

Eastbourne Rovers Cycling Club

Stan Nash 10 mile Memorial Time Trial

Saturday 5th August 2017 – Course G10/87

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



Event Secretary

Peter Moon

73 Wannock Lane, Eastbourne, East Sussex BN20 9SG

Tel: 01323 485180 Mob: 07949 112107

Email: little.brook@btinternet.com

Timekeepers

Graham Lade (Eastbourne Rovers CC)

Jane Lade (Eastbourne Rovers CC)

Cash Prizes – Awarded at the HQ immediately following the event

Fastest Overall

First	£30.00
Second	£25.00
Third	£20.00
Fourth	£15.00
Fifth	£10.00

Fastest Lady

First	£15.00
-------	--------

Team of 3

First	£15.00 each
Second	£10.00 each

Fastest Age Category

Not winning another prize

Under 30s	£10.00
30s	£10.00
40s	£10.00
50s	£10.00
60s	£10.00
70s and over	£10.00

Improvement percentage on 2016 Eastbourne Rovers 10

First	£20.00
Second	£15.00

General Info

Event HQ East Hoathly Sports Pavilion, London Road East Hoathly, East Sussex BN8 6QE – Open from 5:30am. Heading north on the A22, turn right at The Shaw Roundabout into London Road. The HQ is on the right, just before the village.

Car Parking There is limited parking in the Sports Pavilion car park, when full please park sensibly on London Road – pavilion side only.

Race Numbers The numbers will be available at the event HQ when you sign on. **If pinning your number please only use the eyelets, and please do not use additional pins as it tears the numbers.**

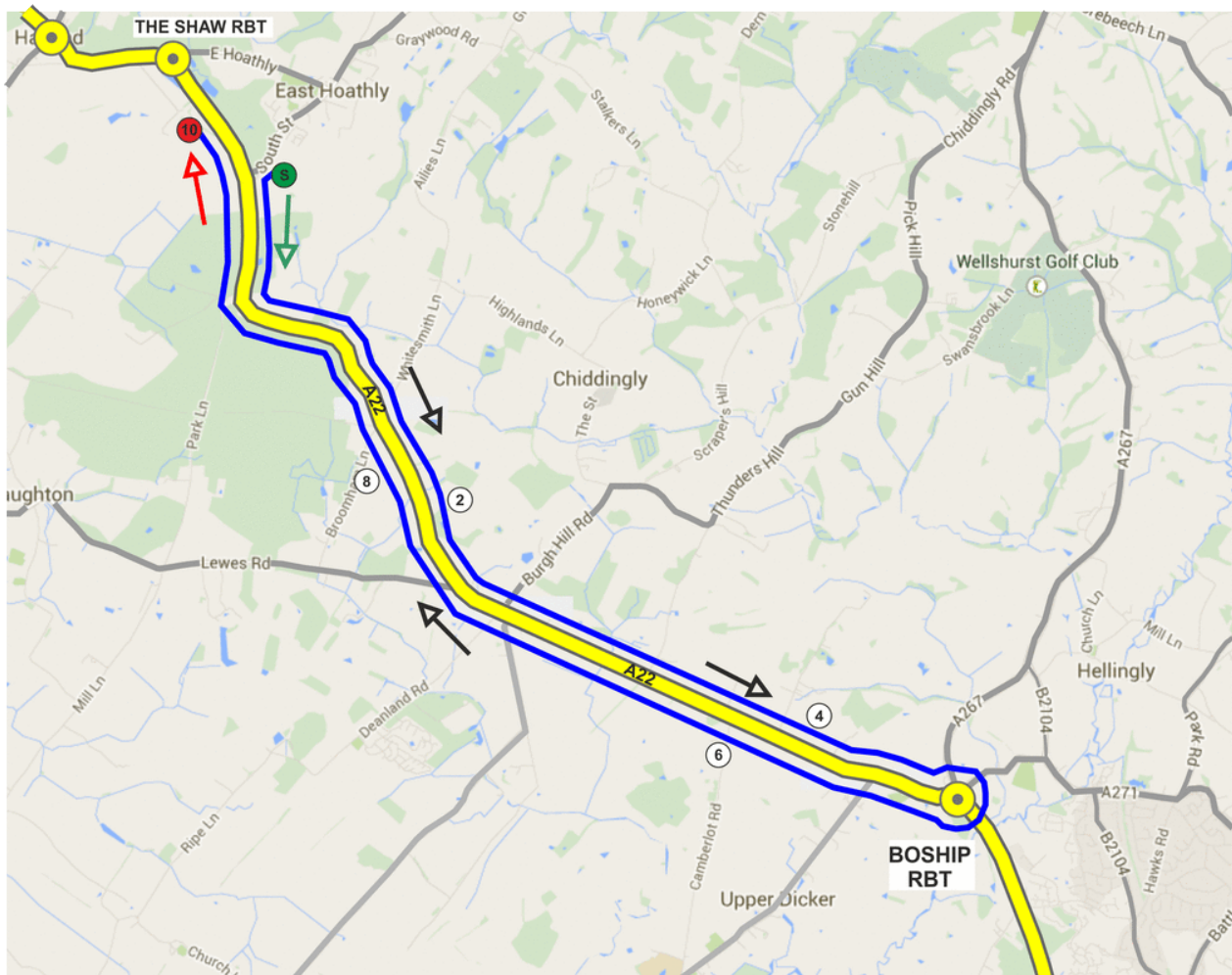
Start The start is less than a mile from the Sports Pavilion. Proceed out of the car park and turn right, and continue to South Street.

Signing Out Please note that for 2017 all competitors are now required personally to sign the signing out sheet when returning their number. In accordance with CTT regulations, failure to do so will result in the competitor being recorded as DNF.

Stan Nash Memorial 10 Mile Time Trial – Saturday 5th August 2017 – Course G10/87
 Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Course Details

OS Ref	Course G10/87	Dist
517156	START in South Street, East Hoathly, at red arrow at drain 28 yards before T junction with East Hoathly by-pass	00.00m
572112	LEFT and follow A22 through Whitesmith and Golden Cross to Boship RBT where TURN (Check)	04.90m
513162	4th exit and retrace on A22 through Golden Cross and Whitesmith to FINISH at red arrow at second drain past field gate on East Hoathly by-pass just before first footpath crossing and 334 yards past right turn (South Street) for East Hoathly.	10.00m



The course, courtesy of Mike O’Gorman (SCA) can also be viewed or downloaded from the Garmin site at the link <https://connect.garmin.com/modern/course/8600729>

Additional Safety Instructions:

- Competitors must exercise extra care when turning LEFT just after Start and at the Boship roundabout
- No ‘U’ turns after finishing or riders will be disqualified – after finishing, competitors MUST continue to The Shaw roundabout.

Stan Nash Memorial 10 Mile Time Trial – Saturday 5th August 2017 – Course G10/87

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

Order of Start

Race No.	Start Time	Rider	Club	Cat	Age	2016 Rovers 10
6	6:36	Noel Miles	East Grinstead Tri Club	V	40	-
7	6:37	Chris Jolliffe	Crawley Wheelers	V (Tr)	59	-
8	6:38	Robert Royle-Evatt	Addiscombe CC	V	49	0:25:55
9	6:39	Stuart Payne	Central Sussex CC	V	55	0:26:57
10	6:40	Colin McDermott	Festival Road Club	V	49	-
11	6:41	John Glaysher	...a3crg	S	39	0:23:11
12	6:42	Clive Jackson	Central Sussex CC	V	65	0:28:03
13	6:43	Paul Valks	Lewes Wanderers CC	V	73	-
14	6:44	Michael Daniels	Southborough & Dist. Whs	V	82	0:29:22
15	6:45	Michael Davey	Eastbourne Rovers CC	S	39	0:22:39
16	6:46	Fabien Large	Direct Power Cycling Team	Jv	15	0:25:08
17	6:47	Michael Valks	Lewes Wanderers CC	V	46	-
18	6:48	Kieran Fitzpatrick	Southborough & Dist. Whs	S	35	-
19	6:49	Richard Cave	Eastbourne Rovers CC	V	65	-
20	6:50	Mark Newton	Elite Cycling	V	50	-
21	6:51	Damen Foord	Direct Power Cycling Team	S	33	-
22	6:52	Andrew R Green	Bec CC	V	42	-
23	6:53	Russell Thorne-Jones	Crawley Wheelers	V	44	-
24	6:54	Robin Johnson	Brighton Mitre CC	V	69	0:29:08
25	6:55	Neil Couchman	Southborough & Dist. Whs	S	39	-
26	6:56	Tom Houghton	Brighton Excelsior CC	V	45	0:23:50
27	6:57	Jerry Keen	Eastbourne Rovers CC	V	63	-
28	6:58	Tim Wells	Eastbourne Rovers CC	V	46	-
29	6:59	Laurie Broad	San Fairy Ann CC	V	82	-
30	7:00	Mark Smith	Crawley Wheelers	V	43	-
31	7:01	Iain Brogden	Eastbourne Rovers CC	V	48	0:22:30
32	7:02	Dale Baldwin	Horsham Cycling	V	40	-
33	7:03	Ade Fadero	Sussex Nomads CC	V	55	-
34	7:04	Nathan Russell	Eastbourne Rovers CC	S	29	-
35	7:05	John Cockrill	Abellio - SFA Racing Team	S	26	-
36	7:06	Mark Bashford	East Grinstead CC	S	33	0:22:20
37	7:07	Anita Turner	Eastbourne Rovers CC	WV	47	-
38	7:08	Gina McGeever	Lewes Wanderers CC	WV	45	-
39	7:09	Olivia Webb	Eastbourne Rovers CC	WV	48	0:27:45
40	7:10	Keith Lea	Paceline RT	V	47	-
41	7:11	David Clark	Eastbourne Rovers CC	V	48	-
42	7:12	Nick McCormick	Epsom CC	V	54	-
43	7:13	Bruce English	Eastbourne Rovers CC	V	52	0:25:17
44	7:14	Jay Chisnall	VTTA (Surrey & Sussex)	V	57	-
45	7:15	Simon Church	In-Gear Quickvit Trainsharp RT	V	51	-
46	7:16	David Churchill	Bigfoot CC	V	58	-
47	7:17	David Clements	Eastbourne Rovers CC	V	45	0:22:58
48	7:18	Paget Cohen	Lewes Wanderers CC	V	44	-
49	7:19	Peter Eames	Eastbourne Rovers CC	V	54	-
50	7:20	Ben Elliott	Paceline RT	S	34	-

Stan Nash Memorial 10 Mile Time Trial – Saturday 5th August 2017 – Course G10/87

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

Guidelines

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.

Parental Consent Forms All riders under 18 download a parental consent when they enter online. The form must be completed and brought with you on the day. Please hand it in before signing on.

Lights 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.

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

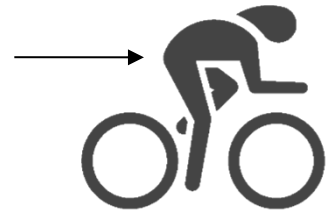
Competitors' Vehicles No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish.

Official Observers Official observers will be stationed around the course.

Results No times will be given out at the finish.

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. No time may be recorded if number is not correctly positioned.

Please pin your number here



Signing Out 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.