



Sussex Cyclists' Association 2010 SPOCO Competition



No registration necessary – Open to all first claim members of SCA affiliated clubs

The pioneering sporting courses points competition, known as SPOCO, was founded by Bill Norris in 1982 to encourage the use of courses where traffic was light and the terrain sporting. Standard distances were not necessary as the competition was decided on placings to give points, thus taking the emphasis away from fast times. The original SPOCO South East format still remains popular today, and its success has prompted the introduction of similar competitions throughout the country.

In its conventional form, SPOCO would consist only of hilly and or technically demanding courses generally described as sporting, however the SCA SPOCO has been tailored to support the philosophy of the Sussex Cyclists' Association: **to promote cycling in Sussex and encourage members to participate in competitions that include open events taking place partly or wholly in Sussex.** In accordance with this tradition we have included a mix of both sporting and standard courses, to widen the appeal, and extend the list of qualifying events throughout the racing season whilst still catering for the purists amongst you – hopefully there will be something for everyone. In 2010 we have gone even further to encourage participation by expanding the range of middle distance events to give as many riders as possible every opportunity to complete the necessary qualifying events, and removing the prerequisite registration, thus opening the competition to all first claim members of SCA affiliated clubs.

Just ride a minimum of 1 x Group A, 4 x Group B (including 1 x Hilly) and 1 x Group C – any number of events can be ridden as your best placing(s) 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 are likely to get – that's the beauty of SPOCO; in the words of its founder "racing on tough courses in bad weather is no longer pointless!"

If you would like to receive regular competition updates please contact ann.human@btinternet.com, alternatively refer to the SCA website: www.sussexca.org.uk throughout the 2010 season.

2010 SCA SPOCO Qualifying Events:			
Group A – Short Distance – up to 10 miles			
Sat 20 Mar 2010	SCCU	10 m	G10/46
Sat 03 Apr 2010	Brighton Mitre	10 m	G10/44
Sat 01 May 2010	SCA	10 m	G10/97
Mon 31 May 2010	Brighton Mitre – * See note	10 m	GS/995
Sat 19 Jun 2010	VTTA Surrey/Sussex	10 m	G10/87
Sat 28 Aug 2010	SCA	10 m	G10/45
Sat 11 Sep 2010	ESCA	10 m	G10/87
Group B – Middle Distance – 11 to 39 miles (must include 1 x Hilly)			
Sat 06 Feb 2010	GS Stella	18 km	GS/988 – Hilly
Sun 07 Feb 2010	GS Stella	34 km	GS/989 – Hilly
Sat 20 Feb 2010	Central Sussex CC	17.48 m	GS/985 – Hilly
Sun 28 Feb 2010	SCA	23 m	GS/194 – Hilly
Sun 07 Mar 2010	East Surrey RC	29.9 m	GS/491 – Hilly
Sun 14 Mar 2010	ESCA	15.06 m	GS/895 – Hilly
Sun 21 Mar 2010	SCCU	25 m	G25/44 – Hilly
Mon 05 Apr 2010	Brighton Mitre	25 m	GS/999 – Hilly
Sun 02 May 2010	SCA	25 m	G25/93
Sat 12 Jun 2010	Redhill CC	14 m	GS/189 – Hilly
Sun 20 Jun 2010	Lewes Wanderers	30 m	G30/88
Sun 11 Jul 2010	Southborough Wheelers	25 m	G25/89
Sun 01 Aug 2010	Brighton Excelsior	25 m	G25/93
Sun 15 Aug 2010	Eastbourne Rovers	25 m	G25/89
Mon 30 Aug 2010	SCA	25 m	G25/49
Sun 19 Sep 2010	VTTA Surrey/Sussex	25 m	G25/89
Sun 17 Oct 2010	Bognor Regis CC	27 m	P911 – Hilly
Sun 24 Oct 2010	Brighton Mitre	25 m	G25/93
Group C – Long Distance – over 40 miles			
Sun 23 May 2010	Crawley Wheelers	41.9 m	GS/196
Sun 06 Jun 2010	SCA	50 m	G50/10
Sun 13 Jun 2010	ESCA	50 m	G50/89
Sun 27 Jun 2010	SCCU	50 m	G50/53
Sun 25 Jul 2010	Bognor Regis CC	50 m	P901/50
Sun 25 Jul 2010	SCCU	100 m	G100/60
Sun 22 Aug 2010	ESCA	100 m	G100/86

SCA SPOCO Rules:	
1.	The SCA sporting courses points competition (SCA SPOCO) is open to first claim members of clubs affiliated to the SCA only.
2.	The SCA SPOCO shall be decided on each rider's best placing in the qualifying events.
3.	Points will be awarded in each qualifying ride – 120 points for 1st place down to 1 point for 120th place.
4.	Qualifying rides will be the best placing achieved in: One short distance event Four middle distance events (must include one hilly) One long Distance event
5.	Any number of qualifying events may be ridden
6.	Qualifying events shall be decided and published prior to the beginning of each racing season.
7.	An open event 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 or an open event that takes place wholly or partly in Sussex, shall be eligible for inclusion in the list of qualifying events.
8.	Qualifying events must be published in the CTT handbook.
9.	Separate awards are made for men, women, juniors and veterans plus the best team of three from an affiliated club.
10.	The Veteran competition shall be open to all riders aged 40 years and over on the date of the event and shall be decided on the placing based on Plus against VTTA Standard Time. This rule shall not prevent a veteran from winning the competition on actual time.
11.	The decision of the SCA Executive Committee will be final in the event of any dispute.

* Please note: There is a combination of 7 events on this day – only the hilly event on course GS/995 is the SPOCO qualifying event