

FOUNDED 1887

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# THE JOURNAL OF



# THE WORTHING WHEEL

## WORTHING EXCELSIOR CYCLING CLUB

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Broadwater Green, Worthing  
Meeting every Tuesday 7.30 – 10.00p.m

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## THE PULBOROUGH CIRCUIT EVENT

This one doesn't seem so popular as Ashurst, it's a bit further to the start and it is probably a bit harder. The distance is about the same, approximately 16 miles and times, at most standards are usually only about 1 minute different, so why? We've even taken out one of the early hills and West Sussex County Council have resurfaced several miles of the A272.

There were eleven entries but three did not start and one, dare we call him 'Wally Wootton', went off course. We had publicised the course amendments in previous mags and in Mel's Handbook, and there was a considerable reminder in the change of start. Jeremy though, was to take the old course left turn at Adversane instead of continuing round the Billingshurst By pass. It was unfortunate because he was undoubtedly favourite and Mel feels that he has won more by default than ability.

The full result is shown below and it will be noted how Nathan Gale continues his progress up the result board. This effort gave him a very deserved handicap award. It was a pity that Robin Fairhurst didn't enter the event, his private ride time would have placed him in that third spot.

As for the new course, well the record is set at 38mins 27 secs. David Shepherd of Liphook Cycles flew round in that time to leave everyone gasping.

One minor adjustment may be made to the course before next year. The chosen starting point being very close to centre of road bollards meant a width restriction as riders were being pushed off. Suitable point about 50 yards back could be used, and in that case our Ed wants 50 yards off at the finish!

### FULL RESULT

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>	<u>H'Cap</u>	<u>H'Cap Time</u>
1.	Mel Roberton	42.31	2.00	40.31
2.	Karl Roberton	43.56	3.00	40.56
3.	Nathan Gale	47.28	7.30	39.58
4.	Don Lock	52.01	9.00	43.31
5.	Ted Wixon	55.41	12.45	42.56
6.	Diana Trafford	57.11	12.30	44.41
7.	Pete Eldridge	59.06	14.00	45.06



## CLONMORE TROPHY RETAINED

Times were not quite so good as last year, but our six best easily saw off the opposition once again. Last year our team averaged just over 1 hour 3 minutes while on the recent event (16<sup>th</sup> April) that average had dropped back a minute. The promoters this time were Hants Road Club and an excellent job they made of it. Good start and finish sheets and Event HQ result board, good catering arrangements and even a little presentation ceremony.

Hants also supported the event well with 9 riders and they were once again to finish in second place. Bognor managed to finish a full team this time but were well back in third place. The fourth participating club in this annual inter-club event, Rother Valley CC appear to be going through a bad patch and could only muster two riders



Jeremy Wootton once again led us home with the first sub hour ride in the club this year. His 59.22 gave us an excellent start. As with 2005 it was old Mr (Reliable) Mel Roberton who clocked a fine 1.01.54 which meant we had the two fastest rides in the 30 plus field.



Something of a gap then to a below par Karl Robertson on 1.5.14 but good back-up once again saw us comfortably home. Chris Bacon 1.5.43, Robin Fairhurst 1.5.47 and a personal best 1.7.02 from Nathan Gale completing the team with an aggregate of 6.25.02. The margin of victory was substantial with Hants totalling 6.42.37 and Bognor 7.13.08.

We had 15 entries, a great effort, Stephan Weber and our Ed were unable to start, Don picking up a puncture on the way to the start and David Uncles did not finish.. The following other times were though recorded and had any of our top six had trouble then these times would have given the necessary support. Paul Major 1.10.59, Colin Miller 1.11.24, Robert Downham 1.12.11, Pete Eldridge 1.17.22, Peter Logan 1.19.21 and Peter Weston 1.23.28.

See the 'Winners' Mug shot, only Robin Fairhurst is missing, he had only been allowed a short pass this morning!

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### NATURE CALLS!

Of course, and when there are no facilities available, like at the Evening Tens for example, a convenient hedge has always been the answer. But PLEASE EVERYONE make sure you are out of sight of the public and their houses. We don't want any complaints.

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### BRIGHTEN UP

If you are riding the evening tens or indeed an early morning time trial or . . . . . why stop there . . . . . if you are out on your bike, you are always vulnerable to the inattentive motorist. If you haven't got club clothing then at least wear something bright. Not black shorts and black tops, you just disappear into the background. One of those little LCD lights under the saddle is not a bad idea either morning or evening, especially when light is poor.

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POSTSCRIPT to the Mike Poland 'Did You Know' (WW April)

Mike has asked us to say that he could not have done all that without the support of his wife Ann, who has always pumped his tyres up.



## THE TOUR de FRANCE (London 2007)

On Friday 6<sup>th</sup> July next year the Tour de France will begin with an opening ceremony in Trafalgar Square. On the following day there's the Prologue time trial around an exciting central London circuit. Then on the Sunday the race Stage 1 rides out to South East London and into Kent.

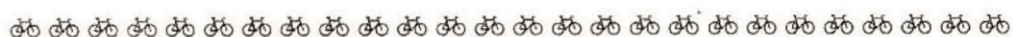
The opening ceremony will present the riders from the 20 plus teams to the public.

The Prologue on the Saturday starts in Whitehall, goes past Downing Street and towards the Houses of Parliament. The route then goes along Victoria Street past Westminster Abbey and in front of Buckingham Palace. Riders go through the Wellington Arch and through Hyde Park. Finally the riders will pass back around Hyde Park Corner and along Constitution Hill, before completing the 8km course on The Mall with Buckingham Palace as a backdrop.

The route for Stage 1 will be from The Mall out over Tower Bridge through Bermondsey, Deptford and Greenwich. The route leaves London via Woolwich, Abbey Wood and Erith and out into the country at Dartford. In Kent riders will go through Rochester, Maidstone and Tunbridge Wells, through picturesque Tenterden and past Ashford to finish at Canterbury.

British Cycling are looking for 1000 route marshalls. Volunteer and you could be participating in one of the most exciting sporting events ever. Go to : [tourdefranceLondon.com](http://tourdefranceLondon.com) for more details.

See later in this Mag for details of WECC coach to London to see that Prologue.



## Regulation 21 : PACED and COMPANY RIDING

*'Competitors must ride entirely alone and unassisted and not ride in company or take shelter from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken'*

That's all it says and it is probably the most difficult to regulate about. It comes down to abiding by the 'spirit' of the regulation. You know if you are taking shelter, and if you are doing so



then you have an unfair advantage. You must drop back until you are not receiving shelter. It does not mean that you can not try and up your pace to match the other rider, and if you do then you may do a better time (so long as you don't blow up!) but it's OK so long as that NO SHELTER DISTANCE is maintained.

You may go better in the later stages of an event and the rider who caught you may have started too fast. Then you can go past him and the onus of avoiding shelter will change. This 're-overtaking' though must come from that 'no shelter' some distance back position. Should this develop into a constant changing of positions then perhaps the rider who was originally caught must give best and remain behind and out of the shelter zone.

We've a number of riders who are new to the sport and we thought it worthwhile to throw this in. It is after all the basic rule of the TIME TRIAL.

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### 2006 EVENING TENS : EVENT NO 1

27<sup>th</sup> April Washington

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>
1.	Karl Roberton	23.26
2.	Adrian Rodgers	24.48
3.	Jon Rodgers	24.54
4.	Paul Major	25.12
5.	Ben Barden	25.39
=6.	Nathan Gale	26.05
=6.	Don Lock	26.05
8.	Colin Miller	26.06
9.	Nick Attaway	26.25
10.	Robert Downham	26.29
11.	Alex Hinchcliff	27.13
12.	Diana Trafford	28.15
13.	Pete Eldridge	28.31
14.	Pete Weston	30.17
15.	Marten Matthews	34.41

No 1 is usually wet, what happened!! It was quite a pleasant evening and 12 guests made a worthwhile field of 27. Fastest of the guests was Simon McNamara, Wildside R.T with 21.35.

## CLUB 25 CHAMPIONSHIP and CLAPSHAW HANDICAP

Sunday April 30<sup>th</sup> on the Ashington two loop course.

Fourteen riders contested this and Mel Robertson was a deserved winner taking just 1 hour 1 minute and 41 seconds to cover this decidedly sporting course. Son Karl found better form after the inter club race and was comfortably second with 1.3.52 and then a big gap to Robin Fairhurst who made third with 1.8.21.

It was Peter Logan in just his second 25 who got the best of the handicapper with his net time of 59.40, just 5 seconds better than new recruit Ben Barden. How are you at cleaning silver Peter?

Six private time trials meant a field of 20 so a good event on another pleasant morning.

### FULL RESULT

<u>Pos</u>	<u>Name</u>	<u>Act. Time</u>	<u>H'Cap</u>	<u>H'Cap Time</u>
1.	Mel Robertson	1.01.41	1.30	1.00.11
2.	Karl Robertson	1.03.52	4.00	59.52
3.	Robin Fairhurst	1.08.21	4.30	1.03.51
4.	Ben Barden	1.08.45	9.00	59.45
5.	Adrian Rodgers	1.09.22	8.00	1.01.22
6.	Jon Rodgers	1.09.45	7.00	1.02.45
7.	Nathan Gale	1.11.09	8.00	1.03.09
8.	Robert Downham	1.12.19	11.00	1.01.19
9.	Colin Miller	1.13.15	11.00	1.02.15
10.	Diana Trafford	1.19.14	17.00	1.02.14
11.	Pete Eldridge	1.19.19	19.00	1.00.19
12.	Peter Logan	1.19.40	20.00	59.40
13.	Ted Wixon	1.20.06	18.00	1.02.06
14.	Peter Weston	1.24.48	24.00	1.00.48

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### 2006 EVENING TENS EVENT NO 2

4<sup>th</sup> May Washington

A second lovely evening . . . it can't last! It was warm and the sun brought out a bumper entry of 17 from the Club and 19 guests.



Almost a '21' from Jeremy and Karl begins to show good form but what about those '20's' from the private time trials. Tim Mardell VC Etoile 20.30 and Tristan Devanne API Metro 20.41.

Finally did you know a rider from Sussex Nomads went off course in event no 1 and again in event no 2 .....!

| <u>Pos</u> | <u>Name</u>     | <u>Actual Time</u> |
|------------|-----------------|--------------------|
| 1.         | Jeremy Wootton  | 22.09              |
| 2.         | Karl Roberton   | 22.29              |
| 3.         | Robin Fairhurst | 24.17              |
| 4.         | Ben Barden      | 24.23              |
| 5.         | Adrian Rodgers  | 24.24              |
| 6.         | Jon Rodgers     | 24.36              |
| 7.         | Paul Major      | 25.16              |
| 8.         | Don Lock        | 25.22              |
| 9.         | Nathan Gale     | 25.27              |
| 10.        | Robert Downham  | 25.30              |
| 11.        | Joseph Saville  | 25.55              |
| 12.        | Colin Miller    | 25.58              |
| 13.        | Chris Fox       | 26.30              |
| 14.        | Diana Trafford  | 27.54              |
| 15.        | Pete Eldridge   | 28.25              |
| 16.        | Peter Weston    | 29.53              |
| 17.        | Marten Matthews | 30.26              |

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### CLUB RUNS ATTENDANCE

This competition is led by :

Mel Roberton (42 points), Don Lock (31 points), Robert Downham (28 points) and Mike Poland (25 points).

Karl Roberton has dropped back and is now 5<sup>th</sup> on 22 and Rocco Sepe makes 6<sup>th</sup> on 19, but he's been stacking in those Audax miles/kilometres.

This is up to the 14<sup>th</sup> May.

## 2006 EVENING TENS EVENT NO 3

11<sup>th</sup> May Washington

At the risk of sounding boring . . . . . 'a third good evening' . . . . it can't go on. Karl Robertson took advantage of this one to win with 'a more like him' time of 22.18. Guests accounted for 22 rides this evening to make another good evenings' sport.

<u>Pos</u>	<u>Name</u>	<u>Actual time</u>
1.	Karl Robertson	22.18
2.	Adrian Rodgers	23.45
3.	Robin Fairhurst	24.21
4.	Paul Major	24.52
5.	Don Lock	24.57
6.	Robert Downham	25.03
7.	Nathan Gale	25.08
8.	Colin Miller	25.43
9.	Mark Newnham	26.08
10.	David Uncles	26.32
11.	Pete Eldridge	26.53
12.	Diana Trafford	27.26
13.	Marten Matthews	28.58

OVERHEARD after the event:

" I've done a 26, what's my best?"

"You've done a 25"

"Have I,when?"

"I don't know but it was before the operation" !!!!!

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## THE LAST OF THE SUMMER WINE?

Visualise the scene as the club run approaches Amberley along the back road from the Rackham area. A short rise and a hedge on the right is broken by a five bar gate affording a nice view towards Amberley Wild Brooks. An ancient couple lean with folded arms upon the gate and admire the scene. "Looks like a shot from Last of the Summer Wine" says Mel Robertson at which point the identities



of John and Sheila Lucas became apparent. John had been dreaming of his retirement, but from here he led us to Houghton Bridge at a brisk pace!

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### A LIKELY STORY (One for the Golfers)

Guy well into his seventies is playing the best golf of his life, but his eyesight is so poor he can't see where he's hit the ball. He tells his wife he'll have to pack up. Fearful of having him 'under her feet' she suggests he takes his Dad with him. "He might be over 90 but he walks miles and his eyesight is brilliant". "You're right I'll speak to him" So, next match he hits off from first tee, swing is perfect, contact right, he knows it's good. "Did you see that Dad?" "Yes son I saw it" "Good, good, where did it go?" "Oh I don't know son I'm afraid my memory is awful"

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### YOU MUST BE MAD!!!! (By Rocco Sepe)

Those were amongst the first words of encouragement I received from my new cycling buddies (having decided to join WECC last year), when I broke the news that I was planning to ride the 'Etape du Tour'. If the Don gives me the opportunity perhaps I'll tell you more about the experience later this year. In the meantime he's asked me to give a newcomer's view of Audax and what the world of route maps and village halls full of home made cakes holds in store for those who give it a go.

I thought those long rides would be a great way to train for the Etape – long hours in the saddle, designed to transform your backside into toughened old leather, and a few climbs to try to turn my pencil thighs into veritable slabs of Parma ham.

First to tempt me was a certain Paul Outhwaite – one of the hard as nails Audax crew, for whom London – Edinburgh- London and Paris – Brest – Paris are the only tests that count! He sidled up to me on a Sunday club run and suggested having a go at the Worthing Winter Warmer – 100k organised by WECC's very own Mick Irons.



On a crisp, bright day in February over 100 people enjoyed a terrific ride around the Sussex countryside, with mountains of delicious fruit cake, treacle tart to be consumed at the checkpoints en route, topped off with a delicious bowl of hot soup at the finish – very civilised! “If you enjoyed that one, have a go at Mad Jack’s next week” said Paul O. “It’s a bit more hilly, but it’s always a sunny occasion and never rains”. I did. He was right about the hills – it was like Mont Ventoux comes to Sussex – I’m sure I saw one exhausted chap urging a bystander to put him back on his bike, but I may have been hallucinating – he was wrong about the rain – it bucketed down for virtually the whole 120k! I punctured, Paul O punctured and by the end I’d lost all the feeling in my fingers. What a great ride! I was hooked on this Audax thing.

Next up was a 160k from Heathfield. The organiser was, I’d come to realise, the stuff of folklore around Sussex and beyond. Someone who goes by the title of ‘El Supremo’. If like me, you were expecting this chap to have originated from deepest Latin America or at least south of Madrid you’d be wrong. He does not sport a sombrero and his mother christened him not Diego but Dave – that’s Dave Hudson. To understand the full legend will undoubtedly take many years, but I know that he is to be expected at most of the best events organised in the South of England.

Anyway I turned up at the 160k alone and nervous of losing my way – the route sheets are fiendishly difficult to decipher, all strange hieroglyphics and names of one-horse towns in the middle of nowhere. When I saw a fellow rider sporting an impressive GPS system I thought that looked like an insurance I needed. Graham was happy to have me tag along, only he was on the 200k route – so, extra energy bar in pocket, off we went. It was great fun. It turns out Graham is an ex-time triallist who, like an ex-smoker, is now vehemently against the habit. “What’s the point when you know you’re past your best at 30?” I had no answer, but I feel sure the editor will receive a full mailbag on the subject!

Audax has turned out to be a great way to train for the Etape – long rides, with hilly events suitably graded so you can choose your standard. The people who take part come in all shapes and sizes and all having fun in their own way. I can’t see myself going all the way - Brooks



saddle; enormous saddlebag packed with every spare part and change of clothing conceivable; solid British steel, full mud guard-kitted, proper long distance steed- but I'm very pleased that they extend a warm welcome to novices like me!

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### 2006 EVENING TENS EVENT NO 4

18th May Washington

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>
1.	Jeremy Wootton	22.58
2.	Adrian Rodgers	25.07
3.	Paul Major	25.55
4.	Jon Rodgers	26.45
5.	Robert Downham	26.55
6.	Nathan Gale	27.21
7.	Mark Newnham	27.23
8.	David Uncles	28.59
9.	Pete Eldridge	29.04
10.	Diana Trafford	29.13
11.	Pete Weston	31.05

Numbers are lower than for the first three. The evening was a bit grey and windy, but 16 guests made it another worthwhile evening's sport.

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SATURDAY 7<sup>th</sup> JULY 2007

TOUR de FRANCE PROLOGUE IN LONDON

Arrangements have been made for a 49/53 seater coach. It will pick us up at Broadwater Green probably at 8a.m, take us to a convenient drop off point near to the course and bring us back to Worthing. Times only approximate at the moment, but this would get us there about 10a.m and anticipate leaving about 4p.m

Cost is £10 per head and our Ed organiser is so confident that we will fill the coach he will take names with money on a first come basis. So contact Don with cash in hand. Five have paid already!

### 2006 EVENING TENS EVENT NO 5

25<sup>th</sup> May Washington

| <u>Pos</u> | <u>Name</u>    | <u>Actual Time</u> |
|------------|----------------|--------------------|
| 1.         | Jeremy Wootton | 21.56              |
| 2.         | Karl Robertson | 22.51              |
| 3.         | Adrian Rodgers | 23.55              |
| 4.         | Robert Downham | 25.12              |
| 5.         | Steve Custance | 25.40              |
| 6.         | Nathan Gale    | 25.56              |
| 7.         | Pete Eldridge  | 28.05              |
| 8.         | Diana Trafford | 28.07              |
| 9.         | Pete Logan     | 28.32              |

Jeremy with 3 wins from 3 rides seems well set to defend his title.

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### 2006 EVENING TENS EVENT NO 6

1<sup>st</sup> June Washington

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>
1.	Jeremy Wootton	21.37
2.	Adrian Rodgers	23.29
3.	Jon Rodgers	24.26
4.	Robin Fairhurst	24.44
5.	Nathan Gale	24.53
6.	Robert Downham	24.54
7.	Joseph Saville	25.07
8.	Mark Newnham	25.35
9.	Ian Cushway	25.36
10.	Nick Attaway	26.25
11.	Pete Eldridge	26.59
12.	Marten Matthews	28.27
13.	Ted Wixon	28.56

Another win for Jeremy. Also riders getting faster with Mark Newnham and Nathan Gale knocking out good rides.



## CLUB 50 MILE CHAMPIONSHIP

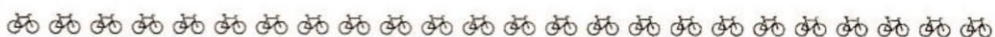
June 11<sup>th</sup>

Incorporated in the Sussex CA event, riders were given a perfect morning for what is a difficult course. It was Mel Robertson who came out fastest and successfully defended his Club Championship. He says he didn't try hard enough because he wasn't exhausted when he finished, but a time of 2 hours 6 minutes 38 seconds can't have allowed for much 'hanging about'.

Karl on 2.10.03 was second and Nathan Gale deservedly won the handicap award with a superb debut ride of 2.16.14.

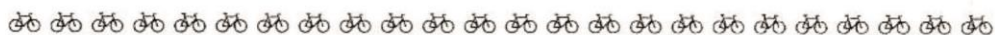
Steve Custance made a rare outing to record 2.25.26, Robert Downham was a few seconds back on 2.25.32 and Pete Weston also making his first ride at the distance was very happy recording 2.45.01, getting close to his veteran age standard.

Talking of veterans, Mel collected second veteran's prize on the Sussex C.A event beaten only by the mighty Sean Yates who broke course record with a time of 1 hour 50 minutes!!



## WOOTTON PUTS IT DOWN TO SPINNING!

Jeremy clocked a rapid 56.50 in the Hantspol 25 on the Petersfield by pass course on June 11<sup>th</sup>. He's taken up this spinning thing on the static bike machines at David Lloyd Leisure Centre. Says he sits at the back and gets inspiration from all the lithe young ladies in lycra . . . . . Seems to work!



## EAST SUSSEX RELIABILITY TRIAL 19<sup>th</sup> November

We are promoting this, and a 50 mile circuit from East Hoathly has been devised. It is quite hilly to provide a good test and there will be standards of up to 4 hours to suit everyone. Tony Palmer is organiser and it will be good to have a full turn-out for this event. We hope to include a course map and details in the next issue.

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