

THE WORTHING WHEEL



October 1999

**MAGAZINE OF THE WORTHING EXCELSIOR
CYCLING CLUB**

OCTOBER 1999

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

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

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MOUNTAIN BIKING

The mountain biking scene is moving into Autumn/Winter mode, with the big events finishing and being replaced by Randonnees and smaller local races.

The Surrey Mountain Bike Randonnees, organised by Chris Horrod (0181 893 8612) are well worth doing. They all start at Albury Football Club, are allegedly non – competitive to allow riders to “compete” on public Bridleways, which are of course closed for racing. Riders aim for certain time – related standards and not against each other. Many riders just turn up for a nice ride, but others do seem to race. Dates are

Autumn Challenge	20 Nov
Christmas Cracker	11 Dec
Winter Challenge	29 Jan
Easter Bunny Hop	25 March

Horsham Riders have the third race of their Autumn series on Sunday 7th November at Mannings Heath. This is a closed private woodland course. Races will be 2,4 and 6 laps and the riding is quite technical. Please call Paul Carruthers for details.

Coed – Y - Brenin

A group of Horsham Riders recently had a weekend at Coed – Y Brenin (pronounced “ccccchhhhhhyynin”) in North Wales. This is the home of the famous Red Bull and Karrimor trails. These are custom - made mountain bike trails, closed to walkers and horse riders. The Red Bull is a hard, technical loop with numerous rocky sections. Bike handling skills are more useful here than just fitness. The Karrimor is a different story! This is a 26 mile loop passing over the high mountains, with some fire road sections. The payback is that the downhill sections are absolutely superb, with huge singletrack sections that demand total concentration.

We also hired a local guide for the day (details can be provided) who took us around some of the more obscure trails, which are invariably superb. The “Pink Heffer “ was particularly memorable.

These trails are all available free of charge, the only expenses are car park charges (cheap).

Coed – Y – Brenin is near Dolgellau, which has some good pubs (OK as long as you don’t make any drunken sheep jokes).

Nepal

Your Ed is about to go on a two – week mountain biking holiday to Nepal. Report next edition.

<p>12 Hour – Next Edition we should hopefully have a report from Steve Trott on his maiden 12 hour ride.</p>

Club Hillclimb

Springhead Hill 3/10/99

Pos	Name	Time
1	Karl Robertson	4.31.1
2	Chris Dransfield	4.35.7
3	Jonathan Ford – Dunn	4.54.5
4	Simon Lane	5.37.1
5	Allan Weston	7.12.3

DNS Steve Trott

Awards 1st Karl Robertson

Time Keepers Allan Langham & Mike Irons

Pusher Off Mel Robertson

Despite unsettled weather during the week, the morning was bright with barely a cloud in the sky, but it was cold with a strong north westerly wind, which was helpful going up the hill.

Six riders had entered but as usual Steve Trott did not start. Mel Robertson had “selflessly” decided he would push off, so forgoing his opportunity to ride, much to his relief. Simon Lane and Allan Weston, normally only seen on Audax events, were welcome sights. It was also good to see Jonathan Ford Dunn riding what is normally seen to be a young mans event, although he was keeping warm with the usual Arctic survival - type clothing..

Allan was first away and finished with 7.12.3, followed by Simon who has trouble with his gears after a shaky start away from the pusher – off, but rode well to achieve a 5.37.1 time. Chris was next away despite nearly missing his start time due to warming up. He improved over last year finishing with 4.35.7. Jonathan was looking for a time under 5 minutes which he got fairly comfortably with 4.54.5, but he was disappointed with his heart rate only going above 170 for three seconds (indicating that he was probably not trying very hard). At least he got to the start line on time though, which is better than last year.

Last to go was champion Karl, looking for a repeat of last year. He was 14 seconds slower than last year but just held off Chris with a 4.31.1, just 4 seconds in front.

Sussex Cycling Association

25 Mile Individual and Vets Championship 5/9/99

Fastest

Steve Elms East Grinstead cc 55.09

Worthing Times

Chris Bacon	58.22
Mike Kingsbury	59.46
Jeremy Wooton	1.00.02
Paul Carruthers	1.01.02
Mel Roberton	1.01.31
Stephen Trott	1.02.39
Peter Thorp – Hincks	1.02.41
Matthew Gould	1.04.43
Karl Roberton	1.04.44
Chris White	1.08.07
David Uncles	1.11.07

The Sussex championship brought out a quality field, if not a large one, with most of the top riders in the County entering. Weather conditions were excellent for the time of year, warm with a very light south – westerly wind. The top loop around West Grinstead was hard as usual, but the A24 bash and the run down to Shoreham were fast. The final leg back to Steyning was hard.

Steve Elms, the top seeded rider, was quickest as expected with a time of 55.09, well ahead of the GS Stella pair of John Limpus (56.52) and Mark Jones (57.10). Richard Sutton of VC Etoile was just behind them on 57.14. Richard Parker of Hants RC took the fastest Vets award with + 17 .37. The fastest lady was Angela Nainby of East Grinstead with 1.07.03.

Fastest from the club was, as expected, Chris Bacon with another good 58.22, taking 6th place. Mike Kingsbury had an excellent ride to finish 10th with 59.46.

Jeremy Wooton unfortunately just missed the hour, and probably knows where he could have made those two seconds!

Red Ride Sunday 16th May 1999

Prutour Stage 2a

The Red Ride started a day earlier for brother Allan and I. We got away at 9.00 on our carefully planned route, avoiding towns on the way, or so we thought.

We rode from Lancing across to Sayers Common via Blackstone Lane to cross the A23, then on to Wych Cross where we stopped for elevenses at the Garden Café.

On then to Hever Castle, where we changed our minds about entry when we saw the £7.50 fee!

We then rode to Sevenoaks Weald, or so we thought! When we reached the bottom of Idle Hill we spied another couple up ahead, a gent and his lady companion. The chase was on and we caught them, finding that they had rode from Emsworth, Hants with their CTC DA shirts on. At the top of this huge climb, which Allan thought of as the side of mountain, we realised we should have turned off. Lunchtime, and we stopped at the first pub we could find – we had a long wait as a wedding was on. The barman informed us that he had just written the first complete history of the Tour de France. He said his name was Graham Firle, and that the book would be advertised during the Tour in July by Dave Duffield on TV.

As we left we saw a chap admiring our bikes and he asked us to look at his, which turned out to be a ladies mountain bike that had seen better days. He had several handicap problems, which put our own cycling in perspective.

We had no choice but to go through Sevenoaks town centre. Brighton is a cycling haven compared to this nightmare. On to the A25 to Rochester where we arrive at 5.00 PM and notice our accommodation on the way to the castle to register. Surprise number 1 is that the T - shirts that we expected turned out to be decent cycling jerseys. We turned around and were confronted by the terrible trio, Dave Greig, Peter and Simon.

In the evening we had a pasta party; surprise number 2 it was a large meal which we thought we would have to subsidise later. But it went down well with our beer. Entertainment and a steel band were laid on, and Stephen Roach was at the adjoining table.

So now the ride – At the start we looked for Richard Cooley, but could not see him because everybody was in red (honest Richard). The wind, which was against us on the way over, was now at our backs and we had a following wind to Portsmouth.

As we left the castle we spied Jonathan Ford – Dunn unloading his bike. We then had the shock of the hill out of Rochester – not so much a hill as brick wall. There were drink stops every 10 miles which we stopped at since we were making a day of it.

The terrible trio were pushing it back and we passed them twice when Simon punctured. They finally passed us after 35 miles at Elridge. On the way down a cat 2 climb I hit a huge hole in the road and threw off my rear pannier which helped Allan improve his bike handling skills no end trying to avoid it. Jonathan Ford – Dunn passed us at Crowborough time trialling on his mountain bike.

We stopped for lunch at Wisborough Green where the landlord persuaded the chef to cook us something as it was 2.00 p.m.

On then to Duncton Down, Goodwood and finally Portsmouth and Southsea, where we received surprise number 3 – a duffel bag full of free goodies.

On then to the photocall with Stephen Roach, for which Allan and I did not charge him a fee. Then round to Allan's boy's apartment, where we met up with Richard Cooley for a lift home after an enjoyable weekend.

MONDAY 26th May – Prutour.

Rode over to Duncton Down, passing Mike Poland on the way. Karl Robertson flew past me northwards at the Thomas A Becket while I was at the lights. Riding across to Bignor, I came across Mel and Karl, both lost. I knew the way and we got lost twice more before we arrived at Duncton, at the same time as Mike, so we all rode up together. Wait for me! But I think Mel and Karl must be deaf, they were up before I got to the first bend.

We came back down to the car park near the top and were joined by Jonathan Ford – Dunn, Richard Cooley and Peter and Colin. After what seemed ages, the caravan arrived, consisting of 4 Land Rovers. Then came the first few riders. Then the alarming rush of the peleton came past, nearly as fast as we went up the hill. We then split up and Richard, Peter and I rode towards Goodwood. I peeled off and rode towards Portsmouth, puncturing as I got to the A27/M3 junction. I met up with Peter in Southsea and we looked around the team area and saw the time trial. Afterwards I rode home and Peter took a train back. I arrived home with another 100 odd miles under my belt.

This Prutour was very enjoyable to me, and many others, and gave us the excuse for some good days riding.

Peter Weston

The South Coast 300k - Saturday 17TH April

Dave Hudson writes:-

77 riders rolled out of Steyning at 3.30 a.m. for a day out to Folkestone and back. Down to the seafront at Shoreham and along the coast road via Brighton, Newhaven, Seaford and Eastdean. The sight of the riders approaching the control at Beachy Head was quite something, the flicker of the first rider quickly followed by many more as the dawn approached.

At the control Tony Palmer assisted me with refreshment duties, hot chocolate was quite popular on this very crisp morning. RTTC big gun Mike Hayler (living just down the road at Eastbourne) was delighted to come along and help Sue Howe stamping the brevet cards. Although this was only open from 4.50 a.m. to just after 6.30, quite a frost had formed on Mike's car.

Once refreshed, the riders descended into Eastbourne and along the still very quiet A259 to Hastings, then lanes via Fairlight, Pett level and Winchelsea Beach. Back on the main road via Rye and across the marshes to Brenzett, the sun was shining brightly and the frozen marshes were a lovely sight, but not to those on two wheels! Although it was not a control, many visited the Little Chef here for a hot breakfast. An easy to follow network of lanes brought the riders to Hythe and into Folkestone. A long drag out brought them to our control (Sue on brevet duties and me in charge of tea) for further refreshments before their return via Hamstreet and Tenderten into the World of Water café just beyond Rolvenden. On our return we called in ourselves for a late lunch where Allan Langham was stamping their cards. From here they enjoyed quiet but hilly lanes which emerged just west of Hawkhurst and on via Flimwell, Ticehurst, Heathfield and Uckfield to May cottage tea rooms at Chailey. We joined Mike Poland (who was stamping their cards) for a cuppa before returning to Steyning for one of Andrea McClelland's catering feasts.

A very enjoyable day for all, the expected deluges of rain managed to miss most of the riders.

70 riders completed the event, the Excelsior team were

Graham Collins
Brian Howe
David Greig
Simon Lane
Peter Thorp - Hincks

SHORTS

AN OCCASIONAL COLUMN

Steve Trott has been missing quite a few races recently. However, this has been due to an innocent mistake. His personal coach, Dave Smith, has been telling him to "get into the red on the day before a big race". As usual, Steve has followed these instructions to the letter. The day before the Hardriders he had a nice Cloudy Bay Cabernet Sauvignon 1997, and before the Hillclimb a very rough French Country Wine. Dave has now cleared up the misunderstanding, and also the one that "level 4" doesn't mean in the car park.

It must be said that Committee meetings are usually rather dry affairs, revolving largely around RTTC correspondence. However, the October one was a cracker. Don "Godfather" Lock stitched Tony Palmer up a treat. First of all, Don revealed that it was Worthing's turn to provide a President for the ESCA. He indicated that it was the done thing for the incumbent Worthing President to fulfil the honour. Tony struggled manfully, starting with the "I have had enough honour this year, I would feel greedy hogging the limelight" argument, and finishing with "no, I don't want to do it" etc etc. He was eventually persuaded, after being guaranteed by Don Corlieone he would not need to make any speeches (I am sure this was some way from the truth).

Don quickly followed this up with the killer punch. The Sussex CA also needed a president, and guess which club had the honour this year?? Guess who would be expected to do the job?? "Tony, yous gotta do da job, itsa obligation, da honour ovva da organisation, thinka your mother", said the Godfather. A shaken Tony gave a weak nod, knowing that argument was futile because Don had turned down his hearing aid.

Tony, I'd check the CTC, Audax UK, RTTC and other affiliated bodies to see whether all their committee positions are currently full!!

PLEASE DO NOT FORGET THE CLUB CHRISTMAS DINNER

13TH NOVEMBER

WINSOR HOTEL, WINDSOR ROAD, WORTHING

7.00 FOR 7.30

TICKETS £16 PER HEAD

PLEASE CONTACT DON LOCK FOR DETAILS

Worthing Excelsior CC

Hardriders 26 Mile 26/9/99

Pos	Name	Actual Time	H'Cap	H'Cap Time
1	Peter Thorp – Hincks	1.08.24	6.30	1.01.54
2	Karl Roberton	1.11.01	0.30	1.10.31
3	Jeremy Wooton	1.11.10	Scratch	1.11.10
4	Jonathan Ford – Dunn	1.11.45	4.30	1.07.45
5	Mel Roberton	1.12.46	2.00	1.10.46
6	Chris Dransfield	1.14.04	10.00	1.04.04
7	Chris White	1.16.59	11.00	1.05.59
8	Ian Cheesman	1.17.03	9.30	1.07.33

DNS Steve Trott

Private Entries

D Maskell 1.23.19

Awards	1 st	Peter Thorp Hincks
	2 nd	Karl Roberton
	H Cap	Peter Thorp - Hincks

Time Keepers	Don Lock, Mike Irons
Pusher Off	Ron Bardouveau
H'Capper	Don Lock

Karl Writes;

Nine Riders were 3 down for the Club Hardriders, 26 hilly miles taking in Bury Hill and Whiteways. Steve Trott did not start 9 for the second year running) maybe the course was a bit too hard for his liking (ooh Karl).

The morning was good, warm with a southerly breeze making the first leg out to Arundel hard going. The return to Pulborough was quicker, with a helpful tail wind. The final loop around Fittleworth was also hard.

Peter Thorp – Hincks did the ride of the day with a 1.08.24 which easily took the trophy and the handicap prize. Last years winner Karl Roberton was slower this time with 1.11.01, but pleaded mechanical problems when his beer belly got caught in his wheel – oh sorry no, his spare tube got caught in his wheel. Stuffing a tube under the saddle was probably not the best place to put it. Third was Jeremy Wooton with 1.11.10.

In a similar way to last year, this last race decided the outcome of the points competition, Steve Trotts no show leaving the way open to Ian Cheesman to take the trophy.

CALENDAR OF EVENTS

EVENT	DAY	DATE	CONTACT
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Other

Christmas Dinner	Sat	13 th Nov	Don Lock
Ray Douglass Tea	Sun	23 rd Jan	Don Lock

Club Runs

CLUBRUNS DEPART FROM WASHINGTON VILLAGE GREEN AT 9.00AM (9.10 LATEST) UNLESS OTHERWISE STATED. PLEASE NOTIFY TONY PALMER OF YOUR ATTENDANCE. 01273 558597.

24 OCT.	ST. PETER'S TEAROOMS, COWFOLD.
31 OCT	FORD TEAROOMS, PYECOMBE
7 NOV	SOUTHWATER COUNTRY PARK
14 NOV	POLLY'S PANTRY, DITCHLING
21 NOV	ESCA RELIABILITY TRIAL, EAST HOATHLY
	ENTRIES VIA TONY PALMER PLEASE, 2 WEEKS BEFORE
28 NOV	WASHBROOK FARM, HURSTPIERPOINT
5 DEC	ISFIELD RAILWAY STATION. THIS RUN DEPARTS FROM DITCHLING CAR PARK, 9.00
12 DEC	TUDOR COTTAGE TEAROOMS, PETWORTH
19 DEC	HILLIERS GARDEN CENTRE, 2 MILES SOUTH OF HORSHAM, A281

Audax

Sat 5 Feb	Worthing Winter Warmer	Alan Matthews
Sun 5 March	South Coast 200k	Dave Hudson
Sat 15 April	South Coast 300k	Dave Hudson
Fri 5 May	South Coast 400k	Dave Hudson

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