



# 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 6 – Thursday 19<sup>th</sup> May 2016** **Promoter: [Phil Fren](#)**

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### **Report**

A cold windy night and this clearly had an impact on the entry as it was well down this week.

Don Maxwell rattled off another win, followed by Mike O’Gorman and John McGrath. These were the only riders to go under 23 minutes on what was clearly another tough evening.

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It was nice to see another new ‘guest’ rider as Andy Langdown made his first appearance here for Blazing Saddles. A very impressive ride by him in the circumstances.

# WECC riders in Open Time Trials

## Last weekend

What a really super day for the club on Sunday.

It was our annual Open 25 mile time trial held on the A24/A264/A2220 and headquartered at Warnham. For the first time in a while there was a full entry of 120 riders plus reserves too so that was good.

The members did us proud with a huge turnout of volunteers for all the essential helping roles without which the event simply could not happen. The post-event feedback from riders of other clubs was most positive and widespread. It was a huge credit to all concerned. Even the weather which has been so poor this season rose to the occasion much to everyone's relief.

The club had ten riders in the event and that is most gratifying too. Entirely consistent with his recent form Dom Maxwell was the fastest of our riders with a fine 56:34. Special mention goes to Rome who set another PB for the distance, and particularly to Nicky Carsons who rode her first 25. Well done indeed Nicky for sticking at it. She hadn't ridden 75 minutes in aero position before without sitting up and finished in some considerable pain and discomfort. And then she went and helped in the kitchen. What a star.

Rider	Time	Pos	+/- VTTA Std	Pos	
Dom Maxwell	56:34	20	+10:05	24	
Trevor Leeding	57:42	35	+10:20	23	
Mike O'Gorman	57:48	36	+13:48	4	Won £10
Ian Cheesman	59:07	48	+8:19	43	
Colin Barton	59:45	54	+9:20	33	
Martin Booker	59:51	59	+7:35	49	
Rick Hughes	1:00:49	65	+7:50	45	
Phil Freaan	1:04:59	92	+5:39	59	
Rome Bhamra	1:05:19	93	+2:31	77	PB
Nicky Carsons	1:14:25	105	-0:16	78	First 25

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On the day before Mike O'Gorman rode in the Southern Counties CU 10. His 23:09 placed him 22<sup>nd</sup> overall, and 2<sup>nd</sup> on Vets Standard (won £20).

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

## Upcoming events

Saturday 21 May	Farnham Road Club 10 Elite Cycling 10	H10/8 G10/57	Colin Barton, Mike O'Gorman Clive Patterson-Lett
Sunday 22 May	High Wycombe CC 25	H25/2	Mike O'Gorman

## Scratch Classification

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	17	Dominic Maxwell	Worthing Excelsior CC	V43	22:07	1
2	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:40	2
3	10	John McGrath	Worthing Excelsior CC	V52	22:56	3
4	21	Rick Hughes	Worthing Excelsior CC	V53	23:09	4
5	16	Martin Booker	Worthing Excelsior CC	V47	23:17	5
6	12	Colin Barton	Worthing Excelsior CC	V55	23:31	6
7	4	Andy Haste	Worthing Excelsior CC	V45	23:56	7
8	6	Chris Putnam	Worthing Excelsior CC	V51	24:06	8
9	15	Simon Atkinson	Worthing Excelsior CC	V42	25:10	9
10	24	Phil Freaan	Worthing Excelsior CC	V61	25:24	10
11	20	Aaron Hartley	Worthing Excelsior CC	J	25:34	11
12	5	Nathan Gale	Worthing Excelsior CC	V40	25:44	12
13	2	Phil Young	Worthing Excelsior CC	S	26:09	13
14	7	Karen McGrath	Worthing Excelsior CC	WV54	26:53	14
15	14	Chris Bramley	Worthing Excelsior CC	V58	29:21	15
16	1	Joan Lennon	Worthing Excelsior CC	WV59	30:03	16
	3	Steve Feest	Worthing Excelsior CC	V58	DNS	
	25	Andrew Lock	Worthing Excelsior CC	V49	DNF	

## Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
18	Andy Langdown	Blazing Saddles	V47	20:47
22	Howard Bayley	Blazing Saddles	V41	21:46
23	Rob Charles	Blazing Saddles	V50	23:18
26	Steven McWilliams	Brighton Mitre CC	S	23:49
9	Bruce English	Eastbourne Rovers CC	V51	24:02
11	Ian Newbold	Eastbourne Rovers CC	V43	24:37
19	Phil Allen	South Downs Bikes	S	DNF

Rider No 13 has been removed as he is not a member of a CTT affiliated club.

## 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	22:40	28:06	+5:26
2	17	Dominic Maxwell	Worthing Excelsior CC	V43	22:07	26:13	+4:06
3	10	John McGrath	Worthing Excelsior CC	V52	22:56	26:54	+3:58
4	21	Rick Hughes	Worthing Excelsior CC	V53	23:09	26:59	+3:50
5	12	Colin Barton	Worthing Excelsior CC	V55	23:31	27:09	+3:38
6	16	Martin Booker	Worthing Excelsior CC	V47	23:17	26:32	+3:15
7	6	Chris Putnam	Worthing Excelsior CC	V51	24:06	26:50	+2:44
8	4	Andy Haste	Worthing Excelsior CC	V45	23:56	26:23	+2:27
9	7	Karen McGrath	Worthing Excelsior CC	WV54	26:53	29:14	+2:21
10	24	Phil Frean	Worthing Excelsior CC	V61	25:24	27:44	+2:20
11	15	Simon Atkinson	Worthing Excelsior CC	V42	25:10	26:09	+0:59
12	5	Nathan Gale	Worthing Excelsior CC	V40	25:44	25:59	+0:15
13	1	Joan Lennon	Worthing Excelsior CC	WV59	30:03	29:44	-0:19
14	14	Chris Bramley	Worthing Excelsior CC	V58	29:21	27:26	-1:55
	3	Steve Feest	Worthing Excelsior CC	V58	DNS	27:26	
	25	Andrew Lock	Worthing Excelsior CC	V49	DNF	26:41	

## Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
18	Andy Langdown	Blazing Saddles	V47	20:47	26:32	+5:45
22	Howard Bayley	Blazing Saddles	V41	21:46	26:04	+4:18
23	Rob Charles	Blazing Saddles	V50	23:18	26:45	+3:27
9	Bruce English	Eastbourne Rovers CC	V51	24:02	26:50	+2:48
11	Ian Newbold	Eastbourne Rovers CC	V43	24:37	26:13	+1:36

## Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	18	Andy Langdown	Blazing Saddles	V47	20:47	1
2	22	Howard Bayley	Blazing Saddles	V41	21:46	3
3	17	Dominic Maxwell	Worthing Excelsior CC	V43	22:07	4
4	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:40	2
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10	26	Steven McWilliams	Brighton Mitre CC	S	23:49	
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	19	Phil Allen	South Downs Bikes	S	DNF	
	25	Andrew Lock	Worthing Excelsior CC	V49	DNF	

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### Event Secretary

Phil Frean

### Very Grateful Thanks To:

Timekeeper (start):	Rome Bhamra
Timekeeper (finish):	Mick Irons
Recorder:	Claire Booker
Start Marshal:	Trevor Leeding
Course Marshals:	Mark Newnham (Findon), Jeff Blunsdon (Ashington)
Catering:	Bernie Skinner
Signage:	Mike O'Gorman
Results Service	Mike O'Gorman

# 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 !!!**