



1894 - 2022

PRESIDENT – ALISON LEWIS

14th Annual Flat 10 Miles Time Trial – Thursday 2nd June 2022

Course G10/97

20th Annual Very Hilly 10 Miles Time Trial – Thursday 2nd June 2022

Course GS/995

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

Email: mr_rjohnson@outlook.com

Tel: 01403 783368 / 07733 132043

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

HQ

Same HQ as 2018-9, but different to 2017.

Cuthman Centre,
Horsham Road,
Steyning
West Sussex

On the north side of Steyning, next to Steyning 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.

Postcode BN44 3RX.

Large car park on the north side of the road.

Open from 0600.

Plenty of free 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: 1.1 miles

Finish to HQ: 0.7 mile (G.10/97)

HQ to start: 1.1 miles

Finish to HQ: 1.6 miles (GS/995)

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

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.

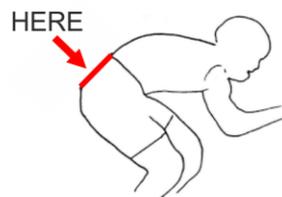
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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.

NEW REGULATIONS which please read and take note:

CTT regulations require the use of a helmet that meets internationally accepted safety standards for all competitors.

CTT regulations now require that no competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear light, and to the front of their machine a working front white light, either flashing or constant, that are illuminated and positioned to be clearly visible to other road users.

London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road.

Under 18 years old riders: Bring a completed parental consent form to present before signing-on.

No form = no ride.

PLEASE REMEMBER TO SIGN ON FOR YOUR NUMBER,

AFTER FINISHING, SIGN BACK IN WHEN RETURNING YOUR NUMBER.....

London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road.

Open 10 miles Flat Time Trial

Course G10/97

OFFICIAL TIME KEEPERS

Start: Richard Blackmore East Grinstead CC
Finish: Kathy Collard-Berry A3crg

Course Records

Mens:	00:19:18	James Rix	2018
Women:	00:21:09	Josceline Lowden	2019
Vets:	00:19:18	James Rix	2018
Junior:	00:19:32	Joshua Golliker	2022
Juveniles:	00:20:26	Luke Goodwill	2022

PRIZES

MEDIUM GEAR (72") "10"	1 st	A bottle of wine, value £5.
HUB GEAR (TIN CAN) "10"	1 st	A bottle of wine, value £5.
ROAD BIKES "10"	1 st man	A bottle of wine, value £5.
(no tri-bars)	1 st woman	A bottle of wine, value £5.
THE FLAT (BLING) "10"	1 st man	£30
	2 nd man	£20
	3 rd man	£15
	4 th man	A bottle of wine, value £5.
	1 st woman	£30
	2 nd woman	£20
	1 st junior	£20

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.

MEDIUM GEAR (72") "10":

number	start_time	firstname	lastname	club	gender	category	age_on_day
1	07:01:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	74
2	07:02:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	61

HUB GEAR "10":

	start_time	firstname	lastname	club	gender	category
4	07:04:00	Chris	Woods	Crawley Wheelers	Male	Senior
5	07:05:00	Mike	Marchant	Southdown Velo	Male	Veteran

ROAD BIKES – NO TRI BARS, and no hanging wrists over centre of bars,

							age
7	07:07:00	Rory	Knapp	Brighton Mitre CC	Male	Senior	35
8	07:08:00	Phil	Webber	Chichester City Riders	Male	Senior	33
9	07:09:00	Brian	Molloy	Brighton Excelsior CC	Male	Veteran	54
10	07:10:00	Mike	Finch	HuntBikeWheels.com	Male	Senior	39
11	07:11:00	Katie	Wright	Mid Sussex Triathlon Club	Female	Senior	35
12	07:12:00	Lee	Holdaway	Hastings & St. Leonards CC	Male	Veteran	67

THE FLAT (BLING) T.T. BIKES' "10":

no.	start	first name	last name	club	gender	ctegory	age
14	07:14:00	Tracey	Williams	Brighton Mitre CC	Female	Veteran	53
15	07:15:00	Brett	Davis	DRAG2ZERO	Male	Veteran	49
16	07:16:00	Colin	Harrison	East Grinstead CC	Male	Veteran	57
17	07:17:00	Scott	Bartha	Brighton Excelsior CC	Male	Veteran	47
18	07:18:00	Stuart	Payne	Central Sussex CC	Male	Veteran	59
19	07:19:00	Paul	Townsley	Team TMC	Male	Veteran	73
20	07:20:00	Nick	Dwyer	DRAG2ZERO	Male	Veteran	58
21	07:21:00	Paul	Thatcher	Brighton Mitre CC	Male	Veteran	59
22	07:22:00	Robert	Royle-Evatt	Addiscombe CC	Male	Veteran	54
23	07:23:00	John	Marinko	Brighton Mitre CC	Male	Veteran	57
24	07:24:00	Mark	Vowells (Tricycle)	San Fairy Ann CC	Male	Veteran	69

25	07:25:00	Mark	Smith	Crawley Wheelers	Male	Veteran	48
26	07:26:00	Jack	Smith	Brighton Mitre CC	Male	Senior	30
27	07:27:00	Paul	Tippett	Crawley Wheelers	Male	Veteran	48
28	07:28:00	Peter	Phipps	...a3crg	Male	Veteran	62
29	07:29:00	Donald	Parker	Brighton Mitre CC	Male	Veteran	73
30	07:30:00	Pat	Wright	Paceline RT	Male	Senior	37
31	07:31:00	Christian	Yates	East Grinstead CC	Male	Veteran	59
32	07:32:00	Anna	Dwyer	DRAG2ZERO	Female	Senior	27
33	07:33:00	Ben	Cumpstone	Brighton Mitre CC	Male	Veteran	52
34	07:34:00	Daniel	Quinn	South London Harriers	Male	Veteran	42
35	07:35:00	Matthew	Smith	Team TMC	Male	Senior	38
36	07:36:00	Conall	Yates	Team Solo Vinci	Male	Veteran	41
37	07:37:00	Kevin	Plummer	Team TMC	Male	Veteran	56
38	07:38:00	Peter	Noble	Epsom CC	Male	Veteran	55
39	07:39:00	Jonathan	Monk	Virtual Cycling Club	Male	Veteran	54
40	07:40:00	Cris	Coxon	Brighton Mitre CC	Male	Veteran	45
41	07:41:00	David	Pollard	VTTA (Surrey/ Sussex)	Male	Veteran	65
42	07:42:00	Marek	Shafer	Brighton Mitre CC	Male	Senior	39
43	07:43:00	Mark	Thomas	Bigfoot CC	Male	Veteran+M14	59
44	07:44:00	Alan	Robinson	Central Sussex CC	Male	Veteran	81
45	07:45:00	Christopher	McNamara	Nuun-Sigma Sport-London	Male	Veteran	47
46	07:46:00	Martin	Gibbs	Team TMC	Male	Senior	36
47	07:47:00	Jez	Parsons	Team TMC	Male	Veteran	56
48	07:48:00	Mike	Boyce	...a3crg	Male	Veteran	66
49	07:49:00	Lucas	Houghton	Team TMC	Male	Junior	16
50	07:50:00	Simon	McNamara	HuntBikeWheels.com	Male	Veteran	47
51	07:51:00	Luke	Goodwill	VC de Londres	Male	Junior	16
52	07:52:00	Tom	Houghton	Team TMC	Male	Veteran	50
53	07:53:00	Jason	Hunter	Velo 1860	Male	Veteran	58
54	07:54:00	Peter	Owen	Norwood Paragon CC	Male	Veteran	61

-955	07:55:00	David	Clark	Eastbourne Rovers CC	Male	Veteran	53
56	07:56:00	Neal	Marrin	Finsbury Park CC	Male	Veteran	52

Total
riders
64,
122
in
2021.

Open 10 miles Hilly Time Trial
Course GS/995

TIMEKEEPERS

Start: Richard Blackmore East Grinstead CC
Finish: Paul Tunnell Addiscombe CC

Course Records

Mens:	00:23:11	Pat Wright	2018
Vets:	00:23:28	Pete Tadros	2012
Women:	00:28:47	Olivia Bentley	2021
Juniors:	00:25:45	Theo Tadros	2019
Juveniles:	00:29:02	Theo Tadros	2017

ORDER
OF
START:
HILLY
"10":

No.	start_time	firstname	lastname	club	gender	category	age_on_day
76	08:16:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	74
77	08:17:00	Tracey	Williams	Brighton Mitre CC	Female	Veteran	53
78	08:18:00	Richard	Cartland	HuntBikeWheels.com	Male	Veteran	44
79	08:19:00	Mark	Vowells (Tricycle)	San Fairy Ann CC	Male	Veteran	69
80	08:20:00	Jack	Smith	Brighton Mitre CC	Male	Senior	30
81	08:21:00	John	Marinko	Brighton Mitre CC	Male	Veteran	57
82	08:22:00	Paul	Tippett	Crawley Wheelers	Male	Veteran	48
83	08:23:00	Paul	Thatcher	Brighton Mitre CC	Male	Veteran	59
84	08:24:00	Paul	Newsome	Project 51	Male	Senior	34
85	08:25:00	Pat	Wright	Paceline RT	Male	Senior	37
86	08:26:00	Mark	Smith	Crawley Wheelers	Male	Veteran	48

PRIZES

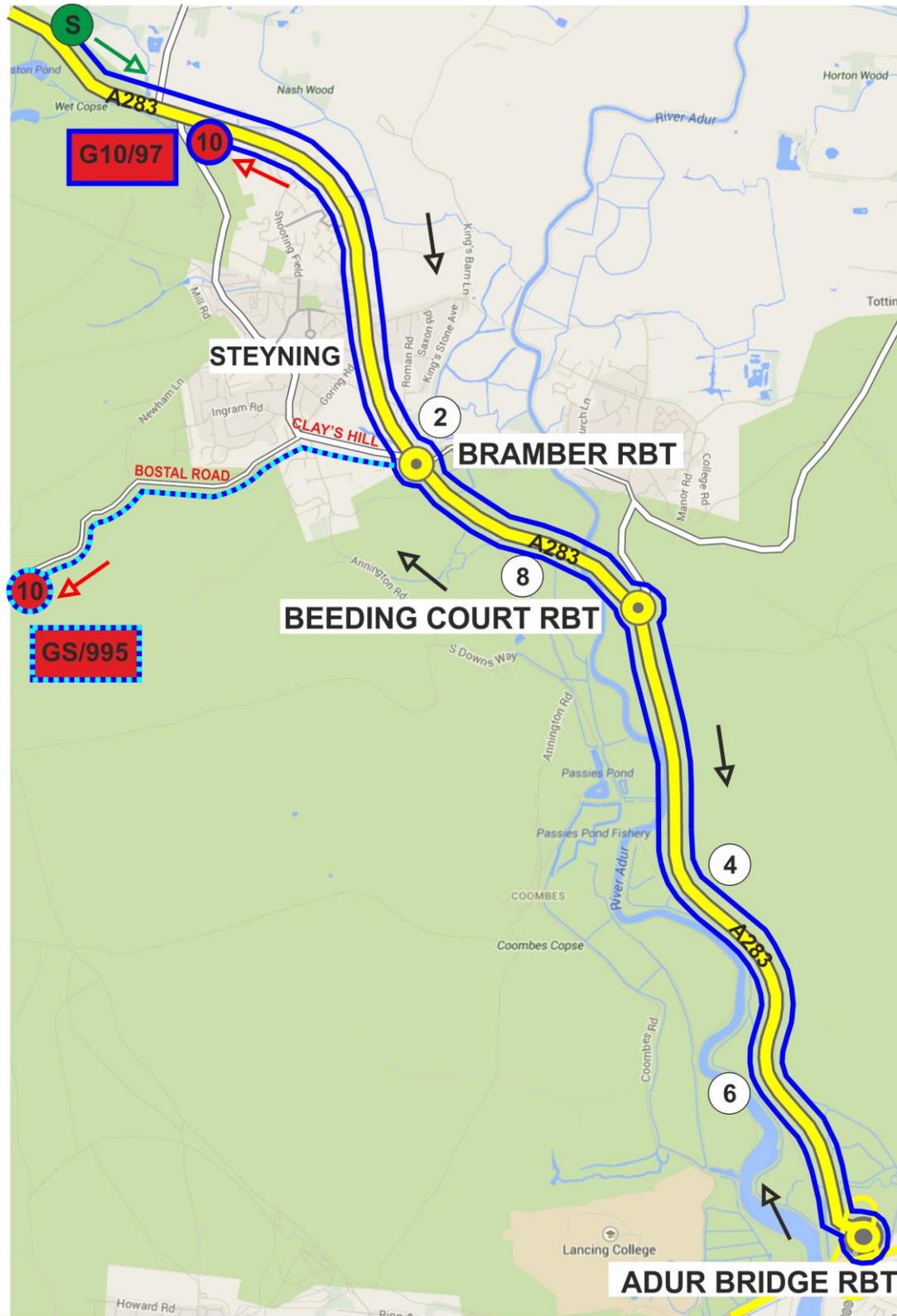
HILLY "10"	1 st man	£30
	2 nd man	£20
	3 rd man	£15
	4 th man	Bottle of wine, value £5
	1 st woman	£30
	1 st team	A bottle of wine each, value £5.

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

VERY HILLY “10”

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

Open 10 miles Time Trials
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	23:23
2018	Richard Hutt	24:20
2019	Pete Tadros (5 wins)	23:46
2020	covid	
2021	Theo Tadros	23:27
2022		

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
2018	Mark Emsley & Sarah Phelps	24:54
2019	No entries	
2020	covid	
2021	No entries	
2022		

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	24:42
2016	David Eccles	27:40
2017	David Eccles (4 wins)	28:35
2018	David French (6 wins)	24:54
2019	Mike Marchant	30:38
2020	covid	
2021	No entries	
2022		

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
2018	Simon McNamara	19:57
2019	Simon McNamara (3 wins)	19:42
2020	covid	
2021	Chris McNamara	19:37
2022		

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

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
2018	David Pollard	23:17
2019	Colin McDermott	22:49
2020	covid	
2021	Jan Grosicki	22:10
2022		

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
2018	Pat Wright	23:13
2019	Theo Tadros	25:45
2020	covid	
2021	Matt Sumpton	24:18
2022		

From 2009		
	WOMEN'S "10":	
2009	No entries	
2010	Claire Leonard	26:25
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
2018	Ruth Summerford (2 wins)	22:25
2019	Anna Dwyer	24:34
2020	covid	
2021	Sally Turner	22:11
2022		

