



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 10 – Thursday 10th June 2016
Promoter: [Pete Logan](#)

Report

To everybody's relief, after a day of intermittent downpours, the weather held off and there was a good evening's racing with the competition really hotting up.

Dom Maxwell was pleased to record another win as he bids for the series title but admits that he can feel a real and developing threat from John McGrath. John took a further three seconds off the personal best that he set last week. Trevor Leeding was close behind in third place as all recorded excellent times.

Four others improved their PB figures: Aaron Hartley, Neil Crowther, Rome Bhamra and Paul Townsley. Paul's success was bittersweet as he lamented not finding that extra second to go sub 23 for the first time.

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Having recorded 21:54 and 20:58 in his previous rides on this course Darren Barclay of Arctic Tacx really showed his class tonight with a cracking 19:58. This is the season's fastest ride, beating Mark Emsley's mark by four seconds.

WECC riders in Open Time Trials

Last weekend

On Saturday morning the WECC Club 15 Championship was held as part of the Sussex CA Championships so there was a double incentive. Excelsior retained their Sussex team titles but lost their individual ones.

Last season's winner of the SCA title, Dom Maxwell, was seventh this time but his 34:38 secured the club title. Fast improving John McGrath was close behind. A clear indication of the healthy competition within the club right now is just how many of our riders finished with mere seconds between them.

WECC (Dom Maxwell, John McGrath and Mike O'Gorman) won the Sussex team title as well as the Sussex Vets team title. Last season's winning team had been Mike O'Gorman, Martin Booker and Rick Hughes.

Ian Cheesman and Mike O'Gorman each won their age group within the Sussex competition. Mike failed to defend last season's SCA Vets title and was third in the rankings despite an improved plus figure. The consolation was a new VTTA Surrey/Sussex age group record.

Karen's time was a ladies club record for the distance, making it two records in just three days. Chapeau indeed!

WECC Times

1	Dominic Maxwell	34:58
2	John McGrath	35:28
3	Mike O'Gorman	36:10
4	Ian Cheesman	36:20
5	Martin Booker	36:38
6	Neil Crowther	36:49
7	Nik Allen	36:58
8	Rick Hughes	37:00
9	Karen McGrath	41:23
	Schaeff Potter	DNS

Mike went from the 15 event to compete in the Team Axiom 10 in Hampshire. Despite the handicap of two races on the same day his 21:26 was easily his fastest of the season being just two seconds off his PB. He won his age group and for the second time in a day set a new VTTA Surrey/Sussex age group record.

On Sunday in torrential rain Mike O'Gorman recorded his third fastest ever 25 with a 56:02 at the Team Axiom 25 and gained another age group win. Ian Cheesman's excellent 56:26 was a new PB by almost a minute so both riders were pleased that they had braved the elements. More than half the field had opted not to start.

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

Upcoming events

Saturday 18 June	Paceline RT 25	G25/44	Dom Maxwell - will be a DNS(A)
Sunday 19 June	Farnham Road Club 25	H25/8	Trevor Leeding, Martin Booker, Rome Bhamra
	ESCA 50	G50/90	Mike O'Gorman

Road Racing

Last weekend

On Sunday Dom competed in the Surrey League event at Lingfield but found the pace too hot on a tough course and pulled out after three laps.

In Tuesday's Southdown Velo 3rd/4th category race at Goodwood Dom managed to get into a breakaway of five riders and survived to take fourth place and more points. Aaron Hartley and Schaeff Potter stayed in the bunch on what was a very fast night and finished safely.

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	17	Dominic Maxwell	Worthing Excelsior CC	V43	21:19	1
2	11	John McGrath	Worthing Excelsior CC	V52	21:23	2
3	12	Trevor Leeding	Worthing Excelsior CC	V50	21:37	3
4	8	Mike O'Gorman	Worthing Excelsior CC	V64	21:58	4
5	15	Neil Crowther	Worthing Excelsior CC	V43	22:01	5
6	21	Rick Hughes	Worthing Excelsior CC	V53	22:30	6
7	26	Colin Barton	Worthing Excelsior CC	V55	22:31	7
8	29	Schaeff Potter	Worthing Excelsior CC	J	22:38	8
9	16	Martin Booker	Worthing Excelsior CC	V47	22:41	9
10	14	Paul Townsley	Worthing Excelsior CC	V67	23:00	10
11	3	Rome Bhamra	Worthing Excelsior CC	V49	23:59	11
12	23	Andy Haste	Worthing Excelsior CC	V45	24:04	12
13	13	Aaron Hartley	Worthing Excelsior CC	J	24:23	13
14	7	Karen McGrath	Worthing Excelsior CC	WV54	24:39	14
15	5	Nathan Gale	Worthing Excelsior CC	V40	24:40	15
16	20	Peter Rowe	Worthing Excelsior CC	V66	25:40	16
17	18	Chris Bramley	Worthing Excelsior CC	V58	28:38	17

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
27	Darren Barclay	Arctic Tacx RT	V43	19:58
1	Jack Donaldson	Neon Velo	S22	20:20
9	Rob Rollings	Lewes Wanderers CC	S29	20:29
10	Kevin Plummer	South Downs Bikes	V51	20:39
25	Phil Allen	South Downs Bikes	S38	20:55
19	Jason Gilbert	South Downs Bikes	V41	21:27
22	Tony Reeves	GS Stella	V44	21:52
6	Ion Tsakalis	Brighton Mitre CC	V50	22:48
28	Huw Williams	Tuff Fitti	V48	23:18
4	Paul Maling	Angmering CC	V44	23:35
24	Chris McNamara	Nuun Sigma Sport London	V41	DNF

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	21:58	28:06	+6:08
2	14	Paul Townsley	Worthing Excelsior CC	V67	23:00	28:32	+5:32
3	11	John McGrath	Worthing Excelsior CC	V52	21:23	26:54	+5:31
4	12	Trevor Leeding	Worthing Excelsior CC	V50	21:37	26:45	+5:08
5	17	Dominic Maxwell	Worthing Excelsior CC	V43	21:19	26:13	+4:54
6	26	Colin Barton	Worthing Excelsior CC	V55	22:31	27:09	+4:38
7	7	Karen McGrath	Worthing Excelsior CC	WV54	24:39	29:14	+4:35
8	21	Rick Hughes	Worthing Excelsior CC	V53	22:30	26:59	+4:29
9	15	Neil Crowther	Worthing Excelsior CC	V43	22:01	26:13	+4:12
10	16	Martin Booker	Worthing Excelsior CC	V47	22:41	26:32	+3:51
11	20	Peter Rowe	Worthing Excelsior CC	V66	25:40	28:23	+2:43
12	3	Rome Bhamra	Worthing Excelsior CC	V49	23:59	26:41	+2:42
13	23	Andy Haste	Worthing Excelsior CC	V45	24:04	26:23	+2:19
14	5	Nathan Gale	Worthing Excelsior CC	V40	24:40	25:59	+1:19
15	18	Chris Bramley	Worthing Excelsior CC	V58	28:38	27:26	-1:12

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
27	Darren Barclay	Arctic Tacx RT	V43	19:58	26:13	+6:15
10	Kevin Plummer	South Downs Bikes	V51	20:39	26:50	+6:11
19	Jason Gilbert	South Downs Bikes	V41	21:27	26:04	+4:37
22	Tony Reeves	GS Stella	V44	21:52	26:18	+4:26
6	Ion Tsakalis	Brighton Mitre CC	V50	22:48	26:45	+3:57
28	Huw Williams	Tuff Fitti	V48	23:18	26:36	+3:18
4	Paul Maling	Angmering CC	V44	23:35	26:18	+2:43
24	Chris McNamara	Nuun Sigma Sport London	V41	DNF	26:04	

Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	27	Darren Barclay	Arctic Tacx RT	V43	19:58	1
2	1	Jack Donaldson	Neon Velo	S22	20:20	
3	9	Rob Rollings	Lewes Wanderers CC	S29	20:29	
4	10	Kevin Plummer	South Downs Bikes	V51	20:39	2
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6	17	Dominic Maxwell	Worthing Excelsior CC	V43	21:19	7
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26	20	Peter Rowe	Worthing Excelsior CC	V66	25:40	17
27	18	Chris Bramley	Worthing Excelsior CC	V58	28:38	22
	24	Chris McNamara	Nuun Sigma Sport London	V41	DNF	

Event Secretary

Pete Logan

Very Grateful Thanks To:

Timekeeper (start):	Joan Lennon
Start Marshal:	Chris Putnam
Timekeeper (finish):	Mick Irons
Recorder:	Michelle Feest
Course Marshals:	Lee Barber (Findon), John Lucas (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 !!!