Eastbourne Rovers Cycling Club

Stan Nash 10 mile Memorial Time Trial

Saturday 08 September 2018 – 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	£25.00
Second	£20.00
Third	£15.00
Fourth	£10.00

Fastest Lady	
First	£25.00

Team of Three	
First	£15.00 each
Second	£10.00 each

Age Category Awards Not winning another individual prize	
Under 40	£10.00
40 – 49	£10.00
50 – 59	£10.00
60 and over	£10.00

Improvement percentage on 2017 Eastbourne Rovers 10	
First	£15.00
Second	£10.00

General Info

Event HQ East Hoathly Sports Pavilion, London Road East Hoathly, East Sussex BN8 6QE – Open from 6:00am. 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.

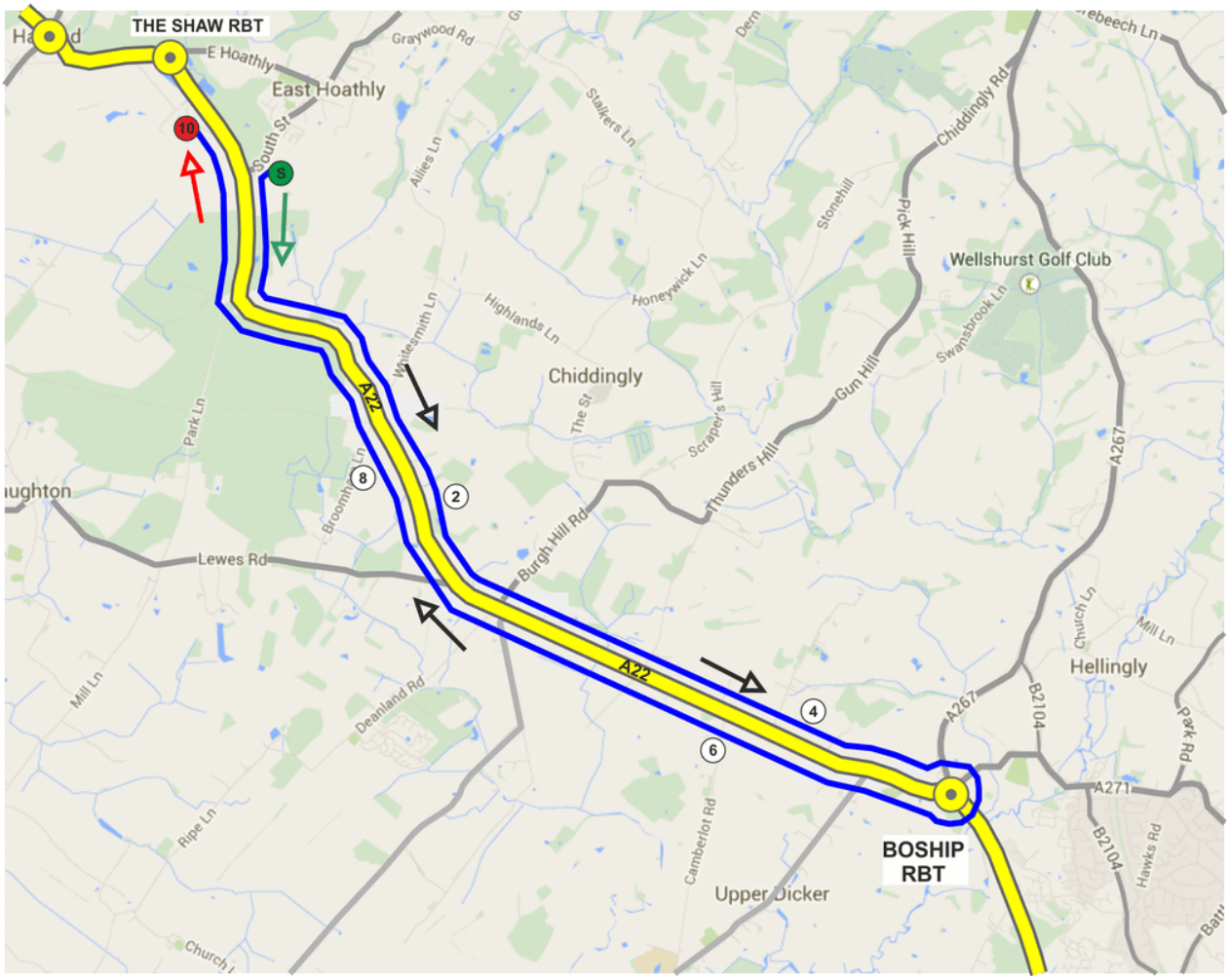
Signing Out Please note that all competitors are now required personally to sign the signing out sheet when returning their number. In accordance with CTT regulations, failure to do so will result in the competitor being recorded as DNF.

Stan Nash Memorial 10 Mile Time Trial – Saturday 08 September 2018 – 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 08 September 2018 – 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	2017 Rovers 10
3	7:03	Robert Royle-evatt	Addiscombe CC	V	51	0:26:10
4	7:04	Derek Hastings	Mid Sussex Triathlon Club	V	72	-
5	**7:05**	**Stuart Payne**	**Central Sussex CC**	**V**	**56**	**0:26:37**
6	7:06	Mike Hook	Mid Sussex Triathlon Club	S	37	-
7	7:07	Jim O'leary	GS Avanti	V	61	-
8	7:08	Phil Couch	Mid Sussex Triathlon Club	V	49	-
9	7:09	Michael Daniels	Southborough & Dist. Whs	V	83	0:28:47
10	**7:10**	**Callum Murray**	**Mid Sussex Triathlon Club**	**V**	**61**	**-**
11	7:11	Barry Packman	Dorking Cycling Club	V	72	-
12	7:12	Graham Knowles	Lewes Wanderers CC	V	63	-
13	7:13	Martin Shoesmith	Mid Sussex Triathlon Club	V	54	-
14	7:14	Philip Long	Eastbourne Rovers CC	V	52	-
15	**7:15**	**Peter Owen**	**Norwood Paragon CC**	**V**	**57**	**-**
16	7:16	Paul Valks	Lewes Wanderers CC	V	74	0:28:14
17	7:17	Andrew Green	Old Portlians CC	V	52	-
18	7:18	Craig Swatton	Crawley Wheelers	S	31	-
19	7:19	Geoff Smith	Eastbourne Rovers CC	V	68	-
20	**7:20**	**Russell Thorne-jones**	**Crawley Wheelers**	**V**	**45**	**-**
21	7:21	Clair Hunt	Mid Sussex Triathlon Club	WV	44	-
22	7:22	Jane Shrubb	Oxted Cycle Club	WV	52	-
23	7:23	Emma Smith	Mid Sussex Triathlon Club	WS	39	-
24	7:24	Olivia Webb	Eastbourne Rovers CC	WV	49	0:26:32
25	**7:25**	**Clive Jarman**	**trainSharp**	**V**	**60**	**-**
26	7:26	James Cheeseman	Crawley Wheelers	S	32	-
27	7:27	Richard Burchett	Lewes Wanderers CC	V	47	-
28	7:28	Mat Clarkson	North Road CC	V	46	-
29	7:29	Daniel Ellis	Eastbourne Rovers CC	S	37	-
30	**7:30**	**Michael Valks**	**Lewes Wanderers CC**	**V**	**47**	**-**
31	7:31	Sam Dix	In-Gear Quickvit Italy Bike Tours RT	V	47	-
32	7:32	Theo Tadros	trainSharp	Jn	16	-
33	7:33	Andrew Quye	Southborough & Dist. Whs	V	56	-
34	7:34	David Greenwood	Rye & District Wheelers CC	V	53	-
35	**7:35**	**Iain Duncan**	**Crawley Wheelers**	**V**	**46**	**-**
36	7:36	Connor Murphy	trainSharp	S	23	-
37	7:37	Andrew Macpherson	Kingsnorth International Whs	S	38	-
38	7:38	Mark Edwards	Eastbourne Rovers CC	V	44	-
39	7:39	Brian Molloy	Brighton Excelsior CC	V	50	-
40	**7:40**	**Christian Yates**	**East Grinstead CC**	**V**	**55**	**-**
41	7:41	David Clark	Eastbourne Rovers CC	V	49	0:22:07
42	7:42	Lawrence Wintergold	Hounslow & District Whs	V	54	-
43	7:43	David Clements	Eastbourne Rovers CC	V	46	0:22:55
44	7:44	Matthew Smith	Brighton Excelsior CC	S	34	-
45	**7:45**	**Gavin Ash**	**Worthing Excelsior CC**	**S**	**38**	**-**
46	7:46	Steven Kane	Team ASL	S	29	-
47	7:47	Mark Bashford	East Grinstead CC	S	35	0:21:45
48	7:48	Peter Tadros	trainSharp	V	48	-
49	7:49	Nick Wilson	Rye & District Wheelers CC	V	55	-
50	**7:50**	**Mark Smith**	**Crawley Wheelers**	**V**	**45**	**0:20:26**

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 **r**iders 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.

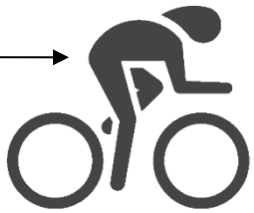
Competitors' Vehicles No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish.

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 competitors must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must return their race number and sign the official signing out sheet. A rider who fails to so sign the official signing out sheet shall be recorded as DNF.

Refreshments

Refreshments are available in the hall after the event

Riders – £1 for tea/coffee and cake

Marshals and Helpers – free