

Southern Counties Cycling Union

(Incl. VTTA Surrey/Sussex Championships)

100 mile Time Trial

Promoted for and on behalf of Cycling Time Trials under its Rules and Regulations

Sunday 14th July 2024 – Course G100/61A

Timekeeper: Su Balcombe, *Brighton Excelsior CC*

In memory of *Rod Starmar*, organiser of this event for many years

Awards:

Fastest Man	£25
Fastest Women	£25
Fastest Road Bike	£25

Numbers and signing on sheet will be at the event headquarters at **Ashurst** Village Hall (BN44 3AP). This year we have a different HQ from usual, the good news is that it is on the course, the bad news is that it is further from the start and finish. More info below. The hall will be open from 5am. Details of any additional hazards not listed on this start sheet will be displayed at sign-on at the HQ.

Note: The M25 will be closed between junctions 10 and 11 on the day of the event.

~oOo~

Warnings:

Be aware that the road surface is not good quality and there are a number of serious potholes to avoid.

CTT regulations require that all competitors wear a helmet that meets internationally accepted safety standards.

CTT regulations now require that no competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear light, and to the front of their machine a working front white light, either flashing or constant, that are illuminated and positioned to be clearly visible to other road users.

Competitors must not use ANY audio equipment except prescribed hearing aids.

London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road

Competitors are requested not to warm up on the course after the first rider has started.

*Please remember that the riders you catch during the race may be unaware of your presence until you are **actually passing** them, so please give them sufficient space as you go by.*

District Regulation: No Vehicles, except those of the Timekeeper and Event Officials, shall be parked in the vicinity of the start and finish areas.

Official Observers will be stationed around the course.

Although I am required to emphasize half of the CTT regulations on the start sheet, it is the responsibility of all riders to be familiar with all of the rules and regulations – especially all the latest ones on clothing, positioning and machine - and to adhere to them. Riders in breach of any of the regs will be DNF or DQ and will not be given a time for their efforts.

Organiser: Lisa Colombo 164 Northumbria Road, Cox Green, Maidenhead, Berks SL6 3DF Tel: 07534 672224

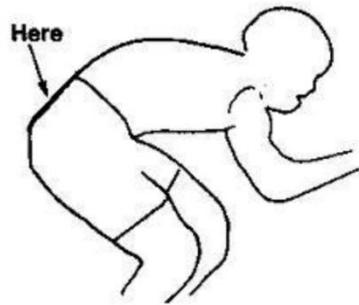
Email: scu100@lcolombo.me.uk

Text is the best way to contact me, or by phone on the day of event.

#	Name	Club	Cat	Machine	VTTA	Age Adjust
1	Malcolm Strickland	CC Bexley	MV	Road		
2	James Easson	Metropolitan Police Cycle Club	MV	TT		
3	Domie Pollard	East Grinstead CC	FV	TT		
4	Julian Scutter	East Grinstead CC	MV	TT	Sry/Ssx	34:15
5	Nat Orpen-Palmer	Dulwich Paragon CC	MS	TT		
6	Sian McPherson	Poole Wheelers Cycling Club	FS	TT		
7	Gemma Shadbolt	Brighton Mitre CC	FV	TT	Sry/Ssx	27:07
8	Daren Austin	Twickenham CC	MV	Tricycle		
9	Lauren Falconer	Poole Wheelers Cycling Club	FS	TT		
10	Tim Flynn	Poole Wheelers Cycling Club	MS	Road		
11	Benjamin Cousins	Verulam Really Moving	MY	Road		
12	Ian Stephens	Southborough & Dist. Whs	MV	TT		
13	Peter Baker	Lewes Wanderers CC	MV	TT	Sry/Ssx	34:15
14	Tony Truepenny-Phillipson	Bec CC	MS	Road		
15	Ian Cheesman	Worthing Excelsior CC	MV	TT	Sry/Ssx	14:02
16	James Stone	Brighton Excelsior CC	MV	TT		
17	Dominic Hill	Bec CC	MV	Road		
18	Naomi Shinkins	Bournemouth Jubilee Whs	FV	TT		
19	Pat Wright	Paceline RT	MS	TT		

VTTA Surrey/Sussex are using this event for their 100 mile Championship, but as it's not strictly a part of the event any awards are via them & not the SCCU. I have included the age adjustments (which I hope I have got correct) for their benefit. With consistently few entrants I have not awarded a vets' prize for this event in recent years.

NUMBERS MUST BE FIXED BELOW WAIST



NO TIME MAY BE RECORDED IF NUMBER IS
NOT CORRECTLY POSITIONED.

<https://london-south.ctt.org.uk/>

The map below the course details is old, but basically correct, except that the start and finish of this version of the course have moved slightly because of complaints about riders relieving themselves near the start.

*This course uses roads that feature in other local courses and previous versions of this course, be sure that you know where to go – the marshals/signs are just confirmation. Familiarise yourself with THIS course (details and map, below). The Ansty turn is a mini roundabout, NOT the big one by the A23 flyover and this course **only** goes East-West through Cowfold.*

There will be no food/drinks/sponges provided by the organization.

Riders who plan to have assistance from anyone in a car - even if it is parked up in one spot on the course for the whole event (unless the car remains parked at the HQ) - are reminded that they need to **fill out a Riders Supporting Vehicle Form** which can be downloaded from the CTT website. *I recommend emailing me an electronic copy or a photograph of the form prior to the event to save panic on the morning.*

Headquarters:

This year's HQ is Ashurst Village Hall, which is on the Eastern side of the circuit. Unfortunately, this means that there is just less than a 5 mile ride to the start, so allow yourself enough time to get there.

From the HQ, follow the circuit North (turn right out of the HQ) for approx. 4 miles and then turn right into Park Lane. This brings you onto the A272 opposite the start.

To return to the HQ after you finish: immediately after the finish turn left into Grinder's Lane, this changes to Honeybridge Lane, Pepper's Lane & finally School Lane as it enters Ashurst & is a windy 3 miles. Turn left for the HQ once you reach the B2135 in Ashurst again.

Postcode: BN44 3AP. What three words: braved.lightens.terminal On the left if you are travelling South.

No cleats in the HQ, please.

If I can't find enough marshals, I might have to lock the HQ for some of the morning so I can go out and marshal, however there is another group (motorcyclists, apparently) using the meeting room from 9am.

Good Luck & have a safe ride everyone.

Lisa

CTT LONDON SOUTH DC 100 MILES COURSE - G100/61A

WEST GRINSTEAD / ANSTY / WEST GRINSTEAD / WASHINGTON / STEYNING / PARTRIDGE GREEN /
WEST GRINSTEAD / WASHINGTON - A272/A24/A283/B2135

COURSE DETAILS

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>
184226	<u>START</u> at southern end of Kennel Lane West Grinstead at junction with A272 Proceed east to twin RBTs (roundabouts) at Cowfold. RIGHT 2 nd exit at first; LEFT 1 st exit at second.	0.00 0.00
267224	Continue on A272 to Bolney RBT where 2 nd exit straight across to continue on A272 To TURN at Ansty mini roundabout (CHECK)	5.42 5.42 1.69 7.11
267224	Retrace to Bolney RBT where 2 nd exit straight across to continue on A272 to retrace to twin RBTs at Cowfold. RIGHT 2 nd exit at first and LEFT 1 st exit at second and	1.69 8.80
165227	follow A272 to West Grinstead crossroads to start 1 st circuit	6.54 15.34
120134	LEFT in filter lane to join A24 and Proceed south to Washington RBT	6.69 22.03
171125	LEFT 1 st exit and follow A283 to junction with B2135 at Steyning.	3.54 25.57
165214	LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead and complete circuit	7.03 32.60
120143	Continue as before to complete 2 nd circuit at West Grinstead	16.44 49.04
120143	Continue as before to complete 3 rd circuit at West Grinstead	16.44 65.48
120143	Continue as before to complete 4 th circuit at West Grinstead	16.44 81.92
120143	Continue as before to complete 5 th circuit at West Grinstead	16.44 98.36
171125	LEFT in filter lane to join A24 and Proceed South to FINISH off A24 where deceleration lane of Dial Post X roads becomes Grinder's Lane, for traffic going left to Ashurst, where hatched area begins.	1.67 100.03

