



# Worthing Excelsior Cycling Club



EVENING 10 SERIES - No 6 (G10/98)

Thursday 21<sup>st</sup> May 2015

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

## Report

A welcome return to action after the washout last week. Fortunately the closure of the A283 to Storrington didn't have an adverse effect on traffic conditions so that was a huge relief to all.

This week's star Excelsior rider was Ian Cheesman, finally back competing having had a lengthy absence due to being smashed off his bike by an inattentive motorist at a roundabout whilst out training before the season started. He did say that his goal was just to 'get round the course'. The pain in his back may well have been offset by the delight in knocking out such a good time after virtually no training. Massive chapeau sir.

Another rider back from absence was young Shaeff Potter. He had not competed since the first event so that he could focus on his exams. Needless to say he was extremely chuffed to return with a new personal best of 24:44. Strength to strength for this young man.

Big shock – Simon Atkinson wins. No seriously though, this was his fifth win out of five and, just like last season, he looks to be nailing the series competition in optimum time. His time of 21:37 was just 13 seconds off his personal best. Mike O'Gorman rode a new personal course best of 21:42 (his pb being 21:37) but even this was not quite good enough to stop Simon maintaining his 100% record.

Guy Smith came third in a time of 22:21. Finally, in his fifth time trial, he didn't record a personal best so now, like the rest of us, he knows what that feels like. That's likely to be a brief lull rather than a plateau though as he gains experience.

A great friendly rivalry is developing between Colin Barton and Andy Haste due to their closeness in speed. Last week Colin pipped Andy by a single second and this week the situation was reversed. And there was only 11 seconds between them on last weekend's Excelsior Open 25.

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Chris McNamara of Pedal Heaven showed his class in once again being the fastest rider on the evening in a time of 20:06. James Lowden and Marc Clothier also went under the 21 minute mark.

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## WECC riders in Open Time Trials

### Saturday 9<sup>th</sup> May

Mike O'Gorman rode in Saturday's Old Portlians 10 on G10/57, finishing in a time of 23:17 and winning £10 for second on standard

### Sunday 10<sup>th</sup> May

Trevor Leeding recorded a 57:50 in Sunday's Norwood Paragon 25 on G25/54, finishing in 19<sup>th</sup> place. This was the quickest 25 mile so far this season by an Excelsior rider. Also in action were fast improving Rick Hughes (59:23) and Martin Booker (1:00:59).

Mike O'Gorman rode in the Charlotteville CC 50 mile event on H50/8. In a large field of 127 riders a time of 1:57:17 put him in 29<sup>th</sup> place and was good enough to give him the win in his age group and the princely prize award of £5! Mike was particularly appreciative of the support given by Don and Maureen as they cheered on from one of the bridges.

### Saturday 16<sup>th</sup> May

Mike O'Gorman rode in the Southern Counties Cycling Union 10 on G10/57. His time of 23:23 improved his best for that course by 25 seconds and place him 2<sup>nd</sup> on Vets Standard (prize £30)

### Sunday 17<sup>th</sup> May

It was the Worthing Excelsior Open 25 on G25/54.

Mike O'Gorman took another 6 seconds off his personal best at this distance and his time of 57:04 won him £30 for 1<sup>st</sup> on Vets Standard. Simon Atkinson was the second fastest Excelsior rider in a time of 58:22. Third man Martin Booker was pleased with a personal best of 1:00:09 but also frustrated not to have cracked the magic hour mark.

Suffering from a virus Rick Hughes rode a 1:00:33. Fast improving Andy Haste recorded a PB with 1:02:30, and so did Colin Barton with a 1:02:41.

Our sympathies go to Phil Frean. He was a DNS(A), having hit a pot hole the previous day whilst practising on his time trial bike and consequently breaking his collar bone. We all wish him well for a speedy recovery.



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## This coming weekend

Mike O'Gorman is due to ride the Farnham Road Club 10 on H10/8 on Saturday, and the Brighton Mitre 10 on G10/97 on the following day.

On Bank Holiday Monday Excelsior are out in force in the Sussex CA Championship 30 on G30/91. Riders are Rick Hughes, Trevor Leeding, Martin Booker, Andrew Haste, Mike O'Gorman and Ian Cheesman. Once again Phil Freaan will be an unfortunate DNS(A). It's just a pity that our ladies champion from last year, Nicole Patterson-Lett, has not made the line-up.



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## Scratch Classification

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	7	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:37	1
2	6	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:42	2
3	36	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:22:21	3
4	5	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:22:47	4
5	2	Mark NEWNHAM	WORTHING EXCELSIOR CC	S	00:22:57	5
6	25	Ian CHEESMAN	WORTHING EXCELSIOR CC	V46	00:23:12	6
7	14	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:34	7
8	29	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:23:35	8
9	31	Nolan HEATHER	WORTHING EXCELSIOR CC	S	00:24:09	9
10	3	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:24:44	10
10	4	Shaef POTTER	WORTHING EXCELSIOR CC	J	00:24:44	10
12	12	Phil YOUNG	WORTHING EXCELSIOR CC	S	00:25:53	12
13	1	Rome BHAMRA	WORTHING EXCELSIOR CC	V48	00:26:16	13
14	18	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:26:38	14
15	17	Simon TOPPIN	WORTHING EXCELSIOR CC	S	00:26:50	15
16	8	Marten MATTHEWS	WORTHING EXCELSIOR CC	V59	00:27:37	16



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## Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
30	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:06
33	James LOWDEN	NEON VELO	S	00:20:38
27	Marc CLOTHIER	SOUTHDOWN'S BIKES/CASCO	S	00:20:47
21	Roger SMITH	SOUTHDOWN'S BIKES/CASCO	V41	00:21:23
16	David SHEPHERD	GS STELLA	V54	00:21:44
20	Kevin PLUMMER	SOUTHDOWN'S BIKES/CASCO	V49	00:21:57
10	Mark BERNHARDT	GS STELLA	V52	00:22:22
32	Dominic LOWDEN	LEWES WANDERERS	V57	00:22:24
22	Phil ALLEN	SOUTHDOWN'S BIKES/CASCO	S	00:22:39
19	Jason GILBERT	SOUTHDOWN'S BIKES/CASCO	V40	00:22:45
26	Emma CRADDOCK	SOUTHDOWN'S BIKES/CASCO	WV40	00:23:36
9	Gina McGEEVER	LEWES WANDERERS	WV42	00:24:15
28	Tamar VANDERHAAS	LEWES WANDERERS	WS	00:24:21
15	Reade HARFIELD	BLAZING SADDLES	V57	00:24:35
37	Paul WISHART	BRIGHTON PHOENIX TRI	V47	00:25:10
13	Stuart JAGO	GS STELLA	V58	00:25:53
34	Bruce SAMUEL	SOUTHDOWN'S BIKES/CASCO	V48	00:25:57
35	Piers AUGUST	WYNDYMILLA	S	00:26:08
38	Glen CHURCH	BRIGHTON PHOENIX TRI	S	00:27:25
24	Elaine SCOTT	BRIGHTON EXCELSIOR	WV66	00:30:01
23	George VARGHA	STEYNING AC	V73	00:33:05
11	Ross STRINGER	SRVC	S	DNF



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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	00:21:42	00:27:59	+06:17
2	7	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:37	00:26:04	+04:27
3	36	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:22:21	00:26:45	+04:24
4	5	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:22:47	00:26:27	+03:40
5	29	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:23:35	00:27:04	+03:29
6	25	Ian CHEESMAN	WORTHING EXCELSIOR CC	V46	00:23:12	00:26:27	+03:15
7	14	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:34	00:26:18	+02:44
8	3	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:24:44	00:26:45	+02:01
9	1	Rome BHAMRA	WORTHING EXCELSIOR CC	V48	00:26:16	00:26:36	+00:20
10	18	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:26:38	00:26:36	-00:02
11	8	Marten MATTHEWS	WORTHING EXCELSIOR CC	V59	00:27:37	00:27:32	-00:05

## Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
30	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:06	00:25:59	+05:53
16	David SHEPHERD	GS STELLA	V54	00:21:44	00:27:04	+05:20
32	Dominic LOWDEN	LEWES WANDERERS	V57	00:22:24	00:27:20	+04:56
20	Kevin PLUMMER	SOUTHDOWN BIKES/CASCO	V49	00:21:57	00:26:41	+04:44
21	Roger SMITH	SOUTHDOWN BIKES/CASCO	V41	00:21:23	00:26:04	+04:41
10	Mark BERNHARDT	GS STELLA	V52	00:22:22	00:26:54	+04:32
26	Emma CRADDOCK	SOUTHDOWN BIKES/CASCO	WV40	00:23:36	00:28:02	+04:26
9	Gina McGEEVER	LEWES WANDERERS	WV42	00:24:15	00:28:13	+03:58
19	Jason GILBERT	SOUTHDOWN BIKES/CASCO	V40	00:22:45	00:25:59	+03:14
15	Reade HARFIELD	BLAZING SADDLES	V57	00:24:35	00:27:20	+02:45
13	Stuart JAGO	GS STELLA	V58	00:25:53	00:27:26	+01:33
37	Paul WISHART	BRIGHTON PHOENIX TRI	V47	00:25:10	00:26:32	+01:22
24	Elaine SCOTT	BRIGHTON EXCELSIOR	WV66	00:30:01	00:30:41	+00:40
34	Bruce SAMUEL	SOUTHDOWN BIKES/CASCO	V48	00:25:57	00:26:36	+00:39
23	George VARGHA	STEYNING AC	V73	00:33:05	00:29:39	-03:26



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## Combined Results

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	30	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:06	2
2	33	James LOWDEN	NEON VELO	S	00:20:38	
3	27	Marc CLOTHIER	SOUTHDOWN BIKES/CASCO	S	00:20:47	
4	21	Roger SMITH	SOUTHDOWN BIKES/CASCO	V41	00:21:23	6
5	7	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:37	8
6	6	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:42	1
7	16	David SHEPHERD	GS STELLA	V54	00:21:44	3
8	20	Kevin PLUMMER	SOUTHDOWN BIKES/CASCO	V49	00:21:57	5
9	36	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:22:21	10
10	10	Mark BERNHARDT	GS STELLA	V52	00:22:22	7
11	32	Dominic LOWDEN	LEWES WANDERERS	V57	00:22:24	4
12	22	Phil ALLEN	SOUTHDOWN BIKES/CASCO	S	00:22:39	
13	19	Jason GILBERT	SOUTHDOWN BIKES/CASCO	V40	00:22:45	15
14	5	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:22:47	12
15	2	Mark NEWNHAM	WORTHING EXCELSIOR CC	S	00:22:57	
16	25	Ian CHEESMAN	WORTHING EXCELSIOR CC	V46	00:23:12	14
17	14	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:34	17
18	29	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:23:35	13
19	26	Emma CRADDOCK	SOUTHDOWN BIKES/CASCO	WV40	00:23:36	9
20	31	Nolan HEATHER	WORTHING EXCELSIOR CC	S	00:24:09	
21	9	Gina McGEEVER	LEWES WANDERERS	WV42	00:24:15	11
22	28	Tamar VANDERHAAS	LEWES WANDERERS	WS	00:24:21	
23	15	Reade HARFIELD	BLAZING SADDLES	V57	00:24:35	16
24	3	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:24:44	18
24	4	Shaef POTTER	WORTHING EXCELSIOR CC	J	00:24:44	
26	37	Paul WISHART	BRIGHTON PHOENIX TRI	V47	00:25:10	20
27	12	Phil YOUNG	WORTHING EXCELSIOR CC	S	00:25:53	
27	13	Stuart JAGO	GS STELLA	V58	00:25:53	19
29	34	Bruce SAMUEL	SOUTHDOWN BIKES/CASCO	V48	00:25:57	22
30	35	Piers AUGUST	WYNDYMILLA	S	00:26:08	
31	1	Rome BHAMRA	WORTHING EXCELSIOR CC	V48	00:26:16	23
32	18	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:26:38	24
33	17	Simon TOPPIN	WORTHING EXCELSIOR CC	S	00:26:50	
34	38	Glen CHURCH	BRIGHTON PHOENIX TRI	S	00:27:25	
35	8	Marten MATTHEWS	WORTHING EXCELSIOR CC	V59	00:27:37	25
36	24	Elaine SCOTT	BRIGHTON EXCELSIOR	WV66	00:30:01	21
37	23	George VARGHA	STEYNING AC	V73	00:33:05	26
	11	Ross STRINGER	SRVC	S	DNF	



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## Event Secretary

Ian Cheesman

## Very Grateful Thanks To:

Timekeeper (start):	Allan Orman
Timekeeper (finish):	Robert Downham
Recorder:	Rick Hughes
Start Marshal:	Spencer Kirkham
Course Marshals:	Barrie Le Grove (Findon)
Catering:	Bernie Skinner
Signage:	Mike O'Gorman
Results Service	Mike O'Gorman