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Sussex Cyclists' Association

1925-2021 2020 PRESIDENT – BOB HARBER, Brighton Excelsior C.C.

9th annual open 30 miles Time Trial, Sunday 25th July 2021 Course G.30/91

Incorporating Sussex Individual, Veterans and Team Championships Qualifying event for Sussex C. A. B.A.R. and Sussex C. A. Spoco

Event Secretary: Robin Johnson (Brighton Mitre CC) 7 Gorselands, Billingshurst, West Sussex RH14 9TT Email: <u>mr_rjohnson@outlook.com</u> Tel: 01403 783368 / 07733 132043

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



Ashington Community Centre

Foster Lane, Ashington West Sussex

RH20 3PG

Open from 06:00

Parking available at HQ, then use: surrounding roads considerately.

TOILETS open. Hall not open.

Numbers at HQ only. After the event, please return your race number to outside the event HQ .

HQ to start: 2.2 miles

Finish to HQ: 3.6 miles To return to the HQ Turn right at Wiston Crossroads on the A283

Course Records

	1:02:49	Colin Ward	2018
Women:	1:16:54	Gina McGeever	2015
Vets:	1:02:49	Colin Ward	2018
Tandem:	1:07:00	Mark Jones + Tony Reeves	2019



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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.

PREVIOUS WINNERS

	2021			
	2020	Simo McNamara	HuntBikeWheels.com	1:03:32
	2019	Howard Bayley	Blazing Saddles	1:04:34
MEN	2018	Colin Ward	Essex Roads CC	1:02:49
	2017 2016	Mark Smith Keith Lea	Crawley Whs. Paceline RT	1:04:23 1:04:49
	2015	Conall Yates	In-Gear Quickvit Trainsharp	1:04:39
	2014	Conall Yates	In-Gear Quickvit Trainsharp	1:05:37
	2013	Steve Kane	Brighton Excelsior CC	1:06:02

Women	2021 2020 2019 2018 2017 2016 2015 2014	None Karen McGrath Lisa Davis Gina McGeever Katerina Avramides Gina McGeever Nicole Patterson-Lett	Worthing Excelsior CC Lewes Wanderers CC Lewes Wanderers CC Brighton Mitre CC Lewes Wanderers CC Worthing Excelsior CC	1:21:11 1:19:04 1:18:59 1:21:43 1:16:54 1:35:11
	2013	Gina McGeever	Brighton Mitre CC	1:22:11

	2021			
	2020	Don Parker	Brighton Mitre CC	+ 17:53
	2019	Dave Pollard	In Gear	+ 18:17
Vets on ta	rget 2018	Ben Fielden	GS Stella	+ 14:11
t	t ime 2017	Steve Dennis	East Grinstead CC	+ 17:29
	2016	Mike O'Gorman	Worthing Excelsior CC	+ 16:45
	2015	Mike O'Gorman	Worthing Excelsior CC	+ 17:25
	2014	Mike O'Gorman	Worthing Excelsior CC	+ 12:58
	2013	Steve Dennis	East Grinstead CC	+ 15:28
	2021			
	2020		Team TMC	3:21:54
	2019		Worthing Excelsior CC	3:33:15
Team	2018		South Downs Bikes	3:24:40
	2017		Worthing Excelsior CC	3:33:59
	2016		Worthing Excelsior CC	3:35:37
	2015		South Downs Bikes	3:27:47
	2014		Brighton Excelsior CC	3:34:39
	2013		Brighton Excelsior CC	3:32:10

TANDEM:	2020	Mark Phelps/Sarah Phelps	Team TMC	1:24:08
	2019	Mark Jones/Tony Reeves	GS Stella	1:07:00

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	-		-
TIMEKEEPE	Richard B	lackmore	East Grinstead CC
		lackinore	Prizes
			111263
1st Man	£30		
2 nd Man	£20		
3rd Man	£15		
1 st Woman	£30		
1 st Team	n £20 e	ach.	
1 st Vet o	on Target time	£25	
2 nd Vet	on Target time	£15	
1st Vetera	an, age 40-44	£15	
1st Vetera	an, age 45-49	£15	
1st Vetera	an, age 50-54	£15	
1st Vetera	an, age 55-59	£15	
1st Vetera	an, age 60-64	£15	
1st Vetera	an, age 65-69	£15	
1st Vetera	an, age 70-74	£15	
1st Vetera	an, age 85-89	£15	

Open 30 miles Time Trial, Sunday 25th July 2021, course G.30/91

As Championship events, this race includes a selection of Trophies, Cups and Medals to be awarded to Sussex CA Riders in various categories: First Championship Cup for a year, and Sussex C.A. medal

1 st woman	Sussex C.A. medal
1 st Team	Sussex C.A. medal
1 st Veteran on CTT Target Time	Sussex C.A. medal

PLEASE NOTE

Prize Presentation

Not this year, prizes will be sent.

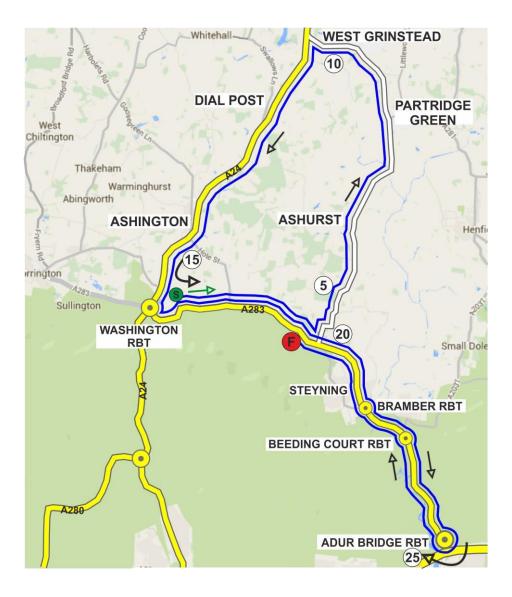
Lottery Prizes

None this year.

ALL COMPETITORS: please be aware of 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 light, either flashing or constant, that is Illuminated and in a position that is clearly visible to other road users.

Course G.30/91





OS REF (TQ)	COURSE DIRECTIONS - G30/91	MILI	ES
121134	START in Sandhill Lane, Washington, southeast of Washington RBT (roundabout) 5 yards north of A283 at northern edge of "Sandhill Lane"sign.	0.00	0.00
171125	Join A283 and proceed eastwards along A283 to junction with B2135 at Steyning	3.53	3.53
165214	LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead	7.02	10.55
120134	LEFT into acceleration lane to join A24 south to Washington RBT	5.88	16.43
209065	LEFT 1 st exit and follow A283 via Bramber Castle and Beeding Court RBT`s to Adur Bridge, Shoreham, where TURN	8.42	24.85
164126	4 th exit to retrace via Beeding Court and Bramber Castle RBT's to FINISH at a point 0.44 miles west of Horsham Road T junction (old A283), 0.06 miles west of yellow sign "Chanctonbury House" and opposite 2 foot high wooden pole with "Wildlife Verge" badge.	5.15	30.00

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IRobin2Bob3Chris4Andrew5Cris5Ian7Peter3Carl9Peter0Howard1Chris2Nick3John4Mike5Joe	Johnson Loader Parker Lock Coxon Cheesman Baker Richardson Horsfield Bayley Jones Sturman	Brighton Mitre CCSydenham WhsHastings & St. Leonards CCWorthing Excelsior CCBrighton Mitre CCWorthing Excelsior CCLewes Wanderers CCtrainSharpRedmon CCBlazing SaddlesBynea Cycling ClubTeam TMC	Male Male Male Male Male Male Male Male	73 88 65 54 44 52 63 57 71
 Chris Andrew Cris Ian Peter Carl Carl Peter Carl Chris Nick John Mike 	Parker Lock Coxon Cheesman Baker Richardson Horsfield Bayley Jones Sturman	 Hastings & St. Leonards CC Worthing Excelsior CC Brighton Mitre CC Worthing Excelsior CC Lewes Wanderers CC trainSharp Redmon CC Blazing Saddles Bynea Cycling Club 	Male Male Male Male Male Male Male Male	65 54 44 52 63 57
 Andrew Andrew Cris Ian Peter Carl Peter Howard Chris Nick John Mike 	Lock Coxon Cheesman Baker Richardson Horsfield Bayley Jones Sturman	 Worthing Excelsior CC Brighton Mitre CC Worthing Excelsior CC Lewes Wanderers CC trainSharp Redmon CC Blazing Saddles Bynea Cycling Club 	Male Male Male Male Male Male Male Male	54 44 52 63 57
5 Cris 5 Ian 7 Peter 3 Carl 9 Peter 0 Howard 1 Chris 2 Nick 3 John 4 Mike	Coxon Cheesman Baker Richardson Horsfield Bayley Jones Sturman	Brighton Mitre CCWorthing Excelsior CCLewes Wanderers CCtrainSharpRedmon CCBlazing SaddlesBynea Cycling Club	Male Male Male Male Male Male	44 52 63 57
 5 lan 7 Peter 3 Carl 9 Peter 9 Howard 1 Chris 2 Nick 3 John 4 Mike 	Cheesman Baker Richardson Horsfield Bayley Jones Sturman	Worthing Excelsior CCLewes Wanderers CCtrainSharpRedmon CCBlazing SaddlesBynea Cycling Club	Male Male Male Male Male	52 63 57
 Peter Carl Peter Howard Chris Nick John Mike 	BakerRichardsonHorsfieldBayleyJonesSturman	Lewes Wanderers CC trainSharp Redmon CC Blazing Saddles Bynea Cycling Club	Male Male Male Male	63 57
 Carl Peter Howard Chris Nick John Mike 	Richardson Horsfield Bayley Jones Sturman	trainSharp Redmon CC Blazing Saddles Bynea Cycling Club	Male Male Male	57
 Peter Howard Chris Nick John Mike 	Horsfield Bayley Jones Sturman	Redmon CC Blazing Saddles Bynea Cycling Club	Male Male	
 Howard Chris Nick John Mike 	Bayley Jones Sturman	Blazing Saddles Bynea Cycling Club	Male	71
L Chris 2 Nick 3 John 4 Mike	Jones Sturman	Bynea Cycling Club		/ /1
2 Nick 3 John 4 Mike	Sturman			46
3 John 4 Mike		Toom TMC	Male	47
1 Mike	Marinka		Male	47
	Marinko	Brighton Mitre CC	Male	56
5 Joe	Hannay	Lewes Wanderers CC	Male	59
	Benians	Lewes Wanderers CC	Male	28
5 James	Stone	Brighton Excelsior CC	Male	52
7 James	Ryan	Team TMC	Male	45
3 Anouska	Greenaway	Brighton Mitre CC	Female	25
9 Peter	Owen	Norwood Paragon CC	Male	60
) Nik	Allen	Team TMC	Male	50
L Spencer	Kirkham	Worthing Excelsior CC	Male	54
2 Huw	Williams	Worthing Excelsior CC	Male	53
3 Donald	Parker	Brighton Mitre CC	Male	72
1 Brian	Jones	Morden CRC	Male	70
5 Steven	Kane	Team TMC	Male	32
5 Paul	Newsome	Project 51	Male	34
7 Dylan	Coyne	Balcombe Cycle Club	Male	48
3 Paul	Thatcher	Brighton Mitre CC	Male	58
J Tracey	Williams	Brighton Excelsior CC	Female	52
) Andy	Critchlow	Norwood Paragon CC	Male	47
L Neil	Harrigan		Male	47
2 Martin	Gibbs	Team TMC	Male	35
3 Sam	Bennett	70aks Tri Club	Male	48
1 lan	Leeding	Norwood Paragon CC	Male	53
5 Matthew	Smith	Team TMC	Male	37
L N 2 N 3 S 4 Iá	leil Aartin am an	leil Harrigan Martin Gibbs am Bennett an Leeding	JeilHarriganGemini BCMartinGibbsTeam TMCamBennett70aks Tri ClubanLeedingNorwood Paragon CC	IeilHarriganGemini BCMaleMartinGibbsTeam TMCMaleamBennett70aks Tri ClubMaleanLeedingNorwood Paragon CCMale

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, and no prize presentation sorry!
- 13) No result board times will be on the CTT website the next day; Race Report on CTT site day of event.
- 14) Please leave the car parking area in a timely fashion.

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.

