



# Sussex Cyclists' Association



Founded 1921

2017 President: Mike Irons: Worthing Excelsior CC

## 22.8 MILES HARDRIDERS TIME TRIAL

(Promoted for and on behalf of Cycling Time Trails under their rules and regulations.)

### SUNDAY 5th MARCH 2017

Timekeepers : Start : Mr. R. Blackmore : East Grinstead CC

Finish : Mr. M. Kilby : Lewes Wanderers CC

Event Secretary : Steve Dennis

15 Sherwood Walk

Crawley

W. Sussex

RH10 6NQ

01293 522721

07778548979

#### Awards

1<sup>st</sup> - £25, 2<sup>nd</sup> - £20, 3<sup>rd</sup> - £15

1<sup>st</sup> Vet. On Standard - £15, 2<sup>nd</sup> - £10

1<sup>st</sup> Woman - £15

Fastest Team of Three - £10 each

#### Headquarters:

Handcross Sports Pavilion, Handcross. RH17 6BR (Open from 7:00 am)

Please sign on at the headquarters to receive your race numbers.

#### Safety Notes;

- Details of any Additional Hazards not listed on the start sheet will be displayed at the Signing on Point. All competitors must read these details when they sign on.
- Competitors are requested not to warm up on the course after the first competitor has started.
- Competitors must exercise extra care when joining the A281; when riding through Cuckfield Village and Whitemans Green and when negotiating all roundabouts.
- In Cowfold take extra care at mini roundabouts at the traffic on the A272 has priority. There are also pedestrian crossing lights, which must be obeyed.

**London South District Regulation:** No vehicles, except those of the time keepers and race officials, shall be parked in the vicinity of the start and finish areas.

- To get to the start, turn right out of the H.Q. and follow the B2114 to Staplefield.
- After finishing, continue along B2110 to mini roundabout where the H.Q. can be seen on the right.
- No times will be given at the finish.

**CTT regulations require the compulsory use of helmets for the under 18's. In the interests of your own safety, Cycling Time Trials and event promoters strongly advice 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.

Attention all competitors:

Please note that for 2017 all competitors are now required to personally sign the signing out sheet when returning their number. Failure to do this will result in the competitor being recorded as DNF.



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## COURSE DETAILS GS/194

OS REF	DETAILS	DISTANCES	
274282	START at School warning sign on northern corner of Staplefield Village green 50 yards short of B2114	0	0
262298	Proceed to join and follow B2114 to junction with B2110 at Handcross	1.21	1.21
213226	LEFT on the B2110 and straight on at mini RBT(roundabout) and through Lower Beeding to junction with A281. Bear LEFT and follow A281 to twin RBT'S at Cowfold (CHECK)	6.09	7.3
291233	Straight on 1st exit at first of twin RBT's and pedestrian crossing. LEFT 1 st exit at second mini RBT to join A272. Follow A272 eastwards via Bolney RBT to Ansty mini RBT (CHECK)	5.17	12.47
304255	LEFT 1st exit and continue on A272 to RBT at western end of Cuckfield by-pass. Straight on 1st exit and follow B2036 through Cuckfield Village to junction with B2115 in Whitemans Green	1.82	14.29
309332	Straight on, still on B2036, to mini RBT in Balcombe. Straight on, 1st exit, and continue to follow B2036 to junction with B2110 just south of the Cowdray Arms PH (CHECK)	5.08	19.37
264303	LEFT on B2110 and proceed to FINISH at second large natural lay-by about 150 yards before mini RBT at north end of Handcross.	3.43	22.8

Have a safe and enjoyable ride.

*Steve Dennis*

**N.B.**

The standard Times for Veterans are calculated by using the CTT Target Times for 23miles

2	8:32	Alan Parkinson	South Western Road Club/Evans Cycles	Male	Vet
3	8:33	Colin Toppin	Brighton Excelsior CC	Male	Vet
4	8:34	Anthony Vince	Mid Sussex Triathlon Club	Male	Vet
5	8:35	Christian Yates	East Grinstead CC	Male	Vet
6	8:36	Ian Cheesman	Worthing Excelsior CC	Male	Vet
7	8:37	Simon Trehearn	Kingston Phoenix RC	Male	Vet
8	8:38	Stuart Jago	GS Stella	Male	Vet
9	8:39	Jacky Bennett	South Western Road Club/Evans Cycles	Female	Vet
10	8:40	Mark Smith	Crawley Wheelers	Male	Vet
11	8:41	Kevin Plummer	South Downs Bikes / Casco Europe	Male	Vet
12	8:42	Tony Reeves	GS Stella	Male	Vet
13	8:43	Andy Seltzer	In-Gear Quickvit Trainsharp RT	Male	Vet
14	8:44	Sarah Phelps	Crawley Wheelers	Female	Senior
15	8:45	Greg Hunt	RT 316	Male	Vet
16	8:46	Adrian Blacker	Norwood Paragon CC	Male	Vet
17	8:47	Nigel Langridge	Crawley Wheelers	Male	Vet
18	8:48	Peter Owen	Norwood Paragon CC	Male	Vet
19	8:49	Robin Johnson	Brighton Mitre CC	Male	Vet
20	8:50	Mark Emsley	Team ASL	Male	Senior
21	8:51	Paul Smith	VeloRefined.Com Aerosmiths	Male	Vet
22	8:52	Conor Clancy	Brighton Excelsior CC	Male	Senior
23	8:53	Ben Fielden	GS Stella	Male	Vet
24	8:54	Stephen Allport	Bec CC	Male	Vet
25	8:55	Howard Bayley	Blazing Saddles	Male	Vet
26	8:56	David Shepherd	GS Stella	Male	Vet
27	8:57	Paul Batten	Crawley Wheelers	Male	Senior
28	8:58	Daniel Ellis	Eastbourne Rovers CC	Male	Senior
29	8:59	Peter Davies	Brighton Mitre CC	Male	Vet
30	9:00	Alex Napier	Blazing Saddles	Male	Vet
31	9:01	Dale Lush	Kingston Phoenix RC	Male	Senior
32	9:02	Mark Jones	GS Stella	Male	Vet
33	9:03	Luke De Quay	East Grinstead CC	Male	Senior
34	9:04	Matt Alderson	The Cycleroom	Male	Senior
35	9:05	Henrik Persson	Kingston Wheelers CC	Male	Senior
36	9:06	Eddie Allen	Redmon CC	Male	Senior
37	9:07	Alan Yule	Crawley Wheelers	Male	Vet
38	9:08	David Eccles	Redmon CC	Male	Vet
39	9:09	Michelle Lock	GS Stella	Female	Vet
40	9:10	Simon McNamara	South Downs Bikes / Casco Europe	Male	Vet
41	9:11	Dave Dent	GS Stella	Male	Vet
42	9:12	Nick Barratt	Tri Surrey	Male	Senior
43	9:13	Piers August	Wyndymilla	Male	Senior
44	9:14	Stu Nisbett	Crawley Wheelers	Male	Vet
45	9:15	Liam Maybank	Twickenham CC	Male	Vet