



Crawley Wheelers- Alec Ewart Trophy

Good Friday Sporting Time Trial- 30th March 2018
Course: GS/196 (41.59 miles) - part of the SPOCO SE Series



Proud supporters of St. Catherine's Hospice

Course Record: **Wouter Sybrandy** (Team IG Sigma Sport) **1:32:21**
Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Timekeepers: Mike Labram and Mick Kilby

Event Secretary: Sarah Phelps, 1 Highland Court, Church Road, Haywards Heath, RH16 3NZ

Tel: 07730876886 Email: selphelps@gmail.com



Important

CTT regulations require the compulsory use of helmets for the under 18's. 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

No Vehicles, except those of the Timekeepers' and Event Officials, shall be parked in the vicinity of the start and finish areas.

Competitors are requested not to warm up on the course after the first competitor has started.
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
Official Observers will be stationed around the course

NUMBERS WILL BE AT THE HQ where you are required to **sign on and sign off** in person. This is a REQUIREMENT BY CTT and failure to do so will result in being DQd.

There will be an additional sheet to sign to qualify for the ROAD BIKE category.

Website: www.crawleywheelers.co.uk

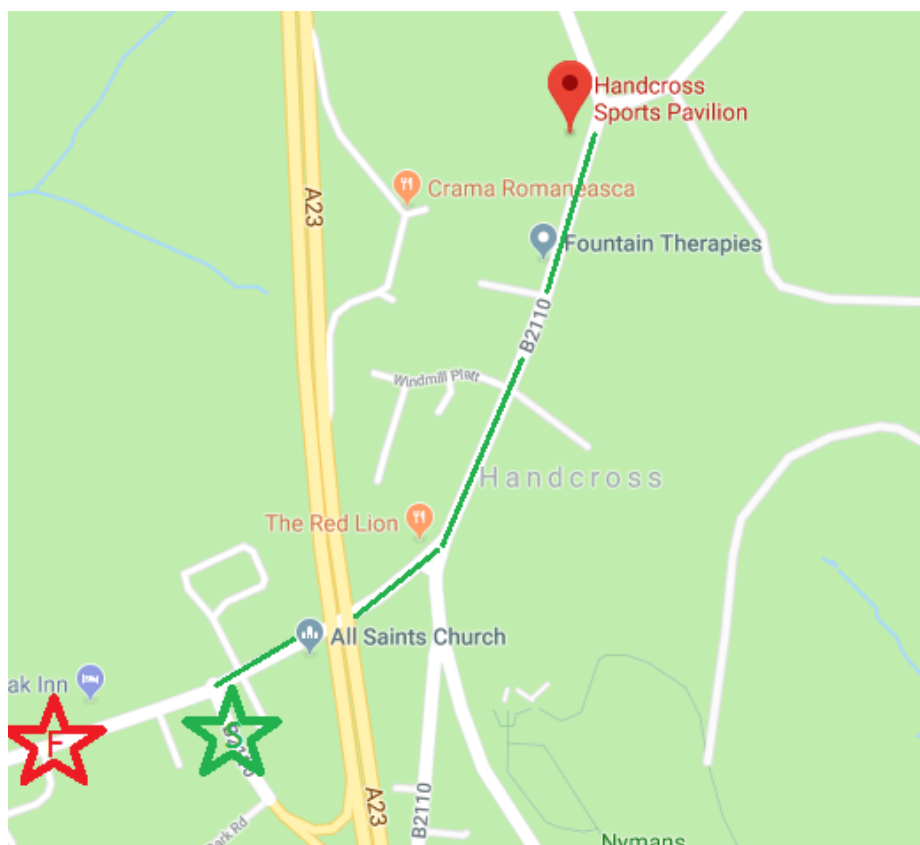
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Race HQ: HANDCROSS SPORTS PAVILION, Recreation Ground, High Street, Handcross, West Sussex, RH17 6BJ

HQ will be open from 6.30am. First rider off at 7:40am. **THERE IS LIMITED PARKING. PLEASE DO NOT ASSUME YOU WILL FIND A SPACE AT THE HQ.** Parking is available on the road around the HQ. Please be courteous to the public, other road users, and especially residents. **DO NOT** block driveways or pathways.



To the start: Turn right out of HQ, and follow B2110 (High street) south. At junction, follow B2110 to the right (signposted Cowfold/ Horsham.) Turn left at mini roundabout (first exit) and start is on your right.

At the finish: Continue straight on B2110, straight over mini roundabout, left at junction to high street, continue North and HQ will be on your left.

Coffee will be provided by Stan's Bike Shack, before and after your ride. Refreshments provided by the organising club, raising money for St Catherine's Hospice. Please bring cash.



Stan's Bike Shack is a rest-stop and meeting place for cyclists and ramblers, located in West Sussex near the South Downs National park.

Located after 13miles on today's course.

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SPONSORS



Lezyne – Distributed by Upgrade Bikes, located in Partridge Green, after 13 miles on today's course

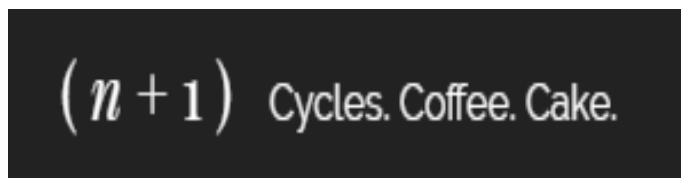
Lezyne's mission is to create the most advanced and beautiful cycling products, ever. They have kindly provided excellent prizes for our ROAD BIKE category, including a brilliant Mini GPS Nav device, and spot prizes throughout.

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Evans Cycles (Gatwick) has a long running relationship with the Wheelers, sponsoring our kit for one. They are the UK's leading specialist bike shop, with 61 stores nationwide, and have kindly sponsored our Vet prizes.

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(n+1) offers FREE cycle storage, cycle repair, cycle hire, small batch coffee, nutritional cakes and snacks. Located behind Brighton train station.

The man behind the business is in today's race.

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Cytech Qualified Mechanic, Service & Repair for Road, MTB, Hybrid & Children's Bikes of all levels. Free Collection/Delivery within 25 miles of Burgess Hill.

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As a rule Dark Star don't make things easy for themselves. They started life back in 1994 in the cellar of The Evening Star pub in Brighton with a brew kit marginally bigger than that used by an enthusiastic home brewer. With a love of American hops that has shaped the beers we've become known for, started when our Chairman, Peter Halliday, returned from a business trip across the pond with a suitcase full of hops - we all still agree that he did well to get through customs with his vegetation. We're a bit bigger than that now and use a few more hops, but the free spirited nature still very much holds true.

Dark Star are located in Partridge Green, 13 miles on today's course.

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It's a simple straightforward approach. We aim to brew the best beer that we can, using only the finest natural ingredients.

Based on our farm near Brighton, we feel passionately about our environment. All of the energy required for brewing comes from solar panels, we've planted and harvest our own hops, and we even supply local farmers with all of our spent grain and hops for FREE, which they then use as feed for their cattle. Fastest Team gets to visit the Brewery!

Bedlam Brewery are located after 28 miles on today's course, on Shaves Wood Lane, near Albourne. Look out for them cheering you on.

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PRIZES include bottled beer from Bedlam and Dark Star

Fastest overall time: Alec Ewart trophy

Men:

1st: £30 plus Lezyne V7 Multitool

2nd: £20

3rd: £15

4th: £10

5th: Lezyne V7 Multitool

Women:

1st £30 plus Lezyne V7 Multitool

2nd £10

Road bike (no tri bars, disc wheels, TT helmets):

1st Road Bike: Lezyne Mini GPS SRP £95.00

2nd Road Bike: Lezyne Strip Drive PRO 300 rear light SRP £50.00

3rd Road Bike: Dark Star Brewery Cycling Jersey

Spot prizes:

Closest to the magic time xx:xx:xx: Lezyne Macro Floor Drive pump SRP £33.00

Fastest Team of Three: Bedlam Brewery Tour

Lantern Rouge: The Cogfather Bronze service

Most improved (over last year's event): N+1 Gold Service

Age categories:

20-29yr (not winning another prize): £10

30-39y (not winning another prize): £10

40-49yr (not winning another prize): £30 Evans Cycling Voucher

50-59yr (not winning another prize): £30 Evans Cycling Voucher

60-69yr (not winning another prize): £10

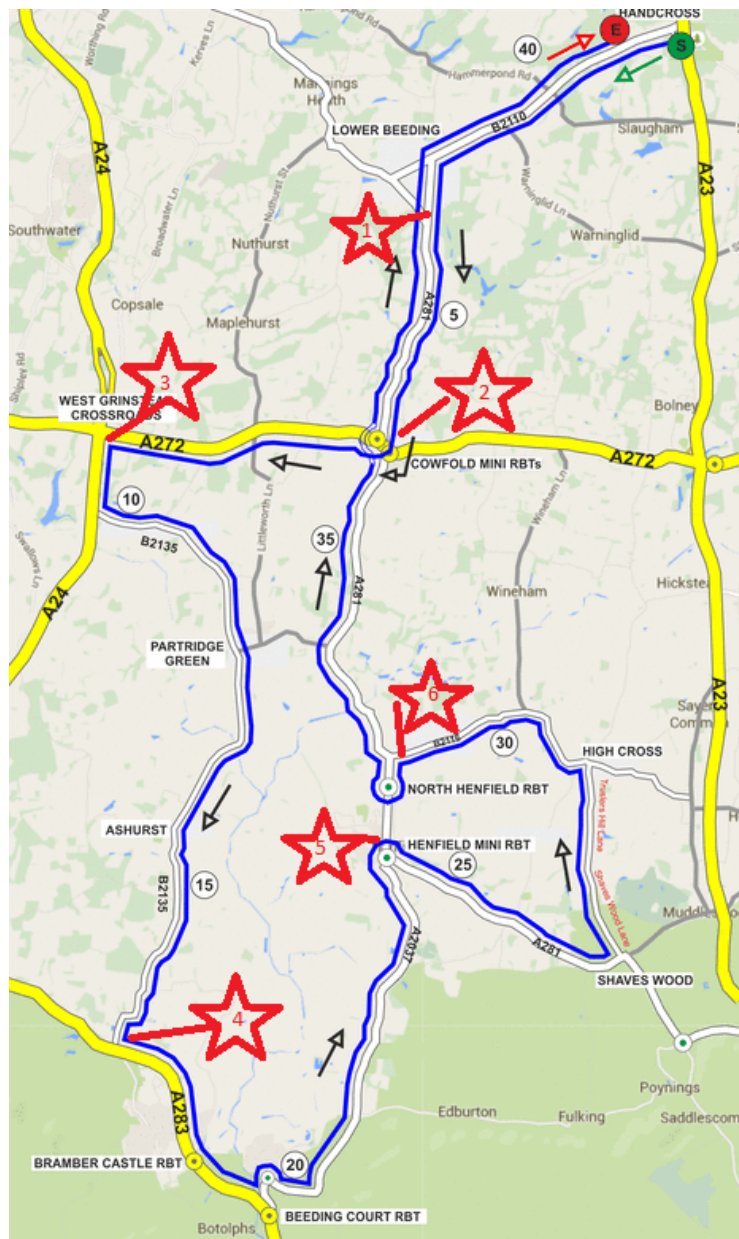
+70yr (not winning another prize): £10

Course: GS/196. WE STRONGLY ADVISE YOU STUDY THE COURSE.

Our marshals will assist, but please do not rely on them, as it is quite a complex route. GPX available below.

<https://connect.garmin.com/modern/course/8745966>

<http://www.sussexca.org.uk/gs196.html>



POINTS OF CAUTION

Point 1: Joining road, give way to traffic.

Point 2: Turning right at mini roundabout, give way to traffic from right.

Point 3: TAKE CARE when joining major road from slipway. A24 is a DUAL CARRIAGEWAY. Pothole on slipway.

Point 4: TAKE care when joining A281, junction at bottom of hill. Adjust your speed.

Point 5: SHARP right turn at mini roundabout, give way to traffic from right.

Point 6: TURN LEFT, ride south to roundabout for dead turn, before continuing North. There will be a marshal on the roundabout checking numbers.

Point 2: From south, ride through two mini roundabouts. Take care and give way to traffic from left.

Point 1: From south, TURN RIGHT ACROSS ONCOMING TRAFFIC. Take extreme caution, and go only when safe to do so.

Hazards: Details of any Additional Hazards not listed on the Start Sheet will be displayed or advised at the Signing On point. All competitors must take note of these details when they sign on.

THE LIGHT CONTROLLED PEDESTRIAN CROSSINGS IN COWFOLD AND SMALL DOLE MUST BE OBEYED. FAILURE TO OBEY THIS WILL RESULT IN DQ.

After passing the finish, riders are requested to continue on to HQ where the result board will be located. No times will be given at the Finish. All prizes will be presented as soon as possible after the event.

**PLEASE KEEP YOUR HEAD UP AND WATCH OUT FOR POTHOLES.
OBSERVE THE HIGHWAY CODE.**

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Bib	Start time	First name	Last name	Club	Gender	Category
10	07:40:00	Paul	Byford	Crawley Wheelers	Male	Veteran
11	07:41:00	Edward	Harris	Evans Cycles Race Team	Male	Senior
12	07:42:00	Darren	Bird	Sussex Nomads CC	Male	Senior
13	07:43:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran
14	07:44:00	Tony	Sinnett	Sussex Nomads CC	Male	Veteran
15	07:45:00	Richard	Price	London Phoenix CC	Male	Veteran
16	07:46:00	Simon	Gent	Hub Velo	Male	Veteran
17	07:47:00	James	Bromley	Becontree Wheelers CC	Male	Veteran
18	07:48:00	Gary	Boyd	Hub Velo	Male	Veteran
19	07:49:00	Richard	Pimlott	Finsbury Park CC	Male	Veteran
20	07:50:00	Steve	Dennis*	East Grinstead CC	Male	Veteran
21	07:51:00	James	Cheeseman	Crawley Wheelers	Male	Senior
22	07:52:00	Peter	Barling	Lewes Wanderers CC	Male	Senior
23	07:53:00	Anthony	Brown	Horsham Cycling	Male	Veteran
24	07:54:00	Mark	Gidney	Southborough & Dist. Whs	Male	Veteran
25	07:55:00	David	Pollard	In-Gear Quickvit Italy Bike Tours RT	Male	Veteran
26	07:56:00	Peter	Owen	Norwood Paragon CC	Male	Veteran
27	07:57:00	Jonathan	Hemming	Addiscombe CC	Male	Veteran
28	07:58:00	Trevor	Montague	Crawley Wheelers	Male	Veteran
29	07:59:00	Kevin	Beament	Sydenham Whs	Male	Veteran
30	08:00:00	Pete	Morris**	Team ASL	Male	Senior
31	08:01:00	Carl	Stephens	Basildon CC	Male	Veteran
32	08:02:00	Nigel	Langridge	Crawley Wheelers	Male	Veteran
33	08:03:00	Mik	onions	Brighton Mitre CC	Male	Veteran
34	08:04:00	Iain	Duncan	Crawley Wheelers	Male	Veteran
35	08:05:00	Andy	Lack	Paceline RT	Male	Veteran
36	08:06:00	Jennifer	Millett	Tri Surrey	Female	Senior
37	08:07:00	Mark	Penfold	Crawley Wheelers	Male	Veteran
38	08:08:00	Alan	Yule	Crawley Wheelers	Male	Veteran
39	08:09:00	Steve	Atkinson	Horsham Cycling	Male	Veteran
40	08:10:00	Steven	Cottington	Bath Cycling Club	Male	Veteran
41	08:11:00	Sharon	Chladek	Crawley Wheelers	Female	Veteran
42	08:12:00	Chris	Jones	Elite Cycling	Male	Veteran
43	08:13:00	Daniel	Sharp	Charlottesville Cycling Club	Male	Veteran
44	08:14:00	Gina	McGeever	Lewes Wanderers CC	Female	Veteran
45	08:15:00	Nick	Dwyer	Lewes Wanderers CC	Male	Veteran
46	08:16:00	Greg	Hunt	RT 316	Male	Veteran
47	08:17:00	David	Twin	Sydenham Whs	Male	Veteran
48	08:18:00	Lee	Pendlebury	Crawley Wheelers	Male	Senior
49	08:19:00	Daniel	Loveday	Charlottesville Cycling Club	Male	Veteran
50	08:20:00	Angela	Radden-Rutt	Horsham Cycling	Female	Senior
51	08:21:00	Neil	HARRIGAN	Gravesend CC	Male	Veteran

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52	08:22:00	David	Eccles	Redmon CC	Male	Veteran
53	08:23:00	John	Tindell	Brighton Excelsior CC	Male	Senior
54	08:24:00	Aidan	McConville	Lewes Wanderers CC	Male	Senior
55	08:25:00	Gary	Brind	South Downs Bikes / Casco Europe	Male	Veteran
56	08:26:00	Simon	Trehearn	Kingston Phoenix RC	Male	Veteran
57	08:27:00	Keith	Walker	Wigmore CC	Male	Veteran
58	08:28:00	Neil	Crowther	Worthing Excelsior CC	Male	Veteran
59	08:29:00	Luke	Worthington	Maison du Velo - Storck Bikes UK	Male	Senior
60	08:30:00	Philip	Murrell	Finsbury Park CC	Male	Veteran
61	08:31:00	Tony	Reeves	GS Stella	Male	Veteran
62	08:32:00	Ian	Cheesman	Worthing Excelsior CC	Male	Veteran
63	08:33:00	Robert	Rollings	Lewes Wanderers CC	Male	Senior
64	08:34:00	Graham	Hurrell	Basildon CC	Male	Veteran
65	08:35:00	Dale	Lush	Kingston Phoenix RC	Male	Senior
66	08:36:00	Andy	Tedd	South Downs Bikes / Casco Europe	Male	Veteran
67	08:37:00	Robert	Charles	Blazing Saddles	Male	Veteran
68	08:38:00	Adrian	Blacker	Norwood Paragon CC	Male	Veteran
69	08:39:00	Robert	Royston	Sydenham Whs	Male	Veteran
70	08:40:00	Paul	Hart	Southend Wheelers	Male	Senior
71	08:41:00	Jon	Saunders	Charlottesville Cycling Club	Male	Senior
72	08:42:00	Steven	Kane	Team ASL	Male	Senior
73	08:43:00	Ian	Paine	London Dynamo	Male	Veteran
74	08:44:00	Sam	Storer	Crawley Wheelers	Male	Veteran
75	08:45:00	Matt	Peel	C and N Cycles RT	Male	Senior
76	08:46:00	Robert	Zietal	Crawley Wheelers	Male	Senior
77	08:47:00	Colin	Lewin	Velo Schils Interbike RT	Male	Veteran
78	08:48:00	Paul	Batten	Crawley Wheelers	Male	Senior
79	08:49:00	Rob	Reed	RT 316	Male	Veteran
80	08:50:00	Simon	McNamara***	South Downs Bikes / Casco Europe	Male	Veteran
81	08:51:00	Thomas	Key	Leicester Forest CC	Male	Senior
82	08:52:00	Kevin	Plummer	South Downs Bikes / Casco Europe	Male	Veteran
83	08:53:00	Dan	Pullen	Crawley Wheelers	Male	Veteran
84	08:54:00	Edward	Renwick	Oxford City RC	Male	Veteran
85	08:55:00	Mark	Emsley****	Crawley Wheelers	Male	Senior
86	08:56:00	Thomas	Doran	Kingston Wheelers CC	Male	Senior
87	08:57:00	Gethin	Butler	Preston Whs	Male	Veteran
88	08:58:00	John	Powell	Team ASL	Male	Senior
89	08:59:00	Andrew	Martin	Kingston Wheelers CC	Male	Senior
90	09:00:00	MARK	SMITH*****	Crawley Wheelers	Male	Veteran

* 2014 Winner

** 2016 Winner

*** 2016 3rd place

**** 2017 2nd place

***** 2017 Winner

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