



## Newsletter- June 2022

Hi folks,

I can't believe it's already June. If you have set yourself some goal's you want to complete this year (the South Downs Way in a day is one of mine) then now is the time to start getting those plans sorted.

### **Club meeting – June**

The next monthly club meeting/night will take place on Tuesday 7<sup>th</sup> June at the West Worthing Tennis and Squash Club, Titnore Way, Worthing from 7.30pm. A reminder please; one of the Committee will need to sign you in and payment at the bar is by credit or debit card only.

### **Time Trials**

Saturday 11<sup>th</sup> June sees the Club 15 mile Championship being held as part of the SCA 15 event on the G15/92 course, whilst on Sunday 26<sup>th</sup> June the Club 50 mile Championship is being held as part of the SCA 50 event on the G50/10 course. Both of these are 'Open' events so have to be entered in advance through the CTT website but if you are into competing I am sure you are aware of this!

If these events sound too long then Horsham Cycling Club are running an Open 10 on Saturday 18<sup>th</sup> June on the G10/97 course at Steyning. Again you need to enter through the CTT website with entries closing on the 7<sup>th</sup> June.

Meanwhile the Don Lock Evening Series is being run every Thursday evening until 28<sup>th</sup> July and these can be entered 'on the night'. Signing on takes place outside the Washington Recreation

Ground with the first rider being sent off at 7.15pm. You'll need to sign on by 7pm and then there's just the matter of making your way to the start at the top of The Bostal!

### **Last call for the Club Ride to Paris**

There's been plenty of publicity about the planned Club ride to Paris between the 5<sup>th</sup> and 8<sup>th</sup> September but if you haven't yet decided whether to join the fun, it is time to make a decision as our Runs and Touring Coordinator, Dave Wilbor, is finalising numbers now. Contact him on [clubruns@worthingexcelsior.co.uk](mailto:clubruns@worthingexcelsior.co.uk) to book your place.

### **Charity bike ride**

The Arundel Castle Cricket Foundation are organising a cycle ride on Friday 1st July to help raise awareness and funds for their group. The Foundation is a youth education charity delivering projects that engage disadvantaged young people in sports, learning and social experiences. Further information about their work can be found at [www.arundelcastlecricketfoundation.co.uk](http://www.arundelcastlecricketfoundation.co.uk)

The ride will be around a 45 mile circular route, which is described as being perfect for cyclists of all abilities with lunch provided at Noah's Ark in Lurgashall. It starts from Arundel Castle Cricket Ground and winds through the beautiful West Sussex countryside before there is a spectacular final approach within the grounds of Arundel Castle. Further details about the event can be found at <https://www.arundelcastlecricketfoundation.co.uk/events/accf-cycle-2022>

### **National Bike Week**

Cycling UK are promoting National Bike Week this year between the 6<sup>th</sup> and 12<sup>th</sup> of June. They say "the week is all about you and your local community. We want to encourage as many people as possible to get out there and enjoy their community by bike. We want you to dream big and imagine how your community could be improved if everyone in it used their bikes more; together we can make a better world by bike." Further information can be found at <https://www.cyclinguk.org/bikeweek>

### **The Women's Tour**

Presumably a coincidence but the 6<sup>th</sup> to 11<sup>th</sup> June also sees the running of the 2022 UK Women's Tour. Whilst the various stages aren't passing anywhere near us (the finish is in Oxford) I understand highlights will be shown on ITV 4 as well as there being coverage on Eurosport and the GCN network. It's great to see women's cycling be given more coverage, which can only be good for both the sport and cycling in general.

### **National Cycling Show - Birmingham**

The NEC at Birmingham is hosting the National Cycling Show on Saturday 18<sup>th</sup> and Sunday 19<sup>th</sup> June 2022. There's plenty to see and do as can be seen at <https://nationalcyclingshow.com>. I also believe you may still be able to obtain free entry tickets if you do a bit of searching on the internet but don't quote me on that one!

### **New Members**

There are two new members to welcome to the club this month. The first, Kelvin Newman, is actually a rejoining member, so welcome back Kelvin. The second warm welcome is to Emilio Polcaro who has just returned to cycling and is quickly establishing himself as a regular attendee on the Sunday morning Club rides.

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And that's it for this month!

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