



# Worthing Excelsior Cycling Club

Founded 1887

President: Tony Palmer

## OPEN 25 MILE 'RAY DOUGLASS MEMORIAL'

### TIME TRIAL On G25/53

### SUNDAY 16<sup>TH</sup> MAY 2010

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

Start : Tony Palmer

Finish: Mick Irons

Worthing Excelsior

Worthing Excelsior

Event Secretary: John Baldwin

1, Rough Way Horsham RH12 4DE.

01403 250834 (0787 489 2806)

#### Awards

1<sup>st</sup> : £40

2<sup>nd</sup> : £35

3<sup>rd</sup> : £30

4<sup>th</sup> : £25

5<sup>th</sup> : £20

6<sup>th</sup> : £15

1<sup>st</sup> Vet on Scratch : £20

2<sup>nd</sup> Vet on Scratch : £15

3<sup>rd</sup> Vet on Scratch : £10

1<sup>st</sup> Vet on Standard : £20

2<sup>nd</sup> Vet on Standard : £15

3<sup>rd</sup> Vet on Standard : £10

1<sup>st</sup> Lady : Quest £10 Voucher

1<sup>st</sup> Team of 3 : Quest £10 Vouchers

1<sup>st</sup> Junior : Quest £10 Voucher

Headquarters : Broadbridge Heath Village Centre Wickhurst Lane Broadbridge Heath Horsham.

*From Farthings Hill RAB take the Old Guildford Road into village and Wickhurst Lane is the 3<sup>rd</sup> turning on the left just past the Shelley Arms pub. The HQ is at the end of the lane on the right hand side.*

**Open from 0530**

Race numbers will be available from the Headquarters, where details of any Additional Hazards not listed on the Start Sheet will be displayed at the 'Signing On Point'. All competitors must read these details when they sign on.

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.

Your attention is drawn to the following District Regulation :-

No vehicles, except those of the Timekeepers & Race Officials, shall be parked on the highway within sight of the starting and finishing points.

Your attention is drawn to the following Safety Instructions :-

**No course uses the Farthing Hill underpass on the A24 at Broadbridge Heath. Any competitor using the underpass will be disqualified for having gone off course.**

HELMETS. CTT regulations require the compulsory use of helmets for under 18's. In the interests of your own safety, Cycling Time Trials & 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 are requested not to warm up on the course after the first competitor has started.

Competitors must exercise extra care when negotiating roundabouts.

No times will be given at the Finish.



No.	Name	Club	Cat	Vets std	Start Time
1	Mel Robertson	Worthing Excelsior CC	V62	1.17.45	0631
2	Dr Ian Anderson	Crawley Wheelers	V46	1.09.02	0632
3	Clive Jackson	Central Sussex Cycling Club	V58	1.15.29	0633
4	James Horan	Amphibians 2 Triathlon Club	V40	1.06.00	0634
5	Peter Moon	Eastbourne Rovers C.C	V49	1.10.35	0635
6	Mike Marchant	Southdown Velo Geared Bikes	V53	1.12.43	0636
7	Carl Richardson	VC In Gear	V45	1.08.31	0637
8	Mike Gibbons	South Eastern Road Club	V65	1.19.30	0638
9	Brandon Stott	Epsom CC	S		0639
<b>10</b>	<b>David Pollard</b>	<b>In-Gear Quickvit RT</b>	<b>V53</b>	<b>1.12.43</b>	0640
11	Stephen Morgan	Tooting B.C.	V42	1.07.00	0641
12	Tom Coulson	Worthing Excelsior CC	S		0642
13	Nigel Clemens	Thames Turbo Triathlon	V47	1.09.33	0643
14	Dr Clair Hitching	West Kent Road Club	W		0644
15	Geoff Smith	Sussex Nomads	V59	1.16.03	0645
16	Mark A Berkeley Cole	Trisportnews Racing	S		0646
17	Gavin Paul Baylis	Worthing Excelsior CC	V51	1.11.39	0647
18	Stuart Papworth	Horsham Cycling	V40	1.06.00	0648
19	Philip Hitchcock	V.T.T.A. Surrey & Sussex	V76	1.26.17	0649
<b>20</b>	<b>Paul Thatcher</b>	<b>Brighton Mitre</b>	<b>V47</b>	<b>1.09.33</b>	<b>0650</b>
21	Rupert Robinson	Crawley Wheelers	S		0651
22	Robert Downham	Worthing Excelsior CC	V41	1.06.30	0652
23	Ben Fielden	a3crg	V68	1.21.17	0653
24	John Manktlow	Lewes Wanderers	V62	1.17.45	0654
25	Richard Tully	Anerley BC	S		0655
26	Dan Bartley	GB Cycles.co.uk	S		0656
27	Andrew Parsons	Eastbourne Rovers CC	V46	1.09.02	0657
28	Brian Stanley Hill	Epsom CC	V66	1.20.05	0658
29	Anthony Hitchings	West Kent Road Club	S		0659
<b>30</b>	<b>Michael Coyle</b>	<b>Brighton Mitre</b>	<b>V47</b>	<b>1.09.33</b>	<b>0700</b>
31	Stuart Medhurst	Eastbourne Rovers CC	V48	1.10.04	0701
32	Phil Pearson	Old Portlians CC	V61	1.17.11	0702
33	Stuart Payne	Central Sussex C.C	V47	1.09.33	0703
34	Andrew Ridsdale	Huddersfield RC	V42	1.07.00	0704
35	Stuart Nisbett	Crawley Wheelers	S		0705
36	David French	Weybridge Wheelers	S		0706
37	Kevin Doe	Worthing Excelsior CC	V53	1.12.43	0707
38	Andrew Stobbart	Eastbourne Rovers CC	V48	1.10.04	0708
39	Bryn Tully	Anerley BC	V65	1.19.30	0709
<b>40</b>	<b>David Wheeler</b>	<b>Rye Wheelers</b>	<b>V42</b>	<b>1.07.00</b>	<b>0710</b>
41	Ian Norman Bashford	Old Portlians CC	V54	1.13.16	0711
42	David Andrew Mayes	Deal Tri	V45	1.08.31	0712
43	Mark Gower	Crawley Wheelers	S		0713
44	James Peckham	One Life Racing Team	S		0714
45	Andy Cox	Lewes Wanderers CC	S		0715
46	Mark Bernhardt	Worthing Excelsior CC	V47	1.09.33	0716
47	Paul Hyde	Kent Cycles RC	V54	1.13.16	0717
48	Michael Porter	34 <sup>th</sup> Nomads Gem Hygene	V43	1.07.30	0718
49	Peter Logan	Worthing Excelsior CC	V54	1.13.16	0719
<b>50</b>	<b>Lee Turner</b>	<b>www.sigmasport.co.uk</b>	<b>V41</b>	<b>1.06.30</b>	<b>0720</b>
51	Nigel John Langridge	Crawley Wheelers	V45	1.08.31	0721
52	Phillip Walker	Worthing Excelsior C.C	V42	1.07.00	0722
53	Stephen Burrows	I-Team.cc / Intandem	V51	1.11.39	0723
54	Bryn Reeves	Horsham Cycling	V43	1.07.30	0724
55	Dominic Lowe	Addiscombe	V40	1.06.00	0725



### G25/53Course

<b>OS Ref</b>	<b>Details</b>	<b>Distances</b>	
164324	START in Robin Hood Lane at Clearway sign about 5 yards from Robin Hood RBT (roundabout).	0.00	0.00
168333	Proceed to Robin Hood RBT. LEFT 1st Exit and follow A24 to Great Daux RBT.	0.60	0.60
256353	RIGHT 2nd Exit and follow A264 via Rusper Road RBT to Moorhead RBT. LEFT 1st Exit and continue on A264 via Faygate RBT to Bewbush Manor RBT. Straight on 2nd exit and follow A2220 via Breezehurst RBT to Broadfield RBT where TURN (CHECK).	5.89	6.49
260336	4th exit to retrace on A2220 to Bewbush Manor RBT. LEFT 1st exit and follow A264 to Tollgate Hill RBT where TURN (CHECK).	2.45	8.94
168333	3rd exit to retrace to Bewbush Manor RBT. LEFT 1st exit and continue on A264 via Faygate, Moorhead and Rusper Road RBT's to Great Daux RBT.	6.31	15.25
162252	LEFT 1st exit and follow A24 via Robin Hood RBT to bear LEFT up slip road to Farthing Hill Interchange RBT. Straight on 2nd exit and rejoin A24. Proceed to Hop Oast RBT. Straight on 2nd Exit to Southwater RBT (Called Pollardshill ) where TURN (CHECK).	5.77	21.02
153310	3rd exit to retrace on A24 to Hop Oast RBT. Straight on 2nd exit and follow A24 bearing LEFT to FINISH on slip road 345 yards before Farthings Hill Interchange RBT and approximately 55 yards before entrance to WSCC depot and Tesco lorry exit	3.98	25.00

#### Sponsored Clubs :

**34 Nomads CC - GEM Hygene**  
**a3crg - Pbscience**  
**SWRC – Evans**  
**Ingear – Quickvit RT**  
**i-Team CC/In Tandem/TREK/Quality-Carpentry.co.uk**  
[www.sigmasport.co.uk](http://www.sigmasport.co.uk) - Specialized – Sportful  
**Science in Sport, The Tri Store, Drag2zero**  
**Cycleworld.co.uk**

**Sponsors : Many thanks for the generous support for the event  
from the following sponsors**

**Quest Adventure : Worthing Tel: 01903 573700  
5, Ardsheal Rd Broadwater Worthing.  
[www.questadventure.co.uk](http://www.questadventure.co.uk)**



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Eggar**

***I would also like to say a very big thank you to the marshalls, time-keepers, and receivers, starters, finishers, and most of all the tea and cake ladies. (This event could not happen without you all).***