



# 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 6 – Thursday 25<sup>th</sup> May 2017**

**Event Secretary:**

**Assistant Event Secretary: Claire Booker**

#### **REMEMBER**

REAR LIGHTS MANDATORY FOR WECC CLUB EVENTS IN 2017



#### **COURSE SAFETY NOTICES**

## **Report**

### **NEW CLUB RECORDS**

This passed under the radar three weeks ago: Well done to Nik Allen / Dom Maxwell / Gavin Ash as they beat the previous team record for a 10 (set twice by in 2015 by Guy Smith / Simon Atkinson / Mike O'Gorman and also by Guy Smith / Mike O'Gorman / Mark Newnham) by 11 seconds. Nik has added to that by securing a new club record for a 10 in a recent a3crg Open 10.

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After some confusion with the finish times Dom Maxwell is confirmed as the winner of this week's event. Nolan Heather's return to form continues apace as he trims nearly a minute of his LTS to finish in second place (having pointed out that his time was 22:02 and not 21:02, so thanks for that). Mike O'Gorman was fortunate to scrape into third place as a front tyre blowout occurred just before the start (rather than whilst out on the course itself).

Jeff Blunsdon was another to put in a huge performance as he took nearly a minute off his PB. Others with PBs were Simon Toppin, Spencer Kirkham and Simon O'Donnell .

Season's bests were achieved by Chris Putnam, Graeme Gill, Ian Newbold, Joan Lennon, Karen McGrath, John Lucas, Martin Booker, Rome Bhamra. Karen's time was just 18 seconds outside of her club record.

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Chris McNamara showed fine form in his comeback from a debilitating illness, and Matt Peel put in yet another quality ride.

## WECC riders in Open Time Trials – Latest Action

### Weekend 13/14 May

What a shame for our annual prestige Open 25. The poor weather of the previous days continued as heavy rain made the roads slick and greasy, especially for the early riders. 43 riders opted not to start (including 6 of ours) and 1 rider slipped off at a roundabout.

Several of our riders decided to take the risk and ended up being delighted that they had.

Neil Crowther gained another PB, beating his best of 58:41 on the same course earlier this year. Trevor Leeding had the fastest ride of his four 25's this season. Andy Haste gains a new PB, beating his 2015 figure of 1:01:47. Other PBs were: Paul Townsley (beating his 1:04:37 set in the Addiscombe CC 25 last month), and Clive Patterson-Lett (beating his best of 1:05:20 set in the SCCU 25 last month).

The weekend's poor weather also affected Saturday's Elite Cycling 10 and Nolan Heather wisely opted to stay safe.

### Weekend 20/21 May

The SCCU 10 had two WECC DNS. Nolan Heather is struggling with a cold, and Ian Newbold decided to save his efforts for the following day's Club 25 Championships (details of which can be found on the club website).

Details from these events (and all rides so far in 2017) can be found [HERE](#).

### Forthcoming Events

Sat 27 May	Bec CC 10	G10/57	Nolan Heather
Sun 28 May	Brighton Excelsior CC 10	G10/97	Paul Townsley, Neil Crowther
	Brighton Excelsior CC 10	GS/995	Ian Newbold
Sun 28 May	Hounslow & District CC 25	H25/8	Martin Booker, Trevor Leeding
Sun 4 Jun	SCCU 50	G50/10	Ian Newbold, Mike O'Gorman, Ian Cheesman, Trevor Leeding, Nicole Patterson-Lett, Martin Booker, Clive Patterson-Lett

## WECC riders in Road Races

It's very much a case of mixed fortunes over the past couple of weeks. Aaron Harley and Dom Maxwell both achieved success and picked up significant points. Unfortunately Gavin Ash suffered in a huge crash at Goodwood although fortunately nothing was broken – as he demonstrated when picking up a win at Preston Park just days later. There is also some super video footage of Gavin at the Winchester Park and Ride Criterium Series where he scored yet another point.

Details/photos from all the road race action for the season can be found [HERE](#).

## Scratch Classification

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	WECC Points
1	17	Dominic Maxwell	Worthing Excelsior CC	V44	21:20	1
2	4	Nolan Heather	Worthing Excelsior CC	V41	22:02	2
3	8	Mike O'Gorman	Worthing Excelsior CC	V65	22:27	3
4	15	Jeff Blunsdon	Worthing Excelsior CC	V46	22:28	4
5	14	Ian Cheesman	Worthing Excelsior CC	V48	22:42	5
6	16	Martin Booker	Worthing Excelsior CC	V48	22:48	6
7	6	Spencer Kirkham	Worthing Excelsior CC	V49	22:50	7
8	24	Huw Williams	Worthing Excelsior CC	V48	22:54	8
9	7	Chris Putnam	Worthing Excelsior CC	V52	23:04	9
10	18	Ian Newbold	Worthing Excelsior CC	V44	23:22	10
11	21	Tom Jarman	Worthing Excelsior CC	J16	23:27	11
12	28	Stephen O'Donnell	Worthing Excelsior CC	V52	23:38	12
13	3	Rome Bhamra	Worthing Excelsior CC	V50	24:46	13
14	2	Karen McGrath	Worthing Excelsior CC	WV55	24:48	14
15	10	Phil Frean	Worthing Excelsior CC	V62	24:52	15
16	5	Simon Steeles	Worthing Excelsior CC	V46	24:57	16
17	25	Simon Toppin	Worthing Excelsior CC	S27	25:21	17
18	11	John Lucas	Worthing Excelsior CC	V74	28:27	18
19	9	Graeme Gill	Worthing Excelsior CC	V59	28:54	19
20	1	Joan Lennon	Worthing Excelsior CC	WV60	29:18	20
21	12	Colin Miller	Worthing Excelsior CC	V68	30:10	21

## Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
30	Chris McNamara	Nuun Sigma Sport	V42	19:57
20	Matt Peel	Redhill CC	S32	20:28
22	Richard Weatherstone	GS Stella	V50	21:34
27	Ben Houston	East Grinstead CC	V40	21:37
13	Sally Turner	GS Stella	WS37	23:04
23	David Lear	Private Entry	S30	23:05
26	Karl Twort	Angmering CC	V43	23:12
19	Ade Fadero	Sussex Nomads	V55	24:29
29	Phil Allen	South Downs Bikes	S39	DNF

## Fastest Veteran on Standard

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	8	Mike O'Gorman	Worthing Excelsior CC	V65	22:27	28:14	+5:47
2	17	Dominic Maxwell	Worthing Excelsior CC	V44	21:20	26:18	+4:58
3	2	Karen McGrath	Worthing Excelsior CC	WV55	24:48	29:20	+4:32
4	4	Nolan Heather	Worthing Excelsior CC	V41	22:02	26:04	+4:02
5	15	Jeff Blunsdon	Worthing Excelsior CC	V46	22:28	26:27	+3:59
6	14	Ian Cheesman	Worthing Excelsior CC	V48	22:42	26:36	+3:54
7	6	Spencer Kirkham	Worthing Excelsior CC	V49	22:50	26:41	+3:51
8	7	Chris Putnam	Worthing Excelsior CC	V52	23:04	26:54	+3:50
9	16	Martin Booker	Worthing Excelsior CC	V48	22:48	26:36	+3:48
10	24	Huw Williams	Worthing Excelsior CC	V48	22:54	26:36	+3:42
11	28	Stephen O'Donnell	Worthing Excelsior CC	V52	23:38	26:54	+3:16
12	10	Phil Freaan	Worthing Excelsior CC	V62	24:52	27:51	+2:59
13	18	Ian Newbold	Worthing Excelsior CC	V44	23:22	26:18	+2:56
14	3	Rome Bhamra	Worthing Excelsior CC	V50	24:46	26:45	+1:59
15	5	Simon Steeles	Worthing Excelsior CC	V46	24:57	26:27	+1:30
16	11	John Lucas	Worthing Excelsior CC	V74	28:27	29:53	+1:26
17	1	Joan Lennon	Worthing Excelsior CC	WV60	29:18	29:51	+0:33
18	9	Graeme Gill	Worthing Excelsior CC	V59	28:54	27:32	-1:22
19	12	Colin Miller	Worthing Excelsior CC	V68	30:10	28:42	-1:28

## Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
30	Chris McNamara	Nuun Sigma Sport	V42	19:57	26:09	+6:12
22	Richard Weatherstone	GS Stella	V50	21:34	26:45	+5:11
27	Ben Houston	East Grinstead CC	V40	21:37	25:59	+4:22
26	Karl Twort	Angmering CC	V43	23:12	26:13	+3:01
19	Ade Fadero	Sussex Nomads	V55	24:29	27:09	+2:40

## Combined Results

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	30	Chris McNamara	Nuun Sigma Sport	V42	19:57	1
2	20	Matt Peel	Redhill CC	S32	20:28	
3	17	Dominic Maxwell	Worthing Excelsior CC	V44	21:20	4
4	22	Richard Weatherstone	GS Stella	V50	21:34	3
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28	1	Joan Lennon	Worthing Excelsior CC	WV60	29:18	22
29	12	Colin Miller	Worthing Excelsior CC	V68	30:10	24
	29	Phil Allen	South Downs Bikes	S39	DNF	

### Event Secretary

### Assistant Event Secretary

Claire Booker

### Very Grateful Thanks To:

Timekeeper (start):	Allan Orman
Start Marshal:	Alan Matthews
Timekeeper (finish):	Robert Downham
Recorder:	Maureen Lock
Course Marshals:	Eric Baker (Findon), Chris Bramley (Ashington)
Signage:	Andy Haste (and Rick Hughes at the Findon end)
Results Service	Mike O'Gorman