



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 13 – Thursday 7th July 2016 **Promoter: [Ian Cheesman](#)**

Report

It was great to see action again after the cancellation of the previous two events. Cup cakes had been prepared by his family in celebration of what would have been Don's 80th birthday last week. The non-event last week meant that they were held over and then took pride of place after the club's 50 mile event (held within the SCA event) last Sunday.

Big congratulations to John McGrath as he wins with a new personal best. In doing so he also ended Dom Maxwell's winning streak as Dom had to settle for second place for the first time. Trevor Leeding was close behind.

A fine performance by the two juniors, Schaeff Potter and Aaron Hartley as they too record personal bests. What a super season they are having in multi-disciplines. Eric Baker also weighed in with a personal best in just his third ever time trial.

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Pete Morris of Team ASL 360 continues his current rich vein of form and takes some notable scalps with the fastest ride of the evening.

WECC riders in Open Time Trials

(Lots of results since our last evening 10)

Saturday 18 June

Paceline RT 25 – G25/44

Rider	Time	Pos	+/- VTTA Std	Pos
Dominic Maxwell	DNS			

Dom fails to notice that it's an afternoon event and, being already committed elsewhere, has to make his apologies.

Sunday 19 June

Farnham Road Club 25 – H25/8

Rider	Time	Pos	+/- VTTA Std	Pos
Trevor Leeding	56:40	23	+11:22	
Martin Booker	59:12	39	+8:14	PB
Rome Bhamra	1:04:47	63	+3:03	PB

A worthwhile trip for all of our riders. Trevor was fastest and produced his fastest time on that course. Both Martin and Rome were riding on the course for the first time and each rode a PB.

ESCA 50 – G50/90

Rider	Time	Pos	+/- VTTA Std	Pos
Mike O'Gorman	2:01:31	19	+26:20	3

Mike's second fifty of the season, and his first time on this course.

Saturday 26 June

Horsham CC 10 – G10/57

Rider	Time	Pos	+/- VTTA Std	Pos
Nolan Heather	DNS			

Work commitments prevail.

Sunday 26 June

Southern Counties CU 50 – G50/10

Rider	Time	Pos	+/- CTT Tgt	Pos
Ian Cheesman	2:06:04	19	+5:30	30
Mike O'Gorman	2:06:52	21	+22:09	1
Andrew Haste	2:14:53	33	-5:13	53
Nicole Patterson-Lett	2:29:34	46	-13:05	64

Ian Cheesman was the fastest of the Excelsior riders with a fine 2:06:04.

Mike O'Gorman was close behind with 2:06:52 and this gave him the win in the Veterans category. Mike is now well placed to retain his Southern Counties Veterans Best All Rounder title with just the 100 remaining.

Two Excelsior riders made their debuts at this distance: Andy Haste with 2:14:53 and Nicole Patterson-Lett with 2:29:24.

Sunday 3 July

Sussex CA 50 (including WECC Championship 50) – G50/10

Rider	Time	Pos	+/- CTT Tgt	Pos
Mike O'Gorman	2:03:35	10	+25:28	1
Trevor Leeding	2:03:49	12	+10:37	7
Ian Cheesman	2:04:32	14	+7:04	14
Simon Atkinson	2:07:01	20	-0:12	24
Martin Booker	2:09:12	22	+2:24	21
Rick Hughes	2:09:23	23	+8:06	12
Rome Bhamra	2:22:15	34	-8:46	28
Phil Frean	2:25:08	35	+0:39	22
Dan Cobby	DNS			

PB

PB

PB

Personal bests for three of our riders on this tough course with poor road surfaces and a late climb over the South Downs and back. Congratulations to Ian, Rick and Rome (yet another PB).

Mike retained his Sussex vets 50 title, and also his WECC title albeit by the narrowest of margins from Trevor. Ian Cheesman completed the squad that placed second in the team competition. WECC were just pipped to the Sussex team title as Brighton Excelsior recorded a 6:11:09 to our 6:11:56.

Rome had the misfortune to puncture on the treacherous last corner but was determined to finish and made it to the end. The initial scoreboard showed Phil Frean's time as being 2:05:08 which would have been really special and placed him highly. He was honest though and did point out that there were an extra 20 minutes to be added. Ah well.

Thursday 7 July

Bognor Regis CC 10 – P901/10

Rider	Time	Pos	+/- VTTA Std	Pos
Mike O'Gorman	21:38	17	+6:28	
Colin Barton	22:19	30	+4:50	

Two of our riders opted to skip the WECC evening 10 for a rare chance on the A27 course (which is the opening 10 miles of our usual inter-club 25 mile course). Both recorded good times and Mike won his age group.

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

Photographs of recent events can also be found [here](#).

Road Racing

On Tues 21 June we had our riders in action at Goodwood and it's good to see that Ed Klose is back in action with us. Ed, Schaeff, Aaron and Dom all finished safely in or around the bunch but missed out on points scoring. Dom remained in third place in the series with two events remaining.

On Wednesday 29 June Dom competed in the Surrey League vets race at Dunsfold. Poor conditions meant that the race was reduced from 30 miles to 24 miles. Dom was delighted with a tenth place as this was his first ever point in the tough vets competition.

On Tues 5 July Schaeff, Aaron and Dom were back in action at Goodwood. Schaeff had some fun with a breakaway for a lap before being reeled back in. Dom was well placed for quite a while before having his rear mech wrecked by a rear end shunt in a crash (one of two on the night). The good news is that he stayed upright, and that Aaron and Schaeff also finished safely.

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

Blast from the past

Many have commented on the excellent quality of the catering facilities at this season's series.

I have only just found this article from the June 2005 edition of the Worthing Wheel and it goes a long way to explaining why. Great to see 'El Supremo' back in action. And big thanks to Bernie Skinner too for all of his efforts.

CONGRATULATIONS TO DAVE HUDSON

Dave, known throughout The UK Audaxing fraternity as 'El Supremo' has retired from promoting. Well, in about 15 years he's promoted everything from 100km to 1000km, and every one has been brilliant. No detail overlooked, no food overcooked and to top the lot



one never empty teapot. At the Audax prize presentation last November, Dave was awarded three trophies – a plaque of the 'Order of the Full Teapot', for catering services unsurpassed, a lovely montage of photos from Gourmet Audax events, and a Rosewood bowl fitted with a Campag chainring.

Well done Dave, these are presentations thoroughly deserved and we thank you, for most of those promotions were in the name of Worthing Excelsior and in that respect you did us proud.

Don't retire completely Dave, at least keep the pot warm!

Scratch Classification

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	11	John McGrath	Worthing Excelsior CC	V52	21:06	1
2	15	Dominic Maxwell	Worthing Excelsior CC	V43	21:13	2
3	12	Trevor Leeding	Worthing Excelsior CC	V50	21:53	3
4	19	Schaeff Potter	Worthing Excelsior CC	J	22:15	4
5	30	Ian Cheesman	Worthing Excelsior CC	V47	22:30	5
6	6	Chris Putnam	Worthing Excelsior CC	V51	22:33	6
7	21	Rick Hughes	Worthing Excelsior CC	V53	22:38	7
8	18	Martin Booker	Worthing Excelsior CC	V47	22:47	8
9	17	Andy Haste	Worthing Excelsior CC	V45	23:03	9
10	13	Aaron Hartley	Worthing Excelsior CC	J	23:57	10
11	3	Phil Frean	Worthing Excelsior CC	V61	24:02	11
12	8	Jeff Blunsdon	Worthing Excelsior CC	V45	24:25	12
13	25	Andrew Lock	Worthing Excelsior CC	V49	24:38	13
14	7	Karen McGrath	Worthing Excelsior CC	WV54	24:45	14
15	2	Phil Young	Worthing Excelsior CC	S	25:32	15
16	24	Peter Rowe	Worthing Excelsior CC	V66	25:33	16
17	9	John Lucas	Worthing Excelsior CC	V73	27:10	17
18	16	Chris Bramley	Worthing Excelsior CC	V58	27:17	18
19	20	Eric Baker	Worthing Excelsior CC	V44	27:27	19
20	1	Joan Lennon	Worthing Excelsior CC	WV59	28:10	20
21	10	Graeme Gill	Worthing Excelsior CC	V58	28:28	21
	14	Simon Atkinson	Worthing Excelsior CC	V42	DNS	

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
32	Pete Morris	Team ASL 360	S	20:19
22	Jack Donaldson	Neon Velo	S22	20:50
35	Nick Dwyer	Lewes Wanderers CC	V52	21:05
37	Paul Byford	Crawley Wheelers	V50	21:26
5	Karl Twort	Angmering CC	V42	22:10
28	Rob Charles	Blazing Saddles	V50	22:27
26	Huw Williams	Tuff Fitti	V48	22:32
31	Lawrence Coyle	VC Jubilee	J	22:41
29	Mark Bernhardt	GS Stella	V53	22:43
33	Joscelin Lowden	Lewes Wanderers CC	WS	22:44
4	Ian Newbold	Eastbourne Rovers CC	V43	23:13
27	Reade Harfield	Blazing Saddles	V58	24:28
34	David Bridie	South Down Velo	V56	24:45
38	Jon Frost	Redmon CC	V49	24:45
23	Paul Hanratty	Lewes Wanderers CC	V56	25:23
36	Kaye Dwyer	Lewes Wanderers CC	WV54	27:33

Fastest Veteran on Standard

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	11	John McGrath	Worthing Excelsior CC	V52	21:06	26:54	+5:48
2	15	Dominic Maxwell	Worthing Excelsior CC	V43	21:13	26:13	+5:00
3	12	Trevor Leeding	Worthing Excelsior CC	V50	21:53	26:45	+4:52
4	7	Karen McGrath	Worthing Excelsior CC	WV54	24:45	29:14	+4:29
5	21	Rick Hughes	Worthing Excelsior CC	V53	22:38	26:59	+4:21
6	6	Chris Putnam	Worthing Excelsior CC	V51	22:33	26:50	+4:17
7	30	Ian Cheesman	Worthing Excelsior CC	V47	22:30	26:32	+4:02
8	18	Martin Booker	Worthing Excelsior CC	V47	22:47	26:32	+3:45
9	3	Phil Freaan	Worthing Excelsior CC	V61	24:02	27:44	+3:42
10	17	Andy Haste	Worthing Excelsior CC	V45	23:03	26:23	+3:20
11	24	Peter Rowe	Worthing Excelsior CC	V66	25:33	28:23	+2:50
12	9	John Lucas	Worthing Excelsior CC	V73	27:10	29:39	+2:29
13	25	Andrew Lock	Worthing Excelsior CC	V49	24:38	26:41	+2:03
14	8	Jeff Blunsdon	Worthing Excelsior CC	V45	24:25	26:23	+1:58
15	1	Joan Lennon	Worthing Excelsior CC	WV59	28:10	29:44	+1:34
16	16	Chris Bramley	Worthing Excelsior CC	V58	27:17	27:26	+0:09
17	10	Graeme Gill	Worthing Excelsior CC	V58	28:28	27:26	-1:02
18	20	Eric Baker	Worthing Excelsior CC	V44	27:27	26:18	-1:09
	14	Simon Atkinson	Worthing Excelsior CC	V42	DNS	26:09	

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
35	Nick Dwyer	Lewes Wanderers CC	V52	21:05	26:54	+5:49
37	Paul Byford	Crawley Wheelers	V50	21:26	26:45	+5:19
28	Rob Charles	Blazing Saddles	V50	22:27	26:45	+4:18
29	Mark Bernhardt	GS Stella	V53	22:43	26:59	+4:16
26	Huw Williams	Tuff Fitti	V48	22:32	26:36	+4:04
5	Karl Twort	Angmering CC	V42	22:10	26:09	+3:59
4	Ian Newbold	Eastbourne Rovers CC	V43	23:13	26:13	+3:00
27	Reade Harfield	Blazing Saddles	V58	24:28	27:26	+2:58
34	David Bridie	South Down Velo	V56	24:45	27:14	+2:29
38	Jon Frost	Redmon CC	V49	24:45	26:41	+1:56
23	Paul Hanratty	Lewes Wanderers CC	V56	25:23	27:14	+1:51
36	Kaye Dwyer	Lewes Wanderers CC	WV54	27:33	29:14	+1:41

Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	32	Pete Morris	Team ASL 360	S	20:19	
2	22	Jack Donaldson	Neon Velo	S22	20:50	
3	35	Nick Dwyer	Lewes Wanderers CC	V52	21:05	1
4	11	John McGrath	Worthing Excelsior CC	V52	21:06	2
5	15	Dominic Maxwell	Worthing Excelsior CC	V43	21:13	4
6	37	Paul Byford	Crawley Wheelers	V50	21:26	3
7	12	Trevor Leeding	Worthing Excelsior CC	V50	21:53	5
8	5	Karl Twort	Angmering CC	V42	22:10	13
9	19	Schaeff Potter	Worthing Excelsior CC	J	22:15	
10	28	Rob Charles	Blazing Saddles	V50	22:27	8
11	30	Ian Cheesman	Worthing Excelsior CC	V47	22:30	12
12	26	Huw Williams	Tuff Fitti	V48	22:32	11
13	6	Chris Putnam	Worthing Excelsior CC	V51	22:33	9
14	21	Rick Hughes	Worthing Excelsior CC	V53	22:38	7
15	31	Lawrence Coyle	VC Jubilee	J	22:41	
16	29	Mark Bernhardt	GS Stella	V53	22:43	10
17	33	Joscelin Lowden	Lewes Wanderers CC	WS	22:44	
18	18	Martin Booker	Worthing Excelsior CC	V47	22:47	14
19	17	Andy Haste	Worthing Excelsior CC	V45	23:03	16
20	4	Ian Newbold	Eastbourne Rovers CC	V43	23:13	17
21	13	Aaron Hartley	Worthing Excelsior CC	J	23:57	
22	3	Phil Frean	Worthing Excelsior CC	V61	24:02	15
23	8	Jeff Blunsdon	Worthing Excelsior CC	V45	24:25	23
24	27	Reade Harfield	Blazing Saddles	V58	24:28	18
25	25	Andrew Lock	Worthing Excelsior CC	V49	24:38	22
26	7	Karen McGrath	Worthing Excelsior CC	WV54	24:45	6
26	34	David Bridie	South Down Velo	V56	24:45	20
26	38	Jon Frost	Redmon CC	V49	24:45	24
29	23	Paul Hanratty	Lewes Wanderers CC	V56	25:23	25
30	2	Phil Young	Worthing Excelsior CC	S	25:32	
31	24	Peter Rowe	Worthing Excelsior CC	V66	25:33	19
32	9	John Lucas	Worthing Excelsior CC	V73	27:10	20
33	16	Chris Bramley	Worthing Excelsior CC	V58	27:17	28
34	20	Eric Baker	Worthing Excelsior CC	V44	27:27	30
35	36	Kaye Dwyer	Lewes Wanderers CC	WV54	27:33	26
36	1	Joan Lennon	Worthing Excelsior CC	WV59	28:10	27
37	10	Graeme Gill	Worthing Excelsior CC	V58	28:28	29
	14	Simon Atkinson	Worthing Excelsior CC	V42	DNS	

Event Secretary

Ian Cheesman

Very Grateful Thanks To:

Timekeeper (start):	John Mansell
Start Marshal:	Allan Orman
Timekeeper (finish):	Nathan Gale
Recorder:	Neil Crowther
Course Marshals:	Sheila Lucas (Findon), Steve Feest (Ashington)
Catering:	Dave Hudson
Signage:	Ian Cheesman
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 !!!