



1894 - 2023

PRESIDENT – ALISON LEWIS

15th Annual Flat 10 Miles Time Trial – Monday 29th May 2023

Course G10/97

21st Annual Very Hilly 10 Miles Time Trial – Monday 29th May 2023

Course GS/995

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

Email: mr_rjohnson@outlook.com

Tel: 01403 783368 / 07733 132043

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

HQ

Cuthman Centre,
Horsham Road,
Steyning
West Sussex

Postcode BN44 3RX.

Open from 0600.

Plenty of free 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: 1.1 miles

Finish to HQ: 0.7 mile (G.10/97)

HQ to start: 1.1 miles

Finish to HQ: 1.6 miles (GS/995)

Route to start: Right out of the car park; go north to the A283 junction. Left and continue west on A283 for 0.7 mile.

Additional Safety Instructions

Competitors must exercise extra care at the start and at all roundabouts.

IF RIDING MORE THAN ONE EVENT.....sign in for all your numbers.

GENTLE REMINDER – sign out after your rides.

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.

NEW REGULATIONS which please read and take note:

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.....

London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road.

ROAD WORKScurrently 350 yards of Steyning by-pass have cones in the middle of the road meaning other road users cannot overtake. If this is extended, an alternative course (G10/91) will be available and the hilly would be shortened to 8 miles.

Open 10 miles Flat Time Trial

Course G10/97

OFFICIAL TIME KEEPERS

Start:	Richard Blackmore	East Grinstead CC
Finish:	Kathy Collard-Berry	A3crg

Course Records

Men:	00:19:18	James Rix	2018
Women:	00:21:09	Josceline Lowden	2019
Vets:	00:19:18	James Rix	2018
Junior:	00:19:32	Joshua Golliker	2022
Juveniles:	00:20:26	Luke Goodwill	2022
Trike	00:25:00	Mark Vowells	2022

PRIZES

MEDIUM GEAR (72") "10"	--	--
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HUB GEAR (TIN CAN) "10"	1 st	A bottle of wine, value £6.
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ROAD BIKES "10" (no tri-bars)	1 st man	£10 + a bottle of wine, value £6.
	2 nd man	A bottle of wine, value £6.
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THE FLAT (BLING) "10"	1 st man	£25 + a bottle of wine, value £6.
	2 nd man	£15 + a bottle of wine, value £6.
	3 rd man	£10 + a bottle of wine, value £6.
	4 th man	A bottle of wine, value £6.
	1 st woman	£25 + a bottle of wine, value £6.
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OVERALL, all events inc. hilly, (1 time, each rider).....	1 st Team	Exposure Lights bottle + a bottle of wine, value £14 each rider.
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PLEASE NOTE

Prize Presentation

To be held as soon as possible after the hilly "10".

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 £5, to each of the first two names drawn.

To be eligible, be present and be a finisher.

MEDIUM GEAR (72") "10":

number	start_time	firstname	lastname	machine	club	gender	category	age_on_day
1	07:01:00	Robin	Johnson	TT Bike	Brighton Mitre CC	Male	Veteran	75

HUB GEAR "10"

number	start_time	firstname	lastname	machine	club	gender	category	age
5	07:05:00	Mike	Marchant	Road Bike	Southdown Velo	Male	Veteran	66

THE FLAT (BLING) T.T. BIKES' "10":

Number	start_time	firstname	lastname	machine	club	gender	category	age
10	07:10:00	John	Marinko	TT Bike	Brighton Mitre CC	Male	Veteran	58
11	07:11:00	Alan	Robinson	TT Bike	Central Sussex CC	Male	Veteran	82
12	07:12:00	Ben	Hardisty	TT Bike	East Grinstead CC	Male	Veteran	64
13	07:13:00	Simon	Craig-McFeely	TT Bike	...a3crg	Male	Veteran	64
14	07:14:00	Julian	Scutter	TT Bike	East Grinstead CC	Male	Veteran	65
15	07:15:00	Donald	Parker	TT Bike	Brighton Mitre CC	Male	Veteran	74
16	07:16:00	David	Smith	TT Bike	VC de Londres	Male	Veteran	40
17	07:17:00	Mike	Boyce	TT Bike	...a3crg	Male	Veteran	67
18	07:18:00	Dan	Shipton	TT Bike	Eastbourne Rovers CC	Male	Veteran	46
19	07:19:00	Mark	Vowells	Tricycle	San Fairy Ann CC	Male	Veteran	70
20	07:20:00	Jack	Smith	TT Bike	Brighton Mitre CC	Male	Senior	31
21	07:21:00	Christian	Yates	TT Bike	East Grinstead CC	Male	Veteran	60
22	07:22:00	Mark	Thomas	TT Bike	Bigfoot CC	Male	Veteran	60
23	07:23:00	David	Pollard	TT Bike	VTTA (Surrey/ Sussex)	Male	Veteran	66
24	07:24:00	Ian	Cheesman	TT Bike	Worthing Excelsior CC	Male	Veteran	54

25	07:25:00	Peter	Main	TT Bike	34 Nomads CC	Male	Veteran	57
26	07:26:00	Sally	Turner	TT Bike	HUUB WattShop	Female	Veteran	43
27	07:27:00	Tom	Houghton	TT Bike	Team TMC	Male	Veteran	51
28	07:28:00	Stuart	Bettis	TT Bike	Precise Performance RT	Male	Senior	38
29	07:29:00	Pat	Wright	TT Bike	Paceline RT	Male	Senior	38
30	07:30:00	Cris	Coxon	TT Bike	Brighton Mitre CC	Male	Veteran	46
31	07:31:00	Nick	Dwyer	TT Bike	DRAG2ZERO	Male	Veteran	59
32	07:32:00	Matthew	Smith	TT Bike	Team TMC	Male	Senior	39
33	07:33:00	Jacob	Storey	TT Bike	trainSharp	Male	Senior	31
34	07:34:00	Simon	McNamara	TT Bike	Sigma Sports	Male	Veteran	48

ROAD BIKES'
"10":

	start_time	First name	Last name	machine	club	gender	category	age
50	07:50:00	Brian	Molloy	Road Bike	Brighton Mitre CC	Male	Veteran	55
51	07:51:00	Philip	Baker	Road Bike	Audax UK	Male	Senior	35
52	07:52:00	Graham	Winstanley	Road Bike	Sussex Revolution Velo Club	Male	Veteran	47
53	07:53:00	Kevin	Plummer	Road Bike	Team TMC	Male	Veteran	57
54	07:54:00	Lucas	Houghton	Road Bike	Team TMC	Male	Junior	17
55	07:55:00	Jan	Grosicki	Road Bike	Sussex Revolution Velo Club	Male	Veteran	43

Open 10 miles Hilly Time Trial
THE ALAN PACKETT MEMORIAL EVENT
 Course GS/995

TIMEKEEPERS

Start:	Richard Blackmore	East Grinstead CC
Finish:	Paul Tunnell	Addiscombe CC

Course Records

Mens:	00:23:11	Pat Wright	2018
Vets:	00:23:28	Pete Tadros	2012
Women:	00:28:47	Olivia Bentley	2021
Juniors:	00:25:45	Theo Tadros	2019
Juveniles:	00:29:02	Theo Tadros	2017
Trike:	00:30:33	Mark Vowells	2022

		First						
	start_time	name	last name	machine	club	gender	category	age
66	08:06:00	Robin	Johnson	TT Bike	Brighton Mitre CC	Male	Veteran	75
67	08:07:00	Mark	Vowells (Tricycle)	TT Bike	San Fairy Ann CC	Male	Veteran	70
68	08:08:00	Robb	Cunningham	Road Bike	Brighton Mitre CC	Male	Veteran	41
69	08:09:00	Ollly	Thomas	Road Bike	Sussex Revolution VC	Male	Senior	37
70	08:10:00	Ewan	Tuohy	Road Bike	Dartford Road Club	Male	Senior	29
71	08:11:00	Mark	Emsley	Road Bike	Team TMC	Male	Senior	34
72	08:12:00	Adrian	Fahy	Road Bike	Onyx RT	Male	Veteran	42
73	08:13:00	Jack	Smith	TT Bike	Brighton Mitre CC	Male	Senior	31
74	08:14:00	Pat	Wright	TT Bike	Paceline RT	Male	Senior	38

PRIZES

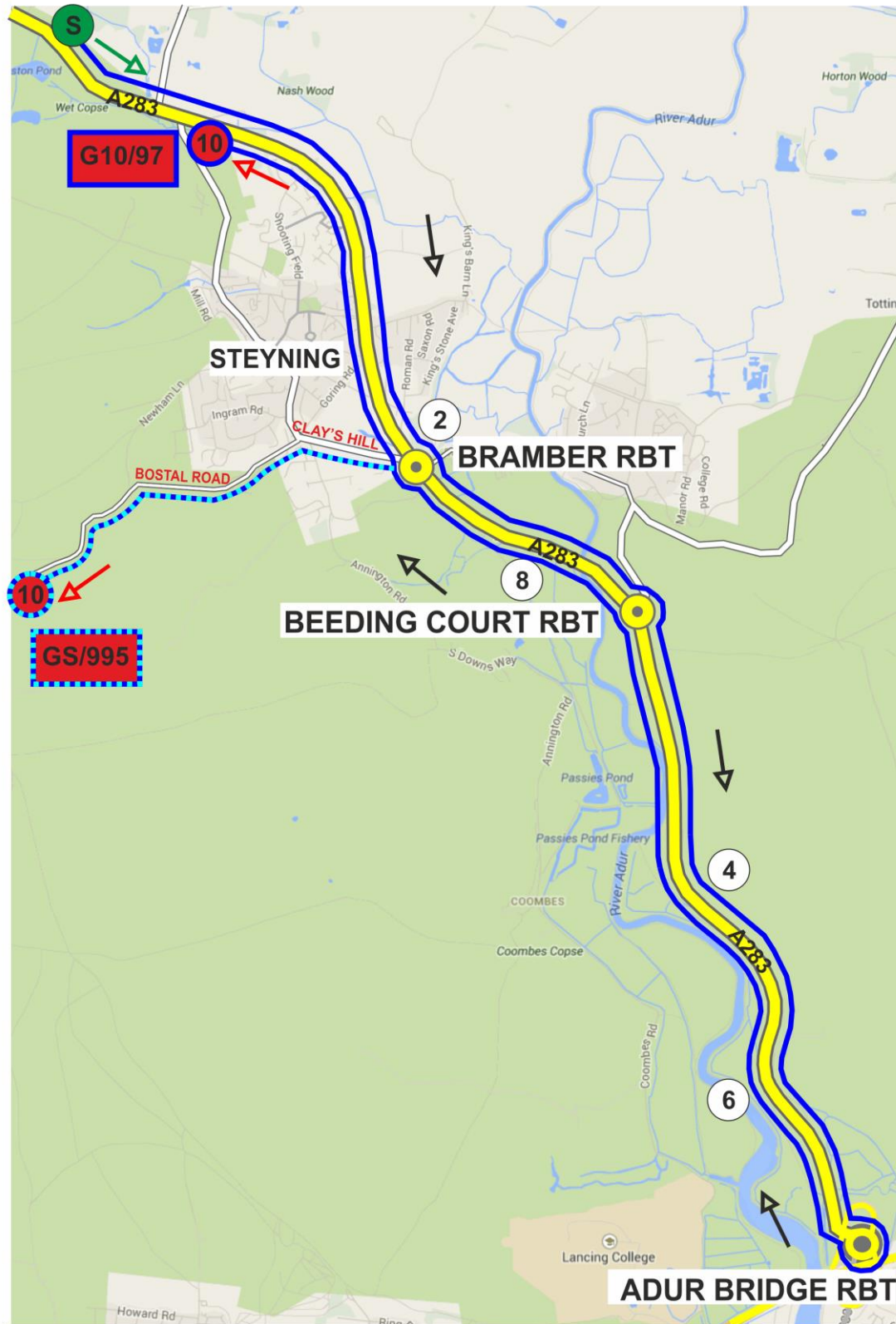
HILLY "10"	1 st man	£25 + a bottle of wine, value £6.
	2 nd man	£15 + a bottle of wine, value £6.
	3 rd man	£10 + a bottle of wine, value £6.
	4 th man	Bottle of wine, value £6

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

VERY HILLY "10"

OS REF (TQ)	COURSE DIRECTIONS – GS995	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
185105	Take fourth exit to retrace on A283 via Beeding Court to Bramber Castle.	3.13	8.54
178107	LEFT 2nd exit and follow Clays Hill to junction with (Steyping) Bostal Road	0.47	9.01
166100	LEFT up Bostal road, past junction with Newham Lane to FINISH at top of hill opposite South Downs Way wooden " Footpath " sign and 34 yards past " Steep Hill" sign for descending traffic	0.98	9.99

Open 10 miles Time Trials
Course G10/97 and GS/995



Note that course GS/995 finishes with a gradient of up to 17% in 2 places.

PAST WINNERS

MEDIUM GEAR (72") "10"

2008	Steve Frame	24:26
2009	Mike Marchant	24:56
2010	David French	25:00
2011	David French (2 wins)	25:38
2012	Mike Marchant (2 wins)	25:24
2013	Pete Tadros	23:14
2014	Pete Tadros	22:50
2015	Pete Tadros	23:54
2016	Gavin Hinxman	23:15
2017	Pete Tadros	23:23
2018	Richard Hutt	24:20
2019	Pete Tadros (5 wins)	23:46
2020	covid	
2021	Theo Tadros	23:27
2022	Peter Owen	27:41
2023		

2012	David Eccles & Minoru Mitsumoto	24:46
2013	David Eccles & Jon Frost	23:16
2014	David Eccles & Jon Frost	23:48
2015	David Eccles & Jon Frost	24:59
2016	David Eccles & Jon Frost	24:30
2017	David Eccles & Jon Frost (6 wins)	23:42
2018	Mark Emsley & Sarah Phelps	24:54
2019	No entries	
2020	covid	
2021	No entries	
2022	No entries	
2023	No entries	

HUB GEAR (TIN CAN) "10"

2008	David Eccles	27:12
2009	David French	24:52
2010	Mark Silver	25:33
2011	David French	25:15
2012	David Eccles	26:10
2013	David French	26:36
2014	David French	23:43
2015	David French	24:42
2016	David Eccles	27:40
2017	David Eccles (4 wins)	28:35
2018	David French (6 wins)	24:54
2019	Mike Marchant	30:38
2020	covid	
2021	No entries	
2022	Chris Woods	27:53
2023		

THE FLAT ("BLING") "10"

2008	Daniel Paine	22:34
2009	Pete Tadros	20:56
2010	Nick Dwyer	20:58
2011	Pete Tadros	20:43
2012	Pete Tadros	20:21
2013	Nick Dwyer (2 wins)	20:40
2014	Pete Tadros (4 wins)	21:38
2015	Simon McNamara	21:20
2016	James Copeland	20:14
2017	Mark Smith	20:46
2018	Simon McNamara	19:57
2019	Simon McNamara (3 wins)	19:42
2020	covid	
2021	Chris McNamara	19:37
2022	Chris McNamara (2 wins)	19:56
2023		

TANDEM "10"

2008	Miranda Oberman & Neil Houldey	22:50
2009	(no entries)	
2010	David Eccles & Jon Frost	23:24
2011	David Abbott & Andy Smith	23:00

ROAD BIKES "10"

2008	Barry Packman	26:57
2009	Jay Chisnall	24:45
2010	Tim Stevens	23:21
2011	Philip Allen	25:19
2012	Tim Stevens (2 wins)	23:12
2013	James Stuart	22:51
2014	Francisco Piai	24:39
2015	Gary Brind	23:12
2016	Elliot Lipski	21:41
2017	Steve Dennis	22:36
2018	David Pollard	23:17
2019	Colin McDermott	22:49
2020	covid	
2021	Jan Grosicki	22:10
2022	Mike Finch	22:09
2023		

HILLY "10"

2002	Shane Faulkner	25:10
2003	Mike Coyle	25:24
2004	Mike Coyle	25:04
2005	Mike Coyle (3 wins)	24:42
2006	Rob English	24:20
2007	Graeme Stirzaker	26:19
2008	Ishmael Burdeau	27:42
2009	Ishmael Burdeau (2 wins)	25:37
2010	Pete Tadros	24:14
2011	Pete Tadros	24:32
2012	Pete Tadros	23:28
2013	Chris McNamara	24:12
2014	Pete Tadros	24:52
2015	Pete Tadros (5 wins)	24:34
2016	Mark Emsley	24:22
2017	Mark Smith	24:11
2018	Pat Wright	23:13
2019	Theo Tadros	25:45
2020	covid	
2021	Matt Sumpton	24:18
2022	Mark Smith and Pat Wright (2 wins each)	24:27
2023		

**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

£1500 ono - reason for sale ill health
07803296494 to view or more details

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From 2009		
	WOMEN'S "10":	
2009	No entries	
2010	Claire Leonard	26:25
2013	Joanna Rowsell	21:48
2014	Sarah Anne Nisbett	25:46
2015	Gina McGeever	25:04
2016	Sarah Phelps	25:43
2017	Ruth Summerford	23:18
2018	Ruth Summerford (2 wins)	22:25
2019	Anna Dwyer	24:34
2020	covid	
2021	Sally Turner	22:11
2022	Anna Dwyer (2 wins)	24:05
2023		

ENTRIES: down overall to 42 from 64 last year and 122 in 2021.