

Southern Counties Cycling Union

www.sccu.co.uk

100 mile Time Trial

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

Sunday 18th July 2021 – Course G100/61A

Timekeeper: Su Balcombe, Brighton Excelsior CC

In memory of *Rod Starmer* who organized this event for many years

Awards:

Scratch	£30
Women	£25
On Standard	£25
Team of 3	£10/rider

Numbers and signing on sheet will be at the event headquarters at Dial Post Village Hall (RH13 8NJ). The hall will be open from 5am. Covid restrictions mean that no gathering may take place inside the hall, however there is some outside space for riders to recover after, so bring a chair to sit on.

~oOo~

Warnings:

CTT regulations require the compulsory use of helmets for the under 18's. 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.

CTT Regulation 14 now requires that "No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users."

The onus is on the rider to comply with this rule. There will be no warnings or policing at the start.

Competitors are requested not to warm up on the course after the first rider has started.

Competitors must not use ANY audio equipment except prescribed hearing aids.

NB A competitor in breach of this regulation shall be disqualified.

NB Competitors must not use a mobile phone while mounted on their machines.

District Regulation: No Vehicles, except those of the Timekeeper and Event Officials, shall be parked in the vicinity of the start and finish areas.

Riders, when approaching the finish, you **MUST** keep to the left of the line marking the off slip into Grinders Lane and **MUST** start to noticeably decelerate immediately you cross the finish line and **MUST** pass the entrance to the Garden Centre before returning to the A24 to cross to the changing rooms. **ON NO ACCOUNT** must the Garden Centre be used for turning.

Official Observers will be stationed around the course.

Organiser: Lisa Colombo c/o 6 Stockfield Road, Claygate, Surrey, KT10 0QG Tel: 07534 672224

Email: sccu100@lcolombo.me.uk Text is the best way to contact me, or phone on the day of event.

The map below the course details is basically correct, except that the start and finish of this course have recently been updated because of complaints of riders relieving themselves near the start.

I would think that it takes approximately 10 minutes to ride to the start from the HQ, so allow enough time.

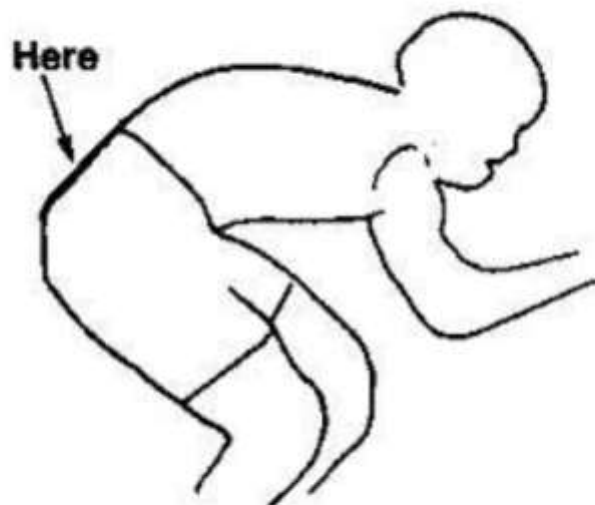
There will be no food/drinks/sponges provided by the organization & riders who plan to have assistance from a car are reminded that they need to **fill out a Riders Supporting Vehicle Form** which can be downloaded from the CTT website.

I recommend emailing me an electronic copy or a photograph of the form prior to the event to save panic on the morning.

Good Luck everyone.

#	Name	Club	Cat	Vet Std	ToS
3	Deborah S Munton	7Oaks Tri Club	WV	5:35:33	06:03
4	Clive Patterson-Lett	Worthing Excelsior CC	MV	5:01:56	06:04
5	James Ryan	Team TMC	MV	4:51:24	06:05
6	Dave Grant	Crystal Palace Triathletes	MS	-	06:06
7	Giorgio Valsecchi	7Oaks Tri Club	MV	5:06:28	06:07
8	Paul Thatcher	Brighton Mitre CC	MV	5:04:07	06:08
9	Peter Horsfield	Redmon CC	MV	5:24:54	06:09
10	Matthew Smith	Team TMC	MS	-	06:10
11	Paul Tunnell	Addiscombe CC	MV	5:06:28	06:11
12	Haukur Heimisson	Ful-on Tri	MS	-	06:12
13	Roland Kitson	Horsham Cycling	MV	5:09:04	06:13
14	James Stone	Brighton Excelsior CC	MV	4:57:58	06:14
15	Massimiliano Radi	Team Bottrill	MV	4:50:25	06:15
16	Richard Tully	Elite Cycling-Turbo Beat	MV	4:50:25	06:16
17	Anouska Greenaway	Brighton Mitre CC	WS	-	06:17
18	Alex Ferrario	Clapham Chasers	MS	-	06:18
19	Gary Lock	New Forest CC	MV	4:49:24	06:19
20	Steven Kane	Team TMC	MS	-	06:20

NUMBERS MUST BE FIXED BELOW WAIST



**NO TIME MAY BE RECORDED IF NUMBER IS
NOT CORRECTLY POSITIONED.**

<https://london-south.ctt.org.uk/>

CTT LONDON SOUTH DC 100 MILES COURSE - G100/61A

WEST GRINSTEAD/BOLNEY/ WEST GRINSTEAD/WASHINGTON/STEYNING/PARTRIDGE GREEN/WEST GRINSTEAD/WASHINGTON - A272/A281/A24/A283/B2135

COURSE DETAILS

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>
184226	<u>START</u> at southern end of Kennel Lane West Grinstead at junction with A272 Proceed east to twin RBTs (roundabouts) at Cowfold. RIGHT 2 nd exit at first LEFT 1 st exit at second.	0.00 0.00
267224	Continue on A272 to Bolney RBT where 2 nd exit straight across to continue on A272 To TURN at Ansty mini roundabout (CHECK)	5.42 5.42 1.69 7.11
267224	Retrace to Bolney RBT where 2 nd exit straight across to continue on A272 to retrace to twin RBTs at Cowfold. RIGHT 2 nd exit at first and LEFT 1 st exit at second and	1.69 8.80
165227	follow A272 to West Grinstead crossroads to start 1 st circuit	6.54 15.34
120134	LEFT in filter lane to join A24 and Proceed south to Washington RBT	6.69 22.03
171125	LEFT 1 st exit and follow A283 to junction with B2135 at Steyning.	3.54 25.57
165214	LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead and complete circuit	7.03 32.60
120143	Continue as before to complete 2 nd circuit at West Grinstead	16.44 49.04
120143	Continue as before to complete 3 rd circuit at West Grinstead	16.44 65.48
120143	Continue as before to complete 4 th circuit at West Grinstead	16.44 81.92
120143	Continue as before to complete 5 th circuit at West Grinstead	16.44 98.36
171125	LEFT in filter lane to join A24 and Proceed South to FINISH off A24 where deceleration lane of Dial Post X roads becomes Grinder's Lane, for traffic going left to Ashurst, where hatched area begins.	1.67 100.03

