KINROSS CYCLING CLUB

Cleish Hill Climb Competition

2nd June 2011

No 3 of 8 of the KCC Grand Prix

Another stunning evening. The views as one cycled back down the hill were as clear as they will ever be giving that wide stunning vista across Loch Leven and beyond. The Cleish hill climb record went again for the second time this year! We have a new hill climb champion taking the record down by just 1 second. Well done to John Gallacher, who is certainly not the youngest in the club, in recording a fantastic time of 8 min 14 sec. I thought Stuart McElroy's time set earlier this year on a windless evening would have stood for some time. How wrong.

A fantastic turn out of 21 riders! Another record. Many thanks to Ken Ogilvie for starting and pushing off each rider. The warm dry weather helped to give many riders a PB for the course. We could still do with a few more ladies turning out but thanks to Gillian and the vastly improving Carolanne for representing the fairer sex. Stuart (new dad – little girl, Molly) has been laid low for a few weeks with various infection and possible lack of sleep. I am sure this will fire him up to regain his fitness and hill climbing crown. New guy on the block, Kyle Strachan, produced a brilliant time for his first hill climb comp. 8min 18 sec, just 3 sec off the previous record and 4 behind tonight's winning time. Will he be the next to take this record down further now that he knows the course? Newcomer Andy Bruce showed he will also be a force to be record with pushing Stuart into 4th place by a second. Gillian once again showed her climbing prowess coming in 5th in 8min 41sec. The highly competitive Angus McCulloch was just 4 seconds down on Gillian but still a fantastic ride and well within the magical Platinum hallmark.

bands for this climb. *("did you medal?")*

sub 9 min	*Platinum*	sub 9 min 15 sec	*Gold*
sub 9 min 30 sec	*Silver*	sub 9 min 45 sec	*Bronze*

6 riders manage the elite Platinum standard.

3 making the Gold mark. 2 achieved Silver

And one rider, Lachlan McLean, just missing out on silver by one second and achieving Bronze level. It was good to see Lachlan out after quite a lay off with injury but he will be pleased with his time showing that some fitness is returning. Too many names to mention tonight but die hards Paul Zarb and John Mckay battled it out with just 2 seconds splitting them.

Thanks for all for turning out and making the event such a success.

See ya at next Grand prix event which will be the Loch Leven Time Trial

The Hill Climb results

Name	Sex	Cat	Time
John Gallacher	M	SnV	8.14
Kyle Strachan	M	Sn	8.18
Andy Bruce	M	V	8.36
Stuart McElroy	M	Sn	8.37
Gillian Corsie	F	V	8.41
Angus McCulloch	M	V	8.45
Roddy Pattison	M	V	9.00
Alan Corsie	M	V	9.05
Roland Kitson	M	SnV	9.12
Paul Hutton	M	V	9.17
Lachlan McLean	M	Sn	9.31
Grant Young	M	Sn	9.53
Trevor Keer	M	Vin	10.06
Stuart Punton	M	Sn	10.13
Ian Duncan	M	V	10.29
Stewart Herd	M	Sn	10.50
Carolanne Cappie	F	V	10.57
Robert Armitage	M	SnV	10.59
John McKay	M	Sn	11.33
Paul Zarb	M	V	11.35
James Connelly	M	Sn	14.53

Percentage improvements (or otherwise) between the April & June hill climbs.

John McKay	10.8%
John Gallacher	9.6%
Ian Duncan	8.2%
Carolanne Cappie	5.9%
James Connelly	5.8%
Stewart Herd	5.2%
Alan Corsie	4.4%
Roddy Pattison	2.9%
Gillian Corsie	2.1%
Trevor Keer	1.5%
Grant Young	0.8%
Stuart McElroy	-4.4%