



NEWSLETTER



Free Tea!!!

That's got your attention! OK, you may never have raced and never want to race, but the Evening 10 series is coming up and there is always tea available. So, if you have never raced and want to know what all the fuss is about, why not pop along to Washington on a Thursday evening and watch the suffering. I'm sure that all those who turn up to ride would appreciate your support. You never know, you might want to just give it a try.

May 12th 2019

Now this is an important day for your diary. There will be no Club ride on this day because it's the Club annual 25 mile Open Time Trial where competitors from all over the country (we hope) will be coming to visit. It's probably the biggest event in the Club promotions calendar so your support is needed. Let Claire Booker know that you're available to help. I'm sure that she can find you a job to do. Remember - it's all in support of your favourite Club. Be there!

Club Kit

Currently the Club has an 'arrangement' with 'Champion Systems' for members to get Club kit. However, the 'arrangement' requires a minimum order of 10 items which doesn't seem to fit in with our needs and we have been unable to fulfil an order since 2016. The company trading as 'NoPinz' can provide Club kit as an individual order so, if you want any Club kit you can order directly by entering the Club Code of 'WorthingExcelsior19' following the link from the Club website.

New member

A warm welcome to Steve Lewis who has just joined the Club. Welcome Steve!

'Team Ineos' - discuss

Well, Team Sky has certainly put cycling on the map in this country over the past few years and many of us have been grateful for their commitment, but who is going to take over their role when they close their sponsorship deal at the end of the season? Well the secret is out and will be formally announced before the Tour of Britain. At the end of the season Team Sky will become Team Ineos.

But what do we know about 'Ineos'? Well, 'Ineos' is a privately owned UK multinational chemicals company with headquarters in London, and with registered offices in Lyndhurst, Hampshire. It is one of the top chemical companies in the world as measured by sales revenue, currently around \$90 billion. It is owned by Jim Ratcliffe, possibly Britain's richest man, who grew up in a Council house and went to his local Grammar School. But the good thing is that he's got lots of money and likes cycling.

However, the new sponsor has already been described as 'inappropriate' in some quarters. Some professionals believe that it is good for cycling because the investment raises the profile of the sport. It gives professional riders an appropriate income (think of footballers here). It is likely to encourage other sponsors to make a greater financial commitment. In addition, a single sponsor does not make conflicting demands on the team. Others have suggested that the team with the biggest budget can buy the better riders and, therefore, can effectively 'buy' all the best results.

But some see the Ineos as simply 'buying' good publicity. The company does support many sides of the chemical industry including 'fracking' and plastics, which seems contrary to the environmentally friendly ethos of cycling. It also seems totally contrary to Team Sky's 'Ocean Rescue' with their war on plastic. The irony is that Ineos has sponsored the Team UK sailing bid to win the Americas Cup ocean race with a budget of £110 million, and no one

complained about that. However, the company is not all about 'bad' plastics. They help produce bio-fuels and synthetic oils to improve sustainability of modern transport (that's not just cars); they help with the production of insulin and anti-biotics, materials to insulate homes etc., etc.

Other professional teams are, or have been, supported by 'controversial' sponsors and here I think of 'Orica' who were involved with mining, explosives and cyanide; 'Liquigas' with it's interests in the petrol industry; the 'Direct Energie' squad that will be taken over by 'Total' petroleum; 'Rock Racing' that recruited outcasts from the sport for drug-related offences; UAE with it's questioned human rights record.

What do you think?

Tour de France 2019

We now know where and when, but who is going to win? Will it be Team Sky again or will it be a team like Quick Step or Astana that seem to be taking the early season honours? Who do you think will be riding for Team Sky this year? We know that Chris Froome and Geraint Thomas are going to be on the start sheet, but who else would you include in your 'Fantasy Team Sky'? I reckon that they won't go without Luke Rowe or Egan Bernal and Wout Poels, but will they give Owain Doull a go in the hope that he will be the 'best young rider'? Tao Geoghegan Hart must be in with a shout and so must Vasil Kiryrienka? And will the Yates brothers feature on the podium? What do you think? Let me know and we'll see who's right.

Preston Park Track Racing

The Track Racing season at the grandly named Preston Park Velodrome starts on 17th April. Racing starts at 6.45pm and goes on until 9.00pm. It should make a great training ride from Worthing and the benefits are that there is no charge for spectators AND they sell tea and cake.

The benefits of riding a bike

'Cycleplan' is a cycle insurance company but they have recently done a survey on the benefits of cycling and reckon that it keeps stress at bay; reduces anxiety; fights against depression; helps you practice mindfulness; boosts your self esteem; prevents cognitive decline; improves your social life. It can, however, have a negative effect on your bank balance.

British Cycling

What does a Club have to do to be 'stripped' of it's affiliation to British Cycling? Just ask the Porn Pedallers Cycling Club. They describe themselves as a ramshackle bunch of cycling enthusiasts who happen to work in or around the UK 'adult entertainment' industry.

The reason they have been 'stripped' of their affiliation is that the Club fell foul of UCI regulations banning those associated with pornographic products. British Cycling is reported as saying that if they change their name and sponsors they could get their affiliation back. However, the Club is reluctant to change because that is their identity. Their main aim is to raise money for charity and they have raised thousands of pounds for the Terence Higgins Trust and other charities. I wonder if they'll take 'Social' membership?

What's your challenge?

Last year Joshua Moisey became the youngest person to ride from Lands End to John O'Groats at the age of 7 years 2 months and 23 days. OK, it took him a month to do it, but he also gave piano recitals along the way. So, what's your challenge for 2019?

Don't mention 'B..x.t

The Belgian Parliament has voted unanimously in favour of cutting tax on bicycles and e-bikes from 21% to 6%. However, the obstacle is the EU's own VAT directive which limits the ability of individual member states to lower their tax rates. BUT the European Commission has a proposal on the table that, if passed, will make it possible for countries to apply a reduced or zero rate on bicycles.

Embarrassing.....

Isn't it embarrassing (Tony) when a friend gives you a brand new lock for your bike and the first day that you use it, you lose the keys! Rejoice! Rejoice! What is lost is now found.

Inner tubes

You've got a garage full of old punctured inner tubes that you're never going to mend. What are you going to do with them? You could, of course, give them to someone else to mend, or you could.....

Split them and fix them to your chain stay to protect the paintwork

Use them as shims when fitting attachments to your bars

Cut a piece off to secure the 'dangly bit' of your helmet strap

Keep spare tubes rolled up securely

Use it as an exercise resistance band

Use it to hang your bikes up in the garage

Weave them together to make a non-slip bath mat

Use them when planting new trees when tying them to a stake

Make a belt for an expanding waistline

What do you do with yours? Let me know so I can pass your tips on. A prize for the best idea.

What's a PSPO?

If you don't know, I can tell you that it's a Public Space Protection Order. This is where a local Council can designate areas where certain activities are not permitted. They were initially intended to stop the consumption of alcoholic beverages in public spaces to reduce public drunkenness but, it seems, some Councils have extended it to include the riding of bikes in pedestrian areas. Adam Kitek was issued a fixed penalty notice by Gravesend Council for riding his bike in a pedestrian area and it looks as though he is now going to be £734 poorer. Every Council has one of these PSPO's but there seems to be no consistency from one Council to another. Mid Sussex has a PSPO directed solely at dogs whilst Worthing includes begging and Horsham includes horse racing on dual carriageways. Whatever the case, be careful when you're taking your dog for a walk whilst riding your bike in a pedestrian area, having a can of lager and then asking someone to give you the money to buy another.

You know you're a cyclist when.....

You believe that some energy gels actually taste nice.

You know you're an OLD cyclist when you can remember.....

27x1/4; Brookes B17 competition saddles with oversize copper rivets; Bonk bags; cotter pins.

The opinions expressed above are not necessarily those of Worthing Excelsior Cycling Club, but could be the ramblings of a senile old duffer.

adrianp.wecc@tiscali.co.uk