



Crawley Wheelers

Proud supporters of St. Catherine's Hospice

Good Friday Classic Sporting Time Trial - 19th April 2019

On course GS/196 41.59 Miles

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

Timekeepers: Mick Irons (Worthing Excelsior) and Mike Labram (Crawley Wheelers)
Event Secretary: Mark Smith, Allen's Wall, Black Hill, Lindfield, West Sussex RH16 2HE
Tel: 07778-648440 **Email:** mark.r.smith1@gmail.com
Emergency contact on the day (Event Secretary riding the event) Nigel Langridge 07787 542730

PRIZES

Alec Ewart Trophy awarded for the fastest time.

	1 st	2 nd	3 rd
Men	£25	£20	£15
Ladies	£25	£20	£15
Vets on standard	£15	£10	£5
Team of 3	£10 each	-	-

Notes

Race HQ: Handcross Pavilion, High Street, Handcross, West Sussex RH17 6BJ

HQ will be open from 6.30am. First rider off at 7:50am.

NUMBERS WILL BE AT THE HQ where you are required to sign in, in person and to sign back in, in person, after you have finished the event. **Failure to sign back in will result in disqualification from the event.**

London South District Regulation: No Vehicles, except those of the Timekeepers' and Event Officials, shall be parked in the vicinity of the start and finish areas. Competitors are requested not to warm up on the course after the first competitor has started.

Important

IN THE INTERESTS OF YOUR OWN SAFETY, CCT regulations require the compulsory use of helmets for the under 18s. Cycling Time Trials and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards. It is recommended that a working rear light, flashing or constant, is fitted to competitors machines in a position clearly visible to following road users and is active while on the road.

Hazards

Competitors must exercise care when turning left on the A283 at Steyning, forking RIGHT on the B2110 at Lower Beeding and at all roundabouts.

Details of any Additional Hazards not listed on the Start Sheet will be displayed or advised at the Signing On point. All competitors must take note of these details when they sign on.

THE LIGHT CONTROLLED PEDESTRIAN CROSSINGS IN COWFOLD AND SMALL DOLE MUST BE OBEYED.

After passing the finish, riders are requested to continue on to HQ where the result board will be located. No times will be given at the Finish. All prizes will be presented as soon as possible after the event, so please hang around if you can.

PLEASE KEEP YOUR HEAD UP AND WATCH OUT FOR POTHOLE, OBSERVE THE HIGHWAY CODE.

Above all enjoy your ride and ride safely. If you have any questions or feedback then please do not hesitate to contact me at mark.r.smith1@gmail.com or on 07778 648440.

Event & Course Info

Distance: 41.59 Miles. **Elevation gain:** 778.0 ft

Course Records: 1:32:21 - Wouter Sybrandy 1:32:31 3 June 2012
 1:54:57 - Angela Rudden-Rutt 1:54:57 14 April 2017

Previous winners:

Year	Name	Time
2018	Richard Price (London Phoenix)	1:34:47
	Angela Rudden-Rutt (Horsham Cycling)	2:01:25
2017	Mark Smith (Crawley Wheelers)	1:34:33
	Angela Rudden-Rutt (Horsham Cycling)	1:54:57 (Course Record)
2016	Peter Morris (Team ASL360)	1:36:32
	Lisa Haines (Maldon & District CC)	2:02:45
2015	NO EVENT - FOG ☹	-
2014	Steve Dennis (East Grinstead CC)	1:37:12
	Katerina Avramides (Brighton Mitre CC)	2:09:07
2013	Chris McNamara (Pedal Heaven RT)	1:35:32
	Jayne Wadsworth (De Laune CC)	1:59:55
2012	Wouter Sybrandy (Team IG Sigma Sport)	1:32:21 (Course Record)
	Jayne Wadsworth (De Laune CC)	1:58:39
2011	Steve Dennis (East Grinstead CC)	1:35:57
2010	Steve Dennis (East Grinstead CC)	1:33:39
	Jayne Wadsworth (De Laune CC)	2:04:56

START SHEET

No	Start	Name	Club	Gender	Category	Standard
20	7:50:00	Thomas Key	Leicester Forest CC	Male	Senior	-
21	7:51:00	Chris Jones	Bynea Cycling Club	Male	Veteran	02:17:24
22	7:52:00	Richard Pimlott	Finsbury Park CC	Male	Veteran	02:22:55
23	7:53:00	Neal Marrin	Finsbury Park CC	Male	Veteran	02:19:03
24	7:54:00	Robin Johnson	Brighton Mitre CC	Male	Veteran	02:30:58
25	7:55:00	Dale Lush	Kingston Phoenix RC	Male	Veteran	02:15:07
26	7:56:00	Jon Fry	Horsham Cycling	Male	Veteran	02:18:38
27	7:57:00	Jez Parsons	Brighton Excelsior CC	Male	Veteran	02:20:40
28	7:58:00	Daniel Lord	Lee Valley Youth CC	Male	Junior	-
29	7:59:00	Andy Tedd	South Downs Bikes / Casco Pet	Male	Veteran	02:19:51
30	8:00:00	Dan Pullen	N+1 - Lindfield Coffee Works	Male	Veteran	02:16:32
31	8:01:00	Katerina Avramides	Brighton Mitre CC	Female	Senior	-
32	8:02:00	Madelaine Lee-smith	Oxted Cycle Club	Female	Veteran	02:30:00
33	8:03:00	Gill Carter	Essex Roads CC	Female	Veteran	02:32:15
34	8:04:00	Nicky Hayes	Crawley Wheelers	Female	Senior	-
35	8:05:00	Angela Radden-rutt	JAM Cycle Race Team coached by BPC	Female	Senior	-
36	8:06:00	Wendy Harman	Brighton Mitre CC	Female	Veteran	02:32:43
37	8:07:00	Mandy Border	Crawley Wheelers	Female	Veteran	02:27:36
38	8:08:00	Tony Sinnett	Sussex Nomads CC	Male	Veteran	02:18:14
39	8:09:00	Adrian Riddle	Crawley Wheelers	Male	Veteran	02:21:06
40	8:10:00	Ian Bray	Addiscombe CC	Male	Senior	-
41	8:11:00	Jim Burdett	Addiscombe CC	Male	Veteran	02:19:27
42	8:12:00	Reuben Evans	Bigfoot CC	Male	Senior	-
43	8:13:00	Jack Dunne	N+1 - Lindfield Coffee Works	Male	Senior	-
44	8:14:00	Andy Seltzer	In-Gear	Male	Veteran	02:21:06
45	8:15:00	Ben Cumpstone	Brighton Mitre CC	Male	Veteran	02:19:03
46	8:16:00	Adrian Blacker	C and N Cycles RT	Male	Veteran	02:21:32
47	8:17:00	Dominic Bray	Finsbury Park CC	Male	Veteran	02:19:51
48	8:18:00	Anthony Brown	Horsham Cycling	Male	Veteran	02:25:40
49	8:19:00	Malcolm Strickland	Thornton Road Club	Male	Veteran	02:26:18
50	8:20:00	David Shepherd	...a3crg	Male	Veteran	02:22:55
51	8:21:00	Andy Lack	Paceline RT	Male	Veteran	02:19:27
52	8:22:00	Jonathan Pontin	Addiscombe CC	Male	Senior	-
53	8:23:00	Paul Fletcher	Lewes Wanderers CC	Male	Veteran	02:15:07
54	8:24:00	Craig Smith	Pearson Cycling Club	Male	Veteran	02:16:59
55	8:25:00	Dominic Hill	Bec CC	Male	Veteran	02:17:24
56	8:26:00	Trevor Leeding	Worthing Excelsior CC	Male	Veteran	02:20:40
57	8:27:00	Simon Trehearn	Kingston Phoenix RC	Male	Veteran	02:17:24
58	8:28:00	Jon Collett	Lewes Wanderers CC	Male	Veteran	02:17:49
59	8:29:00	Stephen Roach	Norwood Paragon CC	Male	Veteran	02:18:14
60	8:30:00	Howard Bayley	Blazing Saddles	Male	Veteran	02:16:59
61	8:31:00	Richard Parrotte	Shaftesbury CC	Male	Veteran	02:21:06
62	8:32:00	Daniel Sharp	Charlotteville Cycling Club	Male	Veteran	02:17:49
63	8:33:00	Martin Gibbs	Team ASL	Male	Senior	-
64	8:34:00	Mark Gidney	Southborough & Dist. Whs	Male	Veteran	02:22:27

65	8:35:00	Henrik Persson	Kingston Wheelers CC	Male	Senior	-
66	8:36:00	Chris Newberry	Redhill CC	Male	Senior	-
67	8:37:00	Jon Saunders	Charlottesville Cycling Club	Male	Senior	-
68	8:38:00	Peter Owen	Norwood Paragon CC	Male	Veteran	02:22:55
69	8:39:00	John Franklin	Twickenham CC	Male	Senior	-
70	8:40:00	Simon Mcnamara	South Downs Bikes / Casco Pet	Male	Veteran	02:16:59
71	8:41:00	Rupert Robinson	Crawley Wheelers	Male	Veteran	02:18:14
72	8:42:00	Dominic Lowden	Lewes Wanderers CC	Male	Veteran	02:24:30
73	8:43:00	Ian Leeding	Norwood Paragon CC	Male	Veteran	02:19:27
74	8:44:00	James Bromley	Becontree Wheelers CC	Male	Veteran	02:23:57
75	8:45:00	Pat Wright	Paceline RT	Male	Senior	-
76	8:46:00	Neil Harrigan	Gravesend CC	Male	Veteran	02:17:24
77	8:47:00	Paul Newsome	Project 51	Male	Senior	-
78	8:48:00	Jeremy Greenwood	Finsbury Park CC	Male	Veteran	02:19:27
79	8:49:00	Martin Rowark	Crawley Wheelers	Male	Veteran	02:19:27
80	8:50:00	Mark Smith	Crawley Wheelers	Male	Veteran	02:17:24
81	8:51:00	Ian Cheesman	Worthing Excelsior CC	Male	Veteran	02:19:27
82	8:52:00	Stu Nisbett	Crawley Wheelers	Male	Veteran	02:17:24
83	8:53:00	Alan Yule	Crawley Wheelers	Male	Veteran	02:18:38
84	8:54:00	Simon Pontin	Addiscombe CC	Male	Senior	-
85	8:55:00	Liam Maybank	Twickenham CC	Male	Veteran	02:17:49
86	8:56:00	Paul Byford	Crawley Wheelers	Male	Veteran	02:20:40
87	8:57:00	Rob Pelham	Lewes Wanderers CC	Male	Veteran	02:16:05
88	8:58:00	James Cheeseman	N+1 - Lindfield Coffee Works	Male	Senior	-
89	8:59:00	Edward Renwick	Oxford City RC	Male	Veteran	02:15:36
90	9:00:00	Paul Hart	Southend Wheelers	Male	Senior	-

CTT LONDON SOUTH DC – 41.59 MILE COURSE – GS/196

HANDCROSS/COWFOLD/WEST GRINSTEAD/STEYNING/BEEDING COURT/HENFIELD/SHAVES WOOD/NORTH
HENFIELD/COWFOLD/HANDCROSS – A272/A24/A281/A283/A2037/B2110/B2135/B2116

COURSE DETAILS

OS ref	Details	Distances	(Total)
260296	START at northern end of wide bell-mouthed entrance to bridleway at a point on kerb 2 yards before slip road up from A23 and 100 yards south of mini RBT at junction with B2110 at Handcross	00	00
213226	Join slip road from A23 and proceed northwards to mini RBT. At junction with B2110 LEFT 1 st exit and follow B2110 through Lower Beeding to junction with A281. Bear LEFT and follow A281 to twin RBTs at Cowfold	5.90	5.90
171125	RIGHT 2 nd exit at first of twin RBTs and follow A272 to West Grinstead crossroads. LEFT on filter lane to join A24 South to junction with B2135. LEFT on B2135 to T junction with A283 at Steyning		
197098	LEFT and follow A283 to Bramber Castle RBT. Straight on 3 rd exit to Beeding Court RBT (CHECK)	12.97	18.87
	LEFT 1 st exit and follow A2037 to Rising Sun RBT. RIGHT 2 nd exit and continue on A2037 through Small Dole to mini RBT at Henfield. RIGHT 2 nd exit and follow A281 to Shaves Wood (CHECK)	8.02	26.89
215167	LEFT and follow Shaves Wood Lane and Trusler's Hill to T junction with B2116 at High Cross. LEFT on B2116 to junction with A281. LEFT on A281 to TURN at North Henfield RBT (CHECK)	5.01	31.90
213226	3 rd exit to retrace on A281 and follow A281 to twin RBTs at Cowfold		
253294	Straight on 1 st exit at first and straight on 2 nd exit at second. Continue on A281 to junction with B2110 at Lower Beeding. RIGHT and follow B2110 to <u>FINISH</u> opposite "Deer" sign 770 yards before mini RBT at Handcross	9.69	41.59

PLEASE MAKE SURE YOU KNOW THE COURSE. There will be signs and marshals at key points to help you and point out any hazards, so please pay attention to them.

