

# **East Sussex Cycling Association**

2016 President Robert Downham - Worthing Excelsior CC



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



### **Start Sheet**

**Event Secretary** Chris Parker (Hastings & St Leonards CC)

65 Reedswood Road, St Leonards on Sea, East Sussex TN38 8DW

**Tel**: 01580 200016 **Mob**: 07902 630574 in my pocket or 07597 557432 best for texts **Email Home:** chrisparkerpett@aol.com **Email Work:** christopher.parker@bis.gsi.gov.uk

**Timekeepers** Richard Meed (Lewes Wanderers CC)

Mike Labram

#### **General Information**

**Event HQ:** Fairwarp Village Hall, Nursery Lane TN22 3BD – Open from 6:30am. Heading north on the A22, turn right at Lampool Roundabout into Straight Half Mile Road. Turn left onto B2026 Lampool Road then second right into Nursery Lane. The HQ is on the left.

**Car Parking:** There is limited parking at the Hall, when full please park sensibly in the hall side of the lane with consideration for other road users and local residents.

**Race Numbers:** Numbers will be available at the event HQ. Please collect your number when you sign on. After the event please return your race number to the HQ in exchange for a cup of tea or coffee.

**Start:** The start is less than a mile from the hall. Proceed out of the car park back to the B2026 and turn left, and continue towards Lampool Roundabout.

Prizes: Cash prizes will be awarded at the HQ immediately following the event.

### This is a qualifying event for

**ESCA Points Competition:** 30 points for 1st place down to 1 point for 30th place for riders from an ESCA affiliated club. The individual points earned by each rider are totalled and awarded to their respective club.

**ESCA Trophies:** Counts towards the fastest junior, fastest lady, fastest rider under 60 minutes and the fastest team of three from an ESCA affiliated club over 25 miles – the best performance at either this, or the **September 25**, will be eligible for these awards at the annual prize presentation in January 2017

**ESCA BAR:** Qualifying event for all the Best All Rounder competitions.

#### **Prize List**

Fastest Overall				
First	£30.00			
Second	£25.00			
Third	£20.00			
Fourth	£15.00			
Fifth	£12.00			
Sixth	£10.00			

Fastest Lady				
First	£15.00			
Second	£12.00			
Third	£10.00			

Fastest Jun/Juv				
First	£10.00			

Fastest Age Category not winning another individual prize				
Under 35	£10.00			
35 – 39	£10.00			
40 – 44	£10.00			
45 – 49	£10.00			
50 – 54	£10.00			
55 – 59	£10.00			
60 – 64	£10.00			
65 and over	£10.00			

Fastest Team of 3				
First	£10.00 ea			
Second	£8.00 ea			

Visit our website: www.eastsussexca.org.uk

### ESCA 25m Time Trial – Sunday 24th April 2016 – G25/89

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

#### Please note the following CTT regulations and recommendations

**Helmets**: CTT regulations require the compulsory use of helmets for the under 18s. In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards.

**Competitors' Machines**: It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.

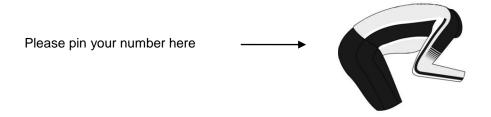
**Competitors' Vehicles**: No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish.

**Safety Instructions:** Details of any additional hazards not listed on the start sheet will be displayed at the signing on point. Competitors must exercise extra care when negotiating all roundabouts.

Warming Up: Competitors are requested not to warm up on the course after the event has started.

Results: No times will be given out at the finish.

**Race Numbers**: The race number is made of fluorescent material which is an important safety feature. It is essential that it is placed correctly for maximum visibility to other road users and of course the timekeepers.



### **Course Details**

OS Ref	Course G25/89	Distance
TQ461252	<b>START</b> on Maresfield by-pass 100 yards south of Lampool RBT (roundabout) at red paint mark on curb 14 yards before LP12.	00.00m
TQ511165	Proceed to Batts Bridge RBT. Straight on 2nd exit to Black Down RBT. <b>RIGHT</b> 2nd exit following Uckfield by-pass via Copwood RBT to Little Horsted RBT. Straight on 2nd exit via Golf Course and Halland RBTs to The Shaw RBT	07.52m
TQ572172	RIGHT 2nd exit and continue on A22 via Whitesmith and Golden Cross to Boship RBT where TURN (Check)	13.08m
TQ511165	4th exit to retrace though Golden Cross and Whitesmith to The Shaw RBT	18.63m
TQ468231	<b>LEFT</b> 1st exit and continue on A22 via Halland and Golf Course RBTs to Little Horsted RBT. Straight on 2nd exit and follow A22 via Copwood RBT to Black Down RBT	24.40m
TQ461236	<b>LEFT</b> 1st exit and follow Maresfield by-pass to <b>FINISH</b> at red arrow on curb opposite drain in lay-by before Batts Bridge RBT	25.00m

#### **Additional Safety Instructions**

 Competitors must not cross the A22 at the start and finish points and should exercise extra care when negotiating roundabouts.

### ESCA 25m Time Trial – Sunday 24th April 2016 – G25/89

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# **Order of Start**

17         07:17         Mar           18         07:18         Adri           19         07:19         Mar           20         07:20         Dav           21         07:21         Dav           22         07:22         Coli           23         07:23         Coli           24         07:24         Joh           25         07:25         Hov           26         07:26         Stev           27         07:27         Mat           28         07:28         Joh           29         07:29         Tim           30         07:30         lain           31         07:31         Mat           32         07:32         Mar           33         07:33         Tim           34         07:34         Joh           35         07:35         Ian           36         07:36         Neil           37         07:37         Dav           38         07:38         And           39         07:39         Pau           40         07:40         Dav	mon Yates artin Yardley Irian Hills ark Edwards Ivid Twin Ivid Bagge Ivid Harris Ivid Bagge Ivin Jarman Inn-Paul Brophy Ivid Shaw Iver Thurgood Ivid Hen Ivid Bagge Ivid Hen Ivid Bagge Ivid Hen Ivid Bagge Ivid Hen Ivid Bagge Ivid Shaw Ivid Coombs Ivid Coombs Ivid Coombs Ivid Hen Ivid Hen Ivid Hen Ivid Hen Ivid Hen Ivid Hen Ivid Clements Ivid Clements Ivid Coombs Ivid Clements Ivid Clements Ivid Coombs Ivid Clements Ivid Coombs Ivid Clements Ivid Clements Ivid Coombs Ivid Clements Ivid Coombs Ivid Clements Ivid Clements Ivid Coombs Ivid Clements Ivid Coombs Ivid Clements Ivid Coombs Ivid Clements Ivid Coombs Ivid	Lewes Wanderers CC Southborough & Dist. Whs Lewes Wanderers CC Eastbourne Rovers CC Sydenham Wheelers Southborough & Dist. Whs Lewes Wanderers CC Southborough & Dist. Whs Eastbourne Rovers CC Eastbourne Rovers CC Sydenham Wheelers Southborough & Dist. Whs VO2 Maximum RT Hastings & St. Leonards CC Eastbourne Rovers CC Lewes Wanderers CC Worthing Excelsior CC Bec CC Lewes Wanderers CC Old Portlians CC 7 Oaks Triathlon Club Eastbourne Rovers CC East Grinstead CC Lewes Wanderers CC	64 50 52 41 52 49 59 67 41 30 40 54 50 69 47 45 47 28 68 60 49 44 33	V V V V V V V V V V V V V V V V V V V	
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44 07:44 Dat		In-Gear Quickvit Trainsharp RT	58	V	
41 07:41 Pet	ter Lloyd	Epsom CC	38	S	
	ter Moon	Eastbourne Rovers CC	55	V	
43 07:43 Bru	uce McIntyre	Hastings & St. Leonards CC	43	V	
44 07:44	-				Spare No.
45 07:45 Rot	b Pelham	Lewes Wanderers CC	39	S	
46 07:46 Keit	ith Walker	Wigmore CC	51	V	
47 07:47 Cha	arles Pennington	Royal Navy Royal Marines CA	37	S	
48 07:48 Aida	dan Mcconville	Lewes Wanderers CC	37	S	
49 07:49 Chr	ris Parker	Hastings & St. Leonards CC	60	V	
50 07:50 Mat	atthew Woods	Eastbourne Rovers CC	44	V	
51 07:51 Jam	mes Ryan	Team ASL360	39	S	
	oug Bentall	Southborough & Dist. Whs	50	V	
53 07:53 Pau	ul Cloudsdale	Bigfoot CC	43	V	
54 07:54 Ivar	n Johnson	Hastings & St. Leonards CC	51	V	
55 07:55 Pet	ter Pav Bryan	Rye & District Wheelers CC	29	S	
56 07:56 Cor	nor Clancy	Brighton Excelsior CC	25	S	
	off Smith	Eastbourne Rovers CC	65	V	
58 07:58 Ada	lam Rogers	Eastbourne Rovers CC	41	V	
59 07:59 Day	vid Beale	Lewes Wanderers CC	70	V	
60 08:00 Ton	m Glandfield	Lewes Wanderers CC	43	V	
61 08:01 Don	minic Lowden	Lewes Wanderers CC	58	V	
	m Dix	In-Gear Quickvit Trainsharp RT	44	V	
63 08:03 Rus	issell Hicks	Oxted Cycle Club	62	V	
	ula George	VO2 Maximum RT	51	W	
	eorge Welfare	Eastbourne Rovers CC	30	S	
	ter Baker	Lewes Wanderers CC	58	V	
	eil Couchman	Southborough & Dist. Whs	38	S	
	mie Bedwell	Lewes Wanderers CC	18	Jn	
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	ark Perry	Look Mum No Hands!	39	S	

### ESCA 25m Time Trial – Sunday 24th April 2016 – G25/89

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

# **Order of Start**

Race No.	<b>Start Time</b>	Rider	Club	Age	Cat	Notes
71	08:11	Robert Rollings	Lewes Wanderers CC	29	S	
72	08:12	Damen Foord	Rye & District Wheelers CC	32	S	
73	08:13	Dave Brown	Lewes Wanderers CC	48	V	
74	08:14	Gina McGeever	Lewes Wanderers CC	44	WV	
75	08:15	Peter Hooper	Eastbourne Rovers CC	31	S	
76	08:16	Mark Frost	Lewes Wanderers CC	48	V	
77	08:17	Colin Barton	Worthing Excelsior CC	55	V	
78	08:18	Tamar Vanderhaas	Lewes Wanderers CC	40	W	
79	08:19	Alison Brockhurst	Lewes Wanderers CC	43	WV	
80	08:20	Steve Williamson	a3crg	44	V	
81	08:21	Christopher Wolton	Southborough & Dist. Whs	31	S	
82	08:22	Samuel Ramsey	Lewes Wanderers CC	52	V	
83	08:23	Sam Winter	Eastbourne Rovers CC	29	S	
84	08:24	Laura Bartlett	a3crg	33	W	
85	08:25	Paul Burton	Epsom CC	34	S	
86	08:26	Rick Hughes	Worthing Excelsior CC	53	V	
87	08:27	Ben Houston	East Grinstead CC	39	S	
88	08:28	Sophie Coleman	Sussex Revolution VC	25	W	
89	08:29	Clare Parkholm	Lewes Wanderers CC	45	WV	
90	08:30	Conall Yates	In-Gear Quickvit Trainsharp RT	35	S	
91	08:31	Mike O'Gorman	Worthing Excelsior CC	64	V	
92	08:32	Katie Crowe	Dulwich Paragon CC	39	W	
93	08:33	Ade Fadero	Sussex Nomads CC	54	V	
94	08:34	Brett Davis	Lewes Wanderers CC	43	WV	
95	08:35	Nick Malins	4T + Velo Club	47	٧	
96	08:36	Trevor Leeding	Worthing Excelsior CC	50	V	
97	08:37	Michael Turner	Lewes Wanderers CC	48	V	
98	08:38	Katerina Avramides	Brighton Mitre CC	35	W	
99	08:39	Fabien Large	Hastings & St. Leonards CC	14	Jv	
100	08:40	Marc Townsend	Neon Velo	35	S	
101	08:41	Philippa Jenkins	Southborough & Dist. Whs	28	W	
102	08:42	Colin Toppin	Brighton Excelsior CC	43	V	
103	08:43	Julia Hawksworth	Southborough & Dist. Whs	52	WV	
104	08:44	Stephen Gaston	Lewes Wanderers CC	51	V	
105	08:45	Michael Davey	Eastbourne Rovers CC	38	S	
106	08:46	Duncan Fuller	Lewes Wanderers CC	41	V	
107	08:47	Michael Valks	Lewes Wanderers CC	45	V	
108	08:48	David Earl	Hastings & St. Leonards CC	48	V	
109	08:49	David Clark	Eastbourne Rovers CC	47	V	
110	08:50	Dan Sadler	RT 316	39	S	
111	08:51	Carl Richardson	In-Gear Quickvit Trainsharp RT	51	V	
112	08:52	Stuart Davis	Eastbourne Rovers CC	45	V	
113	08:53	Mark Amon	Rye & District Wheelers CC	51	V	
114	08:54	Glen Whittington	Southborough & Dist. Whs	32	S	
115	08:55	Paul Callinan	London Dynamo	45	٧	
116	08:56	Jimmy George	VO2 Maximum RT	34	S	
117	08:57	Michael Onions	Brighton Triathlon Club	39	S	
118	08:58	John Tindell	Brighton Phoenix Tri. Club	29	S	
119	08:59	Paul Holdaway	Hastings & St. Leonards CC	35	S	
120	09:00	Nick Dwyer	Lewes Wanderers CC	52	V	