



Worthing Excelsior Cycling Club



PRESIDENT - ROBERT DOWNHAM

Open 25 mile Time Trial Sunday 14th May 2017
Course G25/54

Ray Douglass Memorial Event

Event Secretary: Mick Irons

36 Phrosso Road Worthing, West Sussex BN11 5SL Tel: 01903 240280
(or Allan Orman 07999 868607 on day of event)

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

HQ

Broadbridge Heath Village Centre

Wickhurst Lane
Broadbridge Heath
West Sussex

Postcode RH12 3LY



From Farthings Hill roundabout on A24, take Old Guildford Road into village. Wickhurst Lane is 3rd turning on the left just past the Shelley Arms public house. The HQ is at the end of the lane on the right hand side. Plenty of parking is available at the HQ and the adjoining road.

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: 1.28 miles Finish to HQ: 2.79 miles

Route to start: Use the pedestrian access to the A264 from the Headquarters car park, turn left and follow A264 to Farthings Hill roundabout where exit second exit down to and onto A24. Follow A24 to Robins Hood roundabout where turn left to start area.

Return to race HQ: Please return to the race HQ via Farthings Hill and do not turn right at Robin Hood roundabout.

SIGNING OUT - (NEW CTT REGULATIONS)

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

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.

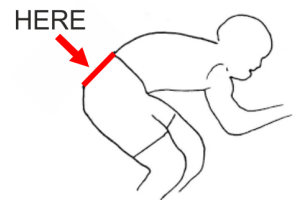
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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.

After finishing riders returning to the event headquarters must take care not to obstruct any Competitors still racing on the A264/A24. This applies from the finish until Robin Hood roundabout.

Please return to the race HQ via Farthings Hill and do not turn right at Robin Hood roundabout.

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OFFICIAL TIME KEEPERS

Start: Tony Palmer Worthing Excelsior CC
Finish: Mick Irons Worthing Excelsior CC

Prizes

1 st	£40	1 st Lady	£40	Fastest Team of 3	£30
2 nd	£30	2 nd Lady	£30	1 st Vet on VTTA standard time	£30
3 rd	£20			2 nd Vet on VTTA standard time	£20
4 th	£10			3 rd Vet on VTTA standard time	£10
				1 st Junior/Juvenile	£10

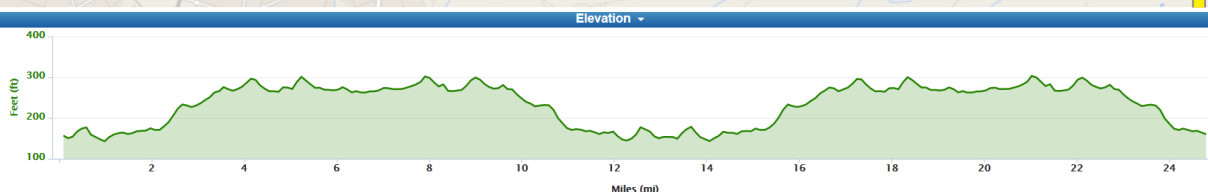
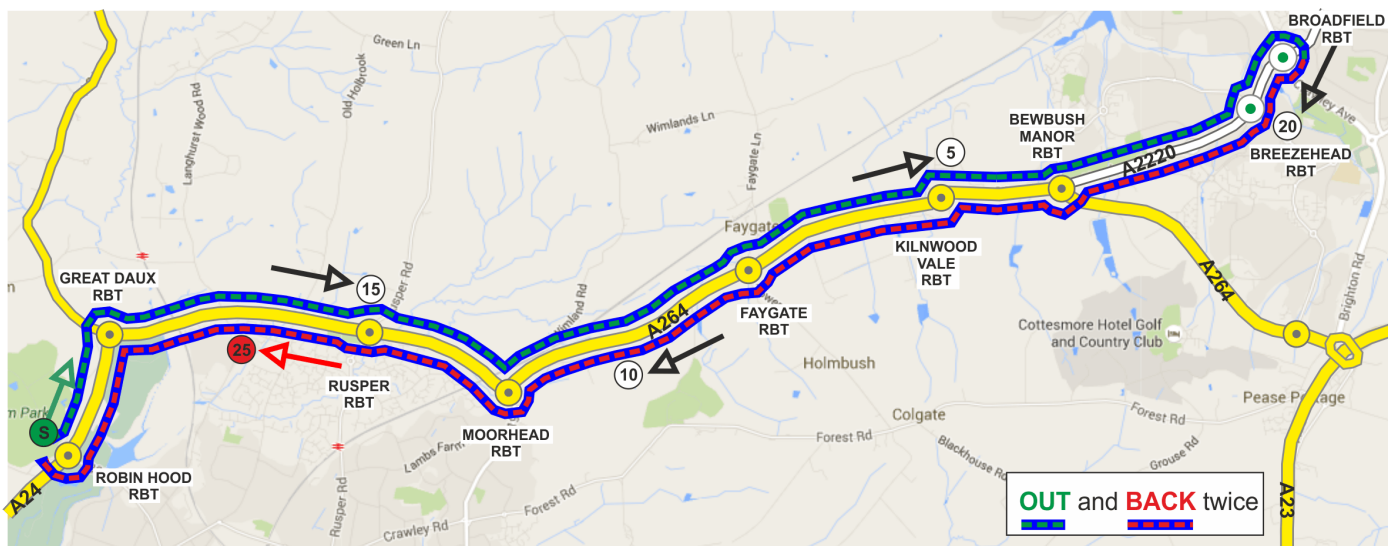
Please Note: 1 prize per rider for individual categories. What this means is that where a rider has won or placed in 2 prize categories, the prize for the win or place in the second prize category will go to the next eligible rider for that category. This does not apply to the Team Prize.

PAST WINNERS

1996	Neil Baker	Velo Club Deal	56:20
1997	Sean Yates	Teamclean/Freshstart	53:23
1998	Tim Stevens	Teamclean/Freshstart	56:06
1999	Michael Hutchinson	Cambridge University CC	53:35
2000	Keith Read	34 th Nomads	54:19
2001	Richard Prebble	Geen Team / Team onbekend	52:36
2002	James Dear	In Gear RT	54:29
2003	Steve Dennis	East Grinstead CC	56:24
2004	Matthew Bottrill	Jim Walker RT	51:58
2005	Leon Wright	Sigma Sport RT	55:22
2006	Steve Dennis	East Grinstead CC	54:15
2007	Steve Frame	Eastbourne Rovers CC	55:34
2008	Guy Powdrill	London Dynamo	54:35
2009	Laurence Harding	Shorter Rochford RT	53:35
2010	Dave Wheeler	Rye Wheelers	52:13
2011	Steve Dennis	East Grinstead CC	52:26
2012	Steve Dennis	East Grinstead CC	52:56
2013	Steve Kane	Brighton Excelsior CC	53:30
2014	Sean Scott	In Gear Quickvit Trainsharp RT	52:23
2015	Conall Yates	In Gear Quickvit Trainsharp RT	52:41
2016	Pete Tadros	In Gear Quickvit Trainsharp RT	52:06

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OS REF (TQ)	COURSE DIRECTIONS – G25/54	MILES	MILES
164234	START in Robin hood Lane at Clearway sign about 5 yards from Robin Hood RBT (roundabout).	0.00	0.00
168333	Proceed to Robin Hood RBT. LEFT 1st exit and follow A24 to Great Daux RBT	0.60	0.60
256353	RIGHT 2nd exit and follow A264 via Ruser Road RBT, to Moorhead RBT. LEFT 1st exit and continue on A264 via Faygate RBT and Kilnwood Vale RBT s to Bewbush Manor RBT. Straight on 2nd exit and follow A2220 via Breezehrst RBT to Broadfield RBT where TURN (CHECK)	5.91	6.51
168334	4th exit to retrace on A2220 to Bewbush Manor RBT. Straight on 2nd exit and follow A264 to Moorhead RBT. Right 2nd exit and continue on A264 via Ruser Road RBT to Great Daux RBT. LEFT 1st exit and follow A24 to Robin Hood RBT where TURN (CHECK)	6.69	13.34
169333	Proceed to Great Daux RBT.		
256353	RIGHT 2nd exit and follow A264 via Ruser Road, to Moorhead RBT. Left 1st exit continue on A264 via Faygate and Kilnwood Vale RBTs to Bewbush Manor RBT. Straight on 2nd exit and follow A2220 via Breezehrst RBT to Broadfield RBT where TURN (CHECK)	6.51	19.89
180335	4th exit to retrace on A2220 to Bewbush Manor RBT. Straight on 2nd exit and follow A264 to Moorhead RBT. RIGHT 2nd exit and continue on A264 via Ruser Road RBT to FINISH at white line at western end of lay-by where lay-by begins to taper down from its full width, 3 yards west of 7th cats-eye back from where continuous white starts	5.12	25.01

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Rider No	Start Time	Name	Club	Cat/ Age	VTTA Std
5	06:35	Chris Jolliffe	Crawley Wheelers	V59	01:10:04
6	06:36	Paul Wishart	Brighton Phoenix Triathlon Club	V49	01:07:50
7	06:37	Richard Streeter	Lewes Wanderers CC	V51	01:08:14
8	06:38	Rome Bhamra	Worthing Excelsior CC	V50	01:08:02
9	06:39	Paul Thomas	Brighton Mitre CC	V56	01:09:19
10	06:40	Tom Glandfield	Lewes Wanderers CC	V44	01:06:51
11	06:41	Ian Newbold	Worthing Excelsior CC	V44	01:06:51
12	06:42	Paul Winkley	East Grinstead CC	V60	01:10:21
13	06:43	Russell Hicks	Oxted Cycle Club	V63	01:11:16
14	06:44	Anthony Brown	Horsham Cycling	V61	01:10:38
15	06:45	Cameron Cragg	Lewes Wanderers CC	J17	
16	06:46	Aidan Culhane	Kingston Wheelers CC	V41	01:06:13
17	06:47	Clive Patterson-Lett	Worthing Excelsior CC	V51	01:08:14
18	06:48	Richard Bushell	Oxted Cycle Club	V52	01:08:26
19	06:49	Peter Davies	Brighton Mitre CC	V60	01:10:21
20	06:50	Ben Unsworth	Pearson Cycling Club	S36	
21	06:51	Peter Eames	Eastbourne Rovers CC	V54	01:08:52
22	06:52	Rob Weston	Elite Cycling	V41	01:06:13
23	06:53	David Bridle	Southdown Velo	V57	01:09:34
24	06:54	Paul Townsley	Worthing Excelsior CC	V68	01:13:10
25	06:55	Tony Longhurst	Oxted Cycle Club	S37	
26	06:56	Ion Tsakalis	Brighton Mitre CC	V51	01:08:14
27	06:57	Robert Hoodless	Mid Sussex Triathlon Club	V53	01:08:39
28	06:58	Pippa Harper	Brighton Mitre CC	WV46	01:12:36
29	06:59	Joan Lennon	Worthing Excelsior CC	WV60	01:16:01
30	07:00	Tamar Vanderhaas	Lewes Wanderers CC	WV41	01:11:28
31	07:01	Jackie Dodd	Kingston Phoenix RC	WV55	01:14:38
32	07:02	Sarah Phelps	Crawley Wheelers	WS29	
33	07:03	Jane Shrubbs	Oxted Cycle Club	WV50	01:13:28
34	07:04	Sharon Chladek	Crawley Wheelers	WV51	01:13:41
35	07:05	Angela Radden-Rutt	The Cycleroom	WS37	
36	07:06	Rachel Baker	Mid Sussex Triathlon Club	WV43	01:11:56
37	07:07	Sabina Hickmet	Crawley Wheelers	WV60	01:16:01
38	07:08	Vicki Heard	Cycling Club Hackney	WS38	
39	07:09	Mandy Border	Crawley Wheelers	WV40	01:11:14
40	07:10	Ruth Summerford	Eastbourne Rovers CC	WS26	
41	07:11	Richard Weatherstone	GS Stella	V50	01:08:02
42	07:12	Chris Jones	Bynea Cycling Club	V43	01:06:39
43	07:13	Sam Bennett	7 Oaks Tri	V44	01:06:51
44	07:14	Paul Cannon	Epsom CC	V68	01:13:10
45	07:15	Pete Morris	Team ASL	S38	

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46	07:16	David Clark	Eastbourne Rovers CC	V48	01:07:38
47	07:17	Gavin Ash	Worthing Excelsior CC	S36	
48	07:18	Jason Pegler	Penge Cycle Club	V42	01:06:26
49	07:19	Tobias Bunyan	Eastbourne Rovers CC	V42	01:06:26
50	07:20	Steve Dennis	East Grinstead CC	V53	01:08:39
51	07:21	Robert Zietal	Crawley Wheelers	S38	
52	07:22	Den Tapping	...a3crg	V60	01:10:21
53	07:23	Neil Crowther	Worthing Excelsior CC	V44	01:06:51
54	07:24	Nigel Perry	San Fairy Ann CC	V53	01:08:39
55	07:25	Steven Kane	Brighton Excelsior CC	S28	
56	07:26	Kevin Plummer	South Downs Bikes / Casco Europe	V51	01:08:14
57	07:27	Stephen Morgan	Tooting BC	V49	01:07:50
58	07:28	Tom Morton	PMR @ Toachim House	V62	01:10:57
59	07:29	Adrian Bennett	Mid Sussex Triathlon Club	V52	01:08:26
60	07:30	Paul Byford	Crawley Wheelers	V51	01:08:14
61	07:31	George Welfare	Eastbourne Rovers CC	S32	
62	07:32	Michael Deen	Redmon CC	V62	01:10:57
63	07:33	Nick Davy	C and N Cycles RT	V53	01:08:39
64	07:34	Mark Thomas	Bigfoot CC	V54	01:08:52
65	07:35	Paul Smith	VeloRefined.com Aerosmiths	V45	01:07:03
66	07:36	Mike O'Gorman	Worthing Excelsior CC	V65	01:11:58
67	07:37	James Stone	Brighton Excelsior CC	V48	01:07:38
68	07:38	Michael Porter	34 Nomads CC	V50	01:08:02
69	07:39	Philip Frean	Worthing Excelsior CC	V62	01:10:57
70	07:40	Ben Elliott	Paceline RT	S34	
71	07:41	Rupert Robinson	Crawley Wheelers	V45	01:07:03
72	07:42	David Clements	Eastbourne Rovers CC	V45	01:07:03
73	07:43	Anthony Grey	Crawley Wheelers	V48	01:07:38
74	07:44	Paul Greer	Southborough & Dist. Whs	V50	01:08:02
75	07:45	Richard Tully	Elite Cycling	V40	01:06:00
76	07:46	Trevor Leeding	Worthing Excelsior CC	V51	01:08:14
77	07:47	Ade Fadero	Sussex Nomads CC	V55	01:09:05
78	07:48	Martin Booker	Worthing Excelsior CC	V48	01:07:38
79	07:49	Bruce English	Eastbourne Rovers CC	V52	01:08:26
80	07:50	Alex Napier	Blazing Saddles	V43	01:06:39
81	07:51	Iain Brogden	Eastbourne Rovers CC	V48	01:07:38
82	07:52	Conor Clancy	Brighton Excelsior CC	S26	
83	07:53	Theo Tadros	In-Gear Quickvit Trainsharp RT	J15	
84	07:54	Shaun Marlor	Bec CC	V44	01:06:51
85	07:55	Howard Bayley	Blazing Saddles	V42	01:06:26
86	07:56	Tony Day	Bigfoot CC	V46	01:07:15
87	07:57	Colin Barton	Worthing Excelsior CC	V56	01:09:19
88	07:58	Paul Batten	Crawley Wheelers	S33	
89	07:59	Richard Woodward	East Grinstead CC	V55	01:09:05
90	08:00	Mark Smith	Crawley Wheelers	V43	01:06:39

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Rider No	Start Time	Name	Club	Cat/ Age	VTTA Std
91	08:01	Brian Molloy	Brighton Excelsior CC	V49	01:07:50
92	08:02	Jon Fry	Horsham Cycling	V46	01:07:15
93	08:03	Simon Underwood	CC Topp	V46	01:07:15
94	08:04	Donald Parker	Brighton Mitre CC	V68	01:13:10
95	08:05	Matt Peel	Redhill CC	S32	
96	08:06	Robert Drake	Addiscombe CC	S29	
97	08:07	Rick Hughes	Worthing Excelsior CC	V54	01:08:52
98	08:08	Pete Hargreaves	Oxted Cycle Club	V55	01:09:05
99	08:09	Trevor Montague	Crawley Wheelers	V62	01:10:57
100	08:10	Paul Haywood	Epsom CC	V42	01:06:26
101	08:11	David Rumm	Southborough & Dist. Whs	V49	01:07:50
102	08:12	John Tindell	Brighton Phoenix Triathlon Club	S30	
103	08:13	John Marinko	Brighton Mitre CC	V52	01:08:26
104	08:14	Sam Winter	Eastbourne Rovers CC	S30	
105	08:15	Michael Davey	Eastbourne Rovers CC	S39	
106	08:16	Jonathan Thomas	Epsom CC	V56	01:09:19
107	08:17	Guy Lane	Southborough & Dist. Whs	V52	01:08:26
108	08:18	Phil Brown	Trainsharp	V46	01:07:15
109	08:19	Andrew Haste	Worthing Excelsior CC	V46	01:07:15
110	08:20	Mark Newton	Elite Cycling	V50	01:08:02
111	08:21	Phil Allen	South Downs Bikes / Casco Europe	S39	
112	08:22	Martin Foord	Abellio - SFA Racing Team	V54	01:08:52
113	08:23	Nick McCormick	Epsom CC	V53	01:08:39
114	08:24	Andrew R Green	Bec CC	V42	01:06:26
115	08:25	Lee Turner	Sigma Sport.co.uk	V48	01:07:38
116	08:26	Ian Leeding	Norwood Paragon CC	V48	01:07:38
117	08:27	David Bagge	Southborough & Dist. Whs	V51	01:08:14
118	08:28	Paul Fairman	Abellio - SFA Racing Team	V62	01:10:57
119	08:29	Colin Toppin	Brighton Excelsior CC	V44	01:06:51
120	08:30	Peter Tadros	In-Gear Quickvit Trainsharp RT	V46	01:07:15