

THE WORTHING WHEEL



December 2000

MAGAZINE OF THE WORTHING EXCELSIOR
CYCLING CLUB

December 2000

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

President	Tony Palmer: 23 Brentwood Crescent, Brighton 01273 558597
Chairman	Alan Matthews: 20 Water Lane, Angmering BN16 4EJ 01903 784852
Secretary	Paul Toppin: 8 Beaumont Road, Worthing BN14 8HG 01903 201501
Treasurer	Allan Langham: 38 Lenhurst Way, Worthing BN13 1JL 01903 263049
Membership & Social Secretary	Allan Weston: 111 North Farm Road, Lancing BN15 9BZ 01903 521753
Road & Track Sec & Club Coach	Vern McClelland: 31 Downland Road, Upper Beeding BN44 3JS 01903 814351
Club Events Sec	Mel Robertson: 30 Pines Avenue, Worthing BN14 9JQ 01903 214489
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WORTHING EXCELSIOR CYCLING CLUB
TIME TRIAL OPEN EVENTS PROGRAMME 2001
 (SUBJECT TO R.T.T.C. APPROVAL)

DAY	DATE	EVENT	COURSE	TIME OF START
Sun	20-5-01	Club Open 25 Mile (Ray Douglass Memorial)	G25/53	0600

AUDAX EVENTS PROGRAMME 2001

DATE	DISTANCE	EVENT	START LOCATION	ORGANISER	TIME OF START
3-2-01	100k	The Worthing Winter Warmer	Ashington	Alan Matthews	0900
4-3-01	200k	The South Coast 200k	Worthing	Dave Hudson	0730
5-5-01	600k	The South Coast Classic 600k	Midhurst	Dave Hudson	0500
29/7/01	86k & 131k	The South Coast ½ Road ½ Track	Steyning	Dave Hudson	0800
7/10/01	110k	The South Coast Hardriders	Petworth	Tony Palmer	0900

FOR CLUB RUNS, SEE CALENDAR OF EVENTS

SHORTS – AN OCCASIONAL COLUMN

From Don:

It has been noted that our once fast racing man PG Tips - sorry Paul Toppin, lost a stone in weight whilst wife Angela was in Disneyland - who said she's always in Disneyland!

Now we are given to understand that this welcome weight loss occurred not through worry over his wife's absence, but an abject fear of his own cooking!

"Angela, is there any chance that you could go away for a couple of months next time?" At that rate we could have him back fit enough for the Evening 10 series!

John and Sheila Lucas planned to go to the cinema in Worthing to see the film 'Billy Elliot'. Sheila being a very organised person bought the tickets in advance so as to avoid queuing with the masses at the entrance. The evening came to go to the cinema, they arrived on time, bought the popcorn, found their seats and settled back to watch the film. Just before the film started a person approached them and said,

'You're in our seats'

'I don't think so', John replied checking his ticket against the seat number.

'You've got the right seats' said the lady, 'but you are a week too early'!

So much for being organised!

Don Lock suffered from 3, or was it 4 punctures on a recent club ride, all before elevenses. As you can imagine riding through the rain soaked lanes the rear wheel had become very dirty and most of this road dirt had transferred itself to his hands and clothing. He was in an awful mess to which no sympathy was given. However, good fortune was to eventually come his way, for at the next club night Don was passed a plain unmarked envelope by John Lucas containing some surgical gloves so that next time he has the misfortune to suffer a puncture, at least his hands will be clean.

CLUB RUNS

The 2001 Club runs points competition has started, 5 November saw 5 riders depart from Ditchling car park, Tony Palmer, Don Lock, David Uncles, Peter Thorp-Hincks and Richard Gorman.

Going east on wet roads, turning into Spatham Lane we had anticipated some flooding en route as we headed through to Wivelsfield, Plumpton and East Chilmington to continue against a strong SE wind towards Cooksbridge and Barcombe. The lanes were very wet and dirty, those with mudguards were grateful, no real flooding on the roads but the surrounding fields were extremely water logged. The gradual slopes from Barcombe to Newick saw the President off the back of the group, but he had the advantage of knowing how to find the cafe from their current location so they were forced to wait for him. David Uncles has overtaken Don Lock in the appetite stakes at elevenes, downing a pot of tea and a jacket potato filled with cheese and an accompanying side salad!! Don only had one cake on this occasion.

The run back to Ditchling was under threatening skies and a continuing head wind, Peter and John were to continue their ride back to Steyning , hopefully before the rains came.

SKITTLES EVENING

The Spur, Slindon

Thursday 22nd March 2001

£7.50 (inc Buffet)

Details from Don Lock 01903 531877

Limited numbers, so book soon!

Contributions

Thanks for contributions this month from.....er exactly the same people as usual. If nobody sends me anything, I assume it will be OK to fill the entire mag with mountain biking stuff? Cheers to Don Lock, Tony Palmer, Mel Robertson and Steve Trott for making things easy for your busy Ed.

SCA 12 Hour Championship – Steve Trott

Under intense pressure from Paul (Ed), below is a brief? Personal account (for those I haven't already bored), of the days events Sunday 13th August

As previously reported, the weather was thankfully not too hot, with a light wind, the day before had been a scorcher, so having plastered my face and neck at 6 am with factor 58 sun cream, serious looking sunglasses and me hat, I must have looked as though I knew what was going on.

Arriving at the start to very nervous faces, everyone talking in whispers and checking equipment again and again, have I got everything? have I been to the loo? does Don (top helper, schedule keeper, guide, encourager, feeder, passer-upper of drinks etc) know the way, does Don have all the spare wheels and kit ? Why did I drink that wine last night ? Could I go to the loo again ? Is this really the meaning of life ? Does Don ever go to the loo ? What does Don look like going to the loo ? Suddenly it was time to go and, with a pathetic push from Andy of the Bike Store, I was off... to a deafening silence, except for Don who obviously thought that it was the last furlong of the Derby, with his mortgage riding on the horse in second place – GOOOROOOONNNNN MAAAA SON !

After Don's outburst it was all quiet again (apart from frantic scurrying of the rabbits on the roadside and birds falling out of trees, who Don had scared witless). I started up the Washington hill, still mulling over the master plan, but for once got my head down and went for it. At this point, I would state for the record that, having had a regrettable incident in the SCA 100 with a marshal, whom I shall not name, I made a deliberate point of looking closely at each one for any sudden twitches, confusing sign language or webs of trickery designed to send me off the course and into vast unknown, and just in case nodded cautiously, crossed myself and muttered 'morning, or other choice 4 letter words that they couldn't hear as I passed.

The morning went well and having lightened my load (and street cred) by giving my redundant sunglasses and hat back to Don, dropped my water bottle and wishing I'd gone to the loo, it was time for a review. I was some 20 minutes up on the pace I had set myself. On the return of this up the A24, I spied a fluorescent jacketed bloke pointing me to turn left to Dial Post, which I was sure wasn't part of the script for another 75 miles. Being wise to the subtle ways of marshals, I decided to look more closely, but yes there he was pointing left. As I approached, at warp speed 7 down the hill some 40 yards from him, I realised that this wasn't a marshal but a passer upper pretending to be one, and he wasn't pointing left but leaning on a lamppost, which must have been on a recent diet ! This was about the most exiting thing that happened all morning, apart from seeing a lot of dead animals on the road, which is always sad (and smelly after a hot day), and of course, the obligatory swallowing of various small insects. As you can probably guess, my now I was getting bored and in an effort to refocus my efforts, tried all sorts of things in my head which a psychoanalyst would have loved and I would have been certified for.

From there on in it was more of the same for a long, long time. The hardest bit came after 8 hours going back down to Henfield when it dawned upon me that there was another 4 hours to go. It was about then that I was caught in a bunch of about 50 (motor) bikes, some who overtook and others that just pulled out with no regard. I briefly thought about expressing my opinion, but one look at the Neanderthal creature that was riding pillion next to me focussed my mind correctly. Tony Palmer however, was marshalling

on the adjacent roundabout however, witnessing the event and did nothing! I couldn't believe it, he was bigger than two or three of them and he still did nothing ! But that's Marshals for you.

After an eternity I reached the finishing circuit (200 miles) with 2 ¾ hours to go, which is where it went horribly wrong for me for about an hour before rallying feebly. This is mostly a black hole in my memory. The only good news was that Paul (Ed) had looked worse than I felt when I last saw him and was probably suffering more than me. David Shepherd (winner for the last 5 years and long distance supremo) went past minutes later and tried to be encouraging, thankfully he didn't hear my reply as he went past too quickly.

The last hour was simply a nightmare and best forgotten, the end came as I was passing a time check point when my 12 hours were up on my watch and asked, no pleaded with them if I could get off, the nice lady said yes so I tried to get my leg over the cross bar, fell off and couldn't get up again. Don was there as ever putting things away and passing drinks. He didn't say much but had probably shouted himself hoarse. Then it was back to the HQ for the wake. Although provisionally placed 4th, I had done provisionally completed **252.037** miles, later to be revised to 252.287, some **800 yards** short of the club record, parrots have never been sicker !

The next day, the only good news was that Paul felt worse than I did, Don had lost his voice and John Limpus of GS Stella looked like death (no change there then). Some weeks later, the final calculated results were published (marshals again see) Andy Richardson of Brighton Mitre rider who had provisionally finished 3rd had been disqualified, rightly so, for cutting the corner off a roundabout in Henfield (How he felt after 12 hours is anyone's guess) this put me in 3rd place and a medal (as the SCA 100) however, on the recount, John Limpus had beaten me by about as far as I could throw Tony Palmer, and I wasn't going to get that 3rd place (as the SCA 100). Now as far as I'm concerned, anyone who needs a recount to beat someone is a big whoosie and should do the honourable thing and accept the provisional result rather than carrying on like Al Gore.

For the record the event was won by the bookies favourite David Shepherd, for the 5th year running with a distance of 271.278 m. Second was Paul James of Crawley Wheelers who had led for some 9 hours before finishing with a distance of 264.037. John Limpus was third with 252.502. Paul finished 8th with 237.037 and Marina Bloom of Crawley finished 6th with an excellent 241.580 giving hope and inspiration to ladies and known cross dressers from Brighton clubs.

Looking back many wise people have said that if only Don had shouted louder, I had pedalled for that last 30 seconds, carried on to the next checkpoint etc. Personally I am convinced that a combination of a decent push off 12 hours before and the bored glassy look in that dead badgers' eye was the difference.

One thing that I don't think I have conveyed within the foregoing is my sincere thanks to Don for his patience, encouragement and time. He always seems to be there, appearing like the grim reaper. If you ever need a helper, ask someone else because I'll be there first. Any representation or depiction of any person or organisation known or unknown is entirely deliberate and if you don't like it all the better.

Steve

BBAR COMPETITION

STEVE TROTT appeared in BBAR tables, in 96th place, with the following rides

50 Miles	100 Miles	12 Hour	Avg
2.06	4.23	252.29	22.521

I think Steve was reasonably "happy" with the 12 hour result, but there is no doubt he could go much faster at the shorter distances if he chased the faster courses a bit more, putting him easily in the top 50 of the table next year! Come on Steve, your club expects great things!

The best local rider was Paul James of the Crawley Wheelers, who did some cracking rides and finished up with an excellent average speed:-

50 Miles	100 Miles	12 Hours	Avg
1.47	3.57	265.05	25.047

Latest Weather Forecast from the Met Office....

Today	Rain
Tomorrow	Heavy Rain
Day After	Showers, some heavy
Outlook	Unsettled, heavy rain in most parts

For Sale

Pair Mavic Cosmic Pro wheels, front and rear.
HP, Shimano 8 or 9 speed compatible
Deep section rims, aero spokes good condition, 2 years old
Bargain £150 or best offer secures

Paul Carruthers
01403 250370

Odometer (Reads a little bit short over longer distances)
Free to first caller, except for Andy Lock

Steve Trott
01903 123456

EPO and Monkey Testicle Extract
Call Mel Robertson for details (phone no. in front cover)

Mountain Biking

Things are rather quiet on the mountain biking front – the weather has been so bad, and the main riding season is over.

One good thing about the winter is NIGHT RIDING. This is self-explanatory, but even the most innocuous trails take on a different complexion at night, and you can easily get lost riding along trails that are very familiar in the daytime. At least it's safer than riding on the road!

Nothing much is needed in the way of fancy equipment, although a light set of at least 10 watts is recommended. Keen (and rich) mountain bikers can be seen with fancy rigs of over 50 watts, but this is overkill for the most part. For first-timers, the open trails of the Downs are a good bet, but the most fun can be had in the woods. Whichever you prefer, the peace and quiet of the countryside at night gives things a magical feel.

Solo night riding is not for the faint-hearted (especially if you have seen the film "The Blair Witch Project"). Nocturnal animal noises can get really spooky. One noise that gave me the shivers recently was what I later found out to be a stag. It was like a really loud cough. YIKES!!! You would also be amazed at the number of walkers and horse riders you see at night.

Get in touch with Paul Carruthers if you would like to try a night ride.

Fleeing the winter rain for two weeks, you Ed was allowed to take his mountain bike on holiday in southern Spain. The area in question was "Las Alpujarras", just south of Granada. It's a very hilly area and contains some huge mountains including the highest in Spain, Mulhacen, at over 3400m. The roads are very lightly trafficked and there are bridleways and fireroads everywhere. The climate is benign and the air is clean. A better place for an early season training camp I could not imagine!!!!!! Will someone take up the challenge of organising one for the club sometime???

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
Paul_Carruthers@btinternet.com

Why not take advantage of this technology and mail me some stuff over for the next magazine! You know it makes sense!

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TIME TRIAL PROGRAMME 2001
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DAY	DATE	EVENT	COURSE	TIME OF START
Sun	25-2-01	Long Furlong Circuit (2 laps) 17 miles	GS983	0900
Sun	4-3-01	10 Mile	G10/98	0900
Sun	18-3-01	Pulborough Circuit 16 Mile	GS993	0900
Sun	8-4-01	Ashurst 16.3 Mile	GS982	0830
Sun	29-4-01	25 Mile Champs & Clapshaw H'Cap	G25/93	0730
Sun	10-6-01	50 Mile Champs * (With Sussex C.A.)	G50/10	0600
Thu	21-6-01	Evening 25 Mile	G25/93	1900
Sun	8-7-01	30 Mile Champs	GS941	0730
Sun	15-7-01	100 Mile Champs * (With Sussex C.A.)	G100/86	0600
Sun	22-7-01	Interclub - Bognor C.C. Hants R.C – Rother Valley C.C.	P25/901	0700
Thu	9-8-01	Evening (lottery) 2 up 10 Mile	G10/98	1900
Sun	12-8-01	12 Hour * (With Sussex C.A.)	G12/93	0600
Sun	23-9-01	Hardriders	GS992	0900
Sun	30-9-01	Hill Climb	Springhead	0900

EVENING 10 SERIES ON THURSDAY EVENINGS
COURSE G10/98 (Washington) 1900 Start

3th MAY - 14th JUNE 7 EVENTS
 28th JUNE - 2nd AUGUST 6 EVENTS

Events marked * are run in conjunction with 'open' events.

For club competition you must also submit an additional entry form to the club T.T. secretary.
 Entry forms are required for all events except the evening 10 Mile Series.

To assist the T.T. secretary , please ensure all entry forms are submitted on the TUESDAY prior to the event.

Mel Robertson
 30, Pines Ave
 Worthing
 West Sussex
 BN14 9JQ
 Tel. 01903 214489 E Mail MelWECC@aol.com

CALENDAR OF EVENTS

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. YOU SHOULD REGISTER YOUR ATTENDANCE WITH THE RUNS LEADER OR WITH TONY PALMER (01273 558597) TO ENABLE YOU TO BE INCLUDED IN THE ANNUAL CLUB RUNS POINTS COMPETITION.

Date	Eleveneses Venue
24 DEC.	GARDEN CENTRE, STOPHAM BRIDGE, PULBOROUGH.
31 DEC.	RSPB CENTRE, WIGGONHOLT COMMON.
1 JAN.	LITTLE CHEF, WEST GRINSTEAD. NO RUN TODAY, BUT JUST MEETING PLACE IF YOU ARE OUT TO CLEAR YOUR HEAD FROM THE PREVIOUS NIGHTS PARTY.
7 JAN.	FREE WHEELING COMPETITION TO BE HELD AFTER ELEVENSES. ELEVENSES VENUE, GARDEN CENTRE AT DIAL POST. COMPETITION TO TAKE PLACE ON THE STEEP HILL FROM WARMINGHURST CHURCH.NO PEDALLING, ADDITIONAL AERODYNAMICS NOT PERMITTED, JUST STANDARD MACHINES. HE WHO GOES FURTHEST WINS!! WINNER RECEIVES FREE TEA AND CAKE ON THE NEXT CLUB RUN ONLY.
14 JAN.	THIS RUN DEPARTS FROM LAUGHTON, EAST SUSSEX AT 0900HRS FOR ELEVENSES AT THE OLD LOOM, HAILSHAM. PRIOR TO THE ESCA LUNCHEON AND PRIZE PRESENTATION AT THE ROEBUCK, LAUGHTON.
21 JAN.	THIS SUNDAY THERE ARE 2 RUNS, THE FIRST LEAVING WASHINGTON AT 0900, WITH ELEVENSES AT THE RUSHFIELDS GARDEN CENTRE, POYNINGS AND THE SECOND DEPARTING WASHINGTON AT 1400hrs PRIOR TO THE RAY DOUGLASS MEMORIAL TEA AT WASHINGTON VILLAGE HALL. DETAILS FROM DON LOCK.
28 JAN.	TUDOR COTTAGE TEAROOMS, PETWORTH.
3 FEB.	THE WORTHING WINTER WARMER AUDAX 100kms. START AT ASHINGTON. SEE ALAN MATTHEWS FOR ENTRY FORMS AND EVENT DETAILS.
4 FEB.	ST.PETER'S TEA ROOMS, COWFOLD.

Other Events

SURREY MOUNTAIN BIKE RANDONNEE SERIES. ALL RIDES START FROM ALBURY CRICKET CLUB (NEAR DORKING) FROM APPROX 10.00 A.M. ONWARDS (START WHEN YOU LIKE) DETAILS CHRIS HORROD 0208 893 8612

WINTER CHALLENGE	SAT 27 TH JAN
EASTER BUNNY HOP	SAT 24 TH MARCH

Knocked Off Your Bike?

We have the right team with the right skills

We can help you.....

Contact:

Don Lock
Legal Executive

MILLER PARRIS

Solicitors

3 – 9 Cricketers Parade, Broadwater, Worthing
Telephone: 01903 205771

Authorised by the Law Society in the conduct of investment business