



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 14 – Thursday 14th July 2016 **Promoter: [Ian Cheesman](#)**

Report

Impressive or what? It's another landmark in a series of personal bests by John McGrath. Like Guy Smith in 2015 John is in his first season and is recording some seriously impressive times. His time this evening is just 12 seconds slower than the club record that was set by Guy last year and is easily the quickest 10 by an Excelsior rider this season.

Having completed the requisite seven rides John now takes his place at the top of the series rankings. Dom Maxwell needs one more successful ride to overtake him.

Trevor Leeding notched second place again and increased his string of consistent form and times.

Personal bests were claimed by Nik Allen and Simon Toppin. Andrew Lock's time was his best for eighteen years, so his investment in training and a first ever time trial bike is paying dividends. Joan Lennon's time was her best since 2013, and Nathan Gale rode his fastest of the season. So a very good evening for many.

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Matt Peel of Redhill CC was the quickest man on the night.

WECC riders in Open Time Trials

Saturday 9 July

Crawley Wheelers 10 – G10/57

Rider	Time	Pos	+/- VTTA Std	Pos
Colin Barton	22:51	27	+4:18	
Mike O'Gorman	DNS			

Colin was pleased with his time which was his best ever on this course. Mike opted not to ride because he felt that the early start would affect his 100 on the following day.

Sunday 10 July

ESCA 100 – G100/861

Rider	Time	Pos	+/- VTTA Std	Pos
Mike O'Gorman	4:21:52	16	+53:41	5

Mike attempted to improve his best time for a 100 mile time trial. He was going well initially but the weather and road conditions deteriorated rapidly after about an hour with gusting wind and rain resulting in treacherous road surfaces and an unnerving ride. Having considered packing in he did then complete the last 60 miles in 'non-race mode' frequently off the aero bars. Even then he had to contend with a two mile static traffic jam fifteen miles from the finish. In the circumstances a good placing and a second fastest ever 100 was a surprising, albeit welcome, consolation for battling through what was a thoroughly unenjoyable ride in the cold and wet day. Afterwards Mike found that several riders had crashed in separate incidents on the course.

Upcoming events

Saturday 16 July	Brighton Excelsior 10	G10/97	Colin Barton, Mike O'Gorman, John Lucas, Ian Cheesman, Martin Booker
Sunday 17 July	Brighton Excelsior 25	G25/93	Colin Barton, Martin Booker, Andrew Haste
Sunday 17 July	Hounslow & Dist 25	H25/8	Rick Hughes, Trevor Leeding, Mike O'Gorman

It's great to see that John Lucas will be back in action in an open time trial - the first in quite a while. We all wish you the very best John.

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](#).

The **Goodwood Series** concluded this week with a 4 Up TTT on road bikes (no tribars, disk wheel etc. allowed). Neil Crowther, Darron Muggerridge, Aaron Hartley and Schaeff Potter represented WECC (average speed 24.2 mph).

Scratch Classification

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	26	John McGrath	Worthing Excelsior CC	V52	20:46	1
2	12	Trevor Leeding	Worthing Excelsior CC	V50	21:42	2
3	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:07	3
4	9	Chris Putnam	Worthing Excelsior CC	V51	22:15	4
5	7	Nik Allen	Worthing Excelsior CC	V45	22:25	5
6	16	Schaeff Potter	Worthing Excelsior CC	J	22:30	6
7	21	Rick Hughes	Worthing Excelsior CC	V53	22:33	7
8	18	Martin Booker	Worthing Excelsior CC	V48	22:53	8
9	27	Andrew Lock	Worthing Excelsior CC	V49	23:44	9
10	13	Aaron Hartley	Worthing Excelsior CC	J	24:09	10
11	25	Simon Toppin	Worthing Excelsior CC	S	24:18	11
12	5	Nathan Gale	Worthing Excelsior CC	V40	24:35	12
13	28	Steve Feest	Worthing Excelsior CC	V58	25:16	13
14	2	Peter Rowe	Worthing Excelsior CC	V66	25:23	14
15	4	Allan Orman	Worthing Excelsior CC	V70	25:26	15
16	1	Joan Lennon	Worthing Excelsior CC	WV59	27:52	16
17	15	Chris Bramley	Worthing Excelsior CC	V58	28:52	17

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
19	Matt Peel	Redhill CC	S	20:17
23	Mark Bashford	East Grinstead CC	S	21:17
24	Rob Charles	Blazing Saddles	V51	22:24
17	Chris Dunstan	Brighton Excelsior CC	J	22:42
22	Huw Williams	Tuff Fitti	V48	22:47
10	Sally Turner	GS Stella	WS	22:49
20	Jack Churchill	Brighton Excelsior CC	J	22:57
6	Ian Newbold	Eastbourne Rovers CC	V43	23:05
11	Pete Hargreaves	Oxted CC	V54	23:23
14	Keith Geere	GS Stella	V65	27:03
3	Bob Thomas	Tuff Fitti	V72	27:22

Fastest Veteran on Standard

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	26	John McGrath	Worthing Excelsior CC	V52	20:46	26:54	+6:08
2	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:07	28:06	+5:59
3	12	Trevor Leeding	Worthing Excelsior CC	V50	21:42	26:45	+5:03
4	9	Chris Putnam	Worthing Excelsior CC	V51	22:15	26:50	+4:35
5	21	Rick Hughes	Worthing Excelsior CC	V53	22:33	26:59	+4:26
6	7	Nik Allen	Worthing Excelsior CC	V45	22:25	26:23	+3:58
7	18	Martin Booker	Worthing Excelsior CC	V48	22:53	26:36	+3:43
8	4	Allan Orman	Worthing Excelsior CC	V70	25:26	29:02	+3:36
9	2	Peter Rowe	Worthing Excelsior CC	V66	25:23	28:23	+3:00
10	27	Andrew Lock	Worthing Excelsior CC	V49	23:44	26:41	+2:57
11	28	Steve Feest	Worthing Excelsior CC	V58	25:16	27:26	+2:10
12	1	Joan Lennon	Worthing Excelsior CC	WV59	27:52	29:44	+1:52
13	5	Nathan Gale	Worthing Excelsior CC	V40	24:35	25:59	+1:24
14	15	Chris Bramley	Worthing Excelsior CC	V58	28:52	27:26	-1:26

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
24	Rob Charles	Blazing Saddles	V51	22:24	26:50	+4:26
22	Huw Williams	Tuff Fitti	V48	22:47	26:36	+3:49
11	Pete Hargreaves	Oxted CC	V54	23:23	27:04	+3:41
6	Ian Newbold	Eastbourne Rovers CC	V43	23:05	26:13	+3:08
3	Bob Thomas	Tuff Fitti	V72	27:22	29:26	+2:04
14	Keith Geere	GS Stella	V65	27:03	28:14	+1:11

Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	19	Matt Peel	Redhill CC	S	20:17	
2	26	John McGrath	Worthing Excelsior CC	V52	20:46	1
3	23	Mark Bashford	East Grinstead CC	S	21:17	
4	12	Trevor Leeding	Worthing Excelsior CC	V50	21:42	3
5	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:07	2
6	9	Chris Putnam	Worthing Excelsior CC	V51	22:15	4
7	24	Rob Charles	Blazing Saddles	V51	22:24	5
8	7	Nik Allen	Worthing Excelsior CC	V45	22:25	7
9	16	Schaeff Potter	Worthing Excelsior CC	J	22:30	
10	21	Rick Hughes	Worthing Excelsior CC	V53	22:33	5
11	17	Chris Dunstan	Brighton Excelsior CC	J	22:42	
12	22	Huw Williams	Tuff Fitti	V48	22:47	8
13	10	Sally Turner	GS Stella	WS	22:49	
14	18	Martin Booker	Worthing Excelsior CC	V48	22:53	9
15	20	Jack Churchill	Brighton Excelsior CC	J	22:57	
16	6	Ian Newbold	Eastbourne Rovers CC	V43	23:05	12
17	11	Pete Hargreaves	Oxted CC	V54	23:23	10
18	27	Andrew Lock	Worthing Excelsior CC	V49	23:44	14
19	13	Aaron Hartley	Worthing Excelsior CC	J	24:09	
20	25	Simon Toppin	Worthing Excelsior CC	S	24:18	
21	5	Nathan Gale	Worthing Excelsior CC	V40	24:35	18
22	28	Steve Feest	Worthing Excelsior CC	V58	25:16	15
23	2	Peter Rowe	Worthing Excelsior CC	V66	25:23	13
24	4	Allan Orman	Worthing Excelsior CC	V70	25:26	11
25	14	Keith Geere	GS Stella	V65	27:03	19
26	3	Bob Thomas	Tuff Fitti	V72	27:22	16
27	1	Joan Lennon	Worthing Excelsior CC	WV59	27:52	17
28	15	Chris Bramley	Worthing Excelsior CC	V58	28:52	20

Event Secretary

Ian Cheesman

Very Grateful Thanks To:

Timekeeper (start):	Nicky Carsons
Start Marshal:	Alan Matthews
Timekeeper (finish):	Tony Palmer
Recorder:	Ian Cheesman
Course Marshals:	Adrian Palmer (Findon), Colin Barton (Ashington)
Catering:	Dave Hudson
Signage:	Ian Cheesman / Mike O'Gorman
Results Service	Mike O'Gorman

WECC RIDERS 10 TIMES BY YEAR

WECC RIDERS BEST 10 IN YEAR							PB
	2011	2012	2013	2014	2015	2016	PB
Aaron Hartley						23:57	23:57
Allan Orman	25:11	24:56	24:31	24:43	24:14	24:29	24:14
Andrew Lock			26:16	25:02	25:25	23:44	23:44
Andy Haste					22:51	22:50	22:50
Chris Bramley				27:28	26:45	27:17	26:45
Chris Putnam	23:30	23:24	22:52	22:44	23:28	22:12	22:12
Clive Patterson-Lett				24:33		23:43	23:43
Colin Barton				22:19	22:41	22:10	22:10
Colin Miller	26:30	27:16	27:25		28:06	30:58	26:30
Darron Mugeridge		22:47	23:22	23:05	22:44	23:43	22:44
Dominic Maxwell			24:57	21:15	21:08	21:13	21:08
Eric Baker						27:27	27:27
Graeme Gill	28:36	28:04	28:01	27:38	27:22	28:24	27:22
Ian Cheesman				21:44	22:30	21:51	21:44
Jeff Blunsdon				25:18	25:12	24:23	24:23
Joan Lennon	27:21	28:06	27:31	27:55	28:15	27:52	27:21
John Lucas	27:17	26:14	26:02	25:10		26:56	25:10
John McGrath						20:46	20:46
Karen McGrath						24:30	24:30
Leigh Provost						27:36	27:36
Mark Newnham	22:44	22:26	22:41	22:27	21:49	23:51	21:49
Martin Booker			23:19	22:55	22:35	22:41	22:35
Mike O'Gorman	24:54	23:08	21:58	22:08	21:24	21:26	21:24
Nathan Gale	24:03	24:43	24:09	26:43	24:17	24:35	24:03
Neil Crowther						22:01	22:01
Nicky Carsons						27:41	27:41
Nicole Patterson-Lett		30:12		26:18	26:00	25:18	25:18
Nik Allen						22:25	22:25

Paul Townsley						23:00	23:00
Pete Rowe	25:49	27:38	25:47	25:21		25:23	25:21
Phil Freaan	23:42	23:57	24:47	23:34	23:57	23:37	23:34
Phil Walker	25:45	25:00		26:33		27:18	25:00
Phil Young	25:44	26:33	25:25	24:12	25:24	25:32	24:12
Rick Hughes			24:35	22:32	22:11	22:24	22:11
Rome Bhamra				27:38	25:29	23:59	23:59
Schaeff Potter				25:26	22:56	22:15	22:15
Simon Atkinson		22:54	21:37	21:23	21:23	23:21	21:23
Simon Toppin					25:52	24:18	24:18
Steve Feest	26:12		25:25	25:14	25:31	25:16	25:14
Trevor Leeding			22:52	21:33	21:32	21:37	21:32

WECC RIDERS IN WECC CLUB 10s (2016)

WECC RIDERS 10 TIMES (Evening 10s in 2016 - or Open 10s where faster than on G10/98)

	1	2	3	4	5	6	7	8	9	10	13	14	15	16	17	P881	2016 BEST
Aaron Hartley	24:47	26:02	26:52	24:41	24:45	25:34	24:43	25:52	24:30	24:23	23:57	24:09					23:57
Allan Orman	25:38	26:10		25:26	24:59		24:29					25:26					24:29
Andrew Lock	26:50	27:36				DNF		25:31			24:38	23:44					23:44
Andy Haste			25:09	23:31	23:12	23:56	22:50		23:34	24:04	23:03						22:50
Chris Bramley	29:36	31:27	30:07	28:16	28:06	29:21	28:55	29:13	27:21	28:38	27:17	28:52					27:17
Chris Putnam	23:55	24:25	25:08	22:59	22:46	24:06	22:33	23:30	22:12		22:33	22:15					22:12
Clive Patterson-Lett	24:17		25:11				24:07	24:58	23:43								23:43
Colin Barton	23:53	24:02		22:40	22:34	23:31	22:38		22:10	22:31							22:10
Colin Miller	30:58																30:58
Darron Muggeridge	24:10		23:55	23:43													23:43
Dominic Maxwell		22:11	22:55		21:18	22:07				21:19	21:13						21:13
Eric Baker			30:58		28:03						27:27						27:27
Graeme Gill			32:39	29:20	28:24						28:28						28:24
Ian Cheesman			23:35	22:23	22:45		22:24	23:19	21:51		22:30						21:51
Jeff Blunsdon	25:33	25:38		24:23					24:42		24:25						24:23
Joan Lennon		31:01	31:19	28:11	28:26	30:03					28:10	27:52					27:52
John Lucas	29:11			28:18	27:25		27:31	28:50	26:56		27:10						26:56
John McGrath				22:18	22:14	22:56			21:26	21:23	21:06	20:46					20:46
Karen McGrath				27:16	25:59	26:53	25:14		24:30	24:39	24:45						24:30
Leigh Provost					27:36												27:36
Mark Newnham	23:51																23:51
Martin Booker	22:57	23:21		23:12	22:48	23:17	22:47	23:43		22:41	22:47	22:53					22:41
Mike O'Gorman	22:57	23:18	23:21	22:41	22:13	22:40	22:15	23:07	21:56	21:58		22:07				21:26	21:26
Nathan Gale					24:57	25:44			24:43	24:40		24:35					24:35
Neil Crowther	23:40	24:23	24:27				22:20			22:01							22:01
Nicky Carsons		27:41															27:41
Nicole Patterson-Lett	26:53	27:04		26:13					25:18								25:18
Nik Allen								23:57	22:32			22:25					22:25

Paul Townsley	24:56	25:36					23:57		23:20	23:00					23:00
Pete Rowe				26:23	25:56		25:41			25:40	25:33	25:23			25:23
Phil Freat	25:25	25:24			24:51	25:24		25:44	23:37		24:02				23:37
Phil Walker		28:05		27:18				27:24							27:18
Phil Young	26:21	26:40	26:18			26:09					25:32				25:32
Rick Hughes	22:46	23:09	23:22		22:24	23:09	22:47	23:21	22:35	22:30	22:38	22:33			22:24
Rome Bhamra	26:08	26:14	27:42	25:17	24:25		25:04		24:06	23:59					23:59
Schaeff Potter	23:16	23:13			22:26		23:10			22:38	22:15	22:30			22:15
Simon Atkinson					25:28	25:10		23:21							23:21
Simon Toppin	26:31		27:26		26:10		25:19		24:45			24:18			24:18
Steve Feest	26:29		27:41									25:16			25:16
Trevor Leeding		23:13	23:33	22:25	22:08		21:39	22:52		21:37	21:53	21:42			21:37

Don Lock Memorial Evening 10 Series

	Name	Rides	Best 7	Rides	Projected 7	1	2	3	4	5	6	7	8	9	10	13	14	15	16	17
1	John McGrath	7	13						1	4	3			1	2	1	1			
2	Trevor Leeding	9	15				3	4	3	2		1	1		3	3	2			
3	Mike O'Gorman	11	16			2	5	2	5	3	2	2	2	3	4		3			
4	Rick Hughes	11	25			1	2	3		5	4	7	4	7	6	7	7			
5	Ian Cheesman	7	29					5	2	8		4	3	2		5				
6	Chris Putnam	11	40			8	9	8	6	9	8	5	6	5		6	4			
7	Colin Barton	8	41			7	7		4	7	6	6		4	7					
8	Martin Booker	10	42			2	6		7	10	5	7	7		9	8	8			
8	Schaeff Potter	7	42			4	4			6		10			8	4	6			
10	Andy Haste	8	62					9	8	11	7	9		9	12	9				
11	Aaron Hartley	12	77			11	13	12	11	13	11	14	12	13	13	10	10			
12	Phil Freat	7	79			13	10			14	10		11	10		11				
13	Rome Bhamra	8	92			16	15	15	12	12		15		12	11					
14	Karen McGrath	7	106						16	19	14	16		13	14	14				
15	Chris Bramley	12	116			23	22	16	19	24	14	20	15	20	17	18	17			
16	John Lucas	7	132			22			20	21		19	14	19		17				
17	Joan Lennon	7	135				21	18	18	26	16					20	16			
	Dominic Maxwell			6	8.2		1	1		1	1				1	2				
	Neil Crowther			5	39.2	5	8	7				3			5					
	Mark Newnham			1	42.0	6														
	Nik Allen			3	44.3								8	6			5			
	Darron Muggeridge			3	56.0	9		6	9											
	Simon Atkinson			3	70.0					17	9		4							
	Clive Patterson-Lett			5	72.8	10		10				12	9	11						
	Paul Townsley			5	72.8	12	11					11		8	10					
	Jeff Blunsdon			5	88.2	14	12		10					15		12				
	Andrew Lock			5	98.0	20	18						10			13	9			
	Nathan Gale			5	98.0					15	12			16	15		12			
	Allan Orman			6	100.3	15	14		13	16		13					15			
	Phil Young			5	100.8	17	16	11			13					15				
	Steve Feest			3	105.0	18		14									13			

Pete Rowe	6	113.2			15	18	18		16	16	14
Simon Toppin	6	113.2	19		13	20	17	17			11
Phil Walker	3	116.7		20	17			13			
Nicole Patterson-Lett	4	122.5	21	17	14			18			
Nicky Carsons	1	133.0		19							
Eric Baker	3	137.7			17	23					19
Graeme Gill	4	150.5			19	21	25				21
Leigh Prevost	1	154.0					22				
Colin Miller	1	168.0	24								

Don Lock Memorial Evening 10 Series (Veterans)

	Rides	Best 7 +/-	Partial +/-	1	2	3	4	5	6	7	8	9	10	13	14	15	16	17
1	Mike O'Gorman	11	+05:50	+05:09	+04:48	+04:45	+05:25	+05:53	+05:26	+05:51	+04:59	+06:10	+06:08		+05:59			
2	John McGrath	7	+05:10				+04:36	+04:40	+03:58			+05:28	+05:31	+05:48	+06:08			
3	Trevor Leeding	9	+04:43		+03:32	+03:12	+04:20	+04:37		+05:06	+03:53		+05:08	+04:52	+05:03			
4	Rick Hughes	11	+04:23	+04:13	+03:50	+03:37		+04:35	+03:50	+04:12	+03:38	+04:24	+04:29	+04:21	+04:26			
5	Colin Barton	8	+04:18	+03:16	+03:07		+04:29	+04:35	+03:38	+04:31		+04:59	+04:38					
6	Chris Putnam	11	+04:09	+02:50	+02:20	+01:37	+03:51	+04:04	+02:44	+04:17	+03:20	+04:38		+04:17	+04:35			
7	Ian Cheesman	7	+03:51			+02:57	+04:09	+03:47		+04:08	+03:13	+04:41		+04:02				
8	Martin Booker	10	+03:40	+03:35	+03:11		+03:20	+03:44	+03:15	+03:45	+02:49		+03:51	+03:45	+03:43			
9	Karen McGrath	7	+03:37				+01:58	+03:15	+02:21	+04:00		+04:44	+04:35	+04:29				
10	Andy Haste	8	+02:56			+01:14	+02:52	+03:11	+02:27	+03:33		+02:49	+02:19	+03:20				
11	Phil Freaun	7	+02:49	+02:19	+02:20			+02:53	+02:20		+02:00	+04:07		+03:42				
12	John Lucas	7	+01:45	+00:28			+01:21	+02:14		+02:08	+00:49	+02:43		+02:29				
13	Rome Bhamra	8	+01:39	+00:33	+00:27	-01:01	+01:24	+02:16		+01:37		+02:35	+02:42					
14	Joan Lennon	7	+00:27		-01:17	-01:35	+01:33	+01:18	-00:19					+01:34	+01:52			
15	Chris Bramley	12	-00:46	-02:10	-04:01	-02:41	-00:50	-00:40	-01:55	-01:29	-01:47	+00:05	-01:12	+00:09	-01:26			
	Dominic Maxwell	6			+04:22		+04:02	+03:18	+04:55	+04:06			+04:54	+05:00				
	Paul Townsley	5		+03:36	+02:56					+04:35		+05:12	+05:32					
	Allan Orman	6		+03:24	+02:52		+03:36	+04:03		+04:33					+03:36			
	Nik Allen	3		+03:22							+02:21	+03:46			+03:58			
	Neil Crowther	5		+02:29	+01:46	+01:42				+03:53			+04:12					
	Darron Muggeridge	3		+02:31		+02:46	+02:58											
	Pete Rowe	6		+02:37			+02:00	+02:27		+02:42			+02:43	+02:50	+03:00			
	Clive Patterson-Lett	5		+02:28		+01:34				+02:38	+01:47	+03:02						
	Nicole Patterson-Lett	4		+01:31	+01:20		+02:11					+03:06						
	Simon Atkinson	3		+01:29				+00:41	+00:59		+02:48							
	Jeff Blunsdon	5		+00:45	+00:40		+01:55					+01:41		+01:58				
	Nicky Carsons	1		+01:22	+01:22													
	Nathan Gale	5		+01:03				+01:02	+00:15			+01:16	+01:19		+01:24			
	Andrew Lock	5		+01:01	-00:09	-00:55					+01:10			+02:03	+02:57			
	Steve Feest	3		+00:57		-00:15									+02:10			
	Phil Walker	3		-01:00		-01:29		-00:42			-00:48							

Colin Miller	1	-02:16	-02:16				
Graeme Gill	4	-02:17		-05:13	-01:54	-00:58	-01:02
Eric Baker	3	-02:31		-04:40		-01:45	-01:09

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 !!!