# The Worthing Wheel



Summer 2003

Magazine of the Worthing Excelsion Cycling Club

#### Summer 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.

President Tony Palmer: 23 Brentwood Crescent, Brighton

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Chairman Alan Matthews: 20 Water Lane Angmering

Tel:- 01903 784852

Secretary Karl Roberton: 11 Bridge Road, Worthing

Tel:- 01903 209433

Treasurer Allan Langham: 38 Lenhurst Way, Worthing

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Road & Track Sec

& Club Coach

Club Events Sec

Vern McClelland: 31 Downland Road, Upper Beeding

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Mel Roberton: 30 Pines Avenue, Worthing

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Tel:- 01273 558597

Membership Dave Abbott, 15 Longships, Littlehampton

Tel:- 01903 722682

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	Elevenses Venue
10 Aug	Tiffins, Petworth
17 Aug	Truffles, Henfield
24 Aug	South Downs Garden Centre, Hassocks
31 Aug	Southwater Country Park, After the SCA 25 Team
	Championships
7 Sept	Littlehampton Marina
14 Sept	Gardfen Centre, Stopham Bridge, Pulborough (after the Club
	Hardriders)
21 Sept	Hilliers Garden Centre, 1 mile south of Horsham on the A281
28 Sept	RSPB Centre, Wiggonholt Common (after Club Hill Climb)
4 Oct	Tourist Trial Competition - See Don Lock for details.
5 Oct	Dollys Pantry, Ditchling
12 Oct	Camilla Botnar Centre, 1.5 miles north of Littleworth

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.

# & New Club Trophy &

In memory of the late Dick Gorman, a new trophy will be awarded at the club dinner this year to the club member who has accumulated the highest milage in Audax events during the year.

## Long Furlong 17 Mile Circuit 23rd February 2003 LongFurlong

Pos	Name	Time	H'cap	H'cap Time
1	TonyReeves	43:59	1:30	42:29
2	Robin Fairhurst	47:37	Scratch	47:37
3	Karl Roberton	47:57	0:30	47:27
4	Colin Miller	51:22	5:00	46:22
5	Ian Cushway	55:25	9:00	46:25

#### Awards

1 st

Tony Reeves

1st H'cap

Tony Reeves

#### **Officials**

**Event Secretary** 

Mel Roberton

Timekeeper Don Lock

Pusher Off

Ron Bardouleau

Tony Palmer H'capper

Catering

Mel Roberton

Road Signs Karl Roberton

# Club 10 Mile 2nd March 2003

G10/98 - Washington Bostal-Findon-Ashington-Washington

Pos	Name	Time	H'cap	H'cap Time
1	TonyReeves	24:52	Scratch	24:52
2	Karl Roberton	25:17	1:30	23:47
3	Robin Fairhurst	25:51	1:15	24:36

#### **Private Entries**

Name	Time
Charlie Parsons	24:58

#### Awards

1 st

Tony Reeves 1st H'cap

Tony Reeves

#### Officials

Event Secretary Pusher Off

Mel Roberton Mel Roberton

Timekeeper Mike Irons H'capper Tony Palmer

Catering

Mel Roberton

Road Signs Karl Roberton

# Pulborough Circuit 16th March 2003

GS993- Pulborough-Wisborough	Green-Fittleworth-Pulborogh
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Pos	Name	Time	H'cap	H'cap Time
1	TonyReeves	43:40	1:00	42:40
2	Karl Roberton	45:21	2:00	43:21
3	Mark Hubbard	46:54	10:00	36:54
4	Robin Fairhurst	47:30	Scratch	47:30
5	Mike Brampton	52:22	5:00	47:22
6	Paul Major	53:57	8:00	45:47
7	Diana Trafford	54:52	8:00	46:52
8	Florence Benigen	54:57	10:00	44:57
9	Pete Weston	1:17:04	9:00	1:08:04
10	Mike Poland	1:18:18	12:00	1:06:18

#### **Private Entries**

Name	Time	Name	Time
Eric Bonner	45:28	Chris White	51:23
Dave Bowen	55:12	Nick Attaway	1:02:09

#### Awards

1 st

Tony Reeves

1<sup>st</sup> H'cap Mark Hubbard

## Cycling in Worthing

Figures from the last two censuses (or is that censi) showed a significant drop in the use of bicycles to get to work in Worthing - in 1991 6.5% of the working population cycled to work but by 2001 that figure had fallen to 5.3%. So if you thought that the traffic was getting worse - there's one reason!

Despite, or perhaps because of this, there has been renewed interest in the provision of cycle routes, filter lanes at junctions and so on. Consultation has recently finished on a cycle route from Brooklands to Splash point which is expected to be a segregated route alongside the coastal path and is scheduled for construction in January - March next year.

Keep up to date with developments on the council website (www.worthing.gov.uk) where there is a cycling discussion forum, or get on your soapbox to cycling@worthing.gov.uk.

# Ashurst Circuit 6<sup>th</sup> April 2003 GS982 – Washington-Ashurst-Partridge Green-Dial Post-Washington

Pos	Name	Time	H'cap	H'cap Time
1	Karl Roberton	41:40	1:30	40:10
2	Tony Reeves	41:41	Scratch	41:41
3	Don Lock	42:48	4:45	38:03
4	Robin Fairhurst	44:01	3:15	40:46
5	Colin Miller	45:18	6:30	38:48
6	Bernard Wright	48:11	7:30	40:41
7	Florence Benigen	49:56	12:30	37:26
8	Diana Trafford	50:04	12:00	38:04
9	Pete Weston	53:13	17:00	36:13
10	Pete Eldridge	54:43	14	40:43
11	Pavle Brankovic	1:00:58*	11:00	59:58
12	Mike Poland	1:05:15	18:00	47:15

<sup>\*</sup> Includes 6 minutes due to a late start

#### **Private Entries**

Name	Time	Name	Time
Charlie Parsons	40:54	Eric Bonner	42:03
Fred Shepherd	45:14	Nick Attaway	46:08

#### Awards

1 <sup>st</sup>	Karl Roberton	1st H'cap	Pete Weston
		2 <sup>nd</sup> H'cap	Florence Benigen
		3 <sup>rd</sup> H'cap	Don Lock

# Social Notes &

The Annual Dinner will be held on the 14<sup>th</sup> of November at Worthing Rugby Club. 7pm for 7,30.

A Skittles Evening at 'The Spur' at Slindon will take place in October .

The Club Tourist Trophy will take place on the 4<sup>th</sup> of October.

For further details on any or all of these, please contact Don Lock (contact details inside the front cover)

# 25 Mile Championship & Clapshaw Handicap 27th April 2003

Pos	Name	Time	H'cap	H'cap Time
1	Tony Reeves	1:06:01	0:30	1:05:31
2	Karl Roberton	1:06:48	Scratch	1:06:48
3	Robin Fairhurst	1:07:32	2:00	1:05:32
4	Mark Hubbard	1:11:44	3:00	1:08:44
5	Bernard Wright	1:17:59	11:00	1:06:59
6	Steve McGrath	1:20:48	9:00	1:11:48
7	Diana Trafford	1:21:26	15:00	1:06:26
8	Florence Benigen	1:22:56	15:00	1:07:56
9	Pete Eldridge	1:23:47	20:00	1:03:47
10	Pete Weston	1:29:27	17:00	1:12:27

DNS: Mike Poland and Mike Brampton DNF: Steve Jones

#### **Private Entries**

Name	Time	Name	Time
Tristan Court	1:00:52	Steve Lenn	1:03:52
Colin Bushby	1:16:20		

#### Awards

1st	Tony Reeves	1st H'cap	Pete Eldridge
2nd	Karl Roberton	2 <sup>nd</sup> H'cap	Tony Reeves

#### Hello Luddites!

What with Daphne's Parkinson's and my high blood pressure, we don't get out much these days - no more radio work, no more timekeeping, and in fact I have to go out to the garage from time to time to remind myself that I once used to ride a bike.

However, the snow on the roof doesn't mean that the fire has gone out, and the interest has is still there. I found these Internet pages the other day - I wondered whether the technophobes among you had found them.

http://www.analyticcycling.com/ - Deals with the technical side of training, cadence, gear ratios etc. It's all spelt and discussed in American, but they mean well.

http://www.cyclingplus.co.uk/forum/

Would that this sort of thing had been around 50 years ago!

#### John Grant.

Evening 10 Series, Week 1 – 1<sup>st</sup> May 2003 G10/98 – Washington Bostal-Findon-Ashington-Washington

Pos	Name	Time
1	Tony Reeves	23:20
2	Karl Robertone	23:55
3	Don Lock	24:06
4	Mark Hubbard	24:11
5	Robin Fairhurst	24:12
6	Mike Brampton	24:39
7	Nick Attaway	25:41
8	David Uncles	26:12
9	Bernie Wright	27:19
10	Pavle Brankovic	27:50
11	Chris Fox	27:53
12	Steve McGrath	28:03
13	Diana Trafford	28:10
14	Pete Eldridge	29:34
15	Pete Weston	29:45
16	Rob Reeves	30:19
17	Mike Poland	33:15

### **Private Entries**

Name	Time	Name	Time
S Jones	22:55	B Kelleway	23:12
M Perryman	23:37	D Fletcher	23:39
G Smith	23:55	K Lee	24:17
R Luff	24:58	N Garrett	25:17
A Coe	26:36		

<b>Event Secretary</b>	Mel Roberton	Road Signs	Karl Roberton
Pusher Off	Mel Roberton	Catering	Mel Roberton
Timekeepers	Paul Toppin & N	A Irons	

Evening 10 Series, Week 2 – 8<sup>th</sup> May 2003 G10/98 – Washington Bostal-Findon-Ashington-Washington

Pos	Name	Time
1	Tony Reeves	22:28
2	Karl Roberton	23:14
3	Mark Hubbard	23:34
4	Robin Fairhurst	23:52
5	Trevor Leeding	24:10
6	Chris White	24:31
7	Steve Custance	24:39
8	Nick Attaway	25:01
9	Colin Miller	25:14
10	Andrew Lock	25:33
11	Paul Majro	26:36
12	Steve McGrath	27:06
13	Diana Trafford	27:07
14	Chris Fox	27:28
15	Rob Reeves	28:15
16	Pete Weston	29:16
17	Mike Poland	32:51

#### **Private Entries**

Name	Time	Name	Time
S Geram	20:57	T Court	21:15
P Byford	21:55	P Wise	22:08
B Kellaway	22:23	M Skinner	22:33
P Carruthers	22:49	S Jones	22:51
M Perryman	23:01	K Lee	23:30
J Hayes	23:40	N Tracey	24:54
M Divito	25:11	A Coe	26:07
D Elder	27:37	M Tickner	39:05

<sup>\*</sup> Includes a late start of 17 minutes

#### **Officials**

**Event Secretary** Road Signs Karl Roberton Mel Roberton Pusher Off Mel Roberton & Ron Bardouleau

Mike Brampton & M Irons Timekeepers

Mel Roberton Catering

# Evening 10 Series, Week 3 – 15<sup>th</sup> May 2003 G10/98 – Washington Bostal-Findon-Ashington-Washington

Pos	Name	Time
1	Tony Reeves	22:23
2	Mark Hubbard	22:50
3	Karl Roberton	23:36
4	Steve Custance	23:48
5	Mike Brampton	23:49
6	Trevor Leeding	24:17
7	Chris White	24:47
8	Colin Miller	24:53
9	Andrew Lock	25:08
10	Nick Attaway	25:15
11	Ian Cushway	25:53
12	Dave Elder	26:51
13	Pavle Bronkovic	26:58
14	Florence Benigen	27:09
15	Bernie Wright	27:11
16	Diana Trafford	27:23
17	Robert Pedder	28:02
18	Pete Eldridge	29:10
19	Mike Poland	32:51

### **Private Entries**

Name	Time	Name	Time
T Court	21:30	S McNamara	21:44
T Barlow	21:55	N Johnson	22:26
B Kellaway	22:31	P Carruthers	22:34
Mark Perryman	22:53	C McNamara	22:56
J Hayes	24:04	S Wadey	24:55
P Leonard	26:59	T Leonard	28:02
Martin Perryman	29:23	M Harris	33:59

<b>Event Secretary</b>	Mel Roberton	Road Signs	Karl Roberton
Pusher Off	Mron Bardouleau	Catering	Mel Roberton
Timekeepers	Keith Dodman & .	John Mansell	

# Evening 10 Series, Week 4 – 22<sup>nd</sup> May 2003 G10/98 – Washington Bostal-Findon-Ashington-Washington

Pos	Name	Time
1	Tony Reeves	23:33
2	Karl Roberton	24:19
3	Mike Brampton	24:51
4	Don Lock	25:26
=5	Chris White	26:00
=5	Andrew Lock	26:00
7	Ed Andrew	27:00
8	Bernie Wright	28:51
9	Dave Elder	29:27
10	Pete Weston	30:34
11	Abbie Faulkes	32:41

#### **Private Entries**

Name	Time	Name	Time
B Kellaway	23:34	M Perryman	23:35
N Johns	23:48	C Harris	24:55
G Smith	25:10	B Luff	25:18
T Barlow	26:46	D Bower	27:36

#### **Officials**

Event Secretary	Mel Roberton	Road Signs	Karl Roberton
Pusher Off	Ron Bardouleau	Catering	Mel Roberton
Timekeepers	Colin Miller & To	ony Palmer	

# **Inventory of Club Equipment**

A few issues ago a light hearted look was taken at the Club's inventory of equipment of a hundred years ago (soldiers coats, club revolver etc). Towards the end of this year Don Lock, Vern McClelland and Tony Palmer will be updating this artefact – so if you are currently borrowing or storing any club property please let one of the three know.

# Foreign Events...

The Club will be represented at this year's Duo Normand by 8 Teams.

Best Wishes to all of them.

# Evening 10 Series, Week 5 – 29<sup>th</sup> May 2003 G10/98 – Washington Bostal-Findon-Ashington-Washington

Pos	Name	Time
1	Tony Reeves	21:41
2	Mark Hubbard	22:16
3	Mike Brampton	22:40
4	Don Lock	23:10
5	Robin Fairhurst	23:47
6	Colin Miller	24:00
7	Rob Pedder	24:17
8	Andrew Lock	24:27
9	Ed Andrew	24:35
10	Nick Attaway	24:43
11	Paul Major	25:57
12	Diana Trafford	26:20
13	Steve McGrath	26:32
14	Bernie Wright	26:44
15	Pete Eldridge	27:25
16	Pete Weston	27:44
17	Rob Reeves	27:58
18	Mike Poland	31:38
19	Dave Elder	DNF

### **Private Entries**

Name	Time	Name	Time
P Byford	21:05	P Jones	21:08
M Murray	21:19	B Kellaway	21:36
N Johnson	21:38	C Whitaker	21:43
C Powell	21:47	Mark Perryman	21:54
A Roland	22:22	S Jones	23:40
I Essex	24:27	N Dicker	25:36
L Boulton	25:37	Martin Perryman	28:54
P Wise	DNF	C Harris	DNF

<b>Event Secretary</b>	Mel Roberton	Road Signs	Karl Roberton
Pusher Off	Mel Roberton	Catering	Mel Roberton
Timekeepers	Pete Kibbles & J	John Mansell	

Evening 10 Series, Week 6 – 5<sup>th</sup> June 2003 G10/98 – Washington Bostal-Findon-Ashington-Washington

Pos	Name	Time
1	Tony Reeves	22:17
2	Don Lock	23:49
3	Karl Roberton	24:01
4	Steve Custance	24:08
5	Robin Fairhurst	24:14
6	Dave Abbott	24:31
7	Colin Miller	24:54
8	Andrew Lock	25:20
9	Dave Reeves	25:58
10	Diana Trafford	26:50
11	Bernie Wright	27:01
12	Dave Elder	27:03
13	Steve McGrath	27:43
14	Rob Reeves	27:48
15	Pete Eldridge	28:04
16	Mike Poland	31:55

### **Private Entries**

Name	Time	Name	Time
N Johnson	21:51	M Murray	22:05
S Woodbridge	22:07	P Wise	22:10
T Court	22:18	J Chisnall	23:04
M Perryman	23:12	A Ward	23:14
K Lee	23:21	C Harris	23:22
P Carruthers	23:49	J Hayes	24:08
T Montasue	24:12	M Divito	24:17
R Luff	24:30	S Wadey	25:04
D Bowen	25:19	T Leonard	27:44

<b>Event Secretary</b>	Mel Roberton	Road Signs	Karl Roberton
Pusher Off	Mel Roberton	Catering	Mel Roberton
Timekeepers	Keith Dodman &	& Mike Irons	

# Evening 10 Series, Week 7 – 12<sup>th</sup> June 2003 G10/98 – Washington Bostal-Findon-Ashington-Washington

Pos	Name	Time
1	Tony Reeves	22:30
2	Don Lock	23:48
3	Dave Abbott	24:16
4	Florence Benigen	24:22
5	Karl Roberton	24:30
6	Dave Reeves	25:33
7	Diana Trafford	27:14
8	Steve McGrath	28:09
9	Rob Pedder	28:41
10	Pete Eldridge	28:42
11	Rupert Coombes	28:45
12	Chris Habgood	30:06
13	Abbie Faulkes	30:48
14	Mike Poland	32:38

#### **Private Entries**

Name	Time	Name	Time
P Jones	21:40	B Kellaway	22:18
A Green	22:25	Mark Perryman	22:38
S Jones	22:45	K Lee	23:20
A Roland	23:41	C Harris	23:52
J Hayes	23:53	T Lezard	25:22
G Standen	25:45	Martin Perryman	28:35
J King	29:07		

#### **Officials**

Event Secretary Mel Roberton Road Signs Karl Roberton
Pusher Off Mel Roberton Catering Mel Roberton
Timekeepers Alan Langham & Tony Palmer

Asst. Timekeeper Arthur Rayner

# Club 50 Mile Championship - 8th June 2003

Pos	Name	Time	H'cap	H'cap Time
1	Tony Reeves	2:05:24	6:00	1:59:24
2	Mark Hubbard	2:12:20	15:00	1:57:20
3	Don Lock	2:15:24	12:00	2:03:24
4	Robin Fairhurst	2:18:14	Scratch	2:18:14

DNF: Mike Brampton

#### Awards

1st Tony Reeves

1st H'cap Mark Hubbard

# Evening 25 Mile - 19th June 2003

Pos	Name	Time	H'cap	H'cap Time
1	Tony Reeves	1:00:38	Scratch	1:00:38
2	Bernie Wright	1:13:31	12:00	1:01:31
3	Pete Weston	1:17:42	17:00	1:00:42
4	Mike Poland	1:28:38	24:00	1:04:38

DNS: Andrew Lock

DNF: Florence Benigen, Rob Reeves, Don Lock

#### **Private Entries**

Name	Time	Name	Time
Mark Perryman	1:01:26	K Lee	1:04:12
S King	1:08:52	J King	1:09:57
C Habgood	1:11:50	A Bowry	1:13:38
R Kellaway	1:15:49	S Woodbridge	1:17:48

DNF: P Wise, Martin Perryman, C Fox, D Elder

During the course of this event Phil Wise of GS Stella collided with a stationary car at a roundabout and suffered serious injuries. At the time of writing he was still in hospital being treated for these.

Need a mortgage for that new frame?

We have the right team with the right skills

We can help you.....

# **MILLER PARRIS**

**Solicitors** 

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