



[www.sussexca.org.uk](http://www.sussexca.org.uk)

# Sussex Cyclists' Association



2021 PRESIDENT – Bob Harber - Brighton Excelsior CC

**Open 10 mile Time Trial Saturday 1<sup>st</sup> May 2021**  
Course G10/97

***Incorporating Sussex Individual, Veterans and Team Championships***

**Event Secretary:** Jon Fry  
15 Fishers Court, Horsham, West Sussex, RH12 2RJ  
Email: [jmfry@live.co.uk](mailto:jmfry@live.co.uk)  
Tel: 01403 541262 (or 07881 345549 on day of event)

Promoted for and on behalf of **Cycling Time Trials** under it's rules and regulations

## HQ

### Steyning Centre

Fletcher's Croft  
Steyning  
West Sussex

Postcode BN44 3XZ

Open from 06:00



Plenty of parking is available.

Free till 09:00 then pay and display (or Horsham annual parking disc), or park in road by church for free.

Numbers at HQ only. After the event please return your race number to the HQ and complete the sign-out sheet.

HQ to start: 1.83 miles

Finish to HQ: 1.42 miles

Route to start:

Left out of the car park to the mini roundabout, then right onto the High Street. Proceed North to the A283 junction. Left and continue West on A283 for 0.7 miles.

### **CTT COVID-19 INSTRUCTIONS:**

- 1) Do not attend if you/your family members feel ill.
- 2) Park with social distancing in mind.
- 3) Bring your own pen to sign on and, if you need them to affix your number, your own safety pins.
- 4) Take with you when you race a compulsory working rear light, a spare tyre/tube/tub and a mobile phone.
- 5) Please note you have to make your own way back in event of trouble – no collections offered.
- 6) No more than 5 riders, 2m apart, to wait at the start.
- 7) No items to be left at the start or with the timekeeper or in the time trials secretary's van (which will be unavailable to riders while the pandemic is in progress).
- 8) No push-off.
- 9) After racing, please leave your number in the bowl of disinfected water when signing out.
- 10) No social, no drinks, no food and do not expect times to be available near the finish; times will be on the club's website asap.
- 11) Please leave the car parking area in a timely fashion.

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## Please note the following CTT regulations and recommendations

CTT Regulation 14 now requires that “No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

In the interests of rider safety and in addition to the compulsory rear light required under regulation 14 (i), the advisory use of suitable hardshell helmets in competition for competitors over 18 years of age, **London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road.**

**Audio Equipment:** Competitors must not use ANY audio equipment except prescribed hearing aids.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

**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:** No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**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.

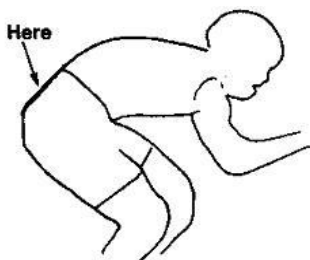
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**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 correctly placed 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.

# Open 10 mile Time Trial Saturday 1<sup>st</sup> May 2021

Course G10/97

## OFFICIAL TIME KEEPERS

Start: Paul Tunnell Addiscombe CC  
Finish: Richard Meed Lewes Wanderers CC

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## Prizes

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1 <sup>st</sup>	£45	1 <sup>st</sup> Lady	£45
2 <sup>nd</sup>	£35	2 <sup>nd</sup> Lady	£35
3 <sup>rd</sup>	£25	3 <sup>rd</sup> Lady	£25
4 <sup>th</sup>	£15		
5 <sup>th</sup>	£10		
1 <sup>st</sup> Veteran on CTT Target	£35	1 <sup>st</sup> Team of Three	£15 each
2 <sup>nd</sup> Veteran on CTT Target	£30	2 <sup>nd</sup> Team of Three	£10 each
3 <sup>rd</sup> Veteran on CTT Target	£25		
4 <sup>th</sup> Veteran on CTT Target	£20	1 <sup>st</sup> Under 18 (JUN/JUV)	£15 (as only 1 entry)

As a Championship event, this race includes a selection of Trophies, Cups and Medals to be awarded to Sussex CA Riders in various categories. This includes the 10 Mile Shield for the fastest overall and the Dave Henty Cup for the fastest team of three. Full details of all awards can be found on the [SCA Website](#) and will be presented at the annual Awards Presentation.

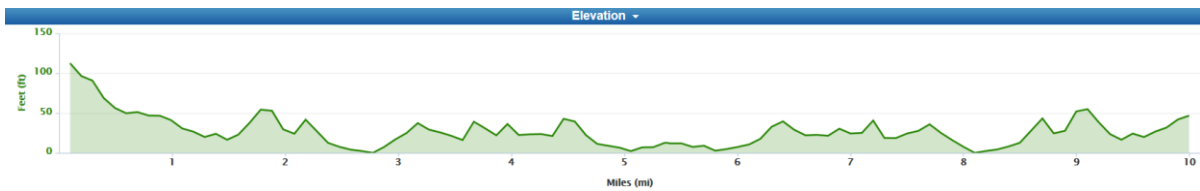
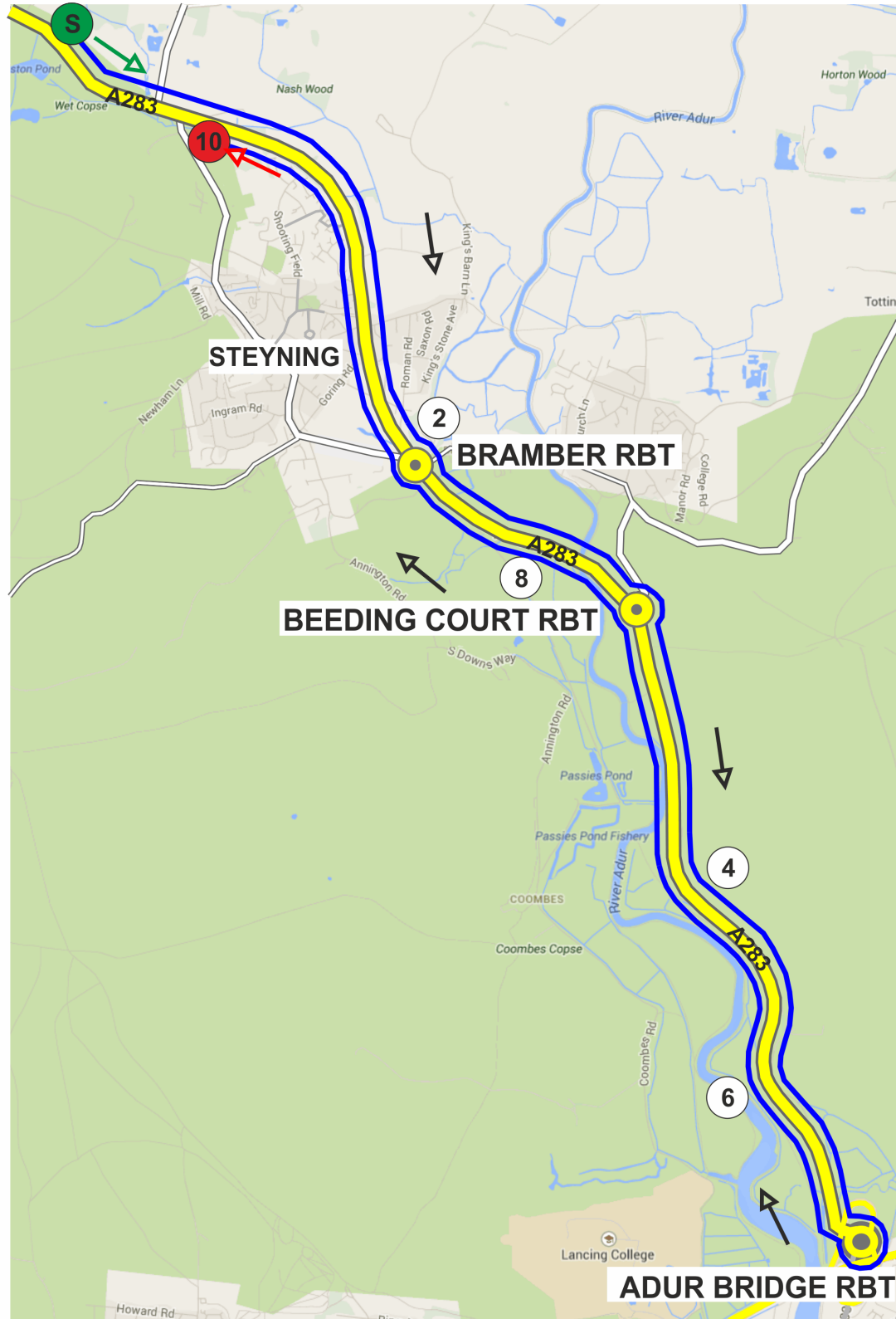
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<b>COURSE DIRECTIONS – G10/97</b>	<b>MILES</b>
START on A283 at yellow paint mark 39 yards east of centre of entrance to Hammes Farm (and Studio) and 0.52 miles west of junction with B2135	0.00
Proceed south-eastwards along A283 via Bramber Castle and Beeding Court RBTs to Adur Bridge RBT, Shoreham where turn (CHECK)	5.41
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	10.00

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Link to Garmin Connect version of the course map [G10/97](#)

Open 10 mile Time Trial Saturday 1<sup>st</sup> May 2021  
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Rider No	Start Time	Name	Club	Cat/ Age	CTT Std
1	07:01				
2	07:02	Kev Witton	Sussex Revolution Velo Club	V43	00:25:33
3	07:03	Bruce English	Eastbourne Rovers CC	V56	00:28:06
4	07:04	Robin Johnson	Brighton Mitre CC	V72	00:31:36
<b>5</b>	<b>07:05</b>	<b>Peter Merritt</b>	<b>TBW23 Stuart Hall Cycling P/b Trainsharp</b>	<b>S</b>	
6	07:06	Colin Toppin	Worthing Excelsior CC	V48	00:26:31
7	07:07	Simon McLeod	BTNRT	S	
8	07:08	Clive Jackson	Central Sussex CC	V68	00:30:41
9	07:09	Virginia Ponsford	Brighton Mitre CC	WV42	00:26:54
<b>10</b>	<b>07:10</b>	<b>Mark Bashford</b>	<b>East Grinstead CC</b>	<b>S</b>	
11	07:11	James Bullen	Sussex Revolution Velo Club	S	
12	07:12	Jack Tweddle	HuntBikeWheels.com	S	
13	07:13	Avinash Mahandru	Rapha Cycling Club	S	
14	07:14	Keith Lear	Horsham Cycling	V40	00:25:00
<b>15</b>	<b>07:15</b>	<b>David Clements</b>	<b>Eastbourne Rovers CC</b>	<b>V49</b>	<b>00:26:42</b>
16	07:16	Brian Molloy	Brighton Excelsior CC	V53	00:27:30
17	07:17	Mark Vowells (Tricycle)	San Fairy Ann CC Ltd	V68	00:30:41
18	07:18	Alan Robinson	Central Sussex CC	V80	00:33:31
19	07:19	Erin Kamp	Brighton Mitre CC	WS	
<b>20</b>	<b>07:20</b>	<b>Nik Allen</b>	<b>Worthing Excelsior CC</b>	<b>V49</b>	<b>00:26:42</b>
21	07:21	Patrick Brown	HuntBikeWheels.com	S	
22	07:22	Stu Nisbett	Crawley Wheelers	V47	00:26:19
23	07:23	Victoria Miller	Brighton Mitre CC	WS	
24	07:24	Jon Roberts-Bibby	Horsham Cycling	V49	00:26:42
<b>25</b>	<b>07:25</b>	<b>Steven Kane</b>	<b>Team TMC</b>	<b>S</b>	
26	07:26	Martin Booker	South Downs Bikes / Casco Pet	V52	00:27:18
27	07:27	Andrew Lock	Worthing Excelsior CC	V54	00:27:42
28	07:28	Rory Knapp	Brighton Mitre CC	S	
29	07:29	Isabelle Gibson	Brighton Mitre CC	WS	
<b>30</b>	<b>07:30</b>	<b>Howard Bayley</b>	<b>Blazing Saddles</b>	<b>V46</b>	<b>00:26:07</b>
31	07:31	Colin Harrison	East Grinstead CC	V56	00:28:06
32	07:32	Will Herbert	Total Tri Training	V40	00:25:00
33	07:33	Andy Cox	trainSharp	V50	00:26:54
34	07:34	Anouska Greenaway	Brighton Mitre CC	WS	
<b>35</b>	<b>07:35</b>	<b>Kevin Plummer</b>	<b>Team TMC</b>	<b>V55</b>	<b>00:27:54</b>
36	07:36	Jason Hunter	Pearson Cycling Club	V57	00:28:19
37	07:37	Peter Noble	Epsom CC	V54	00:27:42
38	07:38	Peter Owen	Norwood Paragon CC	V60	00:28:57
39	07:39	Eleanor Chaplin	Brighton Mitre CC	WS	
<b>40</b>	<b>07:40</b>	<b>Mark Emsley</b>	<b>Team TMC</b>	<b>S</b>	
41	07:41	Nolan Heather	Worthing Excelsior CC	V45	00:25:56
42	07:42	Mark Thomas	Bigfoot CC	V58	00:28:31
43	07:43	Lewis Reeves	Horsham Cycling	S	
44	07:44	Steve McMenamin	Crawley Wheelers	V53	00:27:30
<b>45</b>	<b>07:45</b>	<b>Michael Renardson</b>	<b>trainSharp</b>	Espoir	

46	07:46	Ian Cheesman	Worthing Excelsior CC	V52	00:27:18
47	07:47	Dan Ellis	BTNRT	S	
48	07:48	Richard Cartland	HuntBikeWheels.com	V43	00:25:33
49	07:49	Rachel Carless	Brighton Mitre CC	WV45	00:27:30
<b>50</b>	<b>07:50</b>	<b>Matthew Smith</b>	<b>Team TMC</b>	<b>S</b>	
51	07:51	Spencer Kirkham	Worthing Excelsior CC	V53	00:27:30
52	07:52	James Stone	Brighton Excelsior CC	V52	00:27:18
53	07:53	Jack Smith	Brighton Mitre CC	S	
54	07:54	Kerry McGawley	Brighton Triathlon Club	WV42	00:26:54
<b>55</b>	<b>07:55</b>	<b>David Clark</b>	<b>Eastbourne Rovers CC</b>	<b>V52</b>	<b>00:27:18</b>
56	07:56	Dylan Coyne	Balcombe Cycle Club	V48	00:26:31
57	07:57	Jamie Baskerville	Dulwich Paragon CC	V44	00:25:45
58	07:58	John McDonald	trainSharp	V56	00:28:06
59	07:59	Liz Sim	MedwayTri	WV50	00:28:31
<b>60</b>	<b>08:00</b>	<b>Howard Shaw</b>	<b>trainSharp</b>	<b>S</b>	
61	08:01	Andy Tedd	South Downs Bikes / Casco Pet	V53	00:27:30
62	08:02	Lisa Davis	DRAG2ZERO	WV46	
63	08:03	James Ryan	Team TMC	V44	00:25:45
64	08:04	Paul Townsley	Team TMC	V72	00:31:36
<b>65</b>	<b>08:05</b>	<b>Simon Church</b>	<b>trainSharp</b>	<b>V55</b>	<b>00:27:54</b>
66	08:06	Richard Burchett	Lewes Wanderers CC	V50	00:26:54
67	08:07	Mike Boyce	...a3crg	V65	00:30:01
68	08:08	Tracey Williams	Brighton Excelsior CC	WV52	00:28:57
69	08:09	Amanda Gent	ProgressiveCycleCoaching.co.uk	WS	
<b>70</b>	<b>08:10</b>	<b>Nick Dwyer</b>	<b>Lewes Wanderers CC</b>	<b>V57</b>	<b>00:28:19</b>
71	08:11	Tony Reeves	GS Stella	V49	00:26:42
72	08:12	Adam Gent	ProgressiveCycleCoaching.co.uk	S	
73	08:13	Jon Fairclough	Woking Cycle Club	V67	00:30:28
74	08:14	Clare Johnson	Brighton Mitre CC	WV59	00:30:28
<b>75</b>	<b>08:15</b>	<b>Stuart Bettis</b>	<b>HuntBikeWheels.com</b>	<b>S</b>	
76	08:16	Sally Turner	trainSharp	WV41	00:26:42
77	08:17	Ian Newbold	Worthing Excelsior CC	V48	00:26:31
78	08:18	Brian Jones	Morden CRC	V70	00:31:09
79	08:19	Erica Martin	Eastbourne Rovers CC	WS	
<b>80</b>	<b>08:20</b>	<b>Mark Smith</b>	<b>Crawley Wheelers</b>	<b>V47</b>	<b>00:26:19</b>
81	08:21	Tom Houghton	Team TMC	V49	00:26:42
82	08:22	Lloyd Costello	Brighton Mitre CC	Espoir	
83	08:23	Dylan Hicks	Preston Park Youth Cycling Club	JUN	
84	08:24	Bethan Male	Brighton Triathlon Club	WS	
<b>85</b>	<b>08:25</b>	<b>Brett Davis</b>	<b>trainSharp</b>	<b>V48</b>	<b>00:26:31</b>
86	08:26	Simon Steeles	Worthing Excelsior CC	V50	00:26:54
87	08:27	Paul Thatcher	Brighton Mitre CC	V57	00:28:19
88	08:28	Cris Coxon	Brighton Mitre CC	V44	00:25:45
89	08:29	Daniel Ellis	Gemini BC	S	
<b>90</b>	<b>08:30</b>	<b>Josh Copley</b>	<b>TBW23 Stuart Hall Cycling P/b Trainsharp</b>	<b>Espoir</b>	