



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 4 – Thursday 5th May 2016
Promoter: [Ian Cheesman](#)

Report

There was a full field this evening, clearly attracted by the welcome upturn in temperature.

Well we certainly saw a remarkable performance tonight. John McGrath in his first evening 10 took first place with a fine 22:18. To give this the perspective that it deserves Guy Smith didn't win until his sixth evening 10 (and then he never looked back). It was only John's second ever time trial. The previous outing in our club Ashurst event two months ago yielded a seventh place so that is a remarkable improvement. Clearly some training and adaption to a time trial bike has been taking place. And even being sworn at by Sophie Colman for baulking her ride couldn't dampen his pleasure (Sophie did apologise and John did admit that he got it wrong). So for the second season running we have a 'watch this space' feeling and await further developments.

Ian Cheesman did well to finish in second place, just 2 seconds ahead of Trevor Leeding. And Colin Barton was delighted with his ride and with the fourth place gained.

Another rider who was particularly chuffed with the evening was Jeff Blunsdon as he improved his personal best from 25:12 to 24:23. A big step forward indeed.

Martin Booker suffered the frustration of having his ride ruined by a hay bale vehicle. Worryingly the same happened to another rider two weeks ago so we hope that this isn't going to be a regular occurrence. Increasing traffic volumes continue to make rides somewhat of a lottery more recently.

Nice to see Pete Rowe back in action too, and also Karen McGrath who, like her husband, was making her debut in an evening 10.

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The standout ride from the guest riders this week was that by Sophie Colman of Drops Cycling Team. A super quick 21:19 will have us checking back in the record books to see if that is a ladies record for the course.

WECC riders in Open Time Trials

Last weekend

We had an excellent turn out from Excelsior riders in the Sussex CA Championship 10 and the Sussex CA Championship 25 held over the weekend. The bad news was that, in what has become a long-running theme, yet again we had temperatures close to zero thus making it difficult and unpleasant.

In Saturday's 10 Dom Maxwell was our fastest rider with a fine 22:40 and 15th place overall. Mike O'Gorman finished in 23:31 for 20th place and a +6:17 on Vets Target Time. This was good enough for him to retain the SCA 10 title. Schaeff Potter was another to enjoy success as his 24:06 won him the Juniors/Juvenile category.

Overall it was a very consistent display from our riders with mere seconds making the difference in many cases. This has been true throughout the season so far and shows just how well the club has developed and also the effects of training well and of using a planned approach. Rick Hughes finished in 23:53, just 7 seconds ahead of Martin Booker (24:00), 13 seconds ahead of Schaeff (24:06), 15 seconds ahead of Ian Cheesman (24:08), and 20 seconds ahead of Colin Barton (24:13). Possibly not the best weather for Colin to model his new tight and skimpy Bioracer speedsuit, but aero counts for all eh?

Chris Putnam rode a 26:11. It was hard luck for Phil Freaan. An emergency stop necessitated by the actions of a lorry driver stripped the tread from his tub and ended his race in a rather expensive fashion.

In Sunday's 25 Trevor Leeding put in an awesome performance as he was the only one of our riders to go inside the hour mark (59:38) and he finished in 21st place. Martin Booker also rode strongly to record a very creditable 1:00:46 in difficult conditions. Rick Hughes rode a personal course best of 1:01:32, as did Colin Barton with 1:02:58.

As very early starters Mike O'Gorman and Ian Cheesman found it particularly cold and both struggled to maintain a race pace. Mike's 1:01:51 and a +12:41 on Vets Target Time was just enough for him to retain the SCA 25 title (but only just). Ian was initially disappointed with his 1:02:22 but was then relieved to see that times generally were well down on the day.

Phil Freaan recorded a 1:08:40 and was more than happy to get round without further incident and expense. Paul Townsley was a DNS.

Photographs of all our riders in action this weekend (and 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

This weekend sees longer distance events starting to appear in the race calendar.

Trevor Leeding and Mike O'Gorman are competing in Sunday's Charlotteville CC 50 in Hampshire. On the same day Dom Maxwell, Martin Booker, Colin Barton and Rome Bhamra will be in the Norwood Paragon CC 25.

Road Racing Schaeff Potter made his debut in this discipline in a 25 mile event at Goodwood this week. He was well placed for the final sprint but unfortunately he, and several others, were brought down by an errant rider. He suffered grazes and some bike damage. We wish him well.

Scratch Classification

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	39	John McGrath	Worthing Excelsior CC	V52	22:18	1
2	29	Ian Cheesman	Worthing Excelsior CC	V47	22:23	2
3	12	Trevor Leeding	Worthing Excelsior CC	V50	22:25	3
4	25	Colin Barton	Worthing Excelsior CC	V55	22:40	4
5	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:41	5
6	14	Chris Putnam	Worthing Excelsior CC	V51	22:59	6
7	9	Martin Booker	Worthing Excelsior CC	V47	23:12	7
8	10	Andy Haste	Worthing Excelsior CC	V45	23:31	8
9	21	Darron Muggeridge	Worthing Excelsior CC	V49	23:43	9
10	15	Jeff Blunsdon	Worthing Excelsior CC	V44	24:23	10
11	13	Aaron Hartley	Worthing Excelsior CC	J	24:41	11
12	3	Rome Bhamra	Worthing Excelsior CC	V49	25:17	12
13	4	Allan Orman	Worthing Excelsior CC	V70	25:26	13
14	5	Nicole Patterson-Lett	Worthing Excelsior CC	WV44	26:13	14
15	19	Peter Rowe	Worthing Excelsior CC	V66	26:23	15
16	11	Karen McGrath	Worthing Excelsior CC	WV54	27:16	16
17	2	Phil Walker	Worthing Excelsior CC	V48	27:18	17
18	1	Joan Lennon	Worthing Excelsior CC	WV59	28:11	18
19	32	Chris Bramley	Worthing Excelsior CC	V58	28:16	19
20	6	John Lucas	Worthing Excelsior CC	V73	28:18	20
21	7	Graeme Gill	Worthing Excelsior CC	V58	29:20	21

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
26	Simon McNamara	South Downs Bikes	V41	20:25
20	James Lowden	ASL360	S	20:28
24	Phil Allen	South Downs Bikes	S	20:52
35	Nick Dwyer	Lewes Wanderers CC	V52	21:00
31	Howard Bayley	Blazing Saddles	V41	21:03
17	Kevin Plummer	South Downs Bikes	V50	21:12
40	Sophie Colman	Drops Cycling Team	WS	21:19
16	Jason Gilbert	South Downs Bikes	V41	21:33
36	Paul Byford	Crawley Wheelers CC	V50	22:01
33	Stuart Bettis	South Downs Bikes	S	22:30
27	Oliver Fenton	South Downs Bikes	S	22:31
37	Andy Tedd	...a3crg	V48	22:35
23	Rob Charles	Blazing Saddles	V50	22:39
28	Mark Bernhardt	GS Stella	V53	22:58
30	Tamar Vanderhaas	Lewes Wanderers CC	WV40	23:39
18	Ian Newbold	Eastbourne Rovers CC	V43	23:44
38	Huw Williams	Tuff Fitti	V47	24:08
34	Kaye Dwyer	Lewes Wanderers CC	WV53	28:13
22	Adrian Hills	Lewes Wanderers CC	V52	28:48

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	22:41	28:06	+5:25
2	39	John McGrath	Worthing Excelsior CC	V52	22:18	26:54	+4:36
3	25	Colin Barton	Worthing Excelsior CC	V55	22:40	27:09	+4:29
4	12	Trevor Leeding	Worthing Excelsior CC	V50	22:25	26:45	+4:20
5	29	Ian Cheesman	Worthing Excelsior CC	V47	22:23	26:32	+4:09
6	14	Chris Putnam	Worthing Excelsior CC	V51	22:59	26:50	+3:51
7	4	Allan Orman	Worthing Excelsior CC	V70	25:26	29:02	+3:36
8	9	Martin Booker	Worthing Excelsior CC	V47	23:12	26:32	+3:20
9	21	Darron Muggeridge	Worthing Excelsior CC	V49	23:43	26:41	+2:58
10	10	Andy Haste	Worthing Excelsior CC	V45	23:31	26:23	+2:52
11	5	Nicole Patterson-Lett	Worthing Excelsior CC	WV44	26:13	28:24	+2:11
12	19	Peter Rowe	Worthing Excelsior CC	V66	26:23	28:23	+2:00
13	11	Karen McGrath	Worthing Excelsior CC	WV54	27:16	29:14	+1:58
14	15	Jeff Blunsdon	Worthing Excelsior CC	V44	24:23	26:18	+1:55
15	1	Joan Lennon	Worthing Excelsior CC	WV59	28:11	29:44	+1:33
16	3	Rome Bhamra	Worthing Excelsior CC	V49	25:17	26:41	+1:24
17	6	John Lucas	Worthing Excelsior CC	V73	28:18	29:39	+1:21
18	2	Phil Walker	Worthing Excelsior CC	V48	27:18	26:36	-0:42
19	32	Chris Bramley	Worthing Excelsior CC	V58	28:16	27:26	-0:50
20	7	Graeme Gill	Worthing Excelsior CC	V58	29:20	27:26	-1:54

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
35	Nick Dwyer	Lewes Wanderers CC	V52	21:00	26:54	+5:54
26	Simon McNamara	South Downs Bikes	V41	20:25	26:04	+5:39
17	Kevin Plummer	South Downs Bikes	V50	21:12	26:45	+5:33
31	Howard Bayley	Blazing Saddles	V41	21:03	26:04	+5:01
36	Paul Byford	Crawley Wheelers CC	V50	22:01	26:45	+4:44
16	Jason Gilbert	South Downs Bikes	V41	21:33	26:04	+4:31
30	Tamar Vanderhaas	Lewes Wanderers CC	WV40	23:39	28:02	+4:23
23	Rob Charles	Blazing Saddles	V50	22:39	26:45	+4:06
28	Mark Bernhardt	GS Stella	V53	22:58	26:59	+4:01
37	Andy Tedd	...a3crg	V48	22:35	26:36	+4:01
18	Ian Newbold	Eastbourne Rovers CC	V43	23:44	26:13	+2:29
38	Huw Williams	Tuff Fitti	V47	24:08	26:32	+2:24
34	Kaye Dwyer	Lewes Wanderers CC	WV53	28:13	29:09	+0:56
22	Adrian Hills	Lewes Wanderers CC	V52	28:48	26:54	-1:54

Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	26	Simon McNamara	South Downs Bikes	V41	20:25	2
2	20	James Lowden	ASL360	S	20:28	
3	24	Phil Allen	South Downs Bikes	S	20:52	
4	35	Nick Dwyer	Lewes Wanderers CC	V52	21:00	1
5	31	Howard Bayley	Blazing Saddles	V41	21:03	5
6	17	Kevin Plummer	South Downs Bikes	V50	21:12	3
7	40	Sophie Colman	Drops Cycling Team	WS	21:19	
8	16	Jason Gilbert	South Downs Bikes	V41	21:33	8
9	36	Paul Byford	Crawley Wheelers CC	V50	22:01	6
10	39	John McGrath	Worthing Excelsior CC	V52	22:18	7
11	29	Ian Cheesman	Worthing Excelsior CC	V47	22:23	12
12	12	Trevor Leeding	Worthing Excelsior CC	V50	22:25	11
13	33	Stuart Bettis	South Downs Bikes	S	22:30	
14	27	Oliver Fenton	South Downs Bikes	S	22:31	
15	37	Andy Tedd	...a3crg	V48	22:35	14
16	23	Rob Charles	Blazing Saddles	V50	22:39	13
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18	8	Mike O'Gorman	Worthing Excelsior CC	V64	22:41	4
19	28	Mark Bernhardt	GS Stella	V53	22:58	14
20	14	Chris Putnam	Worthing Excelsior CC	V51	22:59	16
21	9	Martin Booker	Worthing Excelsior CC	V47	23:12	18
22	10	Andy Haste	Worthing Excelsior CC	V45	23:31	20
23	30	Tamar Vanderhaas	Lewes Wanderers CC	WV40	23:39	10
24	21	Darron Muggeridge	Worthing Excelsior CC	V49	23:43	19
25	18	Ian Newbold	Eastbourne Rovers CC	V43	23:44	21
26	38	Huw Williams	Tuff Fitti	V47	24:08	22
27	15	Jeff Blunsdon	Worthing Excelsior CC	V44	24:23	26
28	13	Aaron Hartley	Worthing Excelsior CC	J	24:41	
29	3	Rome Bhamra	Worthing Excelsior CC	V49	25:17	28
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34	2	Phil Walker	Worthing Excelsior CC	V48	27:18	31
35	1	Joan Lennon	Worthing Excelsior CC	WV59	28:11	27
36	34	Kaye Dwyer	Lewes Wanderers CC	WV53	28:13	30
37	32	Chris Bramley	Worthing Excelsior CC	V58	28:16	32
38	6	John Lucas	Worthing Excelsior CC	V73	28:18	29
39	22	Adrian Hills	Lewes Wanderers CC	V52	28:48	33
40	7	Graeme Gill	Worthing Excelsior CC	V58	29:20	33

Event Secretary

Ian Cheesman

Very Grateful Thanks To:

Timekeeper (start):	Paul Toppin
Timekeeper (finish):	John Mansell
Recorder:	Sonia Mansell
Start Marshal:	Steve Feest
Course Marshals:	Marten Matthews (Findon), Lee Barber (Ashington)
Catering:	Bernie Skinner
Signage:	Mike O’Gorman
Results Service	Mike O’Gorman

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

REMINDER TO ALL RIDERS - LONGSTANDING COURSE INSTRUCTION

SAFETY NOTICE

After the finish please **do not turn immediately right**. Continue straight on and then find a safe place to do a U turn. Then return to the Race HQ without passing the timekeeper.

This is for your safety and for the safety of any rider catching you on the line

