



NEWSLETTER

Club Dinner and Awards presentation

Oh dear!!! That's another fine meal I've missed. Despite all the planning and anticipation, the guv'nor of The Fox has had to cancel our annual dinner and prize presentation. In these uncertain times it was the right thing to do. Thanks to Cheesy for all his hard work in putting the package together in the first place.

Well - who would have had to splash out on a new bottle of silver polish to buff up all those lovely trophies? I can tell you that the winners were.....

50 mile	Champion	Rick Hughes
30 mile	Champion	Nik Allen
	2 nd	Nolan Heather
	3 rd	Trevor Leeding
Hill Climb	Champion	Kelvin Newman
	2 nd	Nik Allen
	3 rd	Colin Toppin
Hardriders	Champion	John McGrath
		Nik Allen
		Simon Steeles
10 mile handicap	1 st	Andrew Lock
	2 nd	Karen McGrath
	3 rd	Rick Hughes
Club Runs Attendance		Robert Downham
Club Person of the year		Joan Lennon

A big hearty cheer to all those who won and to all those took part. And a special thanks to Joan Lennon who was voted the Club Person of the year for all the work she has done - especially for the Worthing Winter Warmer.

And, on the subject of racing, I can confirm that the Club has already made application to promote all those lovely Club time trials you love to ride BUT there's a rumour that CTT has increased the levy from £3 to £4 so this is likely to result in an increase in the entry fees.

New members

Remember a while ago I commented on the fact that, since the beginning of lockdown, 1,300,000 bikes have been sold in the UK and I wondered how many new members it would attract. Well we've got three new members this past month so a really warm Excelsior welcome to Bob Walkden; Dave Wilbor and Gareth Jones. Come along and enjoy the ride!

Free Beer

277km is a long way to go for a beer but this is what Belgian rider Bavo Deneckere did the other week. He plotted his route out on Strava in the distinctive shape of his favourite 'Duvel' beer glass together with its characteristic foaming head. The brewers were so impressed that they gave him a big box of beers and loads of other goodies. His first attempt fell flat as he ran out of spare tubes but went back the following week and completed the whole task without a puncture. That was a full 12 hours of saddle time.

What route would you plot out and complete to celebrate your favourite ale?

Are you a foodie?

I mean - are you a really serious foodie? A really serious foodie/cycling event was due to take place on the Isle of Wight in September but, because of Covid 19, has been put off until the Spring of next year. This event couples Michelin style food with a unique cycling event when stars of the kitchen get together with stars of the cycling world. The concept is built around Sean Yates and Ashley Palmer-Watts, the ex-executive chef of The Fat Duck group. The event will take place at a luxury spa and will be led by Sir Bradley Wiggins and chef/patron Raymond Blanc OBE. If you're interested then Google 'Le Blanc 01'but remember that you won't get a Club subsidy.

On the subject of the Isle of Wight.....

Don't forget that the final stage of the Tour of Britain will be on the Isle of Wight in 2022. I'll be there.

Road names

The other day I took a ride along 'Slugwash Lane'. It struck me as being a bit of an odd name for a road so I did some digging and found that it derives from 'slough' which gives an indication of what the lane was like on wet winter days. I often puzzled about 'Earwig Corner' at Lewes and it is possible that this is a derivation of 'Ewe Wick' which meant 'sheep field'. This got me thinking about the names of other roads. I've just found 'Gasworks Lane' which is a clear indication of what was there in the past, and there used to be a 'Soap Factory Lane' in Lewes. There's a 'Whipping Post Lane' in Rottingdean and, somewhere in Sheffield there's a 'Letsby Avenue', which has a Police Station. What's the oddest road name you've found?

Holiday souvenir

When you go on holiday, do you bring back souvenirs? Dean Nicholson did. Dean was bored with his 9-5 job in Scotland so decided to cycle around the world. Dean was just coming up to the border with

Montenegro when he heard a kitten meowing. It had obviously been dumped because it was about 12 miles from the nearest town. As Dean rode by, this kitten chased him down the road. Dean felt that he couldn't leave the kitten behind so he re-arranged the kit on his bike and made a space for the kitten in the bag on his handlebars. Having adopted the kitten, he continued his journey around the world. If you want to read more about this adventure then you can buy the book 'Nala's World'. Available at all good booksellers.

Earphones

Did you know that in the last three years there have been 160 near misses with cyclists at railway level crossings. Evidence indicates that a number of cyclists have been killed because they were listening to music through earphones at the time which tends to suggest that they could not hear any warnings or the sound of trains approaching. The same could be said when you're riding out on your own. If you've got yourself plugged into your list of favourite work-out tunes, you're not going to hear other traffic around you.

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

You don't need a dictionary to know the meaning of words such as derailleur, headset, cadence, fixie, bottom bracket.

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

You remember carbide lamps; Christophe toe clips; Anquetil shoe plates.

Stay safe!!!

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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