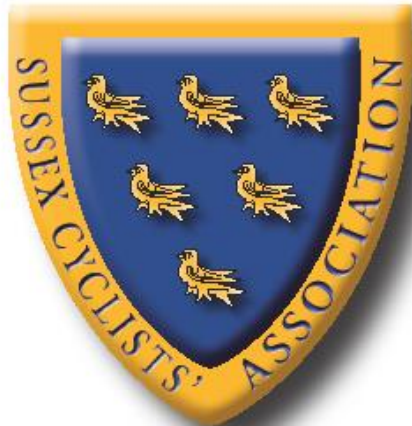


# **Sussex Cyclists' Association**

**Final Competition Roundup for 2015**



## **2015 Events and Competitions**

**[www.facebook.com/groups/SussexCA](http://www.facebook.com/groups/SussexCA)**

**[www.sussexca.org.uk](http://www.sussexca.org.uk)**

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

**2015 President – Alan Limbrey – Sussex Nomads CC**

## Sussex Event Programme

### 2015 Events promoted by the Sussex CA

Date	Distance	Details	Course	Promoter
Sunday 01 Mar 2015	23 m	Hardriders	GS/194	Steve Dennis
Sunday 19 Apr 2015	28.5 m	2up TTT	GS/987	Dave Abbott
Saturday 02 May 2015	10 m	Sussex Championship	G10/97	Jon Fry
Sunday 03 May 2015	25 m	Sussex Championship	G25/93	Steve Dennis
Monday 25 May 2015	30 m	Sussex Championship	G30/91	Robin Johnson
Saturday 13 Jun 2015	15 m	Sussex Championship	G15/93	Robin Johnson
Sunday 05 July 2015	50 m	Sussex Championship	G50/10	Robin Johnson
Saturday 29 Aug 2015	10 m	Sporting	G10/45	Robin Johnson
Monday 31 Aug 2015	25 m	Sporting	G25/49	Robin Johnson
Saturday 03 Oct 2015	1672 yd Hill Climb	Sussex Championship	GH/92	Mel Robertson

All Sussex CA events can be entered online via the CTT website [www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk)

### 2015 Events promoted by other Associations

Date	Distance	Details	Course	Promoter
Sunday 26 Jul 2015	SCCU 100 m	Sussex Championship	G100/61	Rod Starmer
Sunday 23 Aug 2015	KCA 12 hour	Sussex Championship	Q/12	Esther Carpenter

Visit our website [www.sussexca.org.uk](http://www.sussexca.org.uk)

Find us on facebook [www.facebook.com/groups/SussexCA](https://www.facebook.com/groups/SussexCA)

# Sussex Championships

## Sussex 10 Mile County Championship Awards – Saturday 2nd May 2015 – Course G10/97

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Fastest Overall</b>	1st	Tom Glandfield	Lewes Wanderers CC	0:20:20	The 10 Shield & Medal
	2nd	Conall Yates	In-Gear Quickvit Trainsharp RT	0:20:58	Medal
	3rd	Nick Dwyer	Lewes Wanderers CC	0:21:27	Medal
<b>Highest Plus on CTT Target Times</b>	1st	Mike O'Gorman	Worthing Excelsior CC	+ 06:24	Medal
	2nd	Alan Robinson	Central Sussex CC	+ 05:59	Medal
	3rd	Nick Dwyer	Lewes Wanderers CC	+ 05:39	Medal
<b>Fastest Lady</b>	1st	Sarah Matthews	...a3crg	0:24:30	Medal
	2nd	Tamar Vanderhaas	Lewes Wanderers CC	0:25:01	Medal
	3rd	Helen Bullimore	Trainsharp Racing Team	0:25:22	Medal
<b>Fastest Junior</b>	1st	No qualifiers			Medal
<b>Fastest Juvenile</b>	1st	Jack Churchill	Brighton Excelsior CC	0:26:18	Medal
<b>Fastest Team of 3</b>	1st	Conall Yates	In-Gear Quickvit Trainsharp RT	0:20:58	Medal
		Charl Jordaan	In-Gear Quickvit Trainsharp RT	0:21:50	Medal
		Sean Scott	In-Gear Quickvit Trainsharp RT	0:22:02	Medal
<b>Total Team Time</b>				<b>1:04:50</b>	

Congratulations to Mike O'Gorman who sets a new 10 mile record for the Highest Plus on CTT Target Time

# Sussex Championships

## Sussex 25 Mile County Championship Solo Awards – Sunday 3rd May 2015 – Course G25/93

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Fastest Overall</b>	1st =	Conall Yates	In-Gear Quickvit Trainsharp RT	0:55:24	The Boniface Cup & Medal
	1st =	Pete Morris	Team ASL360	0:55:24	The Boniface Cup & Medal
	3rd	Sean Scott	In-Gear Quickvit Trainsharp RT	0:56:57	Medal
<b>Highest Plus on CTT Target Times</b>	1st	Mike O'Gorman	Worthing Excelsior CC	+ 12:44	Horry Hemsley Cup & Medal
	2nd	Ben Fielden	GS Stella	+ 12:14	Medal
	3rd	David Shepherd	GS Stella	+ 10:33	Medal
<b>Fastest Lady</b>	1st	Sarah Matthews	...a3crg	1:05:54	Medal
	2nd	Eva Nyirenda	...a3crg	1:08:09	Medal
	3rd	Not awarded			Medal
<b>Fastest Junior</b>	1st	No qualifiers			Medal
<b>Fastest Juvenile</b>	1st	Jack Churchill	Brighton Excelsior CC	1:10:14	Medal

Congratulations to Mike O'Gorman who sets a new 25 mile record for the Highest Plus on CTT Target Time

# Sussex Championships

## Sussex 25 Mile County Championship Team Awards – Sunday 3rd May 2015 – Course G25/93

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Fastest A Team of 4</b>	1st	Conall Yates	In-Gear Quickvit Trainsharp RT	0:55:24	Medal
		Sean Scott	In-Gear Quickvit Trainsharp RT	0:56:57	Medal
		Sam Dix	In-Gear Quickvit Trainsharp RT	1:01:38	Medal
		Carl Richardson	In-Gear Quickvit Trainsharp RT	1:02:54	Medal
		<b>Total Team Time</b>		<b>3:56:53</b>	Lee Memorial Shield
	2nd	Steve Williamson	...a3crg	0:57:55	Medal
		Patrick Brennan	...a3crg	1:01:12	Medal
		Andy Tedd	...a3crg	1:03:40	Medal
		Peter Phipps	...a3crg	1:05:06	Medal
		<b>Total Team Time</b>		<b>4:07:53</b>	Dave Henty Cup
<b>Fastest B Team of 3</b>	1st	Barry Robinson	...a3crg	1:05:52	Medal
		Sarah Matthews	...a3crg	1:05:54	Medal
		Eva Nyirenda	...a3crg	1:08:09	Medal
		<b>Total Team Time</b>		<b>3:19:55</b>	Medal

**The B Team is the 5th, 6th and 7th fastest rider from a club**

# Sussex Championships

## Sussex 30 Mile County Championship Awards – Monday 25th May 2015 – Course G30/91

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Fastest Overall</b>	1st	Conall Yates	In-Gear Quickvit Trainsharp RT	1:04:39	The 30 Cup & Medal
	2nd	Simon McNamara	South Downs Bikes	1:06:07	Medal
	3rd	Steven Kane	Team ASL360	1:07:26	Medal
<b>Highest Plus on CTT Target Times</b>	1st	Mike O'Gorman	Worthing Excelsior CC	+ 17:25	Medal
	2nd	Mike Marchant	Southdown Velo	+ 10:44	Medal
	3rd	Sarah Matthews	...a3crg	+ 10:43	Medal
<b>Fastest Lady</b>	1st	Gina McGeever	Lewes Wanderers CC	1:16:54	Medal
	2nd	Not awarded			Medal
	3rd	Not awarded			Medal
<b>Fastest Junior</b>	1st	No qualifiers			Medal
<b>Fastest Juvenile</b>	1st	No qualifiers			Medal
<b>Fastest Team of 3</b>	1st	Simon McNamara	South Downs Bikes	1:06:07	Medal
		Stuart Bettis	South Downs Bikes	1:09:02	Medal
		Paul Bernard	South Downs Bikes	1:12:38	Medal
<b>Total Team Time</b>				<b>3:27:47</b>	

Congratulations to Conall Yates who sets a new 30 mile record for the Fastest Overall  
 Congratulations to Mike O'Gorman who sets a new 30 mile record for the Highest Plus on CTT Target Time  
 Congratulations to Gina McGeever who sets a new 30 mile record for the Fastest Lady  
 Congratulations to South Downs Bikes who set a new 30 mile record for the Fastest Team of Three

# Sussex Championships

## Sussex 15 Mile County Championship Awards – Saturday 13th June 2015 – Course G15/93

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Fastest Overall</b>	1st	Dominic Maxwell	Sussex Revolution VC	0:35:37	The 15 Cup & Medal
	2nd	Stu Nisbett	Crawley Wheelers	0:35:51	Medal
	3rd	Mike O'Gorman	Worthing Excelsior CC	0:36:25	Medal
<b>Highest Plus on CTT Target Times</b>	1st	Mike O'Gorman	Worthing Excelsior CC	+ 07:58	Medal
	2nd	Alan Robinson	Central Sussex CC	+ 06:53	Medal
	3rd	Mike Marchant	Southdown Velo	+ 05:07	Medal
<b>Fastest Lady</b>	1st	Gina McGeever	Lewes Wanderers CC	0:39:37	Medal
	2nd	Not awarded			Medal
	3rd	Not awarded			Medal
<b>Fastest Junior</b>	1st	No qualifiers			Medal
<b>Fastest Juvenile</b>	1st	No qualifiers			Medal
<b>Fastest Team of 3</b>	1st	Mike O'Gorman	Worthing Excelsior CC	0:36:25	Medal
		Martin Booker	Worthing Excelsior CC	0:37:40	Medal
		Rick Hughes	Worthing Excelsior CC	0:38:59	Medal
		<b>Total Team Time</b>		<b>1:53:04</b>	

# Sussex Championships

## Sussex 50 Mile County Championship Awards – Sunday 5th July 2015 – Course G50/10

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Fastest Overall</b>	1st	James Rix	Crawley Wheelers	1:55:45	Southern Radio Cup & Medal
	2nd	Simon McNamara	South Downs Bikes	1:56:18	Medal
	3rd	David Shepherd	GS Stella	1:56:28	Medal
<b>Highest Plus on CTT Target Times</b>	1st	Mike O'Gorman	Worthing Excelsior CC	+ 22:17	Medal
	2nd	David Shepherd	GS Stella	+ 22:10	Medal
	3rd	Donald Parker	Brighton Mitre CC	+ 21:07	Medal
<b>Fastest Lady</b>	1st	Sarah Matthews	...a3crg	2:12:33	Medal
	2nd	Not awarded			Medal
	3rd	Not awarded			Medal
<b>Fastest Junior</b>	1st	No qualifiers			Medal
<b>Fastest Juvenile</b>	1st	No qualifiers			Medal
<b>Fastest Team of 3</b>	1st	Trevor Leeding	Worthing Excelsior CC	2:01:53	Medal
		Mike O'Gorman	Worthing Excelsior CC	2:05:44	Medal
		Rick Hughes	Worthing Excelsior CC	2:09:53	Medal
		<b>Total Team Time</b>		<b>6:17:30</b>	Halford Cup

Congratulations to Mike O'Gorman who sets a new 50 mile record for the Highest Plus on CTT Target Time

Congratulations to Sarah Matthews who sets a new 50 mile record for the Fastest Lady



# Sussex Championships

## Sussex 100 Mile County Championship Awards – Sunday 26th July 2015 – Course G100/61

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Fastest Overall</b>	1st	Rupert Robinson	Crawley Wheelers	4:10:18	Regency Cup & Medal
	2nd	Rob Pelham	Lewes Wanderers CC	4:11:20	Medal
	3rd	Peter Hooper	Eastbourne Rovers CC	4:24:42	Medal
<b>Highest Plus on CTT Target Times</b>	1st	Mike O'Gorman	Worthing Excelsior CC	+ 31:03	Medal
	2nd	Rupert Robinson	Crawley Wheelers	+ 05:08	Medal
	3rd	Not awarded			Medal
<b>Fastest Lady</b>	1st	No qualifiers			Medal
	2nd	Not awarded			Medal
	3rd	Not awarded			Medal
<b>Fastest Junior</b>	1st	No qualifiers			Medal
<b>Fastest Juvenile</b>	1st	No qualifiers			Medal
<b>Fastest Team of 3</b>	1st	Mike O'Gorman	Worthing Excelsior CC	4:24:59	Medal
		Martin Booker	Worthing Excelsior CC	4:27:43	Medal
		Simon Atkinson	Worthing Excelsior CC	4:31:47	Medal
		<b>Total Team Time</b>		<b>13:24:29</b>	

# Sussex Championships

## Sussex 12 Hour County Championship Awards – Sunday 23rd August 2015 – Course Q/10

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Fastest Overall</b>	1st	Rupert Robinson	Crawley Wheelers	270.603	HR Stevenson Cup & Medal
	2nd	Matt Coombs	Lewes Wanderers CC	251.586	Medal
	3rd	Not awarded			Medal
<b>Highest Plus on VTTA Standard</b>	1st	Rupert Robinson	Crawley Wheelers	+ 62.253	Medal
	2nd	Matt Coombs	Lewes Wanderers CC	+ 44.536	Medal
	3rd	Not awarded			Medal
<b>Fastest Lady</b>	1st	Lisa Davis	Lewes Wanderers CC	201.53	Medal
	2nd	Not awarded			Medal
	3rd	Not awarded			Medal
<b>Fastest Junior</b>	1st	No qualifiers			Medal
<b>Fastest Juvenile</b>	1st	No qualifiers			Medal
<b>Fastest Team of 3</b>	1st	Matt Coombs	Lewes Wanderers CC	251.586	Medal
		David Hodgson	Lewes Wanderers CC	233.572	Medal
		Lisa Davis	Lewes Wanderers CC	201.513	Medal
		<b>Total Team Time</b>		<b>686.671</b>	

Congratulations to Rupert Robinson who sets a new 12 hour record for the Highest Plus on VTTA Standard

# Sussex Championships

## Sussex Hill Climb County Championship Awards – Saturday 3rd October 2015 – Course GH/92

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Fastest Overall</b>	1st	Peter Tadros	In-Gear Quickvit Trainsharp RT	3:59.5	Alf Dawes Cup & Medal
	2nd	Richard Cartland	South Downs Bikes	4:17.1	Medal
	3rd	Robin Parker	East Grinstead CC	4:29.5	Medal
<b>Highest Plus on CTT Target Time (2m)</b>	1st	Peter Tadros	In-Gear Quickvit Trainsharp RT	+ 01:11.5	Medal
	2nd	Robin Parker	East Grinstead CC	+ 00:50.5	Medal
	3rd	Dominic Lowden	Lewes Wanderers CC	+ 00:23.7	Medal
<b>Fastest Lady</b>	1st	Tamar Vanderhaas	Lewes Wanderers CC	6:04.0	Medal
	2nd	Not awarded			Medal
	3rd	Not awarded			Medal
<b>Fastest Junior</b>	1st	Nick Martin	East Grinstead CC	4:42.7	Medal
<b>Fastest Juvenile</b>	1st	Chris Dunstan	Brighton Excelsior CC	5:27.2	Medal
<b>Fastest Team of 3</b>	1st	Robin Parker	East Grinstead CC	4:29.5	Medal
		Nick Martin	East Grinstead CC	4:42.7	Medal
		Mikey Weavers	East Grinstead CC	5:17.5	Medal
		<b>Total Team Time</b>		<b>14:29.7</b>	

# Sussex Championships

## 2015 Sussex Championship Events and 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
<b>10 mile</b>	SCA Open 10	Sat 02 May 2015	Champion	10 mile Shield
<b>15 mile</b>	SCA Open 15	Sat 13 Jun 2015	Champion	15 mile Cup
<b>25 mile</b>	SCA Open 25	Sun 03 May 2015	Champion	Boniface Cup
			Veteran on CTT Target Time	Horry Hemsley Cup
			1st A Team of Four	Lee Memorial Shield
			2nd A Team of Four	Dave Henty Cup
<b>30 mile</b>	SCA Open 30	Mon 25 May 2015	Champion	30 mile Cup
<b>50 mile</b>	SCA Open 50	Sun 05 Jul 2015	Champion	Southern Radio Cup
			1st Team of Three	Halford Cup
<b>100 mile</b>	SCCU Open 100	Sun 26 Jul 2015	Champion	Regency Cup
<b>12 hour</b>	KCA Open 12 hour	Sun 23 Aug 2015	Champion	HR Stevenson Cup
<b>Hill Climb</b>	SCA Open Hill Climb	Sat 03 Oct 2015	Champion	Alf Dawes Cup

All awards will be presented at the Annual Prize Presentation Lunch

## 2015 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
<b>1 to 5</b> Sussex CA riders	first only
<b>6 to 10</b> Sussex CA riders	first and second only
<b>Over 10</b> 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
<b>10 mile</b>	SCA Spring Open 10	Sat 02 May 2015	First team of three
<b>15 mile</b>	SCA Open 15	Sat 13 Jun 2015	First team of three
<b>25 mile</b>	SCA Spring Open 25	Sun 03 May 2015	1st A Team of Four 2nd A Team of Four 1st B Team of Three (5th, 6th & 7th rider from a club)
<b>30 mile</b>	SCA Open 30	Mon 25 May 2015	First team of three
<b>50 mile</b>	SCA Open 50	Sun 05 Jul 2015	First team of three
<b>100 mile</b>	SCCU Open 100	Sun 26 Jul 2015	First team of three
<b>12 hour</b>	KCA Open 12 hour	Sun 23 Aug 2015	First team of three
<b>Hill Climb</b>	SCA Open Hill Climb	Sat 03 Oct 2015	First team of three

# Sussex Championship Points Competition

## Sussex Championship Points Competition – 2015 Award Winners

Award winners	Pos	Rider	Club	Points	Award
<b>Overall</b>	1st	Mike O'Gorman	Worthing Excelsior CC	74 points	Charlie Lednor Cup & Medal
	2nd	Steven Kane	Team ASL360	63 points	Medal
	3rd	Conall Yates	In-Gear Quickvit Trainsharp RT	59 points	Medal
<b>Team of 3</b>	1st	Mike O'Gorman	Worthing Excelsior CC	74 points	Medal
		Martin Booker	Worthing Excelsior CC	36 points	Medal
		Trevor Leeding	Worthing Excelsior CC	33 points	Medal
<b>Team Total</b>				<b>143 points</b>	

## 2015 Sussex Championship Points Competition – Individual

Rank	Rider	Club	SCA 10	SCA 25	SCA 30	SCA 15	SCA 50	SCCU 100	KCA 12	SCA HC	Total Points	No Rides
1	Mike O'Gorman	Worthing Excelsior CC	1	7	11	18	11	17	-	9	<b>74</b>	7
2	Steven Kane	Team ASL360	17	12	18	-	16	-	-	-	<b>63</b>	4
3	Conall Yates	In-Gear Quickvit Trainsharp RT	19	20	20	-	-	-	-	-	<b>59</b>	3
4	Mark Emsley	Team ASL360	8	15	17	-	-	-	17	-	<b>57</b>	4
5	Rob Pelham	Lewes Wanderers CC	-	17	16	-	-	19	-	-	<b>52</b>	3
6	Dominic Maxwell	Sussex Revolution VC	16	-	13	20	-	-	-	-	<b>49</b>	3
7	Rupert Robinson	Crawley Wheelers	-	5	-	-	-	20	20	-	<b>45</b>	3
8	Simon McNamara	South Downs Bikes	-	-	19	-	19	-	-	-	<b>38</b>	2

# Sussex Championship Points Competition

## 2015 Sussex Championship Points Competition – Individual

Rank	Rider	Club	SCA 10	SCA 25	SCA 30	SCA 15	SCA 50	SCCU 100	KCA 12	SCA HC	Total Points	No Rides
9	David Shepherd	GS Stella	5	14	-	-	18	-	-	-	<b>37</b>	3
10	John Marinko	Brighton Mitre CC	-	4	-	-	10	14	-	8	<b>36</b>	4
10	Martin Booker	Worthing Excelsior CC	0	0	3	17	-	16	-	-	<b>36</b>	5
12	James Rix	Crawley Wheelers	15	-	-	-	20	-	-	-	<b>35</b>	2
13	Trevor Leeding	Worthing Excelsior CC	-	10	8	-	15	-	-	-	<b>33</b>	3
14	Stu Nisbett	Crawley Wheelers	-	13	-	19	-	-	-	-	<b>32</b>	2
15	Sean Scott	In-Gear Quickvit Trainsharp RT	11	18	1	-	-	-	-	-	<b>30</b>	3
16	Steve Williamson	...a3crg	10	16	-	-	-	-	-	-	<b>26</b>	2
17	Simon Atkinson	Worthing Excelsior CC	-	-	12	-	-	13	-	-	<b>25</b>	2
18	Rick Hughes	Worthing Excelsior CC	0	0	0	14	8	-	-	1	<b>23</b>	6
19	Conor Clancy	Brighton Excelsior CC	-	3	6	-	13	-	-	-	<b>22</b>	3
20	Richard Weatherstone	GS Stella	9	11	-	-	-	-	-	-	<b>20</b>	2
20	Peter Tadros	In-Gear Quickvit Trainsharp RT	-	-	-	-	-	-	-	20	<b>20</b>	1
20	Pete Morris	Team ASL360	-	20	-	-	-	-	-	-	<b>20</b>	1
20	Carl Richardson	In-Gear Quickvit Trainsharp RT	4	2	-	-	14	-	-	-	<b>20</b>	3
20	Tom Glandfield	Lewes Wanderers CC	20	-	-	-	-	-	-	-	<b>20</b>	1
25	Matt Coombs	Lewes Wanderers CC	-	-	-	-	-	-	19	-	<b>19</b>	1
25	Richard Cartland	South Downs Bikes	-	-	-	-	-	-	-	19	<b>19</b>	1
25	Samuel Ramsey	Lewes Wanderers CC	-	-	7	-	12	-	-	-	<b>19</b>	2
28	Nick Dwyer	Lewes Wanderers CC	18	-	-	-	-	-	-	-	<b>18</b>	1
28	Robin Parker	East Grinstead CC	-	-	-	-	-	-	-	18	<b>18</b>	1
28	David Hodgson	Lewes Wanderers CC	-	-	-	-	-	-	18	-	<b>18</b>	1
28	Peter Hooper	Eastbourne Rovers CC	-	-	-	-	-	18	-	-	<b>18</b>	1
32	Jon Fry	Horsham Cycling	-	-	2	15	-	-	-	-	<b>17</b>	2

# Sussex Championship Points Competition

## 2015 Sussex Championship Points Competition – Individual

Rank	Rider	Club	SCA 10	SCA 25	SCA 30	SCA 15	SCA 50	SCCU 100	KCA 12	SCA HC	Total Points	No Rides
32	Emin Akbay	Brighton Mitre CC	-	-	-	-	-	-	-	17	<b>17</b>	1
32	Mike Marchant	Southdown Velo	-	0	0	17	-	-	-	-	<b>17</b>	3
32	Steve Dennis	East Grinstead CC	-	-	-	-	17	-	-	-	<b>17</b>	1
36	Nick Martin	East Grinstead CC	-	-	-	-	-	-	-	16	<b>16</b>	1
36	Ben Hardisty	East Grinstead CC	-	-	-	-	-	-	16	-	<b>16</b>	1
38	Gareth Thyer	Brighton Mitre CC	-	-	-	-	-	-	-	15	<b>15</b>	1
38	Howard Bayley	Blazing Saddles	-	-	15	-	-	-	-	-	<b>15</b>	1
38	Lisa Davis	Lewes Wanderers CC	-	-	-	-	-	-	15	-	<b>15</b>	1
38	Callum Middleton	Lewes Wanderers CC	-	-	-	-	-	15	-	-	<b>15</b>	1
42	Andy Tedd	...a3crg	0	0	5	-	9	-	-	-	<b>14</b>	4
42	Stuart Bettis	South Downs Bikes	-	-	14	-	-	-	-	-	<b>14</b>	1
42	Adrian Cansfield	South Downs Bikes	-	-	-	-	-	-	-	14	<b>14</b>	1
42	Patrick Brennan	...a3crg	6	8	-	-	-	-	-	-	<b>14</b>	2
42	Charl Jordaan	In-Gear Quickvit Trainsharp RT	14	-	-	-	-	-	-	-	<b>14</b>	1
47	Gina McGeever	Lewes Wanderers CC	0	-	0	13	-	-	-	-	<b>13</b>	3
47	Dominic Lowden	Lewes Wanderers CC	-	-	-	-	-	-	-	13	<b>13</b>	1
47	Christian Yates	East Grinstead CC	13	-	-	-	-	-	-	-	<b>13</b>	1
50	Ian Newbold	Eastbourne Rovers CC	-	-	0	12	-	-	-	-	<b>12</b>	2
50	Sam Dix	In-Gear Quickvit Trainsharp RT	0	6	-	-	-	-	-	6	<b>12</b>	3
50	Peter Moon	Eastbourne Rovers CC	3	9	-	-	-	-	-	-	<b>12</b>	2
50	Iain Brogden	Eastbourne Rovers CC	12	-	-	-	-	-	-	-	<b>12</b>	1
50	Mikey Weavers	East Grinstead CC	-	-	-	-	-	-	-	12	<b>12</b>	1
50	Tony Sinnett	Lewes Wanderers CC	-	-	-	-	-	12	-	-	<b>12</b>	1
56	Alan Robinson	Central Sussex CC	0	-	-	11	-	-	-	-	<b>11</b>	2



# Sussex Championship Points Competition

## 2015 Sussex Championship Points Competition – Individual

Rank	Rider	Club	SCA 10	SCA 25	SCA 30	SCA 15	SCA 50	SCCU 100	KCA 12	SCA HC	Total Points	No Rides
56	Luke De Quay	East Grinstead CC	-	-	-	-	-	-	-	11	<b>11</b>	1
58	Chris Dunstan	Brighton Excelsior CC	-	-	-	-	-	-	-	10	<b>10</b>	1
58	Peter Eames	Eastbourne Rovers CC	-	-	-	10	-	-	-	-	<b>10</b>	1
58	Paul Thatcher	Brighton Mitre CC	-	-	10	-	-	-	-	-	<b>10</b>	1
61	Robin Johnson	Brighton Mitre CC	-	-	0	9	0	-	-	0	<b>9</b>	4
61	Paul Bernard	South Downs Bikes	-	-	9	-	-	-	-	-	<b>9</b>	1
63	Donald Parker	Brighton Mitre CC	-	0	-	-	7	-	-	-	<b>7</b>	2
63	Andrew Quye	In-Gear Quickvit Trainsharp RT	-	-	-	-	-	-	-	7	<b>7</b>	1
63	Kevin Plummer	South Downs Bikes	7	-	-	-	-	-	-	-	<b>7</b>	1
66	Barnaby Gray	...a3crg	-	-	-	-	6	-	-	-	<b>6</b>	1
67	Geoff Smith	Eastbourne Rovers CC	-	-	-	-	-	-	-	5	<b>5</b>	1
67	Sarah Matthews	...a3crg	0	0	0	-	5	-	-	-	<b>5</b>	4
69	Martin Sanwell	In-Gear Quickvit Trainsharp RT	-	-	-	-	4	-	-	-	<b>4</b>	1
69	Peter Kilby	Lewes Wanderers CC	-	-	-	-	-	-	-	4	<b>4</b>	1
69	Ian Cheesman	Worthing Excelsior CC	-	-	4	-	-	-	-	-	<b>4</b>	1
72	Aaron Hartley	Worthing Excelsior CC	-	-	-	-	-	-	-	3	<b>3</b>	1
72	Justin Steele	Sussex Nomads CC	-	-	-	-	3	-	-	-	<b>3</b>	1
74	Neil Midgley	Lewes Wanderers CC	2	-	-	-	-	-	-	-	<b>2</b>	1
74	Tamar Vanderhaas	Lewes Wanderers CC	0	-	-	-	-	-	-	2	<b>2</b>	2
74	Alan Lloyd	Lewes Wanderers CC	-	-	-	-	2	-	-	-	<b>2</b>	1
77	Helen Bullimore	Trainsharp Racing Team	0	0	-	-	1	-	-	-	<b>1</b>	3
77	James Stone	Brighton Excelsior CC	0	1	0	-	-	-	-	-	<b>1</b>	3

## Sussex Championship Points Competition

### 2015 Sussex Championship Points Competition – Team

Club	Team of Three Riders	Total Points	Team Rank
Worthing Excelsior CC	Mike O'Gorman (74), Martin Booker (36) & Trevor Leeding (33)	<b>143</b>	1
Team ASL360	Steven Kane (63), Mark Emsley (57) & Pete Morris (20)	<b>140</b>	2
Crawley Wheelers	Rupert Robinson (45), James Rix (35) & Stu Nisbett (32)	<b>112</b>	3
In-Gear Quickvit Trainsharp RT	Conall Yates (59), Sean Scott (30) & Peter Tadros (20)	<b>109</b>	4
Lewes Wanderers CC	Rob Pelham (52), Tom Glandfield (20) & Matt Coombs (19)	<b>91</b>	5
South Downs Bikes	Simon McNamara (38), Richard Cartland (19) & Stuart Bettis (14)	<b>71</b>	6
Brighton Mitre CC	John Marinko (36), Emin Akbay (17) & Gareth Thyer (15)	<b>68</b>	7
Lewes Wanderers CC	Samuel Ramsey (19), Nick Dwyer (18) & David Hodgson (18)	<b>55</b>	8
...a3crg	Steve Williamson (26), Andy Tedd (14) & Patrick Brennan (14)	<b>54</b>	9
Worthing Excelsior CC	Simon Atkinson (25), Rick Hughes (23) & Ian Cheesman (4)	<b>52</b>	10
East Grinstead CC	Robin Parker (18), Steve Dennis (17) & Nick Martin (16)	<b>51</b>	11
In-Gear Quickvit Trainsharp RT	Carl Richardson (20), Charl Jordaan (14) & Sam Dix (12)	<b>46</b>	12
Lewes Wanderers CC	Lisa Davis (15), Callum Middleton (15) & Gina McGeever (13)	<b>43</b>	13
Eastbourne Rovers CC	Peter Hooper (18), Ian Newbold (12) & Peter Moon (12)	<b>42</b>	14
East Grinstead CC	Ben Hardisty (16), Christian Yates (13) & Mikey Weavers (12)	<b>41</b>	15
Brighton Excelsior CC	Conor Clancy (22), Chris Dunstan (10) & James Stone (1)	<b>33</b>	16
South Downs Bikes	Adrian Cansfield (14), Paul Bernard (9) & Kevin Plummer (7)	<b>30</b>	17
Lewes Wanderers CC	Dominic Lowden (13), Tony Sinnett (12) & Peter Kilby (4)	<b>29</b>	18
Eastbourne Rovers CC	Iain Brogden (12), Peter Eames (10) & Geoff Smith (5)	<b>27</b>	19
Brighton Mitre CC	Paul Thatcher (10), Robin Johnson (9) & Donald Parker (7)	<b>26</b>	20
Lewes Wanderers CC	Neil Midgley (2), Tamar Vanderhaas (2) & Alan Lloyd (2)	<b>6</b>	21

# Sussex Championship Points Competition

## 2015 Sussex Championship Points Competition

The Sussex championship 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 eight Sussex Championship events – 10 miles, 15 miles, 25 miles, 30 miles, 50 miles, 100 miles, 12 hour and hill climb. **The competition is decided on the highest number of points totalled from the eight qualifying events.** 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. There is also a team competition based on the addition of individual points from three riders from the same club regardless of which events they have ridden. Riders that have ridden events but not earned any points will not be included in the team competition.

### Awards

#### Overall

1st – Charlie Lednor Trophy

2nd – Medal

3rd – Medal

#### Team of Three

1st – Medal for each team member

## 2015 Sussex Championship Points Qualifying Events

Date	Dist	Event	Course
Sat 02 May 2015	10 m	Sussex CA Open 10	G10/97
Sun 03 May 2015	25 m	Sussex CA Open 25	G25/93
Mon 25 May 2015	30 m	Sussex CA Open 30	G30/91
Sat 13 Jun 2015	15 m	Sussex CA Open 15	G15/93
Sun 05 July 2015	50 m	Sussex CA Open 50	G50/10
Sun 26 Jul 2015	100 m	SCCU Open 100	G100/61
Sun 23 Aug 2015	12 hour	KCA Open 12 hour	Q/12
Sat 03 Oct 2015	1672 yd	Sussex CA Open Hill Climb	GH/92

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## Sussex SPOCO Competition

### Sussex SPOCO Competition – 2015 Award Winners

Award winners	Pos	Rider	Club	Points	Award
<b>Overall</b>	1st =	Simon McNamara	South Downs Bikes	357 points	Senior SPOCO Trophy & Medal
	1st =	Steven Kane	Team ASL360	357 points	Senior SPOCO Trophy & Medal
	3rd	Pete Morris	Team ASL360	354 points	Medal
<b>Veteran Rider</b>	1st	Tom Glandfield	Lewes Wanderers CC	353 points	Veteran SPOCO Trophy
<b>Fastest Lady</b>	1st	Gina McGeever	Lewes Wanderers CC	300 points	Medal
<b>Fastest Junior</b>	1st	No qualifiers			Medal
<b>Handicap</b>	1st	Mike O’Gorman	Worthing Excelsior	378 points	Medal
	2nd	Sarah Phelps	Brighton Mitre CC	377 points	Medal
	3rd	David Shepherd	GS Steilla	362 points	Medal
<b>Team of 3</b>	1st	Tom Glandfield	Lewes Wanderers CC	353 points	Medal
		Rob Pelham	Lewes Wanderers CC	344 points	Medal
		Gina McGeever	Lewes Wanderers CC	300 points	Medal
<b>Team Total</b>				<b>997 points</b>	

## Sussex SPOCO Competition

### 2015 Sussex SPOCO Competition – Overall

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Simon McNamara	South Downs Bikes	Yes	118	120	119	357	1 =
Steven Kane	Team ASL360	Yes	119	120	118	357	1 =
Pete Morris	Team ASL360	Yes	119	115	120	354	3
Tom Glandfield	Lewes Wanderers CC	Yes	117	117	119	353	4
David Shepherd	GS Stella	Yes	114	116	118	348	5
Rob Pelham	Lewes Wanderers CC	Yes	110	116	118	344	6
Stu Nisbett	Crawley Wheelers	Yes	119	108	113	340	7
Mike O'Gorman	Worthing Excelsior CC	Yes	118	112	108	338	8
Michael Davey	Eastbourne Rovers CC	Yes	110	109	108	327	9
Rick Hughes	Worthing Excelsior CC	Yes	114	107	106	327	9
Martin Booker	Worthing Excelsior CC	Yes	116	101	107	324	11
Donald Parker	Brighton Mitre CC	Yes	107	96	99	302	12
Sam Dix	In-Gear Quickvit Trainsharp RT	Yes	100	106	96	302	12
Gina McGeever	Lewes Wanderers CC	Yes	110	93	97	300	14
Sarah Matthews	...a3crg	Yes	98	104	97	299	15
Ian Newbold	Eastbourne Rovers CC	Yes	109	100	85	294	16
Ben Fielden	GS Stella	Yes	109	105	76	290	17
Justin Steele	Sussex Nomads CC	Yes	90	103	94	287	18
Robin Johnson	Brighton Mitre CC	Yes	105	95	79	279	19
Tamar Vanderhaas	Lewes Wanderers CC	Yes	85	99	91	275	20
Sarah Phelps	Brighton Mitre CC	Yes	105	84	78	267	21
Colin Toppin	Brighton Excelsior CC	Yes	73	94	86	253	22
Lisa Davis	Lewes Wanderers CC	Yes	62	88	83	233	23
Alison Brockhurst	Lewes Wanderers CC	Yes	60	83	80	223	24
Simon Yates	Lewes Wanderers CC	Yes	52	86	73	211	25

## Sussex SPOCO Competition

### 2015 Sussex SPOCO Competition – Women

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Gina McGeever	Lewes Wanderers CC	Yes	110	93	97	300	1
Sarah Matthews	...a3crg	Yes	98	104	97	299	2
Tamar Vanderhaas	Lewes Wanderers CC	Yes	85	99	91	275	3
Sarah Phelps	Brighton Mitre CC	Yes	105	84	78	267	4
Lisa Davis	Lewes Wanderers CC	Yes	62	88	83	233	5
Alison Brockhurst	Lewes Wanderers CC	Yes	60	83	80	223	6

### 2015 Sussex SPOCO Competition – Handicap

Rider	Club	Qualify	Short H/Cap Points	Med H/Cap Points	Long H/Cap Points	Total Points	Rank
Mike O'Gorman	Worthing Excelsior CC	Yes	133	121	124	378	1
Sarah Phelps	Brighton Mitre CC	Yes	129	122	126	377	2
David Shepherd	GS Stella	Yes	121	120	121	362	3
Steven Kane	Team ASL360	Yes	120	121	118	359	4
Robin Johnson	Brighton Mitre CC	Yes	127	102	110	339	5

### 2015 Sussex SPOCO Competition – Teams

Club	Team of Three Riders	Qualify	Total Points	Rank
Lewes Wanderers CC	Tom Glandfield (353), Rob Pelham (344) & Gina McGeever (300)	Yes	997	1
Worthing Excelsior CC	Mike O'Gorman (338), Rick Hughes (327) & Martin Booker (324)	Yes	989	2
Brighton Mitre CC	Donald Parker (302), Robin Johnson (279) & Sarah Phelps (267)	Yes	848	3
Lewes Wanderers CC	Tamar Vanderhaas (275), Lisa Davis (233) & Alison Brockhurst (223)	Yes	731	4

## 2015 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, 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 three qualifying events which must include:**

**1 x Group A – Short Distance    1 x Group B – Middle Distance    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 are likely to 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.

## Awards

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

## 2015 Sussex SPOCO Qualifying Events

Group A – Short Distance	Date	Dist	Event	Course	No. of Finishers
	Sun 15 Mar 2015	15.06 m	East Sussex CA	GS/895	70
	Sat 21 Mar 2015	10 m	Southern Counties CU	G10/46	65
	Sat 04 Apr 2015	10 m	Brighton Mitre CC	G10/44	47
	Sun 24 May 2015	10 m	Brighton Mitre CC – <b>See note</b>	GS/995	19
	Sat 13 Jun 2015	15 m	Sussex CA	G15/93	16
	Sat 29 Aug 2015	10 m	Sussex CA	G10/45	24
Group B – Middle Distance	Date	Dist	Event	Course	
	Sun 01 Mar 2015	23 m	Sussex CA	GS/194	44
	Sun 22 Mar 2015	25 m	Southern Counties CU	G25/44	55
	Sun 29 Mar 2015	22.5 m	...a3crg	P877	21
	Mon 06 Apr 2015	25 m	Brighton Mitre CC	GS/999	35
	Mon 25 May 2015	30 m	Sussex CA	G30/91	38
	Sun 07 Jun 2015	30 m	Lewes Wanderers CC	G30/88	39
	Mon 31 Aug 2015	25 m	Sussex CA	G25/49	30
Group C – Long Distance	Date	Dist	Event	Course	
Postponed & Cancelled	Fri 03 Apr 2015	41.59 m	Crawley Wheelers	GS/196	-
	Sun 28 Jun 2015	50 m	Southern Counties CU	G50/10	53
	Sun 05 Jul 2015	50 m	Sussex CA	G50/10	43
	Sun 12 Jul 2015	50 m	East Sussex CA	G50/90	56
	Sun 26 Jul 2015	100 m	Southern Counties CU	G100/61	36
	Sun 09 Aug 2015	100 m	East Sussex CA	G100/861	46

### Brighton Mitre event Sunday 24th May 2015

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

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# Sussex SPOCO Competition

## 2016 Sussex SPOCO – Handicap Competition Qualifiers

All those who completed a short, medium and long distance event 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 Best All Rounder Competitions

## Sussex Long Distance BAR – 2015 Award Winners

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Overall</b>	1st	Mike O'Gorman	Worthing Excelsior CC	23.666 mph	A E Patching Cup & Medal
	2nd	John Marinko	Brighton Mitre CC	23.330 mph	Medal
	3rd	No qualifiers			Medal
<b>Overall Team of 3</b>	1st	No qualifiers			Medal
					Medal
					Medal
<b>Veteran on CTT Target Times</b>	1st	Mike O'Gorman	Worthing Excelsior CC	Plus 1:06:04	Stephen Easter Cup & Medal
	2nd	John Marinko	Brighton Mitre CC	Plus 0:10:26	Medal
	3rd	No qualifiers			Medal
<b>Veteran Team of 3</b>	1st	No qualifiers			Medal
					Medal
					Medal
<b>Woman</b>	1st	Sarah Matthews	...a3crg	23.295 mph	West Sussex RC Plate & Medal
<b>Junior</b>	1st	Jack Churchill	Brighton Excelsior CC	22.227 mph	Junior Cup & Medal

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# Sussex Best All Rounder Competitions

## Sussex Middle Distance BAR – 2015 Award Winners

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Overall</b>	1st	James Rix	Crawley Wheelers	26.390 mph	Fairy Dyes Cup & Medal
	2nd	Steven Kane	Team ASL360	26.149 mph	Medal
	3rd	David Shepherd	GS Stella	25.941 mph	Medal
<b>Overall Team of 3</b>	1st	No qualifiers			Medal
					Medal
					Medal
<b>Veteran on CTT Target Times</b>	1st	Mike O'Gorman	Worthing Excelsior CC	Plus 0:41:25	Glazebrook Cup & Medal
	2nd	David Shepherd	GS Stella	Plus 0:37:47	Medal
	3rd	Sarah Matthews	...a3crg	Plus 0:27:52	Medal
<b>Veteran Team of 3</b>	1st	No qualifiers			Medal
					Medal
					Medal

# Sussex Best All Rounder Competitions

## Sussex Short Distance BAR – 2015 Award Winners

Award winners	Pos	Rider	Club	Time/Plus	Award
<b>Overall</b>	1st	Conall Yates	In-Gear Quickvit Trainsharp RT	27.845 mph	Short BAR Cup & Medal
	2nd	Steven Kane	Team ASL360	26.733 mph	Medal
	3rd	Mark Emsley	Team ASL360	26.311 mph	Medal
<b>Overall Team of 3</b>	1st	Mike O’Gorman	Worthing Excelsior	25.202 mph	Medal
		Rick Hughes	Worthing Excelsior	24.232 mph	Medal
		Martin Booker	Worthing Excelsior	25.152 mph	Medal
		<b>Team Average</b>		<b>24.529 mph</b>	
<b>Veteran on CTT Target Times</b>	1st	Mike O’Gorman	Worthing Excelsior CC	Plus 0:36:33	Vets Short BAR Cup & Medal
	2nd	Sarah Matthews	...a3crg	Plus 0:23:07	Medal
	3rd	Rick Hughes	Worthing Excelsior CC	Plus 0:15:08	Medal
<b>Veteran Team of 3</b>	1st	Mike O’Gorman	Worthing Excelsior	Plus 0:36:33	Medal
		Rick Hughes	Worthing Excelsior	Plus 0:15:08	Medal
		Martin Booker	Worthing Excelsior	Plus 0:07:18	Medal
		<b>Team Total</b>		<b>Plus 0:58:59</b>	

## Sussex Best All Rounder Competitions

### 2015 Sussex Long Distance BAR – Overall

Rider	Club	25	50	100	Av mph	Rank
Mike O'Gorman	Worthing Excelsior CC	1:01:14	2:05:44	4:24:59	<b>23.666</b>	1
John Marinko	Brighton Mitre CC	1:02:03	2:06:27	4:31:37	<b>23.330</b>	2

### 2015 Sussex Long Distance BAR – Veteran

Veteran Rider	Club	25	50	100	Plus	Rank
Mike O'Gorman	Worthing Excelsior CC	0:12:44	0:22:17	0:31:03	<b>1:06:04</b>	1
John Marinko	Brighton Mitre CC	0:05:12	0:07:59	-0:02:45	<b>0:10:26</b>	2

Congratulations to Mike O'Gorman who sets a new Long Distance BAR record for the Highest Plus on CTT Target Time

### 2015 Sussex Long Distance BAR – Women

Woman Rider	Club	10	25	50	Av mph	Rank
Sarah Matthews	...a3crg	0:24:30	1:05:54	2:12:33	<b>23.295</b>	1
Helen Bullimore	Trainsharp Racing Team	0:25:22	1:09:29	2:21:47	<b>22.133</b>	2
Sarah Phelps	Brighton Mitre CC	0:26:17	1:09:45	2:55:05	<b>20.489</b>	3

Congratulations to Sarah Matthews who sets a new Long Distance BAR record for the Fastest Lady

### 2015 Sussex Long Distance BAR – Junior

Junior Rider	Club	10	25	Av mph	Rank
Jack Churchill	Brighton Excelsior CC	0:26:18	1:09:19	<b>22.227</b>	1

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## Sussex Best All Rounder Competitions

### 2015 Sussex Middle Distance BAR – Overall

Rider	Club	10	25	50	Av mph	Rank
James Rix	Crawley Wheelers	0:21:36	0:58:53	1:55:45	<b>26.390</b>	1
Steven Kane	Team ASL360	0:21:31	0:58:33	2:00:17	<b>26.149</b>	2
David Shepherd	GS Stella	0:22:38	0:58:42	1:56:28	<b>25.941</b>	3
Carl Richardson	In-Gear Quickvit Trainsharp RT	0:22:39	1:02:54	2:03:20	<b>24.887</b>	4
Mike O'Gorman	Worthing Excelsior CC	0:23:11	1:01:14	2:05:44	<b>24.746</b>	5
Andy Tedd	...a3crg	0:23:42	1:03:40	2:08:43	<b>24.061</b>	6
Rick Hughes	Worthing Excelsior CC	0:24:00	1:03:25	2:09:53	<b>23.917</b>	7
Sarah Matthews	...a3crg	0:24:30	1:05:54	2:12:33	<b>23.295</b>	8
Helen Bullimore	Trainsharp Racing Team	0:25:22	1:09:29	2:21:47	<b>22.133</b>	9
Sarah Phelps	Brighton Mitre CC	0:26:17	1:09:45	2:55:05	<b>20.489</b>	10
Robin Johnson	Brighton Mitre CC	0:30:08	1:17:35	2:35:58	<b>19.493</b>	11

### 2015 Sussex Middle Distance BAR – Veteran

Veteran Rider	Club	10	25	50	Plus	Rank
Mike O'Gorman	Worthing Excelsior CC	0:06:24	0:12:44	0:22:17	<b>0:41:25</b>	1
David Shepherd	GS Stella	0:05:04	0:10:33	0:22:10	<b>0:37:47</b>	2
Sarah Matthews	...a3crg	0:04:52	0:07:32	0:15:28	<b>0:27:52</b>	3
Carl Richardson	In-Gear Quickvit Trainsharp RT	0:04:15	0:04:21	0:12:13	<b>0:20:49</b>	4
Rick Hughes	Worthing Excelsior CC	0:03:18	0:04:49	0:06:28	<b>0:14:35</b>	5
Andy Tedd	...a3crg	0:02:37	0:02:07	0:02:53	<b>0:07:37</b>	6
Robin Johnson	Brighton Mitre CC	0:00:20	-0:01:25	-0:03:36	<b>-0:04:41</b>	7
Helen Bullimore	Trainsharp Racing Team	0:01:32	-0:02:14	-0:06:14	<b>-0:06:56</b>	8

Congratulations to Mike O'Gorman who sets a new Middle Distance BAR record for the Highest Plus on CTT Target Time

## Sussex Best All Rounder Competitions

### 2015 Sussex Short Distance BAR – Overall

Rider	Club	10	25	30	Av mph	Rank
Conall Yates	In-Gear Quickvit Trainsharp RT	0:20:58	0:55:24	1:04:39	<b>27.845</b>	1
Steven Kane	Team ASL360	0:21:31	0:58:33	1:07:26	<b>26.733</b>	2
Mark Emsley	Team ASL360	0:22:31	0:58:31	1:07:32	<b>26.311</b>	3
Sean Scott	In-Gear Quickvit Trainsharp RT	0:22:02	0:56:57	1:14:25	<b>25.919</b>	4
Mike O'Gorman	Worthing Excelsior CC	0:23:11	1:01:14	1:11:21	<b>25.202</b>	5
Andy Tedd	...a3crg	0:23:42	1:03:40	1:13:55	<b>24.409</b>	6
Rick Hughes	Worthing Excelsior CC	0:24:00	1:03:25	1:14:52	<b>24.232</b>	7
Martin Booker	Worthing Excelsior CC	0:24:12	1:04:08	1:14:09	<b>24.152</b>	8
James Stone	Brighton Excelsior CC	0:24:26	1:03:24	1:14:26	<b>24.133</b>	9
Jon Fry	Horsham Cycling	0:25:57	1:04:09	1:14:17	<b>23.579</b>	10
Sarah Matthews	...a3crg	0:24:30	1:05:54	1:18:03	<b>23.438</b>	11
Sarah Phelps	Brighton Mitre CC	0:26:17	1:09:45	1:26:25	<b>21.721</b>	12
Robin Johnson	Brighton Mitre CC	0:30:08	1:17:35	1:30:34	<b>19.707</b>	13

Congratulations to Conall Yates who sets a new Short Distance BAR record for the Fastest Overall

### 2015 Sussex Short Distance BAR – Team

Team of Three Riders	Club	Av mph	Rank
Mike O'Gorman, Rick Hughes & Martin Booker	Worthing Excelsior CC	<b>24.529</b>	1



## Sussex Best All Rounder Competitions

### 2015 Sussex Short Distance BAR – Veteran

Veteran Rider	Club	10	25	30	Plus	Rank
Mike O'Gorman	Worthing Excelsior CC	0:06:24	0:12:44	0:17:25	<b>0:36:33</b>	1
Sarah Matthews	...a3crg	0:04:52	0:07:32	0:10:43	<b>0:23:07</b>	2
Rick Hughes	Worthing Excelsior CC	0:03:18	0:04:49	0:07:01	<b>0:15:08</b>	3
Andy Tedd	...a3crg	0:02:37	0:02:07	0:05:02	<b>0:09:46</b>	4
James Stone	Brighton Excelsior CC	0:01:41	0:01:54	0:03:56	<b>0:07:31</b>	5
Martin Booker	Worthing Excelsior CC	0:01:55	0:01:10	0:04:13	<b>0:07:18</b>	6
Jon Fry	Horsham Cycling	-0:00:12	0:00:12	0:02:57	<b>0:02:57</b>	7
Robin Johnson	Brighton Mitre CC	0:00:20	-0:01:25	0:00:50	<b>-0:00:15</b>	8

Congratulations to Mike O'Gorman who sets a new Short Distance BAR record for the Highest Plus on CTT Target Time

### 2015 Sussex Short Distance BAR – Veteran Team

Team of Three Riders	Club	Plus	Rank
Mike O'Gorman, Rick Hughes & Martin Booker	Worthing Excelsior CC	<b>0:58:59</b>	1

# Sussex Best All Rounder Competitions

## 2015 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
<b>Sussex Long Distance BAR</b>	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
<b>Sussex Middle Distance BAR</b>	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
<b>Sussex Short Distance BAR</b>	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

## 2015 Sussex Best All Rounder Awards

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

### Sussex Long Distance BAR

<b>Overall</b>	1st – A E Paching Cup & Medal	2nd – Medal	3rd – Medal
<b>Overall Team of Three</b>	1st – Medal for each team member		
<b>Veterans on CTT Target Time</b>	1st – Stephen Easter Cup & Medal	2nd – Medal	3rd – Medal
<b>Vets on CTTT Team of Three</b>	1st – Medal for each team member		
<b>Woman</b>	1st – West Sussex RC Plate & Medal		
<b>Junior</b>	1st – Junior Cup & Medal		

### Sussex Middle Distance BAR

<b>Overall</b>	1st – Fairy Dyes Cup & Medal	2nd – Medal	3rd – Medal
<b>Overall Team of Three</b>	1st – Medal for each team member		
<b>Veterans on CTT Target Time</b>	1st – Glazebrook Cup & Medal	2nd – Medal	3rd – Medal
<b>Vets on CTTT Team of Three</b>	1st – Medal for each team member		

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# Sussex Best All Rounder Competitions

## 2015 Sussex Best All Rounder Awards continued

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

### Sussex Short Distance BAR

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

## 2015 Sussex Best All Rounder Qualifying Events

Date	Dist	Event	Course
Sat 02 May 2015	10 m	Sussex CA	G10/97
Sun 03 May 2015	25 m	Sussex CA	G25/93
Mon 25 May 2015	30 m	Sussex CA	G30/91
Sun 05 Jul 2015	50 m	Sussex CA	G50/10
Sun 26 Jul 2015	100 m	Southern Counties CU	G100/61
Sat 29 Aug 2015	10 m	Sussex CA	G10/45
Mon 31 Aug 2015	25 m	Sussex CA	G25/49

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Find us on facebook [www.facebook.com/groups/SussexCA](https://www.facebook.com/groups/SussexCA)

## 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 Championship Points Competition Rules

1. The Sussex Championship 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 Championship Points competition shall be decided on each rider's placing in the qualifying events.
4. Qualifying events shall be nominated Sussex Championship events.
5. Points will be awarded in each qualifying event – 20 points for 1st place down to 1 point for 20th place in relation to other SCA affiliated riders.
6. Any number of qualifying events may be ridden.
7. Awards are made for overall, plus the best team of three from an affiliated club.
8. 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 middle 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

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

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

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

### Veterans on 2012 revised VTTA Standard – Bicycle

<b>12 hour</b>	Rupert Robinson	Crawley Wheelers	<b>+ 62.253 miles</b>	<b>2015</b>
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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

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

### Juniors – Bicycle

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

### Juveniles – Bicycle

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

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



## Sussex Championship Records as at 31st December 2015

### Bicycle Team

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

### Team Championship

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

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

<b>Overall</b>	Steve Kane	Brighton Excelsior CC	<b>27.508 mph</b>	2014
<b>Team</b>	Steve Kane (27.508) Mark Emsley (26.454) Brian Malloy (26.016)	Brighton Excelsior CC	<b>26.660 mph</b>	2014
<b>Veteran</b>	Mike O'Gorman	Worthing Excelsior CC	<b>Plus 0:41:23</b>	<b>2015</b>
<b>Veteran Team</b>	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

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

Overall	= 10, 25 and 30 miles
Veteran	= 10, 25 and 30 miles

## Sussex CA Prize Presentation Lunch

The 2015 Lunch and Prize Presentation will be held on Sunday 6th December 2015 at Dial Post Village Hall, Old Worthing Road, Dial Post, Near Horsham, West Sussex RH13 8NH from 12noon. Preceding the lunch, Steve Dennis will be leading a 41 mile tour of West Sussex meeting at Dial Post Village Hall at 9:00am. The ride route is available to view or download to GPS devices here: <http://ridewithgps.com/routes/10753623>



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.

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

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