Newsletter – June 2026

Ladies and Gentlemen

Crikey, where has this year gone? Another week and it'll be half done so now's the time to get out and ride!

Goodwood Open Day

A final reminder that this coming Sunday, 14th June, members of Worthing Excelsior Cycling Club will attempt to ride the length of Lands End to John O'Groats in just 6 hours, at the Goodwood cycling open day. This is a minimum of 874 miles, so will involve some 360+ laps of the historic circuit.

All members are invited to join the effort, contributing as many miles as you can manage to help the team hit their goal. Even if you only join us for an hour it will be appreciated. We are doing this in aid of **The Brian Tumour Charity**, attracting donations via our Just Giving page.

To join the team on track, you just need to have a ticket purchased from Goodwood, on this link

We'll organise a few other elements on the day too:

- Some group riding sessions, for those wanting to practice their group riding skills…..
- Perhaps a hot lap in the wheels of Ali….. Can you or a group hold his wheel down the famous Lavant straight?!!

Plus we'll have some prizes for those riding on the day:

- All those who put in over 25 miles (just over 10 laps) will be entered for a prize draw
- The rider with the fastest lap will earn some real KUDOS
- A prize will be awarded to the person who records the most miles (via their Garmin).

If you can't make the day but still want to support the team, then please make a donation to the charity. It is amazing work they do, and a cause very close to the WECC family. And if you are already coming to take part, don't forget to rally friends, family and workmates to make a donation to support your efforts!

Any questions, contact me as below

Steve Summers

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Finally, Sunday's P3 & P4 rides will be heading to Goodwood so that we can support those taking part. The route will be published on WhatsApp as usual and will go via Arundel.

First Aid equipment

At a recent Committee meeting we discussed whether first aid kits should be carried on club runs. This is obviously difficult to manage as the same people don't necessarily ride every week and thus it was felt that the right message was that everyone has a personal responsibility to consider what they feel they should carry with them. By the very nature of cycling, this is going to be limited unless you are going to start carrying extra luggage but here's a few suggestions that could assist in the event of a very serious incident;

1. A foil blanket. Should someone to be so seriously injured that they require emergency road (or trail) side treatment, a foil blanket can reduce the risk of the casualty getting hypothermia or going into shock.
2. A pair of disposal surgical gloves. They can also be used to keep your hands clean should you have chain problems but probably best not to then use them to treat someone with open injuries!
3. For those who suffer with severe allergies or reactions to such things as insect bites or stings (anaphylaxis), suitable antihistamine tablets or an adrenaline auto injector (e.g. EpiPen).
4. A mobile phone to summon assistance and just as importantly the knowledge to use it to identify your location. Probably the best App you can have installed for this purpose is What3words. It is widely used by all our emergency services and pinpoints your location to within a few yards, which could be extremely vital if you are somewhere off road or on a minor unclassified road, the name of which you haven't a clue.
5. A basic understanding of what is known as the primary survey and which can be remembered by the mnemonic DR ABC –

Danger: Ensure the area is safe for you and the casualty. Never put yourself in harm's way.

Response: Check for consciousness by gently tapping their shoulders and asking, "Are you okay?"

Airway: Open the airway by tilting the head back gently and lifting the chin.

Breathing: Check for normal breathing by looking, listening, and feeling.

Circulation (or Call/Compressions): If they are unresponsive and not breathing, call emergency services and begin CPR immediately. This should be done by interlacing your fingers & placing your hands in the centre of their chest, before pushing hard and fast (about 100 to 120 compressions per minute). You probably recall the adverts where this is done to the beat of the song 'Staying alive'? If a defibrillator (AED) is available, use as soon as possible.

Tour de France 2027

I'm sure you are already aware that the opening stages of the Tour de France are being held in the UK next summer but now the nationwide search is on to find 9,000 volunteers across Scotland, England and Wales, who will be at the heart of both the historic Tour de France and Tour de France Femmes avec Zwift Grand Départs.

Officially known as JOY Makers, volunteers will be the heartbeat of both races, bringing the joy of cycling to fans and communities throughout the six stages, and helping to ensure the sport's most iconic races runs seamlessly.

You can apply now to be a JOY Maker for any of the six stages of the 2027 Grand Départs via www.letourgb.com/volunteer with registrations open from Wednesday 27 May until Tuesday 1 September 2026.

Anyone aged 16 and over is encouraged to apply to be a JOY Maker, with no prior volunteering experience needed to share in this once-in-a-lifetime experience - playing a part in what is set to be Britain's most-attended sporting event, whilst making lasting memories and developing new skills. A range of roles to support event operations and enhance spectator experience are available on both the Tour de France and Tour de France Femmes avec Zwift, with full training provided.

I'm grateful to Steve Summers for supplying the next item. Please enjoy his epic adventure

Bike-packing ‘Edinburgh to Home’ &
Raising funds for The Brain Tumour Charity

I’ve completed numerous bike-packing trips to date, including most of the excellent Cycling UK routes. I enjoy the freedom and pace of bike-packing, seeing more of our beautiful country using off-road routes where I can, and camping wherever practical. It is a time to switch off from speed and power stats, and just focus on the countryside, oblivious to what is going on in the rest of the world.

For this trip I fancied doing a longer solo ride, to test my mettle a little more and also to follow an A-B route of my own making, rather than a pre-determined loop that others had conceived. I haven’t seen much of the eastern side of England, and so felt a trip from Edinburgh to home would enable me to visit areas that I haven’t yet been to, and in particular I could pick up the Old Chalk Way route from near Kings Lynn; one I was keen to ride.

I used Komoot to plan the route, which overall worked well. Start = Edinburgh train station. Destination = Home. Riding Type = Gravel. (Add some waypoints based on cities, sights, riding areas I wanted to maximise time in, plus some specific routes I wanted to take in). Filter = ‘Most scenic’. Hit ‘Return’

(There was a bit more to it than that of course…. I did then upload the gpx into OS maps and inspected the route mile by mile (for 800 miles!) to see where Komooot was trying to lead me into trouble, but overall it worked well. And inspecting the route meant I created more diversions where I felt I wanted to visit/avoid another feature I could see on the OS maps).

Having determined it was c.800 miles, I felt completing it in 10 days on my loaded ‘adventure-bike’ was probably the best I could do, and it would be more likely 11-12 days if I took some time out of the saddle, or had a mechanical. Friends and family were saying it looked like quite a challenge, so at this point I realised I could use it to raise money for **The Brain Tumour Charity**, and set about raising donations via a JustGiving page.

I’m pleased to say that with donations, including many generous donations from WECC members, I raised £1,959 - far exceeding the modest target I had in my mind.

So now I had a route, had created some added motivation / pressure by telling too many people what I was doing, and suddenly found myself getting off the overnight (non-)sleeper in Edinburgh at 06:00, in a light

drizzle, suddenly feeling ‘what the heck have I done?!’ as I pointed the bike south. Home seemed a long, long way away.

Like most things in life, the challenge was simplified by breaking it down into smaller chunks - or in this case day by day. Other than day 1, (where I had booked a bed at a Youth Hostel), nothing else was planned, so my only goal was to average 80 miles per day. Each day I planned to go as far as I could / liked, and would at some point start looking at camp spots to aim for, or a cheap B&B from Booking.com if needed.

In the end, here is how it broke down:

Day	Route	Miles	Elevation (ft)
1	Edinburgh to Berwick upon Tweed, the first part being on the John Muir trail. Ended in the rain, but a good solid start.	78.14	4,081
2	Berwick Upon Tweed to Whitley Bay, enjoying the Northumberland coastline, taking in Lindisfarne and Bamburgh Castle, 2 highlights for me. A long day in the wind though.	89.6	4,042
3	Whitley Bay to near Guisborough. An interesting day going thru Tyneside (using the cycling tunnel under the Tyne), to Durham, then on thru Stockton-on-Tees and Middlesborough. Quite urban and gritty at times, but it's all to be experienced.	69.52	3,563
4	Over the North Yorks Moors - some stiff climbs, but stunning descents and one of my favourite days, visiting Whitby on the way, before camping high in the Dalby forest	56.46	5,896
5	Amazing (freezing) downhill off the Moors first thing, before hitting some flat terrain, scooting me westwards to York initially, before a ‘head-down’ stretch to end near Gainsborough. Big day, but inadvertently missed my ‘longest ever ride’ on Strava by 0.1 mile… but it’s not about that….	101.73	1,949
6	Not the best of days, the flat and featureless Lincolnshire wolds giving me time to focus on a sore ass, plus a headwind most the day. Pleasantly interrupted by a visit to Lincoln itself, then thru Boston, to finally camp near Holbeach	79.32	1,296

7	Starting the day grumpy on more Lincolnshire ‘drains’, the day picked up once thru Kings Lynn, and getting back to riding woodland trails on the Old Chalk Way, (composed mainly of the Pedars Way and the Ickneld Way), finishing with a wonderful camp in the Kings Forest south of Thetford.	80.5	2,487
8	Traversing south west from Thetford, to end up near Dunstable was a bit of unknown to me, but the Ickneld Way proved to be a superb mix of single track, gravel farm roads and stunning country lanes. A wonderful surprise.	80.14	4,232
9	The surprises continued, with a majestic ride all the way from Dunstable to Reading, using the Ridgeway and much of the Chilterns Way trail. Almost 100% off-road on beautiful gravel - I could do it all again tomorrow…..	68.43	4,662
10	Waking up in a fancy hotel in Reading (a last night treat), I was left with a lovely ride on country lanes and woodland trails as far as Godalming, where I picked up the Downs Link, and some well-known lanes to bring me back home.	71.48	3,320
	total	**775.32**	**35,528**

So I made it in the 10 days I targeted, using early starts, multiple stops for food and photos, and long days to rack up the miles, rather than any big efforts. As a result I was ‘relatively’ fresh in the legs at the end, (Garmin said my training was ‘unproductive’ throughout), but I was certainly very weary from journeying 10 hours a day on the bike.

The weather was pretty kind - some rain on a few days, but not too hot or cold. The wind was a pain for 3 days perhaps, but given I had chosen to ride south, I should be grateful it was only that….

The route held up. A had to do a few minor diversions because of closed bridleways, or routes that looked like deep sand, but nothing that couldn’t be easily resolved.

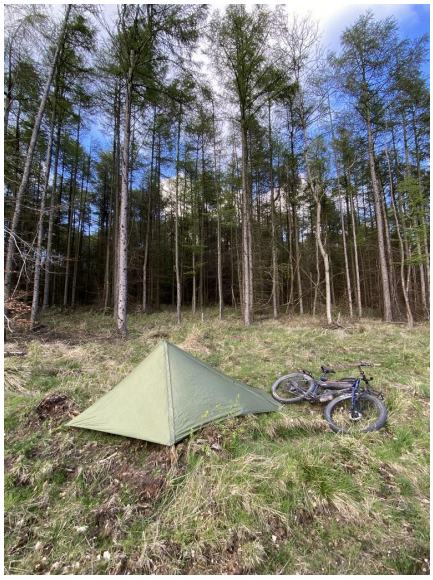
I didn’t have any huge mechanical problems, just a couple of minor crises. The first being when I realised I had lost my Garmin somewhere on a long, rocky descent on the Yorkshire Moors. I pushed my bike back up looking for it, and as I got to almost the top, there was a nice fella smiling, who directed me to a fence post he had placed it on. It would have been tricky without it.

I also lost a pannier somehow. It didn't click on properly first thing in the morning (my weariness I guess), and as I left one of the more gritty urban areas I was amazed to see it wasn't there when I went to put my rain jacket away. Again, I back-tracked and found it down a dodgy alley.

I broke a spoke somewhere on day 7. I got enough help and reassurance over the WECC WhatsApp group, and Ali in particular (thank you!), to enable me to ignore it and carry on - which was my lazy preference.

Apart from that the bike (Tumbleweed Stargazer) was as bullet-proof, comfortable and reassuring as usual.

So I hit all my goals, (including establishing that 10 days in my own company was doable), and I am encouraged to keep stretching the trips. I also firmly established in my mind that the method of not having bookings or schedules to hit was a great source of freedom, and I'll try and do more like that - although this is really only easy when you are travelling solo….



Finally, a massive thanks to all the Worthing members - for the support, banter and Strava chat throughout, which made it feel like a shared experience.

And a massive thanks to all those who donated so generously to The Brain Tumour Charity. It is much appreciated and was a great source of motivation when my head was in the wind.

And it's not too late to donate to the cause still if you still want to: Just see https://www.justgiving.com/page/stephen-summers-3

Worthing Excelsior, Sporting Cups, 2026

Top 3 places (to end May)

CX Cup

Rider	Total
Karen McGrath	15
James Amy	11
Ben Toovey	4

Road Sportive

Rider	Total
Ben Cooper	15
Steve Summers	13
John Mcgrath	13

Road Race

Rider	Total
Mat Chapman	6
Ben Cooper	4
Dom Maxwell	3

Gravel Sportive/Race

Rider	Total
Dom Maxwell	11
Mat Chapman	10
Karen McGrath	6
Chris White	6

Don Lock Cup (after 1 of 3 rounds)*

Rider (Male)	Total
Dom Maxwell	10
Mat Chapman	9
Steve Summers	8

Rider (Femme)	Total
no entry yet....	

*next rounds are 10th June and 15th July

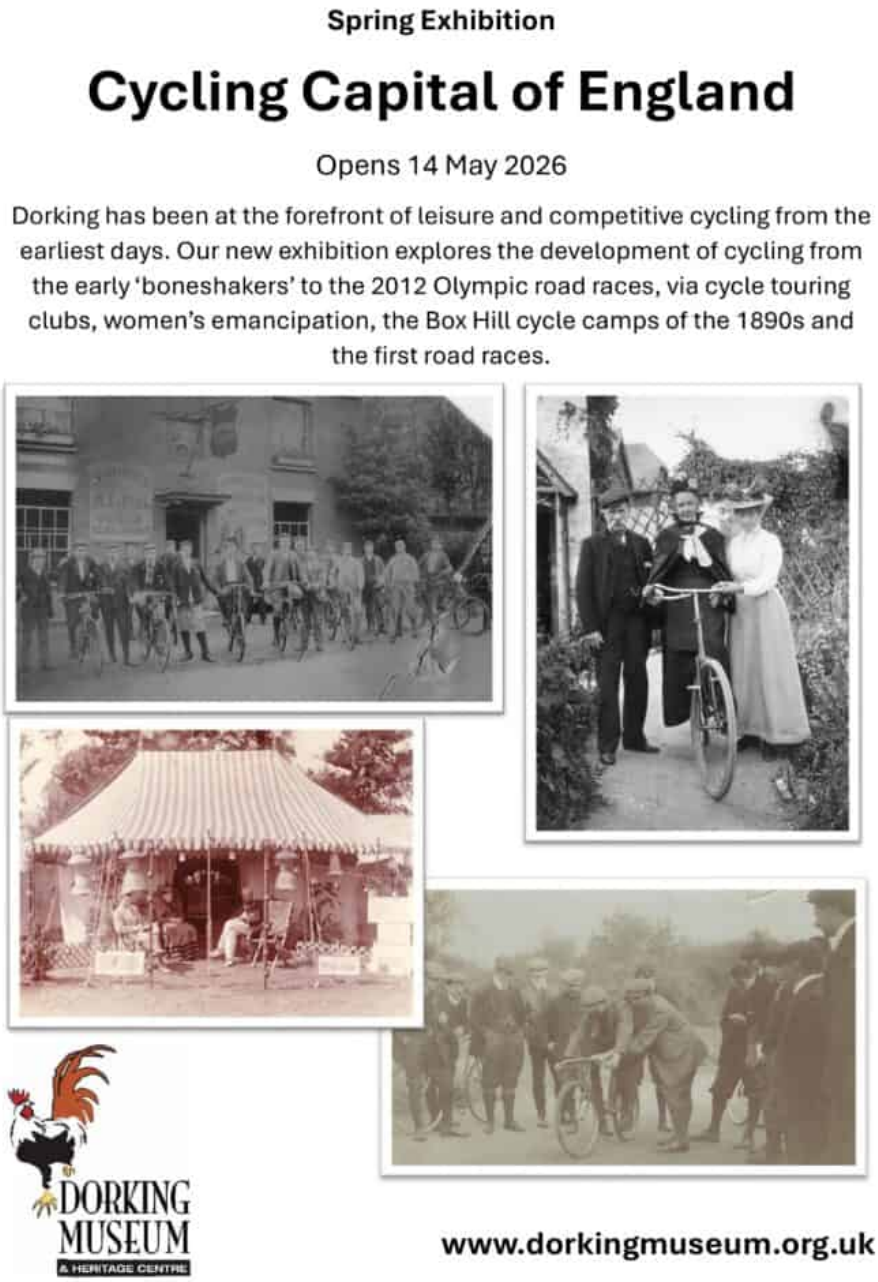
BAR TT

No entries yet received for all three distances (10m, 25m and 50m)

Hill Climb

No events yet attended

Contact: competitions@worthingexcelsior.co.uk

And Finally

If you fancy a visit to Dorking, the Dorking Museum has an exhibition running between 14th May and the end of October called 'Cycling Capital of England'. The museum is at 62 West Street and opens on Thursday afternoons, Friday's and Saturday's only.