

### Risk Assessment proforma

Course	M40	
Area	NE District	
Description	Mountain	
HQ	Allendale First School or Allendale Sports Club	
Measured	No	
Measured by		
Risk assessed		
Assessed by		
Date approved		
Type A	Yes	
Type B	No	
Police Authority	Northumbria, Cumbria & Durham	
Additional information		
Notes for riders	See below	

**Course Description**

**Allendale - Whitfield – Alston – Cowhill – Allendale (40 Miles – Mountain)**

START at lamp standard 28AE beside the entrance to Denelands, just north of Allendale Town, and proceed north on the B6303 to Catton. Continue north on the B6295 and bear right on to the B6304 over Stublick Moor to the junction with the B6305 at Branchend. Turn left on to the B6305 and proceed west to junction with the A686. Turn left and proceed south west on the A686 to Alston. Turn left in Alston on to the A689, and proceed through Alston to the junction with the B6277. Turn left to continue on the A689 to the T-junction with the B6295 at Cowhill. Turn left on to the B6295 and proceed north through Allenheads to Finish at the south boundary sign of Allendale Town.



**Organiser's Information**  
**Best Practice: Risk Assessment Guidance**  
**Issue level: 03**  
**Date: October 2022**

**General Safety Notes and Requirements**

- Vehicles of competitors/officials/marshals/helpers to be parked safely and without hindrance to other road users.
- All officials/marshals/helpers to wear fluorescent jackets or high visibility clothing.
- Marshals are to be briefed as to the extent of their roles/duties prior to the event.
- A marshal's sole duty is to clearly indicate the route the rider is to follow before the rider reaches the marshal point (the rider may be unfamiliar with the course). This is done by either pointing out the direction of travel or holding a directional arrow/marker – marshals should not shout instruction or attempt to control the traffic in any way or interfere with its movement on the highway (Guidance Note 11).
- Whenever possible, marshals should be able to communicate with the organiser by mobile phone in case of accident/emergency

**Rider Safety Notes**

- No U-turns to be made in the vicinity of the timekeeper(s).
- Take extra care on several steep descents with bends, and especially that of Staward Peel, indicated by red flags and which ends with a left hand turn onto a narrow bridge. • Take extra care also in the built-up areas of Alston and Allenheads, and at all road junctions.
- Road surface conditions will be assessed periodically, and the current points should be taken in consideration by riders. A686 onto descent of Staward Peel and onto Cupola Bridge - Some ruts and longitudinal cracks, and entry and exit to bridge has some loose surface. Descent is Red Flagged so heed surface conditions until clear. Approach into Allendale, on descent into Allenheads, B6295 - some depressions in road at bend, that need to be carefully approached, particularly when on aero extensions at speed, to avoid loss of control.
- Keep strictly to the correct side of the road at all times.
- Road surface conditions may change depending on the season, weather, or condition of the road. It is the rider's responsibility to ride in such a manner that allows them to ride safely and with consideration to other road users at all times.
- Head down riding is prohibited and will result in disqualification.
- It is the responsibility of the rider to check the On-The-Day Risk Assessment to be aware of any extra hazards or changes they should be aware of.
- Every competitor MUST have, fixed to their machine, both a front and rear-facing, working light (either constant or flashing). These must be clearly visible (Regulation 14).
- Every rider MUST wear a helmet that conforms to current Safety Standards (Regulation 15), and it is their responsibility to ensure it fits correctly and is in good condition/undamaged.

**NOTE TO THE ORGANISER:** All of the above information should be included in the Start Sheet Information.

What 3 Words	Course description	Distance	Risk (L/M/H)	Risk description	Minimum management <i>(Without prejudice)</i>
Talking.spurring.stumpy	M40 START - B6303 at lamp standard 28AE near the entrance to Denelands housing estate, just north of Allendale Town.	0	M	The start line is just within the 20mph limit but even with a held start, riders unlikely to exceed speed limit for the very short section.	<ol style="list-style-type: none"> <li>1. <b>Marshal</b> to assist Start Timekeeper.</li> <li>2. Cycle Event sign positioned approximately 50 metres BEFORE the start.</li> <li>3. Cycle Event sign positioned approximately 50 metres AFTER the start to warn traffic approaching from the direction of Catton.</li> </ol> 
Imposes.passwords.grins	B6295 – Junction with the B6304 near Stublick (bear right onto the B6304).	3.2 Miles	L	Road markings now indicate that the B6304 now has priority.	<ol style="list-style-type: none"> <li>1. Directional arrow (right).</li> </ol>

					
Pebbles.freshest.panics	B6304 – Junction with the B6305 near Branchend (turn left on to the B6305).	4.3 Miles	L		<p>1. <b>Marshal.</b>                  2. Directional arrow (left).</p> 
Messy.existence.cloggy	B6305 – Cross roads with the B6295 (continue straight ahead).	5.6 Miles	M	Road markings indicate that	<p>1. Cycle event sign positioned to the right on the B6295 at approx. 25 metres to alert traffic approaching from the direction of Langley.                  2. Cycle event sign positioned to the left on the B6295 at approx. 25 metres to alert traffic approaching from the direction of Stublick.</p>

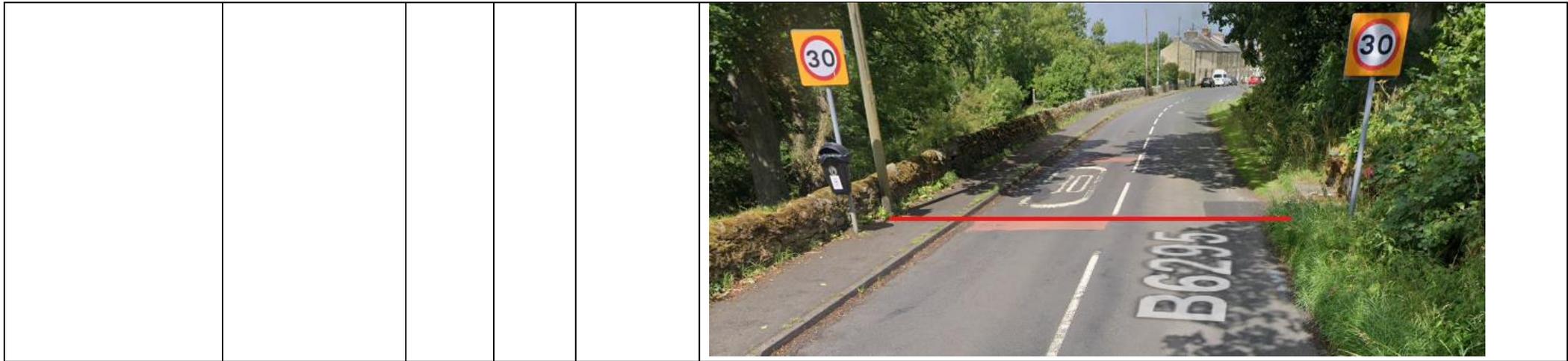
				the B6305 has priority	
Speakers.segmented.today	B6305 – T-junction with the A686 near Carts Bog (turn left on to the A686).	6.4 Miles	M		<ol style="list-style-type: none"> <li>1. <b>Marshal.</b></li> <li>2. Cycle event sign positioned on the A686 to the right of the T-junction at approx. 60 metres to alert traffic approaching from the direction of Langley.</li> <li>3. Directional arrow (left).</li> </ol> 
	A686 – Descent of Staward Peel followed by a narrow bridge.	7.7 Miles to first switch-back	M	Series of tight switchback bends leading to narrow bridge.	<ol style="list-style-type: none"> <li>1. Red flags (2) appropriately positioned to alert riders of a sharp left-hand bend followed by a narrow bridge.</li> <li>2. Cycle event sign positioned on the A686 at an appropriate distance beyond the bridge to alert traffic approaching from the direction of Alston.</li> <li>3. <b>Riders: See Safety Notes above.</b></li> </ol>

Corals.apes.dislodge		8.6 Miles to Cupola Bridge			
Hires.upward.curtains	A686 – Junction with the A689 in Alston (turn left).	19.9 Miles	M		<p>1. <b>Marshal.</b>                  2. Directional arrow (left).</p> 
	A689 – Alston.		M	Busy with traffic and pedestrians.	<p>1. <b>Marshal</b> (positioned in the vicinity of the cobbled section).</p>

<p>Multiply.plantings.seabirds</p>					
<p>Suits.sailor.work</p>	<p>A689 – Junction with the B6277 (turn left to continue on the A689).</p>	<p>20.1 Miles</p>	<p>M</p>		<p>1. <b>Marshal.</b>                  2. Directional arrow (left).</p> 

<p>Cheerful.butlers.soda</p>	<p>A689 – Junction with the B6295 near Cowshill (turn left).</p>	<p>29.8 Miles</p>	<p>M</p>	<p>Extremely steep and tight left hand turn. Caution required.</p>	<p>1. <b>Marshal.</b>                  2. Cycle event sign positioned on the A689 to the right of the T-junction at approx. 50 metres.                  3. Directional arrow (left).</p>  <p>The photograph shows a road junction where a minor road (B6295) crosses a major road (A689). A signpost on the A689 indicates the junction with the B6295. A red arrow points to a cycle event sign positioned on the A689 to the right of the junction. The road is paved and has white markings. A stone wall and a cross are visible in the background.</p>
	<p>B6295 – Minor cross roads in Allenheads (continue straight ahead).</p>		<p>M</p>	<p>Emerging traffic from both sides of the B6295.</p>	<p>1. <b>Marshal.</b>                  2. Cycle event signs (2) positioned on the minor roads at appropriate distances from the road junction.</p>

					
	B6295 – Minor road on right in Allenheads (continue straight ahead).		M		1. Cycle event sign positioned on the minor road at an appropriate distance (near Give Way sign and memorial cross).
Drizzly.atom.quarrel	M40 FINISH. B6295 – South side of Allendale Town at the wooden telegraph pole close to the 30mph signs (directly opposite old water trough on opposite side of the road).	40 Miles (approx.)	M	Traffic coming out of Wentworth Park estate turning onto finish straight.	<ol style="list-style-type: none"> <li>1. <b>Marshal</b> to assist Finish Timekeeper.</li> <li>2. Cycle Event sign positioned an appropriate distance from the T-Junction exit of Wentworth Park housing estate.</li> </ol>



Requirements	
Marshals	9
Event Signs	11
RH Directional Arrow	1
LH Directional Arrow	5
Red Flags	2

**References:**

***CTT GN22 – Risk Assessment***