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# Sussex Cyclists' Association 1925-2021



2021 PRESIDENT – BOB HARBER, Brighton Excelsior C.C.

**Open 50 miles Time Trial Sunday 27<sup>th</sup> June 2021**  
Course G50/10

***Incorporating Sussex Individual, Veterans and Team Championships***  
***Qualifying event for National B.A.R., S.C.A. B.A.R. and S.C.A. SPOCO***

**Event Secretary:** Robin Johnson,  
Brighton Mitre C.C.

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

## HQ

### Dial Post Village Hall

Worthing Road,  
Dial Post,  
West Sussex.

Postcode RH13 8NS.

Open from 05:30.



Limited parking in front of hall and in attached car park. Then use east side of road please.

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

Numbers at HQ only. After the event please return your race number to the event HQ in exchange for a drink.  
Please remember to sign back in after the event.

HQ to start: 3.39 miles (**allow 20 minutes**)

Route to start:

Right (North) outside village hall, and on to A24  
North to traffic lights, where turn right onto A272

Finish to HQ: 0.58 miles

**Course Records:**

	01:45:26	Andy Critchlow	2020
Women:	02:07:44	Laura Bartlett	2017
Vets	01:45:26	Andy Critchlow	2020
Juniors	02:08:21	Jack Churchill	2017
Juveniles	02:13:12	Jack Churchill	2016

**Event Records:**

	01:45:26	Andy Critchlow	2020
Women:	02:09:53	Lisa Davis	2019
Vets	01:45:26	Andy Critchlow	2020
Juniors	02:08:21	Jack Churchill	2017
Juveniles	02:13:12	Jack Churchill	2016

**Association Records:**  
*(riders in Sussex C.A  
 affiliated clubs)*

	01:45:29	Chris McNamara	2020
Women:	02:09:53	Lisa Davis	2019
Juniors	02:08:21	Jack Churchill	2017
Juveniles	02:13:12	Jack Churchill	2016

**COVID-19 CTT INSTRUCTIONS:**

- 1) Do not attend if you/your family members feel ill.
- 2) Park and walk with social distancing in mind. Bring and use a face mask.
- 3) HQ open only for toilets: 1 in, 1 out.
- 4) Bring your own pen to sign on and, if you need them to affix your number, your own safety pins.
- 5) No changing facilities are available at the HQ before or after racing; attend dressed to race and leave with the sweat drying on you.
- 6) Take with you when you race a compulsory rear light, a spare tyre/tube/tub and a mobile phone.
- 7) Please note you have to make your own way back in event of trouble – no collections offered. Please ring event secy. if you are a DNF.
- 8) No more than 5 riders, 2m apart, to wait at the start.
- 9) No items/clothing to be left at the start or with the timekeeper.
- 10) No push-off.
- 11) After racing, please sign out with your own pen (different to BC road races) and leave your number in the bowl of disinfected water.
- 12) No social, no drinks, no food and no prize presentation – sorry!
- 13) No result board – times will be on the CTT website the next day.
- 14) Please leave the car parking area in a timely fashion.

## Please note the following CTT regulations and 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.

**Competitors' 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.

**Competitors' Vehicles:** No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish (District regulation).

**Safety Instructions:** Details of any additional hazards not listed on the start sheet will be displayed at the signing on point.

**Warming Up:** Competitors are requested not to warm up on the course after the event has started.

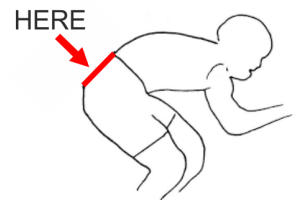
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**Results:** No times will be given out at the finish line.

**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.

Body numbers should be fitted in accordance with Regulation 16 and Arm Numbers should be fitted to the upper arm with the number facing forwards (not inwards).

Be aware that "No time may be recorded if the number is incorrectly positioned".



## Additional Safety Instructions

Competitors must exercise extra care at the start and at all roundabouts.

Obey the two sets of pedestrian crossing lights in Cowfold.

ALL competitors – please be aware of CTT Regulation 14(i):

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.

# Open 50 miles Time Trial Sunday 27<sup>th</sup> June 2021

Course G50/10

## TIMEKEEPER

Mick Irons

Worthing Excelsior CC

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## Prizes

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1 <sup>st</sup> Man	£50	1 <sup>st</sup> on CTT Target	£30
2 <sup>nd</sup> Man	£35	2 <sup>nd</sup> on CTT Target	£20
3 <sup>rd</sup> Man	£25		
4 <sup>th</sup> Man	£20		
and 5th Man	£15		
1 <sup>st</sup> Woman	£50	1 <sup>st</sup> Veteran (40-44)	£20
2 <sup>nd</sup> Woman	£35	1 <sup>st</sup> Veteran (45-49)	£20
		1 <sup>st</sup> Veteran (50-54)	£20
		1 <sup>st</sup> Veteran (55-59)	£20
		1 <sup>st</sup> Veteran (60-64)	£20
		1 <sup>st</sup> Veteran (65-69)	£20
1 <sup>st</sup> Team	£25 each	1 <sup>st</sup> Veteran (70-74)	£20
2 <sup>nd</sup> Team	£15 each	1 <sup>st</sup> Veteran (75-79)	£20

*As Championship events, this race includes a selection of Trophies, Cups and Medals to be awarded to Sussex CA Riders in various categories:*

First	Southern Radio Cup for a year, plus Sussex C.A. medal
1 <sup>st</sup> Woman	Sussex C.A. medal
1 <sup>st</sup> Team	Halford Cup, plus Sussex C.A. medals
1 <sup>st</sup> Veteran	Sussex C.A. medal
1 <sup>st</sup> Veteran on CTT Standard	Sussex C.A. medal

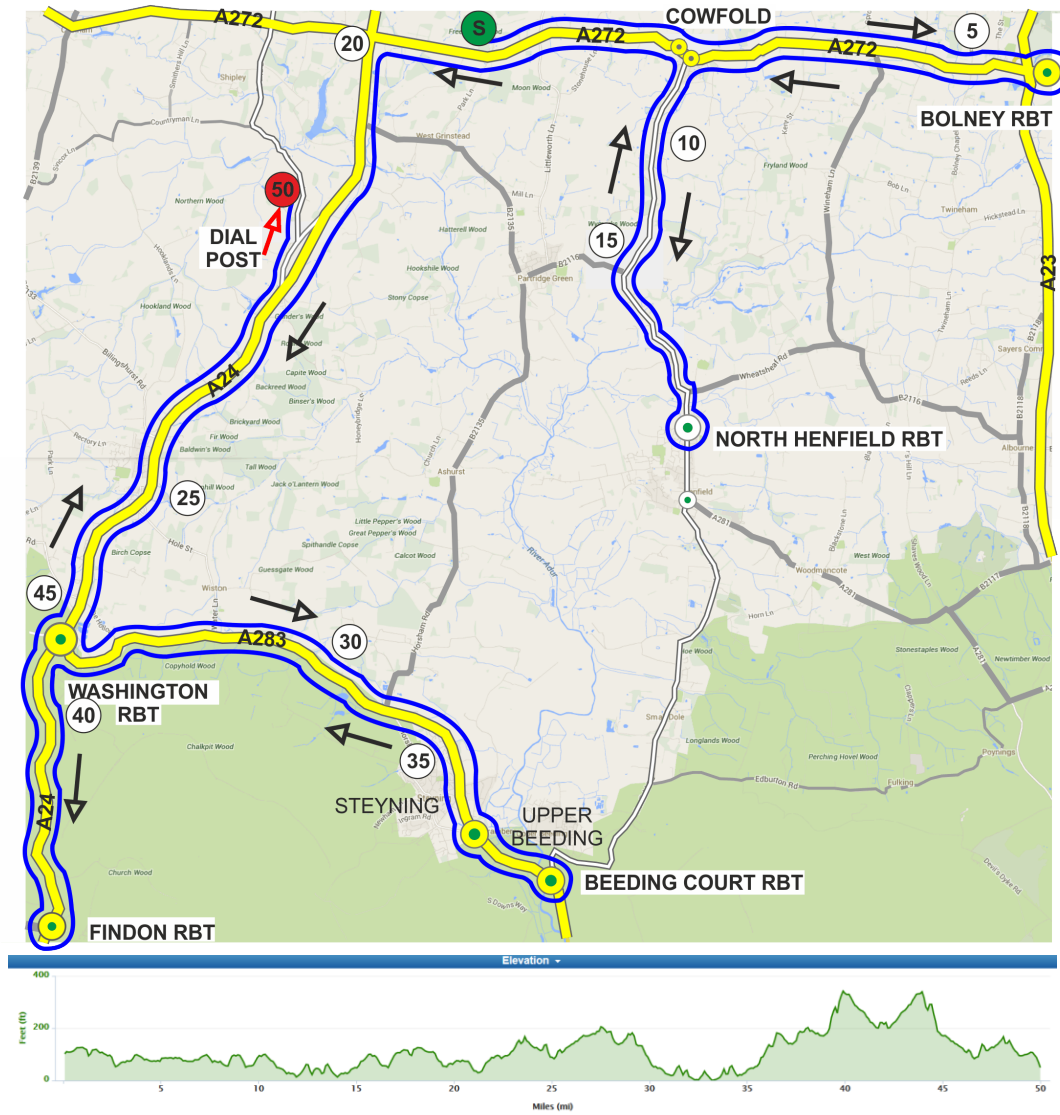
Cups and medals to be presented at the annual Sussex Cyclists' Association prize presentation.

## PLEASE NOTE

**Prize Presentation** Not this year.

**Lottery Prizes** Not this year.

# Course G.50/10



## ***Open 50 miles Time Trial, Sunday 27th June 2021***

**G50/10:**

### **COURSE DETAILS**

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>
184225	<u>START</u> at southern end of Kennel Lane, West Grinstead at junction with A272.	
267224	Proceed east to twin RBT's (roundabouts) at Cowfold. RIGHT 2nd exit at first LEFT 1st exit at second. Continue on A272 to Bolney RBT where <u>TURN</u> (CHECK)	5.42 5.42
215167	3rd exit to retrace to twin RBT's at Cowfold LEFT 1st exit at first and follow A281 to North Henfield RBT where <u>TURN</u> (CHECK)	7.44 12.86
165227	3rd exit to retrace to twin RBT's at Cowfold. Straight on 1st exit at first and LEFT 1st exit at second and follow A272 to West Grinstead crossroads	7.14 20.00
120134	LEFT in filter lane to join A24 and proceed south to Washington RBT	6.69 26.69
197098	LEFT 1st exit and follow A283 to Bramber Castle RBT. Straight on 3rd exit to Beeding Court where <u>TURN</u> (CHECK)	6.09 32.78
120134	3rd exit to retrace to Bramber Castle RBT. 3rd exit and continue on A283 to Washington RBT	6.14 38.83
119089	LEFT 1st exit and follow A24 to Findon RBT where <u>TURN</u> (CHECK)	2.95 41.87
156204	4th exit to retrace to Washington RBT. Straight on 2nd exit and follow A24 to turn LEFT at southern entrance to Dial Post Village. LEFT into Swallows Lane to <u>FINISH</u> <u>at second telegraph pole on east side of road south of small bridge over minor stream.</u>	8.13 50.00

### **REQUEST TO RIDERS**

At recent events on this course, there have been vociferous and repeated complaints about noise early in the morning from a resident of a property by the North Henfield Roundabout. These related to calling out to marshals and also the noise emanating from disc wheels at the turn.

We wish that the situation does not escalate.

Riders are requested to not call out their number or speak to the marshal here, and also to consider not using a disc wheel.

In the interests of rider safety and in addition to the compulsory rear light required under regulation 14 (i), the advisory use of suitable hard shell helmets in competition for competitors over 18 years of age, London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road.

## Order of start:

1	06:31:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	73
2	06:32:00	Clive	Jackson	Central Sussex CC	Male	Veteran	69
3	06:33:00	Peter	Davies	Brighton Mitre CC	Male	Veteran	64
4	06:34:00	Vernon	Thomas	VC Elan - Harry Perry Cycles	Male	Veteran	76
5	06:35:00	Peter	Main	34 Nomads CC	Male	Veteran	55
6	06:36:00	Andrew	Gowland	Tuff Fitty Tri Club	Male	Veteran	42
7	06:37:00	Anouska	Greenaway	Brighton Mitre CC	Female	Senior	25
8	06:38:00	Edd	Saunders	Neighbourhood Brighton CC	Male	Senior	30
9	06:39:00	Paul	Walker	Phoenix Triathlon	Male	Veteran	50
10	06:40:00	Cris	Coxon	Brighton Mitre CC	Male	Veteran	44
11	06:41:00	Kevin	Plummer	Team TMC	Male	Veteran	56
12	06:42:00	Tracey	Williams	Brighton Excelsior CC	Female	Veteran	52
13	06:43:00	Pete	Robins	DRAG2ZERO	Male	Veteran	49
14	06:44:00	Mark	Cawood	South London Harriers	Male	Veteran	53
15	06:45:00	Paul	Newsome	Project 51	Male	Senior	33
16	06:46:00	Paul	Thatcher	Brighton Mitre CC	Male	Veteran	58
17	06:47:00	Gemma	Freeman	Brighton Triathlon Club	Female	Senior	34
18	06:48:00	Andrew	Lock	Worthing Excelsior CC	Male	Veteran	54
19	06:49:00	Jack	Benham	South London Harriers	Male	Senior	26
20	06:50:00	Pat	Wright	Paceline RT	Male	Senior	36
21	06:51:00	Spencer	Kirkham	Worthing Excelsior CC	Male	Veteran	54
22	06:52:00	Chris	Hewitt	Oxted Cycle Club	Male	Senior	38
23	06:53:00	John	Marinko	Brighton Mitre CC	Male	Veteran	56
24	06:54:00	Harriet	Christelow	South London Harriers	Female	Senior	27
25	06:55:00	Jim	Burdett	Addiscombe CC	Male	Veteran	52
26	06:56:00	Trevor	Leeding	Worthing Excelsior CC	Male	Veteran	55
27	06:57:00	Vince	Freeman	Sussex Revolution Velo Club	Male	Veteran	41
28	06:58:00	Bethan	Male	Brighton Triathlon Club	Female	Senior	30
29	06:59:00	Paul	Tunnell	Addiscombe CC	Male	Veteran	60
30	07:00:00	Matthew	Smith	Team TMC	Male	Senior	37
31	07:01:00	Adrian	Blacker	VTTA (Surrey/ Sussex)	Male	Veteran	57
32	07:02:00	Joe	Fellows	Trash Mile	Male	Senior	31
33	07:03:00	Kevin	Newlyn	Sussex Revolution Velo Club	Male	Veteran	41
34	07:04:00	Donald	Parker	Brighton Mitre CC	Male	Veteran	72
35	07:05:00	Henrik	Persson	Kingston Wheelers CC	Male	Senior	37
36	07:06:00	David	Pollard	Maison du Velo / In-Gear Cycles	Male	Veteran	64
37	07:07:00	Duncan	Fuller	Lewes Wanderers CC	Male	Veteran	46
38	07:08:00	Will	Herbert	Total Tri Training	Male	Veteran	40
39	07:09:00	Anita	Turner	Eastbourne Rovers CC	Female	Veteran	50
40	07:10:00	Chris	Holmes	Twickenham CC	Male	Veteran	45
41	07:11:00	Joe	Spraggins	Clapham Chasers	Male	Senior	31
42	07:12:00	Adam	Rogers	Eastbourne Rovers CC	Male	Veteran	46
43	07:13:00	Ian	Leeding	Norwood Paragon CC	Male	Veteran	52
44	07:14:00	Emma	Dodds	Epsom CC	Female	Senior	29
45	07:15:00	Robert	Drake	Addiscombe CC	Male	Senior	34



46	07:16:00	James	Stone	Brighton Excelsior CC	Male	Veteran	52
47	07:17:00	Gavin	Hughes	Kingston Phoenix RC	Male	Veteran	54
48	07:18:00	Peter	Madarasz	Brighton Phoenix Athletic Club	Male	Veteran	40
49	07:19:00	Peter	Horsfield	Redmon CC	Male	Veteran	71
50	07:20:00	Steven	Kane	Team TMC	Male	Senior	32
51	07:21:00	Tony	Reeves	GS Stella	Male	Veteran	49
52	07:22:00	Sam	Bennett	7Oaks Tri Club	Male	Veteran	48
53	07:23:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	60
54	07:24:00	David	Drake	South London Harriers	Male	Senior	35
55	07:25:00	Howard	Shaw	trainSharp	Male	Senior	35
56	07:26:00	Ian	Bray	Addiscombe CC	Male	Senior	34
57	07:27:00	Isaac	Griffiths	Epsom CC	Male	Senior	34
58	07:28:00	Daniel	Drake	South London Harriers	Male	Senior	30
59	07:29:00	Vingaudas	Raulinaitis	Endurance X Nature RC	Male	Senior	37
60	07:30:00	Liam	Maybank	Twickenham CC	Male	Veteran	49
61	07:31:00	Pete	Dyson	East London Velo	Male	Senior	32
62	07:32:00	Colin	Toppin	Worthing Excelsior CC	Male	Veteran	48
63	07:33:00	Daniel	Arthur	Epsom CC	Male	Veteran	54
64	07:34:00	Victoria	Alikhan	Brighton Mitre CC	Female	Senior	30
65	07:35:00	Howard	Bayley	Blazing Saddles	Male	Veteran	46
66	07:36:00	Richard	Tully	Elite Cycling	Male	Veteran	44
67	07:37:00	Dylan	Coyne	Balcombe Cycle Club	Male	Veteran	48
68	07:38:00	Phil	Gall	Epsom CC	Male	Veteran	51
69	07:39:00	Lisa	Davis	DRAG2ZERO	Female	Veteran	46
70	07:40:00	Andy	Critchlow	Norwood Paragon CC	Male	Veteran	47
71	07:41:00	Andrew	Rivett	Velo Club St Raphael	Male	Veteran	49
72	07:42:00	Tom	Houghton	Team TMC	Male	Veteran	49
73	07:43:00	Ian	Cheesman	Worthing Excelsior CC	Male	Veteran	52

### **SUSSEX CYCLISTS' ASSOCIATION - PAST CHAMPIONS**

1938	Ernie Steers	Worthing Excelsior CC	2:13:14	SCA RECORD
1939	Roy Gumbrell	Brighton Excelsior CC	2:12:25	NEW SCA RECORD
1947	Dennis Dean	Worthing Excelsior CC	2:06:38	NEW SCA RECORD
1948	Wally Finch	Worthing Excelsior CC	2:13:57	
1949	Albert Shanks	Lancing AC	2:08:49	
1950	Derek Powell	Lancing AC	2:09:13	
1951	Arthur Gardiner	Lancing AC	2:08:30	
1952	Colin Whittingham	Brighton & Hove Wheelers	2:08:33	
1953	Dave Marsh	Lewes Wanderers CC	2:06:08	NEW SCA RECORD
1954	John Dutson	Uckfield & District Wheelers	2:05:54	NEW SCA RECORD
1955	Dave Marsh (2 wins)	Eastbourne Rovers CC	2:06:12	
1956	Mike Harmer	Brighton Excelsior CC	2:08:08	
1957	Gerry Atterbury	Brighton Excelsior CC	2:04:57	NEW SCA RECORD
1958	Roy Siggs	Uckfield & District Wheelers	2:07:56	
1959	Gerry Atterbury	Worthing Excelsior CC	2:05:47	
1960	Terry Parker	Bognor Regis CC	2:03:36	NEW SCA RECORD
1961	Dave Hardman	Brighton Excelsior CC	2:07:56	



1962	Dave Funnell	Worthing Excelsior CC	2:07:55	
1963	Gerry Atterbury	Brighton Mitre CC	2:05:10	
1964	Gerry Atterbury (4 wins)	Brighton Mitre CC	2:06:08	
1965	Dick Marchant	East Grinstead CC	2:07:20	
1966	Tim Mackay	Horsham Unity CC	2:12:08	
1967	Mike Morgan	Central Sussex CC	2:06:36	
1968	Mike Morgan (2 wins)	Central Sussex CC	2:08:48	
1969	Rick Stringer	Brighton Excelsior CC	2:11:26	
1970	Rick Stringer (2 wins)	Brighton Excelsior CC	2:10:22	
1971	Keith Dodman	Worthing Excelsior CC	2:13:42	
1972	Keith Dodman	Worthing Excelsior CC	2:14:24	
1973	John Dutson	Central Sussex CC	2:01:27	NEW SCA RECORD
1974	Martin Hawes	Central Sussex CC	2:08:51	
1975	John Dutson (3 wins)	Central Sussex CC	2:08:21	
1976	Alan Limbrey	Brighton Mitre CC	2:10:21	
1977	Keith Dodman	Worthing Excelsior CC	2:08:22	
1978	Keith Dodman (4 wins)	Worthing Excelsior CC	2:05:29	
1979	Cliff Sharp	Eastbourne Rovers CC	2:00:37	NEW SCA RECORD
1980	Mark Jones	Central Sussex CC	1:58:10	NEW SCA RECORD
1981	John Oakes	VC Etoile	1:53:52	NEW SCA RECORD
1982	John Oakes (2 wins)	VC Etoile	1:53:16	NEW SCA RECORD
1983	Mark Jones	Central Sussex CC	2:00:35	
1984	* Paul James	Central Sussex CC	1:54:24	
1985	* Steve Dennis	East Grinstead CC	1:55:48	
1986	Steve Dennis	East Grinstead CC	1:57:50	
1987	Peter Danckwardt	Worthing Excelsior CC	1:58:19	
1988	Mike Coyle	VC Etoile	2:01:45	
1989	* Mark Jones	GS Stella	1:58:15	
1990	Paul Lipscombe	Central Sussex CC	1:58:00	
1991	Steve Dennis	East Grinstead CC	1:56:27	
1992	* Mark Jones	GS Stella	1:56:26	
1993	Paul Panagi	Hastings & St Leonards CC	1:55:05	
1994	Richard Keevil	GS Stella	1:58:45	

### **SUSSEX CYCLISTS' ASSOCIATION - PAST CHAMPIONS**

1995	Steve Blackmore	East Grinstead CC	2:00:41	
1996	Mark Jones	GS Stella	1:54:48	
1997	Mark Jones (6 wins)	GS Stella	2:02:09	G.50/10 introduced
1998	Steve Elms	East Grinstead CC	1:55:31	
1999	Dave Pollard	In-Gear RT	2:00:59	
2000	Dave Pollard (2 wins)	In-Gear RT	1:57:21	
2001	Steve Dennis	East Grinstead CC	1:55:15	
2002	Steve Dennis	East Grinstead CC	1:54:23	
2003	Steve Dennis	East Grinstead CC	1:51:32	NEW SCA RECORD
2004	Steve Dennis	East Grinstead CC	1:54:32	(emergency course)
2005	* Mike Coyle (2 wins)	VC Etoile	1:55:39	(emergency course)
2006	Sean Yates	In-Gear Quickvit RT	1:50:31	NEW SCA RECORD
2007	Steve Dennis	East Grinstead CC	1:49:31	NEW SCA RECORD
2008	Steve Dennis	East Grinstead CC	1:53:09	

2009	Steve Dennis	East Grinstead CC	1:51:56	
2010	David Shepherd	GS Stella	1:57:30	
2011	* Tom Glandfield	Lewes Wanderers CC	1:59:16	
2012	Steve Dennis	East Grinstead CC	1:48:56	NEW SCA RECORD
2013	* Steve Kane	Brighton Excelsior CC	1:49:50	
2014	Steve Kane (2 wins)	Brighton Excelsior CC	1:52:07	
2015	James Rix	Crawley Wheelers CC	1:55:45	
2016	* Steve Dennis	East Grinstead CC	1:53:21	
2017	Steve Dennis (13 wins)	East Grinstead CC	1:52:18	
2018	* Simon McNamara	South Downs Bikes	1:49:25	
2019	Howard Bayley	Blazing Saddles	1:52:01	
2020	* Chris McNamara	Nuun-Sigma Sport RT	1:45:29	
2021				

In years denoted with an asterisk the overall event was won by a non-Sussex C.A. rider, see below.

### **PAST (non – Sussex C.A.) EVENT WINNERS**

1984	John Woodburn	Manchester Wheelers	1:51:00
1985	John Woodburn	Manchester Wheelers	1:52:28
1989	John Woodburn	Manchester Wheelers	1:55:15
1992	Mike Harris	Caesaraen CC	1:54:05
1994	Julian Pegg	Charlotteville CC	1:57:12
1995	Alan Dawson	Antelope RT	1:59:28
2005	Malcolm Cox	VC St Raphael	1:55:00
2011	Rupert Burbridge	Redhill CC	1:56:48
2013	Chris McNamara	Pedal Heaven	1:49:28
2016	Jonathan Parker	Team Bottrill	1:49:40
2018	Chris McNamara	Nuun-Sigma Sport RT	1:46:10
2020	Andy Critchlow	Norwood Paragon CC	1:45:26

For originally compiling the list in 1999 thanks are due to the late Les Janman and the late Dave Palmer, both of Bognor Regis CC.

Further contributors have included Dave Hudson (Worthing Excelsior CC), Robin Johnson (Brighton Mitre CC) and Mike O'Gorman (Worthing Excelsior CC).