

Eastbourne Rovers Cycling Club

Cliff Sharp 25 mile Memorial Time Trial

Sunday 7th August 2016 – Course G25/89

Promoted for and on behalf of Cycling Time Trials under their rules and regulations



Event Secretary

Peter Moon

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)

Cash Prizes – Awarded at the HQ immediately following the event

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

Team of 3

First	£15.00 each
Second	£10.00 each

Fastest Age Category

Not winning another prize

Under 20s	£10.00
20s	£10.00
30s	£10.00
40s	£10.00
50s	£10.00
60s	£10.00
70s and over	£10.00

Improvement percentage on 2015 Eastbourne Rovers 25

First	£15.00
Second	£10.00

General Info

Event HQ Farwarp Village Hall, Nursery Lane TN22 3BD – Open from 5:30am. 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 The numbers will be available at the event HQ where you 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.

Visit our **website** www.eastbournerovers.com

Find us on **facebook** www.facebook.com/roverscycling

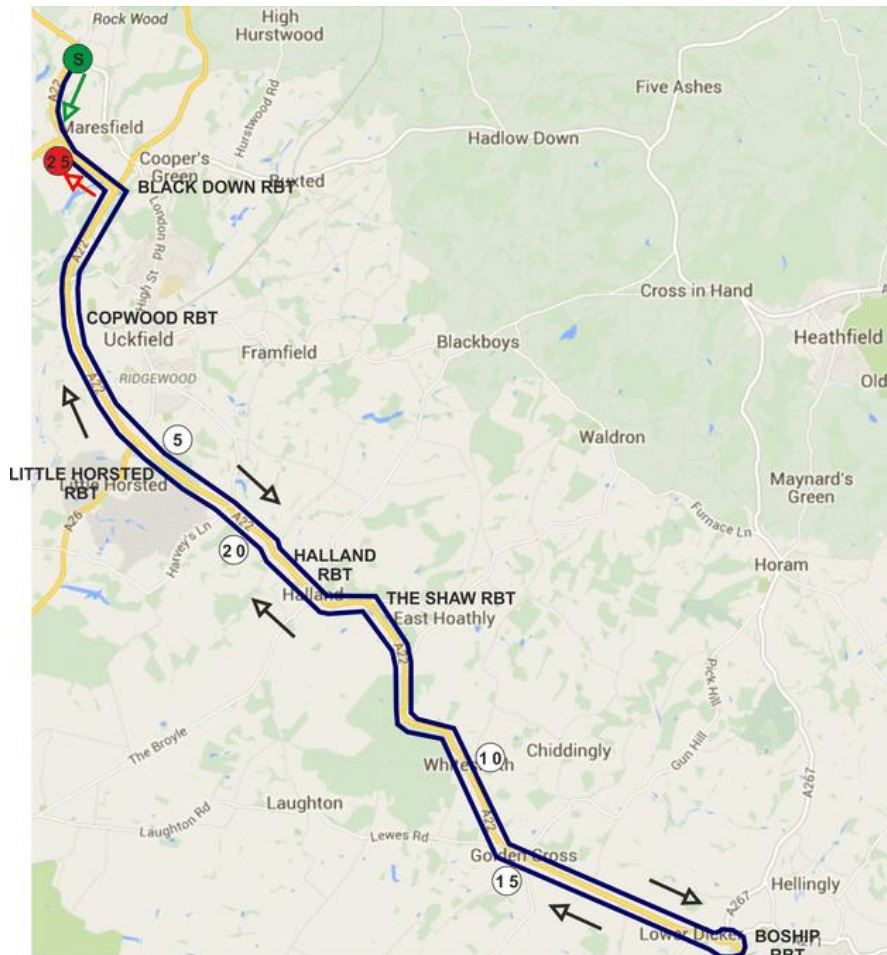
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Course Details

OS Ref	Course G25/89	Dist
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



The course, courtesy of Mike O'Gorman (SCA) can also be viewed or downloaded from the Garmin site at the link <https://connect.garmin.com/modern/course/8600740>

Additional Safety Instructions:

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

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Race No.	Start Time	Rider	Club	Cat	Age	2015 Rovers 25
8	06:38	Daniel Ellis	Eastbourne Rovers CC	S	35	1:07:56
9	06:39	Thierry Huser	Dulwich Paragon CC	V	55	-
10	06:40	Steven Kane	Brighton Excelsior CC	S	27	0:55:02
11	06:41	Carl Richardson	In-Gear Quickvit Trainsharp RT	V	52	0:56:35
12	06:42	Simon Underwood	CC Topp	V	45	-
13	06:43	Robert Royle-Evatt	Addiscombe CC	V	48	1:06:23
14	06:44	Oliver Walker	South Eastern RC	S	37	-
15	06:45	Neil Harris	PMR @ Toachim House	S	34	-
16	06:46	David Clements	Eastbourne Rovers CC	V	44	1:02:01
17	06:47	Donald Parker	Brighton Mitre CC	V	67	-
18	06:48	Bruce English	Eastbourne Rovers CC	V	51	1:04:25
19	06:49	Chris Parker	Hastings & St. Leonards CC	V	60	-
20	06:50	Howard Bayley	Blazing Saddles	V	41	-
21	06:51	Trevor Leeding	Worthing Excelsior CC	V	50	-
22	06:52	James Stone	Brighton Excelsior CC	V	47	1:00:01
23	06:53	Dan Helyer	Eastbourne Rovers CC	S	28	-
24	06:54	Peter Eames	Eastbourne Rovers CC	V	53	1:07:04
25	06:55	Nick Malins	4 T+ Velo Club	V	48	-
26	06:56	David Clark	Eastbourne Rovers CC	V	47	1:03:22
27	06:57	Martin Sanwell	In-Gear Quickvit Trainsharp RT	V	42	-
28	06:58	Ben Fielden	GS Stella	V	74	-
29	06:59	Mick Claydon	Ashford Whs	V	48	-
30	07:00	Steve Dennis	East Grinstead CC	V	53	0:54:13
31	07:01	Ian Bashford	Old Portlians CC	V	60	-
32	07:02	Ray Sullivan	Metropolitan Police Cycle Club	V	49	-
33	07:03	Julia Hawksworth	Southborough & Dist. Whs	WV	52	-
34	07:04	Emma Juden	San Fairy Ann CC	WV	40	-
35	07:05	Iain Brogden	Eastbourne Rovers CC	V	47	0:55:49
36	07:06	Nigel Langridge	Crawley Wheelers	V	51	1:00:08
37	07:07	Olivia Webb	Velopace	WV	47	-
38	07:08	Katerina Avramides	Brighton Mitre CC	WS	35	1:08:49
39	07:09	Erica Martin	Eastbourne Rovers CC	WS	34	-
40	07:10	Mark Newton	Elite Cycling	V	49	-
41	07:11	Mark Jones	GS Stella	V	56	-
42	07:12	Ade Fadero	Sussex Nomads CC	V	54	-
43	07:13	Ruth Summerford	Velopace	WS	25	-
44	07:14	Clare Parkholm	Lewes Wanderers CC	WV	45	-
45	07:15	Chris Wolton	Southborough & Dist. Whs	S	31	-
46	07:16	Jon Fry	Horsham Cycling	V	45	-
47	07:17	Colin Harris	Lewes Wanderers CC	V	59	-
48	07:18	Gemma Hayes	East Grinstead CC	WS	26	-
49	07:19	Gina McGeever	Lewes Wanderers CC	WV	44	-
50	07:20	Howard Shaw	Eastbourne Rovers CC	S	31	0:56:58

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Race No.	Start Time	Rider	Club	Cat	Age	2015 Rovers 25
51	07:21	Jack Donaldson	Neon Velo	S	23	-
52	07:22	John Marinko	Brighton Mitre CC	V	51	-
53	07:23	Hugh Pelling	Old Portlians CC	V	52	-
54	07:24	John Mankelow	Lewes Wanderers CC	V	68	1:07:48
55	07:25	Michael Davey	Eastbourne Rovers CC	S	38	-
56	07:26	Joseph Sheriff	In-Gear Quickvit Trainsharp RT	S	28	-
57	07:27	Samuel Ramsey	Lewes Wanderers CC	V	52	0:59:36
58	07:28	Andrew Quye	Southborough & Dist. Whs	V	54	-
59	07:29	Lee McGeever	Brighton Excelsior CC	V	46	-
60	07:30	Paul Byford	Crawley Wheelers	V	50	-
61	07:31	Mark Bashford	East Grinstead CC	S	32	-
62	07:32	Nick Eisinger	Dorking Cycling Club	V	43	-
63	07:33	Sam Bennett	7 Oaks Triathlon Club	V	43	-
64	07:34	Colin Toppin	Brighton Excelsior CC	V	43	1:04:25
65	07:35	Pete Morris	Team ASL360	S	38	0:55:08
66	07:36	Andrew Murray	Team Corridori	V	51	-
67	07:37	Martin Booker	Worthing Excelsior CC	V	48	-
68	07:38	Andrew Green	Old Portlians CC	V	50	-
69	07:39	Fabien Large	Hastings & St. Leonards CC	Jv	14	-
70	07:40	Matthew Woods	Eastbourne Rovers CC	V	45	-
71	07:41	David Churchill	Bigfoot CC	V	57	-
72	07:42	Matt Coombs	Lewes Wanderers CC	V	45	0:58:16
73	07:43	Tony Tuohy	Redmon CC	V	54	-
74	07:44	Martin Yardley	Southborough & Dist. Whs	V	51	-
75	07:45	Paul Smith	VeloRefined.com Aerosmiths	V	44	-
76	07:46	Adam Grange	East Grinstead CC	V	46	-
77	07:47	Doug Bentall	Southborough & Dist. Whs	V	50	-
78	07:48	Stephen Connery	GS Avanti	V	47	-
79	07:49	Martin Horscroft	Eastbourne Rovers CC	V	51	-
80	07:50	Simon McNamara	South Downs Bikes / Casco Europe	V	41	-
81	07:51	Dave Warne	Bigfoot CC	V	60	-
82	07:52	Neil Couchman	Southborough & Dist. Whs	S	38	-
83	07:53	Simon Vieweg	Velopace	V	42	-
84	07:54	David Hickman	Old Portlians CC	V	63	-
85	07:55	Brian Molloy	Brighton Excelsior CC	V	48	-
86	07:56	Peter Gray	Old Portlians CC	V	62	-
87	07:57	Ben Crick	East Grinstead CC	V	51	-
88	07:58	Adam Rogers	Eastbourne Rovers CC	V	41	-
89	07:59	Matthew Sumpter	In-Gear Quickvit Trainsharp RT	S	27	-
90	08:00	Nick Dwyer	Lewes Wanderers CC	V	53	-

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Guidelines

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.

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

