



East Sussex Cycling Association

2015 President Horry Hemsley – VTTA (Surrey & Sussex) Group

ESCA 10m Time Trial – Saturday 25th April 2015 – G10/87

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



Start Sheet

Event Secretary **Rob Pelham** (Lewes Wanderers CC) 3 Longbury, Uckfield, East Sussex TN22 5DF
Tel: 01825 769683 **Mob:** 07756 656595 **Email:** robmpelham@gmail.com

Timekeepers **Richard Blackmore** (East Grinstead CC) & **Mick Irons** (Worthing Excelsior)

General Information

Event HQ: East Hoathly Sports Pavilion, London Road East Hoathly, East Sussex BN8 6QE – Open from 6am. 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: 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 Sports Pavilion. Proceed out of the car park and turn right, and continue to South Street.

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 and the fastest team of three from an ESCA affiliated club over 10 miles – the best performance at either this, **or the September 10**, will be eligible for these awards at the annual prize presentation in January 2016.

ESCA BAR: Qualifying event for the ESCA lady, lady veteran and junior Best All Rounder competitions.

Prize List

Fastest Overall

First	£30.00
Second	£25.00
Third	£20.00
Fourth	£15.00
Fifth	£12.00
Sixth	£10.00

Fastest Lady

First	£15.00
Second	£12.00
Third	£10.00

Fastest Jun/Juv

First	£10.00
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Fastest Age Category

not winning another individual prize

Under 35	£10.00
35 – 39	£10.00
40 – 44	£10.00
45 – 49	£10.00
50 – 54	£10.00
55 – 59	£10.00
60 – 69	£10.00
70 and over	£10.00

Fastest Team of 3

First	£10.00 ea
Second	£8.00 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

Course details can also be viewed or downloaded from the SCA website <http://www.sussexca.org.uk/g1087.html>

OS Ref	Course G10/87	Distance
TQ517156	START in South Street, East Hoathly, at red arrow at drain 28 yards before T junction with East Hoathly by-pass	00.00m
TQ572112	LEFT and follow A22 through Whitesmith and Golden Cross to Boship RBT where TURN (Check)	04.90m
TQ513162	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

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 and take second exit (RIGHT) to return to Event HQ at East Hoathly Sports Pavilion.

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Order of Start

Race No.	Start Time	Rider	Club	Cat	Age	VTTA Std
16	07:16	Mark Pelling	In-Gear Quickvit Trainsharp RT	V	60	0:27:38
17	07:17	Sam Winter	Eastbourne Rovers CC	S	28	-
18	07:18	Richard Woodward	East Grinstead CC	V	53	0:26:59
19	07:19	Alan Oakley	Southborough & Dist. Whs	V	55	0:27:09
20	07:20	Charl Jordaan	In-Gear Quickvit Trainsharp RT	S	32	-
21	07:21	John-Paul Brophy	Team ASL360	V	40	0:25:59
22	07:22	Peter Moon	Eastbourne Rovers CC	V	54	0:27:04
23	07:23	Ian Newbold	Eastbourne Rovers CC	V	42	0:26:09
24	07:24	Chris Parker	Hastings & St. Leonards CC	V	59	0:27:32
25	07:25	Michael Davey	Eastbourne Rovers CC	S	37	-
26	07:26	Christopher Booth	Cadence Performance	S	26	-
27	07:27	Kevin Burton	Eastbourne Rovers CC	V	59	0:27:32
28	07:28	Jim Hennessy	Eastbourne Rovers CC	V	47	0:26:32
29	07:29	Doug Finch	Southborough & Dist. Whs	V	64	0:28:06
30	07:30	Jack Donaldson	Neon Velo	S	21	-
31	07:31	Matt Coombs	Lewes Wanderers CC	V	44	0:26:18
32	07:32	Tom Houghton	Brighton Excelsior CC	V	43	0:26:13
33	07:33	Bruce English	Eastbourne Rovers CC	V	50	0:26:45
34	07:34	Robin Johnson	Brighton Mitre CC	V	66	0:28:23
35	07:35	John Dewey	Dorking CC	S	34	-
36	07:36	George Welfare	Eastbourne Rovers CC	S	29	-
37	07:37	Paul Valks	Lewes Wanderers CC	V	71	0:29:14
38	07:38	Benjamin Miller	Brighton Excelsior CC	S	24	-
39	07:39	Peter Eames	Eastbourne Rovers CC	V	52	0:26:54
40	07:40	James Lowden	Neon Velo	S	28	-
41	07:41	Ian Hodge	Southborough & Dist. Whs	V	55	0:27:09
42	07:42	Matthew Sumpter	In-Gear Quickvit Trainsharp RT	S	26	-
43	07:43	Clint Allen	Lewes Wanderers CC	V	53	0:26:59
44	07:44	Edward Boorman	East Grinstead CC	V	73	0:29:39
45	07:45	Rob Pelham	Lewes Wanderers CC	S	38	-
46	07:46	Sam Dix	In-Gear Quickvit Trainsharp RT	V	43	0:26:13
47	07:47	Alan Robinson	Central Sussex CC	V	74	0:29:53
48	07:48	Jason Le Goff	In-Gear Quickvit Trainsharp RT	S	39	-
49	07:49	Ron Goff	South Eastern RC	V	85	0:33:47
50	07:50	Dan Sadler	RT 316	S	38	-
51	07:51	Alexis Couchman	Southborough & Dist. Whs	WS	31	-
52	07:52	Selena Bartley	Sussex Nomads CC	WV	42	0:28:13
53	07:53	Kaye Dwyer	Lewes Wanderers CC	WV	52	0:29:03
54	07:54	Sally McSorley	Sussex Nomads CC	WV	40	0:28:02
55	07:55	Helen Bullimore	Trainsharp Racing Team	WV	42	0:28:13
56	07:56	Tamar Vanderhaas	Lewes Wanderers CC	WS	39	-
57	07:57	Ruth Summerford	Eastbourne Rovers CC	WS	24	-
58	07:58					
59	07:59					

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Race No.	Start Time	Rider	Club	Cat	Age	VTTA Std
60	08:00	Matthew Woods	Eastbourne Rovers CC	V	43	0:26:13
61	08:01	Chris Lord	Brighton Excelsior CC	V	62	0:27:51
62	08:02	Michael Valks	Lewes Wanderers CC	V	44	0:26:18
63	08:03	Mark Gidney	De Laune CC	V	53	0:26:59
64	08:04	Paget Cohen	Lewes Wanderers CC	V	42	0:26:09
65	08:05	Robert Rollings	Lewes Wanderers CC	S	28	-
66	08:06	Neil Couchman	Southborough & Dist. Whs	S	37	-
67	08:07	Malcolm Daly	Hastings & St. Leonards CC	V	54	0:27:04
68	08:08	Neil Shier	Eastbourne Rovers CC	V	43	0:26:13
69	08:09	Fabien Large	Hastings & St. Leonards CC	Jv	13	-
70	08:10	Steven Kane	Team ASL360	S	26	-
71	08:11	Peter Pav Bryan	Rye & District Wheelers CC	S	28	-
72	08:12	Samuel Ramsey	Lewes Wanderers CC	V	51	0:26:50
73	08:13	Dan Street	Lewes Wanderers CC	V	41	0:26:04
74	08:14	Mark Edleston	Eastbourne Rovers CC	V	41	0:26:04
75	08:15	Tom Glandfield	Lewes Wanderers CC	V	42	0:26:09
76	08:16	Howard Shaw	Eastbourne Rovers CC	S	29	-
77	08:17	Geoff Smith	Eastbourne Rovers CC	V	64	0:28:06
78	08:18	Joe Kingsman	Hastings & St. Leonards CC	Jn	18	-
79	08:19	David Phillips	Old Portlians CC	V	60	0:27:38
80	08:20	Simon McNamara	South Downs Bikes	V	40	0:25:59
81	08:21	Duncan Fuller	Lewes Wanderers CC	V	40	0:25:59
82	08:22	Paul Newsome	Crawley Wheelers	S	27	-
83	08:23	Clive Piper	Hastings & St. Leonards CC	S	38	-
84	08:24	Dave Brown	Lewes Wanderers CC	V	47	0:26:32
85	08:25	Iain Brogden	Eastbourne Rovers CC	V	46	0:26:27
86	08:26	Liam Yates	Banks/Catford CC Equipe	S	21	-
87	08:27	Chris Martin	Lewes Wanderers CC	V	56	0:27:14
88	08:28	Colin Jarman	Southborough & Dist. Whs	V	66	0:28:23
89	08:29	Paul Hanratty	Lewes Wanderers CC	V	55	0:27:09
90	08:30	Nick Dwyer	Lewes Wanderers CC	V	51	0:26:50

Keep up to date with what's going on with time trialling in Sussex ...

There are a range of competitions run by local Associations so, if your club is affiliated, and you're riding ESCA or SCA events, the chances are you'll automatically be included in a competition that you might not necessarily be aware of! This event, for example, is a qualifying event for the ESCA points competition and the ESCA Lady and Junior BAR. Why not take a moment to familiarise yourself with what's on offer for individual riders and their affiliated clubs to add a bit of interest and friendly rivalry between riders and clubs by visiting the links below

East Sussex CA (ESCA) events and competitions for 2015

<http://www.eastsussexca.org.uk/15results/escacomps15.pdf>

Sussex CA (SCA) events and competitions for 2015

http://www.sussexca.org.uk/uploads/4/4/6/3/44636025/2015_sussex_ca_events_and_competitions.pdf