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CYCLING CLUB



1894 - 2023

PRESIDENT – ALISON LEWIS

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

29th Hilly 25 miles time trial

The Bill Sladen Memorial Event on course GS/999

Easter Monday 10th April 2023

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

Email: mr_rjohnson@outlook.com

Tel: 01403 783368 / 07733 132043

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.....



HQ

The Learning Barn
Saddlescombe Farm
Saddlescombe Road
Saddlescombe
BN45 7DE

NATIONAL TRUST property – no parking permitted on the property

0.9 mile south of Rushfields/Poynings roundabout

NO parking is available at the HQ but some parking opposite in Devils Dyke Road, long lay-by, west side of road.

Numbers at HQ only. After the event, please return your race number to the event HQ in exchange for a drink.

HQ to start: 2.0 miles ALLOW 15 minutes (includes final climb)

Route to start: LEFT out of the car park and continue UPHILL to the start area which is at the junction at the top.

Please remember to SIGN ON for your number and to SIGN OUT when you return it.

Course Records

Men:	56:37	Simon McNamara	2019
Women	1:02:06	Hayley Simmonds	2019
Vets.	56:37	Simon McNamara	2019
Trike	1:10:29	Mike Marchant	2000
Junior	1:05:00	Theo Tadros	2019
Fixed	1:09:09	Mike Marchant	2001

TIMEKEEPER

Paul Tunnell

Addiscombe CC

Additional Safety Instructions

CARE - At bend at foot of first descent, where beware of crosswinds

CARE - The three corners in Fulking, 4 miles. Right, left and sharp right + obey 20 mph speed limit.

CARE - In Small Dole, pedestrian crossing lights must be obeyed.

CARE - The two mini-roundabouts where we go right.....please slow down

At Henfield, **DO NOT GO TO THE RIGHT OF THE ROUNDABOUT** or you will be **DISQUALIFIED**

Apart from the Highway Code not sanctioning this unwise manoeuvre here, you simply cannot see whether there is any traffic approaching from your right. We'd like all competitors to return to base safe and sound

CARE - Be aware of horses; slow down, call out and pass wide please.

LONDON SOUTH D.C. regulation:

No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start and finish.

No times will be given out at the finish.

Apart from riding to the start, no warming-up on the course once the event has started.

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

No form = No ride.

OS REF	COURSE DIRECTIONS – GS999	MILES	
278088	Start in small connecting road between roads leading to Devil's Dyke and Saddlescombe. Approximately half a mile northwest of A2038.	0.00	0.00
265128	LEFT and follow unclassified road via Saddlescombe to Poynings RBT (roundabout) (called Rushfields)	2.78	2.78
211114	LEFT 1st exit via Poynings, Fulking and Edburton to junction with A2037	4.23	7.01
197098	LEFT and follow A2037 to Rising Sun RBT in Upper Beeding. LEFT 1st exit and continue on A2037 to Beeding Court RBT	1.30	8.31
209065	Straight on 1st exit and follow A283 to Adur Bridge RBT under Shoreham fly-over where <u>TURN</u> (CHECK)	2.81	11.12
197098	4th exit to retrace on A283 to Beeding Court RBT	2.26	13.38
215157	RIGHT 2nd exit on A2037 to Rising Sun RBT. RIGHT 2nd exit still on A2037 to mini RBT at Henfield (CHECK)	4.83	18.21
265128	RIGHT 2nd exit and follow A281 to Poynings RBT (called Rushfields)	3.90	22.11
278091	Straight on 2nd exit and follow unclassified road via Saddlescombe to <u>FINISH</u> at top of hill 35 yards north of "Waterhall Golf Club" sign and 0.24 miles north of Start	2.59	24.70

Prizes

Category	Pos	Prize	Category	Pos	Prize
Road Bikes: No tri-bars. Fastest Man	1st	U.S.E. Summit carbon bars, + wine, value £50 + £30.	T.T.Bikes: Fastest Man	1 st	Exposure Link front and rear light + wine, value £50 + £30.
	2 nd	£20 + wine, value £6.		2 nd	£20 + wine, value £6.
	3 rd	£15 + wine, value £6.		3 rd	£15 + wine, value £6.
Fastest Woman	1st	Elite bottle + carbon cage, U.S.E. bottle + wine, value £50 + £30	Fastest Woman	1 st	U.S.E. Gilet + wine, value £50 + £30.
	2 nd	£20 + wine, value £6.		2 nd	£20 + wine, value £6.
	3 rd	£15 + wine, value £6.			

For Road Bikes, no tri-bars; everything else is permitted.

OVERALL: 1st Team: U.S.E. bottle + wine, value £14 each.

Grateful thanks to Exposure Lights and Kontour Cycles, Eastbourne for the prizes donated – SUPPORT THEM!

PRIZE PRESENTATIONS:

Will be held as soon as possible after the event.
Please stay to receive your prizes and/or applaud the recipients.

PAST WINNERS - "25"

1992	Mark Jones	1:03:18
1993	Mark Jones	1:03:21
1994	Mike Marchant	1:03:19
1995	Mark Jones (3 wins)	1:02:40
1996	Tim Stevens	0:57:52
1997	Tim Stevens	1:01:16
1998	Tim Stevens (3 wins)	1:01:17
1999	Peter Main	1:03:21
2000	Steve Dennis	0:59:55
2001	Graeme Stirzaker	1:01:46
2002	Pete Tadros	0:58:43
2003	Paul Pickup	1:00:17
2004	Pete Tadros	0:59:48
2005	Pete Tadros	0:59:41
2006	Mike Coyle	0:59:44
2007	Pete Tadros	0:57:45
2008	Mike Coyle (2 wins)	1:02:15
2009	Pete Tadros	0:58:01
2010	Pete Tadros	0:59:07
2011	Pete Tadros	0:57:18
2012	Pete Tadros	0:59:07
2013	Pete Tadros	0:59:19
2014	Pete Tadros	0:57:30
2015	Pete Tadros	0:58:01
2016	Not held, Storm Katie	
2017	Pete Tadros (12 wins)	0:59:35
2018	Mark Smith	1:02:11

2019	Chris McNamara	0:56:37	-	COURSE RECORD
2020	Covid			ROAD BIKES from 2021:
2021	Ross Holland	0:57:08	-	Nick Tyrie 1:01:06
2022	Pat Wright	0:59:27	-	Richard Cartland 1:04:14
2023			-	

ORDER OF START:

T.T. BIKES,

number	start_time	firstname	lastname	club	gender	category	age_on_day
1	07:31	Robin	Johnson	Brighton Mitre CC	Male	Veteran	74
2	07:32	Mike	Marchant	Southdown Velo	Male	Veteran	65
3	07:33	Kerry	McGawley	Brighton Mitre CC	Female	Veteran	44
4	07:34	Gemma	Freeman	Sussex Revolution Velo Club	Female	Senior	35
5	07:35	Jack	Smith	Brighton Mitre CC	Male	Senior	31
6	07:36	Vince	Freeman	Sussex Revolution Velo Club	Male	Veteran	43
7	07:37	Peter	Main	34 Nomads CC	Male	Veteran	57
8	07:38	Keith	Walker	Wigmore CC	Male	Veteran	58
9	07:39	Theo	Tadros	trainSharp	Male	Espoir	21
10	07:40	Paul	Newsome	Project 51	Male	Senior	35
11	07:41	Adrian	Blacker	VTTA (Surrey/ Sussex)	Male	Veteran	59
12	07:42	Steven	Kane	Team TMC	Male	Senior	34
13	07:43	Simon	McNamara	Sigma Sports Cannondale RT	Male	Veteran	48
14	07:44	Pat	Wright	Paceline RT	Male	Senior	38

ROAD BIKES, no tri-bars, everything else is permitted:

	start_	firstname	lastname	club	gender	category	age_
16	07:46	Gemma	Shadbolt	Brighton Mitre CC	Female	Veteran	40
17	07:47	Steve	Coombs	Sussex Revolution Velo Club	Male	Veteran	42
18	07:48	Richard	Moult	Brighton Mitre CC	Male	Senior	39
19	07:49	Jack	Fussey	Southampton University Road Cy	Male	Espoir	20
20	07:50	Aaron	Sparks-Carolan	Sussex Revolution Velo Club	Male	Senior	38
21	07:51	Tony	Reeves	GS Stella	Male	Veteran	51
22	07:52	John	Marinko	Brighton Mitre CC	Male	Veteran	57
23	07:53	Olivia	Webb	Eastbourne Rovers CC	Female	Veteran	54
24	07:54	Mark	Vowells (Tricycle)	San Fairy Ann CC	Male	Veteran	70
25	07:55	Roger	Hutchings	VC Merlin	Male	Veteran	53
26	07:56	Sebastian	Ader	...a3crg	Male	Veteran	51
27	07:57	Olly	Thomas	Sussex Revolution Velo Club	Male	Senior	37
28	07:58	Nigel	Langridge	Crawley Wheelers	Male	Veteran	58
29	07:59	Ruth	Shier	Hutchinson - Brother UK	Female	Senior	32
30	08:00	Graham	Winstanley	Sussex Revolution Velo Club	Male	Veteran	46
31	08:01	Alex	Bonzi	Brighton Phoenix	Male	Veteran	44
32	08:02	Les	Liddiard	GS Vecchi	Male	Veteran	66
33	08:03	Richard	Cartland	HuntBikeWheels.com	Male	Veteran	45

If you begin to suffer a speed wobble down the first descent, I find it is useful to put a knee against your top tube.

Overall, entries up 8 on 2022; a special thank you to all entrants.

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ELECTRIC ROAD
BIKE**
High end equipment
fitted. A lightweight
bike that can be
ridden both on power
and fully disengaged
off power
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