

Sussex Nomads Cycling Club

President Alan Limbrey

Open Hill Climb on Ditchling Beacon

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Sunday 30th October 2016

Event Secretary, Adrian Morris, 87 Redhill Drive, Withdean, Brighton, East Sussex, BN1 5FL.

Telephone No 01273 565603 Mobile 07941890575

Finish Time Keeper	Mike Irons	Worthing Excelsior Cycling Club
Start Time Keeper	Richard Meed	Lewes Wanderers Cycling Club

Category	<u>Awards</u>		
	1 st	2 nd	3 rd
Men	£30	£20	£10
Women	£30	£20	£10
Junior (12-18 years)	£15	£10	£5
Vet on Standard (Men)	£15	£10	£5
Vet on Standard (Women)	£15	£10	£5

One prize per rider, in the event of a rider winning two prizes, the higher value prize will be awarded, the other prize will be awarded to the next placed rider in the relevant category.

The Vets Standards have been calculated using 2 mile of the VTTA 10 mile standard table.

In addition to the above for the winner if beating the event record,

Male	£50	held by	Peter Tadros	In Gear Quickvit Trainsharp RT	4:22.0 (2015)
Female	£50	held by	Tamar Vanderhaas	Lewes Wanderers CC	6:11.2 (2015)

In addition to the above for the winner beating course record,

Male	£50	held by	Stuart Dangerfield	Leo RC	3:42.2 (1995).
Female	£50	held by	Tamar Vanderhaas	Lewes Wanderers CC	6:11.2 (2015).

Event HQ

Ditchling Village Hall, Lewes Road, Ditchling, East Sussex BN6 8TT.

HQ will be open from 07:00.

07:15 signing on and number collection.

All entrants under the age of 18 have to download from the CTT web site a parental consent form, and present the completed signed parental consent form along with their hard/soft shell helmet that meets internationally accepted safety standards to the signing on steward "before signing on". No helmet, no parental consent form, then no ride.

COURSE DETAILS GH/90

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>
326137	START in Ditchling Bostal just south of junction with Underhill Lane	0.00 yards
333129	Proceed up hill in a southerly direction to FINISH just past car park at the summit	1576 yards

Please comply with the following Regulations and Notes as they apply to everyone including you.

District Regulations

"CTT regulations require the compulsory use of helmets for the under 18's. 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."

"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 are requested not to warm up on the course after first rider has started."

In addition to the District regulations the event promoters request that competitors not to warm up on the course at least 10 minutes before the first rider is due to start. This is to ensure that the early starters have a clear course, as will be had by the later starters.

"No Vehicles, except those of the Timekeepers' and Event Officials, shall be parked in the vicinity of the start and finish areas"

To the start from the HQ

Turn left from the HQ car park, at mini roundabout turn left after 200 yards turn left at junction on the bend in the road, the start is 0.9 mile from this point. There is a map of the village at the entrance of the car park that show the way to the Beacon.

At the Start

Please wait in single file and as close to the kerb at a point just north of Underhill Lane, a steward will direct you when to go to the start line, this is to ensure the junction is kept clear for other road user's and for your safety.

Whilst on the Beacon, in either direction, keep to the left hand side of the road and do not cross the centre line of the road. Official Observers will be placed at various points on the course monitoring riders ascending and descending the course.

At the Finish

After completing your ride, **DO NOT STOP** at, or ask the timekeeper for times, but please ride well past the finishing area, taking extra care before turning around, the organiser recommends dismounting to change direction, please return to the HQ by descending slowly back down Ditchling Beacon, remember that the road is not closed and that other road users may be trying to pass riders still competing. **Don't put yourself and others at risk by descending recklessly.**

Car Parking

The Car park at the HQ is also a public car park, parking restriction apply in front of the hall, please be aware of, and observe the one-way system in the car park, the car park has 45 spaces, please only park in a marked space, additional off road parking can be found 500 yards past the HQ on the Lewes road on the left hand side at Ditchling Recreation ground.

Competitors are requested not to park in the small car park at the foot of Ditching Beacon, leaving it free for officials to use, the car park at the top of Ditchling Beacon is a National Trust car park that is free to National Trust members by displaying their parking permit, the National Trust operates a pay by phone or internet pay system, details are in the car park.

Please respect the residents living adjacent to the hall, by keeping noise levels to a minimum, Turbo trainers will not be permitted in the HQ Car Park, for those who need to use turbo trainers please use the lower hall at the HQ, there is a drive through lane for the lower hall where you can drop off your kit in the lower hall if the hall car park is full, **(DO NOT PARK IN THIS LANE)** if the hall car park is full use the additional car park at the Ditchling Recreation Ground, 500 yards to the East of the HQ. Parking elsewhere in the village can be found, but please park considerately, don't obstruct driveways, garages or pathways. We would encourage all local riders to ride to the event, where you will find plenty of space to park cycles at the hall.

Riding Attire

Competitors are reminded that their jersey's and shorts are to cover them from the neck to mid thigh, and jersey's are to have at least quarter sleeves.

No competitor may carry advertising or the name of a commercial business on their race clothing, except where they are a member of a club or team that has registered to do so, or its their clothing manufacturers brand name.

NUMBERS MUST BE FIXED BELOW WAIST



NO TIME MAY BE RECORDED IF NUMBER IS NOT CORRECTLY POSITIONED.

Refreshment at the HQ

Helen Codling and her team of helpers will be providing refreshment at the HQ this year with all of the proceeds going to the Worthing based charity Link to Hope, Shoebox appeal.

Starting Order Sussex Nomads CC Open Hill Climb 30/10/2016 GH/90 Ditching Beacon.

(Remember that British Summer time ended today and the clocks go back 1 hour today at 02:00 hours)

Page 1/2

NO	START	NAME	CLUB	CAT	STD.	Vet +/-	Time
2	8:02	Christopher Boocock	Sussex Nomads CC	V54	5:24.8		-
3	8:03	Adam Churchill	Preston Park Youth Cycling Club	Juv	-		-
4	8:04	James Bullen	Preston Park Youth Cycling Club	S	-		-
5	8:05	Jason Blenkarn	Sussex Nomads CC	S	-		-
6	8:06	Tristan Watkins	VTTA (Surrey & Sussex)	V42	5:13.8		-
7	8:07	Joseph Bishop	Preston Park Youth Cycling Club	Jun	-		-
8	8:08	Donald Parker	Brighton Mitre CC	V67	5:42.4		-
9	8:09	Finn Anderson	Preston Park Youth Cycling Club	Juv	-		-
10	8:10	David Ross	LFGSS CC	S	-		-
11	8:11	Andrew Larking	Sussex Revolution VC	V43	5:14.6		-
12	8:12	Ben Griffin	Sussex Nomads CC	Jun	-		-
13	8:13	Gary Holder	Horsham Cycling	V51	5:22.0		-
14	8:14	Steve Noake	Sussex Nomads CC	V46	5:17.4		-
15	8:15	Callum Middleton	Lewes Wanderers CC	S	-		-
16	8:16	Martin East	Wealden Cycle Club	V51	5:22.0		-
17	8:17	Jamie Smith	Brighton Mitre CC	V44	5:15.6		-
18	8:18	Mick Kelly	Team Milton Keynes	V58	5:29.2		-
19	8:19	Geoff Smith	Eastbourne Rovers CC	V66	5:40.6		-
20	8:20	Richard Parrotte	Shaftesbury CC	V52	5:22.8		-
21	8:21	James Gilmore	Preston Park Youth Cycling Club	Juv	-		-
22	8:22	Max Kingdon	Evans Cycles Race Team	S	-		-
23	8:23	Kenny Harding	Archer Road Club	V42	5:13.8		-
24	8:24	Neil Crowther	Worthing Excelsior CC	V43	5:14.6		-
25	8:25	Nigel Langridge	Crawley Wheelers	V51	5:22.0		-
26	8:26	Bart Filmer-Cox	Sussex Nomads CC	Jun	-		-
27	8:27	Robin Johnson	Brighton Mitre CC	V68	5:44.4		-
28	8:28	Andrew Edwards	Rapha Cycling Club	S	-		-
29	8:29	Jon Turner	Tri London	V43	5:14.6		-
30	8:30	David Rumm	Southborough & Dist. Whs	V49	5:20.2		-
31	8:31	Gemma Hobson	Sussex Nomads CC	W	-		-
32	8:32	Zuzanna Kuran	Pearson Cycling Club	W	-		-
33	8:33	Chris Barker	Sussex Nomads CC	S	-		-
34	8:34	Simon Mumme	Paceline RT	S	-		-
35	8:35	Sam Dix	In-Gear Quickvit Trainsharp RT	V45	5:16.6		-
36	8:36	Kev Witton	Dorking Cycling Club	S	-		-
37	8:37	Jacintha Hamilton-Love	Dulwich Paragon CC	W	-		-
38	8:38	Robin Dickie	University Of Manchester CC	S	-		-
39	8:39	Tamar Vanderhaas	Lewes Wanderers CC	VW40	5:36.4		-
40	8:40	Dale Lush	Kingston Phoenix RC	S	-		-

Starting Order Sussex Nomads CC Open Hill Climb 30/10/2016 GH/90 Ditching Beacon.

(Remember that British Summer time ended today and the clocks go back 1 hour today at 02:00 hours)

Page 2/2

NO	START	NAME	CLUB	CAT	STD.	Vet +/-	Time
41	8:41	Tom Andrews	Preston Park Youth Cycling Club	Jun	-		-
42	8:42	Dan McCaffrey	Sussex Nomads CC	S	-		-
43	8:43	Sarah Phelps	Brighton Mitre CC	W	-		-
44	8:44	Simon Trehearn	Kingston Phoenix RC	V42	5:13.8		-
45	8:45	Neil Midgley	Lewes Wanderers CC	V43	5:14.6		-
46	8:46	Liz Halliday	Sussex Nomads CC	VW53	5:49.8		-
47	8:47	Frances Bromley	Buxton CC/Sett Valley Cycles	W	-		-
48	8:48	Daniel Ellis	Eastbourne Rovers CC	S	-		-
49	8:49	Matthew Sumpter	In-Gear Quickvit Trainsharp RT	S	-		-
50	8:50	Jeremy Ponting	Velo Club St Raphael	V44	5:15.6		-
51	8:51	Terry O'Donnell	Dorking Cycling Club	V56	5:26.8		-
52	8:52	Olivia Webb	Velopace	VW47	5:43.8		-
53	8:53	Simon McCaugherty	London Phoenix CC	S	-		-
54	8:54	John Marinko	Brighton Mitre CC	V51	5:22.0		-
55	8:55	Daniel Ryan	North Road CC	S	-		-
56	8:56	Ross McCracken	Sussex Nomads CC	S	-		-
57	8:57	Catherine Osborn	Dulwich Paragon CC	W	-		-
58	8:58	Debbie Percival	34 Nomads CC	VW54	5:50.8		-
59	8:59	Daniel Pink	GS Avanti	S	-		-
60	9:00	Mark Emsley	Team ASL360	S	-		-

All entrants under the age of 18 have to download from the CTT web site a parental consent form, and present the completed signed parental consent form along with their hard/soft shell helmet that meets internationally accepted safety standards to the signing on steward "before signing on". No helmet, no parental consent form, then no ride.