

FOUNDED 1887

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# THE JOURNAL OF



## THE WORTHING WHEEL

## **WORTHING EXCELSIOR CYCLING CLUB**

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

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## WELCOME TO ANOTHER YEAR

Let's hope, no, let's do our best to ensure it's not as bad as they say it's going to be.

We've started off well – once the ice had gone it's rained every day, but then you've all still been getting those miles in and will be planning to score over those with the excuses! By the way if anyone wants excuses, I can let you have a whole list of them.

2009, the year after 2008, yes I know that, what I mean is it's the year after those fantastic Olympics, World Championships and Tour de France rides. The Golden Year of British Cycling and the year of Sir Chris. On a slightly lower note, oh alright, a considerably lower note, it was a very good year for Worthing Excelsior with a flurry of individual and team wins, lots of great Audax and Sportive rides at home and abroad, well attended club runs and a most satisfying influx of new enthusiastic and immediately involved members bringing us up to three figures for the first time for many years.

The recession shouldn't affect us adversely, the Bike Stores are selling more bikes, more people are using them domestically and for leisure, and we can look forward to increased numbers. We must make them welcome and ensure a programme to suit a wide range of new abilities.

We have a small number of junior members and we are trying to involve them in more of our activities. This though is still the area we need to work on.

Like Sir Chris has said, after that year you take stock, get your breath and set your new targets.

Let's go for it.

Don

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## NATIONAL HILL CLIMB CHAMPIONSHIP

In 2007 we supported Adrian Rodgers when he rode this event down in Cheddar Gorge. He did well to finish 27<sup>th</sup>. But not well enough - - - - we said. "If we are coming up to Matlock in 2008 you must do better". It was on that condition we travelled up to Derbyshire on the weekend of 25/26 October. A beautiful county with lovely scenery and the colours of the Autumn leaves were superb. But then we saw the hill: they call it The Bank, but The Wall would be a more accurate description.

Adrian had been up a week or two earlier and had ridden it four times, "I like it" he said. His Dad Jon rode it twice but then he is only half as mad! At 834 metres, with an average gradient of 14% and a stretch of 20% right in the middle, Adrian thought it would suit him better than the 1½ miles of Cheddar. We hoped so.

The hill is right in the town of Matlock with a good surface and residential property all the way up. The road was closed for 3 hours to accommodate 150

entries. The four person support team spread them selves over the course with Ed selecting the really steep bit (masochist). He was also at this point able to peer over the shoulder of the halfway timekeeper.

Adrian made a good start and although the favourites at the end of the field were still to come it looked as though young Rodgers actually had his nose in front at this point – Wow! We grabbed a bacon butty and cuppa, courtesy of the Methodist Church on the hill – excellent – and then got back down to the HQ for the times.

Should remark here for all readers who know them that we spoke to marshall Ken Stevens and start timekeeper Iris Stevens, both ex Eastbourne Rovers who send their regards to all.

In the HQ excellent Result Boards with nearly all the times up were keenly examined. On the first board only one had beaten Adrian's 2 minutes 35.2 seconds and a quick glance showed most to be 3 minutes or more. Second board and we found 3 faster, so no medals, but we hadn't come expecting quite that. On the third board we found just one more and that a frustrating .7 of a second better. Could he make the top 10 which would be tremendous. We had to remember though that all the favourites were at the end. News came through that the defending champion had broken his crank before starting. Then we saw his time, Adrian had beaten him by 10 seconds, perhaps he'd ridden a borrowed bike? In fact there were just three on that last board who improved on Adrian's time and two of these were to finish 1<sup>st</sup> and 3<sup>rd</sup>. So 9<sup>th</sup> we made it and that has been confirmed. He was in fact third at the halfway point.

We know how hard he tried, in fact we were a bit worried about him afterwards. He had given his all and was close (6 seconds) to catching his minute man. A great effort to get in the top 10 in a National Championship, especially for a southerner up north where they talk funny!

We gave him a few minutes to recover before raising the prospect of next year's event. Someone mentioned the Horseshoe Pass, not sure about that, but don't think Adrian was listening anyway!

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### SKITTLES

We have two more evenings booked for Skittles and Buffet at The Spur Inn at Slindon. These evenings are always very enjoyable. We can cater for up to 30 so get your names to Don as soon as you like. Cost is expected to be £11.50 per head. The dates (both are Fridays) are 20<sup>th</sup> March and 16<sup>th</sup> October. Friends, wives etc are welcome.

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### CLUB RUNS 2009

A new list has been issued and everyone should have received one either

by email or included with your AGM notice. It has also been posted on the Club website. Take note of the two starting points. The majority are still from Washington Village Green, but a good number now start from Broadwater, just opposite the clubroom. Start time is 9a.m but we allow 10 minutes for late arrivals and for Rocco Sepe to finish his breakfast! The list notes local time trials and the venues on these days are designed to be in an appropriate area so that those involved can maybe still join us. We have included 3 runs with a start at Ringmer. These give a chance to ride in East Sussex. If you have a car and can take someone else with you that's great, if you need a lift then get in to the clubroom beforehand and we'll try and arrange something. We are still home by 1 – 1.30.

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### CLUB RUN 1914

"Members of Worthing Excelsior Cycling Club made a summer run to the Fox Inn Patching, where they were entertained by the piano playing and singing of Miss M Waite before, on the command of 'home' by Captain Hollands, they all mounted up for the ride back to town" *Extracted from a recent edition of 'The Sentinel'*. Do we have any musicians? And how about that 'command' - - - - -

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### 2008 ANNUAL DINNER

Now why can't we remember all the details, it's only January? Our reporter was strictly confined to one pint of Shandy and a couple of cokes. A copy of the Menu says it was on a Friday 7<sup>th</sup> November and once again it was held at the Worthing Rugby Club premises out at Angmering. It was informal save for the all important presentation of prizes. The trophy table did look good, Mel had given them all a special polish which was not surprising as most of them went back home to his 'mantelpiece'. The presentation by Mr President Tony Palmer was somewhat stiff necked, but we let him off as he had a neck op only a few days before. There was no truth in the rumour believed to emanate from sibling Adrian that he had too much neck and it was just being reduced.


































Social Secretary Don Dogsbody was apparently the organiser and Master of Ceremonies. In accordance with the menu he once again managed to ensure 'Chaos on schedule' and some 74 attendees put away a good beef meal, the only complaint was from Dogsbody who didn't like the starter.

There was the usual amazing raffle and to all who donated the vast and diverse selection of prizes, many thanks. Dogsbody, aided as usual by Mrs Dogsbody turned the tombola, pulled out the tickets and distributed the prizes quicker than the fastest evening ten. They also seemed to go home with a goodly collection themselves. Music throughout and for dancing – think that's what it was, but definitely not 'Strictly - - -' was provided by David Shaw and the Purple

It must be that it was O.K for Dogsbody has received instructions for another this year and the bookings have been made. Note your diaries now, it's Friday 13<sup>th</sup> November 7.00 for 7.30 same place. Definitely going to change that starter though!

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We can now supply Hi Viz jackets for marshalls, skin suits, training tops, road jerseys, bib shorts and longs, gilets and tee shirts all emblazoned with the Club name, website and logo. 'No' said Chris Putnam, 'If you start doing duvets I don't want one'. This of course, prompted other suggestions, pyjamas, tea cosies, bath towels and would you believe 'toilet paper' now that's a suggestion too far - -

Always a favourite coffee stop and we've used it for years, but it really does go to the top of the list now. In addition to a good selection of food and drink at sensible prices they now provide us with the use of their garage so that our bikes are safe, dry and off the road.

All this with a friendly welcome, why even Kevin Doe was happy!

[illegible]

As we have our Open 25 mile promotion on Sunday 17<sup>th</sup> May there will not be a club run that day so delete the Washbrook Farm venue on 10<sup>th</sup> May and we'll do the Exceat Country Park with Ringmer start on that day instead.

Incidentally Mel Robertson will be pleased to hear from all of you if you can help with the promotion. He needs lots of marshalls all around the Broadbridge Heath area plus help at the Broadbridge Heath HQ. So you can get your ride in by getting up a bit earlier, helping out and still get home for lunch.

[illegible]

## An Appeal

The number of helpers on this list has reduced again and we really would welcome some new volunteers. It's not too arduous. It only amounts to around 4

or 5 Tuesday evenings a year. Tea making CV to Don.

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### ASSISTANTS/DEPUTIES/STANDBYS Another Appeal

Whatever name you choose - - - - reserve would cover it, but it has occurred to the Club's General Committee just how important this could be. If for example, someone was suddenly taken ill or called away on business and unable to complete the event/arrangements that he had in hand for the club.

So at the AGM and here we are asking for members to come forward and offer to be 'back up' for various officials. They will not be asked to attend meetings but they will be kept informed so that they could take over if an emergency arose.

Don't be shy, put yourself forward.

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### GOING FASTER

We gathered from the last Worthing Wheel that one of our 'racers' was so 'spent' towards the end of last season and going so slow that he was to pick up a parking ticket. Well, less surprisingly, in fact it might happen on a club run any day soon, but our Ed has been similarly caught. But he's made of tougher stuff - - - - what a come back - - - - he's now picked up a speeding fine!

Eat your heart out Mark B.

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### EAST SUSSEX C.A. RELIABILITY TRIAL

This 50 miler was held on Sunday November 23<sup>rd</sup>, the day of the ice, sleet and rain, a morning of frostbite, hypothermia and pain. Tony Palmer our President had run it once before, not made too bad a job of it and had been persuaded to do it again. If he can not do better with the weather then he should be relieved of his duties. The paper work was excellent, the marshalls and control first class and HQ and El Supremo's catering also excellent, but really, it was the foulest possible weather. Hardy long distance Audax and Sportive riders were claiming it to be the most diabolical conditions they had ever experienced.

The course which in September had been test ridden by Mel Roberton and our Ed was good. A hard first half and a much easier second half. It headed north east from the East Hoathly HQ up through Horam and Heathfield and nearly into Mayfield. It was always up or down. On the day 'up' was slow, but where 'down' was also slow because of the ice, time schedules quickly fell away. To get back to the HQ became the sole aim of the majority. Of the 113 entries 27 were clearly

deterred by the view from the bedroom window, and another 49 were to fail in their efforts either to complete the course or to manage it within the standards set. If you punctured the hands were so frozen and so sodden that a five minute job took four times as long, it was murder.

While the second 25 miles was flat, a lot of it, especially near Barcombe was under water, and conditions were not to improve until the last few miles by which time the damage for most had been done.

We had 18 starters from 19 entries and just 4 were successful. Paul Outhwaite did tremendously well to get round in under the 3 hours 30 minutes standard, while Mark Bernhardt, Mel Robertson and Don Lock made inside the 4 hour standard. Rumours circulating on the websites of Lewes Wanderers and Eastbourne Rovers that they paced Don home are not denied.

Delayed by punctures and route errors another 6 from WECC made it back to the HQ but outside of time standards.

Lewes Wanderers deservedly won the team award. They know these roads and well, they've all got webbed feet anyway. Still 41 entries, 30 starters and 21 successful finishers is pretty impressive.

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#### S.C.C.U BAR'S 2008

Another look at the Southern Counties Best All Rounder results for last year was worth it for we now have the full tables.

In the last Worthing Wheel we reported that Mel Robertson had won the Veteran's Championship, now we can add that over the three distances 25 mile, 50 mile and 100 mile he beat the respective age standards by a massive 135 minutes 7 seconds. That is approximately 16 minutes over 25 miles, 37 minutes over 50 miles and 82 minutes in the 100. Also worth pointing out that he was 11 minutes ahead of the second placed rider. Fifteen qualified with the three required events.

The Senior Best All Rounder saw 26 qualify and Mel was 9<sup>th</sup>, his counting rides being 1.00.47, 2.01.05 and 4.20.01 for an average mph of 24.177. Karl Robertson finished 14<sup>th</sup> with 1.3.51, 2.02.19 and 4.21.22, mph average 23.647.

The Junior competition over 10 and 25 miles was won by a lad from the South Western Road Club. There is nothing to show whether he was the only qualifier, however we note that his counting rides were 26.56 and 1.17.22. Now it may have been a poor year but if those times are what have to be beaten in 2009 then WECC here we come!

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#### SUSSEX C.A HILL CLIMB

Held on the north face climb of Steyning Bostal on an awful day, Saturday

1<sup>st</sup> November. The wind blew and the rain pelted down. It wasn't just the weather though that was disappointing. It seemed over the previous couple of years that more riders were giving the end of season hill climbs a try. We even moved our Club Championship to be incorporated in the County event. We had six riders out of a total field of 15 and only one other club, the Sussex Nomads could field a team of three and this from 23 clubs in the Association.

It was a shame for there was £212 in prizes in the Open event quite apart from the County Championship Trophy and medals. Now the event has been downgraded for 2009. Mel Robertson is the promoter for the S.C.A this year and our Club Championship is still included but there will be a considerably reduced list of awards.

But back to 2008. Adrian Rodgers was there to defend his championship and with good support we were clearly there for the team as well. As it turned out it was quite embarrassing. Here's what they won:-

Adrian Rodgers	SCA Trophy and medal £25 scratch placing in Open £8 as member of winning team Medal as member of winning team
Paul Outhwaite	SCA medal for 2 <sup>nd</sup> place in County event SCA medal as winning team member 4 <sup>th</sup> place on scratch £15 2 <sup>nd</sup> Veteran on scratch £10 Member of winning team £8
Ed Klose	1 <sup>st</sup> Junior £15 6 <sup>th</sup> on scratch £8
Chris Putnam	5 <sup>th</sup> on scratch £10 Member of winning team £8 SCA team medal

In fact only Tom Coulson and Mark Newnham failed to get among the awards.

Adrian is Club Hill Climb Champion and Sussex CA Champion, once again demonstrating his talent at the anti-gravity sphere of cycling. He was though, quick to confirm that his time 4 mins 35 seconds well down on the previous year was not 'Adrian at his best'. He had given his all in the National just six days before and he could not raise his game to that same level. In the Open event he gave best to Ishmael Burdeau of [www.Agiskoviner.com](http://www.Agiskoviner.com) a rider he beat last year and in the previous weeks National quite comfortably.

If our maths are correct WECC riders came away with £117 leaving just £95 for the rest of the field and £60 of that went to Mr Burdeau.

A footnote to the event was the kind offer made by our Ed to Chris Putnam in the finish HQ. Chris was soaked to the skin and facing an unpleasant ride home to Worthing in heavy rain. Ed, having his car asked if he could give Chris a lift, they live quite near each other. "I wouldn't say no" says Chris. It was then agreed

'Just note down the rest of these times and we'll be off' says our Ed. - - - - About an hour later Don at home in armchair and slippers with cup of tea suddenly remembers, that poor shivering, bedraggled, soaked Chris - - - - Oh dear! A pint at the club dinner was small recompense! Sorry again Chris.

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### A 'PERMANENT' AUDAX (Or how fast is a pheasant?)

Guarantee yourself good weather when riding an Audax, how? Simple, do a Permanent. I know that Club member Dave Hudson had worked out a couple. There's the 'Dover Dash' and the 'Pulborough Reading'. For a £2 entry fee Dave provided Brevet card and route sheet. All I had to do was select the day, collect the evidence, oh yes, and do the ride. I chose Pulborough Reading. To prove that the ride was completed you obtain receipts from ATM's, garages or cafes along the route. These are submitted to Dave afterwards and in short time you get the duly certified Brevet card returned to you.

I kept a close check on the weather forecasts and went for it on Saturday 15<sup>th</sup> November. 'Sunny intervals and cloud' they said but didn't mention rain. I also thought that a promised light wind from the north east could be useful on the return leg.

The ATM receipt in Pulborough showed I started at 6.31a.m – wrong – I'd forgotten to put my cycling shoes on, so it was 5 minutes later. I was soon up to Adversane and from there Alfold, Cranleigh, Shamley Green and Wonnesh were quickly passed. Guildford was busy but did provide a good breakfast and with the 'Inner Man' satisfied and another receipt in my pocket the first stage was done.

A bit of walking now, well on and off the bike, with a footbridge over the A3 and after Worplesdon (only puncture here) made my way following a cycle route through Pirbright and Frimley Green. Good, but two railways to be crossed and do-it-yourself with the gates! The second section mainly on the 'B' road through Yateley and Eversley and on to the 'TURN' at Three Mile Cross was quite the busiest part of the whole route. No, I know that's not quite Reading but it's only 5 miles short and that's the route, anyway Paris – Roubaix doesn't start in Paris does it, but I digress! Stopped at a garage for fuel, in my case a drink and some food and then with another piece of evidence in my pocket set off on the return leg. At this point I could claim extra mileage but I won't, I had to go back to the garage to recover my route sheet, left on the counter – Bother! Drat!

The third stage was nice country lanes through Silchester, Ramsdell and Ibworth. Free wheeling along a nice downhill stretch I was accompanied by a gorgeous pheasant whose plumage made my lycra look dowdy by comparison. It seemed for a while to be happy to cruise alongside me at, I noticed from my computer nearly 20mph, then it took off at what must have been nearer 30mph, I was obviously too slow! The route had me going through Deane and Steventon and along the old A30. It was peaceful, lovely countryside and just two cars passed me in five miles. I guess on the new dual-carriageway the numbers would

have been nearer two thousand! Sutton Scotney, or should that be 'scoff me' provided more food and drink and yet another paper record of my visit.

With the sun shining and the Met man's gentle north easterly on my back I pressed on through Stoke Charity, Micheldever and to New Alresford for a final cuppa tea stop, I get fed up with these 'sports drinks'! Following a quick section of A31 to Ropley and a slower one over the hills to Hawkley I made Liss before having to put my lights on.

I deliberately took a different route (not shorter – honest) as I knew 'Milland, Fernhurst, Lodsworth' had fewer potholes than Petworth, Selham. Coates. But with this last stretch safely negotiated I picked up a final ATM receipt from the same 'helpful' Bank and recorded my finish in Pulborough at 6.15pm. Total distance 211km or in English money – 132 miles.

It's generally a good route, just wish there were country lanes in and out of Guildford, but traffic was lighter than expected. Next time I do it perhaps I will have company. Any volunteers - - - - -

Mick Irons

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### 'MEN'S EVENTS' (Or Ladies prove me wrong)

The long distance time trial is a dying phenomenon. We used to ride 12 hours and 24 hours but both have almost ceased to exist. The '12' has been removed from most club and many association Best All Rounder competitions. The only one now left in the south east is the Kent CA event. There used to be four 24 hour events in the annual calendar. The North Road, The Mersey Road Club, The Catford and the Poole Wheelers. Only the Mersey event continues and therefore includes the National Championship every year. In 1999 the Brighton Mitre, to celebrate their centenary, put on a 24 hour event: it was successful but was only ever intended to be a one off.

It seems strange that in those years that have witnessed this decline, there has at the same time been an immense surge of popularity for the long distance rides of the Audax and Sportive challenge. 200, 400, 600 kilometres, 1200 even. These amazing mileaters don't hang about either so how is this explained.

Our club records for these events are 272 for 12 hours just a few years ago by Steve Trott and 428 nearly 40 years ago by our Ed. In 24 hours. While the first is formidable, the second should be an easy target for quite a number of our current membership.

Why do we dig this up in 2009? Well, of course, there's a good reason. Mike Hayler of Brighton Mitre, who masterminded the 1999 promotion is giving it another go in 2011 – Date 25/26<sup>th</sup> June – start somewhere near Berwick in East Sussex, 12 noon on the Saturday. The hall near Berwick Station is already booked and 'night change facilities' at Upper Dicker another village hall also booked. The promotion has been approved by the East Sussex CA and the Kent

CA and will be a joint effort. Roughly the first half will be in ESCA land and then around midnight somewhere north of Battle over to Kent for the second half.

As you can see Mike's not one to let the grass grow under his feet. He has secured the services of our own Dave Hudson (El Supremo of the Audax world.) in connection with catering, and that alone should bring in the entries. The 24 Hour Fellowship has welcomed the proposal as have the VTTA and Audax members to whom Mike has spoken. 2011 is the year of the next Paris-Brest-Paris so the 24 hour would provide an excellent qualification ride. Mike has applied for the National to be involved but is in no way dependant on that.

It has been mentioned to two Worthing riders who expressed interest. Now for number three, and we've got a team! They can rely on 100% back-up from fellow members that's for sure. Now if in 2009 and 10 you would like to try the Kent 12 as a warm up we know someone who would be pleased to help. The Club has a rather nice 12 hour trophy.

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#### WANTED

Club rider needs time trials bike complete or frame/forks, anyone having something for sale contact the Editor and he will put you in touch. Rider is around 5' 10 in height.

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#### SHEILA GETS THE BUS PASS

Sheila Lucas hit treble twenty on 2<sup>nd</sup> February and a lovely photo of her appeared in the Worthing Herald (Photo taken when she was 8!) Congratulations Sheila you haven't aged a bit! How old does that make John then - - - - -

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#### CLUB RUNS ATTENDANCE

Here is the list up to 25<sup>th</sup> January. Can Don peg back the Robertson lead now that the racing season has started, or how about Kevin Doe as a strong contender for the trophy. He doesn't seem that concerned about racing and clearly enjoys the Sunday morning outings.

|               |    |                 |    |
|---------------|----|-----------------|----|
| Mel Robertson | 40 | John Baldwin    | 25 |
| Don Lock      | 32 | Richard Klose   | 23 |
| Kevin Doe     | 27 | Karl Robertson  | 22 |
| Clive Letts   | 27 | Robert Downham  | 20 |
| Stuart Jago   | 26 | Vern McClelland | 20 |
| Richard Klose | 26 |                 |    |

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## THE 'J' SQUAD

Short for 'Junior' Squad. We have a small number of junior members and hopefully we can get more. While wanting new members initially to enjoy club runs, and leisure riding, if they feel like trying some short distance time trials then we want to have something for them to have a go at. If then, from say the evening tens, they want to progress to Open Junior competition we need to have the targets for them.

We've had a meeting with our present 'J's and given them ideas, we have promised to back them up and support them as much as we can. Some have a little experience already so they will try and assist the others.

It is not anticipated that they would ride all the events that are available but progression might be:-

- 1) Ride some of the Evening 10's.  
Just try and improve your own personal best. (PB)
- 2) Maybe ride some of the Club events at 16/17 miles.
- 3) Pick out a few Open 10's and 25's which qualify for Junior Best All Rounder competitions. These are run by the Sussex CA, the Southern Counties CU and the East Sussex CA. Worthing Excelsior is affiliated to all of these.
- 4) Maybe aim for Cycling Time Trials standard awards.
- 5) Aim at Club Junior awards and certificates.

It was back a long way (1982) when club member Andrew Lock won the SCCU Junior Best All Rounder. It would be nice if we could put another Worthing name on the handsome trophy. There are also team awards available both in the individual events and in the 'Best All Rounder' competitions and there is a very realistic opportunity here.

All members under 18 are eligible, indeed eligible until the end of the season in which you have your 18<sup>th</sup> birthday.

Contact Don Lock (01903 531877) at the clubroom for further details.

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Have you heard the one about invisible ink? Guy said "How do I know when I've run out?"

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## THE G.S STELLA WEEKEND

This is very much a 'weekend' for those who thrive in the hills and the cold. There really are such folk and every year they turn out in practically guaranteed zero degree temperatures to tackle the very bumpy roads between Storrington Fontwell and Arundel. In 2009 it wasn't as warm as 'zero', the weather was more like a veteran having a bad ride against his standard and recording a minus. The

wind added the 'chill factor' which despite the 'addition' actually increased the minus! We know all this 'cause we huddled in the hedge on 'Houghton' just to shout at the riders.

Saturday afternoon's 18km was covered by the winner in an unbelievable 26.12. Not bad in the warm and on the flat, but in the conditions and over those hills, quite remarkable. WECC's riders did well though packing into the top half of the finishing table. Jeremy Wootton, good to see him racing again, 23<sup>rd</sup> in 30.35, Mel Robertson, complaining he's another year older, 24<sup>th</sup> 31.01. Mark Bernhardt 25<sup>th</sup> 31.12 and Nathan Gale 26<sup>th</sup> 31.17. We also had Colin Miller, coming in just ahead of the 'Broom Wagon' with 41.19.

On the Sunday morning the 34km distance was tackled by almost the same field. WECC had the addition of Stuart Jago. Mel this time managed to pip Jeremy, who described his ride as 'pretty shabby' but all four again produced very close times and positions. Nathan Gale, a bit off the pace at times last season, has made a fine start to this one taking time out of Mark Bernhardt and moving up to be our third counter for the overall team. Times were: Mel 1.00.42, Jeremy 1.01.11, Nathan 1.01.23 and Mark 1.02.20. Their overall finishing positions 21/2/3 and 24. It was good enough for second team (A Bike Store voucher for £25 each) also Mel collected second veteran on standard and another £20 towards his pension.

Stuart Jago recorded 1.19.13 and Colin Miller 1.23.16. A good start to the season.

The overall winner was Mike Coyle of VC. Etoile with an overall time of 1.17.24. He overturned a 1 second deficit from Saturday to cap victory by the narrowest of margins – just 1 second. A useful outing for Mike who, we calculate, picked up : a trophy, a jersey, sunglasses and £100 for first place. He was fastest veteran which was worth £30 and a cap, he was also the best veteran against standard worth another £30 and another cap. Beyond all this, second in Saturday's race earned him a £20 voucher, a bottle and £20. Finally for winning on Sunday he collected another £20 voucher, bottle and £20.

We total this at a neat £200 + £40 in vouchers, 2 caps, a couple of bottles, oh yes and the jersey, sunglasses and trophy. Wouldn't bother to turn PRO Mike, can't be worth it!

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Good tip for the period of the recession – Borrow money from pessimists - - they don't expect it back.

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### SENIOR RIDERS

A get together of those intending to have a full season of time trials was held recently and the prospects for 2009 are good. Possibly even better than last year. A couple of riders have said that they would not be riding the longer distance of 100 miles, but at the same time we have no less than three, possibly even four to

take their places.

The '100' performances last year were good but to look at them critically it's perhaps more accurate to say that they were good on a 'club' level, for individually there was no one outstanding. Looking back through club records we can find four rides inside 4.10 and another dozen inside 4.20 and the team record 12.49 – is 20 minutes ahead of the 2008 effort. So if we look at the 'probables' and 'possibles' for this year can they improve? Yes, undoubtedly for the riders now have the experience of 100's in their legs and in their heads and know they can improve on those performances.

At this time it is the intention of the following to ride the BAR distances of 100, 50 and 25 miles.

Mel Robertson  
Nathan Gale  
Clive Lett  
Stuart Jago  
Tom Coulson  
Jeremy Wootton  
Alan Orman

Mark Bernhardt  
Adrian Rodgers  
Chris Putnam  
Ben Barden  
Paul Outhwaite  
John Baldwin

And there are 'possibles' that we're still working on. Also we will have more riding up to the 50m distance and can then get good qualifiers into the 'Middle' and 'Short' distance BAR's of the Sussex Cyclist's Association.

In addition to the above there's Mark Newnham, Karl Robertson, Nigel Reynolds, Kevin Doe and Simon Letts.

Of course there may be more and if there is, get in touch with our Ed and you will quickly be given the details. Roll on 2009 we are convinced it will be good.

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### MODERN TECHNOLOGY

At quite a number of Finish headquarters we have noticed how organisers using computers/projection equipment and printers, have developed a great system for recording, showing and publishing results almost as soon as they happen. At the recent GS Stella events, as soon as you entered the hall there up on the wall were times of those who had finished. With good communications between finish point and HQ, in this case a couple of miles, the times were up before the riders got back. When they had all finished the organisers turned a few knobs on the computer's plumbing and hey presto! we had a finishing order. Minutes later a printer was turning out copies for everyone.

Excuse the reference to knobs and plumbing, you must understand our Ed has not advanced beyond wind up radio, but he was very impressed. At our Open promotions we pride ourselves on always having good result boards clearly written, but it would be nice if we could borrow such equipment and doubtless we've got sufficient techno buffs to operate it. Has anyone any ideas where and

[illegible]

Beware old ladies at roundabouts. She was proceeding west to east across the roundabout at Washington at perhaps 15mph. Nothing else in sight as our two members approached to cross from north to south.

Ah well, that's where he came unstuck, for the dear, ever so courteous, lady decided to stop! Oh dear! Mel stopped and so did Don but only after he'd climbed up Mel's back and then fallen off.

Tales of the unexpected - - - -

[illegible]

At the AGM in 1959 Mr Ron Bardouveau was elected to the Racing Committee and one Evelyn Antram who many years later became Mrs Ron Bardouveau, was elected to the Social Committee.

A strong letter indeed. Presumably one written on stout vellum! Well, a careful perusal of the minutes for the next 12 months do not reveal anything more than the decision some months later to purchase a new book. Mr Clark though was clearly out of favour for at a later meeting it was proposed that he be asked to return the crackers purchased for the cancelled Children's Party or to refund the 13/6 (67½p) to the Club.

The oldest of the 3 Race Books still held, was opened by Peter Sidford, who several members will remember, to record performances from 1<sup>st</sup> January 1959. Peter was then the 'Honorary' Time Trial Secretary. The honour of the first name in the book in a Club Records preliminary section goes to Nick Lelliott. The entry is in pencil presumably to enable easy updates. It states simply - 25m record 1964 N.Lelliott 56.01. Current member Alan Orman appears next with 1.12.00 for 30 miles in 1967. Another current member Keith Dodman, with what must be the

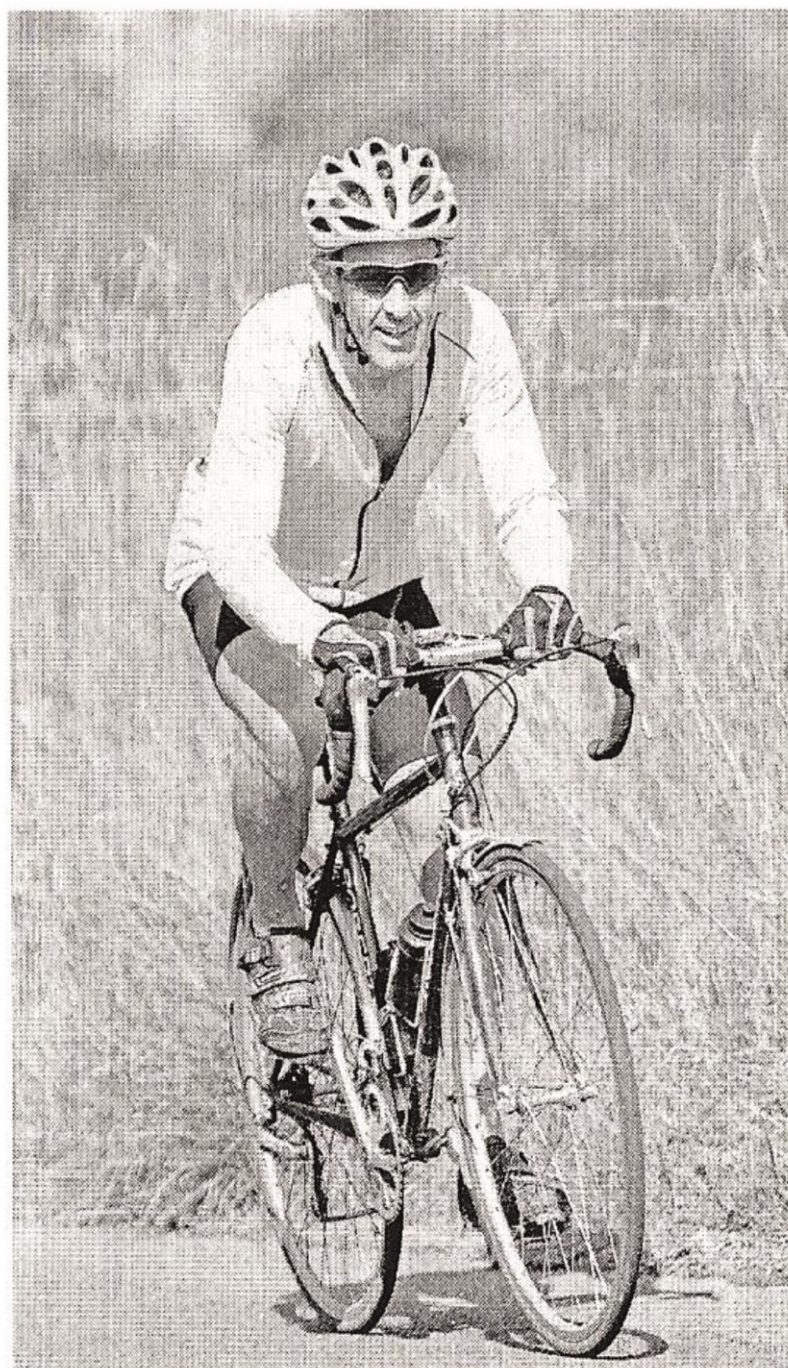
oldest and one of the best records still standing, shows up next alongside his 1.53.04 for 50 miles, 31 years ago, 1978. Another present day member Dave Funnell shows an excellent 1964 '100' record of 4.21.24. Also of interest is a 'Steyning Bostal' Hill Climb record set by Mike Venner of 4 minutes 15 seconds. Mike was last heard of a few years ago doing triathlons down in the Devon/Cornwall area.

A shame when these old records are lost they make interesting reading showing how very different things used to be.

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Mike Irons Dungeewow 200 (Photo: Tim Wainwright)



Paul Outhwaite S.E Sportive ( Photo: John Gribble)



Standing L – R: John Williams, Mark Bernhardt, Mark Newnham, John Baldwin, Keith Dodman, Robert Downham, Mike Irons, Peter Logan, Karl Robertson, Paul Outhwaite, Mel Robertson, Richard Klose.

In Front : Lewis Norris and Edward Klose



The 'Tourist Trial' break-time cake courtesy of Mel Robertson