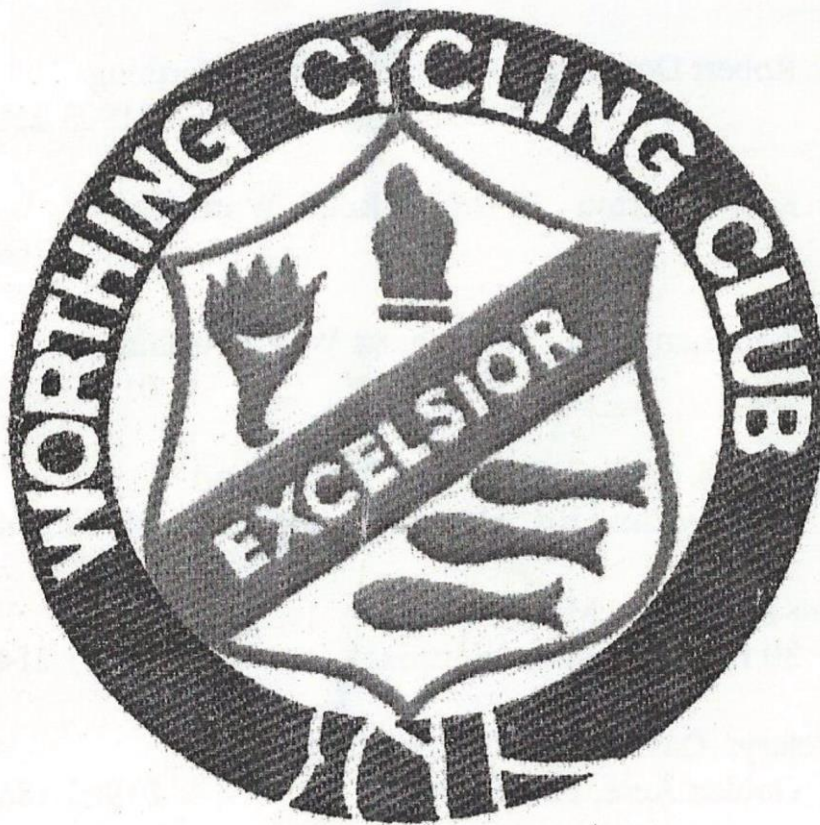


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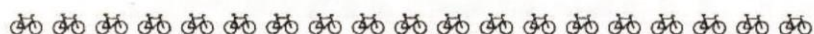
THE JOURNAL OF



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 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

EVENING HILL CLIMB (Series 1 of 3)

Washington Bostal 4th August

After a disappointing turn out last year this was much better with several having a go, just for the fun of it. While spectators did not exactly make the Bostal look like Alpe d'Huez in the Tour de France there were nevertheless a few shouting encouragement and it made for a nice social event with Mel's usual tea and biscuits back down at the 'Base Camp'.

The event also provided a first win for Adrian Rodgers who put a clear 7 seconds into Karl Robertson and at last got the better of Rodgers (senior)

FULL RESULT:

| | | |
|----|----------------|------|
| 1. | Adrian Rodgers | 1.46 |
| 2. | Karl Robertson | 1.53 |
| 3. | Jon Rodgers | 1.59 |
| 4. | Nathan Gale | 2.01 |
| 5. | Robert Downham | 2.04 |
| 6. | Pete Weston | 2.30 |
| 7. | John Lucas | 3.05 |
| 8. | Mike Poland | 3.22 |
| 9. | Sheila Lucas | 3.40 |

~~~~~

### **BOGNOR REGIS 50 Mile - 31<sup>st</sup> July**

Don (Ed) rode this and finished with second place on veteran's standard. His time 2.12.27. It would be embarrassing to say what the winner did including going off course! But his 1 hour 46 minutes probably did not include a full English breakfast!

~~~~~

BRIGHTON EXCELSIOR 25 - 7th August

We had two riders in this event on the Ashurst Circuit – Shoreham course which was won by VC Etoile's Mike Coyle in a rapid 54.25. Mel Robertson was our fastest with a time of 1.01.37

placing him just a couple of minutes clear of Chris Bacon making only his second outing of the season. Chris's 1.3.28 was a typically strong ride and we look forward confidently to even better things in his next outing – the Inter-Club 25.

~~~~~

### **EVENING HILL CLIMB (Series No 2 of 3)**

#### **Washington Bostal 11<sup>th</sup> August**

Ten riders from the Club and three private time trials plus helpers and spectators – even photographer, must have made this the best supported club hill climb for a decade. Adrian Rodgers continued to show his anti-gravity abilities by winning again and improving by 5 seconds in the process. Must also be something of a record (in recent times at least) for there to be three ladies in the entry.

#### **FULL RESULT:**

|     |                |      |
|-----|----------------|------|
| 1.  | Adrian Rodgers | 1.41 |
| 2.  | Karl Roberton  | 1.50 |
| =3. | Robert Downham | 1.59 |
| =3. | Nathan Gale    | 1.59 |
| 5.  | Jon Rodgers    | 2.00 |
| 6.  | Pete Weston    | 2.38 |
| =7. | Sarah Hillier  | 2.45 |
| =7. | Claire Hillier | 2.45 |
| 9.  | John Lucas     | 2.55 |
| 10. | Sheila Lucas   | 3.25 |

~~~~~

INTER-CLUB 25 Sunday 21st August

This was worth riding if only to appreciate the splendid job that Mel does in organising our Club events. It was Bognor's turn to put on the Inter-Club event this year and apart from a good course and a decent morning, neither of which required much input from Bognor Regis CC, it was I thought rather a 'poor show'. They couldn't muster a team. They got Hants Road Club to do the timekeeping and some of the marshalling (signs mainly) and they couldn't even provide at the finish a cup of tea or a result board!

Rother Valley failed to participate at all and our only challengers were the Hants Road Club who had the same number of entries as ourselves, at 13, I thought that a good effort, especially after the depletion of our racing strength since last year.

Well we won it again, and the Clonmore Trophy is back in Mel Roberton's trophy cabinet for another year. We did, however, have to stand back, or in my case get blown back, and admire Oliver Jones's ride. This Hants Road Club rider, seemingly 'fresh' from his bronze medal in the National 12 hour Championship, returned a quite fantastic 52.44 to give his Club's aggregate a considerable boost. It is however the aggregate of the six best that counts and we packed so well that the winning margin was over 13 minutes.

WECC TIMES:

| | | |
|----------------|-----------------|----------------|
| Jeremy Wootton | 59.11 | |
| Mel Roberton | 59.31 | |
| Karl Roberton | 1.00.45 | |
| Chris Bacon | 1.01.32 | |
| Stephan Weber | 1.03.29 | |
| Don Lock | <u>1.05.07.</u> | <u>6.09.35</u> |

| | | |
|----------------|---------|--|
| Jon Rodgers | 1.05.42 | |
| Adrian Rodgers | 1.07.12 | |
| Robert Downham | 1.08.35 | |
| Nathan Gale | 1.09.44 | |
| Peter Weston | 1.16.34 | |
| David Uncles | DNF | |
| Paul Major | DNS | |

HANTS RC (qualifying times only)

| | | |
|--------------|----------------|----------------|
| Oliver Jones | 52.44 | |
| Dave Turner | 1.00.23 | |
| Keith Drew | 1.01.29 | |
| Brian Hall | 1.08.53 | |
| Alun Jones | 1.09.38 | |
| Derek Harris | <u>1.09.55</u> | <u>6.23.02</u> |

An interesting statistic is that our average was 1.1.36 over the six fastest while Hants RC despite that '52' were 1.3.50.

Great, right up to form, rides from Jeremy, Mel and Karl, then Chris with only his third ride this year does a '1', and where have we been hiding Stephan? We must get him out more often. Everyone did well and the involvement of everyone was vital. If our 6th counter had punctured (I've been doing so a lot lately!) Pete Weston's effort, disregarding the others for a moment, would still have been good enough to secure that victory.

Don

~~~~~

### EVENING HILL CLIMB (Series No 3 of 3)

Washington Bostal 18<sup>th</sup> August

Only 8 entries tonight plus 1 private but with officials and supporters still a good turn out. The final event confirmed Adrian Rodgers as the new Club Hill Climb Champion. He has dominated the series and noting the speed he attains at the top we can only suggest that his 10 mile times will improve if he can find an uphill course!

### FULL RESULT

|    |                 |      |
|----|-----------------|------|
| 1. | Adrian Rodgers  | 1.40 |
| 2. | Karl Roberton   | 1.50 |
| 3. | Jon Rodgers     | 1.54 |
| 4. | Robin Fairhurst | 2.06 |
| 5. | Pete Weston     | 2.39 |
| 6. | John Lucas      | 2.53 |
| 7. | Mike Poland     | 3.15 |
| 8. | Sheila Lucas    | 3.32 |

### OVERALL RESULT (Aggregate of placings)

|    |                |    |
|----|----------------|----|
| 1. | Adrian Rodgers | 3  |
| 2. | Karl Roberton  | 6  |
| 3. | Jon Rodgers    | 11 |
| 4. | Peter Weston   | 17 |
| 5. | John Lucas     | 22 |
| 6. | Sheila Lucas   | 27 |

5.



Very nice to have had three ladies taking part and Sheila Lucas riding all three deservedly gets the fastest lady award. Only six completed the three climbs. Nathan Gale, Robert Downham and Mike Poland rode 2 and Sarah and Claire Hillier and Robin Fairhurst just one. There were 27 individual rides by Club members and with guests from other Clubs it was a successful series. Next year an attempt should be made to stop the finish timekeeper wandering halfway down to Findon though: the chequered flag according to Sheila Lucas, got further away each week!

~~~~~

FASTEST OF THE YEAR

Jeremy Wootton returned to the Bognor 25 course the week after the Inter-Club event. He was 'disappointed' with that ride so went out to do better and didn't he just, recording almost a personal best with a flashing 56.56. This was in the V.T.T.A Wessex promotion.

~~~~~

### ROUND THE ISLAND –Through Friends

When member Keith Dodman retired and indicated that he was thinking of a long 'Tour de Great Britain' (and Eire) we asked him for a report for the 'Worthing Wheel'. We know Keith of old, not only is he a long distance rider, he's also a long distance writer and we have extracted just the 'cycling' from his report and that's impressive enough.

If we list, very sparsely , some of the places visited in order you can look at it on a map –(Atlas of GB & I) and you will see his route, largely dictated by where his friends and relations have got to. Bath – Leominster – Birkenhead – (ferry) – Dublin – Carrick on Suir (Sean Kelly country) – Killarney – Ring of Kerry – Galway – Armagh – Belfast - (ferry) – Stranraer – Glasgow – Edinburgh – Newcastle – Bishop Auckland – Leeds – Lincoln – Kings Lynn – Norwich – Biggleswade – Newbury – Home.

Took 41 days and covered just over 2000 miles. A number of Days were spent with his friends when little or no cycling was done. Average miles counting cycling days only would appear to be about



60 with a highest of 130. Apart from the 'free' digs he 'B & B'd' at anything from €30 to a daunting £69 for accommodation only. The breakfast it seems would have cost another £49! Avoid Newbury!

Weatherwise he struck lucky with only a couple of days when the cape was required. He suffered only two punctures until he was within 10 miles of home, where he collected two more.

A raging tooth was extracted by an Irish Dentist who refused to charge Keith when he learned he was going to the G8. Said it was his contribution. Keith mentions 'G8' several times. We assume this is the number of a Time Trial Course but can find no reference in Cycling Time Trials Handbook – maybe it's Scottish numbering!

He sought out and rode a number of 'Sustrans' routes or similar and enjoyed the traffic free conditions that these provided, at times going right close to busy areas like Bristol and Glasgow.

While the cycling was providing the physical exercise, he reckoned he was feeling fitter after the first couple of weeks, his brain was kept in gear with philosophical musings and visits to various museums.

We are not sure after reading Keith's long account whether he will now be so fit as to wipe the board with us all, or whether he will just be even hotter on the answers to the crosswords?

~~~~~

THE AUCTION

A couple of nice looking bikes, loads of wheels and tyres and bits of bike too numerous to list, clothing and books and things of undecided purpose, were all there. Andrew Lock got the action started promptly at 8p.m and was soon shifting items around the room. You had to be careful, a cough or a nod and you could have landed up with a dozen punctured tubs!

The Chancellor, (no not the one waiting to be President!) Alan Langham, the only one in the club with panniers for the petty cash - he was there taking the money and as proceedings progressed he was soon looking very happy!

Not too many bids bounced off the wall at the back, and we were able to cover Sheila Lucas's embarrassment when she successfully bid for an item but didn't have any money! Robin Johnson of Brighton Mitre, the guy who is going for the record of

who's promoted most open time trials – he's been doing about ten a year for ages – was present and very prominent in the bidding. It's rumoured that the Mitre will be running a cycle auction themselves very shortly! One item purchased by Robin attracted a lot of interest – a Campag 56 tooth chain ring! Now Robin is very much a 'Sporting Courses' man so we can only assume he plans to ride 56/28 instead of the usual 53/39.

Jean and Roger Smallman ran the free teas and coffees stall plus plates full of Jean's smashing cake – for a donation – which was generously passed over to Alan who by now was looking like the proverbial cat with two tails.

In about an hour and a quarter Andrew had shifted all that was going to be shifted and the hall was cleared.

Once again a good social evening which has raised about £140 for Club funds. Many thanks to all those who contributed.

~~~~~

## CLUB 30 MILE – 25<sup>th</sup> September

### The Set Up

The early morning rain had stopped about 30 minutes before the start and as the roads were drying out we decided to go ahead with the event.

The situation was: Pete Weston DNS (apology) Mel Robertson DNS (hamstring injuries) Jeremy Wootton DNS. Chris Bacon arrived to do a 'private' but decided to go home.

Diana Trafford was reluctantly talked into riding by all the promotion team (Mel, Karl, Mike Irons and Pete Eldridge) so at 0901 she set off with a cheer from the crowd!

### The Event

After 15 minutes Pete got into his car and drove off to see Di's progress. 'She is going well'. He shouted as he returned to Washington. As Di passed the green a loud cheer could be heard from the crowd!

Mike Poland turned up for a cup of tea. 'Haven't seen many riders, how many did you get?' - - I replied 'Only one' and he nearly choked on his biscuit.



### The Finish

Di continued to the finish recording 1.35.51 to take the 30 mile Championship Cup. Very well deserved and I look forward to presenting the award at the Dinner.

Mel  
Event Promoter

~~~~~

WHATS the easiest way to round up a herd of elephants?
Look at them with binoculars the wrong way round. You can then pick them up with tweezers and pop them in a jam jar.

~~~~~

### THE TOURIST TRIAL

The few who supported this event were rewarded with a glorious morning. Only six entries, one unwell DNS, another DNS, 'forgot', so just four to tackle 30 miles of West Sussex lanes, including a speed judging section and some questions which caused more laughs than furrowed brows.

Free refreshments around half distance provided by Mel Robertson in the Copsale area, and a finish at the Windmill Pub at Littleworth, where riders, helpers and family supporters enjoyed a convivial lunch.

In the absence of the defending champion – it was Tony Palmer who was unwell, the silver rose bowl was destined for a new home, and it is Alan Matthews who is going to look after it for the next 12 months. Alan scored 35 points, Mike Irons 31, Sue Dray 30 and Robert Downham 28.

It would be good to have more support next time.

~~~~~

CLUB RUN POINTS TOTAL

Calculated to 30th September the final table was as follows:-
1st Robert Downham 56 points. Equal 2nd Mel Robertson and Don Lock 34 points. Mike Poland was 4th on 32 and Karl Robertson 5th on 31.

~~~~~



## CLUB 'SPOCO' (Sporting Courses) COMPETITION 2006

Next year the Club is introducing a new competition to be decided on placings in the following events:-

1. The Long Furlong Circuit
2. The Pulborough Circuit
3. The Hardriders
4. The Hill Climb Series

Points will be awarded: 20 for 1<sup>st</sup> and reducing by 1 point down to 20<sup>th</sup> place. If more than 20, other finishers also score 1 point. Points in the Hill Climbs will be for overall 'series' placing and not on the three separate rides, and remember, to qualify for the Hill Climb Series (Championship) you do have to ride all three.

~~~~~

SCA INDIVIDUAL & TEAM CHAMPIONSHIP

Promoted by Mel Roberton (Worthing Excelsior CC)

4th September

Jon Sharples 'In Gear' is the new SCA 25 mile Champion with an excellent 54.15 on the Ashurst Circuit course. An event delayed by early thick mist gave way to ideal conditions and 14 riders went inside 60 minutes.

The Team Championship (4 rider aggregate) also went to the 'In Gear' squad. Placing 1st, 3rd, 8th and 9th with a slowest counter on 56.56, no one could get near them. It could well be a new record team time.

Worthing's fastest four were Karl Roberton 1.1.43, Chris Bacon 1.3.01, Jon Rodgers 1.5.32 and Adrian Rodgers 1.6.58. An aggregate which put them in 4th place.

Diana Trafford finished as second fastest lady.

Sixteen Worthing members were assisting Mel in the successful running of the event for the SCA.

~~~~~

## IMPORTANT DATE & VENUE CHANGE

**RAY'S TEA NOW AT THE STEYNING CENTRE**

**ON SUNDAY 29<sup>th</sup> JANUARY 2006.**

**Further details from Don in due course**



### CLUB HARDRIDERS 11<sup>th</sup> September 2005

Presumably we don't have many 'hardriders', for this event only attracted 6 entries, of which 2 did not start and one did not finish. Time trialling doesn't just start and end with the Evening 10's you know.

It was another of those events which Mel Robertson organised – put out the road signs, made the tea, rode the event, oh yes and won it! It was a fine ride as well, with a time of 1.9.01 beaten on the morning only by that classy 'young' Roger Smith of VC Etoile who rode a private trial over the course in 1.7.31.

The father and son duo of Jon and Adrian Rodgers made their debuts in the event and Adrian just got the better of Dad in 1.15.19 to 1.15.27. Probably gained those seconds on the climb at Bury. Adrian's effort was enough to win the handicap prize as well.

~~~~~

LEWES WANDERERS GRAND PRIX des GENTS

9th October 2005

This 18 mile event over in East Sussex has attracted our Ed for some years. Tony Goodsell, Richard Shipton, Andy Smith, Peter Thorpe-Hincks and Tony Reeves have all towed him around at different times. As long as the old fool can hang on he's beginning to get among the prizes. What we mean is – his allowance gets bigger every year. He has managed third spot twice before, and it was Jeremy Wootton's less than enviable task to pull him round for the 2005 version.

Jeremy said that he struggled all the way round, to which Don noted that some of that struggling had been in excess of 30mph! Still hang on he did and once again managed the bronze medal placing. Until some of those 74 year olds hang up their wheels he doesn't look likely to do any better.

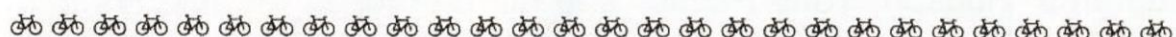
Their time was 43 mins 06 secs. The age standard was beaten by 15 mins 40 secs.

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9<sup>th</sup> October 2005

Don



As the event had been held on a similar route for quite a number of years I decided on a new one.

I booked the village hall at Washington, filled in all the forms, by the end of September deadline, sent them to Audax UK for approval and to include the ride in their calendar of events. This calendar is given to the CTC, 'Cycling Weekly' and other cycling magazines. So all is well.

I had a phone call in November to say that the village hall had closed for refurbishment. Did I panic? Yes I did. Found another hall at Ashington. Alan Matthews and Tony Palmer came up with suggestions for the necessary route amendment.

I drove round the route in the car one evening in the dark. It is not the easiest job calculating miles to kilometres. I then contacted Audax UK about the change of route. I had to submit new paperwork



but their calendar would show it started and finished at Washington.

Entries were submitted before the new route was finalised, building up to a rush at the end of January. A flyer and map was sent with each entry showing the new HQ. I drove round again two days before the event to check that signposts were still there, for any road works or hazards. Saw a couple of deer and a fox en route.

12<sup>th</sup> February 2005 was a clear but blustery day. 66 cyclists departed at 09.00. 64 returned having completed the route, (one had to get home to baby-sit the kids whilst his wife went to work, and the other packed quite early).

On the flyer sent with the routesheets to each cyclist was a note asking them not to wear cycling shoes in the hall. At the finish someone said it looked like a Mosque, all the shoes neatly lined up – Well done cyclists.

My thanks go to those that helped on the event. Eve and Ron Bardouveau, Mike Poland and Tony Palmer at the start. Dave 'El Supremo' Hudson, Tony Palmer and his brother at the first control, Paul Toppin at the second control and Jean and Roger Smallman and Chris Beckingham at the finish. A big thank you to my wife for the help she gave me before, during and after the event. Jean Smallman made some wonderful cakes that were devoured at the finish – which poses the question how does Roger stay so slim? Some wag thought that Roger Smallman was the 'Bouncer' at the finish in case any trouble occurred!

Next day I sent off the Brevet cards to Audax UK for certification, accidents (none) report form. They were returned to me a week later to send out to all the successful riders.

Audax UK have approved next years ride (see advert) the hall is booked, so all I need is people to enter and others to help on the day.

Mick Irons

~~~~~

WORKING WITH YOUNG TRIATHLETES

We are in a joint venture with the Swimming Club and the Harriers, coaching a Worthing youth triathlon group. Alan Matthews, Paul Major, Diana Trafford and Pete Eldridge are actively involved. Pete is taking special coaching courses and has years of experience. In due course we may get new members into the Excelsior.

Worthing Excelsior Cycling Club
Presents

'The Worthing Winter Warmer'

100k Audax - Brevet Populaire

DATE: Saturday 11th February 2006

Headquarters: Ashington Village Hall,
Foster Lane, Ashington

Start: 0900 hrs. Brevet Cards available from 08:15

Refreshments available at route checks and finish

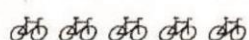
Course outline:

*Start: Ashington, West Chiltington, Adversane,
Ifold, Plaistow, Shillinglee, Gospel Green,
Blackdown, Haslemere, Lickfold, Lodsworth,
Selham, West Burton, Bury, Houghton,
Pulborough, Thakeham, Warminghurst,
Ashington.*

**Entries to: Mick Irons, 36 Phrosso Road,
Worthing, BN11 5SL**

**Please enclose 2 SAEs with entry & £5.00,
Payable to Mick Irons
Plus insurance premium of £1.00p
if not AUK, CTC or BCF member.**

Entries by: 28th January 2006 please.



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