

Course details: Start on B2124 opposite stables 3/4 mile east of Laughton at paint mark on kerb opposite stables on left and drain on opposite side of road, soon after Park Lane Crossroads. Follow B2124 to T junction with A22 (M) at Golden Cross. Turn Left on A22 and continue via Whitesmith to the Shaw RAB where bear Left (1st exit) and then straight on at Halland RAB (2nd exit) (M) and Golf Course RAB (2nd exit) to Little Horsted RAB (M). Turn Left (1st exit) on A26 and continue to Earwig Corner (M). Turn Left on B2192 and continue through Ringmer to Kennel Corner RAB (M). Carry straight on (1st exit) to finish on The Broyle opposite centre point of double metal field gate opposite house "Whitecroft".

Warning: Competitors must take extra care when joining the A22 at Golden Cross, when joining the B2192 at Earwig Corner and at all roundabouts. Please do not warm up on the course after the first team has started.

London South District Regulation: No vehicles shall be parked on the highway within sight of the start or finishing points.

Traffic Lights: In Ringmer there is one set of pedestrian crossing lights which must be obeyed.

Headquarters: Laughton Village Hall. Laughton is on the B2124 between Ringmer and Golden Cross. Turn south at the crossroads in the centre of the village, opposite the Roebuck PH. The hall is 200 yds on Right.

The Start: is about 5 minutes from the HQ. Go back to the X-roads and turn Right.

Numbers: will be at the hall. BOTH riders MUST sign for their number in accordance with CTT rules.

Hazards: Any additional hazards not listed on the Start Sheet will be displayed or advised at the Signing-On Point. All competitors must take note of these details when they sign on.

Times: Will be available at HQ. No times will be given at the finish.

Parking: There is parking available outside the hall and in the car park approx. 100 yards further down towards the church. If parking on the road please use the opposite side of the road to the hall and do not block driveways.

Helmets: CTT regulations require the compulsory use of helmets for the under 18's. In the interests of your own safety CTT and the event promoters strongly advise all competitors to wear a hard/soft shell helmet that meets internationally accepted safety standards.

Toilets: There are toilets in the hall. Please use them.

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

LEWES WANDERERS CYCLING CLUB

Present their Twentieth Annual

GRAND PRIX DES GENTLEMEN

(Organiser: Graham Jeffs, 90 Southridge Rise, Crowborough, TN6 1LJ
Tel: 01892 664898)

To be held on Sunday, 5 October 2008

Over 17.68 miles on Course GS/838

Timekeepers: Mick Kilby & Richard Meed

(A Gentlemen's Grand Prix is for teams comprising one veteran and one other rider. The veteran is paced round the course by his partner but may overtake 200 yds before the line. Two veterans may form a team but one must be pacer and one the nominated veteran)

PRIZE LIST

1 st Team on Standard:	£50
2 nd Team on Standard:	£40
3 rd Team on Standard:	£30
4 th Team on Standard:	£25
5 th Team on Standard:	£20
6 th Team on Standard:	£15

1st Family Team on Standard: £15

Fastest Team: £30

**PRIZES WILL BE PRESENTED AS SOON AS POSSIBLE AFTER THE EVENT.
PLEASE STAY TO COLLECT YOURS OR TO APPLAUD YOUR TEAMMATES.**

No.	Name	Club	Std. Time	Start Time
1	Bradley Humber	Lewes Wanderers CC		
2	Hugh Procter	Lewes Wanderers CC	53.05	8.32
3	Mark Paton	Sussex Nomads CC		
4	Michael Thyer	Sussex Nomads CC	54.14	8.34
5	Stefano Arcidiacono	East Grinstead CC		
6	Ben Hardisty	East Grinstead CC	50.47	8.36
7	Roger Watts	Lewes Wanderers CC		
8	Joe Pardo	Lewes Wanderers CC	51.33	8.38
9	David Earl	Hastings & St Leonards CC		
10	Jamie Beale	Hastings & St Leonards CC	48.57	8.40
11	Mike Anton	East Grinstead CC		
12	Richard Woodward	East Grinstead CC	49.41	8.42
13	Nathan Gale	Worthing Excelsior CC		
14	Kevin Doe	Worthing Excelsior CC	51.56	8.44
15	Martin Yardley	Southborough & Dist Wheelers		
16	David Parker	Southborough & Dist Wheelers	59.54	8.46
17	Noel Miles	East Grinstead Tri Club		
18	Richard Traynor	East Grinstead Tri Club	49.41	8.48
19	Geoff Smith	VC Etoile		
20	Gordon Pain	Sussex Nomads CC	53.28	8.50
21	Adam Ford	Eastbourne Rovers CC		
22	David Cox	Eastbourne Rovers CC	55.26	8.52
23	Mark Bernhardt	Worthing Excelsior CC		
24	Stuart Jago	Worthing Excelsior CC	51.56	8.54
25	James Brickell	In-Gear Quickvit RT		
26	Ian Burgess	Lewes Wanderers CC	49.41	8.56
27	Debbie Evers	Lewes Wanderers CC		
28	Sue Hudson	Lewes Wanderers CC	55.51	8.58
29	Karl Roberton	Worthing Excelsior CC		
30	Mel Roberton (FT)	Worthing Excelsior CC	55.02	9.00
31	Mark Winton	Lewes Wanderers CC		
32	Graham Jeffs	Lewes Wanderers CC	54.38	9.02
33	Steve Comben	In-Gear Quickvit RT		
34	Chris Martin	Lewes Wanderers CC	51.10	9.04
35	Kevin Burton	Eastbourne Rovers CC		
36	Alan Symonds	Eastbourne Rovers CC	59.54	9.06
37	Claire Leonard	Brighton Mitre CC		
38	Michael Leonard (FT)	Brighton Mitre CC	48.57	9.08
39	David Shepherd	Liphook Cycles RT		
40	Ben Fielden	A3CRG	57.31	9.10
41	Thomas Copeland	In-Gear Development Squad		
42	Clive Copeland (FT)	Crawley CC	50.25	9.12
43	Mark Newnham	Worthing Excelsior CC		
44	John Baldwin	Worthing Excelsior CC	50.25	9.14
45	Emma Richards	Eastbourne Rovers CC		
46	Rob Rickson	Eastbourne Rovers CC	48.13	9.16
46	Tom Silverlock	Hemel Hempstead CC		
47	John Kelly	London Phoenix CC	54.14	9.18
49	Peter Baker	Lewes Wanderers CC		
50	Ian Landless	Lewes Wanderers CC	58.21	9.20

51	Spencer Coleman	Lewes Wanderers CC		
52	Robert Coleman (FT)	Epsom CC	56.41	9.22
53	Michael Valks	Sussex Nomads CC		
54	Paul Valks (FT)	Sussex Nomads CC	56.41	9.24
55	Martin Bailey	Kettering CC		
56	Tom Bailey (FT)	Kettering CC	59.28	9.26
57	Peter Logan	Worthing Excelsior CC		
58	Don Lock	Worthing Excelsior CC	59.54	9.28
59	Max Norrell	Bayeux Landscapes		
60	Alan Priddy	De Laune CC	57.31	9.30
61	Trevor Chilman	Redhill CC		
62	Richard Sanders	Redhill CC	48.13	9.32
63	Iain Brogden	Eastbourne Rovers CC		
64	Tony Murphy	Eastbourne Rovers CC	49.19	9.34
65	Andrew Comben	Metropolitan Police CC		
66	Bob Comben (FT)	Lewes Wanderers CC	52.19	9.36
67	Jay Miles	Hastings & St Leonards CC		
68	Tim Miles (FT)	Hastings & St Leonards CC	55.51	9.38
69	Jon Sharples	In-Gear Quickvit RT		
70	Richard Gifford	VC In-Gear	49.19	9.40
71	Richard Weatherstone	GS Stella		
72	John Double	Crawley Wheelers	57.31	9.42
73	Emily Bright	East Grinstead Tri Club		
74	Mike Levett	Lewes Wanderers CC	52.42	9.44
75	Rupert Rivett	Sussex Nomads CC		
76	Geoffrey Boore	Sussex Nomads CC	59.02	9.46
77	Kevin Traylen	Sussex Nomads CC		
78	Graham Seymour	Sussex Nomads CC	57.56	9.48
79	Tom Rossetter	Eastbourne Rovers CC		
80	Stuart Medhurst	Eastbourne Rovers CC	49.41	9.50
81	Mark Bashford	East Grinstead CC		
82	Kevin Bashford (FT)	East Grinstead CC	50.47	9.52
83	Stuart Edmonds	Sussex Nomads CC		
84	Richard Harwood	Horsham CC	48.13	9.54
85	Chris Putnam	Worthing Excelsior CC		
86	Ben Barden	Worthing Excelsior CC	55.02	9.56
87	Stephen Gaston	Lewes Wanderers CC		
88	Horry Hemsley	Lewes Wanderers CC	60.48	9.58
89	Paul Byford	GS Stella		
90	Kevin Shaw	GS Stella	52.19	10.00
91	Steve Frame	Eastbourne Rovers CC		
92	Harry Featherstone	Eastbourne Rovers CC	61.44	10.02

FT = FAMILY TEAM

SPONSORED TEAMS:

IN-GEAR QUICKVIT RT – In Gear Cycles / Quickvit VC IN-GEAR – In-Gear Cycles

BAYEUX LANDSCAPES – Bayeux Landscapes / Geneva Investment Group / Phoenix Cycles

LIPHOOK CYCLES RT – Liphook Cycles