

Southern Counties Cycling Union

www.sccu.co.uk

100 mile Time Trial

Promoted for and on behalf of Cycling Time Trials under its Rules and Regulations

Sunday 16th July 2023 – Course G100/61A

Timekeeper: Su Balcombe, *Brighton Excelsior CC*

In memory of *Rod Starmer*, organiser of this event for many years

Awards:

Fastest Man £25
Fastest Women £25

Numbers and signing on sheet will be at the event headquarters at Dial Post Village Hall (RH13 8NJ).
The hall will be open from 5am.

Details of any additional hazards not listed on this start sheet will be displayed at the signing-on point.

Another event will be using the hall from 12:30 and as we have a number of slow riders entered we might have to finish up in the car park!

~oOo~

Warnings:

CTT regulations now require all competitors wear a helmet that meets internationally accepted safety standards.

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 rear of their machine a working rear light, and to the front of their machine a working front white light, either flashing or constant, that are illuminated and positioned to be clearly visible to other road users.

London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road

Competitors are requested not to warm up on the course after the first rider has started.

*Please remember that the riders you catch during the race may be unaware of your presence until you are **actually passing** them, so please give them sufficient space as you go by.*

District Regulation: No Vehicles, except those of the Timekeeper and Event Officials, shall be parked in the vicinity of the start and finish areas.

Riders, when approaching the finish, you **MUST** keep to the left of the line marking the off slip into Grinders Lane and **MUST** start to noticeably decelerate immediately you cross the finish line and **MUST** pass the entrance to the Garden Centre before returning to the A24 to cross to the changing rooms. **ON NO ACCOUNT** must the Garden Centre be used for turning.

Official Observers will be stationed around the course.

Organiser: Lisa Colombo c/o 6 Stockfield Road, Claygate, Surrey, KT10 0QG Tel: 07534 672224

Email: sccu100@lcolombo.me.uk

Text is the best way to contact me, or by phone on the day of event.

Time	No.	Name	Club	Cat	Machine	Time
06:01	1	Chris Parker	Hastings & St. Leonards CC	MV	Road	
06:02	2	Sien Van der Plank	New Forest CC	WS	Road	
06:03	3	Malcolm Cox	Velo Club St Raphael	MV	Road	
06:04	4	Mohammed Ansari	Charlotteville Cycling Club	MV	TT	
06:05	5	Helen Oldridge	Rule 28 x ATP Performance	WS	TT	
06:06	6	Ben Beavers	Crystal Palace Triathletes	MS	Tricycle	
06:07	7	Markus Pieterse	MedwayTri	MS	TT	
06:08	8	Peter Horsfield	Redmon CC	MV	TT	
06:09	9	Sean Powers	Farnborough & Camberley CC	MV	TT	
06:10	10	Henrik Persson	FTP (Fulfil The Potential) RT	MS	TT	
06:11	11	Simon Howard	South Western Road Club	MV	TT	
06:12	12	Gavin Hughes	Kingston Phoenix RC	MV	TT	
06:13	13	Mark Wilson	Berkshire Tri Squad	MV	TT	
06:14	14	Roland Kitson	Horsham Cycling	MV	TT	
06:15	15	Pat Wright	Paceline RT	MS	TT	
06:16	16	Nicky Wilson	Crawley Wheelers	MV	TT	
06:17	17	Daniel Drake	South London Harriers	MS	TT	
06:18	18	Allan Thurston	GS Avanti	MV	TT	
06:19	19	Timothy Welsh	Cambridge CC	MS	TT	
06:20	20	Colin Parkinson	South Western Road Club	MV	TT	
06:21	21	Simone Mitchell	...a3crg	WS	TT	
06:22	22	Dean Lubin	Team Vision Racing - Silverhook	MV	TT	
06:23	23	Tim McEvoy	FTP (Fulfil The Potential) RT	MV	TT	

NUMBERS MUST BE FIXED BELOW WAIST



NO TIME MAY BE RECORDED IF NUMBER IS
NOT CORRECTLY POSITIONED.

<https://london-south.ctt.org.uk/>

The map below the course details is basically correct, except that the start and finish of this course have moved slightly because of complaints about riders relieving themselves near the start.

*This course uses roads that feature in other local courses and previous versions of this course, be sure that you know where to go – the marshals/signs are just confirmation. Familiarise yourself with THIS course (details and map, below). The Ansty turn is a mini roundabout, NOT the big one by the A23 flyover and this course **only** goes East-West through Cowfold.*

I would think that it takes approximately 10-15 minutes to ride to the start from the HQ. Allow enough time.

There will be no food/drinks/sponges provided by the organization.

Riders who plan to have assistance from anyone in a car - even if it is located in one spot on the course for the whole event - are reminded that they need to **fill out a Riders Supporting Vehicle Form** which can be downloaded from the CTT website. *I recommend emailing me an electronic copy or a photograph of the form prior to the event to save panic on the morning.*

Good Luck & have a safe ride everyone.

CTT LONDON SOUTH DC 100 MILES COURSE - G100/61A

WEST GRINSTEAD / ANSTY / WEST GRINSTEAD / WASHINGTON / STEYNING / PARTRIDGE GREEN / WEST GRINSTEAD / WASHINGTON - A272/A24/A283/B2135

COURSE DETAILS

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>
184226	<u>START</u> at southern end of Kennel Lane West Grinstead at junction with A272 Proceed east to twin RBTs (roundabouts) at Cowfold. RIGHT 2 nd exit at first; LEFT 1 st exit at second.	0.00 0.00
267224	Continue on A272 to Bolney RBT where 2 nd exit straight across to continue on A272 To TURN at Ansty mini roundabout (CHECK)	5.42 5.42 1.69 7.11
267224	Retrace to Bolney RBT where 2 nd exit straight across to continue on A272 to retrace to twin RBTs at Cowfold. RIGHT 2 nd exit at first and LEFT 1 st exit at second and	1.69 8.80
165227	follow A272 to West Grinstead crossroads to start 1 st circuit	6.54 15.34
120134	LEFT in filter lane to join A24 and Proceed south to Washington RBT	6.69 22.03
171125	LEFT 1 st exit and follow A283 to junction with B2135 at Steyning.	3.54 25.57
165214	LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead and complete circuit	7.03 32.60
120143	Continue as before to complete 2 nd circuit at West Grinstead	16.44 49.04
120143	Continue as before to complete 3 rd circuit at West Grinstead	16.44 65.48
120143	Continue as before to complete 4 th circuit at West Grinstead	16.44 81.92
120143	Continue as before to complete 5 th circuit at West Grinstead	16.44 98.36
171125	LEFT in filter lane to join A24 and Proceed South to FINISH off A24 where deceleration lane of Dial Post X roads becomes Grinder's Lane, for traffic going left to Ashurst, where hatched area begins.	1.67 100.03

