



East Sussex Cycling Association



Founded 1946 – still going strong

2009 President – Mike Cross – Horsham Cycling

Annual Luncheon and Prize Presentation on Sunday 17th January 2010

The annual luncheon and prize presentation will be held at the **Horseshoe Inn**, Windmill Hill, near Herstmonceux, East Sussex, BN27 4RU – on the A271. Bookings are being taken at a cost of £18.50 per person – everyone is welcome from 12:00 noon for lunch at 1:00 pm. We sincerely hope you will be able to attend and celebrate the achievements of the ESCA competitors during the 2009 season, and look forward to welcoming you on the day.

🌀 Starter 🌀

Option 1 Prawn cocktail a la Horseshoe served with granary bread

Option 2 French onion soup with melting cheese croute

Option 3 Roasted tomato and aubergine tart with pesto dressing

🌀 Main Course – Served with a selection of fresh seasonal vegetables 🌀

Option 1 Lemon and thyme roasted chicken breast served on buttery champ mash with a garlic and thyme cooking jus

Option 2 Braised beef and red wine casserole with bacon and mushrooms topped with herby dumplings

Option 3 Open pie of cauliflower, leek and broccoli in a white wine and herb sauce with a cheese crust. Served with new potatoes

Option 4 Cajun spiced salmon supreme on a cucumber and dill salad, served with sweet potato chips

🌀 Dessert 🌀

Option 1 Forest fruits cheesecake with raspberry coulis

Option 2 Warm chocolate brownie with vanilla ice cream

Option 3 Cheddar, Branston and Jacobs

Followed by Coffee and Mints

Please book early to avoid disappointment by completing the form below and returning, together with the appropriate remittance (payable to East Sussex Cycling Association), to Ann Human, Little Brook, 73 Wannock Lane, Eastbourne, East Sussex BN20 9SG., to arrive no later than **Monday 4th January 2010**. If you have any queries please do not hesitate to contact Ann Human on 01323 485180 or by e-mail to ann.human@btinternet.com

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Club
Telephone

Name
e-mail

Member/Guest Name	Starter Option Please tick <input checked="" type="checkbox"/>	Main Course Option Please tick <input checked="" type="checkbox"/>	Dessert Course Option Please tick <input checked="" type="checkbox"/>
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I wish to book places @ £18.50 each and enclose a total remittance of £

2009 ESCA Trophy Winners

Award	Rider	Time/speed	Club
Hardriders Page Tankard	Peter Tadros	36:03	In-Gear Quickvit RT
2up Team TT Cup	David Pollard James Brickell	55:31	In-Gear Quickvit RT
10 mile Team Shield	David Pollard 21:39 Jim Cheek 22:22 Ian Burgess 22:35	1:06:36	In-Gear Quickvit RT
Ladies 10 mile Cup	Emma Richards	26:21	Eastbourne Rovers
Junior 10 mile Cup	Thomas Baker	25:37	Lewes Wanderers
25 mile 60 min Cup	Steve Dennis	52:16	East Grinstead CC
25 mile Team Rosemary Shield	David Pollard 55:36 Jim Cheek 56:02 Ian Burgess 58:06	2:49:44	In-Gear Quickvit RT
Veteran 25 mile Cup	Harry Featherstone	+ 19:20	Eastbourne Rovers
Ladies 25 mile Cup	Juliette Clark	1:05:26	In-Gear Quickvit RT
Junior 25 mile Cup	Thomas Baker	1:07:24	Lewes Wanderers
50 mile Cup	Iain Brogden	1:57:24	Eastbourne Rovers
50 mile Team Trophy	Mark Winton 1:58:51 Nick Dwyer 1:59:11 Peter Baker 2:05:21	6:03:23	Lewes Wanderers
Ladies 50 mile Cup	Helen Millier	2:24:02	Lewes Wanderers
100 mile Cup	Iain Brogden	4:05:45	Eastbourne Rovers
100 mile Team Shield	Mark Winton 4:20:58 Andy Cox 4:23:59 Nick Dwyer 4:30:00	13:14:57	Lewes Wanderers
Individual Points Cup	Mark Winton	213 points	Lewes Wanderers
Club Points Shield		953 points	Lewes Wanderers
Senior BAR Trophy	Iain Brogden	25.566 mph	Eastbourne Rovers
Senior BAR Team Trophy	Mark Winton 24.588 Nick Dwyer 24.423 Andy Cox 23.685	24.232 mph	Lewes Wanderers
Veteran BAR Salver	Geoff Smith	+ 3.996 mph	Sussex Nomads
Lady BAR Trophy	Helen Millier	21.439 mph	Lewes Wanderers
Lady Veteran BAR Award	Helen Millier	+ 0.847 mph	Lewes Wanderers
Junior BAR Award	Thomas Baker	22.839 mph	Lewes Wanderers

For a full roundup of the ESCA 2009 season and details of 2010 events please click on either of the links below

<http://www.leweswanderers.co.uk/pages/ESCA/09results/09results.pdf>

<http://www.sussexca.org.uk/documents/2009ESCASeasonRoundup.pdf>