

**Addiscombe Cycling Club**

**Open 25 mile Time Trial**

**For the E.V. Mills Trophy**

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

Sunday 19th May 2019 – Course G25/49

**HQ**: Loxwood Sports Association, The Pavilion, Plaistow Rd, Loxwood, Billingshurst RH14 0SX

Promoter: Jonathan Pontin, 6 Hurst Way, South Croydon, CR2 7AP
 Tel: 07732674317
 email: jonathanpontin@hotmail.co.uk

Timekeepers: Mick Irons, Paul Tunnell

**Please Note**:

1. The HQ is in a residential area, please keep noise to a minimum
2. It is each competitors responsibility to know the course, marshals are on hand to direct you where possible but as this is a resurrection of a rarely used course we may have some teething problems.
3. The HQ is on the course, please be careful when warming up / making your way to the start or back to the HQ that you do not hinder any riders who are racing.

**Remember:** You must now sign out of the race when you hand your number back at the HQ. Failure to do so will result in disqualification.

**Course Details:** 2 and a half laps



**G25/49** COURSE G25-49 START at southern end of Foxbridge Lane, 5 yards from junction with Plaistow to Kirdford Road. Go LEFT at junction and proceed south to T-junction at western end of Kirdford (1.70 miles). LEFT east through village to T-junction at eastern end of village (2.12 miles). Where LEFT to Skiff Lane (3.70 miles). where north via Gunshot Common to junction with B2133 (5.84 miles). Where LEFT onto B2133 to junction with Plaistow Road, where LEFT into Plaistow Road (5.91 miles). Go west to Ifold continuing along Loxwood Road to T-junction in Plaistow (8.39 miles). Where LEFT south along The Street, becoming Rickman's Lane, to complete the first circuit (9.77 miles). Continue as before to complete a second circuit (19.54 miles). Continue as before through Kirdford to junction with Skiff Lane (23.24 miles). LEFT and follow Skiff Lane to FINISH north of Gunshot Common opposite tree with trunk marked with red lines, 0.13 miles north of wooden “Public Footpath” sign and 0.45 miles south of junction with B2133 (25 miles)

Local Regulations

(1) It is a London South District Regulation that no vehicles, except those of the timekeepers and event officials, shall be parked in the vicinity of the start and finish areas.

**Safety Instructions**

* Competitors are requested not to warm up on the course after the first competitor has started.
* 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.
* Competitors must exercise extra care when negotiating all roundabouts.
* No times will be given at the finish.
* CTT regulations require the compulsory use of helmets for the under 18’s. 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.
* Competitor’s 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.

HEADS UP, RIDE SAFELY!

**Prizes**

Scratch: 1st £40 2nd £20 3rd £10
Women: 1st £40 2nd £20 3rd £10
Vet: 1st £20 2nd £10

Team £10 each

Notes on prizes:

* One prize per rider except for the Team prize the highest value prize being paid.
* A Team is the fastest 3 riders from a single club / team.
* The Vet’s results will be calculated using the standard CTT tables
* Any prizes not awarded on the day will be sent out with the results sheet.

**Startsheet:**

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| --- | --- | --- | --- | --- |
| **Bib Number** | **Name** | **Club** | **Category** | **Start Time** |
| 1 | Jonathan Pontin | Addiscombe CC | S | 07:01 |
| 2 | Frances Stedman | Anerley BC | VW | 07:02 |
| 3 | Alyson Whyatt | South London Harriers | VW | 07:03 |
| 4 | Paul Hunter  | Addiscombe CC | S | 07:04 |
| 5 | Kate Vergette | Elite Cycling | VW | 07:05 |
| 6 | Daniel Loveday | Charlotteville Cycling Club | V | 07:06 |
| 7 | Mark Hancock | Anerley BC | V | 07:07 |
| 8 | Glenda Goscomb | 7Oaks Tri Club | VW | 07:08 |
| 9 | Robin Johnson | Brighton Mitre CC | V | 07:09 |
| 10 | Katie Simmonds | Horsham Cycling | SW | 07:10 |
| 11 | Gary Holder | VTTA (Surrey/ Sussex) | V | 07:11 |
| 12 | Natasha Jarman | Southborough & Dist. Whs | SW | 07:12 |
| 13 | Valerie Place | 7Oaks Tri Club | VW | 07:13 |
| 14 | Christopher, Rosam | Epsom CC | V | 07:14 |
| 15 | Jamie Freeland | South London Harriers | V | 07:15 |
| 16 | Peter Owen | Norwood Paragon CC | V | 07:16 |
| 17 | Robert Royle-evatt | Addiscombe CC | V | 07:17 |
| 18 | Rosamund Bradbury | Sigma Sports | SW | 07:18 |
| 19 | Simon Pontin | Addiscombe CC | S | 07:19 |
| 20 | Phil Gall | Epsom CC | V | 07:20 |
| 21 | James Cheeseman | N+1 - Lindfield Coffee Works | S | 07:21 |
| 22 | Ashley Nunn | Addiscombe CC | V | 07:22 |
| 23 | Andrew R Green | Bec CC | V | 07:23 |
| 24 | James Ryan | Team ASL | V | 07:24 |
| 25 | Ian Graver | Bec CC | V | 07:25 |
| 26 | Mark Ellis | Addiscombe CC | S | 07:26 |
| 27 | Pete Elms | Colour Tech RT | V | 07:27 |
| 28 | Elise Sherwell | Look Mum No Hands! | VW | 07:28 |
| 29 | Jennifer George | Torelli | SW | 07:29 |
| 30 | Rupert Robinson | Crawley Wheelers | V | 07:30 |
| 31 | Rupert Graham | SPIRIT TIFOSI RT | S | 07:31 |
| 32 | Pete Morris | Team ASL | V | 07:32 |
| 33 | Richard Tully | Elite Cycling | V | 07:33 |
| 34 | Paul Byford | Crawley Wheelers | V | 07:34 |
| 35 | Matthew Smith | Team ASL | S | 07:35 |
| 36 | Steve Dennis | East Grinstead CC (Merlin Cycle Coaching) | V | 07:36 |
| 37 | Stephen Williamson | ...a3crg | V | 07:37 |