



East Sussex Cycling Association

2016 President Robert Downham – Worthing Excelsior CC



ESCA 10m Time Trial – Saturday 10th Sept 2016 – G10/87

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

Start Sheet

Event Secretary **Peter Moon** (Eastbourne Rovers CC)
73 Wannock Lane, Eastbourne, East Sussex BN20 9SG
Tel: 01323 485180 **Mob:** 07949 112107 **Email:** little.brook@btinternet.com

Timekeepers **Graham Lade** (Eastbourne Rovers CC) & **Jane Lade** (Eastbourne Rovers CC)

General Information

Event HQ East Hoathly Sports Pavilion, London Road East Hoathly, East Sussex BN8 6QE – Open from 6am. Heading north on the A22, turn right at The Shaw Roundabout into London Road. The HQ is on the right, just before the village.

Car Parking There is limited parking in the Sports Pavilion car park, when full please park sensibly on London Road – pavilion side only.

Race Numbers Race Numbers will be available at the event HQ. Please collect your number when you sign on. **If pinning your number please only use the eyelets, and please do not use additional pins as it tears the numbers.** 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 Sports Pavilion. Proceed out of the car park and turn right, and continue to South Street.

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 and the fastest team of three from an ESCA affiliated club over 10 miles – the best performance at either this, **or the April 10**, will be eligible for these awards at the annual prize presentation in February 2017.

ESCA BAR Qualifying event for the ESCA lady, lady veteran and junior Best All Rounder competitions.

Prize List

Fastest Overall

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

Fastest Lady

First	£20.00
Second	£15.00
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 or over	£10.00

Fastest Team of Three

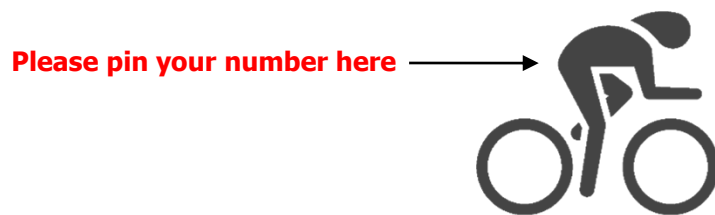
First	£15.00 each
Second	£10.00 each

ESCA 10m Time Trial – Saturday 10th Sept 2016 – G10/87

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

Please pay attention to the following CTT regulations/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.
- **Parental Consent Forms** All riders under 18 download a parental consent when they enter online. The form must be completed and brought with you on the day. Please hand it in before signing on.
- **Lights** 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.
- **Warming up** Competitors are requested not to warm up on the course after the first rider has started.
- **Competitors' Vehicles** No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish.
- **Official Observers** Official observers will be stationed around the course.
- **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. No time may be recorded if number is not correctly positioned.



Course Details

Course details can also be viewed or downloaded from the Sussex CA website www.sussexca.org.uk/g1087.html

OS Ref	Course G10/87	Distance
TQ517156	START in South Street, East Hoathly, at red arrow at drain 28 yards before T junction with East Hoathly by-pass	00.00m
TQ572112	LEFT and follow A22 through Whitesmith and Golden Cross to Boship RBT where TURN (Check)	04.90m
TQ513162	4th exit and retrace on A22 through Golden Cross and Whitesmith to FINISH at red arrow at second drain past field gate on East Hoathly by-pass just before first footpath crossing and 334 yards past right turn (South Street) for East Hoathly.	10.00m

Additional Safety Instructions

- Competitors must exercise extra care when turning LEFT just after Start and at the Boship roundabout
- **No 'U' turns after finishing or riders will be disqualified** – after finishing, competitors MUST continue to The Shaw roundabout and take second exit (RIGHT) to return to Event HQ at East Hoathly Sports Pavilion.

ESCA 10m Time Trial – Saturday 10th Sept 2016 – G10/87

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

Order of Start

Race No.	Start Time	Rider	Club	Cat	Age	VTTA Std
7	07:07	Daniel Ellis	Eastbourne Rovers CC	S	35	-
8	07:08	Simon Underwood	CC Topp	V	45	0:26:23
9	07:09	Matthew Sumpter	In-Gear Quickvit Trainsharp RT	S	27	-
10	07:10	Richard Tully	Elite Cycling	S	39	-
11	07:11	Carl Richardson	In-Gear Quickvit Trainsharp RT	V	52	0:26:54
12	07:12	Andrew Quye	Southborough & Dist. Whs	V	54	0:27:04
13	07:13	Robert Royle-Evatt	Addiscombe CC	V	49	0:26:41
14	07:14	Andy Eaton	Eastbourne Rovers CC	V	54	0:27:04
15	07:15	Paul Newsome	Team ASL360	S	29	-
16	07:16	Chris Beales	Pearson Cycling Club	V	55	0:27:09
17	07:17	Samuel Ramsey	Lewes Wanderers CC	V	52	0:26:54
18	07:18	Paget Cohen	Lewes Wanderers CC	V	43	0:26:13
19	07:19	Chris Parker	Hastings & St. Leonards CC	V	60	0:27:38
20	07:20	Nick Malins	4 T+ Velo Club	V	48	0:26:36
21	07:21	Damen Foord	Rye & District Wheelers CC	S	32	-
22	07:22	Clare Parkholm	Lewes Wanderers CC	WV	45	0:28:29
23	07:23	Ruth Summerford	Velopace	WS	25	-
24	07:24	Lisa Davis	Lewes Wanderers CC	WV	41	0:28:08
25	07:25	Iain Brogden	Eastbourne Rovers CC	V	47	0:26:32
26	07:26	Stephen Ralston	London Dynamo	V	40	0:25:59
27	07:27	Tamar Vanderhaas	Lewes Wanderers CC	WV	40	0:28:02
28	07:28	Pip Jenkins	Southborough & Dist. Whs	WS	28	-
29	07:29	Alison Brockhurst	Lewes Wanderers CC	WV	43	0:28:19
30	07:30	Peter Pav Bryan	Rye & District Wheelers CC	S	30	-
31	07:31	Michael Davey	Eastbourne Rovers CC	S	39	-
32	07:32	Sam Dix	In-Gear Quickvit Trainsharp RT	V	45	0:26:23
33	07:33	Brett Davis	Lewes Wanderers CC	V	43	0:26:13
34	07:34	James Hennessy	Eastbourne Rovers CC	V	49	0:26:41
35	07:35	Jon Smith	Fareham Wheelers CC	V	50	0:26:45
36	07:36	Trevor Chilman	In-Gear Quickvit Trainsharp RT	V	47	0:26:32
37	07:37	David Clements	Eastbourne Rovers CC	V	44	0:26:18
38	07:38	Mark Thomas	Bigfoot CC	V	53	0:26:59
39	07:39	Clint Allen	Lewes Wanderers CC	V	54	0:27:04
40	07:40	Matthew Woods	Eastbourne Rovers CC	V	45	0:26:23
41	07:41	Adrian Blacker	Norwood Paragon CC	V	52	0:26:54
42	07:42	Stuart Hodd	PB Cycle Coaching Racing Team	V	48	0:26:36
43	07:43	Dan Helyer	Eastbourne Rovers CC	S	28	-
44	07:44	Lee Holdaway	Hastings & St. Leonards CC	V	61	0:27:44
45	07:45	Howard Shaw	Eastbourne Rovers CC	S	31	-
46	07:46	Peter Baker	Lewes Wanderers CC	V	58	0:27:26

ESCA 10m Time Trial – Saturday 10th Sept 2016 – G10/87

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

Order of Start

Race No.	Start Time	Rider	Club	Cat	Age	VTTA Std
47	07:47	Theo Tadros	In-Gear Quickvit Trainsharp RT	Jv	14	-
48	07:48	Charles Middleton	Lewes Wanderers CC	V	57	0:27:20
49	07:49	David Beale	Lewes Wanderers CC	V	70	0:29:02
50	07:50	Peter Tadros	In-Gear Quickvit Trainsharp RT	V	46	0:26:27
51	07:51	Mark Valios	Bigfoot CC	V	42	0:26:09
52	07:52	David Clark	Eastbourne Rovers CC	V	47	0:26:32
53	07:53	Ian Newbold	Eastbourne Rovers CC	V	43	0:26:13
54	07:54	Clive Jackson	Central Sussex CC	V	64	0:28:06
55	07:55	Tom Glandfield	Lewes Wanderers CC	V	43	0:26:13
56	07:56	Robert Zietal	Crawley Wheelers	S	37	-
57	07:57	Callum Middleton	Lewes Wanderers CC	S	22	-
58	07:58	Simon Vieweg	Velopace	V	42	0:26:09
59	07:59	Chris Martin	Lewes Wanderers CC	V	58	0:27:26
60	08:00	Mark Emsley	Team ASL360	S	27	-

Keep up to date with what's going on with time trialling in Sussex ...

There are a range of competitions run by local Associations so, if your club is affiliated, and you're riding ESCA or SCA events, the chances are you'll automatically be included in a competition that you might not necessarily be aware of! Why not take a moment to familiarise yourself with what's on offer for individual riders and their affiliated clubs to add a bit of interest and friendly rivalry between riders and clubs. Regular competition updates, and a whole lot more, are posted throughout the season on the Association websites and Facebook groups

East Sussex CA

Website www.eastsussexca.org.uk/
Facebook Group www.facebook.com/groups/EastSussexCA/

Sussex CA

Website www.sussexca.org.uk/
Facebook Group www.facebook.com/groups/SussexCA/