



# Sussex Cyclists' Association

ESTABLISHED 1921

## Event Report



## SCCU 10 and 25

Saturday 21 and Sunday 22 March 2009

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Instone claims course records on both Southern Counties CU sporting events. Ben Instone continued his winning ways chalking up two more course records on the SCCU spoco weekend.

The weekend saw excellent spring weather, in stark contrast to the snow that prevented the '08 25 event from starting.

81 competitors were down for the 10 mile event with Neil Houldey of Horsham CC the early pace setter with 24:00 exactly. In fact Houldey was the leader for over an hour before Ray Hughes of Clarence Wheelers claimed eventual 3rd spot with 23:08.

Hughes' time was quickly smashed with a then course record 22:30 from Steve Dennis of East Grinstead CC. However Dennis only held on to his crown for five minutes before Instone ([www.scientific-coaching.com](http://www.scientific-coaching.com)) stormed round to take top spot with a new course record 22:07.

Sunday's event was run on G25/44 and after the cancellation of the 08 event, conditions were ripe for setting good times on a brand new course.

Off N#2, Ian Bashford of Old Portilians was overheard to have been pleased to set the first course record even though he knew it would be short lived.

A smaller but high quality field of 56 saw good times being posted despite the testing undulations and a tricky outbound wind up the A24.

With Ray Hughes and Keith Coffey out of the running due to punctures, it was going to be tussle for the minor places after favourites Dennis and Instone. In a repeat of Saturday, Dennis claimed the course record early on with 55:01. However 20 minutes later Instone smashed this by almost 2 mins to win with a fantastic 53:18.

Dark horse Martin Williamson of London Dynamo claimed an excellent 3rd spot with 56:04 with Shaun Kennedy of BEC CC 4th on 58:00. Kennedy's strong showing on both events also earned him 3rd spot for the overall weekend competition.

**Southern Counties Cycling Union**

**Sporting 10 Sat 21 Mar 09**

**OVERALL**

1	<b>Ben Instone</b>	<a href="http://www.scientific-coaching.com">www.scientific-coaching.com</a>	22:07
2	<b>Steve Dennis</b>	East Grinstead CC	22:30
3	<b>Ray Hughes</b>	Clarence Wheelers	23:08
4	<b>Neil Houldey</b>	Horsham CC	24:00
5	<b>Shaun Kennedy</b>	BEC CC	24:02
6	<b>John Storms</b>	Tri-cyclists	24:08
7	<b>Dominic Harrison</b>	Evans Cycles RT	24:16
8	<b>Nicholas Stagg</b>	Spirit RT	24:19
9	<b>Rob Young</b>	Essex Roads CC	24:21
10	<b>David Shepherd</b>	Liphook Cycles RT	24:22

**1st Team**

	<b>GS Stella</b>		01:14:38
	Kevin Shaw		24:40
	Daniel Paine		24:41
	Paul Byford		25:17

**1st Lady**

	<b>Trudi Sammons</b>		26:38
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**2nd Lady**

	<b>Charlotte Horner</b>		29:03
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**Vet on Standard**

1	<b>Ray Hughes</b>		04:38
2	<b>Steve Dennis</b>		04:00
3	<b>Jack Brown</b>		03:44
4	<b>Geoff Smith</b>		03:34
5	<b>Kevin Shaw</b>		03:32
6	<b>Shaun Kennedy</b>		03:18
7	<b>David Shepherd</b>		02:45
8	<b>Ian Bashford</b>		02:04

N#	Name	Club	Time	Vets + / -
1	Robin Johnson	Brighton Mitre CC	31:21	-01:33
2	Alan Staresmeare	East Grinstead CC	DNS	
3	Kaye Patton	Norwood Paragon CC	30:17	-02:31
4	<b>Neil Houldey</b>	<b>Horsham CC</b>	24:00	
5	Steve Watkins	Norwood Paragon CC	26:46	00:34
6	Bryn Reeves	Horsham CC	29:27	-03:33
7	Terry Hill	Addiscombe CC	28:52	00:56
8	Alan Tilbury	Brighton Mitre CC	35:26	-07:01
9	<b>David Shepherd</b>	<b>Liphook Cycles RT</b>	24:22	02:45
10	Jonathon Hemming	Addiscombe CC	25:32	
11	Sholto Haggart	Brighton Mitre CC	25:55	
12	Richard Woodward	East Grinstead CC	27:03	-00:09
13	Douglas Shaw	Addiscombe CC	31:14	-05:08
14	<b>Paul Thatcher</b>	<b>Brighton Mitre CC</b>	24:56	01:34
15	Paul Byford	GS Stella	25:17	00:49
16	Robert Royle-Evatt	Addiscombe CC	27:41	-01:59
17	Stewart Forbes	Horsham CC	29:12	-00:20
18	Robert French	Weybridge Wheelers	31:05	00:40
19	<b>Daniel Paine</b>	<b>GS Stella</b>	24:41	
20	David French	Weybridge Wheelers	27:58	
21	John Storms	Tri-cyclists	24:08	01:34
22	Dan Bartley	Redhill CC	26:56	
23	Ann Shuttleworth	Chelmer CC	29:05	-01:32
24	George Brent	Addiscombe CC	DNS (a)	
25	Ali Cigari	Kingston Wheelers	24:57	
26	Graham Painter	Chelmer CC	27:53	
27	Keith Shuttlewood	Horsham CC	27:55	-00:09
28	Les Clarke	34 Nomads CC	DNS (a)	
29	<b>Nicholas Stagg</b>	<b>Spirit RT</b>	24:19	
30	David Motton	Redhill CC	DNF	
31	Steve Trott	GS Stella	DNS (a)	
32	Keith Carter	Horsham CC	28:25	
33	Rob Young	Essex Roads CC	24:21	
34	Shaun Kennedy	BEC CC	24:02	03:18
35	Neal Marrin	Finsbury Park CC	26:09	
36	Nolan Heather	Epsom CC	DNS (a)	
37	Jon Frost	Redmon CC	30:49	-04:55
38	Jonathon Bradbourne	Redhill CC	29:05	
39	<b>Niall Digby</b>	<a href="http://www.sigmasport.co.uk">www.sigmasport.co.uk</a>	26:48	
40	Jack Brown	A3crg	29:34	03:44
41	Trudi Sammons	Reading CC	26:38	01:21
42	David Eccles	Redmon CC	30:14	-00:12
43	David Smith	South Eastern RC	DNS	
44	Stephen Emmerson	Epsom CC	25:19	
45	Nick McCormick	Epsom CC	26:06	00:24
46	Simon Craig-McFeely	A3crg	29:05	
47	Alun Millard	Charlottesville CC	30:33	00:12
48	Bryn Tully	Anerley BC	28:55	01:50
49	<b>Keith Coffey</b>	<b>BEC CC</b>	24:46	00:44
50	Richard Tully	Anerley BC	25:34	
51	Marcus Brueton	Norwood Paragon CC	24:26	
52	Charlotte Hornett	Chelmer CC	29:03	
53	Jim Hornett	Spoco CC	29:55	-00:21
54	Kevin Shaw	GS Stella	24:40	03:32
55	Neil Hornett	Chelmer CC	24:30	
56	Kevin Burton	Eastbourne Rovers CC	27:28	00:44
57	Andrew Iggulden	21st Century Airports CT	29:03	-02:45
58	Ben Hardisty	East Grinstead CC	27:29	-00:09
59	<b>Dominic Harrison</b>	<b>Evans Cycles RT</b>	24:16	
60	Jonathon Thomas	South Western RC	25:59	01:08
61	Phil Ember	Kingston Wheelers	25:09	
62	Paul Valks	Sussex Normads CC	29:13	01:32
63	Carl Ferri	Addiscombe CC	DNS	
64	Michael Valks	Sussex Normads CC	24:51	
65	Joe Bertorelli	Old Portlensis CC	26:08	02:04
66	Bob Brabbins	Kingston Phoenix RC	DNS	
67	Las Humphrey	Victoria CC	30:57	00:03
68	<b>Ray Hughes</b>	<b>Clarence Wheelers</b>	23:08	04:38
69	Paul Tunnell	Addiscombe CC	30:21	-03:14
70	Ian Hiscock	Horsham CC	27:02	-01:32
71	Andrew Green	Addiscombe CC	26:20	
72	Graham Jeffs	Lewes Wanderers	27:48	02:00
73	Steve Dennis	East Grinstead CC	22:30	04:00
74	Geoff Smith	Sussex Normads CC	25:46	03:34
75	Peter Moon	Eastbourne Rovers CC	26:17	00:50
76	David Homewood	Horsham CC	27:34	
77	Eric Bonner	GS Stella	30:52	-00:36
78	<b>Ben Instone</b>	<a href="http://www.scientific-coaching.com">www.scientific-coaching.com</a>	22:07	
79	Tristan Court	Brighton Mitre CC	24:55	
80	Simon Donne	Epsom CC	24:53	

**Southern Counties Cycling Union**  
**Sporting 25 Sun 22 Mar 09**

<b>OVERALL</b>			
1	<b>Ben Instone</b>	<b>www.scientific-coaching.com</b>	<b>53:18</b>
2	<b>Steve Dennis</b>	<b>East Grinstead CC</b>	<b>55:01</b>
3	<b>Martin Williamson</b>	<b>London Dynamo</b>	<b>56:04</b>
4	<b>Shaun Kennedy</b>	<b>BEC CC</b>	<b>58:00</b>
5	<b>James Dear</b>	<b>In-Gear Quickvit RT</b>	<b>58:08</b>
6	<b>Niall Digby</b>	<b>www.sigmasport.co.uk</b>	<b>58:17</b>
7	<b>David Shepherd</b>	<b>Liphook Cycles RT</b>	<b>59:29</b>
8	<b>Tony Reeves</b>	<b>GS Stella</b>	<b>59:54</b>
9	<b>Paul Thatcher</b>	<b>Brighton Mitre CC</b>	<b>01:00:14</b>
10	<b>Ali Cigari</b>	<b>Kingston Wheelers</b>	<b>01:00:44</b>

<b>1st Team</b>		
<b>Addiscombe CC</b>		<b>03:17:30</b>
<b>Jonathon Hemming</b>		<b>01:04:17</b>
<b>Robert Royle-Evatt</b>		<b>01:05:27</b>
<b>Andrew Green</b>		<b>01:07:46</b>

<b>1st Lady</b>		
<b>Trudi Sammons</b>		<b>01:04:23</b>

<b>2nd Lady</b>		
<b>Elaine Scott</b>		<b>01:23:30</b>

<b>Vets on standard</b>		
1	<b>Steve Dennis</b>	<b>13:30</b>
2	<b>Shaun Kennedy</b>	<b>12:35</b>
3	<b>Ian Bashford</b>	<b>11:20</b>
4	<b>Dave Shepherd</b>	<b>10:35</b>
5	<b>Geoff Smith</b>	<b>10:32</b>
6	<b>Bryn Tully</b>	<b>10:25</b>
7	<b>Peter Harridge</b>	<b>10:15</b>
8	<b>Nick Kinsey</b>	<b>08:35</b>

<b>N#</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Vets +/-</b>
1	Robin Johnson	Brighton Mitre CC	01:16:57	-00:20
2	Ian Bashford	Old Portlians CC	01:01:23	11:20
3	Kevin Bashford	East Grinstead CC	DNS	
4	David Homewood	Horsham CC	01:07:54	
5	<b>Paul Thatcher</b>	<b>Brighton Mitre CC</b>	<b>01:00:14</b>	<b>08:17</b>
6	Andy Cox	Lewes Wanderers	01:02:09	
7	Neal Marrin	Finsbury Park CC	01:04:30	
8	Stuart payne	Central Sussex CC	01:09:53	-00:51
9	Douglas Shaw	Addiscombe CC	DNF	
10	<b>Mark Winton</b>	<b>Lewes Wanderers</b>	<b>DNF</b>	
11	Martin Williamson	London Dynamo	00:56:04	
12	Robert Royle-Evatt	Addiscombe CC	01:05:27	01:03
13	Phil Ember	Kingston Wheelers	01:01:55	
14	Keith Carter	Horsham CC	01:12:25	
15	<b>David Shepherd</b>	<b>Liphook Cycles RT</b>	<b>00:59:29</b>	<b>10:35</b>
16	Jonathon Hemming	Addiscombe CC	01:04:17	
17	John Froud	Festival RC	01:16:43	05:10
18	Nolan Heather	Epsom CC	DNS	
19	Mark Storie	GS Stella	01:04:14	
20	<b>Keith Coffey</b>	<b>BEC CC</b>	<b>DNF (p)</b>	
21	Tony Reeves	GS Stella	00:59:54	
22	Nick McCormick	Epsom CC	01:03:11	05:20
23	Stuart Edmonds	Sussex Nomads CC	DNF	
24	Andrew Green	Addiscombe CC	01:07:46	
25	<b>James Dear</b>	<b>In-Gear Quickvit RT</b>	<b>00:58:08</b>	
26	Geoff Smith	Sussex Nomads CC	01:04:57	10:32
27	Duncan Murdoch	Redhill CC	01:00:56	07:35
28	Alan Staresmeare	East Grinstead CC	DNS	
29	Kevin Doe	Worthing Excelsior CC	DNF (p)	
30	<b>Steve Dennis</b>	<b>East Grinstead CC</b>	<b>00:55:01</b>	<b>13:30</b>
31	Peter Moon	Eastbourne Rovers CC	01:02:18	07:46
32	Steve Trott	GS Stella	DNS	
33	Andrew Green	Old Portlians CC	01:04:51	02:09
34	Nathan Gale	Worthing Excelsior CC	01:05:34	
35	<b>Shaun Kennedy</b>	<b>BEC CC</b>	<b>00:58:00</b>	<b>12:35</b>
36	Stephen Morgan	Tooting BC	01:03:33	02:57
37	Andrew Sykes	South Eastern RC	01:03:20	03:10
38	Dan Bartley	Redhill CC	DNS	
39	Jonathon Sharpe	Lewes Wanderers	DNS	
40	<b>Ray Hughes</b>	<b>Clarence Wheelers</b>	<b>DNF (p)</b>	
41	Ali Cigari	Kingston Wheelers	01:00:44	
42	Peter Harridge	Icknield RC	01:02:28	10:15
43	Bryn Tully	Anerley BC	01:08:30	10:25
44	Trudi Sammons	Reading CC	01:04:23	07:48
45	<b>Niall Digby</b>	<b>www.sigmasport.co.uk</b>	<b>00:58:17</b>	
46	Richard Tully	Anerley BC	01:02:28	
47	Nick Kinsey	Team Tri (UK)	01:02:00	08:35
48	Paul Valks	Sussex Nomads CC	DNS	
49	Elaine Scott	Brighton Excelsior CC	01:23:30	-02:13
50	<b>Ben Instone</b>	<b>www.scientific-coaching.com</b>	<b>00:53:18</b>	
51	Paul Winkley	East Grinstead CC	01:05:27	06:44
52	Sean McDougall	Finsbury Park CC	01:09:58	
53	David Eccles	Redmon CC	01:15:06	
54	Jonathon Bradbourne	Redhill CC	DNS	
55	<b>Michael Valks</b>	<b>Sussex Nomads CC</b>	<b>DNS</b>	
56	Neil Hornett	Chelmer CC	DNS	