

FOUNDED 1887

MAY 2009

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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2008 TROPHIES

Silverware continues to drop on Mel Roberton following his fine Veteran's season in 2008. He didn't know but he won the Surrey/Sussex Group Veteran's Time Trial Association 3 distance BAR (25m, 50m and 100m). For this he has received the very handsome Jim Ballard Trophy.

It's rumoured that Mel has given up the idea of extending his mantelpiece, he's going to have a Trophy Room built instead!

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## TEA ROTA

Thank you John Baldwin for volunteering yourself and your girl friend Barbara for future inclusion on the Club room tea rota. When asked what his tea making CV was like he said 'crap' so we agreed that Barbara will make the tea and he'll do the washing up!

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FOR SALE

Shimano DuraAce 53/39 Chainset and cranks in good condition, Big ring almost unused!! £25. Contact Don 01903 531877

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## LOST & FOUND

A smart striped scarf was left at Ed's place following the meeting of the senior racing squad on 30<sup>th</sup> January. So far efforts to find the owner have failed. It might be Harrow or it could be (moth) Eton, but whatever, storage charges are accruing and if no claim is forthcoming the item will be placed in the next Club Auction.

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NEW EVENT?

Ed Klose sent us an Email stating that he was going to ride the Sussex CA 20Up! He mentioned Clive Lett but did not name the other 18. Will there be many teams we wonder, and have Cycling Time Trials given their approval? What will be the time gap between teams and is it correct that the Territorial Army have supplied a battalion to do the pushing off? How many have to finish and upon which rider crossing the line does the timekeeper stop the watch?

Are you sure you've got this right Ed? Mel said he thought it was a 2 Up.

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## QUEST ADVENTURE 'Willier' Launch

WECC members were invited by John Saville of Quest Adventure to a presentation of the Willier road bike range. When we were not dribbling over the exotic technology we were eating his cheese and drinking his wine. We're always up for a free do!

Quest will be stocking these bikes and the range is amazing from entry level to top pro-performance, from something that costs a couple of months housekeeping to 3 months of a decent salary. Just choose the frame and then the groupset, oh, and if you want the best wheels well have a chat to your Bank Manager – interest rates are low at the moment!

Peter Kibbles was clearly wondering if he had room at home. Could he add another to his collection? While Lewis Norris was contemplating an application for a Lottery Grant. Only one feeling at ease was Phil Walker because he had already bought one.

Colin Bath spoke on the history of this Italian Company, the passion for perfection and, of course, on the involvement in the Pro teams on the Continent. One model in fact being resplendent in 'Lampre' colours.

There was also a chat from a representative from (SIS) Science in Sport with advice on nutrition, fuel and recovery products. Paul Outhwaite invested some time grabbing both samples and information to take him round the Etape.

Kevin Doe, Robert Downham, Chris Putnam and Don Lock were also there but clearly they hadn't brought their wallets.

Thank you John - - - - - Interesting.

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The early bird may get the worm, but the second mouse gets the cheese!

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## FINISH/HQ and RESULTS

Our piece 'Modern Technology' last Mag, had Club Historian John Grant leaping to his Email dispatch box. John – firstly let us say that none of us who were around in the 90's forget the sterling service of Radio Excelsior at our promotions, and indeed at other local events. We remember with gratitude and pleasure Daphne's warm smile emanating from between her earphones while she noted the times from 'Race finish' Wasn't there a call sign "Penny Farthing"? Oh! and by the way did she ever finish the scarf that she was knitting for Doctor Who?

John is right, the technology has been around for some time but result projection, plus printing and publishing at HQ is still far from being the norm, and it would be good if we could upgrade our current performance from 9 to 10 out of 10.

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Half the people you know are below average

BICYCLE POLO

John Grant reports that this featured on BBC Breakfast on 21st Feb this year. He tried to contact Presenter Mike Bushell but John's modem was playing up (is this covered by the NHS?) anyway the following is John's attempted Email:-

BICYCLE POLO

Hallo Mike, sorry, boring John Grant of the Worthing Excelsior CC again.

I understand that in Victorian times, bicycle polo was already extensively played by the soldiery in India, in imitation of the 'real' game played by their officers. It was probably brought back to Blighty by returning soldiers.

'Cyclist' magazine of 1896 reports that a match which took place in Homefield Park, Worthing, on the 26th August 1896 was the first civilian match.

The Worthing match was part of a huge "Cycling Tournament" put on by the Worthing Excelsior Cycling Club (founded 1887).

Mr E.Laker provided the machines, and the 'Excelsior' formed the two teams.

E.Laker's 'Reds'

H.W Sandell

E.Laker (Capt)

V.F.Crouch

H.W.Hales (Back)

W.H.Jordan (Goalscorer)

Professor Lucas's 'Blues'

G.Lucas (Capt)

S.J.Baker

A.H.Brake (the Excelsior also had a member called Tyre)

W.Duffield (Back)

F.Martin (Goalscorer)

The game was very popular in the 1950's, and an important component of cycle sport. In those days it was more commonly played on grass, like other ball games, and specialised machines evolved to meet the need for a bicycle which could imitate the agility of the polo pony. Wheels were routinely trued by jumping on them.

Hurrah for its comeback. Frame builders, get your old jigs out, and stand by for orders!

John Grant. Worthing Excelsior CC.

All interesting stuff. Our Ed recalls it being played on the grass centre to Herne Hill track in the late 1940's and early 1950's. Fixed wheels and very low gears he seems to recall.

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If you want the rainbow you've got to put up with the rain

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A.G.M FEBRUARY 2009

The Annual Geriatrics meeting was heavily invaded by younger persons this year, a good number of them under 40. What was also encouraging, apart from a good attendance was the presence of juniors, why we even pushed Ed Klose on to the Committee. That will teach him for burning the old'ns off the road.

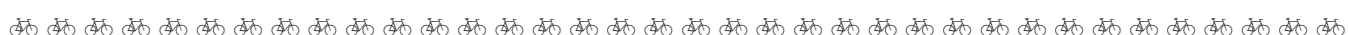
In the absence, although we are sure we spotted him later on, of Chairman Robert Downham, and also of President Tony Palmer on another of his holidays, someone had persuaded Adrian Palmer to take the Chair. He accepted the position with pleasure and it was only when we got him, and the chair, back in the clubroom that he began to understand what was required. Told by Secretary Karl Robertson that the meeting must start promptly at 8.00pm and that the record was 48 minutes, he set to with alacrity, although who she was nobody knew.

So it was off like a 650 handicap and we were through last year's minutes before Don could get a seat let alone adjust his hearing aids. (He was trying to turn them off- ED!!) Secretary's and Treasurer's reports were read, no they weren't, and approval and the election of officers was completed in such a blur that everyone was very happy, until they found out they still had their old jobs for another year. The acting Chairman was in luck in that there was no 'Any other business' and he was over the line in 35 minutes. Even Don was only 5 minutes behind!

Everyone must be happy with the workings of the General Committee so more power to their elbow and progress and prosperity for 12 more months. Best part of the evening was free tea and Jean Smallman' cakes especially the Lemon Drizzle!

Your officers for 2009 are :-

Chairman	Robert Downham
Secretary	Karl Robertson
Treasurer	Allan Langham
Asst. Treasurer	Mike Irons
Social Secretary	Don Lock
Runs/Touring Secretary	Tony Palmer
Road Race Secretary	Vern McClelland
Track Secretary	Vern McClelland
Club Events Secretary	Mel Robertson
Asst. Club Events Secretary	Nathan Gale
Press Secretary/ Magazine Editor	Don Lock
Evening Ten Secretary	Mel Robertson
Race Writer	Don Lock
Club Coaches	Vern McClelland, Peter Eldridge
Website Designer	Mark Newnham
Committee Member	Peter Logan
Committee Member	Adrian Palmer
Junior Representative	Ed Klose





Colin Miller on Houghton Hill in the GS Stella weekend event

SUSSEX C.A. SPOCO COMPETITION 2009

A number of our riders have signed on for this season long 'sporting courses' competition. Some entered early enough to collect points in the G.S. Stella weekend reported in the last Worthing Wheel. Shortly after the event new 'Spoco Coordinator' Ann Human issued the following communication. How great it is to have someone doing a job and really putting some effort into it.

"A Stella start to the Sussex Cyclists' Association SPOCO Competition for Brighton Mitre's Paul Thatcher, East Grinstead's Angela Nainby and Worthing Excelsior's Mel Roberton"

The Sussex CA SPOrting COurses competition got off to a Stella start courtesy of an exhilarating weekend of racing promoted by esteemed Storrington based cycling club GS Stella. The weekend comprised of two arduous events, over undulating West Sussex courses of 18km on Saturday 31 January and 34km on Sunday 1 February in a bitterly cold east wind. Despite the credit crunch defying prize list, valued in excess of £1600 over the two events, there was a 12% downturn in the number of riders signing on – predictable perhaps, given the weather forecast, but excellent from a SPOCO contender's point of view. Those brave, or maybe harebrained, enough to start racing so soon in the year, under such conditions, were rewarded by securing additional points from the reduced field, and leapt to an early lead.

After just two events, the ones to catch are Paul Thatcher of Brighton Mitre in the Men's competition with 215 points pursued by Ivan Johnson of Hastings & St Leonards CC with 207. Angela Nainby of East Grinstead CC is leading the Ladies with 171 points followed by Elaine Scott of Brighton Excelsior

with 157 points. Mel Robertson of Worthing Excelsior, in the Veteran category with 238 points, is just ahead of Sussex Nomad Geoff Smith with 235 points – and the race is on!

Ann Human

Well done Ann. We shall look forward to further communications as the competition proceeds.

Any WECC riders not yet registered need to speak to Mel and get the entry form off quickly otherwise you'll miss event opportunities.



WORTHING WINTER WARMER

-2 degrees C made for a treacherous start to the WWW 2009. It was nice and toasty in the village hall at Ashington where WECC buddies were tucking into biscuits and a quick slurp of coffee before the off. 114 entered and 107 made the start – a great turn out for another superbly organised event by our own Mike Irons.

Floods earlier in the week meant that ice was going to be a real hazard, and so it transpired. Kevin Doe's sense of balance was clearly impaired (was it from excesses enjoyed the night before?) leading to close encounters with the tarmac on no less than 3 occasions. He was in good company. Mark Newnham and Giacomo Sepe both took a tumble on a particularly nasty descent. I gave Giacomo a thorough, and swift, all over check before moving on to look for damage to his new Colnago! Minor scuffs to one of the levers only. Clive Lett observed that Giacomo had yet to perfect the art of falling in such a way as to cushion the bike – not yet, but that will obviously come with experience and training.

Poor old Mark Newnham's rear mech was smashed and, despite a valiant attempt to convert to a single speed, was forced to retire. Thankfully the ice started to melt after an hour, and the average speed picked up from the initial 11kph!

Whilst the field wasn't quite international, we did have a couple of riders from adjoining counties. A very nice chap from East Sussex was relatively new to Audax. He was keen to get some miles in having signed up for L-E-L (that's London to Edinburgh to London). A quick chat with WECC Audax expert Paul Outhwaite confirmed that you have to be mad to enter – 1400km to be completed in 116 hours!

At the top of Blackdown Hill we were greeted by the wonderful Dave Hudson and his unrivalled cake and tea stop – a real test for the digestive system for those of us who can't resist having just one more piece of Stollen!

It was good to have a photographer at the event to catch us all looking our best – panting and dribbling up the cruellest climbs. Richard Klose will be particularly pleased with his one walking up the 20% beast in Bignor.

It was good to see a number of Audax first timers complete the route. Lewis Norris and Sam Maloney were going so strongly they decided to add 10km by sailing past second food stop – easily done. Clive Lett continued his impressive self flagellation, powering round on his 30lb Dahon folder. When he swaps to his Colnago in the summer he'll be flying up Ventoux.

And then all back to the village hall for more cake and some delicious soup. Robert Downham and Paul Outhwaite were well into their third piece of cake having powered around ahead of the rest of the field, oblivious to the ice induced carnage behind them. It was another wonderful event, superbly organised by Mike and his high quality support team, and another boost to the reputation of WECC – a big thank you on behalf of all that took part.

Successful WECC riders were :-

John Baldwin	Ben Barden	Kevin Doe
Robert Downham	Stuart Jago	Edward Klose
Richard Klose	Clive Lett	Neale Maloney
Sam Maloney	Lewis Norris	Allan Orman
Paul Outhwaite	Peter Rowe	Giacomo Sepe
Rocco Sepe		

Rocco Sepe

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### WORTHING WINTER WARMER The Organiser's View

The worry started on the Monday before the event when an inch and a half's rain fell. Bound to be some flooding somewhere on the route.

Looking at the 5 day weather forecast the temperatures were showing minus figures for the night time. Bound to be some ice and possible sheet ice on the roads.

With 116 entries I decided to check the route on the Thursday before the event. As I was short of time I went by car and drove around the route in reverse (it seemed hillier that way). I noticed that there were lots of potholes. West Sussex County Council had notices out on Shillinglee Road that the road was closed on Monday 16<sup>th</sup> February for urgent maintenance. I presume it was filling in potholes, some of which were like trenches.

The night before the event saw sub zero temperatures so I was surprised to see 97 starters for the ride. I was walking outside the hall to set everybody off when a voice was heard "It's 9 o'clock Mick. It's time to start us off." It was Paul Outhwaite ( or should it be Paul Can't waite!)

With everyone gone and the hall cleared up I was just about to leave when 5 riders returned. They had seen the conditions on the first hill and decided they did not want to risk it (two had previously suffered broken hips). I thought somebody will phone me shortly to say they had been injured, but thankfully they didn't. Whilst on my way home I got a phone call from Mark Newnham whose

gears had broken. A quick turn round to pick him up and ferry him to Ashington. When I got home it was a quick cup of tea, load the car up with what was needed for the finish, drive to the supermarket to buy the bread rolls and back to Ashington to get ready for the finish.

The riders started coming in at 1.10 with tales of how bad the roads were and the mayhem the sheet ice caused on the first hill. 11 did not finish. Five retired early (as above), two with mechanical failures and three saw a Metro slide into a tree and stopped to assist the passengers (there were no injuries) until the police arrived. I don't know what happened to the other one but they got home safely.

I congratulate all the riders who completed the ride especially the two tandems. The biggest praise goes to Kurt Godfrey-Evans, at 13 years the youngest ever to ride the event, and his Dad made him do some extra miles by missing the turning in Kirdford.

My thanks go to Don Lock, Peter Weston (start), Adrian Palmer, Dave Hudson (first control), Paul and Angela Toppin (second control), Jean Smallman (wonderful cakes), Chris Beckingham and Stella (my other half!) at the finish. Without them the event could not be run.

I also thank all the riders who wore cleated shoes, for leaving them in the foyer of the hall. But who was that cyclist who turned up with carpet slippers in his back pocket?

*Mick Irons*

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MANCHESTER VELODROME 21st February

Thanks to the generosity of Life Vice president Brian Weir the Club had a successful trip to 'Sport City' Manchester and enjoyed a superb 6 hour long evening of track racing at the Velodrome. Those who accompanied Brian, Rocco and Giacomo Sepe, Lewis Norris, Carl Trevis, Peter Weston, Joan Lennon and our Ed, also very much appreciated his calm and reassuring efficiency at the wheel. It was a totally untroubled 520 mile round trip, and when we were home early p.m on Sunday he was due to make a couple of return trips to Heathrow and appeared quite unphased at the prospect. But then he'd been a 24 hour man in the past.

The 'Revolution' meeting was the 24th and the last for the 2008/9 season. There was perhaps something of an end of term atmosphere although having said that there was plenty happening in excess of 40mph so we were never far from the edges of our seats.

The meeting was celebrating the final competitive outing of the great French sprinter Arnaud Tournant and the French had sent over three other sprinters to accompany him. He was given a great reception. Even a battered Sir Chris Hoy, unable to ride after his Copenhagen crash, came down from Scotland to be there.

We had the bonus of being able to watch the National Madison Championship run off before the main meeting, and there was something of a 'Madison'/ 'hand slinging' theme about the programme, because as well as the 'All Stars' event towards the end of the evening, there were several two-up flying time trials over 1 lap and 1km (4 laps) where one would wind up the pace and throw his partner into the final timed distance – quite spectacular.

Jamie Staff, Ross Edgar, Jason Kenny, Matt Crampton, Geraint Thomas, Ed Clancy, Chris Newton, Steven Burke, Rob Hayles and Bradley Wiggins were just some of GB Cycling's immense talent that we were able to watch. Our Team sprinters reigned supreme on the evening, Chris Newton and Luke Rowe won the big Madison and there was never any drag to the proceedings, it was brilliantly organised. We were there in time to get good seats right on the finish line and just high enough up to get a good view. There's loads of parking all free and a giant Asda nearby which we visited beforehand with a reasonable café, better than queuing in the stadium and missing out on any racing.

It was booked in advance, the tickets prices were just £12 or £6 concessions. We also booked Travelodge accommodation at Stafford about 60 miles on way back.

Brian is up for it, perhaps in December or January next season, so watch this space.

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### LONG FURLONG TWO LAP 17+ miles

Sunday 22<sup>nd</sup> February was in weather terms kindly, no ice frost or snow and no howling wind or rain. Organiser Mel Robertson reported light westerly wind and temperature at 7 °C. Interestingly Mike Irons from the viewpoint of timekeeper said 'it was cold'. Standing on the spot for 1½ hours doesn't do a lot for the circulation. 'In future would riders please hurry back and not spend time looking at the scenery', no, he didn't say that!

It was a good entry of 17 riders and this was backed by two others who had not entered the event and two from Brighton Mitre. A record of the first lap times was interesting : fastest was Adrian Rodgers with 21.23 then Mel on 21.37, but their second laps were identical on 21.55. No one else managed to get a sub 22 minute lap. Third at halfway was Karl Robertson on 22.20 and also in the 22 bracket Paul Outhwaite 22.26. Mark Bernhardt 22.38, Simon Letts 22.40 and Nathan Gale 22.59. Only one rider managed a faster second lap than the first circuit, this was Mark Bernhardt with laps of 22.38 and 22.33. It does though prompt the question, what happened first time round, or did he stop for coffee somewhere?

A good ride by Ed Klose but rumour has it that he did over 80 miles the day before. Bit too much of a warm up we feel. Phil Walker's first time trial was satisfactorily completed and in the 'un-entered' riders there was a good opening effort from new member Neale Maloney.

The handicapper is cross, he's never happy when short markers win the handicap award, so watch out those of you who finished 'on the podium' in this category you'll be caned for the rest of the season.

| <u>FULL RESULT</u>   |                | <u>Act Time</u> | <u>1<sup>st</sup> C</u> | <u>H'cap</u> | <u>H'Cap time</u> |
|----------------------|----------------|-----------------|-------------------------|--------------|-------------------|
| 1.                   | Adrian Rodgers | 43.18           | 21.23                   | 0.30         | 42.48             |
| 2.                   | Mel Robertson  | 43.32           | 21.37                   | Scr          | 43.32             |
| 3.                   | Mark Bernhardt | 45.11           | 22.38                   | 1.30         | 43.41             |
| 4.                   | Paul Outhwaite | 45.14           | 22.26                   | 2.00         | 43.14             |
| 5.                   | Karl Robertson | 45.33           | 22.20                   | 1.40         | 43.53             |
| 6.                   | Simon Letts    | 46.03           | 22.40                   | 3.00         | 43.03             |
| 7.                   | Nathan Gale    | 46.20           | 22.59                   | 1.50         | 44.30             |
| 8.                   | Thomas Coulson | 48.17           | 23.46                   | 3.50         | 44.27             |
| 9.                   | Edward Klose   | 49.38           | 24.39                   | 4.00         | 45.38             |
| 10.                  | Kevin Doe      | 50.11           | 24.51                   | 4.40         | 45.31             |
| 11.                  | Robert Downham | 51.50           | 25.19                   | 6.30         | 45.20             |
| 12.                  | Stuart Jago    | 51.57           | 25.33                   | 4.00         | 47.57             |
| 13.                  | Philip Walker  | 54.27           | 26.38                   | 6.00         | 48.27             |
| 14.                  | John Baldwin   | 56.31           | 27.23                   | 5.00         | 51.31             |
| 15.                  | Peter Logan    | 58.28           | 28.55                   | 8.00         | 50.28             |
| 16.                  | Diana Trafford | 1.00.16         | 29.22                   | 10.30        | 49.46             |
|                      | Colin Miller   | DNF             | 28.00                   | 8.00         | DNF               |
| <u>Private entry</u> |                |                 |                         |              |                   |
| Neal Maloney         |                | WECC            | 25.56                   |              | 52.05             |

#### Awards

1<sup>st</sup> : Adrian Rodgers      2<sup>nd</sup> : Mel Robertson      3<sup>rd</sup> : Mark Bernhardt

#### Handicap

1<sup>st</sup> : Adrian Rodgers      2<sup>nd</sup> : Simon Letts      3<sup>rd</sup> : Paul Outhwaite

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CREDIT CRUNCH ?

It was a shame that on the short club run to the Camelia Botnar Garden Centre at Littleworth, Kevin Doe decided he could not stop. This run followed on from the Club 10 (March 8th) and he had apparently turned out with out wallet or purse. It was a shame because there were numerous offers of assistance. Peter Logan's was the best with a nil percentage interest rate. Peter said it was the first time he had been able to undercut the Bank of England. At the other end of the scale 'Ed' was willing to lend at 25% APR. The APR he said stood for approximately!

Shame though. Will Kevin now be known as Kevin Doe-less!!

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## NEW TROPHY?

That Mr Doe (Kevin to his friends) has been at it again. He wants to put up a new award for presentation at the Annual Dinner. He envisages a stabiliser mounted on a nice piece of oak, perhaps topped with some tarmac. He has in mind the name 'The Doe Downfall Trophy', At present he is undecided on the award conditions. It could be for the greatest number of crashes in the year or perhaps for the most spectacular. Thinking that if it was for the former he would now be in the lead, leaves him leaning towards the second option. Here he puts Rocco Sepe's crash at Henfield (March 7<sup>th</sup>) as currently the best.

Watch this space.

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SUSSEX CYCLISTS ASSOCIATION

22 Miles Hardriders – 1st March

This is a hard one with a start in Staplefield, riders have immediately to climb to Handcross. Fast from there if you can survive the appalling road surface to Cowfold and undulating to Bolney. It gets nasty after this with a drag up to Ansty and another up through Cuckfield. The very lumpy nature of the road in the Balcombe area comes just as you're suffering the most, and the last three miles while flat are very twisty and narrow.

WECC had a quartet entered and all finished with varying degrees of success. Our veteran star Mel Robertson recorded an excellent 1.1.17 to walk away with yet another veteran's standard award. Nathan Gale did well clocking 1.4.40 ahead of Karl Robertson, clearly not yet firing on all cylinders on 1.5.55. Colin Miller, a devil for punishment, finished in 1.24.43 and as he put it "Well I got round" and "not my sort of course". Know what you mean Colin but where is this 'downhill circuit'?

Mel's win gave him more valuable points in the SCA's 'Sporting Courses' Competition and a satisfactory defence of his 2008 title looks to be well on schedule.

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### WECC 10 Mile – March 8<sup>th</sup>

Great turn out with 22 entries, 21 starters and 5 Private time trials. With officials and supporters there were 30 plus for tea and bickies. As for the elements, well, we had clear blue skies and lovely sunshine. Only downside really was the over strong south westerly with a temperature more usual with a north easter. Still a number bravely wore shorts even retaining this strip for the following club run.

It was a familiar scene at the head of affairs as the times came in. Mel had squeezed out another narrow win with second spot going to Jeremy Wootton,

a massive two seconds back – Watch it Mel they are getting closer! Mark B made third and Mark N stopped somewhere for breakfast! Junior squad's Ed Klose posted a useful starter and Sam Maloney also. These two grabbed the handicaps. Pity Lewis Norris couldn't make it, for it would have been good to get a starter for him to aim at.

| <u>FULL RESULT</u> | <u>Act Time</u> | <u>H'cap</u> | <u>H'Cap Time</u> |
|--------------------|-----------------|--------------|-------------------|
| 1. Mel Roberton    | 23.47           | Scr          | 23.47             |
| 2. Jeremy Wootton  | 23.49           | 0.20         | 23.29             |
| 3. Mark Bernhardt  | 24.17           | 0.40         | 23.37             |
| 4. Karl Roberton   | 24.21           | 1.00         | 23.21             |
| 5. Simon Letts     | 25.08           | 1.30         | 23.38             |
| 6. Nathan Gale     | 25.09           | 1.40         | 23.29             |
| 7. Edward Klose    | 25.26           | 2.40         | 22.46             |
| 8. Mark Newnham    | 26.01           | 1.20         | 24.41             |
| 9. Sam Maloney     | 26.29           | 3.50         | 22.39             |
| 10. Kevin Doe      | 26.39           | 2.50         | 23.49             |
| 11. Allan Orman    | 26.43           | 3.00         | 23.43             |
| 12. Stuart Jago    | 26.55           | 3.30         | 23.25             |
| 13. Robert Downham | 27.43           | 3.20         | 24.23             |
| 14. Neal Maloney   | 28.09           | 3.50         | 24.19             |
| 15. Phil Walker    | 28.40           | 4.20         | 24.20             |
| 16. John Baldwin   | 28.50           | 5.20         | 23.30             |
| 17. Colin Miller   | 29.03           | 5.40         | 23.23             |
| 18. Peter Logan    | 29.17           | 6.30         | 22.47             |
| 19. Peter Rowe     | 30.46           | 4.30         | 26.16             |
| 20. Diana Trafford | 31.22           | 7.20         | 24.02             |
| 21. Peter Eldridge | 34.12           | 9.00         | 25.12             |

Awards : 1<sup>st</sup> Mel Roberton 2<sup>nd</sup> Jeremy Wootton

H'Cap: 1<sup>st</sup> Sam Maloney 2<sup>nd</sup> Edward Klose 3<sup>rd</sup> Peter Logan 4<sup>th</sup> Karl Roberton

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MAJORCA (March 2009)

A three – up 7 day meander through the traffic free roads, a chance of 7 days riding at a pleasant club – run speed, or a training block to set up for the next time-trial. When Mel Roberton and Don Lock flew out to join John Mansell in Arenal about 10 miles from Palma all three had different aspirations. As it was the compromise was perfect.

Given a week of almost perfect weather they covered 415 miles and a lot more kilometres. Some was recorded at 12 mph and some at 20mph. They climbed and descended outside of Mel's experience and he spent more time in the saddle since he rode his one and only 12 hour. John who had been unable to

do much riding for some months was constantly stretching into new territory, Don was permanently faced with the dilemma of two back wheels while Mel rode comfortably along taking photos as he went.

Enjoying the use of John and Sonia's flat plus their generous hospitality was much appreciated. Don has also now discovered the catering abilities of Mel. These extend far beyond the tea and bickies at the evening tens. He also found an effective way to wake Don in the morning. A waft of eggs and bacon, and Don was there at the kitchen nonchalantly asking "What's for breakfast?"

We shall be expecting good things from Mel who now plans a short period of interval training just to fine tune the top end speed. Don is hopeful that he will be able to stay with the club run for longer, and John has gone back to hiring a car!

It takes a couple of hours from Gatwick, the carriage of bikes is simple and Majorca knows how to cater for cyclists. The island has a fantastic network of traffic free roads, albeit somewhat short on sign posts, and March and April generally excellent weather. Professional teams and Training camps abound and you see cyclists of many European countries in their thousands. The language is no problem but be careful if you want the chicken – point, don't risk pronouncing POLLO, for the obvious is apparently a very bad word!

The whole package comes highly recommended.

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### KEITH HARMER

Keith you will recall died as the result of a road traffic accident on 30<sup>th</sup> October 2007. He was struck from behind by a lorry driven by David Jonathan Wooton. At the hearing of the case at Lewes Crown Court on 3<sup>rd</sup> March 2009 (almost 18 months later) Mr Wooton was found guilty of driving without due care and attention and fined £200 and disqualified from driving for 12 months.

Whatever we may feel about the penalty, he was found not guilty of causing death by driving dangerously. How can it not be dangerous to hit someone up the back?

We have spoken to Keith's son Toby and expressed our wishes that the family can now try and get on with their lives blasted apart by this tragedy.

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SUSSEX CYCLIST'S ASSOCIATION 2-Up 28.46 Miles Sunday 29th March

A new look to the regular date on the SCA calendar, with Dave Abbott a first time organiser, a new course and other innovative ideas. We had seven pairs entered plus Colin Miller doing his regular double act with one of the A2 tri club ladies, which we could probably have phrased more carefully, but never mind. Also Joan Lennon shared her ride with a Steyning A.C lady rider.

So enough to get our reporter out, despite losing an hour's sleep with the clocks changing. There were some interesting pairings; we are used to the Roberton combo but Adrian Rodgers and Nathan Gale looked promising. We wondered if Stuart Jago could handle 'Big Gears' Bernhardt and we also wondered how Ed Klose would manage with Clive Lett. Our second father and son team was Neale and Sam Maloney, also we had Robert Downham and Peter Logan, and going for the 'Lanterne Rouge' award (they try every year) we had Peter Eldridge and Diana Trafford.

The course starting just in the Ashurst road north of Steyning took riders north to the A24 at West Grinstead, south to Washington and then continued round for two thirds of another circuit to finish just north of Washington where the village hall provided the HQ.

Rodgers and Gale were level with the Robertons each time we were able to check. Bernhardt/Jago looked OK but maybe a minute back. Very close as well between the two junior/senior teams, maybe the Lett/Klose pairing a shade ahead of the Maloneys. From our viewpoint, just after the short sharp hill at Ashurst it appeared that Peter Logan was avoiding Robert's back wheel – by about 10/20 yards!

It was very cold with an air and ground frost but fortunately no ice on the circuit. There was hardly any wind. Rotten road surfaces over long stretches and the pot holes that increase in size and number as the recession digs in, do not make this a fast circuit but 'sporting' definitely.

The winners Steve Geran and Phil Sykes of VC St Raphael recorded 1.03.41 to take nearly a minute out of Steve Dennis, East Grinstead and Mike Coyle VC Etoile. Excellent rides that put them over 4 minutes clear of the Lewes pair of Andy Cox and Mark Winton. Of the 40 teams WECC placed 10th, 11th and 12th, 17th, 19th and 24th and that 'Lantern Rouge' effort failed again coming in 35th.

The Worthing times were:-

Adrian Rodgers/Nathan Gale	1.12.56
Mel & Karl Roberton	1.12.58
Mark Bernhardt/Stuart Jago	1.13.32
Clive Lett/Ed Klose	1.19.09
Neale and Sam Maloney	1.19.32
Robert Downham/Peter Logan	1.25.45
Colin Miller/(Julie Gallagher)	1.32.52
Joan Lennon/(Jane Priddis)	1.33.59
Peter Eldridge/Diana Trafford	1.47.49

We asked Chief Inspector Clive Lett and young Ed Klose how their pairing had worked. Ed said that he had always been 'behind the law', but Clive disputed this and added that he had always kept 'Klose' up! Apparently though Clive felt somewhat let down when during the event his saddle pin dropped in about 4 inches to create a kind of 'sit up and beg' position. Ah! Ah! The law not properly maintained Eh!

THE ASHURST CIRCUIT

Sunday 5th April

Perfect weather conditions gave an opportunity for some personal bests and a number took advantage. Sunny and warm and hardly any wind and this at the start of April. Wow!

There were 20 entries but a number of significant absentees – Jeremy Wootton's entry unfortunately lost in the snail mail, Nathan Gale leaving it too late, but at least they turned out for 'non-counting' rides. Mark Newnham, Paul Outhwaite, Chris Putnam, Ben Barden and Adrian Rodgers are others who we might have expected to ride. Also it was a shame that only one of the Juniors, Lewis Norris, was able to ride as the event specially incorporated the Junior 15m trophy. Both Sam Maloney and Ed Klose were away so he took that unopposed.

With Kevin Doe a DNF (puncture), Peter Eldridge DNS (car wouldn't start), Peter Logan DNS (pulled muscle) and John Baldwin DNS (nasty cold), the final result sheet was OK at 16 but it could have been almost twice as long. Never mind we still had quality. See full result below.

Mel's effort of 39.32 was an excellent ride equivalent to a 1 hour 25 and exactly what he had been aiming for. It looks as if his Majorcan 'training camp' miles are beginning to kick in. Mark Bernhardt who could benefit from a 24 hour closed session of Lance Armstrong cadence videos was second and pleased with 40.20. He only turned his pedals round once to every two from Mel but it didn't look as though he was saving on energy expenditure! Nevertheless he again kept the Robertons apart taking 1.21 out of Karl.

The handicapper is going to be more careful about giving excessive allowances. Colin Miller came out 2 minutes ahead in this category which is bad enough, but Colin's bear hug of appreciation was definitely over the top!

Lewis Norris would have recorded a time at least 2 minutes quicker if he had not gone off course. In sight of the 15 mile timekeeper he took it into his head to dive left into Hole Street, returning when he realised his mistake, still not a bad effort for his debut ride.

<u>FULL RESULT</u>	<u>Actual Time</u>	<u>H'cap</u>	<u>H'cap Time</u>
1. Mel Roberton	39.32	Sc	39.32
2. Mark Bernhardt	40.20	1.00	39.20
3. Karl Roberton	41.41	1.30	40.11
4. Simon Letts	42.10	3.00	39.10
5. Stuart Jago	43.47	6.00	37.47
6. Robert Downham	45.27	7.00	38.27
7. Allan Orman	45.29	5.40	39.49
8. Neale Maloney	45.31	7.20	38.11
9. Tom Coulson	45.55	4.30	41.25
10. Colin Miller	47.21	12.00	35.21
11. Philip Walker	48.12	8.00	40.12

12.	Peter Rowe	50.08	13.00	37.08
13.	Lewis Norris	52.52	10.30	42.22
14.	Ted Wixon	53.37	14.00	39.37
15.	Diana Trafford	54.13	17.00	37.13
16.	Peter Weston	56.00	19.00	37.00

Awards: 1st Mel Roberton 2nd Mark Bernhardt
 Handicap: 1st Colin Miller 2nd Peter Weston 3rd Peter Rowe
 Junior 15 Mile Trophy: Lewis Norris 46.21
 Private entries: Jeremy Wootton WECC 40.09
 Nathan Gale WECC 42.29

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### THE DAVE FUNNELL SECRET - - - AT LAST

Life Vice President Dave Funnell is maybe not known to you all. He doesn't cycle anymore but no one has a greater passion for WECC. He still does a turn timekeeping, he is a mean performer at the Skittles evenings and he reckons he's only missed one Club Dinner since the 1950's. So let us tell you quickly that during his active days on two wheels, he was perhaps the best really all rounder we've ever had. From team pursuit to 12 hours, time trialling at every distance, road races and long distance touring and, no 'Jack of All Trades' either, he excelled at them all.

So the secret that has just been uncovered is, wait for it - - - 'Cornish Heavy Cake'. Our Ed's wife Maureen read all about it in her 'Prima' Magazine, and this recipe which was awarded 'star' status, was supplied by Dave's wife Maggie. She apparently grew up down there beyond the Tamar and 'eavy' (as her Dad called it) was a staple part of her family's diet. The picture looks delicious too, lots of fruit but despite the name probably not as heavy as bread pudding. Our bet is that this is the Funnell power source that made him such a classy rider at all disciplines.

#### Recipe

Preheat oven to Gas Mark 6/200° (190°C)

Dice 125g/4oz white vegetable fat (eg Cookeen) and 125g/4oz Butter.

Put into processor with 450g/1lb Plain flour and blend to form crumbs.

Add 50g/2oz caster sugar, 225g/8oz sultanas and 175g/6oz mixed dried fruit.

Pour in 150ml/5flox water and blend to form a ball.

Roll on a floury surface till the size of a 7" x 11" (18cm x 28cm) tin.

Put into your greased tin and brush top with milk. Bake for 15-20 minutes. Dredge with sugar, cool and cut into squares.

Why, this might even rival Jean Smallman's cakes. What about it for the evening tens Mel? But shame on you Dave for keeping it a secret all that time!

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CLUB RUNS POINTS TABLE at 19th APRIL

Attendances are breaking all records - - - - Great. As the racing season swings into gear we may see a few of the racers drop down the list, but, it's good to regularly have a dozen or more on the runs.

Leading Positions

Mel Roberton	54	Richard Klose	32
Don Lock	50	Robert Downham	31
John Baldwin	48	Karl Roberton	30
Kevin Doe	46	Vern McClelland	28
Stuart Jago	39	Phil Walker	28
Rocco Sepe	39	Paul Outhwaite	24
Clive Lett	37	Pete Logan	20
Edward Klose	35		

Others have points but are not yet on the 'leader' board.

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### SCA SPOCO Update (7<sup>th</sup> April)

In the senior table we have six with points. Nathan Gale (4<sup>th</sup>) 396, Mel Roberton (6<sup>th</sup>) 326, Mark Bernhardt (16<sup>th</sup>) 202, Karl Roberton (17<sup>th</sup>) 199, Jeremy Wootton (18<sup>th</sup>) 196 and Stuart Jago (36<sup>th</sup>) 81.

The Veteran's standings are Mel Roberton (4<sup>th</sup>) 359, Mark Bernhardt (11<sup>th</sup>) 220, Stuart Jago (21<sup>st</sup>) 102.

It is early stages yet but Mel looks well placed in the Veteran's competition amassing his score from just 3 counting rides, only 1 point short of a maximum, while those above him have 4 or 5 scoring rides.

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CLUB RUN – April 12th – Easter

Ten present for Broadwater start at which point Stuart Jago punctured. Departed 9.20, Don up front, pace brisk but it's flat and no wind so he goes better. Pretty much A roads out round Littlehampton departing from A259 to go through Middleton and Felpham. Through Bognor and on to Aldwick striking N/W to Lagness and Runcton. The venue at Manor Nurseries was closed. On to Oving, Tangmere and then to the Aldingbourne café north of the A27 - - - - also shut. Finally over the dual carriageway and Denmans Garden Centre provided sustenance and necessary facilities. A return through Walberton and Ford was obviously too 'steady'. Clive Lett shot off and several others followed. Not known where they went, but Martin Wood, Mel Roberton and (Ed) returned via Climping, Littlehampton and Rustington.

Others out were Robert Downham, Stuart Jago, Kevin Doe, Tony Knott, Carl Trevis and Steve Mackelvie. Distance 47 miles.

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### THE STABILISER TROPHY

Earlier in this issue we mentioned Kevin Doe's painful proposals for a new prize, he or she who falls off most, or most spectacularly. Well the news has leaked out and there has been one effort made which has had considerable IMPACT, indeed it has probably settled the award for 2009. Fifteen year old Lewis Norris jumped on a track bike at Preston Park in Brighton, really wound up the speed and then stopped pedalling. Yes, that's right, all track bikes are fixed wheel and it was the first time he'd been aboard. A display of some of the grazes at the clubroom boarded on the pornographic and members of a sensitive nature had to be prevented from looking. His quite handsome facial features were not thankfully, scarred but pretty well everything else was.

Can we now put a stop to this competition, we think it's in danger of "going over the top"

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IDENTIFICATION DIFFICULTIES? Or wasn't sure he still rode a bike!

Our Ed was out on a ride with Rocco Sepe one Saturday morning and as they crested the railway bridge at Partridge Green, heading for home, a rider passed in the opposite direction. Normal acknowledgements were made but that was it. "Who was that?" queried Rocco. "No idea" says Don "But he was wearing WECC shorts".

A day or two later Don is rapped over the knuckles by son Andrew. "Yes that was me and it's the second time I've been out this year" Oh dear.

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### 100 MILE EVENT 26<sup>th</sup> JULY

Last year we had 11 riders and while some are not riding this year we have a number of others who are, so we hope still to get about that number. In 2008 we managed to get a helper for each rider and all the riders agreed that it had been an enormous help to them. Remember all 11 finished and the overall performance was terrific. Some helpers from 2008 are now planning to ride so new helpers are required.

Please let our Ed know if you would be able to help and we can have a meeting to discuss the arrangements and advise any first timers what is required. Get in touch with Don soon as possible.

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CLUB RUN -19th APRIL – Washington Start – Sumner Ponds, Barns Green

Sunday ride started rather cold and under cloud, had a good group even though some were riding the 25 at Broadbridge Heath!

Martin Wood had the map, *as our ship's captain Don, was giving our racing team support.* We let Martin lead the ride out! Like the "Maillot Jaune" he went up the A24 like a man on a mission, but would it last!

After Ashington, we all re-grouped and a casual ride through Hooklands Lane, up towards Shipley, going on rather a direct passage to our coffee break, maybe some of us were thirsty!

The sun came out at Shipley and was welcomed by the "short" wearing individuals, JB included. At the end of the 2 Mile Ash Road, it was only 10 o'clock, Barns Green was only 10 minutes away, and a detour would be in order. *Come back Don all is forgiven.* Our ride took us via Horsham and Broadbridge Heath before Barns Green.

With directions requested we found our destination, but were still early, so another detour was needed. *Where's Don when we need him'* Cresting a hill and coming over the other side like "Moses parting the waves" was Don, to take our hand and lead us to coffee, we were like a ship without a wheel that day.

Obvious that a few were hungry, like Rocco and Don, having a huge slice of cake and coffee and sitting in the sunshine. Did they eat their Sunday roast?

Home I gather was lanes to Dragons Green and Ashington and A24 from there with Allan Orman and Phil Walker, or should that be Runner, setting the pace. After tea I rode straight back to Horsham.

In attendance Martin Wood, Allan Orman, Phil Walker, Rocco and Giacomo Sepe, Tom Coulson, Tony Knott, Richard Klose, Nathan Gale, Carl Trevis, John Burnett, Don Lock (eventually) and yours truly.

John Baldwin (Worthing Excelsior 'Northern Division')

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## RESULTS

Horsham Hilly 14.5. Saturday 18<sup>th</sup> April. Jeremy Wootton fired himself around this short but distinctly sporty event and a time of 34.51 gave him 7<sup>th</sup> on the result board and within 1 minute of the winner.

Southern Counties 25 Sunday 19<sup>th</sup> April. Early and cold start and a northerly wind that made for a hard finish. Despite this there were some excellent performances. Sam Maloney in his first outing at the distance clocked a great 1.5.54 and he massively outpaced the other junior opposition to win that category. At the other end of the age scale Mel Robertson clocked a superb 59.34 to finish equal first with ex international Ron Keeble in the Veteran's section.

Jeremy untroubled by his efforts the previous afternoon was just outside the hour with 1.00.26 and our team was completed by Mark Bernhardt with 1.2.00. 3<sup>rd</sup> place in the team section beat several of the big London clubs. Stuart Jago and Peter Logan were delighted with personal bests of 1.7.58 and 1.12.43. Peter

picking 2<sup>nd</sup> place on handicap as well. Finally another debut saw Neale (Dad) Maloney finish with 1.15.49. Only one not happy was Ed Klose with not enough clothes perhaps, he froze, cramped up and felt sick, so he did not finish. Get it right next time Ed and now you know what you have to aim at in the junior competition.

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QUEST ADVENTURE (John Saville)

The Bike shop just across the road from the clubroom and its proprietor John Saville have directed many new members in our direction and we are very grateful to them for that. Our General Committee had an informal chat with John to see if there were areas of mutual benefit that could be explored in the future, and several ideas have been aired and will be looked in to.

One word which was never used was 'sponsorship'. WECC have been down that road once before and those who remember it regret the decision. It was an unhappy excursion. However, John wants to try in some way to support us, particularly our juniors, so we may have further news on this in due course.

Initially though, he is being extremely generous with prize vouchers for our Open 25 and at the event HQ will try and put on a display of bikes which will add to the occasion.

It may be possible that with John we can get to talk to some of the local schools and sell our sport to them and so encourage more for the junior squad. Watch this space.

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### MILK BOTTLE TOPS

Many thanks to those of you who are saving these tops. As a result we delivered nearly 15 kgs to a collection point and the proceeds will help Chestnut Tree House.

May I ask again that only Red, Blue or Green Milk bottle tops are saved for me and please ensure they are washed, that is a prerequisite of the company in Portsmouth that recycles them.

So what is done with them you may ask? They are recycled into play equipment for children, such as slides and play houses, and also may well be used for new bottle tops. The company pays £25 for every 500kgs on a pro rata basis and so far they have recycled over 3.5 tonnes since the scheme started 18 months ago. So keep them coming please and we can do our little bit to help our local charity.

*Maureen*

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2009 EVENING TENS
No 1 23rd April

For a change the opener was on a good evening. Eighteen club riders and thirteen guests, some rather quick times as well. Some regulars missing but also some new names appearing.

Star performance of the evening was Ed Klose and his 23.17, Paul Outhwaite wondered where he had found two minutes since last year and Ed responded with 'not going to bother with 24's'. Well that's the impression we got anyway. A good starter also from young Lewis Norris.

FULL RESULT

1.	Adrian Rodgers	22.23
2.	Mark Bernhardt	22.33
3.	Ed Klose	23.17
4.	Paul Outhwaite	23.25
5.	Simon Letts	23.44
6.	Stuart Jago	23.52
7.	Mark Newnham	23.56
8.	Nathan Gale	24.17
9.	Jon Rodgers	24.46
10.	Robert Downham	24.50
11.	Kevin Doe	24.59
12.	Tom Coulson	25.07
13.	Phil Walker	25.43
14.	Lewis Norris	25.52
15.	Colin Miller	26.36
16.	Tony Knott	28.04
17.	John Williams	29.16
18.	Ted Wixon	29.20

Of the thirteen guests six posted 21 minute rides so our fastest riders have still got some way to go. Quickest was Mike Coyle, VC. Etoile with 21.22

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IN OUR NEXT ISSUE

Club 25 Championship, Mel Roberton again successful. Full report to come. Evening Tens now well under way with Adrian Rodgers setting the early pace. We hope also to report on the Isle of Wight round the Island ride.

The juniors are beginning to eat into the seniors and we shall report further on their progress.

If you have a contribution you can make to the Worthing Wheel, please send it through it will be most welcome.

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Two photos provided by Peter Weston showing Nathan Gale (above)
and Jeremy Wootton (below)
climbing Houghton Hill in the Stella Hilly Event

