

FOUNDED 1887

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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



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THE TOURIST TRIAL – 2007

It was a bright, sunny morning. The air was calm and fresh. Seven tense, nervous athletes at the peak of their fitness were limbering up at the start. Each competitor with an eye to the opposition. Each competitor ready to go for the win. Each competitor hoping for the glory that was to be the Winner of the Tourist Trophy.

Our President, Tony Palmer, was there to act as an invigilator, and there's no one tougher than him. The competitors were too scared to seek the subtle hint, the nod or wink in the right direction, or even to offer him a bribe.

Don Lock, who had prepared the event, wasn't there. He had fled the country. Did he want to escape the abuse that he received after the last Tourist Trial? Was he worried that certain elements might question his questions?

Mel Robertson was also there at the start to offer advice, succour and support and promises of cups of tea if the competitors made it to the halfway stage.

The first question papers to determine the route were handed out. There was much scratching of heads. These were tough, technical questions. The first – '... and go to a spot height that will involve a climb of 10 metres'. There was one competitor that was worried as soon as he saw the word 'climb'! Further on the route the competitors were required to 'stagger' – and they hadn't even been past a pub by this time. Was there time to nip to The Frankland Arms before the start?

Last year's winner, Andrew Lock, was first out of the starting gate, his route plan having been checked, and approved by Mr President. Second was Adrian Palmer, who managed to puncture 800 yds from the start. Off went Alan Langham with the Rocco and Giacomo Sepe team and the Richard and Edward Klose duo following on.

The route headed from Washington eastwards towards Wiston where the warning to 'Slow Down for Duck's Sake' was ignored by some and accepted by others who were only too pleased to take a breather at this early stage. A quick right turn along Spithandle Lane led to the discovery of a Victorian spring, but with not enough water to fill empty water bottles.

Another right turn took the challengers on a southward journey and into the busy 'farmer's market' at Steyning. It's on days like this when pedestrians are racing from one side of the road to the other that you might get to know how many Zebra crossings there are in Steyning High Street. Our merry band were dodging kiddies on bikes, Mums with prams and I won't tell you what the oldies were doing on their electric buggies! Just try cutting them up and you'll get a walking stick through your spokes.

Once past the market and it's a left turn past the old Grammar School and down to St Andrew's Church where you can introduce yourself

to St Cuthman who is reputed to have pushed his mother in a wheelbarrow all the way from the West Country and, when his barrow collapsed in Steyning, saw this as a sign to establish his church.

You could, of course, have done a detour to visit the museum and examine their Analemmetic clock. I don't know what it is, but it sounds a bit medical to me!

Further on the route joined the Downs Link path (fortunately the route turned to the right and stayed on tarmaced roads) before descending gently down into the pretty little villages of Bramber and Upper Beeding.

A left turn at The Rising Sun sent our competitors heading uphill again before turning right towards the welcome sight of Mel Roberton with the ever hot pot. A nice, warming cuppa and a slice (or two or three) of Jean Smallman's luvly home made cake provided sustenance for the remainder of the challenge.

It was at this refreshment break that the competitors were required to answer a series of 'General Knowledge' questions loosely based on Sussex/Ordnance Survey Maps/Cycling. I did think that most answered some of the questions, but not all of the questions. We did, however, learn that the man responsible for the demise of the railway system was NOT Luke O'Motive!

A gentle ride towards the east took the route in the shadow of the South Downs through Edburton and Fulking. The spring at The Shepherd and Dog was no good for topping up water bottles because Mid Sussex District council had declared that it was not drinkable (or was it a ploy to get more people into the pub?)

Going like the clappers along Clappers Lane sent the rivals past The Cabbage Patch and the Frog Crossing before another left turn along Holmbush/Bramlands Lane and thence from Woodmancote into Blackstone Village. How many competitors were disappointed to learn that 'Nanny' was Miss Elizabeth Robinson, but it didn't feature as a question in the 'Observation Test' later.

Further on, as the route passed through Twineham, one competitor was confident that the inscription on the War Memorial wouldn't feature in the later test. We won't identify him, but he did say 'it won't be part of the test because my Dad wouldn't be able to read that!'

Bob Lane was left behind, then a downhill run with a following wind past the Royal Oak at Wineham gave everyone a bit of a breather. From there, it was a gentle ride through Partridge Green to the finish at The Windmill at Littleworth. Never has a pint and a plate of chips seemed so welcoming.

But the challenge wasn't over. This is where the 'Observation Test' was to take place. Could our competitors remember everything they had seen? Had they forgotten the important little bits? Had they made enough notes? Nervous tension lay heavy in the air. Silent scribbling in quiet

corners. Again, the scratching of heads, the rustling of notes, the chewing of pencils. Mastermind was never as tense as this.

Our President then fell to the marking of the papers. A hush fell on the room. Mr P. could be seen applying crosses and ticks – but to whose test paper? He, too, stopped and scratched his head – a sharp intake of breath – a sigh – a swig at his pint. Was he deliberately delaying the declaration? Was he teasing the competitors? He extracted another piece of paper from his folder and started writing again. Was this the final marks? Were there to be tie-breaker questions?

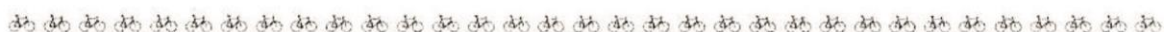
Finally, he sat as upright as he could, took another long draft from his pint and, having called for order, proceeded to declare the result 'Miss World' style.

It was, we discovered, a very close-run event. However the final place was awarded to Richard and Edward who had just been pipped by Rocco and Giacomo. Alan Langham was in third position and, with mounting tension as the President sought another slurp from his pint, second place was awarded to Andrew Lock.

Adrian Palmer was declared winner of the 2007 Tourist Trial and immediately phoned his wife to send her out for some silver polish. Well, you can understand that – he's never won anything before!

A good time was had by all, but special thanks must go to all those who were the 'backroom boys and girls' who organized the event. Thank You!

Adrian Palmer



YOUR CHAMPIONS of 2007

Men's Best All Rounder:	Adrian Rodgers	23.004 mph
Veteran's Best All Rounder:	Mel Roberton	+ 5.684mph
100 Mile Champion:	Adrian Rodgers	4.42.54
Fastest 50 Mile Cup:	Mel Roberton	2.04.39
50 Mile Champion:	Mel Roberton	2.04.39
25 Mile Champion:	Mel Roberton	1.01.02
Hardrider's Champion	Mel Roberton	1.07.38
Clapshaw 25 Mile Handicap:	Nigel Reynolds	
30 Mile Champion:	Mel Roberton	1.14.41
10 Mile Evening Series:	Jeremy Wootton	
Sporting Courses Competition:	Mel Roberton	
Club Events Points Cup:	Nathan Gale	
Veteran on Standard in Evening 10's:	Ben Barden	+ 4m 50secs
Most Improved Rider Trophy:	Adrian Rodgers	+ 1.821mph
Road Race Champion:	Adrian Rodgers	
	4.	

Hill Climb Champion:	Adrian Rodgers
Club Runs Attendance:	Don Lock
Tourist Trophy:	Adrian Palmer
Audax (Greatest kilometre total)	Paul Outhwaite
Club Person of the Year	Mel Roberton

For an ex racing man, a dedicated 'tester' you can only fall so far, so they gave our Ed, the Club Runs Attendance Trophy! Trouble is, he finds he has to train so hard just to keep up to elevenes!

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A CYCLING STORY from the late 19<sup>th</sup> Century when two wheelmen were visiting friends in Findon at Christmas time. They had learnt of a Ghostly Wheelman on Washington Bostal and despite their friend's ridicule, on Christmas Eve they rode the short distance to the Bostal to spend the night in a cold and lonely roadside watch. This is their tale.

### 'THE GHOST OF WASHINGTON BOSTAL'

*Findon was nearly asleep as we passed through, and we saw nobody as we climbed steadily to the top of Washington Bostal. A hushed silence had fallen over us, and we both seemed afraid to break it. After seeing that it wanted less than half an hour to midnight we extinguished our lamps and walked some yards down the hill, where, after an exchange of whispers, we decide to await events.*

*Slowly the minutes crept by as we shivered in the strained silence. An age seemed to have passed when in the distance a church clock drowsily droned out the hour of midnight. Then with our hearts madly thumping we heard the coming swish of another cyclist. Together we opened our mouths to shout a warning to the wheelman, who might be unaware of the sharp bend in the road awaiting him lower down the hill.*

*But the words froze on our lips, for at that instant he flashed into sight – a mysterious looking figure tearing madly down the hill on a quaint, old fashioned bicycle, the like of which I had not seen for years! Never since that night have I ridden the Bostal without recalling most vividly the awful look of terror I then saw as that weird, uncanny shadow of the cyclist sped furiously past, never shall I forget that long-drawn-out shrieking cry which rang out clear and sharp in the still night, as we stood rooted to the ground and watched him disappear into the darkness!*

*Suddenly came the sound of an awful crash, and slowly the cry died away, leaving us trembling with 'nerves' as silence again reigned over the scene. Minutes passed before we could discuss our next move, but ultimately we resolved to follow the phantom wheelman, for such he un -*



doubtedly was. It seemed to us the apparition had failed to turn at the corner, as many a wheelman had done since, and we accordingly left the road at this point and climbed down the steep side of the hill.

Undergrowth and rank weeds grew there unchecked in those days, and our search for any clue to the solution of the mystery seemed unpromising. But in the darkness Jack presently kicked against a piece of iron, which aroused our curiosity, and we cleared away the weeds and nettles from the spot.

A hoarse cry went up from both of us as our lamps illuminated the cleared patch, and we saw a ghastly skeleton with rotten and tattered rags of clothing hanging to it, whilst beneath this horrid object lay the old bicycle we had seen speed recklessly down the hill! A couple of yards away lay a capacious leather bag, which we thought might afford a clue to the identity of the corpse which had lain so long unheeded. But, on lifting the bag, which was rotten with damp, it burst apart, and the contents scattered at our feet. Imagine our amazement when we gazed upon a profusion of jewellery, and a considerable sum in gold amid such gruesome surroundings!

Greater still was my surprise when I discovered that much of the former tallied exactly with the descriptions our friend had given me of property stolen from him in an almost forgotten burglary.

My bewildered brain could hardly keep pace with events, and even as I stared in mute wonder at the scattered valuables, the grinning skeleton rose, and walking up to me, gripped my arm in his bony fingers! Then with superhuman strength he shook me as a terrier might shake a rat. Next the awful skull bent nearer to my face, I gaped in terror into his eyeless sockets, which looked like dark caverns, his jawbone moved slightly, and an awful voice, which seemed to come from far away, said in low and thrilling tones 'Wake up, Tom old boy, it's one o'clock' With a start I came to, and found myself rubbing my eyes and shivering at the spot on the bank where we had originally sat down to await our spectral visitor.

With acknowledgement to :[valeriemartin@findonvillage.com](mailto:valeriemartin@findonvillage.com)

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NATIONAL HILL CLIMB CHAMPIONSHIP Cheddar Gorge, Somerset. 28th October

The wind blew a near gale, but fortunately up the gorge, the rain, as ever this year, poured downbut only for the early starters and the spectators. Horns, hooters, klaxons and bells, the clapping and the shouted encouragement from hundreds squeezed into every vantage point, but particularly where the climb was steepest, ensured a great atmosphere. Our reporter really enjoyed it.

The organisers we thought did very well. The road was closed to traffic and was coned down the centre giving the riders one half, and it was quite wide, and then the other side was used to escort riders down in groups, this being done by a team of motor bikes. There was a public address system in operation which was clear and informative and the HQ a mile away the other side of town was pinched for size but there was masses of parking well organised, and a good results service with provisional lists being handed out within about 30 minutes of the last rider finishing.

We were there, of course, to give our support to Adrian Rodgers stepping up from club and county level to tackle the big names in the anti-gravity world of hill climbing. The course was 2.1 miles with the first half mile giving an ascent of 600 feet. It then eases to rise just a further 500 feet in the remaining 1.6 miles.

An official time was taken at the top of that first half mile and the PA gave out times and info on the riders as they came up. We were very heartened by the announcement that Adrian had covered this section in 2 minutes 16 seconds and was, at that point, second fastest so far. We had to temper our excitement with the knowledge that there were a further 37 riders to come and all the big names were at the end.

Adrian had ridden the hill beforehand and always felt that he would do better on the steeper section and might not have the necessary speed on the easier second part. His thoughts were borne out by the result for in the field of 150 riders he finished, we feel, an excellent 28th, but at the half mile point he was 16th.

Admittedly there was some wind assistance but in a winding gorge it was very buffeting and at times was quite a problem. Nevertheless the class of the competition was of the highest order and the winner, a retention of his title from 2006 was James Dobbin of Arctic Shorter Rochford RT with a time of 6 minutes 51 seconds and that is 18.372mph. Only 2 beat 7 minutes. Adrian's time 7 minutes 47 seconds gave him 16.164mph.

A nice postscript was bumping into Mike Mansell, ex WECC now living near Taunton. He sent his regards to all who remember him. Our reporter also bumped into Chris Beckingham and 'Old Duffers' – sorry David Duffield of TV famefunny though he didn't seem to recognise us!

The National next year is in Matlock in Derbyshire and with this experience behind him we reckon Adrian can move further up the finishing order.

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#### EDITOR GROVEL

Down on my knees but with eyes raised to Heaven. I'm sure Mike Poland would forgive me, but in our note in the last Worthing Wheel following



Mike's death, I said how he had ridden everything up to 12 hours. I eat my words, Mike completed also the full day (24 hour) time trial. Perhaps son John can look up his Dad's records and we can give you his total distance, next time. Give me a chance to grovel again!

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NOSTALGIA

"Re your article "Nostalgia" in the Oct 2007 Worthing Wheel about medium gear (72") events.

The distance to be covered by one revolution of the pedals is 72" x Pi (Pi being 3.141592).

$72 \times 3.141592 = 226.85 \text{ ins or } 18\text{ft } 10.25\text{ins.}$

To work out the actual gear multiply no of teeth on chain wheel by diameter of the wheel $27 \times 48 = 1296$ and divide by no of teeth on rear sprocket $18 = 72" \text{ gear.}$ "

Regards *Les Janman Bognor Regis CC*

Thank you Les. We knew someone would come up with the mathematics. Didn't know the Worthing Wheel stretched west of the Arun though!

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**KEITH HARMER**



On Tuesday 30<sup>th</sup> October a lorry hit Keith while he was out on his bike. It is understood that he was travelling south on the A24 Ashington Bypass. His injuries were such that he was airlifted to a London Hospital but tragically did not survive.

Keith served us well for several years before moving away from the area. After an absence of some years he came back to reside again in Findon Valley. After rejoining us about 2 years ago he quickly returned to his 'helpful club member type' always ready to do some marshalling, to take on time keeping and indeed to take a place once again on the Club's General Committee. Indeed we have only recently commented in this Mag. how he had volunteered to promote the Ray Douglass Memorial 25 in May 2008.

A nice clear morning, no weather hazards, a road wide enough for three, and visibility for at least ¼ mile at any point on that stretch. Keith, we know was getting back into cycling – leisure cycling, Keith wasn't racing, Keith was not a guy to ride wildly so what on earth happened. The Police will investigate, but were there any witnesses?



Whatever, nothing will bring him back and our deepest sympathy is sent to his family.

Such shocking news and all in the Club are greatly saddened by this terrible event.

A good number represented WECC at his funeral and were among something in the region of 150 mourners. Such was the esteem in which he was held, and for the great regard for his family.

We learnt so much about Keith. Yes, we knew him as a nice guy, a helper, a listener, always interested in what others had done. How many though, knew he had learnt to fly, had ridden every kind of motor bike, had driven four wheels from a small saloon to a 7.5 ton Sainsbury lorry. Had wanted to be a policeman, but instead became an accountant, he got back to being a 'Special Constable' later on, and, on the cycling front did you know he was the first member of this Club to be a Super Randonneur in the world of Audax riding. As long ago as the late 1970's Keith completed in one year rides of 200, 300, 400 and 600km to gain the prestigious award.

1947 – 2007 .Sixty years filled to the brim with life . . . not a bit was wasted.

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LATE 2007 RESULTS

9th September In the Bognor 25 a rapid 58.03 and 3rd place in the Veteran's section for Mel Roberton. A tantalising, so near the hour, for Chris Bacon with 1.00.07. 'Disappointing' said Robert Downham on his 1.11.05

23rd September VTTA Surrey/Sussex 25 on the East Sussex course. Mel ducks under the hour again with 59.40 and gets another 3rd Vet award.

7th October Lewes Wanderers Grand Prix des Gentlemen. 9th on standard Mel Roberton paced by Karl who was apparently suffering from his Maldives meanderings, also riding was Mark Bernhardt paced by Nathan Gale, while much further back on standard, Nathan will be pleased to keep within 2 minutes of Karl on future occasions.

14th October Bognor Regis Hilly 28 mile. Chris Bacon with one of his rare outings this season managed a very respectable 16th.

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S.C.A - - - - Sussex Cyclists' Association  
S.C.A - - - - Serious Crisis Averted

We attended the Annual General Meeting. There were three representing Worthing. In total there were maybe 20 and that included the officials! When you consider that there are 22 affiliated clubs with each entitled to have two delegates + any current officers, it doesn't seem somehow that many could care whether the Association continues or not. The usual apathy.

Yes the crisis was averted and a very big thank you goes to Karl Robertson who has taken on the task of Secretary. We mentioned in our last Mag that the previous Secretary, Treasurer and Chairman, were all relinquishing their positions. Well, with a Secretary available it has proved possible to fill the other vacancies. Brighton Mitre's Robin Johnson (he of 100 promotions) is the new Chairman and their fast man Paul Thatcher (an accountant by profession) has agreed to look after the money.

Good on all of you!

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EAST SUSSEX C.A Annual General Meeting

Two delegates attended on behalf of WECC and 'enjoyed' a couple of hours of freezing in Laughton Village Hall. About one third of the Association's 24 clubs were represented. Not much different to the S.C.A, the other side of the A23 really.

They did not have any problems with officers or promoters however, and have even got their '100' back in the programme for 2008. Coming 3 weeks before the SCCU/SCA/Club 100 it could make the perfect pre-run/warm-up.

They say if you want something done ask a busy man. Well Richard Blackmore of East Grinstead CC, who has been ESCA Chairman for some years, has now taken on the job of Secretary for Cycling Time Trials London South. This from someone who has never raced or ridden seriously and only became involved because of his sons. It is to be hoped that those who like to ride the Time Trials in this area appreciate the work that such people do behind the scenes.

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S.C.A HILL CLIMB  
Steyping Bostal Saturday November 3<sup>rd</sup>

The 2006 Championship had surprised a lot of people when Adrian  
10.



Rodgers (unknown outside WECC at that time) roasted the opposition by an appreciable margin. Could he defend his championship? Could he hang on to the Alf Dawes Trophy in 2007?

The ride by Adrian in the National Hill Climb the week before indicated that perhaps he could. He had trained specifically for some weeks. On receipt of the start sheet though, we had to temper our optimism, there were some big names on the list. Ishmael Burdeau, [www.agiskoviner](http://www.agiskoviner) ( yes that's a 'club') he had finished second last year but had just beaten Adrian in this year's National. There was probably the fastest rider in Sussex in Peter Tadros of Ingearquickvit R.T. Another rapid rider, Mark Winton of Lewes, and Chris McNamara of Wildside R.T probably one of the County's best roadmen. The defence of the trophy would not be easy.

On the day Steyning Bowl was looking its scenic best and it was a beautiful early November afternoon. The support team were out in force to give Adrian and our other entry Chris Putnam, every encouragement. If you can verbally push someone up hill we would do it.

Tradition says that defending champions start last, but Adrian was No 5. Poor show we thought, but Adrian seemed unperturbed. Seen at halfway he was going well and we screamed at him to go faster. Tadros looked formidable and McNamara while sounding like Puffing Billy was moving like Eurostar in France!

It was back down in the Steyning Sports Centre HQ that times became known and results were published. Adrian had recorded 4 minutes 11.4 seconds, improving his 2006 time by 18.6 seconds, an enormous amount over the 1704 yards of the climb. He had beaten Burdeau and Winton, VC Stella's Tony Reeves was over 20 seconds back but in came the Tadros time 4 minutes 7.7 seconds, just 3.7 seconds too good. Just a few minutes later though, the fastest time was posted for Chris McNamara with a quite brilliant 4 minutes 2.4 seconds yet still only 5.3 seconds quicker than our man.

Adrian in fact takes 3<sup>rd</sup> place in the Open competition, but second in the SCA Championship, because Wildside RT are not affiliated to the Association. Chris Putnam recorded 5 minutes 23 seconds and it would be good if 'next year we can get at least one more rider so as to finish in the team event.

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CONGRATULATIONS

- - - To Nathan Gale. Does he know he finished 8th in the 2007 East Sussex Best All Rounder Competition. His qualifying rides were:- 1.7.55 for 25 miles and 2.15.36 for 50 miles. These being recorded in ESCA events. His 100 mile time of 4.54.25 was in the SCCU event but that counted, as ESCA did not have a '100' in 2007.

EAST SUSSEX 'RELIABILITY' TRIAL
November 18th

What a disaster! Nine of our senior members entered the 60 mile version. They only had to average 13.4 mph to complete the route in 4½ hours. Mechanical trouble hit one after 200 yards. More trouble after 1 mile for another. Three miles and that one punctured. Six miles and he punctured again. A third had a chain off. Then the puncture victim suffered yet another and feeling somewhat unhappy with his day, headed back to the HQ.

With so much early delay pressure increased and the group was no longer at the required 'steady' pace. There were even complaints about unusually long 'comfort' stops. Then on a fast narrow descent one parted company with his bike, an unwise course of action at 20+ mph. Bruised and grazed but no serious damage to person or bike, nevertheless he was happy to accept a lift back to HQ from Charles Robson, Eastbourne Rovers, who so fortunately came by just at the right moment.

The seven who continued were certainly not the 'Magnificent', more, the 'Good the Bad and the Ugly'. They were not helped by a comment from a mathematician in their number who indicated that they had only now to average 32mph!

Things could not get any worse, they were nearly home - - - Oh! But they did. Off course they went, seemingly intent on a visit to Lewes which was definitely not on the route.

'Five and a quarter hours it took us' said one. He could not believe it.

To avoid embarrassment we have not named names, but it will no doubt get around. Ah well, perhaps we can do better in the WECC Winter Warmer (see Mick Irons).

More adventurous was Jeremy Wootton, who entered the 3 hours 40 minutes standard. We understand he finished out of time having suffered a puncture.

At 3 hours 20 mins we had Worthing's Chris Bacon. When the likes of East Grinstead's fast man Steve Dennis enter at 3.40 we did wonder - - - Chris was seen at the start but no one knows if he got round in his time or not. If he did could he let us have a full 18 page report and we'll devote the next issue of the Mag to it, and get the Committee to strike a special medal.

There was a 30 mile course and we had three entries. Alan Langham, Peter Weston and Edward Klose, son of Richard. You'll notice we mention names now, yes well that's only right. They had no trouble and they all rode round comfortably to their standards. Edward at 15 years has recently joined the club and he is strong. Nice to have younger members and to see them taking part.

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## CLUB DINNER PARTY and PRIZE PRESENTATION

Somehow the 2007 edition seemed a bit subdued, perhaps we were, with half a mind on those members who were absent and would not again attend.

The meal was generally considered to be good and those who have expressed an opinion like the venue. The club committee have decided then to go ahead with a booking for next year – Friday November 7<sup>th</sup>. Make a note for your diary.

The ticket price has been held at £20 for 3 years now and we shall have to see what can be done for 2008. As it is each ticket is subsidised by the Club to the extent of £3/£4. Numbers were a fraction down but a couple of regulars went down with some bug or other shortly before the day and a last minute seating reshuffle was used to avoid gaps.

The new game (Don's invention), well at least it worked out, even to the degree of his daughter picking up first prize! Again though, we'll think about it next year.

Thanks to everyone who supported the raffle, both with the donation of prizes – magnificent, and the purchase of tickets – excellent. The takings £154 kept that subsidy down to the level mentioned.

Sorry to see people leaving early. Baby sitters to be relieved is understood, but many who would normally still be dancing while the venue was trying to clear up, had this year departed by 11.30. Suppose they are all getting older and can't swing it like they used to.

Oh yes the prizes, well Mel had cleaned all the cups, Mel had set them up and they looked great. Then with a few exceptions he took them all home again! That included the Club Person of the Year Award - - - of course. One of the exceptions was Adrian Rodgers, winning the Senior Best All Rounder at his first attempt. He may face stiffer opposition in 2008 but he's keen to defend it.

Adrian Palmer was humble in receiving his Tourist Trial Trophy and refused the kisses offered by President (his brother "The old Fella") Tony Palmer upon the presentation. Actually Adrian was the only one with a complaint, he won the prize for the quiz and did not like the spelling 'quizz'. But the organiser was 'nearly' asleep - - - - zzz!

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TIME TRIAL 'CO-ORDINATOR'

Sounds official, but it's not. We would have to wait for the AGM in February for that, but the General Committee thought the idea was worth trying, especially as we have a number of riders who are fairly new to the sport and are not aware of all the different competitions which are available to them in

the local calendar. So our Ed is going to try and assist in this capacity. Also, if after 50+ years racing, he has learned anything he will try to pass it on.

Some season long competitions involving specific events need to be thought about early and the season planned accordingly. For example – if you are going to have a go at the SCA's Sporting Courses Competition the first counting events are the 'Stella' weekend based in Storrington and it's in February!

A good idea, perhaps, but not a good start. This 'Co-ordinator' is away after Xmas until nearly the end of January, so what he proposes is a meeting at his house on Thursday 31st January 2008 at 7.30pm. All who intend to ride next season and to ride distance events other than just the evening tens are invited. The following have given an indication of these plans:- Mel Roberton, Karl Roberton, Robert Downham, Adrian Rodgers, Mark Bernhardt, Nathan Gale and Mark Newnham, and hopefully they would all like to attend. In addition Simon Letts, Thomas Rhoden, Ben Barden, Robin Fairhurst, Jeremy Wootton, Chris Bacon and Chris Putnam.

Some of these names need no advice from Don, but if entries for events and competitions can be co-ordinated then we can make sure that wherever possible we complete full teams in the results and it must surely help both team spirit and competitiveness.

To assist Don can you let him know that you will wish to be involved, and that list of names is not exclusive. If your name is not there but you want to know more, then great - - - just let Don know.

Just Dial – 01903 531877!

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### BIG IMPORTANT NOTE

If you are going to be time trialling in 2008 YOU MUST GET A C.T.T HANDBOOK. It is the time trial bible. Karl will be ordering them and they are usually available about the end of January, cost about £6.50. Every Open and Association event in the country is listed. TELL KARL YOU WANT ONE – NOW.

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THE LONGEST STANDING MEMBER of WORTHING EXCELSIOR

The question was posed at the Club Dinner. It must be our Ed, it was suggested. He was still standing at the time! But "Wait" said Mansell, John - - - - "it could be me".

Well, research of all the old minute books threw up some interesting - - - maybe even controversial detail.

We find that Don was duly elected on 8th September 1960 on a proposition by Ray Douglass, seconded by Chris Beckingham. John though did not become a member until the meeting of 8th February 1961.

Ray Douglas who had a wonderful love/hate relationship with John, proposed him and Peter Sidford who a few will still remember, was the seconder.

What is surprising though, and not understood, is that both were elected as 'Second Claim' members. Goodness knows if they were ever 'upgraded'. Probably best to assume this in view of all the official positions they have held over the years. Quite apart from the re-engraving that might be required if not!

But That question we started with; are these two the longest standing? Not by a mile. What about Life VIP Brian Weir. He's going to try and work it out but it's 1954/5. So to John and Don in old 'National Service' jargon - - - - 'Get some in'.

"Longest standing" to imply continuous paid or honorary full membership. Or is there someone out there who knows better?



TIME TRIALLING 2008 – 'A PLAN'

1. Get a Cycling Time trials (CTT) Handbook.
2. Try to have a plan for the season ahead.
3. Have specific targets, events, series of events and times.
4. Make your training appropriate to your aims :
 - a) Lots of winter miles.
 - b) Perhaps use the events of lesser importance to you as training to gauge how you are going.
 - c) Fine tune as target dates approach,.Build up for longer distances but ease off as date approaches.
 - d) Do some training with others it is always faster, and it fosters team spirit/competitiveness. Ride some two-ups.
 - e) Identify weaknesses and give them more thought and attention. Do you start too slowly? Should you warm up more? Do you lose time against others on hills? Are you fully focussed while riding or do you find yourself thinking of some problem at work? Have you prepared thoroughly, is all clothing and equipment checked?

SERIES COMPETITIONS

CLUB: SENIOR BEST ALL ROUNDER

To qualify you need a time for 25m, 50m, and 100m, which can be
15.

recorded in any club, association or open event. The best average mph over the three distances wins.

SPOCO SERIES (SPORTING COURSES)

Here you have to score as many points as you can in the following 'club' events : Long Furlong Circuit, Spring 25, Pulborough Circuit, Hill Climb Series and Late Season Hardriders. 20 points for 1st and reducing by 1 point for every lower placing.

HILL CLIMB SERIES (Washington August)

Three events, aggregate of 2 best placings. It is your position overall which transfers points to the SPOCO series.

S.C.A (SUSSEX CYCLISTS' ASSOC)

Long Distance B.A.R. (Men). 25m, 50m, 100m. As with Club B.A.R it's fastest speed but there are restrictions on qualifying events. Basically they must be in the C.T.T Handbook and be at least partly in Sussex.

Middle Distance B.A.R. Here it's your average mph over 2 x 10m, 2 x 25m and 1 x 50m.

Short Distance B.A.R. 3 x 10m, 3 x 25m

N.B 'Club' only events do not count.

POINTS COMPETITION Points in S.C.A Championships. 20 for 1st down to 1 point for 20th – accumulated.

SPOCO COMPETITION

The qualifying events are listed at the start of every season. You have to ride six. 1 short distance, 4 middle distance including 1 'hilly' and 1 long distance. But there's quite a choice and you can be selective. Some events are early season so look at it early.

EAST SUSSEX C.A B.A.R ESCA events only over 25, 50 and 100 miles. If there is no ESCA 100 then SCCU or Kent events will qualify.

POINTS COMPETITION Similar to S.C.A

SOUTHERN COUNTIES C.U B.A.R Over 25m, 50m and 100m but restricted to S.C.C.U promotions.

I have not mentioned the National Competitions but if you want the details they are all in the CTT Handbook.

Also I have not mentioned Veteran's (40+) but I have all the details of Standards and Competitions if you need them. Beating Standards and

improving on your + plus each year can win you some nice medals. You do however need to be a member of the Veterans Time Trials Association – only about £9 per year.

Don



FURTHER CYCLING TERMS 'EXPLAINED'

Off the Back	Like water as on ducks, and a fact rammed home as the Club run disappears up the road.
Peleton	The bunch, like bananas.
Etape	Yorkshire dialect for the hot and cold things on the wash basin.
Pedals	Got something to sell.
Head Set	Tunnel vision.
Mudguard	Workman standing by a hole in the road.
Fixed Gear	School uniform.
Disc Wheel	Made from old L.P's, some of you must remember
Brake (Break)	Destroy or shoot off up the road, and not wait for the rest.
Bonk	Despite some more recent definitions this really means 'knackered'.
Drops	No, not the things you put in your eyes, but that part of your handlebars only used by racers without tri-bars. Old Veterans can't get down that far anyway.
Handlebars	Type of moustache. Popular with R.A.F types, WW 2 in particular. Seemed to go with the strange expression 'Wizard Prang'!
Track	Usually oval shaped around which cyclists chase each other, always in school uniform!

Banking	Nothing to do with finance. It's a kind of hill round the side of part of a track, presumably to relieve boredom.
V.T.T.A	Vintage Time Trial Addicts or Veterans Time Trials Association.
Brighton Mitre	An adaptation of a religious headdress to a crash helmet with a point.
Epsom C.C	Funny salts from Surrey.
Tooting B.C	A South London club with an 'audible means of approach' more akin to the motor car.
Hard Shell Helmets	Well boiled with a lion mark stamped on them

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### 25 YEARS AGO

Paul West of Worthing Excelsior (now working in Manchester with British Cycling) is our Club Track Champion.

The World Championships are held at Goodwood. Mandy Jones wins the Ladies event. Saronni of Italy is Men's champion with Sean Yates best for GB in 42<sup>nd</sup> place.

Brighton Excelsior and Worthing Excelsior fight the Battle of Heath Pond (Petersfield) a distinctly maritime engagement with the sinking of several of the hired boats, but no personal injuries. Everybody dried out on the ride home. This venue immediately removed from the runs lists of both clubs.

In the Clapshaw Handicap 25 John Grant makes third place, actual time 1.11.06 net 56.06. It was rumoured that he planned to make a speech when collecting his medal at the Dinner.

Keith Dodman sets new Club Record for 100 miles with a time of 4.12.30. This was in the North Middlesex & Herts C.A. promotion.

Paul Toppin finishes second in the S.C.A Senior Best All Rounder with an average speed of 22.052 mph. In those days it was calculated over 50m, 100m and 12 hours!

It was rumoured that Don Lock's new frame had to be wrench, lunge, heave and twist proof. An unnecessary reference to his riding style which was to slightly improve with the introduction of tri-bars.

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