



Worthing Excelsior Cycling Club

Club 10 mile Time Trial The Don Lock Evening 10 Memorial Series

Course G10/98

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

Event No 2 – Thursday 21st April 2016
Promoter: [Phil Frean](#)



Report

Even slower than last week as a stiff Northerly wind made it very hard going indeed. Even the mighty Chris McNamara was reduced to a 21 minute ride.

After having helped out with marshalling duties last week Dominic Maxwell made his first competitive appearance in the series and duly recorded a clear win by almost a minute.

Just 13 seconds separated the next five riders. Rick Hughes followed up last week's win with a fine second place and he is showing sustained impressive form. Close behind and in joint third place were Schaeff Potter and Trevor Leeding. This was Schaeff's first time where he used a TT bike on a Thursday evening as he continues to borrow Chris Putnam's old one. It's a matter of when, not if, he smashes through his personal best time of 22:56. He just needs some favourable conditions (don't we all?).

The highlight of the evening must be the ladies competition with three of them racing this evening.

In Nicky's words:

Three ladies racing from the club. All three of us chose to have low numbers as the evenings are still drawing in early. Joan started off the evening's race with bib no 1, Nicky bib 2 and Nicole bib 5.

We all did well in quite windy conditions. Nicole even managed a cheery hello to the marshals at Findon roundabout.

Hopefully from tonight's efforts we are on course for PB's later in the season.



Neil Crowther put in another good performance and is now starting to learn the effect of the conditions on the course. And it's good to see Phil Walker making his first start since the back end of the 2014 season with injury having put paid to things since then.

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As mentioned earlier Chris McNamara of Nuun-Sigma Sports London Racing was the fastest on the night, with Phil Allen (South Downs Bikes) and Richard Weatherstone (GS Stella) rounding out the first three.

WECC riders in Open Time Trials

Last weekend

Bitterly cold on both days.

On Saturday afternoon Mike O'Gorman rode in the Farnborough & Camberley CC 25 (H25/8) and recorded a 58:19.

Sunday saw us enter three pairs in the Sussex CA 2 Up Team Time Trial (GS/987) – essentially 1.7 laps of the Ashurst Circuit (28.46 miles). Our quickest pair (racing as a pair for the first time) were Trevor Leeding and the in-form Rick Hughes who went round in 1:08:57. Chris Putnam rode with Schaeff Potter who was having a rare but welcome outing on a time trial bike borrowed from Chris. Their time was 1:14:06 which was five and a half minutes quicker than last season. Our third pair (also newbies) were Spencer Kirkham and on road bike and Paul Townsley on a TT bike. This combination on a sporting course meant that it was tricky for them to maintain an optimum pace with one much quicker on the hills and the other much quicker on the flatter sections. They finished in 1:18:01.

Also on Sunday we had riders in the Addiscombe CC 25 (G25/54). Dom Maxwell did really well to record a 57:13 on a slow and difficult day. Mike O'Gorman was disappointed to finish just outside the hour on 1:00:29 although it was his second 25 mile event inside 17 hours. Phil Frean rode a 1:08:47, and Rome Bhamra rode a 1:11:12.

Photographs of all our riders in action throughout the season can be found here on our [club web-site](#).

Full details of all of the various performances can be found on our [club web-site](#).

Upcoming events

Saturday 23 April

ESCA 10	G10/87	Mike O'Gorman, Rick Hughes
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Sunday 24 April

ESCA 25	G25/89	Martin Booker Rick Hughes Mike O'Gorman Trevor Leeding Colin Barton
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Met Office predicting 3 degrees for Sunday morning (so more of the same) !!!

Following Weekend

SCA 10	G10/97
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SCA 25	G25/93
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Scratch Classification

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	9	Dominic Maxwell	Worthing Excelsior CC	V43	0:22:11	1
2	21	Rick Hughes	Worthing Excelsior CC	V53	0:23:09	2
3	12	Trevor Leeding	Worthing Excelsior CC	V50	0:23:13	3
3	16	Schaeff Potter	Worthing Excelsior CC	J	0:23:13	3
5	8	Mike O'Gorman	Worthing Excelsior CC	V64	0:23:18	5
6	11	Martin Booker	Worthing Excelsior CC	V47	0:23:21	6
7	28	Colin Barton	Worthing Excelsior CC	V55	0:24:02	7
8	17	Neil Crowther	Worthing Excelsior CC	V42	0:24:23	8
9	15	Chris Putnam	Worthing Excelsior CC	V50	0:24:25	9
10	22	Phil Freaan	Worthing Excelsior CC	V61	0:25:24	10
11	4	Paul Townsley	Worthing Excelsior CC	V67	0:25:36	11
12	10	Jeff Blunsdon	Worthing Excelsior CC	V44	0:25:38	12
13	7	Aaron Hartley	Worthing Excelsior CC	J	0:26:02	13
14	14	Allan Orman	Worthing Excelsior CC	V70	0:26:10	14
15	3	Rome Bhamra	Worthing Excelsior CC	V49	0:26:14	15
16	13	Phil Young	Worthing Excelsior CC	S	0:26:40	16
17	5	Nicole Patterson-Lett	Worthing Excelsior CC	WV44	0:27:04	17
18	34	Andrew Lock	Worthing Excelsior CC	V49	0:27:36	18
19	2	Nicky Carsons	Worthing Excelsior CC	WV52	0:27:41	19
20	6	Phil Walker	Worthing Excelsior CC	V48	0:28:05	20
21	1	Joan Lennon	Worthing Excelsior CC	WV59	0:31:01	21
22	31	Chris Bramley	Worthing Excelsior CC	V58	0:31:27	22

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
29	Chris McNamara	Nuun Sigma Sport London	V41	0:21:07
30	Phil Allen	South Downs Bikes	S	0:21:59
24	Richard Weatherstone	GS Stella	V49	0:22:03
18	Matt Peel	Redhill CC	S	0:22:17
26	Rupert Robinson	Evans Cycles Racing Team	V44	0:22:21
33	Dominic Lowden	Lewes Wanderers CC	V58	0:22:59
23	Rob Charles	Blazing Saddles	V50	0:23:21
27	Michael Thyer	Sussex Nomads	V66	0:24:33
20	Ian Newbold	Eastbourne Rovers CC	V43	0:24:35
25	Bruce English	Eastbourne Rovers CC	V51	0:24:39
19	Vince Freeman	Brighton Triathlon Club	S	0:25:39
32	Ade Fadero	Sussex Nomads	V54	0:25:42

IMPORTANT – REMINDER ABOUT COURSE INSTRUCTIONS

SAFETY

After the finish please **do not turn right** but continue straight on and then find a safe place to turn and retrace to the H.Q.

Fastest Veteran on Standard

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	8	Mike O'Gorman	Worthing Excelsior CC	V64	23:18	28:06	+4:48
2	9	Dominic Maxwell	Worthing Excelsior CC	V43	22:11	26:13	+4:02
3	21	Rick Hughes	Worthing Excelsior CC	V53	23:09	26:59	+3:50
4	12	Trevor Leeding	Worthing Excelsior CC	V50	23:13	26:45	+3:32
5	11	Martin Booker	Worthing Excelsior CC	V47	23:21	26:32	+3:11
6	28	Colin Barton	Worthing Excelsior CC	V55	24:02	27:09	+3:07
7	4	Paul Townsley	Worthing Excelsior CC	V67	25:36	28:32	+2:56
8	14	Allan Orman	Worthing Excelsior CC	V70	26:10	29:02	+2:52
9	15	Chris Putnam	Worthing Excelsior CC	V50	24:25	26:45	+2:20
9	22	Phil Frean	Worthing Excelsior CC	V61	25:24	27:44	+2:20
11	17	Neil Crowther	Worthing Excelsior CC	V42	24:23	26:09	+1:46
12	2	Nicky Carsons	Worthing Excelsior CC	WV52	27:41	29:03	+1:22
13	5	Nicole Patterson-Lett	Worthing Excelsior CC	WV44	27:04	28:24	+1:20
14	10	Jeff Blunsdon	Worthing Excelsior CC	V44	25:38	26:18	+0:40
15	3	Rome Bhamra	Worthing Excelsior CC	V49	26:14	26:41	+0:27
16	34	Andrew Lock	Worthing Excelsior CC	V49	27:36	26:41	-0:55
17	1	Joan Lennon	Worthing Excelsior CC	WV59	31:01	29:44	-1:17
18	6	Phil Walker	Worthing Excelsior CC	V48	28:05	26:36	-1:29
19	31	Chris Bramley	Worthing Excelsior CC	V58	31:27	27:26	-4:01

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
29	Chris McNamara	Nuun Sigma Sport London	V41	0:21:07	0:26:04	+4:57
24	Richard Weatherstone	GS Stella	V49	0:22:03	0:26:41	+4:38
33	Dominic Lowden	Lewes Wanderers CC	V58	0:22:59	0:27:26	+4:27
26	Rupert Robinson	Evans Cycles Racing Team	V44	0:22:21	0:26:18	+3:57
27	Michael Thyer	Sussex Nomads	V66	0:24:33	0:28:23	+3:50
23	Rob Charles	Blazing Saddles	V50	0:23:21	0:26:45	+3:24
25	Bruce English	Eastbourne Rovers CC	V51	0:24:39	0:26:50	+2:11
20	Ian Newbold	Eastbourne Rovers CC	V43	0:24:35	0:26:13	+1:38
32	Ade Fadero	Sussex Nomads	V54	0:25:42	0:27:04	+1:22

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Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	29	Chris McNamara	Nuun Sigma Sport London	V41	0:21:07	1
2	30	Phil Allen	South Downs Bikes	S	0:21:59	
3	24	Richard Weatherstone	GS Stella	V49	0:22:03	3
4	9	Dominic Maxwell	Worthing Excelsior CC	V43	0:22:11	5
5	18	Matt Peel	Redhill CC	S	0:22:17	
6	26	Rupert Robinson	Evans Cycles Racing Team	V44	0:22:21	6
7	33	Dominic Lowden	Lewes Wanderers CC	V58	0:22:59	4
8	21	Rick Hughes	Worthing Excelsior CC	V53	0:23:09	7
9	12	Trevor Leeding	Worthing Excelsior CC	V50	0:23:13	9
9	16	Schaeff Potter	Worthing Excelsior CC	J	0:23:13	
11	8	Mike O'Gorman	Worthing Excelsior CC	V64	0:23:18	2
12	11	Martin Booker	Worthing Excelsior CC	V47	0:23:21	11
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22	10	Jeff Blunsdon	Worthing Excelsior CC	V44	0:25:38	23
23	19	Vince Freeman	Brighton Triathlon Club	S	0:25:39	
24	32	Ade Fadero	Sussex Nomads	V54	0:25:42	20
25	7	Aaron Hartley	Worthing Excelsior CC	J	0:26:02	
26	14	Allan Orman	Worthing Excelsior CC	V70	0:26:10	14
27	3	Rome Bhamra	Worthing Excelsior CC	V49	0:26:14	24
28	13	Phil Young	Worthing Excelsior CC	S	0:26:40	
29	5	Nicole Patterson-Lett	Worthing Excelsior CC	WV44	0:27:04	22
30	34	Andrew Lock	Worthing Excelsior CC	V49	0:27:36	25
31	2	Nicky Carsons	Worthing Excelsior CC	WV52	0:27:41	20
32	6	Phil Walker	Worthing Excelsior CC	V48	0:28:05	27
33	1	Joan Lennon	Worthing Excelsior CC	WV59	0:31:01	26
34	31	Chris Bramley	Worthing Excelsior CC	V58	0:31:27	28

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Event Secretary

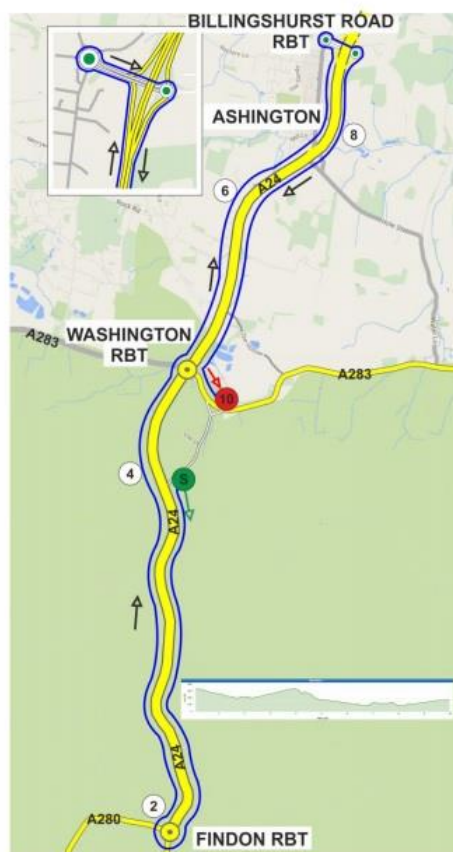
Phil Frean

Very Grateful Thanks To:

Timekeeper (start):	Paul Toppin
Timekeeper (finish):	Tony Palmer
Recorder:	Maureen Lock
Start Marshal:	Andy Haste
Course Marshals:	John & Sheila Lucas (Findon), Graeme Gill (Ashington), Adrian Palmer (Washington)
Catering:	Bernie Skinner
Signage:	Mike O'Gorman
Results Service	Mike O'Gorman

G10/98 SAFETY NOTES AS PER OUR [CLUB EVENTS BOOK](#)

COURSE : G10/98 WASHINGTON 10 MILE



COURSE DIRECTIONS – G10/98	MILES
START at yellow line on kerb 11 yards before Turn Left sign and 41 yards before Give Way sign on old A24 at the top of Washington Bostal Hill	0.00
Turn LEFT and follow A24 southwards to Findon RBT (roundabout) where TURN (CHECK)	1.91
TURN 4th exit and retrace on A24 to Washington Roundabout	4.93
Straight on 2 nd exit and continue on A24 to Ashington Interchange. Bear LEFT down slip Road and LEFT again to Billingshurst Road RBT where TURN (CHECK)	7.29
4 th exit to retrace to Ashington Interchange. Straight on under A24 to RBT where RIGHT 3 rd exit to rejoin and follow A24 southbound to Washington RBT	9.73
LEFT 1 st exit and proceed on A283 to FINISH at third drain past London Road (first Right hand turning into Washington Village)	10.00

SAFETY : After the finish please do not turn immediately right, but continue straight on and then find a safe place to turn and retrace to the H.Q.

Link to Garmin Connect version of the course map [G10/98](#)