



# Sussex Cyclists' Association

2019 PRESIDENT – Mike Watson, Angmering CC

**Open 15 miles Time Trial Saturday 15<sup>th</sup> June 2019 - Course G15/93**  
***Incorporating Sussex Individual, Veterans and Team Championships***

**Event Secretary:** Robin Johnson, 7 Gorselands, Billingshurst, West Sussex RH14 9TT  
(Brighton Mitre CC). Email: [mr\\_rjohnson@outlook.com](mailto:mr_rjohnson@outlook.com)  
Tel: 01403 783368 (or 07733 132043 on day of event)

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

## HQ

### Steining Centre

Fletcher's Croft  
Steining  
West Sussex

Postcode BN44 3XZ

Open from 06:00



Plenty of parking is available, free till 0900 then 75p for 1 hour, or park in road by church for free.

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 in exchange for a cup of tea or coffee.

HQ to start: 2.2 miles

Finish to HQ: 1.6 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 (**which is 0.4 miles north of the G25/93 start**). Quiet at the start please as there are nearby houses.

### **Course Records**

Mens:	00:31:16	Mark Smith	2017
Womern:	00:35:51	Joscelin Lowden	2017
Vets.:	00:31:16	Mark Smith	2017
Tandem:	00:37:05	Jon Frost/David Abbott	2016

PAST WINNERS:

2015 Dominic Maxwell 00:35:37

2016 Pat Wright 00:31:52

2017 Mark Smith 00:31:16

2018 Simon McNamara 00:32:02

2019

VERY GRATEFUL THANKS TO ALL ENTRANTS.

LAST YEAR WE HAD A RECORD ENTRY OF 52 RIDERS.

THIS YEAR, AGAIN 52 RIDERS.

## 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.

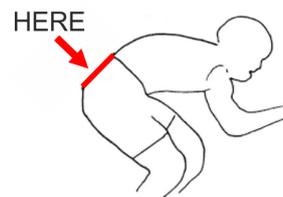
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**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".



## Additional Safety Instructions

Competitors must exercise extra care at the start and at all roundabouts.

PLEASE REMEMBER TO SIGN OUT AFTER YOU HAVE FINISHED.....

# Open 15 miles Time Trial Saturday 15<sup>th</sup> June 2019

Course G15/93

## TIME KEEPERS

Start: Mick Kilby Lewes Wanderers CC  
Finish: Kathleen Collard-Berry ...a3crg

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## Prizes

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1 <sup>st</sup>	£15 + Champagne (value £25)	1 <sup>st</sup> Veteran (40-44)	Wine (value £5)
2 <sup>nd</sup>	£10 + Wine (value £5)	1 <sup>st</sup> Veteran (45-49)	Wine (value £5)
3 <sup>rd</sup>	£5 + Wine (value £5)	1 <sup>st</sup> Veteran (50-54)	Wine (value £5)
4 <sup>th</sup>	Wine (value £5)	1 <sup>st</sup> Veteran (55-59)	Wine (value £5)
1 <sup>st</sup> Woman	£15 + Champagne (value £25)	1 <sup>st</sup> Veteran (60-64)	Wine (value £5)
1 <sup>st</sup> Team	£5 + Wine (value £5) each	1 <sup>st</sup> Veteran (65-69)	Wine (value £5)
2 <sup>nd</sup> Team	Wine (value £5) each	1 <sup>st</sup> Veteran (70-74)	Wine (value £5)
		1 <sup>st</sup> Veteran (75-79)	Wine (value £5)
		1 <sup>st</sup> Vet on Target	£5 + Wine (value £5)
		2 <sup>nd</sup> Vet on Target	Wine (value £5)

*As a Championship event, this race includes a selection of Trophies, Cups and Medals to be awarded to*

*riders in Sussex C.A. affiliated clubs in various categories:*

First	Championship Cup for a year, plus Sussex C.A. medal
1 <sup>st</sup> Woman	Sussex C.A. medal
1 <sup>st</sup> Team	Sussex C.A. medal
1 <sup>st</sup> Veteran	Sussex C.A. medal
1 <sup>st</sup> Veteran on CTT Target Time	Sussex C.A. medal

Cups and medals to be presented at the Annual Sussex Cyclists' Association lunch and prize presentation to be held on Sunday 24<sup>th</sup> November, 2019 at Dial Post Village Hall.

£12 to Robin Johnson no later than 20th November, 2019.

## PLEASE NOTE

### **Prize Presentation**

To be held as soon as possible after the event..

Please stay to receive your awards and/or applaud the recipients.

### **Lottery Prizes**

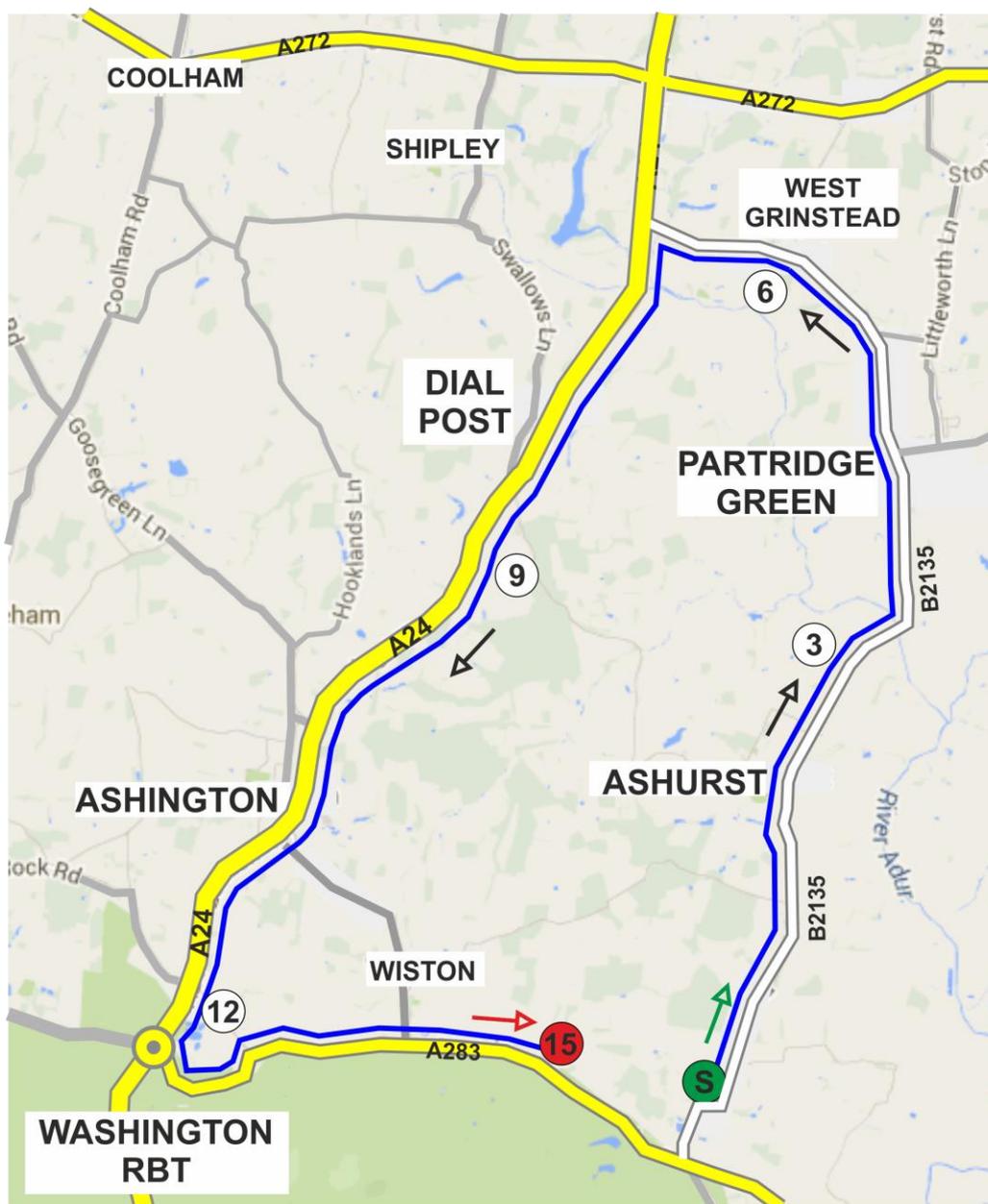
To be awarded at the prize presentation.

A bottle of wine, value £5, to each of the first three names drawn.

To be eligible, be present and be a finisher.

# Open 15 miles Time Trial Saturday 15<sup>th</sup> June 2019

Course G15/93



OS REF (TQ)	COURSE DIRECTIONS – G15/93	MILES	
174134	<b>START</b> on B2135 at reflective marker pole in unclassified road, 10 yards south of Post Box and 0.40 mile north of G25/93 Start by Wappingthorn House. (Marker pole is the one nearest B2135 and has a little yellow paint.)	0.00	0.00
165214	Proceed north on B2135 via Ashurst and Partridge Green to T junction with A24 at West Grinstead	6.31	6.31
120134	<b>LEFT</b> and follow A24 south to Washington RBT (roundabout) (CHECK)	5.81	12.12
161130	<b>LEFT</b> 1 <sup>st</sup> exit and follow A283 via Wiston crossroads to <b>FINISH</b> 0.15 mile (265 yards) before G10/97 Start, 226 yards west of entrance to Hammes Farm, at drain cover, marked in yellow	2.88	15.00

#### ORDER OF START:

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
1	07:01:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	71
2	07:02:00	John	Mcdonald	trainSharp	Male	Veteran	54
3	07:03:00	Clive	Jackson	Central Sussex CC	Male	Veteran	67
4	07:04:00	Gary	Holder	VTTA (Surrey/ Sussex)	Male	Veteran	53
5	07:05:00	Stuart	Bettis	South Downs Bikes / Casco Pet	Male	Senior	34
6	07:06:00	Huw	Williams	Worthing Excelsior CC	Male	Veteran	51
7	07:07:00	Carl	Richardson	trainSharp	Male	Veteran	55
8	07:08:00	Steven	Woodbridge	GS Stella	Male	Veteran	43
9	07:09:00	Peter	Horsfield	Redmon CC	Male	Veteran	69
10	07:10:00	Conall	Yates	trainSharp	Male	Senior	38
11	07:11:00	Colin	Toppin	Worthing Excelsior CC	Male	Veteran	46
12	07:12:00	John	Ferguson	Brighton Mitre CC	Male	Veteran	51
13	07:13:00	Dylan	Coyne	Balcombe Cycle Club	Male	Veteran	46
14	07:14:00	Barrie	Foster	Anerley BC	Male	Veteran	70
15	07:15:00	Tom	Houghton	Brighton Excelsior CC	Male	Veteran	47
16	07:16:00	Ben	Cumpstone	Brighton Mitre CC	Male	Veteran	49
17	07:17:00	Mark	Vowells	CC Bexley - TRIKE	Male	Veteran	66
18	07:18:00	Karen	Mcgrath	Worthing Excelsior CC	Female	Veteran	57
19	07:19:00	Peter	Davies	Brighton Mitre CC	Male	Veteran	62
20	07:20:00	John	Cooke	Pure Motion Cycling Club	Male	Senior	36
21	07:21:00	Tony	Reeves	GS Stella	Male	Veteran	47
22	07:22:00	Sam	Dix	trainSharp	Male	Veteran	48
23	07:23:00	Andy	Seltzer	In-Gear	Male	Veteran	54
24	07:24:00	Katie	Simmonds	Horsham Cycling	Female	Senior	26
25	07:25:00	Kevin	Plummer	South Downs Bikes / Casco Pet	Male	Veteran	54
26	07:26:00	Jez	Parsons	Brighton Excelsior CC	Male	Veteran	53
27	07:27:00	Paul	Townsley	Worthing Excelsior CC	Male	Veteran	70
28	07:28:00	Christian	Yates	East Grinstead CC (Merlin Cycle Coaching)	Male	Veteran	56
29	07:29:00	Mike	Boyce	...a3crg	Male	Veteran	63
30	07:30:00	Neil	Crowther	Blazing Saddles	Male	Veteran	46
31	07:31:00	Spencer	Kirkham	Worthing Excelsior CC	Male	Veteran	51
32	07:32:00	Jon	Fry	Horsham Cycling	Male	Veteran	48
33	07:33:00	Iain	Duncan	Crawley Wheelers	Male	Veteran	47
34	07:34:00	Rick	Hughes	Worthing Excelsior CC	Male	Veteran	56

35	07:35:00	David	Triska	Team Bottrill	Male	Senior	37
36	07:36:00	Chris	Lord	Brighton Excelsior CC	Male	Veteran	66
37	07:37:00	Nolan	Heather	Worthing Excelsior CC	Male	Veteran	43
38	07:38:00	Will	Reeder	trainSharp	Male	Senior	30
39	07:39:00	Martin	Booker	South Downs Bikes / Casco Pet	Male	Veteran	50
40	07:40:00	Peter	Tadros	trainSharp	Male	Veteran	48
41	07:41:00	Chris	Newberry	Redhill CC	Male	Senior	31
42	07:42:00	Theo	Tadros	trainSharp	Male	Junior	17
43	07:43:00	Simon	Steeles	Worthing Excelsior CC	Male	Veteran	48
44	07:44:00	Alan	Robinson	Central Sussex CC	Male	Veteran	78
45	07:45:00	Howard	Bayley	Blazing Saddles	Male	Veteran	44
46	07:46:00	Ian	Cheesman	Worthing Excelsior CC	Male	Veteran	50
47	07:47:00	Matt	Hill	Velo Club Godalming & Haslemere	Male	Veteran	58
48	07:48:00	Simon	Letts	Bognor Regis CC	Male	Veteran	56
49	07:49:00	Ben	Fielden	GS Stella	Male	Veteran	77
50	07:50:00	Nik	Allen	Worthing Excelsior CC	Male	Veteran	47
51	07:51:00	Andy	Tedd	South Downs Bikes / Casco Pet	Male	Veteran	51
52	07:52:00	Mike	O'gorman	Worthing Excelsior CC	Male	Veteran	67

### **SUSSEX C.A. CYCLE JUMBLE SALE**

Please come and support the Association Cycle Jumble Sale on Saturday 17 August

at The Steyning Centre, 0900-1200; tables £8 from 0730.

Contact Robin Johnson, 01403 783368, [mr\\_rjohnson@outlook.com](mailto:mr_rjohnson@outlook.com)

