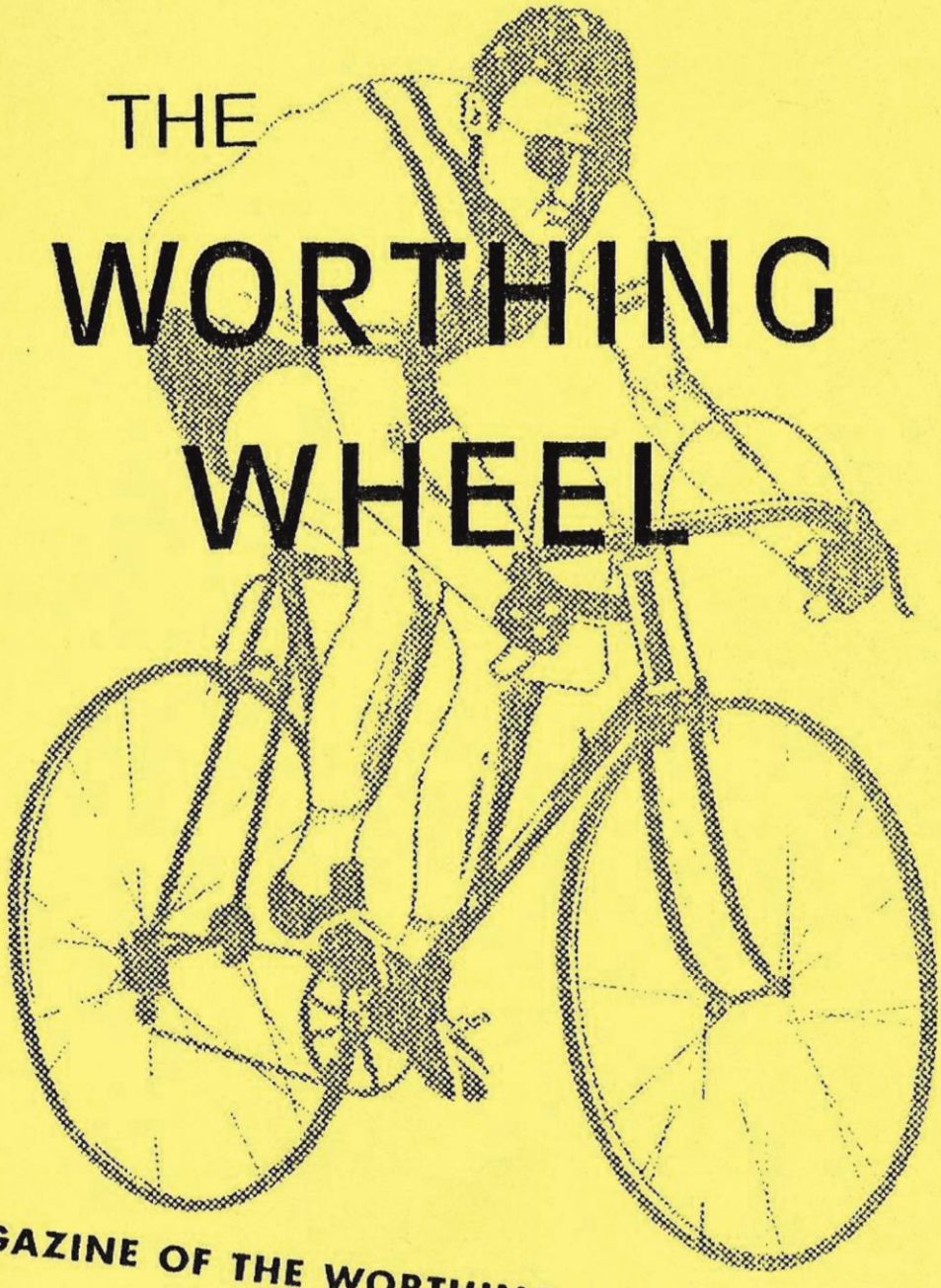
THE WORTHING WHEEL



MAGAZINE OF THE WORTHING EXCELSIOR CYCLING CLUB

AUTUMN 1983 VOL.16 No.3

THE WORTHING WHEEL AUTUMN 1983

The journal of the Worthing Excelsior Cycling Club having its Clubroom at Broadwater Parish Rooms, Broadwater Green, Worthing and meeting every Tuesday between 7.30 p.m. and 10.00.p.m

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The opinions and comments expressed in this magazine are the opinions and comments of the individual contributors, and are not necessarily the view or the Worthing Excelsior Cycling Club or or it's General Committee.

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The Club 15

The second event at this distance was open to all members, but I think many must have thought that you could just enter on the line. Well you can if you really only want to ride a private, but not if you wish your ride to be eligible for award, either scratch or handicap, or to count towards the season long points cup. Entries to Club events close on the Tuesday before the event with a properly completed entry form. The only exception is where you are entering for the whole or the remainder of the evening tens series. Do not confuse 'signing on' with 'entering'. So; we had 17 entries and 10 Club privates; how much better an event it would have been had they all entered properly, especially when you look at someof their times.

The course was the usual, Ashurst/Ashington circuit, and a good warm evening was right for good times, including, we should regord, a new course record by Archer Road Club star Tony Goodsell who cracked out a private trial time of 34.49.

Result:-

1st.	Paul Toppin	35.37	SC	35.37.
2nd.	Andrew Lock	37.12	1.30	35.42.
3rd.	Stuart Gibbs	37.15	1.50	35.25.
4th.	Steve Jukes	38.24	3.00	35.24.
	Don Lock	38.24	2.20	36.04.
6th.	Paul West	39.47	4.30	35.17
7th.	Jeff Russell	41.06	5.30	35.36
8th.	Bill Procter	42.07	6.30	35.37
9th.	Keith Laker	42.22	6.20	36.02

10th.	Mike Gibbs	42.31	5.10	37.21
11th.	Peter Aslett	44.04	9.00	35.04
12th.	Brian Cox	44.13	7.15	36.58
13th.	John Wiseman	44.58	9.30	35.28
14th.	Peter Kibbles	45.02	10.00	35.02
15th.	Mike Stanbridge	45.04	9.00	36.04
16th.	Angela Walker	45.55	9.30	36.25
17th.	Betty Cox	46.36	8.50	37.46

Other times:-

Roy Holden	37.16
Andy Smith	38.10
Peter Scopes	39.52
Mike Mansell	40.32
Dave Best	41.09
Ken Atkins	41.33
Chris Kennard	43.37
Tony Butler	43.45
Robert Downham	43.57
Bill Patrick	44.09

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Evening Tens series Event No.9.

1st.	Paul Toppin	23.06	SC	23.06
2nd.	Andrew Lock	23.43	1.15	22.28
3rd.	Roy Holden	24.00	1.10	22.50
4th.	Stuart Gibbs	24.31	1.20	23.11
5th.	Andy Smith	24.40	2.25	22.15
6th.	Steve Jukes	25.19	2.15	23.04
7th.	Mike Mansell	25.36	2.40	22.56
8th.	Paul West	25.41	2.50	22.51
9th.	Peter Scopes	25.50	3.40	22.10
10th.	Vincent Webb	26.40	4.00	22.40
	Robert Downham	26.40	4.20	22.20

12th.Tom Lainsbury	26.47	4.15	22.32
13th.Keith Laker	26.50	4.15	22.35
14th.Anton Barnard	26.51	4.30	22.21
15th.Jeff Russell	26.56	3.20	23.36
16th.Mike Gibbs	26.59	4.00	22.59
17th.Bill Procter	27.06	4.00	23.06
18th.John Lucas	27.17	6.00	21.17
19th.Tony Butler	28.16	7.00	21.16
20th.Chris Kennard	28.38	4.45	23.53
21st.Peter Kibbles	28.40	7.10	21.30
22nd.John Wiseman	28.41	6.40	22.01
23rd.Reg Searle	28.47	6.20	22.27
24th.Bradley Walters	28.59	6.45	22.14
25th.Mike Stanbridge	29.33	7.10	22.23
26th.Robert Farrow	29.44	6.40	23.04
27th.Angela Walker	29.47	7.30	22.17

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Evening Tens series Event No.10

1st. Paul Toppin	22.44	SC	22.44
2nd. Andrew Look	23.03	1.10	21.53
3rd. Steve Jukes	24.27	2.20	22.07
4th. Andy Smith	24.31	2.20	22.11
5th. Paul West	25.06	2.50	22.16
6th. Peter Scopes	25.07	3.20	21.47
7th. Mike Mansell	25.17	2.25	22.52
8th. Ken Atkins	25.23	3.40	21.43
9th. Bob Grange	25.33	4.00	21.33
10th.Mike Gibbs	25.47	4.10	21.37
11th.Vincent Webb	25.48	4.00	21.48
12th.Bill Procter	26.14	4.00	22.14
13th.Robert Downham	26.15	4.20	21.55

14th.Colin Miller	26.16	3.50	22.26
15th.Keith Laker	26.23	4.15	22.08
16th.Tom Lainsbury	27.03	4.15	22.48
17th.Tony Butler	27.32	6.15	21.17
18th.Chris Kennard	27.45	4.45	23.00
19th.Reg Searle	28.06	6.20	21.46
20th.Bradley Walters	28.09	6.35	21.34
21st.Mike Stanbridge	28.24	7.10	21.14
22nd.Peter Kibbles	28.27	6.30	21.57
23rd.Angela Walker	28.44	7.30	21.14
24th.Robert Farrow	29.26	6.40	22.46

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Southern Counties C.U.100

Keith Dodman rode very well in this to finish second with a time of 4.25.24. This was only a couple of minutes slower than his ride in the S.C.A.event, while the Counties course is generally considered to be much harder. Through most of the event he trailed Robert Douglas of the Clarencourt, but managed to overhaul him with a strong and sustained finish. The winner was D.Mair of 29th Wheelers in 4.14.55. Douglas finished third in 4.26.30.

Keith did not manage too good a 50 in the Counties event in June recording 2.11.01 but he still has their 25 to ride in September and has an excellent chance of a top three placing in their Best All Rounder competition.

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Overheard at Preston Park "Cammish can't ride tens anyway". I calculate that his 100 record of 4.31.53 required no less than ten 21.12's to be strung together.

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Charlie Janman

Charlie Janman of the Bognor Regis C.C. died on Saturday23rd July and a great servant of Sussex cycling is with us no more. Charlie was a great friend of our own late Chairman Charlie Lednor and between them they cemented much good fellowship between our two Clubs.

A number of our members attended the service and paid their last respects and a floral tribute was provided by the Club. We extend our sympathy to all his friends and relations he will be sadly missed.

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C.T.C./Audax U.K. National 400 km. ride. July 23/24

Four members rode the first of these events in 1982 and came back for a second ride in 1983. They were Dave Hudson, John Mansell, Paul Toppin and Don Lock. They also persuaded Mike Kennard Andy Smith and Mike Mansell plus second claim members Dave Ritchie (C.T.C.) and Chris Beckingham (Brighton Excelsior) to go along.

The start was at Godalming and the route, identical to '82 took them to Salisbury, Wimborne Swanage, Bournemouth, Lyndhurst, Romsey, Chichester and back to Godalming through Pulborough and Alfold; a full 250 miles.

The weather was warm with a good deal of sun and some showers, the wind being from the south was probably in the best quarter, helping over the last stretch when legs were most weary.

The major part of the ride was in the

company of a group of about 12 to 15 including Audax riders, Willesden C.C.members and an Eastbourne Rover plus a couple of acquaintances from 1982. Paul,Don, John and Mick Kennard were all home in a little over 22 hours which was about the same as their first effort, and with masses of margin when you consider that a maximum of 27 hours is allowed. Dave and Chris were about an hour and a half later, having taken the last 40 or 50 miles at a leisurely pace with plenty of stops. Andy Smith was to finish a little in front of them with Mick Mansell about an hour later. Dave Ritchie had knee trouble and did very well to finish just inside the limit.

About 200 rode and as is the intention of both the organisers and the very determined type of rider, the success rate was pretty nearly 100%. One rider covered the ride in about 17 hours but that's just the way he wanted to do it, he receives no more award or acclaim than those nearly 10 hours slower. To finish inside the time is the only and the ultimate aim.

If any of you racing men may have lingering doubts as to the hardriding ability of these randonneurs, how about the one who rode this event and who had, in the words of another, 'done Lands End to John O'Groats midweek'. Yes that very same week! Oh yes; and ask Paul Toppin about the young lady who rode most of the way with us.

One other thing worth mentioning is that in the team event (most finishers) we came second

just one down on Willesden. Let's have a go at beating them next year. It is a very rewarding challenge.

Mick Kennard enjoyed it so much he is hoping to ride one in France in September. There are apparently a whole series from 50 to 150kms. He is thinking of joining Audax so as to keep in touch with all the events that are promoted. Anyone else interested can obtain details from Dave Hudson or Mick, or of course can write direct to: Audax U.K. Membership Secretary Ray Haswell 22b Kings Avenue, Lower Parkstone, Poole Dorset. The membership fee of £2.75 covers the cost of a tracksuit badge four copies of their magazine and information on foreign events plus a reduced entry fee to some events.

Paul de Vivie known as 'Velocio' Founder of the French magazine "Le Cycliste" laid down the following commandments for his followers:-

1. Light meals and frequent. Eat before getting hungry, drink before getting thirsty.
2. Never ride until so fatigued that you cannot eat or sleep.
3. Few stops and short so as not to lose your drive.
4. Put on extra clothing before getting cold, take some off before getting hot. Do not be afraid to expose skin to air sun and water.
5. On the road at least, cut out wine and tobacco.

6. Never rush things. Ride within yourself, especially in the first few hours or a trip when you feel strong and feel tempted to force the pace.
7. Never pedal to show off.

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Hove Park Criteriums
31st July 1983

The Sussex Cycle Racing League with the generous sponsorship of R.A.Beck & Daughters, the Brighton builder who was a professional cyclist himself in the 1950's, put on a first class meeting. They were rewarded with a good crowd, an afternoon when the weather remained good despite thunder rumblings and one short shower, and some exciting racing.

The schoolboys 15 lap race as an opener was good and we were all cheering the Brighton Excelsior schoolboys (sad that there were none in Worthing colours) when young Jonathan Merricks, who looked to have the race, and the Sussex Divisional championship in the bag, lost his chain. He grabbed another bike but it looked too big and his chance was gone. Paul Butler from Crawley was the winner and young Jonathan finished third.

The Juniors race was 30 minutes plus three laps and we were represented by Andrew Lock. There was plenty of opposition for him with local Alan Green (V.C.Etoile) and Gary Sims (Lewes) and strong entries from Salisbury and Anglia Sport. Disaster, or near disaster struck

on the first lap when the Salisbury rider Geoff Giddings and Andrew came down heavily. They were however allowed a lap out, and although both had quite nasty abrasions they were back in the action by the third lap. Alan Green looked in good form sprinting strongly to pick up the primes. It was however, Colin Bath of the Anglia team who eventually got clear. Andrew made several attempts to pull him back but always, it seemed no one would work with him. It was only when there were just three laps to go that he made a fine solo effort and although he left the rest for dead, and made up some ground on the breakaway, he had to be content with second place. A fine ride and the abrasions were nothing that a scrubbing brush and a little iodine couldn't put right.

The third event was the senior amateur over 45 minutes and 5 laps and in this we had the two Pauls, West and Toppin. Paul W was soon in action going off the front like an express train but soon reaching a decision that it was not going to be his afternoon and dropping in to the sidings. Paul T played a different game, stay on the back of the bunch, keep in contact and remain inconspicuous. This worked well with the leading group gradually whittling down from some 37 starters to a mere dozen or so. We got the impression that with another hour added Paul could have been on his own. As it was when the hectic last lap sprinting came he could do little more than 'stay on the back of the bunch, keep in contact and remain ...

inconspicuous'. He in fact finished 10th and it was a very good effort in a strong and experienced field. The race was a triumph for the Becontree Wheelers with Martin Wright first and Craig Stevens second both coming from that Club. Cliff Dent Southern Velo was third.

That then was the build up to the professional racing which had served to draw the crowds and create such a lot of interest. There was a full field of 40 assembled and it included such stars as Shaun Yates (Peugeot) the current national pursuit champion. Tony Doyle ex world champion. Bill Nickson winner of the 1976 Milk Race. Phil Thomas, 1983 Pro Road race champion and others like Sid Barras, Phil Bayton and Steve Joughin. Their race duration was 1 hour and 10 laps, and it was to be one hour of non stop action. The crowd responded remarkably to the appeal for prime money. There were so many fivers flying about that it meant a sprint nearly every lap and served to make a tough race which was always fast and spectacular. Local hero Yates was always in the action but so was Joughin and powerhouse Phil Bayton. There was eventually a break but still a dozen or so were in contention, and there were brave efforts from the back to bridge the gap, noteably by Steve James which was successful and by Steve Wallington which wasn't quite. It was a thrilling finish with Joughin holding off Steve James (2nd) Phil Bayton (3rd) and an awesome sprint from the rear by Yates (4th).

It was a very good afternoon's sport and many thanks are due to Ron Beck for the considerable financial outlay which made it all possible.

Don.

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We've all heard of posers but it is strongly rumoured that the Locks have actually got a mirror on the inside of the cycle shed door! Now that really is extreme. (the way Andrew shuts doors we should be in for seven years bad luck very soon Ed.)

It's rumoured that lack of miles this season is making quite a change in the John Grant silhouette. The power to weight ratios are quickly becoming weight to power ratios making for a whole lot of new calculations.

Evening ten series Event No.11.

1st. Paul Toppin	21.57	Sc	21.57
2nd. Andrew Lock	23.29	1.10	22.19
3rd. Steve Jukes	23.47	2.20	21.27
4th. Stuart Gibbs	24.00	1.20	22.40
5th. Peter Scopes	24.45	3.20	21.25
6th. Mike Mansell	24.51	2.40	22.11
7th. Paul West	24.57	2.50	22.07
8th. Mike Gibbs	25.46	4.10	21.36
9th. Ken Atkins	25.48	3.40	22.08
10th.Bill Procter	26.09	4.00	22.09
11th.Keith Laker	26.17	4.15	22.02
12th.Colin Miller	26.32	3.50	22.42
13th.Robert Downham	26.47	4.20	22.27

14th.Reg Searle	27.37	6.20	21.17
15th.Bradley Walters	27.59	6.35	21.24
16th.Peter Kibbles	28.17	6.30	21.47
17th.Peter King	28.32	6.50	21.42
18th.Mike Stanbridge	28.32	6.50	21.42
19th.Betty Cox	28.40	6.40	22.00
20th.Angela Walker	29.16	7.10	22.06

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The Club Championship and Inter-Club event
25miles 24th July 1983

Despite the absence of many who were riding a 400km Audax event that day, I was able to present start timekeeper Dennis Jukes with a list of 49 riders.This comprised 22 Worthing 12 Bognor and 15 privates. There were, however, 4 D.N.S including myself, down with a heavy cold, and Ken Atkims, who later turned up on his touring bike, confessing at 'not feeling up to it' that morning.

Although dry, the sky was overcast and with one of those stiff breezes that seems to blow from every direction (except behind). This made the going hard all the way round the G938 and the times and the riders faces tended to reflect this.

First back to timekeeper Roger Smallman was No.2 T.Smart of the Bognor with a time of 1.8.56, closely followed by Steve Jukes 1.3.05, Les Janman (Bognor) 1.4.27 and Mike Stanbridge, off No.1, who returned with a personal best of 1.14.01 and 1st handicap.

News filtered through of three retirements:-

D.Palmer (Bognor) (punctured), A.Malby (Bognor) (lost a fight with a juggernaut) and our own Angela Walker, exhausted.

Scratchman, Richard Shipton was soon to finish with a 1.00.06 and waited apprehensively opposite the finish for Andy Lock to arrive, nearly six minutes later in 1.1.01.

Tony Palmer then completed his stint in 1.8.49 having started with 36 spokes in his rear wheel and finished with 32!

This most enjoyable morning was rounded off with a chat and a cup of tea around my makeshift result sheets during which a rather damp Colin Miller and John Lucas arrived, having been caught in a heavy rainfall while narshalling at the turn.

For the record the results were:

1st.	R.Shipton	(W)	1.00.06	Sc	1.00.06
2nd.	A.Lock	(W)	1.01.01	1.40	59.21
3rd.	W.Holden	(W)	1.01.28	2.00	59.28
	L.Fairchild	(B)	1.01.28	-	-
5th.	S.Jukes	(W)	1.03.05	3.30	59.35
6th.	R.Fairchild	(B)	1.03.17	-	-
7th.	G.Young	(B)	1.03.46	-	-
8th.	L.Janman	(B)	1.04.27	-	-
9th.	S.Gibbs	(W)	1.04.47	2.00	1.02.47
10th.	B.Stewart	(B)	1.05.54	-	-
11th.	J.Smith	(W)	1.06.11	6.30	59.41
12th.	T.Lainsbury	(W)	1.07.39	8.40	58.59
13th.	J.Russell	(W)	1.07.59	9.00	58.59
14th.	A.Scales	(B)	1.08.17	-	-
15th.	A.Palmer	(W)	1.08.49	9.00	59.49
16th.	T.Smart	(B)	1.08.56	-	-

17th.W.Procter	(W)	1.09.05	9.50	59.15
18th.K.Laker	(W)	1.10.12	10.00	1.0.12
19th.M.Elliot	(B)	1.12.07	-	-
20th.R.Downham	(W)	1.13.15	10.30	1.2.45
21st.J.Butler	(W)	1.13.17	14.00	59.17
22nd.M.Stanbridge	(W)	1.14.01	16.00	58.01
23rd.P.Aslett	(W)	1.15.13	14.00	1.1.13
24th.J.Gilbert	(B)	1.15.23	-	-
25th.R.Searle (trike)	(W)	1.23.40	16.00	1.7.40

We won the team prize with our best six riders aggregating 6.16.38 to Bognor's 6.27.9.

---------- Paul West.

It's rumoured that Paul Toppin wants a 24 hour event included in the Best All Rounder.

Evening ten series Event No.12

1st.	Paul Toppin	22.57	sc	22.57
2nd.	Andrew Lock	23.19	1.10	22.09
3rd.	Stuart Gibbs	23.51	1.20	22.31
4th.	Roy Holden	23.53	1.15	22.38
5th.	Steve Jukes	24.03	2.10	21.53
6th.	Andy Smith	24.28	2.20	22.08
7th.	Paul West	24.48	2.50	21.58
8th.	Peter Scopes	24.50	2.30	22.20
9th.	Mike Mansell	25.11	2.40	22.31
10th.	Mike Gibbs	25.27	4.10	21.17
11th.	Vincent Webb	25.29	4.00	21.29
12th.	Bill Procter	25.59	4.00	21.59
13th.	Robert Downham	26.41	4.20	22.21
14th.	Keith Laker	26.48	4.15	22.33
15th.	Graham Tooley	26.52	2.10	24.42

16th. Brian Cox	27.05	5.00	22.05
17th. Peter King	27.56	6.50	21.06
18th. Peter Aslett	28.04	6.20	21.44
19th. Peter Kibbles	28.04	6.30	21.34
20th. Reg Searle	28.05	5.20	22.45
21st. Angela Walker	28.10	7.10	21.00
22nd. Mike Stanbridge	28.15	6.50	21.25
23rd. Betty Cox	28.50	6.40	22.10
24th. Geoffrey Weston	29.43	6.15	23.28
25th. Simon Boots	33.36	12.00	21.36

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It's rumoured that a number of the marshalls did so many miles and found it so hard during the S.C.A. 12 hour that they plan to ride it next year. It's also rumoured that a number of the riders found it so hard that they plan to marshall next year.

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It's rumoured that after her canteen and evening tens catering experience Maureen Lock has brought a library book home entitled "How to run a tearoom". The Editor will try and keep readers informed of any further developments.

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<u>The Clapshaw (Handicap) 25 31st.July.</u>

A warm and sunny morning but one where several riders found the lack of air made for a very hard event. Paul Toppin and Richard Shipton renewed their 'top of the pile' rivalry and this time Richard had to give best by 3 seconds although according to the handicapper Paul should have been half a minute clear.

The principal competition was of course the

handicap for the Clapshaw Trophy. In 1983 it was to move away from the succession of up and coming youngsters, and fall deservedly into the hands of one of the Club's veterans. With the combination, perhaps, of a slightly over generous allowance, but with an improvement on his previous form, Reg Searle was to finish with the lowest net time, and so the trophy is destined to spend a year in the Searle household. He did not win by any great margin though, for in second place was another veteran Mike Stanbridge and the gap was a mere 13 seconds. The handicapper was a veteran.... is he being too kind to the old folks?

Full Result

1st.	Reg Searle	55.27	(18.00)	1.13.27
2nd.	Mike Stanbridge	55.40	(17.00)	1.12.40
3rd.	Robert Downham	56.18	(13.30)	1.09.48
4th.	Tony Butler	56.42	(16.00)	1.12.42
5th.	Bob Grange	57.19	(11.00)	1.08.19
6th.	Andrew Lock	58.16	(2.30)	1.00.46
7th.	Angela Walker	58.31	(18.00)	1.16.31
8th.	Richard Shipton	58.39	(0.30)	59.09
9th.	Keith Laker	58.58	(10.00)	1.08.58
10th.	Paul Toppin	59.06	(sc)	59.06
11th.	Roy Holden	59.09	(3.30)	1.2.39
12th.	Steve Jukes	59.17	(4.15)	1.03.22
13th.	Stuart Gibbs	59.30	(3.10)	1.02.40
14th.	Tony Palmer	59.53	(9.30)	1.08.23
15th.	Bill Procter	59.58	(8.00)	1.07.58
16th.	Mike Gibbs (puncture)	1.05.03	(9.30)	1.14.33

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It's rumoured that Brighton Excelsior have gone digital. Chris Beckingham was quite amused to see that Ray Douglass timekeeping at our evening ten a week or two back was still counting the number of times Mickey Mouse kicked the ball before Paul Toppin finished.

Have you noticed the twin colours now on view for Worthing Excelsior. There's so many comebacks happening that the old white racing vest with light blue and dark blue vee is becoming quite a regular sight again. Colin Miller, Ian Reader, Paul West and now Nick Lelliott. Rumour has it that Ray Douglass is having them secretly manufactured.

Evening Ten series event No.13

1st.	Paul Toppin	22.26	sc	22.26
2nd.	Andrew Lock	23.21	1.10	22.11
3rd.	Stuart Gibbs	23.45	1.20	22.25
4th.	Steve Jukes	23.52	2.10	21.42
5th.	Roy Holden	23.57	1.15	22.42
6th.	Don Lock	24.01	2.00	22.01
7th.	Paul West	24.04	2.50	21.14
8th.	Andy Smith	24.14	2.20	21.54
9th.	Peter Scopes	24.49	2.10.	22.39
10th.	Richard Knight	24.57	2.30	22.27
11th.	Mike Mansell	25.01	2.40	22.21
12th.	Mike Gibbs	25.18	4.10	21.08
13th.	Graham Tooley	25.33	2.10	23.23
14th.	Bill Procter	25.36	4.00	21.36
15th.	Vincent Webb	25.51	4.00	21.51
16th.	Keith Laker	26.19	4.15	22.04
17th.	John Lucas	27.02	5.15	21.47

18th.	Robert Downham	27.12	4.20	22.52
19th.	Peter King	27.33	6.50	20.43
20th.	Peter Aslett	27.35	6.20	21.15
21st.	Reg Searle	27.41	5.20	22.21
22nd.	Bradley Walters	27.45	5.30	22.15
23rd.	Peter Kibbles	27.53	6.30	21.23
24th.	Mike Stanbridge	27.56	6.50	21.06
25th.	Angela Walker	28.05	7.10	20.55
26th.	Tracy Hester	28.29	9.00	19.29
27th.	Ian Reader	28.36	-	-
28th.	John Wiseman	28.45	6.20	22.25
29th.	Robert Farrow	28.50	6.40	22.10
30th.	Chris Kennard	28.58	4.45	24.13
31st.	Geoffrey Weston	29.09	6.15	22.54
32nd.	Simon Boots	32.22	11.00	21.22

At a recent S.C.A.meeting called to discuss a matter concerning the 12 hour, Val Stringer of the Brighton Excelsior suggested a solution might be to have a re-run. Those members of the Committee who rode the event are still trying to decide upon a suitable punishment for such levity.

It's rumoured that Dave Hudson has been seen studying a copy of John Woodburn's Lands End to John O'Groats record route and schedule!

Ken Atkins has been brought down from his bike by a dog allowed to run loose in the road. Yet another hazard for us to contend with, as if motor vehicles and potholes were not enough. Ken suffered cuts and grazes and concussion which kept him in hospital overnight. His bike

is a write off. Hard luck Ken. We can understand you feeling depressed but get the new frame and you will soon have your confidence back again. We wish you fit and well again very soon.

Evening Ten series Event No.14.

1st.	Paul Toppin	22.58	Sc	22.58
2nd.	Andrew Lock	23.23	1.10	22.13
3rd.	Roy Holden	23.55	1.15	22.40
4th.	Don Lock	24.31	2.00	22.31
5th.	Andy Smith	24.50	2.10	22.40
6th.	Graham Tooley	25.01	2.10	22.51
7th.	Stuart Gibbs	25.02	1.20	23.42
8th.	Mike Mansell	25.07	2.40	22.27
9th.	Peter Scopes	25.18	2.30	22.48
10th.	Paul West	25.20	2.10	23.10
11th.	Mike Gibbs	25.29	3.50	21.39
12th.	Bill Procter	26.12	4.00	22.12
13th.	Keith Laker	26.35	4.15	22.20
14th.	John Lucas	26.47	5.15	21.32
15th.	Peter Aslett	27.41	6.20	21.21
16th.	Bradley Walters	27.48	5.30	22.18
17th.	Peter King	27.53	5.50	22.03
18th.	Reg Searle	28.21	5.20	23.01
19th.	Tracy Hester	28.22	6.20	22.02
20th.	Angela Walker	28.47	6.00	22.47
21st.	Betty Cox	28.55	6.40	22.15
22nd.	Geoffrey Weston	29.03	6.15	22.48
23rd.	Chris Kennard	29.14	4.45	24.29

The Evening tens

The results as published have excluded all private time trials, whether recorded by members of this Club or from other clubs.

The Overall Results

Scratch:

1st.	Paul Toppin	6 points
2nd.	Andrew Lock	12 points
3rd.	Roy Holden	13 points
4th.	Stuart Gibbs	14 points
5th.	Steve Jukes	25 points
6th.	Don Lock	26 points
7th.	Andy Smith	28 points
8th.	Mike Mansell	38 points
9th.	Paul West	39 points
10th.	Peter Scopes	40 points

Handicap:

1st.	Mike Mansell	18 points
2nd.	Andy Smith	17 points
3rd.	Angela Walker	16.5 points
4th.	Vincent Webb	16 points
	Mike Stanbridge	16 points
6th.	John Wiseman	15.5 points
7th.	Bradley Walters	15.333 points
8th.	Chris Kennard	15 points
	John Lucas	15 points
	Mike Gibbs	15 points

Fastest Schoolboy ride:

Robert Downham	26.15

Fastest Lady ride:

Angela Walker	28.05

Some statistics:

Thirty riders completed the necessary

six rides in the scratch competition and thirty seven managed to secure at least one handicap point. Two ladies completed the series, Angela Walker and Betty Cox,and Tracy Hester rode on three occasions. An amazing fifty different club members took part in the series and with a host of private time trials from friends in other clubs the numbers involved each week were usually above forty. The Club is I'm sure grateful to Paul West and his wife Carol for all their hard work in the promotion. Also on behalf of the riders a vote of thanks to all those who turned out to provide the welcome cuppa at the finish.

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Kelloggs Town Centre Racing

The Editor was going to do a report on this but it was too lengthy and he did not think it was suitable for cerealisation! Good television though - hope you are all writing to I.T.V. Channel 4 to tell them how much you enjoyed it.

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Veterans and veterans!

Overheard at the Surrey/Sussex Veteran's 25. "John Lucas a vet why I used to push him about in a push-chair" And this from the wife of one of the other competitors.

****

Fund Raising winners

January: P.Hudson. February: N.Macmillan.
March: J.Simpson. April:D.Mills. May: J.Spooner
June: J.Williams. July: Mrs.R.Holden.
August: B.Cox. September: J.Cheetham.

CLUB RECORDS.

RULES, ETC.

1.—Three days' notice must be given to the Race Secretary.

2.—Followers must not approach within 100 yards of competitor, except when feeding.

Miles.	h.	m.	s.	
25—D. Argent	1	12	3	Club Course.
50—C. Lednor	2	33	54 3/5	,,
50—C. Lednor (Independent)	2	37	41 1/5	,,
100—— Duffield	5	33	0	,,
Hill Climb—H. Baker	4	21	4/5	,,
12 Hours—185 Miles.				,,

Any Member beating the above Times, while riding in a Club Event, shall be entitled to a Special Gold Medal suitably inscribed.

STANDARD TIMES.

25 Miles—1h. 10m. 100 Miles—5h. 20m.

50 Miles—2h. 25m. 12 Hours—185 Miles.

Any Member desiring to try for a Standard Time Medal may do so on giving Racing Sec. 3 days' notice and paying an Entrance Fee of 2/6.

Competitors for Medals and Trophies Open to First Claim Members Only.

RULES.

1.—That this Club be called the Worthing Excelsior Cycling Club, and that the annual subscription be 3/6 including N.C.U. Membership. Colours, Light and Dark Blue.

2.—That the Committee consist of twelve members, to be elected at the Annual General Meeting, together with the President, Captain, Treasurer, and Secretary. Five to form a quorum. Any member elected on the Committee not attending three meetings in succession, without a reasonable excuse, shall have his name erased and another member elected.

3.—That no member be allowed to ride in front of Captain or one in charge, without permission, and that they ride in twos. Any member who is found guilty of conduct calculated to bring discredit on the club, the Committee shall have power to expel any member reported breaking this rule.

4.—Any member nominating a candidate for election shall send the name of such candidate to the Secretary, and the Secretary shall place the name of such candidate before the Com-

mittee for election at the next meeting, and, if elected, the subscription to be paid within four weeks. Persons may be nominated for membership by a member of the Committee at any Committee Meeting.

5.—That any member wishing to resign must give notice to the Secretary in writing seven days before the Annual Meeting, which shall be held in January of each year, and of which seven days' notice shall be given by the Secretary.

6.—Special Meetings of the Club shall be called either by a resolution of the Committee or by a requisition to the Secretary signed by any seven members of the Club. Not less than seven days' notice shall be given to all members of the Club.

7.—No member to be permitted to take part in any Club race or other event in connection with the Club who is not clear on the books at the time of entering.

8.—That cycle runs be fixed by the Captain of the Cycling Section, and notice thereof be given by him.

9.—That at all Club runs the Captain, or if he be absent the Sub-Captain, shall have entire control, and any member disobeying the order of such officer shall be liable to expulsion by the Committee.

10.—That a list of Rules be given to each member on joining the Club, and he will be expected to abide by them.

11.—That the Committee have the power of appointing one or more Delegates to attend the meetings of the National Cyclists' Union.

12.—That handicappers for local events be elected by the Members at the Annual General Meeting.

13.—All riders taking part in Club Events must wear dark clothing.

Continuing our series of firsts....

The First End to End inside two days

Just after 9.45 a.m. on June 16th 1965, 47 hours 46 minutes and 35 seconds after leaving Land's End, Dick Poole, Middlesex Road Club arrived at John o'Groats to make cycling history. He joined Roger Bannister, George Fleming, Ray Booty and other unforgettable greats of the athletic world who are remembered because they were the first to break through a barrier of time.

The longer the distance so the drama seems greaterand the end to end and the 1000 miles have always had a special place in British cycling. Two 24's of 437 miles - just think of that, one straight after the other. Or four 12's actually recorded of 236, 218, 213 and 204 in the last 11¾hours. The schedule was for 2 days but Dick had secretly set his heart on beating this. The attempt was the result of a life's ambition.

The 14th dawned with a s/w wind but of little strength nevertheless he was 11 minutes up on schedule at Bodmin, just 57 miles. A slight accident in roadworks near Cullompton did not help and he suffered through the Bristol area. He steadily lost ground, and cross winds hindered his progress until at Whitchurch he was 49 minutes down with 32o miles covered. He was riding smoothly though and never using big gears there was still plenty of time to make up the deficiency.

Eventually, at Perth with 614 miles under his

wheels he crept ahead of Reg Randall's time and his own schedule. A rather long stop for night clothing and a sit down feed at Blair Athol put him behind again but from here on he went like a train and this over the most gruelling part of the whole course. At Reiss with his mind now clearly set on beating two days he was practically sprinting.
At first he decided not to continue for the 1000, yet in a very short time he had recovered his composure enough to assess that he would only need to average something like 13 m.p.h. to gain the double. With fresh clothing,washed and fed he set out again. At 10.16 a.m. he set out to complete another 130 miles and in 2 days 8 hours 6 minutes the double had been gained. The last few miles were recorded in these times;- 2.12, 2.14, 2.43, 3.03, 2.45, 2.08, and 2.24. Yes they were wind assisted but when you have just ridden 993 + miles !

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SALE.!!!! We have two tee shirts left,that's the dark blue ones with the large circular club badge on the front. We also have one sweat shirt of the same design. Snag is they are small sizes. Tee shirts are 28 and 30 chest and the sweat shirt is 30. Very suitable for younger brothers... SALE PRICE ....
Sweat shirts £1.50. Tee Shirts £1. TO CLEAR.
Apply to the Editor.

RIDING A TWELVE HOUR

I have never ridden a twelve hour before,and having reached the ripe old age of 44 it was one of life's experiences which I reckoned I could do without. But constant reminders from various club members that the closing date for entries was approaching finally brow-beat me into sending mine in, and, much to my regret, it was accepted, and a start sheet bearing my name landed on the front door mat one Tuesday morning. It was only then that I realised the enormity of what I had undertaken. Normally my cycling involves short rides of up to 30 or so miles, with the occasional 50 or 100. Certainly I had never cycled non-stop for six let alone twelve hours. The furthest I had ever ridden in one day was 160 miles, and that was in 1955!

I had thought that I could get away with eating and drinking whatever was handed up by the various helpers around the course. Don Lock, an old hand (old legs as well Ed.) at riding twelves, soon put me wise. So I press-ganged my son Robin and his girl-friend, Kim, into spending the day as my helpers. We worked out a schedule with the course details and Ordnance Survey maps. I was to aim at an average speed of twenty miles per hour and they were to meet me at pre-arranged points to hand up food and drinks. I also carried a bottle with me and ate before the start. The food handed up was bananas and cooked rice with sultanas mixed in it. The drink was water

with salt tablets dissolved in it (which is not as revolting as it sounds) and hot tea. My bidon contained a mixture of pure grapefruit juice and honey, which proved to be too sweet and sticky as the day went on.
I found that for the first six hours keeping to the schedule was relatively easy, and I arrived at the sit down feed at 120 miles more or less on time. But it was there that the rot began to set in. I left the feed ten minutes behind schedule and after that slowly fell further and further behind. I was almost half an hour late at my next rendezvous with my helpers. After that I never looked like getting back on schedule and in fact at the end of the twelve hours I was 21 miles down, at 219miles, on what I had set out to do.
My reaction, when it was all over, was 'never again' but time is a great healer and already I am beginning to think about next year. Who knows, with the experience gained from this year's efforts, and given a good day, I may manage that 240 miles. But I will be another year older.....

Roy Holden

That was, of oourse, Roy's thoughts on his ride in the 1983 Sussex C.A.Open 12 hour,again promoted by Ray Douglass.
Paul Toppin was our best rider this year finishing fourth in 235 miles and turning the tables on our Ed. down in 8th spot with 229. With Roy's ride however, they did just enough to clinch another S.C.A.team title.

Reg Searle who had set himself a target of 160 miles did well to finish in 23rd spot with 189, while Mick Kennard starting his first twelve made it to around 140 miles before retiring. It was not an easy day with the winner Robert Douglas of the Clarencourt being the only one to better 20 m.p.h with a total of 241. Velo Club Etoile rider Jerry Keen won the Sussex championship with 238. Matthew Rabbetts of Lewes was the day's most unlucky rider missing the turn at Pulborough and covering distance off course which could have given him the County Trophy and this in his first ride at the distance ---ooo---

Some more results

30th June. Bognor 10 Paul Toppin equal 1st 22.25. Andrew Lock 23.20 1st.team with Adrian Cooper

2nd July . Redhill 10. Brian Cox 26.43. Betty Cox 27.50

3rd. July. Bournemouth 25. Andrew Lock 1.00.26 1st.Junior. Stuart Gibbs 1.1.20. Brian Cox 1.6.50 Mike Gibbs 1.8.6. with puncture.Betty Cox 1.11.7

6th. July Vegetarian 25 Paul Toppin 57.51.

9th. July Charlotteville 10 Stuart Gibbs 24.46 Mike Gibbs 26.15

10th.July Croydon 25 Stuart Gibbs 1.3.35

Southampton 25 Mike Gibbs 1.7.25

16th July Addiscombe 10 Andrew Lock 23.34

17th July Brighton Ex. 25. Paul Reeves 59.02
Roy Holden 1.2.40 Andrew Lock
1.2.47. Stuart Gibbs 1.4.8.
Mike Gibbs 1.8.22. Tom Lainsbury
1.8.48. Tony Palmer 1.8.53.
Brian Cox 1.10.3. Bill Procter
1.10.32. Robert Downham 1.15.3.
Angela Walker 1.15.56.

23rd July Ashford 10. Mike Gibbs 26.16.

24th July London St.Christophers 25 Mike
Gibbs 1.6.23

30th July Charlotteville 25. Mike Gibbs 1.8.50
Stuart Gibbs 1.1.43
Surrey Roads 10. Paul Toppin 21.42
Andrew Lock 22.35

6th August Hemel Hempstead 10. Andrew Lock 23.32
Stuart Gibbs 24.10. Mike Gibbs
25.42
Hounslow 25 Steve Jukes 1.1.18.

7th August Pennine 50. Richard Shipton 1.57.16.

13th August Old Portlians 10 Mike Gibbs 25.10
Brian Cox 26.23 Betty Cox 27.54
Sydenham 10.Stuart Gibbs 23.19.

14th August Yorkshire C.F. 100 Richard Shipton
4.19.33. National Junior 25
Andrew Lock 59.43. Luton 25
Mike Gibbs 1.5.46 East Sussex
50 Paul Toppin 2.4.40 2nd.
Alton 25 Stuart Gibbs 1.1.56

20th August Eastbourne 10.Andrew Lock 24.53
Stuart Gibbs 25.17 Steve Jukes
25.25.Peter Scopes 26.22

Bill Procter 27.16 Mike Gibbs 27.28. Robert Downham 28.09

21st August Finsbury 25. Andrew Lock 59.09 Stuart Gibbs 1.0.21.

S.W.R.C. 25. Mike Gibbs 1.9.6.

Hants R.C.50 Paul Reeves 2.2.2. 4th Paul Toppin 2.4.49 9th. Keith Dodman 2.5.02. 10th. Steve Jukes 2.10.27. 1st team.

26th August Festival 10. Betty Cox 27.58.

28th August Middlesex 50. Andrew Lock 2.7.42 Don Lock 2.8.10.

3rd September Surrey/Sussex Vets. 25. Roy Holden 1.4.9. Bill Procter 1.9.19. John Lucas 1.13.18.

De Laune 10. Paul Toppin 23.13 Andrew Lock 23.54. Angela Walker 30.37.

4th September Salisbury 25. Paul Toppin 1.0.14 Paul Reeves 59.59. Andrew Lock 1.3.42

Southend 25. Richard Shipton 59.40.

11th September Bognor 25 Paul Reeves 58.28 1st. Roy Holden 1.1.19. Jack Smith 1.7.03. (1st team) Mick Kennard 1.8.19. Bill Procter 1.8.28 Tony Palmer 1.8.42. Keith Laker 1.11.28. Brian Cox 1.12.38 Mike Stanbridge 1.15.26

Bognor Junior 25. Andrew Lock 1.2.23. 1st. Vincent Webb 1.10.00 Robert Downham 1.16.50. Betty Coxl.19.18.

The list of results on the previous pages are by no means complete. If, in 1984, you would let me have, say at the end of every month, a list of all rides in open events other than S.C.A. it could be far more comprehensive

Don.

SUSSEX C.A. 25 MILE CHAMPIONSHIP

RESULT: FIRST: NICK LELLIOTT WORTHING EXCELSIOR

What lovely reading that makes, we have had some encouraging team wins this season but now we have an individual champion as well. Just three rides, but we are sure a period of dedicated training, after his return to the racing scene Nick has gone straight back to the only position he can accept - first.

On a day when the Chichester road course was giving very little away and when most of the Counties top riders were present Nick managed a superb time of 58.02 and held, at arms length all that the Central Sussex could muster as will be seen from the top places.

1st.	Nick Lelliott Worthing	58.02.
2nd.	Gary Moore Central Sussex	58.31.
3rd.	Mark Jones Central Sussex	58.39.
4th.	Colin Tamon Central Sussex	58.43.
5th.	Simon Barnes Lewes	58.52.
6th.	Paul Lipscombe Central Sussex	59.00.
7th.	Paul Reeves Worthing	59.44.
8th.	Cliff Sharp Eastbourne	59.45.
9th.	Richard Shipton Worthing	1.00.20.
10th.	Adrian Jones Central Sussex	1.00.34.

Just outside of the top ten came Roy Holden enjoying a fast end to his season with 1.0.41. in 11th place.

Other Worthing times were:

Andrew Lock	1. 1.20.
Stuart Gibbs	1. 3.14.
Andy Smith	1. 4.22.
Steve Jukes	1. 4.23.
Jack Smith	1. 6.04.
Bill Procter	1. 8.39.
Mike Gibbs	1. 9.03.
Tony Palmer	1. 9.58.
John Lucas	1.10.17.
Robert Downham	1.12.08.
Peter Aslett	1.13.32.
Reg Searle	1.16.02.
Peter Kibbles	1.16.16.
Mike Stanbridge	1.16.54.
Angela Walker	1.19.16.

FOR SALE

Holdsworth 24" frame silver grey with black Roy Thame transfers - recent respray - tange headset new - campag bottom bracket. £50.00. Apply Don Lock Worthing 62724.....

NEW BLOOD

1983 has provided a wonderful influx of new members both young and the not so young. We have seen some of them before, some are rejoining as veterans, having been with us as juniors years ago. All are very welcome and we hope they have a long and enjoyable

membership. I have probably missed some , so those please forgive me but the following I have a note of:- Simon Tilt aged 14 from Goring, Simon Deffee aged 13 from Worthing, Stephen Boots from Goring aged 12, also from Goring, is it the Toppin influence we wonder, Christopher Griffin aged 15. From Angmering Timothy Unsted aged 15 years, and from Findon Antony Barnard 17. The Durrington area has produced Andrew Budd, and David Goff aged 17. Richard Knight aged 18 from Worthing. Angela Walker roped in her sister Hayley and also at 18 years we welcomed fast man Paul Reeves from Selsey. Jack Smith joined us - he lives next door to Brian and Betty Cox. Like Dave Hudson some years ago, we have, through the Duke of Edinburgh's Award scheme, Mark Hodson. Andy Smith and Bob Grange came together from the Littlehampton area and it was Andy who told us that Nick Lelliott was back in training, he signed up again in August. Henfield provided Gary Seward. Another one from the past was Allan Orman now hailing from Yapton. Keith Laker joined us from Fittleworth and Mike Mansell a C.T.C. man with a rapid turn of speed came in from Findon. John Gilbert returned to watch John Lucas and found himself signing on again. Among the new over forties welcome Bill Christy, Peter Kibbles and Peter King. Two ladies to join our ranks were Margaret Jukes and Carol Stanbridge. Margaret insists she is just a social member but Carol was a regular at last year's training sessions at the Durrington

High School Gym. Three who have joined us second claim are Alan Limbrey (Sussex Nomads) Derek Boughey (Wessex R.C.) we believe, and James Bonner (Bognor).

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CYCLES OF THOUGHT by Keith Dodman

Last June while exploring some of the lesser known and still wild parts of Sussex, I was overjoyed to rediscover a goldcrests nest; it had four or five eggs in, so tiny and perfect, it was beautifully woven between the thin outer branches of an old yew. Not wanting to disturb it, I noted the spot and trekked back the half mile to the bike, negotiated another mile of twisting track to the road and drifted slowly homeward.

I remembered that only other occasion - too many years ago, as a small boy, with tinier hands and limbs then; but all too eager then to climb any tree and explore every hedgerow in sight! The wonder never left me.

We used to cover our favourite tracks through woods and fields in and around Littlehampton in the school holidays, oblivious to any theories of 'market' or macro' economies, or keep out signs come to that! Need I tell you how much it has changed for the worse, since those days? With the ever increasing 'efficient' farming methods aided by local and central planning authorities (obedient servants to the God Development'and vested interests.) and not least the irresistible but destructive motor vehicle: some of the old haunts have disappeared altogether

others are unrecognisable. Footpaths have been rerouted, while some have vanished; wooded areas chipped away and hedgerows flattened. The new houses and estates, all neat and linear, have no feeling for culture or regard for individual tastes. But it is what we want isn't it?

No song of nightingale now, or secret kingfisher's nest in the bank of Blackditch, or otters in the river Arun, or the pond where the silent barnowl would hunt the 'common' frog - that caught the dragonflies - that ate the mosquitoes - long buried deep beneath a rubbish tip.

Few hiding places now for owl, fox and badger. They have been pushed further afield to vie for territories and adapt if they can, while we try to in our 'fools paradise', against the cycles and balance of nature and our own natural instincts and forgotten wisdom.

All too soon I was on the A.27 among the hastening traffic - one of the 'lifelines' on "This blessed plot, this earth, this realm, this England" of ours, or a concrete artery in a web that's choking and poisoning the heart of us all? Far from freeing us, entraps and binds us; caught in the illusion of a fast lifestyle! I reflected further on Shakespeare's Richard II -

"This happy breed of men, this little world.
This precious stone set in a silver sea" ?

He was right of course, It's still -

"This earth of majesty, this seat of Mars".

But now it's - Plutonium armed, I.C.I. farmed;
Oil lapped, polythene wrapped;

Video viewn, plastic strewn;
Lead exhausted, acid rained on
state of ours!

and fast becoming one big rubbish dump...

Another juggernaut thundered by. I held my breath. It's funny I thought; what a contrast. A mere 4 grams for our smallest feathered resident that's quite capable of flying the channel, to the 60 ton 'monster immigrant' ! Not up to that high standard - a miracle of economy and efficiency, but capable of untold escapades on the land! Laiden no doubt with Hi Fi and videos from Holland or canned lager from Germany, maybe'magazines' from Denmark!? or more likely vallium from La Roche, Switzerland; To 'buy us off', keep us quite and'contented'! But we do <u>really</u> want them don't we?

On that hot day in June I passed through an open stretch of dual carriageway, where I have been watching the slow progress of a few solitary trees on the wayside for a number of years now - along with the glaring garbage, and comparing them with the few I planted (ash, sycamores and oaks) 10 years ago a mile to the south. What'tales' will they tell I wondered when fully mature?

I am lucky enough to live in a county with the most trees (in a country with the least in Europe!) and I care and feel deeply about the countryside, but a lot of what I see on my travels saddens me.

The conspirators and spoilers levelled and drained our common land, now farmers add insult to their defacement - they spray and spread poison and burn it in the autumn and if that isn't enough, they get subsidies for this overkill!

Mercifully the longer scars have been 'patched up' by a programme of tree planting by authorities (there are some enlightened souls in office- usually the pin striped suits they wear mirror precisely the potential of their linear brains!) and concerned groups.

Some wounds cannot be healed; there is no treatment that can restore an ancient wood, hedgerow or meadow, or rehabilitate a lost species of butterfly or bird - when they are gone, they are gone forever, and perhaps a part of us dies as well. Like all precious things, we grieve their loss the most. We are part of the chain, the cycle, the process of nature on this earthly paradise (whether we like it or not). We cannot be separated from it, any more than a pollinating fig wasp can from a caprifig tree - do we care a fig? I fear the consequencesif we don't. Time, like our pace of life, is fast running away...

John Clare wrote some 150 years ago about nature with an observation and feeling that is unmatched by any other English poet. He experienced the disruption to the rural way of life around his beloved Helpstone (then in Northamptonshire) and the end of the open field system,that had lasted almost unchanged for 800 years. The self taught peasant labourer wrote

this - By Langley bush I roam but the bush
hath left it's hill
On cowper green I stray tis a desert
strange and chill
and spreading lea close oak ere decay
had penned it's will
To the axe of the spoiler and self
interest fell a prey
and crossberry way and old round oaks
narrow lane
Inclosure like a Buonaparte let not a
thing remain
It levelled every bush and tree and
levelled every hill
and hung the moles for traitors - though
the brook is running still
It runs a naked brook cold and chill

No need of Hi Fi, video or T.V. then. He was more 'in tune'; his vision was sharper than our blurred electronic eyes!

The journey ended for me on that long June day, down my 'memory lane'. Turning from Crossbush down a 'minor artery' I passed the old rookery,and silent lake(still there) to Lyminster, where the 'bottomless' knuckerhole is now fenced off - just to look again.. Then across Blackditch I turned to Toddington Lane, but that sight I could hardly bear, and quickly I was home again.

So good cyclist, when you're meandering along the quieter of the Sussex lanes, please don't give a thought as to how and why our 'green and pleasant land' has come to be so

abused or comprehend the powerful few who sanctioned it - and still do. Don't even give a second glance to the crumpled coke can amongst the rare cowslips, or the Kentucky fried chicken box in the blackthorn - just past the lichen covered alder with the wrens nest in that nobody sees, and never, never look beyond the enclosure fence - there may just be 'another way'. No.. just keep your eyes glued to the road avoiding that squashed hedgehog on the left, and your blinkers on - lest the stirring and mounting anger within should turn to action or even rebellion, and that would never do, would it? After all there's nothing we can do about it, is there?

Bring back our eyes to see again!
Bring back our Forests of delight!
Bring back our tongues that speak so plain!
Bring back our liberty and fight!

They will not dream till they have toiled,
Nor shall they so exploit our land,
Till we have wilderness unspoiled,
In natures green and prosperous hand.

Sorry Blake...

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CIRCUIT TRAINING starts at Durrington High School Gym (Entrance from Rodmell Road) November through March, watch notice board for dates - expected start early November - (Fridays), 7.15.p.m. All interested please contact Mike (Coachy Whistle) Gibbs.

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SATURDAY MORNING RUNS - from 22nd October we will have runs starting from the Gateway Roundabout on the Littlehampton road at 9 a.m. These will be club runs not training runs until the New Year when they will tend to go farther and harder. There will not be a stop for refreshments however as we would expect to be home by 12 to 1.0'clock.

OLD PHOTOS A collection of oldies produced in the Clubroom recently by Brian and Betty Cox gave rise to much amusement as old cycling fashions were discussed.

Betty's shorts were up quite high,
Brian's were somewhat longer,
Was it just to show that thigh,
Or was the elastic stronger?

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TANDEM TO'THE TOUR'

Having missed the bookings for the Excelsior Holiday trip to Paris, we decided to go across the water to pick up the race on the day that it came near Dieppe. Our original plan was to catch the night boat and arrive in the early morning - ride to the nearest convenient point - then return on the evening boat, making a one day excursion. However, we wern't able to find out the exact route the race would be taking and so we expanded our plans and decided to go for two days.

Monday morning saw us with the tandem lining up for the 7 a.m. boat, and we crossed a flat

calm Channel in warm sunshine arriving at Dieppe at mid-day (their time). A walk through the main street to buy bread and pastries for a picnic lunch, and then we set off up the long climb of N7 towards Rouen (not ruin!).

We had intended to turn off onto the D3 minor road but missed the first exitand had to go several kilometresfurther on before getting off the main highway.Not that it was very busy, but we have this thing about long straight roads disappearing into a heat haze! The road to Rouen is well known to those members who go on the Rives de la Seine randonee, but to me it is a lovely road for cycling. Well surfaced, not much other traffic, very rural and with the sun shining and a tail wind, what more could anyone wish for.

We stopped at Auffay for a bottle of mineral water, and again at Houpperville for a'citron presse', where the lady cafe proprietor came out and adjusted the umbrella over the pavement table to shield us from the sun.

The remainder of the journey to Rouen gets distinctly hilly and we were two wet slobs who freewheeled gently down into the city to look for an hotel. We spotted a likely one in a side street near the station, and on ringing the bell Madame said she would be delighted to let us have a room, and Monsieur would open the garage at the side for the velo. (At least we think that's what she said!)

Monsieur was very intrigued to see the tandem and he cleared a space in his workshop so that

we could park safely.

The room was well equipped with a shower and toilet and with a bread, butter and coffee breakfast cost £10.33 for the two of us. We thought this remarkable value.

After a shower and a change of clothes we walked off into the city to see some of the sights Certainly the buildings are beautiful and we could have spent several days wandering around and exploring. We ended up by having dinner at a pavement restaurant - it was wonderful to sit out in a little street with tall, ancient buildings on either side and soak up some of the history of the place. After another wander, we arrived back at the hotel ready for bed,having been up since 4.00 a.m. (this for the third day running due to racing on Saturday and Sunday)

Over breakfast Monsieur turned on the radio and tuned to the B.B.C. for our benefit. We didn't have the heart (or the language) to explain that we wanted to get away from that. However, by just after 8.00. we were on the road north out of the City towards Neaufchatel. This climbs, seemingly for ever, out of the built -up area and into the country. We stopped near the top to buy picnic stuff and we felt very continental with a large loaf stuck on top of the pannier. We took the quiet D151 route up to Bethancombre where we joined the D154. This route was again very quiet and rural,and the sight of a farmer cutting the hedge that went right round his field, using a pair of hand clippers,showed the difference in attitude to the tractor mounted hedge smashers that we have

become used to.

We were headed for Arques-la-Bataille where we intended to meet the Tour. On arriving we settled down in the village square with the local school children and most of the local inhabitants for company. The whole place was out for the occasion, families had brought a picnic and the school-teacher issued out food bags to each child.

The Tour was preceeded by the advertising vehicles - they would stop and sell anything from hats and feeding bottles to magazines. All very entertaining,and then the real thing when two riders who had broken away came through to loud cheers from all the villagers.

A further lapse of several minutes, and then the whole peleton came through, a solid mass of men and bikes filling the road from kerb to kerb. Coloured vests, gleaming spokes, sunburned legs - then they were gone - and their place was taken by the support cars covered with all the trade names that we usually only see in pictures. In it's turn, the broom wagon brought up the rear, and it was all over. Within minutes the streets had cleared, and the local police were letting the held up traffic through. We climbed on the tandem and pedalled gently down to Dieppe some six miles away, just in time to visit the supermarket for a bottle or two of 'duty frees' and catch the boat for Newhaven.

Brian Cox.

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DON'T FORGET OUR ANNUAL DINNER AND PRIZE PRESENTATION 12TH NOVEMBER **********