

# THE WORTHING WHEEL

*Centenary Year 1887-1987*

MAGAZINE OF THE WORTHING EXCELSIOR  
CYCLING CLUB



AUTUMN 1987

Vol. 20 No. 3

*Front Cover:*  
"A group at the finish of the  
Early Season Circuit Race  
wet but happy."

**THE WORTHING WHEEL\*\*\*\*\*AUTUMN 1987\*\*\*\*\***

Worthing Excelsior Cycling Club's quarterly  
magazine\*\*\*\*\*

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Clubroom Broadwater Parish Rooms . Tuesdays  
7.30 to 10.30. Canteen until 10.0'clock.

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The opinions expressed herein are those of the  
contributor and not necessarily of the Club or its  
General Committee

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and .....



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CORRECTION: In our haste to squeeze Pete Danckwardt's ten mile record into the last issue we gave him two seconds. Correct time = 20.52 Still not bad !!

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CONGRATULATIONS: NEW RECORD Andy Smith has smashed the Club 100 mile record. In the Northampton & Dist. C.A. event on the F1 course near St. Neots on 12th July he recorded **4hours 8minutes 53 seconds**

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CLUB 15 2nd July 1987

This was run over the usual Ashurst/Ashington circuit and was to some degree affected by the road works on the A.24 which had lights in operation and caused delay to some riders. It did not appear to slow Pete Danckwardt though - I make his winning time of 34.32 equivalent to a 57.37 not bad for this very rural course with all its ups and downs, and twists and turns, not to mention the road surfaces.

FULL RESULT:

|       |                   |       |       |       |
|-------|-------------------|-------|-------|-------|
| 1st.  | Pete Danckwardt   | 34.32 | Sc    | 34.32 |
| 2nd.  | Stuart Gibbs      | 37.20 | 1.20. | 36.00 |
| 3rd.  | Jason Buckley     | 38.29 | 3.30  | 34.59 |
| 4th.  | Bob Withers       | 39.43 | 3.30  | 36.13 |
| 5th   | Ron Foster        | 40.19 | 4.00  | 36.19 |
| 6th.  | Marvin Lucas      | 40.20 | 2.10  | 38.10 |
| 7th.  | Colin Miller      | 40.27 | 4.00  | 36.27 |
| 8th.  | Bill Procter      | 40.47 | 4.00  | 36.47 |
| 9th.  | Mike Gibbs        | 41.39 | 4.00  | 37.39 |
| 10th. | Chris Sweet       | 42.38 | 5.00  | 37.38 |
| 11th. | Christine Barnett | 42.41 | 6.00  | 36.41 |
| 12th. | Peter Kibbles     | 43.36 | 6.00  | 37.36 |
| 13th. | Sheila Lucas      | 45.42 | 10.00 | 35.42 |
| 14th. | Mike Stanbridge   | 45.54 | 9.00  | 36.54 |



## **CLUB JUNIOR 15 9th July 1987**

Because of the likelihood of the event being messed up by road works lights on the A.24 in the Dial Post area Club events Secretary Tony Palmer had to arrange a different course from the senior event of the previous week. The only alternative available was the usual Washington ten course but with the very hard fight over the Downs to Findon and then back to the top of the climb for the extra five miles. This was hard on the juniors but the four who competed gave their very best and it resulted in one of the closest finishes for some years.

Jason Buckley showing great form lately and with a moral boosting win over Marvin Lucas when they rode the previous week's race , was clearly thinking of adding to his recent trophy collection. Marvin had other ideas. A time check is reputed to have shown Marvin going through ten miles in a short 23 but Jason was never giving up and their times: Marvin 37.22 and Jason 37.58 show clearly how the competition pulled them both out.

Chris Sweet, who frequently demonstrates how strong and determined he is, by being a job to get rid of when he's been caught, has perhaps to try and concentrate more and he will not then find himself with quite the gap that these others open up. Chris was third in 40.15. David Bennett in his first year of racing recorded a creditable 43.41, obviously better than the handicapper expected for he won that award comfortably.

### **RESULT**

|      |               |       |      |       |
|------|---------------|-------|------|-------|
| 1st. | Marvin Lucas  | 37.22 | Sc   | 37.22 |
| 2nd. | Jason Buckley | 37.58 | 1.30 | 36.28 |
| 3rd. | Chris Sweet   | 40.15 | 3.45 | 36.30 |
| 4th. | David Bennett | 43.41 | 9.00 | 34.41 |

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**IT'S RUMOURED** that Mike Poland has been trying to borrow son John's super new bike. It's no good he can't reach the pedals.....

### A SORT OF UNOFFICIAL CLUB TEN

While the juniors were tackling the 15mile event on 9th July a number took the opportunity to try out their ten mile legs before the evening series proper got under way again:

|       |                   |       |
|-------|-------------------|-------|
| 1st.  | Pete Danckwardt   | 21.49 |
| 2nd.  | Andy Smith        | 22.42 |
| 3rd.  | Steve Curry       | 23.15 |
| 4th.  | Dave Dallimore    | 23.42 |
| 5th.  | Bob Withers       | 24.34 |
| 6th.  | Don Lock          | 24.35 |
| 7th.  | Steve Gumbrill    | 25.36 |
| 8th.  | Bill Procter      | 25.54 |
| 9th.  | Christine Barnett | 26.56 |
| 10th  | Barry Shaw        | 27.01 |
| 11th. | Adam Syred        | 27.22 |
| 12th. | Alan Stepney      | 28.33 |
| 13th. | Darren Stepney    | 28.36 |
| 14th. | R.Syred           | 33.48 |

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**IT'S RUMOURED that Danckwardt .....is really just a wild flower.....**

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### SUSSEX C.A. AND CLUB 100 MILE CHAMPIONSHIP

We had nine riders and we did very well, but not quite as well as some expected.

The event was again sponsored by the Regency Building Society and was an 'Open'. Favourite was past winner John Woodburn of the Manchester Wheelers and he did not disappoint. Despite the complex and compact nature of the course - an amalgamation of the two local twenty five courses - covered twice- he powered round in 4 hours 6 minutes 18 seconds and was never troubled by the local opposition.

Pete Danckwardt had entered and knowing that he has beaten four hours in the past perhaps we expected



too much. He was always going strongly but his somewhat suspect back caused him to stop and lose time and troubled him throughout. Revelation of the whole event was the superb ride from Brighton Mitre's young Peter Davies who was to improve his personal best by 17 minutes to finish with a remarkable 4.17.16, snatching the Sussex championship from big Pete D by 23 seconds. There were also a couple of splendid first ever hundreds with Kevin Spilman taking fourth place overall in 4.25.38 and Steve Curry fifth spot in 4.26.00. So another fine team win for the Club in our Centenary year. **And another record for the aggregate of 13.09.17 lopped just 13 seconds off the previous best set in 1983.**

Bob Withers riding to a schedule of 4.42.00 was up on that for a while but then fell back in the middle stages. He rallied over the final miles to finish in 4.48.29. Mike Mansell, who, most of us would think was much handicapped by dragging a "barra" round the course, nevertheless managed 4.57.16. Mike Poland just kept ahead of Christine Barnett, who was not far away from her club record with her effort of 5.11.24. Mike was just 15 seconds quicker. Reg Searle was another who decided to drag three wheels along - hope this peculiar affliction is not infectious - and he ducked inside 6 hours with 5.58.51. Tony Palmer gave it best around halfway for physical reasons, while Colin Miller called it a day after suffering a "blow out" - not sure if that's physical or mechanical

#### FULL RESULT

|      |                   |         |       |         |
|------|-------------------|---------|-------|---------|
| 1st. | Pete Danckwardt   | 4.17.39 | sc    | 4.17.39 |
| 2nd. | Kevin Spilman     | 4.25.38 | 22.00 | 4.03.38 |
| 3rd. | Steve Curry       | 4.26.00 | 24.00 | 4.02.00 |
| 4th. | Bob Withers       | 4.48.29 | 34.00 | 4.14.29 |
| 5th. | Mike Poland       | 5.11.09 | 62.00 | 4.09.09 |
| 6th. | Christine Barnett | 5.11.24 | 63.00 | 4.08.24 |
| 7th. | Reg Searle        | 5.58.51 | 98.00 | 4.20.51 |

Mike Mansell did not enter the Club event. Russell Childs was down to ride but did not appear. Is he still lost in the New Forest.....

**YET ANOTHER RECORD** -(and we nearly missed it)  
Christine Barnett's time of 42.41 in the 15 on 2nd July has just scratched 4 seconds off the 1948 time of Eileen Cranmer.

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### **AND ANOTHER**

Stuart and Mike Gibbs have urged their tandem a bit faster and in the Savernake ten on the Swindon bypass course on the evening of Friday 17th July they recorded 21.05

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### **THE CLUB TWO-UPS**

Sixteen teams completed the ten on 25th June and of these, eleven stayed together to complete the '25' on 30th June. The '10' was on the usual Washington course and the '25' was held over the G939 which takes riders from Angmering on the A27 up to Findon via Offington then back to Patching Pond . Then it's down through Angmering to the A259 and east to the Gateway roundabout and finally back to finish, well on the way to Poling on the A27.

Pete Danckwardt and Stuart Gibbs won the ten with 22.28 but the pairing did not seem to be a happy one and they did not ride the '25' This left Mark Flint and Kevin Spilman in the driving seat with 23.04 but there were four others on 23 minutes so it was all going to be down to the '25'.

In fact the three leading teams were to finish in the same order and the first two opened up with their times of 58.33, and 58.47 - pretty quick round this 'round the houses' course.

### **RESULT**

|      |                              |       |       |         |
|------|------------------------------|-------|-------|---------|
| 1st. | Mark Flint and Kevin Spilman | 23.04 | 58.33 | 1.21.37 |
| 2nd. | Ian Leeding and Mike Mansell | 23.13 | 58.47 | 1.22.00 |



|                                      |       |         |         |
|--------------------------------------|-------|---------|---------|
| 3rd. Andrew Lock and Trevor Leeding  | 23.32 | 1.00.18 | 1.23.50 |
| 4th. Bob Withers and Don Lock        | 23.39 | 1.00.55 | 1.24.34 |
| 5th. John Lucas and Marvin Lucas     | 23.50 | 1.00.53 | 1.24.43 |
| 6th. Jason Buckley and Colin Toppin  | 24.51 | 1.03.20 | 1.28.11 |
| 7th. Dave Bacon and Les Frost        | 25.15 | 1.05.02 | 1.30.17 |
| 8th. Mike Poland and John Poland     | 25.29 | 1.04.59 | 1.30.28 |
| 9th. Clive Goward and Les Cohen      | 25.26 | 1.06.04 | 1.31.30 |
| 10th Bill Procter and Robert Downham | 26.26 | 1.06.06 | 1.32.32 |
| 11th Sheila Lucas and Nick Pigott    | 29.33 | 1.12.29 | 1.42.02 |

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## MORE RECORDS TUMBLE

Every category seems to be under attack: now we have two new tricycle records from Mike Mansell, both being improvements on times of our Vice President and ex-Secretary John Mansell (no relation). In the New Forest "50" on 19th July Mike recorded a fine 2.13.16 to knock about one and a half minutes off the previous best and then in our Evening ten on 23rd July he lowered that record to a new 25.13. Also in the New Forest Christine Barnett lowered the ladies record beating her own previous best to finish in 2.26.51. for the "50".

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**IT'S RUMOURED** that Bob Withers is in trouble with his wife. She caught him doing aerobics with Jane Fonda.

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**NEW MEMBERS** We welcome Tobias Harmer, son of Keith, also Timothy Hayward and Fraser Nurse. All enrolled at the Club's General Committee meeting on 6th July. We trust that you will have a long and happy membership.

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**AN APPRECIATION** Through the pages of our Club Magazine I would like to thank the W.E.C.C. support team. In the recent S.C.A.100 stalwart marshalls there, as usual, directing and cheering us on. Club members and a superb course map saw us through hill, roundabout and dale. Sponges, drinks and feeds plus several just out round the course to encourage. All combined to make a very good event.

The support does not stop there though, At the finish, tea coffee and cakes and even bowls of water to wash in -- Ooh my feet... Pure bliss!

All of this is topped by a certain Mr Organiser President who has worked on the course and the event generally for some weeks. Who sets out a course, that even I can follow and ensures that there are indeed marshalls on every corner of the 100 miles. Who hustles back and fro on the morning checking on timekeepers and pushers off, who gets out to hand up a sponge and gets back to make sure all is well at the finish, and who generally sees to it that the whole machine is well oiled and running smoothly.

On from the day itself, and we get a super well detailed result sheet within days. Other Club's eat your heart out. From all riders who appreciate this standard of support.... A VERY BIG THANK YOU.

Bob Withers

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**IT'S RUMOURED** that BUCKLEY .... is how your legs feel ..... at the end of a hundred.

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# EVENING TENS NUMBER 8

Results for riders who can complete 8 events  
(6 if below 16 years old)

|      |                   |       |      |       |
|------|-------------------|-------|------|-------|
| 1st  | Pete Danckwardt   | 21.58 | 0.00 | 21.58 |
| 2nd  | Andy Smith        | 22.21 | 0.50 | 21.31 |
| 3rd  | Kevin Spilman     | 23.05 | 2.00 | 21.05 |
| 4th  | Dave Dallimore    | 23.46 | 1.10 | 22.36 |
| 5th  | Andy Lock         | 23.58 | 2.00 | 21.58 |
| 6th  | Marvin Lucas      | 24.05 | 2.10 | 21.55 |
| 7th  | John Lucas        | 24.25 | 2.00 | 22.25 |
| 8th  | Don Lock          | 24.26 | 2.00 | 22.26 |
| 9th  | Clive Goward      | 24.28 | 4.00 | 20.28 |
| 10th | Bob Withers       | 24.36 | 3.10 | 21.26 |
| 11th | John Poland       | 24.45 | 3.40 | 21.05 |
| 12th | Jason Buckley     | 24.49 | 3.40 | 21.09 |
| 13th | Colin Toppin      | 25.08 | 4.20 | 20.48 |
| 14th | Steve Gumbrill    | 25.26 | 4.20 | 21.26 |
| 15th | Mike Gibbs        | 25.30 | 2.50 | 22.40 |
| 16th | Ron Foster        | 25.45 | 3.20 | 22.45 |
| 17th | Keith Hall        | 25.52 | 5.30 | 20.22 |
| 18th | Jeremy Arnold     | 25.55 | 5.10 | 20.45 |
| 19th | Dave Nightingale  | 26.05 | 4.30 | 21.35 |
| 20th | Mick Mansell (tr) | 26.16 | 4.20 | 21.56 |
| 21st | Bill Procter      | 26.23 | 3.20 | 23.03 |
| 22nd | Barry Shaw        | 26.42 | 5.40 | 21.02 |
| 23rd | Ken Atkins        | 26.55 | 4.10 | 22.45 |
| 24th | Christine Barnett | 26.57 | 4.50 | 22.07 |
| 25th | Mike Poland       | 27.02 | 5.20 | 21.42 |
| 26th | Alan Stepney      | 27.54 | 7.10 | 20.44 |
| 27th | Sheila Lucas      | 28.41 | 8.00 | 20.41 |
| 28th | Mike Stanbridge   | 29.04 | 6.10 | 22.50 |
| 29th | Reg Searle        | 32.10 | 8.20 | 23.50 |

## Other results

|               |       |       |       |
|---------------|-------|-------|-------|
| Steve Curry   | 23.04 | 1.10  | 21.54 |
| Cliff Hawkins | 32.53 | 11.20 | 21.33 |

|                     |       |
|---------------------|-------|
| Mike Mansell (solo) | 23.15 |
| Mick Jones          | 22.52 |
| Chris Sweet         | 25.59 |
| R. Miller           | 25.30 |
| Fraser Nurse        | 27.31 |
| Adrian Cooper       | 24.21 |

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**NEWMEMBERS** A bumper number were signed in on the 3rd August meeting of the General Committee. Carole West our membership secretary has been very busy. There was Glenn Nuttall and step-son Tony Nuttall-Smith. Fourteen year old Grant Butler, Jeremy Maddock and another fourteen year old Neil Lambourne. Richard Miller from Storrington joins us and already shows a fair time trialling ability. He was a member of the Farnborough and Camberley a few years ago. Finally we welcome Paul Middleborough an ex Liverpool Mercury rider now trying hard to get fit again before he gets to veteran status. Welcome to the Worthing Excelsior.

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**YET MORE NEW RECORDS** Mike Mansell has got the bit between his teeth now. After his fifty and ten record times, he's given the ten another beating this time reducing his 25.13 to 24.44, leaving many a two wheel struggler in his wake. This effort was again on our Washington course, and the date, 30th July. Then on Sunday 2nd August it was the Christine Barnett/Andy Smith tandem that smashed the previous 100 mile record out of sight. In the Century R.C. event on the F.1. course near St. Neots they finished in the remarkable time of 4 hours 1 minute and 23 seconds. The previous best set in 1964 was 4.27.52.

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**IT'S RUMOURED** that before the tandem 100 by Andy and Christine. Christine promised to "pull her weight". This offer was turned down. At your size this will not do, she was told. So she pulled twice her weight!

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## CLUB 25MILE CHAMPIONSHIP AND INTER CLUB25

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Let's first dispose of the inter club event which sadly, failed to materialise. Supposed to be against the Bognor club with the aggregate of six riders to count, they could only find five entries, and on the morning, admittedly a pretty fowl one, they did not produce one starter. Clearly we shall have to think on the need for continuing this. It has however, given our riders a chance to ride the P922 course from Bognor out to Havant and back which they would only get otherwise from the occasional open event, and it can be a very fast course, given fair weather. On the morning of 19th July the climate was anything but fair. It was pouring with rain, it was cold enough for early March and there was a very strong southerly wind. Of our 24 entries just thirteen started and twelve finished and it was perhaps significant that those most at home in the water, the triathletes, should come out on top. Kevin Spilman was fastest with a time of 1.3.56, beating his friend Steve Curry by just 4 seconds and in third place was Don Lock (Who!) with a time of 1.5.36. (Very creditable Ed.). Don was heard to remark that he probable lost all his time on the other two on the swimming discipline along the Chichester by-pass. His morning was made though when he was told that he had won the handicap. Proving what an excellent handicapper HE was.....

Full result:-

|      |                |         |       |        |
|------|----------------|---------|-------|--------|
| 1st. | Kevin Spilman  | 1. 3.56 | 4.15  | 59.41. |
| 2nd. | Steve Curry    | 1. 4.00 | 3.45  | 1.0.15 |
| 3rd. | Don Lock       | 1. 5.36 | 6.30  | 59.06  |
| 4th. | Richard Miller | 1. 8.49 | 9.00  | 59.49  |
| 5th. | Tony Palmer    | 1.10.50 | 11.30 | 59.20  |
| 6th. | Alan Matthews  | 1.13.24 | 11.40 | 1.1.44 |
| 7th. | Steve Gumbrill | 1.13.27 | 9.15  | 1.4.12 |
| 8th. | Mike Poland    | 1.14.31 | 13.30 | 1.1.1  |
| 9th. | Bob Withers    | 1.15.21 | 7.00  | 1.8.21 |

|                      |         |       |         |
|----------------------|---------|-------|---------|
| 10th Barry Shaw      | 1.17.53 | 12.40 | 1. 5.13 |
| 11th. Fraser Nurse   | 1.18.10 | 8.00  | 1.10.10 |
| 12th. Reg Searle (T) | 1.27.48 | 22.30 | 1. 5.18 |

Bob Wither's time included six minutes late start and a detour through a garage forecourt to avoid a driver who was clearly still asleep, and dreamily offered the well worn phrase, "I didn't see you" as the only apology.

Jason Buckley was the one who did not finish. It seems he went into Chichester for breakfast or something....

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#### Who's in the Comic Part 1

May 28th. and Pete Danckwardt is back in 9th place in the Colchester 25 but with a rather rapid 55.59. He also gets a mention as one of the stars in the following weekends Surrey R.C. event. Pete also shows in second place in the Reading 10 with 21.51. The Rother Valley 25. was won by Andy Smith in 59.50 and Kevin Spilman and Bob Withers are mentioned as his support for the winning team. Christine Barnett gets a deserved mention for fastest lady.

The second of our Criteriums gets results space and Ian Leeding and Stuart Gibbs grab a mention.

June 4th. And it's headlines "Superb Spilman" as Kevin wins the Southwater Triathlon. Mark Flint 3rd and Steve Curry 4th are also named. We did, of course report fully on that in the last issue. The Hants 25 result shows Pete D. second in 59.45 and Andy Smith 6th with 1.2.15. Among the vets results we spot Ron Foster taking 2nd on standard in the Kent VTTA.

June 11th. At 10 miles big Pete collects a 2nd behind John Pritchard in the Belle Vue event. In the road race results our criteriums overall results get some coverage.

June 18th and in Yorkshire Steve Curry gets 8th with a 2.7.22 in the Andy Wilson 50. Nice to see a Worthing name in the Sussex division road race



as well, with Ian Leeding getting home in 9th place on that hard Goodwood circuit. At 50 miles, Andy Smith records 2.2.32 in the Wessex event for 10th. On the track Marvin Lucas has two wins as does Nick Pigott in juvenile races at Preston Park. Also Andrew Lock picking up one of the senior races. 25th June and a great return after injury sees Tony Goodsell winning the S.Eastern 25 in 57.46. The Mike and Stuart Gibbs propelled tandem gets home in 6th place in the Reading 25 in 54.12. In the Sussex '50' we have Pete Danckwardt 1st 1.58.19, Andy Smith 3rd, 2.2.9., Kevin Spilman 5th, 2.6.42, Christine Barnett first lady 2.30.13, Ron Foster best vet. on standard and of course, we won the team. Again the club criteriums got a mention but on the road racing scene it was in the Southborough race that we note Ian Leeding home in fourth place.

July 2nd. The result of the Clarencourt hides a number of facts which left our quartet in 5th place. Kevin Spilman only rode a few miles and then was taken out by a pothole. Andrew Lock, Stuart Gibbs and Andy Smith, recorded 1.18.36 for the hilly 50km. The S.C.C.U 10 result shows Pete D 2nd in 21.56 and Marvin Lucas as fastest junior in 24.55 The London South heat of the National Schoolboy's 10 shows Marvin heading home the rest in an excellent 23.45. The Farnham R.C. 10 records Stuart Gibbs 6th place in 23.54.

July 9th. Andrew Lock gets 6th place in the Central Sussex Hilly 21km. Pete D. wins the Brighton Excel. 25 in 56.37 and in their tandem event Andy Smith and Christine Barnett get 2nd in 55.49 ahead of Mike and Stuart Gibbs 5th in 58.06. Marvin Lucas is named in the Sussex track results but they don't seem to say why. Force of habit perhaps?

July 15th - a poor week only Pete D. 3rd in the Clarence 10. But what a time 20.52!

July 22nd is better with Pete D. somehow getting four mentions: The Slough 25 -7th in 53.56, 4th in the Addiscombe 10 with 22.05, Winner of the S.C.A.10 in



23.9 and 3rd in the S.C.A.100 in 4.17.39. In that S.C.A.10 we did rather well. Tony Goodsell 2nd in 22.23, Andy Smith 3rd with 22.30, Steve Curry 4th with 23.01, Kevin Spilman 5th with 23.10. Dave Dallimore 9th on 23.58. Christine Barnett picking up the ladies prize with 27.08, Ron Foster amassing a plus of 5.36 to take the veteran's standard Marvin Lucas gained yet another juvenile award with 24.14 and John Poland completed the clean sweep with the junior prize in 24.58. The 100 also showed Kevin Spilman 4th in 4.25.38 and Steve Curry 5th with 4.26.00, and recorded that we had won the team award. 29th July: Essex Tandem 10 and we have Mike and Stuart Gibbs home 3rd in 21.56. On the track at Preston Park Marvin Lucas and Andrew Lock both score.

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### THE TOUR DE FRANCE

A postscript really. A recent Radio Two sports round-up just after this year's fantastic tour, gave details of Stephen Roche's victory ..... and some considerable time was devoted to the item, and then the presenter said "and now the rest of the sport" Doesn't that sound tremendous, when we normally listen through the bowls, croquet and tiddlywinks, not to mention the boring racing football and cricket ... and then, usually, finish up dissatisfied anyway. Now for an Englishman perhaps?

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### THE OPEN '10'

The Mike Gibbs organisation saw to it that this event went off well, and our riders saw to it that we kept most of our prize money, 'in the family'. Held on the Wiston course on Saturday afternoon 27th June, we had an entry of 75 with just a half dozen failing to start. Andy Smith managed one of his rare wins over Pete Danckwardt and carried off the individual award with a time of 21.44 on a far from easy afternoon



Pete was second with 22.12 and we snapped up the team prize with Steve Curry coming home in 23.03 as third counter. Andy's time was a sparkling ride which set a new course record. We also managed to collect most of the other categories on offer. Fastest Veteran on standard was Ron Foster. Christine was the best of the ladies. Jason Buckley was the fastest under 18 and Marvin Lucas the fastest juvenile

Worthing times:-

|                         |       |
|-------------------------|-------|
| 1st Andy Smith          | 21.44 |
| 2nd. Pete Danckwardt    | 22.12 |
| 7th. Steve Curry        | 23.03 |
| 10th. Kevin Spilman     | 23.12 |
| 11th. Mike Mansell      | 23.14 |
| 14th. Dave Dallimore    | 23.34 |
| 18th. Stuart Gibbs      | 24.09 |
| 19th. Andrew Lock       | 24.11 |
| 20th Marvin Lucas       | 24.14 |
| 25th. Jason Buckley     | 24.44 |
| 27th. John Lucas        | 24.57 |
| 29th. Ron Foster        | 25.23 |
| 33rd. Clive Goward      | 25.55 |
| 35th. Les Frost         | 26.10 |
| 37th. Bill Procter      | 26.32 |
| 41st. Tony Palmer       | 26.52 |
| 43rd. Dave Bacon        | 27.06 |
| 45th. Keith Hall        | 27.17 |
| 46th. Chris Sweet       | 27.18 |
| 49th. Jeremy Arnold     | 27.27 |
| 50th. Christine Barnett | 27.28 |
| 51st. Pete Kibbles      | 27.29 |
| 56th. Nick Pigott       | 28.15 |
| 58th. Dennis Lednor     | 28.30 |
| 61st. Mike Stanbridge   | 28.56 |
| 62nd Ray Douglass       | 29.08 |
| 63rd Reg Searle         | 29.09 |
| 65th. Sheila Lucas      | 29.36 |

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**IN THE** Velo Club Etoile's magazine 'Chequered flag' there's a page headed 'Talented but Controversial' The page then shows, without further comment three photographs; Darryl Webster, Manchester Wheelers Mick Burgess, Lewes Wanderers and .....Paul West of the Worthing Excelsior! Paul talented? Well, of course, but Paul controversial? Oh! perhaps they mean, like when he wears his braces over the top of his racing vest.....

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### **FULLY PAID UP NON-MEMBERS**

Are you one of our fully paid up 'non-members'? Never able to get to the clubroom, never able to attend any of our runs or races? If so drop us a line and let us know what's wrong. Constructive criticism will always be helpful. Let us know what you would do about it, and how you could become more involved. We welcome your subscriptions, but we would welcome just as much, your participation.

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**IN ANSWER** to a question from a reader..... no Pete Danckwardt does not shove his old socks down his calf muscles.

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**THERE IS NO RUMOUR** in the truth that Andy Smith, after twice going off course is now riding with a compass

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**IT'S RUMOURED** that a new club racing design is imminent. While committee members liked the full-size design produced by Pete Scarsbrook at a recent meeting, there were some reservations about it being on stiff cardboard!

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### TRI-ING TIMES IN NORFOLK

The big day had arrived at last. After hundreds of lengths of the swimming pool, thousands of miles on the bike and running, and several pounds of pasta consumed the previous evening, we were now ready for the British Long Course Championship at Leziate Park, Kings Lynn. Steve Curry and I had travelled up on Friday night and were joined on Saturday by other Sussex Amphibians Paul Hardcastle, Gary Stenning and Alison and John Schaab.

After the pre-race briefing on Sunday, we set about putting our bikes and equipment on the racks in the transition area. Steve, seeded number ten after his tenth place in 1986, felt out of place putting his bike with all the low profiles/disc wheels of the top sponsored athletes.

Down at the lakeside, we lined up for the start of the 2000metre swim, in water just below 60 F (cold). First out was ex-Olympics swimmer Robin Brew. Hot on his heels at ten and thirteen minutes respectively were Steve and yours truly, suffering from a lack of natural insulation.

On to the bikes and I found myself making up ground on the better swimmers, working my way from about 80th to 32nd place. Steve, meanwhile, was doing the ride of his life, and moved into the top ten by the end of the 56 miles, ridden in a light drizzle and a westerly wind blowing across the Fens. Our team mate John had swum brilliantly and held his tenth place throughout the cycling.

The thirteen miles run followed an out and back course, giving all of us lesser mortals a chance to see European Champion Glen Cook demolishing the rest of the field to win in 3 hours 56 minutes 24 seconds, possibly the fastest time ever for the half ironman distance. Steve ran strongly against tough

opposition to finish seventh overall in 4 hours 21 minutes. John although suffering, held on to finish eleventh in 4.25. Meanwhile, I began to feel warm for the first time since exiting the water, and tried to make up for lost time by moving up to 14th place, 4.28 total time. Our other team members Paul and Gary put in great efforts to record 4.48 and 5.04, while Alison Schaab took a brilliant 7th place in the ladies race with 5.10.

As more people finished we realised that we had a good chance in the team competition, with many of the large sponsored clubs not producing the results expected, and a few notable DNF's. When all the times were added up (some time later) we found that we had clinched it: National Team Champions for 1987! Now all we had to do was to fit the 40 gallon drum of Isostar drink we had won into my small car. Anyone wishing to purchase, please contact Steve Curry Wholesale Ltd on Lancing 763324.....

Thanks to all Excelsior members for their support and interest in our triathlon pursuits, and especially Colin Miller for his practical demonstrations of carbohydrate loading.

Kevin Spilman

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**THE DIFFERENCE** between a **MOSER** and a **POSER** is that that one can do about 35 miles in an hour and the other takes about thirty five minutes to do a mile

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**IT'S RUMOURED** that Ian Leeding is so far ahead in the senior road points championship that Paul West needs a win in the World Championships to clinch..... second place

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### BORROWED FROM "THE KENT VET"

I spent a fortune , On a trampoline,  
A stationary bike And a rowing machine  
Complete with gadgets To read my pulse,  
And gadgets to prove My progress results  
And others to show The miles I've charted-  
But they left off the gadget to get me started!

---

**THE SUSSEX 12 HOUR** was a great disappointment for the Worthing Excelsior in 1987. We have had a tradition of 12 hour and distance time trialling in the County over the years, and it was a shame, that in this, our Centenary Year, the event did not fit in with the programmes or aspirations of our racing men, several of whom would undoubtedly have given good performances on a day which saw many personal bests.

The Club was, as usual, very involved, with Ray Douglass once again the promoter, we were out in force, feeding, marshalling, timekeeping and helping in many ways, but it would have been good to have had more Worthing Excelsior riders to cheer.

Reg Searle, as always, started and finished, and to cover nearly 178 miles on a tricycle - when you're as old as Reg.... is worth a round of applause. Mike Stanbridge started but called it a day after 136 miles. It was his debut, and, perhaps, with more experience he could well have ridden through the bad patch. Go again next year Mike and you'll go further.

The event was won by Matthew Rabbetts of Lewes Wanderers, who successfully defended his title against stiff opposition. He had to add some five miles to his personal best to stay in front of John Pelham of Central Sussex and at the finish only a little over a mile separated them. The fine effort was to carry him to a new County record beating by a ~~few hundred~~ yards the record which stood to the

late John Antram, who also covered 249 miles, in Worthing colours, as long ago as 1953.

Better things next year perhaps?

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**RULES AND RECORDS** With this issue of the Mag. all full members will receive a copy of the new Rules and records booklet which has been produced for us by Keith Dodman. We think it is excellent and thanks Keith for all the hard work which you have put into it. Some 1987 records did beat the deadline and have been included, but if ever there was an impossible year for such an undertaking, this was it with records tumbling all the time. What may be done is for every so often to have a small sheet printed to keep the booklet updated and for these sheets also to be issued along with a future copy of the Worthing Wheel.

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### **PEDALS ON A TANDEM**

Pedals on a tandem - you're supposed to line them up. Andy Smith and Christine Barnett had other ideas -- When the chain came off....

Hurtling round in the evening ten,  
Going really well -- and then.  
Brought to a stop with a squeal of brakes,  
When the chain came off.

Down jumped Andy - back went chain,  
On to the finish - end the pain.  
What you doing Andy cried, as bike  
was pulled from side to side,  
When the chain came off.

It's not me said stoker Chris,  
It's the pedals somethings amiss,  
Cursing now the darn mechanic,  
When the chain came off.



Down jumped Andy once again,  
 No more going like a train.  
 Something's wrong he did agree,  
 Should he inspect our Chris's knee?  
 When the chain came off

No Andy it's the pedals on a tandem you're supposed  
 to line them up..... Let Christine explain.....

---

# EVENING TEN NUMBER 9

|      |                   |       |       |       |
|------|-------------------|-------|-------|-------|
| 1st  | Pete Danckwardt   | 22.15 | +0.20 | 22.35 |
| 2nd  | Andy Smith        | 22.44 | 0.30  | 22.14 |
| 3rd  | Kevin Spilman     | 23.15 | 1.50  | 21.25 |
| 4th  | Andy Lock         | 23.42 | 2.00  | 21.42 |
| 5th  | Dave Dallimore    | 23.47 | 1.10  | 22.37 |
| 6th  | John Lucas        | 24.17 | 2.00  | 22.17 |
| 7th  | Stuart Gibbs      | 24.21 | 1.40  | 22.41 |
| 8th  | Don Lock          | 24.34 | 2.00  | 22.34 |
| 9th  | Bob Withers       | 24.37 | 3.10  | 21.27 |
| 10th | John Poland       | 25.01 | 3.30  | 21.31 |
| 11th | Jason Buckley     | 25.02 | 3.40  | 21.22 |
| 12th | Mick Mansell (tr) | 25.13 | 4.20  | 20.53 |
| 13th | Steve Gumbrill    | 25.20 | 4.20  | 21.00 |
| 14th | Colin Toppin      | 25.37 | 3.50  | 21.47 |
| 15th | John Gilbert      | 25.38 | 4.00  | 21.38 |
| 16th | Ron Foster        | 25.55 | 3.20  | 22.35 |
| 17th | Keith Hall        | 26.04 | 4.40  | 21.24 |
| 18th | Jeremy Arnold     | 26.06 | 4.40  | 21.26 |
| 19th | Mike Gibbs        | 26.10 | 2.50  | 23.20 |
| 20th | Tony Palmer       | 26.11 | 3.40  | 22.31 |
| 21st | Dave Nightingale  | 26.19 | 4.30  | 21.49 |
| 22nd | Bill Procter      | 26.30 | 3.20  | 23.10 |
| 23rd | Alan Matthews     | 26.30 | 5.30  | 21.00 |
| 24th | Mike Poland       | 26.47 | 5.20  | 21.27 |
| 25th | Barry Shaw        | 27.04 | 5.30  | 21.34 |
| 26th | Ken Atkins        | 27.13 | 4.10  | 23.03 |
| 27th | Christine Barnett | 27.17 | 4.50  | 22.27 |
| 28th | David Bunting     | 27.18 | 5.40  | 21.38 |
|      | Mark Turner       | 27.18 | 11.20 | 15.59 |

|      |                    |       |      |       |
|------|--------------------|-------|------|-------|
| 30th | Pete Nightingale   | 27.38 | 5.50 | 21.48 |
| 31st | Darren Stepney     | 28.01 | 6.40 | 21.21 |
| 32nd | Alan Stepney       | 28.31 | 6.40 | 21.21 |
| 33rd | Ben Hockett        | 29.07 | 6.10 | 22.57 |
| 34th | Mike Stanbridge    | 29.15 | 6.10 | 23.05 |
| 35th | Reg Searle (trike) | 30.57 | 8.20 | 22.37 |

Other rides;

|                   |       |
|-------------------|-------|
| Steve Curry       | 23.30 |
| Richard Miller    | 24.42 |
| Jeremy Maddock    | 26.44 |
| Frazer Nurse      | 28.56 |
| Paul Middlebrough | 30.00 |

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EVENING TENS NUMBER 10

|      |                   |       |      |       |
|------|-------------------|-------|------|-------|
| 1st  | Pete Danckwardt   | 21.50 | 0.00 | 21.50 |
| 2nd  | Kevin Spilman     | 23.04 | 2.10 | 20.54 |
| 3rd  | Stuart Gibbs      | 23.19 | 2.00 | 21.19 |
| 4th  | Trevor Leeding    | 23.27 | 2.50 | 20.37 |
| 5th  | Marvin Lucas      | 23.48 | 2.30 | 21.18 |
| 6th  | Dave Dallimore    | 23.55 | 1.30 | 21.25 |
| 7th  | John Lucas        | 23.59 | 2.20 | 21.39 |
| 8th  | John Poland       | 24.02 | 3.50 | 20.12 |
| 9th  | Don Lock          | 24.04 | 2.20 | 21.44 |
| 10th | Bob Withers       | 24.20 | 3.30 | 20.50 |
| 11th | Jason Buckley     | 24.30 | 4.00 | 20.30 |
| 12th | Steve Gumbrill    | 24.38 | 4.30 | 20.08 |
| 13th | Mick Mansell (tr) | 24.44 | 4.20 | 20.24 |
| 14th | Clive Goward      | 24.46 | 3.30 | 21.16 |
| 15th | Jeremy Arnold     | 24.54 | 5.00 | 19.54 |
| 16th | John Gilbert      | 25.08 | 4.20 | 20.48 |
| 17th | Keith Hall        | 25.11 | 5.00 | 20.11 |
| 18th | Les Frost         | 25.14 | 5.30 | 20.11 |
| 19th | Bill Procter      | 25.42 | 3.40 | 22.02 |
| 20th | Mike Poland       | 26.18 | 5.40 | 20.38 |
| 21st | Alan Matthews     | 26.23 | 5.40 | 20.43 |
| 22nd | Les Cohen         | 26.31 | 6.30 | 20.01 |
|      | Barry Shaw        | 26.31 | 5.50 | 20.41 |



|                         |       |       |       |
|-------------------------|-------|-------|-------|
| 24th Sheila Lucas       | 28.52 | 7.50  | 21.02 |
| 25th Reg Searle (trike) | 29.58 | 8.40  | 21.18 |
| 26th Roger Smallman     | 30.05 | 10.00 | 20.05 |

Other rides;

|                   |       |
|-------------------|-------|
| Jeremy Maddock    | 26.09 |
| Chris Sweet       | 25.01 |
| Richard Miller    | 24.22 |
| Ewan Kettelman    | 25.55 |
| Paul Middlebrough | 28.57 |
| Graham Buckley    | 28.13 |
| John Pedley       | 23.21 |
| Mick Jones        | 22.50 |

|                   |          |       |
|-------------------|----------|-------|
| Andy Smith        | ) tandem | 21.24 |
| Christine Barnett | )        |       |

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### CLUB CENTENARY PULLOVERS

These are available from our Editor Don Lock. They are available in wool or acrylic and in navy or sky blue. They are long sleeved with vee necks and they have the Centenary logo with the words "Worthing Excelsior Cycling Club" and the dates "1887-1987". The prices are £15. for the wool and £11 for the acrylic. We have a number in stock of varying sizes and colours but if unable to supply from stock then there would be delay while another order was put together.

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### EVENING TENS NUMBER 11

|     |                 |       |      |       |
|-----|-----------------|-------|------|-------|
| 1st | Pete Danckwardt | 21.48 | 0.00 | 21.48 |
| 2nd | Andy Lock       | 23.46 | 2.20 | 21.26 |
| 3rd | Stuart Gibbs    | 24.17 | 2.00 | 22.17 |
| 4th | Don Lock        | 24.22 | 2.20 | 22.02 |
| 5th | John Poland     | 24.41 | 3.10 | 21.31 |
| 6th | Steve Gumbrill  | 24.49 | 3.50 | 20.59 |
| 7th | Les Frost       | 24.57 | 4.20 | 20.37 |

|      |                    |       |      |       |
|------|--------------------|-------|------|-------|
| 8th  | John Gilbert       | 25.11 | 4.20 | 20.51 |
| 9th  | Dave Bacon         | 25.19 | 5.50 | 19.29 |
| 10th | Ron Foster         | 25.33 | 3.40 | 21.53 |
| 11th | Keith Hall         | 25.34 | 4.20 | 21.14 |
| 12th | Bill Procter       | 25.36 | 3.40 | 21.56 |
| 13th | Tony Palmer        | 25.37 | 4.00 | 21.37 |
| 14th | Mike Gibbs         | 25.49 | 3.10 | 22.39 |
| 15th | Les Cohen          | 26.31 | 5.40 | 20.51 |
| 16th | Barry Shaw         | 26.46 | 5.40 | 21.40 |
| 17th | Nick Pigott        | 27.32 | 6.40 | 20.52 |
| 18th | Roger Smallman     | 30.33 | 9.10 | 21.23 |
| 19th | Reg Searle (trike) | 31.14 | 8.40 | 22.34 |

Other rides;

|                   |       |
|-------------------|-------|
| Richard Miller    | 24.17 |
| Hayden Waghorn    | 29.16 |
| Graham Buckley    | 27.53 |
| John Pedley       | 23.42 |
| Jeremy Maddock    | 26.23 |
| Dave Bennett      | 27.55 |
| Paul Middlebrough | 28.57 |
| Mick Jones        | 22.27 |

Andy Smith ) tandem 21.09  
Christine Barnett)

#### EVENING TENS NUMBER 12

|     |                 |       |      |       |
|-----|-----------------|-------|------|-------|
| 1st | Pete Danckwardt | 22.02 | 0.00 | 22.02 |
| 2nd | Kevin Spilman   | 24.02 | 1.50 | 22.12 |
| 3rd | Jason Buckley   | 24.11 | 3.40 | 20.31 |
| 4th | Dave Dallimore  | 24.12 | 1.30 | 22.42 |
| 5th | John Poland     | 24.26 | 3.10 | 21.16 |
| 6th | Bob Withers     | 24.48 | 3.30 | 21.18 |
| 7th | Don Lock        | 24.50 | 2.20 | 22.30 |
| 8th | Steve Gumbrill  | 25.40 | 3.50 | 21.50 |



|      |                  |       |       |       |
|------|------------------|-------|-------|-------|
| 9th  | Ron Foster       | 25.45 | 3.40  | 22.05 |
| 10th | Jeremy Arnold    | 25.56 | 4.00  | 21.56 |
| 11th | Colin Miller     | 26.04 | 3.50  | 22.14 |
| 12th | Colin Toppin     | 26.07 | 4.10  | 21.57 |
| 13th | Bill Procter     | 26.07 | 3.40  | 22.27 |
| 14th | Barry Shaw       | 26.23 | 5.40  | 20.43 |
| 15th | Dave Nightingale | 26.34 | 4.50  | 21.44 |
| 16th | Mike Poland      | 26.55 | 5.30  | 21.25 |
| 17th | Alan Stepney     | 27.34 | 7.00  | 20.34 |
| 18th | Nick Pigott      | 27.37 | 6.40  | 20.57 |
| 19th | Darren Stepney   | 28.24 | 7.00  | 21.24 |
| 20th | Ben Hockett      | 28.43 | 6.20  | 22.23 |
| 21st | Pete Nightingale | 29.27 | 6.10  | 23.17 |
| 22nd | Sally Kingsland  | 34.00 | 13.50 | 20.10 |

#### Other rides

|                 |                     |
|-----------------|---------------------|
| Hayden Waghorne | 28.57               |
| Graham Buckley  | 29.10               |
| Ewan Kettelman  | 26.08               |
| Richard Miller  | 24.27               |
| Paul Cole       | 31.28               |
| Stuart Bond     | 29.25               |
| Steve Curry     | 23.39               |
| John Pedley     | 23.50               |
| Aiden Semple    | 44.52 (off course?) |
| Andrew Tarry    | 26.42               |
| Mick Jones      | 22.53               |
| Dave Bennett    | 26.56               |

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#### NEW THIRTY RECORDS

Congratulations to Richard Shipton for once again cracking the record at this distance. The Leo Road Club Event in Essex was again providing the course and the competition and the record now stands at 1 hour 7 minutes 21 seconds. In the same event Mike Mansell tore his trike round in a manner which shows scant regard for most of us normal two wheel

merchants recording a tremendous 1.15.34.  
 The date of these epics was 30th August .  
 Very well done to both of you.

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# EVENING TENS NUMBER 13

|      |                    |       |       |       |
|------|--------------------|-------|-------|-------|
| 1st  | Pete Danckwardt    | 21.47 | 0.00  | 21.47 |
| 2nd  | Kevin Spilman      | 23.10 | 1.50  | 21.20 |
| 3rd  | Andy Lock          | 23.36 | 2.20  | 21.16 |
| 4th  | Trevor Leeding     | 23.50 | 2.40  | 21.10 |
| 5th  | Dave Dallimore     | 23.53 | 1.30  | 22.23 |
| 6th  | Marvin Lucas       | 23.57 | 2.30  | 21.27 |
| 7th  | John Poland        | 23.57 | 3.10  | 20.57 |
| 8th  | Steve Gumbrill     | 24.29 | 3.50  | 20.39 |
| 9th  | Bob Withers        | 24.34 | 3.30  | 21.04 |
| 10th | John Lucas         | 24.52 | 2.20  | 22.32 |
| 11th | Les Frost          | 25.17 | 4.10  | 21.07 |
| 12th | Keith Hall         | 25.25 | 4.20  | 21.05 |
| 13th | Ron Foster         | 25.27 | 3.40  | 21.47 |
| 14th | Barry Shaw         | 25.38 | 5.30  | 20.08 |
| 15th | Bill Procter       | 25.40 | 3.40  | 22.00 |
| 16th | Colin Toppin       | 25.42 | 4.10  | 21.32 |
| 17th | Tony Palmer        | 25.46 | 4.00  | 21.46 |
| 18th | Dave Bacon         | 25.55 | 4.30  | 21.25 |
| 19th | Les Cohen          | 26.33 | 5.40  | 20.53 |
| 20th | Nick Pigott        | 27.11 | 6.40  | 20.31 |
| 21st | Alan Stepney       | 27.37 | 6.50  | 20.47 |
| 22nd | Ben Hockett        | 27.42 | 6.20  | 21.22 |
| 23rd | Keith Harmer       | 27.47 | 6.20  | 21.27 |
| 24th | Ray Douglass       | 27.54 | 7.30  | 20.24 |
| 25th | Darren Stepney     | 28.06 | 7.00  | 21.06 |
| 26th | Mike Stanbridge    | 28.54 | 6.30  | 22.24 |
| 27th | Sheila Lucas       | 29.29 | 7.50  | 21.39 |
| 28th | Reg Searle (trike) | 29.53 | 8.40  | 21.13 |
| 29th | Roger Smallman     | 30.02 | 9.10  | 20.52 |
| 30th | Sally Kingsland    | 33.04 | 13.00 | 20.04 |



# Other rides

|                   |       |
|-------------------|-------|
| Hayden Waghorne   | 27.29 |
| Graham Buckley    | 27.59 |
| Richard Miller    | 24.09 |
| Steve Curry       | 23.00 |
| John Pedley       | 23.57 |
| Jeremy Maddock    | 25.52 |
| Dave Hudson       | 26.10 |
| Paul Middlebrough | 28.36 |
| Neil Liston       | 27.53 |
| Mick Mansell      | 22.55 |

|                   |        |       |
|-------------------|--------|-------|
| Andy Smith        | Tandem | 21.29 |
| Christine Barnett |        |       |

|              |        |       |
|--------------|--------|-------|
| Mike Gibbs   | Tandem | 21.58 |
| Stuart Gibbs |        |       |

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## EVENING TENS NUMBER 14

|      |                |       |      |       |
|------|----------------|-------|------|-------|
| 1st  | Kevin Spilman  | 23.21 | 1.50 | 21.31 |
| 2nd  | Dave Dallimore | 23.26 | 1.30 | 21.56 |
| 3rd  | Marvin Lucas   | 23.30 | 2.30 | 21.00 |
| 4th  | Stuart Gibbs   | 23.36 | 2.00 | 21.36 |
| 5th  | Jason Buckley  | 24.00 | 3.20 | 20.40 |
| 6th  | Steve Gumbrill | 24.36 | 3.40 | 20.56 |
| 7th  | John Lucas     | 24.46 | 2.20 | 22.26 |
| 8th  | Colin Toppin   | 25.06 | 4.10 | 20.56 |
| 9th  | Les Frost      | 25.22 | 4.10 | 21.12 |
| 10th | Ron Foster     | 25.23 | 3.40 | 21.43 |
| 11th | Keith Hall     | 25.46 | 4.20 | 21.26 |
| 12th | Dave Bacon     | 26.26 | 4.30 | 21.56 |
| 13th | Les Cohen      | 26.37 | 5.40 | 20.57 |
| 14th | Nick Pigott    | 26.54 | 6.20 | 20.34 |
| 15th | Alan Matthews  | 27.00 | 5.30 | 21.31 |

|                         |       |      |       |
|-------------------------|-------|------|-------|
| 16th Alan Stepney       | 27.05 | 6.40 | 20.25 |
| 17th Mike Stanbridge    | 27.51 | 6.30 | 21.21 |
| 18th Darren Stepney     | 28.01 | 7.50 | 21.01 |
| 19th Sheila Lucas       | 29.51 | 7.50 | 22.01 |
| 20th Reg Searle (trike) | 29.59 | 8.40 | 21.19 |

#### Other rides

|                 |       |
|-----------------|-------|
| Paul West       | 25.15 |
| John Pedley     | 23.43 |
| Jez Maddock     | 26.02 |
| Steve Curry     | 22.55 |
| Hayden Waghorne | 26.26 |
| Dave Bennett    | 26.21 |
| Mick Jones      | 22.25 |
| P. Stonebanks   | 23.02 |

#### Tandems

|                      |       |
|----------------------|-------|
| Mike Gibbs/Andy Lock | 22.22 |
| Andy Smith           | 21.23 |
| Christine Barnett    |       |

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#### EVENING TENS + OVERALL RESULT+

Best 8 placings for men . Best 6 events  
for ladies and juveniles

#### Scratch

|                            |    |
|----------------------------|----|
| 1. Pete Danckwardt         | 8  |
| 2. Stuart Gibbs            | 18 |
| 3. Kevin Spilman           | 19 |
| 4. Marvin Lucas (Juvenile) | 25 |
| 5. Dave Dallimore          | 29 |
| Andrew Lock                | 29 |
| 7. Don Lock                | 53 |
| 8. Bob Withers             | 54 |
| 9. John Lucas              | 56 |
| 10. Jason Buckley          | 59 |



|                               |     |
|-------------------------------|-----|
| 11. John Poland               | 61  |
| 12. Colin Toppin (juvenile)   | 67  |
| 13. Steve Gumbrell            | 71  |
| 14. Ron Foster                | 91  |
| 15. Les Frost                 | 103 |
| Bill Procter                  | 103 |
| 17. Mike Gibbs                | 109 |
| 18. Nick Pigott ÷juvenile)    | 116 |
| 19. Keith Hall                | 119 |
| 20. Dave Bacon                | 124 |
| 21. Dave Nightingale          | 125 |
| 22. Christine Barnett         | 130 |
| 23. Tony Palmer               | 131 |
| 24. Barry Shaw                | 147 |
| 25. Sheila Lucas              | 153 |
| Mike Poland                   | 153 |
| 27. Darren Stepney (juvenile) | 156 |
| 28. Ben Hockett (juvenile)    | 161 |
| 29. Les Cohen                 | 179 |
| 30. Sally Kingsland           | 195 |
| 31. Peter Nightingale         | 200 |
| 32. Reg Searle (trike)        | 215 |
| 33. Mike Stanbridge           | 216 |
| 34. Roger Smallman            | 232 |

+++++++

#### Handicap

|                    |    |
|--------------------|----|
| 1. Les Frost       | 26 |
| 2. Sally Kingsland | 24 |
| 3. Barry Shaw      | 21 |

+++++++

#### Best Improvements in the series

|            |                 |              |
|------------|-----------------|--------------|
| Men:       | Barry Shaw      | 3.703 m.p.h. |
| Ladies:    | Sally Kingsland | 3.044 m.p.h. |
| Juveniles: | Colin Toppin    | 2.147 m.p.h. |

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I feel the last comment on the tens series must be a big thank you to organiser Ken Atkins . It's a long series and it involves quite a lot and the fact that it all ran so smoothly is due entirely to Ken. .

Don.

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## THE TRACK

The Preston Park track season has ended for another year, and, bearing in mind that Worthing Excelsior's participation was very limited, I suppose we didn't do too badly. The highlights were in the British Cycling Federation Sussex Division Championships, where Marvin Lucas won the schoolboy sprint title and Nick Pigott came home with the bronze, and at senior level, Andrew Lock snatched a couple of third places in the sprint and in the 20kilometre points race.

Paul West was our most consistent and regular performer, he was always in the action, and in the Sussex Cycle Racing League points championship was great at collecting points for places although seldom able to make the top spot. Andrew Lock, who was present at only about two thirds of the meetings collected a number of wins and just pipped Paul in the Senior Points competition scoring 30 for seventh place to Paul's 28 for ninth position. Our only other scoring rider at the senior level was Ian Leeding who notched up six points to finish twenty first.

The aggregate for the Club of sixty four points gave us third place in the team classification behind the Regent who amassed 213 and Central Sussex with 102.



It's worth noting though that the Regent had seven counting riders including Vernon Smith who ran away with the individual championship with 95 points. The Central Sussex had five scoring riders with second on individual classification, Colin Tamon, taking sixty.

In the schoolboy's competition Marvin Lucas headed the table with forty points just clear of Andrew Blakeley of Brighton Excelsior second with thirty four. Nick Pigott, scored six points and finished in sixth place in this his first full season.

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#### SUSSEX C.A. 25 MILE INDIVIDUAL CHAMPIONSHIP

There always seems to be just one too good for our best in this championship and this year was no exception. We had high hopes that Pete Danckwardt could win this with the form that he has produced during the season.

Perhaps it was too late in the season for him and perhaps the late change of course to the 'round the houses' Angmering route did not suit his style, but he would have needed to have been at his very best on the morning of Sunday 20th September to have beaten Steve Dennis of East Grinstead who ripped round in what must surely have been a record for course of 56 minutes 44 seconds. Pete was second with 58 minutes 19 seconds and the Sussex C.A. 1987 B.A.R. champion Peter Davies of Brighton Mitre was third with 59.37 just keeping our Andy Smith out of the medals; Andy finishing fourth in 59.39.

Other Worthing times were:- Clive Goward 1.6.29, Bob Withers 1.6.45, John Gilbert 1.7.41, Bill Procter 1.10.49, Mike Gibbs 1.10.53, Mike Poland 1.11.36, Christine Barnett 1.12.26, Reg Searle 1.15.05, Ray

Douglass 1.15.28 and Mike Stanbridge 1.16.45.

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**THE WORTHING GAZETTE** carried an interesting study by comparison of two photographs of Offington Corner the dates being 1905 and 1987. The earlier photograph was said to show "members of Worthing Excelsior Cycling Club taking a breather". This was all very nice but when our Ed. returned from holiday his firm had a copy fixed to his desk with the question attached....."Which one are you?" Our Ed.protests- he might now stop for a breather before tackling Crockhurst Hill but he wasn't there in 1905 --- ask Ray Douglass.

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#### **FUN WITH MEMBERS NAMES**

Barry Shaw is'nt certain. Les Cohen does not wear a small black cap while racing. Dave Bacon does not want to be called "Streaky". Estate agent Les Frost is not a hot property while, Steve Curry is definitely 'Vindeloo'. Lock is just a very nasty sort of cramp. 'Palmer' is in Majorca, Hudson is in Canada.... and get this 'Gilbert' is an electromagnetic unit of magneto-motive force!!!!

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#### **THE CENTENARY RIDES**

##### **100 + 21st June 1987**

There were no medals to be won, and I doubt whether many of the riders really had much thought of the one hundred years that they were celebrating. While I shall record the names of those who participated it is no more than an idle thought as to whether



or not this will be read in 100 years from now. It was enough to be out on the bikes with a good day's cycling ahead of us. It was to be a day's cycling, planned, as is essential, around the requirements of good sustenance, good scenery, and good friends, and enjoyed with the bonus of perfect weather in a not so brilliant summer.

Dave Hudson knows the lanes in this part of the world as well as anyone in our Club and we were soon into them, first in the Slindon, Eartham area north of the A.27, and then south of that arterial divider, as we worked our way to the elevenses stop in the Chichester Yacht Basin.

I should explain that Dave had decreed that there should be three groups - well it seemed like a good idea to have more time for some than others and it worked well. Roger Smallman lead away at 7 a.m. with a party of eight. He was accompanied by Mike and Carol Stanbridge on their tandem, Keith Harmer with son Toby (only I believe 11 years of age and didn't he do well) Mike and Andrew Slater and Sally Kingsland. Dave took his group of nine off at 8.a.m. His company comprised, Keith Dodman, Christine Barnett, Chris Beckingham, David Mills, Bob Grange, Ron Foster and Paul and Colin Toppin. I, supposedly a racing man, (but more truthfully looking for a lay in) started at 9.a.m. with Tony Palmer (who finished up in charge of the map), Bob Withers, Chris Sweet (Oh! He of many punctures), son Andrew, Mike Mansell on his trike, and Pete Danckwardt. I must admit that Pete's presence caused me some concern - he was supposed to be in training for a "12"! Finally we had the company of a friend from the Festival Road Club, Roger Smith, a notable long distance hardrider.



Our concern over Pete was relieved at the eleveses stop when he ordered the largest piece of gateaux and then had it deluged in cream. He was normal after all. Those of us who purported to race now and again, mentally adjusted our thoughts on future nutritional dieting for the fast man. We had met up with Dave's group at this stop, but after a photo session , they were soon on their way again and we did not see them further until lunch.

The second stage which would advance our mileage from 26 to 53 was perhaps the hardest terrain, but you frequently have to go up to get the best views, and this was a lovely ride. Not for Dave I'm sure, but for most of us we were heading into new territory. We were heading north just inside the Hampshire border, and there were several long climbs and some superb views. Some of the villages on the route were Woodmancote, Finchdean, Chalton and Clanfield. We did a quick dash through the Royal Navy shorebase H.M.S.Mercury, with a couple of "hallo Sailors" when we were safely past the Guardroom. Then we found ourselves riding over the heights of Teglease Down, before the long, and well earned descent to West Meon and to the Meon Hut junction - the Lunch stop.

Dave had done his best. There were two choices, The Little Chef or the pub. The former was seen to be packed and the latter, although busy, had plenty of seating outside which was nice and that seemed to get the unanimous vote. It was however something of a disaster which they blamed on forthcoming rebuilding operations. Most things were either "off" or at best, a very long time coming. On the good side though there was plenty to slake the thirst and as some found



out they had an unusual system for serving the sweets. Whether or not you had received your first course, or indeed whether or not you had ordered a first course, you just went in and told them that you hadn't had yours yet, and you were immediately served with the gateaux, fruit, cream etc, of your choice and they appeared to have no system of charging for this!!

All groups had met up here so there were more photos and then it was off- closer together but still in the same order. Ron Foster, anxious to repair his morning's dehydration, felt it more important to down his fourth pint, before mending his puncture, so let Dave's group go and joined ours, bringing up the rear, once again.

The stages were shorter now and to Midhurst via Froxfield, Harting, Steep and Petersfield was a very pleasant 23 miles. Our group passed a somewhat split, and query - were they lost - Roger's Smallman group, but we were to see no sign for a long while of the Dave Hudson group - probably got the idea of that 'special tea' on their minds.

Midhurst provided afternoon tea for our group and certainly for some of Roger's and at the suggested venue. Dave though arrived too early - found it full - and at Keith's suggestion adjourned to the local five star establishment and the resident's lounge!

The thought of the tea ahead at Gordon and Betty Curd's was it seems giving impetus to speed and some individuals were time trialling leap-frog fashion from one group to the next and Roger's group was breaking under his relentless pace. From Midhurst it was back through Selham, Coates and Fittleworth and finally to Pulborough and West Chiltington with ninety two miles covered so far

All arrived safely, some a little weary, but all having enjoyed the ride. Gordon and Betty put on a superb buffet tea which I'm sure could not have been bettered at any time in a hundred years of club teas. We must have been there for 1½ hours, eating and drinking and talking and recuperating. The last eleven miles (yes it was 103 in all) were taken, as one wished, some were quick - some were more relaxed. We bid our farewells and I wondered if we couldn't make this an annual event? I certainly cannot wait another hundred years?

Don

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### EVENING CRITERIUM SERIES

There I was, posing around in the club-room, showing off my holiday suntan and thinking "if nobody says how fit I look soon - I'll go home and sulk"- when up strolls Don Lock, and in his inimitable way, threatens me with grievous bodily harm if I don't give him a road race article that I'd promised him six weeks earlier --

So here it is.....

As it is, of course, Centenary Year we thought we really ought to put on a celebratory road race - and this sort of grew into the "Centenary Evening Criterium Series" held on Monday evenings in May and June, four races for 1st 2nd and 3rd Cat. riders That was the easy bit, deciding dates and categories, ALL we had to do now was to find a suitable circuit, changing rooms etc., etc.

A lot of research went into the course, especially from the safety point of view - the result was a four and a bit mile circuit up at Ashington, with a nice little



hill, some flat bits and some drags - all to be covered eight times - 38 miles or thereabouts. The hope was that it would provide all the ingredients for an interesting series, both for riders and spectators - all we needed was a good entry - and decent weather.

At this point may I say that after my last article bemoaning the difficulty in getting support for marshalling and tea making, the response from the club was very good, particularly in view of the need to be at Ashington before 7 o'clock in order to work out who was marshalling where. We'd got it down to an art by the third event - people automatically marshalled at the same places - but the first race on the 11th May was a bit fraught from the organisers point of view.

A quick tour of the course just before the start showed everyone in place. Don Lock was on the corner of The Hollow, leading to the Quarry Hill. Halfway up the hill timekeeper Ray Douglass stood poised beside the lap board, while on the crucial left-hander on to the A283 a fluorescent clad Dave Hudson was rehearsing his "They shall not pass" stance for the eastbound traffic. The other two corners were manned by equally unperturbed, Mike Gibbs and Bob Withers, all parked cars were off the circuit, as promised by the residents, and we were ready to go.

We had a pretty good field - not large but good quality, with a useful number of first category riders and most local clubs represented.

The traffic on the A24 was, as expected light and we started on time - the only snag was the weather- dark, overcast and drizzly.



Out of the gloom, at about half distance emerged a useful working group. Mike Coyle (V.C.Etoile), three G.S.Stella riders, Gordon McMenemy, Mark Jones and Tim Bullen and two St.Raphaelmen, Paul Rogers and Kevin Noble. On the next lap this group was reduced to Mike Coyle, McMenemy and Jones - Noble was hovering between this trio and the bunch Paul Rogers and Tim Bullen having been gently advised by the commissaire to retire, after indulging in an animated debate over each others work rate and head gear.

At the end of the race Mike Coyle powered to a deserved win over the G.S.Stella duo, with the rest of the field emerging from the gathering gloom over the next ten minutes. Stuart Gibbs and Trevor Leeding finished for the home team and thus went forward to the next event with a chance still of an overall prize.

After that, the remaining events were very tactical - the leading three on general classification watching each other and allowing others to go for individual glory.

The second race was won by David Wood, (St.Raphael) with Steve Blackmore second for East Grinstead and Mark Markowski (Hastings) third. Ian Leeding finished tenth in this one, brother Trevor though, punctured in both legs and retired, blowing his chance overall. Stu Gibbs, John Lucas and Robert Downham all finished, the weather was awful - the marshalling was complimented upon and I was very grateful for the hot cup of tea thrust into my hands by Sheila Lucas and company.

Flaming June's two races were a continuation of the theme, both as to tactics and weatherwise. Mark Markowski won the third event from Steve Blackmore with Tim Bullen



third, followed at 30 seconds by a bunch of 18 riders headed by Kevin Noble and containing all the main protagonists. Worthing packed four into this bunch - Ian - just heading Trevor, John Lucas and Stu in the sprint.

The fourth race was a Hastings benefit with Mark Markowski winning from brother Martin and with Andy Hillman fifth. Mark also won three of the four prizes generously donated by Mike Gibbs, the fourth going to Oly Accola of the Southdown Velo.

Twenty five riders finished this one, including seven Worthing men. John Lucas, Ian and Trevor Leeding, Andy Lock (got one right at last) Stu Gibbs, six minutes adrift after puncturing and borrowing Paul West's bike (ought to get a medal for that alone), Ian Stainer and Robert Downham.

All in all not a bad series then. The fields got bigger as the events went on. We had more spectators, better and better marshalling and awful weather. We also learnt a few things for a series next year (Centenary plus One)

For the record; the final result was a tactical win for Mike Coyle, who covered the approximate 150 miles in 5 hours 28 minutes 37 seconds. Second was Gordon Mcmenemy third Mark Jones and fourth Mike Rice of the De Laune. Rice was the best placed third category rider. Our own Stuart Gibbs was fifth

My grateful thanks for making the series go to: John and Wendy Spooner who generously donated the winner's sash,, Timekeeper Ray Douglass, committee members for their excellent marshalling services, Bradley Walters and Robert Downham for lead cars, St. John's Ambulance Brigade, and all club members and friends for the so vital back up

support, loan of cars, refreshments etc.,

Pete Scarsbrook

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Pete signed the hand written manuscript of his article " P.S." and our dumbo of an Editor spent ten minutes looking for it.. Looking for the P.S. Oh! Never mind.....

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### **THE THREE HUNDRED THOUSAND MILE CLUB**

No I haven't made a mistake there is an association for cyclists who can show from records that they have covered this quite remarkable mileage. We are now privileged to have one such person within our Club. It is, of course, our mileater President Ray Douglass. Congratulations Ray. I am informed that you currently lie in 27th place in the Association's national list. At 10,000 per annum you'll have no trouble to reach 400,000.

Don.

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### **STILL MORE RECORDS**

The Andy Smith/Christine Barnett tandem efforts have been a remarkable highlight in our Centenary year and we have three more to report. At 100 miles on 2nd August in the Century event (very appropriate) near St. Neots they recorded 4 hours 1 minute and 23 seconds. Lowering a 1964 record by 26 minutes in the process. At 50 miles in the Viking 50 on the Colchester course they clocked 1.57.58 and finally, and they do say they've finished for this season now, at 10 miles they have broken the short lived Mike and Stuart Gibbs record clocking 20 minutes 26 seconds on the Swindon bypass in the Savernake Velo promotion. Date here was 4th October 1987\*\*\*\*\*



## THE OPEN HARDRIDERS 27th Sept.1987

The third running of this event did not have the financial support of previous sponsors and the Club is very grateful to Richard Pigott's Company, Clanric Press for stepping in, and, as they say, picking up the tab. The hill climb event, within the event, also lost it's previous support, and in this case it was a generous donation from Club President Ray Douglass that saved the day.

Andrew Lock's promotion also had to contend with the problems caused by the fact that the Houghton Bridge road was not available. The new course which was devised started west of Pulborough and went south to Bury, which provided the climb, and then continued down the A.29 to Slindon before cutting through to the A.27 (more road works to be avoided). Riders could briefly enjoy a small section of the G938 course back to Arundel, but then had to make the ascent to Whiteways. The thought that from the top of Bury it was now all down hill was, however, to double the agony of many because the course had some nasty smaller hills in the last few miles. These 'bumps' were to catch out quite a number. After returning through the start point riders had to go left over the new Stopham Bridge and tackle the climb up towards Fittleworth, and then as they headed south out of that village there was just one more which caused anguish in the last mile. Generally the new course was welcomed with many saying that they felt it was safer. It may be retained for 1988, although Ray Douglass has mention another devilish variation if we can use the new roundabout at Fontwell.

The entry was 102 and this included some



star riders; 12 hour record holder Glen Longland, 24 hour champion Ian Dow, Cliff Dent, Steve Marchant, Paul Daniels, John Patston, ex National B.A.R. winner Bob Porter and our own Pete Danckwardt , to name but a few.

The climb of Bury Hill came after just 4 miles and although they may not have got really warmed up at least they had a flying start. Three riders beat 4 minutes for the estimated  $1\frac{1}{4}$  miles and it's not surprising that Steve Marchant of the 34th Nomads, who was second in the National Hill Climb Championship, was the fastest. His time, well clear of the rest, was 3 minutes 39 seconds. It is interesting to compare this with Mike Mansell's club record for the same hill, but with a standing start, of 3 minutes 36 seconds. Next fastest was Glen Longland of the Antelope who made the ascent in 3.56 while veteran John Goodrum of the Catford made third place with 3.59 picking up the special veteran's prize in addition. Other fast climbs included; Cliff Dent 4.00, Paul Daniels and Steve Dennis 4.04 and Mike Mansell 4.05.

From observations at the top of Bury at approximately 5 and 15 miles I noted the following as showing speed and power and as likely contenders: Longland, Marchant, Dent, Dennis, Danckwardt, Mansell, Dow, Coyle V.C. Etoile and Tamon and Moore of Central Sussex. The Central Sussex had won the team award before and with Lipscombe they had looked to be the main danger to ourselves from the start.

With C.B. facilities (thank you John and Daphne Grant) getting hill climb times and full distance times back to the headquarters



before the riders, Roger Smallman with his superb finish sheet mounted high on the stage, was able to get on with all the results and calculations very quickly.

We were soon able to see that Longland had ridden round this very hilly 25.4 miles in 1 hour 3 minutes 6 seconds at an average speed of 24.153 m.p.h. and had beaten Steve Marchant by just 7 seconds, with Cliff Dent only another 11 seconds back in third spot. Best placed Sussex rider was East Grinstead's Steve Dennis 4th in 1.4.04 and from Worthing Pete Danckwardt (told me he can't ride hills) was 5th in 1.5.16.

The team event has been based on the "best third man basis and the Central were to beat us again with an outstanding piece of team packing. Their fastest was Colin Tamon , 13th in 1.7.41 and Paul Lipscombe with exactly the same time, and next they had Gary Moore on 1.7.44 . On aggregate we would have beaten them for both Pete and Mike Mansell 1.6.47 were faster and our third counter was Kevin Spilman 24th on 1.9.39 but on this method we were going to have to settle for second once again. Sussex teams were dominant in this section, for East Grinstead finished third.

There was a good atmosphere in the headquarters in Pulborough Village Hall and it was nice that all the prize winners had hung on to receive their awards. Our super tea ladies, Carol Stanbridge, Jean Smallman, Carol West and Maureen Lock worked overtime and there was a raffle to bring a good morning's sport to an end. How long though will Andrew be able to go on providing such perfect weather - it was smashing for rider and supporter alike. Perhaps the best postscript to the event

came from Ian Dow who took the trouble to write to Andrew after the event and to say "many thanks for a really excellent hilly event" .I particularly liked the last remarks in his letter though, " I look forward to having a go again next year, and with luck I will enjoy it a bit less and go a bit faster!"

The race did incorporate our own Hardriders championship and it was good that everyone had bothered to enter this as well. The full Club result is as follows:-

|                      |         |        |         |
|----------------------|---------|--------|---------|
| 1st. Pete Danckwardt | 1.5.16. | sc     | 1. 5.16 |
| 2nd. Mike Mansell    | 1.6.47  | 2.00.  | 1. 4.47 |
| 3rd. Kevin Spilman   | 1.9.39  | 4.30   | 1. 5.09 |
| 4th. Keith Dodman    | 1.12.01 | 8.30   | 1. 3.31 |
| 5th. Clive Goward    | 1.14.48 | 12.00. | 1. 2.48 |
| 6th. John Poland     | 1.14.53 | 11.30. | 1. 3.23 |
| 7th. Jason Buckley   | 1.15.17 | 11.30  | 1. 3.47 |
| 8th. Keith Hall      | 1.16.51 | 15.30. | 1. 1.21 |
| 9th. Chris Sweet     | 1.16.53 | 19.00  | 57.53   |
| 10th. Les Frost      | 1.17.41 | 14.30  | 1. 3.11 |
| 11th. Colin Miller   | 1.19.37 | 15.30  | 1. 4.07 |
| 12th. Dave Bacon     | 1.20.26 | 17.30  | 1. 2.56 |
| 13th. Robert Downham | 1.20.36 | 15.00  | 1. 5.36 |
| 14th. Mike Poland    | 1.22.28 | 17.00  | 1. 5.28 |
| 15th. Jeremy Arnold  | 1.22.39 | 13.00  | 1. 9.39 |
| 16th. Nick Pigott    | 1.25.08 | 23.00  | 1. 2.08 |
| 17th. Ray Douglass   | 1.30.32 | 22.00  | 1. 8.32 |

+++++ Don

#### NEW MEMBERS

WE welcome Neil Liston, Peter Stevens and Haydon Waghorne (First claim seniors), Miles Davies (Junior 2nd claim) Paul Cole, Antony PURches, Graham Buckley, Ewan Kettelman, Aidan Semple, Simon Atkinson, Clive Gibbins, Adam Huttly, Mark Branson and Andrew Tarry all elected 'on board' at our September meeting.



## FORTHCOMING CLUBRUNS FOR NOVEMBER AND DECEMBER

From Clubroom departing within 10mins of stated time

- 1st.Nov. 9.a.m. Toat Cafe Codmore Hill, Lunch Red Lion Fernhurst . Leader Dave Hudson
- 8th.Nov. 9.a.m. Fontwell (L/Chef) Lunch White Swan Bosham. Leader Dave Hudson
- 15th Nov.10.a.m. Ashurst Village Hall. Lunch Red Lion at Cowfold.
- 22nd Nov. See noticeboard of details of East Sussex C.A. Reliability Trial (50 miles) Start and finish Herstmonceux. Dave Hudson has entry forms. We want as many as possible. Car to start can possibly be arranged.
- 29th.Nov.9.a.m. Ditchling. Lunch at Henfield (Wheatsheaf) Map ref:TQ237182
- 6th. Dec.9.a.m. Lannards Gallery, Five Oaks. S.C.A. Lunch for those with tickets - Henfield.
- 13th.Dec.9.a.m. Broadbridge Heath. Lunch, the Black Horse at Amberley.
- 20th.Dec.9.a.m. Chichester Yacht Basin.
- 25th.Dec.(Friday) Christmas morning - short run for Coffee. Name to be put on list on the notice board during December.
- 27th.Dec.9.a.m. West Grinstead (Little Chef)
- 1st. Jan.(Friday) 9.30 a.m. Piltdown (L/Chef) this is intended to be a brisk run!.
- 2nd. Jan.(Saturday) Motorised club run to New Forest £2. deposit to Dave Hudson by Tuesday 15th Dec. Full details after that date to those taking part. 7.a.m.start expected.
- 3rd. Jan Cowfold (St.Peter's Cottage)
- A list for Jan. to March will be out in early Jan. if you could lead a run please let Dave Hudson know before 15th Dec. If the demand is there hardriders runs on Sundays will also be arranged.
- Saturday runs are now departing from the Gateway roundabout on the Littlehampton Road at 9.30 back around 12.30. Steady until the new year.

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Edgar Henson.

Edgar Henson was an Excelsior member in the very early part of this century, a previous member of the West Tarring C.C. Born in 1864, he might just have remembered the "Boneshaker", but his formative years were also those of the high bicycle. He had his own haulage business in Tarring, and like Sam Clark, was a parish councillor. Both of these could only have been part-time occupations, for his obsession was mile-eating.

He often led the "Potterers' C.C." and other Excelsior fast men on a Sunday "ramble"; for example, to Storrington, Pulborough, Fittleworth, Midhurst, Petersfield, Horndean Cheriton, Titchbourne, Bishop's Waltham, Fareham, Cosham, Emsworth, and Chichester, finally meeting the rest of the club at Arundel. This sort of thing, coupled with running and cycling on the track, kept him incredibly fit.

Edgar was pretty quick-witted too. Now it can be told that during George Olley's 1,000 mile record ride, Edgar's front lamp blew out, and he was promptly pursued by the constabulary, who were taking a professional interest. Nipping down a side lane, he quickly re-lit the errant lamp and pottered nonchalantly back towards the sweating posse - "Yes constable, he's gone down that way, nearly knocked me off!"

Edgar won numerous Excelsior standard medals, and again like Sam Clark, was a good performer well into his veteran years, when he could still produce club road records, and



was fast enough to pick up track prizes. Shortly after the lamp incident, he "borrowed" one of Olley's 1,000 mile record bikes, and took the S.R.R.A Worthing to Hastings and back record in 5 hours 59 minutes, ripping 1 hour 16 minutes off a record which had stood since 1892.

Edgar was fit - all this happened in his forty-third year!

John Grant

John has produced a number of anecdotes or pen pictures of some of our early members and we will be including more in future issues.

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**IT'S RUMOURED** that 'Gabbletalk' that ridiculous writer of rubbish who has somehow got into previous issues is really Dave Hudson in disguise. Dave is the only one ever to have made comment upon the meaningless ramblings of this anonymous pen, and, recently through the Editor's letterbox came this dissertation just a couple of days after he had again mentioned them. On the basis that it may be Dave, and we were desperate for the last couple of pages, we include it, but all letters to Dave please.

As approach we the terminational of the celebratical of our centurian Ray Dougal, in this year of the one hundred wheelies, may I say, in all stupidity, solly good joe, and much thankee for all the hard wokee.

The big bun fight at the Hudley in Dover will hopefully be full of much good foody and watch the dinky, make head swimmy and legs all wobbly woo woo. All the last fen and maybees will collect the cups and sorcers and certifications for the past reasons farces and the helluva lottee of smashy of the recordians. Have a tuvvely lime-o and all much chat



old friends and great atmospherical.

We've had runs of 100 milo in the saddloes with teas of ginormous proportionals, and every and each eventical has been extra pickular stacksastional..

There have been jumpers with lew bogoes, and straining pops with name emblazoned, star kickers for 50p a strip and writing sticks that announce our longevity with elongated elegance for them what can weed and white.

Keep eyeballs on the comikcuts of cycly weakly for the articulations of Wob Bithers and Gone Jaunt. Full expose' of the Worthy Ex-healthier is promiscuous.

Now forward much stride and look ahead, with biggy job of getty own Rub Cloon. Anyone possessy of suitable land or buildo ... we purchy vellee quickee. No more payee Worthing Council of Ex-servicemen - too much rentee.

Cheers and heers to the next ton.....

Gabbletalk

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I think hidden in the above nonsense was a serious message, namely the need coupled with a considerable determination to obtain our own clubroom. The figure now accumulated towards this aim is now **two thousand eight hundred pounds**. Enough to show bankers or backers what we have and can achieve. So, if you do know of a piece of land with or without a building that may be suitable please let us know for that will be our target in 1988. Ideally we wish to stay in Worthing, but I suppose anywhere within five miles of Worthing Pier would be considered (preferably not south of course). We do not necessarily require vehicular access, so long as some general public parking is available in the vicinity and it does not matter what it's present use is for we should have to go into the question of planning permission in anycase. Please have a look around near where you live. Is there a spare bit of land, a plot that's been vacant for years?

Don.