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JULY 2007

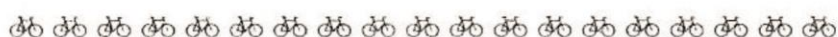
THE JOURNAL OF



THE WORTHING WHEEL

WORTHING EXCELSIOR CYCLING CLUB

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



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TENSING WOOTTON?

We were just wondering where Jeremy had got to – he failed to ride any of our early season events – and then Bang! – his photo comes through our letter box on the front page of the freeby Worthing Advertiser. The snap of Jeremy and his two companions appeared under the headline "Conquer Everest". Reading on we learnt that they were part of a larger party, that they in fact were up to a Base Camp at about 15,000 feet and had raised a similar number of pounds for charity. Anyone else for altitude training?

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## DEFLATED

Punctures catch us all at times, and frequently, or so it seems, it's when it is wet and cold and we're tired. So anything that can make them easier to deal with has got to be a good thing, and if you've collected as many punctures over the years as this scribe then something should have rubbed off from the experience, apart from grease and dirt that is!

Before you leave the bike shed make sure (1) that you've got a pump and if you can get it on your frame get a decent long one, the short ones take for ever to inflate to any reasonable level and leave me 'knackered' from the effort. (2) That you have at least 2 good spare inner tubes and don't get caught out if you've got deep rims by having short valves! (3) That you have tyre levers (3 is much better than 2) (4) That you have – after all that, the final fall back of a puncture repair kit complete with patches and a tube of glue that has not been opened, and become congealed. Also the kit should have a strong piece of linen type material to patch the inside of the tyre in the event of a nasty cut or hole. (5) That you check the tyres both for adequate inflation and for wear/tear and cuts.

Now up the road and you get that nasty soggy feeling and bet your life it's in the rear wheel. So first snap it in to top gear – the wheel comes out easier and the chain goes back on easier. Next quickly examine the tyre to see if an offending thorn or flint can be easily located from outside. If it can then mark the place and remove it. You can then mark the position on the inner tube to save a search when you get home. Take the tyre off using your 3 levers and start opposite to the valve, once you've lifted 3 or 4 inches you can run your thumbs round the rim to the valve and easily remove the punctured tube. Run your hands around the inside of the tyre to check nothing still sticking through, then put the new tube in. With a little air work it under the tyre from the valve left and right until you meet at the top. Then again working from the valve left and right push the tyre back on using your thumbs or palms. Depending on the rims/tyre combination this can sometimes be easily achieved but often the last 6 inches or so can be



difficult. Persevere with the hands and perhaps let out a little of the air. Only in the very last resort use the tyre levers to get that last bit of tyre back on, for it is so easy to catch and cut the inner tube.

With the tyre over, bend it back and fro to make sure that nowhere is the tube pinched. Inflate a little then check again. If all OK inflate and restore wheel to bike. If you're lucky enough to have someone with you – thank them for holding the bike, wrapping up the old tube and generally for the helpful comments they would bound to have been making!

Now you're on your way again – change back to a sensible gear – check your watch – there less than 10 minutes – piece of cake!

Some even take throwaway gloves with them to keep their hands clean . . . . .

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22nd APRIL SOUTHERN COUNTIES 25 – Broadbridge Heath

Mel Robertson finishes 19th of 85 with a great ride of 58 minutes 57 seconds. He was third on veteran standard and the mean old lot only gave two prizes, poor really when 60% of the field came in the veteran's category.

Simon Letts rode his first open since his comeback and should feel well pleased with his time of 1 hour 5 minutes 08 seconds.

Robert Downham was our third rider and 1 hour 8 minutes 03 seconds left him pleased but he said 'he would have been much happier, if only 4 seconds quicker!

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### EVENING TEN SERIES Event 1 – 26<sup>th</sup> April

A nice warm and sunny evening but a wind from the north that was to make it a hard ride.

Jeremy Wootton – just back from that altitude training in the Himalayas, was a couple of minutes too strong for the rest, but we particularly note Thomas Rhoden's third place and excellent time.

Karl Robertson, with different working timetables imposed, is going to be unable to compete for a while, so if Jeremy falls short on the necessary six rides there may be room for someone else to get into contention.

#### FULL RESULT

|     |                |       |
|-----|----------------|-------|
| 1.  | Jeremy Wootton | 23.12 |
| 2.  | Ben Barden     | 25.37 |
| 3.  | Thomas Rhoden  | 25.53 |
| =4. | Mark Bernhardt | 26.39 |

3.

|     |                |       |
|-----|----------------|-------|
| =4  | Nathan Gale    | 26.39 |
| 6.  | Colin Miller   | 27.43 |
| 7.  | Robert Downham | 27.51 |
| 8.  | Nick Attaway   | 28.12 |
| 9.  | Darren King    | 28.28 |
| 10. | Diana Trafford | 30.15 |

15 private time trials swelled the event and best ride was from James Dear 'In Gear RT' with a powerful 21.58

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WARM UPS FOR THE CLUB RUN!

It has come to our notice that Mel Robertson is now preceding the normal club run with a detour warm up. While Mel says 'It's only 3 or 4 miles', others are thinking it might be much more. He's certainly quick off the mark. But for Club runs really!!

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### CHAT LINES

Fancy putting an advert for a Dirty Chat Line in 'Cycling Weekly'. "Disgusting" I thought, so I gave it a ring and got this bloke talking about . . . . . Cyclo Cross!!

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25 MILE CHAMPIONSHIP and CLAPSHAW HANDICAP TROPHY 29th April

We used the Tony Palmer invented 'Tour of the Lanes' course for this one. Starting between Ashington and Dan Hill riders first join the A24 southbound to Washington, then circle round through Wiston and Buncton and out at Hole Street back on to the A24 at Ashington. Then riders pass halfway round that loop again, but this time go on towards Steyning and left up through Ashurst and Partridge Green. Finally they return down the A24 and at Ashington go back towards Dan Hill to finish. Might seem like 50 but it is in fact only 25 miles. The thought that it could be classified as a 'sporting course' took a knock when last year it was christened with a '56' from Tristan Davenne.

The talking point this year was provided by one Nigel Reynolds, who joined the club only days beforehand and hails from Putney in Southwest London. With no previous time trial experience, but we understand, a lot of 'Sportives', he roared round to finish in second place and slaughtered the

handicap section to win the Clapshaw Trophy. The handicapper gave him half the maximum and was all ready to apologise for being mean, etc instead he's marked him down for future reference!

Just as the prevailing wind in this country is supposed to be south west, we are now beginning to refer to Mel as our 'prevailing wind' although the 'd' can be dropped. Last year he won in 1.1.41, and now he's down to 1.01.02. In discussing the event a day or two later he was asked about the weather and he didn't really know which way the wind was. Others looked on unbelieving!

FULL RESULT

		<u>Act Time</u>	<u>H'cap</u>	<u>H'cap Time</u>
1.	Mel Roberton	1.01.02	Scratch	1.01.02
2.	Nigel Reynolds	1.02.37	10.00	0.52.37
3.	Karl Roberton	1.03.15	2.00	1.01.15
4.	Nathan Gale	1.07.01	8.00	0.59.01
5.	Mark Bernhardt	1.07.27	8.30	0.58.57
6.	Ben Barden	1.07.44	7.00	1.00.44
7.	Mark Newnham	1.08.58	10.00	0.58.58
8.	Thomas Rhoden	1.09.49	9.00	1.00.49
9.	Ted Wixon	1.21.05	21.00	1.00.05
10.	Peter Eldridge	1.24.40	19.00	1.05.40

There were 5 guest rides including Simon Letts 1.6.51 and Darren King 1.12.32

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### EVENING TEN SERIES Event 2 - 3<sup>rd</sup> May

27 riders looks good but when only 8 were from WECC it is rather disappointing. However let's not detract from the winning effort from Mark Bernhardt, a personal best and there's more to come, we have no doubt. It's good to have other names at the top of the list anyway.

### FULL RESULT

|    |                |       |
|----|----------------|-------|
| 1. | Mark Bernhardt | 24.41 |
| 2. | Ben Barden     | 25.00 |
| 3. | Nathan Gale    | 25.33 |
| 4. | Thomas Rhoden  | 25.44 |
| 5. | Robert Downham | 26.04 |
| 6. | Darren King    | 26.45 |
| 7. | Joseph Saville | 26.53 |
| 8. | Diana Trafford | 28.46 |

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OPEN 25 – RAY DOUGLASS MEMORIAL – 20th May

Facts: 96 entries, 89 starters, 87 finishers.

Winner: Steve Frame, Eastbourne Rovers 55.34

Team Winners: Crawley CC

Worthing Times: Karl Robertson 1.00.55, Adrian Rodgers 1.01.56 (personal best), Nathan Gale 1.05.02, Mark Bernhardt 1.05.28, Mark Newnham 1.08.05 and Thomas Rhoden 1.08.42.

Involved in this Mel Robertson production for the Club were Tony & Adrian Palmer, Mike Irons, Paul Toppin, Robert Downham, Jean & Roger Smallman, Ron & Evelyn Bardouveau, Peter & Paul Logan, Alan Scarratt, Jon Rodgers, Ted Wixon, John & Sheila Lucas, Diana Trafford, Peter Eldridge, Nick Attaway, Tom Lainsbury, Keith Harmer, Keith Dodman, Mike Poland, Paul Major and from Brighton Excelsior, Sue Balcomb. We thank you all for your help, for there's no event without you.

Sponsors: County Insurance Brokers, Colin Miller (Plumbing) Thomas Eggar Solicitors and Concept Solutions (Builders). We are grateful for your raiding of the Petty Cash it has assisted greatly in the running of the event and the provision of a £300 prize list.

Promoter Mel Robertson took on the task at short notice following the withdrawal of David Uncles, unfortunately after David's details had been published in the Cycling Time Trials Handbook. This did not help, but Mel in his usual meticulous manner proceeded to ensure that everything went off smoothly.

Ray Douglass would have looked on approvingly we are quite sure.

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### NEARLY KNOCKED HIM OFF HIS BIKE

As a rider I cover about 5000 miles a year. As a driver I do about the same. My experience as a rider is of some 60 years, and as a driver of 45 years. I claim no great skills but I am conscious of the problems of both and try to make allowances.

It was therefore particularly galling to be 'f'd' at and suffer a 'Harvey Smiths' after narrowly avoiding having this guy off his bike.

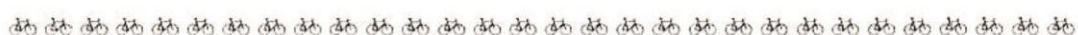
Let me explain: I had entered upon a main road at a roundabout and turned left (first off the roundabout). There was a vehicle coming from the right but some way from the roundabout and proceeding fairly slowly (30mph area). Anything else was behind him. At some yards or so after the roundabout with traffic moving only slowly ahead of me, my wife shouted about something on the left. I couldn't see the bike rider who by then was halfway along the inside of the car, and I was closing in on the kerb. He managed to extract himself, came round the outside and gave me the verbal



benefit of his displeasure.

I would have liked to have explained that as a bikie I don't do that deliberately and have suggested – if he would have listened- that coming through on the inside of a car still doing 15/20mph was not the most sensible of actions.

But then lack of a means of communication is at the heart of a lot of problems, don't you think.



### THE BRITISH CYCLING AWARDS

Back in early December last year I was pleasantly surprised to receive a letter from British Cycling informing me I had been nominated for special recognition at the annual awards evening to be held on Saturday 17<sup>th</sup> February at the Reebok Stadium, home of Bolton Wanderers football club.

These awards recognise prize winners from all six disciplines under the British Cycling banner: BMX, Cycle Speedway, Cyclo-Cross, Mountain Biking, Road and Track Racing, from the youngest age groups to the masters. In addition each year the volunteers who make the sport possible are also recognised, and my nomination was in the events category. I have been organising the Sussex Track League at Preston Park for the past 7 years and have also qualified as both a national road and track commissaire during the last couple of years, and it was for this that I had been nominated by the South East region.

The awards were to be presented during the meal with groupings of presentations between the courses. Hugh Porter was MC and after a welcome from Barry Broadbent, BC Vice Chairman, the first set of awards for the youths, masters and the first of the volunteer awards were presented. It was pleasing to see Peter Mitchell from Upper Beeding and a Preston Park track regular receive his trophy as the U16 Sprint champion.

The second block of awards were for the Juniors, Disability, Under 23, Women, Open categories and finally the remainder of the volunteer categories. The events volunteer awards were the last and all of us who were nominated went on stage together to receive them. Hugh Porter had a few words with one of the recipients and a photo was taken before returning to our tables.

The final presentations were started with a special award for services to Cycling which went to Surrey League's Keith Butler and then the final awards 'Eight of the Best' were made. Those honoured were: Shanaze Reade (BMX and now a world track champion), Junior track stars Anna Blyth and Jason Kenny, Cyclo Cross champion Phil Dixon, Downhill mountain bikers Marc Beaumont and Tracy Moseley, Cycle Speedway champion Lee Aris and finally Track star Victoria Pendleton who had earlier



presented the first batch of prizes. Hugh Porter interviewed each of them to complete the formal part of the evening.

With the World Cup track meeting in Manchester the following weekend a lot of the track stars were not present and the top road riders had already started their season, however there was a good cross section of award winners from all aspects of the sport.

All in all it was great to be a small part of an evening where many champions of cycling are recognised.

Vern McClelland

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EVENING TEN SERIES Event 4 - 17th May

After the wash out of the previous week, we were back in business and with faster times. Jeremy up'd the ante, as they say, with a 22.11. Adrian Rodgers returned to the fray and also registered a '22' and look at these 23's coming in from Nathan Gale and Thomas Rhoden

FULL RESULT

1.	Jeremy Wootton	22.11
2.	Adrian Rodgers	22.43
3.	Nathan Gale	23.57
4.	Thomas Rhoden	23.58
5.	Mark Bernhardt	24.00
6.	Simon Letts	24.19
7.	Mark Newnham	24.24
8.	Jon Rodgers	25.07
9.	Robert Downham	25.34
10.	Nick Attaway	25.49
11.	Diana Trafford	27.55

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### EVENING TEN SERIES Event 5 - 24<sup>th</sup> May

Jeremy Wootton ups the pace again and on an evening where others tended to go back a bit. The full result below shows the first '21' for the club this year and Simon Letts got a 'sprinters' '23'.

#### FULL RESULT

|    |                |       |
|----|----------------|-------|
| 1. | Jeremy Wootton | 21.48 |
| 2. | Adrian Rodgers | 23.26 |
| 3. | Nathan Gale    | 23.36 |

8.

|     |                |       |
|-----|----------------|-------|
| 4.  | Simon Letts    | 23.58 |
| 5.  | Mark Bernhardt | 24.00 |
| 6.  | Thomas Rhoden  | 24.19 |
| 7.  | Mark Newnham   | 24.23 |
| 8.  | Jon Rodgers    | 24.46 |
| 9.  | Robert Downham | 25.45 |
| 10. | Joseph Saville | 25.54 |
| 11. | Darren King    | 26.06 |

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EVENING TEN SERIES Event 6 – 31st May

Where are all the club riders? Only five tonight and nothing wrong with the weather. A good job we had 20 private rides it made for a better evening's sport.

FULL RESULT

1.	Adrian Rodgers	22.51
2.	Nathan Gale	23.48
3.	Mark Bernhardt	24.03
4.	Robert Downham	25.51
5.	Diana Trafford	28.31

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### CYCLE TRAINING CAMP – Spain March 2007

I arrived at Gatwick at 5.30a.m, with what seemed like most of the rest of the UK, ready to fly to Murcia, Spain on the Sporting Tours training camp (for Vets and Ladies) I'd booked before Christmas. On arrival at Murcia my transfer was already waiting and my padded bike didn't have a mark on it, which surprised me somewhat! We drove the 45 minutes from the airport to Le Cumbre Hotel in Puerto de Marazzon, a coastal location surrounded by mountains.

As it was quite late in the afternoon I hastily re-assembled my bike and went out for an hour to make sure it was OK and to check out the roads. This was great, late March but over 70°, sea to the left, mountains to the right, hardly any traffic and those few cars that did pass gave you such a wide berth they were almost on the opposite pavement. They wave and say hello there too!! Not quite the A24!

At 8pm each evening the group met up for dinner at the hotel, as this was a bed and half board deal. The food was good and being a buffet, plentiful. A nice English/Spanish mix. Normally we'd then retire to the bar for



a couple of drinks, but tonight, after a long day it was one drink then bed.

The first day and down to the conference room at 10a.m, having had the European style buffet breakfast (!) for a welcome meeting. The normal style detail and introductions which included Sid Barras and Jon Evans (ex BCF masseuse and Welsh rider) and also the mechanics, masseuses and a few regulars who know the drill and area. Most of whom had been either BAR contenders in their day or rode sub '52' 25 mile time trials in the 60's and 70's. A few SIS freebies were given out including a water bottle, gel packs and a map, then off for our first group ride.

The rides were 3 categories, Cat 3 was very leisurely which anyone should be able to cope with. They were led by Graham Baxter's parents a nice couple! The middle category was the most popular and tended to be the group to go in first to judge the pace and distance. You get a mixture of keen cyclists but very few who raced. I chose this group and tended to be at the front a lot even with my limited ability! The 1<sup>st</sup> Category was mainly for people racing or preparing for sportives, as it tended to be a little faster and covered 30km more than the middle category. In hindsight I probably should have pushed myself and gone into that group but I did enjoy the social aspects of the Cat 2 chain gang. On a couple of days we grouped together anyway so I got the best of both worlds.

Most days would start off at a medium pace, we'd stop off for a drink a little over half way through then ride home at a raised pace. Often the last 15km would be quite hard and you needed to make sure you were in the bunch, especially as the wind seemed to pick up each afternoon! Because we were on the way back though, those that ever came off the back knew the way home.

So the very first group ride on day 1, and after just 4km I punctured! Even worse, it was a sidewall puncture on my rear tyre. It wasn't safe so I had to leave the group and ride back to the hotel very carefully on a half inflated spare inner tube, to then buy and fit another tyre. Sporting Tours have a number of spare bikes. Tyres, tubes etc and mechanics on site thankfully. Once I'd changed the tyre, I decided to go out on my own for the day. Not quite what I had planned but I found a great road along the lower mountains nonetheless. The roads within 5km of the town have a few pot holes and also a fair amount of gravel along the roadside, which is what I think I got caught up in. Once you've passed that, it's fine. I still managed to get 3 hours riding in.

At dinner that evening I sat next to Graham Baxter's parents. He would be coming to ride with us later in the week, when Sid goes off to support his son Tom in the Three days of Girvan. Graham himself rides in Spain and is currently leading a prestige Vets event. I'd like to say that the rest of the 30 odd group were a mix of cyclists from all over the UK, but other than me and one very posh guy from East London, everyone else



seemed to be from a variety of areas to the north of Manchester! A great bunch though, and I certainly made some good friends over the week.

The next day I was informed that we'd be up in the mountains. I'd rather naively not realised how close to the mountains we were, and brought a bike with a lowest gearing of 42 x 20! I was told 39 x 25 might be more appropriate so managed to negotiate the use of a Cannondale alloy bike the company carries as a spare. So, having swapped the pedals we went off on a very pleasant ride through the countryside towards the Sierra de Espuna mountain range. We had a 5km stretch via a farm track (Paris-Roubaix springs to mind!) which slowed us right down, but otherwise the roads were good and extremely traffic free.

After nearly 3 hours we thought we should stop at the base of the climb in Totana. Unfortunately a mixture of good conversation and a delay in the food we'd ordered meant that we'd sat outside this lovely café for almost 2 hours! The group leaders decided it would be better if we made our way back avoiding the climb, which most agreed with. I was quite keen to go up not having attempted a Spanish mountain before, but thought I should go with the flow. Instead I'd sit on the front for the ride back with Jon Evans, we put the hammer down for the last 25km so I would at least get some good training out of it. Altogether we did about 100km.

At dinner I had a chat with the masseuse couple Ken and Val, they used to prepare food for the old 'Raleigh Banana' and various other Keith Lambert teams. They now just both rub, and as the tour cost included a free 30 minute massage I booked mine for Wednesday.

The room I had was one of about 100, it was southerly and sea facing with a large balcony, very pleasant and I guess the equivalent of an English 3 star. It was located on the top of a hill so there was always a nice short climb to finish off the day! Being popular Easter time there were many Spanish pensioners there, who are granted 2 weeks free holiday per year by the state. So it was elbows out at the buffet!

Tuesday was an easy day, bright and sunny and we covered 80k in about 3 hours including 2 medium size hills and gentle descents. We were home by 1.30 which gave us the opportunity to try the local café 'The Teapot' for lunch. They cater well for cyclists, and we sat in the sun for a couple of hours eating, chatting and resting tired legs.

In the evening we had a session with Sid Barras, Jon Evans and the rest of the support staff. It was well attended and lasted for about an hour with questions ranging from Sid's hardest competitors to nutrition and training techniques and equipment. All interesting stuff. I also found there was yet another ex National 50 champion from the 60's there as well as two more 70's BAR contenders!

Later we heard it was Sid's 59<sup>th</sup> birthday, we attempted to buy him drinks to slow him down next day, he had none of it, so we knew we were going to pay for that!



Wednesday and we were soon into a long climb at Campico Lopez which split the group. I was feeling very good and still using the Cannondale, so was at the front with a couple of others having also done a stint at the front earlier. At the top we waited to re-group and had a chance to look across the Sierras, a fantastic sight. Time to descend around some tricky gravel covered tight corners, and I quickly realised that I go better up hill than down, as quite a few of the bunch passed me, a real skill which I don't possess! Off again at the bottom for the 25km home and I got a one way ticket on the Sid Barras Express! He and Jon decided to pay us back for last night's antics and we easily averaged over 25 mph home into a very strong headwind, with them at the front the whole way. The rest of us in echelons across the road, but still seemingly having priority over cars! We arrived back at 2.30 just before the rain came, having covered another 100km + in about 4 hours, giving me time to change and rest before my very relaxing massage with Ken.

More rain and by Thursday morning it was still showering and the roads were soaking wet. It normally never rains and has been 70° or more since Christmas, and we were warned that the roads are lethal when it does rain. So it was decided to re-assess at 12.00.

Still wet, so we watched the 'Etape 2007 preparation' DVD, which was very interesting and generated some good discussion. A couple of the guys were doing it. However it dried a bit by 4.00 so I decided to do 30 minutes of intervals on a nearby hill before the rain came down again. Day over!

Oh dear, Friday morning, still wet and not 70°. Down to the 'Teapot' for cake and tea with Walt, the Scotsman and Dave, the Welshman, must be a joke in there somewhere! Then suddenly a glimmer of sunshine and it had stopped raining, but group rides had been cancelled. However after a nice walk into town and along the local beach, about 7 of us met up with one of the support guides (Jeremy) who lives locally and knows the area well. He took us on a nice undulating 45km route at a good steady pace, which was wound up a little for the last 15km by myself and Walt to ensure we got some good training in!

Saturday arrived all too quickly, and the group started to head home in dribs and drabs, with myself and a guy called John the only ones left after 3.00. I thought we should make the most of the day as it was now sunny, so instead of packing bikes we went out on yesterday's route again. Another good ride with more chance to chat and enjoy the scenery. At the hotel we saw Jeremy and headed off to the seafront for Tapas. After a lovely meal at one of the best Tapas bars in that area (all for 10 euros each!) it was back to pack. I wasn't due to leave until 6.30.

So a great time was had, not as many group rides as I'd have liked, due to punctures and rain, but I still got in about 300 miles, met some nice northern folk, and got a bit of sun too. The hotel was great and the camp



organisation good, especially if you had any type of mechanical failure. I still can't get over the traffic free roads and the courteous drivers and would go out again just for that.

On the downside Marazzon isn't the most interesting place to visit and if it does rain then unfortunately there's little else to do apart from visiting the 'Teapot'. But 'apparently' it never rains there!!

Simon Letts

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WORTHING EXCELSIOR C.C PULBOROUGH CIRCUIT – 3rd June

This event was scheduled for 1st April and re-arranged for the new date because of road works in Wisborough Green. Riders were gifted a much nicer day, certainly warmer and not so windy and times generally were a bit faster than would probably have been achieved two months earlier.

"If only I had known I was that close I would have gone a bit faster" from Karl Roberton, was met with "If I had known you were that close I would have tried a bit harder" from his Dad. Someone's got to topple Mel soon. Some believe his position as club events secretary gives him an advantage, some kind of inside knowledge of courses perhaps. So as Mel said "If you'd like the job next year don't be afraid to volunteer"

Message to Karl is "Better but not good enough – get cracking". It was the ever improving Nathan Gale who beat the handicapper with a fine effort leaving him 3rd, and good rides also from Thomas Rhoden and Mark Newnham. This is a tough 16 miles and with a course record of 39 minutes these are strong performances.

FULL RESULT

		<u>Act Time</u>	<u>H'cap</u>	<u>H'cap Time</u>
1.	Mel Roberton	40.38	Scr	40.38
2.	Karl Roberton	40.58	2.30	38.28
3.	Nathan Gale	42.48	5.15	37.33
4.	Thomas Rhoden	45.28	7.00	38.28
5.	Mark Newnham	45.59	8.00	37.59
6.	Robert Downham	48.55	9.00	39.55
7.	Diana Trafford	54.44	16.30	38.14
8.	Ted Wixon	54.49	15.00	39.49
9.	Pete Eldridge	57.40	14.00	43.40

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## EVENING TEN SERIES Event 7 – 7<sup>th</sup> June

A new name hits the top of the list. Nathan Gale now regularly turning out rides of over 25mph was fastest tonight, but surprised to see Adrian Rodgers slipping back. He did puncture before the start so perhaps he wasn't mentally up for it.

Great to see Alan Stepney back after some years, and he was happy to beat 30 minutes.

### FULL RESULT

|     |                |       |
|-----|----------------|-------|
| 1.  | Nathan Gale    | 23.41 |
| 2.  | Simon Letts    | 24.03 |
| 3.  | Adrian Rodgers | 24.20 |
| 4.  | Ben Barden     | 24.26 |
| 5.  | Jon Rodgers    | 24.53 |
| 6.  | Thomas Rhoden  | 24.58 |
| 7.  | Mark Newnham   | 25.32 |
| 8.  | Robert Downham | 26.04 |
| 9.  | Diana Trafford | 28.23 |
| 10. | Alan Stepney   | 28.38 |
| 11. | Pete Eldridge  | 30.06 |



## CLUB/SUSSEX C.A 50 MILE CHAMPIONSHIP 10<sup>th</sup> June

A beautiful morning for this 'sporting courses' 50 mile. Steve Dennis of East Grinstead who has won the event 5 times before was in no mood to allow anyone else to upset his remarkable run. Last year he had to settle for a very narrow beating from Sean Yates who had to break the course record to do it. So what is Steve's response? Well Sean may have retired but that record has gone as well, for Steve floated round in a superb 1 hour 49 minutes 31 seconds, to secure his sixth title and a new time for the course. Brilliant seems to be the only suitable word.

It was a fully open event but Steve was over 4 minutes clear of the rest in a field of 58. We had four entries and the club result appears over the page. The handicapper shown on all Mel's result sheets as Doc Lock! is becoming annoyed at the constant hammering that his calculations receive from Nathan Gale, who has won yet another handicap. As to Club Champion for 2007, it's Mel again, but we fancy he will have something faster at the distance before season end.

## RESULT OF CLUB 50 Mile Championship

|    |                | <u>Act Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|----|----------------|-----------------|--------------|-------------------|
| 1. | Mel Roberton   | 2.04.39         | Scr          | 2.04.39           |
| 2. | Karl Roberton  | 2.07.22         | 3.30         | 2.03.52           |
| 3. | Nathan Gale    | 2.13.08         | 11.00        | 2.02.08           |
| 4. | Robert Downham | 2.26.45         | 19.00        | 2.07.45           |

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EVENING TEN SERIES Event 8 – 14th June

Jeremy Wootton homes in on a series win with success number four and he's still the only one in that 21 minute bracket. This Thursday's 21.44 was the fastest yet.

FULL RESULT

1.	Jeremy Wootton	21.44
2.	Adrian Rodgers	23.18
3.	Nathan Gale	23.33
4.	Ben Barden	24.05
5.	Thomas Rhoden	24.13
6.	Jon Rodgers	24.25
7.	Robert Downham	25.00
8.	Colin Miller	25.29
9.	Pete Eldridge	29.11

~~~~~

## SOME BIKE TERMS EXPLAINED!

|                |   |                                            |
|----------------|---|--------------------------------------------|
| Low Profile    | . | Keep out of sight                          |
| Saddle         | . | Lumber someone                             |
| Spoke          | . | Speak of yesterday                         |
| Inner Tube     | . | On the Underground                         |
| Cable          | . | Old fashioned type of E mail               |
| Big Ring       | . | Presumably where you put the big saucepans |
| Fork           | . | Something that goes left or right          |
| Fork Rake      | . | Two gardening implements                   |
| Head-set       | . | Tunnel vision presumably                   |
| Wing nut       | . | Mad Squadron Leader                        |
| Bottom Bracket | . | Presumably what you put on the saddle      |
| Crank          | . | A looney                                   |

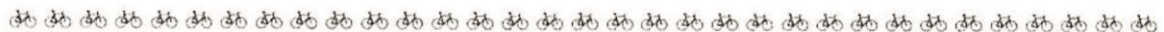
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EVENING TEN SERIES Event 9 – 21st June

FULL RESULT

1.	Adrian Rodgers	23.52
2.	Ben Barden	24.21
3.	Nathan Gale	24.30
4.	Jon Rodgers	24.47
5.	Thomas Rhoden	25.04
6.	Robert Downham	26.04
7.	Colin Miller	27.16
8.	Diana Trafford	28.29
9.	Pete Eldridge	29.38

Looks as though it was a tough evening until you see the times among the 17 private rides – one '20' and two '21's'!



"THE DIRTY THIRTY" – 24th June

Somehow this distance has never been popular but on a morning in June when it is blowy, cold and pours with rain the whole time it's a wonder there was anyone at all. There were eight entries and all turned up – they might have been forgiven if they had just 'turned over'. There were also three who came along and wanted a private non-qualifying ride! Chris Bacon, not an official entrant was perhaps luckiest for he punctured at the start and went home. Colin Miller and our Ed. both decided 'enough was enough' when they got back to where their cars were parked at around 17 miles. Robin Johnson of Brighton Mitre (he of a hundred promotions!) was the most unlucky, puncturing up at the north end of the course, and having to ride about 5 miles on a flat – very slowly, very cold and very wet – ugh!

As to the others (six entries and one private time trial) they all finished and deserve a medal each. The full result shows that there's no 'wind of change' in the WECC as yet. Mel – busy making tea, holding up an umbrella and getting his bike back in the car all at the same time could only remark that he was about 3 minutes slower than last year! Others could have commented that they were 10 minutes slower, but held their peace.

Can't resist commenting on the handicapping of the first four: does he have some inner knowledge of their abilities? Yes, probably, it comes from hanging on to their respective back wheels on club runs

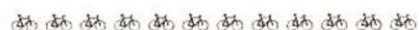
Consideration is being given to re-scheduling this event next year. It would be a better progression of distances if it was held prior to the club 50 mile championship. Watch out for next year's timetable. (See page 18 for 30 result)



BACK RACING AGAIN ?

Our picture shows Jean Smallman up before the start of an evening 10. Notice her number!

The bike the very latest in lightweight design and technology is believed to have been from husband Roger's racing stable of machines. We believe Jean had special dispensation with regard to helmet. On safety however you will notice that the machine is 'armed' with a formidable low slung lighting system.



THANK YOU MIKE

Mike Irons, one of our fully qualified Cycling Time Trials approved timekeepers has donated a new watch together with the required 'test' certificate to the Club.

With the one given us by Peter Kibbles a few months back we've been able to throw out all the old sundials which were proving difficult to use, especially on dark evenings in the 10 mile series!

Thank you Mike



FULL RESULT

		<u>Act Time</u>	<u>H'cap</u>	<u>H'cap Time</u>
1.	Mel Roberton	1.14.41	Scr	1.14.41
2.	Karl Roberton	1.17.04	3.00	1.14.04
3.	Nathan Gale	1.20.07	6.00	1.14.07
4.	Robert Downham	1.27.14	13.00	1.14.14
5.	Diana Trafford	1.39.33	18.00	1.21.33
6.	Pete Eldridge	1.40.25	21.00	1.19.25

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## LE TOUR PROLOGUE

We had our day in London and enjoyed being part of the great day. Lovely sunshine, enormous crowds of happy people enjoying their sport. A kind of "two fingers" to the terrorists who would like to disrupt our way of life. It would have been a bonus if a Brit could have won but that wasn't to be. They did their best and we couldn't have shouted louder. It seemed as if London had organised well and perhaps Le Tour will return in a few years time.

The thought of watching 189 cyclists hurtling past at minute intervals could have been like viewing a one-way tennis match and quickly become boring. But with each rider accompanied by an official and team car, frequently with the team director yelling instructions/encouragement, with the lights of the cars, the gleaming bikes as well as police motor bikes in front, to watch the world's best up close and at such high speed was just superb. The time went all too quickly.

Robert Downham had suggested that we should run a sweepstake on the coach on the Prologue result, which we did. Robert won it! The Ed's wife came second though, so enough said.

Now for the rest of the three weeks to Paris, and how any Brits will make it. Still better than that game up the road at Wimbledon. Don't think we do tennis anymore!

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NEXT ISSUE

In our next edition of the 'Worthing Wheel' we hope to bring you a full report on Paul Outhwaite's ride in the Paris-Brest-Paris Audax marathon. A more detailed account of Jeremy Wootton's Himalayan adventure and the life story (so far) of Peter Eldridge!

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