

## **NORTH LANCS ROAD CLUB HILL CLIMB,**

*promoted for and behalf of Cycling Time Trials under their rules and regulations.*

**SUNDAY 20<sup>th</sup> OCTOBER 2019 at 10.00am on L806, 'NICK O'PENDLE'**

**Time Keepers:** Mr D. Brown (start) Mr P. Briscoe (finish)

**Organiser:** T. Parker, 4 Hindle Fold Lane, Gt. Harwood, Lancs. BB6 7PT. Mob: 07791555823

### **COURSE DETAILS.**

**START** AT THE LAMPPOST OUTSIDE THE APARTMENT BLOCK ON THE SITE OF THE OLD GARAGE IN SABDEN VILLAGE. (SABDEN IS APPROXIMATELY 3 MILES SOUTH EAST OF CLITHEROE). PROCEED UP THE HILL TO **FINISH** AT LARGE STONE AT START OF CAR-PARKING AREA AND APPROXIMATELY 50 YDS BEFORE THE CREST OF THE HILL. THE COURSE IS APPROXIMATELY 1350 YDS LONG AND HAS A MAXIMUM GRADIENT OF 1 IN 6.

**COURSE RECORD** – C. BOARDMAN, MANCHESTER WHEELERS-TRUMANS STEEL. 3 MIN 29.2 SECS.

RIDERS SHOULD TAKE PARTICULAR CARE ON THE LOWER PART OF THE COURSE BECAUSE THE ROAD IS OFTEN NARROWED BY RESIDENTS' CARS PARKED AT THE ROADSIDE. OTHER HAZARDS ARE THE CATTLE GRID (MID-COURSE) AND THE POSSIBILITY OF SHEEP ON THE ROAD. FINALLY, PLEASE DESCEND CAREFULLY.

**EVENT HEADQUARTERS:** SABDEN VILLAGE HALL, 39 WHALLEY ROAD SABDEN BB7 9DZ

THE SIGNING-ON SHEET, COMPETITORS NUMBERS AND THE RESULT BOARD WILL BE AVAILABLE FROM 9:15. THERE IS LIMITED PARKING AT THE HQ, AND FURTHER PARKING NEARBY. DO NOT PARK ON THE COURSE (CLITHEROE ROAD) AND PLEASE PARK WITH CONSIDERATION FOR OTHERS. THERE ARE SMALL CAR PARKS AT THE TOP AND 1/3 THE WAY UP THE HILL. THERE IS A PAY AND DISPLAY CAR PARK IN THE VILLAGE CENTRE.

**NOTE:** THE LADIES OF THE VILLAGE HALL TRUST WILL PROVIDE REFRESHMENTS (TEA AND CAKE ETC, FOR £2.00 PER PERSON- IT IS ALL HOME BAKED!). ALL PROCEEDS GO TOWARDS THE UPKEEP OF THE HALL.

### **Local Regulations.**

1. Riders prior to starting are not permitted to ride past the finish timekeeper within the duration of the event. (Local Reg No.5).
2. Riders making U-turns in the vicinity of the start or finish will be disqualified from the event. (Local Reg No.6).
3. Riders must not stand in the road at the start or finish, (This constitutes an obstruction and is a breach of regulations.)
4. Riders must give their number at the finish and elsewhere on the course when requested.
5. Riders must not ride with their heads down.
6. Riders' support vehicles must not traverse the course within the duration of the event.
7. Riders must keep to the left-hand side of the road except when overtaking. Failure to comply may lead to disqualification. (Local Reg No.15).

### **PRIZE LIST. THE PRIZES WILL BE PRESENTED AT THE END OF THE EVENT AT THE EVENT HQ.**

Fastest - £20	Fastest Lady - £20	Fastest Veteran - £10
2 <sup>nd</sup> £15	Fastest Junior - £10	Fastest Juvenile - £10
3 <sup>rd</sup> £10	Fastest Team of 3 - £10.00 each	

One rider - one prize, except for Team.

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. CTT recommends that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

