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JULY 2008

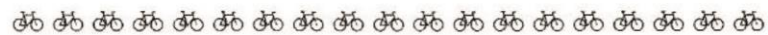
THE JOURNAL OF



THE WORTHING WHEEL

WORTHING EXCELSIOR CYCLING CLUB

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



President & Runs/Touring Co-ordinator: Tony Palmer
23 Brentwood Crescent, Brighton 01273 558597
(tony.wecc@tiscali.co.uk)

Chairman: Robert Downham 93 Chippers Rd, Worthing
01903 268380
(rjdownham@btinternet.com)

Secretary: Karl Roberton 11 Bridge Road, Worthing
01903 209433
(karl_roberton@btinternet.com)

Treasurer: Allan Langham 38 Lenhurst Way, Worthing
01903 261058
(allan.langham@sky.com)

Club Coaches: Vern McClelland 31 Downland Rd,
Upper Beeding 01903 814351
Peter Eldridge 2 The Street, Clapham
01903 871502

Club Events Secretary: Mel Roberton
30 Pines Avenue, Worthing 01903 214489
(melwecc@aol.com)

Press Secretary: Colin Miller
26 Rectory Farm Road. Sompting 01903 764788
Lancing

Social Secretary & Magazine Editor: Don Lock
7 Welland Road, Worthing 01903 531877
(dandmlock@ntlworld.com)

Membership Secretary: Mick Irons
36 Phrosso Rd, Worthing 01903 240280
(mickirons@btinternet.com)

Website : WorthingExcelsior.co.uk

BRIAN COX
1931 – 2008

Standing room only at the Chichester Crematorium Funeral Service, says it all for Brian, described by one as 'A modest man, superb at his job and utterly honest in all he did'.

He and Betty his widow, were members of Worthing Excelsior for about 30 years, after perhaps his best racing years which were in the 1950's with the Bognor Regis CC. He brought though, tremendous benefits and service to WECC with both he and Betty regularly timing Club, Open and Association events in Sussex, Surrey and Hampshire, and being always ready to assist and encourage others.

Brian started as a 'chippy' (carpenter) first in Middleton, and then at H W Seymour & Son in Bognor where the Managing Director invited him to retrain as a Surveyor Estimator. He held down some serious jobs in the Building Trade during his career, and was held in such regard as to hold centre, top table position at the Annual Dinner of the National Federation of Building Trades Employees (Sussex Chapter) in the 1980's.

He had not kept a record of his racing achievements, far too modest for that and we had to scurry through a box of medals to get some facts - 244½ miles for a 12 hour, 100 miles in 4.28.00, which he did twice. This is the 1950's before Tri-bars, Carbon Fibre and all the rest of the technology available today. He was the first Sussex rider to beat 4½ hours for 100 miles.

The Bognor Club must have been enjoying perhaps one of their best periods in those days – Messrs Cox, Janman and Gilbert were winning Sussex B.A.R's and a 12 hour team of 730 miles was one tremendous performance noted.

At the other end of the cycling spectrum we found medals for Grass Track ½ mile and 1 mile and Audax achievement badges.

Brian and Betty rode Tandem a good deal and Brian also partnered others with time trial success. A Bognor to Worthing and back solo record was Brian's and probably always will be with 1.43.30. Then he did it on tandem a couple of minutes quicker. Then there's a 30 mile record with Les Janman 1.5.42, not bad in 1956!

He was Chairman of the Bognorian's Society (Residents of 25+ years)

As we said - - - it was standing room only – Clubs from Bath Road, Southampton, Portsmouth, Hampshire, Surrey and Sussex. Building Trades friends, and Bognorians and a good number of Worthing Excelsior attended and we all said our farewells to a good and respected friend.

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DUNGEE-WOW!  
The Spring Audax 200k (or my big mouth!)

Peter Logan, Mark Bernhardt and I decided to try this Audax on Sunday 9<sup>th</sup> March. Run by Dave Hudson it was bound to be a good day out. Peter left home at 6.00 in the morning to pick up Mark and myself to get to Hailsham for a 7.30 start.

I volunteered to lead the way on the first stage as I was used to riding the roads in that area when I was a teenager. Leaving the start I took the wrong turning after 300 yards (me and my big mouth) and almost missed another one in Hailsham. When we passed the Arlington speedway track (home to Eastbourne Eagles) I knew where I was. I told the other two that we take the next left by the signpost. Mark got his route sheet out to check (can't blame him) and the wind blew it out of hands and far away. On through Wilmington where the 'Long Man' is (and a 1000 year old Yew tree), through Littleington to Exceat, (where Paul Outhwaite said 'Good Morning' as he passed us before disappearing in the distance). We touched Seaford and up 'High and Over' (the easy way). A card stamp at the top and down the steep side (yippee!). Through Upper Dicker to the A22 and A271 (at the Boship roundabout) then on to Cowbeech, Dallington for the control at Woods Corner.

The second stage took us along the country lanes through Brightling, Mountfield a quick look at the A21 then the B2089 to Rye. I never realised but you go down a long hill into Rye (Good for the soul). I told the others that our next cup of tea was in the distance by that big building (Dungeness Power Station). It seemed so near but was 15 miles away (me and my big mouth). We got there by cycling along the A259 (tail wind) and turning off at the 'Woolpack' (I've heard of that name somewhere else) along cycle routes (with side and head winds) through Lydd on towards Dungeness (where Paul Outhwaite said a quick hello as he went the other way). It is so flat going across the marsh the only variation in the height of the land are the ditches, or furrows in a ploughed field. Dungeness is so different; most of the buildings are bungalows with great big gaps between properties. (Looked as if they were built in the 1930's) Even the pub is a single storey building; in fact it looked a bit like old converted Army barracks. A quick snack and stamp the Brevet card in the café by the longest miniature railway in the world (Romney Hythe and Dymchurch Railway).

Here Peter Weston joined us, back through Lydd (more cross winds) and more cycle routes to Brenzett. Then through Warehorne where we discovered, after 30 miles of flat pan roads, the delights of riding up and down hill. A shock to the system! It was then on to Bethersden and Smarden (for an info control). Going back towards the A274 we were wondering where we were until I spied a couple of ladies with a map. After a



quick chat and thanking them we knew we were on the right road. The temperature got colder as a black cloud came over. Through Biddenden in the rain (guess where we got our only puncture) to Rolvenden and the World of Water café for hot food and drink.

We left in good spirits and sunshine, now it was like a Summers evening but cool. A quick burst down the A21 through Hurst Green, turning off through Effingham where we were greeted with 1 in 7 (must have been 'up' or he wouldn't have mentioned it. Ed). From here we rode to Woods Green. It was dark now.

After Dallington we went wrong (I do not take full responsibility for this – just most of it). After riding up a hill I wanted to turn left but was talked out of it until we got to a cross roads. We then retraced our route. By now we were tired and just wanted to finish. A quick sprint (well 10mph) through Cowbeech back to Hailsham finishing at 19.50. Yes, we were the last to finish but it was not a race. We had ridden 131 miles in total.

My congratulations to Peter Logan who did his first 100 mile ride. Mark did it to 'get the miles in for racing'. Thanks to both Peters and to Mark for their company and good humour (possibly a bit strained at times). Next time I will look at the route sheet before we leave the start.

The following day was raining and gales with 60mph winds!

*Mick Irons*

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SUSSEX C.A 2-UP Sunday 30th March

Could someone explain why the S.C.A and the E.S.C.A both have a hilly 2-UP on the same date. It's ludicrous; three quarters of the clubs in the two Associations are the same so how can they support both. We did raise the question at a recent East Sussex C.A meeting but we are having difficulty with the answer. It was, they said, because Easter was early! Are they on some different calendar to West Sussex?

We can only hope that such a clash is avoided next year. Both events could look for fields to a maximum of sixty teams and, of course, neither managed anything like it. It was largely due to triathletes from various local clubs and an excellent entry from Worthing Excelsior that organiser Andy Attwood managed a field of 38 teams for the S.C.A version.

Twenty five and a bit miles taking riders from Storrington to Fontwell via Houghton Hill, back along the A27 to Clapham and then over Long Furlong to Washington and finally to the eastern approach to Storrington, is not an easy route..

Our teams rode well and recorded the following times:-

Mel Robertson / Karl Robertson	1.04.46
Jon Rodgers / Adrian Rodgers	1.07.55
Nathan Gale / Mark Bernhardt	1.09.35
Chris Putnam / Ben Barden	1.12.00
Mark Newnham / Robert Downham	1.17.50
Paul Major / Dave Bowen	1.18.44
Diana Trafford / Peter Eldridge	1.34.51
Joan Lennon rode with Jane Pridds of Steyning AC to record	1.27.30
Colin Miller paired up with Julie Gallagher of the Amphibians II Tri Club in	1.28.33

Mel and Karl were very pleased with their time, some 1½ minutes inside their previous best and it took them to a well deserved 4th place and £30 to split between their respective house keepings.

Jon Rodgers making a first competitive bike event since his accident last summer was allowed by son Adrian to set the pace on the hills and it worked well for a more than respectable time.

It was a good event on a not very pleasant morning and a 100% turnout and complete from WECC entries was great. Andy Attwood has said that he is standing down from this promotion having done it for several years. It is to be hoped that a new face will come forward to ensure its continuation.

LATE NEWS

Rumour has it that Dave Abbott of GS Stella is going to take on the promotion. There is also the proposal to change the course to the Ashurst Circuit. 2 laps would make it longer at 30+ miles but it would not be quite so hilly. It may be less than 2 laps with a finish on the A24.

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#### THE ISLE OF WIGHT

4<sup>th</sup> May

The Isle of Wight Randonnee was my first long distance sportive and I can honestly say that it won't be my last. I started the day at a sunny 7 o'clock, jumped in the car with Dad and met Don Lock, Rocco Sepe, Pete Logan and his friend Ray, in Worthing. With everything going as planned plus an extra rider the day had started well. We arrived at Portsmouth and found Paul Outhwaite with about 300 other riders waiting to get their tickets (a field day for the ferry business). Seeing all these cyclists gave me some idea of what the ride was going to be like, and I knew there would be a lot more to come.

Anyway, having got to the island and uncrammed the bikes from the



ferry, we set off to our start point at Wootton where we were joined by Keith Dodman. We signed in for the 100km and soon we were off! The ride followed some really nice country roads. There were a couple of crashes. The first, I saw a man fall when he was struggling to get his foot out of his cleat at a junction, however there were so many cyclists around there was no real danger. The second one I didn't see but involved Paul. As the story goes he was descending with a man following closely behind. As he approached a corner he looked behind not knowing he was heading for a mud-filled hole at the side of the road! As you've guessed, his front wheel went into the hole resulting in Paul crashing to the floor. The man behind catapulted into the air landing on the other side of the road – the sort of crash you'd expect to find in an old style comedy or a cartoon! Paul had a grazed leg but it didn't appear to affect his strong riding.

After having ridden the event, largely in groups of about 2-3 people, most of us met at Yarmouth Primary School checkpoint, where I first saw Paul after his fall. We all had our well-earned snacks. As we got ready to set off again I found that I had a puncture. Not to worry though I had it fixed with the help of my team mates in no time! On the way back to Cowes Dad and me went to visit my Great Uncle who lives about a kilometre from the route, where we stayed for about half an hour. We were then back on the road and had joined another group. I was determined to 'up the pace' to see if, maybe, we could catch up with someone we knew. To my surprise just before the Wootton checkpoint I spotted two cyclists in Worthing colours, I knew instantly that it was Don and Rocco. Feeling a sudden rush of energy I sprinted off after them and caught them on a hill forfeiting the final checkpoint. Not a problem, as we all enjoyed a coffee and some food at the café in Fishbourne.

So, with 1644 riders, 1234 metres of climbing and fantastic roads, hills, venues and company, it turned out to be a brilliant day and I think it's fair to say, judging by the spirit of everyone, thoroughly enjoyed by all.

*Edward Klose*

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WORLD TRACK CHAMPIONSHIPS

27th March and I'm off to the 2nd day of the World Track Championships in Manchester. Hoping to see a few gold medal performances and maybe a World Record!! I arrived at the Velodrome at 12.25 and already the car park was over half full – and even more surprisingly, free!

Two things that were immediately apparent as you walk round the perimeter of the track. Firstly it was extremely warm in there, even with just a tee-shirt on you're permanently reaching for a drink. Chris Boardman later

DOMESTIC INCIDENT!

Police called to the home of Mr Roger and Mrs Jean Smallman to investigate a domestic incident have decided that although Mr Smallman was seen to have a badly cut eye, rapidly swelling, turning black and closing, the matter had been amicably resolved and no charges would be brought.

It is rumoured that Mrs Smallman told them to get back to their proper job or she would bop them one too!

The back of Jean's head understood to have been the weapon involved has not suffered any damage.

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### RAY DOUGLASS 25 18<sup>th</sup> May. Broadbridge Heath

Statistics: 111 entries, 99 starters, 94 finishers, 27 officials/helpers

Result: 1<sup>st</sup> Guy Powdrill, London Dynamo. 54.35. With that surname and club could almost be 'POWERDRILL'. 2<sup>nd</sup> Keith Coffey, Bec CC close up with 54.56. 3<sup>rd</sup> and Fastest Veteran Steve Dennis, East Grinstead CC. 55.18.

Club riders: Bearing in mind that most were involved in the running of the event, we still had 7 entries. Fastest was Nigel Reynolds who was well pleased with a debut sub 1 hour effort. He finished in 59.47. Less happy was Adrian Rodgers, trying also to get 'inside' for the first time, he recorded 1.00.01 with the added frustration of knowing that if he had not gone off course (overshooting a roundabout and losing at least half a minute) he would almost certainly have succeeded. Mark Bernhardt was our third team member with an excellent 1.00.15. What a compact team, only 28 seconds covering all three and an aggregate team time of 3 hours 00 minutes 03 seconds. Nathan Gale was not 'on song' and 1.07.20 is not his usual strong performance. Joan Lennon our Veteran lady triathlete finished in 1.19.49. Simon Letts was unable to start and Colin Miller unable to finish.

Conditions: Cool with fresh north easterly but at least it stayed dry.

Final comments: Another sterling performance by Mel Robertson with his merry band of helpers. Ray Douglass would have looked on with approval.

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DO WE HAVE MUSICIANS?

In the programme for "Joseph and the Amazing Technicolour Dreamcoat" at the Pavilion Worthing we spotted "Jeremy Wootton" as 'Musical Director', is he on the fiddle we ask!

Meanwhile in the programme for 'Godspell' at the Windmill Theatre in Littlehampton we find Mark Newnham on guitar! Not forgetting too – John Williams, the renowned Composer and guitarist!

Entertainment at this year's Annual Dinner should not be a problem then!

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### EVENING 10 RESULTS

#### Events Nos 2 to 9 of the 14 long Series

(No1 lost to unsafe conditions) 6 Placings to qualify in the overall Series

#### 1<sup>st</sup> May

|                    |       |
|--------------------|-------|
| 1. Adrian Rodgers  | 22.32 |
| 2. Mark Bernhardt  | 23.21 |
| 3. Nathan Gale     | 24.41 |
| 4. Mark Newnham    | 24.43 |
| 5. Chris Putnam    | 24.51 |
| 6. Paul Outhwaite  | 24.58 |
| 7. Jon Rodgers     | 25.02 |
| 8. Ben Barden      | 25.38 |
| 9. Robert Downham  | 25.57 |
| 10. Colin Miller   | 26.59 |
| 11. Ian Hartwell   | 27.51 |
| 12. Edward Klose   | 28.15 |
| 13. Joan Lennon    | 28.54 |
| 14. Diana Trafford | 29.06 |
| 15. John Williams  | 29.15 |
| 16. Stuart Jago    | 29.16 |
| 17. Ted Wixon      | 29.46 |
| 18. Pete Eldridge  | 31.13 |

#### 8<sup>th</sup> May

|                    |       |
|--------------------|-------|
| 1. Karl Roberton   | 21.57 |
| 2. Adrian Rodgers  | 22.03 |
| 3. Simon Letts     | 23.36 |
| 4. Chris Putnam    | 24.11 |
| 5. Jon Rodgers     | 24.43 |
| 6. Robert Downham  | 24.46 |
| 7. Kevin Doe       | 26.06 |
| 8. Colin Miller    | 26.09 |
| 9. Stuart Jago     | 26.43 |
| 10. Edward Klose   | 27.13 |
| 11. Diana Trafford | 28.30 |
| 12. Ted Wixon      | 28.46 |
| 13. Joan Lennon    | 28.51 |
| 14. Pete Eldridge  | 29.42 |

#### 15<sup>th</sup> May

|                   |       |
|-------------------|-------|
| 1. Karl Roberton  | 22.26 |
| 2. Mark Bernhardt | 22.56 |
| 3. Chris Putnam   | 24.50 |
| 4. Kevin Doe      | 26.26 |
| 5. Edward Klose   | 27.20 |
| 6. Stuart Jago    | 27.29 |
| 7. Colin Miller   | 27.30 |
| 8. John Williams  | 28.29 |
| 9. Diana Trafford | 28.57 |

#### 22<sup>nd</sup> May

|                   |       |
|-------------------|-------|
| 1. Karl Roberton  | 21.50 |
| 2. Mark Bernhardt | 22.00 |
| 3. Mark Newnham   | 22.46 |
| 4. Simon Letts    | 23.31 |
| 5. Chris Putnam   | 24.03 |
| 6. Robert Downham | 24.21 |
| 7. Tom Coulson    | 24.45 |
| 8. Paul Outhwaite | 24.49 |
| 9. Stuart Jago    | 25.52 |
| 10. Kevin Doe     | 26.13 |
| 11. Edward Klose  | 26.24 |
| 12. Colin Miller  | 27.24 |



|                    |       |
|--------------------|-------|
| 13. Joan Lennon    | 27.50 |
| 14. Diana Trafford | 28.07 |

#### 29<sup>th</sup> May

|                   |       |
|-------------------|-------|
| 1. Mark Bernhardt | 22.36 |
| 2. Adrian Rodgers | 22.48 |
| 3. Karl Roberton  | 23.05 |
| 4. Nathan Gale    | 24.33 |
| 5. Paul Outhwaite | 24.45 |
| 6. Chris Putnam   | 25.28 |
| 7. Jon Rodgers    | 25.41 |
| 8. Stuart Jago    | 26.34 |
| 9. John Williams  | 27.45 |
| 10. Paul Major    | 28.07 |

#### 5<sup>th</sup> June

|                    |       |
|--------------------|-------|
| 1. Karl Roberton   | 22.11 |
| 2. Mark Bernhardt  | 22.24 |
| 3. Mark Newnham    | 23.01 |
| 4. Ellis Bacon     | 23.26 |
| 5. Simon Letts     | 23.39 |
| 6. Paul Outhwaite  | 24.15 |
| 7. Nathan Gale     | 24.17 |
| 8. Mat Pearch      | 24.33 |
| 9. Chris Putnam    | 24.36 |
| 10. Robert Downham | 24.58 |
| 11. Tom Coulson    | 25.34 |
| 12. Stuart Jago    | 25.39 |
| 13. Edward Klose   | 25.52 |
| 14. Nick Baker     | 26.16 |
| 15. Kevin Doe      | 26.37 |
| 16. Sam Maloney    | 26.54 |
| 17. Paul Major     | 27.06 |
| 18. John Williams  | 27.13 |
| 19. Diana Trafford | 28.35 |
| 20. Ted Wixon      | 29.17 |

#### 12<sup>th</sup> June

|                   |       |
|-------------------|-------|
| 1. Karl Roberton  | 22.07 |
| 2. Mark Bernhardt | 22.14 |
| 3. Simon Letts    | 23.35 |
| 4. Nathan Gale    | 23.45 |
| 5. Paul Outhwaite | 24.04 |
| 6. Jon Rodgers    | 24.22 |
| 7. Robert Downham | 24.36 |
| 8. Stuart Jago    | 25.03 |
| 9. Nick Barlow    | 25.07 |
| 10. Kevin Doe     | 26.11 |
| 11. Ted Wixon     | 28.45 |

#### 19<sup>th</sup> June

|                     |       |
|---------------------|-------|
| 1. Karl Roberton    | 22.27 |
| 2. Adrian Rodgers   | 22.37 |
| 3. Mark Bernhardt   | 22.43 |
| 4. Mark Newnham     | 23.33 |
| 5. Nathan Gale      | 24.49 |
| 6. Chris Putnam     | 25.18 |
| 7. Ben Barden       | 25.40 |
| 8. Edward Klose     | 26.22 |
| 9. Stuart Jago      | 26.31 |
| 10. Kevin Doe       | 26.35 |
| 11. Robert Downham  | 27.04 |
| 12. Vern McClelland | 27.05 |
| 13. Colin Miller    | 27.19 |
| 14. John Williams   | 28.00 |
| 15. John Baldwin    | 28.05 |
| 16. Joan Lennon     | 28.28 |
| 17. Ted Wixon       | 29.54 |

Eight down and hopefully six more to go. Hope we don't have anymore washed out. Karl is dominating again and already has six first places so he can't be beaten in the overall series. We've had two other riders Adrian Rodgers and Mark Bernhardt achieve first places, but they would have to win five more if Karl is to be equalled. Even then, under the new rules introduced they would need to have a faster time aggregate. Karl has managed two 21's and although always pushed by the competition (he is never more than about 10 seconds away) he does seem to excel at this distance.

Seven riders have qualified so far but this number should nearly double by the end of the series which is good. Total number of WECC rides so far is 113 an average of just over 14 which is a bit better we think than last year. Once again other clubs have flocked to our club promotion making for a good evening's sport.

You can go along yourself, it's good for a chat, a cup of tea and if you're lucky a Garibaldi, no that's not an Italian frame it's just a favourite biscuit known to some as the dead fly sandwich!

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FROM THE ARCHIVES

Jan 20th 1938 The Secretary reported that the Club had been accepted as an affiliated club to the Road Time Trials Council on 27th November 1937. Two delegates would attend the inaugural meeting of the London South District Council on 23rd January 1938 in Catford London SE. The Road Time Trials Council is now "Cycling Time Trials".

Feb 1938 AGM Proposed among other things, that : "No member be allowed to interrupt another member when speaking at the Committee Meetings or at the AGM"

Could never have been carried - - - -you should come to the meetings now - - - -!

11th Oct 1948 Regarding the Hardriders Event - - - "it was proposed by W. Stephenson (Junior) that W.W Fitch, B. Coleman, D.Powell and E.Lovett be disqualified : reason being that they disobeyed R.T.T.C regulations and the laws of the land. i.e failing to halt at a Halt sign. Seconded by J.Hughes and carried"

A few members will fondly remember Jim Hughes and his wife Connie, stalwarts of the Club for many years, and a smaller number perhaps will remember 'D. Powell'. Derek was an Antique Dealer and his son Nigel was also a member and raced with us for a number of years.

Our present member Nigel Reynolds will no doubt realise that the proposition referred to above was that of his 'Uncle Bill'. We trust nephew Nigel, that your 'Halting' is up to scratch!

It seems that the decision was appealed with the four riders attending a meeting on 19th November. All were allowed to say their piece but the decision was upheld! Tough justice in the WECC!

3rd April 1950 "In connection with the protest made by T.Walls regarding the speed of Club runs. It was suggested that the Runs Secretary reduces the speed where necessary" The Editor has made a note of this!

19th June 1950 New members elected F.(John) Antram, Ray Douglass and Peter Kibbles. John was Jean Smallman's husband until his untimely death. He was a gifted rider who held our 12 hour record at 249 miles for almost 40 years before it was updated. Ray became one of the great stalwarts of the club until his death 12 years ago, while Peter continues his membership to this day broken only by a few years.

16th October 1950 "The Social Secretary read a letter from World Professional Sprint Champion Reg Harris. This was in reply to our invitation to our Club Dinner. He was unable to accept as he was out of the Country" Good try though! Wonder who kept the autograph?

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### W.E.C.C. COUNTY CHAMPIONS at 50 MILES

After a long lean period in our County time trial efforts, Worthing Excelsior pulled off their best team win for some years in lifting the 50 mile team trophy in the Sussex CA Championship on 8<sup>th</sup> June. Held on a very "sporting" course the Club's riders excelled themselves with personal bests and course pb's. It was the packing of our entry which gave us the Championship, ahead of clubs with some faster individual riders.

In a field of 59 (49 finishers) our riders took 11<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, 17<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, 42<sup>nd</sup>, 44<sup>th</sup> and 46<sup>th</sup> places. Mel Robertson once again led the way, but once again, only just. He recorded his best time for the course to finish in 2.03.27. A great ride by Mark Bernhardt saw him home in 2.03.53 and as a bonus he won the award for greatest improvement. Third counting team member was Karl Robertson on 2.04.17. Not bad to have those three within 50 seconds of each other and with such excellent times as well.

Such was our winning margin that we could have thrown out Karl's time and used Adrian Rodgers (17<sup>th</sup> in 2.05.15) instead and still have beaten East Grinstead by 2½ minutes. This despite their winner, the ever-fast, wins this Championship every year - - - Steve Dennis and his time of 1.53.09. It was good to look at the finish list of teams and see W.E.C.C at the top of the pack. Behind came East Grinstead, Eastbourne, Lewes, G.S.Stella and Brighton Excelsior. These being the only other clubs out of 21 affiliated to the Association able to furnish a full team.

We congratulate all the Club's riders. We had nine finish. Mark Newnham a personal best 2.09.07. Nathan Gale, getting back to form a bit



with 2.14.13. Robert Downham – not pleased but finished in 2.29.48 and finally debut rides in their first season of Stuart Jago 2.24.15 and Kevin Doe 2.32.47.

Finally for the record, as this event incorporated our Club Championship:

| 1 <sup>st</sup> (Club Champion 2008) | <u>Actual</u> | <u>H'cap</u> | <u>H'cap time</u> |
|--------------------------------------|---------------|--------------|-------------------|
| Mel Roberton                         | 2.03.27       | Scr          | 2.03.27           |
| 2. Mark Bernhardt                    | 2.03.53       | 3.30         | 2.00.23           |
| 3. Karl Roberton                     | 2.04.17       | 2.00         | 2.02.17           |
| 4. Adrian Rodgers                    | 2.05.15       | 1.00         | 2.04.15           |
| 5. Mark Newnham                      | 2.09.07       | 5.00         | 2.04.07           |
| 6. Nathan Gale                       | 2.14.13       | 10.00        | 2.04.13           |
| 7. Stuart Jago                       | 2.24.15       | 26.00        | 1.58.15           |
| 8. Robert Downham                    | 2.29.48       | 19.00        | 2.10.48           |
| 9. Kevin Doe                         | 2.32.47       | 24.00        | 2.08.47           |

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NICKNAME!

After riding the Isle of Wight Sportive and one club run in the "company" – this term is used lightly – of Paul Outhwaite. Our Ed has re-named him Paul Don't wait!

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### JOHN LUCAS HAS BEEN UP IN THE LOFT!

First item discovered was a result sheet for the Hutton Trophy Road Race on 30<sup>th</sup> May 1964. Over 43 miles, John came in 8<sup>th</sup> with same time as the second rider and just one minute down on the winner. What really interested/amused John though, was to read in the result "25<sup>th</sup> A. Palmer. Worthing Excelsior. Lanterne Rouge"

The second discovery was the result of the British Cycling Federation Sussex Division Road Race Championship, over 84 miles on the Cowbeech Circuit in East Sussex in 1963. John finished 6<sup>th</sup> but who would you believe came in 11<sup>th</sup> and the last of the 33 starters. It was the late and great Mike Poland.

John thinks the Ed should offer up further apologies - - - -

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NORWOOD PARAGON 25
Broadbridge heath Course 11th May

Fastest of the year so far. Mel Robertson picked up first veteran award beating standard by 19 minutes 11 seconds in recording 57.26. Karl never far behind, clocked 57.53. Then we had Mark Newnham on a tantalisingly close 1.00.03, Simon Letts on 1.2.49, Robert Downham on 1.7.19 and Joan Lennon on 1.15.20.

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GUILTY AS CHARGED!

Our Ed pleads guilty. The charge laid against him is that on the ascent from Eartham up to the Goodwood Road he did lead the club run at an excessive pace.

The cry of "This is only supposed to be a club run" came from one time mountain goat Keith Dodman. Can it really be that he was now having difficulty in keeping up!

Yes, Ed admits and records rather smugly that he was the first to the top of the climb. Something, he says, that hasn't happened since about 1952. In mitigation though he maintains that the speed was agitated, even aggravated by one Kevin Doe who had the temerity to come alongside and ask Ed if he ever changed gear. Understanding this to be an admonishment Ed. duly changed gear but apparently Mr Doe was indicating a change down rather than up!

Ed offers his apologies and is deeply remorseful of the pain and indignity caused, but as Mr Doe did remark afterwards – 'Keith was first at elevenses' Ed rests his case.

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CLUB 25 CHAMPIONSHIP (Incorporating Clapshaw Handicap)
Steypning/Shoreham Course 27th April

He's gone past the timekeeper in 1.00.14. Do we have a new Club 25 Champion? Adrian Rodgers had really targeted this and believed he could upset the scratchman. Checks around the course had shown first that he was 10 seconds up, then level, then 10seconds down. Was it slipping away? Mel Robertson defending his title from the scratch mark started five minutes in front of Adrian. He was to finish 5 minutes and 1 second ahead! The timekeeper almost referred to the decimal points but it was 1.00.13 and by that narrowest of margins Mel has the trophy for another year.

The closeness of the competition is pulling riders to new levels. On

a far from easy morning Karl Robertson was only another 13 seconds back and Mark Bernhardt was fourth and also within 1 minute of the winner, an effort which gave him a comfortable 2 minute winning margin in the Handicap Competition.

FULL RESULT

<u>Pos</u>	<u>Name</u>	<u>Act Time</u>	<u>H'cap</u>	<u>H'cap Time</u>
1.	Mel Robertson	1.00.13	SCr	1.00.13
2.	Adrian Rodgers	1.00.14	1.30	58.44
3.	Karl Robertson	1.00.27	1.45	58.42
4.	Mark Bernhardt	1.01.02	5.00	56.02
5.	Nigel Reynolds	1.01.43	3.30	58.13
6.	Simon Letts	1.03.58	5.30	58.28
7.	Mark Newnham	1.04.49	4.15	1.00.34
8.	Nathan Gale	1.05.14	4.30	1.00.44
9.	Chris Putnam	1.07.59	8.00	59.59
10.	Robert Downham	1.09.33	9.30	1.00.03
11.	Kevin Doe	1.15.03	11.30	1.03.33
12.	Joan Lennon	1.19.03	16.30	1.02.33
13.	Ted Wixon	1.21.03	21.00	1.00.03
14.	Peter Eldridge	1.23.18	22.30	1.00.48
15.	Diana Trafford	1.23.58	17.30	1.06.28

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#### PULBOROUGH CIRCUIT EVENT 15.58 Miles 25<sup>th</sup> May

This was a re-arranged running of the event originally scheduled for 6<sup>th</sup> April, the day of the 'Big Snow'. Fifteen riders entered but only 11 made the start line. Some got the time wrong, some couldn't make the new date and some perhaps were still nervous about more snow - well Pulborough is over the hill and further north isn't it! Then we had one rider determined to make it even harder who took a different route to include an even tougher climb and came home complaining that he had needed 'pitons and grappling irons'. Kevin Doe unfortunately was only to make the result sheet as 'Did Not Finish'.

Meanwhile the serious business of getting round this tough little course was being handled with great determination by the remainder of the riders. One though was putting his hill climbing ability to full use and was to provide a Club record for the circuit. Clearly enjoying the climbs Adrian Rodgers roared round in 39 minutes 17 seconds to finish a full minute ahead of Karl Robertson and to put Mel Robertson a further few seconds back in an unaccustomed third place.



Nice to have two ladies riding with Joan Lennon getting round in an excellent 52.47 ahead of Diana Trafford on 56.04. Joan's ride was the one that made a mess of the handicapper's deliberations.

#### FULL RESULT

| <u>Pos</u> | <u>Name</u>    | <u>Actual Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|------------|----------------|--------------------|--------------|-------------------|
| 1.         | Adrian Rodgers | 39.17              | 1.15         | 38.02             |
| 2.         | Karl Roberton  | 40.23              | 0.45         | 39.38             |
| 3.         | Mel Roberton   | 40.30              | Scr          | 40.30             |
| 4.         | Mark Bernhardt | 41.33              | 2.00         | 39.33             |
| 5.         | Nathan Gale    | 44.21              | 4.30         | 39.51             |
| 6.         | Chris Putnam   | 44.59              | 7.30         | 37.29             |
| 7.         | Robert Downham | 46.48              | 9.00         | 37.48             |
| 8.         | Stuart Jago    | 50.15              | 11.00        | 39.15             |
| 9.         | Joan Lennon    | 52.47              | 16.00        | 36.47             |
| 10.        | Diana Trafford | 56.04              | 17.00        | 39.04             |

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CLUB 30 MILE CHAMPIONSHIP

Held on Sunday 1st June this event didn't quite live up to its promise. With the eleven entries reduced to 9 starters and with two more falling victim to the puncture bug. It did, however, produce a worthy new champion with an almost 25mph performance.

The Washington – Ashurst Circuit – Shoreham – Steyning course is not an easy one and Karl Roberton's effort, he finished in 1 hour 12 minutes 46 seconds, was almost 2 minutes quicker than the winning time the previous year. Like every event this season though, the result has been close. Mark Bernhardt producing a super personal best to finish second just over half a minute back. Where was Mel? What would he have done? We shall never know for he punctured early and was unable to finish. He would undoubtedly have been there or thereabouts but it would have needed something special to topple son Karl on this occasion.

FULL RESULT

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>	<u>H'cap</u>	<u>H'cap Time</u>
1.	Karl Roberton	1.12.46	1.00	1.11.46
2.	Mark Bernhardt	1.13.19	2.00	1.11.19
3.	Nathan Gale	1.18.41	7.30	1.11.11
4.	Chris Putnam	1.22.01	9.00	1.13.01
5.	Paul Major	1.31.13	17.00	1.14.13
6.	Kevin Doe	1.31.23	13.00	1.18.23
7.	Diana Trafford	1.36.37	23.00	1.13.37
8.	Stuart Jago (inc punc)	1.36.59	15.00	1.21.59

Nathan Gale grabbed the handicap award with Mark Bernhardt in effect getting two 'silvers' in scratch and handicapping.

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ASHURST CIRCUIT EVENT 16.5 Miles  
22<sup>nd</sup> June

Re-arranged because of unsafe conditions on the A24 on the original date of 16<sup>th</sup> March, we were compensated with a nice morning and a good turn out. Mel Roberton was in his usual sparkling form and was once again to head the result, although he expressed disappointment in not getting round inside 40 minutes. Just wait until he's retired then he'll be able to tackle this cycle racing thing properly!

The full result shown below is like so many this year, always closely contested with improvement coming from riders right down the list. Karl got the better of Mark this time and the margin of 1 minute was significant but Mark's thoughts were perhaps on his upcoming holiday and sterner long distance rides to come. Nathan Gale picked up another win in the handicap section and new member John Baldwin gave it a very respectable 'go' to record 53.46. Forgive the handicapper John but he had no 'form' to work on!

FULL RESULT

| <u>Pos</u> | <u>Name</u>    | <u>Actual Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|------------|----------------|--------------------|--------------|-------------------|
| 1.         | Mel Roberton   | 40.40              | Scr          | 40.40             |
| 2.         | Karl Roberton  | 41.14              | 0.45         | 40.29             |
| 3.         | Mark Bernhardt | 42.18              | 0.30         | 41.48             |
| 4.         | Mark Newnham   | 44.18              | 3.00         | 41.18             |
| 5.         | Nathan Gale    | 44.40              | 5.00         | 39.40             |
| 6.         | Chris Putnam   | 45.49              | 6.00         | 39.49             |
| 7.         | Ben Barden     | 47.16              | 7.30         | 39.46             |
| 8.         | Stuart Jago    | 49.53              | 8.30         | 41.23             |
| 9.         | Kevin Doe      | 50.33              | 9.30         | 41.03             |
| 10.        | Colin Miller   | 50.49              | 11.00        | 39.49             |
| 11.        | Robert Downham | 51.04              | 8.00         | 43.04             |
| 12.        | John Baldwin   | 52.46              | 8.00         | 44.46             |
| 13.        | John Williams  | 52.56              | 13.00        | 39.56             |
| 14.        | Joan Lennon    | 55.49              | 12.30        | 43.19             |
| 15.        | Ted Wixon      | 56.26              | 15.00        | 41.26             |
| 16.        | Diana Trafford | 56.57              | 14.00        | 42.57             |

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SOUTHERN COUNTIES C.U. 50

29th June

Times get faster as Mel Robertson clocks 2.01.05 and Karl Robertson 2.02.19. Also Nathan Gale clocked a personal best 2.10.50. All good counters for the S.C.C.U Best All Rounder.

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## MARATONA dles DOLOMITES

Helicopters filming overhead, motor cycle photographers edging past, crowds clapping at roadside, bands halfway up a mountain, a ribbon of 9000 colourful cyclists stretching for three kilometres up a mountain, and all this in the fantastic scenery of the Italian Dolomites.

Six club members, Rocco Sepe (most useful, knows the language!) Richard and Edward Klose, Peter Logan, Tom Coulson and our Ed flew out to Venice and with hire vehicle and accommodation arranged were all soon installed in the village of San Cassiano. Just 3km from the start at La Villa and 7 km from the finish in the town of Corvara, this was ideal.

Sunday 29<sup>th</sup> June started around 5a.m. An early start but a necessity as roads closed at 6.25 and start time was 6.45. It was cool but turned into a beautiful warm and sunny day. The organisation was amazing and the happy and total commitment of the local population made for the tremendous atmosphere which enveloped our group entirely.

The full Maratona was 138km including 7 mountain passes and a climb of 4190m. The 'Medium' route was 106km, six passes and 3090m of climbing and the 'Sella Ronda' 55km, four climbs and 1780m. You could decide your distance as you progressed along the route so 9000 covered the first 4 climbs, what a sight that was. If you are used to Sussex style undulations you may find it difficult to accept that just 55km (34 miles) could take over 3 hours but climbing for ¾ hour on one climb alone at around 10kph brings it into perspective. Calories deposited on the climbs must have created extra waterfalls, arm warmers, leg warmers, gilets were all shed as the climbing and the sun took their toll, but then came the descents; 60kph – brake – hair pin bend 20kph – 60 kph again and again – and now the body was cold and the brake blocks hot.

Our Ed and Peter Logan gave it best at the completion of the Sella Ronda. Richard soldiered on to complete the Medium route and the other three Rocco, Tom and the revelation of the weekend, young Edward completed the 'full' Maratona. A marvellous ride, with Edward sprinting home ahead of the others. At 17 it is believed he was one of, if not the youngest rider to get round the long route.

Next year they say they will go again. It really was brilliant. Some



new thoughts about gearing come with the experience and Ed is going to start counting backwards on his birthdays. Have a look at the Club website to see the Maratona 6 doing some posing.

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DON COOPER

Don was a Life Member of Worthing Excelsior. He died on 31st May leaving his widow Winnie surviving him. Only a few of the current membership knew Don, but those who did regarded it as a privilege. In his time he had been a good and an enthusiastic cyclist and in later years, almost up to his death, he had been a prodigious walker.

When we received a note of his death it set us thinking about the matter raised in previous issues of the 'Worthing Wheel', "Who is the longest standing member of the Excelsior?" We reckoned that it had to be Brian Weir, but we were wrong by a mile. Don had been a member since the 1930's. We have a lovely photo of Don and five other Excelsior riders on the occasion of the 'W.E.C.C 100mile Championship' in 1937 and another of Don (2.25.35) and three others after the Club 50 in 1938. So a membership of at least 71 years, sorry Brian you've still got some years to go to beat that record.

Don, after his cycling was curtailed, took to walking but retained his membership and wholehearted support for the Excelsior. Our Ed saw him a couple of years back and he clearly enjoyed talking about the 'old times awheel' and he expressed his enjoyment of our modest magazine which he said kept him up to date. While a walker he continued for many years to turn out and act as a marshall and it was nothing for him to walk 10 or more miles to the marshall point, be there by 6.30a.m, to shout encouragement and then to walk home. Ed last saw him and his wife near the Bike Store as they walked (of course) into town to do their shopping. Well into his 80's then he looked fit and well and that's how we shall remember him.

He expressed the wish that donations following the cremation should come to Worthing Excelsior. A letter of condolence has been sent to his widow.

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### TEE SHIRTS

The Club has access to a supplier/printer and is considering acquiring a stock for general sale. Cost probably not more than £5. Quality has been seen and will be good. Colour will be either dark blue with white print or white with blue. The design has not been decided and before the



Committee makes an order they ask members to indicate (1) Are you likely to buy. (2) Do you prefer white on blue or blue on white, and (3) Would you like to submit a design for consideration.

It is anticipated that there would be an initial order of 50 with sizes – say 10 (small) 20 (medium) and 20 (large).

Please let committee members have your thoughts and comments. Nothing too complicated please! One suggestion is 'WORTHING EXCELSIOR CYCLING CLUB' across the front and 'Worthing Excelsior.co.uk' across the back.

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INTER-CLUB 25 - 6th JULY Ashurst Circuit.Shoreham Course

The Inter-Club 25 was inaugurated many years ago with Bognor Regis CC, Hampshire Road Club and Worthing Excelsior competing for a pewter tankard. It certainly goes back beyond the arrival of our scribe to the W.E.C.C in 1960. It used to provide fierce competition and the tankard was regularly changing hands as the fortunes of the clubs' racing strengths ebbed and flowed. The clubs took it in turns to promote and their own 'local' courses were used. In more recent times with smaller entries being achieved the Rother Valley C.C were invited and for a while their involvement was numerous and purposeful, it also provided an opportunity to ride on their local course just outside Petersfield on the A3. Sadly the Rother have disbanded and merged with the VC Godalming and Haslemere.

So for 2008 (our year to promote) Mel Roberton set out to provide a good event. Headquarters, Start and Result sheets, Result board, good catering, marshalling and road signs plus timekeepers and other officials and helpers. What did he get? Well, not one rider from Hants Road Club, only six from Bognor, who on the day could not finish a full team (it's always been a six man aggregate), while VCG & H did enter 13, only 8 started. Our own entry was adequate and more than enough to easily retain the trophy but the question is raised yet again – do we want this event on the calendar? It doesn't appear to have its former popularity.

WORTHING TIMES

Karl Roberton	1.01.25	Mark Newnham	1.05.19
Mel Roberton	1.01.56	Nathan Gale	1.07.35
Adrian Rodgers	1.02.47	Chris Putnam	1.09.47

These constituted the winning team. Other Worthing times were :-

Kevin Doe	1.13.10	Colin Miller	1.15.55
Stuart Jago	1.13.11	Joan Lennon	1.20.57

We filled the first four places and had a winning team time of 6.28.49 against VCG & H of 7.04.26.



l-r

Mel Roberton, Karl Roberton, Adrian Rodgers with the Clonmore Trophy,
Chris Putnam, Nathan Gale and Mark Newnham

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**AUCTION AT THE CLUB ROOM**  
**TUESDAY 21<sup>st</sup> OCTOBER**

Please donate all your spare/unwanted bike bits.

Get them to me before the date.

Great fun evening raising funds for the Club

Turn out the shed, anything to do with cycling very welcome.

Don Lock, Social Secretary



WORTHING EXCELSIOR CYCLING CLUB

[www.worthingexcelsior.co.uk](http://www.worthingexcelsior.co.uk)

AUDAX UK

[www.audaxuk.com](http://www.audaxuk.com)

## **WORTHING WINTER WARMER**

**100K BP**

**SATURDAY 14<sup>th</sup> FEBRUARY 2009**

**START 09.00**

**HQ ASHINGTON COMMUNITY CENTRE**

**ENTRY FEE £5.00**

**(Plus £2.00 insurance if not Audax, BC or CTC member)**

Tea and biscuits available from 08.15

Food and drink provided en route

Hot soup and roll at finish

Route outline, Ashington, Warminghurst, West Chiltington, Adversane, Wisborough Green, Kirdford, Plaistow, Shillinglee, Blackdown, Lickfold, Lodsworth, Selham, Burton, Sutton, West Burton, Coldwaltham, Greatham, Thakeham, Warminghurst, Ashington.

**Entry forms available from the organiser Mick Irons,**

**36 Phrosso Road, Worthing, West Sussex, BN11 5SL.**

**Completed entry forms to him by Saturday 2<sup>nd</sup> February 2009.**



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