

FOUNDED 1887

JANUARY 2007

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 TOURIST TRIAL

(Question: 'What was interesting outside the cottages on your left as you entered Dial Post?' Answer received from one rider: 'Nothing, I have a very high interest threshold!!')

Well, that's the Tourist Trial, some take it seriously and others are just out for the ride. No matter, eight riders and support from wives, families, other members and the all important Mel(teapot) Robertson, made for one of the most successful events for some years. Perfect weather was a bonus as well.

Talking of 'taking it seriously' observers were concerned at the plight of our President at the finish of the two timed sections. Tony of course has won the Argent Memorial Trophy several times, and always contests the event keenly, but with very little riding this year, he still attempted to blast round the 3 mile laps on the basis of shorter the time, shorter the likely gap. The idea is to ride both laps in opposite directions and gauge the times as near as possible without watches or computers. Far from offering him another cup of tea it looked more like he needed a pacemaker or oxygen, and the colour of his face was not just embarrassment!

The event organiser and entrant tormentor was our Ed. There's a great enjoyment in knowing all the answers well nearly all. He did have to check his map afterwards when everyone gave the same answer different to his. OK so Chanctonbury is north east of Findon and Cissbury is east, and Cissbury despite its name is apparently not a ring of trees. Ah well you can't win them all.

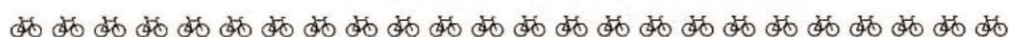
He managed to catch a few with his devious route instructions, so a few points were lost at the start, and his route observation questions and the timed section did the necessary separation, and no need for the fiendish tie-breaker which he had ready. Those with experience of his questions now come armed with notebooks and pens and by the finish could write a descriptive and detailed dossier on just about every metre of the course. This explains why it took Andrew Lock – yes there is a family connection – nearly 4 hours to cover 25 miles, although some of that may be due to state of fitness! He was on his second notebook!

Just going back to that timed section, Tony did win it. His time difference was only 4 seconds. He was clearly pleased to get top marks but his greatest joy was when he discovered he'd beaten his brother Adrian (guest rider) by just one second – very competitive these two!

THE RESULT

1 st	Andrew Lock	35½ points
2 nd	Tony Palmer	34½ ..
3 rd	Alan Matthews	30½ ..
4 th	Mike Irons	29½ ..
5 th	Robert Downham	22½ ..
6 th	Alan Langham	21 ..
7 th	Rocco Sepe	20½ ..

Nice to see Rocco's son Giacomo riding round. Clearly no trouble with the distance and he looked great in his WECC road vest. Pity about the tumble and grazed knee though. Did your Dad cut you up?



THE CLIMBER

We knew he was good on the hills when he was so much faster than anyone else in the Club events back last August, but did we rate him as a Sussex Champion to beat all County, and indeed Open competition? Perhaps not, but Adrian Rodgers has done just that in the SCA Open event on 4th November.

To most of us the Steyning Bostal is something akin to a wall, something that would be Birdmen jump off, you don't go up it on a bike. Adrian is different, OK it's his local hill and he did well in the event last year, but to climb to the top – one mile of agony – in 4½ minutes exactly, is superb and in 2007 he must surely put this talent to other similar event challenges. The guy who came second was after all a top 20 finisher in the National Championship only a week before!

The event promoted by our own Colin Miller for the SCA attracted a better field than for many years. Past Worthing Excelsior

member Alf Dawes, in whose memory the County Championship Trophy was presented, would be pleased to see that at last it is decorated with the light and dark blue of his 'Excelsior'.

Well done Adrian.

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### CARNAGE ON ALPE D'HUEZ

This year's Etape du Tour was a beast. 190km with over 4000m of climbing up the Col d'Izoard. Col du Lautaret and finishing at the top of the mythical Alpe d'huez. It was hot – baking hot, with no respite going up the alpe. A friend clocked the temperature on the alpe at 44 degrees centigrade – there was no shade, except for the odd emergency shade improvised from a roadside flag that a Good Samaritan held over a rider suffering from total exhaustion. About 7500 started, but only 5500 finished within limit time – pain and suffering on an almost biblical scale!

The French nation was in mourning, it was the day after the World Cup final. Their team had lost to Italy on penalties. This Italian was over the moon! Penalties had meant one hour less sleep, but it had been worth it.

The 7500 man peloton started off at 7a.m I got to the start line at 7.20a.m, and then happily flew along for the first 50k tucking into one group after another on the flat section to the base of the Izoard. I was massively up on my schedule and still fresh – brilliant!

I'd been warned about the rucks at the water stations, but I wasn't prepared for the 15 minute bottleneck at the first as a few thousand thirsty cyclists surged on an inadequate water counter. Sharp elbows were the order of the day!

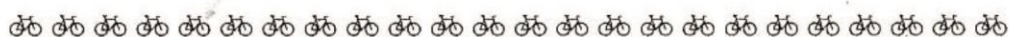
I knew I was in trouble when I started climbing Izoard. My legs felt like wood. I'd worried about having maybe over-trained a week before – 200 Audax through the hills of East Sussex, cramping and bonk towards the end. I was right to have been concerned, that ride was still in my legs. The odd cheery word of encouragement from a fellow rider as he went past me was really of no help! By the time I'd crawled up to the summit I was dispiritingly behind my







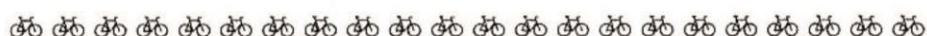
can do really. We shall monitor Richard's actions within Club activities, but so far there's been no repeat or any similar escapades and his continued membership remains welcome.



### A JUNIOR MEMBER

The Ed is always referring to 'youngsters' and then finding they are in their 30's and 40's but this time, no mistake. Damien Resarchi from Lancing, at 16 has joined us and ridden with our club runs regularly. 40 odd miles behind senior riders including a Mel Robertson still in racing mode did not seem to trouble him. Torrential rain did not seem to cause any bother, and the hills of East Sussex clearly held no fear.

For a couple of weeks we kept looking back to make sure he's OK. The Editor suspects it won't be long before Damien's looking back to see where the Ed's got to.



### ADRIAN PALMER

A sibling to our President Tony, Adrian has at last joined us as a full member. This after much nagging by our Ed, who hastily seconded the application before he could change his mind. Adrian, who has for some years attended our Annual Dinner and Skittles evenings has also many times assisted us with marshalling and checking. Since his retirement, or was that his second retirement, he has been much more active on the wheels and has graced us with his company at our Sunday run café stops a number of times. As reported earlier he rode the Tourist Trial. In 2007 he could just as easily win it.

A word of warning, he is like Tony a big lad, and in addition an ex-copper so is unlikely to stand any backchat!

He will be supplied (if not already) with our new members package including a copy of the rules, which are being hastily revised in the light of this particular recruitment!



By the way Adrian I have a good stock of Club clothing at the moment with 'most' sizes available, and can book you in for Skittles, Club Dinner, Tour de France and the Hardriders .....just let me know!

Don

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ESCAPABILITY or how reliable are you on 'foreign' roads in the other half of Sussex? The answer it seems is moderate, we might just have got a pass mark with 8 out of 16 being successful in covering the course in their pre-selected times. Two of our 16 entries did not start and they missed a first class event on a lovely morning with plenty of good scenery, although the writer saw a lot of it through a red mist!

Six did not get home quite quickly enough, caused by delays (punctures 3 – all Robert Downham), time spent off course, wasting valuable time exploring parts of East Sussex which could ideally have been left for a separate occasion. Perhaps also a lack of experience in opting for time standards which were to prove a bit quick. It was hard and it was in hilly country lanes, so average speeds are very much slower whatever your standard than you might normally manage on a less demanding route. Robert was in fact given a lift back to the HQ having run out of inner tubes and patience. It's worth a mention that Richard (I love Ditchling Beacon) Klose rode round very comfortably despite not having entered. We shall have to watch this guy!

Tony Palmer made an excellent job in putting the event on for the East Sussex Cycling Association, and with the most generously and efficiently provided catering from Dave (El Supremo) Hudson, ESCA have been quick to ask WECC (Tony Palmer) to do it again in 2007. We can report already that both he and Dave have agreed, so the date for your diary is 18th November. Same HQ in East Hoathly but maybe some change to the routewell we don't want you to get too familiar with it do we?

Now next time we'll have 20 entries and on the performance of Lewes Wanderers this year, we need 16 to finish inside selected times to win the shield. We were third this year so a reasonable start.

The route was mainly uphill, although the organiser maintains there was also a lot of downhill. The writer can only recall that the

mist cleared a bit after the first 25 miles. By this time he had scaled the foothills to Blackboys and Hadlow Down, the western face to Rotherfield and Wadhurst, he had 'manfully' tackled the climb out of Burwash that he had successfully avoided since finishing last in the East Sussex Hill Climb Championship there in 1953, and it must be admitted he was now riding on his own! Still he knew the way ... Down it was to Bodle Street Green and Hailsham and flat with even a little time to spare back to East Hoathly. The pain eases with timehe said he might do it again.

Worthing's successful riders were: Mel Roberton, Karl Roberton, Mark Newnham, Mark Bernhardt, Chris Bacon, Jeremy Wootton, Rocco Sepe and Don Lock.

NOTE At this time it seems Southborough Wheelers who didn't manage one entry in 2006 have said they would like to run it! We will keep you posted.

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#### TOUR de FRANCE (The Prologue in London) 7<sup>th</sup> July 2007

We now have just 15 seats left. Tickets are £10 per head. If you want to come please let Don Lock know as quickly as possible. At the end of March we shall offer any remaining seats to members of other clubs.

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THE PARTY

Too informal? Well the organiser was taken to task for not having a tie and then when he had the temerity to remove his jacket he was found to be wearing short sleeves! What did you think? Who wants to go back to formal suits, long speeches, short dresseswell No I digress. It seemed to go alright on the night. By the way it's the 'Dinner and Prize Presentation' (November 10th) that we're talking about. Over 70 came so the numbers have remained constant for the last 3 years.

There was a different caterer at the Rugby Club this year and the meal seemed to be generally approved, although another waitress would have been a good idea. We'll mention that. Anybody with any ideas for next year please don't hesitate to let us know. If you can drink a pint while riding a unicycle we would certainly find

time and space.....of course you'd have to buy your own booze!

The Tour de France game is getting a bit dated and it would be good to come up with something new. Ron Bardouveau said 'Keep it going' – well he would, he won £50 this year! The raffle was done at electrifying speed. It had to be, for there were so many prizes. Thanks to all who contributed as it brought in over £160 which helps keep the club dinner subsidy within reasonable limits.

We missed Jeremy Wootton's flying demonstrations this year. He was unable to make it on the night. We thought it was because his dog was having puppies, but then he said his wife was away. Perhaps it was Jeremy who was having puppies – never mind we've seen him since and all's well!

Principal point of the whole affair was the take over of the Prize Presentation by the Roberton family. Mel had every reason to present the trophies in immaculate gleaming condition, he was after all to take most of them home again for his own 'mantelpiece'. Seriously though, he had a remarkable season. It was fitting too that he should again be awarded the Club Person of the year honour. No one has done more to keep Worthing Excelsior fit, well and active and long may he reign.

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## SUSSEX CYCLIST'S ASSOCIATION

### Awards 2006

We have previously in this issue celebrated the success of Adrian Rodgers in the Association's final event, the Hill Climb, and no doubt about it, 'Top of the Pile' is the way to finish, but we have had other fine performances in the SCA events.

In the season long 'SPOCO', Sporting Courses competition we had two in the 12 who qualified. Mel Roberton came 7<sup>th</sup> and Karl Roberton 9<sup>th</sup>. They scored 629 and 592 points against a total of 717 for the winner Steve Dennis of East Grinstead. In the Veteran's section Mel shot up to 2<sup>nd</sup> spot and was only 5 points short of the winner Geoff Smith from the Sussex Nomads. Mel was 2<sup>nd</sup> veteran in the '25' beaten only by that super septuagenarian from the Eastbourne – Harry Featherstone. Mel was 2<sup>nd</sup> veteran also in the '50' beaten here



by Sean Yates, he certainly keeps fast company!

Another award was the second team trophy in the 25 mile Team Championship. A nice surprise this, and well done to Jeremy Wootton, Mel Roberton, Karl Roberton and Chris Bacon.

Incidentally, if we could get a third rider to qualify for the Sporting Courses events we could easily win the team award, on the 2006 scores. How about it Jeremy Wootton, Chris Bacon, Robin Fairhurst? Contact Mel he will be pleased to give you all the details.

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BE CAREFUL WHAT YOU ASK THE EDITOR

For example Mel Roberton wanted to know whether our Ed had ridden a '100' in a skin suit, and how did you carry the necessary food without pockets? Well Ed helped him as much as he could, but a question like this, and in November as well, can only mean one thing – Mel plans to ride one in 2007. Watch this space, as they say

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### A FIDDLER IN THE CLUB

Did you know that Cliff Hawkins plays the violin, and regularly performs with the East Worthing Philharmonic! His ambition is to play with the girl group 'Bond' .....with the violin of course! We thought it would be useful for members to have this information so that when you give us all the hard luck stories in future, you could get Cliff to come along and accompany you. For a small commission of course!

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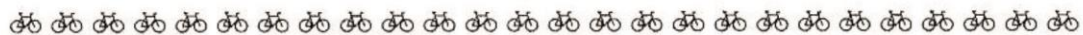
DID YOU KNOW? . . That in Chichester there's a 'Peter Weston Place' Peter's kept quiet about it and as Michael Caine would say 'Not a lot of people know that' Still everyone has their 'Place' Can anyone else claim to have a place named after them?

SKITTLES – OCTOBER

Another good evenings entertainment with 28 members and friends attending at The Spur at Slindon. Can't remember who won the bottles of wine but do remember Evelyn Bardouveau was in the worst team and was delighted with the prize. A little duck for the bath that glows in the dark and changes colour. We understand Ron was getting some more for her for Christmas

Look out for the 2007 editions of these Skittles evenings – they are booked for 9th March and 19th October. £10 includes an excellent buffet.

We may not however be able to get any more of the ducks!

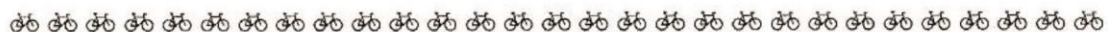


REMINDER Subscriptions for 2007 are now due.

Ordinary	£20	Family	£40
Juniors	£15		
2 nd Claim	£15		

Donations Much more!!! Thank you.

To: Mike Irons Membership Secretary
Allan Langham Treasurer



NEW YEAR RESOLUTIONS!

Karl Robertson plans to get married so does his fiancée
Lyndsay Smith!

Mel Robertson resolves to ride a 'hundred'

Rocco Sepe wants to do the 'Tour d'Etape' on the same day as the Tour. Says the day before gets too crowded.

Alan Scarrett promises to get out on a club run.

Mike Poland is resolved to find a route other than A24/A27. M25 has been suggested.

Alan Matthews and Sue Dray to take over Crystal Palace. Don't think that includes the football club.

Diana Trafford to publish her list of nicknames for all club members,

but Worthing Wheel refuses to be involved.

Peter Eldridge to fine tune his coaching skills with further courses.

In view of climate change Mike Irons proposes next years February Audax should be called 'Winter Cooler'

Keith Dodman proposes new club colours – green. Also all clothing to be bio-degradable and to originate from sustainable sources.

Don Lock panics in view of the amount of clothing stock he has at present.

Robert Downham plans a fast 12 hour. We are not sure if this means 20 + mph Time Trial or a refusal to eat for that period.

Richard Klose promises to enter for everything he takes part in, and is resolved to see someone about his addiction for turning up steep hills.

Ron Bardouleau is to hold a Garage Bike Sale in July.

Paul Toppin is to do the same in August.

Tony and Adrian Palmer finish last in Lewes Grand Prix des Gentlemen 2-up. Each blaming the other.

John Lucas purchases a track bike and mounts itin his front garden.

Peter Logan rides Brighton to Beijing for Charity.

Dave Hudson to receive Night-hood for nocturnal services to long distance Audax events.

David Uncles challenges Health Minister to duel over plans to downgrade Worthing Hospital. Weapons chosen: Pinarellos at 10 miles.

Jeremy Wootton wears a skin suit in Court and rides evening ten in a law suit.

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## LETTER TO 'CYCLING WEEKLY'

Hill climbing has never been very popular with our Ed and he has become somewhat exasperated with the series of 'Killer Climb' articles in Cycling Weekly, so he sent this in; don't suppose for a moment that it will get published but it's got it out of his system!

### Killer Climbs

As a cyclist who has never enjoyed hills, let alone 'mountains' my punishment every week is to read Cycling Weekly's latest 'Killer







Bedouin for lunch and then decided to 'have a look' at Mont Ventoux. I have always wanted to have a go at a mountain. Reaching the bottom (343 metres above sea level) we entered the forest and then suddenly hit 10% incline. After a couple of kilometres of this I wish I had mountain bike gears. The only company we had was from flies which stayed a few inches in front of our faces. Every time the incline changed there was a stone (like a milestone) on the side of the road showing how much the incline is, and the height. After seeing 1000m on these stones we thought we may as well go for the top.

After 12k of climbing we reached Café Reynard for refreshments and a look at the signed photos there of TDF riders. At the next corner the sound of Swiss cow bells (was it something put in the tea?) stopping, we discovered a herd of goats among the sparse vegetation and ski lifts. A few hundred metres further on I thought I was hallucinating on seeing a woman stroking two sheep like they were pet dogs. Had to look twice to confirm what I was seeing!

Another planned stop was at the Tommy Simpson memorial to pay our respects.

Struggling around the 180 degree hairpin bend at the top as a couple of cars overtook us, we were greeted with shouts of 'Bravo' and a round of applause from two people sitting on a wall. I looked around for the reputedly most expensive 'Pick and Mix' shop to find it was closed (Does this mean I have to ride Mont Ventoux again?)

After the obligatory photo we chatted to a couple of English motorcyclists who, as a holiday were riding all the famous cols of the TDF.

The descent was brilliant. It is possible to hold a 10 mile freewheeling TT on this slope, a good road surface with lots of sweeping bends and a few hairpins thrown in. Through Maloucene and back to Rasteau, just as it got dark, for a late dinner and some excellent local red wine.

The following day was easier riding along country lanes, passing a cross country skier training on 'in line' blades and using ski poles. Going over a small col, 540metres, to Pilles and down the valley on a dual carriageway with cycle lane, to Nyons.

A sightseeing day in Orange was next days venture. The worst road surface we encountered all week. Made a visit to the Roman Amphitheatre, complete with stage and backdrop. Also rode round a roundabout with a mini Arc de Triomphe (about 15 metres tall) in the middle.



Rain greeted us the following day so we accepted the offer of a lift to Avignon to walk out to the end of the bridge that finishes in the middle of the River Rhone. There is a lot to see in the old walled town, including the Pope's Palace.

The last full day was Bob's choice to see the Gorges de Ardeche. Missing a turning in Mondragon we went via Bollene, Pierrelate, across the River Rhone, Bourg-st. Andeol and up on to the Ardeche Plateau (512metres). There is an undulating road on the plateau. We reached the Gorges in the afternoon and what a stunning sight. A gorge of at least 400 metres deep, winding its way through the hills. We had thought of riding to the western end (6k) but time did not permit, not to mention the climb back up (12½% for 3½k).

We rode towards the eastern end (26k). The road was up or down (no flat sections) the whole way (possible hard rider's course!) as it snaked its way beside the gorge. Probably did about 750 metres of climbing and 1000 metres of descending. Passing a signpost for Bidon I wondered if this is where they are made. There are several viewing points en route from which we saw canoeists paddling their way down the gorge. We were passed by motorcyclists trying to improve their skills, very dodgy on right hand bends. The final run downhill was great, about 5k of 10% and straight.

Riding back past St Just (I thought that was in Cornwall) to Mondragon to make another phone call to say we would be late for dinner (which meant less wine to drink). It was one of those great cycle rides that will live long in the memory. Thanks Bob.

The last day was spent in Vaison-La-Romaine to purchase the Mont Ventoux T shirt and sample homemade cream cakes. It was then back to Rasteau, pack, say our goodbyes, and travel to Orange to catch the coach home.

Mike Irons

(When's Bob going to join WECC? – Ed)

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WHAT do you get if you put Prime Minister Blair, President Bush and Dolly Parton all in a room together?
See answer later in this issue!

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## A REMINDER OF YOUR CLUB CHAMPIONS FOR 2006

|                                                         |                                          |
|---------------------------------------------------------|------------------------------------------|
| Men's Best All Rounder<br>(over 25,50 and 100 miles)    | Robert Downham                           |
| Veteran's Best All Rounder<br>(over 10.25 and 50 miles) | Mel Robertson                            |
| Ladies Best All Rounder<br>(over 10 and 25 miles)       | Diana Trafford                           |
| 100 miles                                               | Robert Downham                           |
| 50 miles                                                | Mel Robertson                            |
| 30 miles                                                | Mel Robertson                            |
| 25 miles                                                | Mel Robertson                            |
| Hardriders                                              | Karl Robertson                           |
| Shipton Cup (Fastest 50)                                | Mel Robertson                            |
| 10 mile series                                          | Tie ( Jeremy Wootton<br>( Karl Robertson |
| Alan Matthews Sporting<br>Courses series                | Karl Robertson                           |
| Clapshaw Handicap<br>25 mile Trophy                     | Peter Logan                              |
| Club Events Points series                               | Mel Robertson                            |
| Road Race Champion                                      | Adrian Rodgers                           |
| Most Improved Rider                                     | Adrian Rodgers                           |
| Hill Climb series                                       | Mel Robertson                            |



Veteran's (on standard)  
In 10 mile series

Don Lock

Club Runs Attendance

Mel Robertson

Tourist Trophy

Andrew Lock

Audax Trophy

Paul Outhwaite

Club Person of the Year

Mel Robertson

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TIMEKEEPERS

The Club is getting desperately short of timekeepers. Peter Kibbles is not continuing in 2007. Thank you Peter for all that you have done over the years and thank you also for the generous donation of your stop watch.

Alan Matthews is also going to be unavailable for some time as he and his partner Sue Dray take on Caravan Club wardenship at Crystal Palace. There are distinct possibilities that two other timekeepers may not be available.

Already the timing of morning club events is covered by just three 'Full' timekeepers and one of these likes sometimes to ride the event! We have five 'Assistant' timekeepers and as we know they can 'tell the time' we beg some of them to move into 'Full' or 'Finish' timekeepers at our AGM on 20th February. Also please all members consider if you would be able to do this. It is not very demanding and the more we can recruit the fewer calls we shall need to make on your time.

The Evening 10's series will be in particular difficulty if we are unable to improve the position.

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Answer to our Teaser: The Blair/Bush and Dolly Parton question ..  
Easy . . . . .Two Boobs and a Country Singer!

## ANNUAL GENERAL MEETING

It is well known, of at least one member, that he would not be at the clubroom on 20<sup>th</sup> February, simply because it is the AGM. This is really not fair on those who do a lot of work to keep the club functioning. If you include club runs over 80 events in a year are provided, and they don't just happen. They need planning and organisation. Sometimes they are not very well supported, so perhaps the committee is not doing it right. How though will they know if you don't get along on this one Tuesday evening to let them know?

Are you frightened you might be asked to take on some task? Well you might be and then if you accepted you would be even better placed to see the club more in the direction that you feel is for the better. You would soon realise too just how much does go on behind the scenes and you would feel much more involved in YOUR club.

Don't forget, Notices will be sent to you. Please make a real effort to be present 20<sup>th</sup> February. By the way free tea and biscuits that night!

I've just heard that Mike Poland is coming to the AGM this year (Ed)

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CLUB RUNS

A list for the next 12 months is enclosed with this mag. Try and get out on at least some of the runs. Especially if you are unable to get to the Clubroom on Tuesday evenings, it's a good way to keep in touch.

Please note that some runs will start from the Clubroom in Broadwater and a couple in Ditchling or Ringmer, to give us a chance to ride in different areas. You will see that we are trying a few new venues as well.

You are welcome to meet us at the venue, usually just before 11.00 if you so wish.

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SPINDLE? – A Government device for distribution of lies and Statistics!



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