



NEWSLETTER

Annual General Meeting

It was a horrible evening weather-wise, but 28 members made it through to the AGM. There were a few bits and pieces of which you should be aware.

Firstly, you should be aware that the entry fee for Club time trial events is going up. Until now the entry fee has been £3.50 of which £3 goes to CTT so the Club only gets 50p for each Club rider. Just to cover the overall costs of promoting time trials, it has been agreed that the entry fee shall increase by 50p to rise to £4. I won't tell you who suggested that the fee should go up to £5 because a £5 note is easier to carry than a pocket full of loose change! All non-members will still have to pay £5 entry fee.

Another thing of which you must be aware is that, if you phone up the promoter of an event and say 'Put my name down for (whatever) event.' and then you don't ride, you'll still be liable for the entry fee. Even if you've paid up front, you won't be able to carry the entry fee over to another event. This is because the Club still has to pay the £3 levy for every entrant in every event.

You won't have to submit entry forms for Club events anymore!!! But you must notify the Event Secretary by midnight on the Tuesday before the event so that, if handicaps are involved, they can be sorted out. You can't do that after the event. Even if there is no handicap involved in a Club promotion (e.g. The Ashurst Circuit) you'll still have to notify the Event Secretary of your intention to ride so that he can set the field. The timekeeper wouldn't be happy if the field was set so that everyone crossed the finishing line at the same time. If you want to submit an entry form, then feel free to do so.

Some members believe that the current Club kit design is getting a bit out of date. The design isn't going to change in the short term because any new design has to be registered with British Cycling so that, if you're riding in their events, they'll be able to recognise you. The current kit is already registered so Clubs can't change their kit half way through a season. If you've got any ideas, have a word with Paul Townsley or Dominic Maxwell.

If you fancy becoming a member of the Committee then let me know. We do have need for a Press Secretary so, if you can do joined-up writing and are good at spelling then why not put your name forward.

Dates for your diary

On 8th March is the Ashurst Circuit and on the 15th March is the Handicap 10 so you'll have to let Chris Putnam know in plenty of time so that the field can be set and handicaps calculated. (see above).

Don't go into Brighton on Sunday 19th April unless you want to join in the Brighton Marathon or take part in the 'BMRide' which starts just before the running bit, but takes the same route so that you will be able to enjoy riding on traffic free roads around Brighton with no fear of getting knocked off. The drawback is that the entry fee is £42.50 if you enter this event. Check out the website at www.brightonmarathonweekend.co.uk

And if you like Sportives, there's the 'Burgess Hill Springtime Classic' on 29th March; 'Le Puncheur' on 26th April starting at Ditchling; the 'Etape du Sussex' on 17th May; a night ride with 'BDVELO' starting at Mannings Heath on 21st May; 'Bike it Brighton' on 7th June and the ever popular Prudential Ride London on 16th August. Those are just a few - and remember - there's an award for the Club member who rides the most Audax/Sportive miles.

Good Food News

For years experts have been telling us what NOT to eat, but here are some surprising things that you would not expect to be good for you but, in fact, are.

Marmite - Luv it or hate it, it's good for you 'cos it's got Vitamin B in it and can increase your levels of GABA which is associated with deeper sleep and reduced anxiety. And, if you're a veggie then you can eat it all day long.

Black Pudding - is rich in minerals such as iron, zinc and selenium which are vital for your immune system. It's a misconception that it's high in saturated fat, but beware of supermarket varieties as they are often packed with starch. Go organic if you can. Unfortunately there's no veggie option.

Stilton cheese - studies show that polyamine compounds found in Stilton could protect against high blood pressure and heart disease. It's also high in butyric acid which has been linked to fat loss.

Pickled eggs - Eggs and cider vinegar are known superfoods so why not combine the two? Eggs are a source of choline and vitamins D and A. Incidentally, boiling eggs protects the nutrients better than frying or scrambling. Just don't ride behind someone who has these as his sole diet!

Champagne - A daily glass of champagne can protect your powers of recollection - although a bottle probably wouldn't. Researchers attribute this to the phenolic compounds in Pinot Noir and Pinot Meunier grapes. Some grapes are higher in the life extending resveratrol too.

Tomato ketchup - Studies suggest that lycopene, an anti-cancer nutrient, is 2.5 times more easily absorbed from tomato paste than fresh tomatoes and it is also fat-soluble.

Your challenge is to design a menu combining all these ingredients – Read, Steady, Cook!!!

Holidays in Tuscany

I don't like to advertise outside interests on these pages but 'Ride Tuscany' is offering a 10% discount for Club members if you use the code 'TUSCANY 2020'. Check out their website if you're interested at www.ridetuscany.com

Sean Yates

.....and I don't usually comment on charity rides 'cos if you want to ride one then you're going to ride one. But, if you're interested, Sean Yates is riding from London to Paris from 15th -19th July on behalf of Action Medical Research. He'll travel via Clapham Common/Newhaven/Dieppe/Lisieux/Vernon before riding up the Champs Elysees. I don't know how much the whole package is because it's not on their initial blurb, but you can register for £79. If there's a group of 5 or more then you can register for £35 using the code L2PGROUP.

New members

Even though it's still winter..... a warm welcome to Andrew Byford and Christopher Brooks the latest members to the Club. See you down the road, lads.

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

You know that, however many times you scrub your drinks bottle, it will always look dirty

You know you're an OLD cyclist.....

You remember 'Karrimor' saddle bags; Huret gears and when the 'peleton' was simply called 'the bunch'.

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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