



Sussex Cyclists' Association

2013 Sussex Long Distance Best All Rounder Competition



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

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

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

Sussex Long Distance BAR – 2013 Award Winners

Overall	1st	Steve Kane	Brighton Excelsior	27.339 mph	AE Paching Cup & Medal
	2nd	Matthew Woods	Eastbourne Rovers	26.706 mph	Medal
	3rd	Rob Pelham	Lewes Wanderers	26.282 mph	Medal

Team	Matthew Woods (26.706) Iain Brogden (25.498) John Cordner (25.405)	Eastbourne Rovers	25.870 mph	Medals
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Veteran	1st	Matthew Woods	Eastbourne Rovers	Plus 1:24:06	Stephen Easter Cup & Medal
	2nd	Geoff Smith	Eastbourne Rovers	Plus 1:20:52	Medal
	3rd	John Cordner	Eastbourne Rovers	Plus 1:16:43	Medal

Veteran Team	Matthew Woods (1:24:06) Geoff Smith (1:19:46) John Cordner (1:16:43)	Eastbourne Rovers	Plus 4:01:41	Medals
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Woman	1st	Emma Richards	Eastbourne Rovers	22.302 mph	West Sussex RC Plate & Medal
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Junior	1st	Not contested			Medal
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Sussex Long Distance BAR – Final Overall Individual Positions

Rider	Club	25	50	100	Av mph	
Steve Kane	Brighton Excelsior	0:52:38	1:48:59	3:50:51	27.339	New Record
Matthew Woods	Eastbourne Rovers	0:52:15	1:52:30	4:02:29	26.706	
Rob Pelham	Lewes Wanderers	0:54:23	1:54:37	3:59:09	26.282	
Tom Glandfield	Lewes Wanderers	0:54:54	1:55:10	4:04:12	25.981	
Iain Brogden	Eastbourne Rovers	0:54:44	1:57:34	4:14:34	25.498	
John Cordner	Eastbourne Rovers	0:57:16	1:59:40	4:00:28	25.405	
Chris Twine	Worthing Excelsior	0:57:09	1:54:33	4:16:32	25.275	
Marc Townsend	Eastbourne Rovers	0:57:21	1:57:04	4:27:49	24.728	
Michael Davey	Eastbourne Rovers	1:01:41	1:59:45	4:26:58	23.948	
Samuel Ramsey	Lewes Wanderers	0:59:30	2:04:47	4:27:23	23.897	
Geoff Smith	Eastbourne Rovers	0:59:41	2:07:04	4:24:28	23.810	
Alan Lloyd	Lewes Wanderers	1:01:44	2:09:42	4:44:05	22.850	
Bruce English	Eastbourne Rovers	1:07:37	2:21:53	5:07:21	20.950	



Sussex Cyclists' Association

2013 Sussex Long Distance Best All Rounder Competition



Sussex Long Distance BAR – Final Overall Team Positions

Club	Riders	Average
Eastbourne Rovers	Matthew Woods, Iain Brogden & John Cordner	25.870
Lewes Wanderers	Rob Pelham, Tom Glandfield & Samuel Ramsey	25.386
Eastbourne Rovers	Marc Townsend, Michael Davey & Geoff Smith	24.162

Sussex Long Distance BAR – Final Veteran Individual Positions

Rider	Club	25	50	100	Agg Plus	
Matthew Woods	Eastbourne Rovers	0:14:11	0:24:02	0:45:53	1:24:06	New Record
Geoff Smith	Eastbourne Rovers	0:11:35	0:20:02	0:49:15	1:20:52	
John Cordner	Eastbourne Rovers	0:09:23	0:17:19	0:50:01	1:16:43	
Tom Glandfield	Lewes Wanderers	0:11:06	0:20:25	0:41:55	1:13:26	
Iain Brogden	Eastbourne Rovers	0:12:07	0:19:52	0:35:55	1:07:54	
Samuel Ramsey	Lewes Wanderers	0:08:20	0:14:47	0:28:11	0:51:18	
Alan Lloyd	Lewes Wanderers	0:08:54	0:16:01	0:26:17	0:51:12	
Bruce English	Eastbourne Rovers	0:00:01	-0:02:44	-0:12:48	-0:15:31	

Sussex Long Distance BAR – Final Veteran Team Positions

Club	Riders	Agg Plus
Eastbourne Rovers	Matthew Woods, Geoff Smith & John Cordner	4:01:41
Lewes Wanderers	Tom Glandfield, Samuel Ramsey & Alan Lloyd	2:55:56

Sussex Long Distance BAR – Final Lady Individual Positions

Rider	Club	10	25	50	Av mph
Emma Richards	Eastbourne Rovers	0:26:09	1:07:44	2:17:31	22.302



Sussex Cyclists' Association

2013 Sussex Middle Distance Best All Rounder Competition



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

Overall 2 x 10 miles, 2 x 25 miles, 1 x 50 miles
Veterans on Standard* 2 x 10 miles, 2 x 25 miles, 1 x 50 miles

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

Sussex Middle Distance BAR – 2013 Award Winners

Overall	1st	Sebastian Ader	...a3crg	29.573 mph	Fairy Dyes Cup & Medal
	2nd	Steve Kane	Brighton Excelsior	28.770 mph	Medal
	3rd	Matthew Woods	Eastbourne Rovers	28.168 mph	Medal

Team	Matthew Woods (28.168) Iain Brogden (27.170) Marc Townsend (26.229)	Eastbourne Rovers	27.189 mph	Medals
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Veteran	1st	Sebastian Ader	...a3crg	Plus 1:14:03	Glazebrook Cup & Medal
	2nd	Matthew Woods	Eastbourne Rovers	Plus 1:00:47	Medal
	3rd	Iain Brogden	Eastbourne Rovers	Plus 0:53:24	Medal

Veteran Team	Matthew Woods (1:00:47) Iain Brogden (0:53:24) Geoff Smith (0:48:38)	Eastbourne Rovers	Plus 2:43:55	Medals
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Sussex Middle Distance BAR – Final Overall Individual Positions

Rider	Club	10	10	25	25	50	Av mph	
Sebastian Ader	...a3crg	0:19:49	0:19:52	0:50:12	0:51:05	1:46:36	29.573	New Record
Steve Kane	Brighton Excelsior	0:20:05	0:20:21	0:52:38	0:52:42	1:48:59	28.770	
Matthew Woods	Eastbourne Rovers	0:20:31	0:20:46	0:52:15	0:54:53	1:52:30	28.168	
Tom Glandfield	Lewes Wanderers	0:21:25	0:21:50	0:54:54	0:55:26	1:55:10	27.186	
Iain Brogden	Eastbourne Rovers	0:21:24	0:21:47	0:54:44	0:54:51	1:57:34	27.170	
Rob Pelham	Lewes Wanderers	0:21:13	0:22:13	0:54:23	0:56:00	1:54:37	27.166	
Marc Townsend	Eastbourne Rovers	0:22:06	0:22:50	0:57:21	0:57:50	1:57:04	26.229	
John Cordner	Eastbourne Rovers	0:23:07	0:23:14	0:57:16	0:58:05	1:59:40	25.774	
Mike O'Gorman	Worthing Excelsior	0:22:50	0:22:59	0:58:02	0:58:11	2:07:08	25.522	
Geoff Smith	Eastbourne Rovers	0:23:25	0:23:51	0:59:41	1:01:32	2:07:04	24.780	
Michael Davey	Eastbourne Rovers	0:23:42	0:24:18	1:01:41	1:01:58	1:59:45	24.717	
Alan Robinson	Central Sussex CC	0:24:05	0:24:29	1:03:16	1:04:55	2:15:32	23.674	
Robin Johnson	Brighton Mitre	0:27:51	0:28:55	1:11:06	1:11:42	2:26:43	20.952	



Sussex Cyclists' Association

2013 Sussex Middle Distance Best All Rounder Competition



Sussex Middle Distance BAR – Final Overall Team Positions

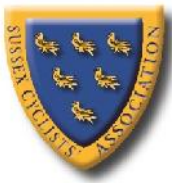
Club	Riders	Average
Eastbourne Rovers	Matthew Woods, Iain Brogden & Marc Townsend	27.189
Eastbourne Rovers	John Cordner, Geoff Smith & Michael Davey	25.090

Sussex Middle Distance BAR – Final Veteran Individual Positions

Rider	Club	10	10	25	25	50	Agg Plus	
Sebastian Ader	...a3crg	0:06:20	0:06:12	0:16:14	0:15:21	0:29:56	1:14:03	New Record
Matthew Woods	Eastbourne Rovers	0:05:38	0:05:23	0:14:11	0:11:33	0:24:02	1:00:47	
Iain Brogden	Eastbourne Rovers	0:04:54	0:04:31	0:12:07	0:12:00	0:19:52	0:53:24	
Mike O'Gorman	Worthing Excelsior	0:04:54	0:04:45	0:12:36	0:12:27	0:18:35	0:53:17	
Alan Robinson	Central Sussex CC	0:05:21	0:04:57	0:11:53	0:10:14	0:20:11	0:52:36	
Tom Glandfield	Lewes Wanderers	0:04:34	0:04:09	0:11:06	0:10:34	0:20:25	0:50:48	
Geoff Smith	Eastbourne Rovers	0:04:34	0:04:08	0:11:35	0:09:25	0:20:02	0:49:44	
John Cordner	Eastbourne Rovers	0:03:11	0:02:59	0:09:23	0:08:34	0:17:19	0:41:26	
Robin Johnson	Brighton Mitre	0:00:15	-0:00:41	0:00:16	0:00:52	0:01:55	0:02:37	

Sussex Middle Distance BAR – Final Veteran Team Positions

Club	Riders	Agg Plus
Eastbourne Rovers	Matthew Woods, Iain Brogden & Geoff Smith	2:43:55



Sussex Cyclists' Association

2013 Sussex Short Distance Best All Rounder Competition



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

Overall 3 x 10 miles, 3 x 25 miles
 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

Sussex Short Distance BAR – 2013 Award Winners

Overall	1st	Sebastian Ader	...a3crg	29.637 mph	Short BAR Cup & Medal
	2nd	Steve Kane	Brighton Excelsior	28.939 mph	Medal
	3rd	Matthew Woods	Eastbourne Rovers	28.324 mph	Medal

Team	Matthew Woods (28.324) Iain Brogden (27.530) Marc Townsend (26.202)	Eastbourne Rovers	27.352 mph	Medals
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Veteran	1st	Sebastian Ader	...a3crg	Plus 1:03:31	Veteran Short BAR Cup & Medal
	2nd	Matthew Woods	Eastbourne Rovers	Plus 0:53:16	Medal
	3rd	Iain Brogden	Eastbourne Rovers	Plus 0:49:59	Medal

Veteran Team	Matthew Woods (0:53:16) Iain Brogden (0:49:59) Geoff Smith (0:41:46)	Eastbourne Rovers	Plus 2:25:01	Medals
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Sussex Short Distance BAR – Final Overall Individual Positions

Rider	Club	10	10	10	25	25	25	Av mph	
Sebastian Ader	...a3crg	0:19:49	0:19:52	0:20:17	0:50:12	0:51:05	0:52:36	29.637	New Record
Steve Kane	Brighton Excelsior	0:20:05	0:20:21	0:20:47	0:52:38	0:52:42	0:52:44	28.939	
Matthew Woods	Eastbourne Rovers	0:20:31	0:20:46	0:21:03	0:52:15	0:54:53	0:55:01	28.324	
Iain Brogden	Eastbourne Rovers	0:21:24	0:21:47	0:21:48	0:54:44	0:54:51	0:54:54	27.530	
Tom Glandfield	Lewes Wanderers	0:21:25	0:21:50	0:22:00	0:54:54	0:55:26	0:56:31	27.282	
Rob Pelham	Lewes Wanderers	0:21:13	0:22:13	0:22:33	0:54:23	0:56:00	0:58:21	26.995	
Marc Townsend	Eastbourne Rovers	0:22:06	0:22:50	0:22:58	0:57:21	0:57:50	0:58:40	26.202	
Mike O'Gorman	Worthing Excelsior	0:22:50	0:22:59	0:23:30	0:58:02	0:58:11	0:59:49	25.770	
Stuart Davis	Eastbourne Rovers	0:23:04	0:23:43	0:23:49	0:59:23	0:59:56	1:00:19	25.276	
Geoff Smith	Eastbourne Rovers	0:23:25	0:23:51	0:24:29	0:59:41	1:01:32	1:02:20	24.810	
Robin Johnson	Brighton Mitre	0:27:51	0:28:55	0:29:24	1:11:06	1:11:42	1:13:55	20.835	



Sussex Cyclists' Association

2013 Sussex Short Distance Best All Rounder Competition



Sussex Short Distance BAR – Final Overall Team Positions

Club	Riders	Average
Eastbourne Rovers	Matthew Woods, Iain Brogden & Marc Townsend	27.352

Sussex Short Distance BAR – Final Veteran Individual Positions

Rider	Club	10	10	10	25	25	25	Agg Plus	
Sebastian Ader	...a3crg	0:06:20	0:06:12	0:05:47	0:16:14	0:15:21	0:13:37	1:03:31	New Record
Matthew Woods	Eastbourne Rovers	0:05:38	0:05:23	0:05:06	0:14:11	0:11:33	0:11:25	0:53:16	
Iain Brogden	Eastbourne Rovers	0:04:54	0:04:31	0:04:30	0:12:07	0:12:00	0:11:57	0:49:59	
Mike O'Gorman	Worthing Excelsior	0:04:54	0:04:45	0:04:14	0:12:36	0:12:27	0:10:49	0:49:45	
Tom Glandfield	Lewes Wanderers	0:04:34	0:04:09	0:03:59	0:11:06	0:10:34	0:09:29	0:43:51	
Alan Robinson	Central Sussex CC	0:05:21	0:04:57	0:04:16	0:11:53	0:10:14	0:06:33	0:43:14	
Geoff Smith	Eastbourne Rovers	0:04:34	0:04:08	0:03:22	0:11:35	0:09:25	0:08:42	0:41:46	
Stuart Davis	Eastbourne Rovers	0:03:05	0:02:30	0:02:20	0:07:03	0:06:30	0:06:20	0:27:48	
Robin Johnson	Brighton Mitre	0:00:15	-0:00:41	-0:01:10	0:00:16	0:00:52	-0:01:57	-0:02:25	

Sussex Short Distance BAR – Final Veteran Team Positions

Club	Riders	Agg Plus
Eastbourne Rovers	Matthew Woods, Iain Brogden & Geoff Smith	2:25:01



Sussex Cyclists' Association

2013 Sussex Championships



The Sussex championship events are 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.

In all championship events medals for SCA affiliated riders will be awarded within each category in accordance with 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 Championship 10 – Saturday 4th May 2013

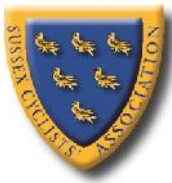
Medals for SCA affiliated riders will be awarded within each category in accordance with the following scale:

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

Category	Pos	Rider	Club	Time / Plus	Award
Fastest Overall	1st	Conall Yates	In-Gear Quickvit Trainsharp	0:20:13	The '10' Shield & Medal
	2nd	Nick Dwyer	Lewes Wanderers	0:20:42	Medal
	3rd	Steve Kane	Brighton Excelsior	0:20:47	Medal
Highest Plus on Std	1st	Nick Dwyer	Lewes Wanderers	+ 05:59	Medal
	2nd	Iain Brogden	Eastbourne Rovers	+ 04:54	Medal
	3rd	Richard Gifford	In-Gear Quickvit Trainsharp	+ 04:48	Medal
Fastest Lady	1st	Kaye Dwyer	Lewes Wanderers	0:28:07	Medal
Fastest Junior	1st	Not Contested			Medal
Fastest Team of 3		Nick Dwyer (20:42) Rob Pelham (21:13) Tom Glandfield (21:25)	Lewes Wanderers	1:03:20	Medals

New Record

Congratulations to Nick Dwyer who sets a new veteran on revised standard record for 10 miles



Sussex Cyclists' Association

2013 Sussex Championships



Sussex Championship 25 – Sunday 5th May 2013

Medals for SCA affiliated riders will be awarded within each category in accordance with the following scale:
1 to 5 Riders – first only **6 to 10 riders** – first and second only **Over 10 Riders** – first, second and third

Category	Pos	Rider	Club	Time / Plus	Award
Fastest Overall	1st	Michael Hutchinson	In-Gear Quickvit Trainsharp	0:49:31	Boniface Cup & Medal
	2nd	Conall Yates	In-Gear Quickvit Trainsharp	0:52:59	Medal
	3rd	Steve Kane	Brighton Excelsior	0:53:20	Medal
Highest Plus on Std	1st	Nick Dwyer	Lewes Wanderers	0:13:44	Horry Hemsley Cup & Medal
	2nd	Steve Dennis	East Grinstead CC	0:13:20	Medal
	3rd	Iain Brogden	Eastbourne Rovers	0:11:18	Medal
Fastest Lady	1st	Gina McGeever	Brighton Mitre	1:06:11	Medal
Fastest Junior	1st	Not Contested			Medal

Fastest A Team of 4	Michael Hutchinson (0:49:31) Conall Yates (0:52:59) Charl Jordaan (0:56:43) Carl Richardson (1:00:11)	In-Gear Quickvit Trainsharp	3:39:24	Lee Memorial Shield & Medals
1st				

Fastest A Team of 4	Nick Dwyer (0:54:06) Rob Pelham (0:54:23) Pete Morris (0:55:42) Phil Allen (0:56:41)	Lewes Wanderers	3:40:52	Dave Henty Cup & Medals
2nd				

Fastest B Team of 3	Duncan Fuller (0:58:37) Mark Frost (0:58:40) Mark Paton (0:59:32)	Lewes Wanderers	2:56:49	Medals
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The B Team is the 5th, 6th and 7th fastest rider from a club

New Record

Congratulations to Michael Hutchinson who sets a new record for 25 miles
 Nick Dwyer who sets a new vets on revised standard record for 25 miles



Sussex Cyclists' Association

2013 Sussex Championships



Sussex Championship 30 – Sunday 26th May 2013

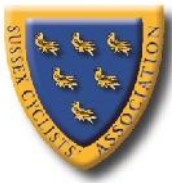
Medals for SCA affiliated riders will be awarded within each category in accordance with the following scale:
1 to 5 Riders – first only **6 to 10 riders** – first and second only **Over 10 Riders** – first, second and third

Category	Pos	Rider	Club	Time / Plus	Award
Fastest Overall	1st	Steve Kane	Brighton Excelsior	1:06:02	The '30' Cup & Medal
	2nd	Steve Dennis	East Grinstead CC	1:06:24	Medal
	3rd	Charl Jordaan	In-Gear Quickvit Trainsharp	1:09:47	Medal
Highest Plus on Std	1st	Steve Dennis	East Grinstead CC	+ 15:28	Medal
	2nd	Mike O'Gorman	Worthing Excelsior	+1:11:09	Medal
	3rd	Alan Lloyd	Lewes Wanderers	+ 10:17	Medal
Fastest Lady	1st	Gina McGeever	Brighton Mitre	1:22:11	Medal
Fastest Junior	1st	Not Contested			Medal
Fastest Team of 3		Steve Kane (1:06:02) Mark Emsley (1:10:39) James Stone (1:15:29)	Brighton Excelsior	3:32:10	Medals

Sussex Championship 50 – Sunday 4th August 2013

Medals for SCA affiliated riders will be awarded within each category in accordance with the following scale:
1 to 5 Riders – first only **6 to 10 riders** – first and second only **Over 10 Riders** – first, second and third

Category	Pos	Rider	Club	Time / Plus	Award
Fastest Overall	1st	Steve Kane	Brighton Excelsior	1:49:50	Southern Radio Cup & Medal
	2nd	Chris Twine	Worthing Excelsior	1:57:13	Medal
	3rd	Iain Brogden	Eastbourne Rovers	1:58:14	Medal
Highest Plus on Std	1st	Iain Brogden	Eastbourne Rovers	+ 19:12	Medal
	2nd	Geoff Smith	Eastbourne Rovers	+ 18:56	Medal
	3rd	Mike O'Gorman	Worthing Excelsior	+ 18:35	Medal
Fastest Lady	1st	Gina McGeever	Brighton Mitre	2:19:05	Medal
Fastest Junior	1st	Not Contested			Medal
Fastest Team of 3		Jon Fry (2:03:30) Keith Shuttlewood (2:05:06) Bryn Reeves (2:18:04)	Horsham Cycling	6:26:40	Halford Cup & Medals



Sussex Cyclists' Association

2013 Sussex Championships



Sussex Championship 100 – Sunday 28th July 2013

Medals for SCA affiliated riders will be awarded within each category in accordance with the following scale:
1 to 5 Riders – first only **6 to 10 riders** – first and second only **Over 10 Riders** – first, second and third

Entries – 10 SCA riders of which 5 were vets

Category	Pos	Rider	Club	Time / Plus	Award
Fastest Overall	1st	Steve Kane	Brighton Excelsior	3:59:35	Regency Cup & Medal
	2nd	Iain Brogden	Eastbourne Rovers	4:14:34	Medal
	3rd	Not Awarded			Medal
Highest Plus on Std	1st	Iain Brogden	Eastbourne Rovers	+ 35:55	Medal
	2nd	Not Awarded			Medal
	3rd	Not Awarded			Medal
Fastest Lady	1st	Not Contested			Medal
Fastest Junior	1st	Not Contested			Medal
Fastest Team of 3		Chris Twine (4:16:32) Mark Bernhardt (4:30:30) Mark Newnham (4:40:36)	Worthing Excelsior	13:27:38	Medals

Sussex Championship 12 Hour – Sunday 1st September 2013

Medals for SCA affiliated riders will be awarded within each category in accordance with the following scale:
1 to 5 Riders – first only **6 to 10 riders** – first and second only **Over 10 Riders** – first, second and third

Entries – 7 SCA riders of which 6 were vets

Category	Pos	Rider	Club	Dist / Plus	Award
Fastest Overall	1st	Rob Pelham	Lewes Wanderers	267.14	HR Stevenson Cup & Medal
	2nd	Michael Turner	Lewes Wanderers	248.36	Medal
	3rd	Not Awarded			Medal
Highest Plus on Std	1st	Michael Turner	Lewes Wanderers	+ 42.59	Medal
	2nd	Alan Lloyd	Lewes Wanderers	+ 40:45	Medal
	3rd	Not Awarded			Medal
Fastest Lady	1st	Not Contested			Medal
Fastest Junior	1st	Not Contested			Medal
Fastest Team of 3		Rob Pelham (267.14) Michael Turner (248.36) Chris Martin (230.51)	Lewes Wanderers	746.01	Medals



Sussex Cyclists' Association

2013 Sussex Championships



Sussex Championship Hill Climb – Saturday 5th October 2013

Medals for SCA affiliated riders will be awarded within each category in accordance with the following scale:

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

Entries – 15 SCA riders of which 7 were vets

Category	Pos	Rider	Club	Time / Plus	Award
Fastest Overall	1st	Peter Tadros	In-Gear Quickvit Trainsharp	4:04.2	Alf Dawes Cup & Medal
	2nd	Conall Yates	In-Gear Quickvit Trainsharp	4:09.8	Medal
	3rd	Tony Reeves	GS Stella	4:40.6	Medal
Highest Plus on Std	1st	Peter Tadros	In-Gear Quickvit Trainsharp	+ 1:07.8	Medal
	2nd	Tony Reeves	GS Stella	+ 0:30.4	Medal
	3rd	Not Awarded			Medal
Fastest Lady	1st	Tamar Vanderhaas	Brighton Mitre	5:30.8	Medal
Fastest Junior	1st	Zak Corum-Haines	Brighton Excelsior	4:44.2	Medal
Fastest Team of 3		Peter Tadros (4:04.2) Conall Yates (4:09.8) Dan Harwood (4:54.9)	In-Gear Quickvit Trainsharp	13:08.9	Medals



Sussex Cyclists' Association

2013 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.

The competition consists of a series of seven Sussex championship events – 10 miles, 25 miles, 30 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 seven qualifying events.

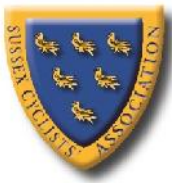
Sussex Championship Points – 2013 Award Winners

Overall	1st	Steve Kane	Brighton Excelsior	113 points	Charlie Lednor Trophy & Medal
	2nd	Chris Twine	Worthing Excelsior	84 points	Medal
	3rd	Charl Jordaan	In-Gear Quickvit Trainsharp	77 points	Medal

Team	Steve Kane (113) Mark Emsley (27) Zak Corum-Haines (16)	Brighton Excelsior	156 Points	Medals
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Sussex Championship Points – Final Individual Competition

Rank	Rider	Club	SCA 10	SCA 25	SCA 30	SCCU 100	SCA 50	KCA 12	SCA HC	Total Points	No Rides
1	Steve Kane	Brighton Excelsior	18	18	20	20	20	-	17	113	6
2	Chris Twine	Worthing Excelsior	10	8	15	18	19	-	14	84	6
3	Charl Jordaan	In-Gear Quickvit Trainsharp	14	11	18	17	17	-	-	77	5
4	Iain Brogden	Eastbourne Rovers	16	14	-	19	18	-	-	67	4
5	Conall Yates	In-Gear Quickvit Trainsharp	20	19	-	-	-	-	19	58	3
6	Rob Pelham	Lewes Wanderers	17	16	-	-	-	20	-	53	3
7	Nick Dwyer	Lewes Wanderers	19	17	-	-	-	-	-	36	2
8	Steve Dennis	East Grinstead CC	-	15	19	-	-	-	-	34	2
8	Samuel Ramsey	Lewes Wanderers	-	0	6	-	12	16	-	34	4
10	Alan Lloyd	Lewes Wanderers	-	0	8	-	8	17	-	33	4
10	Mike O'Gorman	Worthing Excelsior	3	0	11	-	11	-	8	33	5
12	Tom Glandfield	Lewes Wanderers	15	-	17	-	-	-	-	32	2
13	Mark Emsley	Brighton Excelsior	6	5	16	-	-	-	-	27	3
13	Tony Reeves	GS Stella	0	0	-	-	9	-	18	27	4
15	Phil Allen	Lewes Wanderers	13	12	-	-	-	-	-	25	2
16	Jon Fry	Horsham Cycling	-	0	9	-	15	-	-	24	3
16	Geoff Smith	Eastbourne Rovers	0	-	-	14	10	-	-	24	3
18	Duncan Fuller	Lewes Wanderers	8	4	-	-	-	-	11	23	3



Sussex Cyclists' Association

2013 Sussex Championship Points Competition



Rank	Rider	Club	SCA 10	SCA 25	SCA 30	SCCU 100	SCA 50	KCA 12	SCA HC	Total Points	No Rides
19	John Cordner	Eastbourne Rovers	-	9	12	-	-	-	-	21	2
20	Michael Hutchinson	In-Gear Quickvit Trainsharp	-	20	-	-	-	-	-	20	1
20	Peter Tadros	In-Gear Quickvit Trainsharp	-	-	-	-	-	-	20	20	1
22	Nigel Langridge	Crawley Wheelers	-	3	-	-	16	-	-	19	2
22	Michael Turner	Lewes Wanderers	-	0	-	-	-	19	-	19	2
24	Chris Martin	Lewes Wanderers	-	-	-	-	-	18	-	18	1
25	Mark Bernhardt	Worthing Excelsior	-	-	-	16	-	-	-	16	1
25	Ben Hardisty	East Grinstead CC	-	0	-	12	4	-	-	16	3
25	Zak Corum-Haines	Brighton Excelsior	-	-	-	-	-	-	16	16	1
28	Mark Newnham	Worthing Excelsior	-	0	-	15	-	-	-	15	2
28	Stephen Butcher	Hastings & St Leonards CC	-	-	-	-	-	15	-	15	1
28	Marc Townsend	Eastbourne Rovers	9	6	-	-	-	-	-	15	2
28	Dan Harwood	In-Gear Quickvit Trainsharp	-	-	-	-	-	-	15	15	1
32	Carl Richardson	In-Gear Quickvit Trainsharp	0	0	14	-	-	-	-	14	3
32	Keith Shuttlewood	Horsham Cycling	-	-	-	-	14	-	-	14	1
34	John Glaysher	...a3crg	6	7	-	-	-	-	-	13	2
34	Callum Middleton	Lewes Wanderers	-	-	-	13	-	-	-	13	1
34	Andy Payne	GS Stella	-	0	-	-	13	-	-	13	2
34	Simon Atkinson	Worthing Excelsior	-	-	13	-	-	-	-	13	1
34	Pete Morris	Lewes Wanderers	-	13	-	-	-	-	-	13	1
34	Chris Putnam	Worthing Excelsior	-	-	-	-	-	-	13	13	1
40	Richard Gifford	In-Gear Quickvit Trainsharp	12	-	-	-	-	-	-	12	1
40	Peter Byrne	In-Gear Quickvit Trainsharp	-	-	-	-	-	-	12	12	1
42	James Ryan	Lewes Wanderers	11	-	-	-	-	-	-	11	1
42	Stuart Jago	GS Stella	-	0	-	11	-	-	-	11	2
44	Ross Stringer	Sussex Nomads	-	-	-	-	-	-	10	10	1
44	Richard Weatherstone	GS Stella	-	10	-	-	-	-	-	10	1
44	Darryl Barr	...a3crg	0	0	10	-	-	-	-	10	3
47	Robin Johnson	Brighton Mitre	0	-	0	-	3	-	6	9	4
47	Tamar Vanderhaas	Brighton Mitre	-	-	-	-	-	-	9	9	1
49	Sean Yates	In-Gear Quickvit Trainsharp	8	-	-	-	-	-	-	8	1
50	James Stone	Brighton Excelsior	-	-	7	-	-	-	-	7	1
50	Don Parker	Brighton Mitre	-	-	-	-	7	-	-	7	1
50	Mark Paton	Lewes Wanderers	-	0	-	-	-	-	7	7	2
50	Gina McGeever	Brighton Mitre	-	0	2	-	5	-	-	7	3
54	Bryn Reeves	Horsham Cycling	-	-	-	-	6	-	-	6	1
55	Keith Carter	Horsham Cycling	-	-	5	-	-	-	-	5	1
55	Stephen Gaston	Lewes Wanderers	-	0	3	-	2	-	-	5	3
57	Alan Cooper	Worthing Excelsior	-	-	4	-	-	-	-	4	1
57	Rupert Robinson	Crawley Wheelers	4	-	-	-	-	-	-	4	1
59	Mark Frost	Lewes Wanderers	-	2	-	-	-	-	-	2	1
59	Paul Thatcher	Brighton Mitre	2	-	-	-	-	-	-	2	1
61	Paul Byford	Crawley Wheelers	-	1	-	-	-	-	-	1	1
61	Clive Jackson	Central Sussex CC	0	-	1	-	-	-	-	1	2
61	Christian Yates	East Grinstead CC	1	0	-	-	-	-	-	1	2
Grand Total			212	210	210	155	209	105	195	1296	



Sussex Cyclists' Association

2013 Sussex Championship Points Competition



Sussex Championship Points – Final Team Competition

Club	Team of Three Riders	Total Points	Team Rank
Brighton Excelsior	Steve Kane (113), Mark Emsley (27) & Zak Corum-Haines (16)	156	1
In-Gear Quickvit Trainsharp	Charl Jordaan (77), Conall Yates (58) & Michael Hutchinson (20)	155	2
Worthing Excelsior	Chris Twine (84), Mike O'Gorman (33) & Mark Bernhardt (16)	133	3
Lewes Wanderers	Rob Pelham (53), Nick Dwyer (36) & Samuel Ramsey (34)	123	4
Eastbourne Rovers	Iain Brogden (67), Geoff Smith (24) & John Cordner (21)	112	5
Lewes Wanderers	Alan Lloyd (33), Tom Glandfield (32) & Phil Allen (25)	90	6
Lewes Wanderers	Duncan Fuller (23), Michael Turner (19) & Chris Martin (18)	60	7
East Grinstead CC	Steve Dennis (34), Ben Hardisty (16) & Christian Yates (1)	51	8
GS Stella	Tony Reeves (27), Andy Payne (13) & Stuart Jago (11)	51	8
In-Gear Quickvit Trainsharp	Peter Tadros (20), Dan Harwood (15) & Carl Richardson (14)	49	10
Horsham Cycling	Jon Fry (24), Keith Shuttlewood (14) & Bryn Reeves (6)	44	11
Worthing Excelsior	Mark Newnham (15), Simon Atkinson (13) & Chris Putnam (13)	41	12
Lewes Wanderers	Callum Middleton (13), Pete Morris (13) & James Ryan (11)	37	13
In-Gear Quickvit Trainsharp	Richard Gifford (12), Peter Byrne (12) & Sean Yates (8)	32	14
Brighton Mitre	Robin Johnson (9), Tamar Vanderhaas (9) & Don Parker (7)	25	15
Crawley Wheelers	Nigel Langridge (19), Rupert Robinson (4) & Paul Byford (1)	24	16
Lewes Wanderers	Mark Paton (7), Stephen Gaston (5) & Mark Frost (2)	14	17

Sussex Championship Points – 2013 Qualifying Events

Date	Event	Dist	Course
Sat 04 May 2013	Sussex CA	10 m	G10/97
Sun 05 May 2013	Sussex CA	25 m	G25/93
Sun 26 May 2013	Sussex CA	30 m	G30/91
Sun 28 Jul 2013	Southern Counties CU	100 m	G100/60
Sun 04 Aug 2013	Sussex CA	50 m	G50/10
Sun 01 Sep 2013	Kent CA	12 hour	Q12
Sat 05 Oct 2013	Sussex CA	1672 yd	GH/92



Sussex Cyclists' Association

2013 Sussex SPOCO Competition



All first claim members of SCA affiliated clubs are automatically included in the Sussex SPOCO. The competition is decided on your best six qualifying rides which must include one short, one medium, one long distance and other three rides from any of the distances

The competition consists of a series of 27 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.

Sussex SPOCO – 2013 Award Winners

Overall	1st	Steve Kane	Brighton Excelsior	719 points	SPOCO Trophy & Medal	
	2nd	Chris Twine	Worthing Excelsior	703 points		Medal
	3rd	Matthew Woods	Eastbourne Rovers	690 points		Medal

Team	Matthew Woods (690)				
	Iain Brogden (685)	Eastbourne Rovers		2,030 points	Medals
	John Cordner (655)				

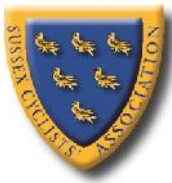
Veteran	1st	Geoff Smith	Eastbourne Rovers	707 points	Veteran SPOCO Trophy & Medal	
	=2nd	Iain Brogden	Eastbourne Rovers	706 points		Medal
	=2nd	Mike O'Gorman	Worthing Excelsior	706 points		Medal

Veteran Team	Geoff Smith (707)				
	Iain Brogden (706)	Eastbourne Rovers		2,111 points	Medals
	Matthew Woods (698)				

Woman	1st	Not Contested		-	Medal
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Junior	1st	Not Contested		-	Medal
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Handicap	1st	Robin Johnson	Brighton Mitre	751 points	Medal
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Sussex Cyclists' Association

2013 Sussex SPOCO Competition



Sussex SPOCO – Final Overall Individual Competition

Rider	Club	Best Short	Best Med	Best Long	Best of the rest			Total Points	Rank
Steve Kane	Brighton Excelsior	119	120	120	120	120	120	719	1
Chris Twine	Worthing Excelsior	118	117	118	118	116	116	703	2
Matthew Woods	Eastbourne Rovers	114	117	118	115	115	111	690	3
Charl Jordaan	In-Gear Quickvit Trainsharp	115	117	115	114	113	113	687	4
Iain Brogden	Eastbourne Rovers	107	118	116	116	115	113	685	5
Tom Glandfield	Lewes Wanderers	106	116	114	115	114	113	678	6
Rob Pelham	Lewes Wanderers	101	116	118	116	110	103	664	7
Jon Fry	Horsham Cycling	113	115	112	112	105	105	662	8
John Cordner	Eastbourne Rovers	109	111	117	108	106	104	655	9
Mike O'Gorman	Worthing Excelsior	111	113	103	107	105	104	643	10
Geoff Smith	Eastbourne Rovers	111	106	100	111	110	102	640	11
Marc Townsend	Eastbourne Rovers	111	112	111	108	103	92	637	12
Robin Johnson	Brighton Mitre	106	99	85	103	101	92	586	13
Nathan Gale	Worthing Excelsior	96	92	84	89	83	71	515	14
Chris Parker	Hastings & St Leonards CC	85	59	70	70	50	43	377	15

Sussex SPOCO – Final Overall Team Competition

Club	Team of Three Riders	Total Points	Rank
Eastbourne Rovers	Matthew Woods (690), Iain Brogden (685) & John Cordner (655)	2030	1
Worthing Excelsior	Chris Twine (703), Mike O'Gorman (643) & Nathan Gale (515)	1861	2

Sussex SPOCO – Final Veteran Individual Competition

Veteran Rider	Club	Best Short	Best Med	Best Long	Best of the rest			Total Points	Rank
Geoff Smith	Eastbourne Rovers	119	118	118	118	117	117	707	1
Iain Brogden	Eastbourne Rovers	116	117	120	119	117	117	706	2
Mike O'Gorman	Worthing Excelsior	119	120	117	118	118	114	706	2
Matthew Woods	Eastbourne Rovers	119	119	119	116	114	111	698	4
Tom Glandfield	Lewes Wanderers	114	116	116	116	113	109	684	5
John Cordner	Eastbourne Rovers	118	115	114	113	109	108	677	6
Jon Fry	Horsham Cycling	119	116	107	113	110	110	675	7
Robin Johnson	Brighton Mitre	114	108	95	111	108	105	641	8
Chris Parker	Hastings & St Leonards CC	101	80	88	77	72	69	487	9

Sussex SPOCO – Final Veteran Team Competition

Club	Team of Three Veteran Riders	Total Points	Vet Rank
Eastbourne Rovers	Geoff Smith (707), Iain Brogden (706) & Matthew Woods (698)	2111	1



Sussex Cyclists' Association

2013 Sussex SPOCO Competition



Sussex SPOCO – Final Handicap Competition

All those who qualified in 2012 were eligible for inclusion in the handicap competition for 2013.

Rider	Club	Best Short	Best Med	Best Long	Best of the rest			Total Points	Rank
Robin Johnson	Brighton Mitre	121	122	131	129	128	120	751	1
Steve Kane	Brighton Excelsior	124	121	123	125	125	126	744	2
Jon Fry	Horsham Cycling	119	120	130	127	120	120	736	3
Chris Twine	Worthing Excelsior	119	120	125	122	121	123	730	4
Tom Glandfield	Lewes Wanderers	118	120	116	123	124	124	725	5
Geoff Smith	Eastbourne Rovers	118	116	115	120	121	114	704	6

Sussex SPOCO – Handicaps applied for 2013

The calculation is simply the difference between the maximum score and the actual score for each qualifying event.

Rider	S	M	L	The Rest			H/C	Rider	S	M	L	The Rest			H/C
Sebastian Ader	1	0	1	0	2	3	7	Paul Thatcher	9	9	25	11	11	12	77
Rupert Burbidge	0	2	3	0	3	4	12	Phil Allen	5	13	8	11	18	27	82
David Shepherd	1	2	4	2	4	4	17	Keith Shuttlewood	11	8	22	10	12	26	89
Steve Kane	5	1	3	5	5	6	25	Tony Reeves	12	7	21	17	20	20	97
Chris Twine	1	3	7	4	5	7	27	Jason Le Goff	7	14	11	16	19	33	100
Tom Glandfield	12	4	2	8	10	11	47	Michael Turner	21	15	24	17	24	24	125
Geoff Smith	7	10	15	9	11	12	64	Neil Midgley	21	11	20	22	23	29	126
Keith Carter	3	11	11	5	15	21	66	Robin Johnson	15	23	46	26	27	28	165
Mark Jones	17	7	11	11	12	13	71	Oliver Tuckley	21	18	36	24	31	42	172
Jon Fry	6	5	18	15	15	15	74	Stuart Payne	36	25	41	26	29	30	187
John Glaysheer	8	9	11	13	17	18	76	Stuart Jago	32	21	42	24	31	55	205

Using the current leader as an example the handicap table has been calculated as follows:

Robin Johnson	Short	Med	Long	Best of the rest			Total Points
2012 Max available score	120	120	120	120	120	120	720
2012 Actual Score	105	97	74	94	93	92	555
2013 Handicap	15	23	46	26	27	28	165
2013 actual score	106	99	85	103	101	92	586
Plus handicap	15	23	46	26	27	28	165
2013 Handicapped total	121	122	131	129	128	120	751



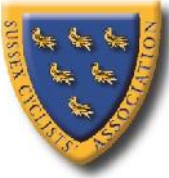
Sussex Cyclists' Association

2013 Sussex SPOCO Competition



Sussex SPOCO – Events Completed

Code	Date	Club/Association	Dist	Course	Type	Finishers
B1	Sun 10 Feb 2013	Southdowns Bikes CC (Sporting)	34k	GS/989	Middle	43
B2	Sun 03 Mar 2013	Sussex CA (Hardriders)	23m	GS/194	Middle	50
B3	Sun 10 Mar 2013	East Surrey RC (Hardriders)	29.9m	GS/491	Middle	85
A1	Sat 16 Mar 2013	Southern Counties CU (Sporting)	10	G10/46	Short	43
B4	Sun 17 Mar 2013	East Sussex CA (Hardriders)	15.06m	GS/895	Middle	67
B5	Sun 17 Mar 2013	Southern Counties CU (Sporting)	25	G25/44	Middle	42
A2	Sat 30 Mar 2013	Brighton Mitre CC (Hilly)	10	G10/44	Short	33
B6	Mon 01 Apr 2013	Brighton Mitre CC (Hilly)	25	GS/999	Middle	35
A3	Sun 07 Apr 2013	...a3crg (Hardriders)	10	P886	Short	35
B7	Sun 14 Apr 2013	...a3crg (Tour of Lod Valley)	37k	P875	Middle	29
B8	Sun 05 May 2013	Sussex CA	25	G25/93	Middle	79
B9	Sun 26 May 2013	Sussex CA	30	G30/91	Middle	36
A4	Mon 27 May 2013	Brighton Mitre CC (Hilly)	10	GS/995	Short	15
C1	Sun 09 Jun 2013	Crawley Wheelers (Sporting)	41.59m	GS/196	Long	61
A5	Sat 29 Jun 2013	Redhill CC - CANCELLED	14	GS/189	Short	0
B10	Sun 30 Jun 2013	Lewes Wanderers CC	30	G30/88	Middle	47
C2	Sun 14 Jul 2013	East Sussex CA	50	G50/90	Long	51
C3	Sun 28 Jul 2013	Southern Counties CU	100	G100/60	Long	28
C4	Sun 04 Aug 2013	Sussex CA	50	G50/10	Long	40
C5	Sun 18 Aug 2013	East Sussex CA	100	G100/86	Long	55
A6	Sat 24 Aug 2013	Sussex CA (Sporting)	10	G10/45	Short	24
B11	Mon 26 Aug 2013	Sussex CA (Sporting)	25	G25/49	Middle	27
B12	Sun 15 Sep 2013	East Sussex CA	25	G25/89	Middle	73
A7	Sat 05 Oct 2013	Sussex CA	HC	GH/92	Short	21
B13	Sun 06 Oct 2013	...a3crg (Tour of Lod Valley)	37k	P875	Middle	23
B14	Sun 13 Oct 2013	Southdown Velo (Goodwood Hilly)	27	P911	Middle	35
A8	Sat 19 Oct 2013	East Sussex CA	HC	GH/84	Short	36



Sussex Cyclists' Association

2013 Sussex Prize Presentation



The 2013 Lunch and Prize Presentation will be held on Sunday 24th November 2013 at Dial Post Village Hall, Old Worthing Road, Dial Post, Near Horsham, West Sussex RH13 8NH. Preceding the lunch, Steve Dennis will be leading a 40 mile tour of West Sussex. Please contact Steve on 01293 522721 if you require any further details about the ride.

For the ride meet at Dial Post Village Hall at 9:00am

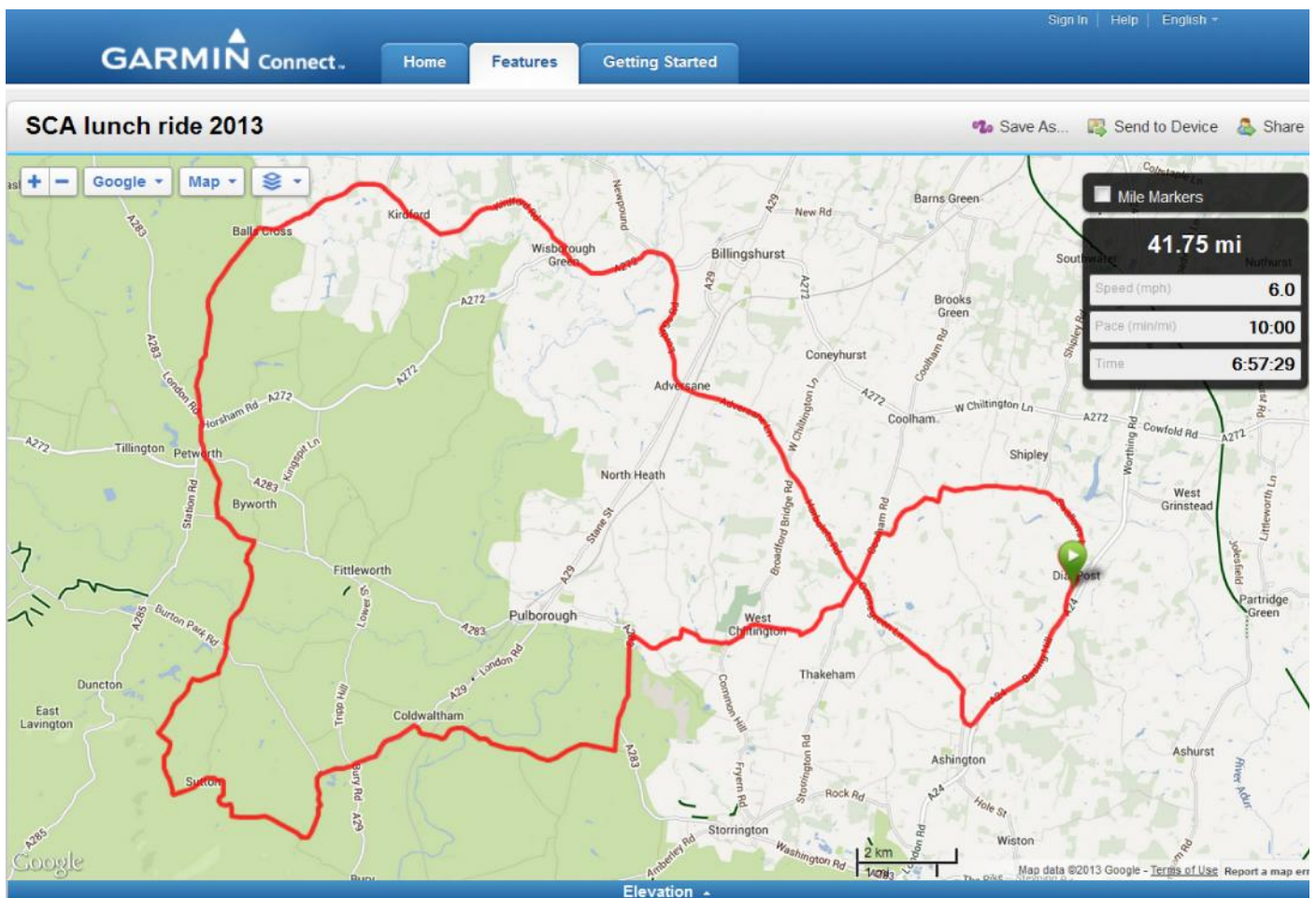
The lunch will be a hot and cold buffet including dessert followed by Tea or Coffee, served from 12:30pm. Although there isn't a bar at the venue, you are welcome to bring your own wine etc if you wish. Tickets are only £10 per head, available in advance from Robin Johnson, 7 Gorselands, Billingshurst, West Sussex RH14 9TT. Please contact Robin on 01403 783368 if you require any further details about the lunch.

If you don't fancy the ride, arrive for the lunch from 12:00 noon.

The prize presentation will immediately follow the lunch, so please come along to celebrate the achievements of the Sussex Cyclists during the year.

The ride route is available to view or download to GPS devices here:

<http://connect.garmin.com/course/4825538#.Uj4G9mXgHRc.email>



Visit our website www.sussexca.org.uk