



East Sussex Cycling Association

2017 President Bob Harber – Brighton Excelsior CC



ESCA 25m Time Trial – Sunday 10th Sept 2017 – G25/89

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

Start Sheet

Event Secretary Luke de Quay (East Grinstead CC)
c/o DK Glovesheets, 25 High Street. Dormansland, Surrey RH7 6PU
Email: lukedequay@gmail.com Mobile: 07410 442157

Timekeepers **Richard Blackmore** (East Grinstead CC) & **Mike Labram** (Crawley Wheelers)

General Information

Event HQ

Fairwarp Village Hall, Nursery Lane TN22 3BD – Open from 6:00am. Heading north on the A22, turn right at Lampool Roundabout into Straight Half Mile Road. Turn left onto B2026 Lampool Road then second right into Nursery Lane. The HQ is on the left.

Car Parking

There is limited parking in the car park, when full please park sensibly on the hall side of the lane with consideration for other road users and local residents.

Please do not block horsebox access for the property at the top of Nursery Lane.

Race Numbers

Race Numbers will be available at the event HQ. Please collect your number 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.**

Additional Hazards

Notice of any additional hazards to be aware of on the course will be displayed next to the signing on sheet.

Start

The start is less than a mile from the hall. Proceed out of the car park and turn right, at the give way turn left, proceed to the next give way, turn right and at Lampool Roundabout take first exit to the start.

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.

Prize List

Fastest Overall

First	£35.00
Second	£30.00
Third	£25.00
Fourth	£20.00
Fifth	£15.00
Sixth	£10.00

Fastest Lady

Plus extra £15 for 1st & £5 for 2nd from DK Glovesheets

First	£20.00
Second	£15.00
Third	£10.00

Fastest Junior / Espoir

First Junior	£10.00
First Espoir	£10.00

Fastest Age Category

not winning another individual prize

Under 35	£10.00
35 – 39	£10.00
40 – 44	£10.00
45 – 49	£10.00
50 – 54	£10.00
55 – 59	£10.00
60 – 64	£10.00
65 and over	£10.00

Fastest Team of 3

First	£15.00 each
Second	£10.00 each

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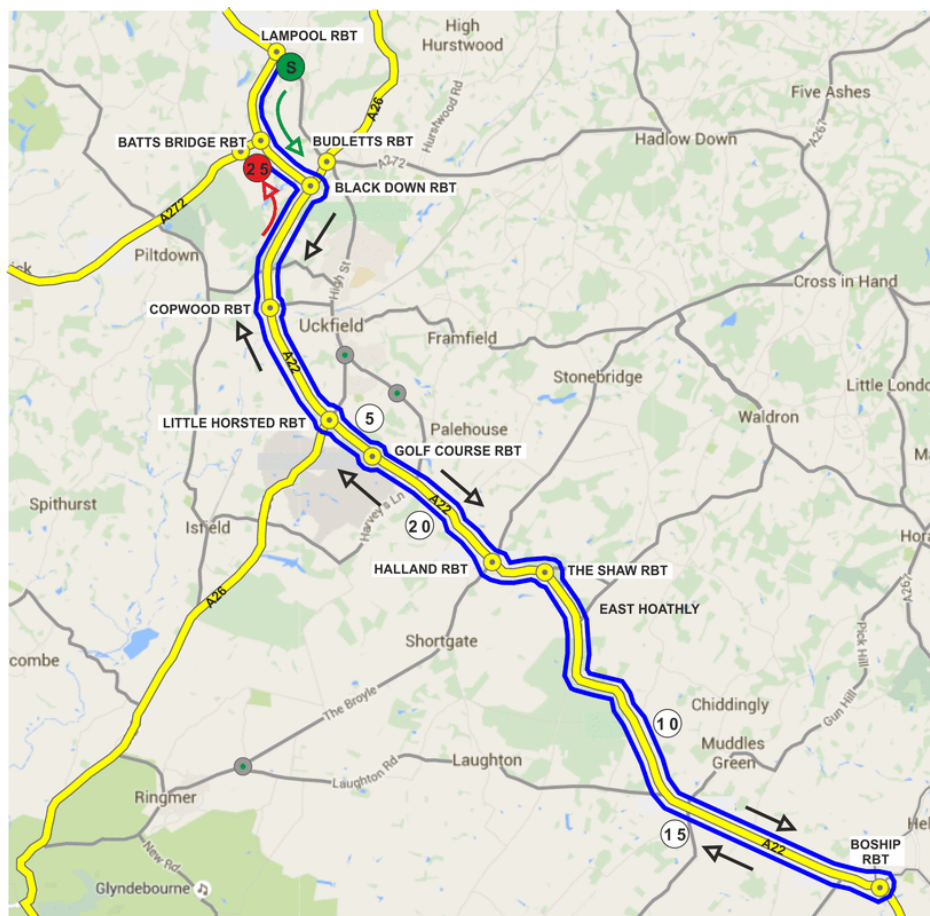
Course Details

G25/89 – Maresfield – Halland – Lower Dicker – Halland – Maresfield – A22

Many thanks to Mike O’Gorman (Worthing Excelsior CC) who has mapped all the London South courses.

These course details can be viewed or downloaded from the Sussex CA website www.sussexca.org.uk/g2589.html

OS Ref	Course G25/89	Distance
TQ461252	START on Maresfield by-pass 100 yards south of Lampool RBT (roundabout) at red paint mark on curb 14 yards before LP12.	00.00m
TQ511165	Proceed to Batts Bridge RBT. Straight on 2nd exit to Black Down RBT. RIGHT 2nd exit following Uckfield by-pass via Copwood RBT to Little Horsted RBT. Straight on 2nd exit via Golf Course and Halland RBTs to The Shaw RBT	07.52m
TQ572172	RIGHT 2nd exit and continue on A22 via Whitesmith and Golden Cross to Boship RBT where TURN (Check)	13.08m
TQ511165	4th exit to retrace though Golden Cross and Whitesmith to The Shaw RBT	18.63m
TQ468231	LEFT 1st exit and continue on A22 via Halland and Golf Course RBTs to Little Horsted RBT. Straight on 2nd exit and follow A22 via Copwood RBT to Black Down RBT	24.40m
TQ461236	LEFT 1st exit and follow Maresfield by-pass to FINISH at red arrow on curb opposite drain in lay-by before Batts Bridge RBT	25.00m



Additional Safety Instructions

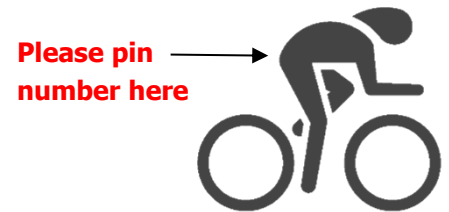
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- Competitors must not cross the A22 at the start and finish points and should exercise extra care when negotiating roundabouts.

Please pay attention to the following CTT regulations/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.
- **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.



This is a qualifying event for

ESCA Points Competition 30 points for 1st place down to 1 point for 30th place for riders from an ESCA affiliated club. The individual points earned by each rider are totalled and awarded to their respective club.

ESCA Trophies Counts towards the fastest junior, fastest lady, fastest rider under 60 minutes, highest veteran plus on standard and the fastest team of three from an ESCA affiliated club over 25 miles – the best performance at either this, or the **April 25**, will be eligible for these awards at the annual prize presentation in January 2018.

ESCA BAR Qualifying event for all the Best All Rounder competitions.

Brian Phillips Trophy Donated by East Grinstead CC in memory of their teammate Brian Phillips who tragically died during the 8-up team time trial event in Viareggio in March 2011 – the trophy will be awarded at the annual prize presentation in January 2018 to the overall winner of the open event.

BBAR Qualifying event for the British Best All Rounder competition.

Keep up to date with what's going on with time trialling in Sussex ...

East Sussex CA
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Facebook Group www.facebook.com/groups/EastSussexCA/

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Order of Start

Race No	Start Time	Rider	Club	Cat	Age
2	07:02:00	Richard Woodward	East Grinstead CC	V	55
3	07:03:00	Paul Thomas	Brighton Mitre CC	VPara	56
4	07:04:00	Paul O'Kane	Chew Valley Cycling Club	S	35
5	07:05:00	Carl Richardson	Trainsharp	V	53
6	07:06:00	Noel Miles	East Grinstead Tri Club	V	41
7	07:07:00	Samuel Ramsey	Lewes Wanderers CC	V	53
8	07:08:00	Samuel Haymes	Dulwich Paragon CC	J	17
9	07:09:00	JOHN BUSH	Maidenhead & District CC	V	57
10	07:10:00	Nick Wilson	Rye & District Wheelers CC	V	54
11	07:11:00	Brett Davis	Lewes Wanderers CC	V	44
12	07:12:00	simon powell	Redhill CC	V	50
13	07:13:00	MARK GIDNEY	Southborough & Dist. Whs	V	55
14	07:14:00	Nathan Russell	Eastbourne Rovers CC	S	29
15	07:15:00	Michael Valks	Lewes Wanderers CC	V	46
16	07:16:00	Mark Edwards	Eastbourne Rovers CC	V	43
17	07:17:00	Donald Parker	Brighton Mitre CC	V	68
18	07:18:00	Andrew Thomas	Southborough & Dist. Whs	V	53
19	07:19:00	Darren Bird	Mid Sussex Triathlon Club	S	37
20	07:20:00	Richard Gifford	In-Gear Quickvit Trainsharp RT	V	54
21	07:21:00	Stephen Morgan	Tooting BC	V	49
22	07:22:00	Sean Quinney	Lewes Wanderers CC	V	48
23	07:23:00	Ion Tsakalis	Brighton Mitre CC	V	52
24	07:24:00	Lee McGeever	Brighton Excelsior CC	V	48
25	07:25:00	Michael Davey	Eastbourne Rovers CC	V	40
26	07:26:00	Krzysiek Lachor	Clapham Chasers	S	39
27	07:27:00	Matthew Evans	Southborough & Dist. Whs	V	55
28	07:28:00	adam rogers	Eastbourne Rovers CC	V	42
29	07:29:00	Matt Woodhart	Brighton Mitre CC	V	40
30	07:30:00	Tom Glandfield	Lewes Wanderers CC	V	44
31	07:31:00	Damen Foord	Direct Power Cycling Team	S	33
32	07:32:00	James Stone	Brighton Excelsior CC	V	48
33	07:33:00	Chris Pope	East Grinstead CC	S	32
34	07:34:00	Olivia Webb	Eastbourne Rovers CC	FV	48
35	07:35:00	Ben Houston	East Grinstead CC	V	40
36	07:36:00	Ruth Summerford	Eastbourne Rovers CC	FS	26
37	07:37:00	Sally Turner	GS Stella	FS	37
38	07:38:00	Gina McGeever	Lewes Wanderers CC	FV	45
39	07:39:00	Rebecca Wilson	Rye & District Wheelers CC	FV	52
40	07:40:00	Pete Morris	Team ASL	S	39
41	07:41:00	John Glaysher	...a3crg	S	39
42	07:42:00	Lisa Davis	Lewes Wanderers CC	FV	42
43	07:43:00	Emily McLoughlin	East Grinstead Tri Club	FS	25
44	07:44:00	Clare Parkholm	Lewes Wanderers CC	FV	46
45	07:45:00	Rupert Robinson	Crawley Wheelers	V	45
46	07:46:00	Katie Crowe	Dulwich Paragon CC	FV	41

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47	07:47:00	Pip Jenkins	Southborough & Dist. Whs	FS	29
48	07:48:00	Peter Barling	Lewes Wanderers CC	S	34
49	07:49:00	Lee Holdaway	Hastings & St. Leonards CC	V	62
50	07:50:00	Steve Dennis	East Grinstead CC	V	54
51	07:51:00	stephen comben	Lewes Wanderers CC	S	39
52	07:52:00	Colin Barton	Worthing Excelsior CC	V	56
53	07:53:00	Daniel Ellis	Eastbourne Rovers CC	S	36
54	07:54:00	George Windsor	VTTA (Surrey & Sussex)	V	76
55	07:55:00	Peter Hooper	Eastbourne Rovers CC	S	32
56	07:56:00	Peter Baker	Lewes Wanderers CC	V	59
57	07:57:00	paul cloudsdale	Bigfoot CC	V	44
58	07:58:00	Peter Owen	Norwood Paragon CC	V	56
59	07:59:00	Chris Parker	Hastings & St. Leonards CC	V	61
60	08:00:00	Nick Dwyer	Lewes Wanderers CC	V	54
61	08:01:00	David Clements	Eastbourne Rovers CC	V	45
62	08:02:00	steve Avery	Bigfoot CC	V	58
63	08:03:00	David Sawyer	Wolsey RC	V	54
64	08:04:00	Tim Wells	Eastbourne Rovers CC	V	46
65	08:05:00	Robert Rollings	Lewes Wanderers CC	S	31
66	08:06:00	Gee Shek	East Grinstead CC	V	41
67	08:07:00	Aidan McConville	Lewes Wanderers CC	S	38
68	08:08:00	John McGlashan	Redmon CC	V	66
69	08:09:00	Paul Valks	Lewes Wanderers CC	V	73
70	08:10:00	Neil Harris	PMR @ Toachim House	S	36
71	08:11:00	Tony Reeves	GS Stella	V	46
72	08:12:00	keith walker	Wigmore CC	V	52
73	08:13:00	Hugh Pelling	Old Portlians CC	V	53
74	08:14:00	Mikey Weavers	East Grinstead CC	Esp	19
75	08:15:00	Chris Wolton	Southborough & Dist. Whs	S	32
76	08:16:00	David Clark	Eastbourne Rovers CC	V	48
77	08:17:00	Colin Toppin	Brighton Excelsior CC	V	44
78	08:18:00	Matthew Sim	University of Bath Cycling Club	Esp	20
79	08:19:00	Michael Gates	Chew Valley Cycling Club	S	34
80	08:20:00	Marc Townsend	Eastbourne Rovers CC	S	36

Refreshments

Refreshments are available in the hall after the event
A small monetary donation would be appreciated