

WECC 100 Mile Event (held within SCCU 100 Mile event) 14/07/24

Cheesy was the only WECC rider to ride the SCCU event (incorporating the WECC 100 Mile Club championship). Conditions were pretty good with light winds and warm weather. Cheesy was targeting a sub 4.20 ride on this lumpy course with an out and back start following by 5 laps of the Ashurst circuit. Cheesy got his hydration and fuelling pretty much spot on and rode at a good consistent pace. He hit the “difficult” patch at around 85 miles but it soon came back to him. All seemed to be on target until at 96 miles his gears refused to change down so his bike became a single speed stuck in 56 x 14. This was fine on the flat and downhill sections but more light on the bike weights session when the road went up and cadence dropped to 50 RPM! Despite not achieving his target time, Cheesy was pretty happy to secure 3rd place overall. The event was won by Pat Wright (Paceline) with an incredible time of 3.48.07.

Pos	Rider No	Name	Club	Cat/ Age	Actual Time	Overall Position
1	15	Ian Cheesman	Worthing Excelsior CC	V55	4.21.51	3rd

WECC – POINTS COMPETITION

Pos	Rider	Rides	Points	15 Mile	25 Mile	30 Mile	50 Mile	100 Mile	Hill Climb
1	Ian Cheesman	3	58		19		19	20	
2	Ian Cheesman	2	40		20		20		

