

THE WORTHING WHEEL



June 1999

**MAGAZINE OF THE WORTHING EXCELSIOR
CYCLING CLUB**

JUNE 1999

WORTHING EXCELSIOR

Clubroom: Broadwater Parish Rooms

Meetings every Tuesday evening 7.30 to 10.00

Opinions expressed are those of the contributors,
and not necessarily of the club or its committee

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Ashurst Circuit 16.3 Miles 11/4/99

Karl Writes:-

Bright sunshine and a light north easterly wind greeted the riders, only spoiled by a cold start, although it did warm up. Thirteen riders had entered, but Ian Cheeseman (Apologies – injuries due to violent arrest) and Ron Bardouveau (Apologies – Ron Bardouveau) did not start. There were also eight private entries. The race went off without incident, which is more than can be said of the pre race. Jeremy had to change his tub due to a puncture, and Stephen had valve trouble and had to borrow a spare wheel from Mel (I noticed that Mel was careful to lend him a 36 spoke tandem special – Ed.) Colin turned up virtually on the start line. But best of all was Paul whom turned up with daughter Rosie as his baby sitter had let him down at the last minute. Rosie was taken care of by Tony and while he rode. The duties of timekeeper seem to have expanded, and appropriate RTTC rule changes are anticipated.

In the race, Jeremy maintained his early season dominance with a 40.57, followed by Mel with 40.58 – if only he hadn't sat up early at the finish (even the event promoter sometimes forgets where the finish is !) Third was Paul with 41.00, cheered on by the new assistant timekeeper. With these first three being within 3 seconds of each other, this was the closest club event for many years. Fourth was Jonathan Ford-Dunn, now coming out of hibernation as the warmer weather arrives. Jonathan had a lovely new bike on display, a Chas May (named after the Month in which it is first raced). The big ring was a 52 or 53 I think.

This year's Junior Circuit Champion was Chris Dransfield after a close battle with Sean McClelland.

Name	Pos	Actual Time	H'Cap	H'Cap Time
Jeremy Wootton	1	40.57	Scratch	40.57
Mel Robertson	2	40.58	1.20	39.38
Paul Carruthers	3	41.00	0.45	40.15
Jonathan Ford-Dunn	4	41.30	3.00	38.30
Karl Robertson	5	41.41	1.00	40.41
Stephen Trott	6	43.27	1.50	41.37
Colin Miller	7	44.43	4.30	41.13
Chris Dransfield	8	46.20	6.00	40.20
Sean McClelland	9	46.57	5.45	41.12
Graham Collins	10	50.56	5.30	45.26
Peter Weston	11	52.42	11.00	41.42

Private Entries

R Bonner	40.19
S Jones	41.49
C Parsons	42.52
D Williams	44.40
M Gould	46.11
N Attaway	46.14
M Williams	48.17
R Pay	51.41

Awards	First	Jeremy Wootton
H'cap	First	Jonathan Ford – Dunn
	Second	Mel Robertson

25 Mile Championship & Clapshaw Trophy – 9/5/99

Karl writes:-

With both the 25 mile Championship and Clapshaw Handicap trophy up for grabs, there was an opportunity for anyone to win a trophy. Held, as usual, on the sporting G25/93 course in windy but warm conditions (not bad for the time of year). From the start to the turn at West Grinstead was quick with a tail wind, but with the shelter from the trees there was no great help. From West Grinstead to Washington there was a strong head wind which was very hard going. Washington the Shoreham was fairly good going until the bridge over the Adur, and from then to the Shoreham Roundabout was hard. A quick finish couldn't compensate for these slower sections.

There were 13 down to ride, but Diana Trafford did not start (recovering from a cold) leaving 12 riders; this meant that there were 6 awards on offer, 3 for fastest and 3 for fastest handicap.

After a very fast 10 the previous week, man on form was Mel with a 1.02.30, which was a good ride given the conditions. Almost a minute down was Jeremy with 1.03.22, followed by Paul on 1.03.47 and Jonathan on 1.03.53.

Chris Dransfield was on his 25 mile debut and finished with a good 1.11.55, which with his 12.30 handicap gave him the edge in winning the Clapshaw trophy (quite a profitable first 25!).

Name	Pos	Actual Time	H'Cap	H'Cap Time
Mel Roberton	1	1.02.30	0.45	1.01.45
Jeremy Wooton	2	1.03.22	Scratch	1.03.22
Paul Carruthers	3	1.03.47	1.00	1.02.47
Jonathan Ford-Dunn	4	1.03.53	3.30	1.00.23
Stephen Trott	5	1.04.02	3.00	1.01.02
Karl Roberton	6	1.04.29	2.00	1.02.29
Colin Miller	7	1.07.39	3.45	1.03.54
Ian Cheeseman	8	1.11.30	8.30	1.03.00
Chris Dransfield	9	1.11.55	12.30	59.25
Ron Bardouveau	10	1.12.16	9.30	1.02.46
Peter Eldridge	11	1.16.00	12.00	1.04.00
Peter Weston	12	1.21.43	19.30	1.02.13

Awards

1 st	Mel Roberton
2 nd	Jeremy Wooton
3 rd	Paul Carruthers

Handicap

Chris Dransfield (Clapshaw Trophy)
Jonathan Ford – Dunn
Stephen Trott

"SHORTS"

An occasional column

Disclaimer- the views below are not necessarily the views of the Editor, in fact they are really Don's, so send your solicitors letters to him (address in front cover).

BIG RING ?

In the last edition of the Mag, I mentioned Jonathan " Big Ring " Ford - Dunn. It seems that the circulation of the Wheel extends into the Brighton area, because we have had a number of "queries" about Jonathan from certain sections of the community there who have got the wrong idea about how his nickname was arrived at. Let me put the record straight - the nickname simply refers to his huge 56 - toother.

HORIZONTAL ROBERTON

Mel has been overdoing it a bit recently. Coming out on a club run on a racing bike with Shamal rims and all the gear was bad enough. He was put in his place quite quickly when the route diverted down a very muddy lane - one clean bike now very dirty!

It was on arrival at Adversane though that his real predicament was noticed (sorry if there were ladies present). He seemed unable to dismount normally and collapsed on the grass amidst the chairs and tables.

In a future issue we hope to include helpful advice on the compatibility of shoes and pedals and the various means of extrication from the 'LOOK' style

TOP PERSONALITY

Kathryn McClelland has won the Worthing Junior Female Sports personality Award - well done. I notice also that the McClelland name pops up quite frequently in Cycling Weekly these days!

POWDERS

Picking on Mel again! As you can see from the results in the Mag, Mel has come into some great form recently. I asked his partner Pen about this to try and find the secret of his success (obviously, if I asked Mel, like all cyclists, he wouldn't give away his secret formula!). As it turns out, there is quite a story involved. Whilst Mel was in Holland & Barret, in Worthing town centre, buying his usual supplements, he bumped into a certain Doctor Squinzi, a Sports Nutrition and Performance Consultant. Dr Squinzi was picking up a hundredweight of Creatine that he had on order. Mel was massively impressed with Dr Squinzi's charisma and knowledge, and agreed to engage the Doctor on a six month trial to improve his sporting performance by a guaranteed 42.53%.

The trial apparently consisted of an initial six - day fast, followed by an intensive two week course of "powders" and "tablets" that, according to Dr Squinzi, are totally legal throughout most of South America and the more progressive parts of Asia. Pen, looking tired, attested to the restorative powers of these compounds. Sadly, it appears that Dr Squinzi has disappeared after some enquiries at his office from some large gentlemen with sunglasses. Mel - you'll just have to make do with High 5 and Maxim from now on, or follow Karl's regime (Lentils - great for weight loss and an "assisted" performance up hills!)

CUBA!!!

Many of you will remember Tim Stedman collaring as many drunk people as possible at the Club Christmas Dinner and doing quite well with sponsorship for his Cuban trip, in aid of the national Deaf Children's Society. Tim has returned, and here is his report!

"The culture shock that I think we all experienced hit us as soon as we left the air cabin; Policemen and baggage handlers in ancient clothes and it seemed like we had flown 20 years back in time as well as 5000 miles across the Atlantic. Our first problem was Jet lag which I found pretty tricky to manage. This and the new environment left me feeling a bit bewildered.

On the Sunday we got our first glimpse of Cuba with a short trip around the capital, Havana.

Cuba is a country of great contrasts, and irregularities, in the distribution of wealth and the real economy and the "tourist" economy. I found the capital instantly depressing and a little sad – once a decadent Spanish colonial city left to decay and despair ; legacy of the new ideology . This feeling changed though.

The first real Cuban place we stayed in was a kind of holiday camp in small chalets with no hot water. In the evening we were given salsa lessons and a big group of schoolgirls no older than 10 did a brilliant show for us. We were told that a very small proportion of the money that you so kindly donated through me would be given to special Cuban schools in the form of hearing aids (so far a rarity there) and this performance by the kids was a thank you to the people of Britain on their behalf. This was a genuine sentiment and they had been practising for months and shows what an important part Latin music plays in Cuban life.

And so every day at 7.30 we set off for a days cycling; a very hot days cycling. The hours after lunch were intolerably hot and we were constantly pestered to keep drinking water, taking breaks every hour.

As soon as we left civilisation, we entered a Jurassic park, and a Tyrannosaurus Rex had left his footprints all over the islands roads. Potholes were a constant hazard and only 2 tours previously a girl had broken her collarbone from riding blindly into one.

In Colon on the Wednesday we stayed in the infamous Hotel Santiago, and my roommate and me had to share a double bed, although both of us shared the room with a family of cockroaches.

The food in Cuba was never very spectacular, always buffets on the same theme – bite size bread and sweet cakes, papaya, mango and pineapple chunks, salads, cold pasta dishes and a choice of two basic hot dishes, usually chicken and something else (stop moaning, sounds good to me - Ed !). At lunchtimes we were all well fed but a lot of us felt very uncomfortable when all around people had very little. As soon as we left our stops however, anything edible or recyclable disappeared faster that we did!

As we rode through small Cuban towns and villages, the Cubans came to their front gates and greeted us with a mixture of curiosity, excitement and genuine warmth, something that we found everywhere. Cycling is both a popular sport and an important (and for many the only)

mode of transport in Cuba and I think they identified with us because of that. The mass of 80 yellow shirts on wheels may have provoked a bit of interest as well?

At schools along the route a lot of the group would stop and distribute pens and pencils to marauding kids and teachers. I parted company with all my Cycle Cuba T Shirts that week.

The south of the island is incredibly beautiful and the last two days were wonderful. On Thursday we stayed by lake Hanabánilla, high in the stunning Escambray mountains, reached only by an 8km climb which took many over an hour to pedal. Our last day took us to Trinidad to a wonderful place and a World heritage site - a city still preserving its resplendent past. Here was where we rode our last kilometre and where we watched an amazing Caribbean sunset.

By the end of the week I had fallen in love with Cuba, and her magic and had been totally converted. I spent my last night in Cuba in Havana and I saw a different place. During my 3 month trip of Central and Southern America that followed, I never found a more vibrant and addictive country than Cuba. Cuba was special.

The 7 cycle tours that the NDCS has completed in Cuba have raised around £700,000. My final total was £2000.19. The highest individual total for our tour was I believe £7,000, but in previous weeks the Managing Director of the Abbey national building society had raised over £20,000.

There are currently 25,000 deaf children in the UK and an astonishing 25% aren't diagnosed so until the age of 3 and a half. Apart from the hardware, it is the families that need support.

By the end of the week we had gelled like one big family and every single cyclist got a tremendous amount of satisfaction from what we had achieved. I know I did. An experience that none of us will ever forget.

Thank you for all your help. You have already made a huge contribution and difference not just here but also in Cuba as well.

Many thanks,

Tim

Any other club members who have been on interesting rides recently?? Please drop me a line – contributions in this area are expected during the summer period!!!!

CLUB RUNS ATTENDANCE

Discussions have taken place regarding the allocation of points to those who would have attended a club run but instead have given up their run to help with a Club time trial or other event. You may recall that the Points Adjudicator (Mr President) Tony Palmer only just won the competition last year.

Now it seems, following the Ashurst Circuit event where he was timekeeper and led the run to Pulborough, he is suggesting that double points would be appropriate! He is however prepared, he said, 'to leave a decision on this in abeyance'. Until presumably he sees how the points are working out come the end of the season!

YOU CAN NOT BE SERIOUS!!!

We await with bated breath the official results of the Sussex CA Team championship, held on 1/5/99. There seemed to be some problems with the results at the event, and as yet no one has had a results sheet back! Come on Simon!

STOLEN!!!!

On 1/6/99 from Worthing

Blue Pinarello
Bianchi Chrono
Diavolo Cyclo Cross

If you have any information please contact
Phil Wise, VC Etoile, 01903 772269

Mountain Biking

I'm a bit out of the racing scene at the moment, just doing the local races with my club, Horsham Riders. The big success in recent weeks has been our experiment with a new "Enduro" format. The idea is for a team of two riders to complete as many laps as possible on a closed circuit in 2 hours (although a longer format is planned for the next event on 20 June) Only one of the team is on the course at any one time, handing over a punched card upon changeover to his partner. The racing was close and we even had a team of Pros from the Adidas SciCon Team turn up. Not surprisingly they won, completing 11 laps in 2 hours. A good morning was had by all.

For up to date details on races and leisure rides, please call Jerry Manthorpe on 01444 881596. One to look out for particularly is the club Fun day on Sun 13th June – there's a lot happening including trials displays, timed laps, races and Southwater cycles will have a stand as well.

Time Trialling Miscellaneous Results

3/4/99 Brighton Mitre Open Hilly 10

Won by Peter Main, Redmon CC, 23.53. Our best was Karl Robertson with a good 25.31, which earned him 7th place. Jonathan Ford-Dunn was off his best form at 26.46.

5/4/99 Brighton Mitre Open Hilly 25 Mile

Similar result to the above! Won by Peter Main, 1.03.25. Karl was nearly six minutes down this time at 1.09.21.

SCA Open 16.5 Mile - Ashurst

First place this time went to Chris Birch with an incredible 35.38 for the Ashurst circuit. There were four Worthing rides, Mel first with 41.15, then Karl with 42.19, Chris Bacon with 44.39 and Colin Miller with 44.46. Weather conditions were good, warm with a South - westerly wind.

Team Leigh 25 Mile Open – Hatfield Peverel, Essex

Your Ed. rode in this one, hoping to beat the hour for the first time with the help of a fast course. On the morning the early start clashed somewhat with my pre - race - day diet of a bottle of red wine with and a tube of Pringles. I also misjudged the drive to the start and ended up riding to the line and going virtually straight off without any warm up at all. However, things picked up and I got round in 59.38 for a PB.

Crawley Wheelers Open 42.9 Mile – 2/4/99

Only your Ed. in this one from the club, producing a disappointing 1.51.11 on a perfect day. At least I didn't puncture like last year!

Sussex CA 2 Up TT – 28/3/99

Worthing Excelsior only had one team entered this year, with regulars Jeremy Wooton and Matt Gould not entering. Your Ed was without his usual partner, Robin Lenharth of the Brighton Excelsior, and was fortunate to team up with Karl Robertson.

As many of you will know, the course is challenging to say the least – up Long Furlong, North along the A24 to Washington, then through Storrington to Whiteways, then down Fairmile Bottom to return along the A27.

Not noted for my Hardriding ability, I was worried about how I would suffer on the hills – would Karl treat it as a joint effort, or would I suffer on my own at the back?

In the event it was an interesting race and really showed Karl's strength and speed on the hills. I was at the limit just hanging on, particularly on the Storrington/Whiteways stretch. However, I managed to take my turns and pulled back some credibility on the flat sections towards the finish.

In the event we did OK, coming in with 1.09.41 which isn't bad for a 27 mile hilly. We were 8th team, and 3rd to 8th were all within a minute of each other. For our pain we got a £20 Bike Store voucher, the shop again providing excellent prizes.

Pulborough 16 Mile Event

An appalling day – however, in my view it was worse for the officials than the riders. The weather conditions were cold, with rain and strong winds. The wind was from the South, making for a flattering first leg north to Adversane. Round the back of Wisborough Green was hard, with an easy finish after the hill back to Pulborough. Jeremy Wootton was quickest, 42.33, followed by Paul Carruthers on 42.57 and Karl on 43.56 (including 1 minute late start). Peter Weston clocked up a phenomenal 61.23 (yes that's 61.23 !!) .

1	Jeremy Wootton	42.33
2	Paul Carruthers	42.57
3	Karl Robertson	43.56
4	Stephen Trott	46.00
5	Peter Weston	61.23

Awards	First	Jeremy Wootton
	First H'Cap	Paul Carruthers

Evening 10 No1 – 6/5/99

1	Mel Robertson	21.56
2	Karl Robertson	22.44
3	Paul Carruthers	22.49
4	Jonathan Ford-Dunn	22.55
5	Colin Miller	24.39
6	David Uncles	25.13
7	Ian Cheeseman	25.18
8	Andrew Lock	25.19
9	Ron Bordello	25.30
10	Ken Atkins	25.42
11	Peter Baird	27.01
12	Peter Weston	28.05
13	Alan Weston	29.40

Weather conditions, warm with a very light Southerly breeze made for a quite fast start to Findon, with a tail wind to Ashington. For once, the return to Washington was also OK.

A superb ride from Mel – a PB by quite a margin I hear.!

Clonmore Trophy

Please note that this event is now on Wednesday 23/6/99 at 19.00. Event will be on new P881/25c course, HQ Greatham Village Hall. Entries to Patrick Brennan, 39 Ashcombe, Chiddingfold, Surrey, by 16/6. Tel 01428 684333 for details

CALENDAR OF EVENTS

EVENT	START	DAY	DATE	CONTACT
June				
50 Mile Champs	G50/10	Sun	6/6/99	Mel Robertson
25 Mile	G25/93	Thurs	24/6/99	Mel Robertson
July				
25 Mile	G25/93	Thurs	1/7/99	Mel Robertson
30 Mile Champs	GS941	Sun	11/7/99	Mel Robertson
Horsham Riders MTB	Southwater	TBA	TBA	
Randonnee – 50 & 100k				Paul Carruthers
August				
100 Mile TT	G100/56	Sun	1/8/99	Mel Robertson
September				
110k Hilly Audax	Petworth	Sun	19 th September	Tony Palmer
Other				
Ray Douglass Tea	Jan 2000	Sun	23rd	Don Lock
Regular Events				
Evening 10's	G10/98	Thurs	6/5 – 24/6	Paul Toppin
		Thurs	8/7 – 12/8	Paul Toppin
Club Run s				

CLUBRUNS DEPART FROM WASHINGTON VILLAGE GREEN AT 9.00AM (9.10 LATEST) UNLESS OTHERWISE STATED. PLEASE NOTIFY TONY PALMER OF YOUR ATTENDANCE. 01273 558597.

6 JUN.	SOUTHWATER COUNTRY PARK (AFTER SCA 50)
13 JUN.	ST PETER'S TEAROOMS, COWFOLD.
20 JUN.	DOLLY'S PANTRY DITCHLING.
27 JUN	RSPB CENTRE. WIGONNHOLT COMMON. .
4 JUL.	OLD COTTAGE TEAROOMS, HANDCROSS GARDEN CENTRE. ON A23 APPROX 1 MILE SOUTH OF HANDCROSS.
11 JUL	ANTIQUE SHOP, ADVERSANE. (AFTER CLUB30)
18 JUL	TUDOR COTTAGE TEAROOMS, PETWORTH.
25 JUL.	EAST SUSSEX CLUBRUN. THIS RUN TO START AT THE WAR . MEMORIAL, RINGMER AT 0900hrs. ELEVENSES AT THE KENNEDY'S GARDEN CENTRE AT LOWER DICKER ON THE A22. GARDEN CENTRE, STOPHAM BRIDGE.
1 AUG.	
8 AUG .	HILLERS GARDEN CENTRE, SOUTH OF HORSHAM ON THE A281
15 AUG	THE OLD FORGE, PYECOMBE.
22 AUG	HARDRIDERS AUDAX CLUBRUN. THIS RUN STARTS AT THE CAR PARK IN PETWORTH AT 9.00am AND COVERS THE AUDAX HARDRIDERS COURSE, 66 MILES. FOOD STOPS AVAILABLE ON ROUTE PROVIDED BY DAVE HUDSON. ENTER THE MAIN EVENT 19 SEPTEMBER AND ALL FOOD ON THIS CLUBRUN IS FREE !!!

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