

The Worthing Wheel



**The Magazine of the Worthing Excelsior
Cycling Club**
Winter 2004

Winter 2004

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	Karl Robertson: 11 Bridge Road, Worthing Tel:- 01903 209433
Treasurer	Allan Langham: 38 Lenhurst Way, Worthing Tel:- 01903 263049
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
Press Secretary	David Uncles, Amballa, Golden Acre, East Preston Tel:- 01903 786007
Magazine Editor	Ed Andrew: 1 Rowlands Court, Rowlands Rd, Worthing Tel:- 01903 218195
Club Runs	Tony Palmer: 23 Brentwood Crescent, Brighton Tel:- 01273 558597
Social	Don Lock: 7 Welland Road, Worthing Tel:- 01903 531877

Please note that Dave Abbott and Mike Brampton have resigned from the club and that consequently the positions of Road Race and Membership Secretaries are currently vacant.

Calendar of Events

All club runs depart from Washington village green at 0900hrs (0910hrs. latest) unless stated otherwise. Please see page 5 for details of Club time trials and other key dates for 2005.

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. A new runs list will start on the 16th of January.

At the start of December, Karl Robertson lead the Club Runs competition with Robert Downham in second and Mel Robertson in third.

For the latest information, why not visit

WorthingExcelsior.co.uk

Articles for this magazine can be sent to me by e-mail, at edrandrew@supanet.com as well as by paper. Please note this is a change of e-mail address from that previously published owing to a surfeit of spam bringing on high blood pressure.

Results of the Tourist Trial on 18th September

1 st	Tony Palmer	23 points
2 nd	Pete Thorp Hinks	18½ points
3 rd	Mike Irons	16 points

Worthing Winter Warmer - 2004

How do you connect Denmead, Littlehampton Marina, walking the dog and Okewoodhill? Way back in late September 2003 Alan Matthews asked me if I would like to organise the 2004 Worthing Winter Warmer. Having ridden a few Audax's and knowing that I could not ride it in 2004 I agreed. Alan said he would be my mentor, and very good he was. Giving me a 32 page organiser's guide, not the best bedtime reading, I ploughed through it. My simple mind said all I needed was a date, course, food and some really nice people called helpers. Oh and some riders.

I had to phone Pam Pilbeam at Denmead to organise a date for our event. She has an event the weekend before ours and I didn't want the dates to clash. I booked the Steyning Centre for the HQ but could not get a Saturday booking, which is why it was held on a Sunday.

If I wanted to change the course I would have to have one approved by Audax UK, the governing body, by the end of October. Not having enough time meant using the same course as previous years. Stella, my wife, drove me round the course to check it out in October.

I have always been told to think of one stage at a time when riding an Audax. I have changed this to how far is it to the next stop for a cup of tea and some food. Going for the best I knew that Dave Hudson would be at Littlehampton Marina for eleventh's on a Sunday club ride. I appeared at the right time and Dave said he would 'Love to help out at the first control'. Going to the 'Head Honcho' of the club, Mr President himself, I asked if his brother would help out with the catering at the second stop. His brother and Sister in Law were very kind and agreed.

Other really nice people namely Ron and Evelyn Bardouveau, Mike Poland, Chris Beckingham, Andrea McClelland, Penny and 'Head Honcho' himself. The other person who helped a vast amount was Stella although she ended up stirring soup for a number of hours at the end of the event.

Submitting the entry forms to Audax UK required me to risk assess a number of things including the weather. This had me puzzled because we all know how unpredictable the weather is in this country. What was needed was more guidance from Alan who said it relates to the number of accidents caused by the weather in previous years. Riders are warned on the application form that they are expected to be proficient cyclists before they enter the event. Audax UK approved the event which meant that it would be advertised in their handbook as well as other cycling magazines.

At the start of the calendar year the entry forms came rushing in, they all had to be checked and logged. I phoned people with incorrect forms and told them to see me on the morning before the event started. The most boring part was writing out the Brevet cards, all 90 of them, showing riders name, number and stamping the start time.

Two days before the event I got driven round the course again by Stella, breaking off on Winterfold Common to take the dog for a walk. Saturday before the event was not cycling weather, unless you are a duck.

The day of the event dawned and it was still raining, but arriving at Steyning the sun was shining. 70 cyclists started and 67 finished. The three who did not make it all ended up with that dreaded complaint of air only in the top of their tyres.

When it was all over and packing things away in the car it started raining again. Talk about being lucky. Those from the club who completed the event were Peter Wood, Mel and Carl Robertson and Alan Matthews.

Okewood hill I hear you say. When riding the event there is a left turn made just before the village. The old wooden fingerpost sign indicated Okewood hill. The wooden painted boundary sign stated Oakwood Hill. The fingerpost sign has been replaced with a nice plastic one indicating Oakwood Hill. The boundary sign is a now 'Bog standard' one which shows Okewood Hill. That's progress.

My thanks go to Alan, all the helpers and the number of riders who enjoyed the day. See advert (on the inside back cover – Ed) for the new course next year. Bring your weather with you.

Mick Irons

Some Results from the ESCA BAR

Senior BAR:	1 st Mark Winton (Lewes Wanderers)	24.798 mph.
	5 th Tony Reeves (Worthing Excelsior)	23.320 mph
	8 th Don Lock (Worthing Excelsior)	22.527 mph

Veterans BAR: 1st Don Lock (Worthing Excelsior) at +4.837 mph
The second place rider was at +3.78 mph so Don was a clear winner here.

RESULT OF THE CLUB 100 MILE CHAMPIONSHIPS

On G885/100 18th July 2004

Pos	Name	Actual Time
1	Tony Reeves	4:18:31
2	Don Lock	4:29:30

RESULT OF CLUB HARD RIDERS

on GS992 19-9-2004

Pos	Name	Actual Time	H'Cap	H'Cap Time
1	Tony Reeves	1.09.52	Scratch	1.09.52
2	Karl Roberton	1.11.25	3.00	1.08.25
3	Chris White	1.11.37	1.30	1.10.07
4	David Reeves	1.12.32	5.00	1.07.32
5	Mike Brampton	1.21.04	7.30	1.13.34

Private Entries

Name	Club	Actual Time
David Shepherd	Liphook Cycles RT	1.05.26
Roger Smith	V.C. Etoile	1.07.05
Phil Wise	GS Stella	1.19.03

Event Secretary : Mel Roberton
Timekeeper : Mike Irons
Road Signs : Karl Roberton
Push Off : Mel Roberton
Teas : Mel Roberton

Programme of Events for 2005

Day	Date	Event	Course	Start
Sun	27 Feb	Long Furlong (17 miles)	GS983	0900
Sun	13 Mar	10 Mile	G10/98	0900
Sun	27 Mar	Ashurst (16.5 miles)	GS982	0900
Sun	10 Apr	Pulborough Circuit (16 Miles)	GS993	0830
Sun	1 May	25 Mile Chams & Clapshaw H'Cap	G25/93	0730
Sun	12 Jun	50 Mile Champs (with SCA)	G50/10	0700
Thu	16 Jun	Evening 10 Two Up	G10/98	1900
Sun	19 Jun	30 Mile Championship	G30/91	0700
Sun	10 Jul	100 Mile Championship	P885/100	0600
Sun	21 Aug	Interclub	P901/25	0700
Sun	18 Sep	Hardriders (26.2 miles)	GS992	0900
Sun	25 Sep	Hill Climb	Springhead	0900

Evening 10 Series

First Session: 7 Events on Thursdays between 28th April and 9th June
 Second Session: 6 events on Thursdays between 23rd June and 28th July

All events will take place on the G10/98 (Washington) course with the first rider starting at 1900hrs

Evening Hill Climb Series

3 events on Thursdays from the 4th August to the 18th August on the GH95 (Washington) course starting at 1900 hours.

Other Important Dates for your Diaries...

15th February – Club AGM
 4th March – Skittles
 22nd May – Barbecue
 21st October – Skittles
 11th November – Club Dinner

Autumn Evening Hill Climb Series GH/95

A new series of events run on the Washington hill climb course, better known as the route from the village up to the Bostal. This means that if you ride up from the car park to start the G10/98 you can claim to have done an official hill; climb as part of your warm up!

Date	5-Aug	12-Aug	19-Aug	Points
Club Entries	7	6	4	
Tony Reeves	1	1	1	3
Karl Roberton	2	DNS	DNS	DNF
Dave Abbott	3	DNS	DNS	DNF
Marc Divitto	4	DNS	DNS	DNF
Robert Downham	5	DNS	DNS	DNF
Rob Reeves	6	3	3	12
Mike Poland	7	6	4	17
David Reeves	DNS	3	2	DNF
Rupert Coombes	DNS	4	DNS	DNF
Chris Fox	DNS	5	DNS	DNF

Important Club Notices

The attention of all club members is drawn to the following notices.

1. Membership subscriptions are due with effect of the first of January. He, or she, who competes without having renewed their membership will get into trouble. Remember that the subscriptions are now £18, unless you only want second claim (£13), are a junior (£13) or a social member (£5). I draw your attention to the value pack Family Membership at £36.
2. With the club's current sponsorship agreement coming to an end and not being renewed, the club is no longer registered as sponsored with the BCF or CTT with effect the first of January. Entry forms for events run under these bodies after this date should therefore refer to the club as "Worthing Excelsior".

Twelve Days of Christmas Cycling

In a desperate attempt to fill a blank page I found myself thinking of some festive places to go over the Christmas period, in keeping with the 12 days of Christmas.

The First Day of Christmas

Well, it had to be close so I thought of opting for Partridge Green.

The Second Day

Two is a tricky one. You don't find it in many place names – probably because its not enough to boast about. So I had to make do with a dash up to London to visit Tooting. A long ride in the middle of December, but coming back through Three Bridges earns you the next day off.

The Forth Day

Four Oaks near Edenbridge for a first visit into Kent.

Day Five

Five Oaks near Billingshurst should do the job.

Day Six

Six is another tricky one. Six Hills in Herts is a bit far away. Closer suggestions welcome!

Day Seven

Off to see the Seven Sisters.

Day Eight

The sticky patch continues and I couldn't find anywhere closer than Eight Ash Green, in Essex.

The Ninth Day.

At least Eight Ash Green is quite close to Nine Ashes (also Essex) so you could do this as a 2 day. Come back via Tenterden and have the next day off.

The Eleventh Day

Completely defeated me. Nowhere seems to want to be known for eleven of anything.

Twelfth Night

A quick trip over to Twelve Oaks near Netherfield will round this training camp off.

If you wanted to be true to the song you'd be visiting the whole lot by the 6th of January and that would be far too much. Maybe a better bet would be a pub crawl for next year!

2004 Trophy Winners

Mens B.A.R.	Tony Reeves	24.475 mph
Veterans B.A.R	Don Lock	+ 5.509 mph
Ladies B.A.R.	Susan Uncles	22.517 mph
Clark Cup 12 Hour	Tony Reeves	220.028 miles
Shipton Cup Fastest 50 mile	Tony Reeves	2h 0m 48s
Welch Cup 50 miles	Tony Reeves	2h 10m 0s
Bennett Cup 25 miles	Mark Hubbard	1h 0m 09s
Young Cup Hardriders	Tony Reeves	1h 9m 52s
Clapshaw Handicap	Mark Hubbard	
Pressley Cup 30 miles	Chris White Tony Reeves	1h 15m 01s
Mason Cup 100 miles	Tony Reeves	4h 18m 31s
Hill Cup 10 Mile Series	Tony Reeves	
Points Cup	David Reeves	
Fst Vet on Std 10 mile Series	Dave Abbott	+ 4.901 mph
Most Improved Rider	Mark Hubbard	2.80 mph
Road Race Champion	Toni Bond	
Club Runs Attendance	Mel Roberton	
Tourist Trophy	Tony Palmer	
Audax Trophy	Don Lock	
Club Person of the Year	Mel Roberton	

WORTHING EXCELSIOR CYCLING CLUB

WORTHING WINTER WARMER

Audax 100k BP

Saturday 12th February 2005

Start 09.00

HQ Washington Village Hall

Entry fee £3.50

Plus £1.00 insurance if not a club, Audax or BCF member

Car parking in village

Tea and biscuits available from 08.15

Food and drinks available on route

Hot soup and roll available at the finish

Route outline: Washington, Wiston, Ashington, Adversane, Loxwood, Ifold, Plaistow, Gospels Green, Blackdown, Haslemere, Lickfold, Lodsworth, Selham, Burton, Coldwaltham, Greatham, Pulborough, Thakeham, Warminghurst, Ashington, Wiston, Washington.

Organiser Mick Irons
 36 Phrosso Road
 Worthing
 West Sussex BN11 5SL.
 Phone 01903 240280.

**Please send completed entry forms and fee to Mick
before 29th January 2005**

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