



NEWSLETTER

Don Lock

There have been many new members joining the Club over the past few years who may never have heard of Don Lock and the circumstances surrounding his death. There is a tribute to Don available on the Club website, but he will live long in the memories of many Club members and those in the cycling fraternity.

'Legend' is a much over-used expression in this day and age but Don was truly such an individual – a genuine sporting talent and an amazing human being who was generous in nature and spirit in encouraging and supporting others. Don was not only an example to all members of the Club, but also an example to the wider community.

In memory of Don a stone sculpture has been commissioned by his family and, if all goes to plan, it will be in place on 30th June, which would coincide with Don's 85th birthday. The stone will be part of the hard landscaping to the public square facing the promenade at the Bayside development on Worthing seafront.

The Club will let you know when the date is confirmed.

Don Lock Memorial Evening 10 series

Well, the first Evening 10 took place on 29th April so there's only another 13 left to go for you to prove to everyone how competitive you are. But remember that these events can only take place if there are enough officials to run them. Have you volunteered yet? Let Spencer Kirkham know what you can do to help and when you are available. No volunteers = No event. It's as simple as that.

SCA

Did you know that 2021 is the centenary of the founding of the Sussex Cyclist's Association? To celebrate this event the SCA is promoting a special Centenary 10 mile TT on 24th July, 2021 on the G10/92 course at Handcross. This course isn't on the SCA website yet so you'll have to check out the CTT website. It would be good if we could all help with the celebrations by turning up in force and showing them what a competitive team of riders we have. Book early to avoid disappointment.

The only problem is that it isn't the Centenary of the SCA! 1921 was the meeting together of four different Clubs in an inter-club event and the Association wasn't formally established until 1925. Whooops!!!

Group riding

It's good to see Club members out and about on their bikes again, and Sunday rides are becoming well attended, but there has been some speculation that we don't need to stick with the 'rule of six' regime. British Cycling is suggesting that groups can be as big as 15. However, their guidance comes with a number of caveats including that riders should be 1 metre apart whilst riding and 2 metres apart if socialising and you know that ain't ever going to happen.

Cycling UK (formerly CTC) has given out mixed messages suggesting groups of between 12 and 15, but then goes on to say that groups should be no more than 6 in accord with Government guidance.

The current Government guidance of the 'rule of six' would seem to be more appropriate as at least riders can 'socialise' without having to maintain that 2 metre gap, which makes for a much more fun day out.

Anyway, the Club Group Riding Etiquette states that groups should, for road safety reasons, be no more than 10.

With this in mind, the Club Runs Committee has decided to stick with the current Government guidance and groups will be of no more than 6 riders. It doesn't matter how many turn up for a ride because we can have as many groups as we like.

The Countryside Code

Do you enjoy the off-road stuff? A lot of people do and it can be great fun. You should, however, be aware that Cycling UK, in collaboration with Natural England and other interested bodies, has re-vamped the Countryside Code. They have tried to make the Code 'user-friendly' in the hope that people will be more likely to read it. There are, of course, lots of the 'old' Rules in there like shutting field gates, taking your litter home and keeping your dog on a lead where necessary, but there are some things in there that would affect you as a cyclist.

Since the onset of Covid 19 there has been a noticeable increase in the number of countryside visitors and I know that it can get a bit crowded out there. One of the 'new' Codes reflects this increase and advises that you should slow down or stop for horses, walkers and livestock when cycling. Always give them plenty of room. Cyclists must give way to walkers and horse riders on bridleways. Cyclists and horse riders should respect walkers' safety, but walkers should also take care not to obstruct or endanger them. So, be nice to people and take the time to say 'Hello' or even 'Thank you' when they let you pass.

Litter

Cyclists don't usually carry a lot in their pockets that can get discarded in the countryside. However, I have seen old inner tubes, banana skins, energy drink cans and energy gel packets lying at the side of the road that must have been thrown away by cyclists. OK, so we don't usually ride out into the countryside to get rid of an old mattress or wardrobe, and we don't usually visit McDonalds or KFC so we can't be blamed for that rubbish, but I don't think that we are all as innocent as we like to think. Please take your rubbish home with you or dispose of it properly.

The 'Keep Britain Tidy Organisation' is promoting the Great British Spring Clean 28th May – 13th June so, if you're not picking litter up, make sure that you don't drop it in the first place.

New members

Wow!!! We have even more new members so a great big Worthing Excelsior welcome to:

Roger Hutchings who has joined as a 'second claim' member

Ian Thomas who has moved into the area and, with plenty of experience with another Club, has decided to join us.

Nick Thorpe who is a brand new member and.....

Carey and Hugo McLaughlin, who were members a few years ago, have decided to re-join.

Welcome to you all. See you down the road.

House of Lords

During a debate in the House of Lords on April 29th, Lord Touhig argued that cyclists should not be allowed on the roads without bells. The Peer stated that he had been involved in a 'near miss' with a rider who did not have a bell but just shouted "Ding Ding!!!" as he approached.

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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