

The Worthing Wheel



Spring/Summer 2001

**Magazine of the Worthing Excelsior
Cycling Club**

Spring/Summer 2001

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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Chairman	Alan Matthews: 20 Water Lane Angmering Tel:- 01903 784852
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Calendar of Events

All club runs depart from Washington village green at 0900hrs (0910hrs. latest) unless stated otherwise.

You should register your attendance with the runs leader or with Tony Palmer (01273 558597) to enable you to be included in the Annual Club Runs points competition.

Date	Elevenes Venue
6 May	Barn Garden Centre, Dial Post. After SCA Team Championship
13 May	St Peter's Tea-rooms, Cowfold
20 May	Antique Shop, Adversane. After the Club Open 25 promotion.
27 May	Cinders Tea-rooms, Isfield Railway Station. This run departs from Ditchling Car Park at 0900 hrs.
3 June	Garden Centre, Stopham Bridge, Pulborough.
10 June	Southwater Country Park. After the SCA 50 Championships.
17 June	Forge Tea-rooms, Pyecombe.
24 June	Friston Forest Country Park Tea-rooms. This run departs from Ringmer War Memorial at 0900 hrs.
1 July	Petworth
8 July	RSPB Centre Wiggonholt Common, Pulborough. After the club 30 Championships.
15 July	Rushfields Garden Centre, Poynings
22 July	Houghton Bridge, Amberley.
29 July	Dolly's Pantry, Ditchling

For Audax and time trial events over the next few months, see inside the back cover.

Did you know that the club has staked a presence on the information super-highway?

We now have a web site at WorthingExcelsior.co.uk

Articles for this magazine can be sent to me by e-mail, at ed@Worthing-Excelsior.fsnet.co.uk as well as by paper.

Long Furlong Circuit 17 Mile, 25th February 2001

Pos	Name	Time	H'cap	H'cap Time
1	Jeremy Wootton	42:28	Scratch	42:28
2	Stephen Trott	45:37	1:30	44:70
3	Karl Roberton	45:38	1:30	44:08
4	Chris White	51:48	5:00	46:48
5	Peter Thorp-Hincks	52:04	1:15	50:49
6	Mike Brampton	52:18	7:30	44:48
7	Susan Uncles	56:02	6:30	49:32

Private

Chris Bacon	50:12
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DNF David Uncles

DNS Chris Dransfield
Ken Retallick

The weather for the first club event of the year is usually quite bad, but none of the riders were expecting a blanket of snow to greet them in the morning. Despite the snow and freezing conditions, the roads were free of ice. The wind was from the north west, so making the leg from the start all the way to the Offington round-about quite quick. The leg through Findon Valley and up to the finish was, however, hard going into the wind.

Eleven riders had entered but three did not start (the phrase fair weather cyclists springs to mind). Chris Bacon, undeterred by the weather decided to ride a private entry. David Uncles did not finish, choosing to do one lap only. Jeremy was scratch rider and the quickest on the first lap by nearly a minute and a half, over second place Stephen; third was Karl 7 seconds behind. Jeremy went on to extend his lead but was 20 seconds slower on his second lap. Stephen was also slower on the second lap, but by 43 seconds. Karl speeded up and was faster than Stephen second time around but had to settle for third place.

Awards

1 st	Jeremy Wootton	42:28
H'cap 1 st	Jeremy Wootton	
2 nd	Stephen Trott	

Handicapper:	Tony Palmer	Time Keeper:	Mike Irons
Pusher off:	Mel Roberton	Catering:	Mel Roberton

Club 10 Mile, 4th March 2001

Pos	Name	Time	H'cap	H'cap Time
1	Jeremy Wootton	23:17	Scratch	23:17
2	Karl Roberton	24:24	0:45	23:39
3	Stephen Trott	24:39	0:45	23:54
4	Chris Dransfield	25:23	2:00	23:23
5	Chris White	25:46	2:30	23:16
6	David Uncles	27:39	1:03	26:09
7	Mike Brampton	27:50	4:00	23:50
8	Susan Uncles	30:15	4:00	62:25

Private

Paul Carruthers	24:46
Peter Thorp-Hincks	25:5
Robin Fairhurst	25:10

The club 10 was the second club event in the calendar. After the previous week's snow everyone was hoping for warmer weather, but we were to be disappointed as it was almost as cold as last week, but the wind was not as strong and there wasn't any snow on the ground. The wind was again from the north west, so giving a fast leg to the Findon round-about, a slow one to Ashington and a quick final leg back to Washington.

The field was almost the same as the previous week, with Jeremy again at top speed and over a minute ahead of the rest. Second and third switched from the previous week. The handicap saw Chris White winner by just 1 second over Jeremy and everyone bar the Uncles on 23 minute handicap times – Tony seems to be trying to take over from Don as chief handicapper.

After the event Mel had provided teas, though there was a slight panic as the tea towel, blown by the wind, fell on the gas burner and proceeded to catch fire. It was speedily extinguished by Jeremy and Chris White (well they were the speediest on the day after all) and Peter Thorp-Hincks fire fighting services were not needed.

Awards	1 st	Jeremy Wootton	23:17
	H'cap 1 st	Chris White	
	2 nd	Jeremy Wootton	

Handicapper:	Tony Palmer	Time Keeper:	Mike Irons & Alan Matthews
Pusher off:	Mel Roberton	Catering:	Mel Roberton

Pulborough Circuit 16 mile, 18th March 2001

Pos	Name	Time	H'cap	H'cap Time
1	Karl Roberton	44:34	2:30	
2	Peter Thorp-Hincks	44:54	2:51	
3	Jeremy Wootton	44:57	Scratch	
4	Chris Dransfield	45:23	5:00	
5	Chris White	47:34	6:00	
6	David Uncles	50:22	4:51	
7	Mike Brampton	53:34	8:00	
8	Don Lock	53:39	6:30	
9	Simon Smith	1:00:38	9:00	

Private

Paul Carruthers	45:15
Paul Byford	46:35
Robin Fairhurst	49:51
Matt Gould	52:10

DNF Susan Uncles

DNS Stephen Trott
Ken Retallick

The Pulborough circuit was spared the snow of the previous two events, but the weather was still not very kind. Light intermittent rain, with a cold north easterly wind made for a slow morning. The first leg to Adversane was hard going into a head wind, the next to Fittleworth was quite fast with a tail wind. The final leg was also quick, though the final mile was into the wind.

Despite the poor weather 12 riders had entered, although 2 did not start. The number was increased by 4 private entries. Jeremy was scratch man again, but was suffering with the flu and could only manage third. Karl was the quickest (the hills favouring the skinny blokes) and Peter second, just 3 seconds up on Jeremy's time.

Susan only managed to get to Adversane before a puncture ended her race. Don was riding the course that he had designed for the first time – after finishing he probably thought that he should have made it a bit flatter.

Awards

1 st	Karl Roberton	44:34
H'cap 1 st	Chris Dransfield	
2 nd	Chris White	

Handicapper:	Tony Palmer	Time Keeper:	Mike Irons
Pusher off:	Ron Bardouveau	Catering:	Mel Roberton

25 Mile Championship & Clapshaw Trophy , 29th April 2001

Pos	Name	Time	H'cap	H'cap Time
1	Jeremy Wootton	1:03:32	Scratch	1:03:32
2	Peter Thorp-Hincks	1:03:45	1:30	1:05:15
3	Karl Roberton	1:04:02	2:00	1:20:20
4	Stephen Trott	1:06:42	2:00	1:40:42
5	David Uncles	1:09:45	3:30	1:06:15
6	Chris White	1:10:32	7:00	1:03:32
7	Susan Uncles	1:14:44	10:30	1:04:14
8	Mike Brampton	1:15:55	11:00	1:04:55
9	Diana Trafford	1:21:07	14:00	1:07:07
10	Peter Eldridge	1:27:55	13:00	1:14:55

Private

T Court	1:02:36
M Kingsbury	1:02:36
R Smith	1:05:00
P Byford	1:05:55
P Carruthers	1:06:21
C Bacon	1:08:30
S Weal	1:12:30
S Custance	1:13:90
P Everson	DNF
G Villis	DNF

DNF Ken Retallick
Chris Dransfield

DNS Ron Bardouveau
Andrew Lock

In the absence of the Ashurst Circuit, due to road works, the 25 mile championship was the next club event in the calendar. The weather looked to be as poor as the other club events with early rain and a strong south westerly wind. The first and last legs were fast but the section from West Grinstead to Shoreham was hard going. The early rain cleared before the start but black clouds were closing in. It was fairly dry until half way round when the rain returned and everyone got soaked.

14 riders had entered along with 10 private entries, making it the largest event field despite the weather. Two riders did not start – Andrew Lock and Ron Bardouveau. Ron did turn up, but a broken shoe plate prevented his participation. Ken Retallick and Chris Dransfield did not finish – Chris punctured half way round and Ken thought better of the

conditions and retired. The rest of the field continued despite the downpour.

Jeremy was the fastest with a ride of 1:03:32, which was good going for the conditions and took the 25 mile championship. Peter was second fastest, just 13 seconds down at 1:03:45, followed by Karl, in third, a further 17 seconds back at 1:04:02. Thanks to some excellent handicapping from Tony Palmer the handicap times were quite close together. The Clapshaw trophy went to Karl and, for the second time that day, Peter missed out on a trophy by 13 seconds. To add insult to injury a few minutes after everyone had finished, the rain stopped and the sun came out.

Awards	1 st	Jeremy Wootton	1:03:32
	2 nd	Peter Thorp-Hincks	1:03:45
	3 rd	Karl Roberton	1:40:42
H'cap	1 st	Karl Roberton	Clapshaw Trophy
	2 nd	Peter Thorp-Hincks	
	3 rd	Jeremy Wootton & Chris White (tied)	

Handicapper:	Tony Palmer	Time Keeper:	Mike Irons
Pusher off:	Ron Bardouveau	Catering:	Mel Roberton

"Off Road" Event – Skittles, 22nd March 2001

Well – in the alley at the back of "The Spur" at Slindon in fact, and a very successful evening it was to. Thirty members and friends took part and enjoyed some very serious skittling.

President Tony Palmer brought along his brother, Adrian, and his sister-in-law, Sandra, and it was Adrian who carried off the Gents 1st prize in the individual event while the top lady was a friend of Andrew Lock. In the pairs event club members Alan Matthews and Sue Dray upheld Club interest and outscored the rest. All went away clutching bottles of wine.

A generous buffet was included and a £7.50 per head and a good evening's fun without hitting the housekeeping too much. It's the second one we've had and we shall certainly try and organise another in due course – watch this space, as they say.

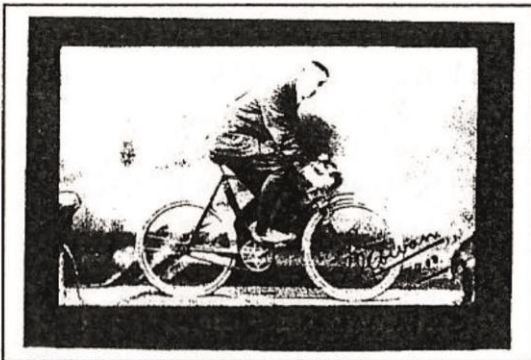
The spur is a nice venue, better in my opinion than the two others I've tried nearer to home. You have the skittle alley entirely to yourselves and the buffet is duly delivered, laid out and cleared away giving a convenient break between the games. A nice friendly pub – good beer and for other occasions, I can recommend the restaurant or the bar meals.

Don

Vic Cowan.

Some years back, Don Lock was lucky enough to know an elderly man called Vic Cowan. When Vic was a young man, he was an Excelsior. He joined in 1906, and held office for many years as club secretary and auditor. Like Don, Vic was uncompromisingly loyal to the club, and through these two men you have a link with the days when the club was young.

Vic died in the 1970's, but his memory lives on. At the next club dinner, if you proudly step up to receive the Most Improved Rider trophy, don't just tuck it under your arm and walk shyly back to your seat. Have a good look at it - it's not an elegant trophy, no sterling silver cup, no fancy handles, no ebony plinth, just a piece of mahogany with an old-fashioned medal fixed to it.



But you hold history in your hands. Victor Cowan won that very medal in June 1907, for a 100-mile gold medal ride (standard 6 hours 50 minutes, un-paced) in 6 hours 21. The course went from Broadwater Green, through village after village - Findon, Washington,

Ashington, Southwater, Horsham (town) Crawley (still a village) to the Angel Inn at Woodhatch and return, all on dusty roads which barely knew the motor-car. That is what will sit on your mantelpiece for the coming year!

The photograph commemorates a later ride, a 12-hour silver medal, for 163 miles in 10hours 17minutes - anything shorter than a "100" was considered cissy then!

Vic's gold medal cost the club five guineas, (£ 5.25), as much as a milkman could earn for five week's hard work, but the trophy is beyond price - it is the oldest one that Excelsiors still regularly compete for.

There are other mementoes of Vic's long service to the club - his start-sheet for the Southern Cycling Club "100", July 19th, 1908, (4 a.m. start): a relic from the very earliest days of time-trialling, and his treasured scrap-book, which he entrusted to Don's diligent care in the 1960's when Don a mere lad.

This last (not Don, the scrapbook!) is now a fragile and fading document, autographed "Victor Cowan, Worthing Excelsior Cycling Club, 1906", with a photo of Vic as a bright-eyed young man inside its front cover, and it is filled with cuttings from "Cycling" which give advice on gear ratios and training which is still relevant to-day as it was when written.

Better there are poems which carry to us across the years, the pioneer's love of our sport.

The first gem lies inside the front cover, framed by a Patterson drawing of the start of an Edwardian time-trial.....

"100"

He pumps each tyre and feels each nut,
As the earlier men depart;
And carefully notes the pace they cut
And takes that pace to heart;
They call his name - he slowly mounts
And somebody shouts "Up, Up!"
As the last few seconds the starter counts;
He steadily thinks of the cup.
So it's up and away at an "eighteen" bat
He tackles the first long hill
Finds no trouble in mounting that-
Down he goes with a will.
There stands Brown, who had started first-
Given it up? Ah! No!
Only delayed with a tyre that's burst
And he utters a loud "Cheer O"!

Forty miles a in a "couple and ten,"
Pace is beginning to sink:
Jones brings in news of the foremost men
As he proffers a hasty drink:
Smith is under a minute in front,
Though he started the first by five;
So up and away on the long, long hunt,
Now is the time to strive.
Eighty miles and going it strong,
Fresh as a two-year-old;
He sucks an egg as he plugs along,
And the few more miles are told-
Twenty, ten, five, four, three, two
Now it is only one,
And the crowd all cheer as he passes through,
And the speedman's work is done.

"Theta."

Awful roads, few cars, dust or mud - pioneering bliss in a tweed knickerbocker suit!

John Grant

Sussex Cyclists Association 25 Mile, 11 March
Crawley – Broadbridge Heath – Southwater - Crawley

Winner:	Peter Tadros	V.C. Bayeux	0:54:45
Worthing Riders:	Stephen Trott		1:01:44
	Chris White		1:05:49
	Don Lock		1:06:52

Conditions: Mild with a south westerly wind, giving a tough first half but a quicker return.

Sussex Cyclists Association Open 2 Up Time Trial
Storrington – Fontwell – Patching – Storrington

Winner:	Mark Jones	G.S. Stella	1:02:13
Worthing Riders:	Karl Roberton		1:09:47
	Paul Carruthers		
	Chris White		1:15:18
	Don Lock		
	Chris Bacon		1:16:01
	David Bacon		
	Mike Brampton		1:17:51
	Peter Thorp-Hincks		
	Susan Uncles		1:19:05
	Warren Buckthorp		
	Diana Trafford		1:34:59
	Peter Eldridge		

Conditions: Cold with a strong north easterly giving a fast first leg to Fontwell but hard from there back to Patching and the finish.

The course was changed from the previous year's event due to the dangers of racing through Storrington village. The new start was just outside Storrington on the B2139. From there you head west to Fontwell

and along to Patching and up the furlong to Washington, with the finish opposite Hampers Lane. The second half was mostly into the wind. There were 7 teams from the club and a number of club members marshalling or spectating the course.

The expected clash between previous winners Mark Jones/John Limpus (G.S. Stella) and Peter Tadros/Steve Green (V.C. Bayeux) did not materialise as the challengers did not start. This meant that the defending champions had a comfortable win over the pairing of Simon Bergona/Stephen Walkling (Portsmouth North End CC) whose time of 1:04:10 was just ahead of the third place team of Keith Reed/Tristan Court (Brighton Mitre) on 1:40:26.

From the club, Karl and Paul were the quickest with a 1:09:47, ahead of Don and Chris, who won the Vet on Standard prize with their +3:22. Third were Chris and David on 1:16:01. There was however an unfortunate incident as Stephen Trott crashed just after the Whiteways roundabout. He was taken to hospital with concussion and bruising

Brighton Mitre CC Open Hilly 10 Mile, 14th April

Winner: Graeme Stirzaker Anglia Sport 23:20

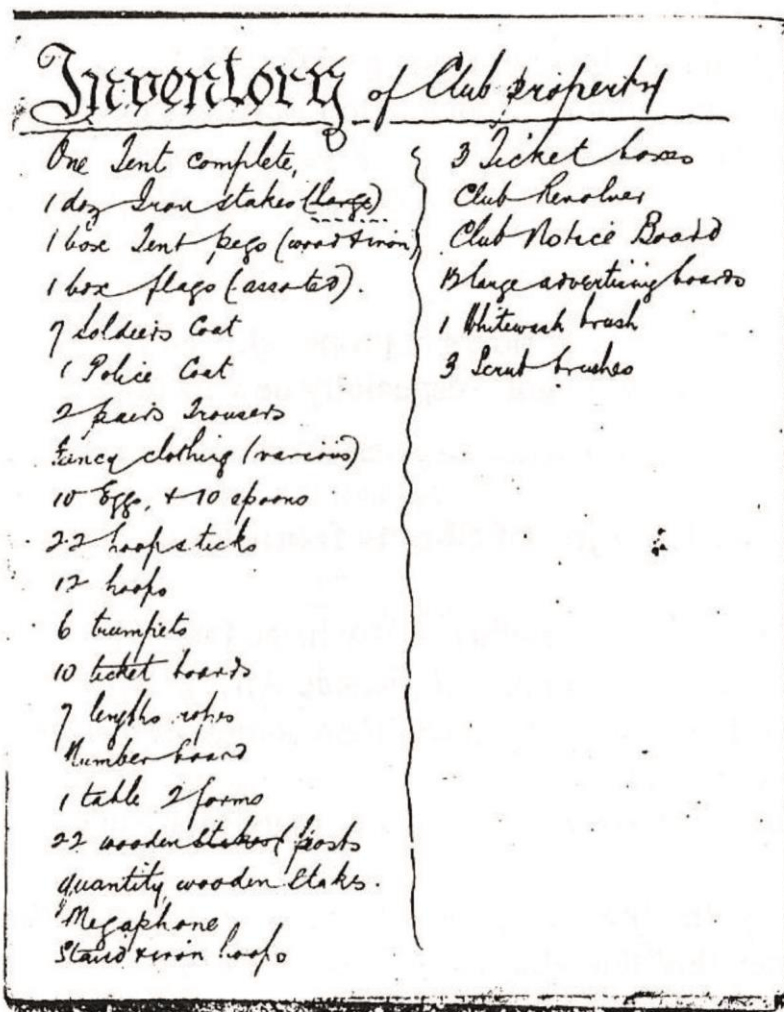
Worthing Riders: Karl Robertson 25:31
 Chris White 28:08
 Jonathan Ford-Dunn 32:58

For those riders competing in the SPOCCO series, this weekend was a source of useful points. Four riders had entered from the club, though Chris Bacon did not start, due to a cold. Rain early in the afternoon had cleared by the start, which made the conditions reasonable. The wind was from the south east, so the first leg was quite slow going, but the second half was faster. The course record holder, Tim Stevens, was pre-race favourite, but did not start. In his absence, Graeme Stirzaker (Anglia Sport) took top honour with 23:20, comfortably ahead of last year's winner James Millard (Charlotteville CC) on 24:00 and James Dear (Eastbourne Rovers) on 24:02.

From the club Karl was quickest, his time of 25:31 was exactly the same as the last 2 years. Chris White was second and Jonathan was third, suffering a 4 minute penalty after puncturing a few minutes before the start.

An Historical Note

One of the diverting features of a club with as long a history as ours is the glimpses of the past that come to light from time to time. Almost a hundred years ago, a member of the committee drew up an inventory of the club's possessions, which John Grant was kind enough to pass me.



In case it gets mangled by the photocopiers, here are some of the finer points: public manners to cyclists were clearly not up to our forebears requirements as it was occasionally necessary to impersonate policemen and soldiers; in the days before metalled roads they had egg and spoon races when the mud was too bad, or maybe raced hoops (clearly some members got carried away with this as we had 22 hoop sticks but only 12 hoops). The club was already aware of the commercial prospects of cycle sport and owned 12 large advertising boards.

Cycling was however a risky sport and in the days before modern medical technology, one hopes that the club revolver was seldom needed to put injured cyclists out of their misery.

I suppose though that the reality was rather different.

Club Clothing

We have quite a good stock of clothing now including some at very discounted prices. Road jerseys, short and long sleeved, with and without pockets. Training tops (full zip), bib shorts and skin suits.

The problem may be in having the right size for we can only hold a limited amount. Contact Don Lock (01903 531877) or in the club room on Tuesdays, and if we have not got what you want we can no doubt put an order together and get it as quickly as possible.

It is good to have our riders in proper club colours, so come and see what we've got – especially new members.

Half a Pair of Shorts from Don

Andy Lock's future mother in law turned up at the first of this year's Evening 10s along with fiancée Ali. "How far is it?" asks mum. "Ten miles" says Andy. "How long will that take – about an hour" she queries.

Oh dear! It is to be hoped that the future relationship will improve!!!!

It's funny, but the failing hearing of an ex-Editor still picks up snippets like this at anything up to about 200 yards!

Thanks, Acknowledgements etc.

Contributions towards this issue came from Tony Palmer, Karl Robertson, Karl Robertson, Don Lock, Karl Robertson, John Grant and Karl Robertson.

Apologies to all those confused by my switching round of some of the committee members in the previous issue. The ones at the front of this one should be right.

Time Trials, Audax Events etc for the next 6 months

Time Trials

Day	Date	Event	Course	Start Time
Sun	20/05/01	Club Open 25 mile (Ray Douglas mem'l)	G25/53	0600
Sun	10/06/01	50 Mile Champs (with Sussex CA)	G50/10	0600
Thur	21/06/01	Evening 25 Mile	G25/93	1900
Sun	08/07/01	30 Mile Champs	GS941	0730
Sun	15/07/01	100 Mile Champs (with Sussex CA)	G100/86	0600
Sun	22/07/01	Interclub (Bognor CC, Hants RC & Rother Valley CC)	P25/901	0700
Thur	09/08/01	Evening (lottery) 2 up 10 mile	G10/98	1900
Sun	12/08/01	12 hour (with Sussex CA)	G12/93	0600

Evening 10's on the G10/98 (Washington) circuit take place starting at 1900hrs (7 pm in old money) on Thursdays between

3rd May and 14th June (7 events)
 28th June and 2nd August (6 events)

Entry Forms are required for all events except the Evening 10 series (unless you want to take part in the club competition). Please ensure that all entry forms are submitted to the club TT secretary on the **Tuesday** prior to the event.

Audax Events Sponsored by the Club

Date	Distance	Event	Start Location	Start Time	Org. by
7/10/01	110k	The South Coast Hardriders	Petworth	0900	Tony Palmer

N.B. The half road/half track scheduled for 29/7 has been cancelled due to the foot and mouth outbreak.

Been knocked off your bike?

We have the right team with the right skills

We can help you.....

MILLER PARRIS

Solicitors

**3 – 9 Cricketers Parade, Broadwater, Worthing
Telephone: 01903 205771**

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