



East Sussex Cycling Association

2021 President Peter Moon – Eastbourne Rovers CC

ESCA 10m Time Trial – Saturday 24th April 2021 – G10/87

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



Start Sheet

Event Secretary

Sam Dix (trainSharp)

11 Woodlands Close, Uckfield, TN22 1TS

Email: sdix@hotmail.com Mobile: 0784 119 7342

Timekeepers

Peter Moon (Eastbourne Rovers CC) and **Richard Meed** (Lewes Wanderers CC)

General Information

Please take note of the following COVID 19 Guidance. Social Distance Rules apply to all Riders, Helpers, Marshalls and Time Keepers. Please be respectful and keep us all safe.

Please do not attend the event if you or any member of your support crew or family shows symptoms of COVID 19 or feel unwell.

Event HQ

East Hoathly Sports Pavilion, London Road East Hoathly, East Sussex BN8 6QE – Open from 6:15am. Heading north on the A22, turn right at The Shaw Roundabout into London Road. The HQ is on the right, just before the village.

Please show respect to local residents in the village with no shouting within earshot of houses, no spitting (this is after complaints at the September event) and no Turbo Trainers to be used East of the carpark entrance on London Road within 50 metres of a domestic property.

Only one toilet is available at the Event HQ

N.B. We only have access to the disabled toilet in the Sports Pavilion.

Car Parking

There is limited parking in the Sports Pavilion car park, when full please park sensibly on London Road by preference please park on the west side of the road i.e. towards the Shaw Roundabout side of the road. – with consideration for other road users and local residents.

Race Numbers

Race Numbers will be available at the event HQ. Please collect your number when you sign on. If pinning your number please only use the eyelets, and please do not use additional pins as it tears the number.

Additional Hazards

Notice of any additional hazards to be aware of on the course will be displayed next to the signing on sheet.

Prize List

Fastest Overall

First	£35.00
Second	£30.00
Third	£25.00
Fourth	£20.00
Fifth	£15.00
Sixth	£10.00

Fastest Lady

First	£35.00
Second	£30.00
Third	£25.00

Fastest Jun / Juv

First	£20.00
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Fastest Age Category

not winning another individual prize

Under 35	£10.00
35 – 39	£10.00
40 – 44	£10.00
45 – 49	£10.00
50 – 54	£10.00
55 – 59	£10.00
60 – 64	£10.00
65 and over	£10.00

Fastest Team of 3

First	£15.00 each
Second	£10.00 each

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Start

The start is less than a mile from the Sports Pavilion. Proceed out of the car park and turn right, and continue to South Street.

Riders Be Aware

Generally the road is in good repair however there are some sections where care must be taken:

Approximately 400 metres after the start the left hand side of the road has a rough section and some holes.

On the return leg, at about mile 7.5 there are a number of holes in the left hand side of the road including some long cracks until the last large corner before the finish, by the Thatched Garage.

Signing Out

Please note that all competitors are now required personally to sign the signing out sheet when returning their number. In accordance with CTT regulations, failure to do so will result in the competitor being recorded as DNF.

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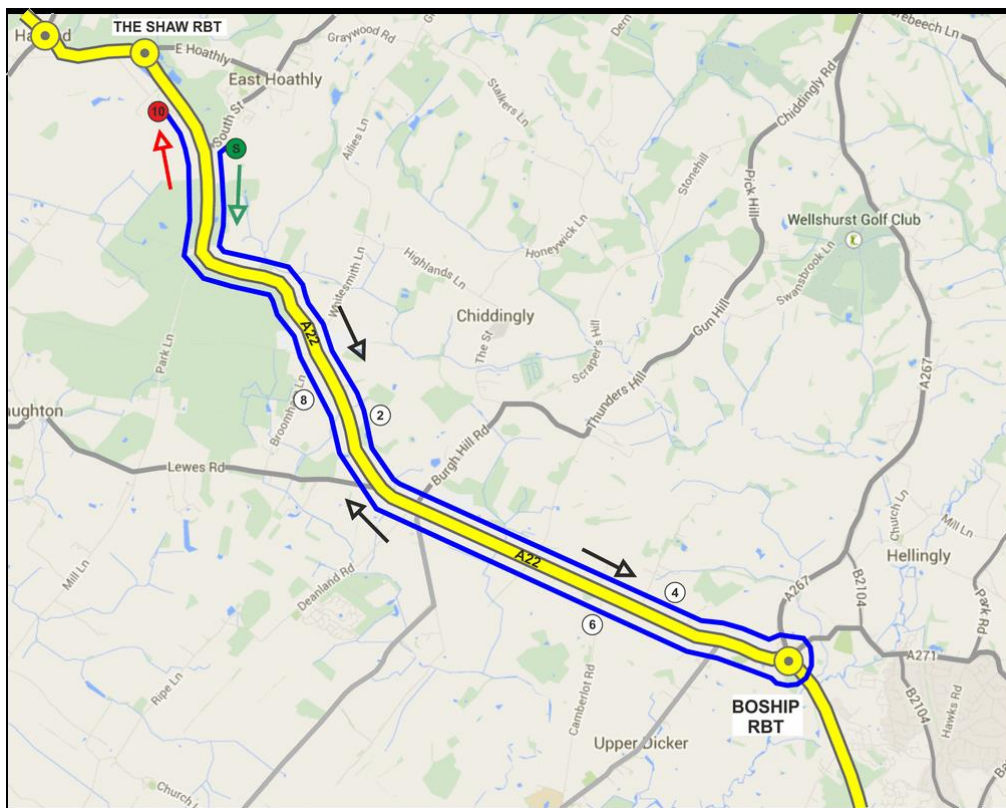
Course Details

G10/87 – East Hoathly – Whitesmith – Golden Cross - Boship – A22

Many thanks to Mike O’Gorman (Worthing Excelsior CC) who has mapped all the London South courses.

These course details can be viewed or downloaded from the Sussex CA website www.sussexca.org.uk/g1087.html

OS Ref	Course G10/87	Distance
TQ517156	START in South Street, East Hoathly, at red arrow at drain 28 yards before T junction with East Hoathly by-pass	00.00m
TQ572112	LEFT and follow A22 through Whitesmith and Golden Cross to Boship RBT where TURN (Check)	04.90m
TQ513162	4th exit and retrace on A22 through Golden Cross and Whitesmith to FINISH at red arrow at second drain past field gate on East Hoathly by-pass just before first footpath crossing and 334 yards past right turn (South Street) for East Hoathly.	10.00m



Additional Safety Instructions

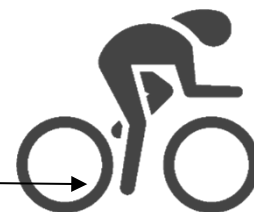
- Competitors must exercise extra care when turning LEFT just after Start and at the Boship roundabout
- **No 'U' turns after finishing or riders will be disqualified** – after finishing, competitors MUST continue to The Shaw roundabout and take second exit (RIGHT) to return to Event HQ at East Hoathly Sports Pavilion.

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Please pay attention to the following CTT regulations/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.
- **Parental Consent Forms** Under 18 age entries must download, complete and have a signed parental consent in order to compete. The completed form must be brought along to the signing on along with your helmet. No helmet, no parental consent, no ride.
- **Lights** CTT Regulation 14 now requires 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 red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.
- **Warming up** Competitors are requested not to warm up on the course after the first rider has started.
- **Competitors' Vehicles** No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish.
- **Official Observers** Official observers will be stationed around the course.
- **Results** No times will be given out at the finish.
- **Audio Equipment** Competitors must not use ANY audio equipment except prescribed hearing aids. A competitor in breach of this regulation shall be disqualified. Competitors must not use a mobile phone while mounted on their machines.
- **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 time may be recorded if number is not correctly positioned.
- **Signing Out** Please note competitors must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must return their race number and sign the official signing out sheet. A rider who fails to so sign the official signing out sheet shall be recorded as DNF.



Please pin
number here

timekeepers. No

▪ CTT COVID-19 INSTRUCTIONS:

- 1) Do not attend if you/your family members feel ill.
- 2) Park with social distancing in mind.
- 3) HQ not open other than for toilets; 1 in, 1 out.
- 4) Please bring your own pen to sign on outside HQ and, if needed, safety pins.
- 5) Take with you a compulsory working rear light, a spare/tyre/tub and a mobile phone.
- 6) Please note you have to make your own way back in event of trouble – no collections offered.
- 7) No more than 5 riders, each 2m apart, to wait at the start.
- 8) No changing facilities at the HQ. Please attend dressed "ready to race".
- 9) No items to be left at the start or with the timekeeper.
- 10) No push-off.
- 11) After racing, leave your number in the bucket that contains soapy water when reporting to sign out.
- 12) No social, no drinks, no food and no prize presentation – sorry!
- 13) No result board – times will be available online via a link sent with the covering email, on ESCA Facebook page asap, and then on CTT web site.
- 14) Please leave the car park in a timely fashion.

Keep up to date with what's going on with time trialling in Sussex ...

East Sussex CA

Website

www.eastsussexca.org.uk/

Facebook Group

www.facebook.com/groups/EastSussexCA/

Visit our website www.eastsussexca.org.uk

Find us on Facebook www.facebook.com/groups/EastSussexCA

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Sussex CA

Website

www.sussexca.org.uk/

Facebook Group

www.facebook.com/groups/SussexCA/

Order of Start

Race No.	Start Time	Rider	Rider	Club	Gender	Category
4	07:04:00	Chris	Parker	Hastings & St. Leonards CC	Male	Veteran
5	07:05:00	Lance	Childs	trainSharp	Male	Junior
6	07:06:00	Robert	Lovett	Team TMC	Male	Senior
7	07:07:00	Olivia	Webb	Eastbourne Rovers CC	Female	Veteran
8	07:08:00	Stuart	Biesheuvel	Exeter Whs CC	Male	Senior
9	07:09:00	Gavin	Richards	Lewes Wanderers CC	Male	Veteran
10	07:10:00	Joshua	Clark	Royal Navy & Royal Marines CA	Male	Senior
11	07:11:00	Richard	Burchett	Lewes Wanderers CC	Male	Veteran
12	07:12:00	Carl	Richardson	trainSharp	Male	Veteran
13	07:13:00	Bruce	English	Eastbourne Rovers CC	Male	Veteran
14	07:14:00	Steve	McMenamin	Crawley Wheelers	Male	Veteran
15	07:15:00	Steven	Kane	Team TMC	Male	Senior
16	07:16:00	Connor	Murphy	trainSharp	Male	Senior
17	07:17:00	Ian	Newbold	Worthing Excelsior CC	Male	Veteran
18	07:18:00	John	Mankelow	Lewes Wanderers CC	Male	Veteran
19	07:19:00	Anita	Turner	Eastbourne Rovers CC	Female	Veteran
20	07:20:00	Charlie	Bailey	Lee Valley Youth CC	Male	Espoir
21	07:21:00	James	Griffin	trainSharp	Male	Senior
22	07:22:00	Joe	Benians	Lewes Wanderers CC	Male	Senior
23	07:23:00	Adam	Rogers	Eastbourne Rovers CC	Male	Veteran
24	07:24:00	Daniel	Quinn	South London Harriers	Male	Veteran
25	07:25:00	Kevin	Plummer	Team TMC	Male	Veteran
26	07:26:00	Sally	Turner	trainSharp	Female	Veteran
27	07:27:00	Paul	Thatcher	Brighton Mitre CC	Male	Veteran
28	07:28:00	Anna-Kaisa	Pietilainen	London Frontrunners	Female	Veteran
29	07:29:00	Martin	Slater	34 Nomads CC	Male	Veteran
30	07:30:00	Matthew	Smith	Team TMC	Male	Senior
31	07:31:00	Robert	Rollings	Lewes Wanderers CC	Male	Senior
32	07:32:00	Isaac	Wright	Project 51	Male	Espoir
33	07:33:00	Edward	Tuckley	Lewes Wanderers CC	Male	Senior
34	07:34:00	Alex	Bonzi	Brighton Phoenix Athletic Club	Male	Veteran
35	07:35:00	Michael	Renardson	trainSharp	Male	Espoir
36	07:36:00	Pip	Jenkins	Southborough & Dist. Whs	Female	Senior
37	07:37:00	Stu	Nisbett	Crawley Wheelers	Male	Veteran
38	07:38:00	Penelope	De Brett	Tofauti Everyone Active	Female	Junior
39	07:39:00	Richard	Harris	34 Nomads CC	Male	Veteran
40	07:40:00	Howard	Shaw	trainSharp	Male	Senior
41	07:41:00	Harry	Ives	trainSharp Development Team	Male	Junior
42	07:42:00	Craig	McLean	Nuun-Sigma Sport-London RT	Male	Veteran
43	07:43:00	Mark	Gidney	Southborough & Dist. Whs	Male	Veteran

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Race No.	Start Time	Rider	Rider	Club	Gender	Category
44	07:44:00	Paul	Tunnell	Addiscombe CC	Male	Veteran
45	07:45:00	David	Clark	Eastbourne Rovers CC	Male	Veteran
46	07:46:00	Robert	Durnford	Paceline RT	Male	Senior
47	07:47:00	Martin	Tickner	Horsham Cycling	Male	Senior
48	07:48:00	Mike	Hannay	Lewes Wanderers CC	Male	Veteran
49	07:49:00	Kevin	Burton	Eastbourne Rovers CC	Male	Veteran
50	07:50:00	Tom	Portsmouth	Charlotteville Cycling Club	Male	Espoir
51	07:51:00	Mark	Edwards	Eastbourne Rovers CC	Male	Veteran
52	07:52:00	Lisa	Davis	DRAG2ZERO	Female	Veteran
53	07:53:00	Darren	Haynes	Lewes Wanderers CC	Male	Veteran
54	07:54:00	Clive	Jackson	Central Sussex CC	Male	Veteran
55	07:55:00	Stuart	Bettis	HuntBikeWheels.com	Male	Senior
56	07:56:00	Joshua	Ballinger	Preston Park Youth Cycling Club	Male	Junior
57	07:57:00	Neil	Giles	Mid Sussex Triathlon Club	Male	Veteran
58	07:58:00	Kate	Parrish	Lewes Wanderers CC	Female	Senior
59	07:59:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran
60	08:00:00	Josh	Copley	TBW23 Stuart Hall Cycling P/b Trainsharp	Male	Espoir
61	08:01:00	Nathan	Russell	trainSharp	Male	Senior
62	08:02:00	Matthew	Woods	Eastbourne Rovers CC	Male	Veteran
63	08:03:00	Paul	Fletcher	trainSharp	Male	Veteran
64	08:04:00	Kate	Thomas	Lewes Wanderers CC	Female	Veteran
65	08:05:00	Brett	Davis	trainSharp	Male	Veteran
66	08:06:00	Cameron	Fraser	Nuun-Sigma Sport-London RT	Male	Veteran
67	08:07:00	George	Sloan	VC de Londres	Male	Espoir
68	08:08:00	Malcolm	Daly	Hastings & St. Leonards CC	Male	Veteran
69	08:09:00	Jon	Roberts-Bibby	Horsham Cycling	Male	Veteran
70	08:10:00	Neil	Mackley	...a3crg	Male	Veteran
71	08:11:00	Tom	Houghton	Team TMC	Male	Veteran
72	08:12:00	Jason	Hunter	Pearson Cycling Club	Male	Veteran
73	08:13:00	Dan	Ellis	BTNRT	Male	Senior
74	08:14:00	Colin	Harrison	East Grinstead CC	Male	Veteran
75	08:15:00	Marc	Townsend	trainSharp	Male	Veteran
76	08:16:00	Anneleen	Bosma	Bianchi Dama	Female	Senior
77	08:17:00	James	Ryan	Team TMC	Male	Veteran
78	08:18:00	Brian	Jones	Morden CRC	Male	Veteran
79	08:19:00	Anouska	Greenaway	Brighton Mitre CC	Female	Senior
80	08:20:00	Nick	Dwyer	Lewes Wanderers CC	Male	Veteran
81	08:21:00	David	Clements	Eastbourne Rovers CC	Male	Veteran
82	08:22:00	Kirsty	McSeveney	...a3crg	Female	Veteran
83	08:23:00	Russell	Thorne-Jones	trainSharp	Male	Veteran
84	08:24:00	Paul	Townsley	Team TMC	Male	Veteran
85	08:25:00	Mark	Bashford	East Grinstead CC	Male	Senior
86	08:26:00	Vincent	Busk	Lewes Wanderers CC	Male	Veteran
87	08:27:00	Zach	Walters	...a3crg	Male	Juvenile

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Race No.	Start Time	Rider	Rider	Club	Gender	Category
88	08:28:00	Ivan	Johnson	Hastings & St. Leonards CC	Male	Veteran
89	08:29:00	Paul	Atkinson	Velo Club St Raphael	Male	Veteran
90	08:30:00	Mark	Smith	Crawley Wheelers	Male	Veteran