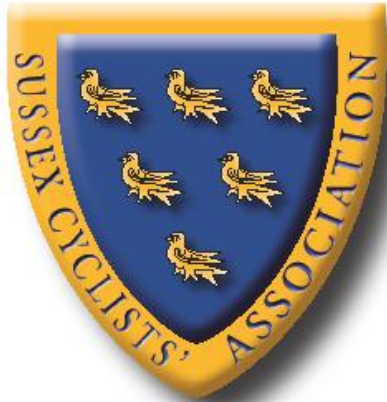


# Sussex Cyclists' Association



## 2017 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 . . .

**2017 President – Mick Irons – Worthing Excelsior CC**

# Sussex Event Programme

## 2017 Events promoted by the Sussex CA

Date	Distance	Details	Course	Promoter
Sun 05 Mar 2017	23 m	Hardriders	GS/194	Steve Dennis
Sun 09 Apr 2017	28.5 m	2up TTT	GS/987	James Stone
Sat 29 Apr 2017	10 m	Sussex Championship	G10/97	Jon Fry
Sun 30 Apr 2017	25 m	Sussex Championship	G25/93	Steve Dennis
Sat 10 Jun 2017	15 m	Sussex Championship	G15/93	Robin Johnson
Sun 02 Jul 2017	50 m	Sussex Championship	G50/10	Robin Johnson
Sun 30 Jul 2017	30 m	Sussex Championship	G30/91	Robin Johnson
Sat 26 Aug 2017	10 m	Sporting	G10/45	Robin Johnson
Mon 28 Aug 2017	25 m	Sporting	G25/49	Robin Johnson
Sat 30 Sep 2017	1672 yard Hill Climb	Sussex Championship	GH/92	Chris Putnam

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

## 2017 Events promoted by other Associations

Date	Distance	Details	Course	Promoter
Sun 25 Jun 2017	KCA 12 hour	Sussex Championship	Q/12	Esther Carpenter
Sun 23 Jul 2017	SCCU 100 m	Sussex Championship	G100/61	Rod Starmer

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

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

# Sussex Best All Rounder Competitions

## 2017 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

## 2017 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 CTTTT 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 CTTTT Team of Three</b>	1st – Medal for each team member		

# Sussex Best All Rounder Competitions

## 2017 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		

## 2017 Sussex Best All Rounder Qualifying Events

Date	Dist	Event	Course
Sat 29 Apr 2017	10 m	Sussex Championship 10	G10/97
Sun 30 Apr 2017	25 m	Sussex Championship 25	G25/93
Sun 02 Jul 2017	50 m	Sussex Championship 50	G50/10
Sun 23 Jul 2017	100 m	SCCU (Sussex Championship) 100	G100/61
Sun 30 Jul 2017	30 m	Sussex Championship 30	G30/91
Sat 26 Aug 2017	10 m	Sussex CA Sporting 10	G10/45
Mon 28 Aug 2017	25 m	Sussex CA Sporting 25	G25/49

# Sussex Championships

## 2017 Sussex Championship Awards

All first claim members of Sussex CA affiliated clubs are eligible to compete for trophies and awards in the Sussex Championship events. All awards will be presented at the Annual Prize Presentation Lunch.

## 2017 Sussex Championship Trophies

Trophies are awarded for each Sussex Championship event to riders from Sussex CA affiliated clubs as follows:

Championship	Event	Date	Champion	Vet on CTT TT	Team of Three
<b>10 mile</b>	SCA Open 10	Sat 29 Apr 2017	10 mile Shield		Dave Henty Cup
<b>15 mile</b>	SCA Open 15	Sat 10 Jun 2017	15 mile Cup		
<b>25 mile</b>	SCA Open 25	Sun 30 Apr 2017	Boniface Cup	Horry Hemsley Cup	Lee Memorial Shield
<b>30 mile</b>	SCA Open 30	Mon 30 Jul 2017	30 mile Cup		
<b>50 mile</b>	SCA Open 50	Sun 02 Jul 2017	Southern Radio Cup		Halford Cup
<b>100 mile</b>	SCCU Open 100	Sun 23 Jul 2017	Regency Cup		
<b>12 hour</b>	KCA Open 12 hour	Sun 25 Jun 2017	HR Stevenson Cup		
<b>Hill Climb</b>	SCA Open Hill Climb	Sat 30 Sep 2017	Alf Dawes Cup		

## 2017 Sussex Championship Medals

Medals are awarded for each Sussex Championship event to riders from Sussex CA affiliated clubs as follows:

**First Place**

for **Overall, Veteran on CTT Target Times, Women, Junior, Juvenile** and each rider from the **Team of Three**

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

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

# Sussex Points Competition

## 2017 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.

## 2017 Sussex Points Awards

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

<b>Overall</b>	1st – Charlie Lednor Trophy	2nd – Medal	3rd – Medal
<b>Women</b>	1st – Women’s Points Trophy		
<b>Overall Team of Three</b>	1st – Medal for each team member		

# Sussex Points Competition

## 2017 Sussex Points Qualifying Events

Date	Dist	Event	Course
Sun 05 Mar 2017	23 m	Sussex CA Hardriders	GS/194
Sat 29 Apr 2017	10 m	Sussex Championship 10	G10/97
Sun 30 Apr 2017	25 m	Sussex Championship 25	G25/93
Sat 10 Jun 2017	15 m	Sussex Championship 15	G15/93
Sun 02 Jul 2017	50 m	Sussex Championship 50	G50/10
Sun 23 Jul 2017	100 m	SCCU (Sussex Championship) 100	G100/61
Sun 30 Jul 2017	30 m	Sussex Championship 30	G30/91
Sat 26 Aug 2017	10 m	Sussex CA Sporting 10	G10/45
Mon 28 Aug 2017	25 m	Sussex CA Sporting 25	G25/49
Sat 30 Sep 2017	1672 yards	Sussex Championship Hill Climb	GH/92



## 2017 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.

## 2017 Sussex SPOCO Awards

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

<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 – Handicap Cup		

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

## 2017 Sussex SPOCO Qualifying Events

Category	Date	Dist	Event	Course
<b>Group A – Short Distance</b>	Sun 19 Mar 2017	15.06 m	East Sussex CA	GS/895
	Sat 25 Mar 2017	10 m	Southern Counties CU	G10/46
	Sat 15 Apr 2017	10 m	Brighton Mitre CC	G10/44
	Sun 28 May 2017	10 m	Brighton Mitre CC	GS/995
	Sat 10 Jun 2017	15 m	Sussex CA	G15/93
	Sat 26 Aug 2017	10 m	Sussex CA	G10/45
<b>Group B – Medium Distance</b>	Sun 05 Feb 2017	21.13 m	South Downs Bikes	GS/989
	Sun 05 Mar 2017	23 m	Sussex CA	GS/194
	Sun 26 Mar 2017	25 m	Southern Counties CU	G25/43
	Sun 09 Apr 2017	23 m	...a3crg	P877
	Mon 17 Apr 2017	25 m	Brighton Mitre CC	GS/999
	Sun 21 May 2017	30 m	Lewes Wanderers	G30/88
	Sun 30 Jul 2017	30 m	Sussex CA	G30/91
	Mon 28 Aug 2017	25 m	Sussex CA	G25/49
<b>Group C – Long Distance</b>	Fri 14 Apr 2017	41.59 m	Crawley Wheelers	GS/196
	Sun 04 Jun 2017	50 m	Southern Counties CU	G50/10
	Sun 18 Jun 2017	50 m	East Sussex	G50/90
	Sun 02 Jul 2017	50 m	Sussex CA	G50/10
	Sun 23 Jul 2017	100 m	Southern Counties CU	G100/61
	Sun 13 Aug 2017	100 m	East Sussex CA	G100/861

# Sussex SPOCO Competition

## 2017 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 2017. 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.

2017 Handicap Competition Qualifiers		2016 Result			2017 Handicap		
Rider	Club	Short	Med	Long	Short	Med	Long
Alex Napier	Blazing Saddles	119	118	120	1	2	0
Brindley Taylor	Crawley Wheelers	114	116	118	6	4	2
David Clark	Eastbourne Rovers CC	98	109	106	22	11	14
David Shepherd	GS Stella	116	115	114	4	5	6
Geoff Smith	Eastbourne Rovers CC	108	97	96	12	23	24
Helen Webb	Sussex Nomads CC	84	85	73	36	35	47
Ian Cheesman	Worthing Excelsior CC	110	103	102	10	17	18
Jon Fry	Horsham Cycling	113	109	82	7	11	38
Kevin Plummer	South Downs Bikes / Casco Europe	116	118	115	4	2	5
Lisa Davis	Lewes Wanderers CC	62	88	89	58	32	31
Mark Emsley	Team ASL360	120	117	116	0	3	4
Mark Smith	Crawley Wheelers	119	119	120	1	1	0
Martin Booker	Worthing Excelsior CC	109	102	105	11	18	15
Matt Twelvetrees	Horsham Cycling	101	101	77	19	19	43
Michael Davey	Eastbourne Rovers CC	105	117	111	15	3	9
Mike O'Gorman	Worthing Excelsior CC	111	112	109	9	8	11
Pete Morris	Team ASL360	119	115	120	1	5	0

## Sussex SPOCO Competition

### 2017 Handicap Competition Qualifiers

Rider	Club
Peter Baker	Lewes Wanderers CC
Robin Johnson	Brighton Mitre CC
Rupert Robinson	Evans Cycles Race Team
Simon McNamara	South Downs Bikes / Casco Europe
Steven Kane	Brighton Excelsior CC
Tamar Vanderhaas	Lewes Wanderers CC
Tom Glandfield	Lewes Wanderers CC

### 2016 Result

Short	Med	Long
74	100	97
102	93	69
109	107	117
118	119	120
119	120	120
101	96	85
116	114	112

### 2017 Handicap

Short	Med	Long
46	20	23
18	27	51
11	13	3
2	1	0
1	0	0
19	24	35
4	6	8

## 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 2016

### Men – Bicycle

<b>10 miles</b>	Jon Sharples	Eastbourne Rovers CC	<b>20:06</b>	2000
<b>15 miles</b>	<b>Steven Kane</b>	<b>Brighton Excelsior CC</b>	<b>32:01</b>	<b>11 Jun 2016</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>	2015
<b>50 miles</b>	Steve Dennis	East Grinstead CC	<b>1:48:56</b>	2012
<b>100 miles</b>	<b>Steven Kane</b>	<b>Brighton Excelsior CC</b>	<b>3:51:43</b>	<b>24 Jul 2016</b>
<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>	2015
<b>15 miles</b>	<b>Alan Robinson</b>	<b>Central Sussex CC</b>	<b>+ 09:09</b>	<b>11 Jun 2016</b>
<b>25 miles</b>	Mike O'Gorman	Worthing Excelsior CC	<b>+ 12:44</b>	2015
<b>30 miles</b>	Mike O'Gorman	Worthing Excelsior CC	<b>+ 17:25</b>	2015
<b>50 miles</b>	<b>Mike O'Gorman</b>	<b>Worthing Excelsior CC</b>	<b>+ 25:58</b>	<b>03 Jul 2016</b>
<b>100 miles</b>	<b>Mike O'Gorman</b>	<b>Worthing Excelsior CC</b>	<b>+ 35:03</b>	<b>24 Jul 2016</b>

### Veterans on 2012 revised VTTA Standard – Bicycle

<b>12 hour</b>	Rupert Robinson	Crawley Wheelers	<b>+ 62.253 miles</b>	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 2016

### Women – Bicycle

<b>10 miles</b>	Natacha Maes	In-Gear Quickvit RT	<b>21:57</b>	2000
<b>15 miles</b>	<b>Tamar Vanderhaas</b>	<b>Lewes Wanderers CC</b>	<b>38:25</b>	<b>11 Jun 2016</b>
<b>25 miles</b>	<b>Laura Bartlett</b>	<b>...a3crg</b>	<b>1:02:27</b>	<b>01 May 2016</b>
<b>30 miles</b>	Gina McGeever	Brighton Mitre CC	<b>1:16:54</b>	2015
<b>50 miles</b>	<b>Tamar Vanderhaas</b>	<b>Lewes Wanderers CC</b>	<b>2:12:11</b>	<b>03 Jul 2016</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>15 miles</b>	<b>Jack Churchill</b>	<b>Brighton Excelsior CC</b>	<b>36:56</b>	<b>11 Jun 2016</b>
<b>25 miles</b>	<b>Jack Churchill</b>	<b>Brighton Excelsior CC</b>	<b>1:03:39</b>	<b>01 May 2016</b>
<b>50 miles</b>	<b>Jack Churchill</b>	<b>Brighton Excelsior CC</b>	<b>2:13:12</b>	<b>03 Jul 2016</b>

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



## Sussex Championship Records as at 31st December 2016

### 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>	<b>Worthing Excelsior</b>	<b>Dominic Maxwell, John McGrath &amp; Mike O’Gorman</b>	<b>1:46:36</b>	<b>11 Jun 2016</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>	2015
<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

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

# Sussex Best All Rounder Records as at 31st December 2016

## Sussex Long Distance BAR

Category	Rider	Club	Speed/Plus	Date
<b>Overall</b>	Steve Kane	Brighton Excelsior CC	<b>26.733 mph</b>	2014
<b>Team</b>	No qualifiers			-
<b>Veteran</b>	<b>Mike O'Gorman</b>	<b>Worthing Excelsior CC</b>	<b>Plus 1:13:11</b>	<b>2016</b>
<b>Veteran Team</b>	No qualifiers			-
<b>Woman</b>	Sarah Matthews	...a3crg	<b>23.295 mph</b>	2015
<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 Best All Rounder Records as at 31st December 2016

## Sussex Middle Distance BAR

Category	Rider	Club	Speed/Plus	Date
<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>	<b>Mike O'Gorman</b>	<b>Worthing Excelsior CC</b>	<b>Plus 0:44:25</b>	<b>2016</b>
<b>Veteran Team</b>	Mike O'Gorman (+44:25) Rick Hughes (+18:56) Ian Cheesman (+12:40)	<b>Worthing Excelsior CC</b>	<b>Plus 1:16:01</b>	<b>2016</b>

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

# Sussex Best All Rounder Records as at 31st December 2016

## Sussex Short Distance BAR

Category	Rider	Club	Speed/Plus	Date
<b>Overall</b>	Conall Yates	In-Gear Quickvit Trainsharp RT	<b>27.845 mph</b>	2015
<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>	2015
<b>Veteran Team</b>	Mike O'Gorman (+35:42) Rick Hughes (+17:35) Martin Booker (+12:22)	<b>Worthing Excelsior CC</b>	<b>Plus 1:05:39</b>	<b>2016</b>

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