

CLUB EVENING 10 MILE SERIES

No 2 – 29th April

Full Result

1.	Mark Bernhardt	22.46	11.	Kevin Doe	25.09
2.	Chris Twine	23.05	12.	Robert Downham	25.26
3.	Ed Klose	23.09	13.	Phil Walker	25.49
4.	Carl Trevis	23.27	14.	John Marshall	26.22
5.	Gavin Baylis	24.20	15.	Tony Knott	27.02
6.	Nathan Gale	24.29	16.	Lee Barber	28.49
7.	Tom Coulson	24.48	17.	John Lucas	28.57
8.	Mark Newnham	24.57	18.	Graeme Gill	31.24
9.	Chris Putnam	24.58			
10.	Peter Logan	25.03			

Another good turnout and with Jeremy missing Mark B put in a good effort to record his first win. Chris Twine close up in second ahead of Ed Klose as well.

~~~~~

## SUSSEX C.A 10 1<sup>st</sup> May

On the Steyning/Shoreham course. Mel Robertson managed 23.22 with 2<sup>nd</sup> on standard. Kevin Doe 25.28, Nathan Gale 25.44 and Robert Downham 27.08 were our other riders. All somewhat down on Nick Dwyer of Lewes, winner in 20.50.

~~~~~

CLUB EVENING 10 MILE SERIES

No 3 – 6th May

Full Result

1.	Jeremy Wootton	21.41	12.	Rober Downham	25.23
2.	Chris Twine	22.49	13.	Robin Moss	25.30
3.	Ed Klose	22.52	14.	John Baldwin	25.53
4.	Stuart Jago	23.21	15.	Chris Day	26.33
5.	Carl Trevis	23.26	16.	Ben Toovey	26.53
6.	Lewis Norris	24.05	17.	Tony Knott	27.03
7.	Nathan Gale	24.20	18.	Joan Lennon	28.08
8.	Tom Coulson	24.30	19.	Lee Barber	28.34
9.	Kevin Doe	24.45	20.	John Lucas	28.36
10.	Chris Putnam	24.47	21.	Graeme Gill	31.14
11.	Peter Logan	25.05			

Jeremy back to make it number two. Chris T still edging Ed K and Stuart Jago revving in with a very useful 23.21. A good evening with a number of personals. There were ten private time trials led home by Nick Dwyer of Lewes 20.23. Phew!

~~~~~

## WITHOUT THE BIKE

To me a marathon is a 24 or 12 hour time trial or a 400+ km Audax, but to others it's 26 miles and a few odd yards but covered using only one's legs directly onto the road, amazing. I can walk to the car or to the bike shed and if in a real hurry I could run, but 26 miles . . . . .no, if it couldn't be car or bike it would have to be with the bus pass. Yet you know, quite sane people actually do this as a sport. It also happens that sometimes cyclists get afflicted with the urge to pound the tarmac. I'm glad to say that's one affliction I've avoided.

Jeremy Wootton has done it and Colin Miller's done it, but they appear to have got over it. Clive Lett and Nicole Patterson are, I believe, verging towards it. Joan Lennon is regularly running long distances. It's all very annoying when you can't even catch them on two wheels.

Some of them get so badly bitten they do two in two weeks. Ellis Bacon – club member but living up in London, ran the Brighton Marathon this year. His time 3.53.19 finishing in 1309<sup>th</sup> place, then the following week he knocked a whole minute off in the London Marathon 3.52.22 placing 7412<sup>th</sup>.

Even perfectly normal people like Martin White of the Bike Store spent 4½hours 'enjoying' the Brighton edition.

I did go running once with a neighbour who thought I must be so fit because of all the biking I did. After 5 miles he had to keep coming back for me and I was crippled for a week! Probably that's what kept me clear. I shudder at the memory.

*Don*

~~~~~

SUSSEX C.A. 25 MILE CHAMPIONSHIP

2nd May

It is the first time for many years that W.E.C.C have failed to enter full teams for this event. The principal team award is for your first four aggregate and the second 'B' team award, still a handsome trophy, is for your next three. In 2010 we only had three entries. A sizeable group were busy patrolling the coast of the Isle of Wight but this did not include many of our top racers, so what happened? Perhaps they all knew it was going to be a hard day.

Anyway, one by the name of Dr Hutchinson tootled round on his low profile shopper and as it wasn't the best of days made it quickly back to the timekeeper in 51 minutes 12 seconds. In Gear won the team well with four man aggregate of 3.38.26, you would wouldn't you. Hats off though to Lewes Wanderers – a real club – for getting second with an excellent 3.47.57 and winning the 'B' team trophy with a very useful 3 man aggregate of 3.02.20.

We did manage to get our hands on one piece of silverware though. Thanks to a fine 59.30 from Mel Roberton he won the Veteran's Age Standard Category with a plus of 18 minutes 15 seconds. Stuart Jago 1.4.01 and Nathan Gale 1.6.15 were our only other riders.

~~~~~

## CIRCUIT OF THE ISLE OF WIGHT

2<sup>nd</sup> May

We've done it before so let's do it again. So thought Rocco Sepe, Peter Logan, Mark Newnham, Richard and Ed Klose, Phil Walker, Tony Knott, Robert Downham, Ken Newton, Neale Maloney and our Ed.

Didn't start too well with Mark's gears coming adrift before we had even left the car park in Portsmouth. This meant we missed the Fishbourne Ferry so instead went over to Ryde. It was clockwise the circuit this year and we soon found the route to first control. We were not that worried about the control as such. One 'Round the Island' badge is enough, but the teas and buns were always welcome. Additionally Mark could hopefully find a mechanic to fix his gears.

It was blowy and rain threatened. The lovely route does need nice weather and without it the rural nature becomes distinctly muddy and obviously when you share these lanes with the cattle there is that additional ingredient. Those who hadn't bothered to clean their bikes were laughing!

Next delay was a puncture, think it was Phil, but feeling the pace and concerned at the delay Don sought permission from Rocco to 'potter' on. In fact he was hoping to make the RNLI station at Freshwater before the rest and clearly remembered the cakes from last year. He pushed on and almost made it, only being overhauled by Ed in the last mile. Ed was another obviously recalling the cake saga. During this stretch the weather deteriorated with some heavy showers and a very cold wind.

Back to Cowes and the chain ferry across the Medina then the lumps back to Ryde. Neale Maloney seemed to be aiming for the earlier ferry and the group disintegrated in his wake.

We all got back OK, but it was a rather dirty bunch that reloaded the bikes in Pompey after the 70 mile circular.

~~~~~

NORWOOD PARAGON 25

9th May

Good rides from Jeremy Wootton 59.16 and Mel Robertson 59.14. Bet he enjoyed those 2 seconds! Also encouraging effort from Ed Klose on 1.1.24.

~~~~~

## CLUB EVENING 10 MILE SERIES

No 4 – 13<sup>th</sup> May

|    |                |       |     |                |       |
|----|----------------|-------|-----|----------------|-------|
| 1. | Jeremy Wootton | 22.09 | 9.  | Robert Downham | 26.06 |
| 2. | Mark Bernhardt | 23.14 | 10. | Joan Lennon    | 28.17 |
| 3. | Chris Twine    | 23.19 | 11. | Philip Frean   | 28.23 |
| 4. | Adrian Rodgers | 23.47 | 12. | Lee Barber     | 28.48 |
| 5. | Peter Logan    | 25.18 | 13. | John Lucas     | 29.05 |

|    |               |       |     |              |       |
|----|---------------|-------|-----|--------------|-------|
| 6. | Tom Coulson   | 25.24 | 14. | James Nelson | 30.55 |
| 7. | John Marshall | 25.40 | 15. | Graeme Gill  | 31.15 |
| 8. | Phil Walker   | 25.46 | 16. | Alan Stepney | 31.21 |

Win number 3 for Jeremy with a familiar look to the other placings. It was good though to see Adrian Rodgers having a go again.

Eighteen guest riders from eight different clubs/squads helped make a good evening's racing. Two recording 20 minute times though, shows our fast men still have a way to go.

~~~~~

THE RAY DOUGLASS OPEN 25 16th May 2010

This was a highly successful promotion lovingly cared for by John Baldwin. It was his first time trial promotion and he has a full appreciation now of the amount of work that goes on behind the scenes. He took over from Mel Roberton and had much help from that source. John you did great and fully upheld the standard of our Ray Douglass promotions. Ray would have been proud.

The winner was David Wheeler of Rye Wheelers with a super fast 52.13 just beating favourite Steve Dennis of East Grinstead.

Worthing's best three were Jeremy Wootton 59.10, Mel Roberton 59.41 and Mark Bernhardt 1.00.34. Not quite good enough for the team prize finishing second behind Crawley Wheelers. Mel's ride +18.04 saw him first on age standard and Lewis Norris was unopposed in the Junior section with a personal best of 1.5.07.

Other Worthing times were: Chris Twine (another P.B) 1.1.34, Ed Klose 1.1.56, Stuart Jago 1.3.46, Tom Coulson 1.5.48, Kevin Doe 1.5.57, Peter Logan 1.6.41, Gavin Baylis 1.8.16, Phil Walker 1.10.34, Robert Downham 1.11.09, Tony Knott 1.12.19, Nicole Patterson 1.14.04 and Joan Lennon 1.16.19.

~~~~~

### CLUB EVENING 10 MILE SERIES No 5 – 20<sup>th</sup> May

#### Full Result

|    |                |       |     |              |       |
|----|----------------|-------|-----|--------------|-------|
| 1. | Jeremy Wootton | 21.18 | 10. | Tony Knott   | 26.27 |
| 2. | Ed Klose       | 23.13 | 11. | Ben Toovey   | 27.07 |
| 3. | Stuart Jago    | 23.34 | 12. | Joan Lennon  | 27.13 |
| 4. | Adrian Rodgers | 24.00 | 13. | Phil Freaan  | 27.30 |
| 5. | Kevin Doe      | 24.15 | 14. | Lee Barber   | 27.33 |
| 6. | Gavin Baylis   | 24.20 | 15. | John Lucas   | 27.37 |
| 7. | Chris Putnam   | 24.33 | 16. | Colin Miller | 28.01 |
| 8. | Robert Downham | 24.55 | 17. | Graeme Gill  | 29.12 |
| 9. | Robin Moss     | 25.00 |     |              |       |

A really good night with Jeremy getting ever closer to a 20 minute ride. Too big a gap behind him though.







## CLUB EVENING 10 MILE SERIES

Number 7 - 3<sup>rd</sup> June

### Full Result

|     |                |       |     |              |       |
|-----|----------------|-------|-----|--------------|-------|
| 1.  | Jeremy Wootton | 22.04 | 11. | Tony Knott   | 26.29 |
| 2.  | Mark Bernhardt | 23.00 | 12. | James Nelson | 27.03 |
| 3.  | Chris Twine    | 23.07 | 13. | Don Lock     | 27.29 |
| 4.  | Simon Letts    | 23.43 | 14. | Ben Toovey   | 27.59 |
| 5.  | Ed Klose       | 24.05 | 15. | Lee Barber   | 28.11 |
| 6.  | Lewis Norris   | 24.17 | 16. | Phil Freaan` | 28.17 |
| 7.  | Kevin Doe      | 25.01 | 17. | John Lucas   | 28.28 |
| 8.  | Peter Logan    | 25.27 | 18. | Alan Stepney | 28.55 |
| 9.  | Robert Downham | 25.52 | 19. | Graeme Gill  | 30.20 |
| 10. | Chris Putnam   | 25.53 |     |              |       |

Seven events, six rides, six wins so Jeremy can't be beaten for a retention of his 'King of the Tens' title. Mark B could get to share it if he can get another 5 but that's asking a lot.

Who dug out Don Lock for a ride, put him back for goodness sake – he blames John Lucas. If it goes on like this we shall need a zimmer park at the finish!

~~~~~

SUSSEX C.A 50 MILE CHAMPIONSHIP

(Incorporating Club Championship)

6th June

Hard course and a hard day, but W.E.C.C did well. They were after all County 50 mile team champions in 2009. Could they retain the trophy? Well it looked doubtful when after just 12 miles Mel Robertson punctured to D.N.F and return to the HQ to get on with his tea making job. Understandably not a happy bunny.

So what did we have left, firstly Jeremy Wootton who had been showing good recent form but only rarely does he stretch his efforts to 50 miles. At 22 miles he was noted to be flying. In his words "I couldn't hold it over the second half" but still it was a Club Championship winning effort of 2 hours 3 minutes and 58 seconds. It placed him sixth in the County event. Secondly we had our northern based member Nigel Reynolds. We don't see him very often so what kind of form did he bring. We remember his effort in the '100' last year so we were hopeful. He did not disappoint and finished eighth overall in 2.4.15. Now who would be our third man, who was going to give us that third counter to keep Lewes at bay? They had already placed 2nd with a 2.1.16 and had two home in the 2 hour 10 minute bracket. Could Nathan Gale or Stuart Jago do the necessary? Both gave it their best and Stuart's 2.12.43 was to give us a winning team margin of 1min 45 seconds – close. It shows though how important these supporting rides are for if we had needed to use Nathan's 2.13.57 we would still have won but the margin would have been down to just 31 seconds.

Kevin Doe finished with a P.B of 2.19.01 a prize winning improvement of 3.22. Peter Logan suffered with his back but kept going because he thought he could beat Don Lock's handicapping, finishing in 2.24.27 and Robert Downham in 2.28.16.

So the Halford Cup is ours for another year – very well done.

Club Result

<u>Pos</u>	<u>Name</u>	<u>Act Time</u>	<u>H'cap</u>	<u>H'cap Time</u>
1.	Jeremy Wootton	2.03.58	3.00	2.00.58
2.	Nigel Reynolds	2.04.15	2.00	2.02.58
3.	Stuart Jago	2.12.43	11.00	2.01.43
4.	Nathan Gale	2.13.57	12.00	2.01.57
5.	Kevin Doe	2.19.01	18.00	2.01.01
6.	Peter Logan	2.24.27	24.00	2.00.27
7.	Robert Downham	2.28.16	26.00	2.02.16

~~~~~

### CLUB EVENING 10 MILE SERIES

Number 8 – 10<sup>th</sup> June

#### Full Result

|    |                |       |     |              |       |
|----|----------------|-------|-----|--------------|-------|
| 1. | Mark Bernhardt | 23.41 | 8.  | Tom Coulson  | 27.45 |
| 2. | Chris Twine    | 24.06 | 9.  | Tony Knott   | 27.50 |
| 3. | John Marshall  | 26.35 | 10. | Lee Barber   | 29.10 |
| 4. | Chris Putnam   | 26.43 | 11. | Phil Freaan  | 29.13 |
| 5. | Phil Walker    | 26.45 | 12. | Ben Toovey   | 29.45 |
| 6. | Robert Downham | 26.53 |     | James Nelson | D.N.F |
| 7. | Chris Day      | 27.31 |     |              |       |

A dark and windy night, but it just stayed dry, so not so many signing on and those that did had a hard ride. Mark Bernhardt registering his second win in the series with probably his slowest time.

Messrs Jeremy Wootton and Roger Smith (Southdown Bikes) rode a 2-up. A time of 22.09 would have been a lot quicker on a good night.

~~~~~

EAST SUSSEX C.A 50 MILE

13th June

They will forgive us we're sure if we refer to this entry as our second team. We certainly had our third counter Stuart Jago from last Sunday's S.C.A team win but no Jeremy Wootton, Mel Robertson or Nigel Reynolds. This, plus the entry from Lewes (more later) meant we were looking for improvement (P.B) rides. The Club's Time Trial coordinator or chief stirrer had told them all that the course was 2 minutes quicker. He then gave schedules worked accordingly and dared anyone to do less.

It was a nice morning and the course is less 'sporting' than last weeks but some of the road surface is distinctly rough. It all worked out quite well. Stuart

improved from his 2.12.43 to an excellent 2.8.11 which deservedly got him among the prizes in the handicap section. Nathan Gale did not have a happy ride and slipped back from 2.13.57 to 2.15.40. Kevin Doe pushed forward his P.B from 2.19.01 to 2.18.18 and Robert Downham while not achieving a P.B knocked nearly 3 minutes off his S.C.A time in recording 2.25.30.

Lewes had 25 riders in the field of 60. They finished 9 in the top 20 and 22 finished. Their team was 1.51.43 + 1.52.46 + 1.56.13. We're told that they've got a new coachcan't be that Capello fellow that's for sure!

~~~~~

**CLUB EVENING 10 MILE SERIES**  
**No 9 – 17<sup>th</sup> June**

**Full Result**

|    |                |       |     |                |       |
|----|----------------|-------|-----|----------------|-------|
| 1. | Mark Bernhardt | 22.28 | 9.  | Robert Downham | 25.18 |
| 2. | Chris Twine    | 22.40 | 10. | Tony Knott     | 26.00 |
| 3. | Sam Maloney    | 23.30 | 11. | James Nelson   | 26.22 |
| 4. | Simon Letts    | 23.40 | 12. | Mark Newnham   | 27.00 |
| 5. | Lewis Norris   | 24.09 | 13. | Don Lock       | 27.25 |
| 6. | Ed Klose       | 24.12 | 14. | Lee Barber     | 27.31 |
| 7. | Nathan Gale    | 24.25 | 15. | Joan Lennon    | 27.51 |
| 8. | Carl Trevis    | 25.16 | 16. | Graeme Gill    | 28.52 |

Good to see Sam Maloney back in action and to clock a personal best of 23.30 as well, is good news, let's hope we get some more good rides from Sam while he's still a junior.

~~~~~

TEAM AXIOM 25 – 13th June

Held on the A3 road west of Petersfield and just a week before the National 50 was to scorch the same road. Jeremy Wootton rode and warmed it up with an excellent fastest of the year for W.E.C.C of 55 minutes 43 seconds. He rather spoilt it by admitting he was only 25th and the winner did 49.58 Wow! That's about 3 miles up the road.

~~~~~

**SURREY/SUSSEX VETERAN'S 10 – 19<sup>th</sup> June**

Jeremy Wootton in action again and getting third fastest with 22.53. Mel Robertson finished in 24.04 for third place in the veteran's standard category.

~~~~~


everyone else has to go a bit faster to keep in front. Anyway it was all spoilt when Colin Miller took over the 'Lantern'Rouge'.

Clive Lett upset our 'Ed's' previous meanderings around the 10 course pacing him to a 23.34. Don has now gone to lay down for a fortnight's recovery.

Full Result

1. Chris Twine	22.12	13. Chris Day	25.44
2. Mark Bernhardt	22.23	14. Phil Walker	25.47
3. Simon Letts	23.08	15. Robert Downham	25.52
4. Carl Trevis	23.09	16. Tony Knott	26.00
5. Stuart Jago	23.15	17. Ben Toovey	26.20
6. Tom Coulson	23.20	18. Paul Ansell	26.33
7. Lewis Norris	23.36	19. Lee Barber	26.45
8. Nathan Gale	23.45	20. Joan Lennon	27.03
9. Chris Putnam	24.10	21. Phil Freaan	27.15
10. Kevin Doe	24.56	22. Graeme Gill	27.56
11. Peter Logan	25.09	23. Colin Miller	28.31
12. James Nelson	25.38		

Clive Lett/Don Lock (2-Up T/T) 23.34

~~~~~

SOUTH EASTERN ROAD CLUB 10

July 10<sup>th</sup>

Mel Robertson signed up for this and found the warm conditions to his liking, although it was a murky kind of morning on the A264 from Rusper. Totally overlooking how old he is he tore his way round in 22.12 beating his age standard by 8.04. Not good enough though, 73 year old Dave Dallimore, who some years ago rode in our colours, clocked a plus, on standard of 8.39. So only £20 and second place for Mel this time.

Lewis Norris was told he had to ride this as it counted for the Southern Counties Junior B.A.R. Coming straight from some personal bests in the Club 10's, he was aiming for another. A low 23 he wanted, but it wasn't quite there and his 23.48, like Mel saw him second in his category.

~~~~~

SOUTHBOROUGH & DISTRICT WHEELERS 25

July 11th

The East Sussex course for this one and we had three riders. On form Mel Robertson turned in a super 58.35. This time making first on Vet Standard and taking home another £20 to boost his pension. Why bother to turn pro? Peter Logan recorded 1.7.38 and Robert Downham 1.10.30. Did they let the team down? Certainly not as Peter said "If Mel had done a '41' we could have won it!"

~~~~~

## WHAT'S AN IRONMAN?

Swim a couple of miles like from the Club Room down to the Pier and back, ride the bike for a mere 112 miles then run a marathon! I'd sink around Broadwater Green so the rest would not be a bother!

But hold on, if this is an Ironman how about a Quadrathon. In the Worthing Wheel of Spring 1985 member Brian Cox related how he had helped a friend in such an event. It comprised a 2 mile swim, a 50k walk, a 100 mile ride and a marathon. His mate finished 9<sup>th</sup> in 18 hours 37 minutes 54 seconds, the winner in 16 hours 8 minutes and 8 seconds. His splits were 1.13.11, 6.30.43, 6.16.16 and 4.05.46.

We shall look for comment when in the next issue we have Clive Lett's report on his Ironman efforts as we go to press.

All the best to you. Sir!

N.B Having just checked the 'splits' and the 'total' we find it don't add up! Magazine staff much improved these days!

~~~~~

OFFINGTON CORNER

(See photo on cover)

The junction of the A24 and the A27 where traffic stagnates and the CO's emissions cloud the area in a grey disgusting pollution. The place where the most sensible and appropriate development was the cemetery. Where people frustrate and rage and rev. and hoot, where peace and quiet exists briefly between 3 and 4 a.m but no when else.

Perhaps then we can look at the start of a club run from Offington Corner a long, long time ago, probably 100 + years ago. The camera looks west towards the Arundel bound 'Crocodile' (Crockhurst Dell Hill) in Victorian times. Then steer starboard 90° and that's the Horsham road. Offington Lane is off to the left and it is thought that the walled building was a gate house to Offington Hall.

A bonus of 10 for spotting the machine extreme left is in fact a motor bike. W.E.C.C did have at least one m.c. member around this period. Perhaps this is where the rot set in!

Ah! The serenity of the scene. We thought of a title, how about 'Waiting for Rocco'?

~~~~~

## JEREMY WOOTTON – TOUR de FORCE

*I thought you might appreciate a few notes on my experience of riding stages 12 – 18 of Le Tour in aid of Charity. There were 15 riders ('lifers') taking part and riding the whole event, I rode just 7 stages.*

*We were supported/ organised by Classic Tours who made sure everything went to plan. Overall 115 riders took part riding one or more stages.*

Wed 30 Travel to Valence by TGV, forget planes etc. Eurostar from Ashford to Lille, an hour to swap platforms etc, and 4 hours to within 8km of my destination - cannot be beaten.

Thursday 1 July Stage 12 Bourg de Peage – Mende

First stage for me, weather fine to start 210 km to cover, lumpy roads over 4,000 mtrs of climbing 3 x third category climbs and 2 x second category climbs, rode the whole day in the big ring until the final climb to Mende Airport, this is a stage to watch the end of on TV. The final climb may only be a 2<sup>nd</sup> cat climb and 3 km long but with sections at 13 % it is brutal. With gears of 40 x 27, I was on max having ridden the last 40 km at pace with Doug, one of the 'lifers' on my wheel for the ride.

Friday 2 July stage 13 Rodez to Revel 145 km and 1,400 mtrs of climbing

Hot and lumpy with nothing to note in terms of hills, tough headwind to finish and a bunch on my back wheel to draft the last 30 km to the finish. The real test was the heat, I went through 10 bottles of water during the day, after yesterdays efforts off the front of the peleton I was quite happy to pick up a group and pace them home. Hotel was a converted Chateau, looked lovely but our room in the rafters was very hot and sleeping not easy!

Saturday 3 July Stage 14 Revel to Ax 3 Domaines 177 km and 3,300 mtrs of climbing

At last the Pyrenees! Rode 115 km with Tim and Mark on my wheel, both nursing injuries, as we passed the peleton comments of surprise were heard from several riders to be overtaken by the two injured riders! Several highlights today. Saw two adult and three or four young wild boar running through a field of root vegetables and into a wood. Later in the day on the climb of Port De Pailheres (Hors category 2,001 mtrs) heavy cloud cover turned to thunder, then lightning, followed by rain and a hail storm! Absolutely wild conditions, descent into Ax les Thermes and the climb up to the finish at Ax les 3 Domaines (1<sup>st</sup> Cat) saw the day end in a very dated hotel with pre 1960's fittings, needless to say the 'mini' bath was not quite what was wanted, the local thermal springs looked more inviting!

Sunday 4 July Pamiers to Bagniers de Luchon , 187 km and 2,300 km of climbing

Off the front within 10 km of departure to ride the day on my own! 1x HC climb and 2 x 2<sup>nd</sup> cat climbs, at 30 km we passed the village of Carla Bayle, this town is home to a community of 'free thinkers' with links to Rotterdam ( the Tour start), don't ask me to explain! Next up Portet d' Aspect, which was very scenic and finally after Alain, a local cyclist had set me on the right route the Port de Bales a stunning climb of over 1,100 mtrs vertical with some very beautiful views to temper the steep roads. I arrived in Luchon with plenty of time to check in to the very well appointed hotel and relax on the terrace as the riders arrived.

Stopped on the last descent to relieve the dull ache between shoulders brought on by so many kilometres of descending and braking for the hairpin bends.

For me the highlight of today and probably the week was stopping on the descent of the Portet d' Aspect to stand at the memorial to Fabio Casartelli the Olympic road race gold medallist who lost his life in a crash on this descent on the 18 July 1995 and say a few words, I can still remember watching the Channel 4

TV coverage 15 years ago, a very sad moment and a great loss for such a young rider.

Monday 5 July stage 16 Bagneres de Luchon to Pau 2 x 1<sup>st</sup> Cat and 2 x HC climbs 187 km and 2,300 mtrs of climbing.

Big day - Col de Peyresourde (1,569 mtrs ) Col d'Aspin (1,489 mtrs) beautiful climb, Col du Tourmalet (2,115 mtrs) and Col d'Aubisque (1,709 mtrs) this last climb included the Col du Soulor at 1,474 mtrs but with only 3 km of descent to the climb of the Aubisque it doesn't get a category, the ride from the Soulor to the Aubisque along a road carved into the side of a mountain is quite stunning! On the climb up to the Tourmalet we saw birds of prey (either golden eagles or vultures) attack a lamb in a flock of sheep, the flock panicked and ran, it looked like the mother stayed but with the birds showing wingspans of over 2 mtrs the outcome was never in doubt.

Tuesday 6 July Rest day

Mass bike cleaning, much like peacocks strutting their stuff, outside the hotel we set to with varying levels of professionalism, buckets of water, degreaser and oily rags, great atmosphere!

Wednesday 7 July stage 17 Pau to Tourmalet ( Etape du Tour stage ) 174 km and 4.400 mtrs climbing

Thoughts of the first climb had kept me awake at the previous night! After the climb to Mende Airport with 13% gradient I knew the Col de Marie- Blanque at only 1,035 mtrs would be a challenge for my lowest gear of 40 x 27. Soon after the start a selection took place and I spent the day with the same 4 riders, great fun and company. After the brutal Marie- Blanque a stunning descent led us to the Col du Soulor in the reverse direction to the other day, a quick lunch break and onto the Tourmalet. We stopped for more drinks at Bareges, the pace within the group had been high all day with each one of us eager to make it to the finish first, my hopes were dashed in the car park below the ski lift for the Tourmalet where I got 'rinsed' by Sam and Ryan, congratulations guys and great riding.

This will be a big stage to watch in the Tour!

Thursday 8 July Stage 18 Pau to Bordeaux 180 kms

Pancake flat, boiling hot, air temperatures of 35C and my bike computer showing 43C! A detour saw me make this 213 kms and great relief to get to the hotel in Bordeaux. En route through the city every stop at traffic lights was unbearable with the heat.

Friday 9<sup>th</sup> July

TGV home, lots of sleeping, weight the same as when I left but all my trousers seem a size too big. What a great experience.

Back at my desk, I've slept a lot over the weekend, I'm envious of the 'lifers' who've ridden the whole route, as of Monday 12<sup>th</sup> fundraising is at £315,000, wow!

<https://www.bmycharity.com/V2/jeremytourdeforce>

Jeremy Wootton

Photo of Jeremy on cover taken at the summit of the Tourmalet



## DO YOU REMEMBER THE 'MUPPETS'?

The photograph on our cover taken from inside the kitchen at the Club Room by John Baldwin must surely remind you. To your left Peter Logan and to your right Kevin Doe. What a lovely couple of 'Happy Muppets' they make.

~~~~~

CLUB EVENING 10 MILE SERIES

No 13 – 15th July

A wild day with very strong winds certainly put paid to a good turnout this evening. In fact by 7p.m the wind had dropped considerably and conditions were not too bad. Just to illustrate this Jeremy Wootton back from riding 7 stages of the Tour de France route (see story elsewhere in this edition) recorded yet another personal best his 21.04 getting him so close to the 20 minute ride he covets.

Full Result

1.	Jeremy Wootton	21.04	5.	James Nelson	26.23
2.	Tom Coulson	24.00	6.	Robert Downham	26.24
3.	Kevin Doe	25.08	7.	Lee Barber	26.47
4.	Tony Knott	25.52	8.	Graeme Gill	28.49

Only two private time trials but one was our old friend and ex-member Jonathan Ford-Dunn. Up from his Cornish home to visit Mum he took the opportunity to turn in a useful '23'. Another keeping himself fit with all this running/riding/swimming lark.

~~~~~

### Graeme Gill

This member has a collection of bicycles stored in a garage. We wont say where for security reasons, there would probably be less value if he removed the bikes and pushed in a Lamborgini. He exercises them like other people exercise their dogs. Frequently he comes into the Club Room with some vintage or even downright ancient machine.

On 13<sup>th</sup> July the '1884 Humber' was so enormous it wouldn't go through the Club Room door and police were close to setting up diversions around Broadwater Green! We did however manage a 'mounting' press ganging Roger and Jean Smallman into the clearly dangerous exploit (photo on cover)

~~~~~

NEXT MAG

In the next issue we will hope to bring you reports on Stuart Jago's ride in the National 12 hour Championship on Merseyside and on the efforts of Stuart, Mark Bernhardt and Nathan Gale in the Kent C.A 12 hour. We also have riders who will be competing in the Southern Counties/Sussex 100 mile and East Sussex 100 mile events. We can tell you briefly that Joan Lennon won a Bronze medal in her age group in the European Triathlon Championships in Athlone, and a full report will be available.