

Excelsior get the new season up and running

THE 2013 racing season got under way for Worthing Excelsior Cycling Club on Sunday when five members rode the 34k Southdown Bikes promotion.

A strong northerly wind made for a tough challenge over a very hilly course. Starting from the outskirts of Storrington, the route was south-westerly over the Houghton Hill climb to Whiteways and then on the A29 to Fontwell.

From there, it was the A27 to Arundel and then the long ascent back to Whiteways before returning to finish just short of the start.

The best effort for Excelsior came from Chris Twine, who covered the 21.25 miles in an excellent time of 55mins 12sec. The next three times were close as Mel Robertson finished in 1hr 01sec. Simon Atkinson was 39 seconds behind, 11 seconds ahead of Nathan Gale.

Joan Lennon, a veteran

ladies member, finished in 1hr 16mins 13sec.

Twine's effort gave him a top-10 position in a high class field, which included some professional riders.

The winner was Douglas Dewey of the In-Gear Quickvit Trainsharp Racing Team, with a time of 46mins 29sec.

The fastest team award went to the South Downs Bikes/World of Books team comprising Simon Macnamara, Roger Smith and Gary Brind. For the first time, there was also a fastest schoolboy category, which was won by James Hansford of the South Downs Bikes/World of Books team.

Warmer is far from it!

WORTHING Excelsior Cycling Club's annual Winter Warmer last Sunday saw 78 competitors brave the torrid conditions to finish the tough 107k Audax challenge

With temperatures hovering just above zero and with a blizzard of wet snow the Audax course was a ride to remember.

The route from Dial Post headed north west through Wisborough Green, Kirdford, and Plaistow to the dreaded climb of Blackdown, from there it was on to Lickfold, Lodsworth, Selham, Burton, Sutton, Coldwaltham and Greatham and home through Thakeham and Ashington.

The normally scenic route was instead wet, cold and very dirty.

Of the 105 entries, 83 started

and 78 completed the course – several suffering punctures but still getting home.

Successful Worthing Excelsior competitors were Simon Atkinson, Eric Barker, Ben Barden, Martin Booker, Colin Bushby, Alan Cooper, Sadie Cumberland, Phil Frean, Graeme Gill, Malcolm Hales, Rick Hughes, George Jimpson, Spencer Kemp, Spencer Kirkham, Barrie Le Grove, Clive Lett, Darron Muggeridge, Mike O'Gorman, Paul Outhwaite, Chris Putnam, Peter Rowe, Rocco Sepe, Kevin Wilson and Jeremy Wootton.

There is no award for the fastest time in an event of this nature, but the earlier finishers were inside four hours – a time including stops for checks and controls.

Excelsiors in hardriders trial action

THE Sussex Cyclists Association's 23-mile hardriders time trial on Sunday attracted three entries from Worthing Excelsior Cycling Club.

Chris Twine, Mel Robertson and Nathan Gale are all targeting the season-long competition which requires the completion of a number of these hardriders events over different distances.

The course went from Staplefield, Handcross and Cowfold, to Ansty up through Cuckfield and Bolney.

Twine rode well to make another top-10 finish with a time of 59mins 37sec.

Robertson found it hard but was still well placed in his category with a time of 1hr-06mins 04sec. Nathan Gale recorded a time of 1-09-02.

The winner was Conal Yates of the In-Gear Quickvit Trainsharp squad with a super fast 53-45. Former Tour de France professional, 52-year-old Sean Yates, recorded 1-02-04.

Excelsior had 15 riders complete a cold 65-mile ride on Saturday in the club's pre-season training run to Eastbourne, with a return trip on Sunday of 55 miles.

This Sunday, the club has the first of its 2013 events with a 10-mile event on the Washington-based course with a start at 9am.

WORTHING
HERALD 7TH
MARCH 2013

SEE OVER FOR
PHOTOS TAKEN
ON THE TRIP
TO EASTBOURNE

ALSO START
PHOTO AT
BROADWATER
BELOW





OVER GOLDING BARN - EASTBOURNE - OUTWARD TRIP



ONE OF THE DINNER TABLES - LANGHAM HOTEL



THE START OF THE RIDE HOME



There's a Frosty feeling for Tuff Fitty

ATHLETES from across the South of England gathered in Littlehampton on Sunday for Tuff Fitty's annual Frosty Aquathlon.

Competitors have to swim in the Littlehampton pool before a run around Mewsbrook Park, up and down the seafront promenade, before finishing outside the swimming centre.

The first race comprised a 400m swim followed by a 5k run and is called the Frostbite and competitors from Chichester and Farnham took the trophies.

However, the second race, the longer Frosty, an 800m swim and 10k run had a much more local flavour. The fastest split of the 32-length swim of 11mins 50sec saw Kevin Pearson, from Tuff Fitty, run on to the promenade in first position.

Pearson won the event last year but was overtaken by John Tindell, of Brighton Phoenix, and finished second this year just over a minute behind in 50-18.

The third senior male was Joe



Tuff Fitty members Rebecca Lintott-Clarke, Joe Pascoe, Nicole Patterson, Kevin Pearson and Clive Lett

Pascoe, from Tuff Fitty, with club-mate Clive Lett close behind in 53-00 and 53-06, respectively.

Tuff Fitty's ladies were not to be outdone as Nicole Patterson returned the fastest female swim time of 12-10 and kept this advantage on the run, crossing the line first in 57-50, just under a minute ahead of the second-placed lady.

Rebecca Lintott-Clarke won her age group prize in 1hr 00mins 32sec, while the Tuff Fitty team collected the team award by a considerable margin.

Other times - Frostbite: Eloise Lumley 34-33. Frosty: Paul Howie 59-10, Peter Littleboy 1-00-10, Simone Scott 1-05-51, Debra Cauchy-Duval 1-06-49, Chris Evans 1-22-38, Claire Moyle 1-30-24.

WORTHING HERALD

14TH MARCH

2013

Excelsior hold first time trial

WORTHING Excelsior Cycling Club held their first 10-mile time trial of the year on the Washington-based course on Sunday.

Barrie Le Grove, the club's new events secretary, was rewarded with 23 entries, on a day when the weather was below zero and with a strong north-easterly wind.

Jeremy Wootton justified his scratchman status with a winning ride in 23mins 30sec, finishing 13 seconds ahead of Kevin Wilson. Simon Atkinson was four seconds further back in third and won the handicap section.

Other times: Mark Bernhardt 24-15; Mike O'Gorman 24-25; Mel Robertson 24-25; Darron Muggeridge 24-27; Simon Letts 25-00; Chris Putnam 25-45; Nathan Gale 26-40; Phil Frean 26-42; Lee Barber 27-41; Barrie Le Grove 29-01; Rick Hughes 29-03; Martin Booker 29-08; John Lucas 29-31; Stephen Feast 30-00; Andrew Lock 30-14; Colin Miller 30-38; Nicole Patterson 30-53; Keith Jimpson 31-41; George Jimpson 31-55; Graeme Gill 32-41.

Twine sets new time trial record

CHRIS Twine continues to lead the way for Worthing Excelsior Cycling Club.

Following his ride in the East Surrey Hardriders 30-mile event in the Rusper/Newdigate area, where he recorded an excellent time of 1hr 14mins 16sec, he won the club's 16.5-mile Ashurst Circuit time trial on Sunday, breaking Jeremy Wootton's 2012 record time in the process.

In difficult conditions, he completed the circuit in a time of 38mins 45sec and was more than two minutes clear of his nearest rival. It was an excellent ride as the southbound return on the A24 was into a strong headwind. Twine also won the handicap award.

Mark Bernhardt was second in 40-52 and Jeremy Wootton finished third in 40-59.

WORTHING HERALD

21ST MARCH 2013

On Sunday, Dominic Maxwell, the club's road race champion from last season, opened his account for the year with a ride in the Omega Criteriums at Portsmouth. On a flat and closed circuit, he just missed out on a top-10 finish.

Other Ashurst time trial results: Simon Atkinson 41-00, Kevin Wilson 41-15, Mel Robertson 41-34, Mark Newnham 41-55, Mike O'Gorman 42-01, Darron Muggeridge 43-12, Chris Putnam 44-27, Alan Cooper 45-12, Phil Frean 46-28, Nathan Gale 46-36, Lee Barber 47-24, Martin Booker 49-24, Rick Hughes 51-20, Carey McLaughlin 54-44, Colin Miller 54-49, Hugo McLaughlin 55-37, Keith Jimpson 56-30, George Jimpson 57-36.

WORTHING HERALD 21ST MARCH 2013

THE Worthing 20-mile road race attracted runners from all over the country on Sunday morning.

There were 478 runners who finished the race, with many using it as a warm-up for the London Marathon, which takes place next month.

Stepping: 150, Joan Lennon 2-41-54; 204, Steve Jones 2-50-13.



Simon Atkinson wants to set a new world record on a cycling trip across Europe W13551H13

A CYCLIST must break the world record for cycling the length of Europe or he will miss his plane home, when he undertakes a marathon charity effort in July.

Simon Atkinson, 39, who works at Dillistone Funeral Services, in South Farm Road, Worthing, will travel from Tarifa, Spain, to Norway, a journey of almost 4,000 miles.

The official world record stands at 39 days, 10 hours, set by an Englishman in 2011, but Simon is aiming to complete it in 28 days or less.

He is no stranger to cycling, having ridden more than 1,000 miles from France to Switzerland last year, as well as taking part in other charity challenges.

He said: "If I don't do it, I won't get back to work. I've booked the flights from

By Oli Poole

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Norway.

"I've got a reasonable amount of fitness so I'm fairly confident I can do it."

Simon will be raising money for Marie Curie Cancer Care and hopes to get £5,000.

He will now begin to increase his training in order to be ready for the challenge.

Simon's progress will be traceable, as his bike will be fitted with a GPS tracker.

For more details, and to donate, visit www.cyclingsimon.co.uk

WORTHING HERALD 4TH APRIL

Chris continues winning ways

WORTHING Excelsior Cycling Club's sporting courses time trials series continued last Sunday with the 17-mile two laps of the Long Furlong circuit.

Temperatures remained below freezing as 24 entries were reduced to 20 by the start, and, with one puncture victim, to 19 by the finish.

There were no record times, and, although Chris Twine continued his winning ways, his time of 42mins 32sec was outside the previous year's times.

Kevin Wilson was second with 43-37, as he edged out Simon Atkinson, who finished third with 43-48. Mark Bernhardt finished fourth on 44-53.

The handicap award went to Darron Muggeridge whose net time after an allowance of 5-20 was 40-07.

Other times: Mark Newnham 46-00, Mike O'Gorman 46-52, Simon Letts 46-58, Chris Putnam 48-00, Dominic Maxwell 48-59, Phil Frean 50-08, Lee Barber 50-25, Alan Orman 53-31, Dave Standing-Knight 53-55, Rick Hughes 54-30, Barrie Le Grove 57-23, Hugo McLaughlin 59-41, Joan Lennon 1-00-39, Carey McLaughlin 1-01-37.

Chris Twine was in action on Easter Monday as he rode the hilly Brighton Mitre CC 25-mile event. He recorded 1-05-03 and placed sixth in a large, elite field.

Hello, Mum

Out on my bicycle on Mother's Day, I noticed that motorists were either holding back and waiting for a gap in oncoming traffic or giving me a wider berth than I am used to — all very welcome. Given that I was out for a couple of hours either side of midday I spotted that most of the cars had several occupants and quite often it looked like Mum was in the car. I wonder, did having Mum in the car have anything to do with drivers being extra careful?

Jeremy Wootton, Worthing

CYCLING
WEEKLY
28TH
MARCH

Darren and Mike lead home vets

WORTHING Excelsior Cycling Club were in action in the Sussex Cyclists' Association 29-mile two-up team trial on Sunday.

The course used was the Ashurst, West Grinstead, Washington circuit and provided a hard challenge on a cold but windless morning.

The pairing of Darren Muggeridge and Mike O'Gorman were the fastest pairing in the veterans' category, in 1hr 12mins 42sec. They beat their age standard by 10mins 29sec and finished third overall.

Mel Robertson rode with Alan Orman and they finished in 1-19-34, beating their age standard by 11mins 37sec to finish second, like they had last year.

Chris Putnam and Ben Barden were also in action and got home in 1-17-36.

The elite event was won in a new event and course record time of 1-01-59 by Chris McNamara, of the Pedal Heavon Racing Team, and Roger Smith, of Southdown Bikes.



TOP CHRIS PUTNAM AND
BEN BARDEN

MIDDLE: MEL ROBERTON
AND ALAN ORMAN

BELOW: DARRON MUGGERIDGE
AND MIKE O'GORMAN

S.C.A

2-UP PHOTOS

BY MIKE ANTON

EASTGRINSTEAD C.C.



WORTHING
HERALD

18TH

APRIL

2013 →

Excelsiors set fast times

FOUR members of Worthing Excelsior Cycling Club competed in the Southern Counties Cycling Union 25-mile time trial last Sunday.

The usual course from Broadbridge Heath was changed to a route to Capel and Southwater due to roadworks.

Despite the more difficult route, riders welcomed the warmer conditions despite a stiff southerly wind.

Competition in the club is very close and this was well illustrated with the fast times recorded. Mike O'Gorman finished in 1h-01mins-23secs in the second best ride he has ever done.

He was just clear of Carl Trevis, who finished in 1-01-42, and Mel Robertson on 1-02-08. Nathan Gale was the fourth Excelsior rider in 1-11-43.

There was a strong field of 90 riders and the fastest time recorded was by Nick Dwyer of Lewes Wanderers with a superfast 55-33.

This weekend, riders compete in the East Sussex promotions, a 10-mile event on Saturday and a 25-mile race on Sunday.



WORTHING HERALD 25TH APRIL 2013

Atkinson wins first 10-mile race

WORTHING Excelsior Cycling Club held their first evening 10-mile time trial event of the 2013 series last Thursday.

There were some excellent rides from the field of 26 racers who encountered windy, but warm conditions on the Washington-based course.

A surprising time saw Chris Twine relegated to fifth place in what was a off-colour performance after his recent good results.

It was not so surprising to see Simon Atkinson step up to take the win with a personal best time of 22mins 08sec.

Mike Bernhardt was

second in 22-36 and in third place was another storming personal best from veteran Mike O'Gorman in 22-56.

Other times: Carl Trevis 23-08, Twine 23-09, Darron Muggeridge 23-23, Chris Putnam 23-36, Mark Newnham 23-55, Alan Cooper 24-24, Martin Booker 25-23, Peter Eveleigh 25-33, Trevor Leeding 25-45, Alan Orman 25-45, Ben Barden 26-29, Lee Barber 26-32, Steve Feest 27-03, Robert Downham 27-09, Peter Rowe 28-01, Phil Young 28-19, Tony Eveleigh 28-49, Tom Hunt 28-54, Jack Shepherd 29-24, Keith Jimpson 29-32, Carey McLaughlin 29-44, Hugo McLaughlin 30-01, Graeme Gill 30-47.

Mel Robertson and O'Gorman competed in last weekend's promotion by the East Sussex Cycling Association on the A22 and had some success.

In the 10-mile race on the Saturday they both won their respective age categories and on Sunday morning in the 25-mile event, they repeated those placings.

In the 10-mile, Robertson recorded 24-17 and O'Gorman 24-20. In the 25-mile, Robertson finished with 1hr 00mins 40secs and O'Gorman was just one minute back on 1-01-40. They were joined on the Sunday by Nathan Gale, who clocked 1-09-10.

Next weekend, the club's time trialists are competing in the Hampshire 10-mile race on Saturday, and in the Addiscombe CC 25-mile event on Sunday.

CHRIS TWINE



Olympic star shines in time trial

WORTHING Excelsior Cycling Club had six riders entered in the Addiscombe 25-mile time trial on Sunday and in the main they were well satisfied with their efforts.

They could though only sit back and applaud the performance of the women's Olympic team pursuit winner and world record holder Joanna Rowsell.

Over the very tough and temporary course from Broadbridge Heath, she recorded a time of 55mins 57sec which saw her place 5th in the senior men's event and in a field of 120.

She was in a class of her own and almost 10 minutes clear of the next fastest lady.

The fastest Excelsior, with a personal best time, was Carl Trevis, under the hour for the first time with 59-44.

Mark Bernhardt finished in 59-47, and completing the three-man team aggregate was Mike O'Gorman on 1-00-13. Their team time of 2-59-44 gave them fifth place and O'Gorman's ride put him as seventh veteran. Kevin Wilson recorded 1-01-27, Mel Robertson 1-03-36 and Mark Newham 1-04-36.

• O'Gorman was also in action in the Hampshire Road Club 10-mile where he produced a personal record getting his time down to 22-50.

• The club's evening 10-mile event last Thursday was called off due to a traffic incident at Washington.

WORTHING HERALD

16TH MAY 2013

Victory for Simon

SIMON Atkinson was first home in Worthing Excelsior Cycling Club's latest Evening 10-mile series on Thursday.

Miserable weather meant entries were down by half and times were three minutes below par. Atkinson finished the Findon/Ashington course in 23mins 20sec.

Other Excelsior times: Mark Newnham 24-25; Mike O'Gorman 24-27; Trevor Leeding 26-56; Phil Frean 27-08; Rick Hughes 28-00; Rob Downham 29-44; Phil Young 29-47; Joan Lennon 32-15.

Twine so close to new club record

THE third event of Worthing Excelsior Cycling Club's evening 10-mile series on Thursday had excellent conditions and several riders managed personal best performances.

One of those was Chris Twine, with a welcome return to form, to record 20mins 56sec - a time only six seconds away from the club's all-time record. Simon Atkinson improved to finish second on 21-37 and Mark Bernhardt was third in 21-48.

In the Sussex 10-mile and 25-mile championships at the weekend, the 10-mile event was won by Conall Yates of the In-Gear squad, with a time of 20-13.

The three Worthing entries were Twine, who finished 14th, in 22-03, Mike O'Gorman, who was 22nd, in 22-59 and Mel Robertson, who came 35th, in 23-45.

In the 25-mile race, Twine led Excelsior home and was 16th with a time of 57.32. The winner was national champion Michael Hutchinson, of In-Gear, with a new course record time of 49-31. Joanna Rowsell, the Olympic gold medallist, now riding for the Wiggle Honda Pro Cycling Team, smashed the ladies' course record with a time of 55-38.

Other 25-mile times: 40th. Mel Robertson 1-01-19, 41, Mike O'Gorman 1-01-27, 42, Mark Newnham 1-01-37, 47, Darron Muggeridge 1-02-38, 67, Lee Barber 1-06-23, 71, Nathan Gale 1-08-10, 79, Joan Lennon 1-20-57.

Other Evening 10-mile times: Kevin Wilson 22-34, Mike O'Gorman 22-36, Carl Trevis 22-36, Mark Newnham 22-41, Chris Putnam 23-07, Darron Muggeridge 23-22, Martin Booker 24-06, Alan Cooper 24-14, Trevor Leeding 24-42, Nathan Gale 25-14, Lee Barber 25-38,

Peter Rowe 26-29, Andrew Lock 27-26, George Jimpson (junior) 27-29, Jack Shepherd (junior) 27-38, Tony Eveleigh 27-54, Keith Jimpson 28-13, Hugo McLaughlin (junior) 28-33, Tom Hunt 28-35, Carey McLaughlin 28-36, Graeme Gill 28-46, Joan Lennon 29-43, Rob Carslake 30-25.

Wootton's back for Excelsior

WORTHING Excelsior Cycling Club had a record number of 28 members compete in their evening ten-mile event at Washington on Thursday and they were joined by 15 guest riders from other clubs.

The race marked the return to competition of Jeremy Wootton, who has been training in the Ardennes and riding several of the classic professional race routes.

Wootton claimed victory with a time of 22mins 02sec, just ahead of Simon Atkinson's 22-13.

Mark Bernhardt was third in 22-19, Kevin Wilson fourth with 22-21 and Mike O'Gorman was fifth with a personal best of 22-25.

Other times: Mark Newnham 22-50, Darron Muggeridge 23-29, Chris Putnam 23-32, Trevor Leeding 24-22, Martin Booker 24-25, Phil Frean 24-52, Alan Orman 25-14, Steve Feest 25-25, Dominic Maxwell 25-33, Lee Barber 25-48, Rick Hughes 26-00, Barrie Le Grove 26-18, Phil Young 26-41, Peter Rowe 26-44, Andrew Lock 27-28, Hugo McLaughlin 27-53, Tony Eveleigh 27-58, Colin Miller 28-07, George Jimpson 28-11, Jack Shepherd 28-18, Keith Jimpson 28-27, Carey McLaughlin 28-31, Graeme Gill 29-31.

On Sunday, the club promoted its own open 25-mile Ray Douglass memorial event on the course from Broadbridge Heath.

There were 70 entries and the winner was Brighton Excelsior's Steve Kane with an excellent time of 53-30.

Worthing's five riders all rode well, with Wilson best with a time of 59-21, followed closely by Atkinson with 59-25 and third fastest, with another personal best, was 61-year-old O'Gorman in 59-58.

He picked up second prize in the veteran category and the Excelsior team finished second.

In his first 25-mile event, Alan Cooper recorded 1-02-55, while Nathan Gale clocked 1-06-27.

Risebrow races to new course record

WORTHING EXCELSIOR MEMBERS

ATHLETICS

Twitter: @Worthing_sport
sport@worthingherald.co.uk

TUFF Fitty Triathlon Club had a superb showing at the Steyning Triathlon as they recorded some brilliant results, as well as a new course record.

The morning events were staged by local event company Raw Energy Pursuits and warm sunny weather greeted the competitors.

It was in the sprint distance race where the club collected the most awards as competitors raced around a course comprising a 400m swim, 19k cycle along the A283 between Bramber and Washington and a 5k run.

David Risebrow set a new course record as he came home first in an impressive 52mins 15sec. He was closely followed by Dan Cobby, who crossed the line second in 53:39 for a Tuff Fitty double.

Clive Lett and Andy Ruffer finished close together in eighth and ninth position in 57:29 and 57:54, respectively. Lett missed out on an age group award by just one second.

The good results kept coming with Joe Pascoe and Rob Mountain being separated by just one second in 14th and 15th position, with times of 58:36 and 58:37.

The ladies were not to be outdone, with Nicole Patterson crossing the line as second female and first in her age group.

Tuff Fitty had a total of 31 athletes competing, which made up 10 per cent of the total field



Tuff Fitty members Nicole Patterson, David Risebrow and Jane King

across both races, with many more club members helping to officiate and marshal around the course.

Along with a new course record and several personal best times, the club had a large number of newer club members who used the race to undertake their first triathlon.

Other times: Andrew Nisbet 1hr-01mins-33sec, Tony Morgan 1-01-34, Oily Sampson 1-02-28, Ricky Clarke 1-03-09, Steve Feast 1-04-09, Ben Abbott 1-05-49, Rebecca Lintott-Clarke 1-07-18, Phil Stubbs, 1-07-42, Andy Vincent 1-08-18, Sophie Ruffer 1-10-08, Matt Whittaker 1-10-19, Debra Cauchy-Duval 1-15-01, Rachelle Williams 1-15-18, Chris Parkman 1-16-58, Claire Moyle 1-29-51.

In the standard triathlon race, the first competitors had to start their swim at 6.15am owing to the large number of competitors and faced a 800m swim, 35k bike ride and 8k run.

The first local competitor home was Tuff Fitty's James Bellward, who finished sixth overall in 1hr-38mins. Tuff Fitty also rounded out the top 10 with Jason Burkinshaw finishing in 1-42, while Jane King was first in her age group to win an award in 2-09.

Other times: Pete Littleboy 1-55, Mark Anderson 1-57, Simon Palmer 2-01, Sam May 2-14, Chris Evans 2-44.

Heavy rain causes Excelsior's event to be cancelled

HEAVY rain and large areas of surface water on the A24 caused Worthing Excelsior Cycling Club's ten-mile event on Thursday to be cancelled on safety grounds.

It is the third event that club has lost this year but it is hoped that today (Thursday) and June 13 will be unaffected but on June 20, the club will have to use the Wiston to Shoreham course because of lane closures north from Findon

on the A24.

Four Excelsior riders were in action in the Old Portlians CC Open 25-mile time trial on the course from Broadbridge Heath on Sunday.

Conditions were good, despite a hard final few miles as the north easterly freshened. Chris Twine showed something of his top form with an excellent time of 57mins 26sec. Mike O'Gorman continued

his strong form this season, with another personal best time of 59-34.

Mark Bernhardt was third in 59-56 and Nathan Gale was fourth in 1-07-50.

This Sunday, Excelsior has its own 25-mile championship on a special course, starting from Goose Green on the Billingshurst road, around a mile north west of Ashington at 7.30am.

CHRIS PUTNAM RIDES THE HURTLEBERRY
OFF ROAD DUATHLON. HOLMBURY-ST. MARY
13TH APRIL 2013. (PHOTO MIKE ANTON)



THE NEW CLUB EVENTS SECRETARY. BARRIE
LE GROVE GETS DOWN TO THE EVENING TENS
AT WASHINGTON



WORTHING HERALD 30TH MAY 2013

Atkinson wins latest evening ten-mile race

AS Worthing Excelsior Cycling Club's evening ten-mile series nears the halfway stage, Simon Atkinson is moving into a commanding position.

He won Thursday's race in awful wet conditions, which saw other favourites withdraw. He now has three wins and two second places to his credit.

Last week's time of 22mins 8sec was excellent in the conditions and was well clear of second-placed Kevin Wilson, who finished in 22:56 and third-placed Mike O'Gorman, who got home in 23:00.

On Sunday, Excelsior had six riders competing in the Sussex Cyclists' Association 30-mile event, which incorporated Excelsior's own championship. Chris Twine was fastest and retains his hold on the championship trophy but he was below his best with 1hr 11mins 5sec.

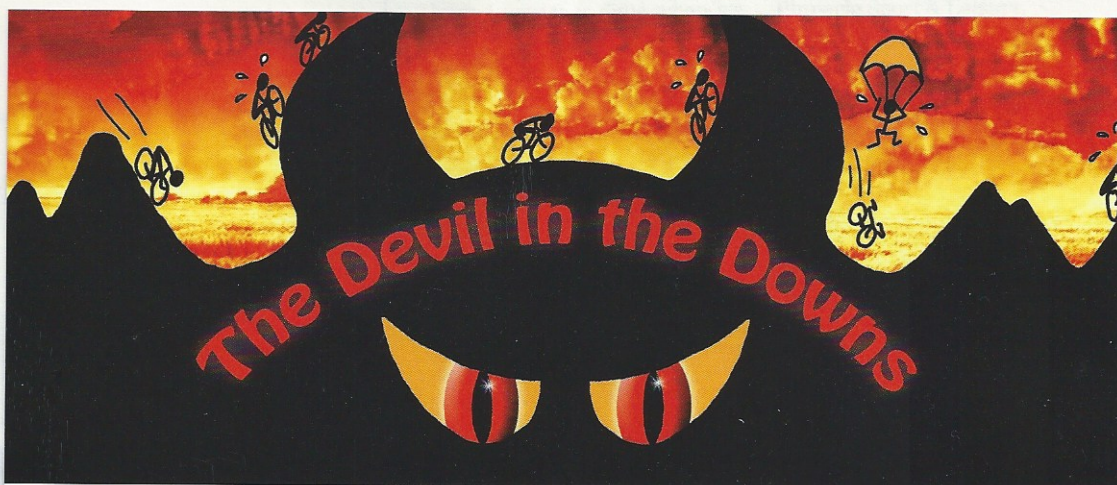
Atkinson recorded 1-12-59 and O'Gorman, who achieved a consolation award in his age

category, took third with 1-14-08. Alan Cooper, in his first ride at the distance, was home in 1-19-07 and Joan Lennon completed the course in a time of 1-35-28. Atkinson's ride gave him the award in the handicap section.

Hopes of a team win in the county event were dashed with the retirement of Jeremy Wootton and the club had to settle for second place, behind Brighton Excelsior, who were led home by a remarkable winning ride from Steven Kane, in at 1-06-02.

A series of ten-mile events promoted by the Brighton Mitre Club from Steyning on Monday attracted three entries from Worthing. Wootton recorded 24-08 in the "low gear fixed wheel" event to make third spot. He then rode on his normal racing machine over the same course to clock 23-31 and that was good enough for first in his age category. Twine in that event finished fourth with 22.38, while Carl Trevis was home in 23.23. In the final race, Twine again finished fourth in 26-21.

Other evening ten-mile times: Carl Trevis 23-02, Mark Newnham 23-15, Darron Muggeridge 23-41, Trevor Leeding 24-19, Phil Frean 24-47, Chris Putnam 24-53 (inc 1min late start penalty), Martin Booker 24-58, Phil Young 26-42, Robert Downham 27-47, Joan Lennon 29.33.



The Devil in the Downs Cyclo Sportive

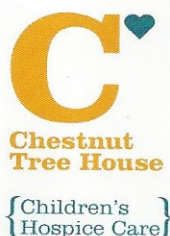
Sunday 15th September 2013

One event – 3 rides

Challenge the Devil with 125 or 85 kilometre options
Or take on the Imp – 50 kilometres
through the Sussex countryside

For more information and to enter go to:
www.worthingexcelsior.co.uk

Supporting Chestnut Tree House Children's Hospice



Twine and Atkinson leading the way

CHRIS Twine and Simon Atkinson are emerging at the top of the racing table for Worthing Excelsior Cycling Club this season.

In Thursday evening's 10-mile event, Twine was fastest with 22mins 06sec but was only four seconds ahead of Atkinson, with Jeremy Wootton third place in 22-44.

Atkinson currently holds the lead in the series but there are still six events to go.

Other times: Carl Trevis 22-51, Mike O'Gorman 23-01, Mark Bernhardt 23-02, Kevin Wilson 23-10, Mark Newnham 23-35, Chris Putnam 24-05, Alan Cooper 24-10, Dominic Maxwell 24-57, Trevor Leeding 25-07, Alan Orman 23-55, Rick Hughes 26-13, Phil Frean 26-13, Phil Young 27-02, Barrie Le Grove 27-48, Peter Rowe 27-58, John Lucas 28-07, Robert Downham

28-28, Colin Miller 28-34, Keith Jimpson 29-05, George Jimpson 29-27, Graeme Gill 29-31, Joan Lennon 29-43.

Mike O'Gorman, who currently leads the veterans' category in the evening series, raced on Saturday in the Surrey/Sussex veterans' 10-mile championship on the East Sussex course, south of Uckfield, and finished second with an excellent 24-20.

On Sunday, the club held its own 25-mile championship and with Twine racing elsewhere and Wootton missing the race, Atkinson needed no further incentive and he covered the Ashington course in 59-04.

Mark Bernhardt just got the better of Kevin Wilson for the minor placings with times

of 1-00-42 and 1-00-47, respectively.

Atkinson's ride also secured first place in the handicap section, where Carl Trevis was second.

Other times: Carl Trevis 1-01-15, Mike O'Gorman 1-01-44, Darron Muggeridge 1-03-49, Mark Newnham 1-05-00, Chris Putnam 1-05-43, Alan Cooper 1-06-20, Trevor Leeding 1-07-15, Dominic Maxwell 1-07-39, Phil Frean 1-08-01, Lee Barber 1-11-05, Barrie Le Grove 1-17-11.

Twine was racing in the Crawley Wheelers 41-mile event on a course from Handcross down to Shoreham and back.

He finished third, less than four minutes behind two of the county's fastest riders, Chris Mcnamara and Steve Dennis, in 1-39-59. Nathan Gale finished in 2-01-39.

Twine pips Atkinson for third race win

CYCLING
sport@worthingherald.co.uk
Twitter: @Worthing_sport

THE evening ten-mile series put on by Worthing Excelsior Cycling Club is proving to be one of the most competitive and open for some seasons.

The latest race on Thursday, like many this year, was in hard, windy conditions and there was a smaller entry.

Chris Twine is having to ride at his very best to defend his trophy from last year. Simon Atkinson has already completed the necessary six rides and has never been out of the top two places, while Twine has now ridden four, which includes three first places, with only five races left.

Twine scored his third win on Thursday in 21mins 53sec but Atkinson was just four seconds back in 21-57. They were well clear of third-placed Mike O'Gorman, who finished in 23-14.

O'Gorman produced two excellent rides at the weekend. On Saturday, in the Team Axiom 10-mile, he recorded 22-30 which is just five seconds down on his personal best, and just 18 seconds down on club-mate Jeremy Wootton, who got home in 22.12.

On Sunday, in a 25-mile promotion by the same club, both events being held on the A3 road north of Petersfield, Worthing had three entries but they met with very different fortune. Mark Newnham was unable to start because of mechanical problems and Wootton was unable to finish because of a puncture. O'Gorman, however, completed the course in a personal best of 58-02, an improvement of 1-47.

Other 10-mile times: Jeremy Wootton 23-29, Chris Putnam 23-48, Darron Muggeridge 24-18, Dominic Maxwell 25-05, Allan Orman 25-24, John Lucas 27-35, Keith Jimpson 29-02, George Jimpson 29-38.

Worthing duo ride with Sir Chris Hoy

TWO Worthing cyclists had the honour of riding with six-time Olympic gold medallist Sir Chris Hoy last week.

The Scottish cycling legend who was one of the main faces of London 2012, was in action at Box Hill as part of a secret UK tour to promote his new range of Hoy bikes.

Worthing Excelsior Cycling Club member Steve Feest and wife, Michelle, who are also both members of Worthing Striders, were lucky enough to get an invitation to saddle up with the Olympic hero through Evans Cycles, who will be selling Hoy's new range of bikes.

After replying to an email from the bike company, Steve said: "We were lucky enough to get an email back last Thursday, wearing us to secrecy, but telling us to meet at the top of Box Hill at 2pm on Monday.

"We arrived, registered, then had the pleasure of being one of five groups of ten to ride round Box Hill with the man himself and have a chat.

"He was very relaxed, charming and pleased to be able to cycle for fun after years on the track and in the gym."

Speaking on Evans Cycles' website, Hoy said: "As some



Michelle and Steve Feest with Olympic hero Chris Hoy before their Box Hill cycle

of you know, I've recently hung up my boots after over 15 years of gym sessions, endless velodrome training sessions and intense competition, which means I'm now free to get out there and ride - just for the love of it.

13TH JUNE 2013

THE TABLE PLAN AND THE 'LOCK LEGEND' TABLE AT THE
WEDDING RECEPTION OF CLIVE LETT AND NICOLE PATTERSON



Twine rides to fourth win in time trial event

A TOTAL of 37 riders took part in Worthing Excelsior Cycling Club's evening ten-mile time trial on Thursday.

Times were better than previous weeks owing to improved weather as 22 club members and 15 guest riders took part.

Mark Clothier, of Southdown Bikes, was first to finish in 19mins 57sec, while Chris Twine was the first Excelsior rider home in 20-56.

Twine has now won four of the five time-trial races he has taken part in this year, while it was the first time that Simon Atkinson, who finished third, was out of the top two places.

Other Excelsior times: Mark Bernhardt 21-39; Simon Atkinson 21-47; Mike O'Gorman 21-58; Kevin Wilson 22-27; Alan Cooper 22-42; Mark Newnham 22-45; Chris Putnam 23-12; Trevor Leeding 23-45; Nathan Gale 24-31; Allan Orman 24-31; Rick Hughes 24-35; Lee Barber 25-24; Barrie Le Grove 25-47; Phil Young 25-49; John Lucas 26-02; Rob Downham 26-59; Hugo McLaughlin 27-12; George Jimpson 27-42; Colin Miller 27-50; Keith Jimpson 27-52.

Twine leads Excelsiors home in evening race

WORTHING Excelsior Cycling Club had a bumper field of 40 riders turn out for their 12th evening ten-mile event last Thursday.

There were 20 club members racing and they were led home by Chris Twine in 20mins-50sec.

Mark Newnham was second in

23-03 and Alan Coopers in 23-10. The first rider home was Pedal Heaven's Chris McNamara in 20-29.

Other Excelsior times: Chris Putnam 23-29, Martin Booker 23-51, Trevor Leeding 23-56, Darren Muggeridge 24-16, Rick Hughes 24-

56, Mike O'Gorman 25-05, Nathan Gale 25-52, Barrie Le Grove 26-05, Peter Rowe 26-32, Phil Young 26-57, Colin Miller 27-26, Keith Jimpson 27-37, Andy Lock 27-46, Rob Downham 28-01, George Jimpson 28-35, Joan Lennon 29-10, Graeme Gill 29-16.

Twine in fine cycling form

WORTHING Excelsior Cycling Club's 11th evening ten-mile event of the season on Thursday was won by Chris Twine.

He finished in 21min 09sec from the 25 riders who took part, and ahead of second-placed clubman Simon Atkinson, in 22-23, and third-placed Mike O'Gorman's 22-31.

Other times: Mark Newnham 23-06, Chris Putnam 23-24, Trevor Leeding 23-56, Martin Booker 24-02, Jeremy Wootton 24-46, Nathan Gale 24-51, Rick Hughes 25-25, Phil Young 25-25, Barrie Le Grove 25-48, Lee Barber 26-01, John Lucas 26-31, Peter Rowe 27-33, Joan Lennon 28-41, Graeme Gill 29-16.

THE WORTHING EXCELSIOR PARTY AT THE WEDDING OF CLIVE LETT AND NICOLE PATTERSON · ISLE OF WIGHT 13TH JUNE 2013 L-R. SARAH AND ROB DOWNHAM · BRIDE & GROOM MAUREEN AND DON LOCK AND RICCO SEPE



Feest follows Olympic footsteps for Team GB

A WORTHING athlete will have the honour of following in the footsteps of Olympic heroes when he represents Team GB later this year.

Steve Feest has qualified to represent Britain at the London ITU Sprint Distance Triathlon World Championships, which is part of the World Triathlon Grand Final, in the capital in September.

More than 5,000 athletes from across the world will fight for world championship titles at the five-day event on identical courses and venues that were used in the London 2012 Olympic Games.

Feest will be flying the flag for a number of clubs across the district, including Tuff Fitty, Worthing Striders and Worthing Excelsior.

He said: "I feel so honoured to be able to represent my country and wear the Team GB kit. I had felt overwhelmed when watching the Olympic triathlon race in Hyde Park last year and thought, I'd love to race here in the centre of London."

"I feel the pressure is off now and aim to keep my fitness levels going ready for my race which will start in the Serpentine, Hyde Park at 8am

TRIATHLON

By Ollie Berry
ollie.berry@worthingherald.co.uk

on Friday, September 13."

Feest has been training hard for the event for the past six months and qualified with a time of 1hr-15min-14sec at Bristol

Feest added: "Last year, when the event was announced, I spoke to my wife Michelle and coach Niki Treacy and started to plan my training to get into top condition to secure one of the highly-sought after GB team places. I've missed training with my clubs as I've followed my own specific training programme."

"A few weeks ago, in early June, I raced at the National Sprint Distance Triathlon Championships, in Nottingham, where I just missed out on automatic qualification, however, two weeks later in Bristol my time was quick enough to qualify."

The sprint distance triathlon is the first in a whole weekend of racing, including age group triathletes from all over the world, para-triathletes, public competitors and the elite women on Saturday and the elite men on the Sunday.



Steve Feest in action racing for Team GB in the World Championships Duathlon last year in France

Twine's seventh win seals evening series title

CHRIS TWINE recorded his seventh win in Worthing Excelsior Cycling Club's evening ten-mile series on Thursday to seal the title ahead of the final race.

He did it in great style as well, winning in a club-record time of 20min 47sec.

This beat the previous best time of 20:50 set in 1987 by Peter Danckwert.

The previous winner of the series, Jeremy Wootton, was second in 21:15.

There was a tie for third

spot with Alan Cooper and Chris Putnam both clocking personal-best times of 22:52, three seconds ahead of Trevor Leeding in 22:55 - in this his first season after a long lay-off.

Other times: Martin Booker 23:19, Phil Young 25:26, Peter Rowe 25:47, Barrie Le Grove 26:04, Andrew Lock 26:16, Jack Shepherd 26:38, Keith Jimpson 26:42, Tony Eveleigh 26:53, Joan Lennon 27:31.

On Sunday, Twine tackled the East Sussex Cycling Association's 50-mile

event on the A22 south of Uckfield as he builds up for the forthcoming 100-mile championship.

He continued his sparkling form with a superb effort, recording 1:54:33 for seventh place.

It was a brilliantly-paced ride as he recorded 57:23 for the first 25 miles and 57:10 for the second half, a personal best by some four minutes.

Nathan Gale also rode this event and was satisfied with his effort, finishing in 2:16:17.



Chris Twine
PICTURE BY MIKE ATON

Mike wins last ten-mile event

THE last of Worthing Excelsior Cycling Club's ten-mile races was won by Mike O'Gorman in 22min 20sec on Thursday.

Mark Bernhardt was seven seconds behind in second place, with Simon Atkinson third in 22-32.

Chris Twine was the overall winner for the 14-event series, followed by Atkinson, O'Gorman, Bernhardt, Mark Newnham and Chris Putnam.

There were 20 riders who qualified for the final

standings by completing the necessary six rides, with George Jimpson winning the junior award and Joan Lennon was the best woman.

Other ten-mile times: Trevor Leeding 22-52; Newnham 23-09; Martin Booker 23-48; Darron Muggeridge 24-08; Nathan Gale 24-09; Alan Orman 25-13; Nolan Heather 25-51; Barrie Le Grove 26-02; Phil Young 26-08; Peter Rowe 26-19; Andrew Lock 26-48; Keith Jimpson 27-11; Hugo McLaughlin 27-24; Colin Miller 27-25; Graeme Gill 28-01; George Jimpson 28-07; Lennon 28-18; Carey McLaughlin 28-54.

Trevor Leeding was in action in the Brighton

Excelsior 25-mile race at the weekend and recorded an excellent time of 1hr 2min 20sec. Muggeridge got home in 1-05-57 and Lennon in 1-17-20.

O'Gorman tackled the Crawley Wheelers 10-mile event on Saturday and finished third in the age standard category with 23min 47sec.

On Sunday, he was on the A31 road in the Hounslo 25-mile and got his second-ever best time, with 58-16, to place fifth in the veteran's category.

CYCLING WEEKLY

8TH AUG. 2013

SCCU 100	
SUN 28/07 G100/60	
Steve Kane (Brighton Excelsior).....	3 59 35
J. Stuart (Norwood Paragon).....	4 10 50
M. Brennan (Redhill CC).....	4 11 49
I. Brogden (Eastbourne Rovers).....	4 14 34
C. Twine (Worthing Excel).....	4 16 32
M. Wieland (London Dynamo).....	4 18 49
C. Jordaan (In Gear-Quickvit).....	4 19 45
I. Baynes (Hemel Hempstead).....	4 20 46
J. Masters (Norwood Paragon).....	4 24 41
M. Bernhardt (Worthing Excel).....	4 30 30

WORTHING HERALD 1ST AUGUST 2013

Excelsior team race to SCA title

WORTHING Excelsior Cycling Club entered a strong three-man team in Sunday's Southern Counties Cycling Union 100-mile Championship.

It also incorporated the Sussex Cyclists' Association Championship and the club's own domestic title was also at stake. The course was concentrated to the south of the A272 and involved four laps of the Washington/Ashurst circuit in the final 65 miles.

The Excelsior team comprised Chris Twine, making his debut at the distance, Mark Bernhardt and Mark Newnham. They finished as the second team in the SCCU event against a number of strong London clubs and ran out SCA team winners.

Twine finished fifth overall and third in the county with 4hr 16min 32sec. Bernhardt recorded 4-30-30 and Newnham 4-40-36.

On Saturday, Mike O'Gorman competed in Charlotteville Cycling Club's 10-mile event and recorded his best time for the course, finishing in 22min 19sec.

Excelsior's first evening hill climb on Thursday was won by Mark Newnham in 1min 43.2 seconds.

Other times: John McGrath 1-47.16, Mike O'Gorman 1-57.7, Martin Booker 2-01.08, Darron Muggeridge 2-06.52, George Jimpson 2-09.29, Barrie Le Grove 2-22.54, Keith Jimpson 2-57.30.

TRIP TO TOUR DE FRANCE - JULY 2013





Chris races to third in 50-mile event

CHRIS Twine produced another fine ride for Worthing Excelsior Cycling Club on Sunday when he rode to third place in the Sussex County 50-mile Championship.

Over a difficult course from Dial Post, his time of 1hr 57min 13sec gained him one or two notable scalps among the county's top riders but left him well short of the top two.

Chris McNamara, of the Pedal Heaven Racing Team, was the winner in 1-49-28 and Brighton Excelsior's Steve Kane finished second in 1-49-50.

Excelsior veteran Mike O'Gorman, with another personal best, finished in 2-07-08.

Twine was also in action on the previous day when he rode the Epsom 10-mile event, recording a time of 22min 34sec.

In the second of the evening hill climb series on Thursday, Mark Newman secured the overall series win by taking first place again.

WORTHING HERALD

8TH AUGUST 2013

His winning time for the short climb of Washington Bostal was 1min 43-26sec.

Junior George Jimpson finished in 2-03-36 to claim the overall junior award.

Other times: Chris Putnam 1-46-57; O'Gorman 1-54-80; Simon Atkinson 2-06-16; Darron Muggeridge 2-03-45; Martin Booker 2-03-80; Barrie Le Grove 2-19-92; Keith Jimpson 2-21-86; Rick Hughes 2-22-32.

WORTHING HERALD 15TH AUGUST.

Putnam wins Excelsior's final evening hill climb

THE third and final race in Worthing Excelsior Cycling Club's evening hill climb series was won by Chris Putnam on Thursday.

His time for the climb of Washington Bostal was 1min 47.29sec and that secured him second place in the overall competition, which was won by Mark Newnham, who won the opening two races.

Mike O'Gorman and Chris Twine took part in the Eastbourne Rovers 10-mile promotion on Saturday.

With roadworks appearing just before the start, the organisers hastily arranged a straight out test of 4.5 miles. In this, Twine placed seventh and won his age group with a ride of 9min 17sec.

O'Gorman was 17th and also

won his age group, with a time of 9min 44sec.

Other evening hill climb times: John McGrath 1-51.77; O'Gorman 1-57.36; Martin Booker 2-00.77; George Jimpson (junior) 2-03.95; Darron Muggeridge 2-05.77; Rick Hughes 2-13.36; Simon Atkinson 2-17.35; Keith Jimpson 2-17.51; Barrie Le Grove 2-23.20; Phil Young 2-51.45.

Overall placings: 1, Newnham; 2, Putnam; 3, McGrath; 4, O'Gorman; 5, Booker; 6, G. Jimpson; 7, Muggeridge; 8, Atkinson; 9, Le Grove; 10, K. Jimpson, Hughes.

Twine on time with Excelsior

AFTER county and regional competitions, Worthing Excelsior Cycling Club's riders returned to domestic events with the running on Sunday of the annual Pulborough Circuit race.

Anti-clockwise from Pulborough, north to the Billingshurst bypass and then west through Wisborough Green, before turning back to Pulborough, via Fittleworth, gives a tough 16 miles. It takes a fit rider to cover it at almost 25mph, which is the average speed maintained by winner Chris Twine.

He was back to the finish in 38min 42sec, just nine seconds outside of his course record set last year. Twine was well clear of second-placed Mike O'Gorman, who recorded 41-04.

Third was Simon Atkinson in 41-35, Martin Booker won the handicap award with his time of 42-55 giving him a net time (after a 7-30 allowance) of 35-25.

Other times: Chris Putnam 43-44, Darron Mugeridge 44-24, Rick Hughes 48-03, Barrie Le Grove 50-25, Nathan Gale 53-52.

Busy weekend for Excelsior riders

WORTHING Excelsior Cycling Club's Chris Twine rode to third place in the Sussex Cyclists Association's hilly 10-mile course in the Kirdford area on Saturday.

He recorded a time of 23min 05sec, with Mike O'Gorman tenth in 25-02, which won him his age category award.

Nolan Heather, in his first ride for two years, recorded 28-50 to enable Excelsior to win the team prize.

Twine was fourth in the Southdown Velo 25-mile promotion on the Fontwell course on Sunday with 57-09. He might have got third had he not crashed on a greasy roundabout surface.

O'Gorman finished in 1hr 2min 56sec and Mark Newnham in 1-05-15.

Then, on Monday, Twine was fourth in the Sussex CA hilly 25-mile race, again in the Kirdford area, in 59-41.

O'Gorman was home in 1-03-44 which secured him first place on the veteran's standard.

Twine's still in fine form

THERE was another win and yet another record for Worthing Excelsior Cycling Club's Chris Twine on Sunday, when he stormed around the 22-mile Hardriders course in 54min 49sec.

That beat his own record set last year by 47 seconds and he finished well clear of the rest of the opposition.

The course from Pulborough includes the climb of Bury Hill and the return from Arundel up to the Whiteways Roundabout before finishing near Fittleworth.

Second was veteran Mike O'Gorman who was delighted to beat the hour with his time of 59-47. In third place was Simon Atkinson, with 1-00-54.

There were excellent rides from Keith Jimpson and his son, George, with their times of 1-12-26 and 1-13-30 respectively. They finished first and second in the handicap section and George's time set a junior standard for the course.

Other times: Trevor Leeding 1-02-01, Chris Putnam 1-02-25, Darron Mugeridge 1-04-34, Rick Hughes 1-11-10, Barrie Le Grove 1-12-53, Paul Townsley 1-20-13.

O'Gorman was also in action on the previous day in the Addiscombe Cycling Club 10-mile event near Capel.

He recorded a time of 23-26, reducing his record for this course by 21 seconds in the process.

Things are going swimmingly for Tuff Fitty

TUFF Fitty Triathlon Club have been taking full advantage of the warmer weather by recording some notable podium finishes at open water swims.

The local event organising company, Raw Energy Pursuits, staged a swim in the River Adur. Starting by the footbridge in Shoreham, competitors had to swim up under the A259 road bridge, under the old toll bridge, and back to finish alongside the road bridge.

The race occurred during slack water, with competitors racing to beat the turning tide.

First off was a 3.5k race where Anthony Towers swam home in second position overall and first in his age



Nicole Patterson-Lett

group in 48min 09sec.

Craig Hunter finished in ninth position in 49-01.

A further trophy was awarded to Nicky Carsons for winning her age group in 50-28.

In the second race, of 2.5k, Tuff Fitty continued to make a splash with Nikki Gatland second overall in 38-43. In third position (and first male) was one of the Tuff Fitty's newest members - James Togneri - in 39-00.

Joe Pascoe returned a good time to finish in sixth position in 40-35, with Andy Ruffer home 12th in 42-34.

Tuff Fitty represented 18 per cent of the total finishers across both races, as the local triathlon club continue to expand.

The week before, on the Isle of Wight, six Tuff Fitty members stood on the beach in Sandown Bay for the annual Sandown to Shanklin swim, a distance of 1.75miles.

The race has been running for 60 years and attracts entries from across the country but competitors are forbidden to wear wetsuits.

The sea was choppy on the day with a temperature of just 19 degrees but this did not stop all the Tuff Fitty members from finishing.

Anthony Towers was the first club member home in 41-16, while Nicole Patterson-Lett finished in 41-37 to win her age group. Mike Latham earned a special award for his swim of 47-52.

Other times, Adur 3.5k: Ben Wallbank 51-14; Warrick Smith 57-09. Adur 2.5k: Andy Moulding 46-45; Olly Sampson 46-48; Murray Hodge 47-29; Margaret Gritton 52-02; Carol Palmer 62-35.

Sandown Swim: Clive Patterson-Lett 48-21; Steve White 49-46; Arthur Baylis 54-06.

Simon seals two trophies

WORTHING Excelsior Cycling Club's domestic racing season is almost complete and two trophies are destined for the Simon Atkinson trophy cupboard.

All club events that are handicapped count for the points trophy (an aggregate of handicap placings) and Atkinson headed the final table with 36 points, while Mike O'Gorman (41) and Darron Muggeridge (44) took the minor placings.

The sporting courses competition takes in all the club's hilly events and Atkinson again beat O'Gorman, and Chris Putnam made third spot.

O'Gorman continued his excellent season on Saturday in the Redmon CC 10-mile event near Holmwood.

He recorded a time of 24min-10sec, while Nolan Heather improved on his previous best to finish in 26-18.

On Sunday morning, in the Southern Counties 25-mile event, O'Gorman celebrated with his second best time ever to finish in 58-11.

Excelsior save best for last

WORTHING Excelsior Cycling Club riders saved the best until the last in their time trial events for the 25-mile inter-club championships.

The final event last Sunday was held on the notably fast P901 course which is around Chichester and Arundel.

Chris Twine came second overall in a blistering time of 54min-19sec in a field of 74 riders - which is believed to be the largest-ever field for this annual event.

Other times: Simon Atkinson 56-10; Mike O'Gorman 58-03; Trevor Leeding 58-32; Martin Booker 1-00-30; Dominic Maxwell 1-00-32; Paul Townsley 1-02-14; Allan Orman 1-04-40; Barrie Le Grove 1-04-54; Philie Frean 1-05-09; Rick Hughes 1-05-37; Rome Bhamra 1-06-02; Keith Jimpson 1-12-36; Joan Lennon 1-15-20.

SUSSEX CA

SAT 05/10 GH/92.-

Peter Tadros

(InGear-Quickvit-Trainsharp)	4 04.2
C. McNamara (Pedal Heaven RT)	4 05.5
C. Yates (InGear-Quickvit-Trainsharp)	4 09.8
S. McNamara (South Down Bikes)	4 34.1
T. Reeves (GS Stella)	4 40.6
S. Gregory (Nottingham Clarion)	4 42.5
S. Kane (Brighton Excelsior)	4 43.2
Z. Corum-Haines (Brighton Excelsior/VC Jubilee)	4 44.2
D. Harwood (InGear-Quickvit-Trainsharp)	4 54.9
C. Twine (Worthing Excelsior)	4 58.5

CYCLING WEEKLY 17/10/2013

...A3CGR 23

SUN 06/10 P875.-

Chris McNamara (Pedal Heaven RT).....55 13

S. Ader (...a3crg)	55 38
S. Walkling (VC St Raphael-Waites Contracts-Paul Hewitt Cycles)	56 12
C. Mitchell (...a3crg)	56 30
R. Prebble (Node4-Giordana RT)	57 20
D. Shepherd (GS Stella)	57 31
G. Parker (CC Weymouth)	57 43
G. Stirzaker (...a3crg)	58 35
C. Twine (Worthing Excelsior)	58 37
A. Rivett (VC St Raphael-Waites Contracts-Paul Hewitt Cycles)	59 47

GOODWOOD CLASSIC SOUTHDOWN VELO 28

SUN 13/10 P911/27.-

Wouter Sybrandy (lg-Sigma Sport).... 1 07 03

S. Ader (...a3crg)	1 07 42
C. Mitchell (...a3crg)	1 09 14
G. Parker (CC Weymouth)	1 10 59
C. Twine (Worthing Excelsior)	1 11 11
A. Napier (SDV)	1 12 04
M. Cleaver (SDV)	1 13 03
T. Pritchard (HRCC)	1 14 53
D. Barr (...a3crg)	1 15 39
T. Delooze (SDV)	1 16 01

7th Nov. 2013.

CYCLIST WINS TRIP TO MAJORCA

SEE OVER.

Over 60 cyclists took part in the regional 'Jaguar Ride like a Pro' event on Saturday 12th October, the day was organised by the Harwoods Jaguar Group.

The weather was kind to the riders who completed a 55 mile road circuit, setting off and finishing at Cowdray Park Golf Club in Midhurst. There was a well earned refreshment stop at Harwoods Jaguar in Terminus Road, Chichester, and to ensure maximum safety on the day, riders were accompanied by a support team who were driving Jaguar XF Sportbrakes.

From the Harwoods event Jeremy Wootton and Tony

Court were selected to go through to the Ride Like a Pro Grand Final that was recently held at a private test track in Warwickshire. Cyclists from 18 regional 'Jaguar Ride Like a Pro' events battled it out in a series driving and cycling challenges.

Team Sky Performance adviser Shane Sutton was driving the Jaguar XF Sportbrake which is the official car of professional cycling squad Team Sky: www.jaguar.co.uk

Congratulations to Jeremy Wootton, who finished the day in second place, and now has won a once in a lifetime trip to Team Sky's winter training camp in Majorca.



RIDE LIKE A PRO WINNERS CROWNED

SHARE 

Three winners heading to Mallorca

Last updated: 20th November 2013



Three talented cyclists will be jetting off to Mallorca to ride with Team Sky at our winter training camp after winning Jaguar's Ride Like a Pro competition.

Jaguar launched the initiative in September by inviting cyclists of all ages and abilities to join group rides from their dealerships across the United Kingdom.

Fifteen rides were organised in total and 38 riders who impressed at the events were invited to the Fen End circuit in Warwickshire for a testing day on two wheels, and four.

The Sports Director challenge was the first contest to take place and involved a timed drive in an XF Sportbrake around a coned course which demanded controlled aggression as well as excellent car-handling skills.

The second competitive element was the race of truth – a seven-lap, 10-mile time trial around the race circuit with Team Sky's Performance Advisor Shane Sutton providing words of support and encouragement.

While waiting their turns to compete, the entrants were also treated to adrenaline-fuelled laps of the circuit alongside Jaguar's professional racing drivers and also got behind the wheel themselves on the slippery skid pan.

Charlie Revell - who took part in the Roger Young ride-out from Saltash - took first place on aggregate with Jeremy Wootton from the Harwoods Group event claiming the runners up spot. Rounding out the trio for their trip to the Balearics was Cathy Anderson from the Worcester ride-out who came out on top of the female competition.

With next year's Tour de France Grand Départ in Yorkshire, the Team Sky Jaguar XF Sportbrakes will be in the heart of the action once again. Jaguar plan to host more cycling events and rides in 2014, and don't forget **you can get all the latest Jaguar and cycling news via the Jaguar Cycling app.**

2013 TROPHY WINNERS

Mens B.A.R	Chris Twine	25.65 mph
Veterans B.A.R	Mike O'Gorman	+ 4.43 mph
Mason Cup 100 miles	Chris Twine	4h 16m 32s
Shipton Cup Fastest 50 mile	Chris Twine	1h 54m 33s
Welch Cup 50 miles	Chris Twine	1h 58m 57s
Bennett Cup 25 miles	Simon Atkinson	59m 04s
Young Cup Hardriders	Chris Twine	54m 49s
Clapshaw Handicap	Simon Atkinson	
Prassley Cup 30 miles	Chris Twine	1h 11m 05s
Hill Cup 10 Mile Series	Chris Twine	
Alan Matthews SPOCO Cup	Simon Atkinson	
Points Cup	Simon Atkinson	
Fat Vet on Std 10 mile Series	Mike O'Gorman	+ 5m 16s
Barrett Hill Climb	Chris Twine	
Road Race Champion	Dominic Maxwell	
Most Improved Rider	Simon Atkinson	+ 2.48 mph
Club Runs Attendance	Phil Frean	
Tourist Trophy	Andrew Lock	
Audax Trophy	Dominic Maxwell	882 Miles
Ladies B.A.R	Joan Lennon	20.63 mph
Evening 10m Series	Chris Twine	
Club Person of the Year	To be Announced	

MENU

Tomato Soup



*Roast Leg of Lamb
Infused with Garlic and Rosemary
Served with Mint Sauce*



Profiteroles



Coffee & Tea



*Don Lock M.C.
(Master of Confusion)*

*Dishing out the Silverware
Your President
Tony Palmer*

*Music by
David Shaw & The Purple Haze Roadshow*