



www.sussexca.org.uk

Sussex Cyclists' Association



2019 PRESIDENT – Mike Watson, Angmering CC.

Open 50 miles Time Trial Sunday 30th June 2019

Course G50/10

Incorporating Sussex Individual, Veterans and Team Championships

Qualifying event for National B.A.R., S.C.A. B.A.R. and S.C.A. SPOCO

Event Secretary: Robin Johnson,
Brighton Mitre C.C.

7 Gorselands, Billingshurst, West Sussex, RH14 9TT.

Email: mr_rjohnson@outlook.com

Tel: 01403 783368 (or 07733 132043 on day of event)

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

HQ

Dial Post Village Hall

Worthing Road,
Dial Post,
West Sussex.

Postcode RH13 8NS.

Open from 05:30.



Limited parking in front of hall and in attached car park. Then use east side of road please.

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 drink.

Please remember to sign back in after the event.

HQ to start: 3.39 miles (**allow 20 minutes**)

Route to start:

Right (North) outside village hall, and on to A24

North to traffic lights, where turn right onto A272

Finish to HQ: 0.58 miles

Course Records:	Overall:	01:45:55	Mark Smith	2019
	Ladies:	02:07:44	Laura Bartlett	2017
	Vets	01:45:55	Mark Smith	2019
	Juniors	02:08:21	Jack Churchill	2017
	Juveniles	02:13:12	Jack Churchill	2016
Event Records:	Scratch:	01:46:10	Chris McNamara	2018
	Ladies:	02:10:02	Lisa Davis	2018
	Vets	01:46:10	Chris McNamara	2018
	Juniors	02:08:21	Jack Churchill	2017
	Juveniles	02:13:12	Jack Churchill	2016

www.sussexca.org.uk

Association Records: (riders in Sussex C.A affiliated clubs)	Scratch:	01:46:10	Chris McNamara	2018
	Ladies:	02:10:02	Lisa Davis	2018
	Juniors	02:08:21	Jack Churchill	2017
	Juveniles	02:13:12	Jack Churchill	2016

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.

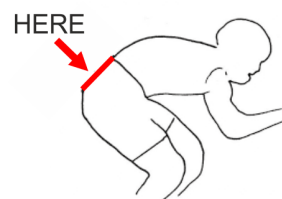
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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.

Obey the two sets of pedestrian crossing lights in Cowfold.

Open 50 miles Time Trial Sunday 30th June 2019

Course G50/10

TIMEKEEPER

Richard Blackmore

East Grinstead CC

Prizes

1 st	£30 + Champagne (value £25)	1 st on CTT Target	£10 + Wine (value £5)
2 nd	£15 + Wine (value £5)	2 nd on CTT Target	Wine (value £5)
3 rd	£10 + Wine (value £5)		
4 th	£8 + Wine (value £5)		
5 th	Wine (value £5)	1 st Veteran (40-44)	Wine (value £5)
1 st Woman	£30 + Champagne (value £25)	1 st Veteran (45-49)	Wine (value £5)
2 nd Woman	£15 + Wine (value £5)	1 st Veteran (50-54)	Wine (value £5)
		1 st Veteran (55-59)	Wine (value £5)
		1 st Veteran (60-64)	Wine (value £5)
		1 st Veteran (65-69)	Wine (value £5)
1 st Team	£10 + Wine (value £5) each	1 st Veteran (70-74)	Wine (value £5)
2 nd Team	Wine (value £5) each	1 st Veteran (75-79)	Wine (value £5)

As Championship events, this race includes a selection of Trophies, Cups and Medals to be awarded to Sussex CA Riders in various categories:

First	Southern Radio Cup for a year, plus Sussex C.A. medal
1 st Woman	Sussex C.A. medal
1 st Team	Halford Cup, plus Sussex C.A. medals
1 st Veteran	Sussex C.A. medal
1 st Veteran on CTT Standard	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 24th 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.

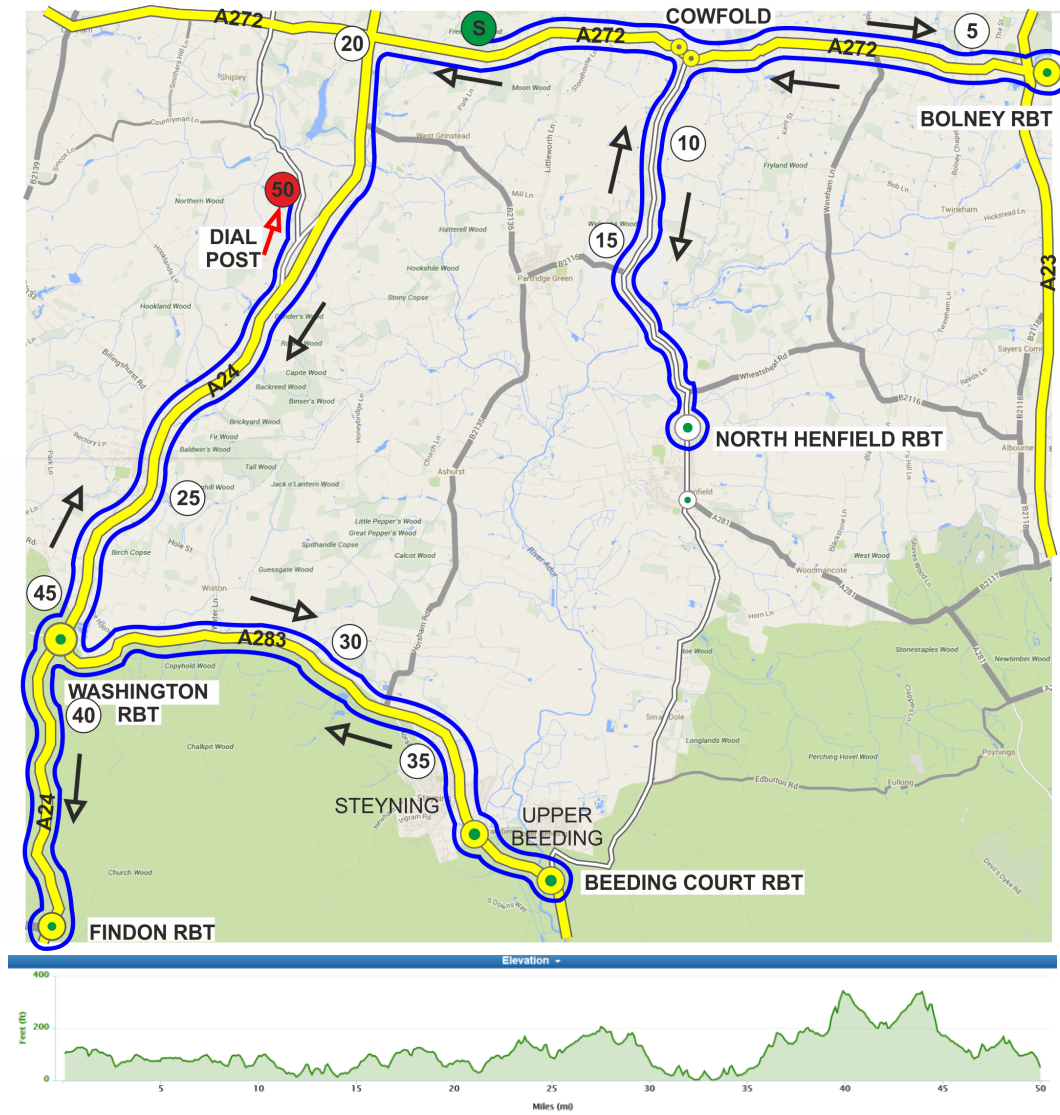
Lottery Prizes

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.

Course G.50/10



OS REF (TQ)	COURSE DIRECTIONS – G50/10	MILES	
182225	<u>START</u> on A272 at junction with entrance to The Orchard Restaurant Car Park at West Grinstead	0.00	0.00
267224	Proceed east to twin RBT's (roundabouts) at Cowfold. RIGHT 2nd exit at first LEFT 1st exit at second. Continue on A272 to Bolney RBT where <u>TURN</u> (CHECK)	5.45	5.45
215167	3rd exit to retrace to twin RBT's at Cowfold LEFT 1st exit at first and follow A281 to North Henfield RBT where <u>TURN</u> (CHECK)	7.44	12.89
165227	3rd exit to retrace to twin RBT's at Cowfold. Straight on 1st exit at first and LEFT 1st exit at second and follow A272 to West Grinstead crossroads	7.14	20.03
120134	LEFT in filter lane to join A24 and proceed south to Washington RBT	6.69	26.72
197098	LEFT 1st exit and follow A283 to Bramber Castle RBT. Straight on 3rd exit to Beeding Court RBT where <u>TURN</u> (CHECK)	6.09	32.81
120134	3rd exit to retrace to Bramber Castle RBT. 3rd exit and continue on A283 to Washington RBT	6.05	38.86
119089	LEFT 1st exit and follow A24 to Findon RBT where <u>TURN</u> (CHECK)	3.04	41.90
155202	4th exit to retrace to Washington RBT. Straight on 2nd exit and follow A24 to turn LEFT at southern entrance to Dial Post Village. LEFT into Swallows Lane to <u>FINISH</u> at tree on western side of farm gate opposite PP12150 past entrance to Swallows Farm	8.06	50.00

Open 50 miles Time Trial Sunday 30th June 2019

Course G50/10

REQUEST TO RIDERS

At events on this course last season there were vociferous and repeated complaints about noise early in the morning from a resident of a property by the North Henfield Roundabout. These related to calling out to marshals and also the noise emanating from disc wheels at the turn.

We are keen that the situation does not escalate.

Riders are requested to desist from calling out at this point, and also to consider not using a disc wheel.

ORDER OF START:

1	06:31:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	71
2	06:32:00	Robert	Royle-evatt	Addiscombe CC	Male	Veteran	51
3	06:33:00	Edwin	Wagena	Brighton Mitre CC	Male	Veteran	49
4	06:34:00	Martin	Naylor	Brighton Excelsior CC	Male	Veteran	49
5	06:35:00	Richard	Tully	Elite Cycling	Male	Veteran	42
6	06:36:00	Adam	Wells	Paceline RT	Male	Senior	34
7	06:37:00	Dylan	Coyne	Balcombe Cycle Club	Male	Veteran	46
8	06:38:00	Kate	Vergette	Elite Cycling	Female	Veteran	43
9	06:39:00	Tony	Milsom	Brighton Mitre CC	Male	Veteran	55
10	06:40:00	Tom	Houghton	Brighton Excelsior CC	Male	Veteran	47
11	06:41:00	John	Ferguson	Brighton Mitre CC	Male	Veteran	51
12	06:42:00	Vince	Freeman	Brighton Triathlon Club	Male	Senior	39
13	06:43:00	Aly	Mugford	Epsom CC	Male	Veteran	47
14	06:44:00	Paul	Hulse	Brighton Mitre CC	Male	Veteran	56
15	06:45:00	Chris	Lord	Brighton Excelsior CC	Male	Veteran	66
16	06:46:00	Colin	Toppin	Worthing Excelsior CC	Male	Veteran	46
17	06:47:00	Michael	Levett	South Western Road Club	Male	Veteran	65
18	06:48:00	Ben	Cumpstone	Brighton Mitre CC	Male	Veteran	49
19	06:49:00	Richard	Claxton	VC Elan - Harry Perry Cycles	Male	Veteran	75
20	06:50:00	Kevin	Plummer	South Downs Bikes / Casco Pet	Male	Veteran	54
21	06:51:00	John	Marinko	Brighton Mitre CC	Male	Veteran	54
22	06:52:00	Jez	Parsons	Brighton Excelsior CC	Male	Veteran	53
23	06:53:00	Madelaine	Lee-smith	Oxted Cycle Club	Female	Veteran	47
24	06:54:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	58
25	06:55:00	Dale	Lush	Kingston Phoenix RC	Male	Veteran	40
26	06:56:00	Chris	Jones	Bynea Cycling Club	Male	Veteran	45
27	06:57:00	James	Stone	Brighton Excelsior CC	Male	Veteran	50
28	06:58:00	Euan	Davies	Dulwich Paragon CC	Male	Senior	27
29	06:59:00	Donald	Parker	Brighton Mitre CC	Male	Veteran	70
30	07:00:00	Steve	Dennis	East Grinstead CC (Merlin Cycle Coaching)	Male	Veteran	56
31	07:01:00	Jim	Burdett	Addiscombe CC	Male	Veteran	50
32	07:02:00	Mike	O'gorman	Worthing Excelsior CC	Male	Veteran	67
33	07:03:00	Sam	Bennett	7Oaks Tri Club	Male	Veteran	46
34	07:04:00	Lizzy	Stocker	IRIS Race Team	Female	Senior	30
35	07:05:00	Tom	Stocker	Bournemouth Jubilee Whs	Male	Senior	30
36	07:06:00	Ian	Cheesman	Worthing Excelsior CC	Male	Veteran	50
37	07:07:00	Stephen	Morgan	Tooting BC	Male	Veteran	51
38	07:08:00	Lisa	Davis	trainSharp	Female	Veteran	44
39	07:09:00	Gary	Martin	Westerley Cycling Club	Male	Veteran	60
40	07:10:00	Howard	Bayley	Blazing Saddles	Male	Veteran	44

SUSSEX CYCLISTS' ASSOCIATION - PAST CHAMPIONS

1938	Ernie Steers	Worthing Excelsior CC	2:13:14	SCA RECORD
1939	Roy Gumbrell	Brighton Excelsior CC	2:12:25	NEW SCA RECORD
1947	Dennis Dean	Worthing Excelsior CC	2:06:38	NEW SCA RECORD
1948	Wally Finch	Worthing Excelsior CC	2:13:57	
1949	Albert Shanks	Lancing AC	2:08:49	
1950	Derek Powell	Lancing AC	2:09:13	
1951	Arthur Gardiner	Lancing AC	2:08:30	
1952	Colin Whittingham	Brighton & Hove Wheelers	2:08:33	
1953	Dave Marsh	Lewes Wanderers CC	2:06:08	NEW SCA RECORD
1954	John Dutson	Uckfield & District Wheelers	2:05:54	NEW SCA RECORD
1955	Dave Marsh (2 wins)	Eastbourne Rovers CC	2:06:12	
1956	Mike Harmer	Brighton Excelsior CC	2:08:08	
1957	Gerry Atterbury	Brighton Excelsior CC	2:04:57	NEW SCA RECORD
1958	Roy Siggs	Uckfield & District Wheelers	2:07:56	
1959	Gerry Atterbury	Worthing Excelsior CC	2:05:47	
1960	Terry Parker	Bognor Regis CC	2:03:36	NEW SCA RECORD
1961	Dave Hardman	Brighton Excelsior CC	2:07:56	
1962	Dave Funnell	Worthing Excelsior CC	2:07:55	
1963	Gerry Atterbury	Brighton Mitre CC	2:05:10	
1964	Gerry Atterbury (4 wins)	Brighton Mitre CC	2:06:08	
1965	Dick Marchant	East Grinstead CC	2:07:20	
1966	Tim Mackay	Horsham Unity CC	2:12:08	
1967	Mike Morgan	Central Sussex CC	2:06:36	
1968	Mike Morgan (2 wins)	Central Sussex CC	2:08:48	
1969	Rick Stringer	Brighton Excelsior CC	2:11:26	
1970	Rick Stringer (2 wins)	Brighton Excelsior CC	2:10:22	
1971	Keith Dodman	Worthing Excelsior CC	2:13:42	
1972	Keith Dodman	Worthing Excelsior CC	2:14:24	
1973	John Dutson	Central Sussex CC	2:01:27	NEW SCA RECORD
1974	Martin Hawes	Central Sussex CC	2:08:51	
1975	John Dutson (3 wins)	Central Sussex CC	2:08:21	
1976	Alan Limbrey	Brighton Mitre CC	2:10:21	
1977	Keith Dodman	Worthing Excelsior CC	2:08:22	
1978	Keith Dodman (4 wins)	Worthing Excelsior CC	2:05:29	
1979	Cliff Sharp	Eastbourne Rovers CC	2:00:37	NEW SCA RECORD
1980	Mark Jones	Central Sussex CC	1:58:10	NEW SCA RECORD
1981	John Oakes	VC Etoile	1:53:52	NEW SCA RECORD
1982	John Oakes (2 wins)	VC Etoile	1:53:16	NEW SCA RECORD
1983	Mark Jones	Central Sussex CC	2:00:35	
1984	* Paul James	Central Sussex CC	1:54:24	
1985	* Steve Dennis	East Grinstead CC	1:55:48	
1986	Steve Dennis	East Grinstead CC	1:57:50	
1987	Peter Danckwardt	Worthing Excelsior CC	1:58:19	
1988	Mike Coyle	VC Etoile	2:01:45	
1989	* Mark Jones	GS Stella	1:58:15	
1990	Paul Lipscombe	Central Sussex CC	1:58:00	
1991	Steve Dennis	East Grinstead CC	1:56:27	
1992	* Mark Jones	GS Stella	1:56:26	
1993	Paul Panagi	Hastings & St Leonards CC	1:55:05	
1994	Richard Keevil	GS Stella	1:58:45	

SUSSEX CYCLISTS' ASSOCIATION - PAST CHAMPIONS

1995	Steve Blackmore	East Grinstead CC	2:00:41	
1996	Mark Jones	GS Stella	1:54:48	
1997	Mark Jones (6 wins)	GS Stella	2:02:09	G.50/10 introduced
1998	Steve Elms	East Grinstead CC	1:55:31	
1999	Dave Pollard	In-Gear RT	2:00:59	
2000	Dave Pollard (2 wins)	In-Gear RT	1:57:21	
2001	Steve Dennis	East Grinstead CC	1:55:15	
2002	Steve Dennis	East Grinstead CC	1:54:23	
2003	Steve Dennis	East Grinstead CC	1:51:32	NEW SCA RECORD
2004	Steve Dennis	East Grinstead CC	1:54:32	(emergency course)
2005	* Mike Coyle (2 wins)	VC Etoile	1:55:39	(emergency course)
2006	Sean Yates	In-Gear Quickvit RT	1:50:31	NEW SCA RECORD
2007	Steve Dennis	East Grinstead CC	1:49:31	NEW SCA RECORD
2008	Steve Dennis	East Grinstead CC	1:53:09	
2009	Steve Dennis	East Grinstead CC	1:51:56	
2010	David Shepherd	GS Stella	1:57:30	
2011	* Tom Glandfield	Lewes Wanderers CC	1:59:16	
2012	Steve Dennis	East Grinstead CC	1:48:56	NEW SCA RECORD
2013	* Steve Kane	Brighton Excelsior CC	1:49:50	
2014	Steve Kane (2 wins)	Brighton Excelsior CC	1:52:07	
2015	James Rix	Crawley Wheelers CC	1:55:45	
2016	* Steve Dennis	East Grinstead CC	1:53:21	
2017	Steve Dennis (13 wins)	East Grinstead CC	1:52:18	
2018	* Simon McNamara	South Downs Bikes	1:49:25	
2019				

In years denoted with an asterisk the overall event was won by a non-Sussex C.A. rider, see below.

PAST (non – Sussex C.A.) EVENT WINNERS

1984	John Woodburn	Manchester Wheelers	1:51:00
1985	John Woodburn	Manchester Wheelers	1:52:28
1989	John Woodburn	Manchester Wheelers	1:55:15
1992	Mike Harris	Caesaraen CC	1:54:05
1994	Julian Pegg	Charlotteville CC	1:57:12
1995	Alan Dawson	Antelope RT	1:59:28
2005	Malcolm Cox	VC St Raphael	1:55:00
2011	Rupert Burbridge	Redhill CC	1:56:48
2013	Chris McNamara	Pedal Heaven	1:49:28
2016	Jonathan Parker	Team Bottrill	1:49:40
2018	Chris McNamara	Nuun-Sigma Sport RT	1:46:10

For originally compiling the list in 1999 thanks are due to the late Les Janman and the late Dave Palmer, both of Bognor Regis CC.

Further contributors have included Dave Hudson (Worthing Excelsior CC), Robin Johnson (Brighton Mitre CC) and Mike O'Gorman (Worthing Excelsior CC).

SUSSEX C.A. CYCLE JUMBLE SALE

and just to finish off: please come and support the Association Cycle Jumble Sale on Saturday 17th August, at Steyning Centre, Steyning, BN44 3XZ, from 09:00 to 12:30, £1 entrance. Tables are £8.00 from 07:00

Contact: Robin Johnson 01403 783368 for booking a table or for donations of old equipment.