



# Eastbourne Rovers Cycling Club

[www.eastbournerovers.com](http://www.eastbournerovers.com)

Online  
Handbook

2011



**2010 Senior Best All Rounder – Iain Brogden**

25m – 55:28    50m – 1:53:35    100m – 4:05:36    25.962 mph

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<b>Life Members</b>	Graham Cox, David Dunbar, Graham Lade & Jane Lade
<b>Vice Presidents</b>	David Dunbar, Stuart Greenway, George Henty, Brian Holt, Charles Robson, Gavin Smith & Richard Thomas
<b>Chairman</b>	Graham Lade Tel: 01323 509408 Email: graham.lade@tiscali.co.uk
<b>Secretary</b>	Ann Human Tel: 01323 485180 Email: ann.human@btinternet.com
<b>Treasurer</b>	Peter Moon Tel: 01323 485180 Email: little.brook@btinternet.com
<b>Open Time Trial Secretary</b>	Harry Featherstone Tel: 01323 841034
<b>Club Time Trial Secretary</b>	Dave Cox Tel: 01323 507916 Email: suecoxey@tiscali.co.uk
<b>Track Co-ordinator</b>	Vacant
<b>Road Race Secretary</b>	Vacant
<b>Audax Co-ordinator</b>	Richard Thomas Tel: 01323 502615 Email: richthomas@btinternet.com
<b>Press Secretary</b>	Tony Murphy Tel: 01323 410376 Email: tonyandemma@tonyandemma.plus.com
<b>Minutes Secretary</b>	Emma Richards Tel: 01323 410376 Email: tonyandemma@tonyandemma.plus.com
<b>Committee Members</b>	Stuart Davis, Rob Rickson & Alan Symonds
<b>Auditor</b>	Stuart Davis 01323 469188
<b>Recorder</b>	Ann Human Tel: 01323 485180 Email: ann.human@btinternet.com

1. That this club be called Eastbourne Rovers Cycling Club and that the headquarters of the club be at such place as shall be determined by the committee from time to time.
2. The club colours shall be yellow, white and black and the design shall be as decided by the committee from time to time after taking into consideration the views of the club members.
3. That this club be affiliated to Cycling Time Trials, British Cycling and other bodies as decided by the committee.
4. Membership of the club to consist of senior, junior, juvenile, second claim and associate members.
5. The annual subscription shall be as decided at the annual general meeting. All subscriptions to become due on 01 January each year. Subscriptions of new members joining after 01 October shall be deemed to cover membership for the ensuing year.
6. No member whose subscription is in arrears is eligible to take part in any competition promoted by the club.
7. Second claim members may take part in any event and receive any awards that may be offered with the exception of the club's perpetual trophies.
8. The officers of the club shall consist of the President, Vice Presidents, Chairman, Secretary, Treasurer, Minutes Secretary, Racing Secretaries (road & track, time trials and off road) and five other committee members. Other officers may be appointed from the committee as may be deemed necessary by the annual general meeting.
9. A member may only hold the position of President for a maximum of three consecutive years. This would not preclude that member from being elected President again in the future.
10. When a committee member has been absent from three consecutive meetings or acted in a way that the committee may think objectionable, failing an explanation which is satisfactory to the remainder of that committee, the member shall lose his or her seat on the committee. The committee shall have the power to fill any vacancy on the committee.
11. A committee meeting shall consist of a quorum of at least seven members of the committee which of least two shall be officers of the club. The committee shall have the power to form sub committees for any purpose.
12. All trophies and equipment owned by the club, and any that may be acquired in the future, shall be the property of the club. The responsibility for the maintenance and safe keeping thereof shall rest with the committee.
13. All cheques to be signed by any two authorised committee members nominated to the bank.
14. The club's financial year shall end on 31 October and the annual general meeting shall be held within eight weeks of this date.
15. Any member wishing to resign from the club shall give notice in writing to the Secretary.
16. The Secretary shall keep a roll of all members and shall send out the requisite notice of all meetings and shall have the power to call a committee meeting on the written request of two members.
17. Any member violating the rules of the club or acting in any way that members may think objectionable may be expelled from the club at the discretion of the committee.

- 18. These rules shall be subject to alterations or amendments at the annual general meeting, due notice of such meeting together with such alterations or amendments to the rules having been sent to all members by the Secretary fourteen days prior to the meeting.
- 19. All alterations and amendments to the rules shall require the assent of two thirds of the members present at the annual or special general meeting.
- 20. Any member desirous of altering a rule, or proposing a new one, shall send notice in writing to the Secretary at least twenty one days before such a meeting.
- 21. In all cases of voting, where the votes are equal, the Chairman shall have the casting vote.

**Protection of children and vulnerable adults Policy**  
**British Cycling handbook and guidelines 2003**

As a result of Government legislation and membership of National Cycling bodies the club has an obligation to comply with the basic provisions contained within the above document namely a duty of care to protect all children and vulnerable adults whilst participating in club activities.

It is the responsibility of every club member to report any concerns that he or she may have regarding the welfare of any child or vulnerable adult, separately, to two members of the club committee, who should normally be the Secretary or the Chairman.

The club committee shall be responsible for any further action.

**Club Membership Policy**

**Code of Conduct**

As a member of Eastbourne Rovers Cycling Club, you are expected to conduct yourself in a reasonable manner whilst racing, training and leisure riding. Please do not abuse the laws of the road or provoke or insult other road users, because at best it can bring the club into disrepute and at worst it could curtail certain privileges, facilities and relationships with the authorities that cyclists and other club members enjoy.

**CTT Regulations for the conduct of Road Time Trials**

It is the responsibility of all riders to ensure that they comply with the Regulations as detailed in the CTT handbook or on their website [www.ctt.org.uk/regulations.asp](http://www.ctt.org.uk/regulations.asp)

A précis of some of the pertinent rules can be found at the end of this handbook but you should refer to the official documentation for full details.

**Insurance**

All members must be covered for third party accident liability. This can easily be achieved by joining British Cycling, the Cyclists Touring Club or the British Triathlon Association

**First Claim Membership**

In accordance with CTT regulations, a rider may only be a first claim member of one club and must enter open and semi open events in the name of that club. A rider who changes his club after the closing date for entries must ride in the name of the new club but is not eligible for any team award. A rider may only change his first claim club once in any calendar year.

**Second Claim Membership**

Second claim members may take part in any event and receive any awards that may be offered with the exception of the club's perpetual trophies.

**Subscriptions for 2011**

Senior (aged 18 or over)	£20	Subscriptions become due on 01 January each year.
Junior (aged 16 and 17)	£10	
Juvenile (aged 15 or under)	£10	Subscriptions of new members joining after 01 October shall be deemed to cover membership for the ensuing year.
Second Claim	£20	
Associate	£10	

**Renewing your membership**

A membership renewal form will be sent to current members together with the notification of the annual general meeting. Please complete and return to the Treasurer with the appropriate remittance. Additional membership application forms can be downloaded from our website [www.eastbournrovers.com](http://www.eastbournrovers.com) or requested from the Treasurer. Please note – no member whose subscription is in arrears is eligible to take part in any competition promoted by the club.

**Contact:** Peter Moon on 01323 485180 or email [little.brook@btinternet.com](mailto:little.brook@btinternet.com)

**Data Protection**

The club is obliged to keep a roll of all its members, and information such as name and contact details will be held on the club's database for this purpose. Any member who objects to their details being held should let the secretary know.

**Contact:** Ann Human on 01323 485180 or email [ann.human@btinternet.com](mailto:ann.human@btinternet.com)

**Submitting Results**

Members are obliged to submit results to the Recorder as soon as possible following the last counting date, or earlier if finished racing for the season.

**Contact:** Ann Human on 01323 485180 or email [ann.human@btinternet.com](mailto:ann.human@btinternet.com)

**Miscellaneous**

Any non member helping the club at any event in any capacity shall be deemed to be a member of the club on the day of the event at which he or she is assisting.

**Sponsorship**

Eastbourne Rovers Cycling Club is not a sponsored club

**Club Room**

Stone Cross Memorial Hall, Stone Cross (opposite the Red Lion Public House)

**Affiliations**

Eastbourne Rovers Cycling Club is affiliated to

East Sussex Cycling Association (**ESCA**)  
 Sussex Cyclists Association (**SCA**)  
 Southern Counties Cycling Union (**SCCU**)  
 Kent Cycling Association (**KCA**)

Cycling Time Trials (**CTT**)  
 Cyclists Touring Club (**CTC**)  
 British Cycling (**BCF**)

**Website**

Our club website address is [www.eastbournerovers.com](http://www.eastbournerovers.com)  
 Our club email address is [info@eastbournerovers.com](mailto:info@eastbournerovers.com)

The website is maintained by Iain Brogden and contains a wealth of information including details of club events, results, club handbook, newsletters, club and CTT forms etc., together with useful links to other sites.

**Contact:** Iain Brogden on 01323 520590 or email [iain@ciscom.co.uk](mailto:iain@ciscom.co.uk)

**Press Secretary**

Tony Murphy is the Press Secretary and would welcome notification of any newsworthy stories and photos that may be of interest to local newspapers.

**Contact:** Tony Murphy on 01323 410376 or email [tonyandemma@tonyandemma.plus.com](mailto:tonyandemma@tonyandemma.plus.com)

**Club Handbook**

The club handbook is produced by Ann Human, the cost of which is partly subsidised by advertising revenue, so please do your best to support those who have contributed. Please notify any errors or omissions, or put forward ideas for improvement.

**Contact:** Ann Human on 01323 485180 or email [ann.human@btinternet.com](mailto:ann.human@btinternet.com)

**Club Newsletter**

The club newsletter is produced by Richard Thomas and can be downloaded from our website [www.eastbournerovers.com](http://www.eastbournerovers.com) – if you would like to be notified by email when the next edition is available please let Richard know. Please submit your results, articles, pictures or items of interest or announcements for inclusion in the next edition, as all contributions are both welcome and appreciated.

**Contact:** Richard Thomas on 01323 502615 or email [richthomas@btinternet.com](mailto:richthomas@btinternet.com)

Club colours are yellow, white and black. Very little Club clothing is held in stock but we do purchase at set times throughout the year. Contact Peter Moon to check current availability.

Range of Clothing		Sizes Available			
Lightweight Airtex jersey	With short sleeves	0	XXS	5	XL
Fleece lined Airtex jersey	With long sleeves	1	XS	6	XXL
Windtex Jacket		2	S	7	XXXL
Skin suit with gel inserts	With short or long sleeves	3	M	8	XXXXL
Bib shorts	With gel insert	4	L	9	XXXXXL

A club clothing order form can be downloaded from our website [www.eastbournerovers.com](http://www.eastbournerovers.com) or requested from the Treasurer. Your cheque, made payable to Eastbourne Rovers Cycling Club, must accompany your order.

**Contact:** Peter Moon on 01323 485180 or email [little.brook@btinternet.com](mailto:little.brook@btinternet.com)

Club Pursuits

**Monday Club Night**

We hold a club night at the Stone Cross Memorial Hall every Monday evening from 8:00pm to 10:30pm (not including bank holidays). Everyone is welcome – please come along for a chat and support the club and its members.

**Turbo Sessions**

These are held at the Stone Cross Memorial Hall every Monday evening during the winter from 8:00pm to 9:00pm (set up at 7.30pm) – Free to members and £2 for non-members.

**Winter Club Runs**

During the winter months, club runs leave the Horse and Groom Public House at Polegate crossroads at 9:15am each Sunday – variations to the type and length of ride will be made to suit the ability of the riders.

**Contact:** Dave Cox on 01323 507916 or email [suecoxey@tiscali.co.uk](mailto:suecoxey@tiscali.co.uk)

**Annual Prize Presentation Dinner**

The annual prize presentation dinner is usually held on the third Saturday in January. Donations for raffle prizes are greatly appreciated.

**Contact:** Sue Cox on 01323 507916 or email [suecoxey@tiscali.co.uk](mailto:suecoxey@tiscali.co.uk)

**Committee Meetings**

Committee meetings are usually held on the third Monday of each month at Stone Cross Memorial Hall.

**Annual General Meeting**

The annual general meeting will be held at Stone Cross Memorial Hall on the first Monday of December. The agenda for the meeting will include the minutes of the previous AGM, reports from officers and election of officials for the coming year. If you have a matter for inclusion in the agenda, please forward it to the Secretary in writing as least 28 days prior to the meeting. The agenda will be on the club notice board 14 days prior to the meeting.

**Contact:** Ann Human on 01323 485180 or email [ann.human@btinternet.com](mailto:ann.human@btinternet.com)

Please note – trophies need to be cleaned and returned to Graham Lade on or before the date of the AGM so they can be engraved ready for the prize presentation in January.

Tickets for the annual prize presentation dinner will be available for purchase at the AGM.

**Club Best All Rounder Competition**

Awards are given for first place in each category. In order to qualify for the club best all rounder competition you must submit your results to the Recorder by 31st October 2011. For an event to qualify it must be an open or association event published in the CTT handbook. Club events do not qualify for inclusion in the BAR competitions.

<b>Senior</b>	Contested over 25, 50 and 100 miles in any open or association event this season. Based on an average mph from the best performance at each distance.
<b>Veteran</b>	Contested over 10, 25 and 50 miles in any open or association event this season. Based on the aggregate plus on standard from the best performance at each distance.
<b>Ladies</b>	Contested over 10, 25 and 50 miles in any open or association event this season. Based on an average mph from the best performance at each distance.
<b>Junior</b>	Contested over 10, 25 and 50 miles in any open or association event this season. Based on an average mph from the best performance at each distance.

**Contact:** Ann Human on 01323 485180 or email [ann.human@btinternet.com](mailto:ann.human@btinternet.com)

**Club Senior Best All Rounder Results**

Year	Pos	Rider	25 m	50 m	100 m	Av mph
2010	1	Iain Brogden	0:55:28	1:53:35	4:05:36	25.962
	2	Peter Moon	1:02:32	2:02:51	4:23:57	23.713
	3	Stuart Medhurst	1:01:10	2:05:33	4:39:40	23.291
	4	Adam Ford	1:05:04	2:08:44	4:48:31	22.384
2009	1	Iain Brogden	0:54:49	1:53:21	4:05:45	26.082
	2	Peter Moon	0:58:35	2:01:13	4:23:29	24.375
	3	Vic Butler	0:59:13	2:07:40	4:42:45	23.350
2008	1	Peter Moon	0:58:47	1:57:49	4:16:53	24.779
	2	Stuart Medhurst	0:57:23	2:09:29	4:26:13	23.949
	3	Adam Ford	1:03:09	2:08:39	4:52:11	22.536
	4	Tony Murphy	1:04:10	2:22:44	5:01:06	21.441
	5	Emma Richards	1:07:50	2:26:39	5:21:56	20.402
2007	1	Steve Frame	0:54:17	1:54:19	4:18:53	25.684
	2	Peter Moon	0:56:23	2:00:08	4:13:11	25.091
	3	Stuart Medhurst	0:57:40	2:01:52	4:35:20	24.140
2006	1	Steve Frame	0:57:00	1:57:15	4:31:04	24.679
	2	Stuart Medhurst	0:57:22	2:02:35	4:41:06	23.989
	3	Adam Ford	1:02:10	2:12:55	4:50:42	22.447

**Club Ladies Best All Rounder Results**

Year	Pos	Rider	10 m	25 m	50 m	Av mph
2010	1	Emma Richards	24:17	1:05:31	2:16:17	23.205
	2	Liz Lumber	39:13	1:12:56	2:20:25	19.077
2009	1	Emma Richards	24:17	1:05:31	2:16:17	23.205
2008	1	Emma Richards	25:52	1:07:50	2:26:39	21.922
2007	1	Emma Richards	25:11	1:08:44	2:27:30	21.692
2006	1	Emma Richards	25:20	1:07:57	2:24:43	22.163

**Club Junior Best All Rounder Results**

Year	Pos	Rider	10 m	25 m	50 m	Av mph
2010	1	Not Awarded	-	-	-	-
2009	1	Not Awarded	-	-	-	-
2008	1	Not Awarded	-	-	-	-
2007	1	Not Awarded	-	-	-	-
2006	1	Not Awarded	-	-	-	-

## 10 Club Best All Rounder Competition cont

### Club Veteran Best All Rounder Results

Year	Pos	Rider	10 m	25 m	50 m	+ on Std
2010	1	Iain Brogden	+ 04:54	+ 11:02	+ 24:28	+ 0:40:24
	2	Peter Moon	+ 04:23	+ 08:03	+ 23:41	+ 0:36:07
	3	Stuart Medhurst	+ 04:04	+ 08:54	+ 19:55	+ 0:32:53
	4	Tony Murphy	+ 02:34	+ 04:38	+ 09:54	+ 0:17:06
	5	Liz Lumber	- 11:27	- 00:45	+ 08:20	- 0:03:52
	6	Andrew Parsons	+ 01:24	- 03:00	- 09:00	- 0:10:36
2009	1	Vic Butler	+ 06:24	+ 20:52	+ 38:35	+ 1:05:51
	2	Alan Symonds	+ 05:52	+ 17:23	+ 35:29	+ 0:58:44
	3	David Cox	+ 05:03	+ 14:06	+ 25:57	+ 0:45:06
	4	Peter Moon	+ 04:53	+ 11:29	+ 24:15	+ 0:40:37
	5	Iain Brogden	+ 04:22	+ 11:11	+ 23:40	+ 0:39:13
	6	Kevin Burton	+ 03:57	+ 10:13	+ 22:34	+ 0:36:44
	7	Stuart Medhurst	+ 03:39	+ 09:31	+ 14:10	+ 0:27:20
	8	Andrew Parsons	+ 00:48	+ 02:26	+ 03:34	+ 0:06:48
2008	1	Harry Featherstone	+ 08:58	+ 23:19	+ 46:22	+ 1:18:39
	2	Vic Butler	+ 06:02	+ 20:32	+ 40:56	+ 1:07:30
	3	Dave Cox	+ 05:01	+ 14:05	+ 28:33	+ 0:47:39
	4	Peter Moon	+ 04:15	+ 10:46	+ 26:34	+ 0:41:35
	5	Alan Symonds	+ 05:54	+ 13:28	+ 22:10	+ 0:41:32
	6	Steve Frame	+ 03:55	+ 07:48	+ 19:02	+ 0:30:45
	7	Stuart Medhurst	+ 03:50	+ 11:39	+ 13:50	+ 0:29:19
	8	Andrew Stobbart	+ 02:42	+ 08:33	+ 12:21	+ 0:23:36
	9	Tony Murphy	+ 01:50	+ 04:21	- 01:34	+ 0:04:37
2007	1	Harry Featherstone	+ 09:12	+ 23:43	+ 46:58	+ 1:19:53
	2	Dave Cox	+ 05:33	+ 13:32	+ 24:29	+ 0:43:34
	3	Steve Frame	+ 04:04	+ 12:13	+ 23:44	+ 0:40:01
	4	Peter Moon	+ 04:06	+ 12:39	+ 23:11	+ 0:39:56
	5	Stuart Medhurst	+ 04:20	+ 10:51	+ 20:22	+ 0:35:33
	6	Andrew Stobbart	+ 02:50	+ 07:54	+ 14:03	+ 0:24:47
2006	1	Harry Featherstone	+ 09:38	+ 21:55	+ 39:56	+ 1:11:29
	2	Dave Cox	+ 05:42	+ 14:10	+ 22:57	+ 0:42:49
	3	Stuart Medhurst	+ 03:48	+ 10:38	+ 18:35	+ 0:33:01
	4	Steve Frame	+ 04:10	+ 07:19	+ 15:11	+ 0:26:40
	5	Nigel Abbott	+ 03:15	+ 06:10	+ 12:27	+ 0:21:52
	6	Tony Murphy	+ 01:18	+ 03:35	- 00:32	+ 0:04:21
	7	Andrew Parsons	+ 00:59	+ 04:00	- 07:05	- 0:02:06

## 11 Club Time Trial Championship

Awards are given for the highest placement in each event.

<b>10 m</b>	Thu 19 May 2011	Club Evening	G10/83 – Pevensey	19:15
<b>25 m</b>	Thu 09 Jun 2011	Club Evening	G25/80 – East Hoathly	19:15
<b>50 m</b>	Sun 10 Jul 2011	ESCA event	G50/89 – Maresfield	06:00
<b>100 m</b>	Sun 21 Aug 2011	ESCA event	G100/86 – Upper Dicker	06:00

### Club 10 mile Championship Results

	2010	2009	2008	2007	2006
<b>1</b>	Iain Brogden	Iain Brogden	Michael Valks	Steve Frame	Steve Frame
<b>2</b>	Michael Valks	Matt Scott	Steve Frame	Stuart Medhurst	Graeme Hadlow
<b>3</b>	Stuart Medhurst	Peter Moon	Iain Brogden	Stuart Davis	Daniel Frederick
<b>W</b>	Emma Richards	Emma Richards	Emma Richards	Emma Richards	Theresa Abbott

### Club 25 mile Championship Results

	2010	2009	2008	2007	2006
<b>1</b>	Iain Brogden	Iain Brogden	Iain Brogden	Steve Frame	Graeme Hadlow
<b>2</b>	Stuart Davis	Peter Moon	Michael Valks	Michael Valks	Stuart Davis
<b>3</b>	Peter Moon	Michael Valks	Stuart Medhurst	Tim Fuller	Michael Valks
<b>W</b>	-	Emma Richards	Emma Richards	-	Theresa Abbott

### Club 50 mile Championship Results

	2010	2009	2008	2007	2006
<b>1</b>	Iain Brogden	Iain Brogden	Michael Valks	Steve Frame	Stuart Davis
<b>2</b>	Michael Valks	Michael Valks	Iain Brogden	Stuart Medhurst	Stuart Medhurst
<b>3</b>	Peter Moon	Peter Moon	Steve Frame	Steve Humphrey	Michael Davey
<b>W</b>	-	-	Emma Richards	-	-

### Club 100 mile Championship Results

	2010	2009	2008	2007	2006
<b>1</b>	Iain Brogden	Iain Brogden	Peter Moon	Steve Frame	Steve Frame
<b>2</b>	Peter Moon	-	Adam Ford	Peter Moon	Stuart Medhurst
<b>3</b>	Stuart Medhurst	-	Tony Murphy	Stuart Medhurst	Adam Ford
<b>W</b>	-	-	Emma Richards	-	-

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### Club Early Season Events

Sun 20 Feb 2011	<b>10 m</b>	G10/83 – Pevensey	10:00
Sun 27 Feb 2011	<b>25 m</b>	G25/80 – East Hoathly	08:30

Pay on the line                      Members £2.00                      Non members £3.00

**Contact:** Dave Cox on 01323 507916 or email suecoxey@tiscali.co.uk

#### Club Early Season 10 mile Results

	2010	2009	2008	2007	2006
<b>1</b>	Ian Brogden	Ian Brogden	Steve Frame	Steve Frame	Steve Frame
<b>2</b>	Peter Moon	Peter Moon	Michael Valks	Stuart Davis	Graeme Hadlow
<b>3</b>	Jez Fallon	Stuart Davis	Stuart Medhurst	Michael Valks	Julian Sykes
<b>V</b>	Ian Brogden	Alan Symonds	Alan Symonds	Alan Symonds	Steve Frame
<b>W</b>	-	Emma Richards	Tracy Fuller	Emma Richards	-
<b>Jn</b>	-	Elliot Hoskins	-	-	-
<b>Jv</b>	-	-	-	-	-

#### Club Early Season 25 mile Results

	2010	2009	2008	2007	2006
<b>1</b>	Cancelled	Ian Brogden	Ian Brogden	Steve Frame	Steve Frame
<b>2</b>		Peter Moon	Andrew Stobbart	Stuart Davis	Graeme Hadlow
<b>3</b>		Stuart Davis	Adam Ford	Michael Valks	Michael Valks
<b>V</b>		Peter Moon	Andrew Stobbart	Alan Symonds	Richard Thomas
<b>W</b>		-	-	Emma Richards	-
<b>Jn</b>		-	-	-	-
<b>Jv</b>		-	-	-	-

### Club Evening Series Competition

Awards are given for first place in each category. In order to qualify for the club evening series competition you must subscribe to the whole series in advance of your first ride.

**First Senior**  
**First Veteran on Standard**  
**First Lady**  
**First Junior**  
**First Juvenile**

Awarded for the least number of points accumulated from the best six rides during the series

## Club Evening Series Competition cont

## 13

The series comprises of 18 events and the fee for the series covers you for entry into all of the events. Points are applied for each individual race in accordance with your rank in that race – 1 point for first place, 2 points for second place, 3 points for third place etc. At least six events must be completed, and the accumulated points from your best six rides count towards the competition.

Entry fee for the series                      Members only £20.00

Pay on the line                      Members £2.00                      Non members £3.00

**Contact:** Dave Cox on 01323 507916 or email suecoxey@tiscali.co.uk

#### Eastbourne Rovers Club Evening Series Events

#### Start

Thu 21 Apr 2011	<b>10 m 2up</b>	G10/83 – Pevensey	19:15
Thu 28 Apr 2011	<b>10 m</b>	G10/83 – Pevensey	19:15
Thu 05 May 2011	<b>10 m</b>	G10/83 – Pevensey	19:15
Thu 12 May 2011	<b>10 m</b>	G10/83 – Pevensey	19:15
Thu 19 May 2011	<b>10 m – Club Championship</b>	G10/83 – Pevensey	19:15
Thu 26 May 2011	<b>14.07 m</b>	GS/884 – Pevensey circuit	19:15
Thu 02 Jun 2011	<b>10 m</b>	G10/83 – Pevensey	19:15
Thu 09 Jun 2011	<b>25 m – Club Championship</b>	G25/80 – East Hoathly	19:15
Thu 16 Jun 2011	<b>14.07 m</b>	GS/884 – Pevensey circuit	19:15
Thu 23 Jun 2011	<b>10 m</b>	G10/83 – Pevensey	19:15
Thu 30 Jun 2011	<b>14.07 m</b>	GS/884 – Pevensey circuit	19:15
Thu 07 Jul 2011	<b>7.2 m</b>	GS/834 – Birling Gap circuit	19:15
Thu 14 Jul 2011	<b>10 m</b>	G10/83 – Pevensey	19:15
Thu 21 Jul 2011	<b>14.4 m</b>	GS/834 – Birling Gap circuit	19:15
Thu 28 Jul 2011	<b>10 m</b>	G10/83 – Pevensey	19:15
Thu 04 Aug 2011	<b>7.2 m</b>	GS/834 – Birling Gap circuit	19:15
Thu 11 Aug 2011	<b>10 m</b>	G10/83 – Pevensey	18:45
Thu 18 Aug 2011	<b>10 m</b>	G10/83 – Pevensey	18:45

#### Evening Series Course Notes and Information

The start of the 10 mile course G10/83 is at the 'soft verge' sign ¼ mile west of the Pevensey roundabout. Before you start riders should wait in the small grass lay-by at the footpath crossing, 220 yards west of the start.

To ensure that we can continue to use this course it is essential that all riders dismount and cross the Pevensey by-pass on foot – any rider seen doing a U-turn on the Pevensey by-pass will be disqualified from riding in the event.

For your own safety we strongly recommend you wear a safety helmet and equip your bike with a red flashing rear light.

Please avoid being late for signing on.

## 14 Club Evening Series Competition cont

### Club Evening Series Results

Pos	2010	2009	2008	2007	2006
1	Iain Brogden 6	Iain Brogden 6	Iain Brogden 6	Stuart Medhurst 6	Steve Frame 6
2	Stuart Medhurst 10	Michael Valks 11	Michael Valks 6	Peter Moon 9	Graeme Hadlow 6
3	Michael Valks 10	Stuart Medhurst 12	Tom Rossetter 14	Graeme Hadlow 11	Stuart Medhurst 8
4	Stuart Davis 16	Stuart Davis 16	Stuart Medhurst 17	Stuart Davis 12	Stuart Davis 14
5	Adam Rogers 18	Peter Moon 16	Stuart Davis 21	Michael Valks 14	Michael Valks 17
6	Tony Murphy 26	Adam Rogers 17	Adam Rogers 22	Andrew Stobbart 21	Max Norrell 25
7	Adam Ford 31	Matt Scott 21	Andrew Stobbart 22	Adam Ford 22	Kerry Macredie 27
8	Andrew Stobbart 31	Adam Ford 25	Peter Moon 25	Tim Fuller 25	Kevin Burton 30
9	Konrad Pieterse 33	Kevin Burton 27	Adam Ford 28	Iain Brogden 26	Adam Ford 30
10	Emma Richards 39	Konrad Pieterse 32	Tony Murphy 33	Dave Cox 28	Dave Cox 31
11	Kevin Burton 42	Tony Murphy 33	Kevin Burton 37	Paul Fuller 40	Andrew Stobbart 35
12	Paul Hanratty 49	Emma Richards 39	Dave Cox 39	Tony Murphy 43	Bob Norman 36
13	Jez Fallon 52	Dave Cox 44	Andrew Parsons 46	Alan Symonds 43	Tony Murphy 41
14	Robert Rickson 52	Andrew Parsons 52	Emma Richards 46	Emma Richards 44	Nigel Abbott 44
15	David Cox 54	Rob Rickson 54	Alan Symonds 55	Andrew Parsons 50	Emma Richards 50
16	Liz Lumber 58	Alan Symonds 56	Rob Rickson 57	Peter Ingram 51	Theresa Abbott 51
17	Jim Hennessy 61		Peter Ingram 82	John Seviour 51	Nathan Russell 61
18	Andrew Parsons 61				Alan Symonds 62
19	Mark Jobbins 72				Andrew Parsons 67
20					Peter Ingram 76

## The Stan Nash Open 10 mile Memorial TT

15

This event is promoted by Eastbourne Rovers in memory of Stan Nash.

Sat 13 Aug 2011 10 m

G10/87 – East Hoathly

06:30

Contact: Peter Moon on 01323 485180 or email [little.brook@btinternet.com](mailto:little.brook@btinternet.com)

### Eastbourne Rovers 10 mile Best Positions

	2010	2009	2008	2007	2006
1	Iain Brogden 5 – 22:02	Iain Brogden 1 – 21:59			
2	Stuart Davis =10 – 24:01	Peter Moon 14 – 23:23			
3	Stuart Medhurst =10 – 24:01	Michael Valks 23 – 0:23:48			
V	Vic Butler 2 - + 05:27	H Featherstone 1 – + 04:39			
W	-	Emma Richards 1 – 26:31			

## The Cliff Sharp Open 25 mile Memorial TT

This event is promoted by Eastbourne Rovers, to celebrate the life of Cliff Sharp, our past Best All Rounder champion. An award is given to the club rider with the best time.

Sun 14 Aug 2011 25 m

G25/89 – Maresfield

06:30

Contact: Stuart Davis on 01323 469188 or email [stuart@stuartjdavis.co.uk](mailto:stuart@stuartjdavis.co.uk)

### Cliff Sharp 25 mile Best Positions

	2010	2009	2008	2007	2006
1	Iain Brogden 6 – 0:57:12	Iain Brogden 3 – 0:55:33	Iain Brogden 6 – 0:58:07	Steve Frame 4 – 0:56:59	Steve Frame 8 – 0:57:42
2	Michael Valks 17 – 1:00:03	Michael Valks 16 – 0:59:24	Michael Valks 7 – 0:58:15	Stuart Medhurst 14 – 1:00:05	Michael Valks 13 – 1:00:02
3	Peter Moon 28 – 1:02:47	Peter Moon 23 – 1:00:44	Stuart Medhurst 20 – 1:01:19	Graeme Hadlow 16 – 1:00:29	Stuart Medhurst 15 – 1:00:17
V	Iain Brogden 18 + 0:09:18	Alan Symonds 4 – + 15:40	H Featherstone 1 – + 18:32	H Featherstone 1 – + 20:52	H Featherstone 1 – + 18:17
W	Emma Richards 2 – 1:07:45	Emma Richards 1 – 1:07:30	Emma Richards 2 – 1:07:50	Emma Richards 5 – 1:12:01	Emma Richards 4 – 1:12:11
Jn	Kris Sing 2 – 1:22:08	-	-	-	-

**Club Senior Best All Rounder**

Contested over **25, 50 and 100** miles in any open or association event this season.  
Based on an average mph from the best performance at each distance.

2010	2009	2008	2007	2006
Iain Brogden	Iain Brogden	Peter Moon	Steve Frame	Steve Frame

**Club Veteran Best All Rounder**

Contested over **10, 25 and 50** miles in any open or association event this season.  
Based on the aggregate plus on standard from the best performance at each distance.

2010	2009	2008	2007	2006
Iain Brogden	Vic Butler	H Featherstone	H Featherstone	H Featherstone

**Club Ladies Best All Rounder**

Contested over **10, 25 and 50** miles in any open or association event this season.  
Based on an average mph from the best performance at each distance.

2010	2009	2008	2007	2006
Emma Richards	Emma Richards	Emma Richards	Emma Richards	Emma Richards

**Club Junior Best All Rounder**

Contested over **10, 25 and 50** miles in any open or association event this season.  
Based on an average mph from the best performance at each distance.

2010	2009	2008	2007	2006
-	-	-	-	-

**Club 10 mile Championship**

Based on the best performance at this season's nominated time trial event

2010	2009	2008	2007	2006
Iain Brogden	Iain Brogden	Michael Valks	Steve Frame	Steve Frame

**Club 25 mile Championship**

Based on the best performance at this season's nominated time trial event

2010	2009	2008	2007	2006
Iain Brogden	Iain Brogden	Iain Brogden	Steve Frame	Graeme Hadlow

**Club 50 mile Championship**

Based on the best performance at this season's nominated time trial event

2010	2009	2008	2007	2006
Iain Brogden	Iain Brogden	Michael Valks	Steve Frame	Stuart Davis

**Club 100 mile Championship**

Based on the best performance at this season's nominated time trial event

2010	2009	2008	2007	2006
Iain Brogden	Iain Brogden	Peter Moon	Steve Frame	Steve Frame

**Track Championship**

	2010	2009	2008	2007	2006
<b>S</b>	-	Philip Smith	-	-	-
<b>Jn</b>	-	-	Philip Smith	Philip Smith	Philip Smith

**Road Race Championship**

	2010	2009	2008	2007	2006
<b>S</b>	-	-	-	-	-
<b>Jn</b>	-	-	-	Philip Smith	-
<b>Jv</b>	-	-	-	-	Philip Smith
<b>V</b>	Vic Butler	Vic Butler	Vic Butler	-	-

**Cyclo-Cross Trophy**

2010	2009	2008	2007	2006
-	-	-	-	-

**The Fastest 25 mile Cup**

Won by the club rider with the best time this season for a 25 mile time trial in any open or association event.

2010	2009	2008	2007	2006
Iain Brogden	Iain Brogden	Michael Valks	Steve Frame	Graeme Hadlow

**The Harold Manser 25 mile Trophy**

Won by the club rider with the biggest improvement in their best time last season and their best time this season for 25 miles in any open or association event.

2010	2009	2008	2007	2006
Rob Rickson	Stuart Davis	Michael Valks	Steve Humphrey	Emma Richards

**Cliff Sharp Memorial Trophy**

Won by the club rider with the best time in this season's Cliff Sharp open 25 mile memorial time trial.

2010	2009	2008	2007	2006
Iain Brogden	Iain Brogden	Iain Brogden	Steve Frame	Steve Frame

**The Ken Thompson 100 mile Veteran Cup**

Won by the club veteran rider with the biggest plus on standard this season for 100 miles in any open or association event.

2010	2009	2008	2007	2006
Iain Brogden	Vic Butler	Peter Moon	Peter Moon	Steve Frame

**The Tom McAll Long Distance Trophy**

Won by the club rider with the best 24 hour ride or, if no rider has ridden a 24 hour, the best 12 hour ride this season.

2010	2009	2008	2007	2006
Peter Moon	Richard Thomas	Peter Moon	Richard Thomas	Richard Thomas

**First Senior Evening Series**

Based on this season's best six rides of those club riders who have subscribed to the series.

2010	2009	2008	2007	2006
Iain Brogden	Iain Brogden	Iain Brogden Michael Valks	Stuart Medhurst	Graham Hadlow Steve Frame

**First Veteran Evening Series**

Based on this season's best six rides of those club riders who have subscribed to the series.

2010	2009	2008	2007	2006
Iain Brogden Stuart Medhurst	Alan Symonds	Alan Symonds	John Seviour	Dave Cox

**First Lady Evening Series**

Based on this season's best six rides of those club riders who have subscribed to the series.

2010	2009	2008	2007	2006
Emma Richards	Emma Richards	Emma Richards	Emma Richards	Emma Richards

**First Junior Evening Series**

Based on this season's best six rides of those club riders who have subscribed to the series.

2010	2009	2008	2007	2006
-	-	-	-	Nathan Russell

**First Juvenile Evening Series**

Based on this season's best six rides of those club riders who have subscribed to the series.

2010	2009	2008	2007	2006
-	-	-	-	-

**The Most Improved Novice**

Awarded to the novice with the biggest improvement this season.

2010	2009	2008	2007	2006
Tom Weeden	Jez Fallon	Rob Rickson	Iain Brogden	Tracy Fuller

**The Bill Collins Trophy**

Awarded to the club member who wins the most points this season for participating in ESCA events.

2010	2009	2008	2007	2006
Iain Brogden	Iain Brogden	Iain Brogden	Steve Frame	Steve Frame

**The Charles Robson Workers Cup**

Awarded to the club member who has made a valuable working contribution towards the running of the club this season.

2010	2009	2008	2007	2006
Lilly F'stone	Ann Human	David Dunbar	Peter Moon	Theresa Abbott

Please note – trophies need to be cleaned and returned to Graham Lade, Chairman, 66 Wilton Avenue, Eastbourne BN22 9HY, telephone 01323 509408 on or before the date of the AGM so they can be engraved ready for the prize presentation in January.

## 20 2011 Provisional list of Events in the South

Date	Dist	Course	Club or Association	Tandems
Sat 05 Feb 11	18K	GS/988	South Downs Bikes and GS Stella	Plus Tandems
Sun 06 Feb 11	34K	GS/989	South Downs Bikes and GS Stella	Plus Tandems
Sun 13 Feb 11	12	GS/292A	Kingston Wheelers	
Sat 19 Feb 11	17.48	GS/985	Central Sussex CC	
Sun 20 Feb 11	18	GS/478	Redhill CC	Plus Tandems
Sat 26 Feb 11	10	P886	a3crg	
Sun 27 Feb 11	23	GS/194	Sussex CA	Plus Tandems
Sun 06 Mar 11	29.9	GS/491	East Surrey RC	
Sat 12 Mar 11	10	Q10/22	VTTA (Kent)	Plus Tandems
Sun 13 Mar 11	15.06	GS/895	East Sussex CA	
Sun 13 Mar 11	25	Q25/12	Kent CA (3up TTT)	
Sat 19 Mar 11	10	G10/46	Southern Counties CU	
Sun 20 Mar 11	25	G25/44	Southern Counties CU	
Sat 26 Mar 11	10	Q10/33	Southborough Wheelers	
Sun 27 Mar 11	21	GS/334	Southern Counties CU	
Sun 27 Mar 11	28.5	GS/987	Sussex CA (2up TTT)	
Sun 27 Mar 11	14.3	GS/987	Sussex CA (Junior 2up TTT)	
Sun 03 Apr 11	23.9	GS/839	East Sussex CA (2up TTT)	
Sat 09 Apr 11	21	GS/334	Tooting BC	
Sun 10 Apr 11	25	G25/45	Redmon CC	Plus Tandems
Sun 10 Apr 11	25	Q25/8	Kent CA	
Sat 16 Apr 11	10	G10/87	East Sussex CA	
Sun 17 Apr 11	25	G25/53	Southern Counties CU	
Sun 17 Apr 11	25	G25/89	East Sussex CA	
Sat 23 Apr 11	10	G10/44	Brighton Mitre CC	
Sun 24 Apr 11	30	G30/88	Lewes Wanderers	Plus Tandems
Sun 24 Apr 11	25	G25/53	Addiscombe CC	
Mon 25 Apr 11	25	GS/999	Brighton Mitre CC	
Sat 30 Apr 11	10	G10/97	Sussex CA	Plus Tandems
Sat 30 Apr 11	10	P881/10	Hampshire RC	Plus Tandems
Sun 01 May 11	25	G25/93	Sussex CA	Plus Tandems
Sun 01 May 11	10	Q10/22	Kent CA	
Sat 07 May 11	10	G10/42	Kingston Phoenix RC	
Sun 08 May 11	25	G25/53	Norwood Paragon CC	Plus Tandems
Sun 15 May 11	25	G25/53	Worthing Excelsior CC	
Sun 15 May 11	50	P885/50	a3crg	
Sun 15 May 11	30	Q30/2	VTTA (Kent)	Plus Tandems

These dates are provisional - Please confirm details in the CTT Handbook

## Notes and Competition Qualifying Information 21

Notes	ESCA	SCA	SPOCO	SCCU	KCA
			Short		
			Middle		
Sporting					
			Middle		
Sporting					
		BAR			
Helmets			Middle		
Hardriders			Middle		
Hardriders	Points		Middle		
Sporting		BAR	Short	BAR	
Sporting		BAR	Middle	BAR	
CDCA Sporting					
Helmets					
Helmets					
	Points				
Sporting					
		BAR			
					BAR
	Points/BAR	BAR			
Association Only		BAR		BAR	
	Points/BAR	BAR			
Hilly		BAR	Short		
S/S VTTA Champ			Middle		
		BAR			
Hilly		BAR	Middle		
Helmets		BAR/CH			
		BAR			
Helmets		BAR/CH	Middle		
Association Only					BAR
		BAR			
		BAR			
		BAR			

## 22 2011 Provisional list of Events in the South cont

Date	Dist	Course	Club or Association	Tandems
Sat 21 May 11	10	G10/57	Southern Counties CU (Max 90 Riders)	
Sun 22 May 11	41.9	GS/196	Crawley Wheelers	
Sat 28 May 11	10	P881/10	Army CU	Plus Tandems
Sun 29 May 11	25	P881/25	Army CU	Plus Tandems
Sun 29 May 11	65K	GS/865	East Sussex CA	
Sun 29 May 11	34.6K	GS/866	East Sussex CA	
Mon 30 May 11	10	G10/97	Brighton Mitre CC (Max 120 Riders)	Plus Tandems
Mon 30 May 11	10	GS/995	Brighton Mitre CC	
Sat 04 Jun 11	10	G10/87	VTTA (Surrey/Sussex)	Plus Tandems
Sun 05 Jun 11	50	G50/10	Sussex CA	Plus Tandems
Sun 05 Jun 11	50	Q50/11	Kent CA	
Sat 11 Jun 11	14	GS/189	Redhill CC	Plus Tandems
Sat 11 Jun 11	10	P881/10	Team Axiom	Plus Tandems
Sun 12 Jun 11	25	G25/89	Southborough Wheelers	
Sun 12 Jun 11	25	P885/25	Team Axiom	Plus Tandems
Sat 18 Jun 11	5.7	GS/837	GHS Dist Championship (LSDC)	
Sat 18 Jun 11	10	G10/57	Horsham Cycling	
Sun 19 Jun 11	50	G50/53	Southern Counties CU	Plus Tandems
Sun 19 Jun 11	25	Q25/8	VTTA (Kent)	Plus Tandems
Thu 23 Jun 11	10	P901	Bognor Regis CC	
Sat 25 Jun 11	24HR	G24/89	East Sussex CA (RTTC National)	Plus Tandems
Sun 26 Jun 11	100	Q100/5	Kent CA	Plus Tandems
Mon 27 Jun 11	25	P885/25	a3crg	
Sat 02 Jul 11	10	G10/57	Old Portlians CC (Max 90 riders)	
Sun 03 Jul 11	37.5	P889	a3crg (RTTC National) 3up TTT	
Sat 09 Jul 11	10	G10/57	South Eastern RC (Max 90 riders)	
Sat 09 Jul 11	10	Q10/42	Kent CA	
Sun 10 Jul 11	50	G50/89	East Sussex CA	
Sun 10 Jul 11	10	Q10/30	VTTA (Kent)	Plus Tandems
Sat 16 Jul 11	10	G10/42	Bec CC	
Sun 17 Jul 11	25	G25/53	Bec CC	
Wed 20 Jul 11	10	P881/10	a3crg (2up TTT)	
Sat 23 Jul 11	10	G10/57	Crawley Wheelers	
Sun 24 Jul 11	100	G100/60	Southern Counties CU	
Sun 24 Jul 11	50	P901/50	Bognor Regis CC	
Sun 24 Jul 11	50	Q50/11	VTTA (Kent)	Plus Tandems
Sun 31 Jul 11	25	G25/93	Brighton Excelsior CC	Plus Tandems

These dates are provisional - Please confirm details in the CTT Handbook

## Notes and Competition Qualifying Information

23

Notes	ESCA	SCA	SPOCO	SCCU	KCA
Association Only		BAR		BAR	
Sporting			Long		
65th Anniversary	Points		Long		
65th Anniversary	Points		Middle		
7 events see CTT Handbook		BAR			
Hilly		BAR	Short		
Preference to Vets		BAR			
Helmets		BAR/CH	Long		
					BAR
			Short		
		BAR			
		BAR			
		BAR			
		BAR		BAR	
					BAR
VTTA Nat Champs					
		BAR			BAR
		BAR			
Preference to Vets		BAR		BAR	
					BAR
	Points/BAR	BAR	Long		
					BAR
5% Vets		BAR			
		BAR			
		BAR/CH	Long	BAR	
		BAR			
		BAR			BAR

## 24 2011 Provisional list of Events in the South cont

Date	Dist	Course	Club or Association	Tandems
Sat 06 Aug 11	10	Q10/22	VTTA (Kent)	Plus Tandems
Sun 07 Aug 11	50	G50/53	Anerley BC	
Sat 13 Aug 11	10	G10/87	Eastbourne Rovers CC	
Sun 14 Aug 11	25	G25/89	Eastbourne Rovers CC	
Sun 14 Aug 11	25	P881R/25	a3crg	
Sun 14 Aug 11	50	Q50/1	Kent CA	
Sat 20 Aug 11	10	G10/57	Epsom CC (Max 90 riders)	
Sun 21 Aug 11	100	G100/86	East Sussex CA	
Sun 21 Aug 11	25	G25/45	Old Portlians CC	
Sat 27 Aug 11	10	G10/45	Sussex CA	Plus Tandems
Sun 28 Aug 11	25	P901/25	VTTA (Wessex)	Plus Tandems
Mon 29 Aug 11	25	G25/49	Sussex CA	Plus Tandems
Sat 03 Sep 11	10	G10/42	Addiscombe CC	
Sun 04 Sep 11	25	G25/53	Southern Counties CU	
Sun 04 Sep 11	12HR	Q12	Kent CA	Plus Tandems
Sat 10 Sep 11	10	G10/42	Redmon CC	Plus Tandems
Sat 10 Sep 11	10	G10/87	East Sussex CA	
Sun 11 Sep 11	25	G25/89	East Sussex CA	
Sun 11 Sep 11	25	P901/25	Bognor Regis CC	
Sun 11 Sep 11	25	Q25/12	VTTA (Kent)	Plus Tandems
Sat 17 Sep 11	10	G10/42	Festival R C	
Sun 18 Sep 11	25	G25/89	VTTA (Surrey/Sussex)	
Sun 18 Sep 11	25	Q25/10	Kent CA	
Sun 25 Sep 11	25	G25/53	Epsom CC (Max 120 - 3 events)	Plus Tandems
Sat 01 Oct 11	HC	GH/42	Kingston Wheelers CC	
Sat 01 Oct 11	HC	GH/92	Sussex CA	
Sun 02 Oct 11	18	GS/838	Lewes Wanderers CC (2up TTT)	
Sun 02 Oct 11	40km	P875	a3crg	
Sat 08 Oct 11	HC	GH/92	Brighton Mitre CC	
Sat 08 Oct 11	HC	GH/94	Brighton Mitre CC	
Sun 09 Oct 11	HC	GH/31	Bec CC	Plus Tandems
Sun 09 Oct 11	HC	GH/32	Catford CC	Plus Tandems
Sun 09 Oct 11	15	Q15/20	VTTA (Kent)	Plus Tandems
Sun 16 Oct 11	H/C	GH/84	East Sussex CA	
Sun 16 Oct 11	15.4	GS/483	Redmon CC (2up TTT)	
Sun 16 Oct 11	27	P911	Southdown Velo	
Sun 23 Oct 11	25	G25/93	Brighton Mitre CC (Max 150 - 4 events)	Plus Tandems

These dates are provisional - Please confirm details in the CTT Handbook

## Notes and Competition Qualifying Information 25

Notes	ESCA	SCA	SPOCO	SCCU	KCA
					BAR
S/S VTТА Champ		BAR		BAR	
		BAR			
		BAR			
					BAR
		BAR			
	Points/BAR	BAR	Long		BAR
		BAR			
Helmets		BAR	Short		
		BAR			
3 events see CTT Handbook		BAR	Middle		
Association Only		BAR		BAR	
		CH			BAR
	Points/BAR	BAR			
	Points/BAR	BAR	Middle		
		BAR			
					BAR
Plus Road Bikes					
Preference to Vets		BAR			
Association Only					BAR
Plus 2up TTT		BAR			
Helmets		CH			
1 rider a Vet					
Plus Hand Cycles					
	Points				
1 rider a Vet					
			Middle		
3 events see CTT Handbook					

## 26 Hastings & St Leonards CC Club Time Trials

Hastings & St Leonards CC – www.HastingsCC.co.uk			Meet/Start time
Wed 04 May 2011	8 m	QS/19 Broad Oak circuit	18:30 for 19:00
Wed 11 May 2011	8 m	QS/19 Broad Oak circuit	18:30 for 19:00
Wed 18 May 2011	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 25 May 2011	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 01 Jun 2011	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 08 Jun 2011	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 15 Jun 2011	18 m	QS/27 Hastings/Rye/Hastings	19:00 for 19:30 <b>late</b>
Wed 22 Jun 2011	18 m	QS/27 Hastings/Rye/Hastings	19:00 for 19:30 <b>late</b>
Wed 29 Jun 2011	18 m	QS/27 Hastings/Rye/Hastings	19:00 for 19:30 <b>late</b>
Wed 06 Jul 2011	10 m	G10/83 Pevensey	19:00 for 19:30 <b>late</b>
Wed 13 Jul 2011	10 m	G10/83 Pevensey	19:00 for 19:30 <b>late</b>
Sat 16 Jul 2011	10 m	Q10/8 Ivychurch	06:30 for 07:00
Wed 20 Jul 2011	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 27 Jul 2011	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 03 Aug 2011	14 m	GS/883 Ninfield circuit	18:30 for 19:00
Wed 10 Aug 2011	8 m	QS/19 Broad Oak (Nr Rye) circuit	18:30 for 19:00
Wed 17 Aug 2011	8 m	QS/19 Broad Oak (Nr Rye) circuit	18:30 for 19:00
Wed 24 Aug 2011	8 m	QS/19 Broad Oak (Nr Rye) circuit	18:15 for 18:45 <b>early</b>
Sun 23 Oct 2011	HC	QHC/16 Battery Hill	09:00 for 09:30

Pay on the line

Non members £2.00

## Lewes Wanderers Evening Series

Lewes Wanderers Evening Ten Series – www.leweswanderers.co.uk			Start
Tue 03 May 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Mon 09 May 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Mon 16 May 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Mon 23 May 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Tue 31 May 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Mon 06 Jun 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Mon 13 Jun 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Mon 20 Jun 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Mon 27 Jun 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Mon 04 Jul 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Mon 11 Jul 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Mon 18 Jul 2011	10 m Evening Series	G10/87 – East Hoathly	19:15
Mon 25 Jul 2011	10 m Evening Series <b>2 up</b>	G10/87 – East Hoathly	19:15

### Special (Optional) Tens:

Tue 31 May 2011	will incorporate their Tandem event
Mon 06 Jun 2011	will incorporate their Fixed Wheel Championship
Mon 18 Jul 2011	will include their Athletes Ten (no TT bikes, Tri Bars, Aero Helmets)

Pay on the line

Non members £3.00

## Local Track and Road Race Events

27

### Sussex Cycle Racing League

Sussex Cycle Racing League hold meetings from late April to Early August at the cycle track in the north east corner of Preston Park in Brighton, with racing for all age groups. April and August meetings start at 18:45, May, June and July meetings start at 19:00. Seniors, U16, U14 and U12 youths are on fixed wheel track bikes, U10 and U8 youths are on free wheel bikes.

For a full listing of events visit their website [www.scrcl.co.uk](http://www.scrcl.co.uk)

**Contact:** Vern McClelland on 01903 814351 or email [registrations@scrcl.co.uk](mailto:registrations@scrcl.co.uk)

### South East Cycling

South East Cycling is one of the 10 Regions of British Cycling within England, covering the counties of Kent, Surrey and Sussex as well as South London.

To race in the South East region not only will you need to be a member of British Cycling, you will need to have either a day or full racing licence membership too.

Membership to British Cycling offers more than just the ability to race; it also offers discounts on well known named high street brands as well as third party insurance and legal cover.

For full event listings go to their website [www.southeastcycling.co.uk](http://www.southeastcycling.co.uk) there you will find the following information:

Track Racing Calendar  
Road Racing Calendar  
Circuit Racing Calendar

For information on races please contact the South East Cycling Competition Administrator

**Contact:** Glyn Durrant, email [competition@southeastcycling.co.uk](mailto:competition@southeastcycling.co.uk)

### The South East Road Race League

The South East Road Racing League organise road races in the Kent area – information can be found on their website [www.serri.co.uk](http://www.serri.co.uk)

**Contact:** Kim Anderson, League Administrator, on 01795 426 211 or email [kim@serri.co.uk](mailto:kim@serri.co.uk)

**ESCA Best All Rounder Competition**

For a provisional list of qualifying events please refer to the **event listings on page 20 – 25**.

<b>Senior</b>	Contested over <b>25, 50 and 100</b> miles in any ESCA event this season. Based on an average mph from the best performance at each distance.
<b>Senior Team</b>	Based on the average mph of the best three Senior BAR qualifiers from an ESCA affiliated club
<b>Veteran</b>	Contested over <b>25, 50 and 100</b> miles in any ESCA event this season. Based on an average mph of the actual time less an average mph of the standard time from the best performance at each distance – <b>see note below</b> .
<b>Lady Senior</b>	Contested over <b>10, 25 and 50</b> miles in any ESCA event this season. Based on an average mph from the best performance at each distance.
<b>Lady Veteran</b>	Contested over <b>10, 25 and 50</b> miles in any ESCA event this season. Based on an average mph of the actual time less the standard time from the best performance at each distance.
<b>Junior</b>	Contested over <b>10 and 25</b> miles in any ESCA event this season. Based on an average mph from the best performance at each distance.

The **veteran calculation** is the mph of the standard time taken away from the mph of the actual time at each distance. An average is then taken from the three individual totals.

Distance	Actual Time	Actual mph	Std Time	Std mph	Difference
25 miles	0:57:00	<b>26.316</b>	1:06:30	<b>22.556</b>	+ 3.759
50 miles	1:59:56	<b>25.014</b>	2:18:03	<b>21.731</b>	+ 3.283
100 miles	4:18:53	<b>23.176</b>	4:56:14	<b>20.254</b>	+ 2.922
<b>Total</b>					<b>+ 9.964</b>
<b>Average</b>					<b>+ 3.321</b>

**ESCA Senior Best All Rounder Results**

Year	Pos	Rider	25 m	50 m	100 m	Av mph
2010	3	Iain Brogden	0:55:31	1:54:12	4:05:36	25.906
	9	Peter Moon	1:02:36	2:06:24	4:23:57	23.476
	12	Adam Ford	1:06:05	2:11:56	4:48:31	22.078
	3	Team				23.820
2009	1	Iain Brogden	0:56:07	1:57:24	4:05:45	25.566
2008	1	Peter Moon	0:59:22	2:03:32	4:18:19	24.260
	8	Tony Murphy	1:06:49	2:22:44	5:01:06	21.132
	9	Emma Richards	1:09:10	2:26:39	5:21:56	20.260
	1	Team				21.884
2007	1	Steve Frame	0:57:00	1:59:56	4:18:53	24.835
	2	Stuart Medhurst	0:59:31	2:06:34	4:35:20	23.566
2006	4	Stuart Medhurst	1:01:20	2:05:40	4:41:06	23.225

**ESCA Veteran Best All Rounder Results**

Year	Pos	Rider	25 m	50 m	100 m	+ mph
2010	2	Iain Brogden	0:55:31	1:54:12	4:05:36	+ 4.392
	5	Peter Moon	1:02:36	2:06:24	4:23:57	+ 3.207
2009	2	Iain Brogden	0:56:07	1:57:24	4:05:45	+ 3.890
2008	2	Peter Moon	0:59:22	2:03:32	4:18:19	+ 3.690
	5	Tony Murphy	1:06:49	2:22:44	5:01:06	+ 0.198
2007	4	Steve Frame	0:57:00	1:59:56	4:18:53	+ 3.321
	6	Stuart Medhurst	0:59:31	2:06:34	4:35:20	+ 2.686
2006	7	Stuart Medhurst	1:01:20	2:05:40	4:41:06	+ 2.186

**ESCA Lady Best All Rounder Results**

Year	Pos	Rider	10 m	25 m	50 m	Av mph
2010	-	No qualifiers from ER	-	-	-	-
2009	-	No qualifiers from ER	-	-	-	-
2008	1	Emma Richards	0:26:44	1:09:10	2:26:39	21.529
2007	-	No qualifiers from ER	-	-	-	-
2006	-	No qualifiers from ER	-	-	-	-

**ESCA Lady Veteran Best All Rounder Results**

Year	Pos	Rider	10 m	25 m	50 m	+ mph
2010	-	No qualifiers from ER	-	-	-	-
2009	-	No qualifiers from ER	-	-	-	-
2008	-	No qualifiers from ER	-	-	-	-
2007	-	No qualifiers from ER	-	-	-	-
2006	-	No qualifiers from ER	-	-	-	-

**ESCA Junior Best All Rounder Results**

Year	Pos	Rider	10 m	25 m	Av mph
2010	-	No qualifiers from ER	-	-	-
2009	-	No qualifiers from ER	-	-	-
2008	-	No qualifiers from ER	-	-	-
2007	-	No qualifiers from ER	-	-	-
2006	-	No qualifiers from ER	-	-	-

Awards are presented at the annual lunch to the Senior, Senior BAR Team, Veteran, Lady and Junior Best All Rounder.

**ESCA Individual Points Competition**

Points are awarded to any **individual** rider from an ESCA affiliated club in each ESCA event:

Open Time Trials	30 points for first place down to 1 point for 30th place
2up T Time Trial	30 points for each rider of first team down to 2 points for each rider of 15th team (Composite teams and solo riders are not eligible for points)

**ESCA Club Points Competition**

Points are awarded to any **club** affiliated to ESCA based on the performance of its individual members in each ESCA event. The individual points earned by each rider are totalled and awarded to their respective club.

Open Time Trials	30 points for first place down to 1 point for 30th place
2up T Time Trial	60 points for first team of two down to 4 points for 15th place (Composite teams and solo riders are not eligible for points)

**ESCA Points Competition Results**

2010	2009	2008	2007	2006
Iain Brogden 4 – 198 points	Iain Brogden 2 – 201 points	Iain Brogden 3 – 84 points	Steve Frame 1 – 123 points	Steve Frame 4 – 73 points
Peter Moon 19 – 71 points	Peter Moon 6 – 127 points	Peter Moon 8 – 58 points	Stuart Medhurst 3 – 66 points	Stuart Medhurst 10 – 45 points
Stuart Davis = 27 – 47 points	Stuart Medhurst 16 – 56 points	Steve Frame 12 – 47 points	Peter Moon 14 – 35 points	Graham Hadlow 16 – 36 points
Adam Ford = 40 – 29 points	Stuart Davis = 31 – 32 points	Adam Ford = 18 – 23 points	Graeme Hadlow = 21 – 23 points	Max Norrell = 22 – 25 points
Stuart Medhurst = 58 – 16 points	Steve Willis = 58 – 18 points	Tom Rossetter = 26 – 18 points	Steve Humphrey = 37 – 14 points	Michael Davey = 26 – 15 points
Tony Murphy = 79 – 9 points	Matt Scott = 72 – 10 points	Tony Murphy = 35 – 11 points	Stuart Davis = 52 – 9 points	Stuart Davis = 26 – 15 points
Konrad Pieterse = 86 – 7 points	Kevin Burton = 72 – 10 points	Emma Richards = 41 – 8 points	Andrew Stobbart = 60 – 7 points	Boyd Johnson 43 – 12 points
Andrew Stobbart = 95 – 4 points	Andrew Parsons = 94 – 4 points	Vic Butler = 48 – 6 points	Adam Ford = 66 – 4 points	Adam Ford = 44 – 11 points
Kevin Burton = 99 – 2 points	Adam Ford = 94 – 4 points	Stuart Davis = 58 – 2 points		Peter Moon = 48 – 9 points
				Adrian Elliott = 56 – 5 points
				Andrew Stobbart = 68 – 2 points
				H Featherstone 70 – 1 point
<b>Club</b> 3 – 383 points	<b>Club</b> 3 – 469 points	<b>Club</b> 2 – 83 points	<b>Club</b> = 2 – 92 points	<b>Club</b> 4 – 57 points

Awards are presented at the annual lunch to both the individual and club with the most points.

**SCA Sporting Courses Points Competition (SCA SPOCO)**

For a provisional list of qualifying events please refer to the **event listings on page 20 – 25**.

Overall

Overall Team of 3

Veterans on Standard

Vets on Std Team of 3

Lady

Junior

Based on the best performance this season in six qualifying events:  
**1 x Short** distance, **1 x Middle** distance, **1 x Long** distance and  
**any other three events from any of the distances**

Points are awarded in each qualifying event – 120 for 1st place  
down to 1 point for 120th place

**Contact:** Ann Human, SCA SPOCO Co-ordinator, on 01323 485180 or email  
ann.human@btinternet.com

**SCA Sporting Courses Points Competition (SCA SPOCO) Results**

	2010	2009	2008	2007	2006
<b>Overall</b>	Iain Brogden = 3 – 709 points	Iain Brogden 2 – 714 points	Adam Ford 9 – 437 points	Andrew Stobbart 6 – 596 points	No qualifiers from ER
	Peter Moon = 20 – 609 Points	Peter Moon = 9 – 657 Points	-	-	-
	-	Kevin Burton 19 – 547 points	-	-	-
	-	David Cox 20 – 535 points	-	-	-
	-	Team 3 – 1919	-	-	-

	2010	2009	2008	2007	2006
<b>Veteran on Std</b>	Iain Brogden 7 – 701 points	Iain Brogden 6 – 681 points	No qualifiers from ER	Andrew Stobbart 6 – 608 points	No qualifiers from ER
	Peter Moon 14 – 649 Points	Peter Moon = 7 – 677 Points	-	-	-
	-	David Cox 9 – 655 points	-	-	-
	-	Kevin Burton 14 - 599 points	-	-	-
	-	Team 1 – 2023	-	-	-

Awards are presented at the SCA annual prize presentation dinner.

**SCA Championship Points Competition**

Points are automatically awarded for each championship event – 20 points for first place down to 1 point for 20th place.

<b>10 m</b>	Sat 30 Apr 2011	SCA Event	G10/97	Steyping
<b>25 m</b>	Sun 01 May 2011	SCA Event	G25/93	Steyping
<b>50 m</b>	Sun 05 Jun 2011	SCA Event	G50/10	Dial Post
<b>100 m</b>	Sun 24 Jul 2011	SCCU event	G100/60	Dial Post
<b>12 Hour</b>	Sun 04 Sep 2011	KCA event	Q12	Bethersden
<b>HC 1672 yd</b>	Sat 01 Oct 2010	SCA Event	GH/92	Steyping

**SCA Championship Points Competition Results**

2010	2009	2008	2007	2006
Iain Brogden = 15 – 29 points	None listed for ER	None listed for ER	Peter Moon 1 – 45 points	No qualifiers from ER
Peter Moon = 15 – 29 points				
Stuart Medhurst = 35 – 13 points				
Adam Ford = 47 – 5 points				

**SCA Best All Rounder, Long, Middle and Short Distance Competition**

For an event to qualify must be an open event run by the SCA, the ESCA, the SCCU or any club affiliated to the SCA or an open event that takes place wholly or partly in Sussex. The event must be published in the CTT Handbook.

For a provisional list of qualifying events please refer to the **event listings on page 20 – 25**.

Claim forms must be submitted SCA Competition Secretary no later than 17 October 2011.

**Contact:** Dave Abbott, SCA BAR Competition Secretary, on 01903 722682 or email [biker.biker@hotmail.co.uk](mailto:biker.biker@hotmail.co.uk)

**SCA Long Distance Competition**

<b>Overall</b>	Contested over <b>25, 50</b> and <b>100</b> miles in any qualifying event this season. Based on an average mph from the best performance at each distance.
<b>Veteran</b>	Contested over <b>25, 50</b> and <b>100</b> miles in any qualifying event this season. Based on the aggregate plus on standard from the best performance at each distance.
<b>Ladies</b>	Contested over <b>10, 25</b> and <b>50</b> miles in any qualifying event this season. Based on an average mph from the best performance at each distance.
<b>Junior</b>	Contested over <b>10</b> and <b>25</b> miles in any qualifying event this season. Based on an average mph from the best performance in <b>2 x 10</b> and <b>2 x 25</b> miles.

**SCA Middle Distance Competition**

<b>Overall</b>	Contested over <b>10, 25</b> and <b>50</b> miles in any qualifying event this season. Based on an average mph from the best performance in <b>2 x 10, 2 x 25</b> and <b>1 x 50</b> miles.
<b>Veteran</b>	Contested over <b>10, 25</b> and <b>50</b> miles in any qualifying event this season. Based on the aggregate plus on standard from the best performance in <b>2 x 10, 2 x 25</b> and <b>1 x 50</b> miles.

**SCA Short Distance Competition**

<b>Overall</b>	Contested over <b>10</b> and <b>25</b> miles in any qualifying event this season. Based on an average mph from the best performance in <b>3 x 10</b> and <b>3 x 25</b> miles.
<b>Veteran</b>	Contested over <b>10</b> and <b>25</b> miles in any qualifying event this season. Based on the aggregate plus on standard from the best performance <b>3 x 10</b> and <b>3 x 25</b> miles.

The fastest team of three from each category will automatically go forward for the team award

**SCA Best All Rounder Competition Results**

	2010	2009	2008	2007	2006
<b>Overall</b>	Iain Brogden 3 – 25.96 mph	Iain Brogden 1 – 26.08 mph	Peter Moon 3 – 24.52 mph	Steve Frame 1 – 25.48 mph	Stuart Medhurst 4 – 23.55 mph
	Peter Moon 10 – 23.70 mph	Peter Moon 3 – 24.36 mph	Stuart Medhurst 9 – 23.56 mph	Peter Moon 2 – 24.26 mph	Adam Ford 7 – 22.43 mph
	-	-	Adam Ford 12 – 22.40 mph	Stuart Medhurst 3 – 24.00 mph	-
	-	-	Tony Murphy 13 – 21.44 mph	-	-
	-	-	Emma Richards 16 – 20.40 mph	-	-
	-	-	-	<b>Team ERCC</b>	-

<b>Vet on Std</b>	Iain Brogden 5 + 1:26:08	Peter Moon 3 + 1:24:19	Peter Moon 3 + 1:27:13	Peter Moon 3 + 01:17:42	Stuart Medhurst 3 + 0:47:24
	Peter Moon 7 + 1:22:10	Iain Brogden 4 + 1:13:08	Stuart Medhurst 5 + 1:04:07	Steve Frame 4 + 1:12:04	-
	-	-	Tony Murphy 8 + 0:06:58	Stuart Medhurst 5 + 1:00:12	-
	-	-	-	<b>Team ERCC</b>	-

<b>W</b>	-	Emma Richards 1 – 23.20 mph	Emma Richards 1 – 21.92 mph	Emma Richards 1 – 21.36 mph	Emma Richards 1 – 22.16 mph
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SCA Middle Distance Competition Results

	2009	2009	2008	2007	2006
Overall	Iain Brogden 4 – 27.45 mph	Iain Brogden 2 – 27.51 mph	Iain Brogden 3 – 26.09 mph	Steve Frame 2 – 27.09 mph	Stuart Medhurst 7 – 25.16 mph
	Peter Moon 11 – 24.56 mph	Peter Moon 9 – 25.74 mph	Peter Moon 5 – 25.65 mph	Stuart Medhurst 3 – 25.85 mph	H Featherstone 9 – 23.97 mph
	-	Kevin Burton 11 – 25.74	Stuart Medhurst 7 – 24.96 mph	H Featherstone 6 – 24.12 mph	Adam Ford 10 – 23.94 mph
	-	David Cox 12 – 23.28 mph	Andrew Stobbart 9 – 23.73 mph	Dave Cox 7 – 23.71 mph	Dave Cox 12 – 23.59 mph
	-	Emma Richards 13 – 23.12 mph	Adam Ford 10 – 23.71 mph	-	Nigel Abbott 13 – 23.37 mph
	-	Alan Symonds 16 – 22.15 mph	H Featherstone 11 – 23.61 mph	-	Tony Murphy 15 – 22.95 mph
	-	-	Dave Cox 14 – 23.47 mph	-	Andrew Parsons 16 – 22.46 mph
	-	-	Tony Murphy 16 – 22.84 mph	-	Emma Richards 17 – 21.85 mph
	-	-	Emma Richards 17 – 21.99 mph	-	-
	-	-	-	Team ERCC	-

Vet on Std	Iain Brogden 7 + 0:55:36	Alan Symonds 4 + 1:20:03	H Featherstone 1 + 1:46:36	H Featherstone 1 + 1:51:19	H Featherstone 1 + 1:41:13
	Peter Moon 8 + 0:46:34	David Cox 7 + 1:03:13	Dave Cox 7 + 1:04:32	Dave Cox 5 + 1:01:04	Dave Cox 7 + 0:59:16
	-	Peter Moon 9 + 0:55:16	Alan Symonds 8 + 0:58:03	Steve Frame 6 + 0:53:35	Stuart Medhurst 10 + 0:39:26
	-	Iain Brogden 11 + 0:53:59	Peter Moon 9 + 0:52:30	Stuart Medhurst 7 + 0:48:00	Nigel Abbott 11 + 0:30:44
	-	Kevin Burton 12 + 0:49:52	Stuart Medhurst 11 + 0:38:11	-	Tony Murphy 13 + 0:06:10
	-	-	Andrew Stobbart 12 + 0:27:02	-	Andrew Parsons 14 + 0:00:11
	-	-	Tony Murphy 14 + 0:06:58	-	-
	-	Team ERCC	Team ERCC	Team ERCC	Team ERCC

W	Emma Richards 1 – 23.12 mph	Emma Richards 1 – 23.12 mph	Emma Richards 1 – 21.99 mph	-	Emma Richards 1 – 21.85 mph
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SCA Short Distance Competition Results

	2010	2009	2008	2007	2006
Overall	Iain Brogden 3 – 27.66 mph	Iain Brogden 1 – 27.68 mph	Iain Brogden 3 – 26.49 mph	Steve Frame 1 – 27.09 mph	Stuart Medhurst 7 – 25.30 mph
	Peter Moon 11 – 24.40 mph	Peter Moon 6 – 25.11 mph	Peter Moon 6 – 25.68 mph	Stuart Medhurst 2 – 26.05 mph	H Featherstone 9 – 24.22 mph
	Andrew Stobbart 12 – 23.19 mph	Kevin Burton 8 – 24.10 mph	Stuart Medhurst 7 – 25.21 mph	H Featherstone 4 – 24.21 mph	Adam Ford 10 – 24.17 mph
	David Cox 13 – 22.51 mph	David Cox 9 – 23.40 mph	Andrew Stobbart 9 – 23.84 mph	Dave Cox 5 – 23.92 mph	Dave Cox 11 – 24.08 mph
	-	H Featherstone 10 – 23.12 mph	Adam Ford 11 – 23.69 mph	-	Nigel Abbott 13 – 23.51 mph
	-	-	H Featherstone 12 – 23.76 mph	-	Andrew Parsons 15 – 22.80 mph
	-	-	Dave Cox 13 – 23.54 mph	-	Theresa Abbott 16 – 22.09 mph
	-	Team ERCC	-	Team ERCC	-

Vet on Std	Iain Brogden 5 + 0:46:16	H Featherstone 1 + 1:27:27	H Featherstone 1 + 1:29:57	H Featherstone 1 + 1:34:33	H Featherstone 1 + 1:29:54
	David Cox 6 + 0:43:23	David Cox 5 + 0:53:41	Dave Cox 5 + 0:52:39	Dave Cox 3 + 0:53:15	Dave Cox 6 + 0:52:36
	Peter Moon 8 + 0:33:08	Peter Moon 8 + 0:48:30	Peter Moon 6 + 0:41:07	Steve Frame 4 + 0:43:23	Stuart Medhurst 10 + 0:32:26
	Andrew Stobbart 9 + 0:17:22	Iain Brogden 9 + 0:44:37	Stuart Medhurst 7 + 0:35:03	Stuart Medhurst 5 + 0:38:31	Theresa Abbott 11 + 0:26:28
	-	Kevin Burton 10 + 0:38:48	Andrew Stobbart 9 + 0:21:26	-	Nigel Abbott 12 + 0:26:09
	-	-	-	-	Andrew Parsons 15 + 0:08:01
	Team ERCC	Team ERCC	Team ERCC	Team ERCC	Team ERCC

W	-	-	-	-	Theresa Abbott 1 – 22.09 mph
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Awards are presented at the SCA annual prize presentation dinner.

The qualifying events include the South Eastern RC 10 in July and the Anerley BC 50 in August.

For a provisional list of qualifying events please refer to the **event listings on page 20 – 25**.

**SCCU Best All Rounder Competition**

<b>Senior</b>	Contested over <b>25, 50</b> and <b>100</b> miles in any SCCU qualifying event this season. Based on an average mph from the best performance at each distance.
<b>Veteran</b>	Contested over <b>25, 50</b> and <b>100</b> miles in any SCCU qualifying event this season. Based on the aggregate plus on standard from the best performance at each distance.
<b>Ladies</b>	Contested over <b>10, 25</b> and <b>50</b> miles in any SCCU qualifying event this season. Based on an average mph from the best performance at each distance.
<b>Junior</b>	Contested over <b>10</b> and <b>25</b> miles in any SCCU qualifying event this season. Based on an average mph from the best performance in at each distance.

**SCCU Senior Best All Rounder Competition Results**

Year	Pos	Rider	25 m	50 m	100 m	Av mph
2010	-	No qualifiers from ER	-	-	-	-
2009	-	No qualifiers from ER	-	-	-	-
2008	8	Peter Moon	1:00:45	2:01:34	4:16:53	24.242
2007	2	Steve Frame	0:56:07	1:56:30	4:18:53	25.219
	13	Peter Moon	1:10:47	2:00:08	4:21:23	23.039
2006	-	No qualifiers from ER	-	-	-	-

**SCCU Veteran Best All Rounder Results**

Year	Pos	Rider	25 m	50 m	100 m	+ on Std
2010	1	No qualifiers from ER	-	-	-	-
2009	-	No qualifiers from ER	-	-	-	-
2008	6	Peter Moon	+ 08:48	+ 22:49	+ 52:58	+ 1:24:35
2007	5	Steve Frame	+ 10:23	+ 21:33	+ 37:21	+ 1:09:17
	6	Peter Moon	- 01:45	+ 23:11	+ 46:10	+ 1:07:36
2006	-	No qualifiers from ER	-	-	-	-

Competitions are run on both a group and a national level. In order to qualify you must subscribe to the VTТА as an individual, and submit your results to the Group Recorder by 18 October. Details on VTТА membership can be found on page 46

<b>Best All Rounder</b>	Contested over <b>25, 50, 100</b> miles and <b>12</b> hours in any open event this season. Based on an average mph of the actual time less an average mph of the standard time from the best performance at each distance – see note on page 26.
<b>Three Distance</b>	Contested over <b>25, 50</b> and <b>100</b> miles in any open event this season. Based on the aggregate plus on standard from the best performance at each distance.

If you would like to enter the group Best All Rounder or the Three Distance competition please download a claim form from the Surrey/Sussex website, [www.surreysussexgp.freeuk.com](http://www.surreysussexgp.freeuk.com), and send to the Group Recorder, together with a copy of the relevant result sheets for verification. Once verified, the Group Recorder will submit your results to the National Recorder on your behalf for inclusion in the national competition.

**Contact:** Tim Carpenter, VTТА (Surrey/Sussex) Recorder, on 0207 7314831

**VTТА Best All Rounder Competition Results**

Year	S/S Pos	Nat Pos	Rider	25 m	50 m	100 m	12 hour	Av + mph
2010	2	49	Peter Moon	1.02.32	2.02.51	4.23.57	238.34	3.169
2009	-	-	No qualifiers from ER	-	-	-	-	-
2008	2	41	Peter Moon	0:58:47	1:57:49	4:16:53	243.497	3.783
2007	-	-	No qualifiers from ER	-	-	-	-	-

**VTТА Three Distance Competition Results**

Year	S/S Pos	Nat Pos	Rider	25 m	50 m	100 m	+ on Std
2010	6	108	Peter Moon	1.02.32	2.02.51	4.23.57	+ 1:22.14
2009	2	47	Vic Butler	0:59:13	2:07:40	4:42:45	+ 2:13:28
	7	126	Peter Moon	0:58:35	2:01:13	4:23:29	+ 1:24:24
2008	4	85	Peter Moon	0:58:47	1:57:49	4:16:53	+ 1:30:18
	9	115	Stuart Medhurst	0:57:23	2:09:29	4:26:13	+ 1:06:49
	14	137	Tony Murphy	1:04:10	2:22:44	5:01:06	+ 0:06:56
2007	1	4	Team ERCC	-	-	-	+ 2:44:03
	7	= 118	Steve Frame	0:54:17	1:54:19	4:18:53	+ 1:13:18
	10	132	Stuart Medhurst	0:57:40	2:01:52	4:35:20	+ 1:01:08

**KCA Best All Rounder Competition**

The qualifying events include some from the VTTA Kent Group and the SCCU 100 in July.

For a provisional list of qualifying events please refer to the **event listings on page 20 – 25**.

<b>Senior</b>	Contested over <b>25, 50, 100</b> miles and <b>12</b> hours in any KCA qualifying event this season. Based on an average mph from the best performance at each distance.
<b>Veteran</b>	Contested over <b>25, 50, 100</b> miles and <b>12</b> hours in any KCA qualifying event this season. Based on an average mph of the actual time less an average mph of the standard time from the best performance at each distance – see note on page 28.
<b>Ladies</b>	Contested over <b>10, 25</b> and <b>50</b> miles in any KCA qualifying event this season. Based on an average mph from the best performance at each distance.

No qualifiers from Eastbourne Rovers in 2009 or 2010

**KCA Three Distance Competition**

<b>Senior</b>	Contested over <b>10, 25</b> and <b>50</b> miles in any KCA event this season. Based on an average mph from the best performance at each distance.
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No qualifiers from Eastbourne Rovers in 2009 or 2010

# RTTC and VTTA National 24 Hour Championship

Saturday/Sunday 25/26th June 2011

In its 65th anniversary year, the East Sussex Cycling Association is very proud to be hosting the RTTC and VTTA National 24 hour Championship. This is a unique opportunity for cyclists in the South East to compete in such an event **right on their doorstep** where support and encouragement for the event is likely to be second to none.

As a club, Eastbourne Rovers are enthusiastic about the event, and would like to encourage as many members as possible to participate – whether as riders, supporters or helpers. As such we are committed to a coordinated approach to ensure that any member wishing to compete can be confident that they will receive all the necessary support, and as an ESCA affiliated club, we do all we can to contribute to the smooth running of the event.

Contact Peter Moon or Richard Thomas for further details

**Membership Analysis**

Membership Type	2010	2009	2008	2007	2006
Life Member	4	4	4	4	4
Senior including P and VPs	45	45	43	47	53
2nd Claim	2	2	2	1	2
Junior	1	1	1	2	1
Juvenile	1	0	0	1	3
Associate	7	7	6	6	6
<b>Total Members</b>	<b>60</b>	<b>59</b>	<b>56</b>	<b>61</b>	<b>69</b>

**First Places in 2010**

**Ladies**

Emma Richards	Sat 14 Aug 2010	Epsom CC	10	G10/57	0:24:43
Emma Richards	Sun 25 Jul 2010	Bognor Regis	50	P901/50	2:18:03

**Vet on Standard**

H Featherstone	Sat 178 Apr 2010	ESCA	10	G10/87	0:06:30
H Featherstone	Sat 01 May 2010	SCA	10	G10/97	0:08:03
H Featherstone	Sun 09 May 2010	Norwood Paragon	25	G25/53	0:20:05
H Featherstone	Sat 11 Sep 2010	ESCA	10	G10/87	0:07:02
H Featherstone	Sun 19 Sep 2010	VTTA (Surrey/Sussex)	25	G25/89	0:19:01

**First Place Vet Team on Standard**

Stuart Medhurst Dave Cox Kevin Burton	Sat 05 Jun 2010	VTTA (Surrey/Sussex)	10	G10/87	0:06:42
Harry Featherstone Dave Cox Andrew Stobbart	Sun 19 Sep 2010	VTTA (Surrey/Sussex)	25	G25/89	0:30:57

**Fastest Senior on Actual this Season**

Iain Brogden	Sat 31 Jul 2010	Team Cambridge 10	10	E2/10	0:20:48
Iain Brogden	Sun 25 Apr 2010	Addiscombe CC 25	25	G25/53	0:55:28
Iain Brogden	Sun 25 Jul 2010	Bognor Regis CC 50	50	P901/50	1:53:35
Iain Brogden	Sun 22 Aug 2010	East Sussex CA 100	100	G100/86	4:05:36
Peter Moon	Sun 05 Sep 2010	Kent CA 12hr	12hr	Q12	238.34
Peter Moon	Sat 24 Jul 2010	RTTC Championship 24	24hr	D24/1	299.99

**Fastest Woman on Actual this Season**

Emma Richards	Sat 14 Aug 2010	Epsom CC 10	10	G10/57	0:24:43
Emma Richards	Sun 15 Aug 2010	Eastbourne Rovers 25	25	G25/89	1:07:45
Emma Richards	Sun 25 Jul 2010	Bognor Regis CC 50	50	P901/50	2:18:03

**Fastest Junior on Actual this Season**

Kris Singh	Sun 15 Aug 2010	Eastbourne Rovers 25	25	G25/89	1:22:08
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**Fastest Veteran on Actual this Season**

Iain Brogden	Sat 31 Jul 2010	Team Cambridge 10	10	E2/10	0:20:48
Iain Brogden	Sun 25 Apr 2010	Addiscombe CC 25	25	G25/53	0:55:28
Iain Brogden	Sun 25 Jul 2010	Bognor Regis CC 50	50	P901/50	1:53:35
Iain Brogden	Sun 22 Aug 2010	East Sussex CA 100	100	G100/86	4:05:36
Peter Moon	Sun 05 Sep 2010	Kent CA 12hr	12hr	Q12	238.34
Peter Moon	Sat 24 Jul 2010	RTTC Championship 24	24hr	D24/1	299.99

**Highest Veteran Plus on Standard this Season**

H Featherstone	Sat 01 May 2010	Sussex CA 10	10	G10/97	0:08:03
H Featherstone	Thu 17 Jun 2010	Bognor Regis CC 10	10	P901	0:08:03
H Featherstone	Sun 16 May 2010	High Wycombe CC 25	25	H25/2	0:20:38
Iain Brogden	Sun 25 Jul 2010	Bognor Regis CC 50	50	P901/50	0:24:28
Iain Brogden	Sun 22 Aug 2010	East Sussex CA 100	100	G100/86	0:50:38
Peter Moon	Sun 05 Sep 2010	Kent CA 12hr	12hr	Q12	28.08
Peter Moon	Sat 24 Jul 2010	RTTC Championship 24	24hr	D24/1	-67.96

**Fastest Team of 3 on Actual this Season**

Iain Brogden Stuart Davis Stuart Medhurst	Sat 14 Aug 2010	Epsom CC	10	G10/57	1:07:59
Iain Brogden Stuart Davis Peter Moon	Sun 12 Sep 2010	ESCA	25	G25/89	2:59:33
Iain Brogden Peter Moon Stuart Medhurst	Sun 27 Jun 2010	SCCU	50	G50/53	6:04:04
Iain Brogden Peter Moon Stuart Medhurst	Sun 22 Aug 2010	ESCA	100	G100/86	13:09:23

**Fastest Veteran Team of 3 on Actual this Season**

Iain Brogden Stuart Medhurst Andrew Stobbart	Sat 14 Aug 2010	Epsom CC	10	G10/57	1:09:55
Iain Brogden Stuart Medhurst Kevin Burton	Sun 25 Apr 2010	Addiscombe CC	25	G25/53	3:01:51
Iain Brogden Peter Moon Stuart Medhurst	Sun 27 Jun 2010	SCCU	50	G50/53	6:04:04
Iain Brogden Peter Moon Stuart Medhurst	Sun 22 Aug 2010	ESCA	100	G100/86	13:09:23

**Highest Veteran Plus on Standard Team of 3 this Season**

Harry Featherstone Kevin Burton Peter Moon	Thu 17 Jun 2010	Bognor Regis CC	10	P901	0:16:52
Harry Featherstone Iain Brogden David Cox	Sun 19 Sep 2010	VTTA (Surrey/Sussex)	25	G25/89	0:38:16
Peter Moon Iain Brogden Stuart Medhurst	Sun 27 Jun 2010	SCCU	50	G50/53	1:05:59
Iain Brogden Peter Moon Stuart Medhurst	Sun 22 Aug 2010	ESCA	100	G100/86	2:13:27

10 miles	Name	Time	Year
Senior	Paul Woodman	20:03	2002
Lady	Helen Carter	23:06	2003
Junior	Keith Newsam	21:30	1999
Juvenile	Daniel Frederick	22:46	2002
Tandem	Steve Frame / Alan Rolfe	20:37	2003
Tricycle	Alan Rolfe	23:35	2002
Team	Jon Sharples Nick Leech Lloyd Grayston	1:02:03	2000
Ladies Team	Lisa Griffiths Helen Carter Louise Denton	1:17:45	2003
Veteran	Paul Woodman	20:03	2003
Veteran Team	Boyd Johnson Peter Moon Colin Jones	1:06:06	2003
Veteran on Standard	Harry Featherstone	+ 10:05	2004
Veteran Team on Standard	Harry Featherstone Charles Robson Colin Jones	+ 23:44	2001

15 miles	Name	Time	Year
Lady	Andrea Winchester	39:07	1987

25 miles	Name	Time	Year
Senior	Jon Sharples	50:31	1999
Lady	Andrea Winchester	57:33	1990
Junior	Keith Newsam	54:45	1999
Juvenile	Tim Fuller	59:24	1981
Tricycle	Alan Rolfe	59:49	2003
Team	Jon Sharples Alan Rolfe Keith Newsam	2:39:37	1999
Veteran	Paul Woodman	52:32	2001
Veteran Team	Paul Woodman Colin Jones Paul Charlton	2:53:29	2003
Veteran on Standard	Harry Featherstone	+ 25:32	1998
Veteran Team on Standard	Harry Featherstone Charles Robson Colin Jones	+ 53:03	1999

30 miles	Name	Time	Year
Senior	Boyd Johnson	1:04:19	2002
Lady	Andrea Winchester	1:19:51	1987
Juvenile	Keith Newsham	1:14:41	1999
Tandem	Ken Stevens / Brian Guy	1:05:45	1968
Tricycle	Brian Guy	1:18:58	1967
Team	Simon Prior Lloyd Grayston Alan Rolfe	3:19:41	1998
Team Tandem	Les Springett / Brian Smith Tony Miller / Roly Wickham	2:23:03	1950
Veteran	Boyd Johnson	1:04:19	2002
Veteran Team	Boyd Johnson Harry Featherstone Colin Jones	3:30:40	2001
Veteran on Standard	Harry Featherstone	+ 27:15	2002
Veteran Team on Standard	Harry Featherstone Charles Robson Colin Jones	+ 1:04:47	2002

50 miles	Name	Time	Year
Senior	Jon Sharples	1:47:57	1999
Lady	Andrea Winchester	1:57:45	1989
Junior	Steven Wright	2:07:17	1992
Juvenile	Keith Newsam	2:12:24	1999
Tandem	Ken Stevens / Brian Guy	1:57:24	1968
Tricycle	Alan Rolfe	2:03:33	2003
Team	Jon Sharples Simon Prior Lloyd Grayston	5:29:42	1999
Veteran	Boyd Johnson	1:49:48	2002
Veteran Team	Nick Rudkin Stuart Medhurst Peter Moon	5:56:09	2004
Veteran on Standard	Harry Featherstone	+ 49:43	2002
Veteran Team on Standard	Harry Featherstone Charles Robson Colin Jones	+ 1:50:59	1998

100 miles	Name	Time	Year
Senior	Simon Prior	4:01:27	1997
Lady	Andrea Winchester	4:05:32	1990
Junior	Steven Wright	4:35:55	1993
Juvenile	Simon Prior	4:44:43	1980
Tricycle	Ray Gearing	5:08:27	1981
Team	Lloyd Grayston Jon Sharples Simon Prior	12:16:46	1999
Veteran	Iain Brogden	4:05:36	2010
Veteran Team	Iain Brogden Peter Moon Stuart Medhurst	13:09:23	2010
Veteran on Standard	Harry Featherstone	+ 1:35:16	2003
Veteran Team on Standard	Harry Featherstone Colin Jones Charles Robson	+ 3:15:33	1998

12 Hours	Name	Miles	Year
Senior	Simon Prior	258.146	1998
Lady	Andrea Winchester	222.004	1990
Tricycle	Ray Gearing	212.913	1982
Team	Jerry Keen Charles Robson Ray Gearing (Tr)	702.195	1982
Veteran	Peter Moon	256.087	2002
Veteran Team	Geoff Baker Charles Robson Richard Thomas	700.823	1986
Veteran on Standard	Charles Robson	+ 40.984	1981
Veteran Team on Standard	Geoff Baker Charles Robson Richard Thomas	+ 73.975	1986

24 Hours	Name	Miles	Year
Senior	Charles Robson	447.891	1982
Veteran	Charles Robson	447.891	1982
Veteran on Standard	Charles Robson	+ 90.851	1982

Awards will be given to riders over 40 who better these times

Club Courses	Name	Time	Year
10 m G10/83 Pevensey	Jon Sharples	20:54	2001
14.07 m GS/884 Pevensey	Jon Sharples	31:33	2000
25 m G25/84 Pevensey	Jon Sharples	55:57	1999
25 m G25/80 East Hoathly	Iain Brogden	56:27	2009

Club Circuits	Name	Time	Year
7.2 m GS/834 Birling Gap	Iain Brogden	18:03	2010
14.4 m GS/834 Birling Gap	Iain Brogden	36:50	2009

Club Hill Climbs	Name	Time	Year
Birling Gap to Beachy Head	Gavin Smith	5m 39.8s	1980
High and Over	Gavin Smith	3m 10.8s	1983
Firle Beacon	Ray Gearing	4m 46.6s	1984

## Acknowledgments

Thank you to all the members who have contributed to the successful running of the club throughout the year, whether by being an official of the club, organising or assisting at events, or just lending a hand when needed. Anyone who can help in the future with timekeeping, recording, pushing off or marshalling, even at just a few events during the season, is most welcome – please contact Ann Human, Harry Featherstone or Dave Cox.

## Veteran Time Trial Association

The VTTA is a national association for anyone over 40 with an interest in time trialling. For membership and event information please visit their website [www.vtta.org.uk](http://www.vtta.org.uk)

**Regional Contact:** Esther Carpenter, Surrey/Sussex Group Secretary, on 01424 751581

## League of Veteran Racing Cyclists

The LVRC is an independent body providing events of all kinds including road, time trial and track racing for cyclists who are 40 years of age or more. For membership and event information please visit their website [www.lvrc.org](http://www.lvrc.org)

**Regional Contact:** Mike Cross, Region 9 Registrar on 01403 250012, mobile 07785 242974 or email [reg9reg@hotmail.co.uk](mailto:reg9reg@hotmail.co.uk)

Men	10 m	25 m	30 m	50 m	100 m	12 hr	24 hr	Women
40	0:25:30	1:06:00	1:19:12	2:17:01	4:54:02	225.00	393.75	
41	0:25:42	1:06:30	1:19:48	2:18:03	4:56:14	223.31	390.79	
42	0:25:54	1:07:00	1:20:24	2:19:05	4:58:29	221.63	387.86	
43	0:26:06	1:07:30	1:21:00	2:20:08	5:00:43	219.97	384.95	
44	0:26:18	1:08:00	1:21:36	2:21:10	5:02:56	218.32	382.06	
45	0:26:30	1:08:31	1:22:13	2:22:14	5:05:15	216.69	379.20	
46	0:26:42	1:09:02	1:22:50	2:23:19	5:07:33	215.06	376.36	
47	0:26:54	1:09:33	1:23:27	2:24:23	5:09:51	213.45	373.53	
48	0:27:07	1:10:04	1:24:04	2:25:28	5:12:09	211.84	370.73	40
49	0:27:20	1:10:35	1:24:42	2:26:32	5:14:27	210.26	367.95	41
50	0:27:33	1:11:07	1:25:20	2:27:38	5:16:49	208.68	365.19	42
51	0:27:46	1:11:39	1:25:58	2:28:45	5:19:12	207.11	362.45	43
52	0:27:59	1:12:11	1:26:37	2:29:51	5:21:35	205.56	359.73	44
53	0:28:12	1:12:43	1:27:16	2:30:58	5:23:57	204.02	357.04	45
54	0:28:25	1:13:16	1:27:55	2:32:06	5:26:24	202.49	354.36	46
55	0:28:38	1:13:49	1:28:34	2:33:15	5:28:51	200.97	351.70	47
56	0:28:52	1:14:22	1:29:14	2:34:23	5:31:18	199.46	349.06	48
57	0:29:06	1:14:55	1:29:54	2:35:32	5:33:45	197.97	346.44	49
58	0:29:20	1:15:29	1:30:35	2:36:42	5:36:17	196.48	343.85	50
59	0:29:34	1:16:03	1:31:16	2:37:53	5:38:48	195.01	341.27	51
60	0:29:48	1:16:37	1:31:57	2:39:03	5:41:20	193.54	338.71	52
61	0:30:02	1:17:11	1:32:37	2:40:14	5:43:51	192.09	336.17	53
62	0:30:16	1:17:45	1:33:18	2:41:25	5:46:23	190.65	333.64	54
63	0:30:30	1:18:20	1:34:00	2:42:37	5:48:59	189.22	331.14	55
64	0:30:45	1:18:55	1:34:42	2:43:50	5:51:34	187.80	328.66	56
65	0:31:00	1:19:30	1:35:24	2:45:03	5:54:10	186.39	326.19	57
66	0:31:15	1:20:05	1:36:06	2:46:15	5:56:46	185.00	323.75	58
67	0:31:30	1:20:41	1:36:49	2:47:30	5:59:27	183.61	321.32	59
68	0:31:45	1:21:17	1:37:32	2:48:45	6:02:07	182.23	318.91	60
69	0:32:00	1:21:53	1:38:16	2:49:59	6:04:47	180.86	316.51	61
70	0:32:15	1:22:30	1:39:00	2:51:16	6:07:32	179.51	314.14	62
71	0:32:30	1:23:07	1:39:44	2:52:33	6:10:17	178.16	311.78	63
72	0:32:46	1:23:44	1:40:29	2:53:50	6:13:02	176.82	309.45	64
73	0:33:02	1:24:22	1:41:14	2:55:09	6:15:51	175.50	307.13	65
74	0:33:18	1:25:00	1:42:00	2:56:28	6:18:41	174.18	304.82	66
75	0:33:34	1:25:38	1:42:46	2:57:46	6:21:30	172.88	302.54	67
76	0:33:50	1:26:17	1:43:32	2:59:07	6:24:24	171.58	300.27	68
77	0:34:06	1:26:56	1:44:19	3:00:28	6:27:17	170.29	298.02	69
78	0:34:22	1:27:35	1:45:06	3:01:49	6:30:11	169.02	295.78	70
79	0:34:38	1:28:14	1:45:53	3:03:11	6:33:07	167.75	293.56	71
80	0:34:55	1:28:54	1:46:41	3:04:33	6:36:04	166.49	291.36	72
81	0:35:12	1:29:34	1:47:29	3:05:56	6:39:01	165.24	289.17	73
82	0:35:29	1:30:14	1:48:17	3:07:20	6:42:00	164.00	287.01	74
83	0:35:46	1:30:55	1:49:06	3:08:44	6:45:02	162.77	284.85	75
84	0:36:03	1:31:36	1:49:55	3:10:09	6:48:05	161.55	282.72	76
85	0:36:20	1:32:17	1:50:44	3:11:35	6:51:07	160.34	280.60	77
	0:36:37	1:32:59	1:51:34	3:13:01	6:54:14	159.14	278.49	78
	0:36:54	1:33:41	1:52:24	3:14:28	6:57:21	157.94	276.40	79
	0:37:12	1:34:23	1:53:14	3:15:55	7:00:33	156.76	274.33	80
	0:37:30	1:35:05	1:54:04	3:17:23	7:03:44	155.58	272.27	81
	0:37:48	1:35:48	1:54:55	3:18:52	7:06:55	154.42	270.23	82
	0:38:06	1:36:31	1:55:46	3:20:21	7:10:07	153.26	268.20	83
	0:38:24	1:37:15	1:56:40	3:21:51	7:13:20	152.11	266.19	84
	0:38:42	1:37:59	1:57:32	3:23:21	7:16:35	150.97	264.19	85

This is a précis of some of the pertinent rules – please refer to the CTT Handbook or website [www.ctt.org.uk/regulations.asp](http://www.ctt.org.uk/regulations.asp) for full details as it is the responsibility of all riders to ensure that they comply with the Regulations.

- **Rule 1 - Observance of Regulations & Behaviour** – Competitors, officials, helpers or members of affiliated clubs shall not act or behave in a manner such as to give offence to the public interest or such as to bring the sport into disrepute.
- **Rule 8 – Club Membership** – A rider may only be a first claim member of one club and must enter Open and Semi-open events in the name of that club. A rider who changes his club after the closing date for entries must ride in the name of the new club but is not eligible for any team award. A rider may only change his first claim club once in any calendar year.
- **Rule 11 – Entry to Open Events** – All entries shall be on the current Standard entry form (Jan 2007) together with the correct entry fee. Any omission or inaccuracy may constitute a breach of Regulations.
- **Rule 12 – Null & Void Performances** – A performance is null and void when the event is declared null and void, or the rider is disqualified from an event.
- **Rule 13 – New or Improved Performances** – For handicap and time category events, any improvement or new performance occurring more than three days before the event must be notified to the promoting secretary. This must be done within three days of the new or improved performance.
- **Rule 15 – Protective Helmets** – Competitors under the age of 18 years and/or Junior must wear a properly affixed helmet which must be of hard/soft shell construction. Helmets should conform to a recognised standard.
- **Rule 17 – Signing-on Sheet** – The Competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the Official Signing-on Sheet when collecting their number.
- **Rule 18 – Covering the Course** – The onus of keeping to the course rest with each rider. When dismounted a competitor must wheel or carry his machine without assistance whilst covering any portion of the course.
- **Rule 19 – Awareness of Surroundings** – Competitors must not wear head/earphones associated with audio equipment except hearing aids. Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.
- **Rule 20 – Observance of the Law** - All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use.
- **Rule 21 – Paced & Company Riding** – Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken.
- **Rule 22 – Use of Motor Vehicles** – A competitor shall not be preceded, accompanied, followed by or in any way receive assistance from a motorised vehicle or its occupants, except in events at distances of 100km or more to assist with a competitor's reasonable feeding and other requirements. Where vehicles are to be authorised a full description of the vehicle and registration number shall be given to the event promoter prior to the start of the competition.
- **Rule 23 – Feeding** – Competitors may only be handed food, drink or equipment from a helper who is on foot. The use of breakable vessels is prohibited. Every precaution must be taken to ensure that other traffic is not impeded.
- **Rule 24 – Disease, Disability and Medical Treatment** – No person may compete whilst knowingly suffering from any disease, mental or physical disorder or is undergoing medical treatment which makes it unsafe or undesirable to do so.
- **Rule 25 – Use of Proscribed Substances** – It is an offence for a competitor in any event to use or to have administered to him any proscribed substance that might affect his competitive performance. A rider receiving medical treatment which could include a proscribed substance must not compete in time trials.
- **Rule 43 – Reporting Accidents** – If a competitor is involved in an accident in or in the vicinity of an event which either results in personal injury, involves a third party or is reported to the police, they must report the circumstances to the Event Secretary as soon as possible.



# East Sussex CA

## Time Trial Programme 2011

All events are open events



Date	Distance	Course	HQ/Area	Entry
Sunday 13 Mar 2011	15.06m Hardriders	GS/895	Bodle Street Green	£8.00
Sunday 03 Apr 2011	23.92m 2up TTT	GS/839	Laughton Village Hall	£16.00 Team
Saturday 16 Apr 2011	10m	G10/87	East Hoathly Sports Centre	£8.00
Sunday 17 Apr 2011	25m	G25/89	Fairwarp Village Hall	£8.00
Sunday 29 May 2011	65k	GS/865	Hailsham Community Collage	£8.00
Sunday 29 May 2011	34.6k	GS/866	Hailsham Community Collage	£8.00
Saturday 25 Jun 2011	RTTC National 24 Hour	G24/89	Berwick Village Hall	£20.00 £40.00 Tandem
Sunday 10 Jul 2011	50m	G50/89	To be confirmed	£8.00
Sunday 21 Aug 2011	100m	G100/86	Upper Dicker Village Hall	£10.00
Saturday 10 Sep 2011	10m	G10/87	East Hoathly Sports Centre	£8.00
Sunday 11 Sep 2011	25m	G25/89	Fairwarp Village Hall	£8.00
Sunday 16 Oct 2011	1542yd Hill Climb	GH/84	Firle Bostal	£6.00



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