



# RISK ASSESSMENT

Courses and roads assessed. <b><u>L310</u></b>	Course local to: Sampool Bridge, Meathop, Lindale, Lyth Valley Road, 2 laps 30 miles
Date of assessment/review: Approved 26 May 2025	Name of assessor: Kevin Hesketh

## **Course description**

START at junction of A590 and easterly exit of A5074 at Sampool bridge. Immediately join A591 and proceed north east to encircle roundabout at Brettargh Holt (Sizergh RAB). Retrace south west along A590 to Meathop roundabout. Take the first exit on the B5277 towards Lindale, where encircle the mini roundabout and retrace along the B5277 to Meathop roundabout and along A590 to pass the start at Sampool bridge and complete 1 lap (14.66m). Proceed again via A590/B5277 and Brettargh Holt, Meathop and Lindale roundabouts to almost complete a second lap. At the westerly junction of A590 and A5074 turn left (29.13m) onto the A5074 and continue north to finish at the second telegraph pole on left after junction with minor road at Thorfor bridge (Lyth valley rd) on A5074 (30m).

## **Traffic flows**

Main road suitable only for quiet times of day. **Special conditions apply to start times.**

## **Course event/history**

This is a Type A (Open) events course. It is based on L308 with the start and finish modified.



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## Key identified risks

	Distance	Location	Identified Significant Risk/Hazards	Level of Risk Low/Med/High	Measures to reduce Risk (if applicable)
1		General requirements	Time of event meets CTT standards. Course clear on day.		Traffic counts <b>Organiser</b> to ensure course checked on day
2		Before start	Competitors parking. Competitors riding from HQ and warming up.	LOW	<b>Organiser</b> to place 'CYCLE EVENT' warning signs.
3		Start area	Competitors waiting	LOW	<b>Organiser</b> to display head up sign and position CYCLE EVENT warning sign to make riders aware of cycle event and ensure officials to wear high visibility jackets/bibs.
4	0 miles	START at junction of A590 and easterly exit of A5074 at Sampool Bridge.	Competitor/holder up falling. Wide main road with passing traffic. Safe area for riders and officials in exit road.	LOW	<b>Organiser</b> to brief start marshal to warn riders of approaching traffic and place warning sign/cone. <b>LOCAL Rules</b> – riders not to perform a 'U'-turn in the vicinity of the start - riders not to attempt to cross the dual carriageway at any point. <b>Organiser</b> to ensure riders are reminded with a notice at signing-on.
5		Riders immediately join A591	Passing traffic on A590.	LOW	<b>Organiser</b> to place cycle event warning sign on approach to A5074 exit and position 1 marshal to warn traffic.
6		Slip road exit from A590 towards Levens Bridge.	Riders continue straight on. Danger from vehicles overtaking riders and bearing left across them.	MED	<b>Organiser</b> to place minimum of 3 cycle event warning signs to alert traffic approaching riders from behind.

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	Distance	Location	Identified Significant Risk/Hazards	Level of Risk Low/Med/High	Measures to reduce Risk (if applicable)
7	0.65m	Riders proceed north east to encircle Brettargh Holt (Sizergh) Roundabout with A590/A591	Busy roundabout with fast joining traffic. Riders need to give way to traffic from right.	MED	<b>Organiser</b> to place cycle event warning signs at approaches to A6/A590 roundabout and position 3 marshals for safety and direction. <b>Organiser</b> to remind riders in start sheet to give way if required to traffic from right.
8		Slip road on left where A6 joins onto A590.	Fast traffic joining A590 from slip road to left of riders.	MED	<b>Organiser</b> to place minimum of 3 cycle event warning signs on slip road and position 1 marshal to warn traffic. Also, <b>organiser</b> to warn riders to take particular care at this junction in race instructions.
9		A590 westbound towards Meathop RAB.	Junctions onto A590 from minor roads and former Little Chef cafe. All have good visibility for emerging traffic and all carry only light traffic.	LOW	No additional measures required.
10		Meathop roundabout - Lindale bypass.	Riders take 1st exit onto B5277 towards Lindale.	MED	<b>Organiser</b> to place cycle event warning signs and position 2 marshals at the roundabout. <b>Organiser</b> to warn riders to take particular care at this roundabout in race instructions.
11		Lindale roundabout.	Riders encircle mini roundabout and retrace route on B5277.	MED	<b>Organiser</b> to place cycle event warning signs and position 2 marshals for direction and safety.
12		Meathop roundabout - Lindale bypass.	Riders take 2nd exit onto eastbound A590. Traffic joining roundabout.	MED	Covered by mitigating actions under Item 9



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	Distance	Location	Identified Significant Risk/Hazards	Level of Risk Low/Med/High	Measures to reduce Risk (if applicable)
13		A590 eastbound.	Junctions onto A590 from minor roads and former Little Chef café/Garage. All have good visibility for emerging traffic and all carry only light traffic.	L	No additional measures required.
<b>Riders complete 1 lap (14.66m) and then repeat Items 5 to 13 on 2<sup>nd</sup> lap (29.13m)</b>					
14	29.13m	Riders turn left at the westerly junction of A590 and A5074 onto the A5074 and continue north.		LOW	<b>Organiser</b> to place cycle event warning sign and position 1 marshal for direction.
	Finish 30 miles	FINISH at the second telegraph pole on left after junction with minor road at Thorfor bridge (Lyth Valley Rd) on A5074 (30m).		LOW	<b>Organiser</b> to notify in start sheet that no times will be given to competitors or supporters at finish.
		Riders return to HQ		LOW	<b>Organiser</b> to place cycle event warning signs and remind riders in start sheet to obey rules of the road.

## NOTES:

1. The use of a vehicle for the timekeeper(s) at start and finish is where appropriate and is only identified as an example for the action to be taken.
2. The small junctions or entrances to farms/facilities (garage, eatery, etc) that are not identified in this risk assessment have been considered,

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however are not considered significant to pose a risk and therefore have not been noted.

3. All rules of the road must be followed as to 'the Highway Code'.
4. This risk assessment shall be made available at the event signing on. By the riders signing on to event sheet they accept all hazards identified on this course and are aware that this is an open road event and that they have a duty of care and courtesy to other road users.

Risk assessment Author: Kevin Hesketh	Date: May 2025
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