

# BARROW CENTRAL WHEELERS (NLTTA SPOCO)

Open 17.4 mile SPOCO Time Trial

Sunday 2<sup>nd</sup> May 2021

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 & Mike Edwards – Assistant Timekeeper

## Event Secretary

Andy Stubbs. 30, Clarence Street, Ulverston. LA12 7JJ. Mobile 07928390152

## Event Headquarters (Due to COVID restrictions)

HQ will be a gazebo on the free parking side of the A5087 - the Coast Road at Bardsea Beach. Opposite the Chill & Grill LA12 9RB. (Open at 8:00)

From here there is ample parking between HQ and the start.

**\*\*Please note due to the ongoing COVID-19 Pandemic CTT have completed an additional risk assessment on how events can be conducted. Note this event will work differently from previously and is vitally important you read the COVID-19 guidance in the document below. If further updates come into effect prior to the event starting I will inform you via email asap, or on the day of the event.**

Failure to abide by the COVID-19 risk assessment could result in suspension of CTT activities and issues with local authorities and specific courses. We ask therefore for the ongoing prosperity of the sport you follow the guidelines to the letter.

There are no toilet facilities available.

## Signing-On and Signing-Out sheet

New measures in place – there will be a one-way system to sign on before & out after your ride. Please observe social distancing & **PLEASE BRING YOUR OWN PINS, PEN AND MASK.**

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.

Rider Safety Helmets: All competitors under the age of 18 and/or juniors must wear a helmet that conforms to a recognized Standard. Cycling Time Trials strongly recommends - ALL competitors to wear such a helmet.

Lights- CTT regulation 14(i) \_ Compulsary use of a Rear Red Light. A red light either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

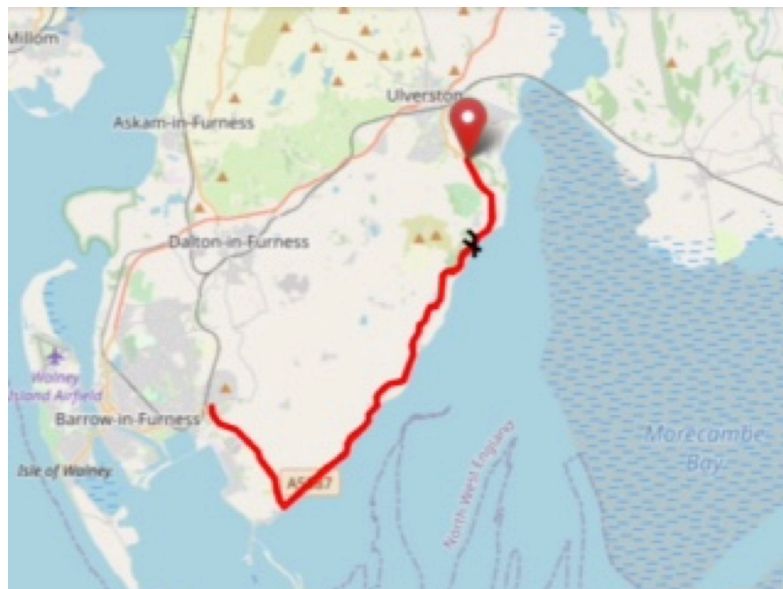
No working rear red light – NO START

**NOTE \*\*** SHORTENED L212 COAST ROAD COURSE

(In the riders and organisers best interest the course has been shortened by 3.58 mile).

Start just South of the Olde Mill, Bardsea Coast Road where tarmac layby joins road A5087. Through Baycliffe (2.1 miles) to the roundabout at the junction of Rampside Road and Rampside village ( 6.3miles). Take 2<sup>nd</sup> exit and proceed to the halfway point at Roose roundabout (8.7 miles). Take the 3<sup>rd</sup> major exit and retrace the outbound course. Finish on the A5087 exactly opposite the start point (17.4 miles).

**ALL RIDERS START WITH ONE FOOT ON THE GROUND**  
**BLACK X MARKS THE START & FINISH**



Do not turn up more than 5mins before your start time.

**BCW**  
CYCLING CLUB 1933

## PRIZE LIST

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
<u>Male</u>	<b>£20</b>	<b>£15</b>	<b>£10</b>
<u>Female</u>	<b>£20</b>	<b>£15</b>	<b>£10</b>
<u>Vet 40/50</u>	<b>£20</b>	<b>£15</b>	<b>£10</b>
<u>Vet 50/60</u>	<b>£20</b>	<b>£15</b>	<b>£10</b>
<u>Vet 60+</u>	<b>£20</b>	<b>£15</b>	<b>£10</b>

**\*\***No result board will be displayed at the event, complete times will only be available via the CTT website post event.  
All prizes will be posted out. (one rider one prize).

## Covid Guidelines

- . If you are not well or showing signs of COVID-19 please do not attend.
- . Please socially distance at all times
- . If you are more comfortable in a mask please wear one.
- . Competitors Must present at the start ready to race.
- . No jackets or bottles etc to be left with timekeepers or marshals
- . Sign on with your own pen
- . Bring your own pins
- . Pin on your own number
- . Please do not assist fellow competitors.

THANKS & HAVE A GOOD RACE.

