



SCCU

50 MILE TIME TRIAL

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

Sunday 11th June 2023
NOTE change of course to G50/13

Official Time Keeper:
Mike Irons, Worthing Excelsior CC

Start 06:01 am

Headquarters:
Shipleigh Village Hall, Red Lane
Shipleigh, West Sussex, **RH13 8PH**

Event Organiser:

Paul Tunnell, Addiscombe Cycling Club
10 Uppark Gardens, Horsham, West Sussex RH12 5JN

Mobile: 07714 339 575

Email: paul.tunnell@yahoo.co.uk



SCCU



General Instructions

IN CONSIDERATION OF LOCAL RESIDENTS, NO TURBO TRAINERS ARE TO BE USED

Please park with consideration at the HQ. There is a small car park which will mainly be reserved for officials. Please do not park across driveways or limit access to local residents. **Numbers will be issued at the HQ.** Please sign on before collecting your number. Body numbers should be placed as low down as possible so that they face to the rear at all times, they should be pinned slightly to the left of centre. Numbers may be exchanged for a drink after the event.

Details of any additional hazards not listed on the start sheet will be displayed or advised at the Signing On point. All competitors must take note of these details when they sign on. Please don't forget to SIGN OUT or you will be DNF.

We suggest that you allow approximately 30 minutes to ride to the start from the HQ, it is approximately 8 miles. Turn RIGHT from HQ to T junction, then LEFT to A272. Turn RIGHT CARE to Buck Barn traffic lights, Turn RIGHT AT LIGHTS, taking heed of the signals. Follow A24 for approximately 5 miles and take slip road to Hole Street. Turn RIGHT at T junction and start is approximately ½ mile along Hole Street

No times will be given at the finish. On finishing riders should continue along the lane and take great care before returning to the Hall. No U-turns are to be made within sight of the timekeeper

In the interests of your own safety, Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard shell helmet that meets internationally accepted safety standards. CTT regulations require the compulsory use of helmets for riders under 18 years old.

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

Competitors Machines:

It is recommended that both a working rear and front 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.

The Village Hall will be open for riders changing and toilet facilities. We have previously had complaints from local people who have witnessed sights that they shouldn't have to – no names mentioned.....**Anyone who fails to make use of the appropriate facility, and causes offence will risk disqualification.**



SCCU



Although we do our best to ensure the course is fully marshaled, you are reminded that the onus is on the rider to know the course, so please familiarize yourself with the course details.

2017 Winner – Mark Smith, Crawley Wheelers 1:48:24

Open awards – all riders eligible:

1 st Fastest Rider	£10
1 st Fastest Lady	£10
1 st Fastest Veteran	£10

SCCU Association awards:

Awarded to members of affiliated clubs and SCCU private members only

- Fastest SCCU rider to hold the Vice President's Tankard for one year and
- Fastest SCCU team of 3 to hold the Roberts Shield for one year
- Fastest qualifying SCCU rider (N) will hold the Tacagni Cup for one year

To qualify for the Tacagni Cup, riders must **not** have ridden a 50-mile time trial during the **current or past three seasons**.

Please contact the organiser if you are eligible

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

Please note London South District regulations: No vehicles except the timekeeper shall be parked on the highway within sight of the starting or finishing points.

SOUTHERN COUNTIES CYCLING UNION

Riders are reminded that sleeveless cycling tops are not allowed under CTT rules, but are acceptable when worn with an undervest that *does* have short sleeves.

Good Luck to everyone for a safe and enjoyable ride.



SCCU



Paul





SCCU



HERNE HILL VÉLODROME
BURBAGE RD, SE24 9HE

GOOD FRIDAY MEETING APRIL 6TH
GATES OPEN 10 AM

Top foreign Riders
& Olympic Medallists
Full race programme
inc Dernys

Cycle Jumble • Bike Polo
Fine Burgers • Fresh Pizzas
Real Ale • Fresh Coffee

ONLY £12 ADMISSION TICKETS ON THE DOOR

The Southern Counties Cycling Union
presents its

GOOD FRIDAY
1940 INTERNATIONAL
CYCLING MEETING
at Paddington Recreation Ground

This programme
Price 6d.
admits one to
Track Enclosure.

Read *The* **Bicycle**

Every Wednesday—Twopence
FOR BEST REPORT AND PICTURES
OF THIS MEETING.

ADDISCOMBE CC

www.addiscombe.org

Heads Up, Accidents Down!

V1.0 24 May 2023