



# NEWSLETTER

## **Clonmore inter-Club 25 mile time trial**

Well – we did it again!!! The trophy is ours once more. When I say ‘we’ I mean Ian Cheesman, Colin Toppin and Rick Hughes did it. The usual criterion for determining which club won is for the accumulated time of the fastest SIX riders from each club. Unfortunately no club – not even Worthing Excelsior – could put together a team of SIX riders so, to respect the endeavours of those who did take part, it was considered appropriate that it should, on this occasion, be the fastest THREE. Where all the other riders were I have no idea!!! It was amazing that there were more officials from Worthing Excelsior than there were competitors. Next year it should be promoted by Bognor Regis CC so put a note in your diary so that you don’t miss out.

## **Tourist Trial**

Remember I told you last month that the Tourist Trial is happening on 17<sup>th</sup> October. It’s not a race. You don’t have to ride head down and bum in the air – in fact the opposite is true. It will start at Ken Newton’s house in Hole Street, Wiston. You’ll need to bring with you the Ordnance Survey ‘Landranger’ Map No. 198 which covers Brighton and Lewes. No! You won’t be going to Brighton and Lewes. It’s just that the map covers this total area. The whole circuit is only 29 miles long. Even I could manage that (once my hip has been replaced). If you haven’t got a map then go to your local library and borrow one. There may be a spare one available on the day if you haven’t got one.

If you fancy a bit of fun but don’t want to enter as an individual then, this year, teams of two will be allowed, although you won’t be included in the chance to win the trophy as it’s classed as an individual event. And what a magnificent trophy it is. Perhaps the finest and most prestigious trophy the Club has to offer.

There won’t be the usual Club ride that day so you’ll have no excuse. Don’t be shy..... Look out for the Club banner outside Ken’s house.

And remember – Lydia’s cakes....!!! mmmmmmmmmmm!!! If that isn’t an incentive then I don’t know what is. Just bring along a few quid to help with the costs.

## **Club Annual Dinner and Prize presentation**

Have you seen the menu???? I know what I’m going to have. The last time we were at The Fox the food was really good so I’m looking forward to it. Are you going to be there? I hope so. So check back through your e-mails until you find the circulation from Cheesy and check out the menu. There’s something there for all tastes and at £22.50 it’s a bargain. Let Cheesy know by 15<sup>th</sup> October or you might miss out – and you really wouldn’t want to do that, would you?

## **Audax/Sportive Trophy**

You may not be aware but not all Club trophies are for racing. One that is surely up for grabs is the trophy for the most accumulated miles ridden in either an Audax or Sportive. If you have been riding these events just let the Club Chairman, Graeme Gill, know and you might find yourself in possession of some fine silverware.

## **New Members**

We have two new members!!! Welcome to Diana Bednarska. It was good to see you at elevenses at Henfield the other day. And after just one ride out with the Club, Paul Mendes da Costa saw the value of joining one of the premier Clubs in the south. Welcome to you both and enjoy the ride.

## **Jean Smallman**

Just a reminder for those of you who want to go Jean's funeral, the funeral has been booked at Worthing Crematorium for 2.30pm on Monday 11<sup>th</sup> October, and afterwards at The Black Horse, Findon. The family has asked that those who have Worthing Excelsior tops could they please wear them as they want to celebrate her life in a colourful way.

## **The Clubroom**

Jean was always a welcome visitor at the Clubroom which, for obvious reasons, has not been available to us for some considerable time. But we will be welcomed back to the Broadwater Parish Rooms from 7.30pm 12<sup>th</sup> October. That's next Tuesday!!! Are you going to be there? Can you remember where it is? To refresh your memory, it's at Broadwater Street West, A24, Worthing BN14 9DE. And, if you're using the 'What3Words' app, you'll find us at ///reveal.nail.helps. There'll be free tea and coffee!!!

## **Charities**

There are plenty of charities out there and all are worthy of our support. No doubt you have your own favoured charity and you do all you can to support it. I have recently been notified of one that may have escaped your notice and that is 'Brain Tumour Research' and the Lions International is supporting this with a campaign entitled the 'Spinning Wheels Challenge'. They suggest a promotion involving anything that involves wheels from a 'trolley dash', a bike ride, a car rally or even a ride on a Ferris wheel. If you are interested then contact 'reynoldsderek48@gmail.com'.

## **Electric bikes**

What's your view on electric bikes? This subject came up for discussion the other day and some questioned whether they should be used on Club rides or whether the riders should even qualify for points in the Club rides attendance competition. I don't think we've ever had an e-bike on a Club ride, but should we turn someone away because they have one? I'm sure there are some who think that everyone should ride under their own power, but there must be some who have ridden under their own power for many years but can no longer do so. Should we deny them the opportunity of being a member of our Club or have their membership stripped from them?

The maximum power output for an e-bike in Europe is 250 watts which gives a maximum assisted speed of about 15.5mph. There is a whisper going around that there might be an opportunity to increase this to 20mph.

As long as they're not used for racing, personally I'm not bothered. It's about getting people out and about on their bikes.

## **It's Ludicrous!!!**

Muc –Off has launched 'Ludicrous AF', a brand new lube built to maximise speed, durability and sustainability with the brand claiming it to be the 'Worlds' fastest race lube'. They reckon that it leads to 18% lower power consumption than its nearest rival and its performance actually improves with time.

The cost..... £49.99

## **CTT Levies**

At a recent meeting of the CTT Board an update was given by the Treasurer on the state of the finances of CTT bearing in mind that so much of the organisation's income comes from event levies. It transpires that levies from Open events were down 10% on 2019/20. There is forecast to be a relatively healthy surplus to counter the previous season's losses but all levies are to be held at the current rates for the next year at least – Open £5 and Club £3.

## **Job Vacancy**

Nick Sharpe, National Secretary (Legal & Corporate), will be retiring from his position with CTT with effect from 31<sup>st</sup> March 2022. The CTT will soon post the vacancy in the coming weeks together with a full job description..... Interested???

**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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