



Worthing Excelsior Cycling Club

PRESIDENT - ROBERT DOWNHAM



Hill Climb Series – No 1 – Thursday 11th August 2016

Course GH/95

Promoter: [Phil Frean](#)

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

Report

The stars of this evening just have to be Alan Matthews, Mark Newnham and John Mansell. On Tuesday we had no finish timekeeper and seemingly no prospect of getting one before an emergency call went out – in which case there would have been no event. Huge thanks are due to the three who stepped forward to make the event happen. It is worth reflecting on the fact that the club promotes 30 time trials and 4 hill climbs in the season and so there is a considerable call on the goodwill and good nature of club members. It is encouraging to see just how successful we are in getting through the programme and just now much effort is given by club members in collaboration.

As far as the racing went, well youth and power came to the fore. It's good to see new names on the leaderboard and to see the juniors coming through. Aaron's time was considerably better than his one attempt last year (1:58.9). Rick Hughes time was a marginal personal best beating his prior 1:51.3. It was shame that two of our riders turned up too late to sign on.

Overall Position	WECC Ranking	Name	Club	Cat/Age	Actual Time (mins)
1=	1=	Nik Allen	Worthing Excelsior CC	V45	1:44
1=	1=	Schaeff Potter	Worthing Excelsior CC	J17	1:44
3=	3=	Aaron Hartley	Worthing Excelsior CC	J17	1:46
3=	3=	Jamie Newton	Worthing Excelsior CC	S23	1:46
5=	5=	Mike O'Gorman	Worthing Excelsior CC	V64	1:51
5=	5=	Rick Hughes	Worthing Excelsior CC	V53	1:51
7		Daniel Schofield	Angmering CC	S20	2:10
8	7	Joan Lennon	Worthing Excelsior CC	WV59	2:33
9	8	Graeme Gill	Worthing Excelsior CC	V58	2:39

Event Secretary

Phil Frean

Very Grateful Thanks Indeed To:

Timekeeper (start): Alan Matthews
Start Marshal: Mark Newnham
Timekeeper (finish): John Mansell

WECC riders in Open Time Trials – Latest Action

Saturday 6 August

Eastbourne Rovers CC 10 – G10/87

Rider	Time	Pos	+/- VTTA Std	Pos
Colin Barton	23:17	14	+3:52	8
Clive Patterson-Lett	26:11	37	+0:39	27
Nicole Patterson-Lett	29:05	45	-0:41	33

Colin was initially underwhelmed with his efforts: *"Reasonable conditions, still but a bit chilly. My first time on this course and I feel that I rode it rather too conservatively, so I had a fair bit left at the end. Definitely scope for improvement next time."*

When other comparable performances were pointed out to him he then realised that it is a tough course and ended up being much more enthusiastic: *"I finished 14th overall, which is my best ever open 10 placing and 2nd in my age category. Have to be pleased with that."*

Nicole was another to be underwhelmed: *"The TT was terrible, I went at a faster pace on the 100 I think! Lots of daydreaming and slow cycling ...bit of a waste of a 4am start :)"*. We have yet to hear from Clive.

Sunday 7 August

Eastbourne Rovers CC 25 – G25/89

Rider	Time	Pos	+/- VTTA Std	Pos
Trevor Leeding	58:37	19	+9:25	
Martin Booker	1:01:16	34	+6:22	

Both Trevor and Martin managed to get personal course bests in what was decidedly not August-like conditions.

Trevor's view:

"Bloody horrible day, fogged up visor, damp/wet roundabouts ,tail wind for the last couple of miles only. Middle bit of the return leg was unpleasant to say the least. Hope I've painted the picture, very steady and off the aero bars in to the roundabouts 😊. Quite happy with that tbh, with the conditions, and couple of off weeks, course pb by a chunk."

Martin's view

Martin: "It was a bit of crappy morning, a strong westerly which didn't seem to help on the out leg or return leg. It also started to rain as I went out to warm up so we also had wet roads to contend with. Trevor went earlier so had the worst of it, and in fairness once it stopped raining it did dry out fairly quickly, but not enough to give me the confidence to barrel into the roundabouts! The out leg seemed tougher this time around, and i actually gained speed after the turn with a decent last half mile after the final roundabout."

My ride followed the same current trend, power just not there as it was earlier in the season. Looking at the data now it seems my FTP is a good 10 watts down, which I'll now set for the rest of the season.

There was good field out there today, and many were complaining of 'slow' rides! Simon McNamara said he had a bad one - only managing a 54!!

I finished with a 1:01:16, actually 19 secs up on earlier in the season with less power, and Trevor had a great ride with a 58:37."

Upcoming events

Saturday 13 Aug	South Eastern Road Club 10	G10/57	Colin Barton
Sunday 14 Aug	National VTTA 50	H50/8	Trevor Leeding, Mike O'Gorman
	WECC Pulborough Circuit	GS/993	Paul Townsley, David Funnell, Connor Leeding, Joan Lennon, Simon Atkinson, Colin Barton, Martin Booker, Simon Toppin, Nicky Carsons, Rick Hughes, Phil Frean, Nik Allen, Andrew Lock, Ian Cheesman

WECC riders on the Track – Latest Action

Wednesday 10 August

In track action and still chasing that critical 40 point barrier for cat 2 status for next season Dom Maxwell gets an excellent 3rd place in Portsmouth to move to within 3 points of his target.

So in chasing the holy grail which is my second cat road race licence I need 40 points. I have been stuck on 30 since having destroyed my form climbing up Mont Ventoux 3 times. so I needed some evening racing not too far from home to try and find those elusive 10 points.

The Mountbatten Centre is an outdoor velodrome similar to Preston Park and has recently reopened after a racer sadly died a few years ago. It now has all the safety requirements. The banking is reasonably shallow again.

The series have youth and junior racing followed by a 3rds and then an e12. The race itself is only 30 minutes long. But it's a very long 30 minutes. The action is full gas from the start, so it's like a TT with VO2 Max efforts in it.

My first race there a few weeks ago was an eye opener. After normal racing and then a lot of steady miles in France it was just an effort to keep on the back of the peloton.

My results in the series up till last night were 24th, 13th, 11th and last night I managed 3rd.

The reason for the result last night is that my form has improved and I worked out that I have been sitting too far at the front in the last couple of races so not seen the attacks coming and that resulted in some wasted efforts.

Last night I stayed further back and went with the attacks and tried some myself. It was a relief to feel the form coming back to my legs after a wooden 4 weeks.

It ended with a group sprint and that's all about the positioning even with 3 laps to go you have to be in the top 6. I held my position in 3rd on the penultimate lap and started to reel in the 2nd and 1st placed riders. I almost pipped 2nd on the line but he must have just held on.

Great to get some much needed points. Still 3 to go!

[Links](#)

COMPETITION PLACINGS

**INDIVIDUAL RIDER STATISTICS
2016**

**OPEN TTs - RIDERS IN ACTION
2016**

**PHOTO GALLERY
2016**