



# East Sussex Cycling Association

2016 President Robert Downham – Worthing Excelsior CC



## ESCA 25m Time Trial – Sunday 11th Sept 2016 – G25/89

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

## Start Sheet

**Event Secretary** **Richard Blackmore** (East Grinstead CC)  
Ladymead, Snowhill, Crawley Down, West Sussex RH10 3EE  
Tel: 01342 713272

**Timekeepers** **Mick Irons** (Worthing Excelsior CC) & **Mike Labram** (Crawley Wheelers)

## General Information

**Event HQ** Farwarp Village Hall, Nursery Lane TN22 3BD – Open from 6:45am. 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 in the car park, when full please park sensibly on the hall side of the lane with consideration for other road users and local residents. Please do not block horsebox access for the property at the top of Nursery Lane.

**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 hall. Proceed out of the car park and turn right, at the give way turn left, proceed to the next give way, turn right and at Lampool Roundabout take first exit 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** Counts towards the fastest junior, fastest lady, fastest rider under 60 minutes, highest veteran plus on standard and the fastest team of three from an ESCA affiliated club over 25 miles – the best performance at either this, or the **April 25**, will be eligible for these awards at the annual prize presentation in February 2017.

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

**Brian Phillips Trophy** Donated by East Grinstead CC in memory of their teammate Brian Phillips who tragically died during the 8-up team time trial event in Viareggio in March 2011 – the trophy will be awarded at the annual prize presentation in January 2016 to the overall winner of the open event.

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

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### Prize List

#### Fastest Overall

First	£35.00
Second	£30.00
Third	£25.00
Fourth	£20.00
Fifth	£15.00
Sixth	£10.00

#### Fastest Lady

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

#### Fastest Jun/Juv

First	£15.00
Second	£10.00

#### Fastest Age Category

not winning another individual prize

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

#### Fastest Team of Three

First	£15.00 each
Second	£10.00 each

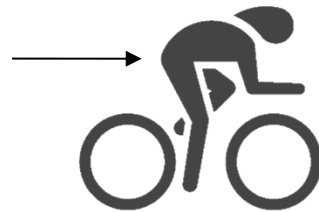
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### Please pay attention to the following CTT regulations/recommendations

- **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.

Please pin your number here



### Course Details

Course details can also be viewed or downloaded from the Sussex CA website [www.sussexca.org.uk/g2589.html](http://www.sussexca.org.uk/g2589.html)

OS Ref	Course G25/89	Distance
TQ461252	<b>START</b> 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. <b>RIGHT</b> 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	<b>RIGHT</b> 2nd exit and continue on A22 via Whitesmith and Golden Cross to Boship RBT where <b>TURN</b> (Check)	13.08m
TQ511165	<b>4th exit</b> to retrace though Golden Cross and Whitesmith to The Shaw RBT	18.63m
TQ468231	<b>LEFT</b> 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	<b>LEFT</b> 1st exit and follow Maresfield by-pass to <b>FINISH</b> 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.

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### Order of Start

Race No.	Start Time	Rider	Club	Cat	Age	VTTA Std
1	07:31	Richard Woodward	East Grinstead CC	V	54	1:08:52
2	07:32	Simon Yates	Lewes Wanderers CC	V	64	1:11:36
3	07:33	John Tindall	Epsom CC	V	55	1:09:05
4	07:34	Clint Allen	Lewes Wanderers CC	V	54	1:08:52
<b>5</b>	<b>07:35</b>	<b>Samuel Ramsey</b>	<b>Lewes Wanderers CC</b>	<b>V</b>	<b>52</b>	<b>1:08:26</b>
6	07:36	Robert Royle-Evatt	Addiscombe CC	V	49	1:07:50
7	07:37	Michael Twitchett	South Eastern RC	V	77	1:18:26
8	07:38	Chris Martin	Lewes Wanderers CC	V	58	1:09:49
9	07:39	Chris Parker	Hastings & St. Leonards CC	V	60	1:10:21
<b>10</b>	<b>07:40</b>	<b>Carl Richardson</b>	<b>In-Gear Quickvit Trainsharp RT</b>	<b>V</b>	<b>52</b>	<b>1:08:26</b>
11	07:41	Mark Gidney	Southborough & Dist. Whs	V	54	1:08:52
12	07:42	Daniel Ellis	Eastbourne Rovers CC	S	35	-
13	07:43	Clare Parkholm	Lewes Wanderers CC	WV	45	1:12:23
14	07:44	Lee Holdaway	Hastings & St. Leonards CC	V	61	1:10:38
<b>15</b>	<b>07:45</b>	<b>Damen Foord</b>	<b>Rye &amp; District Wheelers CC</b>	<b>S</b>	<b>32</b>	<b>-</b>
16	07:46	Peter Moon	Eastbourne Rovers CC	V	55	1:09:05
17	07:47	Luke De Quay	East Grinstead CC	S	31	-
18	07:48	Andrew Thomas	Southborough & Dist. Whs	V	52	1:08:26
19	07:49	Alison Brockhurst	Lewes Wanderers CC	WV	43	1:11:56
<b>20</b>	<b>07:50</b>	<b>Michael Davey</b>	<b>Eastbourne Rovers CC</b>	<b>S</b>	<b>39</b>	<b>-</b>
21	07:51	Peter Baker	Lewes Wanderers CC	V	58	1:09:49
22	07:52	Pip Jenkins	Southborough & Dist. Whs	WS	28	-
23	07:53	Bruce English	Eastbourne Rovers CC	V	51	1:08:14
24	07:54	Ruth Summerford	Velopace	WS	25	-
<b>25</b>	<b>07:55</b>	<b>Simon Collins</b>	<b>Dulwich Paragon CC</b>	<b>V</b>	<b>44</b>	<b>1:06:51</b>
26	07:56	Doug Bentall	Southborough & Dist. Whs	V	50	1:08:02
27	07:57	Colin Toppin	Brighton Excelsior CC	V	43	1:06:39
28	07:58	Clive Jackson	Central Sussex CC	V	64	1:11:36
29	07:59	Richard Jeynes	East Grinstead CC	V	45	1:07:03
<b>30</b>	<b>08:00</b>	<b>Pete Morris</b>	<b>Team ASL360</b>	<b>S</b>	<b>38</b>	<b>-</b>
31	08:01	David Clark	Eastbourne Rovers CC	V	47	1:07:26
32	08:02	Hugh Pelling	Old Portlians CC	V	52	1:08:26
33	08:03	Callum Middleton	Lewes Wanderers CC	S	22	-
34	08:04	Katerina Avramides	Brighton Mitre CC	WS	36	-
<b>35</b>	<b>08:05</b>	<b>Mark Bashford</b>	<b>East Grinstead CC</b>	<b>S</b>	<b>33</b>	<b>-</b>
36	08:06	Neil McInerney	7 Oaks Triathlon Club	V	49	1:07:50
37	08:07	Julia Hawksworth	Southborough & Dist. Whs	WV	52	1:13:55
38	08:08	Brett Davis	Lewes Wanderers CC	V	43	1:06:39
39	08:09	Robin Johnson	Brighton Mitre CC	V	68	1:13:10
<b>40</b>	<b>08:10</b>	<b>Jamie Pine</b>	<b>Nuun-Sigma Sport - London RT</b>	<b>S</b>	<b>39</b>	<b>-</b>
41	08:11	Nigel Langridge	Crawley Wheelers	V	51	1:08:14
42	08:12	Gary Bull	Bigfoot CC	V	50	1:08:02
43	08:13	Tamar Vanderhaas	Lewes Wanderers CC	WV	40	1:11:14
44	08:14	Charles Middleton	Lewes Wanderers CC	V	57	1:09:34
<b>45</b>	<b>08:15</b>	<b>Richard Tully</b>	<b>Elite Cycling</b>	<b>S</b>	<b>39</b>	<b>-</b>
46	08:16	David Clements	Eastbourne Rovers CC	V	44	1:06:51
47	08:17	Julie Chasin	Twickenham CC	WV	42	1:11:43
48	08:18	Lisa Davis	Lewes Wanderers CC	WV	41	1:11:28

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Race No.	Start Time	Rider	Club	Cat	Age	VTTA Std
49	08:19	Frances Bromley	Buxton CC	WS	21	-
<b>50</b>	<b>08:20</b>	<b>Mark Emsley</b>	<b>Team ASL360</b>	<b>S</b>	<b>27</b>	<b>-</b>
51	08:21	Joshua Haasz	VC de Londres	S	19	-
52	08:22	Katie Crowe	Dulwich Paragon CC	WV	40	1:11:14
53	08:23	Nick Martin	East Grinstead CC	Jn	17	-
54	08:24	John McGlashan	Redmon CC	V	65	1:11:58
<b>55</b>	<b>08:25</b>	<b>Steve Dennis</b>	<b>East Grinstead CC</b>	<b>V</b>	<b>53</b>	<b>1:08:39</b>
56	08:26	Ade Fadero	Sussex Nomads CC	V	54	1:08:52
57	08:27	Jason Le Goff	In-Gear Quickvit Trainsharp RT	V	41	1:06:13
58	08:28	Carl Stephens	Basildon CC	V	46	1:07:15
59	08:29	Tony Sinnett	Lewes Wanderers CC	V	44	1:06:51
<b>60</b>	<b>08:30</b>	<b>Conall Yates</b>	<b>In-Gear Quickvit Trainsharp RT</b>	<b>S</b>	<b>35</b>	<b>-</b>
61	08:31	Iain Brogden	Eastbourne Rovers CC	V	47	1:07:26
62	08:32	Rob Sherrin	a3crg	V	48	1:07:38
63	08:33	Andrew Drake	East Grinstead CC	S	34	-
64	08:34	Simon Vieweg	Velopace	V	42	1:06:26
<b>65</b>	<b>08:35</b>	<b>Paul Byford</b>	<b>Crawley Wheelers</b>	<b>V</b>	<b>50</b>	<b>1:08:02</b>
66	08:36	Rupert Robinson	Evans Cycles Race Team	V	44	1:06:51
67	08:37	Theo Tadros	In-Gear Quickvit Trainsharp RT	Jv	14	-
68	08:38	Andrew Quye	Southborough & Dist. Whs	V	54	1:08:52
69	08:39	John Mankelow	Lewes Wanderers CC	V	68	1:13:10
<b>70</b>	<b>08:40</b>	<b>Howard Shaw</b>	<b>Eastbourne Rovers CC</b>	<b>S</b>	<b>31</b>	<b>-</b>
71	08:41	Christian Yates	East Grinstead CC	V	53	1:08:39
72	08:42	Paul Thompson	Epsom CC	V	50	1:08:02
73	08:43	Keith Walker	Wigmore CC	V	51	1:08:14
74	08:44	Andy Seltzer	In-Gear Quickvit Trainsharp RT	V	51	1:08:14
<b>75</b>	<b>08:45</b>	<b>Tom Glandfield</b>	<b>Lewes Wanderers CC</b>	<b>V</b>	<b>43</b>	<b>1:06:39</b>
76	08:46	Paul Newsome	Team ASL360	S	29	-
77	08:47	Danny Frost	Folkestone Velo Club	V	52	1:08:26
78	08:48	Sam Dix	In-Gear Quickvit Trainsharp RT	V	45	1:07:03
79	08:49	Adam Bale	Rapha Cycling Club	S	34	-
<b>80</b>	<b>08:50</b>	<b>Peter Tadros</b>	<b>In-Gear Quickvit Trainsharp RT</b>	<b>V</b>	<b>46</b>	<b>1:07:15</b>

### 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

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