

# Shap Summit Hill Climb



FOUNDED 1928

## KENT VALLEY ROAD CLUB

Monday, May 1st, 2023, at 12noon

An NLTTA Spoco Series event promoted for and on behalf of Cycling Time Trials Ltd. under its rules and regulations. It is a charity event with no prizes. All surplus cash goes to NW Air Ambulance.

### EVENT HQ

Skelsmergh Community Hall (LA9 6NU) which is on the east side of the A6 approx. half a mile north of the Kendal town boundary. There is limited parking beside the lane leading from the A6 up to the hall and more parking space in the lay-by beside the A6 heading towards Kendal plus limited parking in the Enterprise House lay-by, opposite Kendal Rugby Club, and behind the actual event start area. The HQ will be open from 10.30am.

### Clothing for descent

The summit of Shap Fell is 1,300ft above sea level so riders may wish to have extra clothing taken up to the top for their return descent back to the event HQ. A limited amount of extra clothing can be taken to the summit, but it must be bagged up and be in the start area early. It will be taken up with the finish timekeeper ten minutes or so after the first rider starts!

### L817 COURSE DETAILS

Start from northerly exit of Enterprise House layby, on opposite side of A6 and approx.. 200 metres north of entrance to Kendal Rugby Club. 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 (former site of telephone box) on Shap summit (9 miles).

### REGULATIONS:

- All riders must have working front (white) and rear (red) lights, either flashing or constant, on their bike that are both clearly visible to other road-users.
- Helmets are now mandatory for all riders.
- Competitors must sign the official Signing-on Sheet when collecting their number from HQ and be aware of any late instructions displayed at signing-on.
- Riders must return numbers to the HQ and sign the official Signing-Out Sheet afterwards.
- Competitors must not ride past the timekeepers, except when competing.
- Any competitor making a U-turn at the start or finish will be disqualified.
- Riders must keep to the left-hand side of the road except when overtaking.
- Riders must give their number at the finish and elsewhere if requested.
- Riders must not obstruct the road by standing in it at the start or finish.
- Riders must NOT ride with their heads down.

**Timekeepers: Tom Wall and Margaret Belk. Pusher-off: Steve Gove.**

**Event Organiser: Richard Belk, tel. 079296 05815, email rbelk59105@aol.com**