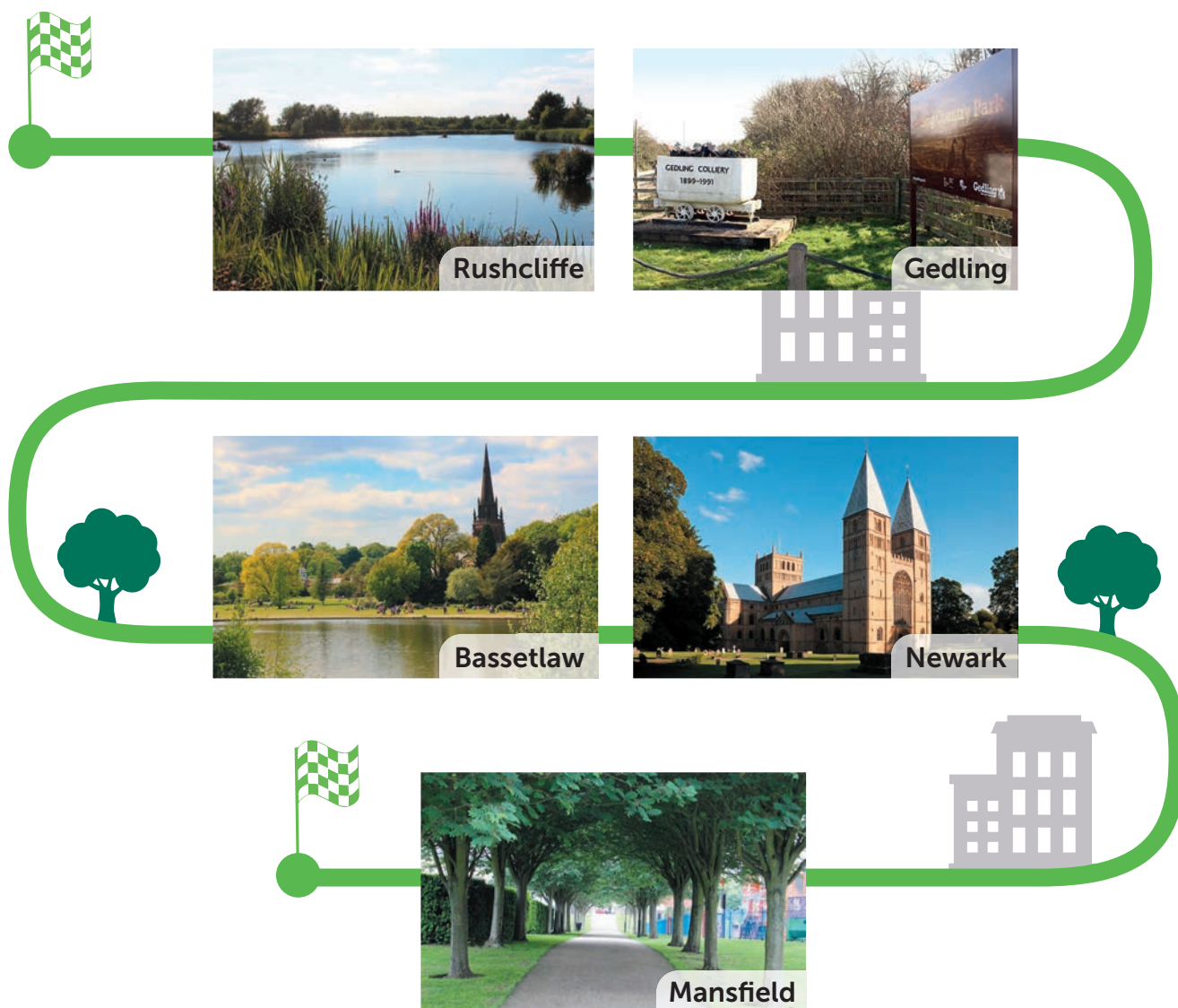


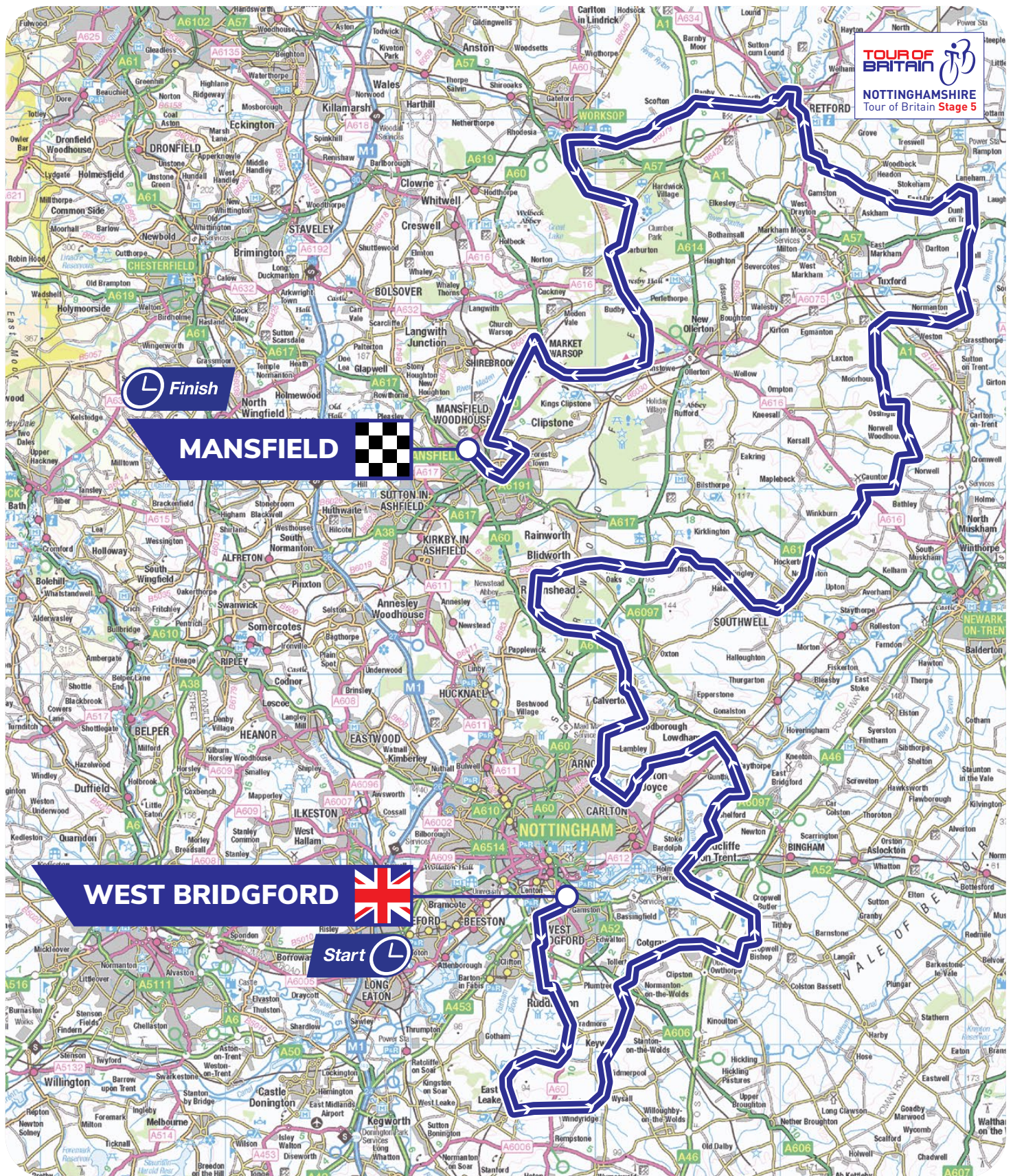
The Tour of Britain comes to Nottinghamshire

Stage 5: Nottinghamshire

On Thursday 8 September, Stage 5 of the 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 start the race in West Bridgford before going on to visit East Leake, Radcliffe-on-Trent, Calverton, Southwell, Retford and Worksop – as well as ride along the recently-opened £49 million Colliery Way road (Gedling Access Road). The Stage will also take in key county landmarks and attractions such as world-famous cricket ground Trent Bridge, the legendary Sherwood Forest and popular tourist attraction Clumber Park before finishing in Mansfield.





Maps © Crown Copyright Ordnance Survey 2022

School Activity

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

How many miles will the cyclists have ridden by the end of Stage 5?



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 5 of the Tour of Britain, we are offering local school children the chance to design the Stage 5 starting flag, 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 get VIP tickets to the start of the race, where they will be invited to wave the starting flag. The winner will also receive a special Robin Hood themed tour of Sherwood Forest!

The lucky winner of the trophy competition will have their design professionally made and will get VIP tickets to the finish of the race, where they will be invited to present the trophy to the race winner of Stage 5. The trophy competition winner will also receive a family adventure golf ticket at Rufford Abbey!

Both the flag and trophy competition winners will also get to keep a real version of their winning designs.

The lucky winner of the 'Eat like an athlete' competition will have their meal served at schools across the county on the day that the Tour of Britain comes to Nottinghamshire. They will also receive a five-person activity pass for kayaking and mini golf at the National Water Sports Centre!

Entries for the 'Eat like an athlete' competition need to be in by **Friday 24 June**

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

Please email your entry to **competitions@nottscc.gov.uk** with Tour of Britain in the subject header.

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15



Competition:

Design the starting flag

Use the template to design a Tour of Britain Stage 5 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 competitions@nottsc.gov.uk with Tour of Britain in the subject header.

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16

Competition:

Design the winner's trophy

Good luck!

Design a Tour of Britain Stage 5 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 competitions@nottsc.gov.uk with Tour of Britain in the subject header.

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 sportsperson, 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!

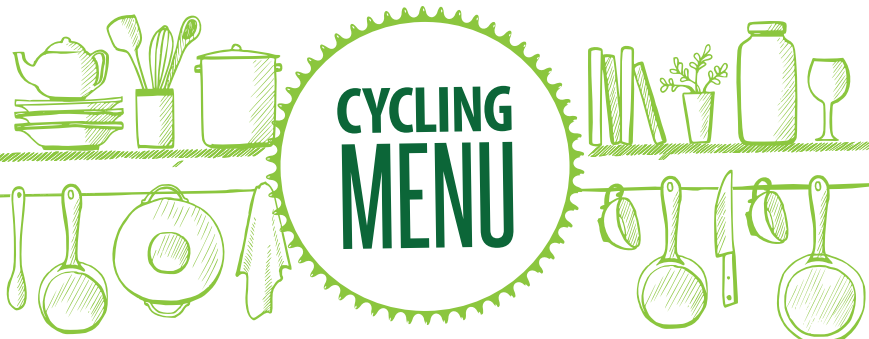
We are delighted to announce that the winning entry of our 'Eat like an athlete' competition will feature on our Tour of Britain school menu and be available at schools across the county on Thursday 8 September.



Competition winner:

The 'Eat like an athlete' competition winner will receive a fantastic activity day pass for five people at the National Water Sports Centre! The activities include kayaking and mini golf, so challenge your friends to a day of fun!





MAIN

DESSERT



Competition:

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

Your menu should include a main meal and a 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 24 June 2022.

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 competitions@nottssc.gov.uk with **Tour of Britain** in the subject header.

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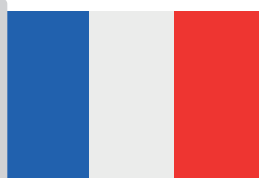
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Just for fun:

Flags of the World

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













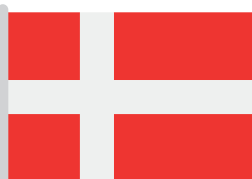














School Activity

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 The Tour of Britain has been around since the end of which war?

3 What speed can cyclists reach on a descent?



4 How many miles is the entire race?

5 How many miles is Stage 5?

6 Who won the Tour of Britain in 2018?



7 How many people lined the streets of Nottinghamshire for stage 7 of the 2018 race?

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 5 pass through?

Cycling & Tour terms

Can you find out the meaning of the words below?

	My Guess	Actual Definition
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 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 5 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 Tour of Britain for their support in sourcing resources for this pack.

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TOUR OF BRITAIN

4 – 11 SEPTEMBER 2022



**Nottinghamshire
County Council**