



# Sussex Cyclists' Association

2015 President – Alan Limbrey – Sussex Nomads CC

Open 10 Mile Time Trial – **Sunday 2nd May 2015** – Course G10/97

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



## Incorporating the Sussex 10 mile Championship

### Result Sheet

**Event Secretary** Jon Fry (Horsham Cycling)  
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**Timekeepers** Mick Kilby (Lewes Wanderers CC) and Mick Irons (Worthing Excelsior CC)

Prize winners	Pos	Rider	Club	Time / Plus	Prize
<b>Fastest Overall</b>	1st	Tom Glandfield	Lewes Wanderers CC	0:20:20	£25.00
	2nd	Jonathan Parker	PMR @ Toachim House	0:20:22	£15.00
	3rd	Chris McNamara	Pedal Heaven	0:20:42	£10.00
	4th	Robert Moore	Pedal Heaven	0:20:56	£ 8.00
	5th	Conall Yates	In-Gear Quickvit Trainsharp RT	0:20:58	£ 5.00
<b>Fastest Lady</b>	1st	Sarah Matthews	a3crg	0:24:30	£15.00
	2nd	Tamar Vanderhaas	Lewes Wanderers CC	0:25:01	£10.00
	3rd	Helen Bullimore	Trainsharp Racing Team	0:25:22	£5.00
<b>Veteran on CTT Target Times</b>	1st	Mike O'Gorman	Worthing Excelsior CC	+ 06:24	£15.00
	2nd	Alan Robinson	Central Sussex CC	+ 05:59	£10.00
	3rd	Nick Dwyer	Lewes Wanderers CC	+ 05:39	£ 8.00
<b>Fastest Team of 3</b>	1st	Chris McNamara	Pedal Heaven	0:20:42	£ 8.00
		Robert Moore	Pedal Heaven	0:20:56	£ 8.00
		Jamie Pine	Pedal Heaven	0:21:33	£ 8.00
	<b>Total Team Time</b>			<b>1:03:11</b>	
	2nd	Conall Yates	In-Gear Quickvit Trainsharp RT	0:20:58	£ 5.00
		Charl Jordaan	In-Gear Quickvit Trainsharp RT	0:21:50	£ 5.00
		Sean Scott	In-Gear Quickvit Trainsharp RT	0:22:02	£ 5.00
<b>Total Team Time</b>			<b>1:04:50</b>		
Tandem	1st	Jon Frost Dave Abbott	Redmon CC GS Stella		£10.00

## Notes and Acknowledgments

Congratulations to all the prize winners and many thanks to everyone who supported the event whether by riding or helping on the day, including:

**Timekeepers** Mick Kilby and Mick Irons

**Pushing off** Bryn Reeves & Keith Carter

**Marshals** Steve Strickland, Tim Peters, Peter Delve, Keith Shuttlewood, Simon Mitchell and Jason Baverstock

**Catering** Gary Nobel-Smith

**Start Sheet** Mike O'Gorman

**Results** Ann Human

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## Overall Result – Solo Event

Overall Position	Race No	Name	Club	Cat	Actual Time	Plus on CTT Tgt Time	Pos on Tgt Time
1	11	Tom Glandfield	Lewes Wanderers CC	V	<b>0:20:20</b>	+ 05:02	6
2	30	Jonathan Parker	PMR @ Toachim House	V	<b>0:20:22</b>	+ 04:38	9
3	70	Chris McNamara	Pedal Heaven	V	<b>0:20:42</b>	+ 04:18	10
4	15	Robert Moore	Pedal Heaven	S	<b>0:20:56</b>	-	-
5	80	Conall Yates	In-Gear Quickvit Trainsharp RT	S	<b>0:20:58</b>	-	-
6	10	Jack Donaldson	Neon Velo	S	<b>0:21:17</b>	-	-
7	60	Nick Dwyer	Lewes Wanderers CC	V	<b>0:21:27</b>	+ 05:39	3
8	75	Steven Kane	Team ASL360	S	<b>0:21:31</b>	-	-
9	31	Jamie Pine	Pedal Heaven	S	<b>0:21:33</b>	-	-
9	66	Dominic Maxwell	Sussex Revolution VC	V	<b>0:21:33</b>	+ 03:49	17
11	19	James Rix	Crawley Wheelers	S	<b>0:21:36</b>	-	-
12	35	Charl Jordaan	In-Gear Quickvit Trainsharp RT	S	<b>0:21:50</b>	-	-
13	2	Carl Ferri	Cadence Performance	V	<b>0:21:52</b>	+ 04:04	16
14	71	Christian Yates	East Grinstead CC	V	<b>0:21:53</b>	+ 05:25	4
15	5	Iain Brogden	Eastbourne Rovers CC	V	<b>0:22:00</b>	+ 04:07	15
16	21	Sean Scott	In-Gear Quickvit Trainsharp RT	S	<b>0:22:02</b>	-	-
17	20	Steve Williamson	a3crg	V	<b>0:22:05</b>	+ 03:28	19
18	56	Richard Weatherstone	GS Stella	V	<b>0:22:17</b>	+ 04:14	13
19	25	Mark Emsley	Team ASL360	S	<b>0:22:31</b>	-	-
20	52	Kevin Plummer	South Downs Bikes	V	<b>0:22:33</b>	+ 04:09	14
21	81	Patrick Brennan	a3crg	S	<b>0:22:35</b>	-	-
22	61	David Shepherd	GS Stella	V	<b>0:22:38</b>	+ 05:04	5
23	26	Carl Richardson	In-Gear Quickvit Trainsharp RT	V	<b>0:22:39</b>	+ 04:15	12
24	23	Peter Moon	Eastbourne Rovers CC	V	<b>0:22:46</b>	+ 04:56	7
25	72	Neil Midgley	Lewes Wanderers CC	V	<b>0:23:08</b>	+ 02:14	28
26	62	Mike O'Gorman	Worthing Excelsior CC	V	<b>0:23:11</b>	+ 06:24	1
27	12	Sam Dix	In-Gear Quickvit Trainsharp RT	V	<b>0:23:13</b>	+ 02:20	27
28	33	Jon Saunders	Charlotteville Cycling Club	S	<b>0:23:17</b>	-	-
29	67	Jason Gilbert	South Downs Bikes	V	<b>0:23:25</b>	+ 01:35	34
30	16	Peter Phipps	a3crg	V	<b>0:23:36</b>	+ 04:18	10
31	77	Andy Tedd	a3crg	V	<b>0:23:42</b>	+ 02:37	25
32	63	Michael Valks	Lewes Wanderers CC	V	<b>0:23:52</b>	+ 01:53	31
33	74	Ross Stringer	Sussex Revolution VC	S	<b>0:23:57</b>	-	-
34	14	Rick Hughes	Worthing Excelsior CC	V	<b>0:24:00</b>	+ 03:18	21
35	17	Martin Booker	Worthing Excelsior CC	V	<b>0:24:12</b>	+ 01:55	30
36	3	Jay Chisnall	VTTA (Surrey & Sussex)	V	<b>0:24:18</b>	+ 03:24	20
37	32	James Stone	Brighton Excelsior CC	V	<b>0:24:26</b>	+ 01:41	32
38	40	Sarah Matthews	a3crg	WV	<b>0:24:30</b>	+ 04:52	8
39	8	Peter Rowe	Southborough & Dist. Whs	V	<b>0:24:32</b>	+ 02:22	26
40	53	Ade Fadero	Sussex Nomads CC	V	<b>0:24:44</b>	+ 02:46	23
41	78	Jon Frost	Redmon CC	V	<b>0:24:50</b>	+ 01:41	32
42	64	Bruce English	Eastbourne Rovers CC	V	<b>0:24:54</b>	+ 02:00	29
43	50	Tamar Vanderhaas	Lewes Wanderers CC	WS	<b>0:25:01</b>	-	-
44	69	Ian Graver	Bec CC	V	<b>0:25:15</b>	+ 02:39	24
45	41	Helen Bullimore	Trainsharp Racing Team	WV	<b>0:25:22</b>	+ 01:32	35
46	24	David Phillips	Old Portlians CC	V	<b>0:25:40</b>	+ 03:17	22
47	42	Gina McGeever	Lewes Wanderers CC	WV	<b>0:25:42</b>	+ 01:24	36
48	59	Michael Leonard	South Downs Bikes	V	<b>0:25:56</b>	+ 01:10	37

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## Overall Result – Solo Event

Overall Position	Race No	Name	Club	Cat	Actual Time	Plus on CTT Tgt Time	Pos on Tgt Time
49	68	Alan Robinson	Central Sussex CC	V	<b>0:26:05</b>	+ 05:59	2
50	79	Andy Miles	Army Cycling Union	V	<b>0:26:14</b>	+ 00:05	41
51	46	Eva Nyirenda	a3crg	WS	<b>0:26:16</b>	-	-
52	43	Sarah Phelps	Brighton Mitre CC	WS	<b>0:26:17</b>	-	-
53	29	Jack Churchill	Brighton Excelsior CC	Jv	<b>0:26:18</b>	-	-
54	54	Benjamin Miller	Brighton Excelsior CC	S	<b>0:26:59</b>	-	-
55	18	Stuart Payne	Central Sussex CC	V	<b>0:27:01</b>	+ 00:17	40
56	9	Rome Bhamra	Worthing Excelsior CC	V	<b>0:27:16</b>	- 00:45	43
57	28	Paul Valks	Lewes Wanderers CC	V	<b>0:27:36</b>	+ 03:46	18
58	37	Sally McSorley	Sussex Nomads CC	WV	<b>0:28:14</b>	- 01:43	45
59	48	Selena Bartley	Sussex Nomads CC	WV	<b>0:28:18</b>	- 01:24	44
60	49	Rebecca Dyckes	Horsham Cycling	WV	<b>0:28:40</b>	+ 00:42	38
61	44	Kaye Dwyer	Lewes Wanderers CC	WV	<b>0:28:58</b>	- 00:01	42
62	47	Elin Williamson	Brighton Mitre CC	WS	<b>0:29:25</b>	-	-
63	39	Elaine Scott	Brighton Excelsior CC	WV	<b>0:31:22</b>	+ 00:42	38
	58	Howard Shaw	Eastbourne Rovers CC	S	DNF (P)		
	4	James Horan	South Downs Bikes	V	DNS (A)		
	6	Yuriy Tymchenko	Sussex Nomads CC	V	DNS (A)		
	7	Samuel Ramsey	Lewes Wanderers CC	V	DNS (A)		
	13	Mike Boyce	a3crg	V	DNS (A)		
	22	Leon Fielding	a3crg	S	DNS (A)		
	27	Keith Downie	Charlottesville Cycling Club	V	DNS (A)		
	34	Colin Toppin	Brighton Excelsior CC	V	DNS (A)		
	36	Claire Leonard	South Downs Bikes	WV	DNS (A)		
	38	Sally Baldwin	GS Stella	WS	DNS (A)		
	45	Natalie White	Charlottesville Cycling Club	WS	DNS (A)		
	51	Philip Burgin	Kingston Phoenix RC	V	DNS (A)		
	55	Simon McNamara	South Downs Bikes	V	DNS (A)		
	57	Paul Thatcher	Brighton Mitre CC	V	DNS (A)		
	65	Phil Allen	South Downs Bikes	S	DNS (A)		
	73	Ion Tsakalis	Brighton Mitre CC	V	DNS (A)		
	76	Jonathan Thomas	Epsom CC	V	DNS (A)		

## Overall Result – Tandem Event

Overall Position	Race No	Name	Club	Cat	Actual Time	Plus on CTT Tgt Time	Pos on Tgt Time
1	1	Jon Frost Dave Abbott	Redmon CC GS Stella	V V	<b>0:23:33</b>	-	-

## Sussex 10 Mile County Championship Awards

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Fastest Overall</b>	1st	Tom Glandfield	Lewes Wanderers CC	0:20:20	The 10 Shield & Medal
	2nd	Conall Yates	In-Gear Quickvit Trainsharp RT	0:20:58	Medal
	3rd	Nick Dwyer	Lewes Wanderers CC	0:21:27	Medal
<b>Highest Plus on CTT Target Times</b>	1st	Mike O'Gorman	Worthing Excelsior CC	+ 06:24	Medal
	2nd	Alan Robinson	Central Sussex CC	+ 05:59	Medal
	3rd	Nick Dwyer	Lewes Wanderers CC	+ 05:39	Medal
<b>Fastest Lady</b>	1st	Sarah Matthews	a3crg	0:24:30	Medal
	2nd	Tamar Vanderhaas	Lewes Wanderers CC	0:25:01	Medal
	3rd	Helen Bullimore	Trainsharp Racing Team	0:25:22	Medal
<b>Fastest Juvenile</b>	1st	Jack Churchill	Brighton Excelsior CC	0:26:18	Medal
<b>Fastest Team of 3</b>	1st	Conall Yates	In-Gear Quickvit Trainsharp RT	0:20:58	Medal
		Charl Jordaan	In-Gear Quickvit Trainsharp RT	0:21:50	Medal
		Sean Scott	In-Gear Quickvit Trainsharp RT	0:22:02	Medal
		<b>Total Team Time</b>	<b>1:04:50</b>		

### This is also a qualifying event for

**Sussex Best All Rounder** Qualifying event for the Sussex Long distance junior and lady BAR, Middle distance for all categories and Short distance for all categories.

**Sussex Championship Points Competition** 20 points for 1st place down to 1 point for 20th place for riders from a SCA affiliated club.

### Sussex Championship Points Competition – points awarded for this event

SCA Rider	Club	Points
Tom Glandfield	Lewes Wanderers CC	20
Conall Yates	In-Gear Quickvit Trainsharp RT	19
Nick Dwyer	Lewes Wanderers CC	18
Steven Kane	Team ASL360	17
Dominic Maxwell	Sussex Revolution VC	16
James Rix	Crawley Wheelers	15
Charl Jordaan	In-Gear Quickvit Trainsharp RT	14
Christian Yates	East Grinstead CC	13
Iain Brogden	Eastbourne Rovers CC	12
Sean Scott	In-Gear Quickvit Trainsharp RT	11
Steve Williamson	a3crg	10
Richard Weatherstone	GS Stella	9
Mark Emsley	Team ASL360	8
Kevin Plummer	South Downs Bikes	7
Patrick Brennan	a3crg	6
David Shepherd	GS Stella	5
Carl Richardson	In-Gear Quickvit Trainsharp RT	4
Peter Moon	Eastbourne Rovers CC	3
Neil Midgley	Lewes Wanderers CC	2
Mike O'Gorman	Worthing Excelsior CC	1

## Don't miss other events promoted by the Sussex CA

Date	Distance	Details	Course	Promoter
Monday 25 May 2015	30 m	Sussex Championship	G30/91	Robin Johnson
Saturday 13 Jun 2015	15 m	Sussex Championship	G15/93	Robin Johnson
Sunday 05 July 2015	50 m	Sussex Championship	G50/10	Robin Johnson
Saturday 29 Aug 2015	10 m	Sporting	G10/45	Robin Johnson
Monday 31 Aug 2015	25 m	Sporting	G25/49	Robin Johnson
Saturday 03 Oct 2015	1672 yd Hill Climb	Sussex Championship	GH/92	Mel Robertson

All Sussex CA events can be entered online via the CTT website [www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk)

## And Championship events promoted by other Associations

Date	Distance	Details	Course	Promoter
Sunday 26 Jul 2015	SCCU 100 m	Sussex Championship	G100/61	Rod Starmer
Sunday 23 Aug 2015	KCA 12 hour	Sussex Championship	Q/12	Esther Carpenter

## Competitions

### Keep up to date with what's going on with time trialling in Sussex ...

There are a range of competitions run by local Associations so, if your club is affiliated, and you're riding SCA or ESCA events, the chances are you'll automatically be included in a competition that you might not necessarily be aware of!

Why not take a moment to familiarise yourself with what's on offer for individual riders and their affiliated clubs to add a bit of interest and friendly rivalry between riders and clubs by visiting the links below

Sussex CA (SCA) events and competitions for 2015

[http://www.sussexca.org.uk/uploads/4/4/6/3/44636025/2015\\_sussex\\_ca\\_events\\_and\\_competitions.pdf](http://www.sussexca.org.uk/uploads/4/4/6/3/44636025/2015_sussex_ca_events_and_competitions.pdf)

East Sussex CA (ESCA) events and competitions for 2015

<http://www.eastsussexca.org.uk/15results/escacomps15.pdf>

Regular competition updates, and a whole lot more, are posted throughout the season on the Association websites and facebook groups

#### Sussex CA

Website

<http://www.sussexca.org.uk/>

Facebook Group

<https://www.facebook.com/groups/SussexCA/>

#### East Sussex CA

Website

<http://www.eastsussexca.org.uk/>

Facebook Group

<https://www.facebook.com/groups/EastSussexCA/>