



www.sussexca.org.uk

Sussex Cyclists' Association



2017 PRESIDENT – MICK IRONS – Worthing Excelsior CC

Open 30 miles Time Trial Sunday 30th July 2017

Course G30/91

Incorporating Sussex Individual, Veterans and Team Championships
Qualifying event for SCA B.A.R. and SCA SPOCO

Event Secretary: Robin Johnson 7 Gorselands, Billingshurst, West Sussex RH14 9TT
(Brighton Mitre CC) Email: mr_rjohnson@outlook.com
Tel: 01403 783368 (or 07733 132043 on day of event)

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

HQ

Ashington Community Centre

Foster Lane
Ashington
West Sussex

Postcode RH20 3PG

Open from 06:00



Parking available at HQ. Then use surrounding roads considerately.

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: 2.2 miles

Finish to HQ: 3.6 miles

To return to the HQ

Turn right at Wiston Crossroads on the A283

Course Records

Mens:	01:04:39	Conall Yates	2015
Ladies:	01:16:54	Gina McGeever	2015
Vets:	01:06:07	Simon McNamara	2015

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.

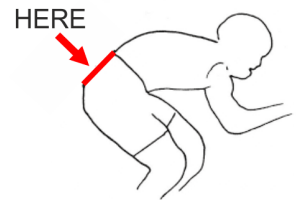
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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.

PREVIOUS WINNERS

MENS	2017			
	2016	Keith Lea	Paceline RT	1:04:49
	2015	Conall Yates	In-Gear Quickvit Trainsharp	1:04:39
	2014	Conall Yates	In-Gear Quickvit Trainsharp	1:05:37
	2013	Steve Kane	Brighton Excelsior CC	1:06:02
LADIES	2017			
	2016	Katerina Avramides	Brighton Mitre CC	1:21:43
	2015	Gina McGeever	Lewes Wanderers CC	1:16:54
	2014	Nicole Patterson-Lett	Worthing Excelsior CC	1:35:11
	2013	Gina McGeever	Brighton Mitre CC	1:22:11
VETERANS	2017			
	2016	Mike O’Gorman	Worthing Excelsior CC	+ 16:45
	2015	Mike O’Gorman	Worthing Excelsior CC	+ 17:25
	2014	Mike O’Gorman	Worthing Excelsior CC	+ 12:58

	2013	Steve Dennis	East Grinstead CC	+ 15:28
TEAM	2017			
	2016		Worthing Excelsior CC	3:35:37
	2015		South Downs Bikes	3:27:47
	2014		Brighton Excelsior CC	3:34:39
	2013		Brighton Excelsior CC	3:32:10

Open 30 miles Time Trial Sunday 30th July 2017

Course G30/91

TIME KEEPERS

Start:	Richard Blackmore	East Grinstead CC
Finish:	Richard Blackmore	East Grinstead CC

Prizes

1 st	£20 + Champagne (value £25)	1 st Veteran (40-44)	Wine (value £5)
2 nd	£10 + Wine (value £5)	1 st Veteran (45-49)	Wine (value £5)
3 rd	£6 + Wine (value £5)	1 st Veteran (50-54)	Wine (value £5)
4 th	Wine (value £5)	1 st Veteran (55-59)	Wine (value £5)
1 st Lady	£10 + Wine (value £5)	1 st Veteran (60-64)	Wine (value £5)
2 nd Lady	Wine (value £5)	1 st Veteran (65-69)	Wine (value £5)
1 st Team	£10 + Wine (value £5) each	1 st Veteran (70-74)	Wine (value £5)
2 nd Team	Wine (value £5) each	1 st Vet on Target	£10 + Wine
		2 nd Vet on Target	£5 + Wine

As Championship events, this race includes a selection of Trophies, Cups and Medals to be awarded to Sussex CA Riders in various categories:

First	Championship Cup for a year, plus Sussex C.A. medal
2 nd	Sussex C.A. medal
3 rd	Sussex C.A. medal
1 st Lady	Sussex C.A. medal
2 nd Lady	Sussex C.A. medal
1 st Team	Sussex C.A. medal
1 st Veteran on CTT Target Time	Sussex C.A. medal
2 nd Veteran on CTT Target Time	Sussex C.A. medal
3 rd Veteran on CTT Target Time	Sussex C.A. medal

Cups and medals to be presented at the Annual Sussex Cyclists' Association lunch and prize presentation to be held on Sunday 26th November, 2017. Venue Dial Post Village Hall. £10 to Robin Johnson not later than 22nd November, 2017.

PLEASE NOTE

Prize Presentation

To be held as soon as possible after the event..

Please stay to receive your awards and/or applaud the recipients.

Lottery Prizes

To be awarded at the prize presentation.

A bottle of wine, value £5, to each of the first two names drawn.

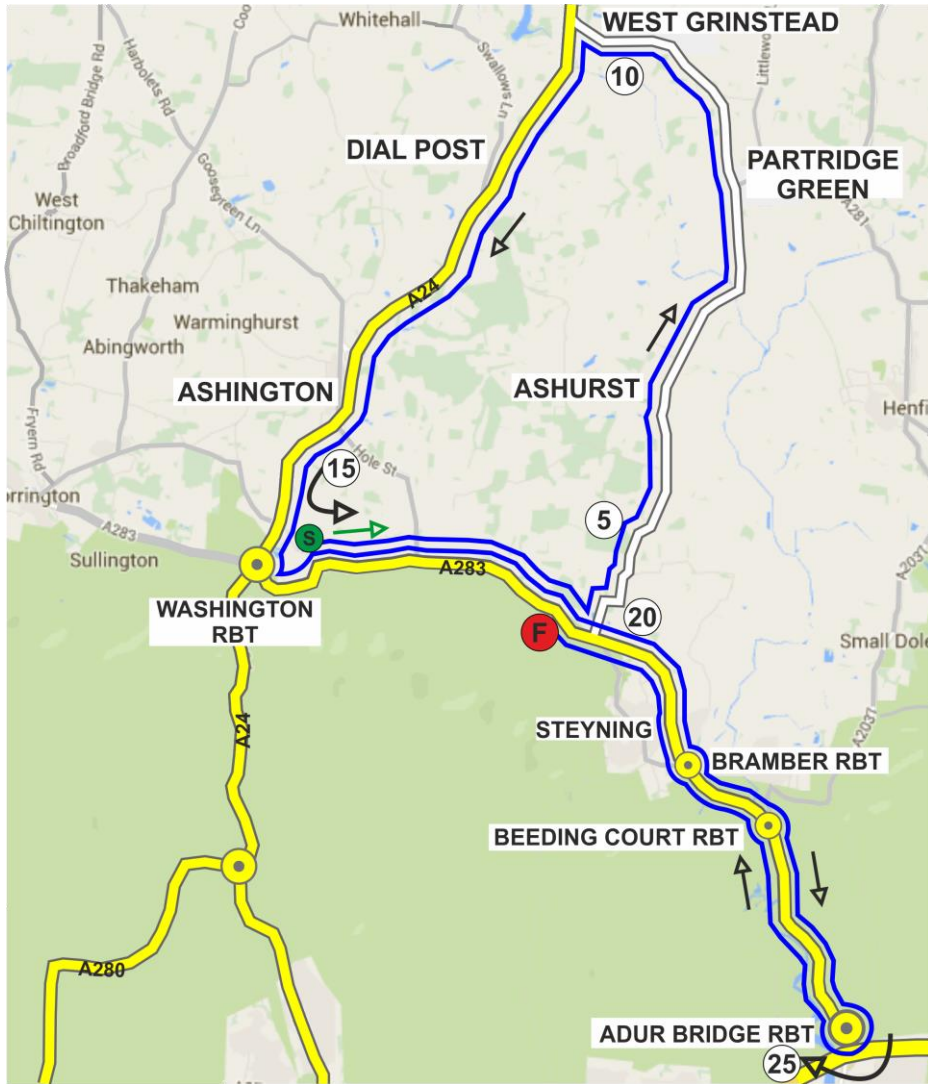
To be eligible, be present and be a finisher.

SUSSEX C.A. BIKE JUMBLE SALE, The Steyning Centre, Steyning, West Sussex, BN44 3XZ

Saturday 19th August 2017, 0900-1200, sellers £8 a table from 0730.

Bookings and donations of old equipment to Robin Johnson, 01403 783368.

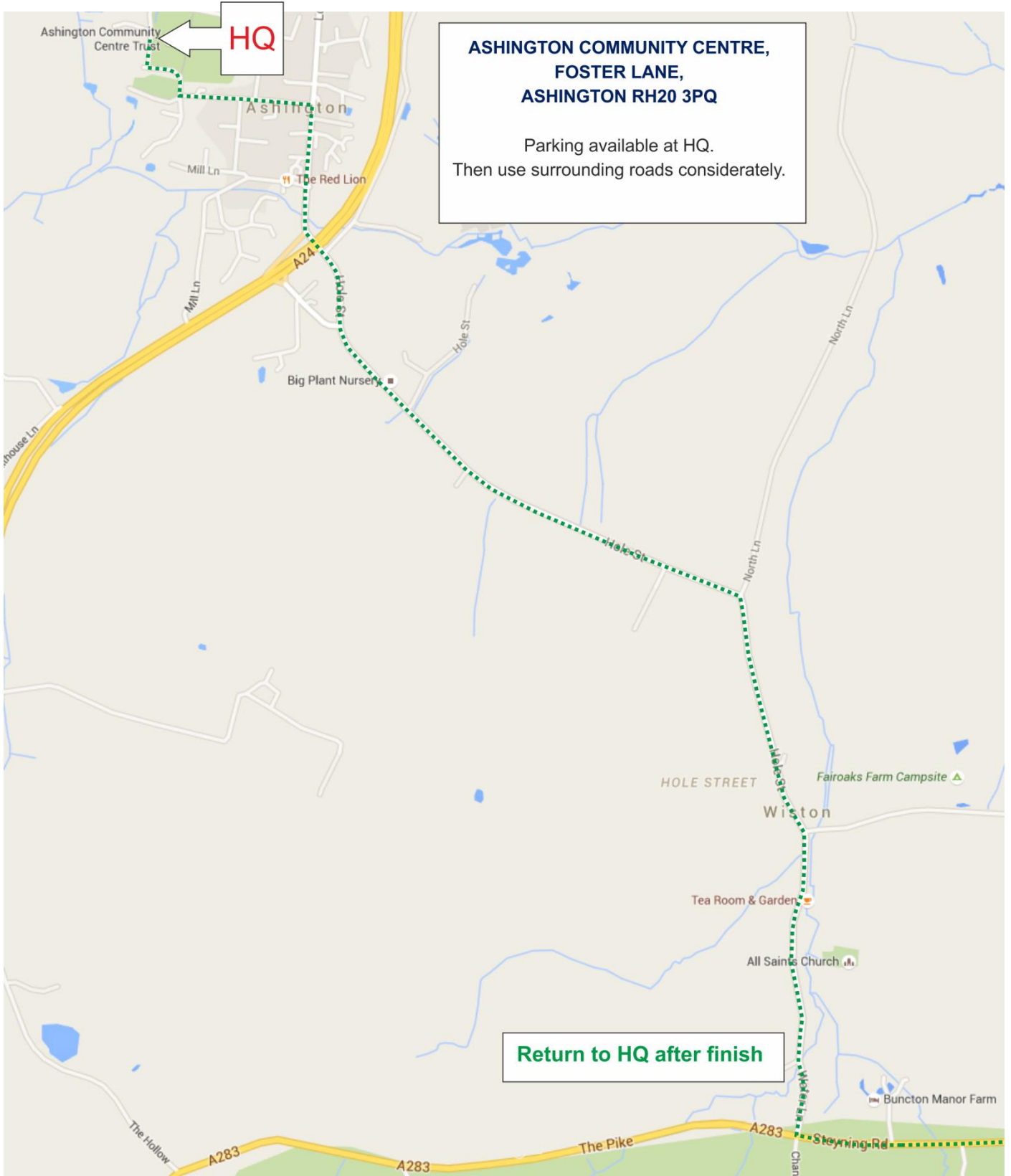
Course G30/91



OS REF (TQ)	COURSE DIRECTIONS – G30/91	MILES	
121134	START in Sandhill Lane, Washington, southeast of Washington RBT (roundabout) 5 yards north of A283 at northern edge of "Sandhill Lane" sign.	0.00	0.00
171125	Join A283 and proceed eastwards along A283 to junction with B2135 at Steyning	3.53	3.53
165214	LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead	7.02	10.55
120134	LEFT into acceleration lane to join A24 south to Washington RBT	5.88	16.43
209065	LEFT 1 st exit and follow A283 via Bramber Castle and Beeding Court RBT's to Adur Bridge, Shoreham, where TURN	8.42	24.85
164126	4 th exit to retrace via Beeding Court and Bramber Castle RBT's to FINISH at a point 0.44 miles west of Horsham Road T junction (old A283), 0.06 miles west of yellow sign "Chanctonbury House" and opposite 2 foot high wooden pole with "Wildlife Verge" badge.	5.15	30.00

Open 30 miles Time Trial Sunday 30th July 2017
Course G30/91

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
1	07:01:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	69
2	07:02:00	Peter	Rowe	Southborough & Dist. Whs	Male	Veteran	53
3	07:03:00	Ben	Fielden	GS Stella	Male	Veteran	75
4	07:04:00	Gina	McGeever	Lewes Wanderers CC	Female	Veteran	45
5	07:05:00	Steven	Kane	Brighton Excelsior CC	Male	Senior	28
6	07:06:00	Mike	O'Gorman	Worthing Excelsior CC	Male	Veteran	65
7	07:07:00	Clive	Jackson	Central Sussex CC	Male	Veteran	65
8	07:08:00	Lee	McGeever	Brighton Excelsior CC	Male	Veteran	47
9	07:09:00	Richard	Carrington	London Dynamo	Male	Veteran	53
10	07:10:00	Kevin	Plummer	South Downs Bikes / Casco Europe	Male	Veteran	52
11	07:11:00	Jon	Frost	Redmon CC	Male	Veteran	50
12	07:12:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	56
13	07:13:00	James	Roberson	South Bucks RC	Male	Veteran	66
14	07:14:00	David	Eccles	Redmon CC	Male	Veteran	69
15	07:15:00	Howard	Bayley	Blazing Saddles	Male	Veteran	42
16	07:16:00	Martin	Booker	Worthing Excelsior CC	Male	Veteran	49
17	07:17:00	John	Marinko	Brighton Mitre CC	Male	Veteran	52
18	07:18:00	Oliver	Walker	South Eastern RC	Male	Senior	38
19	07:19:00	Peter	Davies	Brighton Mitre CC	Male	Veteran	60
20	07:20:00	James	Wright	Charlotteville Cycling Club	Male	Veteran	44
21	07:21:00	Neil	Crowther	Worthing Excelsior CC	Male	Veteran	44
22	07:22:00	Jon	Fry	Horsham Cycling	Male	Veteran	46
23	07:23:00	Mike	Boyce	...a3crg	Male	Veteran	61
24	07:24:00	Ian	Newbold	Worthing Excelsior CC	Male	Veteran	44
25	07:25:00	Tom	Pritchard	Hampshire RC	Male	Senior	36
26	07:26:00	Stuart	Bettis	South Downs Bikes / Casco Europe	Male	Senior	32
27	07:27:00	Ian	Cheesman	Worthing Excelsior CC	Male	Veteran	48
28	07:28:00	Carl	Stephens	Basildon CC	Male	Veteran	47
29	07:29:00	Joy	Payne	Amersham Road Cycling Club	Female	Veteran	60
30	07:30:00	Mark	Smith	Crawley Wheelers	Male	Veteran	43
31	07:31:00	Nik	Allen	Worthing Excelsior CC	Male	Veteran	46
32	07:32:00	Ian	Leeding	Norwood Paragon CC	Male	Veteran	49
33	07:33:00	Rick	Hughes	Worthing Excelsior CC	Male	Veteran	54
34	07:34:00	Miguel	Pereira	Kingston Wheelers CC	Male	Senior	30
35	07:35:00	Steve	Dennis	East Grinstead CC	Male	Veteran	54
36	07:36:00	Dale	Lush	Kingston Phoenix RC	Male	Senior	38
37	07:37:00	Rupert	Robinson	Crawley Wheelers	Male	Veteran	45
38	07:38:00	Nolan	Heather	Worthing Excelsior CC	Male	Veteran	41
39	07:39:00	Donald	Parker	Brighton Mitre CC	Male	Veteran	68
40	07:40:00	Keith	Lea	Paceline RT	Male	Veteran	47



**ASHINGTON COMMUNITY CENTRE,
FOSTER LANE,
ASHINGTON RH20 3PQ**

Parking available at HQ.
Then use surrounding roads considerably.

Return to HQ after finish