



NEWSLETTER NUMBER ONE

'allo everyone.....!!!

I was on holiday. It was 2.30am. I was woken by the crash of thunder and the flash lightning, the howling of the wind and the beating of the rain on the windows when it occurred to me that we had just had the Club AGM and that those who were not able to attend would not know what happened until they got the Minutes of meeting in 2019. That didn't seem right, so I put this together so that members would have an idea of what went on.

The good news is that we now have a Treasurer - thanks Ken Newton. And the racing-types will be pleased to know that Spencer Kirkham came to the rescue as Evening 10 co-ordinator so that there should be some racing this coming season. Remember, without your support, it won't go ahead so don't be shy in 'stepping up to the plate' (whatever that means). We are still short of someone to be Press Secretary so ask yourself whether the premier cycling club in Worthing should proudly proclaim its successes and, if you think it should, then you are obviously the right person to help out.

Those of you who actually read the agenda for the AGM would have been aware of the proposal to get rid of the 'handicap awards'. There was a valid reason for this, but it was not supported by the members so the 'handicap awards' stays. The Rule change about entry forms was supported (it was a comparatively minor tweak) but, if you're hoping to get a 'handicap award' then make sure that your entry form is completed correctly. This has always been a MENSA style challenge for some so, if you're having problems, ask for help.

Mick Irons has promoted his last Worthing Winter Warmer but, fortunately, Joan Lennon and Ken Newton have volunteered their services so we can look forward to another super event next year. At least we can promote it on the quality of the cakes, but we can't guarantee the weather!

Riding etiquette

Imagine the scenario..... I'm riding along quite happily when I'm passed by another cyclist. I wish him a cheery 'Good morning' but get no response. I mutter under my breath something unpleasant as he disappears into the distance without any acknowledgement. Half a mile down the road he's stopped with a puncture and his pump won't work. Am I going to stop and help him? What do you think?' I've always considered cycling a very 'social' pastime but, clearly, some do not. Am I the odd one out?

Pot holes

I have mentioned it before but it's worth repeating - pot holes are ever present on our roads and it seems as if they're never going to be repaired, even though the Local Government Association claim that a pot hole gets repaired every 19 seconds, but they haven't made it clear whether it's the same pot hole. If you do see one then, firstly, let the riders behind you know so that they don't come crashing down and, secondly, let the Highways Authority know. If they don't know, they ain't going to repair it and someone else might crash out. If you do suffer injury/damage then you MAY have a claim against the Council. They do have a statutory defence against any claim on the basis that they had taken reasonable measures to ensure that problems such as potholes are found and dealt with swiftly. I have had a quick look at the UK Road Liaison Group Code of Practice on 'Well maintained Highways' but, as it's over 500 pages long, I gave up. The one point that I did note was that Highways Authorities have a 'duty of care' to all road users. That includes you but, if you don't help them then - sure as eggs is eggs - they ain't going to help you. So if you see a pot hole let the Council know. You could be saving your mates a lot of grief. If you need

legal assistance to pursue a claim then it's probably worth having membership of British Cycling or Cycling UK (formerly the CTC).

Sir Chris Hoy

It's not April Fool's Day is it? I'm sure that I read the other day that Sir Chris is going to ride across Antarctica in an unsupported attempt to reach the South Pole. Apparently he's going to ride during the day and pitch a tent for the night before continuing. He's planning to cover the distance in 10 days. After the chill of the last few weeks - rather him than me.

Question

For those of you who didn't ride the Tourist Trial - here's a question for you.

'Christian Adam of Lubeck set the World record distance for riding a bike backwards whilst playing the violin. How far did he travel?' answer at the end.

Coaching

For those of you who haven't got their own personal trainer (and who hasn't), I've had an e-mail from 'Ric' of 'RST Sport' based in Hurstpierpoint who wanted to know if members were interested in cycling specific fitness testing and coaching. Currently they have a half-price offer and are offering a FREE strategy call with a coach to discuss your cycling needs and how you can improve your cycling. If you're interested then contact 'Ric' on www.cyclecoach.com

Charities

I know that there are many worthwhile charities out there all seeking extra funding, but I have had an e-mail from AgeUK West Sussex to enquire if anyone would be riding the VeloSouth 100 event later this year which is advertised as being on closed roads, through the Sussex countryside (it goes past Ken Newton's house). I don't know how 'closed' the roads are going to be, but the enquiry from Age UK is that they would welcome any charity donations in support of their cause.

Membership

For some inexplicable reason, membership of the Club has fallen from 148 to 118. Why? Are we doing something wrong? How do we go about recruiting new members? Mick Irons has written to all those who failed to renew their membership to see if there is any reason and the majority have even failed to respond. Suggestions please!

Date for your diary

Don't forget to make sure that you are available on 29th April, 2018. This is your chance for fame and fortune. Cycling Weekly wants to do a profile on the Club and will be down to visit us on this date with a reporter and a photographer so put on your Club kit and a smile and you'll be guaranteed to feature in their magazine. Just be there!!!

Answer

60.45km – apparently he would have gone further if he hadn't been knocked off his bike by the local Police Inspector who was on a borrowed bike and just wanted to join in the fun!

Remember –you can always tell a happy cyclist by the flies on his teeth.

AdrianP