

# *The Worthing Wheel*

*The Journal of*



Founded 1887  
*March 2005*

## WORTHING EXCELSIOR CYCLING CLUB

Clubroom: Broadwater Parish Rooms  
Broadwater Green, Worthing  
Meeting every Tuesday 7.30 – 10.00p.m



President: Tony Palmer 23 Brentwood Crescent, Brighton  
01273 558597

Chairman: Robert Downham 93 Chippers Rd, Worthing  
01903 268380

Secretary: Karl Robertson 11 Bridge Road, Worthing  
01903 209433

Treasurer: Alan Langham 38 Lenhurst Way, Worthing  
01903 263049

Track Secretary & Club Coach: Vern McClelland  
31 Downland Rd, Upper Beeding 01903 814351

Club Events Secretary: Mel Robertson  
30 Pines Avenue, Worthing 01903 214489

Press Secretary: David Uncles 'Ambala'  
Golden Acre, East Preston 01903 786007

Runs & Touring Co-ordinator: Tony Palmer (see above)

Social Secretary & Magazine Editor: Don Lock  
7 Welland Road, Worthing 01903 531877

Website : [WorthingExcelsior.co.uk](http://WorthingExcelsior.co.uk)



## **NEW BROOM!**

*No, not really it's a bit like that character in 'Only Fools and Horses' who had the same road sweeping broom for 20 years, of course the handle had been replaced and it had received a new head! My bristles are wearing a bit but it's the same 'me' and I'll give the Mag (size limited) another go.*

*Many thanks to Ed Andrews whose efforts have given me a break. I shall welcome all items suitable for inclusion. I am not aiming to stick to the '4 Seasons' for issues, but will turn them out as soon as we've got 12 pages.*

*Don*

♣ ♣

## **AGM 15<sup>th</sup> FEBRUARY**

Thanks to those attending, the business was conducted swiftly and with lively debate. With the recent withdrawal of the sponsor you can guess it was 'pretty lively'.

Points to note: Subs now £18 will increase again in 2006 to £20.

New clothing, cleared of all advertising is on order – see separate note. Remember you can use the old kit except in 'Open' or 'Association' time trials.

Evening 10's series will now be decided over one's 6 best rather than 8 best placings.

Entry fees to all Club events will be £2, up from £1.50.

There will not be a 2-up 10 mile event as previously proposed and that evening will be just a normal solo event, giving you one more opportunity to complete the required 6.

All new officers are shown on the opening page of the Mag.

## PHOTOS

*I'm still working on the Club Photo Albums and now I'm looking for photos of Club riders in the 1950's and 60's. A number of members have lent me their albums, I promise nothing embarrassing will be used. See me in the clubroom or give me a ring (531877)*

Don

🏍 🏍

## CLOTHING

The new clothing – more or less the same design but without a sponsor's logo, and with Club details taking greater prominence – is on order but not expected before the end of March. If you want something let me know as soon as possible, for if it is not covered by the present order we will just put in a further one. We do have to make these orders to the value of £600 to secure a 10% price discount.

The prices will be:-

|                                |     |
|--------------------------------|-----|
| Road Jersey – short sleeve     | £32 |
| Training Top (ordinary weight) | £35 |
| Bib Shorts                     | £36 |
| Skin Suit                      | £48 |

I do still have a few of the old stock which we are getting rid of very cheaply, and they are fully useable save for the Open/Association events restriction.

Don

🏍 🏍

## CENTRAL SUSSEX CC 16.3m (Ashurst Circuit)

Mel and Karl Robertson open their season with reasonable rides on an arctic cold morning with a strong north westerly wind. Karl recorded 43.22 and Mel 44.27. The winner was Peter Tadros of 'In Gear' RT with a time of 37mins 30secs.

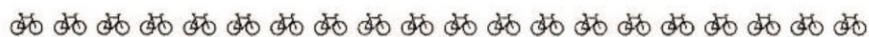
🏍 🏍

## **CYCLE STUFF AUCTION**

No date fixed yet for this but it will be on a Tuesday evening in the clubroom and probably during the Autumn. I already have several boxes full plus wheels, frames and tyres and I'm happy to take anything else (connected with cycling) at any time during the year. So, when clearing out the shed bear the club in mind. We are trying to obtain the services of that fantastic auctioneer Mr Andrew Lock who, famously, after breaking a pump in two offered it at half price!

Always a fun evening and a good money raiser for club funds so watch out for further details.

Don



### **March 4<sup>th</sup> Skittles (First Edition)**

*The evening at the Spur at Slindon was enjoyed by some 24 club members and friends and these social functions; we've had quite a number, now seem to be a popular part of our programme. There's a good buffet included and the skittle alley is a separate building at the back with all necessary facilities.*

*No, the bowling isn't taken very seriously, we make it all a matter of luck, as you only have the number of skittles left by the previous bowler to aim at. If you're lucky they clear and you get all 9 to aim at. A little skill can help of course. This time winning lady was Jenny Wright and the best of the men was young James Fowlie (one of our visiting friends, who said he had not bowled before!) both of whom went off cuddling a bottle of vino.*

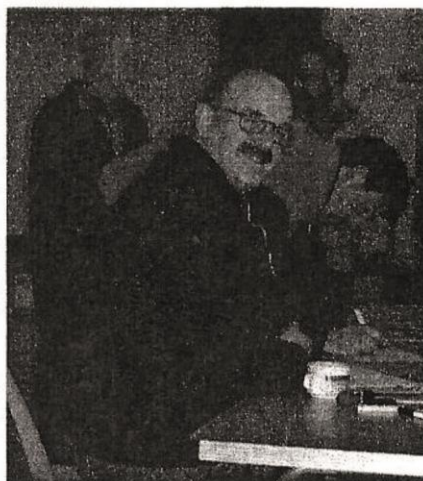
*We've got another session booked for October 21<sup>st</sup> so if you haven't been before contact the Social Secretary or if he's not in, the Magazine Editor, put your name down – bring a partner- Only £9 a head.*

## AUDAX

Under the now experienced control of organiser Mike Irons the 100k event on February 12<sup>th</sup> went off successfully.

Having survived Mike Poland's cup of tea in the Ashington start HQ the 64 riders were soon enjoying a mild, dry and breezy morning.

A devious route aimed at Blackdown (why are so many of these 'UPS' called 'DOWNS') wound its way through West Chiltington, Adversane, Loxwood and Plaistow before crossing the A283 north of Northchapel. According to Mike the ascent of Blackdown was the 'easier' north side, the south side was saved for the return! It was all very gritty, very muddy, very steep and ....., lovely when it was all over.



The control with Dave 'El Supremo' Hudson doing the catering and a duo of Palmers, Tony and brother Adrian stamping the cards gave some respite and then it was 'home James' and with a following wind 'don't spare the horses'. Lickfold, Lodsworth and south across the A272 to Selham and in no time at all to the second control and Paul and Angela Toppin. More cake, another drink and then via West Burton, Bury, Houghton, Wiggonholt and back to West Chiltington and Ashington.

Computers registered anything between 62 and 64 miles, few were set to kilometres anyway, and legs registered similar varying degrees of ache.

Well done Mike and thanks to all your helpers – nearly forgot, whoops! To mention Jean and Roger Smallman and Chris Beckingham – oh yes and Mike's better half – Stella.

*Successful Worthing riders were:-*

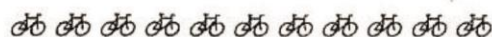


*Mel Roberton  
Karl Roberton  
Robert Downham  
Don Lock  
Robin Fairhurst  
David Mills  
Simon Woodhams\*  
Christopher Hapgood  
Paul Heritage*

*\* Simon we understand is a prospective member. We shall look forward to seeing him formally join us , and at future events.*

*Photos: 1) Our President Tony Palmer deals with the signing on, with organiser Mike Irons in the background.*

*2) Mel Roberton decides a front wheel will be necessary!*



**SHOULD WE CANCEL?**

Time trials on the public highway are vastly changed from 50 years ago. I know 'cos I was there! The sole reason is the thousand fold increase in motor traffic. I was looking recently at a superb photo of Evelyn Bardouveau, then Evelyn Antram, turning in a 15 mile event; she was going round the turn marshall who was quite happily and safely standing in the centre of the road. The photo was of 1961 date and that says it all.

We have to be so careful now, for promoting even a small club time trial, places an enormous potential liability upon us. You may well sign on or complete an entry form confirming that you do it at your own risk and accept that you must obey all the normal rules of the road, but if the

clever lawyers could show that we had not taken all possible precautions or had in any way been negligent of the competitors safety, we would be in deep trouble. That's the main reason for our carrying heavy 'liability insurance'.

When the Thursday evening '10' is met with heavy rain and cancelled an 'old timer' might consider that we had gone soft, but the spray from the traffic was not an issue 50 years ago and today it would be asking for trouble to allow an event to proceed. Similarly when this year's Long Furlong Circuit event was met with the sudden (7a.m that morning) introduction of road works traffic lights at the top, right by the bend, of Crockhurst Hill on the A27, there was no way the race could go ahead. Quite apart from the lottery of some riders having to stop and others catching the 'green', it was both dangerous and against the guide lines issued by Cycling Time Trials our national governing body.

As an example consider their guidelines for coned off carriageways – 'As a general principle time trials MUST NOT pass through more than 200 metres of coned off carriageway'. Then for bad weather – 'Extreme weather conditions such as heavy rain, fog, ice or snow can also seriously compromise rider safety. On roads that carry high volumes of traffic, spray from vehicles can easily reduce visibility to a level where riders cannot be seen at all by approaching vehicles. In such circumstances the event MUST be stopped.....'

So there you have it.....appropriate slogan 'Better be safe than sorry'

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SOME FIENDISH CLUES for our crossword fanatics, all with a cycling connection, naturally!

1. This up would be considered a fix.
2. The past tense of talk really.
3. I suppose it could stop a second class wealthy and fashionable man of dissolute habits.
4. The point of the Antarctic to a rotting egg.
5. This sort of clothing must be all the rage.
6. Whose namesake took that '.....giant leap for mankind'
7. Member of the Electrical Technicians Society initially backwards.
8. Still riding but sounds as if lacking physical strength.
9. This should keep your head down.
10. A disadvantage that could give you an advantage.

## ALL THOSE INITIALS

*A new member who attended our AGM remarked that he had no idea what all the initials were that speakers kept referring to. Perhaps this might help.*

CTC = Cyclists Touring Club, the National organisation lobbying for better road conditions and rules to protect cyclists. Providing insurance facilities and primarily for all interests of cyclists other than racing.

CTT = Cycling Time Trials : again a National body for the conduct and control of time trialling on the public highway. Until recently called Road Time Trials Council now the change makes it sound so similar to CTC to be confusing.

BCF = British Cycling Federation – National body for the conduct and control of road racing including closed circuits and track racing. Also responsible for the National teams selection and the future of the road and track racing from school children through to professionals.

SCA = Sussex Cyclists Association. An Association of Sussex based clubs organising time trials and year long competitions for those club riders and also Open promotions.

ESCA = East Sussex Cycling Association. Similar to SCA but restricting its area of competition to east of the A23. Most ESCA clubs belong to SCA but not all and yes, they did allow us to join some years ago despite our West Sussex base.

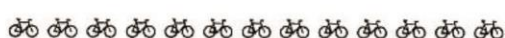
SCCU = Southern Counties Cycling Union.

(cont)

*They organise time trials, road racing and track meetings. Their sphere of operation seems to be Kent, Surrey, Sussex and London.*

*SCRL = Sussex Cycle Racing League. Run the summer track meetings at Preston Park, Brighton.*

*SURREY LEAGUE = The most successful road racing organisation in the country. Through their member clubs they promote hundreds of events each year, from Goodwood closed circuit to Five Day stage races.*



### DYSLEXIA?

Sorry the typist has got problems with these members names. I only gave her the surnames as well. Perhaps you can sort them out?

|               |             |
|---------------|-------------|
| DRAFT FOR     | MAD DON     |
| O'NORBERT     | DON PAL     |
| SILK EBB      | HANG MAL    |
| O TWO TON     | FUR A SHIRT |
| DAMN WHO      | L RE MAP    |
| NS CLUE       | ISLAY BURN  |
| EAU DO U BLAR | DIG ELDER   |



### LONG FURLONG CIRCUIT \* RE-ARRANGED\*

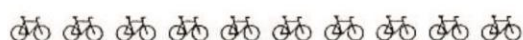
Cancelled on February 27<sup>th</sup> because BT decided to replace a telegraph pole at the top of Crockhurst Hill, and set up traffic lights, this event is now re-scheduled for **3<sup>rd</sup> April**.

So those who entered will not have to pay or enter again, but it would help Mel if you could just let him know if you intend to ride on the new date.

Additionally, of course, those of you who didn't enter before now have another chance. Don't just leave it to 'enter on the line' that's not really supporting the event or those involved in running it.

Entries by the previous Tuesday to Mel.

**The new Start Time is 8a.m**



### **FORTHCOMING EVENTS**

27<sup>th</sup> March Ashurst Circuit 16.5m Time Trial.

Start Washington 9a.m

3<sup>rd</sup> April Long Furlong 2 Laps 17m Time Trial

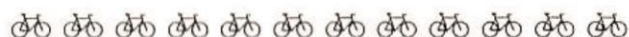
Start by Findon Cricket Ground on A280 at 8am.

.10<sup>th</sup> April Pulborough Circuit 16m Time Trial

Start on A283 about ½m West of Pulborough

Start 8.30am

Make sure you get your entries in to Mel Robertson by the previous Tuesday. With the loss of some of our racing members this year you could be in for the silverware! Support your Club programme.



**MAY 22<sup>nd</sup> SUNDAY**

**DOUBLE HEADER!**

**Ray Douglass Open 25m Time Trial**  
**in morning**

(Entries to Robert Downham by 10<sup>th</sup> May)

- or help if you don't plan to ride

it would be appreciated

**THEN** in afternoon a **GRAND BBQ**

at David Uncles'

'Ambala' Golden Acre, East Preston.

**LOADS TO EAT !** and drink

and it's all **FREE.!**

Names to Don Lock your Social Secretary

**MILLER PARRIS**  
**SOLICITORS**

**3-9 Cricketers Parade**  
**Broadwater St. West**  
**Worthing. BN14 8JB**

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[enquiries@millerparris.co.uk](mailto:enquiries@millerparris.co.uk)

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