

Eastbourne Rovers Cycling Club

Cliff Sharp 25 mile Memorial Time Trial

Sunday 08 September 2019 – Course G25/89

Held for and on behalf of Cycling Time Trials under its rules and regulations



Event Secretary

Peter Moon

73 Wannock Lane, Eastbourne, East Sussex BN20 9SG

Tel: 01323 485180 Mob: 07949 112107

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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
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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 2018 Eastbourne Rovers 25

First	£15.00
Second	£10.00

General Info

Event HQ Farwarp 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 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 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.

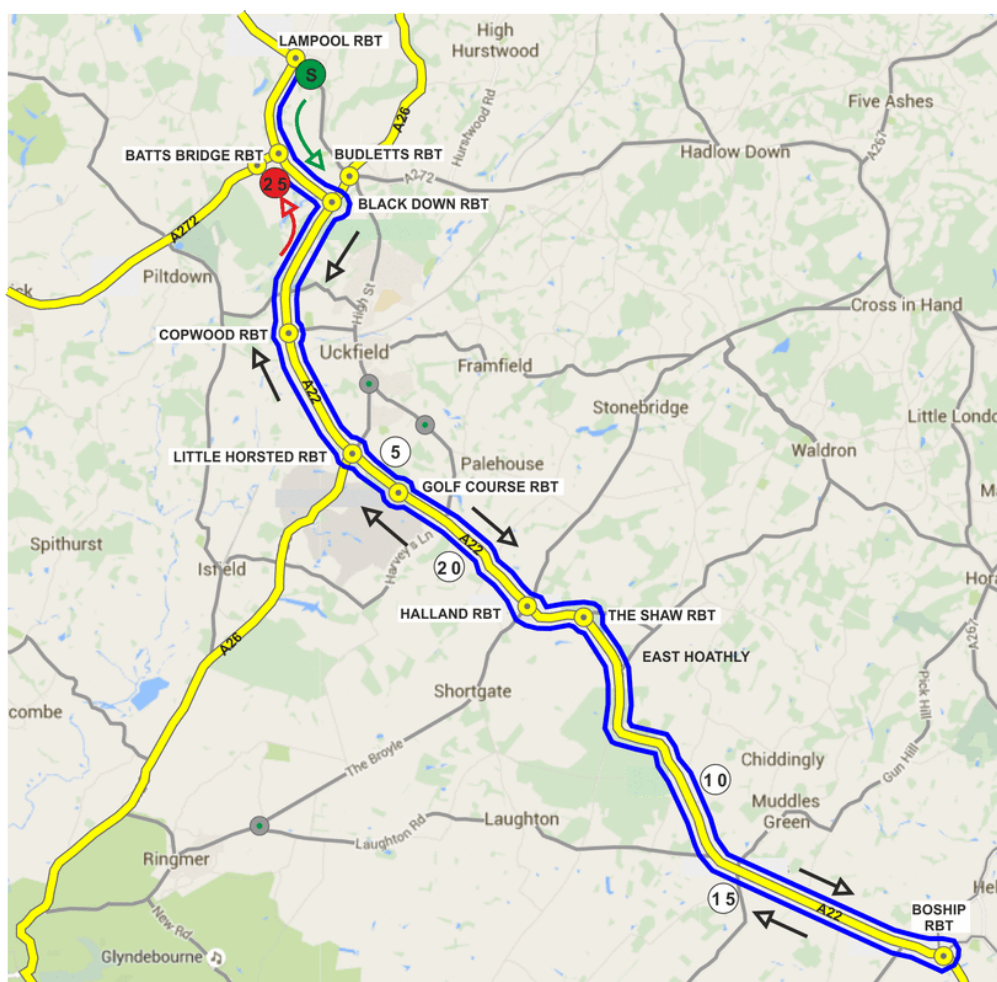
Signing Out Please note that all competitors are now required personally to sign the signing out sheet when returning their number. In accordance with CTT regulations, failure to do so will result in the competitor being recorded as DNF.

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Course Details

OS Ref	Course G25/89	Dist
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



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/8600740>

Additional Safety Instructions:

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

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Order of Start

Race No	Start Time	Rider	Club	Cat	Age	2018 Rovers 25
1	07:01	Olivia Webb	Eastbourne Rovers CC	WV	50	1:03:11
2	07:02	Marise Tallon	East Grinstead Tri Club	WV	53	-
3	07:03	Katerina Avramides	Brighton Mitre CC	WS	39	-
4	07:04	Daniel Ellis	Eastbourne Rovers CC	S	38	1:00:27
5	07:05	Martin Gevaux	East Grinstead Tri Club	V	56	-
6	07:06	Peter Rowe	Southborough & Dist. Whs	V	55	-
7	07:07	Carl Richardson	trainSharp	V	55	0:58:20
8	07:08	Tim Miles	Hastings & St. Leonards CC	V	73	1:12:47
9	07:09	Eric Degolier	Sussex Revolution Velo Club	V	45	-
10	07:10	Keith Roberts	East Grinstead Tri Club	V	53	-
11	07:11	Darren Bird	Sussex Nomads CC	S	39	-
12	07:12	Barrie Foster	Anerley BC	V	70	-
13	07:13	John Mankelow	Lewes Wanderers CC	V	71	-
14	07:14	Gareth Purves	Hastings & St. Leonards CC	S	39	-
15	07:15	Edwin Wagena	Brighton Mitre CC	V	49	-
16	07:16	Richard Woodward	East Grinstead CC (Merlin Cycle Coaching)	V	57	-
17	07:17	Peter Davies	Brighton Mitre CC	V	62	-
18	07:18	Tony Longhurst	Oxted Cycle Club	V	40	-
19	07:19	Mark Thomas	Bigfoot CC	V	56	-
20	07:20	Simon Powell	Redhill CC	V	52	1:01:44
21	07:21	Andrew Quye	Southborough & Dist. Whs	V	57	1:00:53
22	07:22	Colin Toppin	Worthing Excelsior CC	V	46	-
23	07:23	Russell Thorne-Jones	Crawley Wheelers	V	46	-
24	07:24	Sam Bennett	7Oaks Tri Club	V	46	1:03:16
25	07:25	Nathan Russell	trainSharp	S	31	-
26	07:26	Nick McCormick	Epsom CC	V	56	-
27	07:27	Duncan Fuller	Lewes Wanderers CC	V	44	-
28	07:28	Noel Miles	East Grinstead Tri Club	V	43	-
29	07:29	Trevor Deeble	Hastings & St. Leonards CC	S	34	-
30	07:30	Jonathan Thomas	Epsom CC	V	58	-
31	07:31	Mark Edwards	Eastbourne Rovers CC	V	45	0:57:29
32	07:32	Stephen Morgan	Tooting BC	V	51	-
33	07:33	John Cordner	trainSharp	V	50	-
34	07:34	Colin Harrison	East Grinstead CC (Merlin Cycle Coaching)	V	54	0:59:40
35	07:35	James Stone	Brighton Excelsior CC	V	50	1:00:52
36	07:36	Lawrence Wintergold	Hounslow & District Whs	V	55	0:56:51
37	07:37	Keith Brown	Southborough & Dist. Whs	V	48	-
38	07:38	David Clark	Eastbourne Rovers CC	V	50	0:55:43
39	07:39	David Rumm	Southborough & Dist. Whs	V	52	-
40	07:40	Ian Leeding	Norwood Paragon CC	V	51	-
41	07:41	Paul Byford	Crawley Wheelers	V	53	-
42	07:42	Theo Tadros	trainSharp	Jn	17	1:00:07
43	07:43	Fabien Large	NOPINZ	Jn	17	-
44	07:44	David Clements	Eastbourne Rovers CC	V	47	0:57:01
45	07:45	Neil Harris	Southborough & Dist. Whs	S	38	-

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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.

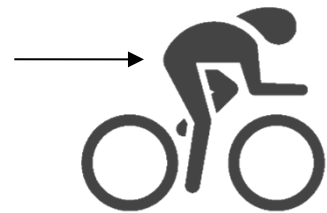
Competitors' Vehicles No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish.

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 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