

Sussex Cyclists' Association

Final Competition Roundup for 2016



2016 Events and Competitions

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www.sussexca.org.uk

Promoting cycling in Sussex by encouraging members to participate in a range of events and competitions . . .

New for 2016 the Sussex Points competition has had an overhaul and now includes all Sussex CA or Sussex Championship events for solo riders over set distances, and we have also introduced a separate competition for women. We have called time on the little understood 25 mile team championship which was based on A and B teams (being the 5th, 6th and 7th rider) and brought it in line with all other Sussex Championship events to be based on teams of three from an affiliated club. There will also be a team trophy awarded for the Sussex Championship 10.

2016 President – Mick Kilby – VTTA Surrey & Sussex Group

2016 Ride, Lunch and Prize Presentation

The 2016 Lunch and Prize Presentation will be held on Sunday 4th December 2016 at Dial Post Village Hall, Old Worthing Road, Dial Post, Near Horsham, West Sussex RH13 8NH from 12noon.

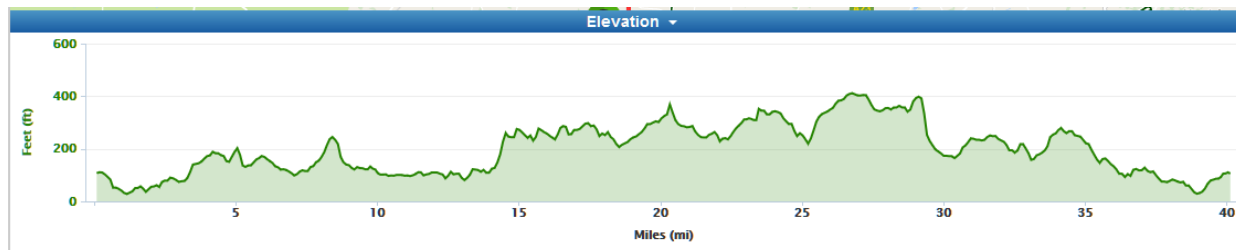
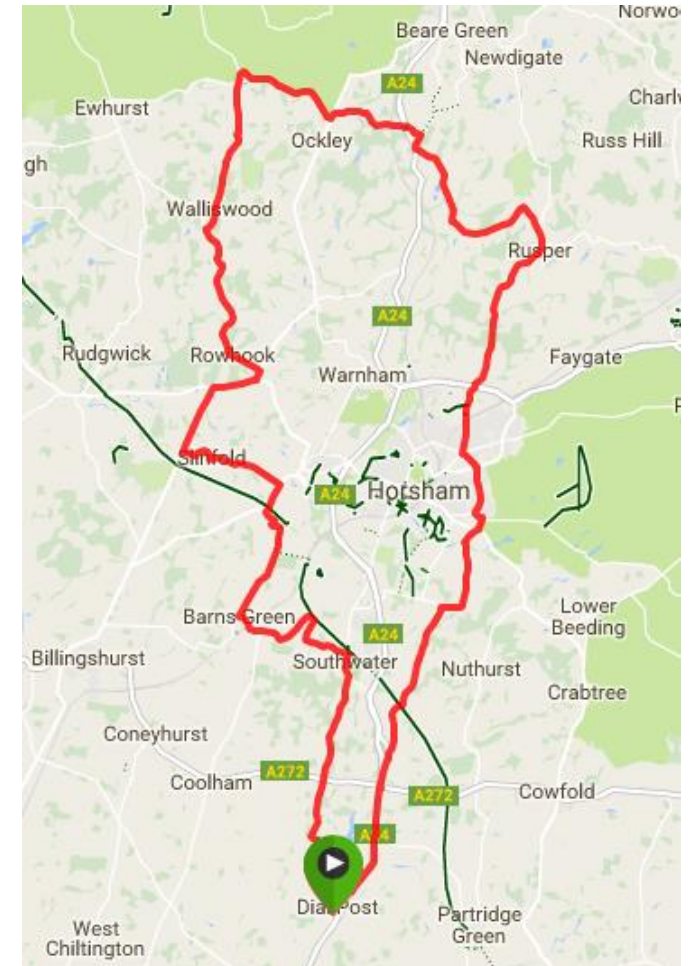
The lunch will be soup, hot and cold buffet, desserts, cheese and biscuits followed by tea or coffee, served from 12:30pm. Although there isn't a bar at the venue, you are welcome to bring your own wine etc. if you wish.

Tickets are only £10 per head, available in advance from Robin Johnson, 7 Gorselands, Billingshurst, West Sussex RH14 9TT. Please contact Robin on 01403 783368 if you require any further details about the lunch.

Preceding the lunch, Steve Dennis will be leading a 40 mile tour of West Sussex meeting at Dial Post Village Hall at 9:00am to leave at 9:30am. Hot drinks are available before and after the ride.

The ride route is available to view or download to GPS devices here: https://connect.garmin.com/modern/course/13767943#.V_p71YQix64.mailto

The prize presentation will immediately follow the lunch, so please come along to celebrate the achievements of the Sussex cyclists during the year.



Sussex Event Programme

2016 Events promoted by the Sussex CA

Date	Distance	Details	Course	Promoter
Sun 06 Mar 2016	23 m	Hardriders	GS/194	Steve Dennis
Sun 17 Apr 2016	28.5 m	2up TTT	GS/987	James Stone
Sat 30 Apr 2016	10 m	Sussex Championship	G10/97	Jon Fry
Sun 01 May 2016	25 m	Sussex Championship	G25/93	Steve Dennis
Sat 11 Jun 2016	15 m	Sussex Championship	G15/93	Robin Johnson
Sun 03 Jul 2016	50 m	Sussex Championship	G50/10	Robin Johnson
Sun 31 Jul 2016	30 m	Sussex Championship	G30/91	Robin Johnson
Sat 27 Aug 2016	10 m	Sporting	G10/45	Robin Johnson
Mon 29 Aug 2016	25 m	Sporting	G25/49	Robin Johnson
Sat 01 Oct 2016	1672 yd Hill Climb	Sussex Championship	GH/92	Chris Putnam

All Sussex CA events can be entered online via the CTT website www.cyclingtimetrials.org.uk

2016 Events promoted by other Associations

Date	Distance	Details	Course	Promoter
Sun 24 Jul 2016	SCCU 100 m	Sussex Championship	G100/61	Rod Starmer
Sun 21 Aug 2016	KCA 12-hour	Sussex Championship	Q/12	Esther Carpenter

The KCA 12 hour has been cancelled

Sussex Championships

Sussex 10 Mile County Championship Awards – Saturday 30th April 2016 – Course G10/97

Award winners	Pos	Rider	Club	Time/Plus	Award
Fastest Overall	1st	Simon McNamara	South Downs Bikes / Casco Europe	0:20:44	The 10 Shield & Medal
	2nd	Gary Brind	South Downs Bikes / Casco Europe	0:21:17	Medal
	3rd	Nick Dwyer	Lewes Wanderers CC	0:21:29	Medal
Highest Plus on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	+ 06:17	Medal
	2nd	Alan Robinson	Central Sussex CC	+ 05:56	Medal
	3rd	Nick Dwyer	Lewes Wanderers CC	+ 05:49	Medal
Fastest Lady	1st	Sally Turner	GS Stella	0:24:31	Medal
	2nd	Tamar Vanderhaas	Lewes Wanderers CC	0:25:25	Medal
Fastest Junior	1st	Schaeff Potter	Worthing Excelsior CC	0:24:06	Medal
Fastest Juvenile	1st	Chris Dunstan	Brighton Excelsior CC	0:25:17	Medal
Fastest Team of 3	1st	Simon McNamara	South Downs Bikes / Casco Europe	0:20:44	Medal
		Gary Brind	South Downs Bikes / Casco Europe	0:21:17	Medal
		Kevin Plummer	South Downs Bikes / Casco Europe	0:22:01	Medal
		Total Team Time		1:04:02	Dave Henty Cup

Sussex Championships

Sussex 25 Mile County Championship Awards – Sunday 1st May 2016 – Course G25/96

Award winners	Pos	Rider	Club	Time/Plus	Award
Fastest Overall	1st	Simon McNamara	South Downs Bikes / Casco Europe	0:53:47	Boniface Cup & Medal
	2nd	Conall Yates	In-Gear Quickvit Trainsharp RT	0:53:49	Medal
	3rd	Gary Brind	South Downs Bikes / Casco Europe	0:54:21	Medal
Highest Plus on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	+ 12:40	Horry Hemsley Cup & Medal
	2nd	Christian Yates	East Grinstead CC	+ 12:29	Medal
	3rd	Geoff Smith	Eastbourne Rovers CC	+ 12:23	Medal
Fastest Lady	1st	Laura Bartlett	a3crg	1:02:27	Medal
Fastest Junior	1st	Not contested		-	Medal
Fastest Juvenile	1st	Jack Churchill	Brighton Excelsior CC	1:03:39	Medal
Fastest Team of 3	1st	Simon McNamara	South Downs Bikes / Casco Europe	0:53:47	Medal
		Gary Brind	South Downs Bikes / Casco Europe	0:54:21	Medal
		Kevin Plummer	South Downs Bikes / Casco Europe	0:56:41	Medal
		Total Team Time		2:44:49	Lee Memorial Shield

Congratulations to Laura Bartlett who sets a new 25 mile record for the fastest lady
 Congratulations to Jack Churchill who sets a new 25 mile record for the fastest juvenile

Sussex Championships

Sussex 15 Mile County Championship Awards – Saturday 11th June 2016 – Course G15/93

Award winners	Pos	Rider	Club	Time/Plus	Award
Fastest Overall	1st	Steven Kane	Brighton Excelsior CC	0:32:01	The 15 Cup & Medal
	2nd	Simon McNamara	South Downs Bikes / Casco Europe	0:32:02	Medal
	3rd	Howard Bayley	Blazing Saddles	0:33:28	Medal
Highest Plus on CTT Target Times	1st	Alan Robinson	Central Sussex CC	+ 09:09	Medal
	2nd	David Pollard	In-Gear Quickvit Trainsharp RT	+ 08:52	Medal
	3rd	Mike O'Gorman	Worthing Excelsior CC	+ 08:32	Medal
Fastest Lady	1st	Tamar Vanderhaas	Lewes Wanderers CC	0:38:25	Medal
Fastest Junior	1st	Not contested		-	Medal
Fastest Juvenile	1st	Jack Churchill	Brighton Excelsior CC	0:36:56	Medal
Fastest Team of 3	1st	Dominic Maxwell	Worthing Excelsior CC	0:34:58	Medal
		John McGrath	Worthing Excelsior CC	0:35:28	Medal
		Mike O'Gorman	Worthing Excelsior CC	0:36:10	Medal
		Total Team Time		1:46:36	

Congratulations to winners in each category who all set a new 15 mile record for the fastest of that category

Sussex Championships

Sussex 50 Mile County Championship Awards – Sunday 3rd July 2016 – Course 50/10

Award winners	Pos	Rider	Club	Time/Plus	Award
Fastest Overall	1st	Steve Dennis	East Grinstead CC	1:53:21	Southern Radio Cup & Medal
	2nd	Steven Kane	Brighton Excelsior CC	1:54:36	Medal
	3rd	Kevin Plummer	South Downs Bikes / Casco Europe	1:58:27	Medal
Highest Plus on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	+ 25:28	Medal
	2nd	Steve Dennis	East Grinstead CC	+ 24:08	Medal
	3rd	Donald Parker	Brighton Mitre CC	+ 17:27	Medal
Fastest Lady	1st	Tamar Vanderhaas	Lewes Wanderers CC	2:12:11	Medal
Fastest Junior	1st	Not contested		-	Medal
Fastest Juvenile	1st	Jack Churchill	Brighton Excelsior CC	2:13:12	Medal
Fastest Team of 3	1st	Steven Kane	Brighton Excelsior CC	1:54:36	Medal
		James Stone	Brighton Excelsior CC	2:03:21	Medal
		Jack Churchill	Brighton Excelsior CC	2:13:12	Medal
		Total Team Time		6:11:09	Halford Cup

Congratulations to Mike O'Gorman who sets a new 50 mile record for the fastest Veteran on CTT Target Times

Congratulations to Tamar Vanderhaas who sets a new 50 mile record for the fastest Lady

Congratulations to Jack Churchill who sets the first 50 mile record for the fastest Juvenile

Sussex Championships

Sussex 100 Mile County Championship Awards – Sunday 24th July 2016 – Course G100/61

Award winners	Pos	Rider	Club	Time/Plus	Award
Fastest Overall	1st	Steven Kane	Brighton Excelsior CC	3:51:43	Regency Cup & Medal
	2nd	Rupert Robinson	Evans Cycles Race Team	3:59:10	Medal
	3rd	Kevin Plummer	South Downs Bikes / Casco Europe	4:12:48	Medal
Highest Plus on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	+ 35:03	Medal
	2nd	Rupert Robinson	Evans Cycles Race Team	+ 18:26	Medal
	3rd	Kevin Plummer	South Downs Bikes / Casco Europe	+ 18:18	Medal
Fastest Lady	1st	Nicole Patterson-Lett	Worthing Excelsior CC	5:19:49	Medal
Fastest Junior	1st	Not contested		-	Medal
Fastest Juvenile	1st	Not contested		-	Medal
Fastest Team of 3	1st	Mike O'Gorman	Worthing Excelsior CC	4:23:03	Medal
		Martin Booker	Worthing Excelsior CC	4:32:40	Medal
		Nicole Patterson-Lett	Worthing Excelsior CC	5:19:49	Medal
		Total Team Time		14:15:32	

Congratulations to Steve Kane who sets a new 100 mile record for the fastest Overall
 Congratulations to Mike O'Gorman who sets a new 100 mile record for the fastest Veteran on CTT Target Times

Sussex Championships

Sussex 30 Mile County Championship Awards – Sunday 31st July 2016 – Course GH/92

Award winners	Pos	Rider	Club	Time/Plus	Award
Fastest Overall	1st	Steven Kane	Brighton Excelsior CC	1:06:00	The 30 Cup & Medal
	2nd	Kevin Plummer	South Downs Bikes / Casco Europe	1:09:14	Medal
	3rd	Michael Davey	Eastbourne Rovers CC	1:09:16	Medal
Highest Plus on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	+ 16:45	Medal
	2nd	Ben Fielden	GS Stella	+ 14:08	Medal
	3rd	Kevin Plummer	South Downs Bikes / Casco Europe	+ 12:03	Medal
Fastest Lady	1st	Katerina Avramides	Brighton Mitre CC	1:21:43	Medal
Fastest Junior	1st	Not contested		-	Medal
Fastest Juvenile	1st	Not contested		-	Medal
Fastest Team of 3	1st	John McGrath	Worthing Excelsior CC	1:10:35	Medal
		Trevor Leeding	Worthing Excelsior CC	1:12:22	Medal
		Mike O'Gorman	Worthing Excelsior CC	1:12:40	Medal
		Total Team Time		3:35:37	

Sussex Championships

Sussex Hill Climb County Championship Awards – Saturday 1st October 2016 – Course G30/91

Award winners	Pos	Rider	Club	Time/Plus	Award
Fastest Overall	1st	Gareth Thyer	Brighton Mitre CC	4:27.3	The Alf Dawes Cup & Medal
	2nd	Callum Middleton	Lewes Wanderers CC	4:44.0	Medal
	3rd	Nick Martin	East Grinstead CC	4:46.6	Medal
Highest Plus on CTT Target Times	1st	John McGrath	Worthing Excelsior CC	+ 0:12.3	Medal
	2nd	Christopher Putnam	Worthing Excelsior CC	+ 0:07.9	Medal
Fastest Lady	1st	Tamar Vanderhaas	Lewes Wanderers CC	6:10.3	Medal
Fastest Junior	1st	Nick Martin	East Grinstead CC	4:46.6	Medal
Fastest Juvenile	1st	Fabien Large	Hastings & St. Leonards CC	6:42.4	Medal
Fastest Team of 3	1st	Christopher Putnam	Worthing Excelsior CC	5:17.1	Medal
		John McGrath	Worthing Excelsior CC	5:17.7	Medal
		Mike O'Gorman	Worthing Excelsior CC	6:18.7	Medal
		Total Team Time	16:53.5		

Sussex Championships

2016 Sussex Championship Trophies

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

Championship	Event	Date	Category	Trophy
10 mile	SCA Open 10	Sat 30 Apr 2016	Champion 1st Team of Three	10 mile Shield Dave Henty Cup
15 mile	SCA Open 15	Sat 11 Jun 2016	Champion	15 mile Cup Boniface Cup
25 mile	SCA Open 25	Sun 01 May 2016	Veteran on CTT Target Time 1st Team of Three	Horry Hemsley Cup Lee Memorial Shield
30 mile	SCA Open 30	Mon 31 Jul 2016	Champion	30 mile Cup
50 mile	SCA Open 50	Sun 03 Jul 2016	Champion 1st Team of Three	Southern Radio Cup Halford Cup
100 mile	SCCU Open 100	Sun 24 Jul 2016	Champion	Regency Cup
12 hour	KCA Open 12 hour	Sun 21 Aug 2016	Champion	HR Stevenson Cup
Hill Climb	SCA Open Hill Climb	Sat 01 Oct 2016	Champion	Alf Dawes Cup

The KCA 12 hour has been cancelled

All awards will be presented at the Annual Prize Presentation Lunch

2016 Sussex Championship Medal Awards

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	Sat 30 Apr 2016	First team of three
15 mile	SCA Open 15	Sat 11 Jun 2016	First team of three
25 mile	SCA Spring Open 25	Sun 01 May 2016	First team of three
30 mile	SCA Open 30	Mon 31 Jul 2016	First team of three
50 mile	SCA Open 50	Sun 03 Jul 2016	First team of three
100 mile	SCCU Open 100	Sun 24 Jul 2016	First team of three
12 hour	KCA Open 12 hour	Sun 21 Aug 2016	First team of three
Hill Climb	SCA Open Hill Climb	Sat 01 Oct 2016	First team of three

The KCA 12 hour has been cancelled

Sussex Points Competition

Sussex Points Competition – 2016 Award Winners

Award winners	Pos	Rider	Club	Points	Award
Overall	1st	Kevin Plummer	South Downs Bikes / Casco Europe	236 points	Charlie Lednor Cup & Medal
	2nd	Steven Kane	Brighton Excelsior CC	198 points	Medal
	3rd	Mike O'Gorman	Worthing Excelsior CC	168 points	Medal
Women	1st	Katerina Avramides	Brighton Mitre CC	50 points	Women's Points Trophy & Medal
Team of 3	1st	Kevin Plummer	South Downs Bikes / Casco Europe	236 points	Medal
		Simon McNamara	South Downs Bikes / Casco Europe	148 points	Medal
		Jason Gilbert	South Downs Bikes / Casco Europe	58 points	Medal
Team Total				442 points	

2016 Sussex Points Individual Competition

Rank	Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SC 100	SCA 30	SCA S 10	SCA S 25	SCA HC	Total Points
1	Kevin Plummer	South Downs Bikes / Casco Europe	25	25	24	27	28	28	29	27	23	-	236
2	Steven Kane	Brighton Excelsior CC	-	26	26	30	29	30	30	-	-	27	198
3	Mike O'Gorman	Worthing Excelsior CC	16	12	7	22	25	25	24	-	21	16	168
4	Simon McNamara	South Downs Bikes / Casco Europe	30	30	30	29	-	-	-	-	29	-	148
5	Jon Fry	Horsham Cycling	-	-	-	19	19	-	22	25	19	-	104
6	Tony Reeves	GS Stella	21	13	8	-	24	-	26	-	-	-	92
6	Rick Hughes	Worthing Excelsior CC	14	8	9	15	14	-	14	-	18	-	92

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Sussex Points Competition

2016 Sussex Points Individual Competition

Rank	Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SC 100	SCA 30	SCA S 10	SCA S 25	SCA HC	Total Points
8	Martin Booker	Worthing Excelsior CC	-	4	11	20	15	24	16	-	-	-	90
9	Ian Cheesman	Worthing Excelsior CC	17	2	4	21	22	-	17	-	-	-	83
10	John McGrath	Worthing Excelsior CC	-	-	-	24	-	-	27	-	-	25	76
11	Christian Yates	East Grinstead CC	24	21	25	-	-	-	-	-	-	-	70
12	Trevor Leeding	Worthing Excelsior CC	-	-	13	-	23	-	25	-	-	-	61
13	Robin Johnson	Brighton Mitre CC	-	-	-	4	4	-	8	19	11	13	59
14	Alex Napier	Blazing Saddles	-	-	-	-	-	-	-	30	28	-	58
14	Jason Gilbert	South Downs Bikes / Casco Europe	-	15	16	-	27	-	-	-	-	-	58
16	Gary Brind	South Downs Bikes / Casco Europe	-	29	28	-	-	-	-	-	-	-	57
16	Samuel Ramsey	Lewes Wanderers CC	-	6	10	-	20	-	21	-	-	-	57
18	Steve Dennis	East Grinstead CC	-	-	-	-	30	-	-	-	26	-	56
19	Mark Emsley	Team ASL360	28	-	-	-	-	-	-	-	27	-	55
20	Michael Coyle	Brighton Mitre CC	-	-	-	-	-	-	-	29	25	-	54
21	Howard Bayley	Blazing Saddles	-	-	-	28	-	-	-	-	24	-	52
21	Rupert Robinson	Evans Cycles Race Team	23	-	-	-	-	29	-	-	-	-	52
23	Ben Fielden	GS Stella	-	-	-	-	-	-	10	23	16	-	49
24	Steve Williamson	a3crg	-	25	23	-	-	-	-	-	-	-	48
25	Sarah Phelps	Brighton Mitre CC	-	-	-	-	8	-	-	24	15	-	47
26	Phil Allen	South Downs Bikes / Casco Europe	-	22	22	-	-	-	-	-	-	-	44
27	Katerina Avramides	Brighton Mitre CC	-	0	0	9	9	-	11	-	14	-	43
27	Tamar Vanderhaas	Lewes Wanderers CC	-	0	0	12	12	-	-	-	-	19	43
29	Dominic Maxwell	Worthing Excelsior CC	-	17	-	25	-	-	-	-	-	-	42
29	Matt Coombs	Lewes Wanderers CC	-	-	15	-	-	27	-	-	-	-	42
31	James Ryan	Team ASL360	-	20	21	-	-	-	-	-	-	-	41

Sussex Points Competition

2016 Sussex Points Individual Competition

Rank	Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SC 100	SCA 30	SCA S 10	SCA S 25	SCA HC	Total Points
32	Luke De Quay	East Grinstead CC	-	-	-	-	-	-	-	-	17	23	40
33	Christopher Putnam	Worthing Excelsior CC	-	0	-	-	-	-	13	-	-	26	39
34	Carl Richardson	In-Gear Quickvit Trainsharp RT	-	19	18	-	-	-	-	-	-	-	37
34	Simon Atkinson	Worthing Excelsior CC	-	-	-	-	17	-	20	-	-	-	37
36	Brian Molloy	Brighton Excelsior CC	-	-	14	-	-	-	-	-	22	-	36
36	Ian Newbold	Eastbourne Rovers CC	-	-	0	14	-	-	-	-	-	22	36
38	Sam Dix	In-Gear Quickvit Trainsharp RT	-	14	-	-	-	-	-	-	-	21	35
39	Alan Dolan	Horsham Cycling	-	-	-	-	-	-	-	21	13	-	34
39	David Clements	Eastbourne Rovers CC	-	16	18	-	-	-	-	-	-	-	34
41	Neil Crowther	Worthing Excelsior CC	-	-	-	18	-	-	15	-	-	-	33
42	Clive Jackson	Central Sussex CC	-	-	-	-	-	-	-	20	12	-	32
42	Alan Robinson	Central Sussex CC	-	0	-	10	-	-	-	22	-	-	32
44	Stu Nisbett	Crawley Wheelers	19	-	12	-	-	-	-	-	-	-	31
44	James Stone	Brighton Excelsior CC	-	0	5	-	26	-	-	-	-	-	31
46	James Rix	Crawley Wheelers	-	-	-	-	-	-	-	-	30	-	30
46	Gareth Thyer	Brighton Mitre CC	-	-	-	-	-	-	-	-	-	30	30
48	Conall Yates	In-Gear Quickvit Trainsharp RT	-	-	29	-	-	-	-	-	-	-	29
48	Brindley Taylor	Crawley Wheelers	29	-	-	-	-	-	-	-	-	-	29
48	Callum Middleton	Lewes Wanderers CC	-	-	-	-	-	-	-	-	-	29	29
48	John Glaysher	a3crg	-	-	6	-	-	-	23	-	-	-	29
48	Geoff Smith	Eastbourne Rovers CC	15	0	1	13	-	-	-	-	-	-	29
53	Nick Dwyer	Lewes Wanderers CC	-	28	-	-	-	-	-	-	-	-	28
53	Nick Martin	East Grinstead CC	-	-	-	-	-	-	-	-	-	28	28
53	David Shepherd	GS Stella	-	-	-	-	-	-	-	28	-	-	28

Sussex Points Competition

2016 Sussex Points Individual Competition

Rank	Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SC 100	SCA 30	SCA S 10	SCA S 25	SCA HC	Total Points
53	Michael Davey	Eastbourne Rovers CC	-	-	-	-	-	-	28	-	-	-	28
53	Jack Churchill	Brighton Excelsior CC	-	0	0	17	11	-	-	-	-	-	28
58	Tom Glandfield	Lewes Wanderers CC	-	27	-	-	-	-	-	-	-	-	27
58	Robert Rollings	Lewes Wanderers CC	-	-	27	-	-	-	-	-	-	-	27
58	Mark Smith	Crawley Wheelers	27	-	-	-	-	-	-	-	-	-	27
61	Noel Miles	East Grinstead CC	-	-	-	-	-	26	-	-	-	-	26
61	Mark Bashford	East Grinstead CC	26	-	-	-	-	-	-	-	-	-	26
61	David Pollard	In-Gear Quickvit Trainsharp RT	-	-	-	26	-	-	-	-	-	-	26
61	Lawrence Coyle	Brighton Excelsior CC	-	-	-	-	-	-	-	26	-	-	26
65	Chris Dunstan	Brighton Excelsior CC	-	0	0	-	-	-	-	-	-	24	24
66	Brett Davis	Lewes Wanderers CC	-	-	-	23	-	-	-	-	-	-	23
66	George Welfare	Eastbourne Rovers CC	-	23	-	-	-	-	-	-	-	-	23
66	Tony Sinnett	Lewes Wanderers CC	-	-	-	-	-	23	-	-	-	-	23
69	Richard Cartland	South Downs Bikes / Casco Europe	22	-	-	-	-	-	-	-	-	-	22
69	Nicole Patterson-Lett	Worthing Excelsior CC	-	-	-	-	-	22	-	-	-	-	22
71	John Marinko	Brighton Mitre CC	-	-	0	-	21	-	-	-	-	-	21
72	Peter Kilby	Lewes Wanderers CC	-	-	-	-	-	-	-	-	-	20	20
72	Paul Newsome	Team ASL360	20	-	-	-	-	-	-	-	-	-	20
72	Richard Gifford	In-Gear Quickvit Trainsharp RT	-	-	20	-	-	-	-	-	-	-	20
72	Tim Holmes	VTTA (Surrey & Sussex)	-	-	-	-	-	-	-	-	20	-	20
76	Dan Cobby	Worthing Excelsior CC	-	-	-	-	-	-	19	-	-	-	19
76	Richard Weatherstone	GS Stella	-	19	-	-	-	-	-	-	-	-	19
76	Paul Byford	Crawley Wheelers	-	-	19	-	-	-	-	-	-	-	19
79	Gemma Hobson	Sussex Nomads CC	-	-	-	-	-	-	-	-	-	18	18

Sussex Points Competition

2016 Sussex Points Individual Competition

Rank	Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SC 100	SCA 30	SCA S 10	SCA S 25	SCA HC	Total Points
79	Mark Bernhardt	GS Stella	-	-	-	-	-	-	18	-	-	-	18
79	Yuriy Tymchenko	Sussex Nomads CC	-	-	-	-	18	-	-	-	-	-	18
79	Robert Charles	Blazing Saddles	18	-	-	-	-	-	-	-	-	-	18
83	John Ferguson	Brighton Mitre CC	-	-	-	-	-	-	-	-	-	17	17
84	Nik Allen	Worthing Excelsior CC	-	-	-	16	-	-	-	-	-	-	16
84	David Clark	Eastbourne Rovers CC	-	-	-	-	16	-	-	-	-	-	16
86	Karen McGrath	Worthing Excelsior CC	-	-	-	6	-	-	9	-	-	-	15
86	Gemma Hayes	East Grinstead CC	-	-	-	-	-	-	-	-	-	15	15
88	Fabien Large	Hastings & St. Leonards CC	-	-	0	-	-	-	-	-	-	14	14
89	Andrew Drake	East Grinstead CC	-	-	-	-	13	-	-	-	-	-	13
89	Christopher Boocock	Sussex Nomads CC	13	-	-	-	-	-	-	-	-	-	13
91	Colin Toppin	Brighton Excelsior CC	-	5	0	-	7	-	-	-	-	-	12
91	Mike Marchant	Southdown Velo	-	-	-	12	-	-	-	-	-	-	12
91	Aaron Hartley	Worthing Excelsior CC	-	-	-	-	-	-	-	-	-	12	12
91	Peter Moon	Eastbourne Rovers CC	-	0	0	-	-	-	12	-	-	-	12
91	Daniel Ellis	Eastbourne Rovers CC	12	-	-	-	-	-	-	-	-	-	12
96	Paul Winkley	East Grinstead CC	11	-	-	-	-	-	-	-	-	-	11
96	Michael Valks	Lewes Wanderers CC	-	11	-	-	-	-	-	-	-	-	11
98	Helen Webb	Sussex Nomads CC	10	-	-	-	-	-	-	-	-	-	10
98	Joan Lennon	Worthing Excelsior CC	-	-	-	-	-	-	-	-	10	-	10
98	Tom Houghton	Brighton Excelsior CC	-	10	-	-	-	-	-	-	-	-	10
98	Donald Parker	Brighton Mitre CC	-	-	0	-	10	-	-	-	-	-	10
102	Matthew Sumpter	In-Gear Quickvit Trainsharp RT	-	9	-	-	-	-	-	-	-	-	9
103	Lee McGeever	Brighton Excelsior CC	-	-	-	8	-	-	-	-	-	-	8

Sussex Points Competition

2016 Sussex Points Individual Competition

Rank	Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SC 100	SCA 30	SCA S 10	SCA S 25	SCA HC	Total Points
103	Mark Jones	GS Stella	-	8	0	-	-	-	-	-	-	-	8
105	Gina McGeever	Lewes Wanderers CC	-	0	0	7	-	-	-	-	-	-	7
106	Rome Bhamra	Worthing Excelsior CC	-	-	-	-	6	-	-	-	-	-	6
107	Claire Leonard	South Downs Bikes / Casco Europe	-	-	-	5	-	-	-	-	-	-	5
107	Philip Frean	Worthing Excelsior CC	-	-	0	-	5	-	-	-	-	-	5
109	Schaeff Potter	Worthing Excelsior CC	-	3	-	-	-	-	-	-	-	-	3
109	Adam Grange	East Grinstead CC	-	-	3	-	-	-	-	-	-	-	3
111	Laura Bartlett	a3crg	-	-	2	-	-	-	-	-	-	-	2
112	Colin Barton	Worthing Excelsior CC	-	1	0	-	-	-	-	-	-	-	1
Grand Total			420	468	466	460	459	234	437	294	420	399	4057

Sussex Points Competition

2016 Sussex Points Women's Competition

Rank	Rider	Club	SCA HR	SCA 10	SCA 25	SCA 15	SCA 50	SC 100	SCA 30	SCA S 10	SCA S 25	SCA HC	Total Points
1	Katerina Avramides	Brighton Mitre CC	-	7	6	9	9	-	10	-	9	-	50
2	Tamar Vanderhaas	Lewes Wanderers CC	-	9	9	10	10	-	-	-	-	10	48
3	Sarah Phelps	Brighton Mitre CC	-	-	-	-	8	-	-	10	10	-	28
4	Gina McGeever	Lewes Wanderers CC	-	8	7	8	-	-	-	-	-	-	23
5	Karen McGrath	Worthing Excelsior CC	-	-	-	7	-	-	9	-	-	-	16
6	Nicole Patterson-Lett	Worthing Excelsior CC	-	-	-	-	-	10	-	-	-	-	10
6	Helen Webb	Sussex Nomads CC	10	-	-	-	-	-	-	-	-	-	10
6	Sally Turner	GS Stella	-	10	-	-	-	-	-	-	-	-	10
6	Laura Bartlett	a3crg	-	-	10	-	-	-	-	-	-	-	10
10	Gemma Hobson	Sussex Nomads CC	-	-	-	-	-	-	-	-	-	9	9
10	Amy Forshaw	In-Gear Quickvit Trainsharp RT	-	-	9	-	-	-	-	-	-	-	9
12	Gemma Hayes	East Grinstead CC	-	-	-	-	-	-	-	-	-	8	8
12	Joan Lennon	Worthing Excelsior CC	-	-	-	-	-	-	-	-	8	-	8
14	Claire Leonard	South Downs Bikes / Casco Europe	-	-	-	6	-	-	-	-	-	-	6
14	Kaye Dwyer	Lewes Wanderers CC	-	6	-	-	-	-	-	-	-	-	6
Grand Total			10	40	41	40	27	10	19	10	27	27	251

Sussex Points Competition

2016 Sussex Points Team Competition

Club	Team of Three Riders	Total Points	Team Rank
South Downs Bikes / Casco Europe	Kevin Plummer (236), Simon McNamara (148) & Jason Gilbert (58)	442	1
Worthing Excelsior CC	Mike O'Gorman (168), Rick Hughes (92) & Martin Booker (90)	350	2
Brighton Excelsior CC	Steven Kane (198), Brian Molloy (36) & James Stone (31)	265	3
Worthing Excelsior CC	Ian Cheesman (83), John McGrath (76) & Trevor Leeding (61)	220	4
GS Stella	Tony Reeves (92), Ben Fielden (49) & David Shepherd (28)	169	5
East Grinstead CC	Christian Yates (70), Steve Dennis (56) & Luke De Quay (40)	166	6
Brighton Mitre CC	Robin Johnson (59), Michael Coyle (54) & Sarah Phelps (47)	160	7
Lewes Wanderers CC	Samuel Ramsey (57), Tamar Vanderhaas (43) & Matt Coombs (42)	142	8
Blazing Saddles	Alex Napier (58), Howard Bayley (52) & Robert Charles (18)	128	9
South Downs Bikes / Casco Europe	Gary Brind (57), Phil Allen (44) & Richard Cartland (22)	123	10
Worthing Excelsior CC	Dominic Maxwell (42), Christopher Putnam (39) & Simon Atkinson (37)	118	11
Team ASL360	Mark Emsley (55), James Ryan (41) & Paul Newsome (20)	116	12
In-Gear Quickvit Trainsharp RT	Carl Richardson (37), Sam Dix (35) & Conall Yates (29)	101	13
Eastbourne Rovers CC	Ian Newbold (36), David Clements (34) & Geoff Smith (29)	99	14
Brighton Mitre CC	Katerina Avramides (43), Gareth Thyer (30) & John Marinko (21)	94	15
Crawley Wheelers	Stu Nisbett (31), James Rix (30) & Brindley Taylor (29)	90	16
Lewes Wanderers CC	Callum Middleton (29), Nick Dwyer (28) & Tom Glandfield (27)	84	17
East Grinstead CC	Nick Martin (28), Noel Miles (26) & Mark Bashford (26)	80	18
a3crg	Steve Williamson (48), John Glaysher (29) & Laura Bartlett (2)	79	19
Brighton Excelsior CC	Jack Churchill (28), Lawrence Coyle (26) & Chris Dunstan (24)	78	20
Worthing Excelsior CC	Neil Crowther (33), Nicole Patterson-Lett (22) & Dan Cobby (19)	74	21
Lewes Wanderers CC	Robert Rollings (27), Brett Davis (23) & Tony Sinnett (23)	73	22
Eastbourne Rovers CC	Michael Davey (28), George Welfare (23) & David Clark (16)	67	23
In-Gear Quickvit Trainsharp RT	David Pollard (26), Richard Gifford (20) & Matthew Sumpter (9)	55	24
Sussex Nomads CC	Gemma Hobson (18), Yuriy Tymchenko (18) & Christopher Boocock (13)	49	25

Sussex Points Competition

2016 Sussex Points Team Competition

Club	Team of Three Riders	Total Points	Team Rank
GS Stella	Richard Weatherstone (19), Mark Bernhardt (18) & Mark Jones (8)	45	26
Worthing Excelsior CC	Nik Allen (16), Karen McGrath (15) & Aaron Hartley (12)	43	27
East Grinstead CC	Gemma Hayes (15), Andrew Drake (13) & Paul Winkley (11)	39	28
Lewes Wanderers CC	Peter Kilby (20), Michael Valks (11) & Gina McGeever (7)	38	29
Brighton Excelsior CC	Colin Toppin (12), Tom Houghton (10) & Lee McGeever (8)	30	30
Worthing Excelsior CC	Joan Lennon (10), Rome Bhamra (6) & Philip Frean (5)	21	31

Sussex Points Competition

2016 Sussex Points Competition

The Sussex points competition is open to all first claim members of Sussex CA affiliated clubs. There is no need to register for the competition as any qualifying ride by a member of a Sussex CA affiliated club will automatically be recorded.

The competition consists of a series of ten Sussex CA or Sussex Championship events for solo riders over set distances – 2 x 10 mile, 15 mile, 23 mile Hardriders, 2 x 25 mile, 30 mile, 50 mile, 100 mile, and hill climb. **The competition is decided on the highest number of points totalled from the ten qualifying events.**

For each qualifying event ridden as a solo rider you will be awarded points based on your position in that event in relation to other riders from Sussex CA affiliated clubs. There will be three separate competitions – Overall, Women and Teams of Three.

Points will be awarded on the following basis: For overall, 30 points for first place, down to 1 point for 30th place. For women, 10 points for first place, down to 1 point for 10th place. For teams of three, the addition of the individual points from three riders from the same club, regardless of which events they have ridden.

Riders who are not from Sussex CA affiliated clubs will be disregarded in the points allocation. Any number of events can be ridden – the more events you ride, the more points you are likely to get.

2016 Sussex Points Awards

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

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

Sussex Points Competition

2016 Sussex Points Qualifying Events

Date	Distance	Event	Course
Sun 06 Mar 2016	23 m	Sussex CA Hardriders	GS/194
Sat 30 Apr 2016	10 m	Sussex Championship 10	G10/97
Sun 01 May 2016	25 m	Sussex Championship 25	G25/93
Sat 11 Jun 2016	15 m	Sussex Championship 15	G15/93
Sun 03 Jul 2016	50 m	Sussex Championship 50	G50/10
Sun 24 Jul 2016	100 m	SCCU (Sussex Championship) 100	G100/61
Sun 31 Jul 2016	30 m	Sussex Championship 30	G30/91
Sat 27 Aug 2016	10 m	Sussex CA Sporting 10	G10/45
Mon 29 Aug 2016	25 m	Sussex CA Sporting 25	G25/49
Sat 01 Oct 2016	1672 yd	Sussex Championship Hill Climb	GH/92

Sussex SPOCO Competition

Sussex SPOCO Competition – 2016 Award Winners

Award winners	Pos	Rider	Club	Points	Award
Overall	1st	Steven Kane	Brighton Excelsior CC	359 points	Senior SPOCO Trophy & Medal
	2nd	Mark Smith	Crawley Wheelers	358 points	
	3rd =	Alex Napier	Blazing Saddles	357 points	
	3rd =	Simon McNamara	South Downs Bikes / Casco Europe	357 points	Medal
Veteran Rider	1st	Mark Smith	Crawley Wheelers	358 points	Veteran SPOCO Trophy
Fastest Lady	1st	Tamar Vanderhaas	Lewes Wanderers CC	282 points	Medal
Fastest Junior	1st	No qualifiers			Medal
Handicap	1st	Tamar Vanderhaas	Lewes Wanderers CC	367 points	Handicap Cup & Medal
	2nd =	Lisa Davis	Lewes Wanderers CC	366 points	Medal
	2nd =	Michael Davey	Eastbourne Rovers CC	366 points	Medal
Team of 3	1st	Mike O'Gorman	Worthing Excelsior CC	332 points	Medal
		Martin Booker	Worthing Excelsior CC	316 points	Medal
		Ian Cheesman	Worthing Excelsior CC	315 points	Medal
		Team Total		963 points	

Sussex SPOCO Competition

2016 SPOCO Individual Competition

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Steven Kane	Brighton Excelsior CC	Yes	119	120	120	359	1
Mark Smith	Crawley Wheelers	Yes	119	119	120	358	2
Alex Napier	Blazing Saddles	Yes	119	118	120	357	3
Simon McNamara	South Downs Bikes / Casco Europe	Yes	118	119	120	357	3
Pete Morris	Team ASL360	Yes	119	115	120	354	5
Mark Emsley	Team ASL360	Yes	120	117	116	353	6
Kevin Plummer	South Downs Bikes / Casco Europe	Yes	116	118	115	349	7
Brindley Taylor	Crawley Wheelers	Yes	114	116	118	348	8
David Shepherd	GS Stella	Yes	116	115	114	345	9
Tom Glandfield	Lewes Wanderers CC	Yes	116	114	112	342	10
Michael Davey	Eastbourne Rovers CC	Yes	105	117	111	333	11
Rupert Robinson	Evans Cycles Race Team	Yes	109	107	117	333	11
Mike O'Gorman	Worthing Excelsior CC	Yes	111	112	109	332	13
Martin Booker	Worthing Excelsior CC	Yes	109	102	105	316	14
Ian Cheesman	Worthing Excelsior CC	Yes	110	103	102	315	15
David Clark	Eastbourne Rovers CC	Yes	98	109	106	313	16
Jon Fry	Horsham Cycling	Yes	113	109	82	304	17
Geoff Smith	Eastbourne Rovers CC	Yes	108	97	96	301	18
Tamar Vanderhaas	Lewes Wanderers CC	Yes	101	96	85	282	19
Matt Twelvetrees	Horsham Cycling	Yes	101	101	77	279	20
Peter Baker	Lewes Wanderers CC	Yes	74	100	97	271	21
Robin Johnson	Brighton Mitre CC	Yes	102	93	69	264	22
Helen Webb	Sussex Nomads CC	Yes	84	85	73	242	23
Lisa Davis	Lewes Wanderers CC	Yes	62	88	89	239	24

Sussex SPOCO Competition

2016 SPOCO Women's Competition

Rider	Club	Qualify	Best Short	Best Med	Best Long	Total Points	Rank
Tamar Vanderhaas	Lewes Wanderers CC	Yes	101	96	85	282	1
Helen Webb	Sussex Nomads CC	Yes	84	85	73	242	2
Lisa Davis	Lewes Wanderers CC	Yes	62	88	89	239	3

2016 SPOCO Handicap Competition

Rider	Club	Qualify	Short H/Cap Points	Med H/Cap Points	Long H/Cap Points	Total Points	Rank
Tamar Vanderhaas	Lewes Wanderers CC	Yes	136	117	114	367	1
Lisa Davis	Lewes Wanderers CC	Yes	120	120	126	366	2
Michael Davey	Eastbourne Rovers CC	Yes	115	128	123	366	2
Steven Kane	Brighton Excelsior CC	Yes	120	120	122	362	4
Pete Morris	Team ASL360	Yes	120	120	120	360	5
Simon McNamara	South Downs Bikes / Casco Europe	Yes	120	119	121	360	5
David Shepherd	GS Stella	Yes	122	119	116	357	7
Mike O'Gorman	Worthing Excelsior CC	Yes	113	120	121	354	8
Martin Booker	Worthing Excelsior CC	Yes	113	121	118	352	9
Tom Glandfield	Lewes Wanderers CC	Yes	119	117	113	349	10
Robin Johnson	Brighton Mitre CC	Yes	117	118	110	345	11

Sussex SPOCO Competition

2016 SPOCO Team Competition

Club	Team of Three Riders	Qualify	Total Points	Rank
Worthing Excelsior CC	Mike O'Gorman (332), Martin Booker (316) & Ian Cheesman (315)	Yes	963	1
Eastbourne Rovers CC	Michael Davey (333), David Clark (313) & Geoff Smith (301)	Yes	947	2
Lewes Wanderers CC	Tom Glandfield (342), Tamar Vanderhaas (282) & Peter Baker (271)	Yes	895	3

2017 Sussex SPOCO – Handicap Competition Qualifiers

All those who completed a short, medium and long distance event this season will automatically be included in the handicap competition for 2017. The calculation is simply the difference between the maximum score and the actual score for each qualifying event last year. The handicap will be applied as and when the different types of event are completed.

2017 Handicap Competition Qualifiers		2016 Result			2017 Handicap		
Rider	Club	Short	Med	Long	Short	Med	Long
Alex Napier	Blazing Saddles	119	118	120	1	2	0
Brindley Taylor	Crawley Wheelers	114	116	118	6	4	2
David Clark	Eastbourne Rovers CC	98	109	106	22	11	14
David Shepherd	GS Stella	116	115	114	4	5	6
Geoff Smith	Eastbourne Rovers CC	108	97	96	12	23	24
Helen Webb	Sussex Nomads CC	84	85	73	36	35	47
Ian Cheesman	Worthing Excelsior CC	110	103	102	10	17	18
Jon Fry	Horsham Cycling	113	109	82	7	11	38
Kevin Plummer	South Downs Bikes / Casco Europe	116	118	115	4	2	5

Sussex SPOCO Competition

2017 Handicap Competition Qualifiers

Rider	Club
Lisa Davis	Lewes Wanderers CC
Mark Emsley	Team ASL360
Mark Smith	Crawley Wheelers
Martin Booker	Worthing Excelsior CC
Matt Twelvetrees	Horsham Cycling
Michael Davey	Eastbourne Rovers CC
Mike O'Gorman	Worthing Excelsior CC
Pete Morris	Team ASL360
Peter Baker	Lewes Wanderers CC
Robin Johnson	Brighton Mitre CC
Rupert Robinson	Evans Cycles Race Team
Simon McNamara	South Downs Bikes / Casco Europe
Steven Kane	Brighton Excelsior CC
Tamar Vanderhaas	Lewes Wanderers CC
Tom Glandfield	Lewes Wanderers CC

2016 Result

Short	Med	Long
62	88	89
120	117	116
119	119	120
109	102	105
101	101	77
105	117	111
111	112	109
119	115	120
74	100	97
102	93	69
109	107	117
118	119	120
119	120	120
101	96	85
116	114	112

2017 Handicap

Short	Med	Long
58	32	31
0	3	4
1	1	0
11	18	15
19	19	43
15	3	9
9	8	11
1	5	0
46	20	23
18	27	51
11	13	3
2	1	0
1	0	0
19	24	35
4	6	8

2016 Sussex SPOCO Competition

The Sussex SPOCO competition is open to all first claim members of Sussex CA affiliated clubs. There is no need to register for the competition as any qualifying ride by a member of a Sussex CA affiliated club will automatically be recorded.

The competition consists of a series of sporting events that are broken down into three categories – Short, Medium and Long distance. For each qualifying event ridden you will be awarded points based on your position in that event – 120 points for first place, down to 1 point for 120th place. The competition is decided on your highest scores from three qualifying events which must include 1 x Group A – Short Distance, 1 x Group B – Medium Distance and 1 x Group C – Long Distance.

- Any number of events can be ridden as your best placing in each category will automatically count towards the competition.
- Times are of no consequence as it's your position on the day that counts.
- Starting at 120 points for the winner, and reducing by 1 point per position, means the fewer riders there are, the more points you can get.
- Riders that completed one event at each distance in the previous year will be automatically be included in the handicap competition the following year which is simply the difference between the maximum available points and the actual number of points achieved.

2016 Sussex SPOCO Awards

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

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

There is also a veteran SPOCO Trophy that will be awarded to the rider over 40 with the highest number of points

Sussex SPOCO Competition

2016 Sussex SPOCO Qualifying Events

Category	Date	Dist	Event	Course	Finishers
Group A – Short Distance	Sat 06 Feb 2016	10.5 m	South Downs Bikes	GS/988	39
	Sat 27 Feb 2016	10 m	...a3crg	P886	61
	Sun 20 Mar 2016	15.06 m	East Sussex CA	GS/895	69
	Sat 26 Mar 2016	10 m	Brighton Mitre CC	G10/44	34
	Sat 23 Apr 2016	10 m	Southern Counties CU	G10/46	43
	Sun 29 May 2016	10 m	Brighton Mitre CC	GS/995	23
	Sat 11 Jun 2016	15 m	Sussex CA	G15/93	32
	Sat 27 Aug 2016	10 m	Sussex CA	G10/45	20
Group B – Medium Distance	Sun 07 Feb 2016	21.13 m	South Downs Bikes	GS/989	29
	Sun 06 Mar 2016	23 m	Sussex CA	GS/194	37
	Mon 28 Mar 2016	25 m	Brighton Mitre CC	GS/999	Cancelled
	Sun 24 Apr 2016	25 m	Southern Counties CU	G25/43	30
	Sun 05 Jun 2016	30 m	Lewes Wanderers CC	G30/88	46
	Sun 31 Jul 2016	30 m	Sussex CA	G30/91	33
	Mon 29 Aug 2016	25 m	Sussex CA	G25/49	30
Group C – Long Distance	Fri 25 Mar 2016	41.59 m	Crawley Wheelers	GS/196	55
	Sun 19 Jun 2016	50 m	East Sussex CA	G50/90	61
	Sun 26 Jun 2016	50 m	Southern Counties CU	G50/10	52
	Sun 03 Jul 2016	50 m	Sussex CA	G50/10	61
	Sun 10 Jul 2016	100 m	East Sussex CA	G100/861	46
	Sun 24 Jul 2016	100 m	Southern Counties CU	G100/61	27

Sussex Best All Rounder Competitions

Sussex Long Distance BAR – 2016 Award Winners

Award winners	Pos	Rider	Club	Time/Plus	Award
Overall	1st	Steven Kane	Brighton Excelsior CC	26.339 mph	A E Patching Cup & Medal
	2nd	Kevin Plummer	South Downs Bikes / Casco Europe	25.175 mph	Medal
	3rd	Mike O'Gorman	Worthing Excelsior CC	23.779 mph	Medal
Overall Team of 3	1st	No qualifiers			Medal
					Medal
					Medal
Veteran on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	Plus 1:13:11	Stephen Easter Cup & Medal
	2nd	Kevin Plummer	South Downs Bikes / Casco Europe	Plus 0:45:58	Medal
	3rd	Martin Booker	Worthing Excelsior CC	Minus 0:00:11	Medal
Veteran Team of 3	1st	No qualifiers			Medal
					Medal
					Medal
Woman	1st	Tamar Vanderhaas	Lewes Wanderers CC	23.091 mph	West Sussex RC Plate & Medal
Junior	1st	Jack Churchill	Brighton Excelsior CC	23.381 mph	Junior Cup & Medal

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Sussex Best All Rounder Competitions

2016 Sussex Long Distance BAR

Rider	Club	25	50	100	Av mph	Rank
Steven Kane	Brighton Excelsior CC	0:55:40	1:54:36	3:51:43	26.339	1
Kevin Plummer	South Downs Bikes / Casco Europe	0:56:41	1:58:27	4:12:48	25.175	2
Mike O'Gorman	Worthing Excelsior CC	1:01:51	2:03:35	4:23:03	23.779	3
Martin Booker	Worthing Excelsior CC	1:00:46	2:09:12	4:32:40	23.303	4

2016 Sussex Long Distance BAR – Team

Team of Three Riders	Club	Av mph	Rank
No Qualifiers			

2016 Sussex Long Distance Veteran BAR

Veteran Rider	Club	25	50	100	Plus	Rank
Mike O'Gorman	Worthing Excelsior CC	0:12:40	0:25:28	0:35:03	1:13:11	1
Kevin Plummer	South Downs Bikes / Casco Europe	0:10:34	0:17:06	0:18:18	0:45:58	2
Martin Booker	Worthing Excelsior CC	0:05:01	0:02:24	-0:07:36	-0:00:11	3

Congratulations to Mike O'Gorman who sets a new Long Distance BAR record for the Highest Plus on CTT Target Time

2016 Sussex Long Distance Veteran BAR – Team

Team of Three Riders	Club	Plus	Rank
No Qualifiers			

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Sussex Best All Rounder Competitions

2016 Sussex Long Distance Woman BAR

Woman Rider	Club	10	25	50	Av mph	Rank
Tamar Vanderhaas	Lewes Wanderers CC	0:25:25	1:05:18	2:12:11	23.091	1
Katerina Avramides	Brighton Mitre CC	0:26:11	1:07:16	2:18:30	22.292	2
Sarah Phelps	Brighton Mitre CC	0:27:10	1:10:51	2:21:01	21.510	3

2016 Sussex Long Distance Junior BAR

Junior Rider	Club	10	25	Av mph	Rank
Jack Churchill	Brighton Excelsior CC	0:25:52	1:03:39	23.381	1
Chris Dunstan	Brighton Excelsior CC	0:25:17	1:05:52	23.252	2

Sussex Best All Rounder Competitions

Sussex Middle Distance BAR – 2016 Award Winners

Award winners	Pos	Rider	Club	Time/Plus	Award
Overall	1st	Steven Kane	Brighton Excelsior CC	26.868 mph	Fairy Dyes Cup & Medal
	2nd	Kevin Plummer	South Downs Bikes / Casco Europe	26.347 mph	Medal
	3rd	Jason Gilbert	South Downs Bikes / Casco Europe	25.235 mph	Medal
Overall Team of 3	1st	Steven Kane	Brighton Excelsior CC	26.868 mph	Medal
		James Stone	Brighton Excelsior CC	24.343 mph	Medal
		Colin Toppin	Brighton Excelsior CC	23.233 mph	Medal
	Team Average			24.815 mph	
Veteran on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	Plus 0:44:25	Glazebrook Cup & Medal
	2nd	Kevin Plummer	South Downs Bikes / Casco Europe	Plus 0:32:33	Medal
	3rd	Samuel Ramsey	Lewes Wanderers CC	Plus 0:20:53	Medal
Veteran Team of 3	1st	Mike O'Gorman	Worthing Excelsior CC	Plus 0:44:25	Medal
		Rick Hughes	Worthing Excelsior CC	Plus 0:18:56	Medal
		Ian Cheesman	Worthing Excelsior CC	Plus 0:12:40	Medal
	Team Total			Plus 1:16:01	

Sussex Best All Rounder Competitions

2016 Sussex Middle Distance BAR

Rider	Club	10	25	50	Av mph	Rank
Steven Kane	Brighton Excelsior CC	0:21:50	0:55:40	1:54:36	26.868	1
Kevin Plummer	South Downs Bikes / Casco Europe	0:22:01	0:56:41	1:58:27	26.347	2
Jason Gilbert	South Downs Bikes / Casco Europe	0:23:14	0:58:54	2:02:53	25.235	3
Tony Reeves	GS Stella	0:23:30	1:01:37	2:03:47	24.704	4
Mike O'Gorman	Worthing Excelsior CC	0:23:31	1:01:51	2:03:35	24.680	5
Samuel Ramsey	Lewes Wanderers CC	0:23:56	1:01:16	2:05:48	24.467	6
James Stone	Brighton Excelsior CC	0:24:22	1:02:17	2:03:21	24.343	7
Ian Cheesman	Worthing Excelsior CC	0:24:08	1:02:22	2:04:32	24.334	8
Martin Booker	Worthing Excelsior CC	0:24:00	1:00:46	2:09:12	24.301	9
Rick Hughes	Worthing Excelsior CC	0:23:53	1:01:32	2:09:23	24.229	10
Jon Fry	Horsham Cycling	0:25:08	1:04:56	2:06:10	23.584	11
Colin Toppin	Brighton Excelsior CC	0:23:59	1:04:01	2:21:10	23.233	12
Jack Churchill	Brighton Excelsior CC	0:25:52	1:03:39	2:13:12	23.095	13
Tamar Vanderhaas	Lewes Wanderers CC	0:25:25	1:05:18	2:12:11	23.091	14
Katerina Avramides	Brighton Mitre CC	0:26:11	1:07:16	2:18:30	22.292	15
Sarah Phelps	Brighton Mitre CC	0:27:10	1:10:51	2:21:01	21.510	16
Robin Johnson	Brighton Mitre CC	0:31:32	1:18:41	2:38:37	19.002	17

2016 Sussex Middle Distance BAR – Team

Team of Three Riders	Club	Av mph	Rank
Steve Kane, James Stone & Colin Toppin	Brighton Excelsior CC	24.815	1
Mike O'Gorman, Ian Cheesman & Martin Booker	Worthing Excelsior CC	24.439	2
Katerina Avramides, Sarah Phelps & Robin Johnson	Brighton Mitre CC	20.935	3

Visit our website www.sussexca.org.uk

Find us on Facebook www.facebook.com/groups/SussexCA

Sussex Best All Rounder Competitions

2016 Sussex Middle Distance Veteran BAR

Veteran Rider	Club	10	25	50	Plus	Rank
Mike O'Gorman	Worthing Excelsior CC	0:06:17	0:12:40	0:25:28	0:44:25	1
Kevin Plummer	South Downs Bikes / Casco Europe	0:04:53	0:10:34	0:17:06	0:32:33	2
Samuel Ramsey	Lewes Wanderers CC	0:03:22	0:06:58	0:10:33	0:20:53	3
Rick Hughes	Worthing Excelsior CC	0:03:37	0:07:13	0:08:06	0:18:56	4
James Stone	Brighton Excelsior CC	0:01:57	0:03:30	0:08:15	0:13:42	5
Ian Cheesman	Worthing Excelsior CC	0:02:11	0:03:25	0:07:04	0:12:40	6
Tony Reeves	GS Stella	0:02:15	0:02:44	0:05:01	0:10:00	7
Martin Booker	Worthing Excelsior CC	0:02:19	0:05:01	0:02:24	0:09:44	8
Jason Gilbert	South Downs Bikes / Casco Europe	0:01:57	0:04:04	0:03:01	0:09:02	9
Jon Fry	Horsham Cycling	0:00:48	-0:00:06	0:03:24	0:04:06	10
Tamar Vanderhaas	Lewes Wanderers CC	0:01:06	0:00:58	0:00:21	0:02:25	11
Robin Johnson	Brighton Mitre CC	-0:00:51	-0:01:58	-0:05:12	-0:08:01	12
Colin Toppin	Brighton Excelsior CC	0:01:34	-0:00:08	-0:13:27	-0:12:01	13

Congratulations to Mike O'Gorman who sets a new Middle Distance BAR record for the Highest Plus on CTT Target Time

2016 Sussex Middle Distance Veteran BAR – Team

Team of Three Riders	Club	Plus	Rank
Mike O'Gorman, Rick Hughes & Ian Cheesman	Worthing Excelsior CC	1:16:01	1

Congratulations to Worthing Excelsior who sets a new Middle Distance BAR Team record for the Highest Plus on CTT Target Time

Sussex Best All Rounder Competitions

Sussex Short Distance BAR – 2016 Award Winners

Award winners	Pos	Rider	Club	Time/Plus	Award
Overall	1st	Steven Kane	Brighton Excelsior CC	27.233 mph	Short BAR Cup & Medal
	2nd	Kevin Plummer	South Downs Bikes / Casco Europe	26.571 mph	Medal
	3rd	Tony Reeves	GS Stella	24.953 mph	Medal
Overall Team of 3	1st	Mike O'Gorman	Worthing Excelsior CC	24.846 mph	Medal
		Martin Booker	Worthing Excelsior CC	24.615 mph	Medal
		Rick Hughes	Worthing Excelsior CC	24.422 mph	Medal
		Team Average		24.628 mph	
Veteran on CTT Target Times	1st	Mike O'Gorman	Worthing Excelsior CC	Plus 0:35:42	Vets Short BAR Cup & Medal
	2nd	Kevin Plummer	South Downs Bikes / Casco Europe	Plus 0:27:30	Medal
	3rd	Ben Fielden	GS Stella	Plus 0:27:26	Medal
Veteran Team of 3	1st	Mike O'Gorman	Worthing Excelsior CC	Plus 0:35:42	Medal
		Rick Hughes	Worthing Excelsior CC	Plus 0:17:35	Medal
		Martin Booker	Worthing Excelsior CC	Plus 0:12:22	Medal
		Team Total		Plus 1:05:39	

Sussex Best All Rounder Competitions

2016 Sussex Short Distance BAR

Rider	Club	10	25	30	Av mph	Rank
Steven Kane	Brighton Excelsior CC	0:21:50	0:55:40	1:06:00	27.233	1
Kevin Plummer	South Downs Bikes / Casco Europe	0:22:01	0:56:41	1:09:14	26.571	2
Tony Reeves	GS Stella	0:23:30	1:01:37	1:12:03	24.953	3
Mike O'Gorman	Worthing Excelsior CC	0:23:31	1:01:51	1:12:40	24.846	4
Samuel Ramsey	Lewes Wanderers CC	0:23:56	1:01:16	1:13:04	24.729	5
Martin Booker	Worthing Excelsior CC	0:24:00	1:00:46	1:14:30	24.615	6
Rick Hughes	Worthing Excelsior CC	0:23:53	1:01:32	1:15:44	24.422	7
Ian Cheesman	Worthing Excelsior CC	0:24:08	1:02:22	1:14:21	24.374	8
Jon Fry	Horsham Cycling	0:25:08	1:04:56	1:13:02	23.873	9
Peter Moon	Eastbourne Rovers CC	0:24:47	1:04:07	1:20:38	23.309	10
Katerina Avramides	Brighton Mitre CC	0:26:11	1:07:16	1:21:43	22.414	11
Ben Fielden	GS Stella	0:28:07	1:10:29	1:22:04	21.518	12
Robin Johnson	Brighton Mitre CC	0:31:32	1:18:41	1:31:03	19.287	13

2016 Sussex Short Distance BAR – Team

Team of Three Riders	Club	Av mph	Rank
Mike O'Gorman, Martin Booker & Rick Hughes	Worthing Excelsior CC	24.628	1

Sussex Best All Rounder Competitions

2016 Sussex Short Distance Veteran BAR

Veteran Rider	Club	10	25	30	Plus	Rank
Mike O'Gorman	Worthing Excelsior CC	0:06:17	0:12:40	0:16:45	0:35:42	1
Kevin Plummer	South Downs Bikes / Casco Europe	0:04:53	0:10:34	0:12:03	0:27:30	2
Ben Fielden	GS Stella	0:03:37	0:09:41	0:14:08	0:27:26	3
Samuel Ramsey	Lewes Wanderers CC	0:03:22	0:06:58	0:08:49	0:19:09	4
Rick Hughes	Worthing Excelsior CC	0:03:37	0:07:13	0:06:45	0:17:35	5
Martin Booker	Worthing Excelsior CC	0:02:19	0:05:01	0:05:02	0:12:22	6
Peter Moon	Eastbourne Rovers CC	0:03:07	0:05:38	0:03:04	0:11:49	7
Tony Reeves	GS Stella	0:02:15	0:02:44	0:05:45	0:10:44	8
Ian Cheesman	Worthing Excelsior CC	0:02:11	0:03:25	0:04:36	0:10:12	9
Jon Fry	Horsham Cycling	0:00:48	-0:00:06	0:04:46	0:05:28	10
Robin Johnson	Brighton Mitre CC	-0:00:51	-0:01:58	0:01:01	-0:01:48	11

2016 Sussex Short Distance Veteran BAR – Team

Team of Three Riders	Club	Plus	Rank
Mike O'Gorman, Rick Hughes & Martin Booker	Worthing Excelsior CC	1:05:39	1

Congratulations to Worthing Excelsior who sets a new Short Distance BAR Team record for the Highest Plus on CTT Target Time

Sussex Best All Rounder Competitions

2016 Sussex Best All Rounder Competitions

The Sussex BAR competitions are open to all first claim members of Sussex CA affiliated clubs. There is no need to register for the competition as any qualifying ride by a member of a Sussex CA affiliated club will automatically be recorded.

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

Competition	Category	Required Qualifying Events
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.

As well as the individual competitions, there are also team competitions for overall, based on the highest average mph from three members of the same club, and for veterans based on the highest aggregate plus on CTT Target times from three members of the same club.

Sussex Best All Rounder Competitions

2016 Sussex Best All Rounder 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 Three	1st – Medal for each team member		
Veterans on CTT Target Time	1st – Stephen Easter Cup & Medal	2nd – Medal	3rd – Medal
Vets on CTTTT Team of Three	1st – Medal for each team member		
Woman	1st – West Sussex RC Plate & Medal		
Junior	1st – Junior Cup & Medal		

Sussex Middle Distance BAR

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

Sussex Best All Rounder Competitions

2016 Sussex Best All Rounder Awards continued

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

Sussex Short Distance BAR

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

2016 Sussex Best All Rounder Qualifying Events

Date	Distance	Event	Course
Sat 30 Apr 2016	10 m	Sussex Championship 10	G10/97
Sun 01 May 2016	25 m	Sussex Championship 25	G25/93
Sun 03 Jul 2016	50 m	Sussex Championship 50	G50/10
Sun 31 Jul 2016	30 m	Sussex Championship 30	G30/91
Sun 24 Jul 2016	100 m	SCCU (Sussex Championship) 100	G100/61
Sat 27 Aug 2016	10 m	Sussex CA Sporting 10	G10/45
Mon 29 Aug 2016	25 m	Sussex CA Sporting 25	G25/49

Sussex Points Competition Rules

1. The Sussex points competition is open to first claim members of clubs affiliated to the SCA only.
2. No claim is necessary as all qualifying riders will automatically be recorded.
3. The Sussex points competition shall be decided on each rider's placing in the qualifying events.
4. Individual points will be awarded in each qualifying event: Overall 30 points for 1st place down to 1 point for 30th place, and for women 10 points for 1st place down to 1 point for 10th place.
5. Qualifying events shall be Sussex CA and Sussex Championship events for solo riders over set distances.
6. Any number of qualifying events may be ridden.
7. Separate awards are made for overall and women plus the best team of three from an affiliated club from the overall competition.
8. Members of a club that have ridden events but not earned any points will be disregarded in the team competition.
9. The decision of the SCA Executive Committee will be final in the event of any dispute.

Sussex SPOCO Competition Rules

1. The Sussex SPOCO competition is open to first claim members of clubs affiliated to the SCA only.
2. No claim is necessary as all qualifying riders will automatically be recorded.
3. The Sussex SPOCO shall be decided on each rider's best placing in the qualifying events.
4. Qualifying events, as published each season, shall be open events of a sporting nature run by the Sussex Cyclists' Association (SCA), the East Sussex Cycling Association (ESCA), the Southern Counties Cycling Union (SCCU) or any club affiliated to the SCA.
5. Points will be awarded in each qualifying ride – 120 points for 1st place down to 1 point for 120th place.
6. Qualifying rides must include one short distance, one medium distance and one long distance from the list of qualifying events.
7. Any number of qualifying events may be ridden.
8. Separate awards are made for overall, women, junior and handicap plus the best team of three from an affiliated club in the overall competition.
9. The decision of the SCA Executive Committee will be final in the event of any dispute.

Sussex BAR Competitions Rules

1. The Sussex Best All Rounder competitions are open to first claim members of clubs affiliated to the SCA only.
2. No claim is necessary as all qualifying riders will automatically be recorded.
3. The Sussex Best All Rounder competitions shall be decided on each rider's best time in the qualifying events.
4. Qualifying events shall be any Sussex CA or Sussex Championship event over 10 miles, 25 miles, 30 miles, 50 miles and 100 miles.
5. The overall competitions shall be open to all riders and shall not prevent a veteran, woman or junior from winning the overall competition.
6. The veteran competitions shall be open to all riders aged 40 years and over on the date of the event and shall be decided on their plus against Cycling Time Trials Target Times. This rule shall not prevent a veteran from winning an overall competition on actual time.
7. In the Long Distance BAR individual awards are made for overall, veterans on CTT target times, woman and junior.
8. In the Middle and Short Distance BARs individual awards are made for overall and veterans on CTT target times.
9. In all BAR competitions awards are made for the best overall and the best veteran on CTT Target Times team of three riders from an affiliated club.
10. The decision of the SCA Executive Committee will be final in the event of any dispute.

Sussex Championship Records as at 31st December 2016

Men – Bicycle

10 miles	Jon Sharples	Eastbourne Rovers CC	20:06	2000
15 miles	Steven Kane	Brighton Excelsior CC	32:01	11 Jun 2016
25 miles	Michael Hutchinson	In-Gear Quickvit Trainsharp RT	49:31	2013
30 miles	Conall Yates	In-Gear Quickvit Trainsharp RT	1:04:39	2015
50 miles	Steve Dennis	East Grinstead CC	1:48:56	2012
100 miles	Steven Kane	Brighton Excelsior CC	3:51:43	24 Jul 2016
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	+ 06:24	2015
15 miles	Alan Robinson	Central Sussex CC	+ 09:09	11 Jun 2016
25 miles	Mike O'Gorman	Worthing Excelsior CC	+ 12:44	2015
30 miles	Mike O'Gorman	Worthing Excelsior CC	+ 17:25	2015
50 miles	Mike O'Gorman	Worthing Excelsior CC	+ 25:58	03 Jul 2016
100 miles	Mike O'Gorman	Worthing Excelsior CC	+ 35:03	24 Jul 2016

Veterans on 2012 revised VTTA Standard – Bicycle

12 hour	Rupert Robinson	Crawley Wheelers	+ 62.253 miles	2015
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Times/Distances for Sussex Competition Records must be recorded in Sussex Championship Events

Sussex Championship Records as at 31st December 2016

Women – Bicycle

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

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

Sussex Championship Records as at 31st December 2016

Bicycle Team

10 miles	Eastbourne Rovers CC	Jon Sharples, Nick Leach & Lloyd Grayston	1:02:03	2000
15 miles	Worthing Excelsior	Dominic Maxwell, John McGrath & Mike O’Gorman	1:46:36	11 Jun 2016
25 miles	In-Gear Quickvit RT	Michael Hutchinson, Peter Tadros & Christian Yates	2:38:55	2007
30 miles	South Downs Bikes	Simon McNamara, Stuart Bettis & Paul Bernard	3:27:47	2015
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

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

Sussex Best All Rounder Records as at 31st December 2016

Sussex Long Distance BAR

Overall	Steve Kane	Brighton Excelsior CC	26.733 mph	2014
Team	No qualifiers			-
Veteran	Mike O'Gorman	Worthing Excelsior CC	Plus 1:13:11	2016
Veteran Team	No qualifiers			-
Woman	Sarah Matthews	...a3crg	23.295 mph	2015
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 Emsley (26.454) Brian Malloy (26.016)	Brighton Excelsior CC	26.660 mph	2014
Veteran	Mike O'Gorman	Worthing Excelsior CC	Plus 0:44:25	2016
Veteran Team	Mike O'Gorman (+44:25) Rick Hughes (+18:56) Ian Cheesman (+12:40)	Worthing Excelsior CC	Plus 1:16:01	2016

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

Sussex Best All Rounder Records as at 31st December 2016

Sussex Short Distance BAR

Overall	Conall Yates	In-Gear Quickvit Trainsharp RT	27.845 mph	2015
Team	Steve Kane (27.707) Mark Emsley (26.224) James Stone (23.875)	Brighton Excelsior CC	25.935 mph	2014
Veteran	Mike O'Gorman	Worthing Excelsior CC	Plus 0:36:33	2015
Veteran Team	Mike O'Gorman (+35:42) Rick Hughes (+17:35) Martin Booker (+12:22)	Worthing Excelsior CC	Plus 1:05:39	2016

Overall = 10, 25 and 30 miles

Veteran = 10, 25 and 30 miles