



1894 - 2017

PRESIDENT - FRANK BLAKE

10<sup>th</sup> Annual Flat 10 Miles Time Trial – Sunday 28<sup>th</sup> May 2017

Course G10/97

16<sup>th</sup> Annual Very Hilly 10 Miles Time Trial – Sunday 28<sup>th</sup> May 2017

Course GS/995

**Event Secretary:** Robin Johnson

7 Gorselands, Billingshurst, West Sussex RH14 9TT

Email: [mr\\_rjohnson@outlook.com](mailto: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

### Steining Centre

Fletcher's Croft  
Steining  
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.

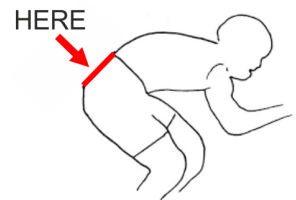
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**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 miles Flat Time Trial Sunday 28<sup>th</sup> May 2017

Course G10/97

## OFFICIAL TIME KEEPERS

Start: Peter Delve Horsham Cycling  
Finish: Jane Lade Eastbourne Rovers CC

## Course Records

Mens:	00:19:58	Nick Dwyer	2011 p.m.
Ladies:	00:21:48	Joanna Rowsell	2013
Vets:	00:19:58	Nick Dwyer	2011 p.m.
Junior:	00:24:12	Theo Tadros	2016
Juveniles:	00:24:12	Theo Tadros	2016

## PRIZES

<b>MEDIUM GEAR (72") "10"</b>	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

---

<b>HUB GEAR (TIN CAN) "10"</b>	1st	£5 + bottle of wine, value £5
--------------------------------	-----	-------------------------------

---

<b>ROAD BIKES "10" (no tri-bars)</b>	1st	£10 + bottle of wine, value £5.
	2nd	Bottle of wine, value £5.

---

<b>LADIES "10"</b>	1st	£10 + bottle of wine, value £5
	2nd	£5 + bottle of wine, value £5
	3rd	Bottle of wine, value £5

---

<b>THE FLAT (BLING) "10"</b>	1st	£25 + Bottle of champagne, value £25
	2nd	£15 + bottle of wine, value £5
	3rd	£10 + bottle of wine, value £5
	4th	£5 + 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
	1 <sup>ST</sup> Vet (71-75)	Bottle of wine, value £5
	1st Team	£10 + bottle of wine, value £5 each
	2nd Team	Bottle of wine, value £5 each

---

<b>TANDEM "10"</b>	2 bottles of wine, value £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.

Rider No	Start Time	Name	Club	Age
<b>MEDIUM GEAR (72") "10"</b>				
1	06:31:00	Robin Johnson	Brighton Mitre CC	69
2	06:32:00	Jon Frost	Redmon CC	50
3	06:33:00	Gary Holder	Horsham Cycling	51
4	06:34:00	Alan Tilbury	Brighton Mitre CC	62
5	06:35:00	Mark Emsley	Team ASL	28
6	06:36:00	Richard Hutt	Harp RC	59
7	06:37:00	Theo Tadros	In-Gear Quickvit Trainsharp RT	15
8	06:38:00	Paget Cohen	Lewes Wanderers CC	44
9	06:39:00	Richard Hoskin	Redmon CC	70
10	06:40:00	Peter Tadros	In-Gear Quickvit Trainsharp RT	46
11	06:41:00	Mike Marchant	Southdown Velo	60

Rider No	Start Time	Name	Club	Age
<b>HUB GEAR "10"</b>				
15	06:45:00	David Eccles	Redmon CC	69
16	06:46:00	Richard Hoskin	Redmon CC	70

Rider No	Start Time	Name	Club	Age
<b>BLING "10"</b>				
21	06:51:00	Jamie Smith	Brighton Mitre CC	45
22	06:52:00	Paul Valks	Lewes Wanderers CC	73
23	06:53:00	Alan Dainty	Sussex Nomads CC	49
24	06:54:00	Peter Davies	Brighton Mitre CC	60
25	06:55:00	Christian Yates	East Grinstead CC	54
26	06:56:00	Michael Valks	Lewes Wanderers CC	46
27	06:57:00	James Stone	Brighton Excelsior CC	48
28	06:58:00	Paul Townsley	Worthing Excelsior CC	68
29	06:59:00	Peter Barling	Lewes Wanderers CC	34
30	07:00:00	Iain Brogden	Eastbourne Rovers CC	48
31	07:01:00	Jez Shotter	Brighton Excelsior CC	47
32	07:02:00	Donald Parker	Brighton Mitre CC	68
33	07:03:00	Alan Robinson	Central Sussex CC	76
34	07:04:00	Lee McGeever	Brighton Excelsior CC	47
35	07:05:00	Mark Smith	Crawley Wheelers	43
36	07:06:00	Neil Crowther	Worthing Excelsior CC	44
37	07:07:00	Dan Helyer	Eastbourne Rovers CC	29
38	07:08:00	Colin Toppin	Brighton Excelsior CC	44
39	07:09:00	Ade Fadero	Sussex Nomads CC	55
40	07:10:00	Nick Dwyer	Lewes Wanderers CC	53
41	07:11:00	David Churchill	Bigfoot CC	58
42	07:12:00	Alan Yule	Crawley Wheelers	46

43	07:13:00	Bruce	English	Eastbourne Rovers CC	52
44	07:14:00	John	Marinko	Brighton Mitre CC	52
45	07:15:00	Adrian	Blacker	Norwood Paragon CC	53
46	07:16:00	Conor	Clancy	Brighton Excelsior CC	26
47	07:17:00	Jon	Fry	Horsham Cycling	46
48	07:18:00	James	Horan	South Downs Bikes / Casco Europe	47
49	07:19:00	Mike	Boyce	...a3crg	61
50	07:20:00	Howard	Shaw	Eastbourne Rovers CC	31
51	07:21:00	Jez	Parsons	Brighton Excelsior CC	51
52	07:22:00	David	Clements	Eastbourne Rovers CC	45
53	07:23:00	Tom	Houghton	Brighton Excelsior CC	45
54	07:24:00	Matthew	Sumpter	In-Gear Quickvit Trainsharp RT	28
55	07:25:00	Tom	Pritchard	Hampshire RC	36
56	07:26:00	Richard	Hutt	Harp RC	59
57	07:27:00	Theo	Tadros	In-Gear Quickvit Trainsharp RT	15
58	07:28:00	Stu	Nisbett	Crawley Wheelers	43
59	07:29:00	Clive	Jackson	Central Sussex CC	65
60	07:30:00	Peter	Tadros	In-Gear Quickvit Trainsharp RT	46
61	07:31:00	Alan	Tilbury	Brighton Mitre CC	62

Rider No	Start Time	Name	Club	Cat
<b>LADIES "10"</b>				
66	07:36:00	Katerina Avramides	Brighton Mitre CC	Woman
67	07:37:00	Sarah Phelps	Crawley Wheelers	Woman
68	07:38:00	Helen Webb	Sussex Nomads CC	Woman
69	07:39:00	Wendy Harman	Brighton Mitre CC	Woman
70	07:40:00	Ruth Summerford	Eastbourne Rovers CC	Woman
71	07:41:00	Angela Carpenter	...a3crg	Woman
72	07:42:00	Tamar Vanderhaas	Lewes Wanderers CC	Woman
73	07:43:00	Charlotte Matthews	Brighton Mitre CC	Woman

Rider No	Start Time	Name	Club	Age
<b>ROAD BIKES – NO TRI-BARS "10"</b>				
81	07:51:00	Michael Valks	Lewes Wanderers CC	46
82	07:52:00	Jay Chisnall	VTTA (Surrey & Sussex)	56
83	07:53:00	Iain Duncan	Crawley Wheelers	45
84	07:54:00	Gina McGeever	Lewes Wanderers CC	45
85	07:55:00	Steve Dennis	East Grinstead CC	53

Rider No	Start Time	Name	Club	Age
<b>TANDEM "10"</b>				
90	08:00:00	David Eccles	Redmon CC	69
90	08:00:00	Jon Frost	Redmon CC	50

**Open 10 miles Hilly Time Trial Sunday 28<sup>th</sup> May 2017**  
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
Juveniles:			

**PRIZES**

<b>HILLY "10"</b>	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 £3.
	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

**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.

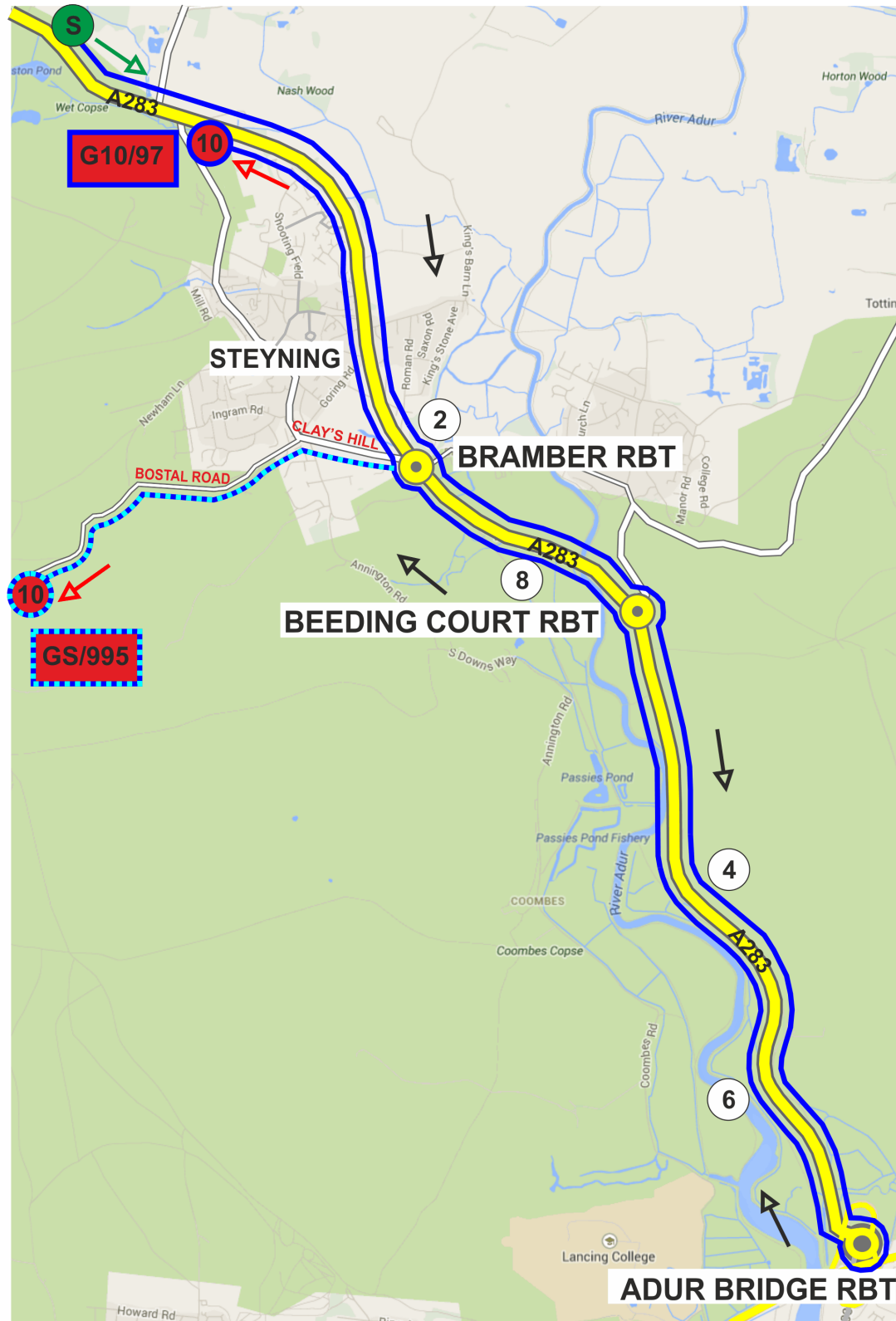
<b>Rider No</b>	<b>Start Time</b>	<b>Name</b>		<b>Club</b>	<b>Age</b>
<b>VERY HILLY "10"</b>					
99	08:09:00	Robin	Johnson	Brighton Mitre CC	69
100	08:10:00	Stu	Nisbett	Crawley Wheelers	43
101	08:11:00	Ian	Newbold	Worthing Excelsior CC	44
102	08:12:00	Jez	Shotter	Brighton Excelsior CC	47
103	08:13:00	Paget	Cohen	Lewes Wanderers CC	44
104	08:14:00	Donald	Parker	Brighton Mitre CC	68
105	08:15:00	Mark	Smith	Crawley Wheelers	43
106	08:16:00	Iain	Brogden	Eastbourne Rovers CC	48
107	08:17:00	David	Churchill	Bigfoot CC	58
108	08:18:00	James	Stone	Brighton Excelsior CC	48
109	08:19:00	Alan	Yule	Crawley Wheelers	46
110	08:20:00	Peter	Tadros	In-Gear Quickvit Trainsharp RT	46
111	08:21:00	Richard	Hutt	Harp RC	59
112	08:22:00	Theo	Tadros	In-Gear Quickvit Trainsharp RT	15
113	08:23:00	Cameron	Cragg	Lewes Wanderers CC	17
114	08:24:00	John	Marinko	Brighton Mitre CC	52
115	08:25:00	Howard	Shaw	Eastbourne Rovers CC	31
116	08:26:00	Sarah	Phelps	Crawley Wheelers	29
117	08:27:00	Jamie	Smith	Brighton Mitre CC	45
118	08:28:00	Iain	Duncan	Crawley Wheelers	45
119	08:29:00	Katerina	Avramides	Brighton Mitre CC	36
120	08:30:00	Mark	Emsley	Team ASL	28

<b>OS REF (TQ)</b>	<b>COURSE DIRECTIONS – G10/97</b>	<b>MILES</b>	
164128	<b>START</b> 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 <b>FINISH</b> at yellow paint mark 25 yards west of “Public Bridleway” sign and 271 yards before left turn into Steyning.	4.59	10.00

<b>OS REF (TQ)</b>	<b>COURSE DIRECTIONS – GS995</b>	<b>MILES</b>	
164128	<b>START</b> 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	<b>LEFT</b> 2nd exit and follow Clays Hill to junction with (Steyning) Bostal Road	0.47	9.01
166100	<b>LEFT</b> up Bostal road, past junction with Newham Lane to <b>FINISH</b> 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 miles Flat Time Trial Sunday 28<sup>th</sup> May 2017**  
Course G10/97 and GS/995



**Note that course GS/995 finishes with a gradient of up to 17% in 2 places.**

## 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
2016	Gavin Hinxman	23:15
2017		

### **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	26:10
2013	David French	26:36
2014	David French	23:43
2015	David French (5 wins)	24:42
2016	David Eccles (3 wins)	27:40
2017		

### **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
2016	James Copeland	20:14
2017		

### **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	24:59
2016	David Eccles & Jon Frost (5 wins)	24:30
2017		

**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
2016	Elliot Lipski	21:41
2017		

**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
2016	Mark Emsley	24:22
2017		

**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
2016	Sarah Phelps	25:43
2017		