

SOUTHERN COUNTIES CYCLING UNION

Founded in 1898

President. Jan Sommerfeld.

100 miles Time Trial to be held on Sunday 24th July 2016, course G100/61E

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

Awards, Course details and times of start.

Scratch.	Handicap	Vets on CTT Standards
Fastest £60	1 st £50	£30
2 nd £50	2 nd £40	£20
3 rd £40	3 rd £30	£10
4 th £30	4 th £20	
5 th £20	5 th £10	

Fastest team of 3 £15 to each rider. Fastest woman £30, 2nd fastest £20

(thank you Worthing Excelsior for entering a team)

The Tom Smith Cup will be awarded to the fastest first claim member of a club affiliated to the SCCU and the Sid Gray Shield will be awarded to the fastest affiliated team, both to be held for one year.

NUMBERS AND SIGNING ON AND SIGNING OFF SHEET WILL BE AT THE EVENT HQ. DIAL POST VILLAGE HALL. THE HALL WILL BE OPEN FROM 5.00am. The start is 3 miles N/E on A272, via A24 and A272.

Local Regulations. It is a London South District Regulation that no vehicles except those of the Timekeepers and Event Officials, shall be parked in the vicinity of the start or finish.

Details of any additional hazards not listed in the start sheet will be displayed at the signing on point. COMPETITORS MUST READ THESE WHEN THEY SIGN ON.

Event Secretary, Rod Starmer, 23 Tanhouse Road, Oxted, Surrey, RH89PE. 01883 713043

NOTE NEW S/O SHEET. ON & OFF

ORDER OF START 2016

No	Name	Club	Cat	H/C	CTTvet std	Tos
1	Fraser Dawson	Dorking CC	M	87	4-26-58	6.01am.
2	Francescer Wright	Clapham Chasers	W	74	4-54-58	.02
3	Tony Sinnett	Lewes Wanderers	M	61	4-17-36	03
4	Jason Gilbert	South Downs Bikes	M	-	4-13-38	04
5	Vince Freeman	Brighton Tri club	M	-	-	05
6	Simon Vieweg	Velopace	M	-	4-13-38	06
7	Mathew Miles	In Gear Quick Vit	M	-	4-31-06	07
8	Chris Welch	East Grinstead Tri club	M	-	-	08
9	Noel Miles	East Grinstead CC	M	-	-	09
10	Martin Brown	Sevenoaks Tri club	M	24	4-38-54	10
11	Kelly-Stokes	Portsmouth Triathletes	W	11	-	11
12	Debbie Percival	'34 Nomads	W	51	4-53-58	12
13	Simon Gent	RAF Cycling Assoc'	M	49	4-15-26	13
14	Stefan Stone	Sevenoaks Tri club.	M	-	4-10-00	14
15	Matt Coombs	Lewes Wanderers	M	-	4-19-08	15
16	Mark Capocci	Portsmouth N/E CC	M	-	4-23-12	16
17	Martin Booker	Worthing Excelsior	M	31	4-25-04	17
18	Kevin Plummer	South Downs Bikes	M	12	4-31-06	18
19	Quintin Wright	Clapham Chasers	M	31	4-38-54	19
20	Dale Lush	Kingston Kpx.	M	4	-	20
21	Simon Howard	South Western R/C	M	21	4-26-58	21
22	Sophie Needham	Hampshire Road Club	W	-	-	22
23	Nicole Patterson-Lett	Worthing Excelsior	W	-	4-32-42	23
24	Peter Rowe	Southborough & Dist Whs	M	24	4-32-42	24

25 Peter Pav Bryan	Rye & District Whs	M	25	-	25
26 Nick Andrews	Portsmouth N/E CC	M	26	4-28-52	26
27 John Cordner	Eastbourne Rovers	M	-	4-21-20	27
28 Iain Brogden	Eastbourne Rovers	M	14	4-23-12	28
29 Peter Owen	Norwood Paragon	M	-	4-38-54	29
30 Rupert Robinson	Evans Cycle Race Team	M	8	4-17-36	30
31 Simon Atkinson	Worthing Excelsior	M	36	4-13-38	31
32 Gareth Harvey	Banbury Star CC	M	17	-	32
33 Adrian Blacker	Norwood Paragon	M	12	4-32-42	33
34 Dan Cole	Dorking CC	M	-	4-15-26	34
35 Oliver Mytton	Cambridge University CC	M	8	-	35
36 Andrew R Green	Bec	M	38	4-11-48	36
37 Graham Painter	Chelmer	M	10	4-19-08	37
38 Mike O'Gorman	Worthing Excelsior	M	17	4-58-06	38
39 Mark Perryman	Wyndymilla	M	28	-	39
40 Dominic Hill	Bec	M	1	4-13-38	40
41 Rick Perkins	Thanet Road Club	M	21	4-26-58	41
42 Simon Trehearn	Kingston Phx	M	21	4-13-38	42
43 Steve Kane	Brighton Excelsior	M	Scratch		6.43am

PLEASE WEAR A PROTECTIVE HELMET FOR THIS EVENT. WE OPERATE ON VERY BUSY ROADS. HELMETS MUST CONFORM TO A RECOGNISED STANDARD SUCH AS.....

SNELL B95, DIN 33-954 or EN 1078.

Also, PLEASE USE A FLASHING OR CONSTANT RED REAR LIGHT AT ALL TIMES DURING THE EVENT, EVEN WHEN RIDING UP TO THE START or RIDING BACK TO THE HEADQUARTERS WHERE YOU NOW HAVE TO "SIGN OUT".

THEN COME IN AND HAVE SOME REFRESHMENTS TO HELP THE CHILDREN IN THE EVELINA!!!

COURSE DETAILS

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>
182225	<u>START</u> on A272 at raised manhole cover on grass verge approximately 41 yards west of entrance to The Orchard Restaurant at West Grinstead	0.00 0.00
267224	Proceed east to twin RBTs (roundabouts) at Cowfold. RIGHT 2 nd exit at first LEFT 1 st exit at second. Continue on A272 to Bolney RBT where <u>TURN</u> (CHECK)	5.49 5.49
215167	3 rd exit to retrace to twin RBTs at Cowfold. LEFT 1 st exit at first and follow A281 to North Henfield RBT where <u>TURN</u> (CHECK)	6.90 12.93
165227	3 rd exit to retrace to twin RBTs at Cowfold. Straight on at 1 st exit at first and LEFT 1 st 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 to start 1st circuit	6.69 26.76
171125	LEFT 1 st exit and follow A283 to junction with B2135 at Steyning.	3.54 30.30
165214	LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead	7.03 37.33
120143	LEFT and follow A24 to complete first circuit at Washington RBT	5.88 43.207
120143	Continue as before to complete 2 nd circuit at Washington RBT	16.447 59.654
120143	Continue as before to complete 3 rd circuit at Washington RBT	16.447 76.101
120143	Continue as before to complete 4 th circuit at Washington RBT	16.447 92.548
171125	LEFT 1 st exit and follow A283 to junction with B2135 at Steyning	3.44 96.09
190181	LEFT and follow B2135 north past "The Fountain Inn", Ashurst to <u>FINISH</u> north of river Adur, Bines bridge, 23 yards north of electricity lines over road.	3.96 100.05

