



## Newsletter – September 2024

Ladies and Gentlemen

Autumn has arrived along with the news that despite global warning, we have had the coldest summer in some time! Work that one out?

### **Annual Dinner & Awards Ceremony**

Hopefully you will all have seen the email circulated in the last couple of days asking for assistance from a member (or members) to get the Club trophies prepared for the forthcoming Dinner and Awards Ceremony? If you are able to help please contact Ian Cheesman at [cheesy12@talktalk.net](mailto:cheesy12@talktalk.net) or if you haven't seen the email please let me know and I can forward it onto you. The dinner is scheduled for 22<sup>nd</sup> November at the Fox Inn but further details will follow in due course.

### **Tourist Trial**

On Sunday 15<sup>th</sup> September Ken Newton will once again be running the WECC Tourist Trial, starting and finishing from his humble abode at 6A Hole Street, Wiston at 9am. This is a really fun event with free tea, coffee and homemade cake at the start and finish plus a refreshment stop half way round! If you don't come and give it a go you won't know what you are missing!

### **Club Rides (1)**

At our last Committee meeting the question of whether Washington remains an appropriate place to commence many of our Sunday morning rides was raised and whilst the majority of those present did think it was, we'll shortly be circulating a short survey giving you an opportunity to have your say. Please do let us know what you think; it's your club and the Committee is interested to hear your views. Whilst on the subject of Club rides the Committee was also keen to re-emphasize that the ethos of the two groups which meet up each and every Sunday is that they are non-competitive rides with a 'no-drop' policy.

## Club rides (2)

If you really want to challenge yourself then Dom Maxwell is starting up a Saturday morning ride commencing 7<sup>th</sup> September. This will be a 40 mile/ two hour ride around the same route each week or in other words, a chain gang where you try and stay on for as long as you can! Meet at 7am (yes that's right 7am) at Worthing College and good luck!

## Cycle fitting?

There are many benefits to getting your bike set up to suit both you and how you ride including preventing injuries and improving your performance. Simon Steeles is Worthing based and a former WECC member who runs Crank Cycle Coaching and Bike fitting. If you are interested in his services, Simon will give club members a 10% discount and can be contacted on [simon@crankcyclecoaching.com](mailto:simon@crankcyclecoaching.com) or 07715 555855

## Coaching?

In addition to the above I have also received the following via British Cycling;

*My name is Felix English. I'm a former professional cyclist on both road and track, and a Tokyo 2020 Olympian.*

*I've recently moved back to Sussex and I'm reaching out to a few local clubs/teams to see if there might be interest in sharing my coaching services with their members.*

*Before taking a break to prepare for the Games in 2021 —a challenge, especially during COVID—I spent four years training riders from the UK, Ireland and internationally. This summer, I decided to resume coaching and am now offering my services to riders of all abilities- whether they want to get fitter, beat their PB's, target a specific event, or simply add structure to their training.*

*I've made my coaching and training plans as accessible and cost-effective as possible, with packages starting at just £20 per week.*

*While it's a saturated space—with coaches offering their services everywhere—I believe my experiences and knowledge from 10 years of full-time training and racing can offer some additional value.*

Felix can be contacted on [felix@cycling-coaching.com](mailto:felix@cycling-coaching.com) and is offering a first month trial discount of 50% using the code WorthingExcelsior-FirstMonthTrial

### **Canyon Festival of Cycling**

On the 22<sup>nd</sup> September Goodwood Motor Circuit is hosting the first Canyon Festival of Cycling where there'll be a host of activities including bike demos, races, road and gravel ride outs and much more! Further information can be found at [www.molokocycling.com](http://www.molokocycling.com)

### **West Worthing Tennis Club**

As you are probably aware we recently took the decision to end the Tuesday evening club nights held monthly at the West Worthing Tennis Club. As a consequence of this we have now cancelled the Social Memberships that we previously offered WECC members so if you hold a membership card for the tennis club it is no longer valid and should be destroyed. This doesn't apply to Committee members who are going to continue using those premises for their meetings and it is likely the AGM will also be held there.

### **For sale**

I was fortunate to recently 'win' a brand new set of Hunt carbon wheels on a well known auction site with the only 'problem' being they came fitted with a Campagnolo Freehub but I have now replaced it with a Shimano one. These cost £59.99 from Hunt Wheels but the first person who contacts me can have it for a mere £20. The list of wheels it will fit can be found at <https://www.huntbikewheels.com/products/replacement-freehub-for-all-hunt-wheelsets> (it's those listed as having Fast Engage Sprint & Sprint SLC hubs)

I think that is all for this month,

Regards

Ian [secretary@worthingexcelsior.co.uk](mailto:secretary@worthingexcelsior.co.uk)