

# East Sussex Cycling Association

2010 President: Ian Burgess – In-Gear Quickvit Trainsharp



## Competition Update 3 after 6th event (ESCA 100 – 22 Aug 2010)

### Individual Points Competition:

With six down and three to go, there's no change in the top 4. Rob remains resolute in his lead after stamping his authority on the ESCA 100 with an impressive sub four hour ride in what only can be described as challenging conditions. However it's not a done deal yet – assuming a full calendar, the threat still looms large from team mate Nick, just 2 points behind, who could easily draw level over the forthcoming 10 and 25.

Rank	Rider	Club	Ev1 Hr	Ev2 2up	Ev3 10m	Ev4 25m	Ev5 50m	Ev6 100m	Total Points	No Rides
1	Rob PELHAM	Lewes Wanderers	28	28	28	28	28	30	170	6
2	Nick DWYER	Lewes Wanderers	24	28	29	29	29	29	168	6
3	Iain BROGDEN	Eastbourne Rovers	29	12	26	26	27	26	146	6
4	Peter MORRIS	Lewes Wanderers	27	18	25	24	22	25	141	6
5	Johan STEGERS	Lewes Wanderers	20	16	22	14	16	22	110	6
6	Alan MACINNES	East Grinstead CC	-	30	24	22	21	-	97	4
6	Tom GLANDFIELD	Lewes Wanderers	14	16	21	-	19	27	97	5
8	Peter TADROS	In-Gear Quickvit Trainsharp	30	-	30	30	-	-	90	3
9	Peter BAKER	Lewes Wanderers	10	-	20	18	18	20	86	5
10	Andy COX	Lewes Wanderers	22	18	-	20	20	-	80	4
11	David SHEPHERD	GS Stella	-	26	-	-	25	28	79	3
12	Michael VALKS	Sussex Nomads	21	4	12	15	23	-	75	5
13	Jim CHEEK	In-Gear Quickvit Trainsharp	-	26	23	25	-	-	74	3
13	Tony REEVES	GS Stella	26	-	-	-	24	24	74	3
13	Jon SHARPLES	In-Gear Quickvit Trainsharp	-	20	27	27	-	-	74	3
13	James RYAN	Lewes Wanderers	11	14	-	23	26	-	74	4
17	Richard GIFFORD	In-Gear Quickvit Trainsharp	23	20	-	21	-	-	64	3
18	Steve DENNIS	East Grinstead CC	-	30	-	-	30	-	60	2
19	Peter MOON	Eastbourne Rovers	-	12	7	1	15	23	58	5
20	Matt COOMBS	Lewes Wanderers	9	0	14	17	17	-	57	5
21	Geoff SMITH	Sussex Nomads	15	4	15	10	12	-	56	5
22	Oliver TUCKLEY	Lewes Wanderers	4	-	18	16	9	-	47	4
23	Elisabeth BRAMA	Brighton Phoenix Tri	-	-	8	13	-	21	42	3
24	Mark PATON	Sussex Nomads	-	-	19	19	-	-	38	2
24	Stephen CONNERY	Southborough Wheelers	-	-	13	6	8	11	38	4
26	Alan LLOYD	Lewes Wanderers	-	-	-	5	10	19	34	3
27	Dominic LOWDEN	Lewes Wanderers	-	6	16	8	-	-	30	3
28	James BRICKELL	In-Gear Quickvit Trainsharp	7	22	-	0	-	-	29	3
28	Adam FORD	Eastbourne Rovers	5	2	3	0	7	12	29	6
30	Stuart DAVIS	Eastbourne Rovers	17	2	-	9	-	-	28	3
31	Rob YOUNG	In-Gear Quickvit Trainsharp	-	26	-	-	-	-	26	1
31	Mark JONES	GS Stella	-	26	-	-	-	-	26	1
33	Ivan JOHNSON	Hastings & St Leonards CC	25	-	-	-	-	-	25	1
34	Ian HENDRY	Hastings & St Leonards CC	2	-	10	12	-	-	24	3
35	Kevin BASHFORD	East Grinstead CC	-	10	-	-	13	-	23	2
36	David POLLARD	In-Gear Quickvit Trainsharp	-	22	-	-	-	-	22	1
36	Duncan FULLER	Lewes Wanderers	-	-	17	4	1	-	22	3
38	Sholto HAGGART	Brighton Mitre	19	-	-	-	-	-	19	1
39	Andy PAYNE	GS Stella	-	-	-	-	-	18	18	1
39	Mark STORIE	GS Stella	18	-	-	-	-	-	18	1
41	Neil MIDGLEY	Lewes Wanderers	-	-	0	0	-	17	17	3
41	Thomas BAKER	Lewes Wanderers	0	0	11	0	6	-	17	5
43	Stuart MEDHURST	Eastbourne Rovers	-	-	-	-	-	16	16	1
43	Andrew MORLEY	In-Gear Quickvit Trainsharp	16	-	-	-	-	-	16	1
43	Nathan GALE	Worthing Excelsior	-	-	-	0	2	14	16	3

## Competition Update 3 after 6th event (ESCA 100 – 22 Aug 2010) continued . . .

Rank	Rider	Club	Ev1 Hr	Ev2 2up	Ev3 10m	Ev4 25m	Ev5 50m	Ev6 100m	Total Points	No Rides
46	Sarah LOVELOCK	Bodyworks XTC Tri Store	-	-	-	-	-	15	15	1
47	Stuart JAGO	Worthing Excelsior	-	-	-	-	14	-	14	1
47	Rob ROLLINGS	Lewes Wanderers	-	14	-	-	-	-	14	1
49	Mark AMON	Rye Wheelers	-	-	-	-	-	13	13	1
49	Lee HOLDAWAY	Hastings & St Leonards CC	13	-	-	-	-	-	13	1
51	Paul THATCHER	Brighton Mitre	12	-	-	-	-	-	12	1
52	Mike LEVETT	Lewes Wanderers	-	-	-	-	11	-	11	1
52	Keith CARTER	Horsham Cycling	-	-	-	11	-	-	11	1
54	Mark BASHFORD	East Grinstead CC	-	10	-	-	-	-	10	1
54	Stuart PAYNE	Central Sussex CC	-	-	0	-	-	10	10	2
56	Simon GROGAN	Hastings & St Leonards CC	-	-	-	-	-	9	9	1
56	Mark BRITTLE	Hastings & St Leonards CC	0	0	9	-	-	-	9	3
58	Steve MAXTED	Rye Wheelers	-	-	-	-	-	8	8	1
58	Graham HILLS	Southborough Wheelers	-	8	-	-	-	-	8	1
58	Ian BURGESS	In-Gear Quickvit Trainsharp	8	-	-	-	-	-	8	1
58	Peter ROWE	Southborough Wheelers	-	8	-	-	-	-	8	1
58	Tony MURPHY	Eastbourne Rovers	-	-	5	0	3	-	8	3
63	Jim HOLLANDS	Rye Wheelers	-	-	-	-	-	7	7	1
63	Stuart KIRKHAM	Lewes Wanderers	-	0	-	7	-	-	7	2
65	James LOWDEN	Lewes Wanderers	-	6	-	-	-	-	6	1
65	Chris MARTIN	Lewes Wanderers	-	0	6	-	-	-	6	2
65	Chris CHAPMAN	Hastings & St Leonards CC	6	0	-	-	-	-	6	2
65	Chris PARKER	Hastings & St Leonards CC	0	0	0	0	0	6	6	6
69	Edward BOORMAN	East Grinstead CC	-	-	-	-	5	-	5	1
69	Simon YATES	Lewes Wanderers	0	-	-	0	0	5	5	4
71	Jamie BEALE	In-Gear Quickvit Trainsharp	-	-	-	4	-	-	4	1
71	Andrew STOBART	Eastbourne Rovers	-	-	4	-	-	-	4	1
71	John MANKELOW	Lewes Wanderers	-	0	-	0	4	-	4	3
74	Rufus NEWELL	Hastings & St Leonards CC	3	0	-	-	-	-	3	2
75	Simon NEWELL	Hastings & St Leonards CC	0	0	-	2	-	-	2	3
75	Kevin BURTON	Eastbourne Rovers	0	0	2	0	-	-	2	4
77	Sam DIX	In-Gear Quickvit Trainsharp	1	0	-	-	-	-	1	2
77	Stephen GASTON	Lewes Wanderers	0	0	1	0	0	-	1	5
79	Ian ESSEX	Brighton Excelsior	0	-	-	-	-	-	0	1
79	Martin BOOTY	Brighton Mitre	-	-	0	-	-	-	0	1
79	Ashley BAKER	Brighton Mitre	-	-	0	-	-	-	0	1
79	Robin JOHNSON	Brighton Mitre	-	-	0	0	-	-	0	2
79	Liz HALLIDAY	Brighton Phoenix Tri	-	-	0	-	-	-	0	1
79	Alan ROBINSON	Central Sussex CC	-	-	0	-	-	-	0	1
79	John CARTER	East Grinstead CC	-	0	-	-	-	-	0	1
79	Paul WINKLEY	East Grinstead CC	0	-	-	-	-	-	0	1
79	Richard WOODWARD	East Grinstead CC	0	0	-	-	-	-	0	2
79	Harry FEATHERSTONE	Eastbourne Rovers	-	-	0	-	-	-	0	1
79	David COX	Eastbourne Rovers	-	0	-	-	-	-	0	1
79	Andrew PARSONS	Eastbourne Rovers	-	-	-	-	0	-	0	1
79	Tim MILES	Hastings & St Leonards CC	-	-	-	0	-	-	0	1
79	Jay MILES	Hastings & St Leonards CC	0	-	-	0	-	-	0	2
79	Gregory BLACKWELL	Hastings & St Leonards CC	0	0	-	-	-	-	0	2
79	Mark BURDASS	In-Gear Quickvit Trainsharp	0	-	-	-	-	-	0	1
79	Alex KWIATKOWSKI	In-Gear Quickvit Trainsharp	-	0	-	-	-	-	0	1
79	Bob EVANS	Lewes Wanderers	-	-	0	-	-	-	0	1
79	Kaye DWYER	Lewes Wanderers	-	-	0	-	-	-	0	1
79	Henry BIRD	Lewes Wanderers	-	0	-	-	-	-	0	1
79	Helen MILLIER	Lewes Wanderers	-	-	-	-	0	-	0	1
79	Sue HUDSON	Lewes Wanderers	-	-	0	-	-	-	0	1
79	Ian LANDLESS	Lewes Wanderers	-	-	-	0	-	-	0	1
79	Samuel RAMSEY	Lewes Wanderers	-	-	0	-	-	-	0	1
79	Steve OWLES	Lewes Wanderers	-	-	-	-	0	-	0	1
79	Naomi DANDRIDGE	Lewes Wanderers	-	-	0	-	-	-	0	1
79	Paul HANRATTY	Lewes Wanderers	-	-	0	0	-	-	0	2
79	Graham JEFFS	Lewes Wanderers	0	0	-	-	-	-	0	2
79	Martin PHILLIPS	Lewes Wanderers	-	0	0	-	-	-	0	2

## Competition Update 3 after 6th event (ESCA 100 – 22 Aug 2010) continued . . .

Rank	Rider	Club	Ev1 Hr	Ev2 2up	Ev3 10m	Ev4 25m	Ev5 50m	Ev6 100m	Total Points	No Rides
79	Hugh PROCTER	Lewes Wanderers	0	-	-	-	0	-	0	2
79	Sarah DWYER	Lewes Wanderers	-	-	0	0	-	-	0	2
79	Natasha FULLER	Lewes Wanderers	-	-	0	0	-	-	0	2
79	John MILLER	Lewes Wanderers	-	-	0	0	-	-	0	2
79	David BEALE	Lewes Wanderers	-	-	0	0	0	-	0	3
79	Horry HEMSLEY	Lewes Wanderers	-	0	0	0	-	-	0	3
79	Debbie EVERS	Lewes Wanderers	-	-	0	0	0	-	0	3
79	Pete LAWRENCE	Southborough Wheelers	-	0	-	-	-	-	0	1
79	Dave PARKER	Southborough Wheelers	-	0	-	-	-	-	0	1
79	Timothy CHRISTIAN	Southborough Wheelers	-	-	-	0	-	-	0	1
79	Paul HISCOCK	Southborough Wheelers	-	0	-	-	-	-	0	1
79	Doug FINCH	Southborough Wheelers	-	-	0	-	-	-	0	1
79	Ian TURNER	Southborough Wheelers	-	0	-	-	-	-	0	1
79	Martin YARDLEY	Southborough Wheelers	-	-	-	0	-	-	0	1
79	Charles BURRELL	Sussex Nomads	-	-	-	0	-	-	0	1
79	Paul VALKS	Sussex Nomads	0	-	0	0	0	-	0	4
79	David DALLIMORE	VTTA (Surrey/Sussex)	-	-	0	-	-	-	0	1
79	Robert DOWNHAM	Worthing Excelsior	-	-	-	-	0	-	0	1
79	Kevin DOE	Worthing Excelsior	-	-	-	-	0	-	0	1
<b>Grand Total</b>			<b>465</b>	<b>484</b>	<b>465</b>	<b>466</b>	<b>465</b>	<b>455</b>	<b>2800</b>	<b>281</b>

## Club Points Competition:

Rank	Club	Ev1 Hr	Ev2 2up	Ev3 10m	Ev4 25m	Ev5 50m	Ev6 100m	Total Points	No Rides
1	Lewes Wanderers	169	164	228	213	236	194	1204	119
2	In-Gear Quickvit Trainsharp	85	136	80	107	-	-	408	24
3	Eastbourne Rovers	51	28	47	36	52	77	291	32
4	GS Stella	44	52	-	-	49	70	215	9
5	East Grinstead CC	0	80	24	22	69	-	195	14
6	Sussex Nomads	36	8	46	44	35	-	169	17
7	Hastings & St Leonards CC	49	0	19	14	0	15	97	27
8	Southborough Wheelers	-	16	13	6	8	11	54	13
9	Brighton Phoenix Tri	-	-	8	13	-	21	42	4
10	Brighton Mitre	31	-	0	0	-	-	31	6
11	Worthing Excelsior	-	-	-	0	16	14	30	6
12	Rye Wheelers	-	-	-	-	-	28	28	3
13	Bodyworks XTC Tri Store	-	-	-	-	-	15	15	1
14	Horsham Cycling	-	-	-	11	-	-	11	1
15	Central Sussex CC	-	-	0	-	-	10	10	3
-	VTTA (Surrey/Sussex)	-	-	0	-	-	-	0	1
-	Brighton Excelsior	0	-	-	-	-	-	0	1
<b>Grand Total</b>		<b>465</b>	<b>484</b>	<b>465</b>	<b>466</b>	<b>465</b>	<b>455</b>	<b>2800</b>	<b>281</b>

## Remaining Qualifying Events:

Event Date	Dist	Course	HQ / Area	Entry Fee	Promoter
Sat 11 Sep 2010	10m	G10/87	East Hoathly Sports Centre	£8.00	Stephen Long Tel: 01435 831013
Sun 12 Sep 2010	25m	G25/89	Fairwarp Village Hall	£8.00	Richard Blackmore Tel: 01342 713272
Sun 17 Oct 2010	1542yd HC	GH/84	Firle Bostal	£6.00	Mark Winton Tel: 01273 584973

## Competition Update 3 after 6th event (ESCA 100 – 22 Aug 2010) continued . . .

### Club Breakdown by Rider:

Lewes Wanderers	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Rob PELHAM	28	28	28	28	28	30	170	6
	Nick DWYER	24	28	29	29	29	29	168	6
	Peter MORRIS	27	18	25	24	22	25	141	6
	Johan STEGERS	20	16	22	14	16	22	110	6
	Tom GLANFIELD	14	16	21	-	19	27	97	5
	Peter BAKER	10	-	20	18	18	20	86	5
	Andy COX	22	18	-	20	20	-	80	4
	James RYAN	11	14	-	23	26	-	74	4
	Matt COOMBS	9	0	14	17	17	-	57	5
	Oliver TUCKLEY	4	-	18	16	9	-	47	4
	Alan LLOYD	-	-	-	5	10	19	34	3
	Dominic LOWDEN	-	6	16	8	-	-	30	3
	Duncan FULLER	-	-	17	4	1	-	22	3
	Thomas BAKER	0	0	11	0	6	-	17	5
	Neil MIDGLEY	-	-	0	0	-	17	17	3
	Rob ROLLINGS	-	14	-	-	-	-	14	1
	Mike LEVETT	-	-	-	-	11	-	11	1
	Stuart KIRKHAM	-	0	-	7	-	-	7	2
	Chris MARTIN	-	0	6	-	-	-	6	2
	James LOWDEN	-	6	-	-	-	-	6	1
	Simon YATES	0	-	-	0	0	5	5	4
	John MANKELOW	-	0	-	0	4	-	4	3
	Stephen GASTON	0	0	1	0	0	-	1	5
	<b>Total</b>	<b>169</b>	<b>164</b>	<b>228</b>	<b>213</b>	<b>236</b>	<b>194</b>	<b>1204</b>	

In-Gear Quickvit Trainsharp	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Peter TADROS	30	-	30	30	-	-	90	3
	Jon SHARPLES	-	20	27	27	-	-	74	3
	Jim CHEEK	-	26	23	25	-	-	74	3
	Richard GIFFORD	23	20	-	21	-	-	64	3
	James BRICKELL	7	22	-	0	-	-	29	3
	Rob YOUNG	-	26	-	-	-	-	26	1
	David POLLARD	-	22	-	-	-	-	22	1
	Andrew MORLEY	16	-	-	-	-	-	16	1
	Ian BURGESS	8	-	-	-	-	-	8	1
	Jamie BEALE	-	-	-	4	-	-	4	1
	Sam DIX	1	0	-	-	-	-	1	2
	<b>Total</b>	<b>85</b>	<b>136</b>	<b>80</b>	<b>107</b>	<b>-</b>	<b>-</b>	<b>408</b>	

Eastbourne Rovers	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Iain BROGDEN	29	12	26	26	27	26	146	6
	Peter MOON	-	12	7	1	15	23	58	5
	Adam FORD	5	2	3	0	7	12	29	6
	Stuart DAVIS	17	2	-	9	-	-	28	3
	Stuart MEDHURST	-	-	-	-	-	16	16	1
	Tony MURPHY	-	-	5	0	3	-	8	3
	Andrew STOBART	-	-	4	-	-	-	4	1
	Kevin BURTON	0	0	2	0	-	-	2	4
	<b>Total</b>	<b>51</b>	<b>28</b>	<b>47</b>	<b>36</b>	<b>52</b>	<b>77</b>	<b>291</b>	

GS Stella	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	David SHEPHERD	-	26	-	-	25	28	79	3
	Tony REEVES	26	-	-	-	24	24	74	3
	Mark JONES	-	26	-	-	-	-	26	1
	Andy PAYNE	-	-	-	-	-	18	18	1
	Mark STORIE	18	-	-	-	-	-	18	1
	<b>Total</b>	<b>44</b>	<b>52</b>	<b>-</b>	<b>-</b>	<b>49</b>	<b>70</b>	<b>215</b>	

## Competition Update 3 after 6th event (ESCA 100 – 22 Aug 2010) continued . . .

East Grinstead CC	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Alan MACINNES	-	30	24	22	21	-	97	4
	Steve DENNIS	-	30	-	-	30	-	60	2
	Kevin BASHFORD	-	10	-	-	13	-	23	2
	Mark BASHFORD	-	10	-	-	-	-	10	1
	Edward BOORMAN	-	-	-	-	5	-	5	1
	<b>Total</b>	<b>0</b>	<b>80</b>	<b>24</b>	<b>22</b>	<b>69</b>	<b>-</b>	<b>195</b>	

  

Sussex Nomads	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Michael VALKS	21	4	12	15	23	-	75	5
	Geoff SMITH	15	4	15	10	12	-	56	5
	Mark PATON	-	-	19	19	-	-	38	2
	<b>Total</b>	<b>36</b>	<b>8</b>	<b>46</b>	<b>44</b>	<b>35</b>	<b>-</b>	<b>169</b>	

  

Hastings & St Leonards CC	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Ivan JOHNSON	25	-	-	-	-	-	25	1
	Ian HENDRY	2	-	10	12	-	-	24	3
	Lee HOLDAWAY	13	-	-	-	-	-	13	1
	Simon GROGAN	-	-	-	-	-	9	9	1
	Mark BRITTLE	0	0	9	-	-	-	9	3
	Chris PARKER	0	0	0	0	0	6	6	6
	Chris CHAPMAN	6	0	-	-	-	-	6	2
	Rufus NEWELL	3	0	-	-	-	-	3	2
	Simon NEWELL	0	0	-	2	-	-	2	3
	<b>Total</b>	<b>49</b>	<b>0</b>	<b>19</b>	<b>14</b>	<b>0</b>	<b>15</b>	<b>97</b>	

  

Southborough Wheelers	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Stephen CONNERY	-	-	13	6	8	11	38	4
	Graham HILLS	-	8	-	-	-	-	8	1
	Peter ROWE	-	8	-	-	-	-	8	1
	<b>Total</b>	<b>-</b>	<b>16</b>	<b>13</b>	<b>6</b>	<b>8</b>	<b>11</b>	<b>54</b>	

  

Brighton Phoenix Tri	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Elisabeth BRAMA	-	-	8	13	-	21	42	3
	<b>Total</b>	<b>-</b>	<b>-</b>	<b>8</b>	<b>13</b>	<b>-</b>	<b>21</b>	<b>42</b>	

  

Brighton Mitre	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Sholto HAGGART	19	-	-	-	-	-	19	1
	Paul THATCHER	12	-	-	-	-	-	12	1
	<b>Total</b>	<b>31</b>	<b>-</b>	<b>0</b>	<b>0</b>	<b>-</b>	<b>-</b>	<b>31</b>	

  

Worthing Excelsior	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Nathan GALE	-	-	-	0	2	14	16	3
	Stuart JAGO	-	-	-	-	14	-	14	1
	<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>0</b>	<b>16</b>	<b>14</b>	<b>30</b>	

  

Rye Wheelers	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Mark AMON	-	-	-	-	-	13	13	1
	Steve MAXTED	-	-	-	-	-	8	8	1
	Jim HOLLANDS	-	-	-	-	-	7	7	1
	<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>28</b>	<b>28</b>	

  

Bodyworks XTC Tri Store	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Sarah LOVELOCK	-	-	-	-	-	15	15	1
	<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>15</b>	<b>15</b>	

## Competition Update 3 after 6th event (ESCA 100 – 22 Aug 2010) continued . . .

Horsham Cycling	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Keith CARTER	-	-	-	11	-	-	11	1
	<b>Total</b>	-	-	-	11	-	-	11	

  

Central Sussex CC	Rider	Ev1	Ev2	Ev3	Ev4	Ev5	Ev6	Total Points	No Rides
	Stuart PAYNE	-	-	0	-	-	10	10	2
	<b>Total</b>	-	-	0	-	-	10	10	3

  

<b>Grand Total</b>	<b>465</b>	<b>484</b>	<b>465</b>	<b>466</b>	<b>465</b>	<b>455</b>	<b>2800</b>		
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## ESCA Trophies:

Pete Tadros retains the Page Tankard with a winning time of 38 minutes and 26 seconds in this year's Hardriders.

Alan MacInnes and Steve Dennis teamed up again in the 2up to win in 55 minutes 32 seconds – knocking 2 minutes, 12 seconds off their 2009 time.

Steve Dennis takes the ESCA 50 mile cup with yet another resounding win of 1:47:11, Helen Millier retains the Ladies Cup showing a 3 minute improvement on 2009, while fellow Wanderers Nick Dwyer, Rob Pelham and James Ryan once again win the team trophy for Lewes, slashing 22 minutes and 41 seconds off last year's team time.

Rob Pelham is the new name on the ESCA 100 mile cup after his incredible ride in 3:56:14. He joins team mates Nick Dwyer and Tom Glandfield who secure the team trophy for Lewes Wanderers again this year with a total of 12:03:21 – an improvement of 1 hour, 11 minutes and 36 seconds on the 2010 time.

Award	2009 Winner (current holder)	2010 Winner
Hardriders Page Tankard	Peter Tadros (36:03) In-Gear Quickvit RT	<b>Peter Tadros (38:26)</b> In-Gear Quickvit Trainsharp
2up Team Time Trial Cup	David Pollard & James Brickell (55:31) In-Gear Quickvit RT	<b>Alan MacInnes &amp; Steve Dennis (55:32)</b> East Grinstead CC
50 mile Cup	Iain Brogden (1:57:24) Eastbourne Rovers	<b>Steve Dennis (1:47:11)</b> East Grinstead CC
Ladies 50 mile Cup	Helen Millier (2:24:02) Lewes Wanderers	<b>Helen Millier (2:21:02)</b> Lewes Wanderers
50 mile Team Trophy	Mark Winton (1:58:51), Nick Dwyer (1:59:11) & Peter Baker (2:05:21) Lewes Wanderers (6:03:23)	<b>Nick Dwyer (1:51:43), Rob Pelham (1:52:46) &amp; James Ryan (1:56:13)</b> <b>Lewes Wanderers (5:40:42)</b>
100 mile Cup	Iain Brogden (4:05:45) Eastbourne Rovers	<b>Rob Pelham (3:56:14)</b> Lewes Wanderers
100 mile Team Shield	Mark Winton (4:20:58), Andy Cox (4:23:59) and Nick Dwyer (4:30:00) Lewes Wanderers (13:14:57)	<b>Rob Pelham (3:56:14), Nick Dwyer (4:02:03) &amp; Tom Glandfield (4:05:04)</b> <b>Lewes Wanderers (12:03:21)</b>

## Competition Update 3 after 6th event (ESCA 100 – 22 Aug 2010) continued . . .

With the exception of the **Rosemary Team Shield**, 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**.

Consequently the **2010 contenders** for these awards are:

<b>Award</b>	<b>2009 Winner (current holder)</b>	<b>2010 Contender</b>
Ladies 10 mile Cup	Emma Richards (26:21) Eastbourne Rovers	<b>Elisabeth Brama (25:49)</b> Brighton Phoenix Tri
Junior 10 mile Cup	Thomas Baker (25:37) Lewes Wanderers	<b>Thomas Baker (25:28)</b> Lewes Wanderers
10 mile Team Shield	David Pollard (21:39), Jim Cheek (22:22) and Ian Burgess (22:35) In-Gear Quickvit RT (1:06:36)	<b>Nick Dwyer (21:19), Rob Pelham (21:56)</b> and <b>Peter Morris (22:53)</b> <b>Lewes Wanderers (1:06:08)</b>
Ladies 25 mile Cup	Juliette Clark (1:05:26) In-Gear Quickvit RT	<b>Elisabeth Brama (1:02:46)</b> Brighton Phoenix Tri
Junior 25 mile Cup	Thomas Baker (1:07:24) Lewes Wanderers	<b>Thomas Baker (1:07:49)</b> Lewes Wanderers
Veteran 25 mile Cup	Harry Featherstone (+19:20) Eastbourne Rovers	<b>Nick Dwyer (+15:01)</b> Lewes Wanderers
60 minute Cup	Steve Dennis (52:16) East Grinstead CC	<b>Peter Tadros (52:33)</b> In-Gear Quickvit Trainsharp

**Don't forget the ESCA 10 on Saturday 11 September 2010 and the ESCA 25 on Sunday 12 September 2010 are another chance to improve on these times**

### ESCA Annual Prize Presentation:

The 2010 prize presentation lunch will be held at

**The Horseshoe Inn, Herstmonceux**

Sunday 16 January 2011



## ESCA Best All Rounder:

Following the ESCA 100 the provisional BAR positions are as follows

### Senior – 25, 50 and 100 mile provisional BAR

Rank	Rider	Club	Cat	25m time	50m time	100m time	Av mph
1	Nick DWYER	Lewes Wanderers	V	0:54:01	1:51:43	4:02:03	<b>26.470</b>
2	Rob PELHAM	Lewes Wanderers	S	0:55:15	1:52:46	3:56:14	<b>26.384</b>
3	Iain BROGDEN	Eastbourne Rovers	V	0:57:01	1:54:12	4:05:36	<b>25.669</b>
4	Peter MORRIS	Lewes Wanderers	S	0:58:33	2:01:52	4:19:46	<b>24.445</b>
5	Peter BAKER	Lewes Wanderers	V	1:00:49	2:04:10	4:33:15	<b>23.594</b>
6	Johan STEGERS	Lewes Wanderers	V	1:02:37	2:05:42	4:27:31	<b>23.417</b>
7	Peter MOON	Eastbourne Rovers	V	1:05:32	2:06:24	4:23:57	<b>23.118</b>
8	Alan LLOYD	Lewes Wanderers	V	1:05:08	2:09:52	4:34:43	<b>22.657</b>
9	Adam FORD	Eastbourne Rovers	S	1:06:05	2:11:56	4:48:31	<b>22.078</b>
10	Stephen CONNERY	Southborough Wheelers	V	1:04:50	2:11:36	4:55:40	<b>22.075</b>
11	Nathan GALE	Worthing Excelsior	S	1:06:10	2:15:40	4:45:32	<b>21.932</b>
12	Chris PARKER	Hastings & St Leonards CC	V	1:13:47	2:35:09	5:36:21	<b>19.168</b>
13	Simon YATES	Lewes Wanderers	V	1:17:17	2:31:22	5:36:30	<b>19.020</b>
	Tom GLANDFIELD	Lewes Wanderers	S	-	2:03:32	4:05:04	-
	Tony REEVES	GS Stella	S	-	2:00:06	4:19:55	-
	David SHEPHERD	GS Stella	V	-	1:56:48	4:02:48	-

### Veteran – 25, 50 and 100 mile provisional BAR

Rank	Rider	Club	Cat	25m plus	50m plus	100m plus	Av +mph
1	Nick DWYER	Lewes Wanderers	V	0:15:01	0:31:36	1:07:48	<b>5.795</b>
2	Iain BROGDEN	Eastbourne Rovers	V	0:09:29	0:23:51	0:50:38	<b>4.155</b>
3	Peter BAKER	Lewes Wanderers	V	0:11:22	0:25:41	0:48:21	<b>3.775</b>
4	Alan LLOYD	Lewes Wanderers	V	0:09:47	0:26:50	1:01:34	<b>3.654</b>
5	Peter MOON	Eastbourne Rovers	V	0:05:03	0:20:08	0:50:30	<b>2.850</b>
6	Johan STEGERS	Lewes Wanderers	V	0:06:25	0:18:41	0:42:20	<b>2.793</b>
7	Stephen CONNERY	Southborough Wheelers	V	0:01:40	0:06:27	0:00:34	<b>0.561</b>
8	Simon YATES	Lewes Wanderers	V	-0:02:22	0:05:20	-0:00:13	<b>0.017</b>
9	Chris PARKER	Hastings & St Leonards CC	V	-0:00:31	-0:03:03	-0:09:57	<b>-0.358</b>
	David SHEPHERD	GS Stella	V	-	0:29:44	1:11:39	-

### Ladies – 10, 25 and 50 mile provisional BAR

Rank	Rider	Club	Cat	10m time	25m time	50m time	Av mph
1	Debbie EVERS	Lewes Wanderers	WV	0:29:38	1:15:23	2:30:28	<b>20.028</b>
	Helen MILLIER	Lewes Wanderers	WV	-	-	2:21:02	-

### Ladies Veteran – 10, 25 and 50 mile provisional BAR

Rank	Rider	Club	Cat	10m plus	25m plus	50m plus	Av +mph
1	Debbie EVERS	Lewes Wanderers	WV	-0:00:32	-0:00:28	0:06:14	<b>0.099</b>
	Helen MILLIER	Lewes Wanderers	WV	-	-	0:11:04	-

### Junior – 10 and 25 mile provisional BAR

Rank	Rider	Club	Cat	10m time	25m time	Av mph
1	Thomas BAKER	Lewes Wanderers	Jn	0:25:28	1:07:49	<b>22.839</b>

## ESCA Points Competition:

**Individual Points** – Points are awarded to any individual rider from an ESCA affiliated club in each ESCA event:

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)

**Club Points** – Points are awarded to any club affiliated to ESCA based on the performance of its individual members in each ESCA event. The individual points earned by each rider are totalled and awarded to their respective club:

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 luncheon to both the individual and club with the most points.

## ESCA Best All Rounder Competition:

<b>Senior</b>	Contested over <b>25, 50 and 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 and 100</b> miles in any ESCA event this season. Based on an average mph of the actual time less an average mph of the standard time from the best performance at each distance – <b>see note below.</b>
<b>Lady Senior</b>	Contested over <b>10, 25 and 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 and 50</b> miles in any ESCA event this season. Based on an average mph of the actual time less the standard time from the best performance at each distance.
<b>Junior</b>	Contested over <b>10 and 25</b> miles in any ESCA event this season. Based on an average mph from the best performance at each distance.

**The veteran calculation** is the mph of the standard time taken away from the mph of the actual time at each distance. An average is then taken from the three individual totals.

Distance	Actual Time	Actual mph	Std Time	Std mph	Difference
25 miles	0:57:00	<b>26.316</b>	1:06:30	<b>22.556</b>	+ 3.759
50 miles	1:59:56	<b>25.014</b>	2:18:03	<b>21.731</b>	+ 3.283
100 miles	4:18:53	<b>23.176</b>	4:56:14	<b>20.254</b>	+ 2.922
				<b>Total</b>	<b>+ 9.964</b>
				<b>Average</b>	<b>+ 3.321</b>

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