

Velo Club Cumbria

Open Hill Climb to be held on Saturday 1st October 2022

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Event Secretary: **Tim Houghton**
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Timekeepers: Tracy Moore,
Mike Westmorland.

First rider off at 14:01

Course details: L824

START at the blue 'Parking' sign near entrance to small car-park one quarter of a mile from the de-restriction sign on the Whinlatter road from Braithwaite village about 2 miles west of Keswick. **FINISH** in line with the 15% gradient sign on opposite side of road 30 yards short of entrance to Whinlatter Forest park Visitor Centre – Distance 1.75 miles.

A copy of the Risk-assessment survey and specific current risk issues will be available at sign-on at Braithwaite Village Hall, together with rider numbers.

Awards

1 st fastest overall	£30	2 nd fastest overall	£20	3 rd fastest overall	£10
1 st fastest Vet 40	£20				
1 st fastest V50+	£20	2 nd fastest V50+	£10		
1 st Lady	£20				
1 st Espoir/Junior/Juv	£20	2 nd Espoir/Junior/Juv	£15		

One rider, one prize. Prizes will be posted to riders after the event.

Headquarters – Thornthwaite-cum-Braithwaite Victory Memorial Hall, on the East side of the A66 road approx. 0.5 miles North of the turn to Braithwaite village. The start is about 5 minutes ride from the Headquarters. However, Braithwaite village is often very congested so please allow plenty of time to get to the start. The Hall will be open shortly after 12:30hrs.

Riders **MUST** sign the signing on sheet in the HQ in order to obtain their race number and sign out when returning their number,

There will be **NO** refreshments available at the HQ on this occasion.

Parking – There is parking available at the Headquarters. **No parking** at the climb start.

Note that no times will be given to competitors or supporters at the finish. No vehicle or competitors to stop on road or verge. Riders should proceed directly to the headquarters.

Cycling Time Trials – North D.C. - Miscellaneous Courses Regulations

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

For the duration of the event, 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 No10

Warming up on the course is not permitted during the duration of 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

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

Would all riders please take special care on the descent back to Braithwaite (steep descent with sharp bends and risk of oncoming traffic on the wrong side of the road in order to pass other competitors ascending the climb), through Braithwaite village (very narrow road with blind bends), and on the A66 back to the HQ (fast traffic).