



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 9 – Thursday 9th June 2016 **Promoter: [Pete Logan](#)**

Report

What a cracking and eventful evening. It was lovely weather for a change as we hit the halfway point in the series.

The stand-out performance has to be that of Karen McGrath. She threatened to do so – and now she's done it. A new ladies club record for 10 miles, beating Jan Scotchford's time of 24:43 which was set back in 1992. When you consider that her first time trial was only 5 weeks ago (27:16) then she is developing rapidly. Truly well done.

And just so that she doesn't have total bragging rights in the McGrath household, husband John was the fastest WECC rider on the night and he improved his PB from 22:14 to 21:26. Ian Cheesman was delighted with a sub 22 minute ride to finish in second place. He had managed this on just one previous occasion in 2014.

In fact no fewer than eleven WECC riders recorded PB's this evening, the others being: Aaron Hartley, Chris Putnam, Clive Patterson-Lett, Colin Barton, Nick Allen, Nicole Patterson-Lett, Paul Townsley, Rome Bhamra and Simon Toppin. So lots of happy smiley faces at the finish.

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Kevin Plummer of South Downs Bikes was the fastest non-WECC rider. Special mention though goes to Tamar Vanderhaas of Lewes Wanderers CC. She was chuffed with a sub 23 minute ride for the first time ever, and therefore breaks the Lewes ladies club record that she had set only recently.

WECC riders in Other Time Trials

Last weekend

In Saturday's North Hampshire Road Club 10 Mike O'Gorman's 22:27 was his fastest Open 10 of the season and he finished in first place in his age category. Colon Barton's 22:54 was a personal record for an Open 10.

On Sunday it was the WECC Club Championship 25 run on our local [G25/95](#) course. This is a qualifying event for the WECC Points Championship, WECC Points Championship (Veterans), and the WECC Sporting Courses (SPOCO) Competition.

Overall Position	Rider No	Name	Cat/ Age	Actual Time	VTTA Std	Vet +/-	Position on Std
1	15	Dominic Maxwell	V43	59:11	1:06:39	+07:28	3
2	10	Trevor Leeding	V50	59:54	1:08:02	+08:08	2
3	6	Ian Cheesman	V47	1:00:46	1:07:26	+06:40	4
4	5	Mike O'Gorman	V64	1:01:15	1:11:36	+10:21	1
5	2	Martin Booker	V47	1:02:25	1:07:26	+05:01	8
6	11	Rick Hughes	V53	1:03:03	1:08:39	+05:36	6
7	7	Colin Barton	V55	1:03:42	1:09:05	+05:23	7
8	8	Chris Putnam	V51	1:03:58	1:08:14	+04:16	9
9	14	Paul Townsley	V67	1:06:16	1:12:44	+06:28	5
10	13	Andrew Lock	V49	1:07:50	1:07:50	+00:00	11
11	12	Clive Patterson-Lett	V50	1:08:24	1:08:02	-00:22	12
12	3	Phil Frean	V61	1:08:28	1:10:38	+02:10	10
13	1	Rome Bhamra	V49	1:09:53	1:07:50	-02:03	14
14	4	Nicole Patterson-Lett	WV44	1:12:35	1:12:10	-00:25	13
	9	Philip Young	S	DNF			

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

Upcoming events

Saturday 11 June	SCA / WECC 15	G15/93	Ian Cheesman, Nik Allen, Schaeff Potter, Mike O'Gorman, Martin Booker, Rick Hughes, Karen McGrath, John McGrath, Dom Maxwell, Neil Crowther
	Team Axiom 10	P881/10	Mike O'Gorman
Sunday 12 June	Team Axiom 25	P885/25	Ian Cheesman, Mike O'Gorman

Road Racing

Last weekend

It was the [Eastbourne Cycling Festival](#) and our juniors put on an excellent performance in the series of open age events.

In Saturday's [Beachy Head Hill Climb](#) on [GS/833](#) Aaron Hartley did a fine ride to finish in 11th place.

Sunday saw both Aaron Hartley and Schaeff Potter in the 42 lap [4th category mens criterium race](#).

Given his recent crash at Goodwood Schaeff was understandably cautious and dropped back a bit in the early stages to protect himself from some aggressive riding. He still put in a strong performance though, eventually finishing in 12th place after working with a rider from Eastbourne Rovers.

In only his second ever massed start race Aaron did wonderfully. As he put it "I found that I could work my way up the order on the tight corners" and after having some fun leading the race for a lap he finished off in an astonishing 4th place overall.

Tuesday 7th June

Onwards and upwards. This week we had four riders were in action in the weekly 3rd/4th category race in the Goodwood Series hosted by Southdown Velo:. Dom Maxell, Schaeff Potter, Aaron Hartley and Neil Crowther.

More frustration for Dom as for the second week running he misses out on major points scoring through no fault of his own. This time he was in a group of 10 that had broken clear and were expecting to be competing for the points on offer. But mid race the conditions turned into a monsoon and the race was abandoned. Schaeff and Aaron were in the main peleton and, in his first race, Neil had dropped off the back. All great experience (I'm told!).

Photographs from this week's events and 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	11	John McGrath	Worthing Excelsior CC	V52	21:26	1
2	15	Ian Cheesman	Worthing Excelsior CC	V47	21:51	2
3	8	Mike O'Gorman	Worthing Excelsior CC	V64	21:56	3
4	22	Colin Barton	Worthing Excelsior CC	V55	22:10	4
5	14	Chris Putnam	Worthing Excelsior CC	V51	22:12	5
6	7	Nick Allen	Worthing Excelsior CC	V44	22:32	6
7	21	Rick Hughes	Worthing Excelsior CC	V53	22:35	7
8	13	Paul Townsley	Worthing Excelsior CC	V67	23:20	8
9	26	Andy Haste	Worthing Excelsior CC	V45	23:34	9
10	9	Phil Freat	Worthing Excelsior CC	V61	23:37	10
11	4	Clive Patterson-Lett	Worthing Excelsior CC	V50	23:43	11
12	3	Rome Bhamra	Worthing Excelsior CC	V49	24:06	12
13	6	Karen McGrath	Worthing Excelsior CC	WV54	24:30	13
13	16	Aaron Hartley	Worthing Excelsior CC	J	24:30	13
15	33	Jeff Blunsdon	Worthing Excelsior CC	V45	24:42	15
16	12	Nathan Gale	Worthing Excelsior CC	V40	24:43	16
17	34	Simon Toppin	Worthing Excelsior CC	S	24:45	17
18	5	Nicole Patterson-Lett	Worthing Excelsior CC	WV44	25:18	18
19	10	John Lucas	Worthing Excelsior CC	V73	26:56	19
20	2	Chris Bramley	Worthing Excelsior CC	V58	27:21	20

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
24	Kevin Plummer	South Downs Bikes	V50	21:13
18	Richard Weatherstone	GS Stella	V49	21:37
27	Tony Reeves	GS Stella	V44	21:39
1	Karl Twort	Angmering CC	V42	21:56
37	Steven McWilliams	Brighton Mitre CC	S31	22:23
25	Tamar Vanderhaas	Lewes Wanderers CC	WV40	22:49
32	Huw Williams	Tuff Fitti	V48	22:53
29	Matt Hill	VC Goldalming Haslemere	V55	23:21
19	Ian Newbold	Eastbourne Rovers CC	V43	23:25
31	Sophie Colman	Drops RT	WS	23:26
36	Ade Fadero	Sussex Nomads	V54	24:08
28	Paul Hanratty	Lewes Wanderers CC	V56	24:48
30	Paul Malling	Angmering CC	V44	24:55
23	Jez Fallon	Mid Sussex Triathlon Club	V51	25:01
20	Daniel Schofield	Angmering CC	S20	25:11
17	Ben Hardisty	East Grinstead CC	V57	25:30
35	Bruce Samuel	South Downs Bikes	V49	26:35

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	21:56	28:06	+6:10
2	11	John McGrath	Worthing Excelsior CC	V52	21:26	26:54	+5:28
3	13	Paul Townsley	Worthing Excelsior CC	V67	23:20	28:32	+5:12
4	22	Colin Barton	Worthing Excelsior CC	V55	22:10	27:09	+4:59
5	6	Karen McGrath	Worthing Excelsior CC	WV54	24:30	29:14	+4:44
6	15	Ian Cheesman	Worthing Excelsior CC	V47	21:51	26:32	+4:41
7	14	Chris Putnam	Worthing Excelsior CC	V51	22:12	26:50	+4:38
8	21	Rick Hughes	Worthing Excelsior CC	V53	22:35	26:59	+4:24
9	9	Phil Frean	Worthing Excelsior CC	V61	23:37	27:44	+4:07
10	7	Nick Allen	Worthing Excelsior CC	V44	22:32	26:18	+3:46
11	5	Nicole Patterson-Lett	Worthing Excelsior CC	WV44	25:18	28:24	+3:06
12	4	Clive Patterson-Lett	Worthing Excelsior CC	V50	23:43	26:45	+3:02
13	26	Andy Haste	Worthing Excelsior CC	V45	23:34	26:23	+2:49
14	10	John Lucas	Worthing Excelsior CC	V73	26:56	29:39	+2:43
15	3	Rome Bhamra	Worthing Excelsior CC	V49	24:06	26:41	+2:35
16	33	Jeff Blunsdon	Worthing Excelsior CC	V45	24:42	26:23	+1:41
17	12	Nathan Gale	Worthing Excelsior CC	V40	24:43	25:59	+1:16
18	2	Chris Bramley	Worthing Excelsior CC	V58	27:21	27:26	+0:05

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
24	Kevin Plummer	South Downs Bikes	V50	21:13	26:45	+5:32
25	Tamar Vanderhaas	Lewes Wanderers CC	WV40	22:49	28:02	+5:13
18	Richard Weatherstone	GS Stella	V49	21:37	26:41	+5:04
27	Tony Reeves	GS Stella	V44	21:39	26:18	+4:39
1	Karl Twort	Angmering CC	V42	21:56	26:09	+4:13
29	Matt Hill	VC Goldalming Haslemere	V55	23:21	27:09	+3:48
32	Huw Williams	Tuff Fitti	V48	22:53	26:36	+3:43
36	Ade Fadero	Sussex Nomads	V54	24:08	27:04	+2:56
19	Ian Newbold	Eastbourne Rovers CC	V43	23:25	26:13	+2:48
28	Paul Hanratty	Lewes Wanderers CC	V56	24:48	27:14	+2:26
17	Ben Hardisty	East Grinstead CC	V57	25:30	27:20	+1:50
23	Jez Fallon	Mid Sussex Triathlon Club	V51	25:01	26:50	+1:49
30	Paul Malling	Angmering CC	V44	24:55	26:18	+1:23
35	Bruce Samuel	South Downs Bikes	V49	26:35	26:41	+0:06

Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	24	Kevin Plummer	South Downs Bikes	V50	21:13	2
2	11	John McGrath	Worthing Excelsior CC	V52	21:26	3
3	18	Richard Weatherstone	GS Stella	V49	21:37	6
4	27	Tony Reeves	GS Stella	V44	21:39	10
5	15	Ian Cheesman	Worthing Excelsior CC	V47	21:51	9
6	8	Mike O'Gorman	Worthing Excelsior CC	V64	21:56	1
6	1	Karl Twort	Angmering CC	V42	21:56	13
8	22	Colin Barton	Worthing Excelsior CC	V55	22:10	7
9	14	Chris Putnam	Worthing Excelsior CC	V51	22:12	11
10	37	Steven McWilliams	Brighton Mitre CC	S31	22:23	
11	7	Nick Allen	Worthing Excelsior CC	V44	22:32	16
12	21	Rick Hughes	Worthing Excelsior CC	V53	22:35	12
13	25	Tamar Vanderhaas	Lewes Wanderers CC	WV40	22:49	4
14	32	Huw Williams	Tuff Fitti	V48	22:53	17
15	13	Paul Townsley	Worthing Excelsior CC	V67	23:20	5
16	29	Matt Hill	VC Goldalming Haslemere	V55	23:21	15
17	19	Ian Newbold	Eastbourne Rovers CC	V43	23:25	22
18	31	Sophie Colman	Drops RT	WS	23:26	
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20	9	Phil Frean	Worthing Excelsior CC	V61	23:37	14
21	4	Clive Patterson-Lett	Worthing Excelsior CC	V50	23:43	19
22	3	Rome Bhamra	Worthing Excelsior CC	V49	24:06	24
23	36	Ade Fadero	Sussex Nomads	V54	24:08	20
24	6	Karen McGrath	Worthing Excelsior CC	WV54	24:30	8
24	16	Aaron Hartley	Worthing Excelsior CC	J	24:30	
26	33	Jeff Blunsdon	Worthing Excelsior CC	V45	24:42	28
27	12	Nathan Gale	Worthing Excelsior CC	V40	24:43	30
28	34	Simon Toppin	Worthing Excelsior CC	S	24:45	
29	28	Paul Hanratty	Lewes Wanderers CC	V56	24:48	25
30	30	Paul Malling	Angmering CC	V44	24:55	29
31	23	Jez Fallon	Mid Sussex Triathlon Club	V51	25:01	27
32	20	Daniel Schofield	Angmering CC	S20	25:11	
33	5	Nicole Patterson-Lett	Worthing Excelsior CC	WV44	25:18	18
34	17	Ben Hardisty	East Grinstead CC	V57	25:30	26
35	35	Bruce Samuel	South Downs Bikes	V49	26:35	31
36	10	John Lucas	Worthing Excelsior CC	V73	26:56	23
37	2	Chris Bramley	Worthing Excelsior CC	V58	27:21	32

Event Secretary

Pete Logan

Very Grateful Thanks To:

Timekeeper (start):	Claire Booker
Start Marshal:	Martin Booker
Timekeeper (finish):	Tony Palmer
Recorder:	Maureen Lock
Course Marshals:	Schaeff Potter (Findon), Dave Hartley (Ashington)
Catering:	Dave Hudson
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 is 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 !!!