



NEWSLETTER

Open 25

Last month I asked about the Open 25 and wondered if you had any suggestions for the event in 2020. Well, so far Rob Downham, who is co-ordinating responses, has received only TWO suggestions, both from non-racing members, that the event be either a 10 or 15 mile event or (possibly tongue in cheek) that it be a 2 up TT so that we get double the entrants. Of course, if no one is interested then perhaps it's pointless promoting an event. It's up to you. Get your suggestions in to Rob Downham NOW. Time is running out.

Hay Fever

Perhaps it's a little bit late in the day to issue advice but CTT has given a warning about Hay Fever medication. If you do suffer with Hay Fever, and you are a competitive cyclist, then check out the info. on the website at www.ukad.org.uk/news/article/hay-fever-medications-which-are-permitted.

Special Offer Bike Fit

Giant at Shoreham are offering discounted bike-fits to local cycling clubs. It's normally £180 but the offer price is £150. This offer is only available at the Shoreham store and finishes at the end of July. To make a booking follow the link: <http://cadenceperformance.com/services/bike-fit/retul/>

Members will need to show proof of Club membership. For more information, e-mail the store or phone 01273 463579 and speak with Gemma or Tim

Cycle Paths

Do you use cycle paths? West Sussex County Council is proud to announce that in the financial year 2018/2019 it provided a total of 5.8km of cycle path which is **.05km more** than their target. Now .05km is roughly 1968 inches or 164 feet or even .031 of a mile. Not a lot to shout about is it? However, Dorset Council says it will not install either cycle lanes or signs warning drivers of cyclists on the A338 Spur Road near Bournemouth. A coroner said such measures could prevent further deaths, but the council says it does not want to encourage people to cycle on a dual carriageway. Curious.....

The Royal Borough of Kensington and Chelsea (RBKC) say that residents' concerns about increased congestion are among its reasons for refusing to back a proposed cycle lane between Wood Lane and Notting Hill Gate. The council says that residents have also written to raise concerns over loss of trees and bus stops.

So just think yourselves lucky that West Sussex County Council still think about cyclist safety.

Have you checked your insurances lately?

By now you will probably heard of the woman who was knocked down by a cyclist when she stepped in front of him whilst she was on her mobile phone and then decided to sue the cyclist, even though three other pedestrians said that she was to blame. Guess what - the Court decided that the cyclist was 50% responsible for the accident even though he had gone through a green traffic light; had sounded an air horn (we've all got one of those); shouted; swerved and braked to avoid her. She sued simply in the belief that the cyclist must have been at fault for the accident. It couldn't possibly have been her fault, could it? She claimed that she panicked and tried to dodge back to the traffic island but the cyclist, who had been travelling at between 10-15mph, swerved in the same direction and hit her. It's strange that her lawyers told the Judge that she could not remember anything about the crash due to 'post traumatic amnesia'??? How can someone remember so much about an incident, but then claim they can't remember anything about it? The cyclist said after the Court case, 'Had I had legal representation at the time of

preparing my defence, I would have taken steps to protect myself.' It now looks as tho' he may have to pay up to £100,000 in costs and compensation.

Anyway, the Judge decreed that 'Cyclists must at all times be prepared for people to behave in unexpected ways.'

You have been warned!!! How many other pedestrians are now going to deliberately throw themselves in front of cyclists in the hope of getting a pay out???

Club Runs Points Competition

Did you know that there is a Club competition for Club Runs attendance with a trophy awarded at the end of the year for the member with the most points? You get 2 points for starting with the group and attend elevenses, but only 1 point if you only go to elevenses on your bike and not start with the rest of the Club. This can be an option for those who live a long way from the start, but can make elevenses and still makes you feel part of the Club, and there is always a great deal of banter to be had. But there are 3 - yes 3 points - awarded for all-day events, or for organised trips like the Isle of Wight or to Eastbourne, so the points will soon mount up. You can also get bonus points if you are officiating at a Club event and then go to elevenses on your bike.

However..... you get ZERO points if you start off at the start, but forget where elevenses are being held. It's always important to know where you're supposed to be going. Isn't it, Phil???

Tourist Trial

The Annual Club Tourist Trial is for, possibly, the best trophy the Club has to offer and has been described as the best fun you can have on a bike. There is also a certain kudos in being the promoter of the event, and a bonus of having power over those mortals who don't have the same intellectual power as yourself as they don't know the answers to the fiendish questions that are set. Anyway..... would you like to promote this event? It's an opportunity that's rarely available so I'm asking you before I offer it to anyone else. It's held on the first Sunday in October so you'll have plenty of time to get things organised - and the additional bonus is that you won't have to twist anyone's arm to be a marshal or officiate in any way.

Let me know if you're interested.

New member

It's a 'Welcome back!' to Steve Jukes who has joined us again after an absence of some years. Where have you been Steve? You've missed out on so much fun.

Sunshine

The sun is shining so get out on your bike.....but don't forget your sunscreen. It's important!

You know that you're cyclist if.....

You cultivate sharp tan lines so that you don't look like an ordinary mortal.

You know you're an OLD cyclists if you remember.....

Christophe toe clips; all day Club runs; saddle bags; Weinman brakes

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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