



Worthing Excelsior Cycling Club



EVENING 10 SERIES - No 10 (G10/98)

Thursday 18th June 2015

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

Report

Lovely conditions for riding tonight, but as always you need to be lucky with the traffic for that perfect ride! Quite a few riders had the frustration of interruptions on what could have been a really good one. It was a pleasure to see Phil Frean back (as event secretary for the evening) after breaking his collar bone in a fall.

There was some confusion at the end with the times, although this has all been sorted out. It was caused by a combination of riders having their numbers halfway up their back so as to be unreadable by the timekeepers, plus riders missing start times and then riding at a different slot. This all makes it very difficult and so there is a heartfelt plea on behalf of our volunteer officials to make it easier for them (and you).

Guy Smith returned to action with a vengeance. His impressive time of 20:55 was just a single second back from his recent PB and means that this month he has now ridden the third and fourth quickest ever times by an Excelsior rider. The fact that that only two riders quicker than him on the night were local stars James Lowden and Chris McNamara is a testimony to just how far he has come in such a short time.

Also showing fine form was Simon Atkinson who, finishing in second place, equalled his personal best with a fine 21:23. Not at all bad for someone who said (as he does every winter) that he going to give up time trialling because he was "not good enough any more".

Further back in the 21 minute bracket were Mike O'Gorman in third place and Trevor Leeding in fourth place,

Martin Booker, Rick Hughes and Ian Cheesman all finished within two seconds of each other. Ian is continuing to improve after his return from injury and his ride of 22:45 was his best this season by half a minute.

One rider who was disappointed was Mark Newnham as he recorded his slowest ride of the season. It looks like he will take a little time to adapt to recent adjustments to his position on the bike as he seeks to gain the benefits that have been so evident in other riders (none more so that Carl Trevis last season).

A rider who is making huge strides forward is young Schaeff Potter. His time of 23:29 took 44 seconds of his recent personal best and is a great performance (especially on a road bike). We're looking forward immensely to seeing his future development.

Robert Downham also had cause to be pleased with his ride. It was his best of the season and was only 13 seconds off the best time that he set last season when riding a time trial bike as opposed to his current road bike with aero bars. Good to see Joan Lennon clocking up her fourth ride of the season, and looking to fit in the full qualifying set of six again.



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WECC riders enjoy success at the SCA Championship 15

Saturday 13th June

On Saturday three Excelsior riders featured in the Sussex CA Championship 15 event and enjoyed considerable success. Worthing Excelsior won the team competition uncontested as Martin Booker, Rick Hughes and Mike O'Gorman recorded an aggregate time of 1:53:04

Mike O'Gorman (36:25) finished in third place overall and won the County Veterans title at this distance. He has now won the county veterans titles at 10,15, 25 and 30 miles for this season. Martin Booker (37:40) finished in fifth equal position and won his age group. Rick Hughes was in ninth place with 38:59 and also won his age group.

There was even some reflected glory as second claim member Dom Maxwell, riding for Sussex Revolution VC, took the scratch title as one of only two riders to exceed 25 mph on a difficult windy morning.

Other Performances in Open Time Trials

Saturday 13th June

Colin Barton rode in the Kingston Phoenix Road Club 10 on the Surrey hills based G10/42 course (his first time on this course) and recorded a 24:25.

Sunday 14th June

Mike O'Gorman rode in the Team Axiom 25 on P885/25 at Petersfield, winning his age category. He smashed his personal best by well over a minute with a fine 55:53 (down from 57:04) and this time was over two minutes quicker than in the same event last season.

This coming weekend

Activity subsides as it is left to Mike to fly the Worthing flag on his own again. On Saturday he rides in the Eastbourne Rovers 10 on G10/87, and a day later he rides in the Farnham Road Club 25 on H25/8 at Bentley.

Dom (riding for Sussex Revolution VC) is to ride the Eastbourne Rovers 25 on G25/89 on Sunday.

SUSSEX CA CHAMPIONSHIP 15





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Scratch Classification

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	3	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:20:55	1
2	15	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:23	2
3	8	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:50	3
4	27	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:21:59	4
5	6	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:22:43	5
5	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:43	5
7	26	Ian CHEESMAN	WORTHING EXCELSIOR CC	V46	00:22:45	7
8	21	Darron MUGGERIDGE	WORTHING EXCELSIOR CC	V49	00:23:01	8
9	35	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:23:14	9
10	7	Mark NEWNHAM	WORTHING EXCELSIOR CC	S	00:23:17	10
11	18	Schaeff POTTER	WORTHING EXCELSIOR CC	J	00:23:29	11
12	5	Robert DOWNHAM	WORTHING EXCELSIOR CC	V46	00:23:46	12
13	9	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:24:08	13
14	2	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:25:17	14
15	12	Simon TOPPIN	WORTHING EXCELSIOR CC	S	00:26:18	15
16	14	Colin MILLER	WORTHING EXCELSIOR CC	V68	00:28:46	16
17	24	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:29:24	17
18	1	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:30:05	18



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Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
4	James LOWDEN	NEON VELO	S	00:19:50
33	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:10
10	Paul FLYNN	SOUTHDOWN'S BIKES/CASCO	S	00:21:18
36	Marcus EDWARDS	KINGSTON PHOENIX ROAD CLUB	V51	00:21:23
32	Stanley KENNETT	PMR TOACHIM HOUSE	S	00:21:29
16	Phil ALLEN	SOUTHDOWN'S BIKES/CASCO	S	00:22:12
37	Adrian CANSFIELD	SOUTHDOWN'S BIKES/CASCO	V43	00:22:42
28	Rob CHARLES	BLAZING SADDLES	V49	00:22:47
20	Mark PERRYMAN	WINDYMILLA	S	00:23:00
17	Emma CRADDOCK	SOUTHDOWN'S BIKES/CASCO	WV40	00:23:16
25	Tamar VANDERHAAS	LEWES WANDERERS	WS	00:23:16
23	Tony SINNET	LEWES WANDERERS	V43	00:23:28
19	Gina McGEEVER	LEWES WANDERERS	WV43	00:24:24
11	Simon YATES	LEWES WANDERERS	V63	00:24:38
34	Nick TROUT	HORSHAM TRI CLUB	V54	00:24:47
30	Tony REEVES	GS STELLA	S	00:24:49
13	Stuart JAGO	GS STELLA	V59	00:25:20
31	Bruce SAMUEL	SOUTHDOWN'S BIKES/CASCO	V48	00:25:47
29	Sadie CUMBERLAND	GS STELLA	WS	00:30:54



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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	00:21:50	00:27:59	+06:09
2	3	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:20:55	00:26:45	+05:50
3	27	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:21:59	00:26:41	+04:42
4	15	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:23	00:26:04	+04:41
5	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:43	00:26:54	+04:11
6	35	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:23:14	00:27:04	+03:50
7	6	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:22:43	00:26:27	+03:44
8	26	Ian CHEESMAN	WORTHING EXCELSIOR CC	V46	00:22:45	00:26:27	+03:42
9	21	Darron MUGGERIDGE	WORTHING EXCELSIOR CC	V49	00:23:01	00:26:41	+03:40
10	2	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:25:17	00:28:52	+03:35
11	5	Robert DOWNHAM	WORTHING EXCELSIOR CC	V46	00:23:46	00:26:27	+02:41
12	9	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:24:08	00:26:45	+02:37
13	14	Colin MILLER	WORTHING EXCELSIOR CC	V68	00:28:46	00:28:42	-00:04
14	1	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:30:05	00:29:38	-00:27
15	24	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:29:24	00:27:20	-02:04

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
33	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:10	00:25:59	+05:49
36	Marcus EDWARDS	KINGSTON PHOENIX ROAD CLUB	V51	00:21:23	00:26:50	+05:27
17	Emma CRADDOCK	SOUTHDOWN BIKES/CASCO	WV40	00:23:16	00:28:02	+04:46
19	Gina McGEEVER	LEWES WANDERERS	WV43	00:24:24	00:28:19	+03:55
28	Rob CHARLES	BLAZING SADDLES	V49	00:22:47	00:26:41	+03:54
37	Adrian CANSFIELD	SOUTHDOWN BIKES/CASCO	V43	00:22:42	00:26:13	+03:31
11	Simon YATES	LEWES WANDERERS	V63	00:24:38	00:27:59	+03:21
23	Tony SINNET	LEWES WANDERERS	V43	00:23:28	00:26:13	+02:45
34	Nick TROUT	HORSHAM TRI CLUB	V54	00:24:47	00:27:04	+02:17
13	Stuart JAGO	GS STELLA	V59	00:25:20	00:27:32	+02:12
31	Bruce SAMUEL	SOUTHDOWN BIKES/CASCO	V48	00:25:47	00:26:36	+00:49



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Combined Results

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	4	James LOWDEN	NEON VELO	S	00:19:50	
2	33	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:10	3
3	3	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:20:55	2
4	10	Paul FLYNN	SOUTHDOWNS BIKES/CASCO	S	00:21:18	
5	15	Simon ATKINSON	WORTHING EXCELSIOR CC	V41	00:21:23	7
5	36	Marcus EDWARDS	KINGSTON PHOENIX ROAD CLUB	V51	00:21:23	4
7	32	Stanley KENNETT	PMR TOACHIM HOUSE	S	00:21:29	
8	8	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:50	1
9	27	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:21:59	6
10	16	Phil ALLEN	SOUTHDOWNS BIKES/CASCO	S	00:22:12	
11	37	Adrian CANSFIELD	SOUTHDOWNS BIKES/CASCO	V43	00:22:42	16
12	6	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:22:43	12
12	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:43	8
14	26	Ian CHEESMAN	WORTHING EXCELSIOR CC	V46	00:22:45	13
15	28	Rob CHARLES	BLAZING SADDLES	V49	00:22:47	10
16	20	Mark PERRYMAN	WINDYMILLA	S	00:23:00	
17	21	Darron MUGGERIDGE	WORTHING EXCELSIOR CC	V49	00:23:01	14
18	35	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:23:14	11
19	17	Emma CRADDOCK	SOUTHDOWNS BIKES/CASCO	WV40	00:23:16	5
19	25	Tamar VANDERHAAS	LEWES WANDERERS	WS	00:23:16	
21	7	Mark NEWNHAM	WORTHING EXCELSIOR CC	S	00:23:17	
22	23	Tony SINNET	LEWES WANDERERS	V43	00:23:28	18
23	18	Schaeff POTTER	WORTHING EXCELSIOR CC	J	00:23:29	
24	5	Robert DOWNHAM	WORTHING EXCELSIOR CC	V46	00:23:46	19
25	9	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:24:08	20
26	19	Gina McGEEVER	LEWES WANDERERS	WV43	00:24:24	9
27	11	Simon YATES	LEWES WANDERERS	V63	00:24:38	17
28	34	Nick TROUT	HORSHAM TRI CLUB	V54	00:24:47	21
29	30	Tony REEVES	GS STELLA	S	00:24:49	
30	2	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:25:17	15
31	13	Stuart JAGO	GS STELLA	V59	00:25:20	22
32	31	Bruce SAMUEL	SOUTHDOWNS BIKES/CASCO	V48	00:25:47	23
33	12	Simon TOPPIN	WORTHING EXCELSIOR CC	S	00:26:18	
34	14	Colin MILLER	WORTHING EXCELSIOR CC	V68	00:28:46	24
35	24	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:29:24	26
36	1	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:30:05	25
37	29	Sadie CUMBERLAND	GS STELLA	WS	00:30:54	



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Event Secretary

Phil Frean

Very Grateful Thanks To:

Timekeeper (start):	Paul Toppin
Timekeeper (finish):	Don Lock
Recorder:	Maureen Lock
Start Marshal:	Andy Haste
Course Marshals:	Phil Young (Findon), Paul Townsley (Ashington)
Catering:	Bernie Skinner
Signage:	Mike O'Gorman
Results Service	Mike O'Gorman