



# East Sussex Cycling Association

2016 President Robert Downham – Worthing Excelsior CC



## ESCA 25m Time Trial – Sunday 11th Sept 2016 – G25/89

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

## Result Sheet

**Event Secretary** **Richard Blackmore** (East Grinstead CC)  
Ladymead, Snowhill, Crawley Down, West Sussex RH10 3EE Tel: 01342 713272

**Timekeepers** **Mick Irons** (Worthing Excelsior CC) & **Mike Labram** (Crawley Wheelers)

## Prize Winners

Category	Pos	Rider	Club	Time	Prize
<b>Fastest Overall</b>	1st	Conall Yates	In-Gear Quickvit Trainsharp RT	0:52:26	£ 35.00
	2nd	Steve Dennis	East Grinstead CC	0:53:24	£ 30.00
	3rd	Peter Tadros	In-Gear Quickvit Trainsharp RT	0:53:25	£ 25.00
	4th	Pete Morris	Team ASL360	0:53:31	£ 20.00
	5th	Howard Shaw	Eastbourne Rovers CC	0:54:07	£ 15.00
	6th	Christian Yates	East Grinstead CC	0:55:19	£ 10.00
<b>Fastest Lady</b>	1st	Ruth Summerford	Velopace	1:01:22	£ 25.00
	2nd	Pip Jenkins	Southborough & Dist. Whs	1:02:39	£ 20.00
	3rd	Katie Crowe	Dulwich Paragon CC	1:04:44	£ 15.00
	4th	Tamar Vanderhaas	Lewes Wanderers CC	1:05:11	£ 10.00
<b>Fastest Juv/Jun</b>	1st	Theo Tadros	In-Gear Quickvit Trainsharp RT	0:59:07	£ 15.00
	2nd	Nick Martin	East Grinstead CC	1:01:47	£ 10.00
<b>Fastest in each age category not winning another individual prize</b>					
<b>Aged under 35</b>	(27)	Mark Emsley	Team ASL360	0:55:59	£ 10.00
<b>Aged 35 – 39</b>	(39)	Michael Davey	Eastbourne Rovers CC	0:57:05	£ 10.00
<b>Aged 40 – 44</b>	(44)	Simon Collins	Dulwich Paragon CC	0:56:39	£ 10.00
<b>Aged 45 – 49</b>	(47)	David Clark	Eastbourne Rovers CC	0:56:53	£ 10.00
<b>Aged 50 – 54</b>	(50)	Paul Byford	Crawley Wheelers	0:57:02	£ 10.00
<b>Aged 55 – 59</b>	(58)	Peter Baker	Lewes Wanderers CC	1:00:46	£ 10.00
<b>Aged 60 – 64</b>	(61)	Lee Holdaway	Hastings & St. Leonards CC	1:07:19	£ 10.00
<b>Aged 65 or over</b>	(65)	John McGlashan	Redmon CC	1:03:26	£ 10.00
<b>Fastest Team of 3</b>		Conall Yates	In-Gear Quickvit Trainsharp RT	0:52:26	£ 15.00
		Peter Tadros	In-Gear Quickvit Trainsharp RT	0:53:25	£ 15.00
	1st	Theo Tadros	In-Gear Quickvit Trainsharp RT	0:59:07	£ 15.00
		<b>Total Team Time</b>		<b>2:44:58</b>	
		Steve Dennis	East Grinstead CC	0:53:24	£ 10.00
		Christian Yates	East Grinstead CC	0:55:19	£ 10.00
	2nd	Mark Bashford	East Grinstead CC	0:56:31	£ 10.00
		<b>Total Team Time</b>		<b>2:45:14</b>	

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**Overall Result Sheet**

Pos	Race No	Rider	Club	Cat	Age	Time	Plus on Std	Pos on Std
1	60	Conall Yates	In-Gear Quickvit Trainsharp RT	S	35	<b>0:52:26</b>	-	-
2	55	Steve Dennis	East Grinstead CC	V	53	<b>0:53:24</b>	+ 15:15	1
3	80	Peter Tadros	In-Gear Quickvit Trainsharp RT	V	46	<b>0:53:25</b>	+ 13:50	2
4	30	Pete Morris	Team ASL360	S	38	<b>0:53:31</b>	-	-
5	70	Howard Shaw	Eastbourne Rovers CC	S	31	<b>0:54:07</b>	-	-
6	71	Christian Yates	East Grinstead CC	V	53	<b>0:55:19</b>	+ 13:20	3
7	50	Mark Emsley	Team ASL360	S	27	<b>0:55:59</b>	-	-
8	35	Mark Bashford	East Grinstead CC	S	33	<b>0:56:31</b>	-	-
9	25	Simon Collins	Dulwich Paragon CC	V	44	<b>0:56:39</b>	+ 10:12	6
10	31	David Clark	Eastbourne Rovers CC	V	47	<b>0:56:53</b>	+ 10:33	5
11	65	Paul Byford	Crawley Wheelers	V	50	<b>0:57:02</b>	+ 11:00	4
12	20	Michael Davey	Eastbourne Rovers CC	S	39	<b>0:57:05</b>	-	-
13	*61	Iain Brogden	Eastbourne Rovers CC	V	47	<b>0:57:39</b>	+ 09:47	7
14	75	Tom Glandfield	Lewes Wanderers CC	V	43	<b>0:57:46</b>	+ 08:53	11
15	66	Rupert Robinson	Evans Cycles Race Team	V	44	<b>0:58:21</b>	+ 08:30	15
16	45	Richard Tully	Elite Cycling	S	39	<b>0:58:23</b>	-	-
17	62	Rob Sherrin	a3crg	V	48	<b>0:58:30</b>	+ 09:08	9
18	33	Callum Middleton	Lewes Wanderers CC	S	22	<b>0:58:41</b>	-	-
19	67	Theo Tadros	In-Gear Quickvit Trainsharp RT	Jv	14	<b>0:59:07</b>	-	-
20	72	Paul Thompson	Epsom CC	V	50	<b>0:59:20</b>	+ 08:42	13
21	68	Andrew Quye	Southborough & Dist. Whs	V	54	<b>0:59:37</b>	+ 09:15	8
22 =	46	David Clements	Eastbourne Rovers CC	V	44	<b>0:59:38</b>	+ 07:13	19
22 =	58	Carl Stephens	Basildon CC	V	46	<b>0:59:38</b>	+ 07:37	18
24	5	Samuel Ramsey	Lewes Wanderers CC	V	52	<b>0:59:41</b>	+ 08:45	12
25	41	Nigel Langridge	Crawley Wheelers	V	51	<b>1:00:32</b>	+ 07:42	17
26	21	Peter Baker	Lewes Wanderers CC	V	58	<b>1:00:46</b>	+ 09:03	10
27	24	Ruth Summerford	Velopace	WS	25	<b>1:01:22</b>	-	-
28	38	Brett Davis	Lewes Wanderers CC	V	43	<b>1:01:41</b>	+ 04:58	24
29 =	15	Damen Foord	Rye & District Wheelers CC	S	32	<b>1:01:47</b>	-	-
29 =	53	Nick Martin	East Grinstead CC	Jn	17	<b>1:01:47</b>	-	-
31	63	Andrew Drake	East Grinstead CC	S	34	<b>1:02:14</b>	-	-
32	74	Andy Seltzer	In-Gear Quickvit Trainsharp RT	V	51	<b>1:02:22</b>	+ 05:52	23
33	22	Pip Jenkins	Southborough & Dist. Whs	WS	28	<b>1:02:39</b>	-	-
34	57	Jason Le Goff	In-Gear Quickvit Trainsharp RT	V	41	<b>1:03:15</b>	+ 02:58	31
35	54	John McGlashan	Redmon CC	V	65	<b>1:03:26</b>	+ 08:32	14
36	17	Luke De Quay	East Grinstead CC	S	31	<b>1:03:59</b>	-	-
37 =	6	Robert Royle-Evatt	Addiscombe CC	V	49	<b>1:04:01</b>	+ 03:49	27
37 =	26	Doug Bentall	Southborough & Dist. Whs	V	50	<b>1:04:01</b>	+ 04:01	26
39	52	Katie Crowe	Dulwich Paragon CC	WV	40	<b>1:04:44</b>	+ 06:30	20
40	51	Joshua Haasz	VC de Londres	S	19	<b>1:04:46</b>	-	-
41	18	Andrew Thomas	Southborough & Dist. Whs	V	52	<b>1:04:58</b>	+ 03:28	28
42	69	John Mankelow	Lewes Wanderers CC	V	68	<b>1:05:00</b>	+ 08:10	16
43	12	Daniel Ellis	Eastbourne Rovers CC	S	35	<b>1:05:01</b>	-	-
44	43	Tamar Vanderhaas	Lewes Wanderers CC	WV	40	<b>1:05:11</b>	+ 06:03	21
45	16	Peter Moon	Eastbourne Rovers CC	V	55	<b>1:05:37</b>	+ 03:28	28
46	59	Tony Sinnett	Lewes Wanderers CC	V	44	<b>1:05:53</b>	+ 00:58	34
47	13	Clare Parkholm	Lewes Wanderers CC	WV	45	<b>1:06:23</b>	+ 06:00	22
48	56	Ade Fadero	Sussex Nomads CC	V	54	<b>1:06:41</b>	+ 02:11	32
49	14	Lee Holdaway	Hastings & St. Leonards CC	V	61	<b>1:07:19</b>	+ 03:19	30

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# Overall Result Sheet

Pos	Race No	Rider	Club	Cat	Age	Time	Plus on Std	Pos on Std
50	29	Richard Jeynes	East Grinstead CC	V	45	1:08:09	- 01:06	38
51	44	Charles Middleton	Lewes Wanderers CC	V	57	1:08:46	+ 00:48	35
52	4	Clint Allen	Lewes Wanderers CC	V	54	1:08:54	- 00:02	37
53	8	Chris Martin	Lewes Wanderers CC	V	58	1:09:03	+ 00:46	36
54	19	Alison Brockhurst	Lewes Wanderers CC	WV	43	1:10:31	+ 01:25	33
55	3	John Tindall	Epsom CC	V	55	1:12:22	- 03:17	39
56	7	Michael Twitchett	South Eastern RC	V	77	1:14:00	+ 04:26	25
57	9	Chris Parker	Hastings & St. Leonards CC	V	60	1:14:29	- 04:08	41
58	2	Simon Yates	Lewes Wanderers CC	V	64	1:16:12	- 04:36	42
59	39	Robin Johnson	Brighton Mitre CC	V	68	1:16:51	- 03:41	40
60	49	Frances Bromley	Buxton CC	WS	21	1:25:15	-	-
-	1	Richard Woodward	East Grinstead CC	V	54	DNF (P)	-	-
-	73	Keith Walker	Wigmore CC	V	51	DNF	-	-
-	10	Carl Richardson	In-Gear Quickvit Trainsharp RT	V	52	DNS (A)	-	-
-	11	Mark Gidney	Southborough & Dist. Whs	V	54	DNS (A)	-	-
-	23	Bruce English	Eastbourne Rovers CC	V	51	DNS (A)	-	-
-	27	Colin Toppin	Brighton Excelsior CC	V	43	DNS (A)	-	-
-	28	Clive Jackson	Central Sussex CC	V	64	DNS (A)	-	-
-	32	Hugh Pelling	Old Portlians CC	V	52	DNS (A)	-	-
-	34	Katerina Avramides	Brighton Mitre CC	WS	36	DNS (A)	-	-
-	36	Neil McInerney	7 Oaks Triathlon Club	V	49	DNS (A)	-	-
-	37	Julia Hawksworth	Southborough & Dist. Whs	WV	52	DNS (A)	-	-
-	40	Jamie Pine	Nuun-Sigma Sport - London RT	S	39	DNS (A)	-	-
-	42	Gary Bull	Bigfoot CC	V	50	DNS (A)	-	-
-	47	Julie Chasin	Twickenham CC	WV	42	DNS (A)	-	-
-	48	Lisa Davis	Lewes Wanderers CC	WV	41	DNS (A)	-	-
-	64	Simon Vieweg	Velopace	V	42	DNS (A)	-	-
-	76	Paul Newsome	Team ASL360	S	29	DNS (A)	-	-
-	77	Danny Frost	Folkestone Velo Club	V	52	DNS (A)	-	-
-	78	Sam Dix	In-Gear Quickvit Trainsharp RT	V	45	DNS (A)	-	-
-	79	Adam Bale	Rapha Cycling Club	S	34	DNS (A)	-	-

**\*Rider No. 61 – Iain Brogden – Time includes 1 minute Late Start**

## Notes & acknowledgements

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

**Time Keepers** Mick Irons and Mike Labram

**Pushing Off** Paul Winkley

**Other Marshals/Helpers** Chris Daniels, Peter Bedingfield, Gemma Hayes, Val Baxendine and Nick Walker

**Refreshments** Janet Blackmore

**Results** Ann Human

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### This is a qualifying event for

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

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

**Brian Phillips Trophy** Donated by East Grinstead CC in memory of their teammate Brian Phillips who tragically died during the 8-up team time trial event in Viareggio in March 2011

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

### 2016 points competition – ESCA points awarded for this event

Individual	Club	Points	Club	Points
Conall Yates	In-Gear Quickvit Trainsharp RT	30	Eastbourne Rovers CC	101
Steve Dennis	East Grinstead CC	29	East Grinstead CC	96
Peter Tadros	In-Gear Quickvit Trainsharp RT	28	In-Gear Quickvit Trainsharp RT	84
Pete Morris	Team ASL360	27	Lewes Wanderers CC	69
Howard Shaw	Eastbourne Rovers CC	26	Team ASL360	51
Christian Yates	East Grinstead CC	25	Crawley Wheelers	33
Mark Emsley	Team ASL360	24	Southborough & Dist. Whs	23
Mark Bashford	East Grinstead CC	23	Rye & District Wheelers CC	9
David Clark	Eastbourne Rovers CC	22	Brighton Excelsior CC	0
Paul Byford	Crawley Wheelers	21	Brighton Mitre CC	0
Michael Davey	Eastbourne Rovers CC	20	Brighton Phoenix Triathlon Club	0
Iain Brogden	Eastbourne Rovers CC	19	Central Sussex CC	0
Tom Glandfield	Lewes Wanderers CC	18	East Grinstead Tri Club	0
Callum Middleton	Lewes Wanderers CC	17	Evans Cycles Race Team	0
Theo Tadros	In-Gear Quickvit Trainsharp RT	16	GS Stella	0
Andrew Quye	Southborough & Dist. Whs	15	Hastings & St. Leonards CC	0
David Clements	Eastbourne Rovers CC	14	Horsham Cycling	0
Samuel Ramsey	Lewes Wanderers CC	13	Redhill CC	0
Nigel Langridge	Crawley Wheelers	12	Sussex Nomads CC	0
Peter Baker	Lewes Wanderers CC	11	VTTA (Surrey & Sussex)	0
Brett Davis	Lewes Wanderers CC	10	Wealden Cycle Club	0
Nick Martin	East Grinstead CC	9	Worthing Excelsior CC	0
Damen Foord	Rye & District Wheelers CC	9		
Andrew Drake	East Grinstead CC	7		
Andy Seltzer	In-Gear Quickvit Trainsharp RT	6		
Pip Jenkins	Southborough & Dist. Whs	5		
Jason Le Goff	In-Gear Quickvit Trainsharp RT	4		
Luke De Quay	East Grinstead CC	3		
Doug Bentall	Southborough & Dist. Whs	2		
Andrew Thomas	Southborough & Dist. Whs	1		

## Don't forget forthcoming ESCA events

### The ESCA Hill Climb

Date	Distance	Course	HQ/Area	Entry	Promoter	Contact Details
<b>Saturday</b> <b>15 Oct 2016</b> 10:00	1433yd <b>Hill Climb</b>	GH/84	Firle Bostal	£6.00	<b>Mark Winton</b> 6 Ashmore Close, Peacehaven, East Sussex BN10 8AQ	<b>Tel: 01273 584973</b>

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

### The ESCA Reliability Trial

Date	Distance/Course	HQ	Entry	Promoter
<b>Sunday</b> <b>06 Nov 2016</b> 08:15	50 Mile <b>Reliability Trial</b> Hassocks – West Hoathly – Slaugham - Hassocks	Downlands Community School, Hassocks	£5.00	<b>Robert Downham</b> <b>Worthing Excelsior CC</b>

Download info and entry form from the ESCA website <http://www.eastsussexca.org.uk/16results/escarelentry.pdf>

### The ESCA Prize Presentation Lunch

Date	Event	HQ	Cost	Organiser
<b>Sunday</b> <b>05 Feb 2017</b> 13:00	<b>ESCA Prize</b> <b>Presentation</b> <b>Lunch</b>	Buxted Inn, High Street, Buxted, Uckfield, East Sussex TN22 4LA	£15 per head	Simon Yates, Lewes Wanderers CC Telephone 01892 655785 or email <a href="mailto:simon.yates1952@btinternet.com">simon.yates1952@btinternet.com</a>

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

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

<b>East Sussex CA</b>	Website Facebook Group	<a href="http://www.eastsussexca.org.uk/">www.eastsussexca.org.uk/</a> <a href="http://www.facebook.com/groups/EastSussexCA/">www.facebook.com/groups/EastSussexCA/</a>
<b>Sussex CA</b>	Website Facebook Group	<a href="http://www.sussexca.org.uk/">www.sussexca.org.uk/</a> <a href="http://www.facebook.com/groups/SussexCA/">www.facebook.com/groups/SussexCA/</a>