



SCCU

50 MILE TIME TRIAL

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

Sunday 5th June 2022
Course G50/10

Official Time Keeper:
Mike Irons, Worthing Excelsior CC

Start 06:01 am

Headquarters:
Dial Post Village Hall, Worthing Road,
Dial Post, West Sussex, **RH13 8NS**

Handicapped using Cycling Time Trials official tables
Veterans target times from CTT tables

Event Organiser:

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

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[Email](mailto:paul.tunnell@yahoo.co.uk): paul.tunnell@yahoo.co.uk



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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. If necessary, please park on the lane to the South of the hall on the same side of the road, as you will be finishing along this lane. **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 20 minutes to ride to the start from the HQ.

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

IMPORTANT CONDITIONS:

LIGHTS

No competitor will be permitted to start, unless the competitor has both a working rear red light, affixed to the rear of their machine and a working front white light, affixed to the front of their machine. Both lights must be illuminated, either flashing or constant, and in a position that is clearly visible to other road users.

HELMETS

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition

CLOTHING

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



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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.**

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

2019 Winner – Mark Smith, Crawley Wheelers 1:45:55

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

Fastest SCCU team of 3 to hold the Roberts Shield for one year

Fastest qualifying SCCU rider will hold the Tacagni Cup for one year and **£10**.

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 but have subsequently ridden a 50-mile time trial prior to the event.

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



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IMPORTANT NOTE:

There are 2 sets of pedestrian crossing lights in Cowfold, which **MUST** be obeyed.

Competitors must exercise extra care when negotiating all roundabouts.

The course will be signed and marshalled, but the onus is on the rider to know where the course goes, especially at the two mini roundabouts at Cowfold.

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.

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.

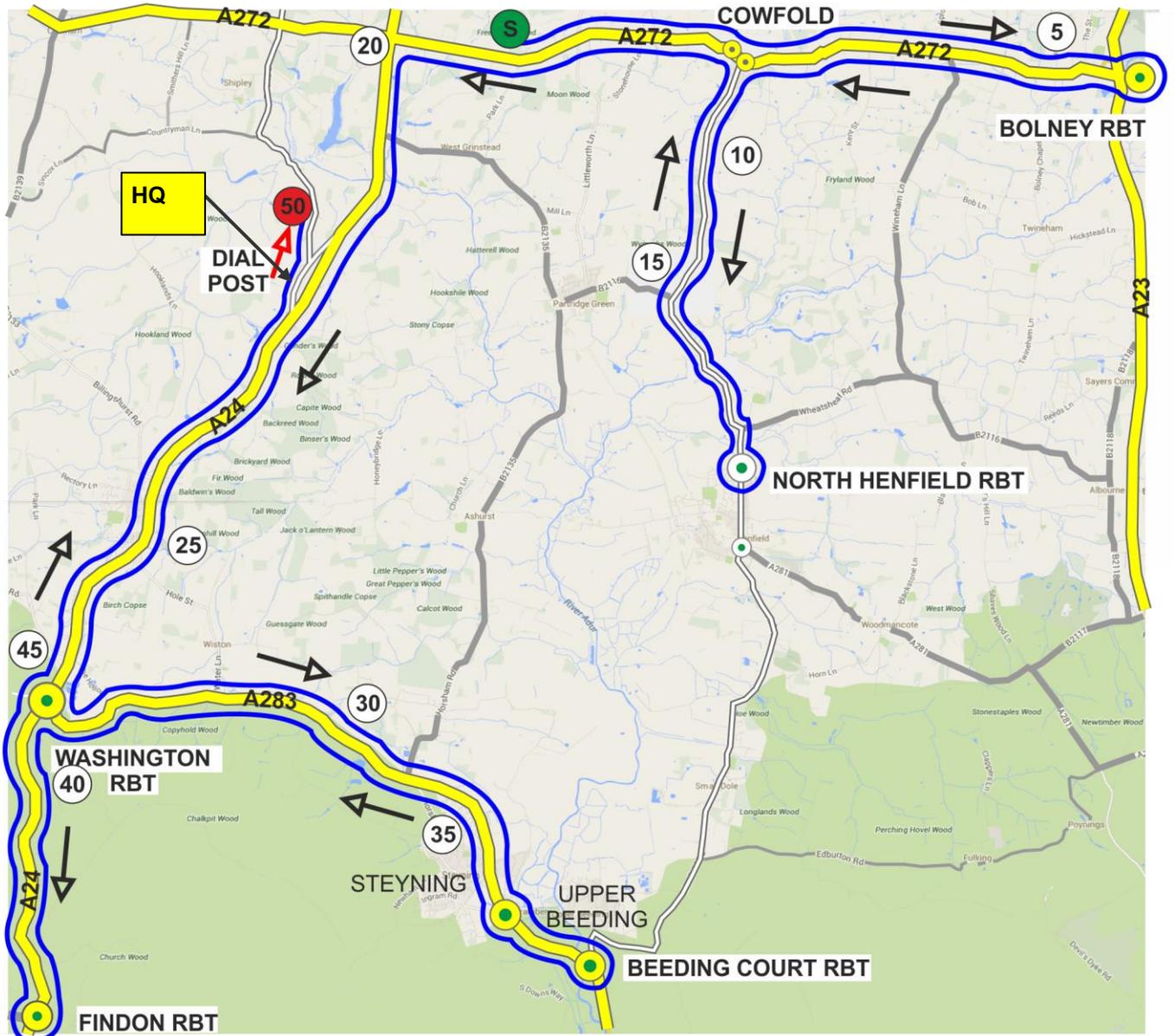


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Course Map : G50/10

HQ: Dial Post Village Hall, Worthing Road, Dial Post West Sussex RH13 8NS



- Please do not warm up on the course once the first rider has started.
- Please take care at all roundabouts

Heads up, accidents down. Ride safely and enjoy the event.



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Course Details

CTT LONDON SOUTH DC - 50 MILE COURSE - G50/10

West Grinstead / Bolney / North Henfield / West Grinstead / Washington / Beeding Court / Washington / Findon / Washington / Dial Post – A272/A281/A24/A283

Ordnance Survey Grid Reference #	DETAILS	Distances	
		Interim	Cumulative
182225	START at southern end of Kennel Lane, West Grinstead at junction with A272	0.00	0.00
267224	Proceed East to twin roundabouts (RBTs) at Cowfold. RIGHT 2 nd exit at first LEFT 1 st exit at second. Continue on A272 to Bolney RBT where TURN (CHECK) 3 rd exit to retrace to twin RBTs at Cowfold.	5.49	5.49
215167	LEFT 1 st exit at first RBT and follow A281 to North Henfield RBT where TURN (CHECK) 3 rd exit to retrace to twin RBTs at Cowfold.	7.44	12.93
165227	Straight on 1 st exit at first RBT LEFT 1 st exit at second and follow A272 to West Grinstead crossroads	7.14	20.07
120134	LEFT in filter lane to join A24 and proceed South to Washington RBT	6.69	26.76
197098	LEFT 1 st exit and follow A283 to Bramber Castle RBT. Straight on 3 rd exit to Beeding Court RBT where TURN (CHECK) 3 rd exit to retrace to Bramber Castle RBT	6.09	32.85
120134	3 rd exit and continue on A283 to Washington RBT	6.14	38.99
119089	LEFT 1 st exit and follow A24 to Findon RBT where TURN (CHECK) 4 th exit to retrace to Washington RBT. Straight on 2 nd exit and follow A24 to turn LEFT at Southern entrance to Dial Post Village. LEFT into Swallows Lane to	2.95	41.94
155202	FINISH at second telegraph pole on east side of road south of small bridge over minor stream	8.06	50.00

Use OS Landranger Map 198 Brighton and Lewes



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SOUTHERN COUNTIES CYCLING UNION

We are disappointed by the small number of riders, so thank each and every one of you for choosing to ride this event.

Good Luck to everyone for a safe and enjoyable ride.

Paul



Heads Up, Accidents Down!



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OF THIS MEETING.

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www.addiscombe.org

V1.1 24 May 2022