

FOUNDED 1887

OCTOBER 2007

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

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

Club Coaches: Vern McClelland 31 Downland Rd,
Upper Beeding 01903 814351

Peter Eldridge 2 The Street, Clapham
01903 871502

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

Press Secretary: Colin Miller
26 Rectory Farm Road. Sompting 01903 764788
Lancing

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

Website : WorthingExcelsior.co.uk

CLUB 100 Mile CHAMPIONSHIP

We haven't had a championship for a few years with the popularity of the longer distances waning, so it was great to learn that this year we had three riders. The Club event has usually been incorporated in the Sussex Championship and for 2007 that was run in conjunction with the Southern Counties promotion. This seems to have been successful with a well run event and seventy entries.

Our three were all debutantes at the distance, indeed two – Adrian Rodgers and Mark Bernhardt had yet to ride a '50'! Nathan Gale did at least have two or three rides at half distance under his belt.

The morning dawned wet as have so many mornings this summer, but the forecast was for early improvement and for once they were right. Mark off early at No 6 had it damp to begin with but it dried up and the wind – northerly- was not too bad.

The course from Buck Barn goes out to Clemsfold on the Guildford road then out to Crawley and back to Southwater. This circuit is then repeated, before riders head south to Buck Barn and through the traffic lights (Mark says he had to wait about 10 minutes!!) out to Cowfold and Bolney. Retracing to Cowfold they go down to Henfield and back to Buck Barn. This time there's the slip road (no lights) and they come south along the A24 to Ashington. Here they use the 10m turn roundabout and go back north as far as Dial Post (89 miles covered as they go past the event HQ). Finally they have to ride the old Sussex 12 hour circuit out through Coolham, Dan Hill and Ashington to finish at Dial Post.

Our observer was principally trying to help Mark so had to stay close to his ride, but he saw Adrian going well at about 37 miles and again around 80 miles. Nathan was hooted at, and responded by sitting up and waving, so obviously OK, but perhaps not going quite as well as his '2.13.00' 50 suggested he could.

The times recorded with club handicapping are shown below. All of these are good first time performances and all can knock 15 minutes from these times next year. Given a less arduous course, this one is definitely lumpy, that could be 20 minutes. A good helper and a schedule to ride to would also bring them further up the result table. Mark found his 5 hour schedule useful and, after a slow start, encouraging. It kept him focussed when the hard stretches and fatigue set in, and he was sprinting to take more time out of the schedule in the last few miles.

Congratulations to all three. Now get those 50's in and we've got a Best All Rounder Championship again

First	Adrian Rodgers	4.42.54	Scr	4.42.54
Second	Mark Bernhardt	4.53.29	15.00	4.38.29
Third	Nathan Gale	4.54.25	9.00	4.45.25

1

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CYCLING TIME TRIALS

the national governing body for CYCLING Time Trials
www.ctt.org.uk



1937 - 2002

UNDER CYCLING TIME TRIALS REGULATIONS.

(National Championships are also under CHAMPIONSHIP CONDITIONS)
See Handbook for notifications of improvements. The Promoting Club reserves the right to refuse any entry (Subject to BBAR Condition No. 4)

Please enter me for the SUSSEX C.A. 25M

event to be held for and on behalf of Cycling Time Trials on (date) 23.7.07

I enclose entry fee of £ 8.00 including Cycling Time Trials Levy.

If entering a Hill Climb please also complete section B. overleaf.

If entering a Team Time Trial please also complete section C. overleaf.

RIDING: Bicycle ☒ Tricycle ☐ Tandem ☐

For Tandem Events my partner is:-

If the event is oversubscribed I agree to be a reserve.

Yes ☐ No ☒ OPTIONAL

OFFICIAL TIME TRIALS (including private) CLUB, OPEN, SEMI-OPEN AND ASSOCIATION EVENTS (completed events only.)

(For NATIONAL CHAMPIONSHIPS only enter performances in Open, Semi-Open and Association events.)

Please enter details of fastest performances during current and past three seasons for the type of machine you will be riding. If no performance please state NIL.

Event		Date	Time/Distance	Course	Winner & Time/Distance
A. 10	1 CLUB	4.5.06	22.48	G10/98	K. ROBERTSON 21.33
25	2 BRIGHTON EXCELSIOR	1.8.06	1.2.54	G25/93	M. HUTCHINSON 32.20
50	3 SOUTHERN COUNTIES	12.8.05	2.11.07	G50/53	K. COFFEY 1.54.17
100	4 SOUTHERN COUNTIES	29.7.05	4.42.48	G100/59	M. WINTON 4.02.58
12hr	5 NO RIDE				
	6 AS PER LINE 2 ABOVE				
	7 WORTHING EXCEL.C.C.	20.5.05	1.00.01	G25/53	S. DENNIS 53.14

I HEREBY DECLARE that the particulars submitted on this form are complete and correct. I understand that the event will be held under the Rules and Regulations of Cycling Time Trials as shown in the current Handbook and I confirm that I am conversant with such Rules and Regulations and undertake to abide by them and to participate in the Drug Testing Programme whenever required to do so.

I further declare that I am at present not under suspension by Cycling Time Trials or any organisation with which Cycling Time Trials have an agreement or (if so) such suspension will have expired by the date of the event.

I agree to accept the decision of the promoter in all the matters concerning the event and my participation in it subject to such rights of appeal or review as may be provided for in the Rules and Regulations of Cycling Time Trials.

I understand that the event is held wholly or in part on public or private property or the public highway and that I participate therein entirely at my own risk and that no liability whatever shall attach to the promoter, promoting club or any officials of the event, Cycling Time Trials or any club affiliated thereto or any member of such club for any injury loss or damage suffered by me in or by reason of the event however such may be caused and whether by negligence or otherwise.

Signature

(Event promoters MUST NOT accept entries with photocopied signatures)

Riders under 18 years of age must also have the Parental Consent Declaration (overleaf) completed by their Parent or Guardian.

Cycling Time Trials is a Company Limited by Guarantee (Registered England No. 4413282)

Date 10.7.07

January 2007

Mr/Ms/Miss/Ms	Forename(s):-	Surname:-
MR.	FRED	FLASH
Club:-	WORTHING EXCELSIOR C.C.	
Address:-	16 HIGH ROAD WORTHING, WEST SUSSEX	
Tel:-	01903	D.O.B:- 10.5.86
E-mail:-	Postcode:- BN	
Emergency Contact Details	Age on day of event:- 21	
AS ABOVE	Start/Result Sheet by E-mail <input type="checkbox"/>	
Name:-	FRED	
Mob:-		

For Veterans Only IF APPLICABLE (I.E. OVER 40 ON DATE OF EVENT) SEE V.T.T.A. STANDARD TIMES

Best Plus for distance in current and past three seasons.	+ 14.30	Age at that time	60	Yrs.
Current Standard time for event entered.	1.17.11	Member of VTTA Group	SURREY/SUSSEX	

Official use only Handicap:-

CLUB DINNER/PARTY/PRIZE PRESENTATION

Friday 9th November – 7 for 7.30 at Worthing Rugby Club,
Roundstone Lane, Angmering.

Tickets for the 3rd year running held at £20 per head.

Don't miss it, we promise you a good night out.

Nothing formal, nothing but fun.

Get more details from Social Sec – our Ed. And book your places
early to save him having to chase you!

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## HILL CLIMB SERIES – August 2007

Is it because you are all on holiday, or perhaps you would ride if it was on a 'decent' hill, whatever the reason these are not very well supported. Maximum club entry was five in number 1 and only six riders completed the necessary two rides to figure in the overall result. Do you want them continued? Because otherwise it is not worth the effort of the organisation. Please let us have your views.

### Event 1

|    |                |      |
|----|----------------|------|
| 1. | Adrian Rodgers | 1.35 |
| 2. | Mark Newnham   | 1.44 |
| 3. | Mark Bernhardt | 1.45 |
| 4. | Mel Robertson  | 1.48 |
| 5. | Nathan Gale    | 2.00 |

### Event 2

|    |                |      |               |
|----|----------------|------|---------------|
| 1. | Adrian Rodgers | 1.28 | Course Record |
| 2. | Mark Bernhardt | 1.42 |               |
| 3. | Mark Newnham   | 1.43 |               |
| 4. | Ben Barden     | 1.54 |               |

### Event 3

|    |               |      |
|----|---------------|------|
| 1. | Mel Robertson | 1.52 |
| 2. | Nathan Gale   | 2.03 |
| 3. | Ben Barden    | 2.06 |

### Overall Result (Aggregate of best two placings)

|    |                |          |
|----|----------------|----------|
| 1. | Adrian Rodgers | 2 points |
| 2. | Mark Newnham   | 5 --     |
| 2. | Mark Bernhardt | 5 --     |
| 2. | Mel Robertson  | 5 --     |
| 5  | Nathan Gale    | 7 --     |
| 5. | Ben Barden     | 7 --     |

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SUSSEX CYCLISTS ASSOCIATION TO FOLD?

This long running association of clubs (founded in 1921) which puts on a full programme of time trials every year, together with related competitions for all categories, is in imminent danger of folding.

For some time there has been difficulty in finding event promoters and members to serve on the managing committee, and now, very long standing and important officers are giving notice that they will not be prepared to continue after this year. Chairman Mark Jones and Treasurer Heather Jones have served the Association well for a number of years, but now want to hand those offices to other hands. At the same time long serving Secretary Roy Fairchild (more into his seventies than he would want us to publish) feels that younger people must come forward to serve, to put something back into the sport.

If the Association is to continue in 2008 there must be an early and positive response to this situation. The Annual General Meeting is in November and should there be no volunteers from the membership of its 20+ clubs then racing in this area is going to be decimated. Such is the seriousness that the existing officials have stated their willingness to remain in office only to "oversee the disbandment"

Can you help? Those resigning will be pleased to act as 'mentors' for the new appointees to assist a smooth transition.

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## GOLDEN WEDDING

We send warmest congratulations to life Vice President Reg Searle and his wife Vera on the occasion of their Golden Wedding Anniversary in September. For members' information we did send a present as a token of our good wishes and indeed thanks, for Reg has been a long serving Auditor of our club's books and has contributed generously over the years to our financial well being. His love was his tricycle, which he propelled to every corner of the County and beyond in WECC colours. In an era where place to place records were all the rage, he tackled and set many in the three wheeled category. Several, including some on tandem tricycle – now there's a monster – still stand.

May you have many more happy years together.

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OUT OF CONTEXT?

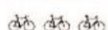
Quote from our President Tony Palmer "Oh I haven't had a bath for years"

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## FINAL EVENING TEN RESULTS

|                                     |    |                |       |
|-------------------------------------|----|----------------|-------|
| <u>No 10 - 28<sup>th</sup> June</u> | 1. | Jeremy Wootton | 22.45 |
|                                     | 2. | Adrian Rodgers | 24.08 |
|                                     | 3. | Nathan Gale    | 24.31 |
|                                     | 4. | Ben Barden     | 24.53 |
|                                     | 5. | Mark Newnham   | 25.00 |
|                                     | 6. | Mark Bernhardt | 25.06 |
|                                     | 7. | Jon Rodgers    | 25.19 |
|                                     | 8. | Thomas Rhoden  | 25.42 |

There were 10 guest rides, the fastest being J.Makepeace 22.30



|                                     |                                              |
|-------------------------------------|----------------------------------------------|
| <u>No 12 - 12<sup>th</sup> July</u> | (No 11 not run in view of unsafe conditions) |
|                                     | 1. Jeremy Wootton 22.38                      |
|                                     | 2. Adrian Rodgers 22.51                      |
|                                     | 3. Nathan Gale 24.07                         |
|                                     | 4. Mark Bernhardt 24.32                      |
|                                     | 5. Ben Barden 24.40                          |
|                                     | 6. Jon Rodgers 24.43                         |
|                                     | 7. Simon Letts 24.52                         |
|                                     | 8. Robin Fairhurst 25.15                     |
|                                     | 9. Robert Downham 26.17                      |
|                                     | 10. Paul Major 28.30                         |
|                                     | 11. Diana Trafford 28.39                     |
|                                     | 12. Peter Eldridge 29.51                     |

There were 9 guest rides with J. Makepeace again fastest with 21.25



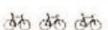
|                                     |    |                |       |
|-------------------------------------|----|----------------|-------|
| <u>No 13 - 19<sup>th</sup> July</u> | 1. | Karl Robertson | 21.33 |
|                                     | 2. | Adrian Rodgers | 22.43 |
|                                     | 3. | Nathan Gale    | 23.16 |
|                                     | 4. | Simon Letts    | 23.45 |
|                                     | 5. | Mark Newnham   | 24.02 |
|                                     | 6. | Paul Major     | 27.13 |
|                                     | 7. | Diana Trafford | 28.28 |
|                                     | 8. | Peter Eldridge | 28.50 |

A fast night and Karl's ride is the fastest in the series by a WECC rider. He was though, headed by the ultra fast James Dean who from 19 guest riders produced a superb 20.49



|                                     |    |              |       |
|-------------------------------------|----|--------------|-------|
| <u>No 14 - 26<sup>th</sup> July</u> | 1. | Nathan Gale  | 24.39 |
|                                     | 2. | Simon Letts  | 25.04 |
|                                     | 3. | Mark Newnham | 25.05 |

A rotten night for the last one and just three club riders and five guests.





## EVENING 10 MILE SERIES – 2007

Not so good as 2006, only 11 completed the necessary 6 rides as against 14 last year. 20 club members rode at least once while in 2006 there were 26. Altogether last year's series saw 150 separate rides but now we are down to just 105. Admittedly we had the loss of two events this year but that, on the basis of average club entry, would only account for 13/14. If it hadn't been for a very good entry of private time trials (163) from other clubs' members several evenings would have been rather a waste of time for the officials. On the plus side though, while the winner still amassed an unbeatable 'six' aggregate there were others in contention for the top placings. Adrian Rodgers and Nathan Gale had two wins each, Mark Bernhardt got one and Karl Robertson got one on his only outing of the series. Karl's ride 21.33 was in fact the fastest Club ride.

### FULL RESULT

|     |                |    |                             |
|-----|----------------|----|-----------------------------|
| 1.  | Jeremy Wootton | 6  |                             |
| 2.  | Adrian Rodgers | 10 |                             |
| 3.  | Nathan Gale    | 13 |                             |
| 4.  | Ben Barden     | 18 | Fastest Veteran on Standard |
| 5.  | Mark Bernhardt | 22 |                             |
| 6.  | Simon Letts    | 25 |                             |
| 7.  | Thomas Rhoden  | 27 |                             |
| 8.  | Mark Newnham   | 34 |                             |
| 9.  | Jon Rodgers    | 36 |                             |
| 10. | Robert Downham | 37 |                             |
| 11. | Diana Trafford | 47 | Fastest Lady                |

Nathan Gale was the only rider to complete all 12 events in the series.















Once again a big thank you to Mel Robertson, who organised the whole series, producing gallons of tea and boxes of biscuits at the same time. These events are as much social as racing especially when it's a nice summer's evening – so next year come out and ride or give us more support.

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SOME MISCELLANEOUS RESULTS

22nd April	East Sussex 25	Nathan Gale	1.07.55
		Colin Miller	1.11.00
13 th May	Norwood Paragon 25	Mel Robertson	1.01.19
		Robert Downham	1.13.06

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|                       |                                         |                                                                                                                                                                                        |                                                       |
|-----------------------|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|
| 21 <sup>st</sup> July | a3crg 25<br>(Petersfield)               | Karl Robertson                                                                                                                                                                         | 57.34<br>Personal Best                                |
| 22 <sup>nd</sup> July | Southborough 25<br>(East Sussex)        |   Mel Robertson      | 1.00.46<br>2 <sup>nd</sup> on Veteran Standard        |
| 29 <sup>th</sup> July | Bognor 50                               |   Mel Robertson      | 2.05.58<br>Beating Vet Standard by 31.55              |
| 5 <sup>th</sup> Aug   | Brighton Ex 25                          |   Mel Robertson      | 59.38 (3 <sup>rd</sup> vet)                           |
|                       |                                         | Chris Bacon                                                                                                                                                                            | 1.01.37                                               |
|                       |                                         | Nathan Gale                                                                                                                                                                            | 1.03.56                                               |
|                       |                                         | Mark Bernhardt                                                                                                                                                                         | 1.04.51                                               |
|                       |                                         | Diana Trafford                                                                                                                                                                         | 1.20.46                                               |
|                       |                                         | Peter Eldridge                                                                                                                                                                         | 1.22.04                                               |
| 19 <sup>th</sup> Aug  | Eastbourne<br>Rovers 25                 |   Mel Robertson      | 59.36 (8 <sup>th</sup> )<br>(3 <sup>rd</sup> Veteran) |
|                       |                                         | Chris Bacon                                                                                                                                                                            | 1.02.07                                               |
|                       |                                         | Robert Downham                                                                                                                                                                         | 1.11.57                                               |
| 19 <sup>th</sup> Aug  | Anerley 50<br>(Broadbridge Heath)       |   Mark Bernhardt | 2.14.08                                               |
| 26 <sup>th</sup> Aug  | V.T.T.A<br>Wessex 25<br>(Bognor Course) |   Mel Robertson  | 58.47                                                 |
|                       |                                         | Simon Letts                                                                                                                                                                            | 1.04.31                                               |
|                       |                                         | Robert Downham                                                                                                                                                                         | 1.10.23                                               |
| 27 <sup>th</sup> Aug  | a3crg 50<br>(Petersfield)               |   Adrian Rodgers | 2.07.12                                               |

### CLUB HARDRIDERS – September 3<sup>rd</sup>

Honeymoons, it seems, prevented two would be entrants from riding. The excuses get worse and worse! Anyway, it looked for a while as if this might be a non-event with only two riders entered by the Tuesday (which is really the club's closing date) however a bit of chasing pulled in two more and with a couple of guest rides we had a race.

It was a super morning, very little wind and a nice fresh air – not too hot or too cold. The riders were to take full advantage and produced some excellent times.

We think that Mel Robertson's winning time of 1.7.38 is in fact a club record for this course. We've searched back through the records for 12 years and



the best we have found was in 1995 when superstar Nick Lelliott recorded 1.08.12. Whatever, twenty five and a half miles including the climbs up Bury and later from Arundel back to Whiteways in this time is an excellent effort. Mel's "Yes, pleased with that, it's a personal" was typically modest.

Adrian Rodgers warming up for the forthcoming Hill Climbs including the National at Cheddar Gorge, welcomed the opportunity to stretch his legs over these 'minor' ascents and came home second in 1.10.06 to knock more than 5 minutes off his 2005 effort and take yet another handicap award.

Debutants to the Hardriders were the Mark(x) 'Brothers' with Newnham catching Bernhardt to give very respectable times of 1.15.48 and 1.16.59 respectively.

Those honeymoons? Oh yes, Karl Roberton and Lyndsay and Nathan Gale and Stephanie. We wish them well - - - - wonder whether times will slow or improve!

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2007 'SPOCO' (Sporting Courses) Competition

Five club events qualify for this, the Long Furlong Circuit, the Pulborough Circuit, the 25 (the course which starts just west of Ashington) the Hill Climbs series and the Hardriders. Points are awarded 20 to the winner and reducing by 1, for each lower placing.

This Year's Top 10 are:-

1.	Mel Roberton	99 points
2.	Mark Bernhardt	70 --
3.	Nathan Gale	68 --
4.	Mark Newnham	67 --
5.	Karl Roberton	56 --
6.	Thomas Rhoden	43 --
7.	Adrian Rodgers	39 --
8.	Peter Eldridge	34 --
9.	Ben Barden	31 --
10.	Robert Downham	30 --

Mel was the only one to ride all five events and in all there were just fifteen qualifiers with some riding only one or two events.

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### CYCLING TERMS EXPLAINED

Tyre ----wearying

Gear ---- something to wear

Frame ---- put the fix on

Hub ---- the centre of things

## **WORTHING WINTER WARMER 100k**

**SATURDAY 2<sup>nd</sup> FEBRUARY 2008**

**Start 09.00 - HQ – Ashington Community Centre**

Entry Fee - £5 (plus £1.50 insurance if not a BC, CTC, or Audax member)

Tea/coffee and biscuits available from 08.15

Food and drink available en route. Hot soup and rolls available at the finish

### **Route Outline**

Ashington, West Chiltington, Adversane, Wisborough Green, Kirdford, Plaistow, Gospels Green, Blackdown, Haslemere, Lickfold, Lodsworth, Selham, Burton, Sutton, Bignor, West Burton, Coldwaltham, Greatham, Thakeham, Warminghurst, Ashington.

Organiser: Mick Irons

36 Phroso Road, Worthing BN11 5SL

Tel: 01903 240280

Completed entry Forms to him by Saturday 20<sup>th</sup> January 2008

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SOUTHERN SPORTIVE

My Dad and me did this ride on 16th September. It was 72km and had about 700m of climbing. At the beginning of the ride it was reasonably flat with just the occasional short steep hill. We started near the back because we arrived late so we weren't in a pack until the later stages.

We started off quite slowly so that we didn't exhaust ourselves for the second half. But we made sure that we went as fast as we could on the long straights so eventually, we caught up with a few stragglers who we overtook with ease.

When we were going up the final hill before the checkpoint, we were gradually catching up with the people in front of us, however, we stopped for just too long eating fruit so most of them got back in front of us. It took half an hour, but we caught them back up again and we followed an old man in his slip stream and there was a younger man behind me. The younger man broke away on one of the down hills but me, Dad and the old man stayed together until the end of the race. It was great fun with an extra person, it really gave me the energy to keep going knowing that if a 71 year old man could finish, then so could I. (71 is a good age, and not so much of the 'old man' ! Ed)

At the end of the ride, me and Dad went to get our times and we found it was 3 hours and 2 minutes which was only minutes off the silver medal! I was very happy with the time, it was a very challenging ride at points, but I really enjoyed doing it.

Giacomo Sepe (age 13)

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## ROCCO SEPE – ÉTAPE 2007

4400m of vertical hell! That's the climbing in this year's Étape du Tour, in a stage of 200km from Foix to Loudenvielle. 8500 entered – only 4300 finished.

Alarms were set for 4a.m, our hosts had promised us pasta for breakfast and duly obliged – you have to be made of stern stuff to put away a bowl of spaghetti at that hour, a dollop of honey helped it down.

All nervous energy at the start, we were glad when Greg LeMond set us on our way.

The first part was supposed to be the easiest – but halfway down the Col de Portet d'Aspet shouts of 'Whooooa' went up and we slowed to avoid one chap on the ground who'd got it wrong and was lying grazed and bloodied. The memorial to Fabio Casartelli, who died on this descent was another poignant reminder of the dangers that can lurk on the sweeping and super fast downhill.

We knew the climbs were going to be tough. Five in all, between 10 and 20km long, with the worst saved 'til last when legs were already starting to run on low. What no one was expecting was melting tarmac on the toughest, Port de Bales! Just as the gradient started to kick up, we rounded a bend to find a glistening, sticky surface. I'm sure it was even flowing down the hill at one point, but that may have been oxygen deficiency playing tricks with my mind!

Both the last 2 climbs of Port de Bales and Col de Peyresourde were murder, at around 1½ hours to climb each one, grinding up in bottom gear became totally mind over matter. It was no good thinking about the exhaustion or the pain, neither was it wise to think about stopping for a breather – a friend told me that if you stopped once, the next stop would be easier to make. At the moments of maximum exertion, when legs and lungs were burning, and when each pedal stroke became one monumental effort after another, I found that my mind closed in as if blinkered, so that every part of my body could contribute to the effort.

It was the first time the tour was to use the Port de Bales, the descent was a dirt track that had only just been tarmaced. We'd been warned it was very narrow, very steep and with nothing between you and a sheer drop off the edge. But none of the reports had done justice to what a wonderfully exhilarating descent it was – beautiful, stunning scenery with the lush, Pyrenean mountain tops stretching out for miles beyond.

After the Col du Peyresourde it was downhill to Loudenvielle and the finish. I tried to beat 11 hours, but clocked 11.01 – seven days later Alexander Vinokourov finished in 5.34! As we learnt later, a chemically assisted effort.

The camaraderie was wonderful, there were plenty of opportunities to



strike up a chat with riders from all over the world. At one point I found myself with five other riders on Condors, for a few minutes we were 'TeamCondor', though not quite striking fear into anyone's heart!

What makes the event special? Of course there's the pleasure and privilege of being able to ride on roads closed to traffic. There's the knowledge that you're riding a route only a few days before one of the greatest shows on earth arrives to do the same,. But a very special joy too, is riding through French villages with streets lined with enthusiastic locals shouting their encouragement as the church bells ring out specially to greet us as we pass.

So should you shave your legs for an etape? It's a pressing question, I'm reliably told there is no aerodynamic advantage - it just feels like you're going faster! As I found myself tucked in behind one chap who had a lush, woolly coating on his legs I did wonder if he would disprove this theory in a wind tunnel test!

Rocco Sepe

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As we received Rocco's Étape report, we also heard from Club historian John Grant, who had found a report in the Worthing Gazette of 21st Oct 1908 (he's a bit behind with his reading!) - that the Horsham road was to be tarred. The reporter, Dick Turpin (Dick Long) writes 'I am trying to picture it! Will the idea catch on? Or will it be the wheelman, unable to get away from the sticky mess, who will do the catching on?'

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### NOSTALGIA

The first entry in the current race book is dated 26<sup>th</sup> February 1983, nearly 25 years ago. Even the type of event is interesting, it was a medium gear 10 mile. This meant that all riders would ride single fixed gear not exceeding 72 inches. Usually this was possible with a 48 tooth chain ring and an 18 tooth rear sprocket. This was on the old style 27 inch wheels. Today those cogs on 700 x 23c wheels/tyres would give you 70.9 inches. The slightly larger 27 inches with slightly bulkier tyres could have seen you slightly over geared and the measurement was carefully checked before you started. Time has lost what distance the bike was allowed to move forward for one careful revolution of the pedals but it would have been marked out on the road and checked. No doubt a mathematician can provide the formula.

Any way back to 26<sup>th</sup> February 1983 and despite these rigorous requirements we had twelve entrants, and this was the result.



|                  |               | <u>Actual</u> | <u>H'cap</u> | <u>Net</u> |
|------------------|---------------|---------------|--------------|------------|
| 1 <sup>st</sup>  | Andrew Lock   | 25.12         | 0.45         | 24.27      |
| 2 <sup>nd</sup>  | Paul Toppin   | 25.37         | Scr          | 25.37      |
| 3 <sup>rd</sup>  | Graham Tooley | 26.16         | 1.35         | 24.41      |
| 4 <sup>th</sup>  | Stuart Gibbs  | 26.37         | 1.10         | 25.27      |
| 5 <sup>th</sup>  | Stephen Jukes | 27.16         | 1.45         | 25.31      |
| 6 <sup>th</sup>  | Richard West  | 27.30         | 3.30         | 24.00      |
| 7 <sup>th</sup>  | Tom Lainsbury | 28.46         | 4.10         | 24.36      |
| 8 <sup>th</sup>  | Mike Kennard  | 28.56         | 2.25         | 26.31      |
| 9 <sup>th</sup>  | Mike Gibbs    | 28.58         | 3.35         | 25.23      |
| 10 <sup>th</sup> | Bill Procter  | 29.37         | 3.10         | 26.27      |
| 11 <sup>th</sup> | Angela Walker | 31.56         | 8.25         | 23.31      |
| 12 <sup>th</sup> | Reg Searle    | 32.17         | 6.05         | 26.12      |

Handicapper was our Ed and the timekeepers were Brian Cox and Tony Palmer. 8 of the 15 named are still members of WECC. Around that time Stephen Jukes, Stuart Gibbs and Andrew Lock, all under 18 were winning many Junior team events and with Paul Toppin recording some great times. Angela Walker became, of course, Mrs Paul Toppin.

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MIKE POLAND



It is with great sadness that we report the death of Mike on Sunday 7th October. He suffered a heart attack at his home. He had ridden to Southwater for elevenses and met up with club members only that morning.

Mike was of small stature but was big in character and determination. Following an accident when his leg was smashed (few thought he would ride again) his tenacity saw him back both to race and to ride long distances

He had an impish sense of humour, a genuine concern for others and a great love of his family. It is for them that the loss is greatest and to Anne, to John and Amanda and to his grandchildren we offer our deepest sympathy.

He rode every distance time trial up to 12 hours. He won the Clapshaw 25 mile handicap trophy so many times they had to give it to him and get a new one. He rode tandem with Reg Searle and with Tom Lednor and some of his records remain unbeaten. He was a member of the club team that went all the way up to the Yorkshire 12 hour and came away with the team trophy.

Mike joined Worthing Excelsior at around 15 years of age and was a life member. That his life has now ended leaves a very quiet and subdued clubroom and he will be greatly missed by all his friends.



CONGRATULATIONS



Congratulations to Karl and Lyndsay Roberton and to Nathan and Stephanie Gale, who between them tied a couple of matrimonial knots during September.

The Gales did a quick sweep of the US of A and the Robertons dropped in on the Maldives. Any excuse to get out of the Hardriders!

May your knots be secure and untangled, we wish you every happiness.

See you all at the Club Dinner - - - can't resist a plug!

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## VOLUNTEERS

Better, they say, than ten pressed men, and that's a fact. So nice then to report that the Ray Douglass Memorial 25 next year is to be promoted by Keith Harmer. He put himself forward with not the slightest twisting of an arm.

Mel Roberton ably dealt with the event this year when David Uncles resigned and it was not without some difficulties because of this.

Well done Keith, we are grateful.

~~~~~

DOG'S DINNER

The Social Sec has been investigating the idea of a visit to the Greyhound Stadium in Hove. Entrance, Race Card and a 3 course meal sounded good value, but the offer was date restricted and we found ourselves in their Christmas menu period - - - much more expensive. Further thoughts are to look at the idea again maybe late January or early February. It would be mid week with reserved tables, probably about £20 a head. We have about a dozen interested, are you? Let Don know.

~~~~~

## CLUB WEBSITE

Robert Downham set this up and has managed it from the start, but it needs to be kept up to date on a very regular basis.

Mark Newnham volunteered to take on the job and is now involved with Robert. What we think would be an appropriate step in this high tech



21<sup>st</sup> Century is to rename our 'Press Secretary' to 'Website Manager' and to have that officer on the Committee. This will ensure that he is aware of everything that is happening and will be better able to keep the site interesting and informative.

If you agree give the proposal your backing at the AGM in February.

~~~~~

CLUB RUNS ATTENDANCE TROPHY 2006/7

This is calculated on club runs for the 12 months from 1st October and has resulted in a convincing win for that old ex-racer Don Lock, leaving current racing champion Mel Roberton well back in second place.

Tony Palmer presides over the points allocation and has found himself under pressure at times with many somewhat 'spurious' claims being made. The President's decision is final though and the following is this year's finish table.

1 st	Don Lock	62 points
2 nd	Mel Roberton	47 --
3 rd	Robert Downham	35 --
4 th	Richard Klose	33 --
5 th	Karl Roberton	30 --
6 th	Rocco Sepe	26 --
7 th	Mike Poland	19 --

~~~~~

### SENIOR BEST ALL ROUNDER 2007

It is great that we had three finishers this year and by all accounts we may have even more next year. It is the average speed over 25,50 and 100 miles and the tables below show how the result has been achieved.

|                 |                |            |
|-----------------|----------------|------------|
| 1 <sup>st</sup> | Adrian Rodgers | 23.004 mph |
| 2 <sup>nd</sup> | Nathan Gale    | 22.130 mph |
| 3 <sup>rd</sup> | Mark Bernhardt | 21.976 mph |

|               |     |         |                   |                   |
|---------------|-----|---------|-------------------|-------------------|
| <u>Adrian</u> | 25  | 1.1.56  | 24.220 mph        |                   |
|               | 50  | 2.7.12  | 23.585 mph        |                   |
|               | 100 | 4.42.54 | <u>21.209 mph</u> |                   |
|               |     | Total   | 69.014 mph        | average 23.004mph |

|               |     |         |                   |                    |
|---------------|-----|---------|-------------------|--------------------|
| <u>Nathan</u> | 25  | 1.3.54  | 23.474 mph        |                    |
|               | 50  | 2.13.07 | 22.537 mph        |                    |
|               | 100 | 4.54.25 | <u>20.379 mph</u> |                    |
|               |     | Total   | 66.390 mph        | average 22.130 mph |

|             |       |         |                   |                    |
|-------------|-------|---------|-------------------|--------------------|
| <u>Mark</u> | 25    | 1.4.53  | 23.118 mph        |                    |
|             | 50    | 2.14.08 | 22.366 mph        |                    |
|             | 100   | 4.53.29 | <u>20.444 mph</u> |                    |
|             | Total |         | 65.928 mph        | average 21.976 mph |

All three made debut rides at 100 miles and Adrian even did that before his first 50. Next year they can improve at all those distances and seriously improve those BAR averages. They may have to if they are to see off expected additional competition.

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VETERAN'S BEST ALL ROUNDER 2007

Two riders qualified this year, riding the three distances of 10, 25 and 50 miles. Something of a run-away victory for Mel Roberton, but he's so old that a youngster like Mark Bernhardt doesn't stand a chance.

This competition is calculated against age standards and Mark said 'In 20 years time I'll have him!'

Result calculations show that Mel beat each standard by a considerable margin : 10 miles ---by 5.87 mph. 25miles --- by 6.116 mph and 50 miles --- by 5.066 mph. To give an average miles per hour plus of 5.684 mph. Mark beat all standards but with much faster set times came out with an average plus mph of 1.454.

The qualification age for this competition is 40 years.

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### REG & VERA SEARLE

Dear Don,

Vera and I have just returned from our holiday on the Isle of Wight and I understand that I have to thank you for the many cycling friends who attended our Golden Wedding Anniversary, gave presents and sent cards and/or contributed to the lovely vase from Worthing Excelsior Cycling Club.

Many members are probably not aware that Nigel and Anne are members of the club and have been since birth although they have shown no interest in cycling.

We were told that Nigel's Phoenix Big Band were playing at a Tea Dance and that Nigel had booked a taxi to take us there. Vera and I were rather reluctant because I had been playing at a concert the previous evening and was booked to play again that night before we went on holiday to I.O.W.

On walking into the hall the penny dropped – a table on our left was



Covered with presents, cards and flowers and many relatives and friends queuing up to greet us. The music started and we were dancing. We've done more dancing in the last three weeks than we had in the previous three years! So a very big THANK YOU to all who have contributed to our Anniversary.

Regards

*Reg*

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EAST SUSSEX RELIABILITY TRIAL

18th November 2007

We usually try and get a good number of riders in this event. The GS Stella are organising on behalf of the ESCA this year and it looks to have changed a bit. Usually just the one distance (approx. 50 miles) it is now extended to two, 60 and 30. They expect to use Plumpton Agricultural College as HQ, and it will start and finish there.

Start times for 60m are 8.15 to 8.55 depending on your target time -
- 3hr.20m, 3hr.40m, 4hrs or 4hrs.30m.

For the 30m starts are from 9.20 to 9.50 and targets offered are
1hr.40m, 2hrs, 2hrs.20m or 2hrs.40m.

Entry fees - £2 in advance (closing date 6pm Tuesday 6th November) or £5! on the day. They must be having a dig at Richard Klose! If you enter in advance there's the bonus of having course details being sent to you.

If you want to ride let our Ed know and we can send in the one/two forms with all details :- Name, Address, telephone number, Insurance (BC, AUK, CTC or details of other) and membership no if appropriate. Also preferred target time/distance.

We have usually tried to treat this as an end of season social event and while we would mostly be going for 60m we would probably aim at 4 hrs or even 4hrs 30, but it's up to you!

Don

~~~~~

### WHAT ARE THEY UP TO?

Don Lock and Peter Logan are off to France via Cherbourg with a group for a days touring in that area on 20th October.

Adrian Rodgers is representing WECC in the National Hill Climb in Cheddar Gorge on October 28<sup>th</sup> - we wish him well. Our Ed will be there and report in next mag.

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