



East Sussex Cycling Association

2024 President Peter Moon – Eastbourne Rovers CC

ESCA 10m Time Trial – Saturday 20th April 2024– G10/87

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



Cover Sheet

HQ Manager on the day

Sam Dix (trainSharp)

Mobile: 07841 197342

Event Organiser

Chris Parker (Hastings & St. Leonards CC & East Sussex CA Chair)

5 Limden Close Stonegate Wadhurst East Sussex TN5 7EG

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The Complete Start Sheet will be found on the CTT web site under Event Details

The Complete Start Sheet listing all riders, prize list and other additional details including the link to ResultSheet will be available shortly before the event under the Event Details tab on CTT web site page for the event:

<https://www.cyclingtimetrials.org.uk/race-details/26500>

Timekeepers

Richard Meed (Lewes Wanderers) and **Peter Moon** (Eastbourne Rovers CC)

General Information

Event HQ

East Hoathly Sports Pavilion, London Road East Hoathly, East Sussex BN8 6QE – Open from 7:15am for first rider off at 08:01. Heading north on the A22, turn right; heading south turn left at The Shaw Roundabout into London Road. The HQ is on the right, just before the centre of the village.

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

Please show respect to local residents in the village with no shouting within earshot of houses, considerate parking and no turbo trainers to be used within 50 metres of a domestic property. There have been a number of adverse comments about cycling events in the local Facebook Group, so please take care.

Car Parking

There is limited parking in the Sports Pavilion car park. When full please park sensibly on London Road by preference please park on the west side of the road i.e. turn left out of the car park towards the Shaw Roundabout and park by the hedge running alongside the football pitch. Please park with consideration for other road users and local residents.

Race Numbers

Race Numbers will be available at the event HQ. Please collect your number when you sign on. If pinning your number please only use the eyelets, and please do not use additional pins as it tears the number.

Additional Hazards

Notice of any additional hazards to be aware of on the course will be displayed next to the signing on sheet.

Start

The start is on South Street 28 yards from the junction with the A22, less than 5 minutes from the HQ.

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Riders Be Aware

Generally the road is in good repair however there are some sections where care must be taken:

Approximately 400 yards after the start the left hand side of the road has a rough section and some holes.

On the return leg, at about mile 7.5 there are a number of holes on the left hand side of the road including some long cracks that have been partially filled in.

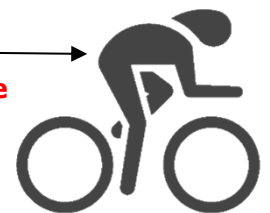
Signing Out

Please note that all competitors are required personally to sign the signing out sheet when returning their number. In accordance with CTT regulations, failure to do so will result in the competitor being recorded as DNF.

Please pay attention to the following CTT regulations/recommendations

- **Both Front and Rear Lights must be fitted and working** CTT Regulations now require that "No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the front of their machine a working front white light and to the rear of their machine a working rear red light; either flashing or constant, that are illuminated and in a position that is clearly visible to other road users. **NOTE THIS WAS A NEW REGULATION FOR 2022**
- **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.
- **Parental Consent Forms** Under 18 age entries must download, complete and have a signed parental consent in order to compete. The completed form must be brought along to the signing on along with your lights and helmet. No lights, no helmet, no parental consent, no ride.
- **Warming up** Competitors are requested not to warm up on the course after the first rider has started.
- **Competitors' Vehicles** No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start or finish.
- **Official Observers** Official observers will be stationed around the course.
- **Results** No times will be given out at the finish.
- **Audio Equipment** Competitors must not use ANY audio equipment except prescribed hearing aids. A competitor in breach of this regulation shall be disqualified. Competitors must not use a mobile phone while mounted on their machines.
- **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. No time may be recorded if number is not correctly positioned.
- **Signing Out** Please note competitors must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must return their race number and sign the official signing out sheet. A rider who fails to so sign the official signing out sheet shall be recorded as DNF.

Please pin
number here



Keep up to date with the regular updates in ESCA's Facebook Group:

East Sussex CA Facebook Group

www.facebook.com/groups/EastSussexCA/

East Sussex CA Website

www.eastsussexca.org.uk/

ESCA's web site lists all 7 ESCA Open TTs for 2024 with direct links to CTT on-line entry.

Visit our website www.eastsussexca.org.uk

Find us on Facebook www.facebook.com/groups/EastSussexCA

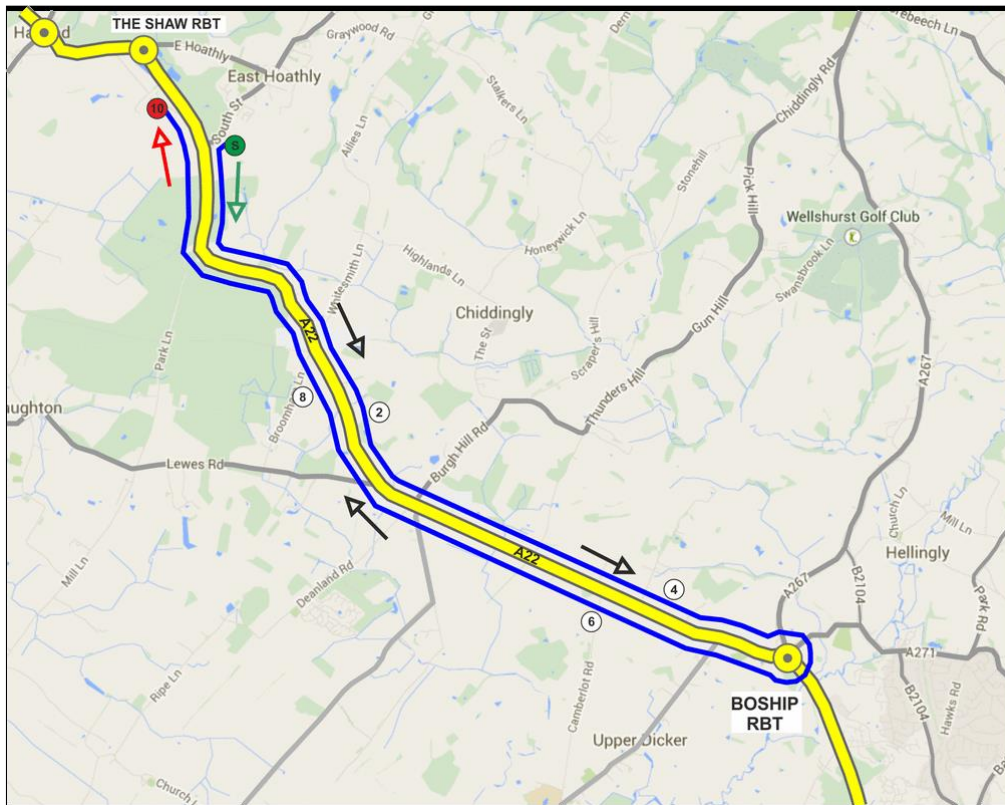
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Course Details

G10/87 – East Hoathly – Whitesmith – Golden Cross - Boship – A22

Many thanks to Mike O’Gorman (Worthing Excelsior CC) who has mapped all the London South courses.
These course details can be viewed or downloaded from the Sussex CA website 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.