



BARROW CENTRAL WHEELERS (NLTTA SPOCO)

Open 21 mile SPOCO Time Trial

Saturday 20th April 2024

Event Start Time 9.00 / First Rider off 9:01

It was a sunny but chilly morning that 25 riders who took part in the Barrow Central Wheelers L212 Coast Road course. A slight wind from the South West provided a headwind for the outbound section of the course where the wind is usually a factor – but less so today.

The 1st Rider Home was Chris Booth (Giant-Kendal-Sidas UK) 46.46 having recently taken up Time Trialling and was pleasantly surprised in finding out he had won! Richard Bideau (Pendle Forest) was 2nd with 47.58 and Matt Morris (Wigan Whs CC) 3rd at 48.29

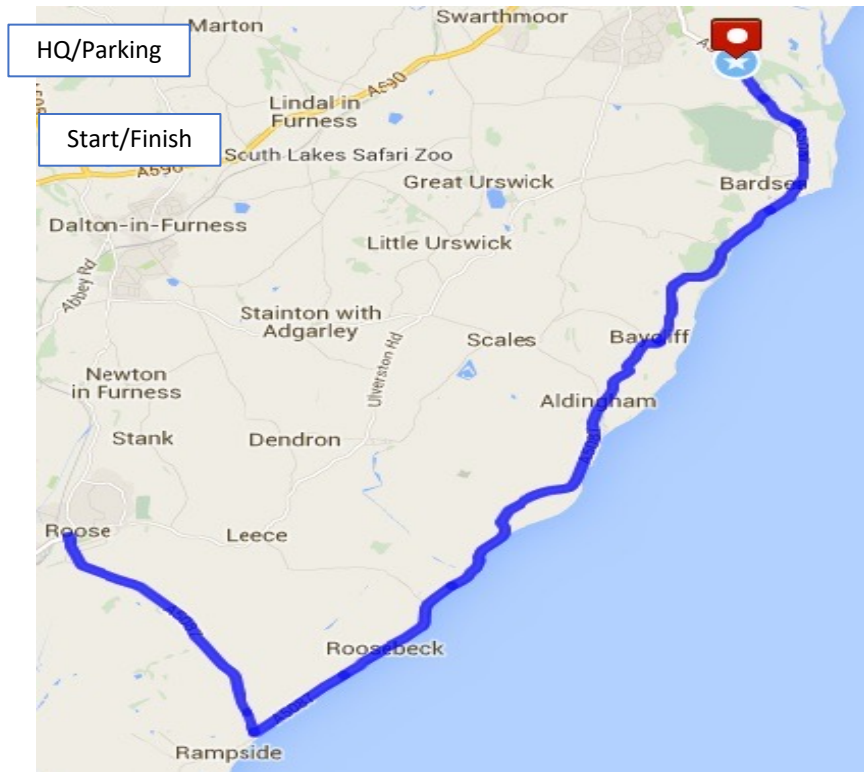
Joanna Cebrat (360cycling) headed the Female riders with 57.00 finishing 19th overall

Special mentions for Richard Morgan (Barrow Central Wheelers) who headed the road bike contingent and to Ayesha Vose (ESV Manchester) who was the youngest rider today tackling the L212 for the first time.

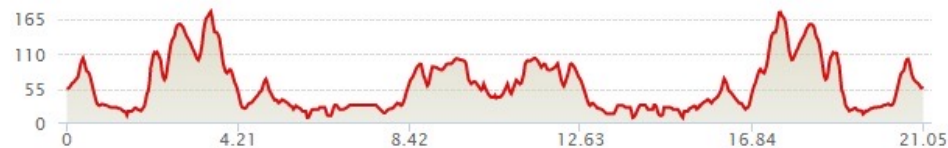
Thanks to all marshals, volunteers and timekeepers for making this event happen.

L212 Coast Road 21 course description

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).



ELEVATION (ft)



Prizes

Category	No of Riders	1 st Place	Winner
Road Bike Open Vet	3	£15	Richard Morgan Barrow Central Wheelers
TT Bike Female Youth	1	£15	Ayesha Vose ESV Manchester
TT Bike Open Senior	4	£15	Chris Booth Giant-Kendal-Sidas UK
TT Bike Open Vet 59<	10	£15	Richard Bideau Pendle Forest CC
TT Bike Open 60>	4	£15	Bob Atkinson Barrow Central Wheelers
TT Bike Female Vet	3	£15	Joanna Cebrat 360cycling



Event Winner Chris Booth 20/04/24