



Worthing Excelsior Cycling Club



EVENING 10 SERIES - No 16 (G10/98)

Thursday 30th July 2015

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

Report

There was a welcome lull in the recent run of poor weather for the penultimate event of the season as the winds abated and the temperature rose. This was a big advantage to riders looking to improve their times but, as increasingly the case on this course, there was a downside too. According to Adrian Palmer who was marshalling at the now infamous Washington roundabout over 60% of the riders suffered time delays there. All exceedingly frustrating.

Once again it was a pleasure to see Andrew Lock competing, and nice too that Maureen and family members were able to attend and to chat to everybody.

Despite suffering from the joys of a training session with Dom two days earlier Guy Smith put in yet another quality performance and finished in first place with 20:46. This was just 12 seconds off the club record that he set a few weeks ago.

Clearly riding a 100 mile time trial in freezing cold wet windy conditions on the previous Sunday is good practice for a 10. Mike O'Gorman surprised himself with a new personal best by 6 seconds despite delays both ways at Washington roundabout. His 21:25 was good enough for second place and was 14 seconds faster than his previous G10/98 best time.

Third placed Trevor Leeding also recorded a personal best of 21:32, improving by a single second. It would have been significantly better had he too not been held up on the course.

The rider of the moment though has to be young Schaeff Potter. Last season the average time for his 9 rides was 27:17 with the slowest being 29:55. This season despite a late start due to the very necessary attention to exam preparation he has gone from strength to strength. It is a real pleasure to see such enthusiasm and dedication being rewarded by that most critical of judges, namely the timekeeper's stop watch. Five personal bests have been notched up this season as his times have progressed through the 25s, 24s, 23s and now a 22. A 22:56 in tonight's ride is a real landmark. He already has one eye on the National Finals of the GHS Junior 10 to be held in Hertfordshire in August, having recently qualified by winning the London South District heat. Club members are actively looking to help him with kit upgrades so that he can race to his optimum.

Rick Hughes' improved form continued as he finished just a solitary second slower than last week's personal best. And frustratingly he too suffered the curse of the roundabout.

A big well done is also due to senior veteran Allan Orman who took the opportunity to record his fastest time of the season with a very impressive 24:14 and he finished fifth on age standard.

At this late stage in the series it is a pleasant surprise to see three riders open their account with a ride. Lovely to see Nathan Gale back again after a season's absence. Also a pleasure to welcome new member Vince Freeman who put in a nice 24:24. Dave Funnell was the other rider.

Nicole Patterson-Lett rode a fine 26:03, just 3 seconds off her best for the season and now needs to complete next week's race to beat Joan Lennon to the ladies' title.

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The McNamara brothers occupied the top slots. Simon was fastest with 20:05 as he too caught the roundabout curse. This was another personal best for the season for Simon as he was 10 seconds faster than last week.

Chris put in a quite awesome 20:43 on a road bike and obviously found that last week's road racing in Belgium had sharpened him up. He rarely time trials on a road bike and did comment that it surprised him just how much easier it was to steer through corners and roundabouts.

Matt Peel of Redhill CC is a new name to us this season, and I imagine that he will have been more than satisfied with a 21:04

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On reflection I realise that it has now reached the point where it would keep the length of these reports down if only mentioning when a rider doesn't get baulked on their ride. It seems that it will only get worse.



Worthing Excelsior Cycling Club



EVENING 10 SERIES - No 15 (G10/98)

Thursday 23rd July 2015

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

WECC riders in Open Time Trials

Saturday 25th July

The In-Gear Quickvit Trainsharp RT 10 at Steyning on G10/97 proved to be difficult due to the strong adverse north westerly wind. Mike O'Gorman finished 10th with 23:07 (winning his age category), and Rick Hughes finished 14th with 23:39 (a personal record for the season in an Open 10). Colin Barton was a DNS.

Sunday 26th July

A truly grim morning's weather.

Trevor Leeding rode the Southdown Velo 50 at Fontwell on P901/50, coming 7th with 2:03:24. Only 22 riders took to the line due to the poor weather, and only four broke the 2 hour mark.

Conditions were even worse for the SCCU/SCA 100 due to the extended duration of the event and the weather becoming, unbelievably, increasingly worse as the morning went on. As predicted by the Met Office it started nicely in the dry but that was not to last for long and it ended in farce with torrential rain, rivers forming across the road, high gusting winds and major spray/visibility issues on the A24. Virtually half the field failed to start or to complete the event, as just 36 riders recorded times. One rider off an early start actually abandoned after 82 miles as he feared for his safety, choosing not to complete his final circuit. The weather was very much worse than that which caused other recent events elsewhere to be cancelled.

With a late start Mike O'Gorman struggled to complete this event becoming hypothermic on the last lap and barely in control of the bike, and he was hugely grateful to Chris Putnam who attended to him as he crossed the finish line and helped him back to race headquarters. Were it not for the fact that it was an essential ride for the Sussex BAR competitions then he would not have started the event.

Mike's time was 4:24:59 which placed him 13th overall. More critically it was sufficient to clinch the Sussex Vets 100 title and also the Sussex Vets Long Distance BAR title. Surprisingly he also gained the Sussex Long Distance BAR title (not just vets) due to the scarceness of people prepared to complete the three events (25, 50 and 100), each of which was affected by horrendous weather (particularly the 25 and the 100). Since the WECC Club Championship is held within this event he also retained that title.

In his debut ride at this distance Martin Booker had an excellent ride, finishing 14th with 4:27:43. He was disappointed with the second half of the ride as the increasingly bad conditions prevailed but he should take heart from what he achieved in such difficult circumstances. Has only 18 minutes behind the overall winner. He also has the satisfaction of being the clear winner in the WECC Handicap sub-event, being the one rider to do better than predicted.

Our third rider Simon Atkinson was also making his debut at 100 miles, and if he is to be believed it will have been his first and last effort. Mind you he also made similar comments during the winter about riding at other distances before blooming like a daffodil (thanks to Ian Cheesman for that witticism). Starting even later than Mike he suffered with the weather and finished in 18th place with 4:31:47.

The really good news was that the aggregate times of our riders was good enough to win the Sussex 100 Team Title for the season, ahead of Lewes Wanderers CC.

A massive debt of gratitude is owed to the helpers who endured such awful conditions at the side of the road for such a very long time, and without whom it simply would not have been possible for our riders to compete. Step forward and take a bow – Andrew Lock, Chris Putnam and Clare Booker.

Upcoming events

There are no time trials anywhere within London South, London West or South Districts this weekend. So all our riders can take a well earned rest.

On the following weekend it is the National VTТА 50 Championship to be held on the A3 (course P885/50). Two of our riders, Mike O’Gorman and Trevor Leeding, have entered and are currently waiting to hear if their qualifying times are good enough. It is expected that they will be. Being a VTТА event the qualification is by best ‘plus on standard’, and the eventual results are also ranked in that manner (as opposed to scratch time).

Also on that same Sunday it is the ESCA 100 on G100/861. Rick Hughes has entered for this one and is hoping for rather better weather than last weekend.

The date for the Clonmore Trophy, which is an Inter-Club event between WECC, Southdown Velo, Hampshire Road Club and Bognor Regis CC has now been confirmed as Sunday 20th September. It is on the (hopefully) fast and popular P901/25 course at Fontwell (7:30 start). If you want to ride then please let Mike O’Gorman know.



Worthing Excelsior Cycling Club



EVENING 10 SERIES – SCRATCH – COMPETITION UPDATE WEEK 16

	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	13	6			8	7	2	2		3	1	1		1	1	1	1		1	1	
2	Simon ATKINSON	7	7			1	1	1	1		1	3			2							
3	Mike O'GORMAN	14	11			2	2	4	3		2	2	2	1	3	2	2	3		4	2	
4	Trevor LEEDING	12	15			3		3	3			4	3		4	3	4	2	1	3	3	
5	Rick HUGHES	14	19			6	6	7	5			6	5	3	5	5	5	3	2	2	4	
6	Mark NEWNHAM	10	23			4	3	5			5	5	4		10	4	3	8				
7	Ian CHEESMAN	7	26								6			2	7			5	3	5	5	
8	Martin BOOKER	12	28			5	4	6			4	8	6		5	7	6	6	4	6		
9	Andy HASTE	10	38			7	8	9	8		7	9		4		6	7	7				
10	Colin BARTON	10	41				9	8	7		8			5	9	9		9		7	6	
11	Darron MUGGERIDGE	6	43				5					7	7		8	8	8					
12	Schaeff POTTER	9	47			11					10		10	7	11		10		5	8	7	
13	Chris PUTNAM	14	49			10	11	11	10		10	11	9	6	13	10	9	10	6	9		
14	Allan ORMAN	8	63					12				13			14		11	11	8	12	9	
15	Robert DOWNHAM	8	67			12	12		11			12	11		12	11				10		
16	Andrew LOCK	10	70								14	15	12	10		16	13	12	9	14	14	
17	Phil YOUNG	7	71			13	14				12			9		14	12		11			
18	Rome BHAMRA	6	76				16				13			8		12			10	17		
19	Simon TOPPIN	7	84				15				15	14			15			13		15	12	
20	Graeme GILL	7	88						13			17	13			18	15		13		17	
21	Chris BRAMLEY	9	90									19	15		17	17	17	15	12	16	15	
22	Joan LENNON	7	95									18	14	11	18		18	16			18	



Worthing Excelsior Cycling Club



EVENING 10 SERIES – SCRATCH – COMPETITION UPDATE WEEK 16
(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
Nolan HEATHER			5	51.6				10	6	9	10	8									
Jeremy WOOTTON			1	54.0				9													
Phil FREAN			5	54.0	9	10												7	11	8	
Nathan GALE			1	60.0																10	
Vince FREEMAN			1	66.0																11	
Jeff BLUNSDON			1	78.0		13															
Steve FEEST			1	78.0											13						
Nicole PATTERSON-LETT			5	82.8											15	14	14		13	13	
Marten MATTHEWS			2	84.0				12		16											
Dave FUNNELL			1	96.0																16	
Ben TOOVEY			1	96.0							16										
Colin MILLER			5	99.6			13							17	19	16			18		

OUR 3 RIDERS IN THE SCCU / SCA / WECC 100 IN INCREASINGLY HORRENDOUS WEATHER

MARTIN BOOKER

(Who seems to have done a good job avoiding the photographer on his ride)



SIMON ATKINSON



A successful 'take'



Late on in the day
Cold, soaked and fed up

OUR 3 RIDERS IN THE SCCU / SCA / WECC 100 IN INCREASINGLY HORRENDOUS WEATHER

MIKE O'GORMAN



The opening bit in the dry



A unsuccessful 'take'

The bike/wheels/brakes/road are so wet that Mike fails to slow enough



**Late on in the day
Cold, soaked and fed up**



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Scratch Classification

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	2	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:20:46	1
2	8	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:25	2
3	12	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:21:32	3
4	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:12	4
5	10	Ian CHEESMAN	WORTHING EXCELSIOR CC	V46	00:22:33	5
6	32	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:22:54	6
7	18	Schaeff POTTER	WORTHING EXCELSIOR CC	J	00:22:56	7
8	5	Phil FREAN	WORTHING EXCELSIOR CC	V60	00:24:02	8
9	20	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:24:14	9
10	6	Nathan GALE	WORTHING EXCELSIOR CC	S	00:24:17	10
11	33	Vince FREEMAN	WORTHING EXCELSIOR CC	S	00:24:24	11
12	13	Simon TOPPIN	WORTHING EXCELSIOR CC	S	00:25:52	12
13	3	Nicole PATTERSON-LETT	WORTHING EXCELSIOR CC	WV42	00:26:03	13
14	34	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:26:06	14
15	29	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:26:45	15
16	4	Dave FUNNELL	WORTHING EXCELSIOR CC	S	00:27:12	16
17	15	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:27:57	17
18	1	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:28:15	18



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Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
21	Simon McNAMARA	SOUTHDOWNS BIKES/CASCO	V40	00:20:05
36	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:43
31	Paul BYFORD	CRAWLEY WHEELERS	V49	00:20:56
19	Matt PEEL	REDHILL CC	S	00:21:04
23	Dominic MAXWELL	SUSSEX REVOLUTION VC	V42	00:21:11
26	Paul FLYNN	SOUTHDOWNS BIKES/CASCO	S	00:21:14
16	Richard WEATHERSTONE	GS STELLA	V48	00:21:32
17	Kevin PLUMMER	SOUTHDOWNS BIKES/CASCO	V50	00:21:38
24	Paul BARNARD	SOUTHDOWNS BIKES/CASCO	S	00:21:44
30	Lee PENDLEBURY	CRAWLEY WHEELERS	V54	00:22:03
27	Stuart BETTIS	SOUTHDOWNS BIKES/CASCO	S	00:22:25
14	Ben CRICK	EAST GRINSTEAD CC	V50	00:22:47
25	Rob CHARLES	BLAZING SADDLES	V49	00:22:57
11	Bruce ENGLISH	EASTBOURNE ROVERS CC	V50	00:23:07
35	Ade FADERO	SUSSEX NOMADS	V53	00:23:25
7	Rhiannon DAVIES	RST/AEROCOACH	WS	00:23:39
9	Stuart JAGO	GS STELLA	V59	00:24:30



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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	00:21:25	00:27:59	+06:34
2	2	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:20:46	00:26:45	+05:59
3	12	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:21:32	00:26:41	+05:09
4	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:12	00:26:54	+04:42
5	20	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:24:14	00:28:52	+04:38
6	32	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:22:54	00:27:04	+04:10
7	10	Ian CHEESMAN	WORTHING EXCELSIOR CC	V46	00:22:33	00:26:27	+03:54
8	5	Phil FREAN	WORTHING EXCELSIOR CC	V60	00:24:02	00:27:38	+03:36
9	3	Nicole PATTERSON-LETT	WORTHING EXCELSIOR CC	WV42	00:26:03	00:28:13	+02:10
10	1	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:28:15	00:29:38	+01:23
11	29	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:26:45	00:27:20	+00:35
12	34	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:26:06	00:26:36	+00:30
13	15	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:27:57	00:27:20	-00:37



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Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
21	Simon McNAMARA	SOUTHDOWN'S BIKES/CASCO	V40	00:20:05	00:25:59	+05:54
31	Paul BYFORD	CRAWLEY WHEELERS	V49	00:20:56	00:26:41	+05:45
36	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:43	00:25:59	+05:16
17	Kevin PLUMMER	SOUTHDOWN'S BIKES/CASCO	V50	00:21:38	00:26:45	+05:07
16	Richard WEATHERSTONE	GS STELLA	V48	00:21:32	00:26:36	+05:04
30	Lee PENDLEBURY	CRAWLEY WHEELERS	V54	00:22:03	00:27:04	+05:01
23	Dominic MAXWELL	SUSSEX REVOLUTION VC	V42	00:21:11	00:26:09	+04:58
14	Ben CRICK	EAST GRINSTEAD CC	V50	00:22:47	00:26:45	+03:58
25	Rob CHARLES	BLAZING SADDLES	V49	00:22:57	00:26:41	+03:44
11	Bruce ENGLISH	EASTBOURNE ROVERS CC	V50	00:23:07	00:26:45	+03:38
35	Ade FADERO	SUSSEX NOMADS	V53	00:23:25	00:26:59	+03:34
9	Stuart JAGO	GS STELLA	V59	00:24:30	00:27:32	+03:02



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Combined Results

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	21	Simon McNAMARA	SOUTHDOWNS BIKES/CASCO	V40	00:20:05	3
2	36	Chris McNAMARA	PEDAL HEAVEN	V40	00:20:43	5
3	2	Guy SMITH	WORTHING EXCELSIOR CC	V50	00:20:46	2
4	31	Paul BYFORD	CRAWLEY WHEELERS	V49	00:20:56	4
5	19	Matt PEEL	REDHILL CC	S	00:21:04	
6	23	Dominic MAXWELL	SUSSEX REVOLUTION VC	V42	00:21:11	10
7	26	Paul FLYNN	SOUTHDOWNS BIKES/CASCO	S	00:21:14	
8	8	Mike O'GORMAN	WORTHING EXCELSIOR CC	V63	00:21:25	1
9	12	Trevor LEEDING	WORTHING EXCELSIOR CC	V49	00:21:32	6
9	16	Richard WEATHERSTONE	GS STELLA	V48	00:21:32	8
11	17	Kevin PLUMMER	SOUTHDOWNS BIKES/CASCO	V50	00:21:38	7
12	24	Paul BARNARD	SOUTHDOWNS BIKES/CASCO	S	00:21:44	
13	30	Lee PENDLEBURY	CRAWLEY WHEELERS	V54	00:22:03	9
14	22	Rick HUGHES	WORTHING EXCELSIOR CC	V52	00:22:12	11
15	27	Stuart BETTIS	SOUTHDOWNS BIKES/CASCO	S	00:22:25	
16	10	Ian CHEESMAN	WORTHING EXCELSIOR CC	V46	00:22:33	15
17	14	Ben CRICK	EAST GRINSTEAD CC	V50	00:22:47	14
18	32	Colin BARTON	WORTHING EXCELSIOR CC	V54	00:22:54	13
19	18	Schaeff POTTER	WORTHING EXCELSIOR CC	J	00:22:56	
20	25	Rob CHARLES	BLAZING SADDLES	V49	00:22:57	16
21	11	Bruce ENGLISH	EASTBOURNE ROVERS CC	V50	00:23:07	17
22	35	Ade FADERO	SUSSEX NOMADS	V53	00:23:25	19
23	7	Rhiannon DAVIES	RST/AEROCOACH	WS	00:23:39	
24	5	Phil FREAN	WORTHING EXCELSIOR CC	V60	00:24:02	18
25	20	Allan ORMAN	WORTHING EXCELSIOR CC	V69	00:24:14	12
26	6	Nathan GALE	WORTHING EXCELSIOR CC	S	00:24:17	
27	33	Vince FREEMAN	WORTHING EXCELSIOR CC	S	00:24:24	
28	9	Stuart JAGO	GS STELLA	V59	00:24:30	20
29	13	Simon TOPPIN	WORTHING EXCELSIOR CC	S	00:25:52	
30	3	Nicole PATTERSON-LETT	WORTHING EXCELSIOR CC	WV42	00:26:03	21
31	34	Andrew LOCK	WORTHING EXCELSIOR CC	V48	00:26:06	24
32	29	Chris BRAMLEY	WORTHING EXCELSIOR CC	V57	00:26:45	23
33	4	Dave FUNNELL	WORTHING EXCELSIOR CC	S	00:27:12	
34	15	Graeme GILL	WORTHING EXCELSIOR CC	V57	00:27:57	25
35	1	Joan LENNON	WORTHING EXCELSIOR CC	WV58	00:28:15	22



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Event Secretary

Graeme Gill

Very Grateful Thanks To:

Timekeeper (start):	Mick Irons
Timekeeper (finish):	Robert Downham
Recorder:	Paul Townsley
Start Marshal:	Andy Haste
Course Marshals:	Joely Muggeridge (Findon), Carl Trevis (Ashington)
Catering:	Dave Hudson
Signage:	Mike O'Gorman
Results Service	Mike O'Gorman