



www.sussexca.org.uk

Sussex Cyclists' Association



2019 PRESIDENT – MIKE WATSON (ANGMERING CC)

Open 10 mile Time Trial Saturday 4th May 2019

Course G10/97

Incorporating Sussex Individual, Veterans and Team Championships

Event Secretary: Jon Fry

229 Horsham Gates Two, North Street

Horsham, West Sussex, RH13 5TU

Email: jmfry@live.co.uk

Tel: 01403 541262 (or 07881 345549 on day of event)

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

HQ

Steyping Centre

Fletcher's Croft
Steyping
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.

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 and complete the sign-out sheet 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.

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.

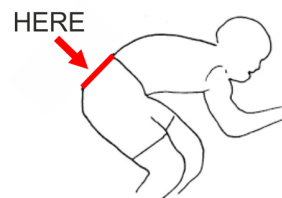
Observers: Official observers will be stationed around the course to ensure correct procedure (e.g. drafting and safety at roundabouts).

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: Mick Kilby
Finish: Mike Irons

Lewes Wanderers CC
Worthing Excelsior CC

Prizes

1 st	£35	1 st Lady	£35
2 nd	£25	2 nd Lady	£25
3 rd	£20		
4 th	£15		
5 th	£10		
1 st Veteran on CTT Target	£25	1 st Team of Three	£10 each
2 nd Veteran on CTT Target	£20	2 nd Team of Three	£7 each
3 rd Veteran on CTT Target	£15		

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.

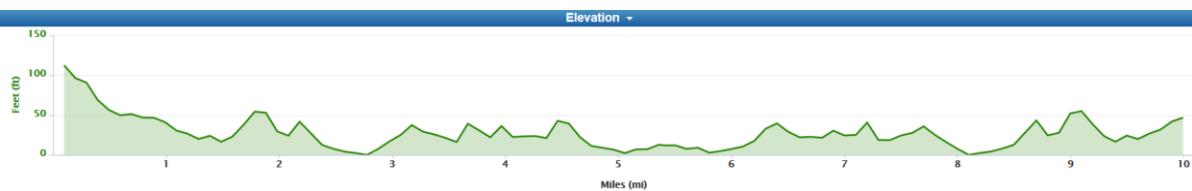
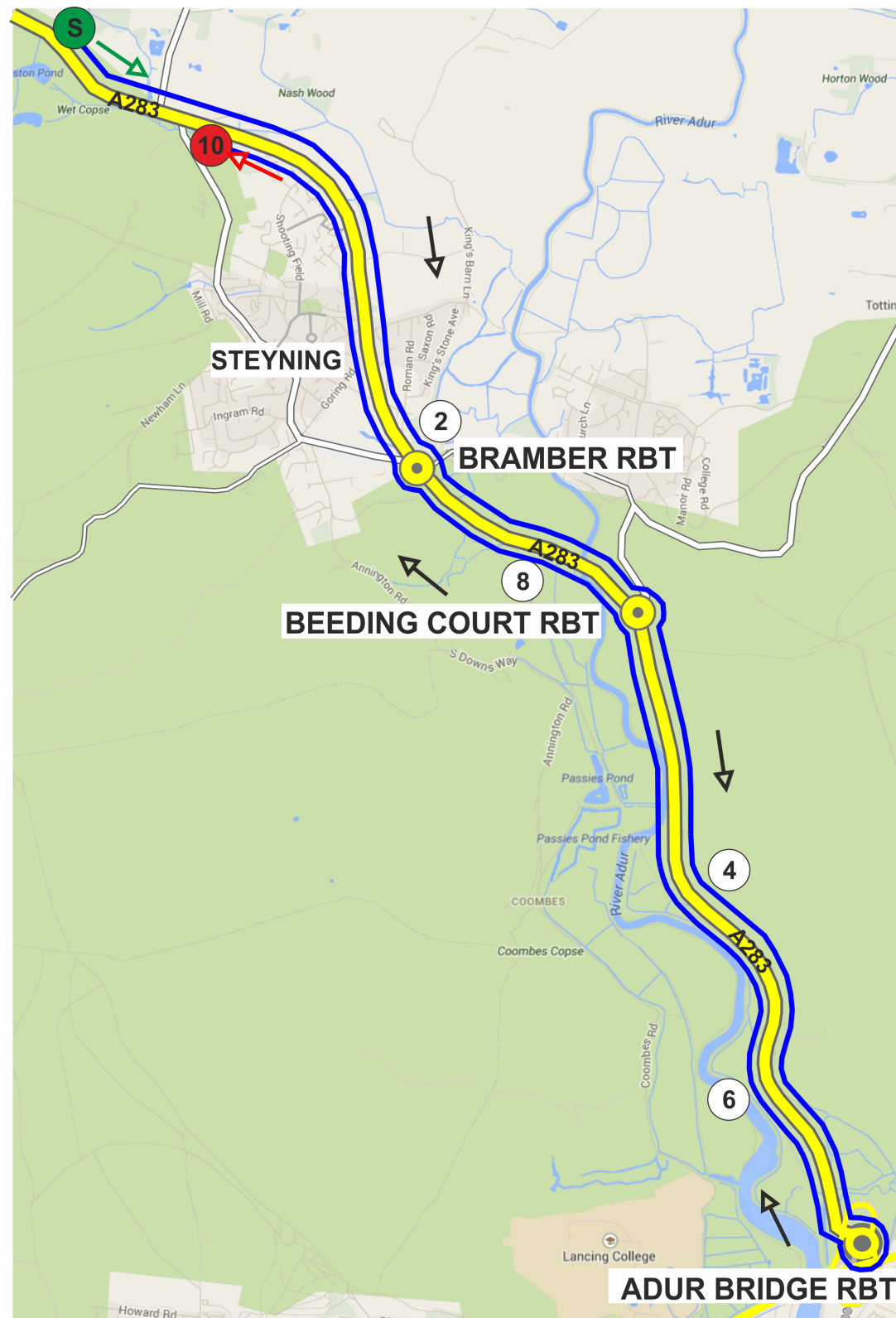
COURSE DIRECTIONS – G10/97

MILES

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

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

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Rider No	Start Time	Name	Club	Cat/ Age	CTT Std
1	07:01				
2	07:02				
3	07:03				
4	07:04				
5	07:05	David Clements	Eastbourne Rovers CC	V47	00:26:19
6	07:06	Colin Harrison	East Grinstead CC (Merlin Cycle Coaching)	V54	00:27:42
7	07:07	Ian Graver	Bec CC	V59	00:28:44
8	07:08	Brian Jones	Horsham Cycling	V68	00:30:41
9	07:09	Clive Jackson	Central Sussex CC	V66	00:30:15
10	07:10	Nik Allen	Worthing Excelsior CC	V47	00:26:19
11	07:11	Jaco Van Gass	Para-T	S	
12	07:12	Ian Cheesman	Worthing Excelsior CC	V50	00:26:54
13	07:13	James Stone	Brighton Excelsior CC	V50	00:26:54
14	07:14	Robert Royle-evatt	Addiscombe CC	V51	00:27:06
15	07:15	Michael Davey	trainSharp	V41	00:25:11
16	07:16	Dan Pullen	N+1 - Lindfield Coffee Works	V43	00:25:33
17	07:17	Jason Hunter	Pearson Cycling Club	V55	00:27:54
18	07:18	Peter Moon	Eastbourne Rovers CC	V58	00:28:31
19	07:19	Tom Seal	Serpentine Running Club	V42	00:25:22
20	07:20	Nick Dwyer	Lewes Wanderers CC	V55	00:27:54
21	07:21	Andy Tedd	South Downs Bikes / Casco Pet	V51	00:27:06
22	07:22	Mark Jones	GS Stella	V59	00:28:44
23	07:23	Michael Thyer	Sussex Nomads CC	V69	00:30:55
24	07:24	Peter Marshall	Sussex Nomads CC	V44	00:25:45
25	07:25	Neill Keaney	Onyx RT	S	
26	07:26	Mike O'gorman	Worthing Excelsior CC	V67	00:30:28
27	07:27	Martin Booker	South Downs Bikes / Casco Pet	V50	00:26:54
28	07:28	Will Reeder	trainSharp	S	
29	07:29	Dylan Coyne	Crawley Wheelers	V46	00:26:07
30	07:30	Matthew Smith	Team ASL	S	
31	07:31	David Clark	Eastbourne Rovers CC	V50	00:26:54
32	07:32	Paul King	Verulam CC	V53	00:27:30
33	07:33	Michael Gates	C and N Cycles RT	S	
34	07:34	Katie Simmonds	Horsham Cycling	WS	
35	07:35	Lisa Davis	trainSharp	WV44	00:27:18
36	07:36	Sally Turner	trainSharp	WS	
37	07:37	Angela Radden-rutt	JAM Cycle Race Team coached by BPC	WS	
38	07:38	Karen Mcgrath	Worthing Excelsior CC	WV57	00:30:01
39	07:39	Anna Dwyer	Lewes Wanderers CC	WS	
40	07:40	Jennifer George	Torelli	WS	
41	07:41	Kevin Plummer	South Downs Bikes / Casco Pet	V53	00:27:30
42	07:42	Tony Reeves	GS Stella	V47	00:26:19
43	07:43	Connor Murphy	trainSharp	S	
44	07:44	Alan Robinson	Central Sussex CC	V78	00:33:01
45	07:45	Colin Mcdermott	Festival Road Club	V51	00:27:06

46	07:46	Scott Bartha	Brighton Mitre CC	V44	00:25:45
47	07:47	Iain Duncan	Crawley Wheelers	V47	00:26:19
48	07:48	Tony Truepenny-phillipson	Bec CC	S	
49	07:49	Barrie Foster	Anerley BC	V69	00:30:55
50	07:50	Howard Shaw	trainSharp	S	
51	07:51	Tom Houghton	Brighton Excelsior CC	V47	00:26:19
52	07:52	Nolan Heather	Worthing Excelsior CC	V43	00:25:33
53	07:53	Sam Dix	trainSharp	V47	00:26:19
54	07:54	Donald Parker	Brighton Mitre CC	V70	00:31:09
55	07:55	Gary Brind	South Downs Bikes / Casco Pet	V45	00:25:56
56	07:56	Spencer Kirkham	Worthing Excelsior CC	V51	00:27:06
57	07:57	Shaun Kennedy	Bec CC	V59	00:28:44
58	07:58	Paul Thatcher	Brighton Mitre CC	V55	00:27:54
59	07:59	Simon Craig-mcfeely	...a3crg	V60	00:28:57
60	08:00	Howard Bayley	Blazing Saddles	V44	00:25:45
61	08:01	Richard Weatherstone	C and N Cycles RT	V52	00:27:18
62	08:02	Theo Tadros	trainSharp	JUN	
63	08:03	Glenn Sievwright	Bognor Regis CC	V48	00:26:31
64	08:04	Peter Owen	Norwood Paragon CC	V58	00:28:31
65	08:05	Stuart Bettis	South Downs Bikes / Casco Pet	S	
66	08:06	John Mcgrath	Worthing Excelsior CC	V55	00:27:54
67	08:07	James Ryan	Team ASL	V42	00:25:22
68	08:08	Mike Boyce	...a3crg	V63	00:29:35
69	08:09	Jamie Smith	Brighton Mitre CC	V47	00:26:19
70	08:10	Mark Smith	Crawley Wheelers	V45	00:25:56
71	08:11	Peter Tadros	trainSharp	V48	00:26:31
72	08:12	John Glaysher	...a3crg	V41	00:25:11
73	08:13	John Marinko	Brighton Mitre CC	V54	00:27:42
74	08:14	Alan Dainty	Sussex Nomads CC	V50	00:26:54
75	08:15	Simon Mcnamara	South Downs Bikes / Casco Pet	V44	00:25:45