

# **WORTHING EXCELSIOR CYCLING CLUB**

*FOUNDED 1887*



## **EVENTS And COURSE DETAILS 2019**

Prepared By: Mike O'Gorman

# **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**

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 2019**

DAY	DATE	EVENT	COURSE	START
Sun	10-03-19	Ashurst 16.4 Mile	GS/982	8:00
Sun	17-03-19	10 Mile Handicap	G10/98	8:00
Sun	15-09-19	Clonmore Trophy (Inter-club)	P901/25	7:00

**EVENING 10 MILE SERIES (THE DON LOCK MEMORIAL SERIES)**

Thur	Thursday 2nd May 2019 through to Thursday 1st August 2019	14 events	G10/98 *	19:15
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\* 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.

**EVENING HILL CLIMB SERIES**

Thur	Thursday 8th August 2019 through to Thursday 22nd August 2019	3 events	GH/95	19:00
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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) :

Spencer Kirkham     [clubevents@worthingexcelsior.co.uk](mailto:clubevents@worthingexcelsior.co.uk)

Events Secretary (Weekend events) :

Chris Putnam     [chris.putnam@btinternet.com](mailto:chris.putnam@btinternet.com)

**WORTHING EXCELSIOR CYCLING CLUB**  
**TIME TRIAL OPEN EVENTS PROGRAMME 2019**

DAY	DATE	EVENT	COURSE	START
Sun	03-03-19	Sussex CA Hard Riders 25M - Incorporating Club Hard Riders	GS/195	8:30
Sun	05-05-19	Sussex CA 25M - Incorporating Club 25 Mile Championship	G25/93	6:30
Sun	12-05-19	Club Open 25 Mile (Ray Douglass Memorial)	G25/93	6:30
Sat	15-06-19	Sussex CA 15M - Incorporating Club 15 Mile Senior & Junior Championships	G15/93	7:00
Sun	30-06-19	Sussex CA 50M - Incorporating Club 50 Mile Championship	G50/10	6:00
Sun	21-07-19	SCCU 100M - Incorporating Club 100 Mile Championship	G100/61	6:00
Sun	28-07-19	Sussex CA 30M - Incorporating Club 30 Mile Championship	G30/91	7:00
Sat	24-08-19	Sussex CA Sporting 10 – Incorporating Club SPOCO 10	G10/45	10:00
Mon	26-08-19	Sussex CA Sporting 25 – Incorporating Club SPOCO 25	G25/49	10:00
Sat	28-09-19	Sussex CA Hill Climb - Incorporating Club Hill Climb Championship	GH/92	10:00

*For details of Club Events contact Event Secretary (or CTT)*

*For details of the Open 25 contact Claire Booker*

NB: The SCA Hard Riders, SCA Sporting 10 and SCA Sporting 25 are each listed on the CTT site as two separate events (one time trial and one road bikes). However these will each be treated as a combined event for competition purposes and for SPOCO calculations.

**AUDAX WORTHING WINTER WARMER**

DAY	DATE	START LOCATION	DISTANCE	START
Sat	09-02-19	Dial Post	107K	9:00

*For details contact Joan Lennon – [joan.lennon@gmail.com](mailto:joan.lennon@gmail.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](http://WorthingExcelsior.co.uk)*

*For details contact Tony Palmer – [tony.wecc@virginmedia.com](mailto: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](http://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 [glyn@surreyleague.co.uk](mailto:glyn@surreyleague.co.uk)

### **LEWES WANDERERS EVENING CIRCUIT CRITERIUM SERIES**

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

Contact: Bob Evans - Tel: 07904 678566 [bob.evans100@gmail.com](mailto: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 [goodwoodgallops@btinternet.com](mailto:goodwoodgallops@btinternet.com)

### **LEAGUE OF VETERAN RACING CYCLISTS**

The League of Veteran Racing Cyclists is for female and male racers who are at least 40 years of age. In the LVRC you are welcome to compete in an older age group than your calendar age indicates; you can move up to your actual age-group as fitness builds.

Details: <http://www.lvrc.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 January 1<sup>st</sup> until October 1<sup>st</sup>.
4. The Club Road Secretary shall be responsible for collating the information from the British Cycling rankings tables.
5. Any rider who gains a category upgrade during the qualifying period shall contact the Club Road secretary to ensure that the points gained for the upgrade are recorded towards the season total.

For further details contact: Dominic Maxwell : [dominic.maxwell@icloud.com](mailto:dominic.maxwell@icloud.com)

## **CLUB RACING RULES (TRACK RACING)**

1. The Club Senior Track Trophy shall be awarded to the Club Senior member who finishes in the highest overall position in the Sussex Track League promoted by the Sussex Cycle Racing League at Preston Park Cycle Track, Brighton.
2. The Sussex Track League runs from mid-April until mid-August.
3. The Club Track Secretary shall be responsible for collating the information from the Sussex Cycle Racing League

For further details: [Sussex Cycle Racing League](#)

## **CLUB RACING RULES (TIME TRIALS)**

1. The Racing Season will be of 12 months ending 31<sup>st</sup> 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. A 'Club Championship event' is defined as any event that is designated by the General Committee in competitions at standard distances of 10/15/25/50/100 miles or standard times of 12/24 hours and the Club Hill Climb.
5. **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.
6. **The Club Best All Rounder Competition (Women)** will run under the same conditions as the Men, except that the winners will have the best average speed over two 10mile and two 25 mile events.
7. **The Club Best All Rounder Competition (Juniors)** will run under the same conditions as the Men, except that the winners will have the best average speed over two 10mile and two 25 mile events.
8. **The Club Veterans Best All Rounder Competition** will be won by the rider who has the highest plus average speed on the Veteran Time Trials Association (VTTA) standard times over distances of 10, 25 and 50 miles during the racing season, in club, semi-open and open events.
9. **Championship Points Cup Competition** The Points Competition will be won by the rider with the highest number of points gained in all Club Championship events throughout the season. 20 points will be awarded to the first place on scratch and decreasing by 1 point for each lower placing down to a single point for 20<sup>th</sup> place.
10. **The Points Competition (Veterans)** will be won by the rider with the highest points gained in all Club Championship events throughout the season. 20 points will be awarded to the first place on VTTA standard and decreasing by 1 point for each lower placing to a single point for 20<sup>th</sup> place.

- 11. 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 mile or 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 during that qualifying period. All times are to be certifiable by the rider.
- 12. Awards for events.** An award will be made to the first three riders on scratch in each Club event.
- An award will be made to the first three riders on handicap in each Club event.
- An award will be made to the first Junior on scratch in each Club event.
- A rider may take more than one award in each event..
- The award for Club events for both fastest rider and handicap will be a medal or, in the case of more than one award, an engraved plaque.
- 13. 12 Hour/24 Hour events.** 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.
- 14. Alternative events.** 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.
- 15. 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.
- 16. Entry Fees and Awards:** All entry fees for Club events (excluding the Evening 10 'Don Lock Series') will be as designated at the Annual General meeting.

## **17. Club Records**

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

A medal will be awarded for a record broken in competition at the 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 with 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 **(17c)**, but at distances of 10 and 25 miles.

- 18. Entry forms.** Entries for Club events - excluding the Evening 10 mile series and the Evening Hill Climb series - must be submitted on CTT entry forms and submitted to the event promoter by the Tuesday prior to the event. Late entries may be accepted if the entrant informs the promoter prior to issuing the Order of Start. Entries taken on the day of the event will be deemed a 'private time trial' and will not count for any award.
- 19. Private Time Trials.** Private time trials will not qualify for any awards, and will not be recognised by the Club for any purpose except for handicapping.
- 20. Number of entrants.** 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 Worthing Excelsior Cycling Club.
- 21. Trophies.** All Club trophies are perpetual.
- 22. 10 mile Evening Time Trials.** 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.
- 23. Rear lights.** Every rider engaged in any Club time trial shall start with a working and illuminated red light fitted to the rear of their cycle.

## **CLUB RACING RULES (10 MILE EVENING TIME TRIALS)**

### **'THE DON LOCK SERIES'**

1. A series of at least **ten** 10 mile evening time trials to be promoted annually.
2. Entry Fee to be at the discretion of the General Committee.
3. Entries close 15 minutes prior to the start of each event, or at the discretion of the Organiser.
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.

The rider's **six** best placings to 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 **six** qualifying rides.

Awards are made at the discretion of the General Committee.

6. The Veterans' award will be based on the **six** 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 in their two best events 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 in those two events.

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 Hill Climb Series

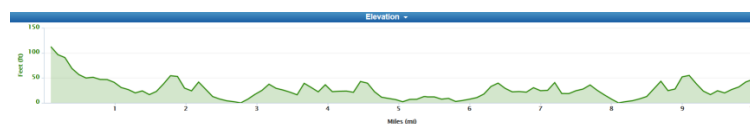
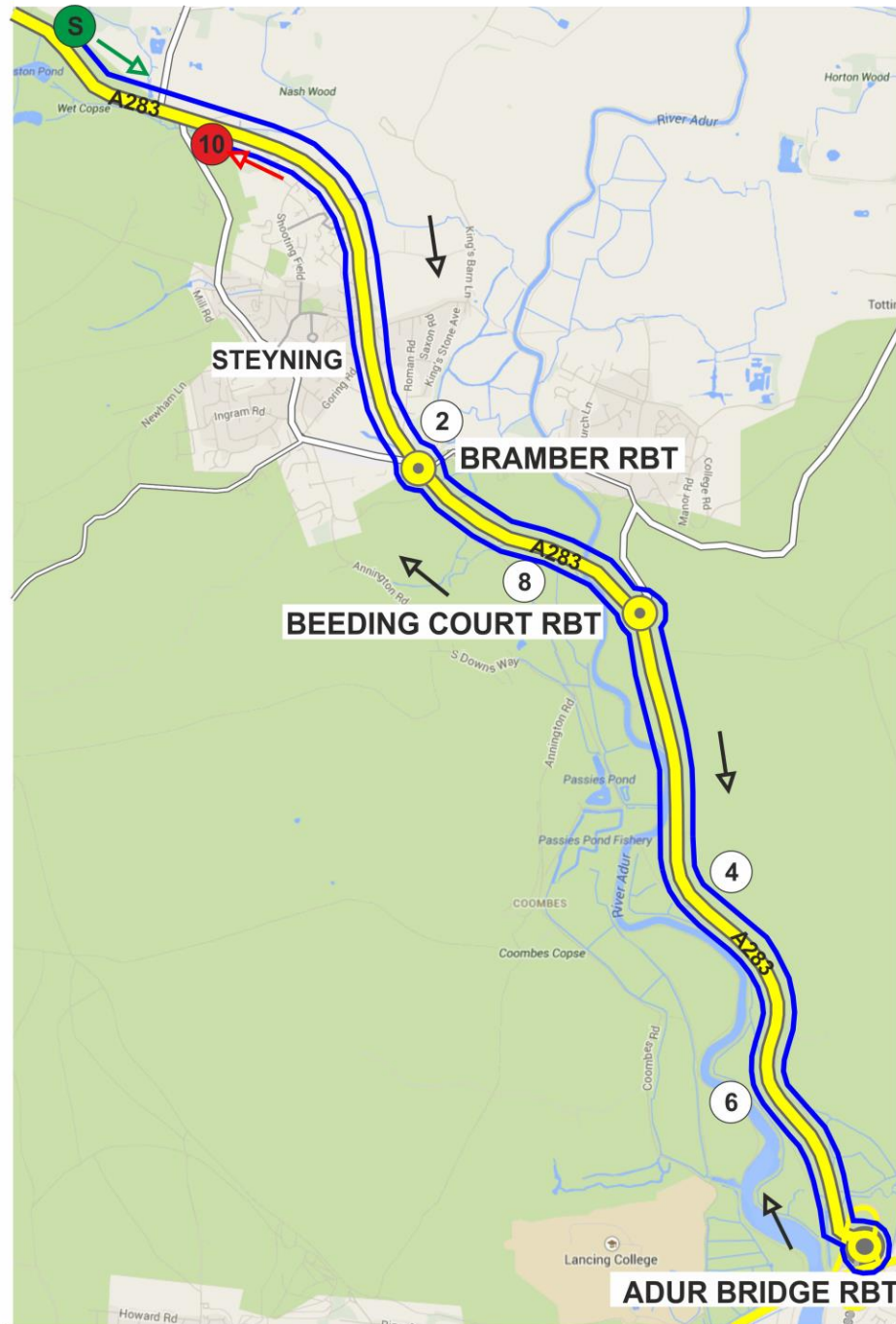
The Hardriders (within SCA Hardriders - combined TT/road bikes)

The Club SPOCO 10 (within SCA Sporting 10 - combined TT/road bikes)

The Club SPOCO 25 (within SCA Sporting 25 - combined TT/road bikes)

2. Points are awarded as follows:- 20 points for 1<sup>st</sup>, 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

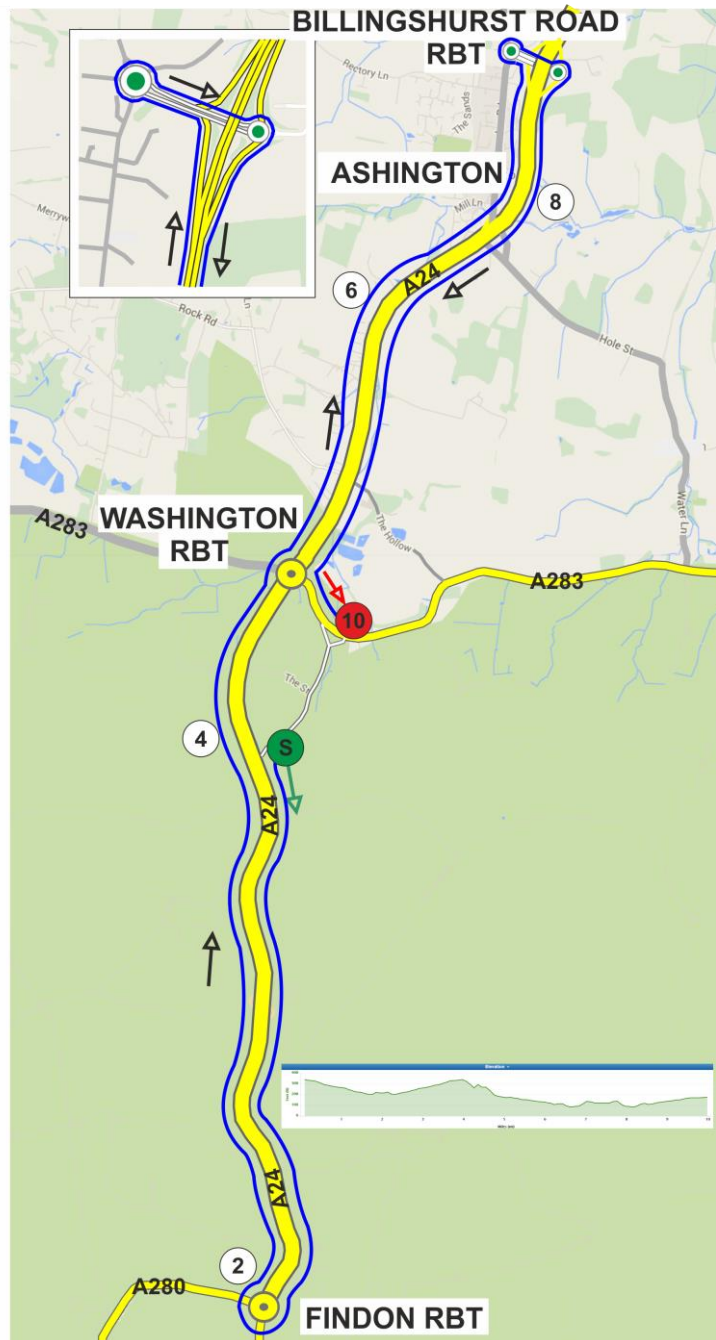
Take fourth exit to retrace on A283 via Beeding Court and Bramber Castle RBTs to FINISH at yellow paint mark 25 yards west of “Public Bridleway” sign and 271 yards before left turn into Steyning

10.00

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



## COURSE : G10/98 WASHINGTON 10 MILE

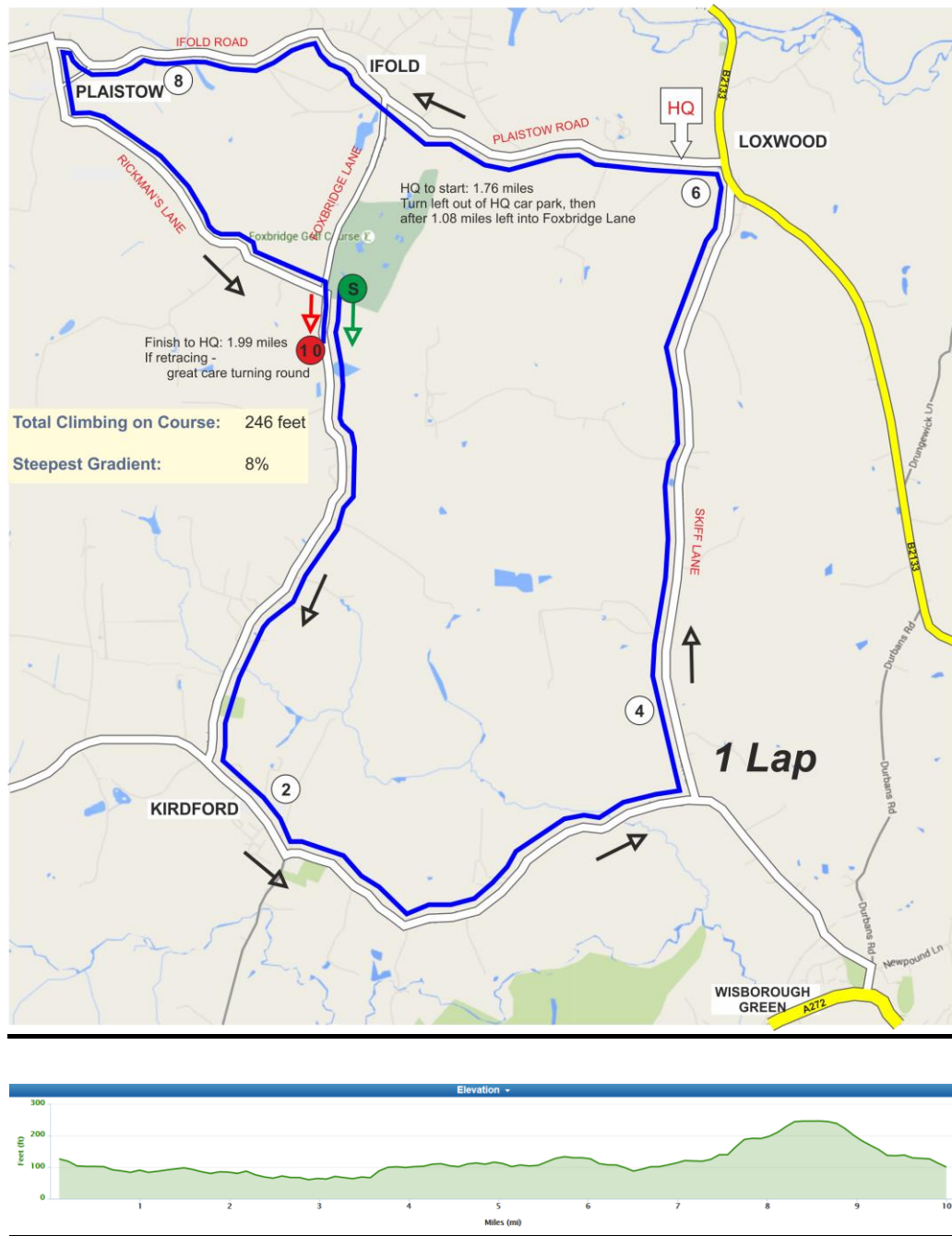


COURSE DIRECTIONS – G10/98		MILES
<u>START</u> at yellow line on kerb 11 yards before Turn Left sign and 41 yards before Give Way sign on old A24 at the top of Washington Bostal Hill		0.00
Turn LEFT and follow A24 southwards to Findon RBT (roundabout) where <u>TURN</u> (CHECK)		1.91
TURN 4th exit and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

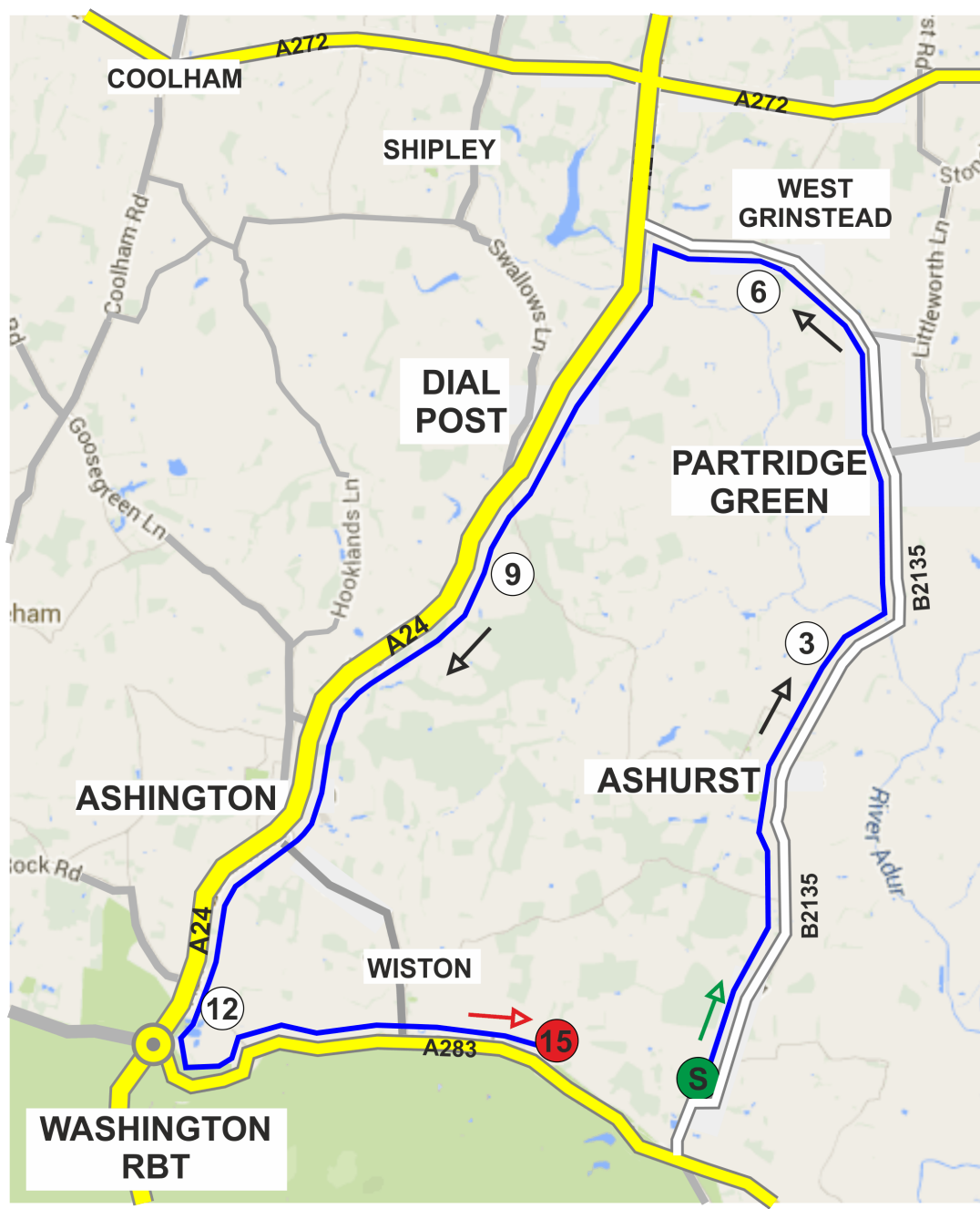
## **COURSE : G10/45 (SPORTING) 10 MILE**



<b>COURSE DIRECTIONS – G10/45</b>		<b>MILES</b>
START at southern end of Foxbridge Lane, 5 yards from junction with Plaistow to Kirdford Road.		0.00
Go LEFT at junction and proceed south to T-junction at western end of Kirdford.		1.70
LEFT east through village to T-junction at eastern end of village.		2.12
where LEFT to Skiff Lane.		3.70
where north via Gunshot Common to junction with B2133		5.84
where LEFT onto B2133 to junction with Plaistow Road, where LEFT into Plaistow Road		5.91
Go west to Ifold continuing along Loxwood Road to T-junction in Plaistow		8.39
LEFT along The Street, which becomes Rickman's Lane, and continue southeast to complete circuit at junction with Foxbridge Lane.		9.77
Continue south for 405 yards to FINISH 5 yards south of rectangular green sign "Costrong Fruit Farm and Nursery" on west side of road		10.00

Link to Garmin Connect version of the course map [G10/45](#)

## COURSE : G15/93 STEYNING – WEST GRINSTEAD 15 MILE

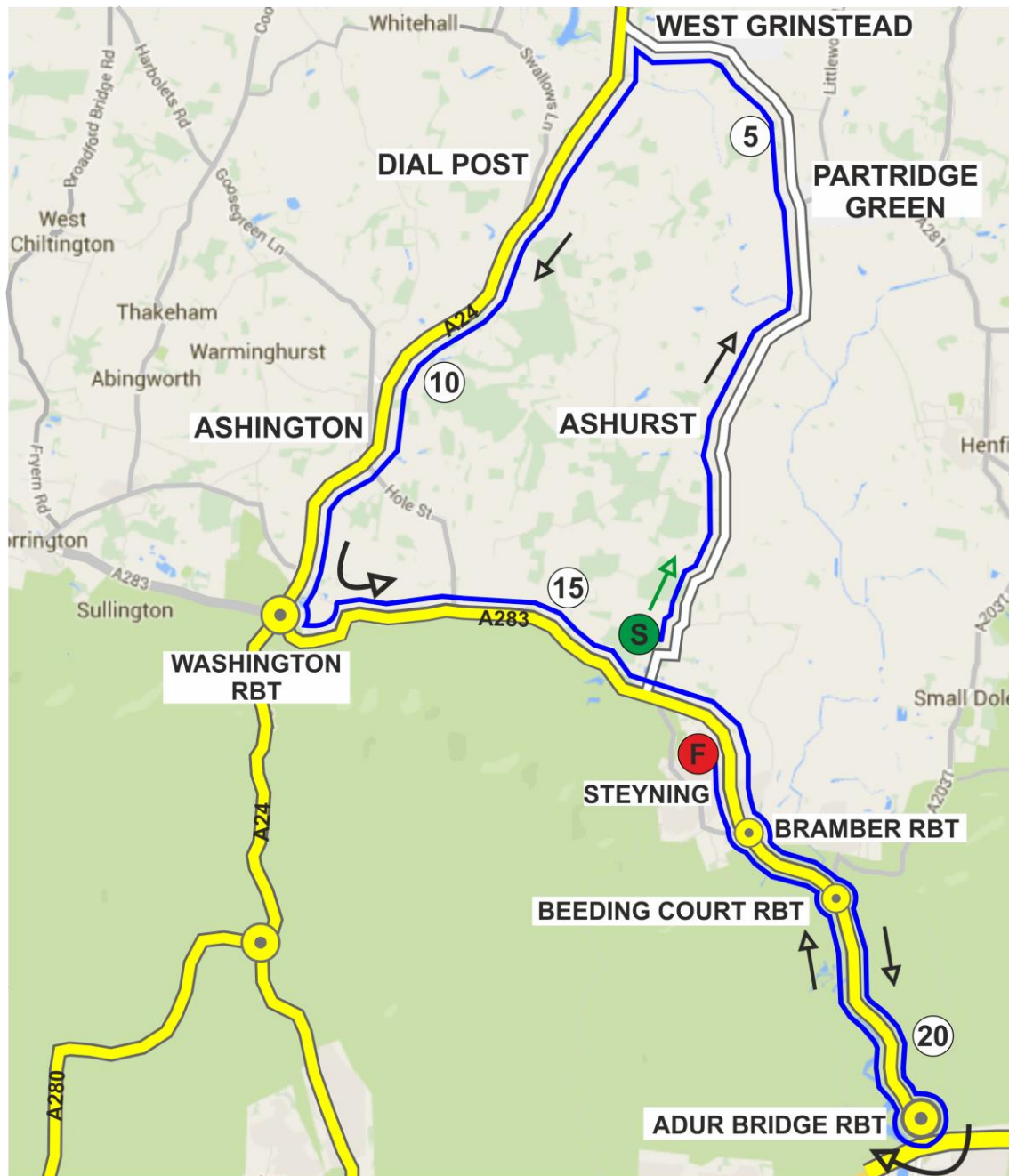


### **COURSE DIRECTIONS – G15/93**

	<b>MILES</b>
<b>START</b> 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
<b>LEFT</b> and follow A24 south to Washington RBT (roundabout) ( <b>CHECK</b> )	12.12
<b>LEFT</b> 1 <sup>st</sup> exit and follow A283 via Wiston crossroads to <b>FINISH</b> 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



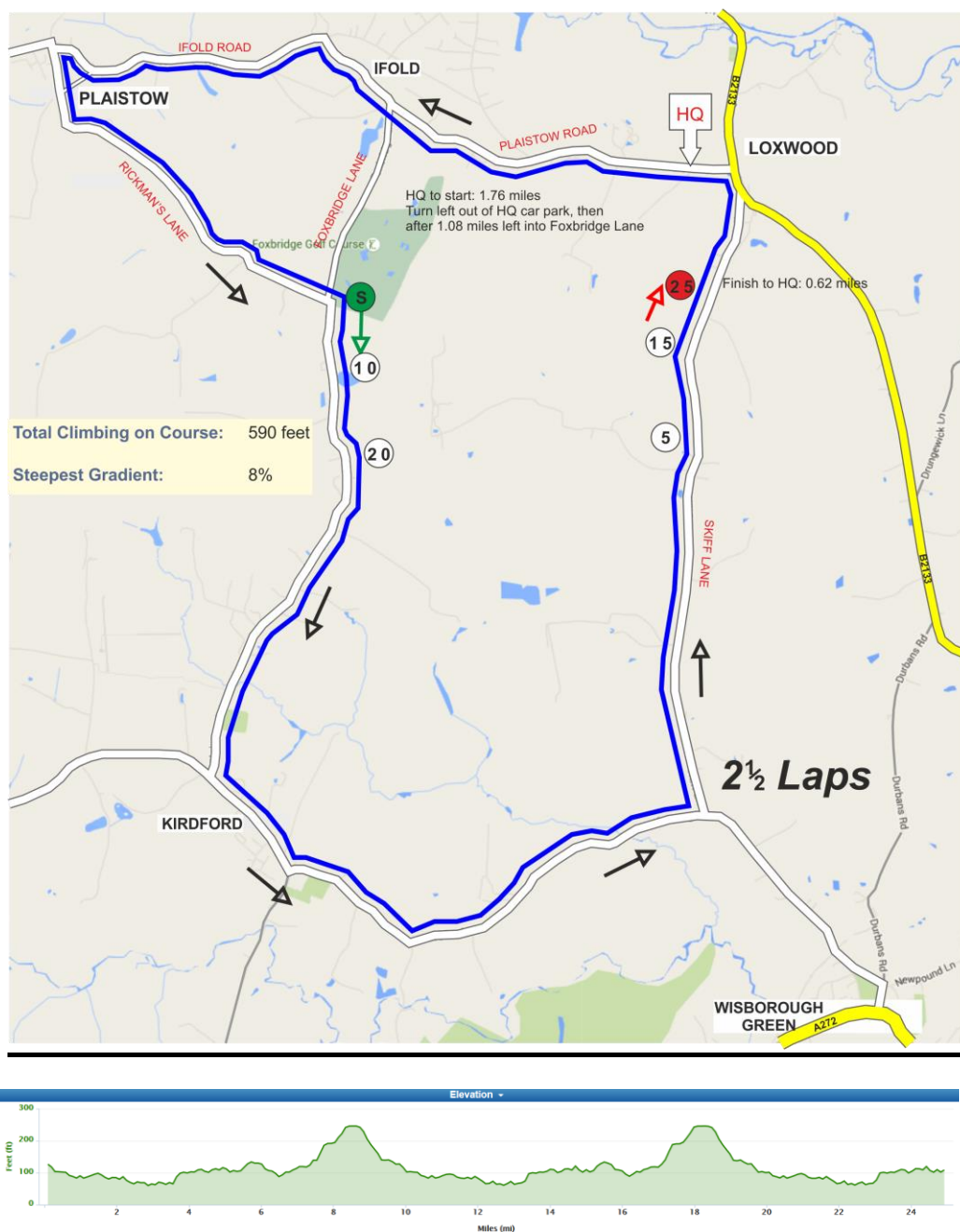
### **COURSE DIRECTIONS – G25/93**

	<b>MILES</b>
<b>START</b> 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 <sup>st</sup> exit and follow A283 via Bramber Castle and Beeding Court RBTs to Adur Bridge RBT, Shoreham, where <b>TURN</b> (CHECK)	20.98
4 <sup>th</sup> exit to retrace on A283 via Beeding Court and Bramber Castle RBTs to <b>FINISH</b> 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](#)



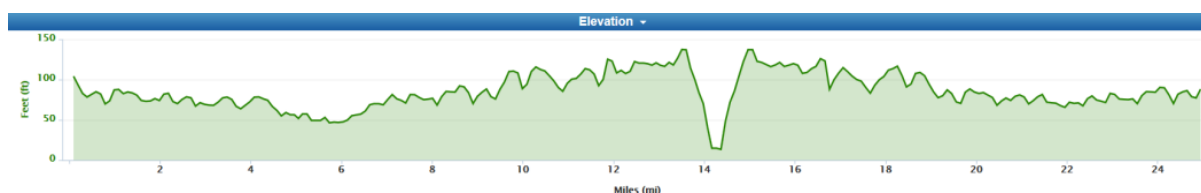
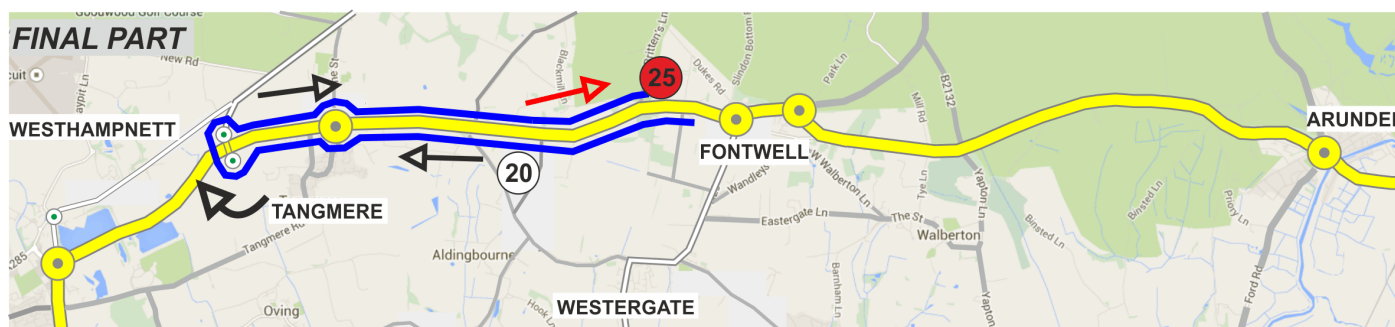
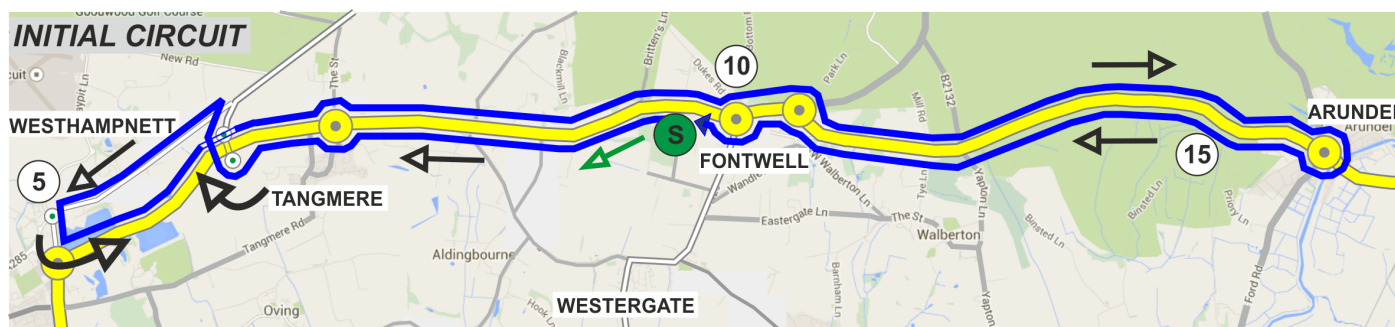
## **COURSE : G25/49 (SPORTING) 25 MILE**



<b>COURSE DIRECTIONS – G25/49</b>		<b>MILES</b>
START at southern end of Foxbridge Lane, 5 yards from junction with Plaistow to Kirdford Road.		0.00
Go LEFT at junction and proceed south to T-junction at western end of Kirdford.		1.70
LEFT east through village to T-junction at eastern end of village.		2.12
where LEFT to Skiff Lane.		3.70
where north via Gunshot Common to junction with B2133		5.84
where LEFT onto B2133 to junction with Plaistow Road, where LEFT into Plaistow Road		5.91
Go west to Ifold continuing along Loxwood Road to T-junction in Plaistow		8.39
where LEFT south along The Street, becoming Rickman's Lane, to complete the first circuit.		9.77
Continue as before to complete a second circuit		19.54
Continue as before through Kirdford to junction with Skiff Lane		23.24
LEFT and follow Skiff Lane to <u>FINISH</u> north of Gunshot Common opposite tree with trunk marked with red lines, 0.13 miles north of wooden "Public Footpath" sign and 0.45 miles south of junction with B2133		25.00

Link to Garmin Connect version of the course map [G25/49](#)

## **COURSE : P901/25 FONTWELL 25 MILE**



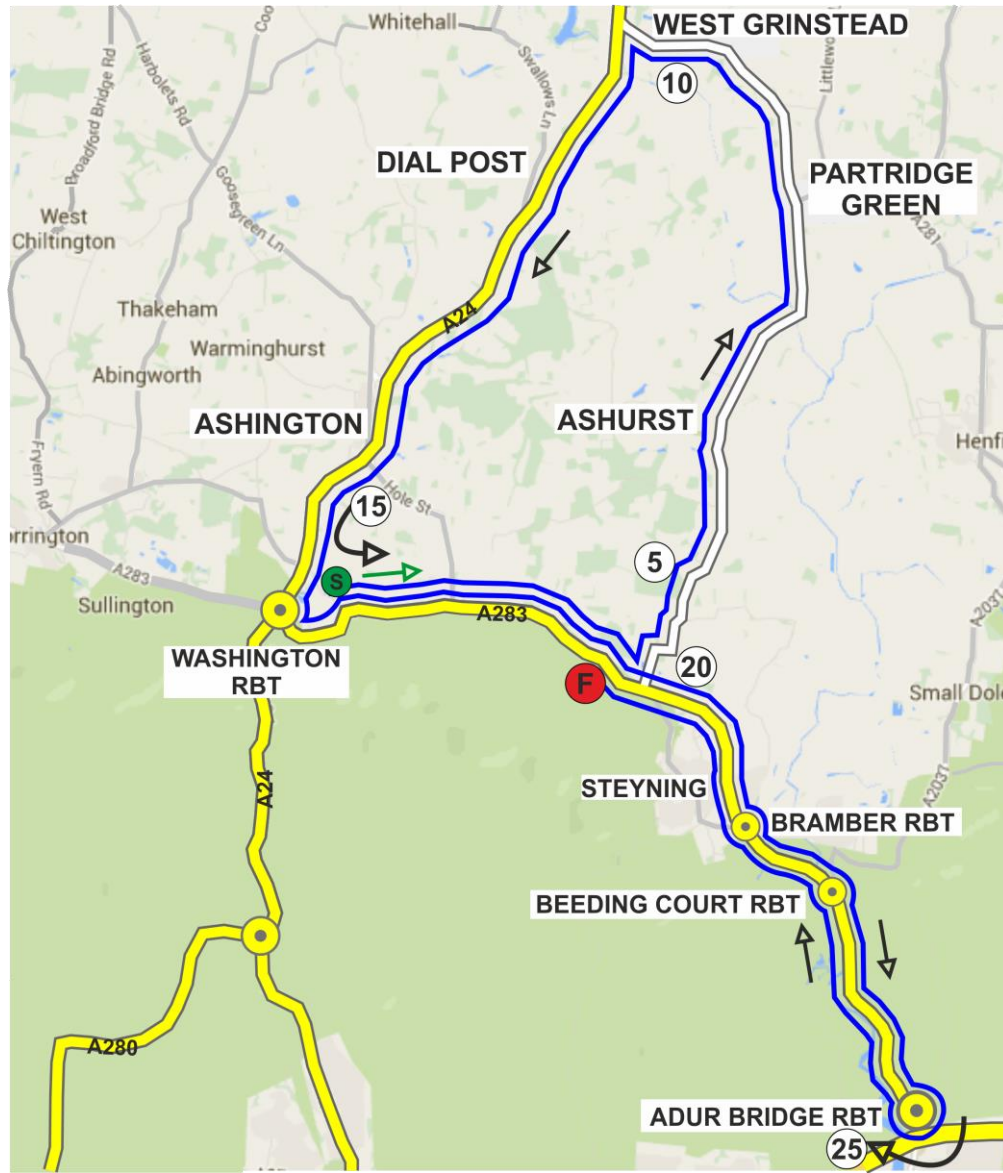
### **COURSE DIRECTIONS – P901/25**

**MILES**

<b>START</b> 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 <b>LEFT</b> 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 <b>RIGHT</b> on south RBT at top of slip road to cross the flyover and continue north on A285 for 500 yards to Temple Bar.	
Turn <b>LEFT</b> 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 <b>TURN</b> .	
Retrace through Start to flyover at Tangmere to take slip road on to A285 to south RBT.	22.00
Turn <b>RIGHT</b> on south RBT at top of slip road to cross the flyover then turn <b>RIGHT</b> at the north RBT to rejoin the A27.	
Proceed east on A27 to Tangmere RBT where straight across to <b>FINISH</b> 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**



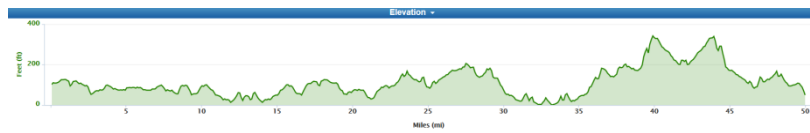
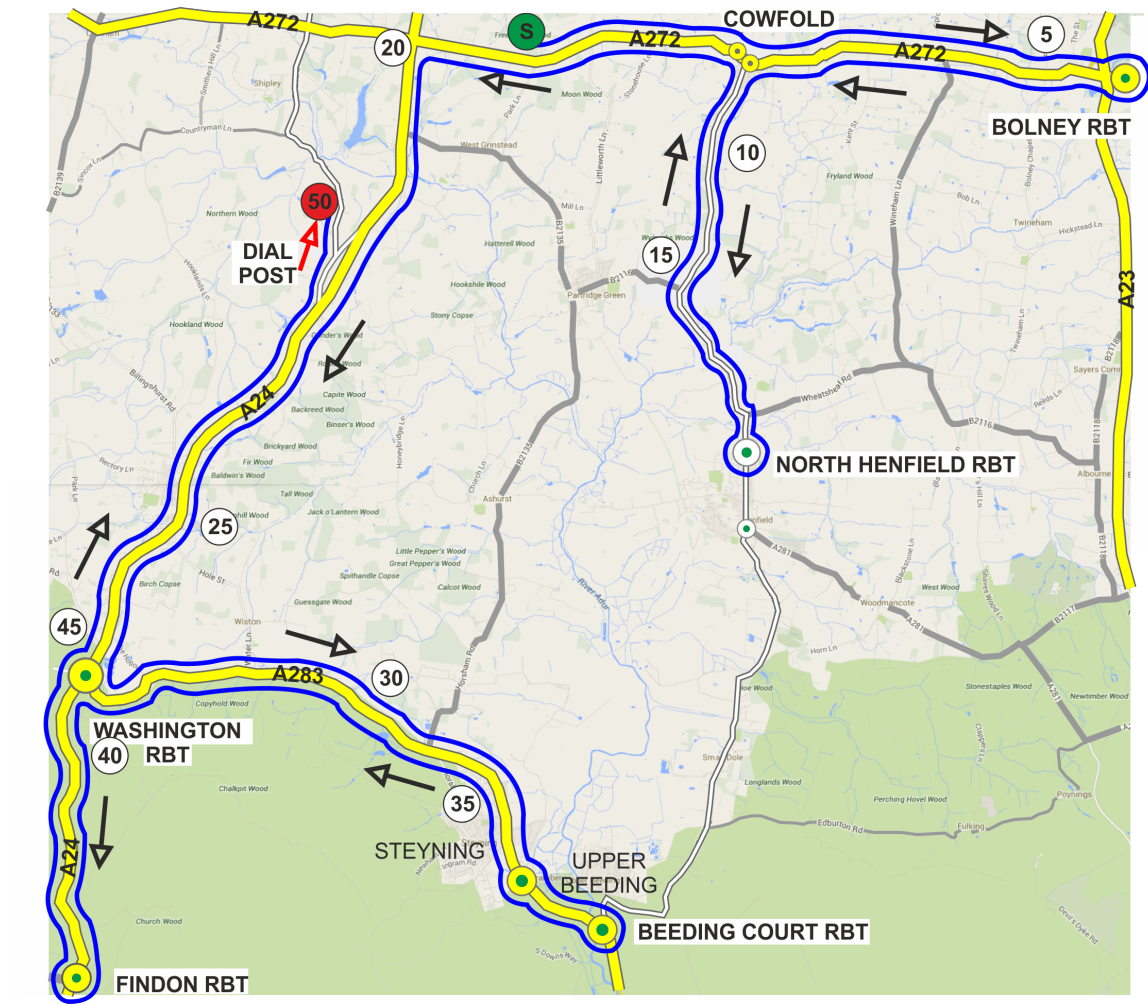
### **COURSE DIRECTIONS – G30/91**

	<b>MILES</b>
<b>START</b> 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 <b>RIGHT</b> 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
<b>LEFT</b> into acceleration lane to join A24 south to Washington RBT	16.43
<b>LEFT</b> 1 <sup>st</sup> exit and follow A283 via Bramber Castle and Beeding Court RBT's to Adur Bridge, Shoreham, where <b>TURN</b>	24.85
4 <sup>th</sup> exit to retrace via Beeding Court and Bramber Castle RBT's to <b>FINISH</b> 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**



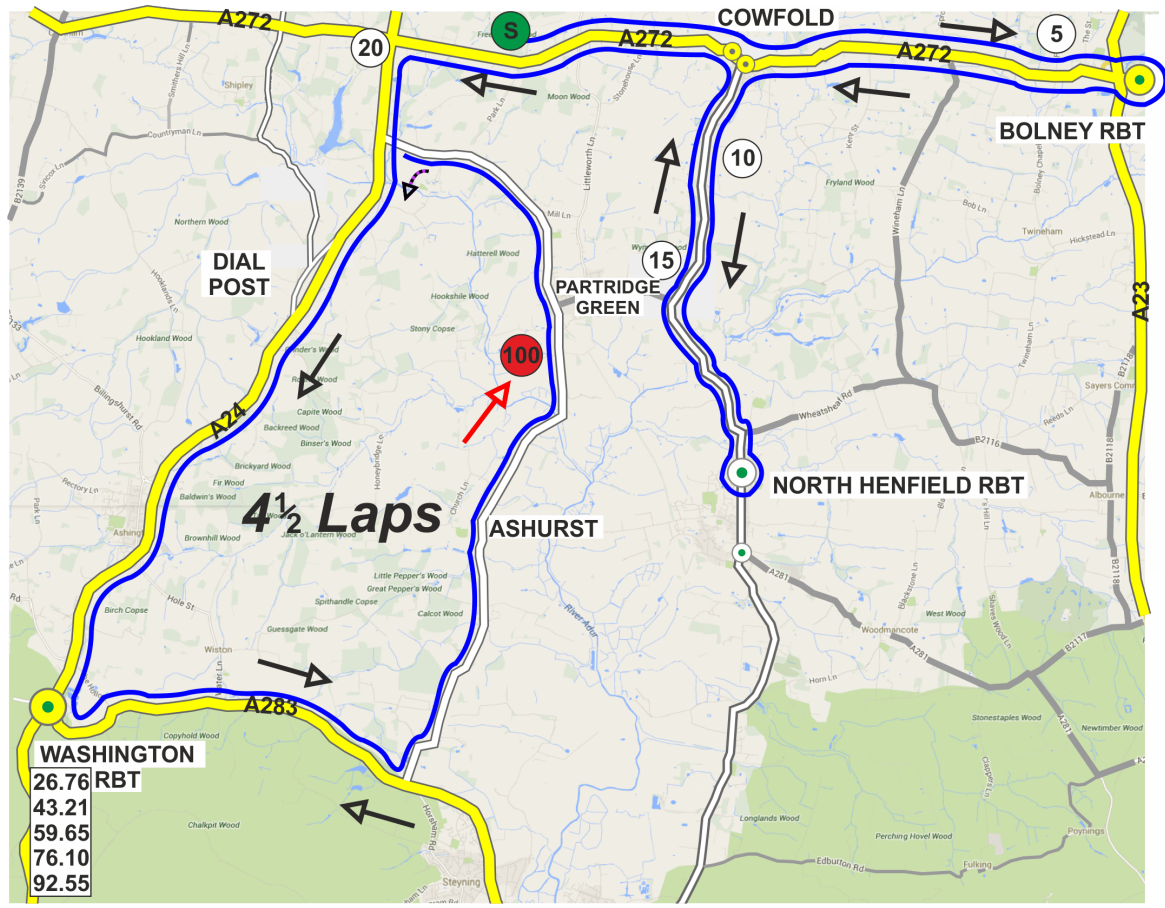
### **COURSE DIRECTIONS – G50/10**

	<b>MILES</b>
<b>START</b> 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 <b>TURN (CHECK)</b>	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 <b>TURN (CHECK)</b>	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 <b>TURN (CHECK)</b>	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 <b>TURN (CHECK)</b>	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 <b>FINISH</b> 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

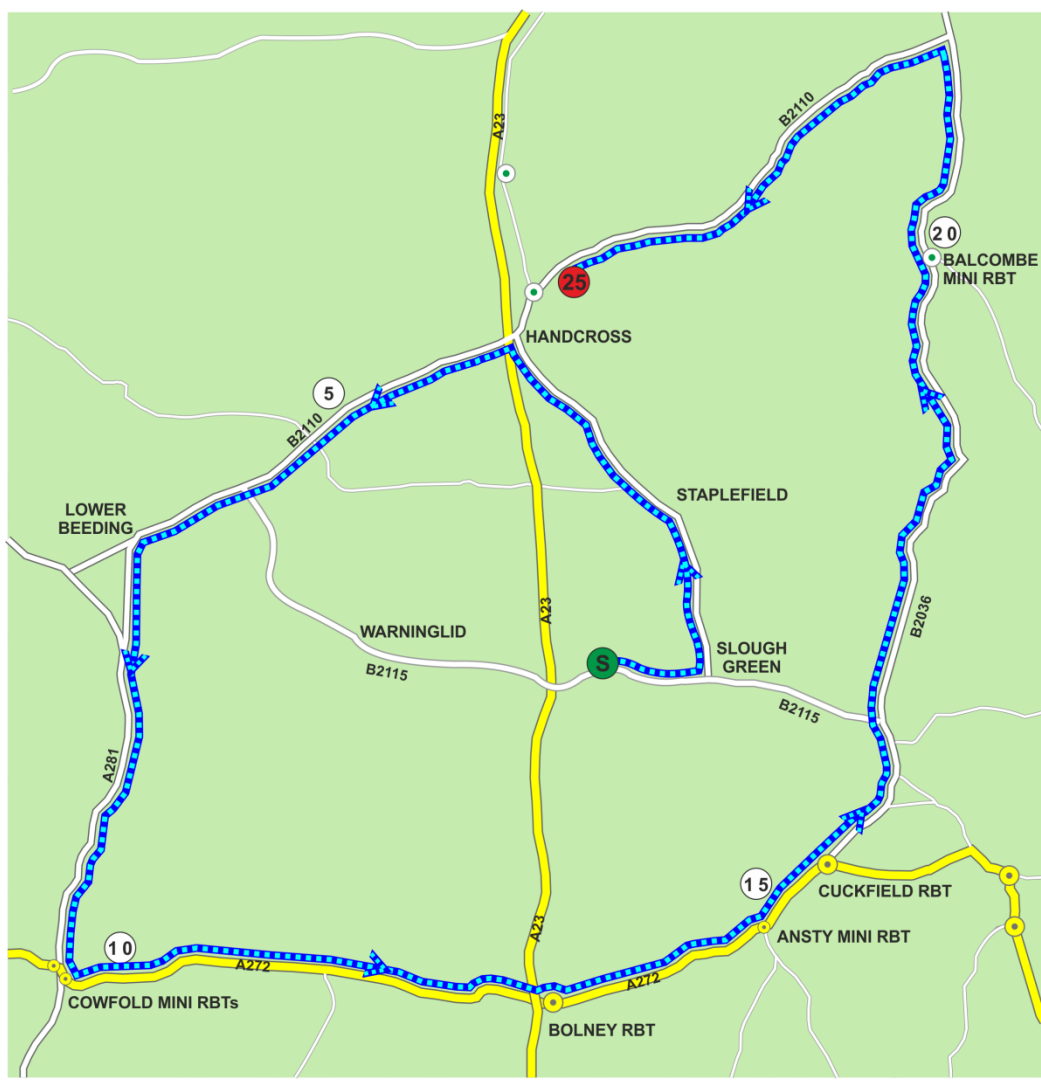


## COURSE DIRECTIONS – G100/61

	MILES
<b>START</b> 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. <b>RIGHT</b> 2nd exit at first <b>LEFT</b> 1st exit at second. Continue on A272 to Bolney RBT where <b>TURN</b> (CHECK)	5.49
3rd exit to retrace to twin RBT's at Cowfold <b>LEFT</b> 1st exit at first and follow A281 to North Henfield RBT where <b>TURN</b> (CHECK)	12.93
3rd exit to retrace to twin RBT's at Cowfold. Straight on 1st exit at first and <b>LEFT</b> 1st exit at second and follow A272 to West Grinstead crossroads	20.07
<b>LEFT</b> in filter lane to join A24 and proceed south to Washington RBT to start 1 <sup>st</sup> circuit	26.76
<b>LEFT</b> 1 <sup>st</sup> exit and follow A283 to junction with B2135 at Steyning.	30.30
<b>LEFT</b> and follow B2135 through Ashurst and Partridge Green to T junction with A24 at West Grinstead	37.33
<b>LEFT</b> and follow A24 to complete first circuit at Washington RBT	43.21
Continue as before to complete 2 <sup>nd</sup> circuit at Washington RBT	59.65
Continue as before to complete 3 <sup>rd</sup> circuit at Washington RBT	76.10
Continue as before to complete 4 <sup>th</sup> circuit at Washington RBT	92.55
<b>LEFT</b> 1 <sup>st</sup> exit and follow A283 to junction with B2135 at Steyning.	96.09
<b>LEFT</b> and follow B2135 north past "The Fountain Inn", Ashurst to <b>FINISH</b> 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/195 HARDRIDERS 25 MILE



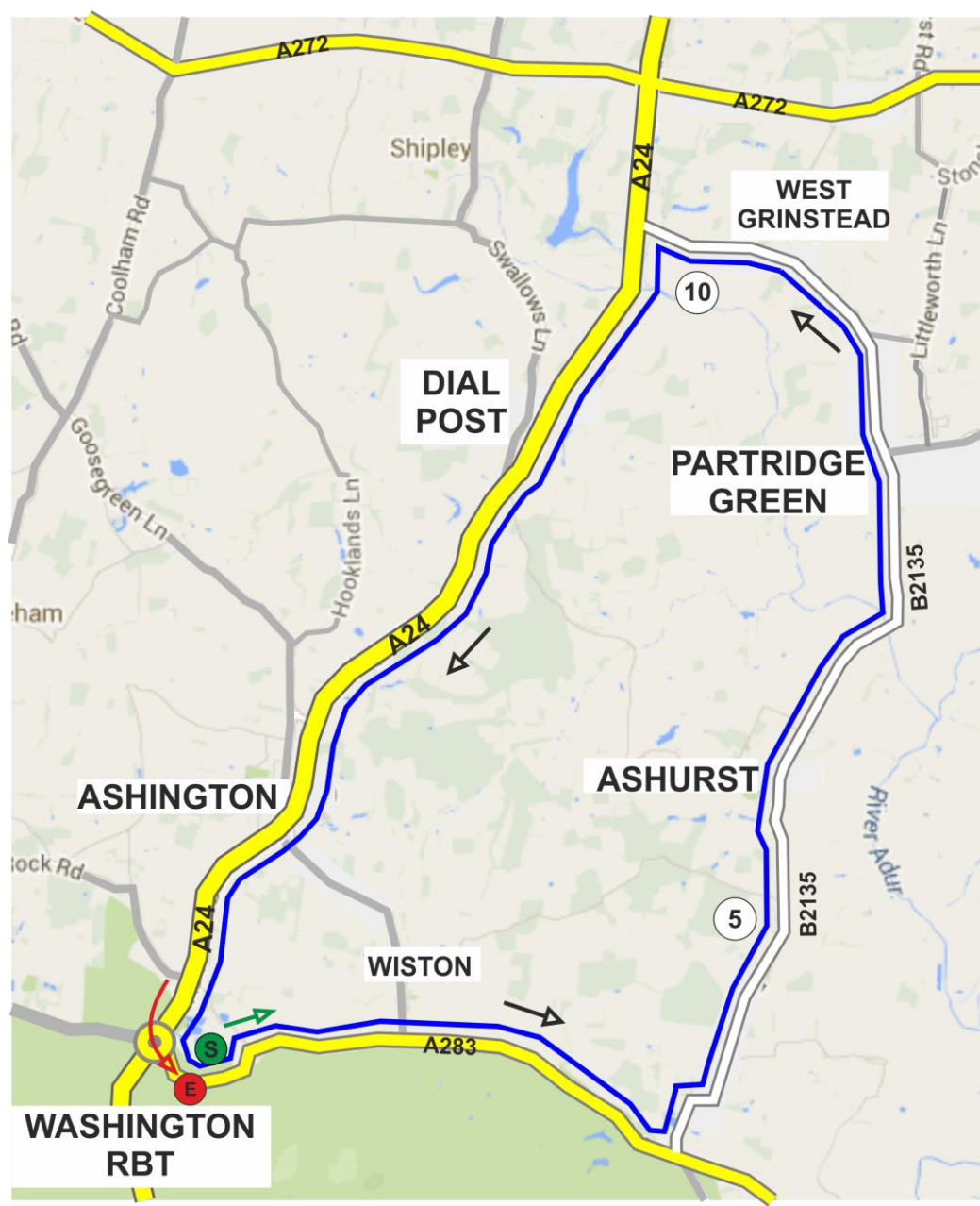
### **COURSE DIRECTIONS – GS/195**

### **MILES**

START on B2115, Warninglid to Slough Green road, 0.49 mile east of A23, opposite eastern side of entrance to Paternosters (not Paternosters Fruit Farm).	0.00
Proceed east on B2115 to B2114 at Slough Green	0.63
Where left on B2114 via Staplefield to Handcross	3.47
Where left on A279 via Lower Beeding to A281	7.21
Where left to Cowfold, straight on at 1st roundabout,	9.54
Then left at 2nd roundabout on A272	9.60
Via Bolney roundabout and Ansty roundabout to roundabout south-west of Cuckfield, where first left	15.29
Proceed north through Cuckfield. At north end of Cuckfield, take 2nd left onto B2036	16.49
via Balcombe to B2110 where left	21.59
to FINISH at western end of lay-by, 0.08 mile east of mini-roundabout 0.18 mile east of Handcross Sports pavilion HQ.	25.00

Link to Garmin Connect version of the course map [GS/195](#)

## **COURSE : GS/982 ASHURST 16.4 MILE**



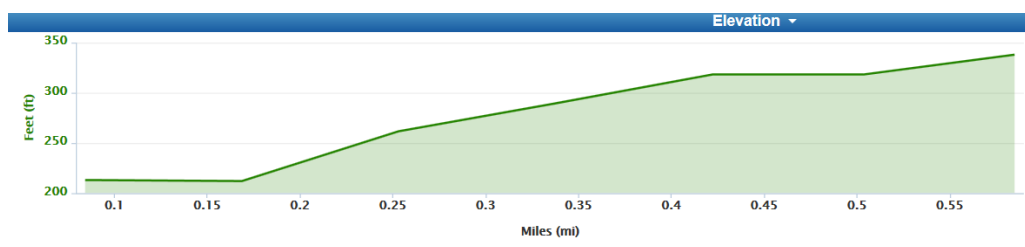
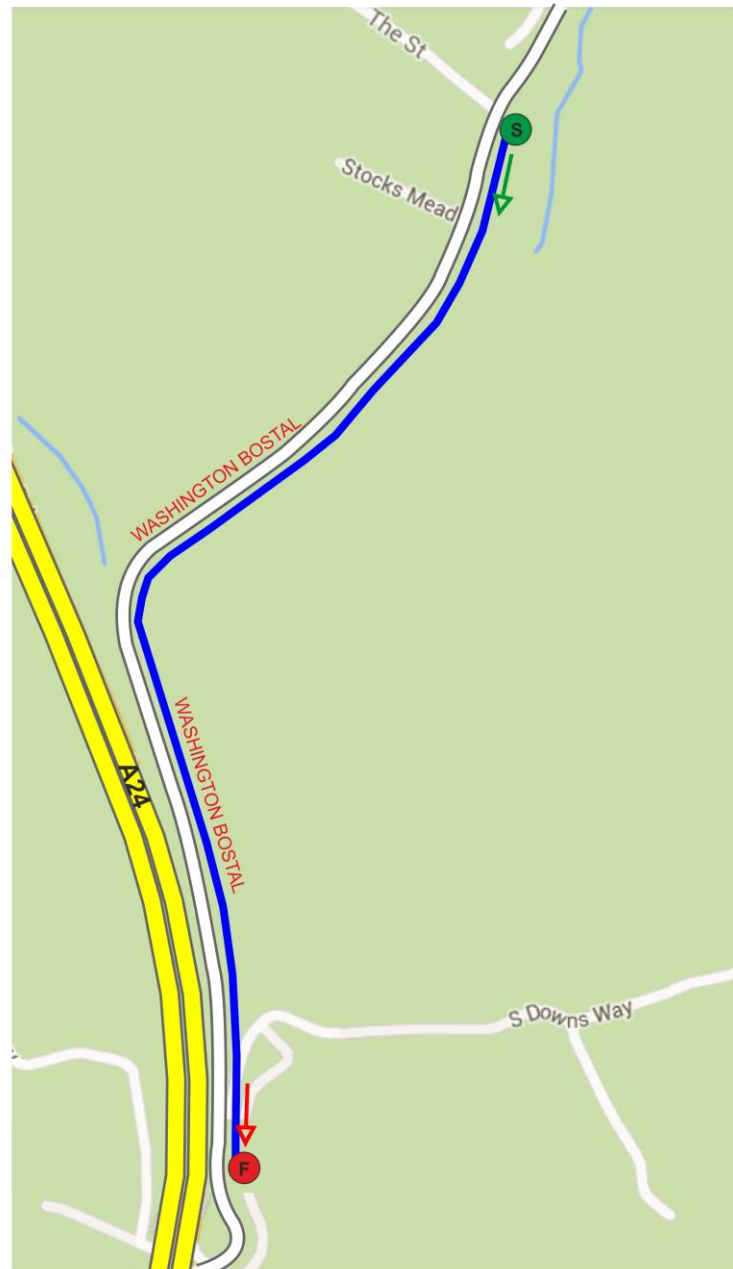
### **COURSE DIRECTIONS – GS/982**

**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 <sup>st</sup> exit and FINISH at the start point.	16.44

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

## **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

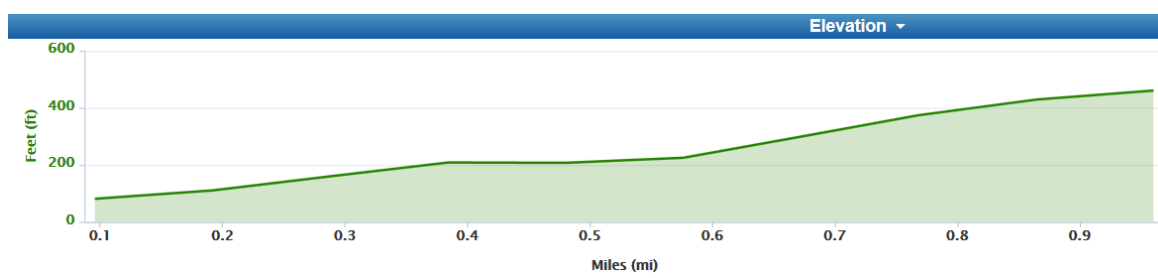
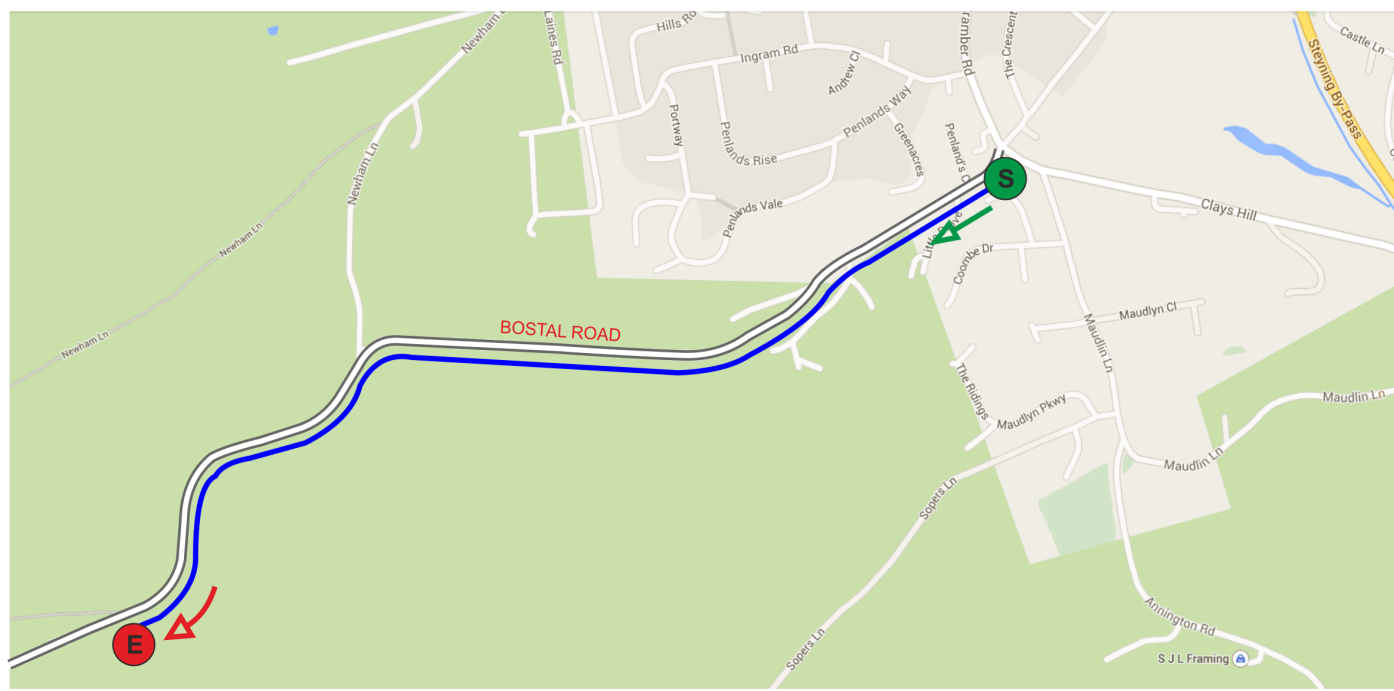
0

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

<b>10 Mile</b>			
Men	Nik Allen	<b>2018</b>	19:56
Women	Karen McGrath	2017	24:16
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	Gavin Ash / Nik Allen / John McGrath	<b>2018</b>	1:00:58
<b>15 Mile</b>			
Men	Nik Allen	<b>2018</b>	31:26
Women	Karen McGrath	2016	41:23
Junior	Paul Toppin	1979	35:54
Team	Nik Allen / Dom Maxwell / Nolan Heather	2017	1:44:49
<b>25 Mile</b>			
Men	Nik Allen	<b>2018</b>	51:42
Women	Karen McGrath	<b>2018</b>	1:06:46
Junior	Colin Toppin	1991	55:00
Tricycle	John Mansell	1966	1:04:40
Tandem	M.Gibbs / S. Gibbs	1987	54:12
Team	Nik Allen / Trevor Leeding / Neil Crowther	<b>2018</b>	2:44:42
<b>30 Mile</b>			
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	Nik Allen / Gavin Ash / Neil Crowther	<b>2018</b>	3:31:41
<b>50 Mile</b>			
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
<b>100 Mile</b>			
Men	Mike O'Gorman	2017	4:06:24
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
<b>12 Hours</b>			
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
<b>24 Hours</b>			
Men	Don Lock	1971	428.54

## **2018 WECC TROPHY WINNERS**

Mens B.A.R Cup	Mens B.A.R	n/a	
John Antram Trophy	Veterans B.A.R	Trevor Leeding	+4.94 mph
BS Weir & TA Lednor	Ladies B.A.R	Karen McGrath	23.47 mph
F. Collins Cup	Junior B.A.R	n/a	
T.A. Durant Cup	Championship Points Cup	Trevor Leeding	71 pts
Vets Points Cup	Veterans Championship Points Cup	Trevor Leeding	75 pts
J.A. Mason Cup	100 miles Champion	n/a	
B. Welch Cup	50 miles Champion	Gavin Ash	1:56:27
Pressley Cup	30 miles Champion	Nik Allen	1:08:03
Bennett Cup	25 miles Champion	Nik Allen	56:41
15 Mile Cup	15 miles Champion	Neil Crowther	36:17
15 Mile Shield	15 miles Junior Champion	n/a	
A.J. Barrett Cup	Hill Climb Champion	Nik Allen	4:59.3
Hill Cup	Hill Cup 10m Series	Nik Allen	
Vets 10 Mile Cup	10m Series (Fastest Veteran on Std)	Nik Allen	+6:13
Ladies 10 Mile Cup	10m Series (Lady)	Karen McGrath	
Junior 10 Mile Cup	10m Series (Junior)	n/a	
	Evening Hill Climb Series	John McGrath	
Alan Matthews Trophy	SPOCO Competition	Martin Booker	106 pts
Richard Shipton Cup	Shipton Cup Fastest 50m	Trevor Leeding & Gavin Ash	1:56:27
John Clapshaw Cup	25 miles Handicap	Nik Allen	
Young Cup	Hardriders	Martin Booker	1:01:50
Vic Cowan Trophy	Most Improved Rider	Nik Allen	+2.31 mph
	Club Runs Attendance	Phil Frean	106 pts
Tourist Trophy	Tourist Trophy	Tony Palmer	
Audax Trophy	Audax Trophy	n/a	
	Senior Road Race Trophy	Gavin Ash	
	Junior Road Race Trophy	Ollie Lane	
	Track Champion	n/a	
E. Meredith Tankard	Club Person of the Year	Claire Booker	

## **2018 SUSSEX CA AWARDS**



### **TEAM AWARDS - SUSSEX CA**

Hill Climb Champions	Nik Allen, John McGrath, Trevor Leeding
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### **INDIVIDUAL AWARDS – SUSSEX CA**

Nik Allen	3 <sup>rd</sup> place -	B.A.R. (Short)
Karen McGrath	2 <sup>nd</sup> place -	B.A.R. (Ladies)