

Excelsior get their season underway

WORTHING Excelsior Cycling Club's racing season started on Saturday with the Southdown Bikes 18k event.

The conditions were Arctic, but dry, and the route from Storrington to the Whiteways roundabout and back provided a severe challenge.

The event was, nevertheless, won in a new record time of 24mins-29secs by Doug Dewey. Excelsior's fastest rider was Chris Twine making an excellent start to the season with a time of 29-37, which saw him finish in 10th place.

Mark Bernhardt was 17th on 31-09, Mel Robertson 21st with 31-41, Kevin Wilson 32nd in 34-36 and Stuart Jago 33rd on 35-02.

Robertson's effort saw him finish second in the veterans' category and the combined efforts of Twine, Bernhardt and Robertson gave Excelsior second place in the team competition.

The event was planned as a two-event weekend, but icy conditions meant that the Sunday event of 34k was cancelled.

Excelsior Riders brave freezing conditions

WORTHING Excelsior Cycling Club's Winter Warmer 100k challenge took place in freezing conditions and just 60 starters from 115 entrants took part.

The route, from Dial Post took riders through Adversane, Kirdford and in the direction of Haslemere to the climb of Black Down. But with temperatures at minus 10 degrees, marshals decided the ice-covered surface was unsafe and redirected the field back via Selham, Coldwaltham, and Storrington.

There were 53 cyclists who successfully completed the challenge, including 18 Worthing members – Dean Amos, Simon Atkinson, Ben Barden, Alan Cooper, Robert Downham, Phil Freen, Graeme Gill, Tony Knott, Barrie Le Grove, Darron and Joely Muggeridge, Mike O'Gorman, Paul Outhwaite, Chris Putnam, Peter Rowe, Jon Turner, Phil Walker and Kevin Wilson.

Worthing's Eric Baker managed all but the last five miles having suffered three punctures and by then had run out of spare inner tubes.

WORTHING
HERALD
MARCH

15TH

Twine races to first club win in Excelsior's time-trial event

THE first event of Worthing Excelsior Cycling Club's time-trial season took place on Sunday in lovely conditions and some excellent times resulted.

Chris Twine secured his first club win with a time of 22mins 5sec.

The club's 10-mile champion

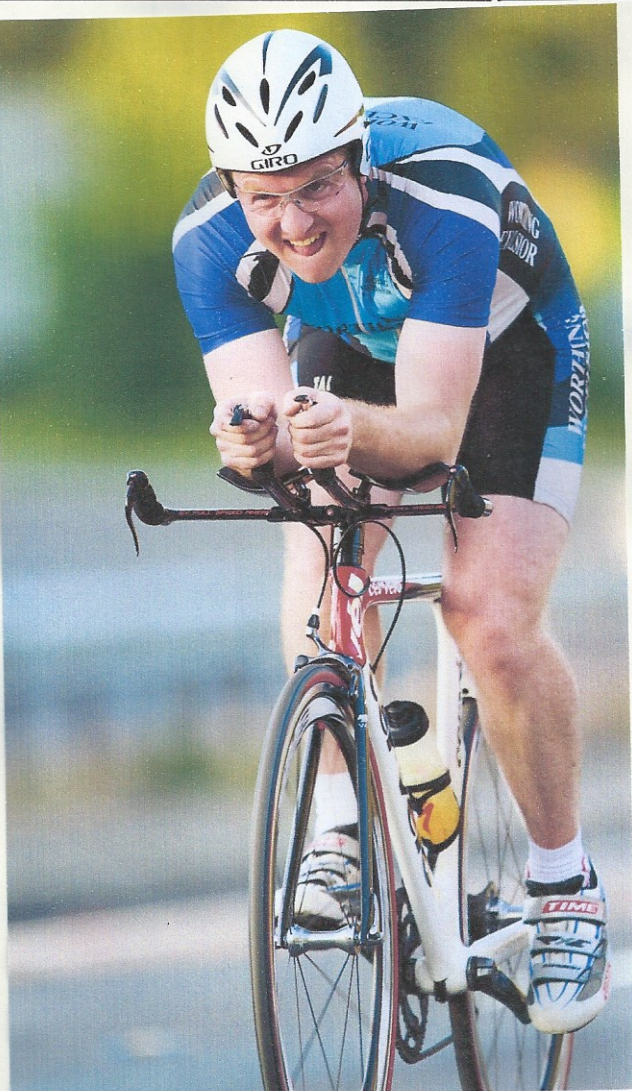
Jeremy Wootton, making his first race this year, was in second place in 22-30, just holding off Mel Robertson, who was third three seconds back.

There were also strong rides from Kevin Wilson (23-04), Mark Newnham (23-11) and

Barrie Le Grove won the handicap section with a net time of 19-52 after an allowance of 6mins 30sec. Lee Barber and Mike O'Gorman were second and third respectively.

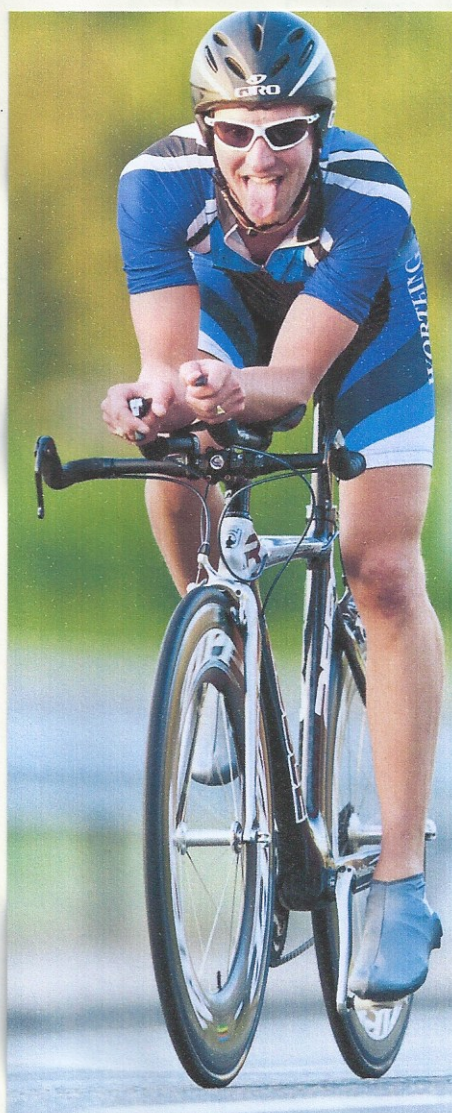
Other times: O'Gorman 24-12; Phil

Freen 24-47; Chris Putnam 24-57; Barber, Peter McDermott 25-13; Darron Muggeridge 25-24; Simon Atkinson 25-30; Aidan Main 25-37; Phil Walker 26-10; Allan Orman 26-19; Le Grove 26-22; James Nelson 26-23; Peter Rowe 26-36; Nathan Gale 26-43; Robert Downham 26-51; Stephen Feast 27-03; Tony Knott 27-43; Phil Young 28-45.



MARK NEWNHAM
CLUB ROAD RACE CHAMPION 2011

(PHOTO BY MIKE ANTON)



CHRIS TWINE

Excelsior take to the Surrey hills

WORTHING Excelsior Cycling Club competed in the Southern Counties Cycling Union hilly time trial events in Surrey at the weekend.

On Saturday, the 10-mile race was in the Ockley and Forest Green area and Sunday's 25-mile event was on the A24 and A29 in the area of Kingsfold and Clemsfold.

Senior veteran Barrie Le Grove did well to beat the 20mph barrier on Saturday to finish with a time of 28mins 29secs.

He was also in action in the following day's race, finishing in 1hr 14mins 18sec, along with two of the club's fastest riders in Chris Twine and Kevin Wilson, who returned times of 1-01-54 and 1-03-54 respectively.

Excelsior's Chris races to victory

WORTHING Excelsior Cycling Club's 16.4 mile Ashurst Circuit event on Sunday was won by in-form Chris Twine in 40mins 9sec.

He was pressed hard with some other excellent rides as riders departed from the Washington start and covered the route anti-clockwise through Ashurst and Partridge Green, before returning south on the A24.

Other times: Mark Bernhardt 40-59; Mel Robertson 41-32; Kevin Wilson 41-37; Mark Newnham 41-50; Chris Putnam 43-54; Mike O'Gorman 44-49; Peter Main 45-46; Phil Frean 46-01; Nathan Gale 46-03; Darron Muggeridge 46-07; Phil Walker 46-12; Lee Barber 46-37; Alan Orman 46-47; Simon Atkinson 46-50; James Nelson 48-11; Stephen Feest 48-19; Barrie Le Grove 49-25; Robert Downham 49-37; Tony Knott 51-33; Phil Young 52-48; Ted Wixon 57-28.

Nathan Gale's return to form gave him a win in the handicap section after his allowance of 7mins 50sec meant his net time was 38-13. Chris Putnam (38-54) was second and Phil Walker (39-12) third.

The fastest ride of the morning was from guest rider, Brian Molloy, who finished in 39mins 37sec.

On Sunday, a number of Excelsior teams are entered in the Sussex Cyclists' Association 28-mile two-up team time trial. The start is at 8am with headquarters at Washington. The course is almost two complete circuits of the same Ashington course.



CHRIS TWINE AND MARK
NEWNHAM



Excelsiors team up for time trial event

THE Sussex Cyclists' Association's 28-mile two-up team time trial on Sunday provided competition for five pairs of riders from Worthing Excelsior Cycling Club.

The course comprised one and a half circuits of the Washington, Ashurst, Partridge Green route and damp conditions and a troublesome northerly wind made for a hard challenge.

Worthing's best entry was the pairing of Chris Twine and Mark Newnham who produced a good ride of almost 25mph finishing in 1hr 9min 14sec.

There were, however, some of the county's top riders in the event and they had to settle for seventh place in a field of 34 teams.

Mel Robertson and Alan Orman's ride of 1-19-18, secured fifth place in the veterans' category, beating their combined average standard by more than 11 minutes.

The event was won by the Lewes Wanderers team of Nick Dwyer and Rob Pelham in 1-04-02 just over one and a half minutes down on their winning time in 2011.

Other times: Mike O'Gorman and Phil Frean 1-20-04; Chris Putnam and Ben Barden 1-21-15; Lee Barber and James Nelson 1-21-29.

On Sunday, Excelsior riders are in action in a club competition with the 17.1mile Long Furlong circuit event.

19TH APRIL 2012.

Wootton on top in Excelsior's time trial

WORTHING Excelsior Cycling Club's 17-mile time trial on Sunday was won by Jeremy Wootton in a time of 41mins 50sec.

The trial comprised two laps of the Long Furlong/Clapham/Offington circuit.

Kevin Wilson was one and a half minutes behind Wootton as he finished second in 43-22, Mark Bernhardt was third in 43-23 and Mark Newnham came fourth in 43-55.

The race provided debuts for three of the club's juniors and the fastest, George Parker, with 52-16, took first place in the handicap section.

Other times: Mel Robertson 44-34; Chris Putnam 46-51; Mike O'Gorman 47-58; Phil Frean 48-33; Lee Barber 48-52; Peter Main 49-48; Ben Barden 50-09; Phil Walker 50-20; James Nelson 50-49; Parker (junior) 52-16; Peter Rowe 54-24; Robert Downham 54-41; Tony Knott 56-40; Barrie Le Grove 57-07; Mark Field (junior) 1-00-30; Matt Bushby (junior) 1-05-47.

The club's evening 10-mile series starts today (Thursday) with the usual course starting from Washington at 7pm. Several Excelsior riders will then compete in Saturday's East Sussex CA 10-mile event at East Hoathly and in Sunday's Southern Counties CU 25-mile time trial from Broadbridge Heath.

26TH APRIL 2012.

Excelsior's Mike rides to top-25 finish

WORTHING Excelsior Cycling Club's Mike O'Gorman finished 25th in the East Sussex Cycling Association's 10-mile event on Saturday.

Despite windy and wet conditions, he finished in 25mins 7sec to beat his age standard by 2mins 21sec to place seventh in the veterans' category.

Excelsior had five members in action in the Southern Counties Cyclists Union 25-mile event from Broadbridge Heath on Sunday.

Jeremy Wootton was the fastest club member with a time of 59-08, as he just held off Mark Bernhardt, who finished in a personal best 59-34. Veteran Mel Robertson clocked 1hr 01mins 39sec, Peter Main finished in 1-07-06 and Barrie Grove got home in 1-14-13.

The club's 10-mile time trial was cancelled last Thursday as flooded sections of the A24 made conditions unsafe. The next 10-mile time trial event is tonight (Thursday) at Washington (7.15pm).



WORTHING HERALD 26TH APRIL 2012. CENTRE OF GROUP STEPHEN AND MICHELLE FEEST AFTER 10 MILE RACE IN ANGMERING PARK ESTATE. STEPHEN 16TH AND 4TH IN AGE CATEGORY 1:14:24 MICHELLE 25TH IN WOMEN'S EVENT AND 11TH IN AGE CATEGORY 1:32:07.

DON LOCK TRIES GRAEME GILL'S

'NEW RACER' AT THE
FISH & CHIP SUPPER
24/4/12





WORTHING HERALD
10TH MAY 2012.

Excelsiors in action in several events

WORTHING Excelsior Cycling Club's riders were active in several events last week.

On Tuesday, four entered the first of the Surrey League road races held on the motor circuit at Goodwood. The 30-mile race was 13 laps of the circuit and had a field of 105. Mark Newnham, Excelsior's current road race champion, finished 15th, with Darron Muggeridge 36th, Dominic Maxwell 40th and Simon Atkinson 90th.

In the evening 10-mile time trial on Thursday, Newnham came out on top with a time of 22mins 26sec, just three seconds ahead of runner-up Chris Twine. Mark Bernhardt was third in 22-35.

Other times: Kevin Wilson 22-54; Chris Putnam 23-39; Mike O'Gorman 23-44; Muggeridge 24-36; Phil Frean 24-45; Peter Main 24-46; Nolan Heather 25-02; Lee Barber 25-06; Phil Young 27-17; Tony Eveleigh 27-54; John Lucas 28-48; Joan Lennon 29-00.

At the weekend, the Sussex Cyclists Association promoted a 10-mile event on Saturday and a 25-mile one on Sunday and both were subjected to heavy rain, strong winds and low temperatures.

Twine was the first Excelsior rider home in both events. He finished the 10-mile event in 23-27 and the 25-mile race in 1-00-38.

Other times, 10-mile: Keith Wilson 23-42, O'Gorman 25-44, Frean 26-40.

25-mile: Newnham 1-03-53; Barber 1-07-07 (pb), O'Gorman 1-07-30, Frean 1-07-45; James Nelson 1-12-42.

WORTHING HERALD

24TH MAY 2012

Wootton seals his first win in 10-mile series

JEREMY Wootton recorded his first win this year in defence of his 2011 title in Worthing Excelsior Cycling Club's evening 10-mile series on Thursday.

He recorded an excellent time of 22mins 41sec on what was another cold and windy evening.

Riding a single fixed gear, he outpaced the rest of the field to leave Kevin Wilson in second place on 23-08 and Mark Bernhardt third with 23-11.

Other times: Mike O'Gorman 23-36 (pb), Simon Atkinson 23-48 (pb), Mark Newnham 23-50, Carl Trevis 24-18, Chris Putnam 24-23, Peter Main 24-28, James Nelson 24-29 (pb), Darron Muggeridge 25-22, Phil Frean 25-49, Nathan Gale 25-59, Joe Klose 26-29, Peter Rowe 28-03, Phil Young 28-07, John Lucas 28-22, Joan Lennon 29-51.

A number of Excelsior riders are competing for the first time in the Surrey Cycle Racing League events at the Goodwood Motor Circuit and are enjoying tough competition in the large fields, often over 100.

In the 27-mile event last Tuesday, Darron Muggeridge finished 32nd and Dominic Maxwell was 40th.

Bernhardt wins 10-mile time trial

WORTHING Excelsior Cycling Club's 10-mile time trial at Washington on Thursday was affected by strong winds but was not washed out like the previous week.

Despite the conditions, there was a good entry and keen competition, with Mark Bernhardt first home in 23mins 25sec. He finished just 19 seconds ahead of Mark Newnham, with Kevin Wilson just six seconds further back.

Other times: Chris Putnam 24-16; Chris Twine 24-19; Mike O'Gorman 24-26; Peter Main 24-52; Simon Atkinson 25-26; Darron Muggeridge 25-33; Phil Frean 26-07; Clive Lett 26-07; Ben Barden 26-36; Allan Orman 26-38; Phil Walker 26-43; Robert Downham 27-26; Phil Young 28-30; Tony Eveleigh 29-49; Nicole Patterson 30-12; Graeme Gill 31-38.

Excelsior had two members in action at the Addiscombe 25-mile event from Broadbridge Heath on Sunday mornings.

Chris Twine clocked 1hr 2mins 20sec and Kevin Wilson was close behind in 1-02-49.

Excelsior members are in action in the Sussex Cyclists' Association's 10-mile event on Saturday and 25-mile race on Sunday. Both events start at 7am and use the Steyning Centre as the headquarters.

Last Sunday, the club promoted their annual Ray Douglass Memorial 25-mile open time trial on the Broadbridge Heath-based course.

They attracted an entry of 108 and the event was won by the veteran ace of East Grinstead CC, Steve Dennis, who recorded a superb time of 52-56.

With a number of club riders being involved with the promotion, just eight were able to ride. The fastest was Mel Robertson with a time of 1hr 1min 42sec, placing him 34th, but third in the separate veteran's competition.

Other times: Simon Letts 1-02-55, Mike O'Gorman 1-04-23, Darron Muggeridge 1-04-56 (pb), Phil Frean 1-05-22 (pb), Lee Barber 1-06-15 (pb), Allan Orman 1-10-05, Barrie Le Grove 1-16-53.

Simon in the saddle for cycle challenge

IN the past, Simon Atkinson's charity endeavours have seen him tackle a cross-country bike ride from Land's End to Margate and 1,000 miles in 24 hours on his motorbike.

With this year's effort, he said he wanted to do something even better, so on Saturday he travelled to France to begin a 1,100-mile ride to Switzerland and back.

Simon, 38, who works at Dillistone Funeral Service in South Farm Road, Worthing, said: "It came about because I was organising doing Land's End to John O'Groats, but trying to get home from

■ by Katherine Hollisey-McLean

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there was looking to be quite difficult. So, I started thinking about Europe, and we chose to start and finish in Calais because we can just hop on and off the ferry."

Simon, of Roundstone Lane, Angmering, is raising money for his firm's charity of the year, Marie Curie Cancer Care, and will do the challenge alongside his friend and former colleague, Doug Winterborne, 43, of Lansdowne Road, Worthing.

Over the course of two weeks, Simon estimates they will have to ride for around six



Simon Atkinson is all ready to go

W21542H12

to seven hours a day, covering around 80 miles.

They start in Calais and take the Western Front route to Basel, and on the return will use the EuroVelo 5 cycle path.

He said: "I am quite a keen cyclist, anyway, but I have been practising, too.

"I've done a ride with all the gear on the bike, and it is quite tough on the legs, but I hope it will be ok – for me, the camping will be the worst thing as I do like my own bed!"

To sponsor Simon, visit www.justgiving.com/simon-atkinson2

WORTHING HERALD 31 MAY '12

Wootton wins time trial by four seconds

JEREMY Wootton won the sixth race of the series in Worthing Excelsior Cycling Club's evening 10-mile time trials on Thursday.

Wootton won in 21mins 38sec, by just four seconds from Mark Bernhardt.

Kevin Wilson finished third in a personal best time of 22-31.

The race was over subscribed which meant some racers were unable to get a ride but the fastest time of the evening was from Lewes Wanderers' Nick Dwyer, who is the course record holder, in 20-05.

Other Excelsior times: Mike O'Gorman 23-08, (PB); Simon Letts 23-09 (PB); Peter Main 23-13; Chris Putnam 23-30 (PB); Phil Frean 23-57 (PB); Lee Barber 24-18 (PB); Alan Orman 25-17; Joe Klose 25-30 (PB); Robert Downham 25-35; Phil Walker 25-37; Phil Young 26-33 (PB); Tony Eveleigh 26-46; Tony Knott 27-34; John Lucas 27-42; Joan Lennon 28-06; Ben Toovey 28-20; Graeme Gill 28-55.

'COST CUTTING' MEANS NO GRASS CUTTING!

MIKE IRONS TIMEKEEPING 7TH JUNE 2012



Slender lead for Wootton, but it's still open

AT THE halfway stage in Worthing Excelsior Cycling Club's evening 10-mile series, defending-champion Jeremy Wootton has a slender lead, although the competition is more open than for some years.

The latest race on Thursday saw a brilliant ride from Chris Twine, whose time of 21mins 36sec was too good for Wootton, who was second in 21-49.

There have now been four different

winners of individual events, with Mark Bernhardt and Mark Newnham also scoring, and it is all to play for in the remaining seven races.

Mike O'Gorman was third with a time of 23-32, giving him his highest placing so far.

Other times: Darron Muggeridge 23-58, James Nelson 24-06, Nathan Gale 24-46, Allan Orman 24-56, Joe Klose 25-25, Phil Walker 25-59, Phil Young 26-37, John Lucas 27-19,

Jack Shepherd 28-28, Colin Miller 28-49, Joan Lennon 28-53, Graeme Gill 29-23.

On Saturday, Wootton was in action in the Surrey/Sussex veterans 10-mile championship on the A22 in East Sussex. He finished seventh on actual time (22-44) but age allowance was good enough for the bronze award.

O'Gorman also rode this and finished in a time of 24-58 (13th in the championship).



CHARITY BIKE RIDE/SPORTIVE



SUNDAY 12th AUGUST, 2012

**CELEBRATING 125 YEARS OF
WORTHING EXCELSIOR CYCLING CLUB**

**3 DISTANCES - 3 ROUTES
YOUR CHOICE - YOUR CHALLENGE**

Supporting Chestnut Tree House Children's Hospice

Contact www.worthingexcelsior.co.uk for more details



Chestnuts

The newsletter from Chestnut Tree House

Sunday 12 August 2012

The Devil in the Downs

Start from Dial Post Village Hall, Near Horsham, RH13 8NH

Start time slots allocated between 8am and 10am

A sponsored bike ride organised by Worthing Excelsior Cycling Club, who are celebrating their 125th anniversary this year.

Choose from a 50km, 85km or 125km course depending on your ability. Registration costs £15, £17 or £19 for each distance, reduced fees for under 18s but parental consent is required. All entry must be paid in advance; you cannot enter on the day. For more information about the different routes and to register, visit www.worthingexcelsior.co.uk/devil-in-the-downs.

Twine leads

A PAUSE between Saturday's gales and Sunday's rain gave the Sussex Cyclists' Association's 50-mile Championship excellent conditions at the weekend.

With an early 6.30am start from West Grinstead, riders were given a welcome break from recent bad weather over a tough course.

The event attracted 54 riders including some elite competitors

Excelsiors in 50-mile event

from outside of the county. It was a Sussex member, though, who triumphed with Steve Dennis of the East Grinstead Club gaining his 11th victory in the event in 1hr 48mins 56sec as just seven riders beat the two hour mark.

Worthing Excelsior's Chris Twine, tackling only his second ride at the distance, produced a fine effort and was unlucky to finish on

2-00-36 in eighth place.

Other Worthing times: Mark Bernhardt 2-04-27, Kevin Wilson 2-04-40, Mel Robertson 2-07-26, and Nathan Gale 2-22-57.

Last Thursday's evening 10-mile race did not escape the weather and riders had to contend with gale force winds.

Again it was Twine who ran out the winner with a tremendous

22mins 28sec to really put himself in contention for the overall series.

Defending champion Jeremy Wootton had to settle for second spot with 23-09 and Kevin Wilson was third on 23-50.

Other times: Darron Muggeridge 24-40, Chris Putnam 24-57, Simon Atkinson 25-02, Phil Frean 25-21, James Nelson 26-17, Joe Klose 26-17, Phil Walker 27-07, Robert Downham 27-58.

Excelsior time trial event hit by works

WORTHING Excelsior Cycling Club's time trial programme was hit for the third time this season on Sunday.

Having already lost two of the evening 10-mile events to bad weather, road works postponed the 17-mile Pulborough circuit on Sunday, although event secretary Mel Robertson hopes to find a new date for this in August.

Last Thursday's 10-mile race did go ahead but it was another dark and wet evening attracting only a small field.

In-form Chris Twine had another sparkling ride, recording a further personal best he finished in 21mins 20sec and was well clear of second-placed Jeremy Wootton on 22-02 and Simon Atkinson, who was third with a personal best of 22-54.

Twine now moves ever closer to the lead in the overall competition with just five events remaining.

Other times: Chris Putnam 23-34, Darron Muggeridge 23-46, Mike O'Gorman 23-48, Robert Downham 26-59, Jack Shepherd 30-19.

Three riders found competition on the A3 road near Liss on Saturday. In the Team Axiom 10-mile event, Wootton recorded 22-20, followed closely by an excellent 22-26 from Peter Main. Mike O'Gorman managed 23-22 for a satisfactory gain on his age standard.

This Sunday the club's 50-mile championship is incorporated in the Southern Counties Cycling Union promotion on the course centred at Broadbridge Heath.

A field of 100 is expected and Worthing will have eight entries, including Twine and Wootton.

WORTHING
HERALD
21ST JUNE
2012.

Nicole leads Tuff Fitty home in Littlehampton

TUFF Fitty Tri Club had 17 finishers in the Littlehampton waterfront festival Ironman-distance swim at the weekend.

The 3,800m race was from Ford Marina, down the River Arun and finished by the RNLI station.

More than 300 swimmers finished the race and Tuff Fitty were led home by Nicole Patterson, who finished in 51mins 04sec.

Other Tuff Fitty times: Kev Pearson 54-04; Alice Gatland 54-07; Glenn Parisi 56-33; Anthony Towers 56-40; Sam May 60-33; Andy Strong 60-33; Steve White 60-39; Trevor Harvey 60-45; Mike Latham 62-21; Jon Roper 62-25; Andy Moulding 64-15; Kirsty Keith 67-16; Steve Jones 70-20; Charlotte Stubbs 70-39; Margaret Gritton 70-44.

Rain puts the brakes on for Excelsior

WORTHING Excelsior Cycling Club were forced to cancel their evening 10-mile event due to the unsafe road conditions with heavy rain and surface water on the A24 on Thursday.

On Saturday, an open 10-mile event on the A31 was also called off for the same reason. Chris Twine did at least find competition on Sunday morning, riding in the East Sussex Cycling Association open 50-mile event based from East Hoathly.

He continued his impressive form and returned the fastest 50-mile time in the club this season with 1hr 59mins 50sec for another personal best. His final placing was eighth in a field of 70 riders.

On Sunday, the club will have several riders in the Brighton Excelsior 25-mile event on the Ashurst Circuit based course.

Excelsior rides in action in Lewes

TWO of Worthing Excelsior Cycling Club's riders took part in Lewes Wanderers' 30-mile distance on Sunday.

Chris Twine produced a personal best and beat the 25mph barrier in recording 1hr 11mins 22sec.

Veteran Mel Robertson was pleased to find a return to form in recording 1-13-57 for fourth place in the veteran category.

Thursday's evening 10-mile race produced another close finish in the open and competitive series.

Mark Bernhardt hit the best time with his second win in 22-09 – nine seconds clear of Twine (22-18) and 21 seconds faster than Kevin Wilson (22-30).

There have now been five different winners in the nine races so far and it is everything to play for in the last three as Jeremy Wootton's lead is now down to just one point.

Other times: Mark Newnham 23-22, Mike O'Gorman 23-28, Simon Letts 23-31, Darron Muggeridge 23-39, Chris Putnam 24-07, Nathan Gale 24-43, Phil Frean 24-55, Joe Klose 24-57 (pb), Robert Downham 26-24, Jamie Wastell 27-14, John Lucas 27-26, Peter Rowe 27-38, Phil Young 27-55, Colin Miller 28-09, Joan Lennon 28-53, Jack Shepherd 28-54, Graeme Gill 28-56.

Wootton's defence goes to the wire

A MECHANICAL problem may have robbed Jeremy Wootton of a successful defence of his Worthing Excelsior Cycling Club evening 10-mile series trophy.

In Thursday's race, a tri-bar problem meant he was unable to finish and so another first place was gifted to his young challenger Chris Twine.

Twine finished in a fast time of 21mins 35sec to move level on points with Wootton. With two races left, one of them must win both, as, if they win one each, the championship will be shared.

Other times: Kevin Wilson 22-02, Mark Newnham 22-46, Darron Muggeridge 22-47, Simon Letts 22-54, Mike O'Gorman 23-18, Chris Putnam 23-38, Phil Frean 24-27, James Nelson 25-00, Phil Walker 25-00, Robert Downham 26-00, John Lucas 26-14, Barrie Le Grove 26-34, Colin Miller 27-16, Jack Shepherd 27-57, Graeme Gill 28-04.

Only Mike O'Gorman braved the conditions over the weekend. On Saturday, he finished the South Eastern 10-mile event in 24-14 for 10th place in the veterans' section. And, on Sunday, he produced a personal best of 1hr 2mins 39sec in the Bec 25 mile.



JOHN
LUCAS
MODELS
NEW
SKIN
SUIT
AT
EVENING
TEN.

All fine for Twine in evening 10-mile win

WORTHING Excelsior Cycling Club's Chris Twine claimed victory in the club's 2012 evening 10-mile series.

The final race was blessed with good weather and a number of riders managed to get in their final ride to qualify for the overall awards.

Twine scored his fifth success to

claim victory overall, clocking 21mins 50sec. Mark Bernhardt was second in 22-29 and Kevin Wilson third on 22-47.

With Jeremy Wootton unable to ride the last event, Twine won the 2012 series with an aggregate seven points from his best six placings. Bernhardt was second overall and Wilson third.

Other times: Chris Putnam 23-24, Darron Muggeridge 23-33, Carl Trevis 23-34, Mark Newnham 23-38, Mike O'Gorman 23-52, Simon Atkinson 23-54, Phil Frean 25-11, James Nelson 25-19, Robert Downham 27-09, Phil Young 27-21, Tony Eveleigh 27-48, Graeme Gill 29-29.

Five members rode in Brighton Excelsior's 25-mile promotion on the

Ashurst circuit on Sunday.

Twine again led the way with a personal best for the course of 58-51.

Veteran Mel Robertson beat 60 minutes for the first time this season with 59-33. Simon Letts recorded 1hr 2mins 34sec, Mike O'Gorman 1-04-24 and Lee Barber 1-07-19.

Bernhardt is Excelsior's 100-mile champion

WORTHING Excelsior Cycling Club's riders were inspired by the exploits of Team GB's cyclists as they produced brilliant rides in the club's 100-mile championship on Sunday.

The event was incorporated in the Southern Counties Cycling Union promotion and held on the A264 between Horsham and Crawley and the 24 south to Washington.

Mark Bernhardt knocked almost 10 minutes

off his personal best to record 4hrs 17mins 39sec.

In second place with a remarkable debut 100-mile ride was Kevin Wilson who clocked 4-19-09 – a ride which deservedly gave him the club's handicap award.

Paul Outhwaite, one of the club's real long-distance specialists with experience of the Pyrenees and the Alpine routes, taking part in a rare time trial race, came home third with a time

of 4-34-03.

Nathan Gale, returning after a lay-off, did well to finish the course but was well back on the others and slightly disappointed with his time of 5-04-24.

Today (Thursday) sees the last of the mini hill climb series on Washington Bostal, which starts at 7pm.

Wilson currently leads in the series.

CHAIRMAN ROBERT DOWNHAM AND MEMBER LESLEY MILLER SHOW THE LETTER OF CONGRATULATIONS FROM BUCKINGHAM PALACE ON THE CLUB'S 125TH ANNIVERSARY



EXTRACTED FROM WORTHING JOURNAL
AUGUST 2012

1900: Members of Worthing Excelsior Cycling Club enjoyed an evening outing to the Franklands Arms, Washington, where they sat down to a strawberry tea, followed by singing and dancing, until a late hour. It was dark when they left, and under a moonlit sky the cyclists, carrying Chinese lanterns, provided an exceedingly pretty sight as they dashed down into the village of Findon.

WORTHING HERALD 16TH AUG. 2012

Wilson sets a new Excelsior record

WORTHING Excelsior Cycling Club held their annual Pulborough Circuit event on Sunday.

The hilly 16-mile course, which takes riders up to Billingshurst then Wisborough Green before returning to Pulborough, through Fittleworth, saw Chris Twine set a new club record of 38mins 33sec.

Kevin Wilson was second in 40-05 and Mel Robertson third in 41-48.

The handicap award went to Phil Walker (10 minutes allowance) with a net time of 35-55.

Other times: Mike O'Gorman 43-17, Darron Muggeridge 44-20, Nathan Gale 44-23, Phil Walker 45-55, Phil Frean 47-17, Lee Barber 48-24.

The last of the three hill climbs at Washington Bostal was won by Wilson and his best two placings aggregate was two points.

Other finishers: Chris Putnam 4, Tom Coulson 7, James Nelson 9, Mike O'Gorman 11, Lee Barber 16, Graeme Gill 19.

On Sunday, the club have their Hardriders Championship over a 26-mile course, starting from Pulborough at 9am.

WORTHING-
HERALD 23RD
AUGUST 2012
BUT THEY
GET THE
HEADING
ALL WRONG



SNAPS
FROM
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TRIP



Devilish event for Excelsior's 125th

THE Devil in the Downs, an 80-mile challenge to celebrate Worthing Excelsior Cycling Club's 125th anniversary, went off brilliantly in excellent weather conditions on Sunday.

Also held to support Chestnut Tree House children's hospice, it was a successful event with 169 entries and riders from all over the south of England and abroad. Riders were faced with a severe test with the route including all the major climbs of the Downs.

Excelsior's successful riders were Dean Amos, Simon Atkinson, John Baldwin, Kevin Doe, Tony Eveleigh, Phil Frean, Nathan Gale, Barrie Le Grove, Dominic Maxwell, Chris Day, Mike O'Gorman, Paul Outhwaite, Nicole Patterson, Chris Putnam, Tony Knott, Jon Turner, Phil Walker, James Wastell, Jeremy Wootton, Joe Klose, Ed Klose and George Parker.

Two shorter routes of 50 miles and 30 miles were completed by Alan Langham and Mike Irons (50) and Andrew Lock, Don Lock and John Mansell (30).

On Saturday, Mel Robertson and Mike O'Gorman rode the Eastbourne Rovers 10-mile event at East Hoathly and won first and third prizes in the veterans' category with times of 23min 46sec and 24-36. Robertson was in action again the following morning in the same club's 25-mile event, this time with Chris Twine. Twine recorded 59-21 and Robertson 60-47 as both won their age categories.

Busy weekend for Excelsior's Chris

WORTHING Excelsior Cycling Club's Chris Twine was in action in three events over the bank holiday weekend.

On Saturday, he finished fifth in the Brighton Mitre hilly 10-mile event, near Loxwood. He got home in 22mins 57sec, while the winner was Steve Dennis, of East Grinstead, who finished in 22-07.

On Sunday, Twine smashed his own course record in Excelsior's 21-mile Hardriders event at Pulborough, knocking nearly five minutes off the previous time, as he finished in 55-36.

Then, on Monday, Twine took part in the second Brighton Mitre event in Loxwood, a hilly, 25-mile ride.

He recorded a fourth-placed finish in 1hr 0mins 30sec, with the winner Mike Coyle, from the promoting club, getting him in 56-59.

Other Hardriders times: Kevin Wilson (also inside the old record) 57-46; Mike O'Gorman 1-03-46; Chris Putnam 1-05-57; Phil Walker 1-06-28; Nathan Gale 1-07-14; Simon Atkinson 1-07-30; Guy Musgrove 1-18-56.

On Sunday, Excelsior holds its 30-mile championship on the Washington/Ashurst circuit course.

6TH SEPT. 2012

It's pedal power to mark a milestone

MEMBERS of Worthing Excelsior Cycling Club celebrated its 125th anniversary with three cycle challenges and raised some money for charity along the way.

More than 100 cyclists embarked on one of three cycle rides last month – The Devil in the Downs, The Little Devil and The Imp. The routes were painstakingly mapped out in the Sussex countryside and included routes up to 125km in length and climbs totalling 1,500 metres. The routes took the cyclists past picturesque landscapes, including the setting for the TV detective series Jonathan Creek and the Grade II listed Balcombe Viaduct, created from 11 million bricks.

Cyclists from all over the country took part, including some from further afield including Jamie Smith from Paderborn, Germany.

Other riders included Anthony Alston, a member of 34 Nomads Cycling Club, who made a donation to Chestnut Tree House children's hospice on the day, on behalf of the long-running Southern Counties Cycling Union, as their members were unable to attend.

Representing the hospice was Chris Merryfield-Day, father of Andrew who lost his battle with cancer at Chestnut

by Sarah Dale

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Tree House in July last year. He was joined by his brother Jon and the two rode the Devil in the Downs route.

Jackie, Andrew's mum, said: "In the last six months of Andrew's life, and the year since, Chestnut Tree House has provided an invaluable care service that has supported us and our daughter Katie. This charity is truly worth its weight in gold and it is amazing that it is there for families like us and many more."

The Merryfield-Day family have taken part in many fundraising activities for Chestnut Tree House, and hope to be able to do more in the future.

Chris said: "My brother and I are by no means athletes by Olympic standards, but we enjoy exercising and challenging ourselves wherever possible. We also feel that by pushing ourselves through various challenges, we are giving something back to Chestnut Tree House for the priceless support and care that they have given to my whole family. We will be ever thankful for that."

The organiser of the cycle rides, Adrian Palmer, was pleased with the number of cyclists taking part and hoped to raise in excess of £500 for Chestnut Tree House.



Chris Merryfield-Day and brother Jon

RANDONNEES

The National 400

Richard Thomas



23 July 1983 Godalming

Promoted by the CTC under AUK Regulations

I had no idea what I was letting myself in for, but a couple of 100-mile time trials in early July set me up for the ride. I only had one bike, a red 'Don Farrell' circa 1963 with a five-speed block (14 to 26) and 52/42 rings. It even had Mafac centre pull brakes and 27 inch Weinmann HPs, not 700C as is now the norm. The saddle was an unpadded plastic Unitor-Nitor. I carried my stuff in a 1960s 'Chossy' saddle bag. I had a single bottle cage and an aluminium pump which fitted onto pegs, not a frame-fit. The route sheet was one side of A4, and comprised a mixture of A roads, B roads and minor roads. There was less traffic in those days 30 years ago! I duly arrived for the start at Charterhouse School, Godalming, for the 14:00 start. We were sent off at 10 minute intervals, with me leaving at 14:10 (much to my chagrin this was not taken into account at the end of the ride!). Once we were off I became concerned at the rather pedestrian pace of the

leader of the group I found myself riding with. I recall he was wearing light brown corduroy shorts. I thought we would struggle to get round in the time allowed unless we speeded up. So, being a young whippersnapper and a racing man to boot, I went by and sped off to the first control, where I was lucky to meet up with the lads from the Worthing Excelsior, amongst whom was 'El Supremo' Dave Hudson. I approached them in my Eastbourne Rovers jersey and tentatively asked them whether I could ride with them. They were very welcoming and we rode the rest of the event together, gaining a reputation for fast riding and long stops at each control. Towards the end of the ride we were pulled over by a police car for riding two abreast up a hill. We were all tired by then and I recall that some of the group were squaring up for an argument but sense prevailed, we acknowledged our 'misdemeanour', which the police accepted, and we rode on. The penultimate control was at Washington, and soon after that, Dave and some of the group stopped for an ice cream, so Don Lock, another Worthing rider and I rode on uphill (a sting in the tail) to the finish at Godalming. At the end, Don suggested I consider riding a 12-hour time trial as I finished quite strongly (I duly rode the Sussex 12hr in 1984) and well within the time limit. Needless to say I was now hooked on these longer rides. In those days, with a young family and not much money, I remember finishing the ride with just enough money for a cup of tea and a penny change!



Extracted from *Arrivée* Magazine Summer 2012. The memories of Richard Thomas of the Eastbourne Rovers C.C.

28 June 1986 Truro, Cornwall

Organised by the Kernow CC and Cornwall CTC

This was an epic! I arranged for a group of us to ride this event, reviving the 1983 connection to the Worthing Excelsior and also inviting Roger to join us. So our group were Dave Hudson, Don Lock, Tony Palmer, Roger Smith, and me. This time I was riding my Condor track bike, converted to gears by a gear hanger fitted into the rear facing track ends. I had written off the Don Farrell frame on the back of a car in February 1986, so I had replaced that with a new Roberts time trial bike, which was unsuitable for Audax riding as I could not fit mudguards (younger readers may not know that mudguards were compulsory in those far off times). Tony, Roger and I met at a pub in Brighton and drove down the day before, staying overnight at a guest house in Tintagel. We then drove to the start in Truro, to check in at the HQ, being the Truro Sixth Form Centre at the top of a hill. We were to return uphill there several times as the course comprised three loops. The start was at Truro Cathedral, and we were sent off by the Lord Bishop of Truro, following the police escort out of town. Needless to say it was hilly, we completed the first loop of 134km in daylight before heading off into the night and over Bodmin moor, in a thunderstorm. We sheltered under one of the overbridges. The climbing was proving challenging. Thankfully, there was a café control at 207km which provided a much needed stop for refuelling in the midst of the night. By the time we returned to central control we had 332km under our wheels so the final loop down to Helston and St Keverne (Telstar Café control) and back to Truro was merely a formality. Unfortunately Dave Hudson had some mechanical trouble and was unable to complete the final loop, much to his disappointment. Roger 'won' the final prime to the arrivée. 408km in an hour longer than the previous year, reflecting the severity of the route.

Excelsior's Twine is in fine form

CHRIS Twine's sizzling form continued on Sunday as he won Worthing Excelsior Cycling Club's 30-mile championship.

He broke the record on the Ashurst Circuit/Shoreham course with a superb club course and event record time of 1hr 9mins 59sec.

That cut more than a minute from the previous best, which had stood for nearly 20 years.

Conditions for the event were good and second-placed Kevin Wilson was delighted to beat 25mph for the distance, something he had yet to achieve for 25 miles.

He recorded 1-11-24 and relegated Mel Robertson to third place, nearly two minutes back on 1-13-20.

Other times: Simon Atkinson 1-15-22, Mark Newnham 1-16-11, Chris Putnam 1-19-46, Phil Frean 1-21-08, Lee Barber 1-21-31, Phil Walker 1-24-20, Allan Orman 1-25-42, Peter Rowe 1-33-33.

In the handicap section, Barber (allowance 14.00) just beat Atkinson (allowance 7.30) with net times of 1-07-31 and 1-07-52 respectively.

Excelsior cyclists ride to new PBs

WORTHING Excelsior Cycling Club members rode several personal-best times in the Bognor Regis 25-mile event on Sunday.

On the Fontwell course, Chris Twine bettered his 25-mile record by almost three minutes to finish fourth in 54mins 41sec.

Kevin Wilson knocked five minutes off his personal best as he got home in 56-26 and veteran Mel Robertson recorded a personal best for the course in 57-50.

Mike O'Gorman also had a new PB as he finished in 60-29.

The three fastest times aggregated to the fastest team in the competition and Robertson was third in the veteran category.

Another veteran rider, Lee Barber, was also in action and knocked nearly two minutes off his personal best in the Southern Counties 25-mile promotion in Broadbridge Heath as he finished in 1hr 04mins 24sec.

SUSSEX CA

SAT 06/10 GH/92.-

Peter Tadros

(In-Gear Quickvit Trainsharp).....	4 06.3
D. Gardner (Lewes Wanderers).....	4 34.9
C. Twine (Worthing Excelsior).....	4 45.0
S. Kane (Brighton Excelsior).....	4 51.4
B. Kennard (Sussex Nomads).....	5 03.7
Y. Tymchenko (Lewes Wanderers).....	5 14.5
C. Putnam (Worthing Excelsior).....	5 14.7
J. Fanner (Sussex Nomads).....	5 19.1
M. Paton (Lewes Wanderers).....	5 21.1
D. Percival (34 Nomads).....	5 31.2



Above Kevin Wilson in Club Hill Climb



Presentation of cheque to Chestnut Tree House from the '125' Shortrive.

Twine climbs to third in Hill Champs

Worthing Excelsior Cycling Club's Chris Twine's successful season now includes hill climbing.

After another excellent 25-mile time of 57mins 23sec on the distinctly sporting course around the Ashurst/Washington circuit to win the club championship, he has now placed third in the Sussex Cyclists' Association Open and County Hill Climb Championship.

He made the ascent of the north face of Steyning Bostal in just 4mins 45 sec and that also gave him the club's Hill Climb Trophy, leading second-placed Chris Putnam (5-14) and third-placed Kevin Wilson (5-36).

The club's tourist trophy event had perfect weather, although heavy rain had made the

off-road sections particularly difficult.

The contest, over approximately 25 miles, involved map reading and knowledge of the countryside.

It was won by club secretary Adrian Palmer, who successfully defended his 2011 win.

Alan Matthews was second and Graeme Gill finished third. Others members who completed the course were Mike Irons, Barrie Le Grove, Rich Hughes, and Phil Freat.

GET IN TOUCH

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Twine heads for heights

Worthing Excelsior Cycling Club's Chris Twine continued his attack on the hill-climb season with two more races on Saturday. Brighton Mitre Cycling Club ran two events, a morning climb at Steyning Bostal and an afternoon as-

cent from Shoreham up to Truleigh Hill. He was three seconds down on his club championship winning ride on the Steyning climb, finishing in 4mins-48sec. In the afternoon, he finished fourth in 8-33.

REPORTS IN WORTHING HERALD

18TH OCTOBER. PHOTO BY

CHRIS'S MUM.



Joan Lennon and Chris Putnam on Steyning Bostal. Club/S.C.A. Hill Climb 6th October
Photographs by John Lucas.

Two Excelsiors in 25-mile action

Two Worthing Excelsior Cycling Club members took part in Sunday's 25-mile promotion by the Brighton Mitre CC on the Ashurst Circuit and Shoreham course. Mark Newnham recorded 1hr-05mins-32sec and Mike O'Gorman 1-08-06. The British best all-rounder champion Andy Topham won in 53-58.

Twine finishes season on a high

Chris Twine brought his cycling season to a close with a sixth-place finish in the Southdown Velo 28-mile promotion. The Worthing Excelsior member's time of 1-11-23 in the Goodwood event was less than three minutes behind the winner.

WORTHING HERALD 22ND NOVEMBER 2012

Excelsior celebrate 125th anniversary

Annual dinner and prize presentation a wheely good evening

By OLLIE BERRY

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Worthing Excelsior Cycling Club celebrated its 125th anniversary at their annual dinner, dance and prize presentation last Friday.

There were 84 members and friends who enjoyed a three-course meal at Worthing Rugby Club before the president Tony Palmer and events secretary Mel Robertson presided over the presentation of the club's silverware to the 2012 winners.

It was, in many ways, a record-breaking and highly successful year for the club.

Membership continued to grow, partly bolstered, perhaps, by the Tour de France successes of Bradley Wiggins and Mark Cavendish, and by the success of the Team GB cyclists in the London 2012 Olympic Games.

Membership secretary Mike Irons has been busy signing in new members every week and the total is now in excess of 140. Particularly encouraging is the increase in the numbers of lady and junior members.

The main celebration event of the year was the promotion



Worthing Excelsior members with their trophies at their annual bash last Friday

of the 125k Sportive, in August, which attracted an entry of 200 and raised more than £1,000 for the Chestnut Tree House children's hospice.

The principal recipients of the trophies were Kevin Wilson, who was the senior best all-rounder, points cup winner, sporting courses competition winner and 50-mile champion.

Chris Twine was the champion at 25 miles, 30 miles, hill climb, evening 10-mile series, hard-riders champion and fastest 50-mile of the year.

Mark Bernhardt was the 100-mile champion, Mel Robertson the veteran's best all-rounder, and Mike O'Gorman the most improved rider.

Away from the time trials,

Dominic Maxwell won the road racing trophy, Tony Knott the club runs attendance cup, Adrian Palmer the touring competition and Paul Outhwaite the audax distance trophy.

The final award was the club person of the year and this went to Adrian Palmer, who was also responsible for the most successful charity Sportive.







GRAEME GILL
WITH
HIS
'ORDINARY' AND
DAWN MILLER UP

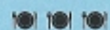


2012 TROPHY WINNERS

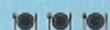
Mens B.A.R	Kevin Wilson	24.631 mph
Veterans B.A.R	Mel Robertson	+ 4.300mph
Mason Cup 100 miles	Mark Bernhardt	4h 17m 39s
Shipton Cup Fastest 50 mile	Chris Twine	1h 59m 50s
Welch Cup 50 miles	Kevin Wilson	2h 04m 10s
Bennett Cup 25 miles	Chris Twine	57m 23s
Young Cup Hardriders	Chris Twine	55m 36s
Clapshaw Handicap	Simon Atkinson	
Pressley Cup 30 miles	Chris Twine	1h 09m 59s
Hill Cup 10 Mile Series	Chris Twine	
Alan Matthews SPOCO Cup	Kevin Wilson	
Points Cup	Kevin Wilson	
Fst Vet on Std 10 mile Series	Mark Bernhardt	+ 4m 01s
Barrett Hill Climb	Chris Twine	
Road Race Champion	Dominic Maxwell	
Most Improved Rider	Mike O'Gorman	+ 2.886 mph
Club Runs Attendance	Tony Knott	
Tourist Trophy	Adrian Palmer	
Audax Trophy	Paul Outhwaite	685 Miles
Club Person of the Year	To be announced	

MENU

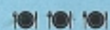
*Melange of Melon
With Blackcurrant Coulis*



*Carbonnade of Beef
Rump Steak slowly cooked 'til tender in Beer & Wine
Finished with Onions & Button Mushrooms*



Fruit Crumble & Custard



Coffee & Tea



*Don Lock M.C
(Master of Confusion)*

*Dishing out the Silverware
Your President
Tony Palmer*

*Music by
David Shaw & The Purple Haze Roadshow*