



The Crawley Wheelers

Proud supporters of St. Catherine's Hospice

President: Douglas Fox



Good Friday Classic Sporting Time Trial – 25th March 2016

On course GS/196 41.59 Miles - part of the SPOCO S E Series (Cat 3 event)

*Promoted for and on behalf of **Cycling Time Trials** under their Rules and Regulations*

Timekeepers: Mike Irons and Mike Labram
Event Secretary: Stuart Nisbett, Woodlea, East Mascalls Lane, Walstead, West Sussex RH16 2QJ
Tel: 07787 191027 **Email:** stunisbett@gmail.com
Clerk of the course: Stuart Nisbett
Start & Finish: Mike Labram

PRIZES

Alec Ewart Trophy awarded for the fastest time.

	1 st	2 nd	3 rd	4 th
Men	£25	£20	£15	£10
Ladies	£15	£10	-	-
Vets on standard	£15	£10	-	-
Team of 3	£10	-	-	-

There will also be a few random spot prizes thrown in.

Notes

Race HQ: Handcross Pavilion, High Street, Handcross, West Sussex RH17 6BJ

HQ will be open from 6am. First rider off at 7:34am.

NUMBERS WILL BE AT THE HQ where you are required to sign in, in person (CTT reg).

London South District Regulation: No Vehicles, except those of the Timekeepers' and Event Officials, shall be parked in the vicinity of the start and finish areas. Competitors are requested not to warm up on the course after the first competitor has started.

Important

IN THE INTERESTS OF YOUR OWN SAFETY, CCT regulations require the compulsory use of helmets for the under

18s. Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards. It is recommended that a working rear light, flashing or constant, is fitted to competitors machines in a position clearly visible to following road users and is active while on the road.

Hazards

Competitors must exercise care when turning left on the A283 at Steyning, forking RIGHT on the B2110 at Lower Beeding and at all roundabouts.

Details of any Additional Hazards not listed on the Start Sheet will be displayed or advised at the Signing On point. All competitors must take note of these details when they sign on.

THE LIGHT CONTROLLED PEDESTRIAN CROSSINGS IN COWFOLD AND SMALL DOLE MUST BE OBEYED.

After passing the finish, riders are requested to continue on to HQ where the result board will be located. No times will be given at the Finish. All prizes will be presented as soon as possible after the event, so please hang around if you can.

PLEASE KEEP YOUR HEAD UP AND WATCH OUT FOR POTHOLE, OBSERVE THE HIGHWAY CODE.

Above all enjoy your ride and ride safely. If you have any questions or feedback then please do not hesitate to contact me at stunisbett@gmail.com or on 07787 191 027.

This is a qualifying event for: **SPOCO South East** (www.spoco-se.org.uk)

120 points for 1st place down to 1 point for 120th place for those registered for the competition.

SCA SPOCO (www.sussexca.org.uk)

120 points for 1st place down to 1 point for 120th place for first claim members of Sussex CA affiliated clubs (no registration necessary).

Event & Course Info

Distance: 41.59 Miles. **Elevation gain:** 778.0 ft

Course Record: 1:32:21 – by Wouter Sybrandy on 3rd June 2012

Previous winners:

Year	Name	Time
2015	NO EVENT ☹	-
2014	Steve Dennis (East Grinstead CC) Katerina Avramides (Brighton Mitre CC)	1:37:12 2:09:07
2013	Chris McNamara (Pedal Heaven RT) Jayne Wadsworth (De Laune CC)	1:35:32 1:59:55
2012	Wouter Sybrandy (Team IG Sigma Sport) Jayne Wadsworth (De Laune CC)	1:32:21 (Course Record) 1:58:39
2011	Steve Dennis (East Grinstead CC)	1:35:57
2010	Steve Dennis (East Grinstead CC) Jayne Wadsworth (De Laune CC)	1:33:39 2:04:56

Start List

No.	Start	Rider	Club	Cat	Age	Std
4	7:34	Chris BREWER	Redmon CC	V	55	1:57:12
5	7:35	Brindley TAYLOR	Crawley Wheelers	S	27	-
6	7:36	Leon FIELDING	...a3crg	V	40	1:51:45
7	7:37	Andrew GIBSON	Gravesend CC	V	47	1:54:18
8	7:38	Dan PULLEN	Crawley Wheelers	V	40	1:51:45
9	7:39	Steve WIGMORE	Horsham Amphibians Triathlon	V	54	1:56:48
10	7:40	Gary BRIND	South Downs Bikes	V	42	1:52:32
11	7:41	Carl FERRI	Cadence Performance	V	46	1:53:57
12	7:42	Laura STARMER	Horsham Amphibians Triathlon	WS	33	-
13	7:43	Helen WEBB	Sussex Nomads CC	WV	42	2:01:28
14	7:44	Karen WIGMORE	Horsham Amphibians Triathlon	WV	59	2:08:32
15	7:45	Mark EMSLEY	Team ASL360	S	26	-
16	7:46	Andy LACK	Paceline RT	V	46	1:53:57
17	7:47	Katherine BARRETT	Crawley Wheelers	WS	34	-
18	7:48	David TWIN	Sydenham Whs	V	52	1:56:03
19	7:49	Sarah PHELPS	Brighton Mitre CC	WS	28	-
20	7:50	Les LIDDIARD	Team Jewson - MI Racing	V	59	1:58:57
21	7:51	Lee PENDLEBURY	Crawley Wheelers	S	34	-
22	7:52	Matt TWELVETREES	Horsham Cycling	S	29	-
23	7:53	Jonathan HEMMING	Ocean Lake Triathlon	V	46	1:53:57
24	7:54	Richard PIMLOTT	Finsbury Park CC	V	55	1:57:12
25	7:55	Mark SMITH	Crawley Wheelers	V	42	1:52:32
26	7:56	Edward RENWICK	Oxford City RC	S	38	-
27	7:57	Serge BOUSCHET	Dulwich Paragon CC	V	43	1:52:54
28	7:58	Mark SADLER	Phoenix Tri	V	48	1:54:39
29	7:59	Ed ROWLAND	Velo Club Godalming & Haslemere	S	31	-
30	8:00	Mark NEWTON	Elite Cycling	V	49	1:54:59
31	8:01	Rupert ROBINSON	Evans Cycles Race Team	V	44	1:53:15
32	8:02	Rob WEBSTER	Crawley Wheelers	S	31	-
33	8:03	Steve THURGOOD	Sydenham Wheelers	V	40	1:51:45
34	8:04	Robert ZIETAL	Crawley Wheelers	S	36	-
35	8:05	Matt PEEL	Redhill CC	S	31	-
36	8:06	Neal MARRIN	Finsbury Park CC	V	46	1:53:57

37	8:07	Adrian BLACKER	Norwood Paragon CC	V	52	1:56:03
38	8:08	Christopher BOOCOCK	Sussex Nomads CC	V	54	1:56:48
39	8:09	Robin JOHNSON	Brighton Mitre	V	67	2:03:41
40	8:10	Sebastian ADER	...a3crg	V	44	1:53:15
41	8:11	Ben ELLIOTT	Paceline RT	S	33	-
42	8:12	Jason BLENKARN	Sussex Nomads CC	S	29	-
43	8:13	Jon FRY	Horsham Cycling	V	45	1:53:36
44	8:14	Adrian BENNETT	Crawley Wheelers	V	50	1:55:20
45	8:15	James STONE	Brighton Excelsior CC	V	47	1:54:18
46	8:16	Dan COLE	Dorking CC	V	42	1:52:32
47	8:17	Richard HEATH	Oxted Cycle Club	S	35	-
48	8:18	Tony REEVES	G S Stella	V	44	1:53:15
49	8:19	David HAGGART	De Laune CC	V	55	1:57:12
50	8:20	Pete MORRIS	Team ASL360	S	37	-
51	8:21	Philip MURRELL	Finsbury Park CC	V	46	1:53:57
52	8:22	Daniel PINK	Bigfoot CC	S	29	-
53	8:23	Graham HURRELL	Basildon CC	V	56	1:57:37
54	8:24	Lisa HAINES	Maldon & District CC	WS	35	-
55	8:25	Neil HORNETT	PMR @ Toachim House	S	36	-
56	8:26	Andy TEDD	...a3crg	V	48	1:54:39
57	8:27	Andrew GREEN	Old Portlians CC	V	49	1:54:59
58	8:28	Geoff SMITH	Eastbourne Rovers	V	65	2:02:18
59	8:29	David ECCLES	Redmon CC	V	68	2:04:26
60	8:30	Alex NAPIER	Blazing Saddles	V	42	1:52:32
61	8:31	Julian MIDDLEWICK	Hampshire RC	V	43	1:52:54
62	8:32	John SELLARS	London Phoenix CC	V	43	1:52:54
63	8:33	Peter OWEN	Norwood Paragon CC	V	55	1:57:12
64	8:34	Colin LEWIN	Veloschils Interbike RT	V	49	1:54:59
65	8:35	David POLLARD	In-Gear Quickvit Trainsharp RT	V	58	1:58:29
66	8:36	Dan SMITH	Hainault RC	S	35	-
67	8:37	Nick WHITE	East London Velo	V	44	1:53:15
68	8:38	Carl STEPHENS	Basildon CC	V	46	1:53:57
69	8:39	Andrew DRAKE	East Grinstead CC	S	33	-
70	8:40	Simon MCNAMARA	South Downs Bikes	V	41	1:52:09

CTT LONDON SOUTH DC – 41.59 MILE COURSE – GS/196

HANDCROSS/COWFOLD/WEST GRINSTEAD/STEYNING/BEEING COURT/HENFIELD/SHAVES WOOD/NORTH
HENFIELD/COWFOLD/HANDCROSS – A272/A24/A281/A283/A2037/B2110/B2135/B2116

COURSE DETAILS

OS ref	Details	Distances	(Total)
260296	START at northern end of wide bell-mouthed entrance to bridleway at a point on kerb 2 yards before slip road up from A23 and 100 yards south of mini RBT at junction with B2110 at Handcross	00	00
213226	Join slip road from A23 and proceed northwards to mini RBT. At junction with B2110 LEFT 1 st exit and follow B2110 through Lower Beeding to junction with A281. Bear LEFT and follow A281 to twin RBTs at Cowfold	5.90	5.90
171125	RIGHT 2 nd exit at first of twin RBTs and follow A272 to West Grinstead crossroads. LEFT on filter lane to join A24 South to junction with B2135. LEFT on B2135 to T junction with A283 at Steyning		
197098	LEFT and follow A283 to Bramber Castle RBT. Straight on 3 rd exit to Beeding Court RBT (CHECK)	12.97	18.87
	LEFT 1 st exit and follow A2037 to Rising Sun RBT. RIGHT 2 nd exit and continue on A2037 through Small Dole to mini RBT at Henfield. RIGHT 2 nd exit and follow A281 to Shaves Wood (CHECK)	8.02	26.89
215167	LEFT and follow Shaves Wood Lane and Trusler's Hill to T junction with B2116 at High Cross. LEFT on B2116 to junction with A281. LEFT on A281 to TURN at North Henfield RBT (CHECK)	5.01	31.90
213226	3 rd exit to retrace on A281 and follow A281 to twin RBTs at Cowfold		
253294	Straight on 1 st exit at first and straight on 2 nd exit at second. Continue on A281 to junction with B2110 at Lower Beeding. RIGHT and follow B2110 to <u>FINISH</u> opposite "Deer" sign 770 yards before mini RBT at Handcross	9.69	41.59

PLEASE MAKE SURE YOU KNOW THE COURSE. There will be signs and marshals at key points to help you and point out any hazards, so please pay attention to them.

