



Worthing Excelsior Cycling Club

EVENING 10 SERIES - No 7 (G10/98)

Thursday 28th May 2015

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

Report

A breezy night similar to last week but some more good performances nevertheless. Seven riders recorded faster times than last week.

With just 10 seconds separating the top three riders there was a change to the established rhythm of events for the season.

Finally Simon lost his 100% record and it was 'new kid in town' Guy Smith who became the first rider, other than Simon, to win an evening 10. In truth this was no huge surprise as Guy had shown great strength and potential in his first few events on a road bike. This time he turned up with a newly acquired time trial bike and smashed his previous personal best by another 27 seconds to record a fine 21:33 in the conditions. His sequence of times for his first ever six time trials (all in this season's evening 10s) is 24:14 / 23:02 / 22:13 / 22:00 / 22:21 / 21:33. It will be interesting to see just what he can achieve.

Mike O'Gorman improved his previous course best, set only last week, and shaved further 3 seconds off to record a time of 21:39 (just 8 seconds short of his new personal best set last weekend) and finish in second place yet again. Simon was just a mere 4 seconds further back in third place, being very slightly slower than last week.

Just two riders finished on the 22 minute mark; being Trevor Leeding, and Mark Newnham who was an impressive 27 seconds better than last week.

In Colin Barton's absence Andy Haste turned up the heat on his friendly rival with a new personal best. A 4 second improvement took him to 23:26. Having suffered a broken collar bone last season Nolan Heather is now starting to be a regular competitor. He is seeing a consequential improvement in form. His time of 23:33 was a 36 second improvement on last week.

It was good to see Joan Lennon in action in what was the first race by one of our lady riders this season. Spare a thought for our enthusiastic junior Shaeff Potter. He punctured just before the start and was a DNS.

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Fresh from his win at the weekend in the Brighton Mitre 10, Simon McNamara of South Downs Bikes was the fastest rider on the evening in a time of 20:23. This was just a mere handful of seconds slower than his brother's fastest time last week. His clubmate Marc Clothier was the only other rider to break the 21 minute barrier.

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WECC riders in Open Time Trials

Saturday 23rd May

Mike O'Gorman rode in the Farnham Road Club 10 on H10/8. His time of 21:31 was a new personal best for that distance (his third this season) and was 48 seconds faster than in 2012 when he set his previous record for that course. This also won him the prize for his age category. Colin Barton also rode in this event but suffered the misfortune of having his chain come off just 200m from the start. It jammed behind the brake calliper and despite getting covered in oil trying to free it the race was over for Colin.

Monday 25th May

It was the Sussex CA Championship 30 and our club 30 was also held within that event so we had many riders for this one. Worthing Excelsior finished in second place in the team awards, behind South Downs Bikes/Casco. Two of our riders managed to beat the 25 mph pace (just!) on this challenging course.

Simon Atkinson notched yet another club event victory as he was the fastest Excelsior rider in a time of 1:11:17 (personal best), finishing in 11th place overall.

Just 4 seconds behind him was Mike O'Gorman in 12th place with 1:11:21 (personal best). This was good enough for Mike to win the Sussex Veterans 30 title again and to clinch the Sussex Veterans Short Distance Best All Rounder title. It was also a new Veterans SCA record.

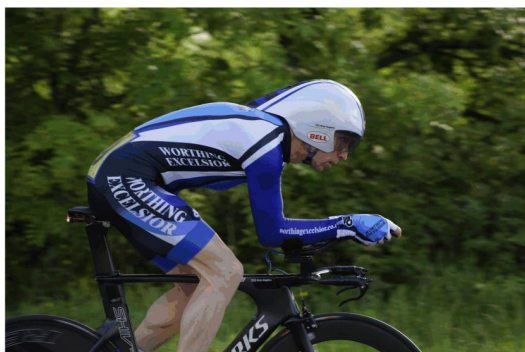
Trevor Leeding was the third fastest Excelsior rider with 1:12:41.

Not that far behind, in 19th place with a time of 1:13:57 was an amazing ride by Ian Cheesman. For someone who has been recuperating and not training he is certainly showing some fine form and some huge promise for big strides in the remainder of the season. Once place behind him was Martin Booker in 1:14:09

Still suffering the effects of his virus Rick Hughes did well to record a time of 1:14:52. Our enthusiastic newbie Andrew Haste rode a 1:18:22 and with his determination and ability we expect to see him develop well as he gains increased exposure to the range of Open events. Commiserations to Phil Frean who had entered but the broken collar bone rather put paid to that.

Our second claim rider Dom Maxwell, riding for Sussex Revolution VC, was in 10th place overall with a time of 1:09:53.

WECC RIDERS IN ACTION - SUSSEX CA CHAMPIONSHIP 30



RICK HUGHES



SIMON ATKINSON



TREVOR LEEDING



MARTIN BOOKER



MIKE O'GORMAN



IAN CHEESMAN



DOM MAXWELL
(riding for Sussex Revolution)



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This coming weekend

Excelsior are well represented in Sunday's Old Portlians 25 on G25/54, as Martin Booker, Rick Hughes, Trevor Leeding and Mark Newnham are all due to ride. And Dom's there too.

Mike O'Gorman is riding in the Bec 10 (G10/57) on Saturday and the Reading CC 50 (H50/8) on Sunday.

The bad news for these riders is that the Met Office prediction for Sunday is a 90% probability of heavy rain.



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Scratch Classification

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	30	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:21:33	1
2	8	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:39	2
3	23	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:43	3
4	16	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:22:21	4
5	5	Mark NEWNHAM	WORTHING EXCELSIOR CC	S	00:22:30	5
6	33	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:48	6
7	21	Darron MUGGERIDGE	WORTHING EXCELSIOR CC	V49	00:23:15	7
8	29	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:23:23	8
9	20	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:26	9
10	4	Nolan HEATHER	WORTHING EXCELSIOR CC	S	00:23:33	10
11	32	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:24:14	11
12	6	Robert DOWNHAM	WORTHING EXCELSIOR CC	V46	00:24:30	12
13	10	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:25:32	13
14	13	Simon TOPPIN	WORTHING EXCELSIOR CC	S	00:26:07	14
15	27	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:26:20	15
16	3	Ben TOOVEY	WORTHING EXCELSIOR CC	V46	00:27:44	16
17	14	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:28:39	17
18	31	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:30:36	18
19	24	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:30:49	19
	28	Shaeff POTTER	WORTHING EXCELSIOR CC	J	DNS	



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Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
25	Simon McNAMARA	SOUTHDOWNS BIKES/CASCO	V40	00:20:23
18	Marc CLOTHIER	SOUTHDOWNS BIKES/CASCO	S	00:20:51
15	Marcus EDWARDS	KINGSTON PHOENIX ROAD CLUB	V51	00:21:31
26	Paul FLYNN	SOUTHDOWNS BIKES/CASCO	S	00:22:06
1	Ross STRINGER	SVRC	S	00:22:37
22	Rob CHARLES	BLAZING SADDLES	V49	00:23:16
17	Emma CRADDOCK	SOUTHDOWNS BIKES/CASCO	WV40	00:23:36
7	Tony WRIGHT	BRIGHTON M SPORT	V54	00:24:20
19	Ade FADERO	SUSSEX NOMADS	V53	00:24:32
11	Gina McGEEVER	LEWES WANDERERS	WV43	00:24:54
12	Lee McGEEVER	LEWES WANDERERS	V45	00:26:23
2	Bob THOMAS	TUFF FITTI	V71	00:27:59
9	Elaine SCOTT	BRIGHTON EXCELSIOR	WV66	00:29:53



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Fastest Veteran on Standard

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	8	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:39	00:27:59	+06:20
2	30	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:21:33	00:26:45	+05:12
3	23	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:43	00:26:04	+04:21
4	16	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:22:21	00:26:41	+04:20
5	33	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:48	00:26:54	+04:06
6	21	Darron MUGGERIDGE	WORTHING EXCELSIOR CC	V49	00:23:15	00:26:41	+03:26
7	10	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:25:32	00:28:52	+03:20
8	29	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:23:23	00:26:27	+03:04
9	20	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:26	00:26:18	+02:52
10	32	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:24:14	00:26:45	+02:31
11	6	Robert DOWNHAM	WORTHING EXCELSIOR CC	V46	00:24:30	00:26:27	+01:57
12	27	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:26:20	00:26:36	+00:16
13	31	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:30:36	00:29:38	-00:58
14	3	Ben TOOVEY	WORTHING EXCELSIOR CC	V46	00:27:44	00:26:27	-01:17
15	14	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:28:39	00:27:20	-01:19
16	24	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:30:49	00:27:20	-03:29

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
25	Simon McNAMARA	SOUTHDOWNS BIKES/CASCO	V40	00:20:23	00:25:59	+05:36
15	Marcus EDWARDS	KINGSTON PHOENIX ROAD CLUB	V51	00:21:31	00:26:50	+05:19
17	Emma CRADDOCK	SOUTHDOWNS BIKES/CASCO	WV40	00:23:36	00:28:02	+04:26
11	Gina McGEEVER	LEWES WANDERERS	WV43	00:24:54	00:28:19	+03:25
22	Rob CHARLES	BLAZING SADDLES	V49	00:23:16	00:26:41	+03:25
7	Tony WRIGHT	BRIGHTON M SPORT	V54	00:24:20	00:27:04	+02:44
19	Ade FADERO	SUSSEX NOMADS	V53	00:24:32	00:26:59	+02:27
2	Bob THOMAS	TUFF FITTI	V71	00:27:59	00:29:14	+01:15
9	Elaine SCOTT	BRIGHTON EXCELSIOR	WV66	00:29:53	00:30:41	+00:48
12	Lee McGEEVER	LEWES WANDERERS	V45	00:26:23	00:26:23	+00:00



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Combined Results

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	25	Simon McNAMARA	SOUTHDOWNS BIKES/CASCO	V40	00:20:23	2
2	18	Marc CLOTHIER	SOUTHDOWNS BIKES/CASCO	S	00:20:51	
3	15	Marcus EDWARDS	KINGSTON PHOENIX ROAD CLUB	V51	00:21:31	3
4	30	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:21:33	4
5	8	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:39	1
6	23	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:43	6
7	26	Paul FLYNN	SOUTHDOWNS BIKES/CASCO	S	00:22:06	
8	16	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:22:21	7
9	5	Mark NEWNHAM	WORTHING EXCELSIOR CC	S	00:22:30	
10	1	Ross STRINGER	SVRC	S	00:22:37	
11	33	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:48	8
12	21	Darron MUGGERIDGE	WORTHING EXCELSIOR CC	V49	00:23:15	9
13	22	Rob CHARLES	BLAZING SADDLES	V49	00:23:16	11
14	29	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:23:23	13
15	20	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:26	14
16	4	Nolan HEATHER	WORTHING EXCELSIOR CC	S	00:23:33	
17	17	Emma CRADDOCK	SOUTHDOWNS BIKES/CASCO	WV40	00:23:36	5
18	32	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:24:14	16
19	7	Tony WRIGHT	BRIGHTON M SPORT	V54	00:24:20	15
20	6	Robert DOWNHAM	WORTHING EXCELSIOR CC	V46	00:24:30	18
21	19	Ade FADERO	SUSSEX NOMADS	V53	00:24:32	17
22	11	Gina McGEEVER	LEWES WANDERERS	WV43	00:24:54	10
23	10	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:25:32	12
24	13	Simon TOPPIN	WORTHING EXCELSIOR CC	S	00:26:07	
25	27	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:26:20	21
26	12	Lee McGEEVER	LEWES WANDERERS	V45	00:26:23	22
27	3	Ben TOOVEY	WORTHING EXCELSIOR CC	V46	00:27:44	24
28	2	Bob THOMAS	TUFF FITTI	V71	00:27:59	19
29	14	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:28:39	25
30	9	Elaine SCOTT	BRIGHTON EXCELSIOR	WV66	00:29:53	20
31	31	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:30:36	23
32	24	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:30:49	26
	28	Shaeff POTTER	WORTHING EXCELSIOR CC	J	DNS	



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Event Secretary

Rick Hughes

Very Grateful Thanks To:

Timekeeper (start):	Rome Bhamra
Timekeeper (finish):	Tony Palmer
Recorder:	Barrie Le Grove
Start Marshal:	Trevor Leeding
Course Marshals:	John Lucas (Findon)
Catering:	Bernie Skinner
Signage:	Mike O'Gorman
Results Service	Mike O'Gorman