



# Worthing Excelsior Cycling Club



EVENING 10 SERIES - No 12 (G10/98)

Thursday 2<sup>nd</sup> July 2015

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

## Report

A time trial in the middle of a scorching heatwave and four riders improved their personal best times, including one getting a new club record.

In his tenth ever time trial Guy Smith recorded a stunning **20:34** and in doing so set **a new club record**. This was a 20 seconds improvement in his recent personal best. Given that he is improving on an almost weekly basis as he adapts his technique and equipment, it is fascinating to think just how fast he might actually go. As predicted he has now taken over first place on the 2015 series leaderboard. He is level on points with Simon Atkinson (each with 5 wins and 1 second) but with a superior time aggregate. It seems a nailed on certainty that Guy will improve that to the maximum of 6 wins in the very near future and that defending champion Simon will be left with the best (lowest) ever score by a rider to not win the title.

Mark Newnham in third place is another rider who has been experimenting with his bike set up and he obviously knows what is right for him as he recorded a new personal best for the second successive week, going inside 22 minutes for the first ever time. The reductions in his pb times make impressive reading: from 22:25 to 22:09 to 21:49.

Rick Hughes in fifth place also enjoyed success as he took 17 seconds off his personal best with a 22:15. This is all the more impressive when put in the context of having ridden in the gruelling SCCU 50 at the weekend.

Also riding in that SCCU event was Martin Booker and he too managed to improve his personal best, by three seconds to 22:35.

Quite a few riders completed their sixth rides this evening, thus qualifying for the overall season competition. There are now five events left.

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Marc Clothier of South Downs Bikes/Casco was tonight's fast man with 20:30, a mere 4 seconds ahead of our own Guy Smith.

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## WECC riders in Open Time Trials

### Saturday 27<sup>th</sup> June

Colin Barton competed in the Horsham Cycling 10 mile event recording a 23:43 in his first ever ride on the Broadbridge Heath based G10/57 course. This placed him 33th. Colin found the uphill sections harder than he had been expecting and felt that he didn't pace his effort evenly, so he is looking forward to another crack at it in two weeks time.

### Sunday 28<sup>th</sup> June

On Sunday the club held its annual 50 mile Championship competition, taking the results from entries within the Southern Counties CU time trial which is held on the challenging circuit G50/10 that climbs over the South Downs and back.

Mike O'Gorman improved on last season's time by over 5 and half minutes to win the Excelsior title with a time of 2:03:14. This also placed him first in the Southern Counties Veterans competition. In second place was Simon Atkinson whose time of 2:03:53 was also a personal best for this course. Ian Cheesman did very well to finish in third place with 2:05:05 given that he has only recently returned to action after serious injury and this was his first ever 50 mile event. This gained him first place in the Excelsior handicap competition.

Another rider in his first ever 50 mile event, Martin Booker, rode very strongly to finish in 2:06:52. Rick Hughes improved on last season's time as he came 5<sup>th</sup> with 2:09:31. Rome Bhamra showed his usual enthusiasm and commitment as he battled round for a 2:41:39 so very well done to him.

On the same day Trevor Leeding opted to ride a different 50 as he chose the Hampshire Road Club's event on the fast A3 based circuit. A superb 1:55:27 was the fastest time by an Excelsior rider for that distance this season thereby moving him into pole position for this season's Shipton Cup.

### This coming weekend

There are no locally based events on Saturday.

On Sunday we have just three riders in the Sussex Cyclists' CA 50. So Mike and Rick will get to ride the sporting G50/10 course for the second time in eight days and Trevor returns for another 50.



# Worthing Excelsior Cycling Club



EVENING 10 SERIES – SCRATCH – COMPETITION UPDATE WEEK 12

	Name	Rides	Best 6	Rides	Projected 6	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1	Guy SMITH	10	7			8	7	2	2		3	1	1		1	1	1					
1	Simon ATKINSON	7	7			1	1	1	1		1	3			2							
3	Mike O'GORMAN	11	11			2	2	4	3		2	2	2	1	3	2	2					
4	Trevor LEEDING	8	19			3		3	3			4	3		4	3	4					
5	Mark NEWNHAM	9	23			4	3	5			5	5	4		10	4	3					
6	Rick HUGHES	10	28			6	6	7	5			6	5	3	5	5	5					
7	Martin BOOKER	9	30			5	4	6			4	8	6		5	7	6					
8	Andy HASTE	9	39			7	8	9	8		7	9		4		6	7					
9	Darron MUGGERIDGE	6	43				5					7	7		8	8	8					
10	Colin BARTON	7	46				9	8	7		8			5	9	9						
11	Chris PUTNAM	11	54			10	11	11	10		10	11	9	6	13	10	9					
12	Schaeff POTTER	6	59			11					10		10	7	11		10					
13	Robert DOWNHAM	7	69			12	12		11			12	11		12	11						
14	Phil YOUNG	6	74			13	14				12			9		14	12					
15	Andrew LOCK	6	80								14	15	12	10		16	13					



# Worthing Excelsior Cycling Club



EVENING 10 SERIES – SCRATCH – COMPETITION UPDATE WEEK 12  
(RIDERS WHO HAVE NOT COMPLETED 6 RIDES)

Name	Rides	Best 6	Rides	Projected 6	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Ian CHEESMAN			3	30.0						6			2	7							
Nolan HEATHER			5	51.6			10	6		9	10	8									
Jeremy WOOTTON			1	54.0				9													
Phil FREAN			2	57.0	9	10															
Rome BHAMRA			4	73.5		16				13			8		12						
Allan ORMAN			4	75.0			12				13			14		11					
Jeff BLUNSDON			1	78.0		13															
Steve FEEST			1	78.0											13						
Marten MATTHEWS			2	84.0				12		16											
Nicole PATTERSON-LETT			2	87.0											15	14					
Simon TOPPIN			4	88.5		15				15	14			15							
Graeme GILL			5	91.2				13			17	13			18	15					
Joan LENNON			5	94.8							18	14	11	18		18					
Ben TOOVEY			1	96.0							16										
Colin MILLER			4	97.5			13							17	19	16					
Chris BRAMLEY			5	102.0							19	15		17	17	17					



# Worthing Excelsior Cycling Club



EVENING 10 SERIES – VETERANS ON STANDARD – COMPETITION UPDATE WEEK 12

	Rides	Best 6 +/-	Partial +/-	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1	Mike O'GORMAN	11	+06:14	+05:30	+06:08	+05:37	+05:46		+06:17	+06:20	+06:18	+05:37	+06:09	+06:07	+06:14					
2	Guy SMITH	10	+05:36	+02:31	+03:43	+04:32	+04:45		+04:24	+05:12	+05:51		+05:50	+05:48	+06:11					
3	Trevor LEEDING	8	+04:38	+04:01		+04:27	+04:28			+04:20	+04:43		+04:42	+04:42	+04:48					
4	Simon ATKINSON	7	+04:26	+03:56	+04:33	+04:14	+04:18		+04:27	+04:21			+04:41							
5	Rick HUGHES	10	+04:18	+03:19	+03:53	+03:36	+04:12			+04:06	+04:21	+03:38	+04:11	+04:18	+04:39					
6	Martin BOOKER	9	+03:41	+02:53	+03:49	+03:17			+03:40	+03:04	+03:33		+03:44	+03:27	+03:52					
7	Darron MUGGERIDGE	6	+03:37		+03:57					+03:26	+03:36		+03:40	+03:40	+03:21					
8	Colin BARTON	7	+03:35		+03:14	+03:30	+03:33		+03:29			+03:26	+03:50	+03:40						
9	Andy HASTE	9	+02:57	+02:13	+02:51	+02:42	+02:46		+02:44	+02:52		+02:53		+03:21	+03:01					
10	Chris PUTNAM	11	+02:55	+01:52	+02:41	+02:47	+02:49		+02:01	+02:31	+02:46	+02:03	+02:37	+03:17	+03:08					
11	Robert DOWNHAM	7	+02:03	+00:56	+01:33		+01:57			+01:57	+01:52		+02:41	+02:17						
12	Andy LOCK	6	+00:27						-00:02	+00:16	+01:09	+00:17		-00:10	+01:11					
	Allan ORMAN	4				+04:02				+03:20			+03:35		+03:59					
	Ian CHEESMAN	3							+03:15			+03:14	+03:42							
	Phil FREAN	2		+02:54	+03:41															
	Jeremy WOOTTON	1					+03:14													
	Nicole PATTERSON-LETT	2												+01:34	+02:04					
	Steve FEEST	1												+01:49						
	Jeff BLUNSDON	1			+01:01															
	Rome BHAMRA	4			-00:19				+00:20			+00:23		+01:07						
	Colin MILLER	4				+00:07							-00:04	-00:27	+00:36					
	Joan LENNON	5	-00:08							-00:58	+00:19	-00:28	-00:27		+00:53					
	Marten MATTHEWS	2	-00:12				-00:19		-00:05											
	Graeme GILL	5	-00:59				-01:47			-01:19	-00:02			-01:14	-00:34					
	Ben TOOVEY	1	-01:17							-01:17										
	Chris BRAMLEY	5	-01:52							-03:29	-02:06		-02:04	-00:43	-00:58					



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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	00:20:34	1
2	9	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:45	2
3	12	Mark NEWNHAM	WORTHING EXCELSIOR CC	S	00:21:49	3
4	11	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:21:53	4
5	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:15	5
6	10	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:22:35	6
7	5	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:17	7
8	39	Darron MUGGERIDGE	WORTHING EXCELSIOR CC	V49	00:23:20	8
9	13	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:23:37	9
10	15	Schaeff POTTER	WORTHING EXCELSIOR CC	J	00:23:40	10
11	8	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:24:53	11
12	4	Phil YOUNG	WORTHING EXCELSIOR CC	S	00:25:24	12
13	38	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:25:25	13
14	7	Nicole PATTERSON-LETT	WORTHING EXCELSIOR CC	WV42	00:26:09	14
15	37	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:27:54	15
16	6	Colin MILLER	WORTHING EXCELSIOR CC	V68	00:28:06	16
17	40	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:28:18	17
18	1	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:28:45	18

**Guy Smith's time of 20:34 is a new Worthing Excelsior CC club record for this distance.**



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## Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
26	Marc CLOTHIER	SOUTHDOWNS BIKES/CASCO	S	00:20:30
29	Nick DWYER	LEWES WANDERERS	V51	00:21:02
32	Paul BYFORD	CRAWLEY WHEELERS	V49	00:21:10
14	Richard WEATHERSTONE	GS STELLA	V48	00:21:20
23	Rupert ROBINSON	CRAWLEY WHEELERS	V43	00:21:43
21	Mark BERNHARDT	GS STELLA	V52	00:21:52
24	Duncan FULLER	LEWES WANDERERS	V40	00:21:53
41	Dominic LOWDEN	LEWES WANDERERS	V57	00:21:55
34	Dominic MAXWELL	SUSSEX REVOLUTION VC	V42	00:22:32
25	Emma CRADDOCK	SOUTHDOWNS BIKES/CASCO	WV40	00:22:57
35	Tamar VANDERHAAS	LEWES WANDERERS	WS	00:23:16
27	Alex TAYLOR	SOUTHDOWNS BIKES/CASCO	S	00:23:39
18	Ian NEWBOLD	EASTBOURNE ROVERS CC	V42	00:23:42
17	Bruce ENGLISH	EASTBOURNE ROVERS CC	V50	00:23:43
19	Kevin BURTON	EASTBOURNE ROVERS CC	V42	00:23:46
33	Jon FROST	REDMON CC	V48	00:23:56
36	Paul CARRUTHERS	HORSHAM TRI CLUB	V50	00:24:02
16	Peter EAMES	EASTBOURNE ROVERS CC	V52	00:24:06
28	Reade HARFIELD	BLAZING SADDLES	V57	00:24:10
31	David BRIDLE	SOUTHDOWN VELO	V55	00:24:23
2	Simon YATES	LEWES WANDERERS	V63	00:25:26
20	Stuart JAGO	GS STELLA	V59	00:25:48
30	Kaye DWYER	LEWES WANDERERS	WV52	00:26:56



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## Fastest Veteran on Standard

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	9	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:45	00:27:59	+06:14
2	3	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:20:34	00:26:45	+06:11
3	11	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:21:53	00:26:41	+04:48
4	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:15	00:26:54	+04:39
5	8	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:24:53	00:28:52	+03:59
6	10	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:22:35	00:26:27	+03:52
7	39	Darron MUGGERIDGE	WORTHING EXCELSIOR CC	V49	00:23:20	00:26:41	+03:21
8	13	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:23:37	00:26:45	+03:08
9	5	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:17	00:26:18	+03:01
10	7	Nicole PATTERSON-LETT	WORTHING EXCELSIOR CC	WV42	00:26:09	00:28:13	+02:04
11	38	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:25:25	00:26:36	+01:11
12	1	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:28:45	00:29:38	+00:53
13	6	Colin MILLER	WORTHING EXCELSIOR CC	V68	00:28:06	00:28:42	+00:36
14	37	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:27:54	00:27:20	-00:34
15	40	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:28:18	00:27:20	-00:58



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## Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
29	Nick DWYER	LEWES WANDERERS	V51	00:21:02	00:26:50	+05:48
32	Paul BYFORD	CRAWLEY WHEELERS	V49	00:21:10	00:26:41	+05:31
41	Dominic LOWDEN	LEWES WANDERERS	V57	00:21:55	00:27:20	+05:25
14	Richard WEATHERSTONE	GS STELLA	V48	00:21:20	00:26:36	+05:16
25	Emma CRADDOCK	SOUTHDOVNS BIKES/CASCO	WV40	00:22:57	00:28:02	+05:05
21	Mark BERNHARDT	GS STELLA	V52	00:21:52	00:26:54	+05:02
23	Rupert ROBINSON	CRAWLEY WHEELERS	V43	00:21:43	00:26:13	+04:30
24	Duncan FULLER	LEWES WANDERERS	V40	00:21:53	00:25:59	+04:06
34	Dominic MAXWELL	SUSSEX REVOLUTION VC	V42	00:22:32	00:26:09	+03:37
28	Reade HARFIELD	BLAZING SADDLES	V57	00:24:10	00:27:20	+03:10
17	Bruce ENGLISH	EASTBOURNE ROVERS CC	V50	00:23:43	00:26:45	+03:02
16	Peter EAMES	EASTBOURNE ROVERS CC	V52	00:24:06	00:26:54	+02:48
31	David BRIDLE	SOUTHDOWN VELO	V55	00:24:23	00:27:09	+02:46
36	Paul CARRUTHERS	HORSHAM TRI CLUB	V50	00:24:02	00:26:45	+02:43
33	Jon FROST	REDMON CC	V48	00:23:56	00:26:36	+02:40
2	Simon YATES	LEWES WANDERERS	V63	00:25:26	00:27:59	+02:33
18	Ian NEWBOLD	EASTBOURNE ROVERS CC	V42	00:23:42	00:26:09	+02:27
19	Kevin BURTON	EASTBOURNE ROVERS CC	V42	00:23:46	00:26:09	+02:23
30	Kaye DWYER	LEWES WANDERERS	WV52	00:26:56	00:29:03	+02:07
20	Stuart JAGO	GS STELLA	V59	00:25:48	00:27:32	+01:44



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## Combined Results

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	26	Marc CLOTHIER	SOUTHDOWNS BIKES/CASCO	S	00:20:30	
2	3	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:20:34	2
3	29	Nick DWYER	LEWES WANDERERS	V51	00:21:02	3
4	32	Paul BYFORD	CRAWLEY WHEELERS	V49	00:21:10	4
5	14	Richard WEATHERSTONE	GS STELLA	V48	00:21:20	6
6	23	Rupert ROBINSON	CRAWLEY WHEELERS	V43	00:21:43	11
7	9	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:45	1
8	12	Mark NEWNHAM	WORTHING EXCELSIOR CC	S	00:21:49	
9	21	Mark BERNHARDT	GS STELLA	V52	00:21:52	8
10	11	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:21:53	9
10	24	Duncan FULLER	LEWES WANDERERS	V40	00:21:53	12
12	41	Dominic LOWDEN	LEWES WANDERERS	V57	00:21:55	5
13	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:15	10
14	34	Dominic MAXWELL	SUSSEX REVOLUTION VC	V42	00:22:32	15
15	10	Martin BOOKER	WORTHING EXCELSIOR CC	V46	00:22:35	14
16	25	Emma CRADDOCK	SOUTHDOWNS BIKES/CASCO	WV40	00:22:57	7
17	35	Tamar VANDERHAAS	LEWES WANDERERS	WS	00:23:16	
18	5	Andy HASTE	WORTHING EXCELSIOR CC	V44	00:23:17	20
19	39	Darron MUGGERIDGE	WORTHING EXCELSIOR CC	V49	00:23:20	16
20	13	Chris PUTNAM	WORTHING EXCELSIOR CC	V50	00:23:37	18
21	27	Alex TAYLOR	SOUTHDOWNS BIKES/CASCO	S	00:23:39	
22	15	Schaeff POTTER	WORTHING EXCELSIOR CC	J	00:23:40	
23	18	Ian NEWBOLD	EASTBOURNE ROVERS CC	V42	00:23:42	26
24	17	Bruce ENGLISH	EASTBOURNE ROVERS CC	V50	00:23:43	19
25	19	Kevin BURTON	EASTBOURNE ROVERS CC	V42	00:23:46	27
26	33	Jon FROST	REDMON CC	V48	00:23:56	24
27	36	Paul CARRUTHERS	HORSHAM TRI CLUB	V50	00:24:02	23
28	16	Peter EAMES	EASTBOURNE ROVERS CC	V52	00:24:06	21
29	28	Reade HARFIELD	BLAZING SADDLES	V57	00:24:10	17
30	31	David BRIDLE	SOUTHDOWN VELO	V55	00:24:23	22
31	8	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:24:53	13
32	4	Phil YOUNG	WORTHING EXCELSIOR CC	S	00:25:24	
33	38	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:25:25	31
34	2	Simon YATES	LEWES WANDERERS	V63	00:25:26	25
35	20	Stuart JAGO	GS STELLA	V59	00:25:48	30
36	7	Nicole PATTERSON-LETT	WORTHING EXCELSIOR CC	WV42	00:26:09	29
37	30	Kaye DWYER	LEWES WANDERERS	WV52	00:26:56	28
38	37	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:27:54	34
39	6	Colin MILLER	WORTHING EXCELSIOR CC	V68	00:28:06	33
40	40	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:28:18	35
41	1	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:28:45	32



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## Event Secretary

Pete Logan

## Very Grateful Thanks To:

Timekeeper (start):	Rome Bhamra
Timekeeper (finish):	John Mansell
Recorder:	Sonia Mansell
Start Marshal:	Colin Barton
Course Marshals:	Guy Musgrove (Findon), Steve Feest (Ashington)
Catering:	Bernie Skinner
Signage:	Mike O'Gorman
Results Service	Mike O'Gorman