

SOUTHERN COUNTIES CYCLING UNION.

Founded in 1898, President, Jan Sommerfeld.

100 miles Time Trial to be held on Sunday 23rd July 2017, course 100/61A

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

Timekeeper, Su Balcombe. Recorder, Mike Irons.

AWARDS. COURSE DETAILS AND TIMES OF START.

<u>Scratch.</u>	<u>Handicap.</u>	<u>Vets on CTT Standards.</u>
Fastest £60	1 st . £50	£30
2 nd . £50	2 nd . £40	£20
3 rd . £40	3 rd . £30	£10
4 th . £30	4 th . £20	
5 th . £20	5 th . £10	

Fastest team of 3. £15 to each rider. Fastest woman £40, 2nd fastest £30

The Tom Smith Cup will be awarded to the fastest first claim member of a club affiliated to the SCCU and the Sid Gray Shield will be awarded to the fastest affiliated team, both to be held for one year.

NUMBERS AND SIGNING ON AND SIGNING OFF SHEETS WILL BE AT THE H.Q., DIAL POST VILLAGE HALL FROM 5.00am. The Start is 3 miles N/E on the A272, via A24 and A272.

Local Regulations. It is a London South District Regulation that no vehicles, except those of the Timekeeper and event Officials, shall be parked in the vicinity of the Start of Finish.

Details of any additional hazards+ not listed in the Start Sheet will be displayed at the signing on point. COMPETITORS MUST READ THESE WHEN THEY SIGN ON.

Event Secretary. Rod Starmer, 23 Tanhouse Road, Oxted, Surrey. RH8 9PE. 01883 713043

→ PLEASE NOTE CHANGES TO THE COURSE, (SHOWN ON COURSE DETAILS). →

Do you know the name of the Fred shown above?.



No	Name	Club	Cat	CTT vet Std	H/cap min sec	Time off
1	Mike Morley	Kingston Phoenix RC	M V	5-23-06	83 3	6.01am
2	Paul Tunnell	Addiscombe CC	M V	4-41-12	36 8	6.02
3	Debbie Percival	34th Namads CC	W V	4-56-02	62 29	6.03
4	Martin Naylor	Brighton Excelsior	M V	4-23-12	n/a	6.04
5	Mathew Wakefield	Tooting BC	M V	4-19-08	61 31	6.05
6	Richard Claxton	V C Elan	M V	5-18-20	64 40	6.06
7	Luke Horsfield	Wimbledon Windmilers	M V	4-25-04	n/a	6.07
8	Mathew Evans	Southborough & Dis.Whs	M V	4-38-54	n/a	6.08
9	Vince Freeman	Brighton Tri Club	M	n/a	77 44	6.09
10	Howard Bayley	Blazing Saddles	M V	4-13-38	n/a	6.10am
11	John Mankelow	Lewes Wanderers	M V	5.09.20	67 23	6.11
12	Dan Pullen	Crawley Whs	M V	4-13-38	n/a	6.12
13	Simon Howard	South Western RC	MV	4-28 52	40 8	6.13
14	Peter Owen	Norward Paragon CC	M V	4-41-12	66 14	6.14
15	Mel Wasley	SSLL Racing Team	W	n/a	n/a	6.15
16	John Marinko	Brighton Mitre	M V	4-32-42	46 1	6.16
17	Alex Bradley	Oxford University CC	M	n/a	n/a	6.17
18	Paul Batten	Crawley Whs	M	n/a	n/a	6.18
19	Andrew Gough	Velo Club Venta	M	n/a	42 33	6.19
20	Alex Napier	Blazing Saddles	M V	4-15-26	3 44	6.20am
21	Kevin Plummer	South Downs Bikes	N V	4-32-42	30 53	6.21
22	Graham Painter	Chelmer CC	MV	4-21-20	12 50	6.22
23	Richard Tully	Elite Cycling	M V	4.10.00	n/a	6.23
24	Mathew Robson	Oxonian CC	M V	4-25-04	37 50	6.24
25	Dominic Hill	Bec CC	MV	4-15-26	10 18	6.25
26	Adrian Blacker	Norward Paragon CC	MV	4-34-58	24 9	6.26
27	Mark Gower	South Downs Bikes	MV	4.11.48	44 42	6.27
28	Stephen Morgan	Tooting BC	MV	4-26-58	24 1	6.28
29	Eddie Allen	Redmon CC	M	n/a	n/a	6.29
30	Peter Hooper	Eastbourne Rovers	M	n/a	15 29	6.30am
31	Mike O'Gorman	Worthing Excelsior	MV	5-00-30	24 55	6.31
32	Anthony White	Royal Dean Forest CC	MV	4-21-20	32 41	6.32
33	Mark Smith	Crawley Whs.	MV	4-15-26	Scratch	6.33am.

PLEASE USE A PROTECTIVE HELMET FOR THIS EVENT. WE OPERATE ON VERY BUSY ROADS. HELMETS MUST CONFORM TO A RECOGNISED STANDARD SUCH AS,

SNELL B95, DIN33-954 OR EN 1078.

ALSO.....PLEASE USE A FLASHING OR CONSTANT RED REAR LIGHT AT ALL TIMES, RIDING UP TO THE START,DURING THE EVENT AND UP TO THE HEADQUARTERS WHERE YOU NOW HAVE TO SIGN OUT.

Years ago it was the order of the day that when he or she saw a person at a turn or change of direction or the timekeeper at the finish, that competitor would shout out their number....."55" or whatever.

It is a shame that this tradition no longer exists.

Helpers and timekeepers often have problems trying to identify a rider.

YOU can help by displaying your number as shown below.

Not on your shoulders and not pointing to the right!.

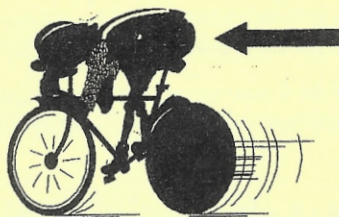
PLEASE position your number well down your back and pointing slightly to the left.

IF YOU CANNOT BE IDENTIFIED THE TIMEKEEPER WILL NOT GIVE YOU A TIME.

NUMBERS

MUST COVER YOUR

BUM



NOT YOUR

BACK

UNLESS YOU DON'T WANT YOUR TIME RECORDED.



Upon finishing, please pull in to the deceleration lane and when suitable, cross the A24 with great care. Then up into Dial Post Village Hall, sign out, have some teas and cakes (?) and gossip!

We do not actually sell refreshments, all that we ask is for a generous donation for the Evelina Childrens Hospital. We are all the lucky ones.

PLEASE NOTE THE SLIGHT CHANGES TO THE COURSE.

1. Turn at Ansty Rab, NOT at Bolney.
2. Finish on southbound A24 just north of the Nursery at the cross roads.
3. The leg from Cowfold to Henfield and back HAS BEEN REMOVED FROM THE COURSE.
4. No warming up on A272 after 6.00am

IF YOU DO NOT "SIGN OUT" IN THE DIAL POST VILLAGE HALL, YOU WILL BE SHOWN "DNF" ON THE RESULT SHEET.

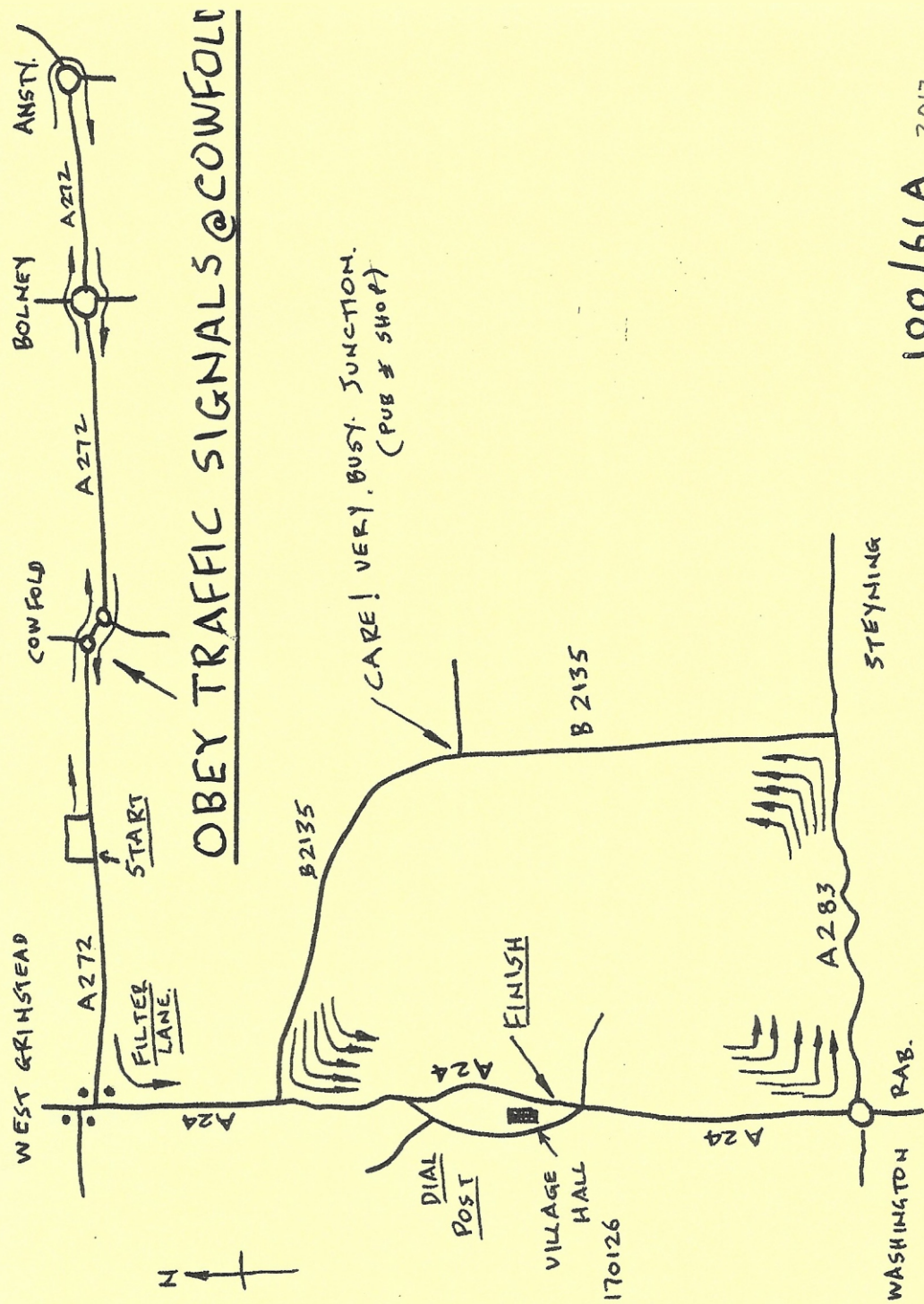
HAVE A GOOD,SAFE RIDE,

As has been the case for many years, Sussex Cycling Association has augmented the prize list again this year.

Thank you SCA *Rd.*

COURSE DETAILS

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>
182225	<u>START</u> on A272 at junction with entrance to The Orchard Restaurant Car park at West Grinstead	0.00 0.00
	Proceed east to twin RBTs (roundabouts) at Cowfold. RIGHT 2 nd exit at first LEFT 1 st exit at second.	
267224	Continue on A272 to Bolney RBT where 2 nd exit straight across to continue on A272	5.45 5.45
	To TURN at Ansty mini roundabout (CHECK)	1.69 7.14
267224	Retrace to Bolney RBT where 2 nd exit straight across to continue on A272	1.69 8.83
165227	to retrace to twin RBTs at Cowfold. RIGHT 2 nd exit at first and LEFT 1 st exit at second and follow A272 to West Grinstead crossroads to start 1 st circuit	6.54 15.37
120134	LEFT in filter lane to join A24 and Proceed south to Washington RBT	6.69 22.06
171125	LEFT 1 st exit and follow A283 to junction with B2135 at Steyning.	3.54 25.60
165214	LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead and complete circuit	7.03 32.63
120143	Continue as before to complete 2 nd circuit at West Grinstead	16.44 49.07
120143	Continue as before to complete 3 rd circuit at West Grinstead	16.44 65.51
120143	Continue as before to complete 4 th circuit at West Grinstead	16.44 81.95
120143	Continue as before to complete 5 th circuit at West Grinstead	16.44 98.39
171125	LEFT in filter lane to join A24 and Proceed South to FINISH on A24 where deceleration lane of Dial Post X roads begins for traffic going left to Ashurst	1.67 100.06



100/61A. 2017