

The iwoca Struggle Hill Climb 2021

Supported by The Lakes Road Club and Barrow Central Wheelers

Supporting the Great North Air Ambulance

26/09/2021

First Rider off 10:01am



Rider Information

SUPPORTED BY



**COLD
DARK
NORTH**



Leigh Day

Fred Whitton
Charity



University of
Cumbria

Vestas



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: Mike Westmorland, Steve Jenkin, Mike Edwards, James Hodgson

Event HQ: University of Cumbria Ambleside Campus LA22 9BB

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

The Struggle Hill Climb is back for its second edition in 2021, this time with a closed road! Possibly one of the most iconic climbs in the UK, this is going to be a 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%!

Although slightly different start and finish points to the ones we will be using for the event, here is the VeloViewer segment for those that love the stats!

https://veloviewer.com/segments/12119438?referrer=Embed_blog.veloviewer.com

It's going to be an incredible day and hopefully one that we can continue to put 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 26th!

Event Sponsor iwoca

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 event sponsor, iwoca.

'iwoca is unlocking economic growth by expanding the financial possibilities available to small business owners. Since launching in 2012, they have made funding available to 50,000 businesses. iwoca distributed nearly £400 million to small businesses through the Government's Coronavirus Business Interruption Loan Scheme (CBILS) and last year launched iwocaPay – an online buy now pay later invoice checkout to help small businesses get paid. One of Europe's largest small business lenders has also partnered with Mental Health UK on research to identify the needs of small business owners, and will soon launch a tailored mental health support package.'

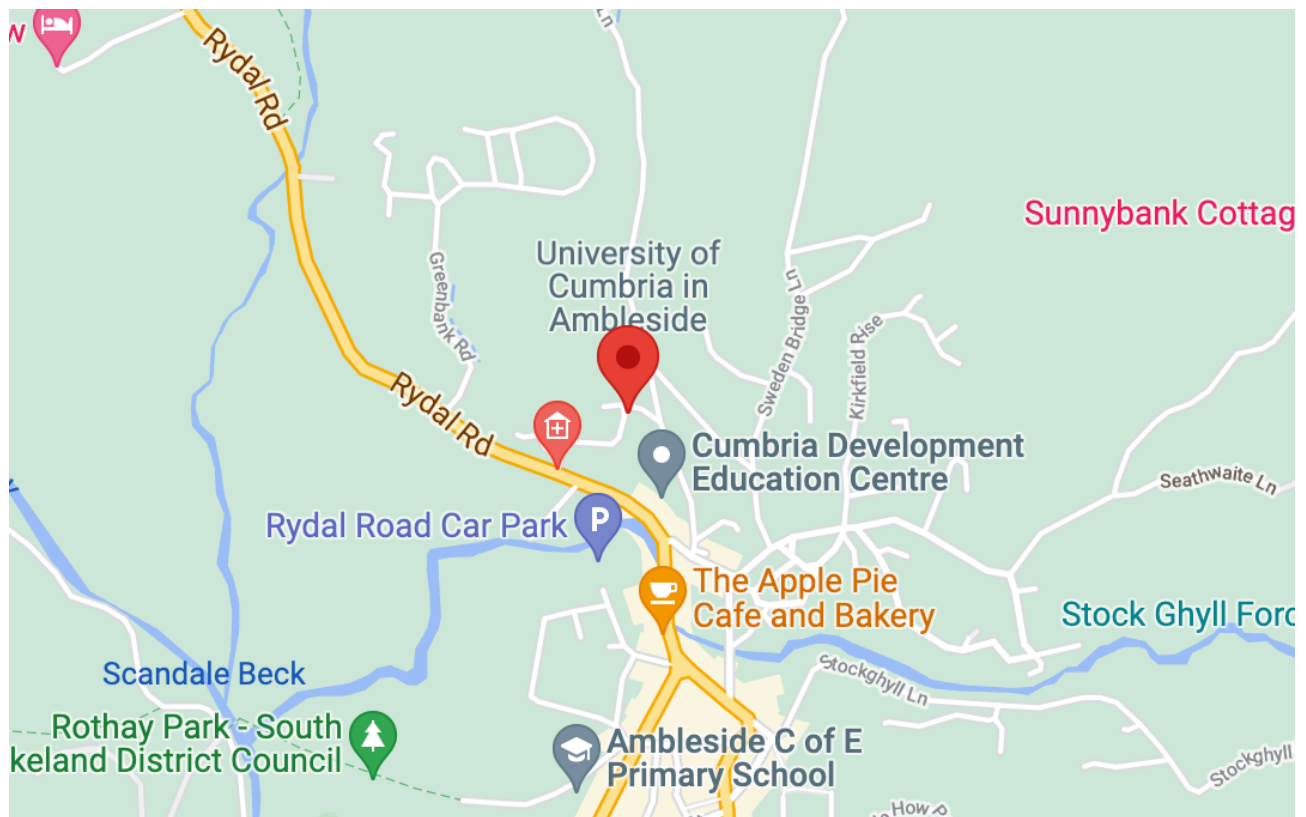


HQ

Sign on will take place at event HQ University of Cumbria (first come first serve parking):

University of Cumbria

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



Bikes and kit

- All riders bikes MUST be fitted with a working rear light, failure to do so will result in no ride.
- It is strongly advised that riders have working rear brakes, due to the steep nature of the descent back to the HQ.
- 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.

Sign on and Sign out

- Sign on will take place at event HQ University of Cumbria from 08:30am until 09:30am.
- All riders must attend sign on to receive their numbers.
- First rider will begin promptly at 10:01am. Riders will then continue to start at 1 minute intervals.
- If a rider is running late, please do contact the event organiser to advise.
- Please ensure you are signed on no later than 09:30. No sign on, no ride!

Start

- The first rider will begin promptly at 10:01am
- 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.
- Any helmets/small bags given over at sign on will be available at the finish line from the marshals van.
- The route back to HQ uses fast roads so it is **STRONGLY** advised that all riders wear a helmet on the return to HQ.

Covid-19

Riders must not attend if they are any of the following:

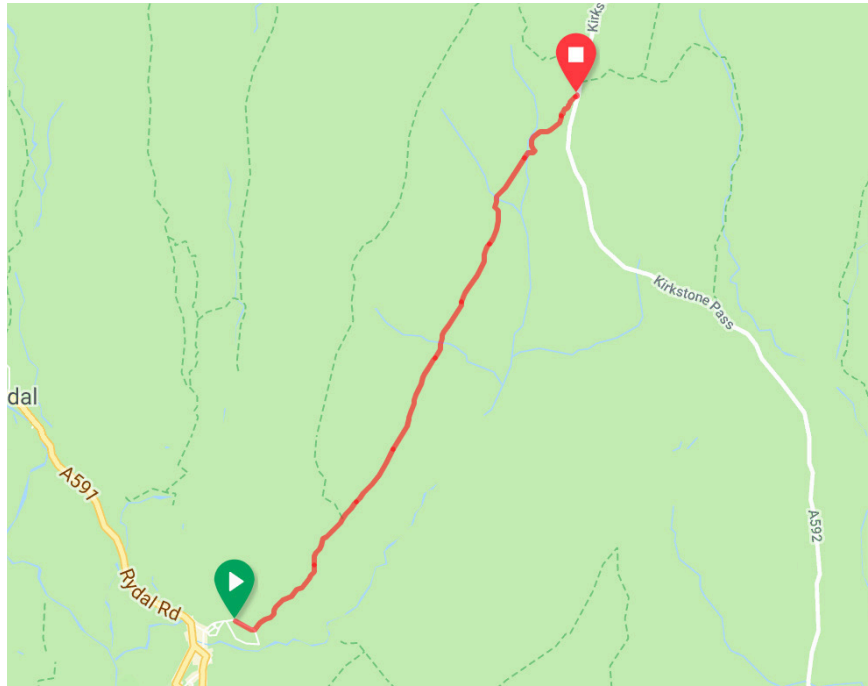
- showing any symptoms of Covid-19,
- have tested positive for covid-19.
- have been told to self isolate by track and trace.

CTT have published updated guidance regarding covid-19, and we will be adhering with this guidance. This guidance is available on the CTT website, and a printed copy will be available at sign on.

Please maintain good social distancing, and wear a mask where appropriate. Sign on will take place outdoors to support with good ventilation and prize giving will be brief to ensure no unnecessary congregation. Any spectators are advised to consider good social distancing, and to also adhere to the statement above regarding when not to attend. The start line support and Catchers will aim to only handle riders bikes and avoid touching riders. Hand sanitiser will be available. Please consider wearing a mask when possible, and riders are advised to complete a lateral flow test if possible in the 24 hours prior to attending the event.

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.

Prizes

We have prizes for:

- Top 3 Male Riders
- Top 3 Female Riders
- Best Pain Face!
- Top 3 Junior Riders (under 18)
- 1st Place under 23 Rider Male and Female
- Vets >40 1-3rd male and female
- Vets >50's 1st place
- Vets >60's 1st place male and female
- Lanterne Rouge Prize donated by Ellen Isherwood

All male and female prizes are equal and all prizes have kindly been donated by various generous brands including Maurten, Veloskin, Wheelbase and the Fred Whitton Charity.

Prizes will be given following the event back at the UOC car park. If attending prize giving, please maintain good social distancing and consider wearing a mask.

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!

VELOSKIN

One of our awesome prize partners Veloskin have kindly offered all riders entered 20% discount code, for use on their online store. Use the discount code to gain 10% off their products ready for the struggle! From all sales, another 10% will be donated to the Great North Air Ambulance charity!

DISCOUNT CODE: TSHC21VELOSKIN

<https://veloskin.cc/discount/TSHC21VELOSKIN>

Parking

Free parking is extremely limited in Ambleside.

We have collaborated with **Cumbria University** and **Ambleside Health Centre** who have kindly agreed to allow us to use their parking areas. Parking will be possible from 08:15am, 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.

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

Toilets and changing

Toilets will be available for riders to use at the Armitage Museum, located at the bottom of the HQ car park. We are incredibly grateful to the museum for the use of their toilets, so please do respect them if using.

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 rear light. Cycling Time Trials and the Event Promoters mandate the use of a flashing / constant rear light whilst competing and visible to other road users.
- 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.
- 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!*

Spectators

Please do Bring friends, family, husbands, wives...the lot! HOWEVER, due to COVID-19, please do not congregate in large groups indoors and when outdoors please do be mindful of social distancing.

Let's make this an incredible event both for riders and supporters. Cow bells will be available from the event HQ for spectators!

Riders Under the age of 18

- Riders under the age of 18 must wear a helmet as per CTT Rules and Regulations.
- Riders over the age of 18 are strongly advised to wear a helmet.
- 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.

**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.**

The Struggle Hill Climb 26/09/2021 Start sheet

Bib Numer	Start Time	First Name	Surname	Club	Age	Gender
1	10:01	Toby	Cummins	Kendal Cycle Club	41	Male
2	10:02	Deborah	John	The Racing Chance Foundation	62	Female
3	10:03	Kate	Orf	The Racing Chance Foundation	34	Female
4	10:04	Christopher	Brown	Harry Middleton CC	50	Male
5	10:05	Elise	Haigh	Queensbury Queens of the Mountain	31	Female
6	10:06	Pete	Marston	Kendal Cycle Club	47	Male
7	10:07	William	Broadbent	Lancashire RC	35	Male
8	10:08	Lauren	Davies	The Racing Chance Foundation	33	Female
9	10:09	James	Bailey	Clitheroe Clarion CC	33	Male
10	10:10	Adam	Walton	Kendal Cycle Club	31	Male
11	10:11	Garan	Comley	Velo Club Cumbria	43	Male
12	10:12	Martin	Pyrh	Barrow Central Wheelers	51	Male
13	10:13	Stewart	Mc William	Kendal Cycle Club	43	Male
14	10:14	Morgan	Donnelly	Kendal Cycle Club	48	Male
15	10:15	Dan	Braund	Derwent Valley Cycling Club	37	Male
16	10:16	Philip	Wake	Derwent Valley Cycling Club	38	Male
17	10:17	Dennis	Baron	Clitheroe Bike Club	60	Male
18	10:18	Toby	Johnson	Kendal Cycle Club	46	Male
19	10:19	Matthew	Loughlin	Kendal Cycle Club	36	Male
20	10:20	Daniel	Whittaker	East Lancashire RC	42	Male
21	10:21	Chris	Speight	Kendal Cycle Club	63	Male
22	10:22	Laurie	Stobbs	Ribble Cycles	41	Male

Bib Numer	Start Time	First Name	Surname	Club	Age	Gender
23	10:23	Rachel	Rodger	Kendal Cycle Club	48	Female
24	10:24	Keeley	Spate	Kendal Cycle Club	39	Female
25	10:25	William	Sisson	Kendal Cycle Club	35	Male
26	10:26	Paul	Livesey	Derwent Valley Cycling Club	32	Male
27	10:27	Mark	Lee	Kendal Cycle Club	39	Male
28	10:28	Phil	Smith	Lakes Road Club	49	Male
29	10:29	Mary	Saunders	Kendal Cycle Club	41	Female
30	10:30	Isobel	Riley	Garstang Cycling Club	46	Female
31	10:31	Sonny	Miles-Currey	Bella in Sella Racing	30	Male
32	10:32	Daniel	Lloyd	Frodsham Wheelers	32	Male
33	10:33	Michael	Walker	Guide Cycling	33	Male
34	10:34	Janet	Kenyon	Carlisle Reivers Cycling Club	62	Female
35	10:35	Peter	Armistead	Barrow Central Wheelers	41	Male
36	10:36	Callum	Anderson	Musselburgh RCC	47	Male
37	10:37	Earle	Logan	Kendal Cycle Club	50	Male
38	10:38	Samantha	Percival	Chester Triathlon Club	31	Female
39	10:39	Phill	Craker	Barrow Central Wheelers	49	Male
40	10:40	Dan	Verry	Rock to Roll CC	33	Male
41	10:41	Mark	Elding	Harry Middleton CC	39	Male
42	10:42	Julian	Wilkie	Cheshire Maverick Cycle Club	45	Male
43	10:43	John	O'Callaghan	Barrow Central Wheelers	54	Male
44	10:44	Helen	Jackson	Kendal Cycle Club	43	Female
45	10:45	Michael	Stanley	North Wirral Velo	60	Male
46	10:46	Matthew	Wren	Barrow Central Wheelers	36	Male
47	10:47	Sam	Walker	Barrow Central Wheelers	36	Male
48	10:48	William	Adams	Manchester Bicycle Club	26	Male
49	10:49	Michael	Hutchings	Barrow Central Wheelers	41	Male
50	10:50	George	Baker	Barrow Central Wheelers	24	Male
51	10:51	Elliot	Higgins	Rapha Cycling Club	35	Male
52	10:52	Keith	Melvin	Rock to Roll CC	36	Male
53	10:53	Paul	Nelson	Ribble Valley Crossroads Care Cycling Team	31	Male

Bib Numer	Start Time	First Name	Surname	Club	Age	Gender
54	10:54	Francesca	Counsell	Bella in Sella Racing	26	Female
55	10:55	Oliver	Fenton	South Downs Bikes / Casco Pet	25	Male
56	10:56	Adam	Johnson	Kendal Cycle Club	43	Male
57	10:57	Alex	Robinson	Rapha Cycling Club	27	Male
58	10:58	Sean	Dodsworth	Richmond CC	25	Male
59	10:59	Duncan	Edwards	Harrogate Nova CC	29	Male
60	11:00	Katie	Hurt	Garstang Cycling Club	24	Female
61	11:01	Louis	Lermite	Guide Cycling	16	Male
62	11:02	Luke	Tamblin	Barrow Central Wheelers	18	Male
63	11:03	Freddie	Dobson	Cog Set Papyrus	15	Male
64	11:04	Edward	Quick	Lakes Road Club	17	Male
65	11:05	Patrick	Casey	Team Lifting Gear Products/Cycles In Motion	15	Male
66	11:06	Dan	Taylor	Leicester Forest CC	18	Male
67	11:07	Rebecca	Cleator	Barrow Central Wheelers	25	Female
68	11:08	Frances	Owen	Fibrax Wrexham RC	29	Female
69	11:09	Ben	Lloyd	Fibrax Wrexham RC	30	Male
70	11:10	Mick	Jones	GS Metro	42	Male
71	11:11	Dan	Kendall	Rock to Roll CC	36	Male
72	11:12	James	Pearce	Solihull CC	31	Male
73	11:13	Ed	Braithwaite	Kendal Cycle Club	34	Male
74	11:14	Lewis	Martin	Studio Velo	22	Male
75	11:15	George	Hodgkinson	Chorley Cycling Club	19	Male
76	11:16	Connor	Furness	Barrow Central Wheelers	26	Male
77	11:17	Laurie	Lambeth	Kendal Cycle Club	38	Male
78	11:18	Mick	Braithwaite	Cybele Cycling Club	50	Male
79	11:19	Richard	Cartland	HuntBikeWheels.com	43	Male
80	11:20	Simon	Horsley	Legato Racing Team (LRT)	57	Male
81	11:21	Michael	Gregory	Barrow Central Wheelers	43	Male
82	11:22	Laurence	Fryer-Taylor	OVB	29	Male
83	11:23	Josie	Cram	PMRR	32	Female
84	11:24	Sam	Marshall	Trash Mile	24	Male

Bib Numer	Start Time	First Name	Surname	Club	Age	Gender
85	11:25	David	Hill	Giant-Kendal RT	23	Male
86	11:26	Joe	Boothroyd	Giant-Kendal RT	23	Male
87	11:27	Richard	Bickley	Giant-Kendal RT	38	Male
88	11:28	Joanna	Blackburn	Team Bottrill	38	Female
89	11:29	David	Scott	MULE .C.C.	30	Male
90	11:30	Thomas	Hanlon	Tactic Sport UK Race Team	30	Male
91	11:31	Tom	Stephenson	Lakes Road Club	21	Male
92	11:32	David	Fellows	Solihull CC	28	Male
93	11:33	Andy	Cunningham	Ilkley CC	32	Male
94	11:34	Martin	Mikkelsen-Barron	Velo Club Cumbria	35	Male
95	11:35	Ed	Laverack	Backpedal	27	Male