



# SOUTHDOWN'S BIKES CYCLING CLUB

## **Sporting 34K Time Trial – Sunday 5th February 2017**

### **Course GS/989**

Event Secretary: Kevin Plummer

5 Norbury Drive, North Lancing, West Sussex, BN15 0QN

Email: [simacracing@yahoo.com](mailto:simacracing@yahoo.com)

Tel: 01903 600332 (or 07814 043969 on day of event)

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

### **HQ Storrington Village Hall**

59 West Street  
Storrington  
West Sussex

Postcode RH20 4DZ

Open from 8:30 am



STORRINGTON VILLAGE HALL is situated at the western end of Storrington near the mini-roundabout at the junction of the A283 and B2139.

THERE IS NO PARKING AT THE HQ ITSELF.

There is limited on-street parking near the HQ and plenty of parking at the Chanctonbury Leisure Centre, Spierbridge Road, Storrington.

To reach this from Storrington, pass the HQ and at the mini-RAB (garage/Tesco) keep straight on towards Pulborough. At the mini-roundabout turn right into Spierbridge Road and then LEFT into the Leisure Centre car park.

Please park considerately as we will be sharing the car park with Leisure Centre users. It is a 5 minute walk from the car park to the HQ.

Thank you in advance for not wearing cycling shoes or cleats in the hall. No bikes allowed in hall at all.

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: 0.47 miles Finish to HQ: 1.11 miles

Route to start: Leave the HQ turning left to mini-roundabout. Take the second exit towards Amberley

**Start Timekeeper:** Su Balcombe Brighton Excelsior CC

**Finish Timekeeper:** Mick Irons Worthing Excelsior CC

## 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.

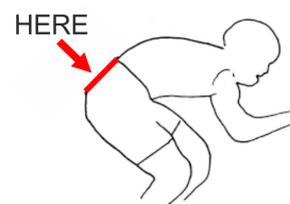
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**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".



**Roundabouts:** Competitors must exercise extra care at all roundabouts.

**Start/Finish Areas:** Competitors must exercise extra care at the start and **ABSOLUTELY NO U-TURNS** in the vicinity of either start or finish.

## COURSE DETAILS

The course is on roads that are normally fairly well surfaced, although it is February and once again the weather has taken its toll on all the Sussex roads. You need to pay full attention as there are a number of pot holes that are best avoided if you value your wheels and your neck! The terrain is arduous, rather than savage, with the top riders probably not using the small ring. There are some quick descents, none of which are "technical", but descending through Houghton needs **100%** attention in case any cars pull out of any of the minor roads.

## ROAD BIKE CATEGORY

No triathlon / aero bar extensions. No disc wheels! (deep section rims are permitted)

## GOOD SPECTATOR POINTS

The car park on Houghton Hill (about 8km from the start), lay-bys on the A27 (riders should be going quite quickly).

The climb from Arundel to Whiteways Lodge, though there is very limited parking opportunity on this climb (no problem if you ride to it though); if riders are going to suffer it will be here – tired legs, long climb.....

## SPONSORS

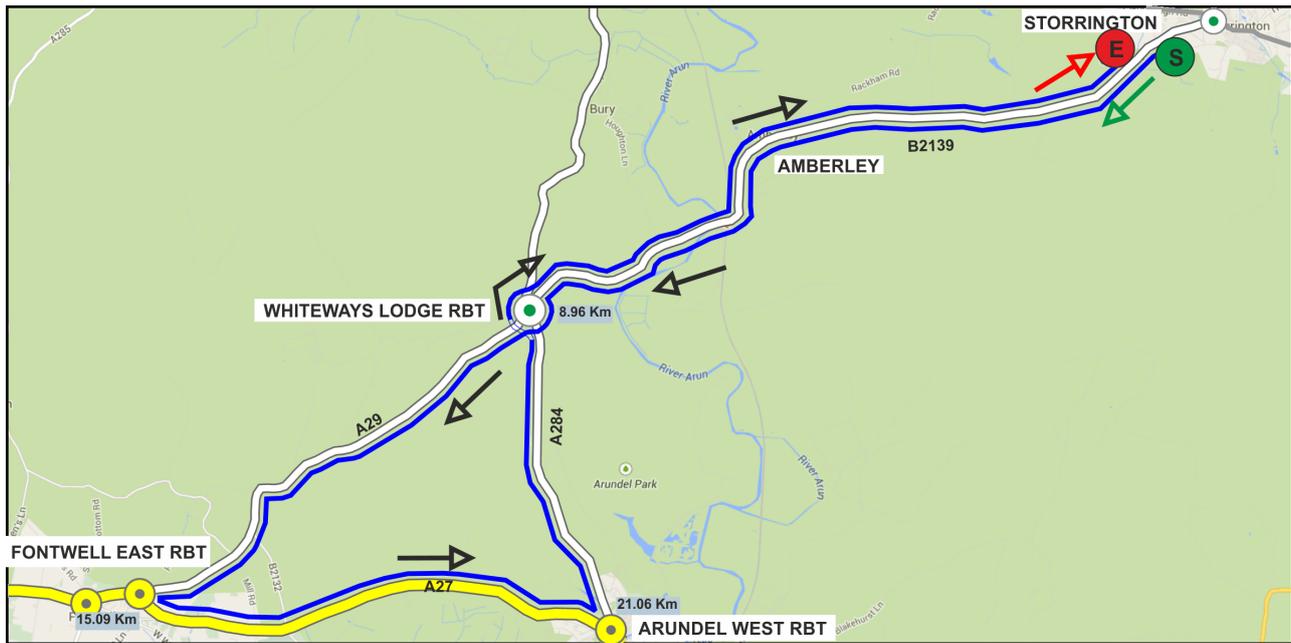
We are grateful to the following companies and individuals that have contributed towards the prize list and organizational costs:

**USE Exposure, Southdowns Bikes** of Storrington, Goring.

Please support our supporters by using their products and services.

Overall	1st - LezyneMacro Floor Drive, and £25.00 2nd - Lezyne Pro Drive Rear Light and £15.00 3rd - Lezyne V7 Multitool and £10.00 4th - £10 SDB Voucher and £5.00 5th - £10.00 SDB Voucher & bottle of wine. 6th - £10.00 SDB Voucher
Road Bike	1st - Lezyne Pro Driver Rear Light, £10.00 SDB voucher and £15.00 2nd - £10.00 SDB Voucher
Vets on Standard	1st - Lezyne Macro Drive Digital and £20.00 2nd - Lezyne V7 multitool, and £10.00 SDB Voucher
Ladies	1st - Lezyne Pro Drive Rear Light, and £20.00 2nd - £10.00 SDB Voucher and £15.00 3rd - £10.00 SDB Voucher
Juniors	1st - Lezyne V7 Multitool, and £10.00 SDB Voucher 2nd - £10 SDB Voucher
Team of three	1st - £25.00 each rider 2nd - £15.00 each rider

## COURSE GS989



**Start** on B2139 by footpath sign at entrance to Kithurst Farm and almost opposite New Town Road, Storrington (TQ077141).

Proceed southwest on B2139 via Amberley and Houghton to Whiteways Lodge roundabout (Marshals).

Take second exit (straight on) now on A29 and proceed to Fontwell East roundabout (15.5km) (Check & Marshal). Take first exit (left) and follow A27 to Arundel West roundabout. Take first exit on to A284 to climb to Whiteways Lodge roundabout (Marshals). Take third exit to retrace outward route on B2139, taking care on the descent through Houghton village to **Finish** at point opposite large oak tree situated approximately mid-way along lay-by on south side of road approximately 1km short of start.

**Please continue to follow the route that you are on unless race signs and/or marshals indicate otherwise. It is intended to marshal all junctions that require you to leave the road that you are on and appropriate signage will be in place.**