



1894 - 2018

PRESIDENT – ROBIN JOHNSON

11th Annual Flat 10 Miles Time Trial – Monday 28th May 2018

Course G.10/97

17th Annual Very Hilly 10 Miles Time Trial – Monday 28th May 2018

Course GS/995E

Event Secretary: Robin Johnson 7 Gorselands, Billingshurst, West Sussex RH14 9TT
Email: 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

Steyping Centre

Cuthman Centre,
Horsham Road,
Steyping
West Sussex

Postcode BN44 3XZ

Open from 05:30.

Plenty of parking is available, free.

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: 1.1 miles

Finish to HQ: 0.7 mile (G10/97)

HQ to start: 1.1 miles

Finish to HQ: 2.6 miles (GS/995E)

Route to start: Right out of the car park; proceed north to the A283 junction. Left and continue west on A283 for 0.7 mile.

Please note a different HQ to last year.

On the north side of Steyping, next to Steyping Leisure Centre which is the first building on the left as you come in from the north and the northern side of the by-pass.

Large car park on the north side of the road.

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.

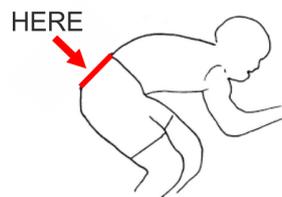
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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.

IF RIDING MORE THAN ONE EVENT.....sign in for all your numbers.

GENTLE REMINDER – sign out after your rides.

Open 10 miles Flat Time Trial Monday 28th May 2018

Course G10/97

OFFICIAL TIME KEEPERS

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

Course Records

Mens:	00:19:41	Chris McNamara	2018
Ladies:	00:21:48	Joanna Rowsell	2013
Vets:	00:19:41	Chris McNamara	2018
Junior:	00:24:02	Theo Tadros	2017
Juveniles:	00:24:02	Theo Tadros	2017

PRIZES

MEDIUM GEAR (72") "10"	1st	£15 + bottle of wine, value £5.
	2nd	£8 + bottle of wine, value £5
	3rd	Bottle of wine, value £5

HUB GEAR (TIN CAN) "10"	1st	A bottle of wine, value £5
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ROAD BIKES "10" (no tri-bars)	1st	£10 + bottle of wine, value £5.
	2nd	Bottle of wine, value £5.

WOMEN'S "10"	1st	£15 + bottle of wine, value £5
	2nd	£8 + bottle of wine, value £5
	3rd	Bottle of wine, value £5

THE FLAT (BLING) "10"	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 (65-69)	Bottle of wine, value £5
	1 ST Vet (70-74)	Bottle of wine, value £5
	1st Vet (75-79)	Bottle of wine, value £5.
	1st Team	£10 + Bottle of wine, value £5 each
	2 nd Team	Bottle of wine, value £5. each

TANDEM "10"	2 bottles of wine, value £10
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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
MEDIUM GEAR (72") "10"				
1	06:31:00	Robin Johnson	Brighton Mitre CC	70
2	06:32:00	Chris Jolliffe	Crawley Wheelers	60
3	06:33:00	Jon Frost	Redmon CC	51
4	06:34:00	Gary Holder	Horsham Cycling	52
5	06:35:00	Richard Hutt	Harp RC	60
6	06:36:00	Robert Gilmour	Hounslow & District Whs	66
7	06:37:00	Mike Marchant	Southdown Velo	61
8	06:38:00	Mark Vowells	CC Bexley	65
9	06:39:00	David French	Weybridge Wheelers	45

Rider No	Start Time	Name	Club	Age
ROAD BIKES – NO TRI BARS				
12	06:42:00	Jay Chisnall	VTTA (Surrey & Sussex)	57
13	06:43:00	Jim Ford	Dorking Cycling Club	54
14	06:44:00	Lee Bell	HuntBikeWheels.com	25
15	06:45:00	David Pollard	In-Gear Quickvit Italy Bike Tours RT	61
16	06:46:00	Michael Valks	Lewes Wanderers CC	47
17	06:47:00	Nick Martin	East Grinstead CC	19
18	06:48:00	Mike Anderson	Velo Club Venta	60

Rider No	Start Time	Name	Club
WOMEN'S "10":			
25	06:55:00	Wendy Harman	Brighton Mitre CC
26	06:56:00	Jennifer George	Torelli-Beastwear-Brother
27	06:57:00	Sharon Chladek	Crawley Wheelers
28	06:58:00	Olivia Webb	Eastbourne Rovers CC
29	06:59:00	Alison Lewis	Brighton Mitre CC
30	07:00:00	Ruth Summerford	Eastbourne Rovers CC
31	07:01:00	Gina McGeever	Lewes Wanderers CC

32	07:02:00	Helen	Webb	Sussex Nomads CC
33	07:03:00	Amanda	Harman	Brighton Mitre CC
34	07:04:00	Liz	Tuck	Brighton Mitre CC
35	07:05:00	Jacintha	Hamilton-Love	Dulwich Paragon CC

Rider No	Start Time	Name	Club	Cat
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TANDEM "10":

Bib	Start Time	Firstname	Lastname	Club
40	07:10:00	Mark	Emsley	Crawley Wheelers
40	07:10:00	Sarah	Phelps	Crawley Wheelers
41	07:11:00	Jon	Frost	Redmon CC
41	07:11:00	David	Eccles	Redmon CC

Rider No	Start Time	Name	Club	Age
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BLING "10":

44	07:14:00	Ben	Cumpstone	Brighton Mitre CC	Male	Veteran	48
45	07:15:00	Simon	Church	In-Gear Quickvit Italy Bike Tours RT	Male	Veteran	52
46	07:16:00	David	Churchill	Direct Power Cycling Team	Male	Veteran	59

47	07:17:00	Iain	Duncan	Crawley Wheelers	Male	Veteran	46
48	07:18:00	Craig	Swatton	Crawley Wheelers	Male	Senior	31
49	07:19:00	Peter	Davies	Brighton Mitre CC	Male	Veteran	61
50	07:20:00	Matt	Peel	C and N Cycles RT	Male	Senior	33
51	07:21:00	Rupert	Robinson	Crawley Wheelers	Male	Veteran	46
52	07:22:00	James	Cheeseman	Crawley Wheelers	Male	Senior	32
53	07:23:00	Jack	Smith	Brighton Mitre CC	Male	Senior	26
54	07:24:00	Stuart	Payne	Central Sussex CC	Male	Veteran	55
55	07:25:00	Richard	Gifford	trainSharp	Male	Veteran	55
56	07:26:00	Paul	Batten	Crawley Wheelers	Male	Senior	34
57	07:27:00	Richard	Hutt	Harp RC	Male	Veteran	60
58	07:28:00	Robert	Rollings	Lewes Wanderers CC	Male	Senior	31
59	07:29:00	Donald	Parker	Brighton Mitre CC	Male	Veteran	69
60	07:30:00	Pat	Wright	Paceline RT	Male	Senior	33
61	07:31:00	James	Stone	Brighton Excelsior CC	Male	Veteran	49
62	07:32:00	Jason	Blenkarn	Sussex Nomads CC	Male	Senior	31
63	07:33:00	John	Marinko	Brighton Mitre CC	Male	Veteran	53
64	07:34:00	Jamie	Smith	Brighton Mitre CC	Male	Veteran	46
65	07:35:00	Mark	Smith	Crawley Wheelers	Male	Veteran	44
66	07:36:00	Christian	Yates	East Grinstead CC	Male	Veteran	55
67	07:37:00	James	Ayton	Portsmouth North End CC	Male	Veteran	40
68	07:38:00	Matthew	Andrews	Horsham Cycling	Male	Veteran	40
69	07:39:00	Clive	Jarman	trainSharp	Male	Veteran	60
70	07:40:00	Howard	Shaw	Eastbourne Rovers CC	Male	Senior	32
71	07:41:00	Colin	Harrison	East Grinstead CC	Male	Veteran	53
72	07:42:00	Michael	Thyer	Sussex Nomads CC	Male	Veteran	68
73	07:43:00	Nigel	Langridge	Crawley Wheelers	Male	Veteran	53
74	07:44:00	Russell	Thorne-Jones	Crawley Wheelers	Male	Veteran	45
75	07:45:00	Nick	Dwyer	Lewes Wanderers CC	Male	Veteran	54
76	07:46:00	Richard	Weatherstone	C and N Cycles RT	Male	Veteran	51

77	07:47:00	Glenn	Siewewright	Bognor Regis CC	Male	Veteran	47
78	07:48:00	Paul	Townsley	Worthing Excelsior CC	Male	Veteran	69
79	07:49:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	57
80	07:50:00	Jamie	Pine	Nuun-Sigma Sport-London RT	Male	Veteran	40
81	07:51:00	David	Clements	Eastbourne Rovers CC	Male	Veteran	46
82	07:52:00	Alan	Dainty	Sussex Nomads CC	Male	Veteran	50
83	07:53:00	Lee	McGeever	Brighton Excelsior CC	Male	Veteran	48
84	07:54:00	Paul	Valks	Lewes Wanderers CC	Male	Veteran	74
85	07:55:00	Steven	Kane	Team ASL	Male	Senior	29
86	07:56:00	Nolan	Heather	Worthing Excelsior CC	Male	Veteran	42
87	07:57:00	Michael	Valks	Lewes Wanderers CC	Male	Veteran	47
88	07:58:00	Ben	Fielden	GS Stella	Male	Veteran	76
89	07:59:00	Simon	Powell	Redhill CC	Male	Veteran	50
90	08:00:00	Simon	McNamara	South Downs Bikes / Casco Europe	Male	Veteran	43

HUB
GEAR
"10":

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
1	08:02:00	David	French	Weybridge Wheelers	Male	Veteran	45
2	08:03:00	David	Eccles	Redmon CC	Male	Veteran	70

Open 10 miles Hilly Time Trial Monday 28th May 2018
Course GS/995E

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: 00:29:58 Sarah Phelps 2017
Juniors: 00:27:08 Matt Green 2006

www.brightonmitre.co.uk

PRIZES

HILLY "10"	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 (65-69)	Bottle of wine, value £5
	1 st Vet (70-74)	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 four names drawn.
To be eligible, be present and be a finisher.

VERY HILLY "10"

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
98	08:08:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	70
99	08:09:00	Andrew R	Green	Bec CC	Male	Veteran	43
100	08:10:00	Rupert	Robinson	Crawley Wheelers	Male	Veteran	46
101	08:11:00	Nick	Martin	East Grinstead CC	Male	Espoir	19
102	08:12:00	Mike	Anderson	Velo Club Venta	Male	Veteran	60
103	08:13:00	Jamie	Smith	Brighton Mitre CC	Male	Veteran	46
104	08:14:00	John	Ferguson	Brighton Mitre CC	Male	Veteran	50
105	08:15:00	Howard	Shaw	Eastbourne Rovers CC	Male	Senior	32
106	08:16:00	David	Churchill	Direct Power Cycling Team	Male	Veteran	59
107	08:17:00	John	Marinko	Brighton Mitre CC	Male	Veteran	53
108	08:18:00	James	Cheeseman	Crawley Wheelers	Male	Senior	32
109	08:19:00	Donald	Parker	Brighton Mitre CC	Male	Veteran	69
110	08:20:00	Pat	Wright	Paceline RT	Male	Senior	33
111	08:21:00	Nigel	Langridge	Crawley Wheelers	Male	Veteran	53
112	08:22:00	James	Stone	Brighton Excelsior CC	Male	Veteran	49
113	08:23:00	Iain	Duncan	Crawley Wheelers	Male	Veteran	46
114	08:24:00	Jack	Smith	Brighton Mitre CC	Male	Senior	26
115	08:25:00	Mark	Smith	Crawley Wheelers	Male	Veteran	44
116	08:26:00	Richard	Hutt	Harp RC	Male	Veteran	60
117	08:27:00	Ruth	Summerford	Eastbourne Rovers CC	Female	Senior	27
118	08:28:00	Craig	Swatton	Crawley Wheelers	Male	Senior	31
119	08:29:00	Rowan	Foggitt	Old Portlians CC	Male	Veteran	50
120	08:30:00	Mark	Emsley	Crawley Wheelers	Male	Senior	29

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

OS REF (TQ)	COURSE DIRECTIONS – GS995	MILES	
164128	START 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	LEFT 2nd exit and follow Clays Hill to junction with (Steyning) Bostal Road	0.47	9.01
166100	LEFT up Bostal road, past junction with Newham Lane to FINISH 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

AS THERE ARE 4-WAY TRAFFIC LIGHTS AT FOOT OF BOSTAL ROAD, STEYNING, THE FOLLOWING EMERGENCY COURSE WILL BE USED:

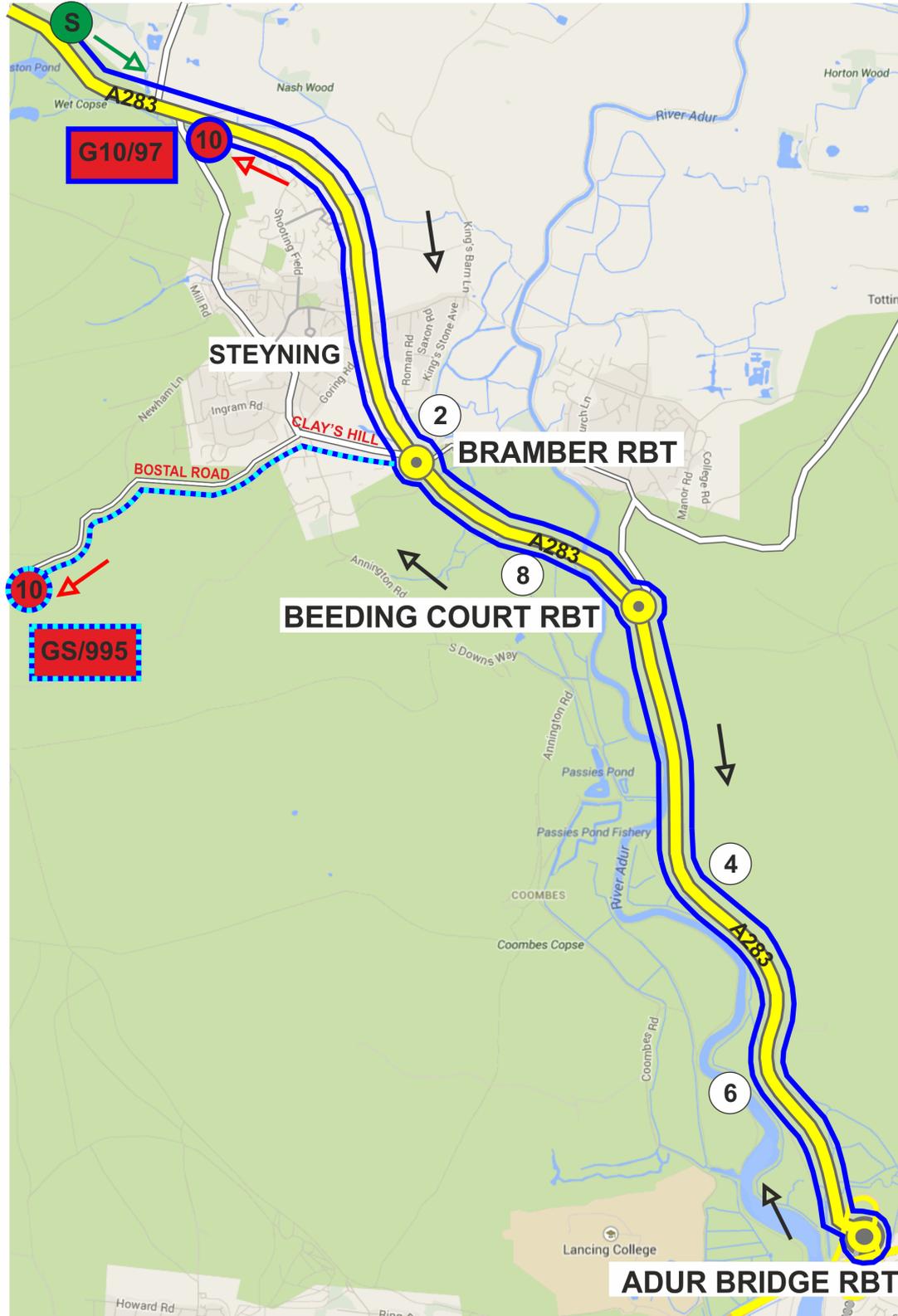
GS995E:

COURSE the same as far as Bramber Castle R/B **8.54 mi**
then First Left into Maudlin Lane,

Then Left into Annington Road which becomes Botolphs Road, through Botolphs, continuing on Coombes Road to

FINISH at top of hill opposite “Botolphs” sign, 30 yards south of pylon adjacent to road **10.75 miles.**

Open 10 miles Flat Time Trial Monday 28th May 2018
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	23:54
2016	Gavin Hinxman	23:15
2017	Pete Tadros (4wins)	23:23

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	27:40
2017	David Eccles (4 wins)	28:35

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	Mark Smith	20:46

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	24:30
2017	David Eccles & Jon Frost (6 wins)	23:42

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	Steve Dennis	22:36

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	Mark Smith	24:11

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	Ruth Summerford	23:18