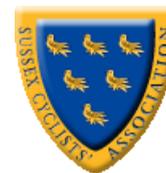




www.sussexca.org.uk



Sussex Cyclists' Association

1925-2021

2020 PRESIDENT – BOB HARBER, Brighton Excelsior C.C.

9th annual open 30 miles Time Trial, Sunday 25th July 2021

Course G.30/91

Incorporating Sussex Individual, Veterans and Team Championships

Qualifying event for Sussex C. A. B.A.R. and Sussex C. A. Spoco

Event Secretary: Robin Johnson 7 Gorselands, Billingshurst, West Sussex RH14 9TT
(Brighton Mitre CC) Email: mr_rjohnson@outlook.com
Tel: 01403 783368 / 07733 132043

Promoted for and on behalf of **Cycling Time Trials** under its 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 considerably.

TOILETS open. Hall not open.

Numbers at HQ only. After the event, please return your race number to outside the event HQ .

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

	1:02:49	Colin Ward	2018
Women:	1:16:54	Gina McGeever	2015
Vets:	1:02:49	Colin Ward	2018
Tandem:	1:07:00	Mark Jones + Tony Reeves	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.

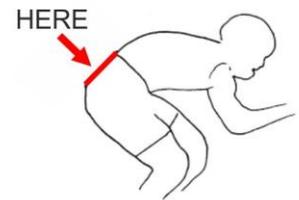
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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

	2021			
MEN	2020	Simo McNamara	HuntBikeWheels.com	1:03:32
	2019	Howard Bayley	Blazing Saddles	1:04:34
	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

	2021			
Women	2020	None		
	2019	Karen McGrath	Worthing Excelsior CC	1:21:11
	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

	2021			
Vets on target time	2020	Don Parker	Brighton Mitre CC	+ 17:53
	2019	Dave Pollard	In Gear	+ 18:17
	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

	2021			
Team	2020		Team TMC	3:21:54
	2019		Worthing Excelsior CC	3:33:15
	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

TANDEM: 2020 Mark Phelps/Sarah Phelps Team TMC 1:24:08

2019 Mark Jones/Tony Reeves GS Stella 1:07:00

Open 30 miles Time Trial, Sunday 25th July 2021, course G.30/91

TIMEKEEPER

Richard Blackmore

East Grinstead CC

Prizes

1st Man	£30
2nd Man	£20
3rd Man	£15
1st Woman	£30
1st Team	£20 each.
1st Vet on Target time	£25
2nd Vet on Target time	£15
1st Veteran, age 40-44	£15
1st Veteran, age 45-49	£15
1st Veteran, age 50-54	£15
1st Veteran, age 55-59	£15
1st Veteran, age 60-64	£15
1st Veteran, age 65-69	£15
1st Veteran, age 70-74	£15
1st Veteran, age 85-89	£15

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, and Sussex C.A. medal
1st woman	Sussex C.A. medal
1st Team	Sussex C.A. medal
1st Veteran on CTT Target Time	Sussex C.A. medal

PLEASE NOTE

Prize Presentation

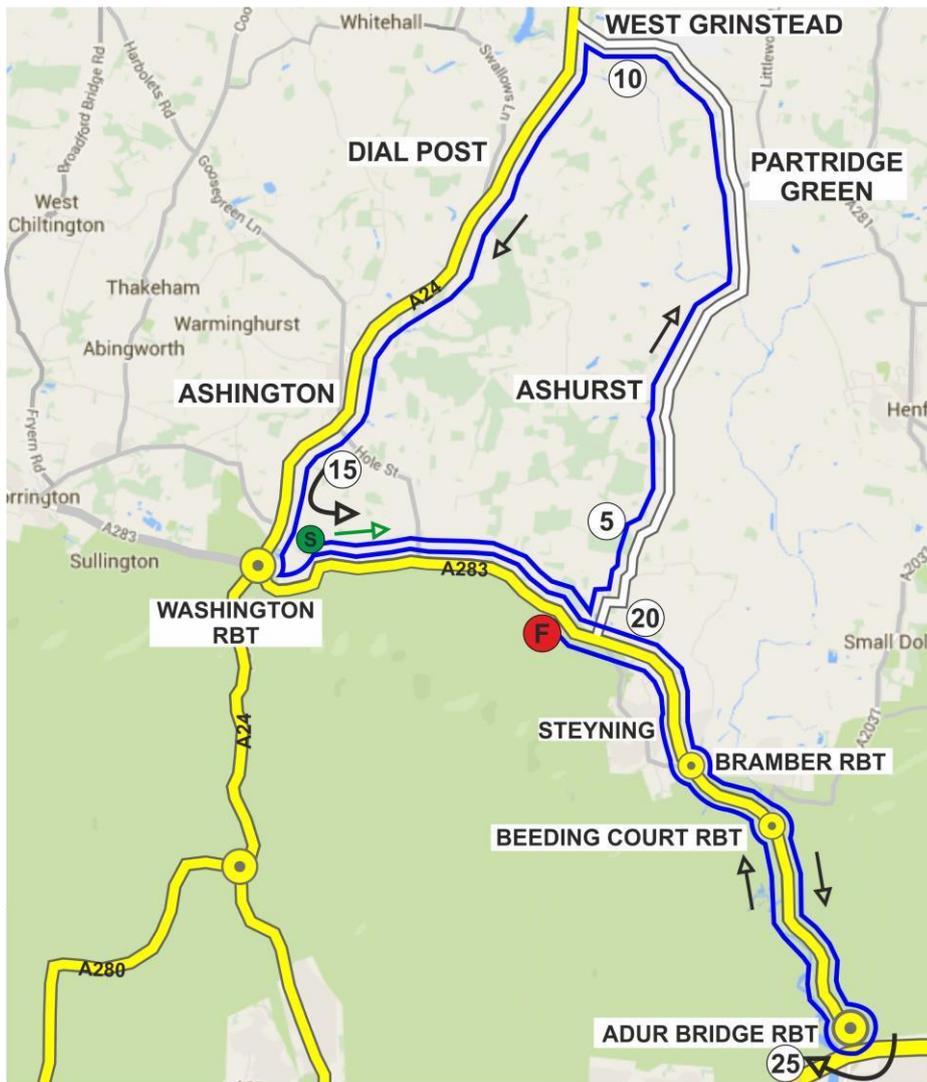
Not this year, prizes will be sent.

Lottery Prizes

None this year.

ALL COMPETITORS: please be aware of Regulation 14 (i):

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, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.



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

COVID-19 CTT INSTRUCTIONS:

- 1) Do not attend if you/your family members feel ill.
- 2) Park and walk with social distancing in mind. Bring and use a face mask.
- 3) HQ open only for toilets: 1 in, 1 out.
- 4) Bring your own pen to sign on and, if you need them to affix your number, your own safety pins.
- 5) No changing facilities are available at the HQ before or after racing; attend dressed to race and leave with the sweat drying on you.
- 6) Take with you when you race a compulsory rear light, a spare tyre/tube/tub and a mobile phone.
- 7) Please note you have to make your own way back in event of trouble – no collections offered. Please ring event secy. if you are a DNF.
- 8) No more than 5 riders, 2m apart, to wait at the start.
- 9) No items/clothing to be left at the start or with the timekeeper.
- 10) No push-off.
- 11) After racing, please sign out with your own pen (different to BC road races) and leave your number in the bowl of disinfected water.
- 12) No social, and no prize presentation – sorry!
- 13) No result board – times will be on the CTT website the next day; Race Report on CTT site day of event.
- 14) Please leave the car parking area in a timely fashion.

In the interests of rider safety and in addition to the compulsory rear light required under regulation 14 (i), the advisory use of suitable hard shell helmets in competition for competitors over 18 years of age, London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road.

