



Newsletter- September 2023

Ladies and Gentlemen

Summer is nearly over, or in fact may already be if you prefer the Meteorological calendar over the Astronomical one, but the irony is that next week's forecast is dry and warm; even reaching nearly 30 degrees in some places. That won't include where I'll be for the next three weeks as it's apparently never sunny in Manchester, or so I am told! It should however be bright on the Isle of Wight for the annual club ride around the island on Sunday although sadly, due to having to travel 'up north', I'll miss the trip but hopefully a good time will be had by all who can make it.

Club night

This Tuesday, the 5th of September, sees our monthly club night being held at the West Worthing Tennis Club from 19.00 onwards. Please feel free to come along; there's a Committee meeting starting at 7.30 so you definitely won't be alone.

Tourist Trial

The Annual Tourist Trial was held last Sunday and a small but keen number of members turned up to take part. For once the weather was good and Ken's devious off road sections were actually rideable for a change. Many thanks to Ken and Adrian Palmer for running the event and an even bigger thanks to Mrs Ken for her fantastic display of homemade cakes. Modesty prevents me saying who partnered Richard Hine in the winning team for the 2nd year running but they were overshadowed by Phil Frean who won the individual event for the third year on the trot.

Club run Sunday 10th September

A quick reminder that the club run on Sunday 10th September will start from West Worthing Tennis Club as an alternative to our usual meeting places of Washington and Arundel. The

meeting up time remains the same and we'll roll out at 9.10 sharp. If you use Strava the anticipated route can be found at <https://www.strava.com/routes/3117220394243569720> with 'elevenses' being taken at the Wildflour Café in Saddlescombe Farm near to Devils Dyke.

UCI World Championships

I mentioned last month that Paul Townsley was competing in the UCI World Championships in Glasgow and I am now really pleased to report that he finished 6th in his age group in the Medio Fondo event, which is an incredible achievement. Congratulations Paul.

Cycling UK - new long distance cycle route.

Cycling UK, who were formerly known as the CTC, do a fantastic amount of work in publicising general cycling matters but they are also involved in developing long distance cycle routes around the country. Their latest is also their first in Wales and is called Traws Eryri. Full details can be found by following this link;

https://www.cyclinguk.org/traws-eryri-0#msdynttrid=XI0YIUj5K6UqB7gHgbwWjntXalxT_CQEK376WOTfjk

It is basically it's a 122 mile, mainly off road route, across North Wales that will take you about 3-4 days to complete. A mountain bike is recommended although it can (and I am sure will) be ridden on a gravel bike. I know Dom Maxwell and a couple of other members have already pencilled in a date to do this ride and they welcome others joining them. It certainly looks like an epic!

Time Trials

The CTT London South District, of which our very own Ian Cheesman is Secretary, is holding its AGM on Saturday 7th October at St Pauls Methodist Church, Northfield, Crawley, although delegates can also attend remotely using Microsoft Teams. If you are interested in participating please speak with Ian beforehand.

Ride London 2024

Ride London (or as it's officially known, Ford Ride London-Essex) is being held on the 26th May 2024 and you can now register your interest in taking part via

<https://www.ridelondon.co.uk/enter/how-to-enter>

General entry to the 100 mile event costs £99 (whilst a VIP package is £275!) but there are also rides of 30 and 60 miles along with a free to enter traffic free route around central London. The

Sunday is also the final day of a three stage UCI Women's World Tour race called the Classique, the first two days of which take place around Essex with the last stage ending in London.

And finally, although it is still a long well off, the club will almost certainly be looking for new Committee members at our 2024 AGM. Further information will follow in due course but if you are a dab hand on social media we'd certainly like to welcome you on board!

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