



[www.sussexca.org.uk](http://www.sussexca.org.uk)

# Sussex Cyclists' Association

1921 - 2020

PRESIDENT – ROB CHARLES, Blazing Saddles



## Open 50 miles Time Trial, Sunday 2nd August 2020

Course G50/10

### *Incorporating Sussex Individual, Veterans and Team Championships*

*Qualifying event for National B.A.R., S.C.A. B.A.R. and S.C.A. SPOCO*

**Event Secretary:** Robin Johnson, 7 Gorselands, Billingshurst, West Sussex, RH14 9TT.  
Brighton Mitre C.C.

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Tel: 01403 783368 (or 07733 132043 on day of event)

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

### HQ

#### Sports Pavilion, near west end of Church Lane, Ashington

Church Lane,  
Ashington,  
West Sussex.  
RH20 3JX.



Toilet open from 05:30;  
2nd building from west end of Church Lane, opposite the church.

Parking: use recreation ground beyond barrier, drive in between hedge at side of bungalow and the first white building on right hand side of road beyond private houses/bungalows.

1st building is Youth Club, not available.

Toilet in next building going west.

2nd building is Sports Pavilion and access to toilet only.

3rd building is Scout hall, not available, but we can use car park between buildings.

HQ not open; toilet is, one in one out.

Numbers outside HQ only. After the event please return your number to the bowl/bucket of disinfected water.

Please remember to sign back in after the event.

HQ to start: 5.5 miles (**allow 30 minutes**)

Route to start: This will be signed with 5 CTT arrows, marked, START.

Left, outside Sports Pavilion, then left (north), right at roundabout and left to join A24 north.

North to traffic lights, where turn right onto A272.

Finish to HQ: 3.00 miles

#### **Course Records:**

	01:45:55	Mark Smith	2019
Women:	02:07:44	Laura Bartlett	2017
Vets	01:45:55	Mark Smith	2019
Juniors	02:08:21	Jack Churchill	2017
Juveniles	02:13:12	Jack Churchill	2016

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<b>Event Records:</b>	01:46:10	Chris McNamara	2018
Women:	02:09:53	Lisa Davis	2019
Vets	01:46:10	Chris McNamara	2018
Juniors	02:08:21	Jack Churchill	2017
Juveniles	02:13:12	Jack Churchill	2016

<b>Association Records:</b> <i>(riders in Sussex C.A affiliated clubs)</i>	01:46:10	Chris McNamara	2018
Women:	02:09:53	Lisa Davis	2019
Juniors	02:08:21	Jack Churchill	2017
Juveniles	02:13:12	Jack Churchill	2016

### 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 required 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. Competitors must exercise extra care when negotiating all roundabouts.

**Warming Up:** Competitors are requested not to warm up on the course after the event has started.

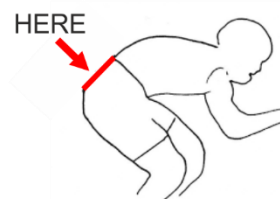
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**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.

**Obey** the two sets of pedestrian crossing lights in Cowfold.

**REAR LIGHT COMPULSORY: NO ILLUMINATED REAR LIGHT=NO START**

# Open 50 miles Time Trial Sunday 2nd August 2020

Course G50/10

## TIMEKEEPER

Richard Blackmore

East Grinstead CC

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## Prizes

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MEN: FIRST	£80	1 <sup>st</sup> on CTT Target	£25
2 <sup>nd</sup>	£50	2 <sup>nd</sup> on CTT Target	£15
3 <sup>rd</sup>	£40		
4 <sup>th</sup>	£25		
5 <sup>th</sup>	£15		
WOMEN: FIRST	£80		
2 <sup>nd</sup>	£50		
	3 <sup>rd</sup> £40		
1 <sup>st</sup> Team	£25 each		
2 <sup>nd</sup> Team	£15 each		

*As Championship events, this race includes a selection of Trophies, Cups and Medals to be awarded to Sussex CA Riders in various categories:*

First	Southern Radio Cup for a year, plus Sussex C.A. medal
1 <sup>st</sup> Woman	Sussex C.A. medal
1 <sup>st</sup> Team	Halford Cup, plus Sussex C.A. medals
1 <sup>st</sup> Veteran	Sussex C.A. medal
1 <sup>st</sup> Veteran on CTT Standard	Sussex C.A. medal

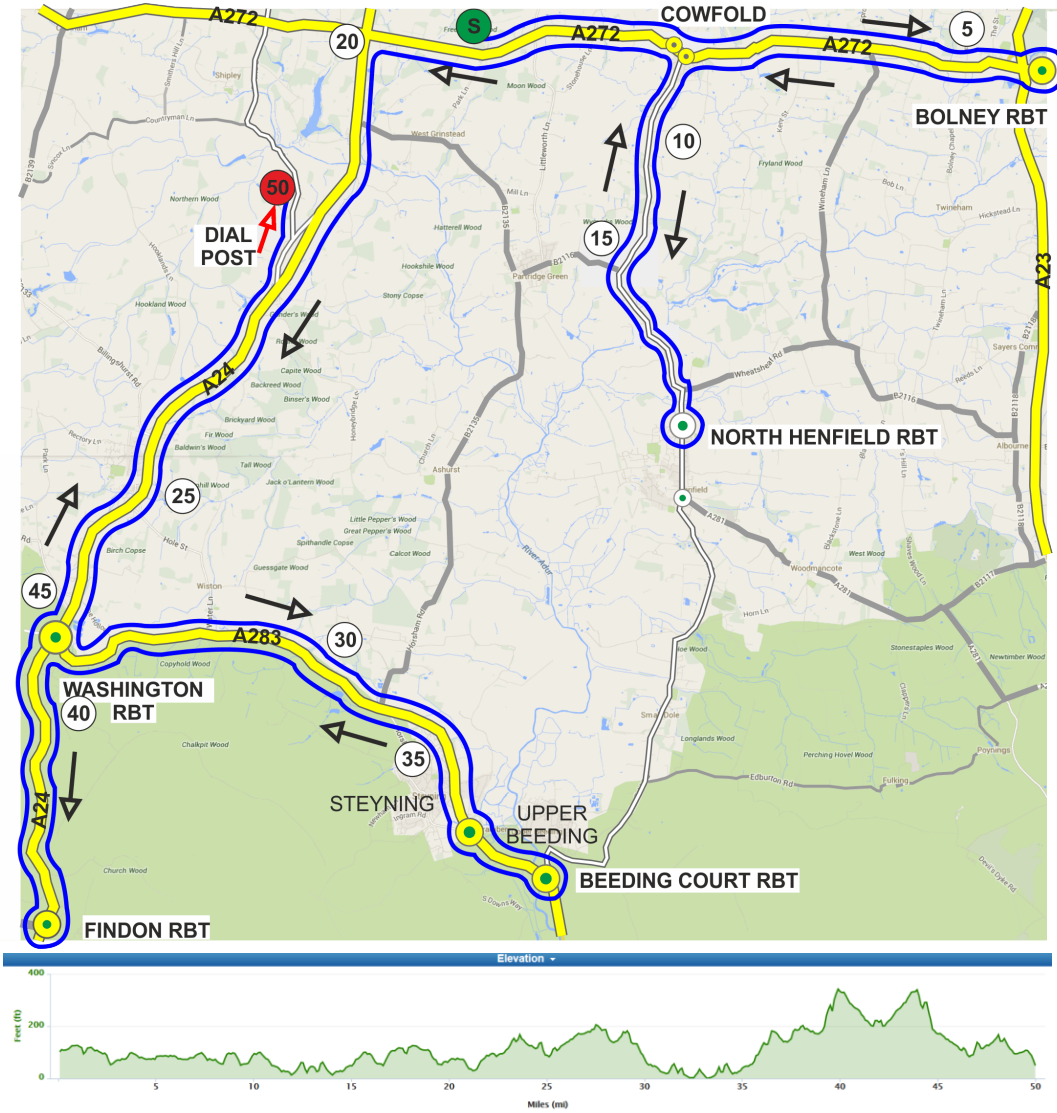
Cups and medals to be presented at the annual Sussex Cyclists' Association lunch and prize presentation.

### PLEASE NOTE

**Prize Presentation** Not this year, prizes to be sent.

**Lottery Prizes** Not this year.

# Course G50/10



OS REF	COURSE DIRECTIONS - G50/10	DISTANCES	
TQ182225	START on A272 at raised manhole cover on grass verge approximately 50 yards west of entrance to The Orchard Restaurant at West Grinstead	0.00	0.00
TQ1267224	Proceed east to twin RBT's (roundabouts) at Cowfold. RIGHT 2nd exit at first LEFT 1st exit at second. Continue on A272 to Bolney RBT where TURN (CHECK)	5.49	5.49
TQ215167	4th exit to retrace to twin RBT's at Cowfold. LEFT 1st exit at first and follow A281 to North Henfield RBT where TURN (CHECK)	7.44	12.93
TQ165227	3rd exit to retrace to twin RBT's at Cowfold. Straight on 1st exit at first and LEFT 1st exit at second and follow A272 to West Grinstead crossroads	7.14	20.07
TQ120134	LEFT in filter lane to join A24 and proceed south to Washington RBT	6.69	26.76
TQ197098	LEFT 1st exit and follow A283 to Bramber Castle RBT. Straight on 3rd exit to Beeding Court RBT where TURN (CHECK)	6.09	32.85
TQ120134	3rd exit to retrace to Bramber Castle RBT. 3rd exit and continue on A283 to Washington RBT	6.05	38.90
TQ119089	LEFT 1st exit and follow A24 to Findon RBT where TURN (CHECK)	3.04	41.94
TQ155202	4th exit to retrace to Washington RBT. Straight on 2nd exit and follow A24 to turn LEFT at southern entrance to Dial Post Village. LEFT into Swallows Lane to FINISH at tree on western side of farm gate opposite PP12150 past entrance to Swallows Farm	8.06	50.00

NO REAR LIGHT ILLUMINATED AND WORKING = NO START

**Open 50 miles Time Trial Sunday 2nd August 2020**  
Course G50/10

**REQUEST TO RIDERS**

At events on this course last season there were vociferous and repeated complaints about noise early in the morning from a resident of a property by the North Henfield Roundabout. These related to calling out to marshals and also the noise emanating from disc wheels at the turn.

We are keen that the situation does not escalate.

Riders are requested to desist from calling out at this point, and also to consider not using a disc wheel.

**COVID-19:**

**CTT instructions:**

- 1) Park with social distancing in mind.
- 2)HQ not open; toilet is open – one in, one out.
- 3)Bring your own pen to sign on outside HQ; also, if needed, bring your own safety pins.
- 4)Take with you a rear light (compulsory), a spare tyre/tube and a mobile phone – we won't be coming to collect you.
- 5)No more than 5 riders, 2m apart, to wait at the start.
- 6)No items to be left at the start or with the timekeeper.
- 7)No push-off.
- 8)After racing, sign out, leaving your number in the bowl of disinfected water.
- 9)No social, no drinks, no food and no prize presentation – sorry!
- 10)No result board – top 10 to be on CTT website's news later on Sunday.
- 11)All times to be on CTT site's results on Monday/Tuesday.
- 12)Please go home.

Number	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
1	06:31:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	72
2	06:32:00	Roland	Kitson	Horsham Cycling	Male	Veteran	61
3	06:33:00	Victoria	Miller	Brighton Mitre CC	Female	Senior	29
4	06:34:00	Emma	Dodds	Crystal Palace Triathletes	Female	Senior	28
5	06:35:00	Nigel	Langridge	Crawley Wheelers	Male	Veteran	55
6	06:36:00	Gavin	Ash	Team TMC	Male	Veteran	40
7	06:37:00	Jonathan	Pontin	Addiscombe CC	Male	Senior	29
8	06:38:00	Katerina	Avramides	Brighton Mitre CC	Female	Senior	39
9	06:39:00	Rick	Hughes	Worthing Excelsior CC	Male	Veteran	57
10	06:40:00	Robert	Rollings	Lewes Wanderers CC	Male	Senior	34
11	06:41:00	Simon	Pontin	Addiscombe CC	Male	Senior	23
12	06:42:00	Peter	Madarasz	Brighton Triathlon Club	Male	Senior	39
13	06:43:00	Philip	Mackie	Epsom CC	Male	Senior	38
14	06:44:00	Maria Victoria	Tojeiro	Crawley Wheelers	Female	Veteran	49
15	06:45:00	Stuart	Bettis	South Downs Bikes / Casco Pet	Male	Senior	35
16	06:46:00	Paul	Newsome	Project 51	Male	Senior	33
17	06:47:00	Peter	Davies	Brighton Mitre CC	Male	Veteran	63
18	06:48:00	Peter	Horsfield	Redmon CC	Male	Veteran	70
19	06:49:00	David	Dearlove	Oxford University CC	Male	Senior	38
20	06:50:00	Paul	Deen	Epsom CC	Male	Veteran	49
21	06:51:00	Andy	Critchlow	Norwood Paragon CC	Male	Veteran	46
22	06:52:00	Oscar	Nilsson-Julien	VC de Londres VTTA (London & Home	Male	Junior	18
23	06:53:00	Justin	Webb	Counties)	Male	Veteran	41
24	06:54:00	Anita	Turner	Eastbourne Rovers CC	Female	Veteran	50
25	06:55:00	Rupert	Robinson	Crawley Wheelers	Male	Veteran	48
26	06:56:00	Adam	Rogers	Eastbourne Rovers CC	Male	Veteran	45
27	06:57:00	Lucy	Hurn	Woking Cycle Club	Female	Veteran	43
28	06:58:00	Daryl	Stroud	Gloucester City Cycling Club	Male	Veteran	55
29	06:59:00	Rob	Weston	Elite Cycling	Male	Veteran	45
30	07:00:00	John	Watson	Hitchin Nomads CC	Male	Veteran	54
31	07:01:00	Gavin	Hughes	Kingston Phoenix RC	Male	Veteran	53
32	07:02:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	59
33	07:03:00	Vingaudas	Raulinaitis	GS Avanti	Male	Senior	36
34	07:04:00	Jamie	Freeland	South London Harriers	Male	Veteran	47
35	07:05:00	Steven	Kane	Team TMC	Male	Senior	31
36	07:06:00	Jon	Heaney	Maidenhead & District CC	Male	Senior	36
37	07:07:00	James	Cheeseman	Lindfield Coffee Works	Male	Senior	34
38	07:08:00	Ben	Cumpstone	Brighton Mitre CC	Male	Veteran	50
39	07:09:00	Panos	Kakoullis	East London Triathletes	Male	Veteran	52
40	07:10:00	Matthew	Smith	Team TMC	Male	Senior	36
41	07:11:00	Donald	Parker	Brighton Mitre CC Velo Club Godalming &	Male	Veteran	71
42	07:12:00	Matt	Hill	Haslemere	Male	Veteran	60
43	07:13:00	Gerry	McGarr	Gloucester City Cycling Club	Male	Veteran	68
44	07:14:00	Isaac	Griffiths	Epsom CC	Male	Senior	33
45	07:15:00	Christopher	McNamara	Nuun-Sigma Sport-London RT	Male	Veteran	45

46	07:16:00	Neil	Harrigan	Gemini BC	Male	Veteran	46
47	07:17:00	Richard	Tully	Elite Cycling	Male	Veteran	43
48	07:18:00	Peter	Baker	Lewes Wanderers CC	Male	Veteran	62
49	07:19:00	Andy	Tedd	South Downs Bikes / Casco Pet	Male	Veteran	52
50	07:20:00	Liam	Maybank	Twickenham CC	Male	Veteran	48
51	07:21:00	Trevor	Leeding	Worthing Excelsior CC	Male	Veteran	54
52	07:22:00	James	Stone	Brighton Excelsior CC	Male	Veteran	51
53	07:23:00	Lisa	Davis	trainSharp	Female	Veteran	45
54	07:24:00	Edward	Renwick	Oxford City RC	Male	Veteran	43
55	07:25:00	Paul	Burton	Paceline RT	Male	Senior	39
56	07:26:00	John	Franklin	Twickenham CC	Male	Senior	34
57	07:27:00	Kevin	Plummer	South Downs Bikes / Casco Pet	Male	Veteran	55
58	07:28:00	John	Marinko	Brighton Mitre CC	Male	Veteran	55
59	07:29:00	Eva	Zsigooova	...a3crg	Female	Senior	35
60	07:30:00	Andrew	Meilak	VeloRefined Rule 5	Male	Veteran	54
61	07:31:00	Adrian	Blacker	C and N Cycles RT	Male	Veteran	56
62	07:32:00	Tom	Hilder	trainSharp	Male	Senior	31
63	07:33:00	Paul	Smith	VeloRefined Rule 5	Male	Veteran	48
64	07:34:00	Mel	Wasley	Epsom CC	Female	Veteran	40
65	07:35:00	Kevin	Tye	VeloRefined Rule 5	Male	Veteran	58
66	07:36:00	Dean	Lubin	Team Vision Racing - Silverhook	Male	Veteran	50
67	07:37:00	Brendan	Reese	Army Cycling	Male	Veteran	43
68	07:38:00	Chris	Jones	Bynea Cycling Club	Male	Veteran	46
69	07:39:00	Jim	Burdett	Addiscombe CC	Male	Veteran	51
70	07:40:00	Mark	Smith	Crawley Wheelers	Male	Veteran	46
71	07:41:00	Lawrence	Wintergold	Hounslow & District Whs	Male	Veteran	55

**Entries up 31 on 2019**

**NO REAR LIGHT, ILLUMINATED AND WORKING = NO START**



## SUSSEX CYCLISTS' ASSOCIATION - PAST CHAMPIONS

1938	Ernie Steers	Worthing Excelsior CC	2:13:14	SCA RECORD
1939	Roy Gumbrell	Brighton Excelsior CC	2:12:25	NEW SCA RECORD
1947	Dennis Dean	Worthing Excelsior CC	2:06:38	NEW SCA RECORD
1948	Wally Finch	Worthing Excelsior CC	2:13:57	
1949	Albert Shanks	Lancing AC	2:08:49	
1950	Derek Powell	Lancing AC	2:09:13	
1951	Arthur Gardiner	Lancing AC	2:08:30	
1952	Colin Whittingham	Brighton & Hove Wheelers	2:08:33	
1953	Dave Marsh	Lewes Wanderers CC	2:06:08	NEW SCA RECORD
1954	John Dutson	Uckfield & District Wheelers	2:05:54	NEW SCA RECORD
1955	Dave Marsh (2 wins)	Eastbourne Rovers CC	2:06:12	
1956	Mike Harmer	Brighton Excelsior CC	2:08:08	
1957	Gerry Atterbury	Brighton Excelsior CC	2:04:57	NEW SCA RECORD
1958	Roy Siggs	Uckfield & District Wheelers	2:07:56	
1959	Gerry Atterbury	Worthing Excelsior CC	2:05:47	
1960	Terry Parker	Bognor Regis CC	2:03:36	NEW SCA RECORD
1961	Dave Hardman	Brighton Excelsior CC	2:07:56	
1962	Dave Funnell	Worthing Excelsior CC	2:07:55	
1963	Gerry Atterbury	Brighton Mitre CC	2:05:10	
1964	Gerry Atterbury (4 wins)	Brighton Mitre CC	2:06:08	
1965	Dick Marchant	East Grinstead CC	2:07:20	
1966	Tim Mackay	Horsham Unity CC	2:12:08	
1967	Mike Morgan	Central Sussex CC	2:06:36	
1968	Mike Morgan (2 wins)	Central Sussex CC	2:08:48	
1969	Rick Stringer	Brighton Excelsior CC	2:11:26	
1970	Rick Stringer (2 wins)	Brighton Excelsior CC	2:10:22	
1971	Keith Dodman	Worthing Excelsior CC	2:13:42	
1972	Keith Dodman	Worthing Excelsior CC	2:14:24	
1973	John Dutson	Central Sussex CC	2:01:27	NEW SCA RECORD
1974	Martin Hawes	Central Sussex CC	2:08:51	
1975	John Dutson (3 wins)	Central Sussex CC	2:08:21	
1976	Alan Limbrey	Brighton Mitre CC	2:10:21	
1977	Keith Dodman	Worthing Excelsior CC	2:08:22	
1978	Keith Dodman (4 wins)	Worthing Excelsior CC	2:05:29	
1979	Cliff Sharp	Eastbourne Rovers CC	2:00:37	NEW SCA RECORD
1980	Mark Jones	Central Sussex CC	1:58:10	NEW SCA RECORD
1981	John Oakes	VC Etoile	1:53:52	NEW SCA RECORD
1982	John Oakes (2 wins)	VC Etoile	1:53:16	NEW SCA RECORD
1983	Mark Jones	Central Sussex CC	2:00:35	
1984	* Paul James	Central Sussex CC	1:54:24	
1985	* Steve Dennis	East Grinstead CC	1:55:48	
1986	Steve Dennis	East Grinstead CC	1:57:50	
1987	Peter Danckwardt	Worthing Excelsior CC	1:58:19	
1988	Mike Coyle	VC Etoile	2:01:45	
1989	* Mark Jones	GS Stella	1:58:15	
1990	Paul Lipscombe	Central Sussex CC	1:58:00	
1991	Steve Dennis	East Grinstead CC	1:56:27	
1992	* Mark Jones	GS Stella	1:56:26	
1993	Paul Panagi	Hastings & St Leonards CC	1:55:05	
1994	Richard Keevil	GS Stella	1:58:45	

## **SUSSEX CYCLISTS' ASSOCIATION - PAST CHAMPIONS**

1995	Steve Blackmore	East Grinstead CC	2:00:41	
1996	Mark Jones	GS Stella	1:54:48	
1997	Mark Jones (6 wins)	GS Stella	2:02:09	G.50/10 introduced
1998	Steve Elms	East Grinstead CC	1:55:31	
1999	Dave Pollard	In-Gear RT	2:00:59	
2000	Dave Pollard (2 wins)	In-Gear RT	1:57:21	
2001	Steve Dennis	East Grinstead CC	1:55:15	
2002	Steve Dennis	East Grinstead CC	1:54:23	
2003	Steve Dennis	East Grinstead CC	1:51:32	NEW SCA RECORD
2004	Steve Dennis	East Grinstead CC	1:54:32	(emergency course)
2005	* Mike Coyle (2 wins)	VC Etoile	1:55:39	(emergency course)
2006	Sean Yates	In-Gear Quickvit RT	1:50:31	NEW SCA RECORD
2007	Steve Dennis	East Grinstead CC	1:49:31	NEW SCA RECORD
2008	Steve Dennis	East Grinstead CC	1:53:09	
2009	Steve Dennis	East Grinstead CC	1:51:56	
2010	David Shepherd	GS Stella	1:57:30	
2011	* Tom Glandfield	Lewes Wanderers CC	1:59:16	
2012	Steve Dennis	East Grinstead CC	1:48:56	NEW SCA RECORD
2013	* Steve Kane	Brighton Excelsior CC	1:49:50	
2014	Steve Kane (2 wins)	Brighton Excelsior CC	1:52:07	
2015	James Rix	Crawley Wheelers CC	1:55:45	
2016	* Steve Dennis	East Grinstead CC	1:53:21	
2017	Steve Dennis (13 wins)	East Grinstead CC	1:52:18	
2018	* Simon McNamara	South Downs Bikes	1:49:25	
2019	Howard Bayley	Blazing Saddles	1:52:01	
2020				

In years denoted with an asterisk the overall event was won by a non-Sussex C.A. rider, see below.

## **PAST (non – Sussex C.A.) EVENT WINNERS**

1984	John Woodburn	Manchester Wheelers	1:51:00
1985	John Woodburn	Manchester Wheelers	1:52:28
1989	John Woodburn	Manchester Wheelers	1:55:15
1992	Mike Harris	Caesaraen CC	1:54:05
1994	Julian Pegg	Charlotteville CC	1:57:12
1995	Alan Dawson	Antelope RT	1:59:28
2005	Malcolm Cox	VC St Raphael	1:55:00
2011	Rupert Burbridge	Redhill CC	1:56:48
2013	Chris McNamara	Pedal Heaven	1:49:28
2016	Jonathan Parker	Team Bottrill	1:49:40
2018	Chris McNamara	Nuun-Sigma Sport RT	1:46:10

For originally compiling the list in 1999 thanks are due to the late Les Janman and the late Dave Palmer, both of Bognor Regis CC.

Further contributors have included Dave Hudson (Worthing Excelsior CC), Robin Johnson (Brighton Mitre CC) and Mike O'Gorman (Worthing Excelsior CC).

### **V.T.T.A. (SURREY/SUSSEX)**

**V.T.T.A. (Surrey/Sussex) group, open to Surrey/Sussex V.T.T.A. members**

**1st on V.T.T.A. standard Aldershot cup for one year + V.T.T.A. medal]**

**1st Team of three - V.T.T.A. medals**

### **SUSSEX C.A. CYCLE JUMBLE – NEW VENUE!!**

and: please come and support the Association Cycle Jumble on Saturday 22nd August, likely to be outside at Ashington Community Centre, Foster Lane, Ashington, West Sussex, RH20 3PG, from 09:00 to 12:30, £1 entrance (£2 before 0900). Tables are £10 from 07:30.

Contact: Robin Johnson 01403 783368 for booking a table or for donations of old equipment.