



East Sussex Cycling Association

2017 President Bob Harber – Brighton Excelsior CC



ESCA 25m Time Trial – Sunday 23rd April 2017 – 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)
5 Limden Close, Stonegate, Wadhurst, East Sussex TN5 7EG
Telephone: 01580 200016 Email: chrisparkerpett@aol.com Mobile: 07902 630574

Timekeepers Su Balcombe (Brighton CC) & Richard Meed (Lewes Wanderers CC)

General Information

Event HQ

Fairwarp Village Hall, Nursery Lane TN22 3BD – Open from 6:00am. 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.**

Additional Hazards

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

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.

Signing Out

Please note that for 2017 all competitors are now required personally to sign the signing out sheet when returning their number. In accordance with CTT regulations, failure to do so will result in the competitor being recorded as DNF.

Prizes

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

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	£20.00
Second	£15.00
Third	£10.00

Fastest Juvenile

First	£15.00
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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	£15.00 each
Second	£10.00 each

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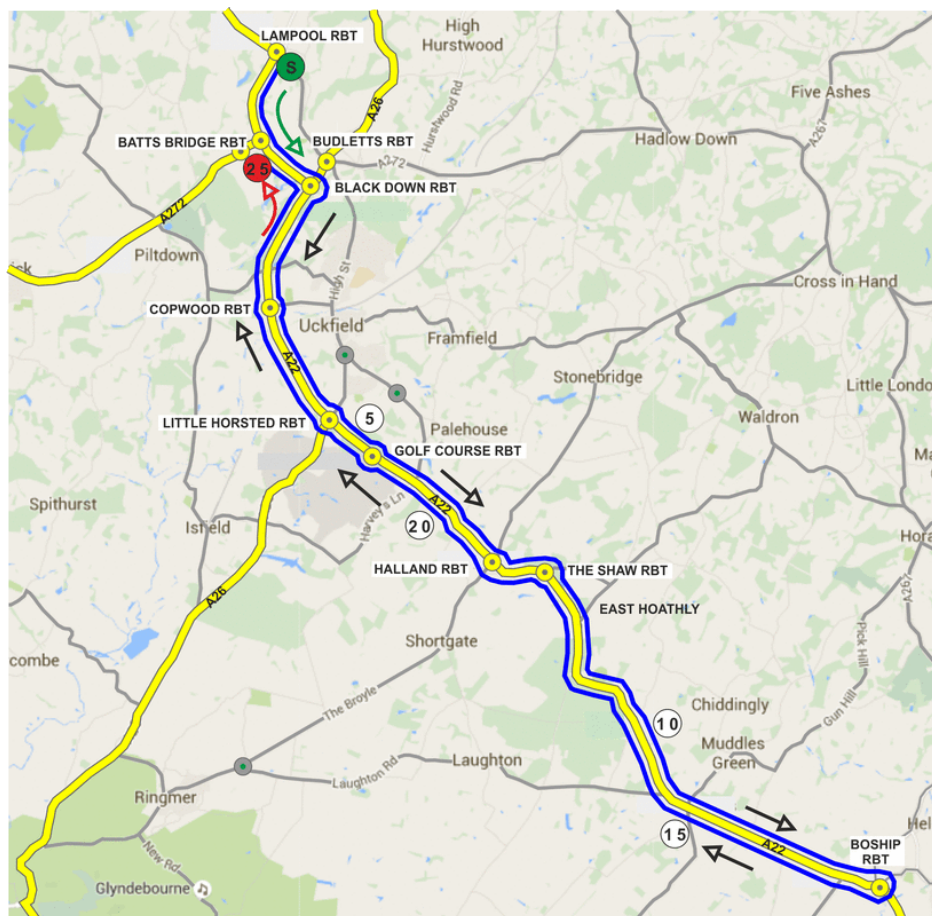
Course Details

G25/89 – Maresfield – Halland – Lower Dicker – Halland – Maresfield – A22

Many thanks to Mike O’Gorman (Worthing Excelsior CC) who has mapped all the London South courses.

These course details can be viewed or downloaded from the Sussex CA website www.sussexca.org.uk/g2589.html

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



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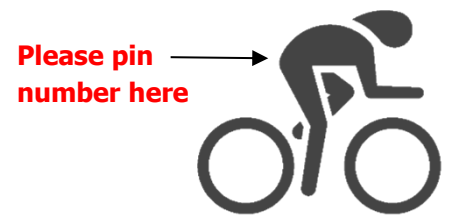
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Additional Safety Instructions

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

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.
- **Signing Out** Please note that for 2017 all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.



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 **September 25**, will be eligible for these awards at the annual prize presentation in January 2018.

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

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/

Visit our website www.eastsussexca.org.uk Find us on Facebook www.facebook.com/groups/EastSussexCA

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Facebook Group

www.facebook.com/groups/SussexCA/

Order of Start

Race No.	Start Time	Rider	Club	Age	Cat	Notes
1	07:41	Paul Butler	Hastings & St. Leonards CC	44	V	
2	07:42	Jon Molton	Hastings & St. Leonards CC	49	V	
3	07:43	Debbie Evers	Lewes Wanderers CC	57	WV	
4	07:44	Tobias Bunyan	Eastbourne Rovers CC	42	V	
5	07:45	Peter Davies	Brighton Mitre CC	60	V	
6	07:46	Chris Martin	Lewes Wanderers CC	58	V	
7	07:47	Paul Valks	Lewes Wanderers CC	73	V	
8	07:48	Peter Watts	Eastbourne Rovers CC	39	S	
9	07:49	John Mankelow	Lewes Wanderers CC	69	V	
10	07:50	David Clark	Eastbourne Rovers CC	48	V	
11	07:51	John-Paul Brophy	Eastbourne Rovers CC	42	V	
12	07:52	Neil Couchman	Southborough & Dist. Whs	39	S	
13	07:53	Michael Valks	Lewes Wanderers CC	46	V	
14	07:54	Nathan Russell	Eastbourne Rovers CC	28	S	
15	07:55	John Tindell	Brighton Phoenix Tri. Club	30	S	
16	07:56	Joshua Clark	PMR @ Toachim House	18	S	
17	07:57	Peter Barling	Lewes Wanderers CC	34	S	
18	07:58	Aidan McConville	Lewes Wanderers CC	38	S	
19	07:59	Martin Yardley	Southborough & Dist. Whs	51	V	
20	08:00	Chris Wolton	Southborough & Dist. Whs	32	S	
21	08:01	Richard Jeynes	Mid Sussex Triathlon Club	45	V	
22	08:02	Neil Giles	Mid Sussex Triathlon Club	43	V	
23	08:03	Tim Lucas	Southborough & Dist. Whs	31	S	
24	08:04	Robert Hoodless	Mid Sussex Triathlon Club	53	V	
25	08:05	Robert Rollings	Lewes Wanderers CC	30	S	
26	08:06	James Stone	Brighton Excelsior CC	48	V	
27	08:07	Andrew Thomas	Southborough & Dist. Whs	52	V	
28	08:08	Patrick Piper	Hastings & St. Leonards CC	52	V	
29	08:09	Kate Mankelow	Lewes Wanderers CC	37	WS	
30	08:10	Michael Davey	Eastbourne Rovers CC	39	S	
31	08:11	Kiera Lyness	Dulwich Paragon CC	50	WV	
32	08:12	Olivia Webb	Eastbourne Rovers CC	48	WV	
33	08:13	Emma Juden	San Fairy Ann CC	41	WV	
34	08:14	Clare Parkholm	Lewes Wanderers CC	46	WV	
35	08:15	George Welfare	Eastbourne Rovers CC	31	S	
36	08:16	Guy Lane	Southborough & Dist. Whs	52	V	
37	08:17	Mick Claydon	Ashford Whs	49	V	
38	08:18	Robin Johnson	Brighton Mitre CC	68	V	
39	08:19	Anita Turner	Eastbourne Rovers CC	46	WV	
40	08:20	Pete Morris	Team ASL	38	S	
41	08:21	Sally Turner	GS Stella	37	WS	
42	08:22	Rachael Baker	Mid Sussex Triathlon Club	43	WV	
43	08:23	Gina McGeever	Lewes Wanderers CC	45	WV	
44	08:24	Pip Jenkins	Southborough & Dist. Whs	29	WS	

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Race No.	Start Time	Rider	Club	Age	Cat	Notes
45	08:25	Ayrton Pope	Paceline RT	21	S	
46	08:26	David Clements	Eastbourne Rovers CC	45	V	
47	08:27	Richard Woodward	East Grinstead CC	55	V	
48	08:28	Peter Eames	Eastbourne Rovers CC	54	V	
49	08:29	Chris Parker	Hastings & St. Leonards CC	61	V	
50	08:30	Dan Sadler	RT 316	40	V	
51	08:31	Simon Underwood	CC Topp	46	V	
52	08:32	Damen Foord	Direct Power Cycling Team	33	S	
53	08:33	Bruce English	Eastbourne Rovers CC	52	V	
54	08:34	Daniel Ellis	Eastbourne Rovers CC	36	S	
55	08:35	Iain Brogden	Eastbourne Rovers CC	48	V	
56	08:36	Rob Pelham	Lewes Wanderers CC	40	V	
57	08:37	Dan Helyer	Eastbourne Rovers CC	29	S	
58	08:38	Ion Tsakalis	Brighton Mitre CC	51	V	
59	08:39	Tim Wells	Eastbourne Rovers CC	45	V	
60	08:40	Richard Gifford	In-Gear Quickvit Trainsharp RT	54	V	
61	08:41	Andrew Quye	Southborough & Dist. Whs	55	V	
62	08:42	Sean Quinney	Lewes Wanderers CC	48	V	
63	08:43	Andy Seltzer	In-Gear Quickvit Trainsharp RT	52	V	
64	08:44	Adrian Bennett	Mid Sussex Triathlon Club	52	V	
65	08:45	Peter Hooper	Eastbourne Rovers CC	32	S	
66	08:46	James Griffin	Trainsharp	29	S	
67	08:47	Peter Baker	Lewes Wanderers CC	59	V	
68	08:48	Jason Le Goff	In-Gear Quickvit Trainsharp RT	41	V	
69	08:49	Jez Parsons	Brighton Excelsior CC	51	V	
70	08:50	Howard Shaw	Eastbourne Rovers CC	31	S	
71	08:51	Stephen Comben	Lewes Wanderers CC	39	S	
72	08:52	Samual Ramsey	Lewes Wanderers CC	53	V	
73	08:53	Alan Brooks	Bayeux Cycling Team	61	V	
74	08:54	Ruth Summerford	Eastbourne Rovers CC	26	WS	
75	08:55	Tom Glandfield	Lewes Wanderers CC	44	V	
76	08:56	Sam Dix	In-Gear Quickvit Trainsharp RT	45	V	
77	08:57	Oliver Stevens	Southborough & Dist. Whs	42	V	
78	08:58	John Cordner	Eastbourne Rovers CC	47	V	
79	08:59	Stuart Hodd	PB Cycle Coaching RT	48	V	
80	09:00	Marc Townsend	Eastbourne Rovers CC	36	S	