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# CYCLING CLUB



1894 - 2024

PRESIDENT – ALISON LEWIS

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

30<sup>th</sup> Hilly time trial, now 27.3 miles

The Bill Sladen Memorial event on course GS/999

Easter Monday 1st April 2024

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

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Tel: 01403 783368 / 07733 132043

REGULATIONS which please read:

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 Farmb. Some parking opposite in Devils Dyke Road, long lay-by, west side of road. Also, some parking around the corner from the start.

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 on original 25 miles course, 1992-2023:***

Men:	56:27	Simon McNamara	2019
Women	1:02:06	Hayley Simmonds	2019
Vets.	56:27	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

**CTT LONDON SOUTH DC - 27.35 MILES COURSE - GS/999**

RED HILL/POYNINGS/HENFIELD/UPPER BEEDING/SHOREHAM/UPPER  
BEEDING/HENFIELD/POYNINGS/  
RED HILL - A281/A2037/A283/A2037/A281

**COURSE DETAILS**

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>	
278087	START in small connecting road between roads leading to Devil`s Dyke and Saddlescombe	0.00	0.00
265128	LEFT and follow unclassified road via Saddlescombe to Poynings RBT (roundabout) (called Rushfields)	2.78	2.78 miles
	STRAIGHT ON 2nd exit on A281		
216158	to Henfield mini RBT	3.90	6.68
	LEFT and follow A2037		
	to Rising Sun RBT in Upper Beeding,		
	LEFT 1st exit and continue on A2037		
197098	to Beeding Court RBT	4.83	11.51
209065	Straight on 1st exit and follow A283 to Adur Bridge RBT under Shoreham A27 fly-over where <u>TURN</u> (CHECK)	2.31	13.82
197098	4th exit to retrace on A283 to Beeding Court RBT	2.26	16.08
216158	RIGHT 2nd exit on A2037 to Rising Sun RBT. RIGHT 2nd exit still on A2037 to mini RBT at Henfield (CHECK)	4.83	20.91
265128	RIGHT 2nd exit and follow A281 to Poynings RBT (called Rushfields)	3.90	24.81
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	2.54	27.35

**COURSE NOTES**

(RJ/LSDC/0324)

Course amended from 24.7 miles to 27.35 miles, 03/2024.

**GENERAL NOTES** to be displayed at Signing On Point

London South District regulation: No vehicles, except those of the timekeepers and event officials, shall be parked in the vicinity of the start and finish areas.

Specific to this course please add:-

In Small Dole there is a set of pedestrian lights, which must be obeyed.

## **SAFETY INSTRUCTIONS**

Competitors are requested not to warm up on the course after the first competitor has started.

Details of any Additional Hazards not listed on the Start Sheet will be displayed or advised at the Signing On Point.

All Competitors must read these details when they sign on.

Competitors must exercise extra care when negotiating all roundabouts.

Competitors **MUST** keep to the **LEFT** of the mini RBT in Henfield when turning Right on to the A281 or be subjected to disqualification.

No times will be given at the Finish.

## ***Prizes***

<b>OPEN:</b>	1st	£30 + wine, £6.
	2nd	£20 + wine, £6.
	3rd	£15 + wine, £6.
	4 <sup>th</sup>	£10 + wine, £6.
	5 <sup>th</sup>	Wine, £6.

<b>WOMEN:</b>	1 <sup>st</sup>	£30 + wine, £6.
	2 <sup>nd</sup>	£20 + wine, £6.

Combined categories: 1<sup>st</sup> Team – EXPOSURE LIGHTS' feeding bottle + wine, value £14 each.

**PRIZE PRESENTATIONS:** will be held as soon as possible after the event  
Please stay to receive your prizes and/or applaud the recipients

**LOTTERY PRIZES:** Not this year.

### **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	0:55:38
2020	Covid	
2021	Ross Holland	0:57:08
2022	Pat Wright	0:59:27
2023	Simon McNamara	0:58:24
2024		

- COURSE  
RECORD

**ROAD BIKES:**

- Nick Tyrie 1:01:06
- Richard Cartland  
1:04:14
- Olly Thomas  
1:08:45

ORDER OF START:

number	start_time	firstname	lastname	machine	club	classificat	category	age_
1	07:31:00	Robin	Johnson	TT Bike	Brighton Mitre CC	Open	Veteran	75
2	07:32:00	Megan	Godber	Road Bike	Sussex Revolution Velo Club	Female	Senior	33
3	07:33:00	Mark	Gidney	Road Bike	Southborough & Dist. Whs	Open	Veteran	62
4	07:34:00	Jamie	Smith	TT Bike	Brighton Mitre CC	Open	Veteran	51
5	07:35:00	Mark	Vowells (Tricycle)	TT Bike	San Fairy Ann CC	Open	Veteran	71
6	07:36:00	Brian	Jones	TT Bike	Morden CRC	Open	Veteran	73
7	07:37:00	Nigel	Langridge	Road Bike	Crawley Wheelers	Open	Veteran	59
8	07:38:00	Aaron	Sparks-Carolan	Road Bike	Sussex Revolution Velo Club	Open	Senior	39
9	07:39:00	Stephen	Morgan	TT Bike	Tooting BC	Open	Veteran	56
10	07:40:00	Gemma	Freeman	TT Bike	Sussex Revolution Velo Club	Female	Senior	36
11	07:41:00	Patrick	Brown	Road Bike	HuntBikeWheels.com	Open	Senior	28
12	07:42:00	Steve	Coombs	Road Bike	Sussex Revolution Velo Club	Open	Veteran	43
13	07:43:00	Francis	Schofield	TT Bike	Cambridge University CC	Open	Espoir	22
14	07:44:00	Richard	Cartland	Road Bike	HuntBikeWheels.com	Open	Veteran	46
15	07:45:00	Ian	Cheesman	TT Bike	Worthing Excelsior CC	Open	Veteran	55
16	07:46:00	Martin	Gibbs	Road Bike	Team TMC	Open	Senior	37
17	07:47:00	Les	Liddiard	Road Bike	GS Vecchi	Open	Veteran	67
18	07:48:00	Steven	Kane	Road Bike	Team TMC	Open	Senior	35
19	07:49:00	James	Stone	TT Bike	Brighton Excelsior CC	Open	Veteran	55
20	07:50:00	Jack	Smith	TT Bike	Brighton Mitre CC	Open	Senior	32
21	07:51:00	Olly	Thomas	Road Bike	Sussex Revolution Velo Club	Open	Senior	38
22	07:52:00	John	Watson	Road Bike	Hitchin Nomads CC	Open	Veteran	58
23	07:53:00	Keith	Walker	TT Bike	Wigmore CC	Open	Veteran	59
24	07:54:00	Kevin	Plummer	Road Bike	Team TMC	Open	Veteran	58
25	07:55:00	Paul	Newsome	TT Bike	Project 51	Open	Senior	36
26	07:56:00	Theo	Tadros	TT Bike	Cardiff University Road Cycling Team	Open	Espoir	22
27	07:57:00	Pat	Wright	TT Bike	Paceline RT	Open	Senior	39
28	07:58:00	Timothy	Torrie	TT Bike	trainSharp	Open	Senior	24
29	07:59:00	Simon	McNamara	TT Bike	Sigma Sports Race Team	Open	Veteran	49

I am indebted to all of you who have entered this year's event.

If you begin to suffer a speed wobble down the first hill, it's useful to put a knee against the top tube.