

WORTHING HERALD

13TH MARCH 2014

Excelsior begin new season

WORTHING Excelsior Cycling Club started their 2014 season on Sunday with a ten-mile event on a new course based in the lanes to the north and west of Ashington.

On a warm and sunny morning, Trevor Leeding stormed home to win in 24min 10sec.

Scratchman Jeremy Wootton elected to ride on a single fixed gear machine and finished just 18 seconds back, while Dominic Maxwell was third in 24-31, which won him the handicap award.

Colin Barton, Neil Rabone and David Robins all rode in their first-ever time trial and Alan Cooper returned to racing after an accident last summer.

Chris Twine opened his season by riding in two hilly open competitions. In the Southdown Bikes 34k, he finished ninth in 54min 02sec and in the East Surrey Hardriders 27-mile race, he got home in 1hr 06min.

Other ten-mile times: Simon Atkinson 24-55; Darron Muggeridge 25-16; Martin Booker 25-31; Chris Putnam 26-00; Barton 27-45; Cooper 28-33; Phil Walker 29-20; Peter Rowe 30-03; Rabone 30-59; Keith Jimpson 30-59; Robins 31-50; George Jimpson 32-01.

DINNER
EASTBOURNE
AIDE.
FEB. 2014



Strong showing from Tuff Fitty in annual Frosty Aquathlon

THERE was plenty of local success for Tuff Fitty Triathlon Club members at the Frosty Aquathlon, which was held at the Inspire Pool in Littlehampton earlier this month.

Staged annually by Tuff Fitty, the event attracts entrants from across London and the south east and there were two distances for competitors to take part in.

The first event was the Frostbite, which required competitors to swim 400m (16 lengths of the pool), before a 5k run around Mewsbrook Park and along the seafront.

Two men completed the swim and exited the pool building just one second apart in 5min 30sec.

They could hardly be separated in the run as Pavan Rooprai, from Thames Turbo, beat Matthew Burt, from Crawley, by just two seconds. The first woman to finish was Sarah Fiddaman, from Horsham.

The main event, the Frosty, saw competitors compete over twice the distance - 32 lengths of the pool and a 10k run.

Tuff Fitty's Tom Goddard completed his



Tuff Fitty's Kevin Pearson, Tom Goddard, Nicole Patterson-Lett, Clive Patterson-Lett and Joe Pascoe

swim and was out of the building in just 11min 15sec. Club-mates Kevin Pearson, a previous event winner, and Nicole Patterson-Lett were close behind.

It was another member of Tuff Fitty, Joe Pascoe, ninth out of the swim, who started off with a blistering run. He recorded a 10k run time of 36:30 to cross the line first overall, in a total time of 49:55.

Goddard, returning to competition after an injury last year, finished in third place (51:21), with Clive Patterson-Lett fourth (52:01) and Kevin

Pearson fifth (52:13) to provide Tuff Fitty with four out of the top five positions.

Amy Harris, from Horsham Amphibians, was the first woman in 54:25, with Tuff Fitty's Nicole Patterson-Lett third (57:45) and first in her age group.

A team competition also took place, with Tuff Fitty winning by more than nine minutes from second-placed Horsham Amphibians.

Other Tuff Fitty times, Frosty: Phil Lintott-Clarke 59:47; Debra Cauchy-Duval 1-03:16; Jane Custance 1-03:26; Claire Moyle 1-31:14).

Frostbite: Anthony Towers 27:45; Penny Bullimore 43:26.

20TH MARCH

Chris close to course record

WORTHING Excelsior Cycling Club's second event of the year was a 16.4-mile time trial on Sunday.

An anti-clockwise route from Washington took riders towards Steyning, then north through Partridge Green, before returning south on the A24.

The course was partly undulating and in country lanes, with the remainder on dual-carriageways.

Chris Twine went close to again breaking the course record as he finished in 38min 56sec, just 11 seconds off the course record he set last year.

Trevor Leeding and Simon Atkinson both clocked 39:29, while the handicap award went to Rick Hughes.

Mike O'Gorman competed in the Farnborough & Camberley ten-mile race on Saturday, on the A31. In strong winds, he finished in 24:19.

Other time-trial times: Dominic Maxwell 40:14; Jeremy Wootton 40:21; Mike O'Gorman 40:40; Darron Muggerridge 42:37; Chris Putnam 42:57; Rick Hughes 43:11; Ian Cheesman 43:19; Colin Barton 45:25; Phil Frean 45:28; Stephen Feast 47:46; Phil Walker 47:49; Joan Lennon 52:57; Rome Bhamra 55:47.

LANGHAM HOTEL DEPART. EASTBOURNE RIDE - FEBRUARY 2014.





EASTBOURNE RIDE FEBRUARY 2014.





DINNER AT LANGHAM HOTEL - EASTBOURNE WEEK-END FEBRUARY 2014.



Simon races to time trial win

THE third event in Worthing Excelsior Cycling Club's 2014 time trial calendar provided a third different winner.

After wins by Trevor Leeding and Chris Twine in the first two races, it was Simon Atkinson who came out on top in Sunday's Long Furlong circuit 17-mile race.

He recorded an excellent time of 42min 03sec for the two-lap circuit. He led by just four seconds at the end of the first lap and gained one further second to beat Leeding by five seconds.

Making a return to time trials after his Preston Park bunched racing exploits, club coach Mark Newnham secured third place in 43-25.

In the handicap section, there was a promising ride from junior Hugo McLaughlin, whose actual time of 48-33 saw him win the award by five minutes.

Scratchman Chris Twine was unfortunate to suffer a puncture early in the first lap. He continued and, including a bike change, finished in a time of 1hr 1min 49sec.

Three riders were in action on Saturday in the Southern Counties hilly 10-mile event near Ockley.

Mike O'Gorman placed 18th in the large field of 97 and his time of 25-15 won his age group.

Clive Patterson-Lett made a rare time trial outing and got home in 28.05. His wife, Nicole, finished in 32-08 to score points in the newly-formed Southern Counties Ladies League.

Other Long Furlong times: Dominic Maxwell 43-53; Martin Booker 44-19; Ian Cheesman 44-27; Darron Muggeridge 44-39; Mike O'Gorman 44-42; Chris Putnam 45-06; Rick Hughes 46-12; Colin Barton 48-30; Hugo McLaughlin 48-33; Phil Frean 49-35; Peter Rowe 51-34; Joan Lennon 54-58.

Excelsior duo finish fourth

WORTHING Excelsior Cycling Club's Trevor Leeding and Simon Atkinson paired up to finish fourth in the Sussex Cyclists' Association's 28 mile two-up event.

On the Ashurst/Washington course, they recorded a time of 1hr 06min 55sec to beat their age standard by 10min 32sec and finish third in that category.

Mike O'Gorman rode in the Southern Counties Cycling Union 25-mile event at Broadbridge Heath and recorded the club's fastest 25-mile time of the year, with 1hr 55sec. He finished 32nd in a field of 103 and gained third place in his age category. Clive Patterson-Lett recorded 1-07-12.

New club coach Mark Newnham took five of the club's men on a tough three-day training camp in the Brecon Beacons at the weekend. With the appointment of Newnham and Malcolm Hayles as qualified coaches, Excelsior aim to improve the fitness of all members, whether racing or touring.

BRECON PHOTO.

Twine wins second event

DEFENDING champion Chris Twine won the second event of Worthing Excelsior Cycling Club's evening ten-mile series.

On his return from injury, Twine won by seven seconds from Trevor Leeding in 21min 35sec. Simon Atkinson was third in 21-53.

In good conditions, 11 riders beat the 25mph average and junior Hugo McLaughlin continues to move up the finishing order and recorded a personal best of 24-52.

On Saturday, Mike O'Gorman rode the Hants Road Club ten-mile event on the A3 near Liphook and recorded 23-04.

On Sunday, O'Gorman and Leeding were both in action, with different fortunes.

In Addiscombe Cycling Club's 25-mile event on the Broadbridge Heath course, Leeding recorded an excellent time of 58-49 to finish in the top ten of a strong field of 80 riders. He also placed fourth in the veterans' category. O'Gorman was unfortunate to suffer a puncture after around ten miles and was unable to finish.

Other ten-mile times: Dominic Maxwell 22-12, Mike O'Gorman 22-20, Ian Cheesman 22-32, Mark Newnham 22-33, Carl Trevis 22-35, Chris Putnam 22-53, Martin Booker 23-15, Darron Muggeridge 23-42, Colin Barton 24-24, Phil Young 24-29, Clive Patterson-Lett 24-33, Phil Frean 24-50, Robert Downham 25-00, Tony Eveleigh 25-24, Peter Rowe 25-41, Andrew Lock 26-19, Connor Leeding 26-22, John Lucas 26-41, Nicole Patterson-Lett 27-42.

Simon wins Excelsior's opening ten-mile race

WORTHING Excelsior Cycling Club's evening ten-mile series started on Thursday on the usual Washington-based course and Simon Atkinson won the opening race.

He recorded a time of 21min 51sec to finish 13 seconds ahead of second-placed Trevor Leeding, with Jeremy Wootton third in 22-

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37.

Excelsior competed in three open events over Easter. On Friday, Clive and Nicole Patterson-Lett competed in a 42-mile hilly event from Handcross.

Clive finished in 2hr 05min

12 sec but Nicole suffered a puncture with four miles to go and was unable to finish.

Mike O'Gorman rode a double promotion by Brighton Mitre Club on Saturday and Monday. On Saturday, he completed a hilly ten-mile ride in 25-52, before he rode a tough 25-mile course on Monday and finished in 1-07-58.

Other ten-mile times: Mark Newnham 22-51; Ian Cheesman 22-56; Mike O'Gorman 22-56; Chris Putnam 23-05; Darron Muggeridge 23-07; Rick Hughes 23-08; Martin Booker 23-28; Colin Barton 24-08; Phil Young 24-44; Peter Rowe 25-21; Hugo McLaughlin 25-38; Robin Lloyd-Davies 25-39; Tony Eveleigh 25-56; Jeff Blunsdon 26-40; Steve Feest 26-48 (including 40sec late start penalty); Andrew Lock 26-55; Keith Jimpson 27-05; George Jimpson 27-22; Joan Lennon 28-17; Carey McLaughlin 30-42.



BRECON BEACONS 'TRAINING CAMP' MARK NEWNHAM, DOMINIC MAXWELL, CHRIS PUTNAM .

Mike races to county titles

WORTHING Excelsior Cycling Club's Mike O'Gorman raced to two county championship veteran title wins over the weekend.

The 62-year-old competed in the Sussex Cyclists Association's ten-mile championship on Saturday and the 25-mile event on the Sunday. In the ten-mile, he beat his age standard by almost six minutes in recording a time of 23min 30sec, which was good enough for 15th place in the overall event in a field of 60 riders.

The following day, he recorded his fastest-ever time for the Ashurst 25-mile circuit, with 1hr 00min 55sec, to beat his age standard by 12-31. He finished 27th in the field of 75. Also in the 25-mile event, Carl Trevis recorded a time of exactly one hour.

In Thursday's ten-mile time trial, Simon Atkinson came out on top by ten seconds from Chris Twine, in 21-24. Trevis was third in 22-24.

Other ten-mile times: Mike O'Gorman 22-31; Dominic Maxwell 22-32; Mark Newnham 22-41; Chris Putnam 23-02; Martin Booker 23-05; Darron Muggeridge 23-18; Phil Frean 24-35; Hugo McLaughlin (junior) 24-54; Connor Leeding 24-58; Phil Young 25-11; John Lucas 26-11; Graeme Gill 28-47.

WORTHING HERALD 8TH MAY. MIKE O'GORMAN X 2 S.C.A. VET. TITLES



15TH MAY 2014.

Trevor leads the way

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WORTHING Excelsior Cycling Club's riders were in action at Norwood Paragon Cycling Club's 25-mile event on the Broadbridge Heath course at the weekend.

A strong team of eight riders was entered and despite strong winds, they all produced excellent performances.

Trevor Leeding led the way as he finished 12th out of a 90-strong field with a time of 59min 44sec. The handicap was on a group basis and he headed his group for the first award.

Veteran Mike O'Gorman finished third in the veterans' category as he beat his standard by 10-12, with a ride of 1hr 00min 34sec. Rick Hughes won his handicap group in 1-06-37.

Other Excelsior times: Carl Trevis 1-01-26; Simon Atkinson 1-01-48; Dominic Maxwell 1-02-41; Mark Newnham 1-03-25; Martin Booker 1-03-57.

■ Thursday evening's ten-mile time trial event was hit by bad weather and had the smallest entry so far.

Simon Atkinson secured another first place to take an early lead in the series as he finished in 22min 47sec. Carl Trevis was second in 23-14 and Mike O'Gorman was third in 23-15.

Other times: Ian Cheesman 23-35, Darron Muggeridge 23-51, Martin Booker 24-06, Rick Hughes 24-12, Phil Frean 25-14, Phil Young 25-38, Connor Leeding 26-06, Nolan Heather 26-15, John Lucas 27-35.

■ On Sunday, Excelsior promotes its annual Ray Douglass Memorial 25 on the Broadbridge Heath course.

22ND MAY 2014.

Close battle in ten-mile time trial race

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THE turn to good weather has certainly brought better times for Worthing Excelsior Cycling Club riders.

In the evening ten-mile time trial series on Thursday, only four seconds separated Simon Atkinson and Trevor Leeding. Atkinson won in 21min 50sec as 43 riders took part in the event.

Honours for the fastest veteran went to Mike O'Gorman in 22-38, with the winning woman, Nicole Patterson-Lett, in 26-54 and the winning junior was Schaeff Potter in 29-55.

Other times: Jeremy Wootton 22-08, Carl Trevis 22-34, Mark Newnham 22-55, Rick Hughes 22-58s, Darron Muggeridge 23-05, Martin Booker 23-27, Phil Frean 24-48, Nolan Heather 24-51, Phil Young 25-03, Robert Downham 25-47, Peter Rowe 25-51, John Lucas 26-06, Graeme Gill 27-46, Joan Lennon 28-38.

In the Open 25-mile event on Sunday, Atkinson clocked 57-42 to Leeding's 58-50 and the gap would have been only eight seconds had Leeding not incurred a one-minute penalty for a late start.

O'Gorman again took fastest veteran honours with 59-21 and Patterson-Lett was the leading lady in 1-10-40.

Other times: Ian Cheesman 59-29, Hughes 1-03-00, Colin Barton 1-03-43, Frean 1-04-44.

29TH MAY

Busy time for Excelsior

WORTHING Excelsior Cycling Club members enjoyed a busy bank holiday weekend.

On Sunday, the Brighton Mitre Cycling Club ran a number of ten-mile time trial promotions on the Steyning/Shoreham course.

The first was for fixed medium gear machines, where maximum cadence rather than sheer power is required. Worthing's Jeremy Wootton finished fourth in 24min 59sec. The second race, for normal multi-geared machines followed within the hour, and Wootton was soon in competition again. This time he recorded 23-30, while the club's star veteran Mike O'Gorman finished in 23-57 and was the winner of his age group.

O'Gorman says that he held back on his Sunday ride because he regarded The Sussex Cyclists' Associations 30-mile Championship on the Monday as important in his quest to win county veteran honours this season.

His decision was proved good when he was a clear veteran winner in an excellent time of 1-15-09.

O'Gorman was the third counter for Excelsior in the team event, where they were led by Simon Atkinson who was fifth in 1-11-48, just ahead of Trevor Leeding, who was sixth in 1-12-21. They were beaten by neighbours Brighton Excelsior, however, whose three-man aggregate was some four minutes faster.

Nicole Patterson-Lett won the ladies title with a time of 1-35-11, only some four minutes slower than husband Clive, who recorded 1-30-45.



SUSSEX CYCLISTS' ASSOCIATION
CHAMPIONSHIP 30 MILE 26TH MAY.

L to R.

1ST LADY NICOLE PATTERSON-LETT.

Ed. THE SUPPORT TEAM.

MIKE O'GORMAN 12TH AND FASTEST
VETERAN ON STANDARD.

TREVOR LEEDING 6TH AND

SIMON ATKINSON 5TH.

SECOND TEAM.

SIMONS CLUB CHAMPIONS 2014.

PHOTO BY CLIVE PATTERSON-LETT.

Simon claims sixth win

SIMON Atkinson claimed his sixth win of the season to be clear favourite for Worthing Excelsior Cycling Club's ten-mile time trial series.

Atkinson can only be beaten if another rider can win six of the remaining events and achieve a faster aggregate of times. His winning time on Thursday was the fastest of the series so far, with 21min 23sec.

Trevor Leeding was second in 21-51 and Dominic Maxwell was third in 22-19.

On Sunday, four Excelsior members competed in the Old Portlans 25-mile event on the Broadbridge Heath course.

Despite a crash with a few miles to the finish, Leeding was the fastest with a new personal best of 58min 8sec. Carl Trevis just beat the 25mph mark as he recorded 59-51 and Dominic Maxwell clocked 1-00-23, while Simon Letts finished in 1-02-30.

Other times ten-mile times: Mike O'Gorman 22-32; Rick Hughes 23-02 (pb); Martin Booker 23-09; Mark Newnham 23-16; Darron Mugeridge 23-36; Chris Putnam 23-57; Colin Barton 24-02; Robert Downham 24-03 (pb); Phil Young 24-18 (pb); Connor Leeding 24-20 (pb); Jeff Blunsdon 26-25; Graeme Gill 27-38; Chris Bramley 27-50; Louis Read 28-03; Rome Bhamra 28-05; Joan Lennon 28-07; Shaeff Potter 28-10.

Simon continues his dominance

SIMON Atkinson continued his domination of Worthing Excelsior Cycling Club's evening ten-mile series on Thursday.

He recorded his seventh win from nine events in a time of 21min 37sec.

Mike O'Gorman was second in 22-25 and Rick Hughes achieved his best placing and a personal best as he was third in 22-40.

On Saturday, O'Gorman competed in the Team Axiom ten-mile event on the A3 near Liss and recorded his best for the course as he finished in 23-03.

On Sunday morning, he rode in the same club's 25-mile promotion in the same area and clocked a personal best time of 57-57. Club-mate Dominic Maxwell finished the event in a personal best of more than three minutes as he got home in 56-23.

Other ten-mile times: Martin Booker 22-56 (PB); Chris Putnam 23-06 (PB); Colin Barton 23-08 (PB); Robert Downham 23-43 (PB); Connor Leeding 23-55 (PB); Phil Young 24-12; Phil Frean 24-30; John Lucas 25-44; Shaeff Potter 26-15 (PB); Andrew Lock 26-28; Chris Bramley 27-55.

Simon retains 25-mile title

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SIMON Atkinson retained his trophy in Worthing Excelsior Cycling Club's 25-mile championship on Sunday.

The course started in Adversane Road, to the west of Ashington, and incorporated a lap of the Ashurst circuit, before finishing near to the start.

Conditions were excellent but an anticipated challenge to Atkinson's trophy disappeared when Trevor Leeding punctured and Jeremy Wootton pulled out with the recurrence of an injury.

Atkinson won the trophy with a time of 1hr 00min 42sec, ahead of Carl Trevis, who finished second in 1-01-07 as he also won the handicap section. Mike O'Gorman was third in 1-01-49.

O'Gorman had been in action on Saturday, riding the North Hants Road Club's ten-mile race. He recorded 23min 21sec and took second place in his age category.

Dominic Maxwell finished in eighth place at the Surrey League's Dunsfold Circuit event to earn more points for his British Cycling Category.

Mark Newnham also earned points when he finished second in a thrilling sprint in the Lewes Criterium. These points are used to determine the club's road racing champion and Newnham currently leads Maxwell 22 points to 18.

Other 25-mile times: Ian Cheesman 1-02-50; Rick Hughes 1-04-15; Mark Newnham 1-04-26; Colin Barton 1-06-03; Nolan Heather 1-07-12; Chris Putnam 1-07-19; Phil Frean 1-08-34; Rome Bhamra 1-18-21.



Worthing Excelsior's Simon Atkinson and Martin Booker

Excelsior duo set for 24-hour time trial

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TWO Worthing Excelsior Cycling Club members are riding in the National 24-hour Time Trial Championship this weekend.

The event is the longest standard distance cycling time trial and will be held over the roads of East Sussex.

Martin Booker and Simon Atkinson have rode long distance challenges and Sportives but this will be their debut at the time trial discipline.

The duo have trained hard over the last few months and, while the national record stands at 540 miles, the Excelsior duo will be happy if they can make the 400 mark. Although, if things go well, they could aim to beat the existing club record of 428 set in 1971 by existing club vice-president Don Lock.

Riders start from Berwick at mid-day on Saturday and ride a series of circuits between Lewes and Battle and run out their time on a finishing circuit from Halland.

WORTHING
HERALD
19TH
JUNE
2014

Rugby player turns hand to baking cakes

TREVOR Leeding was once best known as a 6ft 2ins rugby player and coach – now he's renowned for his successful cake making and decorating business.

Trevor, who played for Shoreham Rugby Club and coached at Worthing, was already an award-winning confectioner when he opened The Cake Box shop in 2008.

In the six years since then, he has made about 2,500 birthday, christening, wedding and novelty cakes and his business in Littlehampton Road, Worthing, is now well established.

In 2008, a deep recession started and it was an extremely difficult time for any fledgling entrepreneur, so ensuring success meant hanging up the rugby boots.

Trevor, 48, who lives in Sompting, said: "This is

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how your life and social circle evolve – you run a business and in the first two or three years it takes over your life.

"You're at the shop six days a week, sometimes seven: but that's life and it's called having a business.

"You are working your socks off to establish yourself, which you do, and now that pressure has settled down and the business stands on its own merit."

However, Trevor said 2013 had been difficult for many people in the wedding trade because of superstitions surrounding the number 13.

"Last year, business was a lot quieter on wedding cakes because it was 2013 and people weren't getting married.

"Orders for wedding cakes in 2014 are better."

Trevor started his working life as a trainee in a Shoreham bakery and took his City and Guilds in the Design and Decoration of Flour Confectionery, winning a Salon Culinare chef's gold medal for his cherry and fruit cakes and the outstanding achievement prize at the end of his course.

He went on to produce cakes for several famous names, including former world boxing champion Chris Eubank and horror writer James Herbert.

Novelty creations include the predictable, such as favourite cartoon characters, to the more unusual – a cake made to look like... a pizza.

Contact Trevor at enquiries@the-cake-box.co.uk or telephone The Cake Box on 01903 830911.



Trevor Leeding, of The Cake Box, used to be a rugby player before turning his attention to cake making

WORTHING HERALD 26TH JUNE

Excelsior duo complete 24-hour event

WORTHING Excelsior Cycling Club's Martin Booker and Simon Atkinson both completed the Cycling Time Trials National 24-hour Championship over the weekend.

The event is the longest time trial event and riders require both physical stamina and mental determination to ride almost non-stop for 24 hours.

It was a debut for both Booker and Atkinson at the distance and the event was set over three different but connected circuits to the east of Lewes and starting from Berwick.

Atkinson started slightly the faster but by three hours, Booker had regained the lead and both rode steadily throughout the night.

Booker began to stretch away on Sunday morning and ended up with 408 miles, while Atkinson continued doggedly to record a final distance of 377 miles.

The winner covered 517 miles at an average of nearly 22 miles per hour.



NATIONAL
24 HOUR
IN EAST
SUSSEX.
TOP: SIMON
TAKES A
SPONGE
FROM
ANDREW
LOCK
BELOW:
MARTIN
RIDES
STRONGLY
THROUGH
THE
NIGHT.
PHOTOS:
BY MIKE
ANTON.

26TH JUNE

Trevor Leeding rode to victory in Excelsior's ten-mile time trial at Washington on Thursday evening.

On a windy evening, he won in 22min 27sec, after five second-placed finishes this year.

Carl Trevis was second in 23-07 and Rick Hughes was third in 23-17.

Other times: Mike O'Gorman 23-25; Chris Putnam 24-09; Darron Muggeridge 24-19; Colin Barton 24-33; Robert Downham 24-45; Alan Cooper 25-52; Phil Young 25-54; Connor Leeding 26-23; John Lucas 26-27; Jeff Blunsdon 26-38; Nathan Gale 26-43; Andrew Lock 26-53; Nicole Patterson-Lett 27-47; Dave Funnell 28-29; Joan Lennon 29-32; Chris Bramley 29-33.

17TH JULY 2014

Ten-mile series set for an exciting conclusion

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WORTHING Excelsior Cycling Club's evening ten-mile series is reaching an interesting climax, with just four events remaining.

Trevor Leeding, who has won three of the last four races, needs three more wins to challenge what appeared to be an invincible position for Simon Atkinson.

Atkinson has qualified with the necessary six rides and has six first places, but if Leeding can win three more, then it will come down to an aggregate of their fastest times.

Atkinson did not compete on Thursday and, in good conditions, Leeding won in an excellent time of 21min 45sec. Carl Trevis was second, six seconds behind and Dominic Maxwell, on a new time trial machine, was third, in a personal best of 21-59.

There are 17 members who have so far qualified in the evening ten-mile series with the required six rides and another six should be able to qualify before the series ends. The number is already much higher than in previous years.

Maxwell and Leeding had been in action the previous evening, riding in the Surrey League closed circuit event at Dunsfold. In the veteran's race, Maxwell finished third, while Leeding finished but was not placed.

On Saturday, Mike O'Gorman competed in the Crawley Wheelers ten-mile promotion on the Rusper course and got home in 22-51.

Other evening ten-mile times: Mike O'Gorman 22-27, Rick Hughes 22-33, Colin Barton 23-07 (personal best), Chris Putnam 23-26, Ian Cheesman 23-30, Phil Frean 24-21, Phil Young 24-37, Steve Feast 25-14, Tony Pearce 26-59, Shaeff Potter (junior) 27-21.

CYCLING WEEKLY JULY 10TH

SOUTH EASTERN RC 10

SAT 5/07

Christian Yates (East Grinstead CC)	21 26
D. Poulter (Hounslow & District Wh)	22 10
M. Edwards (Kingston Phoenix RC)	22 13
C. Ferri (Candence Performance Cycles)	22 20
L. Russel (VC Harry Perry Cycles)	22 30
D. Wame (Old Portlans CC)	22 31
R. Tully (Elite Cycling)	22 45
J. Thomas (Epsom CC)	23 05
M. O'Gorman (Worthing Excelsior CC)	23 24
P. Tunnell (Addiscombe CC)	23 27

...A3CRG MIDDLE MARKERS 25

MON 14/07 P885/25

Michael Stafford

(Portsmouth North End CC)	53 43
M. Kuwertz	
(Southborough & District Wh)	53 50
M. Trott (Kingston Wh)	55 06
T. Leeding (Worthing Excelsior)	55 41
D. Chapman	
(Blazing Saddles Cycles Ltd)	55 41
J. Burkinshaw	
(Blazing Saddles Cycles Ltd)	55 59
K. Lea (Addiscombe CC)	56 07
S. Pink (CC Weymouth)	56 36
P. Blackmore (East Grinstead CC)	56 51
S. Peckham (New Forest CC)	56 54

24TH JULY 2014

Time trial series set for exciting finish

TREVOR Leeding recorded his fifth win in Worthing Excelsior Cycling Club's ten-mile series on Thursday.

Leeding got home in a time of 21min 33sec and is now just one race win away from equalling series leader Simon Atkinson.

Carl Travis took second place finishing just seven seconds behind Leeding and Dominic Maxwell was third in 21-45.

It now looks to be an exciting finish to the Excelsior campaign as, with just three races left, only one race win separates Leeding and Atkinson, with Atkinson looking likely to compete in all of the remaining races.

Other ten-mile times: Mark Newnham 22-27, Mike O'Gorman 22-45, Ian Cheesman 22-46, Rick Hughes 22-47, Chris Putnam 22-54, Colin Barton 23-34, Robert Downham 23-50, Darron Muggeridge 24-10, Phil Frean 24-23, Phil Young 24-31, Allan Orman 25-11, Jeff Blunsdon 25-18, Andrew Lock 25-37, John Lucas 26-07, Shaeff Potter (junior) 26-43, Phil Walker 27-01, Nicole Patterson-Lett 27-12, Graeme Gill 27-49, Chris Bramley 28-16, Anthony Docherty 28-52.

Leeding had more success in the A3 CRG 25-mile promotion race, as he smashed his personal best to finish in fourth spot, while Mark Newnham was timed at 58-21.

Mike O'Gorman also competed on the Steyning course of the Brighton Excelsior ten-mile event, winning his age category in 23-25, with Colin Barton recording a time of 24-31.

Leeding was again the stand-out performer in the Brighton Excelsior 25-mile race, finishing in 58-52, while Rick Hughes recorded a personal best to finish in 1-02-00.

Other times: Dominic Maxwell 59.35, Ian Cheesman 59.40, Colin Barton 1.4.16, Chris Putnam 1.8.22.

Excelsior race in 50-mile event

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WORTHING Excelsior Cycling Club had four riders compete in the Southern Counties Cycling Union 50-mile championship on Sunday.

Excelsior's riders had varying fortunes as Trevor Leeding was first home in an excellent time of 2hr 03min 38sec.

The course, which had to be changed owing to roadworks on the A264 towards Crawley, was not a fast one with minor road and poor surface conditions.

Simon Atkinson, after his 24-hour championship the previous weekend, clocked 2-05-00 and Rick Hughes, in his debut at the distance, finished in 2-10-14.

Excelsior's fourth rider, veteran Mike O'Gorman, who had realistic hopes of the Counties veteran's championship, punctured after 20 miles and was unable to continue.

Excelsior's own championship is incorporated into the event and the 50-mile trophy goes to Leeding, with Hughes winning the handicap award.

Heavy showers meant that the club's evening ten-mile event on Thursday had just 11 riders and it was won with a fine effort from Carl Trevis, who recorded 21min 53sec.

It was Trevis' first win in the series, ahead of Leeding, who was second in 21-58, and O'Gorman, who was third in 22-23.

Other times: Mark Newnham 22-29, Rick Hughes 22-45, Chris Putnam 23-15, Robert Downham 23-39, Phil Young 24-28, Andrew Lock 25-47, Joan Lennon 27-55, Graeme Gill 28-44.

Ten-mile time trial series will go to the wire

CYCLING
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WORTHING Excelsior Cycling Club's evening ten-mile series will go right to the wire, with just two more races to count.

Thursday's trial should have given Trevor Leeding a chance to score win number five but his efforts were thwarted by a puncture. He now has to win the remaining events and with fast times if he is still to overhaul Simon Atkinson for the title.

It was a new name that won last week when in-form Dominic Maxwell scored his first success, with an excellent time of 21min 55sec. Carl Trevis was second for the fourth successive occasion, in 22-11, and Ian Cheesman was third in 22-37.

Other ten-mile times: Rick Hughes 22-59; Colin Barton 23-41; Robert Downham 24-10; Chris Putnam 24-22; Allan Orman 25-24; Jeff Blunsdon 25-36; Andrew Lock 26-22; Shaeff Potter (junior) 26-43; Chris Bramley 27-38; Bernard Skinner 29-28.

Maxwell, Darren Muggeridge and Tony Eveleigh were in action in the Surrey League veteran's event on the Dunsfold closed circuit on Wednesday. Maxwell kept close to the front of the 75-strong field but missed the vital break and was not placed. Muggeridge also finished with the main group but Eveleigh pulled out after 20 of the 30 miles.

Sunday saw Trevor Leeding ride in the Southdown Velo 50-mile event on the Fontwell-based course. It was his first 50-mile race for more than 25 years and he produced his best ever time and the fastest in the club this year with a time of 2hr 01min 18 sec.

Also on Sunday, two members rode in the Southern Counties Cycling Union 100-mile Championship on a difficult course, involving almost five laps of the Ashurst circuit.

It was a debut at the distance for Mike O'Gorman but, despite some mechanical trouble involving a wheel change, he recorded an excellent 4-26-52. Chris Putnam clocked 4-52-16.

This Sunday, riders will compete in the Sussex Cyclists Association 50-mile event, which starts from West Grinstead at 6am, with headquarters at Dial Post.

Simon seals Excelsior's time trial series

WORTHING Excelsior Cycling Club's evening ten-mile series is settled, despite there being one more event.

Trevor Leeding, who was frustrated the previous week by a puncture, was thwarted on Thursday when an in-form Carl Trevis beat him by 23 seconds.

Trevis got home in 21min 55sec, while third place went to Mike O'Gorman in 22-49.

Simon Atkinson cannot now be caught and will be the 2014 champion.

Two of the club's junior riders are becoming competitive and are now

beating some of the senior riders. Shaeff Potter clocked 25-26 and Hugo McLaughlin got home in 25-42, with both times personal bests.

Other times: Rick Hughes 23-01, Alan Cooper 23-12, Chris Putnam 23-24, Colin Barton 23-52, Phil Frean 24-01, Robert Downham 24-06, Allan Orman 24-43, Andrew Lock 25-50, Chris Bramley 27-28.

Two of the club's senior veterans, Barrie Le Grove and John Lucas, rode the event as a two-up team and recorded 25-54.

O'Gorman was the only Worthing club rider in the Sussex Cyclists' Association 50-mile event on Sunday. He

recorded a time of 2hr 8min 46sec and finished second on age standard.

He had hoped for better, though, as he battles to maintain a narrow lead in the club's veteran's best all-rounder competition.

The previous day, O'Gorman had completed the Epsom ten-mile event in 23-05 and picked up an age category award. He rides in the Oxonion 50-mile event on Sunday.

Tonight is the last of the ten-mile series but for the following three Thursdays, Excelsior will host its Washington Bostal Hill Climb series.

Twine returns to win final

ten-mile race of the season

WORTHING Excelsior Cycling Club's evening ten-mile series ended with a bang on Thursday.

Conditions were excellent and there was a large turnout, including last year's champion, Chris Twine, who through work commitments has been unable to race regularly this year. It seems, though, he has managed to keep up with the training as he recorded a new club record time of 20min 37sec

to take ten seconds off his record from last season.

There were many personal bests as Carl Trevis finished second in a personal best of 21-10 and Dominic Maxwell finished five seconds back, also with a personal best.

Other times: Trevor Leeding 21-34; Ian Cheesman 21-44 (PB); Mike O'Gorman 22-08; Colin Barton 22-19 (PB); Rick Hughes 22-32 (PB); Chris Putnam 22-44; Simon

Letts 22-52; Martin Booker 22-55; Robert Downham 23-22 (PB); Phil Frean 23-34 (PB); Phil Young 24-13; Simon Atkinson 24-22; Andrew Lock 25-02; John Lucas 25-10; Mark Field (junior) 25-38 (PB); Shaeff Potter (junior) 26-16 (PB); Nicole Patterson-Lett 26-18 (PB); Rome Bhamra 27-38; Graeme Gill 27-58; Chris Bramley 28-08; Cameron Skinner (junior) 28-38; Bernie Skinner 29-15.

The series was won by Simon Atkinson, with Trevor Leeding and Trevis in the runners-up positions. The veteran winner was Mike O'Gorman. Joan Lennon

finished just ahead of Nicole Patterson-Lett in the ladies competition and the junior award went to Shaeff Potter.

The organisers of the London/Surrey 100-mile bike ride had to shorten the course to 87 miles on Sunday.

Excelsior's Peter Logan, Kevin Doe, Robert Downham, Trevor Leeding, Dominic Maxwell, Steve Feast, Michelle Feast, Rick Hughes, Rocco Sepe and Carl Trevis all completed the course.

Excelsior hold opening race in Hill Climb Series

WORTHING Excelsior Cycling Club's Hill Climb Series at Washington started on Thursday with a win for last year's champion, club coach Mark Newnham.

He got home in an excellent time of 1min 37.6sec as he finished well clear of second-placed Carl Trevis (1-46.1) and third-placed Chris Putnam (1-49.4).

Other times: Zak Fields 1-53.0, Ian

Cheesman 1-54.8, Mike O'Gorman 1-55.7, Trevor Leeding 1-56.7, Martin Booker 1-59.0, Simon Atkinson 2-04.9, Rick Hughes 2-09.2, Andy Haste 2-11.5, Rome Bhamra 2-51.6.

There are two more races in the series, tonight and on Thursday.

Mike O'Gorman travelled to East Sussex on Saturday to ride in the Eastbourne Rovers ten-mile promotion, south of Uckfield. He recorded a time of 24min 04sec.

On Sunday, the club held their regular Pulborough Circuit event, a tough 16 miles from Pulborough, north round the Billingshurst bypass and west through Wisborough Green, before returning to Pulborough through Fittleworth.

The club record was set by Chris Twine in 2012, at 38-33, and he retained his hold on the trophy last year with a time

of 38.42. In warm but rather windy conditions, he stormed round in a new record time of 38-23. Twine's time also earned him the handicap award from the scratch mark.

Trevor Leeding was second in 40-24, just ahead of Dominic Maxwell, who recorded 40-34.

Other times: Simon Atkinson 41-10, Mike O'Gorman 41-23, Martin Booker 42-53, Rick Hughes 43-23, Chris Putnam 44-50, Dave Funnell 51-25, Rome Bhamra 56-41.

WORTHING HERALD 28TH AUG. 2014

Defending champion Mark retains his title

DEFENDING champion Mark Newnham has won Worthing Excelsior Cycling Club's Hill Climb Series.

Newnham has won both of the events at Washington so far and was fastest at climbing Bostal Hill on Thursday, in 1min 36.8sec.

Second place was again taken by Chris Putnam, in 1-45.51, and third was Carl Trevis in 1-48.09.

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Other times: Trevor Leeding 1-56.13, Connor Leeding 1-57.70, Mark Field (junior) 1-57.92, Simon Atkinson 1-58.13, Martin Booker 2-01.11, Andy Haste 2-03.95, Darron Muggeridge 2-04.70, Rick Hughes 2-06.33, Alan Cooper 2-08.86.

On Sunday, the club's fastest veteran Mike O'Gorman travelled to Newmarket to

ride in the National Veteran's 25-mile Championship. In cool and breezy conditions, he recorded an excellent time of 58 minutes, which placed him 37th in the 150-strong field.

Excelsior have the last of the evening hill climbs tonight and then host their Hardriders Championship on Sunday over a tough 22-mile course.

Carl wins final event of series

WORTHING Excelsior Cycling Club's Hill Climb Series ended on Thursday with a win for Carl Trevis as he secured second place overall, behind Mark Newnham.

Chris Putnam was next in 1-47.70 and Trevor Leeding was third in 1-55.86.

Other times: Mike O'Gorman 1-57.80, Rick Hughes 1-59.07, Andy Haste 2-00.36, Ian Cheesman 2-01.70, Simon Atkinson 2-02.26, Shaeff Potter (junior) 2-07.11, Phil Young 2-36.95. Graeme Gill once again tackled the climb on a racing tricycle, and succeeded in bringing his record down to 3-02.64.

Final table: Newnham; Trevis; Putnam; Leeding; O'Gorman; Mark Field; Cheesman; Hughes; Atkinson; Haste; Martin Booker; Gill.

On Sunday, the club held its annual Hardriders event over a tough 23-mile course from Pulborough, which included two of the steepest climbs in the area.

To ride this course in under an hour is a good achievement and two of the entries managed that. The winner was Simon Atkinson, who clocked 57min 36sec. Ian Cheesman was second in 59-22 and also picked up the handicap award, while Mike O'Gorman was third in 1-00-19.

Other times: Rick Hughes 1-02.47, Chris Putnam 1-05.47, Chris Rudd 1-09.26, Joan Lennon 1-20.10.

Excelsior team finish in 12th place

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WORTHING Excelsior Cycling Club members competed in a different format of racing on Sunday when they rode in the Surrey Racing League's 4-Up Team Championship.

The event, promoted by the Guildford-based Clarendon Club under the regulations of British Cycling, is almost like a team pursuit on the track, with riders constantly rotating their position to gain maximum speed.

The championship was held on a 17-mile circuit passing anti-clockwise from Alfold through Dunsfold, Plaistow, Kirdford and Loxwood, back to Alfold and then the same again for a second lap.

Worthing's entry was Dominic Maxwell, Simon Atkinson, Trevor Leeding and Ian Leeding. They rode well together and were seventh fastest after lap one with a time of 39min 34sec. They eventually finished 12th in the 30-strong field in 1-21-30 at almost exactly a 25 mile per hour average.

WORTHING HERALD

11TH SEPT. 2014.

The winning team was Catford in 1-12-47.

Excelsior members will be out in force to watch the Tour of Britain pass through Horsham, before it heads over to Ditchling Beacon and finishes in Brighton on Saturday.

Then, on Sunday, Excelsior members are in action in their annual Devil in the Downs cyclo sportive, which starts from Dial Post Village Hall and raises funds for Chestnut Tree House Children's Hospice.

WORTHING
HERALD
4TH SEPT.
2014.

Excelsior team show charity support

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WORTHING Excelsior Cycling Club had forty riders compete in a series of events to support of Chesnut Tree House Children's Hospice.

A number of Sportive challenges were set up for the day with 50.80 and 125 kilometre distances all on offer for competitors.

In total 147 riders from across the south east took part and a substantial sum was raised for Chestnut Tree House.

Worthing Excelsior Cycling Club had two of their racers in competitive action last week.

Rome Bharma rode in the East Sussex Cycling Association's 10-mile race on the A22.

Bharma finished in an impressive time of 30 minutes and 54 seconds.

Worthing Club veteran Mike O'Gorman was once again riding for the club.

This time he travelled to the North Hampshire Road Club 25-mile event.

O'Gorman was given his just rewards for competing as he claimed a 20th place finish in a field of 140 riders.

The veterans time of 57 minutes and 54 seconds was also enough to clinch first spot in his age category.

This Sunday the Worthing renews it's rivalry with local clubs; Bognor Regis, Hampshire Road Club and SouthDown Velo in the inter-club 25 mile race at Fontwell course.

The event is a six-man aggregate race meet.

Worthing Excelsior clinch team win

WORTHING Excelsior Cycling Club secured their most emphatic team win of the season last weekend with victory in the Clonmore Inter-Club 25-mile race.

Worthing had been without the title for three years, after being relegated to second and third positions in the past two years at the favoured Fontwell course.

However, this year proved to be different as they clinched the title by a two-minute margin ahead of Hampshire Road Club.

Worthing did not have a single rider in the top five fastest of the event. Strength in depth proved to be the key as they clinched the crown.

The full race result: Worthing Excelsior first, Hampshire Road Club second, SouthDown Velo third and Bognor Regis Cycling Club fourth.



Mike O'Gorman

PICTURE BY MIKE ANTON

O'Gorman stars in time trial

CYCLING
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Twitter: @Worthing_sport

WORTHING Excelsior Cycling Club's veteran star Mike O'Gorman has propelled himself to the head of the club's racing strength

this season with a quite remarkable performance.

He completed a 50-mile time trial in just 1hr 54min 44sec, which put him way ahead of even the best senior club performances this year.

To achieve this, he set himself a six-week block of training and weight reduction and his other racing during that period was gauged to ensure that he peaked at the right time. His dedication paid dividends and for this, he will win the club's fastest 50-mile Cup and it has put him in contention for the most improved rider award.

To achieve his aim, which was to beat two hours, O'Gorman travelled to the Manchester Wheelers' promotion on Saturday.

With few events left on this year's calendar, he will almost certainly clinch the club's best all-rounder title, to add to those veteran titles that he has already secured in the Sussex Cyclists Association and the Southern Counties Cycling Union competitions.

9TH OCT. 2014

Chris Putnam led the way as he made the ascent in 5min 14.8sec. He was supported by Mike O'Gorman, who finished in 5-41.00, and Guy Musgrove, in his first attempt at such an event, in 9-29.3. They won the team award and O'Gorman took the veterans' prize.

On Sunday, O'Gorman rode his last 25-mile race of the season and he finished in 59min 29sec. The event was promoted by the a3crg racing club and the A3 course near Liss was not as fast as it had been previously. Rome Bhamra made just his second ride at the distance and completed it in 1-25-27.

The Lewes Wanderers Grand Prix-des-Gentlemen, which is a two-up team event over an 18-mile course to the east of Lewes, where one rider is paced, attracted three teams from Worthing.

Rick Hughes, who paced Chris Putnam, finished fifth overall in the 32-strong field and their time of 43-07 also gave them a veterans' standard award.

Ian Cheesman paced Martin Booker and they were seventh in 43-34 and Simon Atkinson paced Darron Mugeridge to tenth place with 44-35.

Excelsior also held their annual tourist trophy event, which is a 25-mile route starting and finishing at Washington. The leading finishers were Adrian Palmer (28 points), Mick Irons (26.5), Graeme Gill (26), Phil Frean (25), Mark Roberts (23.5), Mark Windsor (23), Andrew Lock (22), Matthew Edwards (20.5) and Bernard Skinner (19).

Excelsior riders compete in a range of races

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WORTHING Excelsior Cycling Club members enjoyed a wide variety of competition at the weekend.

On Saturday, three members rode the Sussex Cyclists' Association Hill Climb, which was held on Bostal Road in Steyning.

Cycling's enduring appeal

IT wasn't just the bicycles that had handlebars when Worthing Working Men's Excelsior Cycling Club was founded in 1887 – some of the members sported the distinctive style of moustache, too.

Fashionable though they may have been in their club uniform of grey jacket and knickerbockers, blue cap and stockings, it was a far cry from the Lycra shorts and synthetic jerseys worn by Excelsior members today.

Bikes, too, have changed out of all recognition from the 'Safeties' ridden by those cycling pioneers, and yet they were in their time in the vanguard of technological advances which still shape 21st century cycles – chain-driven bikes were beginning to replace 'high bicycles', and gears and Dunlop's pneumatic tyres improved comfort and speed, even on the poorly maintained turnpike roads of those days.

Over the years, the club's

name changed, too, but Excelsior's 127-year existence demonstrates the enduring appeal of cycling. And if one member epitomises that longevity, it is Tony Palmer.

He joined in 1963 at the age of 20, and apart from checking the traffic behind him, has never looked back.

"I wanted to do everything back then, time trials, track racing, going on cycle touring holidays. I wasn't the fastest, but I enjoyed what I did, mostly in time trials."

Travels with his bikes have taken him to countries including France, Italy and Spain, though he stays closer to home these days.

"I avoid hills! I still enjoy it, though, and get out whenever I can, sometimes on my own, sometimes with a few friends."

Tony is a member of the club's committee, and also served as president for 15 years until last year, and has been a timekeeper and helped

with efforts to promote Excelsior. Members come from a wide area, stretching to Lancing, Littlehampton, Washington, Ashington, Steyning and Shoreham.

The club organises rides every Sunday morning, from easy routes for newcomers to 'regular' distances of 35-45 miles, while a group keeping in training for road racing goes out for faster runs of about 75 miles, with everyone meeting up at the same place for elevenses. Newcomers are welcome to join in for a couple of weeks to give group cycling a try, and if they stay on after that would be expected to join the club. Excelsior is proud of its age range, from junior riders up to members in their late 70s.

Tony, a widower living in Brighton, rides most days when the weather is reasonable, usually on his lightweight Specialized aluminium frame road bike, with carbon fibre forks. "I enjoy

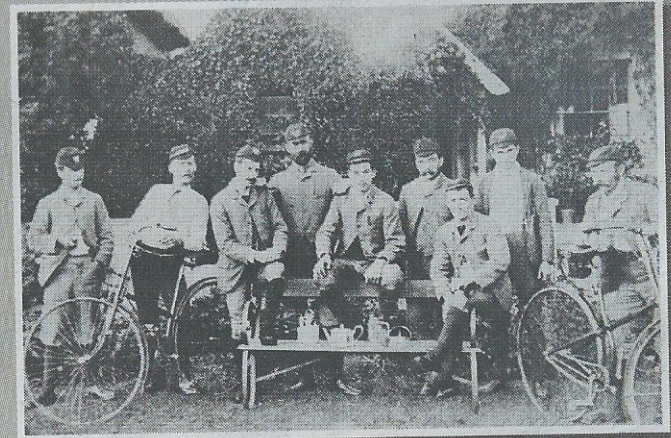
going out with friends, and the conversations we have, going to various places. We ride at our own pace and take the mickey out of one another!"

"I like being out in the open air, getting exercise and maintaining an element of fitness. If it's a nice day, I can go out for a 25-mile ride and not feel exhausted at the end of it."

"I've been to places all over East and West Sussex, all the way from Eastbourne to Chichester and right up to Horsham. It's good cycling territory, a good mix, with the hills in the Downs and flat along the coast."

"I don't see any reason to stop riding. I've given up racing now, but I have some friends in their 60s and 70s who are getting back into racing and enjoying it."

"A lot of people who retire who may have been active cyclists before can then increase their riding."



The success of British cycling in the Olympics, Tour de France, Commonwealth Games and World Championships has led to a boom in membership for clubs all over the country, and Worthing Excelsior is no exception, increasing from about 90 a decade ago to 160 now.

As well as the Sunday rides, Excelsior has a club

night every Tuesday from 7.30-9.30pm in Broadwater Parish Rooms, at Broadwater, Worthing, where members can meet up for a chat over a cuppa and talk about their bikes, rides and anything else that crops up and non-members are welcome to go along and find out more.

For more information, see the website www.worthingexcelsior.co.uk

SEE PHOTO OVER



Veteran cyclist Tony Palmer

Hands-on councillor restores sign

BY HARLEY TAMPLIN
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A forgotten signpost has been renovated by a parish councillor who saved his village money by rolling up his sleeves and fixing the vintage sign himself.

The fingerpost was discovered in an overgrown hedge in Wiston by Ken Newton, who sits on the village's parish council.

After receiving a quote to refurbish from a specialist company, Ken, 63, took matters into his own hands by gathering the necessary materials, paint and lettering, before starting on the restoration.

He said: "It had lost all of its fingers and was corroded, and I guess everybody had forgotten it was even there."

"We thought it would be a nice idea to bring it back to its original condition."

"These things are no longer installed like that any more so these are a bit of a heritage of Sussex. That kind of thing we will never see again if we allow it to disappear completely."

Ken said the quote he was given equated to 20 per cent of the precept.

By renovating the fingerpost himself, he saved around 75 per cent of the overall cost.

He explained the post, by the Wiston Estate, was in poor condition, but he has received positive feedback since the renovation was completed.

He said: "This one is probably the worst I have seen along my travels."

"We are a small parish and our precept is very small, and to renovate the one sign would take a huge proportion of the precept."

"When I was renovating it, cyclists would stop and even motorists would stop, and say what a fantastic thing you are doing and complimenting on

how good it looks."

Ken believes the signpost, bearing the crest of West Sussex County Council, may have been installed in the years following the Second World War.

He added: "I guess it is a bit of social history, and to keep it there was the original objective. It is in keeping with the village."

"I guess that is why you go on the parish council in the first place, to try to improve the village in some way and make it better."

"This is just one of those small things we can do to make it that little bit better."

In another village project, Wiston Parish Council are in the process of renovating a red telephone box, which is almost complete.

The parish council are planning to install a defibrillator in the telephone box, which would be available for emergency use by members of the public.



Ken Newton with the restored fingerpost in Wiston



TOP PHOTO MIKE O'GORMAN WITH HIS 2014 SCA TROPHIES

BOTTOM PHOTO: HIS 2014 COLLECTION TO INCLUDE CLUB AND SCCO

SCCU PRESENTATION LUNCH SUNDAY 2 NOVEMBER 2014



ESCA RELIABILITY TRIAL - SUNDAY 16 NOVEMBER 2014



SOUTHERN COUNTIES CYCLING UNION



Mike O'Gorman

ANNUAL LUNCHEON AND PRIZE PRESENTATION 2014

PRESIDENT ROD STARMER

Copthorne Hotel
2nd November 2014

MENU

Soup
Selection of Salads and Dressings
Cold Meats

Choice of Meats
Vegetarian Option
Seasonal Vegetables

Selection of Desserts

Coffee

TOASTS

THE QUEEN

Proposed by our President Rod Starmar

PRESIDENTS ADDRESS

PRESENTATION OF AWARDS

MEN'S BAR

Name	Club	Av MPH	Best 25	Best 50	Best 100
Steve Kane	Brighton Excelsior CC	26.819	53:18:00	01:52:07	03:54:45
James Stone	Brighton Excelsior CC	24.155	58:15:00	02:04:27	04:25:23
John Marinko	Brighton Mitre CC	23.704	58:24:00	02:08:17	04:32:11
Brian Hennessey	Redhill CC	23.693	58:24:00	02:10:18	04:28:11
Mike O'Gorman	Worthing Excelsior CC	23.467	01:00:55	02:08:46	04:26:52
Paul Tunnell	Addiscombe CC	22.769	01:00:15	02:23:01	04:27:26
Don Parker	Brighton Mitre CC	22.748	01:00:52	02:13:08	04:44:47
Geoff Smith	Eastbourne Rovers CC	22.676	01:02:45	02:09:05	04:47:18
Peter Owen	Norwood Paragon CC	22.478	01:04:40	02:12:18	04:38:13
Andrew J Green	Old Portlans CC	22.059	01:03:22	02:17:20	04:50:22
Matthew Wakefield	Tooting BC	21.667	01:05:47	02:21:33	04:45:37
Robert Royle-Evatt	Addiscombe CC	21.412	01:04:25	02:21:16	05:04:19
Simon Seymour	Tooting BC	21.017	01:10:42	02:20:21	04:53:15
Mike Morley	Kingston Phoenix RC	20.674	01:07:58	02:26:13	05:08:41

WOMEN'S BAR

Name	Club	Av MPH	Best 10	Best 25	Best 50
Helen Bullimore	Trainsharp RT	23.001	25:28:00	01:03:33	02:17:21
Ulrike von Saldern	Dulwich Paragon CC	21.782	25:30:00	01:11:11	02:24:36

VETERAN'S BAR

Name	Club	Av +	25 Time	50 Time	100 Time
Mike O'Gorman	Worthing Excelsior CC	+57:34	01:00:55	02:08:46	04:26:52
Don Parker	Brighton Mitre CC	+46:45	01:00:52	02:13:08	04:44:47
Geoff Smith	Eastbourne Rovers CC	+42:28	01:02:45	02:09:05	04:47:18
Mike Morley	Kingston Phoenix RC	+30:13	01:07:58	02:26:13	05:08:41
Paul Tunnell	Addiscombe CC	+21:34	01:00:15	02:23:01	04:27:26
John Marinko	Brighton Mitre CC	+8:24	58:24:00	02:08:17	04:32:11
Brian Hennessey	Redhill CC	+4:19	01:01:05	02:10:18	04:28:11
Peter Owen	Norwood Paragon CC	+6:01	01:04:40	02:12:18	04:38:13
James Stone	Brighton Excelsior CC	+5:38	58:15:00	02:04:27	04:25:23
Andrew J Green	Old Portlans CC	0	01:03:22	02:17:20	04:50:22
Ulrike Von Saldern	Dulwich Paragon CC	0	01:11:11	02:24:36	04:56:54
Matthew Wakefield	Tooting BC	0	01:05:47	02:21:33	04:45:37
Robert Royle-Evatt	Addiscombe CC	0	01:04:25	02:21:16	05:04:19
Simon Seymour	Tooting BC	-1:3:36	01:10:42	02:20:21	04:53:15

RAWSON SHIELD

Member Club	Total
Kingston Phoenix RC	80
Addiscombe CC	39
Old Portlans CC	33
Brighton Mitre CC	31
East Grinstead CC	31
34 Nomads CC	30

Recorder Lisa Colombo, Kingston Phoenix RC

SCCU AWARD WINNERS 2014

Rawson Shield Kingston Phoenix Road Club

Robin Marsh Trophy

Zac Corum Haynes, Brighton Excelsior, 1:1:23

Bill Diplo Trophy

Steve Kane, Brighton Excelsior CC, 50.53

Dunlop Cup (Alick Bevan) Sporting Weekend

Steve Kane, Brighton Excelsior CC

Tacagni Cup 50 Miles (Fastest First 50)

Paul Burton, Epsom CC, 1:57:22

Fountain CC Cup 25 Miles

Simon McNamara, South Downs Bikes, 51:39

Roberts Shield 50 Team

Epsom CC, P Deen, P Burton, N West, 5:59:31

Vice Presidents Tankard 50 Miles

Steve Kane, Brighton Excelsior CC, 1:52:22

Sid Grey Shield 100 Team

No SCCU Team Finished

Tom Smith Cup 100 Miles

Steve Kane, Brighton Excelsior CC, 3:54:45

3rd BAR John Marinko, Brighton Mitre CC 23.704 mph.

2nd BAR James Stone, Brighton Excelsior CC, 24.155

John Smith Cup Vets BAR

Mike O'Gorman, Worthing Excelsior CC Plus 57.34

Fleming Cup Ladies BAR

Helen Bullimore, Trainsharp RT, 23.001 mph.

Alick Bevan Amateur Cup BAR Team

No Team Completed

Claud Butler Cup BAR

Steve Kane, Brighton Excelsior CC, 26.819

**WORTHING EXCELSIOR
CYCLING CLUB**



**ANNUAL DINNER DANCE
AND
PRIZE PRESENTATION**

FRIDAY 14th NOVEMBER 2014

**WORTHING RUGBY CLUB
Roundstone Lane
Angmering**

MENU

*Fresh Atlantic Prawns
On a bed of leaves finished with House Dressing
Served with Granary Bread*

10/10/10/

*Carbonnade of Beef
(Rump Steak slowly cooked until tender
In Beer & Wine)
Finished with Onions & Button Mushrooms*

10/10/10/

Tiramisu

10/10/10/

Coffee & Tea

10/10/10/

*Don Lock M.C.
(Master of Confusion)*

*Dishing out the Silverware
Your President
Robert Downham*

*Music by
David Shaw & The Purple Haze Roadshow*

RUNNING ORDER

**7.00pm
Congregate (fight to the Bar)**

**7.30pm
Take your seats**

*(Which means sit on seats allocated – see seating plan)
I'm sorry you can't all sit next to the President!
DINNER WILL NOW BE SERVED*

*Quiz on table not compulsory – small prize
Self serve coffee table and then
our President Robert Downham
will present the awards
for the 2014 Season*

Then you can dance to – or in a PURPLE HAZE

*Raffle tickets will now be on sale
please give generously*

Raffle Draw

Cavorting and gyrating continues 'till Last Waltz

12 Midnight – Careful going home

HAPPY CHRISTMAS

2014 TROPHY WINNERS

Mens B.A.R	Mike O'Gorman	24.96mph
Veterans B.A.R	Mike O'Gorman	+ 5.44mph
Mason Cup 100 miles	Mike O'Gorman	4.26.52
Shipton Cup Fastest 50m	Mike O'Gorman	1.54.44
Welch Cup 50 miles	Trevor Leeding	2.03.08
Bennett Cup 25 miles	Simon Atkinson	1.00.42
Young Cup Hardriders	Simon Atkinson	57.36
Clapshaw Handicap 25m	Carl Trevis	
Pressley Cup 30 miles	Simon Atkinson	1.11.48
Hill Cup 10m Series	Simon Atkinson	
Fastest Vet on Std 10m Series	Mike O'Gorman	+5.29
10m Series (Lady)	Joan Lennon	
10m Series (Junior)	Schaeff Potter	
Alan Matthews SPOCO Cup	Simon Atkinson	
Points Cup	Simon Atkinson	
Barrett Hill Climb	Chris Putnam	
Road Race Champion	Dominic Maxwell	
Most Improved Rider	Rick Hughes	
Club Runs Attendance	Mick Irons/ Robert Downham	
Tourist Trophy	Adrian Palmer	
Track Champion	Alan Cooper	
24 Hour Champion	Martin Booker	417.99 miles
Ladies B.A.R	Nicole Patterson-Lett	
Evening Hill Climb Series	Mark Newnham	
Audax Trophy	TBA	
Club Person of the Year	TBA	