

East Sussex Cycling Association



2019 Competition Update No.1

www.facebook.com/groups/EastSussexCA

www.eastsussexca.org.uk

. . . to provide racing in the east of the county with camaraderie for its members

New for 2019

Website by Dave Clements, Eastbourne Rovers CC at www.eastsussexca.org.uk

Ladies points competition and Ladies 100 mile trophy

2019 President – Clive Jackson – Central Sussex CC

2019 ESCA Event Programme

Date	Distance	Additional Information	Course	Promoter	Bar Qualifying Events
Sun 17 Mar 2019	15.06 m	Hardriders & Hill Prime	GS/895	Peter Moon Eastbourne Rovers CC	
Sun 31 Mar 2019	23.92 m	2up Team TT	GS/839	Martin Yardley Southborough Wheelers	
Sat 27 Apr 2019	10 m		G10/87	Rob Pelham Lewes Wanderers CC	Junior, Lady & Lady Vet BAR
Sun 28 Apr 2019	25 m		G25/89	Chris Parker Hastings & St Leonards CC	Junior, Lady, Lady Vet, Senior & Vet BAR
Sun 16 Jun 2019	50 m	VTTA Surrey & Sussex 50 mile Championship	G50/90	Mark Kidney Southborough Wheelers	Lady, Lady Vet, Senior & Vet BAR
Sun 11 Aug 2019	100 m	VTTA Surrey & Sussex 100 mile Championship	G100/861	Bob Harber Brighton Excelsior CC	Senior & Vet BAR
Sat 14 Sep 2019	10 m		G10/87	Peter Moon Eastbourne Rovers CC	Junior, Lady & Lady Vet BAR
Sun 15 Sep 2019	25 m		G25/89	Luke De Quay East Grinstead CC	Junior, Lady, Lady Vet, Senior & Vet BAR
Sat 12 Oct 2019	1433 yard	Hill Climb	GH/84	Peter Moon Eastbourne Rovers CC	

All ESCA events are open to members of CTT affiliated clubs and can be entered online via the CTT website www.cyclingtimetrials.org.uk

All ESCA events are included in the individual, ladies and club points competition

Only members of VTTA Surrey & Sussex group are eligible for the VTTA Championship awards which will be presented at the group's annual prize presentation lunch. If you are interested in becoming a member please visit their website https://www.vtta.org.uk/groups/surrey_sussex

ESCA Best All Rounder Competitions for 2019

2019 ESCA Best All Rounder Competitions & Rules

Senior	Contested over 25, 50 and 100 miles in any ESCA event this season. Based on an average mph from the best performance at each distance
Senior Team	Based on the average mph of the best three Senior BAR qualifiers from an ESCA affiliated club
Veteran	Contested over 25, 50 and 100 miles in any ESCA event this season. Based on the best plus or minus against VTTA Standard at each distance added together proportionately – see note below
Lady Senior	Contested over 10, 25 and 50 miles in any ESCA event this season. Based on an average mph from the best performance at each distance
Lady Veteran	Contested over 10, 25 and 50 miles in any ESCA event this season. Based on the best plus or minus against VTTA Standard at each distance added together proportionately – see note below
Junior	Contested over 10 and 25 miles in any ESCA event this season. Based on an average mph from the best performance at each distance

Veteran Calculation	Distance	Time	Standard	Plus	Calculation	Proportion
	25 miles	0:59:33	1:08:07	0:08:34	Divided by 1	0:08:34
	50 miles	1:59:09	2:20:11	0:21:02	Divided by 2	0:10:31
	100 miles	4:14:34	4:57:02	0:42:28	Divided by 4	0:10:37
				Total Plus		0:29:42

Lady Veteran Calculation	Distance	Time	Standard	Plus	Calculation	Proportion
	10 miles	0:26:26	0:28:33	0:02:07	Divided by 1	0:02:07
	25 miles	1:08:44	1:12:34	0:03:50	Divided by 2.5	0:01:32
	50 miles	2:21:02	2:29:14	0:08:12	Divided by 5	0:01:38
				Total Plus		0:05:17

Awards are presented at the annual lunch the Senior, Senior BAR Team, Veteran, Lady, Lady Veteran and Junior Best All Rounder

ESCA Points Competitions for 2019

2019 ESCA Points Competition & Rules

Individual Points: Points are awarded to any individual first claim rider from an ESCA affiliated club in each qualifying event. Riders who are not from an ESCA affiliated club or form a composite team in the 2up Team Time Trial, will be disregarded in the points allocation.

Open Time Trials

30 points for first place down to 1 point for 30th place

2up Team Time Trial

30 points for each rider of first team down to 2 points for each rider of 15th team
Composite teams and solo riders are not eligible for points

New for 2019 Ladies Individual Points: Points are awarded to any individual first claim female rider from an ESCA affiliated club in each qualifying event. Male riders, riders who are not from an ESCA affiliated club and mixed gender or composite teams in the 2up Team Time Trial, will be disregarded in the points allocation.

Open Time Trials

10 points for first place down to 1 point for 10th place

2up Team Time Trial

10 points for each rider of first female only team down to 2 points for each rider of 5th female only team
Composite teams, mixed gender teams, and solo riders are not eligible for points

Club Points: Points are awarded to any club affiliated to ESCA based on the performance of its individual first claim members in each qualifying event. The individual points earned by each first claim rider are totalled and awarded to their respective club. Riders who are not from an ESCA affiliated club or form a composite team in the 2up Team Time Trial, will be disregarded in the points allocation.

Open Time Trials

30 points for first place down to 1 point for 30th place

2up Team Time Trial

60 points for first team of two down to 4 points for 15th place
Composite teams and solo riders are not eligible for points

Awards are presented at the annual lunch to both the individual, female and club with the most points

ESCA Points Competitions for 2019

ESCA Individual Points Competition as at Sunday 28th April 2019

Rank	Rider	Club	Ev 1 HR	Ev 2 2up	Ev 3 10	Ev 4 25	Ev 5 50	Ev 6 100	Ev 7 10	Ev 8 25	Ev 9 HC	Total Points	No Rides
1	Howard Shaw	trainSharp	29	30	30	30						119	4
2	David Clements	Eastbourne Rovers CC	26	26	19	21						92	4
3	David Clark	Eastbourne Rovers CC	22	26	21	20						89	4
4	Nick Dwyer	Lewes Wanderers CC	-	28	28	29						85	3
5	Michael Davey	trainSharp	18	18	17	23						76	4
6	Brett Davis	Lewes Wanderers CC	-	28	22	25						75	3
7	Will Reeder	trainSharp	-	24	23	19						66	3
8	Tom Hilder	trainSharp	27	-	20	18						65	3
9	Richard Burchett	Lewes Wanderers CC	17	22	13	12						64	4
10	Alex Welburn	trainSharp	-	30	29	-						59	2
11	Pete Morris	Team ASL	30	-	-	27						57	2
12	Matthew Smith	Team ASL	-	-	26	28						54	2
13	Dan Pullen	N+1 - Lindfield Coffee Works	-	-	27	24						51	2
14	Nathan Russell	trainSharp	-	14	18	17						49	3
15	George Welfare	Eastbourne Rovers CC	-	-	25	23						48	2
15	Dan Street	Lewes Wanderers CC	23	20	5	0						48	4
15	Mark Edwards	Eastbourne Rovers CC	2	16	15	15						48	4
18	Rupert Robinson	Crawley Wheelers	20	-	11	11						42	3
19	Sam Dix	trainSharp	16	24	-	-						40	2
20	Keith Brown	Southborough & Dist. Whs	24	-	-	13						37	2
21	Connor Murphy	trainSharp	-	18	12	-						30	2
21	Theo Tadros	trainSharp	-	-	16	14						30	2
21	Shayne Howell	Eastbourne Rovers CC	-	16	14	-						30	2
24	Glen Whittington	Southborough & Dist. Whs	19	10	-	-						29	2
24	Trevor Deeble	Hastings & St. Leonards CC	21	-	8	-						29	2
24	Daniel Ellis	Eastbourne Rovers CC	15	-	10	4						29	3
27	William Murtagh	Rye & District Wheelers CC	28	-	-	-						28	1
28	Sally Turner	trainSharp	14	-	7	6						27	3

ESCA Points Competitions for 2019

ESCA Individual Points Competition as at Sunday 28th April 2019

Rank	Rider	Club	Ev 1 HR	Ev 2 2up	Ev 3 10	Ev 4 25	Ev 5 50	Ev 6 100	Ev 7 10	Ev 8 25	Ev 9 HC	Total Points	No Rides
29	Peter Tadros	trainSharp	-	-	-	26						26	1
29	Richard Gifford	trainSharp	12	14	-	-						26	2
31	David Pollard	In-Gear	25	-	-	-						25	1
32	Mark Bashford	East Grinstead CC (Merlin Cycle Coaching)	-	-	24	-						24	1
33	Robert Rollings	Lewes Wanderers CC	-	22	-	-						22	1
34	Aidan Mcconville	Lewes Wanderers CC	-	20	-	-						20	1
35	Paul Fletcher	Lewes Wanderers CC	-	-	9	10						19	2
36	Gareth Purves	Hastings & St. Leonards CC	9	8	0	0						17	4
36	Pip Jenkins	Southborough & Dist. Whs	7	10	-	-						17	2
38	Paul Batten	Crawley Wheelers	-	-	-	16						16	1
39	Gavin Richards	Lewes Wanderers CC	-	-	7	8						15	2
39	Lisa Davis	trainSharp	10	-	2	3						15	3
41	Tom Norris	Hastings & St. Leonards CC	8	6	-	-						14	2
42	Olivia Webb	Eastbourne Rovers CC	13	0	0	0						13	4
43	Malcolm Daly	Hastings & St. Leonards CC	6	6	0	0						12	4
43	James Cheeseman	N+1 - Lindfield Coffee Works	-	-	3	9						12	2
43	Spencer Kirkham	Worthing Excelsior CC	-	12	-	-						12	1
43	Colin Toppin	Worthing Excelsior CC	-	12	-	-						12	1
47	Andy Seltzer	In-Gear	11	-	-	-						11	1
48	John Vidler	Hastings & St. Leonards CC	-	8	-	-						8	1
49	John Powell	Team ASL	-	-	-	7						7	1
50	Peter Baker	Lewes Wanderers CC	5	-	-	-						5	1
50	Geoff Smith	Eastbourne Rovers CC	5	-	-	-						5	1
50	James Ryan	Team ASL	-	-	-	5						5	1
53	Guy Lane	Southborough & Dist. Whs	-	4	-	-						4	1
53	Dominic Lowden	Lewes Wanderers CC	-	-	4	-						4	1
53	David Bagge	Southborough & Dist. Whs	-	4	-	-						4	1
56	Simon Bottomley	Eastbourne Rovers CC	3	-	-	-						3	1

ESCA Points Competitions for 2019

ESCA Individual Points Competition as at Sunday 28th April 2019

Rank	Rider	Club	Ev 1 HR	Ev 2 2up	Ev 3 10	Ev 4 25	Ev 5 50	Ev 6 100	Ev 7 10	Ev 8 25	Ev 9 HC	Total Points	No Rides
57	Rob Pelham	Lewes Wanderers CC	-	2	-	-						2	1
57	Russell Thorne-jones	Crawley Wheelers	-	-	-	2						2	1
57	Sue Collett	Lewes Wanderers CC	-	2	0	0						2	3
60	Martin Gibbs	Team ASL	-	-	1	-						1	1
60	Neil Gearing	Lewes Wanderers CC	1	-	0	-						1	2
-	Grand Total	-	466	480	466	465	0	0	0	0	0	1877	

ESCA Ladies Individual Points Competition as at Sunday 28th April 2019

Rank	Rider	Club	Ev 1 HR	Ev 2 2up	Ev 3 10	Ev 4 25	Ev 5 50	Ev 6 100	Ev 7 10	Ev 8 25	Ev 9 HC	Total Points	No Rides
1	Olivia Webb	Eastbourne Rovers CC	9	10	7	8						34	4
2	Sally Turner	trainSharp	10		10	10						30	3
3	Lisa Davis	trainSharp	8		9	9						26	3
4	Anna Dwyer	Lewes Wanderers CC			8	7						15	2
5	Alison Eaton	Eastbourne Rovers CC		10								10	1
5	Sue Collett	Lewes Wanderers CC			5	5						10	2
7	Anita Turner	Eastbourne Rovers CC			4	4						8	2
8	Pip Jenkins	Southborough & Dist. Whs	7									7	1
9	Kate Thomas	Lewes Wanderers CC				6						6	1
9	Kate Parrish	Lewes Wanderers CC			6							6	1
9	Kathryn Gohl	Lewes Wanderers CC	6									6	1
12	Katerina Avramides	Brighton Mitre CC	5									5	1
13	Janet Clapton	Brighton Mitre CC			3							3	1
-	Grand Total	-	45	20	52	49	0	0	0	0	0	166	

ESCA Points Competitions for 2019

ESCA Club Points Competition as at Sunday 28th April 2019

Rank	Club	Ev 1 HR	Ev 2 2up	Ev 3 10	Ev 4 25	Ev 5 50	Ev 6 100	Ev 7 10	Ev 8 25	Ev 9 HC	Total Points	No Rides
1	Trainsharp	126	172	174	156	0	0	0	0	0	628	34
2	Lewes Wanderers CC	46	144	88	84	0	0	0	0	0	362	28
3	Eastbourne Rovers CC	86	84	104	83	0	0	0	0	0	357	25
4	Team ASL	30	0	27	67	0	0	0	0	0	124	7
5	Southborough & Dist. Whs	50	28	0	13	0	0	0	0	0	91	8
6	Hastings & St. Leonards CC	44	28	8	0	0	0	0	0	0	80	13
7	N+1 - Lindfield Coffee Works	0	0	30	33	0	0	0	0	0	63	4
8	Crawley Wheelers	20	0	11	29	0	0	0	0	0	60	5
9	In-Gear	36	0	0	0	0	0	0	0	0	36	2
10	Rye & District Wheelers CC	28	0	0	0	0	0	0	0	0	28	1
11	East Grinstead CC (Merlin Cycle Coaching)	0	0	24	0	0	0	0	0	0	24	1
11	Worthing Excelsior CC	0	24	0	0	0	0	0	0	0	24	2
-	Brighton Excelsior CC	0	0	0	0	0	0	0	0	0	0	0
-	Brighton Mitre CC	0	0	0	0	0	0	0	0	0	0	0
-	Brighton Phoenix Triathlon Club	0	0	0	0	0	0	0	0	0	0	0
-	Central Sussex CC	0	0	0	0	0	0	0	0	0	0	0
-	GS Stella	0	0	0	0	0	0	0	0	0	0	0
-	Horsham Cycling	0	0	0	0	0	0	0	0	0	0	0
-	Oxted CC	0	0	0	0	0	0	0	0	0	0	0
-	Sussex Nomads CC	0	0	0	0	0	0	0	0	0	0	0
-	VTTA (Surrey & Sussex)	0	0	0	0	0	0	0	0	0	0	0
-	Wealden Cycle Club	0	0	0	0	0	0	0	0	0	0	0
-	Grand Total	466	480	466	465	0	0	0	0	0	1877	130

2019 ESCA Trophies

With the exception of the Brian Phillips Trophy, donated by East Grinstead CC in memory of their teammate Brian Phillips, which applies to the September 25, all other 10 and 25 mile trophies are awarded for the best performance at either the April or September events.

Award	Details
Hardriders Page Tankard	Fastest ESCA rider in the ESCA Hardriders Pete Morris – Team ASL – 35:11
2up Team Time Trial Cup	Fastest ESCA pair in the ESCA 2up Team Time Trial Howard Shaw & Alex Welburn – Trainsharp – 37:56
Ladies 10 mile Cup	Fastest ESCA lady rider in the either the April or September ESCA 10 Contender: Sally Turner – Trainsharp – 24:08
Junior 10 mile Cup	Fastest ESCA junior rider in the either the April or September ESCA 10 Contender: Theo Tadros – Trainsharp – 23:03
10 mile Team Shield	Fastest ESCA team of three riders in the either the April or September ESCA 10 Contenders: Howard Shaw, Alex Welburn & Will Reeder – Trainsharp – 1:03:49
Brian Phillips Trophy	Overall winner in the ESCA September 25
60 minute Cup	Fastest ESCA rider in the either the April or September ESCA 25 Contender: Howard Shaw – Trainsharp – 52:17
Ladies 25 mile Cup	Fastest ESCA lady rider in the either the April or September ESCA 25 Contender: Sally Turner – Trainsharp – 1:01:43
Junior 25 mile Cup	Fastest ESCA junior rider in the either the April or September ESCA 25 Contender: Theo Tadros – Trainsharp – 59:41
Veteran 25 mile Cup	ESCA rider with highest plus against VTTA Standard in the either the April or September ESCA 25 Contender: Nick Dwyer – Lewes Wanderers CC – Plus 15:43

ESCA Trophies for 2019

Award	Details
25 mile Rosemary Shield	Fastest ESCA team of three riders in the either the April or September ESCA 25 Contenders: Howard Shaw, Peter Tadros & Michael Davey – Trainsharp – 2:43:49
50 mile Cup	Fastest ESCA rider in the ESCA 50
Ladies 50 mile Cup	Fastest ESCA lady rider in the ESCA 50
50 mile Team Trophy	Fastest ESCA team of three riders in the ESCA 50
100 mile Cup	Fastest ESCA rider in the ESCA 10
New Ladies 100 mile Trophy	Fastest ESCA lady rider in the ESCA 100
100 mile Team Shield	Fastest ESCA team of three riders in the ESCA 10
Individual Points Cup	ESCA rider with the highest number of points in the individual points competition
New Ladies Points Trophy	ESCA female rider with the highest number of points in the ladies points competition
Club Points Shield	ESCA club with the highest number of points in the club points competition
Reliability Trial Shield	ESCA club with the highest number of successful finishers in the Reliability Trail
Roy Humphrey Cup	In recognition of hard work and commitment to the Association
BAR Team Trophy	Fastest average mph of the best three senior BAR qualifiers from an ESCA affiliated club
Junior BAR Award	Fastest average mph of an ESCA junior over 10 and 25 miles
Lady BAR Trophy	Fastest average mph of an ESCA lady over 10, 25 and 50 miles
Lady Veteran BAR Award	Highest plus against VTTA Standard of an ESCA lady over 10, 25 and 50 miles

ESCA Trophies for 2019

Award	Details
Veteran BAR Salver	Highest plus against VTTA Standard of an ESCA rider over 25, 50 and 100 miles
Senior BAR Trophy	Fastest average mph of an ESCA rider over 25, 50 and 100 miles

All awards are presented at the annual lunch

ESCA Time Trial Records since 2006

ESCA Time Trial Records Year Ending 31st December 2019

From the results I have from 2006 onwards, these are the best times recorded in each event . . .

ESCA 10 mile

Category	Rider	Club	Time	Date
Overall	Peter Tadros	In-Gear Quickvit Trainsharp RT	0:20:02	Sat 10 Sep 2011
Veteran on Std	Nick Dwyer	Lewes Wanderers CC	Plus 06:10	Sat 15 Sep 2018
Women	Elisabeth Brama	Brighton Mitre CC	0:24:07	Sat 26 Apr 2014
Junior	Tom Copeland	In-Gear Quickvit RT	0:21:48	Sat 16 Sep 2006
Team of 3	Peter Tadros, Will Mangar & Conall Yates	In-Gear Quickvit Trainsharp RT	1:02:07	Sat 10 Sep 2011

ESCA 25 mile

Category	Rider	Club	Time	Date
Overall	Peter Tadros	In-Gear Quickvit Trainsharp RT	0:51:25	Sun 13 Sep 2015
Veteran on Std	Steve Dennis	East Grinstead CC	Plus 15:47	Sun 10 Sep 2017
Women	Pip Jenkins	Southborough & Dist Whs	0:58:55	Sun 10 Sep 2017
Junior	Tom Copeland	In-Gear Quickvit RT	0:57:07	Sun 17 Sep 2006
Team of 3	Peter Tadros, Conall Yates & Richard Gifford	In-Gear Quickvit Trainsharp RT	2:38:02	Sun 13 Sep 2015

ESCA Time Trial Records since 2006

ESCA Time Trial Records Year Ending 31st December 2019

From the results I have from 2006 onwards, these are the best times recorded in each event . . .

ESCA 50 mile

Category	Rider	Club	Time	Date
Overall	Steve Dennis	East Grinstead CC	1:47:11	Sun 13 Jun 2010
Veteran on Std	Nick Dwyer	Lewes Wanderers CC	Plus 30:26	Sun 19 Jun 2016
Women	Elisabeth Brama	Brighton Mitre CC	2:06:15	Sun 14 Jul 2013
Junior	Thomas Baker	Lewes Wanderers CC	2:12:44	Sun 13 Jun 2010
Team of 3	Nick Dwyer, Rob Pelham & Matt Coombs	Lewes Wanderers CC	5:35:37	Sun 10 Jul 2011

ESCA 100 mile

Category	Rider	Club	Time	Date
Overall	Marc Townsend	Eastbourne Rovers CC	3:49:43	Sun 13 Aug 2017
Veteran on Std	Mike O'Gorman	Worthing Excelsior CC	Plus 56:07	Sun 13 Aug 2017
Women	Pip Jenkins	Southborough & Dist Whs	4:13:02	Sun 12 Aug 2018
Junior	Chris Dunstan	Brighton Excelsior CC	4:52:40	Sun 13 Aug 2017
Team of 3	Rob Pelham, Nick Dwyer & Tom Glandfield	Lewes Wanderers CC	12:03:21	Sun 22 Aug 2010

ESCA Time Trial Records Year Ending 31st December 2019

From the results I have from 2006 onwards, these are the best times recorded in each event . . .

ESCA 15.06 mile Hardriders

Category	Rider	Club	Time	Date
Overall	Peter Tadros	In-Gear Quickvit RT	0:35:40	Sun 17 Mar 2013
Women	Tamar Vanderhaas	Lewes Wanderers CC	0:45:48	Sun 16 Mar 2014
Junior	Dan Gardner	Lewes Wanderers CC	0:38:29	Sun 17 Mar 2013
Team of 3	Peter Tadros, Richard Gifford & Jason Le Goff	In-Gear Quickvit RT	1:55:56	Sun 17 Mar 2013

ESCA Hardriders Hill Prime

Category	Rider	Club	Time	Date
Overall	Peter Tadros	In-Gear Quickvit RT	0:02:38	Sun 17 Mar 2013

ESCA Time Trial Records since 2006

ESCA Time Trial Records Year Ending 31st December 2019

From the results I have from 2006 onwards, these are the best times recorded in each event . . .

ESCA 23.92 mile 2up Team Time Trial

Category	Rider	Club	Time	Date
Overall	Robert Rollings & Tom Glandfield	Lewes Wanderers CC	0:52:06	Sun 05 Apr 2015
Women	Gina McGeever & Claire Leonard	Brighton Mitre CC	1:06:04	Sun 31 Mar 2013
Junior	Lewis Earthrowl-Gould & Matt Zietz	In-Gear Development Squad	0:58:55	Sun 01 Apr 2007

ESCA Firle Bostal Hill Climb

Category	Rider	Club	Time	Date
Overall	Peter Tadros	In-Gear Quickvit Trainsharp RT	03:41.8	Sun 17 Oct 2010
Women	Joscelin Lowden	Lewes Wanderers CC	04:25.2	Sat 14 Oct 2017
Junior	Dan Gardner	Lewes Wanderers CC	03:57.0	Sun 21 Oct 2012
Team of 3	Peter Tadros. Will Mangar & Gareth Elks	In-Gear Quickvit Trainsharp RT	12:13.6	Sun 16 Oct 2011

ESCA Time Trial Records Year Ending 31st December 2019

From the results I have from 2006 onwards, these are the best times recorded in each event . . .

ESCA Best All Rounder Competition

Category	Distances	Rider	Club	Time	Year
Overall	100, 50 & 25m	Steve Kane	Brighton Excelsior CC	27.321 mph	2013
Veteran on Std	100, 50 & 25m	Nick Dwyer	Lewes Wanderers CC	Plus 42:29	2016
Women	50, 25 & 10m	Elisabeth Brama	Brighton Mitre CC	24.376 mph	2014
Women Vet on Std	50, 25 & 10m	Lisa Davis	Lewes Wanderers CC	Plus 12:09	2018
Junior	25 & 10m	Tom Copeland	In-Gear Quickvit RT	26.893 mph	2006
Team of 3	100, 50 & 25m	Nick Dwyer, Rob Pelham & Tom Glandfield	Lewes Wanderers CC	26.072 mph	2011