



Newsletter- January 2023

Ladies and gentlemen,

Welcome to 2023. Now that the Christmas and New Year celebrations are behind us it's time to again start building fitness for whatever aspect of cycling you partake in.

Annual subscriptions

Firstly a quick reminder, that your membership needs renewing as of the 1st January. This can be done via the website but if you encounter any difficulties I am sure Mick Irons can assist you. Contact him via membership@worthingexcelsior.co.uk

Annual General Meeting

I am pleased to confirm that our AGM will be held from 8pm on Tuesday 21st February at the West Worthing Tennis Club in Titnore Lane. Tea and coffee will be provided or you can purchase a tipple of your choice at the bar.

I'll circulate an agenda and further details in due course but please bear in mind that AGM's are an opportunity for members to raise matters about the running and organisation of the club. If you have anything that you would like discussed please do let me know so that it can be added to the agenda.

All the current Committee members are willing to serve for another year but there are vacancies on the Committee for a Road and Track Secretary, a Press Secretary and for two general Committee members. Whilst in reality the first two posts probably don't really need filling, those of 'General Committee member' is an ideal an opportunity to see and give an input into the way the club is run. The Committee only meet for a few hours every couple of months so the task isn't unduly time consuming but it will give you a great deal of satisfaction being involved in helping to run the club. Please let me know if you are interested or would like further details.

Club kit

The on-line shop to purchase WECC cycling kit from Kalas is again open and will remain so until 29th January. Go to <https://myshop.kalaswear.eu/WorthingExcelsior> and use the password we321 to see what is available and their cost. If you have any specific requests or encounter any difficulties please let me know. Delivery will be about 6 weeks after the shop closes and will be to my home address to save on costs. The size guide on the website is pretty accurate from experience but if you are between sizes I would recommend going one size up. I do have some short sleeved jerseys in the three most popular sizes (3, 4 and 5) which you are welcome to try on if it assists.

Club runs

I am indebted to Dave Wilbor, our Runs and Touring Secretary, for the following;

With a little time on my hands over the Christmas Break, I thought it would be interesting to put the achievements of our Sunday Morning Club Rides into perspective, for publication in the next Newsletter.

A number of assertions and estimates have been used in the following figures, which inevitably means that they are always open to debate and forensic investigation by someone, but I'm sticking by my numbers. As an example of where I've arrived at these numbers I used an average distance for each person attending the Sunday Morning Rides as 47.5 miles. Why? - well it's midway between 45 and 50 miles and sounds about right!

With the foregoing information in mind I can confirm that the Sunday Morning Club Rides comprised 685 individual 'sorties' or attendees between Early October 2021 and Late September 2022, which equates to around 32,537 miles in total. We could have cycled 1.3 times around the Equator!

More realistically, if we were to start from Worthing Pier, this means that one of us could have cycled to London Bridge and Back around 266 times; to Edinburgh Castle and Back approximately 34 times; Paris and Back around 80 times.

To put it another way we could have completed 18 journeys to Moscow, almost 4 trips to Cape Town in South Africa via France & Spain, and 39 trips between Lands End and John O'Groats.

There were 3 occasions when we had 21 attendees at the Coffee Stop which is amazing; but on the 31st October 2021 only 2 of us turned-up on an extremely wet and miserable Sunday morning (Thanks for your company Graeme!).

The most popular venues for our Coffee Stops were Amberley Tea Rooms and Whispers Cafe with 4 visits each, and throughout the year we've consumed around 243 pints of Tea or Coffee.

Unfortunately I don't have any information on the weight of flapjacks or walnut & coffee cakes consumed!

France 2023

Dave is again looking into the possibility of organising another riding trip abroad this year and has asked for the following notes and draft to be circulated in the first instance.

- Paris - or some other venue of equal distance.
- More than 4 days - but maybe not 6.
- Time of year - Ideally earlier than 2022 (which was early September) to provide more daylight cycling time and hopefully better weather.
- Consider overnight Ferry - either direction.
- Bike-Packing with Tents? - much cheaper option, but not as comfy!

WECC					
London to Paris Trip 2023					
		Monday	Miles	Approx Cycling Time	Budget Cost
Day 1	Depart Worthing Pier	06.30			
	Arrive Newhaven	08.30	20	2	
	Depart Newhaven (Ferry)	10.30			£23.00
	Arrive Dieppe (Ferry)	15.30			
	Depart Dieppe	16.00			
	Arrive Forges Les Eaux	19.00	32	3	£60.00
Day 2	Depart Forges Les Eaux	09.00			
	Arrive Cergy	15.00	54	5	£60.00
Day 3	Depart Cergy	09.00			
	Arrive Paris	12.00	21	2	£60.00
	Afternoon in Paris	00.00			
Day 4	Depart Paris	10.00			
	Arrive Gisor	16.00	45	5	£60.00
Day 5	Depart Gisor	09.00			
	Arrive Forges Les Eaux	13.00	30	3	£60.00
Day 6	Depart Forges Les Eaux	06.30			
	Arrive Dieppe	09.30	32	3	
	Depart Dieppe (Ferry)	12.00			£23.00
	Arrive Newhaven (Ferry)	15.00			
	Depart Newhaven	15.30			
	Arrive Worthing Pier	17.30	20	2	
			254	25	£346.00

If you have any thoughts about this or would like to express an interest in participating please contact Dave at clubruns@worthingexcelsior.co.uk or collar him on one of the Sunday morning rides.

Eastbourne 2023

It's not too late to book your place on the Club's annual ride to Eastbourne and back on the 25th and 26 February. All you need to do is ring the Langham Hotel on 01323 731451 and book yourself one of the rooms that have been reserved for Worthing Excelsior members. The cost is a mere £60, which includes a great evening meal, a large breakfast and secure indoor cycle storage. Please let Dave know once you are booked.

And that's about it for another month other than to say that I hope to see you at the AGM,

Safe riding,

Ian Thomas, secretary@worthingexcelsior.co.uk