

## It's a hat-trick for Excelsior's Jeremy

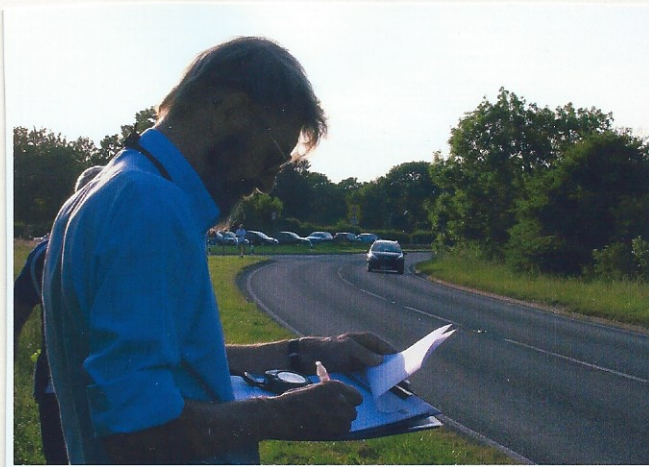
JEREMY WOOTTON recorded his third successive win in Worthing Excelsior Cycling Club's 16½ time-trial challenge on Sunday.

He covered the first lap on the Long Furlong circuit in just 20mins 33sec to establish a lead of more than a minute and he stormed home in 41-33. Mel Robertson was second in 43-02 and Mark Bernhardt was third in 44-35.

The ladies took the top placings in the handicap section, with Joan Lennon first and Nicole Patterson second.

Other times: Ed Klose 45-35; Lewis Norris 46-51, Chris Twine 46-58, Tom Coulson 47-12, Mark Newnham 47-44, Nathan Gale 47-53, Kevin Doe 48-21, Peter Logan 50-00, Phil Walker 51-06, Nicole Patterson 52-28, John Marshall (debut ride) 53-07 and Joan Lennon 55-00.

**1926:** Worthing Excelsior Cycling Club staged a series of races on grass tracks at Homefield Park.



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MICK  
IRONS.  
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TIMING  
EVE.  
10'S.  
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## Mel storms home

HE first 25-mile time trial of the 2010 season for Worthing Excelsior cyclists was the Southern Counties event near Horsham on Sunday.

Mel Robertson recorded an excellent time but just failed to beat the hour mark and got home in 1hr 0mins 32secs. He beat his age standard by 17 minutes and finished second in the 50 category.

Kevin Doe also returned an impressive time of 1-08-45.

Just beating the volcanic ash cloud flying embargo, a number of Excelsior riders have returned from foreign training weeks.

Rocco Sepe and son Giacomo returned from Italy, Tom Coulson from Majorca and John Baldwin from France, where he watched the professional riders in the Paris-Roubaix race over the notorious cobbles of northern France.

KEVIN DOE      PETER LOGAN      TONY KNOTT  
PHIL WALKER      JOHN BALDWIN      STUART JAGO .



## Excelsior begin their 10-mile time trials

THE first of Worthing Excelsior Cycling Club's evening 10-mile series was fully subscribed with more than 35 entries.

Jeremy Wootton continued his excellent early season form to win with a time of 21 minutes 39 seconds. Mark Bernhardt was second in 22-41 and Ed Klose took third with 23-00.

In the club's 25-mile Championship, Wootton's recent form deserted him and last year's champion, Mel Robertson, successfully defended the trophy with a time of 1hr 1min 22sec. Wootton was second with 1-02-14 and Bernhardt took third with 1-02-58.

The winner of the incorporated Clapshaw Handicap Trophy was Nathan Gale. His 8mins 30sec allowance gave him a net time of 59-11.

A Excelsior member doing well on two feet, if not two wheels, is Ellis Bacon. He completed the Brighton Marathon in 3-53-19 and then finished the London Marathon in 3-52-22.

Other Excelsior 10-mile times: Stuart Jago 23-37; Gavin Baylis 24-25; Lewis Norris 24-33; Mark Newnham 24-38; Kevin Doe 24-53; Peter Logan 25-08; Chris Putnam 25-13; Carl Trevis 25-40; Robert Downham 26-16; Tony Knott 26-59; Chris Day 27-31; Lee Barber 29-17; John Lucas 29-54; Graeme Gill 31-59.

Other 25-mile times: Jago 1-6-14; Klose 1-6-55; Gale 1-7-41; Newnham 1-9-07; Logan 1-10-04; Tom Coulson 1-10-07; Doe 1-10-15; Downham 1-11-20; Phil Walker 1-12-20; Knott 1-16-18; Joan Lennon 1-21-29; Diana Trafford 1-24-29.

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WORTHING  
HERALD  
29TH  
APRIL 2010  
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## Excelsior's Mark wins second 10-mile event

MARK Bernhardt led the rest of the riders home in the second of Worthing Excelsior Cycling Club's evening 10-mile series.

He came home in 22mins 46sec, while Chris Twine, in his first season with the club and making his debut ride at the distance, came second in 23-05.

Last year's junior champion Ed Klose was third in 23-09 and Carl Trevis, with a personal best, was fourth in 23-27.

On Saturday, four Excelsior riders competed in the Sussex 10-mile Championship. Mel Robertson, with a time of 23-22, finished second in the veteran's category. Kevin Doe got home in 25-28, Nathan Gale in 25-44 and Robert Downham in 27-08.

On Sunday, a Excelsior team of three rode the Sussex 25-mile Championship and Robertson's time of 59-30 crowned him the veteran champion for the second successive year. Stuart Jago recorded 1-04-01 and Nathan Gale 1-06-15.

Also on Sunday was the 70-mile Round the Isle of Wight challenge. The Excelsior riders who completed the race were Rocco Sepe, Ken Newton, Richard and Ed Klose, Robert Downham, Neale Maloney, Peter Logan, Tony Knott, Phil Walker, Mark Newnham and Don Lock.

Other 10-mile series times: Gavin Baylis 24-20; Nathan Gale 24-29; Tom Coulson 24-48; Mark Newnham 24-57; Chris Putnam 24-58; Peter Logan 25-03; Kevin Doe 25-09; Robert Downham 25-26; Phil Walker 25-49; John Marshall 26-22; Tony Knott 27-02; Lee Barber 28-49; John Lucas 28-57; Graeme Gill 31-24.



THE WORTHING SENTINEL

5TH MAY 2010

7

### did you know?



1913: Twenty-three members of Worthing Excelsior Cycling Club set off at 6.15am on their midweek run to Arundel, arriving at 7.30am.

START OF THE SALISBURY RIDE 27/28 FEB 2010

El Supremo Dave Hudson



ARRIVEE - SPRING EDITION 2010





20TH MAY 2010 - WORTHING HERALD

20TH MAY 2010  
CYCLING WEEKLY

## Wootton leads Excelsior home

WORTHING Excelsior Cycling Club's Jeremy Wootton was the first club member home in the open 25-mile time trial promotion on Sunday, with a time of 59mins 10secs.

There was a total of 100 riders from the south east in the race and David Wheeler, of Rye Wheelers, triumphed with a time of 52-13.

Excelsior had 16 riders in the field. Mel Roberton was their second rider home in 59.41 and Mark Bernhardt was third in 1-00-34.

Roberton's effort made him the fastest veteran and he beat his age standard by a massive 18mins 04sec.

Chris Twine, in his first season of racing, is making an immediate impact and clocked 1-01-34 and edged out Ed Klose, who finished in 1-01-56. Lewis Norris, with 1-05-07, picked up the junior award.

Other times : Stuart Jago 1-30-46, Tom Coulson 1-05-48, Kevin Doe 1-05-57, Peter Logan 1-06-41, Gavin Baylis 1-08-16, Phil Walker 1-10-34, Robert Downham 1-11-09, Tony Knott 1-12-19, Nicole Patterson 1-14-04. Joan Lennon 1-16-19.

Last Thursday's evening 10-mile race was again won by Wootton. He got home in 22-09.

Bernhardt was second in 23.14, and third-place went to Chris Twine, with 23.19.

Other times: Adrian Rodgers 23-47, Peter Logan 25-18, Tom Coulson 25-24, John Marshall 25-40, Phil Walker 25-46, Robert Downham 26-06, Joan Lennon 28-17, Philip Frean 28-23, Lee Barber 28-48, John Lucas 29-05, James Nelson 30-55, Graeme Gill 31-15, Alan Stepney 31-21.

## Cycling WEEKLY NOTICEBOARD cycling@ipcmedia.com



### CLUB PROFILE

## Worthing Excelsior

[www.worthingexcelsior.co.uk](http://www.worthingexcelsior.co.uk)

|                    |                                        |
|--------------------|----------------------------------------|
| <b>Members</b>     | 100+                                   |
| <b>Catchment</b>   | West Sussex                            |
| <b>BC region</b>   | South East                             |
| <b>Membership</b>  | Seniors £20, juniors £15, juveniles £5 |
| <b>Club formed</b> | 1887                                   |

### Contact

Karl Robertson 01903 209433

### Meaning of club's name?

Originally it came from the Worthing Working Men's Excelsior Cycling Club. The word excelsior is from the Latin 'excelsus' meaning higher and as used by Longfellow, an expression of incessant aspiration after higher attainment.

## Jeremy gets second time-trial win

JEREMY WOOTTON got his second win of the season in the third Worthing Excelsior Cycling Club 10-mile series in a time of 21mins 41sec.

Chris Twine was next home in 22-49 and Ed Klose was third in 22-52.

On Sunday, four Excelsior members competed in the Norwood Paragon 25-mile time trial at Broadbridge Heath.

It proved to be a close fight between in-form Wootton and Mel Roberton, with Roberton just ahead at the finish by two seconds in 59mins 14sec. Klose clocked 1-01-24 and Mark Newnham 1-07-23.

The Duncton Sportive, 140k and 1,700m of climbing provided the challenge for four others. Clive Lett finished in the gold standard and Nicole Patterson in the silver. Rocco and Giacomo Sepe made bronze.

On Sunday, Excelsior has its own 25-mile promotion, remembering the late Ray Douglass. Promoter John Baldwin has received an entry of 100 riders.

Other 10-mile times: Stuart Jago 23-21; Carl Trevis 23-26; Lewis Norris (fastest Junior) 24-05; Nathan Gale 24-20; Tom Coulson 24-30; Kevin Doe 24-45; Chris Putnam 24-47; Peter Logan 25-05; Robert Downham 25-23; Robin Moss 25-30; John Baldwin 25-53; Chris Day 26-33; Ben Toovey 26-53; Tony Knott 27-03; Joan Lennon 28-08; Lee Barber 28-34; John Lucas 28-36; Graeme Gill 31-14.

### How often does the club meet?

Every Tuesday evening is club night; Sunday club runs are all year round. Between April and August we have a Thursday evening 10-mile TT.

### Events?

Time trials, sportives, Audax events, road racing in the Surrey League.

### What is your typical club run?

Sundays 9am starting from Broadwater Clubroom or Franklands Arms, Washington. List of runs and cafe venues are published in advance. Usually the ride is 40 to 50 miles and then home for lunch.

### Jersey design?

Our ancient minute books declare our colours to be light blue, dark blue and white. The designs, four in total over the years, have been by members.

### Famous riders in the club

Nick Lelliott, who was a very fast possible for the Olympic track squad in the late 1960s and national junior 10-mile record holder (21.20) in 1969.

MAY 20, 2010 [www.cyclingweekly.co.uk](http://www.cyclingweekly.co.uk)

## Excelsior's Jeremy gets fourth win

JEREMY Wootton took a stranglehold on Worthing Excelsior Cycling Club's evening 10-mile series, winning his fourth of the five events so far and setting a new personal best in the process.

Wootton produced his best time of 21mins 18secs and finished almost two minutes ahead of Ed Klose, who finished in 23-13. Stuart Jago was third in 23-34.

Other times: Adrian Rodgers 24-00, Kevin Doe 24-15, Gavin Baylis 24-20, Chris Putnam 24-33, Robert Downham 24-55, Robin Moss 25-00, Tony Knott 26-27, Ben Toovey 27-07, Joan Lennon 27-13, Phil Frean 27-30, Lee Barber 27-33, John Lucas 27-37, Colin Miller 28-01, Graeme Gill 29-12.

The club race on Sunday was the very testing Pulborough Circuit, 15½ miles through Adversane, Wisborough Green and Fittleworth.

A fine morning was greeted with a strong ride by Mel Robertson who clocked 40-25, and put a clear space between himself and second-placed Wootton, who finished in 41-31.

Klose finished third in 42-43. Chris Day, with an allowance of 11 minutes, won the handicap award.

Other times: Lewis Norris 43-27, Nathan Gale 45-31, Doe 45-42, Peter Logan 46-33, Downham 47-42, Day 48-10, Phil Walker 49-03, Putnam 50-33, Toovey 51-45, Lennon 51-51, Barber 53-32, Diana Trafford 57-02, Gill 59-09.



ROBERT DOWNHAM. KEVIN DOE. CHRIS PUTNAM. PETER LOGAN - EVE. 10.



NICOLE PATTERSON



SENTINEL JUNE 2ND 2010

**1910:** Worthing Excelsior Cycling and Athletic Club staged a race meeting at Homefield Park, but only cycling races were held following a split, at national level, between the National Cyclists' Union and the Amateur Athletic Association.

WORTHING HERALD JUNE 3RD 2010

## Excelsior's Jeremy gets win number five

WORTHING Excelsior Cycling Club's evening 10-mile series is nearing its halfway mark and Jeremy Wootton is closing in on retaining his title after his fifth victory on Thursday. He won in a time of 21mins 48sec, ahead of second-placed Mark Bernhardt, who finished in 22-35. Ed Klose was third in 23-29.

Other times: Stuart Jago 23-35, Mark Newnham 24-06, Tom Coulson 24-21, Kevin Doe 24-45, Peter Logan 24-58, Chris Putnam 25-05, Phil Walker 25-41, Tony Knott 26-12, Ben Toovey 27-42, James Nelson 27-43, John Lucas 27-50, Phil Frean 28-01, Lee Barber 28-11, Graeme Gill 30-23.

The Club's 30-mile Championship was held on Sunday and despite blustery conditions, Mel Robertson managed to average just over 25mph for the Ashurst Circuit and Shoreham course to finish with an excellent time of 1 hour 11 minutes 56 seconds.

Mark Bernhardt, one minute down at 15 miles, lost only a further five seconds over the second half to record a personal best time of 1-13-04. Stuart Jago came third in 1-18-05. The handicap was won by Kevin Doe, who improved his personal-best to record an actual time of 1-19-29 and a net time (allowance nine minutes) of 1-10-29.

The event incorporated the Club's junior 15-mile Championship which was won by Lewis Norris in 39-44.

## Worthing Excelsior retain county title

WORTHING Excelsior Cycling Club retained the Team Champions Trophy, as Jeremy Wootton led them home in the County 50-mile Championship.

Despite the early setback, losing star rider Mel Robertson to a puncture after 12 miles, Wootton finished in 2hr 03mins 58secs, closely followed by Nigel Reynolds in 2-04-12, and Stuart Jago, who clocked 2-12-43, helping them beat strong competition from Lewes, Crawley and Eastbourne.

Other times: Nathan Gale 2.13.57, Kevin Doe 2.19.01, Peter Logan 2.24.27, Robert Downham 2.28.16.

Wootton claimed another victory in the club's evening 10-mile race.

He led the way in the seventh race of the series with a time of 22mins 04secs, almost a minute clear of second-placed Mark Bernhardt in 23-00. Chris Twine was third with 23-07.

Wootton has now virtually secured a series win, and is guaranteed at least a tie, having won the six counting rides to qualify.

Other times: Simon Letts 23.43, Ed Klose 24.05, Lewis Norris 24.17, Doe 25.01, Logan 25.27, Downham 25.52, Chris Putnam 25.53, Tony Knott 26.29, James Nelson 27.03, Don Lock 27.29, Ben Toovey 27.59, Lee Barber 28.11, Phil Frean 28.17, John Lucas 28.28, Alan Stepney 28.55, Graeme Gill 30.20.



WORTHING HERALD 24TH JUNE 2010

## Sportinbrief

### Lett pleased with 100-mile race time

WORTHING Excelsior Cycling Club's Clive Lett tackled the Kent Cycling Association 100-mile event on Sunday and was pleased to finish in 4hrs 59mins 12secs.

Lett put in an enthusiastic starting effort which cost him time over the last 20 miles.

Jeremy Wootton took an excellent second place in the Bognor Regis CC 10-mile event, with a time of 21mins 21secs. On the slower East Sussex course in the Surrey/Sussex veteran's 10-mile Championship, he finished third with a time of 22-53.

Mel Robertson placed third in the veteran's standard category, beating his age standard by more than six minutes.

Event number nine of the club's 10-mile series was won by Mark Bernhardt, who recorded a time of 22-28. Chris Twine was second with 22-40, and Sam Maloney was third in an excellent 23-30.

Other times: Simon Letts 23-40, Lewis Norris (junior) 24-09, Ed Klose 24-12, Nathan Gale 24-25, Carl Trevis 25-16, Robert Downham 25-18, Tony Knott 26-00, James Nelson 26-22, Mark Newnham 27-00, Don Lock 27-25, Lee Barber 27-31, Joan Lennon 27-51, Graeme Gill 28-52.

Worthing Herald, Thursday, June 17, 2010

Sport

## Sportinbrief

### Excelsior Jago is second home

WORTHING Excelsior Cycling Club's Stuart Jago secured a second-place finish, in the handicap section of a 50-mile event on Sunday.

Racing in Uckfield, East Sussex, Jago improved on his personal best by over four minutes, finishing in 2hrs 8mins 11secs.

Nathan Gale finished in 2-15-30, which was down a couple of minutes on the previous week.

Kevin Doe continued his fast times, bringing his best down to 2-18-18, while Robert Downham completed the quartet with 2-25-30.

Mark Bernhardt notched his second win of the club's evening 10-mile events, with a time of 23mins 41secs, ahead of Chris Twine, who was second with 24-06.

New member John Marshall did well to come home in third with a time of 26-35.

Other times: Chris Putnam 26-43, Phil Walker 26-45, Downham 26-53, Chris Day 27-31, Tom Coulson 27-45, Tony Knott 27-50, Lee Barber 29-10, Phil Frean 29-13, Ben Toovey 29-45.

Jeremy Wootton continues to show fine form with yet another personal best, racing in the Team Axiom 25-mile event on the A3, west of Petersfield. He recorded a time of 55-43, to finish 25th.

Shoreham Herald, Thursday, July 1, 2010

Sport

## Sportinbrief

### Wootton races to an evening-series victory

WORTHING Excelsior Cycling Club's 10th race in their evening 10-mile series gave riders the best conditions so far and many recorded personal best times last week.

Jeremy Wootton recorded a new personal best to win in 21mins-7secs.

Chris Twine was second on 22-28, and junior Sam Maloney was third with a personal best of 23-06.

Other times were: Carl Trevis 23-18 (PB), Nathan Gale 23-31, Lewis Norris 23-36 (PB), Stuart Jago 24-02, Chris Putnam 24-27, Phil Walker 24-48, John Marshall 25-04 (PB), Neale Maloney 25-06, Tony Knott 25-08 (PB), James Nelson 25-57 (PB), Chris Day 25-58, Lee Barber 26-10 (PB), Ben Toovey 26-19, Phil Frean 26-54, Joan Lennon 26-55 (PB), Graeme Gill 27-28 (PB), P. Ansell 28-28, Colin Miller 28-41.

On Sunday, riders had mixed fortunes in the Southern Counties 50-mile event in Broadbridge Heath.

There were top performance was from Mel Robertson who recorded an excellent 1hr-58mins-20 secs, to beat his age standard by an amazing 43mins-05secs to win the Veteran's Category.

This also gave him an excellent opener in his quest to retain the best all rounder title, which he won last year.

Mark Bernhardt rode well to finish in 2-1-48, while Gale had a broken spoke so had to finish with a buckled wheel but still clocked 2-11-46.

Jago went off course for three miles and eventually recorded 2-15-17. Kevin Doe, another improving with every ride, finished in 2-16-14.

Robert Downham made 2-20-25 and Joan Lennon 2-34-00.

## Mark gets third win

WITH Worthing Excelsior Cycling Club's evening 10-mile series nearing completion, Mark Bernhardt scored his third win in the 10th event with a personal best 21mins 55sec.

Two more personal records were broken with Simon Letts finishing second in 22-47 and junior Sam Maloney third in 22-53.

Other times: Nathan Gale 23-26, Lewis Norris 23-43, Chris Putnam 24-11, Peter Logan 24-27, Kevin Doe 24-28, Tony Knott 25-12, Robert Downham 25-20, James Nelson 25-43, Phil Frean 26-27, Paul Ansell 26-35, Lee Barber 26-38, Don Lock 26-55, Alan Stepney 28-10.

## PHOTOGRAPH BELOW

AT THE 'SUSSEX

CORKER 107 KM

SPORTIVE JUNE

2010. L-R. PAUL

OUTHWAITE (UNKNOWN

AT REAR) TOM COULSON

NICOLE PATTERSON

CLIVE LETT, JOHN

BALDWIN, RICHARD

KLOSE, ROCCO SEPE



## Sport

## Sportinbrief

## Twine tops the Excelsior's 10 mile

WORTHING Excelsior Cycling Club's Chris Twine claimed first place in the club's 12th event in the 10-mile series.

Twine recorded a personal best time of 22mins-12secs, ahead of Mark Bernhardt in second place with 22-33, Simon Letts made third in 23.08.

Other times: Carl Trevis 23-09, Stuart Jago 23-15 (pb), Tom Coulson 23-20 (pb), Lewis Norris 23-36, Nathan Gale 23-45, Chris Putnam 24-10, Kevin Doe 24-56, Peter Logan 25-09, James Nelson 25-38, Chris Day 25-44, Phil Walker 25-47, Robert Downham 25-52, Tony Knott 26-00, Ben Toovey 26-20, Paul Ansell 26-33, Lee Barber 26-45, Joan Lennon 27-03, Phil Frean 27-15, Graeme Gill 27-56, Colin Miller 28-31.

In training for a special veterans' event Clive Lett paced life vice-president Don Lock to a two-up time of 23-34.

There were two second places gained by club riders in the South Eastern Road Club's 10-mile event at Rusper.

Mel Robertson in 22-12, finished runner-up in the veterans category and Lewis Norris in 23-48, in the junior competition. Robertson won the veterans' award in the Southborough & District Wheelers 25-mile race, near Uckfield.

He finished in 58-35, beating his age standard by 19-10. Peter Logan recorded 1hr 7mins 38secs and Downham 1-10-30.

## Wootton returns with a victory

WORTHING Excelsior Cycling Club's Jeremy Wootton returned to winning action in the club's evening 10-mile series, with another personal best time.

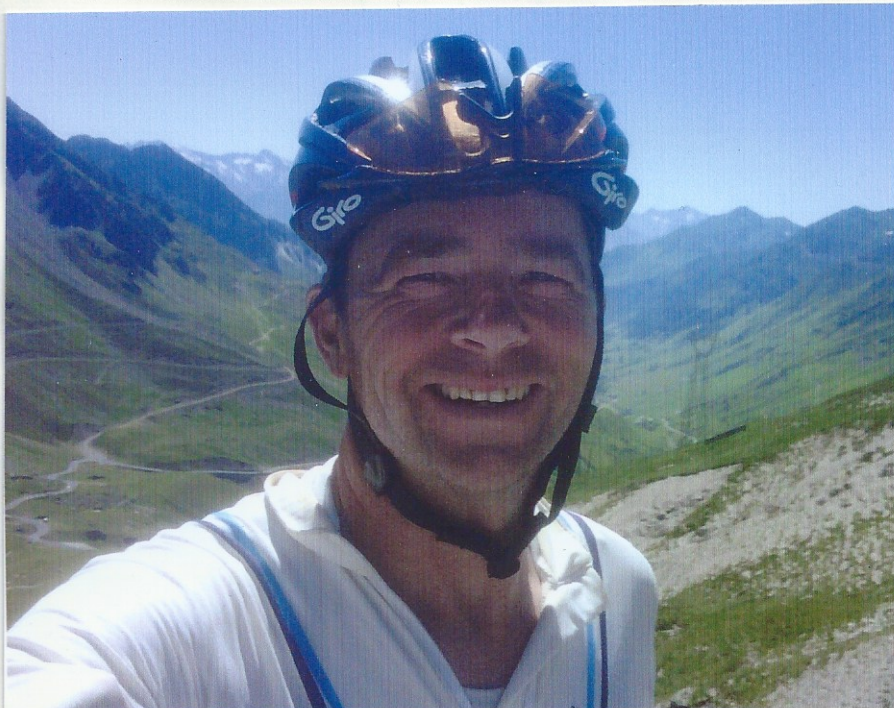
A recent charity race over seven mountainous stages of the Tour de France clearly did Wootton no harm as he recorded 21mins-04secs in the penultimate race

Tom Coulson was second in 24-00, and Kevin Doe third on 25-08.

Other times were: Tony Knott 25-52, James Nelson 26-23, Robert Downham 26-24, Lee Barber 26-47, Graeme Gill 28-49.

Wootton was in action again on Sunday riding the Bec CC 25-mile event on the Crawley/Southwater course, with an excellent time of 57-30.

Mel Robertson came home in 59-21 to earn third place in the veterans' category, while Nathan Gale completed the Excelsior team with a time of 1hr-04mins-32secs.



## Sport

## Sportinbrief

## Wootton wins again

WORTHING Excelsior Cycling Club's final evening 10-mile event saw another win for Jeremy Wootton.

He produced an excellent time of 21mins 12secs to win by almost two minutes. Simon Letts clocked 23-03 for second place and Tom Coulson was third in 23-31.

Other times: Nathan Gale 23-40, Stuart Jago 23-42, Lewis Norris 24-03, Chris Twine 24-18, John Marshall 25-00, Tony Knott 25-44, James Nelson 25-47, Lee Barber 26-04, Ben Toovey 26-08, Phil Frean 27-08, Peter Logan 27-14, Joan Lennon 27-25, Alan Stepney 28-06, Graeme Gill 28-33.

On Sunday, six members rode the Southern Counties 100-mile event, which incorporated both the Sussex and Worthing Club's Championship.

Mel Robertson, aged 62, came out on top with a fine effort of 4hrs 24mins 21secs. He won the club championship and came home as the top veteran, beating his age standard by 1-22-02.

Mark Bernhardt recorded a personal best of 4-26-59 and Stuart Jago saw another big improvement, coming in at 4-28-17. Nathan Gale clocked 4-46-57 and Kevin Doe, in his first ride at the distance, was home in 4-55-12.

WORTHING HERALD 12TH AUG. 2010.

## Another PB for Jeremy

WORTHING Excelsior Cycling Club's Jeremy Wootton's outstanding year has continued.

On Saturday, he recorded his first sub-21 minute ride for 10 miles. Improving his personal best for the fourth time this year, he finished 11th in the Velocity Bikes event on the A3 west of Petersfield, in 20mins and 52sec, just two seconds away from an all-time club record.

The Anerley Bicycle Club 50-mile time trial, based at Broadbridge Heath, attracted four Worthing riders but they had mixed fortunes. On what was considered a hard morning, Mel Robertson got home in just under two hours, recording 1-59-56 and collected more silverware, winning the Surrey/Sussex Veteran's Association 'Aldershot Trophy', beating his age standard by 41mins 29secs.

Nathan Gale finished in a time of 2-13-10 but Stuart Jago retired after a puncture and Peter Logan also did not finish.

CLUBROOM CANTEEN MESSRS. PETER LOGAN AND KEVIN DOE  
LOOKING IN. JULY 2010.



WORTHING HERALD AUGUST. 5. 2010

## First Ironman for Clive

WORTHING Excelsior Cycling Club's Clive Lett completed his first Ironman triathlon recently.

He completed the international event in Zurich, which comprised a 3.8k swim, 180k bike ride and 42k run, in 12hrs 12min 43sec to finish 1,280th out of the 1,873 finishers. In his 45-49 age group, he finished 166th out of 250.

Jeremy Wootton cut his personal best by 59 seconds when he clocked 54mins 46sec in the West London CA 25-mile event to finish ninth.

In Brighton Excelsior's 25-mile promotion, Excelsior had five entries. Mel Robertson came second in the veteran category in 59mins 56sec, while Simon Letts got home in 62-47, Peter Logan in 68-02, Robert Donwham in 71-36 and Paul Ansell in 72-32.

CYCLING WEEKLY 16TH  
SEPTEMBER 2010

## SOUTHERN COUNTIES CU 25

SUN 5/9 625/53.-

|                                         |       |
|-----------------------------------------|-------|
| Steve Dennis (East Grinstead CC).....   | 50 38 |
| M. Williamson (private member).....     | 52 53 |
| R. Pelham (Lewes Wanderers CC).....     | 53 15 |
| N. Dwyer (Lewes Wanderers CC).....      | 53 24 |
| R. Burbidge (Redhill CC).....           | 53 24 |
| L. Turner (private member).....         | 54 03 |
| B. Molloy (34 Nomads CC).....           | 54 15 |
| J. Wootton (Worthing Excelsior CC)..... | 55 34 |
| K. Coffey (Bec Cycling Club).....       | 56 01 |
| T. Stevens (34th Nomads CC).....        | 56 11 |

WORTHING HERALD 9TH SEP. 2010

## Excelsior's Stuart gets new PB

WORTHING Excelsior Cycling Club's Stuart Jago rode to a personal best distance and a very creditable 19th place in the National 12-hour Championship on a Merseyside course.

On a windy day, which caused a number of retirements, he covered a distance of 231 miles.

The final race in the Evening Hill Climb series was won by Carl Trevis, giving him a third win to take the overall series. His time was 1min 38.67 seconds.

Other times: Chris Twine 1-40.70 (second overall), Lewis Norris 1-40.86 (third overall), Chris Putnam 1-51.09, James Nelson 1-52.51, Tom Coulson 1-55.09, Tony Knott 2-06.39, Lee Barber 2-09.51, Peter Logan 2-13.16, Phil Frean 2-15.39, Joan Lennon 2-23.45.

Mel Robertson, the club's veteran champion, was back to winning ways in the Eastbourne 25-mile event taking top honours in that category with a time of 1 hour and 9 seconds. Carl Trevis made a promising debut at the distance, recording 1-03-01. Other times: Kevin Doe 1-08-41, Logan 1-08-52, Robert Downham 1-12-34.

In the club 26-mile Hardrider's Championship, which includes the climb of Bury Hill, Robertson was fastest in 1-09-11. Mark Bernhardt was second in 1-12-17 and Paul Outhwaite third in 1-12-55.

Other times: John Marshall 1-15-03 (first handicap award), Putnam 1-16-40, Doe 1-21-32, John Baldwin 1-25-19.

## Mark is Excelsior's 12-hour champion

WORTHING Excelsior Cycling Club's 12-hour champion is Mark Bernhardt, who completed the Kent Cycling Association marathon with a tremendous debut ride of 236¾ miles.

He finished well clear of his Excelsior opposition. Nathan Gale came second, clocking 219 miles, and Stuart Jago was third with 214.

Jeremy Wootton continues to record super-fast short distance times. In the Southern Counties 25-mile event, he recorded his second fastest time with 55mins 34secs to finish eighth out of a field of 120.

More success went to veteran ace Mel Robertson. In the East Sussex 10-mile event, he was second in a time of 23-30 and in the following morning's 25-mile, he was first veteran, with 59-49. He also won the combined events award.

Other Excelsior 10-mile times: Carl Trevis 24-24, Clive Lett 26-24, Peter Logan 27-26, Nicole Patterson 28-30. 25-mile times: Trevis 61-45 (PB).

## Excelsior's defend title

WORTHING Excelsior Cycling Club successfully defended their possession of the Clonmore Trophy in last Sunday's inter-club 25-mile event on the Chichester road course.

The annual competition is competed for between Bognor Regis CC, Hants Road Club, Southdown Velo and the Excelsior.

Excelsior fielded 27 riders with the aggregate of the best six to count for the team trophy. They placed the top two with Jeremy Wootton leading them home in 58mins 59secs, and Mel Robertson second in 59-57.

Excellent supporting rides came from Chris Twine in 1hr 01mins 17secs, Carl Trevis in 1-02-25, Mark Bernhardt 1-02-29 and a personal best from junior Lewis Norris in 1-04-22 to complete the team.

Other times: Simon Letts 1-04-39, Stuart Jago 1-05-26, Paul Outhwaite 1-06-31, Neale Maloney 1-06-39, Chris Putnam 1-07-04, John Marshall 1-07-14, Nathan Gale 1-07-30, Gavin Baylis 1-08-04, Clive Lett 1-09-09, Phil Freen 1-09-15, Peter Logan 1-09-45, Phil Walker 1-10-31, Ben Barden 1-11-48, Lee Barber 1-13-06, Nicole Patterson 1-13-29, Robert Downham 1-14-08, Tony Knott 1-14-18, John Baldwin 1-14-31, Paul Ansell 1-14-36, Joan Lennon 1-14-50, James Nelson 1-21-55, Graeme Gill 1-22-47.

## Excelsior duo win 35-team Lewes event

WORTHING Excelsior Cycling Club's veterans had a successful involvement in the Lewes Wanderer's 17½ mile Grand Prix des Gentlemen at the weekend.

On a blustery morning, the circuit between Halland and Ringmer provided a testing challenge.

Clive Lett took Don Lock round in an excellent 46mins 20sec, with Lock's age standard giving them overall victory in the 35-team field. Jeremy Wootton paced Mel Robertson and recorded the fastest actual time of 42-08. With Robertson's age standard, they also collected the fourth place award. There was yet more Worthing success when Nicole Patterson took Joan Lennon round in 51-55 to win the women's award.

Other Worthing times: Phil Walker and Ken Newton 48-54; Robert Downham and Peter Logan 49-47.

Excelsior's Hill Climb Championship on Steyning Bostal was incorporated in the Sussex Cyclists Association event on Saturday.

Carl Trevis was the only one to beat five minutes, with 4-47.

Junior Lewis Norris had an excellent ride to finish second in 5-01 and Mark Bernhardt was third with 5-16.

Other times: Chris Twine 5-20; Chris Putnam 5-48, Jeremy Wootton 6-48.

A trip to the New Forest on Saturday saw a personal best 10-mile time for Nicole Patterson. In the New Forest CC event, she recorded 28-13 and collected the second fastest women award.

THE INTER-CLUB 25-MILE C.C. RETAIN 'CLONMORE' TROPHY 2010



LEWES G/PRIX WINNERS  
CLIVE LETT (PACER)  
DON LOCK (HANGER-ON)



## Gill cycles to Billy Argent Trophy win

A NEW name will appear on one of Worthing Excelsior Cycling Club's most prestigious trophies after Graeme Gill, in only his second year with the club, won the Billy Argent Memorial Trophy in last Saturday's touring competition.

Over a 30-mile course of country lanes and bridle paths stretching between Steyning, up towards Horsham and back, to the finish in Littleworth, saw the riders severely tested.

Gill's map reading and knowledge of Sussex and the countryside saw him outscore his opponents, including

previous champions.

Last year's winner Andrew Lock dropped to second place and Alan Matthews repeated last year's effort to finish third.

Other riders, in finishing order, were Robert Downham, Don Lock, Tony Knott and John Baldwin.

Tony Knott has won the club's runs attendance competition, scoring a mammoth 90 points, well ahead of Phil Walker in second on 76 and Don Lock in third on 69.

Richard Klose was fourth with 58, followed by John Baldwin (57), Rocco Sepe and Ken Newton (both 51), and Robert Downham (50), although more than 40 members registered scores.



## TOGETHER FOREVER

CW's Ellis Bacon is stoked about his bicycle made for two:

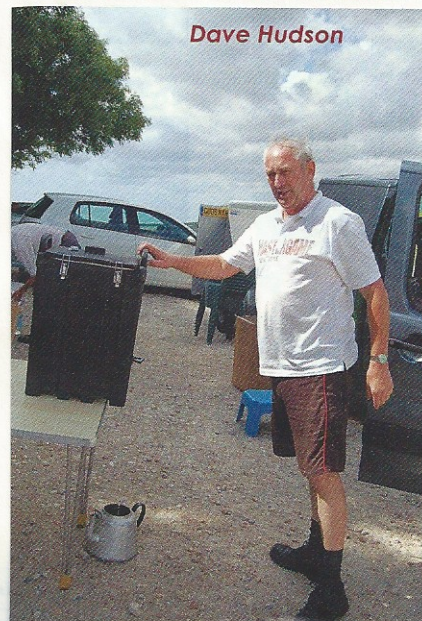
"I'd turn around and she'd still be there. I'd push a little harder on the pedals... but it was no use — however hard I tried, I just couldn't drop her.

"Training on a tandem with my girlfriend has turned out to be the best way to enjoy cycling together. No more tantrums — from her or me — and instead we can concentrate on the job in hand: namely, enjoying a bike ride in each other's company. In fact, some might go as far to say that riding a tandem strengthens a relationship: teamwork, communication, sharing the load. Me, I just occasionally turn around to remind her to stop wriggling about when we're going round a corner. The tandem has now become a regular training 'tool' for us — we can ride together, and yet there's zero chance of anyone being left behind."



ELLIS BACON AND PARTNER.

## South Downs National Park 100 (photos: Lise Taylor-Vebel)



Dave Hudson

WORTHING HERALD 18TH NOV. 2010.

## Excelsior's Mel enjoys another outstanding year

WORTHING Excelsior Cycling Club's veteran Mel Robertson has enjoyed another excellent year.

Riding a full season from late February to early October, he completed around 30 time trials at all distances from 10 to 100 miles with tremendous success.

At club level, Robertson, 63, successfully defended his title as veteran best all-rounder (BAR) and also kept himself ahead of all the other categories of opposition.

In the senior BAR, he averaged 24.551mph over the three qualifying distances of 25, 50 and 100 miles, leaving Mark Bernhardt second on 23.957 and Stuart Jago third with 23.097.

The veteran BAR result saw Robertson at his age standard by 6.761mph.

He recorded times of 58mins 35sec for 25

miles, 1hr 58mins 10sec for 50 miles and 4-24-21 for 100 miles.

Robertson, who organises all of Excelsior's time trials, also won the Surrey/Sussex Veterans Time Trial Association and beat his age allowance by 2-23-36, while also winning the Association's 50-mile title.

At county level, he was top veteran in all three of the Sussex Cyclists Association BAR competitions — short, middle and long distances — leading team mates Jago and Bernhardt to the team trophy in the long distance.

Away from the standard race formats, he rode the Sussex CA's "Sporting Courses" event, recognised as hilly and harder, and repeated his 2009 veterans win, albeit by one point from East Grinstead's Steve Dennis



MEL ROBERTSON.

# Excelsior's Mike completes challenging trial

MIKE Irons of Worthing Excelsior Cycling Club was the only one of a 20 strong group from the club to successfully complete the East Sussex Reliability trial on Sunday.

Riders faced a challenging 54 miles of hilly terrain in the north east of the county and Irons, who took the trouble to ride the course two weeks previously, was able to keep to the complicated route and finish within the time limit.

The other 19 all finished, despite going off course, but were just outside the time allowed and found they had

covered in excess of 58 miles.

They were Richard Klose, Rocco Sepe, Giacomo Sepe, Peter Logan, Mark Newnham, James Nelson, Robert Downham, Nicole Patterson, Clive Lett, Phil Frea, Don Lock, Lee Barber, John Baldwin, Matt Bushby, Kevin Doe, Ken Newton, Neale Maloney, Graeme Gill and Phil Walker.

The club's annual dinner and prize presentation was held on Friday at Worthing Rugby Club when 83 members and friends honoured the 2010 champions.

Club president Tony Palmer presented the awards, including the club person of the year trophy, which went to Mel Robertson.

Robertson got the award for all the racing administration he does for the club, as well as for his success in open and association competitions.

Stuart Jago, who made substantial improvements at all distances, particularly in the longer events, was named most improved rider.

He is now training for the National 24-hour Championship in July, where he is aiming to exceed 400 miles.

TOURIST TRIAL OCTOBER 2010.



TERA SMALLMAN · GRAEME GILL · JOHN BALDWIN · ROGERS SMALLMAN · ALAN MATTHEWS · ANDREW LOCK  
TONY KNOTT · ROBERT DOWNHAM · DON LOCK

## Grants for community projects set for approval

A GRANT of £3,600 to a Worthing wildlife charity was being recommended for approval at last night's meeting of the borough's county local committee.

The charity, Cortis Avenue Wildlife Sanctuary, requested the grant towards the purchase of secure storage for tools and equipment.

Also recommended for approval were grants to:

● Tiny Tots Playgroup/New Life Church, £250 to provide new playgroup toys.

● Worthing Borough Council, £1,000 towards

materials and professional expertise for an urban art project at the Ivy Arch Tunnel, with a recommendation that match-funding is requested from the Worthing Community Chest.

● Liaise Debut Counselling/River of Life Church, £750 for equipment for the Liaise debt counselling service.

● Worthing Open Homes, £2,500 towards the Worthing Open Homes event.

● Worthing Excelsior Cycling Club, £200 for 25 safety control jackets.

● Diverse Cultures Football