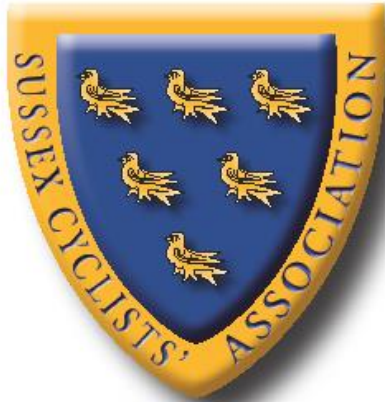


Sussex Cyclists' Association



2016 Events and Competitions

www.facebook.com/groups/SussexCA

www.sussexca.org.uk

Promoting cycling in Sussex by encouraging members to participate in a range of events and competitions . . .

New for 2016 the Sussex Points competition has had an overhaul and now includes all Sussex CA or Sussex Championship events for solo riders over set distances, and we have also introduced a separate competition for women. We have called time on the little understood 25 mile team championship which was based on A and B teams (being the 5th, 6th and 7th rider) and brought it in line with all other Sussex Championship events to be based on teams of three from an affiliated club. There will also be a team trophy awarded for the Sussex Championship 10.

2016 President – Mick Kilby – VTTA Surrey & Sussex Group

Sussex Event Programme

2016 Events promoted by the Sussex CA

Date	Distance	Details	Course	Promoter
Sun 06 Mar 2016	23 m	Hardriders	GS/194	Steve Dennis
Sun 17 Apr 2016	28.5 m	2up TTT	GS/987	James Stone
Sat 30 Apr 2016	10 m	Sussex Championship	G10/97	Jon Fry
Sun 01 May 2016	25 m	Sussex Championship	G25/93	Steve Dennis
Sat 11 Jun 2016	15 m	Sussex Championship	G15/93	Robin Johnson
Sun 03 Jul 2016	50 m	Sussex Championship	G50/10	Robin Johnson
Sun 31 Jul 2016	30 m	Sussex Championship	G30/91	Robin Johnson
Sat 27 Aug 2016	10 m	Sporting	G10/45	Robin Johnson
Mon 29 Aug 2016	25 m	Sporting	G25/49	Robin Johnson
Sat 01 Oct 2016	1672 yd Hill Climb	Sussex Championship	GH/92	Chris Putnam

All Sussex CA events can be entered online via the CTT website www.cyclingtimetrials.org.uk

2016 Events promoted by other Associations

Date	Distance	Details	Course	Promoter
Sun 24 Jul 2016	SCCU 100 m	Sussex Championship	G100/61	Rod Starmer
Sun 21 Aug 2016	KCA 12 hour	Sussex Championship	Q/12	Esther Carpenter

Visit our website www.sussexca.org.uk

Find us on facebook www.facebook.com/groups/SussexCA

Sussex Best All Rounder Competitions

2016 Sussex Best All Rounder Competitions

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

The competition is based on your best performance at each distance in any **Sussex CA** or **Sussex Championship** event over 10 miles, 25 miles, 30 miles, 50 miles and 100 miles. There are three separate competitions with different categories within each competition as follows:

Competition	Category	Required Qualifying Events
Sussex Long Distance BAR	Overall	1 x 25 miles, 1 x 50 miles, 1 x 100 miles
	Veterans on CTT Target Times	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	1 x 10 miles, 1 x 25 miles
Sussex Middle Distance BAR	Overall	1 x 10 miles, 1 x 25 miles, 1 x 50 miles
	Veterans on CTT Target Times*	1 x 10 miles, 1 x 25 miles, 1 x 50 miles
Sussex Short Distance BAR	Overall	1 x 10 miles, 1 x 25 miles, 1 x 30 miles
	Veterans on CTT Target Times*	1 x 10 miles, 1 x 25 miles, 1 x 30 miles

* Based on the aggregate plus against CTT Target Times from the best performance at each distance.

As well as the individual competitions there are also team competitions for overall, based on the highest average mph from three members of the same club, and for veterans based on the highest aggregate plus on CTT Target times from three members of the same club.

Sussex Best All Rounder Competitions

2016 Sussex Best All Rounder Awards

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

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 CTT Target Time	1st – Stephen Easter Cup & Medal	2nd – Medal	3rd – Medal
Vets on CTTTT Team of Three	1st – Medal for each team member		
Woman	1st – West Sussex RC Plate & Medal		
Junior	1st – Junior Cup & 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 CTT Target Time	1st – Glazebrook Cup & Medal	2nd – Medal	3rd – Medal
Vets on CTTTT Team of Three	1st – Medal for each team member		

Sussex Best All Rounder Competitions

2016 Sussex Best All Rounder Awards continued

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

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 CTT Target Time	1st – Vets Short BAR Cup & Medal	2nd – Medal	3rd – Medal
Vets on CTTTT Team of Three	1st – Medal for each team member		

2016 Sussex Best All Rounder Qualifying Events

Date	Dist	Event	Course
Sat 30 Apr 2016	10 m	Sussex Championship 10	G10/97
Sun 01 May 2016	25 m	Sussex Championship 25	G25/93
Sun 03 Jul 2016	50 m	Sussex Championship 50	G50/10
Sun 31 Jul 2016	30 m	Sussex Championship 30	G30/91
Sun 24 Jul 2016	100 m	SCCU (Sussex Championship) 100	G100/61
Sat 27 Aug 2016	10 m	Sussex CA Sporting 10	G10/45
Mon 29 Aug 2016	25 m	Sussex CA Sporting 25	G25/49

Visit our website www.sussexca.org.uk

Find us on facebook www.facebook.com/groups/SussexCA

Sussex Championships

2016 Sussex Championship Trophies

All first claim members of Sussex CA affiliated clubs are eligible to compete for trophies and awards in the Sussex Championship events as follows:

Championship	Event	Date	Category	Trophy
10 mile	SCA Open 10	Sat 30 Apr 2016	Champion	10 mile Shield
			1st Team of Three	Dave Henty Cup
15 mile	SCA Open 15	Sat 11 Jun 2016	Champion	15 mile Cup
			Champion	Boniface Cup
25 mile	SCA Open 25	Sun 01 May 2016	Veteran on CTT Target Time	Horry Hemsley Cup
			1st Team of Three	Lee Memorial Shield
30 mile	SCA Open 30	Mon 31 Jul 2016	Champion	30 mile Cup
50 mile	SCA Open 50	Sun 03 Jul 2016	Champion	Southern Radio Cup
			1st Team of Three	Halford Cup
100 mile	SCCU Open 100	Sun 24 Jul 2016	Champion	Regency Cup
12 hour	KCA Open 12 hour	Sun 21 Aug 2016	Champion	HR Stevenson Cup
Hill Climb	SCA Open Hill Climb	Sat 01 Oct 2016	Champion	Alf Dawes Cup

All awards will be presented at the Annual Prize Presentation Lunch

2016 Sussex Championship Medal Awards

As well as the trophies on offer for each Sussex Championship event, medals are also awarded to individual riders for Overall, Veteran on CTT Target Times, Women, Juniors and Juveniles subject to number of entries from Sussex CA affiliated riders. Medals are awarded within each category according to the following scale:

No. of SCA affiliated riders	Medals awarded in each category
1 to 5 Sussex CA riders	first only
6 to 10 Sussex CA riders	first and second only
Over 10 Sussex CA riders	first, second and third

As well as medals for individual riders, medals are also awarded for each member of a team as follows:

Championship	Event		Category
10 mile	SCA Spring Open 10	Sat 30 Apr 2016	First team of three
15 mile	SCA Open 15	Sat 11 Jun 2016	First team of three
25 mile	SCA Spring Open 25	Sun 01 May 2016	First team of three
30 mile	SCA Open 30	Mon 31 Jul 2016	First team of three
50 mile	SCA Open 50	Sun 03 Jul 2016	First team of three
100 mile	SCCU Open 100	Sun 24 Jul 2016	First team of three
12 hour	KCA Open 12 hour	Sun 21 Aug 2016	First team of three
Hill Climb	SCA Open Hill Climb	Sat 01 Oct 2016	First team of three

Sussex Points Competition

2016 Sussex Points Competition

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

The competition consists of a series of ten Sussex CA or Sussex Championship events for solo riders over set distances – 2 x 10 mile, 15 mile, 23 mile Hardriders, 2 x 25 mile, 30 mile, 50 mile, 100 mile, and hill climb. **The competition is decided on the highest number of points totalled from the ten qualifying events.**

For each qualifying event ridden as a solo rider you will be awarded points based on your position in that event in relation to other riders from Sussex CA affiliated clubs. There will be three separate competitions – Overall, Women and Teams of Three.

Points will be awarded on the following basis: For overall, 30 points for first place, down to 1 point for 30th place. For women, 10 points for first place, down to 1 point for 10th place. For teams of three, the addition of the individual points from three riders from the same club, regardless of which events they have ridden.

Riders who are not from Sussex CA 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.

2016 Sussex Points Awards

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

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

2016 Sussex Points Qualifying Events

Date	Dist	Event	Course
Sun 06 Mar 2016	23 m	Sussex CA Hardriders	GS/194
Sat 30 Apr 2016	10 m	Sussex Championship 10	G10/97
Sun 01 May 2016	25 m	Sussex Championship 25	G25/93
Sat 11 Jun 2016	15 m	Sussex Championship 15	G15/93
Sun 03 Jul 2016	50 m	Sussex Championship 50	G50/10
Sun 24 Jul 2016	100 m	SCCU (Sussex Championship) 100	G100/61
Sun 31 Jul 2016	30 m	Sussex Championship 30	G30/91
Sat 27 Aug 2016	10 m	Sussex CA Sporting 10	G10/45
Mon 29 Aug 2016	25 m	Sussex CA Sporting 25	G25/49
Sat 01 Oct 2016	1672 yd	Sussex Championship Hill Climb	GH/92

2016 Sussex SPOCO Competition

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

The competition consists of a series of sporting events that are broken down into three categories – Short, Medium 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 three qualifying events which must include 1 x Group A – Short Distance, 1 x Group B – Medium Distance and 1 x Group C – Long Distance.

- Any number of events can be ridden as your best placing 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 can get.
- Riders that completed one event at each distance in the previous year will be automatically be included in the handicap competition the following year which is simply the difference between the maximum available points and the actual number of points achieved.

2016 Sussex SPOCO Awards

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

Overall	1st – SPOCO Trophy	2nd – Medal	3rd – Medal
Team of Three	1st – Medal for each team member		
Women	1st – Medal		
Junior	1st – Medal		
Handicap	1st – Handicap Cup	2nd – Medal	3rd – Medal

There is also a veteran SPOCO Trophy that will be awarded to the rider over 40 with the highest number of points

Sussex SPOCO Competition

2016 Sussex SPOCO Qualifying Events

Category	Date	Dist	Event	Course
Group A – Short Distance	Sat 06 Feb 2016	10.5 m	South Downs Bikes	GS/988
	Sat 27 Feb 2016	10 m	...a3crg	P886
	Sun 20 Mar 2016	15.06 m	East Sussex CA	GS/895
	Sat 26 Mar 2016	10 m	Brighton Mitre CC	G10/44
	Sat 23 Apr 2016	10 m	Southern Counties CU	G10/46
	Sun 29 May 2016	10 m	Brighton Mitre CC	GS/995
	Sat 11 Jun 2016	15 m	Sussex CA	G15/93
Sat 27 Aug 2016	10 m	Sussex CA	G10/45	
Group B – Medium Distance	Sun 07 Feb 2016	21.13 m	South Downs Bikes	GS/989
	Sun 06 Mar 2016	23 m	Sussex CA	GS/194
	Mon 28 Mar 2016	25 m	Brighton Mitre CC	GS/999
	Sun 24 Apr 2016	25 m	Southern Counties CU	G25/43
	Sun 05 Jun 2016	30 m	Lewes Wanderers	G30/88
	Sun 31 Jul 2016	30 m	Sussex CA	G30/91
	Mon 29 Aug 2016	25 m	Sussex CA	G25/49
Group C – Long Distance	Fri 25 Mar 2016	41.59 m	Crawley Wheelers	GS/196
	Sun 19 Jun 2016	50 m	East Sussex	G50/90
	Sun 26 Jun 2016	50 m	Southern Counties CU	G50/10
	Sun 03 Jul 2016	50 m	Sussex CA	G50/10
	Sun 10 Jul 2016	100 m	East Sussex CA	G100/861
	Sun 24 Jul 2016	100 m	Southern Counties CU	G100/61

Sussex SPOCO Competition

2016 Sussex SPOCO – Handicap Competition Qualifiers

All those who completed a short, medium and long distance event last season will automatically be included in the handicap competition for 2016. The calculation is simply the difference between the maximum score and the actual score for each qualifying event last year. The handicap will be applied as and when the different types of event are completed.

Rider	Club	2015 Result			2016 Handicap		
		Short	Med	Long	Short	Med	Long
Alison Brockhurst	Lewes Wanderers CC	60	83	80	60	37	40
Ben Fielden	GS Stella	109	105	76	11	15	44
Colin Toppin	Brighton Excelsior CC	73	94	86	47	26	34
David Shepherd	GS Stella	114	116	118	6	4	2
Donald Parker	Brighton Mitre CC	107	96	99	13	24	21
Gina McGeever	Lewes Wanderers CC	110	93	97	10	27	23
Ian Newbold	Eastbourne Rovers CC	109	100	85	11	20	35
Justin Steele	Sussex Nomads CC	90	103	94	30	17	26
Lisa Davis	Lewes Wanderers CC	62	88	83	58	32	37
Martin Booker	Worthing Excelsior CC	116	101	107	4	19	13
Michael Davey	Eastbourne Rovers CC	110	109	108	10	11	12
Mike O'Gorman	Worthing Excelsior CC	118	112	108	2	8	12
Pete Morris	Team ASL360	119	115	120	1	5	0
Rick Hughes	Worthing Excelsior CC	114	107	106	6	13	14
Rob Pelham	Lewes Wanderers CC	110	116	118	10	4	2
Robin Johnson	Brighton Mitre CC	105	95	79	15	25	41
Sam Dix	In-Gear Quickvit Trainsharp RT	100	106	96	20	14	24
Sarah Matthews	...a3crg	98	104	97	22	16	23

Sussex SPOCO Competition

Rider	Club	2015 Result			2016 Handicap		
		Short	Med	Long	Short	Med	Long
Sarah Phelps	Brighton Mitre CC	105	84	78	15	36	42
Simon McNamara	South Downs Bikes	118	120	119	2	0	1
Simon Yates	Lewes Wanderers CC	52	86	73	68	34	47
Steven Kane	Team ASL360	119	120	118	1	0	2
Stu Nisbett	Crawley Wheelers	119	108	113	1	12	7
Tamar Vanderhaas	Lewes Wanderers CC	85	99	91	35	21	29
Tom Glandfield	Lewes Wanderers CC	117	117	119	3	3	1

Sussex BAR Competitions Rules

1. The Sussex Best All Rounder competitions are open to first claim members of clubs affiliated to the SCA only.
2. No claim is necessary as all qualifying riders will automatically be recorded.
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 any Sussex CA or Sussex Championship event over 10 miles, 25 miles, 30 miles, 50 miles and 100 miles.
5. The overall competitions shall be open to all riders and shall not prevent a veteran, woman or junior from winning the overall competition.
6. The veteran competitions 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 Cycling Time Trials Target Times. This rule shall not prevent a veteran from winning an overall competition on actual time.
7. In the Long Distance BAR individual awards are made for overall, veterans on CTT target times, woman and junior.
8. In the Middle and Short Distance BARs individual awards are made for overall and veterans on CTT target times.
9. In all BAR competitions awards are made for the best overall and the best veteran on CTT Target Times team of three riders from an affiliated club.
10. The decision of the SCA Executive Committee will be final in the event of any dispute.

Sussex Points Competition Rules

1. The Sussex points competition is open to first claim members of clubs affiliated to the SCA only.
2. No claim is necessary as all qualifying riders will automatically be recorded.
3. The Sussex points competition shall be decided on each rider's placing in the qualifying events.
4. Individual points will be awarded in each qualifying event: Overall 30 points for 1st place down to 1 point for 30th place, and for women 10 points for 1st place down to 1 point for 10th place.
5. Qualifying events shall be Sussex CA and Sussex Championship events for solo riders over set distances.
6. Any number of qualifying events may be ridden.
7. Separate awards are made for overall and women plus the best tea of three from an affiliated club from the overall competition.
8. Members of a club that have ridden events but not earned any points will be disregarded in the team competition.
9. The decision of the SCA Executive Committee will be final in the event of any dispute.

Sussex SPOCO Competition Rules

1. The Sussex SPOCO competition is open to first claim members of clubs affiliated to the SCA only.
2. No claim is necessary as all qualifying riders will automatically be recorded.
3. The Sussex SPOCO shall be decided on each rider's best placing in the qualifying events.
4. Qualifying events, as published each season, shall be open events of a sporting nature 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.
5. Points will be awarded in each qualifying ride – 120 points for 1st place down to 1 point for 120th place.
6. Qualifying rides must include one short distance, one medium distance and one long distance from the list of qualifying events.
7. Any number of qualifying events may be ridden.
8. Separate awards are made for overall, women, junior and handicap plus the best team of three from an affiliated club in the overall competition.
9. The decision of the SCA Executive Committee will be final in the event of any dispute.

Sussex Championship Records as at 31st December 2015

Men – Bicycle

10 miles	Jon Sharples	Eastbourne Rovers CC	20:06	2000
15 miles	Dominic Maxwell	Sussex Revolution VC	35:37	2015
25 miles	Michael Hutchinson	In-Gear Quickvit Trainsharp RT	49:31	2013
30 miles	Conall Yates	In-Gear Quickvit Trainsharp RT	1:04:39	2015
50 miles	Steve Dennis	East Grinstead CC	1:48:56	2012
100 miles	Rob Pelham	Lewes Wanderers CC	3:52:40	2010
12 hour	David Shepherd	Rother Valley CC	272.954 miles	2001

Veterans on CTT Target Times – Bicycle (from 1st January 2014 for standard distances)

10 miles	Mike O'Gorman	Worthing Excelsior CC	+ 06:24	2015
15 miles	Mike O'Gorman	Worthing Excelsior CC	+ 07:58	2015
25 miles	Mike O'Gorman	Worthing Excelsior CC	+ 12:44	2015
30 miles	Mike O'Gorman	Worthing Excelsior CC	+ 17:25	2015
50 miles	Mike O'Gorman	Worthing Excelsior CC	+ 22:17	2015
100 miles	David Shepherd	GS Stella	+ 31:20	2014

Veterans on 2012 revised VTTA Standard – Bicycle

12 hour	Rupert Robinson	Crawley Wheelers	+ 62.253 miles	2015
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Times/Distances for Sussex Competition Records must be recorded in Sussex Championship Events

Sussex Championship Records as at 31st December 2015

Women – Bicycle

10 miles	Natacha Maes	In-Gear Quickvit RT	21:57	2000
15 miles	Gina McGeever	Lewes Wanderers CC	39:37	2015
25 miles	Ruth Elliott	Lewes Wanderers CC	1:02:38	2005
30 miles	Gina McGeever	Brighton Mitre CC	1:16:54	2015
50 miles	Sarah Matthews	...a3crg	2:12:33	2015
100 miles	Juliette Clarke	In-Gear Quickvit RT	4.36.10	2009
12 hour	Marina Bloom	Crawley Wheelers	247.826 miles	2001

Juniors – Bicycle

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

Juveniles – Bicycle

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

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

Sussex Championship Records as at 31st December 2015

Bicycle Team

10 miles	Eastbourne Rovers CC	Jon Sharples, Nick Leach & Lloyd Grayston	1:02:03	2000
15 miles	Worthing Excelsior	Mike O'Gorman, Martin Booker & Rick Hughes	1:53:04	2015
25 miles	In-Gear Quickvit RT	Michael Hutchinson, Peter Tadros & Christian Yates	2:38:55	2007
30 miles	South Downs Bikes	Simon McNamara, Stuart Bettis & Paul Bernard	3:27:47	2015
50 miles	Brighton Excelsior CC	Steve Kane, Mark Emsley & Brian Malloy	5:44:55	2014
100 miles	GS Stella	Mike Marchant, Mark Jones & Richard Keevil	11:56:05	1994
12 hour	GS Stella	David Shepherd, Tony Reeves & Andy Payne	753.106 miles	2010

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

Sussex Best All Rounder Records as at 31st December 2015

Sussex Long Distance BAR

Overall	Steve Kane	Brighton Excelsior CC	26.733 mph	2014
Team	No qualifiers			-
Veteran	Mike O'Gorman	Worthing Excelsior CC	Plus 1:06:04	2015
Veteran Team	No qualifiers			-
Woman	Sarah Matthews	...a3crg	23.295 mph	2015
Junior	Arthur Venables	...a3crg	24.401 mph	2014

Overall = 25, 50 and 100 miles
 Veteran = 25, 50 and 100 miles
 Woman = 10, 25 and 50 miles
 Junior = 10 and 25 miles

Sussex Middle Distance BAR

Overall	Steve Kane	Brighton Excelsior CC	27.508 mph	2014
Team	Steve Kane (27.508) Mark Emsley (26.454) Brian Malloy (26.016)	Brighton Excelsior CC	26.660 mph	2014
Veteran	Mike O'Gorman	Worthing Excelsior CC	Plus 0:41:23	2015
Veteran Team	No qualifiers			-

Overall = 10, 25 and 50 miles
 Veteran = 10, 25 and 50 miles

Sussex Best All Rounder Records as at 31st December 2015

Sussex Short Distance BAR

Overall	Conall Yates	In-Gear Quickvit Trainsharp RT	27.845 mph	2015
Team	Steve Kane (27.707) Mark Emsley (26.224) James Stone (23.875)	Brighton Excelsior CC	25.935 mph	2014
Veteran	Mike O'Gorman	Worthing Excelsior CC	Plus 0:36:33	2015
Veteran Team	Mike O'Gorman (+ 36:33) Rick Hughes (+ 15:08) Martin Booker (+ 07:18)	Worthing Excelsior CC	Plus 0:58:59	2015

Overall = 10, 25 and 30 miles

Veteran = 10, 25 and 30 miles