



Sussex Cyclists' Association

2018 PRESIDENT – Kathy Collard-Berry, A3crg.

Open 30 miles Time Trial Sunday 29th July 2018

Course G.30/91

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

Event Secretary: Robin Johnson
(Brighton Mitre CC)

7 Gorselands, Billingshurst, West Sussex RH14 9TT

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

RH20 3PG

Open from 06:00



Parking available at HQ. Then use surrounding roads considerably.

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

	01:04:23	Mark Smith	2017
Ladies:	01:16:54	Gina McGeever	2015
Vets:	01:04:23	Mark Smith	2017

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.

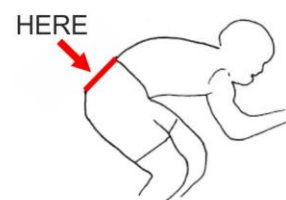
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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

MEN	2018			
	2017	Mark Smith	Crawley Whs.	1:04:23
	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	2018			
	2017	Gina McGeever	Lewes Wanderers CC	1:18:59
	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
Vets on target time	2018			
	2017	Steve Dennis	East Grinstead CC	+ 17:29
	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	2018		
	2017	Worthing Excelsior CC	3:33:59
	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

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TIMEKEEPER

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)	and each 5 years' age group, Wine (value £5).	
3 rd	£6 + Wine (value £5)		
4 th	Wine (value £5)		
1 st Lady	£20 + Champagne (value £25)		
2 nd Lady	£10 + Wine (value £5)		
1 st Team	£10 + Wine (value £5) each		
1 st Vet on Target time	£10 + Wine (value £5)		
2 nd Team	Wine (value £5) each		
2 nd Vet on Target time	£5 + Wine (value £5).		

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
1 st Lady	Sussex C.A. medal
1 st Team	Sussex C.A. medal
1 st 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 25th November, 2018. Venue Dial Post Village Hall. £10 to Robin Johnson not later than 22nd November, 2018.

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.

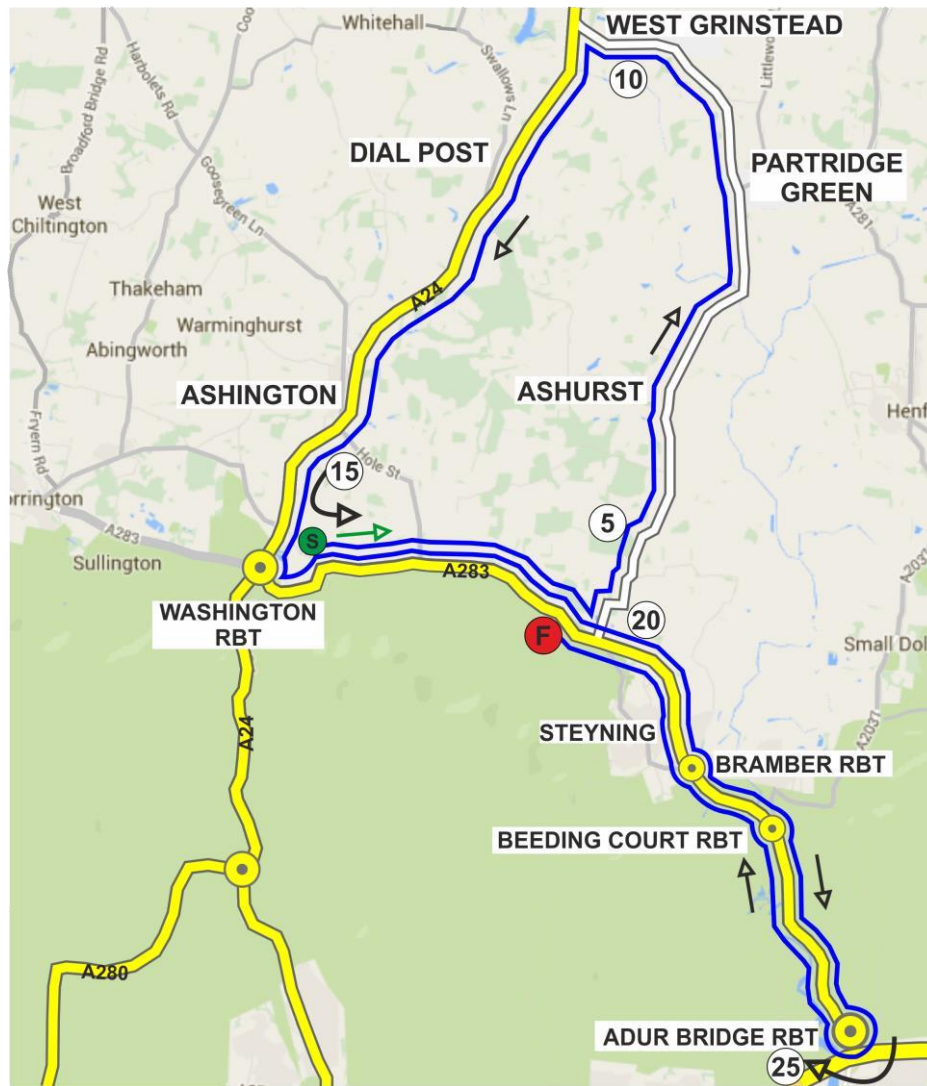
A bottle of wine, value £5, to each of the first two names drawn.

To be eligible, be present and be a finisher.

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

18th August 2018, 0900-1200, sellers £8 a table from 0730.

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



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

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Order of start

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age
1	07:01:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	70
2	07:02:00	Glenda	Goscomb	7 Oaks Tri	Female	Veteran	59
3	07:03:00	Claire	Leonard	South Downs Bikes / Casco Europe	Female	Veteran	46
4	07:04:00	Peter	Horsfield	Redmon CC	Male	Veteran	68
5	07:05:00	Nik	Allen	Worthing Excelsior CC	Male	Veteran	47
6	07:06:00	Carl	Richardson	trainSharp	Male	Veteran	54
7	07:07:00	Lisa	Davis	Lewes Wanderers CC	Female	Veteran	43
8	07:08:00	Michael	Leonard	South Downs Bikes / Casco Europe	Male	Veteran	54
9	07:09:00	Anita	Turner	Eastbourne Rovers CC	Female	Veteran	48
10	07:10:00	Brett	Davis	Lewes Wanderers CC	Male	Veteran	45
11	07:11:00	Simon	Kidd	Charlottesville Cycling Club	Male	Veteran	58
12	07:12:00	Donald	Parker	Brighton Mitre CC	Male	Veteran	69
13	07:13:00	Alan	Robinson	Central Sussex CC	Male	Veteran	77
14	07:14:00	Adam	Rogers	Eastbourne Rovers CC	Male	Veteran	43
15	07:15:00	Gavin	Ash	Worthing Excelsior CC	Male	Senior	38
16	07:16:00	Clive	Jarman	trainSharp	Male	Veteran	60
17	07:17:00	Olivia	Webb	Eastbourne Rovers CC	Female	Veteran	49
18	07:18:00	Paul	Tomlinson	Crawley Wheelers	Male	Veteran	43
19	07:19:00	Clive	Jackson	Central Sussex CC	Male	Veteran	66
20	07:20:00	Howard	Bayley	Blazing Saddles	Male	Veteran	43
21	07:21:00	Simon	Trehearn	Kingston Phoenix RC	Male	Veteran	44
22	07:22:00	James	Horan	South Downs Bikes / Casco Europe	Male	Veteran	48
23	07:23:00	Mike	Marchant	Southdown Velo	Male	Veteran	61
24	07:24:00	Matthew	Sim	Dorking Cycling Club	Male	Espoir	21
25	07:25:00	Dale	Lush	Kingston Phoenix RC	Male	Senior	39
26	07:26:00	Jon	Saunders	Charlottesville Cycling Club	Male	Senior	27
27	07:27:00	Martin	Booker	Worthing Excelsior CC	Male	Veteran	50
28	07:28:00	John	Marinko	Brighton Mitre CC	Male	Veteran	53
29	07:29:00	Ben	Fielden	GS Stella	Male	Veteran	76
30	07:30:00	Simon	Mcnamara	South Downs Bikes / Casco Europe	Male	Veteran	43
31	07:31:00	Kevin	Plummer	South Downs Bikes / Casco Europe	Male	Veteran	53
32	07:32:00	Nolan	Heather	Worthing Excelsior CC	Male	Veteran	42
33	07:33:00	Jon	Fry	Horsham Cycling	Male	Veteran	47
34	07:34:00	Noel	Miles	East Grinstead Tri Club	Male	Veteran	41
35	07:35:00	Philip	Murrell	Finsbury Park CC	Male	Veteran	49
36	07:36:00	Trevor	Leeding	Worthing Excelsior CC	Male	Veteran	52
37	07:37:00	David	Phillips	Old Portlians CC	Male	Veteran	63
38	07:38:00	Mike	Boyce	...a3crg	Male	Veteran	62
39	07:39:00	Geoff	Smith	Eastbourne Rovers CC	Male	Veteran	68
40	07:40:00	Mark	Smith	Crawley Wheelers	Male	Veteran	44
41	07:41:00	Andy	Tedd	South Downs Bikes / Casco Europe	Male	Veteran	50
42	07:42:00	Christian	Yates	East Grinstead CC	Male	Veteran	55
43	07:43:00	Neil	Crowther	Worthing Excelsior CC	Male	Veteran	45
44	07:44:00	Tony	Reeves	GS Stella	Male	Veteran	47
45	07:45:00	Colin	Ward	Essex Roads CC	Male	Veteran	40

