



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

# Sussex Cyclists' Association



2016 PRESIDENT – MICK KILBY – VTTA (Surrey/Sussex Group)

**Open 10 mile Time Trial Saturday 30<sup>th</sup> April 2016**

Course G10/97

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

**Event Secretary:** Jon Fry

Flat 4 Stanmore House, 118 - 120 High Street

Billingshurst, West Sussex RH14 9QS

Email: [jmfry@live.co.uk](mailto:jmfry@live.co.uk)

Tel: 01403 783438 (or 07881 345549 on day of event)

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

## HQ

### Steyning Centre

Fletcher's Croft  
Steyning  
West Sussex

Postcode BN44 3XZ

Open from 06:00



Plenty of parking is available.

Thank you in advance for not wearing cycling shoes or cleats in the hall.

Numbers at HQ only. After the event please return your race number to the event HQ in exchange for a cup of tea or coffee.

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.

## 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.

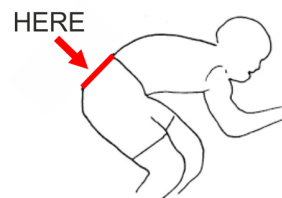
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**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.

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## OFFICIAL TIME KEEPERS

Start: Mike Irons  
Finish: Mick Kilby

Worthing Excelsior CC  
Lewes Wanderers CC

## Prizes

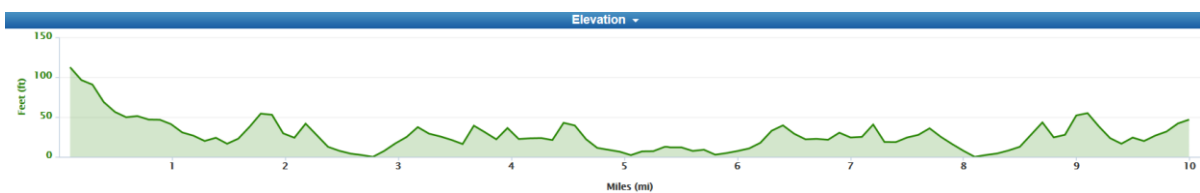
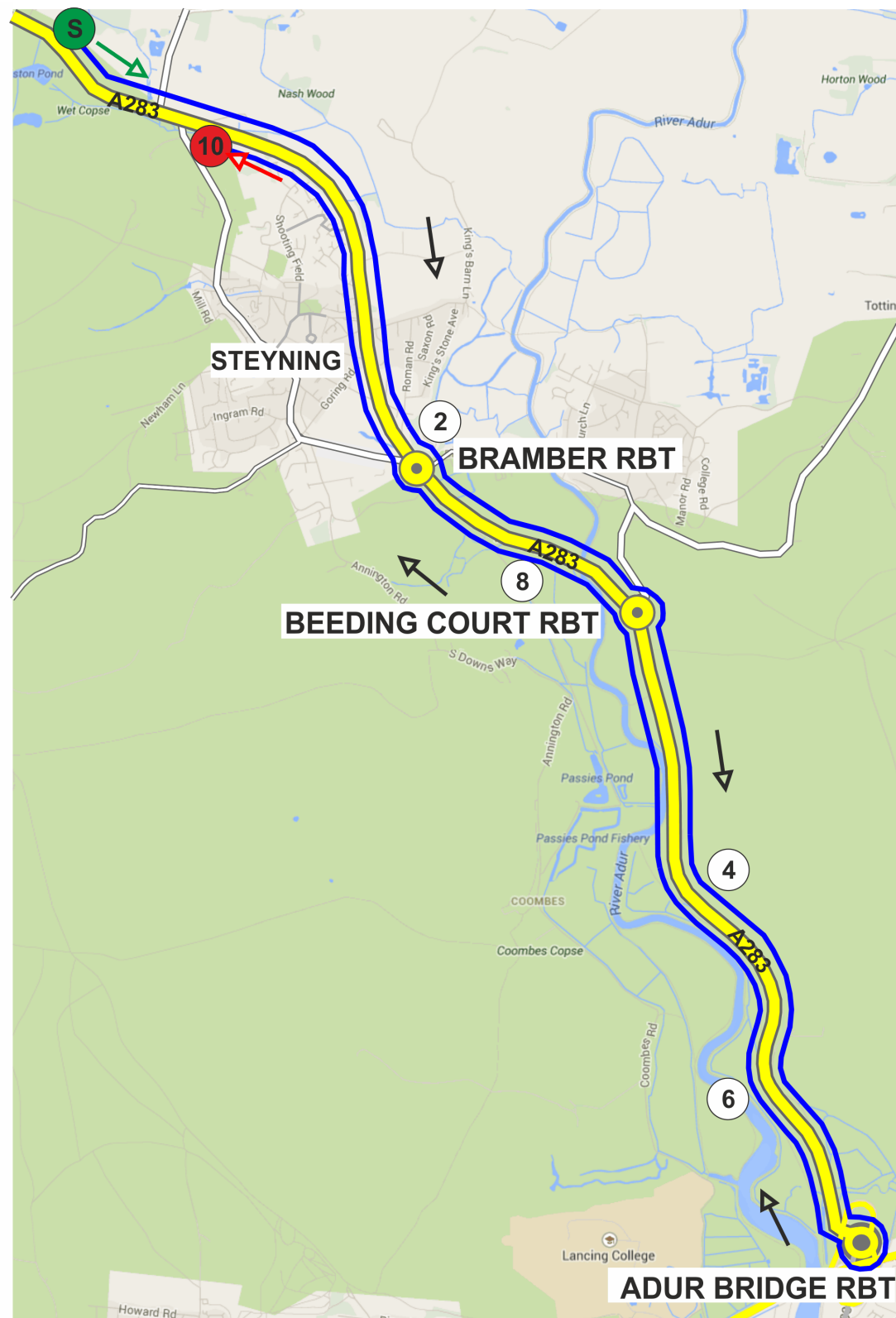
1 <sup>st</sup>	£30	1 <sup>st</sup> Lady	£30
2 <sup>nd</sup>	£20	2 <sup>nd</sup> Lady	£20
3 <sup>rd</sup>	£15		
4 <sup>th</sup>	£10		
5 <sup>th</sup>	£7		
1 <sup>st</sup> Veteran on CTT Target	£20	1 <sup>st</sup> Team of Three	£10 each
2 <sup>nd</sup> Veteran on CTT Target	£15	2 <sup>nd</sup> Team of Three	£7 each
3 <sup>rd</sup> Veteran on CTT Target	£10	1 <sup>st</sup> Under 18 (JUN/JUV)	£10

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](http://www.sussexca.org.uk) and will be presented at the annual Awards Presentation.

OS REF (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

# Open 10 mile Time Trial Saturday 30<sup>th</sup> April 2016

Course G10/97



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<b>Rider No</b>	<b>Start Time</b>	<b>Name</b>	<b>Club</b>	<b>Cat/ Age</b>	<b>CTT Tgt</b>
1	07:01				
2	07:02				
3	07:03	Tom Houghton	Brighton Excelsior CC	V44	00:25:45
4	07:04	Paul Valks	Lewes Wanderers CC	V72	00:31:36
<b>5</b>	<b>07:05</b>	<b>Stephen Ralston</b>	<b>London Dynamo</b>	<b>S</b>	
6	07:06	Colin Barton	Worthing Excelsior CC	V55	00:27:54
7	07:07	Michael Valks	Lewes Wanderers CC	V45	00:25:56
8	07:08	Michael Leonard	South Downs Bikes	V52	00:27:18
9	07:09	Ken Dry	Eastbourne Rovers CC	V50	00:26:54
<b>10</b>	<b>07:10</b>	<b>Phil Allen</b>	<b>South Downs Bikes</b>	<b>S</b>	
11	07:11	Paul Newsome	Team ASL360	S	
12	07:12	Martin Booker	Worthing Excelsior CC	V47	00:26:19
13	07:13	Robert Royle-Evatt	Addiscombe CC	V48	00:26:31
14	07:14	Ian Graver	Bec CC	V56	00:28:06
<b>15</b>	<b>07:15</b>	<b>Richard Weatherstone</b>	<b>GS Stella</b>	<b>V49</b>	<b>00:26:42</b>
16	07:16	James Stone	Brighton Excelsior CC	V47	00:26:19
17	07:17	James Horan	South Downs Bikes	V46	00:26:07
18	07:18	John Allen	Redmon CC	V56	00:28:06
19	07:19	Mark Thomas	Bigfoot CC	V53	00:27:30
<b>20</b>	<b>07:20</b>	<b>Christian Yates</b>	<b>East Grinstead CC</b>	<b>V53</b>	<b>00:27:30</b>
21	07:21	Ian Cheesman	Worthing Excelsior CC	V47	00:26:19
22	07:22	Andrew R Green	Bec CC	V41	00:25:11
23	07:23	Geoff Smith	Eastbourne Rovers CC	V65	00:30:01
24	07:24	Jason Hunter	Pearson Cycling Club	V52	00:27:18
<b>25</b>	<b>07:25</b>	<b>George Welfare</b>	<b>Eastbourne Rovers CC</b>	<b>S</b>	
26	07:26	Mark Jones	GS Stella	V56	00:28:06
27	07:27	Paul Thatcher	Brighton Mitre CC	V52	00:27:18
28	07:28	Tony Reeves	GS Stella	V44	00:25:45
29	07:29	Rick Hughes	Worthing Excelsior CC	V53	00:27:30
<b>30</b>	<b>07:30</b>	<b>Steven Kane</b>	<b>Brighton Excelsior CC</b>	<b>S</b>	
31	07:31	Carl Richardson	In-Gear Quickvit Trainsharp RT	V51	00:27:06
32	07:32	Jason Gilbert	South Downs Bikes	V41	00:25:11
33	07:33	Jack Churchill	Brighton Excelsior CC	JUV	
34	07:34	Matthew Sumpter	In-Gear Quickvit Trainsharp RT	S	
<b>35</b>	<b>07:35</b>	<b>GARY BRIND</b>	<b>South Downs Bikes</b>	<b>V42</b>	<b>00:25:22</b>
36	07:36	Shaun Kennedy	Bec CC	V56	00:28:06
37	07:37	James Ryan	Team ASL360	S	
38	07:38	David Clements	Eastbourne Rovers CC	V44	00:25:45
39	07:39	Chris Brewer	Redmon CC	V55	00:27:54
<b>40</b>	<b>07:40</b>	<b>Nick Dwyer</b>	<b>Lewes Wanderers CC</b>	<b>V52</b>	<b>00:27:18</b>
41	07:41	Laura Bartlett	...a3crg	WS	
42	07:42	Katerina Avramides	Brighton Mitre CC	WS	
43	07:43	Kaye Dwyer	Lewes Wanderers CC	WV53	00:29:09
44	07:44	Sally Turner	GS Stella	WS	
<b>45</b>	<b>07:45</b>	<b>Tamar Vanderhaas</b>	<b>Lewes Wanderers CC</b>	<b>WV40</b>	<b>00:26:31</b>

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<b>Rider No</b>	<b>Start Time</b>	<b>Name</b>	<b>Club</b>	<b>Cat/ Age</b>	<b>CTT Tgt</b>
46	07:46	Gina Mcgeever	Lewes Wanderers CC	WV44	00:27:18
47	07:47	Schaeff Potter	Worthing Excelsior CC	JUN	
48	07:48	Alan Robinson	Central Sussex CC	V75	00:32:18
49	07:49	Fabien Large	Hastings & St. Leonards CC	JUV	
<b>50</b>	<b>07:50</b>	<b>Steve Williamson</b>	<b>...a3crg</b>	<b>V44</b>	<b>00:25:45</b>
51	07:51	Mike O'Gorman	Worthing Excelsior CC	V64	00:29:48
52	07:52	Sam Dix	In-Gear Quickvit Trainsharp RT	V44	00:25:45
53	07:53	Ade Fadero	Sussex Nomads CC	V54	00:27:42
54	07:54	Chris Dunstan	Brighton Excelsior CC	JUV	
<b>55</b>	<b>07:55</b>	<b>Richard Gifford</b>	<b>In-Gear Quickvit Trainsharp RT</b>	<b>V53</b>	<b>00:27:30</b>
56	07:56	Kevin Plummer	South Downs Bikes	V50	00:26:54
57	07:57	Samuel Ramsey	Lewes Wanderers CC	V52	00:27:18
58	07:58	Christopher Putnam	Worthing Excelsior CC	V50	00:26:54
59	07:59	David Manders	Horsham Cycling	V74	00:32:04
<b>60</b>	<b>08:00</b>	<b>Chris Mcnamara</b>	<b>Nuun-Sigma Sport-London RT</b>	<b>V41</b>	<b>00:25:11</b>
61	08:01	Dominic Maxwell	Worthing Excelsior CC	V43	00:25:33
62	08:02	Shaun Marlor	Bec CC	V43	00:25:33
63	08:03	Phil Frean	Worthing Excelsior CC	V61	00:29:09
64	08:04	Colin Toppin	Brighton Excelsior CC	V43	00:25:33
<b>65</b>	<b>08:05</b>	<b>Tom Glandfield</b>	<b>Lewes Wanderers CC</b>	<b>V43</b>	<b>00:25:33</b>
66	08:06	Jon Saunders	Charlotteville Cycling Club	S	
67	08:07	Peter Moon	Eastbourne Rovers CC	V55	00:27:54
68	08:08	Ben Fielden	GS Stella	V74	00:32:04
69	08:09	Patrick Hawkins	Dulwich Paragon CC	V48	00:26:31
<b>70</b>	<b>08:10</b>	<b>Simon Mcnamara</b>	<b>South Downs Bikes</b>	<b>V41</b>	<b>00:25:11</b>