



1894 - 2021

PRESIDENT – ROBIN JOHNSON

13th Annual Flat 10 Miles Time Trial – Monday 31st May 2021

Course G.10/97

19th Annual Very Hilly 10 Miles Time Trial – Monday 31st May 2021

Course GS/995

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

Email: mr_rjohnson@outlook.com

Tel: 01403 783368 or 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.

Large car park on the north side of the road.

Postcode BN44 3RX.

Open from 05:30.

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.

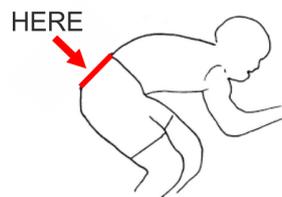
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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.

Compulsory rear light, NO REAR LIGHT = NO START.

Open 10 miles Flat Time Trial Monday 31st May 2021

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:	00:21:20	Michael Renardson	2018
Juveniles:	00:23:01	Joshua Ballinger	2018

PRIZES

MEDIUM GEAR (72") "10"	1st	£25
(48 x 18)	2nd	£15
<hr/>		
HUB GEAR (TIN CAN) "10"	--	
<hr/>		
ROAD BIKES "10"	1st man	£25 + £15 Aerocoach voucher.
(no tri-bars)	2nd man	£15
	1st woman	£25 + £15 Aerocoach voucher.
	2nd woman	£15
<hr/>		
THE FLAT (BLING) "10"	1st man	£60
	2nd man	£40
	3rd man	£30
	4th man	£20
	1st woman	£60
	2nd woman	£40
	3rd woman	£30
	4th woman	£20
	1st Espoir	£20
	1st Junior	£20
	1st Vet (40-44)	£20
	1st Vet (45-49)	£20
	1st Vet (50-54)	£20
	1st Vet (55-59)	£20
	1st Vet (60-64)	£20
	1st Vet (65-69)	£20
	1 ST Vet (70-74)	£20
	1st Vet (80-84)	£20
	1st Team of 3	£30 each rider
	2 nd Team of 3	£20 each rider

PLEASE NOTE

Prize Presentation Not this year.

Lottery Prizes Not this year.

COVID-19 CTT INSTRUCTIONS:

- 1) Do not attend if you/your family members feel ill.
- 2) Park and walk with social distancing in mind. Bring and use a face mask.
- 3) HQ open only for toilets: 1 in, 1 out.
- 4) Bring your own pen to sign on and, if you need them to affix your number, your own safety pins.
- 5) No changing facilities are available at the HQ before or after racing; attend dressed to race and leave with the sweat drying on you.
- 6) Take with you when you race a compulsory rear light, a spare tyre/tube/tub and a mobile phone.
- 7) Please note you have to make your own way back in event of trouble – no collections offered. Please ring event secy. if you are a DNF.
- 8) No more than 5 riders, 2m apart, to wait at the start.
- 9) No items/clothing to be left at the start or with the timekeeper.
- 10) No push-off.
- 11) After racing, please sign out with your own pen (different to BC road races) and leave your number in the bowl of disinfected water.
- 12) No social, no drinks, no food and no prize presentation – sorry!
- 13) No result board – times will be on the CTT website the next day.
- 14) Please leave the car parking area in a timely fashion.

In the interests of rider safety and in addition to the compulsory rear light required under regulation 14 (i), the advisory use of suitable hard shell helmets in competition for competitors over 18 years of age, London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road.

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MEDIUM GEAR"10", 72" (48 x 18):

ORDER OF START:

number	start_time	firstname	lastname	club	gender	age_on_day
1	0631	Robin	Johnson	Brighton Mitre CC	Male	73
2	0632	Steven	Woodbridge	GS Stella	Male	45
3	0633	Tony	Reeves	GS Stella Norwood Paragon	Male	49
4	0634	Peter	Owen	CC	Male	60
5	0635	Theo	Tadros	trainSharp	Male	19

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

number	start_time	firstname	lastname	club	gender	category
6	A.M. 0636	John	Ferguson	Brighton Mitre CC	Male	Veteran
7	0637	Jack	Dunne	Lindfield Coffee Works	Male	Senior
8	0638	Nigel	Langridge	Crawley Wheelers	Male	Veteran
9	0639	Phoebe	Perry	Trash Mile	Female	Senior
10	0640	Nathan	Russell	trainSharp	Male	Senior
11	0641	Paul	Thatcher	Brighton Mitre CC	Male	Veteran
12	0642	Dan	Ellis	BTNRT	Male	Senior
13	0643	Rory	Knapp	Brighton Mitre CC	Male	Senior

14	0644	Mervyn	Tasker	Brixton Cycles Club	Male	Senior
15	0645	Gavin	Ash	Team TMC	Male	Veteran
16	0646	Jack	Tweddle	HuntBikeWheels.com	Male	Senior
17	0647	Jack	Josephy	Brixton Cycles Club	Male	Senior
18	0648	Tim	Hall	Brighton Mitre CC	Male	Veteran
19	0649	Liz	Sim	MedwayTri	Female	Veteran
RESERVE				Sussex Revolution Velo		
121		Jan	Grosicki	Club	Male	Veteran

BLING "10":

number	start_time	firstname	lastname	club	gender	age_on_day
20	0650	Peter	Davies	Brighton Mitre CC	Male	64
21	0651	Colin	Harrison	East Grinstead CC	Male	56
22	0652	Lloyd	Costello	Brighton Mitre CC	Male	19
23	0653	Stuart	Payne	Central Sussex CC	Male	58
24	0654	Brian	Jones	Morden CRC	Male	70
25	0655	Carl	Richardson	trainSharp	Male	56
26	0656	Ian	Newbold	Worthing Excelsior CC	Male	48
27	0657	Brian	Molloy	Brighton Excelsior CC	Male	53
28	0658	Mark	Vowells (Tricycle)	San Fairy Ann CC Ltd	Male	68
29	0659	Clive	Jackson	Central Sussex CC	Male	69
30	0700	Richard	Gifford	trainSharp	Male	58
31	0701	Huw	Williams	Worthing Excelsior CC	Male	52
32	0702	Adam	Rogers	Eastbourne Rovers CC	Male	46
33	0703	Alan	Robinson	Central Sussex CC	Male	80
34	0704	Anita	Turner	Eastbourne Rovers CC	Female	50
35	0705	Kevin	Nelson	Crawley Wheelers	Male	32
36	0706	Lewis	Reeves	Horsham Cycling	Male	29
37	0707	Jack	Smith	Brighton Mitre CC	Male	29
38	0708	Gemma	Freeman	Brighton Triathlon Club	Female	34
39	0709	Jon	Roberts- Bibby	Horsham Cycling	Male	49

40	0710	Cris	Coxon	Brighton Mitre CC	Male	44
41	0711	Vince	Freeman	Sussex Revolution Velo Club	Male	41
42	0712	Andrew	Gibson	Gravesend CC	Male	52
43	0713	Lucas	Houghton	Brighton Excelsior CC	Male	15
44	0714	Matt	Woodhart	Team TMC	Male	44
45	0715	Tom	Houghton	Team TMC	Male	49
46	0716	Spencer	Kirkham	Worthing Excelsior CC	Male	53
47	0717	Mark	Jones	GS Stella	Male	61
48	0718	Anouska	Greenaway	Brighton Mitre CC	Female	25
49	0719	Steve	McMenamin	Crawley Wheelers	Male	53
50	0720	Simon	Church	trainSharp	Male	55
51	0721	Martin	Gibbs	Team TMC	Male	35
52	0722	James	Ryan	Team TMC	Male	44
53	0723	Andrew	Lock	Worthing Excelsior CC	Male	54
54	0724	Tom	Sanderson	Brighton Phoenix Athletic Club	Male	47
55	0725	Mark	Emsley	Team TMC	Male	32
56	0726	Theo	Tadros	trainSharp	Male	19
57	0727	Rob	Luff	GS Stella	Male	64
58	0728	Donald	Parker	Brighton Mitre CC	Male	72
59	0729	Richard	Keevil	GS Stella	Male	52
60	0730	Nathan	Russell	trainSharp	Male	32
61	0731	Paul	Thatcher	Brighton Mitre CC	Male	58
62	0732	John	Marinko	Brighton Mitre CC	Male	56
63	0733	Peter	Owen	Norwood Paragon CC	Male	60
64	0734	Peter	Main	34 Nomads CC	Male	55
65	0735	Mark	Smith	Crawley Wheelers	Male	47
66	0736	Adrian	Blacker	VTTA (Surrey/ Sussex)	Male	57
67	0737	Mark	Edleston	Lindfield Coffee Works	Male	47
68	0738	Paul	Fletcher	trainSharp	Male	42
69	0739	Bruce	English	Eastbourne Rovers CC	Male	56

70	0740	Nick	Dwyer	Lewes Wanderers CC	Male	57
71	0741	Joshua	Ballinger	trainSharp Development Team	Male	17
72	0742	Sam	Dix	trainSharp	Male	50
73	0743	Ben	Cumpstone	Brighton Mitre CC	Male	51
74	0744	Paul	Atkinson	Velo Club St Raphael	Male	51
75	0745	Kevin	Plummer	Team TMC	Male	55
76	0746	Steve	Skinner	Bognor Regis CC	Male	66
77	0747	James	Cheeseman	Lindfield Coffee Works	Male	35
78	0748	Simon	Craig-McFeely	...a3crg	Male	62
79	0749	David	Delicata	Total Tri Training	Male	36
80	0750	Michael	Renardson	trainSharp	Male	19
81	0751	Andrew	Stewart	Lindfield Coffee Works	Male	48
82	0752	Martin	Tickner	Horsham Cycling	Male	39
83	0753	Russell	Thorne-Jones	trainSharp	Male	48
84	0754	Allan	Smith	Lewes Wanderers CC	Male	42
85	0755	Matthew	Smith	Team TMC	Male	37
86	0756	Sally	Turner	trainSharp	Female	41
87	0757	Jason	Hunter	Pearson Cycling Club	Male	57
88	0758	Darren	Haynes	Lewes Wanderers CC	Male	50
89	0759	Paul	Townsley	Team TMC	Male	72
90	0800	Jacob	Storey	Partenza-Nude Espresso RT	Male	29
91	0801	John	Isard	Hampshire Road Club	Male	69
92	0802	Mike	Marchant	Southdown Velo	Male	64
93	0803	Jon	Hunter	Lindfield Coffee Works	Male	45
94	0804	Mike	Boyce	...a3crg	Male	65
95	0805	Harry	Ives	trainSharp Development Team	Male	18
96	0806	Nolan	Heather	Worthing Excelsior CC	Male	45
97	0807	Chris	Hewitt	Oxted Cycle Club	Male	38
98	0808	Joe	Walker	Brighton Mitre CC	Male	21

99	0809	Olivia	Webb	Eastbourne Rovers CC	Female	52
100	0810	Christopher	McNamara	Nuun-Sigma Sport-London RT	Male	46
RESERVE:	122	Sharon	Chladek	Crawley Wheelers	Female	55

HUB GEAR "10":

Bib	Start Time	Firstname	Lastname	Club	Gender	Category	Age On Day
	None						

Rider No	Start Time	Name	Club	Cat
TANDEM "10":				
	None			

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

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- 9) No items to be left at the start or with the timekeeper.
- 10) No push-off.
- 11) After racing, please leave your number in the bowl of disinfected water when signing-out.
- 12) No social, no drinks, no food and no prize presentation – sorry!
- 13) No result board – times will be on CTT site next day.
- 14) Please leave the car parking area in a timely fashion.

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Open 10 miles Hilly Time Trial Monday 31st May 2021
Course GS/995

TIMEKEEPERS

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

Course Records

Men: 00:23:11 Pat Wright

2018

www.brightonmitre.co.uk

Vets:	00:23:28	Pete Tadros	2012
Women	00:29:58	Sarah Phelps	2017
Juniors:	00:25:45	Theo Tadros	2019
Juveniles:	00:29:02	Theo Tadros	2017

ORDER OF START:

A.M.

number	start_time	firstname	lastname	club	gender	category	age_on_day
101	811	Robin	Johnson	Brighton Mitre CC	Male	Veteran	73
102	812	Matt	Sumpton	Dulwich Paragon CC	Male	Senior	28
103	813	Olivia	Bentley	High Wycombe CC	Female	Senior	30
104	814	Donald	Parker	Brighton Mitre CC	Male	Veteran	72
105	815	Nathan	Russell	trainSharp	Male	Senior	32
106	816	Paul	Newsome	Project 51	Male	Senior	33
107	817	Martin	Gibbs	Team TMC	Male	Senior	35
108	818	Kelvin	Newman	Worthing Excelsior CC	Male	Senior	37
109	819	Tom	Sanderson	Brighton Phoenix Athletic Club	Male	Veteran	47
110	820	Kevin	Nelson	Crawley Wheelers	Male	Senior	32
111	821	Paul	Thatcher	Brighton Mitre CC	Male	Veteran	58
112	822	James	Ryan	Team TMC	Male	Veteran	44
113	823	Mark	Vowells (Tricycle)	San Fairy Ann CC Ltd	Male	Veteran	68
114	824	Anita	Turner	Eastbourne Rovers CC	Female	Veteran	50
115	825	Mark	Emsley	Team TMC	Male	Senior	32
116	826	John	Marinko	Brighton Mitre CC	Male	Veteran	56
117	827	Adam	Rogers	Eastbourne Rovers CC	Male	Veteran	46
118	828	Nigel	Langridge	Crawley Wheelers	Male	Veteran	56
119	829	Jack	Smith	Brighton Mitre CC	Male	Senior	29
120	830	Theo	Tadros	trainSharp	Male	Espoir	19

PRIZES

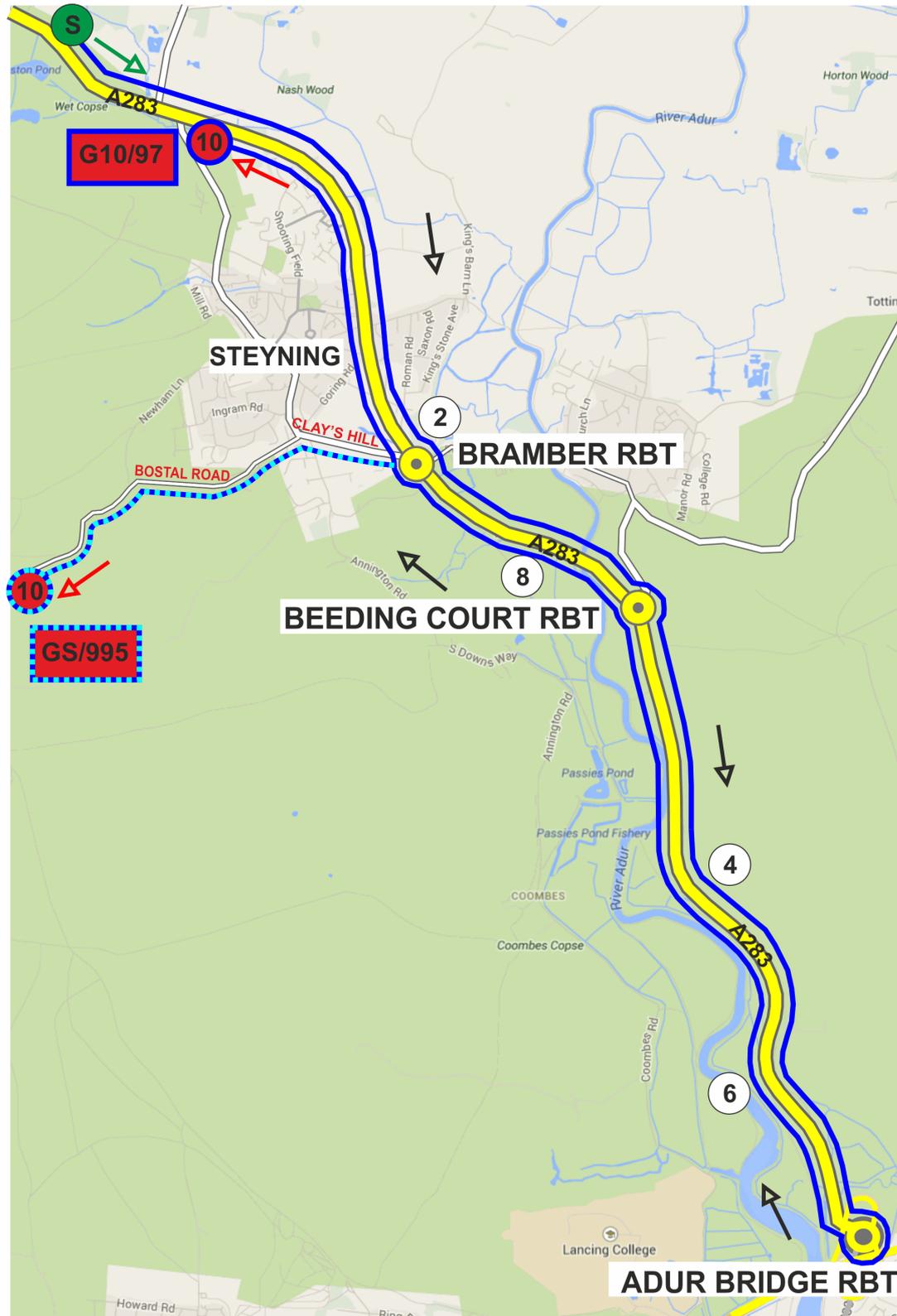
HILLY "10"	1 st man	£40
	2 nd man	£30
	3 rd man	£25
	4 th man	£20
	1 st woman	£40
	2 nd woman	£30
	1st Team of 3	£20 each rider.

PLEASE NOTE

Prize Presentation Not this year.

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 Monday 31st May 2021
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		

2018	Mark Emsley & Sarah Phelps	24:54
2019	No entries	
2020	Covid	-----
2021		

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		

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		

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
2018	David Pollard	23:17
2019	Colin McDermott	22:49
2020	Covid	-----
2021		

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 (course record)	23:13
2019	Theo Tadros	25:45
2020	Covid	-----
2021		

From 2009 – 2019 WOMEN'S "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
2018	Ruth Summerford (2 wins)	22:25
2019	Anna Dwyer	24:34