

THE WORTHING WHEEL

MAGAZINE OF THE WORTHING EXCELSIOR
CYCLING CLUB



AUTUMN 1986

Vol. 19 No. 3

Front Cover:

The boys in blue L. to R. Tony Palmer,
Chris Beckingham and Dave Hudson.
Penzance National 400km Randonne.

THE WORTHING WHEEL***AUTUMN 1986*******

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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TIME TRIAL MISCELLANY

4th June - Wednesday evening and in the New Forest 2-up 25 on the 'bumbly' Christchurch course Andy Smith and Paul Toppin get second spot with a fine 57.46.

8th June - The Wessex 50 and Andy Smith finishes 7th ducking under the 2 hours again, this time recording 1.58.35. Mike Gibbs also rode this one after a promise made to the organiser while in Portugal - he must have been under the influence. Anyway he got round in 2.18.29 and claims to have done the second half in 1.06.00!!!

14th June - The Chelmer middlemarkers on the E72 up Colchester way saw Mike Gibbs produce a lively 1.04.49 and Tony Palmer 1.08.24. On the same day Pete Danckwardt rode west in the Chippenham 10 to finish third with a 'sprinters' 21 - a 21.59!

15th June - The following morning Tony Goodsell was riding just off his doorstep in the South Eastern RC 25 and picked up another third place with 58.22.

20th June - Mike Gibbs took his tandem and stoker Paul Toppin to the Swindon by-pass for the Tandem Club 10. They recorded 22.25.

21st June - National Schoolboys 10 mile Championship (London South heat) and Marvin Lucas finished 7th and was the fastest 13 year old at 26.19 on a very hard afternoon. In 1985 he was the fastest 12 year old. Both Chris Sweet and Nick Piggott rode and did well with times of 28.17 and 31.49.

In the Veterans and Ladies event Dave Dallimore was second in 24.59, John Lucas recorded 25.40 and with Don Lock on 25.58 they won the team. Sheila Lucas made her debut in this and finished in 33.02.

22nd June - The Exeter Wheelers 25, and this attraction in the West country saw Pete Danckwardt in fine form again. This time he collected second prize with 57.39 to Paul Bennet's 57.16.

In the East Sussex 25 Don Lock returned 1.05.18 and Bob Withers 1.05.58.

In the Southampton middlemarkers Mike Gibbs, Tony Palmer and Bill Procter found good conditions recording respectively 1.03.38, 1.04.48 and 1.05.42.

The Whitewebbs 25 on the F1 course gave Richard Shipton a good ride; he finished in 57.12.

Closer to home on the Sussex 50 course Andy Smith rode to a brilliant win to carry off the famous Frank Southall Trophy in the Norwood Paragon 50. His time was 1.59.02. In the same event Paul West clocked 2.26.04.

24th June - Mick Mansell rode the Central Sussex Hilly 25 and recorded 1.00.07.

26th June - The Bognor Regis 10 saw John Lucas finish in 24.07 and son Marvin pick up the Schoolboy prize in 24.57.

29th June - The Clarendourt 4-up 50km, on that very hard course in the Handcross area, saw us stoutly defending the win which we achieved in 1985. The opposition was very strong though and, while we beat the Leo and other sponsored outfits, perhaps more fancied than our quartet, we had a

stirling effort from Andy Smith, Paul Toppin, Mike Mansell and Tony Goodsell, who this time managed second place in 1.15.21, beaten only by the Poly. The VC Etoile were third in 1.15.53

In the Norwood Paragon 25 Pete Danckwardt finished 3rd behind Pete Hamilton of the Wren Wheelers, 57.47 to 56.39. Dave Dallimore 1.03.14, Bob Withers 1.04.53, Clive Goward 1.05.50, Jeff Russell 1.07.11, Bill Procter 1.09.40, Mike Stanbridge 1.19.00 and Reg Searle 1.25.43.

Richard Shipton was just outside the hour, for a change, with 1.00.04 in the Unity 25.

5th July - The Swindon by-pass gets faster - or is it Pete Danckwardt. A NEW CLUB RECORD, beating Nick Lelliot's set in 1969 or '70, of 21.16. It seems a shame to point out - but then Pete did just that - that the event (the Clarence Wheelers) was won by Tony Doyle in 19.51.!!

6th July - What a weekend for Pete D. after his ten, he wins the Croydon 25 on the Capel course in 56.16

In the Surrey/Sussex Veterans 25 on the East Sussex course 64 year young Ron Foster records 1.06.44 to take first on standard with a plus of 12.03 and also first handicap. Other times were John Lucas 1.05.23, Bill Procter 1.09.02, Richard Piggott 1.09.25, Tony Palmer 1.09.47 and Dennis Lednor 1.14.20.

11th July - The SCA Ten on the Wiston/Shoreham course was probably one of the best promotions by the Association at this distance. It was a superb first promotion by the Rother Valley, with a good entry, a good evening and some super times. IT ALSO GAVE WORTHING YET ANOTHER RECORD when the aggregate time of Messrs

Danckwardt, Smith and Toppin set new figures. Pete was the winner in 22.02 just 7 seconds ahead of Tony Deacon (Lewes), with Andy Smith third in 22.11. Mike Coyle of the VC Etoile was fourth in 22.13 and Paul Toppin fifth in 22.14. Marvin Lucas won the Juvenile prize in 25.16 and Christine Barnett the ladies award with 27.17. Other WECC times were: Steve Curry 23.23, Dave Dallimore 23.58, John Lucas 24.02, Clive Goward 25.52, Mike Gibbs 25.53, Bill Procter 25.56, Paul West 26.06, John Poland 26.17, Ken Atkins 26.25, Tony Palmer (puncture) and Pete Kibbles 27.02, Mike Poland 27.19, Mike Stanbridge 28.44, Ray Douglass 29.22, Nick Piggott 30.50 and Reg Searle 31.15.

12 July - The Addiscombe 10 on the Portsmouth road; 1st Pete Danckwardt in 21.27 and third Tony Goodsell in 22.10. Shame no third man.

That Swindon by-pass again and Mike Gibbs' fastest for 33 years! in 24.08 and Dave Dallimore in 22.32 in the Corinium event.

13th July - Bournemouth Jubilee Whs 25 on the Ringwood course. In third place Pete D. with 55.04 - YET ANOTHER CLUB RECORD!. Previous holder Andy Smith recorded 56.30 and Paul Toppin 57.12 for YET ANOTHER CLUB RECORD - the team aggregate now lowered to 2.48.46. In the same race Mike Mansell recorded a personal best of 57.43, Dave Dallimore ducked under again with 59.59 and John Lucas did a 1.01.46. We also won the team prize.

The Southern Counties had three entries from us for their 100. Bob Withers made it 102 miles due to a sleepy marshall and recorded 5.02.22, Paul West clocked 5.05.53 and Reg Searle got round in 6.15.27. That's a murderous course.

19th July - Pete D. records 21.50 in the 34th Nomads 10.

In the Kent VTTA events - course: Tonbridge by-pass: Tandem Mike Gibbs and Tony Palmer 22.40 and 3rd on standard. Under 50's; Dave Dallimore 23.08 and 2nd on standard (+4.12). Over 50's; Ron Foster 24.35 and third on standard (+6.10).

20th July - In the New Forest 50 Mike Mansell set another personal with 2.00.49 beating Paul Toppin on 2.01.04.

The Brighton Excelsior 25 on the Chichester road gave us another team win. Tony Goodsell was 2nd in 56.10, Pete D was 3rd in 56.27 and Richard Shipton 6th in 58.32. Other WECC performances: Steve Curry 1.00.11, Andy Smith (trouble) 1.00.46, Kevin Spillman 1.01.13, John Lucas 1.03.09, Clive Goward 1.05.00, Colin Miller 1.06.32, Tony Palmer 1.07.44, Mike Gibbs 1.07.46, Paul West 1.07.55, Bill Procter 1.08.25, Reg Searle 1.16.19.

East Sussex 100 - Don Lock finished 6th in 4.37.01.

27th July - Bognor 50 and Bob Withers gets a personal best of 2.10.43 and so does Clive Goward with 2.15.29. Robert Downham makes a debut with 2.21.19, Bill Procter 2.28.05 and Reg Searle (trike) 2.45.01.

In the National Championship 100 two very gritty rides from Andy Smith and Christine Barnett. Both were 10 minutes back on their best but the course and the conditions were very hard. Only 57 finished the mens event and only three got under 4 hours. Andy's effort gave him 18th place and his time of 4.21.13 gave him several notable scalps. In her race Christine recorded 5.22.17 for 20th place and only 12 beat 5 hours.

3rd August - The Fareham Wheelers 25 and another win; this time Pete D. wins in 56.11 with Tony Goodsell 2nd in 56.17. It was Richard Shipton who completed the team with 58.58 and another good team success. Just in case Paul Toppin was handily placed with 59.07 and Mick Mansell just outside with 1.00.08

Splash *** Sussex *** splash --- quack quack
12 hour *** glug see squelch squelch *** see next issue.

9th August - Old Portlians 10 on the Capel by-pass. Pete D. clocks 21.59 to take second place behind Simon Barnes of the Poly who won in 21.44. Tony Goodsell takes 3rd place in 22.10. Other WECC times; Bill Procter 25.50, Mike Gibbs 26.15 and Ray Douglass 28.55.

10th August - Balham Middlemarkers : Bob Withers 1.06.21, Bill Procter 1.09.33.

East Sussex 50 - Reg Searle 2.41.28

Unity Vets 25 Basildon - Don Lock 1.00.25, Mike Gibbs 1.05.22

A tremendous 50 was turned in by Richard Shipton in the Southend event; he just made the top ten on a fast morning with a time of 1.54.10.

16th August - Eastbourne 10. Ron Foster 27.12, Paul West 27.29

17th August - Inter Club/Clapshaw 25 - see full report

NEW CLUB RECORD **** PETE DANCKWARDT smashes out a 54.36 on the F1 course near St. Neots in the Finsbury Park CC event, finishing third to Roger Queen and picked up a second handicap award as

well.

24th August - Leo Road Club 30 and another RECORD this time the team record goes - Tony Goodsell does 1.07.46 (not far short of a club individual record) and is supported by Richard Shipton 1.11.39 and Dave Dallimore in 1.14.22 for a new aggregate of 3.33.47.

Old Portlians 25 and Pete Danckwardt is 4th in 57.59. Steve Curry clocks an excellent 1.00.47 just ahead of Andy Smith in 1.00.58. Kevin Spilman records 1.02.34, Paul West 1.08.46, Clive Goward 1.12.43 and Reg Searle 1.17.29.

31st August 29th Wheelers 25 Capel/Southwater. Pete Danckwardt gets another place, 3rd this time in 57.22 and Tony Goodsell was close with 57.56, Mike Mansell recording 1.01.31. We collected yet another team win. Tony Palmer finished in 1.11.56 and Ray Douglass in 1.16.17. Southend 25 at Basildon: Dave Dallimore 59.12, Don Lock 1.01.02 Hampshire RC 50. Andy Smith clocks 2.03.50 for 3rd place and is left amazed at how Longland beat him by 13 minutes: Bill Procter did a personal, a 2.20.36 and Robert Downham got round his second fifty this season in 2.23.??

NEW RECORD in the Essex Roads Tandem 25 on the E72 course - Mike Gibbs and Paul Toppin propelled the Silver Streak to a new 56.??

6th September East Sussex 10 and Chris Sweet wins the schoolboy prize in 28.02. Paul West records 27.19.

7th September Andy Smith slides off to ride the Luton 12 hour - provisional distance recorded is 239 miles which should be good enough to settle this years BAR. It's rumoured that a smashed Ian

Cammish sat on his wheel on the circuit. The wheel is now stuffed and framed. So is Cammish

Middlesex RC 50 north of Oxford - Don Lock
2.08.20 East Sussex 25. Richard Shipton gets third place in 59.43. Paul West home in 1.09.18.

Surrey/Sussex Veterans 25. Superb winning ride by 64 year old Ron Foster who recorded an actual time of 1.04.41 for a plus on age standard on 14 minutes and 14 seconds. Other WECC times were Mike Gibbs 1.09.10, Peter Kibbles 1.10.10, Bill Procter 1.10.25, Tony Palmer 1.11.28 (puncture), Ray Douglass 1.13.18 and Mike Stanbridge 1.17.42.

17th AUGUST - 3 IN 1 ON THE BOGNOR COURSE

Club Championship 25 - Results

1st	Richard Shipton	58.10	scr
2nd	Andy Smith	58.58	scr
3rd	Paul Toppin	1.00.14	0.30
4th	Mike Mansell	1.01.26	1.00
5th	Don Lock	1.02.35	3.30
6th	Andy Lock	1.04.26	4.00
7th	Keith Dodman	1.05.23	4.00
8th	John Poland	1.06.41	11.00
9th	Tony Palmer	1.07.11	7.30
10th	Bill Procter	1.07.51	7.30
11th	Bob Withers	1.07.54	5.30
12th	Mike Poland	1.08.13	11.30
13th	Christine Barnett	1.09.13	12.00
!!New Club Record!!			
14th	Reg Searle	1.13.55	17.30
15th	Dennis Lednor	1.14.03	14.30

Clapshaw Handicap 25 Result

1st	John Poland	55.41
2nd	Reg Searle	56.25

3rd	Mike Poland	56.43
4th	Christine Barnett	57.13
5th	Richard Shipton	58.10
6th	Andy Smith	58.58
7th	Don Lock	59.05
8th	Dennis Lednor	59.33
9th	Tony Palmer	59.41
10th	Paul Toppin	59.44
11th	Bill Procter	1.00.21
12th	Andy Lock	1.00.26
	Mike Mansell	1.00.26
14th	Keith Dodman	1.01.23
15th	Bob Withers (off course)	1.02.24

Inter-Club

WECC	Richard Shipton	58.10
	Andy Smith	58.58
	Paul Toppin	1.00.14
	Mike Mansell	1.01.26
	Don Lock	1.02.35
	Andy Lock	1.04.26
		6.05.49

Bognor Regis

	R. Fairchild	1.02.14
	L. Janman	1.02.25
	D. Doughty	1.03.26
	F. Shepherd	1.03.43
	W. Spurway	1.04.30
	J. DeBourneville	1.06.55
		6.23.13

So Richard is once again our 25 mile champion, keeping his nose in front of an ever advancing pack and we gather the veteran category is just around the corner. Congratulations Richard - keep it going.

Congratulations also to John Poland for a super effort to win the handicap and the Clapshaw trophy. His dad won one of these outright some years ago - what is it that the Poland's have about handicaps.

While on the congratulations we must mention Christine Barnett with the new Ladies best of 1.09.13. Having ridden behind the Andy Smith/Christine tandem for about half a mile at around 40 mph I guess her legs are being pulled out to new levels - the new Andy Smith 'stretchem' theory.

The only poor note in this event was the organisation by the Bognor Club. No marshalls where one was very much needed, not a cup of tea in sight and nothing in the way of a result board. Perhaps they're not interested in the InterClub event any more ? Don

IT IS WITH GREAT SADNESS that we report the death in a road accident on Monday 11th August of our old friend and member Bill Christie. While no details are available it would appear that Bill was hit by a motor vehicle while cycling in the Crockerhill area on the A 27 this side of Chichester. Although into his seventies Bill was the steadiest of touring cyclists and still managed a good mileage with great enthusiasm. Bill was always ready to help with marshalling for the younger competitive side of the sport and will be greatly missed by all his Club friends and those in the over forties touring group. We extend our sincere sympathy to his family.

The following letter has been received by Roger and Jean Smallman;

31st August 1986

To Jean and Roger and all members of the
Cycling Club,

I just wanted to say thank you for your very
kind letter, it helped me a great deal. I'm
writing to you as yours is the only address I
have, and ask if you would please thank all Dad's
friends in the Cycling club for their kind
thoughts and flowers.

I think the thing that helped me most on the
day of the funeral was that so many of Dad's
cycling friends were there, and the fact that they
were in cycling gear and had come on their bikes.
I know Dad would have liked that. He loved his
cycling and, as you say, it filled a gap for him
after the death of my Mother.

Thank you again - Judith, Tom, Zelda and
Hannah Leaney

THE CLUB DINNER!

This year's Club Dinner Dance and Prize
Presentation is being held at the Chatsworth
Hotel, Steyne, Worthing on SATURDAY 15th NOVEMBER
- 6.30 pm for 7.00 pm. Dancing to 'VIRGO' until
1.00 am

Tickets are available NOW from:

Mrs Angela Toppin
12 Garrick Road
Worthing, West Sussex
Tel. W. 32752
PRICE:::: £10.00

BOOK QUICKLY TO AVOID DISAPPOINTMENT !!!

CLUB JUNIOR AND LADIES 15 MILE CHAMPIONSHIP-

Scratch:

1st Ian Leeding	39.24	
2nd Robert Downham	40.58	
3rd Chris Sweet	42.21	
4th Christine Barnett	44.20	- 1st lady
5th Nick Piggott	51.32	

Handicap

1st Chris Sweet	37.51
2nd Robert Downham	38.48
3rd Ian Leeding	39.24
4th Christine Barnett	40.20
5th Nick Piggott	43.32

26th June : Held as usual on the far from easy Ashurst circuit but on a good evening. Ian takes the trophy but what a shame there were only five entries. There's at least another five who could have entered and, as they had indicated that they want to race by entering the Evening Tens, should have ridden. This is an event put on especially for them and they would do better to ride 15's before 25's and 30's. Is there a case perhaps for the appointment of an assistant to the time-trials secretary who should be responsible for contacting these juniors and helping them with the entry forms etc.?

.....followed by

THE CLUB 15 MILE - July 3rd
On the same circuit:

1st Paul Toppin	35.34	scr	35.34
2nd Steve Curry	37.18	1.30	35.48
3rd Don Lock	38.53	2.30	36.23

4th Kevin Spilman	38.56	3.10	35.46
5th Bob Withers	39.26	3.00	36.26
6th Colin Miller	41.23	4.20	37.03
7th Bill Procter	41.31	5.00	36.31
8th Ron Foster	41.56	4.30	37.26
9th Mike Gibbs	42.57	4.10	38.47
10th Reg Searle	50.42	12.00	38.42

Private time-trials;

Trevor Leeding	39.17
Ian Stainer	40.50
Robert Downham	41.18
Ken Atkins	42.56
Richard Piggott	43.21
Bradley Walters	44.11 (mech trouble)

It's rumoured that Marvin Lucas won't let his Dad ride anything over 30 miles until he's older !

It's rumoured that Don Lock is trying to patent a new 'thermal' cycling hat made of dog hairs. It might be called the 'Moult-on' or the 'Hat Dog' but you will have to order yours quickly - Tony Palmer is first in the queue for the hire of the dog.

THE TWO-UP TEN AND TWENTY-FIVE ... 19th/24th JUNE

Results:-

1st Paul Toppin and Andy Smith	22.01	55.23	1.17.24
2nd John Lucas and Ian Leeding	23.29	1.00.06	1.23.35
3rd Don and Andrew Lock	24.03	1.00.09	1.24.12
4th Kevin Spilman and Colin Miller	24.23	1.02.04	1.26.27
5th Clive Goward and Jeff Russell	25.03	1.02.50	1.27.53
6th Tony Palmer and Mike Gibbs	25.27	1.03.39	1.29.06
7th Robert Downham and Bill Procter	25.22	1.04.14	1.29.36
8th Christine Barnett abd Dave Elson	25.51	1.04.52	1.30.43
9th Pete Scarsbrook and Pete Kibbles	26.44	1.07.23	1.34.07
10th Mike Stanbridge and Les Cohen	31.47	1.14.25	1.46.12

other rides:

in the Ten;

Trevor Leeding and Marvin Lucas	24.14
Bob Withers and Stuart Gibbs	24.28
Gary Collier and Ian Stainer	25.53
Dave and Pete Nightingale	26.45
Chris Sweet and Nick Piggott	29.56

In the Twenty-five;

Trevor Leeding and Paul West	1.03.03
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solos:

Richard Shipton	56.48
Bob Withers	1.04.12

Both were nice evenings and, despite assertions from Mr. Smith that he is a 'morning man' and 'struggled', most of us would like to struggle at that speed. It is, however, interesting to note Richard's time on his own, and on the basis that there's not that much between these three when riding individually, then perhaps the two-up pair should have gone a little quicker.

SUSSEX FIFTY - 15th JUNE

We were just able to squeeze the news of the Club team record, which was established in this event, into the last issue of the mag; we will now elaborate a bit; On a day when most riders were struggling and well down on their own personals, Messrs. Smith, Toppin and Shipton produced three sterling rides. Andy Smith, finishing third in the event and second in the SCA Championship, recorded an excellent 1.59.34. Paul Toppin, who is getting back to his best ever form and, I predict, with

the greater competition will go still better, was fourth overall with 2.02.31. Richard Shipton, who was having only his fourth ride of the season and by no means at his best, nevertheless produced 2.03.33 for fifth spot. On a morning which required a superfast outward half to make maximum use of the wind and the strength and determination to fight all the way back, only the defending champion Steve Dennis of East Grinstead on 1.57.50 and Channel Islands Commonwealth Games Squad rider Simon Davies of the Guernsey Velo Club on 1.58.26 could do better. With that kind of packing you are always going to stand a chance of the team honours and on this occasion we won easily.

Other Worthing rides were:

Mike Mansell	2.09.21
Don Lock	2.14.52
Bob Withers	2.17.18
Clive Goward	2.17.35
Bill Procter	2.23.48
Andrew Lock	2.25.25
Mike Poland	2.26.16
Christine Barnett	2.29.40 ...Fastest Lady
Reg Searle	2.53.30

It was a pity that organiser Ray Douglass didn't have his teeth in when he phoned the results through to 'Cycling'. We got Andy riding for the 'Brighton Excelsior', Paul became 'Tottis' instead of Toppin and our poor third man was 'Shitton' instead of Shipton. Ah well, the price of glory I suppose !

By the way, it is not true that Andrew Lock had to stop to but a Mars bar and a tin of drink that was in the Club Fifty and he denies using lights on the way back! Don.

It's rumoured that Trevor Leeding is trying to persuade his brother to take up cycling - says he could be quite good !

THE SUSSEX HUNDRED

A brilliant ride by Andy Smith was the highlight of this race, so far as WECC was concerned. His time was 4 hours 13 minutes 35 seconds and, but for a murderous section in the last ten miles, the club record would surely have been broken. His great consolation though, was a four minute beating of Lewes Wanderers star and winner of the event in 1985, Tony Deacon, to lift the Sussex Championship and the Regency Building Society Trophy for the Open Competition.

We started as firm favourites for the Team as well, but things here did not work out. Paul Toppin suffered an early puncture, then had problems with his spare, and was out of the race before 20 miles. Richard Shipton was never going well. His 1.04.24 for 25 miles and 2.10.59 for the 50 were well down on his standards and he retired. Our next counters were Mike Mansell and Don Lock, both of whom were going well, but they would have to do better than the Lewes supporting pair of Matthew Rabbetts and Andy Attwood - a tall order. Don, off at number five, had been out at the front of the field for most of the time and Mike, at number ten, gradually overhauled him to go by at about 94 miles. Mike's effort was another personal best getting home in 4.26.57, while Don finished in 4.33.30. Two useful efforts, but not good enough. Matthew recorded 4.24.19 and Andy Attwood 4.29.00. So the team went to Lewes this time. Bob Withers made a fine debut ride, keeping it steady throughout and he finished in 4.44.16. Paul West was just 9 seconds outside 5 hours and Christine Barnett was just outside her own best with 5.10.52. Reg Searle recorded 6.15.09 to complete

the Worthing rides. Don won the Club Championship in default of entries from Andy Smith or Mick Mansell.

In the prize list, apart from Andy collecting two trophies, Don won the veteran on standard, with a plus of 43.19 and Christine collected the fastest lady prize.

EXPLANATION OF CYCLING TERMS FOR NEW MEMBERS

Big gear	Mike Gibb's skin suit
Small Gear	Christine Barnett's skin suit
Inner ring	The Club committee
Bonk bag	A shoulder bag that Dave Hudson can cram with 14000 calories at 9 a.m. and empty by noon
Bonk	What Dave gets when the bag's empty
Club run	A major gastric upset erroneously attributed to Carol Stanbridge's cakes.
Low profile	The ability to disappear the second you hear that someone's looking for marshalls
Noddy and	
Big Gears	A two-up team of Don Lock and Bill Procter
Bidon	A French gadget for washing your bottom bracket
Drag strip	Ray Douglass taking his kilt off
Twiddle	What the club treasurer is supposed to do with the books on a small fixed.

..... Mike Stanbridge

Only my opinion: SEAFRONT KERMESSE

An awful lot of work - definitely too much for one person. Another financial loss - almost certainly. A total lack of town publicity and a pathetically small crowd, a small entry for every event making for uninteresting, let alone exciting, racing on a circuit which is too long and, finally, a total lack of support from the Club's road racing enthusiasts, with the exception of Bradley Walters.

Your amateur announcer did the best he could but frankly, save for when the Mayor put up a couple of fivers in the Devil it was all a bit of a yawn.

Down at Worthing Pier, meanwhile, crowds wandered back and forth around the swings and roundabouts of the 'Seafront Fayre' - a different seafront from the deserted stretch that we were on. We should have the racing between the roundabouts at the north and south ends of South Street and tell the council that we will not put it on again unless we get;

- a) a better circuit close to the Pier and the people
- b) much more publicity
- c) some financial support.

But before this we had better make sure we are going to get a good entry - otherwise we had better scrap it.

The sponsors deserve our thanks but unless we can do better then they are not going to come again.

For the record the opening schoolboys race supported by Laker Cycles was won by Nick James of the Brighton Excelsior with David Priest of the VC Etoile second and Stephen Eykyn of Southdown Velo in third. The Lloyds Bank sponsored Veterans Race was won for the second year running by Andy Swanson of the Festival, despite a crash. Duncan Walsh of Blackheath was second and Roland Crayford of the San Fairy Ann was third. Ron Mills Cycles supported us again with the prizes for the Senior race which was won by Steve Cave of 34th Nomads, ahead of Philip Watkins, Old Portlians and last

years winner Cliff Dent, 34th Nomads. The Junior event, with the awards provided by John Spooner Cycles, was another repeat of 1985 when Robert Jeffries of the De Laune got home first again. Oliver Davies of the Regent was second and Paul Panton, VC Olympia Sport, got third spot. The Devil, again sponsored by MGM Assurance, was the best race with a two man break engineered by local riders Alan Green of VC Olympia Sport and Barry Coomber of the Regent. Encouraged by the generosity of the Mayor, Councillor Mike Parkin, who, incidentally, has done a bit of bike racing in the past, they worked well together to lap the field. Green won the final sprint so Coomber was second and, from the rest of the field, Cliff Dent collected third place.

.....Don Lock

OPEN EVENT CANCELLATION...

It is fortunately not often that we have had to cancel one of our promotions, but organiser Mike Gibbs was left with no alternative over the Open 10, due to have been held on Saturday afternoon 28th June. When the Highway authorities descended upon Washington roundabout only the day before, things looked ominous. Mike's enquiries revealed that they were to start tearing the surface off immediately. The only people to gain were British Telecom after Mike spent a day on the phone trying to stop riders from having wasted journeys!

KIBBLES COPS IT!

Poor old Pete was a bit taken aback when the law aimed their radar gun at him a few evenings back. It's all OK though and nice to know they have a sense of humour. "You're doing 29 mph !" they called out. Funny though, Pete swears he was

doing 35 !!

OVERHEARD IN THE LOCK HOUSEHOLD...

Andrew is watching weightlifting on the telly and as some 9 stone wonderman lifts 30 stone he remarks to his Mum, "Just imagine - that's like lifting a Mike Gibbs with each hand...!"

PAUL TOPPIN had two below form rides in an Evening Ten and then a fifty and had some excuse about a blood transfusion we're not 'sure whether he'd just given some ... or missed one perhaps ?

SURREY LEAGUE ROAD RACE

Alfold, Sunday 22nd June. Grey, dull and cool with a hint of rain in the air - a typical summers day.

We drive up to the Village Hall early but we are not the first to arrive - Bradley's already there, looking as though he's slept in his car.

It's the day after our anniversary and the morning after Ian's 18th birthday party so we are all feeling a bit fragile - we being the organising team for Worthing Excelsiors' contribution to the Surrey League road race programme.

Keith Butlers' Surrey League has grown over the years and now includes clubs from Kent, Sussex and Hampshire. It is run as a co-operative and this year some seventy-five races will have been organised by the affiliated clubs, providing a programme which caters for all riders from junior to vet, novice to first category and runs from early April until October.

The system is simple. After a club has affiliated, it nominates a representative who deals with all the organisation, race entries and any queries a rider may have with the League. All a prospective rider has to do is register through the club rep. and pay a registration fee.

It's a good way to get some experience of the cut and thrust and excitement of road racing without the 'Catch 22' situation of having your entries returned because you have no experience. Provided you let your rep. know three weeks before any event you are virtually guaranteed a ride. One added advantage over open road races is that you can also enter on the line should you wish to do so.

After he (or she) finishes in two league races, most of a riders registration fee is returnable. Riders also gain League points for finishing and further points for placings. These are carefully monitored throughout the season and, at the end of the year, a league table of points won is published - and we all know (according to Bruce Forsyth) what points mean, don't we ?

Worthing Excelsior's league record this year has been steady rather than spectacular. Paul 'Catweazle' West's individual style has been missing from the bunches but Bradley Walters and Robert Downham have ridden with tenacity and a great deal of personal satisfaction, showing steady improvement.

Ian Leeding has raced with strength and flair but has not had the best of luck - with punctures at crucial times - nor the wins that his dedication deserves. Paul Toppin has ridden twice so far, each time registering a fifth place; whilst in his only league race to date Steve Curry parted company with his bike, fortunately with no

lasting damage.

The one day of the year you are not expected to ride is the day your club promotes its own league races - which brings us back to June 22nd and Worthing's faithful few waiting at the village hall for the riders to arrive.

Arrows were put out, marshalls dispatched to distant corners, machines examined, licences collected and very soon the first race, for third category riders, was under way.

Fifty miles later we judges stood at the finish line, looking up the road in horror as a solid, brightly coloured cavalry charge of forty-four riders bore down on us at the speed of light, each expecting to be individually and accurately placed.

I gabbled numbers into a recorder and the judges scribbled furiously - between us we managed to place the first five !

Back at the changing rooms with an hour to sort out this result and get the afternoon race under way I was confronted with four or five riders each claiming third place - but a few well chosen and diplomatic words from assistant judge Leeding established the order of things and very soon the afternoon field was signing on.

Being a longer race and also for second category riders this was conducted in a far more gentlemanly fashion - with a civilised gap between the sprinting leaders, we were able to place the first ten!

Altogether then, not a bad days racing and things went fairly smoothly - though we were stretched at times.

I think it is worth pointing out that a Club's responsibility doesn't end with joining an organisation like the League. Once it undertakes to put on races its reputation is on the line.

Competitors remember good events and this colours their attitudes toward the organising club and its riders. They also remember bad ones - and if it hadn't been for the few who did turn up to help, each doing two people's work - that's how our events could have been remembered.

So please - more help next year - including someone to do the teas ?

Anyway, my thanks to the morning team of Peter King, Gary, Trevor, John and Marvin; and to the afternoon team - the two Pauls, Angela and Ron.

..... and my particular thanks to the stalwart four - Ian, Bradley, Robert and Erica who worked themselves into the ground and kept their hangovers and tempers to themselves whilst I flapped around furiously - and without whom these events wouldn't have taken place at all. Pete Scarsbrook.

4-2-1 (Part 2)

In reply to the Editors' request for elaboration on the above as related to triathlons - here goes. The 4-2-1 ratio represents the approximate time relationship between cycling, running and swimming respectively in the triathlon, i.e. you spend four times as long on the bike as you do in the water, yet only twice as long as you do running, always assuming that you have average ability at each discipline.

It was a correct assumption therefore (see Summer Edition of the Worthing Wheel) that the ratio could also indicate the relative importance of proficiency in each part of the event, so bikies have an advantage when entering the sport. Some of you may be interested to know that the triathlon originated from an attempt by U.S. marine veterans to prove their strength to their younger colleagues. A three part challenge was set combining the Island of Oahu's toughest endurance events - the 2.4 mile Wakiki Rough Water sea swim, the Around the Island bike race and the Honolulu Marathon (26.2 miles). Incidentally a cab driver called Gordon Hother beat all the servicemen to win the inaugural race.

Triathlon has since grown to be a mass participation sport in the U.S. and around the world, hopefully to be included in the next Olympic Games. Swimming and running provide a pleasant alternative (in moderation! - Ed) to cycling in the winter months or when injured at least. You don't need any special equipment for triathlons and most events would take only 2.5 - 3 hours with the greatest time spent on the bike - so what are you waiting for? Why not try an event next year just for fun, who knows, you may even like it - Alf Engers did!

Anyone wanting information on events, training etc. please contact me, Colin Miller or Kevin Spilman.

Steve Curry.

Richard Piggott

Richard was involved in an accident shortly after our last issue and was very seriously injured, being unconscious for six days. We have been delighted to learn through his son Nicky that progress was being made and great to see him up at the Evening Ten (August 14th). While a full recovery may still take a while Richard says he can feel an improvement every day and we are sure every member will wish that this continues. Keep in touch Richard and get back on that bike just as soon as you're able.

LETTER TO THE ED

23 Main Street,
Watford Village,
Northants

Dear Don,

May I thank all those who sent cards on the occasion of my 30th birthday, via the columns of the new very very clear and readable 'Worthing Wheel'. What an improvement over those old stencils.

Should any club member be in the area of Watford Village (close to Watford Gap service area on the M1) they would be most welcome to call in, stay for bed and breakfast, make a training run of it (approx. 130 miles north of Worthing), we would always be pleased to see them.

In the meantime, please pass on a request to whom it may concern, our reservations for the 1986 and 1987 club dinners that we would be like to be present at.

Yours sincerely

Derek Smith

AND A WELCOME TO THE FOLLOWING NEW MEMBERS

Leslie George Cohen
David Patrick Bunting
James Withers
Stephen Eykyn
Leslie Frost
Colin Toppin
Jason Leslie Buckley

We hope that you will enjoy your cycling!

WINTER TRAINING

Andy Smith proposes to hold the circuit training on Thursday nights instead of Fridays and the venue will be the School in Georgian Gardens rather than North Lane. If there are any objections you are quite welcome to organise the circuit training instead of Andy !!!

NATIONAL BIKE WEEK....

...and we did something to encourage others to take part in cycling when Paul West organised an Invitation Ride on the evening of Tuesday 27th May. No, it wasn't one of his training bashes - Bob Withers went along to restrain him. They had eight guests along, some young and some older, and took them on a leisurely ride through the Findon area, over Long Furlong and via the Angmering lanes back to Worthing. About 17 miles were covered and all seemed to enjoy it - especially the one who, it seems, normally rode with flat tyres. It may well be that we get a couple of new members which will be a nice bonus, but it was well worth doing if a few more have found the

pleasures that a bike can bring. Well done Paul and Bob, glad you were rewarded with a pleasant evening.

It's rumoured that Don Lock uses 'Honeysuckle' talc when fitting new pressures to stop the inner tubes rubbing against a rough surface. A good tip, but a bit fancy, what!

Overheard in the clubroom. "Christine, have you got an RTTC Handbook in your handbag?".... and she had!

Roger Smallman comes to the committee meeting without lights and gets a lift home with Carol Stanbridge a 'lightly' story ?

THE TEN AGES OF A TIME TRIALLIST

- 10 Dad, when can I have a racing bike?
- 20 Win everything, including the girls
- 30 Train harder now, and pose a bit
- 40 A veteran - three bikes now but slower
- 50 A super vet - banned from skin suits and low profile machines
- 60 Now your old enough to go on the 'Over-40's' runs
- 70 Must be nearly as old as Ray Douglass
- 80 Get illuminated set of VTTA standards
- 90 New set of sprints for the wheelchair
- 100 Telegram from Beryl Burton

It's rumoured that the thought of 120 young ladies in skin suits flashing their thighs on the Southwater by-pass caused many an old head to turn. At the recent Ladies National 10-mile Championship it's rumoured that most of the spectators were well over 40 - and don't kid me they were just there to see Beryl. It's rumoured in this club that the President, with Messrs. Joe Simpson and Freddy Clayton (average age about 70) actually reconnoitred a good viewing point the

previous day! Or was that in the hope of watching pre-race practice laps. Rumours abound of course - one said that Joe, on his trike, had the hook of his stick firmly round Denise Burtons saddle pin and was seen doing thirty! Another saw Ray tucked in behind Beryl with an autograph album and pen at the ready, while Freddy was noted doffing his cap alongside Maria Blower.

CLUB 50 - JUNE 8th

Was it a good idea to have our Club Championship separate from the Sussex event ? The answer is not clear. We had 14 entries, but in the SCA event last year we had several more plus some who, due to the oversubscribed entry, could not get a ride. But in 1986 the SCA event attracted a poor entry of only 79 and included just 12 from Worthing, all of whom rode the Club event the previous Sunday, with the addition of Andy Smith and Bill Procter. Why there should be sudden change in the fortunes of the SCA promotion is also strange and the only theory that promoter Ray Douglass could advance was that Norwood Paragon's 50, on the Sussex course on the Sunday following the Sussex, might have drawn some of the London club riders. With the ESCA 50 on the 1st June, our Club one on the 8th, the SCA on the 15th and the Norwood Paragon on the 22nd I would suggest we drop our own separate event next year.

However, for 1986 there were two main protagonists, Richard Shipton defending and a very much on form Paul Toppin, quite definitely attacking. Several others who could have been involved were riding elsewhere or were just not entered. Outside of these two there were only personal battles.

Paul Toppin, off number 7, was soon out at the front of the field and complained that he had a 30 mile time-trial - the rest of us did a 50 mile one, but we know what he means. In view of this his ride of 2.00.41 was an exceptionally good one showing that he can be right back to his '83 and '84 standard and very quickly improve, even on that. Richard Shipton was no.14 and was going well but his season has been very short and lacking in competition so far and he was never going at his very best - it was going to be needed to beat Paul on this morning. Mick Mansell from no. 10 was clearly moving away from yours truly and comfortably into third place.

The ride out to the turn at Warblington on the other side of Emsworth was hard - but not too bad - thanks to the early start which enabled competitors to complete this leg before the wind got too bad. The return half was much faster but not always a 'float', with several stretches where the wind seemed to be across rather than behind.

Two riders riding to a much higher standard than anticipated by the handicapper were Bob Withers and Clive Goward. Bob's effort, his first fifty, gave him 2.14.05, down to a net 1.54.05. Clive was knocking a chunk of his personal best and an actual time of 2.17.45 came down to 1.53.45 to take the handicap award.

The full result;

1st	Paul Toppin	2.00.41	2.30	1.58.11
2nd	Richard Shipton	2.01.40	scr	2.01.40
3rd	Mick Mansell	2.08.50	8.10	2.00.40
4th	Don Lock	2.12.05	11.00	2.01.05
5th	Bob Withers	2.14.05	20.00	1.54.05
6th	Clive Goward	2.17.45	24.00	1.53.45
7th	Tony Palmer	2.20.17	20.40	1.59.37
8th	Jeff Russell	2.22.02	28.00	1.54.02

9th	Mike Poland	2.28.15	31.30	1.56.45
10th	Christine Barnett	2.30.05	32.20	1.57.45
11th	Reg Searle	2.53.30	40.00	2.13.30

Andy Smith and Angela Toppin leave Committee meeting together to the proposition from Angela "Do you want to come and try that skinsuit...." !!

It's rumoured that young Marvin Lucas only gets one good meal a year. In 1985 he was the fastest 12 year old in the GHS 10 heat and won a 'MacDonalds' meal. In 1986 he was the fastest 13 year old - same prize! Eat your heart out Andy Smith, look what 'instant food' is doing for Marvin !

TRIATHLON TRIUMPH FOR STEVE CURRY

When he won the first TANFIELD TRIATHLON held at Southwater Country Park on June 6th Steve turned in the impressive time of 2 hours 50 minutes 29 seconds for the three disciplines. He also led the West Sussex Amphibians to the team prize. The team success was particularly good, just pipping two very strong teams - the East London Triathletes and Thames valley Tri Club. The event was organised in conjunction with the Annual Southwater Fete which raised a great deal of money towards a new Scout and Guide Hut for the village. More than 100 lined up for the 700 metre swim around the lake in a water temperature of 55F, which soon had some entrants pulling out. The first man to finish the swim did it in 8.50 and Steve was fifth out of the water in 9.45, closely followed by Kevin Spilman. Kevin was much quicker getting on his bike, not even bothering to dry himself off. Silly boy ! The bike course was 34 miles, being three laps around Southwater, around the by-pass and then into the lanes with lots of narrow and sharp corners. Steve was soon out in front with Kevin holding on to second place. In

the ride they recorded 1.27.12 and 1.29.20. Into the run of seven miles and they had a small lead. The run went down towards Dragons Green and back to finish in the Fete area in front of the large crowd. Running at a steady 'six-minute mile' pace Steve gradually pulled away to record 42.10 for this section. By now Kevin was beginning to really suffer and was being caught by a steady stream of runners. He finally finished seventh and ran himself to a standstill. He did well to finish after doing his rubber legs impression coming up the finishing straight. He spent the next hour with the St. John's Ambulance, recovering.

Steve won by a clear six minutes and other interesting times were; first veteran (over 40) 2.32.51, first lady 2.36.00 and the oldest man of 82 finishers was 54 (that's young ! - ed). Tony Palmer assisted with the timekeeping in the bike section for which many thanks.Colin Miller.

MORE TRIATHLON NEWS...

Kevin beats King Alf:

Yes, it's true - we travelled up to Buckhurst Hill in Essex to compete in the Bancroft Triathlon on 27th July. The three disciplines were 800 metres swim, a 23 mile bike ride out on the A113 (which was quite hilly) and then a six mile run. Among the 235 competitors was ex-25 mile record holder Alf (King) Engers, still riding in his impeccable style. He won the bike ride by 5 minutes and finished 11th overall, winning the fastest veteran award. His time for the very hard 23 miles was 53 minutes and his total time was 1.54.08 but our Kevin had him with a total time of 1.51.27. Yours truly finished in 50th place in 2.07.00, but I should do better in a few years when I'll peak.....! Colin Miller.

National Long Course Triathlon

Steve Curry continues his ever-improving form to finish an excellent 10th place in this championship at Nottingham on 27th July. Distances were a 1.2 mile swim, 56 mile bike ride and 13.5 mile run. Steve had the disadvantage of not having a wet suit for the swim compared to the British team. He was very cold getting on to the bike and took about 15 miles to warm up. In the ride he moved up from about 50th place to 10th and held this through the run to complete the event in 4 hours 38 minutes compared to the winner Glen Cook of Plymouth who recorded 4.20. This is by far Steve's most impressive performance so far.
..... Colin Miller

EVENING TENS NUMBER FIVE

...but first a disclaimer - the result sheets for the tens have not been the clearest thing to read this year. Several times riders names were swapped around but not the handicap times. One rider even appeared twice in the same event! So the results below are the best guess we can manage - any complaints should be addressed to the Evening Tens Sec. not the Editors!

1st	Andy Smith	22.11	0.00	22.11
2nd	Pete Danckwardt	23.03	0.10	22.53
3rd	Paul Toppin	23.04	0.20	22.44
4th	Dave Dallimore	23.14	0.50	22.24
5th	Mick Mansell	23.35	1.20	22.15
6th	John Lucas	24.06	1.50	22.16
7th	Ian Leeding	24.24	2.50	21.34
8th	Don Lock	24.31	1.45	22.46
9th	Kevin Spilman	24.35	3.25	21.10
10th	Marvin Lucas	24.44	2.40	22.04
11th	Trevor Leeding	24.57	2.50	22.07
12th	Bob Withers	25.09	3.15	21.54
13th	Andy Lock	25.12	2.10	23.02

14th	Colin Miller	25.14	3.20	21.54
15th	David Uncles	25.18	2.45	22.33
16th	Paul West	25.25	3.00	22.25
17th	Mike Gibbs	25.32	3.00	22.32
18th	Ron Foster	25.43	4.20	21.23
19th	Jeff Russell	25.45	3.20	22.25
20th	Clive Goward	25.46	3.30	22.16
21st	Tony Palmer	25.58	3.20	22.38
22nd	Robert Downham	26.05	3.20	22.45
23rd	Ian Stainer	26.17	5.15	21.02
	Giles Brandon	26.17	5.00	21.17
25th	Chris Sweet	26.18	5.20	20.58
26th	Bill Procter	26.23	3.30	22.53
27th	Peter Kibbles	26.43	4.10	22.33
28th	Bill Patrick	26.49	4.30	22.19
29th	Christine Barnett	26.50	5.00	21.50
30th	Bradley Walters	27.10	4.00	23.10
31st	Richard Piggott	28.16	5.30	22.46
32nd	Mike Stanbridge	29.44	6.10	23.34
33rd	Ray Douglass	29.46	6.30	23.16
34th	Reg Searle	30.19	8.30	21.49

EVENING TENS NUMBER SIX

1st	Paul Toppin	22.40	0.20	22.20
2nd	Dave Dallimore	23.31	0.40	22.51
3rd	Mick Mansell	23.34	1.10	22.24
4th	Pete Danckwardt	24.11	0.15	23.56
5th	John Lucas	24.31	1.45	22.46
6th	Don Lock	24.44	1.45	22.59
7th	Bob Withers	25.16	2.45	22.31
8th	Andy Lock	25.32	2.15	23.17
9th	Trevor Leeding	25.37	2.40	22.57
10th	Mike Gibbs	25.46	3.00	22.46
11th	Marvin Lucas	25.51	2.40	23.11
12th	Jeff Russell	25.57	3.10	22.47
13th	Robert Downham	26.02	3.25	22.37
14th	Clive Goward	26.08	3.20	22.48
15th	Tony Palmer	26.11	3.25	22.46
16th	Ron Foster	26.15	3.00	23.15
17th	Pete Scarsbrook	26.41	4.20	22.21

18th	Bill Procter	26.47	3.40	23.07
19th	Paul West	26.52	3.00	23.52
20th	John Poland	27.05	4.10	22.55
21st	Peter Kibbles	27.11	4.10	23.01
22nd	Giles Brandon	27.14	2.40	24.34
23rd	Dave Nightingale	27.18	4.30	22.48
24th	Bill Patrick	27.24	4.25	22.59
25th	Bradley Walters	27.25	4.20	23.05
26th	Chris Sweet	28.00	4.00	24.00
27th	Richard Piggott	28.35	5.30	23.05
28th	Reg Searle	31.24	7.30	23.54
29th	Nick Piggott	31.38	9.30	22.08

EVENING TENS NUMBER SEVEN

1st	Andy Smith	22.21	0.20	22.41
2nd	Paul Toppin	22.29	0.15	22.14
3rd	Pete Danckwardt	22.35	0.15	22.20
4th	Dave Dallimore	23.34	0.40	22.54
5th	John Lucas	24.09	1.50	22.19
6th	Bob Withers	24.23	2.45	21.38
7th	Kevin Spilman	24.38	2.10	22.28
8th	Trevor Leeding	24.44	2.40	22.04
9th	Marvin Lucas	24.50	2.40	22.10
10th	David Uncles	25.00	2.45	22.15
11th	Andy Lock	25.23	2.20	23.02
12th	Clive Goward	25.37	3.20	22.17
13th	Jeff Russell	25.47	3.10	22.37
14th	Tony Palmer	26.02	3.30	22.32
15th	Bill Procter	26.16	3.50	22.26
16th	John Gilbert	26.23	3.45	22.38
17th	Pete Scarsbrook	26.24	4.00	22.24
18th	Dave Nightingale	26.26	4.30	21.56
19th	Ken Atkins	26.27	4.00	22.27
20th	Christine Barnett	26.35	4.40	22.55
	Chris Sweet	26.35	4.10	22.25
22nd	John Poland	26.37	4.10	22.27
23rd	Robert Downham	26.42	3.25	23.17
24th	Graham Collier	26.53	4.40	22.13
25th	Peter Kibbles	26.58	4.15	22.43
26th	Mike Poland	27.18	5.10	22.08

27th	Richard Piggott	27.42	5.30	22.12
28th	Mike Stanbridge	28.35	6.40	21.55
29th	Pete Nightingale	28.49	7.30	21.19
30th	Reg Searle	30.37	7.30	23.07
31st	Nick Piggott	31.13	9.00	22.13

EVENING TENS NUMBER EIGHT

1st	Tony Goodsell	21.49	0.00	21.49
2nd	Pete Danckwardt	21.51	0.20	22.11
3rd	Andy Smith	22.44	0.20	23.04
4th	Dave Dallimore	23.10	0.40	22.30
5th	Steve Curry	23.20	2.40	20.40
6th	John Lucas	23.36	1.50	21.46
7th	Kevin Spilman	23.37	2.20	21.17
8th	Don Lock	24.27	1.50	22.37
9th	Bob Withers	24.28	2.40	21.48
10th	Marvin Lucas	24.34	2.40	21.54
11th	Andy Lock	24.58	2.20	22.38
12th	John Poland	25.14	4.10	21.04
13th	John Gilbert	25.27	4.00	21.27
14th	Mike Gibbs	25.48	3.00	22.48
15th	Bill Procter	25.53	3.30	22.23
16th	Chris Sweet	26.02	4.10	21.52
17th	Robert Downham	26.03	3.10	22.53
18th	Paul West	26.11	3.00	23.11
19th	Peter Kibbles	26.57	4.15	22.42
20th	Mike Poland	27.28	4.10	23.18
21st	Reg Searle	29.22	7.30	21.52

EVENING TENS NUMBER NINE

1st	Tony Goodsell	22.10	0.00	22.10
2nd	Pete Danckwardt	22.17	0.00	22.17
3rd	Andy Smith	22.25	0.20	22.05
4th	Paul Toppin	23.05	0.25	22.40
5th	Kevin Spilman	23.28	2.40	20.48
6th	Dave Dallimore	23.36	0.50	22.46

7th	John Lucas	24.14	1.50	22.24
8th	Bob Withers	24.20	2.35	21.45
9th	Andy Lock	24.26	2.30	21.56
	Marvin Lucas	24.26	2.40	21.46
11th	John Gilbert	25.19	3.35	21.44
12th	Ron Foster	25.27	4.20	21.07
13th	Mike Gibbs	25.35	3.00	22.35
14th	John Poland	25.38	3.20	22.18
15th	Ian Stainer	25.45	5.10	20.35
16th	Paul West	25.48	3.15	22.33
17th	Tony Palmer	25.50	3.25	22.25
18th	Colin Miller	25.52	3.20	22.32
19th	Bill Procter	26.10	4.00	22.10
20th	Graham Collier	26.13	4.20	21.53
21st	Robert Downham	26.21	3.30	22.51
22nd	Bill Patrick	26.29	5.00	21.29
23rd	Dave Nightingale	26.33	4.30	22.03
24th	Chris Sweet	26.46	4.10	22.36
25th	Peter Kibbles	26.57	4.40	22.17
26th	Mike Poland	26.59	5.30	21.29
27th	Ray Douglass	28.27	7.00	21.27
28th	Reg Searle	28.52	7.30	21.22

EVENING TENS NUMBER TEN

1st	Pete Danckwardt	22.24	0.00	22.24
2nd	Paul Toppin	22.52	0.25	22.27
3rd	Kevin Spilman	23.37	1.50	21.47
4th	Dave Dallimore	23.53	0.50	23.03
5th	Keith Dodman	24.01	2.10	21.51
6th	Marvin Lucas	24.29	2.35	21.54
7th	John Lucas	24.37	1.50	22.47
8th	Andy Lock	25.03	2.30	22.33
9th	Bob Withers	25.10	2.30	22.40
10th	Clive Goward	25.22	3.30	21.52
11th	Trevor Leeding	25.24	2.30	22.54
12th	Paul West	25.36	3.25	22.11
13th	John Poland	25.37	3.20	22.17
14th	Mike Gibbs	25.54	3.10	22.44
15th	Ian Stainer	26.00	5.10	20.50

16th Dave Nightingale	26.10	4.30	21.40
17th Ron Foster	26.24	4.20	22.04
18th Ken Atkins	26.44	4.15	22.29
19th Peter Kibbles	26.52	4.40	22.12
20th Bradley Walters	27.17	4.40	22.37
21st Mike Poland	27.41	5.30	22.11
22nd John Adams	27.43	6.20	21.23
23rd Adam Syred	28.04	6.00	22.04
24th Reg Searle	29.25	7.20	22.05
25th Ray Douglass	29.31	6.40	22.51
26th Mike Stanbridge	30.03	6.40	23.23

1986 TRACK LEAGUE

With another season drawing to a close, the Wednesday Track League is already over. The Worthing club was once again represented, though not as well as in past years, with Paul Toppin, Ian Leeding and Paul West riding senior events, while Marvin Lucas was our only schoolboy participant.

The season started well for us with the two Pauls well up in the results, holding their own in the first six in the overall league points table for the first three meetings, whilst being well backed by a quickly improving Ian Leeding. Marvin meanwhile, despite his two year age handicap, was ripping the schoolboy opposition apart with a series of impressive wins.

By mid-season the riders were still flying the club colours, but to a lesser degree with Paul West continually finishing just outside the first three and Ian Leeding still improving. Paul Toppin was holding his league placing in the first six despite missing several meetings, a fact that probably cost him a definite chance to win the league overall. Marvin was also finding the going tougher, with a slight loss of form, but he

managed to keep in the results.

The Division Championships were a disappointment for the club with Marvin, collecting a bronze medal in the schoolboy sprint, our only medal winner. Ian Leeding was fourth in the junior sprint and Paul West was a semi-finalist in the senior sprint, 5th in the 15 km scratch and 8th in the 20 km point to point. Paul Toppin, our best hope, failed to start any of the Championship events.

The last two meetings saw a return to form from all our riders, with Paul Toppin leading the way to fifth overall in the league to become the Club's track champion for the third time in four years with a 4th, 2nd, 3rd and 5th in the last meeting. Paul West finished well with a 2nd, two 4ths, a 5th and two 6ths, to finish about 12th overall. Ian had at last found his true track form and had several good placings in these last meetings and finished around 20th overall. Marvin continued to plug away in the schoolboy events and finished an impressive 2nd overall in the schoolboy league, not bad for a first season with two more years at this level. The club (yet again) finished in the first three in the overall club competition.

CLUB TRACK MEETING

Despite the threat of rain earlier in the day, the weather stayed fine though windy and rather chilly, allowing the club track meeting to take place on Friday 22nd August at Preston Park, Brighton.

Although it is intended to be a 'fun' evening with no prizes, the racing was once again hard fought. The Pauls, Toppin and West, were expected to dominate the evenings racing, having ridden

successfully in the Wednesday track league during the season, but somebody forgot to tell Andy Lock, who easily beat Paul West and Ian Leeding in the first heat of the one lap scratch, while Paul Toppin beat Colin Miller and Marvin Lucas in the other heat. Andrew then went on to win the final in a tight three-way sprint from Messrs Toppin and West, with Colin Miller bringing up the rear after leading out but lacking the speed which he used to have when riding the track regularly.

The one lap handicap also went to Andrew with Paul West getting the better of scratchman Paul Toppin in 2nd and 3rd spots.

The point to point was dominated by Paul Toppin who won nine of the ten laps while Paul West was a comfortable second. A three way battle for third place among Ian, Colin and Marvin proved more interesting, the verdict eventually going to Ian.

Finally, the Devil proved a tough event, with a tight sprint every lap and Andrew being the last rider out to take third place and Paul Toppin beating Paul West in the final sprint. Between these events a series of four lap pursuits were run for those who wanted a ride but did not have a track bike. The results were:-

Final;

1st Pete Danckwardt	3.12	Heat time 3.13.4
2nd Paul Toppin	3.21	3.16.0
3rd Steve Curry	3.27	3.26.3
4th Ian Leeding	3.31	3.28.3

Other heat times

Andy Lock	3.29.5
Marvin Lucas	3.29.7
John Lucas	3.30.0
Don Lock	3.30.5

Paul West 3.41.9
Colin Miller 3.42.2
Nick Piggott 4.07.5

The overall track positions at the end of the evening were as follows;

1st Paul Toppin	12 points
2nd Andy Lock	8
3rd Paul West	7
4th Ian Leeding	3
5th Marvin Lucas	0
Colin Miller	0

It's rumoured that Pete Danckwardt might ride pursuits seriously next year, and after his performance in the Club event, for anyone else with that in mind it's not funny at all.

A QUICK TOUR OF CORNWALL

"Ever been to Truro, Tony?" asked Don Lock and Dave Hudson during a clubnight in April. Being suspicious of such a question from two much-travelled clubmates I thought they may need some details of the town or surrounding countryside. "My wife had her ears pierced there in 1982." I replied, thinking that might stall them a bit whilst I could think of a better answer, but they cut me short. "How about riding the CTC National 400km Audax in June - based in Truro?", said Dave. "I'll think about that" and promptly made my escape to the door before I could be pressed too far.

Over the next couple of weeks I considered riding 400 km within the 27 hours necessary to gain a medal, but around Cornwall, that would be difficult. Transport to the event would be my problem as Dave's yellow van was already full of Dave, Don and Chris Beckingham. Because I was

reluctant to drive all the way to the West Country alone, ride the event and return alone I had to admit that I wasn't keen. However, in an attempt to encourage me to ride, Don introduced me to Richard Thomas of the Eastbourne Rovers who wanted a travelling partner. I pondered for another couple of days, phoned Richard and confirmed that I would enter the event.

During the next few weeks extra training was completed, the bike made more reliable for endurance events with a new block, chain and brake blocks. On the day before the event, 27th June, I met Richard and Roger Smith of the Festival RC, who was also to join us for the journey down, at noon in the Black Lion at Patcham. The day was hot and sticky, so after a couple of pints of shandy we loaded the bikes onto Richard's car and we were off. With a couple of stops on the way down we completed the journey to our overnight digs in Tintagel some 40 miles from Truro. Dave's van, with Don and Chris aboard, left Worthing in the early evening to have an overnight stop in a lay-by en route for Cornwall.

On Saturday, at midday, we all met at the Sixth-Form College, Truro, checked in and had our machines checked for mudguards and lights before going into town for a good lunch prior to assembling at the Cathedral for the official send-off by the Bishop of Truro. The precinct of the Cathedral had quite a bustling atmosphere as the cyclists gathered, many making friends and others renewing acquaintances, street musicians played and the tourists stared at the colourful scene assembled.

When the official start was given by the Bishop we left the grounds of the Cathedral down the cobbled streets of the town with a police escort. I had chosen to ride out of the town with

a group of girls (ANN - please note! - ed) from the Bristol (!!!) CTC at the back of the 104 strong bunch, but as we left the cobbles I found that the lens of my rear light had come off (a likely story!- ed.). I had to turn back to pick it up, refit it and then chase after the field (girls!) as they made the long climb out of Truro.

When persuading me to ride the event Don and Dave had said "Don't worry about the distance or the time, we'll help you round the course - we can ride as a group so that you won't get left behind." These words were going through my mind as I started to chase through the bunch and various groups stretched out along the route that led through to the North Cornwall coast at Portreath, up a short, sharp climb in the hot afternoon sun and a fast run down the coast around St. Ives Bay to a secret checkpoint at Hoyle.

I managed to rejoin Don, Dave, Chris, Richard and Roger at this check and we moved in a large group to skirt around St. Ives to a checkpoint at a house called 'Merrythoughts' high up on Lelant Downs. 49 kms in 2 hours!. Continuing down the coast through the villages of Towednack, Morvah and St. Just through to Lands End Airport, with the twists and turns of the roads and rapid descents the group was, at times, reminiscent of a road race until we turned into the wind. The checkpoint at the 'Cyclemania' shop at Penzance (see Front Cover) and its refreshments were a welcome sight after a hilly 85 kms in 3.5 hours. Dave dug into the tea and fruit flans whilst the rest of us devoured sandwiches and pies - a more normal diet for the endurance cyclist. During this welcome break many others gathered for refreshments, so many that the shop was crowded and riders spilled out onto the pavement.

Suitably replenished we pressed on past St. Michaels Mount, climbing gradually through Leedstown, Praze-an-Beeble and onwards to Stithians for a 50 km ride into Truro. This ride was being done in the early evening and was most pleasant, with narrow lanes and short, stiff climbs to be accomplished. It was on one of these climbs that Don broke a spoke (doesn't he always - ed) causing a severe buckle in the back wheel. It was obvious that he could not complete the full ride with a wheel in this condition but a fellow cyclist, who was not a competitor, offered to lend Don a rear wheel after we got to the checkpoint at Truro. Friendship like this is typical amongst cyclists and makes competing in this type of event worthwhile.

On reaching the checkpoint a meal (3 full courses for 50p!) was waiting for us. Time was taken during the break to rest, eat, shower, check the route, change the block on Don's replacement wheel and change into clothing to ride through the night. The start was great - a tremendous descent through Truro to join the A390 to Probus and then, in the dusk, through the lanes over Longstone Downs just to the north of St. Austell. In this area there are clay-mine waste deposits heaped up into huge white cones creating a lunar landscape, very interesting in daylight, but as we rode through them in the darkness with the clouds rushing in the wind past the moon it was quite eerie - then all of a sudden - Flash !!- Bang!! Thunder and lightning lit up the surroundings making the night even more scary. We pressed on through all these distractions still in the group - probably for our own safety - onwards to Roche and then join the A30 and the Bodmin By-Pass accompanied throughout by thunder and lightning. A heavy cloudburst caused our bunch to stop and cape up and then dash for the nearest shelter under a road bridge. The group was about 15 strong at this

time but we had lost Chris who had gone off the back during the earlier climbs and had told us not to wait for him. The long climb over Bodmin Moor was against the wind and very tough in parts, requiring the use of my 47" gear on more than one occasion. The pace was not fast, but steady, with many riders taking advantage of the consistent pace set by the Excelsior riders and our companions from the Eastbourne Rovers and Festival RC. The descent from Bodmin was most welcome after climbing for a long time in the dark. I am sure that if it had been daylight and the full extent of the hills could be seen the climb would have been more of a struggle. Chris in fact retired around this time and returned to Truro.

The cafe lights at Tregadillet near Launceston shone out like a beacon at 1 o'clock in the morning, where a stop was taken for breakfast. Most of the cyclists who required sleep were kept awake by the late night revellers whose drunken behaviour was an annoyance to everyone. The road between the cafe and the next checkpoint at Bude was only 35 kms, but what roads they were - up and down, twisting and turning narrow lanes with a very poor surface. The route was generally northwards and the map did not indicate how hilly the road was. No hills were very long, but definitely short and steep. By now we had reduced the group to just 5 riders who were able to ride together, give pace, encouragement and plenty of harmless banter and conversation to keep each other awake as we rode on to find the cafe in Bude.

T42 cafe (Tea for two!) was like a dormitory with cyclists asleep on benches, chairs and the floor as we entered for our second breakfast of the day at 3.15 am. Soup, cereal and chocolate cake followed by coffee and more coffee were taken before departing in the very early light down the

North Cornwall coast via Widemouth Bay, Camelford and onto Wadebridge where a rest was taken on a roadside bench during this longest stage between checks (88kms). Dave had been struggling over the past few miles and during the break he discovered that his rear hub had broken. He decided to press on to Truro at his own pace. Don, Roger, Richard and myself pressed on over St. Breock Down via St. Columb Major to Fraddon and Probus for the last 10km back to Truro. During the last few minutes of this section my eyelids started to drop and I began to feel very tired but I knew that if I kept up a conversation with my companions I would be OK - suspecting all the time that they were in the same plight.

Arrival at the third check for the third breakfast of the morning was a great relief - once again another 50p meal!. It was noticeable that as the journey went on the stops at the checks were getting longer. This time we ate, showered, changed our clothes and removed lights prior to our final loop from Truro - just like a 48 mile club run really!. Not bad as we had already covered more than 200 miles. Dave, with his mechanical troubles, called it a day at this point.

Another superb descent from Truro continuing along the Penryn river valley through to the outskirts of Falmouth. The weather was now warm but showery and waterproofs were required. Later the rain ceased as we passed through Gweek to the Telstar cafe for elevenses at Goonhilly Downs. We all devoured Cornish cream teas here as a small celebration, for we had plenty of time to complete the ride. After a good rest of about 45 minutes we headed westwards around RAF Culdrose to Helston, joining the A394 back towards Penryn. This was a frustrating section of road due to about 6 sets of temporary lights about 2 miles apart. We were keen

to get back before 1.30 pm and we knew we had a mammoth climb to overcome before finishing - a real sting in the tail. There was more traffic on the road now and it was bright and sunny - we rode as a 4-up TTT at a good, steady pace until we got to the final climb where I dropped back to climb the hill at my own pace knowing I could ride steadily alone if I was not tempted into a burnup on the final ascending road. Checking the watch I was able to gauge my ride to finish at 1.27 pm with the others waiting at the checkpoint entrance having arrived a few minutes earlier.

After checking in another 3-course (50p) meal was devoured and we received our 400km Audax medals, showered, changed and slowly loaded up the vehicles - we were all very tired. Dave, Don and Chris drove partway home and stopped on Dartmoor overnight in the mobile yellow hotel in a layby and continued on the Monday to arrive in Worthing at about midday. Richard, Roger and myself drove straight home after the event, taking it in turns to drive while one slept on the back seat. I arrived home at midnight on Sunday, crashing out for 12 hours sleep after being awake for 40 hours.

The ride of 408kms (255 miles) was completed in 23.5 hours (10.85 mph) with apporx. 5 hours taken out for stops etc. (13.78 mph) through some spectacular scenery and hilly countryside with good cycling companions. Although I started the ride with some fear and trepidation I can say now that I enjoyed it throughout and would look forward to riding another - but not around Cornwall - how about a few flat roads - say East Anglia?

Tony Palmer

RTTC Precision ??

A member comes into the clubroom on a Tuesday evening and speaks to Ray Douglass (an RTTC Course Measurer, among other talents!); he informs Ray that he has just ridden along the top road from Sompting and asks "Those two white marks, one just this side of Hill Barn lights and the other just before you get to the Downlands lights - they are a measured mile aren't they?". Ray's reply was a rather doubtful 'yes' followed by "It's a Police measured mile, in actual fact it's eight inches short." !!!

TOURIST TRIAL 1986

This years Tourist Trial for the Argent Memorial Bowl was run in conjunction with the local section of the CTC, ably organised once again by Roger Smallman. Fourteen riders took part but I am afraid to say only five from the Worthing Excelsior. The event started at Washington and we had to find our way *via* various map directions to lunch at the Five Bells, Smock Alley. *En route* we had questions to answer, a speed judging section and a section devoted to bike handling ability, including a very 'dodgy' cattle grid - the more experienced riders getting maximum points for this part.

After lunch we had to follow a very interesting route via West Chiltington and Nuthurst to Pulborough, where we were stopped and asked to identify leaves from seven trees. After this we wended our way to Graffham Church where Roger was waiting to grill us on the Highway Code, where I am pleased to say most of us acquitted ourselves quite well. From there via different spot heights to Houghton Bridge where tea was taken and Roger and his partner from the CTC worked out the points.

The winner of the Worthing Excelsior section was Tony Palmer, who retained his title as 'Tourist Extraordinaire' of the club. The other WECC riders did well against the experts from the CTC. Once again the weather was warm and sunny, the organisation by Roger was faultless and everyone enjoyed a fine day on the bike away from the pressures of racing.

The results:

1st Tony Palmer	37 points
2nd Ray Douglass	34
3rd Dave Hudson	30
4th John Wiseman	22
5th Chris Sweet	16

A POSTSCRIPT TO THE TOURIST TRIAL...

Ray Douglass won a section which included riding over a cattle grid and was questioned as to how he could have done it better than anyone else. He immediately started to extol the virtues of cattle grids and the delight he found in riding over them. From several independent reports we have composed the following just for you, Ray;

Cattle Grids (with *sincere* apologies to John Betjeman)

I love to bump and rumble,
A sort of rough and tumble.
Oh, those lovely cattle grids.

A funny kind of quiver,
A naughty sort of shiver.
Oh, those lovely cattle grids.

Creating strange sensations,
those sensual vibrations.

Oh, those lovely cattle grids.

I find them quite exotic,
I once said "quite erotic".
Oh, those lovely cattle grids.

Returning from the Watercress Railway, the club run stopped at a Fete for afternoon tea. *It's rumoured* that Keith Dodman then took part in a 'Boot throwing' competition. He didn't win by he didn't half give it some welly!

FUND RAISING SCHEME 1986

This year's fiddle attracted 114 members, a profit of £161 has been added to the BUILDING FUND.

Winners to date: John Grant, Mrs Hampton, Phil Walters, Susan Rolfe (nee Puttick), Robert Downham.

HAPPY CHRISTMAS....

Webb Ivory Catalogues are now available for you to choose your Christmas cards and gifts. All sales help our BUILDING FUND. In 1985 over £50 was gained from your efforts, so this Christmas let's make it £100. See Dave Hudson for catalogues.

It's rumoured that veteran Ron Foster has been to the summer sale at the BODY SHOP - got himself a new pair of lungs and a pair of 24 year old legs. This, we reckon, explains the 1.04.41 and the other superb rides he's been turning out in recent weeks.

Mike Gibbs went to the same sale but all he got was some scented soap and deodorant. As he said after the event "Ah well!, slowest time for three years, but it was a job fighting off the girls you know." By the sound of it it was also a job fighting of those he didn't know....

MOST IMPROVED RIDER AWARD

Are you the most improved rider for 1986? There's a trophy for you if you have improved, at any of the standard distances, over your personal best for the last three seasons. It is calculated on an increased m.p.h., so an improvement of two minutes in a ten could be better than, say, three minutes in a 25, depending on the actual times. Time Trial Secretary Paul Toppin has been doing his best to check all likely contenders, but if you feel you qualify please give Paul the details right away because time is short!

CENTENARY DINNER

After an exhaustive search in and around the Worthing area it has been found quite impossible to obtain a suitable venue for the required numbers and on the required date for this event. So we have had to go further afield than we have before. The committee were determined to have a high-class occasion and we can now announce that the CENTENARY DINNER DANCE AND PRIZE PRESENTATION will be at the DUDLEY HOTEL in Lansdowne Place in Hove (just off the seafront) on SATURDAY NOVEMBER 14TH 1987.

Ticket prices are likely to be around £15 and we expect that we shall be hard pushed to accomodate everyone in these splendid surroundings. Paul and Angela Toppin are the organisers, but to help them the ticket sales and reservations will be dealt with by Don Lock. Names

and deposits will be taken from now on - the book is open so get your names and money on account, if you want, to Don Lock - address and telephone number on page 1.

CYCLING BOOKS

The club has been successful on two previous occasions in obtaining new cycling books at discount prices by making up an order of ten or more. Interest has been shown in the recent publications by Sean Kelly and Beryl Burton. We can usually save about 20%. If you are interested, give your name to Don Lock and we will try to get another order together before Christmas.

THE BUILDING FUND NOW STANDS AT :

£2050.
