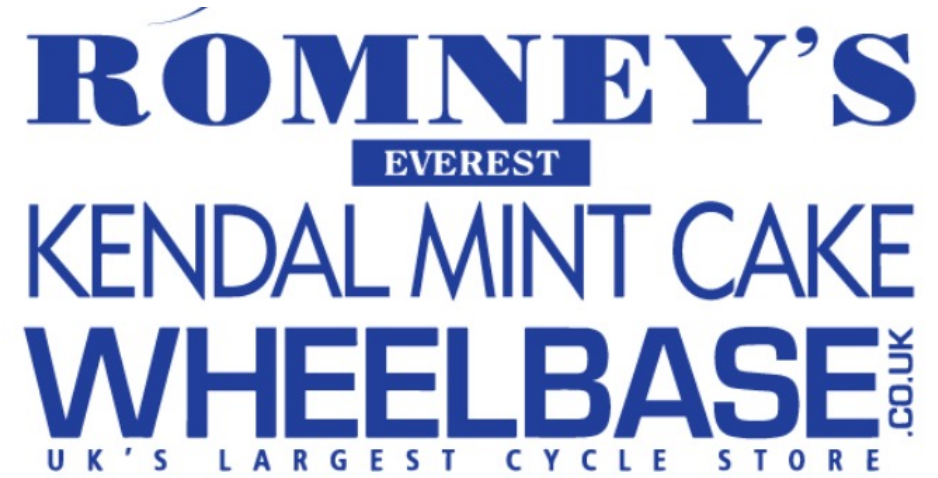


The Struggle Hill Climb 2024

22 September 2024

Riders Notes

Event Organiser: Rebecca Griffin
Event Contact: lakesroadclub@gmail.com
Timekeepers: Margaret Belk
Tracy Moore
Andy Sawyer
Event HQ: Ambleside Rugby Club
Borrans Road
Ambleside
LA22 0EN
Sign on open: 08:45
First rider off: 10:01



Event Summary

The Struggle Hill Climb is a 2.7 mile closed road Hill Climb Time Trial taking place 22/09/2024. The event will have a maximum of 120 entrants and the first rider will begin at 10:01. Riders will then begin at 60 second intervals from then on. Riders complete this event individually. Riders will be aiming to have the fastest time on the day from the start point to the finishing point.

The event will be run on behalf of and under the rules and regulations of Cycling Time Trials.

The event will be marshalled, with the road closure being managed by Community Traffic Management Limited.

The event is run in support of the Great North Air Ambulance, with all profits raised going to the charity.

Course: <https://ridewithgps.com/routes/30691078>

The event is run on behalf of Cycling Time Trials under their rules and regulations (<https://www.cyclingtimetrials.org.uk/articles/view/11>)

Event HQ

HQ location

Ambleside Rugby Club, Borrans Road, Ambleside, LA22 0EN (approx. 1 mile from Start).

Event HQ Parking and Information

Ambleside Rugby Club have kindly allowed the use of their clubhouse for the day free of charge to allow the event organisers to maximise the profits for the Great North Air Ambulance. Limited paid parking is available at the HQ at a cost of £5. This can be paid to the marshal on entry to the car park, cash is preferred please. Please note there are limited spaces within this car park. Riders are asked to park responsibly and respectfully please.

The clubhouse building will be the official event HQ and will host the sign-on. This will also be the location for the bag drop and raffle sales.

Additional Parking Locations

- Rydal Road Car Park, Rydal Road, Ambleside, LA22 9PL (approx. 350 metres from start)

Event HQ Facilities

There are toilets within the clubhouse building. There are also public toilets at the following locations en route to the start line:

- White Platts Recreation Ground, Compston Road, Ambleside, LA22 9DJ (opens 10:00)
- Rydal Road Car Park, Rydal Road, Ambleside, LA22 9PL (opens 08:30)

Sign-on

Riders under 18

Riders under the age of 18 MUST bring a signed parental consent form to sign on. Parental consent forms are available on the CTT website. **No form, no ride.** Spare forms will be available at sign-on.

Kit Drop

Kit drop will be possible at the event HQ. The car will leave the HQ at 09:40 to take riders' kit to the top of Kirkstone Pass. Any rider wanting kit transported to the top of the climb must have their bag labelled and handed over no later than 09:35. Riders will be given a tag to attach to their kit for identification. Riders must detail their name, and their contact number on the tag. By using the kit drop, riders acknowledge that the organiser only accepts responsibility for transporting their kit to the finish line and does not accept responsibility for any loss or damage.

Raffle tickets

Raffle tickets will be available to purchase at sign-on throughout the day. £5 per ticket or £20 for 5 tickets. This year we have some fantastic prizes donated to us by Spatzwear. All proceeds go to the Great North Air Ambulance. Please bring cash for the purchase of tickets.

Course Information

Course

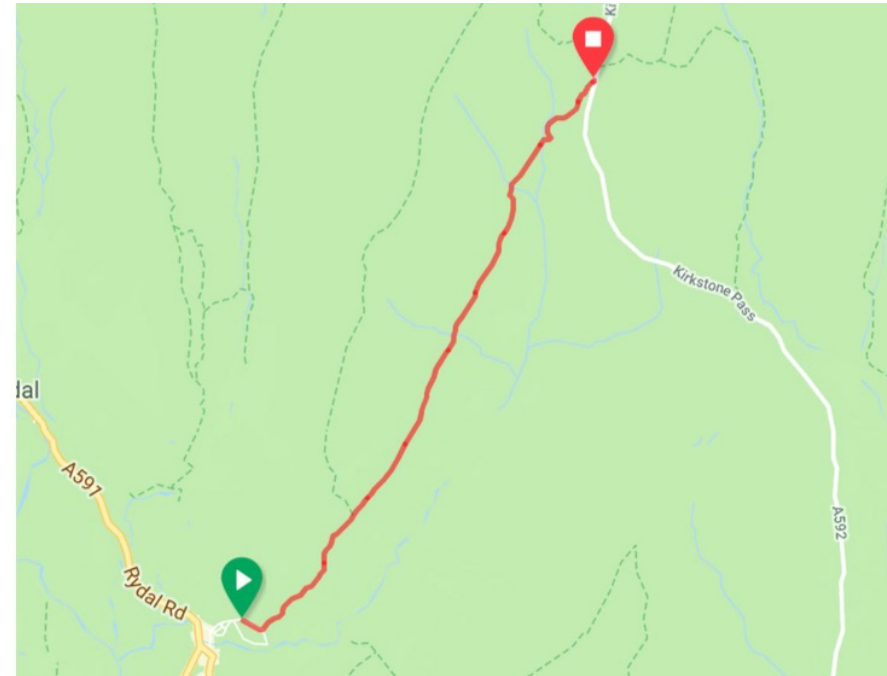
The course begins by the lay-by on Kirkstone Road, just prior to the junction with Kirkstone Close. The course then proceeds up Kirkstone Road, on to the Struggle. The course proceeds for 2.7 miles and finishes just prior to the junction with Kirkstone Pass A592. The course will be marshalled along the route and there will be 'catchers' on the finish line, able to support and lead riders to a safe place to stop and recover.

Road Closure

Start : The road closure will this year begin at the Junction of Oaks Field.

Finish: The road closure will finish at the junction where the struggle meets Kirkstone Pass.

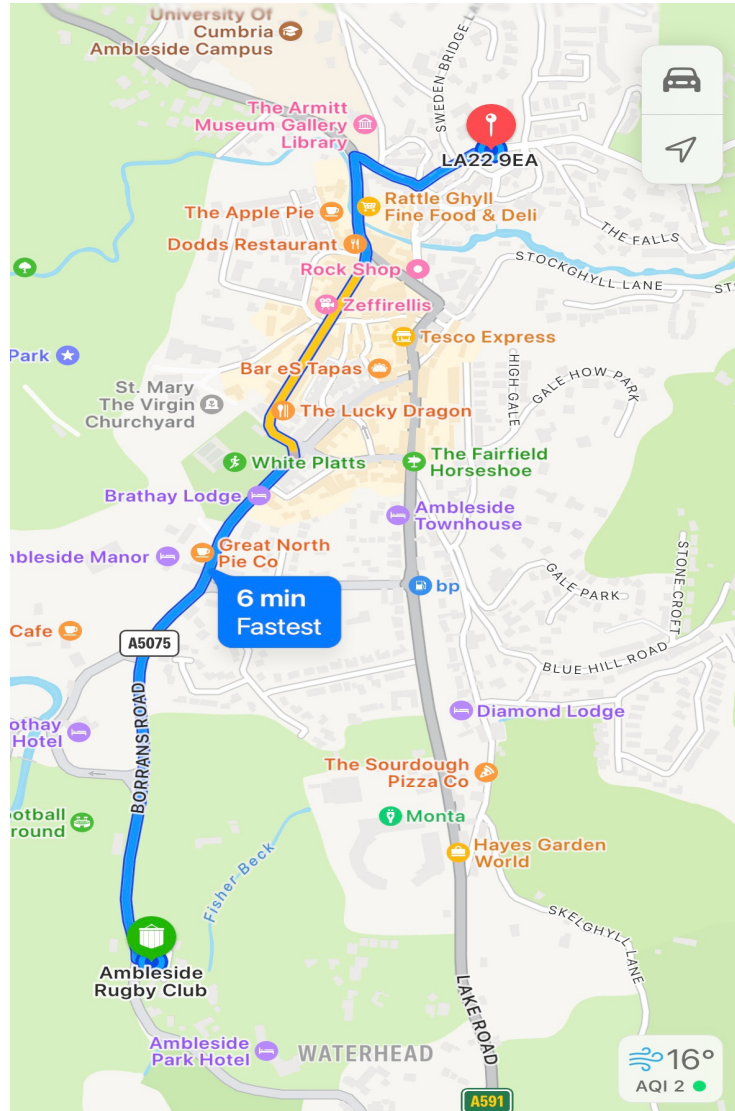
Timings: The road closure will be in place from 08:00 until 13:30.



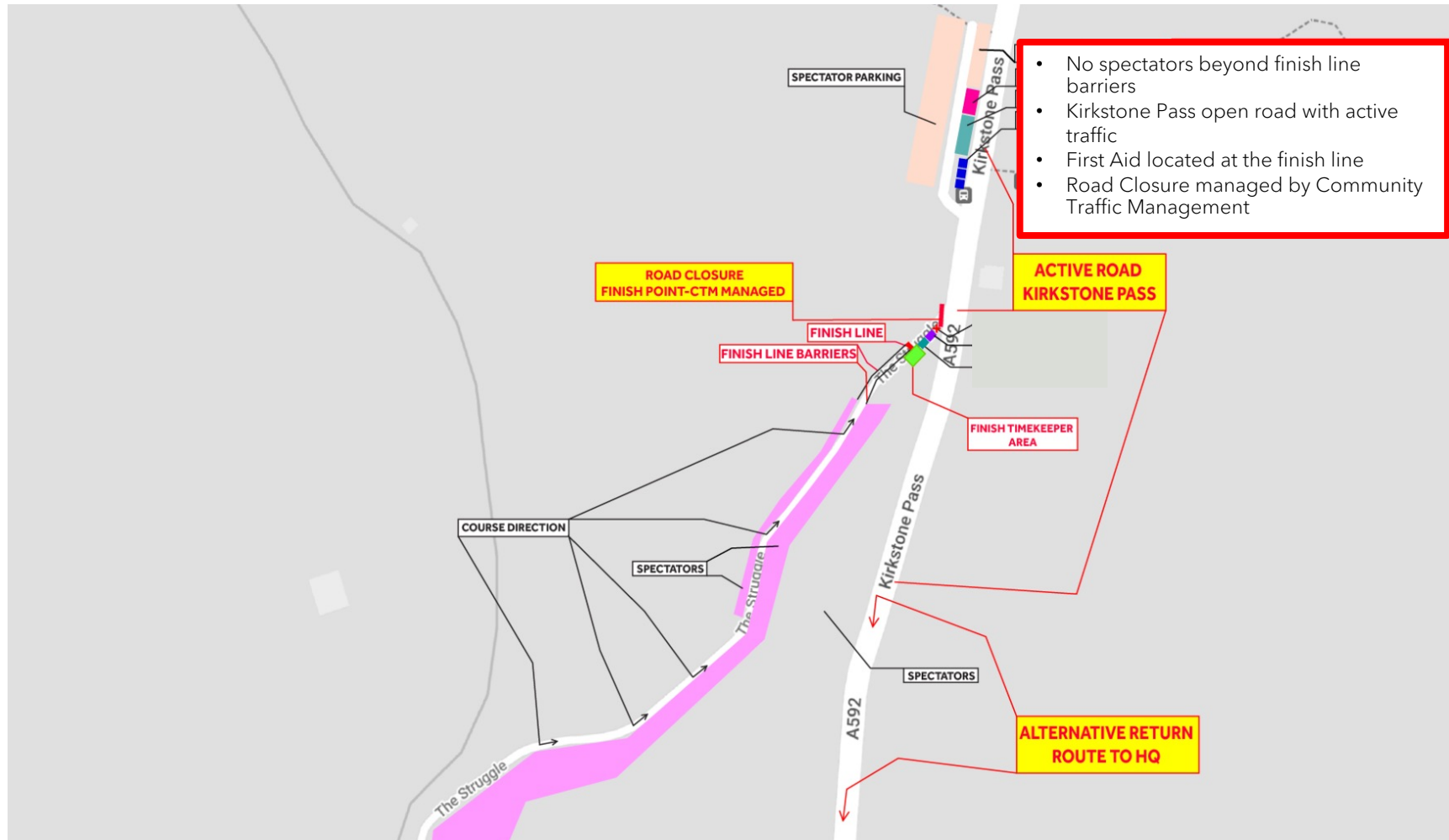
Additional important notes for riders

1. ALL riders must use working front and rear lights attached to their machine. [Regulation 14(j)].
2. ALL riders now must wear a helmet. (Previously this requirement was only mandatory for under 18s). [Regulation 15].
3. Please be courteous to residents of Ambleside. Park responsibly and please do not leave any litter. Please use toilet facilities as indicated.
4. If using the course as a warm-up, please ensure you are clear of the course well advance of the event start. Any rider not following this instruction may face disqualification.
5. If you have family and friends spectating, please remind them not to cross the barriers at the finish line. There is a small paid car park at the top of Kirkstone Pass which could be used by spectators, please do not park on the road. Significant disruption was caused last year on the A592 (Kirkstone Pass) due to parked cars, resulting in Cumbria Constabulary attending the event.
6. A final check on the condition of the road will be done on the morning of the event. Any larger road defects will be marked with yellow paint. Although unlikely, please be cautious of any sheep that may find their way on the course.
7. Please do not engage with the timekeepers whilst the event is ongoing. No times will be provided to competitors at the finish line.
8. Although on a closed road, the start and initial section of the course is near to residential areas. There are also small junctions to farms/facilities. Please be aware of cars encroaching on the course on this early section.
9. Once passed the finish line, please be cautious when joining the A592. This road is not covered by the road closure and will have active traffic.
10. If returning to the event HQ whilst the road closure is in place, please use the alternative marked route on the finish area map.
11. Presentations will take place after the event at approximately 12:00 at the event HQ.

HQ to Start Line Map



Finish Area Map



Prizes

Prizes will be awarded for the following categories

1 st Senior Open	1 st Female
2 nd Senior Open	2 nd Female
3 rd Senior Open	3 rd Female
1 st Vet 40-44 Open	1 st Vet 40-44 Female
1 st Vet 45-49 Open	1 st Vet 45-49 Female
1 st Vet 50-54 Open	1 st Vet 50-54 Female
1 st Vet 55-59 Open	1 st Vet 55-59 Female
1 st Vet 60-64 Open	1 st Vet 60-64 Female
1 st Vet 65-69 Open	1 st Vet 65-69 Female
1 st Vet 70-74 Open	1 st Vet 70-74 Female
1 st Vet 75-80 Open	1 st Vet 75-80 Female
1 st Youth Open	1 st Youth Female
1 st Junior Open	1 st Junior Female
1 st Para-cyclist Open	1 st Para-cyclist Female
Team Award (awarded to the riders of the team with the best 3 times)	