

Eastbourne Rovers Cycling Club

Stan Nash 10 mile Memorial Time Trial

Saturday 07 September 2019 – Course G10/87

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



Event Secretary

Peter Moon

73 Wannock Lane, Eastbourne, East Sussex BN20 9SG

Tel: 01323 485180 Mob: 07949 112107

Email: little.brook@btinternet.com

Timekeepers

Graham Lade (Eastbourne Rovers CC)

Jane Lade (Eastbourne Rovers CC)

Cash Prizes – Awarded at the HQ immediately following the event

Fastest Overall

First	£25.00
Second	£20.00
Third	£15.00
Fourth	£10.00

Fastest Lady

First	£25.00
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Team of Three

First	£15.00 each
Second	£10.00 each

Age Category Awards

Not winning another individual prize

Under 40	£10.00
40 – 49	£10.00
50 – 59	£10.00
60 and over	£10.00

Improvement percentage on 2018 Eastbourne Rovers 10

First	£15.00
Second	£10.00

General Info

Event HQ East Hoathly Sports Pavilion, London Road East Hoathly, East Sussex BN8 6QE – Open from 6:00am. Heading north on the A22, turn right at The Shaw Roundabout into London Road. The HQ is on the right, just before the village.

Car Parking There is limited parking in the Sports Pavilion car park, when full please park sensibly on London Road – pavilion side only.

Race Numbers The numbers will be available at the event HQ 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.**

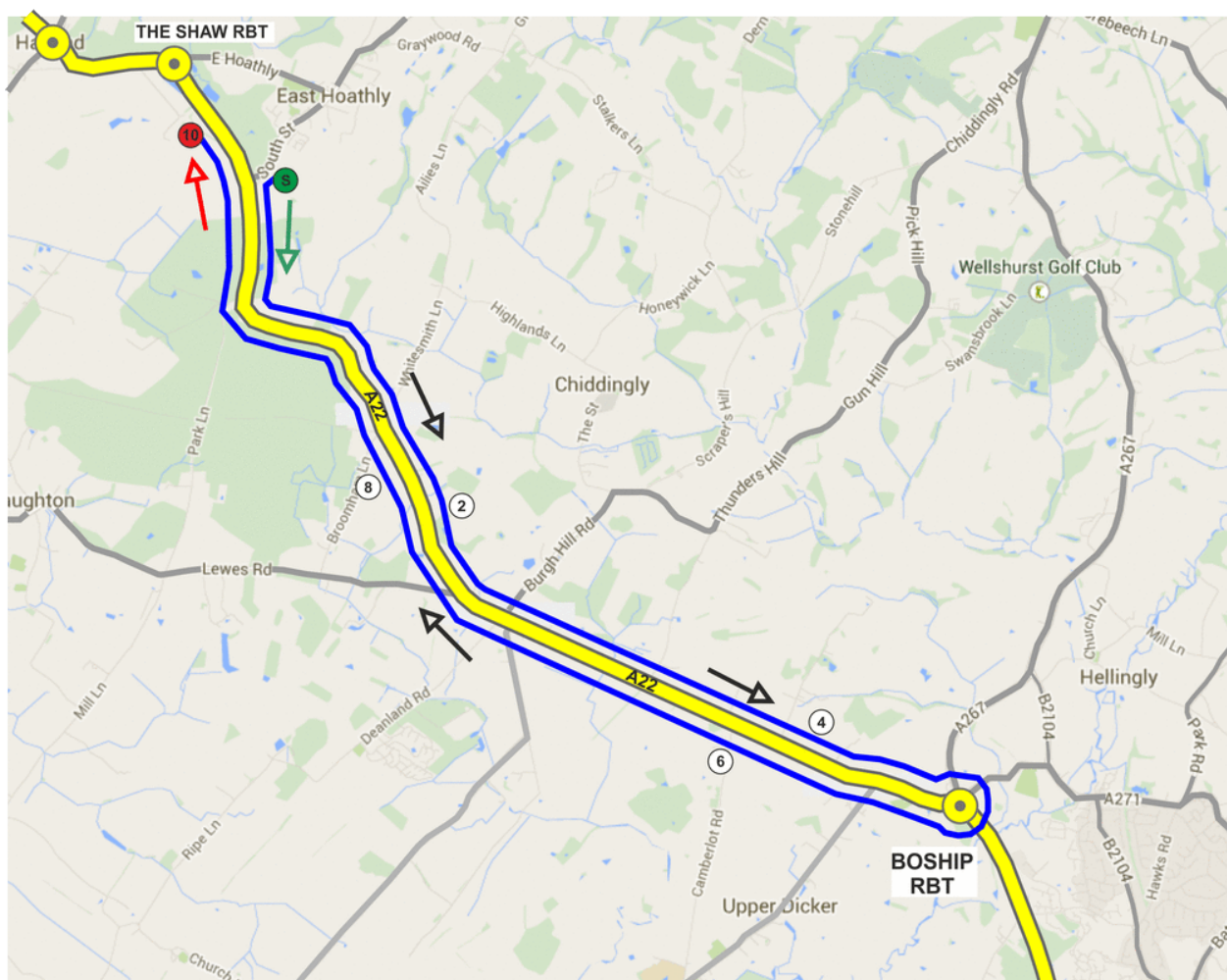
Start The start is less than a mile from the Sports Pavilion. Proceed out of the car park, turn right, and continue to South Street.

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.

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Course Details

OS Ref	Course G10/87	Dist
517156	START in South Street, East Hoathly, at red arrow at drain 28 yards before T junction with East Hoathly by-pass	00.00m
572112	LEFT and follow A22 through Whitesmith and Golden Cross to Boship RBT where TURN (Check)	04.90m
513162	4th exit and retrace on A22 through Golden Cross and Whitesmith to FINISH at red arrow at second drain past field gate on East Hoathly by-pass just before first footpath crossing and 334 yards past right turn (South Street) for East Hoathly.	10.00m



The course, courtesy of Mike O’Gorman (SCA) can also be viewed or downloaded from the Garmin site at the link <https://connect.garmin.com/modern/course/8600729>

Additional Safety Instructions:

- Competitors must exercise extra care when turning LEFT just after Start and at the Boship roundabout
- No ‘U’ turns after finishing or riders will be disqualified – after finishing, competitors MUST continue to The Shaw roundabout.

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Order of Start

Race No	Start Time	Rider	Club	Cat	Age	2018 Rovers 10
1	07:01	Clive Jackson	Central Sussex CC	V	67	-
2	07:02	Robert Royle-Evatt	Addiscombe CC	V	52	0:25:10
3	07:03	Carl Richardson	trainSharp	V	55	-
4	07:04	Stuart Payne	Central Sussex CC	V	57	0:26:24
5	07:05	Nathan Russell	trainSharp	S	31	-
6	07:06	James Welbury	Freedom Tri Crowborough	V	60	-
7	07:07	Chris Parker	Hastings & St. Leonards CC	V	63	-
8	07:08	John McDonald	trainSharp	V	54	-
9	07:09	Paul Currie	Hastings & St. Leonards CC	V	41	-
10	07:10	Kevin Battell	Eastbourne Rovers CC	V	56	-
11	07:11	Gary Holder	VTTA (Surrey/ Sussex)	V	54	-
12	07:12	Adam Rogers	Eastbourne Rovers CC	V	44	-
13	07:13	Trevor Montague	Crawley Wheelers	V	65	-
14	07:14	Trevor Deeble	Hastings & St. Leonards CC	S	34	-
15	07:15	Matt Williams	Peckham Cycling Club	V	49	-
16	07:16	Mirza Beg	Dulwich Paragon CC	S	31	-
17	07:17	Gareth Purves	Hastings & St. Leonards CC	S	39	-
18	07:18	Clair Hunt	Crawley Wheelers	WV	45	0:34:23
19	07:19	Claire Stafford	Eastbourne Rovers CC	WV	50	-
20	07:20	Anita Turner	Eastbourne Rovers CC	WV	49	-
21	07:21	Sharon Chladek	Crawley Wheelers	WV	53	-
22	07:22	Olivia Webb	Eastbourne Rovers CC	WV	50	0:25:29
23	07:23	Max Brown	Thanet RC	Jv	15	-
24	07:24	Theo Tadros	trainSharp	Jn	17	0:23:22
25	07:25	Fabien Large	NOPINZ	Jn	17	-
26	07:26	Andy Seltzer	In-Gear	V	54	-
27	07:27	Russell Thorne-Jones	Crawley Wheelers	V	46	0:24:24
28	07:28	Ian Newbold	Worthing Excelsior CC	V	46	-
29	07:29	Noel Miles	East Grinstead Tri Club	V	43	-
30	07:30	Andrew Stewart	N+1 - Lindfield Coffee Works	V	46	-
31	07:31	Daniel Ellis	Eastbourne Rovers CC	S	38	0:24:08
32	07:32	Andrew Quye	Southborough & Dist. Whs	V	57	0:23:42
33	07:33	James Cheeseman	N+1 - Lindfield Coffee Works	S	33	0:24:30
34	07:34	Shayne Howell	Eastbourne Rovers CC	V	47	-
35	07:35	Lawrence Wintergold	Hounslow & District Whs	V	55	0:22:40
36	07:36	Matthew Woods	Eastbourne Rovers CC	V	48	-
37	07:37	Will Reeder	trainSharp	S	30	-
38	07:38	Mark Edwards	Eastbourne Rovers CC	V	45	0:22:05
39	07:39	Paul Newsome	Project 51	S	32	-
40	07:40	David Clark	Eastbourne Rovers CC	V	50	0:21:54
41	07:41	Chris Lord	Brighton Excelsior CC	V	66	-
42	07:42	David Clements	Eastbourne Rovers CC	V	47	0:22:07

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Guidelines

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.

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.

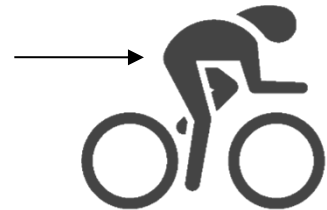
Competitors' Vehicles No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish.

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.

Please pin your number here



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.

Refreshments

Refreshments are available in the hall after the event

Riders – £1 for tea/coffee and cake

Marshals and Helpers – free