



## Barrow Central Wheelers (L&L SpoCo) Course L212

This is a **Lakes and Lancs SpoCo** counting event.

A 21 mile undulating SpoCo time trial on course L212  
Promoted for & on behalf of Cycling Time Trials under their Rules  
& Regulations at 2pm on Saturday 15<sup>th</sup> April 2017 by  
**Barrow Central Wheelers**

**Event HQ:** Ulverston Leisure Centre, Priory Road, Ulverston. LA12 9HT

**Event Secretary:** Allan Nelson, 3 Trinkeld Avenue, Swarthmoor,  
Cumbria. LA12 0XB (Tel: 01229 587996 Mob: 07803 585947)

**START:** Start opposite North Lodge cottage on the A5087 at the lamp  
post where grass and tarmac meet.

Proceed south past Bardsea Bay (1.4 miles) through Baycliff (3.5 miles)  
to the roundabout at the junction of Rampside Road and Rampside  
village (8.1 miles).

Take 2nd exit and proceed to the halfway point at Roose roundabout  
(10.5 miles).

Take the 3rd major exit and retrace the outbound course. Finish on  
the A5087 exactly opposite the start point (21 miles).

### Local Regulations

- Prior to starting competitors must not ride past the finish time keeper during the duration of the event.
- Any competitor making a U-turn in the vicinity of the start or finish will be disqualified from the event.
- Riders must give their number at the finish and elsewhere on the course if requested.
- Riders must not stand in the road at the start or the finish (this constitutes obstruction and is a breach of regulations).
- Riders must not ride with their head down.

- Riders must keep to the left hand side of the road except when overtaking. Failure to comply may lead to disqualification.
- All competitors under the age of 18 and/or Juniors **MUST** wear a **HELMET** of **HARD/SOFT SHELL** construction that conforms to a recognised standard (see regulation 15).  
Cycling time trials strongly recommends ALL competitors to wear such a helmet.
- CTT recommends that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

**Riders must sign the signing on sheet at event HQ (Ulverston Leisure Centre) in order to obtain their race number which should be returned at the end of the event when the riders must also SIGN OUT.**

**The course Risk Assessment will be on display at the event HQ.**

**NB: No times will be given to competitors or supporters at the finish. Riders must obey the rules of the road at all times.**

Men's/Women's changing rooms and refreshments are available at event HQ.

Parking is available at event HQ. **Please park sensibly.**

**PRIZES:** (One rider, one cash prize apart from team prize)

Fastest	£30
2 <sup>nd</sup> Fastest	£20
3 <sup>rd</sup> Fastest	£10
1 <sup>st</sup> Lady	£30
1 <sup>st</sup> Juvenile	£10
1 <sup>st</sup> Junior	£10
1 <sup>st</sup> V40	£20
1 <sup>st</sup> V50	£20
1 <sup>st</sup> V60/70	£20
1 <sup>st</sup> Team of 3	£30

**Have a good safe ride, watch out for potholes, and keep your head up.**

