



Crawley Wheelers



Proud supporters of St. Catherine's Hospice

Good Friday Classic Sporting Time Trial – 02-April-2021

On course GS/196 41.59 Miles

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

Timekeepers: Mick Irons (Worthing Excelsior) and Richard Meed
Event Secretary: Wendy Holden, 3 The Chestnuts, Lindfield, West Sussex, RH162AS.
Tel: 077811297840 **Email** Wendkb1@sky.com
Emergency contact on the day Wendy Holden 07811297840

PRIZES

Alec Ewart Trophy awarded for the fastest time.

	1 st	2 nd	3 rd
Men	£25	£20	£15
Ladies	£25	£20	£15
Vets on standard	£15	£10	£5
Team of 3	£10 each	-	-

Notes

This year we are having to run the event very differently due to COVID 19

There will be no HQ

There will be no results at the end

There will be no prize giving

Please do not congregate at all

Sadly due to there being no HQ we are not able to offer toilet facilities or refreshments. We are about a mile from the Peace Pottage service station just off the A23 on the way to Handcross. These will be open and offer toilet facilities and refreshments.

Sign on/off: Handcross Surgery, Dumbledore Primary care Centre London Road Handcross RH17 6HB
Sign on will be open from 7am. First rider off at 7:48am.

NUMBERS WILL BE sign on where you are required to sign in, in person and to sign back in, in person, after you have finished the event. **Failure to sign back in will result in disqualification from the event. Please observe social distance rules during sign in and be respectful to other riders.**

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 and also bright clothing so as to promote good visibility to road users during the event.

It is now compulsory 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 sign off in person and to give in their number in the black bin provided. No times will be given at the Finish. All prizes will be posted as soon as possible after the event.

PLEASE KEEP YOUR HEAD UP AND WATCH OUT FOR POTHoles, 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 wendkb1@sky.com 07811297840

Event & Course Info

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

Course Records: 1:31:38 Liam Maybank April 2019
1:53:58 Madeline Lee-Smith April 2019

Previous winners:

Year	Name	Time
2019	Liam Maybank	1:31:38 (Course Record)
	Madeline Lee-Smith	1:53:58 (Course Record)
2018	Richard Price (London Phoenix)	1:34:47
	Angela Rudden-Rutt (Horsham Cycling)	2:01:25
2017	Mark Smith (Crawley Wheelers)	1:34:33
	Angela Rudden-Rutt (Horsham Cycling)	1:54:57
2016	Peter Morris (Team ASL360)	1:36:32
	Lisa Haines (Maldon & District CC)	2:02:45
2015	NO EVENT - FOG ☹	-
2014	Steve Dennis (East Grinstead CC)	1:37:12
	Katerina Avramides (Brighton Mitre CC)	2:09:07
2013	Chris McNamara (Pedal Heaven RT)	1:35:32
	Jayne Wadsworth (De Laune CC)	1:59:55
2012	Wouter Sybrandy (Team IG Sigma Sport)	1:32:21
	Jayne Wadsworth (De Laune CC)	1:58:39
2011	Steve Dennis (East Grinstead CC)	1:35:57
2010	Steve Dennis (East Grinstead CC)	1:33:39
	Jayne Wadsworth (De Laune CC)	2:04:56

ALERT

Due to unfortunate circumstances, roadworks have appeared on the course creating 2-way traffic light. We have been in touch with the council had have been reassured these will be dismantled for the day of the TT.

We will be doing a RA drive round of the course on Thursday evening 1st April.

If in the event that the roadworks have not been cleared, we have put notice in for a back-up course of our hilly 25 route GS/195 and will send out notice to all riders as soon as we can the night before all being there are no roadworks on this course.

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

HANDCROSS/COWFOLD/WEST GRINSTEAD/STEYNING/BEEDING 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.

