



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

Sussex Cyclists' Association

Founded 1921



25 Mile Time Trial – Sunday 5th May 2019 – Course G25/93

Incorporating Sussex 25 miles Championship

Event Secretary

Steve Dennis (East Grinstead CC)
15 Sherwood Walk, Crawley, W. Sussex
RH10 6NQ
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Timekeepers

Start: Mr Mick Kilby (Lewes Wanderers CC)
Finish: Mr Mick Irons (Worthing Excelsior CC)

Prizes

1st Overall	£40	1st Lady	£40
2nd Overall	£30	2nd Lady	£30
3rd Overall	£25		
4th Overall	£20	1st Team of Three	£15 each
5th Overall	£15	2nd team of Three	£10 each
	1st Vet on CTT Target Times	£20	
	2nd Vet on CTT Target Times	£15	
	3rd Vet on CTT Target Times	£10	

Sussex Championship awards for affiliated riders

Fastest overall **Boniface Cup**. Highest plus on CTT target time **Horry Hemsley Cup**. Fastest team of three **Lee Memorial Shield**. Medals are also awarded to each team member and individual riders in the following categories: Overall, Veteran on CTT Target Times, Women, Juniors and Juveniles subject to the number of entries in each category. All Championship trophies and medals will be presented at the Annual Prize Presentation Lunch.

Headquarters

Steining Centre Fletcher's Croft, Steining, BN44 3XZ
Open from 6:00 am.

OS Landranger sheet 198, grid ref TQ178 113
Google Maps Streetview link <http://goo.gl/maps/hkLKe>

Directions and car parking

Coming from the north: A24 / A283

Turn right into Horsham Road and proceed on to Steining High Street. At the mini roundabout turn **left** (NE) and proceed along Church Street pass the library & church, turn right into Steining Centre.

Coming from the South: A27 / A283.

Second left off Bramber roundabout. Proceed up Clays Hill and continue on to Steining High Street. At the mini roundabout turn **right** (NE) and proceed along Church Street pass the library & church, turn right into Steining Centre.

Ample car parking is available at the Steining Centre
Please do not wear cleated cycling shoes in the Hall. Thank you.



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Race Numbers

Numbers will be available at the event HQ. Please collect your number when you sign on.

Notice of any additional hazards to be aware of on the course will be displayed next to the signing on sheet.

After the event please return your race number to the event HQ in exchange for a cup of tea or coffee.

Warming up and to the Start

Competitors are requested not to warm up on the course after the event has started.

Left out of the car park to the mini roundabout, then right onto the High Street. Proceed North to the A283 junction.

Left and then immediate right on to B2135 for 0.4 miles.

REMEMBER TO SIGN OUT AFTER YOUR RIDE!

Please pay attention to the following Safety Notes

London South District Regulation: No vehicles, except those of the timekeepers and race officials, shall be parked in the vicinity of the start or finish areas.

CTT regulations require the compulsory use of helmets for the under 18's. 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.

Additional notice for the 2019 Raw Energy Pursuits Steyning Triathlon

Please be aware that you may encounter Triathlon competitors who will be starting at 6.00am in the Steyning Leisure Centre. They will be using the A24 up to Ashington and the A283 between Washington and Bramber. Please take care after completing the course as the Triathlon riders will be continuing on into Steyning. Please ignore any non-cycling triangle signs, there will be marshals on all roundabouts but there may be other marshals for the Triathlon event.

Course details G25/93

Distance

START on B2135 just south of entrance to Wappingthorpe Manor (Map ref TQ 172131).	0.0
Proceed north on the B2135 through Partridge Green to junction with A24. (M)	6.708
Turn left and proceed southwards on the A24 to Washington RBT. (M)	12.519
Turn left on A283 and proceed east, via Bramber and Beeding Court RBT (M) to Turn at Adur Bridge RBT. (M)	20.987
Retrace on A283 via Beeding Court and Bramber RBTs to Finish at paint mark on curb opposite TP3 about 25 yards before Canons Way. (Map ref TQ 181118).	25.00

Course details can be viewed or downloaded from the SCA website at the link www.sussexca.org.uk/g2593.html

No.	Name	Club	Cat.	Standard Time	Start Time
1	Clive Jackson	Central Sussex CC	V66	01:15:37	07:01
2	Glenn Sievwright	Bognor Regis CC	V48	01:06:16	07:02
3	Colin Toppin	Worthing Excelsior CC	V46	01:05:18	07:03
4	Darren Bird	Sussex Nomads CC	S		07:04
5	Chris Lord	Brighton Excelsior CC	V66	01:15:37	07:05
6	Mike O'Gorman	Worthing Excelsior CC	V67	01:16:10	07:06
7	Mike Marchant	Southdown Velo	V61	01:12:53	07:07
8	Peter Davies	Brighton Mitre CC	V62	01:13:26	07:08
9	Keith Geere	GS Stella	V68	01:16:43	07:09
10	Matt Peel	C and N Cycles RT	S		07:10
11	John Marinko	Brighton Mitre CC	V54	01:09:15	07:11
12	Nigel Langridge	Crawley Wheelers	V54	01:09:15	07:12
13	Jez Parsons	Brighton Excelsior CC	V53	01:08:45	07:13
14	Stuart Jago	GS Stella	V62	01:13:26	07:14
15	Nik Allen	Worthing Excelsior CC	V47	01:05:47	07:15
16	James Ryan	Team ASL	V42	01:03:25	07:16
17	John McGrath	Worthing Excelsior CC	V55	01:09:45	07:17
18	Ben Fielden	GS Stella	V77	01:21:57	07:18
19	Guy Chappelle	...a3crg	V46	01:05:18	07:19
20	Nick Dwyer	Lewes Wanderers CC	V55	01:09:45	07:20
21	Ian Cheesman	Worthing Excelsior CC	V50	01:07:15	07:21
22	Stephen Morgan	Tooting BC	V51	01:07:45	07:22
23	Russell Thorne-Jones	Crawley Wheelers	V46	01:05:18	07:23
24	Bryn Reeves	Horsham Cycling	V52	01:08:14	07:24
25	Kevin Plummer	South Downs Bikes/Casco Pet	V53	01:08:45	07:25
26	Christian Yates	East Grinstead CC/Merlin Cycle Coaching	V56	01:10:16	07:26
27	Will Reeder	Trainsharp	S		07:27
28	Brian Jones	Horsham Cycling	V68	01:16:43	07:28
29	Barrie Foster	Anerley BC	V69	01:17:17	07:29
30	Howard Bayley	Blazing Saddles	V44	01:04:21	07:30
31	Tony Reeves	GS Stella	V47	01:05:47	07:31
32	Iain Duncan	Crawley Wheelers	V47	01:05:47	07:32
33	James Stone	Brighton Excelsior CC	V50	01:07:15	07:33
34	Stu Nisbett	Crawley Wheelers	V45	01:04:50	07:34
35	Matthew Smith	Team ASL	S		07:35
36	Mark Jones	GS Stella	V59	01:11:50	07:36
37	Sam Dix	Trainsharp	V47	01:05:47	07:37
38	James Cheeseman	N+1.Lindfield Coffee Works	S		07:38
39	Peter Moon	Eastbourne Rovers CC	V58	01:11:18	07:39
40	Stephen Williamson	...a3crg	V48	01:06:16	07:40
41	Michael Davey	Trainsharp	V41	01:02:58	07:41
42	Martin Booker	South Downs Bikes/Casco Pet	V50	01:07:15	07:42
43	Katerina Avramides	Brighton Mitre CC	WS		07:43

44	Katie Simmonds	Horsham CC	WS		07:44
45	Lisa Davis	Trainsharp	WV44	01:08:14	07:45
46	Madelaine Lee-Smith	Oxted Cycle Club	WV47	01:09:45	07:46
47	Olivia Webb	Eastbourne Rovers CC	WV50	01:11:18	07:47
48	Sarah Kelman	St Ives CC	WV48	01:10:16	07:48
49	Victoria Miller	Brighton Mitre CC	WS		07:49
50	Howard Shaw	Trainsharp	S		07:50
51	Paul Batten	Crawley Wheelers	S		07:51
52	Ralph Carter	London Dynamo	V58	01:11:18	07:52
53	Simon Steeles	Worthing Excelsior CC	V48	01:06:16	07:53
54	John Mankelow	Lewes Wanderers CC	V71	01:18:26	07:54
55	Stuart Bettis	South Downs Bikes/Casco Pet	S		07:55
56	Nolan Heather	Worthing Excelsior CC	V43	01:03:53	07:56
57	Dan Pullen	N+1.Lindfield Coffee Works	V43	01:03:53	07:57
58	Ben Crumpstone	Brighton Mitre CC	V49	01:06:45	07:58
59	Peter Horsfield	Redmon CC	V68	01:16:43	07:59
60	Mark Smith	Crawley Wheelers	V45	01:04:50	08:00
61	Tom Houghton	Brighton Excelsior CC	V47	01:05:47	08:01
62	Trevor Leeding	Worthing Excelsior CC	V53	01:08:45	08:02
63	Michael Thyer	Sussex Nomads CC	V69	01:17:17	08:03
64	John Ferguson	Brighton Mitre CC	V51	01:07:45	08:04
65	David Triska	Team Bottrill	S		08:05
66	Andy Tedd	South Downs Bikes/Casco Pet	V51	01:07:45	08:06
67	Richard Carrington	London Dynamo	V55	01:09:45	08:07
68	Donald Parker	Brighton Mitre CC	V70	01:17:51	08:08
69	Peter Marshall	Sussex Nomads CC	V44	01:04:21	08:09
70	Pat Wright	Paceline RT	S		08:10
71	Spencer Kirkham	Worthing Excelsior CC	V51	01:07:45	08:11
72	Simon McNamara	South Downs Bikes/Casco Pet	V44	01:04:21	08:12

Sponsored Clubs

Team ASL
Trainsharp
C and N Cycles RT
Team Bottrill

South Downs Bikes/ Casco Pet
East Grinstead CC /Merlin Cycle Coaching
N+1.Lindfield Coffee Works