



NEWSLETTER



CTT Time Trials Rules and Regs.

I haven't received the Minutes of the CTT AGM, and the new handbook doesn't come out until mid-January, but it has been confirmed that ALL riders in ANY event promoted under the auspices of the CTT MUST HAVE A REAR LIGHT.

I know that we have been doing it in Club events for a couple of years, but now it doesn't matter if you're riding a Club event or an Open event, you will need to have a red light. The Regulation actually states 'No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.'

CTT is going to send out Guidance Notes later, but I'm guessing that you won't be disqualified if your rear light packs up half way around the course.

The CTT has also looked at the penalties for drug use and, if a person tests "positive" at a CTT event and the sanction imposed is that such person is ineligible from competition for a period of time, in addition to any sanction imposed by the National Anti-Doping Panel, that person will not be eligible to ride any CTT events unless they pay a fine to CTT of £1000.

So – don't be like Stephen Costello who came 95th in the Stone Wheelers 25 TT and tested positive for drugs. He claimed that his wife had secretly 'spiked' his breakfast smoothie. Needless to say the tribunal didn't believe him and he got a 4 year ban and the shame that goes with it.

Also, remember that only those riders with a prescribed hearing aid are allowed to use audio equipment. That means that you can't listen to your favourite inspirational heavy metal, or whatever, as you're racing around. If you are in breach of this Regulation then you will be disqualified. You have been warned.

Everesting

Do you remember that a few months ago I mentioned 'Everesting'? The concept of 'Everesting' is simple. You just pick your favourite hill and ride repeats of it in a single activity until you have climbed 8,848 metres which is the equivalent height of Mt. Everest. Well, at 4.30am on 23rd November, two brothers, Matthew and Oliver Wood, set off to tackle Ditchling Beacon. They managed to achieve their goal by 10pm that day after being fuelled on ham and cheese rolls, malt loaf, hot cross buns and energy gels. Well done lads..... but where did you get hot cross buns in November?

What's your challenge for 2020?

Important dates

Traditionally, Brighton Excelsior sell the 'yellow book' that details all the Time Trial events you'll ever want to ride in the forthcoming season at Washington Village Hall – but we've only just found out that it's not being published any more. However, they will be promoting their 'pop-up' cafe at Washington Village Hall on 26th January. It's a chance to meet up with loads of like-minded riders who want to enjoy the bacon butties and other comestibles on offer.

The Worthing Winter Warmer. Do you need another reminder? Probably!!! The Club promotion of the Worthing Winter Warmer will be taking place on 8th February. Full details are on the Club website. Don't be shy. You know you want to. Are you riding or are you hiding? Either ride or help Joan Lennon promote this once a year Club event.

Don't forget the Club AGM which is being held at the Club Room on Tuesday 18th February with a start promptly at 8pm. There are a multitude of matters to discuss including a revision of some of the Club Rules, so you won't want to miss it.

If you don't know where the Club Room is then it's at Broadwater Parish Rooms, Broadwater Street West, Worthing. And, if you're using the 'What3words' app., you'll probably find it at 'weep.sings.task'.

On 22nd February, there is the Eastbourne Trip leaving from outside the Club Room at 9am and you'll be back about 3.30pm on the Sunday. This year a courier will be taking your baggage to the hotel at Eastbourne and the Club has offered a subsidy. So, if you want to go, dig out the e-mail for details. If you missed the last circulation (23rd December, 2019), get in touch with Clive Lett. It's always been a popular event and I know you wouldn't want to miss out. This year the overnight accommodation is at the York House Hotel, Eastbourne.

1st March is the first Club event – the Club Hard Riders in association with the SCA Hard Riders. That's 25 miles on the GS/194. Don't forget to submit your entry form to the promoter.

What3words

What is 'What3 words'? This is an app. you can download that gives you a precise location – and it's free!!! The World has been divided into 3 metre squares and 3 words are allocated to each square so, if you need help, open the app. and the blue dot tells you where you are. Simply tap on the blue dot and the three words identify where you are so help can be on its way to the right location.

A group of lost walkers phoned 999 and one of the first things that the call-handler asked was for the caller to download the app. and, within a minute, the Police knew exactly where they were. On another occasion, a man who became trapped when he fell down a railway embankment was found after this app. was used. North Yorkshire Fire and Rescue Service found a woman who had crashed her car but was unsure where she was, and Humberside Police resolved a hostage situation after the victim was able to tell officers exactly where she was being held. At the moment there are 85 emergency services that have signed up to this system.

It's more accurate than a postcode. In fact it is used in Mongolia as a postcode! Mercedes Benz has also included this system in it's cars and 'What3words' is now being used in 35 languages.

As an example, the start of the Evening 10 is at 'bedroom.exposing.cause' and the finish is at 'hill.twee.walks'. You're never alone with a phone.

Tour of Britain 2021

Rumours are rife that the final stage of the Tour of Britain scheduled for 2021 will be on the Isle of Wight. The local Council is prepared to fund it. They just have to persuade the organisers. So, book early to avoid disappointment. I'll be there.....

Have you got.....???

You may not know it but the Club owns a couple of lock-up garages. One we use for storing all our bits and pieces and the other we rent out to a local business for storage. However, one of them has become a bit overgrown with brambles and we need to clear this away. Have you got a petrol driven brush cutter that we can borrow for a couple of hours? Better still – can you bring it along and show us how to use it?

Do you remember.....

Last month in the 'You know you're a cyclist.....' item it said that 'You know you're a cyclist when your bikes have nicknames'. Well Boris Johnson must be a cyclist because he called his bike 'Bikey'!!! Not very imaginative. Unfortunately 'Bikey' was stolen from outside the House of Commons and he wanted a new one for Christmas. Should we have a 'whip round'???

New member

A great big warm welcome to new member Graeme Gowling. Enjoy the ride, Graeme.

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

The worst part of a Sunday ride is the smell of other peoples' cooked breakfast as you ride along.

You know you're an old cyclist when.....

You remember mud flaps, Hetchins curly stays, and when 'Cycling Weekly' was called 'Cycling and Mopeds'.

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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