



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

LEWES WANDERERS CYCLING CLUB

(President: Mr. Peter Baker)



Present their 29th Annual

GRAND PRIX DES GENTLEMEN

To be held on Sunday, 6th October 2019

Over 17.2 miles on Course GS/838a

Timekeepers: Mick Kilby & Richard Meed

A Gentlemen's Grand Prix is for teams comprising one veteran and one other rider. The veteran is paced round the course by his/her partner but may overtake 200 yards before the finish line (time taken as the second of the two riders crosses the line). Two veterans may form a team but one must be pacer and one the designated veteran. With the exception of fastest pair on actual, all results are handicap times based on CTT standard target times for the paced rider.

PRIZE LIST

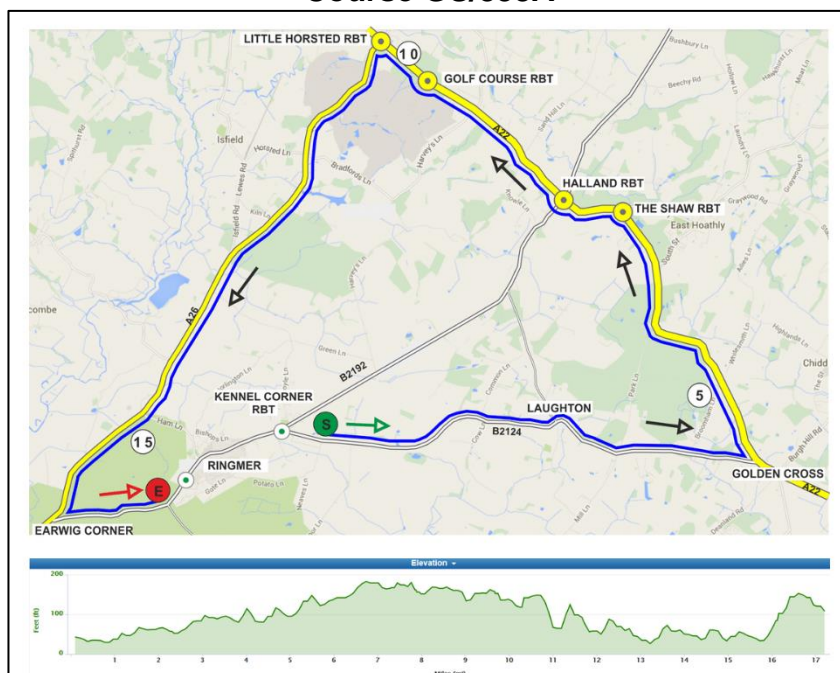
1 st Team on Standard:	£50
2 nd Team on Standard:	£40
3 rd Team on Standard:	£30
1 st Women's Team on Standard:	£20
1 st Family Team on Standard:	£20
Fastest Pair on Actual:	£20

With the exception of Fastest on Actual, all Team prizes must comprise riders from the same club

Organizer: Dominic Lowden,
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In memory of Rose Hills who sadly died in an accident while cycling on
21 August 2013. Rose was a regular marshal at Earwig Corner for this event.

Course GS/838A



OS REF (TQ)	COURSE DIRECTIONS – GS/838A	MILES	
467127	START on B2124, east of Ringmer at the junction with Half Mile Drove.	0.00	0.00
534126	Follow B2124 to junction with A22 at Golden Cross	4.30	4.30
511165	LEFT and follow A22 via Whitesmith to The Shaw RBT (roundabout)	2.96	7.26
473190	LEFT 1 st exit and continue on A22 via Halland and Golf Course RBTs to Little Horsted RBT (CHECK)	2.94	10.20
423114	LEFT 1 st exit and follow A25 to Earwig Corner, Lewes (CHECK)	5.89	16.09
441117	SHARP LEFT and follow B2192 to FINISH opposite the covered Bus Stop on the outskirts of Ringmer	1.11	17.20

Headquarters

Laughton Village Hall, Church Lane, Laughton BN8 6AH. Laughton is on the B2124 between Ringmer and Golden Cross. Turn south at the crossroads in the centre of the village, opposite the Roebuck PH. The hall is 200 yds on Right.

The Start is about 10 minutes from HQ. Go back to the crossroads and turn LEFT towards Ringmer.

Follow the B2124 for approximately 2 miles to the START.

Numbers will be at the hall, which will be open from 07:30hrs. **BOTH** riders **MUST** sign for their number in accordance with CTT rules. Both riders must sign-off on completion of the ride.

Hazards: 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.

Times will be available at HQ. No times will be given at the finish.

There are toilets in the hall - please use them. **Anyone reported for misbehavior will be disqualified.** Please help us to ensure this venue will continue to be available.

Parking

There is parking available outside the hall and in the car park approx. 100 m further down towards the church. If parking on the road please use the opposite side of the road to the hall and do not block driveways.

London South District Regulation

No vehicles, except those of the Timekeepers and Event Officials, shall be parked in the vicinity of the start and finish areas.

CTT Regulations & Recommendations

Helmets: CTT regulations require the compulsory use of helmets for the under 18's. In the interest of your own safety, CTT 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.