



Worthing Excelsior Cycling Club



PRESIDENT - ROBERT DOWNHAM

Club 30 mile Championship Time Trial - Sunday 31st July 2016 ***Course G30/91***

Held within the Sussex CA 30 Championship event

Qualifying event for WECC Championship Points Competition
Qualifying event for WECC Championship Points Competition (Veterans)

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

RESULTS

Yet another fine turnout by Excelsior riders for another club championship event held within the SCA Championships and some great performances all round with lots of reasons to be pleased. It's wonderful to see the vibrancy, competition and camaraderie within the club. Our old legend Don Lock would be so very proud.

Huge congratulations to Karen McGrath once again as she continues to set new club records. Her 1:23:34 beat the previous mark (Jan Scotchford 1:28:05) by four and a half minutes. She now has the club record at 10, 15 and 30 miles.

Husband John continued his remarkable first season by claiming the club 30 title as he finished in a fine fifth place overall. Trevor Leeding and Mike O'Gorman provided the necessary support as WECC claimed the Sussex CA team title (to add to the 100 that the club won only last week). They finished over 12 minutes clear of second placed GS Stella.

Mike retained his Sussex CA vets 30 title and also the Sussex CA Vets short distance Best All Rounder (for 10, 25 and 30 miles). He had already retained the titles for both middle and long distance.

It's heartening to see Simon Atkinson back in action and showing clear signs of returning to his old form as he got a great fourth place. This burst in form caught the handicapper by surprise and Simon won the WECC Handicap Competition. Debutant Dan Cobby was just one second further back on scratch so plenty of potential and promise there one suspects. Dan took second place in the Handicap Competition ahead of Martin Booker.

Ian Cheesman finished with a very good time given the number of self-induced problems that he faced:

“Having read the sheet I assumed we had to go via Wiston to the start and assumed the 2.2 miles was that route but it wasn't so I ended up 12 seconds late start (very lucky not to be penalised with a penalty other than the 12 seconds. Then I realised up B2135 that my skinsuit wasn't fully done up. Then to cap it all as I turned left on A24 my left arm rest came loose. All in all I am very pleased with my ride and only 24 seconds off my PB. Responsibility for all of it lies with the idiot rider!!!”

SCRATCH

Overall Position	Rider No	Name	Cat/ Age	Actual Time	VTTA Std	Vet +/-	Position on Std
1	5	John McGrath	V52	1:10:35	1:22:36	+12:01	2
2	26	Trevor Leeding	V50	1:12:22	1:22:06	+09:44	3
3	15	Mike O'Gorman	V64	1:12:40	1:26:28	+13:48	1
4	17	Simon Atkinson	V42	1:13:48	1:20:09	+06:21	7
5	11	Dan Cobby	S30	1:13:49			
6	21	Ian Cheesman	V47	1:14:21	1:21:23	+07:02	6
7	37	Martin Booker	V48	1:14:30	1:21:37	+07:07	4
8	13	Neil Crowther	V43	1:15:23	1:20:25	+05:02	9
9	23	Rick Hughes	V53	1:15:44	1:22:51	+07:07	4
10	39	Christopher Putnam	V51	1:18:32	1:22:21	+03:49	10
11	3	Karen McGrath	WV54	1:23:34	1:29:47	+06:13	8

HANDICAP

Overall Position	Rider No	Name	Cat/ Age	Actual Time	Handicap	Adjusted Time
1	17	Simon Atkinson	V42	1:13:48	04:30	1:09:18
2	11	Dan Cobby	S30	1:13:49	04:00	1:09:49
3	37	Martin Booker	V48	1:14:30	04:30	1:10:00
4	5	John McGrath	V52	1:10:35	00:00	1:10:35
5	26	Trevor Leeding	V50	1:12:22	01:30	1:10:52
6	15	Mike O'Gorman	V64	1:12:40	01:30	1:11:10
7	21	Ian Cheesman	V47	1:14:21	02:40	1:11:41
8	13	Neil Crowther	V43	1:15:23	03:30	1:11:53
9	23	Rick Hughes	V53	1:15:44	03:30	1:12:14
10	3	Karen McGrath	WV54	1:23:34	10:00	1:13:34
11	39	Christopher Putnam	V51	1:18:32	04:00	1:14:32

Forthcoming Events

08:00 Sunday 14 th August	GS/993	WECC Pulborough Circuit (15.58 miles)
09:00 Sunday 21 st August	GS/992	WECC Hard Riders (21.93 miles)
07:30 Sunday 18 th September	P901/25	Inter-Club Clonmore Trophy (25 miles)
10:00 Saturday 1 st October	GH/92	WECC Hill Climb Championship
08:00 Sunday 9 th October	GS/983	WECC Long Furlong (17.1 miles)

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

WECC Championship Points Competition

CURRENT STANDINGS

	Name	Rides	Points	25 Mile	15 Mile	50 Mile	100 Mile	30 Mile	Hill Climb
1	Mike O'Gorman	5	93	17	18	20	20	18	
2	Martin Booker	5	81	16	16	16	19	14	
3	Ian Cheesman	4	68	18	17	18		15	
4	Trevor Leeding	3	57	19		19		19	
5	Rick Hughes	4	55	15	13	15		12	
6	Dom Maxwell	2	40	20	20				
7	John McGrath	2	39		19			20	
8	Simon Atkinson	2	34			17		17	
9	Neil Crowther	2	28		15			13	
10	Nicole Patterson-Lett	2	25	7			18		
11	Chris Putnam	2	24	13				11	
12	Phil Freaan	2	22	9		13			
12	Rome Bhamra	2	22	8		14			
12	Karen McGrath	2	22		12			10	
15	Dan Cobby	1	16					16	
16	Colin Barton	1	14	14					
16	Nik Allen	1	14		14				
18	Paul Townsley	1	12	12					
19	Andrew Lock	1	11	11					
20	Clive Patterson-Lett	1	10	10					

WECC Championship Points Competition (Veterans – VTTA Standards)

CURRENT STANDINGS

	Name	Rides	Points	25 Mile	15 Mile	50 Mile	100 Mile	30 Mile	Hill Climb
1	Mike O'Gorman	5	100	20	20	20	20	20	
2	Martin Booker	5	78	13	14	15	19	17	
3	Rick Hughes	4	66	15	17	17		17	
3	Ian Cheesman	4	66	17	16	18		15	
5	Trevor Leeding	3	56	19		19		18	
6	John McGrath	2	38		19			19	
7	Dom Maxwell	2	36	18	18				
8	Simon Atkinson	2	28			14		14	
9	Nicole Patterson-Lett	2	26	8			18		
9	Karen McGrath	2	26		13			13	
11	Neil Crowther	2	25		13			12	
12	Phil Frean	2	24	11		13			
13	Chris Putnam	2	23	12				11	
14	Rome Bhamra	2	19	7		12			
15	Paul Townsley	1	16	16					
16	Colin Barton	1	14	14					
17	Nik Allen	1	12		12				
18	Andrew Lock	1	10	10					
19	Clive Patterson-Lett	1	9	9					