



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 7 – Thursday 26th May 2016 Promoter: [Graeme Gill](#)

Report

Great weather and, if you were lucky with the traffic and the roundabouts, great times.

Seven riders got personal bests and two more were close.

The fastest Excelsior rider on the night was Trevor Leeding. His superb 21:39 was just seven seconds off his PB.

Other improvements were:

Neil Crowther	by 1 min 20 sec	to 22:20
Andy Haste	by 1 sec	to 22:50
Chris Putnam	by 11 sec	to 22:33
Paul Townsley	by 59 sec	to 23:57
Clive Patterson-Lett	by 3 sec	to 24:07
Allan Orman		to 24:29
Karen McGrath	by 45 sec	to 25:14
Simon Toppin	by 32 sec	to 25:19

Special mention goes to Neil Crowther who is improving rapidly as he gains more experience, and also to Karen McGrath. Karen has now produced the two quickest ladies rides of the season so far (in fact the two quickest in the past few years). Is Jan Scotchford's 1992 record of 24:43 under threat?

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Andy Langdown was again the fastest of a strong selection of riders from other clubs.

Particular mention must also go to junior Jack Churchill. Having gone under 23 minutes for the first time with a 22:58 just two days earlier he absolutely smashed his PB today with a wonderful 22:07. Well done indeed Jack.

WECC riders in Open Time Trials

Last weekend

Much less activity than in recent weeks.

On Saturday Clive Patterson-Lett rode in his first open time trial of the season. That brings the number of Excelsior participants to 14 so far in 2016. His time in the Elite Cycling CC 10 on G10/57 (89 riders) was 25:16 and he is looking to better that when he returns to the same course on this coming weekend.

Two of our riders travelled to Bentley for the Farnham Road Club 10 (101 riders). They recorded similar times and both were pleased with the result. Mike O’Gorman’s 22:57 gained him 19th place and won him his age group (£20). Colin Barton was very close behind with a 23:08 and 24th place.

On the following day Mike O’Gorman competed in the High Wycombe CC 25 (120 riders). It was his first attempt at the H25/2 course. The conditions were favourable and his 56:23 was his third fastest ever 25. This placed him 32nd overall and 4th on vets standard which was worth another £35.

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

Upcoming events

Saturday 28 May	Bec CC 10	G10/57	Clive Patterson-Lett, Colin Barton
Sunday 29 May	Hounslow & Dist 100	H100/88	Mike O’Gorman
	Brighton Mitre 10	G10/97	Rick Hughes
	Brighton Mitre Hilly 10	GS/995	Rome Bhamra

Road Racing

Last weekend

On Sunday Dom Maxwell raced in the Surrey League 3rd cats race hosted by VC Meudon and held at Kirdford. It is 6 laps and 62 miles in distance.

In April Dom had ridden on the same circuit and was disappointed with his tactics, vowing to learn from the experience. Well he obviously did as he finished in a super points-scoring sixth place having also taken some very good on-road advice from Ian Leeding. An effort on an incline a mile from the finish meant that he finished just ahead of the chasing peleton on the line.

Tuesday 24th May

Following on from his excellent weekend performance Dom went on to even better things. In the 3rd/4th category race in the Goodwood Series hosted by Southdown Velo Dom secured his best ever result with a second place finish.

Pretty benign race tried to get into a breakaway and we got around 10 in it but it didn't stick.

A bit of an untidy last lap as we overtook the ladies race, the e12 race came past us and then we went past them but managed to clear for the sprint finish.

Hit the sprint very early with a "Wight" rider but he was strong as an ox and there was no getting past him. But 2nd is my best ever result so very pleased.

Wednesday 25th May

A third road race in four days for Dom as he returned to Goodwood for the 30 mile vets event. This time he finished in the middle of the bunch in 15th place (right next to his good mate Ian). He did have the satisfaction of winning the first Wiggle Prime which gained him some small socks, some Haribo and a useful front light.

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It is a pleasure to report that road racing is becoming ever more popular with WECC riders. As well as Dom, Schaeff and Darron we have two more riders who will be competing. In the junior ranks Schaeff will be joined by Aaron Hartley. And new member Neil Crowther is also going to race. It looks like will will have five racing at Goodwood next Tuesday.

On this coming weekend Dom will be competing in the National Masters Road Race Championships for Male riders aged 30-54 so we wish him all the best for that. It is held as part of the [North Bucks Festival of Cycling](#).

Schaeff and Aaron have both signed up for the Eastbourne crits to be held at the [Eastbourne Cycling Festival](#) on the following weekend.

Full details of all of the road races throughout the season can be also found on our [club web-site](#).

Scratch Classification

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	12	Trevor Leeding	Worthing Excelsior CC	V50	21:39	1
2	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:15	2
3	9	Neil Crowther	Worthing Excelsior CC	V43	22:20	3
4	15	Ian Cheesman	Worthing Excelsior CC	V47	22:24	4
5	18	Chris Putnam	Worthing Excelsior CC	V51	22:33	5
6	22	Colin Barton	Worthing Excelsior CC	V55	22:38	6
7	16	Martin Booker	Worthing Excelsior CC	V47	22:47	7
7	21	Rick Hughes	Worthing Excelsior CC	V53	22:47	7
9	11	Andy Haste	Worthing Excelsior CC	V45	22:50	9
10	19	Schaeff Potter	Worthing Excelsior CC	J	23:10	10
11	17	Paul Townsley	Worthing Excelsior CC	V67	23:57	11
12	5	Clive Patterson-Lett	Worthing Excelsior CC	V50	24:07	12
13	4	Allan Orman	Worthing Excelsior CC	V70	24:29	13
14	20	Aaron Hartley	Worthing Excelsior CC	J	24:43	14
15	3	Rome Bhamra	Worthing Excelsior CC	V49	25:04	15
16	6	Karen McGrath	Worthing Excelsior CC	WV54	25:14	16
17	31	Simon Toppin	Worthing Excelsior CC	S	25:19	17
18	27	Peter Rowe	Worthing Excelsior CC	V66	25:41	18
19	13	John Lucas	Worthing Excelsior CC	V73	27:31	19
20	14	Chris Bramley	Worthing Excelsior CC	V58	28:55	20
	2	Mark Newnham	Worthing Excelsior CC	S	DNS	

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
33	Andy Langdown	Blazing Saddles	V47	20:10
23	Matt Peel	Redhill CC	S	20:32
25	Phil Allen	South Downs Bikes	S	20:53
1	Rupert Robinson	Evans Cycles Racing Team	V44	21:03
7	Tony Reeves	GS Stella	V44	21:48
26	Jack Churchill	Brighton Excelsior CC	J	22:07
29	Rob Charles	Blazing Saddles	V50	22:19
35	Steven McWilliams	Brighton Mitre CC	S	22:40
32	Huw Williams	Tuff Fitti	V47	22:49
30	Tamar Vanderhaas	Lewes Wanderers CC	WV40	23:02
24	Matt Hill	VC Goldalming Haslemere	V55	23:03
34	Paul Wishart	Brighton Phoenix Tri	V48	23:25
10	Piers August	Wyndymilla	S	24:16
28	Daniel Schofield	Angmering CC	S	26:42

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	22:15	28:06	+5:51
2	12	Trevor Leeding	Worthing Excelsior CC	V50	21:39	26:45	+5:06
3	17	Paul Townsley	Worthing Excelsior CC	V67	23:57	28:32	+4:35
4	4	Allan Orman	Worthing Excelsior CC	V70	24:29	29:02	+4:33
5	22	Colin Barton	Worthing Excelsior CC	V55	22:38	27:09	+4:31
6	18	Chris Putnam	Worthing Excelsior CC	V51	22:33	26:50	+4:17
7	21	Rick Hughes	Worthing Excelsior CC	V53	22:47	26:59	+4:12
8	15	Ian Cheesman	Worthing Excelsior CC	V47	22:24	26:32	+4:08
9	6	Karen McGrath	Worthing Excelsior CC	WV54	25:14	29:14	+4:00
10	9	Neil Crowther	Worthing Excelsior CC	V43	22:20	26:13	+3:53
11	16	Martin Booker	Worthing Excelsior CC	V47	22:47	26:32	+3:45
12	11	Andy Haste	Worthing Excelsior CC	V45	22:50	26:23	+3:33
13	27	Peter Rowe	Worthing Excelsior CC	V66	25:41	28:23	+2:42
14	5	Clive Patterson-Lett	Worthing Excelsior CC	V50	24:07	26:45	+2:38
15	13	John Lucas	Worthing Excelsior CC	V73	27:31	29:39	+2:08
16	3	Rome Bhamra	Worthing Excelsior CC	V49	25:04	26:41	+1:37
17	14	Chris Bramley	Worthing Excelsior CC	V58	28:55	27:26	-1:29

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
33	Andy Langdown	Blazing Saddles	V47	20:10	26:32	+6:22
1	Rupert Robinson	Evans Cycles Racing Team	V44	21:03	26:18	+5:15
30	Tamar Vanderhaas	Lewes Wanderers CC	WV40	23:02	28:02	+5:00
7	Tony Reeves	GS Stella	V44	21:48	26:18	+4:30
29	Rob Charles	Blazing Saddles	V50	22:19	26:45	+4:26
24	Matt Hill	VC Goldalming Haslemere	V55	23:03	27:09	+4:06
32	Huw Williams	Tuff Fitti	V47	22:49	26:32	+3:43
34	Paul Wishart	Brighton Phoenix Tri	V48	23:25	26:36	+3:11

Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	33	Andy Langdown	Blazing Saddles	V47	20:10	1
2	23	Matt Peel	Redhill CC	S	20:32	
3	25	Phil Allen	South Downs Bikes	S	20:53	
4	1	Rupert Robinson	Evans Cycles Racing Team	V44	21:03	3
5	12	Trevor Leeding	Worthing Excelsior CC	V50	21:39	4
6	7	Tony Reeves	GS Stella	V44	21:48	9
7	26	Jack Churchill	Brighton Excelsior CC	J	22:07	
8	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:15	2
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12	18	Chris Putnam	Worthing Excelsior CC	V51	22:33	11
13	22	Colin Barton	Worthing Excelsior CC	V55	22:38	8
14	35	Steven McWilliams	Brighton Mitre CC	S	22:40	
15	16	Martin Booker	Worthing Excelsior CC	V47	22:47	17
15	21	Rick Hughes	Worthing Excelsior CC	V53	22:47	12
17	32	Huw Williams	Tuff Fitti	V47	22:49	18
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29	6	Karen McGrath	Worthing Excelsior CC	WV54	25:14	15
30	31	Simon Toppin	Worthing Excelsior CC	S	25:19	
31	27	Peter Rowe	Worthing Excelsior CC	V66	25:41	21
32	28	Daniel Schofield	Angmering CC	S	26:42	
33	13	John Lucas	Worthing Excelsior CC	V73	27:31	23
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	2	Mark Newnham	Worthing Excelsior CC	S	DNS	

Event Secretary

Graeme Gill

Very Grateful Thanks To:

Timekeeper (start):	Claire Booker
Timekeeper (finish):	Nathan Gale
Recorder:	Adrian Palmer
Start Marshal:	Martin Booker
Course Marshals:	Tiffany Orton (Findon), Jon Roper (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 !!!