



1894 - 2024

PRESIDENT – ALISON LEWIS

16th Annual Flat 10 Miles Time Trial – Monday 27th May 2024

Course G10/97

22nd Annual Hilly 10 Miles Time Trial – Monday 27th May 2024

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

Cuthman Centre,
Horsham Road,
Steyning,
West Sussex, BN44 3RX,

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.

Open from 0600.

Large car park on the north side of the road.

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 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.

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 before the events.

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:	00:19:13	Andy Critchlow	2024
Women:	00:21:09	Josceline Lowden	2019
Vets:	00:19:18	James Rix	2018
Junior Men	00:19:32	Joshua Golliker	2022
Junior Women	00:27:35	Grace Davies	2021
Juveniles:	00:20:26	Luke Goodwill	2022
Tandem:	00:21:46	Mark Jones and Tony Reeves	2022

PRIZES

MEDIUM GEAR (72") "10"	1st	Wine, value £6.
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HUB GEAR (TIN CAN) "10"	1st	Wine, value £6.
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THE FLAT (BLING) "10"	1 st man	£25 + wine, value £6.
	2 nd man	£15 + wine, value £6.
	3 rd man	£10 + wine, value £6.
	4 th man	Wine, value £6.
	1 st woman	£25 + wine, value £6.
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	2 nd woman	£15 + wine, value £6.
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	1 st Road Bike	Wine, value £6.
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	1 st Team	Wine, value £6 each rider.

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	First name	Last name	machine	club	classification	category	age
1	07:01:00	Robin	Johnson	TT Bike	Brighton Mitre CC	Open	Veteran	76
2	07:02:00	Tony	Reeves	Road Bike	GS Stella	Open	Veteran	52
3	07:03:00	Mark	Vowells	Tricycle	San Fairy Ann CC	Open	Veteran	71

HUB GEAR "10":

number	start_time	First name	Last name	machine	club	classification	category	age_on_day
5	07:05:00	Mike	Marchant	TT Bike	Southdown Velo	Open	Veteran	67

THE BLING (T.T. and Road Bikes) "10":

Number	start_time	First name	Last name	machine	club	classification	category	Age
28	07:28:00	Jamie	Smith	TT Bike	Brighton Mitre CC	Open	Veteran	52
29	07:29:00	Brian	Jones	TT Bike	Morden CRC	Open	Veteran	73
30	07:30:00	Hayley	Simmonds	TT Bike	Doltcini O'Shea Cycle Div.	Female	Senior	35
31	07:31:00	Paul	Thatcher	TT Bike	Brighton Mitre CC	Open	Veteran	61
32	07:32:00	Les	Liddiard	Road Bike	GS Vecchi	Open	Veteran	67
33	07:33:00	Stuart	Payne	TT Bike	Central Sussex CC	Open	Veteran	61
34	07:34:00	Hilary	Briggs	TT Bike	Serpentine Running Club	Female	Veteran	62
35	07:35:00	Scott	Bartha	TT Bike	Brighton Excelsior CC	Open	Veteran	49
36	07:36:00	Graham	Winstanley	Road Bike	Sussex Revolution Velo Club	Open	Veteran	48
37	07:37:00	Jason	Hunter	Road Bike	Velo 1860	Open	Veteran	60
38	07:38:00	Brian	Molloy	Road Bike	Brighton Mitre CC	Open	Veteran	56
39	07:39:00	Matt	Doe	TT Bike	...a3crg	Open	Veteran	51
40	07:40:00	Steve	Skinner	TT Bike	Southdown Velo	Open	Veteran	69
41	07:41:00	Mike	Boyce	TT Bike	...a3crg	Open	Veteran	68
42	07:42:00	Steve	Coombs	Road Bike	Sussex Revolution Velo Club	Open	Veteran	43
43	07:43:00	Dan	Shipton	TT Bike	Eastbourne Rovers CC	Open	Veteran	47
44	07:44:00	Kevin	Newlyn	Road Bike	Sussex Revolution Velo Club	Open	Veteran	44
45	07:45:00	Kevin	Plummer	Road Bike	Team TMC	Open	Veteran	58
46	07:46:00	Avinash	Mahandru	TT Bike	Parlay CC	Open	Senior	36
47	07:47:00	Sam	Dix	TT Bike	trainSharp	Open	Veteran	53
48	07:48:00	Robin	Johnson	TT Bike	Brighton Mitre CC	Open	Veteran	76
49	07:49:00	Tom	Houghton	TT Bike	Team TMC	Open	Veteran	52
50	07:50:00	David	Clark	TT Bike	Eastbourne Rovers CC	Open	Veteran	55
51	07:51:00	Peter	Main	TT Bike	34 Nomads CC	Open	Veteran	58
52	07:52:00	Nick	Dwyer	TT Bike	DRAG2ZERO	Open	Veteran	60
53	07:53:00	Cris	Coxon	TT Bike	Brighton Mitre CC	Open	Veteran	47
54	07:54:00	Simon	McNamara	TT Bike	Sigma Sports Race Team	Open	Veteran	49
55	07:55:00	Jacob	Storey	TT Bike	trainSharp	Open	Senior	32

Open 10 miles Hilly Time Trial
THE ALAN PACKETT MEMORIAL EVENT
 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:**

number	start_time	First name	Last name	machine	club	Classific.	category	Age
61	08:01:00	Robb	Cunningham	Road Bike	Brighton Mitre CC	Open	Veteran	42
62	08:02:00	Les	Liddiard	Road Bike	GS Vecchi	Open	Veteran	67
63	08:03:00	Mark	Vowells	Tricycle	San Fairy Ann CC	Open	Veteran	71
64	08:04:00	Simon	Mcleod	Road Bike	Team TMC	Open	Senior	37
65	08:05:00	Jack	Smith	TT Bike	Brighton Mitre CC	Open	Senior	32
66	08:06:00	Richard	Burchett	Road Bike	Crawley Wheelers	Open	Veteran	53
67	08:07:00	Jan	Grosicki	Road Bike	Sussex Revolution VC	Open	Veteran	44
68	08:08:00	Richard	Cartland	Road Bike	HuntBikeWheels.com	Open	Veteran	46
69	08:09:00	Jamie	Smith	TT Bike	Brighton Mitre CC	Open	Veteran	52
70	08:10:00	Hayley	Simmonds	TT Bike	Doltcini O'Shea Cycle Div	Female	Senior	35
71	08:11:00	Paul	Thatcher	Road Bike	Brighton Mitre CC	Open	Veteran	61
72	08:12:00	Ewan	Tuohy	Road Bike	Arctic Aircon RT	Open	Senior	30
73	08:13:00	Olly	Thomas	Road Bike	Sussex Revolution VC	Open	Senior	38

PRIZES

HILLY "10"

1 st man	£25 + wine, value £6.
2 nd man	£15 + wine, value £6.
3 rd man	£10 + wine, value £6.
4 th man	Wine, value £6

1st woman £25 + wine, value £6.

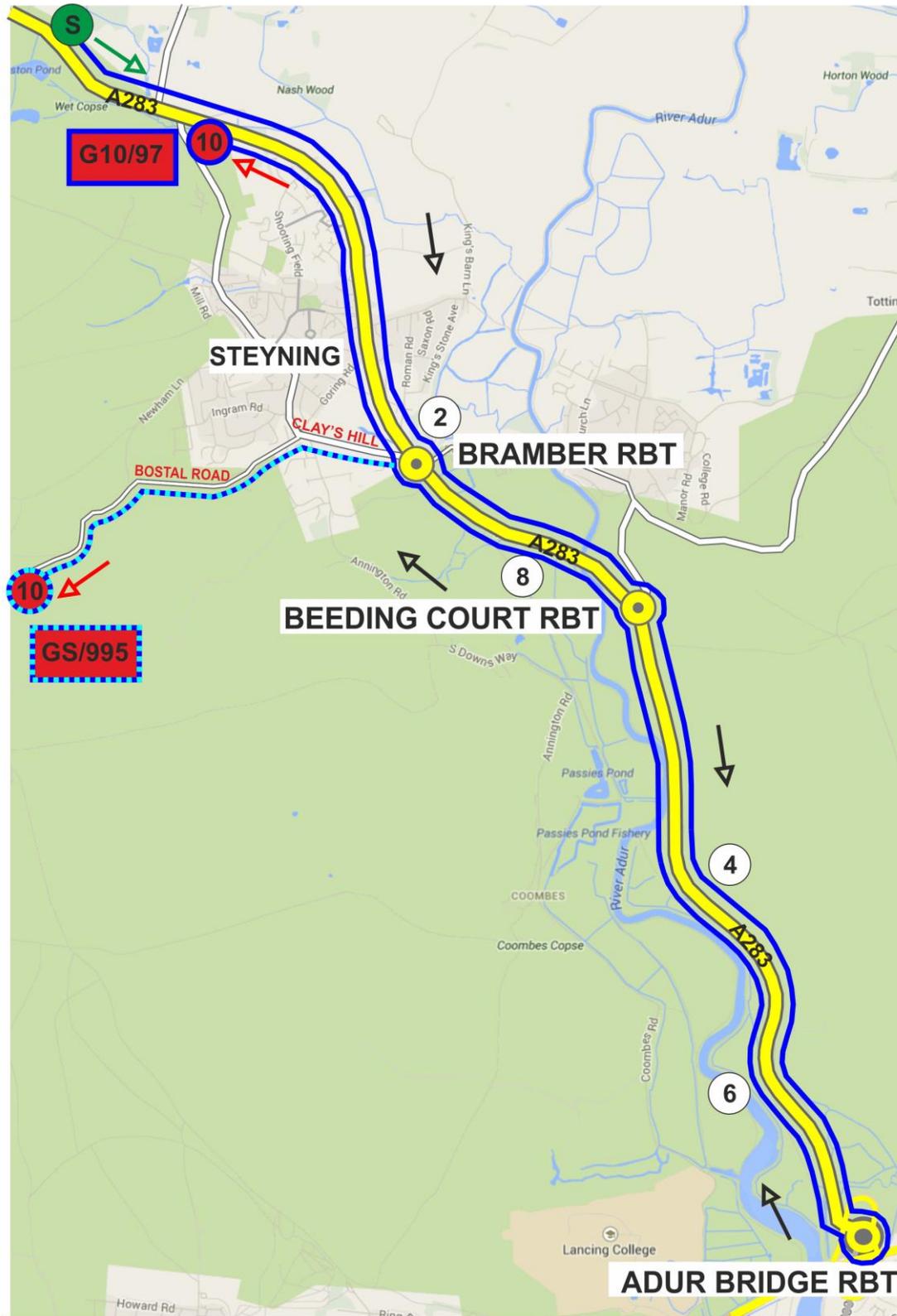
1st team Wine, value £6 each.

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

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	Peter Owen	27:41
2023	Robin Johnson	32:02
2024		

TANDEM "10".0

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
2018	Mark Emsley & Sarah Phelps	24:54
2019	No entries	
2020	covid	
2021	No entries	
2022	No entries	
2023	No entries	
2024		

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	Chris Woods	27:53
2023	Mike Marchant (2 wins)	29:09
2024		

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	Chris McNamara (2 wins)	19:56
2023	Jacob Storey	19:46
2024		

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	Mike Finch	22:09
2023	Jan Grosicki (2 wins)	22:21
2024		

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	Mark Smith & Pat Wright (2 wins)	24:27
2023	Pat Wright (3 wins)	24:25
2024		

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	Anna Dwyer (2 wins)	24:05
2023	Sally Turner (2 wins)	22:15
2024		

