

Workman improves to win “all rounder”

The 2010 Ballymena Road Club – Scott Roof Tiles – time trial best all rounder championship has been won by Steven Workman. Steven, from The Grange in Ballymena, had a brilliant second season in the club and he improved his time trial performances at all distances during the year. His fastest 10 miles time trial performance was achieved early in the season when, on 21<sup>st</sup> April, he recorded 21 minutes 41 seconds on the Woodgreen to Dunsilly course.

His best 25 miles time was 54 minutes 36 seconds, in the Combat Cancer cup event on 2<sup>nd</sup> June. He was fastest of the fifteen entrants that night at Woodgreen and, such was his dominance, he beat second placed David McClean by 4 minutes 34 seconds.

Workman’s 50 miles time of 1 hour 50 minutes 47 seconds was done during the McQuigg cup event on the Woodgreen, Dunsilly, Ballee course on 23<sup>rd</sup> June. This beat his 2009 time of 2 hours 10 minutes 19 seconds by a massive margin of 19 minutes 32 seconds and, not only was he quickest on the night, but he also won the handicap section, and with it the McQuigg cup.

Workman’s B.A.R. winning average speed overall was 27.408 mph. Last year he finished seventh in the same competition with 23.00 (10), 63.30 (25), and that 2.10.19 (50) which was 24.243 mph.

Steven’s consistent improvement throughout the season gave him three first places in the handicap section and he topped the time trial handicap league, where he beat another improving rider, Matthew Brennan, by 2 points.

Steven will collect his awards at the club prize presentation dinner at the Adair Arms hotel on Friday 19<sup>th</sup> November.

His trophy haul includes: The Tommy Talbot cup for the GP of the Glens time trial, the time trial handicap league trophy the Australian pursuit mini series and the “twin” McQuigg cup trophies for the time trial BAR and also the handicap win in the 50.

The two magnificent McQuigg cups were presented to the club in the 1950’s by former club President Mr. Sam McQuigg who owned a gent’s outfitters on Wellington Street beside the current Guardian office. The late Mr. McQuigg was a generous supporter of the club during its early years.

BAR results (provisional) (1) Steven Workman 27.408 mph (2) Derek Dougan 23.00 (10), 59.15 (25), 2.00.43 (50), average 25.418 mph (3) David McClean 23.39 (10), 59.10 (25), 1.58.26 (50), ave 25.351 mph (4) Clive Morris 25.57 (10), 66.06 (25), 2.15.22 (50), average 22.659 mph (5) Bobby Currie 28.50 (10), 64.39 (25), 2.16.08 (50) average 22.016 mph (6) Beresford Millar 27.18 (10), 70.31 (25), 2.25.11 (50), ave 21.304 mph.

Any other club member who thinks they may have qualified for the BAR should contact Richard Wilson as soon as possible so that they may be included in the result. All time must have been recorded in a club race, except the 50 where some other open race times may qualify.

Commonwealth Games success for NI cyclists.

Congratulations to the Northern Ireland cyclists who took the province's first medal at this year's Commonwealth Games last week when they won the bronze medal in the Men's team pursuit in the Indira Gandhi Velodrome in Delhi. The successful quartet of Martyn Irvine, Sean Downey, Philip Lavery and David McCann set a blistering pace and caught their Indian opponents before the half way point. The pursuit final for the gold was won by Australia from New Zealand.

It is also the first medal that the province has won in cycling at the Commonwealth Games since Alastair Irvine took bronze in the 1990 points race and equals the result of the Team Time Trial squad that the current team manager, Cormac McCann, was a member of in 1986.

There was further success the next day when NI's Wendy Houvenaghel, who hails from Upperlands, took the silver medal in the women's pursuit final. She was narrowly beaten by New Zealander Alison Shanks.

Women's Individual Pursuit Gold Medal Final. (1) Alison Shanks (New Zealand) 3 minutes 30.875 seconds (2) Wendy Houvenaghel Northern Ireland 3 minutes 32.137 seconds.

Sunday's road race saw David McCann in contention right to the end of the 168 kilometres event where he finished fifth just 11 seconds behind the winner Allan Davis of Australia.

#### Men's Road Race

1. Allan Davis (Australia) 168 kilometres in 3 hours 49 minutes 48 seconds (2) Hayden Roulston (New Zealand) same time (3) David Millar (Scotland) same time. NI placings (5) David McCann @ 11 secs (15) Adam Armstrong @ 4 mins 20 secs (24) Philip Lavery @ 4 mins 58 secs (39) Sean Downey @ 7 mins 22 secs DNF. Martyn Irvine

#### Women's Road Race

1. Rochelle Gilmore (Australia) 112 kilometres in 2 hours 49 minutes 30 seconds (2) Elizabeth Armitstead (England) same time (3) Chloe Hosking (Australia) same time. NI: (19) Heather Wilson @ 8 secs

Ballymena Road Club – Scott Roof Tiles – cyclists took part in the sixth tour of this year's thirteen round fun tour series on Saturday morning.

Cycling conditions were the best of the season to date when the 61 participants headed out from Rex Bonar House at the start.

The touring group had 38 riders and their route took in Gracehill, Tuppenny road, Straid Road, Ahoghill, New Road, Ballymontenagh, Ballybollen, The Grange and then the descent to Moneyglass.

From there it was on to Gloverstown and a quick break at Toomebridge.

The second part of the ride included the very scenic section past Church Island, on Lough Beg, and on past Ballyscullion house.

Ballynease road took the group to Portglenone and then the long climb up Tully before the final sweep down through Ahoghill and Gracehill and back to base for a total of 37 miles.

The "A" group headed out the Cushendall road to Parkmore and then descended Glenballyeamon on Gault's road.

Then it was in to Cushendall, Waterfoot and the coast road to Carnlough via the diversion which took the route up past Garron tower.

Once in Carnlough it was then up Glencloy and back in through the Braid to Broughshane and Ballymena.

This ride was 48 miles long at an average speed of 18.7 mph and 2530 feet of climbing.

Thirteen riders earned their bronze medals when they completed their fifth ride on Saturday. The medalists include: Alan Blair, Maurice Carruthers, Sammy Connor, Nigel Kernoghan, Patsy McGurk, Pius McKernan, Adrian Moody, William Nelson, Ulick O'Donnell, David Rankin, Colin Scullion and Aaron and Adrian Swan.

Another £15 was collected and the charity fund now stands at £733.

## Calendar

Saturday 16<sup>th</sup> October BRC fun tours continue from Rex Bonar House at 9.30am. A one off entry fee donation of £5 applies to all participants.

## 30<sup>th</sup> October

The Cycling Ulster AGM will take place at 1.30 on Saturday 30<sup>th</sup> October at the Scully's, Kildress Inn, Omagh Rd Cookstown. Any Cycling Ulster member who wishes to attend will be most welcome, however only club delegates have the authority to vote. Light refreshments will be provided. Clubs are entitled to one delegate per ten members up to a maximum of 6 delegates so that means BRC will have the maximum possible number of delegates. Please notify the BRC secretary if you wish to attend.

BRC Annual General Meeting.

The Ballymena Road Club AGM is scheduled to take place on Monday 8<sup>th</sup> November at 7.15pm; again Rex Bonar House is the venue.

Notices of motion should be forwarded to the Secretary Hazel Hughes using the appropriate form which may be down loaded from the Club's new website.

Friday 19<sup>th</sup> November. Ballymena RC will hold their annual prize presentation dinner in the Adair Arms hotel at 7.30pm.

The club are subsidising the cost of the function this year and it is hoped that the £15 ticket price, with £10 for members of the youth section, will encourage more people to attend. This represents a £10 reduction in the ticket price from what it was last year. Tickets are now available from committee members and must be paid for in advance. (A charge of £20 will apply to those paying on the night of the function)