



Worthing Excelsior Cycling Club

PRESIDENT - ROBERT DOWNHAM



Open 25 Mile Time Trial Sunday 13th May 2018

Course G25/93

Ray Douglass Memorial Event

Event Secretary: Mick Irons
36 Phrosso Road, Worthing, West Sussex BN11 5SL Tel 01903 240280
(or Allan Orman 07999 868607 on day of event)

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

HQ

Steyning Centre

Fletcher's Croft
Steyning
West Sussex

Postcode BN44 3XZ

Open from 06:00



Plenty of parking is available.

Thank you in advance for not wearing cycling shoes or cleats in the hall.

Numbers at HQ only. After the event please return your race number to the event HQ and complete the sign-out sheet in exchange for a cup of tea or coffee.

HQ to start: 1.63 miles

Finish to HQ: 1.94 miles

Route to start:

Left out of the car park to the mini roundabout, then right onto the High Street. Proceed North to the A283 junction. Left and then immediately right onto the B2135, and continue to the start near top of hill.

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OFFICIAL TIME KEEPERS

Start: Tony Palmer
Finish: Mick Irons

Worthing Excelsior CC
Worthing Excelsior CC

Prizes

1st Scratch	£30
2nd Scratch	£20
3rd Scratch	£10

1st Lady	£30
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Fastest Team of 3	£30
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1st Vet on VTТА Std	£30
2nd Vet on VTТА Std	£20

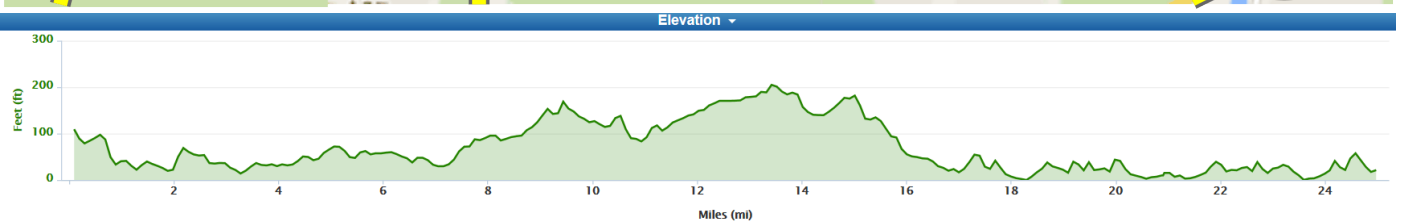
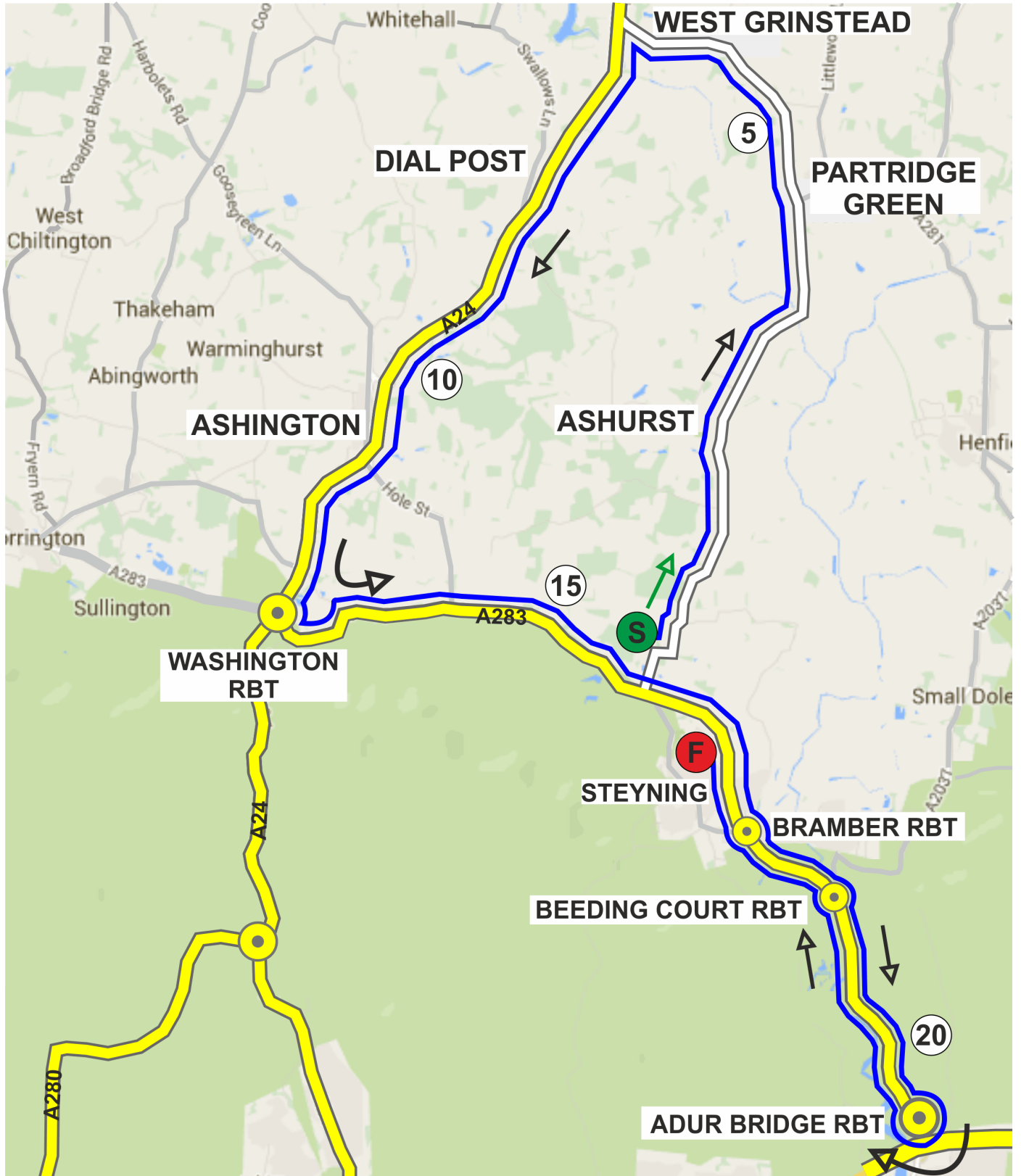
Please Note: 1 prize per rider for individual categories. This means that where a rider has won or placed in 2 prize categories, the prize for the win or place in the second prize category will go to the next eligible rider for that category. This does not apply to the Team Prize.

PAST WINNERS

1996	Neil Baker	Velo Club Deal	56:20
1997	Sean Yates	Teamclean/Freshstart	53:23
1998	Tim Stevens	Teamclean/Freshstart	56:06
1999	Michael Hutchinson	Cambridge University CC	53:35
2000	Keith Read	34 th Nomads	54:19
2001	Richard Prebble	Geen Team / Team onbekend	52:36
2002	James Dear	In Gear RT	54:29
2003	Steve Dennis	East Grinstead CC	56:24
2004	Matthew Bottrill	Jim Walker RT	51:58
2005	Leon Wright	Sigma Sport RT	55:22
2006	Steve Dennis	East Grinstead CC	54:15
2007	Steve Frame	Eastbourne Rovers	55:34
2008	Guy Powdrill	London Dynamo	54:35
2009	Laurence Harding	Shorter Rochford RT	53:35
2010	Dave Wheeler	Rye Wheelers	52:13
2011	Steve Dennis	East Grinstead CC	52:26
2012	Steve Dennis	East Grinstead CC	52:56
2013	Steve Kane	Brighton Excelsior CC	53:30
2014	Sean Scott	In Gear Quickvit Trainsharp RT	52:23
2015	Conall Yates	In Gear Quickvit Trainsharp RT	52:41
2016	Pete Tadros	In Gear Quickvit Trainsharp RT	52:06
2017	Pete Tadros	In Gear Quickvit Trainsharp RT	51:50

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COURSE DIRECTIONS – G25/93	MILES
START on B2135 near Steyning at first arrow sign just south of entrance to Wappingthorn Manor	0.00
Proceed northwards on B2135 via Ashurst and Partridge Green to T junction with A24 at West Grinstead	6.68
LEFT and follow A24 south to Washington RBT (roundabout) (CHECK)	12.56
LEFT 1 st exit and follow A283 via Bramber Castle and Beeding Court RBTs to Adur Bridge RBT, Shoreham, where TURN (CHECK)	20.98
4 th exit to retrace on A283 via Beeding Court and Bramber Castle RBTs to FINISH at paint mark on curb opposite TP3 approximately 25 yards before Canons Way	25.00

Link to Garmin Connect version of the course map [G25/93](#)

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.

Competitors' Machines: 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.

Competitors' Vehicles: No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish (District regulation).

Safety Instructions: Details of any additional hazards not listed on the start sheet will be displayed at the signing on point.

Warming Up: Competitors are requested not to warm up on the course after the event has started.

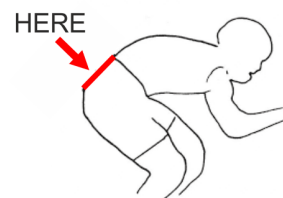
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

Results: No times will be given out at the finish line.

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.

Body numbers should be fitted in accordance with Regulation 16 and Arm Numbers should be fitted to the upper arm with the number facing forwards (not inwards).

Be aware that "No time may be recorded if the number is incorrectly positioned".



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Rider No	Start Time	Name	Club	Cat/ Age	VTTA Std
4	07:04	Robin Johnson	Brighton Mitre CC	V69	1:13:37
5	07:05	Robert Charles	Blazing Saddles	V52	1:08:26
6	07:06	John McGrath	Worthing Excelsior CC	V54	1:08:52
7	07:07	Peter Davies	Brighton Mitre CC	V61	1:10:38
8	07:08	Karen McGrath	Worthing Excelsior CC	WV56	1:14:53
9	07:09	Richard Claxton	VC Elan - Harry Perry Cycles	V74	1:16:20
10	07:10	Dale Lush	Kingston Phoenix RC	S39	
11	07:11	Simon Trehearn	Kingston Phoenix RC	V44	1:06:51
12	07:12	Jason Hunter	Pearson Cycling Club	V54	1:08:52
13	07:13	Phil Gall	Epsom CC	V48	1:07:38
14	07:14	Rome Bhamra	Worthing Excelsior CC	V51	1:08:14
15	07:15	Rupert Robinson	Crawley Wheelers	V46	1:07:15
16	07:16	Martin Booker	Worthing Excelsior CC	V49	1:07:50
17	07:17	Ben Fielden	GS Stella	V76	1:17:41
18	07:18	Emma Naylor	University of Bath Cycling Club	WS21	
19	07:19	Alison Lewis	Brighton Mitre CC	WV54	1:14:23
20	07:20	Matt Peel	C and N Cycles RT	S33	
21	07:21	John Marinko	Brighton Mitre CC	V53	1:08:39
22	07:22	James Stone	Brighton Excelsior CC	V49	1:07:50
23	07:23	Spencer Kirkham	Worthing Excelsior CC	V50	1:08:02
24	07:24	Stuart Thomas	Epsom CC	V41	1:06:13
25	07:25	Michael Davey	Eastbourne Rovers CC	V40	1:06:00
26	07:26	Rick Hughes	Worthing Excelsior CC	V55	1:09:05
27	07:27	Donald Parker	Brighton Mitre CC	V69	1:13:37
28	07:28	Paul Townsley	Worthing Excelsior CC	V69	1:13:37
29	07:29	Wendy Harman	Brighton Mitre CC	WV52	1:13:55
30	07:30	Howard Bayley	Blazing Saddles	V43	1:06:39
31	07:31	Trevor Leeding	Worthing Excelsior CC	V52	1:08:26
32	07:32	Chris Hewitt	Oxted Cycle Club	S35	
33	07:33	Matthew Sim	Dorking Cycling Club	S21	
34	07:34	Katerina Avramides	Brighton Mitre CC	WS37	
35	07:35	Jamie Pine	Nuun-Sigma Sport-London RT	V40	1:06:00
36	07:36	Jon Fry	Horsham Cycling	V47	1:07:26
37	07:37	Colin Toppin	Brighton Excelsior CC	V45	1:07:03
38	07:38	Russell Thorne-Jones	Crawley Wheelers	V45	1:07:03
39	07:39	Amanda Harman	Brighton Mitre CC	WV52	1:13:55
40	07:40	Mark Smith	Crawley Wheelers	V44	1:06:51

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Rider No	Start Time	Name	Club	Cat/ Age	VTTA Std
41	07:41	Nolan Heather	Worthing Excelsior CC	V42	1:06:26
42	07:42	Marcus Brueton	Norwood Paragon CC	V46	1:07:15
43	07:43	Iain Duncan	Crawley Wheelers	V46	1:07:15
44	07:44	Michelle Lock	GS Stella	WV54	1:14:23
45	07:45	Dave Dent	GS Stella	V54	1:08:52
46	07:46	Mark Frost	Lewes Wanderers CC	V51	1:08:14
47	07:47	Roland Kitson	Horsham Cycling	V58	1:09:49
48	07:48	Huw Williams	Worthing Excelsior CC	V49	1:07:50
49	07:49	James Cheeseman	Crawley Wheelers	S32	
50	07:50	James Rix	Team Bottrill / Vanguard	V42	1:06:26