Newsletter – August 2026

Ladies and Gentlemen

I'll start this month by sharing with you some forthcoming 'events' that members are participating in.

Firstly, Treasurer Paul Mendes Da Costa and P3 regular, Ivor Gent have today set off on the first leg of LEJOG. I'm sure you'll join me in wishing them both the best of luck for this challenge of challenges.

Then this coming Thursday, Matt Chapman, Ben Toovey and Simon Jezard will be competing in WECC colours at the final 10 mile TT held at Goodwood race circuit. Again, good luck to you all.

Annual awards presentation and Dinner

The Committee has started the organisation for this event but would very much welcome any suggestions for suitable venues that you may know. They would probably need to be able to accommodate up to 50 people in a private setting and ideally be local to Worthing. Let me know any ideas and I'll pass them on.

Annual awards update

And speaking of annual awards here are the current standings in the various competitions we are running this year.

CX Cup

1. Karen McGrath 15pts
2. James Amy 11pts
3. Ben Toovey 4pts

Road Sportive

1. Ben Cooper 18pts
2. Steve Summers 13pts
3. John McGrath 13pts

Road Race

1. Matt Chapman 18pts
2. Dom Maxwell 9pts
3. Ben Cooper 9pts

Gravel Sportive/Race

1. Matt Chapman 17pts
2. Dom Maxwell 14pts
3. Chris White 9pts

Don Lock Cup (male)

1. Matt Chapman 29pts
2. Ben Toovey 22pts
3. Dom Maxwell 19pts

Don Lock Cup (female)

1. Karen McGrath 20pts

BAR TT

1. Ian Cheeseman – 10m/25m/50m. Overall time 3hrs 26m 41s. Average speed 24.68mph

Hill Climb Competitions – No entries received as yet

Club Runs Trophy

1. Phil Frean 83pts
2. Ian Thomas 79pts
3. Mark Roberts 69pts

Isle of Wight 2026

A reminder that our annual excursion to the Isle of Wight is scheduled for Sunday 6th September. We'll be looking to get the 0815 foot passenger only ferry from Portsmouth Harbour to Ryde and return mid to late afternoon after completing a 60ish mile loop around

the island. That said if there is sufficient interest alternative routes (longer/shorter/off road) can be accommodated. Further details to follow but there's a poll on WhatsApp to indicate your interest (or let me know if you aren't on WhatsApp or can't find the announcement.) Current ferry prices are £29.80 return but over 60's go for £22.90!

Mason Cycles Demo Day

Local bike manufacturer Mason, are holding a demo day on Saturday 19th September when you'll be able to try out the various types of bike they supply, be it Fast Gravel bikes, endurance-focused road bikes or go-anywhere adventure bikes. Ride slots are for 45 minutes but you are welcome to book more than one slot to try out different models.

For those who aren't aware Mason are based off the Coombes road between Lancing and Steyning. There's a link on their website www.masoncycles.cc to book your slot(s).

Cycle jumble

The Sussex Cyclists Association is holding a cycle jumble on Saturday 15th August at Pease Pottage Community Centre, Finches Field, Old Brighton Road, Pease Pottage, West Sussex, RH11 9AH. Sellers can set up from 0800 at a cost of £10 outside, provide your own table; £10 inside, table provided but no complete bikes allowed. Buyers £1, or £3 if you want to enter before 0900 to grab all the bargains! Contact Robin Johnson on 07733 132043 or mr_rjohnson@outlook.com if you want to book a table.

Trade price cycling sunglasses

I'm a bit of a skeptic when it comes to the various emails that get sent to my inbox but at the end of the newsletter you'll see details of an offer from Panda Optics to supply sunglasses at trade prices for bulk club orders. Should you be interested in anything being offered please let me know and I'll collate potential orders and get back to the suppliers.

For sale

And finally here's a few items currently being offered for sale by members.

Peter Rowe is selling a 54cm Wilier Izoard frame and forks plus seat post and bottom bracket. Peter is open to offers and proceeds will go to club funds. The frame is with Mick Irons in Worthing, who can be contacted on 07775 327299 should you wish to view it.

Janette Langford is selling a beautiful Colnago C59 bike in size 45S. This has a Fireflies Special Edition paintwork and Super Record groupset. Offers in the region of £2,000. Full details can be found on eBay under listing https://www.ebay.co.uk/itm/257641937841 but contact me on 07941432104 if you would like to view this as it's stored in my garage in Ashington.

And finally, due to an upgrade I am selling a Wahoo Kickr v.3 turbo trainer. It has served me very well for the last 8 years or so and I fitted a new belt to it last year. I'll leave the cassette currently fitted if you want it but it is a 10 speed 12-30. Again give me a call on 07941 432104 if interested. Offered at a very cheap price of £125.00

And that's it for another month!

Ian

Sunglasses

Range Name	Category	Style/Colour	Design Image	Link/Product Details	Gallery Image	Retail Price	Trade Rates	Notes	Stock (approximate)	Order Quantity	Unit Cost	VAT	Total
Multi Sport	Sports Sunglasses	Black				£ 109.00	£ 43.60	Three lenses included. adjustable nose grip and super-soft temple grip	100	0	£ 43.60	20%	£ 0
Multi Sport	Sports Sunglasses	Glacier				£ 109.00	£ 43.60	Three lenses included . adjustable nose grip and super-soft temple grip	100	0	£ 43.60	20%	£ 0
Fixed Sport	Sports Sunglasses	Hot Ice				£ 89.00	£ 35.60	Single UV400+ lens	100	0	£ 35.60	20%	£ 0
Fixed Sport	Sports Sunglasses	Iridescent				£ 89.00	£ 35.60	Single UV400+ lens	100	0	£ 35.60	20%	£ 0
Conquer	Sports Sunglasses	Grey				£ 66.00	£ 26.40	Three lenses included. Polarised lens also optional extra	50	0	£ 26.40	20%	£ 0
Conquer	Sports Sunglasses	Blue				£ 66.00	£ 26.40	Three lenses included. Polarised lens also optional extra	50	0	£ 26.40	20%	£ 0
S25-1	Sports Sunglasses	Green				£ 78.00	£ 31.20	Adjustable temples and nose grip	50	0	£ 31.20	20%	£ 0
S25-1	Sports Sunglasses	Black				£ 78.00	£ 31.20	Adjustable temples and nose grip	50	0	£ 31.20	20%	£ 0
S25-2	Sports Sunglasses	Black				£ 78.00	£ 31.20	Adjustable temples and nose grip	50	0	£ 31.20	20%	£ 0
S25-2	Sports Sunglasses	Green				£ 78.00	£ 31.20	Adjustable temples and nose grip	50	0	£ 31.20	20%	£ 0
S25-3	Sports Sunglasses	Black				£ 78.00	£ 31.20	Adjustable temples and nose grip	50	0	£ 31.20	20%	£ 0
S25-3	Sports Sunglasses	Purple				£ 78.00	£ 31.20	Adjustable temples and nose grip	50	0	£ 31.20	20%	£ 0
S25-3	Sports Sunglasses	Gold				£ 78.00	£ 31.20	Adjustable temples and nose grip	50	0	£ 31.20	20%	£ 0
S25-J	KIDS Sunglasses	Blue				£ 58.00	£ 23.20	Adjustable nose grip	50	0	£ 23.20	20%	£ 0
S25-J	KIDS Sunglasses	Black				£ 58.00	£ 23.20	Adjustable nose grip	50	0	£ 23.20	20%	£ 0
S26-1	Sports Sunglasses	Grey				£ 78.00	£ 31.20	Spring 2026 "S" range of sports sunglasses	50	0	£ 31.20	20%	£ 0
S26-1	Sports Sunglasses	Pink				£ 78.00	£ 31.20	Spring 2026 "S" range of sports sunglasses	50	0	£ 31.20	20%	£ 0
S26-2	Sports Sunglasses	Black				£ 78.00	£ 31.20	Spring 2026 "S" range of sports sunglasses	50	0	£ 31.20	20%	£ 0
S26-2	Sports Sunglasses	Yellow				£ 78.00	£ 31.20	Spring 2026 "S" range of sports sunglasses	50	0	£ 31.20	20%	£ 0
COVE3 (Polarised)	Lifestyle Sunglasses	Black				£ 65.00	£ 26.00	Spring 2026 latest edition of the Cove Polarised sunglasses	50	0	£ 26.00	20%	£ 0
COVE3 (Polarised)	Lifestyle Sunglasses	Blue				£ 65.00	£ 26.00	Spring 2026 latest edition of the Cove Polarised sunglasses	50	0	£ 26.00	20%	£ 0
Cove3 (Polarised)	Lifestyle Sunglasses	Clear				£ 65.00	£ 26.00	Spring 2026 latest edition of the Cove Polarised sunglasses	50	0	£ 26.00	20%	£ 0
Reef (Polarised)	Lifestyle Sunglasses	Black				£ 65.00	£ 26.00	Spring 2026. All new polarised lifestyle sunglasses.	50	0	£ 26.00	20%	£ 0
Tide2 (Polarised)	Lifestyle Sunglasses	Black				£ 65.00	£ 26.00	Spring 2026. 2nd edition of the highly successful Tide polarised sunglasses	50	0	£ 26.00	20%	£ 0
Tide2 (Polarised)	Lifestyle Sunglasses	Clear				£ 65.00	£ 26.00	Spring 2026. 2nd edition of the highly successful Tide polarised sunglasses	50	0	£ 26.00	20%	£ 0
Cove2 (Polarised)	Lifestyle Sunglasses	Clear				£ 62.00	£ 24.80	2nd generation Cove polarised sunglasses	100	0	£ 24.80	20%	£ 0
Cove2 (Polarised)	Lifestyle Sunglasses	Black				£ 62.00	£ 24.80	2nd generation Cove polarised sunglasses	100	0	£ 24.80	20%	£ 0
Tide (Polarised)	Lifestyle Sunglasses	White				£ 54.00	£ 23.48	Unique C-hinge technology. Polarised lens	75	0	£ 23.48	20%	£ 0