



Newsletter- November 2023

Ladies and Gentlemen

The clocks have gone back and we are being battered by weekly storms; welcome to winter!

Ex member Mike Gibbs

Tony Palmer reports the following sad news;

I have received news today of the death of former member Mike Gibbs, he passed away in Norwich Hospital earlier this week, he was 88 years old.

Mike had been an active member of the club during the 70's, 80's and 90's competing in many time trials throughout the area and supporting the club events. He was successful in maintaining good rides whilst competing in Vets events, he had 'beaten the hour' whilst a vet himself. Mike's son Stuart (also a club member), competed with him on the tandem. Many members had also partnered him on his tandem in competitive events.

A supporter of the winter club rides, his good humour and joyful banter made the hard rides more enjoyable.

Mike fulfilled the role of committee chairman for a number of years and had also been a club timekeeper.

He retired to Norfolk where he joined the CC Breckland club. He was a good man, condolences to his wife, Linda and his family

Cyclocross

Many thanks also to Karen McGrath for the following submission.

The cyclocross season is well under way and the dry hard courses of early season have given

way to more muddy conditions. Whilst Pidcock, Van Aert and Van der Poel have yet to start their cross seasons, the action is hotting up for us.

John and I mainly race in the London SE league, but this year we're travelling further afield to the National Trophy races. This is a series of 6 races at far flung corners of the country where the best young riders come to battle it out and compete for podiums and potential selection to step up to international level.

Veteran riders get their own races, and the competition is no less fierce for the coveted series leader jerseys. With half the races completed, John is currently in top spot in the Vet 60s race with two firsts and a third. He's looking strong and in good form and building experience ahead of the Masters World Champs in Germany next month (already 80 entries in the Vet 60-65 category) and then the British Nationals in Scotland in January.

My main role at these races is being his pit crew, armed and dangerous with the jet wash gun, trying to keep up with smooth bike switches and then washing off the worst of the mud before he next comes into the pits. Five bike changes a race is pretty much the going rate for a muddy race!

I've also raced two of the trophy races in the women's V60 category. Fields for vet women are a lot smaller and gives me the luxury of pretty much riding around on my own and taking the opportunity to practice my skills (or more accurately lack of skills) on the steep banks, muddy off cambers and whatever other obstacles the course designer cares to throw in. I did get on the podium at the Derby race – but to be fair all I had to do was get round and finish!

If you've not already found it, there's plenty of cross to watch on GCN.



Replacement Club kit

Hopefully you will have seen the email circulated on behalf of Phil Freaan concerning the proposed replacement club kit. I won't repeat what's already been said except to give a reminder that between 7 and 8.30 pm on Wednesday 8th November, you have the opportunity to try out the sizing of Castelli clothing at the West Worthing Tennis Club. If you don't have a membership card to access the club please ring 07906 465662 on your arrival and someone will let you in.

Turbo training

The benefits of 'turbo training' really come to the fore now that the first of the bad weather is upon us. Thankfully due to the rapid development of technology this is no longer the tedious discipline that it was in days past and, dare I say, it can actually be great fun now. One of the upcoming players in the 'turbo' industry is called 'Rouvy' and I can certainly recommend giving their 14 day free trial a go if you are looking for a programme to use. They offer virtual routes on real roads, events to suit all abilities and training workouts to hone your fitness, all without leaving the comfort of your home or requiring you to deep clean your pride and joy after a ride. Even better they now offer some exceptional subscription deals, which you can see at <https://support.rouvy.com/hc/en-us/articles/360018763858-NEW-ROUVY-Subscription-Plans> . I have joined up with four friends for their 'group' plan and it cost me less than a fiver a month, which is less than I spend on a single Sunday club ride!

Membership renewal

I know it's only November but I thought it was worth mentioning now that your current membership doesn't expire until the 28th February 2024 as a result of the Constitution being amended at our last AGM.

Don't forget to fit those mudguards!

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