



www.sussexca.org.uk

Sussex Cyclists' Association



2017 PRESIDENT – MICK IRONS – WORTHING EXCELSIOR CC

Open 10 mile Time Trial Saturday 29th April 2017

Course G10/97

Incorporating Sussex Individual, Veterans and Team Championships

Event Secretary: Jon Fry

Flat 4 Stanmore House, 118-120 High Street

Billingshurst, West Sussex RH14 9QS

Email: jmfry@live.co.uk

Tel: 01403 783438 (or 07881 345549 on day of event)

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

HQ

Steyning Centre

Fletcher's Croft
Steyning
West Sussex

Postcode BN44 3XZ

Open from 06:00



Plenty of 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: 1.83 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.

SIGNING OUT - (NEW CTT REGULATIONS)

Please note that for 2017 all competitors are now required personally to sign the signing out sheet when returning their number. Failure to do so will result in the competitor being recorded as DNF.

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.

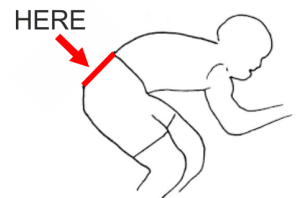
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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.

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OFFICIAL TIME KEEPERS

Start: Mike Irons Worthing Excelsior CC
Finish: Mick Kilby Lewes Wanderers CC

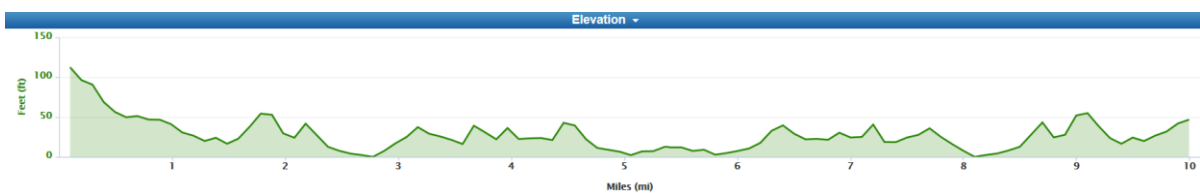
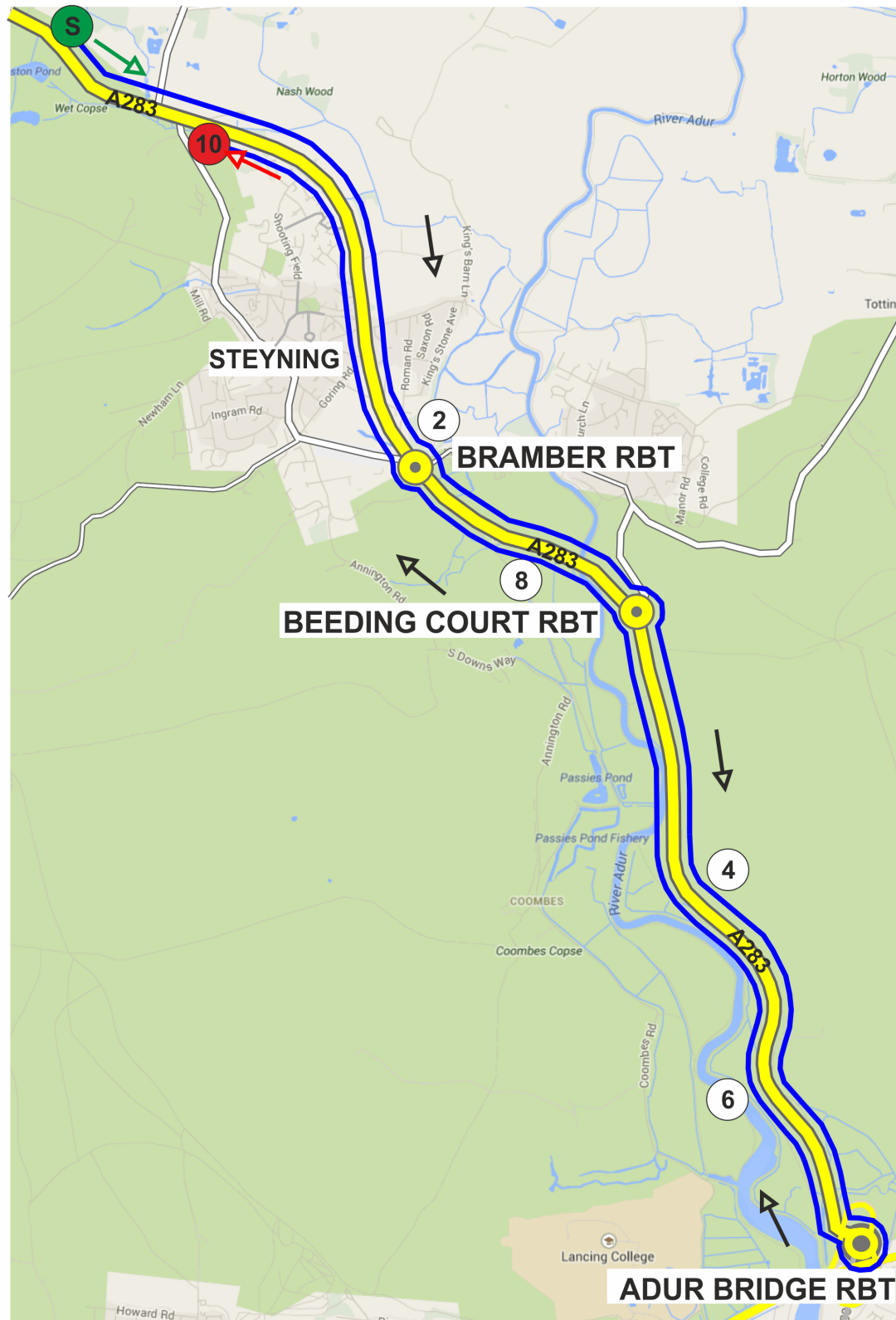
Prizes

1 st	£30	1 st Lady	£30
2 nd	£20	2 nd Lady	£20
3 rd	£15	3 rd Lady	£15
4 th	£10		
5 th	£7		
1 st Veteran on CTT Target	£20	1 st Team of Three	£10 each
2 nd Veteran on CTT Target	£15	2 nd Team of Three	£7 each
3 rd Veteran on CTT Target	£10	1 st Under 18 (JUN/JUV)	£10

As a Championship event, this race includes a selection of Trophies, Cups and Medals to be awarded to Sussex CA riders in various categories. This includes the 10 Mile Shield for the fastest overall and the Dave Henty Cup for the fastest team of three. Full details of all awards can be found on the [SCA Website](#) and will be presented at the annual Awards Presentation.

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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Rider No	Start Time	Name	Club	Cat/ Age	CTT Tgt
6	07:06				
7	07:07				
8	07:08	Chris Jolliffe	Crawley Wheelers	V59	00:28:44
9	07:09	Robert Royle-Evatt	Addiscombe CC	V49	00:26:42
10	07:10	Howard Bayley	Blazing Saddles	V42	00:25:22
11	07:11	Ian Cheesman	Worthing Excelsior CC	V48	00:26:31
12	07:12	Jez Parsons	Brighton Excelsior CC	V51	00:27:06
13	07:13	John Marinko	Brighton Mitre CC	V51	00:27:06
14	07:14	John Lucas	Worthing Excelsior CC	V74	00:32:04
15	07:15	Robert Zietal	Crawley Wheelers	S	
16	07:16	Sam Dix	In-Gear Quickvit Trainsharp RT	V45	00:25:56
17	07:17	Michael Thyer	Sussex Nomads	V67	00:30:28
18	07:18	Alan Robinson	Central Sussex CC	V76	00:32:32
19	07:19	Peter Davies	Brighton Mitre CC	V60	00:28:57
20	07:20	Stuart Bettis	SouthDownsBikes/CascoEurope	S	
21	07:21	Tony Reeves	GS Stella	V45	00:25:56
22	07:22	Miguel Viera	Tri Surrey	V40	00:25:00
23	07:23	Jez Shotter	Brighton Excelsior CC	V47	00:26:19
24	07:24	Ben Miller	Brighton Excelsior CC	S	
25	07:25	Simon Church	In-Gear Quickvit Trainsharp RT	V51	00:27:06
26	07:26	Dan Helyer	Eastbourne Rovers CC	S	
27	07:27	Matthew Sumpter	In-Gear Quickvit Trainsharp RT	S	
28	07:28	Colin Toppin	Brighton Excelsior CC	V44	00:25:45
29	07:29	James Thomas	Epsom CC	V48	00:26:31
30	07:30	Sally Turner	GS Stella	WS	
31	07:31	Amy Smith	Team ASL	WS	
32	07:32	Katerina Avramides	Brighton Mitre CC	WS	
33	07:33	Sarah Phelps	Crawley Wheelers	WS	
34	07:34	Helen Webb	Sussex Nomads CC	WV43	00:27:06
35	07:35	Tamar Vanderhaas	Lewes Wanderers CC	WV41	00:26:42
36	07:36	Karen McGrath	Worthing Excelsior CC	WV55	00:29:35
37	07:37	Angela Radden-Rutt	The Cycleroom	WS	
38	07:38	Angela Carpenter	...a3crg	WV48	00:28:06
39	07:39	Joshua Thomas	Epsom CC	JUN	
40	07:40	Sarah Matthews	...a3crg	WV56	00:29:48
41	07:41	Ruth Summerford	Eastbourne Rovers CC	WS	
42	07:42	Jack Churchill	Brighton Excelsior CC	JUN	
43	07:43	Chris Dunstan	Brighton Excelsior CC	JUN	
44	07:44	Joseph Martin	Preston Park Youth Cycling Club	JUV	
45	07:45	Rupert Robinson	Crawley Wheelers	V45	00:25:56
46	07:46	Neil Crowther	Worthing Excelsior CC	V43	00:25:33
47	07:47	David Phillips	Old Portlians CC	V62	00:29:22
48	07:48	James Cheeseman	Crawley Wheelers	S	
49	07:49	Jamie Smith	Brighton Mitre CC	V44	00:25:45
50	07:50	Steven Kane	Brighton Excelsior CC	S	

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Rider No	Start Time	Name	Club	Cat/ Age	CTT Tgt
51	07:51	Phil Allen	SouthDownsBikes/CascoEurope	S	
52	07:52	Paul Batten	Crawley Wheelers	S	
53	07:53	Ade Fadero	Sussex Nomads CC	V55	00:27:54
54	07:54	Peter Barling	Lewes Wanderers CC	S	
55	07:55	Kevin Plummer	SouthDownsBikes/CascoEurope	V51	00:27:06
56	07:56	Shaun Marlor	Bec CC	V44	00:25:45
57	07:57	Anthony Brown	Horsham Cycling	V61	00:29:09
58	07:58	Paul Winkley	East Grinstead CC	V60	00:28:57
59	07:59	Gary Holder	Horsham Cycling	V51	00:27:06
60	08:00	Mark Smith	Crawley Wheelers	V43	00:25:33
61	08:01	Thomas Doran	Hemel Hempstead CC	S	
62	08:02	Andrew R Green	Bec CC	V42	00:25:22
63	08:03	Bruce English	Eastbourne Rovers CC	V52	00:27:18
64	08:04	Peter Owen	Norwood Paragon CC	V56	00:28:06
65	08:05	Richard Gifford	In-Gear Quickvit Trainsharp RT	V54	00:27:42
66	08:06	James Stone	Brighton Excelsior CC	V48	00:26:31
67	08:07	Michael Valks	Lewes Wanderers CC	V46	00:26:07
68	08:08	Nolan Heather	Worthing Excelsior CC	V41	00:25:11
69	08:09	Roy Robinson	Team Salesengine.co.uk	V70	00:31:09
70	08:10	Mark Emsley	Team ASL	S	
71	08:11	Mike O'Gorman	Worthing Excelsior CC	V65	00:30:01
72	08:12	Andy Self	Direct Power Cycling Team	V54	00:27:42
73	08:13	Nicholas Smith	Brighton Excelsior CC	S	
74	08:14	Ian Graver	Bec CC	V57	00:28:19
75	08:15	Leon Fielding	...a3crg	V41	00:25:11
76	08:16	Nik Allen	Worthing Excelsior CC	V45	00:25:56
77	08:17	Martin Booker	Worthing Excelsior CC	V48	00:26:31
78	08:18	Chris Jones	Bynea Cycling Club	V43	00:25:33
79	08:19	Paul Griffin	Brighton Mitre CC	V49	00:26:42
80	08:20	Simon McNamara	SouthDownsBikes/CascoEurope	V42	00:25:22