

Only members scoring 20 or more points are shown but Tony has provided the following interesting statistics.

62 members gained points - probably just as well they didn't all come out the same day!

There were 599 attendees over the total number of runs.

The highest attendance was 22 on 2nd November 2008 at The Old Mill Bakery, Wisborough Green. This café, although now changed hands, received 4 visits with 49 riders in all.

We made 3 trips to Manor Nurseries at Runcton with total of 48 riders and 4 calls at RSPB Wiggonholt with 47.

Within the scope of a Sunday morning club run we've been north to Hilliers Garden Centre near Horsham, south to 'Look and Sea' at Littlehampton, east to Middle Farm, Selmeston and west to Chichester Marina.



TOURIST TRIAL 2009

It carries the biggest silver cup but not, of recent times, the biggest support. However it remains, among the enthusiasts, a very keenly contested challenge. October 17th, the Saturday morning was dry with little wind, Mel Robertson's car registered 7°, while Roger Smallman's said 5°, but then he's older and you feel it more! So it was nippy but nice.

Our Ed, as organiser had chased out competitors, best for a while. John Baldwin withdrew with apologies the evening before, skittles one night and a tourist trial the next morning would obviously have been too much. In the event the remaining 7 quickly became 6 when debut rider James Nelson went off course. He was quickly rescued, but determined fellow that he is, was soon off course again. This time not to be seen until lunchtime. Pity because he missed Mel's halfway refreshment stop including the now annual specially baked and iced Tourist Trial cake. It's OK James they soon ate your slice!

The remaining competitors were, five experienced, in Tony and Adrian Palmer, Robert Downham, Alan Matthews and Andrew Lock, and another first timer in Graeme Gill. All mapped out and on course. The Route Instructions (shown at the end) will allow readers to see if they can follow just where Ed. was taking them. To be sure he wasn't riding, for in the first couple of miles a nasty climb and plenty of gritty but pretty little country back lanes. The mountain bike riders were feeling at home.

Pubs that exist but are not on the map and pubs that are on the map but are no longer pubs, was cause for some discussion, but nothing to affect the result. General questions caused some groans but are always worth including, if only for the humour which is employed in formulating an answer where the rider clearly hasn't a clue. Perhaps we should have a separate prize for this.

Observations on route had riders filling notebooks and some now resorting to the use of Dictaphones and a mobile telephone camera, to record something the fiendish organiser might ask about. If the event is to get this technical perhaps

we can have a virtual reality event and do it at home with armchairs, slippers and a computer, it's a thought.

Total distance was only about 22 miles and fastest was Robert Downham fresh from a season's time trialling. It actually took him about 3 hours!!! At the start he was heard to boast that at less than 20mph he tended to fall off!! Should be OK next season he'll probably do a 25 in around 3½ hours at this rate!

The Windmill pub at Littleworth has been the finish venue for a few years now. We could change so as to give greater scope for an area but they are so accommodating and friendly and the food is always very good. With the returning riders and supporters 14 sat down to lunch, to enjoy more laughs over the dreaded questions and for the eventual announcement of the result.

A dead heat he announced and looked quite pleased. There then followed something about a crow flying from Shipley Windmill, which he'd just said was 'crowded', to Salvington Windmill, and required to know the distance in Kilometres, presumably a continental crow, anyway things were all sorted out . The result is published below.

Now no one's talking to the Ed. wonder why?



Start: At Cowfold car park OS REF 214225. Proceed to spot height 23 (sorry about red road)

Now tackle nearest climb with a gradient between 14 and 20%.

Proceed to cross river while riding South. Aim for road obviously belonging to another County.

Continue in anti-clockwise direction and for a while follow North the 'district' boundary.

Care over 'A' road and then clockwise circuit to re-cross the 'A' road by a poor place of worship without tower or spire.

Continue over 4 rivers/streams but no more and take a left before the telephone.

Proceed over major road which you must now aim to re-cross at the first opportunity to the South. When over aim for nearest public house and turn to West at that point.

ON to OS 250174 where go right on 'B' road.

Your route (according to your map – always in need of updating of course) now passes 4 public houses (no stopping) the 5th though is the Windmill at Littleworth for lunch.

RESULT

1.	Andrew Lock	32 points*
2.	Adrian Palmer	32 points*
3.	Graeme Gill	30½ points
4.	Alan Matthews	30 points
5.	Tony Palmer	29 points
6.	Robert Downham	26 points

*Decided on a tie-breaker



The Veteran's table has yet again been headed by our ace vet Mel Robertson but not without a fight. He beat his standards for the three distances, 25, 50 and 100 miles by 134 minutes 15 secs. About 1 minute less than for 2008 but whereas he then had an 11 minute cushion over his closest challenger, in 2009 it was cut to just 4 by Crawley fast man Douglas Fox. Mark Bernhardt finished 9th in this table and Stuart Jago came in at 12th.

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## FURTHER OBSERVATIONS ON THE S.C.A HILL CLIMB

By  
JAMES NELSON

S.C A Hill Climb from the Chalk Pit (Base Camp 2). Morning's stormy conditions had cleared. The summit was visible and the ascent would proceed.

Only 16 of the original participation list arrived. One apparently crashing his car at the foot of the south face. Surface conditions gave rise to wheel spin and a rising southerly caught riders as they neared the finish. Some seemed to rocket up while others struggled but all showed the pain of the expended effort.

Ed Klose moved well.

Jeremy Wootton with flat back tyre showed resilience to finish.

Peter Tadros won, despite road slip and head wind.

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MY FIRST TRI

By
CLIVE LETT

It all began in August, I went to Bolton with Nicole to support her at the UK Ironman. Bolton was true to form – it was 'grim up north' cold and muddy – Nic got cramp treading water waiting for the swim start in the icy waters of Rivington Reservoir! Putting the grim location and terrible organisation to one side it was an inspiring event. The pro's were amazing with young Phil Graves winning in under 9 hours with a 4.57 bike split for the very hilly 112 miles. Nic was incredible finishing in just over 13 hours (5th in category) with a swim time that placed her in the top 50 overall!! - she could have gone loads quicker but spent a total of 25 minutes in transitions!

All this was so inspiring I thought I had better have a go at a triathlon, after all, I thought "I can do the bike bit". I spoke to my coach (Nicole) and she recommended her home triathlon on the Isle of Wight (short swim, long hilly bike and flat run). I bought a load of triathlon mags, learned the jargon, ordered a trisuit from Don and sent off my entry. It is at this stage I think I started to get on Nic's nerves as nights out were dominated by me asking stupid triathlon questions! The guys at the club were encouraging, particularly Stuart and Rob – well I say encouraging, they were the ones who didn't say I was mad!

Having based my cycling season around La Ventoux and The Maratona I had no speed so panicked and entered some time trials, this proved tough after

MY AUSTRALIAN ADVENTURE

I was lucky enough in September and October this year to be able to travel to Australia to compete in two World Championship triathlons – the Standard Distance Age Group race in Southport (near Brisbane) on the Gold Coast, and the Long Distance race in Perth on the West Coast. I managed to arrange two months unpaid leave from my work at Brooks, booked my flights and cheap YHA accommodation on the Gold Coast, found a house-sit in Perth for 6 weeks (feeding two adorable cats and keeping a tank of tropical fish alive) and headed off on 4th September for almost two months of Aussie-style training and racing. The Perth Long Course race was my main target (3k swim, 80k bike and 20k run) and had been aiming for that all season, increasing my bike mileage throughout the summer and taking part in lots of time trials with WECC including the 100 mile TT in July.

And it was FANTASTIC. The race on the Gold Coast was truly awesome. The crowds were huge and the setting was beautiful with blue skies, palm trees, no sharks, and a great atmosphere. We had a perfect day with virtually no wind, unbroken sunshine and temperatures in the 20's. The course was fast and flat and much to my amazement I did my best time ever in an Olympic Distance Triathlon (1.5k swim, 40k bike and 10k run). I finished in 2 hours, 25 minutes and 17 seconds which put me 10th in my age group in the World (50-54), and to cap it all I did my fastest ever split on the bike for 40k (1hour 11min 51 secs). It was one of those races where everything went well; my swim felt comfortable, I felt strong on the bike which is a real novelty for me and even though I was exhausted by the time I got to the run, I ran strongly, overtaking people all the way and finished with a sprint for the line. What an experience.

A few days after the Gold Coast race I flew to Perth where I was based for the next 6 weeks, and started training again. I made contact with a bike shop close to where I was staying and was welcomed and encouraged to join in with their early morning bike rides – 6am from the bike shop a few mornings a week. Having been out with them a couple of times I quickly realised that I was outclassed and I struggled to keep them in sight, let alone keep up. So I phoned the local Tri Club (North Coast Tri Club) and spent the next 5 weeks as an honorary member, joining in all their training sessions. They were absolutely brilliant, included me in their social activities as well as their serious and not so serious training, picked me up from my house to take me training, invited me round to dinner, joined me for circuit training (which I was doing in my house every Wednesday using sessions e-mailed from my coach in Steyning) and became my friends.

They took their training seriously, as many of them are training for the West Australian Ironman in Busselton in December 2009. Bike rides started every Tuesday and Thursday morning at 6 am from a local shopping centre, on Saturday morning the long rides started at 5.30am (!!!!) for distances ranging from 60k to 150k (I didn't go further than 100k), swimming training started at 5.30am in a 50 metre pool on Wednesdays and 6am in a smaller pool on Fridays (this was occasionally followed by a champagne breakfast!), and run interval training took place on Tuesday and Thursday evenings. Add to this an occasional Aquathon on

Friday evenings, early morning running on Sunday morning followed by a 2k ocean swim (with jellyfish for company and the threat of sharks), and daily sightseeing round Perth on my bike and you can see how much training I was doing. I was cycling a couple of hundred miles a week and loving it all.

Perth is a great city for cyclists with cycle routes absolutely everywhere. They have been built into the city as part of normal urban development and it was possible to ride from my house in the suburbs into the city (about 20k), and back a different way without having to fight the traffic at all. I can't recommend it highly enough. I also discovered wide open smooth tarmac roads which led away from the built-up area and went on for miles and miles with virtually no traffic. The main hazard was broken glass on the roadsides and cycle routes as the local youth seem to take pleasure in lobbing beer bottles out of their car windows. (I got very good at repairing punctures and changing inner tubes). There weren't many serious hills to ride apart from way out to the East. I only made it there once as it was about 30 miles to get to the hills, but it was worth it. Gooseberry Hill nearly defeated me (worse than Steyning Bostal and longer) but I made it up and was rewarded with excellent pastries and hot chocolate in a café I found near the top.

After that, the race was almost an anti-climax. Race day was exceptionally windy, exceptionally hot (certainly in the 30's and one report said 37 degrees) and I found it exhausting. The 3k swim in the Swan River was intimidating, not least because of the wind, but also because the water was very brown and loaded with jellyfish which you couldn't see. I'd been assured that they didn't sting but found out early on that wasn't always the case. Thank goodness we were allowed to wear wet suits. I got stung on my face and found it hard to relax in the swim while I kept making contact with them, feeling them bump against my body, my feet and face, and hitting them with my hands. Ugh!! I was very glad to get back to dry land and out in to the bike course.

The bike course of 80k comprised 4 x 20k laps. It was predominately flat, motorway standard road but was very exposed so the wind was a problem for me. I was flying when the wind was behind but as soon as I hit the headwind, my speed slowed and I really struggled. It was also very hot, with the sun blazing down and keeping adequately hydrated was important. I rode a bit more conservatively than I did in the race on the Gold Coast, knowing that I had 20k to run in the heat afterwards. In retrospect I think I did it about right, averaging about 18-19mph over the 80k but I was very aware that I was one of the slower people on the course – loads of triathletes overtaking me and I only overtook 4 people in total! Coming into transition I did an impressive running dismount off the bike, pulled on my trainers and headed out for the last stage of the race.

Running is usually my best discipline in triathlon but this ranked as one of the hardest runs I have ever done. I struggled to keep going at a decent pace, kept pouring water on myself in an attempt to keep cool, felt as if my feet were on fire and my legs were dead, and really wondered was I going to make it to the finish. Running in that kind of heat when you aren't used to it is incredibly hard and many people were obviously finding it very tough. But I finally finished, came 8th overall in my age group and was delighted with my total time of 5 hours 30 minutes and 43 seconds. It was such a hard race, but the endurance base that I had built up through the season was what kept me going to the end.

The blisters are now healed, and my tired muscles have recovered, but black toenails still remind me of that day. I had such a great experience being out on Perth with my lovely bicycle and would love to be able to return there some day. Who knows what adventures 2010 will bring – no doubt my bike will be involved though..

Joan Lennon

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## ANNUAL DINNER DANCE & PRIZE PRESENTATION

Held once again at the Rugby Club premises in Roundstone Lane Angmering this was by popular decision or comment another successful production. Seventy eight members and friends, the best attendance for ten years, enjoyed a three course meal, a raffle of the usual gigantic proportions, a dance and, of course, the all important presentation of the trophies for 2009.

The Club's committee have held the price at £20 a head for 5 years now and while that does involve subsidising the ticket price it is felt that we should if we can, continue to do this, for after all the moneys that we have, have been largely paid by members. This year's budget resulted in a loss of about £150 and was well within the anticipated 'loss margin'. A very big 'thank you' goes to all those who provided such a fantastic array of prizes for the raffle. Everything from a Plumbing kit to a container labelled 'The Art of Belly Dancing'. John Saville of Quest Adventure went home with that, he was planning to give it to his wife. (There might be a follow up story to that!) Thanks also to everyone who spent so generously in buying raffle tickets. Next year the organiser will get new books and different colours, still it made for a laugh with two applicants coming up for every prize!

It is strange to see everyone in something other than cycling lycra. And some looked so smart. 'Best dressed Award' goes to Keith Dodman with bonus points for coming on his bike. Quite a number wore ties which are of course optional. Kevin Doe took the organiser to task for not wearing his bow tie as in 2008. The organiser can't remember except he knows it did not flash or go round and round! On the matter of ties special mention should be made of the efforts John Lucas went to. Celebrating with Marks and Spencer's 125 year "Penny Bazaar" event he was able to get a new tie specially - - - - that's right for "One Penny" - - - - an old one at that!

An 'Orrible Quiz' was laid before everyone and caused frustration, amusement, even concern among those who attempted it. We publish it at the end of this report in case others would like to have a go at it. Answers to be found on a later page (22 ). Mark Bernhardt was the winner with 34 out of 40.

The trophy table was splendid with cups back on show like the Junior trophies and the 12 hour that have not been competed for in the past few years. Mel Robertson had done a splendid job in getting them looking so good. The Club have decided however that a new cup will have to be purchased to replace the 100 Trophy. It has never been a nice looking 'pot' but it has simply worn out. We shall have to see how we preserve the history that it carries.

So congratulations to all our Trophy winners and may you be inspired to defend them next year. See list of winners for 2009 elsewhere in this issue.

By the way note in your new diary – 19<sup>th</sup> November 2010 is booked for the next edition.

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### THEY ARE ALL IN SUSSEX

(You'll scream and they get worse!)

1. A crease after a domestic bovine
2. Common egg producer with enclosure
3. Sir Francis - - - - -
4. Creepy?
5. Not D.C
6. Sheep follow learner
7. Heave today - - - - yesterday was
8. Road slopes sideways
9. What your Mum used to do with torn trousers
10. Having a head of ecclesiastical chapter
11. Sounds like a trout hatchery perhaps
12. Must be tallest tree ever
13. A strong taste and only what is specified
14. Weakly sentimental
15. Old or worn out, hesitates before the incline
16. Chilled meat
17. Of very small value
18. Stickhead (anagram)
19. Central and mixed up hurts
20. A trio of ways over
21. Bobby with a sharp point
22. Policemen at discount prices
23. Sick Bird
24. Fat weight
25. Personal reference and then neatly crease
26. A hardwood quintet
27. Bird admin. Area
28. A rough trench and a kind of heather
29. It's got a kiss on the end
30. Advisable with electric wiring
31. Only one letter change for a stutter
32. BHA in 2010/11
33. A surgical cutting
34. Not 'Upon Tweed'
35. Keen and eager to help like the M.C
36. Applause for cold meat
37. A just distortion
38. Sounds like she had everything for her hair except --?
39. Something to rest your knees on
40. Unemployment benefit perhaps

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“STOP WAFFLING”

I talk too much. People who don't hear very well are happier when they're talking for then they have a rough idea of what's being said. So I suppose I'm used to being told to stop waffling.

At the Club's Dinner I was M.C variously described as 'Master of Chaos' and 'Master of Confusion' but generally meant to keep those present informed as to the evening's events. I'm also called upon to assist Mel Roberton and our President Tony Palmer when the prizes are presented by reading out details of the awards.

Club Person of the Year Award is a prestigious award voted for every year by the committee members. They have to consider who in the club, not just the committee, has in their opinion done most for the club over the past 12 months. We have an honours board given to us by a much loved old member Freddy Clayton, who died some years ago and the winners name is sign written on to this. It has been running since 1991 and I was honoured to receive that award in 1996. For the past 5 years there has been one name, every year, the same, Mel Roberton. Were we stuck in a rut? No, every year he surpassed what he had done before. An enormous amount of work, and, since his retirement even more. No one has deserved the honour more. We've been lucky to have several others who give sterling service but Mel was way out front.

Towards the end of the prize presentations I'm given the sealed envelope. Only Secretary Karl Roberton knows the result. I had no doubt that I would again be reading out the name of Mel Roberton, there was no one else. It was at this point that the 'waffling' stopped. To see my name on the piece of paper put me at a loss for words, an unusual phenomenon.

I shall ignore the possibility that there has been some mistake or that Mel Roberton has himself led some lobbying of committee members in my favour.

Why me? All I can think is that 'Don Lock' is four letters less for the sign writer than 'Mel Roberton' and the idea was initiated by the Club Treasurer.

Nevertheless I am honoured. The Club has been an enormous part of my life since 1960 and I have enjoyed every involvement, racing, touring or helping. At the Dinner the Club gave Maureen a lovely bouquet of flowers and Robert Downham thanked her for what she does for the Club, and just so you all know, a lot of what she does goes out in my name.

*Don*

~ ~ ~ ~ ~

2012 - - - - - WECC - - - - -125 YEARS

The Committee has been considering a suitable way to celebrate. A 125 km and a 125 mile Sportive is under discussion. Perhaps with a rehearsal in 2011.

Proposals to be placed before the AGM in February. DON'T MISS IT!!

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**WORTHING EXCELSIOR CYCLING CLUB**

[www.worthingexcelsior.co.uk](http://www.worthingexcelsior.co.uk)

**AUDAX UK**

[www.audaxuk.com](http://www.audaxuk.com)

**WORTHING WINTER WARMER**

100K BP

SATURDAY 13<sup>th</sup> FEBRUARY 2010

START 09.00

HQ STEYNING COMMUNITY CENTRE

FLETCHERS CROFT

STEYNING

ENTRY FEE £5.00

*(Plus £2.00 insurance if not Audax, CTC, or gold/silver BC member)*

*Tea/coffee and biscuits available from 08.15*

*Food and drink provided en route*

*Hot soup and roll at finish*

*Route outline:*

*Steyning, Wiston, Ashington, Adversane,  
Wisborough Green, Kirdford, Plaistow, Shillinglee, Blackdown,  
Lickfold, Lodsworth, Selham, Burton, Sutton, West Burton,  
Coldwaltham, Greatham, Thakeham, Steyning.*

**Entry forms available from the organiser:**

**Mick Irons,**

**36 Phrosso Road, Worthing, BN11 5SL**

**(01903 240280)**

**Completed entry forms to him by Saturday 31<sup>st</sup> January 2010.**

## 12 HOURS ( A Time Trial with a difference)

Stuart Jago's ride last year has re-kindled interest in the half day event. How many might we have riding in 2010? Stuart for one, is a certainty, with a declared intent of 235 miles. Then he hinted that Nathan Gale might do it, then I spoke to Mark Bernhardt and he would like to. Clive Lett and partner Nicole Patterson who will be a full claim member of WECC this year are also distinct possibles. What about our Paris-Brest-Paris man Paul Outhwaite and there's even a rumour that Mark Newnham (largely in hibernation in 2009) might also be up for it.

Now here's the panic, for in 2009 we had one rider and one helper but if there's 7 or 8 riders! Last year's helper went running to Peter Logan, 'Peter could you help us out in the 12 hour?' Answer: 'No, I'm going to ride it'

Further bulletins will be issued but the 'one' helper has gone to bed for a fortnight.

'A time trial with a difference' Yes, it's the distance not the time that is unknown.



## ARE YOU GETTING VALUE FOR MONEY?

When I was busy getting our Annual Dinner organised I spent some time looking through our membership list for telephone numbers and I was amazed to find so many names that I did not know, or if I knew them, realised that I had seen nothing of them.

I know that there can be many reasons but are any of them our fault? I shall not mention names but you may recognise yourself. Take these as a few examples:-

No 1. Experienced rider ridden lots of time trials in the past. Left, then rejoined. Has bought all club clothing and has kindly assisted with some marshalling. Never done a club run, never been to club room, never done a time trial. Not so far as I know taken part in any of our social activities.

No 2. Father and son newly joined 2009 but after six months or more, just one club run by Dad, no sign of son. Not taken part in any cycling or social activity.

No 3 Young guy came via Quest Adventure, I believe. Super bike, all the gear, wants to ride time trials. Been to clubroom once. No other appearance.

No 4 Big powerful guy. One club run, found it hard, but we got him home and he seemed determined to get fit. In club room couple of times. Seen buying lots of clothing at Bike Jumble Sale but no other appearance.

No 5 Rejoining after few years gap. He was pretty useful over the shorter distances then left. But where is he now just one evening 10, surely that's not value for money.

No 6 Joined, bought skin suit, rode Washington Hill Climbs. Nothing since.

I can't give details of others but there's two under 'C', one 'E', one 'L' two 'M's, one 'R', two 'S's, two 'T's and two 'W's'. There are others but the circumstances are known. We don't just want your subscription we want your involvement. If we are not providing the type of cycling you want then let us know,

we may be able to deal with it. Indeed you may be able to organise it yourself within the WECC.

Keep in touch and get your money's worth.

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FASTEST 25 of 2009

Sorry, but it was too late for our October magazine but we had to give it a mention.

The Hillingdon 25 on 11th October attracted an in-form Jeremy Wootton. With a '56' in the Wessex event, he clearly thought he could go faster.

Jeremy reports:

"The H25/2 starts on the A404 on a hill and then runs along the A4 towards Reading and back. Despite the fast start, the road and especially the A4 section are not particularly good or quick in feel though reasonable flat, with only slight drags to tackle. I must confess to feeling slightly off colour and part way back after the turn even thinking about climbing off for a quick trip to the bushes! Anyway back on the A404 and with a better road surface speed picked up, brain back into gear and focus on the finish with a PB in sight!

Just before the finish one lane of the dual carriageway was coned off by a police car and the skid marks showed that the car in the nearside ditch had first veered across to the central reservation before bouncing off the Armco barrier and into the nearest ditch.

Back at the HQ a rider was excitedly explaining how the crushed car had overtaken him and moments later swerved to avoid a deer which had leapt over the central reservation, luckily all three, driver, cyclist and deer were OK (pity about the car).

If I had felt (i.e. no dodgy tummy) and rode as well as I did for the VTTA Wessex event on 30th August, when I did a 56.34, I'm sure I would have gone a fair bit quicker.

A PB very much in sight, he made it in 55.48 a super ride giving him 10th place of the 89 finishers.

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### SUSSEX C.A. RESULTS 2009

#### SPOCO (Sporting Courses Competition)

Steve Dennis, East Grinstead, headed the table with 716 points only 2 more than Iain Brogden of Eastbourne. Our best placing was Mel Robertson, equal sixth with G.S Stella's Mark Jones on 670. Mark Bernhardt finished 13<sup>th</sup> on 619 with Nathan Gale 14<sup>th</sup> on 596. Also making the final result was Stuart Jago 22<sup>nd</sup> on 517. Worthing Excelsior came fourth in the team competition based on the aggregate points score of the best three.

An included competition for the over 40's saw Mel retaining his 2008 title but only just. His 717 point total was only 2 more than Geoff Smith of Sussex Nomads





















and I realised that the Club knew in advance all about the birthday and was giving me the surprise to end all surprises.

The large number of people in the room included members who are not regular visitors, also former members now living out of the area. It was good to see these old friends.

I must extend my sincere thanks to all those who had a hand in organising the evening. I know Don and Maureen arranged for sandwiches and other refreshments, Mel produced a lovely Birthday cake with my photo on it, also there was a greeting card signed by many. The card being Keith Dodman's handiwork. And then to top it all a WH Smith voucher from the club. So my evening was complete.

My thanks again, and all good wishes for 2010. Club nights will never seem quite the same after this!

Oh, and don't forget that old Sussex saying:  
'Live as long as you want to, and Want to as long as you live'

*Roger*

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WORTHING COLOURS FIFTH IN CANBERRA

John Baldwin gave his Australian based cousin one of our Excelsior road jerseys when he was over here recently. Back now in Oz, with the Summer season full on we've heard that the 'jersey' did quite well.

"Survived last night's criterium race. It started off very calm with no wind but hot. Then halfway through the race, an easterly sprang up and there were a few attacks. Most of those who tried to close down the attacks dropped off the pace. With a lap to go the field of 12 was down to 5 with me in second wheel. On the back straight the leader jumped off the front but there was no way I could get near him. The other three decided it was better to sit behind me as I attempted to chase. I was dead by the time we got to the home straight, so the other three fought out the second place. Nonetheless, fifth was a good result for the rider in the Worthing Excelsior jersey."

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### CONGRATULATIONS!

To our Secretary Karl Lindsay on the birth of their Thomas Frederick weighed membership forms have



Roberton and his wife first child on Christmas Day. in at a bouncing 7lb 1 oz and been made available

We wish them all a Happy New Year and future together. Next thing, of course, was to send an email to Mel. Ed has waited so long to be able to call him Granddad.

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CLUB TIME TRIAL PROGRAMME 2010
(SUBJECT TO C.T.T. APPROVAL)

DAY	DATE	EVENT	COURSE	TIME OF START
Sun	21/2/10	Long Furlong Circuit (2 laps) 17.1 miles	GS983	0900
Sun	7/3/10	10 Mile	G10/98	0900
Sun	4/4/10	Ashurst 16.4 Mile	GS982	0900
Sun	25/4/10	25 Mile Champs	G25/95	0830
Sun	23/5/10	Pulborough Circuit 15.58 Miles	GS993	0730
Sun	30/5/10	30 Mile Champs	G30/91	0700
Sun	6/6/10	50 Mile Champs * (With Sussex C.A.)	G50/10	0600
Sun	25/7/10	100 Mile Champs * (With Southern Counties C.U)	G100/59	0600
Sun	29/8/10	Hardriders 26.2 miles	GS992	0900
Sun	26/9/10	Interclub – BRCC/Hants RC/SDV / WECC	P901/25	0730
Sat	2/10/10	Hill Climb * (With Sussex CA)	GH/92	1400

Events marked * are run in conjunction with 'open' events.

EVENING 10 MILE SERIES

Thu	Thursday 22 nd April to Thursday 22 nd July	14 Events	G10/98 *	1915
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* The Steyning G10/97 course has also been booked for the whole Evening 10mile Series and will be used in the event of the G10/98 not being available.

EVENING HILL CLIMB SERIES

Thu	Thursday 29 th July to Thursday 12 th August	3 Events	GH/95	1900
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For the Club Handicap competition you must submit an entry form to the club T.T. secretary. Entry forms are required for all events except the evening 10 Mile & Hill Climb Series

To assist the T.T. secretary , please ensure all entry forms are submitted on the TUESDAY prior to the event.

Mel Robertson

