

Sussex Cyclist' Association (SCA)





(Promoted by Central Sussex Cycling Club for and on behalf of the SCA for Cycling Time Trials under their rules and regulations)

Event Secretary Mr Clive Jackson Timekeeper Mr Richard Meed

Ashfold Barn, Horsham Road,

Handcross, West Sussex,

RH17 6DT

Phone: Home (01444) 401139 Mobile 07885284628

Awards

TEAM OF THREE Combined MENS 2ND £30 3^{RD} £20 1ST £40 1ST £15 each **LADIES** FASTEST AGE 40 – 44yrs 2ND £30 3RD £20 !st £40 **ROAD BIKES (MEN)** FASTEST AGE 45 - 49yrs 2ND £20 3RD £10 1ST £30 **ROAD BIKES (LADIES)** FASTEST AGE 50 - 54yrs 1ST £30 2ND £20 3RD £10 1ST £15 1ST £15

FASTEST AGE 55 - 60 yrs FASTEST AGE 61 - 65 yrs 1ST £15 FASTEST AGE 66 - 70 yrs

1ST £15

FASTEST AGE 71 YRS +

1ST £15

Headquarters

Handcross Parish Hall, High Street, Handcross, RH17 6BJ (Open from 7.30am).

STRICTLY NO CYCLING SHOES ALLOWED IN THE HALL AT ANY TIME!!!!!

Please sign on at the race headquarters to receive your numbers – all competitors MUST sign out on completion of race.

Safety Notes

- A REAR LIGHT MUST BE IN PLACE AND FUNCTIONING OR NO RIDE
- Details of any additional hazards not listed on the Start Sheet will be displayed at the signing on point. All competitors MUST read these details when they sign on.
- Competitors are requested not to warm up on the course after the first competitor has started.
- Competitors must exercise extra care when joining the A281, when riding through Cuckfield Village and Whitemans Green, and when negotiating all roundabouts
- In Cowfold take extra care on approach to mini roundabouts as traffic on the A272 has priority. Additionally, be aware of Co-op store car park entrance prior to first mini roundabout here.
- NOTE: Cowfold has pedestrian crossing lights which must be obeyed.

London South District Regulation:

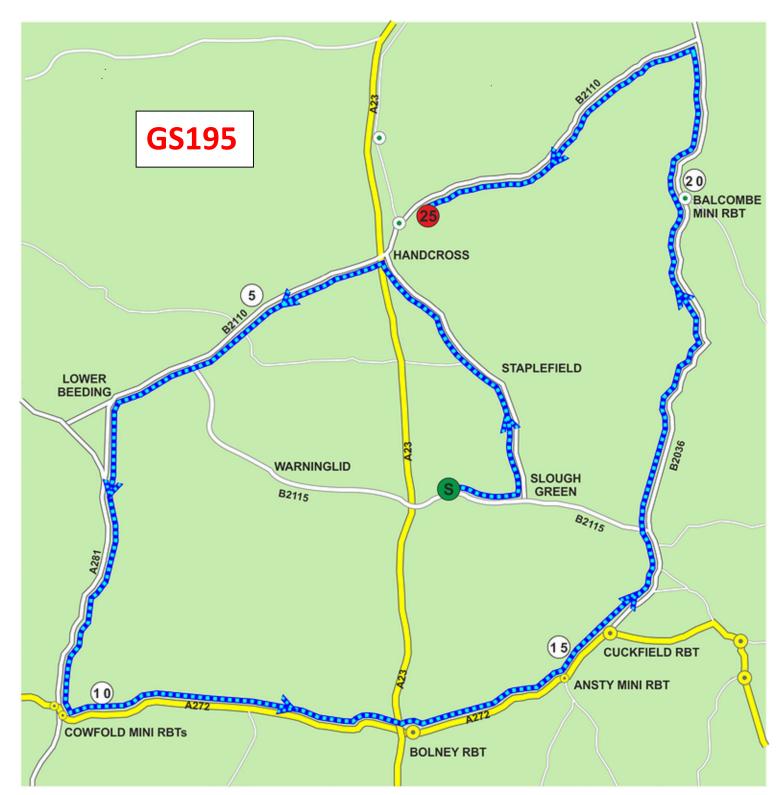
No Vehicles, except those of the timekeepers and race officials shall be parked in the vicinity of the start and finish areas.

- To get to the start, turn right out of the Headquarters and follow the B2114 to Staplefield, turn right at the Jolly Tanners Pub and proceed across Staplefield Green up Staplefield Lane to turn left and left onto the B2115. Follow arrows to the start. ALLOW A GOOD 10 MINS TO GET TO START!!!!
- After finishing, continue along the B2110 to mini roundabout where the Headquarters can be seen to the left.
- No times will be given at the finish line.

CTT regulations require the compulsory use of helmets for the under 18s. In the interests of your own safety, Cycling Time Trials and event promoters strongly advise all competitors to wear a hard shell helmet that meets internationally accepted safety standards. Additionally, riders are recommended to show a bright red rear light.

Attention all competitors:

Please note that from 2017 all competitors are now required to personally sign the signing out sheet when returning their number. Failure to do this will result in the competitor being recorded as DNF.



PLEASE NOTE COURSE IS NO: GS 195

START on B2115, Warninglid to Slough Green road, 0.49 mile east of A23, opposite eastern side of entrance to Paternosters (not Paternosters Fruit Farm).

Proceed east on B2115 to B2114 at Slough Green		0.63 mile	0.63 mile
Where left on B2114 via Staplefield to Handcross		2.84 miles	3.47 miles
Where left on A279 via Lower Beeding to A281		3.74	7.21
Where left to Cowfold, straight on at 1st roundabout,		2.33	9.54
Then left at 2 nd roundabout on A272		0.06	9.60
Via Bolney roundabout		3.42	13.02
And Ansty roundabout		1.68	14.70
To roundabout south-west of Cuckfield, where first left		0.50	15.29
Into Cuckfield.			
Proceed north through Cuckfield.			
At north end of Cuckfield, take 2 nd left onto B2036		1.20	16.49
via Balcombe to B2110 where left		5.10	21.59
to FINISH at western end of lay-by, 0.08 mile east of mini-roundabout. = 25.00 miles of		3.42 orrected.	25.0142

0.18 mile east of Handcross Parish Hall, High Street, Handcross, RH17 6BJ.

HQ to start is 3.7 miles, in excess of 2.5 miles allowed in reg. 35, so dispensation is required for this hilly course.