



East Sussex Cycling Association

2019 President Clive Jackson – Central Sussex CC



ESCA 25m Time Trial – Sunday 15th Sept 2019 – G25/89

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

Start Sheet

Event Secretary

Luke de Quay (East Grinstead CC)
c/o DK Glovesheets, 25 High Street. Dormansland, Surrey RH7 6PU
Email: esca25tt@gmail.com Mobile: 07410 442157

Timekeepers

Su Balcombe & Richard Blackmore

General Information

Event HQ

Fairwarp Village Hall, Nursery Lane TN22 3BD – Open from 6:00am. Heading north on the A22, turn right at Lampool Roundabout into Straight Half Mile Road. Turn left onto B2026 Lampool Road then second right into Nursery Lane. The HQ is on the left.

Car Parking

There is limited parking in the car park, when full please park sensibly on the hall side of the lane with consideration for other road users and local residents.

Please do not block horsebox access for the property at the top of Nursery Lane.

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 hall. Proceed out of the car park and turn right, at the give way turn left, proceed to the next give way, turn right and at Lampool Roundabout take first exit to the start.

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.

Prize List

Fastest Overall

First	£35.00
Second	£30.00
Third	£25.00
Fourth	£20.00
Fifth	£10.00

Fastest Lady

First	£35.00
Second	£30.00

Fastest Junior / Espoir

No entries received.

Fastest Age Category

not winning another individual prize

Under 35	£10.00
35 – 39	£10.00
40 – 44	£10.00
45 – 49	£10.00
50 – 54	£10.00
55 – 59	£10.00
60 – 64	£10.00
65 and over	£10.00

Fastest Team of 3

First	£15.00 each
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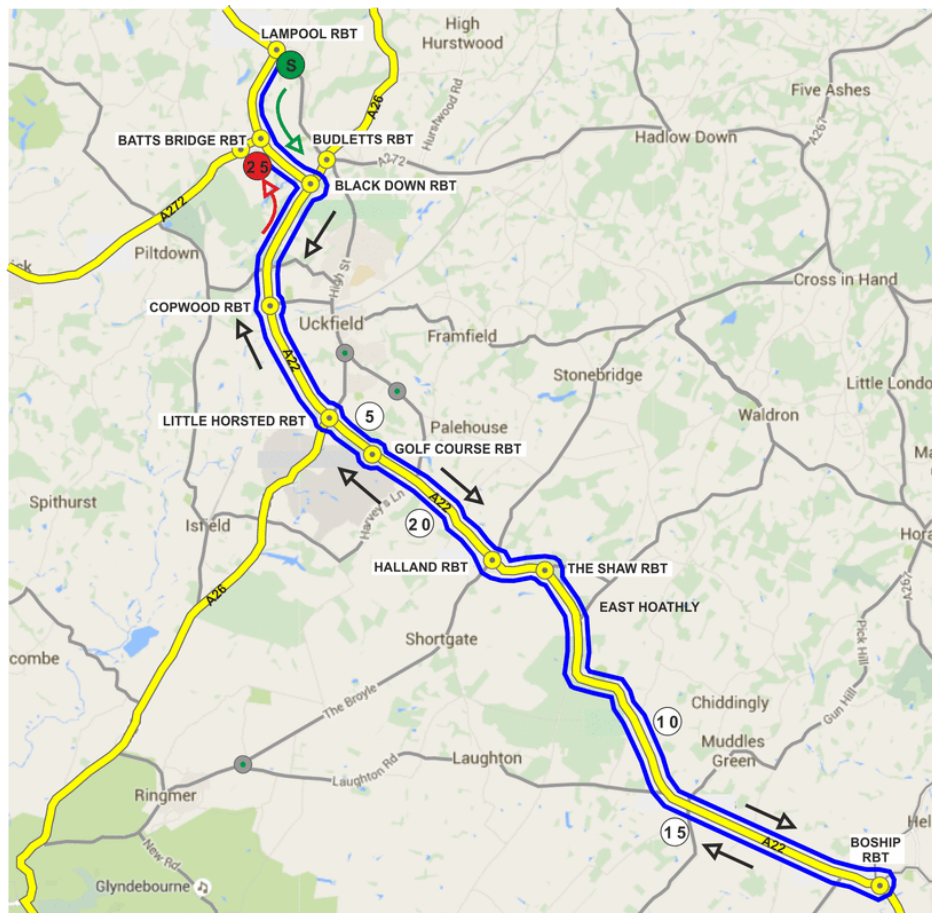
Course Details

G25/89 – Maresfield – Halland – Lower Dicker – Halland – Maresfield – 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/g2589.html

OS Ref	Course G25/89	Distance
TQ461252	START on Maresfield by-pass 100 yards south of Lampool RBT (roundabout) at red paint mark on curb 14 yards before LP12.	00.00m
TQ511165	Proceed to Batts Bridge RBT. Straight on 2nd exit to Black Down RBT. RIGHT 2nd exit following Uckfield by-pass via Copwood RBT to Little Horsted RBT. Straight on 2nd exit via Golf Course and Halland RBTs to The Shaw RBT	07.52m
TQ572172	RIGHT 2nd exit and continue on A22 via Whitesmith and Golden Cross to Boship RBT where TURN (Check)	13.08m
TQ511165	4th exit to retrace though Golden Cross and Whitesmith to The Shaw RBT	18.63m
TQ468231	LEFT 1st exit and continue on A22 via Halland and Golf Course RBTs to Little Horsted RBT. Straight on 2nd exit and follow A22 via Copwood RBT to Black Down RBT	24.40m
TQ461236	LEFT 1st exit and follow Maresfield by-pass to FINISH at red arrow on curb opposite drain in lay-by before Batts Bridge RBT	25.00m



Additional Safety Instructions

- Competitors must not cross the A22 at the start and finish points and should exercise extra care when negotiating roundabouts.

Visit our website www.eastsussexca.org.uk

Find us on Facebook www.facebook.com/groups/EastSussexCA

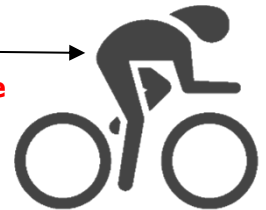
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Please pay attention to the following CTT regulations/recommendations

- **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 that for 2017 all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.

Please pin
number here



This is a qualifying event for

ESCA Points Competition 30 points for 1st place down to 1 point for 30th place for riders from an ESCA affiliated club. The individual points earned by each rider are totalled and awarded to their respective club.

ESCA Trophies Counts towards the fastest junior, fastest lady, fastest rider under 60 minutes, highest veteran plus on standard and the fastest team of three from an ESCA affiliated club over 25 miles – the best performance at either this, or the **April 25**, will be eligible for these awards at the annual prize presentation in January 2018.

ESCA BAR Qualifying event for all the Best All Rounder competitions.

Brian Phillips Trophy Donated by East Grinstead CC in memory of their teammate Brian Phillips who tragically died during the 8-up team time trial event in Viareggio in March 2011 – the trophy will be awarded at the annual prize presentation in January 2018 to the overall winner of the open event.

BBAR Qualifying event for the British Best All Rounder competition.

Keep up to date with what's going on with time trialling in Sussex ...

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

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Order of Start

Bib No.	Start Time	Name	Club	Cat	Age
4	07:04	Richard Woodward	East Grinstead CC (Merlin Cycle Coaching)	V	57
5	07:05	David Shepherd	...a3crg	V	58
6	07:06	James Stone	Brighton Excelsior CC	V	50
7	07:07	Keith Walker	Wigmore CC	V	54
8	07:08	John Bush	Maidenhead & District CC	V	59
9	07:09	Mandy Border	Crawley Wheelers	FV	42
10	07:10	Matthew Smith	Team ASL	S	35
11	07:11	Carl Richardson	trainSharp	V	55
12	07:12	Michael Valks	Lewes Wanderers CC	V	48
13	07:13	Russell Hicks	Oxted Cycle Club	V	65
14	07:14	Keith Geere	GS Stella	V	68
15	07:15	Richard Gifford	trainSharp	V	56
16	07:16	Simon Lovelock	Team Skipper	S	36
17	07:17	Ben Cumpstone	Brighton Mitre CC	V	49
18	07:18	Peter Owen	Norwood Paragon CC	V	58
19	07:19	Kevin Battell	Eastbourne Rovers CC	V	56
20	07:20	Stephen Williamson	...a3crg	V	48
21	07:21	Mark Cain	Army Cycling	V	43
22	07:22	Colin Harrison	East Grinstead CC (Merlin Cycle Coaching)	V	54
23	07:23	James Ryan	Team ASL	V	43
24	07:24	Emma Naylor	University of Bath Cycling Club	FS	22
25	07:25	Christian Yates	East Grinstead CC (Merlin Cycle Coaching)	V	56
26	07:26	Mark Edwards	Eastbourne Rovers CC	V	45
27	07:27	Mark Thomas	Bigfoot CC	V	56
28	07:28	Mark Gidney	Southborough & Dist. Whs	V	57
29	07:29	Robin Johnson	Brighton Mitre CC	V	71
30	07:30	Howard Shaw	trainSharp	S	34
31	07:31	Simon Smythe	Norwood Paragon CC	V	50
32	07:32	Daniel Ellis	Eastbourne Rovers CC	S	38
33	07:33	Donald Parker	Brighton Mitre CC	V	70
34	07:34	David Beale	Lewes Wanderers CC	V	73
35	07:35	David Clements	Eastbourne Rovers CC	V	47
36	07:36	Nathan Russell	trainSharp	S	31
37	07:37	Duncan Fuller	Lewes Wanderers CC	V	44
38	07:38	Edwin Wagena	Brighton Mitre CC	V	49
39	07:39	Tim Miles	Hastings & St. Leonards CC	V	73
40	07:40	Marc Townsend	Eastbourne Rovers CC	S	38
41	07:41	David Rumm	Southborough & Dist. Whs	V	52
42	07:42	Matthew Sim	Dorking Cycling Club	S	22
43	07:43	Paul Valks	Lewes Wanderers CC	V	75
44	07:44	Andy Appleyard	34 Nomads CC	V	40
45	07:45	Brett Davis	Lewes Wanderers CC	V	46
46	07:46	Sally Turner	trainSharp	FS	39

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47	07:47	Chris Hewitt	Oxted Cycle Club	S	36
48	07:48	Joe Benians	Lewes Wanderers CC	S	26
49	07:49	Chris Parker	Hastings & St. Leonards CC	V	63
50	07:50	James Rix	Team Bottrill	V	43
51	07:51	David Clark	Eastbourne Rovers CC	V	50
52	07:52	Simon Underwood	CC Topp	V	48
53	07:53	Lisa Davis	trainSharp	FV	44
54	07:54	Barrie Foster	Anerley BC	V	70
55	07:55	Joscelin Lowden	The Independent Pedaler	FS	31
56	07:56	Madelaine Lee-smith	Oxted Cycle Club	FV	48
57	07:57	Richard Burchett	Lewes Wanderers CC	V	48
58	07:58	Kenny Cunningham	East Grinstead CC (Merlin Cycle Coaching)	S	37
59	07:59	Tony Longhurst	Oxted Cycle Club	V	40
60	08:00	Dan Bigham	Ribble Pro Cycling	S	27

Refreshments

Refreshments are available in the hall after the event.

This event is run entirely by volunteers, so a donation to cover the catering costs would be very much appreciated.