

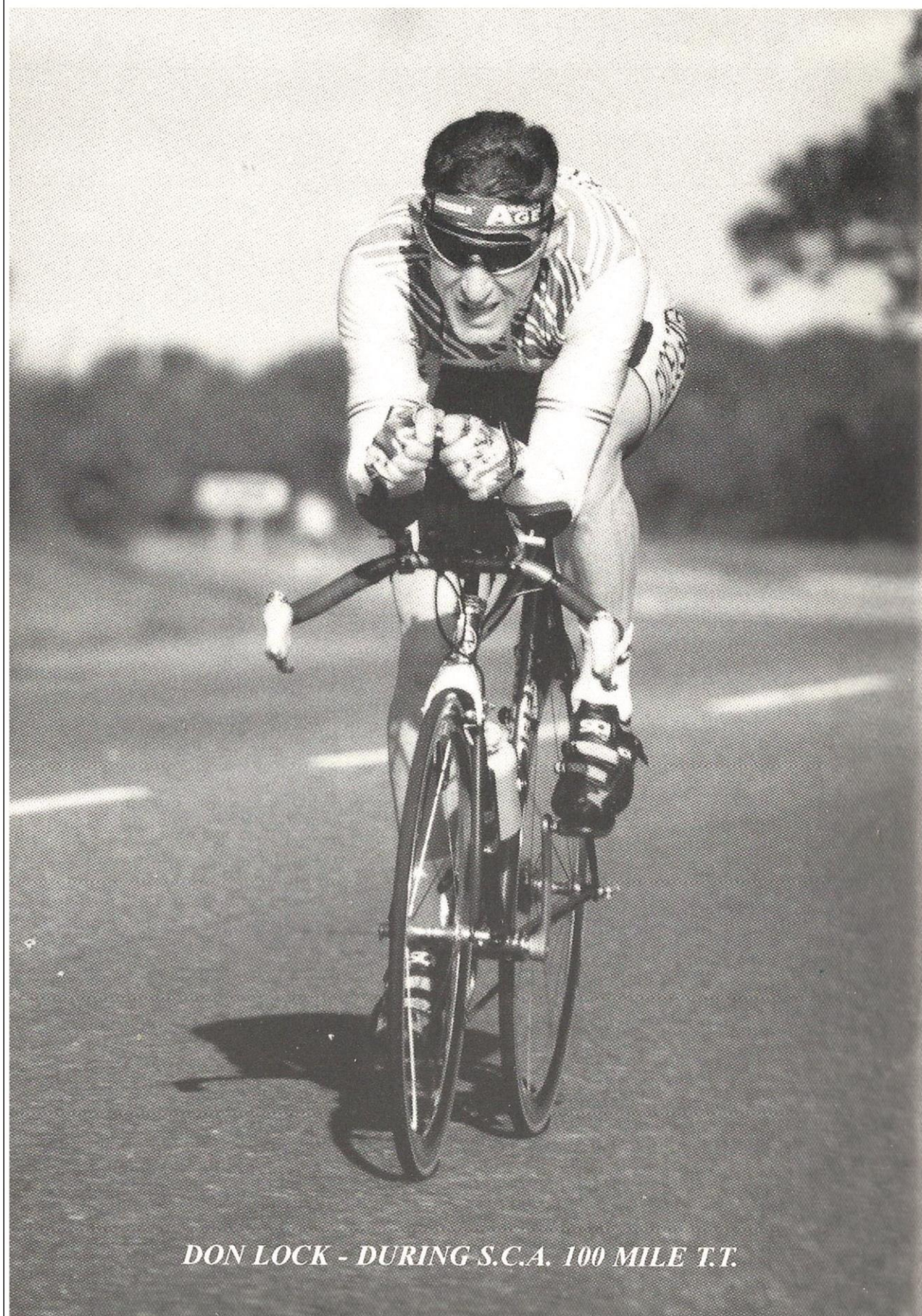
THE WORTHING WHEEL



**MAGAZINE OF THE WORTHING EXCELSIOR
CYCLING CLUB**

AUTUMN 1996

VOL 29 No. 3



DON LOCK - DURING S.C.A. 100 MILE T.T.

Autumn 1996=====THE WORTHING WHEEL=====

WORTHING EXCELSIOR CYCLING CLUB'S=====

QUARTERLY MAGAZINE=====

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

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

| | |
|---|--|
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Evening Ten Series, 1996.

Event No 8, 4th July

| Pos | Name | Time | H'cap | H'cap time |
|-----|--------------------|-------|-------|------------|
| 1 | Chris Bacon | 23.11 | 0.15 | 22.56 |
| 2 | Richard Bonner | 23.22 | Scr | 23.22 |
| 3 | Eric Bonner | 23.40 | 0.45 | 22.55 |
| 4 | Jeremy Wootton | 23.53 | Scr | 23.53 |
| 5 | John Poland | 24.22 | 1.30 | 22.52 |
| 6 | Mike Gibbs | 25.02 | 1.30 | 23.32 |
| 7 | Jonathan Ford-Dunn | 25.56 | 2.45 | 23.11 |
| 8 | Alan Stepney | 26.29 | 3.15 | 23.14 |
| 9 | Pete Eldridge | 26.45 | 3.45 | 23.00 |
| 10 | Peter Baird | 27.08 | 2.45 | 24.23 |
| 11 | Robert Downham | 27.51 | 3.15 | 24.36 |
| 12 | Reg Searle | 30.54 | 7.30 | 23.24 |

NOTE: Three other club rides were new member Peter Olney 26.24, Tim Stedman 27.35, and Diana Trafford 29.28. Second-claim riders Dave Jenkins and Natacha Maes recorded 29.16 and 24.38 respectively. On a hard and not so encouraging evening there were just four other private trials.

Event No 9, 11th July

| | | | | |
|----|--------------------|-------|------|-------|
| 1 | Chris Bacon | 22.46 | 0.15 | 22.31 |
| 2 | Richard Bonner | 22.54 | Scr | 22.54 |
| 3 | John Poland | 23.08 | 1.30 | 21.38 |
| 4 | Don Lock | 23.36 | 1.00 | 22.36 |
| 5 | Eric Bonner | 23.42 | 0.45 | 22.57 |
| 6 | Jonathan Ford-Dunn | 24.45 | 2.45 | 22.00 |
| 7 | Colin Miller | 25.16 | 2.45 | 22.31 |
| 8 | Lesley Barratt | 25.42 | 4.45 | 20.57 |
| 9 | Peter Baird | 25.55 | 2.45 | 23.10 |
| 10 | Alan Stepney | 26.07 | 3.15 | 22.52 |
| | Peter Eldridge | 26.07 | 3.45 | 22.22 |
| 12 | Andy Lawrenson | 26.22 | 5.00 | 21.22 |
| 13 | Robert Downham | 26.37 | 3.15 | 23.22 |
| 14 | Reg Searle | 28.55 | 7.50 | 21.25 |

NOTE

| | |
|------------------------------------|--------------|
| Natacha Maes (second claim) | 25.01 |
| Dave Jenkins (second claim) | 27.44 |

Other Worthing rides; Peter Olney 25.06, Tim Stedman 26.24, a very rapid tandem outing for Andy Smith and Ian Kit - 20.10, while another tandem, Martin White, took the kiddy seat off and put Jan Scotchford on the back to go round in 22.54. Eighteen private trials with L. Fanner (Regent) 21.35 and Chris Lord (Brighton Excelsior) 21.56 demonstrating how it should be done.

Event No 10, 18th July

| | | | | |
|----|----------------|--------|------|-------|
| 1 | Richard Bonner | 22.20 | Scr | 22.20 |
| 2 | Chris Bacon | 22.23 | 0.10 | 22.13 |
| 3 | Eric Bonner | 22.33 | 0.45 | 21.48 |
| 4 | John Poland | 22.54 | 1.00 | 21.54 |
| 5 | Don Lock | 23.00 | 0.45 | 22.15 |
| 6 | Jeremy Wootton | 23.05 | Scr | 23.05 |
| 7 | Mathew Gould | 23.10 | 1.30 | 21.40 |
| 8 | Mike Gibbs | 23.32 | 1.30 | 22.02 |
| 9 | Adrian Brown | 24.12 | 2.45 | 21.27 |
| 10 | Colin Miller | 24.21 | 2.45 | 21.36 |
| 11 | Peter Baird | 25.17. | 2.45 | 22.32 |
| 12 | Alan Stepney | 25.21 | 3.30 | 21.51 |
| | Robert Downham | 25.21 | 4.15 | 21.06 |
| 14 | Lesley Barratt | 25.30 | 3.45 | 21.45 |
| 15 | Andy Lawrenson | 26.09 | 4.00 | 22.09 |
| 16 | Pete Eldridge | 26.23 | 3.45 | 22.38 |
| 17 | Reg Searle | 28.43 | 7.00 | 21.43 |
| 18 | Gill Clements | 28.54 | 7.30 | 21.24 |

NOTE: *Twenty-three private trials, the fastest being 22.30. Andy Smith and Jan Scotchford took Andy's tandem round in a mean 20.38. Dave Jenkins (second claim) recorded 27.04, and (also second-claim) Natacha Maes embarrassed a few males with 23.23. Three other club times - not entered in the series - were Diana Trafford 27.04, Tim Stedman 26.16, and Alan Cooper 26.12.*

Event No 11, 25th July

| | | | | |
|----|--------------------|-------|------|-------|
| 1 | Chris Bacon | 22.14 | 0.10 | 22.04 |
| 2 | John Poland | 22.31 | 1.00 | 21.31 |
| 3 | Richard Boner | 22.35 | Scr. | 22.35 |
| 4 | Eric Bonner | 22.49 | 0.45 | 22.04 |
| 5 | Mathew Gould | 23.37 | 1.30 | 22.07 |
| 6 | Mike Gibbs | 23.57 | 1.30 | 22.27 |
| 7 | Jonathan Ford Dunn | 24.38 | 2.30 | 22.08 |
| 8 | Alan Stepney | 24.44 | 3.30 | 21.14 |
| 9 | Colin Miller | 25.11 | 2.45 | 22.26 |
| 10 | Peter Baird | 25.24 | 2.45 | 22.39 |
| 11 | Andy Lawrenson | 25.48 | 4.00 | 21.48 |
| 12 | Pete Eldridge | 26.19 | 3.45 | 22.34 |
| 13 | Gill Clements | 27.29 | 7.30 | 19.59 |
| 14 | Reg Searle | 28.27 | 7.00 | 21.27 |

NOTE The Smith/Scotchford duo pushed the tandem a bit quicker to record 20.28. Second-claim Natacha Maes scorched a tremendous 22.55. Dave Jenkins clocked 27.25. Diana Trafford an improvement to 26.35, and we had a rare visit to the evening tens from Gavin Baylis who turned out a fast 22.44. There were some 25 private rides including a really fast 21.05 from L. Fenner of the Regent.

Memories are made of this.

Dave Hudson rode his annual time trial on a hardish evening in the club ten-mile series. August 1st was a bit tough but it meant little to our veteran of many far longer rides, indeed he hardly raised a sweat, despite giving Eric Bonner a hard time on the way back from Ashington. Standing by the tea urn afterwards Colin Miller (a racer) indicated his relief at just keeping clear of the flying tourist. Paul Toppin (ex fast man) joined the conversation and suddenly the three were reliving an earlier exploit. Did you know that once upon a time a young upstart racer, Paul Toppin, went to Essex to ride a 25. Colin got under the hour for the first time (59.37) and it didn't happen quite so often in the 70's. Dave (and yes he tours at the same speed)

recorded 1.0.45 and Paul, well, he only managed a "1". The story goes that the journey home was enjoyed by an exultant Colin, and a happy Dave. As to Paul well.... he got over it. In fact until 1996 he seems to have been taking it out on the rest of us.....

Don

"Designs for more two-wheeled transport".

That was the heading in the Evening Argus, and yes, they do mean bicycles.

"Cyclists" it said, "have welcomed moves to get Sussex on its bike by putting more people on two wheels". Transport Secretary Sir George Young, known they say, as the Bicycling Baronet, has announced plans to double cycle use by 2002 and quadruple it by 2012 . Does this imply a decrease of the same magnitude in the number of motor vehicles? - we must hope so.

The government will set up a cycling planning team in the Department of Transport: give councils more money for cycle routes and set up a National Cycling Forum to monitor progress. Two steps forward the C.T.C., if you please.

It will hopefully make planners more aware of the cyclist's needs. Perhaps it could even lead to motor-free lanes and cycling priority, but then I may be getting carried away.

Just had a nasty thought. I will probably have done about 7,000 miles on my bike this year. When Sir George says "double cycle use", he doesn't mean that next year I've.....

Don

Rumour has it

that Worthing Excelsior members were responsible for "raucous" behaviour during a recent C.T.C. rally near Brockenhurst in the New Forest. Coming from an area where lights go out a 10 , complainants maintain that the Retallicks and their friends were still whooping it up

at 11. Well really! It is understood that an alcoholic haze hung over their tent and the area was littered with empty Sanatogen and Wincarnis bottles.

Sussex C.A. open "Hundred" - 7th July, 1996.

Incorporating Worthing Excelsior club championship.

Only four from Worthing this year, Jeremy Wootton, Chris Bacon, Don Lock and Jan Scotchford, but fifty riders in all and with Mike Hayler in charge of organisation we knew we would have a good event. Mike had even managed to have word in the right quarters about the weather and we were blessed with a dry morning with just a light wind from the north-east. After a cool start it warmed up but never got hot.

Would Jeremy ride to his 4.18.00 personal best? Probably not, for he did not seem to be "on song" over recent weeks. What about "Crispy" Bacon, would he get near his 4.19.00.. maybe.... he seems to be going better and better this season. Jan Scotchford has been training differently, probably not quite so excessively as in previous years and may well go better for it but she would be pushed to get close to the 4.37.00 personal best. As for yours truly, well he was torn between being realistic and listening to his son Andrew! A personal of 4.25.00 should not be out of reach he thought, but... yes, perhaps he had been listening too much to Andrew. He settled for a 3.40 schedule.

Course changes meant that there was no need for a warm-up. From the Yapton headquarters to the start near Oving seemed like 10 miles. Anyway, once I was off I could slow down! Settle into a rhythm and start eating into that schedule. No such luck. "Keep drinking" shouted No.1. son, but I wasn't thirsty, no matter - "every 15 minutes get liquid down you". "Oh, all right!" Out through Chichester and down to Bognor. Where was Jan? Taking a long while to catch her for four minutes. Return out of Bognor and there's Chris, seems to be going O.K. Don't think he's much up on me. Haven't seen Jeremy.. Ah!, but here's Jan - she's going well. Out through Fishbourne and Bosham - hate this bit - lousy surface - then at Hayling Island turn and head back towards Chichester.

There's Chris - still about level. Still no sign of Jeremy, I suppose he started?

Out of Chichester and back towards Worthing and I'm not going so well. The '50' board comes up in 2.11.13, but the '25' was about 4.30 so speed is dropping "have some more drink" - "Yes Sir". Bumpy now, hills where there should only be slopes, but what about the Col de Findon?

Climbing up Crockhurst it occurred to me that it was now back to the finish. I forgot about the Goring/Littlehampton detour, but I perked up. The north-easterly now being on my right shoulder probably helped as well.

I'm convinced Jeremy didn't start - what a shame. Chris doesn't seem far behind me - for that matter neither does Jan.

I had designs on the veterans' award but that old... Richard Parker of Hants road Club started 9 minutes behind me and has to beat me by 7.30 to beat me on standard. At Wick he races past, so goodbye to that.

At 75 miles I'm told 3.18.00. The 4.30 schedule looks more likely than the personal best. At Angmering Andrew is jumping up and down saying "He's blown - go on, you can get him back". Who's he talking about? Then on the A27 there is Richard Parker and going very slowly. I race past, I'm Chris Boardman, I can get a minute and a half back. Well, that's until we get to the lights at Crossbush which were definitely red and seemed obstinately to stay that colour for, was it five minutes? - no, probably 30 seconds, but Mr. Parker was standing alongside now.

On the Arundel by-pass Steve Elms of East Grinstead who had gone through 50 miles in 1 hour 56 minutes sat exhausted on the kerb. That's one I certainly didn't expect to beat. Richard Parker leaves me on the climb out of Arundel but he seems to blow again over the top. I have one more go at him - ten miles to go and I don't look round.

At two miles to go... damn... he comes past again.

I can see the chequered board but somehow it doesn't seem to be getting any closer... eventually it does and guess what - Andrew wants me to have a drink!

Crispy Bacon steams in, beating me by a minute. Jan is next and looks so fresh. What have I done? Oh! never mind... perhaps I'll ride another.

Full Result.

| Pos | Name | Club | Time |
|-----|----------------|--------------------|----------|
| 1 | Richard Keevil | G.S. Stella | 4.06.42. |
| 2. | Andy Seltzer | East Grinstead | 4.10.42 |
| 3. | Dave Shepherd | Bognor Regis C.C. | 4.12.03 |
| 10. | Chris Bacon | Worthing Excelsior | 4.26.15 |
| 11. | Don Lock | Worthing Excelsior | 4.27.19 |
| | | | |
| 18. | Jan Scotchford | Worthing Excelsior | 4.40.12 |

Jeremy did start but was never able it seems to raise a full head of steam and retired around half distance for an early shower, which was a disappointment (the retirement, not the shower).

Chris then gets the club 'Hundred' cup for his effort. He's going to need a bigger shelf. The handicap provided me with the consolation of a club medal as I had 10 minutes to Chris's 3.00, and Jan didn't enter the club event.

The Summer Two-ups.

Every year we note a lack of support for these events. Yet if you allow for all the private entries and last-minute pairings there's usually quite a reasonable field. So what can we conclude? Only that cyclists are generally quite unable to organise themselves, that filling up entry forms is beyond them or that they are frightened of picking a partner who proves too strong!

This year we did not decide the event by aggregating the times.

Instead there were two separate races. This was hopefully to avoid the problem where perhaps one of a team could only make one of the Thursday evenings.

It made no difference for in the "10" on the 20th June there were just three teams;

| | |
|------------------------------------|--------------|
| <i>Don Lock and Eric Bonner</i> | <i>21.49</i> |
| <i>Adrian Brown and Tim Lake</i> | <i>23.40</i> |
| <i>Colin Miller and John Lucas</i> | <i>24.05</i> |

Three more teams and half a dozen private solo rides completed the field.

In the 25 the following week;

| | |
|----------------------------------|----------------|
| <i>Don Lock and Eric Bonner</i> | <i>58.22</i> |
| <i>Adrian Brown and Tim Lake</i> | <i>1.04.01</i> |

This time we have five private teams, six solos and two tandems, and one of the teams was of two WECC riders and they rode both in the ten and the 25 as private entries - why?

The S.C.A. 100
or Naked Gun 3¾

(To be read out loud in a Humphrey Bogart accent whilst wearing a trench coat and a wide-brimmed hat and standing under a street lamp).

Sure kid, times were hard. Down on East 42nd Street we were used to that but this time it was different. For a start the rent was overdue on the agency's offices and the landlord had started dropping some pretty big hints. First he moved all the office equipment out onto the landing, then he brought in new tenants. Somehow I didn't think he was bluffing any more. I was desperate. I would do anything for work, just to pay a few bills.

The phone rang. My secretary Babe Ruth answered. "Yeah, yeah, sure, I'll put him straight on. It's for you." "Who is it kid?" I asked. She took a deep breath and gulped. It's big Mike, The Organiser. I

know you're desperate for work and all but these guys are really tough, whatever he wants I beg you don't do it".

"Yeah, yeah, sure, send me the details, I'll do it". In some twenty years as a private eye on the East Side I had worked with all sorts, murderers, pimps, drugs barons, you name it, but Babe was right, these time trial boys were real tough. Some of them have been known to ride a 100 on a Sunday morning when decent folks are tucked up in bed, some of them in their own beds. Not only that but all this before their Lamb Vindaloo and Guinness had had a chance to go down.

"If you're working for them, I quit" snapped Babe. "Alright by me kid, saves me owing you any more wages". It was quite a blow really, Babe was the best baseball player the agency ever had, strange looking girl.

A few days later a plain brown envelope dropped on my mat in the hallway, I hadn't got the office back at that time, I looked at it for a long time considering it carefully. Sliding the letter knife, which was cunningly disguised as a letter knife, under the flap, I slit the envelope open. The instructions were in code, all course numbers, and riders to be known by numbers. This was heavy stuff. I had started now and there was no turning back.

On the appointed day I turned up early to applaud the riders on their outward journey, the first man past me wore number 10. Dammit if they can't keep in line properly how will the timekeepers manage? Unless they were being kidnapped! It gets worse. I kept discrete record of times and numbers just to check out any alibis.

Soon after 9.00 a.m. I crossed the road to take up my marshall's position by the lights. Riders started to appear one by one, they had gotten even more mixed up by now and it was obvious that an increasing number were being kidnapped.

One of our men overshot the lights, I called him down, he looked daggers at me. I looked swords back at him. He looked pistols at me so I looked rifles back. The lights changed. No blood was spilt.

Another rider crossed the lights, I called him down, but he made his getaway amongst the traffic. I got his number. A police Buick pulled up, the window slid down. His head turned towards me, "You got his number buddy?" "Sure thing officer, leave this to me." His head turned forward expressionless, the window slid up, the car glided away. Same old story, it comes of having broad shoulders I suppose. More riders came by, some looked good, some were plain ugly, some more were, well slow.

After a while I packed up and headed for H.Q. It was just as I thought - riders had been hi-jacked and posted missing in action, or DNF in code.

I threw a dime in the tray and got a slug of red-eye tea and settled down for a chat with Auntie Jean, just a regular guy again.

Richard Cooley

Audax'ious.

Classy Hudson strikes again

Our rider has been enjoying a full time-trial season, tackling all distances. He thought he was doing O.K. In the club room on Tuesdays Dave Hudson would always ask what had he ridden and how did he get on. He may have done just a 25 or perhaps a 50 - Dave had usually completed a couple of Randonées, maybe a 100k on the Saturday and a 200k on the Sunday.

When our rider had completed a 100 he felt more confident in this particular exchange, but Dave had ridden to Skegness and back, or something equally mammoth.

After the 12-hour though! It was "Hi! Dave, how many miles did you do Sunday? - I managed 242". "Oh!, well done..... I did 253".

You can go off some people, can't you!

Our Ed was prompted to demand a full list of these Randonées. How many had he really completed and when? The findings are too

lengthy to list, but if there was any doubt about who the club's mile-eating champion really is, let us dispel those doubts. Sixteen 200ks have been completed. The 300k distance has been comfortably accomplished seven times, and the real man's ride the 400k passed beneath his wheels in July and again in August.

From Brighton to Bala from the South Downs to Skegness, Lincoln and the Lake District, all in all 6,100k, and that's on paper. Many of these routes have proved to be much longer. One exceeded the stated distance by 14 miles - no R.T.T.C.- type course measurers here! In between he's done some holiday cycling and local riding. It all helps to keep him in trim. Perhaps next year he might ride a 25 mile time-trial!

Dave (Mr. Modesty) does ask us to "keep things in proper perspective" by advising that a 52 year old lady completed 22,600k in counting events in 1995, and a young 21 year old has covered more than that in the current Audax year with two months to go as we write, and what's more every single "k" was on fixed wheel!

We will try and up-date you in the next issue, but the Audax Champion of Champions last year scored 226 points at the rate of 1 point for every 100k. Dave is aiming at 71 points and if he does it he should be up there in the top dozen or so.

A "Super Randonneur" indeed!

Bears with a sore head?

John and Mike Poland (John particularly) are keen supporters of the Worthing Bears basketball team. Sorry to mention it in a cycling mag, but I would explain that it's a sort of netball, but played by grown men - usually excessively grown men - but never mind.

They go along to support the team, who have games at the Worthing Sports Centre. It is however the antics of mother/wife Ann Poland which cause the sore heads. It is reported that such is the noise and uproar she causes that she has twice been spoken to by the officials and could face a ban if she persists in such riotous behaviour.

Poor, quiet old Mike and John must have a real hard time, and Ann,

well, you know she always struck me as very mild-mannered and ladylike. Let this be a warning to any others who may stray into these odd games creating such irresponsible passions.

Don

CLONMORE TROPHY RESULTS

Promoted by Worthing Excelsior Cycling Club
Sunday 14th July 1996 - 0730 hrs.

Course G933

Inter Club Competition Between : Worthing Excelsior Cycling Club
Bognor Regis Cycling Club
Hampshire Road Club
Rother Valley Cycling Club

| Clonmore Trophy | Worthing Excelsior C.C. |
|-----------------|-------------------------|
| Awarded to : | |
| Chris Bacon | 1-0-31 |
| Gavin Baylis | 1-1-22 |
| Richard Bonner | 1-1-36 |
| Jeremy Wootton | 1-2-23 |
| Don Lock | 1-3-36 |
| Eric Bonner | 1-3-53 |
| Total Time | 6-13-21 |

Many thanks for all their help :

| | | |
|-----------------|---|----------------------------|
| Timekeepers | : | John Pilbeam / Tony Palmer |
| Radio link | : | John & Daphnie Grant |
| Result board | : | Roger Smallman |
| Refreshments | : | Jean Smallman |
| Course marshals | : | Alan Stepney |
| | | Alan Langham |
| | | John & Sheila Lucas |

Mike Poland
Ken & Jean Retallick
Karl Robertson
Mathew Gould

Event Secretary : Mel Robertson (Tel : 01903 214489)

| POS | NAME | CLUB | TIME |
|-----|--------------------|-------------------|---------|
| 1 | Richard Parker | Hants R.C | 59-20 |
| 2 | Chris Bacon | WECC | 1-0-31 |
| 3 | Gavin Baylis | WECC | 1-1-22 |
| 4 | Richard Bonner | WECC | 1-1-36 |
| 5 | Jeremy Wootton | WECC | 1-2-23 |
| 6 | Roy Fairchild | Bognor Regis C.C | 1-3-25 |
| 7 | Don Lock | WECC | 1-3-36 |
| 8 | Eric Bonner | WECC | 1-3-53 |
| 9 | Jan Scotchford | WECC | 1-7-40 |
| 10 | Nicholas Attaway | WECC | 1-8-44 |
| 11 | Pete Eldridge | WECC | 1-9-30 |
| 12 | Kevin Soper | Hants R.C | 1-9-32 |
| 13 | Jonathan Ford-Dunn | WECC | 1-10-14 |
| 14 | Roger Lambert | Rother Valley C.C | 1-11-03 |
| 15 | David Palmer | Bognor Regis C.C | 1-11-17 |
| 16 | Leslie Ward | Hants R.C | 1-12-27 |
| 17 | Trevor Rush | Bognor Regis C.C | 1-12-34 |
| 18 | Tim Steadman | WECC | 1-13-24 |
| 19 | Tony Palmer | Bognor Regis C.C | 1-14-05 |
| 20 | Shirley Cobley | Hants R.C | 1-16-20 |
| 21 | Reg Searle | WECC | 1-22-33 |

Private Entry: Andy Lawrenson 1-13-17

What we have above is a copy of the result sheet produced by event secretary Mel Robertson. The start sheet was like that for an open and the organisation was first class. There were really good facilities at the Steyning Sports Centre with showers and plenty of parking, and Jean Smallman was in charge of the very welcome refreshments. What a pity then that the other three clubs involved in the competition could not muster better support. All three have racing strength to match ours, yet Hants Road Club could only enter seven, start five and finish four. Bognor had five entries, five starters and four

finishers, and Rother Valley managed just one rider.

Was it the course and having to travel a short distance to it? If so then "Poor Show" because in 1995 we took a good entry to that horrible course round Petersfield for the Rother Valley promotion. The committee will be asking the other clubs whether they wish to continue or in some way change the event. It was a shame after Mel's splendid effort that it was so poorly supported.

Worthing Excelsior's handicap 25 was incorporated and the result was.....

WORTHING EXCELSIOR C.C
CLAPSHAW H'CAP 25 MILE RESULTS 14th July 1996

| POS | NAME | ACTUAL TIME | H'CAP | H'CAP TIME |
|-----|--------------------|-------------|---------|------------|
| 1 | Pete Eldridge | 1-9-30 | 12-00 | 57-30 |
| 2 | Jan Scotchford | 1-7-40 | 10-00 | 57-40 |
| 3 | Gavin Baylis | 1-1-22 | 3-00 | 58-22 |
| 4 | Chris Bacon | 1-0-31 | 1-00 | 59-31 |
| 5 | Reg Searle | 1-22-33 | 22-00 | 1-0-33 |
| 6 | Jonathan Ford-Dunn | 1-10-14 | 9-30 | 1-0-44 |
| 7 | Don Lock | 1-3-36 | 2-30 | 1-1-06 |
| 8 | Nicholas Attaway | 1-8-44 | 7-30 | 1-1-14 |
| 9 | Richard Bonner | 1-1-36 | Scratch | 1-1-36 |
| 10 | Eric Bonner | 1-3-53 | 2-00 | 1-1-53 |
| 11 | Jeremy Wootton | 1-2-23 | Scratch | 1-2-23 |
| 12 | Tim Stedman | 1-13-24 | 11-00 | 1-2-24 |

AWARDS : 1ST PETE ELDRIDGE Clapshaw Trophy.

Peter Eldridge and Jan Scotchford were the ones to surprise the handicapper, both doing good rides on this "sporting" course around the Ashurst/Washington/Shoreham area. Basing his fastest at 59 minutes their net times show the degree by which their performances exceeded his expectations.

Well done Peter, that we think is your first Excelsior trophy, so see you at the Annual Dinner to collect it.

Egostruck!

It's rumoured that a member of the Worthing Excelsior is changing his name by Deed Poll. In future he will be known as S. Low.

This rather dubious choice with the obvious connotation indicating that he is not one of our faster riders, has been made after watching the Tour de France and noting all the stars' names printed across the roads.

His favourite training circuit of just 15 miles includes his new name 24 times!

Presumably if he gets any slower he will change it to H.Alt!

A Good Week

The "Comic" of 31st August was more interesting than usual. Our Thursday lunchtime perusal found us bumping into the ladies.

Natacha Maes, East Grinstead, (second claim Worthing Excelsior) was a brilliant second in the Surrey edition of the R.T.T.C. Time-Trial Series event, and in fifth place was Jan Scotchford.

Over a couple of pages and in the result of the Bournemouth 100 we find Eric Bonner stealing into the top ten with an excellent personal best of 4 hours 17 minutes 11 seconds.

Next column gives the finishing order in the North London C.C. 50, and here in 9th place Richard Shipton shows with 1.56.51 and wins the veteran's scratch award.

Page 25 and we're into records: in the Eastbourne Rovers 25 there was an age 69 tandem trike competition record for Reg Searle and Alan Chatfield. Their 1.17.23 knocked 2 minutes off the previous best.

Didn't we do well!

Club 30 mile Championship

This just missed the last mag., and nearly missed this one! No report - sorry. Couldn't get there myself. Good times for the Ashurst circuit - bet it was a good morning. Another trophy for the Bacon cabinet - no, not the fridge - put it with all those other cups you fool!

Thought the handicapper did well, that is until Slim Tedman made it look silly.

30 MILE RESULT G941 21-7-96

| NAME | POS | ACTUAL TIME | H'CAP | H'CAP TIME |
|------------------|-----|-------------|---------|------------|
| Chris Bacon | 1 | 1-14-16 | Scratch | 1-14-16 |
| Richard Bonner | 2 | 1-14-49 | Scratch | 1-14-49 |
| Gavin Baylis | 3 | 1-15-47 | 2-30 | 1-13-17 |
| Mathew Gould | 4 | 1-17-30 | 4-30 | 1-13-00 |
| Nicholas Attaway | 5 | 1-20-54 | 10-00 | 1-10-54 |
| Colin Miller | 6 | 1-21-38 | 9-00 | 1-12-38 |
| Tim Stedman | 7 | 1-27-12 | 20-00 | 1-07-12 |

PRIVATE ENTRIES

| NAME | ACTUAL TIME |
|--------------|-------------|
| Dave Jenkins | 1-32-19 |

AWARDS :

FASTEST 1ST : CHRIS BACON

HANDICAP 1ST : TIM STEDMAN

EVENT SEC Alan Stepney

TIMEKEEPERAlan Mathews

PUSHER - OFF Alan Stepney

H'CAPPER Don Lock

The 1996 Tourist Trial - Part 1

If you were unable to ride this you missed a pleasant evening. The route set by Tony Palmer was not difficult to follow given a reasonable Ordnance Survey map. (N.B. Must get a new one before next year!) On the return to the club-room the questions based on observation of the route were only six in number.

From the comfort of your arm-chair - you 'couch potato' you - you may like to follow Tony's route and you may even be able to answer some of the questions. Both are set out below.

ROUTE

Start on A27, Brighton Road, North Lancing, proceed East on dual carriageway to turn 1st left on to lane signposted Hoe Court. (192057) Continue to turn right on bridleway, proceed to join minor road adjacent to Inn. (200062)

Turn North on minor road, through Coombes and Botolphs.

Continue to take 1st right to the roundabout at Bramber Castle. (184105) Take the road through Bramber, The Street, and continue to Upper Beeding to join the A2037 at the Rising Sun pub. (196104)

Continue South to join A283 at roundabout. Approximately 200 metres South of roundabout enter layby on West side of road and proceed on the South Downs Way as far as the river crossing, where left onto the Coastal Link Path.

Continue on path until you reach the wooden Toll Bridge at Shoreham. (207060)

Cross the river and turn left onto airport perimeter road. Continue past the airport terminal building to exit the airport in the South West corner by going under the East - West railway line.

Proceed South to join the A259 at the roundabout (206407) take the 2nd exit onto Shoreham Beach.

After approximately 100 metres turn right and continue to join the seafront road at the top of the beach. Turn right and continue on the beach top path to Lancing Sailing Club. (189038)

Right into Shippesdam Road (unmade) and continue to join A259, where left and continue along Brighton Road to turn right into Ham Road, Worthing.

Continue via Dominion Road and Broadwater Street East back to the club-room.

QUESTIONS

1. On the route through Coombes and Botolphs what pond did you pass?
2. At Botolphs, in the grounds of the Vicarage there is a flag flying. What Nation does this flag apply to?
3. When you went through Bramber and on through Upper Beeding there was a difference that would be noticeable between the two villages to a cyclist. What was that difference?
4. What Museum did you pass on the route?
5. When you went under the East-West railway line, what was the height limit?
6. What was the large bird featured in the Widewater Lagoon placard?

After Part 1, the positions of those taking part were:-

- | | | |
|----|--------------|----------|
| 1. | Dave Hudson | 5 points |
| 2. | Paul Toppin | 5 points |
| 3. | Don Lock | 5 points |
| 4. | John Mansell | 4 points |

We hope to include a report on Part 2 and the final result later in this issue.

Cycling Humour

When a well known and respected veteran (no one in this club comes within this category, of course) returned home after an event, he found that he had left his orange plastic number attached to his racing jersey. He hastened to return it to the event organiser with his apologies, but bemoaning the fact that he had

also done himself out of the usual free cup of tea for the return of the number.

In the post, two days later he received a tea-bag! Presumably he forgot to say whether he took milk or sugar!

LONDON CRITERIUM CHAMPIONSHIPS

Sunday September 8th. Crystal Palace

Congratulations to Sean McClelland for a superb third place in the 4 lap under 14's championship. From a good size field there was a very rapid start, with two immediately opening a gap which only Sean tried to bridge. Vern was worried, for Sean was in nomansland. Two V.C Londres riders were chasing and the rest were out of contention. Should he tell him to wait for company or could he hang on to the bronze medal position? Vern fortunately held his peace, and Sean held his place, to finish only about 10 seconds back. A very determined effort.

The medal and ribbon were proudly displayed in the club-room the following Tuesday and will undoubtedly be followed by many more.

Sean has been selected to have two days at the Manchester Velodrome, so he will soon be riding in the very tyre marks of Chris Boardman. Lets hope that some of the Boardman magic rubs off! It will in any case be a tremendous and inspiring experience for him.

Well done indeed Sean!

Record up-date.

Reg Searle and Alan Chatfield have propelled their tandem trike around the Aldermaston 25 course (probably radio-active!) in a new National Age (69) record of 1.14.43. This was in the Reading C.C. Tandem 25 on the 15th September. That's 4.50 knocked off in two outings. Congratulations - by the way isn't it time the two of you made yourselves respectable? When's Alan going to join the Worthing Excelsior?

**The Sussex Cyclists' Association open 12-hour Time-Trial
and County Championship.**
Sunday, 11th August, 1996.

It was disappointing to have only two entries from Worthing for we have had a very good record over the years in this, the longest of the Association's promotions. If we had only two riders can the magazine justify setting much space aside to cover the event? Well if you consider that those two riders covered something in excess of the distance that 19 riders in a "25" would aggregate, if you allow that one was a lady and that she broke her own Sussex County and Club records, and the other was a silly old vet, who first rode one in 1953 and came within a mile of his personal best, then yes it seems fair enough.

So what happened? The forecast was for heavy showers, and they duly arrived in the first couple of hours, torrents of water flooding the roads and soaking the riders, but they cleared. The day was warm, without getting too hot, and then in the late afternoon, especially for the later starters, more torrential rain and this time it was colder, or seemed so on tired legs, and it was accompanied by blustery winds which rose and died with the showers.

The course was from Washington out to Tangmere with a leg down to Angmering and into Worthing then back to Washington and out to Shoreham. North then to Broadbridge Heath near Horsham, back to West Grinstead and East out through Cowfold and Henfield to Poynings. No, you can't stop for a rest, you've only done 97. Back to West Grinstead and South to Washington. Then retrace the A24 and round the Horsham by-pass almost to Crawley. You're getting somewhere now, you've done 136 but if you're going to do a decent ride, you need at least another 100 - don't think about it.

Head back to West Grinstead and pop back to Poynings again, just to make sure the marshall hasn't gone home. About 8 hours and 161 miles - return to West Grinstead and go down the Partridge Green road to Steyning and Shoreham,. From here go back to Washington, and you've made the start of the finishing circuit and 194 miles have been covered.

Now it's Ashurst, West Grinstead, Ashington, Washington, Ashurst, etc., etc., for as long as you have time, and of course that varies. If you are on a "good 'un", the time will go too quickly: if you are suffering it will drag, and an hour will seem like three.

You now have timekeepers every couple of miles and you keep going to the one after your time has expired, credit being given on a mathematical basis for the distance covered between the last two timekeepers' recordings.

On the finishing circuit you tend to get a convergence of helpers and spectators, as well as officials, and efforts are encouraged and energy can be found which was previously lacking. If you've made the circuit you will make the finish is a near certainty.

What was happening to our two? Well the lady was Jan Scotchford (oh! you guessed!) and she was riding like she had two years back, smoothly and efficiently. She had passed through the 100 mile mark in 4.55.16, and looked less tired than Eric Bonner who was helping her from the comfort of his van. the old vet. was our Ed., and he was plugging away on a 20mph schedule and seemed O.K. to the first 100 in 4.39.16.

As it got warmer Jan (she likes it hot!) went well. Don, (he doesn't) sagged. The gap narrowed, and Andrew - remember the 100? - was screaming "keep drinking".

After umpteen bottles he picked up again.

Don, who started at 6.58, got drowned again in the last downpour. Jan, who started at 6.10, didn't. Both finished.

Jan in 9th place overall in a field of 39 had established new County and Club ladies' records of 237.003 miles. A great ride which will not have been bettered by more than a handful anywhere in the country in 1996. Don in a late burst was charging towards a personal best, but there had been too much of a sag in the middle, and he had to be content with 6th place and a distance of 242.117. He had at least made certain of the County Veteran's Best All-Rounder Championship, something which had been established at around 120 miles when he had caught arch rival Richard Parker of Hants Road

Club, who then retired.

David Shepherd From Bognor Regis was the winner with 265 miles. Andy Payne, G.S. Stella, was second with 261, and R. Bartlett of the Norwood Paragon third with 252, although Chris Hill of Lewes with 248 takes third medal in the County event.

The event was promoted for the association by George Taylor of Eastbourne. It was well marshalled, and generously supported by the Bike Store. The Association now looks for a new organiser and it would be a great shame if the event could not be continued because of lack of a volunteer. It is undoubtedly quite a task, but there's a lot of help available.

P.S. Our Ed. was overheard congratulating Andy Payne on his ride. It was Andy's reply that caused the smile. "Thanks - what you've got to remember though is that when you won it in 1962 I hadn't even been born". Young whippersnapper!

Evening Ten Series, 1996.
Event No 12, 1st August

| Pos | Name | Time | H'cap | H'cap time |
|-----|--------------------|-------|-------|------------|
| 1 | John Poland | 22.45 | 1.00 | 21.45 |
| 2 | Chris Bacon | 22.48 | Scr | 22.48 |
| 3 | Richard Bonner | 23.05 | 0.15 | 22.50 |
| 4 | Don Lock | 23.10 | 0.45 | 22.25 |
| 5 | Eric Bonner | 23.31 | 0.45 | 22.46 |
| 6 | Mike Gibbs | 23.52 | 1.45 | 22.07 |
| 7 | Mathew Gould | 24.11 | 1.30 | 22.41 |
| 8 | Colin Miller | 24.37 | 2.45 | 21.52 |
| 9 | Adrian Brown | 24.44 | 2.30 | 22.14 |
| 10 | Jonathon Ford-Dunn | 25.06 | 2.30 | 22.36 |
| 11 | Peter Baird | 25.45 | 3.30 | 22.15 |
| | Alan Stepney | 25.45 | 3.15 | 22.30 |
| 13 | Peter Eldridge | 25.54 | 4.00 | 21.54 |
| 14 | Robert Downham | 26.21 | 4.00 | 22.21 |
| 15 | Gill Clements | 28.00 | 6.30 | 21.30 |
| 16 | Reg Searle | 29.15 | 7.00 | 22.15 |

To-night saw the annual excursion of Dave Hudson onto the time-trial scene. On a touring bike heavily disguised as the Mike Gibbs training bike he recorded a very creditable 24.33. Would probably have done better with a 200k warm-up!

Tim Stedman clocked 27.15, Natacha Maes 23.30, and Dave Jenkins 28.47. The only tandem was the Martin White machine which he took round with Jan Scotchford on the back in 22.50. There were 24 private rides and the fastest again was the rapid L. Fanner of the Regent, recording 21.35.

Event No 13, 8th August

| Pos | Name | Time | H'cap | H'cap time |
|-----|--------------------|-------|-------|------------|
| 1 | Richard Bonner | 22.05 | 0.15 | 21.50 |
| 2 | Chris Bacon | 22.17 | Scr | 22.17 |
| 3 | Eric Bonner | 22.50 | 0.45 | 22.05 |
| 4 | Jonathon Ford-Dunn | 24.32 | 2.30 | 22.02 |
| 5 | Peter Baird | 25.06 | 3.30 | 21.36 |
| 6 | Peter Eldridge | 25.29 | 4.00 | 21.29 |
| 7 | Robert Downham | 26.02 | 4.00 | 22.02 |
| 8. | Andy Lawrenson | 26.23 | 4.00 | 22.23 |
| 9 | Gill Clements | 28.16 | 6.30 | 21.46 |
| 10 | Reg Searle | 29.00 | 7.00 | 22.00 |

There were no less than 23 private time trials this evening as the series came to a close for another year. It was nice to see Richard Shipton who being on holiday was able to get over from Hailsham. His ride of 21.44 was the fastest of the evening. Mike Gibbs and Colin Miller gave the Gibbs long wheelbase machine a rare excursion this season recording 22.30. They were however well back on the well-oiled pair of Andy Smith and Tim Osborne, who recorded 19.58! Wonder if anyone told them that this equalled the Steve Elms solo record for the course. Tim Stedman recorded 27.10. Dave Jenkins 26.48 and Natacha Maes a fine 23.00

Accident?

"Not done deliberately". But hardly an excuse or acceptable as a reason when cyclists are mown down from behind. There have been

an increasing number of cases across the country and it is very worrying.

We must not prejudge the particular incident but club member Gill Clements was hit by a vehicle while cycling at around 9.15 a.m. Thursday the 12th September. She was travelling towards Bramber on the Steyning by-pass. Visibility was good and witnesses say she was riding in a perfectly satisfactory manner. It is good that witnesses have come forward for often there or none or they "don't want to get involved".

Priority is of course for Gill's early and complete recovery from the very nasty and painful injuries she has sustained. We understand she has a fractured pelvis, several broken ribs and a broken collar bone, a multitude of abrasions and she took a hefty bang to the head.

Hopefully she will have been saved any long-term head injury by wearing a helmet. We all send you our best wishes Gill and get back on the bike again as soon as you can.

What do we though, for traffic coming up behind? Eyes are peeled for trouble, left right and front, but peripheral vision doesn't cover 360°. Rear-view mirrors will probably have us off from vehicles coming too close, and those little things attached to the helmet are useless. So we listen? We are prepared to bale out, onto, hopefully, the grass, verge. We wear bright clothing..... but in the end it comes down to educating motorists and hitting them hard when found guilty.

But I suppose if "I never saw her....." is still to be a reasonable excuse.....

Don

Egostruck!

It's rumoured that a member of the Worthing Excelsior is changing his name by Deed Poll. In future he will be known as S. Low.

This rather dubious choice with the obvious connotation indicating that he is not one of our faster riders, has been made after watching

the Tour de France and noting all the stars' names printed across the roads.

His favourite training circuit of just 15 miles includes his new name 24 times!

Presumably if he gets any slower he will change it to H.Alt!

The Evening Ten Series

1996 Overall results

Scratch.

| | | |
|------|--------------------|------------|
| 1st | Richard Bonner | 11 points |
| 2nd | Chris Bacon | 13 points |
| 3rd | Eric Bonner | 24 points |
| 4th | John Poland | 31 points |
| 5th | Don Lock | 35 points |
| 6th | Jonathon Ford-Dunn | 54 points |
| 7th | Colin Miller | 67 points |
| 8th | Peter Baird | 74 points |
| 9th | Alan Stepney | 75 points |
| 10th | Peter Eldridge | 83 points |
| 11th | Robert Downham | 91 points |
| 12th | Reg Searle | 108 points |

(These points are an aggregate of the riders' best eight placings).

Handicap

| | | |
|------|----------------|-----------|
| 1st | Gill Clements | 31 points |
| 2nd | Chris Bacon | 19 points |
| 3rd | John Poland | 18 points |
| 4th | Eric Bonner | 16 points |
| | Peter Eldridge | 16 points |
| 6th | Colin Miller | 15 points |
| | Richard Bonner | 15 points |
| | Mike Gibbs | 15 points |
| 9th | Reg Searle | 12 points |
| | Jeremy Wootton | 12 points |
| 11th | Lesley Barratt | 11 points |
| | Don Lock | 11 points |

| | | |
|------|--------------------|-----------|
| 13th | Alan Stepney | 10 points |
| 14th | Jonathon Ford-Dunn | 9 points |
| 15th | Peter Baird | 7 points |
| | Tim Lake | 7 points |
| 17th | Adrian Brown . | 5 points |
| | Mathew Gould | 5 points |

(Points are awarded from six down to one for handicap placings and totalled over the whole series).

Veterans.

| | | |
|-----|--------------------|-----------|
| 1st | Don Lock | 8 points |
| 2nd | Eric Bonner | 14 points |
| 3rd | Peter Eldridge | 18 points |
| 4th | Peter Baird | 35 points |
| 5th | Colin Miller | 38 points |
| 6th | Reg Searle | 39 points |
| | Alan Stepney | 39 points |
| 8th | Jonathon Ford-Dunn | 46 points |

(These are the aggregate of their best eight placings based on the veterans' age standard).

A big vote of thanks is due to Jan Scotchford for organising the series which was once again very successful. As well as providing mid-week competition it's a good get-together, especially if the weather's kind. That many riders come from other clubs shows the popularity, and the Thursday evening is missed when the series is finished. Perhaps next year there should be an immediate continuation by having roller racing, perhaps even in the village hall at Washington - just a thought.

Don

Report from the 10th Mildenhall Cycling Rally 24th - 26th August 1996

The rally is organised by the Mildenhall Cycling Club over the Bank Holiday weekend, and considering the size the event has become, it is

quite an achievement for a small club. The weekend is based on the Jubilee fields, where most visitors camp (Alan & Sue in the caravan; the McClelland family in trailer tent, and Dave Hudson in the infamous 'Tuck Truck'). The rally provides a good mix of activities, from grass track racing and cyclo-cross to Audax and touring rides, with additional temptations provided by a trade show. There was also road racing at nearby Bury St Edmunds, which included the National Criterium Championship.

On Saturday we (Alan and Sue) entered the 113k Audax from Mildenhall heading south-east through some pretty lanes and villages including Lavenham and into Essex, returning north across Suffolk towards Bury St Edmunds - an undulating but scenic route, but whichever way we went, it was into a head wind! We could have done with Dave's Tuck Truck but had to make do with local catering services because Dave had set off at 3am on a 300k jaunt around the lanes of Suffolk/Cambridge/Norfolk. We had set off at a more civilised 9am and completed the course by 3.30 pm. Dave got back about 5-ish and after a freshen-up, joined us for a couple of beers before he was whisked off by Chris Beckenham ----- for the 'best value supper in the area.' Dave, not content with a 300k ride on the Saturday, planned to leave Mildenhall on Sunday for Thame in Berkshire for a 200k ride on the Bank Holiday Monday.

This was the McClelland's seventh visit to the Rally, and their Saturday programme included the English Schools Cycling Association (ESCA) grass track championship which Sean and Kathryn both entered. The championship event was a 500 metre sprint and a 'Devil takes the Hind- most'. In the under 11 girls, Kathryn managed to get bronze medal, her first national ESCA medal after finishing 4th in both the road race and time trials earlier this season. Sean was not so lucky in the under 13 title race, and finished 6th in the championship, which was won by Mark Tunnell of the Addiscombe CC. The revelation of the under 13 age group was Nicole Cooke of the Cardiff Ajax, who was riding with the boys for her title but still managed to run Mark Tunnell very close.

In the afternoon there was more grass track racing for the juveniles, this time under BCF age groupings, which meant under 16 and under 12 age groups. It also meant that riders under 12 had to use fixed wheel track bikes, unlike the ESCA championships, where all riders under 11 have to use freewheel bikes for track competition. Kathryn was having her first outing in competition on fixed wheel, and thoroughly enjoyed the experience. The afternoon's racing was in the form of an omnium which comprised a one lap time trial, a 500 metre sprint, a Devil, a Block Handicap and an 800 metre Handicap. Kathryn finished out of the placings overall, but finished as first girl, saying she found it much better on a track bike. No afternoon's grass track at Mildenhall would be complete without some kind of novelty events, and it was in the last of these that Kathryn had an unfortunate accident. The race involved some running and cycling, with a few obstacles to make it interesting. Unfortunately, using a track bike for the race proved to be her undoing, as one of her shoelaces caught around the crank - as she was riding fixed wheel the lace got shorter and shorter until her foot jammed in the crank and she went over the handlebars. A visit to First Aid showed fortunately nothing worse than a sprained ankle.

A browse round the Trade Show on Sunday morning was thirsty work, so Alan & Sue decided on a gentle ride with Andy and Vanessa Attwood - accompanied by Ryan on the back of Andy's tandem - through the lanes past Lakenheath to a village pub just the other side of the Norfolk county border for some lunch, returning by a different but interesting route around Mildenhall Airfield to the show ground, to re-visit the trade fair where Alan had to part with at least half a years salary on some cycling 'essentials', ie a work stand, shorts, waterproof top plus other sundry items!!!

It's amazing who you can come across when you just fancy a cup of tea - we bumped into Brian & Sue Howe in the Jubilee Hall, who just happened to be in the area for the weekend - we didn't recognise them immediately, as they were not wearing cycling gear - they were staying somewhere else and were temporarily parted from their

bikes.

Note: (didn't go to the cycle jumble - Sue reckoned I'd got enough old bike stuff at home to have my own jumble sale).

Sunday also saw Kathryn and Sean riding in the criterium racing at Bury St Edmunds in the Juvenile event, which was won in some style by Peter Middlehurst, but unfortunately for Sean, some pretty poor judging didn't even see him placed in the event. He was forced to take a lap out due to mechanical trouble, which is allowed in this type of racing, but he managed to get back into the race and rode strongly with a lad from Becontree Wheelers, and it appeared the two of them were 2nd and 3rd under 14's, but after some deliberation, neither of them were placed. Kathryn managed to finish and as one of the youngest competitors and with her sore ankle, put up a creditable performance. The circuit at Bury was excellent, racing on closed roads in the centre of the town was a great experience for the young riders. Unfortunately the National Championship was missed, as events at Mildenhall were too much of a counter attraction with the first day of the senior grass track racing taking place, so the afternoon was spent watching this, interspersed with visits to the trade show. The grass track was impressive, with three current national champions taking part. The Sunday events are biased towards the sprinters, with shorter distance events making up the bulk of the programme.

A jolly evening of fun and brain teasers at the quiz night, but despite the combined brainpower of Alan, Sue, Vern, Kathryn, and periodic assistance from other members of the McCelland clan, we didn't win - mind you, we didn't come last either. The winning team from Mildenhall CC had to go to a final deciding tie breaker before they could be declared the winners, and after cries of 'Fix!' only two of their team would go up and collect their winnings.

On Monday Sean, Kathryn and Rebecca had, as usual, entered the Childrens Triathlon, as did 4 year old Neil McClelland who was the youngest competitor. The event consisted of a 100 metre swim, about 800 metres run and finished with about 1200 metres on the

bike. Vern went round with Neil to make sure he didn't go off course - this proved to be quite an experience as Neil was chatting most of the way, and half way through the run was asking when he could do another one! Rebecca won her age group, but this was the first year Kathryn didn't win a trophy, and Sean was also out of the medals. Neil wasn't last, as there was a 5 year old who he managed to beat by a handful of seconds. Both these youngsters were awarded special prizes, and all competitors received a commemorative T shirt. Monday morning also included a stroll along the riverbank to the local village boot sale to see if there were any more 'essentials for those a-wheel'.

The afternoon was spent watching more grass track racing and looking for bargains at the trade show. Incidentally, spotted in the trade tent buying up cheap jerseys from Deeside Cycles was Vanessa from the Bike Store! Deeside's bargain bins certainly had some interesting reductions - Vern managed to get a Unica Cinelli saddle for £5, which was very much the saddle of choice some years ago. Also that afternoon were the Trike Association novelty grass track events including Tricycle Egg and Spoon - with half the competitors going in opposite directions - followed by pushing your bike & partner backwards for one lap of the track - both these events are rumoured to be demonstration events at the next Olympic games along with synchronised 'Track Stands'.

The predominant theme throughout the whole of the weekend, in spite of the focus on grass track racing, is activities for all the family, all ages and all aspects of cycling, including Cyclocross, Grass track racing, 2 on road and one off road Audax event, tours and led rides for all abilities, or just a good gas and catch up with old friends. Throughout the weekend there were an amazing variety of pedal-powered machines to be seen - trikes, tandem trikes, tandems with trailers, uni-cycles, recumbents etc, and the Peterborough Vintage Cycling Club display of Boneshakers, Penny Farthings and other relics (no John Mansell to be seen here).

The weekend wound up with the traditional 8km Mini Milk Race,

which was won by the Downing brothers, the winner being Dean (National 8km champion) from his brother Russell, who had recently returned from the Junior World Championship Road Race in Czechoslovakia. All that was left was to pack up and head home after an enjoyable weekend. The only trouble is fitting in all the activities, but next year will find us back for the 11th Mildenhall Rally.

Vern McClelland --- Sue Dray ---- Alan Matthews

**100k Audax
Brevet Populaire
8th February 1997**

Event H.Q.:- Ashington Village Hall Church Lane Ashington

Start 9am

The course will closely resemble that of Don's 62 mile reliability trial which this event will replace in an effort to increase the numbers note the event is also to be held on a Saturday to avoid clashing with other early season Audax rides.

I'll need some help on the day with checks and refreshments so if you do not intend to ride please keep the day free to assist me.

Entry Forms will be available nearer the day

Fee for the ride is £2.50 plus 50p insurance if you're not an Audax U.K. member.

Alan Matthews.

Club Hill Climb Championship

Kithurst Hill, Storrington - Sunday 22nd September

The annual outing for mountain goats attracted eight entries including one lady (or should that be "nanny") goat! The hill was, as last year, gritty, steep and definitely up, with straight bits and bends. In fact, one rider was making such a face on the way up, we thought he might have been suffering from the "bends" but he maintains it was more the "angle of ascent" which was causing him problems.

Last year's winner Colin Toppin was not defending and there was no Jeremy Wootton. Would this leave the way open for the 1995 surprise bronze medallist, Tim Stedman? He has been riding fairly regularly in club events but at that level has had to give best to at least three others he now faced. His time last year was 4.56.81 and he would have to do better to win. So he did, he tore up the hill in a fine 4.21 and was to leave all others struggling in his wake. It was an improvement of 35 seconds and it would have won last years's title by 13 seconds as well! Perhaps he would prefer it if the evening ten course could include Kithurst a couple of times!

HILLCLIMB RESULT 22-9-96

| NAME | POS | ACTUAL TIME |
|----------------|------------|------------------------|
| Tim Stedman | 1 | 4-21 |
| Gavin Baylis | 2 | 4-39 |
| Richard Bonner | 3 | 4-43 |
| Chris Bacon | 4 | 4-52 |
| Alan Stepney | 5 | 5-17 |
| Ron Bardouveau | 6 | 6-10 |
| Diana Trafford | 7 | 6-41 |
| Pete Eldridge | 8 | 6-42 |

AUDAX. THE NATIONAL 200KM

Worthing Excelsior is honoured to be trusted with this promotion which will be handled for us by Dave Hudson. It will be from the Heene Centre, Heene Road, Worthing on Sunday March 9th 1997, and, typical of Dave, it is pretty well organised already. Such is the prestige that we have established as organisers in a few short years (thanks again mainly to Dave's efforts), that the National body now feel confident to leave a premier event in our hands. We will not let them down.

Please note the date in your diary.

The Last of the Hardriders?

Our Open 26.2 mile hilly time trial on Sunday 24th September looks likely to be the last, well for a couple of years anyway. Andrew Lock has promoted the event for 12 years and from a time when we were getting fields regularly in excess of one hundred, we have now dropped to an all time low of 34. The principal cause appears to be clashes with other events. This year there was a Crawley Wheelers 10, a Sotonia 25, a Fareham Wheelers Inter-Club, a Velo Club Etoile Road Race and the Duo Normande in France. It is thought that the French two-up which caters for every category and attracts enormous support from this side of La Manche is particularly responsible

We have always had a good prize list and a well organised event and it is a shame, but to let it go, at least for 1997, seems the only choice. Perhaps if we can find another date in the calendar, and, it has been suggested that it may be more attractive if it could be reduced to precisely 25 miles, it might help. To compare this type of event with a normal standard distance/ standard course event though, seems pointless. We know that Andrew is keen to see it revived and we still have to run our Club Hardriders Championship, so if anyone has any ideas let's be having them!

The '96 race was significantly spiced up when we received an entry from Motorola pro Sean Yeates, an entry which ensured some good press coverage and was to encourage spectators to the course. Unfortunately the good news stopped there, for it was otherwise a poor entry and the 1995 type weather

returned. Strong winds and rain again being the order of the day.

Eleven riders, nearly a third of the field, failed to report to the timekeeper. Of those who did start, on the basis that once soaked you might as well finish, all did just that - well except for Jeremy Wootton who broke four spokes on his Zips to avoid the rotten bit out to Fittleworth!

The crowds on Bury Hill (well newspapers exaggerate!) sheltered under Don's umbrella and waited in vain for Sean to appear. He was number 33 and when number 34, Mike Marchant of G.S.Stella came up the hill claiming "I caught him way back!" the spectators de-materialised like something out of Star Trek. Only Horry Hemsley of Lewes Wanderers was surprised to find that they were not still there when he came back!

Observations at this early point, about 4 miles into the event, indicated that Mark Jones of G.S.Stella and Mark Sinnott of Festival R.C were the ones to watch. Mark Mywords looked good for third place - sorry couldn't resist that!

The Worthing Wheel's on the spot reporter then dashed away to Fittleworth to see how they looked with just a couple of miles to go. Generally they looked worse, but the two Marks and Mike Marchant seemed to be going well still. Of the Worthing riders it was Gavin Baylis who seemed to be riding with speed and determination, as against a more weary and wary approach by others. The left turn into School Lane can be dodgy with wet leaves and manhole covers adding to the hazards.

The Headquarters this year was the brand new Pulborough Community Centre with lots of parking and excellent facilities. Very reasonably priced as well. Jean Smallman and Maureen Lock were in charge of the refreshments. We were going to put 'manned' the kitchen but we try to be politically correct and didn't know how to spell 'ladyed'? Daphne Grant spent her normal Sunday morning stint on the headphones listening to husband John intoning statistics from the finish, (in between 'knit one, drop two, make three with the knitting needles!) Andrew completed the result board.

It was a close result - no 'marks' for guessing the first two. It was the Festival rider with a time of 1.7.21 who was to take first place with Jones M of G.S.Stella just 9 seconds back on 1.7.30. Mike Marchant was third in 1.7.38, it was that close. With Richard Keevil finishing 5th the Stella were easy winners of the Team award.

Gavin Baylis out for revenge apparently, after getting a pasting from training partners in off road rides, was the best of the Club entry. His time of 1.12.07 was a good effort and he deservedly collects the Club's Hardrider's Trophy. He put more than three minutes into the rest of our riders. Four of them packed into positions 10 to 13 were separated by only 23 seconds. Chris Bacon 1.15.22, Eric Bonner 1.15.26, Mathew Gould 1.15.43 and Richard Bonner 1.15.45.

We were surprised to find that our new hill climb champion Tim Stedman had been caught 2 minutes by Eric Bonner before reaching Bury Hill. When told to get a move on, he did, and promptly tore past Eric to lead him by quite a distance at the top. After that though he faded somewhat, to complete the course in 1.21.53. Tim, we think you need to train with other riders so that you get used to a concentrated effort over longer distances. Find out who's doing what over the winter, get some good hard rides in between now and next March, and you will leap forward in '97.

Alan Stepney, he just picks the hard ones, rode to finish, with no heroics, and was quite satisfied with 1.26.01.

Club Result with handicap

| | | | | |
|----|----------------|---------|-------|---------|
| 1. | Gavin Baylis | 1.12.07 | 3.00 | 1.09.07 |
| 2. | Chris Bacon | 1.15.22 | 1.30 | 1.13.52 |
| 3. | Eric Bonner | 1.15.26 | 2.30 | 1.12.56 |
| 4. | Mat Gould | 1.15.43 | 4.15 | 1.11.28 |
| 5. | Richard Bonner | 1.15.45 | 1.00 | 1.14.45 |
| 6. | Tim Stedman | 1.21.53 | 14.00 | 1.07.53 |
| 7. | Alan Stepney | 1.26.01 | 11.00 | 1.15.01 |

THE MOUNTAIN BIKE SCENE.

Despite a good start to the time trial season I lost some form in early May, by the 25th of May I packed half way through the Crawley Wheelers 50 and set off in search of a revitalising experience!

I found this at Bix Hall near Henley where JP Saville was racing in Round 2 of the Southern Area Mountain Bike Series [SAMS]. Torrential rain reduced many sections of this testing course with steep drop offs and long climbs unrideable.

JP finished in the top 10 of the Veterans category.

Suitably enthused by what I had seen at Bix Hall I entered round three at Brighton on the 23rd June. Perhaps I should say I was over enthused, competing my first lap I entered the chicane by the lap counters caravan at "warp factor ten" and succeeded in writing off a section of the crash barrier [well that's what its there for] and both brakes, JP again finished in the top ten!

Round 4 of the SAMS series was at Checkendon near Reading. The course demanded excellent bike handling skills with few climbs and restricted passing places. The terrain showed up my lack of ability on the technical sections, but I finished! JP once more made the top 10.

The final round of the National series took place on the 4th August at Queen Elizabeth Country Park near Petersfield, JP made the top 10, I finished 25th. We were treated to the spectacle of seeing Gary Foord win the Pro race despite having returned from the Olympics only 24 hours earlier.

Corfe Castle was the venue for round 5 of SAMS, mud mud and more mud but there were only a few technical sections and everyone had to run those due to the conditions. I found the long climbs to my liking finishing in the points in 16th place.

The WECC ATB run set off from the club room on the 24th August. JP Mat Gould Gavin Baylis Mike Feesey and Alan Cooper set off for the morning. The demands of families etc meant that the ride was shortened from a whole day to just the morning.

Light drizzle fell as we set off past Hill Barn Golf Course towards Cissbury Ring, we dropped off the side of Cissbury where Mike make his first trip into the bushes, this provided light relief for all of us!

Heading eastwards towards Sompting Alan's tyres started to reach the limits of their grip and bearing in mind the damp conditions he headed off in search of tarmac. We then climbed up to the back of Steyning Bowl before dropping off round the Upper Horseshoe to the Knoll where we descended to the top of the rifle range. Mike provided more light relief at the start of the climb back to the South Downs way when he hid in the bushes whilst trying to clip out of his SPD pedals "they are damn hard to get out of" were his parting words.

At Chanctonbury we dropped down to Wiston and again climbed back up to the Southdowns Way after which we crossed the A24 and stopped for water and a chat. At the "Tin Barn" JP Gavin and Mat set off for appointments at home and I led Mike the long way to Patching Woods, a favourite muddy haunt of mine where many have come unstuck and stuck. Conditions did not disappoint and just before noon we headed for the safety of Highdown and then home.

Round 6 saw Mat Gould as a new recruit [despite breaking his wrist earlier in the summer], I think Mat enjoyed it? Racing in the Sports category he got stuck near the back of the bunch of around 200 starters but recovered to finish 78th. I started well but found myself at the back when two riders in front became tangled up, I finished with a sore throat [I should be more polite when trying to pass slower riders] in 20th.

Final placings in the series of six races put me in 40th in the Masters [30 - 39 years] and JP 13th in the Veteran category [40 - 49 years].

Sunday 22nd and the South Downs Dash at Houghton Forest near Arundel. At last a lie in with a local event. On the way up to Whiteways roundabout I drove past Nick Lelliott "warming up" with Matthew for his race in the Youth category on a Cyclo Cross bike. I did not see Matthew at the finish of his race but Nick seemed to have enjoyed watching it, he then set off to ride up Bury Hill a couple of times to warm up for the ride home. Mike Feesey led the charge in the Veterans category but punctures and mechanical failure ended his race on the first lap, JP did not start, three weeks of flat out work with dealer presentations of the 97 KONA range had left him exhausted.

I placed 5th in my race having crept up to 3rd on the first of three laps eventually falling back to be beaten by a rider on a single-speed Mountain Bike! Mat had a good start finding the long uphill road section to his liking climbing seven places in the space of fifty yards. Youth often brings with it a penalty and in his case it meant four laps. A late charge saw him climb to 14th on the last lap and a share of the chocolates with two water bottles as his reward. Modesty overcame him on a training run the following Tuesday, he nearly managed to throw one of the bottles in the gutter on the A259 and lose it!

I'm not sure where Jonathan Ford-Dunn finished but he seemed, happy

with his race despite a minor problem whilst warming up with us! There were several other smiling faces including Sue and Alan Mathews.

More to follow as the winter sets in.

Jeremy Wootton

10 MILE RESULT 6-10-96

| NAME | POS | ACTUAL TIME | H'CAP | H'CAP TIME |
|----------------------|-----|-------------|---------|------------|
| Richard Bonner | 1 | 23-46 | Scratch | 23-46 |
| Gavin Baylis | 2 | 23-50 | 0-40 | 23-10 |
| Jonathan Ford - Dunn | 3 | 26-06 | 2-40 | 23-26 |
| Alan Stepney | 4 | 26-10 | 3-00 | 23-10 |
| Tim Stedman | 5 | 26-46 | 3-20 | 23-26 |

TOURIST TRIAL Part 2 - 8th October

Tony Palmer set a very interesting map reading challenge for the contestants, and, if space permits in a future issue we will print it for you. On the night Paul Toppin and our Ed remained locked together with a same points total and only a better estimate by Paul of map mileage was to decide the Trophy.

So ex-racing man - can we call him arch-tourist - Paul Toppin now gets his name on the Argent Memorial Trophy. Probably the largest of the Club trophies it will satisfactorily occupy the space previously occupied by his shorter distance - faster speed silverware.

OVERALL RESULT

1. Paul Toppin 25 points
2. Don Lock 25 points
3. John Mansell 21 points
4. Dave Hudson 20 points

The McClelland family tackling this section only, scored 19 points, and Alan Mathews with Sean McClelland scored 15 points.

ANNUAL DINNER AND PRIZE PRESENTATION

Saturday 16th November 1996

At the Windsor House Hotel, Windsor Road, Worthing. Ticket price £15.00. Contact Don Lock to reserve your tickets on 01903 531877.

RAY DOUGLASS MEMORIAL TEA

DATE CHANGE! DATE CHANGE! DATE CHANGE!

A new leaflet is enclosed please note this will now be on Sunday 26th January 1997.

Although this is free, numbers will be restricted. Book well in advance with Don Lock. Priority to Club members.

NEXT ISSUE

With our Ed off for some Autumn sunshine in Majorca, we will have to keep you all waiting for those exciting end of season tables and Championship results, not forgetting the "Dieppe Raid". All will be revealed in the Winter edition in January! By that time you will have forgotten Christmas, and be well into your Winter training. Good Wishes for the 1997 season and the season of Goodwill from all the staff here at the Magazine offices - that's him, him, them and her!



Knocked off your bike?

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