



East Sussex Cycling Association

2024 President Peter Moon – Eastbourne Rovers CC

ESCA 25m Time Trial – Sunday 21st April 2024 – G25/89

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



Cover Sheet

HQ Manager on the day

Stuart Crabb (Hastings & St. Leonards CC)

Mobile: 07955 480812

Event Secretary

Chris Parker (Hastings & St. Leonards CC & East Sussex CA Chair)

5 Limden Close Stonegate Wadhurst East Sussex TN5 7EG

Email: ChrisParkerPett@aol.com Mobile: 07597 557432

Timekeepers

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

The Complete Start Sheet will be found on the CTT web site under Event Details

The Complete Start Sheet additionally including the link to the live results service available on your smart phone, prizes on offer, listing all riders, and other extra details will be available shortly before the event under the Event Details tab on CTT web site page for the event:

<https://www.cyclingtimetrials.org.uk/race-details/26501>

Event HQ

Fairwarp Village Hall, Nursery Lane TN22 3BD – Open from 07:15am for first rider off at 08:01. Heading north on the A22, turn right at Lampool Roundabout [TN22 3DR] into Straight Half Mile Road. Turn left onto B2026 Lampool Road then second right into Nursery Lane (50 yards before the third right which takes you in to Fairwarp village). The HQ is on the left. Please consider parking further afield and cycling to the HQ to sign on.

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

Please show respect to local residents in the locality with no shouting within earshot of houses, considerate parking and no turbo trainers to be used within 50 metres of a domestic property.

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 gate soon after you come off the B2026 on to Nursery Lane where cones are placed. And please keep clear of gates into properties.**

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.

Start

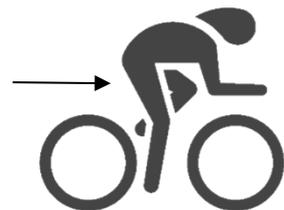
The start is less than a mile from the hall. Proceed out of the HQ car park and turn right, at the give way turn left onto B2026 Lampool Road, proceed to the next give way, turn right and at Lampool Roundabout take first exit to the start.

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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 front of their machine a working front white light and to the rear of their machine a working rear red light; either flashing or constant, that are illuminated and in a position that is clearly visible to other road users. **NOTE THIS WAS A NEW REGULATION FOR 2022**
- **Helmets** CTT regulations now require the use of a helmet that meets internationally accepted safety standards for **all competitors**. **NOTE THIS WAS A NEW REGULATION FOR 2022**
- **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 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.



**Please pin
number here**

timekeepers. No

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

East Sussex CA Facebook Group

www.facebook.com/groups/EastSussexCA/

East Sussex CA Website

www.eastsussexca.org.uk/

ESCA's web site lists all 7 ESCA Open TTs for 2024 with direct links to CTT on-line entry.

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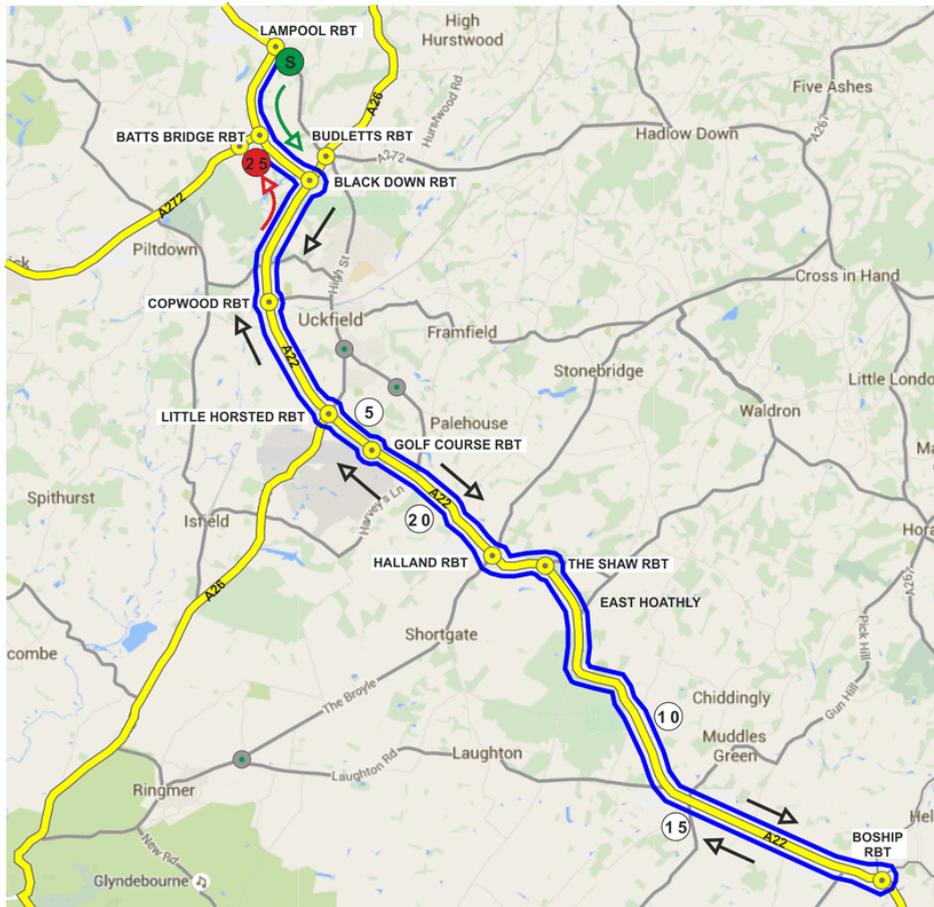
Course Details

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 and new Owlsbury 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 new Owlsbury RBT and 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



N.B. The new Owlsbury roundabout between Copwood RBT and Little Horsted RBT is not yet shown on the map.