**Barrow Central Wheelers**



**Open 21 Mile SpoCo Time Trial**

**Saturday 14th April 2018**

This is a Lakes & Lancs SpoCo Counting Event

Promoted for & on behalf of Cycling Time Trials under their rules & regulations

**Event Secretary**

Andy Stubbs

30, Clarence Street

Ulverston

Cumbria

Tel 07928390152

Email – [astubbs20955@aol.com](mailto:astubbs20955@aol.com)

**Timekeepers** – Tracey Moore & Mike Edwards

**Marshals** Start/Finish - Tony Johnson.

Rampside Roundabout- Andy Sayer & Jim Lawley

Roose Roundabout – P. McClure, Graham Pitcher & Graham Carrick

**First Rider –** 14:01hrs

**Course L212.**

* Start opposite North Lodge Cottage on the A5087 at the lamp post where grass and tarmac meet.
* Proceed South past Bardsea Bay (1.4miles) through Baycliff (3.5miles) to the roundabout at the junction of Rampside Road and Rampside Village (8.1miles). Marshals.
* Take 2nd exit and proceed to the halfway point at Roose roundabout (10.5miles). Marshals.
* Take the 3rd major exit to retrace the outbound course. Finish on the A5087 exactly opposite the start point (21mile).

**Risk Assessment**

* A copy of the CTT Risk Assessment will be displayed at the event HQ.

**Event Headquarters** (available from 12:30)

* Ulverston Leisure Centre. Priory Road, Ulverston. LA12 9HT.
* Mens/womens changing rooms & toilets available.

**Car Parking**

* Parking at the event HQ & if needed at the Ulverston Swimming Pool 300mtrs down the road towards the event start. Please park sensibly.

**Numbers, Signing On & Result Board**

* Will be available at the HQ
* HQ open from 12.30

**Signing Out**

* All competitors are required to personally return their number
* All competitors are required to sign the signing out sheet
* Failure to do so will result in the competitor being recorded as DNF

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**Refreshments**

* Will be available at the HQ
* Any donation welcome

**Rider Warning**

* Due to the winter weather; road conditions on the Districts road have somewhat deteriorated with potholes & surface issues in some areas.
* Any significant hazard will be recorded on the On the Day Dynamic Risk Assessment.
* Results will not be available from the finish area – only at the HQ.

**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 a HELMET of HARD/SOFT SHELL construction that conforms to a recognized standard (see regulation 15)
* Cycling Time Trials strongly recommend 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.

**Prizes** (One rider one cash prize)

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| Fastest | £30 |
| 2nd Fastest | £20 |
| 3rd Fastest | £15 |
| 1st Lady | £20 |
| 1st V40 | £20 |
| 1st V50 | £20 |
| 1st V60/70 | £20 |