



## SOUTHDOWN'S BIKES CYCLING CLUB

Sporting 34K Time Trial – Sunday 5<sup>th</sup> February 2017

Course GS/989

**Event Secretary:** Simon McNamara Cielo, Newhall Lane, Small Dole, West Sussex BN5 9YH  
Email: [simacracing@yahoo.com](mailto:simacracing@yahoo.com)  
Tel: 01903 745534 (or 07890 588424 on day of event)

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

### HQ

#### Storrington Village Hall

59 West Street  
Storrington  
West Sussex

Postcode RH20 4DZ

Open from 8:30 am



**STORRINGTON VILLAGE HALL** is situated at the western end of Storrington near the mini-roundabout at the junction of the A283 and B2139.

#### **THERE IS NO PARKING AT THE HQ ITSELF.**

There is limited on-street parking near the HQ and plenty of parking at the Chanctonbury Leisure Centre, Spierbridge Road, Storrington.

To reach this from Storrington, pass the HQ and at the mini-RAB (garage/Tesco) keep straight on towards Pulborough. At the mini-roundabout turn right into Spierbridge Road and then LEFT into the Leisure Centre car park. Please park considerately as we will be sharing the car park with Leisure Centre users. It is a 5 minute walk from the car park to the HQ.

Thank you in advance for not wearing cycling shoes or cleats in the hall. No bikes allowed in hall at all.

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: 0.47 miles

Finish to HQ: 1.11 miles

Route to start: Leave the HQ turning left to mini-roundabout. Take the second exit towards Amberley.

**Start Timekeeper:** Su Balcombe Brighton Excelsior CC  
**Finish Timekeeper:** Mick Irons Worthing Excelsior CC

## 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.

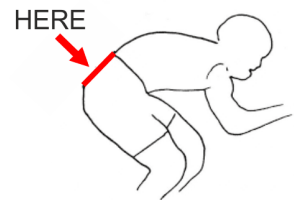
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**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".



**Roundabouts:** Competitors must exercise extra care at all roundabouts.

**Start/Finish Areas:** Competitors must exercise extra care at the start and **ABSOLUTELY NO U-TURNS** in the vicinity of either start or finish.

## COURSE DETAILS

The course is on roads that are normally fairly well surfaced, although it is February and once again the weather has taken its toll on all the Sussex roads. You need to pay full attention as there are a number of pot holes that are best avoided if you value your wheels and your neck! The terrain is arduous, rather than savage, with the top riders probably not using the small ring. There are some quick descents, none of which are "technical", but descending through Houghton needs **100%** attention in case any cars pull out of any of the minor roads.

## ROAD BIKE CATEGORY

No triathlon / aero bar extensions. No disc wheels! (deep section rims are permitted)

## GOOD SPECTATOR POINTS

The car park on Houghton Hill (about 8km from the start), lay-bys on the A27 (riders should be going quite quickly).

The climb from Arundel to Whiteways Lodge, though there is very limited parking opportunity on this climb (no problem if you ride to it though); if riders are going to suffer it will be here – tired legs, long climb.....

## SPONSORS

We are grateful to the following companies and individuals that have contributed towards the prize list and organizational costs:

**USE Exposure, Southdowns Bikes** of Storrington, Goring, **Upgrade Bikes (Paddy & Rory)**

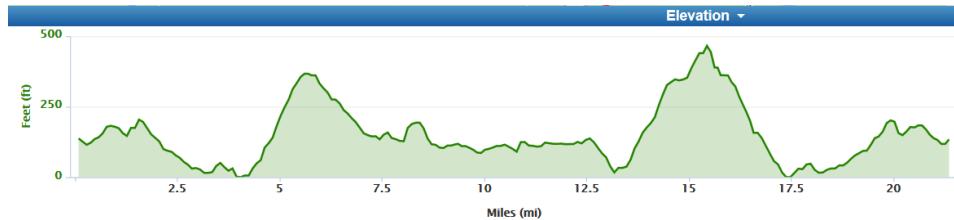
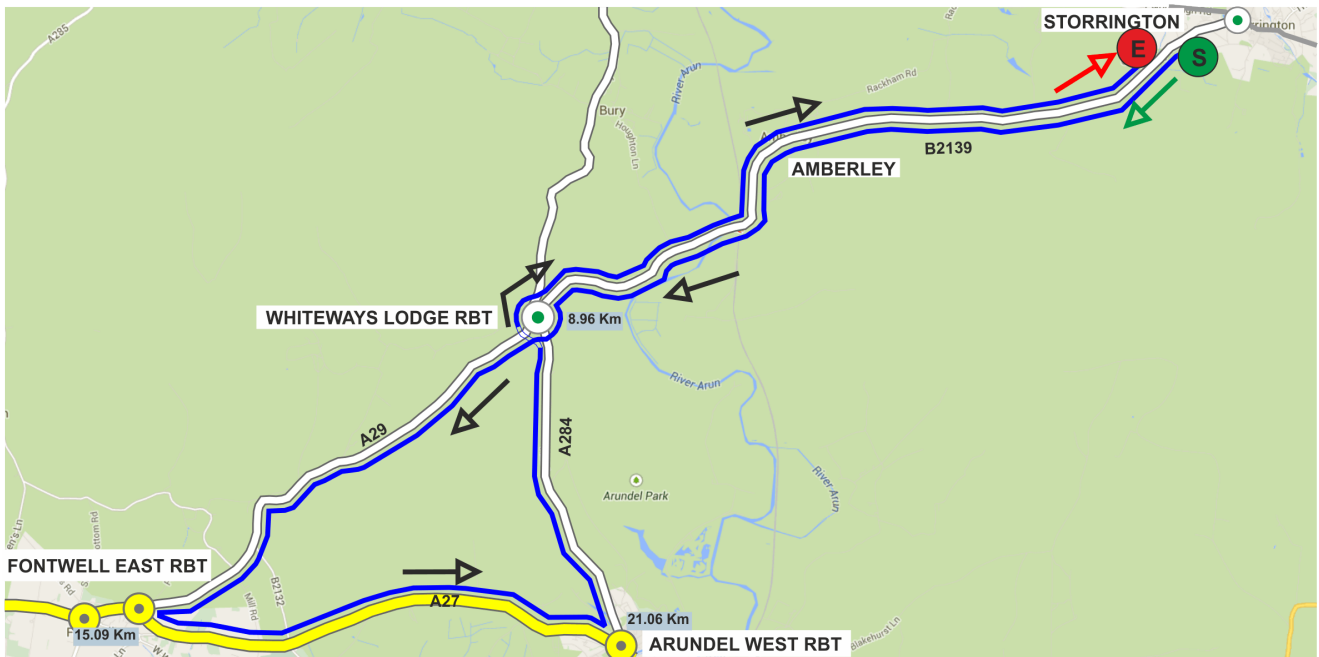
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## PRIZES

Classification		Prize
<b>Overall</b>	Fastest	USE Exposure Trace Pack F&R Lights (£94.00) plus £20 plus £20 South Downs Bike Voucher
	2nd	Lezyne Digital Drive Track Pump (£69.99) plus £20 plus £20 South Downs Bike Voucher
	3rd	USE Spin Stix Q/R Skewers (£49.99) plus £10 plus £10 South Downs Bike Voucher
	4th	Lezyne Strip Drive PRO Lights (£44.99) plus £10 plus £10 South Downs Bike Voucher
	5th	USE Carbon Bottle Cage (£39.99) plus £5 plus £5 South Downs Bike Voucher
	6th	Lezyne Strip Drive PRO Lights (£44.99)
<b>Road Bike</b>	Fastest	Lezyne Digital Drive Track Pump (£69.99)
	2nd	Lezyne Strip Drive PRO Lights (£44.99)
<b>Veterans on VTTA Std</b>	Fastest	USE Spin Stix Q/R Skewers (£49.99)
	2nd	USE Carbon Bottle Cage (£39.99)
<b>Teams (of 3)</b>	Fastest	£30 each rider
	2nd	£15 each rider
<b>Ladies</b>	Fastest	USE Exposure Trace Pack F&R Lights (£94.00)
<b>Junior</b>	Fastest	Lezyne Digital Drive Track Pump (£69.99)

## COURSE GS/989



[Link to Garmin](#)

**Start** on B2139 by footpath sign at entrance to Kithurst Farm and almost opposite New Town Road, Storrington (TQ077141).

Proceed southwest on B2139 via Amberley and Houghton to Whiteways Lodge roundabout (Marshals). Take second exit (straight on) now on A29 and proceed to Fontwell East roundabout (15.5km) (Check & Marshal). Take first exit (left) and follow A27 to Arundel West roundabout. Take first exit on to A284 to climb to Whiteways Lodge roundabout (Marshals). Take third exit to retrace outward route on B2139, taking care on the descent through Houghton village to **Finish** at point opposite large oak tree situated approximately mid-way along lay-by on south side of road approximately 1km short of start.

**Please continue to follow the route that you are on unless race signs and/or marshals indicate otherwise. It is intended to marshal all junctions that require you to leave the road that you are on and appropriate signage will be in place.**

Rider No	Start Time	Name	Club	Cat/ Age	VTTA Std
1	10:01	James Bricknell	Fareham Wheelers CC	S18	
2	10:02	Richard Gildea	Didcot Phoenix CC	S31	
3	10:03	Joshua Monk	The Cycleroom	S24	
4	10:04	Stuart Harvey	Team ASL	S36	
<b>5</b>	<b>10:05</b>	<b>Simon Berogna</b>	<b>Velo Club St Raphael</b>	<b>V43</b>	<b>0:55:45</b>
6	10:06	Theo Tadros	In-Gear Quickvit Trainsharp RT	J14	
7	10:07	Ria Woodfield	Kingston Wheelers CC	WS27	
8	10:08	Penny Edwards	Tri- Anglia Triathlon Club	WV62	1:04:06
9	10:09	Joan Lennon	Worthing Excelsior CC	WV59	1:03:19
<b>10</b>	<b>10:10</b>	<b>Peter Tadros</b>	<b>In-Gear Quickvit Trainsharp RT</b>	<b>V46</b>	<b>0:56:15</b>
11	10:11	Gary Brind	South Downs Bikes / Casco Europe	V42	0:55:35
12	10:12	Peter Rowe	Southborough & Dist. Whs	V52	0:57:15
13	10:13	Paul Edwards	Bognor Regis CC	V52	0:57:15
14	10:14	Steve Jackson	Blazing Saddles	V42	0:55:35
<b>15</b>	<b>10:15</b>	<b>Henry Farrell</b>	<b>Endeavour RT</b>	<b>S26</b>	
16	10:16	Darryl Rice	South Downs Bikes / Casco Europe	V52	0:57:15
17	10:17	Aaron Smith	Bognor Regis CC	S18	
18	10:18	Keith Geere	GS Stella	V66	1:00:29
19	10:19	Matt Alderson	The Cycleroom	S28	
<b>20</b>	<b>10:20</b>	<b>Tom Glandfield</b>	<b>Lewes Wanderers CC</b>	<b>V43</b>	<b>0:55:45</b>
21	10:21	John Glaysher	a3crg	S39	
22	10:22	John Cockrill	Abellio - SFA Racing Team	S25	
23	10:23	Geoff Smith	Eastbourne Rovers CC	V66	1:00:29
24	10:24	Neil Crowther	Worthing Excelsior CC	V43	0:55:45
<b>25</b>	<b>10:25</b>	<b>Dave Dent</b>	<b>GS Stella</b>	<b>V53</b>	<b>0:57:25</b>
26	10:26	Kevin Plummer	South Downs Bikes / Casco Europe	V51	0:57:05
27	10:27	Den Tapping	a3crg	V60	0:58:50
28	10:28	Perry Lee	Southdown Velo	V53	0:57:25
29	10:29	Stuart Jago	GS Stella	V60	0:58:50
<b>30</b>	<b>10:30</b>	<b>Mike Piper</b>	<b>Abellio - SFA Racing Team</b>	<b>V40</b>	<b>0:55:13</b>
31	10:31	Stuart Thompson	Andover Wheelers	V42	0:55:35
32	10:32	Stephen Cavey	South Downs Bikes / Casco Europe	S25	
33	10:33	Callum Clark	In-Gear Quickvit Trainsharp RT	S19	
34	10:34	Piers August	Wyndymilla	S39	
<b>35</b>	<b>10:35</b>	<b>Andy Smith</b>	<b>Velo Club St Raphael</b>	<b>V42</b>	<b>0:55:35</b>
36	10:36	Stuart Bettis	South Downs Bikes / Casco Europe	S32	
37	10:37	Paul Barnard	South Downs Bikes / Casco Europe	S31	
38	10:38	Ben Fielden	GS Stella	V75	1:04:19
39	10:39	Matt Williams	Abellio - SFA Racing Team	J15	
<b>40</b>	<b>10:40</b>	<b>Andy Langdown</b>	<b>Blazing Saddles</b>	<b>V48</b>	<b>0:56:35</b>
41	10:41	Tony Reeves	GS Stella	V45	0:56:06
42	10:42	Ian Cheesman	Worthing Excelsior CC	V47	0:56:25
43	10:43	Steve Grout	Epsom CC	V54	0:57:36
44	10:44	Peter Graham	North Hampshire RC	V53	0:57:25
<b>45</b>	<b>10:45</b>	<b>Mark Emsley</b>	<b>Team ASL</b>	<b>S27</b>	

Rider No	Start Time	Name	Club	Cat/ Age	VTTA Std
46	10:46	Ian Bray	Addiscombe CC	S30	
47	10:47	Jon Fry	Horsham Cycling	V46	0:56:15
48	10:48	Stewart Crooks	South Downs Bikes / Casco Europe	V40	0:55:13
49	10:49	Oliver Fenton	South Downs Bikes / Casco Europe	S21	
<b>50</b>	<b>10:50</b>	<b>Alex Napier</b>	<b>Blazing Saddles</b>	<b>V43</b>	<b>0:55:45</b>
51	10:51	Jonathan Pontin	Addiscombe CC	S26	
52	10:52	Simon McNamara	South Downs Bikes / Casco Europe	V41	0:55:24
53	10:53	David Churchill	Bigfoot CC	V57	0:58:11
54	10:54	Gary Chambers	NOPINZ	S30	
<b>55</b>	<b>10:55</b>	<b>Jon Hughes</b>	<b>Velo Club Godalming &amp; Haslemere</b>	<b>V45</b>	<b>0:56:06</b>
56	10:56	James Lowden	Paceline RT	S30	
57	10:57	George Welfare	Eastbourne Rovers CC	S31	
58	10:58	Chris McNamara	Nuun-Sigma Sport-London RT	V41	0:55:24
59	10:59	John Powell	Team ASL	S38	
<b>60</b>	<b>11:00</b>	<b>Pat Wright</b>	<b>Paceline RT</b>	<b>S32</b>	