

# THE WORTHING WHEEL

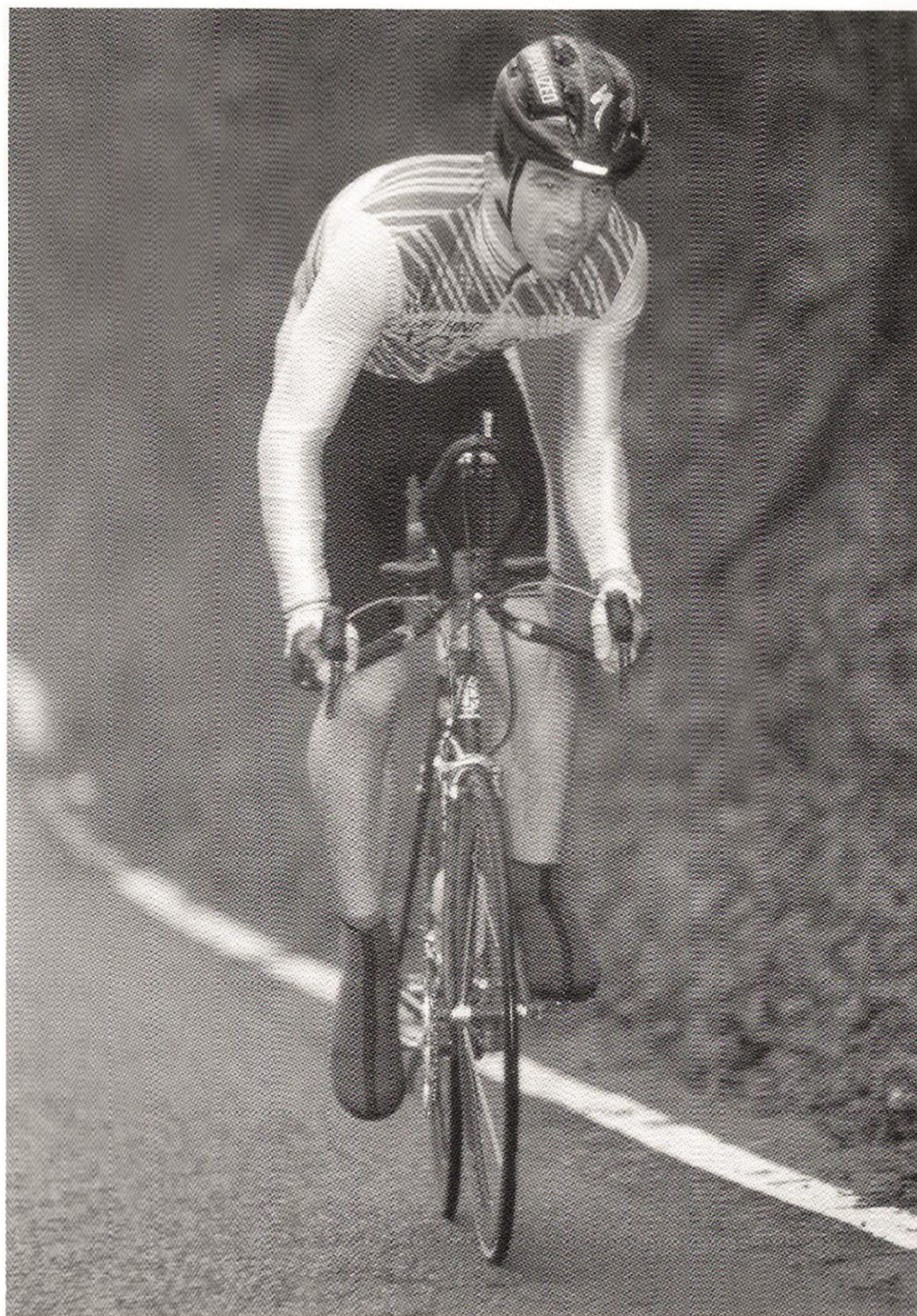


**MAGAZINE OF THE WORTHING EXCELSIOR  
CYCLING CLUB**

**SPRING 1995**

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*JEREMY WOOTTON*



**SPRING 1995=====THE WORTHING WHEEL=====**  
**WORTHING EXCELSIOR CYCLING CLUB'S=====**  
**QUARTERLY MAGAZINE=====**

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Clubroom: Broadwater Parish Rooms: Meetings every Tuesday evening, 7.30 to 10.30. Canteen until 10.00.

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Opinions expressed are those of the contributors, and not necessarily of the club or its committee.

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**President:** Don Lock 7 Welland Road, Worthing.

**Telephone:** Worthing 262724

**Chairman:** Alan Matthews, 11, Brook Lane, Ferring.

**Telephone:** Worthing 242459

**Secretary:** Paul Toppin 8 Beaumont Road, Worthing.

**Telephone:** Worthing 201501

**Treasurer:** Alan Langham, 38, Lenhurst Way,

Worthing **Telephone:** Worthing 263049

**Membership Sec:** Karl Robertson 27 Birkdale Road,

Worthing. **Telephone:** Worthing 264136

**Press Sec:** Colin Toppin, 1, Vancouver Close,

Worthing **Telephone:** Worthing 264730

**Road/Surrey League Rep:** Vern McClelland,

31 Downland Road, Upper Beeding.

**Telephone:** Worthing 814351

**Track Secretary:** Andrew Lock, 99 King Edward

Avenue, Worthing.

**Telephone:** Worthing 218286

**Club Events Sec:** Mel Robertson, 30, Pines Avenue,

Worthing. **Telephone:** Worthing 214489

**Evening Tens Sec:** Jan Scotchford, above Worthing

Animal Clinic, 30/32, Newland Road, Worthing

**Telephone:** Worthing 238366

**Mountain Bikes Rep:** Jeremy Wootton, 17 Amberley

Drive, Goring, Worthing.

**Telephone:** Worthing 245068

**Magazine Editor:** Don Lock 7 Welland Road,

Worthing. **Telephone:** Worthing 262724

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Notes on Jeremy Wootton. (found on the floor of the Bike Store - the notes, that is, not Jeremy)

**DISCLAIMER** - the Editor and staff of Worthing Wheel magazine hereby refute any and all liability for the scurrilous content of this article. The original is deposited with our lawyers, Grabbit and Scarper.



As you might know Jeremy is relatively new to the vigour's of time trialling. He sort of fell into it as opposed to his early escapades of mountain biking, which usually involved falling off it.

His first road bike was affectionately known as "George".. after the George pub at the top of George V Avenue in Worthing, for it was this bicycle that transported him to and from the aforementioned hostelry.

His next purchase was a more serious consideration, a Peugeot, after just a few years the frame broke. It got him under the hour and his bank balance would never be the same.

George is still doing sterling service as an integral part of his turbo training, totally sweat resistant, for he does perspire. You know he's training in the garage when you can see the sweat running from under the door.

His previous competitive sports have been hockey and surfing. His hockey exploits were somewhat unique, playing in goal he had a certain tenacity for stopping the ball with his face, thinking that as he had a mask on this would protect him, 4 stitches in his eye proved him to be wrong. He is also a South Coast Surfing judge. In his early years he narrowly escaped death after having been pinned against the harbour wall at Shoreham, probably the only time that he was ever pinned down.

He does like wearing outrageous clothes and is an absolute sucker for latest designs in Sunglasses...people who have seen his multi patterned tartan trousers will testify to this.....he's really a schizophrenic Scot.



His other pastimes are devoted to his early years larking around on a board.

His newest adventure is Snowboarding, though it is universally acknowledged he only does this because of the fashion clothing that goes with the sport.

The same could be said of his other sport, Windsurfing, his fin has actually been spotted two whole CMS out of the water when jumping a wave, though once again it's probably the clothing that attracts him to the sport.

We're talking about a man who when extremely tired and emotional at the ski show went to the loo and came back twenty minutes later having purchased the latest Oakley Sub Zeros.

For the record he has also completed three marathons-  
Back to the cycling....

He's a great protagonist for the different aspects of training, be it turbo training, nutritional training, clothing or just drinking.

Unfortunately his training suffered a major set back in November when the Bull at Goring changed brews and his favourite Ruddles County was no more. The Friday night speed drinking sessions were an integral part of his training. The ability to down 6 pints of County from 9.40pm to chucking-out time requires serious stamina.

His training routine has been enhanced even more by the recent arrival of the latest addition to his family, "the boy without a wink", namely Amy Charlotte. In desperation to keep him off the bike his charming wife thought more children would keep him tied to the house, far from it, quite the opposite. As this was an accident it proves he should not have relied on medical reports that cycling lowers one's fertility after all those hours in the saddle.

As the season draws closer, he can be seen most lunch times in Reps gym. Here he has the most amazing ability to position himself next to any female performing on the bench with dumbbells, then analysing his pulse (it goes up in the gym but it's nothing to do with his own exercise).

After last years disastrous exit from competition due to an accident



he has been training like a rabid dog on heat, his slight altercation with a level crossing in Ferring and his most recent encounter with an electric fence and a puddle of slurry have only driven him on harder.

Someone's recent attempt to sabotage his precious Roberts by seizing the stem in the frame has not diverted his attentions.

So there you have it...

The only Fashion Victim, who thinks he's really Scottish, drowning his sorrows in Ruddles whilst going to the gym to practise his perversions whilst desperately trying to recapture his youth by acting and dressing like a child.....

and rounding it all off by not being a bad cyclist either.

\_\_\_\_\_ Anon.

#### Revised 10 mile Course (G914 - 1995).

*Due to the new Ashington by-pass the police have recommended, and the R.T.T.C. have ruled, that we can no longer use our old evening tens course. The exit from Hole Street is now onto a 70mph road rather than one with a 40mph limit and, you might consider this stupid, but there is now a much shorter filter lane. So Ray Douglass to the rescue, and the following which we are confident will receive approval is now proposed.*

START (map ref 120118) on the old A24 at the top of Washington Bostal Hill, proceed to the A24 where turn left to FINDON ROUNDABOUT where turn and retrace North to WASHINGTON ROUNDABOUT where continue straight on to the new Ashington by-pass and at the Northern end bear left via slip road marked Billingshurst where left again to BILLINGSHURST ROAD ROUNDABOUT where encircle and retrace under bridge to roundabout where take the third exit to rejoin the A24 where continue South to



WASHINGTON ROUNDABOUT where left onto the A283 to FINISH at the third drain past the first right-hand turning into Washington Village.

It is very important that there must be NO "U" TURNS at the finish. Riders must continue on and turn into the village via the next turning.

*Finish H.Q. and parking will be as used for the Reliability Trial, at the Northern end of the village.*

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Don

### Lewes Wanderers Reliability Trial.

*There were two distances on offer and quite a large contingent was promised from Worthing, all intending to tackle the 65-mile route at varying standards. The morning of Sunday 29th January though was foul, with torrential rain and strong Westerly winds. The result was that just seven arrived at the Chailey start headquarters but we were probably as well represented as any other club, save for the promoters themselves, and there were, we believe, no takers for the longer route. Those determined at least to get a ride settled for the 33-mile route and off they went.*

*Heading North-East to start with meant that the wind was on their backs and the rain is never so bad when it is not in your face. A narrow lane and a nasty hill to start with, but then mainly "A" or "B" rivers, sorry roads, took riders through Newick and Maresfield. Then there was the long and steady climb to Crowborough before the most Northerly point and check at Eridge.*

*Half distance covered and good time had been made, but now came the head wind. The rain incidentally*



was easing. Ashdown Forest was not looking its best, and riders' progress could best be described as "Steady" for the fit, "dogged" for the determined, and "Oh dear" for those still to get to grips with winter training. One group reported catching and dropping other riders while speeding along at 9.m.p.h.!

Off the Forest at Nutley and times were checked as 25 miles had now been covered. Not a lot of time was left and an attitude of "bash on regardless - let's get his over with as soon as possible" took over. Gone now was concern about the route and in any event there was little point in trying to check the soggy route sheets which were no longer legible.

From 11 o'clock onwards the North Chailey village hall gradually refilled, and steamed up. Welcome cuppas were downed, and as dry clothes re-established comfort, civilised normal people gradually emerged from the saturated dirty-looking things now busy hiding bikes in cars.

There had been route problems for some - various routes seemed to have been found, especially back from Nutley, and the recorded mileages varied by three or four miles. The Lewes club officials took a friendly and flexible view of the route and standards: we understand that our riders; Richard Shipton, Charlie Parsons, Eric and Richard Bonner, Paul Toppin, Alan Matthews and our Ed. are all likely to be certified - who said "so they should be!"

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Don.

G.S. Stella "Hilly" 25.

To go racing on the first Sunday in February seems



totally perverse, but if there are 93 who want to compete then it must be me. They were rewarded for their temerity with a mild morning with hardly any wind. It was murky, and in places there was a lot of water on the roads from the heavy rains of the previous month.

A circuit from Funtington into Chichester then North through Lavant and Chilgrove, then after the long climb there's the hairy descent towards South Harting with the double back up the other hill towards Compton and back to Funtington. Called a roadman's 25 it certainly helped to have good bike-handling ability and a fast smooth gear-change. Observing some riders through the downhill double bends in Compton was interesting because a lack of ability rather than fitness or strength was costing riders several seconds against the better bike handlers. In some cases a complete lack of nerves was also demonstrated.

Jeremy had done well here last year, and was down to go again with rumours of much late-night training over the past couple of months. Chris Bacon was another who rode in '94 and Andrew Lock with his winter miles far in excess of anything he has done before were two others to make an early start to the season.

Richard and Eric Bonner (in football terms) our "new signings" were also entered. Adrian Roberts was riding his first open on his new machine, and our line-up was completed by Peter Cox who was troubled by back problems last season, and his friend and new member Tony Weeks.

If it was to be a disappointing start for Jeremy, it was on the whole a promising start for the club; as for Tony Weeks it was to be quite remarkable. Jeremy's progress around the course, time



checks and just plain aggressive attacking riding was indicating the he was on a ride. He was probably letting out eight months of frustration after his knee injury last summer. It was a great shame that he was to suffer two punctures within the last few miles to prevent even a finish time, which he estimates would have been around 1 hour 2 minutes.

When Andrew finished strongly in 1.5.51 and he was almost last man off it appeared at first glance that he would be the fastest from Worthing, that is until the Tony Weeks effort of 1.5.47 was noticed. What a brilliant effort for his first time out. He looked totally unperturbed by his ride and here's a talent that must be encouraged in the season ahead.

Richard Bonner clocked 1.8.37 heading his dad Eric by half a minute (1.9.11). Dad, however, went home better off picking up two awards - Fastest Veteran and Fastest Veteran on Standard. Chris Bacon was in on 1.11.42, Peter Cox on 1.12.53, and Adrian Roberts completed his first open with 1.26.55.

It's a shame to spoil the story, but winners tend to put things into perspective. Peter Main of 34th Nomads was a class above the rest to win in 59.16. Promoter Mark Jones was second with 1.1 and a few seconds, and led his club to a team win with excellent rides from Richard Keevil and Mike Marchant.

1995 - here we come!

Hope for us all?

Did you see the news article recording the 120th birthday of the French lady believed to be the oldest person in the world?



She said that she had cycled until she was 100 years of age. It would seem also that it was only failing eyesight which prevented her from continuing even beyond that magnificent age.

Now Mr. Searle, you are we reckon something of an expert on these Veterans' Time Trialists' Association standards. What (ladies') standard would you give to such a remarkable person? Our tables only go up to 85 years and we find the projection for a further 15 years to be somewhat beyond the abilities of our pocket calculators!

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Don

The Alan Peiper, Sean Yates Show  
Burgess Hill, Saturday 7th January,  
By kind permission of Mr. Geoffrey Boore.

Fast becoming the impresario of Sussex 'cycling, the much maligned Geoff deserves a round of applause for getting these famous pro's together for a super evening. About 300 enthusiasts crammed into a church hall designed to accommodate no more than half that number. They came to listen to an articulate Aussie, and to applaud a somewhat less articulate local Pommie.

The interest in a talk by Alan Peiper had initiated a strong demand for tickets. This guy has ridden with the best, has done the major tours, and the classics, and now he was involving himself in cycling journalism. He should be good. It was, though, when news spread that Sean Yates from Forest Row, our own local hero, was going to be there to receive the prestigious Bidlake Memorial Trophy in recognition of his achievements, that the flow of ticket applications burst through to a



torrent. This one had held yellow in the Tour de France - "let's go and show our appreciation and admiration" - seemed to be the idea.

Sean's reception was great, a standing ovation when he arrived and a similar long and thoroughly deserved round of applause as he accepted the trophy from the Bidlake committee.

Alan had a thousand stories to tell from a long and successful career. When it came to a questions session and he pulled Sean up to the microphone to help out, his memory was jogged and he could no doubt have gone on all night. Sean, frequently asked for comment by Alan, would give the stock answer of "Sniff! Yeah! Sniff!".

It was all good stuff and the kind that hasn't happened in this part of the cycling world for some time.

Sean found words enough to express his thanks for the support he had received over the years. The shouts of encouragement from English voices in all parts of the continent were, he said, a constant support and inspiration. He also showed not so much appreciation as pride for the support, and the immense turn-out which "his part of the world" gave to the Tour when it visited these shores.

Well done again Mr. Boore - rumour says you're after Mr. Merckx next, well, keep us posted, but you'll be hard put to beat this particular evening.

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The Central Sussex "25".

Held in memory of their late member Ron Ewart this event on the 19th February was to have used the A272 from Cowfold then the A24 South from Buck



Barn to Washington and then back through Bramber (by-pass) and home via Small Dole and Henfield. It was to be the first event this year to be upset by our constant aggravation - the Road-works Man. With digging at Small Dole the course was changed to the old team championship course, going West to Ansty then back and South through Henfield to Poynings with the finish back at Cowfold.

Worthing had eight entries led by Jeremy Wootton who recorded 1.3.34. He was closely pressed by Tony Weeks who, if his early-season form is to be taken as a general indicator, is going to provide some very useful performances later in the season. Tony was only 3 seconds adrift of Jeremy's effort with a fine 1.3.37. We then had a clutch of 5's from the training trio of Richard Bonner 1.5.17, Andrew Lock 1.5.41, and Eric Bonner 1.5.56. Peter Cox recorded 1.6.30 and Gavin Baylis was home in 1.7.59. Reg Searle recorded 1.27.13.

G.S. Stella dominated the event, Mark Jones first with a sparkling 59.30 - not bad for Mid-February - Mike Marchant second with 1.0.03, Richard Keevil third with on 1.0.43.

Don

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The Long Furlong Circuit.  
26th February, 1995.

An unfortunate clash with the Club's own Audax promotion should never have occurred. The Audax date was known almost a year ago. Perhaps the committee should have a five-year diary, so that promotions in different areas of our sport can be slotted in as soon as possible. Road-racing, time-trials, touring and now Audax, which is rapidly gaining more and more following from our members, all have their programmes, and their



supporters, and frequently they would be keen to ride in events in those different spheres. Additionally, of course, a clash places a great strain on our manpower resources.

Nevertheless, ten started and nine finished this usual season opener of the club's racing calendar. It was a dry and sunny morning, but one which was still a very hard one for racing into a cold and strong North-Westerly making sure of a tough ride.

Jeremy Wootton with a couple of good rides already completed produced the fastest performance with 43.13 and it was noticeable that the next three places were also filled by riders who were already into their third race of the year. Richard Bonner was home in second place with 45.09 and Andrew Lock, (very exhausted at the finish), managed third on 46.46. Eric Bonner with 47.23 was fourth. Reg Searle picked up yet another handicap award.

Jeremy's first lap was a scorcher of just 21.21, and it put him immediately a minute clear while he slowed slightly on the second time around it set up a comfortable winning margin.

<u>Place/Name.</u>	<u>First Lap.</u>	<u>Finish</u>	<u>H'cap All'ce</u>	<u>H'cap Time.</u>
1. Jeremy Wootton	21.31	43.13	Scr	43.13
2. Richard Bonner	22.13	45.09	3.45	41.24
3. Andrew Lock	22.59	46.46	1.30	45.16
4. Eric Bonner	23.35	47.23	2.45	44.38
5. Gavin Baylis	24.35	49.14	5.00	44.14
6. Peter Baird	25.16	50.53	7.00	43.53
7. Ken Retallick	26.33	54.15	6.00	48.15
8. Adrian Roberts	27.28	55.50	13.00	42.50
9. Reg Searle	30.56	63.16	23.00	40.16

The usual number didn't bother to enter and just



turned up on the morning to ride private non-counting time-trials. Dave Jenkins our second-claim member did enter though and his 58.54 gave him the pleasure of catching Reg Searle. Also worthy of note was the one circuit completed by new member Matthew Gould. He went round in 24.37 and was unlucky to puncture and not finish.

Officials:	Timekeeper	Mike Gibbs.
	Pusher-off	Mel Robertson.
	Marshall	Karl Robertson.
	Handicapper	Don Lock

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### Poetry?

Oh! Mr. Palmer, what shall we do?  
You've taken us off the road,  
And we're up to our knees in goo.

Lucas said "the by-pass",  
And most of us thought him right,  
But now you've taken us this way,  
And the road is out of sight.

Gibbs is climbing fences,  
He's going to need a bath,  
The law comes up behind us,  
They always enjoy a laugh.

Gilbert's getting edgy,  
We really must get on,  
It really is disaster,  
We're lost in Ashington!

### **Donnyanonmouse.**

With profound apologies to Noel Coward  
and his famous song- "Oh Mr. Porter!".

The Pulborough Circuit.  
5th March, 1995.

Our Ed. dreamed up this little gem of a course, "undulating", "a bit lumpy in places but not too hilly" and other such rubbish he had circulated beforehand. It is also perhaps significant that he had pressing engagements elsewhere when the route was to be tackled seriously in this our second club event of the year. Much cursing of his name was heard on the morning and rumblings continued.....

It does seem, in his defence though, that he had with reasonably accuracy assessed the course, for in working out the handicap he had considered that the winning time should be 42 minutes. He is now asking why Jeremy Wootton took 42.13!

"Surfers dominate" was an expression heard after the event and had it not been for Eric Bonner in third place (and we're thinking he's done some of it in the past anyway) it would have been a clean sweep for current surfers, for behind Jeremy came Gavin Baylis in 43.50 and in fourth spot Matthew Gould, both recruited to W.E.C.C. by Jermy - it's about time he had a nick-name.

Eric had taken his young looking 48 years (he's our printer and we get on ever so well!) round the course in 46.24, edging Matthew by 27 seconds. These lost seconds may well have been accounted for by Matthew's antics at the Welldigger's Arms after about 13 miles where he seemed determined to take a right - while negotiating this anti-clockwise course! A dozen screams of "LEFT" from a fast-approaching Jermy eventually persuaded him to stop waving his right hand and to follow the now-disappearing Jermy into the direction of the



finish.

Full Result.

<u>Place/Name.</u>	<u>Actual Time.</u>	<u>H'cap All'ce</u>	<u>H'cap Time.</u>
1. Jeremy Wootton	42.15	Scr.	42.15
2. Gavin Baylis	43.50	5.30	38.20
3. Eric Bonner	46.24	3.00	43.24
4. Matthew Gould	46.51	7.30	39.21
5. Ken Retallick	48.15	7.00	41.15
6. Peter Baird	48.35	7.30	41.05
7. Adrian Roberts	53.05	12.00	41.05
8. Reg Searle	61.32	18.00	43.32

Alan Cooper was a puncture victim and did not finish, and Mike Feeseys started but did not return to the timekeeper. Come back Mike, all is forgiven! Dave Jenkins rode a private time trial as a second-claim member and returned a time of 55.29.

Officials:	Timekeeper	Ray Douglass.
	Marshalls	Karl Robertson.
		Colin Toppin.
	Pusher-off	Mel Robertson.
	Handicapper	Don Lock

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The 1995 Reliability Trial, (12th February).

By popular demand, (well Jan Scotchford asked for it and I can never refuse a lady!) the course reverted to that used for three years up to 1993.

It provides a tough route but without any really hard climbs. From the Washington start North and West through Adversane, Alfold, Cranleigh and Ewhurst, then East across to Ockley Capel and Rusper, where it turns South coming down lanes all the way - Faygate, Colegate, Slaugham, Warnin-

glid, Wineham, Blackstone, Small Dole and Bramber and back to the start - 65 miles approximately - certainly a bit more than the 62 indicated on the route sheet.

There was the usual shorter distance event this year, going East, along the back of the Downs to Poynings, then heading North to Warninglid and retracing back to Washington via Lower Beeding, Cowfold and Partridge Green - 38 miles and a bit lumpy.

On a nice day they are pleasant runs, and didn't we strike it lucky! In the middle of a winter that's had people calling for the rebuilding of the Ark, it was positively lovely. O.K., it was a bit windy, but it was mild, it didn't rain and the sun shone for most of the time. Biggest problem turned out to be punctures, obviously still much grit on the roads, washed there by the heavy rains and flooding.. Some were to have so many punctures that motorised assistance was needed to get home!

45 signed on and of these 32 were Worthing members so it was pretty well a club event, but the numbers were good enough to make it worthwhile. Special thanks to all the helpers, and I'm as glad as they were that it was a nice morning. John Grant sent us on our way and collected the entry fees.... (by the way, has anyone seen John lately?). Clive Goward timed us back. Dave Hudson (Catering Services) Inc. ensured that refreshments were available at the finish. George Wall and family took an urn of tea and cakes to the Capel check point, while Roger and Jean Smallman did the check on the short route out at Warninglid.

Standards and successful rides.



65 miles inside 4 hours 15 minutes.

Paul Toppin	W.E.C.C.
Charlie Parsons	W.E.C.C.
Alan Matthews	W.E.C.C.
Brian Howe	W.E.C.C.
Don Lock	W.E.C.C.
Peter Parsons	B.E.C.C.

65 miles inside 3 hours 45 minutes

Chris Bacon	W.E.C.C.
Eric Bonner	W.E.C.C.
Richard Bonner	W.E.C.C.
Andrew Lock	W.E.C.C.
Jan Scotchford	W.E.C.C.
Jeremy Wootton	W.E.C.C.
D. Baird-Murray	East Grinstead C.C.
M. Sussex	East Grinstead C.C.
P. Clegg	East Grinstead C.C.
C. MacNamara	V.C. Etoile
S. MacNamara	V.C. Etoile
N. Pitchford	V.C. Etoile
Peter Cox	W.E.C.C.
Tony Weeks	W.E.C.C.
Malcolm Cross	Morden C.R.C.

38 miles inside 2 hours 45 minutes.

Mel Robertson	W.E.C.C.
Karl Robertson	W.E.C.C.
Alan Stepney	W.E.C.C.
Keith Dodman	W.E.C.C.
Adrian Roberts	W.E.C.C.
Colin Miller	W.E.C.C.
Tony Palmer	W.E.C.C.
Alan Langham	W.E.C.C.
Steve Sharp	Crawley Wheelers
Bob Gray	Crawley Wheelers

38 miles inside 2 hours 25 minutes.

Reg Searle	W.E.C.C. }	Tandem
Alan Chatfield	Unattached}	
Mike Muzio	W.E.C.C.	
Mike Feesey	W.E.C.C.	
Ken Retallick	W.E.C.C.	

Thirty-six successful out of 45 on a reasonable day would indicate that the severity was about right.

Don.

### New Members.

Eric Bonner - that's the old man - him with the grey hair and the scourge of many a young hopeful, has joined us after a couple of years of second-claim affiliation. Eric joins two months after son Richard, and will add greatly to our veteran team strength. Living in Pulborough, he has for a while now been more involved with our activities than with those of his previous club, the Central Sussex, to whom he has remained loyal for many ears, and whose red and white colours he has carried with much success. Now we shall look forward to his efforts in our colours.

His time-trialling extends up to 100 miles - don't think you'll get him into a "12", but you never know. He likes the sporting - even the "hilly" courses, and is raring to go as I write (still in mid-January!)

Eric is also a qualified masseur - see his own introduction later in this issue.

Apart from all that he now prints the mag...  
- Welcome - Sir.



Keith and Pamela Gelder. Keith made contact from Storrington early this year. "Have you done much?" I enquired. "I rode a couple of road races last year, and have had a long lay-off from the bike but I've done a lot of running to keep fit, a few marathons and half-marathons". Brilliant!

Keith, by the way, is that sort of age which you can achieve with a maximum from one dart, while Pam is probably nearer double-top!

Hailing originally from Scunthorpe, I've not met anyone of his age with such enthusiasm. Pam is a touring biker.

We have loaded them up with mags and details of all the forthcoming events, and entry forms, and have now doubt we shall see and hear more of them in the weeks and months ahead.

Mark Edmonds aged 15 from Findon Valley joined us at the start of the year and was quickly involved, joining the club runs on Sundays the 1st and 8th of January. Now why doesn't that happen with all

new members? Welcome Mark, we look forward to you joining us as often as you can slip away from Christ's Hospital.

Tony Weeks first caught my attention when he rode round (uninvited) the club Hardriders' last year in a time which many of the competitors would have envied. Following my mild reprimand I'm delighted to say he has joined us and immediately confirmed his racing potential. Almost before the ink was dry on his application he had ridden the G.S. Stella decidedly-Hilly 25 in a time of 1hour 5 minutes and 47 seconds, the best of seven from Worthing (see report elsewhere). He is a friend

of Peter Cox, and rumour has it that they've been stacking in the winter miles, we shall look forward to your further efforts in Excelsior colours.

Don.

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Club Time-trial Programme - April 1995 on.

The London South District of the Road Time Trials Council could not fix up our programme quite as we had wanted, and in view of several changes, fortunately none up to April, we now reprint our calendar. We include all "club-only" events - weekends and evening tens and two-ups, also our open promotions plus Sussex C.A. events into which we have incorporated club championships.

Date	Day	Details	
9th Apr	Sun	15 miles	Ashington
30th Apr	Sun	25miles	Yapton <u>OPEN</u>
4th May	Thur	10miles	Washington
11th May	Thur	10miles	Washington
18th May	Thur	10miles	Washington
21st May	Sun	25 miles	Clapham
25th May	Thur	10miles	Washington
1st June	Thur	10miles	Washington
4th June	Sun	50 miles	<u>SUSSEX OPEN</u>
			EAST SUSSEX
8th June	Thur	10miles	Washington
11th June	Sun	25miles	Inter-club
		(Petersfield/Liphook)	
15th June	Thur	10miles	Washington
22nd June	Thur	2-up 10, Course G914.	
24th June	Sat	10mile	Wiston <u>OPEN</u>
25th June	Sun	100miles	<u>SUSSEX OPEN</u>
			EAST SUSSEX
29th June	Thur	10miles	Washington
6th July	Thur	2-up 25	Wiston



13th July	Thur	10mile	Washington
16th July	Sun	25mile	Clapham
20th July	Thur	10mile	Ashington
23rd July	Sun	30mile	Ashington
3rd Aug	Thur	10mile	Washington
6th Aug	Sun	12 hour	Washington
			Sussex Open
10th Aug	Thur	10mile	Washington
10th Sept	Sun	Hill Climb	Springhead
24th Sept	Sun	Hardriders 26m	Pulborough
			OPEN
8th Oct.	Sun	Circuit 32m	Pulborough

---

### TRAINING HARD, NOT RECOVERING, SORE LEGS?

*For those club members that do not know me here is a brief history of my involvement in cycling. I started racing at the age of fourteen in time trials and schoolboy circuit racing for the Old Portlians C.C., moved to Crawley in 1966 and joined the Crawley Wheelers in their early years, racing in time trials and then switching to road racing. I crashed badly in 1971 in the Lewes Wanderers circuit races fracturing my elbow and retired from the sport. In 1988, having performed in several other sports and pastimes I decided to return to cycle racing again, this time for the Central Sussex C.C. and now with the Worthing Excelsior.*

*One of the problems that I have always had, has been my inability to recover from training or racing. Top riders, both amateurs and professionals usually have the facility to obtain massage treatment, so I decided to study soft tissue manipulation and see what benefits could be provided for myself and other local riders, to this end I enrolled with the Academy of Sports Therapy to study sports injuries and massage.*

*The basis of the course is home study for the theory, so after sending off my cheque for enrolment I received through the post a package containing various books on massage, anatomy, course instructions and lesson notes.*

*The study aims of Lesson 1 consisted of the preparation for sports massage, techniques and the physical, physiological and the psychological effects of massage, which I managed to complete without any problems. Lessons 2 & 3 were on the skeletal and muscular systems with the Latin names applied to them which I found very difficult to retain in the old memory, however where there is a will there is a way. These lessons and the question papers had to be completed before attendance to the practical training session would be permitted, this I managed to do, so I duly presented myself at Hertfordshire University at the end of November 1994. This consisted of six days of lectures, practical demonstrations of massage and sports injury diagnosis with daily assessments on theory. The ability to give massage was carried out on the students by each other and the group consisted of seven females and seven males all of varying shapes and sizes, they were from many sporting backgrounds and some had travelled from Scotland and the Shetland Isles. During the course we gave and received an average of two complete massages per day, this meant that the evenings were spent in a very relaxed state at the Hotel studying course notes in preparation for the theory paper which we were presented with the following morning.*

*The instructors on the course were excellent, one was from the Academy of Sports therapy, another was from Champnys Health Clinic and the third was a retired senior Physiotherapist from Birmingham Hospital who had worked with the British*



*Athletics Team from 1982 to 1990.*

*I successfully completed the course and returned home with hands eager to find suitable bodies to perform on as I still had to complete six case studies for presentation to the Academy. Jan Scotchford and Andy Lock agreed to become two of the victims and I hope that they are feeling the remedial effects of my efforts.*

*The lessons continue to drop through the letter box followed two weeks later by the question paper, they are getting easier due to the fact the old grey matter is starting to function again. I have to attend two major sports championships as part of a team of sports therapists to gain additional experience and then complete the theory and practical examinations at Middlesex University.*

*Eric Bonner*

---

*Mike Poland*

*- has been using up more of his National Insurance credit with more operations. Following his accident last year he was in hospital again before Christmas for bone to be removed from the groin and inserted under the knee-cap.*

*Latest check says all is mending nicely and he's now advanced from trainer to road bike and reports of 20 miles in 1 hour 20 minutes show the old Poland spirit coming through. This note, incidentally, was when he told wife Ann he was just going "round the block".*

*Don*

### Worthing Excelsior Clothing in Stock.

6 Hats £ 2.70

#### Skinsuits (short sleeves).

1 Small £ 51.81

1 Medium £ 51.81

2 Large £ 51.81

#### Road vests (short sleeves).

1 Small £ 30.14

3 Medium £ 30.14

4 Large £ 30.14

1 Tracksuit top (large) £ 36.48

1 Pr. shorts (medium) £ 26.43

1 Pr. shorts (large) £ 26.43

#### Also ordering

Thermal knickerbockers. £ 42.30

Skintights (thermal) £ 39.12

Bib shorts £ 33.84

Large "Excelsior" hold-alls approx £ 17/£18

The tracksuit tops are the same style as the thermal tops but lighter weight material.

Contact Jeremy Wootton - see page one - with your enquiries.

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### The Sussex C.A. Open 16-mile Circuit Event 11th March, 1995.

A nice afternoon, mild, dry and sunny, gave the S.C.A. a good start to their 1995 programme. From the headquarters at Ashurst Village Hall, the route ran through Partridge Green, West Grinstead and Ashington, and on the new by-pass, and home via Washington and Wiston. There was a light South-Easterly, and none could complain of these conditions for an event in early March.



Peter Main of 34th Nomads won in 35.31 and led his club to an easy team win, backed up by Keith Read (2nd in 36.55) and Richard Payne (7th in 39.04). The fastest S.C.A. rider was Chris Lord of Brighton Excelsior, 3rd in 38.26.

Worthing's best was Richard Bonner, 40.39, heading his dad, Eric, next on 41.06. Vern McClelland, obviously getting fit from commuting between Upper Beeding and Crawley, clocked 41.31. Don Lock started his season with a satisfactory 42.27, and Peter Baird was home in 44.04.

Don

---

The Sussex C.A. Open 25 - 12th March 1995.

Event Secretary - Steve Elms, East Grinstead C.C.

Event Winner - Steve Elms, East Grinstead C.C.

I was going to say that it is obviously no problem organising and riding, but if it only takes you 55 minutes to ride round the course while others are taking up to another 28 minutes (!) I suppose there's plenty of time for running around the official duties.

It was a ride which put him over 5 minutes ahead of second placed Peter Crofts, no slouch with a "53" to his credit, who on this morning could manage no better than 1.0.29 to Elms' 55.01. If one considers that gives a winning margin of something in excess of two miles it puts into perspective just how far he was clear of the rest in a 90-strong field.

The course used was on the A.24 and A.264 from West Grinstead, North and around Horsham and out to Crawley and back. A route which has a hard start up to Horsham, and when exposed to a North-

erly wind can quickly demoralise. It remained difficult out to Crawley - perhaps there was a bit of Easterly in it - improved back to Horsham, and then, if you had anything left, had a fast last few miles.

Worthing had eight riders, and fastest was Tony Weeks who was home in 1.3.23, and seemed dissatisfied that he was outside the hour! Eric Bonner recorded 1.4.03 and Peter Cox 1.5.48. Don Lock - he said he had trouble getting past the Sunday Club run on the Southwater by-pass - was home in 1.7.51. Richard Bonner whose heart-rate monitor went off the scale in the first three miles, settled for a training run and finished in 1.8.20. Keith Gelder made his club debut, and first time-trial since black tights were obligatory, and seemed content with 1.12.38, which we confidently predict will be reduced by another 8 minutes before the season is out. We love throwing out challenges, incidentally we told Tony Weeks he would not get down to a '57' this year. Charlie Parsons took 1.17.31 but estimates as to how long the puncture delayed him vary from 2 minutes to 20!

Reg Searle completed the course in 1.23.32.

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### The South Coast 200k Audax.

I get frustrated sometimes when I think I see apathy, when no-one's willing to help with some job in the club's programme. As President I feel it particularly, I suppose it's only natural that you want to be a president of a strong and active club full of enthusiasm and spirit. I felt disappointed after the A.G.M. when some important places on the committee were not filled.



My concern about the club was eased two weeks later by this Dave Hudson promotion. I rode every mile, sorry kilometre, of it, and given the superb route and details enjoyed a nice day in good company.

Even the bottom bracket that fell apart at Ashington on the return didn't spoil it. The weather was lovely and the scenery at its late winter best after a mild but very wet couple of months. What really made my day though was firstly the sight of ninety or more brightly attired cyclists heading North up the A24, and secondly the number of compliments that I received and overheard as to the first-class Audax that Dave had put on for our club. Perhaps it was because I wore a 'Worthing' top. I hope soon more will be purchased and worn.

I was apprehensive about 200k, especially in February, and took a handlebar bag crammed with 'get you home' food. Fool! I carried 90% of it all day. I had read of but not fully believed all the stories of the Hudson Catering. It must be the only way of riding over 120 miles in a day and putting on weight at the same time.

Stage One was on familiar roads to Petworth, but this I found to be the most hectic, probably because with that many riders it takes a while to get sorted out and you are always overtaking or being overtaken. I had thought to ride with Alan Matthews, but Alan-le-Chair was way up the road and I didn't catch him until we entered Storrington. Phew! Next year I'll ride the Perfs! Somehow Dave was at Petworth serving teas and looking like he'd been there for hours, but I'm sure he was still at the Heene Centre when we departed.

**Don - I have a theory about this - I think that**

Mrs Hudson actually had identical sextuplets, and that Dave drags the other five out to help him on this sort of "do". I can't see how else it can be done. Next year try addressing one of them as "Pete" or "Harry", and see if it responds.....  
John Grant.

John and Sheila Lucas and Tony Palmer manned the control. It was very cold for them just sitting there and I thank them particularly John, whose glasses looked quite frosty. Tony and Sheila seemed more "steamed up" as they snuggled into a blanket on the other side of the table. 32k completed and following Dave's advice I thought only of the next stage - one at a time, he said.

Stage Two was cause for more apprehension - it included the climb of Duncton that I gladly ride 10 extra miles to miss, and finished at the top of Portsdown overlooking Portsmouth. However, nice low gears, and a steady pace, saw us through Goodwood, Lavant, West Stoke and out to Funtington. I began to run out of familiar roads, but no need so far though to consult the route, Alan and others guided me to Portsdown, and the smell of Dave's elevenses at the top drew me up the hill like a magnet. (75k).

The temptation to stay too long was the only problem. I dragged Alan away.

Stage Three saw the route bending to the North and was quite hard as the wind which was moderate to fresh at times was from that direction. We had to get to New Alresford. I suggested to Alan as that was the lunch stop we should be there by 1 o'clock. Well, Sunday lunch, I mean some traditions have to be maintained! He agreed and we pushed on through the beautiful countryside and villages of the Meon Valley. The Watercress Line



station at New Alresford gladly co-operated by stamping our cards for us, and we responded by giving them the best day their buffet had seen since last summer's school holidays. What is more, we were on our way from lunch only a few minutes after one o'clock. (110k).

Stage Four was the big one. We had been warned to stoke up - a warning not to eat too much might have been just as appropriate! We had 61k to do along a devious route to Wisborough Green. We ran into Mike Mansell and Jane Avery who demanded to stamp our cards and offered us more tea and biscuits. No idea where that was, but at least it confirmed we were on course. Dave's instructions now included not just directions but helpful indications of the severity of the hills. "Long gentle climbs" I found preferable to the short steep ones around Fernhurst. Somewhere along here Alan had a puncture and John Maxim stopped to help me watch! We were soon under way again. The pub name in Fernhurst was noted - it was needed for the brevet card question.

Now as the afternoon passed the wind was more helpful with our homeward direction turning East and then South but at the same time, perhaps coupled with a tiring body, it was getting cooler. Lickfold, Lurgashall and Kirdford were ticked off the route sheet.

I clocked in at Wisborough Green and quickly clocked out again. I felt an urgency to get back to Worthing, which only partly arose from the closure of the Wisborough Green toilets for refurbishment. (171k)

Stage Five was something of a solo training run. I tested myself and found that I was making good speed and to Ashington all was well. Here my

bottom bracket unscrewed. Although I was able to wind it back by hand, each time it only lasted a mile or so. Anyway I was back in the H.Q. by 4.45 and very happy with my day. Some had been back an hour or more and others would be arriving over the next couple of hours, but all will I'm sure have had a good day's cycling with the Worthing Excelsior.

Thank you Dave and all your helpers  
- a super effort.

Don.

Dave tells us of the following who gave their help;

Cliff Hawkins, Keith Dodman, Ray Douglass, Anthony Cartmell, Tony Palmer, John and Sheila Lucas, Brian Cox, Mike Mansell, Jane Avery, Jacko Jackson, Andrea McClelland and Sue Dray. Come to think of it, can't think what Dave was doing - wonder why he didn't ride?

Brian Howe, John Maxim, Colin Toppin, Alan Matthews, Paul Toppin, Vern McClelland and our Ed. were the seven Worthing riders, and all comfortably completed the ride. There were 110 entries - can't think why 16 failed to start on such a lovely day, which was forecast. 91 finished.

The Audax menus are reproduced for interest. Twist his arm, and perhaps he would lay on the club dinner!! About £ 2.00 per head should cover it!! Mind you, he would probably insist on doing it on the Top of Blackdown, and only those who had travelled at least 200k by bike would be invited.



# Menu

WORTHING EXCELSIOR C.C. AUDAX U.K.

SUNDAY 26th FEBRUARY 1995

Tea ~ 10p  
Coffee ~ 15p  
Squash ~ 5p  
Orange Juice ~ 20p  
Kiwi Can ~ 15p  
Coke ~ 20p

Fruit Pie and Cream ~ 25p  
Rice Pudding ~ 15p  
Cakes ~ 10p  
Choc Biscuits ~ 10p  
Mars/Twix ~ 25p  
Lemon Meringue Pie ~ 20p

Chicken Casserole and baked  
Potato ~ 75p  
Chilli and baked Potato ~ 60p  
Vegetable Cobbler ~ 50p  
Vegetable Lasagne ~ 50p  
Soup and Roll ~ 25p  
Pizza ~ 15p  
Beans on Toast ~ 25p  
Cheese on Toast ~ 25p  
Sausage Roll ~ 15p

## TRACK RACING - THE SUSSEX CYCLE RACING LEAGUE

The following information on the Sussex Cycle Racing League is taken from the League newsletter. The League meetings take place at Preston Park Track in Brighton. This year racing begins on Wednesday 3rd May and continues every Wednesday until August 9th. Racing commences at 7pm.

### Season Highlights:

Giles Ree Memorial Wed 1.5.95 7pm  
Brighton Sash Meeting inc. round of the National Points League:  
Sun 11.6.95 1pm

Pro Buzz Night inc. Divisional Italian Pursuit      Wed 14.6.95 7pm

Div. 15km Points Championship Wed 21.6.95 7pm

Div Sprint Championship Wed 28.6 95 7pm

### Pre -season Training

The following text is printed in 10 point

The track will also be available most Saturday mornings although it has not been booked by the League and no charge will be made. If demand is high it may be possible to book some Saturday morning sessions later.

The following text is printed in 11 point

## First - Aid

Simon Birnstingl has volunteered to coordinate the First Aiders at Track Meetings. Anyone holding a current First-Aid qualification and prepared to assist in any way is asked to contact Simon in order that he can compile an up to date list.

## The Committee

The League welcomes two new members to the committee: Jim Clewlow is now Chairman and Glynn Ferron takes over as Treasurer. Thanks to Ray Betts and Roy Humphreys for their many years in these posts.

## Sponsorship

M&J Cycles of Preston Road, Brighton are once again sponsoring



the League by providing one Senior and one Juvenile prize per meeting. They have also arranged the Pro Buzz night on June 14th. Income will once again be generated by the sale of advertising space in the programme and the League is very grateful to those that support us.

### **The Open**

Plans are well underway for the League's big promotion on June 11th. The plans are ambitious: a band; side shows; trade stands and the best field of track riders assembled for an event in the park for a number of years. Much work is needed to fund and promote this meeting so make a note in your diary, make sure everyone in your club is going to attend and try to encourage some or all of your family and friends to come and watch. Don't forget admission is free!

If you want to ride get your entry in early as the big prize list (and I mean BIG!) will attract a lot of riders.

### **STOP PRESS:**

The Bike Store, Worthing have put up a £ 300 prize list for the 'Bike Store Kierin' to be held as part of the 'Open' on June 11th. Not bad for a supporting event!

The Alliance and Leicester Building Society have agreed to give us £ 250 towards the meeting costs.

### **League Groups**

After some mis-understandings last season and to avoid any stigma that might be attached to the terms 'A' and 'B', we have decided to re-name the groups, the surprisingly inventive names of 1 and 2.

Group 1 riders are those who are faster than Graham Charlton

Group 2 riders must be slower than Graham Charlton.

Any rider found to be consistently beating Graham will be asked to move to another group!!

The fees for riding the League events are:

Fees for 15 events: Seniors & Juniors £ 30. Juveniles £ 7 (B.C.F. members).

Single Meeting Fee: Senior, Junior £ 4. Juvenile £ 1, plus £ 1 for non B.C.F. members.

Please make cheques payable to:

Sussex Cycle Racing League.

Please Note: Juveniles who are not B.C.F. members must produce a consent form signed by a parent or guardian.

**Entry forms are available at the Clubroom or from Vern McClelland.**

### Preliminary Coach Award.



I recently attended the Sussex Division BCF meeting, where Tony Yorke the BCF Coaching Development Officer was publicising the new Preliminary Coach Award (PCA). The following has been taken from the handout that Tony provided.

The award has been introduced to fulfill the need for a qualification with true coach status, but at a level below that of the long standing 'Coach Award'. The PCA is targeted at the already committed club cyclist, the professional sports instructor, sports development officer and others with a good background knowledge of cycling and/or sport.

The award has been devised by the Association of British Cycling Coaches (ABCC) and uses generic study material produced by the National Coaching Foundation to fulfill the major requirement of theoretical study, although the study of some sport specific material will be essential.

The initial trial project of the Award is being carried out in the South East, prior to the full National launch.

On acceptance by the ABCC of an application for an individual to study for the award and after payment of appropriate fees, that individual becomes a 'Student Coach' as contained under 'Grades of Coach' in the ABCC Coaching Awards Prospectus.

The ABCC will attempt to match the Student Coach with a 'Tutor' from the current list of qualified coaches.



A PCA holder should be capable of organising low level group coaching activities including instructing novices with some cycling experience, plus absolute beginners.

PCA holders are not expected to have a wide knowledge of all aspects of cycling. They should however, have a reasonable depth of knowledge and experience in at least one cycling activity, which may be recreational or competitive.

Once having gained the award a PCA holder should work with other ABCC Coaches and continually try to improve their knowledge and experience over a wide range of coaching subjects.

The intention of the ABCC is that the PCA will provide a 'fast track' route to a basic level Cycling Coach Qualification. Obtaining the PCA should provide the confidence of a formal qualification and appropriate insurance, but without the commitment of many hours of study that the higher awards demand.

The candidate should first obtain an Application Form from the ABCC Administrator or one of the Cycling Governing Bodies and return it on completion, together with the appropriate fee, currently £25 for basic study material and tuition. Travel, subsistence and accommodation where necessary, is extra.

On acceptance to the study course as a Student Coach, the student will be provided with the name of a local Tutor Coach. The student will also receive copies of the National Coaching Foundation's Introductory Study Packs with appropriate Home Study Worksheets. The Worksheets must be completed in turn and passed to the Tutor Coach for comment. Once all the compulsory Worksheets have been completed the student can apply to the ABCC Administrator to attend the two one-day Practical Workshops.

On successful completion of the above, the student will receive the Preliminary Coach Award Certificate and Badge and be eligible to be covered by the ABCC/NCF Coach Insurance against claims for negligence when coaching. Registered student and qualified coaches receive, at regular intervals, copies of the ABCC 'Coaching News' magazine and other coaching communications.

The Syllabus and trial project is being developed by Tony Yorke, the BCF's Coaching Development Officer. Anyone requiring more information Tony's address is 7 Cliff Front, Old Salts Farm Road, Lancing, West Sussex, BN15 8JE. Telephone 01903 761386.

Does anyone fancy having a go, remember the post of Club Coach is currently vacant.

Vern McClelland.



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The Annual General Meeting  
16th February, 1995.  
Election of officers.

President

Don Lock

Past Presidents

Ray Douglass

Roger Smallman

Life Vice-Presidents

Jim Hughes,

Don Lock

Mrs. Connie Hughes

Dave Hudson

Brian Weir

Tony Palmer

Ray Douglass

John Mansell

Roger Smallman

Vice-Presidents

Ron Mills

Richard Shipton

Mike Gibbs

Reg Searle

John Grant

Paul Toppin

General Committee

Chairman

Alan Matthews

Secretary

Paul Toppin

Treasurer

Alan Langham

Asst. Treasurer

Karl Robertson

Runs/Touring Secretary

Tony Palmer

Road Race Secretary

Vern McClelland

Track Secretary

Andrew Lock

Club Events Secretary

Mel Robertson



Assistant Events Sec.  
Press Secretary  
Magazine Editor  
Evening Tens Secretary  
Assistant ditto  
Muzio  
Race Writer  
A.T.B. Representative  
Committee Member (Juniors)  
Additional Member

Mike Muzio  
Colin Toppin  
Don Lock  
Jan Scotchford  
Mike

Andrew Lock  
Jeremy Wootton  
Roger Smallman  
Colin Miller

Runs Committee

Tony Palmer, Dave Hudson, Don Lock, John Maxim

Social Committee

Angela Toppin, Peter Baird, Don Lock

Timekeepers

Martin Ford-Dunne  
Ray Douglass  
John Mansell  
Don Lock  
Alan Matthews  
Ken Retallick

Brian Weir  
Tony Palmer  
John Grant  
Mike Gibbs  
Reg Searle

Assistant Timekeepers

Colin Miller  
Mike Stanbridge  
Keith Harmer  
Alan Orman  
Peter Kibbles  
Dave Funnell

Peter Baird  
Mike Feesey  
Vern McLelland  
Alan Langham

Handicappers

Brian Weir  
Ray Douglas  
Tony Palmer  
Dave Funnell

Don Lock  
Colin Miller  
Keith Dodman  
Mike Stanbridge

Auditor

Reg Searle

### **Surrey League .**

The Surrey League is the local road racing organisation to which the club belongs. The League was set up to provide road racing for second and third category riders in particular. Each member club in the league is expected to promote two events during the season, this ensures a varied calendar. Each club pays a membership fee to the League and each rider who wishes to ride League events pays a registration fee of £ 12 to the club representative, who will issue the rider with a membership card which must be shown when signing on for the race. Race entries are done through the club representative and the entry fee for each race is £ 5 for entries in advance or £ 8 to enter on the line. It pays to enter in advance however as generally the races have full fields.

For each race every finisher is awarded points depending on finishing position. At the end of the season the points for each rider are totalled up and prize money is paid out to each rider who has scored points, in 1994 the prizes were paid at £1.90 per point. To encourage riders to start and finish events they have entered points are deducted for not starting and for not finishing, nonstarters losing 3 points and nonfinishers losing 1 point.

There is a list of fixtures, too extensive to publish here: copies are available at the club notice board. .

The league also promotes the popular Tuesday evening events at Goodwood, these start on the 2nd May and continue through to the 22nd August. This year a new formula for the racing at Goodwood will be tried, there will be a 3 race programme:-

Week 1 - Scratch Race

Week 2 - Handicap

Week 3 - Scratch Race for 1/2 + 3rds and Juniors with points

Unknown distance starting 1 min behind for Blank licence 3rds and Juniors.

Some additional dates have been booked at Goodwood for Sundays, and racing will take place if organisers can be found, the dates are as follows:-

30th April, 11th June, 16th July, 23rd July and 20th August.

For up to date details of the League races there is an answerphone



service in operation the number is 0181 645 9906.

If you would like to register with the the League or require more details please contact me..

**Vern McClelland,**  
**Road-racing and Surrey League Representative.**

*In 1953 we challenged the Worthing Rugby Club to a bicycle polo match: they turned us down with the feeble excuse that it would disturb the condition of their pitch!!*

*Documentary proof below....*

*The Cycle Shop*

A. E. MEREDITH  
4/5 MARKET HOUSE, CHURCH ROAD,  
TARRING, WORTHING, SUSSEX  
TEL. WORTHING 9259

REPAIRS

*The Clubman's Mecca*

ACCESSORIES

RECEIVED

DATE 1/11/53

*M Spofforth Esq*

*Dear Sir*

*On behalf of Worthing Cyclists I hereby offer the Worthing Rugby Club a chance to try their hand at Cycle Polo, in the form of a challenge match with us, we to supply bikes Mallets & Goal Posts, you to supply ground and 5 or 6 men to compose your team*

*Arrangements to instruct them in the rules, and a chance to try the cycles can be arranged*

*Hoping that your players can muster a team to make a game.*

*I remain  
Yours in sport  
A. E. Meredith*

A. E. Meredith, Esq.,  
The Cycle Shop,  
4/5 Market House,  
Church Road,  
Tarring, WORTHING.

MGS/MRR

17th November 1953

Dear Meredith,

I put your letter of the 1st November before my Committee last Friday evening and I am afraid that, whilst we should all be quite pleased to play a match with you, the difficulty of the ground does again crop up, and as we are having rather a difficult season with our ground this year we regret that we would not be able to play the match on our ground. If, however, you could find another venue we would try to get a team together.

Yours sincerely,

*Some of our older members will no doubt recall Mr.  
Ernie Meredith and his cycle shop at Broadwater.*

---

## FOR SALE

Pearson road bike complete  
Silver/blue frame, nice condition, good quality accessories.

Frame size 21½"

Spokes are a bit rusty, but this is the only defect I can see.

A steal at £ 100

**Contact: Don Lock, 01903-262724**



### The Club "10".

Saturday 25th March, 1995.

Held on the Wiston course and in the afternoon, the club event was won by our early season in-form "Jermy" Wootton. Fully refreshed after a holiday on the piste (or at least I think that's what he said - he described it as "wonderfully alkoholski"), he tore over the A283 down to Shoreham, flew under and back and took only 22 minutes and 18 seconds to do it.

Our evening tens champion and ten-mile specialist Paul Toppin made his first solo outing and settled for second spot, if not the gap of 1 minute 22 seconds. However, rumour has it that Paul is now getting down to it and no doubt will soon be back to much faster times. Mind you, most of us would be happy to clock a "23" in March. Veterans like Eric Bonner should be told that 23's should not be done until it's much warmer. It was quite indecent the way he took third place with 23.51. A first outing for Colin Toppin left him back in an unaccustomed fourth place with 24.35.

It was Charlie Parsons who clobbered the handicapper with an improvement to 25.10, giving him a net of 21.50.

### Full Result.

<u>Pos.</u>	<u>Name.</u>	<u>Actual Time.</u>	<u>Allce</u>	<u>H'cap Time.</u>
1	Jeremy Wootton	22.18	Scr.	22.18
2	Paul Toppin	23.40	Scr.	23.40
3	Eric Bonner	23.51	1.00	22.51
4	Colin Toppin	24.35	0.20	24.15

5	Vern McClelland	24.55	1.20	23.35
6	Charlie Parsons	25.10	3.20	21.50
7	Ken Retallick	25.24	2.00	23.24
8	Peter Baird	25.56	2.30	23.26
9	Keith Gelder	26.47	4.30	22.17
10	Tim Lake	28.02	3.40	24.22
11	Reg Searle	30.12	6.30	23.42

Timekeepers: Roger Smallman  
Peter Kibbles  
Teas: Dave Hudson  
Pusher off: Mel Robertson  
Handicapper: Don Lock

The Southern Counties C.U. Hilly '25'.  
Sunday 26th March.

Based over a circuit from Cranleigh through Bucks Green and Ewhurst this "sporting" event attracted a number of our members. It was a hard morning and "hard" man Tony Weeks was again our fastest, getting round in a lively 1.3.27.

Richard Bonner was well pleased with his effort of 1.4.39, taking 3 seconds out of Paul Toppin having his first solo rides of the season this week-end. Eric Bonner recorded 1.4.55. Andrew Lock was next, but not happy, with 1.5.31. Peter Cox was on 1.6.38, Chris Bacon 1.7.51, Colin Toppin - still sitting exams - made it - just! - in 1.8.01. Vern McClelland clocked 1.8.38 and he was disappointed after his previous good form and Peter Baird completed our performances with 1.10.38.

The winner, and he is "not able to do much this year because of a bad back"(!) was Steve Dennis of East Grinstead - 59.41.

Don



### Membership Categories.

There appears to be some confusion about this so the committee clarify as follows.

#### Full Membership (First Claim)

Senior	£ 16.00
Junior	£ 11.00

This allows participation in all the activities of the club and the use of all facilities, whether racing, touring, Audax or anything else may be your own main sphere. Unless you belong "first claim" to another club this would be your category and subscription.

#### Second Claim

Senior or Junior	£ 11.00
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Same as above but no entitlement to awards in racing. Applicable to those who are first claim members of another club.

#### Associate

(Non-riding member)	£ 4.00
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Generally intended to be for wives and girlfriends who feel they would like to be associated with the club and perhaps help out at times with teas or at social functions. Associate members would not expect to ride with the club.

It should be noted that being a member of the Cyclists' Touring Club is not a "First Claim" membership any more than belonging to the British Cycling Federation would be. These are not "clubs" in the sense intended.

The Treasurer asks us to remind any who have not yet paid their 1995 subscription, that this is now due.


Knocked off your bike?

***We can help you . . .***

Contact:  
Don Lock  
Legal Executive

**MILLER PARRIS**  
***Solicitors***



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