



East Sussex Cycling Association

2023 President Peter Moon – Eastbourne Rovers CC

ESCA 10m Time Trial – Saturday 22nd April 2023 – G10/87

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



Start Sheet

Event Secretary

Sam Dix (trainSharp)

11 Woodlands Close, Uckfield, TN22 1TS

Email: sdix@hotmail.com Mobile: 0784 1197342

Timekeepers

Peter Moon (Eastbourne Rovers CC) and **Richard Meed** (Lewes Wanderers)

General Information

Event HQ

East Hoathly Sport Pavilion, East Hoathly, Lewes BN8 6EG – Open from 07:00am with first rider off at 08:01.

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

Please show respect to local residents in the village with no shouting within earshot of houses, considerate parking and no turbo trainers to be used within 50 metres of a domestic property. There have been a number of adverse comments about cycling events in the local Facebook Group, so please take care.

Car Parking

There is adequate parking in the hall carpark but when full parking on the verge on the hall side of the road should be available. Please note there are traffic lights outside the hall so any verge parking needs to be further away from the hall now.

Live Leader board on smart phones courtesy of ResultSheet – Prize Presentation in HQ

Prize money will be presented immediately after the event in the HQ. As per details below we will be using ResultSheet to provide a live leader board on smart phones. Please stay for tea and coffee, and light refreshments, before the prize presentation. If not staying in person to pick up cash prizes you have two weeks to provide the necessary details to the event organiser if you wish to claim the cash.

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 number.

Additional Hazards

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

Prize List

Fastest Overall

First	£30.00
Second	£25.00
Third	£20.00

Fastest Lady

First	£30.00
Second	£25.00
Third	£20.00

Fastest Jun / Juv

First	£30.00
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Fastest Team of 3

First	£10.00 each
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Start

The start is on South Street 28 yards from the junction with the A22.

Riders Be Aware

Generally the road is in good repair however there are some sections where care must be taken: Approximately 400 yards after the start the left hand side of the road has a rough section and some holes. On the return leg, at about mile 7.5 there are a number of holes on the left hand side of the road including some long cracks that have been partially filled in.

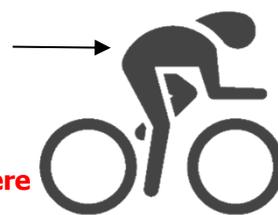
Signing Out

Please note that all competitors are 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.

Please pay attention to the following CTT regulations/recommendations

- **Both Front and Rear Lights must be fitted and working** 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 red 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.
- **Helmets** CTT regulations require the use of a helmet that meets internationally accepted safety standards for all competitors
- **Parental Consent Forms** Under 18 age entries must download, complete and have a signed parental consent in order to compete. The completed form must be brought along to the signing on along with your lights and helmet. No lights, no helmet, no parental consent, no ride.
- **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.
- **Audio Equipment** Competitors must not use ANY audio equipment except prescribed hearing aids. A competitor in breach of this regulation shall be disqualified. Competitors must not use a mobile phone while mounted on their machines.
- **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
- **Clothing** London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road

Please pin number here



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.

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ResultSheet live leader board on your smart phone – and more

Google "ResultSheet" to find: <https://resultsheet.co.uk/>

There is information on the extensive features available. To find an event using the service click on the events tab and scroll down to find the event you are looking for.

The direct link to the online result sheet for ESCA's April 10 mile TT is:
<https://resultsheet.app/rsd/1681585834938x700295710381965300>

Please save the link, or use the QR code which will be available at the sign in desk, to access the leader board with the provisional results.

If anyone has a query about their time please bring it to our attention as soon as possible so the timekeepers can check if your query is valid. The time keepers will do an initial check at the HQ and confirm the prize winners to be announced in the HQ presentation.

Time keepers will double check times in the afternoon before the final result is published on the CTT web site.

ESCA Prize Money pay out, and donations to charity

Several ESCA affiliated clubs donate funds to a charity, with riders that win prize money adding their winnings to the pot. Subject to the number of entries over the season ESCA will, as in 2022, be selecting a charity e.g. Air Ambulance Kent Surrey Sussex, who have airlifted injured cyclists to hospital, and making an end of season donation. Any ESCA Prize winner that wishes to donate their winnings to the ESCA pot can let the Event Organiser know. Any unclaimed prizes will also go into the pot.

Cash prizes for the top three riders in each category will be presented in the HQ straight after the event. The result sheet will list all the cash prize winners and any that have left early will be advised that if they wish to claim their prize money they need to contact the Event Organiser to arrange means of payment no more than two weeks after the event with the necessary details provided for payment. The preferred method of payment is by PayPal. Otherwise please give your account number and sort code and exact name of the holder(s) so that the account details can be verified for a BACS transfer.

Keep up to date with the regular updates in ESCA's Facebook Group:

East Sussex CA Facebook Group www.facebook.com/groups/EastSussexCA/

There are regular posting in ESCA's Facebook Group. ESCA Chair Chris Parker posts headline information on ESCA's activity in the Group but is not a prolific Facebook user so following his posts in the group will not be too onerous!

East Sussex CA Website www.eastsussexca.org.uk/

ESCA's web site lists all 9 ESCA Open TTs for 2023 with direct links to CTT on-line entry. There is additional information on past results and an outline of the Association's history.

Keep up to date with Time Trialling:

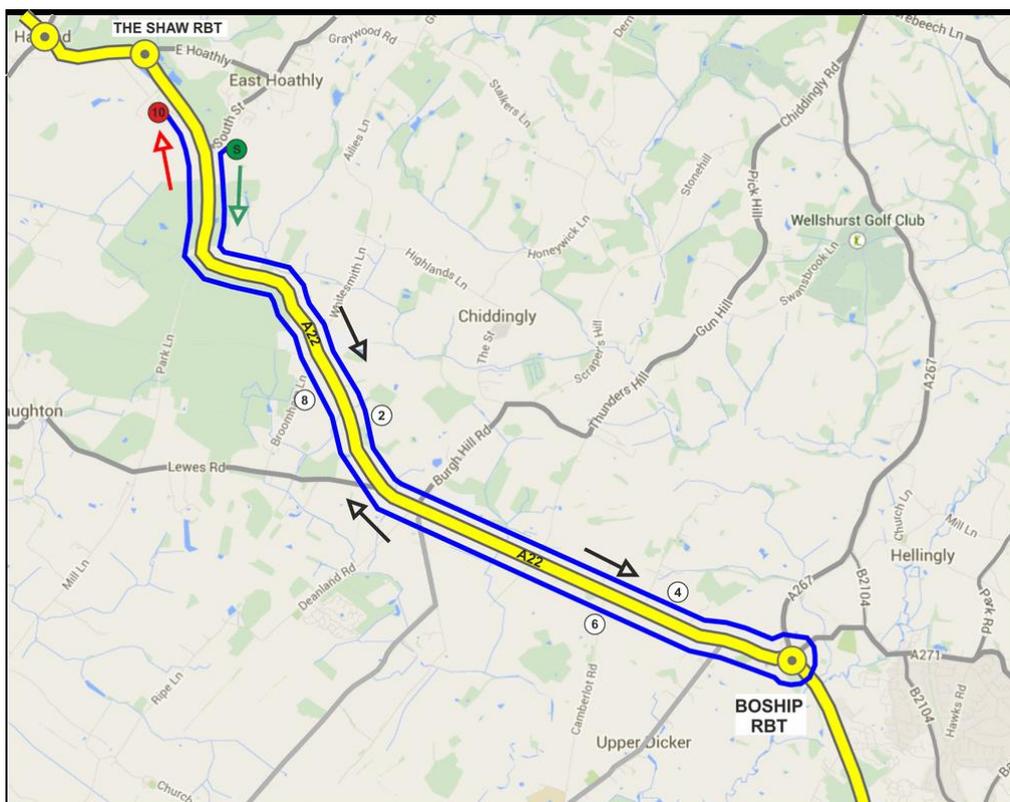
Sussex CA	Website	www.sussexca.org.uk/
	Facebook Group	www.facebook.com/groups/SussexCA/

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

OS Ref	Course G10/87	Distance
TQ517156	START in South Street, East Hoathly, at red arrow at drain 28 yards before T junction with East Hoathly by-pass	00.00m
	Please take care when turning left onto the A22 – beware of traffic from the right	
	LEFT and follow A22 through Whitesmith and Golden Cross to Boship RBT where TURN (Check)	
TQ572112	Please take care when entering, travelling round and exiting from this roundabout.	04.90m
TQ513162	4th exit and retrace on A22 through Golden Cross and Whitesmith to FINISH 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.

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Order of Start

Race No.	Start Time	Rider	Rider	Club	Gen	Cat
1	08:01:00	Robert	Royle-Evatt	Addiscombe CC	Male	Veteran
2	08:02:00	Oscar	Pennels	Brighton Mitre CC	Male	Senior
3	08:03:00	Paul	Charlton	Eastbourne Rovers CC	Male	Veteran
4	08:04:00	Chris	Parker	Hastings & St. Leonards CC	Male	Veteran
5	08:05:00	Alex	Bonzi	Brighton Phoenix	Male	Veteran
6	08:06:00	Russ	Cook	Southborough & Dist. Whs	Male	Veteran
7	08:07:00	Daniel	Quinn	South London Harriers	Male	Veteran
8	08:08:00	Henry	Weaver	Southborough & Dist. Whs	Male	Junior
9	08:09:00	Kev	Witton	Sussex Nomads CC	Male	Veteran
10	08:10:00	Gareth	Purves	Hastings & St. Leonards CC	Male	Veteran
11	08:11:00	Samuel	Benge	trainSharp	Male	Senior
12	08:12:00	Malcolm	Daly	Hastings & St. Leonards CC	Male	Veteran
13	08:13:00	Dan	Shipton	Eastbourne Rovers CC	Male	Veteran
14	08:14:00	Owen	Vidler	Hastings & St. Leonards CC	Male	Senior
15	08:15:00	Iain	Brogden	Eastbourne Rovers CC	Male	Veteran
16	08:16:00	Gavin	Richards	Lewes Wanderers CC	Male	Veteran
17	08:17:00	Andrew	MacPherson	Rye & District Wheelers CC	Male	Veteran
18	08:18:00	Peter	Baker	Lewes Wanderers CC	Male	Veteran
19	08:19:00	Richard	Burchett	Crawley Wheelers	Male	Veteran
20	08:20:00	James	Bullen	trainSharp	Male	Senior
21	08:21:00	Adam	Rogers	Eastbourne Rovers CC	Male	Veteran
22	08:22:00	Paul	Tippett	Crawley Wheelers	Male	Veteran
23	08:23:00	Jonathan	Besly	Dorking Cycling Club	Male	Senior
24	08:24:00	Peter	Main	34 Nomads CC	Male	Veteran
25	08:25:00	Nathan	Russell	trainSharp	Male	Senior
26	08:26:00	Marek	Siwicki	Addiscombe CC	Male	Veteran
27	08:27:00	David	Clark	Eastbourne Rovers CC	Male	Veteran
28	08:28:00	Michael	Renardson	trainSharp	Male	Espoir
29	08:29:00	Mark	Smith	Crawley Wheelers	Male	Veteran
30	08:30:00	Matthew	Woods	Eastbourne Rovers CC	Male	Veteran
31	08:31:00	Howard	Shaw	trainSharp	Male	Senior
32	08:32:00	Nick	Dwyer	DRAG2ZERO	Male	Veteran
33	08:33:00	Simon	McNamara	Sigma Sports Cannondale RT	Male	Veteran
34	08:34:00	Anita	Turner	Eastbourne Rovers CC	Female	Veteran
35	08:35:00	Pip	Jenkins	Southborough & Dist. Whs	Female	Senior
36	08:36:00	Kate	Mankelow	Lewes Wanderers CC	Female	Veteran