

Team of the Week

# Worthing Excelsior Cycling Club



WORTHING EXCELSIOR Cycling Club are reaping the rewards for Great Britain's success in the Olympic Games in Beijing earlier this year.

Britain won 14 medals in cycling events at the games, and Excelsior's membership has now risen to more than 100, which includes a number of younger members, and is at its highest since the 1960s.

Worthing life vice-president and social secretary Don Lock

said: "The Olympics have had a great effect on our membership.

"Our club run every Sunday, which is the backbone of the club, had gone down to just five or six members but now it's up to 20-or-so again.

"When there's a group all in club colours, it looks good, it shows the club name and gets respect.

"We've enjoyed a tremendously good year. It's been our most successful since the 1960s and

the club has a buzz about it.

"We've had a great difficulty in the past recruiting youngsters, but now we've got a number of them, who all know each other.

"In the coming year, they will all be going for Sussex and Southern Counties titles."

This year, Excelsior lifted the Sussex 50-mile team championship title, and the Sussex best all-round team championship.

Mel Robertson, 61, was the Sussex individual champion, the

veteran champion, and the Southern Counties veteran champion, which included riders from London clubs.

The team were also victorious in the Hill Club championship, in which Adrian Rogers, who finished ninth in the National Hill climbing event, was the individual winner.

And, Paul Outhwaite was the Sussex long-distance champion.

Excelsior also broke a club record when 11 of their riders

completed the County 100-mile championship.

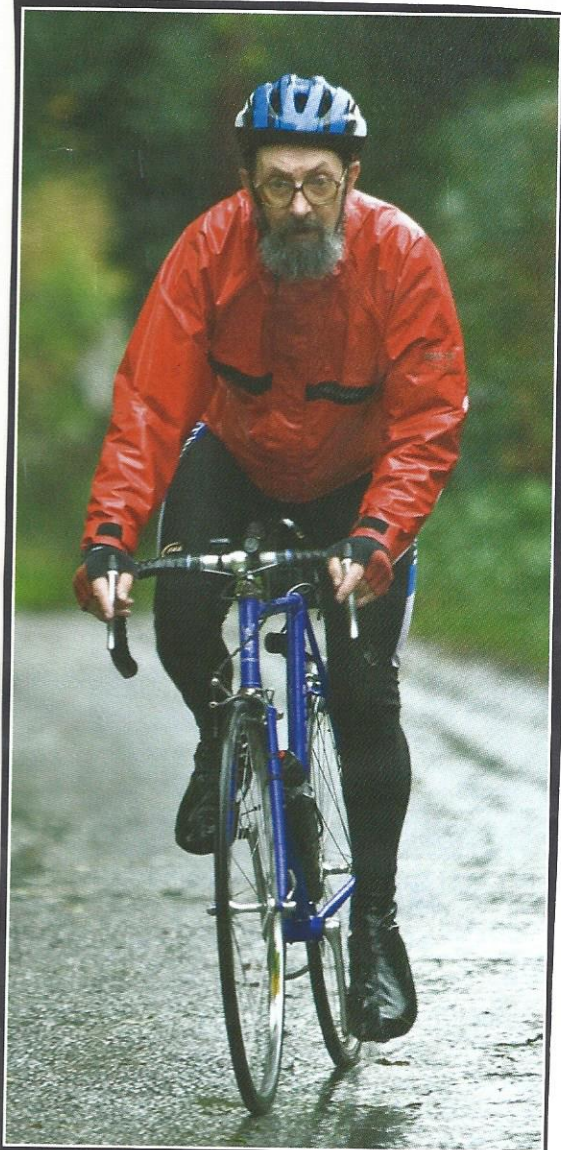
Anyone interested in joining Worthing Excelsior can visit [www.worthingexcelsior.co.uk](http://www.worthingexcelsior.co.uk)

Excelsior members pictured above are – back: John Williams, Mark Bernhardt, Mark Newnham, John Baldwin, Keith Dodman, Robert Downham, Mike Irons, Peter Logan, Karl Robertson, Paul Outhwaite, Mel Robertson, Richard Klose. Front. Lewis Norris. Edward Klose.



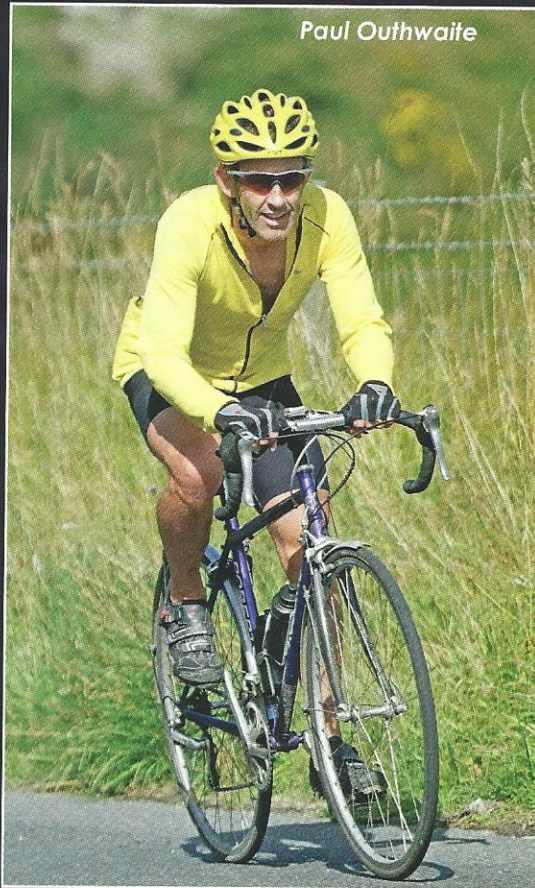
It will be important to have the best of both worlds and with the best of both worlds, the team will be able to compete at the highest level.

MIKE IRONS



**Dungeewow 200**  
(photo: Tim Wainwright)

Paul Outhwaite



Thursday, February 5, 2009 77

#### TIME TRIALS

CENTRAL SUSSEX CC 17.5

SAT 14/2 STEYNING, West Sussex.-

Ben Instone (Scientific Coaching) ..... 35 23

P. Tadros (In-Gear Quickvit) ..... 37 01

J. Ehlers (In-Gear Development Squad) ..... 39 28

N. Digby (Sigma Sport) ..... 39 30

A. Bee (Kent Cycles) ..... 40 30

P. Thatcher (Brighton Mitre) ..... 40 33

T. Reeves (GS Stella) ..... 40 39

K. Shaw (GS Stella) ..... 41 11

M. Jones (GS Stella) ..... 41 21

M. Valks (Sussex Nomads) ..... 41 49

**Vet on standard.-**

Mel Robertson (Worthing Excelsior) ..... +1228

R. Williams (Farnham RC) ..... +9 58

G. Smith (Sussex Nomads) ..... +9 48

**Ladies.-**

Elaine Scott (Brighton Excelsior) ..... 54 01

**Team.-**

GS Stella (Tony Reeves, Kevin Shaw, Mark Jones) ..... 2 03 01

## News from sport

**W**ORTHING EXCELSIOR Cycling Club's senior riders made a successful start to the 2009 season to continue the club's form from last year.

In the GS.Stella Weekend event, they packed four riders into the top third of the 18k race on Saturday, and did the same in Sunday's 34k race.

Both events took place on the hilly roads between Storrington and Fontwell in freezing conditions.

Riders Mel Robertson, Jeremy Wootton, Nathan Gale and Mark Bernhardt collected second overall team prize, and Robertson won second place in the veteran's category.

# ■ WORTHING EXCELSIOR

Cycling Club's 17-mile Long Furlong circuit was won by Adrian Rodgers in 43mins 18secs, with Mel Robertson 12 seconds behind. Mark Bernhardt was third in 45-11.

Other times: Paul Outhwaite 45-14, Karl Robertson 45-22, Simon Letts 46-03, Nathan Gale 46-20, Thomas Coulson 48-17, Reade Hadfield 48-23, Edwards Klose 49-38, Kevin Doe 50-11, Robert Down 51-50, Stuart Jago 51-57, Neale Maloney 52-05, Philip Walker 54-27, John Baldwin 56-31, Peter Logan 58-28, Diana Trafford 1-00-16.



Paul Outhwaite

Arrivée February 2009



STUART  
JAGO

**G/S Stella" Weekend**  
**1st. Feb./1st. Jan.2009**  
**4km. Time:- 1-19-13secs.**

**(Strong E. 1**  
**1°C.)**

# ■ WORTHING EXCELSIOR

Cycling Club's veteran star Mel Robertson was in excellent form on Sunday.

Robertson recorded a time of 1hr 1min 17secs and won the Veteran's category in the Sussex Cyclist Association's

23-mile event.

Combined with his excellent rides earlier in February, Robertson now has a clear lead in the county's season-long hilly events competition.

Nathan Gale finished in 1-04-40, Karl Gale in 1-05-55 and Colin Miller in 1-24-43.

# ■ WORTHING EXCELSIOR

Cycling Club's 10-mile event at Washington on Sunday was led home by Mel Robertson in 23mins 47secs, ahead of Jeremy Wootton by just two seconds. Mark Bernhardt was third in 24-17.

Other times: Karl Robertson 24-21, Simon Letts 25-08, Nathan Gale

25-09, Edward Klose 25-26, Mark Newnham 26-01, Richard Hadfield 26-19, Neal Maloney 28-09, Phil Walker 28-40, John Baldwin 28-50, Colin Miller 29-03, Peter Logan 29-17, Peter Rowe 30-46 Diana Trafford 31-22, Peter Eldrige 34-12.

Junior squad riders Sam Maloney and Edwards Klose came first and second respectively in the Handicap event.

# SUSSEX CA 2UP 28.5

SUN 29/3 (GS/987).-

Steven Geran/Phil Sykes

(VC St Raphael) ..... 1 03 41

S. Dennis/M. Coyle

(East Grinstead/VC Etoile) ..... 1 04 36

A. Cox/M. Winton (Lewes W) ..... 1 08 46

P. Byford/R. Weatherstone (GS Stella). 1 09 38

M. Jones/K. Shaw (GS Stella)..... 1 10 06

S. Fahey/P. Thatcher (Brighton Mitre). 1 10 27

P. Moon/S. Medhurst (Eastbourne) ..... 1 11 13

T. Reeves/S. Woodbridge (GS Stella).... 1 11 19

S. Trott/M. Storie (GS Stella)..... 1 12 03

N. Gale/A. Rodgers (Worthing) ..... 1 12 56

## News from sport

**W**ORTHING Excelsior Cycling Club riders had an active weekend with their main event being the 100km Audax challenge over a hilly route from Ashington to near Haslemere and back.

Of the 114 entries, there were 97 starters and of these, 87 completed the course, no mean feat as the early kilometres provided nasty, icy patches which brought a number of riders down.

Excelsior had 18 participants with 17 of these being successful.

On the time trial scene, four riders competed in the Central Sussex Ashurst Circuit event of just under 18 miles.

Fastest was Mel Robertson in 41 minutes 33 seconds, then Mark Bernhardt 42.45, Nathan Gale 43.30, and Karl Robertson 45.41.

It was second place in the team competition and another first for Robertson in the veterans category.

Despite these efforts on the Saturday, there was still a good turnout for the club run on Sunday morning, when they managed a 36-mile route to Littlehampton.

Thursday, April 9, 2009 73

## News from sport

**W**ORTHING EXCELSIOR Cycling Club's Ashurst Circuit event on Sunday took place in ideal conditions and Mel Robertson took full advantage.

His time, a personal record for the 16.4 mile course, was 39mins 32sec, which gave him an average speed of just over 25mph.

Mark Bernhardt at 40-20 also recorded a personal best to claim second spot, and Karl Robertson was third with a time of 41-41. Colin Miller won the Handicap prize.

Other times: Simon Letts 42-10, Stuart Jago 43-47, Robert Downham 45-27, Allan Orman 45-29, Neale Maloney 45-31, Tom Coulson 45-55, Colin Miller 47-21, Philip Walker 48-12, Peter Rowe 50-08, Lewis Norris 52-52, Ted Wixon 53-37, Diana Trafford 54-13, Peter Weston 56-00.

The event incorporated the Junior 15-mile race which was won by 15-year-old Lewis Norris in 46-21, even though he went slightly off course.

■ **WORTHING EXCELSIOR** Cycling Club's riders were in good early season form on Sunday in the Southern Counties Cycling Union 25-mile event at Broadbridge Heath. In his first ride at the distance, Sam Maloney won the Junior event with a time of 1hr

05mins 54secs.

Mel Robertson was also victorious in the Veteran's section with a time of 59-34.

The senior trio of Jeremy Wootton (1-07-58), Mark Bernhardt (1-02-00) and Robertson came home third in the team event, and beat several London clubs.

Stuart Jago (1-07-58) and Peter Logan (1-12-43) both recorded personal best records, and Logan finished second in the Handicap section.

Neal Maloney rode 1-15-49 on his 25-mile debut, while

23-4-09. NOTE JEREMY'S TIME WAS 1-00-26.

Wootton's time was equally impressive as he had rode the Horsham 14½ mile event on Saturday in 34-51, which gained him seventh place.

### HORSHAM CYCLING 14.6

SAT 18/4 (GS/189).

Neil Houldey (Horsham Cycling)	34 17
D. Shepherd (Liphook Cycles RT)	34 29
D. Paine (GS Stella)	34 39
P. Mellen (Horsham Cycling)	35 34
P. Byford (GS Stella)	35 39
J. Glaysheer (Agiskoviner.com)	35 42
J. Wootton (Worthing Excelsior CC)	35 51
R. Hallett (Sydenham Whs)	35 52
S. Smythe (PCA Ciclos Uno)	36 06
S. Thomson (Icknield RC-Compomotive Whs)	38 23

### SOUTHERN COUNTIES CU 25

SUN 19/4 (G25/53) - Steve Dennis

(East Grinstead CC)	54 13
G. Powdrill (SCCU PM)	55 59
K. Coffey (Bec CC)	56 41
S. Kennedy (Bec CC)	57 08
D. Fox (Crawley Whs)	57 21
J. Hughes (Bec CC)	58 37
J. Stuart (Norwood Paragon)	58 52
M. Robertson (Worthing Excelsior CC)	59 34
S. Emmerson (Epsom CC)	59 40
S. Donne (Epsom CC)	59 54

30/4/09.

■ **ADRIAN ROGERS** won the opening race of Worthing Excelsior Cycling Club's Evening 10-mile series by just 10 seconds from Mark Bernhardt.

Rogers won with a time of 22mins 23sec, but the real surprise was an excellent third place for junior Ed Klose, who finished in 23-17.

The Club's 25 mile championship was won by Mel Robertson in 1-00-38. Rodgers was second in 1-02-27 and Paul Outhwaite came third in 1-03-51.

The handicap prize went to Neale Maloney.

Other times: Simon Letts 1-05-58, Klose 1-06-34, Stuart Jago 1-06-53, Sam Maloney 1-08-08, Robert Downham 1-11-28, Kevin Doe 1-11-40, Phil Walker 1-12-38, N.Maloney 1-12-48, Peter Logan 1-12-50, Diana Trafford 1-22-47 and Peter Weston 1-27-33.

Peter Weston



SPRING 2009 EDITION OF ARRIVÉE

WORTHING HERALD 14TH MAY 2009.

■ **THE** second of Worthing Excelsior Cycling Club's 10-mile events resulted in record times and a dead heat for first place.

Adrian Rodgers and Jeremy Wootton both crossed the line in 21mins 42secs, while third place went to Paul Outhwaite, who finished in 23-22.

The Sussex Cyclists Association 25-mile Championship was organised by Worthing's Karl Robertson, and national champion Michael Hutchinson won in 50mins 48secs.

Mel Robertson won the county veterans title in 1hr 00min 46sec, but he was headed by Rodgers, who completed the course in 1-00-35, in the overall event.

Edward Klose was the first junior in 1-06-15.

Other Excelsior 10-mile results: Ed Klose 23-28; Stuart Jago 24-00; Jon Rodgers 24-31; Tom Rhoden 24-36; Kevin Doe 24-42; Phil Walker 25-53; John Baldwin 26-33; Colin Miller 26-50; Tony Knott 27-33.

Other Excelsior 25-mile times: Outhwaite 1-03-19; Jago 1-06-01; Doe 1-08-57; Robert Downham 1-12-01; Miller 1-12-51; Walker 1-13-09.

# Cyclist 'killed by trucker's error'

by ALISON CRIDLAND

## Lorry driver weeps as jury return verdict

8:30am Saturday 7th March 2009

By Ali Cridland »

A lorry driver accused of killing a cyclist in a road accident wept as he was cleared of causing his death by dangerous driving.

David Wootton, 39, known as John, sobbed in his mother's arms after leaving the dock at Brighton Crown Court.

Wootton, of Farne Close, Hailsham, was instead convicted of careless driving, a less serious charge he offered to plead guilty to before the trial started.

He was fined £200 and banned from driving for one year.

Judge Paul Tain said: "This case falls to be dealt with as a straight forward case of careless driving. The penalty I impose bears no relation to the tragic consequences of the incident."

Wootton was driving a 7.5 tonne lorry on the A24 at Ashington, near Storrington, when he collided with cyclist Keith Harmer, who later died of his injuries.

The accident happened as the delivery driver overtook the bicycle on the southbound carriageway on the morning of October 30 2007.

Wootton, who worked for HB Ingredients, was on his way to make a delivery to the nearby Wistons industrial estate.

Mr Harmer, of Franklands Close, Worthing, an experienced cyclist who was a member of the Worthing Excelsior Cycling Club, was airlifted to hospital in London but died later that day.

A police investigation concluded Wootton's lorry, which was travelling at about 50mph, had been involved in a collision with the bicycle.

But Wootton, who had the windows of his Mercedes cab closed and the radio playing, said he believed he had safely manoeuvred past the cycle and was unaware he had hit Mr Harmer.

John Marsden-Lynch, defending, said Wootton had shown remorse for what happened. He said: "He is still very shaken by the after affects of the accident. He is full of remorse and has been extremely upset."

He said Wootton, now unemployed, was dismissed from his job after the accident because the company's insurance would not cover him to drive while the police investigation was carried out.

The court heard Wootton has a conviction for using a mobile phone while driving in November 2007 for which he received three penalty points on his licence.

A LORRY driver accused of mowing down a cyclist ran to help the man as he lay dying in the street.

David Wootton was behind the wheel of a 7.5-ton lorry on the A24 at Ashington, near Storrington, when the accident happened on October 30, 2007.

Wootton is accused of hitting the bicycle as he overtook it while he headed south on the dual carriageway.

Experienced cyclist Keith Harmer, 49, of Franklands Close, Worthing, died from his injuries.

Wootton, 38, of Farne Close, Hailsham, denies causing death by dangerous driving.

Brighton Crown Court was told that Wootton, who worked for HB Ingredients, was driving to the Wiston industrial estate to make a delivery when the accident happened at about 10.30am.

Mr Harmer suffered serious injuries and was flown to the Royal London Hospital, where he died later that day.

The court was told that when Wootton spoke to police immediately after the accident he denied there had been any collision.

He is said to have told officers that he had safely overtaken the bicycle but then looked in his mirror and saw a man lying in the road.

He immediately stopped and ran back to the cyclist before dialling 999.

Wootton broke down in tears as he said: "As far as I was aware it was nothing to do with my lorry."

In a later interview with police he said: "I didn't see anything, I didn't feel anything, I didn't hear anything. Nothing in any shape or form."

But Robin Johnson, prosecuting, said there was overwhelming evidence that the lorry had been to blame.

He said the HGV had been damaged and police found broken pieces of plastic from the lorry's indicator cover and a front deflector panel in the road.

An investigation concluded the lorry, which was travelling at about 50mph, had struck the cyclist from behind.

He said: "The prosecution say this accident was undoubtedly caused by Mr Wootton's driving and that accident caused Mr Harmer's death."

"He simply was not looking where he was going."

The trial continues.

# Tragic cyclist's gears stuck

**A CYCLIST from Durrington died in a tragic accident because of a problem with his bike's gears, an inquest heard.**

Nicholas Attaway, 57, a postman from Sunningdale Road, was out riding with a group of friends when he fell in front of an oncoming van.

The inquest at Horsham Magistrates' Court on Tuesday heard how Mr Attaway died at the scene of the accident on July 27 last year, in Southwater, near Horsham.

David Dean, who was driving the Vauxhall Combi van, told the inquest he and his wife had been on their way to Amberley and decided to take the route across country.

Mr Dean said he was driving at between 30 and 40mph when he saw a group of eight to 10 riders heading the other way.

He said one of the cyclists "suddenly twitched" and disappeared from view. He then felt a bump from the back of the van, stopped and looked back, and saw Mr Attaway lying in the road.

Andrew Gomm who had been riding ahead of Mr Attaway, told the court they were coming to an upward slope when he heard a noise from behind.

"I heard a chain or gear slipping," he said, "because it wasn't connecting with the cogs properly - it makes a crunching noise."

Mr Gomm said this can cause a problem for the rider, although the chain will normally just click back into place.

The inquest heard how Russell Johnson, a passer-by who is an acting inspector with the Metropolitan Police, tried to resuscitate Mr Attaway until paramedics arrived.

Accident investigator PC Simon Rideout, said: "This tragic incident is the result of Mr Attaway encountering mechanical difficulty and falling to the road surface, unfortunately within the proximity of Mr Dean's vehicle."

He added that Mr Dean had been driving "probably well below" the speed limit at the time, but had no chance to avoid him.

West Sussex coroner Penelope Schofield recorded a verdict of accidental death and said: "This was clearly a tragic accident and it does appear, from the evidence that I've heard,

that there was nothing anybody could have done to have prevented it."

● Shortly after Mr Attaway's death, his only son Rik paid tribute to his father.

He said: "My dad was the kindest and most generous man. If I was ever in trouble, I could always count on him to help me out."

"He will be sadly missed, especially by me, as he wasn't just a father, he was my best friend."



■ **KEEN CYLIST:**  
Nick Attaway

## ■ WORTHING EXCELSIOR

Cycling Club's veteran Mel Robertson continues to thwart the aspirations of the club's younger members. He won the difficult Pulborough circuit, which covers 16 miles, in 39mins 27secs.

Adrian Rodgers was second in 40-18 and Jeremy Wootton came third in 42-11.

Junior Ed Klose finished fifth in 43-03 and the improving Pete Logan won the handicap section.

Robertson also won the club's 30-mile Championship in a time of 1hr 11mins 44sec. Mark Bernhardt was second in 1-14-26, and Karl Robertson was third in 1-15-25.

Robert Downham was victorious in the handicap section in a time of 1-23-50.

In the Thursday 10-mile race fifth event, Rodgers won by seven seconds from Wootton in 22-03.

In the sixth event, Wootton won in 21-45, ahead of Rodgers and Mark Bernhardt, who finished joint second in 22-19.

Other Pulborough times:

K.Robertson 42-12; Bernhardt 42-15; Nathan Gale 44-42; Kevin Doe 46-09; Logan 49-05; Phil Walker 49-07; Chris Day 50-18; Diana Trafford 56-02.

Other 30-mile Championship times: Simon Letts 1.17.58, Gale 1.18.00 Mark Newnham 1.18.11, Stuart Jago 1.19.22, Doe 1.22.14, Logan 1.26.05, Colin Miller 1.27.59, Joan Lennon 1.30.02, Trafford 1.37.19.

Other 10-mile times, fifth event:

Bernhardt 22-52; K.Robertson 23-21; Tom Coulson 24-06; Doe 24-54; Jon Rodgers 25-20; Robert Downham 25-35; Walker 26-46; Day 26-48; Tony Knott 28-12. Sixth event: K.Robertson 22-48, Newnham 23-01, Ed Klose 23-17, Gale 23-50, Stuart Jago 24-04, Gavin Baylis 24-27, J.Rodgers 24-42, Doe 24-50, Walker 26-05, Knott 27-40.

NATHAN GALE ON HOUGHTON





JEREMY WOOTTON.  
STELLA EVENT

WORTHING HERALD 21 MAY 2009

■ WORTHING Excelsior Cycling Club's 25-mile open event on Sunday was won in an outstanding 53mins 51secs by Laurence Harding, of the Shorter Rochford Racing Team.

And 14 of the 86 riders who took part managed times of less than an hour. Excelsior's top rider was Adrian Rodgers in 1hr 00min 20sec. Ed Klose, the club's top junior, won his category in a personal best time of 1-05-26.

Rodgers also won the club's evening 10-mile race last Thursday in a time of 21min 37sec.

Other Excelsior 25-mile times: Jeremy Wootton 1-00-48; Nigel Reynolds 1-01-12; Mark Bernhardt 1-01-25; Ross Theobald 1-03-26; Mark Newnham 1-04-29; Stuart Jago 1-05-33; Phil Walker 1-12-41; Colin Miller 1-14-16; Joan Lennon 1-18-04.

Other evening 10-mile times: Wootton 22-15; Karl Robertson 22-31; Bernhardt 22-42; Newnham 23-13; Simon Letts 23-20; Klose 23-50; Jago 24-05; Kevin Doe 24-20; Jon Rodgers 24-25; Tom Coulson 24-35; Robert Downham 25-18; Walker 26-04; Lewis Norris 26-04; Colin Miller 26-19; John Baldwin 26-20; Chris Day 26-34; Lennon 27-23.

EVENING ARGUS MAY 21ST 2009.

## Crawley trio in Worthing triumph

CYCLING by  
BRIAN HUTTON

THE Crawley Wheelers team of Doug Fox, Stuart Nisbett and Rupert Robinson all did under-the-hour rides in the Worthing Excelsior 25-mile time-trial at Broadbridge Heath to win the team prize. Fox recorded 58min.20sec, Nisbett 59min.34sec and Robinson 59min.52sec.

The first three places in the individual event went to visitors from outside the county.

Laurence Harding (Shorter Rochford) powered round the course in the Horsham area in 53min.55sec. Lee Turner (Sigma) was second fastest in 56min.16sec and Brian Molloy

(Epsom CC) placed third in 56min.38sec. Brighton Mitre's Paul Thatcher, fourth in 57min.10sec, was the fastest local rider while Edward Klose (Worthing Excelsior) was the fastest junior in 1hr. 5min.26sec.

Brighton star Mike Coyle (VC Etoile) was unwell and did not start.

Arlington junior Felix English (Corridori) competed against the seniors in the fourth Sussex Track League meeting at Preston Park.

He won three events, the eight-lap, Unknown Distance race and the 'A' points race. Lee Povey (Team Terminator) won the final of the Handicap event while the other winners included unattached Paul Barnard in the 'B' points race.

On Sunday, In Gear team leader Michael Hutchinson will bid to win the national ten-mile championship for the seventh time after winning the last four in succession.

His rivals for the crown will include three times winner Stuart Dangerfield and Alex Dowsett of the GB Olympic Academy.

Brighton Mitre are promoting two ten-mile time trials on Bank Holiday Monday, one on a hilly course and the other on the flat.

The HQ is at Steyning Sports Centre and they start from 7.10am.

18TH JUNE 2009

■ **NIGEL REYNOLDS** won Worthing Excelsior Cycling Club's 50-mile championship in a time of 2hrs 03min 52sec which, with his handicap, was

then reduced to 2-00.22.

Other times (handicap time in brackets): Mel Robertson 2-03.58 (2-03.58); Mark Bernhardt 2-07.02 (2-03.02); Tom Coulson 2-17.04 (2-00.04); Kevin Doe 2-33.23 (2-01.23); Robert Downham 2-24.07 (2-01.07); Colin Miller 2-39.22 (2-09.22).

### VETERAN STAR MEL ROBERTSON



full course as a group and got round in 4hrs 39 mins.

The penultimate 10-mile event of the club's series had excellent conditions and several riders achieved personal bests. Jeremy Wootton's winning time of 21mins 31secs, a personal best, was the fastest this season.

Keith Dodman's ride, his first for many years, attracted much attention as, being a keen environmentalist, the frame of his bike is made from bamboo. He got home in 25mins 44sec.

Other times: Adrian Rodgers 22.44, Ed Klose 23.02 (pb), Sam Maloney 23.10 (pb), Nathan Gale 23.35, Coulson 23.39 (pb), Peter Logan 24.35 (pb), Robert Downham 24.39, Neale Maloney 25.08, Phil Walker 25.27, Lewis Norris 25.35 (pb), Chris Day 25.59, Tony Knott 26.33, John Williams 27.13, Joan Lennon 27.39, Martin Wood 30.00 (pb).

Six Excelsior members rode the Bec 25-mile event, in blustery conditions.

Robertson was fastest in 58-46 and won the trophy for the fastest Surrey and Sussex veteran.

Junior Ed Klose produced a superb personal best of 1hr 02mins 41secs.

- 2ND JULY 2009

■ **MEL ROBERTSON**, of Worthing Excelsior Cycling Club, smashed through the two-hour barrier to finish a 50-mile race, promoted by the

Southern Counties Cycling Union, in 1hr 56mins 59sec.

He was pushed all the way by Mark Bernhardt, who knocked more than four minutes off his personal best, to finish in 1-58.29.

In the club's evening 10-mile series, Jeremy Wootton picked up another win, in

22mins 25sec, and is now unbeatable for the overall series.

Other 50-mile times: Nathan Gale 2-06.25; Paul Outhwaite 2-09.08; Stuart Jago 2-12.00; Peter Logan 2-18.53; Colin Miller 2-29.59; Joan Lennon 2-32.14.

Other 10-mile times: Mark

Bernhardt 22-29; Mark Newnham 22-30; Outhwaite 23-17; Karl Robertson 23-33; Simon Letts 23-45; Gale 24-25; Jago 24-43; Tom Coulson 24-45; Kevin Doe 25-13; Phil Walker 25-53; Robert Downham 26-04; John Baldwin 26-36; Chris Day 26-40; Tony Knott 27-38; Miller 27-39.

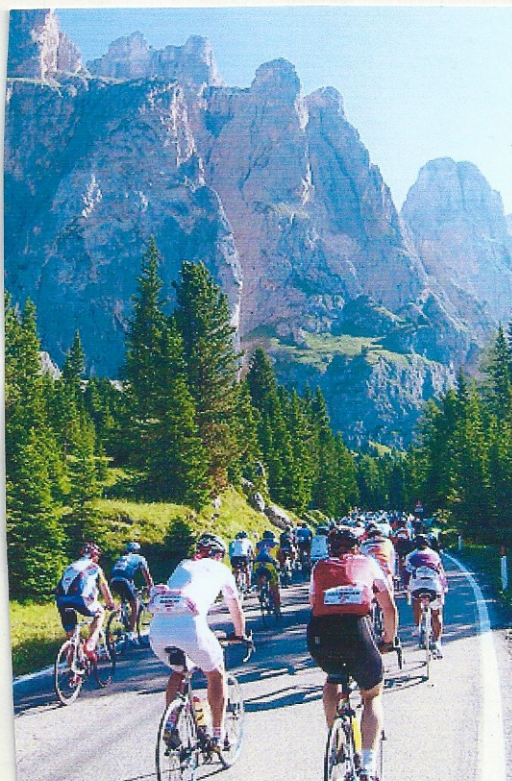
23RD JULY 2009

■ IT has been a busy week for Worthing Excelsior Cycling Club. Seven riders have just returned from a successful trip to the Dolomites, where they rode the Maratona dles Dolomites, which attracted an international field of 9,000 riders.

Clive Lett, Tom Coulson and Ed Klose completed the 138k course, Rocci Sepe and son, Giacomo, took part in the 106k course and Richard Klose and Dan Lock succeeded at the 55k distance.

In preparation for the forthcoming 100 mile championship, Lett, Mel Robertson, Mark Bernhardt and Stuart Jago rode the

### MARATONA dles DOLOMITES



30TH JULY 2009

■ **THREE** Worthing Excelsior Cycling Club riders, Rocco Sepe, Paul Outhwaite and Nigel Reynolds, successfully completed the Etape de Tour section of the Tour de France.

The trio rode the 167k stage of the race, which finished at the summit of the Mont Ventoux in the French Alps, just six days before the professionals.

Reynolds found it to be excellent training for the club's 100-mile championship on Sunday, which he won in 4hrs 21mins 22secs.

Club champion Mel Robertson finished in 4-30.28, and Mark Bernhardt in 4-37.06, while Stuart Jago, with 4-46.58, was the only rider to improve his personal best.

Jeremy Wootton sealed the 10-mile evening series title with another win in the final race. He finished in 22min 25sec.

Adrian Rodgers, in 23-12, was second and Karl Robertson was third in 23-16. Juniors Ed Klose and Sam Maloney both got home in 24-06.

— FEBRUARY 2009 —



6TH AUGUST 2009

■ **THE** first of three evening cycle hill climbs at Washington attracted 13 Worthing Excelsior riders and Adrian Rodgers was a clear winner in just 1min 33.7secs.

Ed Klose was second in 1-46.41 and Mel Robertson placed third in 1-52.70.

Other times were: Paul Outhwaite 1-54.51, Tom Coulson and Jeremy Wootton 1-55.51, Lewis Norris 1-59.06, John Baldwin 2-03.54, Peter Rowe 2-14.05, Robert Downham 2-15.51, Ben Toovey 2-17.26, Phil Walker 2-21.36 and Joan Lennon 2-27.51.

Four Worthing riders rode the Brighton Excelsior 25-mile promotion on the Ashurst Circuit on Sunday morning.

Robertson clocked 58mins 41secs, with Wootton only four seconds slower.

Mark Bernhardt recorded 1-00.28 and Stuart Jago 1-05.35.

Jago has entered the 12-hour endurance race, held by the Kent Cycling Association on Sunday, and is hoping to cover between 210 to 220 miles.

Thursday, August 13, 2009

## News from sport

**T**WO Worthing Excelsior Cycling Club riders produced superb efforts on Sunday. In his debut ride at the 12-hour endurance time trial, Stuart Jago rode 225 miles.

It was a breezy and hot ride in the Kent Cycling Association promotion, on roads between Ashford and Rye, and the provisional results put him 15th out of a 61-strong field.

Mel Robertson rode the Annerley 50-mile event based at Broadbridge Heath and in good conditions came very close to a personal best. He finished in 1hr 57mins 46secs to pick up an award in the veteran's category.

The second of the Washington Hill climbs, in torrential rain, produced another win for Adrian Rogers in 1min 34.42secs. Ed Klose was next home in 1-47.07.

Other times: Tom Coulson 1-45.71, Paul Outhwaite 1-49.39, Clive Lett 1-44.57, Robertson 1-51.39, Mark Bernhardt 1-54.12, Lewis Norris 1-54.78, Ben Toovey 2-06.76, Phil Walker 2-10.54

■ **WORTHING EXCELSIOR** Cycling Club's final hill climb in the Washington Bostal series provided a third and clean sweep of wins for Adrian Rodgers. His time of 1min 31.06secs was the fastest of the series, while Clive Lett took second spot in 1-48.76, ahead of Mark Bernhardt in 1-50.54.

Other times: Tom Coulson 1-52.01, Paul Outhwaite 1-53.32, Lewis Norris 1-54.11, John Baldwin 2-05.51, James Nelson 2-09.89, Robert Downham 2-12.64.

Two riders tackled the Bognor Regis CC 25-mile event on the Fontwell course and both achieved personal bests. Simon Letts finished in 1hr 00mins 39secs and Nathan Gale got home in 1-02-17.

The club also entered a team in the 33-kilometre Hilly 4-Up team trial run by the A3crg Club. Lett, Bernhardt, Gale and Stuart Jago rode well together to finish fourth with a time of 56mins 05secs.



STANDING CARL TREVIS. SEATED RICHARD KLOSE, GIOROMO SEPE, BEN BARDEN, TOM COULSON, ROCCO SEPE. PETER LOGAN.

WORTHING HERALD 3RD.SEP.09

■ WORTHING Excelsior Cycling Club's Hardriders Championship was held on Sunday over a hilly 26-mile course, which included the climbs of Bury Hill and Whiteways.

Mel Robertson won in 1hr 7mins 34sec, only 32 seconds off the course record.

Other times: Mark Bernhardt 1-11-27; Nathan Gale 1-14-18; Kevin Doe 1-19-23; John Baldwin (Handicap section winner) 1-22-42; Phil Walker 1-23-02...

WORTHING HERALD 10.SEP.09.

■ WORTHING EXCELSIOR Cycling Club's racing members were split between two 25-mile races on Sunday.

The junior team of Ed Klose, Sam Maloney and Lewis Norris, with Sam's father, Neale, tackled the Southern Counties event in Broadbridge Heath.

Sam Maloney's knee injury caused him to withdraw after 10 miles, but Klose produced a superb personal best, finishing in 1hr 1min 33secs, to win the junior trophy and new cycle tyres as a prize. Norris, on his 25-mile debut, finished second in the junior race with 1-05-14. Neale Maloney finished in 1-10-08.

The Bognor Regis CC promotion on the Fontwell course provided another fast ride for Mel Robertson. He recorded a time of 57mins 39sec and was second in the veteran's section. Clive Lett in 1-05-15, Stuart Jago with 1-05-46 and Robert Downham in 1-08-00 were the other Excelsior times.

## Team Klose

MARATONA DLES DOLOMITES 2009

ED AND RICHARD WAIT FOR THE OFF.



■ **WORTHING** Excelsior Cycling Club's time triallists were over in East Sussex for a 25-mile event on the A22, south of Uckfield.

With strong north-easterly winds, they found conditions hard.

Mel Robertson was fastest in 59min-31sec, and was just edged out of the top spot in the veterans' category by arch-rival Harry Featherstone, from Eastbourne.

Clive Lett recorded 1.8.46, Peter Logan 1.9.23, Robert Downham 1.10.27 and Nicole Patterson made 1.11.49.

# CYCLING WEEKLY 1 OCT. 2009.

## VTTA (SURREY/SUSSEX) 25

SUN 20/8 (G25/89).

David Pollard (In-Gear Quickvit RT).....	55 25
I. Brogden (Eastbourne Rovers).....	55 57
R. Pelham (VC In-Gear).....	58 06
N. Dwyer (Lewes Wanderers).....	58 33
R. Robinson (Crawley Whs).....	59 05
M. Robertson (Worthing Excelsior).....	59 24
M. Valks (Sussex Nomads).....	1 00 34
M. Paton (Sussex Nomads).....	1 00 55
J. Stone (West Kent RC).....	1 01 48
S. Brake (Catford CC).....	1 01 58

## CYCLING WEEKLY 24 SEP. 2009.

THE SEVEN RIDERS FROM W.E.C.C.: TOM COVLSON, ED. KLOSE, RICHARD KLOSE, ROCCO SEPE, GIACOMO SEPE CLIVE LETT AND DON LOCK CAN BE SEEN WITH MICROSCOPE! 'MARATONA DIES DOLOMITES' ↓

Team CW: riders who entered through the mag



## STUART JAGO AND KEITH DODMAN



# Wheel good effort

PARALYSED teenager Lauren Jones could be representing Great Britain in wheelchair tennis at the 2012 Paralympics.

She excelled in tennis, and shooting, during preliminary trials in London.

But Lauren, 14, who was paralysed from the waist down when she fell from a tree last June, opted for a racquet rather than a rifle.

Family friend Ian MacGregor said she was the youngest person by about six years to attend the trials.

He said: "It went very well, and she has been accepted for the development scheme for the 2012 Paralympics."

"She excelled in tennis and shooting, even though she has never done shooting before."

"The shooting team was desperate to get hold of her, but they will only allow you to do one discipline, and she chose tennis."

"Lauren will now get local training and personal coaching."

"It is by no means certain she will compete in the Olympics, but she is a very determined girl and given the right equipment, support, training and encouragement we all hope that she makes it."

Lauren, of Offington Drive, has been given free membership of the David Lloyd leisure centre at West Durrington, where she hopes to fine tune her game.

She is currently undergoing rehabilitation at the specialist spinal injuries unit at Stoke Mandeville Hospital, but was allowed home last weekend for the first time since the accident.

At the weekend a team of Worthing businessmen cycled from Worthing to Reading FC's ground to raise money for the Lauren Jones Foundation.

The "Wacky Racers" set off from Offington at first light on Saturday and arrived six hours later outside the stadium.

They then presented a cheque for £7,500 to Lauren.

The cash will go towards buying Lauren a special wheelchair and helping to pay for her future care.



**WACKY RACERS:** The cyclists who set out from Worthing to Reading FC's ground where they were greeted by Kingsley.

Chris Sherman, who organised the bike ride with Gary Smith, said: "We arrived at the stadium at 1pm, where we were greeted by Kingsley, the Reading FC mascot."

"We were then greeted by Lauren and the rest of the family and everyone got a chance to meet her and see what a wonderful, friendly girl she is."

The other riders were Jeremy Wootton, Ben Cheal, Alan Edwards, Ian Vickers, Nigel Peters, Chris Chatterton, Phil Bristow and Nick Sherman.

All enjoyed a muscle-soothing jacuzzi in the club's health suite before watching Reading play Middlesbrough.

Meanwhile, Oakwood Youth FC, based in Crawley, presented Lauren with a cheque for £1,045.

Footballers who formerly turned out

against Lauren when she played for Worthing Minors raised the money through sponsored walks.

The total was boosted by several Crawley postmen and women who were sponsored to walk their rounds for a week instead of using vans or bicycles.

Richard and Carol Camps, from Oakwood, presented the money to Lauren at a cup match on Saturday.

● To donate to the appeal, please make cheques out to The Lauren Jones Foundation and send them to 35 Hurston Close, Worthing, BN14 0AX.

Cash and cheques can also be deposited at Barclays Bank into account number 73153991 with the sort code 20 98 74.

● The total raised so far stands at around £27,000.

JEREMY  
WOOTTON

WORTHING  
SENTINEL

7TH OCT 2009

CLUB RUN  
ELEVENSES  
AT CAMELIA  
BOTNAR GARDEN  
CENTRE AT  
LITTLEWORTH.



■ **WORTHING Excelsior Cycling Club's Jeremy Wootton** was the overall winner at Bognor Regis' inter-club 25-mile time trial.

Wootton topped the results with a time of 58mins 10secs, to finish 41 seconds ahead of team mate Mel Robertson.

Other results: Ed Klose 1-01-14, Mark Bernhart 1-01-19, Mark Newnham 1-02-00, Nathan Gale 1-03-32, Stuart Jago 1-04-38, Peter Logan 1-05-45, Clive Lett 1-06-35, Kevin Doe 1-07-53, Phil Walker 1-09-42, John Baldwin 1-11-52, Tony Knott 1-13-12, Keith Dodman 1-13-14, Nicole Patterson 1-13-39.

Worthing also retained the Clonmore inter-club trophy, which is held between Hampshire Road Club, Bognor Regis and themselves.

Six riders race from each club with the best time taking the trophy. Worthing won the event comfortably with a combined time of 6hrs 05mins 38secs, while Hampshire were second with 6-51-58. Bognor failed to have six riders finish.

■ **WORTHING EXCELSIOR** cyclists turned out in force for the 17-mile Lewes Wanderers Grand Prix Des Gentlemen in Laughton.

Older riders were paced by faster young riders with the results

WORTHING  
HERALD  
15.10.09

calculated against the veteran's age standard.

Jeremy Wootton gave Mel Robertson a fast ride and clocked 41mins 45secs, for a plus standard of 13.41, which earned them fourth.

■ **WORTHING Excelsior Cycling Club's Jeremy Wootton** has hit his best form ever as the time trial season draws to a close. He rode the Hillingdon 25-mile event in 55mins 48sec.

Despite not feeling well in the early stages, he notched up the personal-best time in the event on the A4 near Reading.

Wootton has one more event this year, and the club are hoping that 2010 will see him race more frequently to improve the team's strength.

Club veteran Mel Robertson has finished his racing for the year and successfully defended his Southern Counties Cycling Union veteran's best all-round title.

With excellent rides over 25, 50 and 100 miles, he has beaten off competition from all over the South East and London.

And junior rider Ed Klose won the junior's best all-round title.

Vice-president Don Lock retained his 2008 title, having again headed the table for club runs attendance.

John Baldwin was second and Kevin Doe third.

Don's son, Andrew, won the touring competition, where he just pipped 2008 champion Adrian Palmer.

WORTHING HERALD 3/NOV/2009

# Excelsior's Ed wins last junior event

**WORTHING EXCELSIOR** Cycling Club's Ed Klose, in his last event as a junior, won the club's Hill Climb Championship.

The event was incorporated in the Sussex Cyclists Association Championship, and Klose beat all his senior colleagues.

He covered the one-mile long Steyning Bostal hill in just 4mins 55sec.

Paul Outhwaite was second in 5-02 and Carl Trevis came third in 5-05. Kevin Doe, in 6-12, and Jeremy Wootton, in 7-43, completed the club entry.

Klose won the county junior title and Outhwaite was second in the veteran category.

THREE CHEERS / TWO BEERS



THREE VICE PRESIDENTS  
DO MAJOR CAN SUNSHINE  
MARCH 2009. JOHN  
MANSELL, MEL ROBERTON  
AND DON LOCK

# TIME TRIALS & HILL-CLIMBS

SUSSEX CYCLISTS ASSOCIATION HILL-CLIMB  
SAT 31/10 (GH/92).-

Pete Tadros (In-Gear Quickvit RT) .....	4	11
N. Bowdler (Farnborough & Camberley) .....	4	26
P. Murphy (Tyneside Vagabonds) .....	4	41
S. Haggart (Brighton Mitre) .....	4	48
R. Pelham (VC In-Gear) .....	4	49
E. Klose (Worthing Excelsior CC) .....	4	55
P. Outhwaite (Worthing Excelsior CC) .....	5	02
C. Trevis (Worthing Excelsior) .....	5	05
M. Paton (Sussex Nomads) .....	5	27
D. Percival (34 Nomads CC) .....	5	47

■ **WORTHING Excelsior Cycling Club's annual dinner and prize presentation was held at Worthing Rugby Club and was attended by 80 people. Members and friends made up the numbers as the club celebrated a successful year.**

Club events organiser Mel Robertson was the biggest trophy-winner as he collected the senior and veteran's best all-rounder titles.

Nigel Reynolds took the 50-and 100-mile cups and Stuart Jago the 12-hour trophy.

Ed Klose won the junior best all-rounder and senior hill climb titles.

Club person of the year was Don Lock for his help and encouragement to the time trialling members and for editing the club's magazine.

■ **WORTHING Excelsior Cycling Club members had a tough ride in horrendous conditions for the 50-mile reliability challenge last Sunday, which was organised by club president Tony Palmer.**

There were gale-force winds throughout the event and torrential rain for the last 10 miles. There were 16 members, who set out from East Hoathly on a course which included the hilly terrain in the north east corner of East Sussex, and 14 successfully finished in the allowed time.

Worthing's riders who finished were: Robert Downham, Peter Logan, John Baldwin, Tony Knott, Phil Walker, Richard Klose, Ed Klose, Rocco Sepe, Paul Outhwaite, Clive Lett, Nicole Patterson, Kevin Doe, Don Lock and Ken Newton, and they came second to Lewes Wanderers in the team event.

BELOW: ALAN MATTHEWS AND  
SUE DRAY AT THE TOURIST  
TRIAL 17TH OCTOBER 2009



## Excelsior pedals his way to 90

WORTHING Excelsior Cycling Club members celebrated last Tuesday the 90th birthday of their eldest member.

A surprise reception in the club room at the Broadwater Parish Rooms was arranged for Roger Smallman and was attended by nearly 50 of his friends and club members.

Smallman is a regular attendee at the club's Tuesday meetings and he still manages a few gentle miles on his bike. With his wife, Jean, he still frequently gets out to support the club events in the summer months, the last being the Tourist Trial in early October.

A stalwart member for more than 45 years, he has provided great service to the club. He was treasurer for a long spell and was a regular time-keeper and race marshal.

A small gift presentation was made by the club in appreciation of all his efforts over the years.

Having enjoyed a few weeks off, the racing members are now back in training for the 2010 season, with early season local events less than six weeks away.

The interest in long distance events is stronger than for many years and a strong team entry is planned for the only 12-hour race in the south east, which is in Kent in August.

WORTHING  
HERALD

24TH

DECEMBER  
2009.

