



# East Sussex Cycling Association

2019 President Clive Jackson – Central Sussex CC



**ESCA 10m Time Trial – Saturday 14th Sept 2019 – G10/87**

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

## Start Sheet

**Event Secretary**     **Peter Moon** (Eastbourne Rovers CC)  
73 Wannock Lane, Eastbourne, East Sussex BN20 9SG  
**Tel:** 01323 485180    **Mob:** 07949 112107    **Email:** little.brook@btinternet.com

**Timekeepers**            **Graham Lade** (Eastbourne Rovers CC) & **Jane Lade** (Eastbourne Rovers 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 and 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.

#### Prizes

Cash prizes will be awarded at the HQ immediately following the event.

### Prize List

#### Fastest Overall

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

#### Fastest Lady

First	£25.00
-------	--------

#### Fastest Under 18

First	£15.00
-------	--------

#### Fastest Age Category

not winning another individual prize

Under 40	£10.00
40 – 44	£10.00
45 – 49	£10.00
50 – 54	£10.00
55 and over	£10.00

#### Fastest Team of 3

First	£10.00 each
-------	-------------

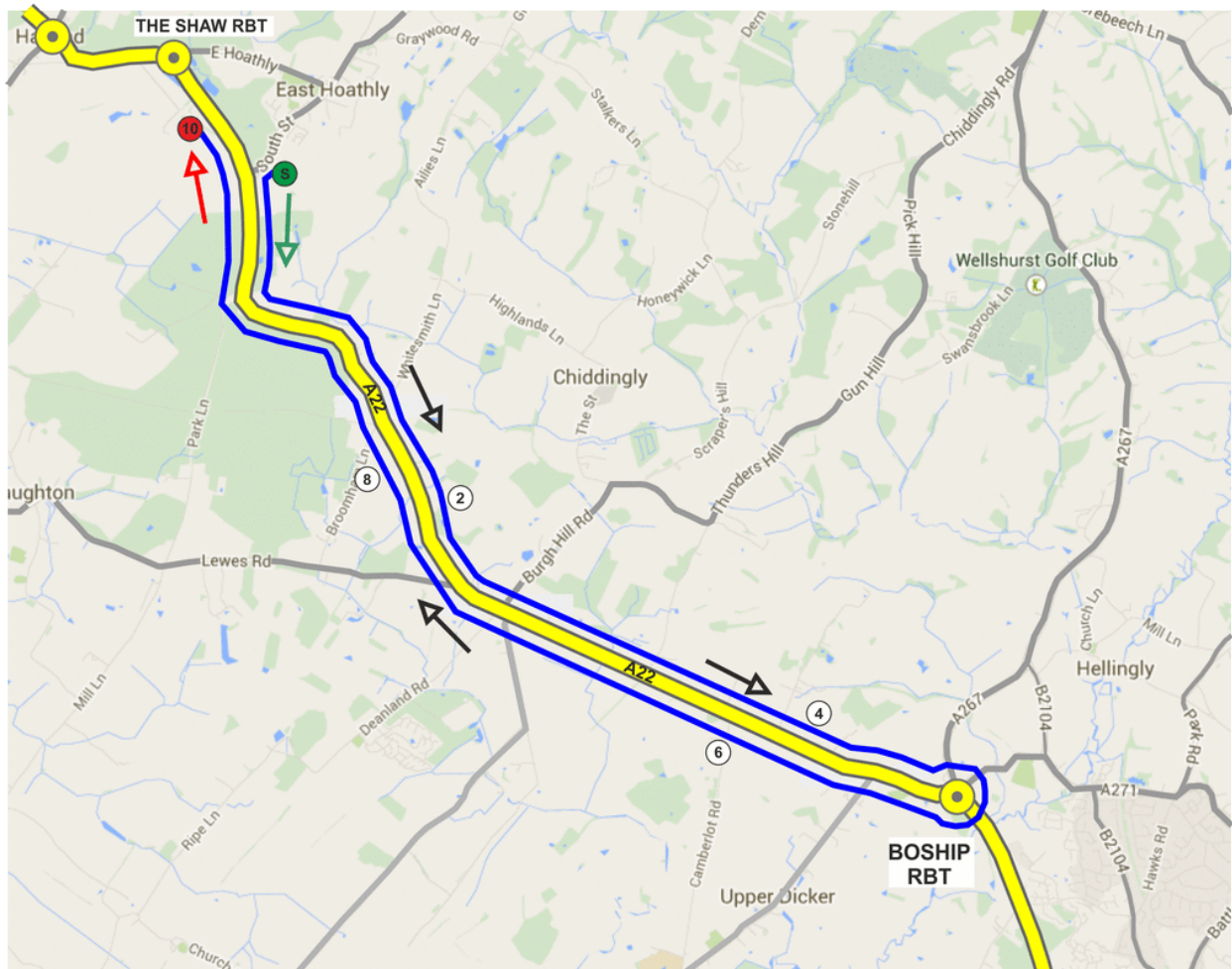
**ESCA 10m Time Trial – Saturday 14th Sept 2019 – G10/87**  
Held for and on behalf of **Cycling Time Trials** under its rules and regulations

## 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

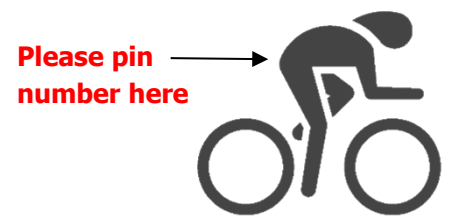
- Competitors must exercise extra care when turning LEFT just after Start and at the Boship roundabout
- **No 'U' turns after finishing or riders will be disqualified** – after finishing, competitors MUST continue to The Shaw roundabout and take second exit (RIGHT) to return to Event HQ at East Hoathly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

## ESCA 10m Time Trial – Saturday 14th Sept 2019 – G10/87

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

### 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 April 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

**East Sussex CA** Website [www.eastsussexca.org.uk/](http://www.eastsussexca.org.uk/)  
Facebook Group [www.facebook.com/groups/EastSussexCA/](https://www.facebook.com/groups/EastSussexCA/)

**Sussex CA** Website [www.sussexca.org.uk/](http://www.sussexca.org.uk/)  
Facebook Group [www.facebook.com/groups/SussexCA/](https://www.facebook.com/groups/SussexCA/)

**ESCA 10m Time Trial – Saturday 14th Sept 2019 – G10/87**  
 Held for and on behalf of **Cycling Time Trials** under its rules and regulations

## Order of Start

Race No.	Start Time	Rider	Club	Cat	Age
1	07:01	Clive Jackson	Central Sussex CC	V	67
2	07:02	Carl Richardson	trainSharp	V	55
3	07:03	Stuart Payne	Central Sussex CC	V	57
4	07:04	Chris Parker	Hastings & St. Leonards CC	V	63
<b>5</b>	<b>07:05</b>	<b>David Beale</b>	<b>Lewes Wanderers CC</b>	<b>V</b>	<b>73</b>
6	07:06	Paul Currie	Hastings & St. Leonards CC	V	41
7	07:07	Allan Smith	Lewes Wanderers CC	V	40
8	07:08	Gary Holder	VTTA (Surrey/ Sussex)	V	54
9	07:09	Richard Streeter	Lewes Wanderers CC	V	53
<b>10</b>	<b>07:10</b>	<b>Ian Newbold</b>	<b>Worthing Excelsior CC</b>	<b>V</b>	<b>46</b>
11	07:11	Richard Burchett	Lewes Wanderers CC	V	48
12	07:12	Tom Cosgrove	VTTA (London & Home Counties)	V	52
13	07:13	Olivia Webb	Eastbourne Rovers CC	WV	50
14	07:14	Lisa Davis	trainSharp	WV	44
<b>15</b>	<b>07:15</b>	<b>Sally Turner</b>	<b>trainSharp</b>	<b>WS</b>	<b>39</b>
16	07:16	Max Brown	Thanet RC	Jv	15
17	07:17	Fabien Large	NOPINZ	Jn	17
18	07:18	Daniel Ellis	Eastbourne Rovers CC	S	38
19	07:19	Nathan Russell	trainSharp	S	31
<b>20</b>	<b>07:20</b>	<b>Andrew Quye</b>	<b>Southborough &amp; Dist. Whs</b>	<b>V</b>	<b>57</b>
21	07:21	Matthew Woods	Eastbourne Rovers CC	V	48
22	07:22	James Ryan	Team ASL	V	43
23	07:23	Mark Edwards	Eastbourne Rovers CC	V	45
24	07:24	Colin Harrison	East Grinstead CC (Merlin Cycle Coaching)	V	54
<b>25</b>	<b>07:25</b>	<b>David Clark</b>	<b>Eastbourne Rovers CC</b>	<b>V</b>	<b>50</b>
26	07:26	Brett Davis	Lewes Wanderers CC	V	46
27	07:27	David Clements	Eastbourne Rovers CC	V	47
28	07:28	Marc Townsend	Eastbourne Rovers CC	S	38
29	07:29	Howard Shaw	trainSharp	S	34
<b>30</b>	<b>07:30</b>	<b>Matthew Smith</b>	<b>Team ASL</b>	<b>S</b>	<b>35</b>
31	07:31	Christopher Mcnamara	Nuun-Sigma Sport-London RT	V	44
32	07:32	James Rix	Team Bottrill	V	43

## Refreshments

Refreshments are available in the hall after the event

**Riders** – £1 for tea/coffee and cake

**Marshals and Helpers** – free