



East Sussex Cycling Association

2016 President Robert Downham – Worthing Excelsior CC



ESCA 10m Time Trial – Saturday 23rd April 2016 – G10/87

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

Start Sheet

Event Secretary **Rob Pelham** (Lewes Wanderers CC)
Propel Bikes, 216 High Street, Uckfield, East Sussex TN22 5DF
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Timekeepers **Richard Meed** (Lewes Wanderers CC) & **Tony Palmer** (Worthing Excelsior CC)

General Information

Event HQ East Hoathly Sports Pavilion, London Road East Hoathly, East Sussex BN8 6QE – Open from 6am. Heading north on the A22, turn right at The Shaw Roundabout into London Road. The HQ is on the right, just before the village.

Car Parking There is limited parking in the Sports Pavilion car park, when full please park sensibly on London Road – pavilion side only.

Race Numbers Race Numbers will be available at the event HQ. Please collect your number when you sign on. **If pinning your number please only use the eyelets, and please do not use additional pins as it tears the numbers.** 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 Sports Pavilion. Proceed out of the car park and turn right, and continue to South Street.

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 and the fastest team of three from an ESCA affiliated club over 10 miles – the best performance at either this, **or the September 10**, will be eligible for these awards at the annual prize presentation in January 2016.

ESCA BAR Qualifying event for the ESCA lady, lady veteran and junior 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
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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

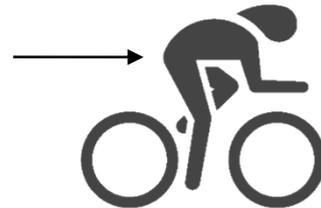
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Please pay attention to the following CTT regulations/recommendations

- **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.
- **Parental Consent Forms** All riders under 18 download a parental consent when they enter online. The form must be completed and brought with you on the day. Please hand it in before signing on.
- **Lights** 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.
- **Warming up** Competitors are requested not to warm up on the course after the first rider has started.
- **Competitors' Vehicles** No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish.
- **Official Observers** Official observers will be stationed around the course.
- **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. No time may be recorded if number is not correctly positioned.

Please pin your number here



Course Details

Course details can also be viewed or downloaded from the SCA website <http://www.sussexca.org.uk/g1087.html>

OS Ref	Course G10/87	Distance
TQ517156	START in South Street, East Hoathly, at red arrow at drain 28 yards before T junction with East Hoathly by-pass	00.00m
TQ572112	LEFT and follow A22 through Whitesmith and Golden Cross to Boship RBT where TURN (Check)	04.90m
TQ513162	4th exit and retrace on A22 through Golden Cross and Whitesmith to FINISH at red arrow at second drain past field gate on East Hoathly by-pass just before first footpath crossing and 334 yards past right turn (South Street) for East Hoathly.	10.00m

Additional Safety Instructions

- Competitors must exercise extra care when turning LEFT just after Start and at the Boship roundabout
- **No 'U' turns after finishing or riders will be disqualified** – after finishing, competitors MUST continue to The Shaw roundabout and take second exit (RIGHT) to return to Event HQ at East Hoathly Sports Pavilion.

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Order of Start

Race No.	Start Time	Rider	Club	Cat	Age	VTTA Std
5	07:05	Peter Eames	Eastbourne Rovers CC	V	53	0:26:59
6	07:06	Matthew Sumpter	In-Gear Quickvit Trainsharp RT	S	27	-
7	07:07	Leeland Pavey	Eastbourne Rovers CC	V	46	0:26:27
8	07:08	David Beale	Lewes Wanderers CC	V	70	0:29:02
9	07:09	Adrian Hills	Lewes Wanderers CC	V	52	0:26:54
10	07:10	Kevin Burton	Eastbourne Rovers CC	V	60	0:27:38
11	07:11	Thomas Garner	Brighton Triathlon Club	S	36	-
12	07:12	Elliot Brown	Eastbourne Rovers CC	S	19	-
13	07:13	Chris Parker	Hastings & St. Leonards CC	V	60	0:27:38
14	07:14	Ken Dry	Eastbourne Rovers CC	V	50	0:26:45
15	07:15	Andy Eaton	Eastbourne Rovers CC	V	54	0:27:04
16	07:16	Brian Hood	Thanet Road Club	V	64	0:28:06
17	07:17	Nick Smart-Jones	Lewes Wanderers CC	V	44	0:26:18
18	07:18	Sam Winter	Eastbourne Rovers CC	S	29	-
19	07:19	Joseph Martin	Preston Park Youth Cycling Club	Jv	13	-
20	07:20	Julia Hawksworth	Southborough & Dist. Whs	WV	52	0:29:03
21	07:21	Jamie Bedwell	Lewes Wanderers CC	Jn	18TY	-
22	07:22	Fabien Large	Hastings & St. Leonards CC	Jv	14	-
23	07:23	Kaye Dwyer	Lewes Wanderers CC	WV	53	0:29:09
24	07:24	Philippa Jenkins	Southborough & Dist. Whs	WS	28	-
25	07:25	Laura Bartlett	...a3crg	WS	33	-
26	07:26	Gina McGeever	Lewes Wanderers CC	WV	44	0:28:24
27	07:27	Lisa Davis	Lewes Wanderers CC	WV	41	0:28:08
28	07:28	Alison Brockhurst	Lewes Wanderers CC	WV	43	0:28:19
29	07:29	Olivia Webb	Velopace	WV	47	0:28:39
30	07:30	Tamar Vanderhaas	Lewes Wanderers CC	WV	40	0:28:02
31	07:31	Damen Foord	Rye & District Wheelers CC	S	32	-
32	07:32	David Earl	Hastings & St. Leonards CC	V	48	0:26:36
33	07:33	Rick Hughes	Worthing Excelsior CC	V	53	0:26:59
34	07:34	Simon Tyler	Hastings & St. Leonards CC	S	38	-
35	07:35	Chris Jolliffe	Crawley Wheelers	V	58	0:27:26
36	07:36	Paget Cohen	Lewes Wanderers CC	V	43	0:26:13
37	07:37	Neil Gearing	Lewes Wanderers CC	S	39	-
38	07:38	Gerry Akehurst	In-Gear Quickvit Trainsharp RT	V	51	0:26:50
39	07:39	Aidan McConville	Lewes Wanderers CC	S	37	-
40	07:40	Marc Townsend	Neon Velo	S	35	-
41	07:41	Mike O'Gorman	Worthing Excelsior CC	V	64	0:28:06
42	07:42	Trevor Chilman	In-Gear Quickvit Trainsharp RT	V	47	0:26:32
43	07:43	Peter Hooper	Eastbourne Rovers CC	S	31	-
44	07:44	David Hodgson	Lewes Wanderers CC	V	53	0:26:59
45	07:45	Michael Davey	Eastbourne Rovers CC	S	38	-
46	07:46	Michael Parker	TMG Horizon Cycling Team	V	51	0:26:50
47	07:47	Nigel Langridge	Crawley Wheelers	V	51	0:26:50
48	07:48	Ade Fadero	Sussex Nomads CC	V	54	0:27:04
49	07:49	Michael Leonard	South Downs Bikes	V	52	0:26:54
50	07:50	Tom Glandfield	Lewes Wanderers CC	V	43	0:26:13
51	07:51	Peter Pav Bryan	Rye & District Wheelers CC	S	29	-
52	07:52	Rob Pelham	Lewes Wanderers CC	S	39	-
53	07:53	James Ryan	Team ASL360	S	39	-
54	07:54	Dave Brown	Lewes Wanderers CC	V	48	0:26:36

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Order of Start

Race No.	Start Time	Rider	Club	Cat	Age	VTTA Std
55	07:55	Rupert Robinson	Evans Cycles Race Team	V	44	0:26:18
56	07:56	Peter Baker	Lewes Wanderers CC	V	58	0:27:26
57	07:57	Glen Whittington	Southborough & Dist. Whs	S	32	-
58	07:58	Robert Royle-Evatt	Addiscombe CC	V	48	0:26:36
59	07:59	Simon Yates	Lewes Wanderers CC	V	64	0:28:06
60	08:00	David Pollard	In-Gear Quickvit Trainsharp RT	V	58	0:27:26
61	08:01	Howard Shaw	Eastbourne Rovers CC	S	30	-
62	08:02	Matthew Butt	Team ASL360	S	29	-
63	08:03	Brett Davis	Lewes Wanderers CC	V	43	0:26:13
64	08:04	David Phillips	Old Portlians CC	V	61	0:27:44
65	08:05	Iain Brogden	Eastbourne Rovers CC	V	47	0:26:32
66	08:06	Paul Newsome	Team ASL360	S	28	-
67	08:07	Peter Moon	Eastbourne Rovers CC	V	55	0:27:09
68	08:08	Michael Valks	Lewes Wanderers CC	V	45	0:26:23
69	08:09	Paul Valks	Lewes Wanderers CC	V	72	0:29:26
70	08:10	Matthew Woods	Eastbourne Rovers CC	V	44	0:26:18
71	08:11	Dominic Lowden	Lewes Wanderers CC	V	58	0:27:26
72	08:12	Sam Dix	In-Gear Quickvit Trainsharp RT	V	44	0:26:18
73	08:13	Samuel Ramsey	Lewes Wanderers CC	V	52	0:26:54
74	08:14	Bruce English	Eastbourne Rovers CC	V	51	0:26:50
75	08:15	Mark Perry	Look Mum No Hands!	S	39	-
76	08:16	Robert Rollings	Lewes Wanderers CC	S	29	-
77	08:17	Dougie Fox	Crawley Wheelers	V	60	0:27:38
78	08:18	Sean Quinney	Lewes Wanderers CC	V	47	0:26:32
79	08:19	David Clements	Eastbourne Rovers CC	V	44	0:26:18
80	08:20	Nick Dwyer	Lewes Wanderers CC	V	52	0:26:54
81	08:21	George Welfare	Eastbourne Rovers CC	S	30	-
82	08:22	John-Paul Brophy	Eastbourne Rovers CC	V	41	0:26:04
83	08:23	Jason Le Goff	In-Gear Quickvit Trainsharp RT	V	40	0:25:59
84	08:24	Geoff Smith	Eastbourne Rovers CC	V	65	0:28:14
85	08:25	Pete Morris	Team ASL360	S	37	-
86	08:26	Carl Richardson	In-Gear Quickvit Trainsharp RT	V	51	0:26:50
87	08:27	Paul Holdaway	Hastings & St. Leonards CC	S	35	-
88	08:28	Christopher Wolton	Southborough & Dist. Whs	S	31	-
89	08:29	Jonathan Collett	Lewes Wanderers CC	V	43	0:26:13
90	08:30	Steve Williamson	...a3crg	V	44	0:26:18

Keep up to date with what's going on with time trialling in Sussex ...

There are a range of competitions run by local Associations so, if your club is affiliated, and you're riding ESCA or SCA events, the chances are you'll automatically be included in a competition that you might not necessarily be aware of! Why not take a moment to familiarise yourself with what's on offer for individual riders and their affiliated clubs to add a bit of interest and friendly rivalry between riders and clubs. Regular competition updates, and a whole lot more, are posted throughout the season on the Association websites and Facebook groups

East Sussex CA

Website www.eastsussexca.org.uk/
Facebook Group www.facebook.com/groups/EastSussexCA/

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