



The Crawley Wheelers

Proud supporters of St. Catherine's Hospice

President: Douglas Fox



Good Friday Classic Sporting Time Trial – 14th April 2017

Course GS/196 41.59 miles - part of the SPOCO SE Series

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

Timekeepers: Michael Irons and Mike Labram
Event Secretary: Liz Hulland, Flat 1 Bay Tree Court, Maidenbower Square, Crawley RH10 7QH
Tel: 07702044154 **Email:** lizziewizzie6@googlemail.com

PRIZES

Alec Ewart Trophy awarded for the fastest time.

	1 st	2 nd	3 rd
Men	£20	£15	£10
Ladies	£20	£15	£10
Vets	£20	£15	£10

Also prizes for Team of 3 and “Lanterne Rouge”

Prizes to be announced once the last rider has finished

Notes

Race HQ: Handcross Pavilion, High Street, Handcross, West Sussex RH17 6BJ

HQ will be open from 6am. First rider off at 7:01am

NUMBERS WILL BE AT THE HQ where you are required to sign on and sign off in person

Important

CTT regulations require the compulsory use of helmets for the under 18's. 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

No Vehicles, except those of the Timekeepers' and Event Officials, shall be parked in the vicinity of the start and finish areas.

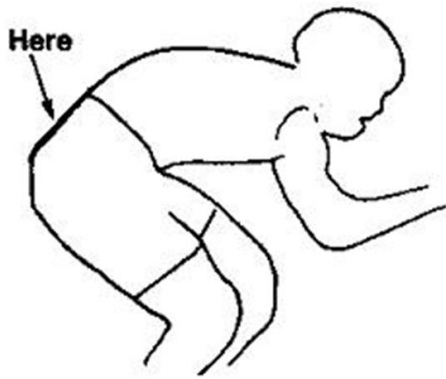
Competitors are requested not to warm up on the course after the first competitor has started.

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

Official Observers will be stationed around the course

Please note diagram with regards to positioning of numbers (Regulation 16). No time may be recorded if number is not correctly positioned:

NUMBERS MUST BE FIXED BELOW WAIST



NO TIME MAY BE RECORDED IF NUMBER IS
NOT CORRECTLY POSITIONED.

Hazards

Competitors must exercise care when turning left on the A283 at Steyning, forking RIGHT on the B2110 at Lower Beeding and at all roundabouts.

Details of any Additional Hazards not listed on the Start Sheet will be displayed or advised at the Signing On point. All competitors must take note of these details when they sign on.

THE LIGHT CONTROLLED PEDESTRIAN CROSSINGS IN COWFOLD AND SMALL DOLE MUST BE OBEYED.

After passing the finish, riders are requested to continue on to HQ where the result board will be located. No times will be given at the Finish. All prizes will be presented as soon as possible after the event, so please hang around if you can.

PLEASE KEEP YOUR HEAD UP AND WATCH OUT FOR POTHOLES, OBSERVE THE HIGHWAY CODE.

Event & Course Info

Distance: 41.59 Miles. **Elevation gain:** 778.0 ft

Course Record: 1:32:21 – by Wouter Sybrandy on 3rd June 2012

Previous winners:

Year	Name	Time
2016	Pete Morris (Team ASL360) Lisa Haines (Maldon & District CC)	1:36:32 2:02:45
2015	NO EVENT ☹	-
2014	Steve Dennis (East Grinstead CC) Katerina Avramides (Brighton Mitre CC)	1:37:12 2:09:07
2013	Chris McNamara (Pedal Heaven RT) Jayne Wadsworth (De Laune CC)	1:35:32 1:59:55
2012	Wouter Sybrandy (Team IG Sigma Sport) Jayne Wadsworth (De Laune CC)	1:32:21 (Course Record) 1:58:39

Start List

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
1	07:01:00	Craig	Swatton	Crawley Wheelers	Male	Senior	30
2	07:02:00	John	Mulvaney	Old Portlians CC	Male	Veteran	68
3	07:03:00	Richard	Pimlott	Finsbury Park CC	Male	Veteran	56
4	07:04:00	Anthony	Brown	Horsham Cycling	Male	Veteran	61
5	07:05:00	Tony	Sinnett	Lewes Wanderers CC	Male	Veteran	45
6	07:06:00	Laura	Wilkey	Crawley Wheelers	Female	Senior	31
7	07:07:00	Jonathan	Morcombe	Brighton Mitre CC	Male	Veteran	42
8	07:08:00	Sarah	Phelps	Crawley Wheelers	Female	Senior	29
9	07:09:00	Tony	Reeves	GS Stella	Male	Veteran	45
10	07:10:00	Angela	Radden-Rutt	The Cycleroom	Female	Senior	37
11	07:11:00	Gethin	Butler	Preston Whs	Male	Veteran	48
12	07:12:00	Sharon	Chladek	Crawley Wheelers	Female	Veteran	51
13	07:13:00	Neal	Marrin	Finsbury Park CC	Male	Veteran	47
14	07:14:00	Vincent	Christan	East London Velo	Male	Senior	31
15	07:15:00	Gez	Reeves	Crawley Wheelers	Male	Veteran	55
16	07:16:00	Jacky	Bernett	South Western Road Club/Evans Cycles	Female	Veteran	59
17	07:17:00	Kevin	Beament	Sydenham Whs	Male	Veteran	42
18	07:18:00	Gina	McGeever	Lewes Wanderers CC	Female	Veteran	45
19	07:19:00	Paul	Ruffy	Essex Roads CC	Male	Senior	39
20	07:20:00	Andrew	Green	Old Portlians CC	Male	Veteran	50
21	07:21:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	56
22	07:22:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	68
23	07:23:00	Alan	Yule	Crawley Wheelers	Male	Veteran	46
24	07:24:00	Lisa	Hurrell	Maldon & District CC	Female	Senior	36
25	07:25:00	David	Twin	Sydenham Whs	Male	Veteran	53
26	07:26:00	Mark	Gidney	Southborough & Dist. Whs	Male	Veteran	55
27	07:27:00	James	Cheeseman	Crawley Wheelers	Male	Senior	31
28	07:28:00	Andy	Seltzer	In-Gear Quickvit Trainsharp RT	Male	Veteran	52
29	07:29:00	Andrew	Brooks	Oxted Cycle Club	Male	Senior	31
30	07:30:00	Colin	Lewin	Velo Schiils Interbike RT	Male	Veteran	50
31	07:31:00	Matthew	Chipping	Tunbridge Wells Triathlon Club	Male	Senior	24
32	07:32:00	Andrew	Gibson	Gravesend CC	Male	Veteran	48
33	07:33:00	Robert	Royston	Sydenham Whs	Male	Veteran	62
34	07:34:00	Graham	Hurrell	Basildon CC	Male	Veteran	57
35	07:35:00	Nigel	Langridge	Crawley Wheelers	Male	Veteran	52
36	07:36:00	Neil	Harrigan	Gravesend CC	Male	Veteran	43
37	07:37:00	Daniel	Sharp	Charlotteville Cycling Club	Male	Veteran	44
38	07:38:00	Jon	Fry	Horsham Cycling	Male	Veteran	46
39	07:39:00	Jim	Burdett	Addiscombe CC	Male	Veteran	48
40	07:40:00	Lee	Pendlebury	Crawley Wheelers	Male	Senior	35
41	07:41:00	Christopher	O'Hearn	Dulwich Paragon CC	Male	Veteran	50
42	07:42:00	Luke	Walton	East London Velo	Male	Senior	28
43	07:43:00	David	Eccles	Redmon CC	Male	Veteran	69
44	07:44:00	Michael	Deen	Redmon CC	Male	Veteran	62
45	07:45:00	Ian	Cheesman	Worthing Excelsior CC	Male	Veteran	48
46	07:46:00	Gary	Thayre	Crawley Wheelers	Male	Veteran	55

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
47	07:47:00	Rich	Heath	Oxted Cycle Club	Male	Senior	36
48	07:48:00	Trevor	Leeding	Worthing Excelsior CC	Male	Veteran	51
49	07:49:00	Andrew	Martin	Kingston Wheelers CC	Male	Senior	32
50	07:50:00	Mark	Smith	Crawley Wheelers	Male	Veteran	43
51	07:51:00	Nick	Barratt	Tri Surrey	Male	Senior	38
52	07:52:00	Niall	Digby	Sigma Sport.co.uk	Male	Veteran	47
53	07:53:00	Thomas	Doran	Hemel Hempstead CC	Male	Senior	31
54	07:54:00	Jonathan	Pontin	Addiscombe CC	Male	Senior	26
55	07:55:00	Richard	Birtwhistle	Sydenham Whs	Male	Veteran	61
56	07:56:00	Robert	Zietal	Crawley Wheelers	Male	Senior	37
57	07:57:00	Alistair	Lang	Redmon CC	Male	Veteran	41
58	07:58:00	David	Shepherd	GS Stella	Male	Veteran	56
59	07:59:00	Adrian	Blacker	Norwood Paragon CC	Male	Veteran	53
60	08:00:00	Tom	Haines	East London Velo	Male	Senior	39
61	08:01:00	Rupert	Robinson	Crawley Wheelers	Male	Veteran	45
62	08:02:00	Gary	Brind	South Downs Bikes / Casco Europe	Male	Veteran	43
63	08:03:00	Jon	Saunders	Charlottesville Cycling Club	Male	Senior	25
64	08:04:00	Philip	Murrell	Finsbury Park CC	Male	Veteran	47
65	08:05:00	Tom	Duncan	London Dynamo	Male	Senior	24
66	08:06:00	Tom	Glandfield	Lewes Wanderers CC	Male	Veteran	44
67	08:07:00	Howard	Bayley	Blazing Saddles	Male	Veteran	42
68	08:08:00	James	Wright	Charlottesville Cycling Club	Male	Veteran	44
69	08:09:00	Mark	Emsley	Team ASL	Male	Senior	28
70	08:10:00	Edward	Renwick	Oxford City RC	Male	Senior	39
71	08:11:00	Ian	Leeding	Norwood Paragon CC	Male	Veteran	48
72	08:12:00	Ian	Bray	Addiscombe CC	Male	Senior	30
73	08:13:00	Andrew	Meilak	VeloRefined.com Aerosmiths	Male	Veteran	50
74	08:14:00	Paul	Byford	Crawley Wheelers	Male	Veteran	51

This is a qualifying event for: SPOCO South East (www.spoco-se.org.uk)
120 points for 1st place down to 1 point for 120th place for those registered for the competition.

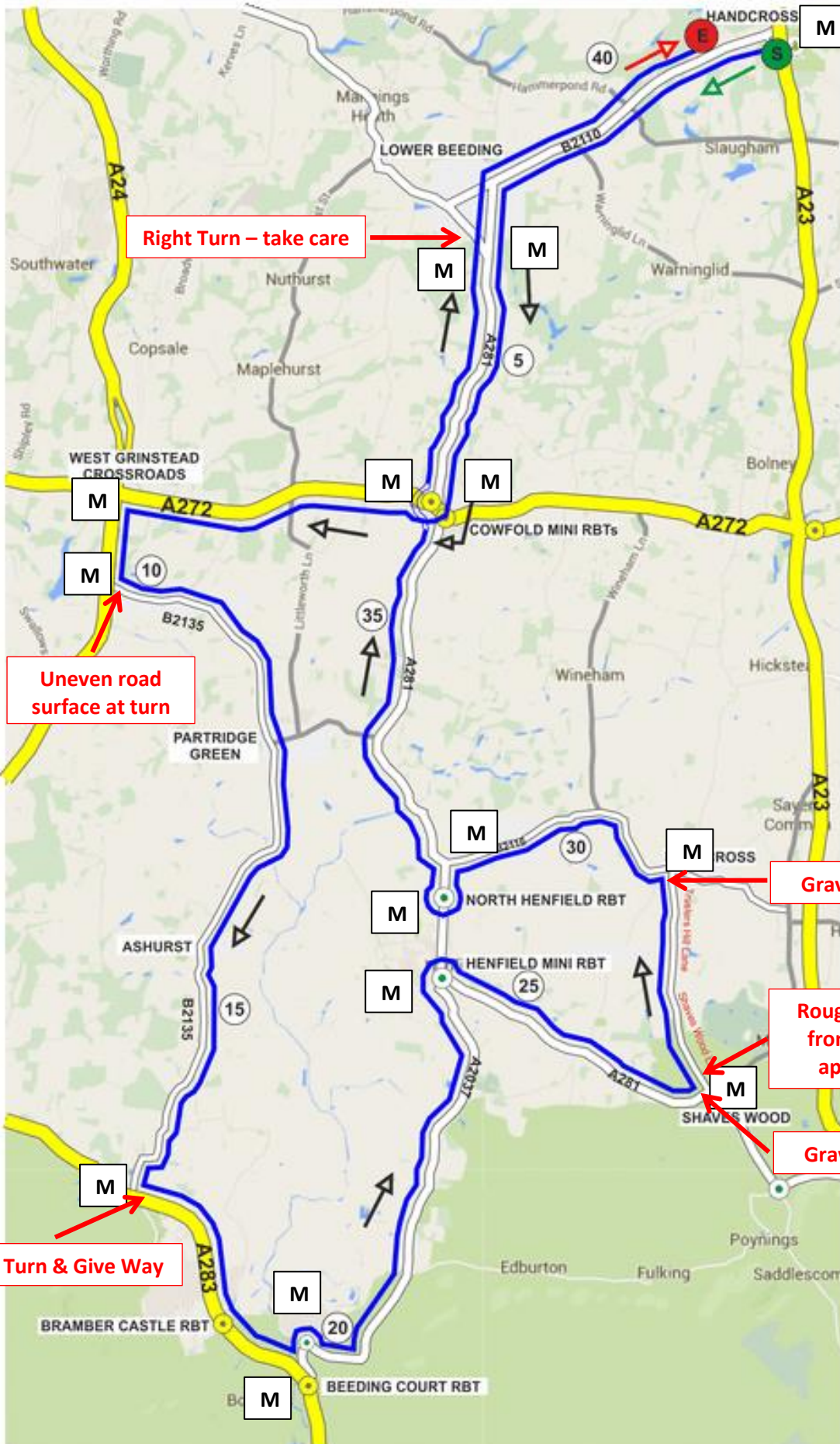
CTT LONDON SOUTH DC – 41.59 MILE COURSE – GS/196

HANDCROSS/COWFOLD/WEST GRINSTEAD/STEYNING/BEEADING COURT/HENFIELD/SHAVES
WOOD/NORTH HENFIELD/COWFOLD/HANDCROSS – A272/A24/A281/A283/A2037/B2110/B2135/B2116

COURSE DETAILS

OS ref	Details	Distances	(Total)
260296	START at northern end of wide bell-mouthed entrance to bridleway at a point on kerb 2 yards before slip road up from A23 and 100 yards south of mini RBT at junction with B2110 at Handcross	00	00
213226	Join slip road from A23 and proceed northwards to mini RBT. At junction with B2110 LEFT 1 st exit and follow B2110 through Lower Beeding to junction with A281. Bear LEFT and follow A281 to twin RBTs at Cowfold	5.90	5.90
171125	RIGHT 2 nd exit at first of twin RBTs and follow A272 to West Grinstead crossroads. LEFT on filter lane to join A24 South to junction with B2135. LEFT on B2135 to T junction with A283 at Steyning		
197098	LEFT and follow A283 to Bramber Castle RBT. Straight on 3 rd exit to Beeding Court RBT (CHECK)	12.97	18.87
	LEFT 1 st exit and follow A2037 to Rising Sun RBT. RIGHT 2 nd exit and continue on A2037 through Small Dole to mini RBT at Henfield. RIGHT 2 nd exit and follow A281 to Shaves Wood (CHECK)	8.02	26.89
215167	LEFT and follow Shaves Wood Lane and Trusler's Hill to T junction with B2116 at High Cross. LEFT on B2116 to junction with A281. LEFT on A281 to TURN at North Henfield RBT (CHECK)	5.01	31.90
213226	3 rd exit to retrace on A281 and follow A281 to twin RBTs at Cowfold		
253294	Straight on 1 st exit at first and straight on 2 nd exit at second. Continue on A281 to junction with B2110 at Lower Beeding. RIGHT and follow B2110 to <u>FINISH</u> opposite "Deer" sign 770 yards before mini RBT at Handcross	9.69	41.59

PLEASE MAKE SURE YOU KNOW THE COURSE. There will be signs and marshals at key points to help you and point out any hazards, so please pay attention to them.



Right Turn - take care

Uneven road surface at turn

Left Turn & Give Way

Gravel & Give Way

Rough road surface from left turn for approx. 1/2 mile

Gravel & Give Way