



# Newsletter- February 2024

Ladies and Gentlemen

Its **AGM** time and hopefully you will already have received an email with all the details about this year's event? I won't labour the point but briefly the AGM is to be held at the West Worthing Tennis Club on Wednesday 28<sup>th</sup> April starting at 7.30pm. As we wish to lay on tea, coffee and biscuits it would be useful if those intending to attend let me know by Wednesday 21<sup>st</sup> please. Please also let me know if you want to offer your apologies for being unable to attend. Finally there are places available for anyone interested in joining the committee and applications are particularly welcome from female members so that their views can be represented to.

## Time Trials (1)

Our first two events for 2024 are fast approaching and whilst I believe there are enough volunteers to run them some more riders are always welcome. On Sunday 10<sup>th</sup> March there is the Ashurst 16 mile circuit event and the following week on the 17<sup>th</sup> is the Club Handicap 10. Both start at Washington at 8am and can be entered on the day but if you want a handicap time for the latter event you do need to let Ian Cheesman know that you are entering by 20.00 hours on Tuesday 12<sup>th</sup> March 2024 via [clubevents@worthingexcelsior.co.uk](mailto:clubevents@worthingexcelsior.co.uk)

## Time Trials (2)

The East Sussex Cycling Association has published the following list of Open events that they are running this year. Entry for each is through the CTT website.

- 10 March Sunday ESCA Hard Riders TT
- 20 April Saturday ESCA 10 mile TT
- 21 April Sunday ESCA 25 mile TT
- 28 April Sunday ESCA Reliability Trial 50 miles HQ Ardingly
- 16 June Sunday ESCA 50 mile TT
- 14 July Sunday Southern Counties CU 100 mile TT

7 September Saturday ESCA 10 mile TT  
8 September Sunday ESCA 25 mile TT  
12 October Saturday am ESCA Hill Climb on Firle Beacon  
12 October Saturday pm Beachy Head Butts Brow Hill Climb

### **Time Trials (3)**

If competing doesn't interest you there are a couple of opportunities to be involved in running the sport. The CTT London South District Committee have vacancies whilst the CTT themselves are looking to create a 'Rules Council' to oversee the rules and regulations pertaining to the sport. In either instance please contact Ian Cheesman at [gensec@londonsouthdc.org.uk](mailto:gensec@londonsouthdc.org.uk) if you are interested.

### **Winter Warmer**

If you aren't intending to do the annual Eastbourne trip this year then you may want to consider entering the return of the Winter Warmer Audax. Representatives of WECC ran this event for many years and now Brighton Excelsior has taken over the reins. The start (and finish) of this 100km ride is at Dial Post Village Hall on Saturday 24<sup>th</sup> February at 9am. Entry is via the Audax UK website [https://www.audax.uk/event-details/10721-the\\_winter\\_warmer](https://www.audax.uk/event-details/10721-the_winter_warmer)

### **Worthing to Paris 2024**

If you were thinking of joining the club outing to Paris via the ferry from Newhaven I am afraid you have missed the boat! Accommodation has now been booked for those who did indicate they wished to attend although I guess if you were willing to make your own arrangements Dave Wilbor could supply you details of where we'll be staying and when. It could also be worth noting your interest with him in case of any cancellations?

### **Cyclocross**

I always welcome contributions from members for the newsletters and I am very grateful for Karen McGarth's update about her and husband John's season.

*As the days start to lengthen, so the cyclocross season draws to a close. And what a season it's been; new challenges, muddy fun, plenty of travelling and – oh and a World Champion in the family.*

*This year, as well as competing in the London and SE league, we expanded our horizons to take part in the National Trophy races, the National Championships and, of course, the Masters Worlds in Hamburg.*

### **National Trophy and National Champs**

*The National Trophy is a series of six cross races around the country. It's the highest level of domestic competition and attract the very best riders. For elite and aspiring juniors it's a*

*chance to collect UCI points, and for us oldies an opportunity to race in different parts of the country, on different courses and usually with some pretty challenging sections.*

*John quickly established himself as a leading contender for the Trophy series in the 60+ age group and had the honour of wearing the leaders blue jersey for three of the races. He had a close battle with Welshman Grant Johnson throughout the series and it culminated in a showdown at the final race of the series in Bradford. Disappointingly for John, Grant pulled clear and stayed ahead, meaning John had to settle for second place, and silver medal in the series.*

*For me, Trophy races have been about getting more experience. There are not many Vet 60 women racing; the most in one race was six and three is more usual. As the older age group, we start at the back of the grid and that's pretty much where I stay. My challenge is to get around the courses, and It's a big bonus if I can finish ahead of one or two. But perseverance counts and I was pleased to finish the series with a silver medal.*

*The Nationals this year were in Falkirk in Scotland. With sub zero temperatures forecast, it was a case of packing plenty of thermals – and making sure we had enough gas in the camper to get us through the weekend.*

*The course was set in the beautiful grounds of Callendar house, with plenty of challenging banks and (for me) scary descents. It was exciting to watch the elite races and see local hero Cam Mason take victory from Thomas Mein, and then Anna Kay win the women's' race. They made it all look so easy.*

*The male vets saw action on Saturday afternoon and it was a course that suited John well, he was unfortunate to get caught in a crash off the start and by the time he'd recovered his bike and got going again the leaders were already well ahead. He fought through the field and had to be content with 3rd place and the bronze medal. Although I'd entered the women vets race I felt the course was beyond my skill level so ducked out, with a promise to myself to improve for next year.*

### **Masters Worlds**

*The highlight of the season was undoubtedly our trip to Hamburg for the World Masters cyclocross. We arrived to a beautiful wintry scene, with snow covering the Volkspark, and more forecast overnight. Having not raced on snow and ice before, it was a whole new experience and we were glad of the practice session to start to get a feel for it.*

*Having finished third last year, John was hoping for another podium, but knew it was going to be a tough race against reigning champion Armin Raibal of Germany and Ron Veeke from the Netherlands. In the Worlds, gridding positions are drawn at random, and John was on the third row, with Raibal and Veeke both on the front row. However, by the first corner the three contenders were together in a group of 5, which quickly established a gap.*

*For the first four laps, the lead rotated between the group, but John finally broke free for the last two laps and crossed the line arms aloft, the new V60 World Champion.*

*Me, well I was delighted to get around the course in one piece, and thoroughly enjoyed the experience and being part of the event. CX is such a welcoming and friendly group and we know we'll be back next year not just so John can defend his rainbow jersey, but to continue to be part of the amazing community.*

### **League Races**

*When not travelling, we've also competed in some of the London and South East CX league races. These are real family events, with races for everyone, from kids as young as five up to us oldies. As well as being a lot of fun, they are also very competitive and for those not at the sharp end, there are plenty of races within the race.*

*John's wrapped up the Vet 60 league with a perfect score of 6 wins out of 6 to count. As I write I'm in equal second in the V60 women with Clare from Brighton – so everything to play for in the final race at Brighton this weekend.*

### **Club night**

This coming Tuesday (6<sup>th</sup>), being the first Tuesday of the month it will again be 'club night' at the West Worthing Tennis Club. I mentioned in my report for the AGM that there hasn't been a great uptake of member's attending these evenings and maybe a decision will need to be taken as to whether they continue going forward? Love it or lose it, the choice is yours.

### **Membership Fees**

Your membership falls due for renewal from the 1<sup>st</sup> March but as the Committee is not proposing to increase fees from last year's, you are welcome to rejoin anytime from now. Please bear in mind though that your membership will automatically expire if you don't renew by the 1<sup>st</sup> April.

### **Reliability Trial**

The date of this year's Reliability Trial has now been moved from its original published one to avoid the Easter weekend. The new date for this event will be Sunday 24<sup>th</sup> March when Tony and Adrian Palmer will, I am sure, again present us a challenging course to complete within a set time. There's no hanging around at the coffee stop on this one!

### **Social media**

Thanks to Ali, our new Webmaster, the Club now has an Instagram account to go with our social media presence, details of which are;

Instagram

@worthingexcelsiorcc

<https://www.instagram.com/worthingexcelsiorcc/>

Whatsapp

<https://chat.whatsapp.com/HHfRXtsQgmIK2UV1u8UwQj>

Facebook

<https://www.facebook.com/groups/1701563490091509>

Strava

<https://www.strava.com/clubs/worthing-excelsior-cycling-club>

Ali is also looking to create some member bios to help promote the club, the type of rides we do and cyclists we have in the club. This is open to everyone, not just those racing. We're keen to capture a broad spectrum of our membership.

If anyone is interested please drop him an email with a bit of a write up along with a photo/s. [alastairweinberg@gmail.com](mailto:alastairweinberg@gmail.com),

Some example questions you could answer:

- What do you love about cycling
- why do you cycle
- what disciplines are you interested in
- How long have you been cycling
- how long have you been a member
- What you love about WECC
- Highlight from last season
- What you're most looking forward to this season
- Any key events or goals you're working towards this year / generally

### **And Finally**

Many thanks to Ken Newton for the following, which is an extract from Geraint Thomas' book, 'Great rides according to G' that Ken thinks (and I agree entirely) describes perfectly why we ride bikes;

*You never feel worse after a bike ride. Someone posted this out to me the other day and its true, isn't it? It may have been sunny. You may have got soaked. You could be on a familiar loop or new roads far from home. You might have smashed out some efforts in pursuit of a new goal or better time, or just cruised along, chatting to a couple of friends, stopping half way round for coffee. It doesn't really matter. When you get home again, something has changed in your day. You've sucked in fresh air. You've escaped the same old four walls. You've felt the wind on your face and maybe the rain or sleet too, but you've felt something – blood pumping, legs moving, the road slipping past underneath your wheels. You've achieved something, no matter what else might be going on. You might be hungry and tired and damp. You might not have gone as far as*

*you had hoped or got there as fast as you would have liked, but you've still done it. You've still escaped. You feel different to how you did before.*

Hope to see you at the AGM?

Ian Thomas [secretary@worthingexcelsior.co.uk](mailto:secretary@worthingexcelsior.co.uk)