



Barrow Central Wheelers (L&L Spoco)

This is a Lakes & Lancs SPOCO counting event. Promoted for and on behalf of Cycling Time Trials under their rules and regulations.

13/04/2019 10:00

L212

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Headquarters

The Glaxo Sports Complex. (Signing on from 9:00)

North Lonsdale Road, Ulverston LA12 9DR.

Please Park in the Sports car park or the main Glaxo factory car park by the roundabout. (Note we have been asked not to park on the link road - thanks).

Good Changing rooms, toilets & showers available.

There will be refreshments available after the event donated by club members and drinks available from the Glaxo cafe. The prizes will also be given out hopefully circa 12:30. Once the results are in.

Route from HQ to start

Directions.....

Enter Ulverston on the A590.

Straight at Booths' roundabout continue to the first left turn - Lonsdale Road. Follow to the end. (1mile).

Turn left to a roundabout.(Glaxo Factory) Sports Centre straight on, overflow car park first left

From the HQ's to the start is 2 miles (flat). This will be sign posted. A helper will also take any clothing from the start line back to HQ. (Please remember to collect).

Course details

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 Baycliffe (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).

Local regulations

Numbers, Signing on and Results Board

- Will be available at the HQ
- The HQ will be open from 09.00

Refreshments

- Will be available after the event at the HQ

Signing Out

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

Local regulations

- The following local regulations have been approved by the CTT National Committee in accordance with Regulation 38. Any breaches may lead to disciplinary action being taken.
- Local regulation No. 5 In all events, competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event.
- Local regulation No. 6 Any competitors making a 'U' turn in the vicinity of the start or finish will be disqualified from the event.
- Local regulation No. 15 Riders must keep to the left hand side of the road except when overtaking. Failure to comply with the above may lead to disqualification.

In addition to the above

- 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 finish.
 - o (This constitutes obstruction, and is a breach of regulations).
- Riders must NOT ride with their heads down.

Helmets

- All competitors under the age of 18 and/or juniors must wear a HELMET of
- HARD/SOFT SHELL construction that conforms to a recognised Standard (See regulation 15).
- Cycling Time Trials strongly recommends ALL competitors to wear such a helmet.
- Cycling Time Trials recommends that a working rear light, either constant or flashing, is fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

Organiser contact details

Andy Stubbs

30 Clarence Street, Ulverston,

[07928 390152](tel:07928390152)

astubbs20955@aol.com

Time keepers/officials

Timekeeper Tracey Moore.

Assistant timekeeper. Mike Edwards

Signing On & Off + the issuing of numbers. Mike Speight & Lesley Stubbs

Marshals. Members of the Barrow Central Wheelers

Course records

Tom Rigby. Springfield. 45mins 53secs. [15/042017](#)

Barrow Central Wheelers Club Record. Dave Huck 47:14

Awards/prizes

60 riders x £9 = £540. (-£4 CTT insurance x 60) = £240

= £300. (After costs venue etc) prize money = £180

Overall. 1st £25. 2nd £20. 3rd £15

Ladies £12 £8

V40/50. £15. £10. £5

V50/59. £15. £10. £5

V60/70. £12. £8

V70+. £12. £8

one rider one prize.!

NOTES TO COMPETITORS:

17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Startsheet

Barrow Central Wheelers (L&L Spoco)

Start Number	Start Time	Rider	Club	Gender	Category
1	10:01:00	James Lawley	Barrow Central Wheelers		
2	10:02:00	Peter Knott	Kent Valley RC		
3	10:03:00	Andy Stubbs	Barrow Central Wheelers		
4	10:04:00	Victoria Mcmurtha	Barrow Central Wheelers		
5	10:05:00	Stuart Garnett	Barrow Central Wheelers		
6	10:06:00	Glenn Rhodes	Barrow Central Wheelers		
7	10:07:00	Richard Gadsden	Liverpool Braveheart Bicycle Club		
8	10:08:00	Richard Belk	Kent Valley RC		
9	10:09:00	Pete Abernethy	Barrow Central Wheelers		
10	10:10:00	Kevin Chadwick	Lakes Road Club		
11	10:11:00	Simon Deeley	Team HUUB		
12	10:12:00	Phil Shaw	Kent Valley RC		
13	10:13:00	Jonny Hill	Barrow Central Wheelers		
14	10:14:00	Julie Mann	Transition Race Team		
15	10:15:00	Ian Sibbert	Lancaster CC		
16	10:16:00	Eamonn Quinn	Lakes Road Club		
17	10:17:00	Dave Smalley			
18	10:18:00	Peter Haigh	Nelson Whs CC		
19	10:19:00	Candice Heys	North Lancashire Road Club		
20	10:20:00	Henry Moss	Barrow Central Wheelers		
21	10:21:00	David Trotter	Lancaster CC		
22	10:22:00	Micky Mallen	GS Metro		
23	10:23:00	James Hodgson	Barrow Central Wheelers		
24	10:24:00	Jason Craven	Rossendale RC		
25	10:25:00	Sean Owens	Croston Velo		
26	10:26:00	Andrew Barlow	Kent Valley RC		

Start Number	Start Time	Rider	Club	Gender	Category
27	10:27:00	Paul Drake	Clitheroe Bike Club		
28	10:28:00	Claire Rushton	Kent Valley RC		
29	10:29:00	Amanda Mckenna	Barrow Central Wheelers		
30	10:30:00	Niall Paterson	Velo Club Cumbria		
31	10:31:00	Andrew Dent	Pendle Forest CC		
32	10:32:00	Martyn Uttley	Barrow Central Wheelers		
33	10:33:00	Derek Schofield	Rossendale RC		
34	10:34:00	Paul Quinn	Barrow Central Wheelers		
35	10:35:00	Randle Shenton			
36	10:36:00	Colin Mckenna	Barrow Central Wheelers		
37	10:37:00	David Hill	Velo Club Cumbria		
38	10:38:00	Andrew Sawyer	Barrow Central Wheelers		
39	10:39:00	Dave Nicholl	Barrow Central Wheelers		
40	10:40:00	David Huck	Barrow Central Wheelers		
41	10:41:00	Mike Westmorland	Border City Whs CC		
42	10:42:00	Simon Emsley	Derwentside CC		
43	10:43:00	Carol Westmorland	Border City Whs CC		
44	10:44:00	Colin Reynolds	Leigh Premier Road Club		
45	10:45:00	Kieran Lacey	Barrow Central Wheelers		
46	10:46:00	Michael Connolly	Barrow Central Wheelers		
47	10:47:00	John Lever	Lakes Road Club		
48	10:48:00	Roger Lindsay	Barrow Central Wheelers		
49	10:49:00	Michael Gregory	Barrow Central Wheelers		
50	10:50:00	Paul David Fleming	Preston Whs		
51	10:51:00	Karl Addison	Southport CC		
52	10:52:00	Chris Anderson	Lakes Road Club		
53	10:53:00	Sean Casson	Barrow Central Wheelers		
54	10:54:00	Daniel Kirk	Edinburgh Road Club		
55	10:55:00	Leon Barnes	Lancaster CC		
56	10:56:00	Stephen Glenwright	VTTA (Merseyside)		

Start Number	Start Time	Rider	Club	Gender	Category
57	10:57:00	Jason Mcdonald	Bury Clarion CC		
58	10:58:00	Martin Ralph	Pendle Forest CC		
59	10:59:00	John O'callaghan	Barrow Central Wheelers		
60	11:00:00	Derek Parkinson	Springfield Financial Racing Team		