



# East Sussex Cycling Association

2019 President Clive Jackson – Central Sussex CC



**ESCA 10m Time Trial – Saturday 27th April 2019 – G10/87**

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

## Start Sheet

**Event Secretary**     **Rob Pelham** (Lewes Wanderers CC)  
Telephone: 01825 768241     Email: [robmpelham@gmail.com](mailto:robmpelham@gmail.com)     Mobile: 07756 656595

**Timekeepers**     **Tony Palmer** (Worthing Excelsior CC) and **Richard Meed** (Lewes Wanderers CC)

### General Information

#### Event HQ

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

#### Car Parking

There is limited parking in the Sports Pavilion car park, when full please park sensibly on London Road – pavilion side only.

#### 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 numbers.**

#### Additional Hazards

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

#### Start

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

#### 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.

#### Prize List

##### Fastest Overall

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

##### Fastest Lady

First	£30.00
Second	£25.00
Third	£20.00

##### Fastest Jun / Juv

First	£15.00
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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

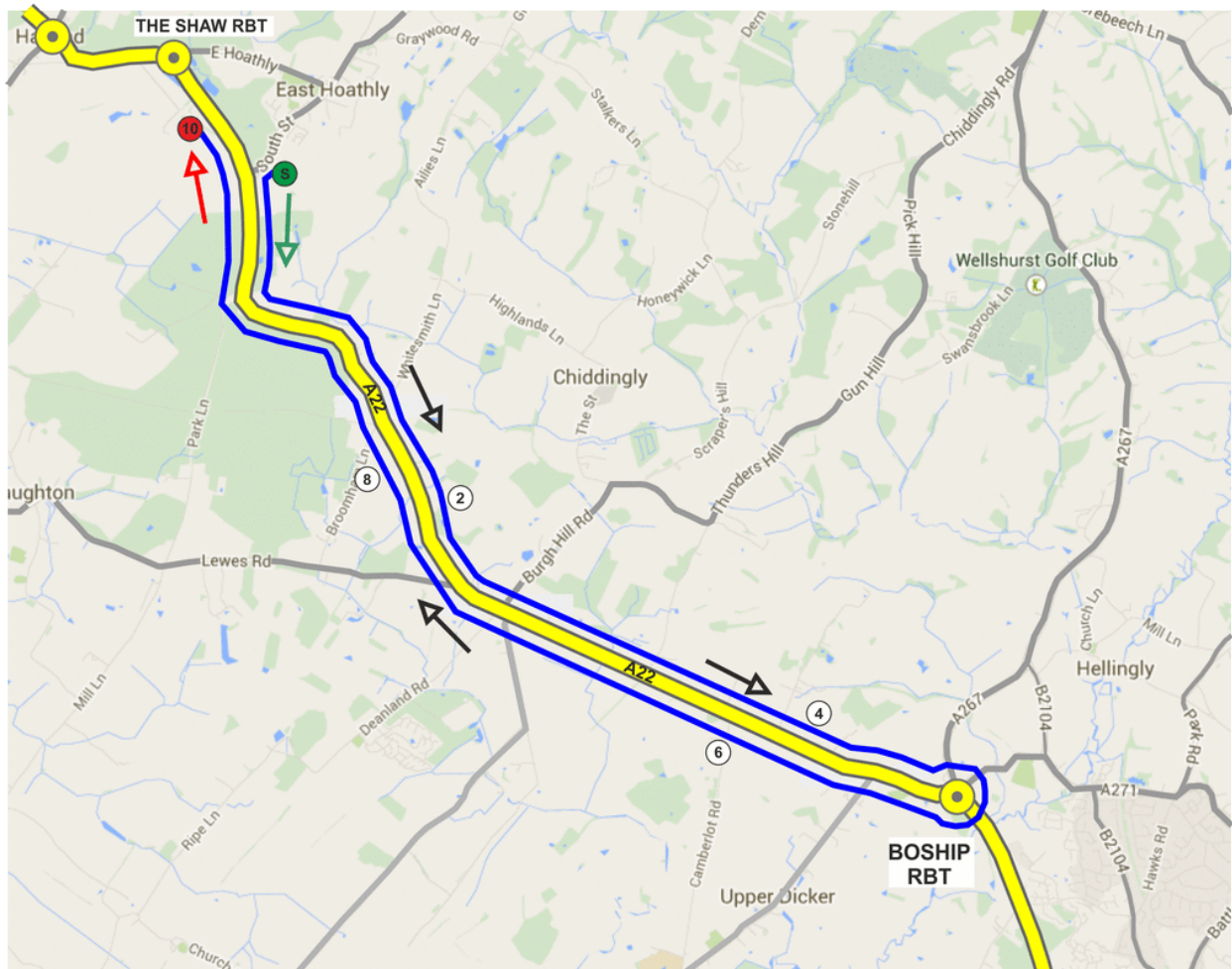
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## Course Details

### 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](http://www.sussexca.org.uk/g1087.html)

OS Ref	Course G10/87	Distance
TQ517156	<b>START</b> in South Street, East Hoathly, at red arrow at drain 28 yards before T junction with East Hoathly by-pass	00.00m
TQ572112	<b>LEFT</b> and follow A22 through Whitesmith and Golden Cross to Boship RBT where <b>TURN</b> (Check)	04.90m
TQ513162	<b>4th exit</b> and retrace on A22 through Golden Cross and Whitesmith to <b>FINISH</b> 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

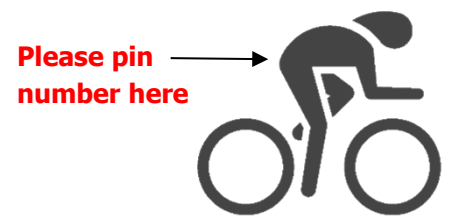
- Competitors must exercise extra care when turning LEFT just after Start and at the Boship roundabout
- **No 'U' turns after finishing or riders will be disqualified** – after finishing, competitors MUST continue to The Shaw roundabout and take second exit (RIGHT) to return to Event HQ at East Hoathly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

## ESCA 10m Time Trial – Saturday 27th April 2019 – G10/87

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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** All riders under 18 download a parental consent when they enter online. The form must be completed and brought with you on the day. Please hand it in before signing on.
- **Lights** 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.
- **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.
- **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. No 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.



### This is a qualifying event for

**ESCA Points Competition** Overall, 30 points for 1st place down to 1 point for 30th place and Ladies 10 points for 1st place down to 1 point for 10th place for first claim riders from ESCA affiliated clubs. The individual points earned by each rider are totalled and awarded to their respective club.

**ESCA Trophies** Counts towards the fastest junior, fastest lady and the fastest team of three from an ESCA affiliated club over 10 miles – the best performance at either this, **or the September 10**, will be eligible for these awards at the annual prize presentation.

**ESCA BAR** Qualifying event for the ESCA lady, lady veteran and junior Best All Rounder competitions.

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

There are a range of competitions run by local Associations so, if your club is affiliated, and you're riding ESCA or SCA events, the chances are you'll automatically be included in a competition that you might not necessarily be aware of! Why not take a moment to familiarise yourself with what's on offer for individual riders and their affiliated clubs to add a bit of interest and friendly rivalry between riders and clubs. Regular competition updates, and a whole lot more, are posted throughout the season on the Association websites and Facebook groups

<b>East Sussex CA</b>	Website	<a href="http://www.eastsussexca.org.uk/">www.eastsussexca.org.uk/</a>
	Facebook Group	<a href="https://www.facebook.com/groups/EastSussexCA/">www.facebook.com/groups/EastSussexCA/</a>
<b>Sussex CA</b>	Website	<a href="http://www.sussexca.org.uk/">www.sussexca.org.uk/</a>
	Facebook Group	<a href="https://www.facebook.com/groups/SussexCA/">www.facebook.com/groups/SussexCA/</a>

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# Order of Start

Race No.	Start Time	Rider	Club	Gender	Cat	Age
44	07:44	Liam Dyson	Royal Navy & Royal Marines CA	Male	Senior	30
<b>45</b>	<b>07:45</b>	<b>Doug Finch</b>	<b>Southborough &amp; Dist. Whs</b>	<b>Male</b>	<b>Veteran</b>	<b>68</b>
46	07:46	Robin Johnson	Brighton Mitre CC	Male	Veteran	70
47	07:47	Robert Bone	Lewes Wanderers CC	Male	Veteran	72
48	07:48	Peter Hayward	Hastings & St. Leonards CC	Male	Veteran	58
49	07:49	David Wilkins	Lewes Wanderers CC	Male	Veteran	59
<b>50</b>	<b>07:50</b>	<b>Mark Hancock</b>	<b>Anerley BC</b>	<b>Male</b>	<b>Veteran</b>	<b>57</b>
51	07:51	John McDonald	trainSharp	Male	Veteran	54
52	07:52	Chris Parker	Hastings & St. Leonards CC	Male	Veteran	63
53	07:53	David Beale	Lewes Wanderers CC	Male	Veteran	73
54	07:54	Adam Rogers	Eastbourne Rovers CC	Male	Veteran	44
<b>55</b>	<b>07:55</b>	<b>Daniel Ellis</b>	<b>Eastbourne Rovers CC</b>	<b>Male</b>	<b>Senior</b>	<b>38</b>
56	07:56	Michael Valks	Lewes Wanderers CC	Male	Veteran	48
57	07:57	Marcus Edwards	Kingston Phoenix RC	Male	Veteran	55
58	07:58	Gareth Purves	Hastings & St. Leonards CC	Male	Senior	39
59	07:59	Graham Knowles	Lewes Wanderers CC	Male	Veteran	64
<b>60</b>	<b>08:00</b>	<b>Richard Streeter</b>	<b>Lewes Wanderers CC</b>	<b>Male</b>	<b>Veteran</b>	<b>53</b>
61	08:01	Paul Valks	Lewes Wanderers CC	Male	Veteran	75
62	08:02	John Mankelov	Lewes Wanderers CC	Male	Veteran	71
63	08:03	Vincent Busk	Lewes Wanderers CC	Male	Veteran	68
64	08:04	Neil Gearing	Lewes Wanderers CC	Male	Veteran	42
<b>65</b>	<b>08:05</b>	<b>Paul Fletcher</b>	<b>Lewes Wanderers CC</b>	<b>Male</b>	<b>Veteran</b>	<b>40</b>
66	08:06	Andrew Booty	Lewes Wanderers CC	Male	Veteran	51
67	08:07	Malcolm Daly	Hastings & St. Leonards CC	Male	Veteran	58
68	08:08	Brian Jones	Horsham Cycling	Male	Veteran	68
69	08:09	Peter Moon	Eastbourne Rovers CC	Male	Veteran	58
<b>70</b>	<b>08:10</b>	<b>Bruce English</b>	<b>Eastbourne Rovers CC</b>	<b>Male</b>	<b>Veteran</b>	<b>54</b>
71	08:11	Andy Seltzer	In-Gear	Male	Veteran	54
72	08:12	Russell Thorne-jones	Crawley Wheelers	Male	Veteran	46
73	08:13	Connor Murphy	trainSharp	Male	Senior	23
74	08:14	Will Reeder	trainSharp	Male	Senior	30
<b>75</b>	<b>08:15</b>	<b>Trevor Deeble</b>	<b>Hastings &amp; St. Leonards CC</b>	<b>Male</b>	<b>Senior</b>	<b>33</b>
76	08:16	Matt Williams	Greenwich Tritons Tri Club	Male	Veteran	49
77	08:17	Martin Gibbs	Team ASL	Male	Senior	32
78	08:18	Marton Cseik	Essex Roads CC	Male	Senior	26
79	08:19	Duncan Coulter	Rapha Cycling Club	Male	Senior	28
<b>80</b>	<b>08:20</b>	<b>Anita Turner</b>	<b>Eastbourne Rovers CC</b>	<b>Female</b>	<b>Veteran</b>	<b>48</b>
81	08:21	Janet Clapton	Brighton Mitre CC	Female	Veteran	52
82	08:22	Harriet Hayward	Windrush Triathlon Club	Female	Senior	30

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Race No.	Start Time	Rider	Club	Gender	Cat	Age
83	08:23	Sue Collett	Lewes Wanderers CC	Female	Veteran	41
84	08:24	Anna Dwyer	Lewes Wanderers CC	Female	Senior	24
<b>85</b>	<b>08:25</b>	<b>Kate Parrish</b>	<b>Lewes Wanderers CC</b>	<b>Female</b>	<b>Senior</b>	<b>27</b>
86	08:26	Anneleen Bosma	Team LDN	Female	Senior	31
87	08:27	Olivia Webb	Eastbourne Rovers CC	Female	Veteran	50
88	08:28	Lisa Davis	trainSharp	Female	Veteran	44
89	08:29	Sally Turner	trainSharp	Female	Senior	39
<b>90</b>	<b>08:30</b>	<b>Joscelin Lowden</b>	<b>The Independent Pedaler</b>	<b>Female</b>	<b>Senior</b>	<b>31</b>
91	08:31	James Cheeseman	N+1 - Lindfield Coffee Works	Male	Senior	33
92	08:32	Richard Burchett	Lewes Wanderers CC	Male	Veteran	48
93	08:33	Tom Hilder	trainSharp	Male	Senior	30
94	08:34	Dan Street	Lewes Wanderers CC	Male	Veteran	45
<b>95</b>	<b>08:35</b>	<b>Nathan Russell</b>	<b>trainSharp</b>	<b>Male</b>	<b>Senior</b>	<b>30</b>
96	08:36	Gavin Richards	Lewes Wanderers CC	Male	Veteran	48
97	08:37	Dominic Lowden	Lewes Wanderers CC	Male	Veteran	61
98	08:38	Shayne Howell	Eastbourne Rovers CC	Male	Veteran	47
99	08:39	Theo Tadros	trainSharp	Male	Junior	17
<b>100</b>	<b>08:40</b>	<b>James Ryan</b>	<b>Team ASL</b>	<b>Male</b>	<b>Veteran</b>	<b>42</b>
101	08:41	Chris Lord	Brighton Excelsior CC	Male	Veteran	66
102	08:42	George Welfare	Eastbourne Rovers CC	Male	Senior	33
103	08:43	Dan Pullen	N+1 - Lindfield Coffee Works	Male	Veteran	43
104	08:44	Mark Edwards	Eastbourne Rovers CC	Male	Veteran	44
<b>105</b>	<b>08:45</b>	<b>Rupert Robinson</b>	<b>Crawley Wheelers</b>	<b>Male</b>	<b>Veteran</b>	<b>47</b>
106	08:46	David Clark	Eastbourne Rovers CC	Male	Veteran	50
107	08:47	Alex Welburn	trainSharp	Male	Senior	24
108	08:48	Fabien Large	NOPINZ	Male	Junior	17
109	08:49	David Clements	Eastbourne Rovers CC	Male	Veteran	47
<b>110</b>	<b>08:50</b>	<b>Brett Davis</b>	<b>Lewes Wanderers CC</b>	<b>Male</b>	<b>Veteran</b>	<b>46</b>
111	08:51	Michael Davey	trainSharp	Male	Veteran	41
112	08:52	Neill Keaney	Onyx RT	Male	Senior	38
113	08:53	Mark Bashford	East Grinstead CC (Merlin Cycle Coaching)	Male	Senior	35
114	08:54	Dan Sadler	AeroCoach	Male	Veteran	42
<b>115</b>	<b>08:55</b>	<b>Matthew Smith</b>	<b>Team ASL</b>	<b>Male</b>	<b>Senior</b>	<b>35</b>
116	08:56	Nick Dwyer	Lewes Wanderers CC	Male	Veteran	55
117	08:57	Christopher McNamara	Nuun-Sigma Sport-London RT	Male	Veteran	44
118	08:58	Howard Shaw	trainSharp	Male	Senior	33
119	08:59	Simon McNamara	South Downs Bikes / Casco Pet	Male	Veteran	44
<b>120</b>	<b>09:00</b>	<b>James Rix</b>	<b>Team Bottrill</b>	<b>Male</b>	<b>Veteran</b>	<b>43</b>