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| --- | --- | --- |
|  | **Crawley Wheelers** |  |

**Good Friday Classic Sporting Time Trial – 07-April 2023
On course GS/196 41.59 Miles***Promoted for and on behalf of* ***Cycling Time Trials*** *under their Rules and Regulations*

|  |  |
| --- | --- |
| **Timekeepers:** | Richard Meed and Chris Woods |
| **Event Secretary:** | Wendy Holden, 3 The Chestnuts, Lindfield, West Sussex, RH162AS.**Tel:** 077811297840 **Email** Wendkb1@sky.com |
| **Emergency contact on the day**  | Wendy Holden 07811297840 |

**PRIZES**

**Alec Ewart Trophy awarded for the fastest time.**

Individual Competition – Fastest Individuals

|  |  |  |  |
| --- | --- | --- | --- |
| **Men** | **1st** | **2nd** | **3rd** |
| **Ladies** | **1st** | **2nd** | **3rd** |
| **Vets on standard**  | **1st** | **2nd** | **3rd** |
|  |  |  |  |



**Notes**

**HQ will be the Handcross sports Pavilion**

These will be open and offer toilet facilities and refreshments.

**Parking will be at Handcross medical centre.**

Dumbledore Primary care Centre London Road Handcross RH17 6HB

**Sign on/off: Handcross Sports Pavillion
Sign on will be open from 6.30 am. First rider off at 7:01.**

**NUMBERS WILL BE at sign on** where you are required to sign in, in person and to sign back in, in person, after you have finished the event. **Failure to sign back in will result in disqualification from the event. Please observe social distance rules during sign in and be respectful to other riders.**

London South District Regulation: No Vehicles, except those of the Timekeepers’ and Event Officials, shall be parked in the vicinity of the start and finish areas. Competitors are requested not to warm up on the course after the first competitor has started.

**Important**CTT and the event promoters now require all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards and also recommend bright clothing so as to promote good visibility to road users during the event.

**It is now compulsory** that both a working rear and front light, flashing or constant, is fitted to competitors’ machines in a position clearly visible to following road users and is active while on the road.

**Hazards**Competitors must exercise care when turning left on the A283 at Steyning, forking RIGHT on the B2110 at Lower Beeding and at all roundabouts.

Details of any Additional Hazards not listed on the Start Sheet will be displayed or advised at the Signing On point. All competitors must take note of these details when they sign on.

**THE LIGHT CONTROLLED PEDESTRIAN CROSSINGS IN COWFOLD AND SMALL DOLE MUST BE OBEYED.**

After passing the finish, riders are requested to continue to sign off in person and to give in their number in the black bin provided.

**PLEASE KEEP YOUR HEAD UP AND WATCH OUT FOR POTHOLES, OBSERVE THE HIGHWAY CODE.**

Above all enjoy your ride and ride safely. If you have any questions or feedback then please do not hesitate to contact me at wendkb1@sky.com 07811297840

**Event & Course Info**

**Distance:** 41.59 Miles. **Elevation gain:** 778.0 ft

 **Course Records:**  Christopher McNamara 1:29:14 April 2021

 Angela Carpenter 1:40:22 April 2021

**Previous winners:**

|  |  |  |
| --- | --- | --- |
| **Year** | **Name** | **Time** |
| **2022** | **Ross Holland****Angela Carpenter** | 1:31:511:40:22 (Course Record) |
| **2021** | **Christopher McNamara****Kerry McGawley** | 1.29:14 (Course Record)1.59:14 |
| **2020** | **NO EVENT- COVID RESTRICTIONS Cough with solid fillFace with mask outlineFever with solid fill** |  |
| **2019** | **Liam Maybank****Madelaine Lee-Smith** | 1:31:38 1:53:58  |
| **2018** | **Richard Price** (London Phoenix)**Angela Rudden-Rutt** (Horsham Cycling) | 1:34:472:01:25 |
| **2017** | **Mark Smith** (Crawley Wheelers)**Angela Rudden-Rutt** (Horsham Cycling) | 1:34:331:54:57  |
| **2016** | **Peter Morris** (Team ASL360)**Lisa Haines** (Maldon & District CC) | 1:36:322:02:45 |
| **2015** | **NO EVENT - FOG ** | - |
| **2014** | **Steve Dennis** (East Grinstead CC)**Katerina Avramides** (Brighton Mitre CC) | 1:37:122:09:07 |
| **2013** | **Chris McNamara** (Pedal Heaven RT)**Jayne Wadsworth** (De Laune CC) | 1:35:321:59:55 |
| **2012** | **Wouter Sybrandy** (Team IG Sigma Sport)**Jayne Wadsworth** (De Laune CC) | 1:32:21 1:58:39 |
| **2011** | **Steve Dennis** (East Grinstead CC) | 1:35:57 |
| **2010** | **Steve Dennis** (East Grinstead CC)**Jayne Wadsworth** (De Laune CC) | 1:33:392:04:56 |

**ALERT**

**Steyning bypass possible cones in centre of road with restricted speed limit. I will try to get them removed for the TT but I will not cancel the event as there are no traffic lights**

**CTT LONDON SOUTH DC – 41.59 MILE COURSE – GS/196**

HANDCROSS/COWFOLD/WEST GRINSTEAD/STEYNING/BEEDING COURT/HENFIELD/SHAVES WOOD/NORTH HENFIELD/COWFOLD/HANDCROSS – A272/A24/A281/A283/A2037/B2110/B2135/B2116

**COURSE DETAILS**

|  |  |  |  |
| --- | --- | --- | --- |
| **OS ref** | **Details** | **Distances** | **(Total)** |
| 260296 | START at northern end of wide bell-mouthed entrance to bridleway at a point on kerb 2 yards before slip road up from A23 and 100 yards south of mini RBT at junction with B2110 at Handcross | 00 | 00 |
| 213226 | Join slip road from A23 and proceed northwards to mini RBT. At junction with B2110 LEFT 1st exit and follow B2110 through Lower Beeding to junction with A281. Bear LEFT and follow A281 to twin RBTs at Cowfold | 5.90 | 5.90 |
| 171125 | RIGHT 2nd exit at first of twin RBTs and follow A272 to West Grinstead crossroads. LEFT on filter lane to join A24 South to junction with B2135. LEFT on B2135 to T junction with A283 at Steyning |  |  |
| 197098 | LEFT and follow A283 to Bramber Castle RBT. Straight on 3rd exit to Beeding Court RBT (CHECK) | 12.97 | 18.87 |
|  | LEFT 1st exit and follow A2037 to Rising Sun RBT. RIGHT 2nd exit and continue on A2037 through Small Dole to mini RBT at Henfield. RIGHT 2nd exit and follow A281 to Shaves Wood (CHECK) | 8.02 | 26.89 |
| 215167 | LEFT and follow Shaves Wood Lane and Trusler’s Hill to T junction with B2116 at High Cross. LEFT on B2116 to junction with A281. LEFT on A281 to TURN at North Henfield RBT (CHECK) | 5.01 | 31.90 |
| 213226 | 3rd exit to retrace on A281 and follow A281 to twin RBTs at Cowfold |  |  |
| 253294 | Straight on 1st exit at first and straight on 2nd exit at second. Continue on A281 to junction with B2110 at Lower Beeding. RIGHT and follow B2110 to FINISH opposite “Deer” sign 770 yards before mini RBT at Handcross | 9.69 | 41.59 |

**PLEASE MAKE SURE YOU KNOW THE COURSE.** There will be signs and marshals at key points to help you and point out any hazards, so please pay attention to them.

