

# East Sussex Cycling Association



## 2019 Events and Competitions

[www.facebook.com/groups/EastSussexCA](https://www.facebook.com/groups/EastSussexCA)

[www.eastsussexca.org.uk](http://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](http://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
<b>Sun 17 Mar 2019</b>	15.06 m	Hardriders & Hill Prime	GS/895	Peter Moon Eastbourne Rovers CC	
<b>Sun 31 Mar 2019</b>	23.92 m	2up Team TT	GS/839	Martin Yardley Southborough Wheelers	
<b>Sat 27 Apr 2019</b>	10 m		G10/87	Rob Pelham Lewes Wanderers CC	Junior, Lady & Lady Vet BAR
<b>Sun 28 Apr 2019</b>	25 m		G25/89	Chris Parker Hastings & St Leonards CC	Junior, Lady, Lady Vet, Senior & Vet BAR
<b>Sun 16 Jun 2019</b>	50 m	VTTA Surrey & Sussex 50 mile Championship	G50/90	Mark Kidney Southborough Wheelers	Lady, Lady Vet, Senior & Vet BAR
<b>Sun 11 Aug 2019</b>	100 m	VTTA Surrey & Sussex 100 mile Championship	G100/861	Bob Harber Brighton Excelsior CC	Senior & Vet BAR
<b>Sat 14 Sep 2019</b>	10 m		G10/87	Peter Moon Eastbourne Rovers CC	Junior, Lady & Lady Vet BAR
<b>Sun 15 Sep 2019</b>	25 m		G25/89	Luke De Quay East Grinstead CC	Junior, Lady, Lady Vet, Senior & Vet BAR
<b>Sat 12 Oct 2019</b>	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](http://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](https://www.vtta.org.uk/groups/surrey_sussex)

# ESCA Best All Rounder Competitions for 2019

## 2019 ESCA Best All Rounder Competitions & Rules

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

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

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

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**

## 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
<b>Hardriders Page Tankard</b>	Fastest ESCA rider in the ESCA Hardriders
<b>2up Team Time Trial Cup</b>	Fastest ESCA pair in the ESCA 2up Team Time Trial
<b>Ladies 10 mile Cup</b>	Fastest ESCA lady rider in the either the April or September ESCA 10
<b>Junior 10 mile Cup</b>	Fastest ESCA junior rider in the either the April or September ESCA 10
<b>10 mile Team Shield</b>	Fastest ESCA team of three riders in the either the April or September ESCA 10
<b>Brian Phillips Trophy</b>	Overall winner in the ESCA September 25
<b>60 minute Cup</b>	Fastest ESCA rider in the either the April or September ESCA 25
<b>Ladies 25 mile Cup</b>	Fastest ESCA lady rider in the either the April or September ESCA 25
<b>Junior 25 mile Cup</b>	Fastest ESCA junior rider in the either the April or September ESCA 25
<b>Veteran 25 mile Cup</b>	ESCA rider with highest plus against VTTA Standard in the either the April or September ESCA 25
<b>25 mile Rosemary Shield</b>	Fastest ESCA team of three riders in the either the April or September ESCA 25
<b>50 mile Cup</b>	Fastest ESCA rider in the ESCA 50
<b>Ladies 50 mile Cup</b>	Fastest ESCA lady rider in the ESCA 50
<b>50 mile Team Trophy</b>	Fastest ESCA team of three riders in the ESCA 50

## ESCA Trophies for 2019

Award	Details
<b>100 mile Cup</b>	Fastest ESCA rider in the ESCA 10
<b>New Ladies 100 mile Trophy</b>	Fastest ESCA lady rider in the ESCA 100
<b>100 mile Team Shield</b>	Fastest ESCA team of three riders in the ESCA 10
<b>Individual Points Cup</b>	ESCA rider with the highest number of points in the individual points competition
<b>New Ladies Points Trophy</b>	ESCA female rider with the highest number of points in the ladies points competition
<b>Club Points Shield</b>	ESCA club with the highest number of points in the club points competition
<b>Reliability Trial Shield</b>	ESCA club with the highest number of successful finishers in the Reliability Trail
<b>Roy Humphrey Cup</b>	In recognition of hard work and commitment to the Association
<b>BAR Team Trophy</b>	Fastest average mph of the best three senior BAR qualifiers from an ESCA affiliated club
<b>Junior BAR Award</b>	Fastest average mph of an ESCA junior over 10 and 25 miles
<b>Lady BAR Trophy</b>	Fastest average mph of an ESCA lady over 10, 25 and 50 miles
<b>Lady Veteran BAR Award</b>	Highest plus against VTTA Standard of an ESCA lady over 10, 25 and 50 miles
<b>Veteran BAR Salver</b>	Highest plus against VTTA Standard of an ESCA rider over 25, 50 and 100 miles
<b>Senior BAR Trophy</b>	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 as at 1st January 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
<b>Overall</b>	Peter Tadros	In-Gear Quickvit Trainsharp RT	<b>0:20:02</b>	Sat 10 Sep 2011
<b>Veteran on Std</b>	Nick Dwyer	Lewes Wanderers CC	<b>Plus 06:10</b>	Sat 15 Sep 2018
<b>Women</b>	Elisabeth Brama	Brighton Mitre CC	<b>0:24:07</b>	Sat 26 Apr 2014
<b>Junior</b>	Tom Copeland	In-Gear Quickvit RT	<b>0:21:48</b>	Sat 16 Sep 2006
<b>Team of 3</b>	Peter Tadros, Will Mangar & Conall Yates	In-Gear Quickvit Trainsharp RT	<b>1:02:07</b>	Sat 10 Sep 2011

### ESCA 25 mile

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

## ESCA Time Trial Records since 2006

### ESCA Time Trial Records as at 1st January 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
<b>Overall</b>	Steve Dennis	East Grinstead CC	<b>1:47:11</b>	Sun 13 Jun 2010
<b>Veteran on Std</b>	Nick Dwyer	Lewes Wanderers CC	<b>Plus 30:26</b>	Sun 19 Jun 2016
<b>Women</b>	Elisabeth Brama	Brighton Mitre CC	<b>2:06:15</b>	Sun 14 Jul 2013
<b>Junior</b>	Thomas Baker	Lewes Wanderers CC	<b>2:12:44</b>	Sun 13 Jun 2010
<b>Team of 3</b>	Nick Dwyer, Rob Pelham & Matt Coombs	Lewes Wanderers CC	<b>5:35:37</b>	Sun 10 Jul 2011

#### ESCA 100 mile

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



## ESCA Time Trial Records since 2006

### ESCA Time Trial Records as at 1st January 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
<b>Overall</b>	Peter Tadros	In-Gear Quickvit RT	<b>0:35:40</b>	Sun 17 Mar 2013
<b>Women</b>	Tamar Vanderhaas	Lewes Wanderers CC	<b>0:45:48</b>	Sun 16 Mar 2014
<b>Junior</b>	Dan Gardner	Lewes Wanderers CC	<b>0:38:29</b>	Sun 17 Mar 2013
<b>Team of 3</b>	Peter Tadros, Richard Gifford & Jason Le Goff	In-Gear Quickvit RT	<b>1:55:56</b>	Sun 17 Mar 2013

#### ESCA Hardriders Hill Prime

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

## ESCA Time Trial Records since 2006

### ESCA Time Trial Records as at 1st January 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
<b>Overall</b>	Robert Rollings & Tom Glandfield	Lewes Wanderers CC	<b>0:52:06</b>	Sun 05 Apr 2015
<b>Women</b>	Gina McGeever & Claire Leonard	Brighton Mitre CC	<b>1:06:04</b>	Sun 31 Mar 2013
<b>Junior</b>	Lewis Earthrowl-Gould & Matt Zietz	In-Gear Development Squad	<b>0:58:55</b>	Sun 01 Apr 2007

#### ESCA Firle Bostal Hill Climb

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

## ESCA Time Trial Records as at 1st January 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
<b>Overall</b>	100, 50 & 25m	Steve Kane	Brighton Excelsior CC	<b>27.321 mph</b>	2013
<b>Veteran on Std</b>	100, 50 & 25m	Nick Dwyer	Lewes Wanderers CC	<b>Plus 42:29</b>	2016
<b>Women</b>	50, 25 & 10m	Elisabeth Brama	Brighton Mitre CC	<b>24.376 mph</b>	2014
<b>Women Vet on Std</b>	50, 25 & 10m	Lisa Davis	Lewes Wanderers CC	<b>Plus 12:09</b>	2018
<b>Junior</b>	25 & 10m	Tom Copeland	In-Gear Quickvit RT	<b>26.893 mph</b>	2006
<b>Team of 3</b>	100, 50 & 25m	Nick Dwyer, Rob Pelham & Tom Glandfield	Lewes Wanderers CC	<b>26.072 mph</b>	2011