

**SUSSEX CYCLISTS' ASSOCIATION
BAR COMPETITION 2009 CLAIM FORM**

Fastest	Event	Course	Event Date	Age on Date of Event	Time	VTTA Standard	Veteran Plus on Standard
10 mile							
10 mile							
10 mile							
25 mile							
25 mile							
25 mile							
50 mile							
100 mile							

BAR COMPETITIONS

OVERALL LONG DISTANCE BAR	MEN	1 x 25 miles, 1 x 50 miles, 1 x 100 miles
	WOMEN	1 x 10 miles, 1 x 25 miles, 1 x 50 miles
	JUNIORS	2 x 10 miles, 2 x 25 miles
	VETERANS	1 x 25 miles, 1 x 50 miles, 1 x 100 miles
MIDDLE DISTANCE BAR		2 x 10 miles, 2 x 25 miles, 1 x 50 miles
SHORT DISTANCE BAR		3 x 10 miles, 3 x 25 miles

For an event to qualify for the competition it must be an open event run by the SCA, the ESCA, the SCCU or any club affiliated to the SCA or an open event that takes place wholly or partly in Sussex. The event must be published in the Cycling Time Trials Handbook. The fastest three entries from each club will automatically go forward for each team award.

Please return completed forms, with a stamped addressed envelope no later than Sunday 18th October 2009 to:

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

Name		Club	
Address			
		Postcode	
Telephone		Mobile	
e-mail address		Date of birth	

I wish to enter the SCA BAR Competition and accept the competition rules.	Signed	Date
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Please remember to enclose a SAE with each entry form

2009 BAR PROVISIONAL EVENTS LIST

*Please note: This list is only provisional; any event that qualifies under the rules will be accepted.
Any typing errors are entirely the fault of my computer.*

10 MILES	Sun 21 st Mar	G10/46	SCCU	
	Sat 11 th Apr	G10/44	Brighton Mitre	
	Sat 18 th Apr	G10/87	ESCA	
	Sat 25 th Apr	G10/42	Kingston Phoenix	
	Sat 02 nd May	G10/97	SCA	(Championship event)
	Sat 16 th May	G10/98	GS Stella	
	Sat 23 rd May	G10/87	Eastbourne Rovers	
	Mon 25 th May	G10/97	Brighton Mitre	
	Sat 30 th May	G10/57	SCCU	
	Sat 06 th Jun	G10/87	VTTA (Surrey/Sussex)	
	Thu 18 th Jun	P901	Bognor Regis CC	
	Sat 20 th Jun	G10/57	Horsham Cycling	
	Sat 11 th Jul	G10/57	South Eastern RC	
	Sat 18 th Jul	G10/42	Bec CC	
	Sat 25 th Jul	G10/57	Crawley Wheelers	
	Sat 01 st Aug	G10/57	Old Portlians	
	Sat 15 th Aug	G10/57	Epsom CC	
	Sat 22 nd Aug	G10/42	Redmon CC	
	Sat 05 th Sep	G10/42	Addiscombe CC	
	Sat 12 th Sep	G10/87	ESCA	
Sat 19 th Sep	G10/42	Festival RC		
25 MILES	Sun 22 nd Mar	G25/44	SCCU	
	Sun 5 th Apr	G25/45	Redmon CC	
	Sun 19 th Apr	G25/53	SCCU	
	Sun 19 th Apr	G25/89	ESCA	
	Sun 26 th Apr	G25/53	Addiscombe CC	
	Sun 03 rd May	G25/93	SCA	(Championship event)
	Sun 10 th May	G25/53	Norwood Paragon	
	Sun 17 th May	G25/53	Worthing Excelsior	
	Sun 31 st May	G25/53	South Eastern RC	
	Sun 21 st Jun	P885/25	Team Axiom	
	Mon 29 th Jun	P885/25	a3crg	
	Sun 05 th Jul	G25/45	Old Portlians	
	Sun 12 th Jul	G25/89	Southborough Wheelers	
	Sun 19 th Jul	G25/53	Bec CC	
	Sun 02 nd Aug	G25/93	Brighton Excelsior	
	Sun 16 th Aug	G25/89	Eastbourne Rovers	
	Sun 30 th Aug	P901/25	VTTA (Wessex)	
	Sun 06 th Sep	G25/53	SCCU	
	Sun 06 th Sep	P901/25	Bognor Regis CC	
Sun 13 th Sep	G25/89	ESCA		
Sun 20 th Sep	G25/89	VTTA (Surrey/Sussex)		
Sun 27 th Sep	G25/53	Epsom CC		
50 MILES	Sun 07 th Jun	G50/10	SCA	(Championship event)
	Sun 14 th Jun	G50/89	ESCA	
	Sun 28 th Jun	G50/53	SCCU	
	Sun 26 th Jul	P901/50	Bognor Regis CC	
	Sun 09 th Aug	G50/53	Anerley BC	
	Sun 23 rd Aug	G50/53	Addiscombe CC	
Sun 31 st Aug	P885/50	a3crg		
100 MILES	Sun 05 th Jul	G100/86	ESCA	
	Sun 26 th Jul	G100/59	SCCU	(Championship event)

Sussex Cyclists' Association Points Competition (No claim necessary)

The SCA Points Competition is decided on the points awarded in the championship events – 20 points for 1st place down to 1 point for 20th place

10 m	Sat 02 May 2009	SCA Event	G10/97	Steyning
25 m	Sun 03 May 2009	SCA Event	G25/93	Steyning
50 m	Sun 07 Jun 2009	SCA Event	G50/10	Dial Post
100 m	Sun 26 Jul 2009	SCCU event	G100/59	Dial Post
HC 1672 yd	Sat 31 Oct 2009	SCA Event	GH/92	Steyning