



NEWSLETTER

The Clonmore Trophy

Well - we did it again!!! Once again our Club won the Clonmore Trophy, but only just. This year's event was postponed and then cut from 25 miles down to 10 miles. One of the reasons for this being the clash with the Goodwood Revival meeting. Our team of 6 riders managed an accumulated total time of just under 6 minutes less than Southdown Velo to hold the trophy for another year. Will we win it next year? Of course we will. It's our turn to promote the event so it will be back to a 25 mile event on our own course so we'll be familiar with the roads and we'll have a huge group of riders representing the Club – won't we?

SCA Hill Climb

Oh dear!!! This is the first year for a long time when Worthing Excelsior has failed to win the Team Prize at the SCA Hill Climb. In the past we just had to turn up in sufficient numbers and the prize would be ours. Unfortunately, this year, we didn't have enough entries from our own Club to make up a team. This is a shame 'cos Chris Putnam put a lot of time and effort into putting the whole package together on behalf of the SCA. Thanks Chris. Perhaps you'll get better support next year and the prize will be ours. John McGrath did well and finished 2nd SCA Vets rider which was a repeat of last year so well done John and, of course, he becomes the Club Hill Climb Champion. On a lighter note, I did notice that the gradient sign at the top of the climb - which is 17% - is now showing only 1%. Even I could have ridden up that!

SCA Prize presentation

Even if you haven't won an award in the SCA events this year it's always fun to turn up at the SCA Awards and chat with colleagues/rivals and plan how you're going to avenge their successes next year. This year the SCA Awards lunch will be at Dial Post on 24th November, 2019, starting at 12.30pm so you'll still have time to go on a Club ride beforehand. You can even join a 40 mile ride from Dial Post setting off at 9.30am after having hot drinks beforehand and you'll be back in time to take advantage of a splendid lunch. Tickets this year are only £12 and cheques should be sent to Robin Johnson. There'll be plenty to eat – unless I get to the buffet before you!

Grand prix de Gents

On the subject of prizes – a big round of applause to Dom and Paul who won the over 70's category (not Dom of course) in the ever popular Lewes Wanderers promotion. Perhaps next year they'll have a go at the Duo Normand?

Tourist Trial

Those of you who missed the Tourist Trial missed a treat. A nice cycleable route took the riders from Washington to Barns Green for elevenses and then to The Jungle cafe for the final question and answer session. Rob Downham seemed to be smiling all the way around, Tony Palmer got so dirty his pristine white socks ended up black and Mick Irons entertained himself by riding across a school playing field. I don't remember that being on the route! So, after just under 30 miles of riding, Rob takes home the most prestigious trophy the Club has to offer. Well done Rob!

CTT Website

Users can now search the CTT site from the homepage. The search allows users to enter a search term and select from six key areas of the site to search: Forms, Clubs, News, Riders, Start Sheets and Results. I hope you find it useful!

CTT - Course records

CCT District officials are now able to edit and add course records. Records achieved at Open events are automatically calculated and added when the results are uploaded but, if you know of one which is incorrect or achieved at a club event, please let your District Secretary know so they can update it. To view course records, click on the course number and the record will appear on the left-hand side.

CTT Levies

You may remember that CTT levies were increased for this past season. At the moment, levies paid to the CTT, for each rider, are £3 for Club events and £4 for Open events. You will know that our Club did not raise riders' entry fees for Club events for this season, even though the higher levies were due. The fact that the Club has promoted a number of events throughout the season resulted in the Club Treasurer having to send quite a large cheque to the CTT - in fact it was a very large cheque. Some have questioned what the CTT does with all that money. I'm not going to go into that now, but it is likely that the Committee will be recommending at the AGM that the entry fees be increased. The suggestion at the moment is that the £3.50 entry fee for Club members be increased to £4 and that members of other CTT-affiliated Clubs pay £5. During the past season the entry fee for the Hill Climb was £2.50 and £1 for Juniors so you can see that the Club has been subsidising this event. The proposal is that the entry fee for the Hill Climb shall be £3, which is the cost of the CTT levy. It is proposed that Juniors should pay just the £3 levy for each event. This matter will need to be ratified at the next AGM.

The Bacon Sarnie.....

Nutritionists will often tell us that we should cut back on the amount of red meat and processed foods that we eat. Not a bad idea if it comes from an experienced, qualified and well-informed source. Now, Steve Grice may not be the best qualified to give such advice but in 2017 he was given a special award for his 'Outstanding services to bacon' having scoffed, he estimates, 11,000 bacon sarnies. He is quoted as saying, 'I can't put into words what I enjoy so much about bacon, I guess it is the savoury taste. But I don't eat any old bacon sandwich. It must be crispy bacon on white bread with brown sauce and served with a cup of tea.' The Daily Star describes him as being a 'super-fit cyclist'. Perhaps I should try that diet.

..... with a cup of tea

I don't regularly read the publication 'Aging', but a recently published study seems to indicate that if you regularly sip on green tea, oolong or black tea, it may be changing how your brain operates. In fact, consistent tea drinkers have healthier cognitive function and better organised brain regions compared with non-tea drinkers. That's because compounds in tea may help improve connections between parts of your brain.

Those who reported engaging in long-term tea drinking at least four times a week for about 25 years had brain regions that were interconnected in a more efficient way. So it looks as tho' it's a diet of bacon sandwiches and a cuppa tea for me.

BST

Don't forget – British Summer Time ends on 27th October so you'll have to put your clocks back one hour. Are you one of those cyclists who whips their mudguards off when the clocks go forward and puts them back on again when the clocks go back? If so, now is the time to dust them off and make sure that you have all the screws and bolts needed to fix them on.

Dates for your diary

I have just received the details for the East Sussex Reliability Trial. It is being promoted by Brighton Mitre and will be held on 17th November and starting at East Hoathly. The circuit is 50 miles and riders can enter any of three timed groups from 4 hours which starts at 8.15am, but you'll have to sign on at least 10 minutes before your start time. The route is down-loadable on GPS and Garmin so there won't be any surprises. Entries can be made on line, but closing date is 9th November. Rob Downham will be co-ordinating the entries.

Our Club promotion of the Worthing Winter Warmer Audax event will be held on 8th February, 2020, starting at Dial Post and just in time to blow the cobwebs away and get rid of that Christmas pud that's still lingering. Joan Lennon is the organiser so, if you don't want to ride, get in touch with Joan and offer to give her a hand.

Job Opportunity

After many years doing a sterling and worthwhile job as Press Secretary, Mike O’Gorman has indicated that he would wish to step down from this role at the next AGM. If you think that you can help the Club in this regard then please let me know. It is a Committee post so you will be in a position to help the Club and bring your expertise to bear in everything that the Club does for it’s members. Don’t be shy.

Meanwhile, on behalf of everyone at the Club, a great big ‘Thankyou’ to Mike for all the work he has done.

You know you’re a cyclist when.....

At the supermarket you only buy food that fits in your pockets.

You know you’re an OLD cyclist when you remember.....

‘3 in 1 cycle oil’; leather toe straps and when ‘palmares’ was called ‘previous results’.

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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