



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 16 – Thursday 28th July 2016
Promoter: [Phil Frean](#)

Report

So: a 17 race series is going right down to the wire. John McGrath's win tonight puts him just two points behind Don Maxwell on the leaderboard. If he were to repeat that win next week then he would draw level but would beat Dom on aggregate time (unless that win was achieved in the highly unlikely time of 24:22 or more).

Both riders were aware tonight of the situation and gave their all. The margin of John's win was 23 seconds as they were the only riders in the field to go under 22 minutes.

A number of other riders recorded slower times than normal. This could well be due to the drab blowy conditions combined with many of them still feeling the after effects of the 50s and 100s at the weekend.

One rider who can feel well pleased with himself though is Simon Toppin. His 24:06 was the second personal best in successive weeks.

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We have tried extremely hard this season to promote the course regulations. They are included in each set of results and are prominently displayed at sign on. Please take care to ensure that you have read and understood them. It is a requirement of the formal risk assessment for the course. Riders who fail to observe this run the risk of being disqualified and we don't want that to happen.

This is a repeat of the message from last week. Two riders were disqualified last week, and a further one more today. It's hard to know just how to get the message across effectively.

WECC riders in Open Time Trials – Latest Action

Saturday 23 July

Addiscombe CC 10 – G10/42

Rider	Time	Pos	+/- VTTA Std	Pos
Colin Barton	23:23	28	+3:46	13

Colin's time is a new course best by 45 seconds. As Colin says:

This really is a tough course for a dual carriageway 10, with very little flat and some sections of poor road surface. It can't be often that both Simon McNamara and Keith Lea fail to break 21 minutes! So not one to chase a PB on but a good challenge. I guess that's why quite a lot of regional/national competition events are held on this course, so it once again attracted lots of women and juniors with a high quality field.

Sunday 24 July

Southdown Velo 50 – P901/25

Rider	Time	Pos	+/- VTTA Std	Pos
Trevor Leeding	1:55:28	8	+24:32	
Ian Cheesman	2:01:24	18	+17:19	
Rick Hughes	2:02:25	19	+18:56	
Andy Haste	2:11:46	26	+6:06	

Trevor Leeding rode a fine 1:55:28 to finish in eighth place in the Southdown Velo 50 on Sunday. This was just a single second slower than his PB which was gained last season on P885/50.

He is the only WECC rider to have beaten the two hour mark this season, having now done it twice. With just one 50 remaining he is now almost certain to capture the Richard Shipton Trophy this season. It is awarded for the fastest 50 of the season on any course by an Excelsior rider.

The other three Excelsior riders were all delighted as they achieved considerable personal bests for the distance.

SCCU 100 (incl SUSSEX CA 100 and WECC 100) – G100/61

Rider	Time	Pos	+/- CTT Tgt	Pos
Mike O'Gorman	4:23:03	12	+35:03	1
Martin Booker	4:32:40	16	-7:36	13
Nicole Patterson-Lett	5:19:49	26	-47:07	18
Simon Atkinson	DNF			

A small but committed turnout by Excelsior riders for this club championship event held within the SCCU Championships with some considerable successes achieved.

Whilst this event was promoted by the Southern Counties CU there were additional championships within. The Sussex CA 100 Championships and the WECC Club 100 Championships were held as part of the race – so lots of opportunity.

And great support from Andrew Lock, Claire Booker and Chris Putnam. All very much appreciated by the riders.

Worthing Excelsior won the team prize for both the Southern Counties and also the Sussex CA Championships with Nicole, Martin and Mike comprising the team. Unfortunately Simon had a mechanical and withdrew on the first of the laps. Each team member wins £15 and the club will receive the SCCU Sid Gray Shield (to be held for a year).

Huge congratulations are due to Nicole. This was her first 100 and she did very well, despite paying the price somewhat in the second half for over-committing in the first half. And without that effort there would be no team prize. Nicole was also the fastest SCA women and so wins a medal for that too.

Mike retained his Sussex vets 100 title, and also his WECC title. He will also be retaining his SCCU and SCA Vets Best All Rounder titles. So this was reward for battling through the pain barrier of extreme saddle sores which affected the last half of his ride. That and another £30 to add to the team prize. He has already spent some of his winnings on a copious quantity of [dznuts](#).

Upcoming events

Saturday 30 July	Epsom CC 10	G10/57	Colin Barton
Sunday 31 July	SCA 30 (incl WECC 30 Champs)	G30/91	Karen McGrath, John McGrath, Dan Cobby, Neil Crowther, Mike O'Gorman, Simon Atkinson, Ian Cheesman, Rick Hughes, Trevor Leeding, Martin Booker, Chris Putnam

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](#).

Scratch Classification

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	11	John McGrath	Worthing Excelsior CC	V52	21:12	1
2	22	Dominic Maxwell	Worthing Excelsior CC	V43	21:35	2
3	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:09	3
4	24	Colin Barton	Worthing Excelsior CC	V55	22:13	4
5	20	Trevor Leeding	Worthing Excelsior CC	V50	22:18	5
6	17	Neil Crowther	Worthing Excelsior CC	V43	22:38	6
7	21	Rick Hughes	Worthing Excelsior CC	V53	23:18	7
8	15	Paul Townsley	Worthing Excelsior CC	V67	23:19	8
9	18	Ian Cheesman	Worthing Excelsior CC	V47	23:29	9
10	25	Simon Toppin	Worthing Excelsior CC	S26	24:06	10
11	13	Aaron Hartley	Worthing Excelsior CC	J	24:08	11
12	4	Clive Patterson-Lett	Worthing Excelsior CC	V51	24:44	12
13	5	Allan Orman	Worthing Excelsior CC	V70	24:54	13
14	9	Peter Rowe	Worthing Excelsior CC	V66	25:34	14
15	16	John Lucas	Worthing Excelsior CC	V73	27:37	15
	3	Chris Bramley	Worthing Excelsior CC	V58	DQ	
	7	Karen McGrath	Worthing Excelsior CC	WV54	DNS	
	14	Nik Allen	Worthing Excelsior CC	V45	DNS	
	19	Schaeff Potter	Worthing Excelsior CC	J	DNS	

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
23	Rob Charles	Blazing Saddles	V51	22:31
1	Mark Bernhardt	GS Stella	V53	22:46
6	Ian Newbold	Eastbourne Rovers CC	V43	23:22
12	Paul Hanratty	Lewes Wanderers CC	V56	25:41
2	Bruce Samuel	South Downs Bikes	V49	25:43
10	Keith Geere	GS Stella	V65	28:04

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	22:09	28:06	+5:57
2	11	John McGrath	Worthing Excelsior CC	V52	21:12	26:54	+5:42
3	15	Paul Townsley	Worthing Excelsior CC	V67	23:19	28:32	+5:13
4	24	Colin Barton	Worthing Excelsior CC	V55	22:13	27:09	+4:56
5	22	Dominic Maxwell	Worthing Excelsior CC	V43	21:35	26:13	+4:38
6	20	Trevor Leeding	Worthing Excelsior CC	V50	22:18	26:45	+4:27
7	5	Allan Orman	Worthing Excelsior CC	V70	24:54	29:02	+4:08
8	21	Rick Hughes	Worthing Excelsior CC	V53	23:18	26:59	+3:41
9	17	Neil Crowther	Worthing Excelsior CC	V43	22:38	26:13	+3:35
10	18	Ian Cheesman	Worthing Excelsior CC	V47	23:29	26:32	+3:03
11	9	Peter Rowe	Worthing Excelsior CC	V66	25:34	28:23	+2:49
12	4	Clive Patterson-Lett	Worthing Excelsior CC	V51	24:44	26:50	+2:06
13	16	John Lucas	Worthing Excelsior CC	V73	27:37	29:39	+2:02
	3	Chris Bramley	Worthing Excelsior CC	V58	DQ	27:26	
	7	Karen McGrath	Worthing Excelsior CC	WV54	DNS	29:14	
	14	Nik Allen	Worthing Excelsior CC	V45	DNS	26:23	

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
23	Rob Charles	Blazing Saddles	V51	22:31	26:50	+4:19
1	Mark Bernhardt	GS Stella	V53	22:46	26:59	+4:13
6	Ian Newbold	Eastbourne Rovers CC	V43	23:22	26:13	+2:51
12	Paul Hanratty	Lewes Wanderers CC	V56	25:41	27:14	+1:33
2	Bruce Samuel	South Downs Bikes	V49	25:43	26:41	+0:58
10	Keith Geere	GS Stella	V65	28:04	28:14	+0:10

Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	11	John McGrath	Worthing Excelsior CC	V52	21:12	2
2	22	Dominic Maxwell	Worthing Excelsior CC	V43	21:35	5
3	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:09	1
4	24	Colin Barton	Worthing Excelsior CC	V55	22:13	4
5	20	Trevor Leeding	Worthing Excelsior CC	V50	22:18	6
6	23	Rob Charles	Blazing Saddles	V51	22:31	7
7	17	Neil Crowther	Worthing Excelsior CC	V43	22:38	11
8	1	Mark Bernhardt	GS Stella	V53	22:46	8
9	21	Rick Hughes	Worthing Excelsior CC	V53	23:18	10
10	15	Paul Townsley	Worthing Excelsior CC	V67	23:19	3
11	6	Ian Newbold	Eastbourne Rovers CC	V43	23:22	13
12	18	Ian Cheesman	Worthing Excelsior CC	V47	23:29	12
13	25	Simon Toppin	Worthing Excelsior CC	S26	24:06	
14	13	Aaron Hartley	Worthing Excelsior CC	J	24:08	
15	4	Clive Patterson-Lett	Worthing Excelsior CC	V51	24:44	15
16	5	Allan Orman	Worthing Excelsior CC	V70	24:54	9
17	9	Peter Rowe	Worthing Excelsior CC	V66	25:34	14
18	12	Paul Hanratty	Lewes Wanderers CC	V56	25:41	17
19	2	Bruce Samuel	South Downs Bikes	V49	25:43	18
20	16	John Lucas	Worthing Excelsior CC	V73	27:37	16
21	10	Keith Geere	GS Stella	V65	28:04	19
	3	Chris Bramley	Worthing Excelsior CC	V58	DQ	
	7	Karen McGrath	Worthing Excelsior CC	WV54	DNS	
	14	Nik Allen	Worthing Excelsior CC	V45	DNS	
	19	Schaeff Potter	Worthing Excelsior CC	J	DNS	

Event Secretary

Phil Frean

Very Grateful Thanks To:

Timekeeper (start):	Paul Toppin
Start Marshal:	Chris Putnam
Timekeeper (finish):	Rob Downham
Recorder:	Ken Gormanly
Course Marshals:	Sheila Lucas (Findon), Karen McGrath (Ashington)
Catering:	Graeme Gill
Signage:	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 to date	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 Muggeridge		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	24:20	24:20
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		26:47	25:10
John McGrath						20:46	20:46
Karen McGrath						24:30	24:30
Ken Gormanley						27:45	27:45
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	22:40	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						22:51	22:51
Pete Rowe	25:49	27:38	25:47	25:21		25:14	25:14

Phil Frean	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	22:22	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	24:06	24:06
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	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		24:08		23:57
Allan Orman	25:38	26:10		25:26	24:59		24:29					25:26	24:55	24:54		24:29
Andrew Lock	26:50	27:36				DNF		25:31			24:38	23:44	24:04			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	28:40			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	22:24			22:12
Clive Patterson-Lett	24:17		25:11				24:07	24:58	23:43				24:31	24:44		23:43
Colin Barton	23:53	24:02		22:40	22:34	23:31	22:38		22:10	22:31			22:12	22:13		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		21:31	21:35		21:13
Eric Baker			30:58		28:03						27:27		28:12			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			23:29		21:51
Jeff Blunsdon	25:33	25:38		24:23					24:42		24:25		24:20			24:20
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		26:47	27:37		26:47
John McGrath				22:18	22:14	22:56			21:26	21:23	21:06	20:46		21:12		20:46
Karen McGrath				27:16	25:59	26:53	25:14		24:30	24:39	24:45					24:30
Ken Gormanley													27:45			27:45
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	22:40			22:40
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	21:59	22:09	21:26	21:26
Nathan Gale					24:57	25:44			24:43	24:40		24:35	25:12			24:35
Neil Crowther	23:40	24:23	24:27				22:20			22:01				22:38		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			22:25
Paul Townsley	24:56	25:36					23:57		23:20	23:00			22:51	23:19		22:51

Pete Rowe				26:23	25:56		25:41			25:40	25:33	25:23	25:14	25:34		25:14
Phil Frean	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	22:22	23:18		22:22
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		24:06		24:06
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	21:42	22:18		21:37

WECC RIDERS IN OPEN 10s (2016)

[illegible]

WECC RIDERS IN 25s (2016)

BEST TIME 2014	BEST TIME LAST SEASON	BEST TIME THIS SEASON	RIDER	SCCU	Lea Valley CC	Farnborough & Camberley	Addiscombe CC	ESCA	SCA	Norwood Paragon CC	Worthing Excelsior CC	High Wycombe CC	WECC Club 25	Team Axiom	Farnham Road Club	...a3crg	Brighton Excelsior CC	Hounslow & District CC
				04-Apr	10-Apr	17-Apr	18-Apr	24-Apr	01-May	08-May	15-May	22-May	05-Jun	12-Jun	19-Jun	13-Jul	17-Jul	17-Jul
				G25/54	E2/25	H25/8	G25/54	G25/89	G25/93	G25/54	G25/54	H25/2	G25/95	P885/25	H25/8	P884b/25	G25/93	H25/8
		1:07:50	Andrew Lock										1:07:50					
	1:01:47	1:05:38	Andy Haste														1:05:38	
	1:08:38	1:03:58	Chris Putnam										1:03:58					
		1:08:24	Clive Patterson-Lett										1:08:24					
	59:59	59:08	Colin Barton	1:04:23				1:02:29	1:02:58	59:08	59:45		1:03:42				1:02:15	
55:53		56:11	Dom Maxwell	57:13			57:13			56:11	56:34		59:11					
	57:19	56:26	Ian Cheesman	1:00:15					1:02:22		59:07		1:00:46	56:26			1:00:55	
	59:23	59:12	Martin Booker	1:00:02				1:01:35	1:00:46	59:33	59:51		1:02:25		59:12		1:01:47	
	55:53	55:34	Mike O'Gorman	59:35	55:34	58:19	1:00:29	1:01:37	1:01:51		57:48	56:23	1:01:15	56:02		56:12		57:44
			Neil Crowther														DNF	
		1:14:25	Nicky Carsons								1:14:25							
	1:08:59	1:12:35	Nicole Patterson-Lett										1:12:35					
		1:06:16	Paul Townsley						DNS				1:06:16					
	1:03:28	1:04:59	Phil Frean				1:08:47		1:08:40		1:04:59		1:08:28					
			Phil Young										DNF					
	57:55	59:39	Rick Hughes	1:00:19				DNS	1:01:32		1:00:49		1:03:03					59:39
	1:12:03	1:04:47	Rome Bhamra				1:11:12			1:06:26	1:05:19		1:09:53		1:04:47			
55:41	57:50	56:40	Trevor Leeding	58:49				1:00:27	59:38		57:42		59:54		56:40			57:12

WECC RIDERS IN 30s (2013-6)

			2013	2014	2015	2016
PB	BEST TIME THIS SEASON	RIDER	Lewes / VTTA Surrey Sussex	SCA	SCA	SCA
			30-Jun	26- May	26- May	31-Jul
			G30/88	G30/91	G30/91	G30/91

1:18:22		Andrew Haste			1:18:22	
		Chris Putnam				
1:30:45		Clive Patterson-Lett		1:30:45		
		Dan Cobby				
		Dom Maxwell		DNS		
1:13:57		Ian Cheesman			1:13:57	
		Joan Lennon		DNF		
		John McGrath				
		Karen McGrath				
1:14:09		Martin Booker			1:14:09	
1:11:21		Mike O'Gorman	1:13:15	1:15:09	1:11:21	
		Neil Crowther				
1:35:11		Nicole Patterson-Lett		1:35:11		
		Phil Frean			DNS	
1:14:52		Rick Hughes			1:14:52	
1:11:17		Simon Atkinson		1:11:48	1:11:17	
1:12:21		Trevor Leeding		1:12:21	1:12:41	

WECC RIDERS IN 50s (2013-6)

			2013		2014		2015							2016						
PB	BEST TIME THIS SEASON	RIDER	SCC U	SCA	SCC U	SCA	Manchester Wheelers	Charlotteville CC	Reading CC	SCCU	Hampshire Road Club	SCA	Southdown Velo	VTTA National	Charlotteville CC	ESCA	SCCU	SCA	Southdown Velo	VTTA National
			23-Jun	04-Aug	29-Jun	03-Aug	27-Sep	11-May	01-Jun	29-Jun	29-Jun	06-Jul	27-Jul	10-Aug	11-May	19-Jun	26-Jun	03-Jul	24-Jul	14-Aug
			G50/10	G50/10	G50/10	G50/10	J5/12	H50/8	H50/8	G50/10	P885/50	G50/10	P901/50	P885/50	H50/8	G50/90	G50/10	G50/10	P901/50	H50/8
2:11:46	2:11:46	Andy Haste														2:14:53		2:11:46		
		Dan Cobby																DNS		
2:01:24	2:01:24	Ian Cheesman							2:05:05							2:06:04	2:04:32	2:01:24		
2:06:52	2:09:12	Martin Booker							2:06:52									2:09:12		
1:53:31	2:01:31	Mike O’Gorman	2:09:02	2:07:08	DNF	2:08:46	1:54:44	1:57:17	DNS	2:03:14		2:05:44		1:53:31	2:04:25	2:01:31	2:06:52	2:03:35		
2:29:34	2:29:34	Nicole Patterson-Lett															2:29:34			
2:22:07	2:25:08	Phil Frean	2:22:07															2:25:08		
2:02:25	2:02:25	Rick Hughes			2:10:14					2:06:52								2:09:23	2:02:25	
2:22:15	2:22:15	Rome Bhamra								2:41:39								2:22:15		
2:03:53	2:07:01	Simon Atkinson	2:05:54		2:05:00					2:03:53								2:07:01		
1:55:27	1:55:28	Trevor Leeding			2:03:38						1:55:27	2:01:53	2:03:24	DNF	1:58:57			2:03:49	1:55:28	

WECC RIDERS IN 100s (2014-6)

			2014	2015		2016		
PB	BEST TIME THIS SEASON	RIDER	SCC U	SCCU/SCA	ESCA	Hounslow & District Wheelers	ESCA	SCCU/SCA
			27-Jul	27-Jul	10-Aug	29-May	10-Jul	24-Jul
			G50/10	G100/61	G100/861	H100/88	G100/861	G100/61
4:52:16		Chris Putnam	4:52:16					
4:27:43	4:32:40	Martin Booker		4:27:43				4:32:40
4:10:56	4:10:56	Mike O'Gorman	4:26:52	4:24:59		4:10:56	4:21:52	4:23:03
5:19:49	5:19:49	Nicole Patterson-Lett						5:19:49
4:26:33		Rick Hughes			4:26:33			
4:31:47		Simon Atkinson		4:31:47				DNF

Don Lock Memorial Evening 10 Series

	Name	Rides	Best 7	Rides	Projected 7	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1	Dominic Maxwell	8	8				1	1		1	1				1			2		1	2	
2	John McGrath	8	10						1	4	3			1	2			1	1		1	
3	Trevor Leeding	11	14				3	4	3	2		1	1		3			3	2	2	5	
4	Mike O'Gorman	13	16			2	5	2	5	3	2	2	2	3	4				3	3	3	
5	Rick Hughes	13	24			1	2	3		5	4	7	4	7	6			7	7	5	7	
6	Ian Cheesman	8	29					5	2	8		4	3	2				5			9	
7	Colin Barton	10	35			7	7		4	7	6	6		4	7					4	4	
8	Chris Putnam	12	38			8	9	8	6	9	8	5	6	5				6	4	6		
9	Martin Booker	11	42			2	6		7	10	5	7	7		9			8	8	8		
9	Schaeff Potter	7	42			4	4			6		10			8			4	6			
11	Andy Haste	8	62					9	8	11	7	9		9	12			9				
12	Paul Townsley	7	69			12	11					11		8	10					9	8	
13	Aaron Hartley	13	76			11	13	12	11	13	11	14	12	13	13			10	10		11	
14	Clive Patterson-Lett	7	77			10		10				12	9	11						13	12	
15	Phil Frean	7	79			13	10			14	10		11	10				11				
16	Rome Bhamra	8	92			16	15	15	12	12		15		12	11							
17	Allan Orman	8	97			15	14		13	16		13							15	14	13	
18	Simon Toppin	8	98			19		13		20		17		17					11	11	10	
19	Karen McGrath	7	106						16	19	14	16		13	14			14				
20	Pete Rowe	8	109						15	18		18			16			16	14	16	14	
21	Chris Bramley	13	116			23	22	16	19	24	14	20	15	20	17			18	17	21		
22	John Lucas	9	121			22			20	21		19	14	19				17		17	15	
23	Joan Lennon	7	135				21	18	18	26	16							20	16			

[illegible]

Don Lock Memorial Evening 10 Series (Veterans)

		Rides	Best 7 +/-	Partial +/-	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1	Mike O'Gorman	13	+06:01		+05:09	+04:48	+04:45	+05:25	+05:53	+05:26	+05:51	+04:59	+06:10	+06:08				+05:59	+06:07	+05:57	
2	John McGrath	8	+05:25					+04:36	+04:40	+03:58			+05:28	+05:31			+05:48	+06:08		+05:42	
3	Trevor Leeding	11	+04:54			+03:32	+03:12	+04:20	+04:37		+05:06	+03:53		+05:08			+04:52	+05:03	+05:03	+04:27	
4	Colin Barton	10	+04:44		+03:16	+03:07		+04:29	+04:35	+03:38	+04:31		+04:59	+04:38					+04:57	+04:56	
5	Paul Townsley	7	+04:41		+03:36	+02:56					+04:35		+05:12	+05:32					+05:41	+05:13	
6	Dominic Maxwell	8	+04:37			+04:02	+03:18		+04:55	+04:06				+04:54			+05:00		+04:42	+04:38	
7	Rick Hughes	13	+04:26		+04:13	+03:50	+03:37		+04:35	+03:50	+04:12	+03:38	+04:24	+04:29			+04:21	+04:26	+04:37	+03:41	
8	Chris Putnam	12	+04:18		+02:50	+02:20	+01:37	+03:51	+04:04	+02:44	+04:17	+03:20	+04:38				+04:17	+04:35	+04:26		
9	Allan Orman	8	+03:55		+03:24	+02:52		+03:36	+04:03		+04:33							+03:36	+04:07	+04:08	
10	Ian Cheesman	8	+03:52				+02:57	+04:09	+03:47		+04:08	+03:13	+04:41				+04:02			+03:03	
11	Martin Booker	11	+03:46		+03:35	+03:11		+03:20	+03:44	+03:15	+03:45	+02:49		+03:51			+03:45	+03:43	+03:56		
12	Karen McGrath	7	+03:37					+01:58	+03:15	+02:21	+04:00		+04:44	+04:35			+04:29				
13	Andy Haste	8	+02:56				+01:14	+02:52	+03:11	+02:27	+03:33		+02:49	+02:19			+03:20				
14	Phil Frean	7	+02:49		+02:19	+02:20			+02:53	+02:20		+02:00	+04:07				+03:42				
15	Pete Rowe	8	+02:49					+02:00	+02:27		+02:42			+02:43			+02:50	+03:00	+03:09	+02:49	
16	Clive Patterson-Lett	7	+02:16		+02:28		+01:34				+02:38	+01:47	+03:02						+02:19	+02:06	
17	John Lucas	9	+02:16		+00:28			+01:21	+02:14		+02:08	+00:49	+02:43				+02:29		+02:52	+02:02	
18	Rome Bhamra	8	+01:39		+00:33	+00:27	-01:01	+01:24	+02:16		+01:37		+02:35	+02:42							
19	Joan Lennon	7	+00:27			-01:17	-01:35	+01:33	+01:18	-00:19							+01:34	+01:52			
20	Chris Bramley	13	-00:44		-02:10	-04:01	-02:41	-00:50	-00:40	-01:55	-01:29	-01:47	+00:05	-01:12			+00:09	-01:26	-01:14		
	Nik Allen	4		+03:31								+02:21	+03:46					+03:58	+03:58		
	Neil Crowther	6		+02:56	+02:29	+01:46	+01:42				+03:53			+04:12						+03:35	
	Darron Muggeridge	3		+02:45	+02:31		+02:46	+02:58													
	Nicole Patterson-Lett	4		+02:02	+01:31	+01:20		+02:11					+03:06								
	Jeff Blunsdon	6		+01:30	+00:45	+00:40		+01:55					+01:41				+01:58		+02:03		
	Simon Atkinson	3		+01:29					+00:41	+00:59		+02:48									
	Nicky Carsons	1		+01:22		+01:22															
	Andrew Lock	6		+01:17	-00:09	-00:55						+01:10					+02:03	+02:57	+02:37		
	Nathan Gale	6		+01:00					+01:02	+00:15			+01:16	+01:19				+01:24	+00:47		
	Steve Feest	3		+00:57	+00:57		-00:15											+02:10			
	Ken Gormanly	1		+00:38															+00:38		
	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				



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 !!!