



# East Sussex Cycling Association

2015 President Horry Hemsley – VTTA Surrey and Sussex Group



## ESCA 25m Time Trial – Sunday 13th Sept 2015 – G25/89

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

### Start Sheet

#### Event Secretary

**Richard Blackmore** (East Grinstead CC)

Ladymead, Snowhill, Crawley Down, West Sussex RH10 3EE Tel: 01342 713272

#### Timekeepers

**Richard Meed** (Lewes Wanderers CC) & **Mike Labram** (Crawley Wheelers)

#### General Information

**Event HQ:** Farwarp Village Hall, Nursery Lane TN22 3BD – Open from 6:45am. Heading north on the A22, turn right at Lampool Roundabout into Straight Half Mile Road. Turn left onto B2026 Lampool Road then second right into Nursery Lane. The HQ is on the left.

**Car Parking:** There is limited parking in the car park, when full please park sensibly on the hall side of the lane with consideration for other road users and local residents. Please do not block the drives of houses in Nursery Lane as we have received numerous complaints regarding access for horseboxes.

**Race Numbers:** Numbers will be available at the event HQ. Please collect your number when you sign on. After the event please return your race number to the HQ in exchange for a cup of tea or coffee.

**Start:** The start is less than a mile from the hall. Proceed out of the car park and turn right, at the give way turn left, proceed to the next give way, turn right and at Lampool Roundabout take first exit to the start.

#### This is a qualifying event for

**ESCA Points Competition:** 30 points for 1st place down to 1 point for 30th place for riders from an ESCA affiliated club. The individual points earned by each rider are totalled and awarded to their respective club.

**ESCA Trophies:** Counts towards the fastest junior, fastest lady, fastest rider under 60 minutes, highest veteran plus on standard and the fastest team of three from an ESCA affiliated club over 25 miles – the best performance at either this, or the **April 25**, will be eligible for these awards at the annual prize presentation in January 2016.

**ESCA BAR:** Qualifying event for all the Best All Rounder competitions.

**Brian Phillips Trophy:** Donated by East Grinstead CC in memory of their teammate Brian Phillips who tragically died during the 8-up team time trial event in Viareggio in March 2011 – the trophy will be awarded at the annual prize presentation in January 2016 to the overall winner of the open event.

**BBAR:** Qualifying event for the British Best All Rounder competition.

Visit our website [www.eastsussexca.org.uk](http://www.eastsussexca.org.uk) Find us on facebook [www.facebook.com/groups/EastSussexCA](http://www.facebook.com/groups/EastSussexCA)

#### Prize List

##### Fastest Overall

|         |        |
|---------|--------|
| First   | £40.00 |
| Second  | £35.00 |
| Third   | £30.00 |
| Fourth  | £25.00 |
| Fifth   | £20.00 |
| Sixth   | £15.00 |
| Seventh | £10.00 |

##### Fastest Lady

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

##### Fastest Jun/Juv

|       |        |
|-------|--------|
| First | £10.00 |
|-------|--------|

##### Fastest Age Category

not winning another individual prize

|             |        |
|-------------|--------|
| Under 40    | £10.00 |
| 40 – 44     | £10.00 |
| 45 – 49     | £10.00 |
| 50 – 54     | £10.00 |
| 55 – 59     | £10.00 |
| 60 – 64     | £10.00 |
| 65 – 69     | £10.00 |
| 70 and over | £10.00 |

##### Fastest Team of Three

|        |           |
|--------|-----------|
| First  | £15.00 ea |
| Second | £10.00 ea |

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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.

**Safety Instructions:** Details of any additional hazards not listed on the start sheet will be displayed at the signing on point. Competitors must exercise extra care when negotiating all roundabouts.

**Warming Up:** Competitors are requested not to warm up on the course after the event has started.

**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.

Please pin your number here



### Course Details

| OS Ref   | Course G25/89  | Distance |
|----------|--|----------|
| TQ461252 | <b>START</b> on Maresfield by-pass 100 yards south of Lampool RBT (roundabout) at red paint mark on curb 14 yards before LP12.   | 00.00m   |
| TQ511165 | Proceed to Batts Bridge RBT. Straight on 2nd exit to Black Down RBT. <b>RIGHT</b> 2nd exit following Uckfield by-pass via Copwood RBT to Little Horsted RBT. Straight on 2nd exit via Golf Course and Halland RBTs to The Shaw RBT | 07.52m   |
| TQ572172 | <b>RIGHT</b> 2nd exit and continue on A22 via Whitesmith and Golden Cross to Boship RBT where <b>TURN</b> (Check)  | 13.08m   |
| TQ511165 | <b>4th exit</b> to retrace though Golden Cross and Whitesmith to The Shaw RBT  | 18.63m   |
| TQ468231 | <b>LEFT</b> 1st exit and continue on A22 via Halland and Golf Course RBTs to Little Horsted RBT. Straight on 2nd exit and follow A22 via Copwood RBT to Black Down RBT   | 24.40m   |
| TQ461236 | <b>LEFT</b> 1st exit and follow Maresfield by-pass to <b>FINISH</b> at red arrow on curb opposite drain in lay-by before Batts Bridge RBT  | 25.00m   |

### Additional Safety Instructions

- Competitors must not cross the A22 at the start and finish points and should exercise extra care when negotiating roundabouts.

The course, courtesy of Mike O'Gorman (SCA) can also be viewed on the SCA website <http://www.sussexca.org.uk/g2589.html> or downloaded from the Garmin site at the link <https://connect.garmin.com/modern/course/8600740>

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### Order of Start

| No. | Name               | Club                           | Cat. | Start | Notes |
|-----|--------------------|--------------------------------|------|-------|-------|
| 8   | Robert Royle-Evatt | Addiscombe CC                  | V48  | 7:38  |       |
| 9   | Anthony Grabham    | i-team Cyclists Club           | S    | 7:39  |       |
| 10  | Samuel Ramsey      | Lewes Wanderers CC             | V51  | 7:40  |       |
| 11  | Sam Winter         | Eastbourne Rovers CC           | S    | 7:41  |       |
| 12  | Richard Traynor    | E.Grinstead Tri club           | V53  | 7:42  |       |
| 13  | Dave Brown         | Lewes Wanderers CC             | V47  | 7:43  |       |
| 14  | Jay Chisnall       | VTTA (Surrey & Sussex)         | V55  | 7:44  |       |
| 15  | Peter Rowe         | Southborough&District Wheelers | V51  | 7:45  |       |
| 16  | Adrian Hoyle       | In-Gear Quickvit Trainsharp RT | V48  | 7:46  |       |
| 17  | Ian Newbold        | Eastbourne Rovers CC           | V42  | 7:47  |       |
| 18  | John Mankelow      | Lewes Wanderers CC             | V67  | 7:48  |       |
| 19  | Erica Martin       | Sussex Nomads CC               | WS   | 7:49  |       |
| 20  | Peter Baker        | Lewes Wanderers CC             | V57  | 7:50  |       |
| 21  | Geoff Smith        | Eastbourne Rovers CC           | V65  | 7:51  |       |
| 22  | Stephen Gaston     | Lewes Wanderers CC             | V51  | 7:52  |       |
| 23  | David Clark        | Eastbourne Rovers CC           | V46  | 7:53  |       |
| 24  | James Local        | Neon Velo Cycling Team         | S    | 7:54  |       |
| 25  | Neil Couchman      | Southborough&District Wheelers | S    | 7:55  |       |
| 26  | Mneil McInerney    | 7oaks Triathlon Club           | V48  | 7:56  |       |
| 27  | Bruce English      | Eastbourne Rovers CC           | V50  | 7:57  |       |
| 28  | Stuart Jago        | GS Stella                      | V59  | 7:58  |       |
| 29  | Noel Miles         | E.Grinstead Tri club           | S    | 7:59  |       |
| 30  | Steve Dennis       | East Grinstead CC              | V52  | 8:00  |       |
| 31  | Peter Pav Bryan    | Rye & District Wheelers        | S    | 8:01  |       |
| 32  | Chris Welch        | East Grinstead CC              | S    | 8:02  |       |
| 33  | Lee Holdaway       | Hastings & St.Leonards CC      | V60  | 8:03  |       |
| 34  | Simon Yates        | Lewes Wanderers CC             | V63  | 8:04  |       |
| 35  | Michael Davey      | Eastbourne Rovers CC           | S    | 8:05  |       |
| 36  | Tamar Vanderhaas   | Lewes Wanderers CC             | WS   | 8:06  |       |
| 37  | Helen Bullimore    | Trainsharp Racing Team         | WV43 | 8:07  |       |
| 38  | Paget Cohen        | Lewes Wanderers CC             | V42  | 8:08  |       |
| 39  | Alan Oakley        | Southborough&District Wheelers | V55  | 8:09  |       |
| 40  | Steven Kane        | Team ASL360                    | S    | 8:10  |       |
| 41  | Martin Brown       | 7oaks Triathlon Club           | V54  | 8:11  |       |
| 42  | Stephen Morgan     | Tooting BC                     | V47  | 8:12  |       |
| 43  | Nick Martin        | East Grinstead CC              | Jnr  | 8:13  |       |
| 44  | Lisa Davis         | Lewes Wanderers CC             | WV40 | 8:14  |       |
| 45  | Jonathan Thomas    | Epsom CC                       | V54  | 8:15  |       |
| 46  | Keith Butler       | Bec CC                         | V53  | 8:16  |       |
| 47  | David Clements     | Eastbourne Rovers CC           | V43  | 8:17  |       |
| 48  | Andrew Thomas      | Southborough&District Wheelers | V51  | 8:18  |       |
| 49  | David Beale        | Lewes Wanderers CC             | V69  | 8:19  |       |
| 50  | Matthew Woods      | Eastbourne Rovers CC           | V44  | 8:20  |       |
| 51  | Mark Jones         | GS Stella                      | V55  | 8:21  |       |
| 52  | Russell Williams   | Kingston Phoenix RC            | V50  | 8:22  |       |
| 53  | Simon Underwood    | CC Topp                        | V44  | 8:23  |       |
| 54  | Chris Parker       | Hastings & St.Leonards CC      | V59  | 8:24  |       |
| 55  | Simon Collins      | Dulwich Paragon CC             | V43  | 8:25  |       |
| 56  | Rick Hughes        | Worthing Excelsior CC          | V52  | 8:26  |       |
| 57  | Ben Fielden        | GS Stella                      | V73  | 8:27  |       |
| 58  | Philippa Jenkins   | Southborough&District Wheelers | WS   | 8:28  |       |
| 59  | Mark Owens         | Lewes Wanderers CC             | V54  | 8:29  |       |
| 60  | Chris Nicholls     | Regents Park Rouleurs          | S    | 8:30  |       |
| 61  | Paul Flynn         | South Downs Bikes              | S    | 8:31  |       |
| 62  | Michael Turner     | Lewes Wanderers CC             | V47  | 8:32  |       |
| 63  | Ivor Hewitt        | Oxted Cycle Club               | V43  | 8:33  |       |
| 64  | Robin Johnson      | Brighton Mitre                 | V67  | 8:34  |       |

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| No. | Name             | Club                           | Cat. | Start | Notes |
|-----|------------------|--------------------------------|------|-------|-------|
| 65  | Iain Brogden     | Eastbourne Rovers CC           | V46  | 8:35  |       |
| 66  | Dominic Lowden   | Lewes Wanderers CC             | V57  | 8:36  |       |
| 67  | Colin Chambers   | Crawley Wheelers               | V51  | 8:37  |       |
| 68  | Richard Woodward | East Grinstead CC              | V53  | 8:38  |       |
| 69  | Sadie Cumberland | GS Stella                      | WS   | 8:39  |       |
| 70  | Dan Sadler       | RT 316                         | S    | 8:40  |       |
| 71  | Yuriy Tymchenko  | Sussex Nomads CC               | V46  | 8:41  |       |
| 72  | Ian Hodge        | Southborough&District Wheelers | V56  | 8:42  |       |
| 73  | Brett Davis      | Lewes Wanderers CC             | V42  | 8:43  |       |
| 74  | Catherine Humm   | Oxted Cycle Club               | WS   | 8:44  |       |
| 75  | Christian Yates  | East Grinstead CC              | V52  | 8:45  |       |
| 76  | John-Paul Brophy | Eastbourne Rovers CC           | V40  | 8:46  |       |
| 77  | Sarah Matthews   | a3crg                          | WV55 | 8:47  |       |
| 78  | Peter Eames      | Eastbourne Rovers CC           | V52  | 8:48  |       |
| 79  | Jane Shrubbs     | Oxted Cycle Club               | WV49 | 8:49  |       |
| 80  | Paul Callinan    | London Dynamo                  | V44  | 8:50  |       |
| 81  | Carl Richardson  | In-Gear Quickvit Trainsharp RT | V51  | 8:51  |       |
| 82  | Doug Bentall     | Southborough&District Wheelers | V49  | 8:52  |       |
| 83  | Wayne Brown      | Oxted Cycle Club               | S    | 8:53  |       |
| 84  | Kathryn Parkin   | E.Grinstead Tri club           | WS   | 8:54  |       |
| 85  | Richard Gifford  | In-Gear Quickvit Trainsharp RT | V52  | 8:55  |       |
| 86  | Tony Reeves      | GS Stella                      | V44  | 8:56  |       |
| 87  | Colin Barton     | Worthing Excelsior CC          | V54  | 8:57  |       |
| 88  | Katie Crowe      | Dulwich Paragon CC             | WS   | 8:58  |       |
| 89  | Gemma Hayes      | East Grinstead CC              | WS   | 8:59  |       |
| 90  | Simon McNamara   | South Downs Bikes              | V40  | 9:00  |       |
| 91  | David Warne      | Old Portlians CC               | V59  | 9:01  |       |
| 92  | Rhiannon Davies  | RST Sport / Aero-Coach         | WS   | 9:02  |       |
| 93  | Russell Hicks    | Oxted Cycle Club               | V61  | 9:03  |       |
| 94  | Hugh Pelling     | Old Portlians CC               | V51  | 9:04  |       |
| 95  | Tom Glandfield   | Lewes Wanderers CC             | V42  | 9:05  |       |
| 96  | Mike O'Gorman    | Worthing Excelsior CC          | V63  | 9:06  |       |
| 97  | Lee Pendlebury   | Crawley Wheelers               | S    | 9:07  |       |
| 98  | Peter Owen       | Norwood Paragon CC             | V54  | 9:08  |       |
| 99  | Emma Juden       | Ashford Wheelers               | WS   | 9:09  |       |
| 100 | Chris McNamara   | Pedal Heaven                   | V40  | 9:10  |       |
| 101 | Mark Bashford    | East Grinstead CC              | S    | 9:11  |       |
| 102 | Keith Walker     | Wigmore CC                     | V50  | 9:12  |       |
| 103 | Colin Toppin     | Worthing Excelsior CC          | V42  | 9:13  |       |
| 104 | John Jenkins     | West Kent RC                   | V66  | 9:14  |       |
| 105 | Conall Yates     | In-Gear Quickvit Trainsharp RT | S    | 9:15  |       |
| 106 | John Glaysher    | a3crg                          | S    | 9:16  |       |
| 107 | Ade Fadero       | Sussex Nomads CC               | V53  | 9:17  |       |
| 108 | Mick Claydon     | Ashford Wheelers               | V47  | 9:18  |       |
| 109 | Andrew Drake     | E.Grinstead Tri Club           | S    | 9:19  |       |
| 110 | James Lowden     | Neon Velo Cycling Team         | S    | 9:20  |       |
| 111 | Howard Shaw      | Eastbourne Rovers CC           | S    | 9:21  |       |
| 112 | James Stone      | Brighton Excelsior CC          | V46  | 9:22  |       |
| 113 | Andrew Seltzer   | In-Gear Quickvit Trainsharp RT | V50  | 9:23  |       |
| 114 | Gina McGeever    | Lewes Wanderers CC             | WV43 | 9:24  |       |
| 115 | Peter Tadros     | In-Gear Quickvit Trainsharp RT | V45  | 9:25  |       |
| 116 | Paul Thompson    | Epsom CC                       | V50  | 9:26  |       |
| 117 | Sam Dix          | In-Gear Quickvit Trainsharp RT | V44  | 9:27  |       |
| 118 | Kevin Bashford   | East Grinstead CC              | V56  | 9:28  |       |
| 119 | Justin Steele    | Sussex Nomads CC               | V56  | 9:29  |       |
| 120 | Keith Lea        | Paceline RT                    | V45  | 9:30  |       |