

THE WORTHING WHEEL

MAGAZINE OF THE WORTHING EXCELSIOR
CYCLING CLUB



AUTUMN 1985

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FRONT COVER

***STUART GIBBS COMPETING IN THE
1985 BRIGHTON TOWN CENTRE RACE –
PHOTOGRAPH BY COURTESY OF BRIAN
HUTTON.***

THE WORTHING WHEEL***AUTUMN 1985*******

Worthing Excelsior Cycling Club's quarterly magazine. The club meets at Broadwater Parish Rooms between 7.30 and 10.30 on Tuesdays. Canteen available until 10 p.m.

The opinions expressed herein are those of the individual contributor and not necessarily of the club or its General Committee.

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A NEW LOOK ?

The Magazine has now reached high technology - it's being laboriously typed into a computer for juggling and fiddling before being printed in one chunk. Hopefully this will cut down on errors and improve presentation (and maybe Mr. Printer will stop asking Don to fit a new ribbon to his typewriter!). The dreaded computer can potentially print the magazine in italics, superscripted, greek etc but I reckon just readable will do. There is no problem controlling the beast but we hope *that no* ^{unforeseen} errors creep in and make a $\psi\phi\kappa'\xi\rho$ of the presentation.

OPEN GOVERNMENT...?

The editors thought that members might be interested to know what their committee has to put up with in monthly meetings so we are hoping to have regular short reports on the proceedings!

Recent snippets -

Do you wear advertising on your clothing during time-trials? Probably not, but even a makers name on your hat might infringe the RTTC rules. The point was raised at a recent club event with one member wearing a 'Peugeot' hat. It's a difficult decision as to how blatant the makers name must be before it counts as advertising (Sidi etc on shoes?). The RTTC has been contacted for a decision and - yes, it is against the rules, so geremoff!

A recent Open event, run in windy weather (so aren't they all), highlighted the shortcomings of a single tea urn, with lukewarm tea to revive the finishers. The committee is trying to locate another urn, so far without success - any offers?

One of the main features of the meetings is John Mansells' postbag which usually resembles Father Christmas's December one. Occasionally it contains items of interest, for instance, a letter from the Sussex Association of Spina Bifida and Hydrocephalus appealing for sponsored events in local clubs. The Committee agreed that the Reliability Trial be used for this purpose.

Land on which to build the proposed clubroom is an important issue and hopes were raised when Andy Lock was told by a colleague that a Cricket Club was intending to purchase land, possibly in excess of their requirements. They appeared to be willing to sell the extra land to the Club and we await developments.

Recently an official of the Borough Council had visited the clubroom and notified Jim and Connie that the kitchen, toilet and heating facilities were to be improved. We hope that this goes through, but don't be surprised if it's followed by a rent increase!

A committee member reported that ladies at some events had complained about foul language from younger club members. Now we all feel like swearing at some of our results but please lads, keep it to yourselves.

Result of Junior and Ladies 15 Mile Championship 27th June 1985

1st	Ian Leeding	39.50	scr.	39.50
2nd	Robert Downham	40.39	0.10	40.29
3rd	Bradley Walters	41.20	1.30	39.50
4th	Christine Barnett	43.21	3.20	40.01

EVENING TENS NO. 9 18th July

1st	Andy Smith	23.50	scr	23.50
2nd	Mick Mansell	23.58	0.20	23.38
3rd	Dave Dallimore	24.09	0.40	23.29
4th	Paul Toppin	24.15	0.20	23.55
5th	Stuart Gibbs	24.30	1.00	23.30
6th	John Lucas	24.35	0.30	24.05
7th	Don Lock	24.47	1.10	23.37
8th	Andy Lock	25.15	1.30	23.45
9th	Ian Leeding	26.13	1.50	24.23
10th	Andy Boyle	26.18	2.00	24.18
11th	Paul West	26.21	3.00	23.21
12th	Clive Goward	26.27	3.00	23.27
13th	Bob Withers	26.33	2.40	23.53
14th	John Poland	26.43	6.00	20.43
15th	Colin Miller	26.45	2.00	24.45
16th	Mike Gibbs	26.50	3.40	23.10
17th	Bill Procter	27.04	3.30	23.34
18th	Peter Kibbles	27.26	3.20	24.06
18th	David Priest	27.26	5.10	22.16
20th	Peter King	27.27	4.00	23.27
21st	Marvin Lucas	28.31	3.40	24.51
22nd	Mike Poland	29.03	5.00	24.03
23rd	Brian Cox	29.12	4.30	24.42
24th	Mike Stanbridge	29.53	5.50	24.03
25th	Betty Cox	30.36	5.40	24.56
26th	John Grant	31.22	4.00	27.22
27th	Reg Searle	31.28	8.10	23.18

EVENING TENS NO. 10 25th July

1st	Andy Smith	23.05	scr	23.05
2nd	Mick Mansell	23.35	0.10	23.25
3rd	Paul Toppin	23.36	0.20	23.16
4th	Dave Dallimore	23.48	0.20	23.28
5th	Colin Miller	25.40	2.50	22.50
6th	Clive Goward	25.47	2.40	23.07
6th	David Nightingale	25.47	3.00	22.47
8th	Bob Withers	25.48	2.40	23.08
9th	Robert Downham	25.51	2.30	23.21

10th	Paul West	25.58	2.30	23.28
11th	Bradley Walters	26.11	3.00	23.11
12th	Mike Gibbs	26.13	3.00	23.13
13th	David Priest	26.42	3.40	23.02
14th	Bill Proctor	26.48	3.10	23.38
15th	Peter Kibbles	26.50	3.40	23.10
16th	Marvin Lucas	26.58	5.10	22.18
17th	Peter King	27.08	3.40	23.28
18th	Mike Poland	28.26	5.10	23.16
19th	Reg Searle	31.18	7.40	23.38
20th	Carmelita Grange	32.18	7.40	24.38

EVENING TENS NO. 11 1st August

1st	Paul Toppin	23.15	0.40	22.35
2nd	Mick Mansell	23.38	0.30	23.08
3rd	Stuart Gibbs	23.51	0.40	23.11
4th	John Lucas	24.00	0.40	23.20
5th	Andy Lock	24.30	1.20	23.10
6th	Andy Boyle	24.52	2.30	22.22
7th	Peter Shaw	24.59	3.10	21.49
8th	Clive Goward	25.12	2.50	22.22
9th	Robert Downham	25.13	2.50	22.23
10th	Bob Withers	25.27	2.50	22.37
11th	Paul West	25.37	3.00	22.37
11th	David Priest	25.37	3.40	21.57
13th	Colin Miller	25.45	2.40	23.05
14th	John Poland	25.52	2.50	23.02
15th	Ken Atkins	26.01	3.10	22.51
16th	Bradley Walters	26.03	3.10	22.53
16th	Mike Gibbs	26.03	3.10	22.53
18th	Bill Proctor	26.27	3.50	22.37
19th	Peter King	26.31	4.10	22.21
20th	Peter Kibbles	26.32	3.50	22.42
20th	Christine Barnett	26.32	3.50	22.42
22nd	Marvin Lucas	27.09	4.00	23.09
23rd	Mike Poland	27.50	5.30	22.20
24th	Reg Searle	30.23	8.20	22.03
25th	Carmelita Grange	31.51	9.20	22.31
26th	Cliff Hawkins	32.26	8.30	23.56

EVENING TENS NO. 12 8th August

1st	Paul Toppin	23.59	0.40	23.19
2nd	Dave Dallimore	24.27	0.50	23.37
3rd	Stuart Gibbs	24.42	1.20	23.22
4th	Steve Curry	24.48	2.10	22.38
5th	John Lucas	25.04	1.30	23.34
6th	Ian Leeding	25.15	2.20	22.55
7th	Bob Withers	25.48	3.00	22.48
8th	Andy Boyle	25.51	2.20	23.31
9th	Paul West	26.41	3.10	23.31
10th	Tony Palmer	26.55	2.40	24.15
11th	Mike Gibbs	27.15	3.30	23.45
12th	Peter Kibbles	27.53	4.00	23.53
13th	Clive Goward	28.18	3.40	24.38
14th	John Poland	28.34	3.20	25.14
15th	Mike Poland	28.50	5.20	23.30
16th	Marvin Lucas	29.30	4.40	24.50
17th	Mike Stanbridge	29.36	6.00	23.36

FOR SALE - Half a pound of frozen peas. Only used for treating the bruises on Don Lock's knee. A hint from an osteopath - better than ice blocks when used in a polythene bag as they mould easily to the shape of the area to be treated. Ten minutes in every hour and start as soon as possible. It seemed to work..... but there's this bag of peas ...

It's rumoured that Don Lock and Andy Smith went weak-kneed and faint at the thought of anti-tetanus injections when attending Worthing Hospital Casualty Department recently. Don, who had confidently replied to the question that he wasn't allergic to anything, suddenly remembered 'needles' and went all peculiar, while Andy asked if he could have his on a knob of sugar!

EVENING TENS NO. 13 14th August

1st	Andy Smith	23.30	scr	23.30
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2nd	Paul Toppin	24.15	0.40	23.35
3rd	Dave Dallimore	24.25	1.10	23.15
4th	Stuart Gibbs	24.34	1.20	23.14
5th	Steve Curry	24.44	1.30	23.14
6th	Ian Leeding	25.31	1.50	23.41
7th	Robert Downham	26.10	2.40	23.30
8th	Andy Boyle	26.13	2.30	23.43
9th	Bob Withers	26.20	2.30	23.50
10th	Paul West	26.31	3.20	23.11
10th	John Poland	26.31	3.20	23.11
12th	Colin Miller	26.35	3.10	23.25
13th	Bill Procter	26.43	4.00	22.43
14th	Clive Goward	27.01	3.40	23.21
15th	David Priest	27.14	3.10	24.04
15th	Mike Gibbs	27.14	3.50	23.24
17th	Peter Kibbles	27.47	4.30	23.17
18th	Bradley Walters	27.49	3.10	24.39
19th	Mike Poland	28.24	5.30	22.54
20th	Mike Stanbridge	29.29	6.20	23.09
21st	Reg Searle	31.16	7.50	23.26
22nd	Carmelita Grange	34.42	9.20	25.22

EVENING TENS NO. 14 21st August

1st	Paul Toppin	23.28	0.40	22.28
2nd	Andy Smith	23.32	scr	23.32
3rd	Dave Dallimore	23.40	0.50	22.50
4th	Stuart Gibbs	24.06	1.00	23.06
5th	Steve Curry	24.30	1.10	23.20
5th	Andy Lock	24.30	2.00	22.30
5th	John Lucas	24.30	1.40	22.50
8th	Ian Leeding	24.49	2.00	22.49
9th	Don Lock	25.07	1.00	24.07
10th	Andy Boyle	25.12	2.40	22.32
11th	Bob Withers	25.24	2.50	22.34
12th	Colin Miller	25.52	3.00	22.52
13th	Tony Palmer	25.59	3.30	22.29
14th	John Poland	26.07	3.00	23.07
15th	Mike Gibbs	26.10	3.50	22.20
16th	Ken Atkins	26.14	3.30	22.44
17th	Bradley Walters	26.26	3.20	23.06

18th	Bill Procter	26.40	3.10	23.30
18th	Marvin Lucas	26.40	4.40	22.00
20th	Robert Downham	26.57	2.40	24.17
21st	Peter King	27.15	4.00	23.15
22nd	Peter Kibbles	27.17	4.20	22.57
23rd	Christine Barnett	27.50	4.00	23.50
24th	Mike Stanbridge	28.53	6.00	22.53
25th	Carmelita Grange	32.30	11.10	21.20

It's rumoured that John Lucas - busy with redecorating the kitchen - received a pass from wife Sheila for 1 hour on Bank Holiday Monday. Four hours later she received a telephone call from John. Would *you* believe he got lost? No. Would you believe Marvin had got the 'bonk'? No. Neither did Sheila. Passes will now be issued on compassionate grounds - and until that kitchen is finished..... Sheila isn't feeling very compassionate at all.

EVENING TENS NO. 15 29th August

1st	Dave Dallimore	23.12	0.10	23.02
2nd	Andy Smith	23.16	scr	23.16
3rd	Stuart Gibbs	23.20	0.40	22.40
4th	Paul Toppin	23.27	scr	23.27
5th	John Lucas	23.33	1.00	22.33
6th	Steve Curry	23.35	1.00	22.35
7th	Don Lock	24.11	1.40	22.31
8th	Bob Withers	24.35	1.50	22.45
9th	Ian Leeding	24.37	0.50	23.47
10th	Andy Lock	24.38	1.00	23.38
11th	Andy Boyle	24.50	1.40	23.10
12th	Robert Downham	25.02	3.30	21.32
13th	Ken Atkins	25.24	2.40	22.44
14th	Tony Palmer	25.33	3.30	22.03
15th	Bradley Walters	25.35	3.00	22.35
16th	John Poland	25.43	2.40	23.03
17th	Dave Nightingale	25.45	2.50	22.55
18th	Bill Procter	25.48	3.10	22.38
19th	Mike Gibbs	25.56	2.40	23.16

20th	Marvin Lucas	25.58	3.10	22.48
21st	Christine Barnett	26.03	4.20	21.43
22nd	Clive Goward	26.04	3.30	22.34
23rd	David Priest	26.11	3.40	22.31
24th	Peter Kibbles	26.30	3.50	22.40
25th	Peter King	26.39	3.30	23.09
26th	Mike Poland	27.27	4.50	22.37
27th	Mike Stanbridge	28.32	5.20	23.12
28th	Carmelita Grange	31.21	9.00	22.21

EVENING TEN MILE TIME TRIAL SERIES

FINAL RESULTS 1985

SCRATCH		HANDICAP	
	points		points
1. Andy Smith	6	1. Marvin Lucas	35
2. Paul Toppin	9	2. Carmelita Grange	26
3. Mick Mansell	10	3. Dave Priest	25
4. Dave Dallimore	11	4. Mike Stanbridge	14
5. Stuart Gibbs	20.5	Robert Downham	14
6. John Lucas	28	6. Mike Gibbs	13
7. Andy Lock	29	Ian Leeding	13
8. Don Lock	30	8. Bob Withers	11
9. Steve Curry	39	Christine Barnett	11
10. Ian Leeding	42	Peter King	11
11. Andy Boyle	47	Steve Curry	11
12. Bob Withers	51	12. Clive Goward	10
13. Robert Downham	52	13. Reg Searle	9
14. David Priest	57.5	Mike Poland	9
15. Colin Miller	59.5	15. Colin Miller	8.5
16. Paul West	60	16. John Gilbert	8
17. Clive Goward	65.5	17. John Poland	7.5
18. Marvin Lucas	66	18. Paul Toppin	7
19. Tony Palmer	70	19. Bill Procter	6.5
20. Bradley Walters	77.5	20. Ken Atkins	6
21. Ken Atkins	78	Peter Shaw	6
22. Christine Barnett	79.5	Tony Palmer	6
23. Dave Nightingale	80.5	23. Dave Nightingale	5.5

24. Mike Gibbs	82	24. Bradley Walters	5
25. John Poland	82.5	25. Don Lock	4
26. Carmelita Grange	92	Ken Hall	4
27. Peter Kibbles	93	27. Andy Boyle	3.5
28. Bill Procter	94.5	Paul West	3.5
29. Jeff Russell	102	29. Peter Kibbles	3
30. Betty Cox	108	Tom Lainsbury	3
31. Mike Poland	113	John Grant	3
32. Peter King	116	32. Stuart Gibbs	2.5
33. Tom Lainsbury	134	33. Andy Smith	2
34. Mike Stanbridge	136	John Lucas	2
35. Reg Searle	147	35. Betty Cox	1
		Andy Lock	1
		37. Peter Aslett	0.5

FASTEST LADY.....Christine Barnett 26.03
 FASTEST SCHOOLBOY.....David Priest 25.37

NEW CLUB RECORD:

The last of the Evening Tens was a good evening and there were several personal bests, but CHRISTINE BARNETT stole the show with yet another lowering of our ladies ten mile record. Duly ratified by the Committee it now stands at 26.03. It has to be a '25' minute ride next year!

A LATE START

"Why didn't you ride the 10 on Saturday - did the rain put you off". "No, I was a late start". "But when I left, the board said DNS". "Well, yes it was a very late start - I thought it was on Sunday!". Peter Danckwardt, you are awarded our second-hand banana skin for August for that one.

DO THEY GET DANGEROUS WHEN THEY GET OLDER ?

Sign observed at the entrance to a Forestry Commission plantation near Colgate. "Old copse" "Police Warning".....

1985 SUSSEX CYCLISTS' ASSOCIATION BEST
ALL ROUNDER COMPETITION

		50	100	12 hour	Av mph
1. D. Harrison	Crawley Wheelers	2.07.48	4.45.06	224.983	21.089
2. B. McNally	Bognor Regis CC	2.11.12	4.33.06	220.371	21.058
3. M.J. Mansell	Worthing Excelsior	2.04.08	4.33.58	199.361	20.893
4. P.R. Davies	Brighton Mitre CC	2.15.42	4.45.36	207.524	20.136
5. S. Roberts	Brighton Excelsior	2.16.44	4.53.18	213.622	20.066
6. H.N. Hemsley	Lewes Wanderers CC	2.17.56	4.57.19	208.633	19.772
7. K. Laker	Rother Valley CC	2.20.54	5.13.00	207.700	19.256
8. M.A. Pink	Crawley Wheelers	2.32.58	5.15.35	207.456	18.637
9. L.K. Budgen	Brighton Excelsior	2.30.29	5.24.19	190.405	18.101
10. R. Settle	Crawley Wheelers	2.39.09	5.40.20	183.356	17.253
11. F. Searle	Worthing Excelsior	2.36.02	5.46.30	161.542	16.663

Winning Team - Crawley Wheelers

What a shame that Mick Mansell had such trouble in the 12 hour. He could clearly have won this very easily. Many of the counties top time-triallists did not complete one or more counting events. Next year let's have a definite commitment to winning this, both individual and team, and let's put some modern figures into those miles per hour.

CLUB TRACK MEETING

What has become an annual club event, at the Preston Park track, Brighton, took place on Friday 16th August with a high standard of racing from a small field of nine riders.

With the emphasis on a fun evening - with no awards - the first event, an eight lap scratch, gave signs of what was to come with Stuart Gibbs beating Paul West by just half a wheel, and Richard Shipton close on their tails.

The sprint heats were won by Stuart, narrowly beating Ian Leeding and Paul who beat Graham Tooley.

Andy Boyle was just out-sprinted by Stuart Gibbs and Richard Shipton in the first heat of the one lap handicap leaving Paul West well down and cursing his own handicapping. Graham Tooley and Ian Leeding qualified for the final by taking first and second places respectively in the other heat.

The Devil was taken by Paul West from Richard Shipton and, after some confusions over the eliminations, Bradley Walters was awarded third spot.

In the handicap final Stuart Gibbs was a convincing winner from the eternal second Richard Shipton, whilst Graham Tooley was given third place despite cutting up Ian Leeding in the last 50 metres.

The one-lap scratch final gave Paul West revenge over Stuart Gibbs, winning by the width of a tyre. Ian Leeding was third.

In between these events were a series of four lap pursuit heats, in which Bob Withers and Dave Dallimore took advantage of the facility to ride just this event on their road bikes.

Of the three heats the fastest four riders on time were to qualify for the final. The best of these was Richard Shipton, looking very serious on his low-profile time-trial bike, with a time of 3 mins 20 sec. Other qualifiers were Dave Dallimore (3.22), Stuart Gibbs (3.31) and Ian Leeding (3.31).

As predicted, the final produced two very tight battles, with Dave (3.19) going against the seedings and beating Richard (3.24) for first place, whilst Stuart (3.35) just held off Ian (3.36) for third.

With darkness falling quickly, a good evenings' competition ended with several pairs of tired legs to prove it. The evenings results were as follows;

	1st	2nd	3rd
8 lap scratch	Stuart	Paul	Richard
Devil	Paul	Richard	Bradley
1 lap handicap	Stuart	Richard	Graham
1 lap scratch	Paul	Stuart	Ian
4 lap pursuit	Dave (3.19)	Richard (3.24)	Stuart (3.35) 4th Ian (3.36)
Other pursuit times (from heats)	Overall points positions		
Richard Shipton 3.20	1. Stuart Gibbs	10 points	

Dave Dallimore	3.22	2. Paul West	8	"
Stuart Gibbs	3.31	Richard Shipton	8	"
Ian Leeding	3.31	4. Ian Leeding	2	"
Graham Tooley	3.38	5. Graham Tooley	1	"
Bob Withers	3.39	Bradley Walters	1	"
Andy Boyle	3.40			
Bradley Walters	3.48			
Paul West	3.49			
Dave Priest	3.49			
Mike Gibbs	3.56			

EASTWAY RACING

This circuit, about three miles north of the Blackwall Tunnel at Temple Mills in East London, is just about a mile of closed circuit, bendy and with quite a hill. On the site of an old rubbish tip, it has been landscaped and now provides an excellent training ground for the road-racing stars of the future. There is a small stand at the finish and there are changing, refreshment, parking and camping facilities.

Bradley Walters and Ian Leeding have been bashing away at the road racing game and have made several visits to Eastway. What a pity it is that we have nothing like it down here in Sussex. Anyway they've made the journey up by car or train and given of their best, and while we have no Paul West type win to report, they have clearly enjoyed the experience.

We did hear that during the 'Trafalgar Trucking' junior 42 mile event on the 11th August there was, for a couple of laps, the superb sight of Ian and Bradley (in their Excelsior strip of course) leading the field. Indeed, they were doing something of a 2-up, with an advantage of some 10 seconds for a while. Did somebody get that on film we wonder? Bradley was lacking the necessary

stamina though and when the counter attack came he was soon out the back and retired. Ian remained in touch with the bunch to be credited with 15th place, which was not bad from a field of 40.

They were back up there again on 1st September for a 21 lap race promoted by the Whitewebbs CC. Gale force winds made the circuit very hard, especially in the finishing straight. Bradley lasted about half the distance (we shall have to step up the distance of his training runs - what say you Mr. Coach?) but Ian was strong and riding well and always towards the front of the main bunch with two riders away. In the sprint he was sixth of the group across the line to give him 8th overall - his best placing so far.

Other members who would like to try their hand (or legs) at this closed circuit road-racing, with no traffic to worry about should talk to Ian or Bradley, or Paul West, and perhaps in the 1986 season a larger number could get together and gain very valuable experience. If you can persuade your parents to go along it only takes about an hour and a half by car using the motorways; it makes a really good day out with plenty of racing to watch - and they don't even have to get up early!

SUSSEX CYCLISTS ASSOCIATION 50

It's just been drawn to our attention that the last issue contained no report on this event which does, as usual, incorporate the Club championship. Very remiss of us, but better late than never. For the first time for many years there was an excess entry and a few had to be refused. The limit is 120 for an Open event - if we were to restore it to an Association only competition then we could have 150. No one has ever satisfactorily explained that one to me.

We were blessed with a good morning and rewarded with some very fast times. Old man John Woodburn - well he's knocking on towards 50 you know - once again showed the way it's done with a superb 1.52.28, some 3 minutes 20 seconds ahead of Steve Dennis of East Grinstead who recorded 1.55.48 to take the Sussex Trophy. Simon Barnes of Lewes Wanderers was third overall and second in the closed championship with 1.57.18, and Richard Shipton collected yet another place in a Sussex Championship, third in 1.59.07. Mark Jones of Velo Club St. Raphael also ducked under 2 hours finishing in 1.59.39.

Christine Barnett became the first lady from the Worthing Excelsior to try her legs at this distance since the 1960's and did so with very good effect, for her time of 2.28.18 lowered Margaret Beeston's record of 1961 by no less than 4 minutes 58 seconds.

Our new co-editor (poor fool!) Bob Grange was the only other rider to gain an award. While Christine's effort gained the third handicap award, Bob's 2.19.14 with 38 minutes handicap was good enough for the fourth spot in this section.

The full list of Worthing times:

4th	Richard Shipton	1.59.07
13th	Mick Mansell	2.04.08
16th	Andy Smith	2.05.13
18th	Roy Holden	2.05.36
21st	Andrew Lock	2.05.51
40th	Peter Shaw	2.11.01
54th	Andy Boyle	2.15.26
64th	Tony Palmer	2.17.52
70th	Bob Grange	2.19.14
77th	Bill Procter	2.21.01
81st	Ken Atkins	2.22.06
87th	Clive Goward	2.24.53

89th	Dave Elson	2.25.20
92nd	Jeff Russell	2.27.07
93rd	Mike Poland	2.27.31
95th	Christine Barnett	2.28.18
101st	Reg Searle	2.36.02

CHRISTMAS ISN'T FAR AWAY

So can I be the first to wish you all a very happy one. I did hear that Ian Leeding is saving hard for the festive season and it did make me think that I should get down to my Christmas present list. Well, they seem to do them for all kinds of events these days - anyway Paul West had the great idea that I might publish it in the Mag, so here goes:-

A slow watch. I'm sure it's only the speed of the ones I've tried so far that has prevented me from going much faster.

A fast pair of wheels. Not too fussy about the components and I think I'll stick with 32 spokes; they must however be capable of revolving at more than 25 mph and maintain this for an hour at least.

A new pair of legs. Obviously they must also be very fast, but I must admit to caring a bit about how they look. Definitely lean of calf with muscles well defined, good thighs, the whole very well tanned. Preferably permanently shaved with that fast oily look.

A box of youthful enthusiasm. I'm sure this would help me out of bed on those early mornings. If these didn't work I could pass them on to Andrew.

Some eyes for the back of my head. These would be very useful for observing motorists coming up behind and not looking where they were going.

A box of Campagnolo Crackers. Christmas wrapping if possible but don't go to the expense of the paper hats and mottoes.

A signed first edition of Andy Smith's 1986 Coaching and Training Manual. I understand orders have already been received from Darryl Webster and Robert Millar.

Oh! and if you can run to ita bottle of float mornings with rising south-westerly relish. Thanks, Don.

A BRIEF INSIGHT INTO THE WORLD OF THE TRIATHLON

"First off I had to swim 2 miles in Victoria Dock" (Ugh! was my first thought - it looked quite filthy the last time I saw it). "Then I didn't go too well - I got quite disorientated and wandered a lot. Took me 52 minutes and I was right down the back of the field of 400 odd. But then we had to ride five laps of a seven mile circuit and that was great - I caught 175." "Were you sent off at minute intervals?" I asked. "Oh no, just as we came out of the water and we went off as soon as we were ready. The last part was another lap of seven miles, but running, and in that I dropped four places to finish 220th. Steve Curry did well though, he was 90th". This was apparently only a mini-triathlon? Our reporter was talking to Colin Miller.

SUSSEX 10 TUESDAY 22ND JULY

Tony Palmer ran this for the Association on the Steyning By-pass course and, as far as Worthing Excelsior was concerned, it was very successful. Fastest time was recorded by Tony Goodsell with 22.16. Also our two juveniles picked up prizes in that section, with David Priest coming second in 27.14 and Marvin Lucas third in 27.32.

Other Worthing times were:- Pete Danckwardt 23.32 (4th), Mick Mansell 23.50, Stuart Gibbs 23.55, John Lucas 24.06, Don Lock 24.50, John Gilbert 25.18, Peter Shaw 25.23, Andy Boyle 25.38, Jeff Russell 25.52, Colin Miller 26.01, Bill Procter 26.20, Ken Atkins 26.26, Pete Kibbles 26.29, Mike Gibbs 26.59, Tom Lainsbury 27.04, Peter King 27.25, Brian Cox 28.08, Ray Douglass 28.08, Betty Cox 29.07, Reg Searle 29.31. With Dave Dallimore a DNF with mechanical trouble we provided 24 of a total field of 45.

SUSSEX AND CLUB 100 7TH JULY

It was a revised course this year with a start and finish at Washington which meant that the Downs had to be crossed twice. It must have been harder but it was a good morning and riders times generally came close to their own best standards.

In 1984 Tony Deacon did 4.03. something and was only a few seconds slower in 4.03.53 to win in 1985. Ian Dow of Oxford, who was training for the National 24 (he in fact won it a couple of weeks later) gave him a good run for it, recording a fine 4.06.07. P. Price of Norwood Paragon clinched third slot with 4.21.41, more than a quarter of an hour back; Worthing's Richard Shipton was fourth with 4.21.44. The event was open, so in the Sussex Championship for SCA clubs it was Deacon first,

Shipton second and John Watson, Brighton Excelsior, third with 4.22.19.

We had 8 riders and their efforts (all finished) were recorded in the official result sheet as follows;

Place		25	50	75	100
4th	Richard Shipton	1.05.07	2.09.23	3.13.58	4.21.44
11th	Roy Holden	1.03.20	2.09.36	3.17.20	4.30.22
14th	Mike Mansell	1.04.19	2.09.14	3.15.58	4.33.58
21st	Andy Smith	1.07.00	2.17.05	3.26.10	4.36.47
32nd	Bob Grange	1.10.03	2.21.06	3.34.12	4.50.44
34th	Peter Shaw	1.07.39	2.19.46	3.34.07	4.53.09
46th	Christine Barnett	1.14.46	2.33.30	3.51.42	5.10.46
55th	Reg Searle	1.21.02	2.43.20	4.07.14	5.46.30

Mike Mansell collected third handicap prize but in the team event we were well beaten by Lewes with Deacon backed by Matthew Rabbetts and Andy Attwood.

Christine Barnett's ride, her first ever at this distance, was a new club record and it may be a Sussex event record as well. The previous club record was 5.17.39 by Margaret Beeston in 1962.

Our Club Events Secretary did not unfortunately chase up everybody for entry forms for the Club event (but then he should not have to do so) and only 4 were received. The club result therefore stands as :- 1. Richard Shipton, 2. Andy

Smith, 3. Bob Grange, 4. Reg Searle, with Bob Grange winning the Handicap.

TEAM WIN

Well done Andy Smith, Richard Shipton and Pete Danckwardt with times of 59.01, 59.10 and 1.00.18 respectively; their aggregate of 2.58.29 was too good for the opposition in the Bognor Open 25 on 15th September. Andy's effort also collected third place.

EARLY WARNING and perhaps the first date for your 1986 calendar. Our Randonee events will be on the 23rd March. 100 and 200 kilometers will be the distances and Brian Cox is again the organiser. More details as soon as we know them.

MIKE GIBBS GOES UNDER***** Under what? you ask; the table perhaps? .. no *under the hour*. What distance? you say, 15 miles? No, you blessed lot of disbelievers, under the hour for 25 miles. All right, it was a 2-up and young Gibbs (Stu, that is) did the work up front for about 23 miles. His Dad then saw from his watch that they were on to something special and went past like a good'un - quite startled our Stu, but they did it - 59.32. The old man got so excited he was out on his bike again on the Monday evening! For those of you still in doubt we are able to confirm the ride even though it was near Blythe in Nottinghamshire in the Rutland event, because long-time member Pete Sidford, now riding for the Chesterfield Spire Club, was there.

OLD MAN FIRST OFF THE MARK - Under this heading in our last issue we reported that Dave Dallimore had

been first under the hour this season. Well now for the correction. The small point is that the event that he rode on 21st April was the Salisbury, not the Poole, Wheelers. The big point though, and this is quite incredible, is that on the same day up in Essex, Richard Shipton was riding the Basildon 25 and, guess what, he recorded exactly the same time as Dave, 59.32. Fortunately, both Richard and Dave keep start and results sheets so we tracked it down to the minute to find out who was first:-

Richard reported first man off at 6.31; he was number 82 which means he started at 7.52 and finished at 8.51.32.

Dave reported, first man off at 8.01; he was number 112 which means he started at 9.52 and finished at 10.51.32.

Result : Richard wins again, by , quite incredibly, exactly 2 hours. Dave withdraws his claim - it was a good try though, you must admit.

IDENTITY TAGS.... Quite a number wear these now and it is a very good idea. Name, address, telephone number, blood group, donor card information, details of allergies - all can be usefully recorded. You never know ACCIDENTS DO HAPPEN.

WORTHING SEAFRONT FAYRE KERMESSE RACES

Why, in this lousy summer, did we agree to promote these races again? Because we were asked by the Council, and because we had a very willing organiser in Paul West are the answers. But the races were a disaster, entirely brought about by the most vile weather conditions that you could

imagine for July. The wind howled in from the sea, hit Heene Terrace and, without much abatement, howled back again. The rain was indistinguishable from the sea that crashed on the promenade and threatened to put beach huts where we only wanted cones, and the skies were only slightly lighter than one would expect - for a December evening. Fifty, or maybe 100, hardy souls hung grimly on to the more permanent features of Marine Parade to watch 80 or so even more hardy nuts race up and down in the five event programme.

Public address systems were erected and performed remarkably well, bearing in mind that they were never underwater tested. Machines were examined for rust and apart from water in the tubes, all were passed fit. Soggy licences were peered at through the narrowest slit between balaclava, cagoule hood and golfing umbrella and dumped in separate boxes for each event. Riders signed on at the registration desk and inks ran joyously together. Chaos reigned (or should that be rained?) to a point where even the paper boys could have ridden, and probably did. Up high on an open lorry trailer sat yours truly with pages of carefully prepared notes to keep the public fully informed in this, his first go at announcing. The only problem was that Mr. and Mrs. Public had either all stayed in bed or gone to the south of France. No, to think about it, that wasn't the only problem. There was the job of keeping warm, the impossible task of trying to keep dry and, of course, all his inks were also leaping around to make merry, soggy patterns on his programme. Judges peered through goggles in an effort to spot the passing riders and every now and again someone would change the lap board and remember to ring the bell, which occasionally happened while a race was actually in progress. I could have been dreaming, but twice I could swear an open-top bus went by - hallucinations perhaps. A gentleman with

a chain of office, first thought to be Neptune himself but later found out to be the Mayor of Worthing, came along to present the awards and Brian Hutton, hidden under a pile of Evening Argus newspaper bags, took notes of these strange happenings.

Throughout it all Paul West performed the job of organising with commendable nonchalance - "it's really only a question of telling Carol what to do" he is reported to have said - from underneath the lorry. "Here are 500 programmes, go and sell them - if necessary make them buy 10 each" was one instruction.

St John's Ambulance was on hand to deal with any cases of drowning or exposure and quite remarkably neither they nor the onshore lifeboat, were in fact needed for anything more than minor abrasions when a couple of riders were blown into someones' garden.

According to Radio Sussex - were they there? - The Laker Cycles Schoolboy scratch race over 20 minutes and 3 laps was won by Rowan Shepherd of the Wessex Road Club. Oliver Davies of Lewes was second and John Bridger, Sydenham Wheelers, was third. David Priest from Worthing rode well to finish fourth. The Lloyds Bank sponsored race for veterans provided Andy Swanson, Festival Road Club, (1st), Arthur Ellis, VC Elan, (2nd) and Alan Limbrey, Sussex Nomads, (3rd) with useful supplements to their pensions.

The third race was the Ron Mills Cycles Senior Scratch event of 50 minutes plus five laps and the strong man was Cliff Dent of 34th Nomads. He won an exciting sprint finish from Stephen Douce of Wembley Road Club, with Phil Watkins from Old Portlians in third place.

Forty minutes plus 3 laps was the duration for the John Spooner Cycles Junior road race and this went to Robert Jeffries from the Festival with Stuart Hopkins of the GS Stella second and Crawley's Peter Jackson third.

MGM Assurance came in with the generous prize list for the final Devil take the Hindmost race and Mr. Dent increased his takings for the day with another powerful sprint, this time at the expense of Matt Scott of the Eastbourne-based Tridentum CRC, with Stephen Douce relegated to third place.

If anyone would like some programmes.....

12 HOURS - 1985

Any hope of restoring some respectability to the clubs' 12 hour performances after some very lean years were washed away in the monsoons of this awful summer.

There had been hope in the earlier part of the season that there would be a greater number of rides from club members, but in the event it was only the old guard with the welcome, though finally disastrous, addition of Mick Mansell.

The Sussex promotion, put on for the Association by Ray Douglass, deserved a better day. The traffic conditions of this crowded corner of the country have meant the imposition of the "NO U-TURNS" rule and Ray had spent much of his early season weekends measuring and checking the many changes that this involved. Whatever ones' thoughts were about the course were, however, to pale into insignificance against the rain which started after about the first half-hour and which was both heavy and constant for the rest of the

day.

There were 31 riders, including a Miss Warwick, who was to break the hearts of most of the other 30 before the day was out - and not for the usual reasons - she always looked neat and purposeful and she was to finish a remarkable 7th overall with 214 miles. Our entry was Roy Holden, Don Lock, Reg Searle (trike) and Mick Mansell, the new boy.

Lack of experience may well have been Mick's undoing, for he was to suffer terribly in the afternoon with leg trouble. Although he managed to continue to within about 20 minutes of full time and obtain a recorded distance of 199 miles he had severely damaged his leg. Medical treatment was required and the injury was to prevent him racing again for this season. The cold and damp severely affect muscles and it would have been wise to use embrocation, or at least some oil to help protect them.

Roy Holden was hoping to do something a bit special this year, and to add to his usual determination, took up sponsorship on behalf of Littlehampton Hospital's Lifepak Appeal organised by Littlehampton Rotary Club. It was not to be Roy's year though, entirely due to matters outside his control. His son, who was helping him and driving Roy's sports car, was to disappear from the scene after about 80 miles. Roy, without help and worried about Robin, had to call it a day. Robin had, in fact, turned the car over on Long Furlong and, although fortunately not hurt, the car was apparently a 'write-off'. It is understood that Roy is still kicking son Robin round the streets of Arundel.

Don Lock was wading along (his biggest fear was webbed feet) and with Andrew's ministrations like "come on what you hanging about for" maintained a 20 mph average for about 6 hours. But things got wetter and colder and, in his case, slower - much slower. With two changes of clothing, and eventually donning Andrew's sailing cagoule complete with hood, much time was lost. The wind increased considerably in the last four hours and parts of the circuit, particularly back on the A24 to Washington, were murder. He finished with 223 miles in fourth place and picked up, in addition to that prize, fastest veteran and fastest vet on standard, which just about paid for the tub which was ruined and the wheel that had to be rebuilt.

Reg Searle was not having one of his better days either but DNF's just do not figure in Reg's vocabulary and he recorded 161 miles.

In the club handicap Reg, with 68 miles, came out best, totalling 229. Don, on scratch, was second on 223 and Mick third with an allowance of 15 to make 214.

Matthew Rabbetts of Lewes had an inspired day and his distance of 244 miles was a quite superb effort. Peter Baker of Hastings finished second with 235 and Derek Harrison from Crawley just pipped Don with 224.

Don reckons he only planned to ride the SCA event as training for the National, which was just three weeks later in the Border Event. But this was to be a non-event. With two punctures and more broken spokes, plus, perhaps, the after-effects of the accident on the previous Thursday, the rains descended upon the event after about 5 hours and lashed down for the next three; finally he had had enough and stopped after about 8.5 hours with just

over 170 miles covered. The result sheet shows that he was 41st at 50 miles in 2.22.33, 36th at 100 miles in 4.47.27 and still 36th at 150 miles in 7.29.40.

So what, or should it be who, can we look to in 1986. Mick Mansell is undeterred and has the style and kind of attitude needed. Andy Smith sees the 12 hour as a challenge still to be tackled and he doesn't usually do things by halves. Roy Holden and Don will probably say "no more" and be there at the start, but who else? Will Pete Danckwardt ride another 12 hour - it's understood he's done over 260.... now that should be interesting.

THE 1985 TOURIST TRIAL

This was the first time I have attempted the tourist trial so the chief editor decided I should write about my experiences. The event was expertly organised by Roger Smallman, who also arranged for some glorious weather - warm, with just a gentle breeze - remarkable for the middle of September.

The intrepid tourists arrived at Patching Pond to be immediately scrutinised by Roger, who awarded points for various aspects of bike equipment (why should I need lights at 9.00 am?). At least I was carrying a puncture repair outfit, waterproofs, identification and mudguards. Only the first was to prove vital during the day. The route instructions were handed out and as soon as I read them I felt optimistic - Roger had kindly chosen most of my favourite training routes around Amberley, Coldwaltham etc. Little did I realise that some of the bits in between my well-known roads were also on the route - I had surveyed them a couple of years ago and decided they could only be tackled by caterpillar-tracked vehicles. However, after a brief stop to repair my first

puncture, I was subjected to a bone-shaking ride from Burpham to Amberley over the Downs. After an impossible question at the top of High Tilton Lane we arrived at elevenses in Rackham. Here the question asked was easy - "How many pubs have you passed to get here". As they were closed we had to pass them and most competitors, being observant or alcoholics (or both), managed to get all seven right.

The next part of the course took us to Sutton and lunch at the pub. Speed trials followed, with amazing accuracy achieved by all except Chris Beckingham - is he really a track rider? - and the two younger riders who managed to lose their way on the three mile circuit! The route then headed for Bignor Hill; this would make a fine venue for the club hill climb except that no-one could actually ride up it. I always thought the two towers on the top were part of the chair-lift. The descent from there down to Madehurst on the rough flint-strewn track cost me another puncture and rattled my teeth out. Paul West then asked me to identify several squiggly pictures which he said could be found on maps. Convinced that it was some subtle psychological test to prove my insanity I purposefully answered them wrongly.

From thence to Arundel, and a complaint from Don that point-scoring information should be on the route and not in little known side-streets! After negotiating the nettle-strewn paths (ouch!) to Poling we were supposed to find the name of the Vicar of Poling Church. The church was locked; reports of tired cyclists breaking down doors crying "Sanctuary!" are not true. On to Angmering to meet Roger, with a book of bird pictures. Disappointingly, they were the feathered kind and difficult to identify. Then to Roger's house where hard working and devoted ladies had prepared an excellent meal. Though unable to keep up with

Don's constant demand for cups of tea, they managed to feed all the competitors, who arrived at various times throughout the late afternoon. It was only then, as darkness fell, that I understood why lights were necessary - I had to sprint home to avoid riding in the dark!

The full results; from a possible total score of 53 points the list was:

1st	Tony Palmer	48.5
2nd	Ray Douglass	42.5
3rd	Chris Beckingham	39.5
4th	Brian Cox	38.5
5th	Bob Grange (+ dad!)	35
6th	Dave Hudson	32.5
7th	Don Lock	30.5
8th	David Priest	20.5
	John Adams	

Reproduced below is a letter from Tony Palmer to the editor, which I'm sure will be endorsed by all the competitors;

Dear Editor

Through the columns of the 'Worthing Wheel' I would like to express my thanks, and those of the other competitors in the annual Tourist Trial, for the excellent organization by Roger Smallman, the catering by his wife Jean ably assisted by Maureen Lock and Betty Cox.

I am sure that many members of the club who do not take part in this annual competition are unaware of the organization that is required to make the event a success.

The event (weather permitting) can easily be enjoyed riding through the countryside at an easy pace, with breaks for elevenses, lunch and evening tea. It would be nice to see this event receive greater support from club members, not only from the tourists but racing men as well - you may even get to win the speed-judging competition!

Yours, Tony Palmer

1985 FUND RAISING SCHEME - £10 MONTHLY WINNERS

Jan - Roger Smallman; Feb - Ray Douglass; March - Angela Toppin; April - Stewart Gibbs; May - Mike Mansell; June - Dave Funell; July - Dorothy Shipton; August - Ian Leeding;

Note - the first three were committee members!

CHRISTMAS IS COMING

As last year, Webb Ivory catalogues are available for you to browse through and order your goodies and cards. Last Christmas the club made over £50. There will also be a selection of cards etc at the clubroom in the near future. Remember, all profits go to the Building Fund - so pester Dave Hudson for these, he loves it!

50/50 SALE

Date not yet decided, but another sale will take place about February or March next year - do bear this in mind and think about all your unwanted items. Again, it's all for the Building Fund.

THE BRIGHTON TOWN CENTRE CRITERIUMS

I thought they were excellent, providing good entertainment and spectacle for both the enthusiast and more importantly, almost, for the casual spectator. Somehow, though, there didn't seem to be quite so many as for the first event in 1984 and this despite the better weather than for the previous year. The other attractions - stalls, demonstrations etc - are all welcome but there needed to be far more, and I felt there should have been some music. The public address could be playing music all the time with an automatic cut-out for the announcer. For periods when there is no racing why not a steel band or a jazz band somewhere?

Personally I find the racing on 'scooters' silly and pathetic and Ron Beck, to whom we should be grateful for his generous sponsorship, should leave this out.

I have heard that in 1986 there may be a top class athletics road race around the same circuit. That sounds good for it will mean larger crowds, with an influx of athletics enthusiasts.

The Evening Argus sponsorship will hopefully continue, for they have their own vehicle for publicity and really good coverage is achieved by this. Radio Sussex carried an interview with a local pro, Richard Smith, plus a preview and results, but nothing more - and it was right on their doorstep! I don't think the local commercial station even did that much. A real effort should be made, at an early date, to get some TV coverage for 1986 as well.

For the record the amateur race over 40 minutes plus 5 laps was won by Cliff Dent with the best placed Sussex rider being Colin Tamon in 6th

spot. Worthing's Stuart Gibbs rode extremely well, always in the thick of the action and maintaining a prominent position in the very fast moving bunch for much of the race. He was still there close up in the final sprint and probably placed about 15th. The pro race was dominated by the powerful Raleigh/Weinmann, Falcon/Mirror and Ever Ready/Marlborough squads. They allowed few to escape for more than a lap or two and even then the gaps were never more than about 15 seconds. All breaks were reeled in as a constant flow of primes always ensured a lively pace. Malcolm Elliot (Raleigh) produced the sprint that mattered to get home ahead of Steve Fleetwood (Ever Ready) and Shane Sutton of the Falcon team.

Footnote 1.

A number of members have enquired about that well known Brighton Excelsiorite Rick Stringer who was noted on the opposite corner to the Wine Bar and the Pub on the circuit. He was seen to frequently flash a board across his chest proclaiming "CROSS NOW". Why should he be so upset, and so frequently they asked. Careful observation has supplied a clue.... the board seemed to be shown every time one of his clubmates raised their glass to him. It is understood that for '86 he has asked if he can be sited on the other side of the road.

Footnote 2.

Nick Lelliot was seen watching the criteriums - was he wishing he was out there in the action, we wonder? He was also seen riding homewards with three others. Did they know who he was? They had all the gear and looked the part.... Were they surprised when they stirred it up.. and he just rode off the front and left them for dead?

Back in August, on a gloriously cool and wet Summer morning on route for coffee at Lannards Gallery, Paul Toppin suggested an all day Saturday ride for the near future. Paul West overheard and enquired "You mean a bash! ". I said I wasn't sure about that . However, a list was distributed and within a few weeks support was looking promising. The thought of having to ride into Surrey before the first stop though frightened many away.

On the morning of Saturday 14th September, at 7.32 precisely , we pedalled north from Offington Corner, a short delay occurred near Thakeham whilst Paul (West, of course) changed a punctured tub. Once more the wheels were wound up to a brisk pace and shortly Adversane, Loxwood, Alfold, David Mills and Bob Grange were to the rear! (No one else was sociable enough to keep him company! - co-ed). Chris Beckingham, who had departed from the coast earlier to ensure a gentle warm-up (we think he'd got a few extra miles in), joined us shortly before the Wey and Arun Canal, where we turned up a lane to Cranleigh. An impatient motorist was rewarded for his hooting by friendly waves (with less than four fingers) by the peloton. The Woodbridge cafe in Guildford was reached via a footbridge over the River Wey. Only Mike had done that one before, back in the fifties with Theo Puttick. The breakfast stop was entertaining. The owner was, we think, Greek (some thought Italian) and his loud calls to the Chef and to the customers could, out of our party, be understood only by Mike Poland (he's been to Russia! - ed.). The set breakfast of bacon, egg and sausage at just £1.20, came with a choice of beans or tomatoes. Mike kept us informed and ensured that all the bikies were fed. Needless to say, several large mugs of tea (at only 20p) completed the meal.

From Guildford the party was now reduced to Paul Toppin, Dave Elson, Chris Beckingham and myself. Paul West, Bob Grange, Mike Poland and Dave Mills returned to base, although we understand that Dave returned via Aldershot and Emsworth! We headed for Worplesdon and Knaphill, where we paused for Paul to purchase a comb. We were entering the homeland of Mike Gibbs at Chobham and so wished to look respectable as we sped through. With the assistance of the strong south-westerly wind Chobham Common was quickly crossed. Near Virginia Water we nearly all landed up in the back of a horse-box as we were carved up at a junction. A railway line was crossed, in the manner of a cyclo-cross, via two stiles. Lanes followed close to the M3 and M25 complex and we were shortly in Chertsey. A short stop was made by the Thames at Shepperton to view the pleasure craft negotiating the locks. The nearby "Ship" pub served us a very tasty lunch of steak and kidney pie - EVENTUALLY! It took 25 minutes to serve two of us and a further 20 minutes for the other two. Dave Elson went into the kitchen to speed up the operation. Coffee was served much quicker and by 1.45 the show was on the road again. The Thames was crossed and Walton was to the stern. The very select private estates made a pleasurable route through St Georges Hill, some of the properties would have been in excess of £750,000 - Chris Beckingham declared them to be "quite nice"! Cobham seemed busy and we were pleased to be amid the tranquillity of Great Bookham Common. A half mile of rough stuff made a change, it was rideable and not muddy and it eased the pace (for a while!). A climb from Great Bookham near Polesden Lacy left me behind. I was glad of the descent to West Humble and we stopped awhile at the Burford Bridge car park cafe for a cuppa.

The route south from here was straight into the wind, so Chris and I allowed Paul and Dave up front. The lanes were once again sought via Pixham, Stonebridge, Blackbrook, Newdigate and Rusper. At Warnham a high society wedding had taken place and the lane through the village was packed with a coach and about 20 cars all heading for the reception. The Happy Eater at Broadbridge Heath was a welcome sight and soon the bikies (and the wedding party? - ed.) were tucking into Dutch apple pie, toasted teacakes and for everyone - pineapple pancakes (cor, they were good!). Excellent service was provided and the delightful waitresses enquired of our days travels, most unlike some of the Little Chefs, where even a smile from them is an effort. By 5.30 we were mobile once more, the lanes of Itchingfield and Barns Green providing some shelter from the strong winds. However, the peloton was riding well, the pancakes had ensured that the engines could provide full steam ahead. At Dragons Green, at the junction with the A272, a motorist had got a wheel stuck in a ditch and asked if we could assist. The ladies in the back of the car didn't wish to help so we just leaned on the car. They had to get out and help - the car was soon back on the road and the riders soon up on their bikes. Down past Bernie Bethell's old Cottage; we wished he was still living there, another cuppa would have been welcome!. Ashington was reached and the A24 joined for the return into Worthing - we sneaked up the old road at Washington, fearing we'd have been blown backwards on the by-pass. Dave Elson left us at Findon for the ride to Littlehampton, leaving the Prime sign to the remaining three. As runs leader for the day I took the honours and crossed the line first (you're a racer at heart Mr. Hudson- ed.). A successful day awheel, my thanks to all who supported the run.

Dave Hudson

Final note - The Building Fund now stands at £870