

The Romney's Kendal Mint Cake Struggle Hill Climb 2022
Supported by The Lakes Road Club and Barrow Central
Wheelers

Supporting the Great North Air Ambulance

25/09/2022

First Rider off 10:01am



Rider Information Pack

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

Event Organiser: Jack Talbot

Event Contact Number: 07960085228

Event Email: Thestrugglehillclimb@gmail.com

Time Keepers: Margaret Belk, Tracey Moore, James Hodgson,

Event HQ: University of Cumbria Ambleside Campus LA22 9BB

Sign on: 08:15am-09:30am

The Struggle Hill Climb is back for its third edition in 2022, this time hosting the North Lancs TT Association championships! Possibly one of the most iconic climbs in the UK, this is going to be another brilliant event.

The climb is just over 2.7 miles long, and averages out at 8.2 %. The gradient sign near the summit of the climb claims a maximum of 20%...However this is disputed, and is thought to be closer to 24%!

VeloViewer segment:

<https://veloviewer.com/segment/21755981/The+Struggle+Official+Hill%20Climb+Course>

Event Sponsored by Romneys Kendal Mint Cake

The event road closure and the ability to donate 100% of entry fees to the Great North Air Ambulance this year has been made entirely possible by our local event sponsor, Romney's Kendal Mint Cake. Each rider will receive a piece of Romney's famous Kendal Mint Cake at sign on!

Please read carefully through all the information below. There are some really important points in here, please don't miss anything!

See you all on September 25th!

Event HQ Map and Start/Finish

HQ location

Sign on will take place at event HQ University of Cumbria:

University of Cumbria

Ambleside Campus
The Barn, Rydal Road
Ambleside, Cumbria
LA22 9BB

Start

- First rider will begin promptly at 10:01am. Riders will then continue to start at 1 minute intervals.
- No false starts or late starts will be permitted.
- Riders must arrive at the start line for their allotted start time and are advised to arrive at the start line no more than 3 minutes early, to maintain social distancing.
- The start area is aside the disabled bay on Kirkstone Road (The Struggle) just prior to Kirkstone Close.

Finish

- The finish will be at the top of Kirkstone Road, just prior to where the road meets Kirkstone Pass. The finish line will be marked.
- There will be finish line 'catchers' who will support riders to a safe area to stop and recover. Please work with the catchers and only stop where they advise it is safe to do so.
- Following their ride, riders **MUST NOT** return to the HQ via the same course (The Struggle) until the last rider has completed their ride. Marshals will advise when this is possible. Any rider doing so prior to this time may be disqualified.
- An alternative route back to the event HQ will be available via the A592, Holbeck Lane and the A591. This route back will be signed but not marshalled. Please take extreme care on the steep descent of Kirkstone pass and at any junctions on the route.
- Any helmets/small bags given over at sign on will be available at the finish line from the marshals van.



Sign On

Bikes and kit

- All riders **MUST** be wearing a helmet for their ride. failure to do so will result in no ride.
- All riders bikes **MUST** be fitted with a working **front** and **rear light**.
- All rider machines have two working brakes fitted unless a fixed gear bike with the appropriate locking ring.
- All riders will be given the opportunity to hand over a **SMALL** bag at sign containing an item of clothing. These items will be taken to the finish line and will be available from the marshals car once finished. Again, please only one **SMALL** bag per rider. The event organiser and marshals will take **NO** responsibility for the safety or security items handed over. Items are handed over with this in mind. Any unclaimed kit will be taken to the HQ for the prize giving ceremony.
- This event is for Road Bikes only, No tandems or any other type of machine are permitted.
- Please see CTT guidelines for more information on machines and kit.

Sign on and Sign out

- Sign on will take place at event HQ University of Cumbria from 08:15am. Please aim to be signed on by 09:45 am to ensure we have a good idea of numbers riding. Sign on will remain open, but it much preferred if riders can arrive early to sign on.
- All riders must attend sign on to receive their numbers.
- Once finished, all riders **must return to HQ to sign out** and return their number. It will not be possible to hand over your number at the finish line unfortunately, so please make your way back to the HQ via the diversion if you need to leave early. Any rider failing to sign out will receive a DNF.
- If you are unable to ride on the day of the event, please text the event organiser using the number at the top of this document.

Parking

Free parking is extremely limited in Ambleside. Please aim to arrive early to avoid a DNS due to parking. No vehicles other than event officials to be parked at the start/finish.

We have collaborated with **Cumbria University** who have kindly agreed to allow us to use their parking area. Parking will be possible from 08:20 am, please do not park earlier than this and no overnight parking is possible here.

We have been given permits for parking here and these are for riders use only. Cumbria university have stressed that these spaces are **NOT** guaranteed, as their staff and students may still need to park here. The permits have been emailed to riders, **ONE** per rider. Please only park in marked bays. Please print your parking permit, fill it in appropriately and have it with you on the morning of the event.

Unfortunately due to the limited parking available, these permits are only for use by riders. Please **DO NOT** give these permits to family/friends supporting the event. Pay and Display parking is available in Ambleside (list below).

Both university parking staff and event volunteers will be on duty in the car park to ensure appropriate parking and to ensure only riders are using permits. Anyone failing to follow instructions from either will face disqualification.

If you arrive and there is no longer space at the university/health centre, free parking is also available at the top of the Struggle on Kirkstone pass, opposite the Kirkstone Pass Inn. Again, pay and display parking is also available in Ambleside. Riders will not be able to descend the struggle after 09:50am, to ensure the course is clear for the first rider at 10:01am.

Wherever riders choose to park, can all please ensure you ***park responsibly*** and carefully. Parking is not permitted on the course, as this will clearly create an unnecessary obstruction for riders and other road users. Let's please ensure that we work **WITH** the local residents of Ambleside and have their support with this event.

Once parked, please carefully make your way to sign on at event HQ.

Parking Address Ambleside Campus, Rydal Road, Ambleside, Cumbria, LA22 9BB

Toilets and changing

Toilets will be available for riders to use in the 'beehive' at the University of Cumbria campus. Please use these facilities with respect, again anyone found not to be doing so will face disqualification.

Spectators

Please do Bring friends, family, husbands, wives...**EVERYONE!** Let's make this an incredible event. Bring cowbells/pots & pans/anything to support the riders!

Rydal Road Car Park 1-3 Rydal Rd, Ambleside LA22 9AN

Miller Bridge Town Centre Car Park LA22 0EE

Low Fold Car Park LA22 0DR

Lake Road Car Park LA22 0DB

Event Safety

Covid-19

Please follow current Covid-19 guidance which can be found on the UK Government website.

Riders Under the age of 18

- Riders under the age of 18 must wear a helmet as per CTT Rules and Regulations.
- Riders under the age of 18 must have a valid signed parental consent form. Without this form, riders under 18 WILL NOT be permitted to ride. Consent forms to those concerned.

Risk Assessment

A course risk assessment and event risk assessment has been completed by the CTT and the event organiser. These will be emailed to riders, and will also be available at sign on to view. On the morning of the event, the event organiser will complete the course and note any on the day risks present. Any risks will be communicated to riders at sign on, and the on the day risk assessment will be available to view.

First Aid

First aid cover is provided by Event Safety Group. The Paramedic will be based near the finish line. If needed, please alert one of the event team. In the event of an emergency, please first call 999, then inform the event team who will alert the Paramedic covering the event.

It goes without saying, please ride responsibly and follow the rules of the highway code. Both when on route to the start and once finished, riders must ensure they follow the highway code at all times.

GDPR

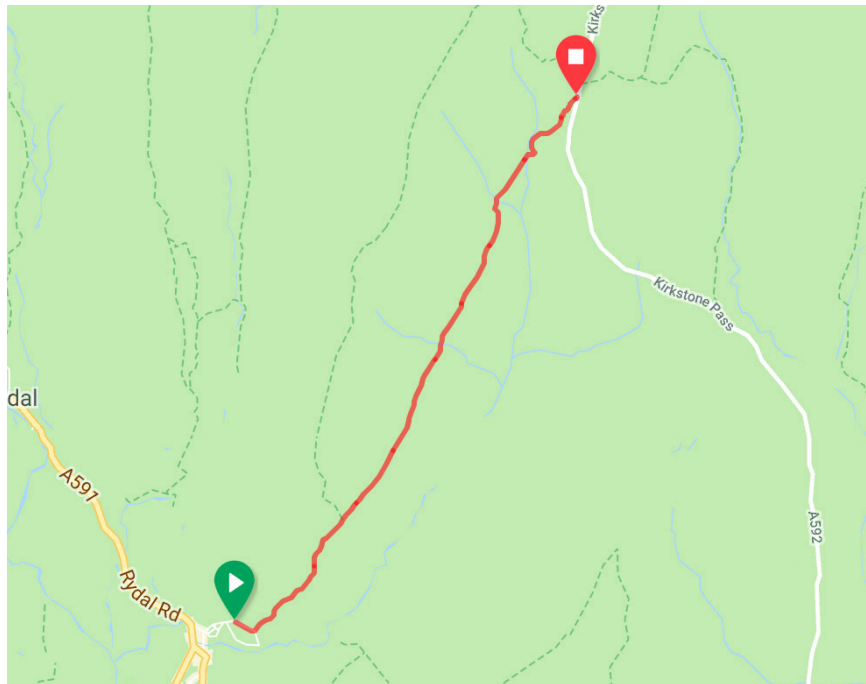
Please see the CTT GDPR guidance on their website. We will fully comply with this guidance as detailed.

At all times, riders must follow the instructions of event marshals and the event team. Anyone failing to do so may risk disqualification.

Event Course and Road Closure

Course Details

The course begins by the lay-by on Kirkstone road, just prior to the junction with Kirkstone Close. The course then proceeds up Kirkstone road, on to the Struggle. The course proceeds for 2.7 miles and finishes at the Give Way road marking, just prior to the junction with Kirkstone Pass A592. The course will be marshalled along the route and there will be 'catchers' on the finish line, able to support and lead riders to a safe place to stop and recover.



Please take care on all roads and be mindful of the road condition as due to the bad weather over the winter period, the roads have in some cases deteriorated very badly. Please be mindful of sheep on the road. Please be mindful that residents may still require access to properties, and as such may be using cars on the course, we cannot control this so please do consider.

The route from HQ to the start is NOT a closed road, so please do take care on your way to the start line.

Please be mindful of traffic at all times including, junctions and vehicles leaving properties both on the course and when returning to HQ.

Return Route

The diversion return route is signed but not marshalled. Please take extreme care on the descent of Kirkstone Pass, as this is a steep and fast descent. Please check your brakes prior to descending. and on any junctions.

Course Records

Male Ed Laverack 12:29

Female Joanna Blackburn 15:20.7

Prizes

We have prizes for:

- Senior 1st place male and female
- Best Pain Face!
- Junior (under 18) 1st place male and female
- Vets >40 1st male and female
- Vets >50's 1st place
- Vets >60's 1st place male and female

All male and female prizes are equal and all prizes have kindly been donated by various generous brands including Maurten, Romney's Kendal Mint Cake, Mint Drinks and Wheelbase.

Prizes will be given following the event back at the UOC car park at approximately 13:15. If a rider is not present when their prize is drawn, the prize will be retained and donated to a local youth cycling group. Prizes will not be mailed following the competition.

The NLTTA will contact relevant riders following the event to award prizes.

Best Pain Face Prize

Just a note for the Best Pain Face prize this year again sponsored by Cold Dark North. For this one we are working with the brilliant photographer Ellen Isherwood. She'll be snapping away and getting (at least) one photo of each rider. We will pick a number of photos and take these to socials for a vote!

If you don't want your photo to be used for this, there will be opportunity at sign on to opt out. By opting out, you opt out of the chance to win!

Raffle

This year we will have raffle tickets available at sign on for the chance to win a Limits Power Meter! Tickets will be £5 and again 100% of this money will go to the Great North Air Ambulance. This is an incredible raffle prize for a power meter that currently retails for over £200! Please bring exact cash to purchase a ticket, thanks!

Summary and Notes for riders

- No U-Turns within sight of the start area of the course
- No warming up on the course or near the start line.
- All riders machines MUST be fitted with a working front and rear light.
- As per CTT regulations, all rider MUST be wearing a helmet.
- No vehicles other than event officials to be parked at the start/finish.
- No times will be given prior to the event finish, please do not approach the timekeepers.
- An up to date version of the event Risk Assessment will be available at sign on for all riders to read. It is the responsibility of each rider to ensure they are up to date and informed of all risks on the course.
- Please when warming up, set up in a safe and responsible space.
- When returning to HQ, riders must follow the rules of the highway code at all times. Only the event course is closed road, and this is only for riders taking part in the event whilst racing. Any rider not following highway code rules may face disqualification.
- Please take care on bends and descents.
- The route will be swept prior to the event, however please do take care for any areas of uneven road surface or gravel on the roads.
- Please take care on the descent back to the HQ via the signed route. Please see section titled 'Finish' for more information. The return route is not marshalled, so please take care.
- All riders will be given the opportunity to hand over a SMALL bag at sign on containing a helmet and ONE item of clothing. These items will be taken to the finish line and will be available from the marshals car once finished. Again, please only one SMALL bag per rider. The event organiser and marshals will take NO responsibility for the safety or security items handed over. Items are handed over with this in mind.
- Any rider deemed to be riding in a reckless or dangerous manner may be disqualified and reported to the CTT.
- All riders must return to ride HQ following their ride to sign out. Any rider who does not sign out and return their number may face disqualification.
- This event is for Road Bikes only, No tandems or any other type of machine are permitted. Please see CTT guidelines for more information.
- All rider machines have two working brakes fitted unless a fixed gear bike with the appropriate locking ring.
- Prizes will be given following the event back at the UOC car park.
- Please place numbers on at either HQ or in your car, *not on the start line!*

Finally, thank you for choosing to ride this event! This event was set up to support the Great North Air Ambulance, a charity that receives no government funding, yet without them people like myself wouldn't be here today. 100% of entry fees will be going to the charity to help them continue their life saving work. Look out for their fundraising team at the finish line! Any questions just drop thestrugglehillclimb@gmail.com an email.

Thank you! Jack.

Start Sheet

Bib Number	Start Time	First Name	Surname	Club
1	10:01	Chris	Speight	Kendal Cycle Club
2	10:02	David	Smith	Kendal Cycle Club
3	10:03	Craig	Horseman	Giant-Kendal-Sidas.uk
4	10:04	Ted	Birkbeck	Kendal Cycle Club
5	10:05	Nicholas	Jones	Kendal Cycle Club
6	10:06	Olly	Booth	Cog Set Papyrus
7	10:07	Sarah	Smith	Kendal Cycle Club
8	10:08	Sam	Oldham	Barrow Central Wheelers
9	10:09	Oliver	Oldham	Barrow Central Wheelers
10	10:10	Henry	Hunter	Kendal Cycle Club
11	10:11	Jed	Winter	Barrow Central Wheelers
12	10:12	Freddie	Dobson	Cog Set Papyrus
13	10:13	James	Sawyers	Clifton CC York
14	10:14	Tom	Booth	360cycling
15	10:15	Joe	Watkins-Wilson	North Cheshire Clarion
16	10:16	Edward	Quick	Lakes Road Club
17	10:17	Jude	Davison	Beacon Wheelers
18	10:18	Maxwell	Hereward	360cycling
19	10:19	Patrick	Casey	Team Lifting Gear Products
20	10:20	Stuart	Phillipson	Kendal Cycle Club
21	10:21	Andy	Taylor	Kendal Cycle Club
22	10:22	Iona	Mitchell	Brixton Cycles Club
23	10:23	Scott	Mitchell	Kent Valley RC
24	10:24	Ruth	Dunstan	Garstang Cycling Club
25	10:25	Victoria	Wilkinson	Kendal Cycle Club
26	10:26	Andy	Norton	Barrow Central Wheelers
27	10:27	Garry	Date	Barrow Central Wheelers
28	10:28	Thomas	Brown	Derwent Valley Cycling Club
29	10:29	Charles	Kenny	Team Newcastle Triathlon
30	10:30	Ben	Oldham	Barrow Central Wheelers
31	10:31	Barry	Drinkwater	Carlisle Reivers Cycling Club
32	10:32	Richard	Leafe	Kendal Cycle Club
33	10:33	Amanda	McAleavey	Barrow Central Wheelers
34	10:34	Helen	Auden	Barrow Central Wheelers
35	10:35	Ben	Goodwin	Fibrax Wrexham RC
36	10:36	Josef	Murray	Stockton Wheelers CC
37	10:37	Charlie	Nicholls	Kendal Cycle Club
38	10:38	Zachary	Smith	Kendal Cycle Club
39	10:39	Chude	Egbuniwe	The Racing Chance Foundation
40	10:40	Eoin	Gormley	Blaydon CC

41	10:41	Sara	Willhoit	Paramount CRT
42	10:42	Rachel	Lawley	Eat Plants Not Pigs CC
43	10:43	Elliot	Higgins	Rapha Cycling Club
44	10:44	Matt	Jones	Velo Schils Interbike RT
45	10:45	Chris	Winter	Barrow Central Wheelers
46	10:46	Daniel	Whittaker	East Lancashire RC
47	10:47	Daniel	Lloyd	Frodsham Wheelers
48	10:48	Esther	Livesey	The Racing Chance Foundation
49	10:49	Rose	Lord	Barrow Central Wheelers
50	10:50	Peter	Quick	Lakes Road Club
51	10:51	Callum	Martin	Ronde Cycling Club
52	10:52	Phil	Shaw	Bury Clarion CC
53	10:53	William	Sisson	Kendal Cycle Club
54	10:54	Adam	Walton	Barrow Central Wheelers
55	10:55	Chris	Potts	Farnham RC
56	10:56	Ben	Huddart	Lancashire RC
57	10:57	Philip	Wake	Derwent Valley Cycling Club
58	10:58	Garan	Comley	Derwent Valley Cycling Club
59	10:59	Peter	Armistead	Barrow Central Wheelers
60	11:00	John	O'Callaghan	Barrow Central Wheelers
61	11:01	John	Barron	Giant-Kendal-Sidas.uk
62	11:02	David	Scroggham	Barrow Central Wheelers
63	11:03	Glenn	McAleavey	Barrow Central Wheelers
64	11:04	Christopher	Brown	Harry Middleton CC
65	11:05	John	Flanagan	Moonglu CC
66	11:06	Todd	Oates	Kendal Cycle Club
67	11:07	Niko	Raine	myhillcycling.co.uk
68	11:08	Oliver	Fenton	WHEELBASE CABTECH CASTELLI
69	11:09	Ross	Brannigan	Kendal Cycle Club
70	11:10	Janet	Kenyon	Carlisle Reivers Cycling Club
71	11:11	Emily	Robinson	Ilkley CC
72	11:12	Lucy	Morley	Velotik Racing Team
73	11:13	Duncan	Edwards	North Argyll CC
74	11:14	Guy	Bridgewood	Bath Cycling Club
75	11:15	James	Claydon	Bill Nickson Cycles
76	11:16	Tom	Gibson	Kent Valley RC
77	11:17	Matthew	Wales	Fibrax Wrexham RC
78	11:18	Martin	Shaw	Kendal Cycle Club
79	11:19	Callum	Anderson	Musselburgh RCC
80	11:20	Matt	Hoyle	Lakes Road Club

81	11:21	Sam	Stephenson	Lakes Road Club
82	11:22	Christopher	Hall	BPC Race Team
83	11:23	Sam	Weatherhead	Lakes Road Club
84	11:24	Ben	Lloyd	Fibrax Wrexham RC
85	11:25	Joseph	Richards	Lakes Road Club
86	11:26	John	Sammut	Pocomotion Road Club
87	11:27	Sam	Marshall	Trash Mile
88	11:28	David	Hill	Giant-Kendal-Sidas.uk
89	11:29	Josh	Murphy	Lakes Road Club
90	11:30	George	Baker	Barrow Central Wheelers
91	11:31	Paul	Roby	Lancashire RC
92	11:32	Daniel	Stevens	Liverpool Century RC
93	11:33	Scott	Shields	Barrow Central Wheelers
94	11:34	Chris	Loxley	North Cheshire Clarion
95	11:35	Jesse	Dawson	Vanelli-Project GO
96	11:36	Lee	Cuthbertson	Muckle Cycle Club
97	11:37	Lauren	Davies	The Racing Chance Foundation
98	11:38	Thomas	Hanlon	Tactic Sport UK Race Team
99	11:39	Laurie	Lambeth	Kendal Cycle Club
100	11:40	Chris	Booth	Giant-Kendal-Sidas.uk
101	11:41	Gemma	Sargent	Saint Piran
102	11:42	Faye	Sharpley	Holmes Chapel Velo
103	11:43	Dan	Taylor	Leicester Forest CC
104	11:44	Tom	Andrews	Team Lifting Gear Products
105	11:45	Mitch	Russell	Caffi Gruff
106	11:46	Alice	Evans	Oxford University CC
107	11:47	Abi	Plowman	Kendal Cycle Club
108	11:48	George	Hodgkinson	Chorley Cycling Club
109	11:49	Iain	Duffield	PMRR
110	11:50	Tom	Stephenson	Lakes Road Club
111	11:51	Ross	Howcroft-Jones	Rapha Cycling Club
112	11:52	John	Roberts	Garstang Cycling Club
113	11:53	Phil	Marsden	Horwich Cycling Club
114	11:54	Alastair	Ribbands	Congleton CC - MyWindsock
115	11:55	Rebecca	Richardson	Team Brother UK
116	11:56	Natalie	Stevenson	Glasgow Ivy CC
117	11:57	Martin	Mikkelsen-Barron	Velo Club Cumbria
118	11:58	David	Huck	Barrow Central Wheelers
119	11:59	Andy	Cunningham	WHEELBASE CABTECH CASTELLI
120	12:00	David	Fellows	Solihull CC
121	12:01	Frances	Owen	Wahoo Endurance Zone p/b Le Col
122	12:02	Joanna	Blackburn	High North Performance
123	12:03	Oliver	Bridgewood	Bath Cycling Club
124	12:04	Alex	Paton	Bath Cycling Club