



www.sussexca.org.uk

Sussex Cyclists' Association



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

Open 30 mile Time Trial Sunday 31st July 2016

Course G30/91

Incorporating Sussex Individual, Veterans and Team Championships

Qualifying event for 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

Ashington Community Centre

Foster Lane
Ashington
West Sussex

Postcode RH20 3PG

Open from 06:00



Parking available at HQ. Then use surrounding roads considerably.

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: 2.2 miles

Finish to HQ: 3.6 miles

To return to the HQ

Turn right at Wiston Crossroads on the A283

Course Records

Mens:	01:04:39	Conall Yates	2015
Ladies:	01:16:54	Gina McGeever	2015
Vets:	01:06:07	Simon McNamara	2015

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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.

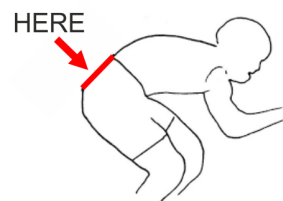
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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.

PREVIOUS WINNERS

MENS	2015	Conall Yates	In-Gear Quickvit Trainsharp	1:04:39
	2014	Conall Yates	In-Gear Quickvit Trainsharp	1:05:37
	2013	Steve Kane	Brighton Excelsior CC	1:06:02
LADIES	2015	Gina McGeever	Lewes Wanderers CC	1:16:54
	2014	Nicole Patterson-Lett	Worthing Excelsior CC	1:35:11
	2013	Gina McGeever	Brighton Mitre CC	1:22:11
VETERANS	2015	Mike O’Gorman	Worthing Excelsior CC	+ 17:25
	2014	Mike O’Gorman	Worthing Excelsior CC	+ 12:58
	2013	Steve Dennis	East Grinstead CC	+ 15:28
TEAM	2015		South Downs Bikes	3:27:47
	2014		Brighton Excelsior CC	3:34:39
	2013		Brighton Excelsior CC	3:32:10

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OFFICIAL TIME KEEPERS

Start:	Richard Blackmore	East Grinstead CC
Finish:	Richard Blackmore	East Grinstead CC

Prizes

1 st	£20 + Champagne (value £20)	1 st Veteran (40-44)	Wine (value £5)
2 nd	£10 + Wine (value £5)	1 st Veteran (45-49)	Wine (value £5)
3 rd	£6 + Wine (value £5)	1 st Veteran (50-54)	Wine (value £5)
4 th	Wine (value £5)	1 st Veteran (55-59)	Wine (value £5)
		1 st Veteran (60-64)	Wine (value £5)
1 st Lady	£10 + Wine (value £5)	1 st Veteran (65-69)	Wine (value £5)
2 nd Lady	Wine (value £5)	1 st Veteran (70-74)	Wine (value £5)
1 st Team	£10 + Wine (value £5) each	1 st Vet on Target	£10 + Wine
2 nd Team	Wine (value £5) each	2 nd Vet on Target	£5 + Wine

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

First	Championship 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	Sussex C.A. medal
1 st Veteran on CTT Target Time	Sussex C.A. medal
2 nd Veteran on CTT Target Time	Sussex C.A. medal
3 rd Veteran on CTT Target Time	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 1st December, 2015.

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

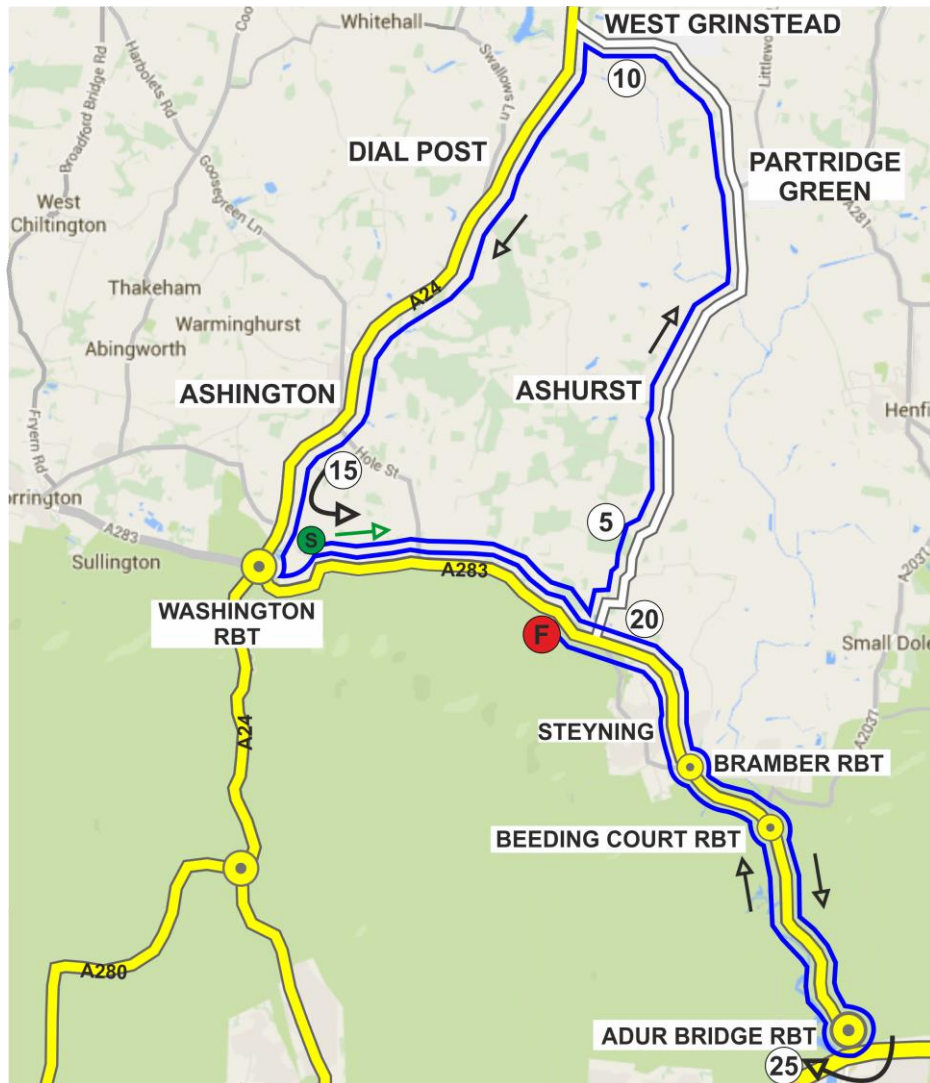
To be awarded at the prize presentation.

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 – G30/91	MILES	
121134	START in Sandhill Lane, Washington, southeast of Washington RBT (roundabout) 5 yards north of A283 at northern edge of "Sandhill Lane" sign.	0.00	0.00
171125	Join A283 and proceed eastwards along A283 to junction with B2135 at Steyning	3.53	3.53
165214	LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead	7.02	10.55
120134	LEFT into acceleration lane to join A24 south to Washington RBT	5.88	16.43
209065	LEFT 1 st exit and follow A283 via Bramber Castle and Beeding Court RBT's to Adur Bridge, Shoreham, where TURN	8.42	24.85
164126	4 th exit to retrace via Beeding Court and Bramber Castle RBT's to FINISH at a point 0.44 miles west of Horsham Road T junction (old A283), 0.06 miles west of yellow sign "Chanctonbury House" and opposite 2 foot high wooden pole with "Wildlife Verge" badge.	5.15	30.00

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Rider No	Start Time	Name	Club	Cat/ Age	CTT Target
2	07:02	Robin Johnson	Brighton Mitre CC	V68	01:32:04
3	07:03	Karen McGrath	Worthing Excelsior CC	WV54	01:28:07
4	07:04	Chris Brewer	Redmon CC	V55	01:23:42
5	07:05	John McGrath	Worthing Excelsior CC	V52	01:21:53
6	07:06	Mark Perryman	Wyndymilla	S35	
7	07:07	Chris Jolliffe	Crawley Wheelers	V58	01:25:34
8	07:08	Katerina Avramides	Brighton Mitre CC	WS35	
9	07:09	Oliver Walker	South Eastern RC	S37	
10	07:10	James Goward	Four4th	V45	01:17:48
11	07:11	Dan Cobby	Worthing Excelsior CC	S30	
12	07:12	John Glaysheer	a3crg	S38	
13	07:13	Neil Crowther	Worthing Excelsior CC	V43	01:16:40
14	07:14	Ion Tsakalis	Brighton Mitre CC	V50	01:20:42
15	07:15	Mike O'Gorman	Worthing Excelsior CC	V64	01:29:25
16	07:16	Mark Bernhardt	GS Stella	V53	01:22:29
17	07:17	Simon Atkinson	Worthing Excelsior CC	V42	01:16:06
18	07:18	Andrew R Green	Bec CC	V41	01:15:33
19	07:19	Ben Fielden	GS Stella	V74	01:36:12
20	07:20	Kevin Plummer	South Downs Bikes / Casco Europe	V51	01:21:17
21	07:21	Ian Cheesman	Worthing Excelsior CC	V47	01:18:57
22	07:22	Tom Houghton	Brighton Excelsior CC	V44	01:17:14
23	07:23	Rick Hughes	Worthing Excelsior CC	V53	01:22:29
24	07:24	Robert Charles	Blazing Saddles	V50	01:20:42
25	07:25	Brian Molloy	Brighton Excelsior CC	V48	01:19:32
26	07:26	Trevor Leeding	Worthing Excelsior CC	V50	01:20:42
27	07:27	Jon Fry	Horsham Cycling	V45	01:17:48
28	07:28	Tony Reeves	GS Stella	V45	01:17:48
29	07:29	Peter Moon	Eastbourne Rovers CC	V55	01:23:42
30	07:30	Keith Lea	Paceline RT	V46	01:18:22
31	07:31	Jason Gilbert	South Downs Bikes / Casco Europe	V42	01:16:06
32	07:32	Samuel Ramsey	Lewes Wanderers CC	V52	01:21:53
33	07:33	Andrew Quye	Southborough & Dist. Whs	V54	01:23:06
34	07:34	Peter Owen	Norwood Paragon CC	V55	01:23:42
35	07:35	Michael Davey	Eastbourne Rovers CC	S38	
36	07:36	Robert Drake	Addiscombe CC	S29	
37	07:37	Martin Booker	Worthing Excelsior CC	V48	01:19:32
38	07:38	Simon Underwood	CC Topp	V45	01:17:48
39	07:39	Christopher Putnam	Worthing Excelsior CC	V51	01:21:17
40	07:40	Steven Kane	Brighton Excelsior CC	S27	

