

You have received this leaflet because you will be affected by the Women's Tour passing through Essex and Suffolk on Monday 6 June for Stage One of the race.

Please take note of the important safety information provided.

## WORLD-CLASS N'S CYCLISTS WORLD-CLASS N'S CYCLISTS RACING PAST YOU

| © Colchester    | 11:00         |
|-----------------|---------------|
| Ardleigh        | 11:56         |
| Manningtree     | 12:09         |
| Hadleigh        | 13:12         |
| Bildeston       | 13:25 & 14:17 |
| Needham Market  | 13:45         |
| Stowmarket      | 13:52         |
| Lavenham        | 14:32         |
| Bury St Edmunds | 15:04         |
|                 |               |



**ROAD CLOSURES** A rolling road closure will be enforced on each of the stages. This means roads on and around the race route will be closed for a short period in which it takes the race to pass by – usually about 10 to 15 minutes around the estimated time of arrival and indicated by police escort vehicles.



NO PARKING The route is marked with yellow advanced warning signs in the run up to The Tour. Please don't park on the route on the day: if necessary vehicles may have to be removed.



**LISTEN** There will be an advance vehicle 15 minutes ahead of the race, keeping you up-to-date with what is happening in The Tour.



**CAUTION** Please keep children back from the edge of the road and animals on a lead, away from the roadside. Riders pass by very fast, while we encourage support, please keep flags, objects and photography equipment out of the road. Remember, taking selfies is fun, but turning your back on the race is never a good idea. Please face the oncoming riders and race convoy at all times.



**POLICE** The Tour is escorted along the route by trained police officers and escort motorcyclists. If you are asked to stop by an officer, please listen carefully and obey their instructions.



**SUPPORT** Don't forget, this is a major international race and part of the UCI Women's WorldTour. So show your support for the British heroes and the international stars who will be taking part and leave them with positive memories of the support at The Women's Tour.



## **RESPECT THE RIDERS**

We encourage everyone to get behind the riders, but please remember this is their race. Please don't block their route, run alongside them or impede their progress.

## TOP TIPS FOR SPECTATORS

- Check before you travel! Take note of the route, road closures and ETA's that may be affecting you
- Grab a safe spectator spot early and enjoy the build up to the Peloton arriving
- If you can't get to a start or finish location, check out where your nearest Sprint or OoM points are along the route
- Do not obstruct the riders in any way and keep children and animals back from the roadside
- Who's Who? Check out the Team page on our website womenstour.co.uk/teams
- Keep up-to-date with the latest news and action via the website and our Twitter @thewomenstour #womenstour
- We want you and the riders to have an unforgettable Tour experience, so soak up the atmosphere and make some noise!

Be sure to check the website womenstour.co.uk/stages for further information, updated ETAs and detailed interactive maps of all six routes.

STAGE PARTNERS



















