



East Sussex Cycling Association

2016 President Robert Downham – Worthing Excelsior CC

ESCA 25m Time Trial – Sunday 24th April 2016 – G25/89

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations



Start Sheet

Event Secretary

Chris Parker (Hastings & St Leonards CC)

65 Reedswood Road, St Leonards on Sea, East Sussex TN38 8DW

Tel: 01580 200016 **Mob:** 07902 630574 in my pocket or 07597 557432 best for texts

Email Home: chrisparkerpett@aol.com **Email Work:** christopher.parker@bis.gsi.gov.uk

Timekeepers

Richard Meed (Lewes Wanderers CC)

Mike Labram

General Information

Event HQ: Fairwarp Village Hall, Nursery Lane TN22 3BD – Open from 6:30am. 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 at the Hall, when full please park sensibly in the hall side of the lane with consideration for other road users and local residents.

Race Numbers: Numbers will be available at the event HQ. Please collect your number when you sign on. After the event please return your race number to the HQ in exchange for a cup of tea or coffee.

Start: The start is less than a mile from the hall. Proceed out of the car park back to the B2026 and turn left, and continue towards Lampool Roundabout.

Prizes: Cash prizes will be awarded at the HQ immediately following the event.

This is a qualifying event for

ESCA Points Competition: 30 points for 1st place down to 1 point for 30th place for riders from an ESCA affiliated club. The individual points earned by each rider are totalled and awarded to their respective club.

ESCA Trophies: Counts towards the fastest junior, fastest lady, fastest rider under 60 minutes and the fastest team of three from an ESCA affiliated club over 25 miles – the best performance at either this, or the **September 25**, will be eligible for these awards at the annual prize presentation in January 2017

ESCA BAR: Qualifying event for all the Best All Rounder competitions.

Prize List

Fastest Overall

First	£30.00
Second	£25.00
Third	£20.00
Fourth	£15.00
Fifth	£12.00
Sixth	£10.00

Fastest Lady

First	£15.00
Second	£12.00
Third	£10.00

Fastest Jun/Juv

First	£10.00
-------	--------

Fastest Age Category

not winning another individual prize

Under 35	£10.00
35 – 39	£10.00
40 – 44	£10.00
45 – 49	£10.00
50 – 54	£10.00
55 – 59	£10.00
60 – 64	£10.00
65 and over	£10.00

Fastest Team of 3

First	£10.00 ea
Second	£8.00 ea

ESCA 25m Time Trial – Sunday 24th April 2016 – G25/89

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

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.

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.

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.

Please pin your number here



Course Details

OS Ref	Course G25/89	Distance
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

Additional Safety Instructions

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

ESCA 25m Time Trial – Sunday 24th April 2016 – G25/89

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Order of Start

Race No.	Start Time	Rider	Club	Age	Cat	Notes
16	07:16	Simon Yates	Lewes Wanderers CC	64	V	
17	07:17	Martin Yardley	Southborough & Dist. Whs	50	V	
18	07:18	Adrian Hills	Lewes Wanderers CC	52	V	
19	07:19	Mark Edwards	Eastbourne Rovers CC	41	V	
20	07:20	David Twin	Sydenham Wheelers	52	V	
21	07:21	David Bagge	Southborough & Dist. Whs	49	V	
22	07:22	Colin Harris	Lewes Wanderers CC	59	V	
23	07:23	Colin Jarman	Southborough & Dist. Whs	67	V	
24	07:24	John-Paul Brophy	Eastbourne Rovers CC	41	V	
25	07:25	Howard Shaw	Eastbourne Rovers CC	30	S	
26	07:26	Steve Thurgood	Sydenham Wheelers	40	V	
27	07:27	Matthew Evans	Southborough & Dist. Whs	54	V	
28	07:28	John Allen	VO2 Maximum RT	50	V	
29	07:29	Tim Miles	Hastings & St. Leonards CC	69	V	
30	07:30	Iain Brogden	Eastbourne Rovers CC	47	V	
31	07:31	Matt Coombs	Lewes Wanderers CC	45	V	
32	07:32	Martin Booker	Worthing Excelsior CC	47	V	
33	07:33	Tim Whitehead	Bec CC	28	S	
34	07:34	John Mankelow	Lewes Wanderers CC	68	V	
35	07:35	Ian Bashford	Old Portlians CC	60	V	
36	07:36	Neil McInerney	7 Oaks Triathlon Club	49	V	
37	07:37	David Clements	Eastbourne Rovers CC	44	V	
38	07:38	Andrew Drake	East Grinstead CC	33	S	
39	07:39	Paul Valks	Lewes Wanderers CC	72	V	
40	07:40	David Pollard	In-Gear Quickvit Trainsharp RT	58	V	
41	07:41	Peter Lloyd	Epsom CC	38	S	
42	07:42	Peter Moon	Eastbourne Rovers CC	55	V	
43	07:43	Bruce McIntyre	Hastings & St. Leonards CC	43	V	
44	07:44					Spare No.
45	07:45	Rob Pelham	Lewes Wanderers CC	39	S	
46	07:46	Keith Walker	Wigmore CC	51	V	
47	07:47	Charles Pennington	Royal Navy Royal Marines CA	37	S	
48	07:48	Aidan Mcconville	Lewes Wanderers CC	37	S	
49	07:49	Chris Parker	Hastings & St. Leonards CC	60	V	
50	07:50	Matthew Woods	Eastbourne Rovers CC	44	V	
51	07:51	James Ryan	Team ASL360	39	S	
52	07:52	Doug Bentall	Southborough & Dist. Whs	50	V	
53	07:53	Paul Cloudsdale	Bigfoot CC	43	V	
54	07:54	Ivan Johnson	Hastings & St. Leonards CC	51	V	
55	07:55	Peter Pav Bryan	Rye & District Wheelers CC	29	S	
56	07:56	Conor Clancy	Brighton Excelsior CC	25	S	
57	07:57	Geoff Smith	Eastbourne Rovers CC	65	V	
58	07:58	Adam Rogers	Eastbourne Rovers CC	41	V	
59	07:59	David Beale	Lewes Wanderers CC	70	V	
60	08:00	Tom Glandfield	Lewes Wanderers CC	43	V	
61	08:01	Dominic Lowden	Lewes Wanderers CC	58	V	
62	08:02	Sam Dix	In-Gear Quickvit Trainsharp RT	44	V	
63	08:03	Russell Hicks	Oxted Cycle Club	62	V	
64	08:04	Paula George	VO2 Maximum RT	51	W	
65	08:05	George Welfare	Eastbourne Rovers CC	30	S	
66	08:06	Peter Baker	Lewes Wanderers CC	58	V	
67	08:07	Neil Couchman	Southborough & Dist. Whs	38	S	
68	08:08	Jamie Bedwell	Lewes Wanderers CC	18	Jn	
69	08:09	Lisa Davis	Lewes Wanderers CC	41	WV	
70	08:10	Mark Perry	Look Mum No Hands!	39	S	

ESCA 25m Time Trial – Sunday 24th April 2016 – G25/89

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Order of Start

Race No.	Start Time	Rider	Club	Age	Cat	Notes
71	08:11	Robert Rollings	Lewes Wanderers CC	29	S	
72	08:12	Damen Foord	Rye & District Wheelers CC	32	S	
73	08:13	Dave Brown	Lewes Wanderers CC	48	V	
74	08:14	Gina McGeever	Lewes Wanderers CC	44	WV	
75	08:15	Peter Hooper	Eastbourne Rovers CC	31	S	
76	08:16	Mark Frost	Lewes Wanderers CC	48	V	
77	08:17	Colin Barton	Worthing Excelsior CC	55	V	
78	08:18	Tamar Vanderhaas	Lewes Wanderers CC	40	W	
79	08:19	Alison Brockhurst	Lewes Wanderers CC	43	WV	
80	08:20	Steve Williamson	...a3crg	44	V	
81	08:21	Christopher Wolton	Southborough & Dist. Whs	31	S	
82	08:22	Samuel Ramsey	Lewes Wanderers CC	52	V	
83	08:23	Sam Winter	Eastbourne Rovers CC	29	S	
84	08:24	Laura Bartlett	...a3crg	33	W	
85	08:25	Paul Burton	Epsom CC	34	S	
86	08:26	Rick Hughes	Worthing Excelsior CC	53	V	
87	08:27	Ben Houston	East Grinstead CC	39	S	
88	08:28	Sophie Coleman	Sussex Revolution VC	25	W	
89	08:29	Clare Parkholm	Lewes Wanderers CC	45	WV	
90	08:30	Conall Yates	In-Gear Quickvit Trainsharp RT	35	S	
91	08:31	Mike O'Gorman	Worthing Excelsior CC	64	V	
92	08:32	Katie Crowe	Dulwich Paragon CC	39	W	
93	08:33	Ade Fadero	Sussex Nomads CC	54	V	
94	08:34	Brett Davis	Lewes Wanderers CC	43	WV	
95	08:35	Nick Malins	4T + Velo Club	47	V	
96	08:36	Trevor Leeding	Worthing Excelsior CC	50	V	
97	08:37	Michael Turner	Lewes Wanderers CC	48	V	
98	08:38	Katerina Avramides	Brighton Mitre CC	35	W	
99	08:39	Fabien Large	Hastings & St. Leonards CC	14	Jv	
100	08:40	Marc Townsend	Neon Velo	35	S	
101	08:41	Philippa Jenkins	Southborough & Dist. Whs	28	W	
102	08:42	Colin Toppin	Brighton Excelsior CC	43	V	
103	08:43	Julia Hawksworth	Southborough & Dist. Whs	52	WV	
104	08:44	Stephen Gaston	Lewes Wanderers CC	51	V	
105	08:45	Michael Davey	Eastbourne Rovers CC	38	S	
106	08:46	Duncan Fuller	Lewes Wanderers CC	41	V	
107	08:47	Michael Valks	Lewes Wanderers CC	45	V	
108	08:48	David Earl	Hastings & St. Leonards CC	48	V	
109	08:49	David Clark	Eastbourne Rovers CC	47	V	
110	08:50	Dan Sadler	RT 316	39	S	
111	08:51	Carl Richardson	In-Gear Quickvit Trainsharp RT	51	V	
112	08:52	Stuart Davis	Eastbourne Rovers CC	45	V	
113	08:53	Mark Amon	Rye & District Wheelers CC	51	V	
114	08:54	Glen Whittington	Southborough & Dist. Whs	32	S	
115	08:55	Paul Callinan	London Dynamo	45	V	
116	08:56	Jimmy George	VO2 Maximum RT	34	S	
117	08:57	Michael Onions	Brighton Triathlon Club	39	S	
118	08:58	John Tindell	Brighton Phoenix Tri. Club	29	S	
119	08:59	Paul Holdaway	Hastings & St. Leonards CC	35	S	
120	09:00	Nick Dwyer	Lewes Wanderers CC	52	V	