



Whinlatter Open Hill Climb – L824

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

Saturday 26th September

Event organiser: Kenneth Brown
33 Chaucer Road, Workington, Cumbria, CA14 4HQ
Tel 07921334158 email kennethbrown81@sky.com

First rider off: 14:01hrs

Timekeeper: Mrs Tracey Moore
Assistant: Mr Tim Houghton

Event HQ-

Braithwaite institute, Braithwaite, Keswick, Cumbria CA12 5RY

Please note the building will NOT be open, sign on in the car park. Please use local facilities prior to arriving at the event. The HQ is approximately 0.6 mile from the start please take care when crossing the A66

Course details

START at blue parking sign near the entrance to small carpark one quarter of a mile from the derestriction sign on the B5292 whinlatter road from braithwaite village about two miles west of Keswick

FINISH in line with 15% gradient sign on opposite side of the road 30yards short of entrance to Whinlatter Forest Park (Distance 1.75 miles)

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.

Local regulation No. 5: In all events, competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event.

Local regulation No. 6: Any competitor making a 'U' turn in the vicinity of the start or finish will be disqualified from the event.

Local regulation No. 10: Warming up on the course is not permitted during the duration of the event

Local regulation 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 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). Riders must NOT ride with their heads down.

Helmets: All competitors under the age of 18 and / or juniors must wear a HELMET OF HARD / SOFT SHELL construction that conforms to a recognised standard (see Regulation 15). Cycling Time Trials strongly recommends ALL competitors to wear such a helmet.

COVID-19

CCT have a risk assessment published given the COVID-19 Pandemic. This will be emailed and can be found here (<https://www.cyclingtimetrials.org.uk/documents/index/covid-19>) it is essential that all riders follow the guidelines within that risk assessment as well as the government guidelines and local lockdown requirements.

Also :-

- Competitors should not attend if they feel ill in ANY way or if family members have any symptoms.
- An elevated resting heart rate or exceptionally quick to react heart rate during warm up can suggest an underlying asymptomatic illness of ANY kind. You should NOT start the event (DNS) and leave immediately. Do not go to the start line if you feel this is the case and notify the organiser of your intention not to start as a result of an adverse warmup.
- All warm-ups should be done distanced appropriately
- Competitors MUST NOT gather in anyway regardless of current guidelines in the car park, HQ area or elsewhere.
- Competitors MUST NOT leave any personal items with the time keeper.
- Competitors on finishing MUST NOT stop at the finish and MUST NOT loiter at the HQ/car park and MUST pack away and leave immediately upon completion of the race.



VeloClub Cumbria

- No support can be provided if a competitor suffers mechanical difficulties. It is strongly advised that all competitors carry with them a spare inner-tube/tubular, pump and tyre levers if required.
- It is strongly advised that all competitors carry a mobile phone and take with them the telephone number of the event organiser. Please telephone the organiser if you have failed to finish the event.

In addition to this please take note of the following

- There will be reduce helpers at the event. Please familiarise yourself with the course and risk assessments sent out prior to the event. If you have any queries please contact me prior to the race
- Sign on will be outside so the event will be at risk if the weather is inclement
- Disposable numbers have been ordered for the event, please **provide your own pins** and collect your assigned number (please check you have the right one) at sign on. There is no need to return it, but please sign out & note if DNF
- Please use sanitation gel provided prior to and after sign on & sign off, or use gloves provided
- Please **provide your own Pen** for sign on
- when passing or being passed by other competitors passing only on the right hand side when it is safe to do so giving as much room as possible.

AWARDS- one rider one prize

| | 1st | 2nd | 3rd |
|-----------|----------|-----|-----|
| Overall | £30 | £20 | £15 |
| Vet 40 | £20 | £15 | |
| V50+ | £20 | | |
| Jun/Juv | £20 | | |
| Esp | £20 | £15 | |
| Ladies | £20 | £15 | |
| Team of 2 | £15 each | | |

Thanks

Ken

