



Sussex Cyclists' Association 2010 online Handbook

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

Contents	Page
Introduction	1
Executive Committee 2010	2
Affiliated Clubs	3
Events Programme 2010	6
Constitution and Rules	7
Child Protection Policy	8
Risk Assessment	9
Awards for County Championships	10
County Championship Events for 2010	11
Best All-Rounder Competitions	12
BAR Qualifying Events For 2010	13
SPOCO Competition	14
Points Competition	15
County Championship Results 2009	16
BAR Results 2009	18
SPOCO Results 2009	20
County Championship Records	21
County Best All-rounder Record	23



Introduction to the Sussex Cyclists' Association

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. All time trials promoted by the Association were restricted to members of affiliated cycling clubs in Sussex. One of the reasons for forming the Association was to provide rides for those members who could not qualify for open events.

Over the years there has been a significant drop in the number of competitive cyclists and it is now unusual to have full fields for open cycling time trial events. Furthermore as cycling is no longer the principal mode of transport and club life no longer dominates people's social activities, it has been important for the Association to move with the times and meet the changing social life style. As members tend to allocate less of their leisure time to cycling activities, then inevitably there has been a dwindling interest in longer distance events coupled with an apparent lack of interest in riding in events promoted by the Sussex Cyclists' Association.

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. However over the years it has become apparent that there is less desire or pride in winning a Sussex county championship or the Sussex county Best All-Rounder competition. On the other hand members have strongly indicated at annual general meetings that the Association still has a very important role in promoting cycling in Sussex.

In an attempt to address these issues all events promoted by the Association are now open events. The Sussex Best All-Rounder competition over 50 miles, 100 miles and 12 hours was discontinued in 2005 and is now decided over 25, 50 and 100 miles. A new short distance competition was introduced in 2005 based on 10 & 25 miles only, which is in addition to the middle distance competition introduced a few years ago based on 10, 25 & 50 miles.

In order to encourage more members to take part in the county competitions, the number of qualifying events was increased in 2006 to include any open event which takes place partly or wholly in Sussex.

However, if the Association is to survive and grow in strength it is important that members of affiliated clubs support both the championship events and the county competitions. The rules for the competitions are simple. All you have to do is to ride a few qualifying events and complete a simple entry form at the end of the season showing your three fastest "10"s; three fastest "25"s fastest "50"; and fastest "100", and send the form to Dave Abbott. The qualifying events are shown on page 13.

Distribution of this Handbook

We normally distribute copies of this Handbook to the General Secretaries of affiliated clubs free of charge. In 2009 the SCA set up a website to allow information on the SCA activities and results to be accessed by anyone who logged on to the site. Therefore in 2010 the handbook will also be posted on the website.



Executive Committee 2010

2010 President	Dave Abbott – GS Stella 15 Longships, Littlehampton, West Sussex BN17 6SL Tel: 01903 722 682 Email: biker.biker@hotmail.co.uk
Chairman	Robin Johnson – Brighton Mitre 7 Gorselands, Billingshurst, West Sussex RH14 9TT Tel: 01403 783 368
General Secretary	Karl Robertson – Worthing Excelsior 11 Bridge Road, Worthing, West Sussex BN14 7BU Tel: 01903 209433 Email: karl_roberton@btinternet.com
Treasurer	Paul Thatcher – Brighton Mitre Hadleigh, Sopers Lane, Bramber, West Sussex BN44 3PU Tel: 07932 141 433 Email paulthatcher@spofforths.co.uk
Time Trial Secretary – Events	Steve Dennis – East Grinstead CC 15 Sherwood Walk, Furnace Green, Crawley, West Sussex RH10 6NQ Tel: 01293 522 721 Email: carla.dennis@sky.com
Time Trial Secretary – Trophies	Geoff Smith – Sussex Nomads 14 Oak Hill Park, Burgess Hill, West Sussex RH15 0BX Tel: 01444 245183
Competition Secretary	Dave Abbott – GS Stella 15 Longships, Littlehampton, West Sussex BN17 6SL Tel: 01903 722 682 Email: biker.biker@hotmail.co.uk
SPOCO Secretary	Ann Human – Eastbourne Rovers 73 Wannock Lane, Eastbourne, East Sussex BN20 9SG Tel: 01323 485180 Email ann.human@btinternet.com
Webmaster	Mike Anton – East Grinstead CC 26 College Road, Haywards Heath, West Sussex RH16 1QN Tel: 01444 453618 Email: m1ke_anton@hotmail.com
Annual Dinner	David & Sue Cox – Eastbourne Rovers 153 Brodrick Road, Hampden Park, Eastbourne, East Sussex BN22 9RE Tel: 01323 507916
Committee Members	Les & Margret Janman – Bognor Regis CC 14 Mansfield Road, Bognor Regis, West Sussex PO22 9EY Tel: 01243 824 184 Peter Moon – Eastbourne Rovers 73 Wannock Lane, Eastbourne, East Sussex BN20 9SG Tel: 01323 485180 Email peter.moon@drusillas.co.uk Don Lock – Worthing Excelsior 7 Welland Road, Durrington Worthing, West Sussex BN13 3LN 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 and Alan Wright



Affiliated Clubs

	Bognor Regis CC Don Lambert 18 Cardinals Drive Pagham, Bognor Regis West Sussex PO21 4QF	Telephone: 01243 262434 Email: donjanlamt13@supanet.com Club Website: www.bognorregiscyclingclub.org
	Brighton Excelsior CC Keith Balcombe 12 Oakdene Pouchlands Drive South Chailey East Sussex BN8 4QE	Telephone: 07704 709254 Email: K_Balcombe@onetel.com Club Website: www.brightonexcelsior.co.uk
	Brighton Mitre CC Tristan Court 59 King George Road Shoreham West Sussex BN43 6YL	Telephone: 01273 381804 Club Website: brightonmitre.typepad.com
	Central Sussex CC Geoff Ericson 10 Woodside Close Shermanbury, West Sussex RH13 8HH	Telephone: 01403 710550 Email: geoffreyericson@btinternet.com
	Crawley Wheelers Richard Crane Hurst House Common Road Cophorne West Sussex RH10 3LG	Telephone: 01342 713197 Email: bookings@cyclecrazy.co.uk Club Website: www.crawleywheelers.co.uk
	Eastbourne Rovers CC Brian Holt, 7 Manor Close Eastbourne East Sussex BN20 9LJ	Telephone: 01323 520646 Email: brian.holt@tiscali.co.uk Club Website: www.eastbournerovers.com



Affiliated Clubs



East Grinstead CC

Paul Winkley
47 Merlin Way
East Grinstead
West Sussex
RH19 3XG

Telephone:
01342 3258678

Email:
winkleyfamily@bigfoot.com

Club Website:
www.egcc.net



Group Sportive Stella

Mark Jones
55 Pulborough Road
Storrington
West Sussex
RH20 4HJ

Telephone:
01903 741248

Email:
markandheatherjones@tiscali.co.uk

Hampshire Road Club

Chris McGuire
17 Victoria Road
Emsworth
Hampshire
PO10 7NH

Telephone:
01243 377184

Email:
christopher@cmcguire3.orangehome.co.uk

Club Website:
www.hampshirerc.org.uk



Hastings & St Leonards CC

Chris Parker
4 The Sedges
St Leonards-on-sea,
East Sussex
TN38 9TU

Telephone:
01424 813660

Club Website:
www.HastingsCC.co.uk



Horsham Cycling

Anne Mayer
13 Searles View
Horsham
West Sussex
RH12 4FG

Telephone:
01403 263661

Email:
animaher@btinternet.com

Club Website:
www.horshamcycling.co.uk



In-Gear QuickVit TrainSharp

Pete Roberts
107 High Street
Uckfield
East Sussex
TN22 1RN

Telephone:
01825 768192

Email:
ingearbikes@btconnect.com

Club Website:
www.in-gearonline.co.uk



Affiliated Clubs



Lewes Wanderers CC

Simon Yates
The Old Stables
Crowborough Hill
Crowborough
East Sussex
TN6 2HL

Telephone:
01444 244283

Email:
simon.yates1@tiscali.co.uk

Club Website:
www.leweswanderers.co.uk



Southborough & Dist Wheelers

Anthony O'Callaghan
Chantilly,
Acres Rise
Ticehurst
East Sussex
TN5 7BA

Telephone:
01580 201096

Email:
antoc@ukonline.co.uk

Club Website:
www.southborough-wheelers.co.uk



Sussex Nomads CC

Peter Evans
34c Clermont Terrace
Brighton
East Sussex
BN1 6SJ

Telephone:
01444 245796

Email:
p.evans567@ntlworld.com

Club Website:
www.sussexnomads.org.uk



Velo Club Etoile

Peter Scarsbrook
5 Downside Close
Findon Valley
Worthing
West Sussex
BN14 0EZ

Telephone:
01903 872052

Email:
scarzi@hotmail.com

Club Website:
www.vcetoile.co.uk



VTAA (Surrey/Sussex Group)

Esther Carpenter
10 Maplehurst Road
Baldstow
St Leonards on Sea
East Sussex
TN37 7NA

Telephone:
01424 751581

Email:
esthercarpenter@rocketmail.com

Club Website:
www.surreysussexgp.freeuk.com



Worthing Excelsior CC

Karl Robertson
11 Bridge Road
Worthing
West Sussex
BN14 7BU

Telephone:
01903 209433

Email:
karl_roberton@btinternet.com

Club Website:
www.worthingexcelsior.co.uk



Sussex CA Events Programme 2010

Prospectus of awards for 2010 open events

As stated at the AGM, there will not be a minimum prize list for SCA events in 2010. The prize list will be decided by the individual promoters, based on expected entries for their events.

All Sussex CA events are HARD SHELL HELMETS COMPULSORY

Date / Time	Distance	Course	Promoter
Sun 28 Feb 2010 08:30	23m Hardriders	GS/194	Steve Dennis 15 Sherwood Walk, Furnace Green, Crawley, West Sussex RH10 6NQ Tel: 01293 522721
Sun 28 Mar 2010 08:00	28.5m 2up TTT	GS/987	Dave Abbott 15 Longships, Littlehampton, West Sussex BN17 6SL Tel: 01903 722682
Sat 01 May 2010 06:30	10m (SCA Championship)	G10/97	Peter Moon 73 Wannock Lane, Eastbourne, East Sussex BN20 9SG Tel: 01323 485180
Sun 02 May 2010 07:00	25m (SCA Championship)	G25/93	Mike Anton 26 College Road, Haywards Heath, West Sussex RH16 1QN Tel: 01444 453618
Sun 06 Jun 2010 06:00	50m (SCA Championship)	G50/10	Robin Johnson 7 Gorselands, Billinghamurst, West Sussex RH14 9TT Tel: 01403 783368
Sat 28 Aug 2010 14:30	10m	G10/45	Robin Johnson 7 Gorselands, Billinghamurst, West Sussex RH14 9TT Tel: 01403 783368
Mon 30 Aug 2010 14:30	25m	G25/49	Robin Johnson 7 Gorselands, Billinghamurst, West Sussex RH14 9TT Tel: 01403 783368
Sat 02 Oct 2010 15:00	1672yd Hill Climb (SCA Championship)	GH/92	Mel Roberton 30 Pines Avenue, Worthing, West Sussex BN14 9JQ Tel: 01903 214489
Sat 02 Oct 2010 15:30	1672yd Hill Climb Worthing Excelsior Come & Try it event	GH/92	This event will be promoted as a Club Event by Worthing Excelsior with entries on the line and there will be no minimum awards set by the Executive Committee



Constitution and Rules

The Constitution and Rules of the Sussex Cyclists' Association are set out in a separate document – the current edition is dated 2009

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 2010.

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 the race number.

100 Miles County Championship

Unfortunately it has not been possible to find any member willing to promote the Sussex CA 100 in 2010.

It has been agreed with Rod Stamer that the Sussex CA 100 County Championship will be incorporated in to the Southern Counties Cycling Union 100 in 2010.

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



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 in 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.



Sussex CA Awards for County Championships

10 Miles County Championship

Incorporated into the Sussex CA Open 10

Champion: The "10" Trophy & Medal
Fastest SCA Team: Medals

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

25 Miles County Championship

Incorporated into the Sussex CA Open 25

Individual Championship

Winner/Champion: Boniface Cup & Medal
Veteran Champion: Horry Hemsley Cup & Medal

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

Team Championship

"A" Team	First	Lee Memorial Shield & Medals
	Second	Dave Henty Cup & Medals
"B" Team	First	Medals.

50 Miles County Championship

Incorporated into the Sussex CA Open 50

Champion: Southern Radio Cup & Medal
Fastest SCA Team: Halford Cup & Medals

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

100 Miles County Championship

Incorporated into the SCCU Open 100

Champion: Telscombe Cup & Medal
Fastest SCA Team: Medals

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

12 Hour County Championship

Incorporated into the Kent CA Open 12 Hour

Champion: Trophy to be confirmed & Medal

Hill Climb County Championship

Incorporated into the Sussex CA Open Hill Climb

Champion: Alf Dawes Cup & Medal
Fastest SCA Team: Medals

Medals to be awarded to Sussex CA Riders placed first, second and third in the respective categories: Men, Women, Juniors, Juveniles and Veterans – 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 County Championship Events for 2010

10 Miles County Championship

Event: Sussex CA Open 10 mile Time Trial
Date: Saturday 01 May 2010
Course: G10/97
Promoter: Peter Moon, Little Brook 73 Wannock Lane, Eastbourne, East Sussex BN20 9SG
Tel: 01323 485180

25 Miles County Championship – Individual & Team

Event: Sussex CA Open 25 mile Time Trial
Date: Sunday 02 May 2010
Course: G25/93
Promoter: Mike Anton, 26 College Road, Haywards Heath, West Sussex RH16 1QN
Tel: 01444 453618

50 Miles County Championship

Event: Sussex CA Open 50 mile Time Trial
Date: Sunday 06 June 2010
Course: G50/10
Promoter: Robin Johnson, 7 Gorselands, Billingshurst, West Sussex RH14 9TT
Tel: 01403 783 368

100 Miles County Championship

Event: Southern Counties CU Open 100 Time Trial (incorporating SCA Championship)
Date: Sunday 25 July 2010
Course: G100/60
Promoter: Rod Starmer, 23 Tanhouse Road, Oxted, Surrey RH8 9PE
Tel: 01883 713 043

12 Hour County Championship

Event: Kent CA Open 12 Hour Time Trial (incorporating SCA Championship)
Date: Sunday 05 September 2010
Course: Q12
Promoter: Esther Carpenter, 10 Maplehurst Road, St Leonards on Sea, East Sussex TN27 7NA
Tel: 01424 751581

Hill Climb Championship

Event: Sussex CA Open Hill Climb
Date: Saturday 02 October 2010
Course: GH/92
Promoter: Mel Robertson, 30 Pines Avenue, Worthing, West Sussex, BN14 9JQ
Tel: 01903 214489



Sussex CA County Best All-Rounder Competitions

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

- Sussex Long Distance Competition
- Sussex Middle Distance Competition
- Sussex Short Distance Competition

A qualifying event for these competitions is any *Open* event promoted by the Sussex Cyclists' Association, the East Sussex Cycling Association, the Southern Counties Cycling Union, any club affiliated to the Sussex Cyclists' Association, or any Open event which takes place partly or wholly in Sussex. A qualifying event must be published in the Cycling Time Trials Annual Handbook. There are Individual and Team Awards for all Competitions.

Sussex Long Distance Competition

There are separate competitions for Men, Women, Juniors and Veterans and are decided on the basis of the fastest average speed over the following distances, except in the case of Veterans, where it is based upon the highest aggregate plus against VTTA Standard times

- Men 25 miles, 50 miles and 100 miles
- Women 10 miles, 25 miles and 50 miles
- Juniors 2 x 10 miles and 2 x 25 miles
- Veterans 25 miles, 50 miles and 100 miles

Sussex Middle Distance Competition

There are two separate Middle Distance Competitions, one for Men/Women and one for Veterans.

Men/Women is decided on the basis of the fastest average speed	2 x 10 miles, 2 x 25 miles and 1 x 50 miles
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Veterans is decided on the highest aggregate plus against VTTA Standard Times	2 x 10 miles, 2 x 25 miles and 1 x 50 miles
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Sussex Short Distance Competition

There are two separate Short Distance Competitions, one for Men/Women and one for Veterans.

Men/Women is decided on the basis of the fastest average speed	3 x 10 miles and 3 x 25 miles
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Veterans is decided on the highest aggregate plus against VTTA Standard Times	3 x 10 miles and 3 x 25 miles
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Sussex CA BAR Qualifying Events For 2010

10 Miles	Sat 20 Mar 10	G10/46	Southern Counties CU
	Sat 03 Apr 10	G10/44	Brighton Mitre CC
	Sat 17 Apr 10	G10/87	East Sussex CA
	Sat 24 Apr 10	G10/42	Kingston Phoenix RC
	Sat 01 May 10	G10/97	Sussex CA
	Sat 01 May 10	P881	Hampshire RC
	Sat 22 May 10	G10/57	Southern Counties CU
	Sat 29 May 10	G10/87	Eastbourne Rovers
	Mon 31 May 10	G10/97	Brighton Mitre
	Mon 31 May 10	GS/995	Brighton Mitre
	Thu 17 Jun 10	P901	Bognor Regis CC
	Sat 19 Jun 10	G10/87	VTTA (Surrey/Sussex)
	Sat 26 Jun 10	G10/57	Horsham Cycling
	Sat 03 Jul 10	G10/57	Old Portlians CC
	Sat 10 Jul 10	G10/57	South Eastern RC
	Sat 17 Jul 10	G10/42	Bec CC
	Sat 24 Jul 10	G10/57	Crawley Wheelers
	Sat 14 Aug 10	G10/57	Epsom CC
Sat 28 Aug 10	G10/45	Sussex CA	
Sat 04 Sep 10	G10/42	Addiscombe CC	
Sat 11 Sep 10	G10/87	East Sussex CA	
Sat 11 Sep 10	G10/42	Redmon CC	
Sat 18 Sep 10	G10/42	Festival RC	
25 Miles	Sun 21 Mar 10	G25/44	Southern Counties CU
	Mon 05 Apr 10	GS/999	Brighton Mitre CC
	Sun 11 Apr 10	G25/45	Redmon CC
	Sun 18 Apr 10	G25/53	Southern Counties CU
	Sun 18 Apr 10	G25/89	East Sussex CA
	Sun 25 Apr 10	G25/53	Addiscombe CC
	Sun 02 May 10	G25/93	Sussex CA
	Sun 09 May 10	G25/53	Norwood Paragon
	Sun 16 May 10	G25/53	Worthing Excelsior
	Sun 13 Jun 10	P885/25	Team Axiom
	Sun 04 Jul 10	G25/45	Old Portlians CC
	Sun 11 Jul 10	G25/89	Southborough & District Wheelers
	Sun 18 Jul 10	G25/53	Bec CC
	Sun 01 Aug 10	G25/93	Brighton Excelsior
	Sun 15 Aug 10	G25/89	Eastbourne Rovers
	Sun 29 Aug 10	P901/25	VTTA (Wessex)
	Mon 30 Aug 10	G25/49	Sussex CA
	Sun 05 Sep 10	P901/25	Bognor Regis CC
Sun 05 Sep 10	G25/53	Southern Counties CU	
Sun 12 Sep 10	G25/89	East Sussex CA	
Sun 19 Sep 10	G25/89	VTTA (Surrey/Sussex)	
Sun 26 Sep 10	G25/53	Epsom CC	
50 Miles	Sun 06 Jun 10	G50/10	Sussex CA
	Sun 13 Jun 10	G50/89	East Sussex CA
	Sat 19 Jun 10	P885/50	a3crg (Men's National Championship)
	Sun 20 Jun 10	P885/50	a3crg (Women's National Championship)
	Sun 27 Jun 10	G50/53	Southern Counties CU
	Sun 25 Jul 10	P901/50	Bognor Regis CC
	Sun 08 Aug 10	G50/53	Anerley BC
100 Miles	Sun 20 Jun 10	Q100/5	Kent CA
	Sun 25 Jul 10	G100/60	Southern Counties CU
	Sun 22 Aug 10	G100/86	East Sussex CA



Sussex CA SPOCO Competition

The Sussex CA Sporting Courses Competition is decided on the rider's best placing in six qualifying events.

- 1 x Group A – Short distance event
- 4 x Group B – Middle distance events (must include one Hilly)
- 1 x Group C – Long distance event

Any number of events can be ridden, with the rider's best placing(s) in each category counting towards the competition. Times are of no consequence as it's the rider's position on the day that counts.

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

Qualifying Events For 2010

Group A – Short Distance – up to 10 miles

Sat 20 Mar 10	Southern Counties CU	10 m	G10/46
Sat 03 Apr 10	Brighton Mitre	10 m	G10/44
Sat 01 May 10	Sussex CA	10 m	G10/97
Mon 31 May 10	Brighton Mitre	10 m	GS/995
Sat 19 Jun 10	VTTA Surrey/Sussex	10 m	G10/87
Sat 28 Aug 10	Sussex CA	10 m	G10/45
Sat 11 Sep 10	East Sussex CA	10 m	G10/87

Group B – Middle Distance – 11 to 39 miles (must include 1 x Hilly)

Sat 06 Feb 10	GS Stella	18 km	GS/988 – Hilly
Sun 07 Feb 10	GS Stella	34 km	GS/989 – Hilly
Sat 20 Feb 10	Central Sussex CC	17.48 m	GS/985 – Hilly
Sun 28 Feb 10	Sussex CA	23 m	GS/194 – Hilly
Sun 07 Mar 10	East Surrey RC	29.9 m	GS/491 – Hilly
Sun 14 Mar 10	East Sussex CA	15.06 m	GS/895 – Hilly
Sun 21 Mar 10	Southern Counties CU	25 m	G25/44 – Hilly
Mon 05 Apr 10	Brighton Mitre	25 m	GS/999 – Hilly
Sun 02 May 10	Sussex CA	25 m	G25/93
Sat 12 Jun 10	Redhill CC	14 m	GS/189 – Hilly
Sun 20 Jun 10	Lewes Wanderers	30 m	G30/88
Sun 11 Jul 10	Southborough Wheelers	25 m	G25/89
Sun 01 Aug 10	Brighton Excelsior	25 m	G25/93
Sun 15 Aug 10	Eastbourne Rovers	25 m	G25/89
Mon 30 Aug 10	Sussex CA	25 m	G25/49
Sun 19 Sep 10	VTTA Surrey/Sussex	25 m	G25/89
Sun 17 Oct 10	Bognor Regis CC	27 m	P911 – Hilly
Sun 24 Oct 10	Brighton Mitre	25 m	G25/93

Group C – Long Distance – over 40 miles

Sun 23 May 10	Crawley Wheelers	41.9 m	GS/196
Sun 06 Jun 10	Sussex CA	50 m	G50/10
Sun 13 Jun 10	East Sussex CA	50 m	G50/89
Sun 27 Jun 10	Southern Counties CU	50 m	G50/53
Sun 25 Jul 10	Bognor Regis CC	50 m	P901/50
Sun 25 Jul 10	Southern Counties CU	100 m	G100/60
Sun 22 Aug 10	East Sussex CA	100 m	G100/86



Sussex CA Points Competition

The Sussex CA Points Competition is decided on the points awarded in County Championship Events

Points are awarded in each qualifying event – 20 points for 1st Place down to 1 point for 20th Place

Qualifying Events For 2010

Sat 01 May 2010	Sussex CA	10 m	G10/97
Sun 02 May 2010	Sussex CA	25 m	G25/93
Sun 06 Jun 2010	Sussex CA	50 m	G50/10
Sun 25 Jul 2010	Southern Counties CU	100 m	G100/60
Sat 02 Oct 2010	Sussex CA	1672 yd Hill Climb	GH/92

Eligibility for County Competitions

All competitions are open to first claim members of Sussex Cyclists' Association affiliated clubs. The decision of the SCA Executive Committee will be final in the event of any dispute.

Sussex CA County Best All-Rounder Competitions

To be eligible for inclusion in the BAR competitions a BAR claim form must be sent to the Competitions Secretary together with a stamped addressed envelope, to arrive no later than the closing date. Claim forms will be available on the SCA website www.sussecca.ork.uk or direct from Dave Abbott.

Completed forms to be sent to:

Dave Abbott, 15 Longships Littlehampton, West Sussex BN17 6SL

E-Mail: biker.biker@hotmail.co.uk Telephone: 01903 722682

Please send an SAE with each claim form, to arrive no later than 18th October 2010

Sussex CA SPOCO Competition

No claim or registration is necessary for the SCA SPOCO competition. All first claim members of SCA affiliated clubs, who complete the necessary qualifying events, will automatically be included in the competition.

If you would like to receive regular SCA SPOCO updates please contact ann.human@btinternet.com alternatively refer to the SCA website: www.sussexca.org.uk throughout the 2010 season.

Sussex CA Championship Points Competition

Points will automatically be awarded to first claim members of SCA affiliated clubs.



County Championship Results 2009

10 Mile Championship

Senior	1st	Mark Winton	Lewes Wanderers	21:29
	2nd	Paul Thatcher	Brighton Mitre	21:56
	3rd	Daniel Paine	GS Stella	22:06
Veteran	1st	Harry Featherstone	Eastbourne Rovers	+ 9:14
	2nd	Mel Roberton	Worthing Excelsior	+ 6:29
	3rd	Allan Robinson	Central Sussex	+ 6:09
Team	1st	GS Stella	Dan Paine, Richard Weatherstone & Mark Jones	1:07:15

25 Mile Championship

Senior	1st	Michael Hutchinson	In-Gear Quickvit RT	50:48
	2nd	Steve Dennis	East Grinstead CC	54:59
	3rd	Mike Coyle	VC Etoile	55:59
Veteran	1st	Mel Roberton	Worthing Excelsior	+ 16:25
	2nd	Mike Coyle	VC Etoile	+ 13:37
	3rd	Steve Dennis	East Grinstead CC	+ 13:32
Women	1st	Helen Millier	Lewes Wanderers	1:15:29
Junior	1st	Edward Klose	Worthing Excelsior	1:06:15
A Team	1st	In-Gear Quickvit RT	Michael Hutchinson, Richard Gifford, Jon Sharples & James Brickell	3:53:18
	2nd	GS Stella	Dan Paine, Mark Jones, Kevin Shaw & Tony Reeves	3:56:54
B Team	1st	GS Stella	Richard Weatherstone, Paul Byford & Steve Trott	3:03:50

50 Mile Championship

Senior	1st	Steve Dennis	East Grinstead	1:51:56
	2nd	Paul Thatcher	Brighton Mitre	2:00:24
	3rd	Nigel Reynolds	Worthing Excelsior	2:03:52
Veteran	1st	Mel Roberton	Worthing Excelsior	+ 36:16
	2nd	Steve Dennis	East Grinstead	+ 30:18
	3rd	Don Parker	Brighton Mitre	+ 23:09
Women	1st	Helen Millier	Lewes Wanderers	2:35:17
Team	1st	Worthing Excelsior	Nigel Reynolds, Mel Roberton & Mark Bernhardt	6:14:52



County Championship Results 2009 continued

100 Mile Championship

Senior	1st	Douglas Fox	Crawley Wheelers	4:06:14
	2nd	Rupert Robinson	Crawley Wheelers	4:18:04
	3rd	Iain Brogden	Eastbourne Rovers	4:18:16
Veteran	1st	Douglas Fox	Crawley Wheelers	+ 1:17:43
	2nd	Mel Roberton	Worthing Excelsior	+ 1:13:23
	3rd	Geoff Smith	Sussex Nomads	+ 0:58:00
Women	1st	Juliette Clark	In-Gear Quickvit RT	4:36:10
Team	1st	Crawley Wheelers	Douglas Fox, Rupert Robinson & David Jones	12:52:15

Hill Climb

Senior	1st	Pete Tadros	In-Gear Quickvit RT	4:11.0
	2nd	Sholto Haggart	Brighton Mitre	4:48.8
	3rd	Rob Pelham	VC In- Gear	4:49.7
Veteran	1st	Paul Outhwaite	Worthing Excelsior	+ 0:22.9
	2nd	Mark Paton	Sussex Nomads	- 0:07.0
	3rd	Kevin Doe	Worthing Excelsior	- 0:42.5
Women	1st	Tamar Vanderhaas	Brighton Mitre	7:09.5
Junior	1st	Edward Klose	Worthing Excelsior	4:55.1
Team	1st	Worthing Excelsior	Edward Klose, Paul Outhwaite & Carl Trevis	15:03.0

SCA Championship Points Competition Results 2009

1st	Paul Thatcher	Brighton Mitre	50 points
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Championship results for previous years can be viewed on the SCA website www.sussexca.org.uk



Association Event Records



Past Competition Winners



BAR Results 2009

Long Distance BAR Competition

Senior	1st	Ian Brogden	Eastbourne Rovers	26.08 mph
	2nd	Mel Roberton	Worthing Excelsior	24.62 mph
	3rd	Peter Moon	Eastbourne Rovers	24.36 mph
	4th	Geoff Smith	Sussex Nomads	23.13 mph
	5th	Nathan Gale	Worthing Excelsior	22.63 mph

Vets on Standard	1st	Mel Roberton	Worthing Excelsior	+ 2:16:10
	2nd	Geoff Smith	Sussex Nomads	+ 1:46:57
	3rd	Peter Moon	Eastbourne Rovers	+ 1:24:19
	4th	Ian Brogden	Eastbourne Rovers	+ 1:13:08

Women	1st	Emma Richards	Eastbourne Rovers	23.20 mph
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Juniors	1st	Edward Klose	Worthing Excelsior	24.27 mph
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Middle Distance BAR Competition

Senior	1st	Steve Dennis	East Grinstead	28.63 mph
	2nd	Ian Brogden	Eastbourne Rovers	27.51 mph
	3rd	Dan Paine	GS Stella	27.30 mph
	4th	Paul Byford	GS Stella	26.68 mph
	5th	Paul Thatcher	Brighton Mitre	26.48 mph
	6th	Tony Reeves	GS Stella	26.39 mph
	7th	Mark Jones	GS Stella	26.26 mph
	8th	Mel Roberton	Worthing Excelsior	26.22 mph
	9th	Peter Moon	Eastbourne Rovers	25.74 mph
	10th	Geoff Smith	Sussex Nomads	24.50 mph
	11th	Kevin Burton	Eastbourne Rovers	24.07 mph
	12th	David Cox	Eastbourne Rovers	23.28 mph
	13th	Emma Richards	Eastbourne Rovers	23.12 mph
	14th	Roy Fairchild	Bognor Regis CC	22.66 mph
	15th	Robert Downham	Worthing Excelsior	22.28 mph
	16th	Alan Symonds	Eastbourne Rovers	22.15 mph

Senior Team	GS Stella	Dan Paine, Paul Byford & Tony Reeves
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Woman	1st	Emma Richards	Eastbourne Rovers	23.12 mph
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Vets on Standard continued on next page



BAR Results 2009 continued

Middle Distance BAR Competition continued

Vets on Standard	1st	Mel Roberton	Worthing Excelsior	+ 1:36:49
	2nd	Roy Fairchild	Bognor Regis CC	+ 1:35:00
	3rd	Steve Dennis	East Grinstead	+ 1:27:15
	4th	Alan Symonds	Eastbourne Rovers	+ 1:20:03
	5th	Geoff Smith	Sussex Nomads	+ 1:08:11
	6th	Mark Jones	GS Stella	+ 1:05:27
	7th	David Cox	Eastbourne Rovers	+ 1:03:13
	8th	Paul Thatcher	Brighton Mitre	+ 0:55:47
	9th	Peter Moon	Eastbourne Rovers	+ 0:55:16
	10th	Paul Byford	GS Stella	+ 0:54:41
	11th	Ian Brogden	Eastbourne Rovers	+ 0:53:59
	12th	Kevin Burton	Eastbourne Rovers	+ 0:49:52
	13th	Robert Downham	Worthing Excelsior	- 0:10:21

Vets Team	Eastbourne Rovers	Alan Symonds, David Cox & Peter Moon
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Bar Short Distance Competition

Senior	1st	Ian Brogden	Eastbourne Rovers	27.68 mph
	2nd	Dan Paine	GS Stella	27.34 mph
	3rd	Paul Thatcher	Brighton Mitre	26.76 mph
	4th	Mel Roberton	Worthing Excelsior	26.25 mph
	5th	Mark Jones	GS Stella	26.11 mph
	6th	Peter Moon	Eastbourne Rovers	25.86 mph
	7th	Geoff Smith	Sussex Nomads	24.74 mph
	8th	Kevin Burton	Eastbourne Rovers	24.10 mph
	9th	David Cox	Eastbourne Rovers	23.40 mph
	10th	Harry Featherstone	Eastbourne Rovers	23.12 mph
	11th	Roy Fairchild	Bognor Regis CC	22.85 mph

Senior Team	Eastbourne Rovers	Ian Brogden, Peter Moon & Kevin Burton
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Vets on Standard	1st	Harry Featherstone	Eastbourne Rovers	+ 1:27:27
	2nd	Roy Fairchild	Bognor Regis CC	+ 1:23:07
	3rd	Mel Roberton	Worthing Excelsior	+ 1:19:25
	4th	Geoff Smith	Sussex Nomads	+ 0:58:22
	5th	David Cox	Eastbourne Rovers	+ 0:53:41
	6th	Mark Jones	GS Stella	+ 0:50:51
	7th	Paul Thatcher	Brighton Mitre	+ 0:48:30
	8th	Peter Moon	Eastbourne Rovers	+ 0:45:23
	9th	Ian Brogden	Eastbourne Rovers	+ 0:44:37
	10th	Kevin Burton	Eastbourne Rovers	+ 0:38:48

Vets Team	Eastbourne Rovers	Harry Featherstone, David Cox & Peter Moon
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SCA SPOCO Competition Results 2009

Senior	1st	Steve Dennis	East Grinstead CC	716 points
	2nd	Iain Brogden	Eastbourne Rovers	714 points
	3rd	Paul Thatcher	Brighton Mitre	688 points
	4th	Mark Winton	Lewes Wanderers	681 points
	5th	Anthony Reeves	GS Stella	676 points
	= 6th	Mark Jones	GS Stella	670 points
	= 6th	Mel Roberton	Worthing Excelsior	670 points
	8th	Nick Dwyer	Lewes Wanderers	666 points
	= 9th	Michael Valks	Sussex Nomads	657 points
	= 9th	Peter Moon	Eastbourne Rovers	657 points
	11th	Peter Baker	Lewes Wanderers	655 points
	12th	Geoff Smith	Sussex Nomads	641 points
	13th	Mark Bernhardt	Worthing Excelsior	619 points
	14th	Nathan Gale	Worthing Excelsior	596 points
	15th	Steve Trott	GS Stella	584 points
	16th	Robin Johnson	Brighton Mitre	567 points
	17th	Oliver Tuckley	Lewes Wanderers	565 points
	18th	Richard Woodward	East Grinstead CC	550 points
	19th	Kevin Burton	Eastbourne Rovers	547 points
	20th	David Cox	Eastbourne Rovers	535 points
	21st	Thomas Baker	Lewes Wanderers	534 points
	22nd	Stuart Jago	Worthing Excelsior	517 points
	23rd	Elaine Scott	Brighton Excelsior	494 points
Team	Lewes Wanderers	Mark Winton, Nick Dwyer & Peter Baker	2002 points	

Veterans	1st	Mel Roberton	Worthing Excelsior	717 points
	2nd	Geoff Smith	Sussex Nomads	715 points
	3rd	Steve Dennis	East Grinstead CC	714 points
	4th	Paul Thatcher	Brighton Mitre	686 points
	5th	Mark Jones	GS Stella	683 points
	6th	Iain Brogden	Eastbourne Rovers	681 points
	= 7th	Peter Baker	Lewes Wanderers	677 points
	= 7th	Peter Moon	Eastbourne Rovers	677 points
	9th	David Cox	Eastbourne Rovers	665 points
	10th	Nick Dwyer	Lewes Wanderers	655 points
	11th	Mark Bernhardt	Worthing Excelsior	635 points
	12th	Robin Johnson	Brighton Mitre	628 points
	13th	Oliver Tuckley	Lewes Wanderers	622 points
	14th	Kevin Burton	Eastbourne Rovers	599 points
	15th	Stuart Jago	Worthing Excelsior	596 points
	16th	Steve Trott	GS Stella	586 points
	17th	Richard Woodward	East Grinstead CC	580 points
	18th	Elaine Scott	Brighton Excelsior	578 points
Team	Eastbourne Rovers	Iain Brogden, Peter Moon & David Cox	2023 points	

Women	1st	Elaine Scott	Brighton Excelsior	494 points
Juniors	1st	Thomas Baker	Lewes Wanderers	534 points



County Championship Solo Records – at 31 December 2009

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	Tim Mardell	VC Etoile	2008	3:53:15
12 hour	Dave 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 Roberton	Worthing Excelsior	2009	+ 36:16
100 miles	Don Lock	Worthing Excelsior	2004	+ 1:32:37
12 hour	Dave Shepherd	Rother Valley CC	2001	+ 47.952 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 County Competition Records must be recorded in County Championship Events



County Championship Team Records – at 31 December 2009

Bicycle Team

10 miles	Jon Sharples Nick Leach Lloyd Grayston	Eastbourne Rovers CC	2000	1:02:03
25 miles	Michael Hutchinson Peter Tadros Christian Yates	In-Gear Quickvit RT	2007	2:38:55
50 miles	Mark Jones Richard Keevil Andy Payne	GS Stella	1996	5:58:11
100 miles	Mike Marchant Mark Jones Richard Keevil	GS Stella	1994	11:56:05
12 hour	Paul James Marina Bloom David Nash	Crawley Wheelers		742.733 Miles

Team Championship

25 miles	Michael Hutchinson Peter Tadros Christian Yates Jon Sharples	In-Gear Quickvit RT	2007	3:34:29
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Times/Distances for County Competition Records must be recorded in County Championship Events



County Best All-Rounder Records – at 31 December 2009

Senior*

Long distance	Steve Elms	In-Gear Quickvit RT	2000	26.980 mph
Middle distance	Steve Dennis	East Grinstead CC	2009	28.630 mph
Short distance	Iain Brogden	Eastbourne Rovers	2009	27.680 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
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Juniors

Long distance	Edward Klose	Worthing Excelsior	2009	24.270 mph
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BAR results for previous years can be viewed on the SCA website www.sussexca.org.uk



Association Event Records



Past Competition Winners

Place to Place Records

Place to place records can be viewed on the SCA website: www.sussexca.org.uk



Association Event Records



Place to Place Records