



Worthing Excelsior Cycling Club



PRESIDENT - ROBERT DOWNHAM

Club Long Furlong Circuit Time Trial - Sunday 9th October 2016 **Course GS/983 (17.06 miles)**

Qualifying event for WECC SPOCO Competition

Event Promoter: Rick Hughes: [Email](#)

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

RESULTS

So the club season draws to a close on a cool but clear October day with this event postponed from March due to inclement weather.

John McGrath finishes off his fine debut season by finishing more than 2 minutes clear of second placed Nik Allen. Nik too has had a great first season of racing. The points gained today confirm his third place in the final SPOCO Competition rankings. This was despite missing the first two events and his average points per event were better than the two ahead of him. Nik also took the handicap win today.

Third placed Ian Cheesman rode a personal course best and held his fourth place in the SPOCO Competition. Rick Hughes smashed his personal course best and duly wins the 2016 WECC SPOCO Competition so big congratulations are due there. He also took second place in the handicap rankings.

In his first race back since crashing in the SCCU 25 Mike O'Gorman was more than happy to get around safely and to overcome the resultant fear factor. He was slightly quicker than last season and only 2 seconds off his personal course best. Chris Putnam also finished the season with a flourish, having recently notched a PB for a 25. Today's ride was just short of his personal course best set two years ago.

Martin Booker and Simon Atkinson were both way down on times that they have set on this course previously. Clearly they are holding something back for next week's RTTC Closed Circuit Championships which will be held on the Thruxton Motor Racing Circuit.

Karen McGrath's time of 51:46 was the fastest time by a female competitor since Jan Scotchford's 51:38 in 1994 (Jan holds the course record with 48:30 set in 1992). Phil Freaan decided that it was just too tough and that one lap was sufficient, whilst Colin Barton was a DNS for the second season running.

Unlucky number 13. Paul Wishart of Brighton Phoenix Triathlon Club punctured on the A27. Nice to see Rob Charles of Blazing Saddles sign on the line – most welcome.

Finally a huge thank you to all those who didn't ride but who made it possible: Tony Palmer (timekeeper), Graeme Gill, Andy Haste, Claire Booker and Joan Lennon. A big thumbs up to you all.

SCRATCH

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-	Position on Std
1	11	John McGrath	Worthing Excelsior CC	V53	41:46	46:25	+4:39	1
2	1	Nik Allen	Worthing Excelsior CC	V45	43:53	45:21	+1:28	5
3	4	Ian Cheesman	Worthing Excelsior CC	V47	44:06	45:37	+1:31	4
4	9	Rick Hughes	Worthing Excelsior CC	V53	44:19	46:25	+2:06	3
5	7	Mike O'Gorman	Worthing Excelsior CC	V64	44:44	48:22	+3:38	2
6	8	Chris Putnam	Worthing Excelsior CC	V51	45:16	46:08	+0:52	6
7	10	Martin Booker	Worthing Excelsior CC	V48	45:59	45:45	-0:14	7
8	2	Simon Atkinson	Worthing Excelsior CC	V42	49:05	44:57	-4:08	9
9	6	Karen McGrath	Worthing Excelsior CC	WV54	51:46	50:17	-1:29	8
	3	Phil Frean	Worthing Excelsior CC	V61	DNF	47:44		
	5	Colin Barton	Worthing Excelsior CC	V55	DNS	46:42		

PRIVATE ENTRY

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
15	Rob Charles	Blazing Saddles	V51	45:02	46:08	+1:06
13	Paul Wishart	Brighton Phoenix Triathlon Club	V48	DNF	45:45	
12	Keith Rochfort	Brighton Triathlon Club	S35	DNS		

HANDICAP

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	Handicap	Adjusted Time
1	1	Nik Allen	Worthing Excelsior CC	V45	43:53	3:15	40:38
2	9	Rick Hughes	Worthing Excelsior CC	V53	44:19	3:15	41:04
3	4	Ian Cheesman	Worthing Excelsior CC	V47	44:06	2:30	41:36
4	11	John McGrath	Worthing Excelsior CC	V53	41:46	0:00	41:46
5	10	Martin Booker	Worthing Excelsior CC	V48	45:59	4:00	41:59
6	7	Mike O'Gorman	Worthing Excelsior CC	V64	44:44	2:30	42:14
7	8	Chris Putnam	Worthing Excelsior CC	V51	45:16	3:00	42:16
8	2	Simon Atkinson	Worthing Excelsior CC	V42	49:05	5:15	43:50
9	6	Karen McGrath	Worthing Excelsior CC	WV54	51:46	7:15	44:31
	3	Phil Frean	Worthing Excelsior CC	V61	DNF	5:45	
	5	Colin Barton	Worthing Excelsior CC	V55	DNS	3:00	

SPOCO TABLE – FINAL POSITIONS

Pos	Name	Rides	Points	Ashurst	Club 25	Pulborough	Hard Riders	Hill Climb	Long Furlong
1	Rick Hughes	6	97	17	15	17	17	14	17
2	Mike O'Gorman	5	87	20	17		19	15	16
3	Nik Allen	4	74			20	18	17	19
4	Ian Cheesman	4	71	16	18	19			18
5	John McGrath	4	67	14			20	13	20
6	Martin Booker	4	65	19	16	16			14
7	Chris Putnam	4	60	13	13			19	15
8	Trevor Leeding	2	37	18	19				
9	Nicky Carsons	3	35	11		10	14		
9	Schaeff Potter	2	35	15				20	
11	Andrew Lock	3	32	9	11	12			
12	Joan Lennon	3	31			8	12	11	
13	Karen McGrath	3	31	10				9	12
14	Simon Atkinson	2	31			18			13
15	Connor Leeding	2	30			14	16		
16	Colin Barton	2	29		14	15			
17	Aaron Hartley	2	28	12				16	
18	Paul Townsley	2	25		12	13			
19	David Funnell	2	22			9	13		
20	Dom Maxwell	1	20		20				
21	Phil Frean	2	20		9	11			
22	Tom Jarman	1	18					18	
23	Simon Toppin	1	15				15		
24	Andy Jarman	1	12					12	
25	Clive Patterson-Lett	1	10		10				
26	Graeme Gill	1	10					10	
27	Rome Bhamra	1	8		8				
28	Nicole Patterson-Lett	1	7		7				

Congratulations to Rick Hughes for winning the 2016 SPOCO Competition

1st LAP vs 2nd LAP

Rider No	Name	Club	Actual Time	Lap 1	Lap 2
11	John McGrath	Worthing Excelsior CC	41:46	20:37	21:09
1	Nik Allen	Worthing Excelsior CC	43:53	21:47	22:06
4	Ian Cheesman	Worthing Excelsior CC	44:06	22:08	21:58
9	Rick Hughes	Worthing Excelsior CC	44:19	22:00	22:19
7	Mike O'Gorman	Worthing Excelsior CC	44:44	22:13	22:31
15	Rob Charles	Blazing Saddles	45:02	22:25	22:37
8	Chris Putnam	Worthing Excelsior CC	45:16	22:39	22:37
10	Martin Booker	Worthing Excelsior CC	45:59	22:51	23:08
2	Simon Atkinson	Worthing Excelsior CC	49:05	23:08	25:57
6	Karen McGrath	Worthing Excelsior CC	51:46	25:32	26:14
3	Phil Freat	Worthing Excelsior CC	DNF	25:09	
13	Paul Wishart	Brighton Phoenix Triathlon Club	DNF		

The pattern of the race was established in the first lap. Most people rode a similar time for each of their laps, albeit marginally slower. The only change in positions was Ian Cheesman moving up a place as he was a bit faster on the second half. Chris Putnam looks to have nailed his pacing.