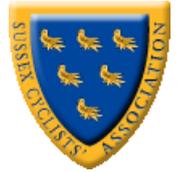




www.sussexca.org.uk



Sussex Cyclists' Association

1921-2019

2019 PRESIDENT – Mike Watson, Angmering CC.

Open 30 miles Time Trial Sunday 28th July 2019

Course G.30/91

Incorporating Sussex Individual, Veterans and Team Championships
Qualifying event for SCA B.A.R. and SCA SPOCO

Event Secretary: Robin Johnson 7 Gorselands, Billingshurst, West Sussex RH14 9TT
(Brighton Mitre CC) 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

[Ashington Community Centre](#)

Foster Lane,
Ashington
West Sussex

RH20 3PG

Open from 06:00



Parking available at HQ, then use surrounding roads considerately.

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: 3.6 miles

To return to the HQ

Turn right at Wiston Crossroads on the A283

Course Records

	01:02:49	Colin Ward	2018
Women:	01:16:54	Gina McGeever	2015
Vets:	01:02:49	Colin Ward	2018
Tandem:			2019

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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.

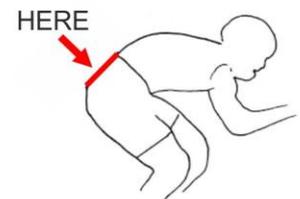
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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.

PREVIOUS WINNERS

MEN	2018	Colin Ward	Essex Roads CC	1:02:49
	2017	Mark Smith	Crawley Whs.	1:04:23
	2016	Keith Lea	Paceline RT	1:04:49
	2015	Conall Yates	In-Gear Quickvit Trainsharp	1:04:39
	2014	Conall Yates	In-Gear Quickvit Trainsharp	1:05:37
	2013	Steve Kane	Brighton Excelsior CC	1:06:02
Women	2018	Lisa Davis	Lewes Wanderers CC	1:19:04
	2017	Gina McGeever	Lewes Wanderers CC	1:18:59
	2016	Katerina Avramides	Brighton Mitre CC	1:21:43
	2015	Gina McGeever	Lewes Wanderers CC	1:16:54
	2014	Nicole Patterson-Lett	Worthing Excelsior CC	1:35:11
	2013	Gina McGeever	Brighton Mitre CC	1:22:11
Vets on target time	2018	Ben Fielden	GS Stella	+ 14:11
	2017	Steve Dennis	East Grinstead CC	+ 17:29
	2016	Mike O’Gorman	Worthing Excelsior CC	+ 16:45

	2015	Mike O’Gorman	Worthing Excelsior CC	+ 17:25
	2014	Mike O’Gorman	Worthing Excelsior CC	+ 12:58
	2013	Steve Dennis	East Grinstead CC	+ 15:28
Team	2018		South Downs Bikes	3:24:40
	2017		Worthing Excelsior CC	3:33:59
	2016		Worthing Excelsior CC	3:35:37
	2015		South Downs Bikes	3:27:47
	2014		Brighton Excelsior CC	3:34:39
	2013		Brighton Excelsior CC	3:32:10

Open 30 miles Time Trial Sunday 28th July 2019, course G.30/91

TIMEKEEPER

Richard Blackmore East Grinstead CC

Prizes

1st	£20 + Champagne (value £25)	1 st Veteran (40-44)	Wine ((value £5)
2 nd	£10 + Wine (value £5)	and each 5 years’ age group, Wine (value £5).	
3 rd	£6 + Wine (value £5)		
4 th	Wine (value £5)		
1 st Woman	£20 + Champagne (value £25)		
1 st Team	£10 + Wine (value £5) each		
1 st Vet on Target time	£10 + Wine (value £5)		
2 nd Team	Wine (value £5) each		
2 nd Vet on Target time	£5 + Wine (value £5).		
1 st Tandem	2 bottles of wine,(value £10)		

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

First	Championship Cup for a year, plus Sussex C.A. medal
1 st woman	Sussex C.A. medal
1 st Team	Sussex C.A. medal
1 st 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 24th November, 2019 at Dial Post Village Hall. £12 to Robin Johnson not 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.

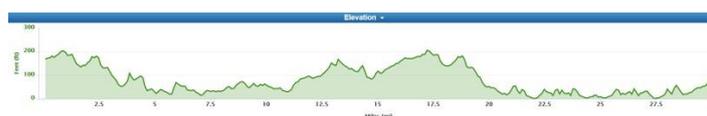
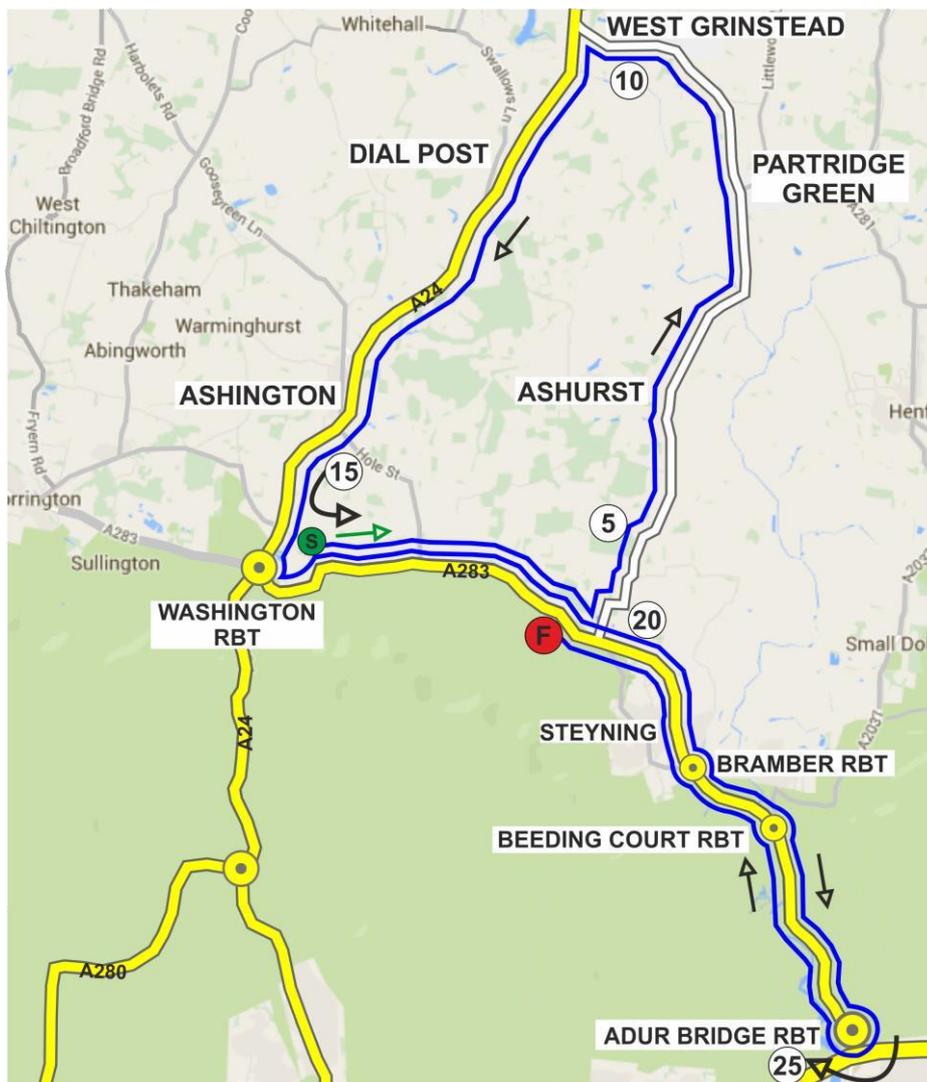
A bottle of wine, value £5, to each of the first two names drawn.

To be eligible, be present and be a finisher.

SUSSEX C.A. BIKE JUMBLE SALE, The Steyning Centre, Steyning, West Sussex, BN44 3XZ Saturday

17th August 2019, 0900-1200, sellers £8 a table from 0730.

Bookings and donations of old equipment to Robin Johnson, 01403 783368.



OS REF (TQ)	COURSE DIRECTIONS – G30/91	MILES	
121134	START in Sandhill Lane, Washington, southeast of Washington RBT (roundabout) 5 yards north of A283 at northern edge of "Sandhill Lane" sign.	0.00	0.00
171125	Join A283 and proceed eastwards along A283 to junction with B2135 at Steyning	3.53	3.53
165214	LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead	7.02	10.55
120134	LEFT into acceleration lane to join A24 south to Washington RBT	5.88	16.43
209065	LEFT 1 st exit and follow A283 via Bramber Castle and Beeding Court RBT's to Adur Bridge, Shoreham, where TURN	8.42	24.85
164126	4 th exit to retrace via Beeding Court and Bramber Castle RBT's to FINISH at a point 0.44 miles west of Horsham Road T junction (old A283), 0.06 miles west of yellow sign "Chanctonbury House" and opposite 2 foot high wooden pole with "Wildlife Verge" badge.	5.15	30.00

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	Barrie	Foster	Anerley BC	Male	Veteran	70
3	07:03:00	Richard	Turner	Epsom CC	Male	Veteran	67
4	07:04:00	Scott	Bartha	Brighton Mitre CC	Male	Veteran	45
5	07:05:00	Tom	Houghton	Brighton Excelsior CC	Male	Veteran	47
6	07:06:00	Huw	Williams	Worthing Excelsior CC	Male	Veteran	51
7	07:07:00	Peter	Rowe	Southborough & Dist. Whs	Male	Veteran	55
8	07:08:00	Jon	Fairclough	Woking Cycle Club	Male	Veteran	65
9	07:09:00	Peter	Horsfield	Redmon CC	Male	Veteran	69
10	07:10:00	Adrian	Blacker	C and N Cycles RT	Male	Veteran	55
11	07:11:00	Mike	O'gorman	Worthing Excelsior CC	Male	Veteran	67
12	07:12:00	James	Thomas	Epsom CC	Male	Veteran	50
13	07:13:00	Karen	Mcgrath	Worthing Excelsior CC	Female	Veteran	57
14	07:14:00	Joshua	Thomas	Epsom CC	Male	Espoir	19
15	07:15:00	David	Pollard	In-Gear	Male	Veteran	62
16	07:16:00	Donald	Parker	Brighton Mitre CC	Male	Veteran	70
17	07:17:00	Duncan	Fuller	Lewes Wanderers CC	Male	Veteran	44
18	07:18:00	Peter	Davies	Brighton Mitre CC	Male	Veteran	62
19	07:19:00	Brian	Hill	Epsom CC	Male	Veteran	76
20	07:20:00	Kevin	Plummer	South Downs Bikes / Casco Pet	Male	Veteran	54
21	07:21:00	Antony	Bee	Wigmore CC	Male	Veteran	55
22	07:22:00	Jim	Burdett	Addiscombe CC	Male	Veteran	50
23	07:23:00	James	Stone	Brighton Excelsior CC	Male	Veteran	50
24	07:24:00	Richard	Claxton	VC Elan - Harry Perry Cycles	Male	Veteran	75
25	07:25:00	Nik	Allen	Worthing Excelsior CC	Male	Veteran	48
26	07:26:00	Neil	Crowther	Blazing Saddles	Male	Veteran	46
27	07:27:00	Ian	Leeding	Norwood Paragon CC	Male	Veteran	51
28	07:28:00	John	Mcgrath	Worthing Excelsior CC	Male	Veteran	55
29	07:29:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	58
30	07:30:00	Steve	Dennis	East Grinstead CC (Merlin Cycle Coaching)	Male	Veteran	56
31	07:31:00	Martin	Booker	South Downs Bikes / Casco Pet	Male	Veteran	51
32	07:32:00	Conor	Boyle	Woking Cycle Club	Male	Veteran	46
33	07:33:00	Howard	Bayley	Blazing Saddles	Male	Veteran	44

TANDEM "30":

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
34	07:34:00	Mark	Jones	GS Stella	Male	Veteran	59
34	07:34:00	Tony	Reeves	GS Stella	Male	Veteran	48

Although entries are down from 45 last year, we have the first tandem to ride this event in 7 years.

