



NEWSLETTER

Clonmore inter-Club 25 mile time trial

It seems almost like forever that Worthing Excelsior have won the trophy for this event. For those of you who don't know, it's a 25 mile time trial involving Worthing Excelsior; Bognor Regis; Hants RC and Southdown Velo. The trophy is awarded to the club having the fastest six riders accumulated times.

Each club takes a turn at promoting the event and our club was due to promote it in 2020 but, for obvious reasons, the event was deferred until 2021. This year it takes place on 19th September and the event HQ will be at the Steyning Centre. If you've not had a go at riding a time trial then this is the time to give it a go. There are no special forms to fill in. Just turn up and ride. It's all very casual. Just pay your £4 entry fee and away you go. There'll be lots of support for you if you need it. Why not give it a go? You know you want to at least once in your life.

Even if you don't want to race, why not just turn up and have a chat with some of the riders or give them support during the race? Elevenses that day are at Beacon Bikes with a start at Washington so it's not too far away. First rider off is at 7.30am so you could do both! Just get there early enough to sign on and make your way to the start.

Tourist Trial

The Annual Tourist Trial is often described as the most fun you can have on a bike. It's all a mix of orienteering, observation, local knowledge, cycling knowledge and having a good time. And the trophy is one of the finest the Club has to offer. This year the event is being promoted by Ken Newton and will start and finish at his house of 17th October in Wiston. Those of you in the know will understand the benefits of starting and finishing at Ken's house. And the bonus is that there's no entry fee!!! Watch out for further details.

Club Annual Dinner and Prize presentation

This is what you've been waiting for. The Club Annual Dinner. Last time it was held at 'The Fox' at Patching and the meal was so good it has been decided to go back there. The menu choices will be circulated shortly but make a note in your diary right now for The Fox, 7pm for 7.30pm Friday 5th November, 2021. It's £22.50 per person and if that doesn't represent good value for money then I don't know what is.

Club Person of the Year

Each year the Club Committee votes for the person who has done the most to support the Club. I don't know who it is this year 'cos the vote hasn't taken place but, could your name be on the trophy next year? Could you do just a little bit more to support Worthing Excelsior? Think about it. To paraphrase JFK – 'don't ask what your Club can do for you – ask what you can do for your Club.'

Cycling to work

A recent survey indicates that 6.7% of the working population is now commuting to work by bike. But is your employer a 'Cycle Friendly Employer'? There are plenty of schemes out there for employers to encourage their staff to cycle to work and, perhaps you could persuade your boss that it would be a brilliant idea. Having a more active workforce means that staff are more productive, take fewer sick days and will stay with the job a lot longer. It can also showcase the business as being sustainable and eco-friendly and potentially save loads of dosh. They can even get accreditation from Cycling UK so that they can show the World that they are a caring, considerate employer. What are the benefits to you? Well the 'Bike2Work' scheme believes that you could save up to 42%. That's worth thinking about, isn't it?

Jean Smallman

It is with great regret that we have to report the death of, perhaps, the Club's longest serving member. She was racing for the Club back in the 1950's when there were few women actually doing time trials. Those of you who didn't know Jean don't know what you've missed. Always cheerful. Always smiling. Always generous. Always supportive of the Club and its' members. She was always to be found in the Club room on Tuesday evenings and her Lemon Drizzle cake was legendary. As one commentator has said already 'She'll probably be baking Lemon Drizzle cake for all the cyclists in Heaven.'

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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