



Worthing Excelsior Cycling Club

PRESIDENT - ROBERT DOWNHAM



Club 10 mile Time Trial - Sunday 19th March 2017 ***Course G10/98***

Event Promoter: Chris Putnam: [Email](#)

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

A cold breezy (but thankfully dry) morning saw times much slower than are generally recorded in the evening 10 series. Just like last year competitors arriving back at race headquarters and hearing others' times were relieved to find that their performance was not as bad as they had feared. In general riders were two to three minutes slower than is normal on the course. Last season just two riders broke the 24 minute mark and this time it was just three.

Nik Allen continued on from his fine win in last week's Ashurst circuit as once again he finished well clear of the remainder of the field with an excellent 22:12. Mike O'Gorman and Ian Cheesman completed the podium places (having finished in third and fourth place respectively last week behind Neil Crowther who was absent today).

In fact the next four riders today also finished similarly to last week with Martin Booker once again leading the quartet. Andy Haste did improve his position and his relative time differential though with a commendably strong ride. This was enough for Andy to secure the win in the Handicap rankings just ahead of Rick Hughes.

Another rider who put in a noticeably stronger ride was Nolan Heather.

We had two juniors riding today. Having joined the club on Tuesday Harry Pask then made his debut and very well done to him for competing in difficult conditions. Ollie Lane also rode after a bike alteration (having been dissuaded of the folly of riding with an aero bar held on by masking tape!!!). Simon Steeles was due to make his competitive debut but an unwelcome bug caused his DNS).

WECC - Scratch Classification

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-	Position on Std
1	10	Nik Allen	Worthing Excelsior CC	V45	22:12	26:23	+4:11	2
2	5	Mike O'Gorman	Worthing Excelsior CC	V65	23:35	28:14	+4:39	1
3	15	Ian Cheesman	Worthing Excelsior CC	V48	23:53	26:36	+2:43	4
4	2	Martin Booker	Worthing Excelsior CC	V48	24:00	26:36	+2:36	6
5	16	Andy Haste	Worthing Excelsior CC	V45	24:04	26:23	+2:19	8
6	6	Rick Hughes	Worthing Excelsior CC	V53	24:24	26:59	+2:35	7
7	1	Ian Newbold	Worthing Excelsior CC	V44	24:25	26:18	+1:53	9
8	13	Nolan Heather	Worthing Excelsior CC	V41	24:51	26:04	+1:13	10
9	7	Jeff Blunsdon	Worthing Excelsior CC	V45	25:36	26:23	+0:47	12
10	11	Paul Townsley	Worthing Excelsior CC	V68	25:39	28:42	+3:03	3
11	17	Karen McGrath	Worthing Excelsior CC	WV55	26:38	29:20	+2:42	5
12	3	Phil Freaan	Worthing Excelsior CC	V62	26:48	27:51	+1:03	11
13	14	Phil Walker	Worthing Excelsior CC	V49	29:03	26:41	-2:22	14
14	12	Oliver Lane	Worthing Excelsior CC	J15	29:55			
15	8	John Lucas	Worthing Excelsior CC	V74	30:31	29:53	-0:38	13
16	4	Harry Pask	Worthing Excelsior CC	J16	31:00			
	9	Simon Steeles	Worthing Excelsior CC	V46	DNS	26:27		

WECC - Handicap Classification

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	Handicap	Adjusted Time
1	16	Andy Haste	Worthing Excelsior CC	V45	24:04	2:40	21:24
2	6	Rick Hughes	Worthing Excelsior CC	V53	24:24	2:45	21:39
3	1	Ian Newbold	Worthing Excelsior CC	V44	24:25	2:40	21:45
4	14	Phil Walker	Worthing Excelsior CC	V49	29:03	7:10	21:53
5	10	Nik Allen	Worthing Excelsior CC	V45	22:12	0:00	22:12
6	2	Martin Booker	Worthing Excelsior CC	V48	24:00	1:40	22:20
7	13	Nolan Heather	Worthing Excelsior CC	V41	24:51	2:30	22:21
8	5	Mike O'Gorman	Worthing Excelsior CC	V65	23:35	1:00	22:35
9	7	Jeff Blunsdon	Worthing Excelsior CC	V45	25:36	3:00	22:36
10	15	Ian Cheesman	Worthing Excelsior CC	V48	23:53	1:00	22:53
11	17	Karen McGrath	Worthing Excelsior CC	WV55	26:38	3:30	23:08
12	11	Paul Townsley	Worthing Excelsior CC	V68	25:39	2:00	23:39
13	8	John Lucas	Worthing Excelsior CC	V74	30:31	6:50	23:41
14	3	Phil Freaan	Worthing Excelsior CC	V62	26:48	3:00	23:48
15	12	Oliver Lane	Worthing Excelsior CC	J15	29:55	6:00	23:55
16	4	Harry Pask	Worthing Excelsior CC	J16	31:00	7:00	24:00
	9	Simon Steeles	Worthing Excelsior CC	V46	DNS	7:00	

Private Entries

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time
1	18	Huw Williams	Tuff Fitti		24:01

Combined Results - Scratch

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	10	Nik Allen	Worthing Excelsior CC	V45	22:12	2
2	5	Mike O'Gorman	Worthing Excelsior CC	V65	23:35	1
3	15	Ian Cheesman	Worthing Excelsior CC	V48	23:53	4
4	2	Martin Booker	Worthing Excelsior CC	V48	24:00	6
5	18	Huw Williams	Tuff Fitti	S	24:01	
6	16	Andy Haste	Worthing Excelsior CC	V45	24:04	8
7	6	Rick Hughes	Worthing Excelsior CC	V53	24:24	7
8	1	Ian Newbold	Worthing Excelsior CC	V44	24:25	9
9	13	Nolan Heather	Worthing Excelsior CC	V41	24:51	10
10	7	Jeff Blunsdon	Worthing Excelsior CC	V45	25:36	12
11	11	Paul Townsley	Worthing Excelsior CC	V68	25:39	3
12	17	Karen McGrath	Worthing Excelsior CC	WV55	26:38	5
13	3	Phil Freat	Worthing Excelsior CC	V62	26:48	11
14	14	Phil Walker	Worthing Excelsior CC	V49	29:03	14
15	12	Oliver Lane	Worthing Excelsior CC	J15	29:55	
16	8	John Lucas	Worthing Excelsior CC	V74	30:31	13
17	4	Harry Pask	Worthing Excelsior CC	J16	31:00	
	9	Simon Steeles	Worthing Excelsior CC	V46	DNS	

Combined Results – Vets on Standard

Overall Position	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	5	Mike O'Gorman	Worthing Excelsior CC	V65	23:35	28:14	+4:39
2	10	Nik Allen	Worthing Excelsior CC	V45	22:12	26:23	+4:11
3	11	Paul Townsley	Worthing Excelsior CC	V68	25:39	28:42	+3:03
4	15	Ian Cheesman	Worthing Excelsior CC	V48	23:53	26:36	+2:43
5	17	Karen McGrath	Worthing Excelsior CC	WV55	26:38	29:20	+2:42
6	2	Martin Booker	Worthing Excelsior CC	V48	24:00	26:36	+2:36
7	6	Rick Hughes	Worthing Excelsior CC	V53	24:24	26:59	+2:35
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12	7	Jeff Blunsdon	Worthing Excelsior CC	V45	25:36	26:23	+0:47
13	8	John Lucas	Worthing Excelsior CC	V74	30:31	29:53	-0:38
14	14	Phil Walker	Worthing Excelsior CC	V49	29:03	26:41	-2:22
	9	Simon Steeles	Worthing Excelsior CC	V46	DNS	26:27	

Forthcoming Events

08:00 Sunday 26th March [GS/983](#) WECC Long Furlong Circuit (17.1 miles)

19:00 Thursday 20th April [G10/98](#) WECC First Evening 10 of the season

06:30 Sunday 14th May [G25/54](#) WECC Open 25 (Ray Douglass Memorial)

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