



BARROW CENTRAL WHEELERS (NLTTA SPOCO)

Open 21 mile SPOCO Time Trial

Sunday 24th April 2022

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

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 Lesuire 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.

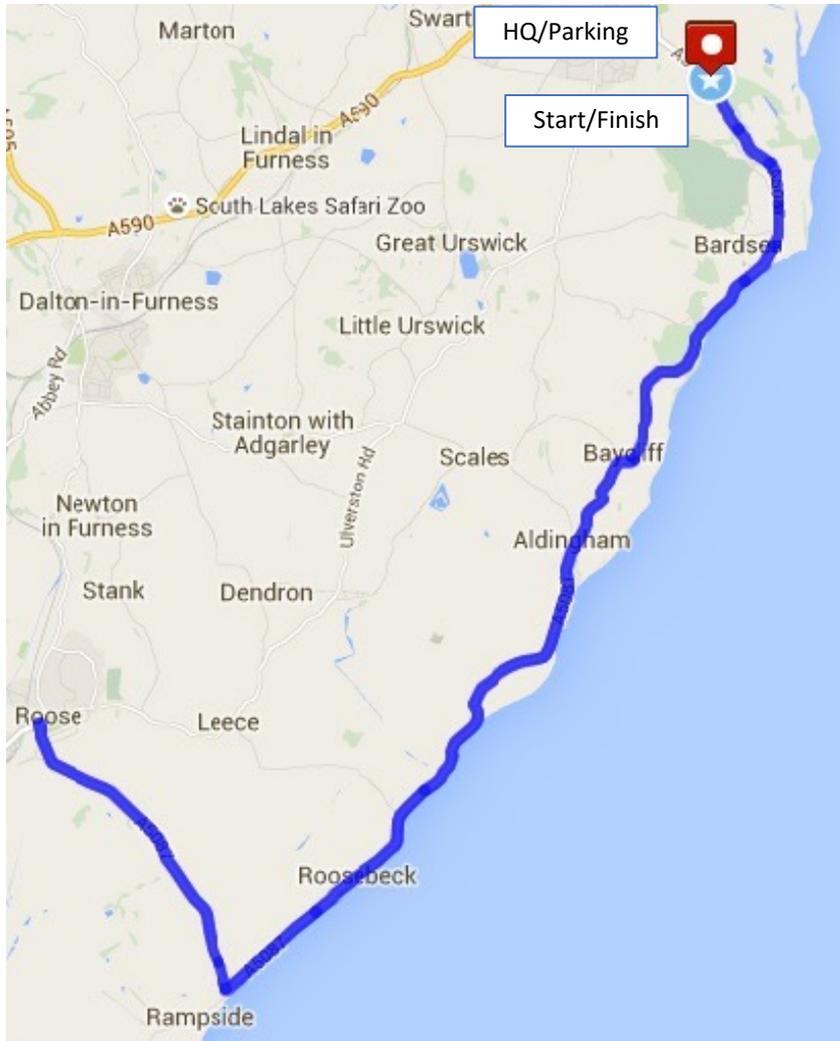
Riders must not ride with their head down.

Updates of note to CTT regulations – riders expected to familiarize themselves with these.

1. ALL riders must use working front and rear lights attached to their machine. [Regulation 14(j)].
2. 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	2 nd Place
Female Seniors	4	£20	£10
Male Seniors	8	£20	£10
Female Vets	2	£20	£10
Male Vets	24	£20	£10



Start List

Number	Start Time	Firstname	Lastname	Club	Gender	Category
	1 09:01:00	Graham	Carrick	Barrow Central Wheelers	Male	Veteran
	2 09:02:00	Victoria	McMurtha	Barrow Central Wheelers	Female	Senior
	3 09:03:00	Peter	Haigh	VTTA North Lancs and Lakes Group	Male	Veteran
	4 09:04:00	Andrew	Barlow	Kent Valley RC	Male	Veteran
	5 09:05:00	Tony	Greenhalgh	Tactic Sport UK Race Team	Male	Veteran
	6 09:06:00	Tamsin	Vicary	Barrow Central Wheelers	Female	Senior
	7 09:07:00	David	Gibson	Border City Whs CC	Male	Veteran
	8 09:08:00	Neil	Withington	Beacon Wheelers	Male	Veteran
	9 09:09:00	Stuart	Garnett	Barrow Central Wheelers	Male	Senior
	10 09:10:00	Tom	Rigby	Croston Velo	Male	Senior
	11 09:11:00	Sammie	Stuart	Team Brother UK	Female	Senior
	12 09:12:00	Andrew	Sudell	Barrow Central Wheelers	Male	Veteran
	13 09:13:00	Steven	Forrest	Fogartys Insurance Tri Team	Male	Veteran
	14 09:14:00	Richard	Helm	Barrow Central Wheelers	Male	Veteran
	15 09:15:00	Brian	Fogarty	Fogartys Insurance Tri Team	Male	Senior
	16 09:16:00	Christina	Wiejak	Saint Piran	Female	Senior
	17 09:17:00	Paul	Singleton	Kent Valley RC	Male	Veteran
	18 09:18:00	Bryan	Pool	Border City Whs CC	Male	Veteran
	19 09:19:00	Paul David	Fleming	Preston Whs	Male	Veteran
	20 09:20:00	Jonny	Hill	Barrow Central Wheelers	Male	Veteran
	21 09:21:00	Nick	Higginson	Cleveleys Road Club	Male	Veteran
	22 09:22:00	Garry	Date	Barrow Central Wheelers	Male	Senior
	23 09:23:00	Peter	Greenwood	Clayton Velo	Male	Veteran
	24 09:24:00	Nigel	Clementson	Wigan Whs CC	Male	Veteran
	25 09:25:00	Dan	Kendall	Rock to Roll CC	Male	Senior
	26 09:26:00	Kevin	Chadwick	Lakes Road Club	Male	Veteran
	27 09:27:00	Martin	Welsh	Pendle Forest CC	Male	Veteran
	28 09:28:00	Andrew	Kelly	Limitless Triathlon Coaching	Male	Senior
	29 09:29:00	Paul	Braithwaite	Pendle Forest CC	Male	Veteran
	30 09:30:00	Alex	Lowe	TricentralUk	Male	Senior
	31 09:31:00	John	O'Callaghan	Barrow Central Wheelers	Male	Veteran
	32 09:32:00	Benjamin	Horrobin	Horwich Cycling Club	Male	Senior
	33 09:33:00	Martin	Horrobin	Horwich Cycling Club	Male	Veteran
	34 09:34:00	Andrew	Whiteside	Springfield Financial Racing Team	Male	Veteran
	35 09:35:00	Jan	Scotchford	North Lancashire Road Club	Female	Veteran
	36 09:36:00	Carol	Westmorland	Border City Whs CC	Female	Veteran
	37 09:37:00	Mike	Westmorland	Border City Whs CC	Male	Veteran
	38 09:38:00	Derek	Schofield	Rosendale RC	Male	Veteran