

WORTHING EXCELSIOR CYCLING CLUB
CLUB RUNS LIST.
26th September 2021 ~ ~ ~ 28th November 2021

All club runs depart from Washington Village Green (W) or the Clubroom at Broadwater Green (B) or the west side of Arundel Town river bridge(A) at 9a.m. (9.10a.m. latest) unless otherwise stated.

You should register your attendance with the Club Runs Secretary. Tony Palmer(01273 558597 or 07790 791669), or Mike Irons(01903 240280) to enable you to be included in the Annual Club Runs Attendance Points Trophy Competition, running from 1st October to 30th September in each year.

Points are awarded as follows:-

2 points if you start with the run and complete the run with the club group.

1 point if you proceed independently but attend elevenses

3 points if you are out all day on a Club touring activity i.e. Audax, Sportive or specially arranged runs. For details see either the Website, Notice Board or e-mail circulation.

Final decision is with the Runs Committee!

The Runs list is available to all members via the Club Website and the Club Notice Board.

If you feel that the runs are "too fast" or "too slow" we have 3 groups that leave the start point at the same time and meet up at the elevenses venue. The groups are "Easy", "Regular" or "Training". Same start time and elevenses venue but different routes. Alternatively, you can make your own way to elevenses.

We usually home between 12.30 and 1.00pm and the distance including the ride from Worthing will be about 40-50 miles.

There are car parking spaces at Washington Village.

We have included notes of events where club members may be involved in so that it might be possible to do both or give competitors some support before coming to the elevenses venue.

Runs Committee members are not always able to attend, so on those occasions make your own route, again to suit those present and not forgetting to report your attendance.

Those people who are unfamiliar with riding in a group should familiarize themselves with the Clubs Group Riding Etiquette procedure, available on the website or the Club Notice Board.

Date	Elevenses Venue	Start Point
Sun 26 th Sept.	Aldingbourne Country Centre.Blackmill Lane. On North side of A27, approx. 1 mile West of Fontwell Racrcourse roundabout	A
Sun. 3 rd Oct.	Whispers Café, Billingshurst. Café located in car park behind Sainsburys Supermarket	W
Sun 10 th Oct.	Amberley Riverside Tearooms, On B2139,alongside Rive Arun, north of riverbridge	W
Sun. 17 th Oct.	Tourist Trial. Start/Finish at Ken Newton's house, 6a, Ho;e Street, Wiston BN44 3DH at 9.00am. Additional details of event sent to membership via separate e-mail circulation.	
Sun. 24 Oct.	Boat House Café, Felpham. Blakes Road, Felpham	A
Sun. 31 st Oct	Wyevale Garden Centre, Pulborough.On A283, 1 mile west of Pulborough	W
Sun. 7 th Nov	Nocutts Garden Centre, Ditchling. On B2112, approx.. 1.5 miles North of village centre	W
Sun. 14 th Nov.	Newbridge Garden Centre, Broadbridge Heath. On A264, at roundabout South West of Broadbridge Heath	W
Sun. 21 st Nov	Pagham Beach Café, Beach Road, Pagham. PO21 4SX	A
Sun. 28 th Nov	Sumner Ponds, Barns Green. ½ mile North of level crossing	W

Although the above listed premises are open there are limited facilities, you may be required to eat/drink outside, make use of the necessary hand cleaning requirements and possibly no toilets. Menus are going to be limited. Some premises will only accept card payment, so be prepared. You must always be prepared to 'mask up' when appropriate.

Cycling UK also recommends that all affiliated groups should have a 'Volunteer Covid Officer'. For the purposes of this, each group leader will be the responsible person reporting to the Club Runs Secretary, acting as "Volunteer Covid Officer" Tony Palmer. (07790791669 or tony.wecc@virginmedia.com}

If you're unwell after a ride, again you must let the Club Runs Sec. know so that he can warn others in the group that they may have to self-isolate. The leader of each group of six will take a note of who is in that group so make sure that he/she has your name so that, if a member of your group does get the virus, you can be informed. Make sure the Runs leader does have your details - and that includes 'Guest' riders.

You must also be prepared to fix your own punctures/mechanicals. Don't rely on others to help you at this time. It's not fair on you and it's not fair on the others.

Perhaps you should consider what plans YOU have in place should YOU need to have someone recover you either because you're unwell or have a mechanical.