

# **Sussex Cyclists' Association**

## **2019 Events and Competitions**



### **Award Winners**

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## AWARDS

Rider	Club	Award	Record	Trophy	Medal	
Alice Gilmore	Brighton Mitre CC	Hill Climb - Fastest Woman	06:47.1		Medal	
		Hill Climb - Fastest Team of 3	17:53.2		Medal	
Chris Lord	Brighton Excelsior CC	25 miles - Vet on CTT Target	+16:24	<b>RECORD</b>	Horry Hemsley Cup	Medal
		15 miles - Vet on CTT Target	+11:17	<b>RECORD</b>		Medal
		50 miles - Vet on CTT Target	+31:19	<b>RECORD</b>		Medal
		50 miles - Fastest Team of 3	6:02:04		Halford Cup	Medal
Conall Yates	trainSharp	15 miles - Fastest Team of 3	1:38:39	<b>RECORD</b>	Medal	
Donald Parker	Brighton Mitre CC	Joint Winner SPOCO Handicap	373 pts		Handicap Cup	Medal
Gary Brind	South Downs Bikes / Casco Pet	10 miles - Fastest Team of 3	1:03:52		Dave Henty Cup	Medal
Howard Bayley	Blazing Saddles	30 miles - Fastest Overall	1:04:34		30 Cup	Medal
		50 miles - Fastest Overall	1:52:01		Southern Radio Cup	Medal
		Winner BAR Medium (10-25-50)	27.435		Fairy Dyes Cup	Medal
		Winner BAR Short (10-25-30)	27.800		Short BAR Cup	Medal
		2nd Points Competition	199 pts			Medal
		2nd SPOCO Competition	359 pts			Medal
		3rd SPOCO Handicap	364 pts			Medal
		2nd Veteran BAR Medium (10-25-50)	+30:48			Medal
3rd Veteran BAR Short (10-25-30)	+26:41			Medal		
Howard Shaw	trainSharp	100 miles - Fastest Team of 3	12:27:42		Medal	
		3rd SPOCO Competition	359 pts		Medal	
Huw Williams	Worthing Excelsior CC	30 miles - Fastest Team of 3	3:33:15		Medal	
James Gilmore	Brighton Mitre CC	Hill Climb - Fastest Junior	04:58.1		Medal	
		Hill Climb - Fastest Juvenile	04:58.1		Medal	
		Hill Climb - Fastest Team of 3	17:53.2		Medal	

Rider	Club	Award	Record	Trophy	Medal
James Stone	Brighton Excelsior CC	Winner Team BAR Medium (10-25-50)	25.133		Medal
		Winner Vets Team BAR Medium (10-25-50)	+1:09:10		Medal
Jez Parsons	Brighton Excelsior CC	50 miles - Fastest Team of 3	6:02:04	Halford Cup	Medal
		Winner Team BAR Medium (10-25-50)	25.133		Medal
		Winner Vets Team BAR Medium (10-25-50)	+1:09:10		Medal
John Cordner	trainSharp	100 miles - Fastest Team of 3	12:27:42		Medal
John Marinko	Brighton Mitre CC	Hill Climb - Fastest Team of 3	17:53.2		Medal
		3rd BAR Medium (10-25-50)	24.686		Medal
John McGrath	Worthing Excelsior CC	30 miles - Fastest Team of 3	3:33:15		Medal
Karen McGrath	Worthing Excelsior CC	15 miles - Fastest Woman	40:04		Medal
		30 miles - Fastest Woman	1:21:11		Medal
Katerina Avramides	Brighton Mitre CC	Winner Womens SPOCO Competition	330 pts		Medal
Kevin Plummer	South Downs Bikes / Casco Pet	Winner Veteran BAR Short (10-25-30)	+31:29	Vets Short BAR Cup	Medal
		25 miles - Fastest Team of 3	2:47:18	Lee Memorial Shield	Medal
		Winner Team Points Competition	404 pts		Medal
		3rd BAR Short (10-25-30)	25.561		Medal
Lisa Davis	trainSharp	Winner BAR Long (25-50-100)	23.093	Patching Cup	Medal
		Winner Womens Points Competition	59 pts	Womens Points Trophy	Medal
		Winner Womens BAR Long (10-25-50)	23.895	West Sussex RC Plate	Medal
		25 miles - Fastest Woman	1:02:25		Medal
		50 miles - Fastest Woman	2:09:53	<b>RECORD</b>	Medal
		100 miles - Fastest Woman	4:30:53	<b>RECORD</b>	Medal
		Winner Veteran BAR Long (25-50-100)	+14:24		Medal

Rider	Club	Award	Record	Trophy	Medal
Mark Smith	Crawley Wheelers	10 miles - Fastest Overall	20:12	10 Shield	Medal
		25 miles - Fastest Overall	51:41	Boniface Cup	Medal
		Winner Team SPOCO Competition	358 pts		Medal
Mike O'Gorman	Worthing Excelsior CC	Winner Veteran BAR Medium (10-25-50)	+36:05	Glazebrook Cup	Medal
Nathan Russell	trainSharp	100 miles - Fastest Team of 3	12:27:42		Medal
Nick Dwyer	Lewes Wanderers CC	10 miles - Vet on CTT Target	+06:48		Medal
Nik Allen	Worthing Excelsior CC	15 miles - Fastest Overall	32:14	15 Cup	Medal
		30 miles - Fastest Team of 3	3:33:15		Medal
		2nd BAR Short (10-25-30)	27.317		Medal
		2nd Veteran BAR Short (10-25-30)	+28:01		Medal
Peter Tadros	trainSharp	15 miles - Fastest Team of 3	1:38:39	<b>RECORD</b>	Medal
Richard Cartland	South Downs Bikes / Casco Pet	Hill Climb - Fastest Overall	04:27.6	Alf Dawes Cup	Medal
		Hill Climb - Vet on CTT Target	+0:34.4		Medal
Rupert Robinson	Crawley Wheelers	12 Hours - Winner	279.221	<b>RECORD</b>	HR Stevenson Cup
		100 miles - Vet on CTT Target	+22:34		Medal
		12 Hours - Vet on CTT Target	+72.471	<b>RECORD</b>	Medal
		Joint Winner SPOCO Handicap	373 pts		Medal
		Winner Team SPOCO Competition	353 pts		Medal
Sally Turner	trainSharp	10 miles - Fastest Woman	23:58		Medal

Rider	Club	Award	Record	Trophy	Medal	
Simon McNamara	South Downs Bikes / Casco Pet	10 miles - Fastest Team of 3	1:03:52		Dave Henty Cup	Medal
		25 miles - Fastest Team of 3	2:47:18		Lee Memorial Shield	Medal
		Winner SPOCO Competition	360 pts		Senior SPOCO Trophy	Medal
		Winner Vets SPOCO Competition	360 pts		Veteran SPOCO Trophy	Medal
		3rd Points Competition	147 pts			Medal
		Winner Team Points Competition	404 pts			Medal
Steve Dennis	East Grinstead CC	30 miles - Vet on CTT Target	+17:45	<b>RECORD</b>		Medal
Steven Kane	Team ASL	100 miles - Fastest Overall	3:49:16	<b>RECORD</b>	Regency Cup	Medal
Stu Nisbet	Crawley Wheelers	Winner Team SPOCO Competition	337 pts			Medal
Stuart Bettis	South Downs Bikes / Casco Pet	10 miles - Fastest Team of 3	1:03:52		Dave Henty Cup	Medal
		25 miles - Fastest Team of 3	2:47:18		Lee Memorial Shield	Medal
		Winner Team Points Competition	404 pts			Medal
Theo Tadros	trainSharp	10 miles - Fastest Junior	23:55			Medal
Theo Tadros	trainSharp	15 miles - Fastest Junior	34:30	<b>RECORD</b>		Medal
Tom Houghton	Brighton Excelsior CC	50 miles - Fastest Team of 3	6:02:04		Halford Cup	Medal
		Winner Points Competition	207 pts		Charlie Lednor Cup	Medal
		2nd BAR Medium (10-25-50)	26.420			Medal
		Winner Team BAR Medium (10-25-50)	25.133			Medal
		3rd Veteran BAR Medium (10-25-50)	+26:25			Medal
		Winner Vets Team BAR Medium (10-25-50)	+1:09:10			Medal
Will Reeder	trainSharp	15 miles - Fastest Team of 3	1:38:39	<b>RECORD</b>		Medal

# EVENTS



10 Miles	Category	Pos	Trophy	Medal	Rider	Club	Time/ Plus	Record
	<b>Fastest Overall</b>	1st	10 Shield	Y	Mark Smith	Crawley Wheelers	20:12	
	<b>Vet on CTT Target</b>	1st		Y	Nick Dwyer	Lewes Wanderers CC	+06:48	
	<b>Fastest Woman</b>	1st		Y	Sally Turner	trainSharp	23:58	
	<b>Fastest Junior</b>	1st		Y	Theo Tadros	trainSharp	23:55	
	<b>Fastest Juvenile</b>	1st		Y	<i>(n/a)</i>			
	<b>Fastest Team of 3</b>	1st	Dave Henty Cup	Y	Simon McNamara	South Downs Bikes / Casco Pet	20:37	
				Y	Stuart Bettis	South Downs Bikes / Casco Pet	21:24	
				Y	Gary Brind	South Downs Bikes / Casco Pet	21:51	
					<b>Total Team Time</b>		<b>1:03:52</b>	

15 Miles	Category	Pos	Trophy	Medal	Rider	Club	Time/ Plus	Record
	<b>Fastest Overall</b>	1st	15 Cup	Y	Nik Allen	Worthing Excelsior CC	32:14	
	<b>Vet on CTT Target</b>	1st		Y	Chris Lord	Brighton Excelsior CC	+11:17	Y
	<b>Fastest Woman</b>	1st		Y	Karen McGrath	Worthing Excelsior CC	40:04	
	<b>Fastest Junior</b>	1st		Y	Theo Tadros	trainSharp	34:30	Y
	<b>Fastest Juvenile</b>	1st		Y	<i>(n/a)</i>			
	<b>Fastest Team of 3</b>	1st		Y	Peter Tadros	trainSharp	32:33	
				Y	Will Reeder	trainSharp	32:52	
				Y	Conall Yates	trainSharp	33:14	
					<b>Total Team Time</b>		<b>1:38:39</b>	Y

25 Miles	Category		Trophy	Medal	Rider	Club	Time/ Plus	Record
	Fastest Overall	1st	Boniface Cup	Y	Mark Smith	Crawley Wheelers	51:41	
	Vet on CTT Target	1st	Horry Hemsley Cup	Y	Chris Lord	Brighton Excelsior CC	+16:24	Y
	Fastest Woman	1st		Y	Lisa Davis	trainSharp	1:02:25	
	Fastest Junior	1st		Y	(n/a)			
	Fastest Juvenile	1st		Y	(n/a)			
	Fastest Team of 3	1st	Lee Memorial Shield	Y	Simon McNamara	South Downs Bikes / Casco Pet	53:33	
				Y	Stuart Bettis	South Downs Bikes / Casco Pet	56:11	
				Y	Kevin Plummer	South Downs Bikes / Casco Pet	57:34	
					<b>Total Team Time</b>		<b>2:47:18</b>	

30 Miles	Category		Trophy	Medal	Rider	Club	Time/ Plus	Record
	Fastest Overall	1st	30 Cup	Y	Howard Bayley	Blazing Saddles	1:04:34	
	Vet on CTT Target	1st		Y	Steve Dennis	East Grinstead CC	+17:45	Y
	Fastest Woman	1st		Y	Karen McGrath	Worthing Excelsior CC	1:21:11	
	Fastest Junior	1st		Y	(n/a)			
	Fastest Juvenile	1st		Y	(n/a)			
	Fastest Team of 3	1st		Y	Nik Allen	Worthing Excelsior CC	1:06:53	
				Y	John McGrath	Worthing Excelsior CC	1:11:04	
				Y	Huw Williams	Worthing Excelsior CC	1:15:18	
					<b>Total Team Time</b>		<b>3:33:15</b>	

50 Miles	Category		Trophy	Medal	Rider	Club	Time/ Plus	Record
	Fastest Overall	1st	Southern Radio Cup	Y	Howard Bayley	Blazing Saddles	1:52:01	
	Vet on CTT Target	1st		Y	Chris Lord	Brighton Excelsior CC	+31:19	Y
	Fastest Woman	1st		Y	Lisa Davis	trainSharp	2:09:53	Y
	Fastest Junior	1st		Y	(n/a)			
	Fastest Juvenile	1st		Y	(n/a)			
	Fastest Team of 3	1st	Halford Cup	Y	Tom Houghton	Brighton Excelsior CC	1:59:11	
				Y	Chris Lord	Brighton Excelsior CC	1:59:59	
				Y	Jez Parsons	Brighton Excelsior CC	2:02:54	
						<b>Total Team Time</b>	<b>6:02:04</b>	

100 Miles	Category		Trophy	Medal	Rider	Club	Time/ Plus	Record
	Fastest Overall	1st	Regency Cup	Y	Steven Kane	Team ASL	3:49:16	Y
	Vet on CTT Target	1st		Y	Rupert Robinson	Crawley Wheelers	+22:34	
	Fastest Woman	1st		Y	Lisa Davis	trainSharp	4:30:53	Y
	Fastest Junior	1st		Y	(n/a)			
	Fastest Juvenile	1st		Y	(n/a)			
	Fastest Team of 3	1st		Y	Howard Shaw	trainSharp	3:49:41	
				Y	Nathan Russell	trainSharp	4:18:20	
				Y	John Cordner	trainSharp	4:19:41	
						<b>Total Team Time</b>	<b>12:27:42</b>	

Hill Climb	Category		Trophy	Medal	Rider	Club	Time/ Plus	Record
	<b>Fastest Overall</b>	1st	Alf Dawes Cup	Y	Richard Cartland	South Downs Bikes / Casco Pet	04:27.6	
	<b>Vet on CTT Target</b>	1st		Y	Richard Cartland	South Downs Bikes / Casco Pet	+0:34.4	
	<b>Fastest Woman</b>	1st		Y	Alice Gilmore	Brighton Mitre CC	06:47.1	
	<b>Fastest Junior</b>	1st		Y	James Gilmore	Brighton Mitre CC	04:58.1	
	<b>Fastest Juvenile</b>	1st		Y	James Gilmore	Brighton Mitre CC	04:58.1	
	<b>Fastest Team of 3</b>	1st		Y	James Gilmore	Brighton Mitre CC	04:58.1	
Y				John Marinko	Brighton Mitre CC	06:08.0		
Y				Alice Gilmore	Brighton Mitre CC	06:47.1		
				<b>Total Team Time</b>	<b>17:53.2</b>			

12 Hours	Category		Trophy	Medal	Rider	Club	Dist	Record
	<b>Fastest Overall</b>	1st	HR Stevenson Cup	Y	Rupert Robinson	Crawley Wheelers	279.221	Y
	<b>Vet on VTTA Standard</b>	1st		Y	Rupert Robinson	Crawley Wheelers	+72.471	Y

# POINTS

## POINTS INDIVIDUAL

Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SCA 30	ESCA 100	SCA Sp10	SCA Sp25	SCA HC	KCA 12	Total Points	Rank
Tom Houghton	Brighton Excelsior CC	23	20	22	24	28	24		18	24	24		207	1
Howard Bayley	Blazing Saddles		25	27	29	30	30		29	29			199	2
Simon McNamara	South Downs Bikes / Casco Pet	29	29	29					30	30			147	3
Kevin Plummer	South Downs Bikes / Casco Pet	24	18	19	22		27			25			135	4
Nik Allen	Worthing Excelsior CC		23	24	30		28		27				132	5
Stuart Bettis	South Downs Bikes / Casco Pet	27	24	23	26				22				122	6
Jez Parsons	Brighton Excelsior CC	20		0	15	26			25	21			107	7
Matthew Smith	Team ASL		27	25					23	28			103	8
Mark Smith	Crawley Wheelers	30	30	30									90	9
Robin Johnson	Brighton Mitre CC	11			0	15	17		11	11	22		87	10
Howard Shaw	trainSharp		28	28				29					85	11
Rupert Robinson	Crawley Wheelers	26						27				30	83	12
Steve Dennis	East Grinstead CC (Merlin Cycle Coaching)	22				29	29						80	13
James Stone	Brighton Excelsior CC		1	6		24	26			19			76	14
Lisa Davis	trainSharp		0	1		21		22	15	15			74	15
Dave Dent	GS Stella	28							24	22			74	15
Ian Cheesman	Worthing Excelsior CC		0	2	8	25			17	18			70	17
John Marinko	Brighton Mitre CC		14	8		22					25		69	18
John McGrath	Worthing Excelsior CC			16			25				28		69	18
Will Reeder	trainSharp		19	20	27								66	20
Chris Lord	Brighton Excelsior CC			15	23	27							65	21
Tony Reeves	GS Stella	21	7	7	0							29	64	22
Martin Booker	South Downs Bikes / Casco Pet		10	10	12		23						55	23
Kevin Nelson	Crawley Wheelers								28	27			55	23
Nick Dwyer	Lewes Wanderers CC		26	26									52	25
Peter Tadros	trainSharp		22		28								50	26
Peter Baker	Lewes Wanderers CC							20				28	48	27
Peter Davies	Brighton Mitre CC	13			0		20			14			47	28
Spencer Kirkham	Worthing Excelsior CC		12	14	18								44	29
Paul Batten	Crawley Wheelers	25		18									43	30
David Clark	Eastbourne Rovers CC		17					26					43	30
Tom Foot	Blazing Saddles								20	23			43	30

## POINTS INDIVIDUAL

Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SCA 30	ESCA 100	SCA Sp10	SCA Sp25	SCA HC	KCA 12	Total Points	Rank
Andy Tedd	South Downs Bikes / Casco Pet				18				21				39	33
Mike O'Gorman	Worthing Excelsior CC		0	0	0	19	18						37	34
Ben Cumpstone	Brighton Mitre CC				14	23							37	34
Martin Naylor	Brighton Excelsior CC					16		19					35	36
Sam Dix	trainSharp		11	12	10								33	37
Michael Davey	trainSharp		14	17									31	38
Huw Williams	Worthing Excelsior CC				9		22						31	38
Steven Kane	Team ASL							30					30	40
Richard Cartland	South Downs Bikes / Casco Pet											30	30	40
James Gilmore	Brighton Mitre CC											29	29	42
Peter Hooper	Eastbourne Rovers CC							28					28	43
Norman Blissett	trainSharp											27	27	44
Christian Yates	East Grinstead CC (Merlin Cycle Coaching)			13	13								26	45
Colin Toppin	Worthing Excelsior CC			0	6	20							26	45
Theo Tadros	trainSharp		5		21								26	45
Brett Davis	Lewes Wanderers CC								26				26	45
Michael Coyle	Brighton Mitre CC									26			26	45
Edward Tuckley	Lewes Wanderers CC										26		26	45
Ben Fielden	GS Stella			0					12	13			25	51
Conall Yates	trainSharp				25								25	51
Nathan Russell	trainSharp							25					25	51
Nolan Heather	Worthing Excelsior CC		8		16								24	54
John Cordner	trainSharp							24					24	54
Adam Rogers	Eastbourne Rovers CC							23					23	56
Alice Gilmore	Brighton Mitre CC											23	23	56
John Ferguson	Brighton Mitre CC			0	4	18							22	58
Donald Parker	Brighton Mitre CC			0			21						21	59
Stephen Williamson	...a3crg			21									21	59
Gary Brind	South Downs Bikes / Casco Pet		21										21	59
Daniel Ellis	Eastbourne Rovers CC							21					21	59
Gary Holder	VTTA (Surrey/ Sussex)				0				8	12			20	63
Iain Duncan	Crawley Wheelers				20								20	63

## POINTS INDIVIDUAL

Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SCA 30	ESCA 100	SCA Sp10	SCA Sp25	SCA HC	KCA 12	Total Points	Rank
Ed Jarman	Brighton Excelsior CC									20			20	63
Karen McGrath	Worthing Excelsior CC		0		0		19						19	66
Neil Crowther	Blazing Saddles				19								19	66
Paul Barnard	South Downs Bikes / Casco Pet								19				19	66
Geoff Smith	Eastbourne Rovers CC	19											19	66
Katerina Avramides	Brighton Mitre CC			0				18					18	70
Anthony Grey	Crawley Wheelers	18											18	70
Anthony Brown	Horsham Cycling	17											17	72
Chris Parker	Hastings & St. Leonards CC							17					17	72
Lawrence Coyle	Brighton Mitre CC									17			17	72
Peter Marshall	Sussex Nomads CC		6	11									17	72
Edwin Wagena	Brighton Mitre CC					17							17	72
Brian Molloy	Brighton Excelsior CC									16			16	77
David Clements	Eastbourne Rovers CC		16										16	77
Martin Gibbs	Team ASL	16											16	77
Jack Smith	Brighton Mitre CC								16				16	77
Olivia Webb	Eastbourne Rovers CC	15		0									15	81
Tim Holmes	Brighton Excelsior CC								15				15	81
Simon Steeles	Worthing Excelsior CC			4	11								15	81
Connor Murphy	trainSharp		15										15	81
Bryn Reeves	Horsham Cycling	14		0									14	85
Martin Scofield	VTTA (Surrey/ Sussex)									13			13	86
Adrian Riddle	Crawley Wheelers	12											12	87
Eva Nyirenda	...a3crg								10				10	88
Alan Robinson	Central Sussex CC		0		0				9				9	89
Nigel Langridge	Crawley Wheelers			9									9	89
Colin Harrison	East Grinstead CC (Merlin Cycle Coaching)		9										9	89
Carl Richardson	trainSharp				7								7	92
Roger Hutchings	Lewes Wanderers CC								7				7	92
Jon Fry	Horsham Cycling				5								5	94
Stu Nisbett	Crawley Wheelers			5									5	94
Paul Thatcher	Brighton Mitre CC		5										5	94



POINTS INDIVIDUAL

Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SCA 30	ESCA 100	SCA Sp10	SCA Sp25	SCA HC	KCA 12	Total Points	Rank
Mark Jones	GS Stella		0	3									3	97
Sally Turner	trainSharp		3										3	97
Steven Woodbridge	GS Stella				3								3	97
John Glaysher	...a3crg		2										2	100
Mike Boyce	...a3crg		0		2								2	100
John McDonald	trainSharp				1								1	102

## POINTS WOMEN

Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SCA 30	ESCA 100	SCA Sp10	SCA Sp25	SCA HC	KCA 12	Total Points	Rank
Lisa Davis	trainSharp		9	10		10		10	10	10			59	1
Karen McGrath	Worthing Excelsior CC		6		10		10						26	2
Olivia Webb	Eastbourne Rovers CC	10		9									19	3
Katerina Avramides	Brighton Mitre CC			7				9					16	4
Katie Simmonds	Horsham Cycling		7	8									15	5
Sally Turner	trainSharp		10										10	6
Alice Gilmore	Brighton Mitre CC										10		10	6
Eva Nyirenda	...a3crg								9				9	8
Anna Dwyer	Lewes Wanderers CC		8										8	9

## POINTS TEAM

Club	Team of Three Riders	Total Points	Team Rank
South Downs Bikes / Casco Pet	Simon McNamara (147), Kevin Plummer (135) & Stuart Bettis (122)	404	1
Brighton Excelsior CC	Tom Houghton (207), Jez Parsons (107) & James Stone (76)	390	2
Worthing Excelsior CC	Nik Allen (132), Ian Cheesman (70) & John McGrath (69)	271	3
Blazing Saddles	Howard Bayley (199), Tom Foot (43) & Neil Crowther (19)	261	4
Crawley Wheelers	Mark Smith (90), Rupert Robinson (83) & Kevin Nelson (55)	228	5
trainSharp	Howard Shaw (85), Lisa Davis (74) & Will Reeder (66)	225	6
Brighton Mitre CC	Robin Johnson (87), John Marinko (69) & Peter Davies (47)	203	7
GS Stella	Dave Dent (74), Tony Reeves (64) & Ben Fielden (25)	163	8
Team ASL	Matthew Smith (103), Steven Kane (30) & Martin Gibbs (16)	149	9
Lewes Wanderers CC	Nick Dwyer (52), Peter Baker (48) & Brett Davis (26)	126	10
South Downs Bikes / Casco Pet	Martin Booker (55), Andy Tedd (39) & Richard Cartland (30)	124	11
Brighton Excelsior CC	Chris Lord (65), Martin Naylor (35) & Ed Jarman (20)	120	12
East Grinstead CC (Merlin Cycle Coaching)	Steve Dennis (80), Christian Yates (26) & Colin Harrison (9)	115	13
trainSharp	Peter Tadros (50), Sam Dix (33) & Michael Davey (31)	114	14
Worthing Excelsior CC	Spencer Kirkham (44), Mike O'Gorman (37) & Huw Williams (31)	112	15
Eastbourne Rovers CC	David Clark (43), Peter Hooper (28) & Adam Rogers (23)	94	16
Brighton Mitre CC	Ben Cumpstone (37), James Gilmore (29) & Michael Coyle (26)	92	17
Crawley Wheelers	Paul Batten (43), Iain Duncan (20) & Anthony Grey (18)	81	18
trainSharp	Norman Blissett (27), Theo Tadros (26) & Conall Yates (25)	78	19
Worthing Excelsior CC	Colin Toppin (26), Nolan Heather (24) & Karen McGrath (19)	69	20
Brighton Mitre CC	Alice Gilmore (23), John Ferguson (22) & Donald Parker (21)	66	21
trainSharp	Nathan Russell (25), John Cordner (24) & Connor Murphy (15)	64	22
Eastbourne Rovers CC	Daniel Ellis (21), Geoff Smith (19) & David Clements (16)	56	23
Brighton Mitre CC	Katerina Avramides (18), Lawrence Coyle (17) & Edwin Wagena (17)	52	24
Horsham Cycling	Anthony Brown (17), Bryn Reeves (14) & Jon Fry (5)	36	25
...a3crg	Stephen Williamson (21), Eva Nyirenda (10) & John Glaysher (2)	33	26
Crawley Wheelers	Adrian Riddle (12), Nigel Langridge (9) & Stu Nisbett (5)	26	27
trainSharp	Carl Richardson (7), Sally Turner (3) & John Mcdonald (1)	11	28

# SPOCO

## SPOCO INDIVIDUAL

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Simon McNamara	South Downs Bikes / Casco Pet	Yes	120	120	120	360	1
Howard Bayley	Blazing Saddles	Yes	119	120	120	359	2
Howard Shaw	trainSharp	Yes	119	120	120	359	2
Mark Smith	Crawley Wheelers	Yes	119	120	119	358	4
Steven Kane	Team ASL	Yes	118	118	120	356	5
Rupert Robinson	Crawley Wheelers	Yes	119	117	117	353	6
Tom Houghton	Brighton Excelsior CC	Yes	117	114	118	349	7
James Stone	Brighton Excelsior CC	Yes	118	116	114	348	8
Matthew Smith	Team ASL	Yes	113	118	116	347	9
Jez Parsons	Brighton Excelsior CC	Yes	115	114	116	345	10
Stu Nisbett	Crawley Wheelers	Yes	116	113	108	337	11
Ben Cumpstone	Brighton Mitre CC	Yes	113	106	114	333	12
Ian Cheesman	Worthing Excelsior CC	Yes	107	108	115	330	13
Katerina Avramides	Brighton Mitre CC	Yes	113	109	108	330	13
Donald Parker	Brighton Mitre CC	Yes	115	111	100	326	15
Lisa Davis	trainSharp	Yes	105	105	112	322	16
Robin Johnson	Brighton Mitre CC	Yes	109	107	105	321	17
Mike O'Gorman	Worthing Excelsior CC	Yes	88	108	109	305	18
Adrian Riddle	Crawley Wheelers	Yes	84	107	99	290	19
Nik Allen	Worthing Excelsior CC	No	120	118	0	238	-
Steve Dennis	East Grinstead CC (Merlin Cycle Coaching)	No	0	119	119	238	-
Dave Dent	GS Stella	No	119	118	0	237	-
Pete Morris	Team ASL	No	120	0	117	237	-
Peter Tadros	trainSharp	No	120	116	0	236	-
Stuart Bettis	South Downs Bikes / Casco Pet	No	119	117	0	236	-
Kevin Nelson	Crawley Wheelers	No	118	117	0	235	-
Brett Davis	Lewes Wanderers CC	No	116	0	115	231	-
David Clark	Eastbourne Rovers CC	No	115	0	116	231	-
Paul Batten	Crawley Wheelers	No	116	115	0	231	-
Theo Tadros	trainSharp	No	120	111	0	231	-
Tom Hilder	trainSharp	No	118	0	113	231	-

## SPOCO INDIVIDUAL

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Chris Lord	Brighton Excelsior CC	No	113	0	117	230	-
Kevin Plummer	South Downs Bikes / Casco Pet	No	112	117	0	229	-
Richard Burchett	Lewes Wanderers CC	No	111	118	0	229	-
David Clements	Eastbourne Rovers CC	No	117	0	111	228	-
Richard Cartland	South Downs Bikes / Casco Pet	No	115	113	0	228	-
Sam Dix	trainSharp	No	110	117	0	227	-
John Marinko	Brighton Mitre CC	No	0	112	112	224	-
Neil Crowther	Blazing Saddles	No	109	115	0	224	-
Marc Clothier	South Downs Bikes / Casco Pet	No	114	110	0	224	-
Tom Foot	Blazing Saddles	No	110	113	0	223	-
John Ferguson	Brighton Mitre CC	No	114	0	108	222	-
Alan Yule	Crawley Wheelers	No	0	114	106	220	-
Daniel Ellis	Eastbourne Rovers CC	No	109	0	111	220	-
Anthony Brown	Horsham Cycling	No	0	107	112	219	-
Martin Gibbs	Team ASL	No	0	106	113	219	-
Jon Fry	Horsham Cycling	No	110	0	107	217	-
Sally Turner	trainSharp	No	108	0	108	216	-
Martin Booker	South Downs Bikes / Casco Pet	No	102	113	0	215	-
Ben Fielden	GS Stella	No	111	103	0	214	-
Peter Davies	Brighton Mitre CC	No	104	110	0	214	-
Jamie Smith	Brighton Mitre CC	No	112	100	0	212	-
Olivia Webb	Eastbourne Rovers CC	No	107	105	0	212	-
Carl Richardson	trainSharp	No	97	115	0	212	-
Huw Williams	Worthing Excelsior CC	No	99	112	0	211	-
Geoff Smith	Eastbourne Rovers CC	No	101	109	0	210	-
Mike Boyce	...a3crg	No	110	99	0	209	-
Emma Craddock	South Downs Bikes / Casco Pet	No	105	102	0	207	-
Gary Holder	VTTA (Surrey/ Sussex)	No	105	102	0	207	-
Colin Toppin	Worthing Excelsior CC	No	96	0	110	206	-
Tony Reeves	GS Stella	No	82	116	0	198	-
Mark Edwards	Eastbourne Rovers CC	No	98	0	99	197	-

## SPOCO INDIVIDUAL

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Simon Craig-McFeely	...a3crg	No	103	94	0	197	-
Karen McGrath	Worthing Excelsior CC	No	87	109	0	196	-
Chris Parker	Hastings & St. Leonards CC	No	87	0	107	194	-
Tim Miles	Hastings & St. Leonards CC	No	82	108	0	190	-
David Shepherd	...a3crg	No	120	0	0	120	-
Nick Dwyer	Lewes Wanderers CC	No	0	0	119	119	-
Mark Frost	Lewes Wanderers CC	No	0	119	0	119	-
Marc Townsend	Eastbourne Rovers CC	No	0	0	118	118	-
Stephen Williamson	...a3crg	No	0	118	0	118	-
Neil Mackley	...a3crg	No	118	0	0	118	-
Peter Hooper	Eastbourne Rovers CC	No	0	0	118	118	-
Andrew Thomas	...a3crg	No	117	0	0	117	-
Paul Byford	Crawley Wheelers	No	0	0	117	117	-
Francis Schofield	Brighton Mitre CC	No	117	0	0	117	-
Will Reeder	trainSharp	No	117	0	0	117	-
Dan Street	Lewes Wanderers CC	No	116	0	0	116	-
Rob Pelham	Lewes Wanderers CC	No	0	0	116	116	-
Philip Peters	...a3crg	No	116	0	0	116	-
Michael Coyle	Brighton Mitre CC	No	0	116	0	116	-
Nathan Russell	trainSharp	No	0	0	115	115	-
James Griffin	trainSharp	No	115	0	0	115	-
Matt Harris	...a3crg	No	115	0	0	115	-
John McGrath	Worthing Excelsior CC	No	0	115	0	115	-
Conall Yates	trainSharp	No	115	0	0	115	-
George Welfare	Eastbourne Rovers CC	No	0	0	114	114	-
John Cordner	trainSharp	No	0	0	114	114	-
Nolan Heather	Worthing Excelsior CC	No	114	0	0	114	-
Trevor Deeble	Hastings & St. Leonards CC	No	114	0	0	114	-
James Joel Garner	...a3crg	No	114	0	0	114	-
Angela Carpenter	...a3crg	No	113	0	0	113	-
Joe Benians	Lewes Wanderers CC	No	0	113	0	113	-

## SPOCO INDIVIDUAL

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Adam Rogers	Eastbourne Rovers CC	No	0	0	113	113	-
Michael Davey	trainSharp	No	112	0	0	112	-
Tim Holmes	Brighton Excelsior CC	No	112	0	0	112	-
Anthony Tugwell	...a3crg	No	112	0	0	112	-
Rob Luff	GS Stella	No	0	112	0	112	-
Andy Tedd	South Downs Bikes / Casco Pet	No	111	0	0	111	-
Craig Swatton	Crawley Wheelers	No	0	111	0	111	-
Shaun Smart	Southdown Velo	No	111	0	0	111	-
Trevor Leeding	Worthing Excelsior CC	No	0	0	111	111	-
Chris Woods	Crawley Wheelers	No	111	0	0	111	-
Iain Duncan	Crawley Wheelers	No	110	0	0	110	-
Perry Lee	Southdown Velo	No	110	0	0	110	-
Anthony Grey	Crawley Wheelers	No	0	110	0	110	-
Katie Simmonds	Horsham Cycling	No	0	110	0	110	-
Paul Fletcher	Lewes Wanderers CC	No	0	0	110	110	-
Jez Tate	Brighton Mitre CC	No	110	0	0	110	-
Ed Jarman	Brighton Excelsior CC	No	0	110	0	110	-
Martin Naylor	Brighton Excelsior CC	No	0	0	109	109	-
Paul Barnard	South Downs Bikes / Casco Pet	No	109	0	0	109	-
Michael Leonard	South Downs Bikes / Casco Pet	No	109	0	0	109	-
Kirsty McSeveney	...a3crg	No	109	0	0	109	-
David Pena	Blazing Saddles	No	0	108	0	108	-
James Horan	South Downs Bikes / Casco Pet	No	108	0	0	108	-
Spencer Kirkham	Worthing Excelsior CC	No	108	0	0	108	-
Mike Marchant	Southdown Velo	No	107	0	0	107	-
Nigel Langridge	Crawley Wheelers	No	0	107	0	107	-
Brian Jones	Horsham Cycling	No	107	0	0	107	-
Drew Hosie	...a3crg	No	107	0	0	107	-
Gavin Richards	Lewes Wanderers CC	No	0	0	107	107	-
Edwin Wagena	Brighton Mitre CC	No	0	0	107	107	-
Lawrence Coyle	Brighton Mitre CC	No	0	107	0	107	-



## SPOCO INDIVIDUAL

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Alan Robinson	Central Sussex CC	No	106	0	0	106	-
Brian Molloy	Brighton Excelsior CC	No	0	106	0	106	-
Jack Smith	Brighton Mitre CC	No	106	0	0	106	-
Patrick Brennan	...a3crg	No	106	0	0	106	-
Richard Gifford	trainSharp	No	106	0	0	106	-
Dominic Lowden	Lewes Wanderers CC	No	0	0	105	105	-
Billy Holman	...a3crg	No	105	0	0	105	-
Gareth Purves	Hastings & St. Leonards CC	No	104	0	0	104	-
Richard Neale	...a3crg	No	104	0	0	104	-
Bryn Reeves	Horsham Cycling	No	0	104	0	104	-
Martin Rowark	Crawley Wheelers	No	0	0	104	104	-
Christian Yates	East Grinstead CC (Merlin Cycle Coaching)	No	103	0	0	103	-
Tony Sinnett	Sussex Nomads CC	No	0	0	103	103	-
Tom Norris	Hastings & St. Leonards CC	No	103	0	0	103	-
Jerry Bromyard	...a3crg	No	103	0	0	103	-
Martin Scofield	VTTA (Surrey/ Sussex)	No	103	0	0	103	-
Malcolm Daly	Hastings & St. Leonards CC	No	102	0	0	102	-
Janet Clapton	Brighton Mitre CC	No	102	0	0	102	-
Mike Garner	...a3crg	No	102	0	0	102	-
Andy Bone	Brighton Mitre CC	No	0	101	0	101	-
Jon Collett	Lewes Wanderers CC	No	0	0	101	101	-
Mik Onions	Brighton Mitre CC	No	0	0	101	101	-
Simon Steeles	Worthing Excelsior CC	No	101	0	0	101	-
Clive Jackson	Central Sussex CC	No	100	0	0	100	-
Nicky Hayes	Crawley Wheelers	No	0	0	100	100	-
Eva Nyirenda	...a3crg	No	100	0	0	100	-
Deborah Smith	Southdown Velo	No	99	0	0	99	-
Simon Bottomley	Eastbourne Rovers CC	No	99	0	0	99	-
Tomas Navickas	Brighton Mitre CC	No	0	98	0	98	-
Martin Shoesmith	Crawley Wheelers	No	0	0	98	98	-
Neil Gearing	Lewes Wanderers CC	No	97	0	0	97	-

## SPOCO INDIVIDUAL

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Robert Pretorius	...a3crg	No	97	0	0	97	-
Vincent Busk	Lewes Wanderers CC	No	0	0	97	97	-
Roger Hutchings	Lewes Wanderers CC	No	97	0	0	97	-
Jonathan Molton	Hastings & St. Leonards CC	No	96	0	0	96	-
Jonathan Lacey	Southdown Velo	No	96	0	0	96	-
Paul Hulse	Brighton Mitre CC	No	0	0	96	96	-
Peter Baker	Hastings & St. Leonards CC	No	95	0	0	95	-
Peter Walker	...a3crg	No	95	0	0	95	-
Richard Frost	Lewes Wanderers CC	No	94	0	0	94	-
Kathryn Gohl	Lewes Wanderers CC	No	94	0	0	94	-
Victoria Miller	Brighton Mitre CC	No	94	0	0	94	-
Mandy Border	Crawley Wheelers	No	0	0	94	94	-
Anita Turner	Eastbourne Rovers CC	No	0	0	93	93	-
Keith Webb	Southdown Velo	No	93	0	0	93	-
Steven Woodbridge	GS Stella	No	93	0	0	93	-
Kevin Burton	Eastbourne Rovers CC	No	92	0	0	92	-
Ian Weston	Eastbourne Rovers CC	No	91	0	0	91	-
Fiona Scotter	...a3crg	No	91	0	0	91	-
John Mcdonald	trainSharp	No	91	0	0	91	-
Rick Hughes	Worthing Excelsior CC	No	90	0	0	90	-
Guy Chappelle	...a3crg	No	90	0	0	90	-
Guy Brown	Lewes Wanderers CC	No	89	0	0	89	-
Amy Pretorius	...a3crg	No	89	0	0	89	-
Paul Townsley	Worthing Excelsior CC	No	89	0	0	89	-
David Beale	Lewes Wanderers CC	No	88	0	0	88	-
Ken Rayson	...a3crg	No	88	0	0	88	-
Greg Blackwell	Hastings & St. Leonards CC	No	86	0	0	86	-
John Mankelow	Lewes Wanderers CC	No	85	0	0	85	-
Allan Smith	Lewes Wanderers CC	No	83	0	0	83	-
David Wilkins	Lewes Wanderers CC	No	81	0	0	81	-
Robert Bickers	Eastbourne Rovers CC	No	80	0	0	80	-

## SPOCO WOMEN

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Katerina Avramides	Brighton Mitre CC	Yes	113	109	108	330	1
Lisa Davis	trainSharp	Yes	105	105	112	322	2
Sally Turner	trainSharp	No	108	0	108	216	-
Olivia Webb	Eastbourne Rovers CC	No	107	105	0	212	-
Emma Craddock	South Downs Bikes / Casco Pet	No	105	102	0	207	-
Karen McGrath	Worthing Excelsior CC	No	87	109	0	196	-
Angela Carpenter	...a3crg	No	113	0	0	113	-
Katie Simmonds	Horsham Cycling	No	0	110	0	110	-
Kirsty McSeveney	...a3crg	No	109	0	0	109	-
Janet Clapton	Brighton Mitre CC	No	102	0	0	102	-
Nicky Hayes	Crawley Wheelers	No	0	0	100	100	-
Eva Nyirenda	...a3crg	No	100	0	0	100	-
Deborah Smith	Southdown Velo	No	99	0	0	99	-
Kathryn Gohl	Lewes Wanderers CC	No	94	0	0	94	-
Victoria Miller	Brighton Mitre CC	No	94	0	0	94	-
Mandy Border	Crawley Wheelers	No	0	0	94	94	-
Anita Turner	Eastbourne Rovers CC	No	0	0	93	93	-
Fiona Scotter	...a3crg	No	91	0	0	91	-
Amy Pretorius	...a3crg	No	89	0	0	89	-

SPOCO JUNIOR

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Theo Tadros	trainSharp	No	120	111	0	231	-
Francis Schofield	Brighton Mitre CC	No	117	0	0	117	-

Club	Team of Three Riders	Qualify	Total Points	Rank
Crawley Wheelers	Mark Smith (358), Rupert Robinson (353) & Stu Nisbett (337)	Yes	<b>1048</b>	1
Brighton Excelsior CC	Tom Houghton (349), James Stone (348) & Jez Parsons (345)	Yes	<b>1042</b>	2
Brighton Mitre CC	Ben Cumpstone (333), Katerina Avramides (330) & Donald Parker (326)	Yes	<b>989</b>	3
Team ASL	Steven Kane (356), Matthew Smith (347) & Pete Morris (237)	No	<b>940</b>	-
trainSharp	Howard Shaw (359), Lisa Davis (322) & Peter Tadros (236)	No	<b>917</b>	-
Worthing Excelsior CC	Ian Cheesman (330), Mike O'Gorman (305) & Nik Allen (238)	No	<b>873</b>	-
South Downs Bikes / Casco Pet	Simon McNamara (360), Stuart Bettis (236) & Kevin Plummer (229)	No	<b>825</b>	-
Blazing Saddles	Howard Bayley (359), Neil Crowther (224) & Tom Foot (223)	No	<b>806</b>	-
Brighton Mitre CC	Robin Johnson (321), John Marinko (224) & John Ferguson (222)	No	<b>767</b>	-
Crawley Wheelers	Adrian Riddle (290), Kevin Nelson (235) & Paul Batten (231)	No	<b>756</b>	-
trainSharp	Theo Tadros (231), Tom Hilder (231) & Sam Dix (227)	No	<b>689</b>	-
Eastbourne Rovers CC	David Clark (231), David Clements (228) & Daniel Ellis (220)	No	<b>679</b>	-
South Downs Bikes / Casco Pet	Richard Cartland (228), Marc Clothier (224) & Martin Booker (215)	No	<b>667</b>	-
GS Stella	Dave Dent (237), Ben Fielden (214) & Tony Reeves (198)	No	<b>649</b>	-
Eastbourne Rovers CC	Olivia Webb (212), Geoff Smith (210) & Mark Edwards (197)	No	<b>619</b>	-
Worthing Excelsior CC	Huw Williams (211), Colin Toppin (206) & Karen McGrath (196)	No	<b>613</b>	-
Lewes Wanderers CC	Brett Davis (231), Richard Burchett (229) & Nick Dwyer (119)	No	<b>579</b>	-
Horsham Cycling	Anthony Brown (219), Jon Fry (217) & Katie Simmonds (110)	No	<b>546</b>	-
trainSharp	Sally Turner (216), Carl Richardson (212) & Will Reeder (117)	No	<b>545</b>	-
Brighton Mitre CC	Peter Davies (214), Jamie Smith (212) & Francis Schofield (117)	No	<b>543</b>	-
...a3crg	Mike Boyce (209), Simon Craig-McFeely (197) & David Shepherd (120)	No	<b>526</b>	-
Hastings & St. Leonards CC	Chris Parker (194), Tim Miles (190) & Trevor Deeble (114)	No	<b>498</b>	-
Brighton Excelsior CC	Chris Lord (230), Tim Holmes (112) & Ed Jarman (110)	No	<b>452</b>	-
Crawley Wheelers	Alan Yule (220), Paul Byford (117) & Craig Swatton (111)	No	<b>448</b>	-
South Downs Bikes / Casco Pet	Emma Craddock (207), Andy Tedd (111) & Paul Barnard (109)	No	<b>427</b>	-
...a3crg	Stephen Williamson (118), Neil Mackley (118) & Andrew Thomas (117)	No	<b>353</b>	-
Lewes Wanderers CC	Mark Frost (119), Dan Street (116) & Rob Pelham (116)	No	<b>351</b>	-
Eastbourne Rovers CC	Marc Townsend (118), Peter Hooper (118) & George Welfare (114)	No	<b>350</b>	-
...a3crg	Philip Peters (116), Matt Harris (115) & James Joel Garner (114)	No	<b>345</b>	-
trainSharp	Nathan Russell (115), James Griffin (115) & Conall Yates (115)	No	<b>345</b>	-
Worthing Excelsior CC	John Mcgrath (115), Nolan Heather (114) & Trevor Leeding (111)	No	<b>340</b>	-

Club	Team of Three Riders	Qualify	Total Points	Rank
...a3crg	Angela Carpenter (113), Anthony Tugwell (112) & Kirsty McSeveney (109)	No	334	-
Brighton Mitre CC	Michael Coyle (116), Jez Tate (110) & Edwin Wagena (107)	No	333	-
trainSharp	John Cordner (114), Michael Davey (112) & Richard Gifford (106)	No	332	-
Crawley Wheelers	Chris Woods (111), Iain Duncan (110) & Anthony Grey (110)	No	331	-
Lewes Wanderers CC	Joe Benians (113), Paul Fletcher (110) & Gavin Richards (107)	No	330	-
Southdown Velo	Shaun Smart (111), Perry Lee (110) & Mike Marchant (107)	No	328	-
...a3crg	Drew Hosie (107), Patrick Brennan (106) & Billy Holman (105)	No	318	-
Brighton Mitre CC	Lawrence Coyle (107), Jack Smith (106) & Janet Clapton (102)	No	315	-
Crawley Wheelers	Nigel Langridge (107), Martin Rowark (104) & Nicky Hayes (100)	No	311	-
...a3crg	Richard Neale (104), Jerry Bromyard (103) & Mike Garner (102)	No	309	-
Hastings & St. Leonards CC	Gareth Purves (104), Tom Norris (103) & Malcolm Daly (102)	No	309	-
Eastbourne Rovers CC	Adam Rogers (113), Simon Bottomley (99) & Anita Turner (93)	No	305	-
Lewes Wanderers CC	Dominic Lowden (105), Jon Collett (101) & Neil Gearing (97)	No	303	-
Brighton Mitre CC	Andy Bone (101), Mik Onions (101) & Tomas Navickas (98)	No	300	-
Worthing Excelsior CC	Spencer Kirkham (108), Simon Steeles (101) & Rick Hughes (90)	No	299	-
...a3crg	Eva Nyirenda (100), Robert Pretorius (97) & Peter Walker (95)	No	292	-
Lewes Wanderers CC	Vincent Busk (97), Roger Hutchings (97) & Richard Frost (94)	No	288	-
Southdown Velo	Deborah Smith (99), Jonathan Lacey (96) & Keith Webb (93)	No	288	-
Hastings & St. Leonards CC	Jonathan Molton (96), Peter Baker (95) & Greg Blackwell (86)	No	277	-
Lewes Wanderers CC	Kathryn Gohl (94), Guy Brown (89) & David Beale (88)	No	271	-
...a3crg	Fiona Scotter (91), Guy Chappelle (90) & Amy Pretorius (89)	No	270	-
Eastbourne Rovers CC	Kevin Burton (92), Ian Weston (91) & Robert Bickers (80)	No	263	-
Lewes Wanderers CC	John Mankelow (85), Allan Smith (83) & David Wilkins (81)	No	249	-

## SPOCO HANDICAP

Rider	Club	Qualify	Short H/Cap Points	Med H/Cap Points	Long H/Cap Points	Total Points	Rank
Donald Parker	Brighton Mitre CC	Yes	124	132	117	373	1
Rupert Robinson	Crawley Wheelers	Yes	122	131	120	373	1
Howard Bayley	Blazing Saddles	Yes	121	122	121	364	3
Robin Johnson	Brighton Mitre CC	Yes	114	118	128	360	4
Simon McNamara	South Downs Bikes / Casco Pet	Yes	120	120	120	360	4
Mark Smith	Crawley Wheelers	Yes	119	120	119	358	6
Lisa Davis	trainSharp	Yes	116	111	120	347	7
John Marinko	Brighton Mitre CC	No	-	124	125	249	-
Brett Davis	Lewes Wanderers CC	No	121	-	122	243	-
Ben Fielden	GS Stella	No	126	115	-	241	-
Steve Dennis	East Grinstead CC (Merlin Cycle Coaching)	No	-	119	121	240	-
Neil Crowther	Blazing Saddles	No	115	123	-	238	-
Peter Davies	Brighton Mitre CC	No	118	120	-	238	-
Kevin Plummer	South Downs Bikes / Casco Pet	No	114	118	-	232	-
Jon Fry	Horsham Cycling	No	110	-	120	230	-
Tony Reeves	GS Stella	No	90	119	-	209	-
David Shepherd	...a3crg	No	123	-	-	123	-
Andy Tedd	South Downs Bikes / Casco Pet	No	115	-	-	115	-
Mike Marchant	Southdown Velo	No	113	-	-	113	-
Nigel Langridge	Crawley Wheelers	No	-	111	-	111	-

**BAR**



### SHORT BAR – INDIVIDUAL

Rider	Club	10	25	30	Av mph	Rank
Howard Bayley	Blazing Saddles	0:21:20	0:54:45	1:04:34	<b>27.800</b>	1
Nik Allen	Worthing Excelsior CC	0:21:32	0:55:12	1:06:53	<b>27.317</b>	2
Kevin Plummer	South Downs Bikes / Casco Pet	0:22:00	0:57:34	1:08:18	<b>26.561</b>	3
Tom Houghton	Brighton Excelsior CC	0:21:54	0:56:12	1:12:50	<b>26.267</b>	4
James Stone	Brighton Excelsior CC	0:24:09	1:01:27	1:10:59	<b>24.871</b>	5
Martin Booker	South Downs Bikes / Casco Pet	0:23:24	1:00:51	1:15:02	<b>24.760</b>	6
Mike O'Gorman	Worthing Excelsior CC	0:24:22	1:04:57	1:24:00	<b>23.049</b>	7
Robin Johnson	Brighton Mitre CC	0:30:12	1:20:51	1:31:35	<b>19.358</b>	8

### SHORT BAR – VETERANS

Rider	Club	10	25	30	Plus	Rank
Kevin Plummer	South Downs Bikes / Casco Pet	+05:30	+11:11	+14:48	<b>+31:29</b>	1
Nik Allen	Worthing Excelsior CC	+04:47	+10:35	+12:39	<b>+28:01</b>	2
Howard Bayley	Blazing Saddles	+04:25	+09:36	+12:40	<b>+26:41</b>	3
Mike O'Gorman	Worthing Excelsior CC	+06:06	+11:13	+07:24	<b>+24:43</b>	4
Tom Houghton	Brighton Excelsior CC	+04:25	+09:35	+06:07	<b>+20:07</b>	5
James Stone	Brighton Excelsior CC	+02:45	+05:48	+09:43	<b>+18:16</b>	6
Martin Booker	South Downs Bikes / Casco Pet	+03:30	+06:24	+06:15	<b>+16:09</b>	7
Robin Johnson	Brighton Mitre CC	+01:10	<b>-02:26</b>	+02:32	<b>+01:16</b>	8

### SHORT BAR –TEAM

n/a

### SHORT BAR –TEAM VETERANS

n/a

**MIDDLE BAR – INDIVIDUAL**

Rider	Club	10	25	50	Av mph	Rank
Howard Bayley	Blazing Saddles	0:21:20	0:54:45	1:52:01	<b>27.435</b>	1
Tom Houghton	Brighton Excelsior CC	0:21:54	0:56:12	1:59:11	<b>26.420</b>	2
John Marinko	Brighton Mitre CC	0:22:58	1:01:04	2:08:22	<b>24.686</b>	3
Jez Parsons	Brighton Excelsior CC	0:23:53	1:02:01	2:02:54	<b>24.573</b>	4
James Stone	Brighton Excelsior CC	0:24:09	1:01:27	2:05:10	<b>24.408</b>	5
Ian Cheesman	Worthing Excelsior CC	0:24:25	1:01:49	2:04:23	<b>24.319</b>	6
Lisa Davis	trainSharp	0:24:26	1:02:25	2:09:53	<b>23.895</b>	7
Mike O'Gorman	Worthing Excelsior CC	0:24:22	1:04:57	2:13:36	<b>23.391</b>	8
Robin Johnson	Brighton Mitre CC	0:30:12	1:20:51	2:45:31	<b>18.848</b>	9

**MIDDLE BAR – VETERANS**

Rider	Club	10	25	50	Plus	Rank
Mike O'Gorman	Worthing Excelsior CC	+06:06	+11:13	+18:46	<b>+36:05</b>	1
Howard Bayley	Blazing Saddles	+04:25	+09:36	+16:47	<b>+30:48</b>	2
Tom Houghton	Brighton Excelsior CC	+04:25	+09:35	+12:25	<b>+26:25</b>	3
Jez Parsons	Brighton Excelsior CC	+03:37	+06:44	+14:35	<b>+24:56</b>	4
John Marinko	Brighton Mitre CC	+04:44	+08:11	+10:16	<b>+23:11</b>	5
Ian Cheesman	Worthing Excelsior CC	+02:29	+05:26	+10:03	<b>+17:58</b>	6
James Stone	Brighton Excelsior CC	+02:45	+05:48	+09:16	<b>+17:49</b>	7
Lisa Davis	trainSharp	+02:52	+05:49	+06:28	<b>+15:09</b>	8
Robin Johnson	Brighton Mitre CC	+01:10	<b>-02:26</b>	<b>-08:42</b>	<b>-09:58</b>	9

**MIDDLE BAR – TEAM**

Team of Three Riders	Club	Av mph	Rank
Tom Houghton, Jez Parsons, James Stone	Brighton Excelsior CC	<b>25.133</b>	1

**LONG BAR – INDIVIDUAL**

<b>Rider</b>	<b>Club</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>Av mph</b>	<b>Rank</b>
Lisa Davis	trainSharp	1:02:25	2:09:53	4:30:53	<b>23.093</b>	1

**LONG BAR – VETERANS**

<b>Rider</b>	<b>Club</b>	<b>25</b>	<b>50</b>	<b>100</b>	<b>Plus</b>	<b>Rank</b>
Lisa Davis	trainSharp	+05:49	+06:28	+02:07	<b>+0:14:24</b>	1

**LONG BAR – WOMENS**

<b>Rider</b>	<b>Club</b>	<b>10</b>	<b>25</b>	<b>50</b>	<b>Av mph</b>	<b>Rank</b>
Lisa Davis	trainSharp	0:24:26	1:02:25	2:09:53	<b>23.895</b>	1

**LONG BAR – TEAM**

n/a

**LONG BAR – TEAM VETERANS**

n/a

# RECORDS

## Sussex Championship Records as at 31st December 2019

### Men - Bicycle

10 miles	Jon Sharples	Eastbourne Rovers CC	20:06	2000
15 miles	Mark Smith	Crawley Wheelers	31:16	2017
25 miles	Michael Hutchinson	In-Gear Quickvit Trainsharp RT	49:31	2013
30 miles	Mark Smith	Crawley Wheelers	1:04:23	2017
50 miles	Steve Dennis	East Grinstead CC	1:48:56	2012
100 miles	<b>Steve Kane</b>	<b>Team ASL</b>	<b>3:49:16</b>	<b>11 Aug 2019</b>
12 hour	<b>Rupert Robinson</b>	<b>Crawley Wheelers</b>	<b>279.221 miles</b>	<b>8 Sept 2019</b>

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

10 miles	Michael Thyer	Sussex Nomads CC	+06:55	2018
15 miles	<b>Chris Lord</b>	<b>Brighton Excelsior CC</b>	<b>+11:17</b>	<b>15 June 2019</b>
25 miles	<b>Chris Lord</b>	<b>Brighton Excelsior CC</b>	<b>+16:24</b>	<b>5 May 2019</b>
30 miles	<b>Steve Dennis</b>	<b>East Grinstead CC</b>	<b>+17:45</b>	<b>28 July 2019</b>
50 miles	<b>Chris Lord</b>	<b>Brighton Excelsior CC</b>	<b>+31:19</b>	<b>30 June 2019</b>
100 miles	Mike O'Gorman	Worthing Excelsior CC	+38:52	2017

### Veterans on 2012 revised Standard - Bicycle

12 hour	<b>Rupert Robinson</b>	<b>Crawley Wheelers</b>	<b>+72.471 miles</b>	<b>8 Sept 2019</b>
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# Sussex Championship Records as at 31st December 2019

## Women - Bicycle

10 miles	Natacha Maes	In-Gear Quickvit RT	21:57	2000
15 miles	Laura Bartlett	...a3crg	36:36	2017
25 miles	Ruth Summerford	Eastbourne Rovers CC	59:48	2018
30 miles	Gina McGeever	Brighton Mitre CC	1:16:54	2015
<b>50 miles</b>	<b>Lisa Davis</b>	<b>trainSharp</b>	<b>2:09:53</b>	<b>30 June 2019</b>
<b>100 miles</b>	<b>Lisa Davis</b>	<b>trainSharp</b>	<b>4:30:53</b>	<b>11 Aug 2019</b>
12 hour	Marina Bloom	Rother Valley CC	247.826 miles	2001

## Juniors - Bicycle

10 miles	Tom Copeland	In-Gear Development Squad	22:09	2007
<b>15 miles</b>	<b>Theo Tadros</b>	<b>trainSharp</b>	<b>34:30</b>	<b>15 June 2019</b>
25 miles	Tom Copeland	In-Gear Development Squad	57:35	2007
30 miles	Up for grabs			
50 miles	Jack Churchill	Brighton Excelsior CC	2:08:21	2017
100 miles	Chris Dunstan	Brighton Excelsior CC	4:52:40	2017

# Sussex Championship Records as at 31st December 2019

## Juveniles - Bicycle

10 miles	Liam Terry	Bognor Regis CC	23:23	2000
15 miles	Jack Churchill	Brighton Excelsior CC	36:56	2016
25 miles	Jack Churchill	Brighton Excelsior CC	1:03:39	2016
30 miles	Up for grabs			
50 miles	Jack Churchill	Brighton Excelsior CC	2:13:12	2016
100 miles	Up for grabs			

## Bicycle Team

10 miles	Eastbourne Rovers CC	Jon Sharples, Nick Leach & Lloyd Grayston	1:02:03	2000
15 miles	<b>trainSharp</b>	<b>Pete Tadros, Will Reeder, Conall Yates</b>	<b>1:38:39</b>	<b>15 June 2019</b>
25 miles	In-Gear Quickvit RT	Michael Hutchison, Peter Tadros & Christian Yates	2:38:55	2007
30 miles	South Downs Bikes	Simon McNamara, Kevin Plummer & Andy Tedd	3:24:48	2018
50 miles	South Downs Bikes	Simon McNamara, Kevin Plummer & Andy Tedd	5:42:22	2018
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

## Tandem

30 miles	<b>GS Stella</b>	<b>Mark Jones, Tony Reeves</b>	<b>1:07:00</b>	<b>28 July 2019</b>
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## Sussex Best All Rounder Records as at 31st December 2019

### Sussex Long Distance BAR

Category	Rider	Club	Speed/Plus	Date
<b>Overall</b>	Steve Kane	Brighton Excelsior CC	26.733 mph	2014
<b>Team</b>	<a href="#">Up for grabs</a>			
<b>Veteran</b>	Mike O'Gorman	Worthing Excelsior CC	+ 1:13:11	2016
<b>Veteran Team</b>	<a href="#">Up for grabs</a>			
<b>Women</b>	<b>Lisa Davis</b>	<b>trainSharp</b>	<b>23.895 mph</b>	<b>2019</b>
<b>Junior</b>	Jack Churchill	Brighton Excelsior CC	25.757 mph	2017



## Sussex Best All Rounder Records as at 31st December 2019

### Sussex Middle Distance BAR

Category	Rider	Club	Speed/Plus	Date
<b>Overall</b>	Simon McNamara	South Downs Bikes / Casco Europe	28.519 mph	2018
<b>Team</b>	Simon McNamara (28.519) Kevin Plummer (27.001) Andy Tedd (26.549)	South Downs Bikes / Casco Europe	27.356 mph	2018
<b>Veteran</b>	Mike O'Gorman	Worthing Excelsior CC	+ 0:44:25	2016
<b>Veteran Team</b>	Kevin Plummer (+ 40:34) Simon McNamara (+ 35:15) Andy Tedd (+33:06)	South Downs Bikes / Casco Europe	+ 1:48:55	2016

## Sussex Best All Rounder Records as at 31st December 2019

### Sussex Short Distance BAR

Category	Rider	Club	Speed/Plus	Date
<b>Overall</b>	Simon McNamara	South Downs Bikes / Casco Europe	28.691 mph	2018
<b>Team</b>	Simon McNamara (28.691) Kevin Plummer (26.961) Andy Tedd (26.515)	South Downs Bikes / Casco Europe	27.389 mph	2018
<b>Veteran</b>	Mike O'Gorman	Worthing Excelsior CC	+ 0:36:33	2015
<b>Veteran Team</b>	Kevin Plummer (+ 31:32) Simon McNamara (+ 29:11) Andy Tedd (+25:59)	South Downs Bikes / Casco Europe	+ 1:26:42	2018