



BARROW CENTRAL WHEELERS (NLTTA SPOCO)

Open 21 mile SPOCO Time Trial

Sunday 23th April 2023

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 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.

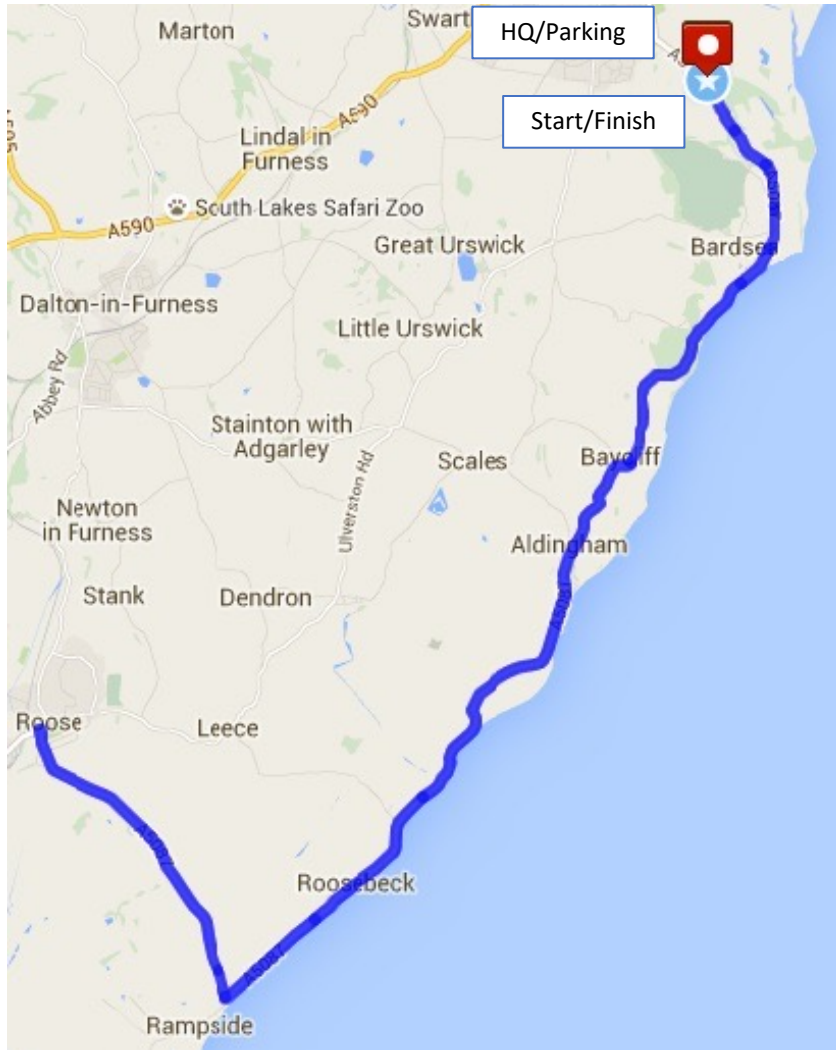
Riders must not ride with their head down.

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	2 nd Place
Female Seniors	1	£20	n/a
Male Espoir	2	£20	n/a
Male Seniors	2	£20	n/a
Male Vets <59	21	£20	£10
Male Vets 60>	9	£20	£10



Start List

1	09:01:00	Peter Armistead	Vet	Male	Club:Barrow Central Wheelers	25 miles PB: 00:58:00 estimate	Any comments:
2	09:02:00	Lauren Minnican	Senior	Female	Club:Barrow Central Wheelers	25 miles PB: 1:03:00 estimate	Any comments: Local TT 21 mile,...
3	09:03:00	Matthew Kayley	Vet	Male	Club:Pendle Forest CC	25 miles PB: 1:13:34	Any comments: My 25 time was on the...
4	09:04:00	David J Gibson	Vet	Male	Club:Border City Whs CC	25 miles PB: 1:09:22	Any comments:
5	09:05:00	Eamonn Quinn	Vet	Male	Club:Lakes Road Club	25 miles PB: 1:06:20	Any comments: Coast Road 25
6	09:06:00	Ben Harrison	Vet	Male	Club:Barrow Central Wheelers	25 miles PB: 00:51:02 estimate	Any comments:
7	09:07:00	Edward Moss	Espoir	Male	Club:Giant-Kendal-Sidas.uk	25 miles PB: 1:03:02	Any comments:
8	09:08:00	Peter Haigh	Vet	Male	Club:VTTA North Lancs and Lakes Group	25 miles PB: 1:02:37	Any comments:
9	09:09:00	Andrew Barlow	Vet	Male	Club:Kent Valley RC	25 miles PB: 00:57:24	Any comments: Hi Richard, I am...
10	09:10:00	Nick Higginson	Vet	Male	Club:Cleveys Road Club	25 miles PB: 1:02:29	Any comments:
11	09:11:00	Doug Hall	Vet	Male	Club:Border City Whs CC	25 miles PB: 1:02:01	Any comments: manual entry
12	09:12:00	Richard Morgan	Vet	Male	Club:Barrow Central Wheelers	25 miles PB: 1:02:00	Any comments:
13	09:13:00	Michael Stanley	Vet	Male	Club:North Wirral Velo	25 miles PB: 1:01:00	Any comments:
14	09:14:00	Bob Atkinson	Vet	Male	Club:Barrow Central Wheelers	25 miles PB: 1:00:18	Any comments:
15	09:15:00	Derek Schofield	Vet	Male	Club:Rossendale RC	25 miles PB: 1:04:42	Any comments: Could I have a late...
16	09:16:00	Edward Quick	Espoir	Male	Club:Barrow Central Wheelers	25 miles PB: 00:59:53	Any comments:
17	09:17:00	Andrew Sudell	Vet	Male	Club:Barrow Central Wheelers	25 miles PB: 00:59:20	Any comments:
18	09:18:00	Paul Singleton	Vet	Male	Club:Kent Valley RC	25 miles PB: 00:58:08	Any comments:
19	09:19:00	Kevin Chadwick	Vet	Male	Club:Lakes Road Club	25 miles PB: 00:57:48	Any comments:
20	09:20:00	Tony Workman	Vet	Male	Club:LVC Racing	25 miles PB: 00:57:23	Any comments:
21	09:21:00	Benjamin Horrobin	Senior	Male	Club:Horwich Cycling Club	25 miles PB: 00:57:09	Any comments:
22	09:22:00	John O'Callaghan	Vet	Male	Club:Barrow Central Wheelers	25 miles PB: 00:58:00 estimate	Any comments: Later start preferred
23	09:23:00	Martin Welsh	Vet	Male	Club:Pendle Forest CC	25 miles PB: 00:57:08	Any comments:
24	09:24:00	Andy Horner	Vet	Male	Club:Bury Clarion CC	25 miles PB: 00:56:58	Any comments:
25	09:25:00	Neil Withington	Vet	Male	Club:Beacon Wheelers	25 miles PB: 00:56:15	Any comments:
26	09:26:00	Steven Forrest	Vet	Male	Club:Fogartys Insurance Tri Team	25 miles PB: 00:55:52	Any comments:
27	09:27:00	Peter Greenwood	Vet	Male	Club:Clayton Velo	25 miles PB: 00:55:35	Any comments:
28	09:28:00	Duncan Orme	Vet	Male	Club:Kent Valley RC	25 miles PB: 00:55:24	Any comments:
29	09:29:00	Jonny Hill	Vet	Male	Club:Barrow Central Wheelers	25 miles PB: 00:54:13	Any comments:
30	09:30:00	Darren Harvey	Vet	Male	Club:Pendle Forest CC	25 miles PB: 00:53:24	Any comments:
31	09:31:00	Richard Helm	Vet	Male	Club:Barrow Central Wheelers	25 miles PB: 00:53:04	Any comments:
32	09:32:00	Paul Braithwaite	Vet	Male	Club:Pendle Forest CC	25 miles PB: 00:52:15	Any comments:
33	09:33:00	Andrew Whiteside	Vet	Male	Club:Springfield Financial Racing Team	25 miles PB: 00:51:36	Any comments:
34	09:34:00	Richard Nesfield	Senior	Male	Club:Giant-Kendal-Sidas.uk	25 miles PB: 00:50:34	Any comments:
35	09:35:00	Richard Bideau	Vet	Male	Club:Pendle Forest CC	25 miles PB: 00:50:12	Any comments: