



Promoted for & on behalf of Cycling Time Trials under it's Rules & Regulations



(President Mr. Peter Baker)

LEWES WANDERERS 30 MILE TT- SUNDAY 20th JUNE 2021-G30/88

Start Sheet

Event Secretary **Bob Bone** (Lewes Wanderers CC) 5 Heath Stables, Spital Road, Lewes, BN7 1LS
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Timekeepers **Richard Meed** (Lewes Wanderers CC) and **Peter Moon** (Eastbourne Rovers)

Event HQ: East Hoathly Sports Pavilion BN8 6QE – Open from 6.30am. Heading north on the A22, turn right at the Shaw Roundabout into London Road. The HQ is on the right, just before the village.

Notes HQ:

HQ will be in the home changing rooms on the right hand side of the East Hoathly Sports Pavilion, Please be aware that there will be in place usual Covid 19 social distancing and safe practices. Please sign the halls' track and trace, or have the Track and Trace app downloaded on your smartphone. You will be required to wear a face covering in the hall. Only one member at a time will be permitted into the hall when signing on and collecting numbers.

***We have been requested by the Parish Council to respect the local area and have been reminded to observe social distancing whilst using the car park and facilities, and to refrain from spitting and littering when warming up in the local roads. I know we are all respectful, but this has been brought to our attention recently, and we have been asked to send out a gentle reminder. ***

Car Parking: There is limited parking at the HQ, when full please park on the road on the HQ side.

Race Numbers: Numbers will be available outside the event HQ. Please collect your number when you sign on and bring your own pen. If pinning your number please only use the eyelets. 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. After the event please return your race number to the HQ and personally sign out. Failure to do so will result in you being recorded as DNF.



Start: The start is less than a mile from the Sports Pavilion. Proceed out of the car park, turn right and continue to South Street.

VTTA Awards

The **Mick Burgess Cup** and a VTTA medal will be awarded to the first member of the VTTA Surrey/Sussex Group on standard. VTTA medals will be awarded to the club team of 3 riders who have the greatest aggregate plus on standard and are members of the VTTA Surrey/Sussex Group.

Lewes Wanderers Cycling Club Event Awards

Fastest Overall :-

First £20
Second £15
Third £10

Fastest Lady :-

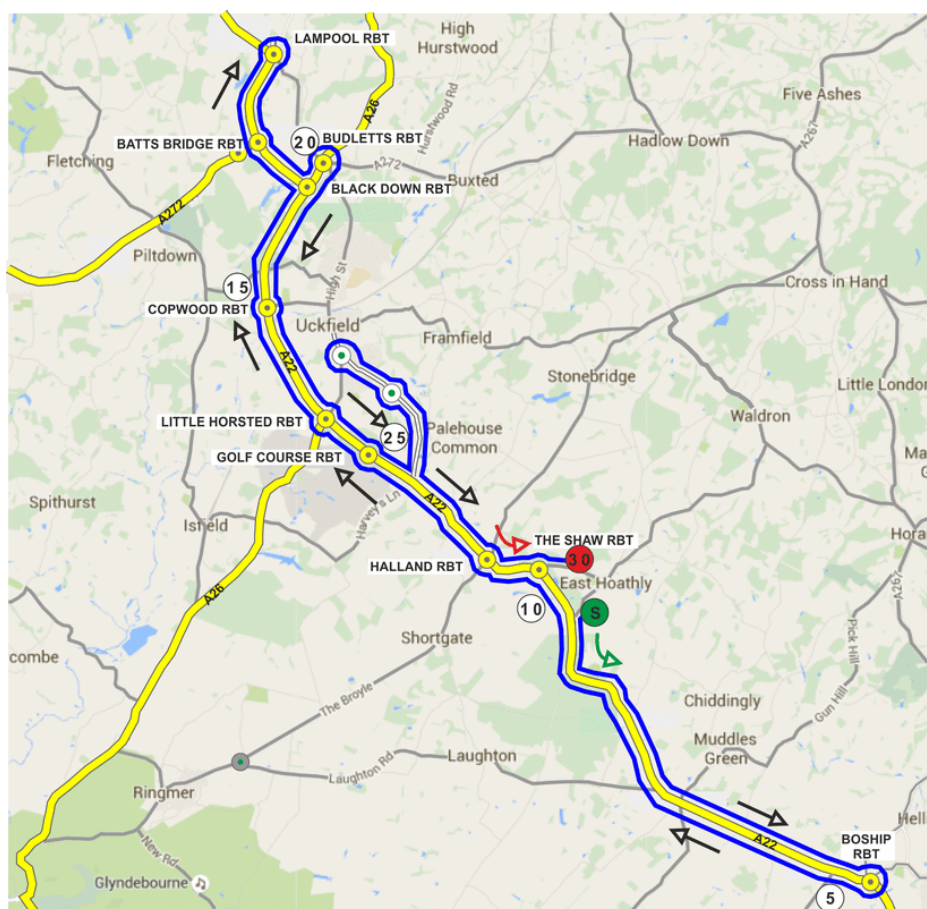
First £20

Highest Vet on Standard :-

First £12
Second £10
Third £8

Fastest Team of Three :-

£6 each



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

OS REF (TQ)	COURSE DIRECTIONS – G30/88	MILES	
517156	START in South Street, East Hoathly, at red arrow at drain 28 yards before T junction with A22 East Hoathly by-pass	0.00	0.00
572112	LEFT and follow A22 through Whitesmith and Golden Cross to Boship RBT (roundabout) where TURN (CHECK)	4.90	4.90
511165	4 th exit to retrace through Golden Cross and Whitesmith to The Shaw RBT	5.55	10.45
468231	LEFT 1 st exit and continue on A22 via Halland and Golf Course RBT's to Little Horsted RBT. Straight on 2 nd exit and follow A22 via Copwood RBT to Black Down RBT	5.77	16.22
462253	LEFT 1 st exit and follow Maresfield by-pass via Batts Bridge RBT to Lampool RBT where TURN (CHECK)	1.81	18.03
471235	3 rd exit to retrace to Black Down RBT. LEFT 1 st exit now on A26 to Budletts RBT where TURN (CHECK)	2.11	20.14
474202	4 th exit to retrace on A26 to Black Down RBT. Straight on 1 st exit now on A22 via Copwood, Little Horsted and Golf Course RBT's to Pear Tree Farm junction. LEFT on Eastbourne Road via Teelings Drive RBT to Union Point RBT where TURN (CHECK)	6.16	26.30
510165	5 th exit to retrace on Eastbourne Road to Uckfield by-pass. LEFT and follow A22 via Halland RBT to The Shaw RBT. Straight on 1 st exit for 176 yards to FINISH at red paint mark on curb opposite power pole and two drains on south side of road	3.70	30.00

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** 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 helmet. No helmet, no parental consent, no ride.
- **Lights** CTT Regulation 14 now requires 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, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users
- **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.
- **Safety Instructions** Competitors must exercise extra care when turning **LEFT** just after the start, when negotiating all roundabouts and re-entering the A22. Also take special care on the A22 when heading north between Holland and Horsted roundabouts. Details of any additional hazards not on the start sheet will be displayed at the signing on point.
- **Black or Dark clothing** In the interest of safety London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road.
- **Mobile phone and audio equipment** Competitors must not use audio equipment (except prescribed hearing aids) or mobile phones whilst mounted on their machines, a breach of this regulation will result in disqualification.
- **LSDC Events** Visit <https://london-south.ctt.org.uk/> to see local events.

CTT COVID-19 INSTRUCTIONS:

- 1) Do not attend if you/your family members feel ill.
- 2) Park with social distancing in mind.
- 3) Changing facilities and toilets are available on the RH side of the HQ; 1 in, 1 out.
- 4) Please bring your own pen to sign on outside HQ and, if needed, safety pins.
- 5) Take with you a compulsory working rear light, a spare/tyre/tub and a phone.
- 6) Please note you have to make your own way back in event of trouble.
- 7) No more than 5 riders, each 2m apart, to wait at the start.
- 8) No items to be left at the start or with the timekeeper.
- 9) No push-off.
- 10) After racing, please return your number and sign out
- 11) No social, no drinks, no food and no prize presentation – sorry!
- 12) No result at the finish line or result board – times will be available on CTT website.
- 13) Please leave the car park in a timely fashion.

