

Excelsior get their season underway

WORTHING Excelsior Cycling Club started their racing season at the weekend and, in wet and windy conditions, four riders competed in the Southdown Bikes two-day event.

The event on Saturday was 18k from Storrington to Whiteways roundabout and back, while on Sunday a 34k course took them from Storrington to Fontwell and back, via Arundel.

Mark Bernhardt made a promising start to his season, leading Worthing's riders home on Saturday with a time of 30mins 51secs, while Mel Robertson recorded 32-27, Stuart Jago 33-38 and Joan Lennon 39-40.

Despite a crash at Whiteways, Bernhardt carried his form into the second day with an excellent ride, recording 56-48. Robertson was back in 1hr 00mins 05secs, Jago clocked 1-06-28 and Lennon 1-17-10.

In the overall result, Bernhardt was 11th, Robertson 16th and Jago 21st from a strong field of 50 riders. Their results earned them second place in the team competition, which was won by Southdown Bikes.

Professional rider Wouter Sybrandt managed to repeat his winning performance of 2010 and improved on his record times, achieving 24-31 on the 18k course and 47-16 on the 34k.

Excelsior start their domestic programme

THE first race of Worthing Excelsior Cycling Club's domestic programme was a 10-mile time trial on the Washington course on Sunday morning.

In a cold north-easterly wind, Jeremy Wootton carried on from where he left off in 2010 by heading the result. He recorded a time of 23mins 5sec, which was a few seconds quicker than his winning effort last year.

Mel Robertson, with a new bike to inspire his 2011 season, pushed Wootton all the way to finish second with an excellent 23-38. Another on a new bike was Kevin Doe and he stepped up to finish in third place with 25-18.

The handicap award was taken by new member Kevin Wilson, with a net time of 21-42 (allowance 5-25) Second in this section was Doe in 21-48 (3-30) and third was Phil Frean in 21-56 (5-35).

Other times: Nathan Gale 26-26, Chris Putnam 26-29, Phil Walker 27-00, Wilson 27-07, Robert Downham 27-27, Frean 27-31, John Baldwin 27-55, James Nelson 28-42, Lee Barber 28-55, Guy Musgrove 30-41, Colin Miller 30-52, Graeme Gill 34-28, Peter Rowe was given a time of 45-08 but this included a 16-minute penalty for late start.

Excelsiors in time trial

SUSSEX Cyclists Association 2-Up Team Time trial on Sunday attracted four teams from Worthing Excelsior Cycling Club.

The distance of 28½ miles comprised almost two laps of the challenging Ashurst circuit. The fastest of the Worthing entries was the pairing of Stuart Jago and Mark Bernhardt, who finished in 15th place in the 47-strong field with a time of 1hr 10mins 49 sec.

Chris Putnam and Nathan Gale recorded 1-17-11 to finish 20th.

Specifically targeting the veteran's category, 63-year-old Mel Robertson rode with the oldest entry in the field, Don Lock, at 74, and they recorded a time of 1-18-35, which was 21st overall, but they were beaten by just 38 seconds in the veteran section.

Robert Downham and Peter Logan were 22nd with a time of 1-20-18.



S.C.A. 2-UP. 27/3/11. MEL ROBERTSON PACES DON LOCK. 2ND VETS.

Excelsior Wootton sets a new course record

WORTHING Excelsior Jeremy Wootton set a new course record in the 17.5-mile Ashurst Circuit race on Sunday.

Wootton fully justified his scratch mark in the handicap and his winning time of 39mins-14sec set a new record in the club competition which had 15 entrants.

His superb ride saw him record an average speed approaching 26.5mph, and while he continues to head the results other members got ever closer and there were several very good performances to promise much for the season ahead.

In second place, Mel Robertson recorded 40-08 and two others also made the same minute, with Chris Twine close up in third on 40-23, and Mark Bernhardt, fourth at 40-41. Carl Trevis continued his climb in the results, making fifth with an excellent 41.19.

There were several personal bests making a mess of the handicapper's deliberations. Leading the way in this section were Phil Frean, actual 44-38, net 36-48, Kevin Doe actual 42-04, net 37-24, and Kevin Wilson, third with actual 45-04, net 38-34.

Other times: Chris Putnam 46-01, Phil Walker 46-12, James Nelson 48-21, Lee Barber 50-42, Peter Rowe 51-28, Colin Miller 51-35 and Diana Trafford 56-22.

Jeremy claims third win

JEREMY Wootton claimed a third straight victory in Worthing Excelsior Cycling Club's time trial series.

Wootton completed the two 17-mile Long Furlong circuit laps in 40mins 25sec, 37 seconds ahead of runner-up Mel Robertson.

Mark Bernhardt finished third in 42-13 and Kevin Doe was fourth in 45-00.

Kevin Wilson, in his first season at the club, was the handicap winner for the third time with a net time of 39-23.

Chris Putnam with 39.36 (net) was second and Bernhardt (39.59) was third.

Other times: Mark Newnham 45-35; Neale Maloney 46-12; Phil Frean 46-44; Phil Walker 48-18; Robert Downham 50-12; James Nelson 52-19.

Sportinbrief

Excelsior members complete 100k ride

WORTHING Excelsior Cycling Club members were busy on Saturday with the promotion of their annual Winter Warmer 100k challenge ride.

Organiser Mick Irons gathered 94 entries for the race. From the The Dial Post start, they went through Wisborough Green, Kirdford, Blackdown, Lodsworth, Selham, Coldwaltham, and finally through Ashington.

A tough course, with plenty of hills to test early-season fitness, was finished by 78 of the starters, although only 76 were home within the permitted time standard.

There was a strong entry from the Worthing club and there were excellent rides by Joan Lennon and Nicole Patterson.

The men who finished were John Baldwin, Ben Barden, Kevin Doe, Robert Downham, Philip Freen, Nigel Gardner, Graeme Gill, Tony Knott, Clive Lett, Guy Musgrove, Richard Klose, Ken Newton, Paul Outhwaite, Chris Putnam, Peter Rowe, Rocco Sepe and Phillip Walker.



WORTHING HERALD 3RD MARCH 2011

Excelsior cyclists have a busy weekend

with 140-mile training ride

IT was a busy two days for members of Worthing Excelsior Cycling Club at the weekend as they competed in a 140-mile training ride.

On Saturday, they rode to Eastbourne, via Uckfield, Heathfield and Battle, and, on Sunday, they returned through Beachy Head, Alfriston, Ringmer, Lewes and Plumpton.

Riders completing the full course were Rocco and Giacomo Sepe, John Baldwin, Kevin Doe, Phil Walker, Jeremy Wootton, Ken Newton, Robert Downham, Clive Lett and Nicole Patterson.

Richard Klose and Keith Dodman completed the Saturday ride, but Klose then went on to Bexhill and 72-year-old Dodman to Plumpton.

The only racing member at the weekend was Mel Robertson, who completed a 22-mile Hardrider's time trial promoted by the Sussex Cyclists' Association.

He finished in a time of 59mins 27secs, and, for the second weekend running, collected the major award in the veteran's category.

Sportinbrief

Excelsior picks up awards in Ashurst

WORTHING Excelsior Cycling Club had four members in action in a 17.5-mile time trial promoted by the Central Sussex Club on Saturday and they came away with several awards.

The event, held on the challenging Ashurst circuit, saw Chris Twine lead Excelsior home in 41mins 33secs. Mel Robertson clocked 42-00, Stuart Jago was home in 44-24 and Kevin Doe in 44-48.

Robertson's effort secured first place in the veteran's category, while also winning veteran prizes were Jago in fourth and Doe in fifth. The aggregate of the three secured the second prize in the team category.

The overall winner was Conall Yates of In Gear Quickvit with a time of 37-02.

WORTHING HERALD

24TH FEBRUARY 2011

A CHARITY cycling event that went nowhere certainly went somewhere in terms of raising funds for Pudsey Bear's Children in Need.

It was the first time warehouse employees had taken part in a collective charity event and it was so successful that they've pledged to do it all over again this year – perhaps twice.

The warehouse team set up a fixed exercise bicycle on the premises and 22 members of the staff 'rode' for 30 minutes each during the 12-hour 'cyclothon'.

They raised £500 for Pudsey, which was matched by another £500 from the company, making a grand total of £1,000.

Mark Bernhardt's 18km was the farthest 'distance' covered and Paul Ceaton's effort was the most daring – he cycled in underpants for those prepared to pay £30.

Warehouse Operations Manager Peter Glover said: "It was a very successful event and people came from all over the site to cheer us on. Apart from collecting a creditable amount of money for a good cause there was a great spirit about the day."

Peter added that his colleagues were planning to raise money for Children in Need this year.

Pedal power boost for Pudsey

Mark Bernhardt 'cycled' 18km in his 30 minutes during the 12-hour 'cyclothon.'

AT THE ASHURST CIRCUIT EVENT



WORTHING HERALD 21ST APRIL

Excelsior duo race to excellent rides

TWO Worthing Excelsior Cycling Club members enjoyed excellent rides in the Southern Counties Cycling Union 25-mile time trial on Sunday.

The course took riders from Kingsfold to Southwater and finished near Broadbridge Heath.

Mel Robertson won the veterans section with a time of 59mins 9sec and Kevin Doe recorded a personal-best time of 1hr 3mins 14sec to finish second in the handicap section.

Excelsior's Nathan Gale switched from cycling to running recently as he completed the Brighton Marathon in 3-27-56 and the London Marathon in 3-50-00.

Excelsior hold first of 10-mile series

WORTHING Excelsior Cycling Club held the first of their evening 10-mile series and it turned out to be a record breaker.

The superb conditions attracted more than 30 guest riders, in addition to an entry of 18 from the Excelsior.

Nick Dwyer, of Lewes Wanderers, set a new course record of 19mins-28sec.

Many of the Worthing riders returned personal best times, but they were led home by the in-form Jeremy Wootton, who finished in 21-19. Chris Twine, with 21-34 and Kevin Doe, in 23-17, also got personal bests.

Wootton finished fifth in the Brighton Mitre 10-mile race on Saturday in 24-54, and came eighth in a 25-mile hilly race over Devils Dyke, Shoreham and Henfield on Monday in 1hr-07mins-15secs.

Mel Robertson won the Lewes Wanderers' 30-mile event, which incorporated the Surrey/Sussex Veteran's Championship, on Sunday in 1-12-10.

Kevin Doe brought his 25-mile personal best down to 1-02-07 in the Addiscombe event.

Other Worthing 10-mile times: John Marchment 23-21; Simon Letts 23-25; Tom Coulson 23-33; Chris Putnam 23-36; Peter Logan 24-36; Phil Frean 24-42; Ben Barden 24-53; James Nelson 25-04; Allan Orman 25-40; Robert Downham 25-43; Lee Barber 26-00; Peter Rowe 26-07; Phil Young 26-07; Colin Miller 26-53; John Lucas 27-27.

Busy week for the Excelsior riders

WORTHING Excelsior Cycling Club's second evening 10-mile event did not enjoy the super fast conditions of the previous week, but Jeremy Wootton still won in an excellent time of 21mins 36secs.

He was more than a minute clear of second-placed Chris Twine in 22-53, while Mark Newnham made a comeback to take third spot in 23-18.

There were 20 guest riders and course record holder Nick Dwyer from Lewes again showed outstanding form, recording 20-11.

Other times: Carl Trevis 23-18, Kevin Doe 23-34, Chris Putnam 23-52, Kevin Wilson 24-32, Tom Coulson 24-36, Nathan Gale 25-18, Ben Barden 25-29, Phil Walker 25-46, Robert Downham 25-59, Mike O'Gorman 26-06, Allan Orman 26-12, James Nelson 26-16, Lee Barber 27-00, Chris Day 27-23, Phil Young 27-30, Joan Lennon 27-52, Graeme Gill 29-56.

Dwyer was also the winner of Saturday's Sussex Cyclists' Association 10-mile event on the Steyning/Shoreham course in 20-19.

Twine was fastest of the Worthing entries with 23-03, just ahead of Mel Robertson in 23-18, Trevis in 23-39, and Robert Downham in 28-04.

Robertson finished second in the veteran's category.

On Sunday, the Association promoted their 25-mile championship on the sporting Ashurst Circuit and Shoreham course.

Wootton led the way with a time of 57-20, while Robertson won the veteran's championship recording 59-08 - beating his age standard by 19-12.

Twine beat the hour mark for the first time, squeezing home in 59-58.

Trevis and Doe also finished well in times of 1hr 01mins 52secs and 1-02-44 respectively.

Excelsior had 12 other members complete the 67-mile hilly circuit of the Isle of Wight Sportive on Sunday.

They were Clive Lett, Nicole Patterson, Rocco Sepe, Ken Newton, Paul Outhwaite, Downham, Tony Knott, Day, John Baldwin, Peter Logan, Neale Maloney and Don Lock.

CARL TREVIS. ASHURST CIRCUIT.



KIBBLES

Peter John

Sadly passed away on April 27 2011, aged 78 years. Treasured husband of the late Norma Kibbles (nee Boxall) and father of John.

Grateful thanks to family and friends for their support and kindness and to the wonderful nurses and doctors of Coombes Ward, Worthing Hospital. Peter was much loved and will be missed by everyone who knew him but will be forever in our hearts.

For all the funeral details please contact H.D.Tribe Ltd. Tel 01903 234516.

Twine leads the pack in of Excelsior's latest 10-mile series

WORTHING Excelsior Cycling Club's Chris Twine claimed his first win in the third race of the club's 10-mile series over the Histon and Shoreham course.

His time of 22mins 29secs topped the results in a race which had to be moved from Washington due to road works.

Carl Trevis recorded a personal best of 22-49 to take second, while Mark Bernhardt was third in 23-

Other results: Kevin Doe 23-49,

Tom Coulson 23-51, Nathan Gale 25-08, Peter Logan 26-15, Allan Orman 26-17, James Nelson 27-07, Phil Young 27-20, Lee Barber 27-28, John Lucas 28-26, Joan Lennon 28-44, Graeme Gill 29-51.

Riders competing in the Norwood Paragon Cycling Club 25-mile time trial promotion at Broadbridge Heath on Sunday had wet conditions to contend with.

Road works had made a change of course necessary and a hilly first half did not make for

st times.

Mel Robertson still managed to beat the 60-minute mark, getting home in 59-05, which was good enough to ensure yet another win in the veteran category where he beat his age standard by a massive 5-51.

Twine also rode well to knock more seconds from his personal best, finishing with 59-43. The club's team chances were ruled out by an unfortunate puncture for Doe.

Other results: Kevin Wilson 1hr 05mins-16secs, Robert Downham 1-13-44, Lennon 1-16-15.

■ On Sunday, the club has its own 25-mile open, and with the restoration of the event to the much preferred version of the Broadbridge Heath course, John Baldwin, the organiser, is hoping for an excellent event.

He has attracted 103 riders, including 10 who have already recorded sub 55-minute times for the distance.

WORTHING HERALD (2TH MAY 2011)

THE ARGUS (2TH MAY 2011)

Dennis cruises to easy victory in Essex

CYCLING by
BRIAN HUTTON

STEVE DENNIS made up for his close defeat in the Sussex 25-mile time-trial championship by scoring a runaway win in the Maldon and District CC open 25 in Essex.

Dennis (East Grinstead CC) stormed round the tough course in 54min.5sec to finish almost five minutes ahead of his nearest challenger.

The event is a qualifier for the South-East Sporting Courses Competition which Dennis says is one of his targets for the season.

Dennis is among the leading contenders for the Worthing Excelsior open 25 in the Horsham area on Sunday.

Sussex riders include Rob Pelham (Lewes Wanderers) and Chris Yates (East Grinstead) while the visitors feature Tim Stevens (34 Nomads) and Lee Turner (Sigma Sport). The HQ is the Broadbridge Heath Centre and the start is at 6.30am.

Michael Hutchinson (In Gear) is approaching top form as he prepares to defend his national ten-mile championship on May 21.

He won the City RC open ten at Hull in 18min.4sec, just seven seconds slower than his own national record.

He will face a formidable challenge for the title, though, from Olympic champion Bradley Wiggins.

British Cycling Academy member Peter Mitchell, from Upper Beeding, who is hoping to secure a place in the London Olympics, rode well in the recent SCCU International meeting at the Manchester Velodrome.

Mitchell finished second fastest in the qualifying heat for the spring event behind David Daniell (Motorpoint), but he won the final beating Ross Edgar (Team Sky) and Daniell.

Brighton's Lee Povey (Team Terminator) also rode well to finish third in the Ron Beckett Scratch Race.

STUARY JAGO. ASHURST CIRC. P.T.T.



CYCLING
WEEKLY
12TH MAY
2011

SUSSEX CA 25
SUN 01/05 025/93.-

Peter Tadros (In Gear-Quickvit)	52 16
S. Dennis (East Grinstead CC)	52 47
N. Dwyer (Lewes Wanderers)	54 00
D. Barclay (Arctic Premier RT)	54 13
I. Brogden (Eastbourne Rovers)	54 32
W. Mangar (In Gear-Quickvit)	55 05
R. Pelham (Lewes Wanderers)	55 07
D. Pollard (In Gear-Quickvit)	55 22
R. Gifford (In Gear-Quickvit)	56 37
J. Wootton (Worthing Excelsior)	57 20



Jeremy back on top

JEREMY Wootton won the fifth race of Worthing Excelsior Cycling Club's 10-mile series in a time of 21mins 21sec.

Mark Bernhardt came in second in 22-33 and another personal best from Carl Trevis saw him finish third in 22-39.

East Grinstead's Steve Dennis won Excelsior's open 25-mile Ray Douglass memorial event in 52-26 and the team award was won by Lewes Wanderers.

Other Excelsior 10-mile times: Mark Newnham 23-17, Chris Putnam 23-47, Kevin Doe 23-52, Phil Frean 24-39, John Marshall 24-55, James Nelson (pb) 25-01, Phil Walker 25-45, Mike O'Gorman 25-58, Chris Day 26-28, Colin Miller 26-30, John Lucas 28-02, Joan Lennon 28-17, Graeme Gill 29-21.

Open 25-mile times: Chris Twine 1-01-08, Kevin Doe 1-03-53, Stuart Jago 1-04-49, Kevin Wilson 1-04-58, Newnham 1-04-58, Putnam 1-05-35, Tom Coulson 1-06-03, Frean (pb) 1-06-04, Walker 1-08-42, Peter Logan 1-08-50, Miller 1-14-03, Lennon 1-19-14.

WORTHING HERALD 26TH MAY 2011

Another win for Excelsior Wootton

WORTHING Excelsior Cycling Club's fifth evening 10-mile series race was won by Jeremy Wootton with a time of 21mins 51secs.

In second place was Chris Twine in 22-15, while Mark Bernhardt was third in 22-19. Other results: Mark Newnham 23-11, Tom Coulson 23-40, John Marshall 24-46, James Nelson 25-18, Nathan Gale 25-26, Steve Feest 26-12, Peter Rowe 26-16, Lee Barber 27-11, Phil Young 27-22, Graeme Gill 28-47.

CYCLING WEEKLY 5TH MAY

BRIGHTON MITRE 10

SAT 23/04 G10/44.-

Peter Tadros (In-Gear Quickvit RTI).....	21 40
G. Stirzaker (A3 CRG).....	23 57
K. Carter (Horsham CC).....	24 30
S. Emmerson (Epsom CC).....	24 37
J. Wootton (Worthing Excelsior CC).....	24 54
T. Court (Brighton Mitre CC).....	24 55
P. Watkins (Purley CRT).....	25 14
S. Morgan (Tooting BC).....	25 19
G. Smith (Eastbourne Rovers CC).....	25 45
P. Thatcher (Brighton Mitre CC).....	25 47

WORTHING HERALD 2ND JUNE 2011

Robertson leads Excelsior home

WORTHING Excelsior Cycling Club's Mel Robertson was the one to best handle the difficult conditions in the club's 30-mile time trial championship on Sunday.

The course from Washington covered the Ashurst circuit to West Grinstead and riders faced strong wind, but Robertson finished in 1hr 12mins 48sec.

The expected challenge from Mark Bernhardt did not materialise with him nearly three minutes back in 1-15-34. Kevin Doe finished third in 1-19-37.

Robertson's effort also won him the handicap award, illustrating the quality of his ride.

Other times: Kevin Wilson 1-21-39, Philip Frean 1-22-25, Nathan Gale 1-22-34, Philip Walker 1-24-45, James Nelson 1-28-39, Lee Barber 1-31-27, Philip Young 1-39-58.

Event number six in the club's evening 10 mile series was almost cancelled on Thursday owing to torrential showers.

Just five rode, with Bernhardt winning in a time of 22mins 56secs. Mike O'Gorman managed a personal best to finish second in 25-31, and Robert Downham was third with 26-06.

Other times: Nelson 27-01, Young 27-46.

DIANA
TRAFFORD



Olympic hope burns bright

by Sarah Dale

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A GREAT grand-dad is in with a once-in-a-lifetime chance of becoming a London 2012 Olympic torchbearer.

Peter Eldridge, who teaches fitness classes, has been nominated as a potential torchbearer for the "fantastic work he does".

Dianne Guard, who attends some of Peter's classes, nominated the keen sportsman.

She said: "Peter is a truly inspirational person. Being selected as a torchbearer would be the icing on the cake of all his achievements over his lifetime."

"Particularly in view of his age, he would be a wonderful person to select to demonstrate that no matter what age you are, you can stay healthy by doing some form of exercise."

Peter, 76, has dedicated his life to teaching and coaching people of all ages in sport. He decided to work past retirement age, and currently teaches spinning classes and coaches swimmers at the Aquarena, in Brighton Road, three times a week. Peter is also a coach at Worthing Excelsior Cycle Club.

Peter, of The Street, Clapham,

began his career in sport when he was a child.

He said: "I started boxing aged about 10, and went on to box for Great Britain and the RAF. When my children came along it was important for me to teach them to swim, and from there I learnt to coach swimming and gained qualifications."

Peter ran the very first London Marathon in 1981, and four subsequent marathons after that, helped organise the first London Triathlon in 1984, and in 1994 competed in the triathlon world championships.

When he moved to Sussex with his family in 1990, Peter started working at the Aquarena, and also at the nearby Sandhurst School, where he taught physical education classes for 15 years until the school closed.

Peter said he was "honoured"

to be nominated as an Olympic torchbearer.

"To have someone think I am worthy of carrying the torch is very touching," he said. "It would be a magnificent thing to do."

Peter has never attended an Olympic ceremony before.

He added: "I was about 11, living in the East End, when the Olympics were last in London but it was too expensive for my father to take me. If I was selected as a torchbearer for 2012, it could be my dream ticket."

Nominations for torchbearers can be made until June 29. A short list will be made through a ballot process before successful nominees are put before one of 12 judging panels around the UK.

A total of 8,000 torchbearers will be selected to carry the Olympic flame during a 70-day relay of the country.



OLYMPIC DREAM: Peter hopes to be a torchbearer

CYCLING WEEKLY 9TH JUNE

SUSSEX CA 50

SUN 05/06 G50/10-

Rupert Burbidge (Redhill CC)	1	56	48
D. Hill (Bec CC)	1	57	24
T. Glandfield (Lewes Wanderers)	1	59	16
N. Digby (La Fuga-Sigma Sport)	1	59	35
P. Watkins (Purley CRT)	2	00	34
J. Lowden (Lewes Wanderers)	2	00	42
M. Robertson (Worthing Excelsior)	2	02	42
D. Shepherd (GS Stella)	2	02	57
P. Moon (Eastbourne Rovers)	2	03	03
C. Ferri (Addiscombe CC)	2	03	20

Action-packed weekend for

STEYNING Athletic Club enjoyed an action-packed bank holiday weekend at the end of May as members competed in races in Dartford, Arundel, Belvoir Castle in Nottinghamshire and The Mall in London.

Five race walkers competed at the prestigious Mall, **pictured right**, and Buckingham Palace in London on bank holiday Monday in one of the first Olympic test events, the 20K walk.

Top walkers from around the country competed in the event with an entry standard of two hours for 20km.

The women's 20km walk had three Steyning women racing as part of the GB team up against Chinese, Lithuanian, French, American and Hungarian athletes.

Julie Drake finished seventh overall and second GB athlete in 1-50-24. Joan Lennon finished ninth overall and fourth GB athlete in 1-57-13.

Lennon said: "It was an amazing thing to be part of, racing 10 laps on a two km course along the Mall, past Buckingham Palace, along Constitution Hill and then back past the Palace in the company of Olympic standard athletes. I was delighted with my finish time but was totally exhausted after the event."



The men's race was dominated by Chinese walkers with an impressive overall winning time of 1-24-24 posted by Wang Zhen.

The Steyning men finished in excellent times of 1-48-19 by Ian Richards in 21st place and 1-49-10 by Trevor Jones in 23rd place.

On Sunday, Lennon, Jon Brook and Jon Ford-Dunn tackled the Bridge Triathlon which took place close to the famous Dartford Bridge.

The qualifying event for this year's World

Triathlon Championships, which will be held in Beijing, in September, involved a 1,500m lake swim, 42km bike course, and a 10km run.

Lennon finished in 2hrs-34mins-27secs for second in her age group, Ford-Dunn finished in 2-30-40, also second in his age group, and Brook, who struggled on the run with a calf injury, finished seventh in 2-48-00.

On the same day, athletes competed in the Arundel Triathlon with Simon Turk, Mark Tyler, John Nicel and Trevor Neal all completing the standard distance race, and Adrian Brown, Ruth Saunders and Carol Killick finishing the sprint race.

Turk finished ninth overall in the standard race, and Brown and Killick both won their age groups in the sprint race.

A number of members also took part in the Speedy Beaver Triathlon, a sprint race near Belvoir Castle, Nottinghamshire.

Steve Cough-Young, Elaine Scott, George Vargha and Gary Brind all competed in what was a qualifying event for the Beijing Sprint World Championships.

More information on the club can be found on their website www.steyningac.co.uk

Steyning athletes

WORTHING HERALD

REPORTS 9TH JUNE

2011.

Sportinbrief

Excelsiors fail to retain team title

WORTHING Excelsior Cycling Club just failed to retain the team champions title in Sunday's Sussex Cyclists' Association 50-mile championship.

On a very windy day and a hard course, they finished second to Lewes Wanderers, losing on the three-man aggregate by less than a minute with 6hrs-12mins-03secs, to the Lewes' aggregate of 6-11-05.

The Excelsior team were led home by an excellent effort from their veteran star Mel Robertson. His time of 2-02-42 was to earn him a top 10 place and yet another veteran category championship.

Jeremy Wootton's time of 2-03-38 was second counter and Mark Bernhardt completed the team with a strong ride to record 2-05-43.

Kevin Doe finished with 2-13-59 and won the award for best improvement.

Other times: Stuart Jago 2-15-59, Nathan Gale 2-18-26, Joan Lennon 2-49-11.

The evening 10 series passed the halfway mark last Thursday, and with Wootton making it five wins so far, he looks well on his way to win the series title yet again.

His winning time was 22mins-07secs, with Bernhardt close up with 22-16, and Carl Travis third on 23-18.

Other times: Doe 24-18, Chris Putnam 24-29, Kevin Wilson 24-38, Gale 24-56, Phil Frean 24-59, James Nelson 25-45, Mike O'Gorman 26-06, Steve Feest 26-21, Allan Orman 26-41, Chris Day 27-21, Phil Young 27-22, John Lucas 28-44, Graeme Gill 29-55.

CARL TRAVIS



Wootton retains his evening series title

WORTHING Excelsior Cycling Club's Jeremy Wootton notched his sixth evening series 10-mile time trial victory on Thursday to retain the overall series trophy for another year.

Road works on the A24 meant the race had to be moved from its usual course to the Wiston/Shoreham route, but Wootton finished well clear of the opposition with his time of 21mins 59sec.

He finished almost two minutes clear of Kevin Doe, who got home in 23-54. Chris Putnam was third in 24-51.

Other times: Phil Frean 25-13, Phil Walker 26-03, James Nelson 26-24, Phil Young 26-53, Peter Logan 27-21, Robert Downham 27-25, John Lucas 29-13.

Mel Robertson and Peter Logan travelled to East Sussex to ride the Southborough Wheelers 25-mile promotion on the A22.

Robertson, in excellent form, produced a season's best time of 58-44 and again led the way in the veteran's category.

Logan suffered some mechanical trouble but managed to finish in a time of 1hr 07mins 54sec.

On Sunday, 12 Excelsior riders will compete in the Southern Counties Cycling Union 50-mile time trial based at Broadbridge Heath. Robertson, Wootton and Mark Bernhardt lead the team, but strong debut rides from Chris Twine and Carl Trevis are expected.

Wootton sets a new club record

WORTHING Excelsior Cycling Club's results this week are headed by a club record 25-mile time from Jeremy Wootton.

Riding in the A3CRG event on the A3 road north of Petersfield, he recorded 52mins 41sec to knock two minutes from his own personal best and 21 seconds from the previous record, set by the late Richard Shipton, in 1987.

He finished 13th overall in an elite field where the winner recorded 49.32.

He carried this form over to the club's 25-mile championship on Sunday but a much harder course saw his winning time go back to 58-31.

That was still enough to keep him well clear of the opposition, with Mel Robertson, in 1hr 01mins 17sec in second spot and Mark Bernhardt third in 1-02-32.

In event number 11 of the club's evening 10-mile series, Chris Twine came out on top with 21mins 47sec.

Other 25-mile club times: Chris Twine 1-03-02, Kevin Doe 1-03-50, Mark Newnham 1-04-31, Kevin Wilson 1-05-58, Phil Frean 1-06-41, Nathan Gale 1-06-42, Chris Putnam 1-08-21, Phil Walker 1-09-10, Peter Logan 1-09-15, Mike O'Gorman 1-11-25, Lee Barber 1-11-26 (pb; handicap winner), Robert Downham 1-13-50, Phil Young 1-17-27.

Other 10-mile times: Newnham 22-44; Doe 23-01; Putnam 23-30; Frean 23-42; Gale 24-03; Logan 24-30; O'Gorman 24-54; James Nelson 25-19; Peter Rowe 25-49; Young 26-16; Barber 26-26; John Lucas 27-17; Joan Lennon 27-21; Ben Toovey 27-25; Graeme Gill 28-36.

Jeremy the first home

WORTHING Excelsior Cycling Club riders were in action on Sunday in the Southern Counties Cycling Union 50-mile championship.

Two laps of a 25-mile course based on Broadbridge Heath provided a tough event on a day of high winds.

The club's efforts were not helped by pre-race injuries to both Carl Trevis and Chris Twine, or by a puncture and mechanical trouble for Kevin Doe.

It was Jeremy Wootton who once again led Excelsior home with an excellent 1hr 59mins 55 sec.

He headed team-mate Mel Robertson by nearly two minutes but Robertson's time of 2-01-40 was still enough to successfully defend his SCCU Veteran's 50-mile trophy as he beat his age standard by 40 minutes.

Mark Bernhardt's ride of 2-06-01 completed the club team.

Other times: Kevin Wilson 2-14-48, Nathan Gale 2-17-06, Chris Putnam 2-18-56, Phil Walker 2-20-03.

The event incorporated the club's championship, which Wootton won, while Phil Walker's debut ride won him the handicap award.

In event number nine of the evening 10-mile series, Bernhardt won in 22-54.

Other times: Doe 24-07, Gale 24-55, Phil Frean 25-20, James Nelson 25-46, Peter Logan 25-55, Chris Putnam 26-32, Phil Young 27-26, John Lucas 29-02.

Excelsior's Stuart Jago is in action in the National 24-hour cycling time trial on Saturday, which starts at noon near Arlington. He is hoping to beat the club record of 428 miles, having been in training for the past six months.

PHOTOGRAPH POSED FOR USE WITH NEW WEBSITE



by Katherine Hollisey-McLean
katherine.hollisey@worthingherald.co.uk

BOTH donors and those who have received blood were invited to a special event to mark World Blood Donor Day.

Several Worthing residents were among the guests at the event, which was held in Brighton last month as a thank-you to volunteers and to raise awareness of blood donation.

One of the special guest speakers was Julie Macfarlane, who has received blood in the past.

In March, 2003, Julie was admitted to Worthing Hospital for the birth of her second child by caesarean section. During the birth, doctors had discovered her placenta had grown outside her womb, which causes a rare condition called placenta percreta. She said: "The condition is so rare, we have been told, that it only has a one-sentence description in medical books. I was in theatre for six hours and received several blood transfusions."

"I remained awake the whole time, refusing on several occasions the general anaesthetics as I wanted to hold my new daughter as soon as I could."

Julie was then transferred to the intensive care unit, but in the hours following that it was found she was bleeding internally and had to be given several blood transfusions.

Julie, of Princess Avenue, Worthing, added: "My platelet levels were getting dangerously low, so the blood was rushed down to the hospital from the NHS Blood and Transplant centre in Tooting."

"I received 23 pints of blood, platelets and plasma in total, and afterwards doctors informed me that I came close to losing my life."

"I owe my life to the amazing surgical team and if it had not been for the kindness of blood donated by the donors it simply would not have been possible for me to be here today."



Worthing blood donors Valerie and Graeme Gill

In Worthing, there are more than 1,700 blood donors making an average of 2,800 donations per year. As each donation can improve or save up to three lives, these donors have potentially saved the lives of more than 8,400 people.

Valerie Gill, 53, from Worthing is a blood donor. Both she and husband Graeme, also 53, have made more than 50 donations each.

Valerie, of Ontario Close, Durrington, said: "My husband was a donor and I remember waiting outside for him. My mum did the teas and they both encouraged me to make my first donation. It is now quick, easy and almost painless. You never know if you need it yourself and I think everyone should give it a go."

Other Worthing people at the event were Terence Andrews, 61, of Onslow Drive, Ferring, who has given blood 75 times, and Michael Wise, of Heene Road, Worthing, who received 50 units of blood.

Jackie Morgan, senior donor service manager at NHSBT, said: "Events such as these enable us to take the opportunity to thank our existing donors for the invaluable contribution their donations have



Blood donation recipient Julie Macfarlane with husband Paul, son Alex and daughter Charlotte



Terence Andrews, Graeme Gill, Valerie Gill, Julie Macfarlane and Michael Wise at the blood event in Brighton

made in saving lives and towards ensuring hospital demands are met.

"New and existing donors eligible to donate are encouraged to celebrate this event by making 'a date to donate'."

Anyone aged between 17 and 65, weighing more than 50kg (7 stone

12lb) and in general good health could potentially start saving lives by becoming a blood donor. There is no upper age limit for donors who have donated in the last ten years.

To book an appointment, call donor line on 0300 123 23 23 or visit www.blood.co.uk



Chris Putnam, Joan Lennon, Robert Downham and Mark Newnham practice the new 4-Up pin job!

TIME TRIALS

BOGNOR REGIS CC 10

THU 23/06 P901-

Graeme Stirzaker (a3crg)	20 42
R. Gifford (In-Gear RT)	20 55
N. Andrews (Portsmouth Northend)	21 44
J. Wootton (Worthing Excelsior)	21 46
D. Rice (Southdown Velo)	21 46
T. Chilman (In-Gear RT)	21 56
S. Smart (Southdown Velo)	22 23
G. Ferrett (Hants RC)	22 25
A. Langdown (Hants RC)	22 39
M. Beale (VC St Raphael)	22 43

ORGANISER

El Supremo

Meet Dave Hudson, better known in the Audax fraternity as El Supremo, king of the layby lunch and the street-side supper.

Over the last 20 years, Dave, 60, has organised 145 separate Audax events totalling more than 34,000 kilometres.

When we met up with

him on the Tour de Didling he was dishing out everything from chocolate biscuits to chicken tikka, having been working through the night for our benefit. But he can't get enough of it.

"It's a labour of love," he says. "They're not difficult to organise, just time consuming. But the more you do, the easier they get."

"The camaraderie is great in Audax. You don't get any aggro

and people are always appreciative. If they do complain you can always ask if they want to go round again, free of charge," he quips.

El Supremo began organising events back in 1990, after cutting his teeth helping out on the club scene at Worthing Excelsior, where he is still a member.

"I helped out providing a cup of tea at club events, including some evening time trials," he says. "Eventually, I took over and it grew from there."

Dave's not riding Audax events at the moment, but he certainly knows a thing or two about saddle time.

"I've qualified for Super Randonneur [a series of long rides] six times," he says proudly. "The long miles aren't so hard, really. It's all in the mind. Take the longest distance you think you can do and double it, you'll get there."

Despite his commitment to all things Audax, Dave is apparently not afraid of trying something new, for he will be dipping a toe in the sportive waters soon when he'll be doing the catering at Worthing Excelsior's 125th anniversary challenge events.

He picked up his superlative moniker after a writer coined it in



Above: Dave dishes out endless supplies of top cycling tucker — time to get stuck in
Below: Tea, cake and satisfaction

a magazine article about one of his events.

"They said what a fantastic event it was and it just grew," says Dave.

These days El Supremo has his own icon and even his own 'Layby Lord's Prayer', and after tasting the toasties from Dave's new oven, how could we possibly begrudge him either?

People like Dave give up huge amounts of time and energy, purely for the love of cycling and for the pleasure of people like us. As Luke said as we trundled back to the cars: "The bloke deserves an OBE."



WORTHING HERALD

14TH JULY 2011

Mel wins another veteran trophy

WORTHING Excelsior Cycling Club's Mel Robertson won the veteran's award at the East Sussex Cycling Association 50-mile event on the A22, south of Uckfield.

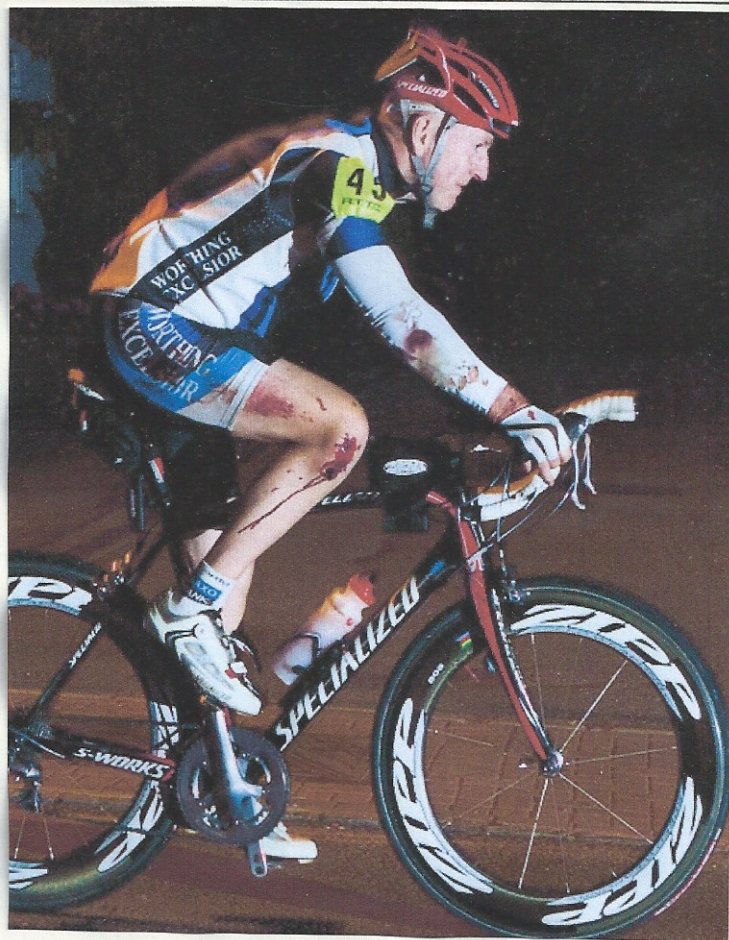
He recorded 2hrs 3mins 13sec.

Kevin Doe was also in action and got home in 2-13-53, just outside his personal best.

Excelsior's Mark Bernhardt and Stuart Jago travelled to Yorkshire for Saturday's National 100-mile time trial championship. In windy conditions, Bernhardt achieved a personal best of 4-26-29. Jago finished in 5-08-02.

In the 12th event of the club's evening 10-mile series, Jeremy Wootton won in a time of 21 mins 34sec.

Other times: Chris Twine 22-47; Mark Newnham 22-59; Chris Putnam 23-55; Phil Frean 24-24; James Nelson 25-36; Nolan Heather 25-57; Mike O'Gorman 26-03; Peter Rowe 26-18; Robert Downham 26-49; John Lucas 27-31; Colin Miller 27-58; Joan Lennon 28-01; Alan Stepney 28-52.



A bloodied Stuart Jago rides to 391 miles in the National 24 hour Championship. A courageous effort after a nasty crash with just 20 miles covered.

(Photo courtesy of Mike Anton)

Mel stars for Excelsior in veterans' race

WORTHING Excelsior Cycling Club's star veteran time trialist, Mel Robertson, lifted another trophy on Sunday when he won the Surrey/Sussex Veterans' Time Trial Association 25-mile Championship.

In very windy conditions, on a course based in Broadbridge Heath, he recorded an excellent

time of 59mins 51sec to beat the age standard of 63 years, by an impressive 18mins 29sec.

Two other Excelsior riders competed, and Kevin Wilson recorded a personal best time of 1hr 02mins 58sec and Peter Logan clocked 1-06-38.

In the penultimate evening of the club's evening 10-mile series, good conditions saw

some fast times as winner Jeremy Wootton, who has recently updated the club's 25-mile record, came so close to doing the same to the 10-mile record.

He recorded a time of 20-51, against the long-standing time of 20-50, set by Peter Danckwardt back in 1987.

Mark Newnham was second

in 22-47 and Kevin Doe was third with a personal best 23-00.

Other times: Chris Putnam 23-51; Phil Frean 24-33; James Nelson 25-19; Mike O'Gorman 25-21; Phil Young 25-44; Peter Logan 25-53; Peter Rowe 26-08; Lee Barber 26-15; Robert Downham 26-21; Colin Miller 26-32; John Lucas 27-36; Ben Toovey 28-05; Alan Stepney 28-46; Graeme Gill 29-56.

CYCLING WEEKLY 21ST JULY 2011

Unsung heroes

I WOULD like to pass on my immense appreciation to the riders in the recent National 24-hour TT Championships. What a super bunch.

When I was allocated as one of our club's marshals, I found that we had been allocated the night circuit. I have to confess that the prospect of sitting on my own by the side of the road for eight hours, until 4am on Sunday morning, was not an attractive one. It felt like it was going to be a long night indeed. Still, as I reasoned to myself, I enjoy participating in time trials and, as we all know, without helpers there wouldn't be any sport.

My misgivings were amplified when I arrived at the specified side-road turning, in a remote rural area, only to realise that there was no street lighting whatsoever and that, in a very short time, the whole area, including the advance direction sign, would be pitched into total darkness.

As it turned out, the time passed surprisingly quickly and was extremely rewarding. I managed to borrow a spotlight

and was kept busy throughout the night illuminating the crossroad sign and then the road markings as each competitor approached, in order to help them find their way.

The response from the riders was totally brilliant. Despite the tiredness caused by a 24-hour event, it was remarkable just how many riders managed, as they cornered, to express their appreciation for the efforts on their behalf.

The encouragement from each one helped enormously, and I thank them all for turning a potentially lonely vigil into a great experience.

Mike O'Gorman,
Worthing

WORTHING HERALD 28TH JULY 2011

Excelsiors' race 100-mile course

FIVE riders from the Worthing Excelsior Cycling Club competed in the Southern Counties Cycling Union 100-mile championship on Sunday.

There was a field of 82 from across the south east, including elite national riders, on the course over roads between Crawley and Steyning.

Fastest of the Excelsior quintet was Nigel Reynolds with a time of 4hr 21mins 54sec. Having been unable to ride last year, he made a successful return to win the club championship, repeating his 2009 ride only a few seconds slower.

Mel Robertson recorded 4-30-34 and had to be content with third place in the veterans' category. Mark Bernhardt dropped back in time to 4-33-57.

Nathan Gale finished in 4-47-17 and won the club's handicap award. Kevin Doe, having been unable to manage any long-distance training, was satisfied to beat five hours with 4-57-05.

The event was won by Julian Jenkinson of the UTAG-Yamaha.com squad with a new event and course-record time of 3-42-04.

WORTHING HERALD 4TH AUGUST 2011

SHEILA & JOHN LUCAS



HAPPY 40TH WEDDING ANNIVERSARY
on
7th August 2011
Enjoy your day

Lots of love
Marvin, Anna, Eve and Toby
X X X

WORTHING HERALD 28TH JULY

SEVERAL local athletes were out in force for the Cuff Miller Worthing Triathlon recently.

The course comprised a 1.5k sea swim, 43k cycle and 10k run. The sea swim started at Alinora Boat Ramp in Goring and went to Sea Lane Café and back, before the cycle took riders up to Ashington and back, with the 10k prom run a lapped section between George V Avenue and the Lido.

The women racers started at 6.30am, with the vets starting eight minutes later and the seniors and last year's winners after 18 minutes.

A strong westerly current caught out a number of athletes and a number of weaker swimmers struggled.

Littlehampton's Nicole Patterson was first out the water in 24mins 21sec, two minutes ahead of Team Raw Energy's Trish Deykin.

"The sea swim was particularly tough this year and, together with a slightly longer bike course, made the going tough. It's great to have the support of local businesses, such as Cuff Miller, to raise the profile of the event."

Local times - Lancing: Ant Gritton 2-12-03.

Tuff Fitty: David Risebrow 2-15-57; Stew Smith 2-19-25; Anthony Towers 2-20-55; Andrew Ruffer 2-26-46; Ben Wallbank 2-33-21; Andrew Ward 2-36-01; Nicole Patterson 2-39-31; Mark Anderson 2-41-00;



PC Marvin Lucas and PCSOs Marcus Foord and Paul Southwood were given awards at the West Sussex Divisional Awards Ceremony at Arundel Castle on Monday for outstanding front-line service.

WORTHING HERALD 21/7/11

Roberton seals another veteran's victory

WORTHING Excelsior Cycling Club's Mel Roberton claimed victory in the veteran's section of Anerley's 50-mile time trial, as three club members competed on Sunday.

The event, which was run over a regular course between Horsham and Crawley and on the A24 road south of Southwater, saw Roberton narrowly miss out on his aim of an under two-hour time.

He came frustratingly close, finishing in 2hrs 0mins 47sec, which

maintained his position as the top veteran in the county.

Chris Twine made his debut at the 50-mile distance, and did well to come home in 2-03-37. The third team member was Kevin Doe, who was slightly down on his best form with 2-15-29.

The event was won by East Grinstead's Steve Dennis in 1-45-20.

The first two events of the club's evening hill climb series at Washington Bostal saw a fastest time set by Mark

Newnham in 1min 46.92secs.

It is, however, the aggregate of the riders' best two places from the three race series that decides the competition and at present Chris Putnam leads the way with two second places.

James Nelson and Roberton are next equally on an aggregate of seven from their third and fourth placings.

On Sunday, the club's long-distance enthusiast Stuart Jago travels to North Shropshire for the National 12-hour Championship.

WORTHING HERALD 15TH AUGUST 2011

Stuart's strong show

STUART Jago, the long distance specialist of Worthing Excelsior Cycling Club, recorded a fine effort of 215 miles in Sunday's National Championship 12-hour time trial.

Winds of 20 miles per hour at the course made some sections hard, despite the course being generally flat.

Mel Roberton, the club's veteran champion, continued his winning ways in the Eastbourne Rovers Cycling Club promotions at the weekend.

In Saturday's 10-mile race, he recorded 23mins 31sec, while on Sunday, he clocked 58-38 in the 25-mile event.

Nathan Gale clocked 1-05-20 and Peter Logan 1-09-56.

HARDRIDERS START PULBOROUGH

MARK NEWNHAM



GUY MUSGROVE



PAUL GUTHWAITE



WORTHING HERALD 25TH AUG. 2011

Excelsior in action

WORTHING Excelsior Cycling Club's Jeremy Wootton and Mel Roberton were in action in Epsom CC's 10-mile open time trial on Saturday.

Wootton clocked 21mins 07sec and Roberton produced a season's best 22-26 to win another veteran category award.

Nathan Gale was in action in Old Portlians CC's 25-mile event at Broadbridge Heath and recorded a season's best 1hr 4mins 30sec.

NATHAN GALE



Outhwaite leads home Excelsior in fine time

WORTHING Excelsior Cycling Club's hard riders' championship, on Sunday, saw experienced long-distance rider Paul Outhwaite power home to victory.

Outhwaite, who has rode in the Alps and the Pyrenees, found the course to his liking and came home ahead of the specialist time trial riders.

His time of 1hr 00mins 50sec was a tremendous effort.

The course had required last-

minute-amendments because of gas works and temporary traffic lights in Pulborough, and the usual 25 miles was reduced to just 21 miles to avoid these.

Starting south of Pulborough, riders still faced the climb of Bury Hill before heading down to Fontwell and then east to Arundel.

Mark Newnham was more than three minutes back from Outhwaite in second place, in 1-04-12, and Nathan

Gale was third in 1-06-10.

Other top placings were from Phil Frean in 1-08-30, Guy Musgrove in 1-23-44 and Phil Walker in 1-25-20.

Chris Putnam was a late entry after returning from a strenuous week's mountain biking in the Welsh mountains and completed a non-qualifying ride in 1-19-18.

Such was the quality of Outhwaite's ride, he also won the handicap section.

WORTHING HERALD

8TH SEPTEMBER 2011

Wootton takes Excelsior's 10-mile series title again

ambitious scale to celebrate 125 years since their formation.

Both courses were tough crossing and re-crossing the South Downs and took riders as far away as Haslemere. There were 30 riders who tackled the courses in wet and blustery conditions, and three Excelsior riders - Chris Putnam, Phil Frean and Phil Walker - were successful in completing the long course.

category. Chris Twine was overall runner-up, ahead of Mark Benhardt in third.

Other results (fourth to 16th): Mark Newnham, Kevin Doe, Chris Putnam, Phil Frean, James Nelson, Nathan Gale, Peter Logan, Mike O'Gorman, Phil Young, Robert Downham, Alan Orman, John Lucas, Lee Barber.

Last Sunday, the club also promoted a 125-mile and a 125-kilometre sportive as rehearsals for 2012 when they plan similar events on a more

JEREMY WOOTTON has been crowned Worthing Excelsior Cycling Club's 10-mile series champion for the second year in succession.

From the season-long event, featuring 13 races, competitors must have ridden six events to qualify, and Wootton's eight wins from his eight events secured his second consecutive title.

He recorded the fastest individual time of 20mins 51sec and, in addition, won the veteran



Newnham in action at Goodwood.

Mark's road race win

MARK Newnham has recorded the first road race win to be enjoyed by Worthing Excelsior Cycling Club for several seasons - with a triumph at Goodwood.

The Excelsior rider is a member of the Surrey Road Racing League, who promote regularly at the Goodwood circuit and it was there he won a keenly-contested sprint finish after the 31-mile distance.

Newnham also rode well in the recent Lewes Wanderers Criterium Series and has progressed from fourth to third in British Cycling's category ratings. His success has also secured for him the Excelsior's Road Race Championship for 2011.

Jeremy Wootton competed in the Addiscombe Cycling Club's 10-mile time trial near Broadbridge Heath, and recorded a time of 22mins 26secs for 10th place.

CYCLING WEEKLY 8TH SEPT. 2011

ADDISCOMBE CC 10

SAT 03/09 G10/42-

Rupert Burbidge (Redhill CC)	21 01
M. Clothier (Southdown Bikes-Specialized)	21 36
S. McNamara (Southdown Bikes-Specialized)	21 41
G. Brent (Addiscombe CC)	21 52
N. Digby (La Fuga-Sigma Sport)	21 59
N. Stagg (Hounslow & District Wheelers)	22 10
L. Turner (La Fuga-Sigma Sport)	22 16
T. Stevens (34th Nomads-Gem Hygiene)	22 24
O. Roberts (PB Science)	22 24
J. Wootton (Worthing Excelsior CC)	22 26

LEFT AND BELOW

MARK NEWNHAM MAKES

IT IN THE WORTHING

HERALD ON 15TH

SEPTEMBER 2011





Thomas Eggar Staff biking for charity

Pedal power for fund-raisers

LEADING law firm Thomas Eggar has completed a two-day cycle ride, passing through Worthing, to support The Prince's Trust.

Six intrepid members of the company, which has offices across the county including Worthing and Chichester, sweated it out biking a gruelling 160-mile route across the South East.

They battled aching limbs and torrential rain to raise funds for the charity and were ecstatic at exceeding the "Tour De TE (Thomas Eggar)" target.

They gained nearly £12,000 for the cause and were supported by staff across the county, who competed against them on exercise bikes – cycling the equivalent distance of the route to further boost its total. The total raised will go towards Million Makers, a national competition that challenges teams of employees, school pupils and university students to raise £1million for the Prince's Trust.

Jeremy Wootton, partner at Thomas Eggar, said: "Charity support and fund-

raising activities are a major feature of our work.

"We cycled 160 miles in two days and coped with, not only, appalling weather, but also several punctures as well as the fatigue from our efforts.

"On day one, we set off from our London office with darkening skies that soon turned to rain heading south to Crawley, then to Worthing and our overnight stop just outside Arundel.

"The weather on the start of day two saw more torrential downpours, however, we had a challenge to complete and pedalled westwards to our final leg to Newbury.

"All of our offices turned out in force to greet us on arrival and this fantastic reception really spurred us on to reach our next destination."

Jeremy added: "The ride has been a great success, the camaraderie within the group of riders was something to be experienced and enjoy."

● For more information about the cause and to donate, visit the website www.justgiving.com/tourdete

WORTHING EXCELSIOR'S JEREMY WOOTTON FAR RIGHT.

Excelsiors come third in inter-club race

AS the time trial season nears its end Worthing Excelsior Cycling Club will be disappointed with the result of Sunday's inter-club 25-mile event on the Fontwell course.

An annual competition between Hants Road Club, Southdown Velo, Bognor Regis CC and the Excelsior team has been won by the Worthing for the past few years and their six-man aggregate last year was streets ahead of the rest.

This year, fielding a weakened team, they were knocked back into an unfamiliar third place as Southdown Velo were to emerge as convincing winners.

There were some good performances though, which should inspire for next season. Seven Excelsior riders produced personal best performances.

Jeremy Wootton was first home in 57mins-15secs, while Chris Twine was close behind with a personal best of 57-31.

Worthing times: Mel Roberton 59-51, Nathan Gale 1-04-56, Phil Frean 1-05-58 (PB), James Nelson 1-06-31 (PB), Chris Putnam 1-06-37, Allan Orman 1-07-18, Phil Walker 1-08-08, Mike O'Gorman 1-08-27 (PB), Lee Barber 1-09-46 (PB), Phil Young 1-12-55 (PB), Barrie Le Grove 1-13-03, Graham Gill 1-21-43 (PB).

Tadros retains his hill climb title

THE Sussex Cyclists' Association hill climb championship was decided on Saturday afternoon with the climb of the Steyning Bostal from the north side.

The defending champion Peter Tadros, of the In-Gear racing squad, remained unbeatable and his time of 4mins-5secs was almost half a minute better than the rest of the field.

Worthing Excelsior promoted the event for the association and were pleased to see their riders secure the team award.

Chris Twine led the way recording 4-46 for fourth place, supported by Paul Outhwaite 5-05, Chris Putnam 5-17 and Jeremy Wootton riding a mountain bike clocked 6-27.

On Sunday morning, Wootton was in action again this time with Mel Roberton in the Lewes Wanderers Grand Prix des Gentlemen on a 17-mile circuit from Laughton in East Sussex. They recorded the faster time of 41 minutes and moved into second place on veteran age standard.

WORTHING HERALD

27TH OCTOBER 2011.

Palmer ends the 2011 Excelsior season with a win

The return involved feature identification and the noting of more map co-ordinates, which brought riders back to Washington along different lanes and included a speed judging section.

Results: Adrian Palmer 51.5, Alan Matthews 49.5, Robert Downham 48, Graeme Gill 46, Andrew Lock 45, Phil Frean 44, Don Lock 44, Barrie Le Grove 43, Tony Knott 40.5, Martin Wood 24, Marten Matthews 24, Jack Shepherd 24.

followed, set according to Ordnance Survey references, the competitors made their way through Thakeham, Goose Green, Shipley, Dragons Green, Brooks Green and Barns Green before reaching the halfway mark at the Southwater Country Park.

On route they had been questioned on the Highway Code and at the Southwater halt, they were faced with more questions, this time on Sussex.

THE final competition of Worthing Excelsior Cycling Club's 2011 season has been won by the club secretary Adrian Palmer, who claimed the Duggie Argent Memorial Bowl.

The annual tourist trophy event was more keenly contested than for many years and to win, Palmer had to fight off challenges from several previous winners to claim the club's grandest trophy.

After determining the exact route to be

WORTHING HERALD

3RD NOVEMBER 2011

Roberton enjoys an excellent season

WORTHING Excelsior Cycling Club's Mel Roberton has enjoyed another outstanding season.

The Sussex Cyclists Association recently announced the results of the various 2011 season-long competitions and Roberton finished sixth in the long distance best all-rounder senior competition over 25, 50 and 100 miles.

He also won the Stephen Easter Cup as top veteran, beating the age standard by 2hrs 19mins 57sec.

He finished fifth in the seniors middle distance (2x10 miles, 2x25 and 1x50) and came out on top of the veterans category to win the Glazebrook Trophy.

And he came fifth in the seniors short distance (3x10 miles, 3x25miles) and won the veterans cup.

He also won the 25-mile and 50-mile veteran competitions in the County Championships and finished second in the 10-mile and 100-mile events. He finished 12th in the seniors Sporting Courses (hillier) competition and second in the veterans section, and finished sixth in the seniors points competition, which covered all SCA promotions.



TWO PHIL'S - WALKER TOP AND FREAN BELOW - START OF THE HARDRIDERS AT PULBOROUGH.



Excelsiors finish third in team race

WORTHING Excelsior Cycling Club entered a team of 11 riders in the East Sussex Cycling Association 66-mile challenge.

They finished third overall and nine of the Worthing riders came home comfortably inside their five-hour limits.

Worthing's successful riders were John Baldwin, Kevin Doe, Mike O'Gorman, Peter Logan, Phil Frean, Phil Walker, Robert Downham, Simon Atkinson and Tony Knott.

The two unsuccessful riders were Barrie Le Grove and Rocco Sepe who finished just outside their standards.

Lewes Wanderers won the team trophy with 23 successful riders. Eastbourne Rovers were second with 11 and Worthing came in third, but claimed a moral victory with a higher percentage of finishers against their comparatively small entry.

The severity of the challenge is well illustrated by the statistics of just 53 successful rides from 103 starters.

One rider admitting to finding it tough was ex-professional and Tour de France rider Sean Yates – although he still beat his standard of just four hours.



Barrie Le Grove Fund Raising John O'Groats to Land's End August 2011.



Friends of Palatine School - A Cause Worthy of Your Support

Barrie's Marathon Cycle Ride

John O' Groats to Lands End

(936 Miles in 10 Days – Job Done)

Barrie Le Grove
and friends.

Feedback – 11 August 2011

The ride was organised by Alan Minter and Liam Connell to raise £20,000 towards a specialist minibus to transport disabled children of Palatine School.

The riders team completing all stages was made up of four riders comprising two sprightly relative youngsters (Sharon and Dave – accomplished club cyclists in mid twenties) and two others (Rory our Doctor and myself).

We were joined during the first week by another sprightly youngster (Phil) who left the party at Bolton. He was replaced by a more elderly roofer (Simon) for the second week.

Further participants joined later at Taunton including the sponsor, supporters of the School and the Head Master for the last two days.

Other than rain and wind for the first day from JOG to Dornoch (alas we missed out on Lance Armstrong's visit the previous week) and a wet day in Devon/Cornwall the weather was fine and sunny.

The target sum of £20,000 has been achieved. Very many thanks to all supporters, family and friends ...".

2011 TROPHY WINNERS

Mens B.A.R	Mel Robertson	24.199 mph
Veterans B.A.R	Mel Robertson	+ 6.632 mph
Ladies B.A.R	Joan Lennon	20.518 mph
Clark Cup 12 Hour	Stuart Jago	215.23 miles
24 Hour Championship	Stuart Jago	391.23 miles
Mason Cup 100 miles	Nigel Reynolds	4h 21m 54s
Shipton Cup Fastest 50 miles	Jeremy Wootton	1h 59m 55s
Welch Cup 50 miles	Jeremy Wootton	1h 59m 55s
Bennett Cup 25 miles	Jeremy Wootton	58m 31s
Young Cup Hardriders	Paul Outhwaite	1h 00m 50s
Clapshaw Handicap	Lee Barber	
Pressley Cup 30 miles	Mel Robertson	1h 12m 48s
Hill Cup 10 mile series	Jeremy Wootton	
Alan Matthews SPOCO Cup	Mel Robertson	
Points Cup	Phil Frean	
Fst Vet on Std 10 mile series	Jeremy Wootton	+ 6m 08s
Barrett Hill Climb	Chris Twine	
Road Race Champion	Mark Newnham	
Most Improved Rider	Chris Twine	+ 1.715 mph
Club Runs Attendance	Mick Irons	
Tourist Trophy	Adrian Palmer	
Audax Trophy	Paul Outhwaite	2085 miles
Club Person of the Year	To be announced	

MENU

Warm Roasted Vegetable and Mozzarella Muffin

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Lemon Chicken
served with fragrant rice

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Fruit Crumble and Custard

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Coffee

Don Lock M.C.
(Master of confusion).

Dishing out the silverware
Your President
Tony Palmer

Music by
DAVID SHAW and the PURPLE HAZE ROADSHOW