



# Worthing Excelsior Cycling Club

PRESIDENT - ROBERT DOWNHAM



## ***Club Ashurst Circuit Time Trial - Sunday 11<sup>th</sup> March 2018*** ***Course GS/982 (16.44 miles)***

***Qualifying event for WECC SPOCO Competition***

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

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

Unlike twelve months ago when this season opener enjoyed good conditions this was a rather more drab affair. Intermittent rain, a coldish light wind and a fair degree of standing water and potholes on a greasy surface made it a challenge. This was reflected in the times. In 2017 four riders were quicker than today's winning time.

It was great to see John McGrath back in action after a whole season out with injury and he duly celebrated by posting the fastest Excelsior time on the day (40:11). Last year's winner Nik Allen was unfortunate in suffering a puncture mid-ride.

Ian Cheesman improved considerably from last season's fourth place, finishing just three seconds behind the winner. Evidently his pre-season training and his new time trial bike (yet another Trek Speed Concept in the club!) have paid dividends. Also hugely worthy of a special mention is Spencer Kirkham as he secured his first ever podium place.

Dom Maxwell's time was quite remarkable given that it was simply a training ride done as part of the day's much longer effort, and that it was done on a road bike resplendent with full mudguards (see photo link). Jeff Blunsdon was delighted to be almost three and a half minutes faster than in the same event last season.

It is clear that the standard and level of competition is on the up and we should be in for an interesting and exciting season. Barely two minutes separated the first ten riders.

The first three WECC riders on scratch took the first three places on handicap albeit with a minor switching of places (John McGrath, Spencer Kirkham, Ian Cheesman)

Last season Kevin Plummer (South Downs Bikes) was fastest overall and also fastest on scratch. Today he had to settle for second in each category as his brother-in-law Simon McNamara repeated the feat with an even quicker time and a bigger plus on standard.



**CLICK HERE  
FOR PHOTOS**

## WECC - Scratch Classification

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	SPOCO Points
1	6	John McGrath	Worthing Excelsior CC	V53	40:11	20
2	13	Ian Cheesman	Worthing Excelsior CC	V48	40:14	19
3	3	Spencer Kirkham	Worthing Excelsior CC	V50	40:51	18
4	7	Martin Booker	Worthing Excelsior CC	V49	41:02	17
5	16	Nolan Heather	Worthing Excelsior CC	V42	41:03	16
6	11	Neil Crowther	Worthing Excelsior CC	V44	41:06	15
7	12	Trevor Leeding	Worthing Excelsior CC	V52	41:20	14
8	10	Dominic Maxwell (r/b)	Worthing Excelsior CC	V44	41:48	13
9	8	Rick Hughes	Worthing Excelsior CC	V54	42:04	12
10	2	Jeff Blunsdon	Worthing Excelsior CC	V46	42:15	11
11	4	Ian Newbold	Worthing Excelsior CC	V45	44:58	10
12	1	Phil Freaan	Worthing Excelsior CC	V63	45:13	9
13	14	Andy Haste	Worthing Excelsior CC	V46	46:34	8
	5	Mike O'Gorman	Worthing Excelsior CC	V66	DNS(A)	
	9	Simon Atkinson	Worthing Excelsior CC	V44	DNS(A)	
15		Nik Allen	Worthing Excelsior CC	V46	DNF	

## Private Entries - Scratch Classification

Pos	Rider No	Name	Club	Cat/ Age	Actual Time
1	21	Simon McNamara	South Downs Bikes	V42	35:59
2	22	Kevin Plummer	South Downs Bikes	V52	39:06
3	17	Huw Williams	WECC (Private Ride)	V48	41:09
4	19	James Stone	Brighton Excelsior CC	V49	42:46
5	20	Colin Toppin	Brighton Excelsior CC	V45	42:51
6	18	Dave Abbot	Bognor Regis CC	V66	46:50

## Combined Results - Scratch

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Position on Std
1	21	Simon McNamara	South Downs Bikes	V42	35:59	1
2	22	Kevin Plummer	South Downs Bikes	V52	39:06	2
3	6	John McGrath	Worthing Excelsior CC	V53	40:11	3
4	13	Ian Cheesman	Worthing Excelsior CC	V48	40:14	4
5	3	Spencer Kirkham	Worthing Excelsior CC	V50	40:51	5
6	7	Martin Booker	Worthing Excelsior CC	V49	41:02	7
7	16	Nolan Heather	Worthing Excelsior CC	V42	41:03	11
8	11	Neil Crowther	Worthing Excelsior CC	V44	41:06	10
9	17	Huw Williams	WECC (Private Ride)	V48	41:09	8
10	12	Trevor Leeding	Worthing Excelsior CC	V52	41:20	6
11	10	Dominic Maxwell (r/b)	Worthing Excelsior CC	V44	41:48	12
12	8	Rick Hughes	Worthing Excelsior CC	V54	42:04	9
13	2	Jeff Blunsdon	Worthing Excelsior CC	V46	42:15	13
14	19	James Stone	Brighton Excelsior CC	V49	42:46	14
15	20	Colin Toppin	Brighton Excelsior CC	V45	42:51	16
16	4	Ian Newbold	Worthing Excelsior CC	V45	44:58	18
17	1	Phil Frean	Worthing Excelsior CC	V63	45:13	15
18	14	Andy Haste	Worthing Excelsior CC	V46	46:34	19
19	18	Dave Abbot	Bognor Regis CC	V66	46:50	17
	5	Mike O'Gorman	Worthing Excelsior CC	V66	DNS(A)	
	9	Simon Atkinson	Worthing Excelsior CC	V44	DNS(A)	
	15	Nik Allen	Worthing Excelsior CC	V46	DNF	

## WECC – Vets on Standard

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	6	John McGrath	Worthing Excelsior CC	V53	40:11	44:28	+04:17
2	13	Ian Cheesman	Worthing Excelsior CC	V48	40:14	43:50	+03:36
3	3	Spencer Kirkham	Worthing Excelsior CC	V50	40:51	44:05	+03:14
4	12	Trevor Leeding	Worthing Excelsior CC	V52	41:20	44:20	+03:00
5	7	Martin Booker	Worthing Excelsior CC	V49	41:02	43:57	+02:55
6	8	Rick Hughes	Worthing Excelsior CC	V54	42:04	44:37	+02:33
7	11	Neil Crowther	Worthing Excelsior CC	V44	41:06	43:20	+02:14
8	16	Nolan Heather	Worthing Excelsior CC	V42	41:03	43:04	+02:01
9	10	Dominic Maxwell (r/b)	Worthing Excelsior CC	V44	41:48	43:20	+01:32
10	2	Jeff Blunsdon	Worthing Excelsior CC	V46	42:15	43:35	+01:20
11	1	Phil Freaan	Worthing Excelsior CC	V63	45:13	46:08	+00:55
12	4	Ian Newbold	Worthing Excelsior CC	V45	44:58	43:27	-01:31
13	14	Andy Haste	Worthing Excelsior CC	V46	46:34	43:35	-02:59
	5	Mike O'Gorman	Worthing Excelsior CC	V66	DNS(A)	46:49	
	9	Simon Atkinson	Worthing Excelsior CC	V44	DNS(A)	43:20	
	15	Nik Allen	Worthing Excelsior CC	V46	DNF	43:35	

## Private Entries – Vets on Standard

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	VTTA Std	Vet +/-
1	21	Simon McNamara	South Downs Bikes	V42	35:59	43:04	+07:05
2	22	Kevin Plummer	South Downs Bikes	V52	39:06	44:20	+05:14
3	17	Huw Williams	WECC (Private Ride)	V48	41:09	43:50	+02:41
4	19	James Stone	Brighton Excelsior CC	V49	42:46	43:57	+01:11
5	20	Colin Toppin	Brighton Excelsior CC	V45	42:51	43:27	+00:36
6	18	Dave Abbot	Bognor Regis CC	V66	46:50	46:49	-00:01

## Forthcoming Events

08:00	Sunday 18 <sup>th</sup> March	<a href="#">G10/98</a>	WECC Club 10
08:00	Sunday 25 <sup>th</sup> March	<a href="#">GS/983</a>	WECC Long Furlong Circuit (17.1 miles)

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