



Sussex Cyclists' Association

2017 President – Mick Irons – Worthing Excelsior CC



Open 10 Mile Time Trial – **Saturday 29th April 2017** – Course G10/97

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

Incorporating the Sussex 10 mile Championship

Result Sheet

Event Secretary Jon Fry (Horsham Cycling)
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Timekeepers Mick Kilby (Lewes Wanderers CC) and Mick Irons (Worthing Excelsior CC)

Prize Winners

Category	Pos	Rider	Club	Time / Plus	Prize
Fastest Overall	1st	Simon McNamara	South Downs Bikes / Casco Europe	0:20:31	£30.00
	2nd	Stuart Bettis	South Downs Bikes / Casco Europe	0:20:37	£20.00
	3rd	Mark Emsley	Team ASL	0:20:39	£15.00
	4th	Mark Smith	Crawley Wheelers	0:21:11	£10.00
	5th	Nik Allen	Worthing Excelsior CC	0:21:12	£7.00
Veteran on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	+ 06:21	£20.00
	2nd	Sarah Matthews	...a3crg	+ 06:20	£15.00
	3rd	Michael Thyer	Sussex Nomads CC	+ 05:58	£10.00
Fastest Lady	1st	Ruth Summerford	Eastbourne Rovers CC	0:23:06	£30.00
	2nd	Sarah Matthews	...a3crg	0:23:28	£20.00
	3rd	Angela Carpenter	...a3crg	0:23:53	£15.00
Fastest Jun/Juv	1st	Joseph Martin	Preston Park Youth Cycling Club	0:22:37	£10.00
Fastest Team of 3	1st	Simon McNamara	South Downs Bikes / Casco Europe	0:20:31	£10.00
		Stuart Bettis	South Downs Bikes / Casco Europe	0:20:37	£10.00
Kevin Plummer		South Downs Bikes / Casco Europe	0:21:49	£10.00	
		Total Team Time	1:02:57		
2nd		Mark Smith	Crawley Wheelers	0:21:11	£7.00
		Rupert Robinson	Crawley Wheelers	0:22:31	£7.00
		Robert Zietal	Crawley Wheelers	0:22:40	£7.00
		Total Team Time	1:06:22		

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Overall Result

Rank	Race No	Name	Club	Cat	Actual Time	Plus on CTT TT	Pos on CTT TT
1	80	Simon McNamara	South Downs Bikes / Casco Europe	V	0:20:31	+ 04:51	7
2	20	Stuart Bettis	South Downs Bikes / Casco Europe	S	0:20:37	-	-
3	70	Mark Emsley	Team ASL	S	0:20:39	-	-
4	60	Mark Smith	Crawley Wheelers	V	0:21:11	+ 04:22	11
5	76	Nik Allen	Worthing Excelsior CC	V	0:21:12	+ 04:44	10
6	10	Howard Bayley	Blazing Saddles	V	0:21:37	+ 03:45	14
7	50	Steven Kane	Brighton Excelsior CC	S	0:21:48	-	-
8	55	Kevin Plummer	South Downs Bikes / Casco Europe	V	0:21:49	+ 05:17	5
9	61	Thomas Doran	Hemel Hempstead CC	S	0:22:05	-	-
10	51	Phil Allen	South Downs Bikes / Casco Europe	S	0:22:16	-	-
11	75	Leon Fielding	...a3crg	V	0:22:28	+ 02:43	24
12	45	Rupert Robinson	Crawley Wheelers	V	0:22:31	+ 03:25	18
13	44	Joseph Martin	Preston Park Youth Cycling Club	Jv	0:22:37	-	-
14	15	Robert Zietal	Crawley Wheelers	S	0:22:40	-	-
15	42	Jack Churchill	Brighton Excelsior CC	Jn	0:22:41	-	-
16	26	Dan Helyer	Eastbourne Rovers CC	S	0:22:54	-	-
17	68	Nolan Heather	Worthing Excelsior CC	V	0:22:55	+ 02:16	30
18	52	Paul Batten	Crawley Wheelers	S	0:23:00	-	-
19	56	Shaun Marlor	Bec CC	V	0:23:04	+ 02:41	25
20	41	Ruth Summerford	Eastbourne Rovers CC	WS	0:23:06	-	-
21	46	Neil Crowther	Worthing Excelsior CC	V	0:23:09	+ 02:24	28
22	21	Tony Reeves	GS Stella	V	0:23:19	+ 02:37	26
23	16	Sam Dix	In-Gear Quickvit Trainsharp RT	V	0:23:21	+ 02:35	27
24	66	James Stone	Brighton Excelsior CC	V	0:23:22	+ 03:09	20
25	13	John Marinko	Brighton Mitre CC	V	0:23:26	+ 03:40	15
26	40	Sarah Matthews	...a3crg	WV	0:23:28	+ 06:20	2
27	74	Ian Graver	Bec CC	V	0:23:30	+ 04:49	8
28	25	Simon Church	In-Gear Quickvit Trainsharp RT	V	0:23:38	+ 03:28	17
29	77	Martin Booker	Worthing Excelsior CC	V	0:23:39	+ 02:52	23
30	71	Mike O'Gorman	Worthing Excelsior CC	V	0:23:40	+ 06:21	1
31	43	Chris Dunstan	Brighton Excelsior CC	Jn	0:23:48	-	-
32	38	Angela Carpenter	...a3crg	WV	0:23:53	+ 04:13	12
33	73	Nicholas Smith	Brighton Excelsior CC	S	0:23:54	-	-
34	67	Michael Valks	Lewes Wanderers CC	V	0:23:56	+ 02:11	31
35	12	Jez Parsons	Brighton Excelsior CC	V	0:23:58	+ 03:08	21
36	62	Andrew R Green	Bec CC	V	0:24:00	+ 01:22	39
37	57	Anthony Brown	Horsham Cycling	V	0:24:09	+ 05:00	6
37	78	Chris Jones	Bynea Cycling Club	V	0:24:09	+ 01:24	37
39	64	Peter Owen	Norwood Paragon CC	V	0:24:16	+ 03:50	13
40	28	Colin Toppin	Brighton Excelsior CC	V	0:24:21	+ 01:24	37
41	23	Jez Shotter	Brighton Excelsior CC	V	0:24:27	+ 01:52	35
41	37	Angela Radden-Rutt	The Cycleroom	WS	0:24:27	-	-
43	17	Michael Thyer	Sussex Nomads CC	V	0:24:30	+ 05:58	3
44	11	Ian Cheesman	Worthing Excelsior CC	V	0:24:36	+ 01:55	34
44	47	David Phillips	Old Portlians CC	V	0:24:36	+ 04:46	9
46	31	Amy Smith	Team ASL	WS	0:24:56	-	-
47	49	Jamie Smith	Brighton Mitre CC	V	0:24:58	+ 00:47	42

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Rank	Race No	Name	Club	Cat	Actual Time	Plus on CTT TT	Pos on CTT TT
48	63	Bruce English	Eastbourne Rovers CC	V	0:25:07	+ 02:11	31
49	9	Robert Royle-Evatt	Addiscombe CC	V	0:25:27	+ 01:15	40
50	33	Sarah Phelps	Crawley Wheelers	WS	0:25:28	-	-
51	58	Paul Winkley	East Grinstead CC	V	0:25:34	+ 03:23	19
52	35	Tamar Vanderhaas	Lewes Wanderers CC	WV	0:25:48	+ 00:54	41
53	53	Ade Fadero	Sussex Nomads CC	V	0:26:22	+ 01:32	36
54	32	Katerina Avramides	Brighton Mitre CC	WS	0:26:24	-	-
55	29	James Thomas	Epsom CC	V	0:26:25	+ 00:06	44
56	36	Karen McGrath	Worthing Excelsior CC	WV	0:26:34	+ 03:01	22
57	18	Alan Robinson	Central Sussex CC	V	0:26:36	+ 05:56	4
58	34	Helen Webb	Sussex Nomads CC	WV	0:26:45	+ 00:21	43
59	19	Peter Davies	Brighton Mitre CC	V	0:26:47	+ 02:10	33
60	39	Joshua Thomas	Epsom CC	Jn	0:26:51	-	-
61	69	Roy Robinson	Team Salesengine.co.uk	V	0:27:30	+ 03:39	16
62	24	Ben Miller	Brighton Excelsior CC	S	0:27:50	-	-
63	59	Gary Holder	Horsham Cycling	V	0:28:52	- 01:46	46
64	8	Chris Jolliffe	Crawley Wheelers	V	0:29:05	- 00:21	45
65	14	John Lucas	Worthing Excelsior CC	V	0:29:47	+ 02:17	29
-	22	Miguel Vieira	Tri Surrey	V	DNS (A)	-	-
-	27	Matthew Sumpter	In-Gear Quickvit Trainsharp RT	S	DNS (A)	-	-
-	30	Sally Turner	GS Stella	WS	DNS (A)	-	-
-	48	James Cheeseman	Crawley Wheelers	S	DNS (A)	-	-
-	54	Peter Barling	Lewes Wanderers CC	S	DNS (A)	-	-
-	65	Richard Gifford	In-Gear Quickvit Trainsharp RT	V	DNS (A)	-	-
-	72	Andy Self	Direct Power Cycling Team	V	DNS (A)	-	-
-	79	Paul Griffin	Brighton Mitre CC	V	DNS (A)	-	-

Sussex Championship Awards

Category	Rider	Club	Time/Plus	Award
Fastest Overall	Simon McNamara	South Downs Bikes / Casco Europe	0:20:31	The 10 Shield & Medal
Vet on CTT TT	Mike O'Gorman	Worthing Excelsior CC	+ 06:21	Medal
Fastest Lady	Ruth Summerford	Eastbourne Rovers CC	0:23:06	Medal
Fastest Junior	Jack Churchill	Brighton Excelsior CC	0:22:41	Medal
Fastest Juvenile	Not Awarded			Medal
Fastest Team	Simon McNamara	South Downs Bikes / Casco Europe	0:20:31	Medal
	Stuart Bettis	South Downs Bikes / Casco Europe	0:20:37	Medal
	Kevin Plummer	South Downs Bikes / Casco Europe	0:21:49	Medal
	Total Team Time		1:02:57	Dave Henty Cup

Sussex Championship awards are presented at the annual lunch

Full details and tickets available from Robin Johnson Brighton Mitre CC

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This is also a qualifying event for

Sussex Best All Rounder Qualifying event for the Sussex Long distance junior and lady BAR, Middle distance for all categories and Short distance for all categories.

Sussex Points Competition Points will be awarded on the following basis: For overall, 30 points for first place, down to 1 point for 30th place. For women, 10 points for first place, down to 1 point for 10th place. For teams of three, the addition of the individual points from three riders from the same club, regardless of which events they have ridden.

Sussex Points Competition – points awarded for this event

Overall	Club	Points
Simon McNamara	South Downs Bikes / Casco Europe	30
Stuart Bettis	South Downs Bikes / Casco Europe	29
Mark Emsley	Team ASL	28
Mark Smith	Crawley Wheelers	27
Nik Allen	Worthing Excelsior CC	26
Howard Bayley	Blazing Saddles	25
Steven Kane	Brighton Excelsior CC	24
Kevin Plummer	South Downs Bikes / Casco Europe	23
Phil Allen	South Downs Bikes / Casco Europe	22
Leon Fielding	...a3crg	21
Rupert Robinson	Crawley Wheelers	20
Robert Zietal	Crawley Wheelers	19
Jack Churchill	Brighton Excelsior CC	18
Dan Helyer	Eastbourne Rovers CC	17
Nolan Heather	Worthing Excelsior CC	16
Paul Batten	Crawley Wheelers	15
Ruth Summerford	Eastbourne Rovers CC	14
Neil Crowther	Worthing Excelsior CC	13
Tony Reeves	GS Stella	12
Sam Dix	In-Gear Quickvit Trainsharp RT	11
James Stone	Brighton Excelsior CC	10
John Marinko	Brighton Mitre CC	9
Sarah Matthews	...a3crg	8
Simon Church	In-Gear Quickvit Trainsharp RT	7
Martin Booker	Worthing Excelsior CC	6
Mike O'Gorman	Worthing Excelsior CC	5
Chris Dunstan	Brighton Excelsior CC	4
Angela Carpenter	...a3crg	3
Nicholas Smith	Brighton Excelsior CC	2
Michael Valks	Lewes Wanderers CC	1

Women	Club	Points
Ruth Summerford	Eastbourne Rovers CC	10
Sarah Matthews	...a3crg	9
Angela Carpenter	...a3crg	8
Amy Smith	Team ASL	7
Sarah Phelps	Crawley Wheelers	6
Tamar Vanderhaas	Lewes Wanderers CC	5
Katerina Avramides	Brighton Mitre CC	4
Karen McGrath	Worthing Excelsior CC	3
Helen Webb	Sussex Nomads CC	2

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Don't miss other events promoted by the Sussex CA

Date	Distance	Details	Course	Promoter
Sat 10 Jun 2017	15 m	Sussex Championship	G15/93	Robin Johnson
Sun 02 Jul 2017	50 m	Sussex Championship	G50/10	Robin Johnson
Sun 30 Jul 2017	30 m	Sussex Championship	G30/91	Robin Johnson
Sat 26 Aug 2017	10 m	Sporting	G10/45	Robin Johnson
Mon 28 Aug 2017	25 m	Sporting	G25/49	Robin Johnson
Sat 30 Sep 2017	1672 yard Hill Climb	Sussex Championship	GH/92	Chris Putnam

And Championship events promoted by other Associations

Date	Distance	Details	Course	Promoter
Sun 25 Jun 2017	KCA 12 hour	Sussex Championship	Q/12	Esther Carpenter
Sun 23 Jul 2017	SCCU 100 m	Sussex Championship	G100/61	Rod Starmer

Keep up to date with what's going on with time trialling in Sussex ...

There are a range of competitions run by local Associations so, if your club is affiliated, and you're riding SCA or ESCA events, the chances are you'll automatically be included in a competition that you might not necessarily be aware of! Why not take a moment to familiarise yourself with what's on offer for individual riders and their affiliated clubs to add a bit of interest and friendly rivalry between riders and clubs. Regular competition updates, and a whole lot more, are posted throughout the season on the Association websites and Facebook groups

Sussex CA	Website	www.sussexca.org.uk/
	Facebook Group	www.facebook.com/groups/SussexCA/
East Sussex CA	Website	www.eastsussexca.org.uk/
	Facebook Group	www.facebook.com/groups/EastSussexCA/

Notes and Acknowledgments

Congratulations to all the prize winners and many thanks to everyone that supported the event either by riding or helping on the day including:

Timekeepers	Mick Kilby (Lewes Wanderers CC) and Mick Irons (Worthing Excelsior CC)
Recorder	Jason Baverstock (Horsham Cycling)
Pushing Off	Bryn Reeves and Keith Carter (both Horsham Cycling)
Marshals	Gary Noble-Smith and Rebecca Dykes at Bramber, Alfie Ramsey and Tim Peters at Beeding, Keith Shuttlewood and Dave Manders at Shoreham (all Horsham Cycling)
Catering	Jon Fry (Horsham Cycling)
Results	Ann Human (Eastbourne Rovers CC)