# <u>LEWES GRAND PRIX des GENTLEMEN</u> 4<sup>th</sup> October

For years we've put a good number of entries into this event, which for many is the final competitive outing of the season. In 2009 we exceeded any previous year with 17 riders taking part. This was only 2 less than the entry from the promoting club who have a much bigger membership and the event on their doorstep. Over the years our 'mature' riders have paced their even more 'mature' fellow members and have usually managed to put their noses in amongst the prizes. In 2009 we actually had some 'youngsters' up front.

The riders were, unlike the gale and deluge conditions of last year, blessed with the perfect morning and enjoyed it. Our most successful team was the Jeremy Wootton/Mel Roberton combo. "He's bigger than Karl" said Mel, who clearly enjoyed the ride. Clocking an excellent 41.45 for the 17½ miles (5<sup>th</sup> fastest of the 37 teams) gave Mel a veteran standard plus of 13.41 for the 4<sup>th</sup> place and enough prize money to pay for the petrol.

Clive Lett towed Keith Dodman round in 47.53 and with Keith's 'advanced years' standard gained a plus of 11.09. Third best WECC outfit was Nathan Gale with Kevin Doe latched on the back recording 45.37 for a plus of 6.42.

Other Worthing times were:- Ed Klose/John Baldwin 47.46 (+3.01), Lewis Norris/Mark Bernhardt 47.14 (+2.49), Robert Downham/Peter Logan 49.17 (+2.25), Phil Walker/Tony Knott 48.33 (+1.08) and Giacomo Sepe/Rocco Sepe 55.10 (-5.07) – Rocco's not old enough! We also had Stuart Jago riding with a non club member, Mark Storey of G.S.Stella, they went round in 43.37 (+8.42).

## **CLUB RUNS ATTENDANCE TROPHY 2009**

Running annually from 1<sup>st</sup> October this little kind of 'social' competition, usually very friendly, has never been so competitive. All kinds of claims for points from the frivolous to the downright ridiculous have been brutally scrutinised by President Tony Palmer and the final adjudication is shown below. The real plus is the tremendous increase in numbers attending these runs. In 2008 and for some years before that an average attendance would have scraped around 5 or 6, in 2009 it has been 11.09. Long may it continue

76 points	Clive Lett	45 points
72 points	Robert Downham	43 points
70 points	Vern McClelland	36 points
63 points	Paul Outhwaite	32 points
59 points	Karl Roberton	31 points
54 points	Pete Logan	30 points
52 points	Ken Newton	28 points
49 points	Lewis Norris	25 points
49 points	Carl Trevis	22 points
46 points	John Williams	22 points
45 points	Giacomo Sepe	20 points
	72 points 70 points 63 points 59 points 54 points 52 points 49 points 49 points 49 points	72 points Robert Downham 70 points Vern McClelland 63 points Paul Outhwaite 59 points Karl Roberton 54 points Pete Logan 52 points Ken Newton 49 points Lewis Norris 49 points Carl Trevis 46 points John Williams

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 2<sup>nd</sup> 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 17<sup>th</sup>, the Saturday morning was dry with little wind, Mel Roberton'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 Llttleworth 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 'crowsed', 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?

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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 5<sup>th</sup> 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

<sup>\*</sup>Decided on a tie-breaker

# SKITTLES 16th October

Another evening at the Spur at Slindon went down well, as did a few skittles. Some are getting quite good at it and we are thinking of an award when you hit something. In sympathy with the postal workers we did have one strike, but can't remember who did it. They'll never forgive me. There was always lots of applause for effort and lots of noisy interference with the bowler's concentration, but all taken in good part. Sometimes it was the noise rather than the bowl that caused the skittles to fall over, for certainly Mark Bernhardt as acting chief 'stander up of skittles' had his work cut out in keeping that end of the alley in order while dodging the odd bouncer!

Against the noise and violent bowling there was the antidote of Anna Doe gently, almost gracefully, guiding the bowl to almost nudge or persuade the skittles, not so much to fall over, but to lay down quietly. For a long while we thought she was going to win. In fact Mrs Ed. was the longest survivor of the fair sex (is that term still PC?), while Paul Steadman, friend of Adrian Palmer showing an obstinacy against missing anything, ran out the male winner. There followed a team game in which most seemed to end up with a bar of chocolate and the evening ended around eleven.

Three hours play including about 40 minutes for the very generous buffet, made for a good fun evening enjoyed by 30 members and friends.

# SUSSEX C.A and CLUB HILL CLIMB CHAMPIONSHIP Date: 31<sup>st</sup> October

Venue: North face of Steyning Bostal
Organiser: Mel Roberton

A lot of effort was made by Mel to make a success of this event and he was not greatly rewarded. Just 22 entries and only five of the S.C.A's 20 plus member clubs could raise an entry. Opening the competition to clubs outside of the Association brought in 8 riders and significant among these was the 2008 British Best All Rounder Champion Nick Bowdler of the Farnborough & Camberley C.C, the man with the specially made 72 tooth chain rings! Despite the afternoon being pleasant six failed to start. There was going to be plenty of cakes left over at the refreshment stall.

Worthing's hill climb specialist Adrian Rodgers was not defending his County and Club titles and it was Peter Tadros of In Gear Quickfit R.T who picked up the County honours and Ed Klose in his last event as a 'junior' who won the Club Trophy. He was the fastest junior in the S.C.A and Paul Outhwaite was the best of the County's veterans, so a medal each for them. Ed, Paul and Carl Trevis were successful in keeping the team award for Worthing.

Peter Logan's mobile home with a nice awning served well as event HQ and Jean Smallman's cakes ensured a cosy gathering around the result board. Mike Irons, Tony and Adrian Palmer and our Ed. plus Mick Kilby from Lewes were other

officials to assist the event's smooth running, but a few more bums on, or even just above, saddles would have made for a more satisfactory promotion.

Ed Klose spent some time talking to Nick Bowdler whose chain ring this day looked more like '48' than '72'. The bike weighed next to nothing and was an example of how much can, in hill climbing particularly, be regarded as superfluous, why have transfers even they must weigh something! We just hope Ed's not getting ideas of giant gears for 2010.

Kevin Doe had by far the speediest cadence as he passed the Newham Lane junction but how can you tell someone to change up when you know how steep it is round the corner.

Our entry was completed by Jeremy Wootton who we believe rode to the event over the Downs on his mountain bike, well it looked like that. Clearly not taking things too seriously he then punctured on the start line, D.N.S?, certainly not - - - - - - now you ride one mile with an average gradient about 1 in 10 and stretches of 1 in 5 with a totally flat rear tyre in 7 minutes 43 seconds. OK so he was last but we still think that must be a record.

#### Club Result

1.	Ed Klose	4.55.1
2.	Paul Outhwaite	5.02.1
3.	Carl Trevis	5.05.8
4.	Kevin Doe	6.12.5
5.	Jeremy Wootton	7.43.3

# SOUTHERN COUNTIES C.U 2009 Results

The senior table for the 25,50 and 100 mile events was again headed by Keith Coffey of Bec CC, way ahead of his closest challenger and with an average speed of 26.456 mph. Mel Roberton was 9<sup>th</sup> in 2008 and in 2009 moved up to 7<sup>th</sup> increasing his mph from 24.177 to 24.336. Karl Roberton did not compete at the longer distances in the past season but his 2008 place of 14<sup>th</sup> was neatly filled by Mark Bernhardt and he added a little to their respective averages moving up from Karl's 23.647 to 23.722, our third rider was Nathan Gale 20<sup>th</sup> on 22.45 and finally we had Stuart Jago 22<sup>nd</sup> on 21.901. We finished fourth in the team competition.

The junior result over 10 and 25 miles promotions was good to look at, for at the head of affairs was Ed Klose, his times of 23.32 and 1.01.33 giving him so nearly a 25mph average, 24.933 to be exact. A very satisfactory season for Ed, should see him riding confidently in our senior ranks and increasing his distances in the new season. It was a double 'Worthing Whammy' really because in second place we had Sam Maloney with rides of 24.20 and 1.05.54 to average 23.709. Sam has had a nagging knee problem which has hindered his efforts. It is hoped that this is now cleared for we shall look to him to move up a place in the table next year. In fact he has two more seasons as a junior. With Lewis Norris coming up fast we can make those top two spots again in 2010. Now where's the next junior?

The Veteran's table has yet again been headed by our ace vet Mel Roberton 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 9<sup>th</sup> in this table and Stuart Jago came in at 12<sup>th</sup>.

# 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.

# 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 (5<sup>th</sup> 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

10+ years away from racing but was a help on the big day. The swimming training was fun with me ploughing up and down Littlehampton pool at 6am with feet dragging along the bottom of the pool – heavy legs and no upper body strength – Mr Phelps has nothing to worry about! The running was better, those tri mags said the cycling would help – only thing is the running makes your legs feel like they belong to someone else when you get back on the bike!

After battering myself on a few TTs and running and swimming in a very unstructured way the big day arrived. The swim at the Isle of Wight Tri is in a pool so we were split up into timed groups, three swimmers per lane set off at 5 sec intervals. I was pretty relaxed resplendent in my Worthing Excelsior trisuit – like a skin suit but no sleeves! - but everyone around seemed nervous including my mum and dad and Nicole's folks who came to support. The two guys in my group didn't want to lead the swim off so like an idiot I volunteered (should have known better – my Sergeant at Hendon told me NEVER to volunteer for anything). I went off too fast and after about halfway the little fat Welsh bloke in my group caught me! I calmed down and drafted him until the end of the swim. Into transition (T1 to those in the know) and had to sit down to put my socks on - much to everyone's amusement – all the others seemed to be out on the bike whilst I sat drying my feet! On to the bike and it started to come together. The course is very hilly, 2 laps along the coast and then cutting inland through some lovely villages. I caught lots of people which was good for morale, others seemed to be really struggling with big gears on the terrain but my high cadence, low gears approach seemed to work. Back to transition and I did my best ice skater impression as I tried to run in cycling shoes with heavy legs.

Out to the run and my legs felt like blocks of wood! Nic was there to cheer me on – much needed! The route took us out along a river and then retraced. I wasn't sure how it would go as apart from a cross country last Boxing Day – for a bet! – I hadn't run competitively since I was at Hendon 22 years ago! I resolved to take it steady and make sure I finished.

The finish was great, loads of fellow competitors and their families cheering everyone home. I upped the pace for their sake, and sprinted home. I had done it and I wasn't dead!

Because the race was set off in waves I wasn't sure how I had done overall. I logged on to the Isle of Wight Triathlon website with some trepidation back at Nic's parent's house - - - - - - - 15<sup>th</sup>!!!!! - - - - - - I couldn't believe it, having checked further down the results in case there was another Clive Lett that had entered, my result was confirmed. I was really chuffed to have carried the WECC colours to such a good result at my first triathlon - - - - - - problem is it has now got out of hand - - - - - I've entered Ironman Switzerland 2010! Club 12 hour champ Stuart has been offering invaluable advice on the 112 mile bike leg - - - - - I don't think a repeat of my 15<sup>th</sup> place is on the cards – but does anyone know if there is a club record for the Ironman?

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#### 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 form 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 4<sup>th</sup> 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 10<sup>th</sup> 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 8<sup>th</sup> 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

#### 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 Roberton 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  $-19^{th}$  November 2010 is booked for the next edition.

# 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

#### "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

# <u>2012 - - - - - WECC - - - - - 125 YEARS</u>

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!!

#### **TROPHY WINNERS 2009**

Men's Best All Rounder Mel Roberton Veteran's Best All Rounder Mel Roberton Ladies Best All Rounder Joan Lennon Junior Best All Rounder Ed Klose 12 Hour Champion Stuart Jago 100 Mile Champion Nigel Reynolds Nigel Reynolds 50 Mile Champion 30 Mile Champion 25 Mile Champion Hardrider's Champion 10 Mile Series Fastest 50m (Shipton Cup)

Clapshaw (Handicap) 25

Junior 15 Mile

Junior Road Race Champion

Points Cup

Spoco (Alan Matthews Cup)

Hill Climb Champion Junior 10 Mile series Most Improved Rider **Tourist Champion** 

Audax (distance) Trophy Club Runs Attendance Club Person of the Year

Mel Roberton Mel Roberton Mel Roberton Jeremy Wootton Karl Roberton **Neale Maloney Lewis Norris Lewis Norris** Mel Roberton Mel Roberton Ed Klose

Ed Klose Peter Logan **Andrew Lock** Mick Irons Don Lock Don Lock

## **AUCTION SALE of CYCLING ITEMS**

We have held these in the Clubroom roughly every couple of years, usually in October. They have provided a good amount of entertainment, and have always raised a good sum for club funds.

Recently there have been members asking 'When's the next one?' Well they are popular so, without setting a specific date let's aim for one next October.

Right, now having said that, at the moment we haven't much to sell, so from now on every time you are in the bike shed look out for an item and pass it on to me either at home or in the clubroom. Then by next Autumn we should have something worth bidding for.

Books, maps, posters, DVD's, accessories, wheels, whole bikes and clean cycling clothing.

Let's start collecting NOW!!

Don

# WORTHING EXCELSIOR CYCLING CLUB

www.worthingexcelsior.co.uk

AUDAX UK 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 31st 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.

#### **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 30<sup>th</sup> 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 10<sup>th</sup> place of the 89 finishers.

# 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 Roberton, 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

just 3 ahead of Steve Dennis. Mark Bernhardt came in 11<sup>th</sup> and Stuart Jago 15<sup>th</sup>. In this category our team placing was 3<sup>rd</sup>.

#### MAIN BEST ALL ROUNDER

lain Brogden of Eastbourne took first place this year and Mel had to settle for 2<sup>nd</sup> with his average m.p.h at 24.62. Nathan Gale did well to finish 5<sup>th</sup>. While we are sure he would have not affected the top spot Nigel Reynold's fine rides in the 50 and 100 were wasted without a qualifying 25, and we believe we should have other names on the final list, surely Mark Bernhardt and Stuart Jago qualified, so did they fail to submit their results at the end of the season? A shame if so.

Once again Mel held on to his Veteran's Cup, with a fairly solid gap over Geoff Smith.

#### JUNIOR B.A.R

The table simply reads "Edward Klose, Worthing Excelsior 24.27 m.p.h". No competition it seems, but that is good m.p.h for 2 x 10 mile and 2 x 25 mile events.

#### MIDDLE DISTANCE B.A.R

This is over 2 x 10 mile, 2 x 25 mile and 1 x 50 mile. Only two WECC riders are shown, but again several others undoubtedly qualified but must have failed to send in their results. Will have to try and co-ordinate this better this year. Mel is shown as  $8^{th}$  and Robert Downham as  $15^{th}$ . The same two are in the Veteran's category result but here Mel hits the top and Robert, well he's a youngster, makes last.

#### SHORT DISTANCE B.A.R

Requires 3 x 10 mile and 3 x 25 mile saw Mel just missing out on a medal with  $4^{th}$  place. But going one better in the Veteran's section to get the 'bronze'.

#### **A DOUBLE WAMMY**

Most of you will know, for they have both been very open about it, that Karl Roberton our Secretary and Alan Langham our Treasurer have been hit with cancer. Whilst that is the bad news, the good is that the prognosis for both of them is positive and good.

Karl receiving chemotherapy treatment and Alan an operation and both responding well, nevertheless a rough time for both of them and we wish them a full and speedy recovery, to come back "as new".

Karl, with the same but less advanced problems as one, Lance Armstrong, has promised to come back in similar manner!

Alan settles for 'getting back on the bike and getting fitter again".

Both are continuing in their offices for the Club, with a little help from their friends and we really appreciate and thank them for this.

#### LOOKING BACK - - - - and Up

In 1968 our Club Hill Climb was held on Steyning Bostal, same as for the 2009 event.

The results are illuminating, for 41 years ago our winner, Mick Venner, reached the top in 4 minutes 38 seconds and second place was Dave Hasler in 4.52 – so Ed you could have found yourself back in third place. Third in 1968 and a member still was John Lucas with 4.57. We had four other finishers all in the 5 minute bracket.

Colin Miller, another still riding with us was a DNF. The 'Worthing Wheel' Christmas 1968 describes his effort in these words. "Colin Miller was again in trouble, this time in hurling his full weight upon those frail looking pedals and straining his powerful frame against a mere cycle, constructed with perhaps lesser mortals in mind, succeeded in dragging his wheel completely out of the fork ends and finishing up in that sort of mess from which one is not easily extricated"

#### WATER and PUNCTURES

Bearing in mind that the eleven present at the start were all down to ride the East Sussex 50 mile Reliability Trial the following Sunday, a good 50 miles on the 15<sup>th</sup> November Club run seemed in order. It was breezy with showers threatened but the sun shone and it wasn't cold, what a contrast to the damaging storm of the previous day.

There were, amazingly, still some Autumn colours left as the group rode out through Storrington and Parham and on across Amberley Wild Brooks. A true beauty spot, the bridge over the Arun here, And then it was across the A29 between Watersfield and Coldwaltham. Sections of flooded roads had been negotiated but the leader expressed disappointment that the triathletes had not taken the opportunity for a swim. It appears that the transition areas were not to their liking.

Still heading west, some were wondering, "wasn't the elevenses venue at Fishers Farm, north of Wisborough Green?" Anyway, through Coates and past the lovely Burton Pond (still no takers for a swim) and out to the A285 south of Petworth. At this point our Ed was asked to ease up the pace because someone was struggling. He was happy to oblige, duly eased up and looked back to see who it was - - - - - it was him!

Petworth and an attempt to take the A272 was thwarted with a timely "straight on" and the group headed north easterly at a brisk pace but wind assisted to Balls Cross and Kirdford. Then it was over Wisborough Green's recreation ground and into Newpond Lane. Robert Downham apparently reaching elevenses first, but not doing the honours and buying the coffee!

The route home was varied from the usual, by going through Billingshurst. At this point our Ed suffered a sharp pain to his knee and was brought to a hasty stop. Clive Lett and Rocco Sepe lectured him about not taking enough water and after a few minutes they were away towards Coneyhurst then south to Broadford Bridge.

The lane south to Broadford Bridge was a troublesome area involving three punctures and a heavy shower. It also meant delay which Ed Klose and Carl Trevis were immediately trying to pull back, but the group remained intact and Don only got one black mark, overstaying his one o'clock licence by 5 minutes.

Others on this expedition were: Tony Knott, Phil Walker, Richard Klose and Nicole Patterson - - - - - - a good ride of just about 50 miles.

#### EAST SUSSEX RELIABILITY TRIAL

Tony Palmer for Worthing Excelsior ran this for the third time on behalf of East Sussex C.A. It was Horsham's turn but they couldn't do it. It appears they were running their own – there's planning for you. Tony makes an excellent job of it save for one aspect, which he must address if he is ever to do it again. Is his Barometer hanging upside down and back to front? Why does he provide in 2008 freezing temperatures and pouring rain, and in 2009 storm force winds somewhere off the end of the Beaufort Scale and torrential rain?

Forgive me starting like that but I needed to get it off my chest, as they say, but what a day, my car nearly turned back on the Brighton by-pass, it couldn't see where it was going and was having difficulty in maintaining a steady course. A similar scenario to that of its driver after 30 odd miles of the Reliability Trial.

At the East Hoathly HQ the organiser had stopped the rain, but had failed to still the wind. In this way he persuaded 82 of the 108 entries to start. 58 of these were to finish within their selected time allowances.

Those who rode last year (2008) when the two 25 mile circuits were in the reverse order, warned that the first was easy but the second was hard. One even suggested that  $1\frac{1}{2}$  hours for the first lap would be good, allowing  $2\frac{1}{2}$  hours for the second.

Worthing's entry numbered 22 of which 16 made the start and 14 were successful. All with the exception of Jeremy Wootton had opted for 4 hours. Jeremy was DNS. Group 1 was totally WECC, and at an interval of 5 minutes we had another almost completely WECC. Our reporter was able to observe this group for most of the trip, although at times the view was distant and obscure, like they were at the other side of a waterfall. He noted Paul Outhwaite, Clive Lett and Ken Newton and thought "three strong men", Nicole Patterson, "strong lady" and Kevin Doe who, he thought, could be relied upon to pace him back to the group every time he got dropped.

It was a brisk pace through Halland and Isfield and the drag up to the first control at Piltdown Pond. Our reporter was of use on this section saving an incorrect route selection. It also enabled him to take the lead for about a mile! In 2008 there were floods all round Barcombe Mills but somehow this year it was

OK. There were a couple of showers along this early part but nothing too bad. It was then out to Ringmer and back to the HQ via Laughton. Just after 1½ hours, a quick stop and our reporter said he would "potter on", "You'll catch me up shortly". It didn't turn out like that, for he found himself in behind (where else) Group 1. Here the pace was being set by Ed Klose and Robert Downham.

Up to Waldron, up to Horam and up to Vines Cross. Not only is this area very hilly, but they all go up. There was some confusion at the Paines Corner control where the controller was not where expected. Photos were taken to prove attendance, then the controller was found a ¼ mile further on and in the correct place. Our man dropped back here and his correct group soon rode up. All OK so off he went again with a warning about a tricky descent. Amazing isn't it, at last you find a downhill and you have to go down very slowly because of water, mud, debris, pot holes plus narrow and windy. Back to the norm saw a long drag towards Mayfield where Kevin Doe did his own version of Andy Schleck with a rapid mile to the summit.

It was around this point that the rains came back and with a vengeance, never has 10 miles been so long or so wet. Deluge conditions prevailed, you couldn't see, our guy couldn't hear either. The wind was now head on. At the junction with the Burwash to Heathfield road the scene was surreal, the roads were flooded, cars (in most cases) had headlights full on, visibility was no more than about 100 yards. We pressed on to Heathfield, found the sign for East Hoathly and 'enjoyed' the last 4 miles mainly down hill.

Officially the distance was 49.6 so one nut rode up the road and back again to get '50' in! Time about 3½ hours but "don't check in yet". Our reporter gave his card in and was told" You're only just in time", he'd spent 20 minutes trying to get wet clothes off and dry ones on.

Dave Hudson was in charge of tea, Adrian Palmer in charge of cakes. There seemed to be an endless supply of both. Riders were coming back to life quite quickly.

Lewes Wanderers won the Shield again, but we were second, a good effort.

Our successful riders were: Robert Downham, Peter Logan, John Baldwin, Tony Knott, Phil Walker, Richard Klose, Ed Klose, Rocco Sepe, Paul Outhwaite, Clive Lett, Nicole Patterson, Kevin Doe, Ken Newton and Don Lock.

Unsuccessful were Mick Irons and James Nelson. Mick going wrong in the Heathfield area and James retiring at the halfway control.

Now in 2010 on a sunny Autumnal day -----

P.S We applaud the efforts of Phil Walker and Tony Knott who travelled by train to Lewes, which involved changing at Brighton. The Lewes - East Hoathly section about 9 miles they cycled. With a few miles between homes and station their mileages for the day were in excess of 70.

#### **REVOLUTION 26**

Eleven members and friends including drivers Brian and Ann Weir were up to the Manchester Velodrome on 5<sup>th</sup> December for this edition of the 'Revolution'

Series. Apart from an argument in the Greater Manchester area between Brian and his 'sat-nav', which Brian eventually won, and an inconvenient road closure of a section of the M6 the journey was good. The weather compared to what we had been used to for the past few weeks was not bad, but raining, of course, in Manchester!

An economically priced meal in ASDA, where we bumped into Vern and Andrea McClelland, and then over to the Velodrome by 'doors open' 5.30. We bagged good seats and were ready for the racing at 7.00. A couple of visits to the Bar, the Coffee stall and the Trade stands, a few purchases made, and it was bring on Mr Wiggins.

There were a good few of the GB elite squad riders there including laid back Bradley, who seemed to spend much of his evening doing interviews or signing autographs. The racing was very efficiently scheduled and ran like clockwork. It even finished bang on time at 10 o'clock. They must add up the distances of all the heats and finals and multiply at 40mph, well that seemed to be the speed, and even more so at times in the elite sprints. Very exciting, and if you stand at the track ends and look down those 'wall of death' bankings you soon realise why they go so fast. Anything slower and they would topple over.

After two visits now, we can perhaps be permitted a criticism or two, mild though they may be. The racing is all short stuff. Why no team or individual pursuits? Not enough foreign opposition, it's great that we have so many top riders, but if they're all GB we don't care so much who wins. A World Cup meeting would be our choice if we go again.

It's also a surprise to find so few trade stands, Dolan's the frame builders and one for clothing and one for books and videos. There's masses of space and it would add interest and atmosphere and with 3000 fans milling about it would surely prove profitable.

Anyway all enjoyed the trip. From leaving to returning to Worthing just 28 hours, 5 in the Velodrome, 8 in the Premier Lodge overnight accommodation, about 12 travelling and the other 3 - - - - must have been eating!

Rocco received a note from Bradley, he's on his Twitter, said he'd had a useful ride at the Velodrome and picked up a double cheeseburger and a beer on the way out!

Final note also concerns Rocco. We had a 'junior' concessionary ticket for Giacomo, who could not come. This was passed to Mark Cross of Steyning Athletic Club and a friend of Joan Lennon. Rocco handed in the ticket and was not asked to pay the extra, as we had expected. Now - - - - did they think he was an old looking 'junior' or a young looking 'pensioner' - - - - - ?

Others who attended, but are not mentioned, doing nothing untoward to cause comment, were Peter Weston, Mark Newnham and Helen Hanmore, Clive Lett and Nicole Patterson and our Ed.

ONE LINER: Experience is something you don't get until just after you need it!

#### ANNUAL GENERAL MEETING

# THIS WILL BE HELD IN THE CLUBROOM ON TUESDAY FEBRUARY 16<sup>th</sup> 2010 START AT 8pm PLEASE MAKE EVERY EFFORT TO ATTEND

#### The Answers to the Dinner Quiz

1.	Cowfold	14.	Maudlin	27.	Crowborough
2.	Henfield	15.	Crockerhill	28.	Ditchling
3.	Chichester	16.	Coolham	29.	Herstmonceux
4.	Crawley	17.	Littleworth	30.	Eartham
5.	Washington	18.	Hickstead	31.	Stanmer
6.	Lewes	19.	Midhurst	32.	Falmer
7.	Hove	20.	Three Bridges	33.	Lancing
8.	Camber	21.	Copthorne	34.	Berwick
9.	Patcham	22.	Copsale	35.	Willingdon
10.	Withdean``	23.	Partridge Green	36.	Clapham
11.	Fishbourne	24.	Plumpton	37.	Fairwarp
12.	Mile Oak	25.	Ifold	38.	Barcombe
13.	Tangmere	26.	Five Oaks	39.	Hassocks
	-			40.	Small Dole

#### SKITTLES 2010

We have again booked the Skittle Alley at The Spur at Slindon for two Friday evenings. The dates for your diary are 26<sup>th</sup> March and 15<sup>th</sup> October. There will be the usual excellent buffet and cost is expected to be around £11.50 per head. The October one in 2009 was full, we can only mange 30 so if you want in, give your names to Don anytime.

# ANNUAL DINNER DANCE and PRIZE PRESENTATION

Another date for the diary, the 2010 edition will be on Friday 19<sup>th</sup> November. Ticket price not yet fixed but hopefully we can stick at £20 each. It would be the 5<sup>th</sup> year at that price if the Club committee agrees.

Our Ed is the organiser and is certainly not chasing ticket sales at present, but he appreciates that the cost of 2 tickets, drinks, taxis and raffle tickets soon runs up a bill so if you want to give him a tenner at a time he will be pleased to put your names down and open his 2010 book.

#### PLACE TO PLACE RECORDS

A good percentage, we expect, of our present members are unaware that we have place to place records. The reason being that not one has been attacked for a decade or more. So, you may think, if they're that old, they must be ripe for updating. Unfortunately that's not the case. The traffic light virus has spread quicker than swine flu and traffic hazards have multiplied quicker than rabbits! It may also be felt that some of them were pretty quick anyway.

Let's take a look at the Senior records on offer: all being open to the separate categories of Men, Women, Solo bike, Tricycle and Tandem.

Worthing to Arundel and back: Any route, but the Worthing turn is the Pier roundabout and at Arundel it's the Town Square. But you can start and finish where you like. Just think of all the lights now in place. Record stands at 50 minutes and 1 second set in 1982 by Paul Toppin. Not bad! The Junior edition for this one has a specified start point outside the clubroom and does not go into Town. A bit shorter but so is the record 45 minutes 20 seconds. The holder was Peter Reeves and this goes back to 1968. Finally on the Arundel route a separate schoolboy record (under 16years) stands to Andrew Lock in 42 minutes 18 seconds. This also in 1982. Tandem record stands at 47 minutes 15 seconds with Tom Lednor and the late Mike Poland on board in 1964. Finally, if there's still anyone in the club with a trike, that record stands to Life Vice President John Mansell in 54.28. John still holds the majority of our three wheeled records. He could certainly throw it about and half the time he only seemed to be using two wheels anyway.

Well there you go. Don't imagine there will be a great rush of attempts but it's a simple procedure. Pay the usual club event entry fee to Mel Roberton and arrange for a club timekeeper, marshalls and observer. Fix your own time with seven days notice.

Perhaps interest would be stimulated if the terminal points were to be adjusted. OK, new times would create new records and old records will stand but it's a thought. Still thinking on the Arundel record if you don't go to the Pier, you could start north of the railway in South Farm Road, up through Offington to miss the Warren lights and then just hope you're lucky at Crossbush.

An early morning or mid-evening start in the Summer to find the quieter traffic. You can avoid most right turns on the way out of Worthing and coming back a slightly different route is possible.

Next issue we can have a look at another of these old records.

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# <u>TORTOISE CHASES HARES</u> (<u>Hares chase Tortoise</u>)

Familiar story with a twist. Our Ed was invited to join others on what sounded like a long and hard ride one Saturday morning. Two things worried him, firstly Worthing to Petersfield which was the proposed venue for elevenses seemed hilly with 'Harting' flashing nasty memories. He removed it from his map

20 years ago. Secondly the make up of the group indicated that speed requirement might prove a problem. It was a rather cautious acceptance then and thrown in for good measure the get out clause of 'I don't want to hold you up etc etc'.

An 8am start from Clive Lett's cottage in darkest Patching and the first climb 'Whiteways' soon had Ed off the back. The group waited, re-formed and moved on. It was a good route through to Bignor and Barlavington out to Midhurst, taken at a reasonable pace. Clive set a brisker cadence on the A272 and Petersfield was reached in good time.

Keith Dodman, on his way to Winchester, joined us and half an hours respite was enjoyed. Coffee and cakes at Clive's expense (Thank you. sir) put our Ed in good spirits, although concern over the Harting climb remained. Before the group set off it was into the Bike Shop to fit new rear brake blocks on Rocco's bike. The previous ones must have been worn away for months!

It was at the approach to Harting Hill just south of the village in sight of the fork – left up Harting Hill – right to Uppark and Chichester, that Ed's concern about the hill suddenly doubled. He couldn't get into the small ring and he was never going to make it on the big one. So he stopped shouting 'Go on don't wait'. With some much lower gears now sorted he remounted and made a very slow ascent of the Col de Harting, at the top he stopped, ate an energy bar and deciding that it was now all downhill, bashed off in pursuit. His 'pursuit' thinking was more on the lines that 'they may have a puncture or something'!

He never caught them of, course, but was home indoors before 2. At 3 came a telephone call from Clive "Is he home?". It would appear that despite the several mentions of Harting Hill they had in fact taken the Uppark climb (the right fork). At the top they had waited. As he didn't arrive and fearing he had serious trouble (what a nice bunch of people these WECC folk are) they descended back to the fork. There was no Don so he must have gone to the left. Well you've already guessed the rest, they then climbed Harting and set off in pursuit - - - - - . The hares didn't catch the tortoise but they had the benefit of some extra miles and another climb. Rocco, Clive, Nicole and Kevin – thanks for your company - - sorry about not waiting though that really isn't my style.

Don

#### ROGER SMALLMAN HITS THE BIG 90

Big it may be but in the Clubroom we planned a little reception and presentation which went off OK. With lots of visiting faces that we don't see so often these days. Brian Weir, Dave Hudson, Christine and Dave Elson and Derek Smith a one time editor of the Worthing Wheel.

Roger had this to say for the Mag: "Birthday Celebration"

I can see now that I was being a bit unrealistic in thinking that my 90<sup>th</sup> Birthday would just creep up quietly, say hello! then steal away into the night! Still, I was hardly prepared for the reception which greeted me when I entered the Clubroom. It knocked me off balance for a while, until my initial dismay wore off

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

#### 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."

## **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.

#### THE 'DOE DOWNFALL' TROPHY

The 2010 edition of this crashing bore of a competition got off to an early start. In fact it was only 10am on New Year's Day and we had our first points claimant. Out of 10 we reckon it was worth 7. It was at a reasonable speed probably about 20mph down hill, and with the assistance of the ice the slalom continued for about 30/40 yards.

Close observance of the performance was in the hands of Trophy sponsor himself Kevin Doe next in line, and then Ed, both showing remarkable reactions and bike handling and coming to a gentle and dignified stop.

The execution of this performance was by Paul Outhwaite who did not seem pleased with the outcome. In fact he felt sore about it all. We were fortunately within a couple of miles of our 11's venue the RSPB café south of Pulborough and Paul, working for this organisation, was able to obtain 'staff' treatment.

We had thought of phoning him later to see if he was OK, but he apparently 'burnt the legs off' Kevin Doe on the way back to Shoreham which lessened the concern. Kevin didn't even seem very sympathetic, but we explained that Paul was just trying to make sure he didn't get stiff!

#### **NEW YEAR'S RESOLUTIONS**

Here's some we've heard of.

Joan Lennon is resolved not to travel so far to events in 2010. She said Australia meant getting up so early.

Sam Maloney is resolved to succeed Ed Klose as Southern Counties and Club Junior Best All Rounder.

Clive Lett's resolution is that partner Nicole Patterson will be doing all his time trials for him, that's from 10 miles through to 12 hours.

Roger Smallman has resolved to have no more birthdays for 10 years.

Don Lock hopes to see his resolution confirmed at the AGM next month. He's calling for all conversation to be suspended while club runs are going up hill.

Lewis Norris is resolved to succeed Ed Klose as Southern Counties and Club Junior Best All Rounder. (Now where did we see that before - - - -).

Kevin Doe is resolved to have no part in the 'Doe Downfall' Trophy 2010 edition especially after Paul Outhwaite's pantomime on ice near Pulborough on New Years Day.

Rocco Sepe has promised to cheer for England after Italy are knocked out of the World Cup.

Tony Palmer has resolved to beat brother Adrian in the Tourist Trial, Adrian has resolved to beat Tony, and they have both resolved to beat Andrew Lock.

Mick Irons has resolved to book the hall for the 2011 Winter Warmer in February 2010.

Paul Outhwaite must hold the record for the shortest time before breaking a resolution ----. That's right ---- 10a.m on New Years Day!

#### **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
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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 <sup>nd</sup> April to Thursday 22 <sup>nd</sup>	14 Events	G10/98 *	1915
	July			

<sup>\*</sup> 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 <sup>th</sup> July to Thursday 12 <sup>th</sup>	3 Events	GH/95	1900
	August			

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 Roberton

# LEADING POSITIONS RUNS ATTENDANCE (Up to and including 3<sup>rd</sup> January)

<ol> <li>Robert Downham</li> </ol>	26 points	<ol><li>Mel Roberton</li></ol>	13 points
2.Tony Knott	25	8. Peter Logan	13
3. Phil Walker	24	8. Ken Newton	13
3. Don Lock	24	11.Rocco Sepe	11
5. Richard Klose	23	11.Clive Lett	11
6. Ed Klose	21	11. Nicole Patterson	11
7. Kevin Doe	17	14. John Baldwin	10

#### EAST SUSSEX CYCLING ASSOCIATION 2010 TIME TRIAL PROGRAMME

The East Sussex '100' course is probably as good as that now used by the Southern Counties, and it is a month later. It could provide a faster time, it would certainly be a good ride for those contemplating the 12 hour in September. So think on the other ESCA B.A.R events, the '50' and a '25'.

<u>Date</u>	Event/Dist	tance	<u>Course</u>	<u>HQ</u>
14 Mar	Hardriders	s 15m	G5/895	<b>Bodle Street</b>
4 Apr	2 – Up	24m	G5/839	Laughton
17 Apr	10m		G10/87	East Hoathly
18 Apr	25m		G25/89	Fairwarp
13 Jun	50m		G50/89	Fairwarp
22 Aug	100m		G100/86	Berwick
11 Sep	10m		G10/87	East Hoathly
12 Sep	25m		G25/89	Fairwarp
17 Oct	Hill Climb		GH/84	Firle

# SUSSEX CYCLISTS' ASSOCIATION 2010 TIME TRIAL PROGRAMME

<u>Date</u>	Event/Distance	<u>Course</u>	<u>HQ</u>
28 Feb	Hardriders 23m	G5/194	Handcross
28 Mar	2-Up Team T/T 28.5m	G5/987	Washington
1 May	10m	G10/97	Steyning
2 May	25m	G25/93	Steyning
6 Jun	50m (Club Champ)	G50/10	Dial Post
25 Jul	100m (SCCU/Club Champ)	G100/59	Dial Post
28 Aug	10m	G10/45	Loxwwod
30 Aug	25m	G25/49	Loxwood
2 Oct	Hill Climb(Club Champ)	GH/92	Steyning Bostal

Some of the above details are provisional. Road Time Trials Handbooks and local district Handbooks should be available within the next few weeks.