

KENT VALLEY ROAD CLUB

Monday, May 6th 2019, at 1201hrs

Shap Summit Hill Climb on course L817

This is a counting event for the Lakes and Lancs Spoco Series and is promoted for and on behalf of Cycling Time Trials Ltd. under its rules and regulations.

Event secretary:

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COURSE L817

Start from northerly exit of Enterprise House layby approx. 150 metres north of Kendal rugby club on the A6 out of Kendal. proceed north past the former Plough Inn (4.1 miles), Kendal Caravans (6.3 miles), ascending Hucks Brow (7.8 miles) to finish at wind gauge/weather station on Shap summit (9 miles).

THE EVENT HQ IS KENDAL RUGBY CLUB (LA9 6NY), which is approx half a mile north of Morrisons supermarket just off the A6 north of Kendal. There is parking on the rugby club complex but **please note that there is a circus there on event day** so you may find parking easier in the lay-by where the event starts or the lay-by on the opposite side of the A6, just half a mile North of the rugby club. The HQ will be open all day and body numbers and signing on (everyone must sign on, and off when they return their body number) will be available next to our result board on first floor the covered verandah overlooking the main pitch; and you reach that from the main lounge bar on the first floor. Refreshments will be available to purchase either in the main bar or from the ground floor catering kiosk next to the club's car park.

ALLOW 1 MINUTE TO RIDE TO THE START

Local regulations:

- * Any competitor making a U-turn in the vicinity of the start or finish will be disqualified from the event.
- * In ALL events, competitors prior to starting are not permitted to ride past the finish time-keeper during the duration of the event.
- * 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 'head down'.
- * Riders must shout their number at the finish and elsewhere on the course if requested.
- * Times will be not be given to competitors or supporters at the summit finish.

In the interests of your own safety, the event promoters strongly advise you to wear a **HARD SHELL HELMET** that meets an internationally accepted standard. **JUNIOR/JUVENILE RIDERS MUST WEAR SUCH A HELMET.**

AWARDS

Fastest, £50; 2nd, £40; 3rd, £30. Fastest V40, £15, 2nd V40 £10. Fastest V50, £15; 2nd V50, £10. Fastest V60, £15. Fastest V70+, £15. Fastest Junior/Juvenile, £15. Fastest woman, £15; 2nd fastest woman £10. Fastest team (two men and a lady): £12 each rider.

Note: Refreshments will be available to purchase in the rugby club or outdoor kiosk afterwards and for those bringing children there is a playground next to the parking area.

Timekeepers: Mr Bruce Barnes at the start, Mrs Margaret Belk at the finish. Pusher-off – Steve Gove. Numbers overseer & result board – Richard Bryan.