



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 8 – Thursday 2nd June 2016 **Promoter: [Graeme Gill](#)**

Report

After last week's great weather it was back to the usual dross. A cold stiffish northerly wind made it difficult and unattractive and this was reflected in the reduced entry. There was certainly little chance of any personal bests being reported on the evening.

Despite that, Andrew Lock was highly delighted with his first competitive ride on his new time trial bike. His time of 25:31 was his quickest of the season so far and he is looking forward to Sunday's club 25.

With Dom Maxwell away on road racing duty again Trevor Leeding took the honours for the second week running. And just like last week it was all very tight behind him.

In his first ride Nick Allen put in a very impressive performance on a road bike.

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James Mapley of Blazing Saddles had his first ride on G10/98 and duly recorded the fastest time. Afterwards he said that he loved the course. I wonder if he'll have the same opinion when he inevitably encounters the Washington roundabout gremlins.

WECC riders in Open Time Trials

Last weekend

Colin Barton rode in Saturday's Bec 10 (G10/57). In his own eloquent words....

Bit of a disaster! I misunderstood where the start was so had to double back and managed to miss my start time by 30 seconds. Went off a few minutes later with a time penalty, but my heart wasn't really in it after that, so didn't give it anywhere near 100%. Think I did around 23:30 (plus any penalty), but I didn't hang around to see the official results.

Clive Patterson-Lett was also scheduled to ride in this event, but again in his words:

I didn't race (apologies sent) return to run program took priority.

Sunday saw the annual Brighton Mitre Multi 10 events with something for everyone. It was cool and the stiff northerly breeze made things rather tricky.

Rick Hughes rode in the "bling" 10 (which means just a standard time trial bike). He found it difficult and was hugely disappointed with his time of 25:06.

Rome Bhamra (following the advice and prompting from his coach) opted for the "very hilly" 10. This finished by going straight up Steyning Bostal.

My first of many to come. Very painfully, very glad it's over & yes I'll do it again & again. Conditions weren't perfect when are they ? Blowy a little sheltered on they way up the Bostal then exposure & relief. Time 34.11 considering what I've been doing its great training.

Also on Sunday Mike O'Gorman made a bid for the club record at 100 miles, travelling to Bentley for the Hounslow & District Wheelers 100 (H100/88). It was always going to be a tough ask, and the wind together with the horrendously poor road surface for 25% of the course made it extra challenging. On the plus side was the excellent and welcome support provided by Andrew Lock who came to help and encourage. Mike maintained the pace up to and beyond the 70 mile stage but was unable to sustain it. His time of 4:10:56 was 2:01 off the record, but did improve his personal best for the distance by over 14 minutes and was the fastest WECC 100 since Paul Toppin in 1994.

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

Upcoming events

Saturday 4 June North Hampshire RC 10 H10/8 Colin Barton, Mike O'Gorman

Sunday 29 May WECC Club 25 G25/95 (too many to mention)

OTHER ACTION

At the weekend Joan Lennon was in action in the European Triathlon Championships in Lisbon. A 6th place in her age group gave great cause for celebration. John and Karen McGrath also won age awards at the Arundel Lido triathlon.

Road Racing

Last weekend

A special event and a big step up in class as Dom competes in the National Masters 75 mile road race.

The status of the event is reflected in the management of it. As the organisers pointed out: All races will be run to the same standards of safety and organisation appropriate to a National Championship including Accredited Marshals (next best thing to closed roads), NEG, Neutral Service and 2x2 Mobile First Aid crews and professional Traffic Management at one critical roundabout.

In Dom's own words:

A 4am start was required to get to Milton Keynes to the national masters 75 mile road race at 8.20 am. Weather was pretty benign and race was fast, over 26 mph. The course was rolling but no dramatic hills.

There seemed to be attempts at breaks trying to get away all the time. I just sat in and followed the wheels as it's a long way and knew I would be pretty tired at the end so wanted to conserve as much energy as possible.

Even sat in it was tough racing and on the last lap I fell asleep a bit and found myself at the back with a big group up the road. Collectively we managed to get back on but found myself mid pack on the 2 mile finishing straight which was stretched across the road and I could not get anywhere near the front for the sprint. I was lucky to stay upright when the chap next to me had 4 spokes taken out by a stray rear mech. The sprint was dicey to say the least.

I managed 24th which I will take for my first national event. I'm still 4 kilos over weight and that makes a difference when it's rolling. Plenty to aim for next year.

(Footnote: Simon McNamara finished 7th in this event, ahead of his brother Chris)

Tuesday 31st May

Three of our riders were in action in the weekly 3rd/4th category race in the Goodwood Series hosted by Southdown Velo. Dom plus juniors Schaeff and Aaron.

Dom continued in his rich vein of form as he finished in fourth place, some 20 meters ahead of the chasing peleton.

In his second race young Schaeff did very well indeed, and certainly better than his first outing (a tumble in a sprint finish). He had learned from that and this time kept himself clear of trouble and finished in the bunch.

Fellow junior Aaron has his first road race this evening. He loves to try everything, having adopted long distance journeys, time trials and hill climbs - all with equal enthusiasm. He did well in the bunch early on but got boxed in and dropped on the 6th lap. He bravely battled on for another two solo laps before cramp and realism set in.

Schaeff and Aaron have both signed up for the Eastbourne crits to be held at the [Eastbourne Cycling Festival](#) on the next 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	22:52	1
2	8	Mike O'Gorman	Worthing Excelsior CC	V64	23:07	2
3	15	Ian Cheesman	Worthing Excelsior CC	V47	23:19	3
4	1	Simon Atkinson	Worthing Excelsior CC	V42	23:21	4
4	21	Rick Hughes	Worthing Excelsior CC	V53	23:21	4
6	11	Chris Putnam	Worthing Excelsior CC	V51	23:30	6
7	16	Martin Booker	Worthing Excelsior CC	V47	23:43	7
8	7	Nick Allen	Worthing Excelsior CC	V44	23:57	8
9	4	Clive Patterson-Lett	Worthing Excelsior CC	V50	24:58	9
10	23	Andrew Lock	Worthing Excelsior CC	V49	25:31	10
11	9	Phil Frean	Worthing Excelsior CC	V61	25:44	11
12	13	Aaron Hartley	Worthing Excelsior CC	J	25:52	12
13	5	Phil Walker	Worthing Excelsior CC	V48	27:24	13
14	10	John Lucas	Worthing Excelsior CC	V73	28:50	14
15	14	Chris Bramley	Worthing Excelsior CC	V58	29:13	15

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
17	James Mapley	Blazing Saddles	S20	20:28
19	Darren Barclay	Arctic Tacx RT	V43	20:58
18	Tony Reeves	GS Stella	V44	22:56
20	Steven McWilliams	Brighton Mitre CC	S31	23:41
22	Paul Wishart	Brighton Phoenix Tri	V48	24:10
6	Ian Newbold	Eastbourne Rovers CC	V43	24:12
3	Huw Williams	Tuff Fitti	V48	24:20
24	Daniel Schofield	Angmering CC	S20	26:18

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	23:07	28:06	+4:59
2	12	Trevor Leeding	Worthing Excelsior CC	V50	22:52	26:45	+3:53
3	21	Rick Hughes	Worthing Excelsior CC	V53	23:21	26:59	+3:38
4	11	Chris Putnam	Worthing Excelsior CC	V51	23:30	26:50	+3:20
5	15	Ian Cheesman	Worthing Excelsior CC	V47	23:19	26:32	+3:13
6	16	Martin Booker	Worthing Excelsior CC	V47	23:43	26:32	+2:49
7	1	Simon Atkinson	Worthing Excelsior CC	V42	23:21	26:09	+2:48
8	7	Nick Allen	Worthing Excelsior CC	V44	23:57	26:18	+2:21
9	9	Phil Frean	Worthing Excelsior CC	V61	25:44	27:44	+2:00
10	4	Clive Patterson-Lett	Worthing Excelsior CC	V50	24:58	26:45	+1:47
11	23	Andrew Lock	Worthing Excelsior CC	V49	25:31	26:41	+1:10
12	10	John Lucas	Worthing Excelsior CC	V73	28:50	29:39	+0:49
13	5	Phil Walker	Worthing Excelsior CC	V48	27:24	26:36	-0:48
14	14	Chris Bramley	Worthing Excelsior CC	V58	29:13	27:26	-1:47

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
19	Darren Barclay	Arctic Tacx RT	V43	20:58	26:13	+5:15
18	Tony Reeves	GS Stella	V44	22:56	26:18	+3:22
22	Paul Wishart	Brighton Phoenix Tri	V48	24:10	26:36	+2:26
3	Huw Williams	Tuff Fitti	V48	24:20	26:36	+2:16
6	Ian Newbold	Eastbourne Rovers CC	V43	24:12	26:13	+2:01

Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	17	James Mapley	Blazing Saddles	S20	20:28	
2	19	Darren Barclay	Arctic Tacx RT	V43	20:58	1
3	12	Trevor Leeding	Worthing Excelsior CC	V50	22:52	3
4	18	Tony Reeves	GS Stella	V44	22:56	5
5	8	Mike O'Gorman	Worthing Excelsior CC	V64	23:07	2
6	15	Ian Cheesman	Worthing Excelsior CC	V47	23:19	7
7	1	Simon Atkinson	Worthing Excelsior CC	V42	23:21	9
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9	11	Chris Putnam	Worthing Excelsior CC	V51	23:30	6
10	20	Steven McWilliams	Brighton Mitre CC	S31	23:41	
11	16	Martin Booker	Worthing Excelsior CC	V47	23:43	8
12	7	Nick Allen	Worthing Excelsior CC	V44	23:57	11
13	22	Paul Wishart	Brighton Phoenix Tri	V48	24:10	10
14	6	Ian Newbold	Eastbourne Rovers CC	V43	24:12	13
15	3	Huw Williams	Tuff Fitti	V48	24:20	12
16	4	Clive Patterson-Lett	Worthing Excelsior CC	V50	24:58	15
17	23	Andrew Lock	Worthing Excelsior CC	V49	25:31	16
18	9	Phil Frean	Worthing Excelsior CC	V61	25:44	14
19	13	Aaron Hartley	Worthing Excelsior CC	J	25:52	
20	24	Daniel Schofield	Angmering CC	S20	26:18	
21	5	Phil Walker	Worthing Excelsior CC	V48	27:24	18
22	10	John Lucas	Worthing Excelsior CC	V73	28:50	17
23	14	Chris Bramley	Worthing Excelsior CC	V58	29:13	19

Event Secretary

Graeme Gill

Very Grateful Thanks To:

Timekeeper (start): Allan Orman
 Timekeeper (finish): Pete Logan
 Recorder: Chris Putnam
 Start Marshal: Colin Barton
 Course Marshals: Pete Rowe (Findon), Steve Feest (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 !!!