



Worthing Excelsior Cycling Club

EVENING 10 SERIES - No 4 (G10/98)

Thursday 7th May 2015

Promoted for and on behalf of **Cycling Time Trials** under their rules and regulations

Report

A familiar pattern is emerging in the opening weeks of the 2015 series.

Once again Simon Atkinson wins (21:46) and once again he was the only Excelsior rider to beat the 22 minute mark. His 100% haul from his first four rides is reminiscent of last season when he put the competition to bed really early.

Once again Guy Smith records a new personal best, this time 22:00 – he has now done so in each of his first four time trials. Unsurprisingly the rate of improvement is slowing (72 seconds, 49 seconds, 13 seconds) but then again he is still on a road bike so there is clearly more to come from this powerful rider.

Trevor Leeding and Mike O’Gorman shared third place on the night with a time of 22:13.

Rick Hughes carried on from his improved performances in last weekend’s Sussex CA Championship events by recording a 22:42 to gain fifth place. More cause for celebration.

The next five riders were all clustered in the 23:xx mark with only 31 seconds separating them all. It was nice to see two occasional competitors riding again. Nolan Heather’s time of 23:25 was considerably faster than either of his rides last year so clearly he has been putting in the training. Previous champion Jeremy Wootton also made a reappearance after just two outings last year.

Club president Robert Downham was pleased with his fastest ride of the year on a road bike, especially since he was trying out a new type of tyre (25mm Conti GP4000s). We wish him well for Sunday’s “Hampshire Hilly Hundred”. Nice to see yet another new name, Marten Matthews, on the start list and we hope that is the first of many for him.

Big thanks are due to Ian Cheesman for being event secretary this week (and for the next two weeks) and we wish him well as he recovers from his injuries and we look forward to seeing him back in action.

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In the private entries Chris McNamara (Pedal Heaven) showed everyone how it’s done properly as his 20:03 was 37 seconds ahead of Marc Clothier (Southdowns Bikes/CASCO) and 39 seconds ahead of Nick Dwyer (Lewes Wanderers CC). Quite remarkable, as was his time in last weekend’s Sussex CA Championship 25.

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WECC riders in Open Time Trials

Last weekend saw the first two of the season's Sussex CA Championship events being held on our local Steyning based courses.

In Saturday's 10 mile event Mike O'Gorman retained the County Veterans 10 title that he won last year, and was 19 seconds quicker in a time of 23:11 thus breaking his previous county record for a veterans standard ride at that distance. Rick Hughes put in a fine ride (24:00) to be the second fastest of the Excelsior riders - it looks like the ongoing modifications to the bars on his new time trial bike are bearing fruit. Martin Booker was close behind with a time of 24:12, and Rome Bhamra finished in 27:16.

Sunday's 25 mile event suffered from atrocious weather with torrential rain and high gusting winds developing soon after the first riders had set off. Huge lakes on the road, poor visibility with spray and swirling winds made the A24 particularly dangerous. This caused four riders to abort their race, and another twenty (including Colin Barton) opted to not even start. Those riders that did brave the elements found it to be a quite miserable experience.

Trevor Leeding was the fastest of the Excelsior riders with a time of 1:00:19 which is to be commended given the conditions. Mike O'Gorman was second fastest with 1:01:14. Although this was 19 second seconds slower than his time last year it was good enough to enable him to retain the County Veterans 25 title that he won last year, and to improve upon his previous county record for a veterans standard ride at that distance. Well done again to Rick Hughes for his improving form. He was delighted with his time of 1:03:25, and rightly so. Martin Booker finished with a time of 1:04:08. Rome Bhamra rode a 1:21:52 for which he won £8 (albeit for the Lantern Rouge prize!).

This coming weekend sees Trevor Leeding, Martin Booker, and Rick Hughes back on the roundabout-fest as they ride in Sunday's Norwood Paragon 25. Mike O'Gorman is riding in Saturday's Old Portlians 10 (another roundabout-fest but just 11 instead of 31), before he tackles the Charlotteville CC 50 on Sunday over at Bentley.



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Scratch Classification

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	10	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:46	1
2	5	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:22:00	2
3	6	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:22:13	3
3	12	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:22:13	3
5	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:42	5
6	2	Nolan HEATHER	WORTHING EXCELSIOR CC	S	00:23:25	6
7	7	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:23:31	7
8	8	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:32	8
9	14	Jeremy WOOTTON	WORTHING EXCELSIOR CC	V54	00:23:50	9
10	3	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:23:56	10
11	4	Robert DOWNHAM	WORTHING EXCELSIOR CC	V46	00:24:30	11
12	16	Marten MATTHEWS	WORTHING EXCELSIOR CC	V59	00:27:51	12
13	1	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:29:07	13

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
23	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:03
18	Marc CLOTHIER	SOUTHDOWN BIKES/CASCO	S	00:20:40
21	Nick DWYER	LEWES WANDERERS	V51	00:20:42
24	Phil ALLEN	SOUTHDOWN BIKES/CASCO	S	00:21:31
15	Kiko PIAI	BRIGHTON MITRE	S	00:22:01
11	Kevin PLUMMER	SOUTHDOWN BIKES/CASCO	V49	00:22:09
13	Jason GILBERT	SOUTHDOWN BIKES/CASCO	V40	00:22:40
26	Dominic LOWDEN	LEWES WANDERERS	V57	00:22:42
25	Rob CHARLES	BLAZING SADDLES	V49	00:23:13
17	Emma CRADDOCK	SOUTHDOWN BIKES/CASCO	WV40	00:23:53
9	Reade HARFIELD	BLAZING SADDLES	V57	00:25:16
20	Kaye DWYER	LEWES WANDERERS	WV52	00:27:41
19	Elaine SCOTT	BRIGHTON EXCELSIOR	WV66	00:29:58



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Fastest Veteran on Standard

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	6	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:22:13	00:27:59	+05:46
2	5	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:22:00	00:26:45	+04:45
3	12	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:22:13	00:26:41	+04:28
4	10	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:46	00:26:04	+04:18
5	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:42	00:26:54	+04:12
6	7	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:23:31	00:27:04	+03:33
7	14	Jeremy WOOTTON	WORTHING EXCELSIOR CC	V54	00:23:50	00:27:04	+03:14
8	3	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:23:56	00:26:45	+02:49
9	8	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:32	00:26:18	+02:46
10	4	Robert DOWNHAM	WORTHING EXCELSIOR CC	V46	00:24:30	00:26:27	+01:57
11	16	Marten MATTHEWS	WORTHING EXCELSIOR CC	V59	00:27:51	00:27:32	-00:19
12	1	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:29:07	00:27:20	-01:47

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
21	Nick DWYER	LEWES WANDERERS	V51	00:20:42	00:26:50	+06:08
23	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:03	00:25:59	+05:56
26	Dominic LOWDEN	LEWES WANDERERS	V57	00:22:42	00:27:20	+04:38
11	Kevin PLUMMER	SOUTHDOWN BIKES/CASCO	V49	00:22:09	00:26:41	+04:32
17	Emma CRADDOCK	SOUTHDOWN BIKES/CASCO	WV40	00:23:53	00:28:02	+04:09
25	Rob CHARLES	BLAZING SADDLES	V49	00:23:13	00:26:41	+03:28
13	Jason GILBERT	SOUTHDOWN BIKES/CASCO	V40	00:22:40	00:25:59	+03:19
9	Reade HARFIELD	BLAZING SADDLES	V57	00:25:16	00:27:20	+02:04
20	Kaye DWYER	LEWES WANDERERS	WV52	00:27:41	00:29:03	+01:22
19	Elaine SCOTT	BRIGHTON EXCELSIOR	WV66	00:29:58	00:30:41	+00:43



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Combined Results

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	23	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:03	2
2	18	Marc CLOTHIER	SOUTHDOWNS BIKES/CASCO	S	00:20:40	
3	21	Nick DWYER	LEWES WANDERERS	V51	00:20:42	1
4	24	Phil ALLEN	SOUTHDOWNS BIKES/CASCO	S	00:21:31	
5	10	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:46	8
6	5	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:22:00	4
7	15	Kiko PIAI	BRIGHTON MITRE	S	00:22:01	
8	11	Kevin PLUMMER	SOUTHDOWNS BIKES/CASCO	V49	00:22:09	6
9	6	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:22:13	3
9	12	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:22:13	7
11	13	Jason GILBERT	SOUTHDOWNS BIKES/CASCO	V40	00:22:40	13
12	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:42	9
12	26	Dominic LOWDEN	LEWES WANDERERS	V57	00:22:42	5
14	25	Rob CHARLES	BLAZING SADDLES	V49	00:23:13	12
15	2	Nolan HEATHER	WORTHING EXCELSIOR CC	S	00:23:25	
16	7	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:23:31	11
17	8	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:32	16
18	14	Jeremy WOOTTON	WORTHING EXCELSIOR CC	V54	00:23:50	14
19	17	Emma CRADDOCK	SOUTHDOWNS BIKES/CASCO	WV40	00:23:53	10
20	3	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:23:56	15
21	4	Robert DOWNHAM	WORTHING EXCELSIOR CC	V46	00:24:30	18
22	9	Reade HARFIELD	BLAZING SADDLES	V57	00:25:16	17
23	20	Kaye DWYER	LEWES WANDERERS	WV52	00:27:41	19
24	16	Marten MATTHEWS	WORTHING EXCELSIOR CC	V59	00:27:51	21
25	1	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:29:07	22
26	19	Elaine SCOTT	BRIGHTON EXCELSIOR	WV66	00:29:58	20



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Event Secretary

Ian Cheesman

Very Grateful Thanks To:

Timekeeper (start):	Colin Miller
Timekeeper (finish):	Mick Irons
Recorder:	Phil Young
Start Marshal:	Spencer Kirkham
Course Marshals:	Mark Newnham (Findon), Guy Musgrove (Ashington)
Catering:	Bernie Skinner
Signage:	Mike O'Gorman
Results Service	Mike O'Gorman