

East Sussex Cycling Association

President: Stuart Crabb

Open 100 Miles Time Trial; Course G100/86E

Scratch, Handicap and BBAR qualifying event

Sunday 6th July 2008

Prizes

Fastest Rider:	1 st £30,	2 nd £25,	3 rd £15,	4 th £12,	5 th £10.
Veterans on Standard:	1 st £15,	2 nd £10.			
Handicap:	1 st £15,	2 nd £10.			
Fastest Woman:	1 st £15,	2 nd £10.			
Fastest Team (3 riders):	Each rider £10				

Awards for Riders from ESCA affiliated clubs only:

Fastest Rider:	The 100 Mile Cup
Fastest Team:	The 100 Mile Team Shield

Timekeeper and Handicapper

Mick Kilby

Event Secretary

Bob Harber 10 Windmill Close Upper Beeding W Sussex BN44 3JP
01903 879598, 07979 836259; bobharber@tiscali.co.uk

Course Details for G100/86E [variation]

There has been a variation due to road works in the Uckfield area.

See new route and map.

Headquarters

Laughton Village Hall will be open for changing from 0530. Collect **Numbers** and consult any late information at the hall when you sign on. Return your numbers for tea. Please make generous donations for refreshments available in the Hall.

Laughton is on the B2124 between Ringmer and Golden Cross. At the crossroads go down Church Lane opposite Pub. Hall is on Right in 300 yards.

Safety Instructions

No vehicles shall be parked on the highway within sight of the start or finish.

Do not warm up on the course after the first competitor has started.

Additional hazards not listed on the start sheet will be displayed at the signing on point. All competitors must take note of these details when they sign on.

Take extra care when negotiating all roundabouts, particularly when turning at Lampool, Ringmer, Boship and Little Common.

Times will not be given at the Finish. After finishing, continue ahead to Laughton and take Second Left, Church Lane, to Event HQ. A 'U' turn after finishing will lead to disqualification.

Helmets

Are compulsory for under-18s. CTT and the event promoters **strongly advise** all competitors to wear a helmet meeting internationally accepted safety standards.

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

East Sussex Cycling Association
Open 100 Miles Time Trial
Course G100/86E variant, Laughton, Sussex
Sunday 6th July 2008

No.	Start Time	Rider	Club	Cat	H' cap	Vet Std	Actual Time
1	6.01	Chris Parker	Hastings & St L. CC	V52	82	5.21.36	
2	6.02	Christopher Hall	Kingfisher Triathletes	S	62		
3	6.03	Louise Gould	De Soto Synergie	W	77		
4	6.04	Ann Bath	Kingston Phoenix RC	WV59	90	5.59.27	
5	6.05	Simon Yates	Lewes Wanderers CC	V56	86	5.31.18	
6	6.06	Tony Murphy	Eastbourne Rovers CC	V45	52	5.05.15	
7	6.07	Bryn Tully	Anerley BC	V63	56	5.48.59	
8	6.08	Stephen Bishop	Wigmore CC	V40	60	4.54.02	
9	6.09	Emma Richards	Eastbourne Rovers CC	W	64		
10	6.10	Mark Perryman	VC Etoile	S	30		
11	6.11	Peter Horsfield	Redmon CC	V58	48	5.36.17	
12	6.12	Peter Moon	Eastbourne Rovers CC	V47	22	5.09.51	
14	6.14	Peter Baker	Lewes Wanderers CC	V50	36	5.16.49	
16	6.16	Geoff Smith	VC Etoile	V58	44	5.36.17	
18	6.18	Mike Levett	Lewes Wanderers CC	V54	46	5.26.24	
20	6.20	Steve Frame	Eastbourne Rovers CC	V42	21	4.58.29	
22	6.22	Antny Reeves	GS Stella	S	22		
24	6.24	Adam Ford	Eastbourne Rovers CC	S	52		
26	6.26	Paul Thatcher	Brighton Mitre CC	S	12	5.05.15	
28	6.28	Andy Cox	Lewes Wanderers CC	S	36		
30	6.30	James Hughes	Bec CC	S	6		
32	6.32	Mike Anton	East Grinstead CC	S	14		
34	6.34	David Earl	Hastings & St L. CC	V40	30	4.54.02	
36	6.36	Richard Newey	Agiskoviner	V43	12	5.00.43	
38	6.38	Tamar Collis	Addiscombe CC	W	40		
40	6.40	Mark Winton	Lewes Wanderers CC	S	18		
42	6.42	Dominic Lowe	Addiscombe CC	V40	14	4.54.02	
44	6.44	David Dinsdale	Andover Wheelers	V46	16	5.07.33	
46	6.46	David Rapley	Team Velo Sportif	V49	30	5.14.27	
48	6.48	Dan Henchy	Hastings & St L. CC	S	42		
50	6.50	Keith Coffey	Bec CC	S	Scr		

CTT LONDON SOUTH DC - 100 MILE COURSE - G100/86E

(This variation of G100/86 for use on 06.07.08 omitting legs to Union Point due to roadworks)

SHORTGATE/RINGMER/GOLDEN CROSS/MARESFIELD/POLEGATE/LITTLE COMMON/
PEVENSEY/WINDMILL HILL/BOSHIP/RINGMER/GOLDEN CROSS/MARESFIELD/BOSHIP/
LAUGHTON - A22/A27/A259/A271/B2192/B2124

COURSE DETAILS

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>	
496144	START in Shortgate Lane opposite TP15, 173 yards north of Common Lane crossroads and about 1/2 mile south of junction with B2192 at Shortgate	0.00	0.00
458129	Follow lane to junction with B2192. LEFT on B2192 via The Broyle to Kennel Corner RBT (roundabout), Ringmer (CHECK)	3.12	3.12
534126	SHARP LEFT (140 degrees) 1st exit and follow B2124 through Laughton to T junction with A22 at Golden Cross	4.89	8.01
473190	LEFT and proceed on A22 to The Shaw RBT. LEFT 1st exit and continue on A22 via Halland and Golf RBTs to Little Horsted RBT	5.90	13.91
461254	Straight on 2nd exit via Copwood RBT to Black Down RBT. LEFT 1st exit and continue on A22 via Batts Bridge RBT to Lampool RBT where <u>TURN</u> (CHECK)	4.65	18.56
572112	3rd exit to retrace on A22 to Batts Bridge RBT. Straight on 2nd exit to Black Down RBT. RIGHT 2nd exit and follow A22 via Copwood, Little Horsted, Golf Course and Halland RBTs to The Shaw RBT	7.61	26.17
572112	RIGHT 2nd exit and continue on A22 to Boship RBT	5.50	31.67
651051	RIGHT 3rd exit and continue on A22 via Diplocks Way and Arlington Eagles RBTs to Cophall RBT, Polegate. LEFT on filter lane following A27 to Dittons North RBT. Straight on 1st exit still on A27 to Pevensy RBT	8.35	40.02
714079	Straight on 2nd exit and follow A259 to Little Common RBT where <u>TURN</u> (CHECK)	5.04	45.06
658118	5th exit to retrace on A259 to Pevensy RBT. RIGHT 4th exit and follow unclassified road via Wartling to junction with A271 at Windmill Hill	9.60	54.66
572112	LEFT and follow A271 to Herstmonceux mini RBT. Straight on 1st exit and continue on A271 via Magham Down to Boship RBT	5.98	60.64
458129	Straight on 2nd exit and follow A22 to junction with B2124. LEFT on B2124 to Kennel Corner RBT at Ringmer where <u>TURN</u> (CHECK)	7.47	68.11
473190	3rd exit to retrace to junction with A22. LEFT and proceed on A22 to The Shaw RBT. LEFT 1st exit and continue on A22 via Halland and Golf Course RBTs to Little Horsted RBT	10.81	78.92
461254	Straight on 2nd exit via Copwood RBT to Black Down RBT. LEFT 1st exit and continue on A22 via Batts Bridge RBT to Lampool RBT where <u>TURN</u> (CHECK)	4.65	83.57

COURSE DETAILS (continued)

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>	
572112	3rd exit to retrace on A22 via Batts Bridge, Black Down, Copwood, Little Horsted, Golf Course, Halland and The Shaw RBTs to Boship RBT where <u>TURN</u> (CHECK)	13.17	96.74
521128	4th exit to retrace on A22 to junction with B2124. LEFT on B2124 to <u>FINISH</u> at red paint mark at drain in centre of lay-by on Laughton Road	3.26	100.00

COURSE NOTES

(CR/LSDC/0198)

Emergency G100/86E Course provided due to Event HQ being at Laughton. Start now further revised to compensate for loss of Union Point leg (x 2) due to roadworks scheduled on Eastbourne Road south of Union Point RBT 06/08
Course designed and measured by C.Robson

GENERAL NOTES to be included on Start Sheets

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.

Specific to this course please add:-

All Competitors MUST USE THE FILTER LANE when turning LEFT on to the A27 at Cophall roundabout.
At the Cuckoo Trail crossing at Upper Horsebridge there are crossing lights which must be obeyed.

SAFETY INSTRUCTIONS to be included on Start Sheets

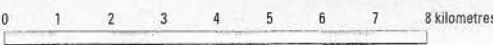
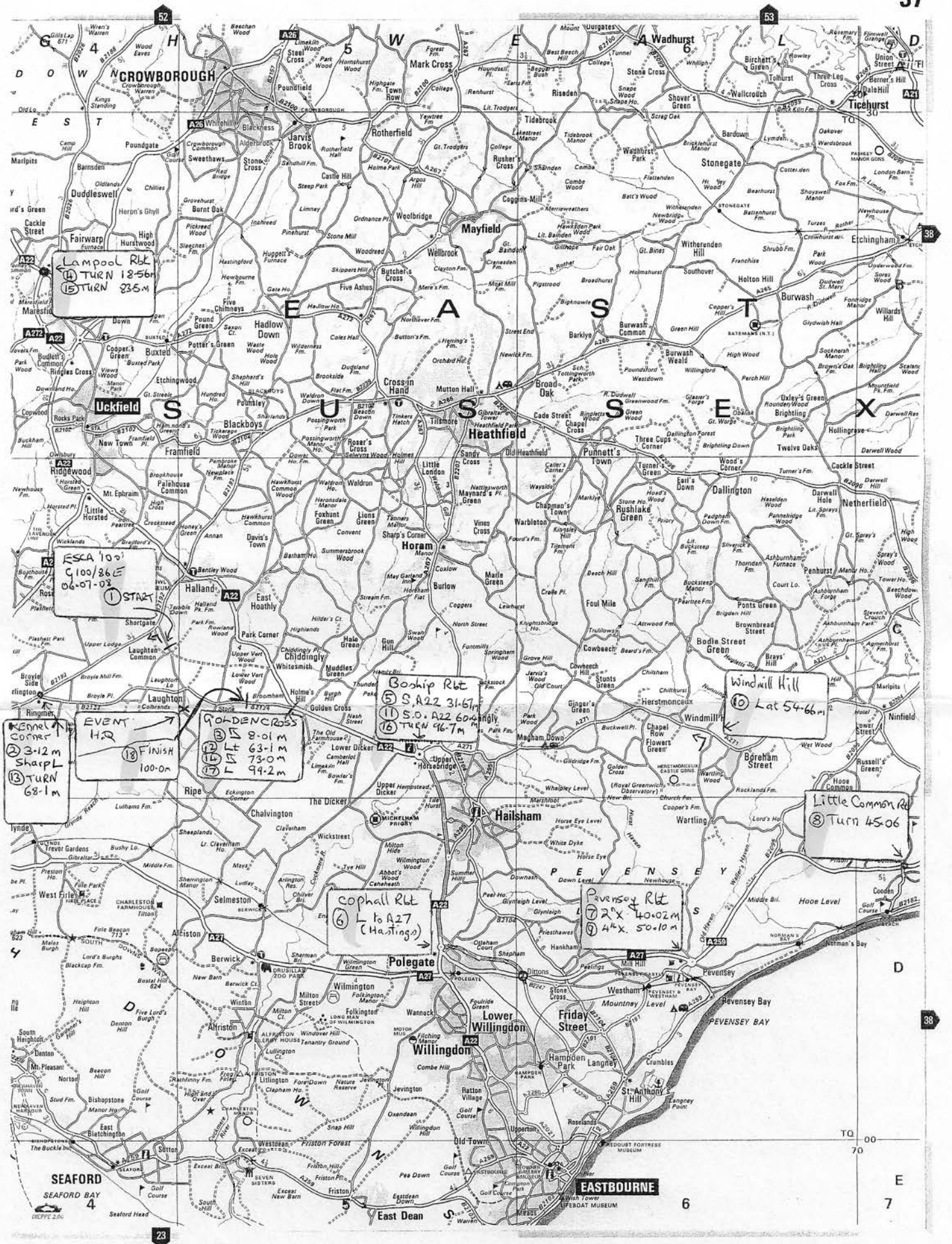
Competitors are requested not to warm up on the course after the first competitor has started.

Competitors arriving at the Start too early should wait at the side of the road in Common Lane to avoid congestion at the Start.

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.

Competitors must exercise extra care when joining the A22 at Golden Cross, joining the A271 at Windmill Hill, passing through Herstmonceux Village and at all roundabouts.

No times will be given at the Finish.



ESCA 100 6.7.08 Q100/86E vario.