

FOUNDED 1887

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# THE JOURNAL OF



# THE WORTHING WHEEL

## **WORTHING EXCELSIOR CYCLING CLUB**

Clubroom: Parish Rooms, Broadwater Green, Worthing

Meeting every Tuesday 7.30 – 10.00p.m



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## NICK ATTAWAY

Most of you will have heard of the tragic death of our member Nick Attaway on Sunday 27<sup>th</sup> July. He was 57 and looking forward to retiring in a couple of years. He was cycling north on Shipley Road, Southwater with a group of cyclists including other members of the Excelsior. It seems that he had a sudden mechanical problem and he fell from his bike immediately into the path of an oncoming vehicle. It was truly an accident without blame upon the vehicle driver who had no chance to avoid and was herself distraught at the scene.

Nick had been a member for many years but his involvement in club activity was small over recent years.

Several W.E.C.C members attended his funeral and a letter of sympathy was sent to his son. A popular guy among his Post Office friends – some 70 attended the cremation – they also organised a memorial ride on which we were able to offer advice and a number supported.

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## SOME MISCELLANEOUS RESULTS

- 13<sup>th</sup> July            Southborough 25 in East Sussex. Mel Robertson 10<sup>th</sup> in an excellent 59.39 also winning 3<sup>rd</sup> Veteran award on standard. Also Stuart Jago picked up the 'Best Improvement' award recording 1.10.19 for an improvement of just over 8 minutes.
- 20<sup>th</sup> July            Bec 25 Broadbridge Heath. Simon Letts 1.3.16, Nathan Gale 1.4.42, Chris Putnam 1.5.14 and Robert Downham 1.7.36.
- 16<sup>th</sup> August        Epsom CC 10. Mel Robertson shows what he could do in the evening 10's if he wasn't in charge of the teapot. A time of 22.18 gave him second spot in his age group.
- 17<sup>th</sup> August        Eastbourne 25. Mel bags another prize with second Veteran and 13<sup>th</sup> overall with another great ride of 59.13. No luck for our other two though. Stuart Jago punctured and finished but he wouldn't want the time published. Nathan Gale slid off on a greasy roundabout. No serious injuries but no finish either.
- 7<sup>th</sup> Sept<sup>\*</sup>            Bognor Open 25. Mel Robertson just 'inside' with 59.47. Mark Bernhardt 1.01.04. Nathan Gale 1.05.41 and Mark Newnham 1.05.58. Stuart Jago finished with 1.12.31 and in a rare outing for Peter Logan a time of 1.17.57. Mel picked up 2<sup>nd</sup> Veteran's award.
- 28<sup>th</sup> Sept            Bognor Club Event. Private time trials by Mel and Karl. Just can't keep them apart, well by a few seconds - - - - -This time Mel 58.40. Karl 58.52 and these were the fastest two rides.

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## ONE HUNDRED MILE TIME TRIAL

27<sup>th</sup> July

We could have headed this report 'Club Hundred Mile Championship' 'Sussex C.A. Championship' or 'Southern Counties Open 100'. All would have been correct, but a bit of a mouthful. Our Club's '100' has been incorporated into the S.C.A promotion for some years, but now even the Association event has had, to survive, to find shelter within the S.C.C.U promotion, which is now the only '100' in the County. Long distance time trials do not have the popularity of previous decades and it is therefore good to report on the success of the 2008 event.

The 'Counties' were celebrating the centenary of the race and achieved their first aim in finding a field of 100 riders. To be able to report now that the course and event records were smashed by the winner Keith Coffey (time 3.48.35), that no less than 7 riders produced sub-4 hour rides and that the first 40 were inside 4½ hours shows that they also found a field that was of considerable class, as well as numerically satisfying.

Worthing Excelsior were also celebrating. For the first time in certainly the last 50 years (our scribe says!) we had eleven entries. The best previously is believed to have been 7 or 8. Of those 11 everyone finished so congratulations to all. Ten were to produce personal best times or extremely good debut performances.

At this point let us record the Result of the Club Championship.

1 <sup>st</sup>	Mel Roberton	4.20.01	scr	4.20.01
2 <sup>nd</sup>	Adrian Rodgers	4.20.42	4.00	4.16.42
3 <sup>rd</sup>	Karl Roberton	4.21.22	2.00	4.19.22
4 <sup>th</sup>	Mark Newnham	4.28.26	12.00	4.16.26
5 <sup>th</sup>	Mark Bernhardt	4.29.50	7.00	4.22.50
6 <sup>th</sup>	Nathan Gale	4.41.15	17.00	4.24.15
7 <sup>th</sup>	Chris Putnam	4.43.48	24.00	4.19.48
8 <sup>th</sup>	Ben Barden	4.54.42	27.00	4.27.42
9 <sup>th</sup>	Stuart Jago	4.57.48	42.00	4.15.48
10 <sup>th</sup>	Robert Downham	5.12.10	31.00	4.41.10
11 <sup>th</sup>	Peter Weston	5.35.33	62.00	4.33.33

So Mel is Club Champion, he finished 10<sup>th</sup> in the S.C.A and 24<sup>th</sup> in the S.C.C.U open competitions. At the ripe old age of 60 he beat his age standard by 1hr 21mins 19secs and picked up 2<sup>nd</sup> place award in the Veteran category in which 66 qualified.

Adrian Rodgers, who had been concerned about being unable to train long distances pressed Mel so close once again. Just 41 seconds separating them, less than ½ second per mile. Over his 2007 debut Adrian improved some 22 minutes! He also won 4<sup>th</sup> Handicap in the S.C.C.U event.

Karl Roberton like his Dad had not ridden a hundred for several



years. Both improved about 17 minutes and look again at the closeness of the result, only 1 min 21 seconds to cover our best three.

Mark Newnham's ride was his first at the distance. 4.28.26 not bad for a beginner! One guy we spoke to said he rode 54 100's and it took him 18 to get under 4½. Now that means in a few years Mark - - - - - !

The other Mark, Mr Bernhardt did 4.53 last year but has improved enormously this season. He was confident he could improve but perhaps a little apprehensive of the schedule he had been given of 4.30.00. In the event he at one time had a gain of 4½ minutes but lost it by 90 miles. His helper trying to revive him offered a cold wet sponge. Mark in trying to take it lost control and crashed and this with only 7 miles to go. Front wheel had to be changed, handlebars had to be straightened and chain had to be replaced. Don't worry about cuts and abrasions. The effect of this though was a rush of adrenalin. He stormed these last miles and beat his schedule by 10 seconds. He was rewarded with 3<sup>rd</sup> Handicap in the S.C.C.U event.

Nathan Gale had a 4.54 to improve on and he succeeded in knocking 13 minutes out of that. His 4.41 points the way to something in the 4.30's in 2009.

Chris Putnam was only going to do the rehearsal ride (see later) but afterwards with only a little pressure committed himself to the event proper. It was a really good ride and here's another one who can confidently look forward to the 4.30's in events to come.

Ben Barden said he suffered over the later miles but still beat his age standard by 46 minutes to complete his initiation in 4.54.42.

Stuart Jago, who has only been with us a season thought – all on his own - he wasn't part of the club's pre-planning, that he'd like to have a go. Took a schedule prepared in the club – a conservative 5 hours 15 minutes and proceeded to lop 18 minutes out of it. Now what will he do next year with some earlier planning perhaps.

Robert Downham was the only one not pleased with his ride. About 17 minutes outside his best he did not enjoy it. Only our Ed's threat that 'save for a broken leg' everyone had to finish, kept him going. Sixty miles with back ache he was beginning to dream of a fracture!

Last by no means least came a late entry from Peter Weston. Just returned from some weeks cycling on the Continent, he felt if he was going to do it, now was the time. He was delighted to beat his age standard by over 21 minutes.

That 'rehearsal ride' was the idea of a guy who was doing it in his car anyway, but it took place about 2 weeks beforehand. A complete ride of the course as a group, eight did it and they only took about 4.45. Most thought it had helped to get the distance 'in your head' as much as in the legs.

A lengthy report but everyone deserves a mention and congratulations. They would also want us to acknowledge the help that they



received from the Club. To all those who turned out and particularly to the individual helpers : Adrian Palmer, Jon Rodgers, Andrew Lock, Kevin Doe, Our Ed, John Williams, Paul Outhwaite, Tom Coulson, Peter Logan and Stuart's nephew.

Now next year - - - - - and yes we've even got others interested.

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### NEW PRINTER

The Club has invested in a new, all singing and dancing, printer. No not Mel Roberton, he's just the custodian/operator. Probably from the first 2009 issue this mag will emanate from Pines Avenue. At the moment though Ed's PA (unpaid!) is working out how to send it to him. Only thing certain is that it will be over the Editor's head.

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### EVENING TEN RESULTS

Events Nos 10 to 14. The last 5 in the series.

#### 26<sup>th</sup> June

1.	Karl Roberton	22.36
2.	Adrian Rodgers	22.52
3.	Mark Newnham	23.45
4.	Nathan Gale	24.42
5.	Ben Barden	25.36
6.	Jon Rodgers	25.47
7.	Stuart Jago	25.59
8.	Chris Putnam	27.31
9.	John Williams	27.55
10.	John Baldwin	27.58
11.	Diana Trafford	31.05

#### 3<sup>rd</sup> July

1.	Karl Roberton	22.19
2.	Chris Putnam	24.54
3.	Robert Downham	24.57
4.	Kevin Doe	25.07
5.	Edward Klose	25.23
6.	Stuart Jago	25.31
7.	Colin Miller	27.12
8.	John Williams	27.25
9.	Richard Palmer	28.11

#### 10<sup>th</sup> July

1.	Karl Roberton	22.34
2.	Adrian Rodgers	22.59
3.	Paul Outhwaite	23.42
4.	Ben Barden	24.33
5.	Simon Letts	24.38
6.	Chris Putnam	24.38
7.	Nathan Gale	24.49
8.	Robert Downham	25.05
9.	Jon Rodgers	25.11

#### 17th July

1.	Adrian Rodgers	22.24
2.	Mark Newnham	23.27
3.	Paul Outhwaite	24.01
4.	Ben Barden	24.30
5.	Chris Putnam	24.53
6.	Robert Downham	24.56
7.	Jon Rodgers	25.15
8.	Kevin Doe	25.22
9.	Sam Maloney	25.54



10.	Kevin Doe	25.35	10.	Stuart Jago	26.19
11.	Stuart Jago	25.54	11.	Joan Lennon	29.13
12.	Sam Maloney	25.55			
13.	John Williams	27.41			
14.	Joan Lennon	28.49			

#### 24<sup>th</sup> July

1.	Karl Robertson	22.03
2.	Paul Outhwaite	23.00
3.	Simon Letts	23.29
4.	Nathan Gale	23.47
5.	Jon Rodgers	25.11
6.	Sam Maloney	25.22
7.	Kevin Doe	25.27
8.	Colin Miller	26.38
9.	Richard Palmer	27.09
10.	John Williams	27.25
11.	Peter Logan	27.46
12.	Ted Wixon	29.06

#### EVENING TENS OVERALL SERIES RESULT 2008

1.	Karl Robertson	6	
2.	Adrian Rodgers	10	
3.	Mark Bernhardt	11	* Fastest Veteran
4.	Mark Newnham	19	
5.	Simon Letts	23	
6.	Nathan Gale	24	
	Chris Putnam	24	
	Paul Outhwaite	24	
9.	Jon Rodgers	36	
10.	Kevin Doe	40	
11.	Robert Downham	43	
12.	Stuart Jago	44	
13.	Edward Klose	51	* Fastest Junior
14.	Colin Miller	52	
15.	John Williams	57	
16.	Diana Trafford	78	* Fastest Lady
17.	Joan Lennon	80	
18.	Ted Wixon	89	

#### 'STATISTICS'

13 events – 169 rides by W.E.C.C Riders = Average 13 per event.

181 P.T.T's = £271.50 for W.E.C.C (after paying the C.T.T levy of £1 per rider.

169 Members fees = £253.50 (after paying the C.T.T levy of £1 per rider)

FASTEST VET EVENING 10 MILE SERIES  
(Vets Standard Average 6 Fastest Times)

12/18 over 40!

<u>Pos.</u>	<u>Name</u>	<u>Av'ge Standard Time</u>
1.	Mark Bernhardt	+ 4 mins 01 sec
2.	Paul Outhwaite	+ 3 mins 35 secs
3.	Jon Rodgers	+ 3 mins 27 secs
4.	Colin Miller	+ 2 mins 48 secs
5.	Simon Letts	+ 2 mins 45 secs
6.	Stuart Jago	+ 2 mins 06 secs
7.	Kevin Doe	+ 2 mins 03 secs
8.	Chris Putnam	+ 1 min 42 secs
9.	John Williams	+ 1 min 04 secs
10.	Ted Wixon	+ 0 mins 18secs

Ladies

1.	Diana Trafford	+ 1 min 26 secs
2.	Joan Lennon	+ 0 min 53 secs

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SLOWING DOWN

After some very rapid performances in early and mid-season Mark Bernhardt went off the boil. He slowed down so much after the 100 that one day in Worthing a traffic warden gave him a parking ticket!

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HARDRIDERS 26m

4<sup>th</sup> August

The lightening flashed, the thunder cracked and the rain it did – a – pour. Just another normal summer's day. As this was around 7- 8.o'clock on the Sunday morning it is not surprising that three of the 14 entrants went back to bed. As the heavy rain continued, although the storm had passed, it's not surprising either that three more decided not to ride. A postponement of the start for half an hour seemed like a good idea at first, but when the event did get underway it was probably raining harder and there was, of course, even more water on the road. It wasn't very nice at all.

So the hardy eight made their way from Pulborough south to tackle Bury Hill. Should mention here that Paul Outhwaite punctured moments be-



fore starting. Bury Hill warrants some comment. Paul (the powerman) Outhwaite thought it was hard and then noticed he was still on the big chain ring! Richard Palmer had trouble on the climb as well – he lost his breakfast! Also around this area John Baldwin collected his first puncture.

Down the A29 to Slindon, through to the A27 and back to Arundel for the climb back up to Whiteways. The fast guys were going well. So they should – forgot to mention that it was nice and warm and hardly any wind. Further down the field Kevin Doe joined the puncture victims and then just as he got back to Pulborough John Baldwin punctured a second time. Obviously looking for the perseverance award he returned to his car collected another inner tube, replaced it and continued.

Round at Fittleworth the timekeeper gave Adrian Rodgers 1.07.06 and a close up Karl Robertson 1.07.34. Records indicate that these were the fastest ever by Worthing riders on this course. Paul Outhwaite definitely in the big ring roared in with 1.9.39 to slaughter the over generous handicap.

Assuming that John Baldwin was not going to make the finish, somewhere around lunchtime, OK that's an exaggeration, but the timekeeper picked up the chequered flag and started the drive back to Pulborough. Halfway back he met John still heading towards the finish. After a rapid 3 point turn and fortunately with watches still running the timekeeper beat the rider to the finish – but only just!

Mel served tea and soggy biscuits and we all got wet, but no one seemed to care though. Oh yes, and riding back to the HQ John Baldwin had a third puncture.

#### FULL RESULT

		<u>Actual</u>	<u>H'cap</u>	<u>H'cap Time</u>
1.	Adrian Rodgers	1.07.06	1.30	1.05.36
2.	Karl Robertson	1.07.34	2.00	1.05.34
3.	Paul Outhwaite	1.09.39	6.30	1.03.09
4.	Mark Bernhardt	1.12.15	4.30	1.07.45
5.	Chris Putnam	1.16.03	8.00	1.08.03
6.	Kevin Doe	1.31.03	11.00	1.20.03
7.	Richard Palmer	1.39.19	14.00	1.25.19
8.	John Baldwin	1.48.04	15.00	1.33.04

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#### OBITUARY – MICK BURGESS

Mick Burgess of the Lewes Wanderers Cycling Club died on August 30<sup>th</sup> 2008 aged 74.

Mick had been a stalwart of cycling in East Sussex for many years having taken up the baton of General and Racing Secretary of the E.S.C A in the mid seventies. He had also been President of the Association.



He raced, he promoted events and organised the annual prize presentation.

Mick had been associated with the Lewes Wanderers since the late 1950's and had held many roles within the club, President, Chairman and General Secretary and very much a driving force into making the Lewes Wanderers a thriving East Sussex Club.

I first met Mick in 1960 whilst as a lad I worked in a Saturday job at my local butchers. I had leant my road bike outside the shop when this uniformed policeman entered the shop asking whose bike had been left outside. Fearing that I was in trouble I owned up. 'Do you want to join a Cycling Club?' he asked. I expressed a keen interest and was told to meet the club run outside Lewes Prison at 9 o'clock the following morning. My Mum wasn't too happy about me meeting outside a Prison, but I went anyway, to enjoy many years of cycling and friendship with other cyclists ever since. I owe Mick Burgess for that introduction to club cycling.

Mick was married to Sylvia, also a past President of both E.S.C.A and Lewes Wanderers. She had pre-deceased him a few years earlier. He leaves a daughter Alison and a son Ian.

*Tony Palmer*

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### 'RAY DOUGLASS' 25 – 2010

No we are not gazing into a crystal ball for a report, we are though, gazing into the future to try and find a new promoter. Mel has done it for several years, twice standing in when circumstances meant that new recruits had become unavailable. He is now taking on promotions for the S.C.A and while he will promote the 'Ray Douglass' in 2009, is definitely looking to hand over to someone else after that.

Please therefore think whether you could help us. If you decided now, Mel would be able to show you the ropes during the 2009 event, and he would, of course, remain available if you had any queries come 2010.

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### THE WASHINGTON BOSTAL HILL CLIMB SERIES

These 3 events on the Thursday evenings after the end of the 10's were introduced almost solely to continue the social contact, which would otherwise largely disappear. The evenings draw in, but there's time for a quick dash up the 'Bostal' and OK we know its not that much of a hill, but it's the continuation of the 'same time and venue' which prompted the idea.

For 2 years support was not very good but it was decided to give it another go in 2008. In the event this season's enthusiasm and general 'buzz' in the



Club has made it well worthwhile with a total of 40 riders plus a few private time trials over the 3 events.

The aggregate of two best placings deciding the overall this is how it worked out:-

#### Event 1

|     |                |         |
|-----|----------------|---------|
| 1.  | Paul Outhwaite | 1.42.80 |
| 2.  | Mark Bernhardt | 1.44.20 |
| 3.  | Tom Coulson    | 1.46.60 |
| 4.  | Mel Roberton   | 1.46.80 |
| 5.  | Karl Roberton  | 1.49.20 |
| 6.  | Chris Putnam   | 1.50.20 |
| 7.  | Sam Maloney    | 1.56.80 |
| 8.  | Ben Barden     | 1.58.20 |
| 9.  | Richard Palmer | 2.05.60 |
| 10. | Robert Downham | 2.07.20 |
| 11. | John Williams  | 2.13.60 |

#### Event 2

|     |                |         |
|-----|----------------|---------|
| 1.  | Adrian Rodgers | 1.27.64 |
| 2.  | Paul Outhwaite | 1.42.70 |
| 3.  | Chris Putnam   | 1.49.58 |
| 4.  | Mel Roberton   | 1.49.67 |
| 5.  | Sam Maloney    | 1.50.61 |
| 6.  | Tom Coulson    | 1.52.36 |
| 7.  | Ben Barden     | 1.56.41 |
| 8.  | Karl Roberton  | 1.56.45 |
| 9.  | John Baldwin   | 2.02.51 |
| 10. | Robert Downham | 2.09.09 |
| 11. | Richard Palmer | 2.09.61 |
| 12. | Kevin Doe      | 2.11.73 |
| 13. | John Williams  | 2.19.86 |
| 14. | Joan Lennon    | 2.35.06 |

#### Event 3

|     |                |         |
|-----|----------------|---------|
| 1.  | Adrian Rodgers | 1.31.64 |
| 2.  | Paul Outhwaite | 1.43.98 |
| 3.  | Mark Bernhardt | 1.45.22 |
| 4.  | Mel Roberton   | 1.49.54 |
| 5.  | Edward Klose   | 1.51.32 |
| 6.  | Chris Putnam   | 1.53.82 |
| 7.  | Sam Maloney    | 1.54.51 |
| 8.  | Karl Roberton  | 1.55.13 |
| 9.  | Ben Barden     | 1.56.70 |
| 10. | Jon Rodgers    | 1.59.22 |
| 11. | Simon Letts    | 2.00.20 |
| 12. | Peter Logan    | 2.09.89 |
| 13. | Robert Downham | 2.10.80 |
| 14. | Richard Palmer | 2.13.36 |
| 15. | Kevin Doe      | 2.16.61 |

#### Overall Series Result

|     |                |    |
|-----|----------------|----|
| 1.  | Adrian Rodgers | 2  |
| 2.  | Paul Outhwaite | 3  |
| 3.  | Mark Bernhardt | 5  |
| 4.  | Mel Roberton   | 8  |
| 5.  | Tom Coulson    | 9  |
|     | Chris Putnam   | 9  |
| 7.  | Sam Maloney    | 12 |
| 8.  | Karl Roberton  | 13 |
| 9.  | Ben Barden     | 15 |
| 10. | Richard Palmer | 20 |
|     | Robert Downham | 20 |
| 12. | John Williams  | 24 |
| 13. | Kevin Doe      | 27 |

Incidentally Adrian's effort in the second race was an event and course record. No matter that that all sounds rather grand – it's still flippin' quick!

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## EAST SUSSEX RELIABILITY TRIAL

23<sup>rd</sup> November

Tony Palmer has organised and Dave Hudson known in the Audax world as 'El Supremo' and famous for his catering abilities, is donating the refreshments – prepare to be satisfyingly sustained. The distance is 50 miles in two loops from East Hoathly Village Hall. The route has been ridden by Mel Robertson and our Ed who report – 'first loop 25½ miles and hilly – second loop 24½ miles – piece of cake'.

Mel Robertson is coordinating our club entries (fee £2.50). You can choose standard of 4 hours, 3¾, 3½ or 3¼. Let's be more reliable than last year. Get your details and fee to Mel soon as possible. No entries accepted on line.

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## THE TOURIST TRIAL 2008

What's big, bright and shiny and once held the President's nuts? No it's not Cee3PO of Star Wars fame – it's the trophy awarded to the winner of the Tourist Trial.

On Saturday 4<sup>th</sup> October, a group comprising defending champion, past winner and young challenger were gathered at the start line ready – nay anxious – to pit their mental muscular might and their physical prowess to the challenge that lay ahead. Don Lock, the author of the potential downfall of each and every competitor, was present to despatch them into the unknown.

Our President, Tony Palmer, was there to make sure that all the rules were obeyed, or had he just come along for the cuppa and cake that Mel Robertson was promising those who made it to the halfway stage?

The cryptic clues on the question papers were studied and agonised over by the competitors with Mr Lock ever present to check the route proposed by these cycling gladiators. Some had come with new maps, some with old, battered and bound – the maps that is, not the competitors – and some had come with no map at all!

Some people really do like to make the most of a challenge and Adrian Palmer was left wondering whether the wearing of shorts when the temperature was only 3 degrees centigrade was appropriate for the occasion. The President even gave him his last copy of 'Anglers Mail' to keep the cold off his chest. He did, however, make the necessary risk assessment and accepted that pink knees were very fashionable and went well with his Larry Grayson spectacles.

To the north they went, then dived into the subway beneath the A24 emerging into the brilliant sunshine of the early morning. Don's devious dir-



ections led the rivals along the back roads through Mutton Lane and on to Warminghurst Church. Such was the level of the competition that 2 of the contestants even checked through the Visitor's Book to see if Don's name was recorded. You never know – there might be a trick question later on – but no, Don's name wasn't in the book so we'll never know if he's been to church.

Down, down, down into Ashington then north again through Spear Hill and Hooklands Lane and past the Llamas at Broomers End before coming to Broomers Corner, turning left past the Lurcher at Saucelands Cottage. Then north again, passing the wartime memorial to the Polish Air Force and touching the A272 through Coolham and onwards to Barns Green.

This is where Adrian Palmer got lost. He argued that he wasn't lost but merely 'misplaced'. Having gone over a mile past the Emms Lane turning into Barns Green, he had to retrace and go the right way around the block.

Around Barns Green they all rode and down Trout Lane and back to Brook Green, turning left and heading for the welcome break at Marlpot Wood. There to welcome them were Don Lock, who had further, technical challenges for them, the President, Jean and Roger Smallman and Mel with the teapot and cakes. And what cakes they were! Mel had even baked a special cake and iced it to celebrate the Tourist Trial itself.

Such was the enthusiasm for this bounty that Don had to tell the riders that it was time for them to move on or they would never finish the course in time, but not before threatening to deduct a point from those who laid their bikes on the ground with the gear-side down where there was risk of damage. When it was pointed out to him that one bike had been rested against his car, he threatened to deduct 10 points from that rider!

So, on and up Bonfire Hill and down into Southwater, past the church with the Cedar of Lebanon and the Yellow Rose of Texas, north again and through to Newfound Out, down Reeds Lane and through to Polecat Lane. For anyone who has never ridden down Polecat Lane they should know that it makes the 'Hell of the North' that is the Paris-Roubaix seem like a ride on flat tarmac. Andrew Lock was prepared with a bike that had suspension, but for those less equipped, it was a real bone shaker of a ride. No wonder that Don had advised riders to take care on this stretch but had only stated it was 'a bit rough'

Onwards through Copsale and Maplehurst, past the CAMRA registered pub that is the White Horse, and turning right into Burnthouse Lane and past the Killer Mongrel at Peacock Hill. Once again they touched the A272 as they crossed into Stonehouse Lane and past the injured race horses at Stonehouse Farm to a sprint finish in the pouring rain to be welcomed at the Windmill by cheering crowds and Rooney the dog.

But the competition wasn't over!



The ride was the easy bit. Now came the challenge of completing the question papers that Don had so fiendishly compiled. How many know the three ranges of hills in England beginning with the letter 'C'? Some will now be aware that the Cairngorms are in Scotland and not in England! How many know that the grid square of a 1:50000 Ordnance Survey map denotes an area of 1 square kilometre and not 1 cubic kilometre? How many know the height of the railway bridge at Barns Green? A testing time indeed for all.

After much deliberation and pleas for extra points for having come provisioned with a pencil sharpener, The Don came to his decision. No matter how strong the argument for him to announce the results as per 'Strictly Come Dancing' he proved to be a traditionalist and announced the results in reverse order in accordance with the rules of 'Miss World'.

In third place was Edward Klose who finished in the fastest time. IN second place was Andrew Lock and keeping a tight grip on the trophy, for what had been a thrillingly and closely fought event, was Adrian Palmer.

A good time was had by all, but special thanks must go to those who took part in the organisation of the event and saw it through to a successful conclusion. Thank you!

The closing threat to next years event is that our President is considering taking part. As a winner of this event on 15 separate occasions, is he still good enough to challenge all the youngsters who took part in 2008? Are they shaking in their shoes?

Watch this space- - - - -

*Adrian Palmer*

PS If anyone wants to have a go in the armchair with the slippers on, here is the course.

### THE ROUTE

From the Car Park just north of the Franklands Arms in Washington proceed northerly but do not ride on the A24, this is forbidden throughout the event. Your way forward will be found at map reference TQ121135.

Your route takes you past a farm on your right which sounds like food from sheep. Continue generally north to the nearest spire and then 'sharply' right and past the telephone to reach the old A24 (you can ride on this).

Three numbers in the order 43-16-14 (there is another but it's on the crease in my map so you can ignore it!) now show you the way. After this head towards 'sprouts' but leave them on your left and make for 'chilled bacon'! Continue over River Adur still heading north. Now you must cross the railway line twice – in the order of level crossing first, bridge second.



You should again be guided by spot heights in the order 51-29. At first opportunity head south but do not pass under electricity cables, that's too far.

Some map references should help TQ 136 246 – TQ 144 266.

Now past the poor church with no tower or spire and back to that old A24. Cross the Downs Link to give you your new direction and proceed to go over A24 at nearest point. As soon as you can now head south but do not enter TQ 1827 (CARE – BIT ROUGH).

At junction where it seems law enforcement officers are available to purchase go to nearest Public Telephone and zig-zag through in a roughly north easterly direction, then down the road, or shall I say 'up the road' where map indicates a gradient between 14% and 20%.

Don't worry about the time at ----- House but do be careful how you cross the road. The next Public Telephone should see you at lunch.

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### CYCLING WEEKLY

In case you missed it, a photograph of 6 of our members and a report on another appeared in September issues. The 'Cycling Weekly' group for the Maratona dles Dolomites shows Ed pushing in on the right with Rocco Sepe, Tim Coulson and Peter Logan. Centre foreground is Richard Klose and just above him, a scalp which Edward Klose claims is his.

A week later and we get 'Inspector Clive Lett – a 21-minute man'. 'Inspector Clive Lett rides a 26" Dahon folding bike to Brighton station and takes the train 40 miles to East Croydon, from where he cycles some 8 miles to Earlsfield police station.

He's a former time triallist and road man, with a 21-minute '10' on his CV. He's also beaten the hour for a '25'.

'I ride sportives now and some endurance mountain bike racing,' he said.

He aims to do the Etape du Tour next year and this summer he and a few colleagues went on a Graham Baxter sporting tour holiday – climbing Alpe d'Huez on the first day and Mont Ventoux on the last'.

Now we know why he goes so well on the Club runs - - - - didn't know about the occupation though - - - - shall have to watch out.

Does he ride from Patching to Brighton station which must be about 16/17 miles, and would give him a total cycling commute of nearly 50 miles per day?

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## HANDICAP POINTS COMPETITION 2008

All the club time trials with the exception of the evening tens and the hill climbs are handicapped and carry separate handicap awards. The number of the awards, as with scratch awards being dependent on the number of entries. We have several appointed handicappers but one in particular has been responsible this year. We are asked not to name him for fear of reprisals! However, in every race points are awarded for handicap placings – 1 for 1<sup>st</sup>, 2 for 2<sup>nd</sup> down to the last rider. Those who start but fail to finish get +1 and those who have not entered or failed to start are burdened +2. Smallest total wins after the nine counting events which include the '50' incorporated in the S.C.A event and the '100' in the S.C.C.U promotion.

If you ride every one of the nine you are going to be near the top. This year two rode every event and finished 3<sup>rd</sup> and 4<sup>th</sup>, they were Karl Robertson and Nathan Gale. Just better though were the 8 ride points aggregates of Chris Putnam and Mark Bernhardt. Final table below shows a really pleasing increase in the total number of competitors. Congratulations Chris.

### FULL RESULT

|                |    |                |     |
|----------------|----|----------------|-----|
| Chris Putnam   | 48 | Diana Trafford | 90  |
| Mark Bernhardt | 50 | Colin Miller   | 101 |
| Karl Robertson | 55 | Ted Wixon      | 105 |
| Nathan Gale    | 61 | Nigel Reynolds | 107 |
| Mark Newnham   | 65 | Peter Eldridge | 109 |
| Adrian Rodgers | 68 | John Williams  | 109 |
| Mel Robertson  | 72 | Peter Logan    | 111 |
| Robert Downham | 78 | Paul Outhwaite | 113 |
| Kevin Doe      | 79 | Paul Major     | 116 |
| Ben Barden     | 84 | Peter Weston   | 117 |
| Stuart Jago    | 85 | John Baldwin   | 118 |
| Joan Lennon    | 86 | Richard Palmer | 119 |
| Simon Letts    | 88 |                |     |

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## SPOCO (Sporting Courses) COMPETITION 2008

As with all events this year another competition well supported. Twenty six club riders took part in at least one of the five qualifying events. Points are scored : 20 for first place and reducing by one point for each lower placing. Should there be more than 20 finishers in a race then 20<sup>th</sup> and below all would score one point.

With a known liking for hills Adrian Rodgers was undoubtedly the



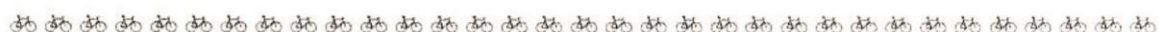
Favourite, but he twice had to accept second place behind Mel Roberton. However second was as low as it got. 2<sup>nd</sup> in the Long Furlong Circuit, 2<sup>nd</sup> in the '25' but then 1<sup>st</sup> at the Pulborough Circuit. The Hill Climb Series and the Hardriders gave him a total of 98 points.

Karl Roberton was second on 87, the size of the gap down very much to a rather below par showing in the Hill Climb Series where he finished an unusually lowly 8<sup>th</sup> place. It was almost to cost him 2<sup>nd</sup> spot, for Mark Bernhardt with a 3<sup>rd</sup> and four 4ths, was only one point away (86) in third place.

Mel was probably destined for 2<sup>nd</sup> spot until the Hardriders where he decided conditions were too bad, leaving him without score in the final event.

#### FULL RESULT

1.	Adrian Rodgers	98	14.	Diana Trafford	23
2.	Karl Roberton	87	15.	Tom Coulson	16
3.	Mark Bernhardt	86	15.	Nigel Reynolds	16
4.	Mel Roberton	75	17.	Sam Maloney	14
5.	Chris Putnam	71	18.	Stuart Jago	13
6.	Robert Downham	47	18.	John Baldwin	13
7.	Nathan Gale	45	20.	Peter Eldridge	12
8.	Kevin Doe	43	21.	Richard Palmer	11
9.	Paul Outhwaite	37	22.	Colin Miller	9
10.	Mark Newnham	29	22.	John Williams	9
10.	Simon Letts	29	24.	Peter Logan	8
12.	Joan Lennon	28	24.	Ted Wixon	8
13.	Ben Barden	25	26.	Peter Weston	4



#### SENIOR BEST ALL ROUNDER 2008

It is many years since we managed more than three finishers in this season long competition, so it is great that in 2008 no less than eight succeeded to do just that. The competition is for the best average mph over the three standard time trial distances of 25, 50 and 100 miles in club, association or open competition. When you consider that three other club members finished the '100' but did not ride a '50', well we could have had double figures.

Worthing's riders have put in some really good times this year and enthusiastic competitiveness as well as more 'team spirit' have probably been the main factors.

A look at the table below shows just how close it has been, Karl's '50' which just ducked inside 2 hours looks to have been the ride that took him 6/1000ths of mph in front of Dad. Then look at Adrian Rodgers who won

it last year, improved at every distance, and in the '100' by over 20 minutes, yet finds himself in the bronze medal position.

Watch out for 2009 we even have some possible new names to enter the fray.

#### FULL RESULT

<u>Pos</u>	<u>Name</u>	<u>Av'ge mph</u>
1.	Karl Roberton	24.662
2.	Mel Roberton	24.656
3.	Adrian Rodgers	23.987
4.	Mark Bernhardt	23.831
5.	Mark Newnham	23.522
6.	Nathan Gale	22.498
7.	Stuart Jago	20.759
8.	Robert Downham	20.510

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#### LADIES B.A.R

No startling increase in the numbers of finishers, but 2 is 100% better than 1 although defending champion Diana Trafford may not agree. This season she has been decisively overhauled by Joan Lennon in her first full season with us. The average speeds over 2 x 10 mile events and 2 x 25 mile events, gave Joan 20.333mph and Diana 19.493. It would be nice if we could get, say a 50% increase – move it up to three.

~~~~~

#### VETERANS

We have got quite a number racing and racing effectively, but none to compete with Mel Roberton who in his 61<sup>st</sup> year is going faster than ever. Recently retired, the youngsters are wondering what he's going to do in 2009. The B.A.R for the veterans is the average over 10, 25 and 50 miles calculated against the veteran standard mph for each distance. You can see from the table below how Mel is nearly 6½ mph in front of that standard. Mark Bernhardt is too young to get close but that is still an impressive 3.6 mph above standard. Congratulations too for Stuart Jago who in his first year of time trialling rode every distance and we have no doubt will continue to improve.

<u>Pos</u>	<u>Name</u>	<u>Av'ge +mph</u>
1.	Mel Roberton	+6.408
2.	Mark Bernhardt	+3.635
3.	Stuart Jago	+1.175

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## THE 2008 'CHARLIE LEDNOR CLUB RUNS ATTENDANCE TROPHY

A keenly contested competition with a handsome increase in the numbers turning out on Sunday mornings. Bearing in mind how much racing he's managed, Mel did very well to push our Ed all the way. Such was the competition, rumour has it that Don came back early from one of his holidays just to bag another couple of points.

### Top 12 Finishers

|                |    |                 |    |
|----------------|----|-----------------|----|
| Don Lock       | 65 | Edward Klose    | 32 |
| Mel Robertson  | 58 | Pete Logan      | 28 |
| Richard Klose  | 53 | Kevin Doe       | 26 |
| Robert Downham | 37 | John Baldwin    | 24 |
| Rocco Sepe     | 37 | Vern McClelland | 21 |
| Karl Robertson | 32 | Adrian Palmer   | 18 |

Also:

### There's Lies, Damn lies or there's Statistics

|                                                       |     |
|-------------------------------------------------------|-----|
| Total no. of different members on Club Runs 2007-2008 | 51  |
| Total no. of rides on Club Runs by members 2007-2008  | 330 |
| Total no. of Club Runs 2007-2008                      | 55  |
| Run with the best Attendance (Worthing Winter Warmer) | 20  |
| Number of Runs with no attendees                      | 7   |
| Member with most attendances (Don Lock)               | 31  |
| Number of different Venues attended                   | 23  |

Venues visited the most:-

|                                    |                             |
|------------------------------------|-----------------------------|
| Rushfields Garden Centre (4)       | Old Barn Garden Centre (4)  |
| Hilliers Garden Centre (4)         | Southwater Country Park (4) |
| RSPB Centre, Wiggonholt Common (4) |                             |

Best Attended Venue :- Dolly's Pantry (2) Avg Attendance 10

Most Westerly Venue:- Chichester Yacht Basin

Most Easterly Venue:- Dolly's Pantry, Ditchling

Most Northerly Venue :- Hilliers Garden Centre

Most Southerly Venue :- Look & Sea, Littlehampton

*Compiled by Tony Palmer*

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### MOST IMPROVED RIDER 2008

Mark Newnham +2.942mph

Mark Bernhardt + 2.273 mph

These were the top two in a season where nearly everyone was improving at one distance and sometimes more. There's more to come from Mark 'N', especially if he gets stuck into a full season!

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## SOUTHERN COUNTIES CYCLING UNION

Worthing Excelsior is a long standing affiliated member of this association of clubs, but we can find no record of having previously provided one of its champions. This year we have, and it came as something of a surprise to him as well.

Mel Robertson is the S.C.C.U Veteran's Best All Rounder for 2008. Whenever he's ridden this year he has nearly always been in the first three on age standard, he has completed the qualifying rides which cover 25, 50 and 100 miles and most deservedly wins the handsome trophy. He's going to need a new cabinet for all these awards!

When you bear in mind that the S.C.C.U has member clubs from Surrey, Sussex and certainly South London – not sure about Kent, but it is a large area with many notable veteran riders, it is without doubt a brilliant effort.

Congratulations Mel!



### LEWES WANDERERS GRAND PRIX de GENTLEMEN

October 4<sup>th</sup> – 18 miles

This was the day of the East Sussex 'Tsunami' and the day that our Ed let Peter Logan override his better judgement and decide to come out of retirement. Torrential rain and this Logan fella didn't even have mudguards! The Ed was spitting grit after the first 100 yards and his hearing aids packed up (not meant to go under water) in the next 100 yards. Back to the club runs said Ed, he considers them marginally easier!

We had 6 teams entered, one (the sensible ones) didn't start, and another, Chris Putnam and Ben Barden D.N.F'd, apparently a short cut they didn't get away with. Of the remainder, the said Logan/Lock outfit brought up the rear with 58.07. This was only a touch slower than Nathan Gale/Kevin Doe who got round in 57.15. They were though well down on Mark Bernhardt/Stuart Jago who recorded 51.53.

As to our stars though (fresh paragraph all to themselves) the family team of Karl and Mel Robertson fairly tore round. They were, on scratch, the fastest team of the 46 entered and beat some notable contenders from G.S.Stella, Liphook Cycles and the In Gear squad. The time in the conditions was brilliant – seems a shame it's the end of the season – 43.13! Under that category they picked up £30. They were of course, also the fastest 'family' team and for that collected a further £15. Finally Mel's advanced years ensured a third place in the Veteran's section and for this a further £30,. It's a wonder he didn't retire earlier!





## A LACK OF STOLLEN CAKE

### The Autumn Dungeewow 204k Audax

I would like to say that when I woke up on Sunday 5<sup>th</sup> October the sun was shining and there was no wind. As it was I woke at 5a.m and a south west gale was blowing and the rain was lashing against the window pane.

I left Hailsham (the start) a little earlier than the advertised time because I wanted to finish in the daylight. Riding through Wilmington down the Cuckmere Valley and then through a housing estate in Seaford I found the headwind not too great. From here it was through Alfriston, Upper Dicker, skirting the North of Hailsham and on to Cowbeech. This is where the narrow country lanes started with wet leaves all over the road. Going up a small hill in the middle of nowhere I saw, through my soaking wet and steamed up glasses, a man standing with what looked like a rifle case over his left shoulder, but the case did not look big enough to hold a rifle. Then I saw this great big camera lens pointing towards me. Tim Wainwright was taking photos of the Audax riders. On through Dallington to the first control where Dave Hudson said that there was some Stollen cake available but I could not find it. Feeling full up (and time is miles) I carried on with the wind blowing me through Brightling, Broad Oak and Rye. A quick belt down the A259 and then turn off to Dungeness.

A cross wind blew with horizontal stinging rain all the way down to Dungeness. With not much protection the speed kept dropping (how I wish I had found that Stollen cake). I first saw the Nuclear Power Station from about 2 miles distance through the gloom. Stupid things I thought of going to Dungeness, glad I wasn't 15 miles further south in a small boat suffering from the Ma de Mere. I also wished one of those travelling funfairs would pass me (no luck with that). Turning on to the seafront I got my luck because a cyclist passed me so I tucked in behind him. We both 'belted' along the seafront in granny gear doing about 8kph (5mph). I did the honourable thing at the control (a café) by saying 'Thank you' and held the door open so that he would be in front of me in the queue.

Leaving the control (that had no Stollen cake) it was a cross wind most of the way to Brenzett where I noticed it had stopped raining, but now I was starting to feel cold. On the road towards Warehorne I had a tail wind and still feeling hungry I ate a bar of chocolate (not as good as Stollen cake) and got warm. Lots of country lanes, up and down hills through Bethersden, Smarden (info control), Biddenden, Rolvenden to the 'World of Water' for a hot meal, but no Stollen cake.

The last section through Sandhurst, Hurst Green, Etchingam, Dallington and Cowbeech was a bit lumpier than I had anticipated and it seemed to take for ever. I arrived back in Hailsham and realised I had ridden almost all the 204k by myself. I may now have a bit of insight into



what time trialists go through when they ride a 12 hour time trial. When I got home I had a shower, some food but no Stollen cake ( I had eaten it all the previous day).

*Mick Irons*

N.B Had someone stolen the - - - - - cake? (Ed)

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### CLUB AUCTION

21<sup>st</sup> October

A hair raising, fund raising event with Auctioneer-in-Chief Andrew Lock putting on a superb demonstration of how to extract money from the tightest fist, and still leave the party happy and going home having had a great time. Of course when they got home they realised that half of what they bought, they didn't really want. Still it can always come back for the next sale.

Our Ed.collected the money as soon as the bids completed and Mrs Ed. (standing in as Treasurer for the evening) added up the pennies. Sounds like they were keeping it in the family!

Mel dispensed the teas and collected donations for his cakes and those kindly supplied by Jean Smallman, it all added to the funds. Excluding the catering takings the sale pulled in a very useful £120, and if anyone wants a printer we've got one you can have for a tenner.

All good fun and thanks to those who donated the goods and to Peter Logan for his transport services on the evening. We must do it again somewhen.

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### SKITTLES 17<sup>th</sup> October The Spur, Slindon

Fortunately numbers were made up by members pulling in friends from outside the club. Twenty three in number enjoyed an hour or two endeavouring to knock down the skittles. Can't remember who won – did I have more than one shandy?

We usually have two evenings a year – March and October but we need to get 25 in number otherwise it becomes more expensive. At present for £11 we have a very good buffet included. Do you want it booked in for 2009? Let me know.

*Don*

~~~~~

### STOP PRESS

Adrian Rodgers rides to a brilliant 9<sup>th</sup> place in a 150 strong field for the National Hill Climb Championship in Matlock. Full report in next issue.

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# **Worthing Excelsior Cycling Club**

## **Worthing Winter Warmer**

100k Audax Brevet Populaire

**Saturday 14th February 2009**

**Headquarters:** Ashington Community Centre

**Start:** 0900 hrs.

**Entry Fee £5.00**

(Plus £2.00 insurance if not Audax, BC or CTC member)

Tea and Biscuits available from 8.15

Food and drink provided en route

Hot soup and roll at finish

### **Course outline:**

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

**Entry forms available from organiser:**

**Mick Irons**

**36 Phrosso Road, Worthing,**

**BN11 5SL.**

**Completed Entries by: Saturday 2<sup>nd</sup> February 2009**

**MILLER PARRIS**  
**SOLICITORS**

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Broadwater St. West  
Worthing. BN14 8JB**

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

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