



Sussex Cyclists' Association

2014 Best All Rounder Competitions



Sussex Best All Rounder Competitions – Introduction

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. Changes to the Sussex Bar Competitions were passed at the 2013 AGM to be based on any Sussex CA or Sussex Championship event with the veteran competition decided on the aggregate plus against CTT Target Times form the best performance at each distance.

Sussex Best All Rounder Competitions – How it works

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

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

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

CTT Target Times can be viewed at the CTT website at the link below

<http://ww2.cyclingtimetrials.co.uk/FormsInformation/RiderInfo/TargetTimes/tabid/94/Default.aspx>

Sussex Best All Rounder Competitions – 2014 Qualifying Events

Date	Event	Dist	Course
Sat 03 May 2014	Sussex CA	10 m	G10/97
Sun 04 May 2014	Sussex CA	25 m	G25/93
Mon 26 May 2014	Sussex CA	30 m	G30/91
Sun 27 Jul 2014	Southern Counties CU	100 m	G100/60
Sun 03 Aug 2014	Sussex CA	50 m	G50/10
Sat 23 Aug 2014	Sussex CA	10 m	G10/45
Mon 25 Aug 2014	Sussex CA	25 m	G25/49

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Sussex Cyclists' Association

2014 Best All Rounder Competitions



Sussex Best All Rounder Competitions – Awards

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

Sussex Long Distance BAR

Overall	1st – A E Paching Cup & Medal	2nd – Medal	3rd – Medal
Overall Team of 3	1st – Medal for each team member		
Veterans on CTTTT	1st – Stephen Easter Cup & Medal	2nd – Medal	3rd – Medal
Vets on CTTTT Team of 3	1st – Medal for each team member		
Woman	1st – West Sussex RC Plate & Medal		
Junior	1st – Medal		

Sussex Middle Distance BAR

Overall	1st – Fairy Dyes Cup & Medal	2nd – Medal	3rd – Medal
Overall Team of 3	1st – Medal for each team member		
Veterans on CTTTT	1st – Glazebrook Cup & Medal	2nd – Medal	3rd – Medal
Vets on CTTTT Team of 3	1st – Medal for each team member		

Sussex Short Distance BAR

Overall	1st – Short BAR Cup & Medal	2nd – Medal	3rd – Medal
Overall Team of 3	1st – Medal for each team member		
Veterans on CTTTT	1st – Vets Short BAR Cup & Medal	2nd – Medal	3rd – Medal
Vets on CTTTT Team of 3	1st – Medal for each team member		



Sussex Cyclists' Association

2014 Sussex Long Distance Best All Rounder Competition



Sussex Long Distance BAR – 2014 Award Winners

Overall	1st	Steve Kane	Brighton Excelsior CC	26.733 mph	AE Paching Cup & Medal
	2nd	Mike O'Gorman	Worthing Excelsior CC	23.468 mph	Medal
	3rd	James Stone	Brighton Excelsior CC	23.458 mph	Medal

Team	No qualifiers				Medals
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Veteran	1st	Mike O'Gorman	Worthing Excelsior CC	Plus 0:57:50	Stephen Easter Cup & Medal
	2nd	Geoff Smith	Eastbourne Rovers CC	Plus 0:40:39	Medal
	3rd	Samuel Ramsey	Lewes Wanderers CC	Plus 0:09:12	Medal

Veteran Team	No qualifiers				Medals
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Woman	1st	Tamar Vanderhaas	Lewes Wanderers CC	23.143 mph	West Sussex RC Plate & Medal
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Junior	1st	Arthur Venables	...a3crg	24.401 mph	Medal
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Sussex Long Distance BAR – Final Overall Individual Positions

Rider	Club	25	50	100	Av mph	Rank
Steve Kane	Brighton Excelsior CC	0:53:48	1:52:07	3:54:45	26.733	1
Mike O'Gorman	Worthing Excelsior CC	1:00:55	2:08:46	4:26:52	23.468	2
James Stone	Brighton Excelsior CC	1:02:47	2:05:40	4:25:23	23.458	3
Samuel Ramsey	Lewes Wanderers CC	1:01:18	2:06:56	4:33:07	23.358	4
Geoff Smith	Eastbourne Rovers CC	1:03:20	2:09:50	4:47:18	22.558	5

Sussex Long Distance BAR – Final Veteran Individual Positions

Rider	Club	25	50	100	Agg Plus	Rank
Mike O'Gorman	Worthing Excelsior CC	0:12:31	0:18:13	0:27:06	0:57:50	1
Geoff Smith	Eastbourne Rovers CC	0:10:38	0:19:13	0:10:48	0:40:39	2
Samuel Ramsey	Lewes Wanderers CC	0:05:57	0:07:30	-0:04:15	0:09:12	3
James Stone	Brighton Excelsior CC	0:02:03	0:03:54	-0:06:15	-0:00:18	4

Sussex Long Distance BAR – Final Lady Individual Positions

Rider	Club	10	25	50	Av mph	Rank
Tamar Vanderhaas	Lewes Wanderers CC	0:25:01	1:04:53	2:14:22	23.143	1
Helen Bullimore	Trainsharp Racing Team	0:26:00	1:07:29	2:17:21	22.382	2

Sussex Long Distance BAR – Final Junior Individual Positions

Rider	Club	10	25	Av mph	Rank
Arthur Venables	...a3crg	0:24:16	1:02:18	24.401	1



Sussex Cyclists' Association

2014 Sussex Middle Distance Best All Rounder Competition



Sussex Middle Distance BAR – 2014 Award Winners

Overall	1st	Steve Kane	Brighton Excelsior CC	27.508 mph	Fairy Dyes Cup & Medal
	2nd	Mark Emsley	Brighton Excelsior CC	26.454 mph	Medal
	3rd	Brian Molloy	Brighton Excelsior CC	26.016 mph	Medal

Team	Steve Kane (27.508) Mark Emsley (26.454) Brian Malloy (26.016)	Brighton Excelsior CC	26.660 mph	Medals
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Veteran	1st	Mike O'Gorman	Worthing Excelsior CC	Plus 0:36:36	Glazebrook Cup & Medal
	2nd	Geoff Smith	Eastbourne Rovers CC	Plus 0:33:53	Medal
	3rd	Brian Molloy	Brighton Excelsior CC	Plus 0:24:25	Medal

Veteran Team	No qualifiers				Medals
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Sussex Middle Distance BAR – Final Overall Individual Positions

Rider	Club	10	25	50	Av mph	Rank
Steve Kane	Brighton Excelsior CC	0:21:31	0:53:48	1:52:07	27.508	1
Mark Emsley	Brighton Excelsior CC	0:22:23	0:56:39	1:55:02	26.454	2
Brian Molloy	Brighton Excelsior CC	0:22:49	0:57:05	1:57:46	26.016	3
Samuel Ramsey	Lewes Wanderers CC	0:23:33	1:01:18	2:06:56	24.527	4
Mike O'Gorman	Worthing Excelsior CC	0:23:30	1:00:55	2:08:46	24.485	5
James Stone	Brighton Excelsior CC	0:24:21	1:02:47	2:05:40	24.135	6
Andy Tedd	...a3crg	0:24:37	1:04:00	2:05:31	23.904	7
Peter Moon	Eastbourne Rovers CC	0:24:24	1:03:05	2:09:39	23.836	8
Geoff Smith	Eastbourne Rovers CC	0:25:33	1:03:20	2:09:50	23.425	9
Tamar Vanderhaas	Lewes Wanderers CC	0:25:01	1:04:53	2:14:22	23.143	10
Helen Bullimore	Trainsharp Racing Team	0:26:00	1:07:29	2:17:21	22.382	11
Robin Johnson	Brighton Mitre CC	0:28:16	1:15:52	2:31:37	20.262	12

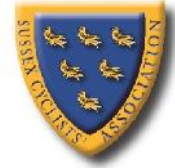
Sussex Middle Distance BAR – Final Veteran Individual Positions

Rider	Club	10	25	50	Agg Plus	Rank
Mike O'Gorman	Worthing Excelsior CC	0:05:52	0:12:31	0:18:13	0:36:36	1
Geoff Smith	Eastbourne Rovers CC	0:04:02	0:10:38	0:19:13	0:33:53	2
Brian Molloy	Brighton Excelsior CC	0:03:18	0:08:13	0:12:54	0:24:25	3
Samuel Ramsey	Lewes Wanderers CC	0:03:21	0:05:57	0:07:30	0:16:48	4
Peter Moon	Eastbourne Rovers CC	0:03:06	0:05:40	0:07:50	0:16:36	5
Andy Tedd	...a3crg	0:01:30	0:01:18	0:05:09	0:07:57	6
James Stone	Brighton Excelsior CC	0:01:35	0:02:03	0:03:54	0:07:32	7
Robin Johnson	Brighton Mitre CC	0:01:45	-0:00:15	-0:00:19	0:01:11	8
Helen Bullimore	Trainsharp Racing Team	0:00:42	-0:00:44	-0:02:55	-0:02:57	9



Sussex Cyclists' Association

2014 Sussex Short Distance Best All Rounder Competition



Sussex Short Distance BAR – 2014 Award Winners

Overall	1st	Steve Kane	Brighton Excelsior CC	27.707 mph	Short BAR Cup & Medal
	2nd	Mark Emsley	Brighton Excelsior CC	26.224 mph	Medal
	3rd	Darryl Barr	...a3crg	25.154 mph	Medal

Team	Steve Kane (27.707) Mark Emsley (26.224) James Stone (23.875)	Brighton Excelsior CC	25.935 mph	Medals
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Veteran	1st	Mike O'Gorman	Worthing Excelsior CC	Plus 0:31:21	Veteran Short BAR Cup & Medal
	2nd	Geoff Smith	Eastbourne Rovers CC	Plus 0:23:25	Medal
	3rd	Samuel Ramsey	Lewes Wanderers CC	Plus 0:15:20	Medal

Veteran Team	No qualifiers	Medals
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Sussex Short Distance BAR – Final Overall Individual Positions

Rider	Club	10	25	30	Av mph	Rank
Steve Kane	Brighton Excelsior CC	0:21:31	0:53:48	1:05:48	27.707	1
Mark Emsley	Brighton Excelsior CC	0:22:23	0:56:39	1:10:54	26.224	2
Darryl Barr	...a3crg	0:23:24	0:59:19	1:13:22	25.154	3
Jon Fry	Horsham Cycling	0:23:34	1:00:47	1:14:08	24.806	4
Mike O'Gorman	Worthing Excelsior CC	0:23:30	1:00:55	1:15:09	24.703	5
Samuel Ramsey	Lewes Wanderers CC	0:23:33	1:01:18	1:14:40	24.685	6
James Stone	Brighton Excelsior CC	0:24:21	1:02:47	1:17:57	23.875	7
Andy Tedd	...a3crg	0:24:37	1:04:00	1:18:51	23.546	8
Geoff Smith	Eastbourne Rovers CC	0:25:33	1:03:20	1:20:01	23.221	9
Robin Johnson	Brighton Mitre CC	0:28:16	1:15:52	1:30:29	20.297	10

Sussex Short Distance BAR – Final Veteran Individual Positions

Rider	Club	10	25	30	Agg Plus	Rank
Mike O'Gorman	Worthing Excelsior CC	0:05:52	0:12:31	0:12:58	0:31:21	1
Geoff Smith	Eastbourne Rovers CC	0:04:02	0:10:38	0:08:45	0:23:25	2
Samuel Ramsey	Lewes Wanderers CC	0:03:21	0:05:57	0:06:02	0:15:20	3
Darryl Barr	...a3crg	0:02:32	0:05:31	0:04:26	0:12:29	4
Jon Fry	Horsham Cycling	0:01:59	0:03:06	0:02:32	0:07:37	5
James Stone	Brighton Excelsior CC	0:01:35	0:02:03	-0:00:09	0:03:29	6
Andy Tedd	...a3crg	0:01:30	0:01:18	-0:00:29	0:02:19	7
Robin Johnson	Brighton Mitre CC	0:01:45	-0:00:15	0:00:15	0:01:45	8



Sussex Cyclists' Association

2014 Sussex Championships



Sussex Championships – Introduction

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

Championship	Event	Date	Category	Trophy
10 mile	SCA Open 10	Sat 03 May 2014	Champion	10 mile Shield
25 mile	SCA Open 25	Sun 04 May 2014	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
30 mile	SCA Open 30	Mon 26 May 2014	Champion	30 mile Cup
50 mile	SCA Open 50	Sun 03 Aug 2014	Champion	Southern Radio Cup
			1st Team of Three	Halford Cup
100 mile	SCCU Open 100	Sun 27 Jul 2014	Champion	Regency Cup
12 hour	KCA Open 12 hour	Sun 31 Aug 2014	Champion	HR Stevenson Cup
Hill Climb	SCA Open Hill Climb	Sat 04 Oct 2014	Champion	Alf Dawes Cup

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

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

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

Championship	Event	Category
10 mile	SCA Spring Open 10	First team of three
		1st A Team of Four
25 mile	SCA Spring Open 25	2nd A Team of Four
		1st B Team of Three (5th, 6th & 7th rider from a club)
30 mile	SCA Open 30	First team of three
50 mile	SCA Open 50	First team of three
100 mile	SCCU Open 100	First team of three
12 hour	KCA Open 12 hour	First team of three
Hill Climb	SCA Open Hill Climb	First team of three

All awards will be presented at the Annual Prize Presentation Lunch



Sussex Cyclists' Association

2014 Sussex Championships



Changes to the Sussex Championships were passed at the 2013 AGM for the veteran awards to be decided on the highest plus against CTT Target Times.

Sussex Championship 10 – Saturday 3rd May 2014

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	Sean Scott	In-Gear Quickvit Trainsharp RT	0:21:26	The '10' Shield & Medal
	2nd	Steve Kane	Brighton Excelsior CC	0:21:31	Medal
	3rd	Phil Allen	Lewes Wanderers CC	0:21:45	Medal
Highest Plus on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	+ 05:52	Medal
	2nd	David Shepherd	GS Stella	+ 05:31	Medal
	3rd	Alan Robinson	Central Sussex CC	+ 05:12	Medal
Fastest Lady	1st	Tamar Vanderhaas	Lewes Wanderers CC	0:25:01	Medal
	2nd	Helen Bullimore	Trainsharp Racing Team	0:26:00	
Fastest Junior	1st	Arthur Venables	...a3crg	0:24:16	Medal
Fastest Team of 3	1st	Steve Kane	Brighton Excelsior CC	0:21:31	Medal
		Mark Emsley	Brighton Excelsior CC	0:22:23	Medal
		Brian Molloy	Brighton Excelsior CC	0:22:49	Medal
		Total Team Time		1:06:43	



Sussex Cyclists' Association

2014 Sussex Championships



Sussex Championship 25 – Sunday 4th May 2014

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 CC	0:53:48	Boniface Cup & Medal
	2nd	Pete Morris	Team ASL360	0:54:10	Medal
	3rd	Sean Scott	In-Gear Quickvit Trainsharp RT	0:54:42	Medal
Highest Plus on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	+ 12:31	Horry Hemsley Cup & Medal
	2nd	David Shepherd	GS Stella	+ 12:22	Medal
	3rd	Christian Yates	East Grinstead CC	+ 11:40	Medal
Fastest Lady	1st	Tamar Vanderhaas	Lewes Wanderers CC	1:04:53	Medal
	2nd	Helen Bullimore	Trainsharp Racing Team	1:07:29	
Fastest Junior	1st	Arthur Venables	...a3crg	1:02:18	Medal
Fastest A Team of 4	1st	Phil Allen	Lewes Wanderers CC	0:55:53	Medal
		Robert Rollings	Lewes Wanderers CC	0:56:07	Medal
		Tom Glandfield	Lewes Wanderers CC	0:56:25	Medal
		James Ryan	Lewes Wanderers CC	0:58:24	Medal
		Total Team Time		3:46:49	Lee Memorial Shield
2nd	Steve Kane	Brighton Excelsior CC	0:53:48	Medal	
	Mark Emsley	Brighton Excelsior CC	0:56:39	Medal	
	Brian Molloy	Brighton Excelsior CC	0:57:05	Medal	
	James Stone	Brighton Excelsior CC	1:02:47	Medal	
		Total Team Time		3:50:19	Dave Henty Cup
Fastest B Team of 3	1st	Duncan Fuller	Lewes Wanderers CC	0:58:57	Medal
		Samuel Ramsey	Lewes Wanderers CC	1:01:18	Medal
		Alan Lloyd	Lewes Wanderers CC	1:04:18	Medal
		Total Team Time		3:04:33	

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



Sussex Cyclists' Association

2014 Sussex Championships



Sussex Championship 30 – Monday 26th May 2014

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 RT	1:05:37	The 30 Cup & Medal
	2nd	Steve Kane	Brighton Excelsior CC	1:05:48	Medal
	3rd	Graeme Stirzaker	...a3crg	1:09:59	Medal
Highest Plus on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	+ 12:58	Medal
	2nd	Graeme Stirzaker	...a3crg	+ 08:58	Medal
	3rd	Geoff Smith	Eastbourne Rovers CC	+ 08:45	Medal
Fastest Lady	1st	Nicole Patterson Lett	Worthing Excelsior CC	1:35:11	Medal
Fastest Junior	1st	Not contested			
Fastest Team of 3	1st	Steve Kane	Brighton Excelsior CC	1:05:48	Medal
		Mark Emsley	Brighton Excelsior CC	1:10:54	Medal
		James Stone	Brighton Excelsior CC	1:17:57	Medal
	Total Team Time			3:34:39	

Congratulations to Conall Yates who sets a new Sussex Championship 30 mile record



Sussex Cyclists' Association

2014 Sussex Championships



Sussex Championship 50 – Sunday 3rd August 2014

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 CC	1:52:07	Southern Radio Cup & Medal
	2nd	Pete Morris	Team ASL360	1:52:31	Medal
	3rd	Mark Emsley	Brighton Excelsior CC	1:55:02	Medal
Highest plus on CTT Target Time	1st	Geoff Smith	Eastbourne Rovers CC	+ 19:13	Medal
	2nd	Mike O'Gorman	Worthing Excelsior CC	+ 18:13	Medal
	3rd	Don Parker	Brighton Mitre CC	+ 17:07	Medal
Fastest Lady	1st	Tamar Vanderhaas	Lewes Wanderers CC	2:14:22	Medal
Fastest Junior	1st	Not Contested			Medal
Fastest Team of 3	1st	Steve Kane	Brighton Excelsior CC	1:52:07	Medal
		Mark Emsley	Brighton Excelsior CC	1:55:02	Medal
		Brian Molloy	Brighton Excelsior CC	1:57:46	Medal
		Total Team Time		5:44:55	Halford Cup

Congratulations to Tamar Vanderhaas who sets a new Sussex Championship Ladies 50 mile record

Congratulations to Brighton Excelsior CC who set a new Sussex Championship Team 50 mile record

Sussex Championship 100 – Sunday 27th July 2014

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

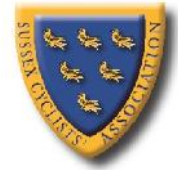
1 to 5 Riders – first only **6 to 10 riders** – first and second only **Over 10 Riders** – first, second and third

Category	Pos	Rider	Club	Time / Plus	Award
Fastest Overall	1st	Steve Kane	Brighton Excelsior CC	3:54:45	Regency Cup & Medal
	2nd	Tom Glandfield	Lewes Wanderers CC	3:56:14	Medal
	3rd	David Shepherd	GS Stella	4:03:38	Medal
Highest plus on CTT Target Time	1st	David Shepherd	GS Stella	+ 31:20	Medal
	2nd	Mike O'Gorman	Worthing Excelsior CC	+ 27:06	Medal
	3rd	Don Parker	Brighton Mitre CC	+ 15:43	Medal
Fastest Lady	1st	Sarah Phelps	Brighton Mitre CC	5:04:32	Medal
Fastest Junior	1st	Not Contested			Medal
Fastest Team of 3	1st	Tom Glandfield	Lewes Wanderers CC	3:56:14	Medal
		Matt Coombs	Lewes Wanderers CC	4:13:31	Medal
		Paul Gibbons	Lewes Wanderers CC	4:22:37	Medal
		Total Team Time		12:32:22	



Sussex Cyclists' Association

2014 Sussex Championships



Sussex Championship 12 Hour – Sunday 7th September 2014

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 – 5 SCA riders all of whom were vets

Category	Pos	Rider	Club	Dist / Plus	Award
Fastest Overall	1st	Paul Gibbons	Lewes Wanderers CC	240.23	HR Stevenson Cup & Medal
	2nd	Not Awarded			Medal
	3rd	Not Awarded			Medal
Highest Plus on VTTA Standard	1st	Peter Baker	Lewes Wanderers CC	+ 39.19	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	1st	Paul Gibbons	Lewes Wanderers CC	240.23	Medal
		Michael Turner	Lewes Wanderers CC	236.53	Medal
		Peter Baker	Lewes Wanderers CC	231.21	Medal
		Total Team Time		707.97	

Sussex Championship Hill Climb – Saturday 4th October 2014

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 – 9 SCA riders of which 6 were vets

Category	Pos	Rider	Club	Time / Plus	Award
Fastest Overall	1st	Steve Kane	Brighton Excelsior CC	4:42.8	Alf Dawes Cup & Medal
	2nd	Tony Reeves	GS Stella	5:04.3	Medal
	3rd	Not Awarded			Medal
Highest plus on CTT Target Time	1st	Mike O'Gorman	Worthing Excelsior CC	+ 0:11.0	Medal
	2nd	Geoff Smith	Eastbourne Rovers CC	+ 0:10.8	Medal
	3rd	Not Awarded			Medal
Fastest Lady	1st	Tamar Vanderhaas	Lewes Wanderers CC	5:35.4	Medal
Fastest Junior	1st	Not Contested			Medal
Fastest Team of 3	1st	Chris Putnam	Worthing Excelsior CC	5:14.8	Medal
		Mike O'Gorman	Worthing Excelsior CC	5:41.0	Medal
		Guy Musgrove	Worthing Excelsior CC	9:29.3	Medal
		Total Team Time		20:25.1	



Sussex Cyclists' Association

2014 Sussex Championship Points Competition



Sussex Championship Points Competition – Introduction

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.

Sussex Championship Points Competition – How it Works

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. **The competition is decided on the highest number of points totalled from the seven 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.

Sussex Championship Points Competition – 2014 Qualifying Events

Date	Event	Dist	Course
Sat 03 May 2014	Sussex CA	10 m	G10/97
Sun 04 May 2014	Sussex CA	25 m	G25/93
Mon 26 May 2014	Sussex CA	30 m	G30/91
Sun 27 Jul 2014	Southern Counties CU	100 m	G100/60
Sun 03 Aug 2014	Sussex CA	50 m	G50/10
Sun 31 Aug 2014	Kent CA	12 hour	Q12
Sat 04 Oct 2014	Sussex CA	1672 yd	GH/92

Sussex Championship Points Competition – Awards

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

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



Sussex Cyclists' Association

2014 Sussex Championship Points Competition



Sussex Championship Points – 2014 Award Winners

Overall	1st	Steve Kane	Brighton Excelsior CC	118 points	Charlie Lednor Trophy & Medal
	2nd	Mark Emsley	Brighton Excelsior CC	63 points	Medal
	3rd	Mike O'Gorman	Worthing Excelsior CC	55 points	Medal

Team	Steve Kane (118) Mark Emsley (63) Brian Malloy (40)	Brighton Excelsior CC	221 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 CC	19	20	19	20	20	-	20	118	6
2	Mark Emsley	Brighton Excelsior CC	16	12	17	-	18	-	-	63	4
3	Mike O'Gorman	Worthing Excelsior CC	10	0	11	11	8	-	15	55	6
4	David Shepherd	GS Stella	17	14	-	18	-	-	-	49	3
5	Brian Molloy	Brighton Excelsior CC	13	11	-	-	16	-	-	40	3
6	Sean Scott	In-Gear Quickvit Trainsharp RT	20	18	-	-	-	-	-	38	2
6	Pete Morris	Team ASL360	-	19	-	-	19	-	-	38	2
6	Samuel Ramsey	Lewes Wanderers CC	8	0	12	8	10	-	-	38	5
9	Graeme Stirzaker	...a3crg	-	-	18	-	17	-	-	35	2
9	Phil Allen	Lewes Wanderers CC	18	17	-	-	-	-	-	35	2
11	Paul Gibbons	Lewes Wanderers CC	-	-	-	14	-	20	-	34	2
11	James Stone	Brighton Excelsior CC	0	0	9	13	12	-	-	34	5
13	Tom Glandfield	Lewes Wanderers CC	-	13	-	19	-	-	-	32	2
14	Darryl Barr	...a3crg	11	6	14	-	-	-	-	31	3
15	Peter Baker	Lewes Wanderers CC	-	-	-	12	-	18	-	30	2
15	Geoff Smith	Eastbourne Rovers CC	0	0	7	3	6	-	14	30	6
17	Michael Turner	Lewes Wanderers CC	-	-	-	5	-	19	-	24	2
18	James Ryan	Lewes Wanderers CC	12	9	-	-	-	-	-	21	2
18	Andy Tedd	...a3crg	0	0	8	-	13	-	-	21	4
20	Conall Yates	In-Gear Quickvit Trainsharp RT	-	-	20	-	-	-	-	20	1
20	Chris Putnam	Worthing Excelsior CC	-	-	-	2	-	-	18	20	2
20	Jon Fry	Horsham Cycling	6	1	13	-	-	-	-	20	3
23	Tony Reeves	GS Stella	-	-	-	-	-	-	19	19	1
23	Tamar Vanderhaas	Lewes Wanderers CC	0	0	-	-	3	-	16	19	4
25	John Marinko	Brighton Mitre CC	-	-	-	9	9	-	-	18	2
25	Ross Stringer	Sussex Nomads CC	0	1	-	-	-	-	17	18	3
25	Robin Johnson	Brighton Mitre CC	0	-	5	-	0	-	13	18	4
28	Matthew Woods	Eastbourne Rovers CC	-	-	-	17	-	-	-	17	1
28	Christopher Boocock	Sussex Nomads CC	-	-	-	0	-	17	-	17	2



Sussex Cyclists' Association

2014 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
30	Matt Coombs	Lewes Wanderers CC	-	-	-	16	-	-	-	16	1
30	Christian Yates	East Grinstead CC	-	16	-	-	-	-	-	16	1
30	Simon Atkinson	Worthing Excelsior CC	-	-	16	-	-	-	-	16	1
33	Michael Davey	Eastbourne Rovers CC	-	-	-	15	-	-	-	15	1
33	John Glaysher	...a3crg	15	-	-	-	-	-	-	15	1
33	Robert Rollings	Lewes Wanderers CC	-	15	-	-	-	-	-	15	1
33	Leon Fielding	...a3crg	-	-	-	-	15	-	-	15	1
33	Trevor Leeding	Worthing Excelsior CC	-	-	15	-	-	-	-	15	1
33	Kevin Bashford	East Grinstead CC	-	-	-	10	5	-	-	15	2
39	Nigel Langridge	Crawley Wheelers	-	-	-	-	14	-	-	14	1
39	Richard Gifford	In-Gear Quickvit Trainsharp RT	14	-	-	-	-	-	-	14	1
39	Yuriy Tymchenko	Sussex Nomads CC	9	5	-	-	-	-	-	14	2
42	Guy Musgrove	Worthing Excelsior CC	-	-	-	-	-	-	12	12	1
43	Joel Garner	...a3crg	-	-	-	-	11	-	-	11	1
44	John Cordner	Eastbourne Rovers CC	-	10	-	-	-	-	-	10	1
44	Stanley Kennett	GS Stella	-	0	10	-	-	-	-	10	2
46	Richard Weatherstone	GS Stella	-	8	-	-	-	-	-	8	1
46	Don Parker	Brighton Mitre CC	-	-	-	4	4	-	-	8	2
46	Mark Jones	GS Stella	4	4	-	-	-	-	-	8	2
46	Paul Thatcher	Brighton Mitre CC	8	0	-	-	-	-	-	8	2
50	Duncan Fuller	Lewes Wanderers CC	-	7	-	-	-	-	-	7	1
50	Malcolm Daly	Hastings & St. Leonards CC	-	-	-	7	-	-	-	7	1
50	Sam Dix	In-Gear Quickvit Trainsharp RT	5	2	-	-	-	-	-	7	2
50	Bryn Reeves	Horsham Cycling	-	-	6	-	1	-	-	7	2
50	Peter Moon	Eastbourne Rovers CC	0	0	-	-	7	-	-	7	3
55	Mark Bernhardt	GS Stella	-	-	-	6	-	-	-	6	1
56	Clive Patterson Lett	Worthing Excelsior CC	-	-	4	-	-	-	-	4	1
57	Carl Trevis	Worthing Excelsior CC	-	3	-	-	-	-	-	3	1
57	Nicole Patterson Lett	Worthing Excelsior CC	-	-	3	-	-	-	-	3	1
57	Drew Hosie	...a3crg	3	0	-	-	-	-	-	3	2
60	Paul Blackmore	East Grinstead CC	2	-	-	-	-	-	-	2	1
60	Bob Harber	Brighton Excelsior CC	-	-	2	-	-	-	-	2	1
60	Alan Lloyd	Lewes Wanderers CC	-	0	-	-	2	-	-	2	2
63	Michael Valks	Lewes Wanderers CC	1	-	-	-	-	-	-	1	1
63	Sarah Phelps	Brighton Mitre CC	0	0	-	1	-	-	-	1	3
Grand Total			211	211	209	210	210	74	144	1269	



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 CC	Steve Kane (118), Mark Emsley (63) & Brian Molloy (40)	221	1
Lewes Wanderers CC	Samuel Ramsey (38), Phil Allen (35) & Paul Gibbons (34)	107	2
Worthing Excelsior CC	Mike O'Gorman (55), Chris Putnam (20) & Simon Atkinson (16)	91	3
...a3crg	Graeme Stirzaker (35), Darryl Barr (31) & Andy Tedd (21)	87	4
Lewes Wanderers CC	Tom Glandfield (32), Peter Baker (30) & Michael Turner (24)	86	5
GS Stella	David Shepherd (49), Tony Reeves (19) & Stanley Kennett (10)	78	6
In-Gear Quickvit Trainsharp RT	Sean Scott (38), Conall Yates (20) & Richard Gifford (14)	72	7
Eastbourne Rovers CC	Geoff Smith (30), Matthew Woods (17) & Michael Davey (15)	62	8
Lewes Wanderers CC	James Ryan (21), Tamar Vanderhaas (19) & Matt Coombs (16)	56	9
Sussex Nomads CC	Ross Stringer (18), Christopher Boocock (17) & Yuriy Tymchenko (14)	49	10
Brighton Mitre CC	John Marinko (18), Robin Johnson (18) & Don Parker (8)	44	11
...a3crg	John Glaysher (15), Leon Fielding (15) & Joel Garner (11)	41	12
East Grinstead CC	Christian Yates (16), Kevin Bashford (15) & Paul Blackmore (2)	33	13
Worthing Excelsior CC	Trevor Leeding (15), Guy Musgrove (12) & Clive Patterson Lett (4)	31	14
Lewes Wanderers CC	Robert Rollings (15), Duncan Fuller (7) & Alan Lloyd (2)	24	15
GS Stella	Richard Weatherstone (8), Mark Jones (8) & Mark Bernhardt (6)	22	16



Sussex Cyclists' Association

2014 Sussex SPOCO Competition



Sussex SPOCO Competition – Introduction

All first claim members of SCA affiliated clubs are automatically included in the Sussex SPOCO. Changes to the Sussex SPOCO were passed at the 2013 AGM to discontinue the veteran on standard competition, expand the handicap competition and amend the overall competition to be decided on your best **three** qualifying rides which must include one short, one middle and one long distance from the list of qualifying events.

Sussex SPOCO Competition – How it Works

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 one short, one middle and one long distance event.**

- 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 eligible for inclusion in the handicap competition which is simply the difference between the maximum available points and the actual number of points achieved.

Sussex SPOCO Competition – Awards

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

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

Please note there is no veteran on standard competition so the existing trophy will be awarded to the rider over 40 with the highest overall score.



Sussex Cyclists' Association

2014 Sussex SPOCO Competition



Sussex SPOCO Competition – 2014 Qualifying Events

Group A	Short Distance under 15 miles	Dist	Course	Finishers
Sat 29 Mar 14	Southern Counties CU	10M	G10/46	81
Sat 19 Apr 14	Brighton Mitre CC	10M	G10/44	36
Sun 25 May 14	Brighton Mitre CC – See note	10M	GS/995	25
Sat 05 Jul 14	Redhill CC	14M	GS/189	36
Sat 23 Aug 14	Sussex CA	10M	G10/45	34

Group B	Middle Distance between 15 & 40 miles	Dist	Course	Finishers
Sun 02 Feb 14	Southdowns Bikes CC	34KM	GS/989	44
Sun 02 Mar 14	Sussex CA (Hardriders)	23M	GS/194	58
Sun 09 Mar 14	East Surrey RC (Hardriders)	29.9M	GS/491	75
Sun 16 Mar 14	East Sussex CA (Hardriders)	15.06M	GS/895	76
Sun 30 Mar 14	Southern Counties CU	25M	G25/44	42
Sun 30 Mar 14	...a3crg	37KM	P875	34
Mon 21 Apr 14	Brighton Mitre CC	25M	GS/999	35
Mon 26 May 14	Sussex CA	30M	G30/91	21
Sun 08 Jun 14	Lewes Wanderers CC	30M	G30/88	45
Mon 25 Aug 14	Sussex CA	25M	G25/49	9

Group C	Long Distance over 40 miles	Dist	Course	Finishers
Fri 18 Apr 14	Crawley Wheelers	41.59M	GS/196	55
Sun 13 Jul 14	East Sussex CA	50M	G50/90	54
Sun 27 Jul 14	Southern Counties CU	100M	G100/60	57
Sun 03 Aug 14	Sussex CA	50M	G50/10	33
Sun 10 Aug 14	East Sussex CA – Cancelled by Road works	100M	G100/86	-

Brighton Mitre event Sunday 25th May 2014

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



Sussex Cyclists' Association

2014 Sussex SPOCO Competition



Sussex SPOCO – 2014 Award Winners

Overall	1st	Steve Kane	Brighton Excelsior CC	358 points	SPOCO Trophy & Medal
	2nd	Mark Emsley	Brighton Excelsior CC	352 points	Medal
	3rd	Graeme Stirzaker	...a3crg	351 points	Veteran SPOCO Trophy Medal
Team	Steve Kane (358) Mark Emsley (352) Brian Malloy (343)		Brighton Excelsior CC	1,053 points	Medals
Woman	1st	Lizzy Brama	Brighton Mitre CC	272 points	Medal
Junior	1st	Not Contested		-	Medal
Handicap	1st	Andy Tedd	...a3crg	396 points	Medal
	2nd	Robin Johnson	Brighton Mitre CC	370 points	Medal
	3rd	Geoff Smith	Eastbourne Rovers CC	365 points	Medal

Sussex SPOCO – Final Overall Individual Competition

Rider	Club	Best Short	Best Med	Best Long	Total Points	Rank
Steve Kane	Brighton Excelsior CC	119	119	120	358	1
Mark Emsley	Brighton Excelsior CC	117	117	118	352	2
Graeme Stirzaker	...a3crg	117	118	116	351	3
David Shepherd	GS Stella	113	116	117	346	4
Iain Brogden	Eastbourne Rovers CC	118	112	114	344	5
Brian Molloy	Brighton Excelsior CC	118	110	115	343	6
Brindley Taylor	Crawley Wheelers	116	113	113	342	7
Mark Smith	Crawley Wheelers	114	110	111	335	8
Andy Tedd	...a3crg	113	106	111	330	9
James Ryan	Lewes Wanderers CC	113	104	107	324	10
Geoff Smith	Eastbourne Rovers CC	105	115	102	322	11
Mike O'Gorman	Worthing Excelsior CC	105	111	104	320	12
James Stone	Brighton Excelsior CC	99	107	110	316	13
Jon Fry	Horsham Cycling	107	113	93	313	14
Robin Johnson	Brighton Mitre CC	98	113	89	300	15
Bryn Reeves	Horsham Cycling	99	104	95	298	16
Lizzy Brama	Brighton Mitre CC	96	83	93	272	17
Clive Patterson Lett	Worthing Excelsior CC	77	102	73	252	18
Sarah Phelps	Brighton Mitre CC	96	82	72	250	19
Katerina Avramides	Brighton Mitre CC	96	79	70	245	20
Elin Williamson	Brighton Mitre CC	95	80	68	243	21

All those who qualified will be eligible for inclusion in the 2015 handicap competition which is simply the difference between the maximum available points and the actual number of points achieved.



Sussex Cyclists' Association

2014 Sussex SPOCO Competition



Sussex SPOCO – Final Overall Team Competition

Club	Team of Three Riders	Total Points	Rank
Brighton Excelsior CC	Steve Kane (358), Mark Emsley (352) & Brian Molloy (343)	1053	1
Brighton Mitre CC	Robin Johnson (300), Lizzy Brama (272) & Sarah Phelps (250)	822	2

Sussex SPOCO – Final Ladies Individual Competition

Rider	Club	Best Short	Best Med	Best Long	Total Points	Rank
Lizzy Brama	Brighton Mitre CC	96	83	93	272	1
Sarah Phelps	Brighton Mitre CC	96	82	72	250	2
Katerina Avramides	Brighton Mitre CC	96	79	70	245	3
Elin Williamson	Brighton Mitre CC	95	80	68	243	4

Sussex SPOCO – Final Handicap Competition

All those who qualified in 2013 were eligible for inclusion in the handicap competition for 2014.

Rider	Club	Best Short	Best Med	Best Long	Total Points	Rank
Andy Tedd	...a3crg	124	121	151	396	1
Robin Johnson	Brighton Mitre CC	112	134	124	370	2
Geoff Smith	Eastbourne Rovers CC	114	129	122	365	3
Bryn Reeves	Horsham Cycling	118	122	124	364	4
Iain Brogden	Eastbourne Rovers CC	131	114	118	363	5
Steve Kane	Brighton Excelsior CC	120	119	120	359	6
Mike O'Gorman	Worthing Excelsior CC	114	118	121	353	7
Jon Fry	Horsham Cycling	114	118	101	333	8



Sussex Cyclists' Association

Sussex Championship Records as at 31st December 2014



Men – Bicycle

10 miles	Jon Sharples	Eastbourne Rovers CC	20:06	2000
25 miles	Michael Hutchinson	In-Gear Quickvit Trainsharp RT	49:31	2013
30 miles	Conall Yates	In-Gear Quickvit Trainsharp RT	1:05:37	2014
50 miles	Steve Dennis	East Grinstead CC	1:48:56	2012
100 miles	Rob Pelham	Lewes Wanderers CC	3:52:40	2010
12 hour	David Shepherd	Rother Valley CC	272.954 miles	2001

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

10 miles	Mike O'Gorman	Worthing Excelsior CC	+ 05:52	2014
25 miles	Mike O'Gorman	Worthing Excelsior CC	+ 12:31	2014
30 miles	Mike O'Gorman	Worthing Excelsior CC	+ 12:58	2014
50 miles	Geoff Smith	Eastbourne Rovers CC	+ 19:13	2014
100 miles	David Shepherd	GS Stella	+ 31:20	2014

Veterans on 2012 revised VTTA Standard – Bicycle

12 hour	Geoff Smith	Eastbourne Rovers CC	+ 50.528 miles	2012
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Women – Bicycle

10 miles	Natacha Maes	In-Gear Quickvit RT	21:57	2000
25 miles	Ruth Elliott	Lewes Wanderers CC	1:02:38	2005
30 miles	Gina McGeever	Brighton Mitre CC	1:22:11	2013
50 miles	Tamar Vanderhaas	Lewes Wanderers CC	2:14:22	2014
100 miles	Juliette Clarke	In-Gear Quickvit RT	4.36.10	2009
12 hour	Marina Bloom	Crawley Wheelers	247.826 miles	2001

Juniors – Bicycle

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

Juveniles – Bicycle

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

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



Sussex Cyclists' Association

Sussex Championship Records as at 31st December 2014



Bicycle Team

10 miles	Eastbourne Rovers CC	Jon Sharples, Nick Leach & Lloyd Grayston	1:02:03	2000
25 miles	In-Gear Quickvit RT	Michael Hutchinson, Peter Tadros & Christian Yates	2:38:55	2007
30 miles	Brighton Excelsior CC	Steve Kane, Mark Emsley & James Stone	3:32:10	2013
50 miles	Brighton Excelsior CC	Steve Kane, Mark Emsley & Brian Malloy	5:44:55	2014
100 miles	GS Stella	Mike Marchant, Mark Jones & Richard Keevil	11:56:05	1994
12 hour	GS Stella	David Shepherd, Tony Reeves & Andy Payne	753.106 miles	2010

Team Championship

25 miles	In-Gear Quickvit RT	Michael Hutchinson, Peter Tadros, Christian Yates & Jon Sharples	3:34:29	2007
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Times/Distances for Sussex Competition Records must be recorded in Sussex Championship Events

Archived Sussex Championship Solo Records

Frozen 31st December 2013 Veterans on 2012 revised VTTA Standard – Bicycle

10 miles	Nick Dwyer	Lewes Wanderers CC	+ 5:59	2013
25 miles	Nick Dwyer	Lewes Wanderers CC	+ 13:44	2013
30 miles	Steve Dennis	East Grinstead CC	+ 15:28	2013
50 miles	Steve Dennis	East Grinstead CC	+ 30:05	2012
100 miles	Nigel Langridge	Crawley Wheelers	+ 39:24	2012

Frozen 31st December 2011 Veterans on original VTTA Standard – Bicycle

10 miles	Harry Featherstone	Eastbourne Rovers CC	+ 9:14	2009
25 miles	Harry Featherstone	Eastbourne Rovers CC	+ 20:25	2008
50 miles	Mel Roberton	Worthing Excelsior CC	+ 39:55	2011
100 miles	Don Lock	Worthing Excelsior CC	+ 1:32.37	2004
12 hour	David Shepherd	GS Stella	+ 57.729 miles	2010

Changes to the Sussex Championships were passed at the 2013 AGM for the veteran awards to be decided on the highest plus against CTT Target Times.



Sussex Cyclists' Association

Sussex BAR Records as at 31st December 2014



Changes to the Sussex Bar Competitions were passed at the 2013 AGM to be based on any Sussex CA or Sussex Championship event with the veteran competition decided on the aggregate plus against CTT Target Times form the best performance at each distance.

Sussex Long Distance BAR

Overall	Steve Kane	Brighton Excelsior CC	26.733 mph	2014
Team	No qualifiers			-
Veteran	Mike O'Gorman	Worthing Excelsior CC	Plus 0:57:50	2014
Veteran Team	No qualifiers			-
Woman	Tamar Vanderhaas	Lewes Wanderers CC	23.143 mph	2014
Junior	Arthur Venables	...a3crg	24.401 mph	2014

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

Sussex Middle Distance BAR

Overall	Steve Kane	Brighton Excelsior CC	27.508 mph	2014
Team	Steve Kane (27.508) Mark Emslye (26.454) Brian Malloy (26.016)	Brighton Excelsior CC	26.660 mph	2014
Veteran	Mike O'Gorman	Worthing Excelsior CC	Plus 0:36:36	2014
Veteran Team	No qualifiers			-

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

Sussex Short Distance BAR

Overall	Steve Kane	Brighton Excelsior CC	27.707 mph	2014
Team	Steve Kane (27.707) Mark Emslye (26.224) James Stone (23.875)	Brighton Excelsior CC	25.935 mph	2014
Veteran	Mike O'Gorman	Worthing Excelsior CC	Plus 0:31:21	2014
Veteran Team	No qualifiers			-

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



Sussex Cyclists' Association

Sussex BAR Records as at 31st December 2014



Archived Sussex Best All Rounder Records

Frozen 31st December 2005 Sussex Long Distance BAR (over 50m, 100m and 12hr)

Long distance	Mike Marchant	GS Stella	1994	23.847 mph
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Frozen 31st December 2013 Overall

Long distance	Steve Kane	Brighton Excelsior CC	2013	27.34 mph
Middle distance	Sebastian Ader	...a3crg	2013	29.57 mph
Short distance	Sebastian Ader	...a3crg	2013	29.64 mph

Frozen 31st December 2013 Veterans on 2012 revised VTTA Standard

Long distance	Matthew Woods	Eastbourne Rovers CC	2013	+ 1:24:06
Middle distance	Sebastian Ader	...a3crg	2013	+ 1:14:03
Short distance	Sebastian Ader	...a3crg	2013	+ 1:03:31

Frozen 31st December 2013 Veterans on Original VTTA Standard

Long distance	Harry Featherstone	Eastbourne Rovers CC	2003	+ 2:41:05
Middle distance	Harry Featherstone	Eastbourne Rovers CC	2007	+ 1:51:19
Short distance	Harry Featherstone	Eastbourne Rovers CC	2007	+ 1:34:33

Frozen 31st December 2013 Woman

Long distance	Angela Nainby	East Grinstead CC	2002	23.666 mph
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Frozen 31st December 2013 Junior

Long distance	Dan Gardner	Lewes Wanderers CC	2012	25.560 mph
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From 1st January 2006 to 31st December 2013 the Sussex BAR were based on the following distances

Sussex Long Distance BAR	Overall	1 x 25 miles, 1 x 50 miles, 1 x 100 miles
	Veteran	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
Sussex Middle Distance BAR	Overall	2 x 10 miles, 2 x 25 miles, 1 x 50 miles
	Veteran	2 x 10 miles, 2 x 25 miles, 1 x 50 miles
Sussex Short Distance BAR	Overall	3 x 10 miles, 3 x 25 miles
	Veteran	3 x 10 miles, 3 x 25 miles