

FOUNDED 1887

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THE WORTHING WHEEL

WORTHING EXCELSIOR CYCLING CLUB

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

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RAY'S TEA

The last one of these was held on 29th January at the Steyning Centre and around 85 members and a lot of friends from other clubs attended. It was I think successful. I say that because I received so many 'thank you's' which was nice. A lot of effort over the ten years since Ray died has ensured that this was a 'good do' that Ray would have enjoyed and has brought much credit to his club, Worthing Excelsior, so I'm pleased to have been involved. Once again though I do thank Maureen, my wife, and all other members and their wives who have given so generously in the provision of the food for each occasion. Especially thanks to Paul and Angela Toppin who with Maureen have manned the kitchen every year.

It was decided that this would be the last one, for fewer, each year, remember Ray, something which is, of course, inevitable. Three hundred at his funeral, one hundred and fifty at the tea that followed and 120 at the first anniversary tea and now 85, so, before there's only you and me! We've called a halt.

I've related this story before, but it's quite uncanny and worth repeating : - As I worked on the preparation of the first anniversary tea I worried; it's always the case first time, and I went to bed with concerns on my mind, had I done everything? Anyway that night I dreamt: It was a club committee meeting in my lounge, when there was a tap on the window and Ray's face appeared. No surprise was registered and I went out into the hall to let him in. Just before I reached the front door and before I could open it Ray came through it! I'm not sure quite when I woke up but at that point I thought 'Wow!' and then, what I can only describe as a blast of cold air passed through my bedroom. I was awake now! Then, and more slowly and less cold another movement of air through my bedroom!

An open mind has always been my view on such things but that was certainly weird, and as was pointed out to me, that day was exactly one year from the date of Ray's death!

Since the last 'Ray's Tea' and the announcement that it was not going to be continued I have half expected another visit! But then Old Ray wouldn't do that, would he?

Don

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### THE HENFIELD RUN

Just a usual club run, but no. There were seven at the start, including two new and one old, but Mike Poland said he was going to make his own way to elevenses!

Now which way? Well we can't go straight there. Tony Palmer would have derided us for so much main road and he doesn't award points for 'ten'ses'. So off through Ashington and out to Dan Hill. Steady pace, pleasant morning. North to Coolham, then a little bit of the A272 before heading north up to Dragon's Green and eventually in the 'backway' to Southwater. Bit of a nasty little hill, called Bonfire Hill. Conversation was suspended. One of the new guys lives up near Horsham and was wondering why he'd bothered to motor down to Washington first!

The route touched briefly the A24 and then we dived into the lanes through Copsale and Maplehurst and then south to the A272 again just west of Cowfold. Another nasty hill causing cramp to some less experienced legs. Easy now down to Henfield. Well it was to all except Robert Downham who shot off at evens, to claim later that he thought we were all behind him. Truth was he wanted to be first for the coffee and toasted tea cakes, the latter were excellent by the way.

What was nice was to find five more members had ridden out. A total of twelve is like old times. The dear lady in the café was close to being overwhelmed, especially as she has to keep an eye on the ancient bird bath in the front garden! Very valuable apparently .....not for leaning bikes on!

We went back to Washington via Partridge Green and Spithandle Lane to Wiston, said cheerio to the new guys who seemed to have enjoyed the ride, and set off for home. At this point two things happened, firstly Karl Robertson got up the front and then we spied a GS Stella rider ahead of us ..... Well red rag to a bull ..... speed became less social, Keith Dodman was close to using his very top gear and we were home early with 50 on the clock.

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DID YOU HEAR ABOUT...our Treasurer. Said he had 14 women under him!!!

THE LONG FURLONG CIRCUIT EVENT

26th February 2006

According to the Club's Course Details handbook two laps of this course amount to a total mileage of 16.8 miles, so it is indeed a very long furlong, which in old money is 220 yards or just one eighth of a mile. On the morning of Sunday 26th February it must have been even longer. A temperature of zero was whipped into a minus ten by a strong north-easter that bore through the thermals to make breathing both difficult, and, if you were trying to race, painful.

There were 16 on the list, 12 in the event proper, and four riding private time trials. Bearing in mind the conditions 15 starters and 15 finishers was excellent, all deserving a medal..

The event last year was postponed, because of some roadworks, until April. It was much warmer yet times were slower so the rides in 2006, particularly Jeremy and Mel both a minute quicker really were excellent performances and promises much for the coming season. Robin Fairhurst in 3rd spot tells us he hopes to ride more this year, and with this his second event before the end of February, he's clearly getting stuck in.

Pete Logan and Mark Newnham (p.t.t 56.55) were riding their first time trials. They picked a tough opener and these were good efforts.

Pity the scratchman also picked up the handicap awards, but it was that sort of morning, very much for the 'fit, strong and thermal lined'

FULL RESULT

<u>Pos.</u>	<u>Name</u>	<u>Actual Time</u>	<u>1st Circ</u>	<u>H'Cap</u>	<u>H'cap Time</u>
1.	Jeremy Wootton	43.53	21.37	Scr	43.53
2.	Mel Roberton	45.18	22.25	1.00	44.18
3.	Robin Fairhurst	48.33	23.54	4.00	44.33
4.	Karl Roberton	48.41	23.57	1.30	47.11
5.	Nathan Gale	52.59	26.04	7.00	45.59

6. Joe Saville	54.33	27.07	6.30	48.03
=7. Colin Miller	57.43	28.20	8.30	49.13
=7 Nick Attaway	57.43	28.18	9.00	48.43
9. Pete Logan	1.01.03	30.28	8.30	52.33
10. Diana Trafford	1.01.08	29.52	10.30	50.38
11. Pete Eldridge	1.05.08	32.03	11.00	54.08

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### WORTHING WINTER WARMER 100k Audax 2006

One really hot summer's day my friend and I decided to ride the 2005 route and change it through Lodsworth.

Bidons empty after about 60k. Arrived at Houghton (80k) gasping for liquid refreshment. After drinking large glasses of water we had some tea and cake and sat in the sun for a rest! The only cloud in the sky then emptied itself on us for a couple of minutes. Very refreshing and a good rainbow.

First entry received at the end of November. So then I contacted some local triathlon clubs to see if their members would be interested. Good response. Also put some adverts in local cycling shops.

There were 107 entries (77 last year) of which 93 started and 91 finished the ride. One mechanical failure, the other had an appointment in the afternoon and kindly phoned me when he got home.

The entrants ranged from regular Audax riders, those who race, triathlon and athletic club members and some unattached. About 20 riders had not ridden as far in a day.

Very luckily it was a cloudy day, not much wind and later the sun shone. The following day was wet and windy – what a difference a day makes.

Those from the club who rode were: Dave Bowen, Robert Downham, Robin Fairhurst, Peter Logan, Paul Major, Paul Outhwaite, Karl Robertson, Mel Robertson, Rocco Sepe, Diana Trafford, Peter Weston and Ted Wixon. Ben Barden and Mark Newnham also rode and have since joined the club.

My thanks go to the helpers, Mike Poland, Dave Hudson and



Tony (head honcho) Palmer and his brother Adrian, Angela and Paul Toppin, Chris Beckingham, Roger and Jean Smallman. My wife for the help at home and at the finish control. Many thanks to Jean Smallman and Sheila Lucas for making the cakes.

I will alter the route next year so it does not go along the main road between Houghton and Clay Lane .....always ready to listen to constructive criticism.

Mike Irons

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WELCOME TO : New member Peter Logan who sent me this by way of brief introduction:

Don,

Pete Logan, age 50, married, three daughters. Run small Carpentry & Joinery business in Worthing. Originally from Storrington, moved to Worthing 27 years ago.

Riding LONDON to PARIS on 19th July for ACTION MEDICAL RESEARCH. Ride is 300 miles over 4 days, arrive Paris on Saturday 22nd return on Sunday 23rd after watching closing stage of the Tour.

Started cycling last April 2005, I was asked by a friend to ride London to Brighton. I said 'yes' and then rode the Capital to Coast ride, and got the cycling bug!

Peter Logan

Peter has soon got himself a set of club clothing and ridden club time trials and club runs, and he's even taken a seat on the Committee, if only all new members were like this.

Welcome aboard Sir!

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### SKITTLES AT THE SPUR

Friday 10<sup>th</sup> March

Another of our regular outings to this hostelry out west at Slindon. Twenty five members and friends attended. Liquid intake by those not driving was conservative enough to give some chance of

hitting the skittles and the food supplied halfway through the evening was quite up to standard.

There was a high standard of bowling (well for us that is!) with all nine skittles being cleared on a number of occasions and even the odd strike (all down in one bowl). We are not planning to enter these statistics in the club race book but if you're interested current champions are : Gent: Vice President, Alan Matthews and Lady: Evelyn Bardouveau.

Mel Roberton's team won the second half team event while Robert Downham's five collected the booby prize. The organiser does however suspect that due to the derisory nature of the prizes, some teams are now deliberately going for the 'booby' or lantern rouge, so he may have to do something to counteract this.

Another is planned for October so if you haven't made it before do come along. 20<sup>th</sup> October is the Friday date and Don Lock is the one to contact. Cost is expected to be £10 per head.

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ANNUAL GENERAL MEETING 21st February 2006

A new record was set this night when Chairman Robert Downham raced the meeting through all the business on the Agenda in a super fast 35 minutes.

The main reports from Secretary Karl Roberton and Treasurer Alan Langham were read and accepted, and pretty well all the officers who served us in 2005 are going to continue in these same capacities for this year as well. (See page 1 for the principal officers)

There were three positions that were not filled and we do appeal to anyone in the club who perhaps was not able to get to the meeting, and who might be able to assist, to contact us. Mel Roberton could really do with an assistant when it comes to running all the club events. Perhaps one of you who is no longer racing, Mel will tell you what's involved.

Track Secretary is not so important as we do not currently have anyone riding track events. Should someone want some inform-

ation on that aspect of the sport though, we are sure that Vern McClelland (see page 1) would be pleased to help.

Again ATB representative is not too pressing, but we do have a number of off road enthusiasts in the club and it would be great if one could join the committee and work up that side of cycling for WECC.

The general committee meets on the Monday in the first full week of the month, usually about 10 times a year.

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### I'LL WAIT FOR YOU MIKE

Mr Poland usually returns from the club runs at his own pace, so when we (the run group) caught him up, and as I was struggling somewhat, I told the group to go on. I would ride back the rest of the way with Mike. As I got up to him he asked me how I was going 'I'm knackered', I replied. We were just south of Ashington on the A24 and Mike's response to this was to crouch down even lower and head for Washington like it was a finishing effort in an evening 10. I managed to hang on ....just. As we approached Washington roundabout he said he was going up the old Washington Bostal, 'Oh I don't fancy that hill this morning Mike' I said. 'Oh alright' was his comment so I assumed, well, you know, being club mates and all that, that he was going to come up the by-pass with me. Not on your life, as I continued on the main road, he turned left!

I maintained a steady pace to the top of the by-pass and then stopped for a drink, after about 3 minutes Mike came by. 'Are you alright?' he called. 'No' I said, but he wouldn't have heard because he went past, back in evening tens time trialling mode. My best effort got me on his wheel and after a while I went in front thinking that I'd better do my bit in this 'two-up'.

As we approached the turn off for Findon I called out 'Going through the village, Mike'. 'Alright' He replied, and I took this, foolishly, to mean that he was agreeable. Anyway, you've probably guessed it by now, I turned left and he went up to Findon roundabout.

When I came out on to the A24 at Nepcote south of Findon, I looked back and there was Mike, about a quarter of a mile back up

the road. Now I hope, readers, you will understand when at this point I thought, well .....you mate and kept going. Still that's what mates are for .....isn't it!

Don

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CLUB CLOTHING

Current Stock & Prices

Bib shorts	Size 5	2	£36.00 each
.. ..	6	1	£36.00 ..
Skin Suit (s/sleeve)	4	1	£48.00 ..
Training Top ..	5	1	£35.00 ..
.. ..	4	2	£35.00 ..
.. ..	6	2	£35.00 ..
Road Jersey(s/sleeve)	4	2	£32.00 ..
.. ..	6	1	£32.00 ..

We also have overshoes (lightweight for racing) and arm warmers (again lightweight, but useful with short sleeve road jerseys or skinsuits) £2.00 each

In the older pattern i.e with ex-sponsor details (cannot be used in open racing, but OK for normal riding or club events)

Training Top	Size 3	1	£10.00 each
.. ..	5	2	£10.00 ..

We also have second hand /good condition/laundered sponsor endorsed items as follows:-

Black Sports Bag		1	£10.00
Training Top	Size 4	1	£5.00
Bib shorts	3	1	£5.00
Gillet	4	1	£5.00
L/S Skin suit	4	1	£5.00
S/S Skin suit	3	1	£5.00
S/S Road Jersey	3	1	£5.00

Contact Don in the clubroom or on 01903 531877 if you are requiring any items. Further orders will be made shortly but they do take some weeks to come through and substantial orders have to be put together to achieve best prices. Future orders are of course subject to any supplier increases.

SOME EARLY EFFORTS

G.S.STELLA 42k. Hilly. 5th Feb.

1st Tandem. John Limpus (G.S Stella) and Jeremy Wootton (W.E.C.C)

Their winning time 53 minutes 37 seconds.

G.S.STELLA 42k Hilly. 5th Feb.

Lantern Rouge Peter Weston. Time 2 hours. 4 minutes. 18 seconds.

CENTRAL SUSSEX 16.4 Mile 18th Feb

Mel Roberton (3rd on Veteran's Standard) 40.36

Robin Fairhurst 43.39

Karl Roberton 44.47

SUSSEX C.A 22.8 Mile Hardriders 5th March

Karl Roberton 1.09.31

Steve Custance 1.18.15

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### 10 MILE SUNDAY 12<sup>TH</sup> MARCH. WASHINGTON

| <u>Pos</u> | <u>Name</u>     | <u>Act.Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|------------|-----------------|-----------------|--------------|-------------------|
| 1.         | Mel Roberton    | 24.13           | Scr          | 24.13             |
| 2.         | Karl Roberton   | 25.01           | 0.45         | 24.16             |
| 3.         | Robin Fairhurst | 26.03           | 1.10         | 24.53             |
| 4.         | Nathan Gale     | 27.31           | 3.10         | 24.21             |
| 5.         | Robert Downham  | 27.51           | 2.30         | 25.21             |
| 6.         | Nick Attaway    | 28.06           | 3.35         | 24.31             |
| 7.         | Colin Miller    | 28.30           | 3.30         | 25.00             |
| 8.         | Pete Eldridge   | 31.00           | 6.20         | 24.40             |
| 9.         | Pete Logan      | 31.05           | 4.45         | 26.20             |
| 10.        | Pete Weston     | 34.15           | 7.00         | 27.15             |

Another bitterly cold morning with wind from the south east but not quite as strong as on the morning of the Long Furlong Circuit event. 10 entries all starting and finishing plus 2 private riders. Mike Irons timed them out and back and the whole thing was observed by the handicapper who tried, with some success to get their net times all in the 24 minute bracket. He was however frustrated by the fast men

who again beat him to pick up handicap awards in addition to the scratch prize.

Notable effort from Nathan Gale who came closer to his personal best than anyone else and who moves further up the finishing order each time out.

So Roberton Senior scores his first win of 2006 and Karl hoists himself above Robin Fairhurst. The new season develops with interest.

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ASHURST CIRCUIT EVENT (16.5 MILES) Sunday March 26th

What a procession this was, never have so many gone past so early and so quickly; still they were all kind enough to speak. First Mel Roberton, well I forgive him because he did have to get back and get the tea ready. Then Karl, not so nice, he chose the drag up from Knepp Castle into the south-westerly to go past. Finally Mr Wootton who, despite going at an unduly hurried pace, was so full of vigorous voice in his encouragement, that I nearly got off!

Well that was my first ride, first of the season and felt like it. Roads were wet but the rain held off and the wind was, in my case strong but for others probably no more than a slight annoyance.

The facts are that young 'veteran' Jeremy pulled out over 2 minutes on the 'middle aged' veteran Mel 'R', recording an excellent 40m.26secs. The quality of this is clearly shown by comparison with the guest ride by Roger Smith of the VC Etoile who was only 4 seconds faster. Karl Roberton slotted easily into third spot and then there was quite a gap as the full result shows.

Peter Eldridge, the ever youthful 71 year old is now in a speed rut which I'm convinced he will stay at for another 20 years, and consequently picked up 1st handicap. Colin Miller grabbed second but by default, if Ted Wixon hadn't been so long on his warm up (400 instead of 200 yards, he said) and hadn't suffered the 1 minute late start penalty, his 'handicap' time would have slotted into 2nd place, but I only point this out for as handicapper I thought first 3 in a space of 6 seconds wasn't bad. Paul Major was one of four 'private' rides and his 52.30 would have placed him 7th had he

entered the event proper. One, Mr Brampton arrived as we were all departinglooked a bit lonely I thought.

FULL RESULT

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>	<u>H'Cap</u>	<u>H'Cap Time</u>
1.	Jeremy Wootton	40.26	Scr	40.26
2.	Mel Roberton	42.46	0.45	42.01
3.	Karl Roberton	43.56	2.30	41.26
4.	Joseph Saville	50.02	10.00	40.02
5.	Don Lock	51.23	7.00	44.23
6.	Colin Miller	51.49	12.00	39.49
7.	Diana Trafford	54.39	13.30	41.09
8.	Pete Eldridge	55.13	15.30	39.43
9.	Ted Wixon	55.46	15.00(1 min late start)	40.46
10.	Pete Weston	1.15.58	17.00(14 min late start)	58.58

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### MORE NEW MEMBERS

Ellis Bacon Flat 1, 38 Beaufort Gdns. London SW3 1PW. Ellis was a member years ago – 91/3 records show a steady 10 m improvement from 32 to 25 minutes and he was still in his teens we think. Now operating from a London work base but with connections down here, he is racing again and we reckon must now be in early thirties. He has already ridden the Hainault RC Hilly 25 this year, so maybe now he can come and give us all a good hiding. Anyway welcome back and don't hesitate to keep in touch by phone or E mail so that we can ensure you are fully involved and aware of all that's going on.

Keith Harmer is another name from the past. Keith of 14 Franklands Close, Findon Valley was a very involved, active and helpful member. We notice that he was an assistant timekeeper 15 years ago, so wonder if, given a refresher course, he might like to help us again in that way. Whatever, good to have you back Keith.



Mark Newnham 52 Henty Rd, Worthing. Aged 28 – Wow! That makes him a youngster. Hasn't had a club before. Cycling experience has been mostly off road, but he now wants to do more on-road and as you will see from our report on the Long Furlong event he's already giving it a go.

Ben Barden 21 Lewes Rd, North Lancing, we haven't met, but hope that you will try and get along to the club room and involve yourself in the club runs or racing as you prefer. Then you can tell the 'Worthing Wheel' all about yourself – like when did you last ride the 'Tour de France' or whatever!

Following all these new signings we must thank Mike Irons for his recruiting efforts as Membership Secretary. His details are on the front page.

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DID YOU KNOW

That Mike Poland started his membership of the Excelsior in 1956. Time for a Golden something Mike! Well he soon had his Rudge with 4 speed Sturmey Archer recording a first 25m of 1.18.00. This machine incidentally cost him all of £5. A couple of years later big money was spent on an Ephgrave frame. At nineteen guineas (£19.95 for you post 'real money' youngsters). This one he rode until it had to be left at the dump and he moved on in 1996 to an ex Ray Douglass machine which still gives good service. In 2003 wife Ann bought him an Orbea. He didn't say but we think this was because he'd finished putting up the garden fence which we'd been hearing about since the 1980's!

With no room for all these high tech wheels and tri-bars Mike has amassed 247,440 miles up to the end of 2005, and completed hundreds of time trials at all distances up to 24 hours. His fastest times are : 10m. 25.11, 25m. 1.04.39, 30m. 1.19.17, 50m. 2.12.57, 100m. 4.45.18, 12hr. 218 miles and 24hrs. 382 miles. He also knocked out a few rides on tandem with his friend Tom Lednor.

He says he's not racing anymore which will be good news for handicappers for he was a devil at sneaking handicap awards. He won the original and magnificent Clapshaw Handicap Trophy so many times it's now his, won outright, and sits majestically on his sideboard.

In 1994 Mike was smashed into his works van by an out of

control car. His right leg was so badly damaged that amputation must have been a closely considered option. It is amazing how he has recovered and what he has managed to do since. A true story is that Mike went to see the Solicitor who was working on his compensation claim. She did all personal injury claims and on greeting her clients always awaited the tale of woe – well she was after all trying to make a good claim against the insurers wasn't she? "That Mr Poland" she said "I like him, everyone else tells me how ill they still are or how bad their injury still is, but when I asked him how he was. He said – Oh, alright, I did 50 miles on the bike yesterday!" Says something about attitude that, don't you think?

Mike's got other attributes too, that might surprise you. Did you know he's fluent in Russian, has a good grasp of German and a smidgen of French. He doesn't admit to Serbian-Croatbut we wonder! He's had two solo visits to the USSR and before the Wall came down as well. He used to visit any Russian ship that called at Shoreham and we did wonder whether he might have been a KGB sleeper

A good bloke Mikebut don't expect him to wait for you (Ed)!!

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SUSSEX C.A (Hilly) 2-Up  
25.8 miles 19<sup>th</sup> March

6<sup>th</sup> Mel and Karl Robertson 1.11.08 and 24<sup>th</sup> Pete Eldridge and Diana Trafford 1.36.30.

How do Sean Yates and Richard Prebble go round in 58.21??

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FIRST PUNCTURE of the year (in competition) goes to Peter Weston in the Sussex Hardriders. After just 2 miles all of which was up hill.

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Enjoying reading the Mag? Contributions ALWAYS welcome – See me in the Club room or e-mail.- Don

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