



# London South District Heat for the National GHS championships

and

## Brighton Excelsior Men's and Women's 10 mile event

**Saturday 16th July 2016 starting at 06:30am**  
**Course G10/97**

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations  
President: Rick Stringer



S Potter Worthing Excelsior Winner of 2016 London South GHS Heat  
Photo curtesy of DaveHayward.com Photography



### Event Organiser

James Stone, 31 Oxen Avenue, Shoreham By Sea, West Sussex, BN43 5AF.

Tel 01273 453071 or 07880 344838 email

[james@jstone15.wanadoo.co.uk](mailto:james@jstone15.wanadoo.co.uk)



## Timekeepers

Start: Tony Palmer, Worthing Excelsior

Finish: Mick Irons, Worthing Excelsior

**HQ:** The Steyning Centre, Fletcher's Croft, Steyning, W. Sussex. BN44 3XZ.

**DIRECTIONS:** At Mini Roundabout in High Street, take Church Street.

HQ is 300 yards on Right by the statue of St. Cuthman. Open from (6am)

### 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.

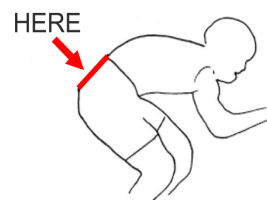
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**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".



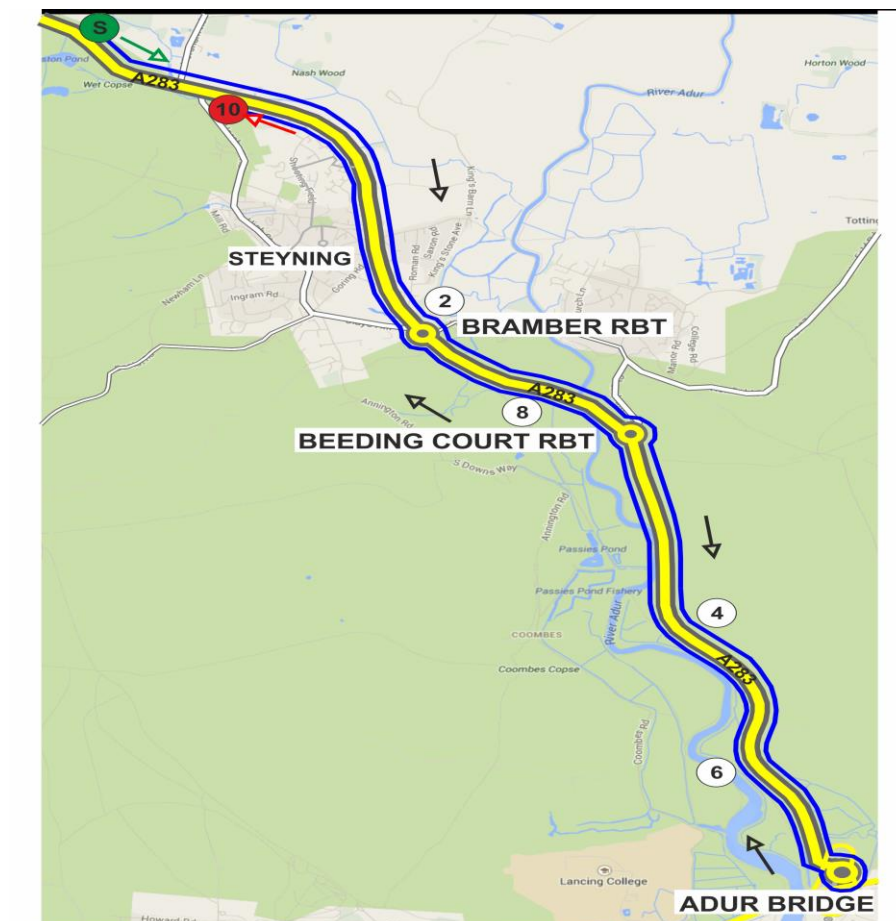
### Additional Safety Instructions

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

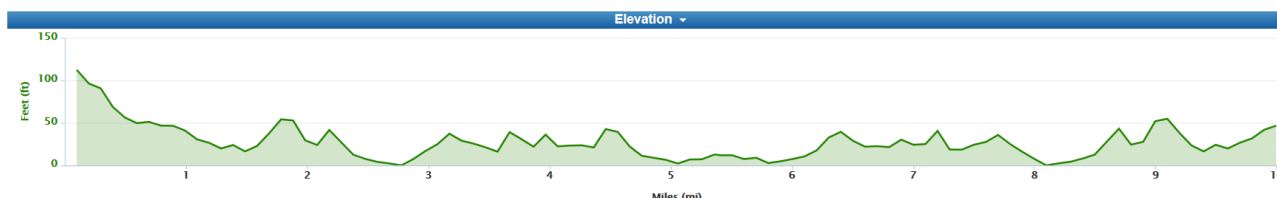
## Additional notes to Competitors:

- Numbers will be at the sign on in the HQ
- No cycling shoes in the HQ.
- Please be respectful to the neighbours in the vicinity of the HQ.
- Please Use the HQ WCs
- We suggest that you allow approximately 15 minutes to ride to the start from the HQ.
- Please do not block the entrance to Hammes Farm at the Start which is regularly used.
- **No times will be given at the finish.** On finishing riders should continue to Horsham Rd and turn left into Steyning and return to the Hall.
- No U-turns are to be made within sight of the timekeepers

## Course Details



## Course Profile



(TQ)	COURSE DIRECTIONS – G10/97	MILES	
164128	START on A283 at yellow paint mark 39 yards east of centre of entrance to Hammes Farm (and Studio) and 0.52 miles west of junction with B2135.	0.00	0.00
209065	Proceed south-eastwards along A283 via Bramber Castle and Beeding Court RBTs to Adur Bridge RBT, Shoreham where turn (CHECK)	5.41	5.41
173123	Take fourth exit to retrace on A283 via Beeding Court and Bramber Castle RBTs to FINISH at yellow paint mark 25 yards west of "Public Bridleway" sign and 271 yards before left turn into Steyning.	4.59	10.00

This event is kindly supported by

### Dave Hayward Photography

We are delighted to announce that Dave Hayward will be our official on-course photographer.



### Jeremys of Henfield

Has provided The beautiful fresh and healthy fruit has been provided for our Refreshments.

[www.jeremysofhenfield.co.uk](http://www.jeremysofhenfield.co.uk) tel 01273495799



## Awards

Brighton Excelsior 10	
<b>WOMEN</b>	
1st	£20
<b>MEN</b>	
1st	£40
2nd	£20
3rd	£10
<b>JUNIORS</b>	
1st	£20
<b>VETERANS</b>	
1st	£20 Plus on Standard.
2 <sup>nd</sup>	£15 Plus on Standard.
<b>TEAM</b>	
1st	£15 each. Fastest 3 riders on aggregate.
<b>Brighton Excelsior Weekend Combined Prize List for 10 and 25</b>	
Women	
Combined 1st	£20. Best on aggregate for weekend BECC '10' + '25'.
Men	
Combined 1st	£20. Best on aggregate for weekend BECC '10' + '25'.

## Start List

Race No	Start Time	Name		Club	Cat	Age
1	06:31	Lee	McGeever	Brighton Excelsior CC	Veteran	46
2	06:32	Robin	Johnson	Brighton Mitre CC	Veteran	68
3	06:33	Jason	Green	Sussex Nomads CC	Veteran	44
4	06:34	Scott	Cairncross	34 Nomads CC	Senior	29
5	06:35	Robert	Drake	Addiscombe CC	Senior	29
6	06:36	Colin	Barton	Worthing Excelsior CC	Veteran	55
7	06:37	Jason	Blenkarn	Sussex Nomads CC	Senior	29
8	06:38	Peter	Eames	Eastbourne Rovers CC	Veteran	53
9	06:39	clive	jackson	Central Sussex CC	Veteran	64
10	06:40	David	Pollard	In-Gear Quickvit Trainsharp RT	Veteran	59
11	06:41	Mike	O'Gorman	Worthing Excelsior CC	Veteran	64
12	06:42	michael	thyer	Sussex Nomads CC	Veteran	66



	06:43	colin	toppin	Brighton Excelsior CC	Veteran	
	06:44	Jeremy	Whittaker	Brighton Mitre CC	Veteran	
<b>15</b>	<b>06:45</b>	Tom	Glandfield	Lewes Wanderers CC	Veteran	43
16	06:46	Matthew	Butt	Team ASL360	Senior	29
17	06:47	Leeson	Medhurst	Redhill CC	Veteran	44
18	06:48	Mark	Thomas	Bigfoot CC	Veteran	53
19	06:49	john	lucas	Worthing Excelsior CC	Veteran	73
<b>20</b>	<b>06:50</b>	Mark	Emsley	Team ASL360	Senior	27
21	06:51	Iain	Brogden	Eastbourne Rovers CC	Veteran	47
22	06:52	Ade	Fadero	Sussex Nomads CC	Veteran	54
23	06:53	Sholto	Haggart	Lewes Wanderers CC	Lady Veteran	40
24	06:54	Helen	Webb	Sussex Nomads CC	Lady Veteran	42
<b>25</b>	<b>06:55</b>	jack	donaldson	Neon Velo	Senior	23
26	06:56	Ian	Cheesman	Worthing Excelsior CC	Veteran	47
27	06:57	John	Tindell	Brighton Phoenix Triathlon Club	Senior	29
28	06:58	Peter	Owen	Norwood Paragon CC	Veteran	55
29	06:59	neil	glover	Sussex Nomads CC	Veteran	53
<b>30</b>	<b>07:00</b>	James	Rix	Crawley Wheelers	Veteran	40
31	07:01	Philip	Murrell	Finsbury Park CC	Veteran	47
32	07:02	Ben	McKie	VC de Londres	Junior	17
33	07:03	Sarah	Phelps	Brighton Mitre CC	Lady	28
34	07:04	Sally	McSorley	Sussex Nomads CC	Lady Veteran	41
<b>35</b>	<b>07:05</b>	Nick	Malins	4 T+ Velo Club	Veteran	48
36	07:06	Yuriy	Tymchenko	Sussex Nomads CC	Veteran	46
37	07:07	James	Horan	South Downs Bikes / Casco Europe	Veteran	46
38	07:08	Andrew	stiles	Sussex Nomads CC	Veteran	50
39	07:09	John	Powell	Team ASL360	Senior	38
<b>40</b>	<b>07:10</b>	christopher	mcnamara	Nuun-Sigma Sport-London RT	Veteran	41
41	07:11	Kevin	Plummer	South Downs Bikes / Casco Europe	Veteran	51
42	07:12	Martin	Booker	Worthing Excelsior CC	Veteran	48
43	07:13	Ian	Newbold	Eastbourne Rovers CC	Veteran	43



GHS	
1st	Automatic entry to National Final: Medal and Certificate presented at the National Final
2nd & 3rd	Automatic entry to National Final: Certificate presented at the National Final
Team of 3	Automatic entry to National Final: Certificate presented at the National Final
Fastest Girl	Automatic entry to National Final: Certificate presented at the National Final
Fastest in each age category	Automatic entry to National Final: Certificate presented at the National Final

## Start List

Race No	Start Time	Name		Club/School	Cat	Age
1	07:31	ferdie	Parsons	Brighton Excelsior CC	Boy	12
2	07:32	Joshua	Ballinger	Preston Park Youth Cycling Club	Boy	12
3	07:33	archie	sloan	VC de Londres	Boy	12
4	07:34	lukas	nerurkar	Preston Park Youth Cycling Club	Boy	12
5	07:35	George	Sloan	VC de Londres	Boy	15
6	07:36	joseph	martin	Preston Park Youth Cycling Club	Boy	14
7	07:37	Bill	Demuth	Brighton Excelsior CC	Boy	13
8	07:38	Finn	Anderson	Preston Park Youth Cycling Club	Boy	15
9	07:39	Chris	Dunstan	Brighton Excelsior CC	Boy	16
10	07:40	Adam	Churchill	Preston Park Youth Cycling Club	Boy	13
11	07:41	Lawrence	Coyle	Brighton Excelsior CC	Boy	16
12	07:42	lewis	winfield	VC de Londres	Boy	16
13	07:43	Jack	Churchill	Brighton Excelsior CC	Boy	15

