

EAST SUSSEX CYCLING ASSOCIATION

President: M. Cross

The association's 50 Mile Time Trial, Sunday 14th June 2009

Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Timekeepers: Mick Kilby Lewes Wanderers CC
Mick Irons Worthing Excelsior

Event Secretary: Simon Yates, The Old Stables
Crowborough Hill, Crowborough
East Sussex TN6 2HL
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Event HQ: Fairwarp Village Hall (when small car park is full vehicles MUST park on north side of lane after hall entrance).

Prizes

Overall	1 st £22, 2 nd £17, 3 rd £14, 4 th £10, 5 th £8
Vets on age standard (V)	1 st £10, 2 nd £8
Handicap	1 st £10, 2 nd £8, 3 rd £6
Women (W)	1 st 10, 2 nd £8.
Team of 3 riders	1 st £8 each

Course Details for G50/89

START at red paint mark ¼ mile south of Lampool RBT. **TURN RIGHT** at Black Down RBT [M]. Proceed south along A22 until Shaw RBT (2nd exit at 7.32 miles) [M] and follow A22 south via Whitesmith and Golden Cross to Boship RBT (12.88 miles). **ENCIRCLE** and retrace route on A22 via Golden Cross and Whitesmith to Shaw RBT (1st exit at 18.43 miles) [M]. **TURN LEFT** continue north on A22 to Black Down RBT [M]. **TURN LEFT** and follow A22 north to Batts Bridge RBT (24.99 miles) [M]. **ENCIRCLE** and retrace route south on A22 to Boship RBT (37.15 miles) [M]. **ENCIRCLE** and retrace route north on A22 to Black Down RBT (48.47 miles) **TURN LEFT** and continue north on A22 **STRAIGHT** on at Batts Bridge RBT [M] to finish 71 yds before 3-bar deceleration sign south of Lampool RBT (50 miles).

Safety Instructions

- Competitors are requested not to warm up on the course after the first competitor has started.
- Details of any additional hazards not listed on the Start Sheet will be displayed or advertised at the signing on point. All competitors must take note of these details when they sign on.
- Competitors must exercise extra care when turning RIGHT and ENCIRCLING at Boship and Batts Bridge roundabouts.
- No times will be given at the Finish.
- After finishing, competitors MUST continue to the Lampool RBT and take second exit (RIGHT) to return to Event HQ at Fairwarp. Note riders performing 'U' turns on the A22 will be **disqualified**.

Notes

1. Numbers will be at the hall please sign on before being given your number.
2. The hall will be open from **6.00am**.
3. The event starts at **7.00 am**
4. The start is less than one mile from the HQ. Turn right out of the car park, following the road to the start.
5. London South District Regulation: No vehicles, except those of the timekeepers and officials, shall be parked in the vicinity of the start and finish areas.
6. CTT regulations require the compulsory use of helmets for under 18's. 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 an internationally accepted safety standard.

No	Start	Name	Club/Team	CAT	H'Cap		Time	+/-
1	07:01	Helen Millier	Lewes Wanderers CC	WV44	45			
2	07:02	Martin Yardley	Southborough & District Wheelers	V44	35			
3	07:03	Kevin Bashford	East Grinstead CC	V50	22			
4	07:04	Chris Parker	Hastings & St Leonards CC	V53	35			
5	07:05	Paul Thatcher	Brighton Mitre CC	V46	10			
6	07:06	Michael Valks	Sussex Nomads CC		11			
7	07:07	Mike Levett	Lewes Wanderers CC	V55	15			
8	07:08	Thomas Baker	Lewes Wanderers CC		33			
9	07:09	Joan Lennon	Worthing Excelsior CC	WV52	46			
10	07:10	Mike Anton	East Grinstead CC		7			
11	07:11	Ian Burgess	In-Gear Quickvit RT	V47	10			
12	07:12	Alan Lloyd	Lewes Wanderers CC	V54	25			
13	07:13	Jon Brook	Steyping A C	V55	34			
14	07:14	Tim Miles	Hastings & St Leonards CC	V62	35			
15	07:15	Peter Baker	Lewes Wanderers CC	V51	13			
16	07:16	Edward Boorman	East Grinstead CC	V67	20			
17	07:17	Jonathan Moulton	Hastings & St Leonards CC	V41	22			
18	07:18	Peter Logan	Worthing Excelsior	V53	40			
19	07:19	Simon Yates	Lewes Wanderers CC	V57	43			
20	07:20	Richard Tulley	Anerley Bicycle Club		8			
21	07:21	Iain Brogden	Eastbourne Rovers CC	V40	10			
22	07:22	David Hickman	Old Portlians CC	V56	17			
23	07:23	Bryn Tulley	Anerley Bicycle Club	V64	25			
24	07:24	Andrew Parsons	Eastbourne Rovers CC	V47	38			
25	07:25	Niall Digby	Sigmasport		10			
26	07:26	Stuart Medhurst	Eastbourne Rovers CC	V47	12			
27	07:27	Dan Henchy	Hastings & St Leonards CC		19			
28	07:28	Oliver Tuckley	Lewes Wanderers CC	V53	25			
29	07:29	Stuart Jago	Worthing Excelsior CC	V52	34			
30	07:30	Mark Winton	Lewes Wanderers CC		5			
31	07:31	Geoff Smith	Sussex Nomads CC	V58	10			
32	07:32	Mathew Eckford	South West Road Club		17			
33	07:33	Chris Cowlard	De Laune	V55	20			
34	07:34	Debbie Evers	Lewes Wanderers CC	WV49	37			
35	07:35	Peter Moon	Eastbourne Rovers CC	V48	9			
36	07:36	David Earl	Hastings & St Leonards CC	V41	13			
37	07:37	Fiona Lawrence	Shorter Rochford RT		19			
38	07:38	Lisa Abrey	East London Velo		26			
39	07:39	Hugh Proctor	Lewes Wanderers CC	V55	27			
40	07:40	David Shepherd	Liphook Cycles RT	V48	3			
41	07:41	Lee Holdaway	Hastings & St Leonards CC	V54	13			
42	07:42	Andy Cox	Lewes Wanderers CC		14			
43	07:43	Ben Fielden	A3C R G	V67	17			
44	07:44	Ian Hendry	Hastings & St Leonards CC	V44	22			
45	07:45	Stephen Combden	Lewes Wanderers CC		8			
46	07:46	Chris Hodge	Brighton Excelsior CC		11			
47	07:47	Ivan Johnson	Hastings & St Leonards CC	V40	14			
48	07:48	James Stone	West Kent R C		17			
49	07:49	Paul Outhwaite	Worthing Excelsior CC		22			
50	07:50	Lawrence Harding	Shorter Rochford RT	V43	SCR			
51	07:51	Nick Dwyer	Lewes Wanderers CC	V45	11			