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AUGUST 2005

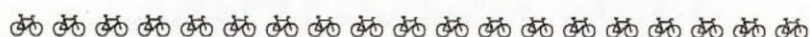
THE JOURNAL OF



THE WORTHING WHEEL

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 Roberton 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 Roberton
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

B.B.Q

Those who didn't come missed out. Edition number two of this David Uncles free promotion was excellent. A nice sunny afternoon, lots of good food and drink and good company. We record our thanks to David.

It was in the afternoon of Sunday 22nd May, the same day as the Open 25 and several of those involved in the morning's promotion including event secretary Robert Downham enjoyed the chance to relax after earlier efforts.

One by-product of this BBQ is the beneficial effect on Paul and Angela Toppin – it ensures that they still regularly ride their bikes well annually anyway!

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## **Evening 10m. No 7 in Series- 9<sup>th</sup> June.**

Back on the preferred Washington course riders enjoyed the first warm evening. Jeremy's effort the fastest of the year so far. Full result (Worthing times only)

| <u>Pos</u> | <u>Name</u>    | <u>Actual Time</u> |
|------------|----------------|--------------------|
| 1.         | Jeremy Wootton | 21.55              |
| 2.         | Karl Robertson | 22.39              |
| 3.         | Robert Downham | 24.53              |
| 4.         | Paul Major     | 26.24              |
| 5.         | Diana Trafford | 27.24              |
| 6.         | Pete Eldridge  | 28.33              |
| 7.         | Mike Poland    | 31.12              |

Chris McNamara of Tunbridge Wells Road Club just back from riding the Tour of Ireland found he had a personal best in his legs recording an excellent 21.01

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NEW DATE FOR CLUB 30 MILE CHAMPIONSHIP

By the time you read this you will know that this event was not held on 19th June as planned. Road re-surfacing made it impossible. It will now be held on **25th September** the same day as the Club Hill Climb, so why not make it a double.

CLUB CHAMPIONSHIP 50 MILE – 12th JUNE

This was incorporated into the Sussex CA Championship and yet again our local courses are bedevilled by road works. The planned course was tough enough but the emergency one (three times round the Ashurst circuit) was awful. A south westerly wind getting stronger as the riders got weaker was cruel down . . . or was that UP the A24.

We had four entrants, Mel and Karl Roberton, Robert Downham and Don Lock. Don had punctured as soon as he got his start sheet and read the course details. Neither his heart nor his legs were up for it and $\frac{3}{4}$ of a lap was enough. Mel was going well and chasing his minute man – ex Worthing Tony Reeves. This was spurring him on and he caught him on lap two. He could not get rid of him though and eventually finished about half a minute back. It was still a brilliant effort by Mel which pulled him to a 2.10.31 and the 'Best Improvement' award. It was we think the only improvement. Karl rode strongly throughout and finished with 2.16.42, and this despite a 3 minute hold up while a farmer shifted his herd of cows! Robert did what he wanted, he finished and he beat 'evens' with his 2.29.05. Well done to all of them.

Official Club Result

1 st	Mel Roberton	2.10.31	Scr	2.10.31
2 nd	Karl Roberton	2.16.42	3.00	2.13.42
3 rd	Robert Downham	2.29.05	17.00	2.12.05

Malcolm Cox Velo Club St Raphael fresh from his win in the classic Anfield 100 was fastest with 1.55.00. The Sussex Championship went to Mike Coyle VC Etoile with 1.55.39. Defending, 5 times in a row champion, Steve Dennis of East Grinstead just beaten this time with his 1.56.59.

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## **SEEING DOUBLE?**

The Secretary's Minutes for the Committee Meeting in July showed that 'Karl Roberton' won a '10' in 21.33 and was second in 23.15! Why the slow second run! For full and correct details rely on your 'Worthing Wheel' – see full result over.

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'HOSPITAL TEAM IN PEAK FORM'

So read the headline in the Worthing Herald of June 9th and beneath that a photo of six Hospital Consultants planning a ride for charity. They include Stephen Weber and David Uncles of the WECC. They are to ride (probably have by now) the 179km L'Etape de Tour through the Pyrenees. It's in aid of Worthing Hospital's Cancer Fund and the Eyessee charity. The latter takes surgeons to places like Peru and Burma to carry out much needed cataract surgery. We wish them well and will try and get a report for the Worthing Wheel.

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### **Evening 10m No 8 in Series – 16<sup>th</sup> June**

Overall series results seem to be planning out now. Jeremy with 100% from 4 rides (up to event 7) has only to win 2 more and he's unbeatable. Karl already qualified with 6 rides could improve if Jeremy defaults but otherwise is clearly in second spot. Our Ed needs three more and should be OK for third but it only takes a couple of flash floods which regularly occur on Thursdays or for Don to suffer another puncture – he's having a number of these lately, and then Robert Downham would step in. Robert has already qualified with the necessary number of rides.

Full Result (Worthing Times only)

| <u>Pos</u> | <u>Name</u>    | <u>Actual Time</u> |
|------------|----------------|--------------------|
| 1.         | Karl Robertson | 22.58              |
| 2.         | Don Lock       | 24.54              |
| 3.         | Robert Downham | 25.22              |
| 4.         | David Bowen    | 26.10              |
| 5.         | Colin Miller   | 26.12              |
| 6.         | Paul Major     | 26.57              |
| 7.         | Diana Trafford | 28.27              |
| 8.         | Pete Eldridge  | 29.27              |
| 9.         | Ted Wixon      | 29.52              |

After last weeks super 21.01 from Chris Mcnamara there could surely not be anything better on this rough old night! Oh yes there could! That man Tristan Devanne of the Elite CC popped out

again and tore round in 20.59!! Colin Miller maintains he was doing 32 mph when Tristan went past. Reckons he must have been going 5mph faster.

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Evening 10m No 9 in Series – 23rd June

A very warm evening with only a light wind. A sparkling ride from Karl and this despite a near disaster on the start line when his chain came off with seconds to go. John Lucas jumped in to replace it as the countdown continued. With fingers at risk for John it was more a case of 5,4,3,2,1,Ow! Karl did get away but on his granny gear for the first few yards.

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>
1.	Karl Roberton	21.33
2.	Don Lock	23.15
3.	James Walmsley	24.05
4.	David Uncles	24.26
5.	Robin Fairhurst	24.38
6.	David Bowen	25.01
7.	Joseph Saville	25.07
8.	Colin Miller	25.36
9.	Diana Trafford	26.57
10.	Pete Eldridge	27.36
11.	Pete Weston	27.42
12.	Ted Wixon	27.52

A good evening's racing with ten guests also riding. Another very fast time as well with Paul Jones of Crawley recording 20.42.

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### **Northovers Vet Team 25m 26<sup>th</sup> June**

You need a rising south westerly on this course on A3 north and west of Petersfield. Don Lock found the north easterly not at all to his liking recording a rather sluggish 1.5.32. Still the wind didn't bother Ray Hughes of Clarence Wheelers who hit the top of the finish list with 53.00.

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New Organiser for Open 25

Work commitments during 2006 will not allow Robert Downham to continue in this capacity. He has run it for three years and achieved a highly efficient and successful promotion. We are sure however that the event will be in good hands next year for David Uncles has agreed to do it. Robert will hand over all the paperwork and expertise.

Just one thought though David, will you be able to do the BBQ in the afternoon?

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### **Evening 10 No 10 in Series -- 30<sup>th</sup> June**

Not a bad evening, a bit windy, but it stayed dry, just. A poor turnout though. The black hovering clouds must have deterred some from setting out.

| <u>Pos</u> | <u>Name</u>    | <u>Actual Time</u> |
|------------|----------------|--------------------|
| 1.         | Karl Roberton  | 22.32              |
| 2.         | Don Lock       | 23.46              |
| 3.         | Jon Rodgers    | 24.26              |
| 4.         | Robert Downham | 24.59              |
| 5.         | Nathan Gale    | 26.30              |
| 6.         | Paul Major     | 26.46              |
| 7.         | Diana Trafford | 27.03              |

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Overheard on 'Terry Wogan'

Oh all right the Editor listens to Radio 2, has done for some time in fact. Anyway on Monday 4th July Mr Wogan read an Email he'd received from someone attending the 'Protest' at the G8 summit. "People have come from all over" it read. "I spoke to a guy this morning who had cycled all the way from Littlehampton in West Sussex" . . . Now who else could that have referred to than Keith Dodman

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**DON'T FORGET SKITTLES EVENING AT THE 'SPUR'**  
**FRIDAY 21<sup>ST</sup> OCTOBER £9 INC BUFFET. NAMES TO DON**

### **Fastest 50 Mile - 3<sup>rd</sup> July**

Mel Robertson's good form continues. Riding the Southern Counties Cycling Union event on the Crawley/Southwater course he clocked 2 hours 5 minutes 44 seconds. He was only about half a minute off his personal best.

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New Members

Welcome to sisters Sarah and Clare Hillier. They seemed keen to take part in club runs and even the short distance time trials. Hope you do really get involved and enjoy your membership with us. We recall that their Dad was a member some years ago and brought one of his daughters on a club run to Hilliers Garden Centre near Horsham. He assured us that it was not, unfortunately, his garden centre. Now why isn't Dad rejoining, that's the next question.

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### **REPORT OF THE COMMITTEE**

"Though the Club has had failures as well as successes, it has concluded every season throughout its existence with a balance at the Bank in its favour (the amount now in hand being £12.6s.9d), and the Committee have every confidence that with the continued support of the Members and the public generally, the good record of the Club will be maintained"

*January 16<sup>th</sup> 1906. J.Young, Chairman*

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'A DAWN DITTY!'

Pete Weston out early one morning
Just as the new day was dawning
Was he still in land of dream
As he rode through to Dragons Green?
Or was the 'silver fox' he saw
Something exotic, something more?
Was it perhaps a local lynx
Or had our Pete mixed up his drinks!

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### **Evening 10m No 11 in Series – 7<sup>th</sup> July**

The 'Day of the Bombers'. There's only one way we can respond to these dregs of humanity and that is to carry on as usual, so we did. That Tristan Devanne, Elite CC turned out again and went a little faster with 20.49. Most of us thought it was a bit harder . . . ! Don thought he'd noted Lance Armstrong's Time Trial secret and planned to pull his foot out at the start . . . didn't do any good though.

| <u>Pos</u> | <u>Name</u>     | <u>Actual Time</u> |
|------------|-----------------|--------------------|
| 1.         | Karl Robertson  | 22.32              |
| 2.         | Don Lock        | 24.30              |
| 3.         | Jon Rodgers     | 24.40              |
| 4.         | Robin Fairhurst | 25.35              |
| 5.         | Paul Major      | 25.36              |
| 6          | Robert Downham  | 25.39              |
| 7.         | Ian Cushway     | 26.14              |
| 8.         | Diana Trafford  | 28.09              |
| 9.         | Mike Poland     | 32.20              |

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Wessex VTTA 50 mile Sunday 10th July – Petersfield

Don Lock rode this and recorded 2 hours 12 minutes 25 seconds. This beat his age standard by 37 minutes 34 seconds and he was reasonably pleased, although he was heard to comment that he was glad he had decided not to ride 100's this year! Young man Ian Cammish went round in 1 hour 47 minutes 3 seconds! But then he's at least 20 years Don's junior.

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### **Evening 10m No 12 in Series – 14<sup>th</sup> July**

Nice and warm and sunny but a bit breezy. Jeremy Wootton continued his attack on the series with another 1<sup>st</sup> placing ahead of Karl, but very close. The overall result is obviously set for one of these or might it even be a draw. Again a nice lot of entries from other clubs including ex Worthing members. Don't know why they left but it couldn't have been for the racing vests . . . horrible colours!

See results over page:

| <u>Pos</u> | <u>Name</u>     | <u>Actual Time</u> |
|------------|-----------------|--------------------|
| 1.         | Jeremy Wootton  | 21.50              |
| 2.         | Karl Robertson  | 21.59              |
| 3.         | Don Lock        | 23.38              |
| 4.         | Jon Rodgers     | 23.47              |
| 5.         | Robin Fairhurst | 24.55              |
| 6.         | Robert Downham  | 24.56              |
| 7.         | Adrian Rodgers  | 25.12              |
| 8.         | Ian Cushway     | 25.27              |
| 9.         | Colin Miller    | 25.45              |
| 10.        | Nathan Gale     | 26.56              |
| 11.        | Diana Trafford  | 27.03              |
| 12.        | Ted Wixon       | 28.12              |
| 13.        | Mike Poland     | 31.54              |

Mr Devanne – Tristan of the appropriately named Elite CC rode another private trial and went still faster with 20.34. Excelsior members were seen to be standing very close while he had his cup of tea. Presumably hoping for something to rub off!

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Ah Yes I Remember It Well!

Seen under a chestnut tree at Wisborough Green, Two old Chestnuts. It was nice to have you out to 11's John and Sheila Lucas. Any more old chestnuts out there are very welcome.

It's a pot of tea that loosens his tongue these days. John was soon recalling trips to the Southend Arterial Road to ride the drag strip 25 mile course back in the sixties. It was apparently the petrol tankers that assisted fast times. 'We all did it didn't we?' says John. He was disappointed with the 'Did we?' response. The authorities say it is too long ago to instigate a full enquiry.

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### **Roberton Rockets**

Mel and Karl are continuing to establish themselves at the head of our time triallists this season. Both rode the Bec25 on July 17<sup>th</sup> on the Crawley /Southwater course and both got under the hour. Mel 59.08 and Karl 59.40. Lets hope they can maintain this form through to the Inter-Club 25.



### **Evening 10m No 13 in Series – 21<sup>st</sup> July**

The penultimate event in the series was to give Jon Rodgers his first win in Excelsior colours and David Bowen getting his highest place as runner up.

| <u>Pos</u> | <u>Name</u>    | <u>Actual Time</u> |
|------------|----------------|--------------------|
| 1.         | Jon Rodgers    | 24.18              |
| 2.         | David Bowen    | 24.55              |
| 3.         | Robert Downham | 25.02              |
| 4.         | Paul Major     | 25.10              |
| 5.         | Ian Cushway    | 25.37              |
| 6.         | Colin Miller   | 26.05              |
| 7.         | Nathan Gale    | 27.05              |
| 8.         | Diana Trafford | 27.06              |
| 9.         | Ted Wixon      | 28.42              |
| 10.        | Mike Poland    | 31.07              |



### **All That Effort and Then . . . . .**

After a long warm and sunny spell the prayers of Southern Water were answered, the British climate gave us a six hour downpour. These prayers incidentally did not coincide with those of Karl Robertson and Robert Downham. They were, on Sunday July 24<sup>th</sup> to ride the SCA 100 on the A3 Petersfield By pass course.

They had trained for it, planned to fine detail, organised their help, and were set to ride to carefully calculated schedules. Karl was aiming at 4hrs 28 minutes and Robert, it was his debut 100, at 4hrs 58 minutes. Soaked before they started they nevertheless went off determined to give it their best shot.

They made early inroads into those schedules but trouble was not long in coming. Karl punctured, changed inner tube, then wheel and continued. He lost about 8 minutes but pressed on until with only 30 miles covered he punctured again. 'Enough's enough' as they say and he went back to the HQ. Meanwhile Robert apart from slowly drowning was dealing with the conditions admirably and at halfway was 8 minutes up on schedule.

At 90 miles still with time in hand the marshall instead of

pointing the way said ' Race stopped' and so it was. At the time of writing it is not known if this was purely a decision of the promoter or whether it was upon Police advice. Conditions were bad with lots of surface water and spray but it was almost over, indeed one rider at least had finished and it will not count.

Robert was so angry and disappointed, the '100' championship – gone, his BAR – gone.

One really rotten morning.

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Is This a Record?

Ron and Evelyn Bardouveau took £1.10 at the Clubroom canteen on Tuesday 19th July. Everyone was either away on holiday or involved with duties at the Goodwood Gallops. Ron said he could not have done it without Evelyn. Oh yes and it was Evelyn who found the 20p which took the takings over the £1 mark!

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### **Evening 10m No 14 in the Series – 28<sup>th</sup> July**

This was the last of the 14 events and apart from being pushed over to the less popular Wiston course by still more cones on the A24, it was a well supported and very competitive event. The series result was eventually to be decided by just 2 seconds. Jeremy Wootton had five wins and one more was needed to complete the required six with the optimum of 6 points (1 for placing). Karl had ridden ten, amassing five wins and when Jeremy was there, five seconds. If Karl could win he would score 6 and Jeremy assuming he finished second, would score 7.

Jeremy arrived to sign on just moments after Karl and was immediately given the considerable advantage of having his only real challenger just 1 minute up the road. Karl has been getting quicker of recent weeks and he rose well to the task. On a hard evening he had held Jeremy to within 10 seconds by the turn, and on the return recovered 8 of those precious seconds. A valiant effort.

| <u>Pos</u> | <u>Name</u>    | <u>Actual Time</u> |
|------------|----------------|--------------------|
| 1.         | Jeremy Wootton | 22.40              |
| 2.         | Karl Robertson | 22.42              |



|     |                 |       |
|-----|-----------------|-------|
| 3.  | Jon Rodgers     | 25.15 |
| 4.  | Paul Major      | 25.43 |
| 5.  | Adrian Rodgers  | 26.12 |
| 6.  | Robert Downham  | 26.13 |
| 7.  | Colin Miller    | 26.18 |
| 8.  | Robin Fairhurst | 26.31 |
| 9.  | Ian Cushway     | 27.36 |
| 10. | Diana Trafford  | 28.08 |
| 11. | Pete Weston     | 29.20 |
| 12. | Mike Poland     | 31.25 |

This was Mike Poland's last ever 10 mile event. He says he is serious about retiring at the end of the season, after the Club Hardriders. No, he's never been a Lance Armstrong but we will try and give you a fuller look at some of his racing highlights in a future issue..

The overall series statistics are :-

|    |                |          |
|----|----------------|----------|
| 1. | Jeremy Wootton | 6 points |
| 2. | Karl Robertson | 7 ..     |
| 3. | Don Lock       | 13 ..    |
| 4. | Robert Downham | 17 ..    |
| 5. | Paul Major     | 27 ..    |
| 6. | Colin Miller   | 36 ..    |
| 7. | Diana Trafford | 38 ..    |
| 8. | Peter Eldridge | 47 ..    |

Fastest Lady : Diana Trafford

Fastest Veteran on Standard : Don Lock

Twenty four different Club members competed, but only the eight above completed the necessary six rides to qualify. Jon Rodgers, Ted Wixon and Mike Poland all needed just one more.

Well supported by riders from other Clubs, the series has again been a great success and thanks are due to Mel Robertson for his week on week efforts. Only one event was lost this year to unsafe weather/road conditions, but Mel had to be constantly on the watch for road works, which did see some events moved to the Wiston course.

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Pulborough Circuit

This course, officially numbered GS993, is shown in the 'Club Events Handbook' put together by Mel Roberton, and maps by Tony Palmer at the start of every season. For 2006 it is going to have to be altered because traffic lights have now been installed on the A29 in Pulborough about 1½ miles into the course.

The proposal is to retain the same HQ / Parking area, near the Garden Centre on the Fittleworth road, and we shall still finish there. The start though will be moved to a convenient point just to the north of the new lights. The exact location, a suitable lay-by perhaps, is yet to be settled, but it will simply mean a 1½ / 2 mile warm up ride from the HQ / Parking area to the start.

The other amendment we propose will help to put back most of the lost distance and avoid the slightly dangerous left turn between Adversane and Wisborough Green. Instead of turning left at Adversane the new route will continue north to the roundabout at the southern end of the Billingshurst Bypass. First left here and first left at the second roundabout will see you heading west towards Wisborough Green and within a couple of miles you'll be back on the old course. The course might even be a bit easier you won't have to tackle that first climb which at ½ mile into the route always came before you had got going.

Rough measurements and full details are being prepared and will be sent to the London South District of Cycling Time Trials for formal approval by the courses committee, and we should have it all O.K'd by next year. We are, it is believed, the only Club to use this course, but other clubs might want to give it a try and they all have to be looked at from the safety aspect.

It is amazing the detailed work which goes on in the background and the majority of riders have little idea of what is involved. Traffic counts have to be regularly conducted and now we are having to indicate how much of each course is dual carriageway and how much single carriageway. Start times are allocated, not selected and some courses are not allowed at certain times of the year or on certain days.

Perhaps this is one reason why all these parasitic racing teams set themselves up. Much easier to let everyone else do the donkey work I suppose!

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**MIKE IRONS** borrowed a Tour de France Video and he would like to return it. Problem . . . . he can't remember who lent it to him. It may be that it was given to the Club . . . . Could the Lender/Donor ring Mike and put him out of his misery. 01903 240280

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**DON'T FORGET THIS YEARS TOURIST TRIAL – SATURDAY
OCTOBER 1ST. DETAILS FROM DON**

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These 'young men' are involved in a Tourist Trial . . . . . a few moons ago. President Tony Palmer looks confident about the answers and life Vice President Roger Smallman is obviously enjoying putting the questions.

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MILLER PARRIS
SOLICITORS

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

Tel: 01903 205771
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