



## Newsletter- April 2023

Ladies and Gentleman

### **John Grant**

Unfortunately I must start this newsletter with sad news; that being the recent passing of Life Member and Club Historian, John Grant. I didn't know John personally but I had been exchanging emails with him recently about the archives he had created in respect of the Club's history and indeed cycling in general locally.

John's funeral took place at Worthing Crematorium on 23<sup>rd</sup> March with the Club being represented by Adrian and Anthony Palmer. Donations in memory of John can be made to the Chestnut Tree House Children's Hospice via <https://john-dennis-grant.muchloved.com>

### **Time Trials**

The first Time Trials of 2023 have been run including our two early season events; the Ashurst Circuit and the Handicap 10. Karl Robertson continued where he left off last year by winning the Ashurst event, whilst setting a new course record in doing so. The Handicap 10 was won by new member Matt Chapman, who I believe was competing in his first ever Time Trial. If that was me I think I would retire whilst undefeated! Karl won the 'scratch' category but what about junior rider Luke Goodwill who represents Backstedt Performance JRT? He recorded an incredible time of 20.57, which was only 3 seconds off the fastest time of the day and must surely be a name to watch out for in the future.

There is now a gap until the 11<sup>th</sup> May when the Club's 25 mile event forms part of the SCA 25.

### **Don Lock Evening Time Trial Series**

Thursday 7<sup>th</sup> May sees the start of our popular Don Lock Evening Time Trial series for which assistance is still being sought to help run this and the following eleven events. You only need to help out at one or

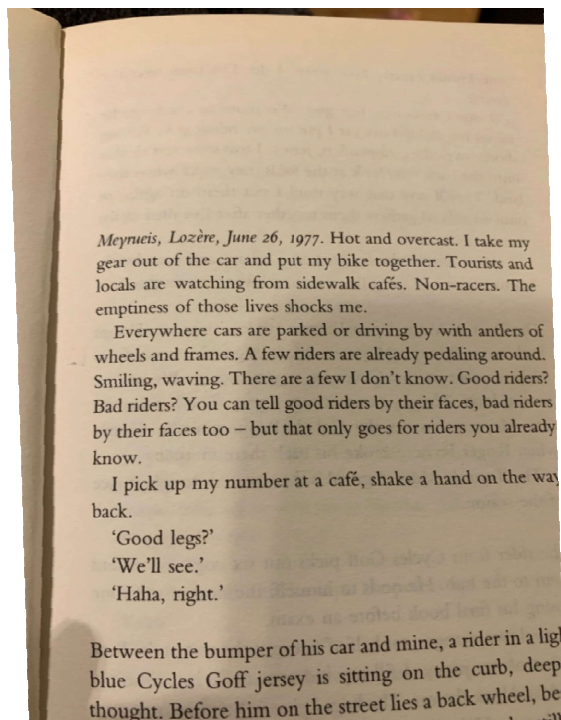
two but organiser Ian Cheesman would be delighted to hear from you if you can assist. Contact him on [clubevents@worthingexcelsior.co.uk](mailto:clubevents@worthingexcelsior.co.uk)

### **Reliability Trial**

Many thanks to Tony Palmer, who with assistance from his brother Adrian, organized this year's Reliability Trial on the 26<sup>th</sup> March. A very wet morning no doubt deterred all but the hardy from competing, in what proved quite a challenging ride.....at least for me, who suffered like the proverbial dog!

### **The Rider**

Ken Newton has reminded me about an excellent book, 'The Rider' by Dutch author Tim Krabbe. Although published in 1978, it probably still resonates now and I can certainly recommend it as a worthy read. Below is a brief extract to give you a flavour.



### **April Club night**

This month's club night is tomorrow, Tuesday 4<sup>th</sup> April at the West Worthing Tennis Club from about 7.30 onwards. All are welcome.

### **Club funds**

You may well be aware that we are in a very healthy financial position and indeed I might go as far to say, have probably got more money than we need for the future running of the Club. At

the AGM it was agreed we should look to see if there are any way's that members could benefit from this position, for instance by subsidising (or continuing to subsidise) events such as the Annual Dinner and Awards Ceremony. To this end if you do have any suggestions I would be very grateful to hear them and will ensure they are discussed when the Committee next meet.

One suggestion that might interest someone is coaching courses such as those offered by British Cycling. If there is a potential benefit for the Club I think there is a good chance that any requests for financial assistance towards completing one of these would be looked on favourably.

<https://www.britishcycling.org.uk/education>

### **Sunday Club rides**

Our Sunday Club rides continue to be well supported and are now supplemented by a 'faster' group thanks to Dominic Maxwell. This group generally starts a little earlier, ride further (as well as faster) but will usually stop for 'elevenses' at the same place as the other groups. Linked to the Sunday Club rides is a WhatsApp group where information and photos are exchanged. If you would like adding to this group, please let me.

### **The Cycling Show**

The UK's biggest cycling show is being held at Alexandra Palace in North London between 21<sup>st</sup> and 23<sup>rd</sup> April where all aspects of our sport will be on show. Further information, including the option to book tickets, can be found at,

<https://www.cycleshow.co.uk>

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As ever, thank you for reading this and if there is anything you would like included in a future newsletter please do let me know.

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