

Please pay attention to the following Safety Notes

London South District Regulation: No vehicles, except those of the timekeepers and race officials, shall be parked in the vicinity of the start or finish areas.

CTT regulations require the compulsory use of helmets for the under 18's. 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.

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Race Numbers

Numbers will be available at the event HQ. Please collect your number when you sign on, after racing, sign back in when you return your number.

Notice of any additional hazards to be aware of to be displayed at the signing on sheet.

After the event please return your race number to the event HQ in exchange for tea or coffee.

Please note: No times will be given out at the Finish.

Warming Up and to the start

Competitors are requested not to warm up on the course after the event has start

HQ to Start: 1.76 miles.

Finish to HQ: 0.62 miles

Prizes

1 st	£20 + champagne (value £25)	1 st Veteran (40-44) and each 5 years: Wine, value £5.
2 nd	£10 + wine, value £5.	
3 rd	£5 + wine, value £5.	ROAD BIKES:
4 th	Wine, value £5.	1 st £10 + wine, value £5.
1 st team	£5 + Wine, value £5, each rider.	2 nd Wine, value £5.
1 st Woman	£10 + Wine, value £5.	HUB GEARS:
2 nd Woman	Wine, value £5.	1 st Wine, value £5.

PLEASE NOTE

Prize Presentation

To be held as soon as possible after the event.

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.

OS REF (TQ)	COURSE DIRECTIONS – G25/49	MILES	
019297	START at southern end of Foxbridge Lane, 5 yards from junction with Plaistow to Kirdford Road.	0.00	0.00
013271	Go LEFT at junction and proceed south to T-junction at western end of Kirdford.	1.70	1.70
018266	LEFT east through village to T-junction at eastern end of village.	0.42	2.12
040269	where LEFT to Skiff Lane.	1.58	3.70
041303	where north via Gunshot Common to junction with B2133	2.14	5.84
041304	where LEFT onto B2133 to junction with Plaistow Road, where LEFT into Plaistow Road	0.07	5.91
004310	Go west to Ifold continuing along Loxwood Road to T-junction in Plaistow	2.48	8.39
019297	where LEFT south along The Street, becoming Rickman's Lane, to complete the first circuit.	1.38	9.77
019297	Continue as before to complete a second circuit	9.77	19.54
040269	Continue as before through Kirdford to junction with Skiff Lane	3.70	23.24
039295	LEFT and follow Skiff Lane to FINISH north of Gunshot Common opposite tree with trunk marked with red lines, 0.13 miles north of wooden "Public Footpath" sign and 0.45 miles south of junction with B2133	1.76	25.00

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Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
3	10:03:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	71
4	10:04:00	Tony	Longhurst	Oxted Cycle Club	Male	Veteran	40
5	10:05:00	Adrian	Blacker	C and N Cycles RT	Male	Veteran	55
6	10:06:00	John	Borton	Ful-on Tri	Male	Senior	30
7	10:07:00	Tim	Holmes	Brighton Excelsior CC	Male	Veteran	57
8	10:08:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	58
9	10:09:00	Ben	Fielden	GS Stella	Male	Veteran	77
10	10:10:00	Matthew	Smith	Team ASL	Male	Senior	35
11	10:11:00	Jez	Parsons	Brighton Excelsior CC	Male	Veteran	53
12	10:12:00	Simon	Arnold	Oxted Cycle Club	Male	Senior	26
13	10:13:00	Andrew R	Green	Bec CC	Male	Veteran	44
14	10:14:00	David	Butler	Charlottesville Cycling Club	Male	Veteran	59
15	10:15:00	Nik	Allen	Worthing Excelsior CC	Male	Veteran	48
16	10:16:00	Tom	Houghton	Brighton Excelsior CC	Male	Veteran	47
17	10:17:00	Matthew	Butler	Charlottesville Cycling Club	Male	Senior	25
18	10:18:00	Tom	Foot	Blazing Saddles	Male	Senior	33
19	10:19:00	Andy	Seltzer	In-Gear	Male	Veteran	54
20	10:20:00	James	Goward	Farnborough & Camberley CC	Male	Veteran	48
21	10:21:00	Dan	Pullen	N+1 - Lindfield Coffee Works	Male	Veteran	44
22	10:22:00	Ed	Jarman	Brighton Excelsior CC	Male	Veteran	42
23	10:23:00	Nick	Mccormick	Epsom CC	Male	Veteran	56
24	10:24:00	Victoria	Miller	Brighton Mitre CC	Female	Senior	28
25	10:25:00	Simon	Mcnamara	South Downs Bikes / Casco Pet	Male	Veteran	44
26	10:26:00	Ian	Cheesman	Worthing Excelsior CC	Male	Veteran	50
27	10:27:00	Brian	Molloy	Brighton Excelsior CC	Male	Veteran	51
28	10:28:00	Martin	Williamson	London Dynamo	Male	Veteran	44
29	10:29:00	Amanda	Harman	Brighton Mitre CC	Female	Veteran	54
30	10:30:00	Stuart	Bettis	South Downs Bikes / Casco Pet	Male	Senior	34
31	10:31:00	Eddie	Allen	Redmon CC	Male	Senior	26
32	10:32:00	Kevin	Nelson	Crawley Wheelers	Male	Senior	31
33	10:33:00	James	Stone	Brighton Excelsior CC	Male	Veteran	50
34	10:34:00	Gary	Holder	VTTA (Surrey/ Sussex)	Male	Veteran	54
35	10:35:00	Howard	Bayley	Blazing Saddles	Male	Veteran	45
36	10:36:00	Kevin	Plummer	South Downs Bikes / Casco Pet	Male	Veteran	54
37	10:37:00	Lisa	Davis	trainSharp	Female	Veteran	44
38	10:38:00	Andrew	Green	Old Portlians CC	Male	Veteran	53
39	10:39:00	Jan	Scotchford	North Lancashire Road Club	Female	Veteran	53
40	10:40:00	James	Rix	Team Bottrill	Male	Veteran	43

HUB GEARS

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
42	10:42:00	John	Howells	Corinium Cycle Club	Male	Veteran	78

ROAD BIKES:

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
45	10:45:00	David	Pollard	In-Gear	Male	Veteran	62
46	10:46:00	Peter	Davies	Brighton Mitre CC	Male	Veteran	62
47	10:47:00	Andrew	Stewart	N+1 - Lindfield Coffee Works	Male	Veteran	46
48	10:48:00	Mike	Anderson	Club Cycliste Moncontourais	Male	Veteran	61
49	10:49:00	Malcolm	Strickland	Thornton Road Club	Male	Veteran	64
50	10:50:00	Michael	Coyle	Brighton Mitre CC	Male	Veteran	57
51	10:51:00	Robert	Gilmour	Hounslow & District Whs	Male	Veteran	68
52	10:52:00	Lawrence	Coyle	Brighton Mitre CC	Male	Espoir	19
53	10:53:00	Simon	Mumme	Paceline RT	Male	Senior	37
54	10:54:00	Paul	Newsome	Project 51	Male	Senior	32
55	10:55:00	Dave	Dent	GS Stella	Male	Veteran	56