



www.sussexca.org.uk



Sussex Cyclists' Association

Open 10 mile Time Trial Saturday 6th May
2023

Course
G10/97

Incorporating Sussex Individual, Veterans and Team Championships

Event Secretary:

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Promoted for and on behalf of **Cycling Time Trials** under it's rules and regulations

HQ

[Cuthman Centre - Steyning](#)

Cuthman Centre
Upper School, Shooting Field
Steyning
BN44 3RX

Open from

06:00

Plenty of parking is available.
Numbers at HQ only. After the event please return your race number to the HQ and complete the sign-out sheet.

Route to start:

Right out of the car park, down the Horsham road, Joining the Steyning bypass A283. Proceed North Left and continue West on A283 for 0.7 miles.

Please note the following CTT regulations and recommendations

Race Numbers

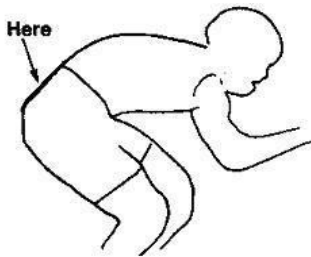
Numbers will be available at the event HQ. Please collect your number when you sign on.

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 event HQ in exchange for a cup of tea or coffee.

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".



Warming up and to the Start

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

Left out of the car park to the mini roundabout, then right onto the High Street. Proceed North to the A283 junction.

Left and then immediate right on to B2135 for 0.4 miles.

REMEMBER TO SIGN OUT AFTER YOUR RIDE!

Please pay attention to the following Safety Notes

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.

CTT regulations require that all competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to internationally accepted safety standards.

Competitors Machines: must have working front and rear lights, either flashing or constant, fitted to their machine in a position clearly visible to other road users and is active while the machine is in use.

Please be aware that there has been road works on the course, and the event may have to use an emergency course.

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.

Additional Safety Instructions

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

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Course G10/97

OFFICIAL TIME KEEPERS

Start:	Su Balcombe	Brighton Excelsior
Finish:	Richard Meed	Lewes Wanderers CC

Prizes

1 st Male TT	£40 + Eagle F1 Goodyear tyre's (Courtesy of Upgrade bikes)
2 nd Male TT	£30 + Aerocoach Mits (Courtesy of NoPinz)
3 rd Male TT	£20 + Tork Multi Tool (Courtesy of Browns Bikes)
4 th Male TT	NoPinz Towel/Socks (Courtesy of NoPinz)
5 th Male TT	
1 st Lady TT	£40 + Eagle F1 Goodyear tyre's (Courtesy of Upgrade bikes)
2 nd Lady TT	£30 + Aero coach Mits (Courtesy of NoPinz)
3 rd Lady TT	Tork Multi Tool (Courtesy of Browns Bikes)
1 st Male Road	£30 + Sussex Coffee Trucks free coffee and Beans + No Pinz Socks
2 nd Male Road	£20 + Tork Multi Tool (Courtesy of Browns Bikes)
3 rd Male	No Pinz Cap OTE Hydro Tabs
1 st Female Road	£ 15 + Sussex Coffee Trucks free coffee and Beans + No Pinz Socks
1 st Junior	£15 + OTE Bars Tabs (Courtesy of Upgrade bikes)
2 nd Junior	OTE Bars + Tabs (Courtesy of Upgrade bikes)
3 rd Junior	OTE Bars + Tabs (Courtesy of Upgrade bikes)
1 st team	£10 each

There will also be some spot prizes on the day.

A massive thank you to all the prize donators. Browns Bike, Sussex Coffee Trucks, NoPinz, Upgrade Bikes, One Resourcing and Precise Performance. If your lucky enough to be a prize

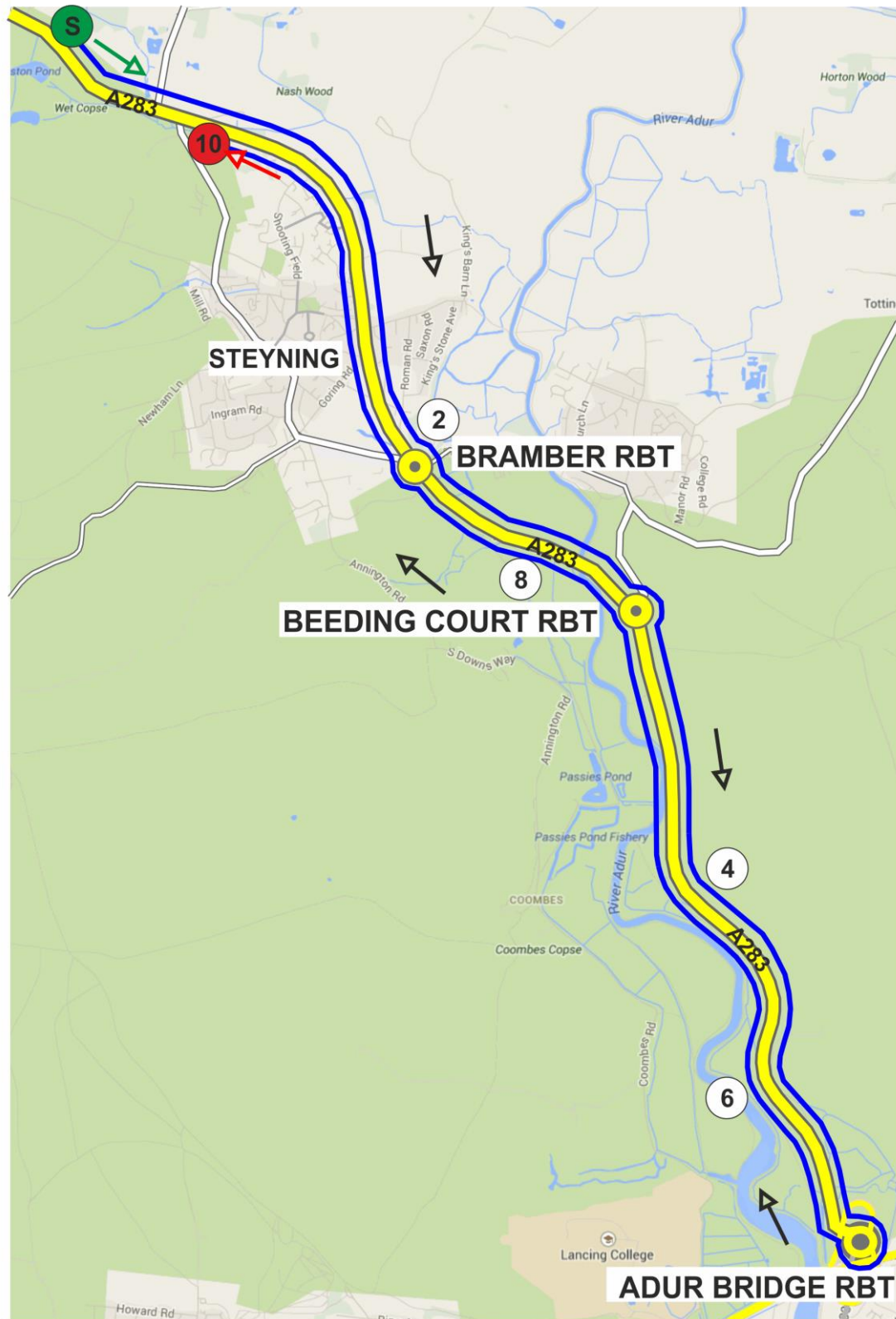
As a Championship event, this race includes a selection of Trophies, Cups and Medals to be awarded to Sussex CA Riders in various categories. This includes the 10 Mile Shield for the fastest overall and the Dave Henty Cup for the fastest team of three. Full details of all awards can be found on the [SCA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



bib	start_time	firstname	lastname	machine	club	gender	category
1	07:01:00	Robert	Lovett	Road Bike	Team TMC	Male	Senior
2	07:02:00	Eline	Smit	Road Bike	Laka x Pedal Mafia Race Team	Female	Senior
3	07:03:00	Russ	Cook	Road Bike	Southborough & Dist. Whs	Male	Veteran
4	07:04:00	Jonathan	Baker	Road Bike	VTTA (Surrey/ Sussex)	Male	Veteran
5	07:05:00	Sam	Cheesman	Road Bike	Team TMC	Male	Senior
6	07:06:00	Stu	Nisbett	Road Bike	Crawley Wheelers	Male	Veteran
7	07:07:00	Oscar	Nisbett	Road Bike	Crawley Wheelers	Male	Junior
8	07:08:00	Tony	Reeves	Road Bike	GS Stella	Male	Veteran
9	07:09:00	Simon	McLeod	Road Bike	Team TMC	Male	Senior
10	07:10:00	Clinton	More	Road Bike	Team TMC	Male	Veteran
11	07:11:00	Mark	Day	Road Bike	Brighton Mitre CC	Male	Senior
12	07:12:00	Patrick	Brown	Road Bike	HuntBikeWheels.com	Male	Senior
13	07:13:00	Robin	Johnson	TT Bike	Brighton Mitre CC	Male	Veteran
14	07:14:00	Brown	Storie	TT Bike	Laka x Pedal Mafia Race Team	Male	Senior
15	07:15:00	Duncan	Murdoch	TT Bike	Norwood Paragon CC	Male	Veteran
16	07:16:00	Erica	Martin	TT Bike	Eastbourne Rovers CC	Female	Veteran
17	07:17:00	David	Smith	TT Bike	VC de Londres	Male	Veteran
18	07:18:00	Robert	Royle-Evatt	TT Bike	Addiscombe CC	Male	Veteran
19	07:19:00	Mike	Marchant	TT Bike	Southdown Velo	Male	Veteran
20	07:20:00	Martin	Cade	TT Bike	Cranleigh Cycling Club	Male	Veteran
21	07:21:00	John	McDonald	TT Bike	trainSharp	Male	Veteran
22	07:22:00	Vince	Freeman	TT Bike	Sussex Revolution Velo Club	Male	Veteran
23	07:23:00	Jack	Smith	TT Bike	Brighton Mitre CC	Male	Senior
24	07:24:00	Sam	Dix	TT Bike	trainSharp	Male	Veteran
25	07:25:00	Michael	Renardson	TT Bike	trainSharp	Male	Espoir
26	07:26:00	Richard	Burchett	TT Bike	Crawley Wheelers	Male	Veteran
27	07:27:00	Adam	Rogers	TT Bike	Eastbourne Rovers CC	Male	Veteran
28	07:28:00	Jonathan	Besly	TT Bike	Dorking Cycling Club	Male	Senior
29	07:29:00	Georgie	Little	TT Bike	Stolen Goat Race Team	Female	Senior
30	07:30:00	Kevin	Plummer	TT Bike	Team TMC	Male	Veteran
31	07:31:00	Chris	Lord	TT Bike	Brighton Excelsior CC	Male	Veteran
32	07:32:00	Nathan	Russell	TT Bike	trainSharp	Male	Senior
33	07:33:00	Paul	Thatcher	TT Bike	Brighton Mitre CC	Male	Veteran
34	07:34:00	Martin	Gibbs	TT Bike	Team TMC	Male	Senior
35	07:35:00	Scott	Warden	TT Bike	Charlottesville Cycling Club	Male	Senior
36	07:36:00	Stuart	Bettis	TT Bike	Precise Performance RT	Male	Senior
37	07:37:00	Marek	Siwicki	TT Bike	Addiscombe CC	Male	Veteran
38	07:38:00	Andy	Critchlow	TT Bike	Paceline RT	Male	Veteran
39	07:39:00	Howard	Shaw	TT Bike	trainSharp	Male	Senior
40	07:40:00	Cris	Coxon	TT Bike	Brighton Mitre CC	Male	Veteran
41	07:41:00	Augustus	Harris	TT Bike	Southborough & Dist. Whs	Male	Juvenile
42	07:42:00	Tom	Houghton	TT Bike	Team TMC	Male	Veteran
43	07:43:00	Sally	Turner	TT Bike	HUUB WattShop	Female	Veteran

44	07:44:00	Lucas	Houghton	TT Bike	Team TMC	Male	Junior
45	07:45:00	Nik	Allen	TT Bike	Team TMC	Male	Veteran
46	07:46:00	Matthew	Smith	TT Bike	Team TMC	Male	Senior
47	07:47:00	Simon	McNamara	TT Bike	Sigma Sports Cannondale RT	Male	Veteran
48	07:48:00	Christopher	McNamara	TT Bike	Sigma Sports Cannondale RT	Male	Veteran

