



RISK ASSESSMENT

Courses and roads assessed. Circuit of the Dales 50 miles L503	Course local to: Ingleton, Kirby Lonsdale, Sedbergh, Garsdale and Hawes
Date of assessment/ review Originally approved 24 Feb 2004; revised Jan 2017; approved Jan 2017; revised Feb 2019 (route alteration in Sedbergh). Approved 20 March 2019. START amended to avoid A65 Oct 2019. Approved 13 March 2024	Name of assessor: Kevin Hesketh

Course description

SPOCO event from Ingleton, Kirby Lonsdale, Sedbergh, Garsdale, Hawes and back to Ingleton. START on A687 approximately 50 yards after junction with A65 by the Country Harvester outlet north of Ingleton at west end of field gate on south side of road. Proceed west on A687 through Burton-in-Lonsdale to Greta Bridge and junction with A683 where straight on (Care) to junction with A65 main Kendal road. Fork left down the hill then turn right (Care) on to A683 main Sedbergh road (8.73 miles /160ft). Proceed through Casterton and Middleton to join the A684 main Hawes road (18.52 miles/370 ft). Fork right onto A684 and proceed to Sedbergh Main Street, where sharp right to mini roundabout (Care). Left at roundabout onto Back lane; take the right turn beyond the village along the A684 through Garsdale to the Moorcock Inn (29.40 miles/ 802ft). After a further 4 miles, KEEP RIGHT over Yore Bridge through Appersett to the top end of Hawes village (34.56 miles/802ft). Turn sharp right (Care) up the hill on to B6255 Ingleton road and proceed via Newby Head (40.58 miles/ 1421ft) and Ribblehead (44.70 miles /980ft) to FINISH at signpost 'bend' and '12%' gradient and adjacent to 'SLOW' sign on road at start of descent into Ingleton. (50m).

Traffic flows

Mix of A and B roads. Technical descents.

Course event/history

This is a Type A (Open) events course revised Jan 2019, now avoiding Sedbergh Main Street via the mini roundabout and the start is now moved to avoid

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the A65.

Key identified risks

	Distance	Location	Identified Significant Risk/Hazards	Level of Risk Low/Med/High	Measures to reduce Risk (if applicable)
1		General requirements	Time of event meets CTT standards. Course clear on day.		Traffic counts Organiser to ensure course checked on day
2		Before start	Competitors parking. Competitors riding from HQ and warming up.	LOW	Organiser to place CYCLE EVENT warning signs.
3		Start area	Competitors waiting	LOW	Organiser to place cycle event warning signs and display head up sign.
4		START on A687 approximately 50 yards after junction with A65 by the Country Harvester outlet north of Ingleton at west end of field gate on south side of road.	Competitor/holder up falling.	LOW	Organiser to position CYCLE EVENT warning sign to make riders aware of cycle event and ensure officials to wear high visibility jackets/bibs. LOCAL Rules – riders not to perform a ‘U’-turn in the vicinity of the start. Organiser to ensure riders are reminded on start sheet.
5		Riders continue on A687 through Burton in Lonsdale.	20 mph limit for 900 m through village.	LOW	Organiser to draw riders’ attention in race instructions to the 20 mph limit and the requirement for them to exercise restraint.



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6		Junction with A683 at Greta Bridge.	Riders effectively make a right turn onto the A683. Danger from traffic approaching from A683 north and southbound.	MEDIUM	Organiser to place cycle event warning signs, position 2 marshals for direction and safety. Organiser also to remind riders to take particular care in race instructions.
7		Junction with A65.	Riders fork left at T junction with A65.	LOW	Organiser to place cycle event warning signs at junction and position 1 marshal for direction and safety.
8		Junction with A683 at Kirkby Lonsdale.	Riders turn right off A65 and onto A683. Riders are partially protected by right turn zone marked by hatchings.	MEDIUM	Organiser to place cycle event warning signs at junction and position 1 marshal for direction and safety.
9		A683 through Casterton and Middleton.	Riders continue on A683.	LOW	No additional measures required.
10		Junction A683/B6256	Riders continue on A683, following A683 right.	LOW	No additional measures required.
11		Junction A683/A684	Riders bear right onto A684.	LOW	Organiser to place cycle event warning signs at junction and position 1 marshal for direction and safety.



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12		Sedbergh Town centre	Riders continue on A684 to Sedbergh town centre through narrow section with opposite traffic priority and follow road sharp right (away from one-way system) towards mini-roundabout.	LOW	Organiser to place cycle event warning signs at junction and position 1 marshal for direction and safety.
13		Sedbergh Town centre	Riders bear sharp left at mini-roundabout. Very tight left turn with risk of riders swinging into oncoming traffic.	LOW	Organiser to place cycle event warning signs at junction and position 1 marshal for direction and safety. Organiser to notify riders in start sheet to take extreme care because of the very tight turn.
14		Junction A684/A683 east of Sedbergh.	Riders bear right onto A684.	LOW	Organiser to place cycle event warning signs at junction and position 1 marshal for direction and safety.
15		Junction A684/B6259 Moorcock Inn.	Riders continue on A684.	MEDIUM	Organiser to place cycle event warning signs at junction and position 1 marshal for direction and safety.
16		Appersett.	Riders keep right over Yore Bridge, through Appersett.	LOW	No additional measures required.
17		Junction A684/B6255 east of Hawes.	Riders turn right onto B6255.	MEDIUM	Organiser to place cycle event warning signs at junction and position 1 marshal for direction and safety.



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18		Junction B6255/B6479 at Ribblehead.	Riders continue on B6255. Danger from traffic emerging from junction and from vehicles parked and starting/stopping near café caravan.	LOW	Organiser to place cycle event warning signs on all three approaches to junction.
19		Hill Inn on B6255	Riders ride past Hill Inn at high speed.	LOW	Organiser to place cycle event warning signs
20		FINISH at signpost 'bend' and '12%' gradient and adjacent to 'SLOW' sign on road at start of descent into Ingleton. (50m).		LOW	Organiser to notify in start sheet that no times will be given to competitors or supporters at finish
21		Return to HQ	Riders U-turn after finish	LOW	Organiser to place cycle event warning signs to remind riders in start sheet to obey rules of the road. Organiser to remind riders in start sheet Note to take care immediately after the finish and to slow down to safely take the corner and descent back to the HQ.

NOTES:

1. The use of a vehicle for the timekeeper(s) at start and finish is where appropriate and is only identified as an example for the action to be taken.
2. The small junctions or entrances to farms/ facilities (garage, eatery, etc) that are not identified in this risk assessment have been considered,

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however are not considered significant to pose a risk and therefore have not been noted.

3. All rules of the road must be followed as to 'the Highway Code'.
4. This risk assessment shall be made available at the event signing on. By the riders signing on to event sheet they accept all hazards identified on this course and are aware that this is an open road event and that they have a duty of care and courtesy to other road users.

Risk assessment Author: Kevin Hesketh

Date: Dec 2019