



NEWSLETTER

WANTED!!!

Please read carefully all you racing types.....

Do you remember those halcyon days when you could do time trials? You might not have been able to do much in 2020 and events may be a bit restricted in 2021, but let's be positive and look forward to 2022. There'll be loads of time trials then won't there?

Well it all depends on you. It may not have occurred to you that there is a whole team of volunteers behind the scenes organising time trials all over the country, but we are in London South District and there is a vacancy for a Club Events Secretary within this group. If there is no one to co-ordinate the events then there will be no events. It is as simple as that.

What is needed is someone who is prepared to give up a little bit of their time, to attend Committee meetings, to liaise with Clubs in the District and to update the CTT with a list of events. You'll need to have basic IT skills sufficient to update spreadsheets and to access the CTT website.

If you want to be the saviour of time trials in this area then contact Ian Cheesman aka 'Cheesy' ASAP.

Covid 19 part 1

I know that you have all been glued to the various news channels to find out what Boris has determined for the future and you'll be pleased that restrictions are slowly being lifted. The good news seems to be that time trials will be back again from 29th March, assuming that there is no change in the Government's 'Roadmap'. If you are going to start racing again you will probably notice that things are different from previous times. The guidance from CTT still applies and has not yet been updated but, if you want to study it in depth, have a look at <https://cyclingtimetrials.org.uk/documents/index/covid-19>. It is likely that there will be no start marshalls to push you off and that there will be no social gatherings before and after the events and there may not be a 'results board'. You may even have to take your own pen along when signing-on.

Covid 19 part 2

In addition to the 'Regulations' regarding the control and prevention of the spread of Covid, there is 'Guidance' which includes references to exercise which, for most of us, means riding yer bike! The 'Guidance' indicates that you should exercise only once per day and that it should be within your 'local area'. Unfortunately there is no definition of what your 'local area' is.

Various cycling organisations have written to the Dept. for Digital, Culture, Media and Sport for advice and their response is that people 'should stay as local as possible' and that 'peoples circumstances are different so this guidance relies on people to use their common sense to determine what is or what is not a reasonable distance for their outdoor exercise.'

So use your common sense and avoid crowded or congested routes and bear mind that if you have an injury or mechanical problem then you could be putting yourself and others at risk if you're far away from home

and require rescuing. Stay Safe!!!

Potholes

Councils across England have been allocated their share of £500 million for highways maintenance, with funding expected to fix the equivalent of ten million potholes across the country. This is the second of five equal instalments from the £2.5 billion fund announced by the Chancellor in the 2020 budget. With the average cost of repairing a pothole being about £50, this funding will make thousands of roads safer. So don't feel guilty about contacting your local Highways Dept. to report a pothole.

Women

In the last Newsletter I made mention of Women's racing. I'm going to do it again, but for all the wrong reasons. The Women's Tour was due to take place in June but, because of Covid, UCI and British Cycling are trying to re-arrange the event for October.

The Women's Tour was due to start in Bicester, Oxfordshire and finish in Felixstowe in Suffolk but full details will be announced once the new dates have been confirmed. You may remember that the 2020 race was cancelled but the 2019 event was won by Lizzie Deignan. The good news is that it will be broadcast live on Eurosport and GCN.

..... and Lizzie will be riding the Strade Bianche this weekend and the Paris- Roubaix on 11th April. But, before you let me know I've got it all wrong, she's riding the ladies editions!!!

Discs or Rim brakes?

Chris Froome opened up a can of worms recently by commenting that he wasn't overly happy riding a bike with disc brakes. What's your opinion? OK - they're supposedly better in the wet; you can leave braking a bit later; less force is needed to activate them, which can be useful on a long descent, but do the pros outweigh the cons? They can be heavier than rim brakes; maintenance is not so easy; there is a possibility that the discs can become warped on a long descent; there is a chance of unwanted friction; wheel changes can take longer.

Perhaps Mr Froome needs to have a chat with Hannah Barnes, the partner of Tao Geoghegan Hart, who rides disc brakes and is quoted as saying 'thank God I'm on disc brakes. I think they're great.' When she first had them, her team had a mechanic show them how to use them and how to set them up and maintain them so perhaps Mr Froome is not too confident in his own abilities as a bike mechanic.

But what about you? Which do you think is best and why? But, before you make your choice remember that in 2020, all three Grand Tours were, yet again, won by riders on rim brakes: Tadej Pogacar, Colnago V3Rs, Tour de France; Tao Geoghegan Hart, Pinarello Dogma F12, Giro d'Italia; Primoz Roglic, Bianchi Oltre XR4, Vuelta a España.

Stolen bikes

A law came into force in France at the beginning of the year to make it compulsory for all new bikes to be security marked in a bid to halt bike thefts. Bikes being sold second hand will also need to have a security number engraved on the frame in the future so that details of a new owner can be recorded and the Gendarmerie can then trace the owners of stolen bikes.

Apparently more than 400,000 bikes are reported stolen in France each year with a further 150,000 found abandoned, which is way more than you get in Worthing. But, with the lack of security markings, only 2 or 3 per cent ever find their way back to their rightful owners.

Would you like your brand new, carbon fibre, sooper-doooper speed machine engraved???

..... and we have a new member

A warm Worthing Excelsior welcome to Thomas Green. You won't see him on a Club ride 'cos he lives in Australia but he always wanted to be a member of an English cycle Club. You couldn't have chosen better Club, Thomas!

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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