



[www.sussexca.org.uk](http://www.sussexca.org.uk)

# Sussex Cyclists' Association



PRESIDENT – Robin Johnson, Brighton Mitre CC

**Open 50 miles Time Trial Sunday 26<sup>th</sup> June 2022**

Course G50/10

***Incorporating Sussex Individual, Veterans and Team Championships***

***Qualifying event for National B.A.R., S.C.A. B.A.R. and S.C.A. SPOCO***

**Event Secretary:** Robin Johnson, 7 Gorselands, Billingshurst, West Sussex, RH14 9TT.  
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Promoted for and on behalf of **Cycling Time Trials** under its rules and regulations

## HQ

### Dial Post Village Hall

Worthing Road,  
Dial Post,  
West Sussex.

RH13 8NS.

Open from 05:30.



Parking in front of hall and in attached car park. Then use east side of road, please.

Thank you in advance for not wearing cycling shoes or cleats in the hall.

Numbers at HQ only. After the event please return your race number to the event HQ in exchange for a drink.  
Please remember to sign back in after the event.

HQ to start: 3.42 miles (**allow 20 minutes**)

Route to start:

Right (North) outside village hall, and on to A24  
North to traffic lights, where turn right onto A272

Finish to HQ: 0.58 miles

#### ***Course Records:***

	01:45:26	Andy Critchlow	2020
Women	02:07:44	Laura Bartlett	2017
Vets	01:45:26	Andy Critchlow	2020
Juniors	02:08:21	Jack Churchill	2017
Juveniles	02:13:12	Jack Churchill	2016

#### ***Event Records:***

	01:45:26	Andy Critchlow	2020
Women	02:08:19	Lisa Davis	2021
Vets	01:45:26	Andy Critchlow	2020
Juniors	02:08:21	Jack Churchill	2017
Juveniles	02:13:12	Jack Churchill	2016

<b>Association Records:</b> <i>(riders in Sussex C.A affiliated clubs)</i>		01:48:56	Steve Dennis	2012
	Women	02:09:53	Lisa Davis	2019
	Juniors	02:08:21	Jack Churchill	2017
	Juveniles	02:13:12	Jack Churchill	2016

## 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.

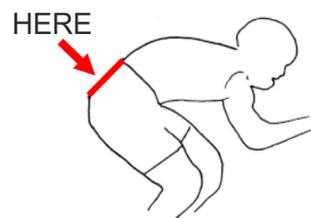
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**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.

**Obey** the two sets of pedestrian crossing lights in Cowfold.

## TIMEKEEPER

Mick Irons

Worthing Excelsior  
CC

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## Prizes

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1 <sup>st</sup> Man	£40
2 <sup>nd</sup> Man	£25
3 <sup>rd</sup> Man	£20
4 <sup>th</sup> Man	Wine (value £5)
1 <sup>st</sup> Woman	£40
1 <sup>st</sup> Team (3)	£20

*As Championship events, this race includes a selection of Trophies, Cups and Medals to be awarded to Sussex CA Riders in various categories:*

First	Southern Radio Cup for a year, plus Sussex C.A. medal
1 <sup>st</sup> Woman	Sussex C.A. medal
1 <sup>st</sup> Team	Halford Cup, plus Sussex C.A. medals
1 <sup>st</sup> Veteran	Sussex C.A. medal
1 <sup>st</sup> Veteran on CTT Target times	Sussex C.A. medal

### **PLEASE NOTE**

#### ***Prize Presentation***

To be held as soon as possible after the event..

Please stay to receive your awards and/or applaud the recipients.

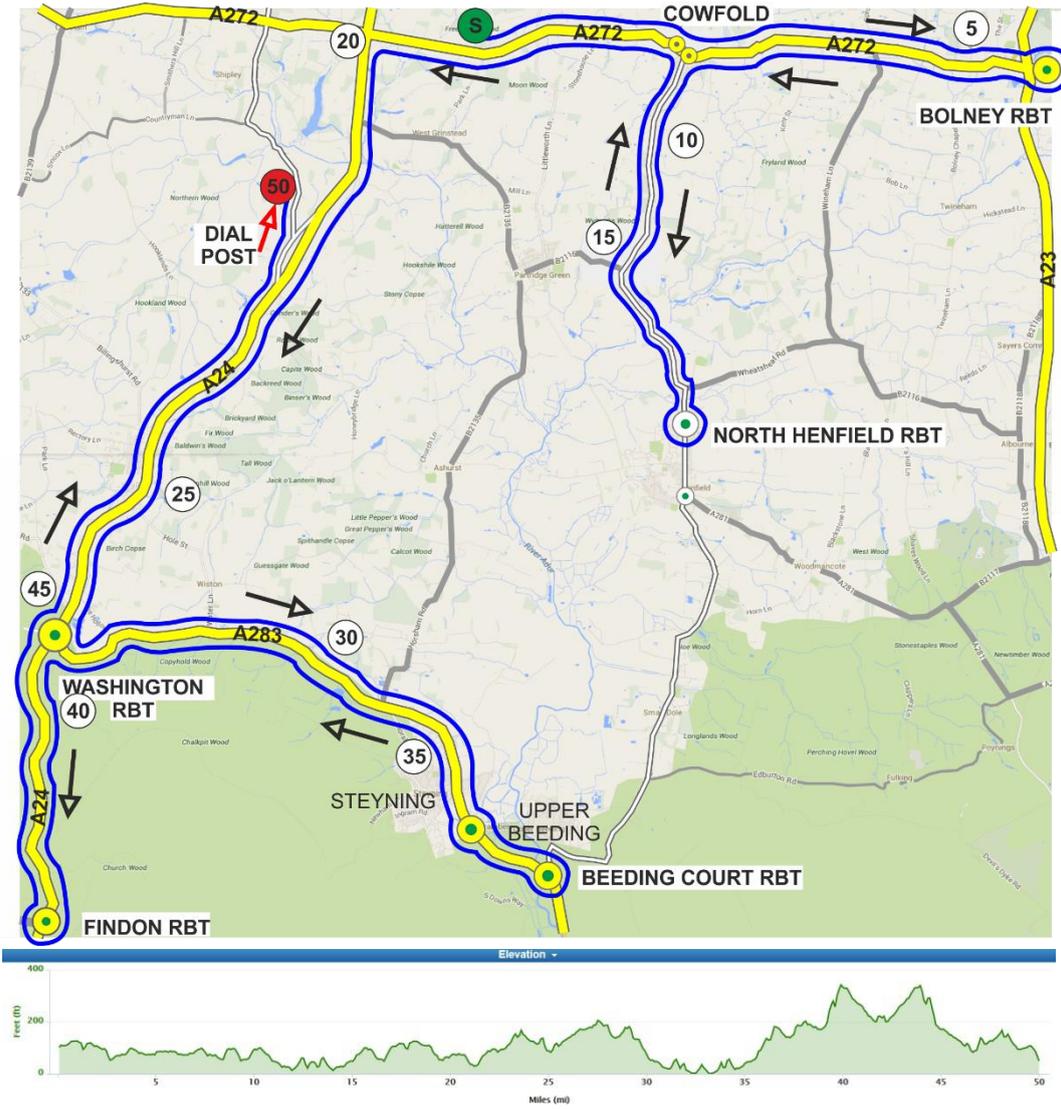
#### ***Lottery Prizes***

To be awarded at the prize presentation.

A bottle of wine, value £5, to each of the first two names drawn.

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

# Course G.50/10



## COURSE DETAILS

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>
184225	<u>START</u> at southern end of Kennel Lane, West Grinstead at junction with A272.	
267224	Proceed east to twin RBT`s (roundabouts) at Cowfold. RIGHT 2nd exit at first LEFT 1st exit at second. Continue on A272 to Bolney RBT where <u>TURN</u> (CHECK)	5.42 5.42
215167	3rd exit to retrace to twin RBT`s at Cowfold LEFT 1st exit at first and follow A281 to North Henfield RBT where <u>TURN</u> (CHECK)	7.44 12.86
165227	3rd exit to retrace to twin RBT`s at Cowfold. Straight on 1st exit at first and LEFT 1st exit at second and follow A272 to West Grinstead crossroads	7.14 20.00
120134	LEFT in filter lane to join A24 and proceed south to Washington RBT	6.69 26.69
197098	LEFT 1st exit and follow A283 to Bramber Castle RBT. Straight on 3rd exit to Beeding Court where <u>TURN</u> (CHECK)	6.09 32.78
120134	3rd exit to retrace to Bramber Castle RBT. 3rd exit and continue on A283 to Washington RBT	6.14 38.83
119089	LEFT 1st exit and follow A24 to Findon RBT where <u>TURN</u> (CHECK)	12.95 41.87
156204	4th exit to retrace to Washington RBT. Straight on 2nd exit and follow A24 to turn LEFT at southern entrance to Dial Post Village. LEFT into Swallows Lane to <u>FINISH</u> <u>at second telegraph pole on east side of road south of small bridge over minor stream.</u>	8.13 50.00

## COURSE NOTES

(RJ/LSDC/0321)

Location 4 and District Reg. revised 08/07. Start and finish amended 03/21.

Course measured by Mike Gibbs/checked by John Watts

## Course G50/10

### **REQUEST TO RIDERS**

At events on this course last season there were vociferous and repeated complaints about noise early in the morning from a resident of a property by the North Henfield Roundabout. These related to calling out to marshals and also the noise emanating from disc wheels at the turn.

We are keen that the situation does not escalate.

Riders are requested to desist from calling out at this point, and also to consider not using a disc wheel.

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

NEW REGULATIONS which please read and take note:

CTT regulations require the use of a helmet that meets internationally accepted safety standards for all competitors.

CTT regulations now require 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 light, and to the front of their machine a working front white light, either flashing or constant, that are illuminated and positioned to be clearly visible to other road users.

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

Under 18 years old riders: Bring a completed parental consent form to present before signing-on.

No form = no ride.

PLEASE REMEMBER TO SIGN ON FOR YOUR NUMBER,

AFTER FINISHING, SIGN BACK IN WHEN RETURNING YOUR NUMBER.....

## ORDER OF START:

	start_time	firstname	lastname	club	gender	category	age_
1	06:31:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	74
2	06:32:00	Chris	Parker	Hastings & St. Leonards CC	Male	Veteran	66
3	06:33:00	Vernon	Thomas	VC Elan - Harry Perry Cycles	Male	Veteran	77
4	06:34:00	Robert	Royle-Evatt	Addiscombe CC	Male	Veteran	54
5	06:35:00	Brian	Molloy	Brighton Excelsior CC	Male	Veteran	54
6	06:36:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	61
7	06:37:00	Daniel	Arthur	Epsom CC	Male	Veteran	55
8	06:38:00	Tracey	Williams	Brighton Mitre CC	Female	Veteran	53
9	06:39:00	Barrie	Foster	Anerley BC	Male	Veteran	73
10	06:40:00	Keith	Garbutt	South Western Road Club	Male	Veteran	55
11	06:41:00	John	Watson	Hitchin Nomads CC	Male	Veteran	56
12	06:42:00	David	Huckell	Brighton Triathlon Club	Male	Veteran	46
13	06:43:00	Vivienne	Inglis	Anerley BC	Female	Veteran	40
14	06:44:00	Ben	Hardisty	East Grinstead CC	Male	Veteran	63
15	06:45:00	James	Ryan	Team TMC	Male	Veteran	46
16	06:46:00	Donald	Parker	Brighton Mitre CC	Male	Veteran	73
17	06:47:00	Ferenc	File	Horsham Cycling	Male	Senior	36
18	06:48:00	Rick	Hughes	Worthing Excelsior CC	Male	Veteran	59
19	06:49:00	Emma	Dodds	Epsom CC	Female	Senior	30
20	06:50:00	Paul	Thatcher	Brighton Mitre CC	Male	Veteran	59
21	06:51:00	Vince	Freeman	Sussex Revolution Velo Club	Male	Veteran	42
22	06:52:00	Peter	Madarasz	Team TMC	Male	Veteran	41
23	06:53:00	Richard	Tully	Elite Cycling	Male	Veteran	45
24	06:54:00	Isaac	Griffiths	Epsom CC	Male	Senior	35
25	06:55:00	Kevin	Plummer	Team TMC	Male	Veteran	57
26	06:56:00	James	Stone	Brighton Excelsior CC	Male	Veteran	53
27	06:57:00	John	Marinko	Brighton Mitre CC	Male	Veteran	57
28	06:58:00	Tony	Reeves	GS Stella	Male	Veteran	50
29	06:59:00	Chris	Jones	Bynea Cycling Club	Male	Veteran	48
30	07:00:00	Matthew	Smith	Team TMC	Male	Senior	38
31	07:01:00	Gary	Lock	New Forest CC	Male	Veteran	44
32	07:02:00	Paul	Newsome	Project 51	Male	Senior	34
33	07:03:00	Nik	Allen	Team TMC	Male	Veteran	50
34	07:04:00	Andy	Critchlow	Norwood Paragon CC	Male	Veteran	48
35	07:05:00	Steven	Kane	Team TMC	Male	Senior	33

**74 entries in 2021.**

## SUSSEX CYCLISTS' ASSOCIATION - PAST CHAMPIONS

1938	Ernie Steers	Worthing Excelsior CC	2:13:14	SCA RECORD
1939	Roy Gumbrell	Brighton Excelsior CC	2:12:25	NEW SCA RECORD
1947	Dennis Dean	Worthing Excelsior CC	2:06:38	NEW SCA RECORD
1948	Wally Finch	Worthing Excelsior CC	2:13:57	
1949	Albert Shanks	Lancing AC	2:08:49	
1950	Derek Powell	Lancing AC	2:09:13	
1951	Arthur Gardiner	Lancing AC	2:08:30	
1952	Colin Whittingham	Brighton & Hove Wheelers	2:08:33	
1953	Dave Marsh	Lewes Wanderers CC	2:06:08	NEW SCA RECORD
1954	John Dutson	Uckfield & District Wheelers	2:05:54	NEW SCA RECORD
1955	Dave Marsh (2 wins)	Eastbourne Rovers CC	2:06:12	
1956	Mike Harmer	Brighton Excelsior CC	2:08:08	
1957	Gerry Atterbury	Brighton Excelsior CC	2:04:57	NEW SCA RECORD
1958	Roy Siggs	Uckfield & District Wheelers	2:07:56	
1959	Gerry Atterbury	Worthing Excelsior CC	2:05:47	
1960	Terry Parker	Bognor Regis CC	2:03:36	NEW SCA RECORD
1961	Dave Hardman	Brighton Excelsior CC	2:07:56	
1962	Dave Funnell	Worthing Excelsior CC	2:07:55	
1963	Gerry Atterbury	Brighton Mitre CC	2:05:10	
1964	Gerry Atterbury (4 wins)	Brighton Mitre CC	2:06:08	
1965	Dick Marchant	East Grinstead CC	2:07:20	
1966	Tim Mackay	Horsham Unity CC	2:12:08	
1967	Mike Morgan	Central Sussex CC	2:06:36	
1968	Mike Morgan (2 wins)	Central Sussex CC	2:08:48	
1969	Rick Stringer	Brighton Excelsior CC	2:11:26	
1970	Rick Stringer (2 wins)	Brighton Excelsior CC	2:10:22	
1971	Keith Dodman	Worthing Excelsior CC	2:13:42	
1972	Keith Dodman	Worthing Excelsior CC	2:14:24	
1973	John Dutson	Central Sussex CC	2:01:27	NEW SCA RECORD
1974	Martin Hawes	Central Sussex CC	2:08:51	
1975	John Dutson (3 wins)	Central Sussex CC	2:08:21	
1976	Alan Limbrey	Brighton Mitre CC	2:10:21	
1977	Keith Dodman	Worthing Excelsior CC	2:08:22	
1978	Keith Dodman (4 wins)	Worthing Excelsior CC	2:05:29	
1979	Cliff Sharp	Eastbourne Rovers CC	2:00:37	NEW SCA RECORD
1980	Mark Jones	Central Sussex CC	1:58:10	NEW SCA RECORD
1981	John Oakes	VC Etoile	1:53:52	NEW SCA RECORD
1982	John Oakes (2 wins)	VC Etoile	1:53:16	NEW SCA RECORD
1983	Mark Jones	Central Sussex CC	2:00:35	
1984	* Paul James	Central Sussex CC	1:54:24	
1985	* Steve Dennis	East Grinstead CC	1:55:48	
1986	Steve Dennis	East Grinstead CC	1:57:50	
1987	Peter Danckwardt	Worthing Excelsior CC	1:58:19	
1988	Mike Coyle	VC Etoile	2:01:45	
1989	* Mark Jones	GS Stella	1:58:15	
1990	Paul Lipscombe	Central Sussex CC	1:58:00	
1991	Steve Dennis	East Grinstead CC	1:56:27	
1992	* Mark Jones	GS Stella	1:56:26	
1993	Paul Panagi	Hastings & St Leonards CC	1:55:05	
1994	Richard Keevil	GS Stella	1:58:45	

## SUSSEX CYCLISTS' ASSOCIATION - PAST CHAMPIONS

1995	Steve Blackmore	East Grinstead CC	2:00:41	
1996	Mark Jones	GS Stella	1:54:48	
1997	Mark Jones (6 wins)	GS Stella	2:02:09	G.50/10 introduced
1998	Steve Elms	East Grinstead CC	1:55:31	
1999	Dave Pollard	In-Gear RT	2:00:59	
2000	Dave Pollard (2 wins)	In-Gear RT	1:57:21	
2001	Steve Dennis	East Grinstead CC	1:55:15	
2002	Steve Dennis	East Grinstead CC	1:54:23	
2003	Steve Dennis	East Grinstead CC	1:51:32	NEW SCA RECORD
2004	Steve Dennis	East Grinstead CC	1:54:32	(emergency course)
2005	* Mike Coyle (2 wins)	VC Etoile	1:55:39	(emergency course)
2006	Sean Yates	In-Gear Quickvit RT	1:50:31	NEW SCA RECORD
2007	Steve Dennis	East Grinstead CC	1:49:31	NEW SCA RECORD
2008	Steve Dennis	East Grinstead CC	1:53:09	
2009	Steve Dennis	East Grinstead CC	1:51:56	
2010	David Shepherd	GS Stella	1:57:30	
2011	* Tom Glandfield	Lewes Wanderers CC	1:59:16	
2012	Steve Dennis	East Grinstead CC	1:48:56	NEW SCA RECORD
2013	* Steve Kane	Brighton Excelsior CC	1:49:50	
2014	Steve Kane	Brighton Excelsior CC	1:52:07	
2015	James Rix	Crawley Wheelers CC	1:55:45	
2016	* Steve Dennis	East Grinstead CC	1:53:21	
2017	Steve Dennis (13 wins)	East Grinstead CC	1:52:18	
2018	* Simon McNamara	South Downs Bikes	1:49:25	
2019	Howard Bayley	Blazing Saddles	1:52:01	
2020	Chris McNamara	Nuun-Sigma Sport RT	1:45:29	
2021	Steve Kane (3 wins)	Team TMC	1:49:57	
2022				

In years denoted with an asterisk the overall event was won by a non-Sussex C.A. rider, see below.

### PAST (non – Sussex C.A.) EVENT WINNERS

1984	John Woodburn	Manchester Wheelers	1:51:00
1985	John Woodburn	Manchester Wheelers	1:52:28
1989	John Woodburn	Manchester Wheelers	1:55:15
1992	Mike Harris	Caesaraen CC	1:54:05
1994	Julian Pegg	Charlotteville CC	1:57:12
1995	Alan Dawson	Antelope RT	1:59:28
2005	Malcolm Cox	VC St Raphael	1:55:00
2011	Rupert Burbridge	Redhill CC	1:56:48
2013	Chris McNamara	Pedal Heaven	1:49:28
2016	Jonathan Parker	Team Bottrill	1:49:40
2018	Chris McNamara	Nuun-Sigma Sport RT	1:46:10
2020	Andy Critchlow	Norwood Paragon CC	1:45:26

For originally compiling the list in 1999 thanks are due to the late Les Janman and the late Dave Palmer, both of Bognor Regis CC.

Further contributors have included Dave Hudson (Worthing Excelsior CC), Robin Johnson (Brighton Mitre CC) and Mike O'Gorman (Worthing Excelsior CC)

## **SUSSEX C.A. CYCLE JUMBLE SALE**

Please come and support the Association Cycle Jumble Sale on Saturday 20<sup>th</sup> August, at Pease Pottage Community Centre, Old Brighton Road South, Pease Pottage, West Sussex, RH11 9AH, £1 entrance from 0900, £3 before. Tables are £10 from 07:30

Contact: Robin Johnson 01403 783368 for bookings inside or out, or for donations of old equipment.

