

WORTHING HERALD FRIDAY

JANUARY 9TH 1976

Cyclists look ahead to racing season

MEMBERS of Worthing Excelsior Cycling Club are looking forward to the new racing season and with the first event at the end of February are getting down to serious training.

Now that the club have a qualified coach—Norman Macmillan qualified under the British Cycling Coaches Scheme in 1975—the winter months are being put to better use than previously, with weight training and circuit training being available as well as miles on the bike, weather conditions permitting.

Over Christmas, four members took the opportunity of testing their form, riding in the Dulwich Paragon Christmas 25-mile event. John Biddle (1.12.18), Pete Reeves (1.12.19), Graham Tooley (1.13.41) and Paul West (1.14.06) put up useful performances in the conditions that prevailed and on a hilly course. Hopes that Graham Tooley can really add to the

club's racing strength during 1976 were shown to be well founded.

Most will be hoping to cover 200 or more miles per week from now until the end of February.

On February 15 the club promotes reliability trials of 40, 50 and 60 miles which will be over a tough course and will be used by many Sussex clubs as part of their general training programme. This will be followed by similar events to be run by the Central Sussex Club the following Sunday.

On February 29 comes the usual opener to the club's time trial programme, the hilly circuit event, placed an appropriate one week before the East Sussex Cycling Association's hardriders, a similar kind of event.

The club's main hope this coming season will be that the dozen or so schoolboys who have wintered under the wings of coach Macmillan will flourish into useful racers.

CYCLISTS WARM UP FOR TRIALS SEASON IN ICY WEATHER

WITH just four weeks to go to the beginning of the time trial season for members of Worthing Excelsior Cycling Club, two reliability trials and some hard miles in cold conditions and over hilly circuits provided excellent training on Sunday.

Six members took part in the Lewes Wanderers 50-mile trial covering a route through Uckfield, Buxted, Heathfield, Dallington, Herstmonceux and back to finish near the start in Lewes. All six qualified for certificates at the 3½ hour standard, Keith Dodman, Richard Shipton, Graham Tooley and Don Lock on solos and Pete Reeves and John Biddle on a tandem.

Meanwhile, Brighton Excelsior Club's promotion was starting at Edburton and provided standards over 33, 66, and 100 miles.

After riding to and from the start and finish, Worthing riders settled for one lap which went north through Partridge Green, Maplehurst and Warninglid and then returned south through Wineham and Twineham. It being mainly in narrow country lanes and extremely hilly, this was quite enough for most competitors, especially in the prevailing 'arctic' conditions.

Among those who qualified were club coach Norman Macmillan, his son Roy, Paul West and Colin Miller, and schoolboys Nigel Burrows and Paul Toppin.

This Sunday, the Brighton Mitre hold a similar event over 62½ miles, or 100 kilometres, and it is expected several Worthing members will be riding.

Their own trial is on the following Sunday.

WORTHING HERALD FRIDAY.
FEBRUARY 13TH 1976.

After freeze, cyclists face heavy rain

THE PRE-SEASON build up goes on for Worthing Excelsior Cycling Club members, and seven of them rode on Sunday in the Reliability Trial promoted by the Brighton Mitre Cycling Club.

The course was 65 miles of undulating country roads, taking the riders over Devil's Dyke from the start at Patcham, and then north through Saddlescombe, Twineham, Cowfold, Maplehurst and Nuthurst to Horsham. The route then went east to Colgate, Pease Pottage and Handcross, before returning south through Ardingly, Scaynes Hill, Wivelsfield and over the heart-breaking climb of Ditchling Beacon back to finish near the start.

After the Arctic conditions of the previous Sunday's trials, this one was both warmer and wetter, the rain, in fact, being heavy and almost constant after the first 10 miles, making for a dirty and uncomfortable ride.

Decision

Pete Reeves, Don Lock, Graham Tooley, Paul West, John Biddle and Martin Morris decided to ride in the slower standard of 4½ hours and all qualified with time to spare. Several of them could, indeed, have qualified at the higher standards if they had so elected at the start.

Pete Reeves and Don Lock were round in about 3½ hours and John Biddle only 15 minutes slower.

George Matthews started in the 3½-hour section but did not finish the course. George will ride in the Worthing Club's trial this Sunday but this will be his last event before going to South Africa for three months. George's parents are out there and he

will use the period for intensive training in the South African sun before going on for a season of racing on the Continent.

Unfortunately for Excelsior, George has now resigned from membership of the club and plans to join the London based Archer Cutty Sark, a sponsored club who will, it is understood, be in a position to financially assist his racing, with permitted expenses and equipment.

Trial

Worthing's Reliability Trial on Sunday starts from the Franklands Arms at Washington at 9 a.m. The club hope to have upwards of 50 riders taking part, and offer three qualifying standards—40 miles in three hours, 50 miles in 3½ hours or 60 miles in four hours.

Full details of the course, which goes west towards Petworth and Chichester before returning to Washington, are available from Don Lock at 7 Welland Road, Durrington (telephone Worthing 62724) and any cyclists, whether or not members of a club, are welcome to take part. All successful riders will be awarded club certificates.

WORTHING HERALD FRIDAY FEBRUARY
6TH. 1976.

CYCLING TRIAL ATTRACTS RECORD ENTRY

WORTHING Excelsior Cycling Club's Reliability Trial, the third in a local series of such events, as part of the pre-season training for Sussex riders, had a record entry of 63 and excellent conditions.

A number of big hill climbs on the course saw to it that riders were given a good test of their current form and several were found to be still suffering from an over-enthusiastic social season.

The 60-mile standard allowed four hours and 18 were successful including, from the Worthing club, Pete Andrews (who came down specially from Norwich), Graham Tooley, Don Lock, Pete Reeves, John Biddle, Richard Shipton, Paul West, Peter Mansfield and Derek Smith.

QUALIFIERS

Thirteen qualified for club certificates in the 50-mile section including a large group from the Central Sussex CC. Ray Douglass of Worthing also completed this standard.

The 40-mile group found favour with several of the club's younger riders as well as a number of veterans and among the qualifiers were John Antram, Allan Matthews, John Williams, Paul Toppin and Nigel Burrows.

The final reliability trial before the start, this Sunday, of the club's time trial programme, was promoted by the Central Sussex Club. This took members into the north east of Sussex on a wet and unpleasant morning and over some hilly terrain in the Ash-down Forest area.

Ray Douglass and Keith Dodman were the only successful riders from Worthing.

The first event of the 1976 season is the club's circuit event of approximately 20 miles. This starts at 10 a.m. on Sunday from Sompting Church.

WORTHING HERALD
FRIDAY 27TH
FEBRUARY 1976.

CYCLING 14TH FEBRUARY 1976

Archer recruits meet in style

CLAN Cutty Sark gathered in Continental style for the Scotch-sponsored Archer RC team's presentation on Saturday afternoon, when a string of signings that could mean a new lease of road success was displayed.

The club that were 1975 team pursuit champions and with Steve Heffernan, Robin Croker, Maurice Burton and Alaric Gayfer regularly take a bumper crop of national track medals, met at Paddington Recreation Ground, scene of many of their triumphs.

Absent were some of their top names — like Burton, still racing on the winter tracks, former national sprint champion Croker and Olympic hopeful Gayfer riding in Australia, and Bird's-Alisian professional John MacMillan, who is expected to be joining Kenton RC.

Birmingham RC's Brian Milner, club team pursuit medallist and class performer in road racing and time trialling, is the best-known of the new recruits. Not only will he add strength in depth to the pursuit and road

squads, but opens up team time trial possibilities.

Milner, currently commuting between Birmingham and London, had fellow-Brummie Roger Kings with him at the presentation. Kings, described by club officials as "one of the hard school", rated southern riders soft on his last visit. He went from third-cat to first last year and although teaching at college, finds time for a 300-mile-a-week training programme.

Another first-cat switching clubs is Sussex roadman Richard Matthews, who is leaving Worthing Excelsior. The three other star new boys are relative youngsters. Former Oxford City bright hope Julian Wheat, 22, has

returned after a successful French campaign to join the Archers.

Then there's James Waterman, who will be 18 at the end of the month, a junior raised on German racing, who is leaving his family to spend this year in Britain to ride the Peter Buckley Trophy events and try for junior world championship selection.

His father is RAF sergeant Jim Waterman, active in Forces racing from his station in Germany, who met Archer riders on one of their trips abroad.

Making the longest trip was big 20-year-old Nick Cudmore, who travelled from Grimsby. Like the other signings, he will eventually be moving into the Archer Area.

WORTHING GAZETTE 3RD MARCH

DON LOCK IS HONOURED

DON LOCK was made a vice-president at the annual meeting of Worthing Excelsior Cycling Club at Broadwater Parish Room. He was unanimously elected in gratitude for all the years of work he has put into the club.

Secretary John Mansell reported that the club events last year were generally well supported. Some members had ridden in expeditions to Sweden and Romania.

On paper, the club showed a financial loss of £16 but, it was pointed out, that they had bought vests to the value of £100, a third of which were still unsold. So in effect the club were in credit.

Members agreed to the raising of subscriptions from October 31. Adults will then have to pay £2 instead of £1.50. Junior subscriptions will stay at £1.

It was decided that this

year the best all-rounder competition would incorporate the 25, 50 and 100-mile races. This means the exclusion of the 12-hour event.

The club committee were asked to look into the possibility of running a 25-mile tandem race with the open 25 this year.

Officers elected: President, W. D. Argent; chairman, C. G. Lednor; secretary, John Mansell; assistant secretary, Ian Reader; treasurer, Ray Douglass; assistant treasurer, Don Lock; social secretary, Theo Puttick; Evening Tens secretary, John Biddle; club events secretary, Keith Dodman; race writer, Roger Smallman; road track secretary, Colin Miller; runs and touring secretary, Dave Hudson; Press secretary, Don Lock; club coach, Norman Macmillan.

Extra committee members: Tony Palmer and Ray Macmillan.

WORTHING HERALD 12TH MARCH 1976

Keith catches Pete on hilly section

IN ACTION in the East Surrey Road Club 33-mile hard-riders event north of Horsham on Sunday were Worthing Excelsior's Keith Dodman and Pete Reeves.

Keith was having his first competitive ride of the season and quickly demonstrated his early form. He caught his club colleague on one of the hillier sections of the course and went on to record a good 30min 37sec for this hilly course. Pete, intending to ride longer and harder events this year, stayed the course well to finish in 1.33.38. The winner was John Lyons of Ovington in 1.23.40... a remarkable time in the cold wintry conditions.

Don Lock rode in the shorter (17 miles) but equally tough East Sussex Cycling Association Hardriders on a country lane circuit in the Rushlake Green and Horam area. Suffering no ill-effects from the previous week's crash, he finished 17th in a field of 65 in a time of 46min

37sec, just five minutes down on the winner, Don Awcock, of the Central Sussex Club.

A group of 10 members spent an enjoyable weekend in the New Forest, touring on Saturday and Sunday and spending Saturday night at the Youth Hostel at Burley. Another group had a morning run on Sunday to Coldwaltham.

This weekend, on Saturday, members compete in the Central Sussex Hilly 25 and 10-mile promotions near Handcross, and others journey to Fareham for the Fareham Club's 10-mile promotion. On Sunday, there is a Club Spring 25-mile Time Trial which starts from the Hammerpot Hill on the A27 at 9. Main contenders look like being Don Lock, Richard Shipton and Pete Reeves. Keith Dodman rides the Tour of Hambleton. The club run on Sunday leaves the club room at Broadwater Green at 9 and goes to Codmore Hill on the A29.

WORTHING HERALD 19TH MARCH 1976

COMPLAINTS OF PACED RIDING ARE LODGED

THE WEEKEND started for Worthing Excelsior Cycling Club with five performances in three different events on Saturday afternoon.

Keith Dodman, Pete Reeves and Ray Douglass competed in the Fareham Wheelers 10-mile event west of Chichester, recording 26.10, 27.25 and 29.39 respectively.

Paul West and Don Lock took part in two hilly events promoted by the Central Sussex Club in the Handcross and Balcombe area. In the 10-mile race for juniors, Paul finished 12th of 32 in 32 minutes 1 second, while in the senior 25 Don was back in 28th place of a field of 77, with a time of 1 hour 12 minutes 45 seconds.

The club's 'Spring' 25 on Sunday morning, held on the A27 Angmering to Westhampnett and back course, was run in good conditions, but two

riders in particular had the timekeeper checking his watch.

BESTS

Richard Shipton recorded 1 hour 0 minutes 43 seconds and junior Roy Macmillan 1 hour 4 minutes 38 seconds. Both of these were personal bests and to do this in their first 25 of the season and as early as March brought amazed looks from the other competitors.

Unfortunately, a cloud hangs over these two rides for formal complaints of paced riding have been lodged and the matter will be the subject of a club investigation.

The result, provisional only then, at this time was: 1 Richard Shipton, 1.0.43; 2 Roy Macmillan, 1.4.38; 3 John Biddle, 1.6.13; 4 Don Lock,

1.7.14; 5 Pete Reeves, 1.8.8; 6 Graham Tooley, 1.9.15; 7 Martin Morris, 1.9.56; 8 Ray Douglass, 1.11.5; 9 Alan Matthews, 1.11.16; 10th John Williams, 1.11.25; 11th Nigel Burrows, 1.23.32.

The handicap, which is, of course, also subject to the result of the investigation, would be taken by Roy Macmillan.

This weekend, there are three Sussex Cyclists Association promotions, a 25-mile event on Saturday afternoon — this starts at the Hammerpot on the A27 at 3 p.m. — and two 10 mile events on Sunday with starts at 9 a.m. and 9.30 for seniors and for juniors. The start for the 10's is at the top of Washington Bostal just off the A24.

The club run this Sunday leaves the clubroom at 9 a.m. and elevenses will be taken at Newhaven.

The big day— in flashback



By Thelma Sangster

IF MR AND MRS DOUGLAS ARGENT of St. Lawrence Avenue, Worthing, needed any reminder of their wedding day, they got it on Monday evening when a cine film, taken 50 years ago by a news cameraman, was shown at their golden wedding dinner party.

The film, titled Well-known Sportsman Weds, was shown at the old Rivoli Cinema 50 years ago as part of the Rivoli Gazette — the week's news — and given to them afterwards by Mr Seebold, the cinema proprietor.

The Argents' son, Mr Tony Argent, had it converted to the right size for today's projectors.

Mr and Mrs Argent, who have lived in Worthing all their life, have another claim to fame. They are both freemen of the city of London, an honour which came in 1969 because the family firm of men's evening dress and tie manufacturers of which they were both directors, reached its centenary in 1964.

They were engaged for six years before they married at St. Paul's Church.

It was an important event. Both were members of Excelsior Cycling and Athletic Club, and Mr Argent was a well-known local footballer and cyclist, the holder of several cycling championships. He was to become president of Excelsior and to collect a cabinet of trophies for all the sports at which he has represented Worthing — cricket, golf, billiards and snooker, as well as cycling and football. He was president of Worthing Old Grammarians football and cricket clubs for many years.

Mrs Argent also played golf — and she won a trophy, too. She is vice-president of Excelsior.

They have been active, in other fields, too. They ran Marlposts nursing home, a family concern which was recently sold to Worthing and district council of Social Service.

Mr Argent had interests in a butchers' shop, and a development company at different times. A West Worthing Rotarian, he is also a grand officer of the Grand

GALE SORTS OUT FIT CYCLISTS FROM THE REST

THE SUSSEX Cyclists Association started its 1976 time trial season with three events last weekend, all well supported by members of the Worthing Excelsior Cycling Club.

On Saturday afternoon there was a 25-mile event on the Chichester road course, between Angmering and Westhampnett, where the bitterly cold and practically gale force wind from the east soon sorted out the fit from the rest.

Respectable

Keith Dodman showed he was fit with a respectable one hour five minutes 28 seconds ride, although he expressed dissatisfaction after noting the winning effort of Brighton Mitre's Clive Oxborrow, who completed the course in one hour two minutes 29 seconds.

Richard Shipton was testing a new machine and will be expecting it to go considerably faster in the summer than his one hour seven minutes 17 seconds. Worthing's team was completed by Colin Miller, who recorded one hour eight minutes 59 seconds. Other Worthing times: John Biddle 1.9.5, Paul West 1.10.23, Graham Tooley 1.10.56 and Ray Douglass 1.12.30.

Good time

On Sunday morning the club's fortunes improved in the two ten-mile events held on the Washington/Ashington circuit. Still with strong winds straight from the arctic, John Williams, of Worthing, starting from the No. 1 position, with nobody to chase, returned a very good time in the senior competition, his 27 minutes 39 seconds being good enough to win the handicap section.

Other times were: Pete Reeves 25.59, leaving him in

sixth place in the scratch event, John Biddle 26.46, Colin Miller 27.30, John Antram 28.10 and Pete Mansfield 28.40.

In the juvenile event (under 16 years) Excelsior coach Norman Macmillan had the pleasure of seeing his son Roy win his first event with a tremendous 26.30. Paul West, another of his 'second year' students, came home in second place in 26.45, despite the previous afternoon.

This event also provided the first competition for a number of the other school-boys now being brought along under the club's coaching scheme. Nigel Burrows returned 30.08, Paul Toppin 30.39, Carl Carter 32.01, Kevin Pederson 32.32, and Robert Powell 34.55.

The club run this Sunday leaves the clubroom at Broadwater Green at 9 a.m. and goes to Cross-in-Hand for elevenses.

WORTHING
HERALD
26TH
MARCH
1976

WORTHING HERALD 19TH MARCH 76

9TH APRIL 76

CYCLISTS COMPETE AT NEW CIRCUIT

THREE EVENTS attracted Worthing Excelsior Cycling Club riders on Sunday and a total of 16 took part in the different competitions. Most distant travellers were the juniors and schoolboys who, along with senior Graham Tooley and coach Norman Macmillan, went to the new and specially designed Eastway Racing Circuit near Hackney.

A one mile circuit with hills and bends and corners provide good racing conditions and an excellent learning ground, and it was for experience that the journey was made, for there was good competition against the strong London Clubs. Graham and Martin Morris rode in an hour event for juniors and third category seniors and did well to stay the course in a race run at a fast pace . . . and Martin was troubled with a stomach upset during the race.

Roy Macmillan and Paul West, with quite an amount of schoolboy racing behind them now, were in the schoolboy event, and with them into their first road race went Nigel Burrows, Robert Powell, Carl Carter, Kevin Pedersen and Paul Toppin. Roy and Paul rode strongly making several efforts to get clear of the large field but could not unfortunately find a gap when it came to the final sprint. The others all finished and will be pleased to have suffered their baptism.

Keith Dodman, Ray Douglas and Pete Reeves participated in a Kentish Wheelers promotion on a course in the Horley area but did not meet with success. Keith, dissatisfied with his form, retired, and both Ray and Pete were to go off course due to a lack of marshalls. Their times for the 25 miles including the time lost were Pete 1 hour 8 minutes 55 seconds and Ray 1.13.30.

Perhaps the most successful outing of the day was the performance of Richard Shipton and Don Lock riding in the Brighton Mitre's two-up 25 on the Horsham road. In sunny but windy conditions the pair returned a respectable time of 1 hour 4 minutes 40 seconds to finish 10th in the 56 strong field and were in fact the second fastest of the Sussex club entries. John Biddle and Colin Miller recorded 1.7.27, finishing in 18th position.

This Sunday, seven go to the New Forest for the Salisbury Open 25, while others will be out on the club run which leaves the club-room at Broadwater at 9 a.m. and makes for Bognor for elevenses.

SEVEN members of Worthing Excelsior Cycling Club entered Salisbury Road Club's Open 25 on Sunday. Because of road works, the event had to be moved from the Ringwood/Bournemouth roads to the Ringwood/Salisbury road . . . not such a good one for racing. Don Lock was the fastest Worthing man with a year's best for the club so far of 1hr 4min 42sec, a time just one second better than club champion Keith Dodman. Richard Shipton missed his start and was penalised 14 minutes to add to his 1.6.1; Pete Reeves did 1.6.16, John Biddle 1.7.23, Ray Douglas 1.9.44 and John Antram 1.9.53.

Martin Morris and Roy Macmillan were in action on Saturday in the 31-mile Circuit Race for juniors and third category seniors at Lee-on-Solent. Martin punctured with two laps to go; Roy finished, but was not in contention. On Sunday, Graham Tooley competed in the Surrey Roads spring road race. He remained in contact with the leaders until the penultimate lap and then tailed off as the pace quickened, but did well to finish.

WORTHING
HERALD
2ND
APRIL
1976.

CYCLING 27TH MARCH 76.

SUSSEX CA "10" (G914)

Clive Oxborrow, Brighton Mitre . . . 23 39
A. Jones, Central Sussex . . . 24 4
A. Goodsell, Central Sussex . . . 24 59
R. Smith, Brighton Mitre . . . 25 12
A. Limbrey, Brighton Mitre . . . 25 32
K. Atkins, Central Sussex . . . 25 57
H'cap. — J. Williams, Worthing Excelsior
(5-0) 22-39.

Juveniles

Roy Macmillan, Worthing Excelsior . 26 30
P. West, Worthing Excelsior . . . 26 55
I. Burgess, Lewes Wanderers . . . 27 47
G. Strawbridge, Brighton Excelsior . 29 0
M. Millard, Central Sussex . . . 29 1
M. Panton, Brighton Mitre . . . 29 8
H'cap. — M. Panton, Brighton Mitre CC
(6-30) 22-38.

Shipton and Lock produce a tremendous ride

SOME OF the fastest racing and keenest competition of the season so far was turned in by members of Worthing Excelsior Cycling Club at the weekend.

On the time trial side of the sport there was a tremendous ride by Richard Shipton and Don Lock in Saturday afternoon's 25-mile two-up time trial championship promoted by the Sussex Cyclists Association. Conditions were undoubtedly good, but their time of 1hr 0min 24sec is the second fastest time ever in Worthing Excelsior colours.

The event had the biggest entry and the highest standard for several years and this can be judged by the fact that the first seven teams would have been fast enough to win the 1975 title. The two who were eventually placed fifth in the championship plan now to ride the club championship in the summer and an open event on a fast course towards the end of the

season with the definite object of getting the record under 60 minutes.

On Sunday morning, the club held their 30-mile championship and this resulted in one of the closest and fastest championships at the distance for several years. It was thought that Lock and Shipton would be suffering from their efforts of the previous afternoon but, while the others may have got closer than would otherwise have happened, these two were enjoying an inspired weekend and fought out the major places.

At the first turn around 15 miles, Don was perhaps half a minute ahead of Richard and both were clear of the others but by the finish that half minute deficit had been turned into a half minute advantage and Richard was first in a personal best time of 1hr 16min 51sec to Don's 1.17.31.

Eight seconds was to cover the next three places. Third was Pete Reeves 1.18.51, fourth Colin Miller 1.18.52, and fifth John Biddle 1.18.59. Other times were Ray Douglass 1.20.26, Chris Stone, a good first ride at the distance 1.23.27, John Williams 1.25.44, and Alan Matthews 1.29.31. The handicap award went to Chris Stone with a net time of 1.13.27.

Road racing

The road racing enthusiasts were competing in a series of events at the excellent Crystal Palace circuit on Sunday. Robert Powell rode the under-14 five laps; Paul Toppin, Nigel Burrows, Kevin Pedersen and Carl Carter in the schoolboys eight laps; Roy Macmillan, Paul West and Martin Morris in the 25 laps junior event and Graham Tooley in the senior third category race. All are still gaining valuable experience and club coach Norman Macmillan reports that they all rode well and are learning fast.

Members compete in various events over the holiday weekend and there is a run on Sunday at 9.00 to Adversane and another on Monday at 8.30 to Midhurst.

WORTHING HERALD

23 RD APRIL 1976

CYCLISTS TRY NEW COURSE

THE FIRST event tackled by members of Worthing Excelsior Cycling Club at the Easter weekend was the Crawley Wheelers 25 held on a new course near Crawley on Good Friday. It was cold, conditions were hard and it does not appear that the course will prove to be popular after the rather slow performances recorded.

John Biddle was fastest of the club's entry with a time of 1 hour 9 min 25 seconds. Paul West finished in 1.10.19, Colin Miller in 1.11.13 and John Williams 1.14.23.

Also on Friday, Pete Reeves started on a three race weekend with a ride in the Wandsworth CC 25 on the Bath Road course near Newbury. In this event he managed a time of 1 hour 6 minutes 35 seconds but in Sunday's ride, a private time trial with the Newark Castle Club, he recorded a fast 1.1.56, and then went on Monday to clock 1.4.49 in the Chesterfield Spire 25.

Ray Douglass and Don Lock became the first Worthing riders to ride a 50-mile event this season when they rode in the Charlottesville event on the A4 road west from Theale.

WORTHING
HERALD

15TH
APRIL
1976

KEITH DODMAN

RETAINS TIME TRIAL TROPHY

DEFENDING champion Keith Dodman successfully held on to the Bennet Trophy for Worthing Excelsior Cycling Club's 1976 25-mile time trial championship Sunday.

Strong north east winds blowing hard across the east/west course between Angmering and Westhampnett meant that the winner was going to be in need of strength and stamina as much as speed, and Keith's winter and early season build-up with weight training stood him in good stead.

By the halfway turn at the start of the Chichester bypass he had caught John Biddle who was eventually to finish third, and he had also established a slight lead over his main challenger, Don Lock, who had narrowly beaten him over the same distance a few weeks previously. The return from Westhampnett saw the gradual fading of most of the opposition and although Don pressed Keith hard to the finish, he was never in danger of losing his hold on the championship.

Keith's time for the 25 miles was 1 hour 5 minutes 46 seconds. Don finished second in 1.13.32 and John third in 1.17.2. Fourth was Colin Mil-

ler 1.10.38, fifth Tony Rotherham 1.13.57 and sixth John Williams 1.16.26.

LOSER

Pete Reeves, who had not entered for the championship, lost himself a third placing for in a private trial over the course after the main event he recorded 1.8.42.

Another rider who might have challenged Keith for the Championship was Richard Shipton, who rode instead in the Kent Road Club 25 on the A.2 near Dartford. His time there was 1 hour 6 minutes 40 seconds.

This weekend, members will be competing in the East Sussex '10' on Saturday and the same association's '25' on Sunday while others are entered in the High Wycombe '25' near Reading on Sunday. For those who enjoy their cycling at a more leisurely pace, the club run this Sunday leaves from the clubroom at Broadwater Green at 9 a.m. and elevenses will be at Coldwaltham.

CYCLING

24TH APRIL 76

SUSSEX CA 2-UP "25" (G338)

Clive Oxborrow-Owen Leigh,	
Brighton Mitre	58 28
A. Baker-R. Earl, Hampshire RC	58 33
A. Limbrey-A. Wilkins, Brighton	
Mitre	59 22
W. Vetcher-P. Pickers,	
Hampshire RC	59 30
D. Lock-R. Shipton,	
Worthing Excelsior	1 0 24
A. Jones-J. Yates,	
Central Sussex	1 0 50

THE PROMOTER
13TH MAY
1976.

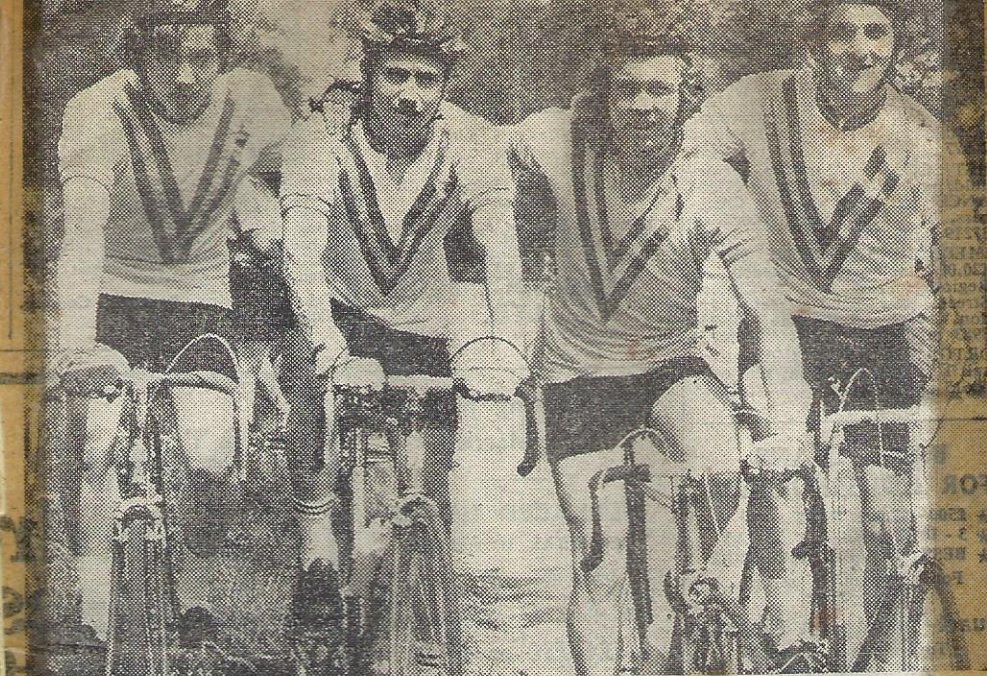
Pedal power for a team!

WHAT'S got eight wheels, eight legs
and wears leather headgear?

The answer: Four Worthing
Excelsior Riders who took part in a
road race on Thakeham Circuit on
Saturday.

From left to right: Martin
Morriss, Roy MacMillan, Paul West
and Peter Mansfield.





Road race 'split' proves popular

EXCELSIOR riders who took part in the road race on the Thakeham Circuit included (from the left) Martin Morriss, Ray MacMillan, Paul West and Peter Mansfield.

INSTEAD OF the previous one handicap race Worthing Excelsior Cycling Club decided on two road races this year, separating the top senior riders from the junior and third category seniors. It proved a well taken decision for full fields and reserves were received for both events and both races produced exciting and spectacular sport.

Saturday's weather conditions were perfect and there was nothing more than a light southerly breeze as the competitors wound their way around the ten mile circuit. The senior race was over six laps and the other over four, and in both the quality of the racing was high and the speeds fast. The circuit had only one hill, Townhouse Farm north of Thakeham, and it was difficult for any decisive breaks to form although there were many attempts, with Bob Boulter of

Bournemouth and George Matthews, formerly of Worthing, but now with the Archer Cutty Sark, both active.

Lap four saw John Lyons of Orpington and ex-national champion Martin Roach of Hounslow forcing the pace, but the final and decisive attack came early in the fifth lap. Gavin Hall, of the Redmon, and Ray Smith, Brighton Mitre, gained a lead of some 15 seconds and were rewarded for their courage by a crash which involved the pursuers. Quickly the two were a minute up.

Smith tried desperately to shake off Hall on the final climb but the Redmon man would not be dropped and on the fast descent to the finish just had the advantage, taking the winning flag by half a length. Mike Sparks, of the Velo Club St. Raphael, won the sprint from the bunch coming in 1 minute and 10 seconds later.

In the second event, Worthing's Roy Macmillan and Paul West were prominent in the first two laps and Bognor's G. Southern was also well placed, while the Brighton Mitre brothers Colin and Owen Leigh remained in close contention. Although the pace was again fast, the main group, apart from shedding some of the less fit, remained intact and in the final hectic sprint it was Dave Middleton of the Harp Road Club who emerged the strongest winning by a wheel from Steve Andrews of the Festival Road Club and Derek Ramsey, North Hants. Best placed local rider was Owen Leigh who came in sixth.

The senior race was completed in 2 hours 10 minutes and the other in 1 hour 30 minutes.

On Sunday, five members journeyed to the Christchurch area in the New Forest to compete in the Bournemouth Arrow G.C. 25-mile event. Fastest with a club best for 1976 was Richard Shipton in 1 hour 3 minutes 40 seconds. Don Lock recorded 1 hour 5 minutes 1 second. Colin Miller 1.6.50. Ray Douglass 1.7.32 and Graham Tooley 1.12.34.

WORTHING
HERALD
4TH MAY.76.

CYCLING MAY 8TH 76

MAY8

ROAD RACES. — Worthing Excelsior, 1, 2, 3, 60m; 3, J, 40m; 1.30pm, Thakenham village hall, Thakenham, Sussex. Cathe-

Cycling of a high quality

Worthing Excelsior Cycling Club's decision to hold two road races this year — instead of one handicap event — proved a wise one, with full fields on Saturday.

In perfect weather, the seniors competed over six laps of a ten-mile circuit from Thakeham, while the juniors and third category riders battled over four laps. The quality of racing was high in both events, with very fast times.

In the senior race, there was local interest when Brighton's Ray Smith led at the end of the third lap, and he went on to collect three primes on the hill climb.

On lap four John Lyons (Orpington) and ex-national champion Martin Roach (Hounslow) forced the pace, but the final decisive attack came early in the fifth lap when

Gavin Hall (Redmon) and Smith built up a lead of 15sec.

On the fast descent to the finish, Hall just had the edge and took the winning flag by half a length. Mike Sparks (Velo Club St Raphael) won the sprint for third spot.

In the second race, Worthing's Roy Macmillan and Paul West were prominent in the first two laps, but in the final hectic sprint it was Dave Middleton (Harp Road Club) who won by a wheel from Steve Andrews (Festival Road Club) and Derek Ramsey (North Hampshire). Local rider Owen Leigh was a creditable sixth.

The senior race was completed in 2hr. 10min. and the other event in 1hr. 30min.

Worthing Gazette, 47,
Wednesday, May 19, 1976

After three years of rain, cycle series opens in sunshine

THE FIRST of Worthing Excelsior Cycling Club's evening ten-mile series was held on Thursday on the Washington circuit and, after three years of starting the series in pouring rain, was run off in sunny and dry if windy and cool conditions. There was a good entry of 19 from the club and several guest riders by members of the Brighton Mitre.

The holder of the series trophy, George Matthews, has now left the Worthing club, and it was 1974 champion Keith Dodman who notched up a first win in a bid to regain the award, with a time of 24min 32sec.

Don Lock ran him closest to finish second in 24min 59sec. Junior Roy Macmillan finished third in 25.47, a time exactly equal to his personal best which must soon be lowered in faster conditions.

Other times were: Graham Tooley 26.13, Paul West 26.22, John Antram 26.25, Ray Douglass 26.50, Paul Toppin 27.28, John Peters 27.46, Alan Matthews 27.57, Tony Rotheram 28.01, John Williams 28.46, Paul Taylor 29.14, Steven Rotheram 29.59, Kevin Pederson 30.04, Gary Edwards 32.26, Will How 33.10, Robert Powell 33.17, Paul Macmillan 36.05.

The handicap was won by John Peters, an excellent ride in his first ever time trial.

Two other rides worthy of special comment were those of Will How, an old age pensioner with more get up and go than most, and at the other end of the age scale, Paul Macmillan who clocks in at just 11 years.

WEST
SUSSEX
GAZETTE
13 TH
MAY 76.



EXCELSIOR

FINISH THIRD

WORTHING Excelsior Cycling Club finished third in Sunday's Sussex Cyclists' Association 25-mile Team Championship. A trophy which the Excelsior have won on many occasions in the past was no within their reach this year.

Their team of Keith Dodman, John Biddle, Richard Shipton, Don Lock and Colin Miller rode pretty well up to their current form but they could not match the performances of the winners, Brighton Mitre CC, or of Central Sussex who finished second. The fastest Worthing rider was Keith Dodman in eighth place in the field of 98 riders, with a time of 1 hour 6 minutes 4 seconds for the hilly course between Cowfold and Shoreham.

Richard Shipton was 10th in 1.6.26, Don Lock 15th in 1.7.46 and the fourth member to count towards the team aggregate, Colin Miller, was 30th, recording 1.9.49.

Fifth member riding was John Biddle whose 1.10.21 was discarded in the aggregate. Pete Reeves, who should have been able to improve the total team time, retired suffering from back ache.

AGAIN THIRD

In a consolation event for reserve teams, Worthing were again third behind Brighton Mitre and Central Sussex although the position of those teams was reversed in this competition.

Worthing's B team times were: John Antram 1.10.33, Graham Tooley 1.11.27, Ray Douglass 1.11.32 and John Williams 1.17.27.

This Saturday afternoon, the club promote their annual 25 Open Time Trial on the A.27 between Hammerpot at Angmering and Westhampnett near Chichester. The start is at 3 at Angmering at the northern end of Dappers Lane and a top class field of 87 has been attracted. John Lyons or team match Mick Haynes of the Unity CC look to be fastest on paper and the winner is likely to cover the course in about 57 minutes.

On Sunday there is a club outing to Petworth which leaves the clubroom at Broadwater Green at the slightly earlier time of 8.30.

WORTHING HERALD

21ST MAY 76

Dodman is again fastest in ten-mile series

ANOTHER competitive event for the second of Worthing Excelsior Cycling Club's evening ten mile trials, held at Washington on Thursday. Keith Dodman was again fastest, this time with 24 minutes 37 seconds. Don Lock was close up at 24.47 and Pete Reeves was third, 25.28.

There were personal bests by Graham Tooley, 25.50, Paul Toppin, 26.55, Nigel Burrows, 27.44, Steven Rotherham, 28.36, Carl Carter, 28.41, Kevin Pederson, 29.58, Robert Powell, 31.33, and Paul Macmillan, 25.29. Other times were Paul West, 25.32, Martin Morris, 25.56, John Biddle, 26.10, Bernard Wright, 27.04, John Peters, 27.46, Ray Baker, 29.33, Simon Sherlock, 30.24, John Gildersleeve, 31.50 and Andrew Piggott, 35.29.

Ray Baker, Simon Sherlock and Andrew Piggott were all

having their first taste of competitive cycling.

Several guests from other clubs also competed and among these was the familiar figure of George Matthews, formerly of the Excelsior but now with the Archer Cutty Sark. George's ride was, at 23.36, easily the fastest of the evening.

The leading handicap positions were; 1, Carl Carter; 2, Simon Sherlock; 3, Steven Rotherham; 4, Robert Powell; 5, Nigel Burrows; 6, Paul Toppin. The leading positions in the handicap league are: Steven Rotherham eight points; John Peters, Paul Toppin and Carl Carter, all on six and Simon Sherlock, five.

These events start at 7.15 every Thursday evening from the top of the Washington Bostal Hill just off the A.24 and anyone interested is welcome to go along and watch.

WORTHING GAZETTE 26TH MAY. 76.

CYCLING 15TH MAY 76

Worthing Excelsior rr. — GAVIN HALL, Redmon CC, 60m in 2-10-20; 2, R. Smith, Brighton Mitre, st; 3, M. Sparks, VC St Raphael-Waites, at 45sec; 4, I. Kitching, Redmon CC; 5, M. Roach, Hounslow & Dist; 6, J. Lyons, CC Orpington-Ken Bird, all st. 3/Junior. — DAVE MIDDLETON, Harp RC, 40m in 1-30-45; 2, S. Andrews, Festival RC; 3, D. Ramsey, N. Hampshire RC; 4, S. Upson, N. Hampshire RC; 5, J. Eggleton, Redhill CC; 6, O. Leigh, Brighton Mitre, all st.

EAST SUSSEX CA "25" (G833)

Alan Limbrey, Brighton Mitre	1 2 15
S. Hepplethwaite, E. Grinstead CC	1 3 45
K. Stevens, Eastbourne Rov	1 3 47
D. Lock, Worthing Excelsior	1 5 9
P. Baker, Hastings & St Leonards	1 5 23
P. Taylor, Brighton Mitre	1 5 26
H'cap. — Heather Reeves, Crawley Wh (16-0), 56-28. Team. — Brighton Mitre (Limbrey, Taylor, Wyatt) 3-15-17.	

EAST SUSSEX CA "10" (G814)

Ray Smith, Brighton Mitre CC	24 20
S. Hepplethwaite, E. Grinstead CC	24 59
K. Stevens, Eastbourne Rov	25 4
R. Shipton, Worthing Excelsior	25 22
P. Baker, Hastings & St Leonards	25 27
R. Rogers, Central Sussex	25 32
Women. — Iris Stevens, Eastbourne Rov, 29-43. Junior. — S. Bateman, Central Sussex, 26-3. Juvenile. — M. Millard, Central Sussex, 27-21. Team. — Eastbourne Rovers (Stevens, Colborn, Green) 1-17-27.	

CYCLING MAY 22ND

A2, Kent. Worthing Excelsior 25, G833, pm, Worthing-Chichester, Sussex. Wreake Valley 25, A25/2, 2.20pm.

OPEN 25 PROVES A SUCCESS

WORTHING Excelsior Cycling Club's Open 25 mile time trial on Saturday was one of the most successful of the club's recent promotions.

A good quality field of 87 riders from all over the south east, and fast racing conditions, completed the recipe for success. The event was won by the outstanding 1976 25-miler Mick Haynes (Unity C.C.) who smashed the course record to a new 56 minutes 29 seconds. Haynes new team mate John Lyons, recently with the Orpington club, was second in 58.45 and third was Tony Hunt (Hounslow) in 59.33.

The team competition was a nail biting affair between the strong Central Sussex and East Surrey clubs and, eventually, despite two fine 59 minute rides from Adrian Jones and Paul Lipscombe for the Central, the prize went to East Surrey with a three rider aggregate of 3 hours 3 minutes 17 seconds.

SUCCESS

There was success for the promoting club in the handicap section when a fine personal best from Peter Mansfield gave him first place with a net time of 51.49 after an allowance of 13½ minutes. Neil Martin (East Grinstead) was second and Dave Bonner, an ex-professional rider now living locally at Ashington, was third.

Worthing riders times were: Peter Mansfield 1.5.19; Colin Miller 1.5.46; Paul West (a personal best) 1.5.49; Roy Macmillan 1.5.59 (another personal); Martin Morris 1.7.45 (again a fastest performance); Ray Douglass 1.8.16; John Williams, another improvement in 1.8.26; Bernard Wright 1.8.28; John Biddle (with a puncture) 1.11.5; Tony Rotherham 1.12.26 and Alan Matthews 1.13.6.

Worthing's Richard Shipton rode in the Southborough District '10', part of the South of England Cycling Festival at Eridge, on Saturday and recorded 24.35. On Sunday he was in action again, this time with Don Lock and Ray Douglass, in the Brentwood 50 mile event near Chelmsford. Richard recorded a personal best time of 2 hours 8 minutes 44 seconds to finish ahead of Don on 2.10.12. Ray, after his efforts of the previous afternoon, found a 50 too much and retired after about 20 miles.

Also on Sunday, four members took part in the testing Redmon C.C. Hilly 73-mile event in the Guildford-Petworth area. Keith Dodman, despite a puncture which cost him some four minutes, finished well up in a time of 3 hours 13 minutes 40 seconds. Peter Mansfield recorded 3.25.43; Peter Reeves 3.26.8 and John Biddle 3.29.47.

DODMAN SCORES THIRD WIN

THREE EVENTS and three wins for Keith Dodman in Worthing Excelsior Cycling Club's Evening Ten Mile series, but each time he is having to go faster as the competition mounts. Last Thursday he was pushed to a near 25 mph time of 24 minutes 9 seconds.

Creeping into second place came Pete Reeves, who, with 24.25, just beat Don Lock, 25.27. Another to get inside the 25-minute mark was John Biddle who clocked a personal best of 24.53.

Full result: 1. Keith Dodman 24.09; 2. Pete Reeves 24.24; 3. Don Lock, 24.27; 4. John Biddle 24.53; 5. Roy Macmillan (personal best) 25.15; 6. Graham Tooley (personal best) 25.20; 7. Peter Mansfield (personal best) 25.24; 8. Paul West 25.25; 9. Colin Miller 25.30; 10. Martin Morris 25.56; 11. Alan Matthews 26.16; 12. John Williams (personal best) 26.20; 13. Tony Rotherham 26.28; 14. Paul Toppin (personal best) 26.41; 15. Nigel Burrows (personal best) 27.20 and John Peters, same time; 17. Mike Poland 27.48; 18. Carl Carter (personal best) 28.08; 19. Kevin Pedersen (personal best) 28.22; 20. John Lucas 29.12; 21. John Gildersleeve 29.24; 22. Stephen Rotherham 29.59; 23. Simon Sherlock 30.03; 24. Gary Edwards (personal best) 30.57; 25. Robert Powell (personal best) 31.16; 26. R. Southerton 32.20; 27. Andrew Piggott 34.27; 28. Paul Macmillan 35.07.

Handicap positions: 1. Kevin Pedersen; 2. Alan Matthews; 3. Tony Rotherham; 4. John Williams; 5. Peter Mansfield; 6. Gary Edwards.

Leading positions in the Handicap league are: 1. Kevin Pedersen, nine points; 2. Stephen Rotherham, eight; 3. Alan Matthews, seven; equal fourth on six, John Peters, Paul Toppin and Carl Carter.

The size of the club entry in this event has sent members searching their records for it is thought that this is the biggest number of Worthing Excelsior members taking part in a club event since before the war. The field included 15 school-boys and the club policy of doing everything possible to encourage youngsters in the 14/15 years age group is really beginning to pay dividends.

SHIPTON RETURNS A FAST TIME

WITH THREE of Worthing Excelsior Cycling Club's riders spending the weekend touring the Yorkshire Dales, the club were still well represented in two 25-mile events over the weekend.

On Saturday, a quintet of riders travelled a round trip of 150 miles to Dartford to compete in the CC Bexley 25-mile event. A stiff westerly wind made the outward journey extremely difficult but the return trip was covered in two-thirds of the outward journey's time.

First of the Excelsior riders was Richard Shipton who returned a year's fastest of 1hr 3min 15sec. Close behind was Pete Reeves 1-3-52. John Biddle recorded a personal best at this distance 1-5-47, and Paul West, who rarely rides time trials, finished in 1-7-46. Bernard Wright also completed the course in 1-9-07.

IN ACTION

On Monday, three of these riders were again in action, in the Farnborough and Camberley CC open 25-mile time trial on a course just west of Farnham. Again the wind was from the west and it was obvious from the start that no fast times were to be recorded.

John Biddle returned the fastest time for Excelsior, finishing in 1hr 6min 15sec to be placed 15th. Pete Reeves returned 1-7-03; Bernard Wright, still trying to get fit, finished in 1-10-50.

Paul West competed in a road race at Crystal Palace.

WORTHING HERALD

4TH JUNE 76.

WORTHING GAZETTE

2ND JUNE 1976

WORTHING
HERALD
28TH MAY 76

9TH JUNE 1976

WORTHING GAZETTE

REEVES FIRST WIN

EVENT NUMBER four of Worthing Excelsior Cycling Club's evening ten mile series on Thursday was won by Peter Reeves, who registered his first win of the year with a fine 24 minutes 13 seconds.

Don Lock improves with each ride but still is kept out of that first place. His time was 24 minutes 22 seconds.

In third place was John Biddle who is developing into one of the club's top competitors. He broke 25 minutes for the second time with a personal best of 24.35.

Other times were: Paul West 25.17, Colin Miller 25.28, Graham Tooley 25.56, Alan Matthews 26.27, Tony Rotherham 26.30, John Williams 26.34, John Peters 27.33, John Lucas 28.11, Simon Sherlock 29.04, Stephen Rotherham 29.11, Kevin Pederson 29.39, Carl Carter 30.26, Gary Edwards 31.01, Andrew Piggott 33.30, Paul Macmillan 33.52, R. Southerton 34.30.

The handicap result (leading places): 1 Paul Macmillan, 2 Simon Sherlock, 3 Andrew Piggott, 4 John Lucas, 5 Stephen Rotherham, 6 John Biddle. In the series long handicap league, the leading positions are: 1 Stephen Rotherham and Simon Sherlock both on 10 points; 3 Kevin Pedersen nine; 4 Alan Matthews seven.

11TH JUNE 1976

WORTHING HERALD

Lock and Reeves maintain rivalry

WORTHING Excelsior Cycling Club members headed north on Sunday for competition in two events running north and south of the Thames Estuary.

Farthest travellers were Don Lock, Pete Reeves and Bernie Wright who found their piece of action in the Hainault Road Club 25-mile event promoted on the A12 road between Brentwood and Chelmsford. The keen rivalry between Don and Pete was continued and this time it was Don who just came out on top with a time (his best so far this year) of 1hr 3min 20sec against Pete's 1.3.29.

Bernie, despite losing a full minute through mechanical trouble at the start, recorded 1.8.45 and is beginning to show some form after a late start to his season. Don and Pete were placed 18th and 19th in the 120 strong field and must be pleased with these rides in difficult windy conditions.

Earlier start

Ray Douglass and Colin Miller rode on the A2 near Dartford in the Wigmore CC 25 and, with an earlier start, perhaps had slightly better conditions than for the Essex event. Both managed to improve on previous rides this year, with Colin fastest at 1.5.17 and Ray recording 1.6.43.

Roy Macmillan and Paul West competed in the Lampard Road Club promotion on the special cycle racing circuit at Eastway near Hackney and found themselves in a hectic race. A large crash included Paul who though not seriously hurt, was unable to continue, and Roy did well to finish, despite being unplaced.

16TH JUNE 1976

WORTHING GAZETTE

DODMAN WINS

RACE NUMBER five in Worthing Excelsior Cycling Club's evening ten-mile series provided win number four for Keith Dodman.

Despite the conditions being harder than in previous weeks, the standard of competition was still high and Keith's winning time was the fastest so far. His 24 minutes 4 seconds kept him ahead of Don Lock, second in 24.21, and Pete Reeves, third in 24.31. John Biddle kept inside the 25-minute mark with 24.52 for fourth place.

The handicap went to veteran John Antram with a personal best of 25.29.

Leading positions in the handicap league are 1, Stephen Rotherham, 13 points; 2, Simon Sherlock, 10; 3, Kevin Pederson, nine; 4, Carl Carter, eight.

Full result for event five: 1, Keith Dodman, 24.4; 2, Don Lock, 24.21; 3, Pete Reeves, 24.31; 4, John Biddle, 24.52; 5, Colin Miller, 25.25; 6, John Antram, 25.29; 7, Graham Tooley, 25.30; 8, Roy Macmillan, 25.39; 9, Paul Toppin, 26.51; 10, Alan Matthews, 26.55; 11, Nigel Burrows, 27.15; 12, Mike Poland, 27.36; 13, John Peters, 27.40; 14, Carl Carter, 27.54; 15, Stephen Rotherham, 28.58; 16, John Gildersleeve, 29.05; 17, Gary Edwards, 30.31; 18, Kevin Pederson, 30.59; 19, Robert Powell, 31.30; 20, Joyce Macmillan, 32.09; 21, Ralph Southerton, 33.58.

Among several guest rides were two by riders who are sadly only second claim to Worthing Excelsior... George Matthews, who earlier this season joined the sponsored London based Archer Cutty Sark Club, and former professional rider Dave Bonner who now lives at Ashington but retains membership of the London Old Portlians Club. Their times were George 23.50 and Dave 23.42.

CYCLING 5TH JUNE 1976

25 miles

WORTHING EXCELSIOR "25" (G938)

Mike Haynes, Unity CC	
H'economy	56 29
J. Lyons, Unity CC-H'economy	58 45
A. Hunt, Hounslow & Dist.	59 33
M. Burren, E. Surrey RC	59 44
A. Jones, Central Sussex	59 51
P. Lipscombe, Central Sussex	59 59
H'cap. — P. Mansfield, Worthing Excelsior CC (13-30) 51-49. Team. — East Surrey RC (Burren, Naughton, Haigh) 3-3-17.	

BIDDLE AND REEVES TAKE A TANDEM

VARIOUS EVENTS of different distances, type and venue and even different machines attracted members of Worthing Excelsior Cycling Club on Sunday.

The most successful were John Biddle and Pete Reeves who returned to the added speed and excitement of tandem racing when they took the 'Biddle' tandem to the Redman Club's 30-mile promotion in the Farnham-Alton area. Conditions did not allow any records to be set but their time of 1hr 10min 1sec was too good for all but one other machine and they thoroughly earned their second place award.

Richard Shipton, tackling longer distances than in previous seasons, competed in the East Sussex 50-mile event centred on the A22 road between Polegate and Uckfield, with detours to Lewes and Ringmer. He recorded 2hr 9min 58sec to finish fifth. Worthing's second claim member Pete Andrews also rode, finishing well down in 2.24.43. Pete now lives in Norwich and rode the event after returning from the Continent via Newhaven.

JOURNEY

Don Lock and Bernard Wright made the journey to the New Forest for the Wessex 50-mile event and returned times of 2.11.29 and 2.19.37 respectively.

Keith Dodman became the first club member to ride a 100 this season when he finished in the North Middlesex and Herts Cycling Association event north of Cambridge. Keith recorded a time of 4hr 48min 30sec . . . one he will no doubt drastically reduce before the season is over.

On the road racing side, a large group from the club went to the Feltham Carnival and rode in the Kermesse promotion. Roy Macmillan finished 10th in the junior race, while Robert Powell and Gary Edwards were fourth and fifth in the under-14 years schoolboys event. Carl Carter, Paul Toppin and Nigel Burrows rode in the 14-16 year age group but were unplaced.

Colin Miller started the senior competition but retired with 'engine' trouble!

This Sunday, members will be competing in the Sussex Cyclists Association 50-mile championship which incorporates the club's own championship. Although he has not ridden a '50' yet this season, Keith Dodman is probable favourite to win the club event.

23RD JUNE 1976

WORTHING GAZETTE

REEVES SCORES SECOND WIN

NOW NEARING the half-way stage is Worthing Excelsior Cycling Club's Evening Ten-Mile Series and in event number six on Thursday it was Pete Reeves who won his second event with a personal best time of 24 minutes 7 seconds.

Second place was filled by Don Lock with 24.29 and third was John Biddle in 24.45.

There was a fine ride by the only woman member of the club taking part in competition, Joyce Alderton for she beat three of the boys with her time of 30 minutes 38 seconds and deservedly took first handicap position.

Full result — 1, Pete Reeves, 24.07; 2, Don Lock, 24.29; 3, John Biddle, 24.45; 4, John Antram (personal best), 25.06; 5, Roy Macmillan (personal best), 25.07; 6, Colin Miller, 25.18; 7, Alan Matthews, 26.46; 8, John Williams, 27.02; 9, Nigel Burrows, 27.15; 10, Paul Toppin, 27.25; 11, John Peters, 27.31; 12, Carl Carter (personal best), 27.37; 13, J. Cheetham, 28.08; 14, Stephen Rotheram (personal best), 28.15; 15, John Lucas, 28.44; 16, John Gildersleve (personal best), 28.50; 17, Simon Sherlock, 29.26; 18, Kevin Pedersen, 29.37; 19, Robert Powell (personal best), 30.14; 20th, Gary Edwards (personal best), 30.18; 21, Joyce Alderton (personal best), 30.38; 22, Andrew Piggott (personal best), 32.26; 23, Ralph Southerton, 33.18; 24, Paul Macmillan, 33.20.

Leading positions in the handicap points league are: 1, Stephen Rotheram 16 points; 2, Simon Sherlock, 10; 3, Kevin Pedersen, nine; equal 4, Carl Carter, Robert Powell, Paul Macmillan, Andrew Piggott and John Antram, all on eight.

CYCLING 26TH JULY 1976

SUSSEX CA "50" (G951)

Alan Limbrey, Brighton Mitre CC 2 10 21
A. Jones, Central Sussex CC 2 11 47
K. Dodman, Worthing
Excelsior CC 2 12 37
H'cap. — J. Doocey, Bognor Regis CC
(18-0) 2-3-35. Team — Central Sussex CC (A.
Jones, P. Lipscombe, M. Hawes) 6-37-16.

Women's and juniors' "10" (G915)

Paul West, Worthing Excelsior CC 26 25
S. Bateman, Central Sussex CC 27 3
M. Millard, Central Sussex CC 27 15
D. Crawshaw, Bognor Regis CC 28 47
A. Philpott, Central Sussex CC 29 0
H'cap. — M. Millard, Central Sussex CC
(1-30) 25-45.

EAST SUSSEX CA "50" (G851)

Cliff Sharp, Eastbourne Rovers 2 4 34
A. Jones, Central Sussex 2 5 0
K. Stevens, Eastbourne Rovers 2 8 27
P. Lipscombe, Central Sussex 2 8 36
R. Shipton, Worthing Excel 2 9 58
A. Limbrey, Brighton Mitre 2 10 17
H'cap. — R. Jones, Crawley Wh. 1-49-50.
Women — H. Reeves, Crawley Wh. 2-28-23.

WORTHING EXCELSIOR C.C.

"FIESTA KERMESSE"

OVER ONE HUNDRED POUNDS IN PRIZES

Entries to N. Macmillan, 31 Parkfield Road, Worthing, West Sussex BN13 1EP

Note: Promoters address not as in handbook

SUNDAY, AUG. 29th
WORTHING SEAFRONT

1976. CYCLING JULY, 3RD.

Sussex

Senior. — BOB BEATTY, VC St Raphael-Waite Contracts, 75½m in 3-37-27; 2, T. Leach, Coalville Wh. at 4sec; 3, D. Awcock, Central Sussex, st; 4, P. Lipscombe, Central Sussex, at 5-22. All finishers.

Junior. — MARK BOORSMA, Crawley Wh, 42½m in 2-5-38; 2, M. Jones, Crawley Wh. at 4sec; 3, K. Wingate, Bognor Regis CC, at 6-22; 4, A. Leach, Eastbourne Rov. st; 5, R. McMillan, Worthing Excelsior, at 8-16. All finishers.

Cyclists are hit by wind and rain

AFTER THE dry and sunny conditions for most of Worthing Excelsior Cycling Club's competitions this season, the wet and windy weather on Sunday proved particularly hard for riders in the Sussex Cyclists' Association 50-mile championship.

The event started at Castle Goring on the Arundel road with a course basically out to Westhampnett and back but with two detours, the first to Goring via Angmering and the second from Tangmere back through Eastergate and Barnham to Ford aerodrome.

The gusty, strong south-westerly whipped the wind into the riders eyes and the

roads, already wet from the past 24 hours rain, became treacherous at all corners and roundabouts.

The weather was no doubt responsible for the non-starting of a number of the competitors.

Best placed

Of the 47 in the county event, Keith Dodman was the best placed Worthing rider, his time of 2 hours 37 minutes 37 seconds giving him a well deserved third place, less than two minutes behind the winner, Alan Limbrey (Brighton Mitre). This ride also gave Keith the club trophy, for the Excelsior's own 50 championship is incorporated in this event.

Don Lock, rather disappointingly back on 2.18.12 after his previous 50 mile rides this year, finished second in the club event and eighth overall and Pete Reeves was third and 13th respectively with his time of 2 hours 21 minutes 28 seconds.

Worthing's second claim member Pete Andrews, who now lives in Norwich and usually rides with the Norwich A.B.C., returned a time of 2.27.02.

Roy Macmillan, still in the junior ranks, and riding his first '50,' earned credit by beating 20 mph with 2.29.20, and John Williams, also riding his first race at the distance, finished in 2.41.51 which included considerable time lost with a puncture and the changing of the tyre... not easy with hands numbed from the wet.

First win

In a junior ten-mile supporting event Paul West of the Worthing club scored his first association win, his time of 26 minutes 25 seconds being half a minute clear of second placed Shaun Bateman of the Central Sussex Club.

Today (Friday) the club have an all night ride which leaves the clubroom at 10 p.m. Those attending are advised to take their own food and drink. On Sunday, the usual run will leave from the clubroom at 9 a.m. and elevenses will be at Pulborough.

30TH JUNE 1976

WORTHING GAZETTE

DODMAN WINS IN FAST TIME

THE HALFWAY stage has been reached in Worthing Excelsior Cycling Club's evening ten-mile series. Event number seven on Thursday was the fastest so far and provided another win for Keith Dodman.

Keith, obviously revelling in the extremely hot weather, returned a personal best time of 23 minutes 17 seconds to finish over a minute clear of second man Pete Reeves, 24.26, and third placed Don Lock, 24.32.

Two second claim members, Dave Bonner and George Matthews, were again to produce the fastest rides of the evening, 22.47 and 22.45 respectively, but these cannot count towards the ten-mile trophy, only the handicap. Good news for Worthing, though, is the re-application for membership by George. This is likely to be approved by the club committee next week.

Thursday's result: 1, Keith Dodman 23.17; 2, Pete Reeves 24.26; 3, Don Lock 24.32; 4, Paul West 24.35; 5, John Biddle 24.46; 6, Pete Mansfield 24.54; 7, Roy Macmillan 25.13; 8, Graham Tooley 25.55; 9, John Williams 26.38; 10, Nigel Burrows 26.51; 11, John Peters 27.02; 12, John Cheetham 27.25; 13, Paul Toppin 27.27; 14, Stephen Rotheram 28.09; 15, John Lucas 28.14; 16, John Gildersleve 28.22; 17, Kevin Pedersen 28.27; 18, Gary Edwards 30.08; 19, Robert Powell 31.20; 20, Paul Macmillan 34.08.

Leading positions in the handicap league: 1, Stephen Rotheram, 16 points; 2, Simon Sherlock, 10; 3, Kevin Pedersen, nine; 4, Carl Carter, Robert Powell, Paul Macmillan, Andrew Piggott, and John Antram, all on eight.

Tomorrow (Thursday) there is a 15-mile event on a circuit which starts just off the A24 in Hole Street, Ashington.

WORTHING

HERALD

25TH

JUNE

1976.

Cyclists keep their cool in the heatwave

HEATWAVES are not the best conditions for physical effort although leisurely cycling, creating its own refreshing breeze, can still be enjoyed. Consequently, Worthing Excelsior Cycling Club's touring has continued successfully with an all night run on Friday and an outing to Pulborough on Sunday.

With two exceptions, the racing members have not fared so well. It was the club's tandem pair of John Biddle and Pete Reeves who scored first when, on Sunday morning in the Crabwood Cycling Club's Tandem 25 on a course between Fawley and Lyndhurst in the New Forest, they finished fourth in a new club record time of 58min 20sec.

The other noteworthy effort was by club junior member Roy Macmillan in the 42-mile Sussex Division British

Cycling Federation Junior Road Race Championship. Held over a twisting and hilly circuit near Hellingly in East Sussex, this was a killing event in the broiling heat. Although well down on the winners, Roy deserves high praise for his courage and strength in finishing fourth.

The club's other junior in the race was Paul West, but the hopes that he could do well after recent good form were dashed when mechanical trouble once again caused his retirement. It seems to stick to Paul, like injuries do to some athletes.

Competes

Ray Douglass, after a touring and racing week in the north, returned to compete on Saturday afternoon in the South Eastern Road Club Veterans 25 on the A2 road near Dartford in Kent. Ray's time, close to his best this year, was 1hr 5min 4sec.

John Williams and Colin Miller took part in the East Sussex 25 on Sunday morning and while John recorded 1.13.13, Colin found the heat too much and retired.

There were also retirements for Richard Shipton and Don Lock in the Colchester Wheelers 50-mile event on the A12 road in Essex. Roadworks with an unmarshalled diversion, mechanical trouble and the heat all combined to deter them after about 25 miles.

This Sunday, there is an early start for the club run. It leaves from the clubroom at 8 a.m. and the destination is Petersfield.

CYCLING JULY 10TH 1976

HAMPSHIRE RC "50" (P7)

Ken Ruffell, Crabwood CC	2	2	30
A. Brimcombe, Bournemouth	2	3	18
Jubilee	2	3	56
M. Gaunt, Sotonia CC	2	3	56
J. Pearce, Bournemouth Jubilee	2	5	4
K. Dodman, Worthing	2	6	35
Excelsior CC	2	7	53
N. Frewin, Bournemouth Jubilee	2	7	53
Team. — Bournemouth Jubilee Wh			
(Brimcombe, Pearce, Frewin)	6-16-15		

BCF Sussex Div track meet, Preston Park, Brighton. — 5-lap scr: BOB BEATTY, VC St Raphael-Waites; 2. R. Matthews, Archer RC-Cutty Sark; 3. C. Oxborrow, Brighton Mitre. 600m h'cap. — DAVE BARNARD, Brighton Mitre (60); 2. A. Wilkins, Coventry Oly-Viscount (50); 3. Beatty (45). Devil: MATTHEWS; 2. R. Smith, Brighton Mitre; 3. T. Clancy, VC St Raphael-Waites. 1,000m Sussex Div champ: CLIVE OXBORROW, Brighton Mitre; 2. Beatty; 3. Matthews. 500m Sussex Div schoolboys champ: MARK DANTON, Brighton Mitre; 2. M. Blake, Brighton Mitre; 3. J. Peters, Worthing Excelsior. 10km scr: MATTHEWS; 2. Beatty; 3. Oxborrow.

GEORGE LEADS THE WAY

THREE EVENTS at three differing distances attracted the racing members of Worthing Excelsior Cycling Club at the weekend.

As the season passes the half-way stage, interest is clearly developing in the 1976 new look Best All Rounder Competition which for the first time excludes the really long distance test of the 12-hour ride. While the change was a controversial one, the idea was to attract greater competition over the three shorter distances of 25 miles, 50 miles and 100 miles, and it looks as though this at least may be achieved. So far nine riders have qualifying rides at 25 and 50 miles and three of these have also now completed 100's.

On Saturday, a club team competing in the Woolwich CC 25-mile time trial on the A2 road near Dartford recorded one of the fastest team aggregates for many years and failed by only 58sec. to bring about a new team record. It marked the return of George Matthews—and with his promise to tackle more time trials many of these records will be in danger—and in the Woolwich event he led the way with a personal best time of 57min 59sec. Pete Reeves followed with 1hr 1min 29sec and Richard Shipton completed the team with 1.1.50 for an aggregate of 3.1.18.

IN ACTION

On Sunday morning, another club trio were in action in the Hants Road Club 50 on a course west of Chichester and again conditions were good for some fast times. Keith Dodman returned the year's best to finish sixth in 2hr 6min 36sec, John Biddle improved by some seven minutes over his previous best, to record 2.14.15 and Ray Douglass recorded 2.20.29.

Stepping up to the longer distance of 100 miles were Don Lock and Pete Mansfield, riding on Sunday in the Hillingdon CC promotion on the famous Bath Road course from Pangbourne in Berkshire.

Don finished with a time of 4.46.42, marginally the fastest this season, and Pete with 4.55.19.

Evening ten mile event number eight in the series was one of the hardest so far, with sultry conditions and a strong northerly wind.

In the absence of a number of the senior riders, junior Paul West chose just the right evening to bring out his best form and his time of 25min 20sec gives him his first win in the series. New member John Cheetham, also riding close to his best ever form, deservedly won the handicap section.

WORTHING

HERALD

9TH

JULY

1976.

WORTHING

HERALD

2ND JULY

1976

Little opposition for fast pairing

THE TWO-UP 25-mile event held on Thursday by Worthing Excelsior Cycling Club attracted a good entry and the event was also well supported by visiting teams from other local clubs, particularly the Brighton Mitre and the Central Sussex.

Held on the A27 course

WORTHING

GAZETTE

14TH JULY

1976

from the Hammerpot at Angmering out to the Westhampnett roundabout near Chichester and back, riders had a fair evening with a light headwind on the outward journey and some assistance on the return.

There was little opposition for the fast pairing of George Matthews and Pete Reeves, with Keith Dodman riding in Hampshire and the expected Richard Shipton/Don Lock combination being a non-starter.

George and Pete set new club figures for a two-up with their winning time of 59.15 and they finished well clear of the last minute pairing of John Biddle and Richard Shipton who were second in 1.2.03.

A good ride by juniors Roy Macmillan and Paul West saw them home in a well deserved third place, ahead of Bernard Wright and Graham Tooley 1.7.25 and Alan Matthews and John Williams 1.8.20.

Two fine efforts by schoolboy teams were those of John Peters and Paul Toppin 1.11.26 and Kevin Pedersen and Stephen Rotheram 1.14.26.

Tomorrow (Thursday) there is another event in the summer-long ten-mile series starting from the top of the Washington Bostal just off the A24.

CYCLING 17TH JULY

1976

TRACK

Brighton Sash Meet. — Sash 1-lap scr: GEORGE MATTHEWS, Worthing Excelsior; 2. A. Snook, Glade CC; 650 m h'cap: ALAN SNOOK, Glade CC (64m); 2. C. Hopkinson, West Pennine CC (63m); 3. D. Barnard Brighton Mitre CCY (64m) 5-lap scr: ROBERT BEATTY, VC St Raphael; 2. G. Matthews, Worthing Ex; 3. A. Snook, Glade CC. Devil: GEORGE MATTHEWS, Worthing Excelsior CC; 2. O. Leigh, Brighton Mitre CC. 10km scr: GEORGE MATTHEWS, Worthing Ex; 2. R. Beatty, VC St Raphael; 3. A. Snook, Glade CC. Lap winner C. OXBORROW, Brighton Mitre CC. Schoolboys 2-lap scr: STEVE HARKNESS, Brighton Mitre; 2. M. Panton, Brighton Mitre CC; 3. J. Peters, Worthing Ex. Schoolboys pt: STEVE HARKNESS, Brighton Mitre CC; 16; 2. P. Toppin, Worthing Excelsior CC; 8; 3. M. Panton, Brighton Mitre CC; 6.

WORTHING

HERALD

16TH JULY

1976

Kermesse attracts Excelsior riders

BOGNOR REGIS Cycling Club's Kermesse on the Bognor Esplanade on Sunday attracted a large entry from Worthing Excelsior Cycling Club. The Worthing lads did not come back exactly laden with prizes but they gave a good account of themselves and enjoyed an excellent morning's racing.

In the opening junior race, Roy Macmillan rode well and finished eighth in a fast and exciting competition. Schoolboy Robert Powell found things hard going in the under-14's three-mile event but did well to finish, and this was also the case with senior Graham Tooley in the third category senior race over 15 miles. Both will put their efforts down to good experience.

A senior Devil Take the Hindmost was perhaps the event enjoyed most by the good crowd and Worthing's George Matthews, always a favourite in this type of competition, prospered until being caught out with only a couple of laps to go.

There were four more of the Worthing schoolboys in the next event, a ten-mile race which incorporated the Sussex Schoolboys Kermesse championship. John Peters, Paul Toppin, Nigel Burrows and Stephen Rotheram are all in their first full season and did well to finish. The ride of Stephen Rotheram was particularly good.

Grand Prix

The final event was the Rowes of Chichester Grand Prix over 20 miles for first and second category senior riders. In this, George Matthews again rode tremendously well taking several minor laps awards and primes and generally stirring the race into a hectic affair. He was a shade unfortunate in the final lap to get boxed in and in the dash for the line could only manage third place.

A fairly quiet weekend on the time trial scene saw Ray Douglass riding in the Bournemouth Jubilee 25 near Ringwood and recording 1.9.38 and, in the Dulwich Paragon 25 on the A24 north of Horsham, Pete Reeves and John Biddle returned times of 1.5.43 and 1.6.58 respectively.

This coming Sunday nine Worthing riders, one of the biggest entries for some years, compete in the Club's 100-mile championship. The event being incorporated in the Sussex Cyclists' Association Championship means there are two trophies at stake.

George Matthews and Keith Dodman should have the club event between them but will probably have to settle for places in the county race behind Eastbourne's Cliff Sharp, Richard Shipton rides his first 100 and could spring a surprise.

WORTHING GAZETTE 21ST JULY 1976

GEORGE WINS EVENING TEN

THE NINTH in the series of evening ten-mile events run by Worthing Excelsior Cycling Club on Thursday saw another win for George Matthews with a time of 23 minutes 52 seconds.

In second place with his best time so far was Pete Reeves in a near 25 mph time of 24.5. Third was ever-improving junior Paul West who recorded another personal best time of 24.25.

Full result: 1, George Matthews 23.52; 2, Pete Reeves 24.05; 3, Paul West 24.25; 4, John Biddle 24.17; 5, John Antram 25.31; 6, Roy Macmillan 25.35; 7, Graham Tooley 25.36; 8, John Williams 26.07; 9, John Cheetham 26.30; 10, Alan Matthews 27.26; 11, Kevin Pedersen 27.59; 12, John Gildersleve 28.18; 13, Will How 30.31; 14, Josephine Alderton 30.45; 15, Paul Macmillan 33.40.

In the handicap points league table the position has now changed with recent fine rides by John Cheetham and the leading places are:—John Cheetham and Kevin Pedersen 17 points; 3, Stephen Rotherham 16; 4, John Williams and Paul West 11; 6, Simon Sherlock 10.

Also on Thursday, four of the club's schoolboy riders competed in the London South District heat of the National Schoolboys ten-mile championship. The four involved were: Paul Toppin 26.41, Nigel Burrows 27.11, John Peters 27.44 and Robert Powell 30.37. No qualifiers for the final but all are young and will be eligible again next year.

This Thursday, the club promote a 15-mile event starting at Hole Street, Ashington, with a start at 7.30 p.m.

George leads the way

THE SUSSEX Cyclists' Association 100-mile Championship for 1976 turned out to be one of the most exciting, and one of the fastest, championships for many years.

The event was held on Sunday and centred on the A27 road between Worthing and Havant, with detours through Angmering, Barnham and Selsey. It was favoured with excellent weather conditions, a cool and still morning with a rising south-westerly wind as competitors reached the western end of the course.

For the nine Worthing Excelsior Cycling Club members there were, in fact, three events in one for, as well as the event being an 'Open' one, it was also both the Sussex and the club championship.

With the strongest entry for many years, the club were favourites to win the team award and there was hope that high individual placings would also be possible. These thoughts were well founded and some really tremendous riding resulted in the team award and a new club team record. The previous one was set in 1962—and riders were placed fourth, sixth and seventh.

Best time

George Matthews led the way for Worthing with a personal best of 4hr 23min 37sec, a time achieved after a tremendous scrap with Brighton Mitre's Ray Smith who finished second overall. Don Lock, celebrating his veteran status, recorded 4.28.15, his fastest performance for 14 years.

The team was completed by Keith Dodman who also recorded a personal best with a time of 4hr 31min 25sec... a team aggregate time of 13hr 23min 15sec which smashed the 14-year-old previous aggregate by a massive 8min 45sec.

Behind these three came other sterling rides—Richard Shipton in his first ever '100' with a time of 4.33.35, Pete Reeves, a 13-minute improvement to 4.42.29, John Biddle another first '100' with 4.44.35. Three other Worthing

riders finished—Bernard Wright 5.0.19, Ray Douglass 5.1.13 and Peter Mansfield 5.18.0 although he suffered a 4½ minute late start penalty on top of this.

Collects

So George collected the club trophy and took a powerful step forward to winning the club best all-rounder competition. The handicap prize was won by Don Lock.

There is a club run this Sunday at 9 a.m. from the Broadwater clubroom which goes to Adversane for elevenses. There is also an additional run, as part of National Bike Week, and to this the club extend an invitation to everyone. The speed will be that of the slowest and the run will cover a route of about 20 miles over country lanes. The run will start from Broadwater Green, in front of the parish rooms, at 2.30. Ages—12 and 60... but are willing to be fooled!

WORTHING
HERALD
23RD
JULY 1976.

Worthing Gazette, 47
Wednesday, July 28, 1976

West keeps title

THE JUNIOR 15-mile championship of Worthing Excelsior Cycling Club was decided on Thursday on the difficult course from Ashington towards Steyning, north to Partridge Green and West Grinstead and then south down the A24 to finish near the start.

The defending champion was Paul West and his recent form made him firm favourite to retain the trophy. He did so in fine style, winning in a time of 38 minutes 36 seconds and well beating rival Roy Macmillan who came home second in 41 minutes 3 seconds.

Of the crop of new youngsters in the club, there was a fine ride by Paul Toppin who gained a most deserved third place with his 42 minutes 51 seconds effort.

Kevin Pedersen finished in 43.58 and Nigel Burrows recorded 49.46, which included time lost with a puncture. John Peters went off course and could not be credited with a time.

A number of other club members rode in support of the junior championship and recorded the following times: George Matthews 36.6, Pete Reeves 38.7, Graham Tooley 39.10, John Biddle 39.41, John Williams 41.40, Paul Taylor 43.38, Stephen Rotherham 45.41, Josephine Alderston 50.19.

CYCLISTS SET A RECORD

SYDENHAM WHEELERS 25-mile time trial promotion on the A2 road near Dartford in Kent attracted an entry of five of the current fastest riders of Worthing Excelsior Cycling Club on Sunday . . . and it was to be the fastest ever team outing by the local club.

The course consists mainly of undulating dual carriageway road and has given many riders their fastest performances. On Sunday, the wind was light and mainly across the east/west course and, while the conditions were not ideal, they were fair.

The five set about their stated object of updating the club's 25-mile team record set back in 1971. Don Lock was the first away from the timekeeper and gave the attempt a great start with a time of 1hr 0min 59sec . . . a time which he had only once bettered and that was back in that previous record of 1971.

The fastest Worthing rider, on current form, George Matthews was next and, although he finished slightly slower than his recent personal best—recorded on the same course, his time of 58min 10sec was fast and the record was there for the taking.

Peter Reeves, another whose personal best was in

that previous record five years ago, was next home and, despite concern that his 100 ride the previous Sunday may have affected his speed, he just squeezed inside the magic 60 minutes with an excellent 59min 56sec. So the record had gone and the new three man aggregate was 2hr 59min 5sec, an improvement of 1min 15sec.

Keith Dodman, promising a personal best, rode in next and kept that promise with a tremendous 58min 34sec and the new aggregate crashed down another 2min 25sec to 2hr 56min 40sec.

Only one man to come and for the record to be lowered again Richard Shipton had to improve on Pete's 59.56 . . . and he had never beaten the hour before. Richard, no doubt aware that he was on to a good ride—for he carries a stop watch on his handlebars, raced in with a personal best of 59min 13sec, and so the record crashed again to a new 2hr 55min 57sec.

Such was the quality of the Worthing performances that in this fully open event, with a top class field of 120 riders, they finished in second place, beating several sponsored clubs on the way . . . an event which will doubtless inspire these riders to still better things in the near future.

FIESTA KERMESSE CYCLE RACING. Seafront near Heene Road, 9 am-1 pm. No admission charge.

THRILLS AND SPILLS AT CYCLE RACES

From 9 a.m. until 1 p.m. on Sunday 29 Marine Parade (from Thorn Road to Balcombe Court) will buzz with excitement and sparkle with the colour and spectacle of Worthing Excelsior Cycling Club's "Fiesta" Kermesse.

The programme of races over a stretch of road 450 metres long which will be closed to normal traffic, will present riders with a course around islands, down straights and round the tightest hairpin bends imaginable. Eighty or more cyclists, seniors, juniors and schoolboys, will be racing in events varying in duration from between 15 minutes to an hour with speeds reaching 40 m.p.h. when the sprints and chases are on. The Club believes that the tremendous prize list will attract a top class entry and will provide spectators with fast, competitive racing. Last year several hundred spectators, watched competitors who came from as far away as Wolverhampton, and there is no charge to spectators, everyone is very welcome. The promenade makes viewing very easy and the public address system will keep everyone up to date with results, strategy and the riders to keep an eye on. Participation is encouraged by the commentator who

will invite spectators to contribute special prizes known as primes, put up during the races perhaps for the winner of the next lap, or the next rider to catch the breakaway.

The Excelsior Starter, will be of about three miles for children under 14 years of age starts at 9.30 a.m. The second race is the Bentalls Twenty, twenty laps open to Junior and third category senior riders and this is followed at about 10.15 a.m. with the 20 mile Redifussion All Cats event for first, second and third category senior riders. Race number four is the Hastings and Thanet Fiver open to children of the 14 to 16 years age group. The final race is the Devil-take-the-hindmost which was won so spectacularly in 1975 by local rider George Matthews. The race is sponsored by MGM Assurance and should start at noon. The last rider to cross the finishing line in each lap is eliminated from the race and this provokes some very complicated tactics as the laps go by.

The title, Kermesse, is Flemish in origin meaning Christmas. It later became used for Church fetes and fairs and a feature of continental fairs or fetes is the cycle race and so gradually the name came to be used for a bike race on a small closed circuit.

WORTHING GAZETTE 4TH AUG. 76

Junior first in 'senior' event

ON THURSDAY, Worthing Excelsior Cycling Club held their second 15-mile time trial and, although this was open to senior riders, unlike the junior championship event of the previous week, only George Matthews of the club's top senior riders competed and he was to retire before the end.

This gave top junior Paul West an opportunity which he grasped with a determined ride in tough conditions.

Full results: 1 Paul West 40min 34sec; 2 Graham Tooley 41.57; 3 Paul Toppin 43.31; 4 John Williams 43.32; 5 John Cheetham 44.18; 6 Paul Taylor 44.41; 7 Stephen Rotherham 45.49; 8 Alan Matthews 49.48; 9 Josephine Alderton 54.53.

The handicap prize went to Paul Toppin with a net time of 37.31 (allowance six minutes).

Two tandems also com-

pleted the course, with Pete Reeves 'stoking' for John Biddle in a time of 35.46 (over 25 mph) and youngsters Nigel Burrows and John Peters getting round in 40.52 despite mechanical trouble.

This Thursday, the club revert to the remainder of their evening 10-mile series.

WORTHING HERALD
6TH AUG 76

Tough course

FIVE MEMBERS of Worthing Excelsior Cycling Club competed in the East Sussex 50-mile time trial on Sunday and returned some fair times in difficult conditions and on a far from easy course. Fastest performance came from Pete Reeves with a time of 2 hours 14 minutes 10 seconds.

John Biddle managed 2 hours 18 minutes 48 seconds and only just kept ahead of top junior rider Paul West who, in his second 50 improved nearly four minutes to a personal best of 2 hours 18 minutes 54 seconds.

Peter Mansfield recorded 2.20.46 and Graham Tooley in his first outing at the distance, 2.25.48.

In the team race, the club narrowly lost out to Wigmores C.C., whose three man aggregate was 6 hours 49 seconds to Worthing's 6.51.52.

WORTHING GAZETTE 11TH AUG 76

PETE PEDALS IN STILL AHEAD

THE 10th event in Worthing Excelsior Cycling Club's evening 10-mile series on Thursday provided another win for George Matthews.

This time he recorded 23 minutes 42 seconds on a hard evening and was well clear of Pete Reeves (24.20), who lost about 20 seconds through unshipping his chain at Washington roundabout.

With three events to go, Reeves leads with the six qualifying rides for seniors giving him a total of best placings of just 10. Second is Paul West, who as a junior has only his best four places aggregated for a total of 12. Don Lock lies third on 13.

The outstanding danger is Keith Dodman, who has five points from five rides and needs only one more reasonable placing to virtually be assured of the trophy.

Matthews cannot qualify

for he has only recently rejoined the Worthing club.

Leading the race for the new Derek Powell trophy for the fastest schoolboy ride of the series, Paul Toppin with a time of 26 minutes two seconds.

Leaders in the handicap points league are: Kevin Pedersen and John Cheetham 17 points, Stephen Rotherham 16, John Williams 14, Paul Toppin 12 and Paul West 11.

Full result of event 10 was: 1 George Matthews 23.42; 2 Pete Reeves 24.20; 3 Don Lock 24.35; 4 Paul West 24.58; 5 John Biddle 25.18; 6 Graham Tooley 25.19; 7 Paul Toppin 26.02; 8 John Williams 26.12; 9 Alan Matthews 26.20; 10 Alan Matthews 26.46; 11 John Cheetham 26.50; 12 John Peters 27.19; 13 Nigel Burrows 27.24; 14 John Gildersleve 28.51; 15 Josephine Alderton 31.58; 16 Christine Barnett 32.28.

CYCLING 7TH. AUGUST
1976

E SUSSEX CA "50" (G851)

Cliff Sharp, Eastbourne Rovers ...	2	2	32
R. Travers, Wigmores CC ...	2	3	10
K. Stevens, Eastbourne Rovers ...	2	6	28
D. Hook, Folkestone & Dist. ...	2	7	5
S. Heppelthwaite, E Grinstead CC ...	2	8	36
P. Baker, Hastings & St Leonards CC ...	2	11	19
H'cap. — P. Mansfield, Worthing Excelsior (23-0) 1-57-46. Team. — Wigmores CC (Travers, R. Walker, 2-19-13, D. Laidlow 2-26-42) 6-49-5.			

It's a double for boy Burrows

WORTHING Excelsior Cycling Club's 25-mile handicap event on Saturday afternoon on the A27 Chichester road course provided tough competition and tough conditions.

On the return from West-hampnett to Angmering riders had to fight a fresh easterly wind and most of them were three or four minutes outside their best performances of recent weeks.

This race included both the Clapshaw handicap trophy, open to all members, and the Sherwin trophy, also awarded on a handicap basis but limited to juniors and schoolboys. And for the second time the same rider won both trophies.

Nigel Burrows, still at school and in his first full season of competitive cycling, had an actual time of 1 hour 11 minutes 37 seconds and with an allowance of 12½

minutes finished 14 seconds clear of consistently-improving senior rider John Cheetham.

In third place was junior Paul West, whose 1 hr 5 min 28 sec (actual time) was again a personal best.

The fastest individual time was scratch man Richard Shipton's 1 hr 2min 44 sec.

Handicap results: 1 Nigel Burrows 59.07 (allowance 12.30); 2 John Cheetham 59.21 (10.00); 3 Paul West 59.43 (5.45); 4 John Biddle 1.00.38 (5.35); 5 Paul Toppin 1.01.25 (10.30); 6 Ray Douglass 1.02.44 (6.30); Richard Shipton 1.02.44 (Sc.); 8 Pete Reeves 1.03.31 (0.30); 9 Don Lock 1.04.17 (1.00); 10 Alan Matthews 1.05.27 (10.00).

In the Portsmouth 25 on Sunday on roads north of Chichester, Keith Dodman recorded in 1 hr 4 min 36 sec just ahead of Richard Shipton 1.4.42, but both were well down on the winner.

John Biddle recorded 1.7.13, Graham Tooley 1.8.20 and Ray Douglass 1.11.41. John Cheetham went off course but managed 1.12.19. On the previous afternoon Keith Dodman rode the Unity in Essex and returned a time of 1.1.44.

WORTHING GAZETTE 18TH AUG 76

TOOLEY HAS FIRST WIN

A FANTASTIC improvement by Worthing Excelsior Cycling Club's Graham Tooley gave him his first ever success in competitive cycling when he stormed through Thursday's evening ten mile event in an over 25 mph time of 23 minutes 47 seconds.

Graham shattered his previous best by over 1½ minutes to make him the fourth fastest at the distance among the club's top riders. He must now try to establish himself at 25 miles with this same kind of form.

Beaten into second place, despite recording 23.56, was Pete Reeves and third with another personal best was John Biddle in 24.12. The handicap went to Paul Taylor, net time 22.03 after an allowance of five minutes.

There was an interesting battle between possibly the best three ten mile riders in the county at the present time, all of whom rode as guests of the local club. Clive Oxborrow, of Brighton Mitre, recorded 22.21, Cliff Sharp,

of Eastbourne, 22.47 and Dave Bonner, a second claim Worthing member, 22.48. It was a shame that George Matthews or Keith Dodman did not ride for clearly conditions were conducive to fast performances.

At the other end of the time scale there was the first event for Andrew Lock, nine year old son of club rider Don Lock. Accompanied around the course by his father, he managed a creditable 33 minutes 40 seconds.

Full result: 1, Graham Tooley 23.47; 2, Pete Reeves 23.56; 3, John Biddle 24.12; 4, Paul West 24.50; 5, John Cheetham 25.43; 6, John Peters 26.27; 7, Alan Matthews 26.47; 8, Paul Taylor 27.03; 9, Mike Poland 28.21; 10, Stephen Rotheram 29.07; 11, Kevin Pedersen 29.38; 12, Christine Barnett 31.48; 13, Andrew Lock 33.40.

John Cheetham now takes the lead in the handicap points league table moving on to 21. Kevin Pedersen is second on 17 and in third place is Stephen Rotheram with 16.

20TH AUG 76

George is caught on the line

LAST THURSDAY evening's 10-mile event held by Worthing Excelsior Cycling Club saw a win for George Matthews in a time of 22min 54sec. He was, however, surprised to be caught on the finishing line by Ashington-based ex-professional rider Dave Bonner who smashed the course record held by Matthews to record one of the fastest times ever in a Sussex event... a staggering 21.55sec.

Second in the club event was Keith Dodman in 23.40, a ride which will virtually guarantee him the series title. Third was Graham Tooley in 24.17.

Other Worthing times were: P. Reeves 24.26, J. Biddle 25.15, J. Antram 25.42, N. Burrows 26.01, P. Toppin 26.16, J. Cheatham 26.26, N. Pucknell 26.48, J. Peters 26.53, P. Taylor 27.06, J. Gildersleeve 28.35, W. How 30.16, N. Knight 31.48, P. Macmillan 33.11, A. Lock 33.30.

Yesterday (Thursday) saw the last of this year's evening 10-mile events, held on the ever popular Washington course.

WORTHING GAZETTE

25TH AUG 76

ANTRAM HAS RARE RIDE

ON SUNDAY, four Worthing Excelsior Cycling Club riders journeyed to East Sussex to compete in the Eastbourne Rovers Cycling Club's open 25-mile time trial held on the A22 road east of Uckfield.

Under hard, windy conditions, the fastest of the Worthing riders was John Antram, making one of his rare time trial appearances to record 1.8.06.

John Biddle, no doubt feeling the effects of his 209 miles in the 12 hour time trial the week before, did well to return in 1.9.16.

The other times were John Williams, 1.11.16, and John Cheatham, 1.10.49.

Riding on Saturday evening in the Redmon C.C. invitation 25 in Kent, Ray Douglass returned a time of 1.8.28 in a full field of 120 riders.

One man in the '12' title

THE FIELD

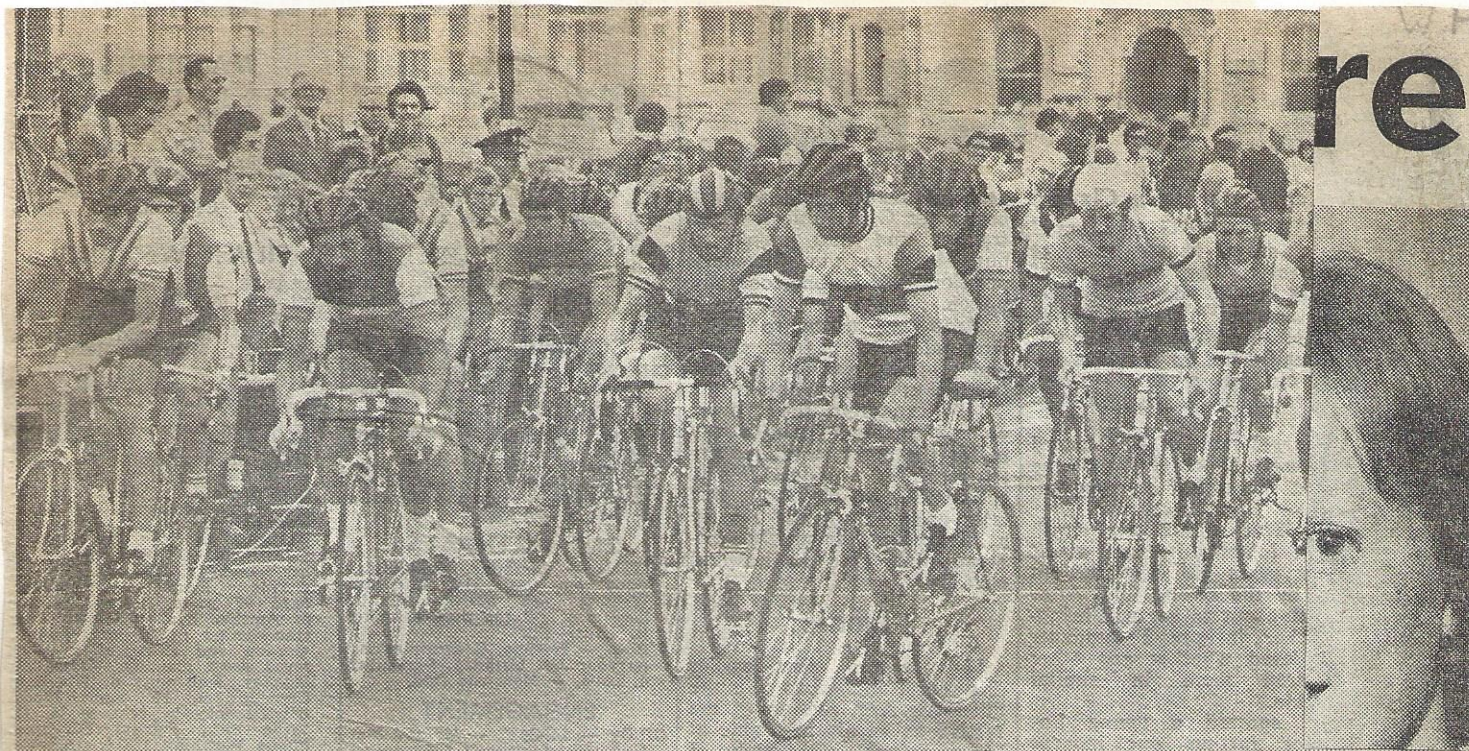
1 F. Feakes	Bath CC	46 D. Knight	Kenton RC
2 K. Ainscough	Bristol SCC	47 H. Bartlett	Frome & D
3 A. Comer	Clevedon & D	48 I. Briggs	Reading CC
4 A. Lewis	Reading CC	49 R. Gee	Sotonia CC
5 D. Brighty	Clevedon & D	50 J. Lyons	Unity CC-Hireconomy
6 P. Wood	Swindon & D	51 A. Thorne	Bath CC
7 C. Williams	Severn RC	52 P. Spencer	Hounslow & D
8 M. Morris	Cheltenham & Co	53 D. Miatt	Gordano Valley CC
9 A. White	Sotonia CC	54 J. Court	Speedwell BC
10 N. Stroud	Crabwood CC	55 E. Moody	Saracen RC
11 G. Gardner	Dursley RC	56 P. Blakey	Redmon CC
12 H. Boucher	Gloucester City CC	57 B. Williams	Cardiff 100miles RC
13 W. Walton	29th Wheelers	58 J. Sirett	Dursley RC
14 P. Roberts	Oxford City RC	59 D. Lock	Worthing Excelsior
15 R. Knight	Gordano Valley CC	60 D. Smith	Unity CC-Hireconomy
16 S. Hawkes	Oxonian CC	61 A. Edmonds	Redmon CC
17 A. Wingrave	Redmon CC	62 R. Richardson	Hounslow & D
18 C. Noad	Frome & D	63 R. Jones	Cardiff 100miles RC
19 R. Breeden	Gloucester City CC	64 B. Houghton	Unity CC-Hireconomy
20 G. Olive	Oxonian CC	65 G. Woodward	Chippenham & D
21 B. Mantom	Stourbridge CC	66 E. Green	Redmon CC
22 C. Honeybourne	Severn RC	67 K. Robertson	Mid-Devon RC
23 R. Burden	Chippenham & D	68 N. Roshier	Hounslow & D
24 L. Howard	Redmon CC	69 P. Breach	Severn RC
25 D. Watkins	Hillingdon CC	70 P. Jefferies	Woolwich CC
26 J. Blakemore	Bath CC	71 K. Wright	Chippenham & D
27 I. Morgan	Oxonian CC	72 I. Fulcher	Gordano Valley CC
28 H. Hawkins	Gloucester City CC	73 R. Owens	Exeter Wh
29 R. Davis	Hampshire RC	74 C. Davies	Hampshire RC
30 D. Holliday	Gordano Valley CC	75 P. Howard	Woolwich CC
31 S. Cook	Cheltenham & Co	76 M. Winter	Redmon CC
32 R. May-Miller	Bath CC	77 J. Biddle	Worthing Excelsior
33 K. Brock	Redmon CC	78 G. Goat	Redmon CC
34 B. Homer	Stourbridge CC	79 K. Brailey	Exeter Wh
35 R. Taylor	Frome & D	80 P. Dansie	Unity CC-Hireconomy
36 R. Earl	Hampshire RC	81 C. Holloway	Weston-s-Mare Wh
37 I. Trussler	Bath CC	82 A. Strong	Redmon CC
38 M. Donovan	Westerley RC	83 A. Wedlake	Cwmcam Paragon
39 D. Free	Oxonian CC	84 L. Lowe	Speedwell BC
40 C. Brooks	Frome & D	85 I. Dow	Oxford City RC
41 J. Fisher	Bath CC	86 K. Fairhead	Hounslow & D
42 M. Wake	Cheltenham & Co	87 D. Pearce	Weston-s-Mare Wh
43 G. Mannors	S Eastern RC	88 I. Claridge	Dursley RC
44 R. Douglass	Worthing Excelsior	89 D. Kellaway	Exeter Wh
45 P. Johnson	Stourbridge CC	90 M. Roach	Hounslow & D

Brighton Mitre T.L.—10-lap scr: BOB MATTHEWS, Worthing Excelsior; 2. D. Le Grys, '34 Nomads CC; 3. G. Mitchell, '34 Nomads CC; 700m h'cap: TONY DOYLE, Clarence Wh (70); 2. R. Beatty, VC St. Raphael-Waite (48); 3. A. Snook, Glade CC (62); Boys 3-lap: PAUL PARKINSON, South Western RC; 2. S. Harkness, Brighton Mitre CC; 3. S. Gower, South Western RC; Junior 8-lap pt: JOHN LANGMEAD, Portsmouth CC; 2. P. McGuinness, Portsmouth CC; 3. B. Fudge, Portsmouth CC. Boys 2-lap h'cap: PAUL PARKINSON, South Western RC; 2. S. Harkness, Brighton Mitre CC; 3. S. Gower, South Western RC. Devil: GLEN MITCHELL, '34 Nomads CC; 2. D. Peachey, '34 Nomads CC; 3. James, De Laune CC. 1-lap spr: DAVE LE GRYS, '34 Nomads CC; 2. D. Rowe, VC Elan-Perry; 3. R. Beatty, VC St. Raphael-Waite.

Sussex autumn track meet.—1-lap scr: ALAN ASHBY, Southborough Wheelers; 2. R. Smith, Brighton Mitre CC; 3. M. Jones, VC St. Raphael-Waite. 650m h'cap: RON PANNELL, East Grinstead CC (110m); 2. A. Leach, Eastbourne Rovers (92m); 3. P. Bealch, Private Member (106m). Devil: GEORGE MATTHEWS, Worthing Excelsior CC; 2. M. Jones; 3. R. Smith. Brighton Mitre. 10km scr: MARK JONES, VC St. Raphael-Waite; 2. G. Matthews, Worthing Excelsior CC; 3. Smith, Brighton Mitre CC. Lap winner: G. Matthews. Schoolboy 1-lap scr: STEPHEN HARKNESS, Brighton Mitre CC; 2. D. Golding, Brighton Mitre CC; 3. J. Peters, Worthing Excelsior CC. Schoolboy 5-lap pt. HARKNESS, 18; 2. P. Toppin, Worthing Excelsior, 10; 3. Peters, 5. Peters, Worthing Excelsior CC, 5.

CYCLING AUG 28TH 76

Beds. Worthing Fiestas kermis, all from 9am, Marine Parade, Worthing, Sussex.



George excels in lapping cycle field

GEORGE MATTHEWS, of Worthing Excelsior Cycling Club, excelled in front of his home crowd to record a memorable win in the Worthing Fiesta Kermesse all category event on Sunday. Taking a flyer on lap seven, he quickly built up a 20 second lead on the rest of the field which he maintained despite some determined efforts by Pete Hamilton (34 Nomads), D. Bonner (Old Portlians) and Alan Else (Gemini) to stir up the chase.

George had already collected three of the numerous prizes put up by the enthusiastic crowd when an offer was made of a further £2 if he lapped the field on the 850 metre seafront circuit. This encouraged further offers and when the sponsors, Redifusion, put in £10 and local supporter and club member Brian Wier of B and W Transport a further £5 the race was really on.

Spurred on by the crowd to a fastest lap of the day, he gradually clawed his way on to the same straight and eventually to the tail of the bunch. To the delight of the crowd and the cost of the sponsors, he moved to the front of the pack in the finishing area with just three laps to go.

George, of 31 Parkfield Road, said: 'I considered the race to be a bit dead and I thought I would have a go.'

THE START of the Devil take the hindmost race.

George almost completed a double in the last race of the day, the Devil take the hindmost. He won this race last year and the crowd roared him on down the final straight, but he could only manage third.

Bike race

This was the second year that the Excelsior club had held their Kermesse, a Flemish word that has come to mean a bike race on a small closed circuit. The 850 metre course was along the seafront south of Heene Road. Worthing police diverted traffic up Thorn Road while the five races for both seniors and juniors took place.

A great day's racing was thoroughly enjoyed by a large crowd who by their generosity boosted the prize money by £53 in primes and still had enough generosity left to contribute more than £25 to a collection for the St. John Ambulance Brigade.

Results

Senior Devil: 1, P. Hamilton, 34 Nomads (time 33.47); 2, A. Chinchin, Gemini; 3, R. G. Matthews, Worthing Excelsior CC; 4, T. Savage, Chequers RC; 5, S. Watson, Surrey Roads; 6, E. Playford, Gemini.

Seniors 40 km (approx): 1, R. G. Matthews, Worthing Excelsior CC (time 53.09); 2, S. Watson Surrey Roads; 3, D. Bonner, Old Portlians; 4, P. Hamilton, 34 Nomads; 5, T. Savage, Chequers RC; 6, A. Else, Gemini.

Juniors and 3rd CAT 27 km (approx): 1, P. Castle, Byways RC (time 44.57); 2, E. Kasissyan, Marlborough AC; 3, S. Hackett, Norwood Paragon; 4, D. Barnard, Brighton Mitre; 5, O. Leigh, Brighton Mitre; 6, A. Ellis, V. C. Elan/Harry Perry.

Schoolboys over 14 14 km (approx): 1, M. Guthrie, V. C. Londres (time 22.11); 2, B. Hunt, Becontree Wheelers; 3, S. Bilner, Wolsey RC; 4, M. Panton, Brighton Mitre; 5, D. Akam, Gemini; 6, P. Hunt, CC Hilton.

Schoolboys under 14 5½ km (approx): 1, D. Playford, Gemini (time 9.47); 2, G. Rowland, V. C. Londres; 3, P. Watkins, Old Portlians; 4, M. Atkins, Central Sussex; 5, K. Richards, Old Portlians; 6, S. Millenstead, North Hants RC.

WORTHING HERALD 3RD SEPT. 1976

MATTHEWS IS AVENGED

THURSDAY saw the last of this year's Worthing Excelsior Cycling Club evening 10-mile events held on the Washington course. It resulted in a win for George Matthews in a time of 22min 42sec. This was sweet revenge for George after being caught in the finishing stages last week.

Second among the club riders was Richard Shipton (22min 57sec) . . . but some doubt must be expressed over his performance as he was caught by John Biddle and Pete Reeves, riding the 'Biddle tandem,' after five miles and took pace from them for nearly five miles to the finish. With the threat of suspension already hanging over his head for a similar offence earlier this year in the Sussex 100-mile championships, it would seem another unwise infringement of the regulations.

Paul West was third, recording 24min 25sec

Dave Barnes, who is only a second claim member of the Worthing club, returned a time close to Matthews with 22min 45sec.

John Biddle and Pete Reeves smashed their own personal best on this course and returned in 22min 3sec (over 27 mph).

The rest of the times were : 4 G. Tooley, 24.35; 5 P. Toppin, 25.26; 6 R. Macmillan, 25.56; 7 N. Burrows, 26.32; 8 J. Cheetham, 26.47; 9 A. Matthews, 26.56; 10 P. Taylor, 27.04; 11 C. Carter, 27.39; 12 W. How, 29.32; 13 Josephene Alderton, 31.13; 14 R. Powell, 31.46; 15 P. Macmillan, 33.10.

Will How, who is over 60, won the handicap with a net time of 21min 42sec.

WORTHING GAZETTE 1ST SEPT. 76.



MISS FIESTA (Cheryl Douglas) congratulates Worthing Excelsior rider George Matthews, who won the Rediffusion All Cats race at the Excelsior's Fiesta Kermesse, on Marine Parade, Worthing, on Sunday.

Cyclists cover 200 miles

THE NATIONAL 12-Hour Championship in the Cirencester area occupied the time and efforts of six Worthing Excelsior Cycling Club members on Sunday.

Riding the event were Don Lock and Ray Douglass, both veterans with many of these marathon rides to their credit, and John Biddle, a member who only took to competitive cycling last season. He had already ridden most distances with considerable credit, but on Sunday faced his first half-day race.

Pete Reeves, Dave Hudson and Derek Smith were the willing helpers who spent their day tracking and re-tracking across the roads of Gloucestershire and Wiltshire to see to the needs, be it food, drink or bike maintenance, of the three riders.

Start

The event started near Chippenham and the course of some 210 miles took the field through Wootton Bassett, Malmesbury, Tetbury, Cirencester, Fairford, Lechlade, Cricklade and Chippenham and finally to a circuit of about 14 miles just west of Wootton Bassett where riders continued until their 12 hours had expired.

Throughout the first 100 miles, Don and John were at all times close, with Ray gradually dropping to a deficit of about 30 minutes. Conditions were hard, with strong easterly winds and temperatures during the middle of the day that sapped the energy.

Ray, who was suffering from digestion problems and was unable to eat as regularly as necessary, fell further into arrears during the afternoon. Both Don and John also had slow periods during this time.

Cools

As the sun cooled, their fortunes recovered and Don in particular went well over the last three hours to finish with a provisional mileage of 228.

John, a great first effort, recorded 219, and it is thought Ray just managed 200.

Nowhere near the winner, past champion Martin Roach of Hounslow who did 265, but Don's position is expected to be about 25th and John's about 30th.

In an event where conditions caused a third of the field to retire before the end all the Excelsior riders have reason to feel satisfied with their efforts.



Fabulous Fiesta!

IT'S BEEN a great start to Worthing's Fiesta Fort-night!

Hundreds gathered outside the town's Montague Street shopping precinct on Friday to see the Mayor of Worthing, Cllr Mrs Winifred Frampton, officially declare the activities open (pictured above).

And there's lots more to do for everyone until the Fiesta Fort-night closes next Bank Holiday Monday.

Full details are inside...together with a complete diary to what's on and a spotlight on one of the most exciting events...the Kermesse Cycle Race.

Fiesta Kermesse Cycle
Racing. Seafront near
Heene Road, 9am-1pm.
No admission charge.

THE PROMOTER 20TH AUG. 1976.

PROMOTER 20TH AUGUST 1976

OCUS

...on the thrilling Kermesse cycle race

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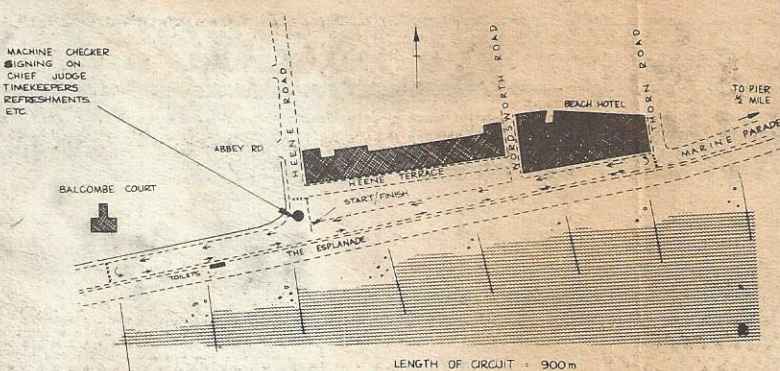
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 TO BE A MEMBER OF THE WORTHING EXCELSIOR
 SINCE THAT YEAR.

FROM 9am until 1pm
 on Sunday, August 29,
 Worthing's Marine
 Parade between Thorn
 Road and Balcombe
 Court Flats, at the
 southern end of Heene
 Road will be closed to
 traffic and will buzz, in-
 stead, with the excite-
 ment and thrills, but
 the complete lack of car-
 bon monoxide
 pollution, of 'Kermesse
 cycle racing' — quite the
 most spectacular and
 colourful form of bike
 competition.

Riders from
 throughout the south
 east of England and a
 particularly strong entry
 from the London area
 are entered to challenge
 the best from the local
 Worthing Excelsior and
 other Sussex clubs.

Racing up and down
 the 450 meter stretch of
 road divided by cones
 down the centre at
 speeds of up to 40 mph
 in bunches of as many
 as 40 riders, there will be
 five separate events for
 all ages and all stan-
 dards of rider.

The start and finish
 will be at the end of
 Heene Road but spec-
 tators will find good
 vantage points along the
 promenade for most of
 the length of the course,



WORTHING EXCELSIOR C.C.
 FIESTA KERMESE - MARINE PARADE - WORTHING
 SUNDAY 29th AUGUST 1976

the whole of the racing
 remaining within the
 view of all, so that tac-
 tics and the strategy of
 the riders, the efforts to
 breakaway and the ef-
 forts to catch up can be
 followed.

The first event 'The
 Excelsior Starter' is
 sponsored by the
 promoters, the Wor-
 thing Excelsior Cycling
 Club, and is for the un-
 der 14 years age group,
 and over 6 laps, ap-
 proximately 5 1/2
 kilometers.

Race No. 2, 'The Ben-
 talls Thirty' is for junior
 and third category riders
 and will be over 30 laps,
 approximately 27
 kilometers. 10.10 is the

start time for the big
 'Rediffusion All Cats',
 a 40 lap for 1st, 2nd and
 3rd category senior
 riders.

The 'Hastings &
 Thanet Young Saver'
 for schoolboys in the
 over 14 years age group
 is event four

The final race is the
 'M.G.M. Devil', a devil
 take the hindmost event
 for senior riders; an
 event where the last
 rider over the line each
 lap is called out by the
 judges, and from an en-
 try of 40 or more the last
 half dozen or so are left
 to compete for the awar-
 ds; an exciting climax to
 a full morning

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PROMOTER 2ND SEPT. 1976.

First-class pedal power!



WORTHING'S flying postman, George Mathews, salutes the crowd after winning the 45-lap Rediffusion 'All Cats' race on Sunday. Organised by Worthing Excelsior Cycling Club, George rode off with the £10 first prize and £12 for lapping the complete field.



Worthing's "flying postman," George Matthews, salutes the crowd after winning the 45-lap "Rediffusion All Categories" race at Saturday's Worthing Fiesta Kermesse. The racing was organized by Worthing Excelsior Cycling Club, and Matthews won a £10 voucher, plus another £12 for lapping the whole field.

CYCLING SEPT. 4TH

Fiesta George

WATCHED by a big crowd, George Matthews, Worthing Excelsior, excelled himself on his home territory on Worthing's Marine Parade when he lapped the field in the main event in Saturday's Worthing Fiesta kermesses.

Taking a flyer on the seventh lap he soon gained a 20-second lead despite a stirring chase by Pete Hamilton, '34 Nomads; Dave Bonner, Old Portlians CC; and Alan Else, Gemini BC.

After collecting three primes from the enthusiastic crowd round the flat 850-metre circuit, he was offered £10 by sponsors Rediffusion if he could lap the field and the offer of a further £5 set him on his way. He made contact with three laps left, setting the fastest lap in the process.

A great day's racing had been encouraged by the crowd, who helped swell the prize list to £53 as well as raising £25 for the St John Ambulance Brigade.

All cats. — **GEORGE MATTHEWS**, Worthing Excelsior; 2, S. Watson, Surrey RCC; 3, D. Bonner, O Portlians; 4, P. Hamilton, '34 Nomads; 5, T. Savage, Chequers RC; 6, A. Else, Gemini BC. **Devil**. — **PETE HAMILTON**, 2, Chinchin, Gemini BC; 3, Matthews; 4, Savage; 5, Watson; 6, E. Playford, Gemini BC. **3/J**. — **P. CASTLE**, Byways RCC; 2, E. Kesivyan, Marlboro AC; 3, S. Hackett, Norwood Par; 4, D. Barnard, Brighton Mitre; 5, O. Leigh, Brighton Mitre; 6, A. Ellis, VC Eian-Harry Perry. **Over-14**. — **MIKE GUTHRIE**, VC Londres; 2, B. Hunt, Becontree Wh; 3, S. Bilner, Wolsey RC; 4, M. Panton, Brighton Mitre; 5, D. Akam, Gemini BC; 6, P. Lunt, CC Luton. **Under-14**. — **DEREK PLAYFORD**, Gemini BC; 2, G. Rowlands, VC Londres; 3, P. Watkins, O Portlians; 4, M. Atkins, Central Sussex CC; 5, K. Richards, O Portlians; 6, S. Millenstead, N. Hampshire RC.

CYCLING STAR

THE STAR of last weekend's racing for Worthing Excelsior Cycling Club was once again the versatile George Matthews.

On Saturday afternoon, he competed in a 75 kilometre circuit race for first and second category senior riders, promoted by the Royal Navy Cycling Club at Lee-on-Solent, and beat Ron Pannel, the strong ex-professional rider from the East Grinstead Club, to win by a comfortable margin.

Paul West and Roy Macmillan, the club's two strongest junior riders, competed in the junior and third category senior race over 50 kilometres on the same circuit and did well to finish in 11th and 12th places.

George was back in action again on Sunday morning, riding with Don Lock in the Viking Road Club 50-mile time trial on the A12 road in Essex. George's objectives were twofold... first to beat his own personal best set five years ago and second to take the lead in the club's 1976 Best All Rounder Competition.

Such is George's current form that, despite poor conditions, he achieved both with a tremendous 2hr 3min 32sec which takes him a minute clear of his previous best and way out in front of his nearest challengers for the BAR.

Don, after a two week break from his bike, had the lesser target of trying to improve his BAR average and he managed this bringing his 1976 '50' time down from 2.10.12 to 2.9.12.

The Bognor Regis 25-mile Open event near Chichester attracted three entries from the Worthing club and fastest was veteran John Antram with a time of 1hr 9min 4sec. John Williams recorded 1.11.24 and John Cheetham 1.11.59.

The John Biddle tandem was in action again in the Epsom Tandem '30'. This time John's partner was Graham Tooley and they improved on the Biddle/Pete Reeves combination best in recording 1hr 11min 1sec. With this time they finished third in the good class field.

Richard Shipton and Ray Douglass travelled to north Kent to take part in the San Fairy Ann CC 25 on the A2 road. Richard did an excellent ride, finishing in 1hr 0min 37sec, while Ray was quite satisfied with his 1.7.16.

Cyclists record fast times

FOUR EVENTS attracted riders from Worthing Excelsior Cycling Club at the weekend, some near and some far, and in all, there were first class performances.

After the previous week's 2hr 3min 32sec 50-mile time by George Matthews there were two more fast 50's by other club members doing their utmost to improve their Club Best All Rounder averages in one of the keenest and fastest competitions for many years.

Keith Dodman travelled all the way to Yorkshire to ride the Yorkshire Road Club 50 on the famous Boroughbridge course and was rewarded with good conditions. Despite a puncture, which must have cost him a couple of minutes, he still recorded an excellent 2hr 3min 55sec, his second fastest ride at the distance.

Don Lock journeyed to Chelmsford to ride in his first veterans 50. The London and Home Counties event, and stormed along the A12 to his fastest ever time of 2hr 4min 41sec. Ray Douglass also rode this one and returned his best effort for five years with 2hr 16min 6sec.

Veterans

On the Chichester road on Saturday afternoon, the Surrey and Sussex veterans 25-mile time trial found ideal conditions and gave Worthing's John Antram his best time for many years with 1hr 4min 31sec. The oldest competitor in this event was Excelsior's Wilf How, previously thought to be about 65 but now found to be 71 years of age! Wilf, who only started in competitive cycling in this summer's evening ten-mile events, was riding his first 25 and returned a remarkable 1hr 14min 57sec to beat 20 mph.

The East Sussex Cycling Association 25 on Sunday morning based on the A22 south of Uckfield did not enjoy quite such good weather. On a hard morning, George Matthews' best was only good enough for second place, but finishing only nine seconds behind winner Cliff Sharp of Eastbourne with a time of 1hr 0min 47sec.

Paul West established himself as a really bright senior prospect for the future recording 1hr 4min 46sec, a fine time for this junior Worthing member.

Other Worthing times in this event were Pete Mansfield 1.7.1 and John Williams 1.10.21.

MATTHEWS IS THIRD — TWICE

TWO THIRD places for club star George Matthews is the story of the weekend's competitions for Worthing Excelsior Cycling Club.

Saturday afternoon saw the club with three of their fastest 25 milers entered in the Sussex Cyclists' Association 1976 Championship at the distance. The event, held on the A27 Chichester road had mild but windy conditions and it was a particularly hard finish from Westhampnett back to Angmering.

The champion, Cliff Sharp of Eastbourne, successfully defended his title, winning in a time of 59 minutes 35 seconds.

Adrian Jones, of Central Sussex, just made second place with 1 hour 0 minutes 40 seconds and George was third in 1 hour 0 minutes 57 seconds.

Keith Dodman clocked 1.3.24 to finish sixth and Richard Shipton, with a rather off colour performance, was 14th. The only other Worthing competitor was Ray Douglass who returned a time of 1.10.00.

CRITERIUM

On Sunday, George was in action again, this time in a Criterium at the Carre Fours Hyper-Market at Eastleigh near Southampton. He was always active at the front of the bunch and eventually a break of six, including George, got away from the main field and before the one hour duration of the race, succeeded in lapping the remainder.

In the final sprint, George was headed home by Basingstoke rider C. Downey and L. Ferryman of the Archer Cutty Sark Club.

Two club juniors competed in the half hour event for the under 18's but did not find success. Paul West crashed early on, although fortunately without serious injury, and Roy Macmillan finished a lap down.

Sunday also saw riders involved in the Surrey Road Club 30-mile promotions on the A24 road north of Worthing.

In the tandem event, John Biddle and Pete Reeves struggled to record 1 hour 14 minutes 28 seconds and, in the solo race, both John Cheetham and John Williams found things hard, Cheetham recording 1.27.35 and Williams 1.32.30.

DODMAN HAS BEST OF KEEN TUSSLE

THE ANNUAL 33-mile Hardriders Championship of Worthing Excelsior Cycling Club was decided on Sunday and, after one of the closest tussles for some years, a fine win resulted for Keith Dodman.

The course starts in Findon Valley, comes first to the Broadwater roundabout and retraces through the start, along the A24 to the Washington roundabout and then strikes out via Storrington and Amberley to Arundel before returning along this same route to finish at the starting point. A hilly course with two major climbs and some tortuous undulations in between.

George Matthews was favourite, but damaged his own chances with a late start penalty which doubtless unsettled his ride. At Storrington, Dodman showed a lead of some 17 seconds, and third at this point was Richard Shipton a further 33 seconds back.

After the climbs of Houghton Hill to the Whiteways roundabout and then the long climb back up from Arundel, the Dodman/Matthews position was closer but by Storrington on the return it had widened a little to 23 seconds. Keith, finishing strongly, rode out the final miles to record a near record time of 1 hour 31 minutes 5 seconds.

Scrap

George finished in 1.31.39 for second place and the scrap between these two had taken them well clear of the rest.

Richard Shipton held his third spot throughout, finishing in 1.37.19. Don Lock, Paul West, Graham Tooley and John Biddle had been close over most of the course but the final miles took their toll on West and Tooley.

Lock finished fourth in 1.38.54, Biddle fifth in 1.40.03, West was sixth with 1.43.02 and Tooley seventh at 1.43.34.

John Cheetham, on his first ride in the event, was eighth with 1.46.17, just beating Mike Poland who completed his 20th ride in the event with 1.46.50.

John Williams returned 1.49.22 and Roy Macmillan, with puncture problems, 2.00.04.

Schoolboy Paul Toppin started and rode well over the early part of the course but eventually found hills and distance too severe a test, and wisely retired at Washington on the return.

The handicapper, perhaps failing to give sufficient allowance to the long-markers, saw this award also taken by Dodman. Matthews was second.

After a week of heavy rain and gales, the event was blessed with almost perfect mild and still conditions.

Ray Douglas, still seeking a faster 25 for his best all-rounder average, rode in the Maidenhead event on a new course in the Marlow area. He feels he has found a fast course but he could not find the speed to match it, finishing with a time of 1 hour 9 minutes 3 seconds.

WORTHING
HERALD
OCTOBER
1ST. 1976

Second to spare in hill climb

A BUSY WEEKEND for Worthing Excelsior Cycling Club started on Saturday with the club hill climb championship on Bury Hill on the A29.

It was one of the best entries for several years, despite wet and rough conditions. Keith Dodman was triumphant with a superb four minutes 12 seconds, beating George Matthews (4.13). These two were well clear of junior Paul West, but his 4.48 was a fine effort.

Other times were: Pete Reeves 5.09, John Biddle 5.22, Roy Macmillan 5.23, John Peters 5.25, Paul Toppin 5.27 and Nigel Burrows 5.33.

On Sunday the Bognor

Regis club's hilly 25-mile event in the Goodwood area saw George Matthews picking up third place for the third time in his last three events, and his time of one hour nine minutes four seconds included a change of wheels. This was a very strong ride, leaving him only a little over one minute down on the winner, Doug Sheehy, of Hainault.

Keith Dodman punctured and lost several minutes, eventually finishing in 1.18.30; John Antram recorded 1.17.25, John Biddle 1.19.00 and John Williams 1.20.34. Paul West, having donated his wheel to club-mate Matthews, was unable to finish.

Another big attraction for club members on Sunday was the annual touring competition for the Argent Trophy. This was held on roads in the Ditchling and Burgess Hill area in the morning and in the Henfield area in the afternoon.

While conditions were very muddy, especially with the afternoon rain, all completed the course and enjoyed a very good day's cycling. The day ended, as is now traditional, with a hot meal (self-catered), and taken this year on Oreham Common south of Henfield.

Defending champion John Mansell was first with 61 points, Derek Smith was second with 52 and Brian Weir third with 51. Other placings were: Don Lock fourth on 49, Dave Hudson fifth with 46, Nigel Burrows sixth with 40, Robin Creed seventh at 36, Roger Aylmore 35 and Ian Reader 29.

Ray Douglass found his weekend's competition in a veterans' event on the A4 Bath road, recording a time of one hour 10 minutes six seconds over 25 miles. In true cycling fashion he then rode home — 75 miles.

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George returns a slow time

THERE WAS something of an end of season effort from the Worthing Excelsior Cycling Club's competitors in the Brighton Mitre 25 on Sunday morning. Hard winds did not encourage fast times even though a superlative performance from one of the country's fastest 25 milers, Eddy Adkins, succeeded in lowering the record for the Chichester road course to a quite amazing 56 minutes 7 seconds.

Of the Worthing riders, George Matthews had a puncture and did not continue with any serious intent. At the end he was trying to claim a special prize for the slowest time of the day, 1 hour 22 minutes!

Keith Dodman found his racing enthusiasm waning and retired after about 20 miles when well down on his recent form. Junior Paul West was another to fall foul of the puncture bug and he also retired.

Fastest finisher from Worthing was in fact veteran John Antram with a time of 1 hour 9 minutes 26 seconds. John Biddle was one minute slower in 1.10.26 while another club veteran, Ray Douglass, was back on 1.12.59.

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1976.

Cyclists compete in paced event

THE GRAND Prix des Gentlemen, a 20-mile paced event promoted by the Redmon Cycling Club on the A24 between Dorking and Horsham, provided some good end of season competition for four of Worthing Excelsior Cycling Club's members on Sunday. It was a time trial where veteran riders were paced by non-veterans and where the time of the veteran was the one that really mattered.

Ray Douglass was paced by Richard Shipton and Don Lock by George Matthews. In a high class field, George and Don were 18th out of 60 and Ray and Richard 34th. Their times, 49 minutes 19 seconds and 52.42 respectively, were equivalent to 25-mile times of approximately 1.1.30 and 1.5.30 which speaks highly of the efforts of the

pacers on this hilly course. The winners were John Lyons and Mick Coward of the Unity CC with a time of 46.24.

At a special meeting of the Sussex Cyclists Association on Friday, an appeal by Worthing Excelsior's Richard Shipton against his disqualification for a breach of regulations in the Sussex 100-mile championship in July was upheld and his time of 4.33.35 now stands. This means that Richard has achieved the three qualifying distances for the Club Best All Rounder Championship and the final result is: 1 George Matthews 24.277 mph; 2 Keith Dodman 23.976; 3 Don Lock 23.675; 4 Richard Shipton 23.522; 5 John Biddle 22.077; 6 Ray Douglass 21.757; 7 Peter Mansfield 21.531; 8 Bernard Wright 21.124.

Cyclists honour club chairman

THERE WAS a full house for Worthing Excelsior Cycling Club's annual dinner dance and prize presentation at the Royal Coach, Shoreham, on Saturday. There were 84 people present and the dinner was enlivened by cross toasting, a tradition with cycling clubs.

Former professional and world class rider Dave Bonner, who proposed the toast to the club, emphasised the need for youngsters to take part in and enjoy all sides of the sport without too much early concentration on racing alone.

Club chairman Charles Lednor, who responded, spoke of the administration of the club and how fortunate it had been with many long serving, stalwart officials over the years.

Mrs Argent, wife of the club's president, presented the awards.

The Meredith Trophy for the person considered to have done most for the club in the preceding year went to club chairman Charles Lednor... in his 50th year of membership. A special silver medal engraved with a note of the club's appreciation of 50 years unbroken service was also presented to him.

Other award winners were: George Matthews, best all-rounder and 100 mile and track champion; Keith Dodman, winner of Hardriders, hill climb and the 25 and 50-mile events; Richard Shipton, 30-mile champion; Don Lock 12-hour champion; John Mansell, Tourist Trophy; Nigel Burrows, Clapshaw and Sherwin 25's; David Mills, Club Runs Attendance Trophy; John Biddle, the Handi-

cap Points Cup; Paul West, Junior and Senior 15 winner and Junior best all-rounder; Paul Toppin, the Derek Powell Trophy for the Fastest Schoolboy ten mile time; and the most improved rider award to John Williams.

The Sunday morning runs were well attended. Twelve were out to elevenses at Arundel from which point several continued westwards for the day. Another eight of the junior section accompanied club coach Norman Macmillan on a run to Pulborough.

This coming weekend there is a motorised trip leaving on Friday evening to visit Brugge, Brussels and Ghent including the Six Day racing in Ghent. On Sunday, there will be the usual runs for seniors from Broadwater at 9 and for juniors from Parkfield Road at 9.30.



PAUL WEST (left), winner of the junior cup and the junior best all-rounder shield, and Richard Shipton, winner of the 30-mile championship, seen at Worthing Excelsior Cycling Club's annual dinner at the Royal Coach, Shoreham, on Saturday.

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WORTHING HERALD

Charles has now been 'in the saddle' for 50 years

CHARLES LEDNOR, the 70-year-old chairman of Worthing Excelsior Cycling Club, was presented with a silver engraved medal for 50 years' unbroken service in November. This is a remarkable feat considering that Charles had no intention of joining the Worthing club or even taking up cycling. Since then, he has on occasion been instrumental in saving the club from folding, writes Stephen Rooke.

Apart from being chairman and a life vice-president of the Worthing club, Charles is chairman of the Sussex Cyclists Association and is a life vice-president, official judge and timekeeper of the British Federation. He is also a vice-president of the Sussex Cycle Racing League.

In 1926, Charles bought his first bicycle for seven guineas, which was quite a sum to find on a weekly wage of 24 shillings or 6d an hour.

He borrowed the money from an obliging father and paid him back at the rate of 2s 6d a week. But when his father discovered that Charles intended to take up racing, he nearly hit the roof.

Charlie's father, in fact, became an ardent follower of his son's fortunes in the saddle after he won the first event that he entered, a ten mile road club race. Charles covered this distance in 28 minutes 40 seconds.

Rhythm

Charles is the first to admit that cycling is a sport of rhythm with both the machine and rider acting as one. It is all about fitness too... and Charlie often cycled between 800-900 miles a week during his training routine.

In 1927, he was appointed vice-captain and has never been out of an office since—a run which will probably never be seen again.

Charles held every club championship on the track for

four years in succession and he came first in the club's 50 and 100 mile championships for six consecutive years.

He was the first rider locally to break the 70 minute barrier for the 25 mile event and, in 1929, he broke the existing club record.

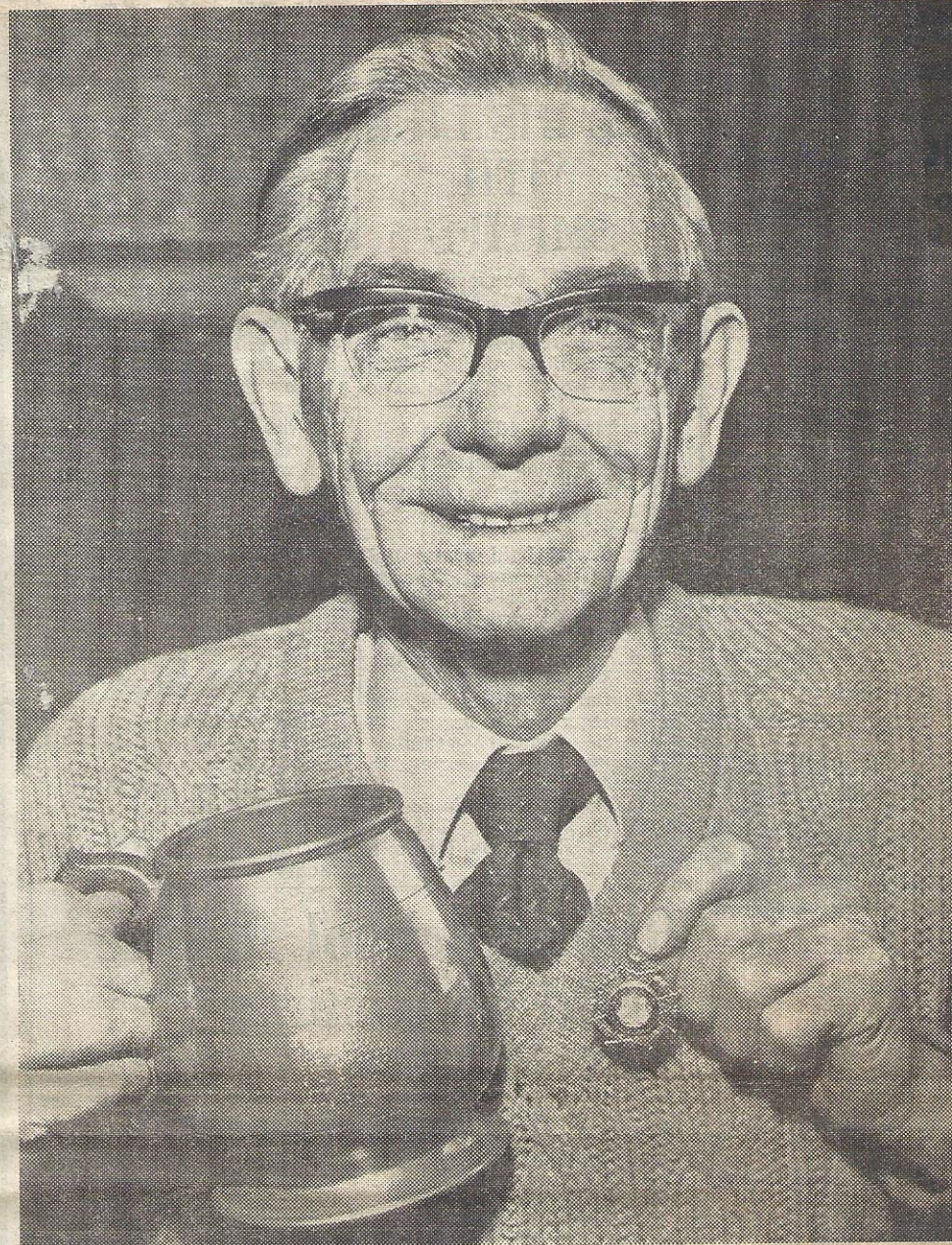
Second best was never quite good enough for Charlie and he recalled an incident in a Chichester inter-club match after being held up at Fishbourne level crossing. Winning the race was a number one priority for Charlie who jumped the gates with his cycle to get back in the race. In the end, he settled for second place.

Elected

Charlie gave up racing in 1937, was elected as club secretary nine years later and, in 1951, was elected chairman of the National Cycling Union.

During the 30's, the Excelsior club were swamped with membership forms from the Lednor family including Charlie's two brothers, two sisters, brother-in-law and his wife. The day after he was married, he pedalled to success... winning the club's 100-mile event.

After undergoing a serious operation, Charlie retired from active cycling in 1952 but turned his attention to valuable work behind the scenes as the club's unofficial masseur. He became club chairman in 1958 and still



CHARLES LEDNOR seen with the Meredith trophy for the clubman of the year and his 50 years service medal

retains this post.

Various cycling meetings still take place at his home in Uplands Avenue in Worthing and, during the summer months, cycling can occupy a whole week of Charlie's

time in the evenings and over the weekend.

His cycling has taken him all around the country both as a competitor and as an official and he believes the club has a more than stable

future.

'We have 20 school members at the moment and all are eager to improve,' says Charles. 'The sport has a great future because people are more cycle-minded now