



NEWSLETTER

Evening 10 Series

Well the Don Lock Memorial Evening 10 series got off to a fine start - albeit a wet one - with two Club members making their time-trial debuts and with riders from 9 other clubs competing. But, don't forget, for the event to take place, it takes a lot of people to run it. Don't get left out. This is an opportunity to show your support for the Club and the riders. If you would like to take part, but feel a little bit nervous about what to do, just turn up and watch what goes on. You'll soon get the hang of it and you won't be able to stay away..... especially if there's free tea and biscuits - thanks Claire.

If you want to have a go at doing an Evening 10, but haven't done it before, to get an idea what goes on, check out the Club website under the heading of 'Racing' where Mike O'Gorman has set out all that you need to know.

The Open 25

The Club Open 25 takes place on 12th May. It's probably too late to enter now but, if you're not involved in helping out then try to get to the course to cheer the riders on, but don't get in their way. I'm sure they'll appreciate it. The course does a circuit from just north of Steyning and goes through Partridge Green then down the A24 to Washington and along the A283 to Shoreham to return to Steyning for the finish. There will be no Club ride on the day.

Breakdowns

Someone, (I don't know who - do you Rob?) went for a bike ride and one of his pedals broke. Fortunately he wasn't too far away from home so one phone call and someone special came to his rescue. What would happen to you? I have just discovered that there is breakdown insurance for cyclists. There are different companies that provide this service at a fairly reasonable price, but a sample of their services include that they will have your punctures mended/repair your bike or arrange transport to the nearest cycle shop/railway station/home/nearest overnight accommodation. They will also pass on messages to home or work. There are, as with any insurance, a number of exclusions but, if you're doing cycle touring or travelling on your own and are likely to be some way from home, it might be worth doing some research to see if it suits your needs.

Lord Winston

I had never heard of Lord Winston so I had to Google him. Apparently Professor Robert Winston is a Labour peer and a fertility specialist. (There must be some connection, but it escapes me at the moment). I remember now!! He's the bloke with the large moustache and big opinions. Lord Winston is carrying out a crusade to have all cycles fitted with number plates, or at least electronically tagged, so that miscreants can be traced and prosecuted. I understand that the Government has said that it ain't going to happen. This is a man who says that he isn't against cyclists but, in January last year he claimed that cycle lanes cause increased levels of pollution by forcing cars and vans to travel more slowly.

Edward Enfield 1929 – 2019

I was saddened to hear about the death of Edward Enfield, the father of comedian Harry Enfield, but known to some as that curmudgeonly old figure on the 'Watchdog' programme with Anne Robinson. Edward lived in Billingshurst

and loved to ride a bike. He wrote a number of somewhat 'gentle' books about his travels including 'Greece on my wheels', 'Downhill all the way' and 'Dawdling by the Danube.' Pop into the library. They will have a copy there.

Solo cycling or group cycling?

What are the benefits of riding on your own.....

You can start at whatever time you like.

You can plot your own route

You can pack in whenever you feel knackered

You don't have to queue at cafe stops

You can race to win the 'town sign sprints', or be your own KOM

No one will judge your mechanical skills if you're slow at mending punctures

You can ride in silence if you wish (I don't know many who actually talk to themselves, although I have heard some singing).

You're allowed to acknowledge other riders

You're less likely to crash into other cyclists

What are the benefits of group riding.....

You don't have to know where you're going

There's safety in numbers

There are like-minded people to hold a conversation with

Someone will always help with punctures

You are allowed to ignore solo riders – or so it seems

Actually, it doesn't really matter..... as long as you're riding your bike

..... and on the subject of riding your bike

Public Health England reckons that inactivity costs the nation £7.4 billion annually. One in 3 men (34%) and almost 1 in 2 women (42%) are not active enough to be in good health. We're 20% less active since 1960s (predicted to increase to 35% by 2030). Inactivity is responsible for 1 in 6 UK deaths, up to 40% of many long-term conditions and around 30% of later life functional limitation and falls. So do your bit to save the nation and ride your bike!!!

PSPO

You'll remember that last month I made mention of PSPO's created by Councils. Well you'll be amazed to learn that, last year, Peterborough Council's enforcement company managed to rake in over £80,000 for cycling in forbidden areas so be careful to avoid Peterborough, or check where you're riding.

World Bicycle Day

In 2018 the United Nations declared that 3rd June was to be World Bicycle Day. I didn't know whether this was a 'one-off' or an annual event so I checked with Wikipedia which gave a warning 'Not to be confused with lysergic acid

diethylamide' - LSD to you and me. I'm confused!!! When have drugs ever been involved in cycling???. Whatever the case, enjoy a bike ride on 3rd June.

Are we about to see the start of the demise of the timekeepers stop watch?

The latest CTT newsletter gives pride of place to an 'exciting new event' taking place on the 20th October at Thruxton circuit. It's a 3-rider relay where each rider does two laps of the circuit, dismounts and then passes the timing chip on to the next member of the trio, and so on. Is this the first CTT event that has timing chips? If this is the way forward you can say goodbye to your '5.4.3.2.1.Go!'

Punctured tubes competition.....

And the prize for the most innovative suggestion on what to do with your collection of punctured inner tubes goes to..... (drum roll here please)no one at all 'cos no one had any bright ideas. I guess that you all thought that the prize was going to be a set of already punctured tubes, but you would have been wrong. In fact the prize was going to be an all expenses paid weekend in Paris in the VIP enclosure for the finish of the Tour de France. It wasn't, but it could have been, and now you'll never know what the prize was.

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

You become fluent in the French language for three weeks every year.

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

Chater-Lea cranks; plus-twos, 'Elliman's Athletic Rub'; string-backed track mitts; flint catchers

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

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