

REMINDERS

Notes for all competitors

It has been really encouraging this season to see such good turnouts at each event, and also to see increased participation from new riders. We all want it to run well and to be popular.

As well as being enjoyable the first few evenings have highlighted some points that it is felt need to be refreshed in people's minds. This follows observations made by committee members and also a fair degree of feedback from the local public. So we are taking this opportunity to advise the newbies, or to simply remind the oldies, some of the key points in competing in a time trial.

THE REGULATIONS

Our sport is administered by CTT and they set out the regulations which must be adhered to. They are available [here](#) for you to peruse.

SAFETY - ROUNDABOUTS

We can all appreciate the desire to get around the course as fast as possible. However the A24 carries a lot of traffic and the fast approach to the Washington roundabout is particularly hazardous. Some riders have been observed taking extreme risks and actually breaking the law (Road Traffic Act) when doing so.

If this continues it is likely that there will be an accident and/or police approval for the series is removed.

Riders are instructed to ride safely and in accordance with the traffic regulations.

The CTT regulation is set out below.

Observance of the Law

All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:

- 1. not ride in a manner that is unsafe either to themselves or to other road users**
- 2. ride on the left-hand side of the road except for safe overtaking and when making right hand turns**
- 3. conform to all traffic signs, signals and direction indicators**
- 4. in making any turn before, during or after the event, ensure that it is safe to do so.**

Note that the CTT advocates suspension:

Note: Where there has been an accident as a result of a competitor's contravention of (a) above the competitor shall normally be subjected to a minimum effective period of suspension of six competitive months for a first offence and twelve months for a second offence.

**COMPETITIVE MONTHS ARE DEEMED TO BE MARCH TO OCTOBER INCLUSIVE
and NON-COMPETITIVE MONTHS ARE NOVEMBER TO FEBRUARY INCLUSIVE.**

SAFETY – AT THE END

There is a longstanding course instruction about what riders are required to do at the end of their ride.



SAFETY – LIGHTS

High quality rear lights are strongly recommended for all riders. Also, for those early season events where the light falls quickly then a front light should be a consideration. This especially true for those riders who ride home afterwards (as brought to our attention by a driver at Findon).

DRAFTING

Drafting is not allowed under any circumstance. To do so is in contravention of CTT regulations and it is also unfair.

The particular regulation is set out here so that riders may properly understand what is expected of them, with one aspect highlighted.

Paced & Company Riding

Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken.

Footnote:

Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from another rider or vehicles.

If you should catch up another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind.

You must set your own pace and not use another rider as a pace maker. The onus on avoiding company riding shall be on the rider overtaken.

Nor is it in order to ride alongside and even to ride a few metres behind for any appreciable distance. In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by repassing and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/metres.

It is a requirement that riders understand and adhere to these instructions.

DISQUALIFICATION

Disregard of the rules as explained above may result in a competitor's ride being disqualified.

Follow the rules / Stay safe !!!



Worthing Excelsior Cycling Club



Club 10 mile Time Trial The Don Lock Evening 10 Memorial Series



Course G10/98

Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Event No 5 – Thursday 12th May 2016

Promoter: [Ian Cheesman](#)

Report

Nice conditions and once again a full field (in fact slightly over). Riders attention was drawn to a number of points as set out at the front of this report, and all went very well. There were 26 Excelsior riders in action which is superb, and there were guest riders from 11 other clubs.

Three riders in their second ever time trial gained a PB; being John McGrath, Karen McGrath and Eric Baker. A big thumbs up goes to Schaeff. The tumble at Goodwood circuit doesn't seem to have done him any harm as he took exactly half a minute off his previous PB with a fine 22:26. And Rome weighed in too and was highly delighted with his new PB of 24:25.

Dom Maxwell returned to action and, to no-ones great surprise recorded another win to maintain his 100% record. Also in a continuing theme the next nine riders were all tightly grouped with just 40 seconds separating 2nd place from 10th place. In fact it is so tight that the respective order changes from week to week.

Trevor Leeding did well to finish in second place, just ahead of Mike O'Gorman. Last week's debutant winner, John McGrath was squeezed out of the podium places by just a single second.

Worthy of mention is the welcome return to action of Nathan Gale and also the 2014 series champion Simon Atkinson (this time it was a casual run out on a road bike). Making his debut was Leigh Prevost and it is encouraging to see so many new members giving it a go and getting the bug.

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Six of the guest riders recorded a sub 21 minute ride with Mark Emsley being the quickest with an agonising 20:02.

Sophie Colman of Drops Cycling Team rode a fine 21:29. As it turns out this was actually quicker than her reported ride last week as she generously notified us that there must have been a transcription error when recording her time (her Garmin would have had her at 21:49 rather than the official 21:19). Unfortunately this does rather suggest that John McGrath's time for the event was equally erroneous. Since John's ride also benefitted from a major dose of drafting and two-up riding (due to it being his first ride and not understanding that time trialling rules differ markedly from triathlon ones) it's probably best to set that ride aside. His 21:14 this week is altogether a much better quality performance as well as being considerably faster, so well done indeed for that. More to come? Almost certainly.

WECC riders in Open Time Trials

Last weekend

In Sunday's Norwood Paragon CC 25 Excelsior riders enjoyed personal successes. Dom Maxwell was once again the strongest rider finishing well up the field with a fine 56:11. With his other two 25s having identical times of 57:13 Dom is clearly in great form.

Colin Barton improved his personal best by almost a minute to 59:08. Despite being held up by traffic Martin Booker also beat the hour mark with 59:33, and Rome Bhamra's 1:06:26 was also a personal best.

On the same day in the Charlotteville CC 50 Trevor Leeding staked an early claim for the fastest 50 of the season with a strong 1:58:57. Mike O'Gorman was way off form and his 2:04:25 was over seven minutes slower than last season.

Photographs of all our riders in action this weekend (and throughout the season) can be found here on our [club web-site](#).

Full details of all of the various performances can be found on our [club web-site](#).

Upcoming events

It's the highlight of the season.

On Sunday it's our club's annual Open 25. It's great to be able to report that we have a full field of 120 riders

Our nine riders are: Nicky Carsons, Phil Frean, Colin Barton, Ian Cheesman, Dominic Maxwell, Rick Hughes, Martin Booker, Mike O'Gorman, and Trevor Leeding. Well done to Nicky for giving it a go, and we all wish her the very best in her debut at this distance.

And of course none of this could happen without a major commitment from many members of the club for catering, marshalling etc.

On the previous day Mike is due to ride in the SCCU 10 at Broadbridge Heath.

Road Racing The Goodwood Circuit evening series continues. Darron Muggerridge was in action in the 3rd/4th category event on Tuesday, and Dom competed in the vets event on Wednesday.

Scratch Classification

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	17	Dominic Maxwell	Worthing Excelsior CC	V43	21:18	1
2	14	Trevor Leeding	Worthing Excelsior CC	V50	22:08	2
3	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:13	3
4	15	John McGrath	Worthing Excelsior CC	V52	22:14	4
5	21	Rick Hughes	Worthing Excelsior CC	V53	22:24	5
6	16	Schaeff Potter	Worthing Excelsior CC	J	22:26	6
7	23	Colin Barton	Worthing Excelsior CC	V55	22:34	7
8	29	Ian Cheesman	Worthing Excelsior CC	V47	22:45	8
9	5	Chris Putnam	Worthing Excelsior CC	V51	22:46	9
10	12	Martin Booker	Worthing Excelsior CC	V47	22:48	10
11	4	Andy Haste	Worthing Excelsior CC	V45	23:12	11
12	3	Rome Bhamra	Worthing Excelsior CC	V49	24:25	12
13	13	Aaron Hartley	Worthing Excelsior CC	J	24:45	13
14	11	Phil Freaan	Worthing Excelsior CC	V61	24:51	14
15	19	Nathan Gale	Worthing Excelsior CC	V40	24:57	15
16	9	Allan Orman	Worthing Excelsior CC	V70	24:59	16
17	43	Simon Atkinson	Worthing Excelsior CC	V42	25:28	17
18	2	Peter Rowe	Worthing Excelsior CC	V66	25:56	18
19	7	Karen McGrath	Worthing Excelsior CC	WV54	25:59	19
20	24	Simon Toppin	Worthing Excelsior CC	S	26:10	20
21	6	John Lucas	Worthing Excelsior CC	V73	27:25	21
22	22	Leigh Prevost	Worthing Excelsior CC	S	27:36	22
23	20	Eric Baker	Worthing Excelsior CC	V44	28:03	23
24	18	Chris Bramley	Worthing Excelsior CC	V58	28:06	24
25	10	Graeme Gill	Worthing Excelsior CC	V58	28:24	25
26	1	Joan Lennon	Worthing Excelsior CC	WV59	28:26	26

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
36	Mark Emsley	Team ASL360	S	20:02
31	Nick Dwyer	Lewes Wanderers CC	V52	20:29
25	Phil Allen	South Downs Bikes	S	20:34
38	Tom Glandfield	Lewes Wanderers CC	V43	20:39
33	Howard Bayley	Blazing Saddles	V41	20:41
28	Stanley Kennet	PMR @Toachim House	S	20:51
41	Sophie Colman	Drops Cycling Team	WS	21:29
27	Tony Reeves	GS Stella	V44	21:55
34	Mark Bernhardt	GS Stella	V53	22:16
40	Rob Charles	Blazing Saddles	V50	22:32
37	Huw Williams	Tuff Fitti	V47	23:14
30	Tamar Vanderhaas	Lewes Wanderers CC	WV40	23:27
39	Paul Wishart	Brighton Phoenix	V48	23:45
26	Piers August	Wyndymilla	S	24:18
42	Ade Fadero	Sussex Nomads	V54	24:36
32	Kaye Dwyer	Lewes Wanderers CC	WV53	26:43
35	Chris Evans	Tuff Fitti	V60	31:50

Fastest Veteran on Standard

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:13	28:06	+5:53
2	17	Dominic Maxwell	Worthing Excelsior CC	V43	21:18	26:13	+4:55
3	15	John McGrath	Worthing Excelsior CC	V52	22:14	26:54	+4:40
4	14	Trevor Leeding	Worthing Excelsior CC	V50	22:08	26:45	+4:37
5	21	Rick Hughes	Worthing Excelsior CC	V53	22:24	26:59	+4:35
5	23	Colin Barton	Worthing Excelsior CC	V55	22:34	27:09	+4:35
7	5	Chris Putnam	Worthing Excelsior CC	V51	22:46	26:50	+4:04
8	9	Allan Orman	Worthing Excelsior CC	V70	24:59	29:02	+4:03
9	29	Ian Cheesman	Worthing Excelsior CC	V47	22:45	26:32	+3:47
10	12	Martin Booker	Worthing Excelsior CC	V47	22:48	26:32	+3:44
11	7	Karen McGrath	Worthing Excelsior CC	WV54	25:59	29:14	+3:15
12	4	Andy Haste	Worthing Excelsior CC	V45	23:12	26:23	+3:11
13	11	Phil Freaan	Worthing Excelsior CC	V61	24:51	27:44	+2:53
14	2	Peter Rowe	Worthing Excelsior CC	V66	25:56	28:23	+2:27
15	3	Rome Bhamra	Worthing Excelsior CC	V49	24:25	26:41	+2:16
16	6	John Lucas	Worthing Excelsior CC	V73	27:25	29:39	+2:14
17	1	Joan Lennon	Worthing Excelsior CC	WV59	28:26	29:44	+1:18
18	19	Nathan Gale	Worthing Excelsior CC	V40	24:57	25:59	+1:02
19	43	Simon Atkinson	Worthing Excelsior CC	V42	25:28	26:09	+0:41
20	18	Chris Bramley	Worthing Excelsior CC	V58	28:06	27:26	-0:40
21	10	Graeme Gill	Worthing Excelsior CC	V58	28:24	27:26	-0:58
22	20	Eric Baker	Worthing Excelsior CC	V44	28:03	26:18	-1:45

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
31	Nick Dwyer	Lewes Wanderers CC	V52	20:29	26:54	+6:25
38	Tom Glandfield	Lewes Wanderers CC	V43	20:39	26:13	+5:34
33	Howard Bayley	Blazing Saddles	V41	20:41	26:04	+5:23
34	Mark Bernhardt	GS Stella	V53	22:16	26:59	+4:43
30	Tamar Vanderhaas	Lewes Wanderers CC	WV40	23:27	28:02	+4:35
27	Tony Reeves	GS Stella	V44	21:55	26:18	+4:23
40	Rob Charles	Blazing Saddles	V50	22:32	26:45	+4:13
37	Huw Williams	Tuff Fitti	V47	23:14	26:32	+3:18
39	Paul Wishart	Brighton Phoenix	V48	23:45	26:36	+2:51
42	Ade Fadero	Sussex Nomads	V54	24:36	27:04	+2:28
32	Kaye Dwyer	Lewes Wanderers CC	WV53	26:43	29:09	+2:26
35	Chris Evans	Tuff Fitti	V60	31:50	27:38	-4:12

Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	36	Mark Emsley	Team ASL360	S	20:02	
2	31	Nick Dwyer	Lewes Wanderers CC	V52	20:29	1
3	25	Phil Allen	South Downs Bikes	S	20:34	
4	38	Tom Glandfield	Lewes Wanderers CC	V43	20:39	3
5	33	Howard Bayley	Blazing Saddles	V41	20:41	4
6	28	Stanley Kennet	PMR @Toachim House	S	20:51	
7	17	Dominic Maxwell	Worthing Excelsior CC	V43	21:18	5
8	41	Sophie Colman	Drops Cycling Team	WS	21:29	
9	27	Tony Reeves	GS Stella	V44	21:55	12
10	14	Trevor Leeding	Worthing Excelsior CC	V50	22:08	8
11	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:13	2
12	15	John McGrath	Worthing Excelsior CC	V52	22:14	7
13	34	Mark Bernhardt	GS Stella	V53	22:16	6
14	21	Rick Hughes	Worthing Excelsior CC	V53	22:24	9
15	16	Schaeff Potter	Worthing Excelsior CC	J	22:26	
16	40	Rob Charles	Blazing Saddles	V50	22:32	13
17	23	Colin Barton	Worthing Excelsior CC	V55	22:34	9
18	29	Ian Cheesman	Worthing Excelsior CC	V47	22:45	16
19	5	Chris Putnam	Worthing Excelsior CC	V51	22:46	14
20	12	Martin Booker	Worthing Excelsior CC	V47	22:48	17
21	4	Andy Haste	Worthing Excelsior CC	V45	23:12	20
22	37	Huw Williams	Tuff Fitti	V47	23:14	18
23	30	Tamar Vanderhaas	Lewes Wanderers CC	WV40	23:27	9
24	39	Paul Wishart	Brighton Phoenix	V48	23:45	22
25	26	Piers August	Wyndymilla	S	24:18	
26	3	Rome Bhamra	Worthing Excelsior CC	V49	24:25	26
27	42	Ade Fadero	Sussex Nomads	V54	24:36	23
28	13	Aaron Hartley	Worthing Excelsior CC	J	24:45	
29	11	Phil Frean	Worthing Excelsior CC	V61	24:51	21
30	19	Nathan Gale	Worthing Excelsior CC	V40	24:57	29
31	9	Allan Orman	Worthing Excelsior CC	V70	24:59	15
32	43	Simon Atkinson	Worthing Excelsior CC	V42	25:28	30
33	2	Peter Rowe	Worthing Excelsior CC	V66	25:56	24
34	7	Karen McGrath	Worthing Excelsior CC	WV54	25:59	19
35	24	Simon Toppin	Worthing Excelsior CC	S	26:10	
36	32	Kaye Dwyer	Lewes Wanderers CC	WV53	26:43	25
37	6	John Lucas	Worthing Excelsior CC	V73	27:25	27
38	22	Leigh Prevost	Worthing Excelsior CC	S	27:36	
39	20	Eric Baker	Worthing Excelsior CC	V44	28:03	33
40	18	Chris Bramley	Worthing Excelsior CC	V58	28:06	31
41	10	Graeme Gill	Worthing Excelsior CC	V58	28:24	32
42	1	Joan Lennon	Worthing Excelsior CC	WV59	28:26	28
43	35	Chris Evans	Tuff Fitti	V60	31:50	34

Event Secretary

Ian Cheesman

Very Grateful Thanks To:

Timekeeper (start):	Pete Logan
Timekeeper (finish):	John Mansell
Recorder:	Sonia Mansell
Start Marshal:	Rob Downham
Course Marshals:	Sheila Lucas (Findon), Neil Crowther (Ashington)
Catering:	Bernie Skinner
Signage:	Mike O’Gorman
Results Service	Mike O’Gorman

G10/98 SAFETY NOTES AS PER OUR [CLUB EVENTS BOOK](#)

REMINDER TO ALL RIDERS - LONGSTANDING COURSE INSTRUCTION

SAFETY NOTICE

After the finish please **do not turn immediately right**. Continue straight on and then find a safe place to do a U turn. Then return to the Race HQ without passing the timekeeper.

This is for your safety and for the safety of any rider catching you on the line

