



Newsletter- May 2022

Time Trialing

This Sunday, the 8th May, the 'Club 25' Championship is being contested by seven of our finest riders. The Bennett Cup will be awarded to the winner and the Clapshaw Trophy to the fastest rider on handicap. The latter is shown below and if you know its current whereabouts Mike O'Gorman would love to know!



Staying on the subject of Time Trials, Thursday 12th May sees the start of the annual Don Lock Evening Series. This comprises of twelve events, with a competitor's best six results counting towards the overall trophy. These events are classified as Type B by Cycling Time Trials meaning you can just turn up and register on the night. They have also been designated as 'come and try' events so competitors don't need to belong to a CTT registered club to enter. If you fancy giving Time Trials a go or know someone who does, these are the ideal event to enter. First rider is 'off' at 7.15; signing on (which takes place outside Washington Recreation Ground) closes fifteen minutes before that.

West Worthing Tennis and Squash Club Fun Day

As you are hopefully aware we are trialing the use of the West Worthing Club in Titnore Way for our monthly Club nights. On Sunday 15th May (10.30 – 2pm) the Club is having an open day

where anyone can have a go at tennis or squash, plus a number of other sports and we and Worthing Striders running club will have stalls to promote our respective sports. Well worth dropping by to see what is on offer.

Club ride to Paris

In between completing the Paris Roubaix and Loch Ness Sportives, Club Runs Coordinator Dave Wilbor has been busy finalising details of the proposed trip to Paris this September. If you are interested please contact Dave on clubruns@worthingexcelsior.co.uk I've already booked my place!

| WECC - Paris Trip | | | | | |
|---|-----------------------------------|----------------|--------------------|------------------------|------------|
| Proposed Itinerary & Budget Costings | | | Approx Cost | Approx Distance | |
| Date | Detail | Timings | £ | M | K |
| Mon 5th Sept | Ferry to Dieppe from Newhaven | 10.00 | £28.00 | | |
| | Arrive Dieppe | 15.00 | | | |
| | Ride to Gournay-en Bray | 15.30-19.00 | | 46 | 74 |
| | Hotel Gournay-en-Bray | | £40.00 | | |
| Tue 6th Sept | Depart Gournay-en-Bray | 08.00-13.30 | | | |
| | Ride to Paris | | | 63 | 100 |
| | Hotel in Paris | | £40.00 | | |
| Option | <i>Hotel on Paris outskirts</i> | | | | |
| | <i>Afternoon/Evening in Paris</i> | | | | |
| Wed 7th Sept | Sightseeing/Lunch in Paris | | | | |
| | Ride to Gournay-en-Bray | 14.00-19.30 | | 63 | 100 |
| | Hotel Gournay-en-Bray | | £40.00 | | |
| Thur 8th Sept | Ride to Dieppe | 06.00-09.30 | | | |
| | Ferry back to Newhaven | 11.00 | £28.00 | 46 | 74 |
| | Arrive Newhaven | 14.00 | | | |
| | Budget | | £176.00 | 218 | 348 |
| Suggest Allow for Inflation/Price Adjustment | | | £200.00 | | |

Breakfast/Lunch/Dinner/Drinks Not Included

CYCALL

Maureen Lock has recently made a donation of £2300 to the cycling project CYCALL, who are based in Brooklands Park, Worthing. This was the remaining figure from the collection for the Don Lock Memorial. CYCALL is a wonderful idea providing adapted cycles for disabled adults and children or anyone with a health issue which prevents them from accessing cycling. They

were very grateful for the donation as the cost of the equipment they need to use is very high. I recommend viewing their website at <https://cycall.info> and if you felt this was something you'd like to get involved with in some capacity or other, they would love to hear from you.

Tour of the Hills

If you fancy a challenge I can recommend the Tour of the Hills, which is being held on 7th August this year. This is a 115km route and takes in 2,300 metres of steep ascent on 14 major climbs including Box Hill, White Down, Coombe Bottom, Winterfold Hill, Leith Hill and finishing off with the infamous Barhatch Lane. Having previously lived and ridden in Surrey I can attest to the severity of these climbs (well maybe not Box Hill!) and if you like to suffer you could do a lot worse than enter. Details can be found at <https://audax.uk/event-details?eventId=9670>

New Members

A very warm welcome to Emma Kuusela and Alastair Weinberg from Worthing, who are our latest new members.

And finally

If you have anything you'd like included in this newsletter, such as something you wish to sell or an event that needs promoting please let me know and I'll happily include it.

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