



East Sussex Cycling Association

2016 President Robert Downham – Worthing Excelsior CC



ESCA 25m Time Trial – Sunday 24th April 2016 – G25/89

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Result Sheet

Event Secretary

Chris Parker (Hastings & St Leonards CC)

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Timekeepers

Richard Meed (Lewes Wanderers CC)

Mike Labram (Crawley Wheelers)

Prize Winners

Category	Pos	Rider	Club	Time	Prize
Fastest Overall	1st	Conall Yates	In-Gear Quickvit Trainsharp RT	0:53:51	£ 30.00
	2nd	Marc Townsend	Neon Velo	0:54:11	£ 25.00
	3rd	Nick Dwyer	Lewes Wanderers CC	0:55:06	£ 20.00
	4th	Robert Rollings	Lewes Wanderers CC	0:55:28	£ 15.00
	5th	Nick Malins	4T + Velo Club	0:55:39	£ 12.00
	6th	Paul Burton	Epsom CC	0:55:43	£ 10.00
Fastest Lady	1st	Sophie Coleman	Sussex Revolution VC	1:00:18	£ 15.00
	2nd	Laura Bartlett	...a3crg	1:02:18	£ 12.00
	3rd	Julia Hawksworth	Southborough & Dist. Whs	1:04:10	£ 10.00
Fastest Juv/Jun	1st	Jamie Bedwell	Lewes Wanderers CC	1:03:46	£ 10.00
Fastest in each age category not winning another individual prize					
Aged under 35	(29)	Peter Pav Bryan	Rye & District Wheelers CC	0:56:30	£ 10.00
Aged 35 – 39	(38)	Michael Davey	Eastbourne Rovers CC	0:57:51	£ 10.00
Aged 40 – 44	(43)	Tom Glandfield	Lewes Wanderers CC	0:56:31	£ 10.00
Aged 45 – 49	(47)	Iain Brogden	Eastbourne Rovers CC	0:56:39	£ 10.00
Aged 50 – 54	(51)	Carl Richardson	In-Gear Quickvit Trainsharp RT	0:57:37	£ 10.00
Aged 55 – 59	(58)	David Pollard	In-Gear Quickvit Trainsharp RT	0:58:26	£ 10.00
Aged 60 – 64	(64)	Mike O'Gorman	Worthing Excelsior CC	1:01:37	£ 10.00
Aged 65 or over	(65)	Geoff Smith	Eastbourne Rovers CC	1:02:34	£ 10.00
Fastest Team of 3		Nick Dwyer	Lewes Wanderers CC	0:55:06	£ 10.00
		Robert Rollings	Lewes Wanderers CC	0:55:28	£ 10.00
	1st	Tom Glandfield	Lewes Wanderers CC	0:56:31	£ 10.00
		Total Team Time		2:47:05	
		Conall Yates	In-Gear Quickvit Trainsharp RT	0:53:51	£ 8.00
		Carl Richardson	In-Gear Quickvit Trainsharp RT	0:57:37	£ 8.00
	2nd	David Pollard	In-Gear Quickvit Trainsharp RT	0:58:26	£ 8.00
		Total Team Time	2:49:54		

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Overall Result Sheet

Pos	Race No	Rider	Club	Cat	Age	Time	Plus on Std	Pos on Std
1	90	Conall Yates	In-Gear Quickvit Trainsharp RT	S	35	0:53:51	-	-
2	100	Marc Townsend	Neon Velo	S	35	0:54:11	-	-
3	120	Nick Dwyer	Lewes Wanderers CC	V	52	0:55:06	+ 13:20	1
4	71	Robert Rollings	Lewes Wanderers CC	S	29	0:55:28	-	-
5	95	Nick Malins	4T + Velo Club	V	47	0:55:39	+ 11:47	2
6	85	Paul Burton	Epsom CC	S	34	0:55:43	-	-
7	55	Peter Pav Bryan	Rye & District Wheelers CC	S	29	0:56:30	-	-
8	60	Tom Glandfield	Lewes Wanderers CC	V	43	0:56:31	+ 10:08	7
9	30	Iain Brogden	Eastbourne Rovers CC	V	47	0:56:39	+ 10:47	4
10	25	Howard Shaw	Eastbourne Rovers CC	S	30	0:56:51	-	-
11	80	Steve Williamson	...a3crg	V	44	0:57:23	+ 09:28	10
12	111	Carl Richardson	In-Gear Quickvit Trainsharp RT	V	51	0:57:37	+ 10:37	5
13	105	Michael Davey	Eastbourne Rovers CC	S	38	0:57:51	-	-
14	67	Neil Couchman	Southborough & Dist. Whs	S	38	0:58:14	-	-
15	45	Rob Pelham	Lewes Wanderers CC	S	39	0:58:15	-	-
16	40	David Pollard	In-Gear Quickvit Trainsharp RT	V	58	0:58:26	+ 11:23	3
17	51	James Ryan	Team ASL360	S	39	0:58:51	-	-
18	61	Dominic Lowden	Lewes Wanderers CC	V	58	0:59:18	+ 10:31	6
19	109	David Clark	Eastbourne Rovers CC	V	47	0:59:28	+ 07:58	12
20	72	Damen Foord	Rye & District Wheelers CC	S	32	0:59:40	-	-
21	118	John Tindell	Brighton Phoenix Triathlon Club	S	29	0:59:54	-	-
22	76	Mark Frost	Lewes Wanderers CC	V	48	1:00:00	+ 07:38	13
23	88	Sophie Coleman	Sussex Revolution VC	WS	25	1:00:18	-	-
24	96	Trevor Leeding	Worthing Excelsior CC	V	50	1:00:27	+ 07:35	14
25	24	John-Paul Brophy	Eastbourne Rovers CC	V	41	1:00:29	+ 05:44	25
26	47	Charles Pennington	Royal Navy Royal Marines CA	S	37	1:00:40	-	-
27	62	Sam Dix	In-Gear Quickvit Trainsharp RT	V	44	1:01:01	+ 05:50	24
28	31	Matt Coombs	Lewes Wanderers CC	V	45	1:01:04	+ 05:59	22
29	82	Samuel Ramsey	Lewes Wanderers CC	V	52	1:01:21	+ 07:05	17
30 =	32	Martin Booker	Worthing Excelsior CC	V	47	1:01:35	+ 05:51	23
30 =	36	Neil McInerney	7 Oaks Triathlon Club	V	49	1:01:35	+ 06:15	20
32	91	Mike O'Gorman	Worthing Excelsior CC	V	64	1:01:37	+ 09:59	8
33	46	Keith Walker	Wigmore CC	V	51	1:01:38	+ 06:36	19
34	19	Mark Edwards	Eastbourne Rovers CC	V	41	1:01:45	+ 04:28	29
35	83	Sam Winter	Eastbourne Rovers CC	S	29	1:01:46	-	-
36	106	Duncan Fuller	Lewes Wanderers CC	V	41	1:02:04	+ 04:09	32
37	75	Peter Hooper	Eastbourne Rovers CC	S	31	1:02:09	-	-
38	84	Laura Bartlett	...a3crg	WS	33	1:02:18	-	-
39	87	Ben Houston	East Grinstead CC	S	39	1:02:19	-	-
40 =	21	David Bagge	Southborough & Dist. Whs	V	49	1:02:28	+ 05:22	27
40 =	77	Colin Barton	Worthing Excelsior CC	V	55	1:02:28	+ 06:37	18
42	94	Brett Davis	Lewes Wanderers CC	V	43	1:02:29	+ 04:10	31
43	22	Colin Harris	Lewes Wanderers CC	V	59	1:02:32	+ 07:32	15
44	57	Geoff Smith	Eastbourne Rovers CC	V	65	1:02:34	+ 09:24	11
45	27	Matthew Evans	Southborough & Dist. Whs	V	54	1:02:50	+ 06:02	21
46	35	Ian Bashford	Old Portlians CC	V	60	1:03:07	+ 07:14	16
47	26	Steve Thurgood	Sydenham Wheelers	V	40	1:03:38	+ 02:22	41
48	53	Paul Cloudsdale	Bigfoot CC	V	43	1:03:44	+ 02:55	38
49 =	68	Jamie Bedwell	Lewes Wanderers CC	Jn	18TY	1:03:46	-	-
49 =	102	Colin Toppin	Brighton Excelsior CC	V	43	1:03:46	+ 02:53	39
51	48	Aidan McConville	Lewes Wanderers CC	S	37	1:03:49	-	-
52	97	Michael Turner	Lewes Wanderers CC	V	48	1:04:08	+ 03:30	36
53	103	Julia Hawksworth	Southborough & Dist. Whs	WV	52	1:04:10	+ 09:45	9

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Pos	Race No	Rider	Club	Cat	Age	Time	Plus on Std	Pos on Std
54	101	Philippa Jenkins	Southborough & Dist. Whs	WS	28	1:04:24	-	-
55	108	David Earl	Hastings & St. Leonards CC	V	48	1:04:25	+ 03:13	37
56	113	Mark Amon	Rye & District Wheelers CC	V	51	1:04:41	+ 03:33	34
57	42	Peter Moon	Eastbourne Rovers CC	V	55	1:04:43	+ 04:22	30
58	20	David Twin	Sydenham Wheelers	V	52	1:04:55	+ 03:31	35
59	56	Conor Clancy	Brighton Excelsior CC	S	25	1:04:59	-	-
60	114	Glen Whittington	Southborough & Dist. Whs	S	32	1:05:25	-	-
61	54	Ivan Johnson	Hastings & St. Leonards CC	V	51	1:05:40	+ 02:34	40
62	92	Katie Crowe	Dulwich Paragon CC	WS	39	1:05:43	-	-
63	78	Tamar Vanderhaas	Lewes Wanderers CC	WV	40	1:05:48	+ 05:26	26
64	66	Peter Baker	Lewes Wanderers CC	V	58	1:05:58	+ 03:51	33
65	58	Adam Rogers	Eastbourne Rovers CC	V	41	1:06:15	- 00:02	48
66	52	Doug Bentall	Southborough & Dist. Whs	V	50	1:06:26	+ 01:36	42
67	99	Fabien Large	Hastings & St. Leonards CC	Jv	14	1:07:57	-	-
68	43	Bruce McIntyre	Hastings & St. Leonards CC	V	43	1:08:24	- 01:45	51
69 =	33	Tim Whitehead	Bec CC	S	28	1:08:28	-	-
69 =	98	Katerina Avramides	Brighton Mitre CC	WS	35	1:08:28	-	-
71	34	John Mankelow	Lewes Wanderers CC	V	68	1:08:31	+ 04:39	28
72	17	Martin Yardley	Southborough & Dist. Whs	V	50	1:09:06	- 01:04	50
73	104	Stephen Gaston	Lewes Wanderers CC	V	51	1:09:12	- 00:58	49
74	69	Lisa Davis	Lewes Wanderers CC	WV	41	1:10:29	+ 00:59	46
75	89	Clare Parkholm	Lewes Wanderers CC	WV	45	1:10:53	+ 01:30	43
76	23	Colin Jarman	Southborough & Dist. Whs	V	67	1:12:14	+ 00:30	47
77	59	David Beale	Lewes Wanderers CC	V	70	1:12:45	+ 01:21	45
78	39	Paul Valks	Lewes Wanderers CC	V	72	1:13:42	+ 01:27	44
79	28	John Allen	VO2 Maximum RT	V	50	1:15:56	- 07:54	55
80	79	Alison Brockhurst	Lewes Wanderers CC	WV	43	1:16:06	- 04:10	52
81	49	Chris Parker	Hastings & St. Leonards CC	V	60	1:16:32	- 06:11	54
82	16	Simon Yates	Lewes Wanderers CC	V	64	1:16:41	- 05:05	53
-	18	Adrian Hills	Lewes Wanderers CC	V	52	DNF	-	-
-	37	David Clements	Eastbourne Rovers CC	V	44	DNF	-	-
-	110	Dan Sadler	RT 316	S	39	DNF	-	-
-	117	Michael Onions	Brighton Triathlon Club	S	39	DNF	-	-
-	29	Tim Miles	Hastings & St. Leonards CC	V	69	DNS (A)	-	-
-	38	Andrew Drake	East Grinstead CC	S	33	DNS (A)	-	-
-	41	Peter Lloyd	Epsom CC	S	38	DNS (A)	-	-
-	50	Matthew Woods	Eastbourne Rovers CC	V	44	DNS (A)	-	-
-	63	Russell Hicks	Oxted Cycle Club	V	62	DNS (A)	-	-
-	64	Paula George	VO2 Maximum RT	WV	51	DNS (A)	-	-
-	65	George Welfare	Eastbourne Rovers CC	S	30	DNS (A)	-	-
-	70	Mark Perry	Look Mum No Hands!	S	39	DNS (A)	-	-
-	73	Dave Brown	Lewes Wanderers CC	V	48	DNS (A)	-	-
-	74	Gina McGeever	Lewes Wanderers CC	WV	44	DNS (A)	-	-
-	81	Christopher Wolton	Southborough & Dist. Whs	S	31	DNS (A)	-	-
-	86	Rick Hughes	Worthing Excelsior CC	V	53	DNS (A)	-	-
-	93	Ade Fadero	Sussex Nomads CC	V	54	DNS (A)	-	-
-	107	Michael Valks	Lewes Wanderers CC	V	45	DNS (A)	-	-
-	112	Stuart Davis	Eastbourne Rovers CC	V	45	DNS (A)	-	-
-	115	Paul Callinan	London Dynamo	V	45	DNS (A)	-	-
-	116	Jimmy George	VO2 Maximum RT	S	34	DNS (A)	-	-
-	119	Paul Holdaway	Hastings & St. Leonards CC	S	35	DNS (A)	-	-

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Notes & acknowledgements

Congratulations to all the prize winners and many thanks to all that took part in the event either by riding or helping, especially the following:

Time Keepers Richard Meed and Mike Labram

Recording Malcolm Daly

Pushing Off Stuart Crabb

Signage Stuart Crabb

Marshals Simon Grogan, Steve Curtis and Paul Butler at the Boship roundabout, Terry Sowa and Peter Brehmer at Little Horsted roundabout and Romana Miles and Tim Miles at Black Down roundabout.

Refreshments Pippa Parker

Results Ann Human

2016 points competition – ESCA points awarded for this event

Individual	Club	Points	Club	Points
Conall Yates	In-Gear Quickvit Trainsharp RT	30	Lewes Wanderers CC	153
Nick Dwyer	Lewes Wanderers CC	29	Eastbourne Rovers CC	109
Robert Rollings	Lewes Wanderers CC	28	In-Gear Quickvit Trainsharp RT	82
Peter Pav Bryan	Rye & District Wheelers CC	27	Rye & District Wheelers CC	42
Tom Glandfield	Lewes Wanderers CC	26	Worthing Excelsior CC	25
Iain Brogden	Eastbourne Rovers CC	25	Southborough & Dist. Whs	21
Howard Shaw	Eastbourne Rovers CC	24	Team ASL360	18
Carl Richardson	In-Gear Quickvit Trainsharp RT	23	Brighton Phoenix Triathlon Club	14
Michael Davey	Eastbourne Rovers CC	22	East Grinstead CC	1
Neil Couchman	Southborough & Dist. Whs	21	Brighton Excelsior CC	0
Rob Pelham	Lewes Wanderers CC	20	Brighton Mitre CC	0
David Pollard	In-Gear Quickvit Trainsharp RT	19	Central Sussex CC	0
James Ryan	Team ASL360	18	Crawley Wheelers	0
Dominic Lowden	Lewes Wanderers CC	17	East Grinstead Tri Club	0
David Clark	Eastbourne Rovers CC	16	Evans Cycles Race Team	0
Damen Foord	Rye & District Wheelers CC	15	GS Stella	0
John Tindell	Brighton Phoenix Triathlon Club	14	Hastings & St. Leonards CC	0
Mark Frost	Lewes Wanderers CC	13	Horsham Cycling	0
Trevor Leeding	Worthing Excelsior CC	12	Redhill CC	0
John-Paul Brophy	Eastbourne Rovers CC	11	Sussex Nomads CC	0
Sam Dix	In-Gear Quickvit Trainsharp RT	10	VTTA (Surrey & Sussex)	0
Matt Coombs	Lewes Wanderers CC	9	Wealden Cycle Club	0
Samuel Ramsey	Lewes Wanderers CC	8		
Martin Booker	Worthing Excelsior CC	7		
Mike O'Gorman	Worthing Excelsior CC	6		
Mark Edwards	Eastbourne Rovers CC	5		
Sam Winter	Eastbourne Rovers CC	4		
Duncan Fuller	Lewes Wanderers CC	3		
Peter Hooper	Eastbourne Rovers CC	2		
Ben Houston	East Grinstead CC	1		

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This is a qualifying event for

ESCA Points Competition 30 points for 1st place down to 1 point for 30th place for riders from an ESCA affiliated club. The individual points earned by each rider are totalled and awarded to their respective club.

ESCA Trophies Counts towards the fastest junior, fastest lady, fastest rider under 60 minutes and the fastest team of three from an ESCA affiliated club over 25 miles – the best performance at either this, or the **September 25**, will be eligible for these awards at the annual prize presentation.

ESCA BAR Qualifying event for all the Best All Rounder competitions.

Don't forget forthcoming ESCA events

Date	Distance	Course	HQ/Area	Entry	Promoter	Contact Details
Including VTTA Surrey/Sussex 50 mile Championship						
Sunday 19 Jun 2016 06:00	50m BBAR	G50/90	East Hoathly Sports Centre	£8.00	Sam Dix 11 Woodlands Close, Uckfield, East Sussex TN22 1TS	Tel: 07841 197342
Including VTTA Surrey/Sussex 100 mile Championship						
Sunday 10 Jul 2016 06:00	100m BBAR	G100/861	Upper Dicker Village Hall	£10.00	Bob Harber 51 Church Lane, Upper Beeding, Steyning, West Sussex BN44 3HP	Tel: 01903 879598
Saturday 10 Sep 2016 07:00	10m	G10/87	East Hoathly Sports Centre	£8.00	Peter Moon 73 Wannock Lane, Eastbourne, East Sussex BN20 9SG	Tel: 01323 485180
Sunday 11 Sep 2016 07:00	25m BBAR	G25/89	Fairwarp Village Hall	£8.00	Richard Blackmore Ladymead, Snowhill, Crawley Down, West Sussex RH10 3EE	Tel: 01342 713272
Saturday 15 Oct 2016 10:00	1433yd Hill Climb	GH/84	Firle Bostal	£6.00	Mark Winton 6 Ashmore Close, Peacehaven, East Sussex BN10 8AQ	Tel: 01273 584973

All events are Open events with age category awards for riders over 40
Internet entry is also available for all events via the CTT Website

Keep up to date with what's going on with time trialling in Sussex ...

There are a range of competitions run by local Associations so, if your club is affiliated, and you're riding ESCA or SCA events, the chances are you'll automatically be included in a competition that you might not necessarily be aware of! Why not take a moment to familiarise yourself with what's on offer for individual riders and their affiliated clubs to add a bit of interest and friendly rivalry between riders and clubs. Regular competition updates, and a whole lot more, are posted throughout the season on the Association websites and Facebook groups

East Sussex CA Website www.eastsussexca.org.uk/
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