

The Worthing Wheel



Spring 2004

**Magazine of the Worthing Excelsior
Cycling Club**

Spring 2004

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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Worthing Excelsior

Thames Medical-Babypulse.com

Ray Douglass Memorial Open 25
Sunday May 16th



Are you riding the event?

Are you Marshalling?

For details see R Downham 01903 268380

After the event all WECC members are invited to a Barbeque
(from 12.30 onwards) at the home of David Uncles

Amballa, Golden Acre, East Preston-01903 786007

Uncles.dr@doctors.org.uk

Please confirm in advance *no later than 1st May* to allow organisation of
catering

Road Racing Report.

To all the Worthing Excelsior Road racers reading this, my first Secretaries report for the Mag. "Hi". If anyone has the names of those who nominated and seconded me at the AGM, please be assured I shall not tell them where I got their names from, I'd like to thank them personally!!

The Season has started, and we have been getting some results already and have a couple of key races to target. On the results front, Toni Bond has been very busy over the winter and early season, and has now secured enough points to get his Third Cat license, well done Toni.

We have however had a few problems with races being oversubscribed and our riders who have pre entered being turned away on the day. This is not that unusual early season, but we are going to set up a system to not only fit with British Cycling requirements but also Surrey League.

All Open Road races (NOT Tuesday Goodwoods) will be entered on an official Worthing Excelsior team entry form, at least three weeks in advance, accompanied with the race entry fee.

Please have a look at the Surrey League website (<http://www.surreyleague.co.uk/calendar.htm>) and if you wish to enter any particular open events, get the events and your details and a cheque to your Road Race Secretary as soon as possible. I aim to do one entry per month covering all forthcoming events, so Mays is just about to go, with June shortly after.

The team are targeting two events up to the end of June, The Lewes Crits (June 3rd 10th and 17th a three race series) and the June 5 day. If you wish to be involved in either of these events, let me know ASAP if not sooner. Another interesting date in June include Sat 12th MOD Chertsey when again we will be taking a team.

Duo Normand News – including date change

The Duo is on the 5th September this year, and I have it on good authority as well as the normal racers and helpers that a group from Worthing will be riding in the area and giving us support as well.

If you haven't already sorted out your partner for the Duo Normand please start, if you wish to be match made again let either me or Toni Bond know and we will help you.

I need to have a rough idea of numbers to book Mme Hulmers farmhouse for the event.

So get your details to me and lets go racing

Mike Brampton

Doubles All Round – A Good Start to the Time Trial Season

Three *Worthing Excelsior Thames Medical-Babypulse.com* riders secured a sensational victory in the G.S Stella hilly time trial weekend held on Saturday 31st January and Sunday 1st February. The first of the two events was conducted in storm force conditions required precision bike handling over the 18 km course.

The following day the weather had improved considerably but the greater Distance, 42km tested early season endurance.

The Worthing trio of Jes Wootton, Tony Reeves and Steve Trott all featured very creditable rides and finished in a tight cluster just outside the major placings on both days. Consistency was handsomely rewarded by claiming 1st place in the team event for each of the rides.

Furthermore, aggregate times of the three riders allowed them to claim overall victory for the two day event.

The following week, three *Worthing Excelsior Thames Medical-Babypulse.com* riders secured a second victory for the club in as many weekends. Success for this weeks' winning trio of Tony Reeves, Dave Abbott and Pete Weston occurred in the Central Sussex CC event. Originally promoted as a 25mile test, the event was run over a 10 mile course last Sunday 15th February. Event winner S. Jardine 21mins 59 sec.

Dave Abbott had been in action on Valentine's Day, scoring a notable solo triumph in the Crawley CC event held over a 14.5 mile course. His time of 39 mins 4 secs gave him first place in the 2nd category line up and reinforced the beneficial effects of his winter training program. First overall in this event was Steve Dennis clocking 33mins 12 secs.

RESULT OF LONG FURLONG 17 MILE CIRCUIT
29-2-2004

Pos	Name	1 st Lap	Time	H'Cap	H'Cap Time
1	Jeremy Wootton	21.44	44.14	Scratch	44.14
2	Tony Reeves	22.25	45.14	1.30	43.44
3	Chris White	22.35	45.39	6.00	39.39
4	Karl Roberton	23.23	47.11	2.30	44.41
5	Mel Roberton	23.25	47.30	4.30	43.00
6	Toni Bond	23.58	49.06	5.30	43.36
7	Don Lock	24.52	49.02	5.30	44.32
8	David Reeves	25.21	50.53	9.00	41.53
9	Diana Trafford	27.14	55.57	14.30	41.27
10	Stuart Potts	27.40	54.45	7.30	47.15
11	Robert Downham	29.54	1.01.33	13.00	48.33
12	Pete Eldridge	30.57	1.03.27	15.30	47.57

DNF	Colin Miller	27.57
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Private Entries

Name	1 st Lap	Time
John Limpus	21.58	44.32
Paul Major	26.57	53.53
David Bowen	27.21	55.27

DNS

Mark Hubbard (Apology), Mike Brampton (Apology)

Awards

1 st :	Jeremy Wootton
H'cap :	1 st : Chris White 2 nd : Diana Trafford 3 rd : David Reeves

Officials

Event	Mel Roberton	Dave Abbott (On the day)
Secretary		
Timekeepers	Mike Irons	Tony Palmer
Pusher Off	Ron Bardouleau	Catering: Dave Abbott
H'Capper	Don Lock	Road Signs: Karl Roberton

RESULT OF CLUB 10 MILE on G10/97
29-2-2004

Pos	Name	Actual Time	H'Cap	H'Cap Time
1	Jeremy Wootton	24.49	0.15	24.34
2	Tony Reeves	25.35	Scratch	25.35
3	Chris White	25.45	1.10	24.35
4	Karl Roberton	26.36	0.45	25.51
5	Steve Trott	26.52	0.30	26.22
6	Mel Roberton	26.57	1.00	25.57
7	David Reeves	28.46	2.30	26.16
8	Paul Major	30.33	3.30	27.03
9	Diana Trafford	31.06	4.10	26.56
10	Nick Attaway	31.06	2.30	28.36
11	Stuart Potts	31.54	3.00	28.54
12	Pete Weston	32.21	5.55	26.26
13	Pete Eldridge	32.50	5.40	27.10
14	Robert Downham	34.06	4.40	29.26

Private Entries

Name	Actual Time	Name	Actual Time
Max Norrell	25.13	Robin Fairhurst	29.04
Mike Brampton	32.46		

Awards

1st : Jeremy Wootton

H'cap : 1st: Jeremy Wootton 2nd: Chris White 3rd: Tony Reeves

Officials

Event Secretary	Mel Roberton	Dave Abbott (On the day)
Timekeepers	Mike Irons	Tony Palmer
Pusher Off	Dave Abbott	
H'Capper	Don Lock	
Road Signs	Karl Roberton	
Catering	Dave Abbott	

RESULT OF CLUB ASHURST CIRCUIT on GS982
28-3-2004

Pos	Name	Actual Time	H'Cap	H'Cap Time
1	Tony Reeves	41.11	0.30	40.41
2	Jeremy Wootton	41.19	Scratch	41.19
3	Mark Hubbard	42.30	1.30	41.00
4	Dave Abbott	42.38	2.30	40.08
5	Mel Roberton	43.34	2.00	41.34
6	Karl Roberton	43.52	1.00	42.52
7	Don Lock	45.02	3.00	42.02
8	David Reeves	45.05	5.00	40.05
9	Nick Attaway	48.09	5.20	42.49
10	David Bowen	48.30	7.30	41.00
11	Paul Major	49.01	7.00	42.01
12	Diana Trafford	50.13	10.30	39.43
13	Pete Eldridge	52.09	14.00	38.09
14	Russell Cross	52.35	7.30	45.05
15	Chris Putnam	1.09.18*	7.30	1.02.48

* Chris Putnam's time includes an 18 mionute late start

Private Entries

Name	Time	Name	Time
Paul Byford (Crawley C.C.)	40.25	Paul Carruthers (Crawley C.C.)	44.11
Jon Hayes (Brighton Excel C.C.)	46.19		

Awards

1st : Tony Reeves

H'cap : 1st: Pete Eldridge 2nd: Diana Trafford 3rd: David Reeves

Officials

Event Secretary	Mel Roberton	Pete Weston (On the day)
Timekeeper	Mike Irons	Catering: Pete Weston
Pusher Off	Ron Bardouveau	Road Signs: Karl Roberton
H'Capper	Don Lock	

WORTHING EXCELSIOR CYCLING CLUB

STATEMENT OF POLICY AND PROCEDURES FOR THE PROTECTION OF CHILDREN AND VULNERABLE ADULTS.

1. POLICY

1.1 The Club has an obligation to provide a duty of care to protect all children (and vulnerable adults) and to safeguard their welfare, irrespective of age, gender, racial origin, religious belief, sexual identity and any disability.

1.2 The Club will take all reasonable practical steps to protect all children from harm and discrimination and will respond quickly to all reported suspicions and allegations.

1.3 The Club recognises that the key to good practice is having an awareness of the principles required in promoting a safe environment. The Club will adopt the Guidance Notes on good practice, poor practice and abuse as set down in Section 2 of the Document on Child Protection in Cycling issued by British Cycling and endorsed by Cycling Time Trials, and other leading national cycling organisations.

1.4 The Committee will be responsible for ensuring suitable procedures exist to meet this policy statement.

2. PROCEDURES.

2.1 It is the responsibility of every member of the Club to report any concerns about the welfare of any child separately to two members of the Committee who will normally be the General Secretary and the Chairman.

2.2 It is not the responsibility of the Committee to determine whether or not abuse has taken place. This is the domain of the child protection professionals, the social services and the police force.

2.3 The Club is affiliated to British Cycling (BC) and a member of Cycling Time Trials (CTT). It is the responsibility of the Committee to report any concerns about the welfare of a child to the designated National Child Protection Officer (NCPO) of British Cycling (BC). The NCPO will be responsible for referring the allegation to the Social Services Department in accordance with the procedures laid down in the Document on Child Protection in Cycling. The Committee should also notify the Nation Secretary of Cycling Time Trials (CTT) of any allegation reported to the NCPO of British Cycling.

2.4 British Cycling and all the national cycling organisations who are parties to the Document on Child Protection in Cycling have given a commitment that all suspicions will be taken seriously and responded to swiftly and appropriately through laid down suspension, disciplinary and appeals procedures.

2.5 The Committee shall be responsible for making a detailed report at the time of any disclosure of concern. This information should be written in a factual format and avoid any opinion or hearsay. This report should be sent to the NCPO of British Cycling with a copy to the National Secretary of Cycling Time Trials.

2.6 Where time is of the essence and the NCPO or the nominated deputy is unavailable, the Club Committee may instruct the Chairman or General Secretary to contact the NSPCC Helpline, the duty officer at the West Sussex County Council Social and Caring Services or the Child Protection Personnel within the Sussex Police.

2.6 The Committee shall have the power to suspend members of the Club accused of alleged abuse whilst the matter is being investigated by the appropriate authority.

Forthcoming Events

By the time this reaches you, a new runs list will be current. With the lengthening days and improving weather now is the time to get out on a Sunday morning and rack up points for the points competition. At the end of January this was lead by Mel Robertson with 27, followed by Don Lock with 22 – though by now things will have moved on apace.

The roadworks on the A24 mean that the G10/98 (Washington) course is unavailable and thus that the Evening 10 series will kick off on G10/97 (Steyping) course and continue there until the roads have sorted themselves out.

A final note on events is not to forget the new Hill Climb series (Thursdays, 1900 hrs. from 5/8/4 to 19/8/4 inclusive) on the new GH/95 course (otherwise known as the back road from Washington up to the Bostal). As a new course someone is guaranteed a course record, so cancel your holidays and keep those dates free if you fancy your chances!

Notes from the Social Secretary

RAY'S TEA

It's 8 years since Ray Douglass died. A great club member and liked by cyclists throughout Surrey and Sussex and beyond. He was a servant of the sport and still found time to Time Trial at every distance and cover well over 300,000 miles in a curtailed lifetime. I mention this because many members may wonder what is the 'Ray Douglass Tea'? Who was he?

After his funeral (300 attended) we had a 'wake' at Washington Village Hall and about 150 came along. This we now repeat, usually on the 3rd or 4th Sunday in January. Next year the date is 23rd January 2005. We still get around 100 coming along and what happens? – Well we eat cake and sandwiches and bread pudding and sausage rolls, and we drink gallons of tea, but more importantly we meet socially with riders from other clubs who we normally only see across the road or over a steaming tube of embrocation. We can talk to the timekeepers and marshalls and event organisers, and to the people who help run the sport who we can sometimes take for granted.

This last 'Do' saw cyclists from Bognor to Eastbourne from Crawley to Croydon and many 'stops' in between. So next year make a point of coming. Ray would like that.

BETTY COX

One of our older and long standing members, and resident in Bognor, Betty was once our Ladies B.A.R champion and a regular and fine time trial performer. It was nice to see her and husband Brian at Ray's Tea. Betty now keeps fit by regular swimming sessions and was telling us of her concern about catching foot problems in public pools. Immediately she gets home she always puts her feet in the hand basin and washes them thoroughly! ***

Anyone wishing to know more about this can contact her on her website.

www.getyourfeetoff.com

*** Very convenient having detachable feet and one can think of many occasions when this could be an absolute boon! No more cold feet for example – put them in the airing cupboard even, and of course the pedicure would be so much easier!!

Been knocked off your bike?

We have the right team with the right skills

We can help you.....

MILLER PARRIS

Solicitors

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