



www.sussexca.org.uk

Sussex Cyclists' Association



2016 PRESIDENT – MICK KILBY – VTTA (Surrey/Sussex Group)

Open 50 mile Time Trial Sunday 3rd July 2016

Course G50/10

Incorporating Sussex Individual, Veterans and Team Championships

Qualifying event for National B.A.R., SCA B.A.R. and SCA SPOCO

Event Secretary: Robin Johnson

7 Gorselands, Billingshurst, West Sussex RH14 9TT

Email: mr_rjohnson@outlook.com

Tel: 01403 783368 (or 07733 132043 on day of event)

Promoted for and on behalf of **Cycling Time Trials** under their rules and regulations

HQ

Dial Post Village Hall

Worthing Road
Dial Post
West Sussex

Postcode RH13 8NS

Open from 05:30



Limited parking in front of hall and in attached car park. Then use East side of road please.

Thank you in advance for not wearing cycling shoes or cleats in the hall.

Numbers at HQ only. After the event please return your race number to the event HQ in exchange for a cup of tea or coffee.

HQ to start: 3.33 miles (**allow 20 minutes**)

Route to start:

Right (North) outside village hall, and on to A24

North to traffic lights, where turn right onto A272

Finish to HQ: 0.58 miles

Course Records:	Scratch:	01:48:56	Steve Dennis	2012
	Ladies:	02:10:00	Lizzy Brama	2012
	Vets	01:48:56	Steve Dennis	2012

Event Records:	Scratch:	01:48:56	Steve Dennis	2012
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Association Records:	Scratch:	01:48:56	Steve Dennis	2012
(riders in Sussex C.A affiliated clubs)	Ladies:	02:17:07	Angela Nainby	2007

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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 (District regulation).

Safety Instructions: Details of any additional hazards not listed on the start sheet will be displayed at the signing on point.

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

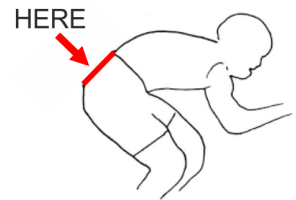
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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

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.

Body numbers should be fitted in accordance with Regulation 16 and Arm Numbers should be fitted to the upper arm with the number facing forwards (not inwards).

Be aware that "No time may be recorded if the number is incorrectly positioned".



Additional Safety Instructions

Competitors must exercise extra care at the start and at all roundabouts.

Obey the two sets of pedestrian crossing lights in Cowfold.

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OFFICIAL TIME KEEPER

Start/Finish: Richard Blackmore

East Grinstead CC

Prizes

1 st	£25 + Champagne (value £25)	1 st on CTT Target	£8 + Wine (value £5)
2 nd	£15 + Wine (value £5)	2 nd on CTT Target	Wine (value £5)
3 rd	£8 + Wine (value £5)		
4 th	Wine (value £5)		
1 st Lady	£12 + Wine (value £5)	1 st Veteran (40-44)	Wine (value £5)
2 nd Lady	£8 + Wine (value £5)	1 st Veteran (45-49)	Wine (value £5)
3 rd Lady	£4 + Wine (value £5)	1 st Veteran (50-54)	Wine (value £5)
4 th Lady	Wine (value £5)	1 st Veteran (55-59)	Wine (value £5)
		1 st Veteran (60-64)	Wine (value £5)
1 st Team	£10 + Wine (value £5) each	1 st Veteran (65-69)	Wine (value £5)
2 nd Team	Wine (value £5) each	1 st Veteran (70-74)	Wine (value £5)

As Championship events, this race includes a selection of Trophies, Cups and Medals to be awarded to Sussex CA Riders in various categories:

First	Southern Radio Cup for a year, plus Sussex C.A. medal
2 nd	Sussex C.A. medal
3 rd	Sussex C.A. medal
1 st Lady	Sussex C.A. medal
2 nd Lady	Sussex C.A. medal
1 st Team	Halford Cup, plus Sussex C.A. medals
1 st Veteran on CTT Standard	Sussex C.A. medal
2 nd Veteran on CTT Standard	Sussex C.A. medal
3 rd Veteran on CTT Standard	Sussex C.A. medal

Cups and medals to be presented at the Annual Sussex Cyclists' Association lunch and prize presentation to be held on Sunday 4th December, 2016. Venue Dial Post Village Hall. £10 to Robin Johnson not later than 2nd December, 2016.

PLEASE NOTE

Prize Presentation

To be held as soon as possible after the event..

Please stay to receive your awards and/or applaud the recipients.

Lottery Prizes

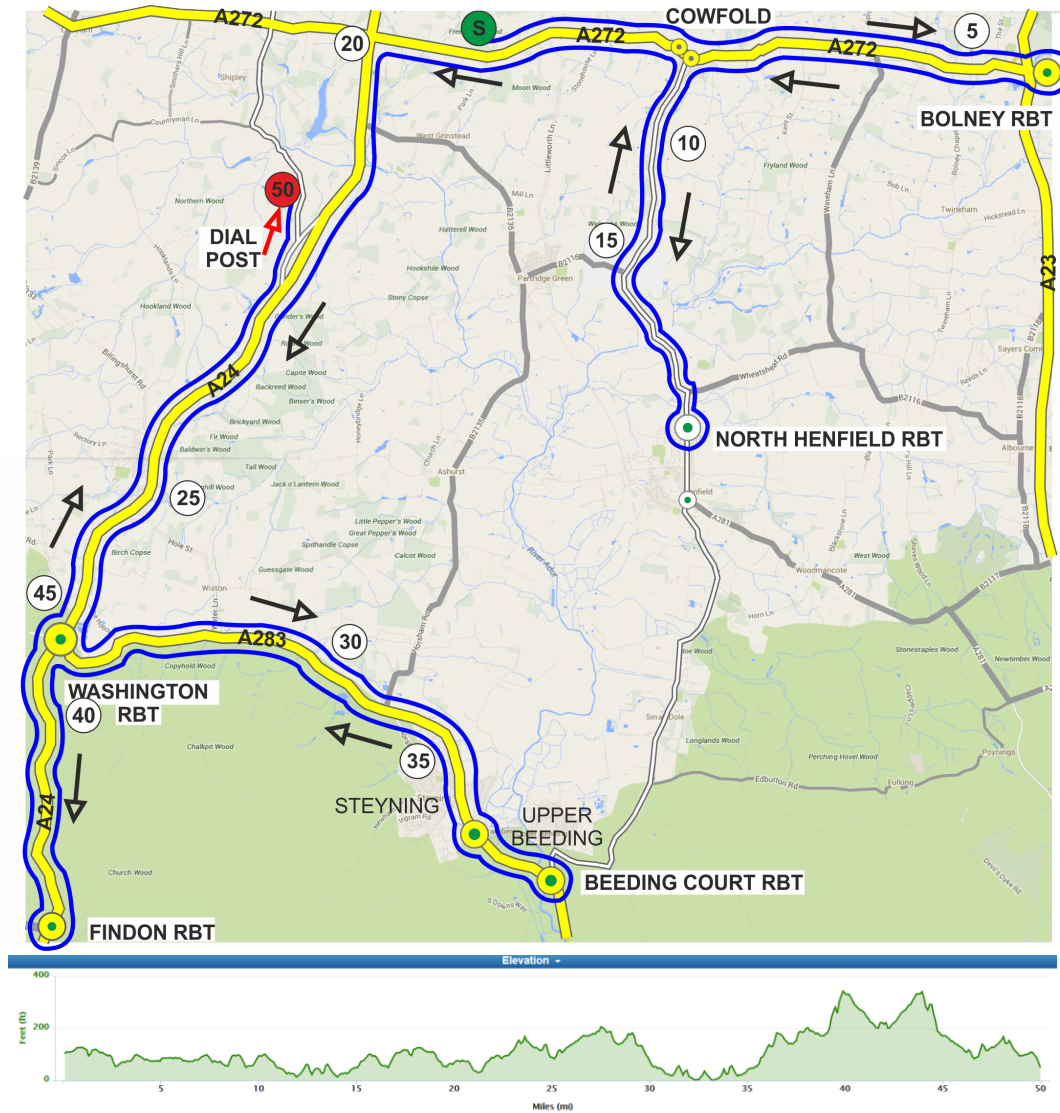
To be awarded at the prize presentation.

A bottle of wine, value £5, to each of the first two names drawn.

To be eligible, be present and be a finisher.

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OS REF (TQ)	COURSE DIRECTIONS – G50/10	MILES	
182225	START on A272 at raised manhole cover on grass verge approximately 50 yards west of entrance to The Orchard Restaurant at West Grinstead	0.00	0.00
267224	Proceed east to twin RBT's (roundabouts) at Cowfold. RIGHT 2nd exit at first LEFT 1st exit at second. Continue on A272 to Bolney RBT where TURN (CHECK)	5.49	5.49
215167	3rd exit to retrace to twin RBT's at Cowfold LEFT 1st exit at first and follow A281 to North Henfield RBT where TURN (CHECK)	7.44	12.93
165227	3rd exit to retrace to twin RBT's at Cowfold. Straight on 1st exit at first and LEFT 1st 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 1st exit and follow A283 to Bramber Castle RBT. Straight on 3rd exit to Beeding Court RBT where TURN (CHECK)	6.09	32.85
120134	3rd exit to retrace to Bramber Castle RBT. 3rd exit and continue on A283 to Washington RBT	6.05	38.90
119089	LEFT 1st exit and follow A24 to Findon RBT where TURN (CHECK)	3.04	41.94
155202	4th exit to retrace to Washington RBT. Straight on 2nd exit and follow A24 to turn LEFT at southern entrance to Dial Post Village. LEFT into Swallows Lane to FINISH at tree on western side of farm gate opposite PP12150 past entrance to Swallows Farm	8.06	50.00

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Rider No	Start Time	Name	Club	Cat/ Age	CTT Tgt Time
7	6:37	Robin Johnson	Brighton Mitre CC	V68	2:33:25
8	6:38	Suzanne Shaw	Kingston Phoenix RC	WV49	2:21:35
9	6:39	Rome Bhamra	Worthing Excelsior CC	V49	2:13:29
10	6:40	Leon Fielding	a3crg	V40	2:05:00
11	6:41	Stephen Morgan	Tooting BC	V48	2:12:32
12	6:42	Alexander Kew	Kingston Phoenix RC	V45	2:09:34
13	6:43	Tamar Vanderhaas	Lewes Wanderers CC	WV40	2:12:32
14	6:44	Katerina Avramides	Brighton Mitre CC	WS35	
15	6:45	Jonathan Pontin	Addiscombe CC	S25	
16	6:46	James Stone	Brighton Excelsior CC	V47	2:11:36
17	6:47	Simon Trehearn	Kingston Phoenix RC	V42	2:06:49
18	6:48	Peter Owen	Norwood Paragon CC	V55	2:19:27
19	6:49	Katie Crowe	Dulwich Paragon CC	WV40	2:12:32
20	6:50	David Clark	Eastbourne Rovers CC	V47	2:11:36
21	6:51	Kevin Plummer	South Downs Bikes / Casco Europe	V51	2:15:33
22	6:52	Samuel Ramsey	Lewes Wanderers CC	V52	2:16:21
23	6:53	Debbie Percival	34 Nomads CC	WV54	2:26:59
24	6:54	Philip Freat	Worthing Excelsior CC	V61	2:25:47
25	6:55	Andy Hamilton	South London Harriers	S33	
26	6:56	Jon Fry	Horsham Cycling	V45	2:09:34
27	6:57	Tony Reeves	GS Stella	V44	2:08:48
28	6:58	Colin Toppin	Brighton Excelsior CC	V43	2:07:43
29	6:59	Dan Cobby	Worthing Excelsior CC	S30	
30	7:00	Jonathan Parker	Team Bottrill	V41	2:05:54
31	7:01	Yuriy Tymchenko	Sussex Nomads CC	V46	2:10:40
32	7:02	Jason Gilbert	South Downs Bikes / Casco Europe	V41	2:05:54
33	7:03	Martin Booker	Worthing Excelsior CC	V47	2:11:36
34	7:04	Jack Churchill	Brighton Excelsior CC	Juv	
35	7:05	Dominic Hill	Bec CC	V42	2:06:49
36	7:06	John Marinko	Brighton Mitre CC	V51	2:15:33
37	7:07	Rick Hughes	Worthing Excelsior CC	V53	2:17:29
38	7:08	Andrew Drake	East Grinstead CC	S33	
39	7:09	Sarah Phelps	Brighton Mitre CC	WS28	
40	7:10	James Stuart	Norwood Paragon CC	V41	2:05:54
41	7:11	Dale Lush	Kingston Phoenix RC	S37	
42	7:12	Trevor Leeding	Worthing Excelsior CC	V50	2:14:26
43	7:13	Peter Moon	Eastbourne Rovers CC	V55	2:19:27
44	7:14	Simon Atkinson	Worthing Excelsior CC	V42	2:06:49
45	7:15	Steven Kane	Brighton Excelsior CC	S27	
46	7:16	Mike O'Gorman	Worthing Excelsior CC	V64	2:29:03
47	7:17	Donald Parker	Brighton Mitre CC	V67	2:32:22
48	7:18	Ian Cheesman	Worthing Excelsior CC	V47	2:11:36
49	7:19	Colin Chambers	Crawley Wheelers	V51	2:15:33
50	7:20	Steve Dennis	East Grinstead CC	V53	2:17:29

REQUEST TO RIDERS

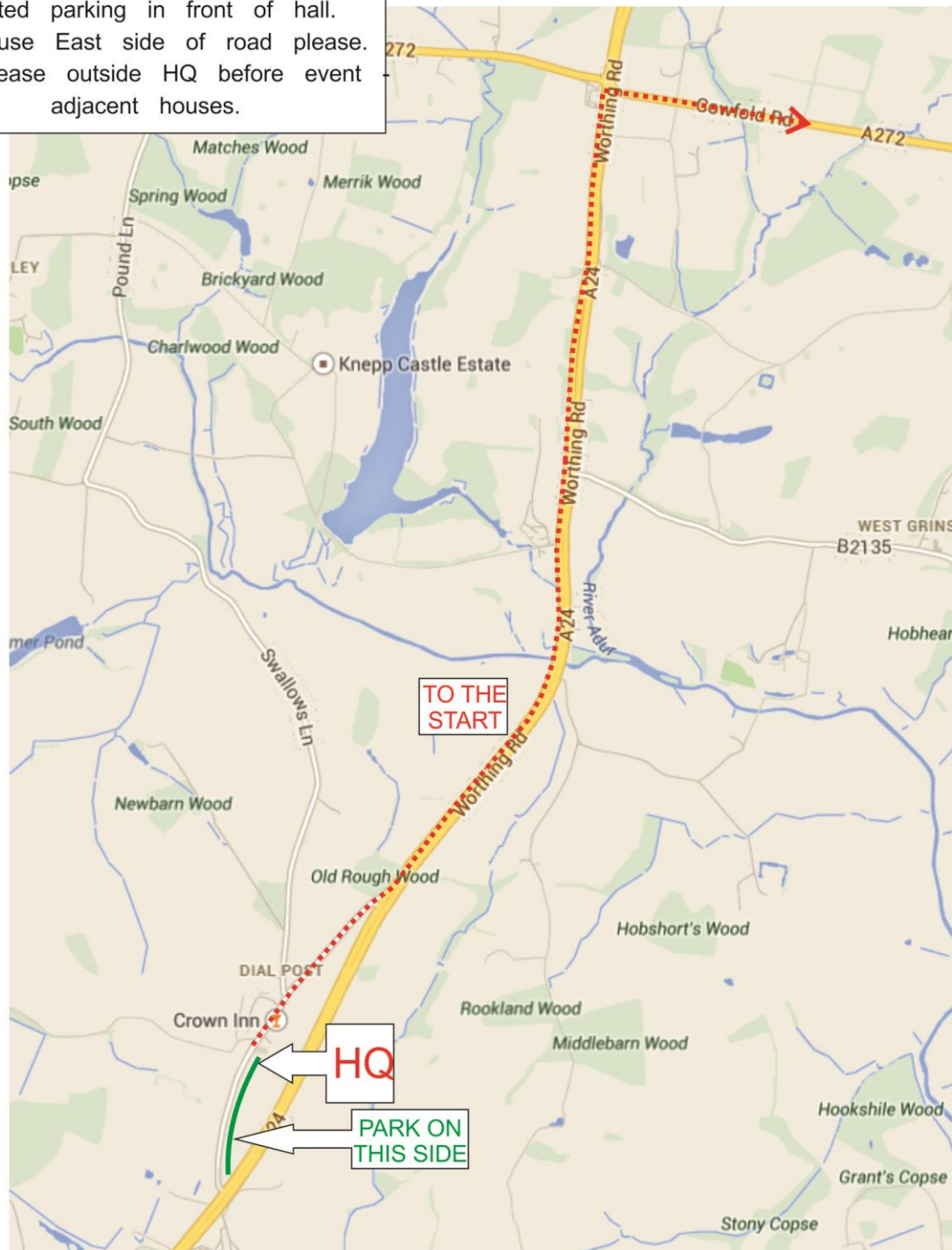
At events on this course last season there were vociferous and repeated complaints about noise early in the morning from a resident of a property by the North Henfield Roundabout. These related to calling out to marshals and also the noise emanating from disk wheels at the turn.

We are keen that the situation does not escalate.

Riders are requested to desist from calling out at this point, and also to consider not using a disk wheel.

**DIAL POST VILLAGE HALL,
WORTHING ROAD,
DIAL POST RH13 8NS**

Limited parking in front of hall.
Then use East side of road please.
Quiet please outside HQ before event
adjacent houses.



SUSSEX CYCLISTS' ASSOCIATION - PAST CHAMPIONS

1938	Ernie Steers	Worthing Excelsior CC	2:13:14	
1939	Roy Gumbrell	Brighton Excelsior CC	2:12:25	NEW SCA RECORD
1947	Dennis Dean	Worthing Excelsior CC	2:06:38	NEW SCA RECORD
1948	Wally Finch	Worthing Excelsior CC	2:13:57	
1949	Albert Shanks	Lancing AC	2:08:49	
1950	Derek Powell	Lancing AC	2:09:13	
1951	Arthur Gardiner	Lancing AC	2:08:30	
1952	Colin Whittingham	Brighton & Hove Wheelers	2:08:33	
1953	Dave Marsh	Lewes Wanderers CC	2:06:08	NEW SCA RECORD
1954	John Dutson	Uckfield & District Wheelers	2:05:54	NEW SCA RECORD
1955	Dave Marsh (2 wins)	Eastbourne Rovers CC	2:06:12	
1956	Mike Harmer	Brighton Excelsior CC	2:08:08	
1957	Gerry Atterbury	Brighton Excelsior CC	2:04:57	NEW SCA RECORD
1958	Roy Siggs	Uckfield & District Wheelers	2:07:56	
1959	Gerry Atterbury	Worthing Excelsior CC	2:05:47	
1960	Terry Parker	Bognor Regis CC	2:03:36	NEW SCA RECORD
1961	Dave Hardman	Brighton Excelsior CC	2:07:56	
1962	Dave Funnell	Worthing Excelsior CC	2:07:55	
1963	Gerry Atterbury	Brighton Mitre CC	2:05:10	
1964	Gerry Atterbury (4 wins)	Brighton Mitre CC	2:06:08	
1965	Dick Marchant	East Grinstead CC	2:07:20	
1966	Tim Mackay	Horsham Unity CC	2:12:08	
1967	Mike Morgan	Central Sussex CC	2:06:36	
1968	Mike Morgan (2 wins)	Central Sussex CC	2:08:48	
1969	Rick Stringer	Brighton Excelsior CC	2:11:26	
1970	Rick Stringer (2 wins)	Brighton Excelsior CC	2:10:22	
1971	Keith Dodman	Worthing Excelsior CC	2:13:42	
1972	Keith Dodman	Worthing Excelsior CC	2:14:24	
1973	John Dutson	Central Sussex CC	2:01:27	NEW SCA RECORD
1974	Martin Hawes	Central Sussex CC	2:08:51	
1975	John Dutson (3 wins)	Central Sussex CC	2:08:21	
1976	Alan Limbrey	Brighton Mitre CC	2:10:21	
1977	Keith Dodman	Worthing Excelsior CC	2:08:22	
1978	Keith Dodman (4 wins)	Worthing Excelsior CC	2:05:29	
1979	Cliff Sharp	Eastbourne Rovers CC	2:00:37	NEW SCA RECORD
1980	Mark Jones	Central Sussex CC	1:58:10	NEW SCA RECORD
1981	John Oakes	VC Etoile	1:53:52	NEW SCA RECORD
1982	John Oakes (2 wins)	VC Etoile	1:53:16	NEW SCA RECORD
1983	Mark Jones	Central Sussex CC	2:00:35	
1984 *	Paul James	Central Sussex CC	1:54:24	
1985 *	Steve Dennis	East Grinstead CC	1:55:48	
1986	Steve Dennis	East Grinstead CC	1:57:50	
1987	Peter Danckwardt	Worthing Excelsior CC	1:58:19	
1988	Mike Coyle	VC Etoile	2:01:45	
1989 *	Mark Jones	GS Stella	1:58:15	
1990	Paul Lipscombe	Central Sussex CC	1:58:00	
1991	Steve Dennis	East Grinstead CC	1:56:27	
1992 *	Mark Jones	GS Stella	1:56:26	
1993	Paul Panagi	Hastings & St Leonards CC	1:55:05	
1994 *	Richard Keevil	GS Stella	1:58:45	

SUSSEX CYCLISTS' ASSOCIATION - PAST CHAMPIONS

2001	Steve Dennis	East Grinstead CC	1:55:15	
2002	Steve Dennis	East Grinstead CC	1:54:23	
2003	Steve Dennis	East Grinstead CC	1:51:32	NEW SCA RECORD
2004	Steve Dennis	East Grinstead CC	1:54:32	(emergency course)
2005 *	Mike Coyle (2 wins)	VC Etoile	1:55:39	(emergency course)
2006	Sean Yates	In-Gear Quickvit RT	1:50:31	NEW SCA RECORD
2007	Steve Dennis	East Grinstead CC	1:49:31	NEW SCA RECORD
2008	Steve Dennis	East Grinstead CC	1:53:09	
2009	Steve Dennis	East Grinstead CC	1:51:56	
2010	David Shepherd	GS Stella	1:57:30	
2011 *	Tom Glandfield	Lewes Wanderers CC	1:59:16	
2012	Steve Dennis (12 wins)	East Grinstead CC	1:48:56	NEW SCA RECORD
2013 *	Steve Kane	Brighton Excelsior CC	1:49:50	
2014	Steve Kane (2 wins)	Brighton Excelsior CC	1:52:07	
2015	James Rix	Crawley Wheelers CC	1:55:45	

In years denoted with an asterisk the overall event was won by a non-Sussex C.A. rider

PAST (non – Sussex C.A.) EVENT WINNERS

1984	John Woodburn	Manchester Wheelers	1:51:00
1985	John Woodburn	Manchester Wheelers	1:52:28
1989	John Woodburn	Manchester Wheelers	1:55:15
1992	Mike Harris	Caesaraen CC	1:54:05
1994	Julian Pegg	Charlotteville CC	1:57:12
1995	Alan Dawson	Antelope RT	1:59:28
2005	Malcolm Cox	VC St Raphael	1:55:00
2011	Rupert Burbridge	Redhill CC	1:56:48
2013	Chris McNamara	Pedal Heaven	1:49:28

For originally compiling the list in 1999 thanks are due to the late Les Janman and the late Dave Palmer, both of Bognor Regis CC.

Further contributors have included Dave Hudson of Worthing Excelsior CC, Robin Johnson of Brighton Mitre CC and Mike O'Gorman of Worthing Excelsior CC.

SUSSEX CA CYCLE JUMBLE SALE

And just to finish off. Please come and support the Association Cycle Jumble Sale on Saturday 20th August.

It's at Steyning Centre, Steyning, BN44 3XZ. It's from 09:00 to 12:30. Tables are £8.00 from 07:00

Contact: Robin Johnson 01403 783368 for booking a table or for donations of old equipment.