

Rock 2 Roll – Great Dun Fell Hill Climb

Sunday 29th September 2024

Promoted for & on behalf of Cycling Time Trials under their rules & regulations



Organiser – Daniel Kendall, 104 Scotby Road Carlisle Cumbria CA4 8BJ

Tel: 07763845084

Email: dan.ken1791@gmail.com

Timekeepers – Mr Mike Westmorland and Mr Keith Bickley

First Rider – 11.01am

Course – L826 Great Dun Fell Hillclimb

START 10m north east of the telegraph pole on the Great Dunn Fell radar station access road, and at the north side of the entrance to the Christian Centre. Proceed in a north easterly direction climbing to FINISH adjacent to the last snow pole 5m below the cattle grid and entrance to the NATS radar station (4 miles subject to measurement).

Risk Assessment

- A copy of the CTT Risk Assessment will be displayed at the event HQ

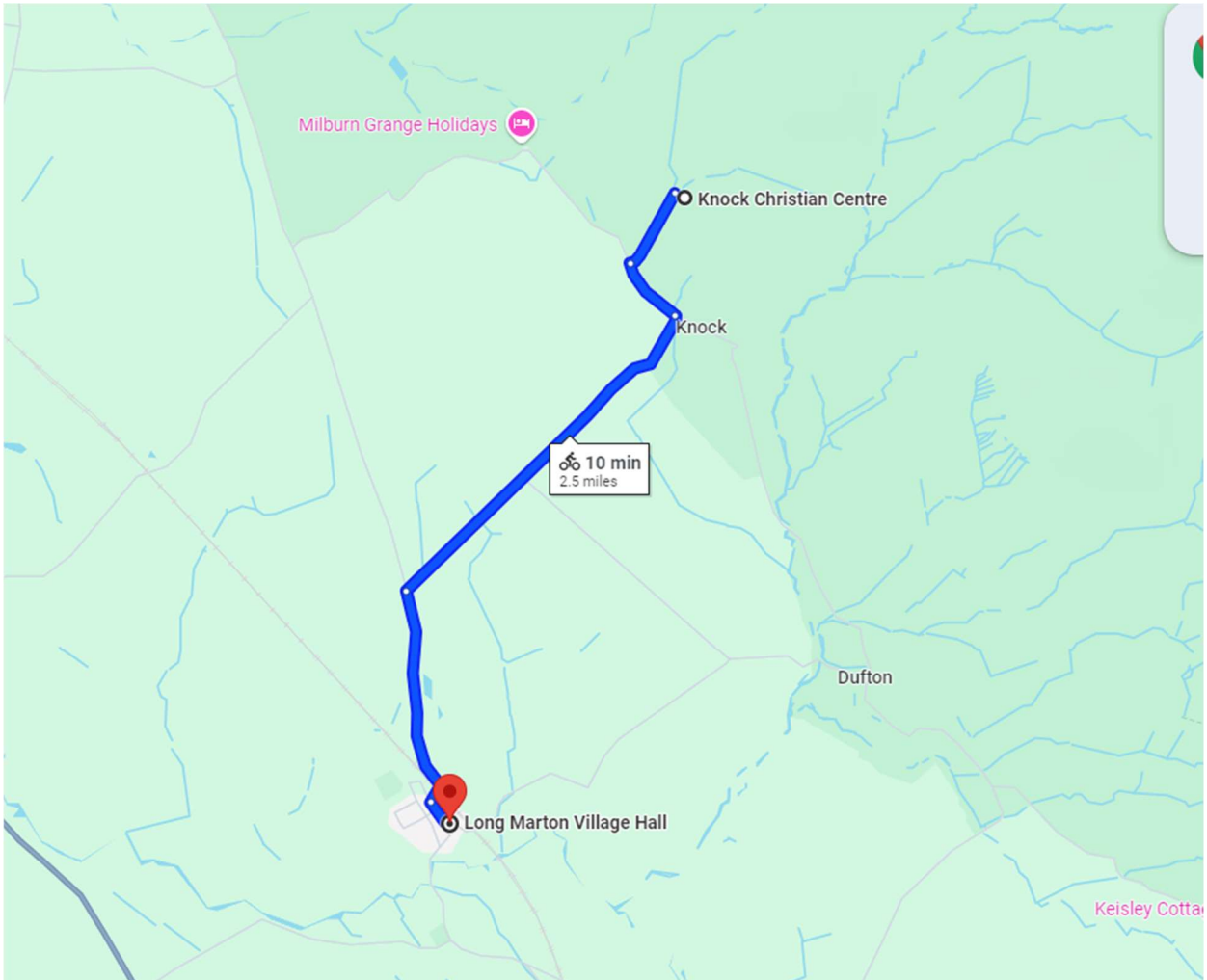
Rider Warning

- Riders are asked not to enter the locked NATS compound at the top.
- Take care on cattle grind mid-way up the ascent.
- **Please ride with caution on your decent down from the finish as riders will be coming towards you and there is a risk of sheep on the road**
- No Cars on the course except for Marshalls and Timekeeper
- The Start is 2.5 Miles from the HQ, please familiarize yourself with the route and leave enough time to get to the start. (15 mins)
- Warm Kit can be deposited at the HQ to be taken up to the Finish. Please do this by 10.30am.

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Event Headquarters:

- **Long Marton, Appleby-in-Westmorland CA16 6BJ**

Car Parking

- Available in the Village of Long Marton but please park considerately.
- There is a small car park below the Knock Christian Centre that is available **but please park sensibly and do not block the road to the start.**

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Numbers, Signing on and Results Board

- Numbers will be available at the HQ
- The HQ will be open from 9.30am
- Plan to have live results at HQ via ResultSheet

Refreshments

- Will be available after the event at the HQ

Prizes

- There will be some prizes awarded after the event at HQ which we hope to include
- Overall Podium Open & Women, U23/Junior
- Random spot prize
- 80kg + (please notify at sign on if you want to be entered – Winner will be weighed after event, so no weight doping!)

Course Records

- **Solo Open**
21:02.6
Andrew Feather
14-Sep-19 | Beacon Wheelers
- **Solo Female**
26:27.9
Rebecca Richardson
14-Sep-19 | Beacon Wheelers
- **Solo Open (Junior)**
24:39.2
Fergus Jones
14-Sep-19 | Beacon Wheelers

The following Local Regulations have been approved by the National Committee in accordance with Regulation 38 Any breaches may lead to disciplinary action being taken.

CTT Regulation 14 Competitors Machine – FRONT WHITE LIGHT & REAR RED LIGHT.

NO COMPETITOR shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine **A WORKING FRONT WHITE LIGHT**, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users. **A WORKING REAR RED LIGHT** must be affixed to the rear of the machine, that is illuminated and in a position that is clearly visible to other road users.

CTT Regulation 17: Signing-on Sheet and Signing-Out Sheet:

- (a) The Competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.
- (b) In Type A events a competitor must return to the events HQ either during the event or within a reasonable time after the last rider has finished the even and must (i) return their number and (ii) sign the official Signing-Out Sheet

Local Reg No 5

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During the event, warming up on the course is not permitted.
Competitors must not ride past the timekeepers, except when actually competing.

Local Reg No 6

Any competitor making a 'U' turn in the vicinity of the start or finish will be disqualified from the event.

Local Reg No 15

Riders must keep to the left-hand side of the road except when overtaking. Failure to comply with the above may lead to disqualification.

IN ADDITION TO THE ABOVE - the following should be included on the start sheet

Riders must give their number at the finish and elsewhere on the course if requested.

Riders must NOT STAND in the road at the start or finish. (This constitutes obstruction and is a breach of Regulations).

HELMETS:

ALL COMPETITORS MUST wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See Regulation 15).