



Newsletter- May 2023

Ladies and Gentlemen,

It's May, it's still raining and we seem to be moving to a four day week judging by the number of Bank Holiday's there are this month!

Time Trials - Don Lock Evening 10 series.

Our Evening 10 series kicks off this coming Thursday, the 11th May and despite what you may have read elsewhere, I am pleased to announce that entry for any full Worthing Excelsior member is now totally free of charge! This will apply for the whole series and also for the Hill Climb series that follows on. Signing on closes at 7pm, with the first rider away at 7.15pm.

Revised General and Racing Rules.

The Committee has approved a revised version of the club's General and Racing rules, which is now a combined single document. A copy is available to read on the 'Racing' page of the website. There are actually very few changes; the most important being that all riders participating on a Club run or event will be expected to wear a helmet. Previously this only applied to Junior or Juvenile members but without wishing to restrict an individual's freedom of choice, the Committee feel safety must come first. There may be mixed opinions as to how much protection a helmet will afford in a serious incident but one thing is for sure, wearing one won't be detrimental to your health!

Club funds

I mentioned in last month's newsletter that the Committee was looking at ways we can give something back to the membership. Thank you to those that have responded with ideas and I am pleased to say the Committee have agreed a number of things, the first being free entry to club run Time Trials for full members as reported above. We are also looking to subsidise the purchase of club kit (but see below) and events such as our Annual Dinner and Prize Giving

Night and the Club rides to Eastbourne and Isle of Wight. The Committee will also consider making a donation to any full member who represents us whilst competing in club colours at any National event. They are also open to any proposals from full members who wish help in obtaining qualifications to coach or otherwise teach cycling skills providing there is a clear commitment to help the club benefit from such activity.

Club Kit

The Committee has agreed to a suggestion that we should consider redesigning the club kit, whilst retaining the main colour scheme. It is anticipated that a small group will be formed who will come up with one or two designs that can then be considered alongside the existing version for a decision as to what we use going forward. If you are interested in being involved in this process or alternatively if you know anyone with design skills who can provide assistance please let me know.

Club nights

Now that we are established at the West Worthing Tennis Club we are looking for ideas that might boost attendance on our Club nights there. This might include laying on demonstrations, such as bike maintenance or could include something like a film night? All ideas will be gratefully received.

The Worthing Wheel

I mentioned last month the sad passing of Life Member John Grant. I have now collected from his family various items of cycling material that includes two boxes containing copies of the Worthing Wheel. Not every issue is present but if anyone wishes to have these please let me know and I'll happily deliver them to you. In addition I have a number of books, DVD's and other odd items of cycling memorabilia that his family asked be offered to the membership. I'll create a list of these in due course and get it circulated via email.

Tour of the Hills Audax

If you like challenges then I think the Tour of the Hill Audax, run by the West Surrey Cycling Club, could well be one for you. Featuring 14 major climbs including Box Hill, White Down, Coombe Bottom, Winterfold Hill, Leith Hill and finishing off with the infamous Barhatch Lane you'll certainly have your work cut out to finish this event, which takes place on Sunday 6th August. Entry is via, https://www.audax.uk/event-details/10410-tour_of_the_hills

Majorca anyone?

Are you considering a riding holiday in Majorca? With a nice climate, particularly for a Spring or Autumn trip, good roads and iconic climbs such as Sol Calobra and Cap Formentor, what's not to like and member Stephen O'Donnell reports he has found a new/good bike shop in Port de Pollenca if you are looking to hire a bike instead of trusting a budget airline with your pride and joy.

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SINTESI FLU TT
Components Sram Red AXS 1x12 Aero powermeter Sram Red included
Fulcrum wheels Wind 75mm tubeless ready
3D printed aero cockpit

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Fulcrum wheels Airbeat 40mm tubeless ready
Aero cockpit handlebars

New Members

A very warm welcome to new members; James Amy, Jack Burnham and Paul Fielder.

Giro d'Italia 2023

Today sees not only the Coronation of King Charles III but also the start of the first major tour of 2023, the Giro d'Italia, featuring the likes of Geraint Thomas and Mark Cavendish. There's

apparently three Time Trials and particularly in the last week, lots of climbs, before the event finishes on the 28th May.

Punctures

I sat at home a couple of weeks ago after another wet club run repairing a number of punctured inner tubes that I had been amassing. I couldn't help but notice that each one had already been repaired at least once, which made me ask myself, how many times can you patch a tube before binning it? Put another way, who's repaired a tube the most number of times? Who knows perhaps we'll award a trophy to the winner?

Until next time,

Ian Thomas, secretary@worthingexcelsior.co.uk