

# Sussex Nomads Cycling Club

President Alan Limbrey

## Open Hill Climb on Ditchling Beacon

GH/90

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

# Sunday 29th October 2017

Start time 08:00

Event Secretary –  
Finish Time Keeper  
Start Time Keeper

Alex Beyfus  
Mike Irons  
Richard Meed

116 Havelock Rd, Brighton BN1 6GQ Mobile 07717310168  
Worthing Excelsior Cycling Club  
Lewes Wanderers Cycling Club

The standard entry closing date is 17th October 2017.

The third Nomads Open Hill Climb takes place on Sunday 29<sup>th</sup> October on the iconic Ditchling Beacon, with the event HQ at Ditchling Village Hall open from 07:00

Awards	1st	2nd	3rd
Male	£30	£20	£10
Female	£30	£20	£10
Junior (12-18 yrs)	£15	£10	£5
Vets Male (on Standard)	£15	£10	£5
Vets Female (on Standard)	£15	£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.

In addition to the winner if beating the event record,

Male £50	held by Peter Tadros	In Gear Quickvit Trainsharp RT	4:22.0 (2015)
Female £50	held by Tamar Vanderhaas	Lewes Wanderers CC	6:01.6 (2016)

In addition to the winner beating course record,

Male £50	held by Stuart Dangerfield	Leo RC	3:42.2 (1995)
Female £50	held by Tamar Vanderhaas	Lewes Wanderers CC	6:01.6 (2016)

The above course record are believed to be correct at the time of release, however the female record posted is the best that we have found during events held under CTT rules and regulations that were Open or Association events. Please don't not confuse this time with Strava posting or club events held on the beacon.

If you can supply us with documentary proof of better times we shall amend the times, remember the event must have been held under CTT (RTTC) rules and regulations.

### Event HQ

Ditchling Village Hall, Lewes Road, Ditchling, East Sussex BN6 8TT.

HQ will be open from 07:00.

07:15 signing on and number collection.

**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

<u>OS REF</u>	<u>DETAILS</u>	<u>DISTANCES</u>
326137	<u>START</u> in Ditchling Bostal just south of junction with Underhill Lane	0
333129	Proceed up hill in a southerly direction to <u>FINISH</u> just past car park at the summit	1576 yards

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.”

“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 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”

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## To the start from the HQ

Turn left from the HQ car park, at mini roundabout turn left after 200 yards turn left at junction on the bend in the road, the start is 0.9 mile from this point. There is a map of the village at the entrance of the car park that show the way to the Beacon.

## 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.

## Car 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 Ditchling 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.

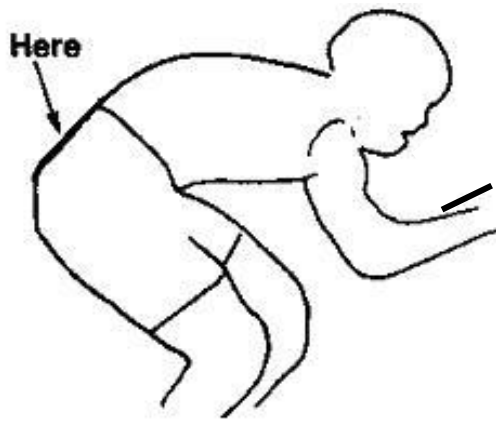
Please respect the residents living adjacent to the hall, by keeping noise levels to a minimum, Turbo trainers will not be permitted in the HQ Car Park, for those who need to use turbo trainers please use the lower hall at the HQ, there is a drive through lane for the lower hall where you can drop off 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 considerably, 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.

## Riding Attire

Competitors are reminded that their jersey's and shorts are to cover them from the neck to mid thigh, and jerseys 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.

#### Refreshment at the HQ

Helen Codling and her team of helpers will be providing refreshment at the HQ this year with all of the proceeds going to the Worthing based charity Link to Hope, Shoebox appeal.

Starting Order Sussex Nomads CC Open Hill Climb 29/10/2017 GH/90  
Ditching Beacon.

(Remember that British Summer time ended today and the clocks go back 1 hour today at 02:00 hours)

Page 1/2

NO	START	NAME	CLUB	CAT	STD.	Vet +/-	Time
4	08:04	Paul Archer	Sussex Nomads CC	V54	5:24.8		-
5	08:05	Nigel Langridge	Crawley Wheelers	V52	5:22.8		-
6	08:06	Terry O'Donnell	Dorking Cycling Club	V57	5:28.0		-
7	08:07	Robin Johnson	Brighton Mitre CC	V69	5:46.4		-
8	08:08	Tobias Bunyan	Eastbourne Rovers CC	V43	5:14.6		-
9	08:09	Donald Parker	Brighton Mitre CC	V68	5:44.4		-
10	08:10	Thomas Doran	Hemel Hempstead CC	S	-		-
11	08:11	Peter Levenspiel	Sussex Nomads CC	V46	5:17.4		-
12	08:12	Tim Mellor	Brighton Mitre CC	S	-		-
13	08:13	Kev Witton	Sussex Nomads CC	V40	5:11.8		-
14	08:14	Richard Fisher	In-Gear Quickvit Trainsharp RT	V54	5:24.8		-
15	08:15	David Marshall	Hemel Hempstead CC	V52	5:22.8		-
16	08:16	Paul Faulkner	Brighton Phoenix Triathlon Club	V48	5:19.2		-
17	08:17	David Eggleton	Sussex Nomads CC	S	-		-
18	08:18	Neil Gearing	Lewes Wanderers CC	V41	5:12.8		-
19	08:19	Dave Chalk	Sussex Nomads CC	V52	5:22.8		-
20	08:20	Jon Saunders	Charlotteville Cycling Club	S	-		-
21	08:21	Kevin Costello	Sussex Nomads CC	V48	5:19.2		-
22	08:22	Scott Maslin	Brighton Excelsior CC	S	-		-
23	08:23	Sevi Webb	Redhill CC	Jun	-		-
24	08:24	Chris Barker	Sussex Revolution VC	S	-		-
25	08:25	Tom Pughe-Morgan	Preston Park Youth Cycling Club	Juv	-		-
26	08:26	Matt Woodhart	Brighton Mitre CC	V40	5:11.8		-
27	08:27	Norman Blissett	In-Gear Quickvit Trainsharp RT	V51	5:22.0		-
28	08:28	Richard McShee	Islington Cycling Club	V42	5:13.8		-
29	08:29	Steve Noake	Sussex Nomads CC	V47	5:18.4		-
30	08:30	James Griffin	Trainsharp	S	-		-
31	08:31	Andy Bone	Brighton Mitre CC	V51	5:22.0		-
32	08:32	Robb Cunningham	Lewes Wanderers CC	S	-		-
33	08:33	Dylan Hicks	Preston Park Youth Cycling Club	Juv	-		-
34	08:34	Gary Holder	Horsham Cycling	V52	5:22.8		-
35	08:35	Jason Blenkarn	Sussex Nomads CC	S	-		-
36	08:36	Adam Barrett	URDT	S	-		-
37	08:37	David Southgate	Sussex Nomads CC	V48	5:19.2		-
38	08:38	Benjamin Tappenden	In-Gear Quickvit Trainsharp RT	S	-		-
39	08:39	Jonathan Morcombe	Brighton Mitre CC	V42	5:13.8		-
40	08:40	Ayrton Pope	Paceline RT	S	-		-
41	08:41	James Hedley	Sussex Nomads CC	V45	5:16.6		-
42	08:42	Paul Fletcher	Lewes Wanderers CC	S	-		-
43	08:43	Luke Goodwill	Preston Park Youth Cycling Club	Juv	-		-
44	08:44	Alex McLaren	Brighton Mitre CC	S	-		-
45	08:45	Sam Dix	In-Gear Quickvit Trainsharp RT	V46	5:17.4		-
46	08:46	Graham Saunders	Sussex Nomads CC	V49	5:20.2		-
47	08:47	Gavin Ash	Worthing Excelsior CC	S	-		-
48	08:48	Geoff Smith	Eastbourne Rovers CC	V67	5:42.4		-
49	08:49	James Bullen	URDT	S	-		-
50	08:50	Oliver Mytton	Verulam Really Moving	S	-		-
51	08:51	Tristan Watkins	VTTA (Surrey & Sussex)	V43	5:14.6		-
52	08:52	Henry Bond	Brighton Mitre CC	S	-		-

NO	START	NAME	CLUB	CAT	STD.	Vet +/-	Time
53	08:53	James Gilmore	Preston Park Youth Cycling Club	Juv	-		-
54	08:54	Jason Green	Sussex Nomads CC	V46	5:17.4		-
55	08:55	Neil Crowther	Worthing Excelsior CC	V44	5:15.6		-
56	08:56	Michael Simpson	Sussex Nomads CC	V51	5:22.0		-
57	08:57	Chris Hartono	Brixton Cycles Club	S	-		-
58	08:58	Ben Griffin	Sussex Nomads CC	Jun	-		-
59	08:59	David Smith	East London Velo	S	-		-
60	09:00	Pat Wright	Paceline RT	S	-		-
61	09:01	Alex Beyfus	Sussex Nomads CC	V46	5:17.4		-
62	09:02	Thomas Harrison	Worthing Excelsior CC	S	-		-
63	09:03	Hector Ellis	Eastbourne Rovers CC	Juv	-		-
64	09:04	Jamie Smith	Brighton Mitre CC	V45	5:16.6		-
65	09:05	Callum Middleton	Lewes Wanderers CC	S	-		-
66	09:06	Dave Marshall	Sussex Nomads CC	V53	5:23.8		-
67	09:07	Rob Paynter	URDT	S	-		-
68	09:08	Francis Schofield	Preston Park Youth Cycling Club	Juv	-		-
69	09:09	Stewart Gregory	Nottingham Clarion CC	V52	5:22.8		-
70	09:10	Oliver Bridgewood	Spokes BPC Racing	S	-		-
71	09:11	Ross McCracken	Sussex Nomads CC	S	-		-
72	09:12	Daniel Ellis	Eastbourne Rovers CC	S	-		-
73	09:13	Michael Renardson	Trainsharp	Jun	-		-
74	09:14	Alan Dainty	Sussex Nomads CC	V49	5:20.2		-
75	09:15	Paul Newsome	Team ASL	S	-		-
76	09:16	Tom Sanderson	Phoenix Cycling Club	V44	5:15.6		-
77	09:17	Eoghan McHugh	Sussex Nomads CC	S	-		-
78	09:18	Jack Smith	Brighton Mitre CC	S	-		-
79	09:19	Howard Foskett	Sussex Nomads CC	V54	5:24.8		-
80	09:20	Gary Chambers	NOPINZ	S	-		-
81	09:21	Teddy Golob	Dulwich Paragon CC	S	-		-
82	09:22	Janet Clapton	Sussex Nomads CC	VW51	5:47.6		-
83	09:23	Kathryn Gohl	Lewes Wanderers CC	W	-		-
84	09:24	Natalie Bravo	Spokes BPC Racing	W	-		-
85	09:25	Liz Halliday	Sussex Nomads CC	VW54	5:50.8		-
86	09:26	Olivia Webb	Eastbourne Rovers CC	VW48	5:44.6		-
87	09:27	Debbie Percival	34 Nomads CC	VW55	5:52.0		-
88	09:28	Sharona Harrington	Sussex Nomads CC	W	-		-
89	09:29	Karen Tostee	Hub Velo	W	-		-
90	09:30	Maryka Sennema	Paceline RT	VW43	5:39.8		-