



Sussex Cyclists' Association

2016 President – Mick Kilby – VTTA (Surrey & Sussex Group)



Open 10 Mile Time Trial – **Saturday 30th April 2016** – 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

| Category | Pos | Rider | Club | Time / Plus | Prize |
|--|------------------------|------------------|----------------------------|----------------|--------|
| Fastest Overall | 1st | Simon McNamara | South Downs Bikes | 0:20:44 | £30.00 |
| | 2nd | Chris McNamara | Nuun-Sigma Sport-London RT | 0:20:58 | £20.00 |
| | 3rd | Gary Brind | South Downs Bikes | 0:21:17 | £15.00 |
| | 4th | Nick Dwyer | Lewes Wanderers CC | 0:21:29 | £10.00 |
| | 5th | Tom Glandfield | Lewes Wanderers CC | 0:21:35 | £7.00 |
| Veteran on CTT Target Times | 1st | Mike O'Gorman | Worthing Excelsior CC | + 06:17 | £20.00 |
| | 2nd | Alan Robinson | Central Sussex CC | + 05:56 | £15.00 |
| | 3rd | Nick Dwyer | Lewes Wanderers CC | + 05:49 | £10.00 |
| Fastest Lady | 1st | Sally Turner | GS Stella | 0:24:31 | £30.00 |
| | 2nd | Tamar Vanderhaas | Lewes Wanderers CC | 0:25:25 | £20.00 |
| Fastest Jun/Juv | 1st | Schaeff Potter | Worthing Excelsior CC | 0:24:06 | £10.00 |
| Fastest Team of 3 | 1st | Simon McNamara | South Downs Bikes | 0:20:44 | £10.00 |
| | | Gary Brind | South Downs Bikes | 0:21:17 | £10.00 |
| | | Kevin Plummer | South Downs Bikes | 0:22:01 | £10.00 |
| | Total Team Time | | | 1:04:02 | |
| | 2nd | Nick Dwyer | Lewes Wanderers CC | 0:21:29 | £7.00 |
| | | Tom Glandfield | Lewes Wanderers CC | 0:21:35 | £7.00 |
| | | Michael Valks | Lewes Wanderers CC | 0:23:40 | £7.00 |
| Total Team Time | | | 1:06:44 | | |

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Overall Result

| Rank | Race No | Name | Club | Cat | Actual Time | Plus on CTT TT | Pos on CTT TT |
|------|---------|----------------------|--------------------------------|-----|----------------|----------------|---------------|
| 1 | 70 | Simon McNamara | South Downs Bikes | V | 0:20:44 | 0:04:27 | 9 |
| 2 | 60 | Chris McNamara | Nuun-Sigma Sport-London RT | V | 0:20:58 | 0:04:13 | 10 |
| 3 | 35 | Gary Brind | South Downs Bikes | V | 0:21:17 | 0:04:05 | 13 |
| 4 | 40 | Nick Dwyer | Lewes Wanderers CC | V | 0:21:29 | 0:05:49 | 3 |
| 5 | 65 | Tom Glandfield | Lewes Wanderers CC | V | 0:21:35 | 0:03:58 | 14 |
| 6 | 30 | Steven Kane | Brighton Excelsior CC | S | 0:21:50 | - | - |
| 7 | 50 | Steve Williamson | a3crg | V | 0:22:01 | 0:03:44 | 15 |
| 7 | 56 | Kevin Plummer | South Downs Bikes | V | 0:22:01 | 0:04:53 | 6 |
| 9 | 25 | George Welfare | Eastbourne Rovers CC | S | 0:22:08 | - | - |
| 10 | 10 | Phil Allen | South Downs Bikes | S | 0:22:09 | - | - |
| 11 | 20 | Christian Yates | East Grinstead CC | V | 0:22:27 | 0:05:03 | 5 |
| 12 | 37 | James Ryan | Team ASL360 | S | 0:22:30 | - | - |
| 13 | 15 | Richard Weatherstone | GS Stella | V | 0:22:33 | 0:04:09 | 12 |
| 13 | 31 | Carl Richardson | In-Gear Quickvit Trainsharp RT | V | 0:22:33 | 0:04:33 | 7 |
| 15 | 61 | Dominic Maxwell | Worthing Excelsior CC | V | 0:22:40 | 0:02:53 | 22 |
| 16 | 38 | David Clements | Eastbourne Rovers CC | V | 0:22:49 | 0:02:56 | 21 |
| 17 | 32 | Jason Gilbert | South Downs Bikes | V | 0:23:14 | 0:01:57 | 32 |
| 18 | 52 | Sam Dix | In-Gear Quickvit Trainsharp RT | V | 0:23:27 | 0:02:18 | 26 |
| 19 | 28 | Tony Reeves | GS Stella | V | 0:23:30 | 0:02:15 | 28 |
| 20 | 51 | Mike O'Gorman | Worthing Excelsior CC | V | 0:23:31 | 0:06:17 | 1 |
| 21 | 36 | Shaun Kennedy | Bec CC | V | 0:23:33 | 0:04:33 | 7 |
| 22 | 7 | Michael Valks | Lewes Wanderers CC | V | 0:23:40 | 0:02:16 | 27 |
| 23 | 3 | Tom Houghton | Brighton Excelsior CC | V | 0:23:47 | 0:01:58 | 31 |
| 24 | 34 | Matthew Sumpter | In-Gear Quickvit Trainsharp RT | S | 0:23:52 | - | - |
| 25 | 26 | Mark Jones | GS Stella | V | 0:23:53 | 0:04:13 | 10 |
| 25 | 29 | Rick Hughes | Worthing Excelsior CC | V | 0:23:53 | 0:03:37 | 17 |
| 27 | 57 | Samuel Ramsey | Lewes Wanderers CC | V | 0:23:56 | 0:03:22 | 18 |
| 28 | 64 | Colin Toppin | Brighton Excelsior CC | V | 0:23:59 | 0:01:34 | 36 |
| 29 | 12 | Martin Booker | Worthing Excelsior CC | V | 0:24:00 | 0:02:19 | 25 |
| 29 | 62 | Shaun Marlor | Bec CC | V | 0:24:00 | 0:01:33 | 37 |
| 31 | 47 | Schaeff Potter | Worthing Excelsior CC | Jn | 0:24:06 | - | - |
| 32 | 21 | Ian Cheesman | Worthing Excelsior CC | V | 0:24:08 | 0:02:11 | 29 |
| 33 | 6 | Colin Barton | Worthing Excelsior CC | V | 0:24:13 | 0:03:41 | 16 |
| 34 | 16 | James Stone | Brighton Excelsior CC | V | 0:24:22 | 0:01:57 | 32 |
| 35 | 17 | James Horan | South Downs Bikes | V | 0:24:30 | 0:01:37 | 35 |
| 36 | 44 | Sally Turner | GS Stella | WS | 0:24:31 | - | - |
| 37 | 22 | Andrew R Green | Bec CC | V | 0:24:42 | 0:00:29 | 43 |
| 38 | 27 | Paul Thatcher | Brighton Mitre CC | V | 0:24:43 | 0:02:35 | 23 |
| 39 | 67 | Peter Moon | Eastbourne Rovers CC | V | 0:24:47 | 0:03:07 | 20 |
| 40 | 5 | Stephen Ralston | London Dynamo | S | 0:24:57 | - | - |
| 40 | 23 | Geoff Smith | Eastbourne Rovers CC | V | 0:24:57 | 0:05:04 | 4 |
| 42 | 53 | Ade Fadero | Sussex Nomads CC | V | 0:25:13 | 0:02:29 | 24 |
| 43 | 54 | Chris Dunstan | Brighton Excelsior CC | Jv | 0:25:17 | - | - |
| 44 | 13 | Robert Royle-Evatt | Addiscombe CC | V | 0:25:24 | 0:01:07 | 39 |
| 45 | 45 | Tamar Vanderhaas | Lewes Wanderers CC | WV | 0:25:25 | 0:01:06 | 40 |
| 46 | 46 | Gina McGeever | Lewes Wanderers CC | WV | 0:25:37 | 0:01:41 | 34 |
| 47 | 33 | Jack Churchill | Brighton Excelsior CC | Jv | 0:25:52 | - | - |
| 48 | 18 | John Allen | Redmon CC | V | 0:26:00 | 0:02:06 | 30 |
| 48 | 24 | Jason Hunter | Pearson Cycling Club | V | 0:26:00 | 0:01:18 | 38 |
| 50 | 42 | Katerina Avramides | Brighton Mitre CC | WS | 0:26:11 | - | - |
| 50 | 58 | Christopher Putnam | Worthing Excelsior CC | V | 0:26:11 | 0:00:43 | 42 |
| 52 | 48 | Alan Robinson | Central Sussex CC | V | 0:26:22 | 0:05:56 | 2 |
| 53 | 19 | Mark Thomas | Bigfoot CC | V | 0:27:19 | 0:00:11 | 44 |

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Overall Result

| Rank | Race No | Name | Club | Cat | Actual Time | Plus on CTT TT | Pos on CTT TT |
|------|---------|-----------------|--------------------------------|-----|----------------|----------------|---------------|
| 54 | 43 | Kaye Dwyer | Lewes Wanderers CC | WV | 0:28:22 | 0:00:47 | 41 |
| 55 | 9 | Ken Dry | Eastbourne Rovers CC | V | 0:28:27 | -0:01:33 | 45 |
| 56 | 59 | David Manders | Horsham Cycling | V | 0:28:56 | 0:03:08 | 19 |
| - | 41 | Laura Bartlett | a3crg | WS | DNF (P) | - | - |
| - | 49 | Fabien Large | Hastings & St. Leonards CC | Jv | DNF (M) | - | - |
| - | 63 | Phil Frean | Worthing Excelsior CC | V | DNF (P) | - | - |
| - | 4 | Paul Valks | Lewes Wanderers CC | V | DNS (A) | - | - |
| - | 8 | Michael Leonard | South Downs Bikes | V | DNS (A) | - | - |
| - | 11 | Paul Newsome | Team ASL360 | S | DNS (A) | - | - |
| - | 14 | Ian Graver | Bec CC | V | DNS (A) | - | - |
| - | 39 | Chris Brewer | Redmon CC | V | DNS (A) | - | - |
| - | 55 | Richard Gifford | In-Gear Quickvit Trainsharp RT | V | DNS (A) | - | - |
| - | 66 | Jon Saunders | Charlotteville Cycling Club | S | DNS (A) | - | - |
| - | 68 | Ben Fielden | GS Stella | V | DNS (A) | - | - |
| - | 69 | Patrick Hawkins | Dulwich Paragon CC | V | DNS (A) | - | - |

Sussex 10 mile Championship Awards

| Category | Pos | Rider | Club | Time/Plus | Award |
|------------------------------------|-----|------------------------|-----------------------|----------------|-----------------------|
| Fastest Overall | 1st | Simon McNamara | South Downs Bikes | 0:20:44 | The 10 Shield & Medal |
| | 2nd | Gary Brind | South Downs Bikes | 0:21:17 | Medal |
| | 3rd | Nick Dwyer | Lewes Wanderers CC | 0:21:29 | Medal |
| Veteran on CTT Target Times | 1st | Mike O'Gorman | Worthing Excelsior CC | + 06:17 | Medal |
| | 2nd | Alan Robinson | Central Sussex CC | + 05:56 | Medal |
| | 3rd | Nick Dwyer | Lewes Wanderers CC | + 05:49 | Medal |
| Fastest Lady | 1st | Sally Turner | GS Stella | 0:24:31 | Medal |
| | 2nd | Tamar Vanderhaas | Lewes Wanderers CC | 0:25:25 | Medal |
| Fastest Junior | 1st | Schaeff Potter | Worthing Excelsior CC | 0:24:06 | Medal |
| Fastest Juvenile | 1st | Chris Dunstan | Brighton Excelsior CC | 0:25:17 | Medal |
| Fastest Team of 3 | 1st | Simon McNamara | South Downs Bikes | 0:20:44 | Medal |
| | | Gary Brind | South Downs Bikes | 0:21:17 | Medal |
| | | Kevin Plummer | South Downs Bikes | 0:22:01 | Medal |
| | | Total Team Time | 1:04:02 | Dave Henty Cup | |

Sussex Championship awards are presented at the annual lunch

Full details and tickets available from Robin Johnson Brighton Mitre CC

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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 Points Competition Points will be awarded on the following basis: For overall, 30 points for first place, down to 1 point for 30th place. For women, 10 points for first place, down to 1 point for 10th place. For teams of three, the addition of the individual points from three riders from the same club, regardless of which events they have ridden.

Sussex Points Competition – points awarded for this event

| Overall | Club | Points | Women | Club | Points |
|----------------------|--------------------------------|--------|--------------------|--------------------|--------|
| Simon McNamara | South Downs Bikes | 30 | Sally Turner | GS Stella | 10 |
| Gary Brind | South Downs Bikes | 29 | Tamar Vanderhaas | Lewes Wanderers CC | 9 |
| Nick Dwyer | Lewes Wanderers CC | 28 | Gina McGeever | Lewes Wanderers CC | 8 |
| Tom Glandfield | Lewes Wanderers CC | 27 | Katerina Avramides | Brighton Mitre CC | 7 |
| Steven Kane | Brighton Excelsior CC | 26 | | | |
| Kevin Plummer | South Downs Bikes | 25 | | | |
| Steve Williamson | a3crg | 25 | | | |
| George Welfare | Eastbourne Rovers CC | 23 | | | |
| Phil Allen | South Downs Bikes | 22 | | | |
| Christian Yates | East Grinstead CC | 21 | | | |
| James Ryan | Team ASL360 | 20 | | | |
| Carl Richardson | In-Gear Quickvit Trainsharp RT | 19 | | | |
| Richard Weatherstone | GS Stella | 19 | | | |
| Dominic Maxwell | Worthing Excelsior CC | 17 | | | |
| David Clements | Eastbourne Rovers CC | 16 | | | |
| Jason Gilbert | South Downs Bikes | 15 | | | |
| Sam Dix | In-Gear Quickvit Trainsharp RT | 14 | | | |
| Tony Reeves | GS Stella | 13 | | | |
| Mike O'Gorman | Worthing Excelsior CC | 12 | | | |
| Michael Valks | Lewes Wanderers CC | 11 | | | |
| Tom Houghton | Brighton Excelsior CC | 10 | | | |
| Matthew Sumpter | In-Gear Quickvit Trainsharp RT | 9 | | | |
| Mark Jones | GS Stella | 8 | | | |
| Rick Hughes | Worthing Excelsior CC | 8 | | | |
| Samuel Ramsey | Lewes Wanderers CC | 6 | | | |
| Colin Toppin | Brighton Excelsior CC | 5 | | | |
| Martin Booker | Worthing Excelsior CC | 4 | | | |
| Schaeff Potter | Worthing Excelsior CC | 3 | | | |
| Ian Cheesman | Worthing Excelsior CC | 2 | | | |
| Colin Barton | Worthing Excelsior CC | 1 | | | |

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Don't miss other events promoted by the Sussex CA

| Date | Distance | Details | Course | Promoter |
|-----------------|--------------------|---------------------|--------|---------------|
| Sat 11 Jun 2016 | 15 m | Sussex Championship | G15/93 | Robin Johnson |
| Sun 03 Jul 2016 | 50 m | Sussex Championship | G50/10 | Robin Johnson |
| Sun 31 Jul 2016 | 30 m | Sussex Championship | G30/91 | Robin Johnson |
| Sat 27 Aug 2016 | 10 m | Sporting | G10/45 | Robin Johnson |
| Mon 29 Aug 2016 | 25 m | Sporting | G25/49 | Robin Johnson |
| Sat 01 Oct 2016 | 1672 yd Hill Climb | Sussex Championship | GH/92 | Chris Putnam |

And Championship events promoted by other Associations

| Date | Distance | Details | Course | Promoter |
|-----------------|-------------|---------------------|---------|------------------|
| Sun 24 Jul 2016 | SCCU 100 m | Sussex Championship | G100/61 | Rod Starmer |
| Sun 21 Aug 2016 | KCA 12 hour | Sussex Championship | Q/12 | Esther Carpenter |

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

| | | |
|-----------------------|----------------|---|
| Sussex CA | Website | www.sussexca.org.uk/ |
| | Facebook Group | www.facebook.com/groups/SussexCA/ |
| East Sussex CA | Website | www.eastsussexca.org.uk/ |
| | Facebook Group | www.facebook.com/groups/EastSussexCA/ |

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

Recording Jason Baverstock

Pushing off Bryn Reeves and Keith Carter

Start Sheet Mike O'Gorman

Marshals Tim Peters, Peter Delve, Keith Shuttlewood and Steve Strickland

Catering Jon Fry and Ben Miller

Results Ann Human