



## 'MARATONA' dles DOLOMITES 2010

(The full unexpurgated version):

*A marginally depleted team WECC set off to tackle the mythical climbs of the Dolomites for this year's Maratona. Our spiritual "capo" was missing (it is rumoured that "the Don" feels more at home on the remote hills of southern Italy.....), and for the second year in succession the average age of the team plummeted as Don, Richard Klose and Clive Lett were replaced by the somewhat younger Carl Trevis. The full team comprised Tom Coulson, Carl, Rocco and Giacomo Sepe, and special guest Vitor Ferreira drafted in from Verulam CC for his super domestique qualities - very handy he was too with the washing up!*

*The Boscoverde apartments were well located slap bang in the middle of San Cassiano and directly opposite the best pizza restaurant in town. The world cup disrupted our preparations. Extra time and the handball-on-the-line injustice that saw Ghana exit, upset the equilibrium of our fair-play inspired crew. One of our number had a broken night dreaming of how he could console the Ghanaian penalty misser! Quite distressing for a finely tuned athlete where marginal gains are everything!*

*With over 8500 participants from 42 nations, the beauty of this event lies in the climbs covered, made famous by the Giro d'Italia and graced by many legends of the past - Fausto Coppi, Gino Bartali, Franco Balmamion, Felice Gimondi etc. (I'm told there may have been one or two non Italians too!) It is the most heavily oversubscribed gran fondo in Italy and over the 140km and 4200m of climbing, the ride takes in the passi campolongo, pordoi, sella, gardena, falzarego, valparola and the mighty giau. The latter being 10km of perfect suffering at an average gradient of 10%. The organisers time your ascent up the giau, and Carl recorded the most impressive crono of our group at just under the hour. A fantastic time especially in the extraordinarily hot conditions - 35c with no break from the full sun. Tom found respite by plunging his head in a trough of spring water halfway up! (Check his video footage on the WECC facebook page for evidence of how the giau can mess with your mind...)*

*A 6.30am start means a very early breakfast (some complained that the mountainous risotto prepared the night before had barely been digested). Last year's team will be pleased to know that the boiled eggs went down a treat! It can be fresh in the mountains at that hour (the start is at 1500m) so you need to keep warm. The kit worn to the start varied from Carl's stylish black bin liner, to Tom's old painting t-shirt, and including a rather elegant pink rapha stowaway jacket. Carl's overall time was a very impressive 7h 30m, only a little outside Clive's record time last year of 7h 15m (and yes, we're as surprised as you that he didn't record a faster time than that old duffer! Doubtless having a lot to do with the conditions and a little to do with shepherding the rest of us up the first climbs). Tom's time would have been much closer to Carl's had he not waited with me at the top of the falzarego where I had my "nothing left in the tank" moment. Grazie Tom.*

*The organisation was splendid. Well stocked feedpoints with helpful volunteers on hand to help you re-fuel. Tom caused a stir, managing a record 3 panini at one stop!*





badge, and were known as the 'Fingleaves'. Theirs was primarily a social cycling club, but it had some feared racing men, whom 'Dick Turpin' of the Worthing Gazette referred to as 'Terringean Terrors'.

Sam Clark was born in 1858, and claimed to have been a cyclist since the age of eight, about the time that he first picked up awl and thread in his dad's saddlery shop in Tarring High Street. Cycling and saddlery figured large in his life thereafter.

Jack Watts' book 'Old Worthing as I Remember it' says 'one of the few shops on the North side of the line was owned by Mr Clark, famous as a saddler, and a racing cyclist in his spare time.

Before concentrating on his cycling, Sam was a doughty runner, competing all over West Sussex at most track distances, and even in later years could still run a good 'half' and knock up fifty runs for Tarring Cricket Club when needed.

In fact early records show Sam riding simply for 'Tarring' or for Tarring Cricket Club. Although he rode in several Worthing Cyclists' Club road races, and marshalled or timed others, he never joined them, and only joined the Excelsior second claim after the turn of the century.

Like his pal Edgar Henson, Sam was a village patriot – cut either of them in half, and you'd find 'Tarring' in big letters, right through the middle.

As parish councillors both fought for Tarring's right to exist apart from the upstart borough of Worthing, and for its own fire brigade. Wouldn't you, when the borough's 'steamer' took half-an-hour to get to a Tarring rick fire?

Sam was Sussex veteran's track champion many times over, and was popular both at home and with clubmen from all over the South. Soon after he'd won the 1905 Sussex Vet's Championship, WHH of Willesden wrote to the Worthing Gazette of Sam's 'red-hot tyre' and lapsed into poetry (of a sort!)

*"For those who want a liverly jaunt,  
Just let them have as a pacer,  
The Champion Veteran,  
Sure a better 'un.  
There is not on a racer"*

Sam was a mile-eater. Club runs, rides to events at Crystal Palace, or selflessly pacing and feeding club-mates or riders from other clubs on their medal attempts, a trip to Southampton to welcome veterans home from the South African war, all piled up the miles, as did another hobby, Sussex churches, on which he was an authority. Shiny bike parked outside village church? Somewhere near you'd find Sam, in dapper touring dress, knickerbocker suit, cap and immaculate white gloves.

As if this was not enough, this pleasant gentleman found time to be an agile and accomplished flautist, playing regularly at the do-it-yourself variety concerts that were part and parcel of Victorian and Edwardian club life. Quite when he fitted in the saddlery business is a total mystery to me!

He was 84 when he died, and lies close to the junction of the roads to Worthing, Tarring, Brighton, Arundel and Horsham.

*I think he would have liked that!*



Five were definites from an early date with specific training, rehearsal rides and schedules planned, but one dark horse, who had been quite adamant that 50 miles was his maximum also entered. It must have been his improving '50' times that prompted him. Anyway, as well as the expected, Stuart Jago, Mark Bernhardt, Nathan Gale, Mel Roberton and Robert Downham, we now had Kevin Doe.

The course was changed after the 2008 event apparently to avoid use of the A272. So far as we can ascertain this was not a change sought by the riders (100 in 2008), and indeed after the 2009 race, very much regretted. The first 59 miles uses two circuits between Southwater and Crawley and that part remains, but the new version then puts in a couple of laps of the Ashurst Circuit and three times down the A24 usually into a head wind. Times for 2009 increased dramatically and numbers had shrunk. For this year's promotion numbers were down to 62 which should be telling the organisers something.

July 22<sup>nd</sup> was however a kind day weatherwise. Not too hot, a little drizzle that was almost welcome and a slight breeze which was never going to cause the suffering experienced the previous year.

Our riders set off confidently, perhaps none more so than Stuart Jago who had been covering regular 7 – 8 hour training rides for his forthcoming 12 hour events. He was no doubt also inspired by his regular and substantial improvements at all other distances.

Basing their thoughts on the experience of 2009 riders asked our 'Don' for schedules which allowed for the slower nature of the last 40 miles of the amended course. He provided these giving the following aims or targets: Mel 4.25.00, Mark 4.32.00, Stuart 4.35.00, Nathan 4.45.00, Kevin 4.55.00 and Robert 5.00.00. Except for Stuart and Robert all were riding very close to these targets over the early part of the course. Stuart was though making gains. Robert was, however looking uncomfortable and gradually losing time on his schedule. Suffering back ache and some what dispirited he was to dismount in favour of his helper's (Pete Logan) van.

As the remaining five came south through Buck Barn and on to the Ashurst Circuits they were all able to gain on or at least maintain scheduled speeds giving encouragement over the final 40 miles. Encouragement to the mind is strength to the legs and they all rode strongly to the finish.

Mel is once again our 100 mile champion getting home just inside that schedule with 4.24.21 but he was pushed closely by Mark, improving by nearly 3 minutes to record 4,26,59 and by Stuart improving by a massive 16+ minutes to finish in 4.28.17. Kevin as always anxious to please the 'Don' kept bang on schedule and for 'we believe' a late entry decision, managed an excellent debut ride.

	<u>Time</u>	<u>H'Cap</u>	<u>H'Cap Time</u>
1. Mel Roberton	4.24.21	Scr	4.24.21
2. Mark Bernhardt	4.26.59	6.00	4.20.59
3. Stuart Jago	4.28.17	11.00	4.17.17
4. Nathan Gale	4.46.57	18.00	4.28.57
5. Kevin Doe	4.55.12	27.00	4.28.12







*in front of me. I struggled round the 4 lap hilly run course in Athlone town centre, trying to chase down a fellow W50-54 competitor who was half a lap in front of me at the start of the run. I almost made it but missed out on the silver medal by one second! However I won a bronze medal for my efforts in the W50-54 age group. Such an atmosphere, despite the weather, and we were all really boosted by the crowds and support shown by all the spectators.*

*If you're interested, full results can be found on [http://www.triathlon.org/results/program\\_results/2010\\_athlone\\_etu\\_triathlon\\_european\\_championships/1551/](http://www.triathlon.org/results/program_results/2010_athlone_etu_triathlon_european_championships/1551/)*

**Memories:** *It was a brilliant event, and we have loads of tales to tell. The Guinness was better than I remembered, the town was colourful and friendly and beautiful, the sun shone occasionally and the rain was a reminder of what weather CAN be like. The GB team spirit was great but the most amazing thing was the welcome that all the competitors had from the people of Athlone. We took over their town for 4 days, disrupted the traffic, closed the roads, filled the pubs and restaurants, clogged the streets, and everyone was happy to be part of it. The elite races were a pleasure to watch also and the sight of young Alistair Brownlee winning in such good style was something we'll all remember.*

*Roll on next year's Europeans in Pontevedra, Spain on the last weekend in June.*

*Joan Lennon*

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YEEEEHAAAA!  
(Finally a sub 21 minute 10 mile TT)

*This morning (7<sup>th</sup> August) the Editor had posted the August issue of the Worthing Wheel through my letter box whilst I was out on my Saturday morning chores (visiting Worthing's bike shops!). A few comments from the Editor in the magazine noted that the sub 21 minute was still eluding me. I do not need reminding thank you!*

*As I drove to Liss near Petersfield for the Velocity Bikes 10 TT on the P881 for my 6.28pm Saturday evening start time I kept thinking about this season's 10 TT's. I'd gone from 21.31 at the start of the season to 21.04 with about 3 or 4 P.B's in between, when the W.E.C.C evening 10 series closed. I was starting to think I'd have to wait until next season to get into the sub 21 minute bracket.*

*The Editor's comments were starting to get to me. Whilst all this was going on, a group of friends had converged on Worthing for a couple of days windsurfing and needless to say the 'Worthing Effect' was delivering the goods (Google this topic for other forums where there's frantic debate on the subject of our localised south westerly winds). From a tester's perspective this looked like an evening to be sat inside (if not windsurfing) rather than thrashing it up and down the A3 chasing a P.B.*



Next year give this one a go, see what you can do, it might be a hard one, but it's certainly not boringly flat and dual carriageway.

### Full Result

|    |                | <u>Actual Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|----|----------------|--------------------|--------------|-------------------|
| 1. | Mel Roberton   | 1.09.11            | 1.20         | 1.07.51           |
| 2. | Mark Bernhardt | 1.12.17            | 3.00         | 1.09.17           |
| 3. | Paul Outhwaite | 1.12.55            | 4.00         | 1.08.55           |
| 4. | John Marshall  | 1.15.03            | 13.00        | 1.02.03           |
| 5. | Nathan Gale    | 1.15.07            | 8.00         | 1.07.07           |
| 6. | Chris Putnam   | 1.16.40            | 12.00        | 1.04.40           |
| 7. | Kevin Doe      | 1.21.32            | 11.00        | 1.10.32           |
| 8. | John Baldwin   | 1.25.19            | 15.30        | 1.09.49           |

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### IRONMAN SWITZERLAND 2010

*After watching Nic complete Ironman UK in 2009 I was inspired (she did a great time) and as such she suggested I have a go at a low key event and recommended her home triathlon on the Isle of Wight. I entered and began running and swimming on top of a solid biking background. I raced in the colours of my cycling Club Worthing Excelsior. I did ok and looked at races for 2010.*

*Scanning the Ironman website I noticed that Ironman Switzerland 2010 only had 100 places left. My finger hovered over the "enter" icon for a few minutes before I took the plunge.*

*After making the commitment Nic and I joined Tuff Fitty to put some structure around our training and pick the brains of other triathletes. I trained hard over the winter which saw my terrible swimming improve in leaps and bounds....shame the cycling and running didn't go the same way! Nic and I did loads of club runs with Worthing Excelsior often adding extra miles after the ride. As the sportive season began we entered events almost every weekend and I think we did 12 100 mile plus sportives and time trials before Switzerland...in fact we got bored with them! In addition I did Winchester and Steyning Triathlons, and Weymouth Half Ironman.*

*Eventually July ticked around....those 10 months since the West Wight triathlon went by really fast, in fact we had a really busy year as Nic and I moved in together, I got promoted and completed my masters degree all worked round the IM training.*

*I finished work about a week before race day and did my best to taper (Nic still doesn't think I did!). We packed the camping equipment into the car and left for Zurich the Wednesday before race day. We arrived late that evening but at the wrong campsite! We got directions to the right one and put the tent up in the dark whilst getting eaten by mossies! We relocated the tent the following day in 35 degree heat - not fun! The following day the weather broke*

thank goodness and the rain began. It rained almost continuously until race day but the tent held up!

We went down to registration on Friday and had a look round the expo. Registration was efficient and quick and the goody bag excellent, though not quite worth the £360 entry fee on its own! The expo was massive but was ruined by the rain!

Saturday was bike racking and this was equally efficient. Though time slots were allocated this went out of the window and we queued for a short time before having our photo taken with our bike and race number for security reasons - a great and simple idea. We were given a bike poncho (big plastic bag) and I nervously got my kit sorted. It was a bit crowded but I had a brilliant place near a big tree - great reference point for me with my terrible eyesight! The crowding wasn't helped by the French guy who didn't fancy racking his bike where he was supposed to (I moved it back after he left!) or the American guy who thought his number was 2279 (i.e. mine) rather than 2297! (I pointed out his error).

I had a massive plate of pasta a cake and a coffee at the pasta party - Nic made me eat it all though I didn't really want it! We went back to the campsite for an early night. I don't normally get too nervous but I was really worried about the distance, and the money I had spent to enter and get us to Zurich and ultimately would I get round without ending up on a drip!

We made our way down to the start and did my preparation. I've grown to enjoy the whole triathlon camaraderie thing that you get in transition when getting ready for a race, but this was on a different scale.....all those different nations, expensive bikes and cheering fans....I felt like a bit of a star!.....after all what other sport can you compete against the top pros on the same course on the same day....awesome!

I got in to my wetsuit, Nic kissed me and wished me good luck and I made my way to the lake edge, the water was beautiful, warm and clear...in fact it was almost a non wetsuit swim. The gun went off, I had decided to hang at the back but everyone else had the same idea and it was a real punch-up. I got fed up with being punched and kicked so decided to give as good as I got!

IM Zurich is a 2 lap swim and the athletes have to get out of the water at the end of the first lap, run across an island then dive back in, it all went well apart from me punching a rock getting out of the water and cutting my hand...one of the helpers even undid the top of my wetsuit as I got out.. I did the 3.8k swim in 1hr 23 mins...I was chuffed as I thought 90 minutes would be a good time.

I got through transition pretty quick and out onto the bike. The course was brilliant, flat along the lake side then up into the hills on the far side of Lake Zurich. The countryside was amazing, very well manicured but boy! was it hilly?! I had taken my time trial bike thinking that any climbing would not be too sustained and as I like to think of the bike as my strong point I would get around ok. How wrong was I! Heart Break Hill near transition was like the Tour de France, massive crowds going crazy, very steep but short enough to power over. The Beast was just that, a long climb about 5-6kms long and very steep again. Both these were featured on the route map but the climb from Egg up to Forch was not. It was a

real grind about 10kms long and came very quickly after *The Beast*. What was really great were the crowds cheering us all on and the feed stations. These were all manned by volunteers, some of them pretty young, but they were all well trained in handing up water, energy drink, coke, energy bars, gels and bananas. I managed to take a bar, a banana, a gel and an energy drink at one station without stopping! On the first ascent of Heart Break Hill the crowds were going crazy and I could hear Nic going nuts cheering me on.....just could not pick her out in the crowd! My ride was pretty uneventful really after that. I got round pretty comfortably but 17 minutes outside my 6 hour target for the 112 miles.

Again a smooth transition (including a wee!) and onto the run. By this time it was getting hot so I stuck to gels and water. The feed stations were brilliant again with savoury food added to the menu. The Zurich IM marathon is 4 laps with a coloured wrist band to be collected each lap. As I started my run there were athletes who already had 3 bands.....boy did I hate those people! As a result of a hip injury earlier in the year the longest run I had done was 17 miles so that combined with my lack of triathlon experience meant that I was pretty unsure about pacing. I did the first lap in 56 minutes then just went slower and slower.

A top tip I picked up was to take a loved one with you if you do an Ironman, the sight of a friendly face in the crowd cheering you on is worth a bucket full of EPO. Nic smiled and cheered wildly every time I passed her... a real boost to morale.

As the temperature rose so the number of runners in distress increased. Some folks were in a really bad way and it just brings it home that Ironman is something not to be taken lightly. As I got into the second half of the 3rd lap my knees started to hurt badly the result I think of an old cycling injury. As a result I was forced to walk the aid stations until the last lap consequently losing more time. As I passed the turn into the finish (this is torture as you can hear the faster athletes being announced as they finish just feet away!) on my last lap I realized that despite the support from the crowds, particularly the Brits, my sub 12 hour dream was gone. I kept it steady to the far turn then upped the pace for a good finish. I even managed a sprint (sort of) to cross the line in 12hours and 12mins.

After going a bit wobbly after the finish they gave me my medal and Nic gave me a hug and kiss. I had done it ..I was an Ironman! (this meant that friends Chris and Leanne –both Ironmen, would now talk to me!) All in all a brilliant day, after I got my medal I had another massive plate of pasta followed by yoghurt washed down with a cold beer. I then picked up my change of clothes and had a hot shower in the athletes' village; I got my finishers T-shirt and certificate complete with split times and met Nic outside. As we went off to transition to collect my bike and kit...I was glowing. We made our way back to the car, me doing the IM shuffle and cheered on those still running. We stopped for a great pizza on the way back then back to the tent where I slept like the dead!

2 days later we were in Provence and Nic was cycling up Mt Ventoux.....a great way to finish our Ironman adventure.

To anyone thinking of having a go at Ironman Switzerland it is a brilliant event, well organised, 2010 was its 15th year, with great support. There were 500 Brits in the field and this was reflected in the support from the road side. Your race number has your name on it with the flag of national origin which really helps with







12.	Robert Downham	47	18.	Phil Frean	75
14.	Tony Knott	51	19.	Ben Toovey	77
15.	Phil Walker	59	20.	Joan Lennon	88
16.	James Nelson	61	21.	Graeme Gill	90
17.	Lee Barber	68	22.	John Lucas	92

Such it seems is the way of time trialling that the 'Old'uns' keep on going. 15 of the 22 qualifiers were over 40. They at least might like to have the following details.

1 <sup>st</sup>	Jeremy Wootton	+ 5.19	9 <sup>th</sup>	Phil Frean	+ 1.24
2 <sup>nd</sup>	Stuart Jago	+ 4.45	10 <sup>th</sup>	Tony Knott	+ 1.15
3 <sup>rd</sup>	Mark Bernhardt	+ 4.39	11 <sup>th</sup>	Ben Toovey	+ 1.09
4 <sup>th</sup>	Peter Logan	+ 3.37	12 <sup>th</sup>	Robert Downham	+ 0.25
5 <sup>th</sup>	Kevin Doe	+ 3.07	13 <sup>th</sup>	Phil Walker	+ 0.08
6 <sup>th</sup>	John Lucas	+ 3.04	14 <sup>th</sup>	Graeme Gill	- 0.09
7 <sup>th</sup>	Joan Lennon	+ 2.36	15 <sup>th</sup>	Lee Barber	- 0.23
8 <sup>th</sup>	Chris Putnam	+ 2.11			

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### WASHINGTON HILL CLIMB SERIES

This was the best entry of the three years since introduction. Eighteen qualified and Carl Trevis emerged as our new anti-gravity specialist.

The aggregate of the two best placings from the three events gave the following result.

| <u>Pos</u> | <u>Name</u>    | <u>Points</u> | <u>Pos</u> | <u>Name</u>    | <u>Points</u> |
|------------|----------------|---------------|------------|----------------|---------------|
| 1.         | Carl Trevis    | 2             | 9.         | Tony Knott     | 18            |
| 2.         | Chris Twine    | 4             | 11.        | Nathan Gale    | 19            |
| 3.         | Lewis Norris   | 5             | 12.        | Peter Logan    | 21            |
| 4.         | Mark Bernhardt | 7             | 13.        | Ben Toovey     | 23            |
| 5.         | Tom Coulson    | 10            | 14.        | Phil Frean     | 24            |
| 6.         | Chris Putnam   | 11            | 14.        | Lee Barber     | 24            |
| 7.         | Mel Robertson  | 12            | 16.        | Robert Downham | 26            |
| 8.         | James Nelson   | 13            | 16.        | Joan Lennon    | 26            |
| 9.         | Chris Day      | 18            | 18.        | Graeme Gill    | 34            |

Awards: 1<sup>st</sup> Carl Trevis: 2<sup>nd</sup> Chris Twine: 3<sup>rd</sup> Lewis Norris

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### 2010 SPOCO (Sporting Courses Competition)

The total aggregate of points scored in the following club events (1) Long Furlong. (2) 25 mile. (3) Pulborough Circuit. (4) Washington Hill Climb Series. (5) Hardriders. Despite having to keep the kettle on the boil Mel Robertson still manages to romp round these events. It's only possible to score 100 so 93 is

pretty impressive. He was, incidentally the only rider to complete all the events, apart from third place Nathan Gale.

<u>Pos</u>	<u>Name</u>	<u>Points</u>	<u>Pos</u>	<u>Name</u>	<u>Points</u>
1.	Mel Robertson	93	16.	Chris Day	24
2.	Mark Bernhardt	72	16.	John Marshall	24
3.	Nathan Gale	69	18.	Tony Knott	20
4.	Jeremy Wootton	58	18.	Carl Trevis	20
5.	Kevin Doe	56	20.	Paul Outhwaite	18
6.	Ed Klose	52	21.	Ben Toovey	17
7.	Lewis Norris	51	22.	Stuart Jago	16
8.	Peter Logan	46	23.	Lee Barber	14
9.	Tom Coulson	42	24.	James Nelson	13
10.	Chris Putnam	40	24.	John Baldwin	13
11.	Chris Twine	34	26.	Diana Trafford	12
12.	Phil Walker	29	27.	Nicole Patterson	8
13.	Robert Downham	28	27.	Graeme Gill	8
14.	Mark Newnham	27	29.	Phil Freaan	7
15.	Joan Lennon	26			

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### HANDICAP POINTS COMPETITION (Club Events)

All the handicap placings are totted up and the lowest total wins. Those not competing an event score 2 points more than the last handicap placing.

#### RESULT (Top 20 only)

| <u>Pos</u> | <u>Name</u>    | <u>Points</u> | <u>Pos</u> | <u>Name</u>      | <u>Points</u> |
|------------|----------------|---------------|------------|------------------|---------------|
| 1.         | Mel Robertson  | 56            | 11.        | Ed Klose         | 99            |
| 1.         | Nathan Gale    | 56            | 11.        | Lewis Norris     | 99            |
| 3.         | Kevin Doe      | 61            | 13.        | Diana Trafford   | 100           |
| 4.         | Mark Bernhardt | 70            | 14.        | Chris Twine      | 103           |
| 5.         | Robert Downham | 72            | 15.        | Tom Coulson      | 110           |
| 6.         | Peter Logan    | 73            | 16.        | Chris Day        | 111           |
| 7.         | Stuart Jago    | 74            | 16.        | John Baldwin     | 111           |
| 8.         | Jeremy Wootton | 79            | 16.        | Chris Putnam     | 111           |
| 9.         | Joan Lennon    | 82            | 19.        | Nicole Patterson | 113           |
| 10.        | Phil Walker    | 85            | 19.        | Lee Barber       | 113           |

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### CLOMOR TROPHY – THE INTER-CLUB 25 (A Personal View)

*Thanks for turning out and shouting at me, I really needed it. Can't say I felt up for it' when I got up to take the dogs out at 5.30a.m. On the turbo at 6.00 am*

*feeling full of cold and really not interested in doing anything other than getting a hot Lemsip and going back to bed!*

*Anyway, two thermal vests, a windproof gilet, leg and arm warmers along with overshoes and gloves meant that when I set out to warm up I was not going to get cold today! I rode out to Tangmere and thought it was marginally faster heading east, Rob Downham, one of the early starters was going well as he passed me.*

*Warm up over and off at 8.10, I like this course despite the Arundel turn, if you push, you can keep the gears going on the drags, I think I did a 56 last year on this course. Anyway, it did feel faster (only just) going east and as I started the 'climb' up from the river I knew the last leg out to Tangmere would hurt. Sadly this is where the effects of the cold/cough I'm enjoying took effect and the SRM data screen on my tri bars started to show the numbers dropping. My heart rate was up (average 162bpm) and normally this would have been all I'd rely on until I started training with a powermeter last season. However, despite the satisfactory heart rate, the SRM powermeter showed the watts dropping off and along with that the speed.*

*Back at HQ and a review of the powermeter showed the average power output was 34 watts down on what I recorded when I did my 25 pb in August and 72 watts down on the average for my 10 pb in the same month! I was delighted by the time keeper's generous decision to put my time the right side of a 59 by one second. I had it as a very short 59, so a 'sprinters' 58 was very satisfying.*

*My Garmin showed that the max elevation was 42 mtrs and the min 2 mtrs above sea level with a total elevation gain/loss of 90 mtrs!*

*Thanks again for shouting at me, it did keep me going, I really did want to pack heading back to Fontwell but decided a touch of 'man flu' would not look good on my palmares!*

*Well done for getting so many out to ride, it was great to see the road packed with WECC colours.*

*Well done to everyone who made the effort to ride on what was a testing and hard morning.*

Jeremy



The 'Clonmore' Result was another virtual walkover for W.E.C.C. We finished 28 riders. Next best was just four riders from each of Bognor Regis C.C, Hants Road Club and Southdown Velo. They didn't even qualify a team of six.

Our riders were:	Jeremy Wootton	58.59
	Mel Roberton	59.57
	Chris Twine	1.01.17
	Carl Trevis	1.02.25
	Mark Bernhardt	1.02.29
	Lewis Norris	1.04.22

Team aggregate : 6 hours 9 mins 29 secs.





## NEW MEMBERS

Matthew Bushby from the Durrington part of Worthing is 16 years of age and is very much enjoying his launch into the sport of cycling. He is presently studying at 6<sup>th</sup> Form College. He has expressed an aim of having a go at Time Trials and his riding abilities have already been shown on the Sunday morning club runs.

Also joining us is Joe Klose, son of Richard and brother of Ed. Joe is also 16 and at 6<sup>th</sup> Form and studying Art. (Perhaps some graphics or cartoons for the magazine?) Also expresses an interest in Time Trials and has had no problems on the club runs.

Welcome Matt and Joe, keep in touch and keep involved. Try to get up to the Clubroom on Tuesdays, if only for a half hour. It keeps you up with what's happening. Also early next year we will be having a time trial meeting and will be pleased to explain all you need to know. We could have a full Junior team again next year.

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## NEW FOREST DASH

Saturday 2<sup>nd</sup> October saw Clive Lett and Nicole Patterson down to Ringwood for the New Forest C.C '10'. Nicole aiming for the Ladies B.A.R did a good one, a PB of 28.13 and collected 2<sup>nd</sup> Lady award. Clive had entered but did not ride, saving himself for the Lewes G.P no doubt.

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## TOURIST TRIAL 2010 The Organiser's view

*In the past, I've been responsible for planning the Sussex Police response to a Chernobyl-style leak at Dungeness Power Station: how to deal with a nuclear attack from the Soviet Union; how to deal with a major aircraft/train crash; etc, etc, but I've never had to plan something important like a cycling event. I've always planned for disaster – never success. So, you can imagine my fear when Don Lock said that, as I wouldn't be able to ride the Tourist Trial 2010, I should plan it thus giving him an opportunity to participate.*

*The key, I am told, is a good imagination and a good map. Well I had the good map so that was a start. My imagination told me that, as I was new to the game, I should stick with the old format, but tweak it just a bit just so that the contestants had a bit of a new challenge.*

*I thought that Steyning would be a good place to start simply because of one thing that I wanted to include in the 'Observation' element of the competition. I had noticed on a previous Tourist Trial Don had organised that, if you followed a particular route through the town, you would pass by two bakers shops both of which were called 'The Model Bakers'. Anything involving cakes was of obvious interest, so the start was at the Steyning Centre and passed by the first bakers and into the High Street to pass the second.*

*From here it was easy to head off into the countryside up the Ashurst road, but my thoughts were sending me devious messages that riding on the road was probably too easy for our warriors and that there was a need for something a little more challenging. There is a bridleway off the Ashurst road that would take the riders over the river and directly into Henfield. Now I had never cycled that route before and I guessed that few of the competitors would have passed that way either. Definitely something to be explored.*

*Having crossed the River Adur and cycled into Henfield the riders would be in need of an urgent cup of tea. The closest picnic site on the map was just south of the bridge at Shermanbury so that is where it was planned to have that well deserved cuppa. While they were having a slurp of their good old 'rosie lee' they would have an opportunity to complete the question section of the observations test. This was a departure from the previous years when the whole route had been 'under' observation'.*

*They weren't going to get away with it that easy because this is where part two of the course came into play. Having supped their brew they were then presented with the route for the second part of the journey to challenge their map reading skills. There was no one to tell them whether they were right or not, but there was a sneaky 'control question' to see if they had completed the route satisfactorily. Not only that, there was a 'scavenger hunt' element where they got points for collecting things like 'a leaf from the Sussex Weed' – the Oak tree to you and me; an envelope; three feathers; a button; something with Made in England on it; or an autograph.*

*The new route sent them from Shermanbury along another bridle path through Wineham, Warninglid, towards Mannings Heath before following a gentle descent to the pub.*

*And, when they finally go to the pub – and the finish has to be a pub 'cos that's the rules – there were a series of questions to be answered that reflected topics related to cycling, map reading or Sussex. Now how many people know what a 'Sussex Charmer' is, or where to find a 'Zulu Hole' in Henfield, or what a red triangle means on an Ordnance Survey map. This is where the points were going to be won or lost.*

*Well everything was neatly planned. And then the first problem was that I discovered that not all editions of the Ordnance Survey maps are the same and that some editions of the same area were different. So back to the drawing board and kick out a few clues and directions.*

*Hey ho! Everything sorted and then my surgeon called me in for a new hip so that meant there was going to be no Tourist Trial, or that someone would have to surrender their place on the start line. Into the breach stepped Tony Palmer – Mr President – who, now back on the bike, had wanted to confirm his supremacy at this event. I am grateful that he did!*

*My spies have told me that it was a glorious day for a bike ride and that competition was fierce with deep psychology coming into play. I'm sure that Andrew Lock's arrival with a bold 'Hello everyone – the winner's here!' put fear into the hearts of some competitors. The defending champion speaks!*



that we still have a Peugeot frame complete with chainset, headset, saddle pin, pedals and bottle cage. Frame size 54cm. Anyone interested contact Don. We reckon £25 and it would be good for training.

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### CHAIN GANG The Birds were there first!

The guy up front pushes the pace, then the next one comes through and the group are in constantly changing mode. The ride is faster like this. It's a fact. But how about this extracted from an RSPB magazine:

*"Geese have a good reason for adopting a 'V' formation in flight. Each goose leaves a wake of swirling air behind it, giving a lift to the bird behind. After a while the leader drops back, allowing another bird to take its turn. Experienced flyers do most of the work. Scientists have shown that birds in 'V' formation can fly 70% further than one bird flying alone".*

It is however important to understand that a 'V' formation down the A24 would probably not be a good idea. Still there's a lot to be learned from Nature.

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### THE LONG AWAITED RETURN OF THE 24 HOUR TO SUSSEX!

This new 24 Hour Time Trial for Men and Women will be promoted by the EAST SUSSEX CYCLING ASSOCIATION, and heralds the return of this long distance event to Southern roads for the first time this Century.

The event is planned for Saturday and Sunday 25/26<sup>th</sup> June 2011, subject to final approval of the London South District Council of Cycling Time Trials, under whose Rules and Regulations the event will be run.

The week-end chosen is that used, for fifty odd years, by the Catford Cycling Club for their famous '24' in Surrey and Sussex when many epic battles were fought out on the roads of the South. Sadly, the Catford event ceased in 1975.

On this occasion, however, the intention is for the event to start in East Sussex at noon on the Saturday, with the first twelve hours or so using County roads, culminating with riders moving across to the roads of West Sussex for most of the hours of darkness, returning to East Sussex, for the final few hours of the event.

The event HQ will be at Berwick Village Hall and adjoining field for car parking etc – this ideal site being only 300 yards or so from Berwick mainline railway station, with adjacent Berwick Inn and handy garage.

This new '24' also coincides with the year of the next Paris-Brest-Paris event and should appeal to potential Audax UK riders to test their ability and prowess in the East Sussex C.A promotion beforehand.

For more information and to register your interest in this forthcoming '24' contact either:

Mike Hayler, 'Arosa' 44 Parkway, Ratton, Eastbourne, East Sussex BN20 9DX  
Tel: 01323 505130 or:

Esther Carpenter, 10 Maplehurst Road, Baldslow, St Leonards-on-Sea  
East Sussex TN37 7NA Tel: 01424 7515810  
E'mail: [esthercarpenter@rocketmail.com](mailto:esthercarpenter@rocketmail.com)

For the make-up of a team from Worthing Excelsior C.C contact Stuart Jago who will, we have no doubt, be arranging long distance training runs and longer distance Time Trials. Our 'Ed' will be pleased to share his 24 hour experiences and assist in any way he can and very much hopes to be present and assisting throughout the event.

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### CLUB CLOTHING

Stock in hand and new order due by end of November. This will be the last before the VAT increase due next year.

- £38 Road Jerseys (short sleeve) 2 medium, 3 large, 3 extra large
- £41 Road Jerseys (long sleeve) 2 medium, 2 large, 1 extra large
- £42 Training Tops 2 medium, 3 large, 3 extra large
- £44 Bib shorts 3 small, 2 medium, 3 large, 3 extra large
- £55 Skin Suits (short sleeve) 1 medium, 1 large, 1 extra large
- £43 Bib Longs 3 medium, 3 large, 2 extra large
- £52 Windtex Tops 1 large, 1 extra large
- £34 Gilets 1 medium, 2 large, 2 extra large
- £43 Packables 3 medium, 3 large, 3 extra large

The 'Packable' is an extremely lightweight, long sleeve, full zip top with three pockets at the rear. It folds up so small it will easily go in your pocket. It is chill and showerproof.

Contact Don (01903 531877) or in the Clubroom.

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In our next issue – probably in early February, in time for the AGM, we have an interesting article 'Rise of the Mammils'!!! Not to be missed. We also hope to include all the 2010 BAR tables. That would be Club, Senior, Veteran, Ladies and Junior. Also Sussex C.A BAR and SPOCO, East Sussex and Southern Counties.

We would hope also at that time let you have a detailed update on the plans for the Club Sportive promotion which is to be run in 2011 as a rehearsal for a bigger more grand event to commemorate the Club's 125<sup>th</sup> year in 2012.

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The magazine urgently requests action photos of W.E.C.C riders for use with future issues and for the Club scrapbook. Originals will be returned.