

SINGHA TOUR of PHUKET & PHANG NGA

WELCOME

Welcome to the Singha Tour of Phuket, a fantastic 3-day tour that is now in its 4th edition, building on the strengths of previous years with many enhancements in 2019.

We are very excited to have the Singha group as the title sponsor for 2019, an avid and strong supporter of competitive and sportif cycling in Thailand and South East Asia. In addition we have a number of supporting sponsors including Champion Systems, Garmin, Hayco, Isuzu, Jaggad, Recovery Systems, the Thailand Tourism Board and Unfound.

We wish all riders a safe and successful event, whether you stand on the podium or simply enjoy the event with your friends and fellow riders.

Please take time to read the race briefing to ensure you maximise and are well prepared for the race ahead. We wish everyone a safe and enjoyable time.

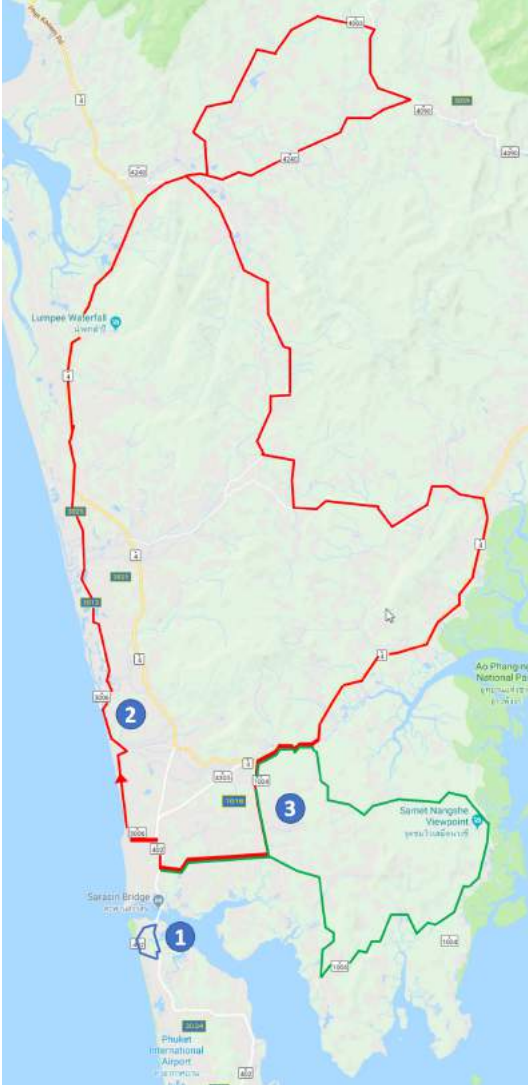


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TOUR OVERVIEW



FRIDAY 8TH MARCH

Stage I: Gateway ITT

The tour kicks off with a deceiving Individual Time Trial of just 4.65 km. While short, the technical course and tough headwinds make for interesting time gaps.

SATURDAY 9TH MARCH

Stage II: Phang Nga

The big day! A 137.4 km course that is both beautiful and a beast at the same time. In previous years we have always had a number of strategic breakaways on this stage.

Singha Sundowner Party

13, Tambon Khok Kloi, Amphoe Takua Thung, Chang Wat Phang-nga 82140, Thailand

SUNDAY 10TH MARCH

Stage III: Phang Nga Beauty

The third and final day is stunning – taking in the scenic vista of Phang Nga bay. The course effectively delivers 102 km of beautiful roads combined with punishing terrain.

STATISTICS



4.65 km



137.4 km



102 km

= 244.05 km

REGISTRATION



PHUKET GATEWAY - REGISTRATION: 1PM – 6PM FRIDAY 8TH MARCH

Phuket Gateway: [Map](#) Lat: 8.184334 Lon: 98.2959493

There is ample parking

- Please bring some form of ID (spot checks will be done)
- You can collect your lifestyle T-shirt on sign in
 - Please note there is a change in sizes (local producer starts at SM (which is like an XS)
 - There will be one sample of each size for you to check / try
 - T-shirts are non-returnable so please check the sizing
 - We can not "hold" t-shirts for people. Please take your t-shirt on registration.
- Singha Sundowner Raffle Tickets
 - During registration you can buy raffle tickets to the Singha Sundowner party where great prizes will be given away. Raffle tickets are just 100 BHT.
- Your race kit consists of:
 - Timing Chip (must be returned after your last stage – S\$100 lost fee if not returned). (Cable Tie the chip to either fork as low as possible.)
 - Bib Number – please attach (with safety pins provided) to the lower left of the back
 - Helmet Sticker – please attach to the front of your helmet
 - Bike Sticker – please attach to your seat post
 - Green Bag Tag. (Please note that you can drop your bags. Please do not have anything valuable in your dropped bag as Cycosports will not be responsible for any loss.)

SOCCER FIELD REGISTRATION: 6AM – 7AM SATURDAY 9TH MARCH

Lat: 8.184255 Lon: 98.297624

There is ample parking at the Phuket Gateway

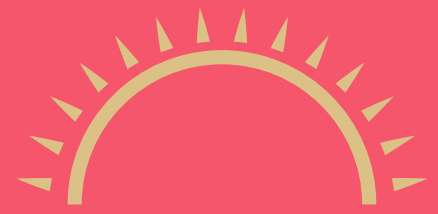
- Saturday registration should be mainly for GF riders
- GF riders who are participating in **SATURDAY ONLY** please remember to return your chip at the end of your SATURDAY RIDE

KID'S SPORTS DONATIONS

As part of giving back to the local community, we are seeking your help with old kid's running shoes, soccer boots or sports gear that you would like to donate to the local kids who use the soccer field where the Day 2 and 3 Start/ Finish is. Most of the children here currently play in bare feet. You can bring your kids shoes along and pass them to the Cycosports team at registration or on the morning of Day 2.



SINGHA SUNDOWNERS



SATURDAY 9TH MARCH,
3PM ONWARDS

Thanoon Seafood

13, Tambon Khok Kloi, Amphoe Takua Thung, Chang Wat Phang-nga 82140, Thailand

While there will be refreshingly cold Singha Beers at the end of each stage, we are also organising a gathering on the Saturday afternoon – kicking off at 3pm which gives you enough time to head back to your hotel, shower and slip on your Tour of Phuket T-Shirt.

The gathering is a great chance to relax and chat with fellow riders while having a beer or two and something to eat. It's a family friendly environment so all are welcome.



Win great prizes in our Raffle!

We also have a few prizes to give away – including Garmin and Jaggad products. Tickets for the raffle will be available at Registration.

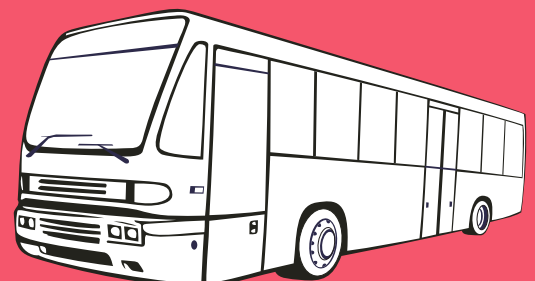
HOLIDAY INN TO SUNDOWNERS

2:45 PM leaves Holiday Inn

Return 6:30 PM

45 seats available

150 BAHT per ticket (pay at registration)



EVENT PARTNERS



MAIN PARTNER



SINGHA

PARTNERS



GARMIN

ISUZU
ANDAMAN SALES



CAMELBAK



JAGGAD
Life Athletic

ORGANISED BY



NICH

PROMOTED BY



STAGE I



FRIDAY 8TH MARCH – FIRST RIDERS @ 2 PM

Phuket Gateway: [Map](#) [Lat: 8.184334 Lon: 98.2959493](#)



The 4.65 km ITT Prologue starts at the Phuket Gateway at the very top of Phuket Island just before the Sarison Bridge.

If you are driving, please make a full circuit and come in after the main entrance (new parking area).

RACE REGISTRATION FROM 12.30PM

- Race Registration is open from 12.30pm to 6:15pm for all categories
- Please secure your timing chip, bike sticker, helmet sticker and bib number
- You will be collecting your T-Shirt at the same time (we will not hold t-shirts for riders)

THE ITT PROLOGUE – FIRST RIDER STARTS @ 2.15PM

Riders will undertake the individual time trial from 2.15pm onwards with riders scheduled according to their race category. Provisional start times - <http://my.raceresult.com/118225/participants?lang=en>

- If your flight is arriving late, we will accommodate you at the end.
- If driving, please make a full loop of the gateway and enter after the main entrance where the riders come in. There is a new entrance after this for cars.
- Please be at the Phuket Gateway at least 30 minutes before your start time.
- Each rider will start with a one minute interval.
- TT Clip-on Bars and Aero helmets are allowed.
- **TT Bikes and Solid Disc wheels are NOT allowed.**
- If you puncture / mechanical, we will allow you to redo your ITT when a slot is available.
- Drafting is not allowed. If caught there will be a one minute penalty imposed.
 - Keep Right (away from the cars) at all time unless overtaking a rider.
 - If overtaking, go to the left and call out "Rider Up" so the rider in front stays right.

PRIZE GIVING

- Prize giving will be at Phuket Gateway – providing no protests, prize giving will be within 30 minutes of the finish of each category.
- Singha Water and Beer will be available at no charge for riders.

THANYAPURA FOOD TRUCK

- Fresh / Healthy wraps
- Fresh "booster" juices
- Espresso / latte / cappuccino



STAGE II



SATURDAY 9TH MARCH



Start / Finish : Ban Tha Nun School Soccer Field

Map: [Lat: 8.223884 Lon: 98.300750](#)

GETTING READY

- Registration (GF can still register here)
- Bag drop off tent is available (ACNR)
- You can drop off sports gear for the kids here
- Additional water is available here
- You can pick up your old bidon here

RACE START @ 7:30AM

- [Strava File – Stage II](#)
- Pelotons will start at 10 minute intervals
- Gran Fondo follow the last peloton
- Gran Fondo riders will have the option of a 25 km shortcut (taking out the top loop)
- First 5 km are neutralized (until coastal road)
- First 20 km (coastal road until the temple) – we ask riders to “take it easy” – you still have 120 km
- Roaming water support will start after the first 20 km (past the temple intersection)
- SPRINT: 36 km (watch out for the sign 500 m before)

- Finish: 137.4 km
- The last 1 km is signposted 1 km, 500 m, 400 m, 300 m, 200 m and 100 m
- Please exercise caution u-turning after the finish to head to the soccer fields

- Water Stop 1: 43 km
- KOM 1: 63 km
- Water Stop 1: 77 km (second passing)
- KOM 2: 104 km
- Water Stop 2: 116 km

PRIZE GIVING

- Cold Singha and Water await riders at the soccer fields
- The Thanyapura truck will also be on hand
- Prize Giving will be staggered (approx. 30 minutes after a peloton comes in)

THANYAPURA FOOD TRUCK

- Fresh / Healthy wraps
- Fresh “booster” juices
- Espresso / latte / cappuccino



STAGE III



SUNDAY 10TH MARCH



Start / Finish : Ban Tha Nun
School Soccer Field

[Map](#)

Lat: 8.223884 Lon: 98.300750

GETTING READY

- Sign In for the day (and drop off your Keycard)
- Large bags to drop at the Bike Room
- Day Bags can be deposited at the Start
- Bike Area opens at 5:00am
- Bikes will be signed out by each rider
- Additional water is available here

RACE START @ 7:30AM

- [Strava File – Stage III](#)
- Pelotons will start at 10 minute intervals
- Gran Fondo will follow the last Peloton
- Gran Fondo riders will have the option of cutting the second "hotdog" loop (40 km off)
- Roaming water support will start after the first 20 km (past the temple intersection)
- KOM 1: 16.7 km
- SPRINT: 43.5 km (watch out for the sign 500m before)
- KOM 2: 62.3 km
- Finish: 102 km
- WATER: 24 km, 51 km and 70km
- The last 1 km is signposted 1 km, 500 m, 400 m, 300 m, 200 m and 100 m
- Please exercise caution u-turning after the finish to head to the soccer fields.

IMPORTANT NOTE:

The original course has been changed due to last minute roadworks to the area. A section (including the original KOM) has been taken out and replaced with TWO full loops.

PRIZE GIVING

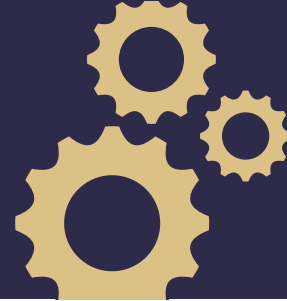
- Daily Medals: Top 3 Riders from each race category
- Leader's Jersey: GC Rider from each race category
- KOS Trophy: Overall KOS winner from each category
- KOM Trophy: Overall KOM winner from each category
- GC Tour Trophies: Top 3 Riders from each category
- Team Trophies: Elite Men, Open Women, Masters and Supermasters
- Finisher Medals: Gran Fondo Participants

THANYAPURA FOOD TRUCK

- Fresh / Healthy wraps
- Fresh "booster" juices
- Espresso / latte / cappuccino



RIDER SUPPORT



PELTON SETUP (RELEASE WITH 10 MINUTE GAPS)

- **Peloton 1:** Elite
 - **Peloton 2:** Masters
 - **Peloton 3:** Women's Open, Supermasters, Veterans
 - **Peloton 4:** Gran Fondo
- Each Peloton will be accompanied by:
 - Wheel bikes and water bikes (except Peloton 4)
 - Cycosports Marshal Car
 - Motorbike Medics & Ambulance
 - A sweeper truck will follow the last Gran Fondo riders

MEDICAL SUPPORT

- Motorbike medics / ambulances will follow each peloton and Gran Fondo riders
- The Cycosports team has medical procedures in place based on severity of accident
- We strongly suggest keying the emergency numbers into your phone now

EMERGENCY NUMBERS:

+65 9690 6077 (English)

0922841326 / 0868733783 (Thai Speaking)

WATER SUPPORT – START WITH TWO FULL BOTTLES

- Peloton water support will start after the first 20 km. You can pass your empty bottle back.
- There will be rubbish drop points marked with a sign and large bag approx 1 km after each static water stop. Please communicate within the Peloton upcoming rubbish drop areas.
- **ANYONE CAUGHT THROWING RUBBISH OUTSIDE OF THE DROP AREAS WILL BE DISQUALIFIED.**
- For the GF there will not be water support bikes – there are two drink stations on the course.
- There are also village shops along the way, but you will need local currency.
- If you want your personal bidon returned after Stage II and III please can you mark the bidons clearly with your name.

MECHANICAL SUPPORT

- A mechanic will be on hand prior to the start of each stage.
- There are 11sp rim brake wheels. There is no support for disc brake wheels.
- We strongly suggest bringing your own spare tubes, tire levers and pump.

STAYING SAFE

- While we can be there in an emergency, we need you to reduce the chances by:
 - Ensuring you are hydrated and keep **hydrated** throughout the ride.
 - Coat up in **sunscreen**, the road is exposed.
 - Stop and seek assistance if you are suffering any **heat effects** or **chest pains**.
 - Keep aware of the road around you, look ahead and **call out** to pre-empt any dangers.
 - Think of your fellow riders, team and other cyclists around you.
 - In case of an emergency please use the phone number on the bib.



RIDE CUT-OFF

- Due to time constraints we will need to "cut off" the ride at a reasonable time.
- A sweeper truck will follow the last riders. If the sweeper team encourage you to "jump in", they are politely telling you it's time to head to the finish.

RACE RULES



By registering for the Tour of Phuket the rider has agreed to the rules and regulations of the event as well as the registration indemnity.

KEY POINTS

- All riders must wear a safety approved helmet at all times.
- Please always keep left – **RIDERS WHO PERSIST ON CROSSING THE CENTRE LINE WILL BE DISQUALIFIED.**
- All roads are open and subject to normal road rules.
- Please obey the police and marshals as directed.
- Be aware of Cycosports signage and obey the signs.
- Wear your bib number on your back and ensure your bike sticker is not obstructed.
- Only throw your waste bottles at the designated drop zones.
- Additional team support vehicles must stay behind the Commissaire car at all times.

RULE VARIATIONS

Broadly speaking Cycosports follows UCI road rules. Please note the following:

- You can start and compete in any stage even if you DNS / DNF a previous stage.
- ITT riders who are late due to flights will be allowed to ride at a later time slot.
- Clip on Aero bars, Aero Helmets and Shoe Covers are allowed. **ITT Bikes and Disc Wheels are NOT.**
- If a participant comes extremely late, they can complete the ITT and have the result recorded, however they may forfeit their podium medal if the prize giving is completed.
- Bonus Time seconds for Stage 2 and 3 are 10,6 and 4 seconds for 1st, 2nd and 3rd respectively.
- The Sprint Champion will be based on highest points or highest position in last sprint if a tie.
- The KOM Champion will be based on highest points or highest positions in last KOM if a tie.

RESPECTING THAILAND AND NATURE

- Please only drop your empty bottles / rubbish at the water stops and water drop areas.
- Urinating in public is a criminal offence.
- **ANYONE CAUGHT NOT ABIDING BY THESE RULES WILL BE DISQUALIFIED.**

WEATHER

- If you are caught in heavy thunder / lightning, seek shelter in a car or under a solid building. Try not to shelter under individual trees or under small iron structures.
- In the event of heavy rain or haze, Cycosports may have to shorten or even cancel races. As such events are outside of our control and safety being paramount, no refunds can be provided.

DISCLAIMER

- By registering each rider has agreed to the Cycosports Indemnity Terms and Conditions.
- Each rider must sign in to ensure we know you are participating.
- Each rider is solely responsible for their own travel / race insurance coverage.

COURSE SIGNAGE



OFFICIAL EVENT / VEHICLES SIGNAGE

SINGHA
TOUR of PHUKET

T of P

DIRECTIONS



WARNINGS / DESCENTS



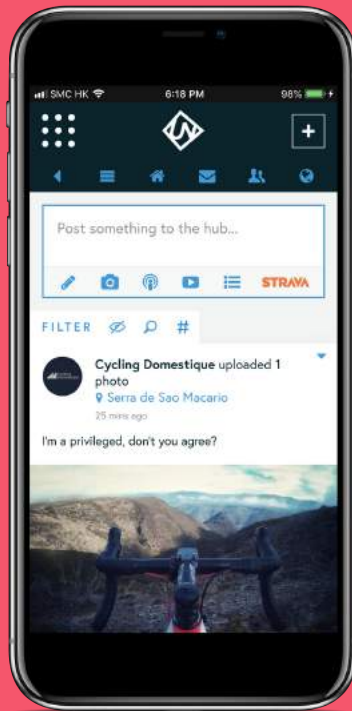
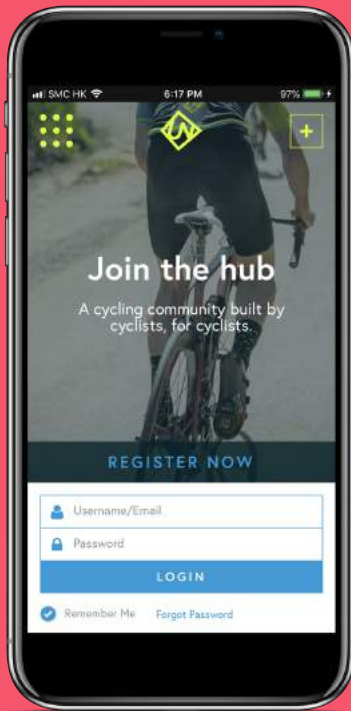
WATER / DROPZONE



DISTANCE SIGNS



SHARE #TOP2019



The Singha Tour of Phuket is all about you having the best possible experience. We will be capturing it and I'm sure you will too.

Download the **Unfound App** and share your rides, photos and stories on the hub with cyclists from around the world. We will also be posting photos, interviews and video daily on the hub, so don't miss out.

In addition to the Unfound App, you can find the Tour of Phuket on Instagram, Facebook and Twitter. Share your photos so friends and family can see with our hashtag: #ToP2019

You will also be able to follow our live stream of the race on our Facebook page.

Now let's get the party started, it's going to be a lot of fun.

