



Worthing Excelsior Cycling Club

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EXCELSIOR

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PRESIDENT - ROBERT DOWNHAM



SOUTHDOWN VELO



25 mile Championship Time Trial - Sunday 18th September 2016 Course P901/25

Inter-Club Event – Clonmore Trophy

Event Promoter: Rick Hughes [email](#) Tel: 07455 939750
11 Southfields Road, Littlehampton BN17 6AF

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

HQ

Aldingbourne Community Sports Centre

Olivers Meadow
Westergate,
Chichester
West Sussex

Postcode PO20 3YA

Open from 06:00



Plenty of parking is available.

Thank you in advance for not wearing cycling shoes or cleats in the hall.

Numbers at HQ only. After the event please return your race number to the event HQ in exchange for a cup of tea or coffee.

HQ to start: 1.94 miles

Finish to HQ: 2.72 miles

Route to start: Out of the car park along Olivers Meadow and turn left on the A29. Continue to the mini roundabout, where first left still on the A29. After half a mile turn left into Level Mare Lane, then right into Denmans Lane.

Official Timekeepers:

Start:	Tony Palmer	Worthing Excelsior CC
Finish	Mick Irons	Worthing Excelsior CC

Prizes:

Fastest: £20, 2nd: £10, Fastest Vet on Std: £10, Fastest Lady: £10

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 (District regulation).

Safety Instructions: Details of any additional hazards not listed on the start sheet will be displayed at the signing on point.

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

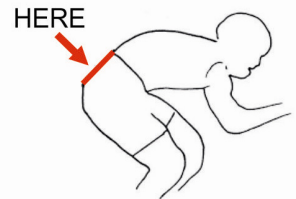
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

Results: No times will be given out at the finish line.

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.

Body numbers should be fitted in accordance with Regulation 16 and Arm Numbers should be fitted to the upper arm with the number facing forwards (not inwards).

Be aware that "No time may be recorded if the number is incorrectly positioned".

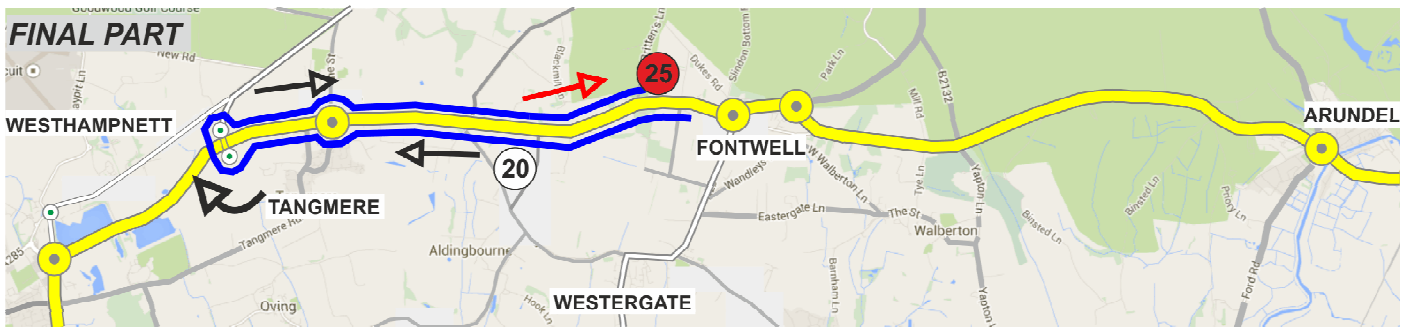
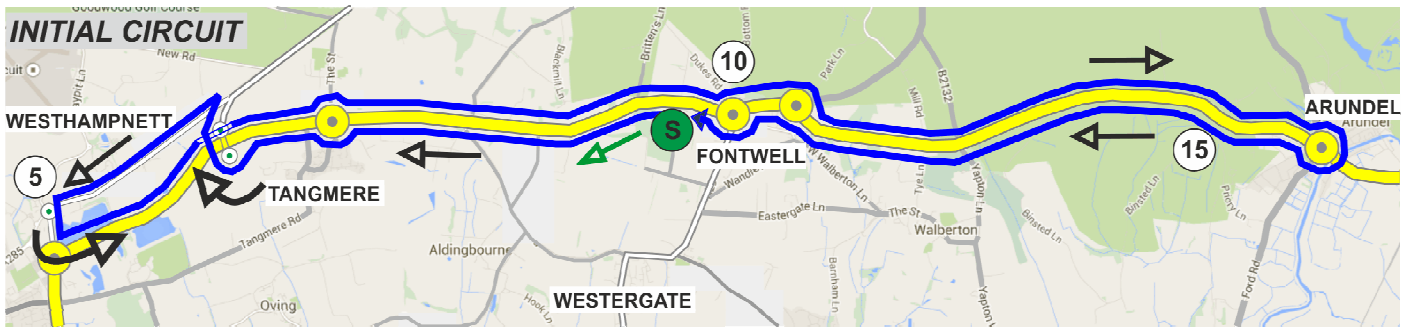


Roundabouts: Competitors must exercise extra care at all roundabouts.

Start/Finish Areas:

**DO NOT ATTEMPT TO CROSS THE DUAL CARRIAGEWAY IN THE START/FINISH AREA,
NOR TURN RIGHT OFF THE A27 AT THE FONTWELL RAB AFTER FINISHING.
ANY RIDER OBSERVED BREAKING THESE RULES WILL BE DISQUALIFIED – NO EXCEPTIONS.**

COURSE P901/25



OS REF (SU)	COURSE DIRECTIONS – P901/25	MILES	
944072	START in Denmans Lane west of Fontwell Race Course at point 10 Yards north of GPO Pillar Box and 10 Yards south of junction with A27. Proceed to A27 and turn LEFT to join A27.	0.00	0.00
	Proceed west along A27 to Tangmere rbt where straight across and continue on A27. Take slip road up Tangmere flyover on to A285 to south rbt (3.12).	3.12	3.12
	Turn RIGHT on south rbt at top of slip road to cross the flyover and continue north on A285 for 500 yards to Temple Bar. Turn LEFT on to unclassified road (signposted Westhampnett Amenity Tip) to Westhampnett rbt. Take first exit on to old A27 and proceed to Portfield rbt.		
	Take first exit on to A27 and proceed to Tangmere rbt where straight across to continue on A27 to rbt at western end of Fontwell bypass (10.02).	6.90	10.02
	Take first exit to next rbt where take second exit to stay on A27 to rbt at western end of Arundel bypass where TURN .		
	Retrace through Start to flyover at Tangmere to take slip road on to A285 to south rbt (22.00).	11.98	22.00
	Turn RIGHT on south rbt at top of slip road to cross the flyover then turn RIGHT at the north rbt to rejoin the A27.		
942072	Proceed east on A27 to Tangmere rbt where straight across to FINISH at east end of crash barrier on north side of road by entrance to field 220 yards east of Brittons Lane and approximately 270 yards short of the start.	3.00	25.00

Rider No	Start Time	Name	Club	Cat/ Age	VTTA Std
5	07:35	Phil Frean	Worthing Excelsior CC	V61	1:10:38
6	07:36	Trevor Leeding	Worthing Excelsior CC	V50	1:08:02
7	07:37	David Patten	Bognor Regis CC	V64	1:11:36
8	07:38	Andrew Haste	Worthing Excelsior CC	V45	1:07:03
9	07:39	Paul Townsley	Worthing Excelsior CC	V67	1:12:44
10	07:40	Hamish Walker	Blazing Saddles	V45	1:07:03
11	07:41	Simon Atkinson	Worthing Excelsior CC	V42	1:06:26
12	07:42	Nik Allen	Worthing Excelsior CC	V45	1:07:03
13	07:43	Deborah Smith	Southdown Velo	WV41	1:11:28
14	07:44	Elise Sherwell	Blazing Saddles	WV41	1:11:28
15	07:45	Mike O'Gorman	Worthing Excelsior CC	V64	1:11:36
16	07:46	Aaron Smith	Bognor Regis CC	S18	
17	07:47	John Mottershead	Portsmouth North End CC	V47	1:07:26
18	07:48	Rome Bhamra	Worthing Excelsior CC	V49	1:07:50
19	07:49	Jason Burkinshaw	Blazing Saddles	V42	1:06:26
20	07:50	Howard Bayley	Blazing Saddles	V42	1:06:26
21	07:51	Ian Cheesman	Worthing Excelsior CC	V47	1:07:26
22	07:52	Colin Barton	Worthing Excelsior CC	V55	1:09:05
23	07:53	Karen McGrath	Worthing Excelsior CC	WV54	1:14:23
24	07:54	John McGrath	Worthing Excelsior CC	V53	1:08:39
25	07:55	Robert Charles	Blazing Saddles	V50	1:08:02
26	07:57	Dave Abbott (tandem)	GS Stella	V65	
27	07:57	Jon Frost (tandem)	Redmon CC	V49	
28	07:58	Allan Orman	Worthing Excelsior CC	V70	1:14:06
29	07:59	Joan Lennon	Worthing Excelsior CC	WV59	1:15:43
30	08:00	Andy Langdown	Blazing Saddles	V48	1:07:38
31	08:01	Kevin Plummer	SDB / Casco	V51	1:08:14
32	08:02	Rick Hughes	Worthing Excelsior CC	V53	1:08:39
33	08:03	Chris Wallis	Blazing Saddles	S38	
34	08:04	Peter Hicks	Southdown Velo	V68	1:13:10
35	08:05	Tom Lane	Blazing Saddles	S25	
36	08:06	Dominic Maxwell	Worthing Excelsior CC	V43	1:06:39
37	08:07	Neil Crowther	Worthing Excelsior CC	V43	1:06:39
38	08:08	Christopher Putnam	Worthing Excelsior CC	V51	1:08:14
39	08:09	Greg Newton	Bognor Regis CC	V63	1:11:16
40	08:10	Alex Napier	Blazing Saddles	V42	1:06:26