

FOUNDED 1887

SEPTEMBER 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 & Runs/Touring Co-ordinator: Tony Palmer  
23 Brentwood Crescent, Brighton 01273 558597  
(tony.wecc@tiscali.co.uk)

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Secretary: Karl Roberton 11 Bridge Road, Worthing  
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Treasurer: Alan Langham 38 Lenhurst Way, Worthing  
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Club Coaches: Vern McClelland 31 Downland Rd,  
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Website : [WorthingExcelsior.co.uk](http://WorthingExcelsior.co.uk)



## RAY DOUGLASS MEMORIAL 25

21<sup>ST</sup> May

Sorry that this was not in the June issue and sorry again that the report is brief, for unfortunately our only full time reporter was off creating a crisis in Croatia, or something like that. Anyway, the David Uncles promotion appears to have gone off without any significant problems except for some teenage tearaways confounding his computer and sending 'War of the Worlds' through his results programme.

We note from the result a reference to 'indifferent weather' but see also that Steve Dennis of East Grinstead C.C went round in 54.15 which seems rather better than 'mediocre' although it might be for him. Michael Coyle of VC Etoile was second, close up on 54.46 and with Roger Smith and Mark Perryman led the winning team.

Most of W.E.C.C were out marshalling the course, catering or dealing with watches and results, but a few managed to ride and some even did both. No one made the prizes but Jeremy Wootton got 'under' with 59.42 in 17<sup>th</sup> place. Other club times were : Mel Roberton 1.1.22, Karl Roberton 1.2.49, Nathan Gale 1.8.53, Peter Logan 1.18.48 and Peter Weston 1.22.48.

Seventy nine entered and it must have been something to do with that 'indifferent weather' because there were nineteen non starters.

❧ ❧

## 2006 EVENING TENS :EVENT No 7

8<sup>th</sup> June

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>
1.	Karl Roberton	22.09
2.	Adrian Rodgers	23.07
3.	Robin Fairhurst	23.23
4.	Nathan Gale	24.20
5.	Jon Rodgers	24.30
6.	Robert Downham	24.35
7.	Mark Newnham	24.37

2.

8.	Alex Hinchliff	25.52
9.	Pete Eldridge	27.19
10.	Diana Trafford	27.42
11.	Marten Matthews	28.07
12.	Ted Wixon	28.21

A fast one from Karl and as with 2005 the series develops into a close run between Jeremy Wootton and Karl for the overall series.

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#### THANK YOU MR. PRESIDENT

The Club needed a new stop watch and Tony Palmer very kindly purchased and donated one. We understand it is a fully digital sundial.

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#### 2006 EVENING TENS EVENT No 8

15<sup>th</sup> June

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>
1.	Karl Roberton	22.46
2.	Jon Rodgers	24.22
3.	Ben Barden	24.33
4.	Robert Downham	25.53
5.	Alex Hinchliff	26.34
6.	Pete Eldridge	27.52
7.	Diana Trafford	28.20
8.	Ted Wixon	28.58

A smaller entry but with good support again from other clubs. Couldn't help noticing another 20 minute ride from Tristan Davenne and a 23 minute from Angela Brown of 21<sup>st</sup> Century BAA ....now Angela is a ladies name!

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## TOUR de FRANCE PROLOGUE

7<sup>th</sup> July 2007 (7/7/7) Update

The coach is filling up and we are being asked to include non-club members so if you want to come let our Ed. (the organiser) know as soon as possible. £10 per head.

The start point for the coach has been changed to 'Opposite the Clubroom - Broadwater Green' easier to park around there we thought. Also there will be one pick-up/drop-off point at the Frankland Arms at Washington.

Apparently the timing of the prologue this year (2006) was unusually early to avoid a clash with that Football Farce known as the World Cup. In 2007 it is likely to revert to a later time of day so we will update you in due course with new start and approximate return times. At time of writing only 20 seats left.

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## 2006 EVENING TENS EVENT No 9

22<sup>nd</sup> June

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>
1.	Jeremy Wootton	22.04
2.	Karl Robertson	22.56
3.	Adrian Rodgers	23.42
4.	Robin Fairhurst	24.28
5.	Don Lock	24.48
6.	Ben Barden	24.53
7.	Nathan Gale	25.03
8.	Paul Major	25.22
9.	Robert Downham	25.29
10.	Pete Eldridge	28.02
11.	Diana Trafford	28.50
12.	Ted Wixon	29.20

These events remain well supported by other clubs, especially triathletes – 14 this evening.

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30 MILE CHAMPIONSHIP  
Ashurst Circuit Course 25<sup>th</sup> June

Firstly the Editor – with his handicappers and field placing hat on must apologise to Jeremy Wootton. No he doesn't think he was wrong in putting you on scratch mark, but he should have known better than to have set Mel (the flying caterer) Robertson off just one minute behind you. It is clear that you were the red rag to Mel's Bull, and he accordingly roared round in a 25mph + performance, which was to sweep you and everyone else before him. At the age of Heinz varieties (some of you must remember!) Mel is going faster than ever and this was top performance so far this season. Taking into account the road surface and lumps and bumps of this course, to get round in 1 hour 11 minutes and 32 seconds was a super ride. To add insult to the handicapper's injury Mel won the handicap award as well.

Jeremy's ride was not to form but others rode well to cluster their (net) handicap times close to 1.12.00 which was the handicapper's bench mark.

FULL RESULT

| <u>Pos</u> | <u>Name</u>    | <u>Act Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|------------|----------------|-----------------|--------------|-------------------|
| 1.         | Mel Robertson  | 1.11.32         | 2.30         | 1.09.02           |
| 2.         | Jeremy Wootton | 1.14.23         | Scr          | 1.14.23           |
| 3.         | Karl Robertson | 1.15.51         | 4.15         | 1.11.36           |
| 4.         | Adrian Rodgers | 1.17.18         | 6.30         | 1.10.48           |
| 5.         | Nathan Gale    | 1.19.14         | 9.00         | 1.10.14           |
| 6.         | Jon Rodgers    | 1.21.20         | 9.15         | 1.12.05           |
| 7.         | Paul Major     | 1.23.59         | 10.30        | 1.13.29           |
| 8.         | Robert Downham | 1.26.18         | 12.00        | 1.14.18           |
| 9.         | Pete Eldridge  | 1.29.37         | 20.00        | 1.09.37           |
| 10.        | Diana Trafford | 1.35.06         | 21.30        | 1.13.36           |

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CLOTHING

Don has a new stock so hurry if you want anything. He also has a number of items of the old (sponsored ) kit and even one item of the previous design. These are unused and sell for £5/10 each.



In addition he has a number of second hand items, all of which have been laundered and are offered at £5. Remember the sponsored kit can not be used in open events. Incidentally if you have any club clothing which you no longer use , but which could do a turn for a new or young member please pass it to Don. A fiver for the club and a cheap item for a new member does a good turn all round.

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### 2006 EVENING TENS EVENT No 10

24<sup>th</sup> June

| <u>Pos</u> | <u>Name</u>     | <u>Actual Time</u> |
|------------|-----------------|--------------------|
| 1.         | Karl Roberton   | 22.06              |
| 2.         | Adrian Rodgers  | 22.42              |
| 3.         | Robin Fairhurst | 24.15              |
| 4.         | Mark Newnham    | 24.29              |
| 5.         | Paul Major      | 24.30              |
| 6.         | Don Lock        | 24.31              |
| 7.         | Nathan Gale     | 24.37              |
| 8.         | Pete Eldridge   | 27.06              |
| 9.         | Marten Matthews | 28.25              |

Numbers are dropping off with only 9 club members this week. We welcome guests from other clubs (17 this week) but these events are primarily for WECC members and some 25 different club riders have ridden in one or more of the events. It looks as if only about 14/15 will qualify for the series with the necessary six rides.

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### THE LONGEST RIDE EVER?

Well he did a lot of miles in 2005 for the SCA/Club 100 and as it was to be his debut he persuaded old Father Time, whose done a few of these before, to ride a 100 course with him 2 weeks before. This he was advised would set him up both physically and mentally. This done it was terribly disappointing to ride 90 miles of the event in

So that was it, until 2006 – More miles, another ride round that other 100 course and on the day of the event fully prepared. Then in the middle of a drought we wake to find it pouring with rain and very windy! Off he goes again .....50 miles and it's hard, but still holding to schedule, and then , unbelievably after about 65 miles the event is abandoned again – same reasons. We are unable to record the sentiments of our rider at this point as this mag may be read by persons of a sensitive nature.

Now Robert in 2007 there's.....



<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>
1.	Karl Roberton	22.21
2.	Adrian Rodgers	22.45
3.	Robin Fairhurst	24.01
4.	Ben Barden	24.24
5.	Nathan Gale	25.28
6.	Haden Waghorn	26.20
7.	Pete Eldridge	27.43
8.	Diana Trafford	27.56

7.



SKITTLES – REMINDER – FRIDAY OCTOBER 20<sup>th</sup>

THE SPUR at SLINDON – 7.30 for 8.00 – INCLUDES BUFFET.

£9.50 per head – You can bring the rest of yourself

FREE OF CHARGE!

CONTACT DON IN THE CLUBROOM

Or at Home

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2006 EVENING TENS EVENT No 12

13<sup>th</sup> July

| <u>Pos</u> | <u>Name</u>     | <u>Actual Time</u> |
|------------|-----------------|--------------------|
| 1.         | Adrian Rodgers  | 23.16              |
| 2.         | Robin Fairhurst | 24.14              |
| 3.         | Don Lock        | 24.50              |
| 4.         | Jon Rodgers     | 24.58              |
| 5.         | Ben Barden      | 25.01              |
| 6.         | Nathan Gale     | 25.02              |
| 7.         | Robert Downham  | 25.40              |
| 8.         | Mark Newnham    | 25.45              |

Eight Club and 17 guest riders with Adrian Rodgers getting his first No 1 Placing.

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A MENTAL INSTITUTION in Ireland releases two of its sanest inmates each year, if they can correctly answer some questions. This year it was Paddy and Mike. Paddy went in first and was asked what would happen if he had one eye poked out. "I would be half blind" he replied, without much thought. When asked how he would be affected if the other eye was poked out, he quickly replied "I would be blind" He was then told to wait outside where he met Mike and quickly told him the answers.

"Now Mike" says the Doctor, "What would happen if I cut off one of your ears?" "Easy" said Mike, "I would be half blind".

The Doctor tried not to look surprised and pressed on, "And if I cut off the other ear?" Quickly Mike answered in confident tone,

"I would be completely blind. Sir" The Doctor was nonplussed and asked Mike what his reasoning was. "Well Sir, if you cut off both me ears me hat will fall down over me eyes!"

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### 2006 EVENING TENS EVENT No 13

20<sup>th</sup> July

| <u>Pos</u> | <u>Name</u>     | <u>Actual Time</u> |
|------------|-----------------|--------------------|
| 1.         | Karl Roberton   | 22.16              |
| 2.         | Don Lock        | 24.29              |
| 3.         | Robin Fairhurst | 24.35              |
| 4.         | Nathan Gale     | 25.44              |
| 5.         | Robert Downham  | 25.50              |
| 6.         | Pete Eldridge   | 27.55              |
| 7.         | Diana Trafford  | 28.55              |

Another evening when the guests far outnumbered club riders. It is a valuable addition to club funds, but where are all the WECC riders?

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### FATHER & SON 'BLOW-OUTS!'

No, Mel and Karl Roberton have not been gormandising, but they are sharing rapid deflations. In the Southborough Wheelers 25 mile Mel made only 2 miles before he punctured, while Karl raced on to a fast 59.56. Then in the Brighton Excelsior 25 mile Mel roared round the Ashurst course in 58.35, while Karl suffered a puncture and eventually staggered home in 1 hour 12 minutes.

Now the next event they both ride is ..... but then the sequence can't continue surely!

Suggestion for Christmas presents perhaps, go buy each other some decent tyres!

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## 2006 EVENING TENS EVENT No 14

27<sup>th</sup> July

For the first time for some years we have managed the full series without any cancellations for dangerous conditions. There was, we think only one evening when a few drops of rain fell but came to nothing and generally conditions have been good.

The final event needed a win for Jeremy Wootton in order to share the trophy with Karl Robertson. In 2005 Karl had to win the last race to achieve the same thing, but couldn't quite manage it although he pushed Jeremy to a fast time. It was to be the same again on 27<sup>th</sup> July when Karl produced his fastest ride of the series, but still found Jeremy just 24 seconds ahead. Full result of series later in this issue.

| <u>Pos</u> | <u>Name</u>     | <u>Actual Time</u> |
|------------|-----------------|--------------------|
| 1.         | Jeremy Wootton  | 21.23              |
| 2.         | Karl Robertson  | 21.47              |
| 3.         | Robin Fairhurst | 23.31              |
| 4.         | Nathan Gale     | 24.38              |
| 5.         | Ian Cushway     | 25.24              |
| 6.         | Pete Eldridge   | 27.00              |
| 7.         | Diana Trafford  | 27.41              |
| 8.         | Ted Wixon       | 28.18              |

A record 20 guest riders this evening ; they must like the course, or is it Mel's tea and biscuits?

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## BOGNOR 50 – 30<sup>th</sup> July

Mel Robertson tore round this Fontwell based course to record a brilliant personal best of 1.59.20 an improvement of some six minutes. He beat ex- Worthing riders Tony Reeves, Dave Abbott and Chris White by substantial margins. Our only concern is that this performance is going to attract the attention of the 'big spenders' in the 'Premier' league, especially when you take into account his prowess with the teapot and his organising abilities!! Well done Mel

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## NEW MEMBERS

Trevor Jennings (44) a mere lad. Lives in Brougham Road, East Worthing and knows Pete Eldridge and Diana Trafford .....is that a recommendation .....of course it is! He indicated that he was stacking in the miles for a Land's End to John O'Groats ride for charity (The Chestnut Tree House Children's Hospice). With 2800 miles by May and rides of 100 miles already under his wheels we shall look forward .....apprehensively to his joining us on the Sunday morning Club Runs.

Haden Waghorn joined us at the evening tens at Washington and made a useful opening ride of 26.20. Says he was a member about 20 years ago. Looks about 25 but can't be, anyway our Ed thinks anyone under 50 to be a youngster.

Welcome to you both. Hope you will get involved with our riding and social activities.



## OVERALL RESULT 2006 EVENING TENS SERIES

(Based on aggregate of 6 best placings in the 14 events)

|                  |                 |    |
|------------------|-----------------|----|
| 1 <sup>st</sup>  | Karl Roberton   | 6  |
|                  | Jeremy Wootton  | 6  |
| 3 <sup>rd</sup>  | Adrian Rodgers  | 11 |
| 4 <sup>th</sup>  | Robin Fairhurst | 17 |
| 5 <sup>th</sup>  | Jon Rodgers     | 21 |
| 6 <sup>th</sup>  | Ben Barden      | 27 |
|                  | Don Lock        | 27 |
| 8 <sup>th</sup>  | Nathan Gale     | 28 |
| 9 <sup>th</sup>  | Robert Downham  | 30 |
| 10 <sup>th</sup> | Paul Major      | 31 |
| 11 <sup>th</sup> | Peter Eldridge  | 40 |
| 12 <sup>th</sup> | Mark Newnham    | 43 |
| 13 <sup>th</sup> | Diana Trafford  | 47 |
| 14 <sup>th</sup> | Marten Matthews | 77 |

### Statistics

A total of 26 club members competed in at least one of the



events. Fourteen is we think the highest number to qualify for the series. 150 separate 10's were ridden by club members (1500 miles!) No evenings were lost through weather or other dangerous conditions. There were thankfully no accidents.

The events were very well supported by private time trials by members of other clubs, a total of 183 rides contributing enormously to each evening and to general finances.

A THANK YOU – a big one to Mel for a well run series as is shown by the popularity. Also thanks to Karl Robertson and Robert Downham putting out all the road signs every week, to those who have pushed off, signed on, checked in and held watches. There would be no event without you.

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UNDER AGAIN! It's becoming a regular habit for Mel Robertson this season. He ducked inside the hour again on 20th August with 59.43 in the Eastbourne Rovers 25 mile event. Finishing 11<sup>th</sup> out of 82 and taking third place in the veteran's section. In the same event Nathan Gale recorded 1.6.43 and Robin Fairhurst 1.7.23.

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### HILL CLIMB SERIES RESULTS (Washington Bostal 1km)

#### No 1 - 3<sup>rd</sup> August

|    |                 |      |
|----|-----------------|------|
| 1. | Adrian Rodgers  | 1.30 |
| 2. | Mel Robertson   | 1.46 |
| 3. | Robin Fairhurst | 1.47 |
| 4. | Mark Newnham    | 1.49 |
| 5. | Stephan Weber   | 1.50 |
| 6. | Karl Robertson  | 1.51 |
|    | Nathan Gale     | 1.51 |

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#### No 2 - 10<sup>th</sup> August

1.	Adrian Rodgers	1.30
2.	Mel Robertson	1.45
3.	Stephan Weber	1.47
4.	Karl Robertson	1.48

5.	Mark Newnham	1.50
6.	Robin Fairhurst	1.51
7.	Nathan Gale	1.53
8.	Chris Bacon	2.10

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#### No 3 - 17<sup>th</sup> August

1.	Mark Newnham	1.47
	Mel Robertson	1.47
3.	Karl Robertson	1.55
	Robin Fairhurst	1.55
5.	Nathan Gale	2.00
6.	Peter Weston	2.47

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#### Overall Result (Must complete 3 events to qualify)

1.	Mel Robertson	5
2.	Mark Newnham	10
3.	Robin Fairhurst	12
4.	Karl Robertson	13
5.	Nathan Gale	18

Mel thinks he's won by default. Well Adrian showed that he's by far the fastest climber and it was a real shame that holiday arrangements prevented him from riding No 3. Maybe the system needs to be re-considered?

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#### CLUB DINNER PRIZE PRESENTATION & PARTY

Worthing Rugby Club – Friday 10<sup>th</sup> November

7 for 7.30 Tickets £20

Don Lock is now taking confirmation of bookings and money so to save him contacting you .....give him a call and get your names down early. You are very welcome to bring friends as well. Just let Don have the names and the money - Oh yes and if you have any special diet requirements. Don is in the Clubroom most Tuesdays or see contact details on page 1.

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Sunday 19<sup>th</sup> November

## Day 1

A nice easy 90 miles on the hottest day of the year. One mile and Shooters Hill warmed the legs. The first 20 miles was busy, but the roads became clearer and we settled down to our own pace. After 48 miles a well organised lunch stop and then a big climb of 16%. I arrived in Dover at 3.30pm, in plenty of time for the 6pm ferry. 30 riders missed it and had to catch a later one! After dinner and a cold beer on the boat we arrived in Calais. A hot bath, lashings of Deep Heat, dinner and bed. It had been a hard day, I'd never drunk so much water.

## Day 2

75 miles to Abbeville, away by 8.30 and easily following the well signed route. The ride was more relaxed now on French country roads with cycle friendly drivers. Once again the temperature reached 35°, lots of water. Lunch again under canvas, Bars and Cafes were doing well on sales of beer or coffee. We arrived in Abbeville about 4pm, hot and tired, same routine – bath, Deep Heat, dinner and bed, with the addition of a few glasses of red wine .....Of course!!



### Day 3

70 miles to Beauvais - Bikes checked, luggage loaded in a lorry for the next hotel, it was so well organised. We had a back-up vehicle and even a doctor on her bike who rode at the back to ensure the slow ones were OK, water stops every 15 to 20 miles if you needed, energy bars, bananas and fruit at all the stops.

Another hot day, lovely country roads through cornfields gently rolling with the odd climb, nothing too severe. We stopped in one or two or was it three Bars for refreshments! In the Beauvais hotel there was a swimming pool, so bikes were parked and we were soon in the water, it was bliss.

### Day 4

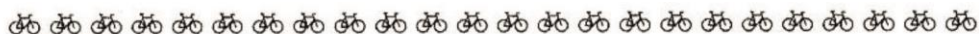
To Paris, only 60 miles, the last 20 of which were through the suburbs. The plan was to lunch at 30 miles, ride on and re-group a mile from the Champs-Élysées and ride in together.

We did just that, 150 cyclists riding down the Champs – Élysées without stopping, not for any red light or car on the roundabouts, the French weren't expecting the Tour to arrive until the next day, Sunday, so we were cheered and clapped all the way to the Eiffel Tower, where we met another 150 riders who had come via Dieppe. What a sight, 300 now cheering and slapping each other on the back! The champagne was now flowing and many riders were met by family.

On the last night we stayed in one hotel and attended a dinner to celebrate the raising of £500,000 for Action Medical Research, who this year are funding research into premature babies.

A great experience, I may do it again one day.

PETER LOGAN



### CLUB ROAD RACE CHAMPIONSHIP

The Club Road Race Championship was held on the 25<sup>th</sup> July at the Goodwood Motor Race circuit. Sixty riders had signed on, with two competitors from the Club, Adrian and Jon Rodgers. The championship coincided with the Club's promotion at Goodwood, so



The weather was sunny, hot, with a light breeze, making for good racing conditions. As both Jon and Adrian were Fourth category riders they started in the first group, with the Third Second and First category groups starting about 1 – 2 minutes apart. Adrian scored the first Club success taking first Prime on lap 3. The chasing group caught up with the lead group with 7 laps to go, injecting increasing speed into the lead group. Adrian was in the main bunch with Jon tracking him closely behind. A small breakaway group tried to get away but did not get further than a minute lead, before finally being pulled back.

For the Club competition, the final sprint went to Adrian, powering across the line, finishing in the first 20 overall. Jon came in close behind in the first 30 riders. With the first Club rider across the line being the winner of the Road Race Championship, Adrian Rodgers is the 2006 champion.

1<sup>st</sup> Karl Robertson 1.9.01 2<sup>nd</sup> Nathan Gale 1.19.02

Mel Robertson slides round Whiteways for a sore bum.

Robin Fairhurst and Chris Bacon ride but do not enter event proper.

### Handicap Result

1<sup>st</sup> Karl (net time) 1.06.01. 2<sup>nd</sup> Nathan (net time) 1.06.02

Lousy Handicapping !!

16.

## THE SPORTING COURSES

### ‘SPOCO’ Competition - 2006

<u>Name</u>	<u>Long</u> <u>Furlong</u>	<u>Pulbro'</u>	<u>Hill</u> <u>Climbs</u>	<u>H'riders</u>	<u>Points</u>
Karl Roberton	17	19	17	20	73
Nathan Gale	16	18	16	19	69
Mel Roberton	19	20	20	0	59
Robin Fairhurst	18	0	18	0	36
Diana Trafford	11	15	0	0	26
Peter Eldridge	10	14	0	0	24

Awards

1 <sup>st</sup>	Karl Roberton
(The new 'Alan Matthews' Trophy)	
2 <sup>nd</sup>	Nathan Gale
3 <sup>rd</sup>	Mel Roberton

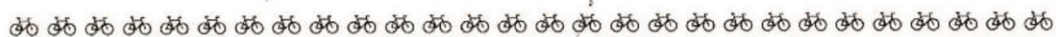
Club Certificates awarded to the first six riders.

Note Points are awarded in each event: 20 to the winner, and then one less for each lower placing. We show just the first six who all completed at least 2 events. It is suggested that next year the Club 25 on the Goose Green-Washington-Ashurst course might also be included.



### RECORDS AS SEASON RUNS OUT

Personal Bests when you are 58 should not be allowed. Mel Robertson recorded a fantastic 57.04 in the Bognor 25 mile event on September 10<sup>th</sup>, and then finds his frame was cracked! Karl Robertson also smashed out a Personal Best in the same event with 57.57. Follow this with 1.01.01 from Robin Fairhurst and 1.01.43 from Chris Bacon and we couldn't help noticing that the ex Worthing Stella squad were left floundering. Maybe they ought to join a fast club!!





## **Worthing Excelsior Cycling Club**

### **Presents'**

#### **'The Worthing Winter Warmer'**

100k Audax - Brevet Populaire

**DATE: Saturday 10th February 2007**

**Headquarters:** Ashington Village Hall, Foster Lane, Ashington

**Start:** 0900 hrs. Brevet Cards available from 08:15

**Average speed:** Max. 25kph. Min. 15kph

Refreshments available at route checks and finish

#### **Course outline:**

Start: Ashington, West Chiltington, Adversane, Kirdford, Plaistow, Shillinglee, Gospel Green, Blackdown, Haslemere, Lickfold, Lodsworth, Selham, Sutton, Bignor, West Burton, Coldwaltham, Pulborough, Thakeham, Warminghurst, Ashington.

**Entries to: Mick Irons, 36 Phroso Road, Worthing,  
BN11 5SL. Phone 01903 240280**

**Please enclose 2 SAE's with entry & £5.00,  
Payable to Mick Irons. Plus insurance premium of £1.00  
if not AUK, CTC or BCF member.**

**Entries by: 28th January 2007 please.**

**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)

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

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