



Sussex Nomads Cycling Club

President Alan Limbrey

Open Hill Climb on Ditchling Beacon

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Sunday 30th October 2016

Event Secretary: Peter Levenspiel, 22 Stamford House, Haywards Heath RH161FH.

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Finish Time Keeper Mike Irons Worthing Excelsior Cycling Club

Start Time Keeper Richard Meed Lewes Wanderers Cycling Club

AWARDS

Category	1 st	2 nd	3 rd
Men	£30	£20	£10
Women	£30	£20	£10
Junior (Boys 12-18 years)	£20	£10	£5
Junior (Girls 12-18 years)	£20	£10	£5
Vet on Standard (Men)	£20	£10	£5
Vet on Standard (Women)	£20	£10	£5

One prize per rider, in the event of a rider winning two prizes, the higher value prize will be awarded, the other prize will be awarded to the next placed rider in the relevant category.

The Vets Standards have been calculated using 2 mile of the VTTA 10 mile standard table.

All entrants under the age of 18 have to download from the CTT web site a parental consent form, and present the completed signed parental consent form along with their hard/soft shell helmet that meets internationally accepted safety standards to the signing on steward "before signing on". No helmet, no parental consent form, then no ride.

COURSE DETAILS GH/90

OS REF: 326137, 333129 DISTANCES: 0.00 yards 1576 yards

DETAILS START in Ditchling Bostal just south of junction with Underhill Lane. Proceed up hill in a southerly direction to FINISH just before the car park at the summit Please comply with the following Regulations and Notes as they apply to everyone including you.

DISTRICT REGULATIONS

“CTT regulations require the compulsory use of helmets for the under 18’s. 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.”

“You must have a working rear light, either flashing or constant, fitted to the machine in a position clearly visible to following road users and is active while the machine is in use.”

“Competitors are requested not to warm up on the course after first rider has started.”

In addition to the District regulations the event promoters request that competitors not to warm up on the course at least 10 minutes before the first rider is due to start. This is to ensure that the early starters have a clear course, as will be had by the later starters.

“No Vehicles, except those of the Timekeepers’ and Event Officials, shall be parked in the vicinity of the start and finish areas”

GETTING TO THE HEAD QUARTERS AT DITCHLING TOWN HALL (HQ)

18 Lewes Rd, Ditchling, Hassocks BN6 8TT



PARKING

The Car park at the HQ is also a public car park, parking restriction apply in front of the hall, please be aware of, and observe the one-way system in the car park, the car park has 45 spaces, please only park in a marked space, additional off road parking can be found 500 yards past the HQ on the Lewes road on the left hand side at Ditchling Recreation ground.

Competitors are requested not to park in the small car park at the foot of Ditching Beacon, leaving it free for officials to use, the car park at the top of Ditching Beacon is a National Trust car park that is free to National Trust members by displaying their parking permit, the National Trust operates a pay by phone or internet pay system, details are in the car park.

Please respect the residents living adjacent to the hall, by keeping noise levels to a minimum, Turbo trainers will not be permitted in the HQ Car Park, for those who need to use turbo trainers please use the lower hall at the HQ, there is a drive through lane for the lower hall where you can drop off your kit in the lower hall if the hall car park is full, **(DO NOT PARK IN THIS LANE)** if the hall car park is full use the additional car park at the Ditchling Recreation Ground, 500 yards to the East of the HQ. Parking elsewhere in the village can be found, but please park considerately, don't obstruct driveways, garages or pathways. We would encourage all local riders to ride to the event, where you will find plenty of space to park cycles at the hall.

CAKE & HOT DRINKS

Cake and hot drinks will be available at the Ditchling Town Hall Headquarters (HQ). Please don't forget to bring some cash. Profits go to the I AM PROJECT charity. More information here:

<https://linktohope.co.uk/portfolio/i-am-project/>

SIGN ON

Sign on is at the HQ from 7am.

COVID

In the interest of safety we ask that you wear a mask inside the HQ whenever possible and use the hand gel provided.

FROM THE HQ TO THE START LINE

The course start line is approximately 8 minutes ride (1 mile) from the HQ, please be sure to leave plenty of time to get to the start line for your allocated start time. **You will not be able to ride if you miss your start time.**

DIRECTIONS: Turn left outside the HQ, to the roundabout (50 meters) then left at the roundabout. Then take the first left onto Beacon Road. Stay straight from here and you will find the start line at the base of the climb just past the intersection with Underhill Lane.

AT THE START

Please wait in single file and as close to the kerb at a point just north of Underhill Lane, a steward will direct you when to go to the start line, this is to ensure the junction is kept clear for other road user's and for your safety.

Whilst on the Beacon, in either direction, keep to the left hand side of the road and do not cross the centre line of the road. Official Observers will be placed at various points on the course monitoring riders ascending and descending the course.

AT THE FINISH

After completing your ride, **DO NOT STOP** at, or ask the timekeeper for times, but please ride well past the finishing area, taking extra care before turning around, the organiser recommends dismounting to change direction, please return to the HQ by descending slowly back down Ditchling Beacon, remember that the road is not closed and that other road users may be trying to pass riders still competing. **Don't put yourself and others at risk by descending recklessly.**

COURSE SAFETY

This is a closed road event but assume that there could be some traffic from residents who still need to have access. This means riders can not cut right hand corners or cross the white line in the center of the road. You must stay left of the center-line at all times ascending and descending. Riders descending after their climbs must take extra care to stay out of the way of riders ascending at

speed. Please be very careful particularly on blind corners. Please obey the marshals who may hold you on a blind corner to allow a rider to come through safely.

ALL RIDERS MUST STAY LEFT OF THE CENTER LINE

RIDING ATTIRE

Competitors are reminded that their jersey's and shorts are to cover them from the neck to mid thigh, and jersey's are to have at least quarter sleeves.

No competitor may carry advertising or the name of a commercial business on their race clothing, except where they are a member of a club or team that has registered to do so, or its their clothing manufacturers brand name.

NUMBERS MUST BE FIXED BELOW WAIST

NO TIME MAY BE RECORDED IF NUMBER IS NOT CORRECTLY POSITIONED.

RETURNING YOUR RIDER NUMBER

When your ride is complete, we encourage you to stay on the course and cheer riders coming up. However, we need you to sign out and return your rider number to the HQ. We'll have your goody bag waiting for you to collect.

SUPERSAPIENS TRIAL BIOSENSOR

To collect your free Supersapiens Biosensor, use this link to register and then collect from the race HQ on the 7th of November.

https://supersapiens.typeform.com/to/h5UXedfy?utm_source=southdownshillclimb

PRIZE GIVING CEREMONY

Starts at 10.15am at the HQ.

Starting Order Sussex Nomads CC Open Hill Climb 7/11/2021 GH/90 Ditching Beacon.

St.	Start Time	Firstname	Club	Gender	Category
1	08:01:00	Oliver Smith	Beachy Head CC	Male	Juvenile
2	08:02:00	Harry Woodhouse	Kent Velo Youth	Male	Juvenile
3	08:03:00	Isabella Smith	Beachy Head CC	Female	Juvenile
4	08:04:00	James Jenkins	Sussex Nomads CC	Male	Junior
5	08:05:00	Conor Williams	VC de Londres	Male	Junior
6	08:06:00	Henry Byrne	Brighton Excelsior CC	Male	Junior
7	08:07:00	Jack Hartrey	Kingston Wheelers CC	Male	Junior
8	08:08:00	Peter Nicholls	Sussex Nomads CC	Male	Veteran

9	08:09:00	David Padwick	Sussex Nomads CC	Male	Veteran
10	08:10:00	Kenny Scott	Brighton Mitre CC	Male	Veteran
11	08:11:00	James Stenning	Sussex Nomads CC	Male	Veteran
12	08:12:00	Philip Waldman	Brighton Mitre CC	Male	Veteran
13	08:13:00	Darren Hale	Brighton Triathlon Club	Male	Veteran
14	08:14:00	Phil Drew	Epsom CC	Male	Veteran
15	08:15:00	James Luckraft	Sussex Nomads CC	Male	Veteran
16	08:16:00	Adam Russell	Bigfoot CC	Male	Senior
17	08:17:00	David Eggleton	Sussex Nomads CC	Male	Senior
18	08:18:00	Paul Russell	East London Velo	Male	Senior
19	08:19:00	Harvey Downard	Rapha Cycling Club	Male	Senior
20	08:20:00	Thomas Clayton	Fareham Wheelers CC	Male	Senior
21	08:21:00	Matthew Fisher	Sussex Revolution Velo Club	Male	Senior
22	08:22:00	Terry O'Donnell	Liverpool University CC	Male	Veteran
23	08:23:00	Nigel Morgan	Tooting BC	Male	Veteran
24	08:24:00	Mark Sykes	Sussex Nomads CC	Male	Veteran
25	08:25:00	Graham Rees	Sussex Nomads CC	Male	Veteran
26	08:26:00	Tom Sanderson	Brighton Phoenix Athletic Club	Male	Veteran
27	08:27:00	James Vanieris	Racing Club Ravenna	Male	Senior
28	08:28:00	Michael Padwick	Sussex Nomads CC	Male	Espoir
29	08:29:00	James Bullen	Sussex Revolution Velo Club	Male	Senior
30	08:30:00	Kev Witton	Sussex Revolution Velo Club	Male	Veteran
31	08:31:00	Matt Seward	Thanet RC	Male	Senior
32	08:32:00	David Delicata	Total Tri Training	Male	Senior
33	08:33:00	Donald Parker	Brighton Mitre CC	Male	Veteran
34	08:34:00	Ryan Sharp	Epsom CC	Male	Senior
35	08:35:00	Keith Walker	Wigmore CC	Male	Veteran
36	08:36:00	Geoff Smith	Eastbourne Rovers CC	Male	Veteran

37	08:37:00	Alan Redman	Brighton Excelsior CC	Male	Veteran
38	08:38:00	Cameron Hale	Epsom CC	Male	Veteran
39	08:39:00	Joe Mellor	Neighbourhood Brighton CC	Male	Espoir
40	08:40:00	Steve Rees-Clark	Stolen Goat Race Team	Male	Senior
41	08:41:00	Ashley Baker	Lewes Wanderers CC	Male	Veteran
42	08:42:00	Edd Saunders	Neighbourhood Brighton CC	Male	Senior
43	08:43:00	Luke Howells	Bigfoot CC	Male	Senior
44	08:44:00	Philip Baker	Sussex Nomads CC	Male	Senior
45	08:45:00	Pete Bishop	Exeter Whs CC	Male	Veteran
46	08:46:00	Jonathan Baker	VTTA (Surrey/ Sussex)	Male	Veteran
47	08:47:00	Peter Marshall	Sussex Nomads CC	Male	Veteran
48	08:48:00	Edward Tuckley	Lewes Wanderers CC	Male	Senior
49	08:49:00	Tom Baker	Lewes Wanderers CC	Male	Senior
50	08:50:00	Stephen Morgan	Tooting BC	Male	Veteran
51	08:51:00	Graham Winstanley	Sussex Revolution Velo Club	Male	Veteran
52	08:52:00	Clinton More	Team TMC	Male	Veteran
53	08:53:00	Simon McLeod	BTNRT	Male	Senior
54	08:54:00	Jeremy Edwards	Thanet RC	Male	Veteran
55	08:55:00	Lewis Taylor	Kingston Wheelers CC	Male	Veteran
56	08:56:00	Phoenix Green	Athlon CC	Male	Senior
57	08:57:00	James Trigg	Redhill CC	Male	Veteran
58	08:58:00	Damiano Archetti	Sunday Echappée	Male	Senior
59	08:59:00	Samm Parker	Rapha Cycling Club	Male	Veteran
60	09:00:00	Paul Faulkner	Common Lane Occasionals	Male	Veteran
61	09:01:00	Scott Bartha	Brighton Excelsior CC	Male	Veteran
62	09:02:00	Andrej Horvath	Brighton Mitre CC	Male	Senior
63	09:03:00	Arran Horton	Hub Velo	Male	Senior
64	09:04:00	David Keenan	Dumfries CC	Male	Veteran

65	09:05:00	Owen Vidler	Hastings & St. Leonards CC	Male	Espoir
66	09:06:00	Michael Maxwell	Hastings & St. Leonards CC	Male	Senior
67	09:07:00	Hugh Chapman	Brighton Mitre CC	Male	Senior
68	09:08:00	Thomas Parsons	Royal Navy & Royal Marines	Male	Senior
69	09:09:00	Alexander Cornwell	Parlay CC	Male	Espoir
70	09:10:00	John Marinko	Brighton Mitre CC	Male	Veteran
71	09:11:00	James Flint	Beachy Head CC	Male	Veteran
72	09:12:00	Peter Adams	Tri Surrey	Male	Veteran
73	09:13:00	Jack Smith	Brighton Mitre CC	Male	Senior
74	09:14:00	Cris Coxon	Brighton Mitre CC	Male	Veteran
75	09:15:00	Robb Cunningham	Brighton Mitre CC	Male	Veteran
76	09:16:00	Michael Sleeman	Horsham Cycling	Male	Senior
77	09:17:00	Ashley Nunn	Addiscombe CC	Male	Veteran
78	09:18:00	Joe Benians	Lewes Wanderers CC	Male	Senior
79	09:19:00	David Pompairac	Neighbourhood Brighton CC	Male	Senior
80	09:20:00	Benn Hall	Dunstable Road Cycling Club	Male	Senior
81	09:21:00	Dylan Green	Bigfoot CC	Male	Senior
82	09:22:00	Dave Brothers	HuntBikeWheels.com	Male	Veteran
83	09:23:00	Marek Shafer	Brighton Mitre CC	Male	Senior
84	09:24:00	Tony Reeves	GS Stella	Male	Veteran
85	09:25:00	Marc Dunn	Woolwich CC	Male	Senior
86	09:26:00	Richard Burchett	Lewes Wanderers CC	Male	Veteran
87	09:27:00	Luke Burgess	Horsham Cycling	Male	Espoir
88	09:28:00	James Scrivener	Reading CC	Male	Senior
89	09:29:00	Daniel Pink	GS Avanti	Male	Senior
90	09:30:00	Francis Schofield	Brighton Mitre CC	Male	Espoir
91	09:31:00	Calvin Cheung	Hub Velo	Male	Senior

92	09:32:00	Richard Cartland	HuntBikeWheels.com	Male	Veteran
93	09:33:00	Ashley Dennis	Things That	Male	Senior
94	09:34:00	Steven Prince	Ludlow Brewery Race Team	Male	Veteran
95	09:35:00	Judith Matthews	Brighton Mitre CC	Female	Veteran
96	09:36:00	Justine Ridgway	Audax UK	Female	Veteran
97	09:37:00	Nina Atherton	Brighton Phoenix Athletic Club	Female	Senior
98	09:38:00	Liz Halliday	Sussex Nomads CC	Female	Veteran
99	09:39:00	Eimear D'Arcy	Woking Cycling Club	Female	Veteran
100	09:40:00	Rachel Carless	Brighton Mitre CC	Female	Veteran
101	09:41:00	Cathy Wallace	Brighton Mitre CC	Female	Veteran
102	09:42:00	Debbie Percival	Kent Velo Girls/Boys	Female	Veteran
103	09:43:00	Lisa Turret	Brighton Mitre CC	Female	Veteran
104	09:44:00	Olivia Webb	Eastbourne Rovers CC	Female	Veteran
105	09:45:00	Michelle Williams	West Drayton MBC	Female	Veteran
106	09:46:00	Gemma Freeman	Sussex Revolution Velo Club	Female	Senior
107	09:47:00	Kate Stillwell	Petersfield Triathlon Club	Female	Senior
108	09:48:00	Ann McManus	Ful-on Tri	Female	Senior
109	09:49:00	Andrea McCarthy	Stolen Goat Race Team	Female	Senior
110	09:50:00	Tina Lohr	Horsham Cycling	Female	Veteran
111	09:51:00	Nikki Ray	Brixton Cycles Club	Female	Senior
112	09:52:00	Bethan Male	Neighbourhood Brighton CC	Female	Senior
113	09:53:00	Christina Gustafson	Reading CC	Female	Veteran
114	09:54:00	Kate Parrish	Lewes Wanderers CC	Female	Senior
115	09:55:00	Kate MacTear	Bristol South Cycling Club	Female	Senior
116	09:56:00	Kate Palmer	1904RT	Female	Senior
117	09:57:00	Miriam Jessett	Stolen Goat Race Team	Female	Espoir