

22ND MAR. 74.

## PROMOTION SUCCESSIONS FOR RAY

RAY DOUGLASS, of Worthing Excelsior Cycling Club, was in action at the weekend both as the event secretary for the Sussex Cyclists' Association 25 and 10 mile races and also as a competitor in the former.

It was as event secretary that Ray had most success for the two promotions went off smoothly and were a credit to the association.

Ray has not yet found his best form and his ride was not to the same standard. Worthing were not, however, without success, for George Matthews, riding his first time trial of the season, destroyed the opposition, many of whom were time trial specialists, completing the 25 miles event in the face of gale force winds and in the remarkably fast time of 1 hour 2 minutes 55 seconds.

## SECOND

Derek Pearce, Worthing's junior champion in 1973, recorded 1.7.27, and Don Lock 1.8.37. These three comprised the Worthing club's team but their aggregate was not quite good enough for the team award and in this they had to be content with second place, behind Central Sussex CC and just ahead of the Brighton Mitre Club.

Other Worthing times in the 25 were: Richard Shipton 1.10.26, Colin Miller 1.10.29, Pete Reeves 1.14.01, Tony Rotherham 1.14.08 and Ray Douglass 1.19.10.

In the 10-mile race for junior riders both Worthing's entries rode well in this, the first race of what they plan to be their first full season.

Paul West, from Steyning, was fastest with a time of 28min 52sec, and Roy Macmillan, obviously benefiting from all the riding he has been doing during the winter, managed a personal best of 30.24. Both should be capable of improving these times in better conditions.

This Sunday, riders compete in the Brighton Mitre two-up 25-mile event starting at Southwater at 8 a.m. There will also be a club run leaving the club room at Broadwater Green at 9 a.m. and elevenses will be at Adversane.

29TH MAR. 74.

## TWO-UP TEAMS RIDE WELL

TWO TEAMS from Worthing Excelsior Cycling Club competed on Sunday in Brighton Mitre Cycling Club's open 25-mile two-up team time trial. Keith Dodman, making his first outing of the season, was paired with Don Lock and Richard Shipton rode with Ray Douglass.

The event was held on the A24 with the start and finish just south of Southwater and, with a cold north easterly blowing, it was over the last few miles that riders encountered the worst conditions.

There was a big entry for the race with no fewer than 56 teams contesting the awards and with entries coming from throughout the home counties.

In the face of this kind of competition, the Worthing entries did well. Lock and Dodman, in returning a time of 1hr 4min 14sec, finished well up although outside the prize list.

Douglass and Shipton also made considerable improvements on their current individual form finishing in 1hr 7min 9sec.

## IN ACTION

Both these teams together with the combination of Eddy Kneen and Colin Miller, are again in action in a similar event this Saturday afternoon which starts at Washington at 3 p.m. They should do well after the experience of this first race.

Pete Reeves, of the Worthing club, was also in action on Sunday, riding in the Kentish Wheelers 25 on the Portsmouth road near Guildford. Pete, who is still trying to get fit, showed some improvement over previous rides in returning 1hr 12min 30sec.

On Sunday, the club run leaves the clubroom at 9 a.m. and elevenses are at Newhaven.



WORTHING HERALD

APRIL 5TH 1974.

## Excelsior cyclists do well

ANOTHER OF the increasingly popular two-up 25-mile team events provided six riders from Worthing Excelsior Cycling Club with their racing on Saturday.

In the Sussex Cyclists Association event, Keith Dodman and Don Lock improved by 14min. on their previous outing and their time of 1hr 3min. 3sec gave them fourth place.

A new pairing of Colin Miller and Eddy Kneen also finished very well up in seventh place with their time of 1hr 5min 57sec. Ray Douglass and Richard Ship-ton recorded 1hr 7min 26sec and although slightly slower than their previous ride, still managed to finish behind Colin and Richard in eighth place.

Pete Reeves showed considerably improved form in the Oxonian 25-mile race held on the Bath Road near Newbury. Pete's time of 1hr 7min 25sec was a five minute improvement on his previous best this season.

Next weekend the club has a team entered in an event in the New Forest. On Sunday there will be a club run leaving the club room at 9 a.m. and elevenses will be at Horsham.

APRIL 12TH 1974.

WORTHING HERALD

## Outings for young cyclists

A WEEKEND put down as good experience for the youngsters was how two outings by members of Worthing Excelsior Cycling Club last weekend were described by one of its senior members.

Schoolboys Mike Humphrey, Roy Macmillan and Paul West and the more experienced junior Derek Pearce took part in a series of road racing events, on Saturday at HMS

Daedalus at Lee-on-Solent and on Sunday at Crystal Palace.

The most outstanding effort undoubtedly came from Steyning resident Paul West who managed a seventh place on Saturday and a sixth place on Sunday. This was Paul's first attempt at this kind of racing.

The speed of the events at Lee-on-Solent was extremely fast, and other club riders did not make the finishing line.

At Crystal Palace, however, in company with still more experienced riders, they rode with determination to finish their respective age group races.

Ray Douglass, Keith Dodman and Don Lock competed in the Crabwood Cycling Club 25-mile time trial on a course in the New Forest between Fawley and Lyndhurst. Strong winds restricted fast times but all managed improved performances.

### Fastest

Keith was fastest in 1 hour 6 minutes 14 seconds, and Ray returned 1hr. 11min. 46sec.

Don's time of 1hr. 9min. 20sec. was particularly meritorious for, having left his cycling shoes at home, he rode in a borrowed pair a size or two too big. In addition to this, he suffered a puncture after 19 miles which cost him approximately four minutes.

This weekend, club members compete in the Crawley Wheelers 25 on Friday morning and in the Actonia 25 on Easter Monday on the Bath Road. There are club runs on Sunday, with elevenses at Bognor, and on Monday, with elevenses at Lewes. Both runs leave from the clubroom at 9 a.m.

APRIL 19TH.

WORTHING HERALD

## COLD RIDE FOR CYCLISTS IN MIST

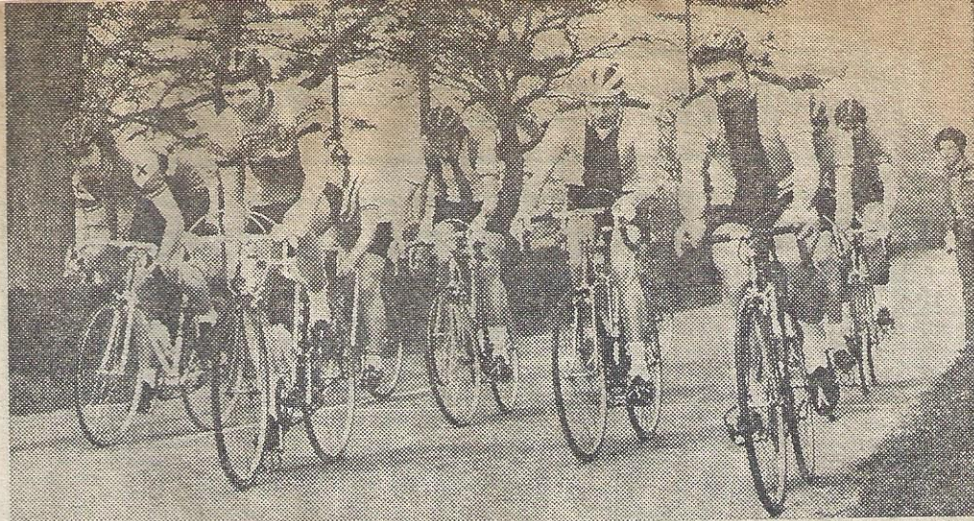
EIGHT MEMBERS of Worthing Excelsior Cycling Club competed in the 25-mile event promoted by Crawley Wheelers Cycling Club on Good Friday. The cold and the mist, quite thick in places, did not really provide ideal conditions.

Worthing's riders are now approaching the important Sussex team championship event in early May and in less than two weeks their own individual 25-mile championship, and fitness and keener competition is improving the performances.

On Friday, Alan Orman made fastest time of the local club with 1 hour, 5 minutes 24 seconds. This was 11 seconds too good for second fastest Colin Miller 1.5.35 and 21 seconds faster than Don Lock whose time was 1.5.45. Fourth fastest was Richard Shipton with 1.6.03.

These times are, with the exception of George Mathews', the fastest in the club this season, and with George out of competition for a while due to a leg injury the club's forthcoming championship has an look about it.





# Cycle race proves fast and exciting

Off go one group of competitors in Worthing Excelsior's road race on Saturday.

FIFTY MILES of fast and exciting racing were the outcome of Worthing Excelsior Cycling Club's road promotion on Saturday. The race was run over four laps of a 12½-mile circuit starting and finishing at Coolham.

The event attracted a full entry of 40 riders who left the timekeeper in handicapped groups. An early amalgamation of two of these groups in the centre of the field was to provide a fast and spectacular race.

## Prominent

Two junior riders, D. Orlede (Redhill CC) and Alan Goodson (Brighton Mitre Club) were prominent early on and Alan had enough strength to finish fifth from the furiously moving 20-strong group.

A number of top riders, quite unable to make contact with the main group, retired before the end, and these included pre-

vious Sussex champion George Matthews of the promoting club.

Terry Leach (Eastbourne Rovers) made a brave lone attempt on the final circuit and was a few seconds ahead of the group for some miles, but they never let him get too far and absorbed him in the last mile.

Never prominent in the early stages of the race, but with all the sprint when it was needed, Gavin Hall (Redmon CC)—a junior who already has a string of successes to his credit—made no mistake. He timed his effort perfectly to gain the major honours from under the noses of his senior opponents.

Second was H. Rainbird (Polhill RC), third E. Collins (Chequers Road Club), and fourth Frank Godwin (Brighton Excelsior CC).

## Credited

Worthing's Colin Miller and Richard Shipton were always with the leading group, but could not find a sprint on the run in and were credited with 13th and 15th places. Alan Orman retired at the end of the third lap.

The race was completed in just over 2 hours 10 minutes.

WORTHING HERALD.

APRIL 26TH. 1974.

The Southern Counties Cycling Union 25-mile time trial had two competitors from Worthing Excelsior on Sunday despite the fact that this event has now moved to a distant course on the A2 road east of Dartford in Kent.

Ray Douglass and Don Lock competed and Don was fastest of the two with a time of 1 hour 6 minutes 30 seconds and Ray recorded 1 hour 11 minutes 12 seconds.

Pete Reeves, having returned from a racing holiday in the Channel Islands over Easter, competed in the De Laune CC 25 on the Portsmouth road near Guildford on Sunday and his time was 1 hour 9 minutes 21 seconds.

This Sunday the club hold their 25-mile championship on the Washington to Broadbridge Heath course and a good field is expected.



# 'FINDON FLY' WANTS TO RACE CHAMPIONS

A YOUNG postman, just out of school, used to dash about so briskly on his bicycle delivering letters that residents came to know him as the 'Findon Fly.' Now, three years later, 20-year-old George Matthews, of Ambleside Road, Sompington, is one of the most promising racing cyclists in the county.

'I went to Boundstone School, and there were about nine of us who went to the Worthing Excelsior Cycling Club to race, but as we got older, and the others got motor-cycles or scooters, I was the only one who kept on cycling,' George, who is still a postman, told the Herald on Tuesday.

Although he has a car, George prefers to cycle as much as possible. His best time for 25 miles is 58min 27sec — the magic time for cyclists is to do the distance in under an hour — but he feels he ought to reduce this to about 55min before tackling the champions.

He entered the Grand Prix of Essex about a fortnight ago, but came in last.

'It is one of the top races in the country, and I was way out of my depth, but that's the way you have to do it to get ahead, jumping in at the deep end,' George explained.

'I am the only one in our club doing road racing. . . . I wear the club colours, but I am really racing for myself,' he added.

With racing bicycles topping 70 mph, and 30-40 mph nothing for them, a number of racers have run foul of the law and been caught for speeding, although the charge is usually 'dangerous riding.'

'A friend of mine came belting down Bury Hill and overtook a police car . . . he was done,' George chuckled.

The championship times



MR MATTHEWS

show lower speeds because they are averaged, and also the route is always on a there-and-back basis to balance out the effect of the wind.

George's pride and joy is his £200 10-gear racing bike.

'They are very strong, but you have to know what they can and can't do . . . the tubeless tyres are £4 each, so you can't drive down a country road with glass or sharp gravel on it. They might last one mile, or a thousand miles.'

George is the Sussex cycling league 15 kilometre champion, and later this year hopes to do well in the divisional road racing championships in May, the national amateur road racing championships in July, and the national track championships in August.

The business side of his racing is handled by his manager, Mr N. A. R. Macmillan, a grey-haired businessman who puts in a lot of time driving George to and from races.

'If you have to drive yourself it could affect a race, but it is mostly going home that you have to be careful, you get so tired after a race it is very easy to fall asleep at the wheel,' George explained.

WORTHING  
HERALD  
APRIL 19TH  
1974.

APRIL 20

ROAD RACES. — Worthing Excel h'cap, 1, 2, 3, J, 50m, 2.30pm, Coolham village hall, A272, Sussex.

38 Herald, Friday, May 3, 1974

## ORMAN WINS 25

THE 25-MILE championship of Worthing Excelsior Cycling Club has been won by Alan Orman, a rider who has many times promised to win major club honours but has had to take a lower place in the shadow of past champions.

On a cold and damp Sunday morning Alan made no mistake on the Washington to Broadbridge Heath and back course. His time of 1 hour 5 minutes 42 seconds was over a minute clear of the other competitors.

Richard Shipton, who resides in Hailsham and has to travel over for all club events, finished with his highest ever placing in a club championship. He was second with a time of 1 hour 6 minutes 55 seconds. Richard selected a fixed gear for this race instead of the usual 10 speed and felt his decision to have been a good one.

Don Lock's ride was a disappointing one after his ride at Easter and a time of 1 hour 7 minutes 28 seconds left him back in third place.

Colin Miller was another rider thought to have a chance. The defending champion, he finished fourth with 1.7.32.

Pete Reeves was fifth in 1.8.29, Ray Douglass sixth in 1.11.46 and Bernie Bethell seventh in 1.11.49.

Two young riders, both still at school, made this their first race of the 1974 season and, in a tough event, should be well pleased with their efforts. Terry Miller returned 1.22.18 and Niel Windeatt 1.23.8.

The handicap section was won by Bernie Bethell who, with an allowance of 10 minutes, had a net time of 1.1.49.

Schoolboy Roy Macmillan had further road racing experience riding events at Margate on Saturday and at the Crystal Palace Motor Racing Circuit on Sunday. He finished both his races and this despite a crash on Saturday.

This coming Sunday there is a club run leaving the club-room at Broadwater Green at 9 a.m.



## Exciting cycle racing

Fifty miles of fast and exciting cycle racing were the outcome of Worthing Excelsior Cycling Club's road race on Saturday. With a headquarters at Coolham Village Hall, the race was run over four laps of a 12½-mile circuit.

The event had a full entry of 40 riders who left the timekeeper in handicapped groups, and an early amalgamation of two of these groups led to a fast and spectacular race.

Two junior riders, D. Orlede (Redhill C.C.) and Alan Goodson (Brighton Mitre) were prominent early on, and Goodson had enough strength left at the end to finish fifth.

A number of the top riders retired before the end, quite unable to make contact with the main group, and these included previous Sussex champion George Matthews of the promoting club.

### ABSORBED

Terry Leach (Eastbourne Rovers) made a brave attempt on the final circuit and for some miles was a few seconds ahead of the group, but they never let him get too far and absorbed him in the last mile.

Never prominent in the early stages, but with all the sprint when it was needed, was Gavin Hall (Redman C.C.), a junior who already has a string of successes to his credit. He made no mistake, timing his effort perfectly to take the major honours from under the noses of his senior competitors.

Second was H. Rainbird (Folhill R.C.), third the Chequers Road Club rider E. Collins, and fourth Frank Godwin (Brighton Excelsior C.C.). Worthing's Colin Miller and Richard Shopton were always with the leading group but could not find a sprint on the run in and were credited with 13th and 15th places respectively. Alan Orman retired at the end of the third lap.

The race was completed in just over 2hr. 10min.



A bunch of riders negotiate a bend during Worthing Excelsior Cycling Club's 50-mile handicap road race at Ashington on Saturday.

CYCLING 4TH MAY 74.

Worthington Excelsior h'cap (50m). — GAVIN HALL (junior), Redmon CC; 2. H. Rainbird, Polhill RC; 3. E. Collins, Chequers RC; 4. F. Godwin, Brighton Excelsior; 5. J. Blackman, Eastbourne, Rov; 6. A. Goodson, Brighton Mitre.



## CYCLING TRIO RECORD FAST TIMES

THREE EVENTS drew entries from Worthing Excelsior Cycling Club's racing members at the weekend. More and more events are now held on a Saturday and this was the case last weekend.

Ray Douglass and Richard Shipton journeyed to Dartford for the 34th Nomads 25-mile event; Pete Reeves, Keith Dodman and Don Lock went to Reading for the Old Portlians race over the same distance, and, near to home at Washington, the Brighton Excelsior Cycling Club provided competition for George and Alan Matthews and for Paul West and Mike Humphrey in their two-up 25.

### BEST TIMES

Fastest performances came from the trio riding the Old Portlians event for, despite cold and windy conditions, they all recorded their best times so far this season.

Keith Dodman produced the second fastest ride of the year by a club member in finishing, with a time of 1hr 3min 27sec.

Don Lock's effort of 1hr 4min 42sec and Pete Reeves, home in 1hr 7min 20sec, were also welcome improvements,

particularly in view of the forthcoming county team championship.

Conditions were poor for racing on the A2 road near Dartford and Richard Shipton, with 1hr 7min 48sec, was over a minute slower than his ride of the previous week.

Ray Douglass is becoming 'Mr Consistency' with his 25-mile times for, seemingly having no regard for course or conditions, he manages a time of 1hr 11min. This week his seconds were 11.

The open type of course encountered on roads like the A2 can be fast if conditions are good, but likewise can be extremely hard if they are not.

George Matthews, attempting to ease out the injury which has been affecting him for some weeks, rode the Brighton Excelsior two-up with Alan Matthews who does not get the opportunity to do much racing. They were quite happy with their ride and their time of 1hr 8min 20sec.

Two of the club's juniors also rode. Paul West and Mike Humphrey finished in 1hr 12min 50sec in their first outing together and their first attempt at this type of event.

This Sunday, 14 members will be riding for the club in the Sussex Team Championship 25 held over the special hilly course between Cowfold and Shoreham.



## Excelsior close

AFTER A disastrous performance last year, Worthing Excelsior Cycling Club riders turned in some excellent efforts in the 1974 Sussex team championship 25-mile race on Sunday and came very close to winning the championship which has eluded them for four years.

Alan Orman tackled the course in tremendous style and led the club with a time of 1hr 5min 31sec—a time beaten by only four others in the 77-strong field.

George Matthews, still troubled by his injury but making no excuses, finished in 1hr 6min 34sec. Don Lock returned a time of 1hr 7min 9sec, and the fourth rider to count for the club was Keith Dodman with his 1hr 7min 58sec.

The team's aggregate time of 4hr 27min 12sec was only 2min 37sec behind the winners, Brighton Mitre CC.

THE FIRST of Worthing Excelsior Cycling Club's evening races was greeted on Thursday by some of the heaviest rain to fall in the town this year.

Nevertheless every entrant started and no fewer than three riders returned personal best performances.

The winners in this 10-mile team handicap were Pete Reeves, Don Lock and Ian Reader, making his time trial debut. Second were Roy Macmillan, Paul West and Colin Miller, who had the fastest individual time of 25min 59sec.

EVENING ARGUS MAY 14TH 1974

## Brighton new cycle champs

THE Brighton Mitre Cycling Club are the new Sussex 25-mile team champions. The event held over the hilly course from Cowfold through Henfield to Shoreham and back was keenly contested and the result was not certain until practically the last man had finished.

Last year's winners, the Central Sussex CC, did not have such a strong team and were seriously handicapped by the failure of one of their team to start.

Worthing Excelsior CC, many times winners of the championship, challenged hard but were not good enough for the combined strength of the Mitre's experienced and new young team.

Worthing finished runners-up and Central Sussex were third just ahead of the Brighton Excelsior CC.

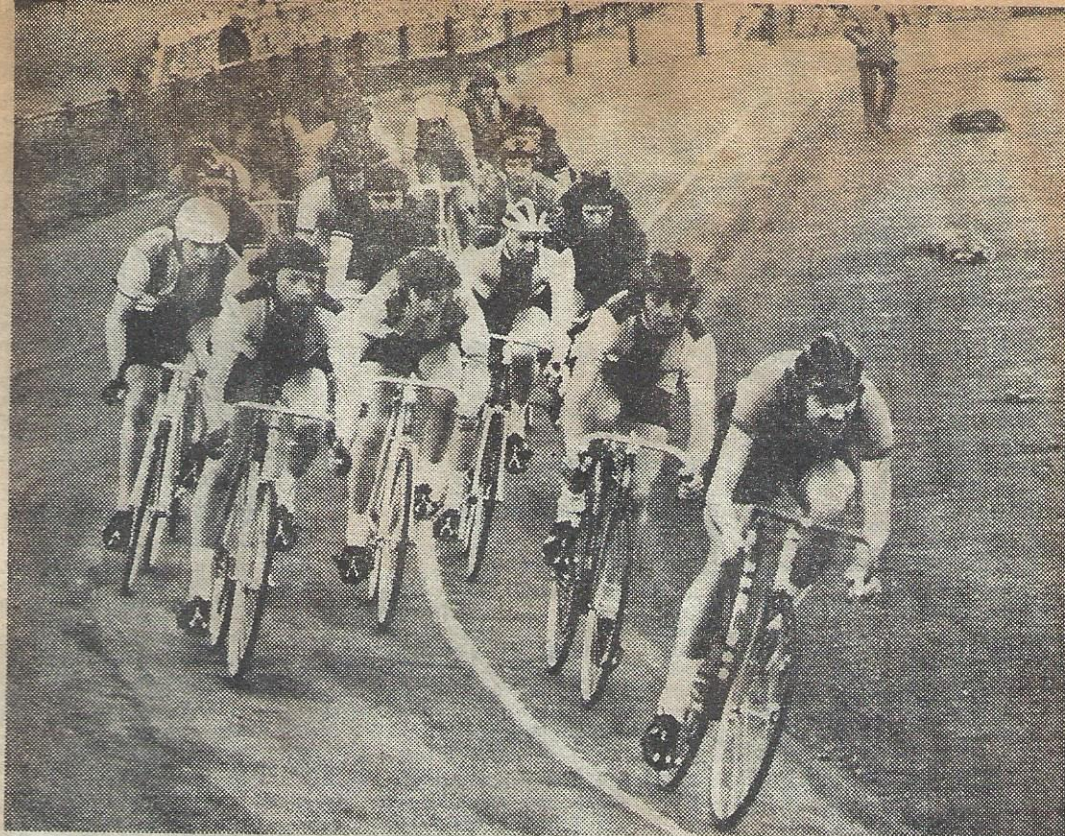
The fastest individual performance was by Dave Silk, ex-star

rider of the Portsmouth CC but now riding in the colours of the Bognor Regis CC who returned the time of 1hr. 3min. 43sec.

Brighton Mitre's team: Alan Limbrey (1-5-16), Colin Leigh (1-6-6), Robin Johnson (1-6-33), John Oakes (1-6-46).

Worthing Excelsior's team: Alan Orman (1-5-31), George Matthews (1-6-34), Don Lock (1-7-9), Keith Dodman (1-7-58).





The start of the Festival 10,000 metre race at Preston Park last night.

## Bob keeps his Festival title

EAST GRINSTEAD rider Bob Beatty became the first man to successfully defend his "Festival" 10km. title at the Preston Park circuit last evening in what was probably the best domestic meeting to be held at the track for several years.

The race card saw more Sussex riders than there have been for many years and a lot of these were youngsters who certainly livened up the proceedings.

Beatty's victory came at the end of the evening which had got increasingly cold and damp and after some of the Brighton Mitre youngsters had livened up the early laps, aided considerably by veteran Alan Limbrey, Beatty jumped the field with nearly two laps to go and he was clear and home for an excellent victory.

In second and third places were Alan Goodson and Colin Leigh of the Mitre and this was really excellent riding, for earlier in the evening these two had taken a nasty spill on the back straight during the Devil Take the Hindmost.

Both received surface wounds and were badly shaken and it was good to see them getting places in the final event.

The "Devil" was won by Worthing Excelsior's George Mathews

from Bob Beatty with John Pears (Brighton Mitre) in third place.

Another Worthing Excelsior rider, Colin Miller, surprised the field in the five laps scratch and swept to a well-deserved victory while Colin Wood of the Brighton Mitre won the 600 metre handicap off 18 metres.

EVENING  
ARGUS.  
MAY 16TH  
1974.

CYCLING 18TH MAY 1974.

SUSSEX TEAM CHAMP. "25" (G.937)  
Brighton Mitre CC (Alan Limbrey, 1-5-16; Colin Leigh, 1-6-6; Robin Johnson 1-6-33; John Oakes 1-6-46) 4-24-33.  
Worthing Ex (A. Orman 1-5-31; G. Mathews, 1-6-34; D. Lock, 1-7-9; K. Dodman 1-7-58) 4-27-12.  
Central Sussex CC (M. Hawes, 1-5-1; J. Yates, 1-8-2; R. Laker, 1-8-31; K. Atkins, 1-8-46) 4-30-20.



# CYCLISTS RETURN BEST TIMES

THE EVENING ten-mile event held by Worthing Excelsior Cycling Club on Thursday took place in almost perfect conditions and, after the heavy rain, which nearly washed out their event of the previous week, riders were quick to seize the opportunity for some fast times.

No fewer than six managed personal best performances, and they included Keith Dodman who has been racing for several years now. The others were Terry Miller, Paul West, Ian Reader, Martin Morris and Roy Macmillan.

Full result: Colin Miller 24 minutes 26 seconds, Keith Dodman 24.37, Pete Reeves 24.55, Don Lock 25.05, George Matthews 25.54, Ray Douglass 26.27, Paul West 26.31, Terry Miller 27.24, Martin Morris 27.35, Ian Reader 27.49, Roy Macmillan 27.54.

The handicap section was won by Martin Morris whose ride was a personal improvement of some four minutes.

Although ineligible for the club's awards, many riders from other Sussex clubs are now riding in these races and providing healthy competition, especially for Worthing's younger members.

## TRACK

Some success and some failure for the Worthing club in the track meeting at Preston Park on Wednesday.

A still not fully fit George Matthews tried his best to regain his Sussex 10 km title which he last won in 1972 but he was up against defending champion Bob Beatty from East Grinstead and a large and fast field.

George did a lot of the early work in attempting to break up the field and paid for this in the final stages. He did, however, have some consolation by winning the Devil - take - the - hindmost event.

Colin Miller of Worthing also had a notable victory in the five laps scratch race in which he surprised the field to gain a clear win.

WORTHING  
GAZETTE

MAY 22ND

1974 .

## Traffic lights end another course

THE 25-MILE event held by the Southern Counties Cyclists Union on Sunday on the Washington to Broadbridge Heath and back course was probably the last event that will be held over this course. With the advent of yet another set of traffic lights, organisers have to look farther afield for routes unobstructed in this way.

Five Worthing Excelsior Cycling Club riders made their farewells to the course in the event and for one, Richard Shipton, it was a most satisfactory occasion for he produced a personal best ride of 1hr 4min 38sec. Richard was only just beaten by Keith Dodman, who recorded 1.4.18.

Pete Reeves, still unable to produce any real speed this season, finished in 1.7.22. Ray Douglass recorded 1.10.21 and Paul West 1.12.48.

Pete Reeves was in action again on Sunday morning, riding in the Sorian CC 25-mile event on a course near Farnham. Still tired from his race the previous afternoon he could only manage 1.9.38. Don Lock travelled to Reading to compete in the first 50-mile race so far tackled by Worthing members. The event, almost entirely on the A4 between Theale and Hungerford, was run in good warm conditions and Don's time of 2hr 12min 54sec put him in 16th position in the 67-strong field.

In the Surrey St. Christopher's CC 25 on Sunday morning, John Gilbert was the fastest Worthing rider with an excellent 1.4.39 ahead of Colin Miller 1.5.50 and Richard Shipton, back on his Saturday time, to 1.7.35.

This weekend, six members of the club are touring in the Peak District and among their number will be Tony Hill, now living in the Barnsley area.

WORTHING HERALD

24TH MAY 1974 .



29TH MAY. 1974.

## GEORGE REACHES FINAL

GEORGE MATTHEWS, of Worthing Excelsior Cycling Club, reached the final of the Sussex Individual Pursuit Championship after superb rides in the quarter and semi-finals at the Preston Park track on Wednesday.

In the former he was up against Brighton Mitre rider Clive Oxborough and won comfortably. In the semi-final, George met with sterner opposition from Eastbourne Rovers Maurice Colbourne but beat off this challenge in fine style.

In the final, to be run at Preston Park on June 12, George will face an extremely difficult task against another Eastbourne rider, their time trial star Cliff Sharp, and will need to be in top form.

The Worthing club's evening ten on Thursday was won with the fastest time of the series so far when Alan Orman, in his first ten this season, recorded a fine 24 minutes 17 seconds.

Colin Miller, fastest in the previous two events, had to share second place this time, with Don Lock, both recording 24 minutes 57 seconds.

Other times: Keith Dodman 25.06, Pete Reeves 25.12, Ian Reader 26.49, Roy Macmillan 27.31, Paul West 27.33, Terry Miller and Martin Morris 28.18.

Ian Reader and Roy Macmillan both recorded personal best rides and Ian's was good enough to gain for him the handicap award.

## BRIGHTON & HOVE GAZETTE

JUNE 1ST. 74.

WHEN REGULAR bowls contributor Fred Bates handed over his duties as presenter of Radio Brighton's popular programme On The Green, sports editor Peter Brackley searched high and low for a replacement.

As listeners will discover when the programme returns on Monday at 1.50 p.m., the name of the man he found could hardly be more appropriate, for the presenter of this summer's series will be Peter Bowles.

Throughout the season, with the assistance of various contributors, he will keep enthusiasts in touch with the latest news around the county, including reports and interviews.

The return of On The Green coincides with another full week of summer sports coverage on Radio Brighton. For cricket fans, commentators Stanley Allen and John Duncan will be reporting from Hove on tomorrow's John Player League game with Hampshire, and later in the week there will be news of the same two sides in the county championship at Bourne-mouth.

The local club scene is covered in Club Cricket Special during Sport in Summer on Monday

## RADIO BRIGHTON PREVIEW

nights and this week's programme includes news on athletics, golf and cycling.

Cycling now has a permanent preview spot in Sports Parade on Fridays at 6.15 p.m. Collating the information will be Worthing cycling enthusiast Don Lock, and next Friday's programme will include news on the weekly Cycle Racing League meeting in Brighton.

There will be further sports news in Today's Games at 12.50 today, and a complete round-up of the day's local events will be broadcast tonight at 6.20 p.m.

## CYCLING JUNE 1ST 1974.

Brighton Festival. — 5 lap: C. MILLER, Worthing Excel; 2. R. Beatty, E Grinstead CC; 3. J. Oakes, Brighton Mitre. 4-10.6. 600m h'cap: C. WOOD, Brighton Mitre; 2. M. Leigh, Brighton Mitre; 3. A. Rotherham, Worthing Excel. 46sec. Devil: R. MATTHEWS, Worthing Excel; 2. Beatty; 3. J. Pears, Brighton Mitre. 12-49. Italian purs (3 lap): ROTHERHAM; 2. Beatty; 3. R. Rogers, Central Sussex. 2-22.6. 10km: BEATTY; 2. Leigh; 3. A. Goodson, Brighton Mitre 15-16. S'boys 1 lap: M. BUTCHER, Brighton Mitre; 2. R. Brown, Brighton Excel; 3. O. Leigh, Brighton Mitre. S'boy 600m h'cap: BROWN; 2. S. Maddison, Brighton Excel; 3. Leigh.



## CONDITIONS ROUGH FOR CYCLISTS

WITH NO local racing at the weekend, Worthing Excelsior Cycling Club members travelled to events in many different areas.

All were to find conditions extremely rough and, although keen competition was discovered, speeds were obviously slower than might have been hoped.

Keith Dodman started a five race tour in Teeside on Sunday accompanying star rider Cliff Sharp of Eastbourne Rovers CC.

Pete Reeves travelled to Ringwood and, in the Sotonia CC 25-mile event, returned a time of 1hr 5min 46sec, which compares favourably with his previous best this season.

### COMPETE

Richard Shipton and Ray Douglass competed in the Surrey Road Club 25-mile race on the Portsmouth road course near Guildford. Richard found things extremely difficult and will not be pleased with his 1.8.50, some three minutes outside his best.

Ray, seemingly ignoring the wind, completed the course in 1.10.48 which is within a few seconds of his fastest this year.

Don Lock and Colin Miller ventured into Kent to ride the Kent CA 50-mile event in the Headcorn and Ashford area but the wind was as violent there as elsewhere and they had hard rides.

Colin retired after approximately 24 miles, but Don continued to record 2.19.12 and finish in ninth place out of the 52 entries.

Tomorrow, the club promote their open 25-mile time trial and have attracted a first class field of 62. The start is just south of Buck Barn crossroads on the A24 Worthing to Horsham road and the first rider leaves the timekeeper at 3 p.m.

In view of the traffic lights now installed at Buck Barn the course is amended and riders travel first to Partridge Green, then back to the A24 near Knepp Castle and then come south to turn at the Findon roundabout. The finish is south of the start near to Knepp Castle.

EVENING ARGUS FRIDAY 7TH JUNE  
1974.

## George's double win

FORMER Sussex track racing champion George Mathews, of Worthing Excelsior Cycling Club, chalked up a couple of useful victories at the Preston Park track.

On a very chilly and windy night Mathews streaked to victory in the five-lap scratch event from Brighton Mitre's Alan Goodson, and he also won the Devil take the Hindmost.

Goodson came into his own in the 10,000m. point-to-point where he amassed 29 points for a clear victory over Colin Miller, of Worthing Excelsior, who scored 18 points.

Brighton Excelsior's John Cun-

ningham and the Mitre's John Oakes both scored nine points. Cunningham came out on top in the 600m. handicap making full use of his 23m. start.

In the 29th Wheelers 75-mile road race on the Lingfield circuit, Don Awcock picked up another useful placing by finishing third in a sprint finish behind Bob Leach (Airedale) and John Sargeant (Vulcan).

Bob Beatty (East Grinstead) who was well up for more than half the race retired at the 60-mile mark.



# Road problem for cyclists

THE 25-MILE open time trial promoted by Worthing Excelsior Cycling Club on Saturday was a most successful event.

With the advent of traffic lights at Bucks Barn cross-roads on the A24, the course had to be completely re-routed at short notice. The availability of suitable roads becomes increasingly difficult.

The course arranged started just south of the lights and came south along the A24 to Knepp Castle where riders were directed through Partridge Green to a turn just south of the village. The course then retraced to the A24 and came south to the Findon roundabout before finally returning to finish near the start.

A route with plenty of hills; a course to suit the strong perhaps more than the speedy.

## Deterred

Strong wind from the north-west deterred a few of the 62 entries, but the rain which had threatened fortunately did not come.

The halfway point, a hundred yards north of the Washington roundabout, showed some rapid times with many of the faster riders passing this timekeeper in under 30 minutes. It was obvious at this point that the final northerly leg was going to be the really hard part of the course.

A. Baker, (No. 5), of the Hants Road Club, set the pace with his 1 hour 3 minutes 16 seconds but was overhauled when his club mate finished at No. 16 recording 1.2.48.

This was improved upon by K. Warren of the Morden Club finishing in 1.2.24 and this remained the fastest until Bognor Regis star Dave Silk flashed across the line at No. 40 in 1 hour and 29 seconds.

WORTHING

HERALD

FRIDAY

14TH JUNE 74.

## Favourite

The favourite, however, was still to come and just 58 minutes 15 seconds after leaving the starter, No. 50 Cliff Sharp, of Eastbourne Rovers, was back to record another superb ride and considerable winning margin.

E. Boorman, of Croydon, at No. 60, managed to disturb the placings with a good 1 hour and 24 seconds to slot into second place.

The team event was a close contest between Bognor, Hants Road Club, Morden and the Worthing entry. The team result was—1 Morden, 3hrs 11mins 1sec; 2 Hants R. C. 3.11.25; 3 Bognor 3.12.20; 4 Worthing 3.14.29.

The handicap was won by R. Jones of Crawley Wheelers, with K. J. Warren, Morden, second, and E. Boorman third.

Worthing Excelsior riders' times were: George Matthews 1.4.13, Colin Miller 1.4.59, Don Lock 1.5.17, Pete Reeves 1.5.28, Richard Ship-ton 1.6.4, and Ray Douglass 1.9.33.

Don Lock, the Press and publicity secretary of Worthing Excelsior Cycling Club, has now been appointed Radio Brighton's cycling correspondent and collates the information for all the clubs in the Radio Brighton area.

Don has a regular spot on Sports Parade on Friday evenings at 6.15 and cycling results are covered again in the 'Sport in Summer' programme at the same time on Monday evenings.

CYCLING 15TH JUNE 1974.

Compton Down rr. — MARTYN ROACH, Hounslow & Dist, 2-39-10; 2. J. Bission, GS Europa, at 3-20; 3. G. Clare, Croydon Premier; 4. D. Brown, Portsmouth CC (Wheelhouse); 5. M. Simmonds, CC Basingstoke; 6. G. Mathews, Worthing Excelsior, all st.

Sussex CRL, Brighton track. — 600m h'cap: A. GOODSON, Brighton Mitre; 2. C. Miller, Worthing Ex; 3. J. Cunningham, Brighton Ex. 5-lap scr: MILLER; 2. J. Oakes, Brighton Mitre; 3. C. Oxborough, Brighton Mitre. Devil: GOODSON; 2. A. Limbrey, Brighton Mitre; 3. A. Orman, Worthing Ex. 7km pt: GOODSON 26pt; 2. Oakes 19; 3. Orman 10. S'Boy 1-lap scr: R. BROWN, Brighton Ex; 2. M. Butcher, Brighton Mitre; 3. P. West, Worthing Ex. S'boys 2-lap h'cap: BROWN; 2. R. Macmillan, Worthing Ex; 3. D. Barnard, Brighton Mitre.



## DODMAN RETURNS FASTEST TIME

EVENT NO. 5 of the evening series of 10-mile races promoted by Worthing Excelsior Cycling Club saw perfect conditions and Keith Dodman did not miss the opportunity to return the fastest time of the season by any club member.

His effort, a personal best performance, saw him complete the course in just 24 minutes 10 seconds.

This ride was closely followed by two guest appearances by star riders from other clubs, the second fastest rider from Worthing being Pete Reeves in 25.10.

Other Worthing times were: Dave Hudson 25.33 (personal best), Tony Flumm 25.57 (personal best), Martin Morris 26.46 (personal best), Roy Macmillan 27.08 (personal best), Allan Matthews 27.20, Michael Etherington 27.29 (personal best), Tony Miller 28.11, Paul Taylor 28.35. The handicap award went to Michael Etherington.

George Matthews, Colin Miller and Richard Shipton are currently riding in the Lewes Wanderers series of three 35-mile road races and, having completed the first two, are in favourable positions to carry off the major awards.

Goerge has one first and one second place and leads the individual classification. Colin has been third and fifth and is close up. These two, with Richard, who does not have their experience in this type of racing, are currently leading in the team event. The final race is tomorrow (Thursday).

WORTHING  
GAZETTE  
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1974.

WORTHING  
HERALD  
FRIDAY  
21ST  
JUNE 74.

## Dodman returns best yet for 25

WITH A spell of fine weather providing good racing conditions, Worthing Excelsior Cycling Club members have been travelling far and wide to ride in class events on good courses.

Most successful has been Keith Dodman who has followed his fastest of the year 10-mile time with a year's best in the club for 25 miles.

Riding in the Don Valley CC 25 on a course near Blyth, Keith narrowly failed to beat the magic 'hour' but still returned the excellent time of 1 hour 33 seconds.

Keith had ridden the previous day in the Birchfield 25 on a course at Lichfield and had been somewhat disappointed with a time of 1.3.2 but he certainly made amends on Sunday.

### Veteran

Club veteran Ray Douglas rode in the Birchfield event and finished in the excellent time of 1.7.2 but Ray's best effort had come three days earlier on a course near Weston-super-Mare.

In that event, Ray produced one of the best veteran rides in the club for many years and his time of 1 hour 6 minutes 32 seconds was substantially inside his age standard.

Don Lock again tackled the longer distance of 50 miles on Sunday, competing in the Colchester Rovers event centred on roads near Chelmsford in Essex.

Good conditions enabled Don to lap three minutes off his previous best this season and record 2 hours 9 minutes 19 seconds. This should give confidence for the club and Sussex championships at this distance this Sunday.

Another traveller was Pete Reeves, who competed in the Newbury 25. Pete continues to improve his form and his ride, 1 hour 4 minutes 22 seconds, was his fastest for 1974.



## CHAMPION RIDE BY CYCLISTS

PLACED SECOND in the recent Sussex Cyclists Association 25-mile championship, Worthing Excelsior Cycling Club improved on that performance in the 50-mile championship on Sunday.

Over a hard course between Sompting and Chichester, with a leg from Albourne to Ford, Keith Dodman, Don Lock and Colin Miller rode extremely well as a team and ran out winners ahead of the strong Central Sussex Club in the aggregate team time of 6 hours 48 minutes 34 seconds.

Keith, who has won the individual championship twice, had to be content with fourth place this year with a time of 2 hours 14 minutes 49 seconds.

Don was sixth in 2.15.58 and Colin seventh in 2.17.47.

## TOUGH GOING

The strong easterly winds made the final 20 miles of the race, from Chichester back to the finish at Sompting, extremely hard and times were consequently much slower than had been hoped.

The individual winner was Martin Hawes of the Central Sussex Club in a time of 2.8.51.

Ray Douglass and Richard Shipton rode in the Chelmer CC 25 on a course near Chelmsford on Sunday. Ray, who is currently enjoying one of his best seasons for some years, returned a time of 1.6.50 and Richard a time of 1.3.30.

## DODMAN WINS TEN

EVENT NUMBER six in Worthing Excelsior Cycling Club's evening ten-mile series was held in perfect weather conditions and Keith Dodman scored his second win and improved his own personal best yet again with his time of 24 min 8 sec.

Second was Pete Reeves in 24.45 and third junior Paul West with 26.07.

Other Worthing times were: Ian Reader 27.14, Martin Morris 27.24, Mike Humphrey 27.29, Paul Taylor 27.36 and Derek Smith 27.49. The handicap award was won by Mike Humphrey.

George Matthews, Colin Miller and Richard Shipton had been riding over the past three weeks in the Lewes Wanderers CC series of road races. George, finishing second, first and fifth, was the overall winner and, with high places by Colin and good supporting racing from the less experienced Richard, they won the team award for the Worthing club.

Last Wednesday, Ray Douglass and Don Lock rode in the West Kent Road Club 25 on the A2 near Rochester and, in fast conditions, Ray was three minutes inside his veterans age standard returning his best performance for some years with a time of 1hr 6min 19sec. Don also went faster than he had achieved since 1971 in recording 1.2.08.

Royal Navy CRC H'cap. — TREVOR CLANCY, VC Raphael, 2.3.54; 2. D. Witt, GS Europa; 3. D. Brown, Portsmouth CC; 4. R. Boulter, Bournemouth Arrow; 5. R. Matthews, Worthing Ex; 6. T. Gradidge, Sotonia; 7. J. Goodson, Brighton Mitre; 8. P. Crabbe, Wessex RC; 9. P. Doyle, Portsmouth CC, all st; 10. J. Gray, Bournemouth Jub, at 42 sec. S'boys. — TONY SUMMERS, Bournemouth Arrow, 25-4; 2. A. Denn, Portsmouth CC; 3. S. Mitchell, Weston-s-Mare, all st; 8. M. Bournemouth Arrow; 5. P. Tubbs, Portsmouth CC; 6. P. Cook, CC Basingstoke; 7. G. Dowdell, Weston-s-Mare, all st; 8. M. Butcher, Brighton Mitre at 46 sec; 9. R. McMillan, Worthing Ex at 59 sec; 10. D. Barnard, Brighton Mitre; 11. J. Wall, Fareham Wh; 12. G. Langham, 13. S. Skuse, RAF CC at 1 lap. (all finishers)

## More on radio

CONTINUED expansion of cycling coverage on BBC Radio Brighton (202 medium wave, 95.3 mhz VHF) now grants Don Lock a regular cycling spot on Friday "Sports Parade" at 6.15 pm and in addition, weekend results will whenever possible be included in "Sport in Summer" on Mondays at 6.15 pm.

Don collates the information for them, and in the main presents the details live. Contact him at 70 Lincoln Road, Worthing, Sussex, BN 13 1 BG.

JUNE 29



# Schoolboy wins cycling title

A BREAK was taken on Thursday in Worthing Excelsior Cycling Club's evening ten mile series and instead the club staged their junior 15-mile championship.

Held on a circuit course through Hole Street at Ashington, east towards Steyning and then north through Ashurst and Partridge Green before returning south down the A24, the event provided a stiff test for the younger riders who, in addition to the hills, also had to contend with unpleasant wet conditions.

Paul West, still a schoolboy at Steyning, who had already proved his strength at 25 miles earlier this year, produced a fine ride and won by the comfortable margin of just over two minutes. His time was 41 min. 26 sec.

## Award

Although riding from the scratch mark, this time was good enough to secure the handicap section award as well.

Second was Ian Reader in 43.34 and third Martin Morris 43.58. Roy Macmillan finished fourth in 45.39.

A number of the club's senior riders rode the course in support of the juniors and returned the following times: Don Lock 39.18, Pete Reeves 39.30, George Matthews 39.33, Colin Miller 39.52.

Despite a valiant effort by George Matthews at Preston Park track last week the Worthing club lost their hold on the Strudwick Trophy which they had won for several years. George, practically on his own, scored nine points but Worthing finished third behind Brighton Mitre and West Kent.



PAUL WEST, winner of Worthing Excelsior Cycling Club's junior 15-mile championship.

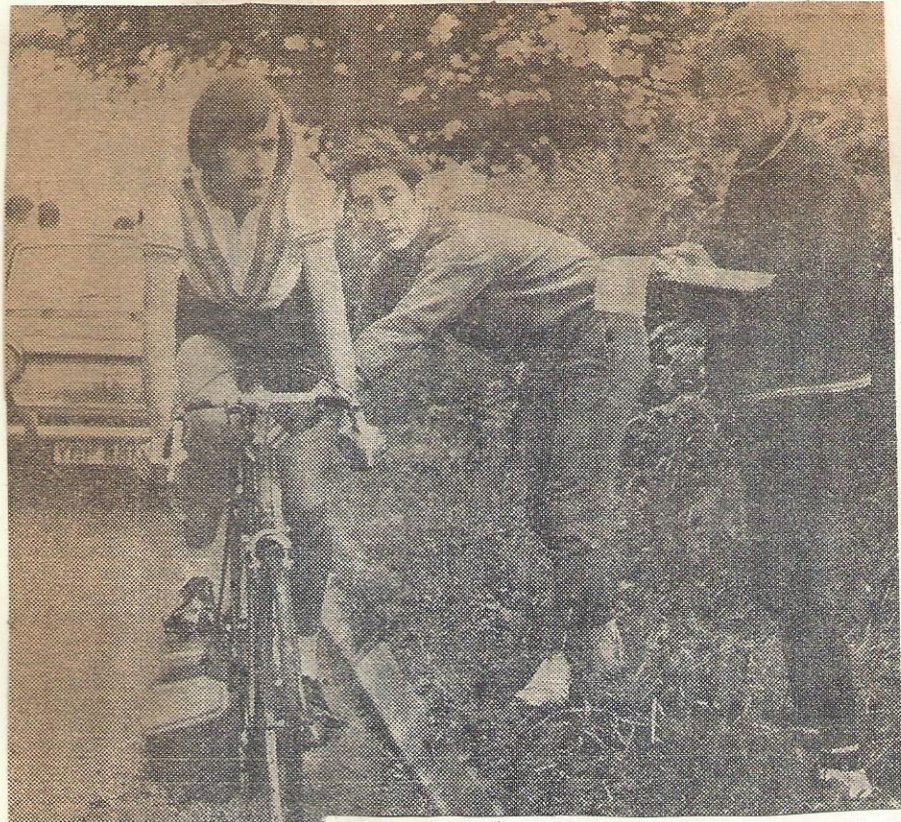
WORTHING GAZETTE

3RD JULY 1974.

ANOTHER PICTURE ON

NEXT PAGE





IAN READER is given a helping hand by Don Lock. The timekeeper is Ray Douglass.

## Fastest ever veteran

RAY DOUGLASS, a vice-president and one of the most active cyclists and hard-working members of Worthing Excelsior Cycling Club, showed just how fit it is possible to be when your age is nearer 50 than 40.

On Saturday, in the South Eastern Road Club 25-mile event on the A2 road near Rochester, he returned his fastest time for 13 years in recording 1 hour 4 minutes 43 seconds.

This time is believed to be the fastest ever 25-mile time recorded by a member of the Worthing club over the 'Veteran' age of 40 years, and it is almost five minutes faster than the standard for Ray's age set by the national Veteran's Time Trials Association.

This Sunday, Ray will be riding the Oxford 50-mile event and on this form could also set a new record for this distance.

## Respectability

Keith Dodman and Don Lock brought something like respectability back to the club's recent 100-mile rides when competing in extremely wet conditions on Sunday in the East Sussex Cycling Association event.

Keith finished fifth in a time of 4 hr 34 min 35 sec, which is close to his best, and Don was sixth in 4 hr 36 min 49 sec.

These two look like having a battle for the club's best all-rounder competition this year. At the moment, Don leads, but Keith is expected to make an improvement on his 50-mile time this coming Sunday when he rides in the Bramley Wheelers event in Yorkshire.

With a faster 25-mile time and being slightly ahead on the 100-mile, he may well move into the lead.

SUSSEX C.A. JUNIOR "10" (G914)  
C. Wood, Brighton Mitre ..... 25 35  
S. Bateman, Central Sussex ..... 26 9  
P. West, Worthing Excelsior ..... 27 7  
H'cap. — I. Burgess, Lewes Wanderers (7-30) 24-58.

EAST SUSSEX "100" (G863)  
Martin Hawes, Cen Sussex ..... 4 24 31  
M. Ryall, Epsom ..... 4 26 0  
D. Hook, Folkestone & Dis ..... 4 30 28  
M. Colburn, Eastbourn Rov ..... 4 33 22  
K. Dodman, Worthing Exc ..... 4 34 35  
D. Lock, Worthing Exc ..... 4 36 49  
J. Dutson, Cen Sussex ..... 4 37 49  
J. Honeyball, Lewes Wand ..... 4 43 0  
K. Atkins, Cen Sussex ..... 4 47 28  
R. Laker, Cen Sussex ..... 4 53 17  
H'cap. — M. Ryall, Epsom (8-0), 4-19-0.  
Team. — Central Sussex (M. Hawes, J. Dutson, K. Atkins), 13-49-48.

HAMPSHIRE RC (Evening) "25" (P7)  
Paul Adkin, VS Havant ..... 59 22  
G. Jenkins, Hampshire RC ..... 1 0 24  
W. Vetcher, Hampshire RC ..... 1 0 58  
A. Baker, Hampshire RC ..... 1 2 11  
P. Pickers, Hampshire RC ..... 1 2 50  
M. Arnold, Hampshire RC ..... 1 2 51  
R. Earl, Hampshire RC ..... 1 2 55  
K. Dodman, Worthing Excel ..... 1 3 53  
H'cap. — Les Janman, Bognor CC (11-30) 52-26. Team. — Hampshire RC (Jenkins, Vetcher, Baker) 3-3-33.

Lewes Wanderers Eve Crit. — TERRY LEACH, Eastbourne Rov, 57km in 1-27-44; 2. M. Doughty, Gravesend CC, at 31sec; 3. J. Cunningham, Brighton EX; 4. T. Budgen, East Grinstead; 5. M. Colburn, Eastbourne Rov; 6. G. Matthews, Worthing EX; Team. — Worthing Excelsior. Final Overall. — G. Matthews, 66 pts; 2. J. Cunningham, 66; 3. M. Doughty, 63; 4. T. Budgen, 62; 5. C. Miller, 57.

WORTHING

HERALD

JULY 5TH

1974.

6th 1974

1  
CYCLING  
JULY



# DOUBLE SUCCESS FOR WORTHING EXCELSIOR

A TREMENDOUS double success was scored by Worthing Excelsior Cycling Club members at Preston Park track.

Senior rider George Matthews, riding in a most determined manner, won the Sussex Division 1,000 metres British Cycling Federation championship and shortly afterwards Steyning schoolboy Paul West won the schoolboy 500 metres championship.

George went on to win a devil-take-the-hindmost and a 10-kilometre event and to take a second place in the six-lap scratch race.

Worthing's Colin Miller was third in the 10 kilometre, and to complete the club's dominance young Paul West popped up again to win the schoolboys' four-lap handicap event.

## PROBLEMS

With road work traffic lights at Arundel causing more problems with time trial courses, the club's planned 25-mile two-up team event had to be shortened to a 20-mile distance.

The event's novelty nevertheless attracted seven club teams and four guest entries from other local clubs.

The winners were Keith Dodman and Don Lock in the good time of 49 minutes 25 seconds, but they were only just ahead of Pete Reeves, riding with Robin Johnson, of Brighton Mitre, who recorded 49.54.

Officially second in the club event were the unlikely combination of veteran Ray Douglass and schoolboy Paul West, but they rode well together and recorded 54 minutes 25 seconds.

Tony Flumm and Paul Taylor filled third place in 56.14. Ian Reader and Alan Matthews were fourth in 59.10 and Martin Morris and Michael Etherington fifth in 66.23.

Two teams failed to finish, due to a puncture and mechanical trouble.

Keith Dodman travelled to his favourite Yorkshire course at the weekend, this time for the Bramley Wheelers 50-mile event.

## TIME

Conditions were not, however, favourable for fast times and Keith will be far from satisfied with his time of 2 hours 13 minutes 33 seconds.

The journey, made with club members Dave Hudson and Derek Smith, took in a visit to the famous York Rally so was not a wasted venture.

Pete Reeves, Colin Miller and Richard Shipton rode in the Clarence Wheelers 25 on Saturday and there, on the Bath Road, just west of Reading, the same hard conditions prevailed.

Pete recorded 1.5.33, Colin 1.7.6, and Richard 1.8.18, all much slower than their current form.

## COMPETE

On Sunday morning, Ray Douglass and Don Lock competed in the Oxford City 50, this also being on the Bath road.

Ray Douglass managed his fastest 50 for several seasons and his time of 2.19.10 was five minutes inside his veteran's age standard. Don recorded 2.12.23 and the club's best all rounder competition remains unaffected by these rides.

In the Bognor Regis continental seafront racing on Sunday, Paul West finished fourth in the Sussex schoolboys' 10-mile event and Roy Macmillan did well to finish although lapped shortly before the final straight.

George Matthews and Colin Miller competed and finished in the senior races but were not placed.

This Sunday the club's 100-mile championship is incorporated in the Sussex championship. Keith Dodman, Don Lock, Colin Miller and, newcomer to the longer distance events, Tony Flumm compete.

In the county event, the club will be looking for team rather than individual honours in a good field.

West Kent RC; 2. R. Matthews, Worthing Excel; 3. A. Goodson, Brighton Mitre. 500m h'cap: C. OXBORROW, Brighton Mitre (22); 2. J. Cunningham, Brighton Excel (20); 3. A. Limbrey, Brighton Mitre (42). 1000m Sussex Div. Champ: R. MATTHEWS; 2. A. Goodson; 3. C. Leigh, Brighton Mitre. 500m Sussex Div. S'boys Champ: P. WEST, Worthing Excel; 2. D. Barnard, Brighton Mitre; 3. M. Butcher, Brighton Mitre. Devil: MATTHEWS; 2. R. Woods, Chequers RC; 3. Goodson. S'boys' 4-lap H'cap: WEST; 2. Barnard; 3. O. Leigh, Brighton Mitre. 10km scr: MATTHEWS; 2. Woods; 3. C. Miller, Worthing Excel.

CYCLING JULY 13TH 1974.

## Fortunes vary for cyclists

FOUR MEMBERS of Worthing Excelsior Cycling Club were involved in the Sussex 100-mile championship on Sunday and had varying degrees of success.

For Keith Dodman, who rode with great determination over the first 50 miles, there was disappointment when stamina seemed to desert him over the later miles. He finished in sixth place with a time of 4 hours 41 minutes 13 seconds.

Colin Miller, who had ridden only one 100 prior to this championship, had most reason to be satisfied for he improved his personal best by 14 minutes and finished in seventh place in 4.44.13, a time good enough to win him the handicap award.

Tony Flumm, at his first attempt, gave it best after about 30 miles.

Don Lock retired, after 55 miles, feeling unwell.

The club championship, which was incorporated in the county event, went to Keith.

Also racing at the weekend was the club's speedy veteran, Ray Douglass, who celebrated his birthday on Saturday by recording another fine 25-mile ride. This time on the Bath Road near Reading, he recorded 1 hour 4 minutes 55 seconds, more than five minutes inside his age standard.

WORTHING HERALD

JULY 19TH 1974.

WORTHING  
HERALD  
JULY 12TH  
1974.



# MATTHEWS WINS SECOND TITLE

GEORGE MATTHEWS, of Worthing Excelsior Cycling Club, gained his second county track championship at Preston Park, Brighton, on Wednesday when he won the 15-kilometre event from a strong field.

George was in extremely good form and at the same meeting won three more races — the Devil-take-the-hindmost, the five lap scratch and the one lap scratch.

After these successes, George has moved into a close second place in the Sussex Track League season long points trophy competition. With 40 points, he is only one third of a point behind Alan Goodson of the Brighton Mitre club.

## CUT DOWN

Excelsior's evening 15-mile event on Thursday was, as with the other 15 two weeks ago, treated to a dirty and wet evening which cut down the size of the field and did not assist in fast times.

The winner was Colin Miller in 39 minutes 56 seconds with Pete Reeves second in 40.26 and the club's junior champion, Paul West, third in 41 minutes 10 seconds.

Martin Morris finished fourth with a time of 43.41.

This Thursday, the evening events revert to the ten-mile series with starts at the top of Washington Hill at 7.30 p.m.

WORTHING GAZETTE  
JULY 17TH 74.

# MATTHEWS STRIKES BEST

AFTER A midsummer break of three weeks for longer distance events, Worthing Excelsior Cycling Club's evening ten-mile series of races resumed on Thursday.

Warm, sunny conditions produced the biggest field so far with 24 riders.

George Matthews was fastest of the Worthing riders with a time of 23 minutes 47 seconds and this is the best time in the series this summer.

Keith Dodman was second in 24.29 and Richard Shipton finished third in 24.46.

Other club times were Colin Miller 25.10, Pete Reeves 25.28, Ray Douglass 25.51, Paul West 25.53 (personal best), Martin Morris 26.43 (personal best), Roy Macmillan 27.57 and Tony Miller 28.15.

George Matthews was again in good form at the Preston Park track meeting on Wednesday. A number of London riders were competing but George was still able to win the six-lap point to point and the 600 metres handicap.

The club's schoolboy divisional champion, Paul West, also had another success in his class.

WORTHING GAZETTE  
JULY 24TH 1974.

# Dodman leads in series

SEVERAL personal best times for the distance were recorded when Worthing Excelsior Cycling Club's 10-mile series was continued on Thursday.

Fastest rider was Keith Dodman in 24 minutes exactly (personal best), followed by Colin Miller and George Matthews both with 25 minutes exactly.

Other times: Paul West 25.35 (personal best); Ray Douglass 25.43; Tony Miller 27.17 (personal best); Martin Morris 27.20; Roy Macmillan 27.20 and Martin Coree 28.19.

Martin, a new young club member, was making his debut and his performance augurs well for the future.

There are four 10-mile events left in this evening series and leader Keith Dodman will be difficult to dislodge.

WORTHING GAZETTE  
AUGUST 7TH. 1974.



# KEITH KEEPS HIS TITLE

WORTHING Excelsior Cycling Club's 30-mile championship, held for the first time on a Saturday afternoon, attracted a good entry and was won by holder Keith Dodman.

It was also a first time for the new course, passing twice round the circuit of Ashington, Wiston, Ashurst, Partridge Green and then back down the A24. A hilly route, it provides a stiff test and without much chance of fast times.

Dodman faced strong opposition from Alan Orman and Colin Miller, and these three finished well clear of the remainder of the field.

At 15 miles, Dodman had already caught Pete Reeves and was 30 seconds up on Orman, with Miller one minute 40 seconds further down. These positions remained over the second circuit with Keith retaining his championship with the good time of 1 hour 18 minutes 47 seconds. Alan was second in 1.20.12, and Colin third in 1.21.13.

Fourth place was closely contested between Paul Taylor and Martin Morris. The latter,

still a schoolboy, came out on top with an excellent 1.29.16 to Paul's 1.29.45.

Martin's ride, his longest competitive outing, narrowly failed to win the handicap prize. This went to Colin Miller with a net time of 1.18.43 to Martin's 1.18.46 and Keith's scratch time of 1.18.47—a fine piece of handicapping by club handicapper Ray Douglass.

Excelsior's series of evening 10-mile events continued last Thursday against a back-ground of strong south-westerly winds, and fast times

were out of the question.

Fastest Excelsior rider was the experienced Peter Reeves in 25.43, followed by George Matthews 26.25, Ray Douglass 26.26, Paul West 26.40, Paul Taylor 27.20, Roy Macmillan 27.40, Martin Morris 27.42 and Martin Coree 29.08.

The best time, however, was recorded by 16-year-old Philip Horton with 24.28. He is a holiday visitor to Worthing from the Cambridge Town and County Cycling Club and has been outriding and training with some of the younger Excelsior members.

WORTHING HERALD

AUGUST 16TH 1974.



## DODMAN WINS SERIES

KEITH DODMAN will probably not ride in this Thursday evening's 10-mile event in Worthing Excelsior Cycling Club's series for, after his second place on Thursday, he cannot be caught.

George Matthew produced a fine ride—the fastest by a club member this year—to win in 23 minutes 11 seconds to Keith's 23.44.

In previous years Keith has not shown much liking for these short races, but he has ridden so well this year that he has three times broken his own personal best.

With the best six placings aggregated for senior riders and the best four placings for juniors, Keith, with four firsts and seconds, is in an unassailable position.

### PLACINGS

The overall minor placings look likely to go to George Matthews or Pete Reeves and the special junior award to schoolboy Paul West.

Thursday's result: George Matthews 23.11, Keith Dodman 23.44, Pete Reeves 24.34, Colin Miller 25.04, Ray Douglass 25.06, Paul West 25.44, Don Lock 25.51, Martin Morris 26.24, Roy Macmillan 26.44, Mike Humphrey 27.11, Mike Poland 27.50, John Mansell (tricycle) 28.32. The handicap prize went to Martin Morris.

### TITLES

With the end of the track season at Preston Park, Worthing Excelsior have claimed four championships, with George Matthews having won the 10 and 15 kilometre events and the 1,000 metres sprint for senior riders and Paul West having gained the schoolboys' 500 metres sprint.

In addition, George was the highest points scorer in the league for 1974, repeating his performance of 1973.

Main disappointment was the loss of the Strudwick team trophy. George and Colin Miller lacked support.

WORTHING  
HERALD  
23RD.AUG.74,

## DODMAN RIDES AT HIS BEST

KEITH DODMAN, of Worthing Excelsior Cycling Club, showed over the weekend that he is now really back to his best form.

Riding in an open 30-mile event in Essex on Saturday, he recorded the fastest time for this distance by any club member for several years, finishing in 1 hour 14 minutes 32 seconds.

On the following morning, in the Eastbourne Rovers 25, Keith recorded, in hard conditions, 1 hour 4 minutes 58 seconds. Don Lock finished in 1 hour 8 minutes 36 seconds.

### FIRST CLASS

Ray Douglass continued his string of first class performances with a ride of 1 hour 4 minutes 21 seconds in the Redman CC 25 on Saturday.

On the road racing scene, three members, juniors Paul West and Roy Macmillan and senior George Matthews, competed in the Festival Road Club events at Eltham in south-east London.

Both youngsters rode well to finish 11th and 12th in their event and George was similarly placed in a fast senior race. The 25 miles were covered in a little over 53 minutes.



## '12s'

## SOUTHERN COUNTIES

SCCU "12" (G173) PROVISIONAL	
George Standen, Surrey RCC .....	246.3
D. Grady, Bec CC .....	243.8
J. Smith, Addiscombe CC .....	241.3
M. Hawes, Central Sussex CC .....	238.8
D. Hadfield, Norwood Paragon CC ..	232.2
D. Lock, Worthing Excelsior .....	227.0
R. Cross, Tooting BC .....	222.1
H'cap. — D. Hadfield, Norwood Paragon	
(17) 249.5. Team. — Addiscombe CC (J.	
Smith, J. Trenowden, E. Mundy) 670.5.	

## Don's distance

THE DISTANCE Don Lock covered in the Southern Counties Cycling Union's 12-hour championship was 226½ miles and not 205 as stated in last week's Herald. Colin Miller covered 205 miles.

WORTHING HERALD 6TH SEPTEMBER 1974.

## It's long-distance Lock — storming through

IN THE MOST foul conditions that any rider or official could remember, the Southern Counties Cycling Union 12-hour championship took place on Sunday on a course centred mainly in Mid-Sussex but with a finishing circuit near Horley.

The event, which incorporated the Sussex Cyclists Association 12-hour competition, had two entries from Worthing Excelsior Cycling Club.

Colin Miller was making his 12-hour debut after good rides over 50 and 100 miles earlier in the season. He was joined by Don Lock, who has completed many 12s before but had not finished one in the past two seasons.

The weather, bad at the start, grew worse as the day wore on.

After an early puncture, Don went through 100 miles in five hours with Colin down by about 30 minutes.

With the cold and wet taking their toll, Don did the second 100 in five hours 34 minutes, and Colin took six hours 10 minutes.

On the finishing circuit, Don managed to complete a further five miles for 205.

Don's effort gave him second place in the Sussex event, and may have clinched for him Excelsior's Best Allrounder Trophy for 1974.

But this is still within the reach of Keith Dodman, if he rides a 12-hour event, and Ray Douglass, who tackles one next week west of London.

Colin's ride has pushed him into third place in the County Best Allrounder Championship, and he is currently second behind Don in the club competition.

Last Thursday, Excelsior's evening season finished with a handicap team 10-mile

race, won by Pete Reeves, Alan Matthews and Ray Douglass with a net team time of 1hr 9min 40sec.

The second team of Colin Miller, Mike Humphrey and Paul West had an aggregate handicap time of 1hr 10min 2sec., and George Matthews, Mike Poland and Martin Morris were third with an aggregate of 1hr 26sec.

Fastest individual time was by guest rider John Oakes, of Brighton Mitre, whose 23 minutes three seconds was only two seconds outside the course record.

Overall result of Excelsior's evening 10-mile series: 1 Keith Dodman (eight points); 2 Pete Reeves (11); 3 Colin Miller and George Matthews (12); 5 Paul West (16); 6 Martin Morris (18); 7 Ian Reader (20); 8 Ray Douglass (23); 9 Roy Mac-Millan (24); 10 Tony Miller (25).



## Gruelling ride for Ray

A THIRD RIDER from Worthing Excelsior Cycling Club has successfully completed a 12-hour race and, like the other two, in the most gruelling of conditions. Ray Douglass took part on Sunday in the event staged by the Border Cycling Association on a course centred for the main part in Oxfordshire.

Strong winds ruled out any records, but Ray's distance of approximately 205 miles (provisional) was a fine effort and he now faces a 100 mile event in a week's time with considerable confidence — and this should see him in a good position in the club's best all rounder competition.

### Fine rides

There were three fine rides by junior members in the 25-mile time trial staged by the Bognor Regis C.C. Again wind and rain made racing extremely unpleasant, but the youngsters were undaunted. Paul West recorded 1 hour 11 minutes 53 seconds, Martin Morris 1.13.05 and Mike Humphrey 1.14.22 so all three were inside the 20 m.p.h. mark.

This Sunday the club stage their annual 25-mile handicap event for the Clapshaw trophy and incorporate in this the junior Sherwin trophy race. The start, just south of Buck Barn cross roads on the A.24, is at 8 a.m.

WORTHING HERALD SEP. 20TH 1974.

## Schoolboy cyclist wins two trophies

A NEW name which will, at the end of the current racing season, appear on two of the trophies of Worthing Excelsior Cycling Club is that of Martin Morris.

Martin, still at school, is enjoying his first racing year with the club, and has ridden well on the track and over the short ten mile road events, but has now shown that his small stature also carries stamina. Other times were: Don Lock, 1.5.56; Richard Skipton, 1.8.50; Colin Miller, 1.9.12; Ray Douglass, 1.9.43; Paul Taylor, 1.12.48; Paul West, 1.14.2; Alan Matthews, 1.14.6; Ian Reader, 1.28.39.

While the club were engaged locally, two members travelled in search of fast courses and fast times. On Saturday, Keith Dodman found an Essex course with just the right conditions and finished the Redbridge '25' in the fastest 1974 time for Worthing of 58 minutes, 54 seconds. A fine performance for Keith who has concentrated more on short distances this season. This was a personal improvement of 15 seconds.

On Sunday, Keith and Pete Reeves rode on the A 2 near Dartford in the San Fairy Ann '25.' Keith, possibly feeling the effects of his ride the day before, managed 1.2.39 and Pete 1.3.20, his best ride of the season.

His time three minutes too good for last year's winner Paul West, also secured for the season.

CYCLING 14TH SEPT. 74.

East Grinstead CC Woodgate Dairies Carnival Cycle Race. — TED BOORMAN, Croydon RC, 48m in 1.55.45; 2, T. Hookins, De Laune CC, at 1.16; 3, P. Abraham, Festival RC, at 1.12; 4, M. Adams, Hounslow & District Wh. st; 5, G. Matthews, Worthing Excelsior, at 3.10; 6, C. Dent, Festival RC; 7, P. Ansell, Norwood Paragon CC; 8, R. Edmonds, Redmon CC; 9, T. Savage, Festival RC, at st; 10, D. Doughty, Gravesend CC, at 3.25.



## STRONG WINDS HIT CYCLISTS

COMPETITION for two Worthing Excelsior Cycling Club members was provided on Sunday by the Hounslow and district Wheelers 25-mile time trial on the A4 Bath Road, west of Reading.

George Matthews, who has ridden only a few 25's this season, found conditions difficult with strong winds but managed a time of 1 hour 2 minutes 59 seconds. His club-mate Pete Reeves was slower, finishing in 1.5.51.

Don Lock was the sole Worthing representative in the Southampton 50-mile event held in the Ringwood area.

Don found conditions cold and the wind that blew up

from the south west over the latter part of the course prevented any fast times.

Don finished in 2 hours 15 minutes 21 seconds to be placed eighth in the 58-strong field.

The Worthing club are already looking forward to the 1975 season. Senior member Norman Macmillan is currently taking a coaching course under the auspices of the British Cycling Federation, and Norman hopes to qualify by next April.

Norman will, however, be getting down to prepare a programme of winter training for the racing members—with special emphasis on the juniors and schoolboys—in the near future.

He has his son Roy already turning in useful 10-mile times and showing encouraging form on the track.

Norman has also been of considerable assistance to senior rider George Matthews.

CYCLING 28TH SEP. 74.

### SOUTHERN COUNTIES CY "12" (G173) Official result

George Standen, Surrey Roads CC ..	247.4
D. Grady, Bee CC .....	244.1
J. Smith, Addiscombe CC .....	241.9
M. Hawes, Central Sussex .....	238.83
D. Hadfield, Norwood Paragon .....	232.1
D. Lock, Worthing Ex .....	227
R. Cross, Tooting BC .....	222.2
G. Boore, Central Sussex .....	216.3
J. Trenowden, Addiscombe CC .....	214
E. Mundy, Addiscombe CC .....	213.3
H'cap. — D. Hadfield, Norwood Paragon (17-0) 247.1. Team. — Addiscombe CC (J. Smith, J. Trenowden, E. Mundy) 669.7.	

CYCLING 5.OCT. 74.

### SOUTHAMPTON WH "50" (P2)

Bob Clark, New Forest .....	2 3 52
M. Benstead, Salisbury RC .....	2 5 49
A. Millard, Charlevoile .....	2 6 16
S. Dackombe, Harlequins CC .....	2 7 4
T. West, Sotonia CC .....	2 9 33
M. Gaunt, Sotonia CC .....	2 10 54
R. Geere, Hants RC .....	2 12 19
D. Lock, Worthing Exl CC .....	2 15 21
J. Fowler, Royal Navy CRC .....	2 16 43
P. Downer, B'mouth Jub Wh. ....	2 17 44
H'cap. — A. Horton, Southampton Wh (24-0) 1-56-28. Team. — Sotonia CC (T. West, M. Gaunt, S. Jones) 6-39-31.	

## MATTHEWS AGAIN WINS HARD RIDERS EVENT

THE 33-MILE hardriders event was held by Worthing Excelsior Cycling Club on Sunday on the usual course.

This takes the competitors from the start in Findon Valley, north to Washington and then west through Storrington and Amberley to the major climb of Houghton Hill to Whiteways Lodge. Then comes the fast descent into Arundel, the circuit through the town, and then the long, long climb back up to Whiteways.

Finally, the route is retraced over the undulations of the Amberley-Storrington road, the climb of the Washington bypass and then, if the competitors have anything left, there is the fast finish to Findon Valley.

The race has always attracted considerable interest and, if entries were not high, those who competed could not complain about the support they are given from officials and spectators.

### FAVOURITE

George Matthews, the winner last year, was favourite, and chief challengers Don Lock and Richard Shipton did not look capable of preventing another win.

It was disappointing that Keith Dodman was unwell and unable to ride, for he has always produced excellent rides in this race.

At the first check at Storrington, George had established a margin of about one minute from Don with Richard a further 15 seconds down, and these were well clear of the remainder of the field.

On the climb of Houghton, Richard pulled back his deficit on Don and indeed took a minute's lead by the summit. At this point he was only one minute and 15 seconds down on George.

These positions remained to the finish although the distances were to stretch out. George was home in 1 hour 38 minutes 2 seconds, a time some 2½ minutes slower than in 1973.

### GOOD FORM

Richard maintained his good form to take second place in his fastest-ever ride over the course, finishing in 1.40.4, a time which also gave him the handicap award.

Don was third in 1.41.55 and there was then a big gap to fourth-placed Mike Poland in 1.52.25.

There was a plucky ride by schoolboy Martin Morris, fifth in 2 hours 1 minute 17 seconds.

This Sunday, the club hold their annual Tourist Trial and competitors will leave from the clubroom at 9 a.m.

WORTHING

HERALD

FRIDAY

OCTOBER

11TH 1974.



# MANSELL WINS TOURIST TROPHY

THE 1974 Tourist Trophy event of Worthing Excelsior Cycling Club, held on Sunday, was the most successful for many years. Much of the success was due to the organisation work by Brian Cox, a friend of the Excelsior for many years, but himself a member of the Bognor Regis Club.

Brian had been asked to promote the event because of his experience in national competition in this aspect of the sport. His promotion was helped by one of the strongest entries for well over 10 years and by the most suitable weather conditions.

Map reading did, of course, provide much of the competition but in addition riders had to show they knew how to handle the machine in tight situations, that they could judge speed with a fair degree of accuracy and that their bikes were properly fitted for touring in all conditions.

Questions on local geography, natural history, road safety and observation of the route they had travelled were also levelled at them on various parts of the course.

## CHAMPION

The competition was one to find the true touring champion of the club and John Mansell, who last year shared the trophy with Tony Palmer, proved a worthy winner. His win was, however, a tight one with Derek Smith only one point behind and veteran Roger Smallman a close third, a mere half point further back.

Results—1 John Mansell 38 points, 2 Derek Smith 37, 3 Roger Smallman 36½, 4 Ray Douglas 34½, 5 Dave Hudson 33½, 6 Ian Reader, Don Lock 30½, 8 Peter Shaw 26½, 9 Graham Tooley 25½, 10 Paul West 22½, 11 Martin Morris 21, 12 Andrew King 16½, 13 David Mills 16, 14 Michael Herbert 13½.

# HILL CLIMB ENDS IN DEAD HEAT

THE 1974 Hill Climb championship of Worthing Excelsior Cycling Club attracted a better entry than for several years.

Although it was cold, the riders were rewarded with dry and sunny conditions, and a wind at their backs.

The north side climb of Steyning Bostal, from its junction with the Shoreham road just east of Steyning, is an unusual one—a hill in two steps in fact. The first section is not very steep, but then, after perhaps 300 yards, comes the first hard gradient, about one in seven or eight.

Then there is a long and easy gradient to the final 600 yards with a gradient starting abruptly and fiercely at about one in four and then easing to one in six and one in 10 at the summit.

## DEFENDING

George Matthews was a confident defending champion, but perhaps had not sufficiently considered the hill climbing ability of Keith Dodman.

In the event, the result could not have been closer, for both returned the time of 5 minutes 11.2 seconds, the first time a dead heat has occurred in this championship.

A rare competitor in hill climbs, Don Lock, managed a creditable third place in 5.27.4. Colin Miller was fourth in 6.20.0.

Two juniors who did well were Paul West, 6.27.6, and Roy Macmillan, 6.36.2 . . . good times for the mile long climb.

The club run this Sunday leaves the clubroom at 9 a.m. with elevenses at Hickstead. This will be followed by the annual lunch of the Sussex Division of the British Cycling Federation at Lewes.



# CYCLISTS RECEIVE AWARDS



GUEST SPEAKER at Worthing Excelsior Cycling Club's dinner and dance at the Burlington Hotel on Saturday was Radio Brighton sports producer Peter Brackley.

Mr Brackley spoke of the work at Radio Brighton and of how they tried to cater for as many sports as possible. He added that, unfortunately, he was unable to devote a great deal of time to the minor sports last winter because he was somewhat involved with someone called Brian Clough.

## SUCSESSES

Excelsior had most success on the track, with George Matthews winning four titles. Membership of the club also increased.

Dave Hudson was thanked for his work over the year.

Dave Funnell responded to Mr Brackley's speech, and spoke of the promise shown by younger members Paul West and Martin Morris.

Secretary John Mansell commented on the enthusiasm and enjoyment of members over the past year. This, he felt, created a happy club.

## INTEREST

Club president Douglas Argent spoke of his interest in the club and the value of the club's magazine, the Worthing Wheel.

Club chairman Charles Lednor presented the awards.

Club awards for 1974: circuit, Alan Orman; handicap, Derek Pearce; 25-mile championship, Alan Orman; handicap, Bernie Bethall; 30-mile championship, Keith Dodman; 50-mile championship, Keith Dodman; 100-mile championship, Keith Dodman; handicap,

SEEN WITH their trophies at Worthing Excelsior Cycling Club's dinner at the Burlington Hotel on Saturday are (from the left) Keith Dodman, Colin Miller, Don Lock and Richard Shipton.



JOHN MANSELL 'receives' the president's tourist trophy from president Douglas Argent.

Clapshaw-25, Martin Morris; Sherwin-25, Martin Morris; Spring-25, Don Lock; Junior-15, Paul West; 20-mile team trial, Don Lock and Keith Dodman; Hardriders, George Matthews; handicap, R. Shipton; 10-mile series, Keith Dodman; schoolboy, Paul West; Points Trophy, Don Lock; most improved rider, Paul West; track champion, George Matthews; best clubman of the year, Dave Hudson.

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