

The Worthing Wheel



Winter 2001

**Magazine of the Worthing Excelsior
Cycling Club**

Winter 2001

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 Tel:- 01273 558597
Chairman	Alan Matthews: 20 Water Lane Angmering Tel:- 01903 784852
Secretary	Paul Toppin: 8 Beaumont Road, Worthing Tel:- 01903 201501
Treasurer	Allan Langham: 38 Lenhurst Way, Worthing Tel:- 01903 263049
Road & Track Sec & Club Coach	Vern McClelland: 31 Downland Road, Upper Beeding Tel:- 01903 814351
Club Events Sec	Mel Robertson: 30 Pines Avenue, Worthing Tel:- 01903 214489
Club Events Ass't & Press Secretary	Karl Robertson: 11 Bridge Road, Worthing Tel:- 01903 209433
Magazine Editor	Ed Andrew: 1 Rowlands Court, Rowlands Rd, Worthing Tel:- 01903 218195
Club Runs	Tony Palmer: 23 Brentwood Crescent, Brighton Tel:- 01273 558597
Audax (Consultant)	Dave Hudson: 151 Middle Road, Shoreham Tel:- 01273 591840
Membership	Allan Weston: 111 North Farm Road, Lancing Tel:- 01903 521753
Social	Don Lock: 7 Welland Road, Worthing Tel:- 01903 531877

Calendar of Events

All club runs depart from Washington village green at 0900hrs (0910hrs. latest) 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
4 Dec 2001	RSPB Centre, Wiggonholt Common
9 Dec 2001	Heavens Farm. On the A275 4 miles north of Chailey cross roads. This run departs from the car park behind the village hall at Ditchling at 0900hrs
16 Dec 2001	Barnham Mill
23 Dec 2001	RSPB Centre, Wiggonholt Common. If you wish to attend the ESCA Luncheon prize presentation after the clubrun on 20 January 2001 obtain your menu and booking details from Tony Palmer by 23 December.
30 Dec 2001	Rushfields Garden Centre, Poynings
1 Jan 2002	Little Chef, West Grinstead. No club run leaving from Washington today, but if you wish to clear your overnight hangover with others, then meet for eleveneses.
6 Jan 2002	Dollys Pantry, Ditchling
13 Jan 2002	Petworth, Tearooms in Lombard St, NE corner of Market Sq.
20 Jan 2002	Old Loom Tearooms and Craft Centre, South of Hailsham. This run departs from Laughton Village at 0900hrs. The ESCA Luncheon place after the run at the Roebuck, Laughton. All bookings and menu details Tony Palmer. Cost of meal £11:50p. It would be nice if prizewinners could attend.
27 Jan 2002	Antiques Shop, Adversane (morning run). A short run in the afternoon, leaving Washington at 2pm is followed by the Ray Douglass Memorial tea at Washington Village Hall at approx 3:15 pm. All details for the tea from Don Lock
3 Feb 2002	Southwater Country Park.
10 Feb 2002	Camilla Botnar Garden Centre, West Grinstead.
17 Feb 2002	Hilliers Garden Centre, A281, 1Mile south of Horsham.
24 Feb 2002	Garden Centre, Stopham Bridge

Don't forget our web site at WorthingExcelsior.co.uk
Articles for this magazine can be sent to me by e-mail, at
ed@Worthing-Excelsior.fsnet.co.uk as well as by paper.

2001 Trophy Winners

Men's BAR	Stephen Trott	23.512 mph
Veteran's BAR	Don Lock	+5.099 mph
Ladies' BAR	Susan Uncles	23.392 mph
Clark Cup 12 Hour	Stephen Trott	262.538 miles
Shipton Cup 50 Fastest 50 mile	Stephen Trott	1:58: 40
Welch Cup 50 miles	Peter Thorp-Hincks	2:05:22
Pressley Cup 30 miles	Karl Roberton	1:14:02
Bennett Cup 25 miles	Jeremy Wootton	1:03:32
Young Cup Hardriders	Karl Roberton	1:08:20
Clapshaw Handicap	Karl Roberton	
Mason Cup 100 miles	Don Lock	4:44:38
Barratt Cup Hillclimb	Tony Reeves	0:04:23.1
Hill Cup 10 Mile Series	Karl Roberton	
Fastest Vet on Std 10 mile series	Don Lock	
Most Improved Rider	Mike Brampton	+2.171 mph
Senior Road Race Shield	Paul Byford	
Junior Road Race Shield	Chris Dransfield	
Points Cup	Karl Roberton	
Club Runs Attendance	Tony Palmer	
Tourist Trophy	Andrew Lock	
Club Person of the Year	Mel Roberton	

Stephen Trott's distance of 262.538 miles is a new club record

Members – Your club's committee needs you...

After many years of helping to run our club, the secretary (Paul Toppin) and the treasurer (Allan Langham) have decided not to stand for re-election at next year's AGM. Could you do either of these? If you want to know more of what's involved, Paul and Allan's phone numbers are inside the front cover of this magazine.

How many vicars to the mile?

In these days of electronic wizardry, when you can ride round with a thingy on your bars telling you how many calories you've used since your lasts Mars-bar, it's hard to imagine the trials and tribulations of course-measuring in pre-microprocessor days.

Recently I was trawling through my précis of club minute books 1901-1939 for some information for Tony Palmer, when I discovered that in March 1936 the club had decided to buy a "rev-counter" and re-measure all the club courses. Intrigued, I read on, and found that in April a club member donated one anonymously, although it is unclear whether his gift was a gizmo to count the revolutions of a bicycle wheel, or, as is more probable, a genuine "waywiser", the highly-accurate tool used by a highway surveyor, along with his chain, for road measurements.

As time permitted, two committee men undertook the daunting task, and over the next few weeks and months reported back, with one or two horrifying results. The "percentage error" column is mine – I needed the abacus practice..

Course	Error	Percentage error
25 mile.	340 yards too long.	+ 0.773%
30 mile.	1 mile 400 yards too long	+ 4.091% (!)
10 mile.	40 yards too long.	+ 0.227%
Ladies' 5 mile.	270 yards too long.	+ 2.5%
15 mile.	486 yards too long.	+ 1.023%
50 mile	1 mile 4 yards too long	+ 2.005%

Things have improved out of all recognition since: when Don Lock had the sad task of sorting out the effects of the late, great, Ray Douglass, he found a treasure-trove of course-measuring data – notebook after notebook filled with point-to-point distances. No wonder Ray was able to create a new course at the drop of a hat when people decided to dig holes in the old one.

John Grant.

Editor's Note: In view of the Luddite views expressed in his footnotes, John has agreed to retain the stylus-inscribed baked clay tablets of his original of this article. They can be viewed by appointment at his home address.

Worthing Excelsior CC Hardriders (23 Sept 2001)
Pulborough – Arundel – Pulborough

Pos	Name	Time	H'cap	H'cap time
1	Karl Roberton	1:08:20	Scratch	1:08:20
2	Stephen Trott	1:10:57	0:30	1:10:27
3	Tony Reeves	1:15:02	5:30	1:09:32
4	Chris White	1:17:30	4:30	1:13:00

Awards: 1st Karl Roberton 1st H'cap Karl Roberton

Four riders from the club had entered the event, which was held on its usual hilly course – taking in the climbs of Bury and Whiteways to make sure that it lived up to its name. Of the four riders, Chris and Tony had yet to experience the numerous inclines scattered throughout the course, and Tony was riding his first event, other than a 10 mile n the summer. The morning was pleasant enough for the time of year with a mild temperature and a north westerly breeze. This made for a fast start to Arundel then a harder ride back to Pulborough and on to Fittleworth. The final run into the finish was also quite fast.

Chris's time was quite reasonable for a first go at the event and Tony's time would have been faster but for a slight detour onto the Whiteways roundabout as he slightly overcooked the descent and took a tumble onto the grass. He managed to recover composure and dignity and continued on. Stephen was within 30 seconds of the lead as he passed the HQ at the garden centre in Pulborough, but continued his unlucky streak from earlier in the year by going off course at the final turning into School Lane and lost any hope of a win. This left it to last year's winner – Karl, to take the title in a personal best of 1:08:20. He also managed to upset the handicapper by winning that as well!

Worthing Excelsior CC Hill Climb (30th Sept 2001)
Springhead Hill, Storrington

Pos	Name	Time
1	Tony Reeves	4:23.1
2	Karl Roberton	4:31.5
3	Chris White	5:15.9
4	Janette Langford	7:03:3

The weather conditions were quite reasonable for this year's event, mild with a light south westerly, which although a headwind did not hinder the riders. Last year's winner, Chris Dransfield, was not riding so Karl was the pre-race favourite. The event, which is not the most popular in the calendar attracted only 4 entrants. Janette was the first to go, but was unable to find the start, so by the time she did find it she had a late start and was already tired from trying to find the course. Her time was therefore not an accurate picture of her ability. Chris White, on his first hill climb, finished a credible third, and Karl improved his time from last year – but only enough to gain second place. Thus it was that by charging up the hill in 4:23.1 that Tony took his first trophy in his first season – a rider to watch out for next year.

The 2001 Tourist Trial

With the many times winners, John Mansell sunning himself in Majorca and Tony Palmer sunning himself in Rochester (ah, sunny Rochester, pride of the Medway Riviera) this year's event was wide open and very competitive. Unfortunately it attracts only a small entry and as the organiser I do wonder why all you who profess "not to be racers" do not ride. Surely this is the type of event you would be looking for.

As it was, seven entries reduced to four on a wild and wet morning. From the finish of the Hill Climb the route was, briefly, Rackham, Amberley, Houghton, Bury, Bignor, Sutton, Barlavington, Seaford College, Graffham, South Ambersham, Selham, Burton Pond and then north to the finish at Byworth (just this side of Petworth) – a distance of 28 miles.

Marks firstly for plotting the route from my route sheet, then collect answers to the questions en route. Finally some questions over lunch at the finish (pub). This would sort them out, I thought. How wrong can you be? I was faced with a 3 way tie – Alan Matthews, Mike Irons and Andy Lock. Only Sue Dray – she who is "not allowed maps" was a little adrift on the points total. With no sudden death arrangements at hand the climax was postponed until Tuesday evening, when some more fiendish questions eventually sorted it out.

The winner for 2001 was Andrew Lock, second Mike Irons and third was Alan Matthews.

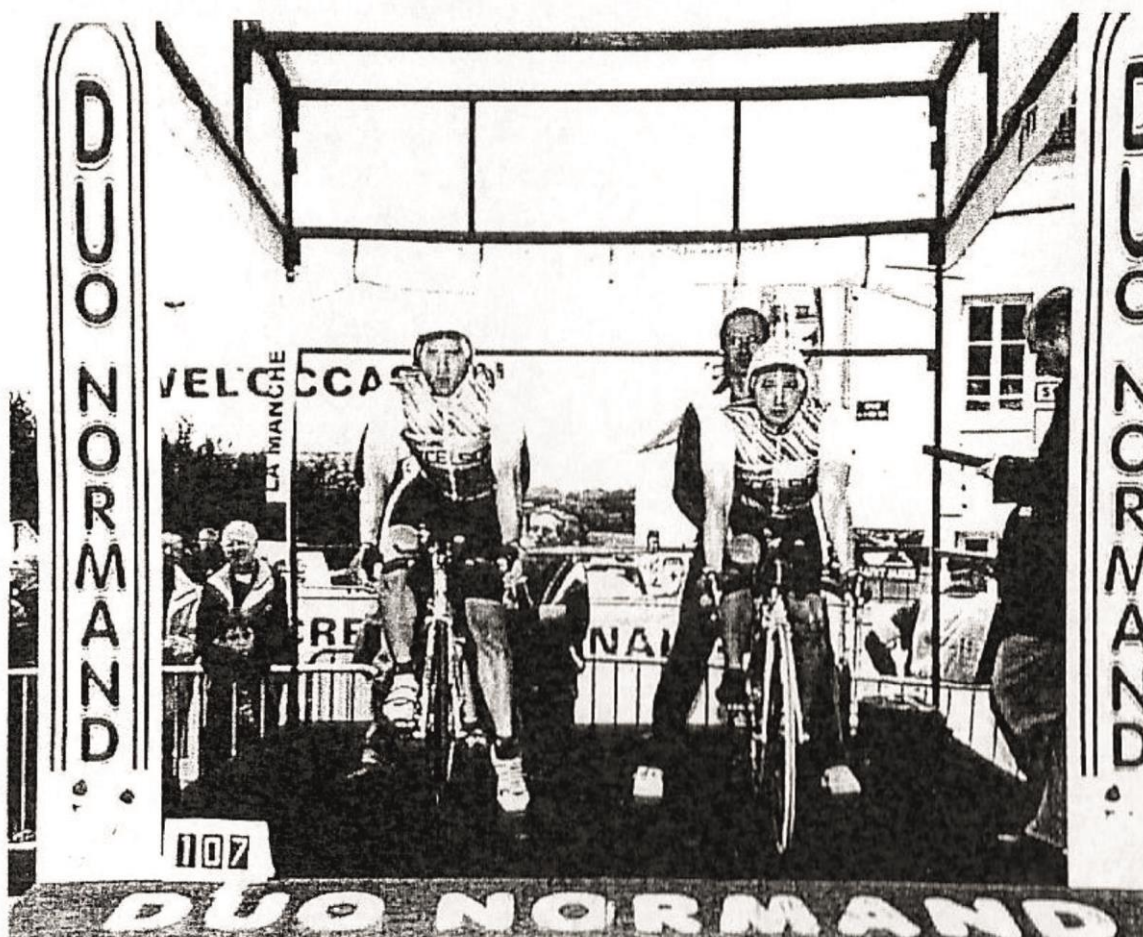
Don

Race Report on the Duo Normand

WECC riders: Mike Brampton and Peter Thorp-Hincks

Trois deux un allez...Zut alors! Que'squ'il ce pace?

Go on Mike! Go for it Peter! from the other side of the barriers a crowd was shouting for us! ...by name!...Allez, allez, allez!



Minutes earlier our names were announced time after time over the tannoy, echoing around the town square, I could hear people mentioning our names everywhere..... We were in danger of missing our start! We'd never had to push our way through rapidly growing crowds before, but now we were off, attacking the first short sharp hill to send us on our way round the 54.3 km (33Miles) of the 20th Duo Normand two up time trial. Cresting the hill our support car came on to the road behind us, emblazoned with the sign "107 Peter Thorp-Hincks, Mike Brampton GBR". As we headed out into the Normandy countryside a motorcycle marshal came flying past us, this was it, we were living the very scenes we see every summer as we watch "Le Tour". Closed road, families eating picnics on their front door steps pausing every now and then to

shout encouragement to the riders as they flash past, village squares cordoned off..... just for us.

It had been like this since we had arrived in the small town of Marigny, just an hours drive off the Portsmouth - Cherbourg ferry. It didn't matter what your name was or how famous or fast you are, you are there to ride their race and that makes you special. For this one weekend every year the Duo is Marigny and Marigny is the Duo, everything and everyone is geared for the race, and you are a racer.

I knew we were racers because at 10.00am on the Friday morning our "songniuer" and fellow Excelsior member Fred Hodges had arrived in Worthing with the immortal words;" you don't need a passport do you?" The next available ferry was at 14.30 PM! And so we raced. We actually raced all the way back to Southend and then... half way back to Portsmouth... we gave up, choosing instead to take the night ferry instead. Cancelling our hotel we boarded the long slow but smooth crossing to Cherbourg, what a luxurious way to travel.

After spending a couple of hours shopping at Decathlon (the ultimate French sports superstore) in Cherbourg we made our way to Marigny where the first group of people we met were English, come to think about it so were the second and third group as well!

After signing on and being told the address we were to stay at we got changed and set off for an exploratory ride round the course, out into the glorious Normandy countryside, across meandering meadows, through small villages and up a few hills. This is momentarily where I fall out with this course. This is not a GS19 / A24 dragstrip. In fairness its not got a Houghton Hill either, but there are a couple of Long Furlongs, this is a rolling/sporting countryside course. . Those of you who know the author will know, hills and he mix about as well as vinegar and oil, all seems well at first but it all ends up after shaking, lathered and slimy.

After an hours searching round single-track lanes we were able to ask directions and moments later after driving through a courtyard we were shown to our Gite. A beautiful farmhouse cottage provided free of charge by the townsfolk of Marigny and the race organisers.

"F...O..! Who theare you ?" greeted me as I walked through the door. Oops I thought this might be "fun"! Little did I know the fun was just beginning and the Antelope Cycling Club greets everyone this way, or so they claim. They were showering in preparation for the grand dinner being held at the town hall that evening, where amongst entertainers and food they were able to consume those critical fluid calories for the mornings race. "Vin rouge" or something. I personally hadn't come across it before, Peter claimed he had heard about it but hadn't dared to try it especially the night before a race but this turned out to be the bread and butter for the "Cantelopes" as they later became known. That said

Glen Longland and crew provided us with plenty of entertainment the evening after the race including an invitation to Fred to join their "traditional" naked running race. That was until one of them remembered that they had earlier been talking about Fred's marathon running and they might loose. They turned their attention to teasing "One Job", Glens father, who like Fred had been brought out to specifically drive the support car. He unfortunately had been one of the 5 man Antelope team who downed 9 bottles of the previously mentioned Vin rouge the night before. He missed their start and never found them during the race, he had one job to do all weekend, "One Job!"

Our job was done, we'd tried our best, we didn't beat Jens Voigt and Johnathan Vaughters (the winners) but of the 450 starters in various categories our 176 overall, seems respectable. The wonderful memories keep returning...the friendly people we had met, the noise and encouragement as we went through the main square with 8 more miles to go, swooping round s bends at top speed on both sides of the road, "Trois, deux, un, allez!"

The 21st Duo is on the 22nd of September 2002, both Peter and I will be there and hopefully you will be too. It would be really nice to take a group of us, and yes there are rumours that we may be competing on a tandem next year!

Mike Brampton

East Sussex Cycling Association
2001 Best All Rounder Competition

In addition to his international appearance (see above) Peter Thorp-Hincks finished second in this event with an average speed over 25, 50 and 100 miles of 22.724 mph. The Club was also represented by Don Lock, who came 7th with an average speed of 21.927 mph. The winner was Boyd Johnson of Eastbourne Rovers.

In the Veteran's competition, over the same 3 distances, Don finished second, beating his age standard by 3.874 mph. The winner of this competition was another Eastbourne rider – the remarkable Harry Feathersone.

Forthcoming Events

Road Racing – for the next few months

Date	Dist	Event	Course	Start
24 Feb 02	17 miles	Long Furlong	GS983	0900
3 Mar 02	10 miles		G10/98	0900
17 Mar 02	16 miles	Pulborough Circuit	GS993	0900
7 Apr 02	16.3 miles	Ashurst 16.3 miles	GS982	0830

Audax Events Promoted by the Club Under the Rules of Audax UK

Date	Dist	Event	Start Location	Organiser	Start Time
2nd Feb	100k	Worthing Winter Warmer	Ashington	Alan Matthews	09:00
4th March	200k	The South Coast 200k	Worthing	Dave Hudson	07:30
5th May	600k	The South Coast Classic 600k	Midhurst	Dave Hudson	05:00
29th July	86k & 131k	The South Coast Road & Track	Steyning	Dave Hudson	08:00
7 th Oct	110k	The South Coast Hardriders	Petworth	Tony Palmer	09:00

Other Events

Surrey mountain bike Randonness Series. All rides start from Albury Cricket Club (near Dorking) from approx 10:00 onwards (start when you like). Detail Chris Horrod 0208 893 8612

Winter Challenge Sat 27th January

Easter Bunny Hop Sat 24th March

Been knocked off your bike?

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