



# East Sussex Cycling Association

## 2016 President: Robert Downham Worthing Excelsior CC

### ESCA 100 mile TT – Sunday 10 July 2016 6.00 am Course G100/861

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

## Start Sheet

**Event Secretary**      **Bob Harber** (Brighton Excelsior CC)  
51 Church Lane, Upper Beeding, Steyning, West Sussex BN44 3HP  
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**Timekeeper**          **Mick Kilby** (Lewes Wanderers CC)

## General Information

**Event HQ:** Upper Dicker Village Hall, Coldharbour Road, Upper Dicker, East Sussex BN27 3QE.

**From A27:** follow Berwick Station signs at Alfriston roundabout. Straight on for 4 miles. Hall is on Right at end of village.

**From A22:** half mile West of Boship Roundabout, Lower Dicker. Turn into Coldharbour Road (at the Yellow 'Metamorphosis' Bathroom Centre). Hall is on Left after 1 mile; after '40' and 'Upper Dicker' sign.

The hall will be open from 5:00am for changing. Shower facilities are available and refreshments will be on offer for a generous donation please.

**Car Parking:** There is ample parking in the field at the rear of the village hall where you will find entry doors to the hall and facilities. The car park entrance is the gate next to the HQ - please drive around the football pitch and park directly behind the hall. **Please do not park on the football pitch or block the entry/exit route.**

**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: LEFT out of HQ, LEFT at staggered X-roads, LEFT at grass triangle, continue almost to A22.** The start is 2 miles from the HQ and will be signposted. **Please allow at least 10 minutes getting to the start.**

## 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:** The fastest rider from an ESCA affiliated club will be awarded the 100m Cup, and the fastest team of three riders from an ESCA affiliated club will be awarded the 100m Team Shield at the annual prize presentation in January 2013.

**ESCA BAR:** Qualifying event for the Senior and Veteran BAR competitions.

**SCA and KCA BAR:** Qualifying event for the long distance BAR

**BBAR:** Qualifying event for the British Best All Rounder competition.

**Sussex SPOCO:** Long distance qualifying event – 120 points for 1st place down to 1 point for 120th place for first claim riders from Sussex CA affiliated clubs.

**VTTA Surrey/Sussex Group:** The member with the highest plus against standard will be awarded a medal at the group's Prize Presentation lunch.

<b>ESCA Open Event Awards</b>	
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<b>Fastest</b>	
First	£50.00
Second	£40.00
Third	£30.00

<b>Highest Vet on Std</b>	
First	£40.00
Second	£30.00
Third	£20.00

<b>Fastest Woman</b>	
First	£40.00
Second	£30.00

<b>Fastest Team of 3</b>	
First	£20.00 ea

## Course Details – G100/861

Map attached, courtesy of SCA; available at: <http://www.sussexca.org.uk/g100861.html> .

N.B. Bob questions the course profile, as there are 3 identical laps to the course, but the map profile has 5 repetitions.

START Arlington Road West, just before junction with A22 Northbound.

LEFT and follow A22 via Diplocks Way RBT to Boship RBT where

### **Start of LAP 1**

LEFT 1<sup>st</sup> Exit to on A22 to junction with B2124 at Golden Cross.

LEFT on B2124 to TURN at Ringmer, Kennel Corner RBT [9.1 MILES].

RETRACE to A22 at Golden Cross.

LEFT on A22 via The Shaw RBT, Halland RBT, Golf Course RBT, Little Horsted RBT [19.9 MILES] Copwood RBT to TURN at Black Down RBT (A22/A26 diverge here). [22.8 MILES].

RETRACE on A22 via Copwood, Little Horsted, Golf Course, Little Horsted, Halland and The Shaw Roundabouts to Boship RBT.

TURN 4<sup>th</sup> Exit on A22.

**This completes LAP 1.** [34.1 MILES]

REPEAT Golden Cross – Ringmer – Golden Cross – Black Down – Boship.

**This completes LAP 2.** [66.5 MILES].

REPEAT Golden Cross – Ringmer – Golden Cross – Black Down – Boship.

**This completes LAP 3.** [98.8 MILES].

RETRACE on A22 to Coldharbour Road (at Yellow 'Metamorphosis bathroom showroom')

LEFT along Coldharbour Road to FINISH [100.0 MILES]

## There will be a Drinks Station at 34.7 and 67.1 miles

You can leave your food and drink at HQ when signing-on. We will have it ready for you.

Water will be handed up.

Drinks station at Bus Stop lay-by, less than 1 mile after Boship Roundabout turn.

(Coldharbour Road at Yellow 'Metamorphosis bathroom shop')

## 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.

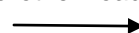
**Competitors' Vehicles:** No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish.

**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.

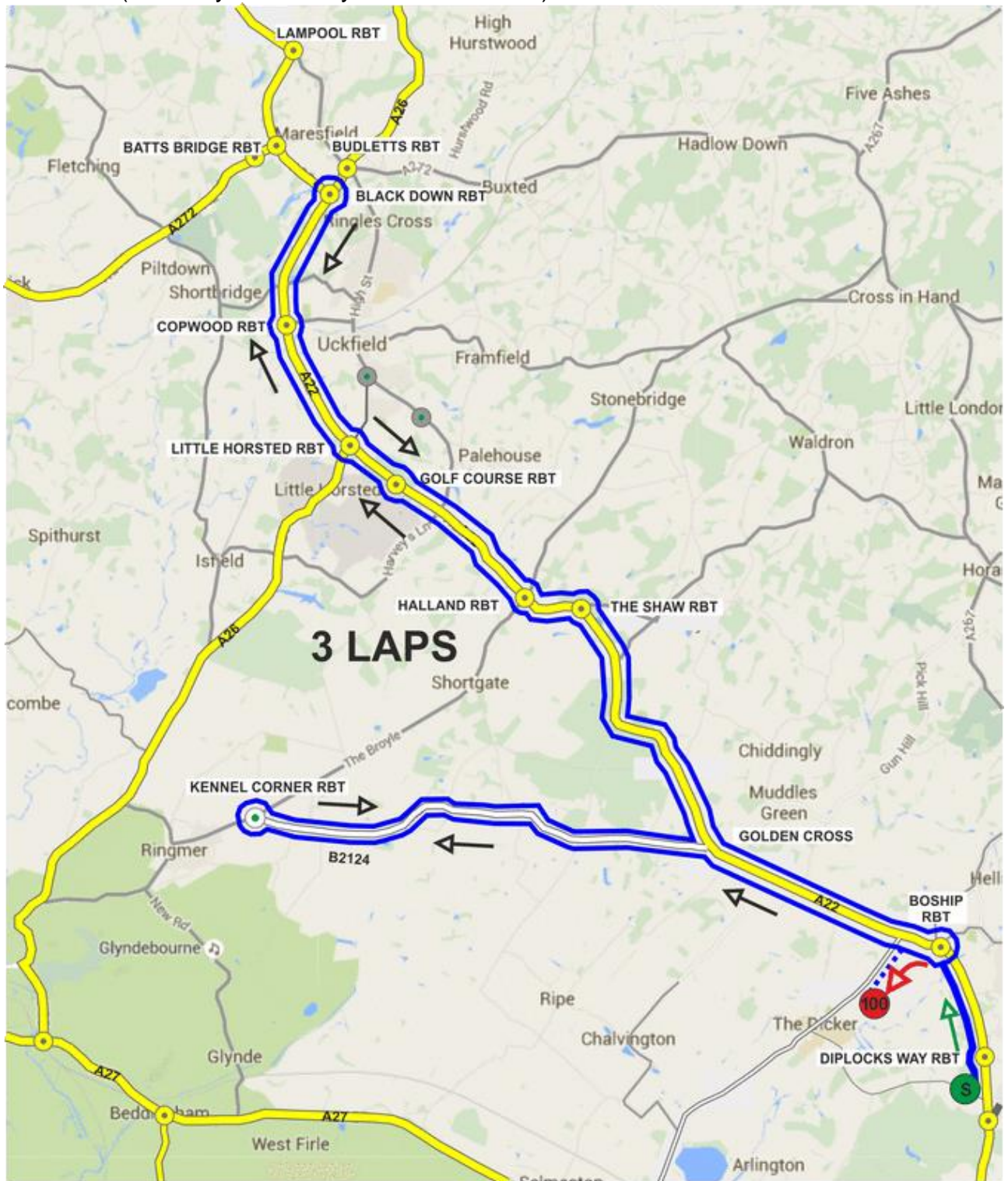
**Race Numbers:** The race number is made of fluorescent material which is an important safety feature. It is essential that it is placed correctly for maximum visibility to other road users and of course the timekeepers.

Please pin your number here



**Results:** No times will be given out at the finish.

G100/861 (Courtesy Sussex Cyclists Association)



No	Start Time	Rider	Club	M/F	Cat
1	06:01:00	Chris Parker	Hastings & St. Leonards CC	Male	Vet
2	06:02:00	Deborah Evers	Lewes Wanderers CC	Female	Vet
3	06:03:00	Rob Waghorn	Congleton CC	Male	Vet
4	06:04:00	Bob Loader	Sydenham Whs	Male	Vet
5	06:05:00	Teresa Tamplin	Lewes Wanderers CC	Female	Vet
6	06:06:00	James Bromley	Becontree Wheelers CC	Male	Vet
7	06:07:00	Gary Boyd	Cycling Club Hackney	Male	Vet
8	06:08:00	Peter Horsfield	Redmon CC	Male	Vet
9	06:09:00	Alan Coom	Brighton Excelsior CC	Male	Senior
10	06:10:00	Martin Naylor	Brighton Excelsior CC	Male	Vet
11	06:11:00	Jocelyn Chappell	Aylesbury CC	Male	Vet
12	06:12:00	Andrew R Green	Bec CC	Male	Vet
13	06:13:00	Vince Freeman	Brighton Triathlon Club	Male	Senior
14	06:14:00	Chris Waddell	Tri London	Male	Vet
15	06:15:00	Simon Rees	Brixton Cycles Club	Male	Senior
16	06:16:00	Lisa Davis	Lewes Wanderers CC	Female	Vet
17	06:17:00	Frances Bromley	Buxton CC/Sett Valley Cycles	Female	Espoir
18	06:18:00	Francesca Wright	Clapham Chasers	Female	Vet
19	06:19:00	Clare Parkholm	Lewes Wanderers CC	Female	Vet
20	06:20:00	Pip Jenkins	Southborough & Dist. Whs	Female	Senior
21	06:21:00	Richard Claxton	VC Elan - Harry Perry Cycles	Male	Vet
22	06:22:00	Ben Hardisty	East Grinstead CC	Male	Vet
23	06:23:00	Clive Spicer	Lewes Wanderers CC	Male	Senior
24	06:24:00	Martin Horscroft	Eastbourne Rovers CC	Male	Vet
25	06:25:00	John Mankelow	Lewes Wanderers CC	Male	Vet
26	06:26:00	Cliff Matthews	Wolsey RC	Male	Vet
27	06:27:00	George Marshall	Rapha Cycling Club	Male	Senior
28	06:28:00	David Hodgson	Lewes Wanderers CC	Male	Vet
29	06:29:00	Anthony Smith	Bournemouth Jubilee Whs	Male	Vet
30	06:30:00	Callum Middleton	Lewes Wanderers CC	Male	Espoir
31	06:31:00	Daniel Ellis	Eastbourne Rovers CC	Male	Senior
32	06:32:00	Jon Fairclough	Woking Cycle Club	Male	Vet
33	06:33:00	Mike Hannay	Lewes Wanderers CC	Male	Vet
34	06:34:00	John Marinko	Brighton Mitre CC	Male	Vet
35	06:35:00	Matt Coombs	Lewes Wanderers CC	Male	Vet



No	Start Time	Rider	Club	M/F	Cat
36	06:36:00	JEZ Parsons	Brighton Excelsior CC	Male	Vet
37	06:37:00	Glen Whittington	Southborough & Dist. Whs	Male	Senior
38	06:38:00	Adrian Bennett	Crawley Wheelers	Male	Vet
39	06:39:00	Sam Winter	Eastbourne Rovers CC	Male	Senior
40	06:40:00	Tom Houghton	Brighton Excelsior CC	Male	Vet
41	06:41:00	Mark Gower	South Downs Bikes / Casco Europe	Male	Vet
42	06:42:00	Samuel Ramsey	Lewes Wanderers CC	Male	Vet
43	06:43:00	Jez Shotter	Brighton Excelsior CC	Male	Vet
44	06:44:00	Quintin Wright	Clapham Chasers	Male	Vet
45	06:45:00	Peter Moon	Eastbourne Rovers CC	Male	Vet
46	06:46:00	Colin Chambers	Crawley Wheelers	Male	Vet
47	06:47:00	Peter Baker	Lewes Wanderers CC	Male	Vet
48	06:48:00	James Stone	Brighton Excelsior CC	Male	Vet
49	06:49:00	David Clements	Eastbourne Rovers CC	Male	Vet
50	06:50:00	Tom Glandfield	Lewes Wanderers CC	Male	Vet
51	06:51:00	James Ryan	Team ASL360	Male	Vet
52	06:52:00	Stephen Morgan	Tooting BC	Male	Vet
53	06:53:00	Robert Gilmour	Hounslow & District Whs	Male	Vet
54	06:54:00	Michael Davey	Eastbourne Rovers CC	Male	Senior
55	06:55:00	David Shepherd	GS Stella	Male	Vet
56	06:56:00	Steven Cottington	Bath Cycling Club	Male	Vet
57	06:57:00	Peter Hooper	Eastbourne Rovers CC	Male	Senior
58	06:58:00	Michael Turner	Lewes Wanderers CC	Male	Vet
59	06:59:00	David Clark	Eastbourne Rovers CC	Male	Vet
60	07:00:00	Marc Townsend	Neon Velo	Male	Senior
61	07:01:00	Nick Dwyer	Lewes Wanderers CC	Male	Vet
62	07:02:00	Pete Morris	Team ASL360	Male	Senior
63	07:03:00	Howard Shaw	Eastbourne Rovers CC	Male	Senior
64	07:04:00	Carl Richardson	In-Gear Quickvit Trainsharp RT	Male	Vet
65	07:05:00	Steven Kane	Brighton Excelsior CC	Male	Senior
66	07:06:00	James Woodward	Sussex Revolution VC	Male	Senior
67	07:07:00	Peter Pav Bryan	Rye & District Wheelers CC	Male	Senior
68	07:08:00	Mike O'Gorman	Worthing Excelsior CC	Male	Vet
69	07:09:00	Iain Brogden	Eastbourne Rovers CC	Male	Vet
70	07:10:00	Alex Napier	Blazing Saddles	Male	Vet
71	07:11:00	Rob Lee	Yeovil Cycling Club	Male	Vet