



CYCLING CLUB



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

Email: mr_rjohnson@outlook.com

Tel: 01403 783368 (or 07733 132043 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 (G10/97)

HQ to start: 1.83 miles

Finish to HQ: 1.60 miles (GS/995)

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.

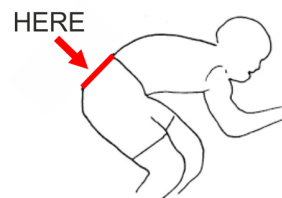
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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.

Open 10 mile Flat Time Trial Sunday 29th May 2016

Course G10/97

OFFICIAL TIME KEEPERS

Start: Peter Delve
Finish: Jane Lade

Horsham Cycling
Eastbourne Rovers CC

Course Records

Mens:	00:19:58	Nick Dwyer	2011
Ladies:	00:21:48	Joanna Rowsell	2013
Vets	00:19:58	Nick Dwyer	2011

PRIZES

MEDIUM GEAR (72") "10"	1st	£20 + bottle of champagne, value £25.
	2nd	£12 + bottle of wine, value £5
	3rd	£7 + bottle of wine, value £5
	4th	Bottle of wine, value £5
HUB GEAR (TIN CAN) "10"	1st	£12 + bottle of wine, value £5
	2nd	£6 + bottle of wine, value £5
ROAD BIKES "10" (no tri-bars)	1st	£20 + bottle of champagne, value £25.
	2nd	£12+ bottle of wine, value £5
	3rd	£7 + bottle of wine, value £5.
LADIES "10"	1st	£10 + bottle of wine, value £5
	2nd	£6 + bottle of wine, value £5
	3rd	Bottle of wine, value £5
THE FLAT (BLING) "10"	1st	£25 + Bottle of champagne, value £25
	2nd	£12 + bottle of wine, value £5
	3rd	£7 + bottle of wine, value £5
	4th	£4 + bottle of wine, value £5
	5th	Bottle of wine, value £5
	1st Vet (40-44)	Bottle of wine, value £5
	1st Vet (45-49)	Bottle of wine, value £5
	1st Vet (50-54)	Bottle of wine, value £5
	1st Vet (55-59)	Bottle of wine, value £5
	1st Vet (60-64)	Bottle of wine, value £5
	1st Vet (65-70)	Bottle of wine, value £5
	1st Junior	Brighton Mitre CC medal.
	1st Team	£12 + bottle of wine, value £5 each
	2nd Team	Bottle of wine, value £5 each
	TANDEM "10"	

PLEASE NOTE

Prize Presentation

To be held as soon as possible after the hilly "10".
Please stay to receive your awards and/or applaud the recipients.

Lottery Prizes

To be awarded at the prize presentation.
A bottle of wine, value £5, to each of the first three names drawn.
To be eligible, be present and be a finisher.

A huge thanks goes to David Eccles (Redmon CC) for his kind donation of the Hub Gear prizes

www.brightonmitre.co.uk

Rider No	Start Time	Name		Club	Age
MEDIUM GEAR (72") "10"					
31	06:31	Robin	Johnson	Brighton Mitre CC	67
32	06:32	Jon	Frost	Redmon CC	49
33	06:33	Alan	Tilbury	Brighton Mitre CC	61
34	06:34	Richard	Hoskin	Redmon CC	69
35	06:35	Gavin	Hinxman	Kettering CC	48
36	06:36	Richard	Hutt	Harp RC	58
37	06:37	Boyd	Nicholas	West Suffolk Whs & Triathlon Club	49
38	06:38	Colin	Crocker	Sotonia CC	66
39	06:39	Paget	Cohen	Lewes Wanderers CC	43
40	06:40	Pete	Tadros	In-Gear Quickvit Trainsharp RT	45
BLING 10					
41	06:41	Donald	Parker	Brighton Mitre CC	67
42	06:42	Adrian	Bennett	Crawley Wheelers	51
43	06:43	Ken	Dry	Eastbourne Rovers CC	50
44	06:44	Jon	Binney	Brighton Mitre CC	38
45	06:45	Steven	Kane	Brighton Excelsior CC	27
46	06:46	David	Churchill	Bigfoot CC	57
47	06:47	Andrew	Quye	Southborough & Dist. Whs	54
48	06:48	Russell	Thorne-Jones	Crawley Wheelers	43
49	06:49	Aaron	de Souza	Serpentine Running Club	37
50	06:50	Phil	Allen	South Downs Bikes / Casco Europe	38
51	06:51	James	Stuart	Norwood Paragon CC	41
52	06:52	Rupert	Robinson	Evans Cycles Race Team	44
53	06:53	Lee	Pendlebury	Crawley Wheelers	34
54	06:54	Jeremy	Saynor	PMR @ Toachim House	52
55	06:55	Nick	Dwyer	Lewes Wanderers CC	52
56	06:56	Mark	Emsley	Team ASL360	27
57	06:57	Richard	Weatherstone	GS Stella	49
58	06:58	Adrian	Blacker	Norwood Paragon CC	52
59	06:59	James	Woodward	Sussex Revolution VC	36
60	07:00	Iain	Brogden	Eastbourne Rovers CC	47
61	07:01	Howard	Bayley	Blazing Saddles	41
62	07:02	Geoff	Smith	Eastbourne Rovers CC	65
63	07:03	Mark	Perryman	Wyndymilla	35
64	07:04	Paul	Valks	Lewes Wanderers CC	72
65	07:05	Simon	McNamara	South Downs Bikes / Casco Europe	41
66	07:06	Gary	Chambers	Fareham Wheelers CC	30
67	07:07	Michael	Valks	Lewes Wanderers CC	45
68	07:08	Chris	Jolliffe	Crawley Wheelers	58
69	07:09	Clive	Jackson	Central Sussex CC	64
70	07:10	Christopher	McNamara	Nuun-Sigma Sport-London RT	41
71	07:11	Richard	Gifford	In-Gear Quickvit Trainsharp RT	53
72	07:12	Rick	Hughes	Worthing Excelsior CC	53
73	07:13	Jon	Fry	Horsham Cycling	45
74	07:14	Ade	Fadero	Sussex Nomads CC	54
75	07:15	Mark	Smith	Crawley Wheelers	42
76	07:16	Stephen	Ralston	London Dynamo	40

77	07:17	Yuriy	Tymchenko	Sussex Nomads CC	46
78	07:18	Paul	Medcraft	Dorking Cycling Club	41
79	07:19	ian	Graver	Bec CC	56
80	07:20	Gavin	Hinxman	Kettering CC	48
81	07:21	Brian	Molloy	Brighton Excelsior CC	48
82	07:22	Christian	Yates	East Grinstead CC	53
83	07:23	James	Horan	South Downs Bikes / Casco Europe	46
84	07:24	Peter	Owen	Norwood Paragon CC	55
85	07:25	James	Copeland	Fareham Wheelers CC	32
86	07:26	Richard	Hutt	Harp RC	58
87	07:27	Theo	Tadros	In-Gear Quickvit Trainsharp RT	14
88	07:28	Paul	Greer	Southborough & Dist. Whs	49
89	07:29	Alan	Tilbury	Brighton Mitre CC	61
90	07:30	Peter	Tadros	In-Gear Quickvit Trainsharp RT	45
91	07:31	Brindley	Taylor	Crawley Wheelers	27

HUB GEAR 10

92	07:32	David	Eccles	Redmon CC	68
93	07:33	Minoru	Mitsumoto	Farnborough & Camberley CC	73
94	07:34	Richard	Hoskin	Redmon CC	69

LADIES 10

95	07:35	Sarah	Phelps	Brighton Mitre CC	W
96	07:36	Claire	Leonard	South Downs Bikes / Casco Europe	W
97	07:37	Katerina	Avramides	Brighton Mitre CC	W
98	07:38	Kaye	Dwyer	Lewes Wanderers CC	W
99	07:39	Wendy	Harman	Brighton Mitre CC	W
100	07:40	Sharon	Chladek	Crawley Wheelers	W
101	07:41	Rhiannon	Davies	AeroCoach	W

ROAD BIKES 10 (NO TRI BARS)

102	07:42	Jamie	Smith	Brighton Mitre CC	44
103	07:43	Alan	Yule	Crawley Wheelers	45
104	07:44	Robert	Zietal	Crawley Wheelers	37
105	07:45	James	Stuart	Norwood Paragon CC	41
106	07:46	Elliot	Lipski	In-Gear Quickvit Trainsharp RT	23
107	07:47	Nigel	Langridge	Crawley Wheelers	51
108	07:48	Paul	Batten	Crawley Wheelers	32
109	07:49	James	Cheeseman	Crawley Wheelers	30
110	07:50	James	Rix	Crawley Wheelers	40
111	07:51	Andrew	Drake	East Grinstead CC	33
112	07:52	Ashley	Baker	Brighton Mitre CC	47
113	07:53	Phil	Harbour	Brighton Mitre CC	42
114	07:54	Alison	Lewis	Brighton Mitre CC	W
115	07:55	Steven	Kane	Brighton Excelsior CC	27
116	07:56	Gary	Brind	South Downs Bikes / Casco Europe	42

117	07:57	Michael	Valks	Lewes Wanderers CC	45
118	07:58	Jeremy	Whittaker	Brighton Mitre CC	51

TANDEM 10

123	08:03	David	Eccles	Redmon CC	
123	08:03	Jon	Frost	Redmon CC	

Open 10 mile Hilly Time Trial Sunday 29th May 2016
Course GS/995

OFFICIAL TIME KEEPERS

Start:	Peter Delve	Horsham Cycling
Finish:	Mick Irons	Worthing Excelsior CC

Course Records

Mens:	00:23:28	Pete Tadros	2012
Vets:	00:23:28	Pete Tadros	2012
Ladies:	00:31:07	Angela Brown	2005
Juniors:	00:27:08	Matt Green	2006

PRIZES

HILLY "10"	1st	£20 + bottle of champagne, value £25.
	2nd	£12 + bottle of wine, value £5
	3rd	£7 + bottle of wine, value £5
	4th	Bottle of wine, value £5
	5th	Bottle of bucks fizz, value £2
	1st Lady	Bottle of wine, value £5
	1st Vet (40-44)	Bottle of wine, value £5
	1st Vet (45-49)	Bottle of wine, value £5
	1st Vet (50-54)	Bottle of wine, value £5
	1st Vet (55-59)	Bottle of wine, value £5
	1st Vet (60-64)	Bottle of wine, value £5
	1st Vet (65-70)	Bottle of wine, value £5
	1st Team of 3	£10 + bottle of wine, value £5, each
	2nd Team of 3	Bottle of wine, value £5, each
	1st Junior	Brighton Mitre CC Medal

PLEASE NOTE

Prize Presentation

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Lottery Prizes

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VERY HILLY 10

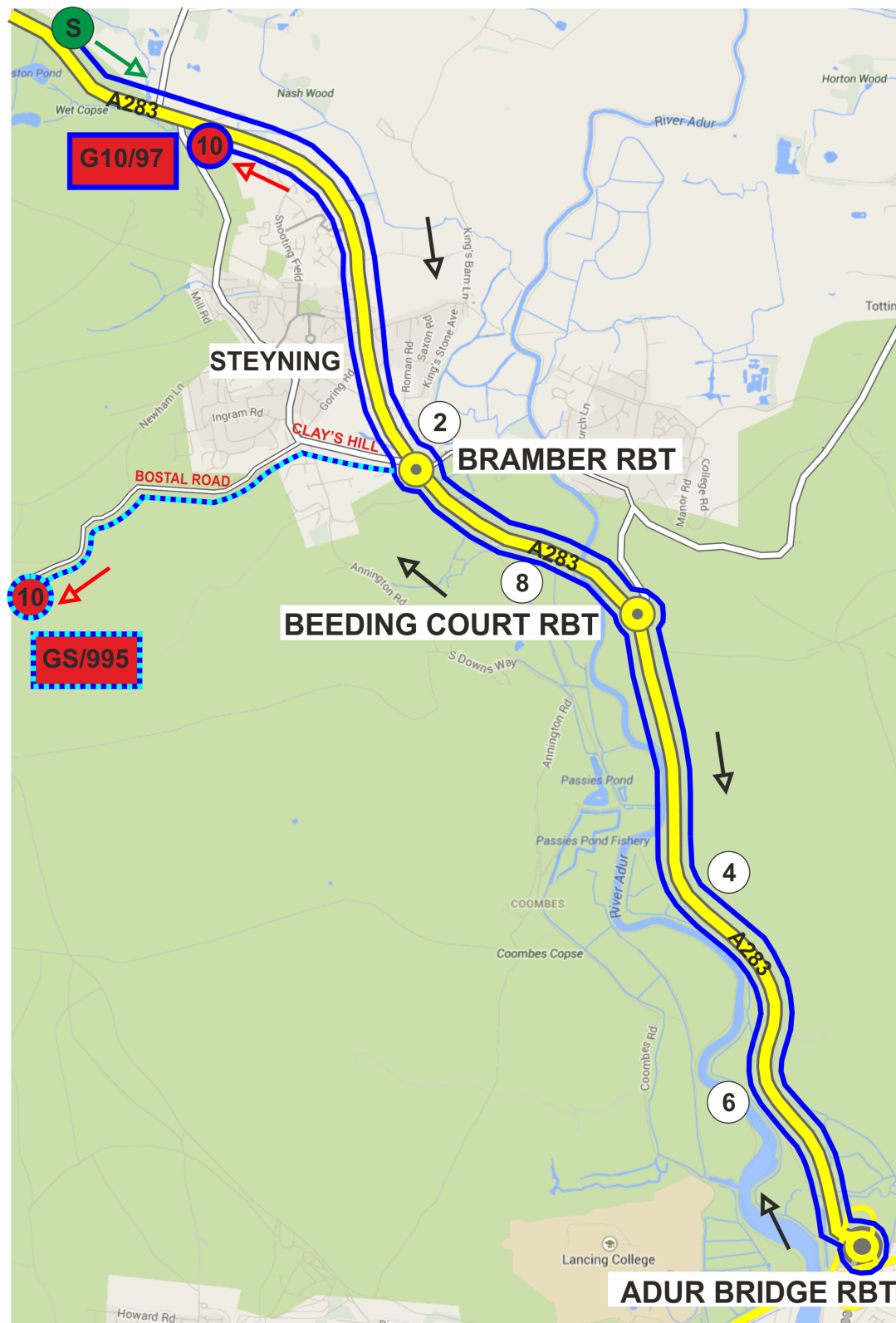
124	08:04	Robin	Johnson	Brighton Mitre CC	67
125	08:05	Pete	Morris	Team ASL360	37
126	08:06	Brindley	Taylor	Crawley Wheelers	27
127	08:07	Alex	McLaren	Brighton Mitre CC	30
128	08:08	Joe	Hyatt	Brighton Mitre CC	32
129	08:09	Rome	Bhamra	Worthing Excelsior CC	49
130	08:10	Iain	Brogden	Eastbourne Rovers CC	47
131	08:11	Lee	Pendlebury	Crawley Wheelers	34
132	08:12	Daniel	Pink	Bigfoot CC	29
133	08:13	Geoff	Smith	Eastbourne Rovers CC	65
134	08:14	Donald	Parker	Brighton Mitre CC	67
				South Downs Bikes / Casco	
135	08:15	Phil	Allen	Europe	38
136	08:16	David	Churchill	Bigfoot CC	57
137	08:17	Katerina	Avramides	Brighton Mitre CC	35
138	08:18	Sarah	Phelps	Brighton Mitre CC	28
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140	08:20	Mark	Smith	Crawley Wheelers	42
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142	08:22	James	Stuart	Norwood Paragon CC	41
143	08:23	Jamie	Smith	Brighton Mitre CC	44
144	08:24	Alan	Yule	Crawley Wheelers	45
145	08:25	James	Rix	Crawley Wheelers	40
146	08:26	Nigel	Langridge	Crawley Wheelers	51
147	08:27	Richard	Hutt	Harp RC	58
148	08:28	Robert	Zietal	Crawley Wheelers	37
149	08:29	James	Cheeseman	Crawley Wheelers	30
150	08:30	Pete	Tadros	In-Gear Quickvit Trainsharp RT	45

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

OS REF (TQ)	COURSE DIRECTIONS – GS995	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
185105	Take fourth exit to retrace on A283 via Beeding Court to Bramber Castle.	3.13	8.54
178107	LEFT 2nd exit and follow Clays Hill to junction with (Steyning) Bostal Road	0.47	9.01
166100	LEFT up Bostal road, past junction with Newham Lane to FINISH at top of hill opposite South Downs Way wooden “ Footpath “ sign and 34 yards past “ Steep Hill“ sign for descending traffic	0.98	9.99

Open 10 mile Flat Time Trial Sunday 29th May 2016

Course G10/97 and GS/995



Note that course GS/995 finishes with a gradient of up to 17%

PAST WINNERS

MEDIUM GEAR ("72") "10"

2008	Steve Frame	24:26
2009	Mike Marchant	24:56
2010	David French	25:00
2011	David French (2 wins)	25:38
2012	Mike Marchant (2 wins)	25:24
2013	Pete Tadros	23:14
2014	Pete Tadros	22:50
2015	Pete Tadros (3 wins)	23:54

HUB GEAR (TIN CAN) "10"

2008	David Eccles	27:12
2009	David French	24:52
2010	Mark Silver	25:33
2011	David French	25:15
2012	David Eccles (2 wins)	26:10
2013	David French	26:36
2014	David French	23:43
2015	David French (5 wins)	24:42

THE FLAT ("BLING") "10"

2008	Daniel Paine	22:34
2009	Pete Tadros	20:56
2010	Nick Dwyer	20:58
2011	Pete Tadros	20:43
2012	Pete Tadros	20:21
2013	Nick Dwyer (2 wins)	20:40
2014	Pete Tadros (4 wins)	21:38
2015	Simon McNamara	21:20

TANDEM "10"

2008	Miranda Oberman & Neil Houldey	22:50
2009	(no entries)	
2010	David Eccles & Jon Frost	23:24
2011	David Abbott & Andy Smith	23:00
2012	David Eccles & Minoru Mitsumoto	24:46
2013	David Eccles & Jon Frost	23:16
2014	David Eccles & Jon Frost	23:48
2015	David Eccles & Jon Frost (4 wins)	24:59

ROAD BIKES "10"

2008	Barry Packman	26:57
2009	Jay Chisnall	24:45
2010	Tim Stevens	23:21
2011	Philip Allen	25:19
2012	Tim Stevens (2 wins)	23:12
2013	James Stuart	22:51
2014	Francisco Piai	24:39
2015	Gary Brind	23:12

HILLY "10"

2002	Shane Faulkner	25:10
2003	Mike Coyle	25:24
2004	Mike Coyle	25:04
2005	Mike Coyle (3 wins)	24:42
2006	Rob English	24:20
2007	Graeme Stirzaker	26:19
2008	Ishmael Burdeau	27:42
2009	Ishmael Burdeau (2 wins)	25:37
2010	Pete Tadros	24:14
2011	Pete Tadros	24:32
2012	Pete Tadros	23:28
2013	Chris McNamara	24:12
2014	Pete Tadros	24:52
2015	Pete Tadros (5 wins)	24:34

From 2009 - LADIES "10"

2009	(no entries)	
2010	Claire Leonard	26:25
2011	Tamar Vanderhaas	26:48
2012	Emma Richards	24:36
2013	Joanna Rowsell	21:48
2014	Sarah Anne Nisbett	25:46
2015	Gina McGeever	25:04