



1894 - 2016

PRESIDENT - FRANK BLAKE

9th Annual Flat 10 Mile Time Trial – Sunday 29th May 2016

Course G10/97

15th Annual Hilly 10 Mile Time Trial – Sunday 29th May 2016

Course GS/995

Event Secretary: Robin Johnson 7 Gorselands, Billingshurst, West Sussex RH14 9TT
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Promoted for and on behalf of **Cycling Time Trials** under their rules and regulations

RESULTS

Dry roads, but not as warm as 2012 with only 11 degrees at 0630, but new winners all round. Gavin Hinxman 1st in the medium gear event; Fareham Whls. duo James Copeland 20-14 winning the bling 10 from Gary Chambers 20-44, Pete Tadros 20-51, Nick Dwyer 21-00 and Gavin Hinxman 21-01. Theo Tadros 3^d in winning In-Gear team with 24-00.

Road bikes 10: Elliot Lipski, In-Gear, won in an astonishing 21-41 from Gary Brind 22-18, James Rix 22-19, James Stuart 22-45.

Ladies' 10: Sarah Phelps of the Mitre continues to improve on 2015 and won in 25-43 from Kat Avramides' 26-01 (also Mitre).

Hub Gear 10: David Eccles won in 27-40, and rushed back to the start to join the Jon Frost tandem to go round on it in 24-30.

Now the main event: the hilly 10, won by Mark Emsley 24-22, enough ahead of Pete Tadros and Pete Morris.

I was delighted to see the ladies' course record broken by 44 secs. with Sarah Phelps' 30-23, bringing to an end a wait of 10 years.

15 degrees and sunny by 0900 but a N breeze made it slow back to Beeding Court R/B after a fast ride to the turn.

Standards continue to rise, it cannot be long before someone young does a 19 on this course a.m.

Robin Johnson

Brighton Mitre Open 10 Mile Time Trial – Sunday 29th May 2016 – Course G10/97

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| Prize Winners | Pos | Rider | Club | Time | Prize |
|---|-----|--------------------|----------------------------------|--------------|-----------------------------|
| <u>MEDIUM GEAR (72") "10"</u> | | | | | |
| Fastest Overall | 1st | Gavin Hinxman | In-Gear Quickvit Trainsharp RT | 23:15 | £20 + Wine, value £5. |
| | 2nd | Pete Tadros | Kettering CC | 23:26 | £12 + Wine, value £5. |
| | 3rd | Richard Hutt | Harp RC | 24:26 | £7 + Wine, value £5. |
| | 4th | Jon Frost | Weybridge Wheelers | 27:03 | Wine, value £5. |
| <u>HUB GEAR (TIN CAN) "10"</u> | | | | | |
| Fastest Overall | 1st | David Eccles | Redmon CC | 27:40 | £12 + Wine, value £5. |
| | 2nd | Minoru Mitsumoto | Farnborough & Camberley CC | 29:14 | £6 + Wine, value £5. |
| <u>ROAD BIKES (no tri-bars) "10"</u> | | | | | |
| Fastest Overall | 1st | Elliot Lipski | In-Gear Quickvit Trainsharp RT | 21:41 | £20 + Wine, value £5. |
| | 2nd | Gary Brind | South Downs Bikes / Casco Europe | 22:18 | £12 + Wine, value £5. |
| | 3rd | James Rix | Crawley Wheelers | 22:19 | £7 + Wine, value £5. |
| <u>LADIES/JUNIOR "10"</u> | | | | | |
| 1st Lady | 1st | Sarah Phelps | Brighton Mitre CC | 25:43 | £10 + Wine, value £5. |
| 2nd Lady | 2nd | Katerina Avramides | Brighton Mitre CC | 26:01 | £6 + Wine, value £5. |
| 3rd Lady | 3rd | Sharon Chladek | Crawley Wheelers | 27:02 | Wine, value £5. |
| <u>TANDEM "10"</u> | | | | | |
| | | Jon Frost | Redmon CC | 24:30 | Wine, value £5. |
| | | David Eccles | Redmon CC | | Wine, value £5. |
| <u>THE FLAT (BLING) "10"</u> | | | | | |
| Fastest Overall | 1st | James Copeland | Fareham Wheelers CC | 20:14 | £25 + Champagne, value £25. |
| | 2nd | Gary Chambers | Fareham Wheelers CC | 20:44 | £12 + Wine, value £5. |
| | 3rd | Pete Tadros | In-Gear Quickvit Trainsharp RT | 20:51 | £7 + Wine, value £5. |
| | 4th | Nick Dwyer | Lewes Wanderers CC | 21:00 | £4 + Wine, value £5. |
| | 5th | Gavin Hinxman | Kettering CC | 21:01 | Wine, value £5. |
| Veteran aged 40-44 | | Pete Tadros | In-Gear Quickvit Trainsharp RT | 20:51 | Wine, value £5. |
| Veteran aged 45-49 | | Gavin Hinxman | Kettering CC | 21:01 | Wine, value £5. |
| Veteran aged 50-54 | | Nick Dwyer | Lewes Wanderers CC | 21:00 | Wine, value £5. |
| Veteran aged 55-59 | | David Churchill | Bigfoot CC | 23:15 | Wine, value £5. |
| Veteran aged 60-64 | | Clive Jackson | Central Sussex CC | 27:22 | Wine, value £5. |
| Veteran aged 65-69 | | Geoff Smith | Eastbourne Rovers CC | 24:52 | Wine, value £5. |
| Veteran aged 70-74 | | Paul Valks | Lewes Wanderers CC | 28:00 | Wine, value £5. |
| Fastest Junior | | Theo Tadros | In-Gear Quickvit Trainsharp RT | 24:00 | Brighton Mitre Medal |

Brighton Mitre Open 10 Mile Time Trial – **Sunday 29th May 2016** – Course G10/97

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| Prize Winners | Pos | Rider | Club | Time | Prize |
|--------------------------|-----|---------------------------------------|--------------------------------|----------------|-----------------------|
| Fastest Team of 3 | | Pete Tadros | In-Gear Quickvit Trainsharp RT | 20:51 | £12 + Wine, value £5. |
| | | Richard Gifford | In-Gear Quickvit Trainsharp RT | 22:13 | £12 + Wine, value £5. |
| | | Theo Tadros | In-Gear Quickvit Trainsharp RT | 24:00 | £12 + Wine, value £5. |
| | | In-Gear Quickvit Trainsharp RT | Total Team Time | 1:07:04 | |
| 2nd Team of 3 | | Mark Smith | Crawley Wheelers | 21:33 | Wine, value £5. |
| | | Brindley Taylor | Crawley Wheelers | 22:00 | Wine, value £5. |
| | | Adrian Bennett | Crawley Wheelers | 26:01 | Wine, value £5. |
| | | Crawley Wheelers | Total Team Time | 1:09:34 | |

VERY GRATEFUL THANKS TO:

| | | |
|----------------------------|--------------|----------------------|
| Timekeeper (start) | Peter Delve | Horsham Cycling |
| Timekeeper (finish) | Jane Lade | Eastbourne Rovers CC |
| Pusher Off | Ray Smith | Brighton Mitre CC |
| Recorder | Graham Lade | Eastbourne Rovers CC |
| Marshal Bramber RB | Jay Chisnall | VTTA Surrey Sussex |
| Catering | Roy King | Brighton Mitre CC |
| | Bernice King | Brighton Mitre CC |

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Overall Result

| Pos | Rider No | Rider | Club | Age/Cat | Time |
|-----------------------------|----------|----------|-----------|-----------------------------------|-----------|
| MEDIUM GEAR (72") 10 | | | | | |
| 1 | 35 | Gavin | Hinxman | Kettering CC | V48 23:15 |
| 2 | 40 | Pete | Tadros | In-Gear Quickvit Trainsharp RT | V45 23:26 |
| 3 | 36 | Richard | Hutt | Harp RC | V58 24:26 |
| 4 | 32 | Jon | Frost | Redmon CC | V49 27:03 |
| 5 | 39 | Paget | Cohen | Lewes Wanderers CC | V43 27:24 |
| 6 | 38 | Colin | Crocker | Sotonia CC | V66 27:46 |
| 7 | 31 | Robin | Johnson | Brighton Mitre CC | V67 31:27 |
| 8 | 34 | Richard | Hoskin | Redmon CC | V69 36:34 |
| | 33 | Alan | Tilbury | Brighton Mitre CC | V61 DNS |
| | 37 | Boyd | Nicholas | West Suffolk Whs & Triathlon Club | V49 DNS |
| HUB GEAR 10 | | | | | |
| 1 | 92 | David | Eccles | Redmon CC | V68 27:40 |
| 2 | 93 | Minoru | Mitsumoto | Farnborough & Camberley CC | V73 29:14 |
| 3 | 94 | Richard | Hoskin | Redmon CC | V69 38:31 |
| LADIES 10 | | | | | |
| 1 | 95 | Sarah | Phelps | Brighton Mitre CC | W 25:43 |
| 2 | 97 | Katerina | Avramides | Brighton Mitre CC | W 26:01 |
| 3 | 100 | Sharon | Chladek | Crawley Wheelers | W 27:02 |
| 4 | 98 | Kaye | Dwyer | Lewes Wanderers CC | W 28:35 |
| 5 | 96 | Claire | Leonard | South Downs Bikes / Casco Europe | W 28:46 |
| 6 | 101 | Rhiannon | Davies | AeroCoach | W 29:58 |
| | 99 | Wendy | Harman | Brighton Mitre CC | W DNS |

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| Pos | Rider No | Rider | | Club | Age/Cat | Time |
|------------------------------------|----------|---------|-----------|----------------------------------|---------|-------|
| ROAD BIKES 10 (NO TRI BARS) | | | | | | |
| 1 | 106 | Elliot | Lipski | In-Gear Quickvit Trainsharp RT | S23 | 21:41 |
| 2 | 116 | Gary | Brind | South Downs Bikes / Casco Europe | V42 | 22:18 |
| 3 | 110 | James | Rix | Crawley Wheelers | V40 | 22:19 |
| 4 | 105 | James | Stuart | Norwood Paragon CC | V41 | 22:45 |
| 5 | 115 | Steven | Kane | Brighton Excelsior CC | S27 | 23:05 |
| 6 | 103 | Alan | Yule | Crawley Wheelers | V45 | 24:37 |
| 7 | 107 | Nigel | Langridge | Crawley Wheelers | V51 | 24:42 |
| 8 | 113 | Phil | Harbour | Brighton Mitre CC | V42 | 25:53 |
| 9 | 117 | Michael | Valks | Lewes Wanderers CC | V45 | 26:20 |
| 10 | 118 | Jeremy | Whittaker | Brighton Mitre CC | V51 | 27:08 |
| 11 | 102 | Jamie | Smith | Brighton Mitre CC | V44 | 27:12 |
| 12 | 109 | James | Cheeseman | Crawley Wheelers | S30 | 27:35 |
| 13 | 114 | Alison | Lewis | Brighton Mitre CC | W | 35:23 |
| | 108 | Paul | Batten | Crawley Wheelers | S32 | DNF |
| | 104 | Robert | Zietal | Crawley Wheelers | S37 | DNS |
| | 111 | Andrew | Drake | East Grinstead CC | S33 | DNS |
| | 112 | Ashley | Baker | Brighton Mitre CC | V47 | DNS |

TANDEM 10

| | | | | | | |
|---|-----|-------|--------|-----------|--|-------|
| 1 | 123 | David | Eccles | Redmon CC | | 24:30 |
| | 123 | Jon | Frost | Redmon CC | | |

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| Pos | Rider No | Rider | | Club | Age/Cat | Time |
|-----------------|----------|-----------|--------------|----------------------------------|---------|-------|
| BLING 10 | | | | | | |
| 1 | 85 | James | Copeland | Fareham Wheelers CC | S32 | 20:14 |
| 2 | 66 | Gary | Chambers | Fareham Wheelers CC | S30 | 20:44 |
| 3 | 90 | Peter | Tadros | In-Gear Quickvit Trainsharp RT | V45 | 20:51 |
| 4 | 55 | Nick | Dwyer | Lewes Wanderers CC | V52 | 21:00 |
| 5 | 80 | Gavin | Hinxman | Kettering CC | V48 | 21:01 |
| 6 | 56 | Mark | Emsley | Team ASL360 | S27 | 21:12 |
| 7 | 75 | Mark | Smith | Crawley Wheelers | V42 | 21:33 |
| 8 | 50 | Phil | Allen | South Downs Bikes / Casco Europe | S38 | 21:54 |
| 9 | 82 | Christian | Yates | East Grinstead CC | V53 | 21:56 |
| 10 | 91 | Brindley | Taylor | Crawley Wheelers | S27 | 22:00 |
| 11 | 81 | Brian | Molloy | Brighton Excelsior CC | V48 | 22:07 |
| 12 | 71 | Richard | Gifford | In-Gear Quickvit Trainsharp RT | V53 | 22:13 |
| 13 | 60 | Iain | Brogden | Eastbourne Rovers CC | V47 | 22:18 |
| 14 | 61 | Howard | Bayley | Blazing Saddles | V41 | 22:18 |
| 15 | 76 | Stephen | Ralston | London Dynamo | V40 | 22:34 |
| 16 | 59 | James | Woodward | Sussex Revolution VC | S36 | 22:36 |
| 17 | 57 | Richard | Weatherstone | GS Stella | V49 | 22:40 |
| 18 | 45 | Steven | Kane | Brighton Excelsior CC | S27 | 22:51 |
| 19 | 58 | Adrian | Blacker | Norwood Paragon CC | V52 | 22:59 |
| 20 | 52 | Rupert | Robinson | Evans Cycles Race Team | V44 | 23:06 |
| 21 | 78 | Paul | Medcraft | Dorking Cycling Club | V41 | 23:14 |
| 22 | 46 | David | Churchill | Bigfoot CC | V57 | 23:15 |
| 23 | 86 | Richard | Hutt | Harp RC | V58 | 23:27 |
| 24 | 77 | Yuriy | Tymchenko | Sussex Nomads CC | V46 | 23:41 |
| 25 | 67 | Michael | Valks | Lewes Wanderers CC | V45 | 23:47 |
| 26 | 88 | Paul | Greer | Southborough & Dist. Whs | V49 | 23:58 |
| 27 | 87 | Theo | Tadros | In-Gear Quickvit Trainsharp RT | J14 | 24:00 |
| 28 | 47 | Andrew | Quye | Southborough & Dist. Whs | V54 | 24:04 |
| 29 | 83 | James | Horan | South Downs Bikes / Casco Europe | V46 | 24:12 |
| 30 | 63 | Mark | Perryman | Wyndymilla | S35 | 24:26 |
| 31 | 62 | Geoff | Smith | Eastbourne Rovers CC | V65 | 24:52 |
| 32 | 41 | Donald | Parker | Brighton Mitre CC | V67 | 24:58 |
| 33 | 72 | Rick | Hughes | Worthing Excelsior CC | V53 | 25:06 |
| 34 | 74 | Ade | Fadero | Sussex Nomads CC | V54 | 25:42 |
| 35 | 42 | Adrian | Bennett | Crawley Wheelers | V51 | 26:01 |
| 36 | 84 | Peter | Owen | Norwood Paragon CC | V55 | 26:06 |
| 37 | 54 | Jeremy | Saynor | PMR @ Toachim House | V52 | 26:12 |
| 38 | 73 | Jon | Fry | Horsham Cycling | V45 | 26:46 |
| 39 | 69 | Clive | Jackson | Central Sussex CC | V64 | 27:22 |
| 40 | 43 | Ken | Dry | Eastbourne Rovers CC | V50 | 27:32 |
| 41 | 44 | Jon | Binney | Brighton Mitre CC | S38 | 27:50 |
| 42 | 64 | Paul | Valks | Lewes Wanderers CC | V72 | 28:00 |

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|-----|-------------|--------------|----------------------------------|---------|------|
| 51 | James | Stuart | Norwood Paragon CC | V41 | DNF |
| 48 | Russell | Thorne-Jones | Crawley Wheelers | V43 | DNS |
| 49 | Aaron | de Souza | Serpentine Running Club | S37 | DNS |
| 53 | Lee | Pendlebury | Crawley Wheelers | S34 | DNS |
| 65 | Simon | McNamara | South Downs Bikes / Casco Europe | V41 | DNS |
| 68 | Chris | Jolliffe | Crawley Wheelers | V58 | DNS |
| 70 | Christopher | McNamara | Nuun-Sigma Sport-London RT | V41 | DNS |
| 79 | ian | Graver | Bec CC | V56 | DNS |
| 89 | Alan | Tilbury | Brighton Mitre CC | V61 | DNS |

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| Prize Winners | Pos | Rider | Club | Time | Prize |
|---------------------------------|-----|--------------------------|----------------------------------|----------------------|-----------------------|
| Fastest Overall | 1st | Mark Emsley | Team ASL360 | 24:22 | £20 + Wine, value £5. |
| | 2nd | Pete Tadros | In-Gear Quickvit Trainsharp RT | 24:32 | £12 + Wine, value £5. |
| | 3rd | Pete Morris | Team ASL360 | 24:33 | £7 + Wine, value £5. |
| | 4th | Mark Smith | Crawley Wheelers | 24:56 | Wine, value £5. |
| | 5th | Phil Allen | South Downs Bikes / Casco Europe | 25:26 | Bucks Fizz, value £2 |
| Fastest Lady | | Sarah Phelps | Brighton Mitre CC | 30:23 | Wine, value £5. |
| Veteran aged 40-44 | | Mark Smith | Crawley Wheelers | 24:56 | Wine, value £5. |
| Veteran aged 45-49 | | Pete Tadros | In-Gear Quickvit Trainsharp RT | 24:32 | Wine, value £5. |
| Veteran aged 50-54 | | Nigel Langridge | Crawley Wheelers | 28:36 | Wine, value £5. |
| Veteran aged 55-59 | | David Churchill | Bigfoot CC | 27:59 | Wine, value £5. |
| Veteran aged 60-64 | | (none) | | | Wine, value £5. |
| Veteran aged 65-70 | | Geoff Smith | Eastbourne Rovers CC | 29:20 | Wine, value £5. |
| Fastest Team of 3 | | Mark Smith | Crawley Wheelers | 24:56 | £5 + Wine, value £5. |
| | | James Rix | Crawley Wheelers | 25:48 | £5 + Wine, value £5. |
| | | Brindley Taylor | Crawley Wheelers | 26:20 | £5 + Wine, value £5. |
| | | Crawley Wheelers | Total Team Time | 1:17:04 | |
| 2nd Team of 3 | | Alex McLaren | Brighton Mitre CC | 28:10 | Wine, value £5. |
| | | Donald Parker | Brighton Mitre CC | 30:16 | Wine, value £5. |
| | | Sarah Phelps | Brighton Mitre CC | 30:23 | Wine, value £5. |
| | | Brighton Mitre CC | Total Team Time | 1:28:49 | |
| Fastest Junior | | (none) | | Brighton Mitre Medal | |
| VERY GRATEFUL THANKS TO: | | | | | |
| Timekeeper (start) | | Peter Delve | Horsham Cycling | | |
| Timekeeper (finish) | | Jane Lade | Eastbourne Rovers CC | | |
| Pusher Off | | Ray Smith | Brighton Mitre CC | | |
| Recorder | | Graham Lade | Eastbourne Rovers CC | | |
| Marshal Bramber RB | | Jay Chisnall | VTTA Surrey Sussex | | |
| Marshal Bostal Rd | | Adrian Jones | Central Sussex CC | | |
| Catering | | Roy King | Brighton Mitre CC | | |
| | | Bernice King | Brighton Mitre CC | | |

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Overall Result

| Pos | Rider No | Rider | | Club | Age/Cat | Time |
|----------------------|----------|----------|------------|----------------------------------|---------|-------|
| VERY HILLY 10 | | | | | | |
| 1 | 141 | Mark | Emsley | Team ASL360 | S27 | 24:22 |
| 2 | 150 | Pete | Tadros | In-Gear Quickvit Trainsharp RT | V45 | 24:32 |
| 3 | 125 | Pete | Morris | Team ASL360 | S37 | 24:33 |
| 4 | 140 | Mark | Smith | Crawley Wheelers | V42 | 24:56 |
| 5 | 135 | Phil | Allen | South Downs Bikes / Casco Europe | S38 | 25:26 |
| 6 | 145 | James | Rix | Crawley Wheelers | V40 | 25:48 |
| 7 | 126 | Brindley | Taylor | Crawley Wheelers | S27 | 26:20 |
| 8 | 130 | Iain | Brogden | Eastbourne Rovers CC | V47 | 26:27 |
| 9 | 132 | Daniel | Pink | Bigfoot CC | S29 | 27:14 |
| 10 | 136 | David | Churchill | Bigfoot CC | V57 | 27:59 |
| 11 | 127 | Alex | McLaren | Brighton Mitre CC | S30 | 28:10 |
| 12 | 146 | Nigel | Langridge | Crawley Wheelers | V51 | 28:36 |
| 13 | 144 | Alan | Yule | Crawley Wheelers | V45 | 28:40 |
| 14 | 147 | Richard | Hutt | Harp RC | V58 | 28:41 |
| 15 | 133 | Geoff | Smith | Eastbourne Rovers CC | V65 | 29:20 |
| 16 | 149 | James | Cheeseman | Crawley Wheelers | S30 | 29:51 |
| 17 | 134 | Donald | Parker | Brighton Mitre CC | V67 | 30:16 |
| 18 | 138 | Sarah | Phelps | Brighton Mitre CC | WS28 | 30:23 |
| 19 | 137 | Katerina | Avramides | Brighton Mitre CC | WS35 | 31:20 |
| 20 | 139 | Colin | Crocker | Sotonia CC | V66 | 31:58 |
| 21 | 129 | Rome | Bhamra | Worthing Excelsior CC | V49 | 34:11 |
| 22 | 124 | Robin | Johnson | Brighton Mitre CC | V67 | 35:22 |
| 23 | 143 | Jamie | Smith | Brighton Mitre CC | V44 | 35:29 |
| | 128 | Joe | Hyatt | Brighton Mitre CC | S32 | DNS |
| | 131 | Lee | Pendlebury | Crawley Wheelers | S34 | DNS |
| | 142 | James | Stuart | Norwood Paragon CC | V41 | DNS |
| | 148 | Robert | Zietal | Crawley Wheelers | S37 | DNS |