



Brighton Mitre Cycling Club (1894 – 2019) President – Robin Johnson

The October Hill Climbs, promoted for and on behalf of Cycling Time Trials under their rules and regulations on Saturday the 5th October 2019.

AM: Course GH/92, Steyning Bostal, Steyning, West Sussex, 0.95 miles long.

Course Record:	Men:	Peter Tadros, 3;55.7, 2010
	Ladies:	Alice Lethbridge, 5;02.3, 2015
	Vets:	Peter Tadros, 3;55.7, 2010
	Juniors:	Nick Martin, 4;27.5, 2016

START (Map ref.TQ178106, O.S. Landranger Map 198) in Bostal Road, Steyning.

42yards West of junction with Clays Hill and 7 yards West of blue sign,

"Single track road with passing places". Proceed 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, (TQ 166100).

Start:220'above sea level: steepest at 17%. Finish: 500'above sea level.

HQ; The Steyning Centre, Church Street, Steyning BN44 3XZ

Go into Steyning and follow sign at mini roundabout (left coming from the North).

Turn right opposite Steyning's 12th Century church into large car park.

HQ to start: 0.64 miles - back to mini roundabout, left the 3rd road on right.

After finishing, retrace downhill and please take first left, Newham Lane, to avoid impeding ascending riders. At end of road, go straight on at T-junction, then right at next T-junction to mini roundabout where 1st left to HQ.

Finish to HQ: 1.48 miles.

BOTH EVENTS:

1) NUMBERS at HQ's only: please sign on at each HQ to collect yours.

return for a drink after each hill: food available.

2) TIMEKEEPERS STEYNING – at start, Mike Labram and at finish Kathleen Collard-Berry.

TIMEKEEPERS MILL HILL – at start, Mike Labram and at finish Mick Kilby

3) LONDON SOUTH DC regulation - no vehicle, except those of the timekeepers and race officials shall park in the vicinity of the start and finish area.

4) In the interests of safety, Cycling Time Trials and the event promoters strongly advise you wear a HARD SHELL HELMET that meets an internationally accepted standard.

C.T.T. regulations require compulsory use of helmets for the under 18's.

5) 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.

P.M Course, GH/94, Mill Hill, Shoreham-by-Sea, West Sussex, 2.66 miles long.

Course Record: Men: Jonathon Dayus, 7:18.5, 2005
 Ladies: Alice Lethbridge 8:52.9 2014
 Veterans: Ishnael Burdeau, 7:51.3, 2008
 Juniors: Matt Green, 8:19.3, 2005
 Juvenile: Zak Corum-Haines, 9:02.9, 2012

START (Map ref. TQ212068, OS Landranger Map no. 198) on Mill Hill, Shoreham -by-Sea, immediately north of cattle grid, at northern edge of first car park, 280 yards north of bridge over A27. Climb past New Erringham Farm and South Downs Way car park to FINISH 0.81 mile after sharp right hand bend, at third remaining fence post on left hand side of road, 76 yards before end of metalled road, (TQ217103)

Start 250'above sea level, steepest at 9%. Finish 600'above sea level. Total climbing: 426'

HQ; 1st KINGSTON BUCI SCOUT H, Eastern Avenue, Shoreham-by-Sea, BN43 6PE.

Parking available next door, Northbourne Medical Centre, opposite The Green Jackets pub. Turn South from South-Eastern corner of Buckingham Park, Shoreham-by-Sea, and HQ is 2nd building on the right.

More parking opposite.

NO BIKES ALLOWED INSIDE HQ

HQ to Start 1.15 mile - left on to Old Shoreham Road westwards.

Take 5th road on right, signposted "Mill Hill 1, Youth Hostel 3" , and then 2nd right, across bridge to start at north side of first car park.

After the start, keep well over to the left and beware of any cars coming down, as drivers often appear reluctant to slow and pull over.

CATTLE GRIDS - since 2005, two have been installed. One is immediately before the start and the second is after 0.52 miles, at the top of the first hill.

PRIZES Mens (each event)

FIRST- £15 + a bottle of champagne, value £20

2nd - £10 +a bottle of wine value £6

3rd - £5 + a bottle of wine value £6

PRIZES WOMENS (each event)

FIRST- £15 + a bottle of champagne, value £20

2nd - £10 +a bottle of wine value £6

3rd - £5 + a bottle of wine value £6

First team - a bottle of wine for each rider Value +6

FIRST Veteran - £5 + a bottle of wine value £6

2nd Veteran - a bottle of wine value £6

FIRST juvenile - a bottle of non-alcoholic drink.

PRIZE PRESENTATIONS to be held as soon as possible after each event.

Please stay to receive your awards and / or applaud the recipients.

Very grateful thanks to all entrants, as without you, we would have no event

EVENT Secretary- Paul Griffin, 23A Cambridge Grove, Brighton, BN3 3ED. Tel:077 47 42 46 47