



## Newsletter- October 2022

Ladies and Gentleman,

Welcome to the latest WECC newsletter and thank you for taking the time to read it.

### **Annual Dinner and Awards Ceremony**

Hopefully you have all received an email about this event but I'll repeat the information previously circulated by Ian Cheesman, our Social Secretary, here.

*The Annual dinner (incorporating the awards ceremony) will be held at The Fox, Patching at 7 p.m. on Friday 18<sup>th</sup> November 2022. As you would expect with the cost of living rising in all areas the price has increased but WECC will continue to subsidise the tickets and I still think £25 per head for three course meal and coffee is pretty good. Hopefully this won't put people off, but I will be bringing my guitar along again this year!!*

*If you would like to attend then please e-mail ([cheesy12@talktalk.net](mailto:cheesy12@talktalk.net)), text or whatsapp (07931863447) Cheesy no later than Friday 28<sup>th</sup> October 2022 with the following information:*

- *How many tickets you want with names of those attending*
- *Any preferences as to who you would like to sit next to*
- *Meal choices from the menu (**see last page**)*
- *Any food allergies or intolerance's*

*Payment should be either by cheque made payable to Worthing Excelsior Cycling Club or by bank transfer to Ian Cheesman, Barclays Bank, Acc number: 40469645 sort code: 209874 using your name as the reference so I can keep a track of who has paid.*

By the way, if you currently hold any of the club trophies please contact Graeme Gill [chairman@worthingexcelsior.co.uk](mailto:chairman@worthingexcelsior.co.uk) or 01903 531069 to arrange their return in time for the awards ceremony.

## Paris trip

In early September six club members including myself rode to Paris via Newhaven and Dieppe for a four day round trip. The weather gods looked favorably on the group as although much rain was forecast (and indeed we rode through thunder and lightning on the first day) generally we were blessed with warm sunshine. The ride mainly stayed on the Avenue Verte cycle route, encompassing many miles of well surfaced disused railway line with just a few sections of gravel track but even that was still rideable on road tyres. We covered in excess of 250 miles during the ride and although we didn't quite make it to the Eiffel Tower due to time constraints, it was a successful trip enjoyed by all.

Runs and Touring Coordinator, Dave Wilbor, is keen to repeat this trip next year if there is sufficient interest. There'll almost certainly be a few tweaks to enhance the trip, which will probably include an extra day to decrease the daily mileage but I can whole heartily recommend it for those who are interested.



## **European Sportives in 2023**

The ever busy Dave Wilbor, who manages to hold down a full time job as well as organising all the club runs and winning the Audax Cup by a fair mile, is looking to complete three Sportives over successive weeks in April 2023. These are;

1/4/23 Tour of Flanders

8/4/23 Paris Roubaix

15/4/23 Amstel Gold.

The observant amongst you will note these are all linked to Spring Classic races so there is the opportunity to see the 'pros' ride the same roads the day after you have ridden them. If anyone is interested in joining Dave for any or indeed all of these events please contact him at [clubruns@worthingexcelsior.co.uk](mailto:clubruns@worthingexcelsior.co.uk)

## **Tourist Trial**

This year's Tourist Trial will be held on Sunday 30<sup>th</sup> October and not as previously circulated! For those who aren't aware what this is, the event is described as something like a cross between a Treasure hunt, orienteering and a bike ride (see <https://www.worthingexcelsior.co.uk/tourist-trial.html> for more detail)

As well as individual entries, this year it is proposed teams of up to three riders will be allowed with a separate trophy being awarded for each category. Entry is 'on the day' by merely turning up at the start point (which will probably be Ken Newton's house in Wiston) but we'll get an email circulated with final details in due course).

## **Club kit**

Many thanks to all of you who have placed orders for Club kit from our new suppliers Kalas.

I have been informed that the estimated shipping dates are 21/10/22 for the initial order and 4/11/22 for the subsequent one but I'll make contact with everyone who requested items as soon as I receive them.

Going forward if there are any further requests for items please let me know. We only need a total of five items to place an order, which should be reasonably easy to fulfill but I will probably look to have the 'online shop' reopened again for a short period after Christmas so that anything ordered then will be delivered by spring.



### **For sale**

Graeme Gill is selling his Trek E7 Equinox Tri bike. It comes with a San Marco saddle, shimano 105 rear derailleur, Ultegra front shifter, DT Swiss 2.00 wheels, and aerolite tri-bars. It is a 23" frame.

Graeme says it would make an excellent winter training bike and is asking £400. Please call him on 07719924039 to discuss. As he works with children he's not always able to answer but if so please leave a message and he'll get back to you.



If anyone else is having a bit of a clear out and has any cycling equipment that they'd like to sell, please let me know and I'll happily include them in future newsletters.

### **Club nights**

We will continue to hold our club night on the first Tuesday of each month so the October one will be on the 4<sup>th</sup>, which is either tomorrow or today depending on when you receive this newsletter! Until the AGM the meetings will be held at the West Worthing Tennis Club in Titnore Way from 7.30pm onwards.

Associate membership of the Tennis Club is still available to all WECC members free of charge. If you would like more details or to become a member, please contact Ken Newton at [treasurer@worthingexcelsior.co.uk](mailto:treasurer@worthingexcelsior.co.uk)

### **New Members**

And finally a very warm welcome to the following new members;

Jack Hayes-Wolff and Simon Rosam.

Ian Thomas, [secretary@worthingexcelsior.co.uk](mailto:secretary@worthingexcelsior.co.uk)

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## MENU

Goats Cheese and Caramelised Onion Tart

Chicken Liver Pate with Red Onion Chutney and Whole meal Toast

Homemade Potato and Coriander Soup

Prawn, Mango and Crayfish Cocktail with Brown Bread

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Braised Lamb Shank on Mash with Rosemary Sauce

Grilled Skate Wing with Caper and Prawn Butter

Pigeon Breasts with Roasted Shallots, Portabello Mushroom, Pancetta and Red Wine Sauce

Pork Fillet Wrapped in Parma Ham Baked in Puff Pastry with Piquant Sauce

Mediterranean Vegetable Lasagne

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New or Dauphinoise Potatoes

Selection of Fresh Vegetables

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Lemon Tart with Raspberries

Apple and Blackberry Crumble with Custard

Banoffee Pie

White Chocolate and Blueberry Crème Brulee

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Coffee and Mints

£25.00 per person (Inc. Gratuity)