



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 7 – Thursday 1st June 2017

Assistant Event Secretary: Claire Booker

REMEMBER

REAR LIGHTS MANDATORY FOR WECC CLUB EVENTS IN 2017



COURSE SAFETY NOTICES

Report

A warm evening with a light breeze offered the chance of getting a quick time, and many of the field took the opportunity to fill their boots.

Nik Allen returned from two weeks away and demonstrated that the break had not interrupted his form. He produced a personal course best (and his second fastest ever 10 mile) to notch his fourth win of the series and maintain his 100% record.

Dom Maxwell felt that his power was down after some recent hard road racing efforts but still produced a season's best time to finish in second place. Mike O'Gorman also recorded a personal course best by 2 seconds (and his second fastest ever 10 mile, just 2 seconds short of his PB) and was delighted with third place and two 21:xx rides in successive evenings.

Neil Crowther had got a new PB in the previous evening's ...a3crg event and tonight he produced an identical time to equal it. Clearly his recovery week has paid benefits.

Welcome to our latest new member David Lear. He signed on, then joined the club (after it was pointed out that he needed to) and promptly put in an excellent 22:07 which was almost a minute quicker than his first ride last week.

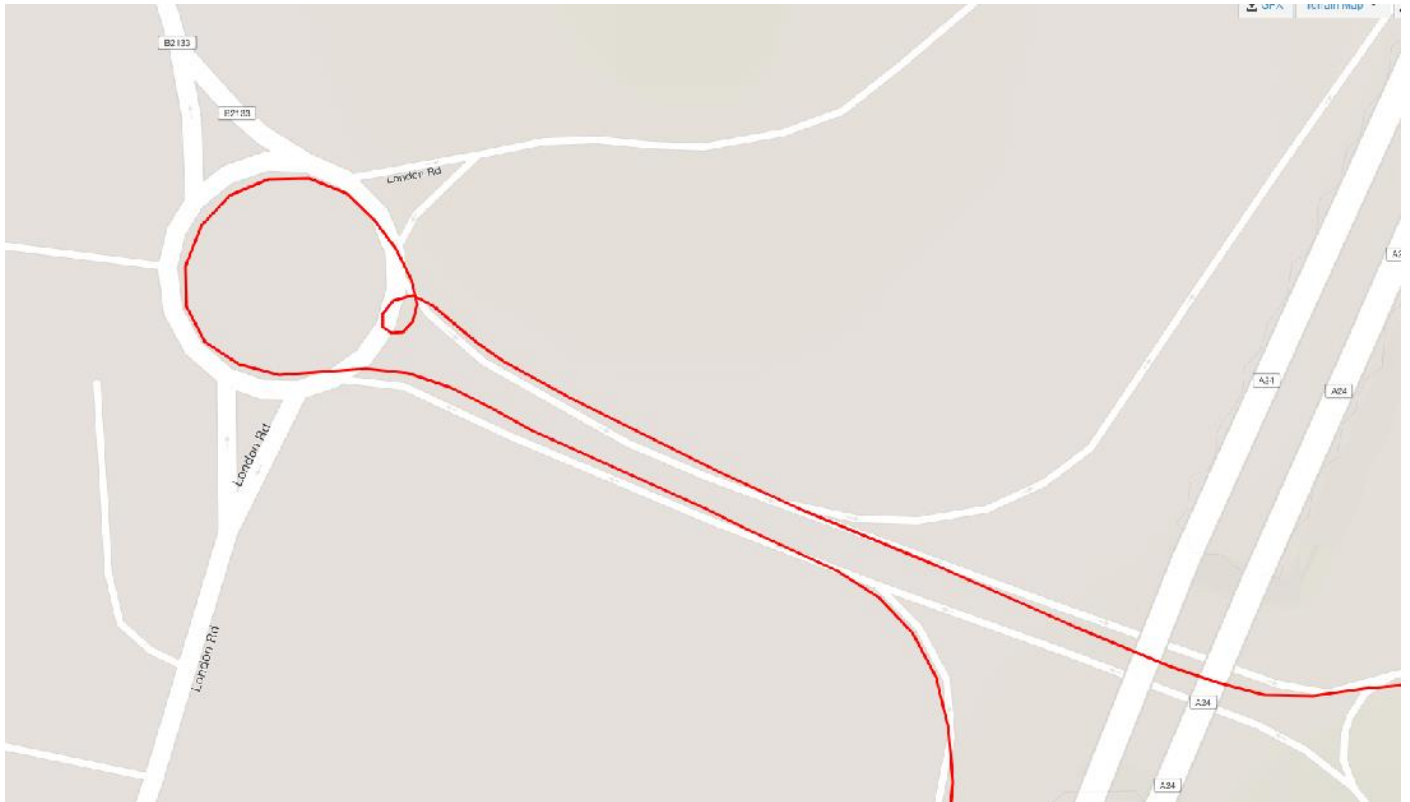
Martin Booker is reaping the rewards for his diligent training efforts. A 25 mile PB earlier in the week was followed up tonight with a 19 second improvement in his 10 mile PB which he set two seasons ago. Great stuff.

Having gained a new PB the previous night (...a3crg 10) Colin Barton couldn't quite repeat that form although his time was still his quickest on G10/98 this season.

Junior Harry Pask continues to make strides forward and he improved his PB by 39 seconds. Ian Newbold left a bit for next time as he shaved a single second off his PB. Another first season rider Simon Steeles is also progressing well and gained another PB.

Season's bests were achieved by Chris Putnam, Joan Lennon, Karen McGrath (a mere 3 seconds outside her club record), Paul Townsley, Phil Frean, Rome Bhamra, Simon Toppin and Trevor Leeding.

Rome Bhamra does deserve special mention though. It's not often an experienced rider takes a wrong turn on his own club's time trial course but Rome managed to. He took a wrong exit at Ashington roundabout and here it is, captured for posterity by Strava. Just lucky that there wasn't a vehicle behind him!



Some good times were recorded by riders from other clubs. Matt Peel (a very welcome regular) put in his best G10/98 time of his four this season. Another regular Richard Weatherstone of GS Stella was chuffed to bits to gain a new PB. Junior Chris Dunstan shows huge promise as his excellent time shows. Well done particularly to the Blazing Saddles rider for that time on a road bike – most impressive.

WECC riders in Open Time Trials – Latest Action

Nolan Heather got unlucky as Saturday's Bec CC 10 got the only poor weather of an otherwise glorious weekend. He still managed a very good time though.

Big congratulations to Martin Booker as he goes sub 59 minutes for the first time in the Hounslow & District CC 25 for a new PB of 58:41. In the same event Trevor Leeding records a highly impressive 56:58.

Neil Crowther and Paul Townsley tackled Saturday's Brighton Mitre CC 10 on G10/97, whilst Ian Newbold went for the hard mans 'MTFU' version on GS/995.

In last night's ...a3crg Open 10 Neil Crowther (21:31) and Colin Barton (21:58) both got new PBs at that distance. Mike O'Gorman got a 21:55.

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

Forthcoming Events

Sun 3 Jun	VTTA Surrey/Sussex 10	G10/87	Dom Maxwell, Neil Crowther, Paul Townsley
Sun 4 Jun	SCCU 50	G50/10	Ian Newbold, Mike O'Gorman, Ian Cheesman, Trevor Leeding, Nicole Patterson-Lett, Martin Booker, Clive Patterson-Lett
Sat 10 June	SCA 15 (incl WECC 15)	G15/93	Mike O'Gorman, Dom Maxwell, Karen McGrath, Ian Cheesman, Nik Allen, Colin Barton, Nolan Heather

WECC riders in Road Races

Superb stuff from our juniors. Aaron Hartley scores a fine 3rd place in the last of the Hove Park Crits and in doing so secures 3rd Cat status. Tom Jarman got an eight place in the same event and adds to his points tally for the season.

Dom Maxwell and Gavin Ash had an interesting Saturday morning at Dunsfold. Both Gavin and Dom picked up further points this week.

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	5	Nik Allen	Worthing Excelsior CC	V45	20:44	1
2	17	Dominic Maxwell	Worthing Excelsior CC	V44	21:12	2
3	25	Mike O'Gorman	Worthing Excelsior CC	V65	21:23	3
4	11	Neil Crowther	Worthing Excelsior CC	V44	21:31	4
5	23	Trevor Leeding	Worthing Excelsior CC	V51	21:53	5
6	22	David Lear	Worthing Excelsior CC	S30	22:07	6
7	9	Martin Booker	Worthing Excelsior CC	V48	22:16	7
8	20	Colin Barton	Worthing Excelsior CC	V56	22:24	8
9	3	Simon Steeles	Worthing Excelsior CC	V46	22:46	9
10	6	Chris Putnam	Worthing Excelsior CC	V52	22:57	10
10	26	Tom Jarman	Worthing Excelsior CC	J16	22:57	10
12	13	Ian Newbold	Worthing Excelsior CC	V44	23:03	12
13	8	Paul Townsley	Worthing Excelsior CC	V68	23:45	13
14	4	Phil Frean	Worthing Excelsior CC	V62	24:24	14
15	7	Rome Bhamra	Worthing Excelsior CC	V50	24:28	15
16	10	Karen McGrath	Worthing Excelsior CC	WV55	24:33	16
17	24	Simon Toppin	Worthing Excelsior CC	S27	24:36	17
18	14	Allan Orman	Worthing Excelsior CC	V71	24:43	18
19	2	Harry Pask	Worthing Excelsior CC	J16	26:05	19
20	27	Marten Matthews	Worthing Excelsior CC	V61	27:55	20
21	1	Joan Lennon	Worthing Excelsior CC	WV60	28:26	21

Scratch Classification Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time
15	Matt Peel	Redhill CC	S32	20:12
19	Richard Weatherstone	GS Stella	V50	20:52
12	Rupert Robinson	Crawley Wheelers	V44	21:12
21	Chris Dunstan	Brighton Excelsior CC	J16	22:03
18	Tony Boness	Blazing Saddles	S38	22:13
16	Richard Young	Brighton Tri	V42	22:45
29	Ollie McDonald	Tuff Fitty	S30	23:20
28	Ade Fadero	Sussex Nomads CC	V55	24:03

Fastest Veteran on Standard

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	25	Mike O'Gorman	Worthing Excelsior CC	V65	21:23	28:14	+6:51
2	5	Nik Allen	Worthing Excelsior CC	V45	20:44	26:23	+5:39
3	17	Dominic Maxwell	Worthing Excelsior CC	V44	21:12	26:18	+5:06
4	8	Paul Townsley	Worthing Excelsior CC	V68	23:45	28:42	+4:57
4	23	Trevor Leeding	Worthing Excelsior CC	V51	21:53	26:50	+4:57
6	20	Colin Barton	Worthing Excelsior CC	V56	22:24	27:14	+4:50
7	10	Karen McGrath	Worthing Excelsior CC	WV55	24:33	29:20	+4:47
7	11	Neil Crowther	Worthing Excelsior CC	V44	21:31	26:18	+4:47
9	14	Allan Orman	Worthing Excelsior CC	V71	24:43	29:14	+4:31
10	9	Martin Booker	Worthing Excelsior CC	V48	22:16	26:36	+4:20
11	6	Chris Putnam	Worthing Excelsior CC	V52	22:57	26:54	+3:57
12	3	Simon Steeles	Worthing Excelsior CC	V46	22:46	26:27	+3:41
13	4	Phil Freaan	Worthing Excelsior CC	V62	24:24	27:51	+3:27
14	13	Ian Newbold	Worthing Excelsior CC	V44	23:03	26:18	+3:15
15	7	Rome Bhamra	Worthing Excelsior CC	V50	24:28	26:45	+2:17
16	1	Joan Lennon	Worthing Excelsior CC	WV60	28:26	29:51	+1:25
17	27	Marten Matthews	Worthing Excelsior CC	V61	27:55	27:44	-0:11

Fastest Veteran on Standard Private Entries

Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
19	Richard Weatherstone	GS Stella	V50	20:52	26:45	+5:53
12	Rupert Robinson	Crawley Wheelers	V44	21:12	26:18	+5:06
16	Richard Young	Brighton Tri	V42	22:45	26:09	+3:24
28	Ade Fadero	Sussex Nomads CC	V55	24:03	27:09	+3:06

Combined Results

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