



Result Sheet
for
London South District Heat
for the **National GHS championships**
and
Brighton Excelsior Men's and Women's
10 mile event

Held on Saturday 16th July 2016
Course G10/97

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations
President: Rick Stringer



Lewis Winfield Winner of GHS Heat 2016 22:07 image from



Event Organiser

James Stone, 31 Oxen Avenue, Shoreham By Sea, West Sussex, BN43 5AF.

Tel 01273 453071 or 07880 344838 email

james@jstone15.wanadoo.co.uk

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Organisers Report

We finally had summer start in time for the event giving us a warm and still morning. The GHS heat provided a close competition for qualifying places. Also some big improvements were visible from the riders who also rode last year demonstrating a clear indication of progression and dedication to the sport. Lewis Winfield VC Londres put in a PB to win in 22:07 despite being slowed at the start by traffic. The younger age cat winners all going to the Preston Park Youth cycling team and VC Jubilee taking the team prize.

The open ten was won by Chris McNamara with a time just outside the course record, taking the event and vets prize. Fastest lady was Tamar Vanderhaas the junior winner was another VC Londres rider with a cracking new PB of 22:12. The team award to the Sussex Nomads taking a well-deserved win.

Thanks to

The event can't happen without a team of willing volunteers. I'd like to thank in no particular order;

The time keepers Tony Palmer and Mick Irons (Worthing Excelsior) Jacqui Champion for her patience with me whilst sorting the event out and doing the refreshment's, the cake bakers (Domino/Sarah, Colin Toppins kids and Jacqui) Rob Churchill for sign on, Chris Hodge for signs and pushing off Dave Gerry for pushing, Mark Bandy for time keepers recorder, Anne Human for the result board, Domino, Jen, Ben, Martin, Alan for marshalling,
BIG THANKS TO YOU ALL.

Also for our supporters :-



For the open ten check out your aero position with the fabulous shots taken at the event at:-

<http://www.davehaywardphotos.com/Cycling/2015/Brighton-Excelsior-10-16072016/>



Jeremys of Henfield

The beautiful fresh and healthy fruit has been provided for our Refreshments.

www.jeremysofhenfield.co.uk tel 01273495799

GHS Prize Winners

Category	Pos	Rider	Club	Time	Award
GHS	1	Lewis Winfield	VC de Londres	0:22:07	GHS Medal & Certificate
	2	Lawrence Coyle	Brighton Excelsior CC	0:22:47	GHS Certificate
	3	Jack Churchill	Brighton Excelsior CC	0:22:55	GHS Certificate
GHS Fastest Team	1	Lawrence Coyle	Brighton Excelsior CC	0:22:47	GHS Certificate
		Jack Churchill	Brighton Excelsior CC	0:22:55	GHS Certificate
		Chris Dunstan	Brighton Excelsior CC	0:23:24	GHS Certificate
		Total Team Time		1:09:06	

GHS Age Winners

Age	Pos	Rider	Club	Time	Award
12 at 31st Aug 2016	1	Lukas Nerurkar	Preston Park YCP	0:26:07	GHS Certificate
13 at 31st Aug 2016	1	Adam Churchill	Preston Park YCP	0:24:40	GHS Certificate
14 at 31st Aug 2016	1	Joseph Martin	Preston Park YCP	0:23:12	GHS Certificate
15 at 31st Aug 2016	1	Jack Churchill	Brighton Excelsior CC	0:22:55	GHS Certificate
16 at 31st Aug 2016	1	Lewis Winfield	VC de Londres	0:22:07	GHS Certificate

Results

Rank	Race No	Name	Club	Gender	Age Cat	Actual Time
1	12	Lewis Winfield	VC de Londres	B	16	0:22:07
2	11	Lawrence Coyle	Brighton Excelsior CC	B	16	0:22:47
3	13	Jack Churchill	Brighton Excelsior CC	B	15	0:22:55
4	6	Joseph Martin	Preston Park Youth Cycling Club	B	14	0:23:12
5	9	Chris Dunstan	Brighton Excelsior CC	B	16	0:23:24
6	8	Finn Anderson	Preston Park Youth Cycling Club	B	15	0:23:26
7	5	George Sloan	VC de Londres	B	15	0:24:34
8	10	Adam Churchill	Preston Park Youth Cycling Club	B	13	0:24:40
9	4	Lukas Nerurkar	Preston Park Youth Cycling Club	B	12	0:26:07
10	3	Archie Sloan	VC de Londres	B	12	0:29:06
11	1	Ferdie Parsons	Brighton Excelsior CC	B	12	0:29:45
12	2	Joshua Ballinger	Preston Park Youth Cycling Club	B	12	0:30:02
-	7	Bill Demuth	Brighton Excelsior CC	B	14	DNS

Open 10 Prize Winners

Fastest Lady	1	Tamar Vanderhaas	Lewes Wanderers CC	0:24:24	£ 15.00
Fastest Overall	1	Christopher McNamara	Nuun-Sigma Sport-London RT	0:20:02	£ 40.00
	2	James Rix	Crawley Wheelers	0:20:17	£ 20.00
	3	Mark Emsley	Team ASL360	0:20:39	£ 10.00
Fastest Junior	1	Ben Mckie	VC Londres	0:22:12	£ 20.00
Veteran on VTTA Standard	1	Christopher McNamara	Nuun-Sigma Sport-London RT	+ 06:02	£ 20.00
	2	David Pollard	In-Gear Quickvit Trainsharp RT	+ 05:55	£ 15.00
Fastest Team of 3	1	Yuriy Tymchenko	Sussex Nomads CC	0:22:25	£ 15.00
		Andrew Stiles	Sussex Nomads CC	0:22:31	£ 15.00
		Jason Blenkarn	Sussex Nomads CC	0:22:50	£ 15.00
Total Team Time				1:07:46	

Open 10 Results

Rank	Race No	Name	Club	Cat	Age	Actual Time	Plus on Std	Pos on Std
1	40	Christopher McNamara	Nuun-Sigma Sport-London RT	V	41	0:20:02	+ 06:02	1
2	30	James Rix	Crawley Wheelers	V	40	0:20:17	+ 05:42	3
3	20	Mark Emsley	Team ASL360	S	27	0:20:39	-	-
4	21	Iain Brogden	Eastbourne Rovers CC	V	47	0:21:35	+ 04:57	5
5	10	David Pollard	In-Gear Quickvit Trainsharp RT	V	59	0:21:37	+ 05:55	2
5	27	John Tindell	Brighton Phoenix Triathlon Club	S	29	0:21:37	-	-
7	15	Tom Glandfield	Lewes Wanderers CC	V	43	0:21:38	+ 04:35	7
8	41	Kevin Plummer	South Downs Bikes / Casco Europe	V	51	0:21:44	+ 05:06	4
9	31	Philip Murrell	Finsbury Park CC	V	47	0:21:55	+ 04:37	6
10	25	Jack Donaldson	Neon Velo	S	23	0:22:12	-	-
10	32	Ben Mckie	VC de Londres	Jn	17	0:22:12	-	-
12	16	Matthew Butt	Team ASL360	S	29	0:22:15	-	-
13	36	Yuriy Tymchenko	Sussex Nomads CC	V	46	0:22:25	+ 04:02	11
14	38	Andrew Stiles	Sussex Nomads CC	V	50	0:22:31	+ 04:14	10
15	7	Jason Blenkarn	Sussex Nomads CC	S	29	0:22:50	-	-
16	37	James Horan	South Downs Bikes / Casco Europe	V	46	0:22:57	+ 03:30	14
17	6	Colin Barton	Worthing Excelsior CC	V	55	0:23:10	+ 03:59	12
17	26	Ian Cheesman	Worthing Excelsior CC	V	47	0:23:10	+ 03:22	15
19	42	Martin Booker	Worthing Excelsior CC	V	48	0:23:28	+ 03:08	16
20	11	Mike O'Gorman	Worthing Excelsior CC	V	64	0:23:35	+ 04:31	9
21	12	Michael Thyer	Sussex Nomads CC	V	66	0:23:49	+ 04:34	8
22	43	Ian Newbold	Eastbourne Rovers CC	V	43	0:24:17	+ 01:56	19
23	23	Tamar Vanderhaas	Lewes Wanderers CC	WV	40	0:24:24	+ 03:38	13
24	13	Colin Toppin	Brighton Excelsior CC	V	43	0:24:47	+ 01:26	21
25	22	Ade Fadero	Sussex Nomads CC	V	54	0:24:49	+ 02:15	18
26	28	Peter Owen	Norwood Paragon CC	V	55	0:25:39	+ 01:30	20
27	29	Neil Glover	Sussex Nomads CC	V	53	0:25:51	+ 01:08	23
28	24	Helen Webb	Sussex Nomads CC	WV	42	0:25:56	+ 02:17	17

Rank	Race No	Name	Club	Cat	Age	Actual Time	Plus on Std	Pos on Std
28	30	Lee McGeever	Brighton Excelsior CC	V	46	0:26:02	+ 00:25	28
29	33	Sarah Phelps	Brighton Mitre CC	WS	28	0:26:02	-	-
31	14	Jeremy Whittaker	Brighton Mitre CC	V	52	0:26:17	+ 00:37	25
32	34	Sally McSorley	Sussex Nomads CC	WV	41	0:27:09	+ 00:59	24
33	3	Jason Green	Sussex Nomads CC	V	44	0:27:34	- 01:16	29
34	18	Mark Thomas	Bigfoot CC	V	53	0:28:09	- 01:10	28
35	19	John Lucas	Worthing Excelsior CC	V	73	0:28:16	+ 01:23	22
36	2	Robin Johnson	Brighton Mitre CC	V	68	0:28:36	+ 00:06	27
37	4	Scott Cairncross	34 Nomads CC	S	29	0:34:46	-	-
-	35	Nick Malins	4 T+ Velo Club	V	48	DNF	-	-
-	5	Robert Drake	Addiscombe CC	S	29	DNS	-	-
-	8	Peter Eames	Eastbourne Rovers CC	V	53	DNS	-	-
-	9	Clive Jackson	Central Sussex CC	V	64	DNS	-	-
-	17	Leeson Medhurst	Redhill CC	V	44	DNS	-	-
-	39	John Powell	Team ASL360	S	38	DNS	-	-

LOST and FOUND

One of the hidden pleasures of organising an event is all of the free stuff people leave for you. I've acquired a new jersey and a Condor bidon this time .

If either of these are yours please email me and I'll arrange for you to be reunited.

