

# THE WORTHING WHEEL



APRIL 2000

MAGAZINE OF THE WORTHING EXCELSIOR  
CYCLING CLUB

**April 2000**

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

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

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**WORTHING EXCELSIOR C.C**  
**CLUB 10 MILE    27/02/00**

POS	NAME	ACTUAL TIME	H'CAP	H'CAP TIME
1	Jeremy Wooton	23.39	Scratch	23.39
2	Robin Fairhurst	24.20	1.30	22.50
3	Mel Robertson	24.23	0.45	23.38
4	Karl Robertson	25.29	1.15	24.14
5	Andrew Lock	26.06	2.15	23.51
6	David Uncles	26.34	2.00	24.24
7	Colin Miller	27.13	3.00	24.13
8	Peter Weston	31.24	6.00	25.24
9	Alan Weston	32.07	6.30	25.37

PRIVATES

	Paul Carruthers	25.04
Tim Bennett	26.16	
	Matt Gould	25.29
	Tony Gould	27.34
	Jonathon Ford-Dunn	28.16

D.N.S.                    Chris Dransfield  
D.N.F.                    Chris White, Susan Uncles

Awards                1<sup>st</sup>            Jeremy Wooton  
                             1<sup>st</sup> H'cap   Robin Fairhurst  
                             2<sup>nd</sup> H'cap   Mel Robertson

H'capper   Don Lock, Timekeeper Don Lock / Mike Irons, Pusher Off Ron Bardouveau

For the second event of the season, a good size field had assembled, but unlike last week the weather was not so good. Cold and with a strong south easterly wind made hard going from the start to Findon. The return was fast with a tail wind all the way to the turn. The final leg back to the finish was slow going.

Following up his with the previous week, Jeremy was quickest again with a 23.39, well ahead of the rest of the field and in the conditions it was a fairly quick time. Second fastest was Robin on 24.20 and with his 1.30 handicap he took the handicap prize. Mel, just back from his holiday, managed third place behind Robin on 24.23; with his handicap of 0.45 he took second prize, just 1 second ahead of Jeremy.

Unfortunately, as in last year's event, two riders went down on the slippery r.a.bs at Ashington. Chris White went down on the first Ashington r.a.b due to mud on the road. He suffered a few cuts and grazes. Susan Uncles went down on the second r.a.b but managed to escape injury.

**SUSSEX CYCLISTS ASSOCIATION**  
**16.5 MILE OPEN TIME TRIAL     11/03/00**

Ashurst-West Grinstead-Washington-Ashington

1 <sup>st</sup>	Mark Jones	G.S Stella	35.50
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**Worthing Times**

Mel Roberton	39.25
Robin Fairhurst	39.58
Karl Roberton	40.26
Colin Miller	44.14

For the third year in a row, the Open Ashurst event has seen the beginning of Spring. The weather was warm and sunny with a south westerly wind. These conditions were almost perfect for the course, giving riders a tail wind down the A24 and a head wind through the more sheltered parts.

The race was one of the closest for many years, with four riders within a minute of each other. Mark Jones with 35.50 took first place ahead of Steve Dennis on 36.05. Third went to Timothy Bayley on 36.20 and fourth was Steve Elms on 36.28. From a field of 48, four riders had entered from the club. Of these Mel was quickest on 39.25 ahead of Robin on 39.58 and Karl on 40.26. Colin was fourth on 44.14.

Could riders please note that the Clonmore Interclub time trial has been moved from its unpopular Wednesday evening slot to 0700 on Sunday 4 June, course G25/93. Please support this event on your home patch!

**For Sale**

Cinelli Angel integrated tribars – stem, bars and extension all in same unit. Used for one season, still in good condition. Cost over £100 new, £30 for quick sale.

Set of brand new mountain bike wheels, built by Bike Store. Mavic 517 silver rims on XT 1999 8 or 9 speed hubs, unused. Not now required due to new bike being purchased. £65 no offers.

1998 8 Speed XT Cranks and rings – mint condition, hardly used at all. £30

Please call/contact Paul Carruthers 01403 250 370

**Dear readers - you must have some excess stock yourselves. Why not drop me a line and I will include in the magazine. Lets make the "FOR SALE" section a regular feature.**

Thanks to John Grant for his contributions this edition. Next time this magazine will feature an article by John about another Worthing great, "Bert" Paine ( any relation to Andy Paine? )

## EAST SUSSEX CYCLING ASSOCIATION

### 15.06 MILES HARDRIDERS 5/03/00

#### Bodel Street-Boreham Street-Three Cups Corner-Bodel Street

1 <sup>st</sup>	Steve Dennis	East Grinstead C.C.	38.22
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#### Worthing Times

Karl Roberton	42.28
Mel Roberton	43.59
Tony Palmer	1.01.17

Weather conditions mild with a light south westerly wind, making for a fast start to Boreham Street then slow going up to Three Cups Corner. The final leg back to Bodel Street was also hard going.

The event was held on the Bodel Street circuit in East Sussex. Using mainly country lanes through Boreham Street to Three Cups Corner and back to Bodel Street. After 5 miles the course took in a Hill prime which included Agony Hill. The hill was about 1 mile long and fairly steep but not too demanding. With the rest of the course being quite lumpy it made for a tough course. The weather was good, mild with a light south westerly wind although this was helped by the 10.00 start.

Three riders had entered from the club, including the President (his first in many years) although this was due to the tradition of the President of the E.S.C.A. being first off in the their first promotion of the year. Due to the nature of the course and Tony's lack of enthusiasm for the hills this was somewhat unwelcome, but he started and finished, just outside his target time of under the hour. He recorded 1.01.17. Karl was the quickest from the club finishing in 42.28, which was just outside the top 10. Mel was second fastest at 43.59, though he used his advancing years to good effect by taking the Fastest Vet and Fastest Vet on Standard.

#### Early Season Time Trial Results

##### Sussex CA 25 Mile G25/93 – 12/3/00

S Trott	1.01.58
P Carruthers	1.02.40
C Bacon	1.05.59

##### Sussex CA 2 Up TT – 26/3/00

Chris & David Bacon	1.13.57
Peter Thorp – Hinks/Simon Lane	1.19.54
Simon King/Scott Davies	1.22.55
Peter Eldridge/Diana Trafford	1.33.09
David Uncles ( Solo )	1.21.27

**Mel Roberton has asked me to mention that he requires Marshalls and helpers to assist with the running of our Open 25 on the Broadbridge Heath course on Sunday 21<sup>st</sup> May. This is a popular course and will no doubt attract a full field. Mel would be grateful if you could contact him as soon as possible.**

Dennis Lednor.

Don rang me on the 19<sup>th</sup> of January to give me the sad news of Dennis's death.

My first contact with the Excelsior was in 1948: I was a kid of fourteen, a plimsoll-shod "tuggo" member of the newly-formed Littlehampton and District Amateur Athletic and Cycling Club. Like his dad Charlie, like Wally Fitch, Maurice Reeve-Black, like all of the Excelsiors of those days, Dennis befriended us, and gave us all the help he could, for that was the Excelsior way.



Finishing an Essex "25" – circa 1948



**L to R. Dennis with clubmates Wally Fitch, Ray Hennessy and Tony Hammond, A27 near the Sussex Pad, late 1948 - 1952.**

We rode a lot of grass-track meetings in those days, and most of what I saw of Dennis then was his back wheel.

For example, in the Boys' under 18 1-mile Handicap at the Littlehampton August Bank Holiday Sports in 1949, I rode off about 120 yards, Dennis rode off scratch. 150 yards into the second lap I was aware of a yellow-clad presence behind me, then with a "grab my wheel Alloy", Dennis swept by. Fat chance!

My Mum had a photograph (sadly lost now) of that finish which showed Den cheerfully crossing the line - the little white dot just entering the straight was John "Alloy" Grant.

My abiding memories of Dennis are of a sincere friend, a clear brain, and of a superb cycling athlete, who made it all look so easy.

For me he was, like his dad, part of the early magic of cycling, and my world is a sadder place for his passing.

John Grant.

- Edgar Henson -



Edgar was born in 1864, and like most of our founders, grew up with the high bicycle. He was already a "Figleaf" when he joined the Excelsior, second-claim, in 1900. Edgar was a business-man Tarring's haulier, and a parish councillor. Haulage and parish work were hobbies. Edgar was a mile-eater!

Dick Turpin (Dick Long of the Worthing Gazette) invented "The Potterers' C.C.", a group which included Edgar and his son, Bert Paine, Sam Clark, Bert Peto, Ted (the Irrepressible) Durant and any other Excelsior or West Tarring speed-man brave enough to stay with them. Try a typical Potterers' "Sunday ramble" - Storrington - Pulborough - Fittleworth - Midhurst - Petersfield - Horndean - Cheriton - Titchbourne - Bishop's Waltham - Fareham - Cosham - Emsworth - Chichester then to Arundel (often the Black Rabbit) to meet the others for the ride home. These people were fit!

When George Olley of the Vegetarian C. & A.C. took the S.R.R.A. 1,000 mile record, he drew his helpers entirely from the Excelsior and West Tarring clubs. No cars - they were all on bikes, and each piled up more than 400 miles over the weekend. At one stage, Edgar's front lamp blew out, and chased by two constables bent on "snorking" him, he slipped smartly down a side lane.

He quickly re-lit the errant lamp, re-mounted and potted nonchalantly back until he found the sweating posse - "Yes constable, he's gone down that way, nearly knocked me off!"

Thanks to the National Cyclists' Union 1888 ban on all forms of contest on the road, by 1900 the only Excelsior road competitions (defying the edict) were for standard medals. These were offered only for 100 miles and 12 hours, (anything less than a "100" was cissy!) and Edgar won more than a few, mainly gold, including some from his third-claim club, the Chichester and District C.C.

Like Sam, Edgar had that indefinable "zizz" well into his veteran years. In his forties he was still breaking club road records, and winning track prizes in open competition against men half his age.

Look at this: soon after the lamp incident, aged forty-three, he borrowed one of George Olley's special Rudge lightweights, and took the S.R.R.A. Worthing to Hastings and back record in 5 hours 59 minutes, slicing an hour and sixteen minutes off the old 1892 record.

John Grant

**WORTHING EXCELSIOR C.C**  
**LONG FURLONG CIRCUIT 17 MILES - 20/2/00**

POS	NAME	FIRST CIRCUIT TIME	ACTUAL	H'CAP	H'CAP TIME
1	Jeremy Wootton	21.21	42.55	Scratch	42.55
2	Karl Robertson	22.28	44.51	3.00	41.51
3	Stephen Trott	22.37	46.05	2.00	44.05
4	Robin Fairhurst	23.28	46.33	1.30	45.03
5	David Uncles	23.12	46.47	5.00	41.47
6	Chris White	24.08	48.15	5.30	42.45
7	Susan Uncles	25.46	51.55	8.30	43.25
8	Colin Miller	25.59	52.22	5.00	47.22
9	Simon Lane	26.14	53.09	9.00	44.09
10	Peter Weston	28.20	56.18	10.00	46.18
11	Alan Weston	28.12	56.56	12.30	44.26

**PRIVATEES**

Richard Bonner	21.03	42.20	
Matt Gould	22.19	44.37	
Phil Wise	22.09	50.06	Includes 5 minute late start
Tony Gould	24.56	50.13	
Jonathon Ford-Dunn	25.21	50.20	
R. Henderson	27.14	55.55	

D.N.S                      Ken Retallick

<b>Awards</b>	1 <sup>st</sup>	Jeremy Wootton
	1 <sup>st</sup> H'cap	David Uncles
	2 <sup>nd</sup> H'cap	Karl Robertson

**H'capper, Don Lock. Timekeeper Mike Irons. Pusher Off, Ron Bardouveau**

For the first race of the season we were greeted with a sunny morning with a light north easterly wind. It was cold to start, but was quite warm by the finish. The wind was helpful for the first half of the circuit to Offington, but was slower going up the Findon valley to the finish. The course was two laps of the circuit. Twelve club riders had entered with only Ken Retallick not starting, added to this we had six private entries, which was a good number for this club event.

After the first lap, fastest was scratch man Jeremy on 21.21, over a minute ahead of Karl on 22.28 and just ahead of Stephen on 22.37. David was fourth on 23.12 and close behind was Robin on 23.28. Jeremy went 13 seconds slower on his second lap, but still won comfortably on 42.55. Karl managed to go quicker the second time round but by only 5 seconds to finish on 44.51. Stephen had a bad second lap and went 51 seconds slower to finish on 46.05. Robin also went faster by 23 seconds to take fourth on 46.33, ahead of David who went back by 23 seconds to finish on 46.47.

The handicap went to David Uncles, his new Joker was working well and he even managed to catch wife Susan for five minutes just a few yards short of the finish. Don Lock managed to get out on the course to give encouragement to the riders on the second lap, which was welcomed on this tough course. The president was also there at the start/finish to give encouragement and probably to get some tips for his hilly race in March.

## Shorts – an Occasional Column

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Your Ed keeps seeing Don Lock out riding his bike, whizzing along in fine style. He pops up all across the county, so the “old gent” is obviously getting in the miles. Is a racing comeback in the offing? Keep watching this space, and you young ‘uns beware!

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By the time you read this, Jez Wootton will hopefully have completed his London Marathon. With all the training he’s been doing, he’s reputedly now quicker on two legs than on two wheels. Is jogging round a time trial course in breach of any RTTC rules? I think we should be told.

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Jonathan Ford – Dunn is another who has been doing a lot of “cross – training”. I understand this is not the same as cross – dressing, but involves a similar amount of breaststroke.

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Apologies for the slight lateness of this magazine. Your Ed. has been temporarily disabled with a broken wrist following a bad mountain bike crash. Normal service is now resumed. Also apologies again to Karl for missing out on the SCA 2 – Up where we were in with a certain shout at a cash prize!

Oi! Luddites!!  
Your Ed now has a new E Mail address;  
Paul.Carruthers@uk.royalsun.com  
Anything racy or illegal, please send to my home c/o  
christine\_clark@talk21.com

## Mountain Biking News

First of all, here are some local racing dates for your diary – any more details please give me a call;

Sun 30 April	Horsham Riders MTB Race, Northlands Wood, Rusper Course opens 9.15, race commences 10.45
Sun 7 May	Gorrick MBC Cross Country Race, Eversley, Hants
Sun 21 May	Mountain Bike Pairs Enduro ( see below ) Rome Woods, Rusper Course opens 9.15, race commences 10.45
Sun 18 June	Tantric Pursuits Cross Country Race, Bordon, Hants
Sat/Sun 24/25 June	Red Bull 24 Hour Enduro Race, Birmingham
Sun 9 July	6 – hour Enduro, Gorrick MBC

### A New Phenomenon – Mountain Bike Enduro's

As you can see from my MTB diary, a new type of event called an "Enduro" has sprung up in the last year or so. These events are races over a closed course for a fixed length of time. The idea is to cover as many laps of the course as possible in the time allotted. Competitors usually race in teams, with riders taking their turns one at a time to do a lap. Teams can vary in size but a maximum number is normally stated.

Races are usually over about two hours, but this year longer events are becoming more common. The daddy of them all is the Red Bull 24 hour, where teams of four battle for huge cash prizes! Needless to say, the Pro's all turn out for this one. I have already entered for this one with three friends, and I can't say I'm looking forward to being awoken at 0315 to do another lap!

I think that these Enduro's will become an established part of the MTB scene. The start/finish area is always a hive of activity and is therefore interesting for spectators and competitors alike. For slower riders, they will finish the race at the same time as everyone else, masking the embarrassment of a poor performance! Organisers also know when everyone will finish, making race planning easier. There is also the pleasure of competing as part of a team.

So why not give it a go!

## CALENDAR OF EVENTS

EVENT	COURSE	START	DAY	DATE	CONTACT
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### Time Trials

25 Mile Champs & Clapshaw Trophy	G25/93	0730	Sun	7/5/00	Mel Roberton
Open 25 Mile – Ray Douglas Mem'l*	G25/53	0600	Sun	21/5/00	Mel Roberton
Interclub – Clonmore Trophy	G25/93	0700	Sun	4/6/00	Mel Roberton
50 Mile Champs*	G50/10	0600	Sun	11/6/00	Mel Roberton
Evening 25 Mile	G25/93	1900	Thursday	22/6/00	Mel Roberton
Evening 25 Mile	G25/93	1900	Thursday	29/6/00	Mel Roberton
30 Mile Champs	GS941	0730	Sun	9/7/00	Mel Roberton
100 Mile Champs*	P TBA	0600	Sun	2/7/00	Mel Roberton
12 Hour *	G12/93	0600	Sun	13/8/00	Mel Roberton
Hardriders	GS002	0900	Sun	24/9/00	Mel Roberton
Hill Climb	Springh'd	0900	Sun	1/10/00	Mel Roberton

\* In conjunction with Open Event ( Must enter the Open event as well as the Club event )

### Evening 10's

Run Every Thursday Evening - Course G10/98 Washington, 19.00 Start

4 <sup>th</sup> May – 15 <sup>th</sup> June	7 Events, 6 <sup>th</sup> July – 10 <sup>th</sup> August	6 Events
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### Audax

15/4/00	The South Coast 300k	Steypning	Dave Hudson
5/5/00	The South Coast 400k	Steypning	Dave Hudson
20/8/00	The South Cost Hardriders 110k	Petworth	Dave Hudson

### Runs List

For further details, please contact **Tony Palmer**, phone in front cover. All runs start at 0900 ( 9.10 latest ) Washington Village Green unless stated otherwise.

Date	Elevenes Venue
2 April	Washbrook Farm, Hurstpierpoint
9 April	St Peter's Tearooms, Cowfold ( after Club circuit event )
15 April	300k Audax – See Dave Hudson for details. Help & entries required
16 April	Rushfield Garden Centre, Poynings
23 April	Easter Sunday – Hilliers Garden Centre, A281 nr Horsham
30 April	"Come and Try It Ride" – Elevenes at Dial Post Garden Centre ( Approx. 20 miles)
7 May	Southwater Country Park ( After Club 25 )
14 May	Badgers Tearooms, Alfriston. This run meets at Ringmer Memorial at 0900
21 May	Dial Post – After Open 25. Help required for Marshals – See Mel Roberton
28 May	Garden Centre at Trotton on A272. This run meets at Car Park, Petworth at 0900
4 June	Antique Shop, Adversane. After Interclub 25 – Help required, see Mel Roberton

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