



**Open 10 mile Time Trial Saturday 19<sup>th</sup> June 2021**

Course G10/97

***Incorporating National Youth Championship (London South DC Heat)***

**Event Secretary:**

Jon Fry

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Promoted for and on behalf of **Cycling Time Trials** under it's rules and regulations

## HQ

### Steyning Centre

Fletcher's Croft  
Steyning  
West Sussex

Postcode BN44 3XZ

Open from 06:00



Plenty of parking is available.

Free till 09:00 then pay and display (or Horsham annual parking disc), or park in road by church for free.

Numbers at HQ only. After the event please return your race number to the HQ and complete the sign-out sheet.

HQ to start: 1.83 miles

Finish to HQ: 1.42 miles

Route to start:

Left out of the car park to the mini roundabout, then right onto the High Street. Proceed North to the A283 junction. Left and continue West on A283 for 0.7 miles.

### **CTT COVID-19 INSTRUCTIONS:**

- 1) Do not attend if you/your family members feel ill.
- 2) Park with social distancing in mind.
- 3) Bring your own pen to sign on and, if you need them to affix your number, your own safety pins.
- 4) Take with you when you race a compulsory working rear light, a spare tyre/tube/tub and a mobile phone.
- 5) Please note you have to make your own way back in event of trouble – no collections offered.
- 6) No more than 5 riders, 2m apart, to wait at the start.
- 7) No items to be left at the start or with the timekeeper or in the time trials secretary's van (which will be unavailable to riders while the pandemic is in progress).
- 8) No push-off.
- 9) After racing, please leave your number in the bowl of disinfected water when signing out.

- 10) No social, no drinks, no food and do not expect times to be available near the finish; times will be on the club's website asap.
- 11) Please leave the car parking area in a timely fashion.

### Please note the following CTT regulations and recommendations

CTT Regulation 14 now requires 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 red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

In the interests of rider safety and in addition to the compulsory rear light required under regulation 14 (i), the advisory use of suitable hardshell 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.**

**Audio Equipment:** Competitors must not use ANY audio equipment except prescribed hearing aids.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

**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:** 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 red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.

**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.

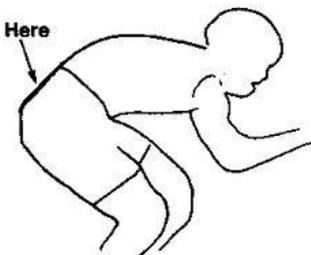
**Observers:** Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

**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 correctly placed 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.

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**OFFICIAL TIME KEEPERS**

Start:	Paul Tunnell	Addiscombe CC
Finish:	Richard Meed	Lewes Wanderers CC

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**Prizes**

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1 <sup>st</sup>	£35	1 <sup>st</sup> Lady	£35
2 <sup>nd</sup>	£25	2 <sup>nd</sup> Lady	£25
3 <sup>rd</sup>	£15		
4 <sup>th</sup>	£10		
1 <sup>st</sup> Veteran on CTT Target	£25	1 <sup>st</sup> Team of Three	£10 each
2 <sup>nd</sup> Veteran on CTT Target	£15		
3 <sup>rd</sup> Veteran on CTT Target	£10	1 <sup>st</sup> Under 18 (JUN/JUV)	£10

(Only one prize per rider except for Team Prize)

See <https://london-south.ctt.org.uk/> for CTT details for Sussex/Surrey and the local area, including Open and Club TT's.

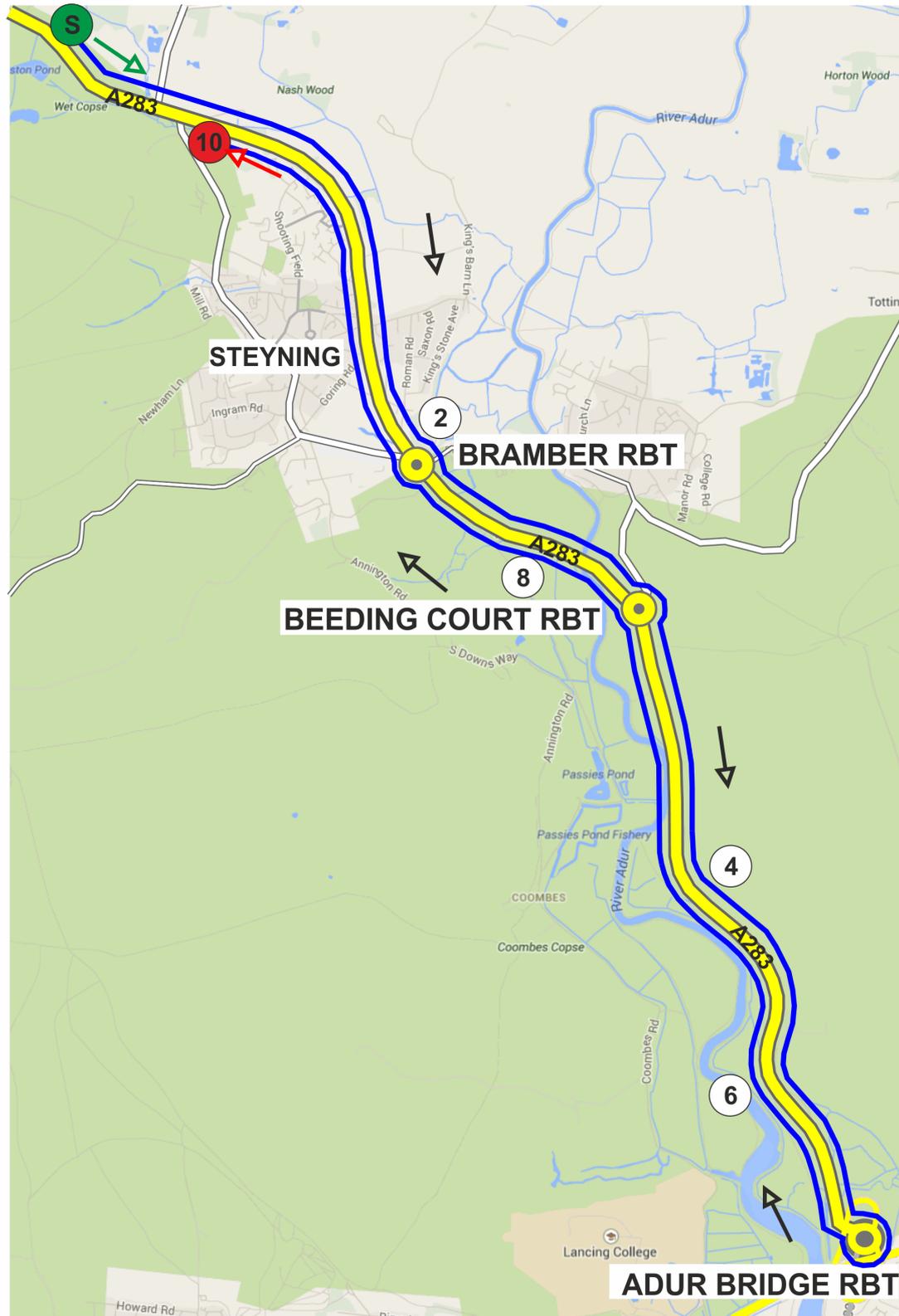
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<b>COURSE DIRECTIONS – G10/97</b>	<b>MILES</b>
START on A283 at yellow paint mark 39 yards east of centre of entrance to Hammes Farm (and Studio) and 0.52 miles west of junction with B2135	0.00
Proceed south-eastwards along A283 via Bramber Castle and Beeding Court RBTs to Adur Bridge RBT, Shoreham where turn (CHECK)	5.41
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	10.00

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Link to Garmin Connect version of the course map [G10/97](#)

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Start					
Rider No	Time	Name	Club	Cat/ Age	CTT Std
1	07:01				
2	07:02	Lloyd Griffin	Horsham Cycling	V42	00:25:22
3	07:03	Clive Jackson	Central Sussex CC	V69	00:30:55
4	07:04	Henry Volpe	Clapham Chasers	S	
<b>5</b>	<b>07:05</b>	<b>Colin Harrison</b>	<b>East Grinstead CC</b>	<b>V56</b>	<b>00:28:06</b>
6	07:06	Rob Luff	GS Stella	V64	00:29:48
7	07:07	Robert Royle-Evatt	Addiscombe CC	V53	00:27:30
8	07:08	Paul Townsley	Team TMC	V72	00:31:36
9	07:09	Jonathan Baker	VTTA (Surrey/ Sussex)	V49	00:26:42
<b>10</b>	<b>07:10</b>	<b>David Pollard</b>	<b>Maison du Velo / In-Gear Cycles</b>	<b>V64</b>	<b>00:29:48</b>
11	07:11	Dylan Coyne	Balcombe Cycle Club	V48	00:26:31
12	07:12	Mike Anderson	CC Moncontour	V63	00:29:35
13	07:13	Michael Ward	Horsham Cycling	V59	00:28:44
14	07:14	Stuart Payne	Central Sussex CC	V58	00:28:31
<b>15</b>	<b>07:15</b>	<b>Joe Benians</b>	<b>Lewes Wanderers CC</b>	<b>S</b>	
16	07:16	Steve Skinner	Bognor Regis CC	V66	00:30:15
17	07:17	Peter Lambert	Horsham Cycling	V54	00:27:42
18	07:18	Keith Lear	Horsham Cycling	V41	00:25:11
19	07:19	Ian Bradbury	Horsham Cycling	V55	00:27:54
<b>20</b>	<b>07:20</b>	<b>Kevin Plummer</b>	<b>Team TMC</b>	<b>V56</b>	<b>00:28:06</b>
21	07:21	Iain Duncan	Crawley Wheelers	V49	00:26:42
22	07:22	Carl Richardson	trainSharp	V57	00:28:19
23	07:23	James Cambourne	Rapha Cycling Club	V45	00:25:56
24	07:24	Jon Roberts-Bibby	Horsham Cycling	V49	00:26:42
<b>25</b>	<b>07:25</b>	<b>Huw Williams</b>	<b>Worthing Excelsior CC</b>	<b>V53</b>	<b>00:27:30</b>
26	07:26	Jason Hunter	Pearson Cycling Club	V57	00:28:19
27	07:27	Darren Haynes	Lewes Wanderers CC	V50	00:26:54
28	07:28	Peter Main	34 Nomads CC	V55	00:27:54
29	07:29	David Crowcombe	South Western Road Club	V57	00:28:19
<b>30</b>	<b>07:30</b>	<b>Stuart Bettis</b>	<b>HuntBikeWheels.com</b>	<b>S</b>	
31	07:31	Jack Dunne	Lindfield Coffee Works	S	
32	07:32	Martin Tickner	Horsham Cycling	S	
33	07:33	Rob Evans	Horsham Cycling	V53	00:27:30
34	07:34	Robin Johnson	Brighton Mitre CC	V73	00:31:50
<b>35</b>	<b>07:35</b>	<b>Spencer Kirkham</b>	<b>Worthing Excelsior CC</b>	<b>V53</b>	<b>00:27:30</b>
36	07:36	Lewis Reeves	Horsham Cycling	S	
37	07:37	Paul Atkinson	Velo Club St Raphael	V51	00:27:06
38	07:38	Alan Robinson	Central Sussex CC	V80	00:33:31
39	07:39	Simon Stone	Dulwich Paragon CC	V47	00:26:19
<b>40</b>	<b>07:40</b>	<b>Nik Allen</b>	<b>Team TMC</b>	<b>V49</b>	<b>00:26:42</b>
41	07:41	Sally Turner	trainSharp	WV41	00:26:42
42	07:42	Neil Giles	Mid Sussex Triathlon Club	V47	00:26:19
43	07:43	Simon Middleton	Cambridge University CC	V51	00:27:06
44	07:44	Nicholas Preston	CC London	V58	00:28:31
<b>45</b>	<b>07:45</b>	<b>Paul Batten</b>	<b>Crawley Wheelers</b>	<b>S</b>	

46	07:46	Sam Dix	trainSharp	V50	00:26:54
47	07:47	Matt Sumpton	Dulwich Paragon CC	S	
48	07:48	Alistair Calvert	Clapham Chasers	S	
49	07:49	Anthony Brown	Horsham Cycling	V65	00:30:01
<b>50</b>	<b>07:50</b>	<b>Howard Shaw</b>	<b>trainSharp</b>	<b>S</b>	
51	07:51	Luke Burgess	Horsham Cycling	Esp	
52	07:52	Christian Yates	East Grinstead CC	V58	00:28:31
53	07:53	Katie Simmonds	Horsham Cycling	WS	
54	07:54	Helen Varcoe	Horsham Amphibians Triathlon	WV49	00:28:19
<b>55</b>	<b>07:55</b>	<b>Tom Houghton</b>	<b>Team TMC</b>	<b>V49</b>	<b>00:26:42</b>
56	07:56	Tim Peters	Horsham Cycling	V48	00:26:31
57	07:57	Brown Storie	GS Stella	S	
58	07:58	Angela Brown	JAM Cycling Race Team coached by BPC	WV41	00:26:42
59	07:59	Mark Furth	Horsham Cycling	V45	00:25:56
<b>60</b>	<b>08:00</b>	<b>Christopher McNamara</b>	<b>Nuun-Sigma Sport-London RT</b>	<b>V46</b>	<b>00:26:07</b>
61	08:01	Grace Davies	Project 51	Jun	

**Nation Youth  
Championships**

**London South DC Heat**

**U17@  
31/08**

62	08:02	Noah Horton	Palmer Park Velo	Juv	
63	08:03	Lucas Houghton	Brighton Excelsior CC	Juv	
64	08:04	Mattie Dodd	Team Backstedt Bike Performance	Jun	