

WORTHING EXCELSIOR CYCLING CLUB

FOUNDED 1887



EVENTS And COURSE DETAILS 2017

TIME TRIALS – SAFETY NOTICES and REGULATIONS

Notes for all competitors

It is a requirement of the club that all competitors obey these safety notices. New riders may be unaware or 'experienced' riders may have forgotten so a perusal of this will benefit all.

We wish riders to stay safe, for us to not unduly antagonise the local populace, and for the competition to be conducted fairly.

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 – LIGHTS (new for 2017)

Rear lights (ideally high quality) are **mandatory** for all riders in WECC club events.

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 after the Evening 10 Series (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.

SAFETY – ROUNDABOUTS (especially the Evening 10 Series)

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 as follows:

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 – HAVING COMPLETED YOUR EVENING 10 RIDE

There is a longstanding course instruction about what riders are required to do at the end of their ride.



Breach of this will result in disqualification.

DISQUALIFICATION

Disregard of any of the rules and regulations as explained above may result in a competitor's ride being disqualified.

Follow the rules / Stay safe !!!

WORTHING EXCELSIOR CYCLING CLUB
CLUB TIME TRIAL PROGRAMME 2017

DAY	DATE	EVENT	COURSE	START
Sun	12-03-17	Ashurst 16.4 Mile	GS/982	8:00
Sun	19-03-17	10 Mile Handicap	G10/98	8:00
Sun	26-03-17	Long Furlong Circuit (2 laps) 17.1 miles	GS/983	8:00
Sun	21-05-17	25 Mile Championships - Senior & Junior	G25/95	7:30
Sun	06-08-17	Pulborough Circuit 15.58 miles	GS/993	8:00
Sun	20-08-17	Hard Riders 21.93 miles	GS/992	8:00

EVENING 10 MILE SERIES (THE DON LOCK MEMORIAL SERIES)

Thur	Thursday 20th April 2017 through to Thursday 10th August 2017	17 events	G10/98 *	19:15 **
------	--	--------------	----------	----------

* The Steyning G10/97 course has also been booked for the whole Evening 10 Mile Series and will be used in the event of the G10/98 not being available.

** All evening 10s start at 19:15 **except for** the first two events and the last event
It is a 19:00 start on 20th April, 27th April, 10th August. A 19:00 start for all evening hill climbs.

EVENING HILL CLIMB SERIES

Thur	Thursday 17th August 2017 through to Thursday 31st August 2017	3 events	GH/95 *	19:00 **
------	---	----------	---------	----------

Entry Fee for Club Time Trials: £3.50 for Seniors/Veterans and £2.00 for Juniors.
£5.00 for members of other CTT affiliated clubs.

Entry Fee for Club Hill Climbs: £2.50 for Seniors/Veterans and £1.00 for Juniors.

Entry forms are required for all events except the evening 10 Mile & Hill Climb Series

To assist the Event Secretary, please ensure that all entry forms for weekend events are submitted by the TUESDAY prior to the event.

Events Secretary (Thursday events) :

Phil Frean clubevents@worthingexcelsior.co.uk

Events Secretary (Weekend events) :

Chris Putnam chris.putnam@btinternet.com

WORTHING EXCELSIOR CYCLING CLUB
TIME TRIAL OPEN EVENTS PROGRAMME 2017

DAY	DATE	EVENT	COURSE	START
Sun	14-05-17	Club Open 25 Mile (Ray Douglass Memorial)	G25/54	6:30
Sat	10-06-17	Sussex CA 15M - Incorporating Club 15 Mile Senior & Junior Championships	G15/93	7:00
Sun	02-07-17	Sussex CA 50M - Incorporating Club 50 Mile Championship	G50/10	6:00
Sun	23-07-17	SCCU 100M - Incorporating Club 100 Mile Championship	G100/61	6:00
Sun	30-07-17	Sussex CA 30M - Incorporating Club 30 Mile Championship	G30/91	7:00
Sat	30-09-17	Sussex CA Hill Climb - Incorporating Club Hill Climb Championship	GH/92	10:00

*For details of Club Events contact Event Secretary as above
For details of the Open 25 contact Mick Irons*

AUDAX WORTHING WINTER WARMER

DAY	DATE	START LOCATION	DISTANCE	START
Sat	11-02-17	Dial Post	107K	9:00

For details contact Mick Irons – mickirons@btinternet.com

CLUB RUNS

Most Club runs depart from Washington Village Green at 09:00hrs on Sundays (09:10 hrs Latest) unless stated otherwise.

On occasions the Club departs from The Club Room at Broadwater or Arundel outside the Sandwich Bar near the town bridge, please check the list.

Please see the Club Runs leader ([or the club web site](#)) for listed dates and elevenses venues and to record your attendance.

A cup will be awarded at the end of the year for the person with the highest number of attendance points.

For latest information visit : WorthingExcelsior.co.uk

For details contact Tony Palmer – tony.wecc@virginmedia.com

W.E.C.C ROAD RACING MAIN EVENTS

SURREY LEAGUE

The UK's premier Cycle racing league. Providing racing for over 800 riders in over 140 races a year. For all categories of riders especially at grass root level, the racing is from March until October. Cat 4 Riders and Novices are required to undertake two Courses on bike handling prior to being allowed to race

For dates & details see Web Site: www.surreyleague.co.uk

DUNSFOLD

Cat 4 races on Fridays and Vet races on Wednesdays take place at the Dunsfold airfield situated on the A281 north of Loxwood.

For details contact Glyn Durrant – email glyn@surreyleague.co.uk

LEWES WANDERERS EVENING CIRCUIT CRITERIUM SERIES

Approximately 50 km of mainly flat road course with two long straights. Racing on 3 Thursday evenings in June

Contact: Bob Evans - Tel: 07904 678566 – email bob.evans100@gmail.com

GOODWOOD SUMMER SERIES

Chichester based cycling club Southdown Velo hosts a series of evening races every Tuesday from May to July.

Contact: Tony Toynton - Tel: 01243 780016 – email goodwoodgallops@btinternet.com

Details of other events (local, regional and national) are available on the British Cycling Web Site www.britishcycling.org.uk

CLUB RACING RULES (ROAD RACING)

1. The Club Senior Road Race Trophy shall be awarded to the Club senior member who gains the greatest number of ranking points in Road Races during the qualifying period. The points shall be those recorded in the British Cycling rankings tables.
2. The Club Junior Road Race Trophy shall be awarded to the Club junior member who gains the greatest number of ranking points in Road Races during the qualifying period. The points shall be those recorded in the British Cycling rankings tables.
3. The qualifying period for gaining points shall run from December 1st 2016 until November 1st 2017.
4. The Club Road Secretary shall be responsible for collating the information from the British Cycling rankings tables.
5. For further details contact: Mark Newnham – email marknewnham@live.co.uk

TRACK RACING AT BRIGHTON'S PRESTON PARK

Following the track closure in 2015 due to safety reasons it was a huge relief to all that the necessary remedial work was able to be undertaken and racing resumed for the 2016 season.

As described by the league officials:

The Sussex Cycle Racing League promotes track racing at Preston Park in Brighton on Wednesday evenings between April and August. All meetings start at 18:45.

Racing is for all categories of rider from Under 8 right up to veteran. The younger riders in the Under 8 category and Under 10 category ride on freewheel bikes. Everyone else is on fixed wheel track bikes.

Over the last few years the league has been going from strength to strength with a good proportion in the youth categories. You don't need to own a track bike to take part as the league has a quantity of bikes available that can be loaned for the sessions.

Why not come down during the season either to ride or spectate and sample the excellent refreshments on offer.

Preston Park Track is easy to find, come off the Brighton bypass onto the A23 into Brighton and at the first set of traffic lights turn left up Preston Drove and the track is on the right hand side.

If you need further information contact :-

Mark Newnham on 01903 520277

Email: marknewnham@live.co.uk

Further information is also available from: [Sussex Cycle Racing League](#)

And from their [Facebook Page](#)

CLUB RACING RULES (TIME TRIALS)

1. The Racing Season will be of 12 months duration ending 31st October.
2. All Club events will be run under the rules and regulations of Cycling Time Trials (CTT).
3. All Club events will start on time. No competitor will be waited for.
4. **The Club Best All Rounder Competition (Men)**
will be won by the rider who has the best average speed over 25, 50 and 100 miles during the racing season, in club, semi- open and open events.
5. **The Club Best All Rounder Competition (Women)**
will be won by the rider who has the best average speed over two 10 mile events and two 25 mile events during the racing season, in club, semi- open and open events.
6. **The Club Best All Rounder Competition (Junior)**
will be won by the rider who has the best average speed over two 10 mile events and two 25 mile events during the racing season, in club, semi- open and open events.
7. **The Club Best All Rounder Competition (Veteran)**
will be won by the rider who has the highest plus average speed on the Veterans Time Trials Association (VTTA) standard times over 10, 25, and 50 miles during the racing season, in club, semi- open and open events.
8. **Championship Points Cup Competition**
will be won by the rider with the highest number of points gained in all club Championship events throughout the season. 20 points to be awarded to the first place on scratch; and decreasing by 1 point for each lower placing down to a single point for 20th place.
9. **Championship Points Cup Competition (Veteran)**
will be won by the rider with the highest number of points gained in all club Championship events throughout the season. 20 points to be awarded to the first place on VTTA standard; and decreasing by 1 point for each lower placing down to a single point for 20th place.
10. **The Club Most Improved Riders Award (Men and Women)**
shall be awarded to the rider who has the best improvement in average speed over a 10 or a 25 mile time trial during the season over their best performance in the previous three racing seasons and provided that they were a member of this Club at that time. The Hill Climb does not count for this award. All times are to be certifiable by the rider.

11. Awards

Awards to be made to the first three riders on scratch in each club event.
Awards to be made to the first three riders on handicap in each club event.
An Award to be made to the first lady on scratch in each club Championship event.
An Award to be made to the first junior on scratch in each club Championship event.
The Awards for each rider will be a medal or, in the case of more than one award during the season, an engraved plaque.

12. The best 12-Hour ride and the best 24-Hour ride of the year in any CTT authorised event shall constitute the Club Champion for that event.

13. When the Club does not promote its own Championship event, a race of the same distance promoted by others and designated by the General Committee will constitute the Club Championship at that distance. If that event is cancelled or abandoned, the General Committee will designate an alternative event at the same distance as being the Club Championship event.

14. Handicapping

All club events, except the Hill Climb, Evening 10's and any 2-up team time trial will be handicapped. The Handicappers are to use their discretion in placing riders of similar ability apart.

15. Entry Fees

All entry fees for weekend Club events will be as designated at the Annual General Meeting.

Entry fees are not taken for a Club event that is held in conjunction with an Open or Semi-Open event. (The fee payable for the Open/Semi-Open event is deemed to cover both).

16. Club Records

(a) Competitions: Men, Women, Juniors and Juveniles

A medal will be awarded for a record broken in competition at the Standard distances from 10 miles to 24 hours, including Hardriders, on a bicycle, tricycle, tandem or tandem tricycle in a Club, semi-open or open event.

(b) Individual scheduled record attempts at standard CTT and RRA distances.

Certificates will be awarded to riders who break records, provided that they notify the Club Events Secretary within 7 days notice of their attempt.

(c) Team Records (Men and Women)

Certificates will be awarded for a Club Team Record to each member of that team at distances from 10 miles to 24 hours. The initial ride is to be taken as a standard – not a record.

(d) Team Records (Junior and Juvenile)

The same conditions to apply as in **(15c)**, but at distances of 10 and 25 miles.

- 17.** Entries, which must be submitted on CTT entry forms, must be submitted prior to the Tuesday before the event. Late entries may be accepted if the entrant informs the Club Events Secretary and the handicappers before their handicapping meeting.
- 18.** Only FULL members are entitled to claim any award or trophy EXCEPT with regard to the 'Club Person of the Year'.
- 19.** Private time trials will not qualify for any awards, and will not be recognised by the Club for any purpose except for handicapping.
- 20.** A Club championship event, promoted by the Club, requires a minimum of three entries from Full Members to constitute a Club Championship event.

There is no minimum number of Club entries required for Club Championship events that are part of an event that is NOT promoted by the Worthing Excelsior Cycling Club.
- 21.** All Club trophies are perpetual.
- 22.** At the discretion of the General Committee the Club will hold a series of 10 mile evening time trials. The rules governing these are drawn up by the General Committee.

CLUB RACING RULES (10 MILE EVENING TIME TRIALS)

THE DON LOCK MEMORIAL SERIES

1. A series of at least ten 10 mile evening time trials to be promoted annually. The early and late events commence at 1900 with a limit of 35 riders to take into account lighting up times. Others commence at 1915 with a limit of 45 riders.
2. Entry Fee to be at the discretion of the General Committee. For 2016 it is £3.50 for Seniors/Veterans (Club Members), £2.00 for Juniors, and £5.00 for Non-Members.
3. Entries close 15 minutes prior to the start of each event, or at the discretion of the Organiser. Provision is made for Club members to pre-enter. Race numbers will be allocated at sign on.
4. Starting order will be left to the discretion of the Organiser.
5. Awards.

Points will be awarded for each rider's placing in each event.

At the end of the Series each rider's **seven** best placings will be aggregated and the rider with the lowest number of points will be the winner.

In the event of a tie on points in the overall series result, the winner will be the rider with the fastest aggregate time of their best **seven** rides.

Awards are made at the discretion of the General Committee.

6. The veterans' award will be based on the **seven** best placings on VTTA Standard.

CLUB RACING RULES (EVENING HILL CLIMB SERIES)

1. A series of three evening hill climbs are to be promoted annually on the Washington Bostal, course GH/95. These events commence at 1900 with a limit of 35 riders to take into account lighting up times.
2. Entry Fees are at the discretion of the General Committee. These are currently £2.50 for Seniors / Veterans and £1.00 for Juniors.

3. Entries close 15 minutes prior to the start of each event, or at the discretion of the Organiser. Provision is made for Club members to pre-enter. Race numbers will be allocated at sign on.
4. Starting order will be left to the discretion of the Organiser.
5. Awards.

Points will be awarded for each rider's placing in each event.

At the end of the Series each rider's placings will be aggregated and the rider with the lowest number of points will be the winner.

In the event of a tie on points in the overall series result, the winner will be the rider with the fastest aggregate time.

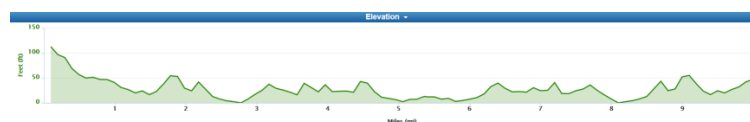
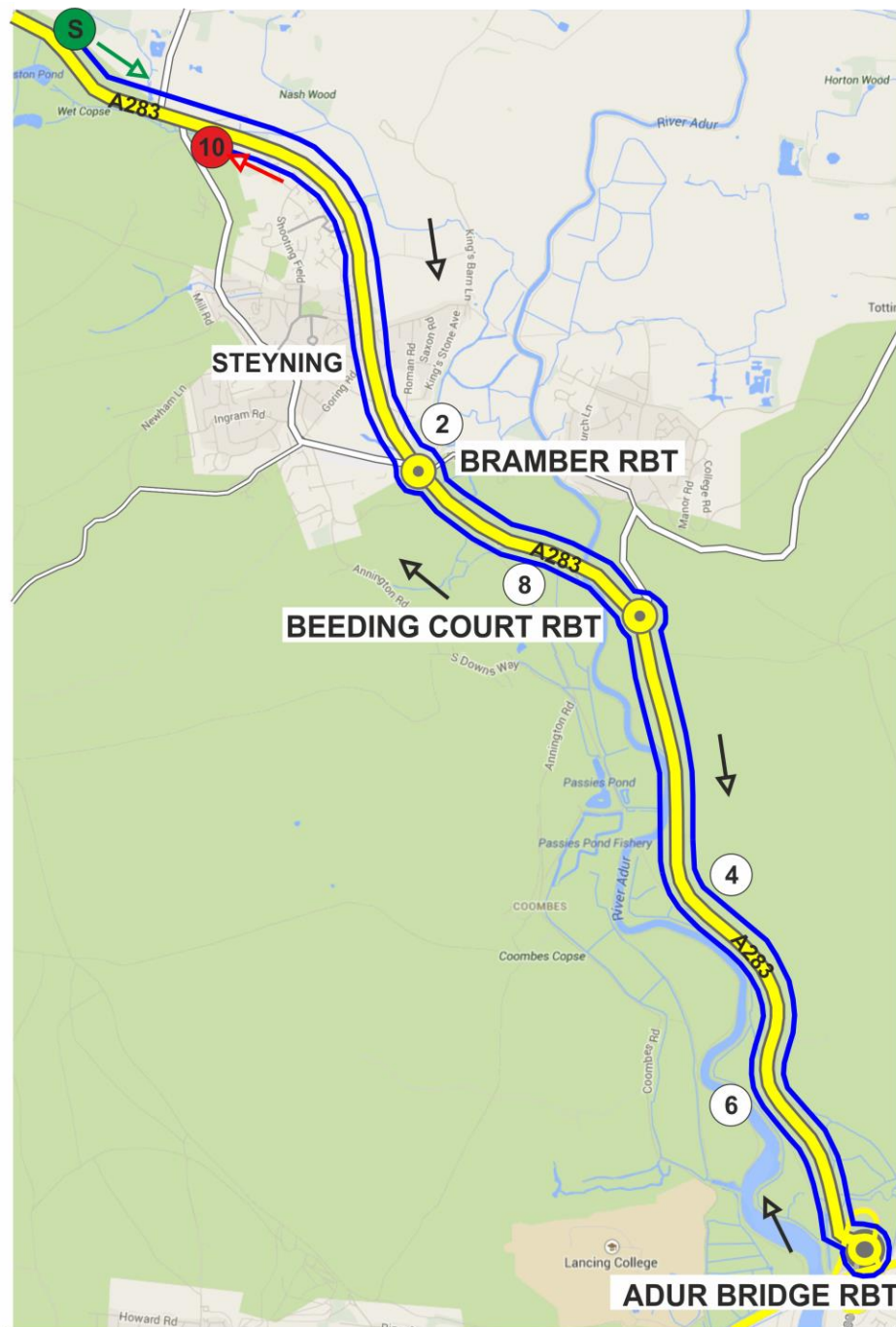
The award of the Evening Hill Climb Series trophy is made at the discretion of the General Committee.

There are no separate Veteran or Junior awards for these events.

SPORTING COURSES COMPETITION (SPOCO)

1. The following Club events count to the Competition:
The Ashurst Circuit
The Long Furlong,
The Pulborough Circuit
The Hardriders
The Hill Climb Series
The Club 25 Championship.
2. Points are awarded as follows:- 20 points for 1st, reduced by 1 point for each lower placing. If more than 20, all other finishers receive 1 point.
3. In the Hill Climb series, the points will be awarded for the series result, not the individual rides. A minimum of two of the three events must be completed to qualify for the series.
4. The SPOCO champion will be the rider with the highest number of points, irrespective of the number of events completed.

COURSE : G10/97 ALTERNATIVE WASHINGTON 10 MILE



COURSE DIRECTIONS – G10/97

MILES

START on A283 at yellow paint mark 39 yards east of centre of entrance to Hammes Farm (and Studio) and 0.52 miles west of junction with B2135

0.00

Proceed south-eastwards along A283 via Bramber Castle and Beeding Court RBTs to Adur Bridge RBT, Shoreham where turn (CHECK)

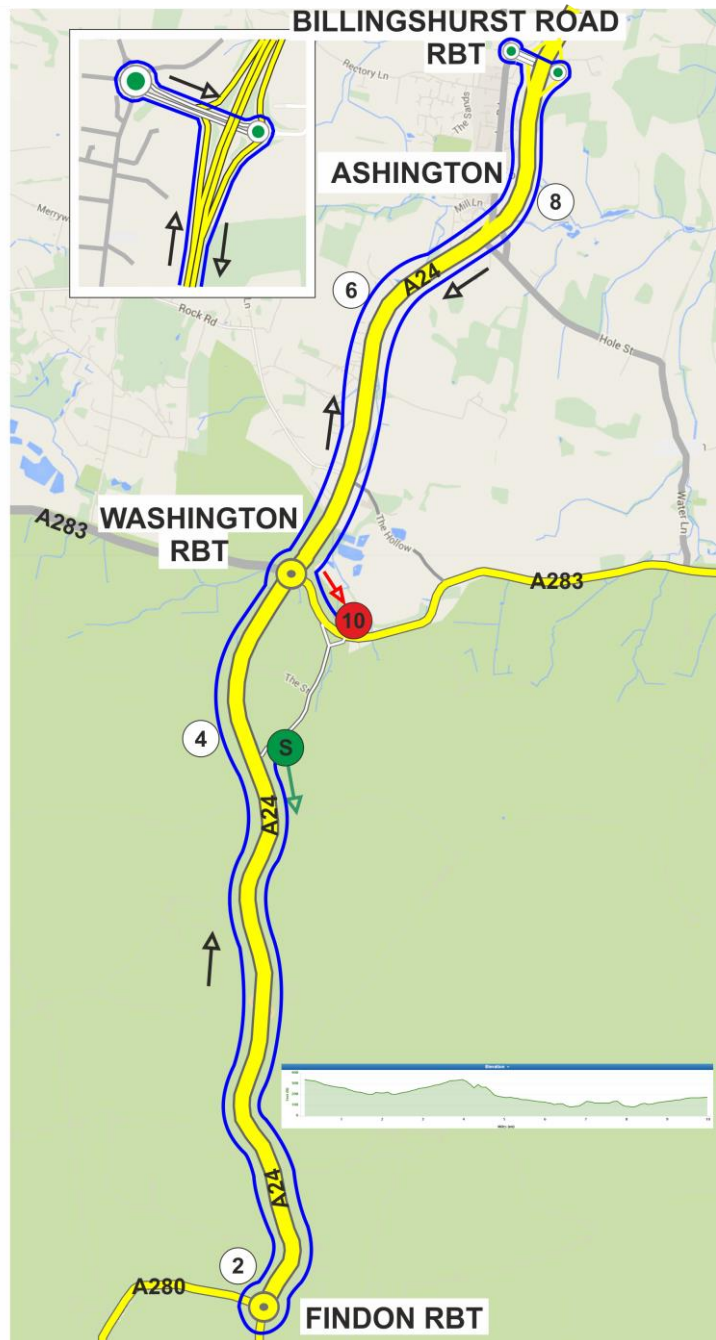
5.41

Take fourth exit to retrace on A283 via Beeding Court and Bramber Castle RBTs to FINISH at yellow paint mark 25 yards west of “Public Bridleway” sign and 271 yards before left turn into Steyning

10.00

Link to Garmin Connect version of the course map [G10/97](#)

COURSE : G10/98 WASHINGTON 10 MILE

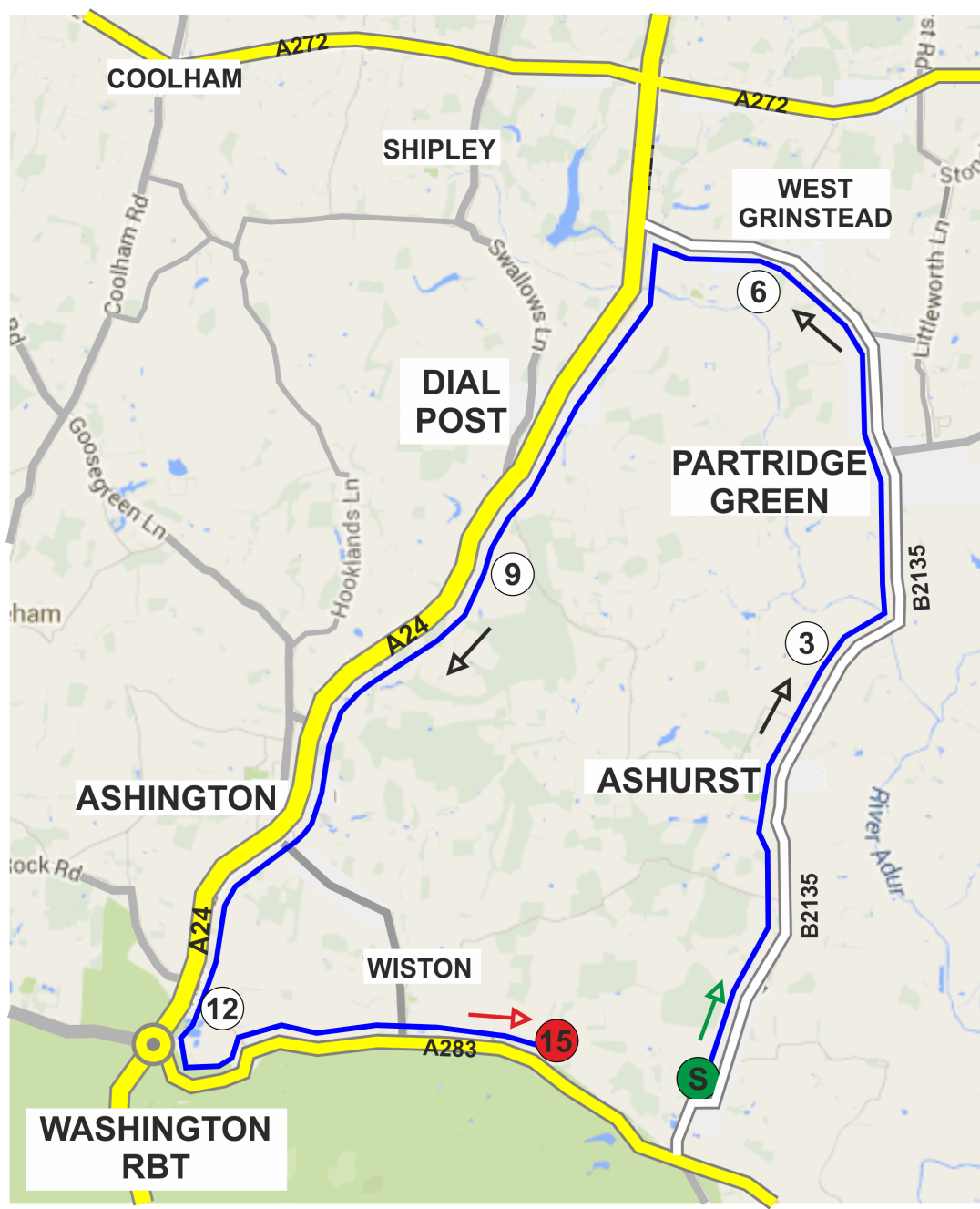


COURSE DIRECTIONS – G10/98	MILES
<u>START</u> at yellow line on kerb 11 yards before Turn Left sign and 41 yards before Give Way sign on old A24 at the top of Washington Bostal Hill	0.00
Turn LEFT and follow A24 southwards to Findon RBT (roundabout) where TURN (CHECK)	1.91
TURN 4th exit and retrace on A24 to Washington Roundabout	4.93
Straight on 2 nd exit and continue on A24 to Ashington Interchange. Bear LEFT down slip Road and LEFT again to Billingshurst Road RBT where TURN (CHECK)	7.29
4 th exit to retrace to Ashington Interchange. Straight on under A24 to RBT where RIGHT 3 rd exit to rejoin and follow A24 southbound to Washington RBT	9.73
LEFT 1 st exit and proceed on A283 to FINISH at third drain past London Road (first Right hand turning into Washington Village)	10.00

SAFETY : After the finish please **do not turn immediately right**, but continue straight on and then find a safe place to turn and retrace to the H.Q. **without repassing the timekeeper**.

Link to Garmin Connect version of the course map [G10/98](#)

COURSE : G15/93 STEYNING – WEST GRINSTEAD 15 MILE

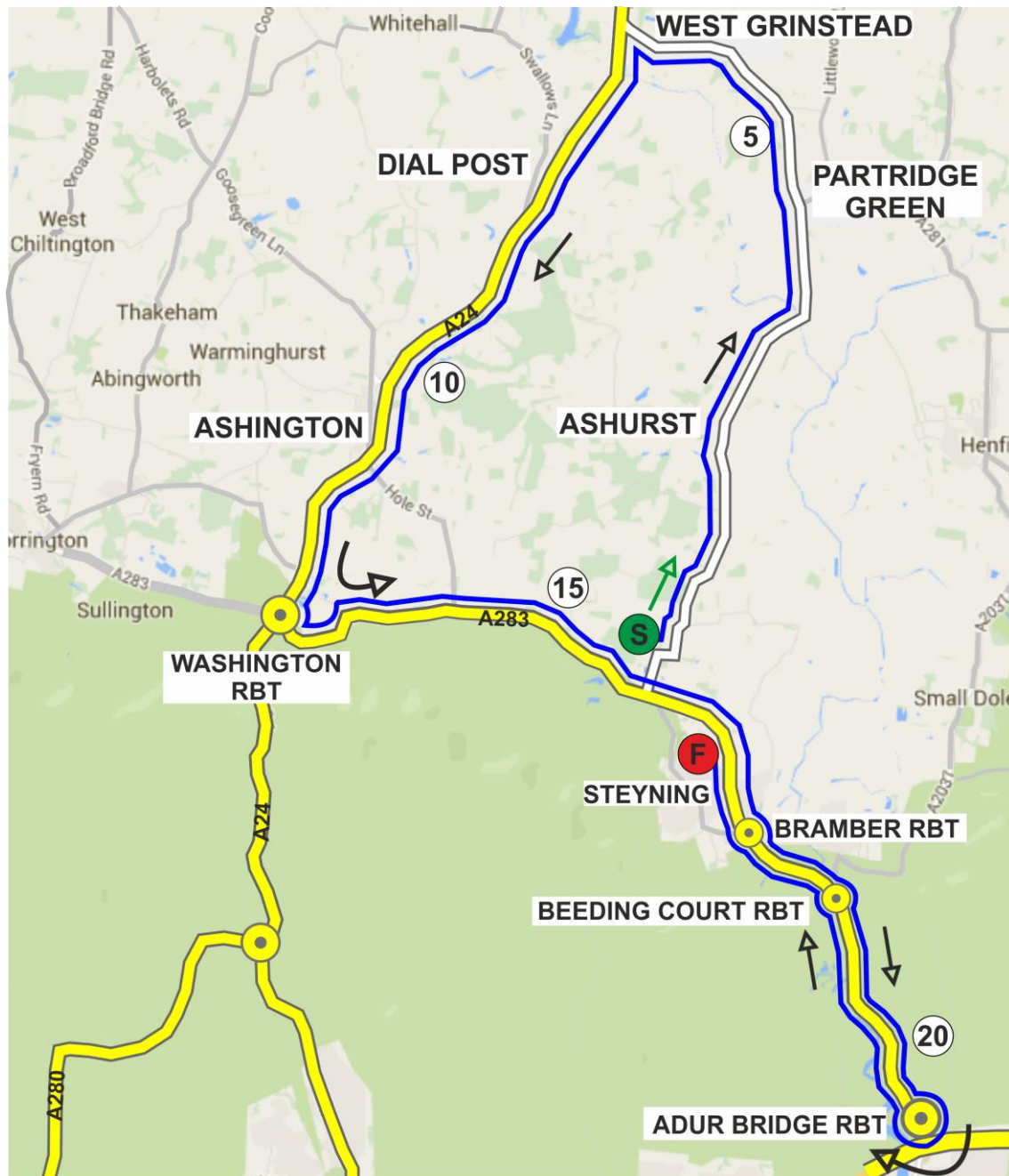


COURSE DIRECTIONS – G15/93

	MILES
START on B2135 at reflective marker pole in unclassified road, 10 yards south of Post Box and 0.40 mile north of G25/93 Start by Wappingthorn House. (Marker pole is the one nearest B2135 and has a little yellow paint.)	0.00
Proceed north on B2135 via Ashurst and Partridge Green to T junction with A24 at West Grinstead	6.31
LEFT and follow A24 south to Washington RBT (roundabout) (CHECK)	12.12
LEFT 1 st exit and follow A283 via Wiston crossroads to FINISH 0.15 mile (265 yards) before G10/97 Start, 226 yards west of entrance to Hammes Farm, at drain cover, marked in yellow	15.00

Link to Garmin Connect version of the course map [G15/93](#)

COURSE : G25/93 STEYNING - SHOREHAM 25 MILE

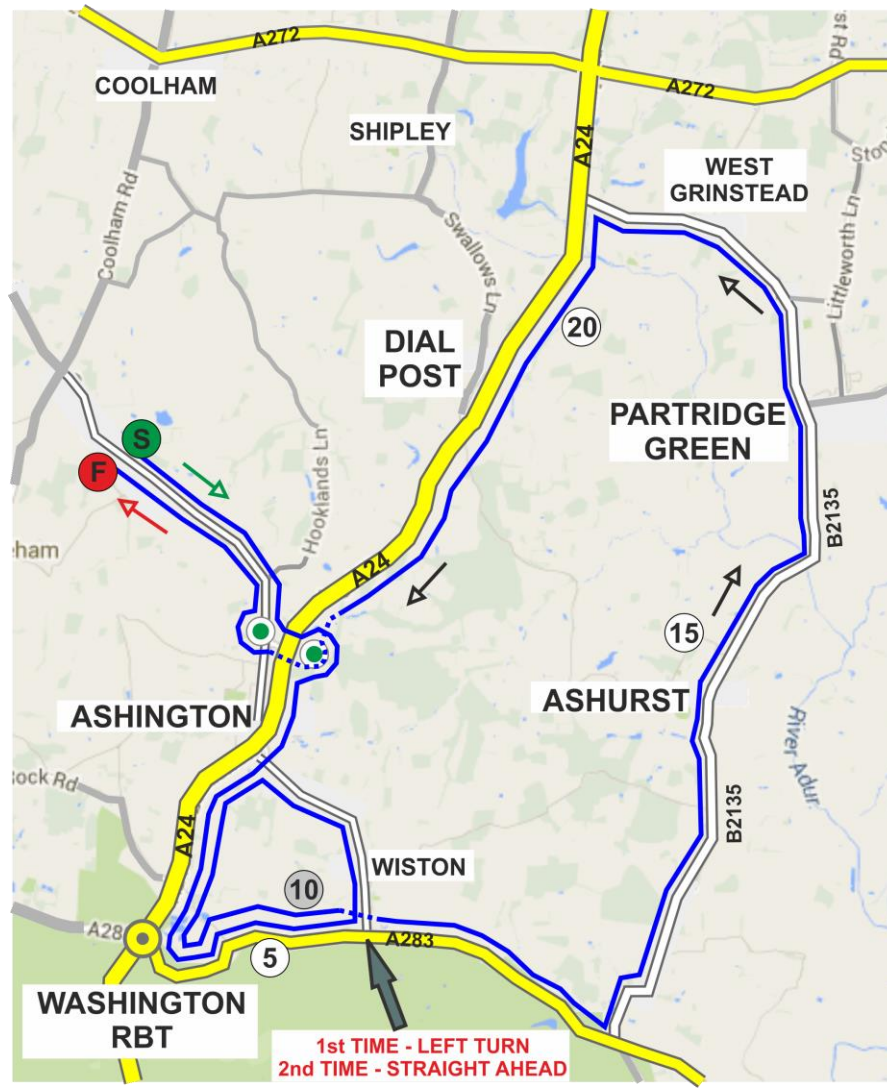


COURSE DIRECTIONS – G25/93

	MILES
START on B2135 near Steyning at first arrow sign just south of entrance to Wappingthorn Manor	0.00
Proceed northwards on B2135 via Ashurst and Partridge Green to T junction with A24 at West Grinstead	6.68
LEFT and follow A24 south to Washington RBT (roundabout) (CHECK)	12.56
LEFT 1 st exit and follow A283 via Bramber Castle and Beeding Court RBTs to Adur Bridge RBT, Shoreham, where TURN (CHECK)	20.98
4 th exit to retrace on A283 via Beeding Court and Bramber Castle RBTs to FINISH at paint mark on curb opposite TP3 approximately 25 yards before Canons Way	25.00

Link to Garmin Connect version of the course map [G25/93](#)

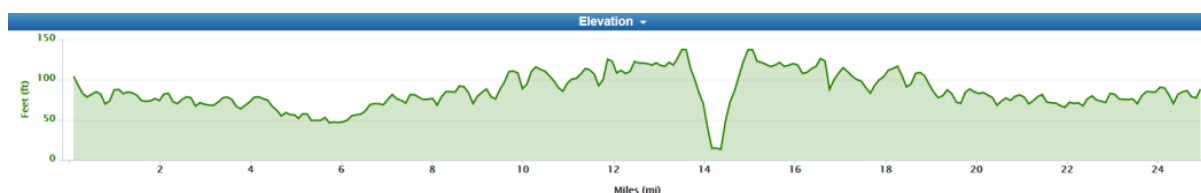
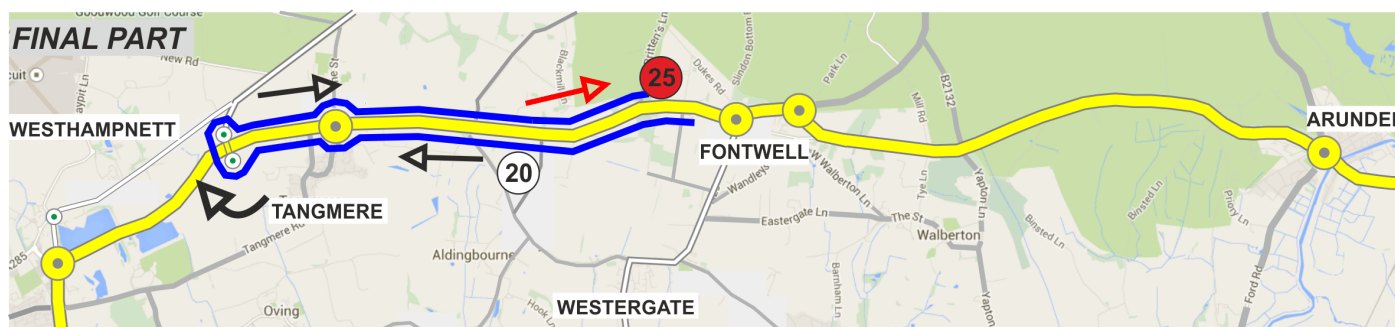
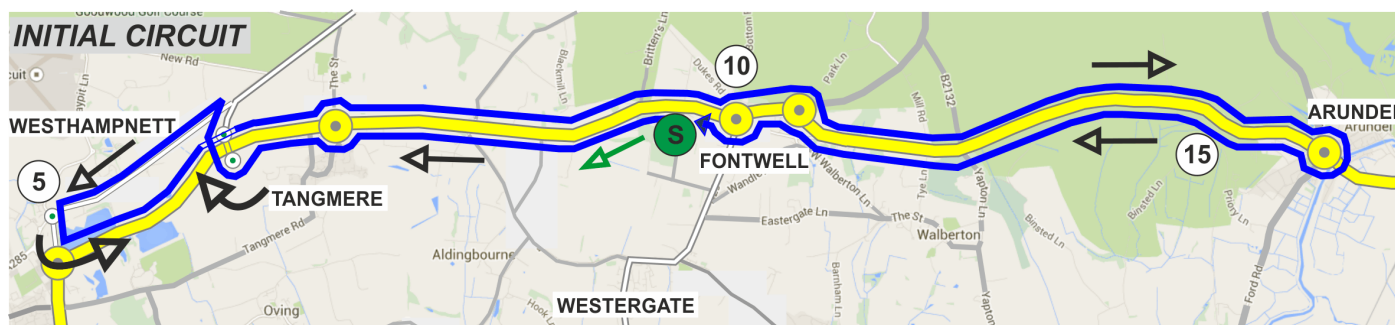
COURSE : G25/95 GOOSE GREEN - ASHURST 25 MILE



COURSE DIRECTIONS – G25/95	MILES
START on B2133 at southeastern side of entrance to Oak Farm at Goose Green	0.00
Proceed southeastwards along B2133 to Billingshurst RBT (roundabout) Ashington	1.61
Straight on 2 nd exit, under A24, to low level RBT at Ashington Interchange. RIGHT 3 rd exit to join A24 southbound to Washington RBT	4.03
LEFT 1 st exit and follow A283 to Water Lane/Chanctonbury Ring Road crossroads	5.71
LEFT along Water Lane to Wiston. Continue along Hole Street to fork, where LEFT to junction with A24	7.39
LEFT in acceleration lane to join A24 southbound to Washington RBT	8.83
LEFT 1 st exit and follow A283 to junction with B2135 at Steyning	12.39
LEFT on B2135 through Ashurst and Partridge Green to junction with A24 at West Grinstead	19.39
LEFT in acceleration lane to join A24 southbound. LEFT down slip road to lower level RBT at Ashington Interchange. RIGHT 3 rd exit under A24 to Billingshurst Road RBT	23.23
RIGHT 3 rd exit along B2133 to FINISH at southeast side of entrance to Northwood Forestry Ltd., 229 yards past the Start	25.00

Link to Garmin Connect version of the course map [G25/95](#)

COURSE : P901/25 FONTWELL 25 MILE

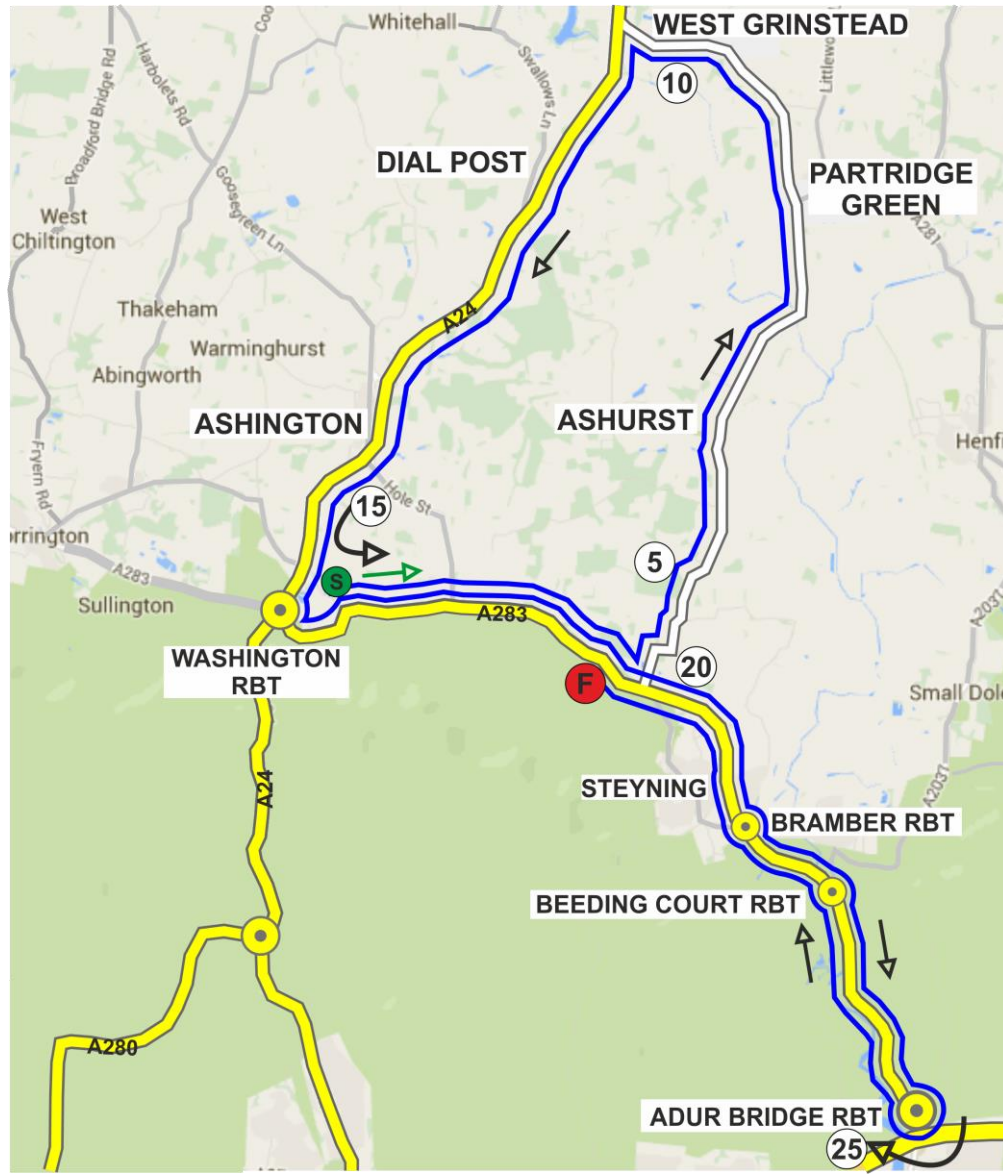


COURSE DIRECTIONS – P901/25

	MILES
START in Denmans Lane west of Fontwell Race Course at point 10 Yards north of GPO Pillar Box and 10 Yards south of junction with A27. Proceed to A27 and turn LEFT to join A27.	0.00
Proceed west along A27 to Tangmere RBT where straight across and continue on A27. Take slip road up Tangmere flyover on to A285 to south RBT.	3.12
Turn RIGHT on south RBT at top of slip road to cross the flyover and continue north on A285 for 500 yards to Temple Bar.	
Turn LEFT on to unclassified road (signposted Westhampnett Amenity Tip) to Westhampnett RBT. Take first exit on to old A27 and proceed to Portfield RBT.	
Take first exit on to A27 and proceed to Tangmere RBT where straight across to continue on A27 to RBT at western end of Fontwell bypass.	10.02
Take first exit to next RBT where take second exit to stay on A27 to RBT at western end of Arundel bypass where TURN .	
Retrace through Start to flyover at Tangmere to take slip road on to A285 to south RBT.	22.00
Turn RIGHT on south RBT at top of slip road to cross the flyover then turn RIGHT at the north RBT to rejoin the A27.	
Proceed east on A27 to Tangmere RBT where straight across to FINISH at east end of crash barrier on north side of road by entrance to field 220 yards east of Brittens Lane and approximately 270 yards short of the start.	25.00

Link to Garmin Connect version of the course map [P901/25](#)

COURSE : G30/91 STEYNING – SHOREHAM 30 MILE

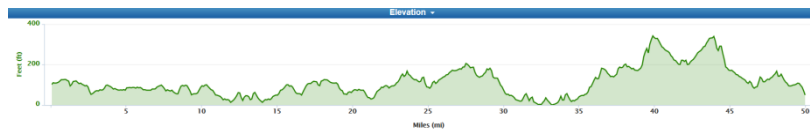
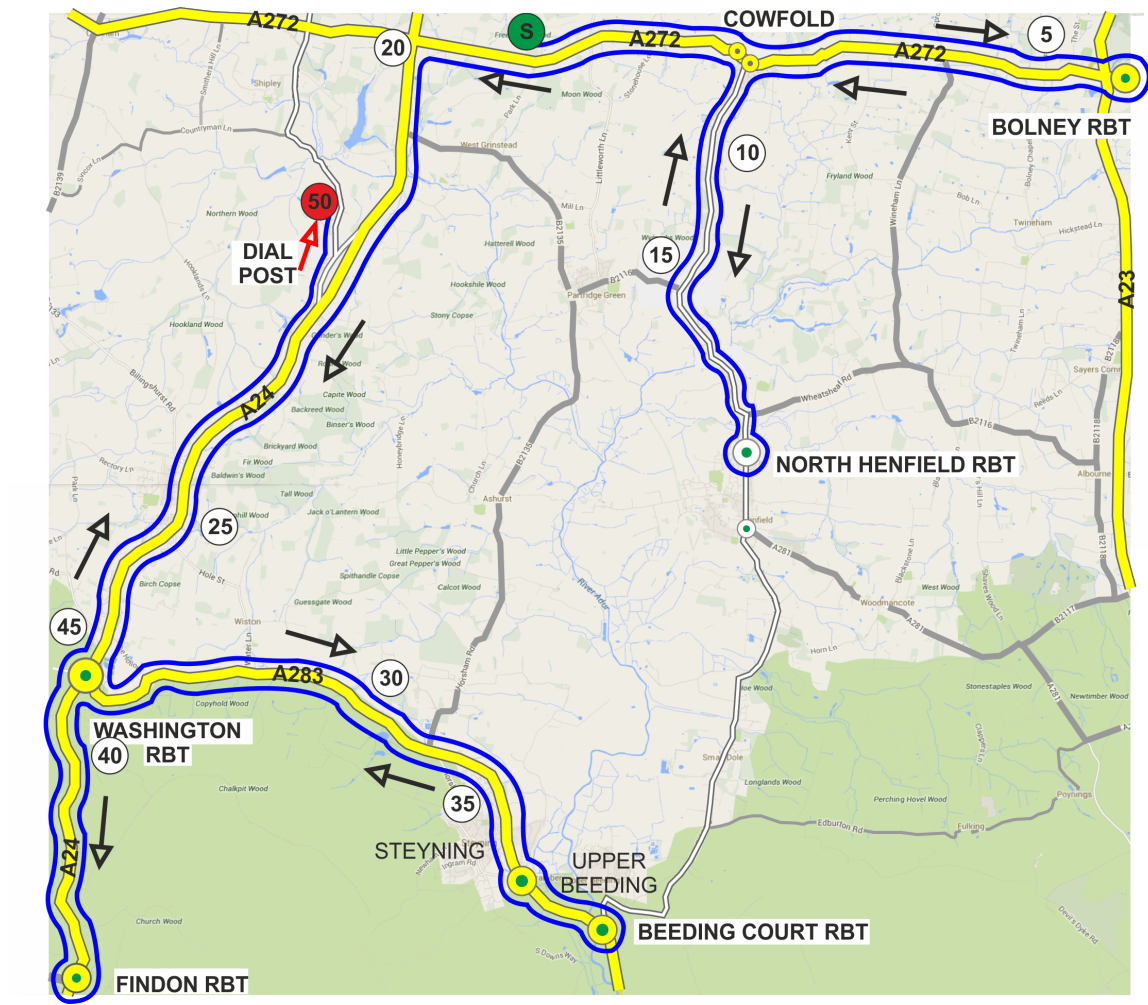


COURSE DIRECTIONS – G30/91

	MILES
START in Sandhill Lane, Washington, southeast of Washington RBT (roundabout) 5 yards north of A283 at northern edge of “Sandhill Lane” sign.	0.00
Join A283 and proceed eastwards along A283 to junction with B2135 at Steyning.	3.53
Turn RIGHT on south RBT at top of slip road to cross the flyover and continue north on A285 for 500 yards to Temple Bar.	10.55
LEFT into acceleration lane to join A24 south to Washington RBT	16.43
LEFT 1 st exit and follow A283 via Bramber Castle and Beeding Court RBT's to Adur Bridge, Shoreham, where TURN	24.85
4 th exit to retrace via Beeding Court and Bramber Castle RBT's to FINISH at a point 0.44 miles west of Horsham Road T junction (old A283), 0.06 miles west of yellow sign “Chanctonbury House” and opposite 2 foot high wooden pole with “Wildlife Verge” badge.	30.00

Link to Garmin Connect version of the course map [G30/91](#)

COURSE : G50/10 BUCK BARN – DIAL POST 50 MILE

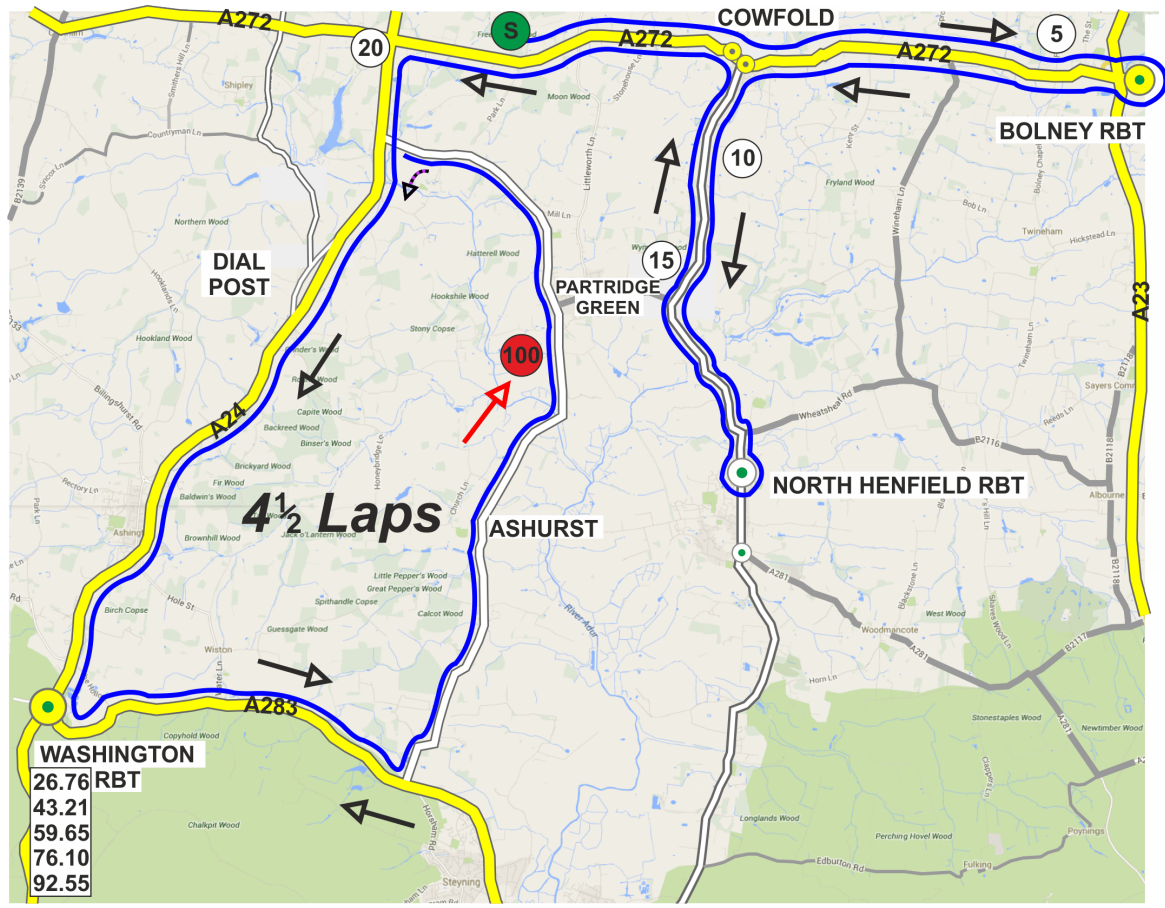


COURSE DIRECTIONS – G50/10

	MILES
START on A272 at raised manhole cover on grass verge approximately 50 yards west of entrance to The Orchard Restaurant at West Grinstead	0.00
Proceed east to twin RBT's (roundabouts) at Cowfold. RIGHT 2nd exit at first LEFT 1st exit at second. Continue on A272 to Bolney RBT where TURN (CHECK)	5.49
3rd exit to retrace to twin RBT's at Cowfold LEFT 1st exit at first and follow A281 to North Henfield RBT where TURN (CHECK)	12.93
3rd exit to retrace to twin RBT's at Cowfold. Straight on 1st exit at first and LEFT 1st exit at second and follow A272 to West Grinstead crossroads	20.07
LEFT in filter lane to join A24 and proceed south to Washington RBT	26.76
LEFT 1st exit and follow A283 to Bramber Castle RBT. Straight on 3rd exit to Beeding Court RBT where TURN (CHECK)	32.85
3rd exit to retrace to Bramber Castle RBT. 3rd exit and continue on A283 to Washington RBT	38.90
LEFT 1st exit and follow A24 to Findon RBT where TURN (CHECK)	41.94
4th exit to retrace to Washington RBT. Straight on 2nd exit and follow A24 to turn LEFT at southern entrance to Dial Post Village. LEFT into Swallows Lane to FINISH at tree on western side of farm gate opposite PP12150 past entrance to Swallows Farm	50.00

Link to Garmin Connect version of the course map [G50/10](#)

COURSE : G100/61 BUCK BARN – PARTRIDGE GREEN 100 MILE

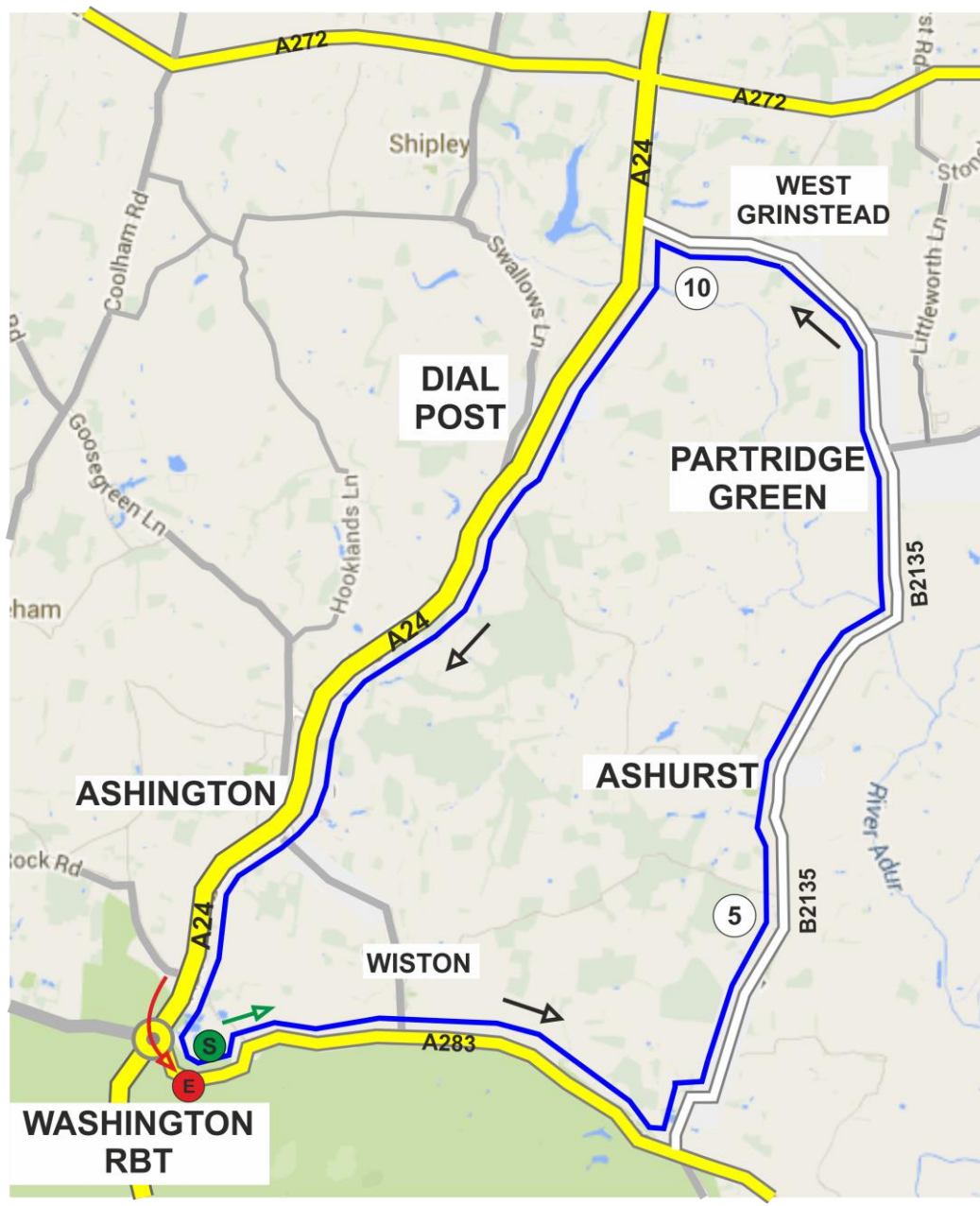


COURSE DIRECTIONS – G100/61

	MILES
<u>START</u> on A272 at raised manhole cover on grass verge approximately 50 yards west of entrance to The Orchard Restaurant at West Grinstead	0.00
Proceed east to twin RBT's (roundabouts) at Cowfold. RIGHT 2nd exit at first LEFT 1st exit at second. Continue on A272 to Bolney RBT where <u>TURN</u> (CHECK)	5.49
3rd exit to retrace to twin RBT's at Cowfold LEFT 1st exit at first and follow A281 to North Henfield RBT where <u>TURN</u> (CHECK)	12.93
3rd exit to retrace to twin RBT's at Cowfold. Straight on 1st exit at first and LEFT 1st exit at second and follow A272 to West Grinstead crossroads	20.07
LEFT in filter lane to join A24 and proceed south to Washington RBT to start 1 st circuit	26.76
LEFT 1 st exit and follow A283 to junction with B2135 at Steyning.	30.30
LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead	37.33
LEFT and follow A24 to complete first circuit at Washington RBT	43.21
Continue as before to complete 2 nd circuit at Washington RBT	59.65
Continue as before to complete 3 rd circuit at Washington RBT	76.10
Continue as before to complete 4 th circuit at Washington RBT	92.55
LEFT 1 st exit and follow A283 to junction with B2135 at Steyning.	96.09
LEFT and follow B2135 north past "The Fountain Inn", Ashurst to <u>FINISH</u> north of river Adur, Bines bridge, 23 yards north of electricity lines over road.	100.05

Link to Garmin Connect version of the course map [G100/61](#)

COURSE : GS/982 ASHURST 16.4 MILE



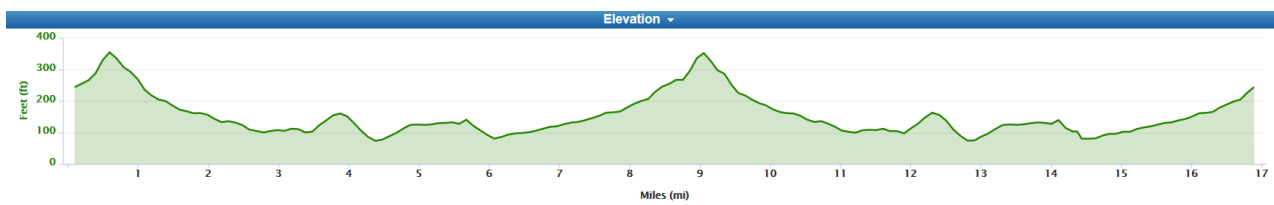
COURSE DIRECTIONS – GS/982

MILES

START in Sandhill Lane, Washington, southeast of Washington RBT (roundabout) 5 yards north of A283 at northern edge of "Sandhill Lane" sign.	0.00
Join A283 and proceed eastwards along A283 to junction with B2135 at Steyning	3.53
LEFT and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead	10.55
LEFT into acceleration lane to join A24 south to Washington RBT	16.43
LEFT 1 st exit and FINISH at the start point.	16.44

Link to Garmin Connect version of the course map [GS/982](#)

COURSE : GS/983 LONG FURLONG CIRCUIT 17.1 MILE

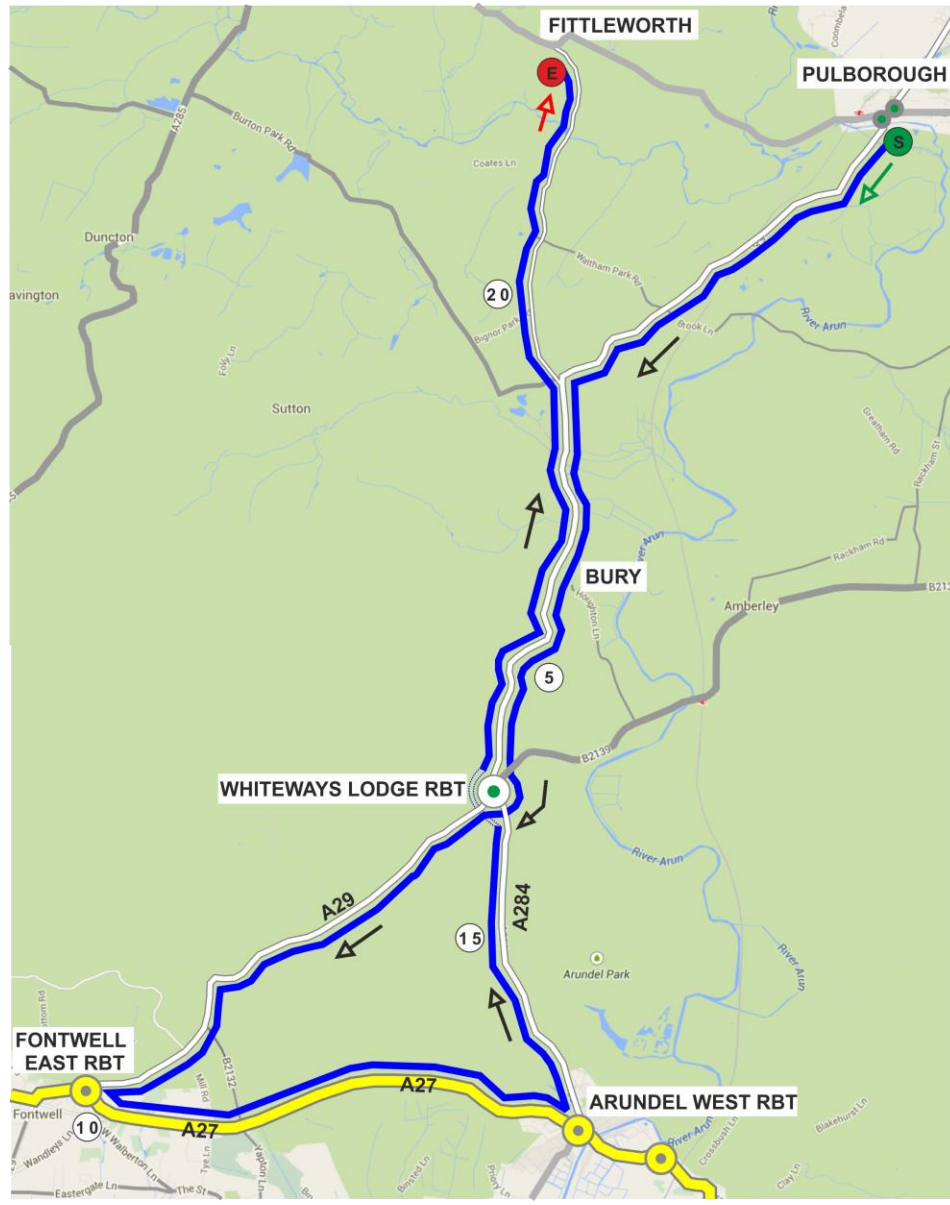


COURSE DIRECTIONS – GS/983

	MILES
START on A280 at lay-by, approximately 0.1 mile west of Findon RBT (roundabout).	0.00
Proceed west on A280 to RBT at north side of Patching Interchange	3.33
LEFT 1 st exit down slip road to join A27 eastbound. Follow A27 to Offington RBT	6.08
LEFT 1 st exit and follow A24 to Findon RBT	8.43
LEFT 1 st exit and follow A280 through starting point to complete first circuit	8.53
Continue on second circuit to FINISH at start point	17.06

Link to Garmin Connect version of the course map [GS/983](#)

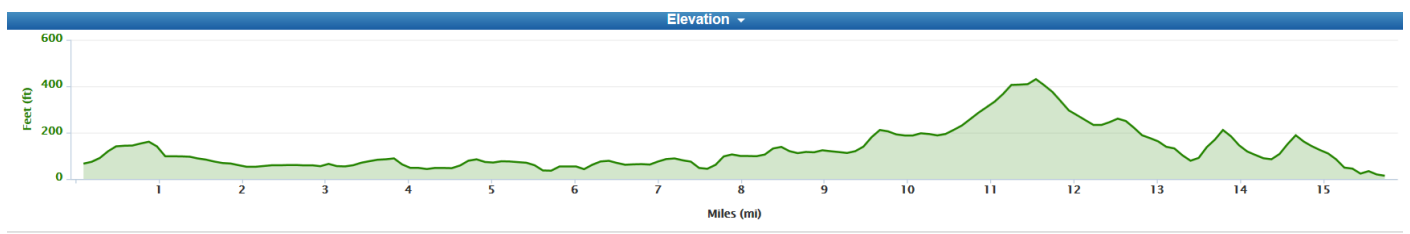
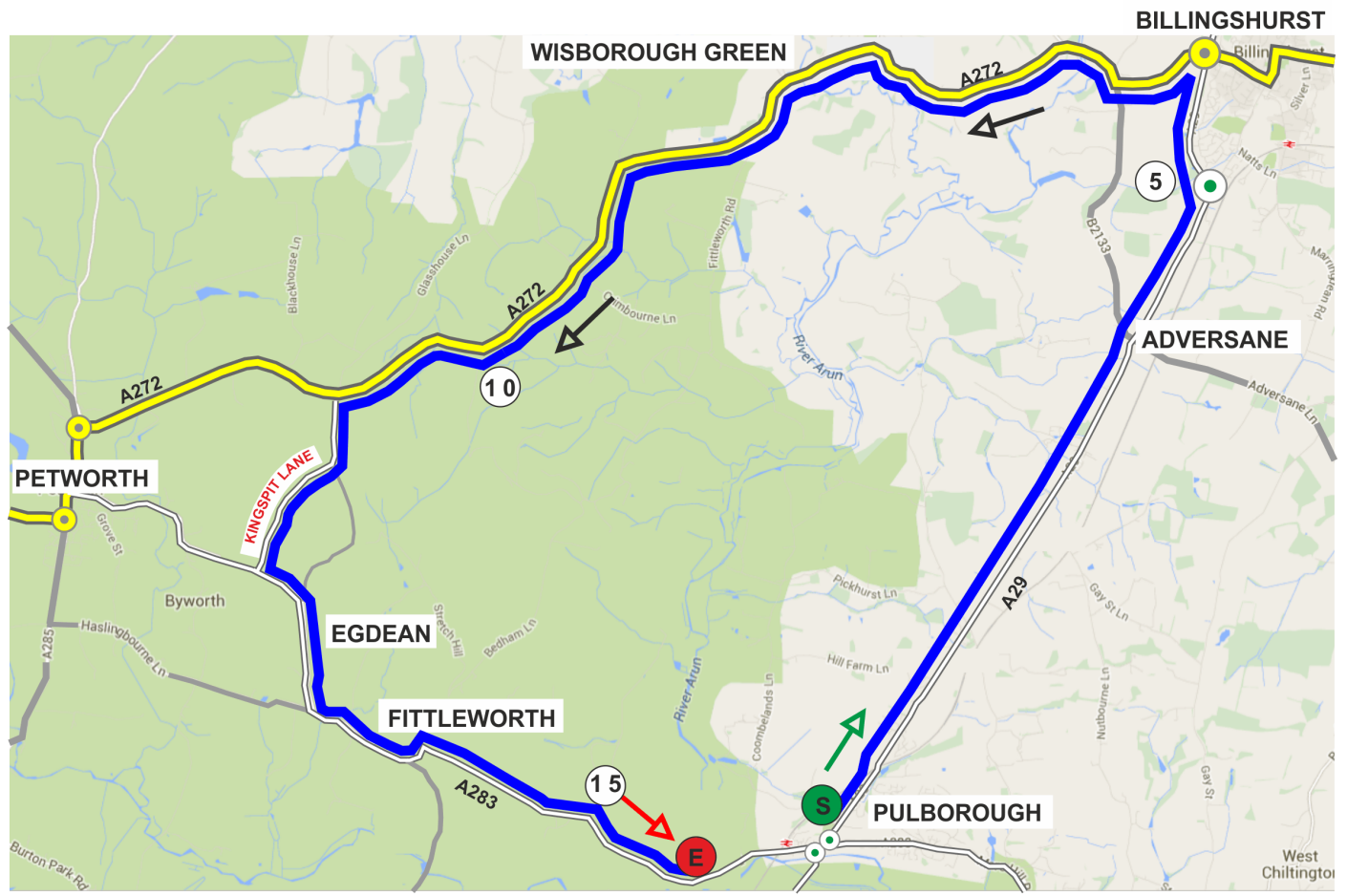
COURSE : GS/992 HARDRIDERS 21.93 MILE



COURSE DIRECTIONS – GS/992	MILES
START on A29 at entrance to field north of fourth bridge (over River Arun) south of A283 and 370 yards south of junction with A283 at Pulborough	0.00
Proceed southwest on A29 via Coldwaltham and Bury to climb up to Whiteways Lodge RBT	6.03
RIGHT 3 rd exit and continue on A29 to Fontwell East RBT (CHECK)	9.87
LEFT 1 st exit and follow A27 to Arundel West RBT	13.60
LEFT 1 st exit and follow A284 to Whiteways Lodge RBT (CHECK)	16.16
RIGHT 2 nd exit and follow A29 to junction with B2138	19.31
LEFT and Follow B2138 to FINISH on B2138, 100 yards before junction with A283 and in middle of lay-by at large tree on left opposite small 30mph sign on right	21.93

Link to Garmin Connect version of the course map [GS/992](#)

COURSE : GS/993 PULBOROUGH CIRCUIT 15.58 MILE

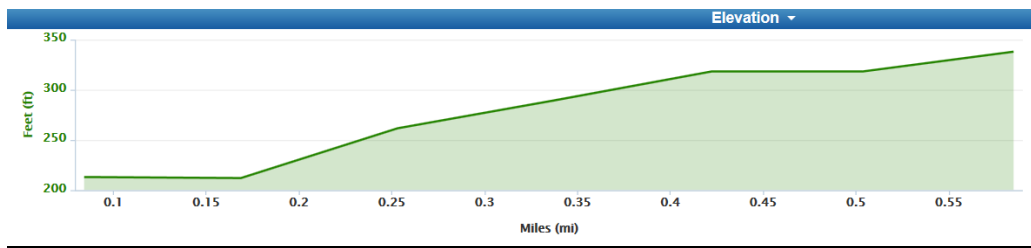
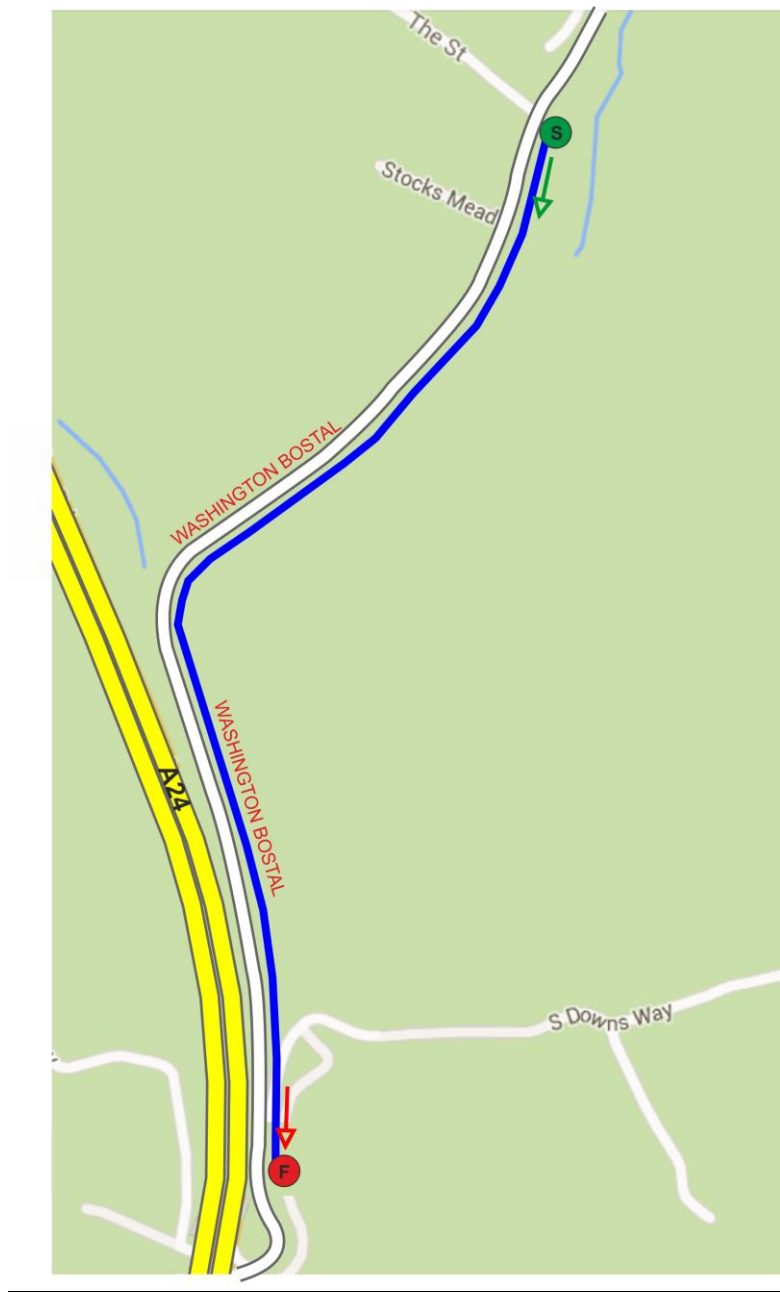


COURSE DIRECTIONS – GS/993

	MILES
START on A29 at northern end of small lay-by 67 yards north of traffic lights at Tesco Supermarket in Pulborough	0.00
Proceed northwards on A29 via Aversane to Parbrook RBT (roundabout) at southern end of Billingshurst by-pass	4.04
LEFT 1 st exit and follow Billingshurst by-pass to roundabout at junction with A272	4.85
LEFT and follow A272 through Wisborough Green to left fork at Foxhill (signposted) Fittleworth	11.02
Take LEFT fork and, after 133 yards, turn LEFT, follow this road, ignoring small Left fork , to T junction with A283 by The Well Diggers Arms	12.25
LEFT on A283 and continue via Egdean to T junction with road from Haslingbourne	13.19
LEFT and follow A283 to FINISH at eastern end of nursery adjacent to middle of old road on north side of A283, 0.81 miles before first of twin roundabouts at Pulborough	15.64

Link to Garmin Connect version of the course map [GS/993](#)

COURSE : GH/95 WASHINGTON BOSTAL HILL CLIMB



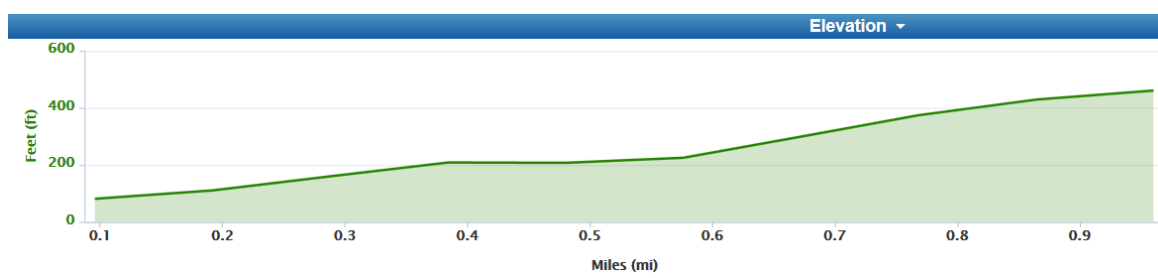
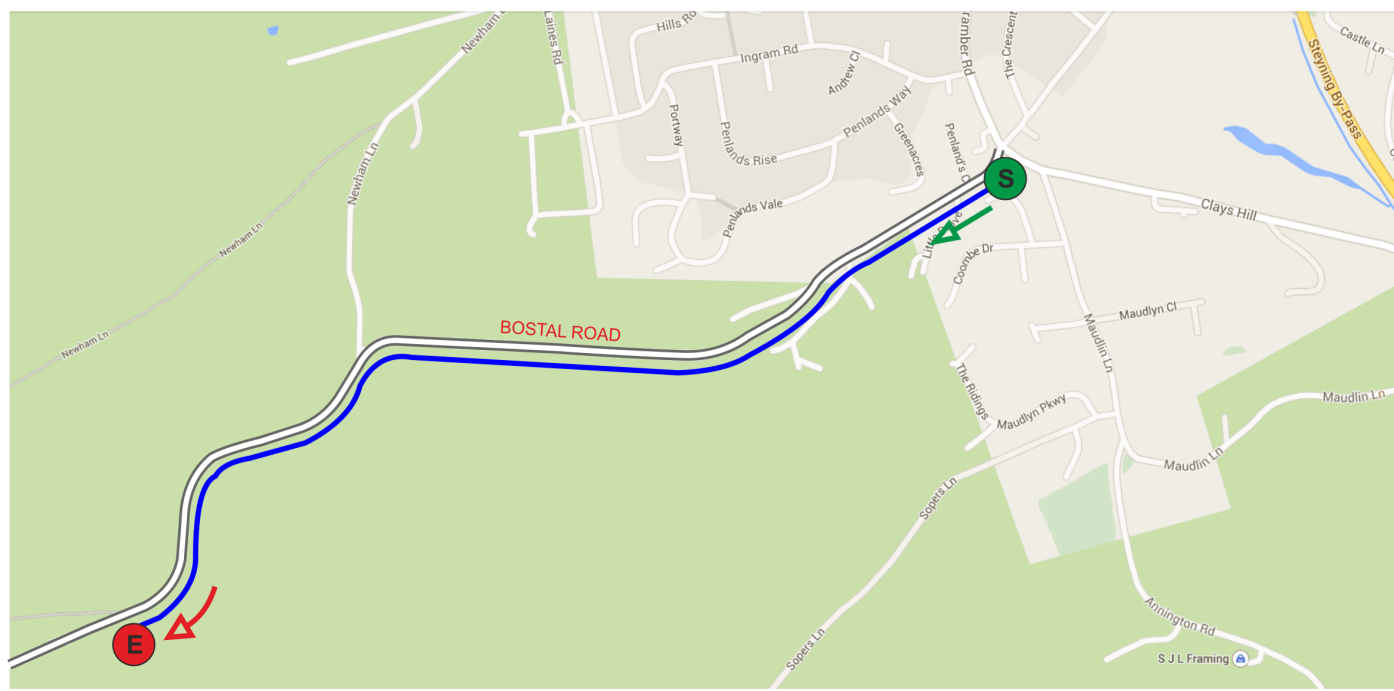
COURSE DIRECTIONS – GH/95

YARDS

START in Washington Bostal (old A24) adjacent to field gate and opposite Stocks Mead	0
Proceed in a southerly direction up Washington Bostal to FINISH at a point on the south side of exit from Elbourne House where it joins Washington Bostal and 107 yards before slip lane joins A24 Washington by-pass	939

Link to Garmin Connect version of the course map [GH/95](#)

COURSE : GH/92 STEYNING BOSTAL HILL CLIMB



COURSE DIRECTIONS – GH/92

YARDS

<u>START</u> in Bostal Road, Steyning, 42 yards west of junction with road leading from Bramber Castle RBT (roundabout) at chipped kerbstone 7 yards west of “Single Road with Passing Places” sign	0
Proceed up Bostal Road, past junction with Newham Lane, to <u>FINISH</u> at top of hill opposite South Downs Way wooden “Footpath” sign and 34 yards past “Steep Hill” sign for descending traffic	1704

Link to Garmin Connect version of the course map [GH/92](#)

WECC CLUB RECORDS

10 Mile			
Men	Guy Smith	2015	20:34
Women	Karen McGrath	2016	24:30
Junior	Nick Lelliott	1969	21:20
Schoolboys	Marvin Lucas	1988	22:45
Tricycle	Mick Mansell	1987	25:07
Tandem	Mike Gibbs / S. Gibbs	1987	21:05
Team	Guy Smith / Simon Atkinson / Mike O’Gorman	18/6/2015	1:04:08
	Guy Smith / Mike O’Gorman / Mark Newnham	2/7/2015	1:04:08
15 Mile			
Junior	Paul Toppin	1979	35:54
Women	Karen McGrath	2016	41:23
25 Mile			
Men	Jeremy Wootton	2011	52:41
Women	Jan Scotchford	1992	1:06:52
Junior	Colin Toppin	1991	55:00
Tricycle	John Mansell	1966	1:04:40
Tandem	M.Gibbs / S. Gibbs	1987	54:12
Team	Pete Danckwardt / Andy Smith / Paul Toppin	1986	2:48:46
30 Mile			
Men	Richard Shipton	1991	1:06:09
Women	Karen McGrath	2016	1:23:34
Tricycle	John Mansell	1964	1:20:51
Tandem	Mick Venner / M. Ford-Dunn	1962	1:04:15
Team	Richard Shipton / Paul Toppin / Colin Miller	1992	3:33:09
50 Mile			
Men	Richard Shipton	1991	1:47:22
Women	Jan Scotchford	1992	2:12:30
Tricycle	Mick Mansell	1987	2:13:16
Team	Paul Toppin / Richard Shipton / Jeremy Wootton	1992	5:53:32
100 Mile			
Men	Andy Smith	1987	4:08:55
Women	Christine Barnett	1985	5:10:46
Tricycle	John Mansell	1964	4:46:38
Tandem	Mike Poland / Tom Lednor	1964	4:27:52
Team	Paul Toppin / Chris Bacon / Andy Lock	1994	12:49:58
12 Hours			
Men	Steven Trott	2002	272.291
Women	M. Beeston	1962	202.39
Tricycle	John Mansell	1966	221.31
Team	Dave Funnell / Don Lock / John Mansell	1964	729.98
24 Hours			
Men	Don Lock	1971	428.54

2016 WECC TROPHY WINNERS

Mens B.A.R Cup	Mens B.A.R	Mike O'Gorman	25.48 mph
John Antram Trophy	Veterans B.A.R	Mike O'Gorman	+6.01 mph
BS Weir & TA Lednor	Ladies B.A.R	Nicole Patterson-Lett	22.01 mph
F. Collins Cup	Junior B.A.R	n/a	
T.A. Durant Cup	Championship Points Cup	Mike O'Gorman	111 pts
Vets Points Cup	Veterans Championship Points Cup	Mike O'Gorman	118 pts
J.A. Mason Cup	100 miles Champion	Mike O'Gorman	4:23:03
B. Welch Cup	50 miles Champion	Mike O'Gorman	2:03:35
Pressley Cup	30 miles Champion	John McGrath	1:10:35
Bennett Cup	25 miles Champion	Dom Maxwell	59:11
15 Mile Cup	15 miles Champion	Dom Maxwell	34:58
15 Mile Shield	15 miles Junior Champion	n/a	
A.J. Barrett Cup	Hill Climb Champion	Chris Putnam	5:17.1
Hill Cup	10m Series	John McGrath	
Vets 10 Mile Cup	10m Series (Fastest Veteran on Std)	Mike O'Gorman	+6.01 mph
Ladies 10 Mile Cup	10m Series (Lady)	Karen McGrath	
Junior 10 Mile Cup	10m Series (Junior)	Schaeff Potter	
	Evening Hill Climb Series	Schaeff Potter	
Alan Matthews Trophy	SPOCO Competition	Rick Hughes	97 pts
Richard Shipton Cup	Shipton Cup Fastest 50m	Trevor Leeding	1:55:28
John Clapshaw Cup	25 miles Handicap	Chris Putnam	
Young Cup	Hardriders	John McGrath	58:27
Vic Cowan Trophy	Most Improved Rider	Chris Putnam	+2.98 mph
	Club Runs Attendance	Robert Downham	81 pts
Tourist Trophy	Tourist Trophy	Mike Irons	
Audax Trophy	Audax Trophy	Neil Crowther	539 miles
	Senior Road Race Trophy	Dom Maxwell	
	Junior Road Race Trophy	Schaeff Potter	
E. Meredith Tankard	Club Person of the Year	Mike O'Gorman	

2016 SUSSEX CA & SCCU AWARDS



TEAM AWARDS - SUSSEX CA

100 Mile Champions	Mike O'Gorman / Martin Booker / Nicole Patterson-Lett
30 Mile Champions	John McGrath / Trevor Leeding / Mike O'Gorman
15 Mile Champions	Dom Maxwell / John McGrath / Mike O'Gorman (***)
Hill Climb Champions	Chris Putnam / John McGrath / Mike O'Gorman
SPOCO Champions	Mike O'Gorman / Martin Booker / Ian Cheesman
B.A.R. (Short) Champions	Mike O'Gorman / Martin Booker / Rick Hughes
Vets B.A.R. (Short) Champions	Mike O'Gorman / Martin Booker / Rick Hughes (***)
Vets B.A.R. (Middle) Champions	Mike O'Gorman / Rick Hughes / Ian Cheesman (***)
2 nd Place Championship Points	Mike O'Gorman / Rick Hughes / Martin Booker

INDIVIDUAL AWARDS – SUSSEX CA

Mike O'Gorman	Vets Champion - B.A.R. (Long) (***) Vets Champion - B.A.R. (Medium) (***) Vets Champion - B.A.R. (Short) Vets Champion - 10 / 25 / 30 / 50 (***) / 100 Miles (***)
John McGrath	Vets Champion – Hill Climb

(***) denotes New SCA Record



TEAM AWARDS – SOUTHERN COUNTIES CU

100 Mile Champions	Mike O'Gorman / Martin Booker / Nicole Patterson-Lett
B.A.R. Champions	Mike O'Gorman / Martin Booker / Nicole Patterson-Lett

INDIVIDUAL AWARDS – SOUTHERN COUNTIES CU

Mike O'Gorman	Vets B.A.R. Champion - B.A.R.
---------------	-------------------------------