

The Worthing Wheel



Winter/Spring 2003

**Magazine of the Worthing Excelsior
Cycling Club**

Winter/Spring 2003

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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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
23 Feb	The Barn Garden Centre, Dial Post, after the Long Furlong Circuit Event
2 Mar	RSPB Centre, Wiggonholt Common, Pulborough, after the Club 10 mile event
9 Mar	Washbrook Farm, Hurstpierpoint
16 Mar	Garden Centre, Stopham Bridge, after the Club Pulborough Circuit event
23 Mar	Littlehampton Marina, after the SCA 2 up TT
30 Mar	Tiffins, Petworth
6 Apr	Southwater Country Park, After the Club Ashurst Circuit Event
13 Apr	Dolly's Pantry, Ditchlinig
20 Apr	Hilliers Garden Centre, 1 mile south of Horsham on the A281
27 Apr	Camilla Botnar Garden Centre, 1.5 miles North of Littleworth, prior to the A272, after the Club 25 Mile and Clapshaw Trophy Events
4 May	Friston forest, Exceat Bridge. This run starts from the war memorial at Ringmer at 0900 hrs.
11 May	Rushfields Garden Centre, Poynings
18 May	Club Open 25 starting at Broadbridge Heath. If you can help with the marshalling, please contact Robert Downham

Please Remember

If you haven't paid you subscription yet – please do so ASAP. Until you have, you won't be covered by the Club's insurance and will not be able to compete in club events.

For the latest information, why not visit

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.

Diary Dates for 2003

Following the success of last years social events, a full programme is planned for 2003. Dates so far arranged are:

Fri 21st Mar

Skittles Evening at the Spur at Slindon 7.30 for 8 p.m. Buffet included cost expected to be £8 per head.

Fri 28th Mar

Cycling Weekend in Bournemouth & the New Forest. Full Board 2 nights £68 per person.

Fri 17th Oct

Another Skittles evening at the Spur. Same as for 21st March.

Fri 14th Nov

Club Dinner/Prize Presentation and Party. Worthing Rugby Club. Probably £18 per head.

Late Results

I thought I'd left the previous issue of the Wheel late enough to catch every 2002 result of note except Clubman of the Year (in case you didn't hear, this went to Dave Hudson for his many years' work organising Audax events, supporting club events etc). But no, I hadn't reckoned on a couple of late results from the National BAR:-

Stephen Trott won the SCA Long Distance BAR and finished in 38th place in the national Senior Best All Rounder Competition for 2002. This is undoubtedly the highest position ever reached by a Worthing Excelsior rider. His three counting rides were :- 50 miles in 1:59:09, 100 miles in 4:13:07 and 12 hours 272.29 with an average mph of 23.858. The 12 hour distance was in fact the sixth best in the table. 105 riders beat 22 mph in the season long competition.

Old man **Don Lock** also made a BAR final table finishing second in the SCA Middle distance Vets and 56th out of 239 in the National Veteran's Three distance table. Times of :- 25 miles in 1:02:21, 50 miles in 2:11:10 and 100 miles in 4:38:21 gave him a plus of 131 minutes and 14 seconds over his age standard. He says he promises to do better next year.

...And there's more!

Also most worthy of mention is the excellent performance in road racing by several club members. 2002 saw a dramatic rise in the amount of racing activities within the club, mostly centring on the events run by the Surrey Cycle Racing League.

It strikes me as rather ironic that much of the activities of the road racers take place off road with the regular series of events through the summer at the Goodwood Circuit. But with the increasing amount of traffic on the roads these days and with the proliferation of roundabouts such closed circuits provide a rather safer and more hassle free way of racing bunches of cyclists.

The efforts of the club members at Goodwood secured a total prize money of £275, which has been split evenly between those riding to reflect the team nature of the events and the Worthing Excelsior finished placed 18 out of the 64 clubs or teams taking part.

The events cover a huge variety of distances, and the club has even been represented in 5 day events

A full programme of road racing is planned for 2003, so hopefully the club's profile in this part of cycling will continue to increase. Members interested should contact Mike Brampton (mike@thamesmedical.com or tel 01903 247902)

Entry Forms for Time Trials

All club members planning their entries for time trials must remember that the Club must be named as "Worthing Excelsior sponsored by Thames Medical and Babypulse.com". It is important that the sponsor's names are included – both to fulfil our obligations to them and to comply with RTTC rules.

Please also note that the entry form has been revised following the RTTC's change to being a company limited by guarantee. For convenience, the centre pages of this issue of The Wheel contain a copy of the new entry form, with the Club's full name detailed, for copying and use as necessary.



the national governing body for CYCLING road time trials
www.rttc.org.uk

www.tmc.org.uk

UNDER CYCLING TIME TRIALS REGULATIONS

(National Championships are also under CHAMPIONSHIP CONDITIONS)
See Handbook for notifications of improvements. The promoting Club reserves
the right to refuse any entry (Subject to BBAR Condition No. 4)

Please enter me for the

event to be held for and on behalf of the Cycling Time Trials on (date)

Enclose entry fee of £.....including Cycling Time Trials Lew.

If entering a Hill Climb please also complete section B overleaf
If entering a Team Time Trial please also complete section C overleaf.

RIDING: Bicycle ☐ Tricycle ☐ Tandem ☐

For Tandem events my partner is:

I agree to be a reserve.

☐ Yes ☐ No

OFFICIAL TIME TRIALS (including private) CLUB, OPEN, SEMI-OPEN AND ASSOCIATION EVENTS (completed events only).
(For NATIONAL CHAMPIONSHIPS only enter performances in Open, Semi-Open and Association events.)

Please enter details of fastest performances during current and past three seasons for the type of machine you will be riding.

If no performance please state NIL

A.	Event		Date	Time/Distance	Course	Winner & Time/Distance
10	1					
25	2					
50	3					
100	4					
12 hr	5					
	6					

Fastest performance at distance since 1st January of last year.

I HEREBY DECLARE that the particulars submitted on this form are complete and correct. I understand that the event will be held under the Rules and Regulations of Cycling Time Trials as shown in the current Handbook and I confirm that I am conversant with such Rules and Regulations and undertake to abide by them and to participate in the Drug Testing Programme whenever required to do so.

I further declare that I am at present not under suspension by Cycling Time Trials or any organisation with which Cycling Time Trials have an agreement or (if so) such suspension will have expired by the date of the event.

I agree to accept the decision of the promoter in all the matters concerning the event and my participation in it subject to such rights of appeal or review as may be provided for in the Rules and Regulations of Cycling Time Trials.

I agree to accept the decision on all matters concerning the event, and my participation in it is subject to such rules and regulations as may be provided for in the Rules and Regulations of Cycling Time Trials.

I understand that the event is held on public highway and that I participate therein entirely at my own risk and that no liability whatever shall attach to the promoter; promoting club or any officials of the event; Cycling Time Trials or any club affiliated thereto or any member of such club for any injury loss or damage suffered by me or by reason of the event however such may be caused and whether by negligence or otherwise.

Signature_____

Date: _____

(Event promoters MUST NOT accept entries with photocopied signatures)

Riders under 18 years of age must also have the Parental Consent Declaration (overleaf) completed by their Parent or Guardian.

Cycling Time Trials is a Company Limited by Guarantee
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December 2002

Sussex Cyclists' Association Events for 2003

As in previous years the SCA is running a large number of events during the year, including 5 season long County competitions for men, women juniors and veterans. The qualifying events for this year are:-

10 Mile Events

Date	Promoted by	Course	Date	Promoted by	Course
29/3	Southern Counties CU	G10/43	19/4	Brighton Mitre CC	G10/44
3/5	Hampshire RC	P901/10	04/5	Crawley Wheelers	G10/57
7/6	VTTA Surrey/Sussex	G10/87	12/6	Bognor Regis CC	P901/10
26/6	Bognor Regis CC	P901/10	28/6	Portsmouth NECC	P881/10
13/9	East Sussex CA	G10/87			

25 Mile Events

Date	Promoted by	Course	Date	Promoted by	Course
9/3	Sussex CA	G25/53	30/3	Southern Counties CU	G25/46
18/5	Worthing Excelsior	G25/53	18/5	Portsmouth NECC	P901/25
25/5	Rother Valley CC	P882/25	22/6	VTTA Surrey/Sussex	G25/89
29/6	Portsmouth NECC	P881/25	27/7	Southborough & Dist	G25/89
3/8	Brighton Excelsior CC	G25/93	31/8	Sussex CA	G25/93
14/9	Bognor Regis CC	P901/25	14/9	East Sussex CA	G25/89
21/9	VTTA Surrey/Sussex	G25/89			

50 Mile Events

Date	Promoted by	Course	Date	Promoted by	Course
8/6	Sussex CA	G50/10	15/6	East Sussex CA	G50/89
3/8	Bognor Regis CC	P901/50			

100 Mile Events

Date	Promoted by	Course	Date	Promoted by	Course
13/7	East Sussex CA	G50/10	15/7	East Sussex CA	G50/89
3/8	Bognor Regis CC	G100/60			

12 Hours Events

Date	Promoted by	Course
10/8	Sussex CA	G12/93

As noted earlier, we have a record to live up to in these events with Stephen Trott's and Don Lock's excellent performances last year.

By Bicycle Along the Rhine

While I was going through some old photos over Christmas I came across some from a holiday I took a few years ago cycling along the Rhine from Lake Constance to Flushing. Ideal, I thought. Just the thing to fill up a bit of space with in the Wheel!

This was in the days before cheap air flights and as I was only going one way it turned out to be cheaper to fly business class than economy. Not surprisingly I was the only person flying business class that morning wearing cycling shorts and a rather lurid jersey. This was the first time I had flown with a bicycle and it all went very smoothly even without a specialist bag or box for the trusty tourer. The important thing to remember is to keep your toolkit in your hand luggage.

Thus I arrived at Zurich airport around lunch time and set off eastwards to Lake Constance. The Swiss like their cycle paths and like to put them along on the road. Typically 4 feet wide and, this is the good bit, nobody was parked on them! They also do a good job of integrating their transport – to the extent that out in the country there are bike racks at the bus stops.

A short afternoon's ride brought me to the lake and into Germany. Crossing the lake I found a camp site for the first night of the ride. The scenery along the Rhine valley is justly famous and the section between Lake Constance and Basel was one of the best. Unfortunately the weather was not and the roads, shall we say, rolling. This is one of the disadvantages of cycle touring with camping kit. But, there are a lot of camp sites along the more picturesque parts of the river so it was easy to stop off.

Although the weather improved after the first couple of days one thing that remained constant was the wind. It was summer and in summer the wind always tends to follow rivers upstream. If you have the choice make your tours from the sea inland – it isn't really all that much of a downhill and it gives a good chance of a tail wind in the afternoon.

The section running north from Basel started broad and flat and I alternated between France and Germany to keep close to the river on the more minor roads. After Mannheim the valley began to close in for the section past Mainz an up to Koblenz. This is definitely worth seeing with many castle and old towns.

In fact it is not until you approach the former Capital, Bonn, that the effects of the War become apparent as the traditional and baroque architecture of southern Germany gives way to post war concrete. This also leads into the industrial heartland of Germany and is not a picturesque section and definitely not fun to cycle. Rather like some parts of the UK in fact. So a few miles later, at Cologne, a cheated and caught the train to Kleve – home town of one of Henry VIII's wives.

I had seen a lot of cycle ways, bicycles and so on thus far, but nothing prepared me for the Dutch towns. Bicycles, bicycles everywhere. The other thing I wasn't prepared for was the Dutch roads. If you ever wondered why the Dutch still ride bicycles made from gas pipes with balloon tyres and huge sprung saddles let me enlighten you. It's the roads. There are still a lot of brick paved roads in Holland and Belgium and they can be extremely bumpy.

So a quick dash across Holland and Belgium and I was onto the final leg. Flushing (or Vlissingen to the Dutch) for the ferry home. I had my final morning in a torrential downpour lasting from the moment I left the campsite to the moment I boarded the ferry, having timed it perfectly by reaching the terminal 10 minutes before it sailed. Ferry and train returned me to Worthing that evening, 10 days after I flew out.

In that time I had ridden around 720 miles through 5 countries and enjoyed myself hugely. It was an excellent way to see the countries and camping kept the cost down, even allowing for the new tent I bought before this trip.

Ed

♫ Club Photo Archive ♫

John Grant has been busying himself over the last few months putting the Club's photo album onto a CD to help preserve its history and make it more generally available. This has excellent coverage of the earlier years of the club, but comparatively little from the 1980's onwards. If you have any photos of club riders, events, social functions, team photos or other material that might be suitable for inclusion, please contact Tony Palmer. All originals will be returned.

Time Trials for 2003

Open Event

Date	Event	Start Time
Sun 18th May	Club open 25 (Ray Douglass Memorial) on the course G25/93	06:00

Club Events

Date	Event	Course	Start Time
Sun 23rd Feb	Long Furlong Circuit (2 laps) 17 Miles	GS983	09:00
Sun 2nd March	10 Mile	G10/98	09:00
Sun 16th March	Pulborough Circuit 16 Miles	GS983	09:00
Sun 6th April	Ashurst 16.3 Miles	GS982	08:30
Sun 27th April	25 Mile Champs & Clapshaw H'Cap	G25/93	07:30
Sun 8th June	50 Mile Champs * (with Sussex C A)	G50/10	06:00
Thu 19th June	Evening 25 Mile	G25/93	19:00
Sun tba	30 Mile Champs	tba	tba
Sun 13th July	100 Mile Champs * (with Sussex C A)	P910	06:00
Sun tba	Interclub 25 Mile	tba	tba
Thu 7th August	Evening (lottery) 2 up 10 Mile	G10/98	19:00
Sun 10th August	12 Hour *(with Sussex C A)	G12/93	06:00
Sun 14th Sept	Hardriders	GS992	09:00
Sun 28th Sept	Hill Climb (approx 1 mile)	Springhead	09:00

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

Evening 10 Series

Thursday Evenings, on G10/98 (Washington course), starting at 19:00

1st May - 12th June (7 Events)
26th June - 31st July (6 Events)

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Solicitors

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