

Temporary move for cyclists

FOR A TIME Worthing Excelsior Cycling Club will be without the use of their usual clubroom facilities at Broadwater Parish Rooms. Corporation repairs and decorations will mean that the rooms are unavailable to the club until Tuesday, January 23.

Arrangements were made with The Cricketers at Broadwater for last Tuesday and the club will meet there again on January 16 before returning to the parish rooms. There will be no meeting on Tuesday, January 9.

The following are details of the club runs planned for the coming month: Sunday, January 7, 9 a.m., Eleveses at Hickstead; January 14, all day car/bike outing to the Isle of Wight. Ferry from Portsmouth at 8.30 a.m.; January 21, 9 a.m. Eleveses at Coldwaltham. Lunch, Sussex Cyclists' Association, annual lunch and prize presentation at Henfield; January 28, 9 a.m., Eleveses at Horsham.

CYCLISTS ENJOY RUN

KIND WEATHER, almost spring-like at times, helped to give nine members of Worthing Excelsior Cycling Club an enjoyable day's cycling on the Isle of Wight on Sunday.

Leaving Worthing at 7 a.m. they arrived at Portsmouth and were aboard the ferry to Ryde at 8.30. A somewhat choppy Solent was crossed and, on their two wheels (after the car trip to Portsmouth), they made their way south-west along deserted lanes with their thoughts on eleveses at Godshill. But while this place teems with visitors during the summer, it appears to close down completely in the winter months.

It was then on towards known eating establishments at Yarmouth but not before a wonderful ride along some four or five miles of a bridleway on the top of Brightstone

Down, which gave the riders fine views of the Solent to the north and the English Channel to the south.

Lunch was taken in a cafe overlooking the quiet and attractive Yarmouth harbour, and then, keeping as close to the north coast as possible, the riders passed round Newtown Bay and on to a Cowes peacefully basking in winter sunshine and dreaming no doubt of the hoards of yachtsmen who will descend upon it in the coming months.

A brief look at the giant Hoverlloyd Hovercraft in the works of the British Hovercraft Corporation and an inspection of a private section of railway provided some points of interest on the return to Ryde.

Some 50 or 60 miles were covered in all.

Good turn out for club run

THERE WAS a good turn out for Worthing Excelsior Cycling Club's run on Sunday. Some journeyed north to Dorking before returning to Henfield via Reigate and Crawley; others, not so concerned with "getting racing fit," went at a more leisurely pace through Wick, Arundel Park and had eleveses at Coldwaltham. They made their way back to Henfield via Storrington, Ashington and Ashurst before crossing the Adur by bridleway and footpath. Some remained out for the afternoon, a couple returned to Worthing for lunch but nine joined cyclists from all over the county at a hotel at Henfield.

The occasion at Henfield was the annual luncheon and prize presentation of the Sussex Cyclists' Association attended by about 70 people.

This Sunday the club run leaves at 9 a.m. and eleveses will be taken at Horsham.

Cyclists use 'railway'

FIVE MEMBERS of Worthing Excelsior Cycling Club joined organiser Dave Hudson for the car/bike day in Kent on Sunday.

They made their way to Battle in the van of vice-president Brian Weir and were on their way on their bicycles by 9.45 a.m. The weather was pleasant and the lanes had a nice February absence of motor vehicles.

With breakfasts having been taken early, elevenses were soon a necessity and were enjoyed at Broad Oak, on the way to Ashford, the lunch venue.

In the afternoon, a section of disused railway line provided a variation from classified roads as the riders made towards Tenterden. The return to Battle was past Bodiam Castle.

About 50 miles were covered and the group enjoyed a good day's cycling.

The world's Cyclo Cross championships at Crystal Palace on Sunday attracted a number of club members. Social committee member Jim Hughes took a number of young members up by car but another group made the 100-mile round trip by bicycle.

This Sunday sees the first of the new season's club time trials with the usual opener, the 20-mile "Circuit event" starting at Sompting Church at 9 a.m.

WORTHING HERALD

9TH MARCH 1973

ORMAN BEATS SCRATCHMAN DODMAN

SUNDAY SAW the first of the time trial events of Worthing Excelsior Cycling Club for the 1973 racing season.

The morning's conditions were described by event timekeeper Ray Douglass as being warm for the riders but somewhat draughty for the officials. Certainly conditions were kinder than for some years with just a fresh south-west wind as the 'main climatic hazard.'

Riders left the start at Sompting Church at two minute intervals, a system brought in by the handicapper to try and prevent bunching, which can be unfair to other competitors.

Riders made their way round the Offington-Findon-Clapham-Offington circuit twice before returning to the finish, back at Sompting Church.

The distance, approximately 20 miles, is usually won with a time just under the hour and this year was no exception.

First success

Alan Orman, marking up the first 29sec. This time was too good for success, came home in 59min. the scratchman, Keith Dodman, who finished second in 1hr. 0min. 34sec.

An excellent performance from junior Derek Pearce gave him third spot with a time of 1hr. 6min. 59sec., beating strong man Colin Miller into fourth place with 1hr. 7min. 19sec.

Another creditable performance was the effort of schoolboy Michael Murphy in his first ever ride with the club. He tackled this man's course with style and finished in 1hr. 13min. 15sec.

This Sunday, the club run will start at Washington at 10 a.m., Elevenses will be at Horsham and the all day run will see lunch taken at Dorking.

Favourites win two-up event

THE ACTIVITIES of Worthing Excelsior Cycling Club were split on Sunday between the club's annual Two Up 25-mile event and the club run to Dorking.

A number of members turned out to act as officials for the time trial held on the A24 Horsham road, and then joined other members for elevenses at Horsham.

The race was won by favourites Alan Orman and Colin Miller with a time of 1hr. 7min. 43sec. Second were Richard Shipton and Don Lock in 1-11-29, and third there was a good ride by two of the club's schoolboys, Michael Murphy and Maurice Rosenberg, in 1-24-25.

This weekend, Ray Douglass promotes two events for the Sussex Cyclists' Association, a junior ten-mile event and a senior 25-mile event, both starting at Washington at 3 p.m. on Saturday. The club have a team in the senior race and have no fewer than ten riders in the junior race.

Sunday also sees another of the popular car/bike trips, this time to the New Forest, starting point Lyndhurst. Dave Hudson, who now combines the offices of runs and touring secretaries for the club, has done a great deal to re-establish the club runs. They are now well attended and forward planning enables members to join the run, perhaps for part of a day, or just at a particular venue.

WORTHING HERALD

16TH MARCH 1973

WORTHING HERALD

2ND MARCH 1973

YEAR REVIEWED BY CYCLISTS

THE ANNUAL MEETING of Worthing Excelsior Cycling Club was held in the clubroom at Broadwater Parish Rooms last Tuesday, and was well attended.

A period of silence was observed in memory of life vice-president Mr Victor Cowan who died recently. Mr Cowan had been an active and generous member of the club for well over 60 years.

Secretary John Mansell's provocative report on the previous year achieved its undoubted aim in provoking considerable comment, and it is to be hoped that it will now provoke serious thought and action in the year ahead.

Treasurer Ray Douglass explained that an apparent loss of some £50 was to a large extent offset by stocks of racing vests in hand and a new fund raising scheme should improve matters for 1973.

Officers elected: President, Mr W. D. Argent; chairman, Mr C. G. Lednor; secretary, Mr J. Mansell; treasurer, Mr R. Douglass; time trial secretary, Mr D. Funnell; social secretary, Mr T. Puttick; road/track secretary, Mr A. Palmer; runs and touring secretary, Mr D. Hudson.

The general meeting again passed a proposition for the continuance of the club's main racing promotions, so that the open road race and the open 25-mile time trial will be carried forward to 1974, the planning for this season's events being well in hand.

George races over fast course

THE NEW cycle racing season is getting under way and George Matthews of Worthing Excelsior Cycling Club, has already completed his first event, a 28-mile circuit road race at Hamble.

With the event held over a fast, flat 3½-mile course, breaks were virtually impossible. George was with the large finishing group which contested the final sprint, but he could not find a way through in the last lap and had to be content with a place he estimates to be about 15th in the 30-strong group.

George has been taking his training seriously these past few months and this month has spent two weekends training with an official training school of the British Cycling Federation at Harlow in Essex. He feels that he has learnt considerably from this group training scheme and hopes that it will have put that vital edge on his undoubted fitness.

Preparations

A number of the club's racing men appear to be making serious preparations and hopes are high that team performances may be better than in 1972. Notable among the training groups have been Alan Orman and Colin Miller.

The big news is that Nick Lelliott is rejoining the club. Nick, who has been out of the sport for some time with a serious back injury, is back on his bike again. It is by no means certain that he will be racing, but he never used to go anywhere slowly!

There have been an encouraging number of new young members to the club since the beginning of the year. They seem keen and strong and a number plan to compete in forthcoming short distance school-boy and junior events.

Last Sunday's club run was led by Tony Hill who chose a route to Chichester via Arundel, Slindon and Eartham. After refreshments, the return was through Oving, Barnham, Ford and Littlehampton.

This Sunday, Dave Hudson takes another of the popular car/bike runs. This time the cars will be left in Battle.

WORTHING HERALD 23RD. MAR. 1973

CYCLISTS REJOICE WITH FAST PERFORMANCES

THE FIRST EVENTS of the Sussex Cyclists Association calendar for 1973 were promoted on behalf of the association by Worthing Excelsior's experienced time triallist, Ray Douglass.

The association's events this year each have separate promoters, and a real effort is to be made to uplift the general class of the organisation. Undoubtedly the first was a success.

Held on Saturday, it was a double promotion for Ray with the responsibilities of both a senior 25-mile and a junior 10-mile event.

The continuation of the mild winter blessed the riders with just about the best March conditions that anyone could remember, and the riders accordingly rejoiced with some fast performances.

The 25-mile course from Washington to Broadbridge Heath and back was covered by winner Paul Lipscombe (Central Sussex CC) in 1hr. 0min. 51sec. This was 1min. 12sec. too good for George Matthews (Worthing Excelsior) who finished second in 1hr. 2min. 3sec.

With A. Jones third in 1.2.22 and R. Rogers sixth in 1.3.24, the Central Sussex Club clinched the team award.

Worthing's Alan Orman begins to show good form and finished in eighth place in 1.3.27. Mike Poland was further back with a time of 1.10.54.

The 10-mile event was dominated by the entries from the Worthing club. They entered 10 juniors, six of whom

were having their first ever race.

Excelsior filled the first three places in both the scratch and handicap sections, and produced some really tremendous times which must hold promise of good things in the future, and will have senior riders looking to their laurels.

The event was won by the most experienced rider in the field, scratchman Derek Pearce in a time of 26min. 4sec. but how close Michael Howard came to winning in his first event? He was only 21sec. behind in a really fine 26.25 which gained him first place in the handicap section. Third man was Michael Murphy, the mighty 13-year-old, in another first class time 27.31.

WORTHING HERALD

6TH APRIL 1973

EXCELSIOR PAIR FIND IT TOUGH

TWO TEAMS from Worthing Excelsior Cycling Club took part in Sunday's Two-up 25-mile event organised by Brighton Mitre Cycling Club on the Horsham-road course.

Conditions were cold and grey and riders were faced with a fast outward journey to Broadbridge Heath and a tough return to the finish at Washington.

Alan Orman and Colin Miller, riding together for the second time this season, improved on their previous effort to finish in 1hr. 5min. 27sec.

Pete Reeves and Mike Poland were hit by a puncture after two miles but continued after borrowing and changing a wheel to finish in 1-10-21.

Hounslow, fast becoming specialists on this course, provided the first two teams, with top place going to national champion Martin Roach and club mate C. Garlinge in the fine time of 56min. 48sec.

Excelsior's club run programme continued with a run to Pulborough and on to Chichester. This Sunday the run leaves the clubroom at 9 a.m.

WORTHING HERALD

13TH APRIL 1973

Full house for road race

TOMORROW (Saturday), Yapton Village Hall will be the headquarters for Worthing Excelsior Cycling Club's open 50-mile handicap road race—one of the biggest events in the club's calendar.

Open to first, second, third and junior category riders, the event has attracted a maximum entry of 40 and there are still riders waiting to step into the field if others should drop out before the race.

The course starts at the gate entrance to Ford aerodrome, then to Ford prison, along the road back into Yapton, and through the village to the start. There will be eleven of these laps to complete and the race starts at 2.30.



Jackson by half a length

The 50-mile handicap road race promoted by Worthing Excelsior Cycling Club at Yapton on Saturday provided some spectacular riding, and the winner was the experienced Harry Jackson (Portsmouth). Second was R. Boulter (Bournemouth Arrow C.C.) and third K. R. Savell (Croydon).

The block handicap system, with the junior and third category riders being followed by those of first category, made sure that the race was fast right from the start. In fact, the field had amalgamated after six laps (27 miles) which were covered in a fraction over an hour.

A number of breakaway attempts had been controlled, and it soon became apparent that there would be a very close finish.

Paul Lipscombe (Central Sussex), Jackson, and George Matthews (Worthing) all appeared to be riding well, but then Lipscombe became one of three riders to suffer from a puncture. All were caused by drawing pins — and in the same area!

At the start of the last 4½-mile lap the race was between some 20 riders, and Jackson eventually got the verdict, by half a length. Sussex riders did not make the top places, but were by no means overshadowed. Matthews was seventh — no more than two machines' lengths behind the winner.

On Sunday, Worthing Excelsior had their own 25-mile championship over a course at Horsham, but times were surprisingly slow. Colin Miller, who had ridden the day before, took the title with a time of 1hr. 8min. 59sec., the slowest for many years.

Derek Chandler, who has rejoined the club, was second in 1hr. 11min. 43sec., and third was Don Lock who got a puncture soon after the start, but clocked 1hr. 14min. 52sec. Michael Murphy, at his first attempt at this distance, was timed at 1hr. 14min. 52sec.; Tony Rotheram clocked 1hr. 16min. 17sec.; and Maurice Rosenberg finished in 1hr. 20min. 5sec.

Chandler, with a time allowance of ten minutes, won the handicap section.

WEST
SUSSEX
GAZETTE
18TH
APRIL
1973.

Spectacular riding in 50-mile road race

THE 50-MILE handicap road race promoted by Worthing Excelsior Cycling Club on the Yapton Circuit on Sunday provided some spectacular riding.

The block handicap system, with junior and third category riders away first and second and first category riders following on at intervals of up to five minutes, made for a fast event with the youngsters anxious to maintain their advantage. There were, however, some top class men in the last group and the whole field had amalgamated by lap six with some 27 miles covered in just a fraction over the hour.

It soon became apparent that this large group were going to contest the final sprint for the line, and that the one with the luck, skill and strength to forge out in front of a pack by then moving at 35 miles per hour were going to win.

Three riders were victims of punctures, all it seems caused by drawing pins and in the same area! One of the unlucky ones was Worthing's Colin Miller who, although not yet fully fit, was riding well in the leading group at the time.

By the last of the 11 4½-mile laps, the race was between some 20 riders and the lap proved extremely hectic.

Experience

Harry Jackson (Portsmouth), probably the most experienced bike rider in the event, won by just half a length from R. Boulter (Bournemouth Arrow Club). In third place was K. R. Savell (Croydon).

George Matthews, of Worthing, was seventh and yet still no more

than a couple of bike lengths behind the winner. Local riders were certainly not overshadowed.

The weekend was a full one for the Worthing club for on Sunday morning they held their own Club 25-mile championship on the Horsham Road course.

There was a good entry, despite the failure of a number of the club's top riders to make the start. There were a number of new names to the start list as well as it seeing the welcome return of some who had not ridden for some time. The morning was deceptively hard with little visible wind but a strong north westerly current that brought times back to nearer 20 miles per hour than the hoped for 25 miles per hour.

The winner's time of 1hr. 8min. 59sec. was the slowest for many years but Colin Miller, who recorded it, had ridden the previous day.

Promise

Derek Chandler, who has recently rejoined the club, showed promise with his second place time of 1.11.43 and Don Lock was third in 1.14.51 after puncturing shortly after the start.

Michael Murphy also got inside 20 miles per hour at his first attempt at the distance in 1.14.52. Tony Rotheram, who has been abroad for most of the past two seasons, returned to record 1.16.17 ahead of Maurice Rosenberg who finished in 1.20.5.

The result of the handicap section was a win for Derek Chandler. After his allowance of 10 minutes, his net time was 1.1.43.

Favourite all-rounder emerging

THE SECOND event in the Junior Best All Rounder Competition of Worthing Excelsior Cycling Club was the 15-mile time trial held on Sunday.

Although there is more junior competition in the club than for some years, a favourite is beginning to emerge.

Held in damp conditions over a course from Sompting Church out to Angmering and back, the event saw Michael Murphy first away and setting a good pace. He was home in 45min. 58sec., only just failing to beat 20 miles per hour.

Michel Howard, quickly developing into a promising rider and still likely to prove a challenge in the competition, showed that he could carry his ten mile speed into a 15 and was credited with a fine 41min. 50sec.

Youngest

Neil Windeatt, at 11 the youngest rider ever in the colours of Excelsior, probably found himself wanting in stamina but not in spirit and should be satisfied with his time of 53.31.

Maurice Rosenberg was next home in 51.02.

It was left to scratch man Derek Pearce to really set the seal on a good event. From the back of the field he flew round the course in an excellent personal best time of 40min. 17sec.!

Derek's performance also beat the handicapper for Derek won that award as well but by a margin of only 27 seconds from Michel Howard who had a one minute allowance.

Two senior riders had their first outing of the season. Tony Palmer returned 43.4 and Ray Douglass 46.16.

This weekend, three teams compete tomorrow (Saturday) in the 25-mile two-up promotion of Brighton Excelsior CC and Sunday sees the club's 30-mile championship.

WORTHING HERALD 20TH APRIL 73

WORTHING HERALD

4TH MAY 1973.

Miss M. J. Moignier and Mr A. F. Matthews



Photo: Downland Studios

Personnel secretary at Beecham Research Laboratories Miss Madeleine Jeanne Moignier was married to Mr Alan Frederick Matthews at St. Mary of the Angels Roman Catholic Church, Richmond-road, on Saturday. Father J. Foley officiated.

Daughter of Mr and Mrs J. C. Moignier, of 34 Manor-road, Worthing, the bride was educated at the Convent of Our Lady of Sion.

The bridegroom, son of Mr and Mrs F. G. Matthews, of 41 Hillview-road, is a trainee manager with Eschmann Bros. and Walsh in Lancing and is a member of the Excelsior Cycling Club, Worthing.

Wearing a full length, white satin dress with a heavy lace coat and hood, the bride was given away by her father. She carried tigrum lilies.

In attendance were the bride's sister, Helene Moignier, Susan Wood and the bridegroom's niece, Rachel May. They were in sunshine yellow dresses, with flowers in their hair and they carried flower balls. Mr Nigel Barlow was best man.

After a reception at the Smugglers, Sompting, the couple left for a touring honeymoon in Scotland.

WORTHING

HERALD

11TH MAY

1973

Cyclists battle against gale force winds

THE USUAL Cup Final Day promotion of Brighton Excelsior Cycling Club's Two-Up 25-mile event received support from Worthing Excelsior Cycling Club in the form of two teams and also a combined team of Worthing and Bognor riders.

Roads were almost deserted of vehicular traffic, no doubt because of the TV attraction, but the weather was extremely rough with gale force southerly winds making the return half of the course extremely hard.

Alan Orman and Colin Miller, regularly turning out together in these Two-Up events, gave another good performance and their time of 1.6.43 included a penalty of 25sec. for a late start.

Richard Shipton and Ray Douglass found the weather a severe handicap and were down the finishing list with a time of 1.17.37.

Don Lock's partner from Bognor was unable to start because of illness and Don was satisfied with his solo time of 1.11.5.

The winners were National champion Martyn Roach and C. Garlinge of the Hounslow Club who returned a fantastic 57.35, a clear three minutes in front of the second team.

The weather deteriorated further by Sunday morning and the Worthing club's 30-mile championship was almost washed out.

Only three started and last year's champion Don Lock, no doubt still tired from Saturday afternoon, retired before the finish.

Past champion Keith Dodman, finishing in 1.24.5, was too strong for Mike Poland who made a fine effort and finished in 1.26.45.

This Sunday, 18 riders from Excelsior take part in the Sussex Team Championship 25-mile event. The club run meets at 11 a.m.

JUNIOR OUTRIDES SENIORS

THE FIRST of the 1973 series of evening 10-mile events of Worthing Excelsior Cycling Club was washed out by the March-like conditions which prevailed on May 3. It was, therefore, last Thursday's race which saw these summer evening races underway.

There was a reasonable entry, including guest riders, and, in sunny conditions with a westerly cross-wind for most of the course, there were some good times. The best came from junior Michel Howard who outrode senior competitors to win in a personal best time of 25 minutes 36 seconds.

Last year's series trophy winner, Don Lock, was second with 26 minutes, and Eddy Kneen was third in 26 minutes 56 seconds.

Other club times were Michael Murphy 27.51, Steve Richards 28.18, Tony Rotheram 29.05, Maurice Rosenberg 29.13 and Neil Windeatt (personal best performance) 29.45.

Each event starts at the top of the old Washington Bostal Hill on Thursdays.

BIG EVENT

The biggest event of the Sussex Cyclists' Association calendar, the 25-mile Team Championship, was held on Sunday. There is always a tough course and this year the organisers selected the roads from Cowfold down through Henfield and Beeding to the Adur Bridge and back which includes a good number of climbs and some rough country road surfaces.

Worthing Excelsior have provided the winning team many times but are not currently enjoying the racing strength which they had in the 1960's. This year their A team of Alan Orman, Colin Miller, Don Lock and Eddy Kneen rode well to their current form but could do no better than fourth place, a disappointing result for the club.

In the individual placings, Alan

was equal fourth with a time of 1.7.10, Colin 13th in 1.10.10, Don 16th in 1.10.33 and Eddy 42nd in 1.16.2. There was a large field of 81 riders.

Other Worthing riders, entered as reserve teams, returned the following times—and one or two of these could have improved the team aggregate of the A team: Mike Poland 1.11.33, Tony Palmer 1.15.00, Tony Hill 1.15.55, Richard Shipton 1.17.40, Tony Rotheram 1.18.00, Steve Richards 1.18.19, and Michael Murphy 1.18.34.

This Sunday, Dave Hudson has arranged another car/bike day trip. This time the base for the tour will be Maidstone in Kent. Leave at 8 a.m.

WORTHING HERALD

18TH MAY

1973

CYCLING

SENIORS FILL TOP PLACES

THE THIRD event in the ten mile evening series of Worthing Excelsior Cycling Club was held in pouring rain last Thursday but, despite the conditions, there was a fair entry.

Senior riders re-asserted themselves after allowing a junior to win event number two. Colin Miller's powerful style took him through the bad conditions in a time of 26min. 29sec.

Ray Douglass, who is rapidly regaining his old form, was second in 27.25 and third was Steve Richards in 28.37.

Schoolboy Neil Windeatt was fourth, just outside 20 mph with a time of 30.16.

Other times returned by club riders were Paul Denyer 31.00, Stephen Wood 31.53, Terry Miller 32.21 and Steve Stent 32.33.

This coming weekend riders will be competing in events in Kent tomorrow (Saturday), in the Emsworth area on Sunday, and in the New Forest on Monday.

The club run on Sunday will leave the clubroom at Broadwater Green at 9 a.m. Elevenses will be taken at Hickstead. An all day group will continue from there.

WORTHING HERALD

25TH MAY 1973

1ST JUNE

1973

NON-STOP DODMAN PEDALS ON AND ON

WHEN Worthing Excelsior cyclist Keith Dodman rode for the club in the Portsmouth C.C. 25 at Westbourne on Sunday it was his fifth competitive event in seven days.

Last Monday he rode in the Lewes Wanderers 10-mile event and recorded 26min. 24sec. The following night he clipped 10sec. off this time in the Eastbourne Rovers 10-mile.

Just 24 hours later Keith was timed at 1-7-28 over a hilly course at Emsworth in the Hants Road Club 25, and on Thursday he had a time of 26min. 37sec. in the Bognor 10.

He was one of six Excelsior riders in the Portsmouth event on Sunday when his 1-4-27 helped the club into second place.

Excelsior's other riders were Alan Orman 1-3-20, Don Lock 1-5-54, Colin Miller 1-7-18, Ray Douglass 1-9-4 and Mike Poland 1-9-52.

In the Bexley CC 25 on Saturday, Miller finished in 1-2-47, his best for two seasons and the fastest for Excelsior this year.

Don Lock competed on Monday in the Rufus Wheelers 30 in the New Forest, riding through thunder, lightning and torrential rain to a time of 1-20-21.

In the London South heat of the National Juvenile 10-mile championship last Wednesday, Excelsior's Michael Howard was unlucky not to qualify. He missed a first three placing by a few seconds after mechanical trouble had cost him at least a minute. His time was 26min. 10sec.

The third event in the club's evening 10-mile series last Thursday was won by junior Derek Pearce in 25min. 19sec.

Holliday smashes course

record

A fantastic ride by the holder of the Campagnolo Trophy, Dave Holliday, of the Gordano Valley Cycling Club, smashed the event and the existing course record when he won the open 25 mile event promoted by the Worthing Excelsior Cycling Club on Saturday.

The start at Washington was at 5 p.m. and weather conditions were warm, with a moderate south-westerly. The course, which is not generally considered to be a fast one, has plenty of variety, with long drags through Ashington and Southwater on the way north to Broadbridge Heath, and on the way back along the

Horsham by-pass and up from Knepp Castle. It also has smaller climbs north of Ashington and some fast dual carriageway stretches.

UNBELIEVABLE

It was, therefore, almost unbelievable when the word came from the timekeeper that such a course had been covered in 54min. 53sec., a time which national 50-mile champion Martyn Roach (he was third in 58.02) considered a remarkable performance.

Seventeen-year-old P. Adkin, of Havant, fast making a name for himself, improved his own personal record to 57.47, to snatch second place and Cliff Sharpe, of Eastbourne Rovers, was the highest-placed Sussex rider with an excellent 58.31 for fourth place.

Sixty-three riders competed and produced some excellent competition.

In the team event, Central Sussex Cycling Club narrowly beat Worthing Excelsior Cycling Club, who themselves had

some very good personal performances.

The best of these was from Keith Dodman, whose faster rides have usually been on arterial road courses in the Midlands or the north of England. Keith really showed how he can deal with a hard course returning, what is possibly, one of his best ever rides in the county, a time of 1hr. 1min. 44sec.

STAYED FIT

John Gilbert, who has not raced for over two years, showed just how fit he has remained producing a time of 1.4.40. Junior Derek Pearce, who has been winning the club's evening ten-mile events, showed that his stamina is growing when finishing in a personal record time of 1hr. 4min. 23sec.

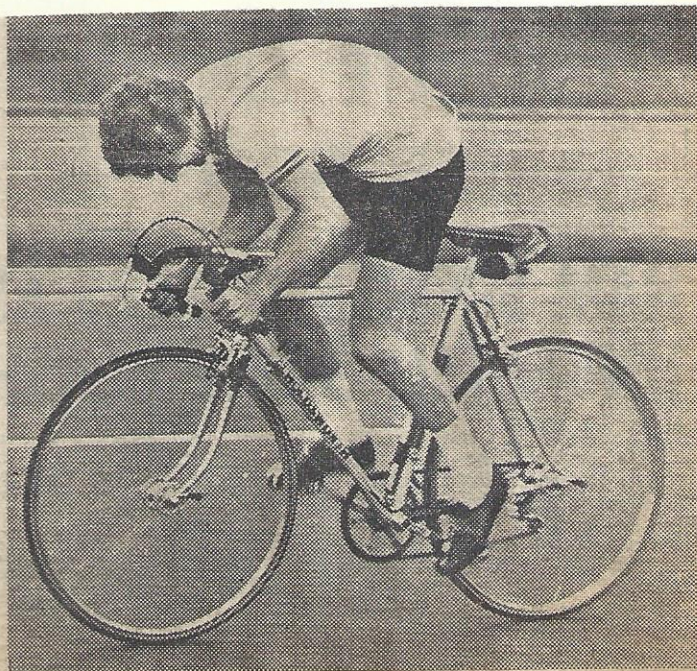
Other club times were: Colin Miller 1.5.55, Don Lock 1.6.18, Richard Shipton 1.7.51, Ray Douglas 1.8.46, Mike Poland 1.9.20, Tony Palmer 1.11.37, Tony Rothe-ram 1.15.21.

An excellent promotion by Tony Hill on behalf of the Worthing Club which deserves to carry the new course record.

WEST SUSSEX

GAZETTE

14TH JUNE 1973



KEITH DODMAN, of Excelsior, competing in the club's open 25-mile event.

Course record smashed in open-25 event

A FANTASTIC RIDE by the holder of the Campagnolo Trophy, Dave Holiday, of the Gordano Valley Cycling Club, smashed the event and existing course record when he won the open 25-mile event promoted by Worthing Excelsior Cycling Club on Saturday.

The start at Washington was at 5 p.m. and weather conditions were warm with a moderate south westerly.

The course, which is not generally considered to be a fast one, has plenty of variety, with long drags through Ashington and Southwater on the way north to Broadbridge Heath, and on the way back along the Horsham bypass and up from Knepp Castle. It also has smaller climbs north of Ashington and some fast dual carriageway stretches.

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MAKING NAME

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Undoubtedly the best of these was from Keith Dodman whose faster rides have usually been on arterial road courses in the Midlands or the North of England.

Keith really showed how he can deal with a hard course, returning what is possibly one of his best ever rides in the county with a time of 1 hour 1 minute 44 seconds.

STAYS FIT

John Gilbert, who had not raced for more than two years, showed just how fit he has remained by producing a time of 1.4.40.

Junior Derek Pearce, who has been winning the club's evening ten-mile events, showed that his stamina is growing by finishing in a personal record time of 1 hour 4 minutes 23 seconds.

Other club times were: Colin Miller 1.5.55; Don Lock 1.6.18; Richard Shipton 1.7.51; Ray Douglass 1.8.46; Mike Poland 1.9.20; Tony Palmer 1.11.37; Tony Rotheram 1.15.21.

This was an excellent promotion by Tony Hill on behalf of the Worthing club and deserves to carry the new course record.



JOHN GILBERT ready for the off.

WORTHING

GAZETTE

13TH JUNE

1973

WORTHING HERALD

15TH JUNE 1973.

Derek again first in series race

THE TEN-MILE time trial held by Worthing Excelsior Cycling Club last Thursday proved another triumph for Derek Pearce who again beat his senior opponents and improved his personal record still further.

Although the competition becomes keener and the times gradually faster, Derek manages to keep in front. This time he did 50 with a good 24min. 46sec.

Don Lock was second in 25min. 5sec., and Michel Howard third in 25min. 9sec.

Some good natured rivalry between Ray Douglass and Tony Hill finally brought them together in this event and the result, by the narrowest of margins, went to Ray, his time 26.3 against Tony's 26.4.

Richard Shipton and Mike Poland were also close, with Mike just the fastest in 26.16 to Richard's 26.19.

Other times were: Tony Rotheram 27.55; Morris Rosenberg 28.7; Paul Denyer and Michael Murphy both 28.10; Neil Winceatt 30.11.

This Saturday, several riders are competing on the Bath Road near Reading in the Clarence Wheelers 25, and on Sunday the club run leaves from Broadwater Green at 9 a.m. Elevenses will be taken near Pulborough.

22ND JUNE 1973
WORTHING HERALD

PEARCE AGAIN WINS TEN

THE RESULT of Worthing Excelsior Cycling Club's Evening Ten last Thursday was another win for Derek Pearce in the fast time of 24.15.

Second was Richard Shipton in 25.42 and third Ray Douglass in 25.57.

Personal best times were recorded by the winner, by Steve Wood 28.41 and Stephen Stent 29.19.

On Saturday, four members rode in the Clarence Wheelers 25 on the Bath-road at Theale in Berkshire. Keith Dodman was fastest, finishing well up in the 120-strong field with a time of 1.1.47.

Don Lock recorded 1.4.26, Colin Miller 1.4.40 and Tony Hill 1.6.50.

This Sunday, six riders compete in the Sussex 50-mile championship. The club have a strong team entered including current county champion Keith Dodman and George Matthews and Alan Orman.

CYCLISTS GAIN TEAM HONOURS

SOMEWHAT STARVED of success lately and particularly in team awards, have been Worthing Excelsior Cycling Club. The hope they were given that things were beginning to change when they were second in their own recent 25-mile promotion has proved not to have been a false one.

On Sunday, their team of Keith Dodman, Alan Orman and George Matthews won the team honours in the Sussex Cyclists Association's 50-mile Championship, an event which proved to be one of the fastest county championships on record.

Keith Dodman was the defending individual champion and his recent form suggested that he was capable of winning again. The fact that he had in the end to settle for second place with a good time of 2hr. 6min. 2sec. was due only to a remarkable ride by John Dutton of the Central Sussex Club who covered the course in 2hr. 1min. 27sec.

George Matthews, on holiday from the Manchester area, but thankfully retaining his Worthing membership, started rather slowly. He seemed in some doubt about his ability to stay the distance, and this must have affected his chances of a place. He picked up well over the second part of the course, however, and finished sixth in 2.10.10 just 22sec. behind team mate Alan Orman who was placed equal fourth in 2.9.48.

Too good

A team aggregate, some three minutes too good for rival club Brighton Mitre, of 6.26.00 is certainly one of the best performances from the club for some time.

Ray Douglass completed the event in 2.22.59 and Mike Poland in 2.22.46.

George Matthews stay back in Worthing also enabled him to ride in the club's evening 25 last Thursday and he won with the first sub-hour ride of the season. His time of 59.26 was too good for the tremendous second place ride from Derek Pearce who slashed his personal record down to 1.1.36 to make him currently the second fastest rider in the club.

Derek has improved enormously this season and must now involve himself in higher class competition to really test out his full potential. His ride last Thursday gained him first handicap place.

Other times in this event were Don Lock 1.5.52; Richard Shipton 1.7.33; Mike Poland 1.9.34; Paul Denyer 1.17.44 and Neil Windeatt, making his debut over 25 miles at the age of 12, 1.20.38.

SUSSEX CA "50" (9952)

| | | | |
|--|---|----|----|
| John Dutton, Central Sussex | 2 | 1 | 27 |
| K. Dodman, Worthing Excel | 2 | 6 | 2 |
| R. Johnson, Brighton Mitre | 2 | 6 | 44 |
| M. Wyatt, Brighton Mitre | 2 | 9 | 48 |
| A. Orman, Worthing Excel | 2 | 9 | 48 |
| R. Matthews, Worthing Excel | 2 | 10 | 10 |
| Hcap. — B. Wilkins, Lewes Wand (22-30) | | | |
| 1-59-52 Team. — Worthing Excel (Dodman, Orman, Matthews) | 6 | 26 | 0 |

July 6th 1973.

Worthing Herald.

FAST TIME SET BY PEARCE

AFTER A WEEK'S break for a 25-mile event, the evening 10-mile series of Worthing Excelsior Cycling Club returned in fine style last Thursday.

It provided the fastest time so far and this came from Derek Pearce who is now dominating the series.

Derek improves, almost with every race, and has now broken the 25 mph barrier with a superb time of 23 minutes 41 seconds. He is, so far, the only Worthing rider to have beaten 24 minutes this season.

Derek must now have his sights set on a sub-hour ride for 25 miles.

Second was Colin Miller in 24.53 and third Richard Shipton in 26.03. These times illustrate the gap created by Derek and show the true merit of his ride.

Other times: Steve Richards, 27.06; Mike Poland, 27.31; Paul Denyer, 27.35; Paul West (a new member having his first ever race), 27.42; and Tony Miller, 30.38, a personal best.

Five members went youth hostelling and touring in the Cirencester area at the weekend. This Sunday there will be a club run leaving the clubroom at Broadwater Green at 9 a.m. Elevenses will be taken at Lewes.

12th May 73.
Cycling

WINTER edition of that notable club magazine, WORTHING WHEEL, offers some extra-special contributions, practical articles like puncture location and mending jostling for notice with an equally acceptable feature "Sustenance Spots," a lengthy list of places in Sussex, Surrey and Hampshire where members of Worthing Excelsior CC and other cyclists can find food and drink.

Cycling
26th May 73.

Sussex

Senior. — BOB BEATTY, East Grinstead CC, 78m in 3-33-3; 2. P. Lipscombe, Central Sussex CC at 7sec; 3. D. Awcock, Central Sussex CC at 12sec; 4. G. Matthews, Worthing Excelsior CC, at 1-20; 5. J. Stonham, VC Sacchi, at 2-14; 6. R. Pannell, GS Barossa, at 2-19; 7. F. Stoneham, VC Sacchi, at 2-20; 8. T. Leach, Eastbourne Rvrs, at 6-17; 9. E. Bardwell, VC Novio Magus, at 7min; 10. D. Duke, Finbury Park CC, at 7-50.
Junior. — Cancelled after receiving only six entries.

Cycling 9th June 1973.

If it were not for the handful of top men in the field for the fifth CYCLING-Campagnolo Trophy event, we'd have reason to be disappointed with the abysmal entry of 63 for Worthing Excelsior's "25" on Saturday afternoon.

Perhaps the G935 course record of 56-31 has put riders off, and the Sussex course may be a little out of the way for any but the keenest to bother with.

Whatever the reasons, it still has all the makings of a great race. Trophy table leader Dave Holliday is entered and is the last fast man to start. Ahead of him are Cliff Davison, Martyn Roach

and Cliff Sharp, and these four should decide the issue.

Well on top of the table is defending Dave Holliday who makes his fifth Campagnolo ride on Saturday. Davison is the one with most to gain, as he lies in third place with three counting events and is certain of a high placing in this one. Sharp and Roach have both to score and for Roach especially this could be the start of a winning sequence.

The club have promised a huge eight-foot by four-foot result board, as well as providing halfway times, refreshments and changing rooms and minimum £30 in prizes.

Cycling 16th June 1973.

Cycling-Campagnolo Trophy

Holliday coasts to easy Worthing win

DAVE HOLLIDAY, Gordano Valley CC, predictably won the fifth Campagnolo Trophy "25" on Saturday afternoon, setting a new course record of 54-53 on the undulating G935, Sussex course in Worthing Excelsior's event. Previous holder was Willi Moore in 56-31.

Holliday was nearly three minutes better than 17-year-old Paul Adkin, VS Havant, whose 57-47 was the highlight of a race that contained not enough top opposition for the Gordano man.

Young Adkin beat Martyn Roach, Hounslow and District Wheelers, by four seconds, and Cliff Sharp, Eastbourne Rovers, by five. These were the only riders of consequence out of the 63 entered and the 52 that started. Notable non-starter was Cliff Davison, third overall in the Campag stakes.

Conditions were warm, and a wind helped to the turn but hindered back, the last six miles being the hardest for many.

A knot of enthusiasts watched the event get underway, among them, before his turn to start, Martyn Roach, adamant that he would beat Holliday after his previous week's deficit on him in the championship. "He's not going to lose 3½ minutes in a week," said Roach.

The first rider to look in business, riding straight and fast, was Ken Reeves, Surrey Road CC, off number 10 and back in 1-0-42 to hold fastest spot for 18 minutes.

He was displaced by Cliff Sharp, riding gears, and the first

By

KEITH BINGHAM

of only four to get under the hour with 58-2. He reached the turn in 27-53.

Ten minutes later came Martyn Roach, one second behind having been nine faster to the turn.

The next man who mattered was Adkin, and as he passed the result board 600 yards from the finish he gave heads cause to turn.

He had been 11 seconds faster to the turn than Sharp and three faster than Roach, but a full minute down on Holliday, who did 26-1.

Holliday had made an impressive start, out of the saddle and obviously so much faster than those before him, and the few behind.

Apart from the bumpy surface six miles from home he had a troublefree ride, and his return was just as fast as his start. Rolling a huge gear and crouching low and quite still, he looked as much a machine as the one he rode, and he ended his ultra fast trip as he had started it, with a sprint.

First and second handicap awards went to Eastbourne Rovers pair Gareth Griffiths and Steve Chapman, both born the same day, both 15, and both riding only their second "25."

Out of four women Jill Clapton,

Hounslow and District, was fastest in 1-4-47, and of the six vets, M. Wyatt, Brighton Mitre, was best in 1-2-23.

| | | |
|----------------------------------|-------|--------|
| Dave Holliday, Gordano Valley CC | (110) | 54 53 |
| P. Adkin, VS Havant | (99) | 57 47 |
| M. Roach, Hounslow & D | (98) | 58 1 |
| C. Sharp, E'bourne Rov | (97) | 58 2 |
| K. Reeves, Surrey Rd CC | (96) | 1 0 42 |
| P. Lipscombe, Cent Sussex | (95) | 1 0 45 |
| K. Dodman, Worthing Excel | (94) | 1 1 44 |
| M. Stubbs, Fareham Wh | (93) | 1 1 58 |
| M. Hawes, Cent Sussex | (92) | 1 2 22 |
| M. Whytt, Brighton Mitre | (91) | 1 2 23 |
| D. Knight, Kenton RC | (90) | 1 2 41 |
| R. Laker, Cent Sussex | (89) | 1 3 33 |
| A. Cawdell, Icknield CC | (88) | 1 3 39 |
| D. Duke, Finsbury Pk CC | (87) | 1 3 51 |
| P. Pickers, Hampshire RC | (86) | 1 3 55 |
| P. Crowsley, S'boro & D | (85) | 1 4 22 |
| K. Smith, Lea Val RC | (84) | 1 4 23 |
| D. Pearce, Worthing Excel | (84) | 1 4 23 |
| J. Gilbert, Worthing Excel | (82) | 1 4 40 |
| C. Davies, Hampshire RC | (81) | 1 4 42 |
| G. Clapton, Hounslow & D | (80) | 1 4 47 |
| D. Hadfield, Norwood Par | (79) | 1 4 53 |
| B. Major, Hillingdon CC | (78) | 1 5 32 |
| C. Miller, Worthing Excel | (78) | 1 5 55 |
| A. Robinson, Cent Sussex | (76) | 1 6 8 |

H'cap. — S. Chapman, Eastbourne Rovers (14-10) 53-7. Team. — Central Sussex (Lipscombe, M. Hawes, R. Laker) 3-6-40.

OVERALL TABLE

| | |
|---------------------------------|-----|
| Dave Holliday, Gordano Val (5) | 509 |
| P. Adkin, VS Havant (4) | 372 |
| P. Hindle, Cleveleys RC (4) | 355 |
| C. Davison, Houghton CC (3) | 275 |
| A. Engers, Luton Wh (2) | 210 |
| D. Whitehouse, Shirley RC (2) | 204 |
| D. Allport, Tunstall Wh (2) | 191 |
| J. Leach, Clayton Velo (2) | 185 |
| P. Pendry, Chester RC (2) | 183 |
| M. Wright, Scunthorpe Poly (2) | 180 |
| K. Turner, Leeds Wellington (2) | 174 |
| G. Preston, Ratae RC (2) | 171 |

13th July 1973 Worthing Herald.

SPARKLING RIDE BY DODMAN

A SPARKLING performance by Keith Dodman in the Fenland Clarion 25-mile event last Wednesday when he returned a "fastest of the year" for Worthing Excelsior Cycling Club of 59 minutes 15 seconds. This overshadowed the remainder of the week's performances.

Enjoying a few days' holiday in the area, Keith took the opportunity of riding in the event and also the Boston Wheelers 25-mile race on the following day. In this, no doubt feeling the effects of his previous effort, he had to be content with 1 hour 4 minutes 30 seconds.

Last Thursday's 10-mile club event was again won by Derek Pearce, although he saw a rival junior from Brighton Mitre go slightly faster.

Derek's time was 24min. 17sec. The other rider, being only a guest

ride, did not affect the club result. Second, as he has been several times before in this series, was Colin Miller in 25.06 and third was Richard Shipton, 25.50.

Other times: Paul Denyer 27.17, Steve Richards 27.32, Paul West 28.24 and Tony Miller 28.42. This last time was a personal best for young Tony and his first ride inside 30 minutes.

On Saturday, Keith Dodman was in action again, this time at Gravesend, where he returned a time of 1.1.58 in the Bexley CC 25-mile event. Don Lock produced something like his old form in this, finishing in 1.3.38.

This Sunday, Keith Dodman and Mike Poland ride in the Sussex 100-mile championship and the club have a team in the Farnham and Camberley 25 near Alton. The club run leaves at 9 a.m. for Chichester.

CYCLING 28TH

JULY 1973

Worthing Herald. 20th July 1973.

AFTER THE 50, KEITH IS SECOND IN 100

KEITH DODMAN, of Worthing Excelsior Cycling Club, followed up his second place in the Sussex 50-mile championship with an equally fine performance for the same position in the county 100-mile championship on Sunday.

As in the 50, Keith's ride tends to be somewhat overshadowed by the performance of the winner, this time Robin Johnson (Brighton Mitre Cycling Club).

Keith had a distinct advantage in that in the starting order he was placed only two minutes behind Robin and these two were the clear favourites for the championship. It would appear, however, that Keith started too fast in his anxiety to catch his rival on the road and found himself lacking in speed over the final miles.

At 50 miles, Keith had not only caught Robin but was half a minute in front on the road.

At 80 miles, Robin had counter attacked and had already reduced the deficit to a few seconds.

By the finish, the deficit had been turned into a winning lead of just over six minutes. The winning time was 4.28.21 compared with Keith's 4.34.32.

There was thunder and lightning as the riders covered the first few miles and some torrential rain but this later gave way to drizzle and a rising south-westerly wind. Conditions were eventually conducive to fast times.

Keith's time is likely to earn for him the club 100-mile trophy.

Improving

On Saturday, Don Lock rode in the Addiscombe 25 on the A12 between Chelmsford and Colchester and continued to show an improved time returning 1.3.11.

In the Farnborough and Camberley 25, Ray Douglass was the only Worthing rider to start in wet conditions and he was rewarded with a best time of the season, 1.7.2, a time well inside his veterans standard.

SUSSEX CA "100" (G961)

| | |
|---|---|
| Robin Johnson, Brighton Mitre CC | 4 28 21 |
| K. Dodman, Worthing Ex CC | 4 34 32 |
| F. Godwin, Brighton Ex CC | 4 44 57 |
| A. Limbrey, Brighton Mitre CC | 4 50 9 |
| R. Hughes, Brighton Ex CC | 4 50 26 |
| R. Stringer, Brighton Ex CC | 4 50 34 |
| H'cap. — Frank Godwin, Brighton Excelsior CC (22) | 4-22-57. Team. — Brighton Excelsior CC (Godwin, Hughes, Stringer) 14-25-57. |

27th July 1973

Worthing Herald.

Team trophy retained by Excelsior

THE PRINCIPAL Sussex track racing award, the Strudwick Trophy, a points team competition, was retained by Worthing Excelsior Cycling Club at the special trophy meeting at the Preston Park track in Brighton last Wednesday.

This time the club had to thank George Matthews for some outstanding individual efforts but he was well supported by Bruce Gilmer, Colin Miller and Alan Orman.

George won no fewer than four of the events counting towards the trophy and was in tremendous form. He won the Devil-take-the-hind-most, 500 metres handicap, the one lap scratch and finally the 12 laps point to point race.

Bruce Gilmer scored a third in both the 500 metres event and the one lap scratch, while Alan Orman had two second places, in the six laps pursuit and a three laps scratch event.

George wins

Last Thursday's evening ten mile event saw the return of George Matthews to this competition and, although it was a hard event with strong winds and he must have felt his efforts on the track the previous evening, he had no difficulty in winning in a time of 24min. 13sec.

Colin Miller was second in 25.37 and Mike Poland third in 27.04. Alan Matthews returned 28.53 and Paul Denyer 29.29.

Two youngsters, Roy Macmillan and John Sellars, who rode for the first time, both did well in the hard conditions and should be pleased with times of 32.13 and 32.50.

On Sunday, Ray Douglass rode in the National Veterans 25-mile championship and did well to reach this standard and be accepted as an entry.

In the 120-strong field, Ray finished in 1hr. 7min. 58sec., a time more than 1½min. under the standard set for his age.

Don Lock rode in the Glendene CC 50-mile event and finished in 2hr. 16min. 55sec.

This Sunday, the club's 50-mile championship will be decided on the course between Shoreham and Chichester.

3rd August 1973

Worthing Herald

DODMAN GAINS 50-MILE CHAMPIONSHIP

THE 50-MILE championship of Worthing Excelsior Cycling Club was held on Sunday and produced an exciting race and another close finish.

Keith Dodman, second in the recent county championship, was favourite but George Matthews and Alan Orman — who, with Keith, had won the county team award — were riding and were expected to push him hard.

Held over the course between North Lancing and Chichester, with a leg from Fontwell out to Yapton, the event was not an easy one, with the hills around Arundel and a hard finish into a rising north easterly wind.

Over the early part of the course, Keith and George went ahead of the field. Don Lock was in front of Alan Orman, with Mike Poland and Colin Miller coming into fifth and sixth places.

At the halfway mark, Keith had a lead of just half a minute, being timed at 1 hr. 2 min. 30 sec. to George's 1-3-0. These two were well clear and the championship was to be decided between them.

Don Lock remained third in 1-6-45 and Alan Orman fourth in 1-7-0.

The early pace and the head wind over the last 20 miles began to take their toll, including the retirements of Colin and Alan.

At the finish, George had narrowed the gap, but not sufficiently, and again lost a club championship by a few seconds. Keith's time was 2-9-37 and George's 2-9-46. Don lost ground on these two but retained third place with a time of 2-18-24. Mike Poland was fourth in 2-24-36.

Other rides by club members at the weekend included a fine 1-2-20 by Derek Pearce, a 1-3-12 by Colin Miller and 1-6-35 by Richard Ship-ton in the Bon Ami 25 on the Bath Road.

This Sunday, several members journey to Aylesbury for a mixed racing and touring excursion in that area.

10th August 1973
Worthing Herald.

Gale fails to halt cyclists

THE RAIN and gale force winds on Sunday did not prevent Worthing Excelsior Cycling Club members carrying out their plans.

A party left by car early in the morning and journeyed to Bicester. Three of them competed in Aylesbury Cycling Club's Open 25-mile event and did well to record the following times in the rough conditions: George Matthews, 1hr. 3min. 18sec.; Don Lock, 1.4.58 and Ray Douglass 1.9.9. Their positions in the 73-strong field were 12th, 18th and 30th, sufficiently good for third place in the team event.

After the event, the group travelled south and visited the grave of Sir Winston Churchill at Bladon Church. Lunch at Oxford was followed by a tour around the city.

In the afternoon, a steam traction engine rally was visited before the return journey to the cars at Bicester. The group covered about 45 miles and left for home after tea.

This Sunday, the club have a team in the Bournemouth Arrow 50-mile event starting near Ford- ingbridge.

The club run leaves the clubroom at 9 a.m. and elevenses will be taken at Horsham.

Extract
from
'Randonneur'
Cycling
25th
August
1973

Dodman roars home but record bid fails

BOURNEMOUTH Arrow Cycling Club's 50-mile event on Sunday did not give the Worthing Excelsior team quite the fast conditions they had hoped for, but their three riders finished well up in the field of 84.

Keith Dodman was fastest at the halfway point in 1 hour 2 minutes 31 seconds, just 14 seconds ahead of George Matthews, with Don Lock timed at 1-4-20.

A club team record seemed on — but then a north-easterly breeze got up and slowed the

second half times considerably. Dodman finished in 2-9-43, having stretched his lead over Matthews, who completed the course in 2-10-50. Lock managed his best 50 of the season with 2-14-56, but the club record remains intact.

Ray Douglass, riding on Saturday evening in the Crest CC 25 near Bishop's Stortford was timed at 1-10-16. Again, conditions were hard and times generally were slow.

Today (Friday), four members leave for a four-day tour of the Vale of Evesham and Cotswolds. On Sunday, the club run leaves from the clubroom at 9 a.m.

Worthing
Herald.

17th August 1973.

WHEN I was a boy — now how long ago was that? — my grandmother used sometimes to tell me that I was "slommack". I wonder if you know what she meant? I did, and I knew that she expected me to do something about it — she inferred that I looked decidedly not neat.

I never heard the word used by anyone else before or since, but it always remained in my memory. Then the other day I was kindly sent by Don Lock of the Worthing Excelsior CC a copy of the club mag, the "Worthing Wheel" (of which Don is the skilled editor, and for which work he was voted Clubman of the Year for 1972), in which I came across a list of words taken from a dictionary of the Sussex dialect which was published in 1875 — when incidentally, my grannie would have been five. And there, large as life is "Slommack — a very untidy person." Now how a Sussex provincialism could have found its way into the vocabulary of my forebears is a mystery to me, but I find it exciting personally to come across a living example of what is really "old English." There are other Sussex words in the list, some of which have meanings quite different from those we attach to them today: for example, "loo" means a lottery or raffle, and "shag" is a Seaford fisherman.

And if you tell a gridgen clubmate not to nuddle, it won't be very kind. "Gridgen," it seems, means "stingy," and "nuddle" is "dawdle."

There are some other words used still in my family which I have never come across elsewhere. Like "stabble" and "garm," and others I cannot now recall. Do you know what they mean? Perhaps they too come from Sussex.

Herald.
Worthing
31st
August
1973.

CYCLING 1ST SEP. 1973

Slick Matthews laps Hants field

GEORGE MATTHEWS, Worthing Excelsior, scored a win in the Hampshire Centre Circuit Race with a slick performance in Sunday's event. He shook off Concorde RCC flier Steve Beech in the final sprint after the pair had lapped the entire field.

Early action came when Keith Emery showed the gold and black colours of Regent CC at the head of the field, but his brave lone effort was countered by the bunch.

It was Beech who set the race alight after five miles, firing off the front of the bunch into a rapid 30-second lead. But Matthews wasn't taking any chances, and finally caught the Concorde man ten miles later after a will-he-won't-he effort that thrilled the big crowd.

Beech and Matthews worked together and increased their advantage until, in the last lap, they worked their way through the shattered bunch and had lapped the field. They caught

the front men while tussling in the final sprint, in which Matthews found that extra kick to get the verdict.

In the thirds and juniors' event, former independent Brian Abbott, Bournemouth Arrow, showed that he still knew the tricks of the trade that he used to practise 20 years ago, when he beat Mike Dunford, Salisbury RC, in the final dash. Adrian Longland, Crabwood CC, won the boys' event by a length from Glenn Mitchell, VC Londres.

GEORGE MATTHEWS, Worthing Excel, 25m in 1-2-65; 2, S. Beech, Concorde RCC, st; 3, R. Boulter, B'mouth Arrow, at 40sec; 4, C. Summerfield, Nomads (Hitchin); 5, R. Farmer, Chiltern RC, both st; 6, R. Callum, Middx CI, at 1-0; 7, M. Todd, Reading Wh; 8, J. Leach, W Kent RC, both st. **3-J. — BRIAN ABBOTT, B'mouth Arrow, 20m in 48-27;** 2, M. Dunford, Salisbury RC; 3, D. Smith, Somerset RC; 4, R. Allen, Weston-s-Mare Wh; 5, G. Longland, Crabwood CC; 6, D. Michell, St Budeaux; 7, M. Simmonds, N Hants RC, all st. **Schoolboys. — ADRIAN LONGLAND, Crabwood CC, 10m in 25-30;** 2, G. Mitchell, VC Londres; 3, R. Everson, B'mouth Arrow; 4, J. Maggs, N Hants RC; 5, S. Phillips, Somerset RC; 6, S. Pearce, VC Londres; 7, P. Lockyer, B'mouth Arrow; 8, M. Dunne, B'mouth Arrow, all st.

GEORGE GAINS REWARDS FOR HIS TRAVELS

GEORGE MATTHEWS, Worthing Excelsior Cycling Club's 20-year-old star, covered hundreds of miles—both on four wheels and on two—over the holiday weekend. He was rewarded with two first places and a second in three high class cycling events.

He started by travelling to Maidstone on Saturday for the Maidstone Criterium. Over 75 laps of the 600 metres course, he won three of the five primes and, in a tight sprint finish, won the event.

Sunday found him in Bournemouth for a similar event, over 25 laps of a one kilometre circuit. He and Steve Beech (Concorde Road Club) lapped most of the rest of the field and again Matthews was superior in the sprint finish.

And so on to East Grinstead on Monday for the East Grinstead Milk Road Race, three times round a 16-mile circuit. Only by seven seconds was Matthews beaten into second place by R. D. Hand (Surrey Road Club).

Matthews made an indifferent start to the season, but is now in superb form and definitely one of the outstanding riders in the south.

46 The Herald, Friday, Sept. 7, 1973

SPORTS GOSSIP

Ray Potten and Tony Mustard

Don hopes to gain all-rounder trophy after marathon ride

CERTAINLY the most arduous of all cycling events are the 12 and 24-hour marathons, and a man who knows a good deal about these is Worthing Excelsior's Don Lock.

He takes part in Middlesex Road Club's 12-hour event on Sunday and it looks as though his appearance in the event will win him the Excelsior best all-rounder trophy.

The all-rounder trophy, one of the most coveted in the club, is won by the man with the best average speed over 25, 50 and 100 miles and 12 hours. It cannot be awarded at all if no club member has competed in a grueling 12-hour event.

Only once in the past 20 years or so has the trophy remained on the club shelf and not been awarded. So far this season no one has undertaken a 12-hour and Don is out to remedy that.

Last summer Keith Dodman (235 miles) and Don (222 miles) both had a 12-hour race and Keith was the winner of the best all-rounder trophy.

Don, now 37, has not done what he considers enough training to ride a really good 12-hour, but he says: "I hope to do around 220 miles. I certainly feel fit enough to do something in that region."

He has ridden in 14 of these half-day affairs, best distance 243 miles, and two 24-hour, best distance 428 miles.

The start of the course is near Reading and takes in a good deal of the southern counties, for the riders will pass near Ox-

ford, down to Marlborough in Wiltshire and then further on to Bath, Somerset. When they return to the start area there will be a circuit for the stronger riders to complete their time.

There should be a field of about 60 riders, and Don, who will be assisted throughout the event by his friend and Excelsior colleague, Tony Hill, should by no means be near the bottom of the pack.

"The standards in an event like this vary enormously," he told us. "The leading riders will probably cover well over 250 miles and there will be some competitors around the 170 mark."

CYCLING. 8TH SEP. 1973.

Cent Sussex.—BOB LEACH, Airedale City, 2-10-15; 2, H. Jackson, St. Rapha/Stant; 3, J. Leach, West Kent RC; 4, R. Matthews, Worthing Excelsior; 5, R. Freullet, Middx. Clarion; 6, G. MacNamee, Twickenham CC.

Woodgate Dairies Carnival rr. — RON SHADE, Addiscombe CC, 48m in 1-55-2; 2, G. Matthews, Worthing Excelsior, at 9sec; 3, R. Crayford, Gravesend CC; 4, R. Abrahams, Festival RC; 5, P. Ansell, Norwood Paragon; 6, T. Hookins, De Laune CC, all st.

WORTHING

HERALD

7TH

SEPT.

1973

COMPETE IN 25's

FOUR MEMBERS of Worthing Excelsior Cycling Club were competing in 25-mile events in various parts of the country on Sunday.

The best performance came from Keith Dodman, who clocked 1 hour 2 min. 30 sec. as he finished 10th in the Newport Phoenix event near Monmouth in South Wales.

Veteran Ray Douglass was at Bridgwater, Somerset for the Somerset Road Club 25 and did 1-8-23, a good time, though not his best of the season. Ray is now 47 and with this ride was more than a minute inside the national standard for a rider of his age.

14th Sept. 73. Worthing
Herald

Don fails in trophy bid

DON LOCK'S attempt to win both the best all-rounder and 12-hour trophies of Worthing Excelsior Cycling Club on Sunday was unsuccessful.

Setting out in the Middlesex Road Club 12-hour event from Reading, he had first to contend with thick fog which lasted for nearly three hours and made riding hazardous. Then, when the sun came through, the heat was almost unbearable.

Don, however, places the blame for his failure on his own shoulders. "If you are fit enough you ride through these things! I was just not fit enough," he said.

His schedule was for a ride in the region of 200 to 225 miles and he made steady gains on this until retiring at 117 miles, covered in almost exactly six hours. It seems the above trophies will now not be awarded for 1973.

OPEN 25

Nearer home, four Worthing riders competed in Bognor Regis Cycling Club's Open 25-mile event. This was also on Sunday morning but the event was clear of fog.

The main weather condition to cause comment was the nagging north easterly wind which made the second half extremely hard. Fastest of the club riders was Colin Miller in 1hr. 5min. 46sec. Richard Shipton returned 1.9.8; Ray Douglass 1.10.11 and Mike Poland 1.10.19.

This Sunday, the club stage their annual handicap 25-mile event for the Clapshaw Trophy and includes with this the special junior trophy, the Sherwin.

Worthing Herald 21st September 1973

Brilliant ride by George

THE HIGHLIGHT of the week-end's activities of Worthing Excelsior Cycling Club was another brilliant performance by their road racing specialist, George Matthews.

After an indifferent performance the previous weekend, George returned to the form he showed at the bank holiday. He was competing on Sunday in the 66-mile promotion of Morden Cycle Racing Club at Cranleigh in Surrey against a top class field including many of the star riders of the London clubs.

The course was fairly flat and from the start the pace was a fast one. The breakaway group that opened a small lead in lap two included George. It soon became clear that this group could stay ahead for the whole of the 11 six-mile laps. There were 14 in the group but the pace meant that this was gradually reduced until, with four laps left, the number was down to 10.

The final 20 miles saw a succession of individual efforts to get clear but, although each was pulled back, every time the weakest were shaken off. At the start of the penultimate lap, George knew he had only three riders to beat.

Six miles on he knew that, barring

accidents, he was going to finish in the first three. This was not good enough for him, however, and he continued to attack. R. Woodley (Twickenham) and B. Bulmer (Polhill) stayed with him but paid for their efforts for they could not match the tremendous sprint which George had left when the line came in sight.

The distance of 66 miles was covered in 2 hr 52 min, giving an idea of the pace.

Other club members contested a 25-mile event on the Horsham road course to decide two trophies. The club's Clapshaw handicap trophy went to veteran Ray Douglass who, on a hard morning, was easily the closest to current form and deservedly won. His time, after an allowance of three minutes, was 1 hr 7 min 24 sec.

The event also included the junior 25-mile Sherwin trophy and this went to young Paul West, having his first race at this distance and returning a nett time of 1.12.48 (handicap 6 min 27 sec).

Other times—Don Lock 1.10.34 scratch and handicap; Mike Poland 1.15.4, nett time 1.9.6; Alan Matthews 1.17.27, nett time 1.9.3; Neil Windeatt 1.36.23, nett 1.26.23.

28th Sept. 1973
Worthing Herald.

Veteran puts youngsters in shade

RAY DOUGLASS, of Worthing Excelsior Cycling Club, has been riding for the club as a 'veteran' for seven years now and at the age of 47 is as fit as anyone.

At short distances, he is currently riding as fast as he has done for the past decade. He has travelled all over the country this season to compete in top class open and veteran events and produced tremendous form recently for the National Veterans 25-mile Championship in which he returned an excellent time of 1 hr 7 min 2 sec.

Ray has now improved on this, for on Saturday, riding in the Veterans Time Trials Association's Midlands 25, he recorded 1.6.51.

The VTTA make standards for riders over 40 and grade these downwards as the years increase. Ray's standard for 25 miles is 1.9.33 so it will be seen that he is at the present time about 2½ min inside this.

ENTHUSIASTIC

His enthusiasm is tremendous. He imposes training schedules on himself which make the efforts of younger riders seem casual by comparison, yet seems to get nothing but the greatest enjoyment from his sport.

Saturday also saw Colin Miller and Richard Shipton in action in the club colours, in the San Fairy Ann CC 25-mile event on the A2 in Kent.

Richard, in recording 1.5.23, made his fastest outing of the season and in doing so beat the usually faster Colin who this time was 17 sec behind in 1.5.40.

This Saturday, riders compete in the Sussex CA 25 and on Sunday morning there is the club's annual Hardriders event which usually attracts a good entry.

CYCLING 29TH SEPT.

Morden CRC Sen rr. — R. MATTHEWS, Worthing Excelsior, 2.51.47; 2. R. Woodley, Twickenham CC, st; 3. B. Bulmer, Polhill, st; 4. E. Boorman, Croydon RC, at 1min; 5. R. Pannell, GS Barossa at 4min; 6. J. Baker, Twickenham CC, st. 3J. — D. BIRCHMORE, Archer RC, Cutty Sark, 1.32.48; 2. P. Fennell, Old Kent CC, at 48sec; 3. J. Wynn-Wernick, Salisbury RC; 4. P. Malvon, Old Kent CC; 5. I. May, Bec CC; 6. R. Giles, Norwood Para, all st.

Holiday can still win

CAMPAGNOLO Trophy leader Dave Whitehouse has only an eight-point lead over last year's winner Dave Holliday as they both tackle this week's penultimate event, promoted by the Notts and Derby Clarion.

An early table showed Whitehouse erroneously with a 13-point lead, counting a course-record bonus he did not in fact obtain.

Now Holliday can take the Trophy again by winning the two final events and bringing his present total of 610 points to 623. Course records would boost him a further five points apiece.

Whitehouse's 618-point total is challenging, and if Dave won the event this Saturday then it would clinch the trophy for him.

The Shirley Roaders' Wheelers "25".

rides are four wins (in the City RC, Fenland Clarion, Newport Phoenix and San Fairy Ann events) plus second places in the Brereton Wheelers and Addiscombe events.

Holliday has wins in the North Lincs and Worthing Excelsior events, the latter with course record, plus seconds in the City RC, Newport Phoenix and San Fairy Ann events, and a third in the Brereton Wheelers "25".

CYCLING OCT. 6TH 1973

Hudson rides well in first 25

THERE WERE three entries from Worthing Excelsior Cycling Club in the Sussex Cyclists Association's 25-mile event on Saturday on the Horsham road course. All rode well.

Keith Dodman was fastest with a time of 1hr 4min 17sec, Dave Hudson next in 1.9.42 and Mike Poland third of the club entry in 1.11.7.

These times were not, however, good enough to put them in with a chance of team or individual championship honours, but there was compensation in the handicap section.

Dave Hudson, in his first ever 25 and only his second ever race, did remarkably well on a borrowed machine. Given an allowance of 15 minutes on the scratchman, his net time was 54min 42sec and was just three seconds too good for J. Honeyball, of the Lewes Club. Dave is mainly a touring cyclist and does not express any keenness for racing, but on this showing there will be pressure in the club for him to have more events next season.

Keith, placed second in the county championships at 50 and 100 miles, was back in fifth place in this event which was won by Cliff Sharp, of Eastbourne, in 58min 12sec.

Has effect

Keith's effort on Saturday was to have an effect on him on the following morning when he took part in the Worthing club's annual Hardriders event.

This was a hilly 33-mile time trial between Worthing and Arundel through Storrington and Amberley which strong cross winds made extremely hard so that it lived up to its name.

Keith was defending but could not cope with the in-form George Matthews and had to be content with second place in a time of 1hr 40min 23sec to George's 1.35.33. Third was Richard Shipton in 1.46.52 after a long battle with Colin Miller.

The course was slightly altered at the Arundel end due to the new road system and the distance is slightly increased. The record of Mike Venner of just under 1½ hours looks safe for some time.

The final event of the club's calendar, the Hill Climb championship on the Steyning Bostal, takes place on Sunday.

FRIDAY
OCTOBER 5TH

WORTHING HERALD

19th Oct. 1973.

Best time recorded

TWO MEMBERS of Worthing Excelsior Cycling Club, Richard Shipton—having one of his best seasons for some time—and Ray Douglass, rode in the Cambrian Wheelers 25-mile event on the A2 near Dartford at the weekend.

Richard recorded a personal best time of 1hr 3min 26sec on this extremely fast course and veteran Douglass lowered his season's best time yet again with 1-5-46.

The club's touring section are now into their stride again and on Sunday five members travelled by car to Sandbanks, near Poole, and enjoyed a day's touring in the Purbeck Hills.

26th October 1973

Cyclists face contest

ONE OF the biggest events in the Worthing Excelsior Cycling Club calendar is the club's annual tourist competition.

This year, promoted jointly by Theo Puttick and Brian Weir, the competition takes place on Sunday beginning at Chailey Common at 9.30 a.m.

The competition will be in two sections, before and after lunch, which will be at Isfield. Competitors will have to read maps, follow signs and clues and answer various questions on the countryside through which they pass.

Last Sunday, two members of the club, Ray Douglass and Keith Dodman, made the long journey to Bristol for the Gorano Valley 25-mile event.

Both men have been in good form this season, but like other competitors in the race, found conditions quite difficult on what is normally a fast course. Dodman clocked 1hr 5min 45sec and Douglass 1-10-32.

WORTHING HERALD

NOV. 2ND 1973

Cyclists go touring

THE SOCIAL riding and touring season of Worthing Excelsior Cycling Club got off to a fine start at the weekend, after the last event of the 1973 racing season.

On Friday, Dave Hudson led a well attended run through the lanes around Findon, Clapham, Patching Street and a 'no passport' visit to France, near Patching.

On Sunday, the club staged their annual Touring Competition, a joint organisation by Theo Puttick and Brian Weir. The event was divided into four sections and the start was at North Common, near Chailey.

Twelve competitors, one of the best entries for many years, set off.

Section three was the longest and hardest and caused many retirements. The situation was made more difficult by the changing of the clocks which left so little daylight.

In failing light, competitors returned to North Common.

The result was a tie between John Mansell and Tony Palmer,

YOUNG RIDERS NEEDED BY CYCLING CLUB

WORTHING

HERALD

16TH. NOV.

1973.

IN ORDER to recapture the success of the 1950s, Worthing Excelsior Cycling Club must lure members of the general public and particularly youngsters aged between 16 and 18. That was the advice of Harry Jackson when he proposed a toast to the club at their annual dinner and dance at the Burlington Hotel on Saturday.

A well known national rider, Mr Jackson said that the club would have to attract young members yet to find a permanent pastime if the club wanted to stem the dwindling interest in cycling.

He also thought that the Press and television could help to change cycling's 'minority sport' tag.

Club member Tony Hill replied in inimitable style by stripping down to his racing shirt, donning a cap and singing about the cyclist's dress, a constant cause of amusement to motorists.

As Tony is leaving Worthing shortly to take up a teaching post in Yorkshire, he took the opportunity to recall his six years with the club, and praised Don Lock, editor of the club magazine.

Earlier, Don Lock had proposed a toast to the president and vice-presidents, asking them for their continued support. The president, Mr Doug Argent, promised that they would do their utmost to support the club for as long as possible.

Awards—Circuit trophy: A. Orman (59min 29sec) and handicap; 25-mile championship: C. Miller (1hr 8min 59sec), handicap D. Pearce; 30 championship: K. Dodman (1hr 24min 5sec); 50 championship: K. Dodman (2hr 9min 37sec), handicap G. Matthews; 100 championship: K. Dodman (4hr 34min 32sec); Clapshaw 25-mile event (handicap): R. Douglass (1hr 11min 24sec); fastest time in Clapshaw event: D. Lock (1hr 10min 32sec).

Sherwin trophy (fastest time in junior Clapshaw event): P. West; Evening 25: G. Matthews (59min 26sec); Junior 15: D. Pearce (40min 17sec), handicap M. Howerd; 25 team time trial: A. Orman and C. Miller (1hr 7min 43sec); Hardriders: G. Matthews (1hr 35min 33sec), handicap M. Poland; 10 mile series: D. Pearce; Schoolboy trophy: P. Denyer; Points trophy: D. Pearce; most improved rider: D. Pearce; Tourist trophy: J. Mansell and A. Palmer (tie); Junior best all-rounder: D. Pearce 24.071 mph (average speed in three events); Gazette trophy (track champion): G. Matthews.



Mrs Argent, wife of club president Doug Argent, presents George Matthews with one of his trophies.

Back to the bike? Take a few tips

IT IS THE case that many people unused to cycling are going to have to turn to the bicycle as a means of local transport if, as seems likely, the petrol shortage gets worse.

This should not cause them concern if they remember that the pedals go round and round and not up and down, writes Don Lock of Worthing Excelsior Cycling Club. Turn them round with a movement of the ankles, and when this becomes automatic, the first lesson of cycling has been learned. It is only patronising comment that refers to 'push-biking': there need be no push about it, if it is done properly.

Put the ball on your foot on the pedal, not the instep. Do not have the saddle too high or make the mistake of using too high a gear; in town a low gear is far easier.

Maintenance is common-sense. Keep the tyres inflated hard. Just as hard tyres on a car will save petrol, so on a bike they will save energy. Keep some oil on the chain and adjust brakes as the blocks wear.

If the bike hasn't been used for some time, batteries may have rotted and old lights may not comply with present legal requirements. Remember the law also requires a reflector, and if you are usually a motorist you will readily appreciate the need for all cyclists to have good bright rear lights and a reflector.

There are various forms of reflector material for sale and small strips of this on the saddle bag or the back edges of the pedals show up very well. Bands of elastic reflective material are available and these show up best if worn on the calf of the leg where the movement makes them even more noticeable.

Never carry things in the hand or on the handlebars; always use proper saddle or

pannier bags or fitted baskets. Briefcases can be carried along the crossbar, and if an umbrella may be needed, during the day, use a tennis racquet clip.

Wear a short coat, and if your cycle doesn't have a chain guard an extra pair of cycle clips will keep trousers from getting greasy.

Do not forget that the Highway Code still applies to you as a cyclist. Obey it with common sense: with all your signals be considerate but definite and do not dither. Take it easy and you will find that it is both enjoyable and healthy.

WORTHING

GAZETTE

DEC. 5TH.

1973.

WORTHING HERALD 21 ST. DEC. 73

GEORGE PEDALS INTO TOP 20

A MID-WINTER return to racing was staged last Sunday by Dulwich Paragon Cycling Club with a 'Christmas 25' on the main Portsmouth road near Guildford.

It was an outstanding success, attracting 120 riders from all over the country including a team of three from Worthing Excelsior Cycling Club.

Conditions were wet, cold and windy, and competitors soon found out just how much they had lost the fitness of the normal season.

George Matthews led the Excelsior team and will not be very pleased with his time of

1 hour 9 minutes 16 seconds, although it gave him a place in the first 20.

Ray Douglass, who had remained in training especially for the event was physically untroubled but disappointed at his time of 1-15-10, just outside 20 mph, Ray did, however, beat younger man Pete Reeves who finished in 1-17-11.

On Saturday, the club holds its annual Christmas Supper in the club room at Broadwater Green. There will be a club run on Sunday, leaving the club room at 9 a.m.

RAGGED STAFF

'CYCLING'

22ND DEC. 1973

★ ★ ★
THE old days were certainly good in some respects, as Bill Sallis, Kentish Wheelers, has proved to me, by way of an extract from the files of the "Worthing Gazette," dated September 28, 1898. It reads:

"A fig feast was held in the famous gardens at Tarring on Wednesday evening, when Worthing's Excelsior Cycling Club (whose Strawberry Feast is an annual fixture) accepted an invitation from West Tarring Cycle Club to join them in the Victoria Garden for a feast of the fruit for which Tarring is famed.

"The proprietor of these pretty gardens, Mr A. Carter, provided a delicious repast, served in the open air on a fine and still evening in a setting beautifully illuminated with Japanese lanterns and fairy lights. Afterwards the company was entertained with music and dancing until 10pm."

Thank-you, Bill Sallis, for a tantalizing glimpse of the happy cycling gatherings enjoyed at the end of the 19th century. You said, "I hate figs!" I don't like them either, but perhaps Don Lock, fast man of the present "Excelsior" (and editor of a fine club magazine) will write to CYCLING after he has taken a vote of his fellow members, "Do you fig or don't you?"

CYCLING, January 19, 1974

letters



• Your letters are always welcome but please keep them brief to have more chance of publication. The Editor, who does not necessarily agree with the views expressed here, reserves the right to shorten letters. Name and address must be given, but anonymity will be respected for good reason.

Great for feasts

ANSWERING Ragged Staffs' invitation (December 22), there are member of the Worthing Excelsior CC who recall strawberry feasts of many years ago, but the fig feasts are too far back.

The club has a great reputation for feasts, the current one going under the heading of Christmas supper, a self-catering "do" where large numbers of members with families and friends enjoy and devour an enormous amount of Christmas fare.

This year the cost was just 60p for a five-course meal with wine. Those attending were asked to bring their own crockery and eating irons, and, in view of the power crisis, a candle.

On the crisis, and in reply to the letter in the same issue from RTTC's John Stephens, I agree that recruitment opportunities must be better than at any time for years.

I recall the words of Harry Jackson at our annual dinner: "We must recruit everyone who rides a bike, they are all cyclists." How their interest in cycling develops is up to us.

For the club, I have spoken on Radio Brighton, with hints for people taking to the bike, and have done articles for the local Press on the same theme. Currently, efforts are being made for interview facilities on Southern TV.

All of this, I suggest, is good publicity for our sport. It shows us to be mindful of the fact that not everyone regards the bike as a pleasurable means of conveyance but that proper use could well lead thousands into a new regard for the recreational potential it provides. — Don Lock (Press Officer, Worthing Excelsior CC), Worthing Sussex.

• It certainly is, Other clubs please copy.

Temporary move for cyclists

FOR A TIME Worthing Excelsior Cycling Club will be without the use of their usual clubroom facilities at Broadwater Parish Rooms. Corporation repairs and decorations will mean that the rooms are unavailable to the club until Tuesday, January 23.

Arrangements were made with The Cricketers at Broadwater for last Tuesday and the club will meet there again on January 16 before returning to the parish rooms. There will be no meeting on Tuesday, January 9.

The following are details of the club runs planned for the coming month: Sunday, January 7, 9 a.m., Eleveses at Hickstead; January 14, all day car/bike outing to the Isle of Wight. Ferry from Portsmouth at 8.30 a.m.; January 21, 9 a.m. Eleveses at Coldwaltham. Lunch, Sussex Cyclists' Association, annual lunch and prize presentation at Henfield; January 28, 9 a.m., Eleveses at Horsham.

CYCLISTS ENJOY RUN

KIND WEATHER, almost spring-like at times, helped to give nine members of Worthing Excelsior Cycling Club an enjoyable day's cycling on the Isle of Wight on Sunday.

Leaving Worthing at 7 a.m. they arrived at Portsmouth and were aboard the ferry to Ryde at 8.30. A somewhat choppy Solent was crossed and, on their two wheels (after the car trip to Portsmouth), they made their way south-west along deserted lanes with their thoughts on eleveses at Godshill. But while this place teems with visitors during the summer, it appears to close down completely in the winter months.

It was then on towards known eating establishments at Yarmouth but not before a wonderful ride along some four or five miles of a bridleway on the top of Brightstone

Down, which gave the riders fine views of the Solent to the north and the English Channel to the south.

Lunch was taken in a cafe overlooking the quiet and attractive Yarmouth harbour, and then, keeping as close to the north coast as possible, the riders passed round Newtown Bay and on to a Cowes peacefully basking in winter sunshine and dreaming no doubt of the hoards of yachtsmen who will descend upon it in the coming months.

A brief look at the giant Hoverlloyd Hovercraft in the works of the British Hovercraft Corporation and an inspection of a private section of railway provided some points of interest on the return to Ryde.

Some 50 or 60 miles were covered in all.

Good turn out for club run

THERE WAS a good turn out for Worthing Excelsior Cycling Club's run on Sunday. Some journeyed north to Dorking before returning to Henfield via Reigate and Crawley; others, not so concerned with "getting racing fit," went at a more leisurely pace through Wick, Arundel Park and had eleveses at Coldwaltham. They made their way back to Henfield via Storrington, Ashington and Ashurst before crossing the Adur by bridleway and footpath. Some remained out for the afternoon, a couple returned to Worthing for lunch but nine joined cyclists from all over the county at a hotel at Henfield.

The occasion at Henfield was the annual luncheon and prize presentation of the Sussex Cyclists' Association attended by about 70 people.

This Sunday the club run leaves at 9 a.m. and eleveses will be taken at Horsham.

Cyclists use 'railway'

FIVE MEMBERS of Worthing Excelsior Cycling Club joined organiser Dave Hudson for the car/bike day in Kent on Sunday.

They made their way to Battle in the van of vice-president Brian Weir and were on their way on their bicycles by 9.45 a.m. The weather was pleasant and the lanes had a nice February absence of motor vehicles.

With breakfasts having been taken early, elevenses were soon a necessity and were enjoyed at Broad Oak, on the way to Ashford, the lunch venue.

In the afternoon, a section of disused railway line provided a variation from classified roads as the riders made towards Tenterden. The return to Battle was past Bodiam Castle.

About 50 miles were covered and the group enjoyed a good day's cycling.

The world's Cyclo Cross championships at Crystal Palace on Sunday attracted a number of club members. Social committee member Jim Hughes took a number of young members up by car but another group made the 100-mile round trip by bicycle.

This Sunday sees the first of the new season's club time trials with the usual opener, the 20-mile "Circuit event" starting at Sompting Church at 9 a.m.

WORTHING HERALD

9TH MARCH 1973

ORMAN BEATS SCRATCHMAN DODMAN

SUNDAY SAW the first of the time trial events of Worthing Excelsior Cycling Club for the 1973 racing season.

The morning's conditions were described by event timekeeper Ray Douglass as being warm for the riders but somewhat draughty for the officials. Certainly conditions were kinder than for some years with just a fresh south-west wind as the 'main climatic hazard.'

Riders left the start at Sompting Church at two minute intervals, a system brought in by the handicapper to try and prevent bunching, which can be unfair to other competitors.

Riders made their way round the Offington-Findon-Clapham-Offington circuit twice before returning to the finish, back at Sompting Church.

The distance, approximately 20 miles, is usually won with a time just under the hour and this year was no exception.

First success

Alan Orman, marking up the first 29sec. This time was too good for success, came home in 59min. the scratchman, Keith Dodman, who finished second in 1hr. 0min. 34sec.

An excellent performance from junior Derek Pearce gave him third spot with a time of 1hr. 6min. 59sec., beating strong man Colin Miller into fourth place with 1hr. 7min. 19sec.

Another creditable performance was the effort of schoolboy Michael Murphy in his first ever ride with the club. He tackled this man's course with style and finished in 1hr. 13min. 15sec.

This Sunday, the club run will start at Washington at 10 a.m., Elevenses will be at Horsham and the all day run will see lunch taken at Dorking.

Favourites win two-up event

THE ACTIVITIES of Worthing Excelsior Cycling Club were split on Sunday between the club's annual Two Up 25-mile event and the club run to Dorking.

A number of members turned out to act as officials for the time trial held on the A24 Horsham road, and then joined other members for elevenses at Horsham.

The race was won by favourites Alan Orman and Colin Miller with a time of 1hr. 7min. 43sec. Second were Richard Shipton and Don Lock in 1-11-29, and third there was a good ride by two of the club's schoolboys, Michael Murphy and Maurice Rosenberg, in 1-24-25.

This weekend, Ray Douglass promotes two events for the Sussex Cyclists' Association, a junior ten-mile event and a senior 25-mile event, both starting at Washington at 3 p.m. on Saturday. The club have a team in the senior race and have no fewer than ten riders in the junior race.

Sunday also sees another of the popular car/bike trips, this time to the New Forest, starting point Lyndhurst. Dave Hudson, who now combines the offices of runs and touring secretaries for the club, has done a great deal to re-establish the club runs. They are now well attended and forward planning enables members to join the run, perhaps for part of a day, or just at a particular venue.

WORTHING HERALD

2ND MARCH 1973

WORTHING HERALD

16TH MARCH 1973

YEAR REVIEWED BY CYCLISTS

THE ANNUAL MEETING of Worthing Excelsior Cycling Club was held in the clubroom at Broadwater Parish Rooms last Tuesday, and was well attended.

A period of silence was observed in memory of life vice-president Mr Victor Cowan who died recently. Mr Cowan had been an active and generous member of the club for well over 60 years.

Secretary John Mansell's provocative report on the previous year achieved its undoubted aim in provoking considerable comment, and it is to be hoped that it will now provoke serious thought and action in the year ahead.

Treasurer Ray Douglass explained that an apparent loss of some £50 was to a large extent offset by stocks of racing vests in hand and a new fund raising scheme should improve matters for 1973.

Officers elected: President, Mr W. D. Argent; chairman, Mr C. G. Lednor; secretary, Mr J. Mansell; treasurer, Mr R. Douglass; time trial secretary, Mr D. Funnell; social secretary, Mr T. Puttick; road/track secretary, Mr A. Palmer; runs and touring secretary, Mr D. Hudson.

The general meeting again passed a proposition for the continuance of the club's main racing promotions, so that the open road race and the open 25-mile time trial will be carried forward to 1974, the planning for this season's events being well in hand.

George races over fast course

THE NEW cycle racing season is getting under way and George Matthews of Worthing Excelsior Cycling Club, has already completed his first event, a 28-mile circuit road race at Hamble.

With the event held over a fast, flat 3½-mile course, breaks were virtually impossible. George was with the large finishing group which contested the final sprint, but he could not find a way through in the last lap and had to be content with a place he estimates to be about 15th in the 30-strong group.

George has been taking his training seriously these past few months and this month has spent two weekends training with an official training school of the British Cycling Federation at Harlow in Essex. He feels that he has learnt considerably from this group training scheme and hopes that it will have put that vital edge on his undoubted fitness.

Preparations

A number of the club's racing men appear to be making serious preparations and hopes are high that team performances may be better than in 1972. Notable among the training groups have been Alan Orman and Colin Miller.

The big news is that Nick Lelliott is rejoining the club. Nick, who has been out of the sport for some time with a serious back injury, is back on his bike again. It is by no means certain that he will be racing, but he never used to go anywhere slowly!

There have been an encouraging number of new young members to the club since the beginning of the year. They seem keen and strong and a number plan to compete in forthcoming short distance school-boy and junior events.

Last Sunday's club run was led by Tony Hill who chose a route to Chichester via Arundel, Slindon and Earham. After refreshments, the return was through Oving, Barnham, Ford and Littlehampton.

This Sunday, Dave Hudson takes another of the popular car/bike runs. This time the cars will be left in Battle.

WORTHING HERALD 23RD. MAR. 1973

CYCLISTS REJOICE WITH FAST PERFORMANCES

THE FIRST EVENTS of the Sussex Cyclists Association calendar for 1973 were promoted on behalf of the association by Worthing Excelsior's experienced time triallist, Ray Douglass.

The association's events this year each have separate promoters, and a real effort is to be made to uplift the general class of the organisation. Undoubtedly the first was a success.

Held on Saturday, it was a double promotion for Ray with the responsibilities of both a senior 25-mile and a junior 10-mile event.

The continuation of the mild winter blessed the riders with just about the best March conditions that anyone could remember, and the riders accordingly rejoiced with some fast performances.

The 25-mile course from Washington to Broadbridge Heath and back was covered by winner Paul Lipscombe (Central Sussex CC) in 1hr. 0min. 51sec. This was 1min. 12sec. too good for George Matthews (Worthing Excelsior) who finished second in 1hr. 2min. 3sec.

With A. Jones third in 1.2.22 and R. Rogers sixth in 1.3.24, the Central Sussex Club clinched the team award.

Worthing's Alan Orman begins to show good form and finished in eighth place in 1.3.27. Mike Poland was further back with a time of 1.10.54.

The 10-mile event was dominated by the entries from the Worthing club. They entered 10 juniors, six of whom

were having their first ever race.

Excelsior filled the first three places in both the scratch and handicap sections, and produced some really tremendous times which must hold promise of good things in the future, and will have senior riders looking to their laurels.

The event was won by the most experienced rider in the field, scratchman Derek Pearce in a time of 26min. 4sec. but how close Michael Howard came to winning in his first event? He was only 21sec. behind in a really fine 26.25 which gained him first place in the handicap section. Third man was Michael Murphy, the mighty 13-year-old, in another first class time 27.31.

WORTHING HERALD

6TH APRIL 1973

EXCELSIOR PAIR FIND IT TOUGH

TWO TEAMS from Worthing Excelsior Cycling Club took part in Sunday's Two-up 25-mile event organised by Brighton Mitre Cycling Club on the Horsham-road course.

Conditions were cold and grey and riders were faced with a fast outward journey to Broadbridge Heath and a tough return to the finish at Washington.

Alan Orman and Colin Miller, riding together for the second time this season, improved on their previous effort to finish in 1hr. 5min. 27sec.

Pete Reeves and Mike Poland were hit by a puncture after two miles but continued after borrowing and changing a wheel to finish in 1-10-21.

Hounslow, fast becoming specialists on this course, provided the first two teams, with top place going to national champion Martin Roach and club mate C. Garlinge in the fine time of 56min. 48sec.

Excelsior's club run programme continued with a run to Pulborough and on to Chichester. This Sunday the run leaves the clubroom at 9 a.m.

WORTHING HERALD

13TH APRIL 1973

Full house for road race

TOMORROW (Saturday), Yapton Village Hall will be the headquarters for Worthing Excelsior Cycling Club's open 50-mile handicap road race—one of the biggest events in the club's calendar.

Open to first, second, third and junior category riders, the event has attracted a maximum entry of 40 and there are still riders waiting to step into the field if others should drop out before the race.

The course starts at the gate entrance to Ford aerodrome, then to Ford prison, along the road back into Yapton, and through the village to the start. There will be eleven of these laps to complete and the race starts at 2.30.



Jackson by half a length

The 50-mile handicap road race promoted by Worthing Excelsior Cycling Club at Yapton on Saturday provided some spectacular riding, and the winner was the experienced Harry Jackson (Portsmouth). Second was R. Boulter (Bournemouth Arrow C.C.) and third K. R. Savell (Croydon).

The block handicap system, with the junior and third category riders being followed by those of first category, made sure that the race was fast right from the start. In fact, the field had amalgamated after six laps (27 miles) which were covered in a fraction over an hour.

A number of breakaway attempts had been controlled, and it soon became apparent that there would be a very close finish.

Paul Lipscombe (Central Sussex), Jackson, and George Matthews (Worthing) all appeared to be riding well, but then Lipscombe became one of three riders to suffer from a puncture. All were caused by drawing pins — and in the same area!

At the start of the last 4½-mile lap the race was between some 20 riders, and Jackson eventually got the verdict, by half a length. Sussex riders did not make the top places, but were by no means overshadowed. Matthews was seventh — no more than two machines' lengths behind the winner.

On Sunday, Worthing Excelsior had their own 25-mile championship over a course at Horsham, but times were surprisingly slow. Colin Miller, who had ridden the day before, took the title with a time of 1hr. 8min. 59sec., the slowest for many years.

Derek Chandler, who has rejoined the club, was second in 1hr. 11min. 43sec., and third was Don Lock who got a puncture soon after the start, but clocked 1hr. 14min. 52sec. Michael Murphy, at his first attempt at this distance, was timed at 1hr. 14min. 52sec.; Tony Rotheram clocked 1hr. 16min. 17sec.; and Maurice Rosenberg finished in 1hr. 20min. 5sec.

Chandler, with a time allowance of ten minutes, won the handicap section.

WEST
SUSSEX
GAZETTE
18TH
APRIL
1973.

BIDDING FOR CLUB RUNS TROPHY

THE 1974 cycle racing season comes upon Worthing Excelsior Cycling Club in February, but it is the touring and club runs section which is attracting attention at the present time, with greater attendances and more interest being shown in this side of the club's activities than for several years.

The interest was shown to be developing during 1973 and, with a hard working club runs leader and club runs and touring committee, there was a determination to see that the 1973 impetus was not lost.

A new venture for the club has been the inauguration of a trophy to be known as the club runs attendance trophy. An existing rose bowl has been set aside for this and a points system has been worked out with two senior but non-cycling members acting as adjudicators.

Points are awarded for all attendances at any club organised outing and a running table is kept.

In 1974, the points will be accumulated between January 1 and September 30 but in future years the scheme will operate for the full 12 months, from October 1 to September 30.

The current positions show a three point lead after the first month for youngster Roy Macmillan who has a 100 per cent record and 17 points over the six outings during January.

In second place is Dave Hudson with 14 and third is Derek Smith with 13. Altogether 22 members have earned points and it will be interesting to see how the 'league' type table develops during the months ahead.

Holding disco

LANCING FC are to hold a fancy dress disco at their Culver Road clubroom on Saturday (8 p.m.). Their recently installed bar will be open until midnight.

The venue is the same for two friendly darts matches that they have arranged against the Crabtree, on Friday, and against Lancing Empire Club, next Thursday.

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SEX

WORTHING GAZETTE 13TH FEB

(ALSO SEE OVER)