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# Sussex Cyclists' Association

ESTABLISHED 1925

PRESIDENT – Dave Dallimore, Central Sussex C. C.

**14<sup>th</sup> Open 10 miles Time Trial, Saturday 26<sup>th</sup> August 2023**

Course G10/45

**Qualifying event for S.C.A. B.A.R., + S.C.A. SPOCO.**

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

## **Course Records**

	20:43	James Boyman	2018
Veterans	21:05	Chris McNamara	2020
Women	23:22	Angela Carpenter	2022
Juniors	22:28	Lukas Nerurkar	2020
Juveniles	26:51	Jack Churchill	2015
Medium Gear	25:57	Nic Stagg	2022

Road Bikes	22:23	Simon McNamara	2022
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## **Previous Winners**

			2023
21:03	James Boyman (5 wins)		2022
21:41	Simon McNamara		2021
20:58	Ryan Christensen		2020
20:51	James Boyman		2019
20:43	James Boyman		2018
20:45	James Boyman		2017
20:57	James Boyman		2016
22:54	Carl Ferri		2015
21:31	Chris McNamara (2 wins)		2014
22:09	Chris McNamara		2013
22:10	Steve Dennis		2012
21:46	Felix English		2011
22:39	Nicolas Hutchings		2010

***Event Secretary***

Robin Johnson, (Brighton Mitre CC),  
7 Gorselands, Billingshurst, West Sussex RH14 9TT  
Tel: 01403 783368 / 07733 132043

Email: [mr\\_rjohnson@outlook.com](mailto:mr_rjohnson@outlook.com)

***Event HQ is***

**LOXWOOD SPORTS ASSOCIATION PAVILION,  
PLAISTOW ROAD,  
LOXWOOD, WEST SUSSEX, RH14 0SX  
Open from 0900**

Large car park at HQ.

Licensed bar available, before and after event.

LONDON SOUTH D.C. regulation:

No vehicles, except those of timekeepers and event officials, shall be parked in the vicinity of the start and finish.

No times will be given out at the finish.

Apart from riding to the start, no warming-up on the course once the event has started.

Under 18 years old riders: Bring a completed Parental Consent form to present before signing-on.

No form = No ride.

*"Please remember that the riders you catch during the race will not be aware of your presence until you are actually passing them, so please give them sufficient space as you go by"*

ORBEA GAIN D10  
ELECTRIC ROAD  
BIKE  
High end equipment  
fitted. A lightweight  
bike that can be  
ridden both on power  
and fully disengaged  
off power  
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or more details

***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 red 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.***

**IMPORTANT:**

**AS A RESULT OF UNSCHEDULED SEWER WORKS THIS WEEK, THE ROAD FROM IFOLD**

**TO PLAISTOW IS CLOSED FOR ALL BUT PEDESTRIANS AND IS UNLIKELY TO REOPEN TILL**

**30 AUGUST. IF THIS IS THE SITUATION ON EACH DAY, THEN THESE 2 NEW COURSES WILL BE USED:**

**“10”:** Same START, 1<sup>st</sup> 7 miles the same then (see map in this start sheet) left into Foxbridge Lane past the start (7.8 miles) and continue on 2<sup>nd</sup> circuit to FINISH after 2 T-junctions in Kirdford, opposite recreation ground.

**“25”:** Same START, do 3 circuits of 7.8 miles (=23.4 miles) and continue on 4<sup>th</sup> circuit to FINISH 140 yards north of first T-junction in Kirdford.

**Both courses are basically flat, just the drag after Boxal bridge @ 3 miles, and avoid the 2 hills up to Plaistow.**

### ***Timekeepers***

Start:

Clive Walton, Redmon C.C.

Finish:

Richard Meed, Lewes Wanderers C.C.

Thank you in advance for not wearing cycling shoes or

cleats in the HQ.

**London South District Regulation:** No vehicles, except those of the timekeepers and race officials, shall be parked in the vicinity of the start or finish areas.

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### ***Race Numbers***

Numbers will be available at the event HQ. Please collect your number when you sign on, and after racing, sign back in when you return your number.

Notice of any additional hazards to be aware of on the course will be displayed next to the signing on sheet

After the event, please return your race number to the HQ for a drink.

**Please note: No times will be given out at the finish**

### ***Warming up and to the start***

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

HQ to Start: 1.76 miles

Finish to HQ: 1.99 miles

(if retracing – take care turning around)

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## ***Prizes***

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### T.T. BIKES "10":

1 <sup>st</sup> Man	£25 + wine, £6.
2 <sup>nd</sup> Man	£15 + wine, £6.
3 <sup>rd</sup> Man	£10 + wine, £6.
4 <sup>th</sup> Man	Wine, £6.

### All Events count:

1 <sup>st</sup> team	£10 + wine, £6, each rider.
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### MEDIUM GEAR "10":

1 <sup>st</sup>	Wine, value £6.
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### ROAD BIKES "10":

1 <sup>st</sup>	£15 + wine, £6.
2 <sup>nd</sup>	£10 + wine, £6.

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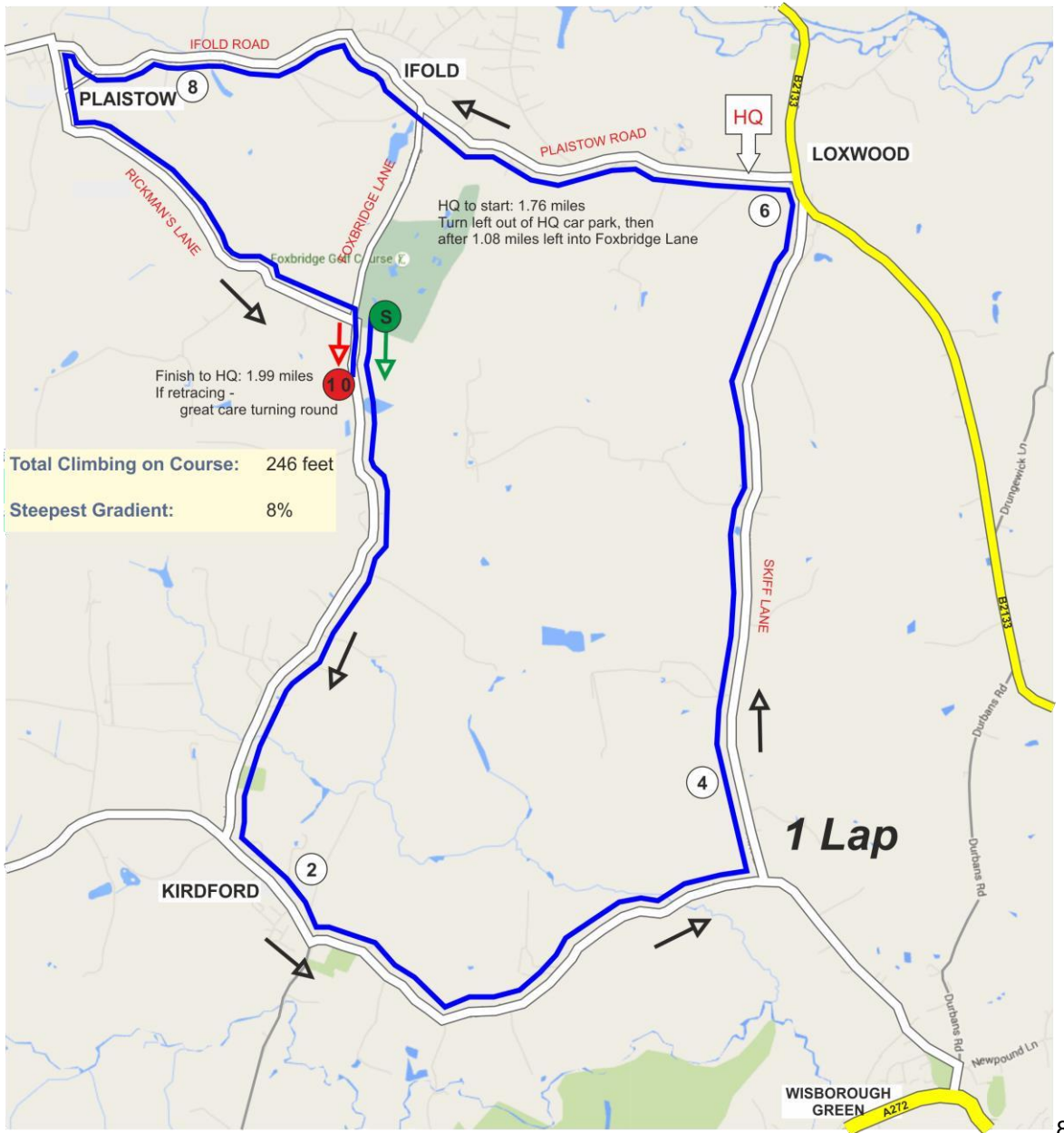
### PLEASE NOTE

#### ***Prize Presentation***

To be held as soon as possible after the event.  
Please stay to receive your awards and/or applaud the recipients.

#### ***Lottery Prizes***

To be awarded at the prize presentation.  
A bottle of wine, value £6, to each of the first two names drawn.  
To be eligible, be present and be a finisher.



OS REF (TQ)	COURSE DIRECTIONS – G10/45	MILES	
019297	<b>START</b> at southern end of Foxbridge Lane 5 yards from junction with Plaistow to Kirdford road	0.00	0.00
013271	<b>LEFT</b> at junction and proceed to T junction at western end of Kirdford	1.70	1.70
018266	<b>LEFT</b> and follow road through Kirdford village to T junction at eastern end of Kirdford	0.42	2.12
040269	<b>LEFT</b> and follow road round to the right past Barkfold Manor to junction with Skiff Lane (CHECK)	1.58	3.70
041303	<b>LEFT</b> and follow Skiff Lane via Gunshot Common to junction with B2133	2.14	5.84
041304	<b>LEFT</b> on B2133 to junction with Plaistow Road	0.07	5.91
004310	<b>LEFT</b> along Plaistow Road to Ifold. Continue, now in Loxwood Road to T junction in Plaistow (CHECK)	2.48	8.39
019297	<b>LEFT</b> along The Street, which becomes Rickman's Lane, and continue southeast to complete circuit at junction with Foxbridge Lane	1.38	9.77
019295	Continue south for 405 yards to <b>FINISH</b> 5 yards south of rectangular green sign "Costrong Fruit Farm and Nursery" on west side of road.	0.23	10.00

**ORDER OF START:****T.T. bikes "10":**

No.	Start time	First name	Last name	Club	Gender	Category	Age on day
1	10:01:00	Robin	Johnson	Brighton Mitre CC	Male	Veteran	75
2	10:02:00	Peter	Horsfield	Redmon CC	Male	Veteran	73
3	10:03:00	Stuart	Payne	Central Sussex CC	Male	Veteran	61
4	10:04:00	Tim	Holmes	Brighton Excelsior CC	Male	Veteran	61
5	10:05:00	David	Smith	VC de Londres	Male	Veteran	41
6	10:06:00	Steve	Skinner	Southdown Velo	Male	Veteran	68
7	10:07:00	Roland	Kitson	Horsham Cycling	Male	Veteran	64
8	10:08:00	Mike	Boyce	...a3crg	Male	Veteran	67
9	10:09:00	Demetrius	Onoufriou	Farnham RC	Male	Veteran	46
10	10:10:00	Carl	Bond	Kenton RC	Male	Veteran	52
11	10:11:00	Brian	Molloy	Brighton Mitre CC	Male	Veteran	55
12	10:12:00	Mark	Thomas	Bigfoot CC	Male	Veteran	60
13	10:13:00	Jack	Smith	Brighton Mitre CC	Male	Senior	31
14	10:14:00	Ian	Cheesman	Worthing Excelsior CC	Male	Veteran	54
15	10:15:00	Isaac	Griffiths	Epsom CC	Male	Senior	36
16	10:16:00	Lewis	Reeves	Horsham Cycling	Male	Senior	31
17	10:17:00	Karl	Robertson	Worthing Excelsior CC	Male	Veteran	48
18	10:18:00	Nik	Allen	Team TMC	Male	Veteran	52
19	10:19:00	Stuart	Bettis	Precise Performance RT	Male	Senior	38
20	10:20:00	Simon	McNamara	Sigma Sports	Male	Veteran	48

Road  
bikes  
"10":

No.	Start time	First name	Last name	club	category	age
31	10:31:00	Mark	Hancock	Anerley BC	Veteran	61
32	10:32:00	Alan	Robinson	Central Sussex CC	Veteran	82
33	10:33:00	Larry	Golland	Rapha Cycling Club	Senior	29
34	10:34:00	Jonathan	Baker	VTTA (Surrey/ Sussex)	Veteran	51
35	10:35:00	Avinash	Mahandru	Rapha Cycling Club	Senior	35
36	10:36:00	Graham	Winstanley	Sussex Revolution Velo Club	Veteran	47
37	10:37:00	Simon	McLeod	Team TMC	Senior	36
38	10:38:00	Olly	Thomas	Sussex Revolution Velo Club	Senior	37
39	10:39:00	Matt	Phipps-Taylor	Paceline RT	Senior	39
40	10:40:00	Steven	Kane	Team TMC	Senior	34
41	10:41:00	Cris	Coxon	Brighton Mitre CC	Veteran	46
42	10:42:00	Howard	Bayley	Blazing Saddles	Veteran	49

## Medium Gear "10":

51	10:51:00	Robin	Johnson	Brighton Mitre CC	Veteran	75
52	10:52:00	Tony	Reeves	GS Stella	Veteran	52
53	10:53:00	Nicolas	Stagg	Hounslow & District Whs	Veteran	52

