**BARROW CENTRAL WHEELERS**

CIRCUIT OF CONISTON (L172)

Open 16.3 mile SPOCO Time Trial

Sunday 20th March 2022

Event Start Time 9:30 / First Rider off 9:31

Part of the NLTTA SPOCO Series

Promoted for and on behalf of Cycling Time Trials under its rules and regulations

Timekeepers

Margaret Belk - Chief Timekeeper & Mike Edwards & Steve Jenkins – Assistant Timekeepers

Event Secretary

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

**Event Headquarters**

**The Farmers Arms, (Car Park & Café), Lowick Green. LA12 8DT**

**The Café will be open from 9:30 serving hot drinks & refreshments.**

**The car park can take 15+ but I’ve promised to leave space for any passing trade, so there is additional parking on a layby opposite the pub on the main road.**

**START is one mile away heading towards Coniston on the A5084.**

**Signing-On and Numbers**

**- Gazebo in the Farmers Arms Car Park from 8:30**

**Signing-out & Result Board**

**- will be in the cafe from 9:30**

Course

Note. East side of Lake, the Road is narrow and rough in parts, heads up, take care and keep left. There are 2 bumps across the road caused by roots, these will have signs just before them.

There are also 2 fast descents with sharp right hand bends, both have signs and a marshal in place, ride responsibly to the conditions and your ability.

L172.

Start at the north end of the lay-by on the East side of Coniston Lake road 100 meters North of Lowick Bridge. Proceed North through High Nibthwaite (care at sharp blind bends) and Brantwood to bear left at How Head. (Care on Descent). Bear left to join B5285 to Coniston Village where left onto A593 to head South to Torver.

Turn left onto A5084 through Beckstones and descent to Sunny Bank (extreme care on sharp bends). Continue on A5084 through Water Yeat and Blawith to finish at the Lowick signpost.

(All junctions and descents will have BCW’s marshals in place)

Local 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. Please consider your own & other road users safety.
* Riders must call their number at the finish & elsewhere on the course as requested.
* Riders must not stand in the road at the start or finish. (This constitutes an obstruction and is a breach of regulations).
* Any competitor making a ‘U’ turn in the vicinity of the start or finish will be disqualified from the event.
* Helmets are mandatory for all riders
* CTT require a working rear light flashing or constant fitted to the machine & is visible and active when in use.
* New Rule. Now mandatory for a front light to be fitted to the machine (flashing or constant) on the front and visible to other road users.
* Competitors prior to starting are not permitted to ride past the finish timekeeper for the duration of the event

Notes to Competitors

17. Signing-on 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. Signing-on Gazebo in the Farmers Arms Car Park

b) All competitors must return to the event HQ during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number; and (ii) sign the official signing-out sheet. A rider who fails to so sign the official sign-out sheet shall be recorded as DNF. Signing-out sheet located in the Farmers Arms Café.

c) This event maybe 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. If your number is displayed you should report immediately.

**PRIZE LIST**

 **1st 2nd 3rd**

**Overall £30 £15 £12**

**Ladies £20 £15 £12**

**Vet 40 £20 £15 £12**

**Vet 50 £20 £15 £12**

**The result board will be displayed in the Farmers Arms Cafe.**

THANKS & HAVE A GOOD RACE.

