



www.sussexca.org.uk

Sussex Cyclists' Association 1925-2023



PRESIDENT – Dave Dallimore, Central Sussex C.C.

Open 50 miles Time Trial Sunday 25th June 2023

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,
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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.

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: 3.42 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	02:08:19	Lisa Davis	2021
Vets	01:45:26	Andy Critchlow	2020
Juniors	02:08:21	Jack Churchill	2017
Juveniles	02:13:12	Jack Churchill	2016

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Association Records:		01:48:56	Steve Dennis	2012
(riders in Sussex C.A	Vets.	01:48:56	Steve Dennis	2012
affiliated clubs)	Women	02:09:53	Lisa Davis	2019
	Juniors	02:08:21	Jack Churchill	2017
	Juveniles	02:13:12	Jack Churchill	2016

LONDON SOUTH D.C. regulation:

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

No times will be given out at the finish.

Apart from riding to the start, no warming-up on the course once the event has started.

Under 18 years old riders: Bring a completed Parental Consent form to present before signing-on.

No form = No ride.

PLEASE BE ADVISED: CONES IN THE MIDDLE OF THE A283 HAVE EXISTED FOR TWO MONTHS ON THE STEYNING-PASS FOR 300 YARDS.
PLEASE BE CAREFUL AS VEHICULAR TRAFFIC CAN NOT PASS FOR THIS DISTANCE.
IF THESE ARE EXTENDED, IT MAY BE NECESSARY TO USE G50/13 COURSE.

"Please remember that the riders you catch during the race will not be aware of your presence until you are actually passing them, so please give them sufficient space as you go by"

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.

TIMEKEEPER

Mick Irons

Worthing Excelsior CC

Prizes

T.T. BIKES:

1 st Man	£25 + Champagne, value £25.
2 nd Man	£20 + Wine, value £6.
3 rd Man	£15 + Wine, value £6.
4 th Man	Wine, value £6.
1 st Woman	£25 + Champagne, value £25.
1 st Team (3) Both events count.	£20 + Wine, value £6 each rider.

ROAD BIKES:

1 st	£15 + Wine, value £6.
2 nd	£10 + Wine, value £6.

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 st Woman	Sussex C.A. medal
1 st Team	Halford Cup, plus Sussex C.A. medals
1 st Veteran	Sussex C.A. medal
1 st Veteran on CTT Target times	Sussex C.A. medal

PLEASE NOTE

Prize Presentation

To be held as soon as possible after the event..

Please stay to receive your awards and/or applaud the recipients.

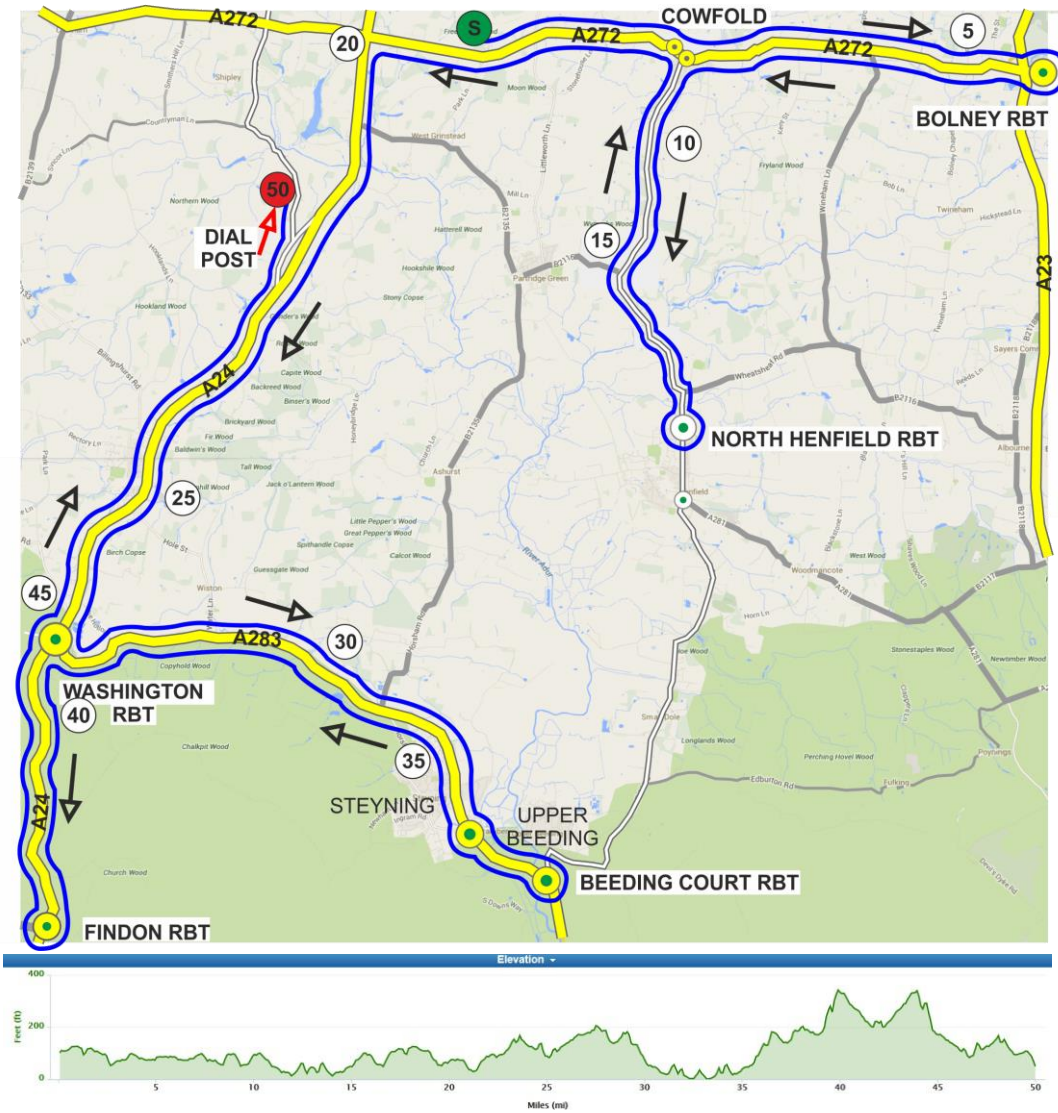
Lottery Prizes

To be awarded at the prize presentation.

A bottle of wine, value £6, to each of the first two names drawn.

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

Course G.50/10



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

COURSE NOTES

(RJ/LSDC/0321)

Location 4 and District Reg. revised 08/07. Start and finish amended 03/21.

Course measured by Mike Gibbs/checked by John Watts

Course G50/10

REQUEST TO RIDERS

At events on this course last season there were 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 are keen that the situation does not escalate.

Riders are requested to desist from calling out at this point, and also to consider not using a disc wheel.

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

REGULATIONS which please read and take note:

CTT regulations require the use of a helmet that meets internationally accepted safety standards for all competitors.

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.

Under 18 years old riders: Bring a completed parental consent form to present before signing-on.

No form = no ride.

PLEASE REMEMBER TO SIGN ON FOR YOUR NUMBER,

AFTER FINISHING, SIGN BACK IN WHEN RETURNING YOUR NUMBER.....

.....GRATEFUL THANKS TO ALL ENTRANTS, JUST ONE LESS THAN LAST YEAR.....

ORDER OF START:

ROAD BIKES:

No.	Start_time	First name	Last name	Club	Gender	Category	Age
1	06:31:00	Alex	Bonzi	Brighton Phoenix	Male	Veteran	44
2	06:32:00	Mohammed	Ansari	Charlotteville Cycling Club	Male	Veteran	51
3	06:33:00	Chris	Parker	Hastings & St. Leonards CC	Male	Veteran	67
4	06:34:00	Tony	Reeves	GS Stella	Male	Veteran	51
5	06:35:00	Drew	Sheffield	FTP (Fulfil The Potential) RT	Male	Veteran	41

T.T. BIKES:

No.	Start at	First name	Last name	Club	Gender	Category	Age
6	06:36:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	75
7	06:37:00	Vernon	Thomas	Greenwich Tritons Tri Club	Male	Veteran	78
8	06:38:00	Glenda	Goscomb	7Oaks Tri Club	Female	Veteran	64
9	06:39:00	Peter	Horsfield	Redmon CC	Male	Veteran	73
10	06:40:00	Cris	Coxon	Brighton Mitre CC	Male	Veteran	46
11	06:41:00	Ferenc	File	Horsham Cycling	Male	Senior	37
12	06:42:00	Kushal	Banerjee	Serpentine Running Club	Male	Senior	37
13	06:43:00	Will	Herbert	Total Tri Training	Male	Veteran	42
14	06:44:00	Jamie	Freeland	South London Harriers	Male	Veteran	50
15	06:45:00	David	Huckell	Brighton Mitre CC	Male	Veteran	47
16	06:46:00	Roland	Kitson	Horsham Cycling	Male	Veteran	64
17	06:47:00	Jonathan	Pontin	Addiscombe CC	Male	Senior	32
18	06:48:00	Donald	Parker	Brighton Mitre CC	Male	Veteran	74
19	06:49:00	Kevin	Newlyn	Sussex Revolution Velo Club	Male	Veteran	43
20	06:50:00	Peter	Madarasz	Team TMC	Male	Veteran	42
21	06:51:00	John	Marinko	Brighton Mitre CC	Male	Veteran	58
22	06:52:00	Ian	Cheesman	Worthing Excelsior CC	Male	Veteran	54
23	06:53:00	Nathan	Russell	trainSharp	Male	Senior	34
24	06:54:00	Greg	Funnell	Eastbourne Rovers CC	Male	Veteran	43
25	06:55:00	Karl	Roberton	Worthing Excelsior CC	Male	Veteran	48
26	06:56:00	Paul	Tippett	Crawley Wheelers	Male	Veteran	49
27	06:57:00	Adrian	Blacker	VTTA (Surrey/ Sussex)	Male	Veteran	59
28	06:58:00	Kevin	Plummer	Team TMC	Male	Veteran	58
29	06:59:00	John	Franklin	Twickenham CC	Male	Senior	37
30	07:00:00	Howard	Shaw	trainSharp	Male	Senior	37
31	07:01:00	Howard	Bayley	Blazing Saddles	Male	Veteran	48
32	07:02:00	Pat	Wright	Paceline RT	Male	Senior	38
33	07:03:00	Chris	McNamara	Sigma Sports Cannondale RT	Male	Veteran	48
34	07:04:00	Andy	Critchlow	Paceline RT	Male	Veteran	49

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	(G50/13 course)
2005	* Mike Coyle (2 wins)	VC Etoile	1:55:39	(G50/13 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	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	Steve Kane	Team TMC	1:49:57	
2022	Steve Kane (4 wins)	Team TMC	1:52:00	
2023				

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
2022	Andy Critchlow	Norwood Paragon CC	1:48:32

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)

SUSSEX C.A. CYCLE JUMBLE SALE

Please come and support the Association Cycle Jumble Sale on Saturday 19th August, at Handcross Sports Pavilion, High Street, Handcross, West Sussex, RH17 6BJ, £1 entrance from 0900, £3 before. Tables are £10 inside; £8 outside (bring your own table) from 07:30. Contact: Robin Johnson 01403 783368/077 33 132043 for bookings inside or out, or for donations of old equipment.

