



2019 Men's Tour of Sussex

July 04	July 05	July 05	July 06	July 07				
Stage One	+	Stage Two	+	Stage Three	+	Stage Four	+	Stage Five
Seaford		Eastbourne		Ditchling		Ladies Mile		Kidds Hill

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Message from Three Sixty Sport Event Organisers

With a huge thank you to all event partners, we are delighted to be bringing the Men's and Women's Tour of Sussex into its 7th summer.

It's the Men's turn now and our expectations are sky high. We're anticipating more of the same determined and hard-fought racing as we saw during the 2nd edition of the Women's Tour in early May.

The 2019 race season brings with it a new Men's Tour and new opportunity. Who will make the most of their chances and cross that line in the fastest time?

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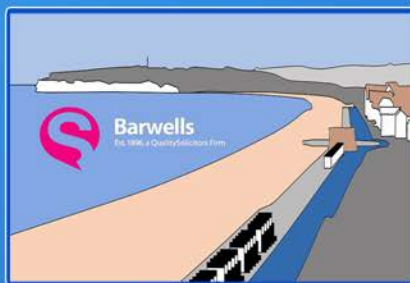
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2019 HIGHLIGHTS



MARTLETS HOSPICE

Tour of Sussex will be raising funds and awareness for Event Charity Partner: Martlets Hospice.



SEAFORD SEAFRONT STAGE

New for 2019, a closed circuit road race in Seaford opens this year's Men's Tour of Sussex, sponsored by Barwells.



NEW WEBSITE

New and improved Tour of Sussex website is now live after being redesigned by event organisers Three Sixty Sport Ltd.

OFFICIAL MEN'S TOUR OF SUSSEX

Rules and Regulations

- 1. All Rules and Regulations of British Cycling are to be obeyed at all times.**
- 2. Race and Ride in accordance with all road laws.**
- 3. Treat other road users, race officials and general public with respect - any swearing and abuse will be dealt with by a zero tolerance policy.**
- 4. Take your litter home, any rider found discarding litter will be disqualified from the race.**
- 5. Sign-on will close 30 minutes before each stage.**
- 6. Each rider must sign only for themselves, any rider caught signing on team mates will be disqualified.**
- 7. If you are a jersey holder you must wear your jersey as provided by the organisers.**
- 8. Team Time Trial is in your full team, and each team can drop one rider, who will be given an individual time.**
- 9. No TT bikes or disc wheels.**
- 10. All riders are subject to British Cycling, UKADA and UCI anti-doping regulations.**
- 11. All riders must wear their team kit during the race.**
- 12. Numbers to be placed on the left.**
- 13. No following cars allowed.**
- 14. No radio communications equipment is to be used.**
- 15. All riders are to attend each stage prize giving unless agreed by the organiser.**

KEY STAGE INFO

Stage One - Thursday 4th July

Closed Circuit - Road Race - Start: 19:30 - Finish: 21:00

Seaford Seafront - Circuit Time: 1h15m

Rider HQ: Seaford Rugby Club, The Salts Rec, Richmond Rd, Seaford, BN25 1DR

Registration Open: 18:00 - Registration Close: 19:00 - Rider Briefing: 19:00

Stage Two - Friday 5th July

Team Time Trial - Start: 09:15 - Finish: 10:45

Beachy Head Circuit - Laps: 2 - Distance: 17 miles

Rider HQ: BW Lansdowne Hotel, King Edward's Parade, Eastbourne. East Sussex, BN21 4EE

Registration Open: 07:30 - Registration Close: 08:30 - Rider Briefing: 08:55

Stage Three - Friday 5th July

Individual Time Trial - First Rider: 19:30 - Last Rider: 20:50

Ditchling Beacon - Distance: 2 miles

Rider HQ: Westmeston Village Hall, Lewes Rd, Westmeston, Hassocks, Sussex, BN6 8RL

Registration Open: 18:00 - Registration Close: 19:00 - Rider Briefing: 19:00

Stage Four - Saturday 6th July

Road Race - Total Distance: 70 miles - Start: 10:00

Ladies Mile Circuit - Ashdown Forest - Laps: 11

Rider HQ: Nutley Memorial Village Hall, High St, Nutley, Uckfield, TN22 3NE

Registration Open: 08:30 - Registration Close: 09:30 - Rider Briefing: 09:45

Stage Five - Sunday 7th July

Road Race - Total Distance: 65 miles - Start: 10:00

Kidds Hill - Ashdown Forest - Laps: 10

Rider HQ: Nutley Memorial Village Hall, High St, Nutley, Uckfield, TN22 3NE

Registration Open: 08:30 - Registration Close: 09:30 - Rider Briefing: 09:45

Final Presentations: 14:00



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2019 Tour of Sussex
Event Mapping Partner:



Stage One

Road Race

**Seaford Seafront
Closed-Circuit**



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Rider Registration

Open: 18:00
Close: 19:00
Briefing: 19:00

Rider HQ

Seaford Rugby Club,
The Salts Rec,
Richmond Rd,
Seaford, BN25 1DR

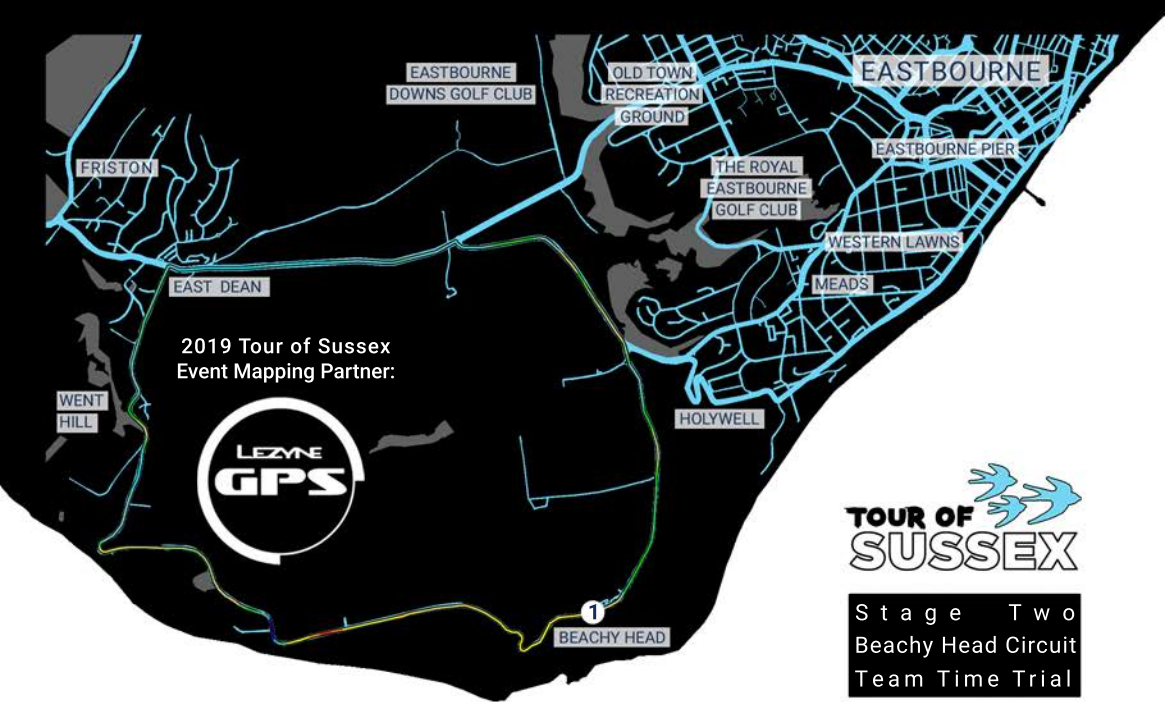
Key Race Info

Start Time: 19:30
Finish Time: 21:00
Time Bonus: Lap 1
Points Bonus: 4 x Whistle



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2019 Tour of Sussex
Event Mapping Partner:



Stage Two
Beachy Head Circuit
Team Time Trial

1 Start/Finish Line

Rider HQ

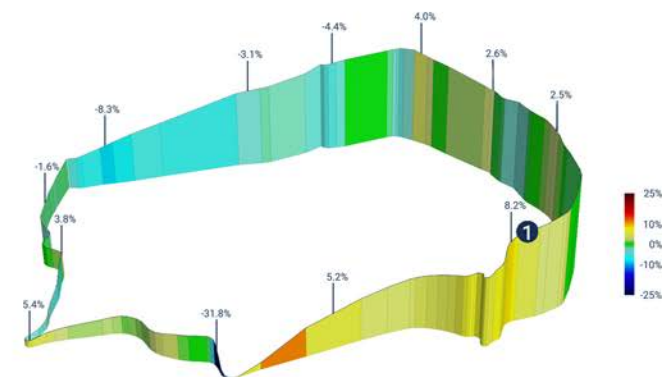
Lansdowne Hotel
King Edward's Parade,
Eastbourne, BN21 4EE

Rider Registration

Open: 07:30
Close: 08:30
Briefing: 08:55

Key Race Info

Start Time: 09:15
Circuit Laps: 2
Distance: 17 miles





Stage Three Ditchling Beacon Indv. Time Trial

- 1 Start Line
- 2 Finish Line

Rider HQ

Westmeston Village Hall,
Lewes Rd, Westmeston,
Hassocks, BN6 8RL

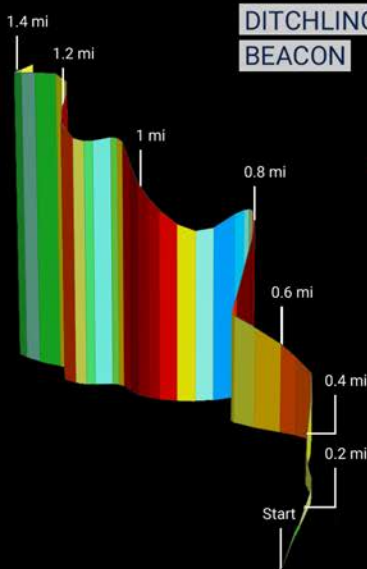
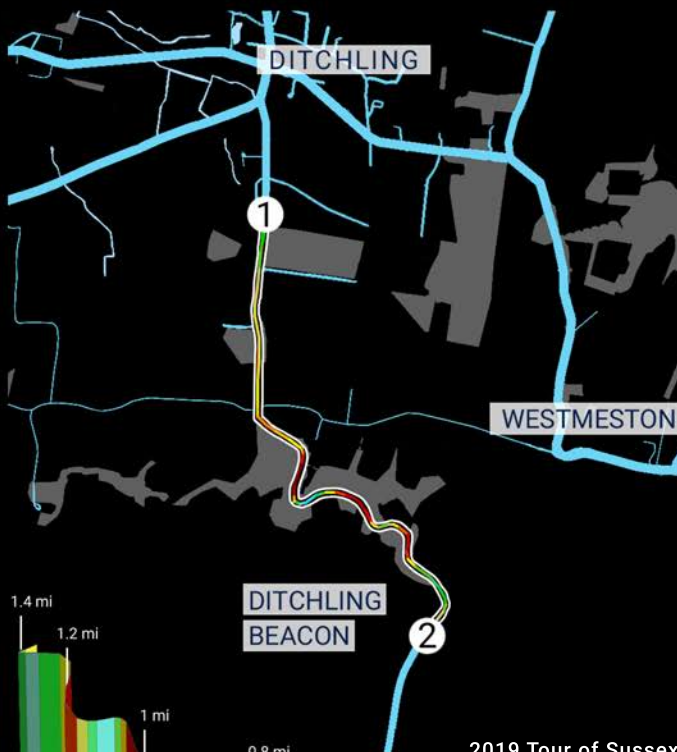
Rider Registration

Open: 18:00
Close: 19:00
Briefing: 19:00

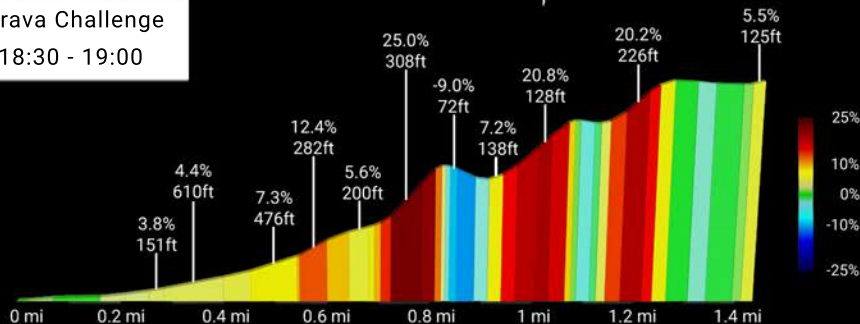
Key Race Info

First Rider: 19:30
Last Rider: 20:50
Distance: 2 miles

Strava Challenge
18:30 - 19:00



2019 Tour of Sussex
Event Mapping Partner:



Stage Four

Road Race

Ladies Mile Ashdown Forest

2019 Tour of Sussex
Event Mapping Partner:



Rider HQ:

Nutley Memorial
Village Hall, High St,
Nutley, Maresfield,
Uckfield, TN22 3NE

Rider Registration

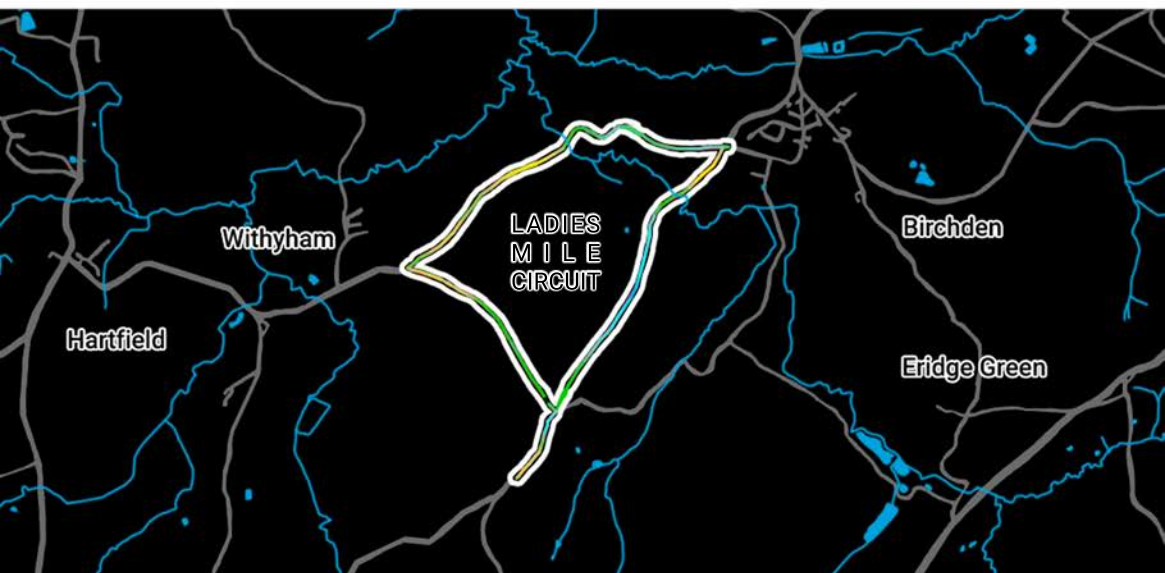
Open: 08:30
Close: 09:30
Briefing: 09:45

Key Race Info

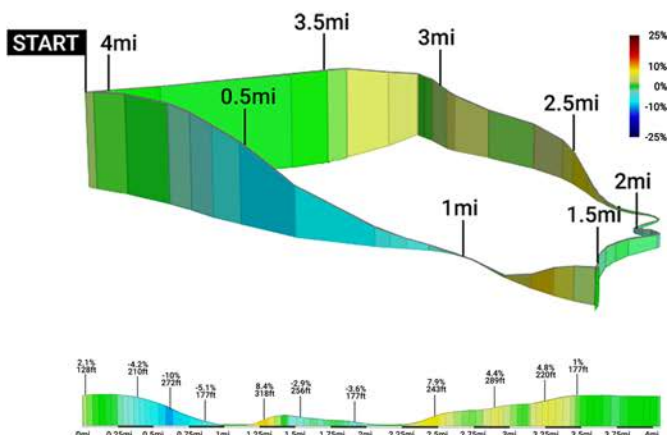
Start Time: 10:00
Circuit Laps: 11
Distance: 70 miles

Time Bonus: Lap 1
Lap 10

Points Comp: Lap 3
Lap 6



Event Partners





Stage Five

Road Race

**Kidds Hill
Ashdown Forest**

2019 Tour of Sussex
Event Mapping Partner:



Rider HQ:

Nutley Memorial
Village Hall, High St,
Nutley, Maresfield,
Uckfield, TN22 3NE

Rider Registration

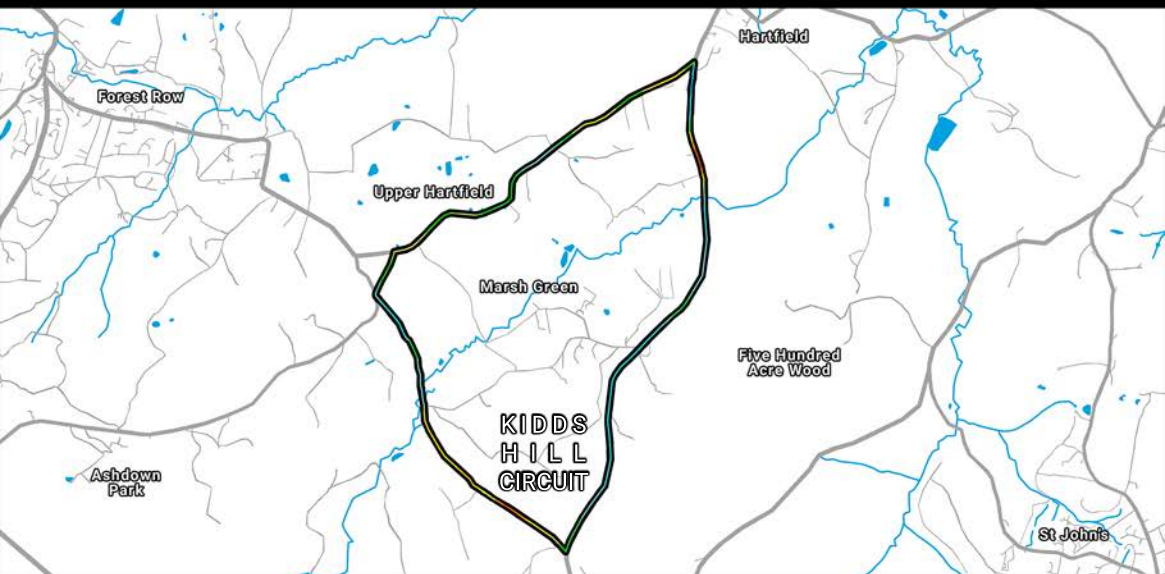
Open: 08:30
Close: 09:30
Briefing: 09:45

Key Race Info

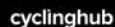
Start Time: 10:00
Circuit Laps: 10
Distance: 70 miles

Time Bonus: Lap 1
Lap 5

Points Comp: Lap 3
Lap 6



Event Partners



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2019 MEN'S TOUR OF SUSSEX PRIZE LIST



General Classification Final Winners:

- 1st:** £500 and 1 x Bottle of Prosecco
Tour of Sussex Trophy
iLB Smart Tail Light
Lezyne GPS
- 2nd:** £250 and 1 x Bottle of Prosecco
- 3rd:** £150 and 1 x Bottle of Prosecco



GC: Overall Winning Team

- Team Trophy
4 x iLB Smart Tail Lights
4 x Bottles of Cava

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Power through and complete the 2019 Tour in last place and bag a box of beers to boot.



Points Competition Final Winners:

- 1st :** iLB Q1 Smart Tail Light
Lezyne GPS
Continental Race Tyres & Tubes
- 2nd & 3rd :** Continental Training Tyres
Continental Inner Tubes



Top 3 per Stage:

- Continental Tyres
Continental Inner Tubes

Stage 2 Team Time Trial Winners:

- 4 x Bottles of Prosecco



Most Aggressive Rider

- Lezyne GPS



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2018 FINAL RESULTS MEN'S TOUR OF SUSSEX



Orro Bikes Yellow Jersey - Overall Individual Winner

John Hale - WORX Factory Racing



Brewin Dolphin Points Competition Winner

Jack Freeman - Meudon Pedal Heaven



Overall Winning Team

Project 51



2018 - Final Overall Standings

1st	John Hale - WORX Factory Racing	06:51:19
2nd	Ben Lockett - TRI UK	+ 00:00:44
3rd	Anthony Roberts - Meudon Pedal Heaven	+ 00:01:03
4th	Sean Frost - TRI UK	+ 00:01:17
5th	Pat Wright - Paceline RT	+ 00:01:17
6th	Adam Przedzysmirski - London Dynamo	+ 00:01:43
7th	Ian Vagg - Project 51	+ 00:01:52
8th	Sol Warwick - BCR Racing	+ 00:02:15
9th	Brindley Taylor - Project 51	+ 00:03:32
10th	Tom Nancarrow - Latchem Sunwise RT	+ 00:03:59



2018 - Final Team Standings

1st	Project 51
2nd	Latchem Sunwise RT
3rd	SERRL
4th	VC Londres
5th	WORX Factory Racing
6th	Morvelo Basso RT
7th	Southdowns Bikes / Casco Pet
8th	Team ASL
9th	Abellio - SFA Racing Team
10th	London Dynamo



2018 - Stage Two Eastbourne Pier to Beachy Head Circuit - RR

1st	John Hale - WORX Factory Racing
2nd	Adrian Lawson - Latchem Sunwise RT
3rd	Ben Lockett - TRI UK
4th	Sol Warwick - BCR Racing
5th	Anthony Roberts - Meudon Pedal Heaven
6th	Brindley Taylor - Project 51
7th	Ian Vagg - Project 51
8th	Pat Wright - Paceline RT
9th	Sean Frost - TRI UK
10th	Adam Przedzysmirski - London Dynamo



2018 - Stage Four Goodwood Motor Circuit - Team Time Trial

1st	WORX Factory Racing
2nd	Meudon Pedal Heaven
3rd	Bowlphish Racing
4th	TRI UK
5th	Latchem Sunwise RT
6th	Wightlink Wight Mountain CRT
7th	Morvelo Basso RT
8th	Primera - Team Jobs
9th	Southborough & District Wheelers
10th	BCR Racing



2018 - Final Points Competition Standings

1st	Jack Freeman - Meudon Pedal Heaven	37
2nd	Tom Nancarrow - Latchem Sunwise RT	32
3rd	John Hale - WORX Factory Racing	28
4th	Karl Pithon - Etoile Cycliste Rennaise	23
5th	Ben Lockett - TRI UK	15
6th	Nicolas Coquemont - Etoile Cyliste Rennaise	13
=7th	Steve Ress-Clarke - Morvelo Basso RT	10
=7th	Cameron Cragg - Team ASL	10
=7th	Alex Platt - BCR Racing	10
=10th	Adrian Lawson - Latchem Sunwise RT	9
=10th	Stuart Waite - Wightlink Wight Mountain CRT	9



2018 - Stage One Ditchling Beacon - Individual Time Trial

1st	Jack Freeman - Meudon Pedal Heaven
2nd	Tom Nancarrow - Latchem Sunwise RT
3rd	John Hale - WORX Factory Racing
4th	Matt Owen - WORX Factory Racing
5th	James Hywel-Davies - Latchem Sunwise RT
6th	Matthew Burt - Project 51
7th	Nicolas Coquemont - Etoile Cyliste Rennaise
8th	Ben Strain - Latchem Sunwise RT
9th	Luke Barfoot - TRI UK
10th	Richard Seabrook - Paceline RT



2018 - Stage Three Kidds Hill, Ashdown Forest - Road Race

1st	John Hale - WORX Factory Racing
2nd	Jack Freeman - Meudon Pedal Heaven
3rd	Tom Nancarrow - Latchem Sunwise RT
4th	Ben Lockett - TRI UK
5th	Nicolas Coquemont - Etoile Cycliste Rennaise
6th	Pat Wright - Paceline RT
7th	Adam Przedzysmirski - London Dynamo
8th	Sean Frost - TRI UK
9th	Nick Martin - SERRL
10th	Anthony Roberts - Meudon Pedal Heaven



2018 - Stage Five Goodwood Motor Circuit - Road Race

1st	Steve Rees-Clark - Morvelo Basso RT
2nd	Stuart Waite - Wightlink Wight Mountain CRT
3rd	Jack Freeman - Meudon Pedal Heaven
4th	Kieran Jarvis - Cycle Team OnForm
5th	Anthony Roberts - Meudon Pedal Heaven
6th	Keiron Harding - Bowlphish Racing
7th	Kevin Poli - Etoile Cycliste Rennaise
8th	Thomas Gloag - VC Londres
9th	Max Moyles - Primera - TeamJobs
10th	Charlie Heffernan - Southdowns Bikes / Casco Pet



TOUR OF SUSSEX

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PROJECT 51

Rider Coaching & Development

Returning to defend their 2018 Title:
Tour of Sussex Overall Winning Team

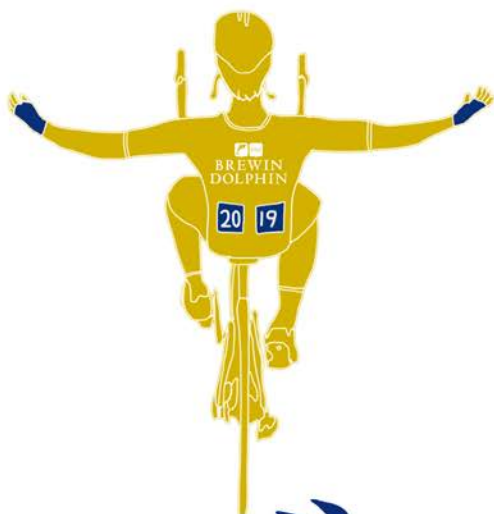


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TOUR OF SUSSEX



EVENT PARTNERS



Women's Tour
May 25th - 26th



TOUR OF SUSSEX

2019 Women's Tour
May 25th - 26th

STAGE ONE
LADIES MILE
ROAD RACE

STAGE TWO
BEACHY HEAD
INDIVIDUAL TIME TRIAL

STAGE THREE
BEACHY HEAD CIRCUIT
ROAD RACE

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**2019 Men's Tour
July 4th - 7th**

**STAGE ONE
SEAFORD TOWN
ROAD RACE**

**STAGE TWO
BEACHY HEAD
TEAM TIME TRIAL**

**STAGE THREE
DITCHLING BEACON
INDIVIDUAL TIME TRIAL**

**STAGE FOUR
LADIES MILE
ROAD RACE**

**STAGE FIVE
KIDDS HILL
ROAD RACE**

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Q&A

John Hale

Worx Factory Racing

Men's Tour of Sussex, Overall Winner 2018

ToS: *Hi John, congratulations again on last years Men's Tour victory! After 5 stages you won with a lead of 44 seconds. Since Three Sixty Sport have been running the Men's Tour (7 years) that's our greatest win margin - how did you prepare yourself mentally and physically going into the races?*

JH: I didn't really have any opportunity to prepare myself mentally before the tour began - I was really busy with work and even snuck in a day at Henley Regatta on the morning of the Ditchling HC! I guess that took my mind off it though. As for physically, I was racing many weekends, and getting in some extra training in the evenings by lengthening my commute. I definitely took advantage of the great weather we had last year.

ToS: *Reflecting back, what would you say were you Top 3 moments or memories from last years Tour?*

JH: I think on the first road stage when we executed our WORX team plan to make sure myself or Jamie was in the break - we ended up with both of us in it! Then the second road stage when I pulled off the win up Kidd's Hill after the team burnt themselves out for me, that was special. I guess the TTT then capped off the weekend with a win for all of us.

ToS: *It's clear that with Worx Factory Racing you're part of a strong team - winning the Team Time Trial at Goodwood Motor Circuit in Stage Four, as you just mentioned, is testament to that. What makes or*

“The main message for me is to do it because you enjoy it”

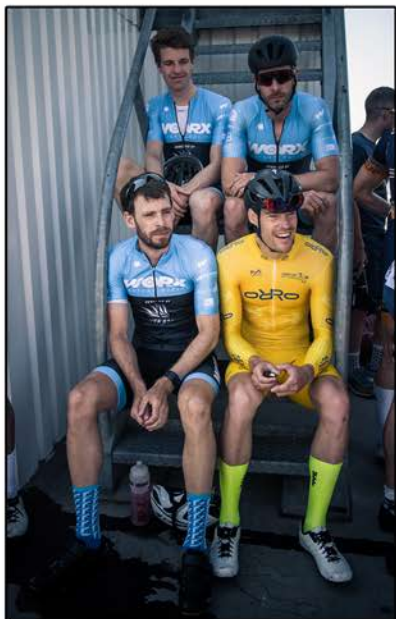
made the team click and what have you all been up to for the past 12 months?

JH: I'm not sure exactly why we got on so well, but I think we were a pretty chilled group. It's nice not to stress too much over all the details sometimes. Since the race we've barely seen each other really - Jamie's been off racing with ActiveEdge, and the rest of us have been pretty busy with work. Plus I've moved to Oxford for my job, so sadly don't get the chance to go riding with the other WORX guys much.

ToS: With the Men's Tour just weeks away, do you have any tips for the 2 returning stages?

Ditchling Beacon Individual Time Trial (3rd Place)

JH: I paced this all wrong. I should have listened to the advice I was given: don't burn too much energy for the first drag - stay aero and chill out - it gets much harder! Mind you... it worked out in the end!



Kidds Hill Road Race, Ashdown Forest. To jog your memory, you won this stage in the boiling heat and wearing the yellow jersey!

JH: Maybe the yellow jersey helped reflect the heat..? I would advise pacing this stage. The climb saps the legs, and attacking every lap is not the quickest way round the course.

ToS: How did you get into cycle racing / competitive sport and what kept you pinning numbers on your back?

JH: I came into cycling at the end of 2016 following 15 years of rowing. I'd gradually made my way up towards the top of rowing, but realised I was never going to make the GB squad. I finally called it quits and needed a new challenge to fill its place. Given that this is only my third season racing the bike there are plenty of exciting challenges left to keep me interested.

ToS: Do you have any words of encouragement, support or advice for people who are interested in or are currently taking their first steps in the sport?

JH: For sure. The main message for me is to do it because you enjoy it. I try not to go into races with too much pressure on myself because it's not fun anymore. Race hard.

ToS: Finally, what's next for you? Are you eyeing any upcoming races in the U.K.? Do you have an interest in racing overseas or other competitive sports?

JH: I've been racing a few Nat B's this year and also the Ras Mumhan in Ireland. I've been going surprisingly well given work commitments, and might just nab my elite license. Next up are the BC National TT and Road Race - I didn't expect to get a place in either, so nothing to lose!



2019 Leaders Jersey



2019
Tour of Sussex
Yellow Jersey
sponsored by:



Time Bonuses

General Classification - Time Bonuses

Time Bonuses in seconds will be awarded to the first 3 competitors to cross the line on the below stages and laps:

Seaford Seafront	Stage 1	Lap 1
Ladies Mile, Ashdown Forest	Stage 4	Laps 1 & 10
Kidds Hill, Ashdown Forest	Stage 5	Laps 1 & 5

1st = 10 seconds

2nd = 5 seconds

3rd = 3 seconds

2019 Points Jersey



2019
Tour of Sussex
Points Competition
sponsored by:



Points Competition

Stages 1-5: Points Allocation

For each stage, points are allocated by finishing in the Top 10:

1st = 10 points	3rd = 8 Points	5th = 6 Points	7th = 4 Points	9th = 2 Points
2nd = 9 Points	4th = 7 Points	6th = 5 Points	8th = 3 Points	10th = 1 Point

Bonus Points are also available from 8 intermediate sprints:

Seaford Seafront
Ladies Mile, Ashdown Forest
Kidds Hill, Ashdown Forest

Stage 1
Stage 4
Stage 5

Random Whistle x 4
Laps 3 & 6
Laps 3 & 6

1st = 10 points

2nd = 5 points

3rd = 3 Points



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TOUR OF
SUSSEX



BREWIN
DOLPHIN



Jack
Freeman

We caught up with the Men's 2018 Brewin Dolphin Points Competition Champion, U23 Jack Freeman.

Now charging towards an elite race license and eyeing the next step of his racing career in Belgium.



Jack Freeman

2018 Points Competition Champion

Three Sixty Sport caught up with Jack Freeman, last years Brewin Dolphin Points Competition Winner. We discussed his route to clinching the blue jersey, analysed this years returning stages and found out what keeps Jack riding his bike.

ToS: *Well done again on last years Men's Points Competition victory! After 5 stages you won with a total of 37 points, 5 points clear of your closest rival. On the way there you bagged the fastest time in the infamous Ditchling Beacon Individual Time Trial with a time of 5m 52s. How did you prepare yourself mentally and physically going into the races?*

JF: With my back ground in Time Trials I know where my limits are and that is simply what I did. I set myself a power target for the flat beginning section which meant I wouldn't be suffering at the bottom of the climb but it also meant that I wouldn't lose much time on my rivals. Once on the climb it was a case of how deep can you go. I knew what power I could hold for 5 minutes and just held it there.

ToS: *Reflecting back to last year, what would you say were your Top 3 moments or memories from last years Tour of Sussex?*

JF: Stage 4 was meant to be a case of limit our losses for Anthony who was in the top 5 on GC, so to come away with 2nd place on that stage with only 3 out of 4 riders was great.

Stage 5 was critical with time bonuses and sprint points available throughout and we worked well as a team to position each other ultimately ending up with myself winning the points classification and my team mate 3rd on GC.

ToS: *Racing with Meudon Pedal Heaven it's clear that you're part of a strong team - placing 2nd in the Team Time Trial at Goodwood Motor Circuit in Stage Four is testament to that - what makes the team click and what have you all been up to for the past 12 months?*

JF: We all have similar goals and all simply want to enjoy racing bikes. As a team we have mostly been

riding Nat B's this year with the occasional Nat A. I was also lucky enough to go to Ireland and race the Rás Mumhan.

With the Men's Tour just weeks away, we suspect that you might have some insightful tips for the 2 returning stages as you were on the podium for both:

Ditchling Beacon Individual Time Trial - 1st Place

JF: Ride the climb before you race it. You need to know where the climb pitches up and how far you have left to go otherwise pacing will be much tougher.

My plan was just above threshold for the first km and then push on over the steep sections and ease off a bit on the slightly flatter sections.

Kidds Hill Road Race - 2nd Place

JF: This was the hardest stage of the race last year and it was more a case of survival, one small break formed and got a gap but it was more a case of riders going out the back. So make sure you eat and drink enough and you have enough energy when it comes to the final climb.

ToS: How did you get into cycle racing / competitive sport and what kept you pinning numbers on your back?

JF: I started cycling after I dislocated my collarbone in October 2012 and had my interest spiked by the Olympics. From there I began doing local TT's and one thing lead to another. I've always been very competitive and cycling allows me to see places that I otherwise would never have visited.

ToS: Do you have any words of encouragement, support or advice for people who are interested in or are currently taking their first steps in the sport?

JF: Nothing beats a good weekend club run. This is what really got me into the sport and kept me motivated in the first couple of years. One of the things I love about this sport is there is an area where everyone can excel whether it's in time trials or a hilly road race there is something for everyone. It has taken me several years to find my strengths but the effort I put in is now paying off.

ToS: Finally, what's next for you? Are you eyeing any upcoming races in the U.K.? Do you have an interest in racing overseas or other competitive sports?

JF: As I mentioned I've already been lucky enough to race in Ireland and I am planning to head out to Belgium for a bit. Otherwise I'll be doing a mix of Nat b's and A's for the rest of the year.





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TOUR OF SUSSEX

2019 MEN'S TEAMS LINEUP

STAGE 1-5 | 20 TEAMS | JULY 04-07



73 DEGREES
WEST SIDE COACH.



HOLOHAN
COACHING RT



ISLINGTON CC



JAM CYCLING
COACHED BY BPC



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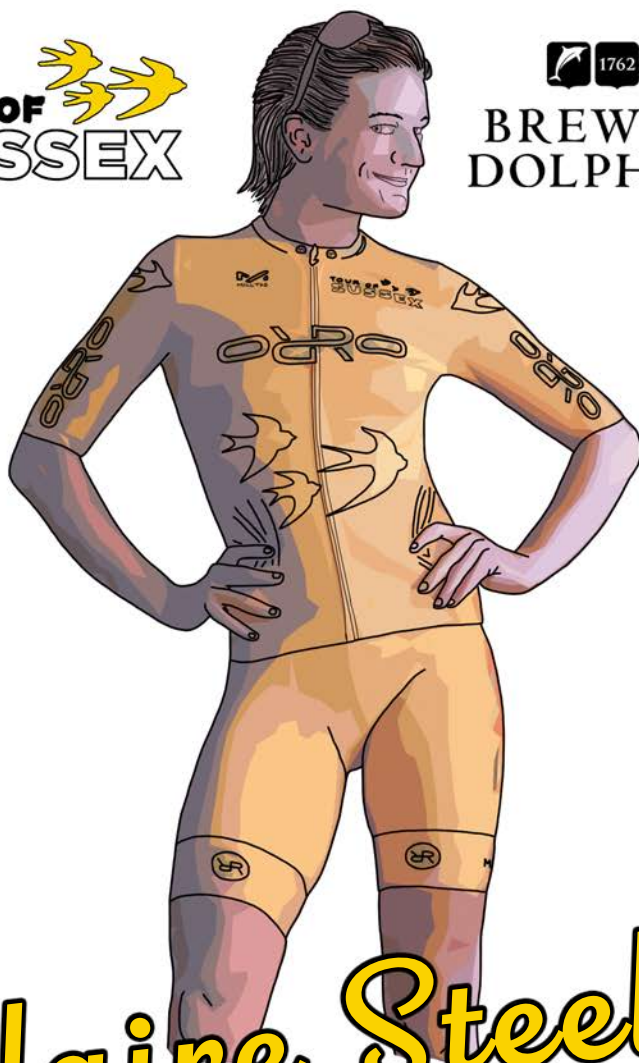


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TOUR OF
SUSSEX



BREWIN
DOLPHIN

Claire Steels
2019 Women's Tour of Sussex Champion

We caught up with the newly crowned Women's Tour Champion, riding for Brother UK Fusion RT, Claire Steels



Claire Steels 2019 Women's Tour of Sussex C h a m p i o n

Three Sixty Sport got together with Claire Steels to discuss her emphatic victory in May. We discovered how Claire found her way into road cycling, what she has planned next in 2019 and some words of encouragement for people who are interested in taking their first steps in the sport.

ToS: Congratulations on an emphatic Tour win! You managed a clean sweep of stage victories on your way. How did you prepare yourself mentally and physically going into the races?

CS: Thank you! I have tried to replicate the structure of the weekend in my training, so doing a double day and then into a longer day the next day. As a team, we had a plan for the first stage, although we hadn't decided on a rider to protect as such, but we knew how we wanted the stage to play out, so I just focused on that and doing my job. After winning the first stage that sort of dictated the plan for the remaining stages.

ToS: As the Tour is still fresh in your memory, what would you say were your Top 3 moments from your ToS weekend?

CS: 1. Executing our plan for the first stage and helping April get the points jersey.

2. Celebrating with the team after the first stage, we had all done everything that we wanted and as a team had achieved our goal. It was great all being together at the end and happy for each other! Felt nice!

3. Winning the final stage, this weekend was my first road race win and stage win so it will always be special.

ToS: With the Men's Tour just days away, do you have any tips for the returning Ladies Mile stage in Ashdown Forest?

CS: Ride the course and learn the finish, it is deceptive and the run into it is very fast before it drags up to the finish line. I think it's easy to get the timing wrong and go too hard too soon!

ToS: How did you get into cycle racing and what keeps you pinning numbers on your back?

CS: I started cycling because I wanted to do a duathlon. I come from a running background and wanted a new challenge and a duathlon seemed like a good idea. I did that for a couple of years and then started road racing last year. I'm still pretty new to cycling so it's all still fresh and exciting and there is so much more that I need to learn!

“Get in touch with your local group or club and get out for some group rides”

ToS: *Do you have any words of encouragement, support or advice for people who are interested in or are currently taking their first steps in the sport?*

CS: It is definitely one of the best things I have ever done. I have developed so much physical and mental strength, have met some incredible people through cycling and it has provided so many opportunities. For example, I now live in Mallorca and organise and deliver fitness and cycling holidays and training retreats.

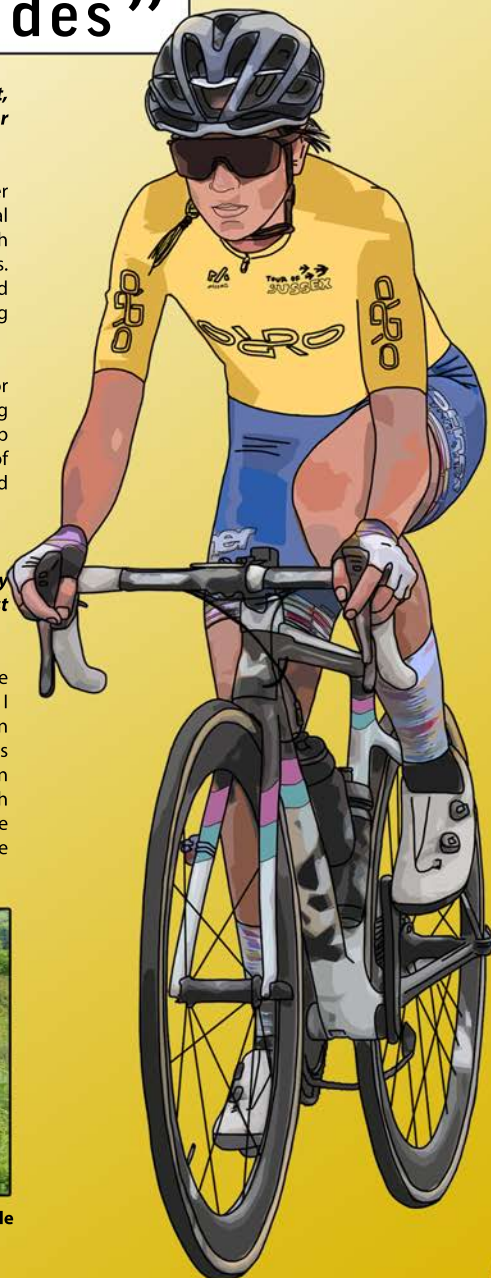
The cycling community is growing, especially for women, and there are so many supportive cycling groups out there! Get in touch with your local group or club and get out for some group rides! Ask lots of questions and develop your knowledge and confidence.

ToS: *Finally, what's next for you? Are you eyeing any upcoming races in the U.K.? Do you have an interest in racing overseas?*

JH: I'm looking forward to the 2 days of racing at the Tour of The Reservoir and also Ryedale in August. I might be tempted to do the Ras in Ireland in September, I crashed out of that last year and feel as though I have a bit of unfinished business. As I live in Mallorca I have raced a little bit over here, although the women's racing scene is pretty small, I would like to go over to mainland Spain to do some races in the mountains!



Brother UK Fusion RT after WToS Stage One, Ladies Mile





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Tour of Sussex Event Organisers

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2019 FINAL RESULTS WOMEN'S TOUR OF SUSSEX



Overall Individual Winner

Claire Steels - Brother UK Fusion RT



Brewin Dolphin Points Competition Winner

Claire Steels - Brother UK Fusion RT



2019 - Final Points Competition Standings

1st	Claire Steels - Brother.uk Fusion RT	30
2nd	April Tacey - Brother.uk Fusion RT	29
3rd	Alicia Speake - Campinese Velo Performance	28
4th	Jennifer Hudson - Brother.uk Fusion RT	26
5th	Francesca Cutts - Team LDN	25
6th	Ruth Shier - Brother.uk Fusion RT	14
7th	Kerry Middleton - Team LDN	12
8th	Rebecca Richardson - Brother.uk Fusion RT	12
9th	Fiona Russell - Brother.uk Fusion RT	10
10th	Harriet Dodd - Team BoomPods	4



2019 - Final Overall Standings

1st	Claire Steels - Brother.uk Fusion RT	04:18:31
2nd	Jennifer Hudson - Brother.uk Fusion RT	+ 00:00:33
3rd	Alicia Speake - Campinese Velo Perf.	+ 00:00:41
4th	Ruth Shier - Brother.uk Fusion RT	+ 00:00:55
5th	Rebecca Richardson - Bro. Fusion RT	+ 00:00:57
6th	Francesca Cutts - Team LDN	+ 00:00:58
7th	Kerry Middleton - Team LDN	+ 00:01:00
8th	Fiona Russell - Brother.uk Fusion RT	+ 00:01:15
9th	April Tacey - Brother.uk Fusion RT	+ 00:01:19
10th	Anneleen Bosma - Team LDN	+ 00:01:19



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2019 - Stage One

Ladies Mile, Ashdown Forest - Road Race

1st	Claire Steels - Brother.uk Fusion RT
2nd	Jennifer Hudson - Brother.uk Fusion RT
3rd	Alicia Speake - Campinese - Velo Performance
4th	April Tacey - Brother.uk Fusion RT
5th	Francesca Cutts - Team LDN
6th	Fiona Russell - Brother.uk Fusion RT
7th	Kerry Middleton - Team LDN
8th	Mathilde Pauls - 1904 RT
9th	Helen Ralston - Team LDN
10th	Rebecca Richardson - Brother.uk Fusion RT

2019 - Stage Two

Eastbourne to Beachy Head - Time Trial

1st	Claire Steels - Brother.uk Fusion RT
2nd	Jennifer Hudson - Brother.uk Fusion RT
3rd	Alicia Speake - Campinese - Velo Performance
4th	Ruth Shier - Brother.uk Fusion RT
5th	Kerry Middleton - Team LDN
6th	Francesca Cutts - Team LDN
7th	Anneleen Bosma - Team LDN
8th	Rebecca Richardson - Brother.uk Fusion RT
9th	April Tacey - Brother.uk Fusion RT
10th	Harriet Dodd - Team BoomPods

2019 - Stage Three

Eastbourne Pier to Beachy Head Circuit - RR

1st	Claire Steels - Brother.uk Fusion RT
2nd	Rebecca Richardson - Brother.uk Fusion RT
3rd	Jennifer Hudson - Brother.uk Fusion RT
4th	Ruth Shier - Brother.uk Fusion RT
5th	Alicia Speake - Campinese - Velo Performance
6th	Fiona Russell - Brother.uk Fusion RT
7th	Francesca Cutts - Team LDN
8th	Harriet Dodd - Team BoomPods
9th	Kerry Middleton - Team LDN
10th	Kelsey Fuss - VC Londres

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FINAL MESSAGE

We would like to thank all of the sponsors, partners, service suppliers, personnel and volunteers involved in delivering this years events.

Good luck to all of this years riders. We hope you achieve all of your targets and most importantly, enjoy the challenge. Allez! Allez! Allez!

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