



## **SCCU 50 MILE TIME TRIAL**

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

**Sunday 28<sup>th</sup> June 2016  
Course G50/10**

Official Time Keeper:  
Mike Irons, Worthing Excelsior CC

Start 06:25

Headquarters:  
Dial Post Village Hall, Worthing Road,  
Dial Post, West Sussex, **RH13 8NS**

**Handicapped using Cycling Time Trials official tables  
Veterans target times from CTT tables**

Event Organiser:

Paul Tunnell, Addiscombe Cycling Club  
10 Uppark Gardens, Horsham, West Sussex RH12 5JN

[Home](tel:01403250847): 01403 250 847

[Mobile](tel:07714339575): 07714 339 575

[Email](mailto:sccu50@gmail.com): sccu50@gmail.com



# SCCU



## General Instructions

**IN CONSIDERATION OF  
LOCAL RESIDENTS, NO  
TURBO TRAINERS ARE  
TO BE USED**

Please park with consideration at the HQ. There is a small car park which will mainly be reserved for officials. Please park on the lane to the South of the hall on the same side of the road, as you will be finishing along this lane. **Numbers will be issued at the HQ.** Please sign on before collecting your number. Body numbers should be placed as low down as possible so that they face to the rear at all times, they should be pinned slightly to the left of centre. Numbers may be exchanged for a drink after the event.

**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.**

We suggest that you allow approximately 20 minutes to ride to the start from the HQ.

**No times will be given at the finish.** On finishing riders should continue along the lane and take great care before returning to the Hall. No U-turns are to be made within sight of the timekeeper

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

### **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.**

This event carries a handicap competition and any improvements to times shown on entry forms, including first rides at the distance entered, (within 3 days prior to the event) must be notified to the organiser prior to the event, in accordance with CTT Regulation 13(a).

The Village Hall will be open for riders changing and toilet facilities. We have previously had complaints from local people who have witnessed sights that they shouldn't have to – no names mentioned.....**Anyone who fails to make use of the appropriate facility, and causes offence will risk disqualification.**

Although we do our best to ensure the course is fully marshaled, you are reminded that the onus is on the rider to know the course, so please familiarize yourself with the course details.



# SCCU



2015 Winner – Mark Smith, Crawley Wheelers 1:52:41

## Open awards – all riders eligible:

1 <sup>st</sup> Fastest Rider	£20
1 <sup>st</sup> Fastest Lady	£20
1 <sup>st</sup> Fastest Veteran	£20

## SCCU Association awards:

Awarded to members of affiliated clubs and SCCU private members only

Fastest SCCU rider to hold the Vice President's Tankard for one year and £20

2<sup>nd</sup> Fastest £15

3<sup>rd</sup> Fastest £10

Fastest SCCU Lady £20

Fastest SCCU Junior £20

Fastest SCCU team of 3 to hold the Roberts Shield for one year and £10 each

1<sup>st</sup> Handicap £20

2<sup>nd</sup> Handicap £15

3<sup>rd</sup> Handicap £10

Please contact the organiser with any improvements in your times up to 3 days prior to the event.

1<sup>st</sup> Veteran on Standard £20

2<sup>nd</sup> Veteran on Standard £15

3<sup>rd</sup> Veteran on Standard £10

Fastest qualifying # SCCU rider will hold the Tacagni Cup # for one year and £20.

# To qualify for the Tacagni Cup, riders must **not** have ridden a 50-mile time trial during the **current or past three seasons**.

Eligible riders - using available information are marked with \* in the rider listings. Please contact the organiser if you were eligible but have subsequently ridden a 50-mile time trial prior to the event.



# SCCU



**Riders without a handicap (N/A) did not have any previous times on their entry forms, or are ineligible (blank) because their club is not affiliated to the SCCU.**

## START ORDER

Start Time	No	N #	Name	M F	Cat	Club	Vet Tar- get Time	H'cap Allow- ance	Time
06:25	25		Paul Tunnell	M	Vet	Addiscombe CC	02:19:31	00:19:36	
06:26	26	N	Peter Rowe	M	Vet	Southborough & Dist. Whs	02:15:29	N/A	
06:27	27	N	James Griffin	M	Sen	Kingston Wheelers CC		N/A	
06:28	28		Chris Jolliffe	M	Vet	Crawley Wheelers	02:22:37	00:28:00	
06:29	29		Mike Morley	M	Vet	Kingston Phoenix RC	02:40:20	00:43:09	
06:30	30		James Stone	M	Vet	Brighton Excelsior CC	02:11:34	00:11:29	
06:31	31	N	Paul Wishart	M	Vet	Brighton Phoenix Triathlon Club	02:12:33	N/A	
06:32	32		John Marinko	M	Vet	Brighton Mitre CC	02:15:29	00:20:04	
06:33	33		Jez Parsons	M	Vet	Brighton Excelsior CC	02:14:30	00:28:00	
06:34	34		simon howard	M	Vet	South Western Road Club/Evans Cycles	02:13:31	00:46:40	
06:35	35		Shaun Kennedy	M	Vet	Bec CC	02:20:32	00:15:52	
06:36	36	#	Simon Burrell	M	Vet	Twickenham CC	02:16:29	N/A	
06:37	37		Paul Medcraft	M	Vet	Dorking Cycling Club	02:05:55	00:19:47	
06:38	38		Alan Walker	M	Vet	South Eastern RC	02:34:35	00:40:34	
06:39	39		Tom Houghton	M	Vet	Brighton Excelsior CC	02:08:43	00:39:33	
06:40	40		Phil Allen	M	Sen	South Downs Bikes / Casco Europe		00:10:19	

**N** in the 3<sup>rd</sup> column indicates non-SCCU riders, target time in red, and **#** indicates eligibility for the Tacagni Cup.



# SCCU



Start Time	No	N #	Name	MF	Cat	Club	Vet Target Time	H'cap Allowance	Time
06:41	41	N	Vince Freeman	M	Sen	Brighton Triathlon Club		N/A	
06:42	42		Fraser Dawson	M	Vet	Dorking Cycling Club	02:13:31	00:20:32	
06:43	43	N	Richard Claxton	M	Vet	VC Elan - Harry Perry Cycles	02:38:01	N/A	
06:44	44		Stephen Morgan	M	Vet	Tooting BC	02:12:33	00:21:52	
06:45	45	#	Gary Brind	M	Vet	South Downs Bikes / Casco Europe	02:06:51	N/A	
06:46	46		Oliver Walker	M	Sen	South Eastern RC		00:34:20	
06:47	47		Dan Cole	M	Vet	Dorking Cycling Club	02:06:51	00:18:42	
06:48	48		Nick McCormick	M	Vet	Epsom CC	02:17:29	00:23:02	
06:49	49	#	Mark Gower	M	Vet	South Downs Bikes / Casco Europe	02:05:00	N/A	
06:50	50		Dominic Hill	M	Vet	Bec CC	02:06:51	00:09:34	
06:51	51	N	Matthew Chipping	M	Sen	Tunbridge Wells Triathlon Club		N/A	
06:52	52		Simon Trehearn	M	Vet	Kingston Phoenix RC	02:06:51	00:26:08	
06:53	53	N	Francesca Wright	F	Vet	Clapham Chasers	02:18:30	N/A	
06:54	54	#	Nicole Patterson-Lett	F	Vet	Worthing Excelsior CC	02:08:43	N/A	
06:55	55		james stuart	M	Vet	Norwood Paragon CC	02:05:55	00:13:04	
06:56	56		Katherine Barrett	F	Sen	Crawley Wheelers		00:46:40	

**N** in the 3<sup>rd</sup> column indicates non-SCCU riders, target times in red and **#** indicates eligibility for the Tacagni Cup.



# SCCU



Start Time	No	N #	Name	M F	Cat	Club	Vet Target Time	H'cap Allowance	Time
06:57	57		jackie dodd	F	Vet	Kingston Phoenix RC	02:18:30	00:30:48	
06:58	58		Madelaine Lee-Smith	F	Vet	Oxted Cycle Club	02:08:43	00:25:26	
06:59	59	N	Alys Mathew	F	Sen	Clapham Chasers		N/A	
07:00	60		David Shepherd	M	Vet	GS Stella	02:19:31	00:08:10	
07:01	61		Ian Newbold	M	Vet	Eastbourne Rovers CC	02:07:47	00:33:02	
07:02	62		Andrew Drake	M	Sen	East Grinstead CC		00:23:20	
07:03	63	N	Quintin wright	M	Vet	Clapham Chasers	02:19:31	N/A	
07:04	64		Ian Cheesman	M	Vet	Worthing Excelsior CC	02:11:34	00:23:25	
07:05	65		Brindley Taylor	M	Sen	Crawley Wheelers		00:17:42	
07:06	66		Peter Horsfield	M	Vet	Redmon CC	02:31:13	00:35:41	
07:07	67		Robert Drake	M	Sen	Addiscombe CC		00:18:40	
07:08	68		Jez Shotter	M	Vet	Brighton Excelsior CC	02:10:37	00:24:26	
07:09	69		Peter Owen	M	Vet	Norwood Paragon CC	02:19:31	00:29:10	
07:10	70	N	Nick andrews	M	Vet	Portsmouth North End CC	02:14:30	N/A	
07:11	71	N	Anthony Smith	M	Vet	Bournemouth Jubilee Whs	02:20:32	N/A	

**N** in the 3<sup>rd</sup> column indicates non-SCCU riders, target times in red and **#** indicates eligibility for the Tacagni Cup.



# SCCU



Start Time	No	N #	Name	M F	Cat	Club	Vet Target Time	H'cap Allowance	Time
07:12	72	#	Paul Haywood	M	Vet	Epsom CC	02:05:55	N/A	
07:13	73		Andrew Haste	M	Vet	Worthing Excelsior CC	02:09:40	00:28:00	
07:14	74		Alan Yule	M	Vet	Crawley Wheelers	02:09:40	00:18:40	
07:15	75		Mike O'Gorman	M	Vet	Worthing Excelsior CC	02:29:01	00:12:56	
07:16	76	N	Ayrton Pope	M	Esp	Paceline RT		N/A	
07:17	77	#	Jim Burdett	M	Vet	Addiscombe CC	02:11:34	N/A	
07:18	78		Geoff Smith	M	Vet	Eastbourne Rovers CC	02:30:07	00:25:16	
07:19	79		Robert Zietal	M	Sen	Crawley Wheelers		00:28:00	
07:20	80	N	Jeremy Ponting	M	Vet	Velo Club St Raphael	02:08:43	N/A	
07:21	81		Mark Penfold	M	Vet	Crawley Wheelers	02:14:30	00:28:00	
07:22	82		James Hughes	M	Vet	Bec CC	02:06:51	00:16:05	
07:23	83		Dale Lush	M	Sen	Kingston Phoenix RC		00:18:40	
07:24	84		Ben Fielden	M	Vet	GS Stella	02:40:20	00:24:31	
07:25	85		Mark Smith	M	Vet	Crawley Wheelers	02:06:51	00:11:51	
07:26	86		Alexander Kew	M	Vet	Kingston Phoenix RC	02:09:40	00:24:16	

**N** in the 3<sup>rd</sup> column indicates non-SCCU riders, target times in red and **#** indicates eligibility for the Tacagni Cup.





# SCCU



Start Time	No	N #	Name	M F	Cat	Club	Vet Target Time	H'cap Allowance	Time
07:27	87		Donald Parker	M	Vet	Brighton Mitre CC	02:32:20	00:19:22	
07:28	88		Rupert Robinson	M	Vet	Evans Cycles Race Team	02:08:43	00:20:35	
07:29	89		Andrew R Green	M	Vet	Bec CC	02:05:55	00:21:55	
07:30	90	N	Alex Napier	M	Vet	Blazing Saddles	02:06:51	N/A	

**N** in the 3<sup>rd</sup> column indicates non-SCCU riders, target times in red and **#** indicates eligibility for the Tacagni Cup.

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

### IMPORTANT NOTE:

There are 2 sets of pedestrian crossing lights in Cowfold, which **MUST** be obeyed.

Competitors must exercise extra care when negotiating all roundabouts.

The course will be signed and marshalled, but the onus is on the rider to know where the course goes, especially at the two mini roundabouts at Cowfold.

### Please note London South District regulations:

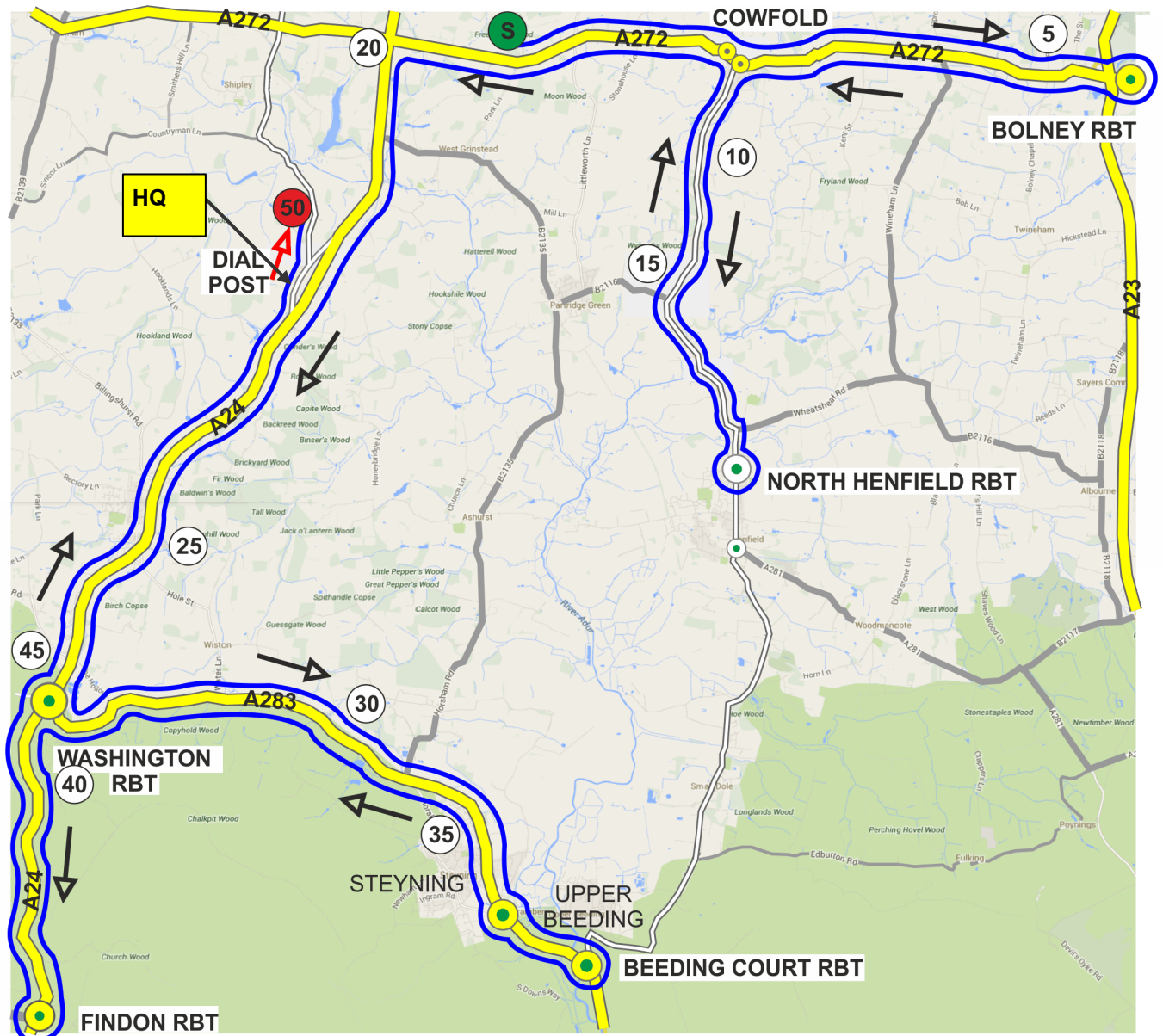
No vehicles except the timekeeper shall be parked on the highway within sight of the starting or finishing points.





## Course Map : G50/10

**HQ: Dial Post Village Hall, Worthing Road, Dial Post West Sussex RH13 8NS**



- Please do not warm up on the course once the first rider has started.
- Please take care at all roundabouts

**Heads up, accidents down. Ride safely and enjoy the event.**



# SCCU



## Course Details

CTT LONDON SOUTH DC - 50 MILE COURSE - G50/10

**West Grinstead / Bolney / North Henfield / West Grinstead / Washington /  
Beeding Court / Washington / Findon / Washington / Dial Post –  
A272/A281/A24/A283**

Ordnance Survey Grid Reference #	DETAILS	Distances	
		Interim	Cumulative
182225	<b>START</b> on A272 at raised manhole cover on grass verge approximately 50 yards West of entrance to the Orchard at West Grinstead.	0.00	0.00
267224	Proceed East to twin roundabouts (RBTs) at Cowfold. RIGHT 2 <sup>nd</sup> exit at first LEFT 1 <sup>st</sup> exit at second. Continue on A272 to Bolney RBT where TURN (CHECK) 3 <sup>rd</sup> exit to retrace to twin RBTs at Cowfold.	5.49	5.49
215167	LEFT 1 <sup>st</sup> exit at first RBT and follow A281 to North Henfield RBT where TURN (CHECK) 3 <sup>rd</sup> exit to retrace to twin RBTs at Cowfold.	7.44	12.93
165227	Straight on 1 <sup>st</sup> exit at first RBT LEFT 1 <sup>st</sup> exit at second and follow A272 to West Grinstead crossroads	7.14	20.07
120134	LEFT in filter lane to join A24 and proceed South to Washington RBT	6.69	26.76
197098	LEFT 1 <sup>st</sup> exit and follow A283 to Bramber Castle RBT. Straight on 3 <sup>rd</sup> exit to Beeding Court RBT where TURN (CHECK) 3 <sup>rd</sup> exit to retrace to Bramber Castle RBT	6.09	32.85
120134	3 <sup>rd</sup> exit and continue on A283 to Washington RBT	6.14	38.99
119089	LEFT 1 <sup>st</sup> exit and follow A24 to Findon RBT where TURN (CHECK) 4 <sup>th</sup> exit to retrace to Washington RBT. Straight on 2 <sup>nd</sup> exit and follow A24 to turn LEFT at Southern entrance to Dial Post Village. LEFT into Swallows Lane to	2.95	41.94
155202	<b>FINISH</b> at tree on Western side of farm gate opposite PP12150 past entrance to Swallows Farm	8.06	50.00

# Use OS Landranger Map 198 Brighton and Lewes



# SCCU



## SOUTHERN COUNTIES CYCLING UNION

Riders are reminded that sleeveless cycling tops are not allowed under CTT rules, but are acceptable when worn with an undervest that *does* have short sleeves.

Riders without a handicap allowance did not supply a time on their entry forms to calculate from, or are not SCCU members.

**N** in the 3<sup>rd</sup> column indicates non-SCCU riders

**#** indicates eligibility for the Tacagni Cup  
(not previously ridden a 50 mile time trial during current and past 3 seasons)

Good Luck to everyone for a safe and enjoyable ride.

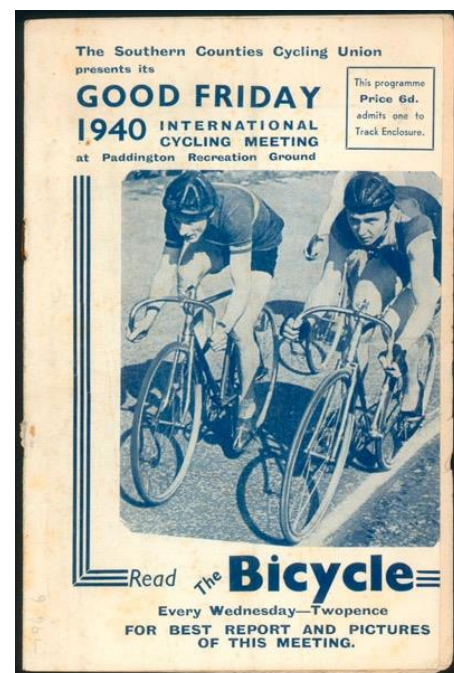
Paul







# SCCU



## Heads Up, Accidents Down!

V1.2 18/6/16