



THE
WORTHING
WHEEL

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WORTHING EXCELSIOR CYCLING CLUB

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The opinions and comments expressed in this magazine
are the opinions and comments of the individual
contributors, and are not necessarily the view of the
Worthing Excelsior Cycling Club or of its committee.

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Gabbletalk Reviews the Circuit Training

After the 1982 trait waining ostracised by Club Kinky Ribs we moved on in 1983 to turkey Straining at the Hurrington Dye School Jim. Instead of wifting lates at all signes of kadistic angles we found ourselves performing **most** unnatural contortions in a masochistic circulation of said Jim. Dearly fenty twive attended and this included several bright belson-ors, late of the Cove and Honway Sporting Club.

Initial problem for Kinky Ribs was the whowing of the blistle. Every 20 seconds caused much puff puff and blew blow. This was solved by extending periods of exorcism to 30 seconds, giving timefor more inhalation to the bellows of Oh! Mighty Coach who then produced rattly of the whee in the plistle.

The exertions expected on a cypical turkey were, gent bumps involving astride manoeuvres with a bench, climbing a rope where you were expected to up a piece of string to the ceiling, banana straining from the prune position, forward rolls which led frequently to real haze, called heel raise by Kinky Ribs. Next came chin ups, ironically, as most were by now doroughly thermoralised, then slow reg laze - a real stut grainer and dress ups and flop downs. Throat squirts - bringing knees to elbows and post marticipants to knees. Binally you were expected to funnyhop over a groomin blate horse.

The sessions were preceeded and followed by bouncing a silly ball around the said Jim and throwing Andy into a net half-way up the wall.

Concussions to be drawn are Paul Toppin goes better on a bike. Andy Lock would do a better 25 on a basket ball. Leon Budgen goes best - straight up. Craig Olive can only come again if he shuts up. The presence of the ladies and Angela's shorts made the whole thing bareable, sorry bearable. Next year I'm whowing the blistle well Kinky Ribs is the only one to have beaten a 27 year old personal best in 1983.

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After the rumours that Roger Smallman had gone cotterless, wife Jean informs me he's also got a new 'bottombracket'. Well she should know I suppose!

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Many thanks to Bill and Carol Procter for their sterling work in the sale of the Milk Race Tickets. Bill's accident, a badly broken leg whilst walking in the Steyning walking races at Easter - another car that 'didn't see him', made things very difficult for him to organise. At the time of writing however, it looks as though their efforts, and of course the efforts of all those who sold tickets, will have bought about £100 into club funds. Hurry up and get back on the bike Bill and no more of those dangerous sports.

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SAVE YOUR BIKE FROM THE THIEVES

Over 100,000 bikes are stolen every year. The easiest bike to steal is the one that isn't locked and well over half those stolen come in that category. Any lock at all is likely to deter thieving, so if you always lock it it's a lot less likely to disappear. Not all thieves are going to be deterred. A large number of bikes, especially expensive lightweights are stolen for resale. They may be disguised in some way or they may be sold in some other part of the country or even abroad.

The professional thief is unlikely to ride your bike away - more likely it will be put straight into a van. So unless you have locked it to something solid even the best lock won't prevent it disappearing. Even if you have done this, the thief may remove accessories that can be easily detached.

If your machine is stolen, your chances of getting it back are small. Only about one quarter are indeed recovered. One reason why so few are returned is the lack of identification. To increase the chances of getting it back, you should keep a note of the frame number and a description, although most clubmen will normally know every details of every accessory. The more information you can give the police, the more chance there is of it being recovered and being identified as yours. The police in many areas operate a scheme for having your house number and post code stamped onto the frame.

Although having your bikes insured won't help you recover once stolen, it will reduce the financial loss. Sometimes it can be added to an existing household contents policy or dealt with separately for quite a small sum per annum depending on the value and the type of cover required.

A recent 'Which' article on Bicycle locks and chains broke its findings into three categories: High Security, Fair Security and Minimal Security. In the first category were three 'U' bolt types, two by Citadel and one by Kryptonite - price range £18 to £28. In category two Belvin Lock & Chain No. 123., Squire Lock set No. 3536, Ralpar Security Lock ALA I72 and ALA I33, Squire Cablelock No. 936, Woolworth brass padlock 55/40 and Guard Security chain No. 73, Yale 714 padlock and Tinsley's 3033 zinc-plated chain, and two large shackle padlocks by Abus No. 42/70 and No. 32 HB40 - price range £3.50 to £12.50. Under the third category came Squire cycle lock No. 60. Squire cablelocks 536 & 624 Octopus Bicycle chain Lock No. L233, Octopus Lock No. LI36, Pifco Cycle Lock No. 619. Woolworth automatic padlock 4/45 and unbranded non-case hardened chain. Price range £1.35 to £5.00.

The 'U' bolts were the only ones that they could describe as 'High Security' being resistant even to 36" bolt cutters.

In the second group the Abus 42/70 £7.95, resisted all but the 36" bolt cutters, and defeated the 'Which' lockpicker. Its size and shape, however, made it awkward to use. The Ralpar ALA 172 £8.90, was the best of the cable locks - giving some protection against all but the 36" cutters. The only comments that 'Which' could make about category three was None of the locking systems in this last category offers much security against the professionals. But they are generally light and inexpensive, so they can deter the casual thief from riding your bike away."

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THE SHERWIN '25'

17th April

A Club 25 incorporating the Sherwin Cup for best junior on handicap. The morning was calm and misty and at 7 am. the roads were damp.. By the start time an hour later it was still calm but it was now very wet and this made it colder.. The course was the usual from Angmering out to Westhampnett and back on the A27,

There were five juniors entered, Robert Farrow, Chris Kennard, Richard West, Robert Downham and Andrew Lock. The handicap, by Keith Dodman gave Robert F. 19 minutes Robert D. and Chris Kennard 15.30. Richard 8.00 and Andrew 0.50. It was Richard who made the most of his allowance, recording a scratch time of 1.7.40 and a net time therefore of 59.40. So that trophy moves from Andy's shelf to Richards.

It was a morning which deterred a couple from starting and caused four punctures, two of which Paul Toppin and Mike Gibbs D.N.F'd. Tony Palmer changed and finished and Don Lock got home on a slow.

Full Event Result:-

1st. Andrew Lock (Jun) 1.1.00 0.50 1.0.10

2nd	Roy Holden	I.3.I7	3.00	I.0.I7
3rd	Don Lock	I.3.30	2.30	I.I.00
4th	Stuart Gibbs	I.3.37	3.00	I.0.37
5th	Graham Tooley	I.4.08	4.00	I.0.08
6th	Stephen Jukes	I.6.20	3.30	I.2.50
7th	Peter Shaw	I.7.06	II .00	56.06
8th	Mick Kennard	I.7.27	7.00	I.00.27
9th	Paul West	I.7.29	4.00	I.3.29
10th	Richard West (Jun)	I.7.40	8.00	59.40
11th	Tom Lainsbury	I.10.09	8.00	I.2.09
12th	Jeff Russell	I.10.38	II.00	59.38
13th	Bob Grange	I.11.00	15.00	56.00
14th	Tony Palmer	I.12.I3	8.00	I.4.I3
15th	Peter Scopes	I.14.I6	7.00	I.7.I6
16th	Andy Smith	I.19.I7	7.00	I.12.I7
17th	Chris Kennard (Jun)	I.20.29	15.30	I.4.59
18th	Reg Searle	I.21.07	22.00	59.07
19th	Robert Downham	I.21.I8	15.30	I.5.48
20th	Angela Walker	I.22.40	20.00	I.2.40
21st	Robert Farrow	I.26.29	19.00	I.7.29

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It's rumoured that Roy Holden was going so fast at the finish of the Club 30 that he couldn't stop till the top of the Hammerpot.

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Results

Bognor Regis 10 16th April

Winner Paul Reeves (Bognor) 22.52
 Paul Toppin 23.32
 Adrian Cooper 24.07
 Jack Smith 26.25
 Paul West 26.26
 Tony Palmer 27.33
 Robert Downham 29.26
 Betty Cox 30.30
 Angela Walker 30.57
 Reg Searle 32.41

Kingston Phoenix IO 16th April

Mike Gibbs 28.56 (Crank off)
Angela Walker 28.36 (Personal Best)

Hants R.C. IO 30th April

New Club team record	{	Paul Reeves	22.31	Fastest junior
		Paul Toppin	22.38	
		Adrian Cooper	23.55	
		Andrew Lock	24.18	
		Graham Tooley	24.47	
		Stephen Jukes	24.47	
		Don Lock	24.53	
		Mick Kennard	25.40	
		Jack Smith	25.59	
		Mike Gibbs	26.30	
		Brian Cox	28.00	
		Mike Stenbridge	29.03	
		Angela Walker	29.30	
Reg Searle	30.06			

Hampshire R.C. 25 2nd May

Paul Reeves	58.03	2nd
Don Lock	1.5.52	
Steve Jukes	1.6.34	
Jack Smith	1.8.43	
Tony Palmer	1.11.5	
Tom Lainsbury	1.13.0	
Mike Stanbridge	1.15.20	

Redmon C.C. IO 7th May

Paul Toppin	21.48
Andrew Lock	23.50
Steve Jukes	24.28

Royal Navy 10 7th May

Paul Reeves	22.17	3rd.
Adrian Cooper	23.28	
Graham Tooley	24.01	
Steve Jukes	24.24	
Mike Kennard	25.07	
Mike Gibbs	26.15	
Ken Atkins	26.43	
Robert Downham	27.14	
Brian Cox	28.06	
Mike Stanbridge	28.46	
Betty Cox	29.02	
Angela Walker	30.27	

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Feltham Road Club 25 H/25/3 Sat. 21st May

Veterans and juniors event

2nd and fastest junior Paul Reeves 58.33

Main event: Steve Jukes (Personal Best 1.1.7)

Oxford University 50 H/50/13 Sun. 2nd May

Paul Toppin (Personal Best) 1.59.52 (14th)

Don Lock 2.7.52

Redmon Hilly 73

Roy Holden 3.8.0

Adrian Cooper 3.10.

Middlesex R.C. 25 H/25/3 Sat. 23rd May

Paul Toppin	58.30	(4th)
Andrew Lock	1.2.49	
Graham Tooley ..	1.4.01	
Stephen Jukes	1.5.57	
Paul West	1.7.57	

Addiscombe C.C. 25 G234 Sun. 29th May

Paul Toppin I.0.2
Roy Holden I.I.13
Andrew Lock I.259
Steve Jukes I.5.34

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Bath Road Club 25 H/25/3 Sat. 4th June

Andrew Lock I.0.57
Steve Jukes I.0.59 (Personal Best)
Don Lock I.I.59
Betty Cox I.I5.09 (Raging toothache)

Southend & County Vets. 25 E.72 Sun. 5th June

Don Lock I.I.53

National Championship 25 K24A Sun. 5th June

Paul Toppin I.0.38

Southern Counties C.U. 50

Keith Dodman 2.II.01
Andy Smith 2.21.30 (first ride at the distance)

Sotonia 25 PI3I/25

Stuart Gibbs I.4.08
Steve Jukes I.5.55
Mike Gibbs I.I2.50

Southern Roads 25 G234

Mike Kennard I.7.22
Jack Smith I.7.25
Tony Palmer I.8.57
Brian Cox I.II.53

It's rumoured that Mick Jones has been seen cutting his grass in his skin suit. It is understood that he is advertising for an aerodynamic mower - 53I super-lite if possible!

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Congratulations to Mike Gibbs - all this coaching others must be rubbing off on himself. His time of 1.3.53 in the Unity 25 on the E.72 on May 1st is his fastest time for 27 years!

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Well done Paul Toppin his time of 21 minutes 48 seconds is a personal best and the first time we've had a 21' since the days of Nick Lelliott. Paul's ride was in the Redman '10' on the Portsmouth road course on May 7th.

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It's rumoured that a 'Paul West Bike' is a mobile kit of parts bolted together as you go along - optional alternatives to bolts are, garden wire, string, chewing gum and toe straps.

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WORTHING LEISURE EXHIBITION

Saturday 17th September 1983. The Assembly Hall

Please put this date in your diary, for we shall be there. There are apparently fifty exhibitors and the idea is totally for publicity. It is not to be a market for local craftsmen to sell their wares or for charities to raise money. Anyone who will be able to help man the Club stand for a time on the day, or who has any suggestions regarding the form the display should take please contact the Editor.

-X-X-X-X-X-X-X-X-X-X

SUSSEX TEAM CHAMPIONSHIP 25

Well done Worthing Excelsior, well why shouldn't we give ourselves a pat on the back. Our 'A' team easily retained the Championship and our 'B' team beat all the others in that competition as well. O.K. so the Velo Club Etoile didn't enter, well perhaps they can't ride time trials on hard courses, or perhaps they can't get together as a team. O.K. so the Central might have beaten us if they had their best team, but then maybe they wouldn't have. Furthermore we were without Richard Shipton, and Roy Holden's effort included a puncture.

Since inception in 1921 we have now won the Championship 14 times - thats 3 more than Brighton Mitre and next best rests with the old Brighton Stanley Wanderers with 9.

Our 'A' team riders, selected by Paul Toppin, were, himself, Andrew Lock, Roy Holden, Adrian Cooper and Stuart Gibbs, and it was proved to be a good selection. Paul was second fastest, his time of 1.2.40 being beaten only by Mark Jones of Central Sussex. He was backed by Adrian with 1.5.3, Andrew 1.5.16 and Stuart 1.6.57, Roy with the puncture recorded 1.7.29. Our Ed. Led the 'B' team with 1.7.4, closely followed by Steve Jukes 1.7.7., Graham Tooley 1.7.37 and Paul West 1.8.42. Other times recorded were Peter Shaw 1.9.23, Tom Lainsbury 1.13.35 and Reg Searle 1.24.56.

The course reverted this year to the traditional Cowfold/Shoreham but to avoid the right turn at the Rising Sun at Upper Beeding, Ray Douglass measured a loop around the Bramber section of the Steyning Bypass bringing riders back through Beeding so that a left turn was then possible. The section through Henfield was diabolical and the authorities concerned should be told that it is not just rough, it is dangerous, and they are clearly failing in their duties in allowing the road to

remain in this condition. This apart though, there were only a few rough stretches and generally the surfaces were no problem, so long as you were not looking for 'E.72' conditions.

Of the three days of this early May bank holiday, and not overlooking the fact that it was very wet, this was probably the best for racing with a good air, lots of oxygen. not too cold and only a moderate wind which being from the south east was, if anything, of more assistance on the return leg. One very considerable advantage of this course is the use which can be made of the Pavilion and its facilities at Cowfold.

It was good to see Brighton Excelsior up there in second place.. They were only 2 minutes 43 seconds behind us and that is only a 40 seconds per man deficit. They had particularly good rides from Richard Holkham, Simon Merricks and 'old man' Stringer. For their efforts they will hold the Henty Cup next year and that alone should ensure a lively gathering at the S.C.A. Annual lunch and prize presentation.

Evening Tens

Event No. I. - 5th May

I	Paul Toppin	22.28	Sc.	22.23
2	Roy Holden	24.16	I.30	22.46
3	Andrew Lock	24.21	0.40	23.41
4	Graham Tooley	24.45	I.30	23.15
5	Don Lock	24.50	2.00	22.50
6	Steve Jukes	25.04	I.50	23.14
7	Paul West	25.34	2.50	22.44
8	Stuart Gibbs	25.57	I.10	24.47
9	Mike Mansell	26.08	4.20	21.48
10	Richard West	26.11	-	-
11	Peter Shaw	26.18	-	-
12	Peter Scopes	26.30	4.40	21.50

I3	Jeff Russell	26.56	4.20	22.36
I4	Tom Lainsbury	27.00	4.10	22.50
I5	Robert Downham	27.53	5.10	22.43
I6	Andy Smith	28.31	5.10	23.21
I7	Chris Kennard	29.07	5.30	23.37
I8	Bradley Walters	29.09	8.30	20.39
I9	Tony Butler	29.11	6.10	23.01
20	Mike Stanbridge	29.28	6.50	22.38
21	John Wiseman	29.36	7.40	21.56
22	Angela Walker	30.02	6.30	23.32
23	Geoffrey Weston	30.07	5.10	24.57
24	Peter Kibbles	30.32	4.20	26.12
25	Reg Searle	30.45	6.10	24.35
26	Tracy Hester	32.08	4.20	27.48

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Event No. 2. - 12th May

I	Paul Toppin	23.38	Sc	23.38
2	Andrew Lock	24.36	1.00	23.36
3	Roy Holden	25.14	1.40	23.34
4	Don Lock	25.16	2.20	22.56
5	Graham Tooley	25.45	2.00	23.45
6	Steve Jukes	25.56	2.10	23.46
7	Stuart Gibbs	25.58	1.30	24.28
8	Richard West	26.14	3.30	22.44
9	Paul West	26.36	2.50	23.46
10	Mike Mansell	26.46	4.00	22.46
11	Jeff Russell	27.30	4.20	23.10
12	Peter Scopes	27.45	4.00	23.45
13	Ken Atkins	27.53	3.20	24.33
14	Mike Gibbs	27.55	3.20	24.35
15	Tom Lainsbury	28.13	4.30	23.43
16	Andy Smith	28.22	5.10	23.12
17	Robert Downham	28.38	5.20	23.18
18	Keith Laker	29.09	4.20	24.49
19	Brian Cox	29.53	4.10	24.43
20	John Wiseman	30.05	7.10	22.55
21	Betty Cox	30.33	5.00	25.33
22	Bradley Walters	30.36	7.00	23.36

23	Geoffrey Weston	30.45	6.00	24.45
24	Chris Kennard	30.46	6.30	24.16
25	Mike Stanbridge	31.07	6.50	24.17
26	Reg Searle	31.18	7.20	23.58
27	Angela Walker	31.56	6.40	25.16
28	Vincent Webb	33.26	4.20	29.06

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Event No.3. - 19th May

1st	Paul Toppin	23.14	Sc.	23.14
2nd	Stuart Gibbs	24.03	1.40	22.23
3rd	Andrew Lock	24.07	1.00	23.07
4th	Roy Holden	24.21	1.40	22.41
5th	Steve Jukes	24.56	2.10	22.46
6th	Graham Tooley	25.06	2.10	22.56
7th	Andrew Smith	25.54	5.00	20.54
8th	Jeff Russell	26.01	4.10	21.51
9th	Paul West	26.08	2.50	23.18
10th	Mike Mansell	26.28	3.40	22.48
11th	Peter Scopes	26.39	4.10	22.29
12th	Mike Gibbs	27.17	3.20	23.57
13th	Tom Lainsbury	27.26	4.40	22.46
14th	Robert Downham	27.56	5.20	22.36
15th	Vincent Webb	28.11	6.00	22.11
16th	Keith Laker	28.34	5.30	23.04
17th	Mike Poland	29.05	3.50	25.15
18th	Chris Kennard	29.34	6.40	22.54
19th	Bradley Walters	29.35	7.00	22.35
20th	Tony Butler	29.39	6.40	22.59
21st	Reg Searle	29.43	7.30	22.13
22nd	John Wiseman	29.47	7.00	22.47
23rd	John Lucas	29.48	4.20	25.28
24th	Geoffrey Weston	30.08	6.20	23.48
	Betty Cox	30.08	5.20	24.48
26th	Robert Farrow	30.12	8.00	22.12
27th	Mike Stanbridge	30.15	7.00	23.15
28th	Angela Walker	30.43	6.50	23.53
29th	Peter Kibbles	30.58	7.30	23.28

SUSSEX DIVISION PURSUIT

It was nice to see no less than six Worthing Excelsior track vests participating in the qualifying rounds of this event. There were 32 entries this year which is I gather one of the best for several years and 28 rode the qualifying, time trial based, round. Using four stations they ran off eight heats and those to get through were:-

Mark Jones Central Sussex 5.37.29, Barry Coomber V.C. Etoile 5.38.88, Pete Euden V.C Etoile 5.40.8, Martin Round Phoenix 5.41.21, Simon Prior Eastbourne 5.42.00, Paul Lipscombe Central Sussex 5.44.82, Paul Toppin W.E.C.C. 5.45.00., Craig Wilson Phoenix 5.45.00 Paul just scraping into the last eight with the same time as Craig Wilson. Worthing's other times had been Paul Reeves, in his first outing on the track 5.49.96., Andrew Lock 5.59.88., Steve Jukes 6.18.00, Graham Tooley 6.18.05 and Paul West 6.28.9.

On the basis of fastest goes against slowest, Paul had then to ride against Mark Jones. Paul was close to his previous effort but could not match Mark's very lively ride and went out. Mark recorded 5.42.00, Barry Coomber then returned the fastest time of the evening in putting out Craig Wilson, his time 5.36.79. Pete Euden beat Paul Lipscombe and then, almost in the dark Eastbourne's Simon Prior made the semi's at the expense of Martin Round.

In the semi's on Wednesday 18th May, Barry Coomber as expected beat Simon Prior but there was an upset when Pete Euden disposed of Mark Jones to give an all Etoile final.

The Final run off on 25th May saw Coomber beat Euden and Mark Jones take the ride off for 3rd place.

It's rumoured that Andy Smith is training with Nick Lelliott! This no doubt accounts for the great small gear rides on the 'monster machine' that Andy has been doing, but when we ask ourselves is

Nick coming back. On the basis that he would not reckon much on being second in the Club event he is probably not going to consider himself fit until he can do a 56" or at worst a 57".

MILK RACE TICKETS

Thanks to all those who sold tickets and helped raise £100. for Club funds. Again we were highly placed in the final list of Clubs and were easily the top selling Sussex Club.

Two of our tickets drew riders and congratulations to John Mansell who had the added bonus of a stage winner (Sid Barras), and an extra £10.

My thanks to all those members for their cards, visits and calls following my recent accident. I can assure everyone that my elbows were in, and I was in a straight line. My road walking career has now ceased.

Bill Procter

The recent Hailstorm (June 5th) smashed the roof of Don Locks extension (not Cinelli) and ruined John Lucas's rhubarb - a case of hail stops the wind I suppose.

Overheard in conversation Brian and Betty Cox "We are marginal" well would you ever!

CLUB 30 CHAMPIONSHIP

With Paul Toppin preferring a road race for a change and no entry from Richard Shipton this event was wide open. Andrew Lock thought he was going to put his name on another trophy and Roy Holden had other ideas, and there were others who doubtless nurtured hopes.

The morning was typical, cold, wet, and windy. What was there to look forward to? Why should I bother to get up at all? Well there were 26 entries and that makes any event better if you have good support, and then I had spotted Jean Smallman making cakes the previous afternoon and did wonder if perhaps...

The handicapper almost left Andrew out and had Stuart Gibbs and Roy Holden on scratch. I was on 0.40 (but then he's got this funny idea about me always being fit), Graham Tooley was on 1.20 and Steven Jukes on 2.20. Having proceeded this far he put Andrew on owe 3 minutes. So these then were 'the fast men' Ha! Ha!

It was definitely a float morning with aquaplaning on the Arundel by pass. By Hospital hill out of Arundel I had caught three, pity they weren't Andrew, Roy and Graham, never mind keep paddling. The wind was supposed to be south westerly and moving round to due west - it was definitely against me. Down I went through Tangmere - not going very well, - am not concentrating - even noticed that the Douglas Bader was under new management. I hardly get round the sharp right hander and there's Roy on his way back and he should only be 5 minutes in front, and by the way, they say I grimace! Ray Douglass stationed at the first turn seemed to recede westwards as I approached but assured me "you're going well". Paul Toppin at Tangmere was kind enough not to tell me how much I was down and Jim Hughes at Westhampnett limited his comment to pointing my way back east. I had managed to take visual sightings on Stuart and didn't get much encouragement from that. Andrew was definitely up, and would someone please explain to

Peter Shaw that he should stick to touring, alternatively does anyone know of a good secondhand touring machine... The rain had eased and the thought of a cup of tea and perhaps... and I suppose the fact that the wind was now behind me made the journey home faster but I knew I was going to enjoy Jean's cuppa more than her husband's timekeeping.

Elsewhere racing was taking place and there were some fair old scraps going on. Around Fontwell Andrew began to have suspicions of a puncture, should he stop? Should he go on? Had he got a puncture? Roy was still going like a train but then so was Graham Tooley now out in front of the field. Graham it seems was concentrating, he hadn't been reading pub signboards. Stuart Gibbs was going well, no doubt inspired by that "scratch" mark.

Back at the finish Graham and Roy had washed and changed and Carol Stanbridge sat doing the Sunday Express crossword. All was well - I was dead!

The result for the statistically minded showed Roy a winner by 11 seconds or as Andrew would have it, by a slow puncture. Graham was third and Stuart 4th. Details:

1st	Roy Holden	I.15.45	Sc	I.15.45
2nd	Andrew Lock	I.15.56	Owe 3.0	I.18.56
3rd	Graham Tooley	I.16.50	I.20	I.14.30
4th	Stuart Gibbs	I.17.29	Sc.	I.17.29
5th	Don Lock	I.18.26	0.40	I.17.46
6th	Steve Jukes	I.18.46	2.20	I.16.26
7th	Peter Shaw	I.20.55	6.00	I.14.55
8th	Andy Smith	I.22.16	10.00	I.12.16
9th	Paul West	I.22.32	7.30	I.15.02
10th	Richard West	I.22.57	7.50	I.15.07
11th	Mike Kennard	I.23.30	7.30	I.16.00
12th	Tony Palmer	I.23.43	11.30	I.12.13
13th	Mike Gibbs	I.24.36	6.00	I.18.36
14th	Chris Kennard	I.31.57	14.00	I.17.57
15th	Brian Cox	I.32.10	11.30	I.20.40
16th	Mike Stanbridge	I.37.18	18.30	I.18.48

17th	Jim Bonner (trike)	1.37.51	19.00	1.18.51
18th	Angela Walker	1.38.35	22.00	1.16.35
19th	Reg Searle	1.41.11	20.00	1.21.11

The weather was presumably responsible for the six non-starters and Peter Scopes was a most unfortunate D.N.F, stopping at the 25 mile finish point and then returning to the layby. His time would have been about 1.28.00.

Don.

WORTHING EXCELSIOR C.C (RON MILLS) 25

1st	Tony Goodsell	Archer Road Club	57.37
2nd	Paul Abraham	(Southborough & District	
			58.21
3rd	Dave Abraham		58.22
4th	Paul Toppin	Worthing Excelsior	59.46
5th	Mike Daultrey	Southborough & District	
			1.00.01

Team: Southborough & District 2: 56.44

1st	Category 'A'	Tony Goodsell	57.37
1st	Category 'B'	Roy Holden (W.E.C.C.)	1.00.31
1st	Category 'C'	Mike Daultrey	
1st	Category 'D'	R.P. Davies Crawley	
		Wheeler	1.03.08
1st	Category 'E'	P.J. Butler Crawley	
		Wheeler	1.05.13
Fastest juvenile	P.J. Butler Crawley		
		Wheeler	1.05.13
Fastest junior	Simon Merricks	Brighton Excelsior	
			1.03.05
Fastest Lady	S.O. Arnold	Redman C.C.	1.15.16
Fastest Veteran onstandard.	Ron Rogers	Central Sussex	+ 7.48

Well that is where the prizes went, the other Worthing times were:-

Andy Lock	I.3.33 - slow puncture
Steve Jukes	I.3.40
Don Lock	I.4.44 - slow legs
Graham Tooley	I.5.04
Jeff Russell	I.7.44 - fastest since he was at school.
Andy Smith	1.8.36 - have you seen that frame!
Paul West	1.9.05
Jack Smith	1.9.10
Mike Gibbs	1.10.00 - puncture & change of wheel
Tom Lainsbury	1.11.22
Brian Cox	1.12.19
Ken Atkins	1.12.48
Betty Cox	1.15.30 - missed the fastest lady prize by 14 seconds
Chris Kennard	1.16.41
Reg Searle	1.19.55
Angela Walker	1.22.12 - small improvement
Mick Kennard	1.35.29 - silly clot thought it started @ 8 o'clock, 29 mins late start.
Stuart Gibbs	D.N.F. - taken over the Lock complaint-lost a crank.

Tony Palmer was the promoter but being in Warrington five days in every week meant Ray Douglass being called in to deputise on most of the organisation. Between these two stalwarts of the club's promotional officers the usual high standard was maintained. Thanks are due to Ron Mills for his generous continuation of the sponsorship of this event, also to the ladies who weathered the rain and wind to keep the canteen going, and to all the many other who officiated at start and finish and around the course.

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Margaret Jukes goes to Paris - or - The weekend the Tour de France met the Jukes of Arundel (and lost) or when Bev-en-dean Imms told Paris to 'Oppit!

These were just some of the suggestions for the heading of this report on the joint Worthing and Brighton Excelsior trip (June 30th to July 3rd) to see the Tour and Gay Paree.

To call it a report is probably unwise for to be too factual would be dangerous - we shall clearly have to gloss over quite a lot, if only to make the whole thing more believable. As it is, apart from Deznie Imms, whose whole attitude, (being pregnant) was very forward - she nearly caused a riot with the delivery of what will be known in the future as the " oppit" speech, to a french motorist, the Worthing Excelsior, particularly Margaret Jukes, Maureen Lock and Alf Dawes were so badly behaved that Dave (Cap'n) Hudson nearly made them walk. Have you seen Alf's impression of Les Dawson?.... It is not a pretty sight. Margaret was in such a state at times as to be incapable of telling cows from horses or pigs from sheep, and on the coach was repeatedly grabbing the Editor's knees. This was enjoyed by the Editor until his wife elbowed him in the ribs every time which he found rather unfair. The hilarity from the Editor's wife also fell well below the degree of decorum we have learned to expect from a doyen of Durrington Library. Against this the Brighton Excelsior were generally far better behaved, even Craig Olive limited his excesses to the purloining of a Tour de France

direction arrow, and followed the example of those elders or his Club the Family Stringer. Rick was close to a burst of rebellion however, when for a while it appeared there was not even a continental breakfast available on the Saturday morning, but he restrained himself well, and was rewarded with a self service system which, with four trays and three trips to the counter suited him well. The usually impeccable behaviour of Cap'n Dave himself fell down somewhat, following his request for a piece of gateau, when he was chased across a Montmartre cafe by the waiter - a gay Parisienne perhaps?

It was therefore against this background that the trip is now viewed and reviewed. The journey started a little later than planned. The hirers of the mini-bus did not have a tachograph fitted and it took Dave all of the Thursday to get this done. However, after collecting his fourteen passengers including the extracation of Deznie and Allan Imms from a most inaccessible part of Bev-en-dean, Dave soon had us on our way with time for a quick cider in the Woolpack on Romney Marsh and a beautifully timed drive straight on at Folkestone. Brighton Excelsior demonstrated their remarkable noses at this point and had the first four into the restaurant by a clear margin. They also round the bar before we did.

The journey from Boulogne to Paris is really something that only Dave can tell us about, for the rest of the party rocked, rolled, lurched or slumped in the various attitudes of fitfull sleep. Around the halfway point Dave led them

out to a petrol station kiosk where, mostly still asleep, they purchased edibles and some drinkables with the funny money they had collected from their banks the previous day. This stop also enabled Margaret and Deznie to make their first assessment of french loos - something which was to occupy their conversation a great deal in the next three days. Only Steve remained in the vehicle - sleeping like a baby.

We parked near the Arc de Triomphe just off the Champs Elysees and split up to do our sight seeing or shopping. Some visited cycle shops, Raleigh, Peugeot, Lejune and Motobecane and reported total disinterest on the part of the staff and even obstruction when it came to trying to look at items. Others enjoyed a walk along the banks of the Seine and a visit to the Eiffel Tower. All partook, it seems, of Cofree au lait or beer and various delicacies, before returning to the bus by 12 noon or 12.30 for Alf. More black marks for W.E.C.C.

Friday afternoon saw us out to the Val-de-Marne suburb of Paris to watch the prologue time trial. It was the occasion for several of us to get our first taste of the atmosphere of the Tour. Five kilometers of what would normally be a rather drab and sleepy area of housing and shops was bedecked with flags, bunting and posters. Both sides of the road were lined with people and the Tour caravan rushed up and down with vehicles of all the sponsors giving out free gifts and leaflets and selling hats and cycling papers and magazines. All this was backed

by a great jangle of whistles, hooters, klaxons and flashing lights. Everyone was out - The Tour had come to Val-de-Marne and Jean Pierre and his missus were not going to miss it. I noticed that even the local aluminium plant was working on half shift so that the others could see the riders go by. The T.V. helicopter followed the participants and the thrown open shutters of one house allowed a view on a large colour screen of what was going on in that very street. The riders hurtled through at one minute intervals but that is where the resemblance to an R.T.T.C. time trial ended. They were preceded by police motor cycles and followed closely by team cars. There was some impressive cornering as they hit a right hander at speed and then turned bang into the long climb, and there were examples of power on the climb that were terrific to watch. The crowds were clapping and cheering every inch of the way. A riders course along the five kilometers could be followed by the Allez Allez that followed him - reached you as he passed - and then faded as he disappeared towards the finish. Paul West and Dave himself were last back to the vehicle this time - more black marks. We had to go and find Paul, but he strongly denies he was lost - said something about chatting to Zootelmilk at the finish!

Feeling weary by now we gladly found our way in short time to the CLIMAX of FRANCE Motel type accommodation at Gonesse, and most spent some time snatching a forty winks and a nice bath or shower. This accommodation had been

booked for us by Valerie Stringer and was first class - more plus points for B.E.C.C. A short journey to a restaurant and a good meal brought us to the end of an excellent but very long day.

Saturday; and with an excellent breakfast and feeling stronger after a good night's sleep, we headed into Paris, although not directly for a wrong turning, or was it Dave's sixth sense, found us by what is perhaps best described as a cycle warehouse. We were here for some time; prices were generally only a little lower than at home, but clothing was cheaper and there were other bargains to be had. What really impressed though, was the choice - you should have seen, for example, the selection of shoes - all the top makes were there. The ladies, anxious that we might spend out, eventually got us away and we were soon back in the City. This time we went into Montmartre, a very different area to the Champs Elysees. Narrow streets, many of them winding and cobbled and often steep, there were also many tiersome flights of steps. There were crowds of people looking arabic or mediterranean. The shops also were quite different, there was no window dressing here, just stock and more stock and what could not be squeezed into the window was stacked in the doorway - anywhere in fact where it could be seen. The shops particularly food and materials were amazing and it would appear that the main concerns of these people are firstly their food and secondly their dress and costume. We made our tortuous way with Craig (he keeps his arms folded so that he

doesn't get his lefts and rights mixed) navigating and Dave enjoying every minute of the driving to the Sacre Coeur on the highest point in the area. The views were breathtaking and we spent some time here wandering around soaking up the atmosphere both in and around this beautiful building. Back together again we made our way out to the suburbs, this time towards Villejuif to see the first stage proper of the Tour. I did not find this quite so exciting, certainly the caravan was still there, but there did not seem to be the same enthusiastic crowd and after a long wait the race soon burst past with one rider a few meters off the front, but destined to be pulled back before the finish another 30 or so kilometers up the road. By common consent we then headed back to the Motel for a clean up, and then returned to that same Montmartre area, parking in almost the same spot.

Nestling behind the Sacre Coeur was the artists area with tree filled squares housing hundreds of artists with their easles and paint boxes. Around these roamed other artists ready to sketch your portrait, then there were singers, musicians, craftsmen of various kinds and even a clown all there to make a living and entertain the world and his wife as they passed through. I looked at an elderly lady, and perhaps it was her granddaughter with her, looking out from their home above one of the innumerable bars and wondered where on earth they could go to find atmosphere after living in such a place.

Coloured umbrellas and blinds, the toing and froing of the waiters with their trays of drinks - birds, dogs, and every race of people crowded around amidst colour and enjoyment which seemed far removed from the harsher life which, unfortunately is so often just round the corner. The motorist stopped by the gendarmes gave a display of pretended pleasure at the frisking although the need for this and for the guns in the holsters were themselves reminders of realities. Val led us on an inspection of some of the available eating houses and eventually told us which one we would all agree upon. Good food (although Paul West will not be ordering pigs trotters again) and lots of good wine led to a merry time and even Dave Hudson was on his feet to make a speech (General Committee for next Dinner please note). Eventually, and with reluctance, we had to leave. I suppose we could have been unlucky - it would no doubt have seemed very different if it had been pouring with rain, but I felt it must always be like this - warm and very relaxing. My last view as we wound our way down the cobbled streets was of the enormous dome and turrets of the Sacre Coeur stark and very white against the darkest of blues of the night sky.

Being of the impression that breakfast was again at 8 a.m. the Locks were first down (bonus point) and went for a walk through the ancient village of Gonesse. They returned by 8.30 to find Rick well into his third tray of toast and jam. The weather was continuing to be really nice - hot sun and blue skies - and we were soon headed

away into the Country. Using the Route Nationale and lesser roads rather than the motorways, we found the country more attractive and the journey more enjoyable. We stopped at Compeigne where, with scraps of both languages, we conversed with a frenchman who knew Sussex and Kent and had a daughter in Devizes. After elevenses we drove on a few more kilometers to Sery-les-Mezieres and here settled ourselves near the top of a long incline to watch the team time trial. We were right opposite a house where the residents had clearly invited all their friends to an al fresco lunch set out on a long table under trees. Some 20 or so were there to see the race go by and to enjoy it in style with much wine and good food. It was a splendid occasion for them and we were given friendly greetings as they recognised the English registration on the van.

It was perhaps about 2 hours watching the 14 teams come by. We were at a point just about half way, and even then some teams had riders off the back. It was hot watching so it must have been very hot racing and several were looking the worse for wear, with skin suits open down the front and very grim faces. Ten-man teams - all top pros. with the exception of the Columbians - make an impressive sight at full speed - very powerful. The Wolber team looked the smoothest but we made Kalaigh ahead, something which wasn't to last. We had lunched on drinks and snacks so after the race had passed we headed back towards Calais, but stopped for an afternoon threeses. (Continued on page 38)

MARATHONS

No not chocolate bars but 26 and a bit miles and without a bike. There really are people who are far crazier than cyclists. Fancy running all that way. Of course the craziest people must be those cyclists who run marathons and did you know we had three in our midst?

Colin Miller - he of trackie tendencies and and a '59' in his late career - he's run no less than five of them having a personal best around 3 hours 52 mins (London 1983). In the recent Worthing run he took 3.59. In July he's going to run the three forts marathon over the South Downs Way between Cissbury, Chanctonbury and Devils Dyke.

Brian Weir - Vice President and many times 24 hour rider took to his feet around the streets of Worthing on May 8th and got home in 5 hours 9 minutes. He enjoyed it so much he is seriously thinking of running the New York one now!

John Cheetham - long time no see - but he promises a come back on two wheels - he's a 'black belt' at Ludo - also ran for the first time in the Worthing Marathon and it seems he must be pretty fit being the quickest of our three in about 3.35.

Peter Scopes said he would like to have a go in 1984 and he will know now how I love to hear little comments like that. Anyone else interested? What about a club event next year?

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Annual General Meeting, 1983

As I was reading my Worthing 'heel,
I read an article which made me squeal,
What is this my eyes did spy-
Did I detect a little lie?

Sarah Smith is my name,
Assistant Secretary was my game,
I held this post in '79,
But somehow I'm forgotten after such a short time.
I don't wish to cause a debate,
But sorry Angela,
John Grant's records aren't quite straight!

Sarah Smith (nee Webb)

- - - - -

Sarah dear,
With conscience clear,
An answer to your plaint,
T'was not I wot done the deed -
The culprit I just ain't.

Our recent history,
may be a mystery,
(not to me, I'm in a state of Karma),
The head you want,
To stick in the font,
Is that of Tony Palmer.

(With apologies to Sir John Betjeman)

John Grant, Poet Laureaint.

- - - - -

Dad pushes son out

M (elbows) Gibbs has started his track come back and
first action saw a cunning use of weight and beam to
put Stuart out of the Devil take the hindmost.

- - - - -

John Grant has proved in the Clubroom that he can stand
on his bike. If he shows off anymore 26 other club
members have said they will stand on John Grant.

Evening Tens No. 4. 26th May

Ist	Paul Toppin	23.03	Sc	23.03
2nd	Roy Holden	23.45	1.40	22.05
3rd	Andrew Lock	24.13	1.00	23.13
4th	Stuart Gibbs	24.21	1.40	22.41
5th	Steve Jukes	25.04	2.10	22.54
6th	Andy Smith	25.34	3.20	22.14
7th	Graham Tooley	25.47	2.10	23.37
8th	Paul West	25.51	3.10	22.41
9th	Mike Mansell	26.06	3.40	22.26
10th	Jeff Russell	26.29	3.30	22.59
11th	Peter Scopes	26.34	4.10	22.24
12th	Mike Gibbs	26.40	3.20	23.20
13th	Robert Downham	27.05	5.20	21.45
14th	Tom Lainsbury	27.38	4.40	22.58
15th	Brian Cox	28.03	4.30	23.33
16th	Keith Laker	28.14	5.30	22.44
17th	Mike Poland	28.16	4.20	23.56
18th	Chris Kennard	28.20	6.50	21.30
19th	Geoffrey Weston	28.43	6.40	22.03
20th	Robert Farrow	29.14	7.40	21.34
21st	Tony Butler	29.17	6.50	22.27
22nd	Ray Douglass	29.20	4.00	25.20
23rd	Betty Cox	29.21	5.30	23.51
24th	Reg Searle	29.38	7.20	22.18
25th	Angela Walker	30.06	7.00	23.06
26th	Peter Kibbles	30.52	7.30	23.22

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Always willing to help when anyone is camping with
Calor it's good to know that Jim Hughes has got both
male and female connections!

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Evening Tens No. 5. 2nd June

Ist	Paul Toppin	22.46	Sc.	22.46
2nd	Roy Holden	23.50	1.20	22.30

3rd	Don Lock	24.34	2.10	22.24
4th	Andrew Lock	24.39	1.00	23.39
5th	Stuart Gibbs	24.42	1.40	23.02
6th	Steve Jukes	25.27	2.10	23.17
7th	Andy Smith	25.29	3.10	22.19
8th	Paul West	25.30	2.50	22.40
9th	Graham Tooley	25.54	2.10	23.44
10th	Jeff Russell	26.02	3.30	22.32
11th	Peter Shaw	26.21	3.00	23.21
12th	Peter Scopes	26.29	4.05	22.24
13th	Mike Gibbs	26.54	3.40	23.14
	Robert Grange	26.54	4.00	22.54
15th	Vincent Webb	27.18	5.40	21.38
16th	Keith Laker	27.52	5.30	22.22
17th	Chris Kennard	28.04	5.50	22.14
18th	Anton Barnard	28.57	5.30	23.27
19th	Geoffrey Weston	29.22	6.15	23.07
20th	Bradley Walters	29.24	7.00	22.24
21st	Peter Aslott	29.30	5.30	24.00
22nd	Mike Stanbridge	29.40	7.20	22.20
23rd	John Wiseman	29.47	7.10	22.37
24th	Robert Farrow	29.52	6.40	23.12
25th	Reg Searle	29.55	7.10	22.45
	Tony Butler	29.55	6.50	23.05
27th	John Lucas	29.58	6.30	23.28
28th	Peter Kibbles	30.38	7.30	23.08
29th	Angela Walker	31.09	7.00	24.09

More than a rumour - in a recent Brighton Mitre evening
 10 Stuart Gibbs finished 2 seconds ahead of his bike.
 You'll have to ask Stuart to explain that one.

It's rumoured that Angela Walker and Graham Tooley
 are. watch this space.

Evening Tens No. 6. 9th June

1st	Paul Toppin	23.04	Sc.	23.04
2nd	Andrew Lock	24.06	1.15	22.51
3rd	Stuart Gibbs	24.07	1.40	22.27
4th	Don Lock	24.33	2.00	22.38
5th	Steve Jukes	24.55	2.15	22.40
6th	Andy Smith	25.14	2.55	22.19
7th	Mike Mansell	25.44	3.40	22.14
8th	Peter Scopes	25.54	4.00	21.54
9th	Jeff Russell	26.21	3.30	22.51
10th	Mike Gibbs	26.56	3.50	23.06
11th	Vincent Webb	27.01	4.40	22.21
12th	Anton Barnard	27.16	6.00	21.16
13th	Keith Laker	27.25	5.20	22.05
14th	Robert Downham	28.11	4.45	23.26
15th	John Lucas	28.33	7.00	21.33
16th	Chris Kennard	28.35	5.30	23.05
17th	John Wiseman	29.03	7.10	21.53
18th	Tony Butler	29.07	7.00	22.07
19th	Bradley Walters	29.11	6.55	22.16
20th	Robert Farrow	29.21	6.40	22.41
21st	Reg Searle	29.32	7.10	22.22
22nd	Betty Cox	29.50	5.45	24.05
23rd	Mike Stanbridge	29.53	7.10	22.43
24th	Peter Kibbles	29.56	7.30	22.26
25th	Trevor Unsted	31.03	8.30	22.33

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Its rumoured that Mike Gibbs acids are all running to his big toe. A case of (trying to) G (et) OUT perhaps? Hope it soon clears up Coachy.

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Diversity

Is good? I suppose that depends on the matter under discussion, but I could not help noticing the many different attitudes at the start of the Sussex 50.

There were those whose clothing was a one piece skin suit and a pair of shoes - even socks were dispensed with. I got the feeling that if they could have got away with it, they would have managed with a covering of embrocation in club colours. Others went off with shoes and socks and overshoes and a cagoule and a waterproof hood. Some carried no drink and not even the smallest pocket for a dextrosol tablet, while others packed drinking bottles and sandwiches. Some were quite and contemplative riding up and down in serious preparation. Others laughed and joked as though they were about to depart on something no more demanding or serious than a club run.

The only really important thing is that they enjoyed it. I hope they did.

Don.

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Bradley Walters has a shoe lace with five ends. Needs to be thought about that one.

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OLD NEWS

Handed to the Editor recently a cutting from a News Chronicle (do you remember it?) dated 26th September 1960. It contained the weekend's cycling results and made very interesting reading. The B.B.A.R. result was shown: 1st Brian Wiltcher Zeus Romford 24.526 from John Baylis Southampton 24.171 and Roger Wilkins Army CU 24.085. The Redhill 50 was won by that stylish and still going as fast Ken Craven in 1.57.40. Mike Ryall now with the Central Sussex finished third in 2.3.56. The most interesting though was the result of the 54 mile Brighton to London won by C. Park of the Nonsuch with a certain R. (Dick) Wiseman finishing third at 1 minute 30 seconds.

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It's rumoured that Richard Shipton's dissolve in wet weather.

Evening Tens No. 7 16th June

1st	Stuart Gibbs	23.50	1.40	22.10
2nd	Andrew Lock	23.56	1.15	22.41
3rd	Andy Smith	24.47	2.45	22.02
4th	Graham Tooley	25.15	2.10	23.05
5th	Jeff Russell	25.45	3.30	22.15
6th	Paul West	25.51	2.50	23.01
7th	Peter Scopes	25.55	3.50	22.05
8th	Steve Jukes	26.03	2.15	23.48
9th	Ken Atkins	26.05	3.40	22.45
10th	Robert Downham	26.26	4.45	21.41
11th	Colin Miller	26.35	5.30	21.05
12th	Vincent Webb	26.37	4.40	21.57
13th	Tom Lainsbury	26.52	4.40	22.12
14th	Chris Kennard	26.59	5.30	21.29
15th	Keith Laker	27.02	5.20	21.42
	Anton Barnard	27.02	4.30	22.32
17th	Brian Cox	27.40	4.45	22.55
18th	John Lucas	28.20	6.00	22.20
19th	Trevor Unsted	28.34	8.30	20.04
20th	Reg Searle	28.45	7.10	21.35
21st	Peter Aslett	28.48	6.30	22.18
22nd	Bradley Walters	28.51	6.55	21.56
23rd	Robert Farrow	29.04	6.40	22.24
24th	John Wiseman	29.21	6.50	22.31
25th	Peter Kibbles	29.22	7.20	22.02
26th	Mike Stanbridge	29.35	7.10	22.25
	Ray Douglass	29.35	5.30	24.05
28th	Angela Walker	30.19	7.30	22.49

Colin Hood of the Etoile says:

" I prefer going uphill rather than down"
"I have to try going downhill"

Fifty Years of Membership - Mr. Freddy Clayton

Joined the Worthing Excelsior on the 7th June 1933 and on 7th June 1983 Freddy called in at the Clubroom, produced his original subscription receipt, signed by Hon. Secretary Mr C.B. Legg and declared " the teas are on me."

The subscription in those days was 7/- (35p.) a . not inconsiderable sum in those times.

Freddy had been up at the evening tens the Thursday previous doing some pushing off and he will be there again. Good on you Freddy and may you have many more years of happy membership.

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THE SUSSEX AND CLUB CHAMPIONSHIP FIFTY

The failure of Richard Shipton to start in this event detracted a lot from the Club's particular interests, it completely removed the opportunity of another team win, and left Paul Toppin as an unchallenged winner of the Club trophy for 1983.

It was unfortunately wet for the earlier riders and the roads were wet for most of the time. Conditions however, apart from the rain, were not too bad, there was a headwind first half which is perhaps favourite, and from comments made it seems to have varied only a little over the two hours of starting times. Nearly everyone managed a faster return journey and there were a whole batch of personal bests particularly among the middle order riders.

The outstanding ride of the day was undoubtedly that of Lewes Wanderers rider Andy Attwood who improved a fantastic 6 minutes to slot into third spot with 2.1.35, and leading the Wanderers to a fine win in the

team section, where he was well supported by Martin White and Ian Burgess. Andy, it is understood, is a veteran next year - a late developer?

We had 19 entries for both S.C.A. and the incorporated Club championship. Paul Toppin rode close to his personal best and was robbed of the S.C.A title by a puncture and a wheel change. He finished in 2.1.17 just 42 seconds down on Mark Jones of Central Sussex. He won the Club event by 8 minutes with our Ed. finishing in 2.9.20 being second and Roy Holden 2.10.59, third.

One of the best Club rides was surely that of Andy Smith (we all dread the day he gets a proper bike) who returned 2.16.50 for a deserved win in the Club's handicap.

Other Club times were: Steve Jukes 2.18.36, Jack Smith 2.20.58, Peter Shaw 2.22.32 Tony Palmer 2.23.42, Jeff Russell, 2.24.25, Peter Scopes 2.25.46 (which included a 3 minute late start), Bob Grange 2.29.07 and Reg Searle 2.52.51.

The course, straight out on to the Langstone Roundabout on the Havant Bypass from the Hammerpot on the A.27 was marshalled by Worthing Excelsior, Bognor Regis and Hampshire Road Club members and I thank them all for their help - it could not have been the nicest of morning's to stand around for 4 hours. Thanks also, as expressed in the result sheet to the ladies who ran the refreshments and to the Timekeepers and all other officials.

I hope next year we can get a full card, this year we made 113 which is the biggest 50 field in Sussex since the National Championship was here in 1972. Now that's a thought why not the National 50 or National 100 here in the next couple of seasons!

Don.

Club 50 Result

Ist	Paul Toppin	2.01.17	2.00	I.59.17
2nd	Don Lock	2.09.20	11.10	I.58.10
3rd	Roy Holden	2.10.59	8.00	2.02.59
4th	Andy Smith	2.16.50	21.00	I.55.50
5th	Steve Jukes	2.18.36	20.00	I.58.36
6th	Jack Smith	2.20.58	23.30	I.57.28
7th	Peter Shaw	2.22.32	22.00	2.00.32
8th	Tony Palmer	2.23.42	23.00	2.00.42
9th	Jeff Russell	2.24.25	22.30	2.01.55
10th	Peter Scopes	2.25.46	25.00	2.00.46
11th	Bob Grange	2.29.07	28.00	2.01.07
12th	Reg Searle	2.52.51	40.00	2.12.51

Handicap: Andy Smith I.55.50.

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The 2-Up 10 and 25

June 23rd and 28th

A slightly disappointing entry when you consider we get 35 entries for our tens and 30 for a normal club 25. In the ten there were 13 teams but for one reason, or another, these dwindled to 7 by the 25. Both the Thursday and the following Tuesday provided reasonable racing conditions and some very good rides. The usual Washington and Chichester road courses were used. Fastest duo on paper and in fact were Paul

Toppin and Andrew Lock. Veterans Roy Holden and Don Lock and the pairing of Stuart Gibbs and Steve Jukes were though likely to settle the runners up position between them until the dreaded hay fever struck at Steve, and while he managed to hang on in the 10 he was quite unable to breathe properly and could not finish the 25. Mention should be made of three junior teams who all rode well; Ian Leeding and Bradley Walters recorded 27.18 in the 10 but for some reason failed to turn up for the 25. Vincent Webb and Anton Barnard recorded 26.11. in the 10 but again failed to make the start on the Tuesday. This was a shame because it would have been good to see how close they would have come to Chris Kennard and Robert Downham who returned 26.40 and 1.9.1., two very good efforts.

Of the senior riders Roy Holden (nicknamed Roy Oldun by the Club coach) and our Ed. were clearly pleased with 23.08 but even more delighted with the 58.22 to get within 1 minute 23 seconds of Paul and Andrew who just squeezed a 56, recording 56.59. Andy Smith continues to improve and impress, and it must have rubbed off on his partner Paul West neither of them having been so fast before. Jeff Russell and Mike Mansell also seemed to go well together and must have been pleased with their rides.

Full result:

1st. Paul Toppin/Andrew Lock	22.29. 56.59.1.19.28
2nd. Roy Holden/Don Lock	23.08. 58.22.1.21.30
3rd. Andy Smith/Paul West	24.13. 1.2.16.1.26.29
4th. Jeff Russell/Mike Mansell	24.23.1.3.6.1.27.29

5th Tom Lainsbury/Ken Atkins 26.05.1.5.44.1.31.49
6th. Chris Kennard/Rob Downham 26.40.1.9.01.1.35.41
7th. Reg Searle/Ray Douglass 32.51.1.12.41.1.45.32
Stuart Gibbs/Steve Jukes 24.23
Ian Leeding/Bradley Walters 27.18.
John Lucas/Colin Miller 26.29.
Brian Cox/Betty Cox 28.33.
Graham Tooley/Angela Walker 29.18.
Vincent Webb/Anton Barnard 26.11.
Ray Douglass/Reg Searle 10 included a puncture.

COMMENT ON THE LONDON BRIGHTON RIDE

Why doesn't someone from the organisers (they must have someone who could advise them) tell the novice riders what items of clothing would be sensible and what are totally unsuitable. Of the many thousands who took part it is clear from observation, actual, and through television and press coverage, that many suffered agonies with painful feet, unsuitably thin shoes, or chaffed thighs, ridiculously brief shorts and of unsuitable material. It is unlikely that many of these will continue in our sport for they will regard it as some form of purgatory to be undertaken only at great pain - for charity. The media will always pick on the photos that show cyclists looking totally exhausted or limping along and this does the image of the bike no good at all. It creates comments of sympathy rather than of envy. There were, no doubt, thousands more who made the journey, comfortably and enjoyably but unfortunately these do not make the news. Don.

Seen on my office tear-off calendar, the quote:-
"Be wise with speed; A fool at forty is a fool
indeed." Isn't it nice to know that at least
I'm getting more sensible.

FIFTY MILES IN 1HR.39MINS.

It seems to me a heading, sufficient in itself. Ian Cammish who I am reliably informed has only two legs, one heart, and a pair of lungs all of fairly traditional construction propelled his bicycle - still not far removed from the sort of thing we ride to work on - at 30 m.p.h.+ for fifty miles. O.K., so it was on the 'Borough' whatever that is, I haven't had the privilege - it's a drag strip I'm told, but he had to start and he had to turn so at times he was probably doing nearer 35 m.p.h. I find it all quite incredible, and so I'm sure must most of us who ride bikes.

I spoke to a rider after a recent fifty and he had just finished in 1 hour 54 minutes and a few seconds and I congratulated him. He was pleased with a personal best, but then contemplated out loud, that Cammish was 15 minutes faster - a whole quarter of an hour, and effectively this would mean Cammish, at his speed dropping him over fifty miles by something in the region of seven and a half miles. These were the thoughts of a 1.54. man, what about us mere mortals who are pleased with say, 2.15.00. I suppose we can look at it 'logically' and say "Ah yes, but he's only riding for 74% of the time that we are... Does it hurt him I wonder, does he suffer? If he

does, then obviously the quicker he gets it over with the better....

Now, Reg Searle, there's a thought for you.. you could cut out about $1\frac{1}{4}$ hours of struggle just by going that much faster.

The only other immediate though I have is to wonder what the sports pages, maybe even the front pages of the National Press would have done if a runner had broken a 13 year old National record and by such a margin... Ah well, cut the page out of the comic and stick it up on the cycle shed wall.....

Don.

RECORD TIME AGAIN

In the Sussex 100 on Sunday July 10th the Club team record was well and truly beaten, the aggregate times of Richard Shipton (4.21.18) Keith Dodman (4.23.36) Paul Toppin (4.24.40) equalling 13.09.34 improved the old record (13.13.44) set in 1981 by Richard Shipton, Keith Dodman and Roy Holden) by 4 minutes 10 seconds, Now it's under 13 hours 10 minutes we must look towards getting it under 13 hours. I think we have the riders, it means three sub 4.20.00.

On the evening of Monday July 11th Andrew Lock turned his attention to Junior place to place records and had ago at the Steyning and back. The old record stood at 47.59 and he clobbered it, getting home in 36.23. It pleased him that the junior record was better than his last year's juvenile time of 37.19.

JUNIOR 15 (incorporating the ladies 15)

Although this was a new idea, to include the ladies event, as there were only two entries it was in fact, no event, for by the rules there have to be at least three. The idea was to give the ladies a second chance to record 15mile times for these count in their Best All Rounder. Their rides do therefore count for that purpose.

Where though did the juniors get to, half of them did not even seem to know it was on, so should we have tried to chase them up and get their entries from them ? Why did we have no entries from Robert Farrow, Bradley Walters, Ian Leeding, Richard West ? This event is put on for them.

Result:

1st. Andrew Lock	36.51	Sc	36.51
2nd. Vincent Webb	40.42	5.00.	35.42
3rd. Robert Downham	41.46	4.40	37.06
4th. Anton Barnard	42.30	5.00	37.30
5th. Chris Kennard	42.48	5.45	37.03

Vincent Webb shows considerable promise and must be picking up some tips from Mick Jones. This was another good effort by him and he deserved the handicap award. The winners only comment was that he was still 57 seconds outside of Paul Toppin's junior record .

Jim Hughes has been seen stripped to the waist in a rishing chair, under a rishing umbrella but in front of him just a bird bath.....P.T.O..

It was rumoured he was after smaller fish these days, but Connie says he's still after the birds.

THE SUSSEX C.A. AND CLUB 100

This event was again sponsored by the Sussex Mutual Building Society, and with the promotion in the capable hands of Valerie Stringer assisted by Tony Palmer and Ray Douglass, it was another class event which did the Association proud. The only problem was the traffic in the area of the Chichester bypass which is something Ray Douglass has already been thinking about for 1984.

With an entry from Lands End to John O'Groats record holder John Woodburn of the Manchester Wheelers Trumans Steel team speculation was high that for the first time ever on Sussex roads we could have a sub-four hour hundred. It wasn't to be and it was probably the traffic problems more than anything else which prevented it. John rode and won in tremendous style and I believe the time of 4.1.38 is still the best ever recorded in the County. It was also a new course and event record, lowering the time set by Alan Edmonds from Bournemouth in 1981 by a little more than 3 minutes.

I firmly believe that with top class riders competing and with the constant improvement in the class and standard of this event, so the efforts and achievements of the Sussex riders have been raised to new higher standards. The number of riders to beat 4.30 was more than for

several years, if not ever, and our own Club is a good example, for in previous years if you could beat 4.40.00 you would expect to get a place in 1983 you could do this and finish 5th, while a 4.24.40 was good enough only for 3rd place.

Richard Shipton was good enough to hold on to his championship but was pushed every inch of the way. His winning time of 4.21.18 left him in 5th place in the County and Open competition. Keith Dodman proved his ability at this distance even on 'normal' courses. He says he lacks speed! His 4.23.36 put him in 6th spot overall and Paul Toppin, who still says he can't ride hundreds was 7th and unusually for him third in the Club with 4.24.40. Very good packing gave us a team win with an aggregate of 13.09.34, which, as is noted elsewhere in this issue was a Club team record.

Other Club times were: Don Lock 4.32.46, Roy Holden 4.39.30, Andy Smith 5.01.19, Steve Jukes 5.07.20 and Reg Searle 5.34.27. Paul West punctured early on and did not finish.

Ray Douglass fixed the Club handicap as follows: 1st.Reg Searle (85 mins) 4.09.27, 2nd.Keith Dodman (4 mins) 4.19.36, 3rd.Richard Shipton (so) 4.21.18 4th. Paul Toppin (2 mins) 4.22.40, 5th.Don Lock (8 mins) 4.24.46, 6th Roy Holden (9 mins) 4.30.30 7th.Andy Smith (25 mins) 4.36.09, 8th.Steve Jukes (30 mins) 4.37.20.

We learn that Geoffrey Weston had a nasty fall from his bike a week or two back. Hope you will soon be fully recovered

(continued from page 20H)

The Worthing Excelsior again let the side down by firstly demanding tea and then would you believe the Editor took tea bags out of cups and plunged them in the hot water pot. This was much to the amazement of the french customers but it ensured three cups for about £1 which is better than only one - what say you.

Dave timed the return to Calais again quite beautifully - we were back on board within about five minutes of our arrival and to show that we had learnt something over the three days we are proud to record that our Ed. was first in the queue for the restaurant, although the B.E.C.C. easily won the team award with good packing.

A short and smooth crossing to Dover with the usual visit to the duty free shop, and a fast run home with Dave uneeringly sticking to the right side of the road - that's the left of course. We were all safely home before Sunday had run out, a little weary but I think unanimous in thinking what a super weekend. There was already talk of the Paris Six early next year.

Thanks Dave for all your efforts in organising and driving, thanks Val for fixing the accomodation and thanks everyone for your good company. Oh! by the way we also had with us Leon and Judy Budgen, who were very well behaved and Leon even did a little driving - 2 points to B.E.C.C. and Den Jukes who did not once interrupt Margaret - 1 point W.E.C.C.

I think we lost 14 - 8. but who cares. DON

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Norway ?

Fancy a trip to the country or the riords? Well a young Norwegian cyclist Stein Orn called in at the Clubroom twice recently and made himself known. He would very much like to assist in arranging exchange trips. We shall be sending him a copy of this magazine and the Editor has his name address and telephone number if anyone is interested.

Evening Tens series

Event No.8. 30th June 1983

1st. Roy Holden	23.45.	1.10.	22.35.
2nd. Stuart Gibbs	24.25.	1.20.	23.05.
3rd. Mike Mansell	24.50.	3.25.	21.25.
4th. Andy Smith	24.55.	2.25.	22.30.
5th. Peter Scopes	25.39.	3.40.	21.59.
6th. Jeff Russell	25.50.	3.20.	22.30.
7th. Vincent Webb	26.22.	4.30.	21.52.
8th. Tom Lainsbury	26.23.	4.30.	21.53.
9th. Anton Barnard	26.31.	4.30.	22.01.
10th.Keith Laker	26.51.	5.00.	21.51.
11th.Chris Kennard	27.04.	4.45.	22.19.
12th.Robert Downham	27.05.	4.20.	22.45.
13th.Mike Gibbs	27.09.	4.00	23.09.
14th.Bill Procter	27.31.	4.00.	23.31.
15th.Reg Searle	28.25.	6.20.	22.05.
16th.John Wiseman	28.46.	6.50.	21.56.
17th.Peter Aslett.	28.57.	6.30.	22.27.

18th. Peter Kibbles	29.16. 7.20. 21.56.
19th. Angela Walker	29.40. 7.30. 22.10.

More results:

18th June S.C.C.U. 10

Andrew Lock	23.24
Don Lock	23.57
Paul Reeves	22.37
Angela Walker	29.25
Steve Jukes	23.56
Vincent Webb	25.57

19th June Gemini 25

Don Lock	1.01.29
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30th June Bognor 10

Andrew Lock	23.20	
Tony Butler	27.28	First team
Brian Cox	26.57	award and
Betty Cox	28.35	Paul was
Adrian Cooper	23.42	equal
Mike Stanbridge	27.44	first
Ken Atkins	25.47	
Paul Toppin	22.25	

3rd. July Bournemouth 25.

Andrew Lock	1.00.26
Stuart Gibbs	1.01.20
Mike Gibbs	1.08.05

Its rumoured that our Ed is using sub standard tubs on the basis that in time trialling..... it's seconds that count...

