



Worthing Excelsior Cycling Club



PRESIDENT - ROBERT DOWNHAM

Open 25 mile Time Trial Sunday 15th May 2016
Course G25/54

Ray Douglass Memorial Event

Event Secretary: Mick Irons

36 Phroso Road Worthing, West Sussex BN11 5SL Tel: 01903 240280
(or Allan Orman 07999 868607 on day of event)

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

HQ

Warnham Village Hall

10 Hollands Way
Warnham
Horsham
West Sussex

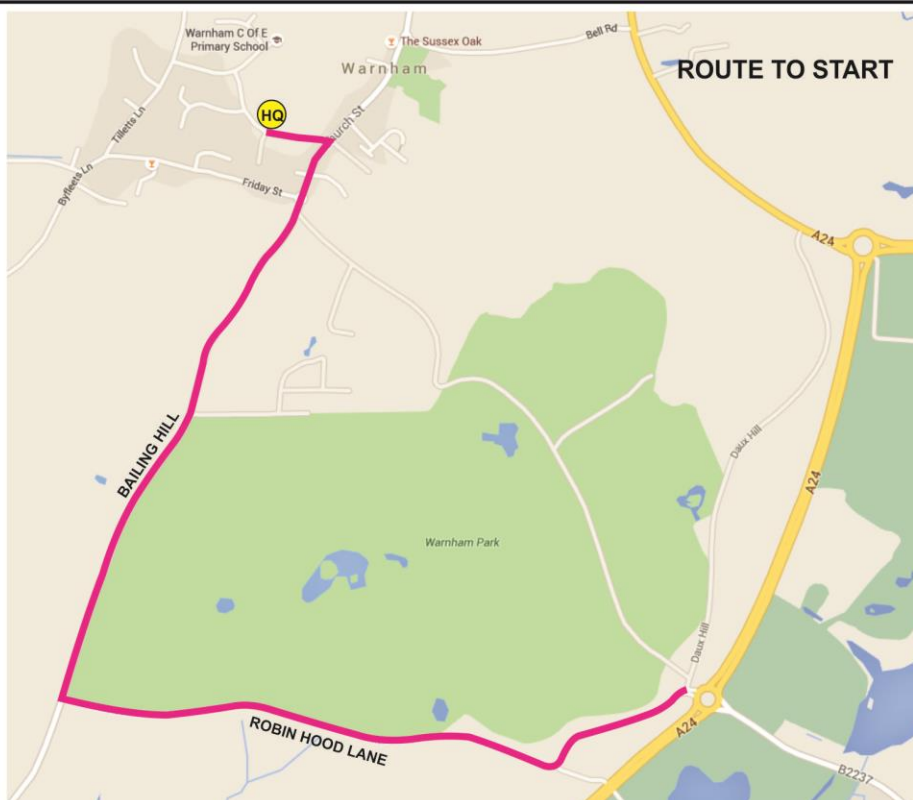


Thank you in advance for not wearing cycling shoes or cleats in the hall.
Numbers at HQ only. After the event please return your race number to the event HQ in exchange for a cup of tea or coffee.

HQ to start: 1.72 miles

Finish to HQ: 3.17 miles (via Robin Hood roundabout)

Please do not cut across Great Daux roundabout on your return. This would impact on other riders still out on the course.
Riders who do so will be **disqualified**.



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.

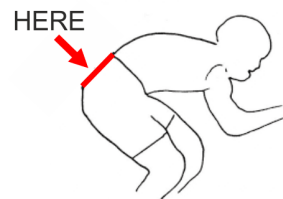
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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".



Additional Safety Instructions

Competitors must exercise extra care at the start and at all roundabouts.

After finishing riders returning to the event headquarters must take care not to obstruct any Competitors still racing on the A264/A24. This applies from the finish until Robin Hood roundabout.

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Course G25/54

OFFICIAL TIME KEEPERS

Start: Tony Palmer
Finish: Mick Irons

Worthing Excelsior CC
Worthing Excelsior CC

Prizes

1 st	£40	1 st Lady	£40	Fastest Team of 3	£30
2 nd	£30	2 nd Lady	£30	1 st Vet on VTTA standard time	£30
3 rd	£20			2 nd Vet on VTTA standard time	£20
4 th	£10			3 rd Vet on VTTA standard time	£10

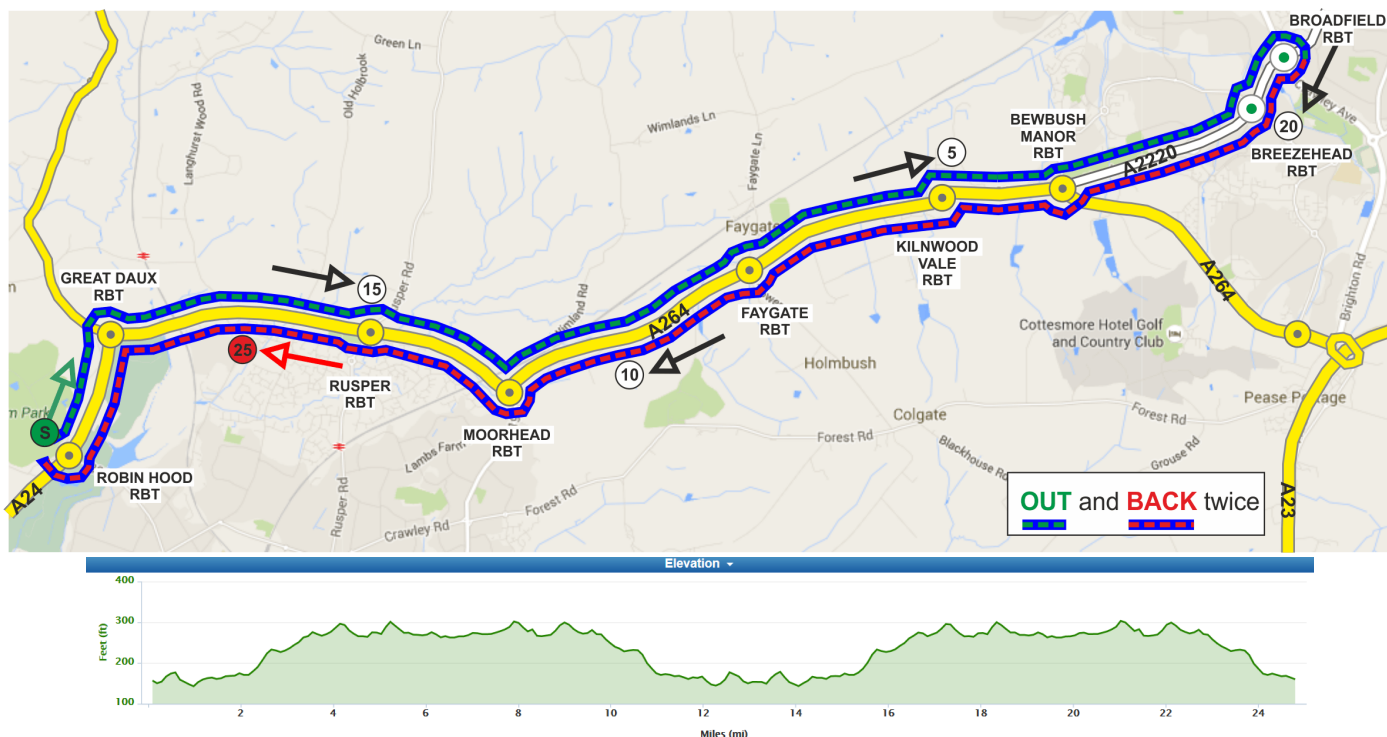
Please Note: 1 prize per rider for individual categories. What this means is that where a rider has won or placed in 2 prize categories, the prize for the win or place in the second prize category will go to the next eligible rider for that category. This does not apply to the Team Prize.

PAST WINNERS

1996	Neil Baker	Velo Club Deal	56:20
1997	Sean Yates	Teamclean/Freshstart	53:23
1998	Tim Stevens	Teamclean/Freshstart	56:06
1999	Michael Hutchinson	Cambridge University CC	53:35
2000	Keith Read	34 th Nomads	54:19
2001	Richard Prebble	Geen Team / Team onbekend	52:36
2002			
2003	Steve Dennis	East Grinstead CC	56:24
2004	Matthew Bottrill	Jim Walker RT	51:58
2005	Leon Wright	Sigma Sport RT	55:22
2006	Steve Dennis	East Grinstead CC	54:15
2007	Steve Frame	Eastbourne Rovers	55:34
2008	Guy Powdrill	London Dynamos	54:35
2009	Laurence Harding	Shorter Rochford RT	53:35
2010	Dave Wheeler	Rye Wheelers	52:13
2011	Steve Dennis	East Grinstead CC	52:26
2012	Steve Dennis	East Grinstead CC	52:56
2013	Steve Kane	Brighton Excelsior	53:30
2014	Sean Scott	In Gear Quickvit Trainsharp RT	52:23
2015	Conall Yates	In Gear Quickvit Trainsharp RT	52:41

Open 25 mile Time Trial Sunday 15th May 2016

Course G25/54



OS REF (TQ)	COURSE DIRECTIONS – G25/54	MILES	
164234	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 and Kilnwood Vale RBT s to Bewbush Manor RBT. Straight on 2nd exit and follow A2220 via Breezehurst RBT to Broadfield RBT where TURN (CHECK)	5.91	6.51
168334	4th exit to retrace on A2220 to Bewbush Manor RBT. Straight on 2nd exit and follow A264 to Moorhead RBT. Right 2nd exit and continue on A264 via Rusper Road RBT to Great Daux RBT. LEFT 1st exit and follow A24 to Robin Hood RBT where TURN (CHECK)	6.69	13.34
169333	Proceed to Great Daux RBT.		
256353	RIGHT 2nd exit and follow A264 via Rusper Road, to Moorhead RBT. Left 1st exit continue on A264 via Faygate and Kilnwood Vale RBTs to Bewbush Manor RBT. Straight on 2nd exit and follow A2220 via Breezehurst RBT to Broadfield RBT where TURN (CHECK)	6.51	19.89
180335	4th exit to retrace on A2220 to Bewbush Manor RBT. Straight on 2nd exit and follow A264 to Moorhead RBT. RIGHT 2nd exit and continue on A264 via Rusper Road RBT to FINISH at white line at western end of lay-by where lay-by begins to taper down from its full width, 3 yards west of 7th cats-eye back from where continuous white starts	5.12	25.01

Open 25 mile Time Trial Sunday 15th May 2016

Course G25/54

Rider No	Start Time	Name	Club	Cat/ Age	VTTA Std
1	06:31	Nicky Carsons	Worthing Excelsior CC	WV53	01:14:09
2	06:32	Katherine Barrett	Crawley Wheelers	WS	
3	06:33	Paolo Nistri	Albarosa CC	V41	01:06:13
4	06:34	Chris Jolliffe	Crawley Wheelers	V58	01:09:49
5	06:35	Ade Fadero	Sussex Nomads CC	V54	01:08:52
6	06:36	Robert Jolliffe	New Forest CC	V63	01:11:16
7	06:37	Bruce English	Eastbourne Rovers CC	V51	01:08:14
8	06:38	Stephen Gaston	Lewes Wanderers CC	V51	01:08:14
9	06:39	Paul Valks	Lewes Wanderers CC	V72	01:15:09
10	06:40	Jonathan Pontin	Addiscombe CC	S	
11	06:41	Andrew Green20	Old Portlians CC	V50	01:08:02
12	06:42	Simon Underwood	CC Topp	V45	01:07:03
13	06:43	Phil Freaan	Worthing Excelsior CC	V61	01:10:38
14	06:44	Peter Eames	Eastbourne Rovers CC	V53	01:08:39
15	06:45	Gary Bull	Bigfoot CC	V50	01:08:02
16	06:46	Ben Fielden	GS Stella	V74	01:16:20
17	06:47	Paul Cloudsdale	Bigfoot CC	V43	01:06:39
18	06:48	Richard Elliott	Southdown Velo	V56	01:09:19
19	06:49	Mark Thomas	Bigfoot CC	V53	01:08:39
20	06:50	Neil Couchman	Southborough & Dist. Whs	S	
21	06:51	Trevor Chilman	In-Gear Quickvit Trainsharp RT	V47	01:07:26
22	06:52	Geoff Smith	Eastbourne Rovers CC	V65	01:11:58
23	06:53	Wayne Brown	Oxted Cycle Club	S	
24	06:54	Fidel Gonzalez	South Western Road Club/Evans Cycles	V48	01:07:38
25	06:55	Colin Barton	Worthing Excelsior CC	V55	01:09:05
26	06:56	Sam Bennett	7 Oaks Triathlon Club	V43	01:06:39
27	06:57	Russell Hicks	Oxted Cycle Club	V62	01:10:57
28	06:58	Colin Toppin	Brighton Excelsior CC	V43	01:06:39
29	06:59	William Murphy	Serpentine Running Club	V40	01:06:00
30	07:00	Graham Hills	In-Gear Quickvit Trainsharp RT	V58	01:09:49
31	07:01	George Higgs	Crawley Wheelers	V48	01:07:38
32	07:02	Tom Houghton	Brighton Excelsior CC	V44	01:06:51
33	07:03	Brad Lintern	Tri Surrey	V41	01:06:13
34	07:04	Michael Leonard	South Downs Bikes / Casco Europe	V52	01:08:26
35	07:05	Sam Begg	7 Oaks Triathlon Club	S	
36	07:06	Michael Valks	Lewes Wanderers CC	V45	01:07:03
37	07:07	Richard Moulton	Brighton Mitre CC	S	
38	07:08	Robert Zietal	Crawley Wheelers	S	
39	07:09	Catherine Humm	Oxted Cycle Club	WS	
40	07:10	Tamar Vanderhaas	Lewes Wanderers CC	WV40	01:11:14
41	07:11	Katie Crowe	Dulwich Paragon CC	WV40	01:11:14
42	07:12	Debbie Percival	34 Nomads CC	WV54	01:14:23
43	07:13	Rachael Haley	Bigfoot CC	WV53	01:14:09
44	07:14	Julie Chasin	Twickenham CC	WV41	01:11:28
45	07:15	Madelaine Lee-Smith	Oxted Cycle Club	WV44	01:12:10

Open 25 mile Time Trial Sunday 15th May 2016

Course G25/54

Rider No	Start Time	Name	Club	Cat/ Age	VTTA Std
46	07:16	Julia Hawksworth	Southborough & Dist. Whs	WV52	01:13:55
47	07:17	Amy Forshaw	In-Gear Quickvit Trainsharp RT	WS	
48	07:18	Kathryn Parkin	East Grinstead Tri Club	WS	
49	07:19	Sarah Phelps	Brighton Mitre CC	WS	
50	07:20	Sophie Coleman	Drops Cycling Team	WS	
51	07:21	Richard Weatherstone	GS Stella	V49	01:07:50
52	07:22	Stu Nisbett	Crawley Wheelers	V42	01:06:26
53	07:23	James Stone	Brighton Excelsior CC	V47	01:07:26
54	07:24	Mark Bernhardt	GS Stella	V53	01:08:39
55	07:25	Pete Morris	Team ASL360	S	
56	07:26	Damien Poulter	Hounslow & District Whs	V42	01:06:26
57	07:27	Ian Cheesman	Worthing Excelsior CC	V47	01:07:26
58	07:28	Paul Haywood	Epsom CC	V41	01:06:13
59	07:29	Peter Moon	Eastbourne Rovers CC	V55	01:09:05
60	07:30	Mark Smith	Crawley Wheelers	V42	01:06:26
61	07:31	Matt Peel	Redhill CC	S	
62	07:32	Dominic Maxwell	Worthing Excelsior CC	V43	01:06:39
63	07:33	Jim Burdett	Addiscombe CC	V47	01:07:26
64	07:34	John Tindell	Brighton Phoenix Triathlon Club	S	
65	07:35	David Pollard	In-Gear Quickvit Trainsharp RT	V59	01:10:04
66	07:36	Robert Rollings	Lewes Wanderers CC	S	
67	07:37	Jon Fry	Horsham Cycling	V45	01:07:03
68	07:38	Nigel Langridge	Crawley Wheelers	V51	01:08:14
69	07:39	Donald Parker	Brighton Mitre CC	V67	01:12:44
70	07:40	Tom Pritchard	Hampshire RC	S	
71	07:41	Michael Davey	Eastbourne Rovers CC	S	
72	07:42	Carl Richardson	In-Gear Quickvit Trainsharp RT	V51	01:08:14
73	07:43	Rick Hughes	Worthing Excelsior CC	V53	01:08:39
74	07:44	Simon Mitchell	Horsham Cycling	V45	01:07:03
75	07:45	Dave Shepherd	GS Stella	V55	01:09:05
76	07:46	Ben Elliott	Paceline RT	S	
77	07:47	James Horan	South Downs Bikes / Casco Europe	V46	01:07:15
78	07:48	John Marinko	Brighton Mitre CC	V51	01:08:14
79	07:49	David Clark	Eastbourne Rovers CC	V47	01:07:26
80	07:50	Steve Dennis	East Grinstead CC	V52	01:08:26
81	07:51	Lee Russell	VC Elan	V40	01:06:00
82	07:52	Howard Shaw	Eastbourne Rovers CC	S	
83	07:53	Steve Avery	Bigfoot CC	V57	01:09:34
84	07:54	Michael Turner	Lewes Wanderers CC	V48	01:07:38
85	07:55	Mark Brambleby	Northover Vets	V50	01:08:02
86	07:56	Mark Valios	Bigfoot CC	V42	01:06:26
87	07:57	Peter Baker	Lewes Wanderers CC	V58	01:09:49
88	07:58	David Rumm	Southborough & Dist. Whs	V48	01:07:38
89	07:59	Martin Booker	Worthing Excelsior CC	V47	01:07:26
90	08:00	Tom Glandfield	Lewes Wanderers CC	V43	01:06:39

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Rider No	Start Time	Name	Club	Cat/ Age	VTTA Std
91	08:01	Kevin Grimshaw	Bigfoot CC	V49	01:07:50
92	08:02	Mike O'Gorman	Worthing Excelsior CC	V64	01:11:36
93	08:03	David Bagge	Southborough & Dist. Whs	V50	01:08:02
94	08:04	Glenn Karpeta	7 Oaks Triathlon Club	V53	01:08:39
95	08:05	Brian Molloy	Brighton Excelsior CC	V48	01:07:38
96	08:06	Robert Drake	Addiscombe CC	S	
97	08:07	Shaun Kennedy	Bec CC	V56	01:09:19
98	08:08	Nick McCormick	Epsom CC	V52	01:08:26
99	08:09	Theo Tadros	In-Gear Quickvit Trainsharp RT	J	
100	08:10	Mark Newton	Elite Cycling	V49	01:07:50
101	08:11	Brindley Taylor	Crawley Wheelers	S	
102	08:12	Trevor Leeding	Worthing Excelsior CC	V50	01:08:02
103	08:13	David Clements	Eastbourne Rovers CC	V44	01:06:51
104	08:14	Christopher Filewood	Oxted Cycle Club	J	
105	08:15	Richard Tully	Elite Cycling	S	
106	08:16	Jonathan Thomas	Epsom CC	V55	01:09:05
107	08:17	James Woodward	Sussex Revolution VC	S	
108	08:18	David Marshall	Hemel Hempstead CC	V51	01:08:14
109	08:19	Doug Bentall	Southborough & Dist. Whs	V50	01:08:02
110	08:20	Phil Allen	South Downs Bikes / Casco Europe	S	
111	08:21	Paul Byford	Crawley Wheelers	V50	01:08:02
112	08:22	Ian Bashford	Old Portlians CC	V60	01:10:21
113	08:23	Peter Lloyd	Epsom CC	S	
114	08:24	David Watt	Kingston Phoenix RC	S	
115	08:25	Steven Kane	Brighton Excelsior CC	S	
116	08:26	Dave Warne	Bigfoot CC	V60	01:10:21
117	08:27	Rupert Robinson	Evans Cycles Race Team	V44	01:06:51
118	08:28	Guy Lane	Southborough & Dist. Whs	V51	01:08:14
119	08:29	Ben Crick	East Grinstead CC	V51	01:08:14
120	08:30	Pete Tadros	In-Gear Quickvit Trainsharp RT	V45	01:07:03

RESERVES

121	Rome Bhamra	Worthing Excelsior CC	V49	01:07:50
122	Chris Brewer	Redmon CC	V55	01:09:05