



Sussex Cyclists' Association 2011 online Handbook

Promoting cycling in Sussex by encouraging members to participate in competitions that include open events taking place partly or wholly in Sussex

Click an item in the list to go to the page

Contents	Page
Introduction	1
Executive Committee 2011	2
Affiliated Clubs	3
Events Programme 2011	6
Constitution and Rules	7
Child Protection Policy	8
Risk Assessment	9
Sussex Championships	10
Sussex Best All Rounder Competitions	12
Sussex SPOCO Competition	14
Sussex Championship Points Competition	16
Sussex Championship Results 2010	17
Sussex Championship Points Results 2010	19
Sussex Best All Rounder Results 2010	20
Sussex SPOCO Results 2010	22
Sussex Championship Records	24
Sussex Best All Rounder Records	25
Sussex Road Records	26
Membership Policy	27

Distribution of this Handbook

This online version of the handbook has been produced in pdf format for ease of distribution to affiliated clubs and their members. Please feel free to download a copy and place on your own club website.

Introduction to the Sussex Cyclists' Association

...celebrating 90 years in 2011

The Sussex Cyclists' Association was formed in 1921 to promote time trials, contests, competitions and social events for members of cycling clubs located in Sussex. At that time an important role of the Association was to provide competitive rides for members who could not otherwise qualify for open events which were very popular and often oversubscribed. Consequently all time trials promoted by the Association used to be restricted to members of affiliated clubs. Over the years there has been a significant drop in the number of competitive cyclists, and is unusual to have full fields for open time trials, so all events promoted by the Association are now open events.

The Association was also formed to provide a controlling body to promote county championships at all recognised distances and a county Best All Rounder competition over 50 miles, 100 miles and 12 hours which was discontinued in 2005.

As times have changed and enthusiasm for longer distances diminished, the emphasis of the Association has evolved to concentrate on promoting cycling in Sussex by encouraging members to participate in competitions that include open events taking place partly or wholly in Sussex.

Whilst continuing to promote time trials at 10, 25 and 50 miles together with a hill climb, it has been necessary to incorporate other open events, namely the Southern Counties 100 and the Kent CA 12 hour, in order to keep the tradition of the Sussex Championships at all recognised distances. In each of these championship events first claim members of affiliated clubs compete for a variety of trophies and awards as detailed on page 10.

To further reflect the activities of the competitive cyclist today, a range of Best All Rounder competitions were introduced:

Sussex Long Distance BAR contested over 25, 50 and 100 miles
Sussex Middle Distance BAR contested over 10 25 and 50 miles
Sussex Short Distance BAR contested over 10 and 25 miles.

The Sussex BAR competitions are based on open events taking place partly or wholly in Sussex and those promoted by local cycling associations or member clubs – full details of the awards, qualifying events and simple claim process can be found on page 12.

Other initiatives include the introduction of the Sussex SPOCO competition to cater for those interested in the more sporting type events and the Sussex Championship Points competition to add a further dimension to the championship events. It is not necessary to register for either of these competitions as qualifying rides by first claim members of affiliated clubs are automatically recorded.

In addition to the Championship events the Association also promotes various other events including the 22.8 mile Hardriders, 2-up team time trial, two sporting events at 10 and 25 miles, and holds an annual prize presentation. For the Association to grow in strength it is important that members of affiliated clubs support these events and the competitions.

Executive Committee 2011

2011 President	Dr Chris Chapman – Hastings & St Leonards CC Tel: 01424 777180 Email: drcpchapman@tiscali.co.uk		
Chairman	Robin Johnson – Brighton Mitre Tel: 01403 783368		
General Secretary	Karl Roberton – Worthing Excelsior Tel: 01903 261675 Email: karl_roberton@btinternet.com		
Treasurer	Paul Thatcher – Brighton Mitre Tel: 07932 141433 Email P.Thatcher@families-for-children.co.uk		
Time Trial Secretary – Events	Steve Dennis – East Grinstead CC Tel: 01293 522721 Email: carla.dennis@sky.com		
Time Trial Secretary – Trophies	Geoff Smith – Eastbourne Rovers Tel: 01444 245183		
Competition Secretary	Dave Abbott – GS Stella Tel: 01903 722682 Email: biker.biker@hotmail.co.uk		
SPOCO Secretary	Ann Human – Eastbourne Rovers Tel: 01323 485180 Email ann.human@btinternet.com		
Webmaster	Mike Anton – East Grinstead CC Tel: 01444 453618 Email: m1ke_anton@hotmail.com		
Annual Dinner	David & Sue Cox – Eastbourne Rovers Tel: 01323 507916 Email: suecoxey@tiscali.co.uk		
Committee Members	Les & Margret Janman – Bognor Regis CC Tel: 01243 824184 Peter Moon – Eastbourne Rovers Tel: 01323 485180 Email little.brook@btinternet.com Don Lock – Worthing Excelsior Tel: 01903 531877 Email: dandmlock@ntlworld.com		
Vice Presidents	Mike Anton Andrew Attwood, Vanessa Attwood Su Balcombe Eric Bonner	Roy Fairchild Mike Hayler Les Janman Mick Kilby Alan Limbrey,	Don Lock Reg Searle Ken Wells Pearl Wells Alan Wright

Membership of the Sussex Cyclists' Association

Full details about membership of the Association can be found on page 27

Cycling clubs with their headquarters located in Sussex and neighbouring counties, which are affiliated to Cycling Time Trials (CTT), may apply for membership of the Association.

Please apply to our Treasurer, Paul Thatcher, 25 Hayley Rise, High Salvington, Worthing, West Sussex BN13 3AL together with a cheque for £20 payable to Sussex Cyclists' Association.

Affiliated Clubs



...a3crg

Website: www.a3crg.co.uk

Secretary: David Collard-Berry

Telephone: 01428 617840

Email: dcb@collardberry.fsnet.co.uk



Bognor Regis CC

Website: www.bognorregiscyclingclub.org

Secretary: Don Lambert

Telephone: 01243 262434

Email: donjanlamt13@supanet.com



Brighton Excelsior CC

Website: www.brightonexcelsior.co.uk

Secretary: Keith Balcombe

Telephone: 07704 709254

Email: angiebabsmay@btinternet.com



Brighton Mitre CC

Website: brightonmitre.typepad.com

Secretary: Tristan Court

Telephone: 01273 381804

Email: tristan.court@ntlworld.com

**Central
Sussex**

Central Sussex CC

Secretary: Geoff Ericson

Telephone: 01403 710550

Email: geoffreyericson@btinternet.com

Affiliated Clubs



Crawley Wheelers

Website: www.crawleywheelers.co.uk

Secretary: Rupert Robinson

Telephone: 01273 844401

Email: rupert.robinson@evanscycles.com



Eastbourne Rovers CC

Website: www.eastbournerovers.com

Secretary: Ann Human

Telephone: 01323 485180

Email: ann.human@btinternet.com



East Grinstead CC

Website: www.egcc.net

Secretary: Paul Winkley

Telephone: 01342 325867

Email: winkleyfamily@bigfoot.com



Group Sportive Stella

Secretary: Mark Jones

Telephone: 01903 741248

Email: markandheatherjones@tiscali.co.uk



Hampshire Road Club

Secretary: Chris McGuire

Telephone: 01243 377184

Email: christopher@cmcguire3.orangehome.co.uk



Hastings & St Leonards CC

Website: www.hastingscc.talktalk.net

Secretary: Chris Parker

Telephone: 07902 630574

Email: chrisparkerpett@aol.com



Horsham Cycling

Website: www.horshamcycling.co.uk

Secretary: Peter David

Telephone: 01403 259062

Email: peter.david@horshamcycling.co.uk

Affiliated Clubs



In-Gear Quickvit Trainsharp Website: www.in-gearonline.co.uk

Secretary: Peter Roberts
Telephone: 01825 768192
Email: ingearbikes@btconnect.com



Lewes Wanderers CC Website: www.leweswanderers.co.uk

Secretary: Mark Winton
Telephone: 01273 584973
Email: mark.winton1@tiscali.co.uk



Southdown Velo Website: www.southdownvelo.org.uk

Secretary: Tina McGuiness
Telephone: 01243 670323
Email: tinamac@tiscali.co.uk



Sussex Nomads CC Website: www.sussexnomads.org.uk

Secretary: Adrian Morris
Telephone: 01273 565603
Email: adrian.morris@thalesgroup.com



Velo Club Etoile

Secretary: Peter Scarsbrook
Telephone: 01903 872052
Email: scarzi@hotmail.com



VTTA (Surrey/Sussex) Website: www.surreysussexgp.freeuk.com

Secretary: Esther Carpenter
Telephone: 01424 751581
Email: esthercarpenter@rocketmail.com



Worthing Excelsior CC Website: www.worthingexcelsior.co.uk

Secretary: Adrian Palmer
Telephone: 01444 244717
Email: agiep1@tiscali.co.uk

Sussex CA Events Programme 2011

Prospectus of awards for 2011 open events

As stated at the AGM, there will not be a minimum prize list for SCA events in 2011. The prize list will be decided by the individual promoters, based on expected entries for their events.

All events are open events and the wearing of Hard Shell Helmets is compulsory

Date / Time	Distance	Course	Promoter
Sun 27 Feb 2011 08:30	23m Hardriders	GS/194	Steve Dennis Tel: 01293 522721
Sun 27 Mar 2011 08:00	28.5m 2up TTT	GS/987	Dave Abbott Tel: 01903 722682
Sat 30 Apr 2011 06:30	10m Sussex Championship	G10/97	Mike Anton Tel: 01444 453618
Sun 01 May 2011 07:00	25m Sussex Championship	G25/93	Mike Anton Tel: 01444 453618
Sun 05 Jun 2011 06:00	50m Sussex Championship	G50/10	Robin Johnson Tel: 01403 783368
Sat 27 Aug 2011 14:30	10m	G10/45	Robin Johnson Tel: 01403 783368
Mon 29 Aug 2011 14:30	25m	G25/49	Robin Johnson Tel: 01403 783368
Sat 01 Oct 2011 15:00	1672yd Hill Climb Sussex Championship	GH/92	Mel Roberton Tel: 01903 214489

Constitution and Rules

The Constitution and Rules of the Sussex Cyclists' Association are set out in a separate document – the current edition is dated 2011

Hard Shell Helmets

In 2008 all Sussex Cyclists' Association events were designated **Hard Shell Helmets Compulsory** as it was not a requirement laid out in the current regulations of the governing body, namely Cycling Time Trials. The justification for this action was approved and documented in the 2008 AGM minutes and in the 2008 SCA Handbook. As there has not been a noticeable drop in the number of riders in each of the events in 2008, the executive committee have designated the events as Hard Shell Helmets Compulsory in 2011.

The responsibility for wearing a hard shell helmet must rest with the rider. It would be unfair to make the start timekeeper responsible for enforcing the policy. Any rider starting without a hard shell helmet will be disqualified by the event promoter in the same way as any rider starting without signing the signing-on sheet when collecting their race number.

Sussex 100 Mile Championship

Unfortunately it has not been possible to find any member willing to promote the Sussex CA 100 in 2011.

It has been agreed with Rod Starmer that the Sussex 100 mile championship will be incorporated in to the Southern Counties Cycling Union 100 in 2011.

SCA Website – www.sussexca.org.uk

The Sussex CA website was introduced by Mike Anton in 2009, and has proved to be a valuable resource for members of our affiliated clubs. For those willing to delve further than the home page you will find

- Latest news, race reports and competition updates
- Start sheets and result sheets for local events
- Events calendar for the local area
- Course details and maps
- Affiliated clubs and contact details
- Association History
- Weblinks for cycling organisations and retailers etc
- Event records including details of previous years competitions

Annual Prize Presentation

Each year we hold a prize presentation in recognition and celebration of the rider's achievements throughout the season – members and guests of affiliated clubs are more than welcome and encouraged to attend.

Child Protection Policy

In 2003 Cycling Time Trials introduced a new condition of membership requiring all clubs to abide by the 'Child Protection Policy in Cycling Code'. All clubs affiliated to the Sussex CA now have to confirm that they will abide by this code when they renew their annual membership of Cycling Time Trials. The Association has set down its own Policy and Procedures, which has been approved by the National Secretary of Cycling Time Trials.

Policy

The Association has an obligation to provide a duty of care to protect all children (and vulnerable adults) and to safeguard their welfare, irrespective of age, gender, racial origin, religious belief, sexual identity and any disability.

The Association will take all reasonable practical steps to protect children from harm and discrimination and will respond quickly to all reported suspicions and allegations.

The Association recognises that the key to good practice is having an awareness of the principles required to promote a safe environment. The Association will adopt the Guidance Notes on good practice, poor practice and abuse as set down in Section 2 of the Document on Child Protection in Cycling issued by British Cycling and endorsed by Cycling Time Trials.

The Executive Committee of the Association will be responsible for ensuring suitable procedures exist to meet this policy statement.

Procedures

The Sussex Cyclists' Association does not have any individual members. Any concerns about the welfare of any child should normally be the responsibility of the club affiliated to the Association.

Should there be any concerns about the welfare of any child involved in a specific activity of the Association, which is not deemed to be within the control of a club affiliated to the Association, it is the responsibility of the person identifying the alleged abuse to report *separately* to two members of the Executive Committee who will normally be the General Secretary and the Chairman.

It is not the responsibility of the Executive Committee to determine whether or not abuse has taken place. This is in the domain of child protection professionals, the social services and the police force.

The Association is a member of Cycling Time Trials (CTT). It is the responsibility of the Executive Committee to report any concerns about the welfare of a child, as covered in 2.2 above, to the National Secretary of Cycling Time Trials (CTT) who will act as the designated National Child Protection Officer (NCPO). The NCPO will be responsible for referring the allegation to the Social Services Department in accordance with the procedures laid down in the Document on Child Protection in Cycling.

Cycling Time Trials (CTT) and all national cycling organisations who are parties to the Document on Child Protection in Cycling have given a commitment that all suspicions will be taken seriously and responded to swiftly and appropriately through laid down suspension, disciplinary and appeals procedures.

The Executive Committee shall be responsible for making a detailed report at the time of any disclosure of concern. This information should be written in factual format and avoid any opinion of hearsay. This report should be sent to the NCPO of Cycling Time Trials.

September 2003

Risk Assessment

In order to protect the future of our Sport, the National Governing Body for Cycling Time Trials decided in 1999 that it was imperative to implement formal Risk Assessment of all Courses and Events. The main drivers for formal risk assessment are:

- The Governing Body for the Sport and the Event Organiser must ensure the safety of all participants and everyone else who may be affected by a cycle time trial.
- The rise in the volume and speed of traffic and the need to respond to this increased risk.
- The growth of lawyers who are prepared to act on a “no win no fee” basis in an increasing litigious society.

The Home Office formally issued *The Good Practice Safety Guide for small and sporting events taking place on the highway, roads and public places* on 25 August 2006. This Guide set down Common Minimum Standards to cover all Sports referred to as ‘all relevant events’. The Guide is a lengthy document covering the general principles of good safety practice when running a wide range of events but only two pages are specific to Cycle Time Trials so there was a need for a ‘Sport Specific Guide’ to assist all those involved in the planning and organising of Cycle Time Trials by extracting and interpreting the relevant issues contained the Good Practice Safety Guide.

The South District Council of the CTT has prepared and issued an *Event Safety Code* for Cycle Time Trials all their affiliated clubs to brief them on the principles and procedures relating to Risk Assessment and a copy can be found on their website www.southdc.org.uk under Documents. The London South DC website www.lsdcc.org.uk is still under construction and, as yet, does not have a similar page on Risk Assessment. Nevertheless cycle time trials held in Sussex which will be qualifying events for Sussex CA Best All Rounder Competitions will be promoted by clubs affiliated to either London South DC or South DC so there is a need to appreciate they may be subject to slightly different local DC regulations and procedures on Risk Assessment.

The fundamental principle underlying Risk Assessment is ‘Duty of Care’ It is important to recognise that ‘Duty of Care’ extends beyond the Governing Body of the Sport and the Event Organiser (or Promoting Secretary) and rests with five groups, namely;

- The Riders
- Other Road Users
- The Highways Authorities
- The District Council of the Governing Body
- The Event Organiser (or Promoting Secretary)

Each District Council is responsible for issuing an up-to-date Risk Assessment to each Event Organiser (or Promoting Secretary). This means that all promoters of events on behalf of the Sussex CA can be assured that their responsibility is limited to implementing the measures to reduce risks identified and approved by the District Council in the Course (or Generic) Risk Assessment and identifying any additional or specific risks arising shortly before the event; briefing riders, and taking appropriate action to reduce the new risks to LOW. These responsibilities are clearly set out in the Event Safety Code for Cycle Time Trials.

The current CTT Annual Handbook underlines this limited responsibility under *Duties of Promoting Secretaries*.

The CTT has a Third Party Insurance Policy which provides an indemnity in the event of a claim against any rider or riders competing in an event promoted under CTT Regulations. It also covers Event Organisers, Timekeepers, Marshals, Observers and Voluntary Helpers used in any capacity required to make the event possible.

Awards for Sussex Championships

Sussex 10 Mile Championship

Incorporated into the Sussex CA Open 10

Champion:

The 10 mile Shield & Medal

Fastest SCA Team of three:

Medals

Medals to be awarded to Sussex CA Riders placed first, second and third in the respective categories: Overall, Veteran on Standard, Women, Juniors and Juveniles – subject to number of entries.

Sussex 25 Mile Championship

Incorporated into the Sussex CA Open 25

Individual Championship

Champion:

Boniface Cup & Medal

Veteran on Standard Champion:

Horry Hemsley Cup & Medal

Medals to be awarded to Sussex CA Riders placed first, second and third in the respective categories: Overall, Veterans on Standard, Women, Juniors and Juveniles – subject to number of entries.

Team Championship

SCA "A" Team of four

First

Lee Memorial Shield & Medals

Second

Dave Henty Cup & Medals

SCA "B" Team of three

First

Medals.

Sussex 50 Mile Championship

Incorporated into the Sussex CA Open 50

Champion:

Southern Radio Cup & Medal

Fastest SCA Team of three:

Halford Cup & Medals

Medals to be awarded to Sussex CA Riders placed first, second and third in the respective categories: Overall, Veterans on Standard, Women, Juniors and Juveniles – subject to number of entries.

Sussex 100 Mile Championship

Incorporated into the SCCU Open 100

Champion:

Regency Cup & Medal

Fastest SCA Team of three:

Medals

Medals to be awarded to Sussex CA Riders placed first, second and third in the respective categories: Overall, Veterans on Standard, Women, Juniors and Juveniles – subject to number of entries.

Sussex 12 Hour Championship

Incorporated into the Kent CA Open 12 hour

Champion:

H R Stevenson Cup & Medal

Fastest SCA Team of three:

Medals

Medals to be awarded to Sussex CA Riders placed first, second and third in the respective categories: Overall, Veterans on Standard, Women, Juniors and Juveniles – subject to number of entries.

Sussex Hill Climb Championship

Incorporated into the Sussex CA Open Hill Climb

Champion:

Alf Dawes Cup & Medal

Fastest SCA Team of three:

Medals

Medals to be awarded to Sussex CA Riders placed first, second and third in the respective categories: Overall, Veterans on Standard, Women, Juniors and Juveniles – subject to number of entries..

Special note: Medals to be awarded within each category shall be according to the following scale:

1 to 5 Riders – first only **6 to 10 riders** – first and second only **Over 10 Riders** – first, second and third

Sussex CA Sussex Championship Events for 2011

Sussex 10 Mile Championship

Event: Sussex CA Open 10 mile Time Trial
Date: Saturday 30 April 2011
Course: G10/97
Promoter: Mike Anton
Tel: 01444 453618

Sussex 25 Mile Championship – Individual & Team

Event: Sussex CA Open 25 mile Time Trial
Date: Sunday 01 May 2011
Course: G25/93
Promoter: Mike Anton
Tel: 01444 453618

Sussex 50 Mile Championship

Event: Sussex CA Open 50 mile Time Trial
Date: Sunday 05 June 2011
Course: G50/10
Promoter: Robin Johnson
Tel: 01403 783 368

Sussex 100 Mile Championship

Event: Southern Counties CU Open 100 Time Trial
Date: Sunday 24 July 2011
Course: G100/60
Promoter: Rod Starmer
Tel: 01883 713 043

Sussex 12 Hour Championship

Event: Kent CA Open 12 hour Time Trial
Date: Sunday 04 September 2011
Course: Q12
Promoter: Esther Carpenter
Tel: 01424 751581

Sussex Hill Climb Championship

Event: Sussex CA Open Hill Climb
Date: Saturday 01 October 2011
Course: GH/92
Promoter: Mel Roberton
Tel: 01903 214489

All the above are qualifying events for the Sussex Championship Points Competition

Sussex Best All Rounder Competitions

Details of the Sussex Best All Rounder Competitions

Competitions are held annually to decide the Best All Rounder. There are three separate Competitions:

Sussex Long Distance BAR	Overall	1 x 25 miles, 1 x 50 miles, 1 x 100 miles
	Veterans on Standard*	1 x 25 miles, 1 x 50 miles, 1 x 100 miles
	Woman	1 x 10 miles, 1 x 25 miles, 1 x 50 miles
	Junior	2 x 10 miles, 2 x 25 miles
Sussex Middle Distance BAR	Overall & Veterans on Standard*	2 x 10 miles, 2 x 25 miles, 1 x 50 miles
Sussex Short Distance BAR	Overall & Veterans on Standard*	3 x 10 miles, 3 x 25 miles

* Based on the aggregate plus against VTTA standard from the best performance(s) at each distance

Eligibility for the Sussex Best All Rounder Competitions

The Sussex BAR competitions are open to all first claim members of SCA affiliated clubs. In order to qualify a claim form must be submitted to the Competition Secretary before the closing date.

Please send completed claim forms, with a stamped addressed envelope, to arrive by the closing date:

Monday 17 October 2011 to:

Dave Abbott, 15 Longships, Littlehampton, West Sussex BN17 6SL
Telephone 01903 722682 E-mail biker.biker@hotmail.co.uk

Awards

The following awards will be presented at the Annual Prize Presentation Dinner

Sussex Long Distance BAR

Overall	1st – A E Paching Cup & Medal	2nd – Medal	3rd – Medal
Overall Team of Three	1st – Medal for each team member		
Veterans on Standard	1st – Stephen Easter Cup & Medal	2nd – Medal	3rd – Medal
Vets on Std Team of Three	1st – Medal for each team member		
Woman	1st – West Sussex RC Plate & Medal		
Junior	1st – Medal		

Sussex Middle Distance BAR

Overall	1st – Fairy Dyes Cup & Medal	2nd – Medal	3rd – Medal
Overall Team of Three	1st – Medal for each team member		
Veterans on Standard	1st – Glazebrook Cup & Medal	2nd – Medal	3rd – Medal
Vets on Std Team of Three	1st – Medal for each team member		

Sussex Short Distance BAR

Overall	1st – Short BAR Cup & Medal	2nd – Medal	3rd – Medal
Overall Team of Three	1st – Medal for each team member		
Veterans on Standard	1st – Vets Short BAR Cup & Medal	2nd – Medal	3rd – Medal
Vets on Std Team of Three	1st – Medal for each team member		

Sussex CA BAR Qualifying Events and Rules For 2011

The Qualifying Events

Date	Dist	Course	Club/Association
Sat 26 Feb 11	10	P886	...a3crg
Sat 19 Mar 11	10	G10/46	Southern Counties CU
Sat 16 Apr 11	10	G10/87	East Sussex CA
Sat 23 Apr 11	10	G10/44	Brighton Mitre CC
Sat 30 Apr 11	10	G10/97	Sussex CA
Sat 30 Apr 11	10	P881/10	Hampshire RC
Sat 21 May 11	10	G10/57	Southern Counties CU
Mon 30 May 11	10	G10/97	Brighton Mitre CC
Mon 30 May 11	10	GS/995	Brighton Mitre CC
Sat 04 Jun 11	10	G10/87	VTTA (Surrey/Sussex)
Sat 18 Jun 11	10	G10/57	Horsham Cycling
Thu 23 Jun 11	10	P901	Bognor Regis CC
Sat 02 Jul 11	10	G10/57	Old Portlians CC
Sat 09 Jul 11	10	G10/57	South Eastern RC
Sat 23 Jul 11	10	G10/57	Crawley Wheelers
Sat 13 Aug 11	10	G10/87	Eastbourne Rovers CC
Sat 20 Aug 11	10	G10/57	Epsom CC
Sat 27 Aug 11	10	G10/45	Sussex CA
Sat 10 Sep 11	10	G10/87	East Sussex CA
Sun 20 Mar 11	25	G25/44	Southern Counties CU
Sun 10 Apr 11	25	G25/45	Redmon CC
Sun 17 Apr 11	25	G25/53	Southern Counties CU
Sun 17 Apr 11	25	G25/89	East Sussex CA
Sun 24 Apr 11	25	G25/53	Addiscombe CC
Mon 25 Apr 11	25	GS/999	Brighton Mitre CC
Sun 01 May 11	25	G25/93	Sussex CA
Sun 08 May 11	25	G25/53	Norwood Paragon CC
Sun 15 May 11	25	G25/53	Worthing Excelsior CC
Sun 12 Jun 11	25	G25/89	Southborough Wheelers
Sun 12 Jun 11	25	P885/25	Team Axiom
Mon 27 Jun 11	25	P885/25	...a3crg
Sun 17 Jul 11	25	G25/53	Bec CC
Sun 31 Jul 11	25	G25/93	Brighton Excelsior CC
Sun 14 Aug 11	25	G25/89	Eastbourne Rovers CC
Sun 21 Aug 11	25	G25/45	Old Portlians CC
Sun 28 Aug 11	25	P901/25	VTTA (Wessex)
Mon 29 Aug 11	25	G25/49	Sussex CA
Sun 04 Sep 11	25	G25/53	Southern Counties CU
Sun 11 Sep 11	25	G25/89	East Sussex CA
Sun 11 Sep 11	25	P901/25	Bognor Regis CC
Sun 18 Sep 11	25	G25/89	VTTA (Surrey/Sussex)
Sun 25 Sep 11	25	G25/53	Epsom CC
Sun 15 May 11	50	P885/50	...a3crg
Sun 05 Jun 11	50	G50/10	Sussex CA
Sun 19 Jun 11	50	G50/53	Southern Counties CU
Sun 10 Jul 11	50	G50/89	East Sussex CA
Sun 24 Jul 11	50	P901/50	Bognor Regis CC
Sun 07 Aug 11	50	G50/53	Anerley BC
Sun 24 Jul 11	100	G100/60	Southern Counties CU
Sun 21 Aug 11	100	G100/86	East Sussex CA

The Rules

1. The Sussex Best All Rounder competitions are open to first claim members of clubs affiliated to the SCA only.
2. Accurate claims must be submitted to the Competition Secretary by the closing date.
3. The Sussex Best All Rounder competitions shall be decided on each rider's best time in the qualifying events.
4. Qualifying events shall be decided and published prior to the beginning of each racing season.
5. An open event run by the Sussex Cyclists' Association (SCA), the East Sussex Cycling Association (ESCA), the Southern Counties Cycling Union (SCCU) or any club affiliated to the SCA or an open event that takes place wholly or partly in Sussex, shall be eligible for inclusion in the list of qualifying events.
6. Qualifying events must be published in the CTT handbook.
7. The overall competitions shall be open to all riders and shall not prevent a veteran, woman or junior from winning the overall competition.
8. The veteran competition shall be open to all riders aged 40 years and over on the date of the event and shall be decided on their plus against VTTA standard time. This rule shall not prevent a veteran from winning an overall competition on actual time.
9. In the Long Distance BAR individual awards are made for overall, veterans on standard, woman and junior.
10. In the Middle and Short Distance BARs individual awards are made for overall and veterans on standard.
11. In all BAR competitions awards are made for the best overall and the best veteran on standard team of three from an affiliated club.
12. The decision of the SCA Executive Committee will be final in the event of any dispute.

Sussex SPOCO Competition

History of SPOCO

The pioneering sporting courses points competition, known as SPOCO, was founded by Bill Norris in 1982 to encourage the use of courses where traffic was light and the terrain sporting. Standard distances were not necessary as the competition was decided on placings to give points, thus taking the emphasis away from fast times.

Eligibility for the Sussex SPOCO Competition

The Sussex SPOCO competition is open to all first claim members of SCA affiliated clubs. There is no need to register for the competition as any qualifying ride by a member of a SCA affiliated club will automatically be recorded.

How the Competition Works

The competition consists of a series of 25 sporting type events broken down into three categories – Short, Middle and Long distance. For each qualifying event ridden you will be awarded points based on your position in that event – 120 points for first place, down to 1 point for 120th place. **The competition is decided on your highest scores from six qualifying events which must include:**

1 x Group A – Short Distance 1 x Group B – Middle Distance 1 x Group C – Long Distance

And any other three events from any of the distances

- Any number of events can be ridden as your best placing(s) in each category will automatically count towards the competition.
- Times are of no consequence as it's your position on the day that counts.
- Starting at 120 points for the winner, and reducing by 1 point per position, means the fewer riders there are, the more points you are likely to get.

That's the beauty of SPOCO; in the words of its founder "racing on tough courses in bad weather is no longer pointless!"

Awards

The following awards will be presented at the Annual Prize Presentation Dinner

Overall	1st – SPOCO Trophy	2nd – Medal	3rd – Medal
Overall Team of Three	1st – Medal for each team member		
Veterans on Standard	1st – SPOCO Veteran Trophy	2nd – Medal	3rd – Medal
Vets on Std Team of Three	1st – Medal for each team member		
Woman	1st – Medal		
Junior	1st – Medal		
Each Successful Qualifier	Signed Certificate for each rider completing the required 6 qualifying events		

Competition Updates

Throughout the season competition updates are produced showing the current positions in the overall and veteran competitions. If you would like to receive e-mail updates direct, so you can keep track of where you are in relation to your usual rivals, please contact **ann.human@btinternet.com**. Alternatively refer to the SCA website: **www.sussexca.org.uk** throughout the season.

Sussex SPOCO Qualifying Events and Rules For 2011

The Qualifying Events

Group A – Short Distance – under 15 miles

Sat 05 Feb 2011	South Downs Bikes	18 km	GS/988
Sat 19 Mar 2011	Southern Counties CU	10 m	G10/46
Sat 23 Apr 2011	Brighton Mitre	10 m	G10/44
Mon 30 May 2011	Brighton Mitre *	10 m	GS/995
Sat 11 Jun 2011	Redhill CC	14 m	GS/189
Sat 27 Aug 2011	Sussex CA	10 m	G10/45

Group B – Middle Distance – over 15 and under 40 miles

Sun 06 Feb 2011	South Downs Bikes	34 km	GS/989
Sat 19 Feb 2011	Central Sussex CC	17.48 m	GS/985
Sun 27 Feb 2011	Sussex CA	23 m	GS/194
Sun 06 Mar 2011	East Surrey RC	29.9 m	GS/491
Sun 13 Mar 2011	East Sussex CA	15.06 m	GS/895
Sun 20 Mar 2011	Southern Counties CU	25 m	G25/44
Sun 24 Apr 2011	Lewes Wanderers	30 m	G30/88
Mon 25 Apr 2011	Brighton Mitre	25 m	GS/999
Sun 01 May 2011	Sussex CA	25m	G25/93
Sun 29 May 2011	East Sussex CA	34.6 km	GS/866
Mon 29 Aug 2011	Sussex CA	25 m	G25/49
Sun 11 Sep 2011	East Sussex CA	25 m	G25/89
Sun 16 Oct 2011	Southdown Velo	27 m	P911

Group C – Long Distance – over 40 miles

Sun 22 May 2011	Crawley Wheelers	41.9 m	GS/196
Sun 29 May 2011	East Sussex CA	65 km	GS/865
Sun 05 Jun 2011	Sussex CA	50 m	G50/10
Sun 10 Jul 2011	East Sussex CA	50 m	G50/89
Sun 24 Jul 2011	Southern Counties CU	100 m	G100/60
Sun 21 Aug 2011	East Sussex CA	100 m	G100/86

* Brighton Mitre event Monday 30 May 2011

There is a combination of 7 events on this day – only the hilly event on course GS/995 is the Sussex SPOCO qualifying event

The Rules

1. The SCA sporting courses points competition (Sussex SPOCO) is open to first claim members of clubs affiliated to the SCA only.
2. The Sussex SPOCO shall be decided on each rider's best placing in the qualifying events.
3. Points will be awarded in each qualifying ride – 120 points for 1st place down to 1 point for 120th place.
4. Qualifying rides will be the best placing achieved in six qualifying events which must include: One short distance event, one middle distance event, one long distance event and any other three from any of the distances
5. Any number of qualifying events may be ridden
6. Qualifying events shall be decided and published prior to the beginning of each racing season.
7. An open event run by the Sussex Cyclists' Association (SCA), the East Sussex Cycling Association (ESCA), the Southern Counties Cycling Union (SCCU) or any club affiliated to the SCA or an open event that takes place wholly or partly in Sussex, shall be eligible for inclusion in the list of qualifying events.
8. Qualifying events must be published in the CTT handbook.
9. Separate awards are made for overall, veterans on standard, women and junior plus the best team of three from an affiliated club.
10. The Veteran competition shall be open to all riders aged 40 years and over on the date of the event and shall be decided on their placing based on Plus against VTTA Standard Time. This rule shall not prevent a veteran from winning the competition on actual time.
11. The decision of the SCA Executive Committee will be final in the event of any dispute.

Sussex Championship Points Competition

Eligibility for the Sussex Championship Points Competition

The Sussex championship points competition is open to all first claim members of SCA affiliated clubs. There is no need to register for the competition as any qualifying ride by a member of a SCA affiliated club will automatically be recorded.

How the Competition Works

The competition consists of a series of six Sussex championship events – 10 miles, 25 miles, 50 miles, 100 miles, 12 hour and hill climb.

For each qualifying event ridden you will be awarded points based on your position in that event in relation to other riders from SCA affiliated clubs – 20 points for first place, down to 1 point for 20th place – riders who are not from SCA affiliated clubs will be disregarded in the points allocation. Any number of events can be ridden – the more events you ride, the more points you are likely to get.

The competition is decided on the highest number of points totalled from the six qualifying events.

Awards

The following awards will be presented at the Annual Prize Presentation Dinner

Overall	1st – Charlie Lednor Trophy	2nd – Medal	3rd – Medal
Overall Team of Three	1st – Medal for each team member		

Competition Updates

Throughout the season competition updates are produced showing the current positions. If you would like to receive e-mail updates direct, so you can keep track of where you are in relation to your usual rivals, please contact ann.human@btinternet.com. Alternatively refer to the SCA website: www.sussexca.org.uk throughout the season.

The Qualifying Events

	Date	Event	Dist	Course
Sussex 10 mile Championship	Sat 30 Apr 2011	Sussex CA	10m	G10/97
Sussex 25 mile Championship	Sun 01 May 2011	Sussex CA	25m	G25/93
Sussex 50 mile Championship	Sun 05 Jun 2011	Sussex CA	50m	G50/10
Sussex 100 mile Championship	Sun 24 Jul 2011	Southern Counties CU	100m	G100/60
Sussex 12 Hour Championship	Sun 04 Sep 2011	Kent CA	12 hour	Q12
Sussex Hill Climb Championship	Sat 01 Oct 2011	Sussex CA	1672 yd	GH/92

The Rules

1. The Sussex championship points competition is open to first claim members of clubs affiliated to the SCA only.
2. The Sussex championship points competition shall be decided on each rider's placing in the qualifying events.
3. Points will be awarded in each qualifying event – 20 points for 1st place down to 1 point for 20th place.
4. Qualifying events shall be county championship events.
5. Any number of qualifying events may be ridden
6. The decision of the SCA Executive Committee will be final in the event of any dispute.

Sussex Championship Results 2010

Sussex 10 Mile Championship

Overall	1st	Nick Dwyer	Lewes Wanderers	0:20:50
	2nd	Michael Coyle	Brighton Mitre	0:21:02
	3rd	Rob Pelham	Lewes Wanderers	0:21:09
Veteran	1st	Harry Featherstone	Eastbourne Rovers	+ 08:03
	2nd	Mel Roberton	Worthing Excelsior	+ 06:54
	3rd	Alan Robinson	Central Sussex CC	+ 06:51
Women	1st	Naomi Dandridge	Lewes Wanderers	0:25:52
Junior	Not contested			
Juvenile	Not contested			
Team	1st	Lewes Wanderers	Nick Dwyer, Rob Pelham & James Ryan	1:05:00

Sussex 25 Mile Championship

Overall	1st	Michael Hutchinson	In-Gear Quickvit Trainsharp	0:51:12
	2nd	Steve Dennis	East Grinstead CC	0:52:52
	3rd	Peter Tadros	In-Gear Quickvit Trainsharp	0:53:12
Veteran	1st	Mel Roberton	Worthing Excelsior	+ 18:15
	2nd	David Pollard	In-Gear Quickvit Trainsharp	+ 17:00
	3rd	Steve Dennis	East Grinstead CC	+ 16:10
Women	1st	Sarah Dwyer	Lewes Wanderers	1:11:18
Junior	Not contested			
Juvenile	Not contested			
A Team	1st	In-Gear Quickvit Trainsharp	Michael Hutchinson, Peter Tadros, David Pollard & Jon Sharples	3:38:26
	2nd	Lewes Wanderers	Nick Dwyer, Rob Pelham, James Ryan & Tom Glandfied	3:47:57
B Team	1st	Lewes Wanderers	Johan Stegers, Andy Cox & Matt Coombs	3:02:20

Sussex 50 Mile Championship

Overall	1st	David Shepherd	GS Stella	1:57:30
	2nd	James Ryan	Lewes Wanderers	2:01:16
	3rd	Tony Reeves	GS Stella	2:02:53
Veteran	1st	Don Parker	Brighton Mitre	+ 31:11
	2nd	David Shepherd	GS Stella	+ 29:02
	3rd	Geoff Smith	Sussex Nomads	+ 26:53
Women	1st	Helen Millier	Lewes Wanderers	2:26:30
Junior	Not contested			
Juvenile	Not contested			
Team	1st	Worthing Excelsior	Jeremy Wootton, Nigel Reynolds & Stuart Jago	6:20:56

Sussex Championship Results 2010 continued

Sussex 100 Mile Championship

Overall	1st	Rob Pelham	Lewes Wanderers	3:52:40
	2nd	David Shepherd	GS Stella	4:00:51
	3rd	Rupert Robinson	Crawley Wheelers	4:17:47
Veteran	1st	Mel Robertson	Worthing Excelsior	+ 1:22:02
	2nd	David Shepherd	GS Stella	+ 1:13:36
	3rd	Alan Lloyd	Lewes Wanderers	+ 1:03:00
Women	Not contested			
Junior	Not contested			
Juvenile	Not contested			
Team	1st	Lewes Wanderers	Rob Pelham, Alan Lloyd & John Mankelow	13:17:11

Sussex 12 Hour Championship

Overall	1st	David Shepherd	GS Stella	267.989
	2nd	Tony Reeves	GS Stella	243.318
	3rd	Andy Payne	GS Stella	241.799
Veteran	1st	David Shepherd	GS Stella	+ 57.729
	2nd	Geoff Smith	Sussex Nomads	+ 29.922
	3rd	Peter Moon	Eastbourne Rovers	+ 28.078
Women	Not contested			
Junior	Not contested			
Juvenile	Not contested			
Team	1st	GS Stella	David Shepherd, Tony Reeves & Andy Payne	753.106

Sussex Hill Climb Championship

Overall	1st	Pete Tadros	In-Gear Quickvit Trainsharp	4:13.3
	2nd	Michael Coyle	Brighton Mitre	4:28.1
	3rd	Sholto Haggart	Brighton Mitre	4:40.1
Veteran	1st	Michael Coyle	Brighton Mitre	+ 0:47.9
	2nd	Pete Tadros	In-Gear Quickvit Trainsharp	+ 0:46.7
	3rd	Geoff Smith	Sussex Nomads	+ 0:16.7
Women	1st	Kaye Dwyer	Lewes Wanderers	8:12.4
Junior	1st	Lewis Norris	Worthing Excelsior	5:01.2
Juvenile	Not contested			
Team	1st	Brighton Mitre	Michael Coyle, Sholto Haggart & Greg Cooper	13:59.5

Sussex Championship Points Results 2010

Overall			
	1	David Shepherd	GS Stella 88 points
	2	Tony Reeves	GS Stella 68 points
	3	Michael Coyle	Brighton Mitre 54 points
	4	Rob Pelham	Lewes Wanderers 52 points
	5	Mark Bernhardt	Worthing Excelsior 43 points
	6	Nick Dwyer	Lewes Wanderers 41 points
	7	James Ryan	Lewes Wanderers 40 points
	8	Peter Tadros	In-Gear Quickvit Trainsharp 38 points
	9	Alan Lloyd	Lewes Wanderers 36 points
	= 10	Nigel Langridge	Crawley Wheelers 33 points
	= 10	Stuart Jago	Worthing Excelsior 33 points
	= 10	Geoff Smith	Sussex Nomads 33 points
	13	Nathan Gale	Worthing Excelsior 32 points
	14	Sholto Haggart	Brighton Mitre 31 points
	= 15	Iain Brogden	Eastbourne Rovers 29 points
	= 15	Peter Moon	Eastbourne Rovers 29 points
	17	Paul Thatcher	Brighton Mitre 28 points
	18	Mel Robertson	Worthing Excelsior 26 points
	19	Alan Macinnes	East Grinstead CC 23 points
	= 20	Michael Hutchinson	In-Gear Quickvit Trainsharp 20 points
	= 20	Jeremy Wootton	Worthing Excelsior 20 points
	= 20	Rupert Robinson	Crawley Wheelers 20 points
	= 23	Steve Dennis	East Grinstead CC 19 points
	= 23	Mark Jones	GS Stella 19 points
	= 25	Andy Payne	GS Stella 18 points
	= 25	Richard Gifford	In-Gear Quickvit Trainsharp 18 points
	27	Carl Trevis	Worthing Excelsior 17 points
	= 28	Greg Cooper	Brighton Mitre 16 points
	= 28	Mark Paton	Sussex Nomads 16 points
	= 30	Andrew Edwards	Brighton Mitre 15 points
	= 30	Nigel Reynolds	Worthing Excelsior 15 points
	= 30	David Pollard	In-Gear Quickvit Trainsharp 15 points
	= 33	Don Parker	Brighton Mitre 14 points
	= 33	Kevin Doe	Worthing Excelsior 14 points
	= 35	Lewis Norris	Worthing Excelsior 13 points
	= 35	Stuart Medhurst	Eastbourne Rovers 13 points
	= 37	Chris Twine	Worthing Excelsior 11 points
	= 37	Mike Levett	Lewes Wanderers 11 points
	= 37	Simon Yates	Lewes Wanderers 11 points
	= 37	John Mankelow	Lewes Wanderers 11 points
	41	Tom Glandfield	Lewes Wanderers 10 points
	= 42	Jon Sharples	In-Gear Quickvit Trainsharp 9 points
	= 42	Johan Stegers	Lewes Wanderers 9 points
	44	Chris Putnam	Worthing Excelsior 8 points
	45	Yuriy Tymchenko	Sussex Nomads 7 points
	46	Michael Thyer	Sussex Nomads 6 points
	= 47	Neil Newell	Sussex Nomads 5 points
	= 47	Adam Ford	Eastbourne Rovers 5 points
	49	Richard Weatherstone	GS Stella 4 points
	= 50	Chris Chapman	Hastings & St Leonards CC 3 points
	= 50	Stuart Payne	Central Sussex CC 3 points
	= 52	Peter Logan	Worthing Excelsior 2 points
	= 52	Mark Storie	GS Stella 2 points
	= 52	Robin Johnson	Brighton Mitre 2 points
	= 55	Helen Millier	Lewes Wanderers 1 point
	= 55	Kaye Dwyer	Lewes Wanderers 1 point
	= 55	Matt Coombs	Lewes Wanderers 1 point

Sussex Best All Rounder Results 2010

Sussex Long Distance BAR Competition

Overall	1st	Rob Pelham	Lewes Wanderers	27.05 mph
	2nd	Nick Dwyer	Lewes Wanderers	26.58 mph
	3rd	Iain Brogden	Eastbourne Rovers	25.96 mph
	4th	Tom Glandfield	Lewes Wanderers	25.65 mph
	5th	David Shepherd	GS Stella	25.65 mph
	6th	Peter Morris	Lewes Wanderers	24.78 mph
	7th	Tony Reeves	GS Stella	24.67 mph
	8th	Mel Robertson	Worthing Excelsior	24.55 mph
	9th	Mark Bernhardt	Worthing Excelsior	23.96 mph
	10th	Peter Moon	Eastbourne Rovers	23.70 mph
	11th	Peter Baker	Lewes Wanderers	23.63 mph
	12th	Stuart Jago	Worthing Excelsior	23.10 mph
	13th	Alan Lloyd	Lewes Wanderers	23.00 mph
	14th	Nathan Gale	Worthing Excelsior	22.34 mph
	15th	Kevin Doe	Worthing Excelsior	21.70 mph
Team	1st	Lewes Wanderers	Rob Pelham, Nick Dwyer & Tom Glandfield	26.43 mph
	2nd	Worthing Excelsior	Mel Robertson, Mark Bernhardt & Stuart Jago	23.87 mph
	3rd	Lewes Wanderers	Peter Morris, Peter Baker & Alan Lloyd	23.80 mph
Veteran	1st	Mel Robertson	Worthing Excelsior	+ 2:23:17
	2nd	David Shepherd	GS Stella	+ 1:57:30
	3rd	Nick Dwyer	Lewes Wanderers	+ 1:55:33
	4th	Stuart Jago	Worthing Excelsior	+ 1:29:51
	5th	Iain Brogden	Eastbourne Rovers	+ 1:26:08
	6th	Peter Baker	Lewes Wanderers	+ 1:25:42
	7th	Peter Moon	Eastbourne Rovers	+ 1:22:10
	8th	Alan Lloyd	Lewes Wanderers	+ 1:21:51
	9th	Mark Bernhardt	Worthing Excelsior	+ 1:14:27
	10th	Kevin Doe	Worthing Excelsior	+ 0:53:50
Vet Team	1st	Worthing Excelsior	Mel Robertson, Stuart Jago & Mark Bernhardt	+ 5:07:45
	2nd	Lewes Wanderers	Nick Dwyer, Peter Baker & Alan Lloyd	+ 4:43:06
Women	-	Not contested		
Junior	1st	Tom Baker	Lewes Wanderers	25.02 mph

Middle Distance BAR Competition

Overall	1st	Nick Dwyer	Lewes Wanderers	28.36 mph
	2nd	Rob Pelham	Lewes Wanderers	28.07 mph
	3rd	Steve Dennis	East Grinstead CC	27.68 mph
	4th	Iain Brogden	Eastbourne Rovers	27.45 mph
	5th	Tom Glandfield	Lewes Wanderers	26.78 mph
	6th	David Shepherd	GS Stella	26.64 mph
	7th	Tony Reeves	GS Stella	26.32 mph
	8th	Peter Morris	Lewes Wanderers	26.11 mph
	9th	Mel Robertson	Worthing Excelsior	25.99 mph
	10th	Peter Baker	Lewes Wanderers	25.50 mph
	11th	Peter Moon	Eastbourne Rovers	24.56 mph
	12th	Geoff Smith	Sussex Nomads	24.55 mph
Team	1st	Lewes Wanderers	Nick Dwyer, Rob Pelham & Tom Glandfield	27.74 mph

Sussex Best All Rounder Results 2010 continued

Middle Distance BAR Competition continued

Veteran	1st	Mel Robertson	Worthing Excelsior	+ 1:35:36
	2nd	Steve Dennis	East Grinstead CC	+ 1:23:49
	3rd	Nick Dwyer	Lewes Wanderers	+ 1:16:20
	4th	Geoff Smith	Sussex Nomads	+ 1:09:51
	5th	David Shepherd	GS Stella	+ 1:07:48
	6th	Peter Baker	Lewes Wanderers	+ 1:00:09
	7th	Iain Brogden	Eastbourne Rovers	+ 0:55:36
	8th	Peter Moon	Eastbourne Rovers	+ 0:46:34

Vet Team - Not contested

Bar Short Distance Competition

Overall	1st	Nick Dwyer	Lewes Wanderers	28.62 mph
	2nd	Rob Pelham	Lewes Wanderers	28.15 mph
	3rd	Iain Brogden	Eastbourne Rovers	27.66 mph
	4th	Tom Glandfield	Lewes Wanderers	26.73 mph
	5th	Tony Reeves	GS Stella	26.31 mph
	6th	Peter Morris	Lewes Wanderers	26.22 mph
	7th	David Shepherd	GS Stella	26.20 mph
	8th	Mel Robertson	Worthing Excelsior	25.93 mph
	9th	Peter Baker	Lewes Wanderers	25.56 mph
	10th	Geoff Smith	Sussex Nomads	24.76 mph
	11th	Peter Moon	Eastbourne Rovers	24.40 mph
	12th	Andrew Stobbart	Eastbourne Rovers	23.19 mph
	13th	David Cox	Eastbourne Rovers	22.51 mph

Team	1st	Lewes Wanderers	Nick Dwyer, Rob Pelham & Tom Glandfield	27.83 mph
	2nd	Eastbourne Rovers	Iain Brogden, Peter Moon & Andrew Stobbart	25.08 mph

Veteran	1st	Mel Robertson	Worthing Excelsior	+ 1:17:49
	2nd	Nick Dwyer	Lewes Wanderers	+ 1:06:01
	3rd	Geoff Smith	Sussex Nomads	+ 1:00:26
	4th	David Shepherd	GS Stella	+ 0:51:10
	5th	Iain Brogden	Eastbourne Rovers	+ 0:46:16
	6th	David Cox	Eastbourne Rovers	+ 0:43:23
	7th	Peter Baker	Lewes Wanderers	+ 0:49:26
	8th	Peter Moon	Eastbourne Rovers	+ 0:33:08
	9th	Andrew Stobbart	Eastbourne Rovers	+ 0:17:22

Vet Team	1st	Eastbourne Rovers	Iain Brogden, David Cox & Peter Moon	+ 2:02:47
-----------------	-----	-------------------	--------------------------------------	-----------

Sussex SPOCO Results 2010

Overall

1	Steve Dennis	East Grinstead CC	719 Points
2	Rob Pelham	Lewes Wanderers	710 Points
= 3	Iain Brogden	Eastbourne Rovers	709 Points
= 3	Nick Dwyer	Lewes Wanderers	709 Points
5	David Shepherd	GS Stella	704 Points
6	Tom Glandfield	Lewes Wanderers	703 Points
7	Tony Reeves	GS Stella	682 Points
8	Johan Stegers	Lewes Wanderers	670 Points
9	Paul Thatcher	Brighton Mitre	666 Points
10	Sholto Haggart	Brighton Mitre	665 Points
11	Mel Roberton	Worthing Excelsior	661 Points
12	Michael Valks	Sussex Nomads	654 Points
13	Geoff Smith	Sussex Nomads	652 Points
14	Peter Baker	Lewes Wanderers	637 Points
15	Keith Carter	Horsham Cycling	630 Points
16	Don Parker	Brighton Mitre	620 Points
= 17	Mark Storie	GS Stella	617 Points
= 17	Nathan Gale	Worthing Excelsior	617 Points
19	Stuart Payne	Central Sussex CC	612 Points
= 20	Peter Moon	Eastbourne Rovers	609 Points
= 20	Robin Johnson	Brighton Mitre	609 Points
22	Oliver Tuckley	Lewes Wanderers	599 Points
23	Thomas Baker	Lewes Wanderers	594 Points
24	Matt Coombs	Lewes Wanderers	584 Points
25	Stephen Gaston	Lewes Wanderers	554 Points
26	Paul Valks	Sussex Nomads	519 Points
27	Elaine Scott	Brighton Excelsior	505 Points
28	Robert Downham	Worthing Excelsior	483 Points

Team

1	Lewes Wanderers	Rob Pelham, Nick Dwyer & Tom Glandfield	2122 Points
2	GS Stella	David Shepherd, Tony Reeves & Mark Storie	2003 Points
3	Brighton Mitre	Paul Thatcher, Sholto Haggart & Don Parker	1951 Points
4	Lewes Wanderers	Johan Stegers, Peter Baker & Oliver Tuckley	1906 Points
5	Sussex Nomads	Michael Valks, Geoff Smith & Paul Valks	1825 Points
6	Worthing Excelsior	Mel Roberton, Nathan Gale & Robert Downham	1761 Points
7	Lewes Wanderers	Thomas Baker, Matt Coombs & Stephen Gaston	1732 Points

Sussex SPOCO Results 2010 continued

Vets On Std	1	Mel Robertson	Worthing Excelsior	718 Points
	2	Steve Dennis	East Grinstead CC	717 Points
	3	David Shepherd	GS Stella	716 Points
	4	Geoff Smith	Sussex Nomads	714 Points
	5	Don Parker	Brighton Mitre	705 Points
	6	Nick Dwyer	Lewes Wanderers	702 Points
	7	Iain Brogden	Eastbourne Rovers	701 Points
	8	Paul Thatcher	Brighton Mitre	690 Points
	9	Peter Baker	Lewes Wanderers	682 Points
	10	Johan Stegers	Lewes Wanderers	681 Points
	11	Paul Valks	Sussex Nomads	676 Points
	12	Oliver Tuckley	Lewes Wanderers	666 Points
	13	Robin Johnson	Brighton Mitre	660 Points
	14	Peter Moon	Eastbourne Rovers	649 Points
	15	Stuart Payne	Central Sussex CC	640 Points
	16	Elaine Scott	Brighton Excelsior	590 Points
	17	Stephen Gaston	Lewes Wanderers	587 Points
	18	Robert Downham	Worthing Excelsior	543 Points
Vets Team	1	Lewes Wanderers	Nick Dwyer, Peter Baker & Johan Stegers	2065 Points
	2	Brighton Mitre	Don Parker, Paul Thatcher & Robin Johnson	2055 Points
Women	1	Elaine Scott	Brighton Excelsior	505 Points
Junior	1	Thomas Baker	Lewes Wanderers	594 Points

Sussex Championship Solo Records – at 31 December 2010

Men – Bicycle

10 miles	Jon Sharples	Eastbourne Rovers CC	2000	20:06
25 miles	Michael Hutchinson	In-Gear Quickvit RT	2008	50:40
50 miles	Steve Dennis	East Grinstead CC	2007	1:49:31
100 miles	Rob Pelham	Lewes Wanderers	2010	3:52:40
12 hour	David Shepherd	Rother Valley CC	2001	272.954 miles

Veterans - Bicycle

10 miles	Harry Featherstone	Eastbourne Rovers	2009	+ 9:14
25 miles	Harry Featherstone	Eastbourne Rovers	2008	+ 20:25
50 miles	Mel Robertson	Worthing Excelsior	2009	+ 36:16
100 miles	Don Lock	Worthing Excelsior	2004	+ 1:32.37
12 hour	David Shepherd	GS Stella	2010	+ 57.729 miles

Women – Bicycle

10 miles	Natacha Maes	In-Gear Quickvit RT	2000	21:57
25 miles	Ruth Elliott	Lewes Wanderers CC	2005	1:02:38
50 miles	Angela Nainby	East Grinstead CC	2007	2:17:07
100 miles	Juliette Clarke	In-Gear Quickvit RT	2009	4.36.10
12 hour	Marina Bloom	Crawley Wheelers	2001	247.826 miles

Juniors – Bicycle

10 miles	Tom Copeland	In-Gear Development Squad	2007	22:09
25 miles	Tom Copeland	In-Gear Development Squad	2007	57:34

Juveniles – Bicycle

10 miles	Liam Terry	Bognor Regis CC	2000	23:23
25 miles	James King	In-Gear Development Squad	2007	1:04:03

Times/Distances for Sussex Competition Records must be recorded in Sussex Championship Events

Sussex Championship Team Records – at 31 December 2010

Bicycle Team

10 miles	Eastbourne Rovers	Jon Sharples, Nick Leach & Lloyd Grayston	2000	1:02:03
25 miles	In-Gear Quickvit RT	Michael Hutchinson, Peter Tadros & Christian Yates	2007	2:38:55
50 miles	GS Stella	Mark Jones, Richard Keevil & Andy Payne	1996	5:58:11
100 miles	GS Stella	Mike Marchant, Mark Jones & Richard Keevil	1994	11:56:05
12 hour	GS Stella	David Shepherd, Tony Reeves & Andy Payne	2010	753.106 miles

Team Championship

25 miles	In-Gear Quickvit RT	Michael Hutchinson, Peter Tadros, Christian Yates & Jon Sharples	2007	3:34:29
-----------------	---------------------	---	------	---------

Times/Distances for Sussex Competition Records must be recorded in Sussex Championship Events

Sussex Best All Rounder Records – at 31 December 2010

Overall*

Long distance	Rob Pelham	Lewes Wanderers	2010	27.050 mph
Middle distance	Steve Dennis	East Grinstead CC	2009	28.630 mph
Short distance	Nick Dwyer	Lewes Wanderers	2010	28.620 mph

* The original Sussex BAR over 50 miles, 100 miles and 12 hours was discontinued in 2005 – the senior record was set in 1994 by Mike Marchant of GS Stella with an average speed of 23.847mph.

Veterans on Standard

Long distance	Harry Featherstone	Eastbourne Rovers	2003	+ 2:41:05
Middle distance	Harry Featherstone	Eastbourne Rovers	2007	+ 1:51:19
Short distance	Harry Featherstone	Eastbourne Rovers	2007	+ 1:34:33

Woman

Long distance	Angela Nainby	East Grinstead CC	2002	23.666 mph
----------------------	---------------	-------------------	------	------------

Junior

Long distance	Tom Baker	Lewes Wanderers	2010	25.020 mph
----------------------	-----------	-----------------	-------------	------------

Sussex Road Records – as at 31 December 2010

Distance & Time Records

50 Miles	Bicycle	N Strawbridge	Brighton Stanley Wanderers	1953	2.08.43
	Tandem	J Dutson & KL Atkins	Central Sussex CC	1964	1.55.51
	Tricycle	FRA Searle	Worthing Excelsior	1958	2.15.15
100 Miles	Bicycle	To be established	Time standard		4.45.00
	Tandem	To be established	Time standard		4.12.00
	Tricycle	TJ MacKay	Horsham Unity CC	1965	5.19.30
12 Hours	Bicycle	PBV Illing	Southern Wheelers CC	1954	231m1540y
	Tandem	To be established	Time standard		240miles
	Tricycle	TJ MacKay	Horsham Unity CC	1965	202m880y

Place To Place Records

Worthing to Horsham & back

Bicycle	D Funnell	Worthing Excelsior CC		1.41.11
Tandem	TJ MacKay & AV Robinson	Horsham Unity & Southern Wn	1963	1.31.47
Tricycle	J Mansell	Worthing Excelsior CC	1964	1.48.23

Brighton to Crawley & back

Bicycle	AH Limbrey	Prestonville Nomads CC	1954	1.50.40
Tandem	CD Whittingham & AW Thorpe	Uckfield & District CC	1952	1.42.13
Tricycle	TJ MacKay	Horsham Unity CC		2.09.57

Brighton to Ford & back

Bicycle	BL Burstow	Lancing Wheelers CC	1955	1.49.59
Tandem	To be established	Time standard		1.45.00
Tricycle	FRA Searle	Worthing Excelsior CC	1958	2.07.29

Brighton to Chichester & back

Bicycle	TJ MacKay	Horsham Unity CC	1964	2.43.27
Tandem	To be established	Time standard		2.30.00
Tricycle	T Gould	Crawley Wheelers	1999	2.43.48

Brighton to Hastings & back

Bicycle	TJ MacKay	Horsham Unity CC	1965	3.31.27
Tandem	To be established	Time standard		3.15.00
Tricycle	TJ MacKay	Horsham Unity CC	1965	3.51.13

End to End – Chichester to Hastings – either way

Bicycle	TJ MacKay	Horsham Unity CC	1964	2.52.09
Tandem	TJ MacKay & AV Robinson	Horsham Unity/Southern Wh	1964	2.55.10
Tricycle	T Gould	Crawley Wheelers	1997	3.02.30

Members and Membership

Membership	Membership of the Association is open to cycling clubs and not to individuals.
Affiliated Clubs	Clubs wishing to affiliate and become members must have their headquarters located in Sussex or neighbouring counties. Only clubs which are affiliated to Cycling Time Trials (CTT) shall be eligible for membership of the Association.
Election of Members	The election of clubs to the Association shall be vested in the executive committee.
Resignation	Affiliated clubs intending to resign their membership of the Association shall give 28 days notice in writing to the secretary and shall pay all arrears due at the date of such notice.
Expulsion	The executive committee shall have the power to expel any affiliated club who they may deem guilty of conduct detrimental to the interests of the Association, provided that no such expulsion shall take place until the affiliated club has been afforded a reasonable opportunity of making such representations as that affiliated club may think fit, in person or in writing to the executive. After expulsion, but on receipt of a requisition signed by not less than five members, the executive shall be required to hold an extraordinary general meeting within 21 days of the receipt of such requisition to reconsider the case. A majority of the delegates present and entitled to vote shall be required to reinstate the affiliated club. Thereafter, no further appeal shall lie. An affiliated club expelled in accordance with this rule shall have no claim or remedy against the Association or any member of the executive or any official of the Association.
Refund of Subscriptions	An affiliated club which resigns or is expelled from the Association shall not be entitled to a refund of the unexpired proportion of the subscription paid for the current year.
Liability	Membership of the Association involves no liability on any affiliated club beyond payment of the annual subscription and entrance fee (if any) except as may be provided by these rules.
Conduct of Members	All affiliated clubs and their members are expected to conduct themselves in a manner that will bring honour and respect to the Association and the sport of cycling in general.
Child Protection	The Association will set down a child protection policy which complies with the child protection in cycling code. All affiliated clubs are required to confirm to Cycling Time Trials that they agree to abide by the code on child protection procedures in cycling.

Entrance Fees and Subscriptions

Entrance Fee	An entrance fee of such amount as the executive may from time to time determine (if any) shall be payable on application for membership.
Annual Subscriptions	Annual subscriptions for affiliated clubs shall be fixed by the members at the annual general meeting (AGM) and shall be payable on 1st January in each year.
Arrears of Subscriptions	Affiliated clubs who have not paid their subscriptions by 28th February in any year shall be deemed to be in arrears and shall not be entitled to the privileges of membership and its members shall not be entitled to compete in any county championship or competition. An affiliated club whose subscription remains unpaid after 31st March in any year shall cease to be a member, but may be reinstated at the discretion of the executive on the payment of all arrears.
Members elected after 1st October	Affiliated clubs elected after 1st October in any year shall have the privilege of membership up to 31st December of the following year.
Subscriptions paid before AGM	Affiliated clubs who pay their subscriptions for the following year before the AGM shall be entitled to membership at the rate for the current year without further payment.