



Worthing Excelsior Cycling Club



Club 10 mile Time Trial Sunday 20th March 2016 **Course G10/98**

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

Event Promoter Rick Hughes – [email](#)

This event was switched from the original G10/70 due to pop-up roadworks (part of an ongoing long-term development at Ashington). As it turned out, despite what West Sussex had advised, the roadworks were absent on the day. In general though riders were pleased to avoid the country lane course with its high probability of meeting horse riders – something that most who had done a recce of the course had experienced.

It wasn't all good news though. Despite a reduction in traffic from the normal Thursday evenings the bitter north-north-easterly wind had a severe adverse effect on all the riders' times as the Findon to Ashington stretch became a real challenge. Competitors arriving back at race headquarters and hearing others' times were relieved to find that their performance was not as bad as they had feared. In general riders were two to three minutes slower than normal on the course.

The pre-race favourite Dom Maxwell who had done really well last week in a Surrey League Road race when finishing 7th justified his scratch ranking, winning with a time of 23:11. This placed him well clear of second placed Trevor Leeding who recorded a 23:34. These were the only two WECC riders to go faster than 25 mph.

Despite being initially apprehensive about his time Rick Hughes was delighted to finish in an excellent third place with 24:07 and all the more so since it was a personal best for him in terms of power recorded for the ride.

Junior Schaeff Potter notched up yet another good time and it looks like he will go from strength to strength again.

Super to see some new names on the board in the handicap classifications. Very well done to Paul Townsley who won with an adjusted time of 20:43. Nice one! Nicky Carsons was second with an adjusted 21:24 (and I'll try and get Worthing Herald to write her up with her proper name rather than 'Nick' which is what they put last week). In his first time trial for about ten years Spencer Kirkham took third place just six seconds back on adjusted time (and with a very creditable scratch time of 25:30).

There's always at least one every season, and this time we've got one in the bag already. A 10 mile out and back time trial on a dual carriageway ought to be straightforward but for some reason riders who are unfamiliar with the course seem compelled to leave the northbound A24 one junction too early. Today's miscreant was our new junior rider Aaron Hartley.

Details of all our club's extensive time trial programme can be found [here](#).

WECC - Scratch Classification

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-	Position on Std
1	18	Dominic Maxwell	Worthing Excelsior CC	V42	00:23:11	0:26:09	+02:58	3
2	6	Trevor Leeding	Worthing Excelsior CC	V50	00:23:34	0:26:45	+03:11	2
3	15	Rick Hughes	Worthing Excelsior CC	V52	00:24:07	0:26:54	+02:47	4
4	12	Mike O'Gorman	Worthing Excelsior CC	V64	00:24:12	0:28:06	+03:54	1
5	3	Ian Cheesman	Worthing Excelsior CC	V47	00:24:19	0:26:32	+02:13	5
5	9	Martin Booker	Worthing Excelsior CC	V47	00:24:19	0:26:32	+02:13	5
7	7	Schaeff Potter	Worthing Excelsior CC	J	00:24:38			
8	4	Spencer Kirkham	Worthing Excelsior CC	V48	00:25:30	0:26:36	+01:06	7
9	13	Nolan Heather	Worthing Excelsior CC	V40	00:25:41	0:25:59	+00:18	12
10	1	Chris Putnam	Worthing Excelsior CC	V50	00:26:24	0:26:45	+00:21	11
11	10	Phil Frean	Worthing Excelsior CC	V61	00:27:20	0:27:44	+00:24	10
12	16	Paul Townsley	Worthing Excelsior CC	V67	00:27:43	0:28:32	+00:49	8
13	2	Rome Bhamra	Worthing Excelsior CC	V49	00:28:08	0:26:41	-01:27	14
14	5	Nicky Carsons	Worthing Excelsior CC	WV52	00:28:24	0:29:03	+00:39	9
15	17	Stephen Feest	Worthing Excelsior CC	V58	00:28:39	0:27:26	-01:13	13
16	11	Andrew Lock	Worthing Excelsior CC	V49	00:29:24	0:26:41	-02:43	15
17	8	John Lucas	Worthing Excelsior CC	V73	00:32:30	0:29:39	-02:51	16
	14	Aaron Hartley	Worthing Excelsior CC	J	DNF			

WECC - Handicap Classification

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	Handicap	Adjusted Time
1	16	Paul Townsley	Worthing Excelsior CC	V67	00:27:43	00:07:00	0:20:43
2	5	Nicky Carsons	Worthing Excelsior CC	WV52	00:28:24	00:07:00	0:21:24
3	4	Spencer Kirkham	Worthing Excelsior CC	V48	00:25:30	00:04:00	0:21:30
4	9	Martin Booker	Worthing Excelsior CC	V47	00:24:19	00:01:30	0:22:49
5	7	Schaeff Potter	Worthing Excelsior CC	J	00:24:38	00:01:45	0:22:53
6	6	Trevor Leeding	Worthing Excelsior CC	V50	00:23:34	00:00:40	0:22:54
7	3	Ian Cheesman	Worthing Excelsior CC	V47	00:24:19	00:01:15	0:23:04
8	15	Rick Hughes	Worthing Excelsior CC	V52	00:24:07	00:01:00	0:23:07
9	18	Dominic Maxwell	Worthing Excelsior CC	V42	00:23:11	00:00:00	0:23:11
10	13	Nolan Heather	Worthing Excelsior CC	V40	00:25:41	00:02:15	0:23:26
11	2	Rome Bhamra	Worthing Excelsior CC	V49	00:28:08	00:04:30	0:23:38
12	12	Mike O'Gorman	Worthing Excelsior CC	V64	00:24:12	00:00:30	0:23:42
13	10	Phil Frean	Worthing Excelsior CC	V61	00:27:20	00:03:30	0:23:50
14	1	Chris Putnam	Worthing Excelsior CC	V50	00:26:24	00:02:30	0:23:54
15	17	Stephen Feest	Worthing Excelsior CC	V58	00:28:39	00:04:15	0:24:24
16	11	Andrew Lock	Worthing Excelsior CC	V49	00:29:24	00:04:30	0:24:54
17	8	John Lucas	Worthing Excelsior CC	V73	00:32:30	00:07:00	0:25:30
	14	Aaron Hartley	Worthing Excelsior CC	J	DNF	00:05:00	

Combined Results - Scratch

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	18	Dominic Maxwell	Worthing Excelsior CC	V42	00:23:11	3
2	6	Trevor Leeding	Worthing Excelsior CC	V50	00:23:34	2
3	20	Tom Houghton	Brighton Excelsior CC	V44	00:23:52	5
4	15	Rick Hughes	Worthing Excelsior CC	V52	00:24:07	4
5	12	Mike O'Gorman	Worthing Excelsior CC	V64	00:24:12	1
6	3	Ian Cheesman	Worthing Excelsior CC	V47	00:24:19	6
6	9	Martin Booker	Worthing Excelsior CC	V47	00:24:19	6
8	7	Schaeff Potter	Worthing Excelsior CC	J	00:24:38	
9	4	Spencer Kirkham	Worthing Excelsior CC	V48	00:25:30	8
10	13	Nolan Heather	Worthing Excelsior CC	V40	00:25:41	13
11	1	Chris Putnam	Worthing Excelsior CC	V50	00:26:24	12
12	10	Phil Frean	Worthing Excelsior CC	V61	00:27:20	11
13	16	Paul Townsley	Worthing Excelsior CC	V67	00:27:43	9
14	2	Rome Bhamra	Worthing Excelsior CC	V49	00:28:08	16
15	5	Nicky Carsons	Worthing Excelsior CC	WV52	00:28:24	10
16	17	Stephen Feest	Worthing Excelsior CC	V58	00:28:39	15
17	11	Andrew Lock	Worthing Excelsior CC	V49	00:29:24	17
18	21	Robin Johnson	Brighton Mitre CC	V67	00:29:44	14
19	19	Elliott Whitehead	Brighton Excelsior CC	S	00:30:20	
20	8	John Lucas	Worthing Excelsior CC	V73	00:32:30	18
	14	Aaron Hartley	Worthing Excelsior CC	J	DNF	

Combined Results – Vets on Standard

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	12	Mike O'Gorman	Worthing Excelsior CC	V64	00:24:12	00:28:06	+03:54
2	6	Trevor Leeding	Worthing Excelsior CC	V50	00:23:34	00:26:45	+03:11
3	18	Dominic Maxwell	Worthing Excelsior CC	V42	00:23:11	00:26:09	+02:58
4	15	Rick Hughes	Worthing Excelsior CC	V52	00:24:07	00:26:54	+02:47
5	20	Tom Houghton	Brighton Excelsior CC	V44	00:23:52	00:26:18	+02:26
6	3	Ian Cheesman	Worthing Excelsior CC	V47	00:24:19	00:26:32	+02:13
6	9	Martin Booker	Worthing Excelsior CC	V47	00:24:19	00:26:32	+02:13
8	4	Spencer Kirkham	Worthing Excelsior CC	V48	00:25:30	00:26:36	+01:06
9	16	Paul Townsley	Worthing Excelsior CC	V67	00:27:43	00:28:32	+00:49
10	5	Nicky Carsons	Worthing Excelsior CC	WV52	00:28:24	00:29:03	+00:39
11	10	Phil Frean	Worthing Excelsior CC	V61	00:27:20	00:27:44	+00:24
12	1	Chris Putnam	Worthing Excelsior CC	V50	00:26:24	00:26:45	+00:21
13	13	Nolan Heather	Worthing Excelsior CC	V40	00:25:41	00:25:59	+00:18
14	21	Robin Johnson	Brighton Mitre CC	V67	00:29:44	00:28:32	-01:12
15	17	Stephen Feest	Worthing Excelsior CC	V58	00:28:39	00:27:26	-01:13
16	2	Rome Bhamra	Worthing Excelsior CC	V49	00:28:08	00:26:41	-01:27
17	11	Andrew Lock	Worthing Excelsior CC	V49	00:29:24	00:26:41	-02:43
18	8	John Lucas	Worthing Excelsior CC	V73	00:32:30	00:29:39	-02:51

Private Entries - Scratch

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-	Position on Std
1	20	Tom Houghton	Brighton Excelsior CC	V44	00:23:52	0:26:18	+02:26	1
2	21	Robin Johnson	Brighton Mitre CC	V67	00:29:44	0:28:32	-01:12	2
3	19	Elliott Whitehead	Brighton Excelsior CC	S	00:30:20			

Event Secretary (and catering)

Rick Hughes

Very Grateful Thanks To:

Timekeeper (start):	Vern McClelland
Timekeeper (finish):	Mick Irons
Recorder:	Clair Booker
Start Marshal:	Ken Gormanly
Course Marshals:	Tony Palmer (Findon), Adrian Palmer (Ashington)
Handicaps:	Tony Palmer
Catering:	Bernie Skinner
Start/Results Sheets:	Mike O'Gorman

Forthcoming Events

08:00	Sunday 27 th March	GS/983	WECC Club 10 Long Furlong Circuit (17.1 miles)
19:00	Thursday 14 th April	G10/98	WECC First of our weekly Evening 10 Series
06:30	Sunday 15 th May	G25/54	WECC Open 25 (Ray Douglass Memorial)

For more details of these and other events please check out our [club web site](#)