



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

Promoted for and on behalf of Cycling Time Trials under their rules and regulations Part of the NLTTA SPOCO Series

Timekeepers

Tracy Moore and Andy Sawyer

Event Secretary

Richard Bell, 48 Gatacre Street, Barrow in Furness, Cumbria, LA14 3PY MOBILE. 07515150691

Event Headquarters, Parking, Toilets – see following diagrams

HQ is open from 8.00am and is "The View" building in Ulverston Leisure Complex located on the A5087 Toilets and Parking on site – but venue requests no parking on southbound side of A5087.

The following local CTT regulations apply;

In all events, competitors prior to starting are not permitted to ride past the finishing timekeeper during the duration of the event.

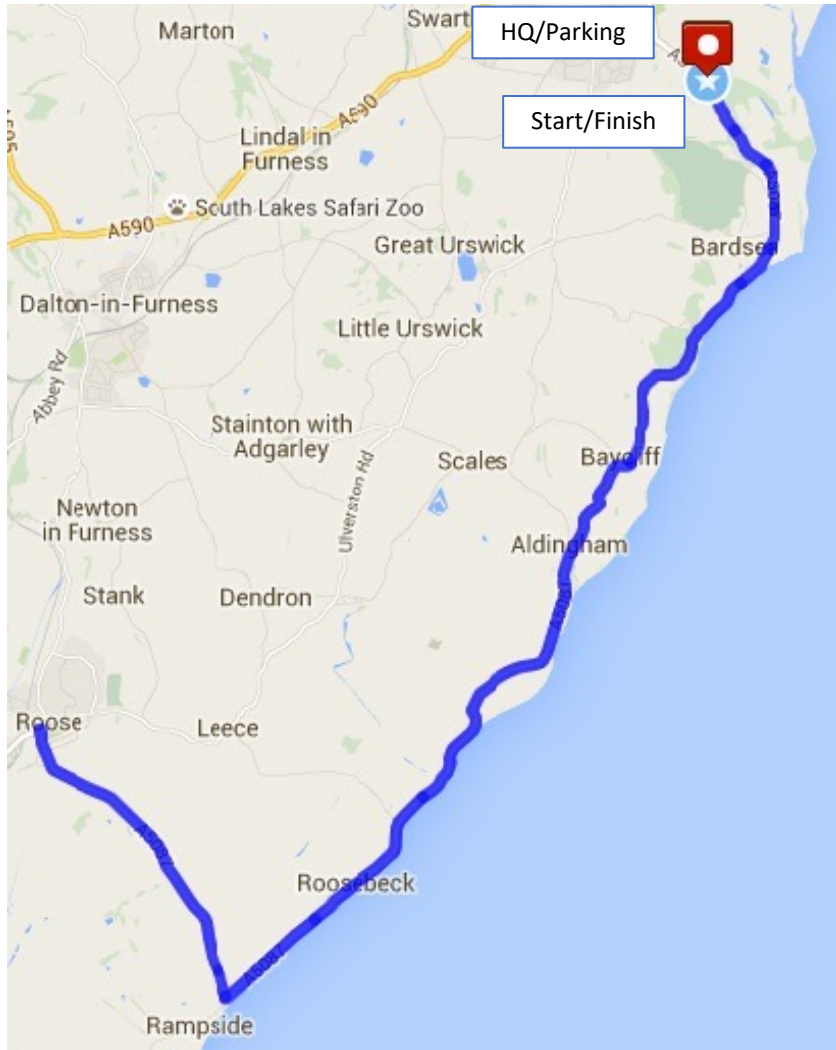
Riders must not ride with their head down.

ALL riders must use working front and rear lights attached to their machine. [Regulation 14(j)].

ALL riders now must wear a helmet. (Previously this requirement was only mandatory for under 18s). [Regulation 15].

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).



The venue requests no parking on the Leisure Centre side of the A5087 and do not cut across cricket field – walk along main road



Course: Coast Road 21
Length: 21 miles
Ascent: 280m



Prizes

Category	No of Riders	1 st Place
Road Bike Open Vet	3	£15
TT Bike Female Youth	1	£15
TT Bike Open Espoir	1	£15
TT Bike Open Senior	4	£15
TT Bike Open Vet 59<	11	£15
TT Bike Open 60>	4	£15
TT Bike Female Vet	3	£15