

# Circuit opens season

THE PAST two months of snow and ice have meant much restriction on the normal training activities of the racing members of Worthing Excelsior Cycling Club. This more than anything else was responsible for the small field in this season's usual opener, the Circuit event . . . some 17 miles comprising two laps of the Findon — Clapham — Offington — Findon triangle.

Perhaps more would have decided to ride had they been certain of the dry roads and bright sunshine that greeted those who did ride for, although it was a bit cold and the wind was a nagging one from the northeast, conditions were

## CYCLING

not at all bad for February.

The top three were: Roy Holden, 47 minutes 10 seconds; Don Lock, 48 minutes 52 seconds; Robin Holden, 49 minutes 33 seconds. Three good efforts over the hilly 17 miles but particularly good was the ride of Robin (son of Roy) who deservedly won the handicap section.

This Sunday, Worthing members travel east to compete in a similar hilly race — this time in the Hellingly area and promoted by the East Sussex Cycling Association. There are also two club runs.

WORTHING HERALD 2.3.79

# Not good enough

EIGHT members of Worthing Excelsior Cycling Club made their way the 30-plus miles to Hellingly in East Sussex on Sunday to give support to Hailsham-based member Richard Shipton in his effort to win the East Sussex Cycling Association opening event of the 1979 season, the 16-mile hardriders.

The first really mild and sunny day of the year greeted them and by 11 o'clock they were taking vantage points around the course at Cowbeech, Rushlake Green, Heathfield and Horem.

Richard's effort was very good, but not quite good enough. He was to finish in fourth place in a time of 42 minutes 47 seconds,

## CYCLING

but he could have done without the broken toeclip which cost him valuable seconds and possibly third place.

This weekend is a busy one with three competing in the Central Sussex Hilly 25 near Balcombe on Saturday afternoon and then on Sunday morning there is the club 25-mile event starting at The Hammerpot on the A27.

The two club runs this Sunday are both from the clubroom at Broadwater Green.

WORTHING HERALD 9.3.79

# Change in design of racing jerseys

## CYCLING

A CHANGE in the design of the racing jerseys of Worthing Excelsior Cycling Club after some 25 years was one of the most debated matters at the club's 92nd annual meeting.

Members voted overwhelmingly for the retention of the basic colours of light and dark blue which they have used for most of the club's history. While the well-known chevron design will go, the new design remains a matter for further discussion. It is hoped that the new jerseys can then be made ready before the start of the 1980 season.

An increase, yet again, in the club's open promotions was approved with the decision to run an open ten mile event in June and the club then committed themselves to no fewer than five open promotions for 1980 with a planned running of the club's annual Hardriders Championship as an open competition in October of that year.

honour was bestowed on this club stalwart who has for many years handled the open (Ron Mills) 25 promotion and served in several other club offices.

## Officers

Officers elected: President, Douglas Argent; chairman, Charles Lednor; secretary, John Mansell; treasurer, Roger Smallman; assistant treasurer, Paul Toppin; social secretary, Theo Puttick; touring secretary, Derek Smith; road and track secretary, Roy Holden; club events secretary, Duncan Wagborne; Evening Tens secretary, Ian Reader; magazine editor, Derek Smith; club coach, Norman Macmillan; press secretary, Don Lock.

There was one addition to the club's vice-presidents with the nomination of Tony Palmer. The nomination received unanimous support and an overdue

WORTHING GAZETTE  
6-3-79

## CYCLING, March 10, 1979

SUSSEX HARDRIDERS "17" (G895)	
Cliff Sharp, Eastbourne Rov	40 47
A. Goodfell, Central Sussex	41 24
P. Lipscombe, Central Sussex	42 28
I. Burgess, Lewes Wanderers	42 41
R. Shipton, Worthing Excel	42 47
D. Kitching, Eastbourne Rovers	43 28
Team. — Eastbourne Rovers (Sharpe, Kitching, D. Dunbar) 2-8-44.	



# Youth tops experience

THE SECOND of this season's time trial events in the Worthing Excelsior Cycling Club calendar resulted in a win for youth over experience when Paul Toppin came home triumphant in the 25 mile event on Sunday.

The course was a new one devised by Ray Douglass, and involved the use of the A27 between Angmering and Offington, the A24 up to Findon and then after a return to Patching, the road through Angmering Village and the A259 to Durrington before returning to The Hammerpot finish.

It did not have the best of conditions for its baptism with

## CYCLING

wet roads and a strong westerly to severely test the competitors.

Roy Holden may have been favourite but for the fact that he had raced in the Central Sussex Hilly 25 on the previous afternoon where he had recorded a time of 1 hour 11 minutes 57 seconds, and this let in Don Lock, second to Roy in the circuit event two weeks ago, and the winner Paul making this his first race of 1979.

Top positions: Paul Toppin, 1 hour 9 minutes 10 seconds;

Don Lock, 1.10.43; Roy Holden, 1.11.12; Dick Wiseman, 1.11.58; Robin Holden, 1.12.36; Pete Reeves, 1.15.6.

In the Handicap section it was two wins in a row for Robin Holden but by the narrowest of margins, his net time of 1.8.9 being only one second in front of Paul Toppin.

This weekend members compete in a road race on Saturday in the Glynde area and in the Sussex C.A. Hilly 22 mile two-up on Sunday morning. Also there are club runs from the clubroom at Broadwater; on Friday a mystery run, and on Sunday to Felbridge, Otford and Nutley and Slaugham.

WORTHING GAZETTE 14TH MARCH 1979

## ROAD RACING INTEREST

THERE is a definite increase in the interest shown by Worthing Excelsior Cycling Club members in road racing as against the more popular time trialling.

Last weekend provided a good illustration of this when four members travelled over to Ringmer for the Sussex Cycle Racing League 36 mile road race on Saturday afternoon, but on Sunday morning only one team represented the club in the Sussex Cyclists' Association 22-mile hilly two-up time trial.

### WINNER

The road race was won by S. Abbo of the newly formed V. C. Etoile in a time of 1 hour 27 minutes and it was junior Paul Toppin who was best of the Worthing riders coming home seventh just 1 minute 56 secs. down on the winner. Dick Wiseman was 11th, Norman Wright 14th and Roy Holden 15th, these three being some eight minutes down.

There was an entry of 36 so all can be reasonably pleased with these rides. The race was

run at a hectic pace and the six mile circuit was not an easy one, with one particularly nasty hill.

It was left to Pete Reeves, and Don Lock to carry the colours in the two-up and this they did well. They were in fact fastest over the earlier part of the course but faded a little on the climb of Houghton Hill to finish in fourth place with a time of 1 hour 2 minutes 23 seconds. The winners were Steve Harkness and Mark Pantton in 1 hour 1 minute and 3 seconds. The Worthing pair missed third spot by only four seconds.

This weekend sees involvement in two promotions of the Sussex Cyclists' Association 10-mile event on Saturday afternoon at Washington and a 25-mile on Sunday morning starting on the A27 at Angmering. Club runs on Sunday are from the Broadwater clubroom to Eastbourne and Chichester.

## Shipton comes second in ten

### CYCLING

ANOTHER mixed bag of weather for Worthing Excelsior Cycling Club's racing efforts last weekend and nothing conducive to fast performances.

Richard Shipton's effort in the Saturday afternoon running of the Sussex Cyclists' Association 10-mile time trial was perhaps the best for his time of 24 minutes 49 seconds, although well down on his times for last season, was good enough for second place in the 43-strong field.

Roy Holden, proving himself to be the fastest of the club's veteran riders, was close behind finishing fifth in 25 min 2 sec.

Other Worthing times were—Colin Miller 26.31, Don Lock 26.52, Robin Holden 27.08, Mike Poland 30.28 and Mike Wallis 31.30.

In the juvenile event at the same distance, Worthing's Andrew Lock was sixth in a time of 32 min 21 sec.

Pete Reeves made his first serious outing of the season with a ride in the G. S. Europa 25-mile event in the New Forest and came home contented with a time of 1 hr 8 min 56 sec.

On Sunday morning it was rain as much as wind that had to be contended with and only the Holden family, dad Roy and son Robin, carried the club's colours in this time in the Sussex C.A. 25-mile event on the A27 course between Angmering and Chichester.

Roy returned the fastest club time so far this year with a fine effort of 1 hr 6 min 56 sec and Robin was just three minutes back on 1.9.52.

Club runs this Sunday are to Ellens Green and Hickstead.

WORTHING HERALD 23RD MARCH '79

WORTHING HERALD 30TH MARCH '79

### CYCLING, March 31, 1979

SUSSEX CA 2-UP "22½" (Hammerpot)		
Stephen Harkness-Mark Pantton,		
Brighton Mitre .....	1	1 3
G. Southern-P. Woolhouse,		
Bognor Regis CC .....	1	1 14
A. Jones-A. Robinson,		
Central Sussex CC .....	1	2 19
D. Lock-P. Reeves,		
Worthing Excelsior .....	1	2 23
J. Honeyball-J. Landless,		
Lewis Wanderers .....	1	4 48
D. Lambert-R. Richardson,		
Bognor Regis CC .....	1	5 31



# FIVE RIDE A WELL FAVOURED COURSE

FIVE MEMBERS of Worthing Excelsior Cycling Club travelled to the New Forest on Sunday to ride a well favoured course between Ringwood and Bourne-mouth.

The event, the Salisbury Road Club's 25-mile time trial, provided dry and even bright conditions which made a change, but the wind was definitely fresh and once again unhelpful.

Roy Holden, the club's Little-hampton-based veteran, was fastest of the Worthing entries

## Cycling

with a time of 1 hour 5 minutes 4 seconds, a time which saw him second in the veterans' special award. Don Lock, improving from his previous effort, was also well up in this category finishing fifth in 1.6.52.

These two were, however, separated by one of the club's most promising juniors, Keith Norris, who, in his first outing this season returned a time of 1.6.25, a ride fast enough to earn him third handicap award. Colin Miller recorded 1.8.12 and junior Robin Holden 1.9.33.

Peter Reeves also travelled on Sunday, to compete in the Oxonian 25 along the western stretches of the A4 Bath Road. He also found conditions dry but rough and could manage only 1.8.30.

This weekend some compete in a 29-mile hilly four-man team event in the East Sussex area on Sunday, while others continue with the more leisurely club run which goes to Hickstead.

WORTHING  
HERALD  
6TH APRIL  
1979

# Two ride in three

MEMBERS of Worthing Excelsior Cycling Club took part in a number of competitions over the Easter holiday and enjoyed the better weather conditions which prevailed.

Three events promoted by Crawley Wheelers on the Friday and Saturday were tackled by Richard Shipton and John Mansell. The 44-mile Crawley to Shoreham and back on Friday saw Richard home in 1 hour 52 minutes, and John, making a late start to the season, in 2

## CYCLING

hours 3 minutes. The 25 mile race on the Saturday gave Richard a time of 1 hour 1 minute and 26 seconds and John 1 hour 7 minutes 21 seconds. Only a few hours then elapsed before the 10 mile event in the afternoon, and in this Richard beat John by exactly three minutes with times of 24 minutes 5 seconds to 27 minutes 5 seconds.

Colin Miller was in action on Friday riding the West Kent Road Club 25 in the Dartford area where he recorded a time of 1 hour 7 minutes 36 seconds. On Monday he rode another 25 and improved to 1 hour 6 minutes 3 seconds in the Actonia event near Maidenhead.

The Festival Road Club 25 on the A3 near Ripley gave Don Lock his racing on Sunday morning. His time of 1 hour 6 minutes 2 seconds shows an improvement over previous rides but he expressed dissatisfaction with the performance.

This Sunday there is the club's 25-mile championship on the Chichester road course and the club run heads the same way for elevenses at Fontwell.

NORTHING  
HERALD  
20TH  
APRIL 1979.

CYCLING, April 14, 1973

London St Christophers CCC.—TIM STEVENS, '34 Nomads-CP Hart, 32m in 1-25-50; 2. N. Lelliott, Worthing Excelsior at 1-43. 3. R. Woodley, Festival RC, at 3-25; 4. H. Ashworth, CC Basingstoke; 5. A. Khan, Redmon CC; 6. D. Archer, Dulwich Paragon, all st. Supporting. — RAY WARD, S. Western RC 32m in 1-32-25; 2. F. Rosebotham, Festival RC, at 6sec; 3. B. Williams, Becon-tree Wh at 2-0; 4. B. McCarthy, London St Christophers, at 2-15; 5. R. Callum, Middx CC; 6. M. Fodden, Reading CC, all st.

## Cycles

# STRENGTH STANDS NICK IN STEAD

NICK LELLIOTT, of Worthing Excelsior Cycling Club opened his 1979 campaign on Sunday riding in the top category London St. Christopher's 32-mile road race over a hilly eight-mile circuit in the Woldingham area of Surrey.

Nick missed the vital break but his strength from a long period of winter training stood him in good stead and he rode away from the remainder of a decimated field to clinch a handy second place.

In the secondary race over the same course and distance, Roy Holden finished in 15th place.

The Brighton Mitre four-man team race over a hard 29 miles from Hellingly through Halland to Ringmer and Glynde and then back to the start via Polegate provided competition for the Worthing team of Pete Reeves, Robin Holden, Colin Miller and Don Lock.

In torrential rain and cold conditions they rode well and, despite not having ridden together previously, they worked well together and managed a creditable fifth place and less than three minutes behind the winners, London Fire Brigade who completed the course in 1 hour 12 minutes 1 second. The Worthing time, 1 hour 15 minutes exactly.

The club's runs over the Easter weekend are from club-room at Broadwater: on Good Friday an evening mystery run, on Sunday a trip to Pulborough and on Easter Monday an early start for a run to Cross-in-Hand.

WORTHING HERALD  
13TH APRIL 1979



# Paul rides away with it

## CYCLING

THE FIRST 1979 club championship of Worthing Excelsior Cycling Club was decided on Sunday when the 25-mile championship was held on the Chichester Road between Angmering and Westhampnett. There was a good entry and most of the club's racing men have now got into the racing groove after that long, long winter.

Favourite was clearly Richard Shipton, regularly under the hour last summer and already down to 61 minutes this year. His main challengers were expected to be Keith Dodman who had rides down to 56 minutes last year but has had only one previous competitive outing in 1979, and the junior with so much potential and just back from an Easter training run to Lands End, Paul Toppin.

A cold start and with a rising south westerly did not give

perfect conditions but provided a good test and it was probably the pedalling ability of Paul with slightly lower gears but greater speed of revolutions which was to take him to his first senior championship and the excellent time of 1 hour 2 minutes 34 seconds.

Richard Shipton admitted to using too big gears on the second half and his time was 1-2-50. In third place was a satisfied Keith Dodman with 1-3-23; Roy Holden was fourth with 1-5-14 and other times were: Don Lock 1-6-14, Robin Holden 1-7-16, Pete Reeves 1-7-34, Dick Wiseman 1-8-54, Eddy Gough 1-12-49, Ray Douglass 1-14-23 and John Lewis 1-24-22. Paul's ride also gave

him the handicap award.

The club had their first open event successes of the year on the previous afternoon when in rough and wet conditions Nick Lelliott repeated his 1978 win in the Bognor Regis CC 10-mile event between Fontwell and Westhampnett. His winning time was 22 minutes 57 seconds and this gave the club a great start to the team award which they did not miss, again a repeat of 1978. Richard Shipton was fifth in the 110 strong field with 24-14 and Don Lock completed the trio with 26-8. Ray Douglass recorded 28.50 and Andrew Lock 32-36.

This Sunday members ride several different events although a number concentrate on the East Sussex Cycling Association promotions in the Hellingly area. The club run goes to Telscombe Cliffs.

**BOGNOR REGIS CC "10" (P10)**

Nick Lelliott, Worthing Excelsior	22 57
D. Doust, Antelope RT	23 24
C. Sharp, Eastbourne Rovers	23 28
A. Jones, Central Sussex CC	24 9
P. Crofts, Southboro' & Dist	24 10
R. Shipton, Worthing Excelsior	24 14
Juniors. — N. Wenham, Southboro' & Dist, 25-12. Juveniles. — P. Rogers, Fareham Wh, 26-11. Women. — Barbara Makepeace, Hampshire RC, 29-41. Vets. — W. How, Sussex Nomads, +2-57. Team. — Worthing Excelsior (Lelliott, Shipton, D. Lock 26-3) 1-13-14.	

WORTHING HERALD 4TH MAY 1979

## CYCLING

# Paul's out in front

PAUL TOPPIN, who won the Worthing Excelsior Cycling Club's 25-mile championship last week, put himself out in front again with the fastest time so far this season in the club.

Riding in the Poole Wheelers 25 near Ringwood he recorded an excellent one hour, one minute, 16 seconds, to finish well up in a very good class field.

Dick Wiseman and Pete Reeves came away satisfied with their fastest rides this year. Dick, riding a fixed wheel machine, recorded 1.5.55 and Pete 1.6.55.

This was on Saturday afternoon and at the same time Richard Shipton was riding in the Croydon CRC 10-mile event. He finished in 24 minutes 45 seconds.

Three others were involved in the East Sussex 10 held near Loughton. Don Lock finished 10th in 26.19, Ken Atkins returned 27.48 and young Andrew Lock 32.02.

On Sunday the East Sussex Cycling Association again provided the competition, following their 10-mile with a 25-mile over roads in the same area.

Richard Shipton dropped back two minutes from the previous week in recording 1.4.6 which left him in fifth place in the 73-strong entry. Don Lock also slowed, going

back to 1.7.56, Colin Miller was back on 1.10.23, and Ken Atkins 1.12.4.

## CYCLING, May 5, 1979

# Woodburn on top

JOHN WOODBURN seems to have a soft spot for some Wessex courses, especially since his epic Poole "12" last Autumn. But like most riders in the Poole Wheelers "25" he scarcely relished the way the wind was blasting down the Hurn by-pass against the riders on their uphill grind from the second turn.

It turned a potentially fast course into a slogging match for most, but the British Best All-Rounder still contrived a respectable 57-45 that was beaten only by Antelope's Glenn Longland and Neville Stroud in the tandem section of the Saturday afternoon event.

RAF's John McCarthy, who was within a few seconds of Woodburn recently on the Maidenhead course, was gratified to be within a minute of "the man" in such strenuous conditions, and quietly revelled in pipping Antelope's Dave Doust who finished third in 59-23.

Doust, joint scratchman with Woodburn, could offer no real excuse for slipping back a little, although confessed he had lost concentration on that windswept leg, and began to think instead of his next event the following morning.

Alan Goodsell, Central Sussex, and Cliff Lowe, Swindon RC, were the only two within the 61st minute and Frome's Tom Woollard headed the other five riders who beat 24mph.

A good ride for the day was that of Worthing's Pete Toppin, whose 1-1-16 earned him yet another fastest junior award as well as third handicap.

Antelope's Pat Ellery collected another fastest lady award, while her husband Danny made a good third man behind Bob Richards to give Dave Doust some consolation in leading the Antelope's first local team win of the year.

The Veteran awards, fastest and on standard, went to augment the prize total of Woodburn, whose "plus" of 9-15 was way out of sight for most vets in any conditions.

Longland and Stroud had no difficulty in taking the tandem event, but an ambitious schedule for a 50-minute ride had to be forgotten on the way round.

**John Woodburn, VC Slough-**

Office Assoc	57 45
J. McCarthy, RAF CC	58 43
D. Doust, Antelope RT	59 23
A. Goodsell, Central Sussex	1 0 33
C. Lowe, Swindon RC	1 0 35
T. Woollard, Frome & Dist	1 1 8
P. Toppin, Worthing Excelsior	1 1 16
M. Girling, B'mouth Jubilee	1 1 39
R. Richards, Antelope RT	1 1 43
M. Pollard, Mid-Devon RC	1 1 55

H'cap. — R. Davis, Hampshire RC (15-0) 54-2. Juniors. — P. Toppin, Worthing Excelsior, 1-1-16. Juveniles. — A. Hitchens, Mid-Devon RC, 1-6-20. Women. — Pat Ellery, Antelope RT, 1-9-57. Vets. (scratch and standard). — J. Woodburn, VC Slough-Office Assoc 57-45, +9-15. Team. — Antelope's Doust, Richards, D. Ellery 1-3-46) 3-4-52.

**KEN WHITMARSH**

## E SUSSEX CA "25" (G834)

Cliff Sharp, Eastbourne Rovers	59 49
R. Smith, VC Etoile	1 1 45
B. Phillips, E Grinstead CC	1 2 18
D. Kitching, Eastbourne Rovers	1 3 43
A. Jones, Central Sussex CC	1 3 46
R. Shipton, Worthing Excelsior	1 4 6
Handicap. — J. Southerdon, Hastings & St Leonard's, 57-59. Women. — Joan Pratt, Crawley Wh, 1-17-15. Team. — Eastbourne Rovers (Sharp, Kitching, D. Dunbar 1-4-52) 3-4-24.	



# Paul notches up a first

ON SATURDAY, Worthing Excelsior Cycling Club's Spring Road Race sponsored by the London Goldhawk Building Society for junior and third category senior riders was held in cold and blustery conditions.

The event covered 45 miles in three laps of a 15-mile circuit north of Storrington and provided some keen racing but, most importantly from the club's viewpoint, a fine win for 17-year-old Paul Toppin. This is the first time the club's road race has been won in Excelsior colours.

A crash on the first lap brought down Worthing's Dick Wiseman, and an unfortunate incident with a car split the field after about 14 miles which directly contributed to the retirement of a number, including Norman Wright, Colin Miller and Eddy Gough.

Paul was always in the leading group and nicely placed to cover any breakaway attempts — and there were several.

## Lap prime

The first lap prime was taken by J. Fawcett (Basingstoke) and on the second lap it went to Derek Playford (Gemini). The

## CYCLING

speed was fast throughout and by lap three the 40 starters had been reduced to 18 and these were left to dispute the finish.

Paul took a fine straight line on the inside of the 30 mph bunch and won by a length. Second was Derek Playford, third Andy Jenkinson (Archer Cutty Sark), fourth Sebastian Abbo (VC Etoile), fifth Chris Pentecost (Bec) and sixth Steve Worland (VC Noviomagus/Spokes Cycles). The time for the winner, 1 hour 56 minutes 27 seconds, meant an average speed of just over 23 mph.

On Sunday the club were in action again, this time to defend their title as Sussex 25-mile team champions in the annual running of this event on the hilly course between Cowfold and Shoreham. The morning was cold and a north east wind made the second half a real test of fitness.

Worthing's team were in great form and were led home triumphantly by Richard Ship-ton with a superb ride of 1 hour

3 minutes 26 seconds which was second fastest of the 71-strong entry. This was followed by a third fastest from Keith Dodman, home in 1.40.40.

Paul Toppin, despite his efforts of the previous afternoon, rode tremendously well finishing fifth in 1.5.4 and the winning team was completed by Roy Holden, sixth in 1.6.32.

The two supporting or reserve members of the team were Don Lock 1.9.55 and Dick Wiseman 1.10.06, and such was the winning margin that these times could have been included in the four man aggregate without upsetting the result.

The second placed team, Central Sussex CC were 11½ minutes behind.

In the separate competition for B teams (only three riders per team) Worthing's trio of Ken Atkins 1.12.13, Colin Miller 1.13.49, and Ray Douglass 1.16.19 finished second.

On the opening of the track season at Brighton's Preston Park track, Excelsior's Nick Lelliott has made a good start in the defence of his Sussex individual pursuit title. He came through the preliminary rounds with the fastest time and is now into the semi-finals.

At this point he rides against Paul Lipscombe (Central Sussex) and should get through without difficulty to meet the winner of the other semi between Ray Smith and Clive Oxborrow both from Brighton.

## TOPPIN HURTLES ROUND

THE FREAKISH cold conditions and the ever present threat of a snow or hail shower caused many to stay at home for the first of this year's evening ten mile events of Worthing Excelsior Cycling Club on the Washington course.

They clearly missed out, however on a surprisingly fast lull between the showers ride for the winner, Paul Toppin hurtled round in a personal best performance of 23 minutes 8 seconds and was followed in by several other good rides.

Second fastest was Roy Holden with 23.32 and third was his son Robin in 24.30.

Other times: Don Lock 24.38, Dick Wiseman 25.09, Eddy

## Evening ten

Gough 25.52 Dave Hudson 26.33, Andrew Lock 29.54 and Stephen Jukes in his first ever ride 30.33.

The first three in the handicap section were Paul Toppin (0.45) 22.23, Roy Holden (1.05) 22.27 and Eddy Gough (3.20) 22.32.

The event was supported by rides from a number of members of other local clubs, the fastest being D. Stewart of Central Sussex in 24.40.



# Hot going for cyclists

THE BIG events for Worthing Excelsior Cycling Club at the weekend were the Sussex Division British Cycling Federation Road Race Championships for seniors and juniors.

The races were held in the heat of a sunny Sunday afternoon on a course of approximately six miles near Crowhurst in Surrey and provided some of the best racing the championships have seen for a number of years and certainly the quality of the fields was of the highest order.

In the junior event, Worthing's Paul Toppin hoped to do well after his win of the previous week, and he remained well in contention throughout the first seven laps. In the final eighth lap with less than four miles to go Barry Coomber of the V. C. Etoile stole away from the front and stayed there.

Paul's effort in the bunch sprint for second place was strong but not as good as Jerry Cove, V. C. Noviomagus/Spokes Cycles, or Mike Tanner, V. C. Etoile, and he had to settle for fourth place.

The senior event over 75 miles became a survival of the fittest as the big guns piled on the pressure and Dick Wiseman was among many to come out before the finish, but Excelsior's hopes remained strong with Nick Lelliott, who attacked constantly, particularly in the hill, where he finished second in the King of the Mountains section, in an effort to break up the opposition.

These tactics reduced the 40 starters to a small but select bunch of eight over the final miles and from these came Shaun Yates of 34th Nomads, a rider of international class, and Nick had to give him best but by the narrowest of margins. In third place was Don Awcock of the Central Sussex Club.

The club's weekend had in fact begun on Saturday afternoon with some good riding in the Royal Navy 10-mile event on the A27 east of Chichester. Keith Dodman was sixth in the 101-strong entry with his fastest of the year of 23 minutes 31 seconds.

Don Lock, with a ride of 25

minutes 22 seconds, picked up the third place award in the veterans section and with Ken Atkins, 26.14, and Ray Douglass, 27.54, they were second to Fareham Wheelers in the veterans team race. Don's son Andrew rode close to his best with 29 minutes 55 seconds in the junior section.

On Sunday morning the club 30-mile championship was decided and, although the entry was down, there was a keenly contested race. It was held this year on the bumpy Ashington, Ashurst, West Grinstead circuit.

Conditions were misty to start with but soon cleared and a light southerly wind made for good times on this generally rather hard course.

Keith Dodman won with 1 hour 16 minutes 23 seconds but was pushed all the way by Roy Holden, second in 1.17.58. Don Lock was third with 1.20.32.

Other leading times were Robin Holden 1.23.04, Eddy Gough 1.24.06 and Ken Atkins 1.26.07. Robin Holden's effort gave him a well deserved win in the handicap section.

## CYCLING, May 19, 1979

### Sussex

**Seniors. — SEAN YATES, '34 Nomads-CP Hart, 75m in 3-15-3; 2. N. Lelliott, Worthing Excelsior; 3. D. Awcock, Central Sussex, both st; 4. C. Oxborrow, VC Etoile, at 1-5; 5. D. Carter, '34 Nomads-CP Hart; 6. G. Windsor, Central Sussex; 7. J. Oakes, VC Etoile; 8. R. Palin, London Fire Brigade CC; 9. R. Smith, VC Etoile; 10. P. Lipscombe, Central Sussex.**

**Juniors. — BARRY COOMBS, VC Etoile, 48m in 1-43-52; 2. J. Dove, VC Noviomagus, at 46sec; 3. M. Tanner, VC Etoile; 4. P. Toppin, Worthing Excelsior; 5. S. Abbo, VC Etoile; 6. A. Jenkinson, Archer RC-Cutty Sark, all st.**

#### SUSSEX CA "25" TEAM CHAMPIONSHIP

Worthing Excelsior (P. Toppin, R. Shipton, K. Dodman, W. Holden) .....	4 19 42
Cent Sussex CC (R. Rogers, G. Kerr, A. Jones, M. Hawes) .....	4 31 7
Eastbourne Rovers (S. Prior, J. Cooper, D. Kitching, C. Sharp) .....	4 36 36



# NEW COURSE USED FOR TIME TRIAL

THE annual open 25-mile time trial of Worthing Excelsior Cycling Club took place on Sunday on a new course.

Starting at Hammerpot, the course visits Findon, Angmering, Broadwater and Poling in its 25 arduous miles. More than 60 riders lined up to compete for prizes donated by Ron Mills, who was present to watch the proceedings.

Times were expected to be slow as the morning was wet and windy, and on the only previous occasion when this course had been used the fastest time was 1 hour 9 minutes. It had therefore acquired the reputation of being a slow course.

## LEADER

Early race leader John Oakes of Brighton based VC Etoile soon put the lie to that when he came home in 59 minutes 34 seconds. This time stood for less than 10 minutes when A. Goodsell of Central Sussex CC, lowered it to 59 minutes and 1 second, which was to win the event.

The Worthing riders were not so quick. Fastest was Paul Toppin who lowered his previous time on this course by some seven minutes, with a time of 1 hour 2 minutes 22 seconds. The other Worthing times were: B. S. Weir (tricycle) 1.23.29. R.

## Cycling

H. Douglass 1.11.53, W. R. Holden 1.5.17, E. D. Gough 1.9.50, P. Reeves 1.9.41, R. E. R. Holden 1.6.09.

A surprise was that Cliff Sharpe of Eastbourne Rovers, who was strongly fancied to win, could manage only second place with his time of 59.15. There was also a disappointment for F. E. Lock of Wandsworth and District CC, who came home in 59 minutes 36 seconds—only to find that he had turned one roundabout short and had not completed the distance.

This Sunday a lot of the racing members will be taking a day off to join their touring clubmates in a run to Brighton to watch the Milk Race prologue.

Excelsior member Nick Lelliott won the Tour de Wight 81-mile road race on Sunday in a time of 3 hour 25 minutes.

# Nick loses out in two races

## CYCLING

AFTER the disappointment of Worthing Excelsior Cycling Club's Nick Lelliott losing in the final of the Sussex Pursuit Championship to Clive Oxborrow of the VC Etoile, there was a chance for early revenge in the senior kermesse run on Brighton's sea-front prior to the Tour of Britain two-mile prologue on Sunday morning.

These two were again to dispute the finish, but unfortunately for the Worthing Excelsior rider, Oxborrow proved to have the more powerful sprint to score another narrow victory.

## Time trial

The Addiscombe CC's 25-mile time trial promotion on the Porstmouth road near Ripley provided competition for three other Excelsior riders and Paul Toppin was to turn in another fine ride. His time of 1 hour 1 minute 16 seconds was only a little more than two minutes down on the winner and it gave him yet another fastest junior award.

Dick Wiseman was unlucky to suffer a puncture and lost about two minutes, finishing in 1-7-34. John Mansell recorded 1-7-29.

This Sunday, Richard Shipton rides the National Championship 25 and seems to have struck form at the right time with a fantastic 55-minute performance in the Basildon event in Essex.

The club also have teams entered in two 50-mile events. Locally, there is the Southern Counties event and, in the Chelmsford area, the Colchester Rovers race. On the club run scene on Sunday the run is to North Holmwood.



## Nick zips along

EVENT number five in the series of evening ten mile time trials being run by Worthing Excelsior Cycling Club saw the fastest performance so far this year.

Club record holder Nick Lelliott made a first appearance on the course and again demonstrated his tremendous talent with a time of 22 minutes 5 seconds. Nick is, however, not entered for the series and it was Keith Dodman with 23.19 who finished first in the event proper.

He just beat Paul Toppin

### Cycling

23.28 and third was Roy Holden 24.12.

Other times were: Robin Holden 24.15, Don Lock 24.39, Nick Hodgson 24.56, Pete Reeves 25.08, Colin Miller 25.19, Eddy Gough 25.52, Ken Atkins 26.11, Ray Douglass 27.00, MNorman Wright 27.02, Stephen Jukes 28.31, Paul Macmillan 28.38, Dick Wiseman (puncture) 29.17, Mike Wallis 29.20, Andrew Lock 29.25, Brian Weir 30.09, John Gildersleeve 31.04.

## DISASTER FOR POOR KEITH

TWO 50-mile events had the attention of Worthing Excelsior Cycling Club members on Sunday.

Locally there was the Southern Counties C.U. promotion in which the club had five entries including Keith Dodman who was a joint favourite for an outright win.

Keith started well and was through the 24-mile point at Offington in only a little over an hour when disaster struck in the form of a puncture and a loss of about 10 minutes as he was not carrying a spare. He continued, to finish well down in 2.17.30.

The winner recorded 2 hours 5 minutes 26 seconds and Keith must have been close to this had he not punctured.

Other Worthing times were Roy Holden 2.14.10, John Mansell 2.19.31, Robin Holden 2.20.08 and Ken Atkins 2.23.21.

The other was that of the Colchester Rovers on a course between Chelmsford, Braintree and Colchester in Essex. The Worthing entry was Dick Wiseman, Colin Miller and Don Lock.

Conditions were hard over the first half of the course but much faster on the southerly return from Colchester on the A.12 and all three were happy with their performances.

Dick's time of 2.15.01 gave him second place in the handicap section, while Colin was only a little slower with 2.15.56. Don's time of 2.12.52 saw him finish in 24th place in a high class field of 120.

This Sunday some ride in the East Sussex 50 — while others journey to Dieppe for two days touring with French clubs. The club run goes via Bognor

### CYCL

£7.95. Wolber 33 training tubs £3.75 or 5 for £19 including postage. Postage 25p per hub. Good stocks of shoes, clothing, trade, jerseys, Campagnolo equipment and all the best gear. Peugeot tandems £299.50. Peté Salisbury touring shoes 4, 4½, 5, 5½, 6, 6½, 7, 8, 10, 10½, 11. ADD Pete Howar R. Hughes, P. Carr, GS H'cap. - Waites (12) Reeves, Ea. — P. Toppin, Worthing Excelsior CC, 1-1-16. Vets. — R. Stapley, Epsom CC, 1-1-37. Team. — Epsom CC (Stapley, R. Clark 1-3-37, G. McEntire 1-1-42) 3-6-56.



# LATE PALIN CRASH ENDS WIGHT HOPE

TOUR DE WIGHT was won and lost when Ray Palin, London Fire Brigade CC, crashed in the last mile when eight seconds clear of Nick Lelliott, Worthing Excelsior, last year's winner.

The race started with three laps of a criterium circuit, and a prime on the first lap was taken by Martin Springer, Antelope RT. From Ryde to Sandown the bunch were content to stay together, but through Sandown Colin Elsey, Stratos CRT, jumped clear to a one-minute lead by the start of the Boniface Down prime, but with his prime won, he eased and went back to the bunch.

Along Military Road the bunch split into four small groups, with the strong men making a group of 19 at the front, and for the rest the race was over.

With this group settling down and thinking that it had done its work for the day, Palin and Lelliott attacked, and four miles later as they sprinted for the Freshwater prime (which Palin just won) they had a one-minute advantage and 60 miles to go.

With the passing of every mile the lead grew until at Newport (46m) they had 2-46 in hand, and barring a tragedy were never going to be caught.

At the hill prime just before Brightstone Lelliott eased across the line to take the prime and their lead was 3-33; meanwhile, back in the bunch Steve White, Gemini BC, and Mick Lee, London Fire Brigade CC, were trying to get clear, but their freedom was shortlived.

With the arrival of Newport for the second time, and with only 10 miles to go, the break had a lead of four minutes. Then Lelliott punctured, but with a quick change he was on his way again just 25 seconds down on Palin.

On the undulating road into Ryde the deficit was eight seconds. Down Union Street, with its concrete surface like an ice rink in the rain, they had to negotiate a sharp left and then right round the centre reservation and, as Palin turned right his front wheel just left him, dumping him unceremoniously in the

road.

In the short time it took Palin to pick himself up Lelliott was past, and going to win a second year running. With the arrival of the bunch at this notorious junction six riders crashed, making the judging easy and allowing Bob Leach, CC Basingstoke, to take the bunch sprint from Steve White.

**NICK LELLIOTT**, Worthing Excelsior, 81m in 3-35-46; 2. R. Palin, London Fire Brigade CC, at 10sec; 3. R. Leach, CC Basingstoke at 4-15; 4. S. White, Gemini BC, 5 H. Ashworth, CC Basingstoke; 6. Marshall, VC Noviomagus-Spokes Cycles; 7. C. Summerfield, Farnborough & Camberley-Bikit, all st.

**Juniors.** — **STEVE MOSS**, Bournemouth Arrow-Fircroft; 2. S. Cook, Calleva CRC; 3. N. Welsh, VC Etoile.

**Schoolboys.** — **MICHAEL MILLER**, Bournemouth Arrow-Fircroft; 2. C. Beagle, VC Noviomagus-Spokes; 3. M. Carter, Calleva CRC.

**3rd cats.** — **MICK GRANT**, Coventry CC; 2. M. Heathcock, Thornhill CC; 3. M. Sullivan, Festival CC.

**Seniors.** — **STEVE WHITE**, Gemini BC; 2. T. Morgan, Farnborough & Camberley-Bikit; 3. R. Palin, London Fire Brigade.

**Schoolboys.** — **COLIN MURPHY**, Vectis RC; 2. P. Michel, VC Noviomagus-Spokes; 3. C. Pope, Calleva CRC. **Seniors.** — **STEVE WHITE**, Gemini BC; 2. K. Penfold, Festival RC; 3. R. Palin, London Fire Brigade.

**Devil.** — **KEITH PENFOLD**, Festival RC; 2. M. Heathcock, Thornhill CC; 3. M. Sullivan, Festival RC.

**Schoolboys.** — **PETER MICHEL**, VC Noviomagus-Spokes; 2. C. Pope, Calleva CRC; 3. M. Ratcliffe, Stratos CRT.

**3rd Cats.** — **MICK GRANT**, Coventry CC; 2. M. Heathcock, Thornhill CC; 3. M. Sullivan, Festival RC.

**Juniors.** — **SIMON WALLACE**, Crabwood CC; 2. S. Moss, Bournemouth Arrow-Fircroft; 3. M. Tanner, VC Etoile.

**1/2/3 cats.** — **MICK GRANT**, Coventry CC; 2. M. Heathcock, Thornhill CC; 3. F. Vella, De Laune CC.

**TREVOR BUDGEN**

## CHAMPIONSHIP RESULT

<b>Eddie Adkins, GS Strada-Lutz</b> .....	25-3	53 22
<b>P. Griffiths, GS Strada-Lutz</b> .....	24-53	54 19
<b>S. Yates, 34 Nomads-CP Hart</b> .....	25-25	54 26
<b>M. Pyne, VC Norwich C&amp;C Plant</b> .....	25-12	54 32
<b>R. Queen, VC Slough-Office Associates</b> .....	25-37	54 59
<b>K. Akam, Gemini BC</b> .....	25-48	55 26
<b>T. Stevens</b> .....		
34 Nomads, CP Hart .....	55 45	
M. Gadsby, N. Notts Olympic .....	56 8	
A. Jackson, South Pennine RC .....	56 16	
G. Clare .....		
Bedouin CC-Geoffrey Butler .....	56 19	
M. Purshouse, Atherstone CC .....	56 22	
S. Hunt, VC Slough-Off Associates .....	56 32	
P. Wells, Edware RC-Revox .....	56 44	
R. Walker, Newmarket & Dist .....	57 3	
M. Vowells, San Fairy Ann CC .....	57 8	
M. Ballard, CC Orp'ton-Saba .....	57 10	
J. Woodburn, VC Slough-Off Assoc .....	57 10	
T. Dobson, Herts Wh-Hert Eq .....	57 15	
J. Herring, Coventry Olympic-Mid Let .....	57 17	
J. Burnham, VC Slough-Off Assoc .....	57 20	
<b>D. Beaumont, CC Orpington-Saba</b> .....	57 25	
<b>G. Smith</b> .....		
Bradgate RC-Lighthouse .....	57 48	
G. Longland, Antelope RT .....	57 48	
S. Tart, GS Strada-Lutz .....	57 48	
I. Cammish, Edware RC-Revox .....	57 53	
<b>S. Lovatt</b> .....		
Finsbury Pk CC-Beadle .....	57 57	
A. Goodsell, Central Sussex CC .....	57 57	
K. Garrod, Becontree Wh .....	57 57	
L. Orrick, Coventry CC .....	58 6	
P. Danckwardt, Ghettenham & Co .....	58 19	
P. Carr, GS Strada-Lutz .....	58 25	
C. Oxborrow, VC Etoile .....	58 26	
T. Allsopp, Reading CC .....	58 26	
P. Woodman, CC Orpington-Saba .....	58 27	
R. Shipton, Worthing Excelsior .....	58 36	



# Shipton again lowers time trial record

OVER the weekend, Worthing Excelsior Cycling Club's Richard Shipton well and truly stamped his name into the club's record books when, for the second time in three weeks, he lowered the club's 25-mile time trial record.

Riding in the Southend & County Wheelers promotion

on the A12 road near Chelmsford, Richard brought the record down to a new 55 minutes 26 seconds — an average speed of just over 27 m.p.h.

Another fast performance on Saturday was Nick Lelliott's 21 minutes 47 seconds for 10 miles which gave him second place in the

San Fairy Ann C.C. event on the Tonbridge by-pass.

Four riders competed in the East Sussex 50 on Sunday morning and found conditions had deteriorated from Saturday to this season's norm of cold, grey and windy.

Don Lock rode well to finish seventh with a time of 2 hours 14 minutes 11 seconds. Ken Atkins returned 2.26.33 and Ray Douglass 2.28.00.

Sunday afternoon's Brighton Mitre and Sussex Cycle Racing League meeting at the Preston Park track gave another opportunity for Nick Lelliott to show his talents and, in the four events in which he competed, he finished second in the 10 kilometre and third in the 650-yard handicap but came home in front in the Course de Primes and won by a complete lap in the Devil take the Hindmost.

This Sunday the club will be well represented in the Sussex Cyclists Association 50-mile Championship with both Richard Shipton and Keith Dodman likely to challenge for top individual honours and these two being well supported for the team award.

The club run leaves from Broadwater Green and goes via Adversane.

CYCLING, May 26, 1979

# Southend Road magic endures

THE Basildon CC "25" last Saturday morning on the E31 produced 27 under-the-hour rides and a crop of personal bests, with Becontree Wheeler flyer Keith Harrod chalking up yet another win this season with a superb 53-32.

Although there was little wind for the six o'clock start, the sunny morning was deceptively cold early on, but the enchantment of the Southend Road still

exists like some magic formula.

Herts Wheeler Tim Dobson, number 20 shot through the 15-mile point in 33-23, giving an indication of times to come. Hot on his wheels in 33-11 came Bob Downs, GS Strada-Lutz, riding only his second solo "25" since 1971, and obviously out to do a ride.

The race was brought to boiling point as the impressively-powerful riding of Keith Harrod put him only one second down on Downs at this point.

As the temperature increased the wind reared its head, and the traffic volume stepped up, giving the later starters a turbulent ride.

The most heart-rending story came in the following women's event, as Carol Gandy, Southborough & District, failed to finish, going off course at 18 miles when well on her way to an under the hour ride.

But the shine must not be taken from the rides of two long-standing Essex rivals, Ann Illingworth, Hainault RC, and Lorna Hanlon, Unity CC-Hireconomy, who finished within 13 seconds of each other, Lorna taking the honours with a 1-1-26.

Keith Harrod, Becontree Wh	53 32
R. Downs, GS Strada-Lutz	53 52
P. Dobson, Herts Wh	54 26
P. Howard, Woolwich CC	54 46
C. Sharp, Eastbourne Rov	55 4
R. Shipton, Worthing Excelsior	55 56
P. Woodman, CC Orpington-Saba	56 15
M. Burrow, Edgeware RC	56 20
A. Morley, Bishops Stortford	56 49
G. Windsor, Central Sussex Wh	57 2
H'cap. — R. Norris, Barnett CC (17-0)	



# PAUL PICKS UP FASTEST AWARD

AN excursion by Worthing Excelsior Cycling Club members to Somerset for the Weston super Mare Wheelers 25 was not productive of fast times as had been hoped.

Junior Paul Toppin once again picked up the fastest junior award with his time of 1 hour 2 minutes 26 seconds. Dick Wiseman recorded 1.6.8, Colin Miller 1.6.16, Dave Hudson 1.7.39 and Ray Douglass 1.12.45.

Thursday evening's 10-mile event at Washington, number seven in the series, saw the same conditions which seem to be the norm this season — cold, grey and windy — and times were slow.

A number of the club's

## Cycling

faster riders were away and this let in junior Robin Holden to score his first win with a time of 25 minutes just pipping Don Lock, who recorded 25.01.

Pete Reeves was third in 25.11 and there was a fine ride by Alan Orman, who recorded 25.15 in his first race for nearly three years.

Other times were: Eddy Gough 26.17, Ken Atkins 26.21, Brian Cox 27.46, Ken Stanford 28.47, Paul Macmillan 28.51, Stephen Jukes 29.56, Andrew Lock 30.01, Betty Cox 30.19.

Paul Macmillan again won the handicap and now has a handy lead in this section of the evening ten series.

Lewes Wanderers crit. — MICHAEL TANNER, VC Etoile, 11pt; 2, A. Jenkinson, Archer RC-Cutty Sark, 9; 3, G. Kerr, Central Sussex, 9-4; J. Dove, VC Noviomagus, 8; 5, R. Shipton, Worthing Excelsior, 3; 6, S. Abbo, VC Etoile, 1.

Brighton Mitre CC Kermesses. — Boys: MARTIN WRIGHT, Becontree Wh; 2, S. Conway, Bournemouth Arrow-Fircroft; 3, K. Richards, Old Portlans; 4, P. Michel, VC Noviomagus-Spokes. Points: DAVE CARTER, '34 Nomads-CP Hart; 2, T. Brooks, Kenton RC; 3, N. Lelliott, Worthing Excelsior. 3/3: STEVE TAYLOR, Dartford Wh; 2, D. Playford, Gemini BC; 3, R. Dyett, Gemini BC. 1/2/3: PETER SAUNDERS, Archer-Cutty Sark; 2, N. Lelliott, Worthing Excelsior; at 1 lap; 3, C. Carter, '34 Nomads-CP Hart; 4, K. Hickman, VC Elan-Harry Perry; 5, J. Browning, Crest CC.

CYCLING, June 30, 1979

# ADKINS SUPREME

NATIONAL champion Eddie Adkins, GS Strada-Lutz, produced 53-10 to win the West Kent RC Speed and Precision "25" in the oppressive heat of Wednesday evening on the Q25/3.

His ride overshadowed the other times, although local rider Mick Ballard, CC Orpington-Saba, did 54-47, good enough for second spot. He was well clear of Mick Vowells, San Fairy Ann CC, third fastest with 55-6.

With Steve Smith recording 57-2, Ballard might also have led the winning team but for Chris Worsfold failing to finish.

Another good ride on this sticky evening was the 1-0-43 by Carol Gandy, Southborough and District, the fastest woman, and

one of the fastest rides of the year.

Eddie Adkins, GS Strada-Lutz	53 10
M. Ballard, CC Orpington-Saba	54 57
M Vowells, San Fairy Ann	55 36
C. Sharp, Eastbourne Rovers	55 45
A. Goodsell, Central Sussex	55 58
G. Clare, Bedouin-Butler	56 10
R. Shipton, Worthing Excelsior	56 20
D. Doust, Antelope RT	56 41
P. Howard, Woolwich CC	56 51
S. Smith, CC Orpington-Saba	57 2

Women. — C. Gandy, Southboro & D 1-0-43. Vets. — R. Beale, Sydenham Wh 58-13. Fixed. — A. Pegg, Norwich ABC, 57-6. Team. — Thanet RC (D. Crown, R. Murray, B. Woodruff) 3-5-4.

Lewes Wanderers evening criterium. RICHARD SHIPTON, Worthing Excelsior, 15pt; 2, B. Coomber, VC Etoile, 8; 3, P. Toppin, Worthing Excelsior, 6; 4, J. Dove, VC Noviomagus-Spokes, 3; 5, S. Abbo, VC Etoile, 3; 6, I. Burgess, Lewes Wanderers, 3.

CYCLING WORLD JULY 1970

# Road Safety or Purely Business?

I have had to ask myself this question every morning lately as I eat my breakfast and gaze at the Shredded Wheat packet. ROSPA's National Cycling Proficiency Scheme is advertised on the back and on the side there are to be found hints on keeping your bike in good working order and tips for safer cycling. Both very noteworthy, but inside, apart from my day's ration of 'natural fibre' are to be found coloured discs called wheel trimmers. These, it appears, are designed to be placed in the spokes to turn cycle wheels into catherine wheels.

Doesn't it occur to people that cycles intended for use on the highway, while capable of giving convenience, pleasure and, indeed, great fun, should not be considered at any age level as 'toys'.

This is what is wrong with some of the ridiculous and quite unsafe models currently made by large manufacturers. And this is what is wrong with the Shredded Wheat wheel trimmers; they encourage a completely wrong attitude. I know of one 'slight' accident which could have been serious, when a lad caught the back of a stationary car while endeavouring to watch his new trimmers.

Let's, for goodness sake, be sensible and try and foster a better and higher regard for our favourite means of transport.

I know ..... If I feel strongly enough about it ..... I can always stop eating the Shredded Wheat .... but somehow that doesn't seem the answer.

Don Lock,  
Worthing Excelsior CC.



# What's this thing cycling?

## Opinion

Just lately I have become conscious of a lot of discussion in club rooms and elsewhere about the relative merits and de-merits of road racing and time trialling. These discussions are usually provoked by those in favour of road racing, and their arguments against time-trialling go something like this:

Time trials are not true tests of cycling ability because they take place under unnatural conditions and the riders are able to use big gears which they would not be able to use in normal cycling.

Because so much emphasis is placed on time trialling in this country our riders are not such good cyclists as the continentals. Anyone who wishes to do well in cycling should forget about time trials altogether and concentrate on road racing. On the Continent they do not have any time trialling like ours and they are the best cyclists in the world.

I believe that there are several flaws in these arguments and I will treat them in turn.

Time trials are a test of a cyclist's ability in that particular branch of the sport.

Although some events do

Roy Holden, Worthing Excelsior, puts a road - men versus testers argument.

But isn't there more to cycling than pounding down the road elbows and eyeballs out?

has, would enable him to beat any rider who had only ridden in road races.

### Good

Good cyclists do not achieve excellence by concentrating exclusively on one branch of the sport. They are almost invariably good all-rounders. They may excel at one particular aspect, for example Anquetil was a time triallist, but they nevertheless participate in all kinds of events on road and track and in many cases cyclo-cross.

A study of the careers of Fausto Coppi, Eddy Merx, and indeed Barry Hoban will prove my point.

In conclusion, my advice to the young rider is to have a go at everything. Don't ridicule a branch of your sport because people who are older than you

have told you that it is a waste of time. While listening to the opinions of others always make your judgements in the light of your own experience.

Don't come to decisions on secondhand information. If you are set on being a roadman this should not deter you from getting some early and late season competition in time trials. Hilly and two-up events against the clock will improve your stamina and bike handling and help you train for the day when there are just two of you in a break, or trying to get back to the bunch. The odd time trial between road races will also give you a bit of variety. If you are primarily a time triallist do a bit of road racing as well, it's great fun, good training, and the courses are much prettier.

Also both time triallist and road man should not forget that there is more to cycling than pounding down the road elbows and eyeballs out. Touring is fun, especially when you are fit! **YOU** may contribute to opinion. Write to the Editor.



# Team smash record

THE MAIN competition for Worthing Excelsior Cycling Club's riders last weekend was the Sussex Cyclists Association 50 mile time trial championship and there were hopes of individual honours with both Keith Dodman and Richard Shipton currently in good form.

In the event, they had to be

## Cycling

content with other successes. Keith finished third in 2 hours 3 minutes 51 seconds — just three minutes 14 seconds behind winner Cliff Sharp of Eastbourne Rovers and only 27 seconds slower than second

placed Brian Phillips of the East Grinstead Club

Richard finished fourth in 2.5.30 and Worthing's junior Paul Toppin, riding his first '50' came home fifth in an excellent 2.8.10.

These times gave the club a fine team win and the aggregate time of 6 hours 17 minutes 47 seconds was a four minute smashing of the previous club 50-mile team record.

Other Worthing times were: Dick Wiseman 2.14.14, Don Lock 2.15.28, Jeremy Hollis 2.17.47, Norman Wright 2.20.56, Pete Reeves 2.22.32, Ken Atkins 2.24.10, Eddy Gough 2.25.12 and Ray Douglass 2.26.56.

In the supporting event for schoolboys over ten miles, Andrew Lock won the first handicap award with an actual time of 31 minutes 6 seconds.

In Hove Park on Sunday, Worthing's Nick Lelliott rode in the Brighton Mitre Kermesse races and picked up two prizes with third place in the 25 laps points race and second in the senior one hour event in which he and the eventual winner succeeded in lapping the rest of the field.

Keith Dodman and Roy Holden returned from the Cycling Festival week at Harrogate with some good rides recorded on the fast roads in that area. Keith recorded 1 hour 57 minutes 21 seconds in the Otley '50' and in the Harrogate '10' a time of 23 minutes 35 seconds but here was beaten by Roy who returned a personal best of 23.19.

There was another personal for Roy in the Harrogate Nova '25' when he was just outside the hour with 1.0.6. Keith's '25' was the Richmond and Darlington where he recorded 58 minutes 55 seconds.

WORTHING GAZETTE 27 TH JUNE

## CYCLING

# TOPPIN'S BACK

EVENT number eight of Worthing Excelsior Cycling Club's Evening Ten-mile series was hit to some extent by holidays, and there was a smaller than usual entry.

Paul Toppin, after missing a couple through other racing engagements, was back, and quickly resumed his winning ways with a time of 23 minutes 52 seconds on yet another difficult evening.

Roy Holden got within 24 seconds with his effort of 24 minutes 16 seconds and Don Lock was a further half minute back with 24.46.

The ride of the evening

was undoubtedly that of Durrington High School boy Paul Macmillan, who recorded another personal best to finish with 27.59. He beat the handicapper for the fourth time in the series to win the handicap section.

Paul's father, Norman, is a qualified British Cycling Coach and the club's coach, and Paul is obviously getting the right advice.

Other times: Dave Hudson 24.50, Pete Reeves 25.03, Dick Wiseman 25.06, Duncan Waghorne 25.38, Ken Atkins 26.19, Eddy Gough 26.37, Ray Douglass 27.32, Paul West 28.36, Andrew Lock 28.57.

CYCLING WORLD JULY 1979

## Sussex Mutual Promote

Good news for Sussex Cycle Racing has come with the completion of negotiations between the Sussex Cyclists' Association and the Hove based Sussex Mutual Building Society. The Society is to sponsor the annual running of the Association's One Hundred Mile event. It has not been previously involved with

cycle sport, but was impressed with the Association's determination to make its event one of the best in the country. They will provide a Perpetual Challenge Trophy and other valuable assistance.

As well as being an Open event it includes the County Championship and the Championship for several Clubs within the County. The event, which the Association have promoted for some 40

years, has recently achieved the status as a counting event for the National Best All Rounder Trophy and it is with confidence that even greater prestige is sought. Larger fields with top riders, greater competition and new record times, but above all an efficient and smooth running class event is the aim.

The 1979 promotion is to be held on Sunday July 15 on a course between Worthing and Havant.



CYCLING

# SHORT DISTANCE ACTIVITY

A LOT of activity at short distances seems to have been the wish of Worthing Excelsior Cycling Club members this past week.

Ray Douglass started off with a ride in the South Eastern Road Club Veterans 25-mile event on the A2 near Dartford where he recorded 1 hour 8 minutes 45 seconds. On the following day the East Sussex Cycling Association 25 on the A22 south of Uckfield had hard conditions and of Worthing's three entries Pete Reeves was fastest, but with a disappointing 1.8.27.

Ray Douglass, no doubt feeling the effects of his ride the previous day, completed the course in 1.13.33 and Norman Wright was just slower with 1.13.39.

There might have been an exception to the short distance racing with Keith Dodman riding the the Midlands CA 100 near Warwick but a missing marshal and Keith without local course knowledge saw him go off course and he eventually retired.

The club two-up 25-mile championship was run off on the Angmering/Chichester course (A27) last Tuesday and, in good conditions, the club record went after a fine ride from the partnership of Richard Shipton and Keith Dodman of 56 minutes 30 seconds. These two never looked in any danger of losing their hold on the championship and they finished well clear of all opposition.

In second place was the

father and son team of Roy and Robin Holden who did well to get inside the hour, their time being 59.34. In third place was another veteran and junior team of Dick Wiseman and Keith Norris with a time of 1.0.35.

Other times: fourth Dave Hudson and Duncan Waghorne with 1.1.1 despite mechanical trouble, fifth Colin Miller and Alan Orman, recording 1.1.52 and sixth the all veteran team of Ken Atkins and Ray Douglass, 1.4.21.

A number of other teams competed as guests and fastest of these were G. Southern and P. Woolhouse (Bognor Regis CC) 59.47, another father and son, Fred and Steve Harkness (Brighton Mitre) recorded 1.2.40, just ahead of Eddy Gough (Worthing) and Rick Stringer (Brighton Excelsior) with 1.2.44 and more mechanical trouble for Eddy.

Another interesting team

was the husband and wife duo of Brian and Betty Cox (Hampshire Road Club) both of whom were delighted with their 1.9.36.

Pete Reeves was in solo action on the same evening riding as a guest in the Central Sussex 10 on a course at Handcross and was pleased to record his best for '79 of 24 minutes 26 seconds.

Two days later, four Excelsior riders guested with the Bognor Regis Club in their Evening Ten on course at Fontwell and f good conditions. Brian W recorded a personal best tri-cycle time of 29.09, Dave Hudson got down to 24.07.

WEST SUSSEX GAZETTE 12TH JULY 79

## Cycling

# Entry of 67 for Sussex 100-mile open

On Sunday morning, at a minute past six, Worthing Excelsior rider B.S. Weir will be the first of 67 competitors to pedal away from the start of the Sussex Mutual "Hundred," which incorporates the county championship.

Organized by the Sussex Cyclists' Association, who now have the backing of the Sussex Mutual Building Society, this annual open event is fast becoming one of the best

100-mile time trials in the country, and proof of this is shown in the times recorded in recent years.

### RECORD

In fact, a new record of 4hr. 10min. 38sec. was set last year, but Sunday's entry includes one rider who has beaten four hours for 100 miles. "Not bad without an engine," says association Press secretary Don

### Lock.

The start of the event is near the Dappers Lane junction with the A27 at Hammerpot, and the course takes in the whole of the A27 between Offington Corner, Worthing, and Havant. The finish is opposite the entrance to New Place Farm, Hammerpot.

The winner will receive £20, and the magnificent new trophy, at about 11.15 a.m.



**CYCLING**

# Richard leads way

**TWO** 25-mile events promoted by the Bournemouth Jubilee Wheelers on Saturday and Sunday attracted teams from Worthing Excelsior Cycling Club - whose members favour the particular course near Ringwood in the New Forest.

On Saturday the team was Richard Shipton, Colin Miller and Pete Reeves, while the following day it was Richard and Colin with Roy Holden.

Saturday's conditions were faster and Richard rode close to his best with a fine 57 minutes 42 seconds to take a well deserved third place. Colin recorded 1.3.45 and Pete 1.5.28.

Richard again led the way on Sunday but slowed by over two minutes to finish just outside the hour with 1.0.19. Roy Holden rode with

great style to get home in 1.1.47 but Colin went back to 1.6.15.

Dick Wiseman was in action on the A.4 road near Hungerford in the Newbury Road Club 25 but found almost gale force winds effectively preventing any fast times. He recorded 1.5.8 - noticing that the first 12½ miles took 37 minutes and the wind assisted return only 28!

This Sunday all club activity centres on The Sussex Mutual Hundred, a 100-mile time trial promoted by the Sussex Cyclists' Association and sponsored by the Sussex Mutual Building Society.

The event, as well as incorporating the club and county championship, is fully open and 67 riders from clubs throughout south-east England are entered.

Tom Smith, of the Antelope Racing Club in Hampshire, is favourite having a personal best time of three hours 58 minutes to his credit but Bob Crayford of the Gravesend Club, last year's winner and course and event record holder, will be hard to beat.

The county championship should be safe with Eastbourne's Cliff Sharp but Worthing's Richard Shipton and Keith Dodman could press him hard and with Roy Holden Worthing are favourites for the team prize.

The start and finish are at The Hammerpot, Angmering, on the A.27, and the course is mainly on the A.27 road with detours to Goring, Yapton and Bognor.

The first man is away from the timekeeper at 6 a.m.

WORTHING GAZETTE 18TH JULY

# TOPPIN GOES WELL IN 10

**MID-WEEK** racing for members of Worthing Excelsior Cycling Club seems quite regularly now to cover each of the three days Tuesday to Thursday, and last week was no exception.

Last Tuesday saw five riding as guests in the Central Sussex 10-mile event on their course at Handcross which some consider to be faster than Worthing's course in the Washington area. One who will doubtless now subscribe to this opinion is Worthing's Paul Toppin who rode a best-ever time of 22 minutes 39 seconds.

Pete Reeves recorded 24.12, Don Lock 24.36, Dick Wiseman 24.39 and Andrew Lock 28.30.

## Delighted

Two other members, Colin Miller and Ken Atkins, rode with the Brighton Mitre Club in their 25-mile event on the Chichester Road. Colin was delighted with his one hour two minutes 43 seconds, and Ken happy with 1.5.30.

Wednesday evening saw

the Hants Road Club playing hosts to three from the Excelsior. Paul, obviously in great form, notched up another personal best in recording one hour 52 seconds and was fastest rider in the event.

Dave Hudson finished in 1.2.36 and Dick Wiseman in 1.3.46.

Paul's haul was not, however, finished until Thursday when he won the Junior 15 on the hilly Ashington circuit in yet another personal best of 36 minutes 57 seconds. The club's other juniors will be glad when he becomes a senior next month.

Second in the 15 was Paul Macmillan in 43.33, third Steven Jukes in 44.37, and fourth Andrew Lock with a personal best time of 46.08. Riding private trials in the 15, Ken Atkins returned a time of 41.26 and Paul West 43.27.

Thursday also saw two rides from Keith Dodman and Dave Hudson in the Bognor Regis 10 at Fontwell where Keith was fastest overall with 23 minutes 15 seconds. Dave finished in 24.15.



## Cycling

# Smith sets a new record

The Sussex Mutual "Hundred," a 100-mile time trial promoted by the Sussex Cyclists' Association, and sponsored by the Sussex Mutual Building Society, continues to go from strength to strength, and Sunday's event produced yet another course and event record.

Tom Smith, from the Hampshire-based Antelope Racing Club, powered his way around the course between Worthing and Havant at an average speed of nearly 25 m.p.h. to record 4hr. 5min. 14 sec., beating last year's time set by Bob Crayford (Gravesend) by an amazing 5min. 24sec.

Crayford, this time, was second in 4.13.58, narrowly beating the Eastbourne Rovers star Cliff Sharp into third spot (4.14.39). Ian Dow (Oxford) finished fourth with a time of 4.17.57.

In the team event, it was a desperately close thing between two Sussex clubs, with Eastbourne just beating Worthing Excelsior. The three-man aggregates were: Eastbourne (Sharp, Dave Dunbar and Dave Kitching) 13hr. 27min.

24sec; Worthing (Richard Shipton, Keith Dodman and Dick Wiseman) 13.29.45.

The handicap award was won by C. J. Tamon (Crawley Wheelers) who shook the handicapper with a first ever 100 of 4hr. 41min. 24sec., and had a net time, after an allowance of 55min., of 3hr. 46min. 24sec.

The fastest veteran (over 40 years) award went to Tony Lewis (East Surrey Road Club) with a time of 4hr. 20min. 58sec.

The course, and the efficient running of this event, now make it one of the best in the country, and there is no doubt that the prestige being gained will enable the promoters to look for a national championship event in the not too distant future.

WORTHING HERALD 20TH JULY 1979

## Record goes

MEMBERS of Worthing Excelsior Cycling Club were fully committed on Sunday with the Sussex Mutual Hundred, promoted for the Sussex Cyclists Association by Ray Douglass and sponsored for the first time by the Sussex Mutual Building Society.

Although now a fully open event, it still incorporates the Sussex championship for members of association clubs and, for Worthing riders, their own club championship.

Tom Smith (Antelope Racing Team) won the main event in a record time of 4 hours 5 minutes 14 seconds,

and last year's winner, Bob Crayford, from Gravesend, was second in 4.13.58.

Eastbourne's Cliff Sharp finished third in 4.14.39 and this, in his year as president of the association, also gave him the county title.

For Worthing, Excelsior's Richard Shipton and Keith Dodman both rode well and recorded personal bests. Richard's 4.21.13 gave him the club's championship and club record, second place in the county and a fine sixth overall. Keith, at 4.26.09, was third in the county and eleventh overall.

The club were just beaten in the team event.



CYCLING

# Toppin again

WHEN Worthing Excelsior Cycling Club's second evening 15-mile race was held on the hilly circuit from Ashington through Ashurst, Partridge Green, West Grinstead and Dial Post, Paul Toppin won in yet another personal best.

He knocked almost a minute off his time in winning the previous week's junior event, and came home well ahead of all senior and other junior opposition in a tremendous 35 minutes 54 seconds, an average speed of more than 25 m.p.h. and this on notoriously slow and difficult roads.

Dave Hudson, doing more racing lately, was second and exactly two minutes slower in 37.54 and Dick Wiseman slotted into third spot with 38.44.

Other times: Pete Reeves 39.08, Robert Holden 39.13, Ken Atkins 40.58, Eddy Gough 40.59, Adrian Cooper 41.32, Paul West 43.15, Stephen Jukes 44.50, Paul Macmillan 44.57, Andrew Lock 46.00, and John Grant, recently re-joined and having his first race for some years, 47.05.

The handicap placings were: 1 Andrew Lock; 2 Adrian Cooper; 3 Paul Toppin.

Dick Wiseman, who back in the late fifties and early sixties rode with success on the track for the famous Addiscombe Club in south-east London, returned to a taste of that success in Excelsior colours at Preston Park track, Brighton, on Wednesday evening, leading the field home in the 12 laps scratch race.

CYCLING

# Slower times

THE Reading Cycling Club 25-mile promotion on the A.4. road near Newbury attracted two entries from Worthing Excelsior Cycling Club on Saturday.

With strong north westerly winds making for difficult riding conditions both had to be content with slower than usual times. Keith Dodman recorded 1 hour 3 minutes 32 seconds and Pete Reeves 1.8.46.

Saturday also saw action from Paul Toppin and Dick Wiseman riding a reputedly fast ten mile course near Tonbridge. The Southborough Wheelers promotion was, however, also subject to the adverse winds and times were again slow. Paul did well to return a time of 23 minutes 36 seconds but Dick was back on 25.10.

Club touring enthusiast Dave Hudson continues his excursions into racing and on Saturday rode his first '50' competing in the

Middlesex Road Club event near Oxford. Despite the difficult conditions - which were obviously common to all areas - he returned a fine 2 hours 14 minutes 51 seconds. His racing friends now wonder when he will ride his first '100'.

It is very much the 100 mile season at the moment and after the previous week's Sussex Mutual event, Sunday saw Norman Wright and Don Lock again competing at this distance. This time the Southern Counties Cycling Union event received their attention and possibly for the last time.

Both found the course hard due mainly to atrocious surfaces in the mid Sussex area. Don finished in 4 hours 48 minutes 50 seconds and Norman in 5 hours 1 minute 25 seconds but both regarded it as good training for a 12 hour event they have planned for next month.



■ CYCLING

# RIDERS GET A SOAKING

THE sunny month of July broke on Sunday and Worthing Excelsior Cycling Club members received their deluge like all other outdoor sports.

Perhaps the hardest to bear was that which greeted competitors in East Sussex Cycling Association's Open 100-mile event which started at 6 a.m. at Hellingly. A steady rain became a down-pour and within a few miles Worthing's four competitors, Eddy Gough, Don Lock, Norman Wright and Jeremy Hollis, were saturated.

Around the 25-mile mark Norman Wright had a puncture and in the awful conditions changed the tubular and continued but the stop had meant his getting cold and caused his early retirement.

Don Lock had gained three minutes on Eddy at this distance but was not liking the conditions at all and gave it best at the halfway mark.

Both Eddy and Jeremy continued to cover the full distance and Eddy's ride was a particularly good one

finishing in only just outside five hours with 5.1.44. Jeremy completed his ride in five hours 14.44.

The event was won with a national class performance from East Grinstead's Brian Phillips who finished 17 minutes ahead of his nearest rival in four hours 15 minutes 49 seconds. Of the 31 entries only 23 started and of these only 13 finished.

Pete Reeves travelled to the A.2 near Dartford hoping for a fast ride in the Sydenham Wheelers 25 but in the watery conditions had to be content with a time of one hour four minutes nine seconds and got caught by a woman, albeit the fastest on two wheels in the country, the great Beryl Burton.

Ashford Wheelers 10 on Saturday had better conditions, dry but windy. Paul Toppin led home the Worthing trio with 23 minutes 59 seconds, Dick Wiseman recorded 25.12 and Dave Hudson 25.15. Paul was in action again on Sunday on the Guildford course and managed 1.1.21 in the Bec C.C. '25.'



AUGUST 8TH

## GAZETTE SPORT

# Cyclist Paul is on course to beat the best

**PAUL TOPPIN, Worthing Excelsior Cycling Club's top junior rider, is on course to get among the medals in the National Junior 25 mile Championship on the A4 road near Newbury on Sunday.**

Excelsior have never taken a medal in the Junior Championships but the promising signs coming from Toppin indicate that this could soon change.

Now on his build up to the title race, which will have a

field of 120 top juniors from England and Wales, Paul has recently beaten the magic one hour barrier for 25 miles, clocking 58 minutes 47 seconds — his best ever.

Though there will be riders at Newbury who have recorded 55 and 56 minutes for the distance, these will have been made on fast drag courses, whereas Toppin's time came from a slow Chichester course, which suggests that he could be one of the fastest entrants.

One sure fact is that the opposition will be worrying more about him than he will about them.

It is only this year that success has come to Toppin.

He had been with Excelsior for three years without winning a major title but the 17 year old, and not a senior rider until August 22, has come good this year with victories in several senior events.

He is club 25 mile champion at senior level and, after winning several 10 mile races, has sewn up the inter club 10 mile senior evening series.

Another first for Toppin, who lives in Nutley Close, Goring, was his victory in the Worthing Open Road race . . . the first Worthing cyclist ever to win the home event.

### Stamina

Proving he has stamina and speed, Toppin has knocked his 10 mile time down to a mere 22.47 and rode his first 50 mile event this season, clocking a tremendous two hours eight minutes.

Don Lock, Excelsior's press secretary, said of Toppin, 'He is a very modest rider who needs to believe more in himself . . . but he could beat the best.'

### REPORT BY MURRAY MORSE



PAUL TOPPIN



## PAUL HEADS DON

**EVENT** number ten of Worthing Excelsior Cycling Club's Evening Ten Mile Series provided Paul Toppin with yet another win.

Conditions were pleasant but a strong southwesterly made sure that no records were broken. Paul's time of 23 minutes 25 seconds, while 40 seconds slower than his best, was still 1½ minutes in front of second placed Don Locke who recorded 25.03.

In third place was Robin Holden on 25.07. Other times: Dave Hudson 25.15, Eddy Gough 26.06, Paul Macmillan 27.04, Ray Douglass 27.29, Stephen Jukes 28.16, Andrew Lock 29.17 and John Grant 30.23.

Paul Macmillan, who with 27.04 got nearer to his personal best than anyone else, deservedly won the handicap. He now has an untouchable position in this part of the competition.

There are just four events remaining before the evening close in.



## BATTLE ON FOR TWO TROPHIES

THE 25 mile event held by Worthing Excelsior Cycling Club on the Chichester Road on Sunday was to decide the winners for 1979 of the Clapshaw Trophy, a handicap event, and the Sherwin Trophy, again on a handicap basis but for juniors.

Riders attempting to judge conditions before the start were hopeful that fast times would be possible, and comparisons were made with an evening a couple of weeks back which produced a clutch of good performances. There was, however, more wind and the fastest, Paul Toppin with 1 hour 1 minute 29 seconds, was over two and a half minutes slower.

It was not, however, one of Paul's best rides and enabled the consistent Roy Holden to get as close as he has managed with his fine effort of 1.1.55. Robin Holden was the only one to improve on previous performances, with his smooth style taking

him through to a good time of 1.3.16.

Don Lock recorded 1.4.56 but was closely followed home by Duncan Waghorne who has not raced much this season and needed a good one if he was to retain the Clapshaw Trophy he won last season. He was in fact just 18 seconds back on 1.5.14 and this was good enough.

Eddy Gough finished in 1.7.16, Ken Atkins 1.7.42 and Ray Douglass in 1.9.30.

Handicap times with allowances in brackets were: Duncan Waghorne (6.45) 58.29, Robin Holden (4.40) 58.36, Roy Holden (2.15) 59.40, Don Lock (4.45) 1.00.11, Ken Atkins (6.15) 1.00.27, Eddy Gough (6.30) 1.00.46, Paul Toppin (scratch) 1.1.29, Ray Douglass (7.40) 1.1.50.

So, the Clapshaw Trophy remains on the Waghorne mantlepiece and the Sherwin Trophy for the juniors will now reside with the Holden's with Robin's name on it.

## PAUL BEATS THE HOUR

PAUL TOPPIN, of Worthing Excelsior Cycling Club, finished 30th in the National Junior 25-mile Championship and was disappointed, despite beating the hour for only the second time in his short racing career.

His time of 59 minutes 27 seconds was only 40 seconds outside his best ever and it might have been even closer if he had been spared some minor mechanical trouble which more than anything else upset his concentration and performance. Conditions on the AA course near Newbury were far from good and Paul's ride remains a fine effort.

At the other end of the age scale, two of the club's veterans, Brian Weir and Don Lock, tackled the Western Time Trials Association's open 12-hour event on a course in the Bristol and

Gloucester area. Strong winds and hot sunshine combined to make this a hard test for the two of them and Brian, admitting to not enough training, retired after 106 miles covered in six hours.

Don was always near the head of the field and, while the official result is not yet available, certainly covered 223 miles and finished third or fourth.

Locally, members competed in the Sussex 25-mile event on the Chichester Road, where conditions were warm and calm. Roy Holden continued his fine form to finish seventh in one hour one minute 19 seconds ahead of son Robin who recorded 1.4.47. Eddy Gough got close to his personal best with a time of 1.5.52 and Ray Douglass finished in 1.10.19. There was also a creditable per-

formance from new junior member Stephen Crack who in his first ride at the distance managed 1.13.10.

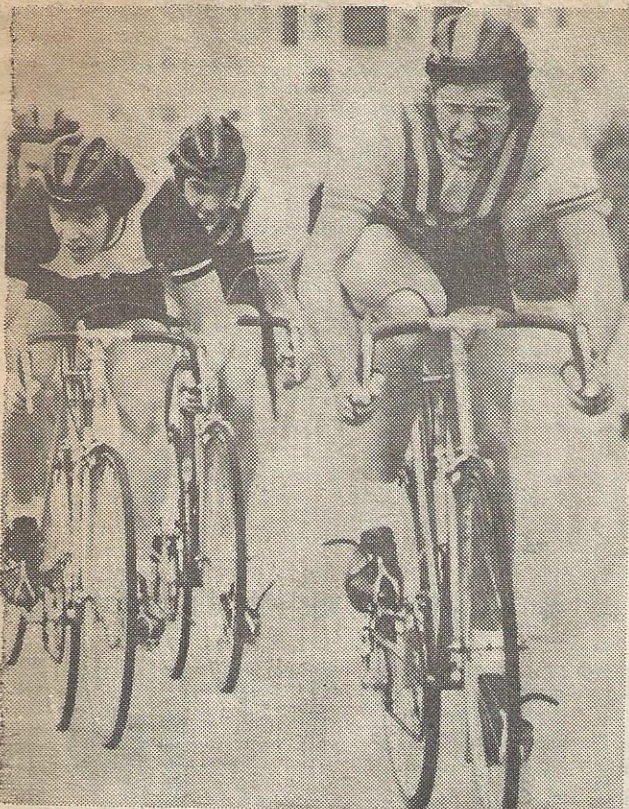
Gale force winds and a cold grey evening did not encourage a big entry for the 11th of this year's 10-mile events last Thursday. Ten club members and six guests braved the March-like conditions and produced some respectable times.

Paul Toppin had a morale boosting win over his senior, and usually faster, club mate, Keith Dodman, recording 23 minutes 29 seconds to Keith's 23.43 while powerful veteran Roy Holden made it exactly 25 mph with 24.00.

First handicap went to Roy Holden with a net time of 23.00 beating his son Robin by (23.00), one second and schoolboy Paul Macmillan 23.06.



# FIESTA EVENT DRAWS OVER 120 RIDERS



**CYCLISTS** from all over the South came to Worthing to take part in the Fiesta Kermesse.

With a total entry of 123 riders, the event, organised annually by Worthing Excelsior Cycling Club, was the most successful yet.

Traffic was sealed off from the Heene Road end of the sea-front to form a lap circuit around Heene Road, Seaview Road and Thorn Road.

Each lap of the circuit was slightly less than one kilometre.

The unusual name of the

event comes from a Belgian term for fetes. A cycle race generally formed part of the festivities and the name derived from there.

There were five races in this year's Kermesse. Prizes were sponsored by a number of local enterprises.

Two Worthing Excelsior riders featured in the results. Gregory Hill was placed fourth in the under 14's schoolboys and girls six lap race and Paul Toppin was sixth in the Seniors 45 lap event.

Winners:—

Under 14-years schoolboys and girls — six laps, 1 R. Stettner, 2 C. Beagle, 3 A. Green, 4 G. Hill, 5 D. Euden, 6 I. Goodall.

Category 3 and Junior Riders — 30 laps, 1 D. Playford, 2 S. Abbo, 3 S. Crook, 4 S. Taylor, 5 A. Jack, 6 T. Harris.

Senior riders, all categories — 45 laps, 1 P. Watts, 2 E. Greenwood, 3 R. Smith, 4 J. Dove, 5 G. Kerr, 6 P. Toppin.

Over 14-years schoolboys and girls — 16 laps, 1 D. Mayes, 2 K. Richards, 3 P. Michel, 4 A. Wombwell, 5 K. Playford, 6 S. Cornelious.

Devil take the hindmost (a race where the last rider to complete a lap is eliminated until only six remain), 1 D. Marsh, 2 P. Watts, 3 A. Snook, 4 E. Greenwood, 5 G. Kerr, 6 J. Dove.

WEDNESDAY  
WORTHING  
GAZETTE  
AUGUST  
14TH  
1979.



# ■ CYCLING

## **ROUGH GOING**

WHEN Worthing Excelsior Cycling Club promoted their evening 10-mile time trial at Washington on Thursday, nine riders dared to battle with the elements. Strong winds and rain must have made this the hardest ten of the season.

Under these conditions, all rides were commendable but particularly that of Stephen Crack in this his first ten.

With only two remaining club tens this year, riders are hoping for better conditions in which to improve their times.

Times (with handicap in parentheses): W. Holden 24.50 (23.50), D. Hudson 25.37 (24.07), P. Macmillan 28.39 (24.14), S. Crack 29.09 (24.19), A. Lock 29.44 (23.49), P. Mansfield 29.45 (26.45), S. Jukes 30.39 (25.29), A. Thurman 28.08, S. Foster 25.39.

Dave Hudson rode in the Brighton Mitre evening 10 on the Partridge Green course. Although it was extremely windy, this course provided some shelter and he recorded a time of 25.27, the fastest ride of the evening.

Worthing Gazette, Wednesday 22nd Aug  
1979

WORTHING HERALD 24TH AUGUST

# ■ CYCLING

## **THREE IN 12's**

ON Sunday, three members of Worthing Excelsior Cycling Club turned their attention to longer distance events.

R. Wiseman and N. Wright competed in the National 12 hour event in Essex. The weather, although not wet or too windy, was rather dull and cool but they both rode well with Richard recording a distance of 226 miles and Norman 218.

Further west in Berkshire, J. Hollis pedalled his way round the South Bucks Road Club 12 hour course, recording a distance of 217 miles.

On the local scene, Richard Shipton, riding in Sunday's Eastbourne Rovers 25 mile time trial, recorded seventh position with a time of 1-1-33.

Nine members not racing on Sunday supported the club run on a scenic circular tour via Cowfold for morning coffee, continuing across to the Pulborough area for lunch, before visiting the Steam Fayre at Petworth Park in the afternoon. Some 70 miles were covered at a leisurely pace but at the same time keeping legs in trim for the season's remaining racing events.



## CYCLING

# PAUL DOES WELL IN 10-MILER

UP and coming schoolboy rider, Paul Macmillan, a member of Worthing Excelsior Cycling Club, competed favourably in a 10 mile circuit race promoted by De Laune Cycling Club at Crystal Palace.

Many of the other competitors had enjoyed the advantage of training at the Crystal Palace annual Youth Week prior to the event, but Paul rode with great determination and was well pleased with his finishing position of 25th out of a field of more than 60 riders.

Paul's performances at track meetings and short distance time trial events have improved steadily under the able direction of his father Norman who is the club's coach.

On Thursday, the duties of timekeepers Ray Douglass and Mike Wallis were quickly accomplished when the club promoted their 10 mile time trial at Washington. With strong winds and wet roads only five riders completed the course, fortunately between downpours and recorded the following times. Roy Holden 23.52 (22.37 handicap), Robin Holden 24.30 (22.35), Paul Macmillan 27.06 (22.31), Steve Crack 27.22 (21.52), Steve Jukes 27.34 (22.09).

WORTHING GAZETTE  
29TH AUGUST 79.

WORTHING HERALD 31ST AUG. 79.

## CYCLING

# RICHARD ENDS UP DELIGHTED

ON Saturday, Richard Shipton of Worthing Excelsior Cycling Club commenced his busy week-end's racing activities when he rode in Finsbury Park's 25 mile event on the North road. He was delighted with his position of 14th in the field of 120 riders, recording a time of 55.53.

On Sunday, he was hoping for a similar result when he competed on the E. 72 in the Colchester Rovers 25. Unfortunately, strong winds forced many riders to retire, but Richard battled on and had to be satisfied with a time of 1.1.40.

Moving south on Monday, he rode in the Orpington C.C. 10 miles promotion. A slight headwind on the outward leg ensured a welcome push for the return stretch and provided him with a time of 22.43.

Paul Toppin, now a senior rider (2nd Cat) competed in this year's East Grinstead Carnival Road race on Monday. The 48-mile gruelling course over Ashdown Forest left many of the weaker riders struggling at the back, but not Paul who was well positioned in the bunch.

During the final miles of the event the riders were fighting for their positions and at the finishing line Paul recorded 16th place, a fine ride indeed.

Three of the club's riders, not racing themselves, rode out to watch and encourage Paul in this his second only road race as a senior rider. Additional encouragement was received from club chairman and former ex racing man Charles Ledner who was officiating at the event.

WORTHING HERALD FRIDAY 14TH SEP. 1979.

## Well done, cyclists

I SHOULD like to express how much my family enjoyed the Worthing Excelsior Cycling Club Kermesse cycle races, part of the Fiesta programme.

It was wonderfully run and organised — the public address system was clear, the commentator interesting and informative.

The races were splendid, showing a great deal of good sporting manners, with no malice or bad feeling that one sees on the football field.

The competitors were a credit to their clubs, and thanks to the people and firms who sponsored the races with cash prizes. If only we could have more of this on Worthing Sea front or local parks. — Keith Downer, 48 Sheridan Road, Worthing.



**CYCLING**

# DOUBLE DOUBLE

BY WINNING the premier team award in Sunday's 25-mile event on a course between Havant and Bognor, Worthing Excelsior Cycling Club maintained their impressive record in the promotions of the Bognor Regis C.C.

During the 1978 season they collected first team place in both the Bognor club's 10 and 25 mile events and then earlier this season repeated the performance in the 10.

Now they have completed the double double and against good opposition in a 120 strong field of riders from throughout the south east of England.

Paul Toppin showed his value to the club's senior strength leading the club in with a superb 58 minutes 49 seconds performance that gave him fifth place overall. Richard Shipton, who now beats the hour more times than not managed yet another '59' recording 59.28 for seventh place and then Roy Holden became the club's first ever veteran sub-hour rider recording 59 minutes 51 seconds.

Roy, who had been a member

in the 1950's, was completely out of cycling until a couple of seasons ago when his son Robin became a member. Clearly his efforts to keep ahead of Robin are responsible for the tremendous form that he has now attained.

Robin was in fact fourth counter for Excelsior but outside of the team with a time of 1 hour 3 minutes. Another club veteran, Don Lock, also rode and recorded his best time of the season, 1 hour 4 minutes 25 seconds.

Two other club members were in action at the weekend, both riding 50 mile races. Ken Atkins recorded 2 hours 24 minutes 30 seconds in the Addiscombe event and Dave Hudson 2.15.35 in a promotion in the Midlands by the North Staffs C.C.

Also there were three rides by juveniles in the Wandsworth C.C. 10 mile event near Maidenhead on Saturday. Paul Macmillan was fastest with 26 minutes 37 seconds, Stephen Jukes recorded 27.03 and Andrew Lock 29.34.

WORTHING HERALD 28TH SEP.  
1979

**CYCLING**

# Team win again

ANOTHER fine team win for Worthing Excelsior Cycling Club on Saturday. It came in the final event of the Sussex Cyclists Association 1979 programme when their riders finished in

fourth, fifth and sixth places in the 25 mile event on the Chichester road.

Conditions were good and there were some fast performances. First was Clive Oxborrow of the V. C. Etoile who recorded 57 minutes 20 seconds, second was Brian Phillips from East Grinstead in 57.29 and third in a close run race was Cliff Sharp in 57.51.

Worthing Excelsior then filled in with Richard Shipton fastest at 58.00, ahead of Keith Dodman 59.00 and Roy Holden, the club's record breaking veteran who went under the hour for the second time in two weeks and managed a personal best with 59.17.

There was also a fine personal best from club junior Robin Holden who convincingly won the fastest junior award with a time of 1 hour 1 minute 50 seconds.

Keith had just returned from a cycling tour in Eire, and this team, together with the support of Paul Toppin, having a rest from racing last weekend, could well achieve more team triumphs before the end of the season, especially in hardrider events for all are good on the hilly courses.

Not so lucky on Saturday afternoon were the junior riders who journeyed to Brentwood for the Basildon 10 on the fast A.12 road. Conditions there were windy and the exposed road meant a hard ride.

Paul Macmillan was fastest in 27.12, Stephen Jukes recorded 28.34 and Andrew Lock 30.19.

Veteran Don Lock, who took them up, had a ride in the senior event and recorded 25.47.

There is a club run on Sunday leaving from the clubroom at Broadwater Green and elevenses will be at Telscombe Cliffs.



■ CYCLING

# FAST FIELD FOR 25

ONLY the fastest among Worthing Excelsior Cycling Club's racing men could get into last Sunday's 25-mile promotion of the Brighton Mitre Cycling Club, for such was the class of the entry that only the top 120 (the maximum permitted field) of the enormous entry received were selected.

Worthing, with their eyes on the team award, had Richard Shipton, Keith Dodman, Paul Toppin and Roy Holden to represent them against some of the fastest 25 milers in the south of England.

The morning started with thick mist which meant the putting back of the starting time from 8 to 9 a.m. for safety reasons. As this lifted riders were soon leaving the Hammerpot start for the ride out to West-hampnett and back in some of the best conditions to have been enjoyed at any time this season.

## Quality

Early times were soon showing the quality of the field. Rides around the hour mark were commonplace, and several were

recording their best personal times.

Among these was Worthing's Paul Toppin with a fine 58 minute 34 seconds. Shortly behind Paul came Richard Shipton with his fastest on this course of 57.57 which, with half the field home, left him in third spot.

Keith Dodman was another to record his fastest ever on his home course with a time of 58.07 and just 10 minutes later the club's ever improving veteran Roy Holden improved his best ever with a superb 58.28. This was a really great team effort producing some of the finest rides ever in Excelsior colours, and all within 37 seconds. What competition this must promise in the future.

The event was won by former National Junior Champion Tim Stevens of the 34th Nomads with a time of 55 minutes 16 seconds. Roger Nicholls, Kingston was second in 55.50 and Senior National medallist Jon Burnham, of the Velo Club, Slough, was third in 56.07. Worthing's quartet were eventually Richard 11th, Keith 12th, Roy 17th and Paul 18th and after all that they had to be content with second team place, going down to

Kingston by just eight seconds over the fastest three aggregate.

In the supplementary junior and women's event, Robin Holden recorded 1 hour 2 min. 39 sec.

## Hill climb

In the afternoon, the club held their annual Hill Climb Championship with an ascent of the formidable Bury Hill. Run over a slightly shorter course than in previous years (only the really steep part) the result and leading positions were: 1 Keith Dodman, 3 min. 42.4 sec; 2 Paul Toppin 3.54.6; 3 Robin Holden 4.17.8; 4 Duncan Waghorne 4.37.6; 5 Greg Hill 4.58.6; 6 David York 5.35.6. Both Greg Hill and David York deserve special mention as they are still juvenile riders (under 16).

This Sunday sees the final championship for the Worthing Club when the 33-mile hard-riders event from Findon Valley out to Arundel and back via Storrington starts from the borough boundary. All four of those who completed last Sunday's team are entered and it looks like being close indeed.

■ CYCLING

# RIDERS SET OUT TO CLAIM A RECORD

A CHRISTMAS Supper run on Saturday evening saw Worthing Excelsior Cycling Club out in force when some 30 members set out to claim a record.

In a little over an hour they managed no less than 14 crossings of the railway line between Lancing and Goring. A dry evening was a relief after the awful weather of previous evenings and, despite a strongish wind from a westerly quarter, about 17 miles were covered, sufficient to give all a hearty appetite when they met up with another 18 or so members and friends for a supper of Christmas fare at the home of one of their members in Durrington.

On Sunday morning there was a break back into a racing mood for veteran Roy Holden who has remained in training since the end of the season proper, with a view to producing a good performance in the Dulwich Paragon 25 mile event on the Portsmouth Road near Guildford. In

cold conditions with strong winds he managed one hour four minutes four seconds to finish tenth in a field of 112, a fine effort.

There was a good turn-out for the Sunday run when members met up with the Brighton Excelsior for elevenses at Cowfold. Light winds and generally pleasant conditions made for an enjoyable ride, some returning to Worthing for lunch and others taking advantage of a few more hours of light and going on to Worth near Turners Hill and getting back around teatime.

Over the Christmas there is a run from the clubroom tonight (Friday) described as a 'mystery' run and another on Sunday morning to Arundel. On Christmas Day there will be a morning run leaving from the clubroom and returning, of course, by lunch time. Members attending this are requested to decorate the bikes and bring their own flask.