



NEWSLETTER

The Club

Just to let you know that, Covid Regs. permitting, the Committee will be holding a Committee meeting at the beginning of August so, if there's something that you feel strongly about, let me know and I can raise it as a discussion point.

I know that you all missed the thrill of going to the Club AGM in February, but things seem to have been ticking along nicely in the meantime, so there seems little point in having an AGM now with there being only a few months to go before the next one. The Committee members are happy to continue in their current role until the next AGM. There doesn't seem to be anything contentious to discuss, or any review of Club Rules to be considered but, if you feel that there is something that the Club needs to talk about, then have a word with one of the Committee members

Tourist Trial

Have you ever ridden a Tourist Trial? It has been described as being the most fun you can have on a bike. It involves some map-reading/orienteering/treasure hunt/quiz, and the winner gets to keep the best trophy that the Club has on offer for a whole year. And for just taking part there are three points in the Club Runs competition. All it needs is a promoter for this year. Are you willing to have a go at promoting this event? Let me know if you're up for it. I can give you some handy hints.

Isle of Wight/Tour of Britain 2022

A reminder that the Tour of Britain is coming to the south in 2022 with the final stage around the Isle of Wight, which is where Rob Downham will be leading a group from the Club on 15th August this year. This is your chance to create your own Peleton and ride the roads that the professionals ride. I have just spent two weeks on the island just to make sure that the roads are in a good condition for you and I can confirm that they are so much better than Sussex roads. I have also checked out some of the eateries (it would be rude not to) that you may wish to visit and there is a wonderful selection as my waistline will confirm.

So don't forget to mark your calendar for 15th August 2021 and for September 2022 for the final stage of the Tour of Britain. I will be there to cheer the riders on. Will you?

News from our Club member 'Down Under'

Tom Green has filed a couple of race reports for his endeavours over the far-away hills of Australia and, just to show how competitive things can, I've detailed them here.

'Grafton-to-Inverell - Described as "Australia's toughest 1-day bike race", it's in its 60th edition this year. My Australian club had 7 starters, 3 in Division 2 (one step below the National Road Series continental-level elites) and 4 of us in Div3. The first 70km of rolling hills lead to the base of the HC Gibraltar Range climb, 17km at 5.7km. There's no descent from the crest of the plateau to recover: you're then faced with 140km of more rolling hills culminating in a series of 1-2km climbs over the last 15km which make the final selection.

I spent too much energy leading up Gibraltar, but at least put the bunch under enough pressure to allow our team leader to attack - he was 3rd over the KOM and the break stayed away for 50km. Once it was brought back the race was somewhat neutralised until those last 15km of climbs. After struggling with cramp from the top of Gibraltar I got tailed off below the crest of the last hill before town; our team leader crashed in the sprint and I was first finisher from the team at 28th from 79, 1m43 down after 228km / 3500m in a little over 7h.

We had our usual hilly TT this morning, hilly-enough that it's faster on the road bike than TT bike; I was 8th (2nd in age cat) in very cold and windy conditions (3 degrees C at the start) at 1h16m for 46km / 650m.'

I must say that it sounds awfully hilly and competitive. Well done Tom. Keep pedalling.

The future

An analysis by the Institute for Public Policy Research shows that in the UK

- there is likely to be an 11% rise in car traffic between 2021 and 2050
- they forecast a 28% increase in car ownership with 10 million more cars on the road by 2050
- the average car in the UK is parked for 96% of the time

These are interesting, but frightening figures. However, all is not doom and gloom. In 2020, there were more e-bikes sold than e-cars. I can also tell you that over 4 million inner tubes, 1.2 million lights and reflective goods, plus 800,000 locks sold in 2020.

Women

The Women's Festival of Cycling will be taking place from 17th July to 1st August 2021. Check out the Cycling UK website for women-only cycling events. If you're a lady interested in cycling then this website has loads of relevant information - not just about the Festival of Cycling but health, bikes, kit, keeping safe, planning a route etc.

Another job for the Start Marshal?

The jobs for the Start Marshal are piling up. At one time all they had to do at the start of a time trial was to hold the rider upright; then they had to check to see that there was a locking ring on fixed-wheel bikes; now they have to check that a rider has got the requisite red light at the rear. Will the Start Marshal soon have to check if a rider has an e-bike? A Swiss company, Maxon Bikedrive Air, has an e-bike system that they reckon is 'invisible'. They claim that it only weighs 3.5kg and offers 'dynamic riding that feels completely natural. It is like cycling with a tailwind.' Perhaps I ought to get one.....

Halfords

I remember a cyclist telling me once that he was not going to let a 'spotty faced oik' from Halfords work on his bike but, perhaps, that cyclist needs to review his options. Halfords has just gifted the Great Britain Cycling team a £1,000,000 wind tunnel to support cycling at all levels across Great Britain. The wind tunnel, conceived by Chris Boardman, will be based at Manchester adjacent to the National Cycling Centre

The tunnel is specifically designed to meet cyclists and triathletes' requirements and has been part of the Boardman Performance Centre, and is a collaboration between Halfords and Chris Boardman.

Incidentally, Chris Boardman has just become the Chairman of Sport England. Chapeau Chris!!!

Don Lock

Last month I commented on the sculpture for Don Lock and that there was hope that the artwork would be in place by mid-July. Well, the latest news is that the stainless steel base structure has been fabricated and is on site. Three stones were delivered to Richard Klose, the stonemason, and two of them are currently being worked on. I have had sight of a snippet of some of the work and it looks really good. However, one of the stones - and, yes, it had to be the main one, was not up to standard and the quarry is to cut a replacement. Hopefully it will be ready for unveiling in mid August. I'll let you know.

Lachlan Morton

Ever heard of Lachlan Morton? No? Well - he's an Australian professional cyclist with EF Education – Nippo but he's just a bit different. He rode the Tour de Dauphine earlier this year and has decided that he's going to ride the route of the Tour de France - including the transfers between stages - unsupported. That's an extra 2400 km plus and extra 15,000 metres of climbing. At the time of writing he was riding up Mont Ventoux with all his camping kit! Oh! And did I mention that he's riding with sandals instead of proper cycling shoes. It reminded me of a Club member who raced a 50 mile time trial in carpet slippers. I wonder who that was.....

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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