

THE WORTHING WHEEL



April 1999
**MAGAZINE OF THE WORTHING EXCELSIOR
CYCLING CLUB**

WORTHING EXCELSIOR
 Clubroom: Broadwater Parish Rooms
 Meetings every Tuesday evening 7.30 to 10.00

President

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Membership & Social Secretary

Road & Track Sec & Club Coach

Club Events Sec

Club Events Ass't

Mountain Bikes Rep & Magazine Editor Paul

Club Runs

Press Secretary

Audax (Consultant)

Long Furlong Circuit 17 Miles - 21st February

Karl writes:-

For the first race of the season, the riders were greeted with typical weather conditions, rain and a strong westerly wind. With a few minutes before the start the rain had stopped and a few patches of blue sky appeared. From the start it was into a headwind most of the way down the Furlong, until the r.a.b. where it was pushing you all the way down to Offington. The wind should have helped the riders up the Findon Valley, but seemed to be more of a cross – wind which made it hard going. A head wind then sapped ant strength the riders had left all the way to the finish line, then the riders had to go round again.

Paul Carruthers had the honour (?) of being scratch man, with last years winner Jeremy Wootton not riding, the handicap was based on the riders best 25 mile time. 10 riders had entered but only 7 rode. With the weather conditions half an hour before the start, those that had wished that they hadn't.

Karl Roberton was the first to start and went round the first circuit in 22.33 which was 8 seconds faster than Stephen Trott, who was in turn 23 seconds ahead of Paul Carruthers. Behind Paul, Mel Roberton was 26 seconds down, but 1.14 up on Matt Gould. Matt had 1.29 on Dave Uncles (who didn't manage to finish the second lap) and Dave was 17 seconds up on Ian Cheeseman.

The second lap followed the same pattern – Karl gained another 12 seconds on Steve to finish on 45.43. Steve took another 13 seconds out of Paul to finish with 46.03. Paul finished on 46.47. Steve did a good ride and deserved to win the handicap prize.

As usual, Don Lock was on the course shouting words of encouragement, and also some highly dubious split times. Jonathon " Trainspotter" Ford-Dunn was also out on the course at the top of the hill on the Furlong, with useful comments like " Stick it in the big ring". Most responses were unprintable.

Name	Pos	Actual Time	First Circuit	H'Cap	H'Cap Time
Karl Roberton	1	45.43	22.33	1.30	44.13
Stephen Trott	2	46.03	22.41	4.00	42.03
Paul Carruthers	3	46.47	23.04	Scratch	46.47
Mel Roberton	4	47.53	23.30	1.30	46.23
Matt Gould	5	49.54	24.44	1.30	48.24
Ian Cheeseman	6	53.33	26.30	9.30	44.03

DNF

Dave Uncles – First lap 26.13

DNS

Ken Retallick

Simon Lane

David Greig

Awards 1st

Karl Roberton

H'cap 1st

Stephen Trott

Timekeeper

Tony Palmer

Pusher – Off

Mike Irons

H'Capper

Tony Palmer

The Ray Douglass Tea
24th January. Washington Village Hall

El Presidente writes:-

In time trial terms we almost had a full field with 110 entries, half a dozen non-starters, but a few entered on the line, and Worthing Excelsior won the team award.

Financially it came out just about even which is what we wanted.

Everyone seemed to enjoy themselves, and the 'Grand Meet Up' is scheduled again for 23rd January 2000. Put it in your diary.

As Ray would have said 'Going Well', and as long as it is this popular it will be continued. He would be pleased to know that this opportunity for a good old cycling get-together is enjoyed by so many, but undoubtedly flattered that it should be in his memory.

My thanks to all those who helped with the catering and in the kitchen. As I've said we easily won the team event.

Don

100k AUDAX SATURDAY 6TH FEBRUARY

El Presidente writes:-

The Alan Matthews starter for our Audax programme of 1999 was with the notable exception of Winterfold Common quite docile. Weather was well behaved and promotion quite up to the best WECC standards. Don't know why 20 failed to start but 107 departed Ashington and 102 made it back within time allowed.

Our new Ed is too modest to admit it, but he was in the first three home in about 3 hours 40 minutes.

There were 24 WECC riders counted as they left and a 100% success rate was recorded.

Alan wants to thank all who helped, especially Sue Dray, Dave Hudson, Jo England (CTC) Vanessa Attwood – the very thought of her soup kept a lot going – Angela Toppin, Brenda Ford-Dunn, Jean Retallick, Maureen Lock, Mike Poland and Alan Langham.

Winterfold Common is unreal. The writer finds it – only twice so far - like something in a nightmare. You go up, ever up, till clouds and normality are below you. Here only strange dragons survive. Noises on the ascent are horrific as lungs burst and throats scream, even legs cry out! Everything here is in a frightening red mist. Faces are strangely distorted. There's a mad thumping of cards, rolls and bananas are jammed down throats and somewhen later there's this plummet into the abyss – sorry Ewhurst – but then I never did like hills.

Don

This was my first Audax and I enjoyed it very much – however a lack of mudguards (and a wish to keep the bike light) prevents me from doing any more this year. Why **do** you need mudguards????

ED

“SHORTS”

An occasional column

I noticed that as Karl Robertson gets faster, he gets thinner. This was reinforced by Karl's own comment that he has lost two Kilos over the winter. Feeling in a mathematical frame of mind, I entered all his previous times into a computer and correlated these with estimates of his weight over the same period. The results were startling, and a little worrying.

To get under the hour, Karl will need to lose a further 1.987 Kilos. His theoretical fastest time for the 25 is 54.22, where he will weigh fourteen ounces (excluding shoes).

I got a “B” in O Level maths by the way.

Such has been the volume of Audax entries popping through Dave's door that his letter box has worn out. The services of Allan Weston were sought to fit a (Stronger) replacement!

Steve Trott, having run out of things to spend his money on, has used the services of a professional coach, Dave Smith (of Cycling Weekly fame). Dave recommended a highly structured and scientific programme that involved a mixture of different activities. I managed to get a copy of the programme from Steve, and here it is:-

“Mon alt - 6 reps @ 60% X 4 @ max (16 ppm) . Gym x 2 , reps to suit. 16 pp, going hard. 53 x 12, @ 50, then sts 100. Alternate with L 2 rec. Weekend, 5 sets of 10 @ Vo.max (check calibration). Sunday - check oil pressure and tyres”.

I followed these instructions to the letter and ended up in Barnsley.

This is true! Dave received a letter from a German rider, Gunnar Fehlau, following the 200k Audax. He had to borrow Cliff Bogrer's (Weybridge Wheelers) bike to finish. Here are some excerpts (to be read in un - PC German accent).

“ As you may heart, I had some trouble with my bike – suddenly the chain died .. Cliff handle his bike to me and so made me continuing the ride. But the defect devil caught me a second time... the left pedal loosen and tended to fall off the crank...so I paddled one leg to Worthing...”

We hear rumours that Mel Robertson is being poached by GS Stella to create a “Super Team” of vets with Eric Bonner. Is this why he has invested in a Carbon Fibre Joker, compulsory for all Stella members?

South Coast 200k - Sunday 7th March

Based on report kindly submitted by Dave Hudson – any mistakes are probably down to the Ed!

“Another great Audax promotion by the club – riders came from as far afield as Berlin (Wilfried Rink – 3rd visit). My thanks to the great team from our Club and friends in the CTC who made such an enjoyable day for the riders.

Of the 200 entries, 172 started, 156 returned to Worthing with cards fully completed. One missed the answer to the “info control” at Headley and one failed to obtain the secret check stamp at Steyning, and the rider whose card received the “black marker pen” treatment for no mudguards at the Littlehampton secret check failed to appear at Selsey!

The emphasis is on enjoyment and personal achievement; riders can take between 6 hrs 40 mins and 13.5 hours to complete the course. Audax refuse to publish results sheets to ensure the Randonnees do not become races. However, for those who just have to know, the first rider to return covered the course in 8 hrs 5 mins and the last rider to return to the Heene Centre squeezed in 13 hours 18 mins. His achievement was just as great, if not greater, than the first rider to return.

Successful riders from the club were

Jonathan “ Big Ring “ Ford – Dunn	8.15
Peter Hincks	9.35
Brian Howe	12.00
Mike Irons	9.55
Simon Lane	9.40
Don Lock	9.54 (Could try harder)
Alan Matthews	9.55
Paul Toppin	9.54
Allan Weston	12.06
Peter Weston	12.07

But where did it all go this year? There was a completely new route, outlined as follows:-

Worthing – Littlehampton – Bognor – North Mundham – Selsey (nearly)
– Funtington – South Harting – Liphook – Headley – Hindhead – Elstead
– Milford – Dunsfold – Kirdford – Wisborough Green – Southwater –
Copsale – Partridge Green – Steyning – Sompting – Worthing.

Riders preferred the change of course, also less demanding, flat until Funtington, then gently rolling with the odd climb at Rogate, Grayshott, Hydestile and of course our local Steyning climb over the Bostal, although not all had ridden the steep climb from the centre of Steyning. Some years ago the main lane up was the Club's hill climb course".

Thanks again to Dave for passing me a copy of the magazine of the Portsmouth DA branch of the CTC. As is to be expected, the content is mainly about touring and Audax.

One article that was quite inspiring was by a gent aged 73 who attempted to complete the Portsmouth 600k (Cotswolds and Downs Audax). He was plagued by bad luck and mechanicals but kept soldiering on. At one point he tried to have a quick nap but, his poor luck continuing, was mobbed by Owls! Sadly he failed to finish, but had quite an adventure nonetheless.

On a different note, I am surprised that the idea of off – road long distance Audax events has not taken off. The Evans series at Newlands Corner is popular, but they are only 40k maximum. There are also occasional South Downs Way rides in the summer, but there is no "scene" as such. Wouldn't 200k off – road be an achievement! Dave – do you want to try one next year?!!!!??

MOUNTAIN BIKING

Due to an involuntary twitch at the wrong moment during the club AGM, I was "elected" to the position of Club Mountain Bike Representative, a position I know Jeremy Wooton will be bitter about losing.

I came into cycling via mountain biking about four years ago and still try to split my time 50/50 between road and off road, depending on the weather.

As many of you will know, there is some great riding locally on the South Downs and some more challenging stuff near Leith Hill/Holmbury up north. As well as these main areas, the county is criss-crossed by numerous other trails which can well be unrideable in winter.

If anyone wants any assistance with anything to do with mountain biking, please give me a call. However, I am also a member of an MTB club called Horsham Riders which organises a lot of events, including off road races, fun rides, training rides, club nights etc. The person to contact for details is Jerry Manthorpe, 01444881596.

I will also include some selected events in my calendar at the front of this and future newsletters. See particularly the note on the forthcoming Enduro race, which is a novel format that I think will become very popular.

CONTRIBUTIONS

To make this newsletter as interesting as possible, it is essential that that I receive regular contributions. Have you ridden any notable rides recently? Do you have anything that you want to buy/sell? Do you want a regular training partner? Any good jokes?

Please help me out by sending in material in whatever format, including E Mail at paul.carruthers@southernwater.co.uk, and fax of 01403250370. Thanks to those who have already sent me material, especially Karl for the race reports, and Dave for the Audax write ups.

CLUB CLOTHING

The General Committee have decided that our healthy finances justify a substantial subsidy of club clothing. It repays members (not just racing members) for the funds which their efforts have provided. In particular it is hoped that this will encourage more to wear club tops, making prices comparable to the cheap trade tops available in shops and through mail order.

The present stock will be sold at half price. There will also be an order made for new summer weight training tops and short sleeve racing type vests with pockets, which are excellent for summer riding. These will also be sold at half price.

If we receive, within the next couple of weeks following this publication, specific orders for other club clothing items – skin suits, bib shorts etc then these will be included again sold at half price.

The committee has set a certain sum aside. The offer will not last for ever – so contact DON LOCK in the clubroom or on 01903 531877

Next Edition

I hope to get the next newsletter out in a couple of months. This should include reports on the Pulborough 16 mile TT and the Sussex CA 2 – up TT amongst others.

We also look forward to a report on the Ray Douglass 25 mile Open.

On the Audax front it is the South Coast 300k and 400k which are the main attractions.

OTHER TIME TRIAL RESULTS

Redhill Sporting 19.4 Mile TT - 28th February

Held on the GS/478 Dorking course. Starting at Dorking then heading west to Westcott then down to Forest Green then to Beare Green and then back to Dorking. The main hill was at Westcott, which was hard going, after only 1 mile. The other main hill was through Holmbury, which wasn't very hard but it did go on for a long way. The rest of the course was fairly lumpy. The weather started off overcast, but mild with quite a strong south - westerly wind.

As the day progressed the sun came out, to make a pleasant morning.

Peter Main of the promoting club was fastest with 48.03, just ahead of Mark Sinnott Festival R.C 48.23 and Richard Hallet Sydenham Wheelers 48.3. The club had two riders, Paul Carruthers and Karl Robertson. Karl finished with 53.18, just ahead of Paul on 53.57.

Karl Robertson

Sunday 14 March – Sussex CA 25 Mile

The club had two riders at this event on the fastish Copsale – Crawley course. The morning turned out to be perfect, with no wind and warm temperatures for the time of year. Fast times were there for the taking.

Steve Trott did a PB of 1.01.51 but was disappointed to not be firing on all cylinders. Your Ed. started slowly (i.e. it was uphill) but was going well at the finish to do a 1.00.15 PB, which compares well to a 1.06 last year in the same event!

PS I got a cheque for £4.00 through the post for the 2nd best improvement. Steve Trott was the winner of this award – wonder how much he got??!! Will we see a new frame from the proceeds?

Saturday 13th March – Sussex CA 16.5 Mile (Ashurst)

Mel and Karl rode this one, with Mel taking a minute out of his offspring!

PC

10 MILE T.T 7th March

Karl writes :-

On a cold dull morning with a south westerly wind, made for a hard morning, demonstrated by the relatively slow times. 8 riders were down to ride, with 6 privates made an average size field for the time of year. Jeremy Wootton was quickest with a ride of 23.23, comfortably ahead of Paul Carruthers with 24.22, whom just beat Karl Robertson by 2 seconds on 24.24.

Stephen Trott was next, recording a time of 24.39 to put him ahead of Mel Robertson on 24.50 (still getting used to the Joker).

The handicap prize went to Chris Dransfield with his ride of 27.59 and a 6 min handicap, gave him first by 33 seconds. The race was not without incident as on the Billingshurst r.a.b at Ashington, Matt Gould went down on some mud around the r.a.b, he suffered grazing to his face and bruising to his hip, elbow and thigh. Ian Cheesman also went down and sustained bruising and damage to his rear mech. Most other riders wobbled a bit on the r.a.b but managed to stay up, thanks to Matt staying on the r.a.b and slowing the riders down.

POS	NAME	ACTUAL TIME	H'CAP	H'CAP TIME
1	Jeremy Wootton	23.23	SCRATCH	23.23
2	Paul Carruthers	24.22	1.50	22.32
3	Karl Robertson	24.24	1.20	23.04
4	Stephen Trott	24.39	1.30	23.09
5	Mel Robertson	24.50	2.10	22.40
6	Chris Dransfield	27.59	6.00	21.59

1st Jeremy Wootton
1st H'Cap Chris Dransfield

D.N.S Ken Retallick

D.N.F Matt Gould
 Ian Cheesman

Privates	Chris Field	24.12
	M. Kingsbury	25.23
	Roger Smith	26.09
	Ed Andrews	28.56
	Chris Scrivener	29.15
	Susan Uncles	29.58

H'Capper	Don Lock
Timekeepers	Roger Smallman
	Ken Retallick
Pusher Off	Ron Bardouveau

CALENDAR OF EVENTS

EVENT	START	DAY	DATE	CONTACT
April				
Ashurst 16.3 Mile TT	Ashurst	Sun	11/4/99	Mel Roberton
South Coast 300k	Steyning	Sat	17/4/99	Dave Hudson
Horsham Riders	Horsham	Sun	25/4/99	Paul Carruthers
MTB Pairs Enduro*				
May				
25 Mile Champs &	Ashurst G25/93	Sun	9/5/99	Mel Roberton
South Coast 400k	Steyning	Fri	7/5/99	Dave Hudson
25 Mile Open TT	G25/93	Sun	16/5/99	Mel Roberton
Ray Douglass Memorial				
June				
50 Mile Champs	G50/10	Sun	6/6/99	Mel Roberton
25 Mile	G25/93	Thurs	24/6/99	Mel Roberton
Interclub – Clonmore	TBA	TBA	TBA	Mel Roberton
July				
25 Mile	G25/93	Thurs	1/7/99	Mel Roberton
30 Mile Champs	GS941	Sun	11/7/99	Mel Roberton
Horsham Riders MTB	Southwater	TBA	TBA	Paul Carruthers
Randonnee – 50 & 100k				
August				
100 Mile TT	G100/56	Sun	1/8/99	Mel Roberton
September				
110k Hilly Audax	Petworth	Sun	19 th September	Tony Palmer
Other				
Ray Douglass Tea	Jan 2000	Sun	23rd	Don Lock
Regular Events				
Evening 10's	G10/98	Thurs Thurs	6/5 – 24/6 8/7 – 12/8	Paul Toppin Paul Toppin
Club Runs	Washington	Sundays at 9.00		Tony Palmer

* Pairs of riders to race over set period of time to see who can complete the greatest number of laps of a closed off-road course.

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Contact:
Don Lock
Legal Executive

MILLER PARRIS

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TO ALL MEMBERS OF:-

WORTHING EXCELSIOR CYCLING CLUB

Saturday 24TH July 1999

WORTHING SEA FRONT FAYRE

**DO YOU WANT THE CLUB TO GROW AND PROSPER
INTO THE NEXT MILLENIUM??**

**WE NEED YOUR HELP TO PROMOTE YOUR
CLUB**

**THIS IS OUR DAY TO PROMOTE THE CLUB AND
CYCLING IN GENERAL, WITH STATIC DISPLAYS,
INFORMATION, ADVICE & ROLLER RACING**

**PLEASE COME ALONG AND HELP ~ IF ONLY FOR A
FEW HOURS**

**FOR DETAILS CONTACT~
ALAN MATTHEWS 01903 784852**