

Eastbourne Rovers Cycling Club

Stan Nash 10 mile Memorial Time Trial

Saturday 6th August 2016 – Course G10/87

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



Event Secretary

Peter Moon

73 Wannock Lane, Eastbourne, East Sussex BN20 9SG

Tel: 01323 485180 Mob: 07949 112107

Email: little.brook@btinternet.com

Timekeepers

Graham Lade (Eastbourne Rovers CC)

Jane Lade (Eastbourne Rovers CC)

Cash Prizes – Awarded at the HQ immediately following the event

Fastest Overall

First	£35.00
Second	£30.00
Third	£25.00
Fourth	£20.00
Fifth	£15.00
Sixth	£10.00

Fastest Lady

First	£15.00
Second	£10.00

Team of 3

First	£15.00 each
Second	£10.00 each

Fastest Age Category

Not winning another prize

Under 20s	£10.00
20s	£10.00
30s	£10.00
40s	£10.00
50s	£10.00
60s	£10.00
70s and over	£10.00

Improvement percentage on 2015 Eastbourne Rovers 10

First	£15.00
Second	£10.00

General Info

Event HQ East Hoathly Sports Pavilion, London Road East Hoathly, East Sussex BN8 6QE – Open from 5:30am. 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 The numbers will be available at the event HQ where you 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.

Visit our **website** www.eastbournrovers.com

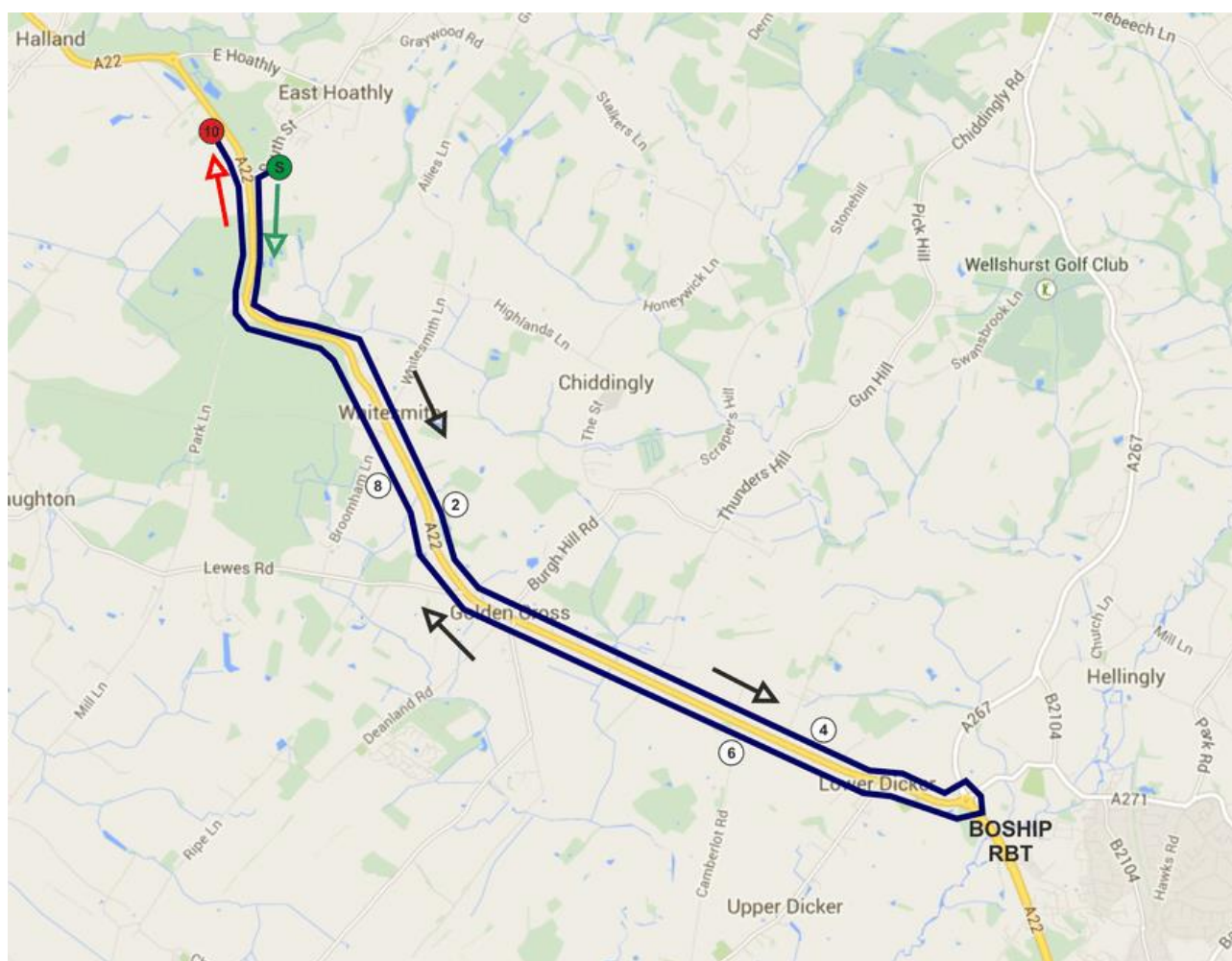
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Course Details

OS Ref	Course G10/87	Dist
517156	START in South Street, East Hoathly, at red arrow at drain 28 yards before T junction with East Hoathly by-pass	00.00m
572112	LEFT and follow A22 through Whitesmith and Golden Cross to Boship RBT where TURN (Check)	04.90m
513162	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



The course, courtesy of Mike O'Gorman (SCA) can also be viewed or downloaded from the Garmin site at the link <https://connect.garmin.com/modern/course/8600729>

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.

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Order of Start

Race No.	Start Time	Rider	Club	Cat	Age	2015 Rovers 10
3	06:33	Ruth Summerford	Velopace	WS	25	
4	06:34	Stuart Payne	Central Sussex CC	V	54	
5	06:35	Elliot Lipski	In-Gear Quickvit Trainsharp RT	S	24	
6	06:36	Carl Richardson	In-Gear Quickvit Trainsharp RT	V	52	0:22:45
7	06:37	Clive Jackson	Central Sussex CC	V	64	
8	06:38	Robert Royle-Evatt	Addiscombe CC	V	48	0:26:11
9	06:39	David Dallimore	Central Sussex CC	V	79	
10	06:40	Jack Donaldson	Neon Velo	S	23	0:20:55
11	06:41	Joseph Sheriff	In-Gear Quickvit Trainsharp RT	S	28	
12	06:42	Paul Batten	Crawley Wheelers	S	32	
13	06:43	Alan Robinson	Central Sussex CC	V	75	0:25:39
14	06:44	Chris Jones	Bynea Cycling Club	V	42	
15	06:45	Michael Davey	Eastbourne Rovers CC	S	38	0:22:38
16	06:46	Tom Houghton	Brighton Excelsior CC	V	44	
17	06:47	Andrew Quye	Southborough & Dist. Whs	V	54	
18	06:48	Andrew Green	Old Portlians CC	V	50	
19	06:49	Jon Binney	Brighton Mitre CC	S	38	
20	06:50	David Pollard	In-Gear Quickvit Trainsharp RT	V	59	
21	06:51	John Glaysher	a3crg	S	38	
22	06:52	Matthew Sumpter	In-Gear Quickvit Trainsharp RT	S	27	
23	06:53	Natasha Jarman	Dulwich Paragon CC	WS	35	
24	06:54	Nicole Patterson-Lett	Worthing Excelsior CC	WV	44	
25	06:55	Iain Brogden	Eastbourne Rovers CC	V	47	0:22:02
26	06:56	Leeson Medhurst	Redhill CC	V	44	
27	06:57	Julia Hawsworth	Southborough & Dist. Whs	WV	52	
28	06:58	Olivia Webb	Velopace	WV	47	
29	06:59	Gemma Hayes	East Grinstead CC	WS	26	
30	07:00	Mark Emsley	Team ASL360	S	27	0:22:13
31	07:01	Yuriy Tymchenko	Sussex Nomads CC	V	47	
32	07:02	Carl Stephens	Basildon CC	V	46	
33	07:03	Daniel Ellis	Eastbourne Rovers CC	S	35	
34	07:04	Clive Patterson-Lett	Worthing Excelsior CC	V	51	
35	07:05	Rupert Robinson	Evans Cycles Race Team	V	44	
36	07:06	Dan Helyer	Eastbourne Rovers CC	S	28	
37	07:07	James Eastbury	Chester RC	S	28	
38	07:08	Johan Stegers	Lewes Wanderers CC	V	53	
39	07:09	Michael Daniels	Southborough & Dist. Whs	V	81	
40	07:10	Steven Kane	Brighton Excelsior CC	S	27	0:21:23
41	07:11	Mark Bashford	East Grinstead CC	S	32	
42	07:12	David Phillips	Old Portlians CC	V	61	
43	07:13	Michael Saadat	Southborough & Dist. Whs	V	56	
44	07:14	Fabien Large	Hastings & St. Leonards CC	Jv	14	
45	07:15	Christian Yates	East Grinstead CC	V	53	0:22:14
46	07:16	Colin Barton	Worthing Excelsior CC	V	55	
47	07:17	Bruce English	Eastbourne Rovers CC	V	51	0:24:55
48	07:18	Pete Hargreaves	Oxted Cycle Club	V	54	
49	07:19	Robin Johnson	Brighton Mitre CC	V	68	
50	07:20	Matthew Woods	Eastbourne Rovers CC	V	45	

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51	07:21	Chris Lord	Brighton Excelsior CC	V	63	
52	07:22	David Clements	Eastbourne Rovers CC	V	44	0:24:02
53	07:23	Chris Jolliffe	Crawley Wheelers	V	58	
54	07:24	Barry Packman	Dorking Cycling Club	V	70	
55	07:25	Howard Shaw	Eastbourne Rovers CC	S	31	0:22:17
56	07:26	Matthew Butt	Team ASL360	S	29	
57	07:27	Simon Vieweg	Velopace	V	42	
58	07:28	Martin Sanwell	In-Gear Quickvit Trainsharp RT	V	42	
59	07:29	John Marinko	Brighton Mitre CC	V	51	
60	07:30	Conall Yates	In-Gear Quickvit Trainsharp RT	S	35	

Guidelines

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.

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

