

Club! While on that point it was somewhat disappointing to note that two of our riders didn't know the correct name of the Worthing Excelsior Cycling Club either!

One thing that seems to confuse many is the reference to "Time/Distance" and "Winner and Time/Distance". These columns only have reference to "Distance" for 12 hour events i.e. line 5. For lines 1 to 4 the distance is stated in "A" to the left.

Under emergency contact one entrant with an address in Surrey gave a name and address in Norfolk which may have been the best he could do, but he could hardly be on the scene very quickly from that distance.

A number filled in their last three events ignoring the 10 mile, 25 mile, and 50 mile category to the left. But our favourites were the two, who while failing to give any information as to their fastest rides at any distances, did have a go at line 2. For name of event they put "Worthing Excelsior", for the date they inserted "15/05/11" and for course "G25/53". One managed to include a time in the "Time/Distance" column, would you believe 06:30/25. Neither of them however, could come up with an answer to the "Winner & Time/Distance" column! What concerns us most is that one is in the WECC!!!!

Come on riders the promoter has quite a lot to do without having to sort through badly completed or uncompleted forms.

~~~~~

## CLUB EVENING 10 MILE SERIES

### No.1 - 21st April

What a record breaker this was, firstly the weather was absolutely perfect, warm and calm not like the usual openers which are normally wet windy and cold. Secondly there were the numbers, 18 from Worthing and no less than 28 from other clubs. Thirdly there was the superb new course record from Nick Dwyer of Lewes Wanderers, hurtling round in just 19 minutes 28 seconds. In addition almost everyone was clocking in a personal best. This particular evening is going to be hard to live up to.

Defending 'tens' champion Jeremy Wootton carried on from where he left off last year. He was our fastest and Chris Twine still right on his wheel. Good, always to see new names creeping up the finishing order and well done to Kevin Doe really hotting up on the new machine.

Full Result :

|    |                |       |     |                |       |
|----|----------------|-------|-----|----------------|-------|
| 1. | Jeremy Wootton | 21.19 | 10. | Ben Barden     | 24.53 |
| 2. | Chris Twine    | 21.34 | 11. | James Nelson   | 25.04 |
| 3. | Kevin Doe      | 23.17 | 12. | Allan Orman    | 25.40 |
| 4. | John Marchment | 23.21 | 13. | Robert Downham | 25.43 |
| 5. | Simon Letts    | 23.25 | 14. | Lee Barber     | 26.00 |
| 6. | Tom Coulson    | 23.33 | 15. | Pete Rowe      | 26.07 |
| 7. | Chris Putnam   | 23.36 | 16. | Phil Young     | 26.07 |
| 8. | Pete Logan     | 24.36 | 17. | Colin Miller   | 26.53 |
| 9. | Phil Freaan    | 24.42 | 18. | John Lucas     | 27.27 |

~~~~~


marks of a car tyre when he went back for it. Sorry to see an expensive item abandon ship like that.

As for my race, aside from the steady stream of bugs colliding with my helmet it all went fairly well. I have to say I don't really like these hilly courses and if I got rid of a few kilos I may find the uphill bits a little less unpleasant. Fox Hill is the major climb, it was here where I suffered and here where I lost time. Once over the top, the run back to Wisborough Green is surprisingly fast save for the last drag up to the village. 24.54 was good enough for 5th. The next three places filled with a long 23 and two 24's. Way out in front, lopping 28 seconds off his course record was Peter Tadros with a 21.40!

Roll on Monday!

☺ ☺ ☺ ☺

Monday 25TT

Hats off to Robin Johnson of the Brighton Mitre CC, firstly he single handedly promotes loads of events each year. Robin's events can be a bit quirky (in the nicest possible way) – this time he incorporated a ramble from the car park to the HQ at the National Trust Saddlescombe Farm premises. Sounds incredible, the car park was the area at the foot of the South Downs Way on the west side of the road where it crosses the Devils Dyke/Poynings road. From the car park, head eastwards and it was a full on ramble through the National Trust buildings. I should have brought my trekking poles, they wouldn't have looked out of place as I finally found the HQ, a working milking shed with about 8 stalls for cows!

Well today was a morning start and unlike Saturday, my car thermometer struggled to hit double figures on the journey out and added to this it was a fresh northerly breeze.

With almost double the number of starters from Saturday's event there was a lot more activity at the event car park, all the usual pre race banter did nothing to console me from the fact that the aforementioned few kilos were going to be more of a hindrance over today's distance! Yes, the surplus kilos do help in the descents, but they are of no use when trying to get to the top of the hill that precedes the descent.

The night before, out with some friends, I'd declared I'd be happy with a 1.06 or 1.07 today, at the start line I started to think this might be wishful thinking with the northerly breeze freshening.

The start is actually slightly uphill before the fast downhill run off the downs and immediately the northerly breeze made its presence felt, in fact the uphill sections out to Poynings roundabout were all rather tough, it was a combination of spinning out a big gear at some silly speed then grovel over the next ascent.

From Poynings roundabout it's left through Fulking, lovely road for a ride but not for racing in my opinion.

I'm not sure who it was came off at the Poynings roundabout on loose gravel with the left turn. When it came to the prizes, the crash was mentioned and Mick Kilby reminded the gathering that he had also recently had an incident on his bike, however, Rob Pelham kindly pointed out to Mick that if you're racing it's a crash, if you're not racing, it's a fall!

Anyway, at Edburton it's down to Upper Beeding and Shoreham flyover for the turn, at this point my average speed was looking fairly reasonable. Like

everyone else, the Shoreham turn meant the route back to Henfield was headwind all the way, a proper gravel or perhaps preparation for the last 2.5 miles from Poynings back to the finish. Needless to say by the time I reached Henfield, anything remotely resembling a 'good ride' had gone out the window, all I could think of was yesterday's Lewes Wanderers CC 30 course, far more sensible.

From Henfield it's all a blur, firstly when Poynings roundabout comes, it's all too quickly and then the next two and a half miles all too slowly. Yes, there are some decent downhills in this final section of the course but the uphill along with my extra kilos meant this final section was a gravel. I suspect by the time this report goes to print, the timings for the final two and a half mile will be in circulation and I think this will explain why I did a 7 and not a 6 or better!

Eighth place and a 1.07.15, almost ten minutes down on Peter Tadros with a 57.18 and another course record! Back at the HQ car park I watched Peter power over the rise past Saddlescombe Farm towards the finish, very impressive a clear win by over 4 minutes.

As always with the Brighton Mitre, it was masses of prizes, Easter Eggs and bottles of wine for just about everyone. Great weekends racing, will I ride it again next year?

Jeremy Wootton

~~~~~

### NEW MEMBERS

Welcome to Stephen Feest and his wife Michelle, she's the pretty one. Jeremy Wootton said '.....' No you ask him Michelle . Both are pretty fit and well into triathlons. We think we heard mention of half-ironmen but not sure if that's .....but then how can a lady be an 'ironMAN' Stephen is an Estate Agent and apart from that we know nothing against him. Apparently though, he is qualified to do 'Energy Performance Certification' Ed applied and failed miserably! They've been out at Evening tens and on club runs and we hope you will enjoy all aspects of the Club's activities. The Worthing Wheel is not compulsory though!

~~~~~

NEWS OF A PAST MEMBER

The name of Dick Wiseman will be familiar to many of our existing members. He was a hard riding character who could turn his wheels to some fast time trials and could make a training session or a club run into something of a bash. It must be about 20 or more years ago that Dick built himself an ocean going yacht and pushed off into the blue. He eventually moored up in Portugal and has stayed there ever since. His bike was always with him and not many days went by with out a ride. Andrew Lock will remember going over to join him and spending many days awheel charging up regularly on the local vino.

Recently we have learned that in October 2010 he suffered a severe heart attack and was rushed into hospital in Faro. From there he was transferred to Lisbon for urgent attention. A double heart bypass was performed and he was

soon back on his boat in Villamoura. In the opinion of our informer somewhat hastily Dick was back on the bike. By March of this year he was complaining that he was feeling tired 'after only fifty miles'. That sounds like the Dick that we remember.

~ ~ ~ ~ ~

LEWES WANDERERS 30 MILE – 24th April

This is a new event on the local calendar and it included the Surrey/Sussex Group Veterans' Championship. Mel Roberton fancied it from early season and was our only entry.

The event was held on a course similar to the East Sussex 25 mile course and based largely on the A22 road. It can hardly be thought of as a fast course, even with Steve Dennis (East Grinstead) getting round in 1,03.29! Nevertheless Mel produced a very close to 25mph effort of 1.12.10 and so ensured another trophy for his cabinet. His standard was beaten by a resounding 21 minutes 50 seconds. Had it not been for a pot hole, which dislodged his bottle and caused his chain to unship – time lost probably 20 seconds – he would almost certainly have made an '11'

~ ~ ~ ~ ~

PETER KIBBLES 1933 - 2011

Peter died on 30th January after some months with a losing battle against cancer. He was a long serving member of the Worthing Excelsior but had started his cycling days with the Northwood Wheelers a club situated near Rickmansworth in Middlesex where he was born. He had ridden a few time trials in their colours before his family moved down to Worthing towards the end of the War. Peter apparently cycled and arrived before the removers!

His working life was in the building trade from assistant brickie to manager and during his time was involved with special work projects on both Arundel Castle and Chichester Cathedral. His working time was though interrupted, as for so many, in those days, with a two year spell of National Service with the Royal Air Force.

While he lived with his parents in Downlands Avenue a young lady across the road had caught his eye and in 1958 he married Norma. They made their home in that same Downlands Avenue, but just down from the Mums and Dads!

Apart from his cycling; he was now a member of The Excelsior, he was a very keen photographer even to the extent of having his own dark room, he loved the music of the 1960's and he was becoming something of a numismatist with a growing collection of coins.

His cycling with the club was mainly social although records do show a number of short distance time trials in the 1950's. He was a club timekeeper for many years and a regular contributor to the marshalling duties. In later years he helped out in the Clubroom canteen.

He made a great friend of Worthing cycle shop keeper and frame builder John Spooner who wrote the following note:

“Peter’s first John Spooner bike was a road/time trial machine built in 1983. Peter was by then a regular on Saturdays at my shop staying for several hours and later that same year he ordered a road/track frame and was particular in requiring a gear hanger brazed on to the rear opening back ends. He was to race this bike regularly in the club’s short distance events throughout the ‘80’s.

In 1986 Peter wanted to treat himself to a “Columbus” tubed frame, and this to be a quite unique frame. I built it with Nervex Pro lugs which had been popular for thirty years and matched the latest Cinelli fork crown and Suntour vertical ends. He was so proud of this frame which he built up with Mavic gears, chainset, pedals etc. This bike now rests in the safe hands of the Club’s avid collector and bike enthusiast, Graeme Gill.

We were great friends as well as Peter being one of my best customers, as you can tell! We regularly travelled together to watch the classic “Lincoln Grand Prix “ held every year in the area of the hilly Chilterns. We would take our bikes by car to the H.Q. near Beaconsfield and then ride out to the course so that we could watch the progress of the race. The pubs on the course were always full of bikies and we got to be quite well known over the years.

Also from 1999 Peter joined me on the Hampshire Veteran Cycle Club rides always with immaculate bikes. He shared my love of bikes and their restoration and was a great Cycle jumble sale goer searching for rare and vintage parts”

We believe that after the death of his beloved wife Norma, Peter lost some of his spirit and his health seemed to gradually deteriorate. We miss his usual presence in the Tuesday Club evenings and we extend our condolences to his family.



CLUB EVENING 10 MILE SERIES

No.2 – 28th April

Well it was unlikely that we would get another evening like last week, but this was still pretty good. Just a bit breezier and a little cooler. Twenty riders from Worthing and twenty from outside the Club so another very good attendance. Nick Dwyer was again fastest but back 40 seconds from his record. Jeremy though was only 17 seconds slower, so was this a better ride or did he miss out in event number one? Good to see Mark Newnham back and straight in with a solid short ‘23’. There’s so much more to come from that one.

Full Result :

1.	Jeremy Wootton	21.36	7.	Kevin Wilson	24.32
2.	Chris Twine	22.53	8.	Tom Coulson	24.36
= 3.	Mark Newnham	23.18	9.	Nathan Gale	25.18
= 3.	Carl Trevis	23.18	10.	Ben Barden	25.29
5.	Kevin Doe	23.34	11.	Phil Walker	25.46
6.	Chris Putnam	23.52	12.	Robert Downham	25.59

SOCKS White socks are considered de rigueur for the aspiring fashionable cyclist. However, most colours are now considered acceptable, except black. Sock length is a major pitfall, and members are advised to remember that shorter is better

SUNGLASSES (The description shades is permitted but getting to be a bit dated). Sunglasses are a key element of sartorial club cycling. They should be worn at all times, or propped atop the helmet. Never completely remove your sunglasses and place them out of sight in your jersey back pocket. If you cannot see through them, then hang them from the front of your jersey. Wearing sunglasses should help in the production of the ridiculous tan (see below)

TAN The production of a deep tan, with clearly defined tan lines around the eyes (see above), legs, arms and hands is the ultimate achievement of the highly fashion conscious cyclist.

LEGS Legs should be shaved. Hairy legs should be considered a serious fashion failing. For men, only shaving as a method of hair removal should be considered. Shaved legs help a great deal in the production of the ridiculous tan (see above)

LANGUAGE Colourful continental expressions, particularly from Italy or France, should be added to your language at all times. For example water bottles should be referred to as bidons, when the road is clear say 'C'est Bon'. Attractive ladies encountered on rides should be greeted with a wave and a shout of 'Ciao Bella!'



THE 'WOOTTON' REPORT
S.C.A 25 – 1st May

I suspect it's like buses? There isn't one for ages and then three come along! First off my unknown allergy and anaphylaxis in January, with a repeat episode April 11th, next up a sick dog. I have three Springer Spaniels and "Skinny" has hepatitis so we cancel a weekend in Bath, planned to celebrate Mrs W's birthday over the weekend Sat 30th April/Sunday 1st May. Being at home we can administer medicine etc, for Skinny.

Third up, Paul, our 19 yr old, who some of you will know from your visits to Quest Adventure Bike Shop where he works, he stacked big time on the day of the Royal Wedding. He was riding his jump bike and went over the front on a double jump, thankfully he was wearing his full face helmet as this was his first point of landing, damage to his helmet, shoulder, arm and ankle is all too obvious, thankfully his head is intact.

So it was with some surprise Mike Anton emailed me the start sheet for Sunday's SCA 25 and I was off at 8.11 am number 71, I was sure I'd not entered, then I remembered Mick Irons email a few weeks ago reminding us all to enter, that was it, I'd sent in my entry forgetting Mrs W's B'day! Well it was Mrs W's birthday weekend, and a quick phone call ensured that whilst we may not be luxuriating at a hotel in Bath we would be eating out on Saturday night. So we had dinner at The Kennels, Goodwood. One of my other sports is golf and

Dwyer's records, yes he did another tonight with 19.57, it must at his level be 28 seconds slower. In event number one you will recall he did 19.29. To the normal mortals it's probably a good minute slower.

Chris Twine made it to the top of the result but he will note the absence of Jeremy Wootton, not riding tonight. He will also look closely at the effort of Carl Trevis, another going better with every outing, and only twenty seconds back.

Full Result :

1.	Chris Twine	22.29	8.	Allan Orman	26.17
2.	Carl Trevis	22.49	9.	James Nelson	27.07
3.	Mark Bernhardt	23.07	10.	Phil Young	27.20
4.	Kevin Doe	23.49	11.	Lee Barber	27.28
5.	Tom Coulson	23.51	12.	John Lucas	28.26
6.	Nathan Gale	25.08	13.	Joan Lennon	28.44
7.	Pete Logan	26.15	14.	Graeme Gill	29.51

~~~~~

### A PERSONAL VIEW

*In the past few months two club members have had accidents while on their bikes. One was while riding with the Club, the other was not. Neither of them were wearing helmets and both sustained nasty blows to the front of their heads. Very fortunately they have both recovered quickly without any serious consequences.*

*There is no law making the wearing of helmets compulsory and even the body governing time trials, "Cycling Time Trials" does not make it compulsory except for those under the age of 18 years. Some cycling Clubs and Associations do however require that they be worn in their own promotions. Worthing Excelsior goes along with this but always strongly recommends that they are worn.*

*New members are always joining us and sometimes they come with little cycling experience, and frequently without any experience of riding in a group. These days our club runs are quite well attended and it is not uncommon to have between 15 and 20 riders. A split between the slower and the faster can alleviate this to some extent, but even then we have to be always ready to 'single-up'. No longer is it possible to ride in pairs all the time. In quiet country lanes perhaps we can, we possibly feel that we should be able to, but there is always the motorist who will drive in these roads at a speed only normally, and reasonably, possible on the main roads.*

*A recent club run experienced just this, we all had to brake very sharply and get into a single file – partly on the grass. We all, thankfully managed this and there was no damage, apart from some rubber lost which will mean a new tyre rather earlier than may otherwise have been the case.*

*I have been riding for 64 years and most of that was before helmets were ever considered save in track or road racing. Gradually road conditions and campaigns impressed on us that it was essential. I noticed more and more helmets on heads as I regularly rode the club run, until it was Don the odd one out. I frankly hated the idea, they felt heavy and awkward and, I thought, looked ridiculous. I eventually gave in when I was riding time trials, but not on club runs,*

for quite a bit longer. Then one Sunday at the elevenses venue one member said he had to push off and get home early. When the rest of us came to leave a helmet was noticed .....Mike had gone off without it. Being the only one with a helmet free head, to wear it, this was obviously the way to get it home. On arriving home I put my bike in the bike shed, but not before I had given the shed a real headbut. I had totally forgotten that I was wearing a helmet and hit the top of the door frame. I then telephoned Mike to tell him that I had got his helmet, and, he had not noticed that he wasn't wearing it. These two facts told me that my reasons for not wearing one were groundless.

Over the years the helmet has improved enormously in design. It is safer, lighter, cooler and even looks less hideous than I used to think. The debate as to its necessity drags on, it will not help to save a broken leg or a cracked rib but they are pretty insignificant injuries when compared to serious brain damage.

I am all for freedom of choice, I think there are too many laws so I'm certainly not suggesting that they should become compulsory, but I do wonder whether Worthing Excelsior Cycling Club would be wise to indicate to all its members that they do **STRONGLY RECOMMEND** that a helmet is used at all times while riding with the club. These days we have to consider our insurances and it might prove useful to show that we had done what we could and not stand charged with insufficient care for our members.

The Club Committee can perhaps consider this view. Maybe we could print something in large capitals on our membership application forms. Include a permanent notice to this effect on our website and even carry a regular statement in the Worthing Wheel?

Don

~ ~ ~ ~ ~

I DO LIKE TO FIX A PUNCTURE  
(from 8-v-2011)

Normally on a Sunday morning Club ride I will take round in my back pockets two spare inner tubes still in their boxes. Usually when I get home after the ride these spare inner tubes have remained in their boxes untouched.

Sunday, 8<sup>th</sup> May was different, this time, the ride to Hilliers Garden Centre near Horsham would prove to be quite the opposite; all for one fateful stretch of road. All was going well until we came to a corner when, John ("tempting fate") Baldwin smartly and proudly proclaims, "that car has a puncture", as we cycle past.

As if on cue, I pull over to the side of the road with a fateful puncture and the gracious Mike Irons lends me a hand in fixing it. So I trundle back feeling slightly the worse for holding up the rest of the group. At this point John himself has a puncture, so the fates are getting their comeback on the man who tempted them.

Well that's all you might think for this little stretch of road, one car and two bicycles all perfectly punctured; well you would be wrong. Just as we all go to set off, Alice Seppe has a puncture, in sympathy for the others no doubt. So that

*makes this tiny stretch of road one car and three bicycles all neatly deflated in about 20 metres of each other.*

*Beware of this kind of luck on the next run to Hilliers Garden Centre.*

James Nelson

~~~~~

CLUB EVENING 10 MILE SERIES
No.4 - 12th May

Business as normal with Jeremy back and well clear as well. Mark B going O.K. but still not close. Mark N getting back some form so hope he will continue with more events this season. Another personal for Carl Trevis who must extend his distances this year. We know from Dolomites Sportives that he has all the necessary strength and stamina.

Although we are averaging over 40 riders per event so far, this is mainly due to tremendous support from other clubs, particularly Lewes Wanderers. The fact is, however that entries from WECC members are down on last year by about 20 in just four events. These tens are put on for your benefit so let's see more of you having a go.

Full Result :

1.	Jeremy Wootton	21.21	9.	James Nelson	25.01
2.	Mark Bernhardt	22.33	10.	Phil Walker	25.45
3.	Carl Trevis	22.39	11.	Mike O'Gorman	25.58
4.	Mark Newnham	23.17	12.	Chris Day	26.28
5.	Chris Putnam	23.47	13.	Colin Miller	26.30
6.	Kevin Doe	23.52	14.	John Lucas	28.02
7.	Phil Frean	24.39	15.	Joan Lennon	28.17
8.	John Marshall	24.55	16.	Graeme Gill	29.21

~~~~~

RAY DOUGLASS MEMORIAL OPEN 25 MILE TIME TRIAL - 15<sup>th</sup> May

John Baldwin held the reins again and oversaw another good Worthing Excelsior promotion. Some potential course problems fortunately did not materialise and weather conditions were kind. 103 entries were accepted, 95 started and 94 finished

Steve Dennis of the East Grinstead Club hurtled round in 52 minutes 26 seconds to leave second placed Rupert Burbidge of Redhill C.C. almost two minutes back on 54.16 and James Stratton, London Dynamo Prologue a further ½ minute adrift on 54.47.

Fastest of the WECC entries was Nigel Reynolds who produced a personal best effort of 57 minutes 28 seconds. Mel Roberton put away another "59" this time his seconds were 38 and in the absence of an unwell Jeremy Wootton Chris Twine completed the team with 1.01.08. Other times were Kevin Doe 1.03.53,







someone goes off course. This year Phil Young gave it best after realising that his cold was desperately affecting his breathing. As to going off course well James Nelson is beginning to get something of a reputation in this respect. It is not clear where he went but he does accept that it wasn't the same route as everyone else. Some explanations indicate that he may have only covered about 13 miles while others would imply something in the region of 30!

With Jeremy Wootton oversleeping it looked as if Mel Roberton should take the honours, and yes, he did, but only just. Mel's time of 40.49 put him only 21 seconds clear of Mark Bernhardt with Kevin Doe slotting in to another third place on 43.22. Mike O'Gorman's effort of 48 minutes was to give him the handicap award and careful note is being made in the handicapper's notebook!

Full result:

| <u>Pos</u> | <u>Name</u>    | <u>Act Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|------------|----------------|-----------------|--------------|-------------------|
| 1.         | Mel Roberton   | 40.49           | 0.30         | 40.19             |
| 2.         | Mark Bernhardt | 41.10           | 2.10         | 39.00             |
| 3.         | Kevin Doe      | 43.22           | 3.20         | 40.02             |
| 4.         | Mark Newnham   | 44.37           | 3.30         | 41.07             |
| 5.         | Kevin Wilson   | 45.17           | 4.30         | 40.47             |
| 6.         | Phil Frean     | 45.19           | 6.50         | 38.29             |
| 7.         | Nathan Gale    | 47.18           | 4.40         | 42.38             |
| 8.         | Phil Walker    | 47.39           | 8.00         | 39.39             |
| 9.         | Mike O'Gorman  | 48.00           | 10.00        | 38.00             |
| 10.        | Chris Day      | 49.40           | 9.00         | 40.40             |
| 11.        | Robert Downham | 50.09           | 9.10         | 40.59             |
| 12.        | Lee Barber     | 52.30           | 13.00        | 39.30             |

~~~~~

CLUB EVENING 10 MILE SERIES
No 6 – 26th May

There is nearly always one, so lets hope this was it. Gale force winds, cold as February and with torrential rain showers. The showers somehow managed to miss the course and the event but succeeded in soaking some of those who ventured out. Just five from the Club were to take the opportunity of a high placing, although they were outnumbered by six private time trial riders. Mark Bernhardt used his strength to just squeeze a 22.56. Mike O'Gorman also, somehow managed to produce a personal best. Now he has to live up to the "second" placing.

Full result:

1.	Mark Bernhardt	22.56	4.	James Nelson	27.01
2.	Mike O'Gorman	25.31	5.	Phil Young	27.46
3.	Robert Downham	26.06			

~~~~~



*I skipped the WECC Evening 10 number 3, Skinny my Springer Spaniel had his liver biopsy earlier in the day and the vet was preparing us for the worst that afternoon when they reported back on what they saw when taking the tissue sample. Sadly, the next day, Friday 6th May was Skinny's last, he had suffered a complete liver failure and asking the vet to put him down is one of the hardest things I have ever done. A good friend sorely missed.*

*Sunday 8 May and I was on the start line for the North Hants RC 50 on the Bentley by-pass. The course was a two lap version of the 25 I rode last month, weather conditions were OK and it was on roads I know and enjoy. Matthew Bottrill won with a 1.43.11, I DNF'd at the start of the second lap! The prospect of another 25 miles thinking about the loss of my dog was too much to endure and I retreated somewhat tearfully to the HQ.*

*Thursday 12th May and WECC Evening 10 number 4, another full field and a satisfying 21.21, it was nice to cross the line rather than end it in a lay-by! Solid ride, but a rather hoarse cough after I finished was a bit of a worry.*

*Sunday 15th and the WECC Open 25 was a DNS. Thursday's post race cough was now my 'annual cold'. I spent a large part of Saturday in bed and after a really lousy night on Saturday the only way I was going to make it round the course on a bike, was if it was my motorbike.*

*Thursday 19th and WECC Evening 10 number 5 a bit jaded from my cold and average power output down a bit but a satisfying 21.51 was a welcome result.*

*Sunday 22nd and the Pulborough Circuit Event... or not! Woke at 4.30 am, a bit early, maybe another 25/30 minutes and then get up? Woke at 7.30 am just as the first rider was due off! Dooh!!*

*Monday 23rd, no racing yesterday, so up early and ride the 31 miles to the office in Crawley, very pleasant, a tail wind to enjoy as well. Our car park has security barriers so I tugged on the bars to lift the front wheel over the kerb next to the barrier, ouch, I felt a twinge in my lower back. During the day it got stiffer, but by the end of Tuesday, I was moving reasonably well, well enough to play golf on Wednesday? I thought so but as it turned out, actually no, not well enough. Ended up very stiff and sore and clearly no prospect of racing Thursday evening.*

*Sunday 29 May and the WECC 30, I didn't oversleep this week, I just mis-read the event start time, 7.00 am not 7.30 am as per last week. I'm not quite sure at what point Vern started to wonder about my casual approach to warming up before an event? I was stood there, having signed on, chatting away when it suddenly dawned on me I had 9 minutes to get ready and to the start line, not 39 minutes! For me a decent warm up of at least 20 minutes on the rollers before a race is essential mental and physical preparation. Today it was a poor substitute of a ride to the start line via Washington roundabout. I felt bad as soon as I started, this was due to the lack of warm up and perhaps also the year out of date energy gel I had on the way out to the event? Not long after the start some of the gel came up and I had the chance to taste it again, not good. I decided to keep going, hoping to ride 'in to it', not so and when completing the lap of the Ashurst circuit I DNF'd to the sanctuary of my car.*

*Monday 30th May and Brighton Mitre's multi - event 10 TT. I'd opted for the 'Bling' event, passing up on the Medium gear ( 72" ), Tin Can ( Hub gear ), Road Bikes and Hilly ( finish at top of Steyning Bostal ). Some rode two events, I was*

quite happy with just the one. The Wiston Pond/ Shoreham flyover course is not everyone's favourite especially with the wind.

Different challenge today, can I ride without HRM/Power/Cadence/Speed Data all being displayed in my face? I had forgotten to put the bike computer on charge and a flat battery meant I was going to have to race the old fashioned way, on feel! Maybe I should try it more often as I finished 5th overall with a 22.09, very satisfying given the windy conditions. Peter Tadros was home first with 20.43 closely followed by Nick Dwyer on 20.54, Ian Brogden on 21.11 and in fourth, Darren Barclay with 21.30.

Good News! The month ended on a high note, Tuesday 31st May and a visit to my third expert in three months with my quest to discover a cause for the anaphylaxis. The outcome is an unusually high level of histamines in my white blood cells. The rest is all a bit complicated, in a month when I go back for repeat tests I am hoping a change of diet will show falling levels of histamines and a reduced risk of repeat attacks.

Overall a good start and end to the month and a lot to learn from and remember in the middle!

Jeremy Wootton

~~~~~

CLUB EVENING 10 MILE SERIES
No 7 – 2nd June

Warm but breezy and for a change nearly all managed a sprint for the line. Sixteen Club riders but 21 friends from Clubs around. Evening slightly spoilt by an unfortunate accident when Chris Twine was brushed by a passing Range Rover type and swept off his bike. Personal injuries are bruises and grazes but some expensive damage to his bike. Range Rover not damaged so didn't stop! If you hear anyone bragging "I got a cyclist on the A24" let us know.

Full Result:

1.	Jeremy Wootton	22.07	9.	James Nelson	25.45
2.	Mark Bernhardt	22.16	10.	Mike O'Gorman	26.06
3.	Carl Travis	23.18	11.	Steve Feest	26.21
4.	Kevin Doe	24.18	12.	Allan Orman	26.41
5.	Chris Putnam	24.29	13.	Chris Day	27.21
6.	Kevin Wilson	24.38	14.	Phil Young	27.22
7.	Nathan Gale	24.56	15.	John Lucas	28.44
8.	Phil Freaan	24.59	16.	Graeme Gill	29.55

~~~~~

**SUSSEX CYCLISTS' ASSOCIATION**  
**50 MILE CHAMPIONSHIP – 5<sup>th</sup> June**

A subtitle for this one could be "Robin Johnson's winery give-away" Robin does an enormous amount of work for local cycling, promoting several time trials

each year for both his Club, Brighton Mitre, and for the S.C.A. He doesn't just let things happen either, he goes out of his way to try and improve the event and make it good for the competitors and helpers alike. We calculate that some 50 or more bottles of vino were distributed to riders and helpers. Certainly 25 were included with medals, cash and trophies for the riders and at the H.Q. at Dial Post after the event more were provided as a thank you to all the helpers. Mr. Robertson was seen to depart with four! We think one for veterans award, one for team award one for helping in the canteen and one, we're not sure but think it might have been for helping to push start Robin's car which had broken down at Findon while he was putting the road signs out. About 4 o'clock we think!

As to the race itself, well, firstly a small criticism of the field layout. We know that Mel had volunteered to start early so that he could get back and help out with the teas so to see him as third man off was no surprise, but to find that Jeremy Wootton was at number 2 was not very clever. In addition behind Mel came another fast rider. These three were soon out on their own. With our own Joan Lennon at number 1 there were three riders from one club all bunched together at the front.

Worthing Excelsior have managed to win the team title in this event for the past two years but a glance at the start sheet soon indicated that they would be up against it to retain their trophy. G.S. Stella looked favourites and although Nick Dwyer was not down to ride for Lewes they also still had an excellent entry.

It was a dry but windy morning and coldish in the north easterly blow. The course has several legs so the changes in direction might help. The last 7 miles though would be right into the wind. Starting at West Grinstead the route firstly took riders east to Bolney then back to Cowfold. It was then south to Henfield and back and west back through the start and out to the A24 at Buck Barn. Probably the fastest stretch was from here down to Washington and out to Beeding. Finally riders retraced to Washington, turned left down to Findon and then that last northerly slog to Dial Post.

Worthing riders all seemed to be O.K. at our check at Buck Barn (20 miles) and Mel and Jeremy were still about that one minute apart. Mark Bernhardt and Kevin Doe were up on their schedules, but Stuart Jago looked to be in 24 hour mode, steady, comfortable, but with his focus elsewhere. Nathan Gale still getting back into the time trial scene after his running escapades also looked steady rather than into a P.B.

Back at H.Q Mel was into his tea serving and wondering how he had come within 4 seconds of catching Jeremy. Apparently the rider behind had gone past early on and he faded away over the hard finish. The fact is that Mel had ridden a super 50 on a difficult course. His time of 2 hours 2 minutes 42 seconds put him in 7<sup>th</sup> place in the Open competition and third place in the SCA Championship. He had secured yet another Veteran's Championship and in doing so set a new standard plus record for the course and Championship of 39 minutes 55 seconds. Jeremy with Mel always breathing down his neck had clocked 2.3.38 in 11<sup>th</sup> place. The club's third counter was Mark Bernhardt in 16<sup>th</sup> spot on 2.5.43. Kevin Doe on 2.13.59 continues his improvement and was 23<sup>rd</sup>. Stuart Jago recorded 2.15.59 in 26<sup>th</sup> and Nathan finished with 2.18.26 for 28<sup>th</sup>. Joan Lennon finished in 2.49.11.



way out. Knowing it's just a flat out effort into the head wind may have helped with concentration and getting to the finish line as soon as possible.

10's are one of those races where you have to get everything out and finish with nothing left. I prefer these sorts of courses to hilly ones, I find it easier to maintain an effort and stay on the rivet. The 'on/off' nature of hilly courses despite the downhill recoveries upsets my rhythm. 21.09 was the reward for my efforts, 6th place a fiver and a big bottle of beer! Allan Ridler won with a 20.14, interestingly one rider was Dq'd for riding with the wrong number on his Jersey!

Sunday morning, usual routine, round Goring Gap with my dogs for an early morning warm up, at this stage it was still dry!

As I got closer to Liss the skies darkened and soon after arrival, the rain started. Nick Dwyer from Lewes was looking doubtful, he'd PB'd the previous afternoon and broken his club 25 record. I did a little bit of cajoling and he was soon in his skin suit and using the uphill ride to the start as his warm up.

I was off at number 101 and 8.41 am chasing Stephen Whitewick my minute man, well I would have been if he'd started, like quite a few riders he signed on but didn't fancy a ride in the wet.

The P885 starts at the top of Hillbrow (obvious clue) and is downhill to the A3, south to Buriton then back up to Liphook, using the same turn as the 10 course with the finish about a mile further on than the 10 course.

By the time I started, the drizzle had turned into steady rain, this was going to be wet. I caught Tamar from the Brighton Mitre ( Sholto's partner) shortly before the Buriton turn. When I saw her later back at the HQ she was sporting a nasty bruise to the knee where she'd come off at the turn, it sounds like it could have been a lot worse and I think a motorist was probably the main cause of her tumble.

As with the day before, I don't think the wind was a huge feature on the event. Although the wind was in the south west, it didn't seem to be too much of a problem on the way back from the turn.

10th place and fastest C category veteran ( 50 - 59 years) and a tenner, the weekend job is starting to look attractive! Gabriel Martinez just squeezed first place from Nick Dwyer by 8 seconds with a 51.48. A 54.50, only 4 seconds slower than my PB and in bad conditions is quite an incentive for the rest of the season, however, it did take two days for my shoes to dry out!

Jeremy Wootton

~~~~~

RICHMOND PARK TIME TRIAL

We've heard from our London based member Nigel Reynolds that he rode this one and took third spot in 25.14. We're not clear about the distance though. Nigel will be down for the Club 100 and is using the Etape du Tour which includes the col du Telegraphe, Galibier plus Alpe d'Huez, as a training run!

~~~~~











NATIONAL 24 HOUR CHAMPIONSHIP  
25th/26<sup>th</sup> June

There hasn't been a 24 hour ride by a Worthing Excelsior rider since 1971. One reason, is that, four events in the calendar each year, gradually has come down to just one, and this, up in the north of England. The 'Catford' and the 'Wessex' which were reasonably accessible were no longer run. On top of this the popularity of long distance racing declined. It was difficult anyway for promoters to find courses in this rather cramped corner of the country. There was one opportunity when the Brighton Mitre promoted the Championship in 1999 but we had no takers from WECC.

Gradually interest increased with more Club members riding the '100' and then three tackling the half day – 12 hour. With the announcement that the East Sussex Cycling Association were going to promote the National 24 hour in 2011 there was much local interest and from WECC just one, but very early and determined commitment, that of Stuart Jago.

For some eight months Stuart devoted himself to a frightening schedule of riding, constantly building to longer and longer sessions in the saddle. At the same time his focus shifted from any other racing to this one event. He had three aims; the first was simply to finish, the second, was to try and cover 400 miles and the third, was to see if he could improve on that Club record of 428 set forty years ago.

On the day, things could not have started much worse, for with hardly twenty miles on the clock he was to crash heavily. He was severely cut grazed and bruised, but after a wipe down with some hastily produced medical wipes was quite quickly away. There was, fortunately, no damage to his bike. Nevertheless this was an awful blow which was to have a serious affect upon his ride.

He did achieve aim number one and finished a gruelling marathon, but that was it. From the view of those helping him he would undoubtedly have exceeded 400 miles had the ride been trouble free. It was a most courageous effort. In the National result he finished 33<sup>rd</sup> with a distance of 391.33 miles. Of the 96 entries, 93 started and 80 finished. Distances achieved varied from the massive, new National record of the winner Andy Wilkinson of 541.17 miles to the last lady, riding a trike, with 202.01 miles.

It is easy to be wise after the event but perhaps he overtrained, it's difficult to be sure, but he always looked like he was continuing his training rather than racing, he seemed to be always on an unwavering speed, there was no variation, no fast bits and slow bits, but how much did the crash affect him? This is not a criticism, he had gone in at the deep end and with amazing dedication. He has since recovered enough to say that yes he would ride another and he will then have the benefit of this very tough experience.

The course in East and West Sussex was by any standards a hard one, irrespective of the new record mileage, for mere mortals it was a long distance Sporting Courses event. The East Sussex Cycling Association did though put on a brilliant event and did Sussex cycling proud. Mike Haylor whose brainchild it was, would not accept our congratulations though, claiming it was he and a thousand others, and it is true that the cycling folk of Sussex, both east and west turned out



|     |              |       |     |             |       |
|-----|--------------|-------|-----|-------------|-------|
| 9.  | Allan Orman  | 25.11 | 14. | John Lucas  | 27.17 |
| 10. | James Nelson | 25.19 | 15. | Joan Lennon | 27.21 |
| 11. | Pete Rowe    | 25.49 | 16. | Ben Tovey   | 27.25 |
| 12. | Phil Young   | 26.16 | 17. | Graeme Gill | 28.36 |
| 13. | Lee Barber   | 26.26 |     |             |       |

~~~~~

PUNCTURING IS NOT A CLUB JOINING INITIATION

Three new members recently signed up by membership secretary Mike Irons are Jamie Wastell, Pippa Smith and Mark Field. All have taken part in our Club runs and seemed to have enjoyed them. Jamie was to puncture on his outing and Mark managed three! before calling for a Mum and Dad rescue. Mark is just 15 and despite the unwelcome deflations has promised to be back. Pippa has demonstrated her fitness in a number of Sunday rides and we can forget any probationary period for her... she's a probation officer, we gather. Present address is up in Cambridge but planning a move down we think. Jamie has already ventured into the world of Sportives so no lack of stamina there. Welcome to you all, we hope you will become keen and involved members .

~~~~~

### CLUB 25 MILE CHAMPIONSHIP - 3<sup>rd</sup> July

For some reason, not clear to the Worthing Wheel we use a course designated G25/95. for this one event each year. It starts at Goose Green on the Adversane Road to the north west of Ashington. It goes east under the A24 and south to Washington. Now it loops through Wiston and Hole Street back to Ashington and the A24. Next it goes round again to Wiston cross roads, but this time straight on towards Steyning. As the Steyning bypass begins riders go north on the B2135 via Ashurst to the A24 at West Grinstead. Finally they turn south to the Ashington junction slip under the A24 and go west to a point near the start. Yes complicated isn't it. Still no one got lost this time, James Nelson was not able to ride!

#### Full Result

| <u>Pos</u> | <u>Name</u>    | <u>Act Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|------------|----------------|-----------------|--------------|-------------------|
| 1.         | Jeremy Wootton | 58.31           | Scr          | 58.31             |
| 2.         | Mel Robertson  | 1.01.17         | 3.00         | 58.17             |
| 3.         | Mark Bernhardt | 1.02.32         | 5.00         | 57.32             |
| 4.         | Chris Twine    | 1.03.02         | 4.30         | 58.32             |
| 5.         | Kevin Doe      | 1.03.50         | 6.40         | 57.10             |
| 6.         | Mark Newnham   | 1.04.31         | 7.45         | 56.46             |
| 7.         | Kevin Wilson   | 1.05.58         | 7.10         | 58.48             |
| 8.         | Phil Frean     | 1.06.41         | 9.50         | 56.51             |
| 9.         | Nathan Gale    | 1.06.42         | 9.00         | 57.42             |
| 10.        | Chris Putnam   | 1.08.21         | 11.00        | 57.21             |

|     |                |         |       |         |
|-----|----------------|---------|-------|---------|
| 11. | Phil Walker    | 1.09.10 | 12.00 | 57.10   |
| 12. | Peter Logan    | 1.09.15 | 13.00 | 56.15   |
| 13. | Mike O’Gorman  | 1.11.25 | 13.00 | 58.25   |
| 14. | Lee Barber     | 1.11.26 | 20.00 | 51.26   |
| 15. | Robert Downham | 1.13.50 | 15.00 | 58.50   |
| 16. | Phil Young     | 1.17.27 | 17.00 | 1.00.27 |

The handicapping was reasonably good with two exceptions. Lee Barber obviously received way too much and Phil Young did not get enough, rest assured both of you these things do get noted.

Being a championship, scratch awards take precedence, so that’s 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>, as above, plus Lee on 1<sup>st</sup> handicap and Peter Logan grabbing a medal for second spot in that category. It is thought likely that this was a club best time for this course, although faster times by non-members have been recorded.

~~~~~

CLUB EVENING 10 MILE SERIES
No 12 – 7th July

As the series nears its end Jeremy comes back for another first place. Was he worried that anyone else could press him for the overall? Nice to see some new names having a go with Nolan Heather recording a very respectable first effort.

Full Result

1.	Jeremy Wootton	21.34	8.	Mike O’Gorman	26.03
2.	Chris Twine	22.47	9.	Peter Rowe	26.18
3.	Mark Newnham	22.59	10.	Robert Downham	26.49
4.	Chris Putnam	23.55	11.	John Lucas	27.31
5.	Phil Frean	24.24	12.	Colin Miller	27.58
6.	James Nelson	25.36	13.	Joan Lennon	28.01
7.	Nolan Heather	25.57	14.	Alan Stepney	28.52

~~~~~

NATIONAL 100 MILE CHAMPIONSHIP – Saturday 9<sup>th</sup> July

This event rather unusually, was held on a Saturday afternoon, but then up north they’ve got the roads, without the traffic and can probably cope more easily than we could down here. The course was near Ripon in the northern parts of Yorkshire. The weather started wet and was to suffer some pretty rough conditions.

Worthing Excelsior had two competitors and while neither was likely to bother the Hutchinsons of this world, they were both keen to see what they could do with the inspiration of riding in such elite company. Stuart Jago and Mark Bernhardt did not have the best of starts when their motor journey north came to a two and a half hour stop on the M1, but they made it and reported for their respective start times.

It was at this point that their fortunes took very different courses. Yes it was windy but while Mark was through 50 miles in 2.11.12 Stuart was way down and in all kinds of trouble. Mark was to ride strongly over the second half and actually managed a personal best of 4.26.29. Stuart was in a dreadful state when he eventually finished in a time outside of 5 hours and it took him an hour to recover sufficiently to begin the long journey home.

After the enormous efforts that Stuart made for the 24 hour championship only two weeks previously this 100 was clearly too close and maybe he had let his enthusiasm get the better of him, but that was a hard lesson.

It doesn't seem appropriate to dwell too long on the winner's time, quite unbelievable, something in the region of 3 hours 24 minutes, which equates to 4 X 51 minutes for each 25 miles, but then he does reside in the back pages of Cycling Weekly!

~~~~~

EAST SUSSEX 50 MILE – 10th July

Just two riders from W.E.C.C. went over to the East Hoathly start for this promotion based on the A22 road over in the east of our County. They had good conditions and Kevin Doe riding to a 'Don' schedule of 2.14.00 had to sprint home for 2.13.53 and a 6 seconds P.B. This schedule we understand has since been upgraded! Mel Robertson suffering from a cough still managed to get round in 2.3.13 and walked away with another veteran award.

~~~~~

### CLUB EVENING 10 MILE SERIES No 13 – 14<sup>th</sup> July

A good evening and one of near misses. Jeremy was urged to knock out a new ten record for the Club (standing at 20.50 to Peter Danckwardt in 1987) and Jeremy's PB was close at 20.52. Kevin Doe has been desperately trying to get a 22 and has scraped his way to 23.01. So what could we expect?

Well JW clocked a frustrating PB at 20.51 and Kevin equally frustrated was home in 23.00 – Ouch!

#### Full Result

|    |                |       |     |                |       |
|----|----------------|-------|-----|----------------|-------|
| 1. | Jeremy Wootton | 20.51 | 10. | Pete Rowe      | 26.08 |
| 2. | Mark Newnham   | 22.47 | 11. | Lee Barber     | 26.15 |
| 3. | Kevin Doe      | 23.00 | 12. | Robert Downham | 26.21 |
| 4. | Chris Putnam   | 23.51 | 13. | Colin Miller   | 26.32 |
| 5. | Phil Freat     | 24.33 | 14. | John Lucas     | 27.36 |
| 6. | James Nelson   | 25.19 | 15. | Ben Toovey     | 28.05 |
| 7. | Mike O'Gorman  | 25.21 | 16. | Alan Stepney   | 28.46 |
| 8. | Phil Young     | 25.44 | 17. | Graeme Gill    | 29.56 |
| 9. | Pete Logan     | 25.53 |     |                |       |

~~~~~

RUNS ATTENDANCE POINTS – Up to and Including 3rd July 2011
For those members with 20 or more points

Mike Irons	68	Neale Maloney	38
Phil Freat	65	Kevin Doe	38
Tony Knott	63	Richard Klose	37
Rocco Sepe	57	Guy Musgrave	36
Robert Downham	52	James Nelson	35
Don Lock	51	Lee Barber	33
John Baldwin	49	Pete Logan`	29
Phil Walker	49	Clive Lett	29
Graeme Gill	46	Nicole Patterson	29
Ken Newton	39	Martin Wood	22
Peter Rowe	39	Nigel Gardener	21

~~~~~

DAPHNE GRANT

Many older members will remember John Grant's wife Daphne. For several years Club Vice - President John and Daphne provided a radio results service to Worthing Excelsior and to Sussex Cycling in general. With John at the finish with the timekeeper and Daphne at the Headquarters. They could be found at Village Halls at unearthly times on Sunday mornings throughout the County and throughout the time trialling calendar. They achieved a service which could only be matched with the advent of the mobile phone in more recent times.

They had call signs (Handles), Penny Farthing (John) and Edelweiss (Daphne). Daphne was as lovely as the flower, always smiling and always with a cheery word. She was also well known for her knitting, many believed it was to be a new scarf for Doctor Who.

Daphne died on 5<sup>th</sup> July after a long fight with Parkinson's disease. John insists that we should not grieve her going, but instead celebrate that she was here. We have no doubt that would have been her wish too. The Club was represented at the Funeral service and paid our last respects to a lovely lady.

~~~~~

CLUB EVENING 10 MILE SERIES

Event No 14 which should have been the last in the series was washed out by heavy rain making conditions too dangerous. It was the only one to have been affected by weather this year. The overall results will be in our next issue.

~~~~~

STOP PRESS - DIARY DATES

Skittles at The Spur – Friday October 28<sup>th</sup>.

Club Dinner & Prize Presentation – Friday November 18<sup>th</sup>

Contact Don for details and early bookings