

# University of Bristol Hill Climb

Saturday 7<sup>th</sup> of October 2023

Course: U7B

HQ: WI Hall, Station Road, Backwell,  
Bristol, BS48 3QW

All riders must have a hard-shell helmet,  
front and rear lights. Please remember to  
sign in and out at the HQ.

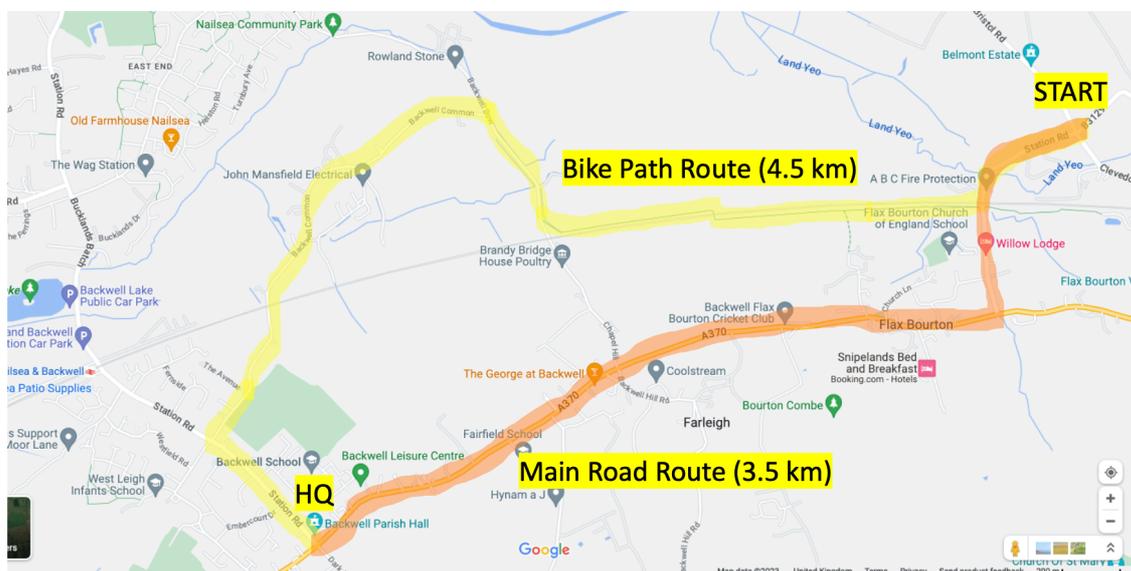
Firstly, thank you for entering the event, the costs surrounding the road closure mean we require a large number of entrants so your support is really appreciated. As a closed road event we really encourage riders to bring friends and family along to support rider on the hill. Other than that, there are a few bits of admin surrounding the event so please read this in full.

**HQ:** We have a different HQ to previous years, this year we will be at the WI hall in Backwell (WI Hall, Station Rd, Backwell, Bristol BS48 3QW). HQ will be open from 8:15am. Please be respectful of the locals when parking and ride out if possible. Please note everyone must sign in and sign out at the HQ so give yourself plenty of time to sign on, pin a number on, and make your way to the start. There will be cake and coffee at the HQ with donations welcome.

**To start:** There are two routes from the HQ to the start, a slightly shorter main road route (3.5 km) or a slightly longer route along the bike path and quiet road (4.5 km). I would recommend the longer route. Both routes can be found here:

<https://www.strava.com/routes/3143962196091906056> (Bike Path)

<https://www.strava.com/routes/3143962466922911752> (Main Road)



**Route:** The Course is the UH45:

<https://www.cyclingtimetrials.org.uk/course-details/uh45>

<https://www.strava.com/segments/10654613?filter=overall>

**Road Closure:** The road will be closed from 8:45 until the end of the event. Youth riders will be set off first with a pause afterwards to allow these riders to descend the hill. **The first youth will be set off at 9:15, if you wish to recce the climb this must be done before then.** The youth entrants can wait at the top of the hill until the last youth has finished before descending back down the hill. The senior and junior riders will start from 10:01. Once finished, please be mindful that riders racing will be expected a closed road and may well be on the wrong side of the road. We ask riders to follow the diversion back after they have finished on to descend on foot.

**Prizes and Results:** We aim to do the youth prize presentation at around 10:15, there will be medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> of each age category for male and female.

Pedal Progression, one of our club sponsors, have kindly donated prizes for the event which will be given out to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 1<sup>st</sup> team (teams of 3 for male and 2 female). Winners of men's and women's competitions will also take home the King/Queen of Belmont Trophy.

We are also running a fastest newcomer competition, which will go to the fastest male and female who has not done an open hill climb before. To kickstart your newly found hill climbing passion, the prize is 1 month's free coaching from the excellent Bim Bam Coaching.

**Course Records:**

**Solo Male,** 2:45.7 Sam Lindsey

**Solo Female,** 3:15.8 Illi Gardner

**Photos:** Phil from Phil J Photography will be taking photos on the day.

Finally, a massive thanks to timekeepers Ian and Bridget Boon and the volunteers which make these events possible. Hope you all have a good ride. Let me know if you have any questions about the day on [jp17358@bristol.ac.uk](mailto:jp17358@bristol.ac.uk).