

FOUNDED 1887

FEBRUARY 2006

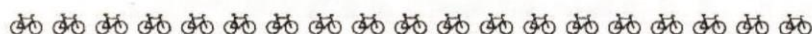
# THE JOURNAL OF



# THE WORTHING WHEEL

## **WORTHING EXCELSIOR CYCLING CLUB**

Clubroom: Broadwater Parish Rooms  
Broadwater Green, Worthing  
Meeting every Tuesday 7.30 – 10.00p.m



President: Tony Palmer 23 Brentwood Crescent, Brighton  
01273 558597

Chairman: Robert Downham 93 Chippers Rd, Worthing  
01903 268380

Secretary: Karl Robertson 11 Bridge Road, Worthing  
01903 209433

Treasurer: Alan Langham 38 Lenhurst Way, Worthing  
01903 263049

Track Secretary & Club Coach: Vern McClelland  
31 Downland Rd, Upper Beeding 01903 814351

Club Events Secretary: Mel Robertson  
30 Pines Avenue, Worthing 01903 214489

Press Secretary: David Uncles 'Ambala'  
Golden Acre, East Preston 01903 786007

Runs & Touring Co-ordinator: Tony Palmer (see above)

Social Secretary & Magazine Editor: Don Lock  
7 Welland Road, Worthing 01903 531877

Website : [WorthingExcelsior.co.uk](http://WorthingExcelsior.co.uk)



## SUSSEX BEST ALL ROUNDER 2005 Results

It made rather miserable reading when the SCA final tables for last season were published. As far as Worthing Excelsior are concerned we just didn't exist. A shame because over the years we've always managed a presence, sometimes at the top. Couldn't help noticing also how two previous club members had done rather well.

In the full B.A.R (100m,50m and 25m) Tony Reeves finished 2<sup>nd</sup>. In the middle distance competition he was 2<sup>nd</sup> and in the short distance table he was 3<sup>rd</sup>. The other ex-Worthing rider to do well was Dave Abbott, 2<sup>nd</sup> in the short distance competition and 4<sup>th</sup> in the veteran's short distance B.A.R.

It was interesting, if somewhat boring, to note that Eastbourne Rovers won the team B.A.R at every category.

Let's hope we can do better in 2006.

~~~~~

## SKITTLES AT 'THE SPUR' 21<sup>st</sup> October 2005

Another enjoyable evening with 25 attending. New bowls caused a stir, well they bounced! Angela Toppin and John Lucas were warned for bowling bumpers, indeed Mel and Karl Robertson, the skittles re-assembly outfit, complained of 'bodyline' but still held on to some brilliant head high catches!

Champions for the night were Maureen Tully, friend of Maureen Lock, and Ron (he puts it down to his golf swing) Bardouveau.

A tremendous tussle ensued in the team event which ended in controversy when the winners got the car sponges and the losers the Jelly Babies. Tony Palmer apparently is addicted to Jelly Babies and found the sponges indigestible.

~~~~~

## IN CYCLING WEEKLY

With the rather depleted racing strength during 2005 we didn't make the National mag very often, but just when we thought the season was over, there it was – Worthing Excelsior's name up in 6<sup>th</sup> place in the Sussex Cyclists' Association Open Hill Climb Championship on Steyning Bostal. We were about to congratulate Jon Rodgers, for they gave the initial as 'J', when we learned that in fact it was Rodgers, initial 'A' for Adrian, our own hill climb champion. For a moment we thought Dad had got his own back. Anyway well done Adrian.

Now when we read that J Rodgers was second in the 'Over 50' class, we knew it must be Jon, so congratulations all round.

Both live at Steyning so they probably ride the Bostal every day before breakfast. We do know riders who will go 10 miles out of their way just to avoid it!

Just one further comment on the event. The promoter was Worthing Excelsior's Colin Miller and he achieved a very successful promotion with the biggest entry for several years. Well done Colin. He even rode the course from the number 1 spot and did well to record a time only a little more than twice that of the winner, but we understand he was sweeping the course clear of grit and leaves etc at the same time!

~~~~~

## NEW TROPHY

In the last edition we gave details of the new 'Spoco' competition for next year. Well now there's even more to encourage you to have a go, for Vice President Alan Matthews has most generously offered to pay for a new trophy. Thank you Alan.

~~~~~

## THE NEW TRIATHLON CLUB FOR JUNIORS

We mentioned that the Club was involving itself in this new venture being supported by Worthing Leisure. Well it's up and running/swimming/cycling.



Training of the youngsters is under way and Peter Eldridge and Paul Major are taking the level one Coaching course. In addition Peter is voluntarily attending the British Cycling Coaching course and the Club is assisting in the financing of the costs involved. These moneys will be taken from the 'Jim and Con Fund' which was money kindly donated by the late Jim and Connie Hughes. It was their wish to benefit the youngsters and as it is specifically a Junior Club, that seems very appropriate. The youngsters will be members of Worthing Swimming Club but it is to be hoped that we may in due course reap benefit by additional junior memberships as they wish to improve their cycling skills.

P.S Whilst writing this I have heard that Peter Eldridge and Paul Major have attended the British Triathlon level 1 Coach Award Course at Crystal Palace and passed! Not letting the grass grow under their feet. Well done to you both.

~~~~~

### CLUB PARTY and PRIZE PRESENTATION

About five hours of good humoured and enjoyable chaos during which seventy two members and friends devoured an excellent meal and varying amounts of liquid refreshment. Efforts were made by the Master of Ceremonies (our Ed) to control things were largely ineffective but everyone seemed to be having a good time. Joe Saville got the £50 prize in the fantastic elimination game with Robert Downham getting £30 and Adrian Rodger's girl friend Molly collecting £20. The raffle was dominated by Jeremy Wootton, who even in November is still flying – this time all around the room every time his numbers came up, which they seemed to do quite regularly.

Principal part of the evening saw President Tony Palmer handing out all the silver ware to the successful competitors of the 2005 season. Mel Robertson organised all the engraving and trophies and the awards table looked superb. It was just as well though that Tony presented the awards otherwise Mel would have spent a lot of the evening shaking hands with himself! He had a truly great season. Mel also won the 'Club Person' of the Year award and this is the 7th



time in 11 years. 'To be awarded to that member of the Club who has done most for the Club during the past year' are the simple conditions of the award, and it could go nowhere else in the opinion of the committee members all voting secretly.

Dancing . . . . . although Jeremy was still 'flying' continued until midnight. If you weren't there, you missed out.

~~~~~

### MEL'S HANDBOOK

The 2006 Edition of this is out with details of all events, racing and social, plus plans of all the courses, racing miles and other useful data. This is a personal publication effort from Mel with plans of courses by Tony Palmer. If you would like a copy pop into the Club room or contact Mel direct. A very useful 20 page booklet.

~~~~~

### NEW KIT for the SEASON?

#### Current stock and Prices

|                |        |     |   |               |     |
|----------------|--------|-----|---|---------------|-----|
| Bib Shorts     | size 5 | No. | 3 | Garment price | £36 |
| .. ..          | .. 4   | ..  | 2 | .. .. .       | £36 |
| .. ..          | .. 6   | ..  | 1 | .. .. .       | £36 |
| Skin Suit      |        |     |   |               |     |
| (short sleeve) | .. 4   | ..  | 1 | .. .. .       | £48 |
| Training Top   | .. 5   | ..  | 2 | .. .. .       | £35 |
| .. ..          | .. 4   | ..  | 2 | .. .. .       | £35 |
| .. ..          | .. 6   | ..  | 2 | .. .. .       | £35 |
| Road Jersey    |        |     |   |               |     |
| (short sleeve) | .. 4   | ..  | 2 | .. .. .       | £32 |
| .. ..          | .. 5   | ..  | 1 | .. .. .       | £32 |
| .. ..          | .. 6   | ..  | 1 | .. .. .       | £32 |

~~~~~

We also have overshoes (lightweight for racing) and arm warmers (again lightweight for racing but useful in conjunction with short sleeved road jerseys or skinsuits). £2 each

In the older pattern i.e with sponsor details (cannot be used in open racing but OK for normal riding or Club events) at "Knock Down" prices.

Training Top	size 3	No 1	Garment price	£10
.. ..	5	.. 2	.. ..	£10

~~~~~

We also have at ridiculous prices second hand but in very good condition and all laundered the following 'sponsor' endorsed items

|                          |        |      |     |
|--------------------------|--------|------|-----|
| Black 'Sports Bag'       |        | No 1 | £10 |
| Thermal Training top     | size 4 | .. 1 | £10 |
| Training top             | .. 4   | .. 1 | £5  |
| Bib shorts               | .. 3   | .. 1 | £5  |
| Gillet                   | .. 4   | .. 1 | £5  |
| Long sleeve Skin Suit    | .. 4   | .. 1 | £10 |
| Short sleeve Skin Suit   | .. 3   | .. 1 | £10 |
| Short sleeve Road Jersey | 3      | .. 1 | £5  |

~~~~~

Contact Don in the clubroom or on 01903 531877 if you are requiring any items, whether in stock or not. Further orders will be made but they do take many weeks and to get these prices substantial orders have to be put together.

~~~~~

### DID YOU KNOW? :-

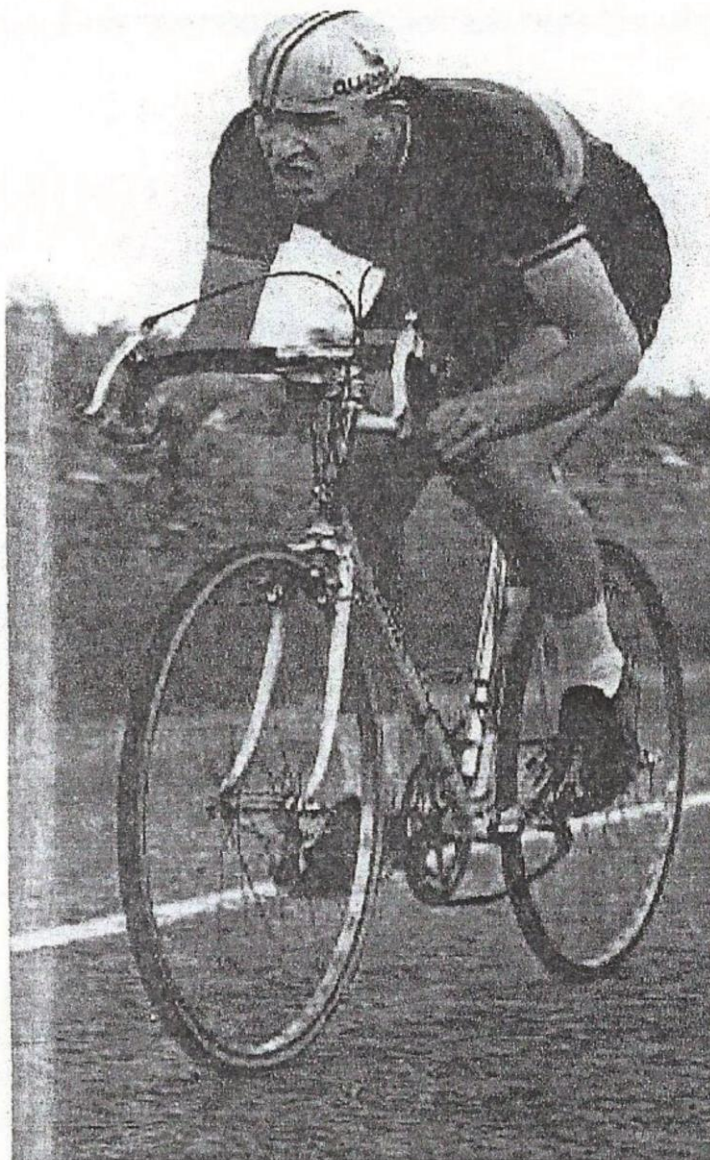
.....That President Tony Palmer once rode a 50 mile Time Trial in his carpet slippers and spent years trying to get it in the Guinness Book of Records?

No seriously, our Tony has put his bike about quite a bit since first hitting the road with the Lewes Wanderers in 1960. Before he joined the Worthing in 1963 he had already recorded his best 100 mile (4hrs 38mins 24secs) and his best 12 hour (227.4miles). He won the Lewes Club's B.A.R in 1962 and the photo overleaf was taken from the Lewes Photo Gallery/Hall of Fame/Website. Since joining Worthing he improved his 10m to 23.44, 25m to 1.03.02, 30m to 1.19.46 and 50m to 2.12.33, and he assisted WECC to our SCA B.A.R team win. Interesting other time trial statistics are Fastest (fixed wheel) 25m 1.04.05 and fastest Tricycle 25m in 1.09.14.



es and won 1. In more recent years he's completed 15 x 100k, 8 x 200k and 1 x 400k Audax events. These largely superseding the old type reliability trial of which he finished many 100m in 8 hours..

His touring has been mostly in Southern England but also in France, Belgium, Spain, Italy and Eire. He also claims to 'have ridden a bike' in New Zealand, Wales, Scotland, Sweden, Ibiza, Majorca, Minorca, Turkey, Cyprus and Kos!



On the admin side he has been President of both the Sussex C.A and the East Sussex C.A. For us, as well as being our President currently, he has been Chairman, Time Trial Secretary, BCF ( now British Cycling) Rep., and Runs and Touring Sec. But if you know more!!



DID YOU HEAR ABOUT the goat that went into the Employment Bureau to ask if they had any work. Somewhat taken aback by this well spoken goat the assistant nevertheless spent a few minutes looking through her files, then came back to say she was sorry but there was nothing. 'I suppose you could try the circus' she then suggested. 'Why should I do that?' said the goat. 'What would they want with a bricklayer?'

~~~~~

### 2006 DATES FOR YOUR DIARY

26 February	Long Furlong 17 mile Time Trial. Start 9.00a.m
10 March	<u>Skittles Evening</u> (with Buffet) The Spur, Slindon 7.30p.m
12 March	10 mile Time Trial. 9.00a.m
26 March	Ashurst 16 mile Time Trial. 9.00a.m
2 April	Pulborough Circuit Time Trial 15 mile 8.30a.m
30 April	25 mile Time Trial. Ashington. 7.30a.m
21 May*	Open 25 mile Time Trial. Broadbridge Heath. 6.30am
21 May	<u>BBQ</u> at David Uncles House in East Preston. 2.00p.m
11 June*	Club 50 mile Time Trial (in conjunction with SCA event) 7.00a.m
25 June	Club 30 mile Time Trial 6.30a.m (Washington start)
3 September	Hardriders Time Trial 26 miles. Pulborough 9.00a.m

Evening Ten Mile Series every Thursday from Washington 7.00p.m from 27<sup>th</sup> April to 27<sup>th</sup> July.

Hill Climb Series Washington. Thursdays 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> August.

20 October	<u>Skittles Evening</u> . (with Buffet) The Spur, Slindon. 7.30p.m
10 November	Dinner /Prize Presentation and Party at Worthing Rugby Club.

NOTE For all Club Time Trials (except Evening Tens and 8.

Hill Climbs) Entry forms must be submitted to Time Trials Secretary Mel Robertson by the Tuesday prior to the event. If the event is an 'Open' event as marked \* above, then a separate entry form has to be sent to the Promoter at least 12 days before the event. If you are in any doubt about the formalities of riding club or open Time Trials contact Mel or Don Lock both of whom will be pleased to assist you.

For the Social Events call Don, except for the BBQ where the guy to phone is David Uncles on 01903 786007.

~~~~~

### NEW YEAR'S RESOLUTIONS!

1. I will not kick myself every time I am beaten by Mel Robertson, last year was so painful.
2. I will limit myself to no more than four pieces every time Jean Smallman brings cake to the Clubroom.
3. I shall pretend to have no recollection of the 1950's and 60's every time Mike Poland starts getting nostalgic.
4. To always carry a large Dictionary, Thesaurus and Encyclopaedia so as to be able to assist Keith Dodman in pursuit of crossword prizes.
5. Not to argue with Tony Palmer on the allocation of points for Club Runs attendance.
6. If I ride the Grand Prix des Gents two-ups with Jeremy Wootton, to remember to take some rope with me.
7. To complain bitterly if the new wheels I've bought are not at least twice as fast as those I had last year.
8. Not to take up golf, table tennis or fishing .... Bowls is a distinct possibility though.
9. Ride a couple of 100's.
10. Ride a 12 hour.

Joking of course!! Don

~~~~~



## HARD SHELL HELMETS

Should they be compulsory in Time Trials? Some think yes, but others feel it should be left to the individual. There's another viewpoint though; what if we promote events and do not do all that we could to make them as safe as possible? Might we be held in some way to be irresponsible, even negligent?

These matters have received a lot of thought by clubs and associations and indeed by the 'Head Office' Cycling Time Trials, who have so far done no more than to 'strongly recommend' the use of fully approved helmets. Some promoters are now designating their events to be 'Helmets Compulsory' events only and the Sussex Cyclists' Association decided recently to follow this example. They did however have to reconsider that decision, when Cycling Time Trials ruled that events counting towards the National Best All Rounder Championships, must not be so restricted, Therefore until Head Office make it compulsory for all events, the SCA 50 mile and 100 mile events can still be ridden without approved hard shell helmets.

Worthing Excelsior's 25 mile promotion is a counting event for the National Ladies B.A.R so again, while we 'strongly recommend' using a helmet it is not compulsory. We feel it is only a matter of time though before it will be insisted upon.

~~~~~

## TRAGEDY

When you read of the slaughter that came upon the Rhyll CC, you are shocked and feel the utmost sympathy for those who are left bereaved and injured. We must take care if it's frosty, it may be icy. Find an exposed spot, perhaps where water has laid and you've got black ice. We must be careful and so must other road users. If a car driver considers (assuming that he stops to consider) that 50mph is safe in such conditions I think the guy needs re-educating., and if the reported comments of the police are to be taken as fact then they need re-educating too. If we fall off we damage no one, but a car weighs a ton and that as has been sadly demonstrated is lethal. Ed.

**MILLER PARRIS**  
**SOLICITORS**

**3-9 Cricketers Parade**  
**Broadwater St. West**  
**Worthing. BN14 8JB**

Tel: 01903 205771  
[enquiries@millerparris.co.uk](mailto:enquiries@millerparris.co.uk)

We can help you with:-

- O conveyancing
- O family matters
- O wills
- O dealing with death
- O financial management
- O landlord and tenant
- O business advice
- O civil claims and court proceedings

Regulated by the Solicitors Regulation Authority