

FOUNDED 1887

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# THE JOURNAL OF

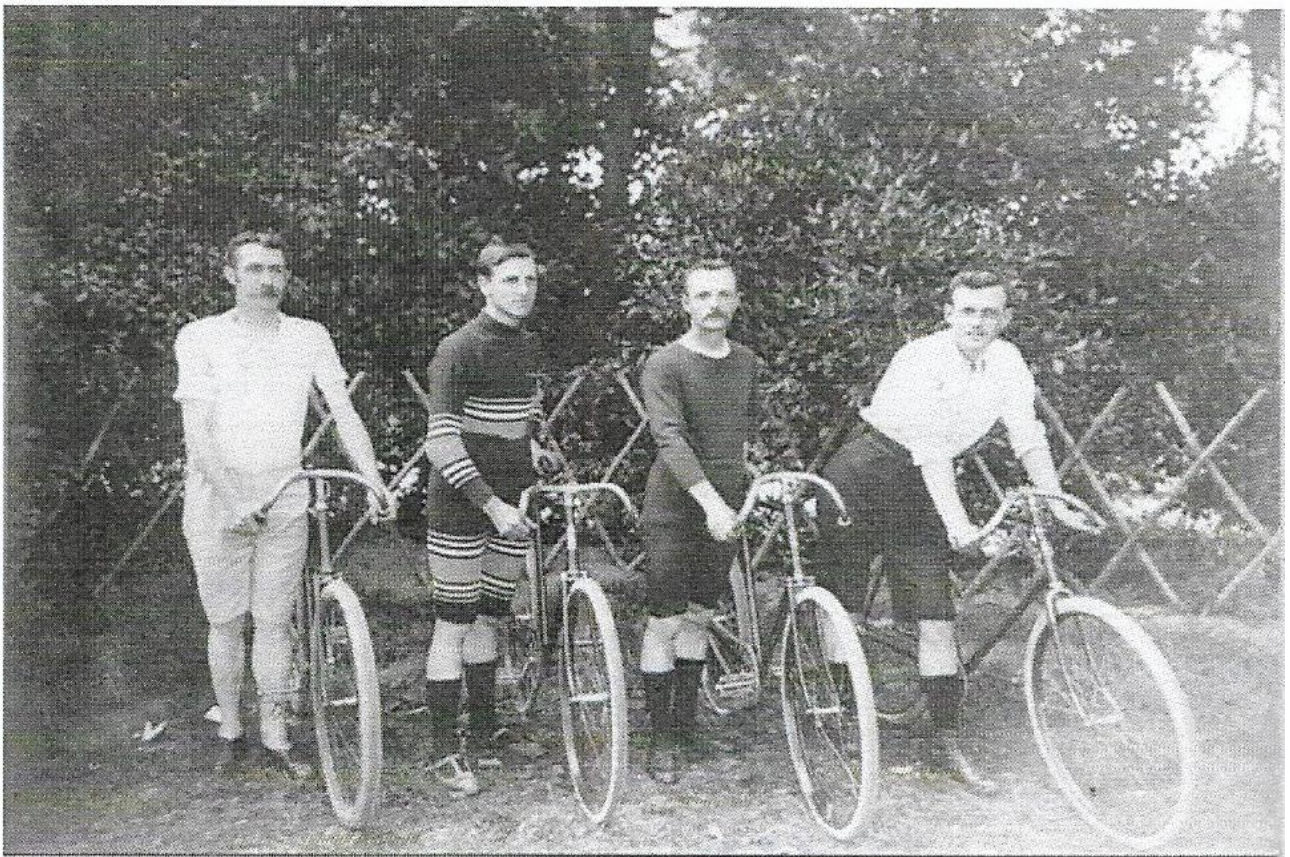


## THE WORTHING WHEEL





'THE MUPPETS'



FASHION (RETRO) POSERS



# WORTHING EXCELSIOR CYCLING CLUB

Clubroom: Parish Rooms, Broadwater Green, Worthing  
Meeting every Tuesday 7.30 – 10.00p.m



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## STARTING A TIME TRIAL

A Timekeeper observed that one or two riders were jumping the gun by perhaps a second. Not intentionally cheating but allowing enthusiasm to control their preparedness. It got us thinking about what comes before a time trial and we are not thinking now of the training aspect.

To start with have you worked out a plan of events for the season, may be with some alternatives to cover for poor rides, punctures or injury/illness.

Then with the Cycling Time Trials handbook and the Club's time trials programme giving you all the entry details you should deal with those entry forms a month ahead. Mark them off when you've sent them in. Open and Association events at least two weeks before and Club events the Tuesday before. Only Club tens and the Washington Hill Climb can be entered on the line.

Next, make sure you know the course and, if you can, ride it beforehand. Make sure you know where the HQ and start are, for sometimes they can be a few miles apart. Check the start time and for Open/Association events, your specific start time.

Get to the event in good time up to an hour before is good. It allows you to make final checks on bike, tyre pressures, clothing etc. Also a good warm up. Take extra clothes so that you do not get cold before or after.

Now you get to the timekeeper with ideally about 3/5 minutes to go. You watch those in front depart. You check your stop watch, a good idea is to start it as the one in front goes off. It's easy to take a minute off your finish time and you will know, give or take a second or two, what you've done as soon as you've gone past the chequered flag.

You will be held up at the start line by the 'pusher-off', usually for about the last 30 seconds of the Countdown. Timekeepers call your number with one minute to go. They will then give you warnings of probably 15 and 10 seconds to go with finally the countdown of 5,4,3,2,1,Go, and remember it's 'GO' that is the operative word not '1'. Don't hold your brakes on, the 'pusher-off' can then gently rock you back and fro. Back on '3' forward on '2' back on '1' and forward and off down the road on 'Go'.

A good ride can be helped by good preparation.

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## CLUB CIRCUIT of LONG FURLONG

Where were we in the April Edition? Ah yes! the Ashurst Circuit won by Jeremy Wootton (4<sup>th</sup> April). So, one week later it's Long Furlong and the man in charge, remained very much in charge. Jeremy was to cover the two laps (20.33) and (21.00) both faster than any of the other 14 entrants could manage and his 41.33 gave him a clear margin ahead of Mel Robertson (very level 21.34 and 21.28) for a total time of 43.02.

It seems to be generally approved that this event is now in April rather than the earlier Feb/March time and certainly for 2010 conditions were very fair. None of the frost and icy road conditions that have troubled us previously.

### The Full Result:-

| <u>Pos</u> | <u>Name</u>      | <u>1<sup>st</sup> Circuit</u> | <u>Actual Time</u> | <u>H'cap</u> | <u>Net Time</u> |
|------------|------------------|-------------------------------|--------------------|--------------|-----------------|
| 1.         | Jeremy Wootton   | 20.33                         | 41.33              | Scr          | 41.33           |
| 2.         | Mel Roberton     | 21.34                         | 43.02              | 1.00         | 42.02           |
| 3.         | Mark Bernhardt   | 22.15                         | 44.35              | 2.00         | 42.35           |
| 4.         | Ed Klose         | 22.57                         | 45.35              | 3.00         | 42.35           |
| 5.         | Lewis Norris     | 23.46                         | 46.51              | 4.10         | 42.41           |
| 6.         | Chris Twine      | 23.17                         | 46.58              | 4.15         | 42.43           |
| 7.         | Tom Coulson      | 23.38                         | 47.12              | 5.00         | 42.12           |
| 8.         | Mark Newnham     | 23.42                         | 47.44              | 3.15         | 44.29           |
| 9.         | Nathan Gale      | 23.44                         | 47.53              | 4.00         | 43.53           |
| 10.        | Kevin Doe        | 24.16                         | 48.21              | 5.30         | 42.51           |
| 11.        | Peter Logan      | 24.57                         | 50.00              | 6.50         | 43.10           |
| 12.        | Phil Walker      | 25.26                         | 51.06              | 8.00         | 43.06           |
| 13.        | Nicole Patterson | 25.59                         | 52.28              | 11.00        | 41.28           |
| 14.        | John Marshall    | 26.33                         | 53.07              | 8.00         | 45.07           |
| 15.        | Joan Lennon      | 28.53                         | 55.00              | 14.00        | 41.00           |

Awards: 1<sup>st</sup> Jeremy Wootton 2<sup>nd</sup> Mel Roberton  
H'cap 1<sup>st</sup> Joan Lennon 2<sup>nd</sup> Nicole Patterson 3<sup>rd</sup> Jeremy Wootton

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### EAST SUSSEX 25 18<sup>th</sup> April

Report from Nathan Gale : *"Rode the 25, time 1.6.10 would have liked to have been in the '5's' but at the halfway stage I was on for a '10' so I had a better second half. It was not a quick day. The 'machine' that is Pete Tadros (In-Gear) won my event with 52.33, he was well clear of Nick Dwyer (Lewes). The road surface on this course is so bad when I ride the 50 and the 100 I may do it on a normal road bike with tri-bars.*

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### SOUTHERN COUNTIES C.U 25 25<sup>th</sup> April

Only Mel Roberton and Kevin Doe put in an appearance for this one. A shame because it is a counter for the S.C.C.U B.A.R. Mel was just outside the hour 1.0.32 but collected second place award in the veteran's 'age standard'. Kevin clocked 1.8.45 and promised better.

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A bicycle can't stand alone, it's two tired!

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## MID APRIL – FAST TWITCH TRIATHLON – WINCHESTER

*'Police' report reads: We had a great day's racing at the Winchester Fast Twitch Triathlon. Based at the Leisure Centre, there were over 300 racers! And the weather was amazing for this early in the triathlon year.*

Nicole (Patterson) had a great day. She was around the top 100 overall finishing 9<sup>th</sup> woman and 3<sup>rd</sup> in her age group (not stated, Ed!) Her biking is really coming on and she managed 46<sup>th</sup> overall (men and women) fastest swim . . . . . though she did say that she had quite a bit left at the end . . . . . clearly not trying hard enough!

As for me I was 53<sup>rd</sup> overall and 10<sup>th</sup> from 52 other men in the 40 – 44 age group, so pretty satisfying for my first BIG race . . . . . just need to stop messing about in the transitions!

*Clive Lett*



# MARSHALLS

Can you help? Every year we are asked to provide some marshalls for the Southern Counties events. They do it on a fair basis according to the number of riders the club had in S.C.C.U events the previous year. We are also asked, as a member club, to assist in the marshalling of Sussex C.A events. On top of this there's our own Open 25 to be marshalled and it would be nice also if we could have some marshalls on some of the club events.

So how many in a full season are we talking about? Well it's probably about 30. Now if every member did just one marshallng job we would have a 100 plus, but if we just considered all those who rode time trials we would still have 40 – 50, so it only amounts at the most to one a year.

We suggest a start is made now, we'll start the list with our Ed (don't tell him!) and if you will give us your name for one duty in the next season it would make things a lot easier for our Secretary and Time Trials Secretary when the requests start. Just one early Sunday morning, you may even be lucky and it's warm and dry! It is, of course, fully understood that every name that goes on the list is 'subject to availability'.



## TOP OF THE POPS

No, not Rocco Sepe, although on Father's Day he was proudly displaying a "No 1 Dad" rosette. No we mean the popular music industry and who's at No 1 etc.

The following has been offered to us for the Worthing Wheel. The tunes down the left hand column will take you nicely through a time trial. We think they must be the artists in the right hand column, certainly recognise some of them. The centre column gives our Ed's personal thoughts.







## CLUB EVENING 10 MILE SERIES

No 1 - 22<sup>nd</sup> April

This was a fast night with two 20's and 3 x 21's being recorded. Unfortunately only one of the 21's was W.E.C.C, that being the ride of Jeremy Wootton. There were a number of Personal Bests recorded and we look forward to completed rides from Chris Twine and Karl Dufeil, both of whom managed to go off course. The star attraction was the retro-performance of John Lucas who recorded just what he had promised "inside 30 minutes".

### Full Result:

|    |                |       |     |                |       |
|----|----------------|-------|-----|----------------|-------|
| 1. | Jeremy Wootton | 21.39 | 10. | Chris Putnam   | 25.13 |
| 2. | Mark Bernhardt | 22.41 | 11. | Carl Trevis    | 25.40 |
| 3. | Ed Klose       | 23.00 | 12. | Robert Downham | 26.16 |
| 4. | Stuart Jago    | 23.37 | 13. | Tony Knott     | 26.59 |
| 5. | Gavin Baylis   | 24.25 | 14. | Chris Day      | 27.31 |
| 6. | Lewis Norris   | 24.33 | 15. | Lee Barber     | 29.17 |
| 7. | Mark Newnham   | 24.38 | 16. | John Lucas     | 29.54 |
| 8. | Kevin Doe      | 24.53 | 17. | Graeme Gill    | 31.59 |
| 9. | Pete Logan     | 25.08 |     |                |       |

Sixteen private time trials signed on including Nick Dwyer (Lewes) 20.24 and Simon McNamara (a different club every year) Southdown Bikes 20.51. Where are Lewes finding them? They also had Rob Pelham 21.00, Pete Morris 21.44, Rob Rollings 22.02 and Andy Cox 22.24!

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## CLUB CHAMPIONSHIP 25 (incorporating 'Clapshaw' handicap 25m)

April 25<sup>th</sup>

It was intended to use the W.E.C.C 'exclusive' course known as the 'Goose Green' 25 which itself needs sat navs as essential equipment, but this could not be. With one lot of road works and another threatened it took Mel Robertson and Robin Johnson (Brighton Mitre) course measurer, most of the previous Thursday to work out an alternative. Now it was difficult to find the start and find your way back to the HQ area as well. Trying to be brief, it started outside Ken Newton's place in Hole Street Ashington about ½ a mile from the A24. A short 10/12 minute anti-clockwise circuit bringing riders back through the start got things underway, then they had to be sure next time at Wiston cross roads that they went straight on towards Steyning. Then north to the A24 at West Grinstead, south to Washington (3<sup>rd</sup> time) and finally left to finish just before Wiston cross roads. The exact distance? Ah well! Nobody broke any records did they? Just as well, lets face it, it was rural, approximate and only a club event. Thanks though to Robin and Mel for sorting something out at such short notice and enabling the event to proceed. The morning was warm with only a very light wind, it was however damp and roads were wet and the grit soon claimed 2 punctures. First, Chris Twine riding tubulars with no spare, (not to be recommended Chris). Secondly John

Marshall going well for best part of the route before deflation struck. Two calls for family pick-ups!

In addition to punctures two were to suffer mechanical problems, Mark Newnham with a block that seemed loose from the wheel, or was it a wheel loose from the block, and Tom Coulson blaming his own bike assembly frailties for a chain anxious to leap off the chain ring. Tom this is becoming a bad pattern, we recall you seeking mechanical assistance in the Maratona dles Dolomites and packing in the S.C.U 100 with similar problems. We do have some books on bike maintenance or could recommend a couple of decent bike shops!

A start sheet of 19 was good especially when we could quickly think of another 6 or so who had not entered. It was a shame though that a couple failed to face the timekeeper. Lewis Norris, where were you and ditto Neale Maloney, and you Neale missed out on the recent two-up as well. Excuses in not more than 2000 words, on a postcard please!

The early season form of Jeremy Wootton had him marked down as outright favourite and firmly on the scratch mark. In a press report only a week earlier we had wondered 'who can knock him off the top'. Well so much for that kind of speculation. Despite an excellent '10' three days ago he was not on song and an early check (about 9 miles) saw him nearly 10 seconds adrift of the defending champion Mel Robertson. Mark Bernhardt was not much down and seemed to be clear in 3<sup>rd</sup>, while Stuart Jago was pulling back on a fast starting, but later slowing, Ed Klose.

## Full Result

<u>Pos</u>	<u>Name</u>	<u>Act Time</u>	<u>H'Cap</u>	<u>H'Cap Time</u>
1.	Mel Robertson	1.01.22	1.30	59.52
2.	Jeremy Wootton	1.02.14	Scr	1.02.14
3.	Mark Bernhardt	1.02.58	3.30	59.28
4.	Ed Klose	1.04.55	4.30	1.00.25
5.	Stuart Jago	1.06.14	5.15	1.00.59
6.	Nathan Gale	1.07.41	8.30	59.11
7.	Mark Newnham	1.09.07	6.00	1.03.07
8.	Peter Logan	1.10.04	10.00	1.00.04
9.	Tom Coulson	1.10.07	7.50	1.02.17
10.	Kevin Doe	1.10.15	9.20	1.00.55
11.	Robert Downham	1.11.20	11.30	59.50
12.	Phil Walker	1.12.20	12.20	1.00.00
13.	Tony Knott	1.16.18	14.00	1.02.18
14.	Joan Lennon	1.21.29	20.00	1.01.29
15.	Diana Trafford	1.24.29	25.00	59.29

Awards: 1<sup>st</sup> Mel Robertson      2<sup>nd</sup> Jeremy Wootton      3<sup>rd</sup> Mark Bernhardt  
Handicap: 1<sup>st</sup> (Clapshaw Trophy) Nathan Gale      2<sup>nd</sup> Mark Bernhardt  
                  3<sup>rd</sup> Diana Trafford

The handicapper wasn't far out in his calculations having based scratch at 1 hour. One lesson learned though was that you can discuss handicaps with individual riders and you can usually justify your figures. What is dangerous

however is to discuss allowances with two riders at once especially if they are both ladies! The way Joan Lennon said 'Five minutes on Diana!' was like a slap on the wrist.

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## THE RULES

We have a number of new members now taking part in time trials and having heard one or two comments from riders it seems appropriate to remind everyone of the most basic rule of time trialling, which is that you must not take pace.

The Cycling Time Trials (that's the governing body) Regulation is number 21, it reads as follows:-

### Paced & Company Riding.

*Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without giving or receiving shelter. The onus of avoiding company riding shall be upon the rider overtaken.*

*Footnote:*

*Competitors must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from another rider or vehicles.*

*If you should catch up another rider you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind.*

*You must set your own pace and not use another rider as a pace maker. The onus on avoiding company riding shall be on the rider overtaken.*

*Nor is it in order to ride alongside and even to ride a few metres behind for any appreciable distance.*

*In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by re-passing and/or riding closely behind them, except when they can sustain that move.*

*This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/metres.*

There have been incidents which have almost amounted to side by side racing. This is a serious breach of the rules and contrary to the spirit of time trials. Further it is dangerous and could well bring the club into trouble with the general public, the police and the C.T.T. The significant words are 'The onus of avoiding company riding shall be upon the rider overtaken'. To make it clearer we could change the word 'overtaken' to 'who has been caught'.

The spirit, not the letter of the law is important, let's face it if you are caught drop back 50/60 yards and then find yourself able to maintain that station behind that rider, well of course you will. That literally is taking pace but it's certainly not taking shelter or that dreadful American word 'drafting'.

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## CLUB EVENING 10 MILE SERIES

No 2 – 29<sup>th</sup> April

### Full Result

1.	Mark Bernhardt	22.46	11.	Kevin Doe	25.09
2.	Chris Twine	23.05	12.	Robert Downham	25.26
3.	Ed Klose	23.09	13.	Phil Walker	25.49
4.	Carl Trevis	23.27	14.	John Marshall	26.22
5.	Gavin Baylis	24.20	15.	Tony Knott	27.02
6.	Nathan Gale	24.29	16.	Lee Barber	28.49
7.	Tom Coulson	24.48	17.	John Lucas	28.57
8.	Mark Newnham	24.57	18.	Graeme Gill	31.24
9.	Chris Putnam	24.58			
10.	Peter Logan	25.03			

Another good turnout and with Jeremy missing Mark B put in a good effort to record his first win. Chris Twine close up in second ahead of Ed Klose as well.

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## SUSSEX C.A 10 1<sup>st</sup> May

On the Steyning/Shoreham course. Mel Roberton managed 23.22 with 2<sup>nd</sup> on standard. Kevin Doe 25.28, Nathan Gale 25.44 and Robert Downham 27.08 were our other riders. All somewhat down on Nick Dwyer of Lewes, winner in 20.50.

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## CLUB EVENING 10 MILE SERIES

No 3 – 6<sup>th</sup> May

### Full Result

1.	Jeremy Wootton	21.41	12.	Rober Downham	25.23
2.	Chris Twine	22.49	13.	Robin Moss	25.30
3.	Ed Klose	22.52	14.	John Baldwin	25.53
4.	Stuart Jago	23.21	15.	Chris Day	26.33
5.	Carl Trevis	23.26	16.	Ben Toovey	26.53
6.	Lewis Norris	24.05	17.	Tony Knott	27.03
7.	Nathan Gale	24.20	18.	Joan Lennon	28.08
8.	Tom Coulson	24.30	19.	Lee Barber	28.34
9.	Kevin Doe	24.45	20.	John Lucas	28.36
10.	Chris Putnam	24.47	21.	Graeme Gill	31.14
11.	Peter Logan	25.05			

Jeremy back to make it number two. Chris T still edging Ed K and Stuart Jago revving in with a very useful 23.21. A good evening with a number of personals. There were ten private time trials led home by Nick Dwyer of Lewes 20.23. Phew!

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## WITHOUT THE BIKE

To me a marathon is a 24 or 12 hour time trial or a 400+ km Audax, but to others it's 26 miles and a few odd yards but covered using only one's legs directly onto the road, amazing. I can walk to the car or to the bike shed and if in a real hurry I could run, but 26 miles . . . . .no, if it couldn't be car or bike it would have to be with the bus pass. Yet you know, quite sane people actually do this as a sport. It also happens that sometimes cyclists get afflicted with the urge to pound the tarmac. I'm glad to say that's one affliction I've avoided.

Jeremy Wootton has done it and Colin Miller's done it, but they appear to have got over it. Clive Lett and Nicole Patterson are, I believe, verging towards it. Joan Lennon is regularly running long distances. It's all very annoying when you can't even catch them on two wheels.

Some of them get so badly bitten they do two in two weeks. Ellis Bacon – club member but living up in London, ran the Brighton Marathon this year. His time 3.53.19 finishing in 1309<sup>th</sup> place, then the following week he knocked a whole minute off in the London Marathon 3.52.22 placing 7412<sup>th</sup>.

Even perfectly normal people like Martin White of the Bike Store spent 4½ hours 'enjoying' the Brighton edition.

I did go running once with a neighbour who thought I must be so fit because of all the biking I did. After 5 miles he had to keep coming back for me and I was crippled for a week! Probably that's what kept me clear. I shudder at the memory.

*Don*

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## SUSSEX C.A. 25 MILE CHAMPIONSHIP 2<sup>nd</sup> May

It is the first time for many years that W.E.C.C have failed to enter full teams for this event. The principal team award is for your first four aggregate and the second 'B' team award, still a handsome trophy, is for your next three. In 2010 we only had three entries. A sizeable group were busy patrolling the coast of the Isle of Wight but this did not include many of our top racers, so what happened? Perhaps they all knew it was going to be a hard day.

Anyway, one by the name of Dr Hutchinson tootled round on his low profile shopper and as it wasn't the best of days made it quickly back to the timekeeper in 51 minutes 12 seconds. In Gear won the team well with four man aggregate of 3.38.26, you would wouldn't you. Hats off though to Lewes Wanderers – a real club – for getting second with an excellent 3.47.57 and winning the 'B' team trophy with a very useful 3 man aggregate of 3.02.20.

We did manage to get our hands on one piece of silverware though. Thanks to a fine 59.30 from Mel Roberton he won the Veteran's Age Standard Category with a plus of 18 minutes 15 seconds. Stuart Jago 1.4.01 and Nathan Gale 1.6.15 were our only other riders.

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## CIRCUIT OF THE ISLE OF WIGHT

2<sup>nd</sup> May

We've done it before so let's do it again. So thought Rocco Sepe, Peter Logan, Mark Newnham, Richard and Ed Klose, Phil Walker, Tony Knott, Robert Downham, Ken Newton, Neale Maloney and our Ed.

Didn't start too well with Mark's gears coming adrift before we had even left the car park in Portsmouth. This meant we missed the Fishbourne Ferry so instead went over to Ryde. It was clockwise the circuit this year and we soon found the route to first control. We were not that worried about the control as such. One 'Round the Island' badge is enough, but the teas and buns were always welcome. Additionally Mark could hopefully find a mechanic to fix his gears.

It was blowy and rain threatened. The lovely route does need nice weather and without it the rural nature becomes distinctly muddy and obviously when you share these lanes with the cattle there is that additional ingredient. Those who hadn't bothered to clean their bikes were laughing!

Next delay was a puncture, think it was Phil, but feeling the pace and concerned at the delay Don sought permission from Rocco to 'potter' on. In fact he was hoping to make the RNLI station at Freshwater before the rest and clearly remembered the cakes from last year. He pushed on and almost made it, only being overhauled by Ed in the last mile. Ed was another obviously recalling the cake saga. During this stretch the weather deteriorated with some heavy showers and a very cold wind.

Back to Cowes and the chain ferry across the Medina then the lumps back to Ryde. Neale Maloney seemed to be aiming for the earlier ferry and the group disintegrated in his wake.

We all got back OK, but it was a rather dirty bunch that reloaded the bikes in Pompey after the 70 mile circular.

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## NORWOOD PARAGON 25

9<sup>th</sup> May

Good rides from Jeremy Wootton 59.16 and Mel Robertson 59.14. Bet he enjoyed those 2 seconds! Also encouraging effort from Ed Klose on 1.1.24.

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## CLUB EVENING 10 MILE SERIES

No 4 – 13<sup>th</sup> May

|    |                |       |     |                |       |
|----|----------------|-------|-----|----------------|-------|
| 1. | Jeremy Wootton | 22.09 | 9.  | Robert Downham | 26.06 |
| 2. | Mark Bernhardt | 23.14 | 10. | Joan Lennon    | 28.17 |
| 3. | Chris Twine    | 23.19 | 11. | Philip Freaan  | 28.23 |
| 4. | Adrian Rodgers | 23.47 | 12. | Lee Barber     | 28.48 |
| 5. | Peter Logan    | 25.18 | 13. | John Lucas     | 29.05 |



|    |               |       |     |              |       |
|----|---------------|-------|-----|--------------|-------|
| 6. | Tom Coulson   | 25.24 | 14. | James Nelson | 30.55 |
| 7. | John Marshall | 25.40 | 15. | Graeme Gill  | 31.15 |
| 8. | Phil Walker   | 25.46 | 16. | Alan Stepney | 31.21 |

Win number 3 for Jeremy with a familiar look to the other placings. It was good though to see Adrian Rodgers having a go again.

Eighteen guest riders from eight different clubs/squads helped make a good evening's racing. Two recording 20 minute times though, shows our fast men still have a way to go.

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### THE RAY DOUGLASS OPEN 25 16<sup>th</sup> May 2010

This was a highly successful promotion lovingly cared for by John Baldwin. It was his first time trial promotion and he has a full appreciation now of the amount of work that goes on behind the scenes. He took over from Mel Roberton and had much help from that source. John you did great and fully upheld the standard of our Ray Douglass promotions. Ray would have been proud.

The winner was David Wheeler of Rye Wheelers with a super fast 52.13 just beating favourite Steve Dennis of East Grinstead.

Worthing's best three were Jeremy Wootton 59.10, Mel Roberton 59.41 and Mark Bernhardt 1.00.34. Not quite good enough for the team prize finishing second behind Crawley Wheelers. Mel's ride +18.04 saw him first on age standard and Lewis Norris was unopposed in the Junior section with a personal best of 1.5.07.

Other Worthing times were: Chris Twine (another P.B) 1.1.34, Ed Klose 1.1.56, Stuart Jago 1.3.46, Tom Coulson 1.5.48, Kevin Doe 1.5.57, Peter Logan 1.6.41, Gavin Baylis 1.8.16, Phil Walker 1.10.34, Robert Downham 1.11.09, Tony Knott 1.12.19, Nicole Patterson 1.14.04 and Joan Lennon 1.16.19.

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### CLUB EVENING 10 MILE SERIES No 5 – 20<sup>th</sup> May

#### Full Result

|    |                |       |     |              |       |
|----|----------------|-------|-----|--------------|-------|
| 1. | Jeremy Wootton | 21.18 | 10. | Tony Knott   | 26.27 |
| 2. | Ed Klose       | 23.13 | 11. | Ben Toovey   | 27.07 |
| 3. | Stuart Jago    | 23.34 | 12. | Joan Lennon  | 27.13 |
| 4. | Adrian Rodgers | 24.00 | 13. | Phil Frean   | 27.30 |
| 5. | Kevin Doe      | 24.15 | 14. | Lee Barber   | 27.33 |
| 6. | Gavin Baylis   | 24.20 | 15. | John Lucas   | 27.37 |
| 7. | Chris Putnam   | 24.33 | 16. | Colin Miller | 28.01 |
| 8. | Robert Downham | 24.55 | 17. | Graeme Gill  | 29.12 |
| 9. | Robin Moss     | 25.00 |     |              |       |

A really good night with Jeremy getting ever closer to a 20 minute ride. Too big a gap behind him though.

A good number of personals and it's a long while since John Lucas did a '27'. Twenty three private time trials ensured a capacity field. They must like Mel's tea.

~~~~~

## THE PULBOROUGH CIRCUIT

23<sup>rd</sup> May

A good entry of 16 for this tough little circuit of 15.6 miles. They all started and the weather was fair. Now how would they fare? We sent our 'reporter' out on the course and as he so enjoys watching others suffer he positioned himself at that point on the A272, west of Wisborough Green where riders have struggled up the long drag, and now turn left towards Fittleworth. With probably about 11 miles covered they've almost completed the hard bits and can look forward to a fast finish.

The result with that 11 miles time thrown in for interest is set out below.

<u>Pos</u>	<u>Name</u>	<u>11 miles</u>	<u>Actual Time</u>	<u>H'cap</u>	<u>Net Time</u>
1.	Mel Roberton	28.40	40.25	0.31	39.55
2.	Jeremy Wootton	29.20	41.31	scr	41.31
3.	Ed Klose	30.29	42.43	2.00	40.43
4.	Lewis Norris	30.35	43.27	5.00	38.27
5.	Nathan Gale	32.50	45.31	5.45	39.46
6.	Kevin Doe	32.20	45.42	7.00	38.42
7.	Peter Logan	33.10	46.33	8.00	38.33
8.	Robert Downham	33.59	47.42	9.30	38.12
9.	Chris Day	34.14	48.10	11.00	37.10
10.	Phil Walker	34.33	49.03	9.00	40.03
11.	Chris Putnam	37.10	50.33	6.45	43.48
12.	Ben Toovey	37.08	51.45	11.00	40.45
13.	Joan Lennon	37.20	51.51	14.30	37.21
14.	Lee Barber	37.40	53.32	15.30	38.02
15.	Diana Trafford	40.05	57.02	18.30	38.32
16.	Graeme Gill	42.15	59.09	20.00	39.09

So well done Mel, but why a minute slower than 2009? Nothing to do with the number of birthdays we hope! Chris Day by the way will carry an extra 10 lbs in the next race!

~~~~~

Marathon runners with bad shoes suffer the agony of de feet

Two silk worms had a race, they ended up in a tie

A grenade fell on to a kitchen floor in France resulted in Linoleum Blownapart

(Sorry but there was the space to fill)

~~~~~

## CLUB EVENING 10 MILE SERIES

No 6 – 27<sup>th</sup> May

### Full Result

1.	Jeremy Wootton	21.48	10.	Phil Walker	25.41
2.	Mark Bernhardt	22.35	11.	Tony Knott	26.12
3.	Ed Klose	23.29	12.	Ben Toovey	27.42
4.	Stuart Jago	23.38	13.	James Nelson	27.43
5.	Mark Newnham	24.06	14.	John Lucas	27.50
6.	Tom Coulson	24.21	15.	Phil Freaan	28.01
7.	Kevin Doe	24.45	16.	Lee Barber	28.11
8.	Peter Logan	24.58	17.	Graeme Gill	30.23
9.	Chris Putnam	25.05			

Another impressive ride from Jeremy still keeping well clear of the opposition and seemingly well on target to retain his hold on the overall series title.

23 guests made this another full house, including a club name from the past . . . . Nigel Burrows now having a go again with the Archer Road Club.

~~~~~

## CLUB 30 MILE CHAMPIONSHIP

(Incorporating Junior 15 mile Championship

30<sup>th</sup> May

Once round the Ashurst Circuit plus a trip down to the Shoreham flyover doesn't sound like a fast course, and for most, it isn't. There were only 13 entries and just one junior. The in-form Jeremy Wootton was unable to start and Diana Trafford expressing concerns about traffic because of a Festival at Wiston House decided to stay at home. There was in fact no problem. Ed Klose gave the most hilarious excuse for failing to report to the timekeeper. It would seem that the previous night was a 'late night'. This itself is not a good thing, certainly not recommended by the good coaching manuals. So he goes to bed and sets his alarm but for p.m not a.m! Does this mean he's lost a whole day? When will he catch up? Can he reset it for yesterday?

The result below shows how the race unfolded. Mel made the faster start to lead at 15 miles by 1 minute 3 seconds, but Mark rode an amazingly level race with his second half just 2 seconds slower. Was Mel paying for his early effort for over the final miles he slowed by a full minute. He nevertheless still managed to gain 5 more seconds on the 'Big Gear' effort from Mark to give him a gap of 1 minute 8 seconds at the chequered flag. Two excellent rides with Mel just beating 25mph and putting another trophy on his 'mantlepiece'.

Young Lewis decided to pull out all the stops over the 15 and hang on for the rest. He did well knocking over 6 minutes off of his winning time of 2009. It was a very worthy '30' as well. He tried so hard . . . . was that your breakfast or last nights supper in the hedge at the finish?

Kevin Doe got the better of the handicapper this time. His card has no doubt been marked for a careful scrutiny in future



## Full Result

| <u>Pos</u> | <u>Name</u>      | <u>15 mile</u> | <u>Actual Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|------------|------------------|----------------|--------------------|--------------|-------------------|
| 1.         | Mel Robertson    | 35.28          | 1.11.56            | 1.00         | 1.10.56           |
| 2.         | Mark Bernhardt   | 36.31          | 1.13.04            | 2.20         | 1.10.44           |
| 3.         | Stuart Jago      | 38.44          | 1.18.05            | 5.40         | 1.12.25           |
| 4.         | Kevin Doe        | 39.44          | 1.19.29            | 9.00         | 1.10.29           |
| 5.         | Lewis Norris (J) | 39.55          | 1.20.26            | 7.30         | 1.12.56           |
| 6.         | Nathan Gale      | 40.03          | 1.21.15            | 8.00         | 1.13.15           |
| 7.         | Robert Downham   | 42.33          | 1.25.53            | 12.00        | 1.13.53           |
| 8.         | Chris Putnam     | 42.36          | 1.26.22            | 11.00        | 1.15.22           |
| 9.         | Phil Walker      | 42.30          | 1.26.45            | 11.30        | 1.15.15           |
| 10.        | Peter Logan      | 41.25          | DNF (puncture)     | 9.40         | -                 |

## THE ANNUAL TOURING COMPETITION

### For the 'Duggie Argent Rose bowl'

This event for 2010 will be held on the morning of Saturday 9th October. We will have a new organiser this year in Adrian Palmer ( a past champion no less). Adrian may find that he is unable to be there on the day and if that happens the promotion will be completed by brother, Mr President, Tony.

We have no further details at present but these will be published on the Club website and Clubroom notice board as soon as available.

There's no entry fee. It includes free elevenses usually with a Mel Robertson cake and we normally end up at a pub for lunch.

Names to Adrian, 46 Priory Road, Burgess Hill RH15 9HB. Tel: 01444 244717 or email [aqiep1@tiscali.co.uk](mailto:aqiep1@tiscali.co.uk).

COLNAGO C.C?

This Italian marque is very popular in the Worthing Excelsior there must be nearly a dozen, but no it is not a membership requirement. Rocco Sepe wrote into the Mag:- *‘Giacomo and I got talking to a chap from Bognor towards the end of the Duncton Sportive on 9<sup>th</sup> May. “Do you have to ride a Colnago to be in the Worthing Excelsior?” he asked. A good question. Clive was riding that day too on his cracking new C50. He added “I only ask because I was riding the Isle of Wight randonee last weekend and got behind another W.E.C.C rider on a Colnago . . . . an older chap . . . .” We think we know who he meant. Personally I think it’s only a matter of time before we see many more W.E.C.C converts.*

*The Sportive was a testing 140km (1700m of climbing). A pretty route, but a mean headwind on the way back to the start. Clive managed the Gold standard, Nicole the Silver. Giacomo and self peaked too early and paid heavily in the last 40k!’*

Wonder who the 'older' chap' was (Ed)

## CLUB EVENING 10 MILE SERIES

Number 7 - 3<sup>rd</sup> June

### Full Result

|     |                |       |     |              |       |
|-----|----------------|-------|-----|--------------|-------|
| 1.  | Jeremy Wootton | 22.04 | 11. | Tony Knott   | 26.29 |
| 2.  | Mark Bernhardt | 23.00 | 12. | James Nelson | 27.03 |
| 3.  | Chris Twine    | 23.07 | 13. | Don Lock     | 27.29 |
| 4.  | Simon Letts    | 23.43 | 14. | Ben Toovey   | 27.59 |
| 5.  | Ed Klose       | 24.05 | 15. | Lee Barber   | 28.11 |
| 6.  | Lewis Norris   | 24.17 | 16. | Phil Freaan` | 28.17 |
| 7.  | Kevin Doe      | 25.01 | 17. | John Lucas   | 28.28 |
| 8.  | Peter Logan    | 25.27 | 18. | Alan Stepney | 28.55 |
| 9.  | Robert Downham | 25.52 | 19. | Graeme Gill  | 30.20 |
| 10. | Chris Putnam   | 25.53 |     |              |       |

Seven events, six rides, six wins so Jeremy can't be beaten for a retention of his 'King of the Tens' title. Mark B could get to share it if he can get another 5 but that's asking a lot.

Who dug out Don Lock for a ride, put him back for goodness sake – he blames John Lucas. If it goes on like this we shall need a zimmer park at the finish!



## SUSSEX C.A 50 MILE CHAMPIONSHIP

(Incorporating Club Championship)

6<sup>th</sup> June

Hard course and a hard day, but W.E.C.C did well. They were after all County 50 mile team champions in 2009. Could they retain the trophy? Well it looked doubtful when after just 12 miles Mel Robertson punctured to D.N.F and return to the HQ to get on with his tea making job. Understandably not a happy bunny.

So what did we have left, firstly Jeremy Wootton who had been showing good recent form but only rarely does he stretch his efforts to 50 miles. At 22 miles he was noted to be flying. In his words "I couldn't hold it over the second half" but still it was a Club Championship winning effort of 2 hours 3 minutes and 58 seconds. It placed him sixth in the County event. Secondly we had our northern based member Nigel Reynolds. We don't see him very often so what kind of form did he bring. We remember his effort in the '100' last year so we were hopeful. He did not disappoint and finished eighth overall in 2.4.15. Now who would be our third man, who was going to give us that third counter to keep Lewes at bay? They had already placed 2nd with a 2.1.16 and had two home in the 2 hour 10 minute bracket. Could Nathan Gale or Stuart Jago do the necessary? Both gave it their best and Stuart's 2.12.43 was to give us a winning team margin of 1min 45 seconds – close. It shows though how important these supporting rides are for if we had needed to use Nathan's 2.13.57 we would still have won but the margin would have been down to just 31 seconds.

Kevin Doe finished with a P.B of 2.19.01 a prize winning improvement of 3.22. Peter Logan suffered with his back but kept going because he thought he could beat Don Lock's handicapping, finishing in 2.24.27 and Robert Downham in 2.28.16.

So the Halford Cup is ours for another year – very well done.

#### Club Result

| <u>Pos</u> | <u>Name</u>    | <u>Act Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|------------|----------------|-----------------|--------------|-------------------|
| 1.         | Jeremy Wootton | 2.03.58         | 3.00         | 2.00.58           |
| 2.         | Nigel Reynolds | 2.04.15         | 2.00         | 2.02.58           |
| 3.         | Stuart Jago    | 2.12.43         | 11.00        | 2.01.43           |
| 4.         | Nathan Gale    | 2.13.57         | 12.00        | 2.01.57           |
| 5.         | Kevin Doe      | 2.19.01         | 18.00        | 2.01.01           |
| 6.         | Peter Logan    | 2.24.27         | 24.00        | 2.00.27           |
| 7.         | Robert Downham | 2.28.16         | 26.00        | 2.02.16           |

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#### CLUB EVENING 10 MILE SERIES

Number 8 – 10<sup>th</sup> June

#### Full Result

1.	Mark Bernhardt	23.41	8.	Tom Coulson	27.45
2.	Chris Twine	24.06	9.	Tony Knott	27.50
3.	John Marshall	26.35	10.	Lee Barber	29.10
4.	Chris Putnam	26.43	11.	Phil Frean	29.13
5.	Phil Walker	26.45	12.	Ben Toovey	29.45
6.	Robert Downham	26.53		James Nelson	D.N.F
7.	Chris Day	27.31			

A dark and windy night, but it just stayed dry, so not so many signing on and those that did had a hard ride. Mark Bernhardt registering his second win in the series with probably his slowest time.

Messrs Jeremy Wootton and Roger Smith (Southdown Bikes) rode a 2-up. A time of 22.09 would have been a lot quicker on a good night.

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#### EAST SUSSEX C.A 50 MILE

13<sup>th</sup> June

They will forgive us we're sure if we refer to this entry as our second team. We certainly had our third counter Stuart Jago from last Sunday's S.C.A team win but no Jeremy Wootton, Mel Roberton or Nigel Reynolds. This, plus the entry from Lewes (more later) meant we were looking for improvement (P.B) rides. The Club's Time Trial coordinator or chief stirrer had told them all that the course was 2 minutes quicker. He then gave schedules worked accordingly and dared anyone to do less.

It was a nice morning and the course is less 'sporting' than last weeks but some of the road surface is distinctly rough. It all worked out quite well. Stuart

improved from his 2.12.43 to an excellent 2.8.11 which deservedly got him among the prizes in the handicap section. Nathan Gale did not have a happy ride and slipped back from 2.13.57 to 2.15.40. Kevin Doe pushed forward his P.B from 2.19.01 to 2.18.18 and Robert Downham while not achieving a P.B knocked nearly 3 minutes off his S.C.A time in recording 2.25.30.

Lewes had 25 riders in the field of 60. They finished 9 in the top 20 and 22 finished. Their team was 1.51.43 + 1.52.46 + 1.56.13. We're told that they've got a new coach . . . . .can't be that Capello fellow that's for sure!

~~~~~

### CLUB EVENING 10 MILE SERIES No 9 – 17<sup>th</sup> June

#### Full Result

1.	Mark Bernhardt	22.28	9.	Robert Downham	25.18
2.	Chris Twine	22.40	10.	Tony Knott	26.00
3.	Sam Maloney	23.30	11.	James Nelson	26.22
4.	Simon Letts	23.40	12.	Mark Newnham	27.00
5.	Lewis Norris	24.09	13.	Don Lock	27.25
6.	Ed Klose	24.12	14.	Lee Barber	27.31
7.	Nathan Gale	24.25	15.	Joan Lennon	27.51
8.	Carl Trevis	25.16	16.	Graeme Gill	28.52

Good to see Sam Maloney back in action and to clock a personal best of 23.30 as well, is good news, let's hope we get some more good rides from Sam while he's still a junior.

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### TEAM AXIOM 25 – 13<sup>th</sup> June

Held on the A3 road west of Petersfield and just a week before the National 50 was to scorch the same road. Jeremy Wootton rode and warmed it up with an excellent fastest of the year for W.E.C.C of 55 minutes 43 seconds. He rather spoilt it by admitting he was only 25<sup>th</sup> and the winner did 49.58 Wow! That's about 3 miles up the road.

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### SURREY/SUSSEX VETERAN'S 10 – 19<sup>th</sup> June

Jeremy Wootton in action again and getting third fastest with 22.53. Mel Robertson finished in 24.04 for third place in the veteran's standard category.

~~~~~

## BOGNOR REGIS 10 – Thursday 17<sup>th</sup> June

Jeremy took a ride out from the Club series – well he's got it all tied up by now, to ride this Bognor promotion. Did O.K too getting 2<sup>nd</sup> place in 21.29.

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### ED'S TRAINING TIP (To strengthen those leg muscles)

Begin by standing on a level comfortable surface with a good amount of room in front of you.

Tie a 5lb potato bag to each foot and extend the leg forward, balance carefully and hold for 30 seconds and lower. Suggest 5 repeats with each leg. As this gets easier you will be able to increase the number of repetitions.

When you are up to 10, I suggest move up to 10lb potato bags and return to 5. Again work up to 10 repeats.

You will in a few weeks be able to lift 50lb bags and you will be able to hold for 30 seconds without strain. (I am at this level)

When you've reached this standard put a potato in each bag.

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### A FEW STUPIDITIES FROM THE EDITORIAL STAFF

(Actually some extracts from the Washington Post's Mensa challenge, where readers are asked to take any word from the dictionary, alter it by adding, subtracting or changing one letter and supply a new definition)

|                |                                                                                                       |
|----------------|-------------------------------------------------------------------------------------------------------|
| Reintarnation: | Coming back to life as a hillbilly                                                                    |
| Caterpallor:   | The colour you turn after finding half a worm in the fruit you are Eating.                            |
| Giraffitti:    | Vandalism spray painted very very high.                                                               |
| Intaxication:  | Euphoria at getting a tax refund, which lasts until you realise it was your money in the first place. |

(Another competition in the Washington Post asks for alternative meanings for common words. Some of the winners were☺)

|                                                            |                                                                                  |
|------------------------------------------------------------|----------------------------------------------------------------------------------|
| Negligent:                                                 | Absentmindedly answering the door when wearing only a nightdress.                |
| Flatulence:                                                | Emergency vehicle that picks up someone who has been run over by a steam roller. |
| Lymph:                                                     | To walk with a lisp.                                                             |
| WillyNilly:                                                | Impotent                                                                         |
| Balderdash:                                                | A rapidly receding hairline                                                      |
| Think we might subscribe – seems funnier than the 'Times'. |                                                                                  |

~~~~~



## CLUB EVENING 10 MILE SERIES

No .10 – 24<sup>th</sup> June

What a fast evening it must have been, or can we have Paul Toppin and Robert Downham again as timekeepers, perhaps their watches don't go as quick as others. Nearly everyone did a P.B most finding themselves in an unaccustomed minute ahead of their norm. Can't expect that from the scratch markers, of course, but even Jeremy knocked off a few more seconds as he gets . . . . .oh! so close to that '20'.

### Full Result

1.	Jeremy Wootton	21.07	12.	Tony Knott	25.08
2.	Chris Twine	22.28	13.	James Nelson	25.57
3.	Sam Maloney	23.06	14.	Chris Day	25.58
4.	Carl Trevis	23.18	15.	Lee Barber	26.10
5.	Nathan Gale	23.31	16.	Ben Toovey	26.19
6.	Lewis Norris	23.36	17.	Phil Freaan	26.54
7.	Stuart Jago	24.02	18.	Joan Lennon	26.55
8.	Chris Putnam	24.27	19.	Graeme Gill	27.28
9.	Phil Walker	24.48	20.	P.Ansell	28.28
10.	John Marshall	25.04	21.	Colin Miller	28.41
11.	Neale Maloney	25.06			

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## THE CLUB RUNS ATTENDANCE TROPHY

It looks like there will be a new name on this trophy for 2010 with Phil Walker and Tony Knott stretching away from last season's winner Don Lock, and there's only until September 30<sup>th</sup>.

As at the end of June for those with more than 20 points the positions are:

|                |           |                  |           |
|----------------|-----------|------------------|-----------|
| Phil Walker    | 64 points | Peter Logan      | 31 points |
| Tony Knott     | 63 ...    | Kevin Doe        | 31 ...    |
| Don Lock       | 52 ...    | Ed Klose         | 24 ...    |
| Robert Downham | 44 ...    | Nicole Patterson | 24 ...    |
| Richard Klose  | 44 ...    | Clive Lett       | 22 ...    |
| John Baldwin   | 40 ...    | Mike Irons       | 22 ...    |
| Rocco Sepe     | 35 ...    | Stuart Jago      | 20 ...    |
| Ken Newton     | 31 ...    | James Nelson     | 20 ...    |

~~~~~

## MARATONA dles DOLOMITES – 2<sup>nd</sup>/3<sup>rd</sup> July

Rocco and Giacomo Sepe with Tom Coulson and Carl Trevis enjoyed the weekend in this fabulously scenic area of Italy. By all accounts they also enjoyed the Maratona Sportive along with thousands of others. The organisation is superb

and the 2010 edition was awarded with splendid weather, although maybe a bit hot for some.

Carl completed the 155k ride including seven mountain passes in a fast 7½ hours, while Rocco and Tom were back on 8½ but very happy with that. Rocco in fact claiming a personal best by 7 minutes. Unfortunately an injury prevented Giacomo from riding and showing them all up, but he took his bike and did a little gentle riding.

If any reader converts 155k to miles and then thinks “why did they go so slow” we suggest they keep their thoughts to themselves until they’ve ridden the course. These passes may not be as steep as Steyning but they go on and on and on . . . . .

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### SKITTLES AT THE SPUR

Friday 15<sup>TH</sup> October 2010 7.30 for 8.00p.m

£12 per head to include Excellent Buffet

This is a good fun evening. If you have not played skittles before, that’s almost an advantage! Numbers limited so names as soon as you like to Don Lock – See page 1

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### SOUTHERN COUNTIES 50 – 27<sup>th</sup> June

An important counter if you’re going for the B.A.R. Our riders had mixed fortunes. Mel Roberton made no mistake and recorded an impressive 1.58.20 and secured top spot in the Veteran’s category. Mark Bernhardt rode really strongly to clock 2.1.48. Nathan Gale suffered a broken spoke in the rear wheel and had to contend with it rubbing on brake blocks for most of the journey. He still clocked 2.11.46 but it could so easily have been under 2 ‘10’. Stuart Jago (wake up man!) went off course to record a personal best time for ‘53’ miles of 2.15.17. That surely would have been a P.B. Kevin Doe riding strictly to our ed’s schedule – well almost - recorded yet another P.B of 2.16.14. We say ‘almost’ because he had been told to do 2.16.00. He will be spoken to! Robert Downham completed his 3<sup>rd</sup> consecutive 50 and recorded his best this year in 2.20.25. If we could find another 10 x 50’s we could probably get him down to 2 hours! Joan Lennon says she took 25 miles to get going (longer warm ups for Joan then!) and she finished in 2.34.00

~~~~~

### ANNUAL DINNER &PRIZE PRESENTATION

Friday 19<sup>th</sup> November 2010 7.00 for 7.30pm

Still only £20 per head

Full 3 course meal – presentation of 2010 Trophies. Usual Giant Raffle and dancing to ‘Purple Haze’ Disco. It’s informal, a fun evening not to be missed. Get your names down on the list. Organiser : Don Lock see page 1

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## CLUB EVENING 10 MILE SERIES

No 11 – 1<sup>st</sup> July

Twenty seven visitors outnumbered club riders, just sixteen tonight and our permitted limit of 40 was 'stretched'. W.E.C.C members - get up there early. We don't want to turn visitors away but we do put these events on for you.

Mark's win was with a P.B, his first '21'. Simon Letts clocked a P.B and joined the '22' club. There were other P.B's as well and what about 3 x 20 minute rides from the guests all of whom went past our 'Ed'. Who let him out anyway?

### Full Result

1.	Mark Bernhardt	21.55	9.	Kevin Doe	24.28
2.	Simon Letts	22.47	10.	Robert Downham	25.20
3.	Sam Maloney	22.53	11.	James Nelson	25.43
4.	Nathan Gale	23.26	12.	Phil Frean	26.27
5.	Lewis Norris	23.43	13.	Paul Ansell	26.35
6.	Chris Putnam	24.11	14.	Lee Barber	26.38
7.	Peter Logan	24.27	15.	Don Lock	26.55
8.	Kevin Doe	24.28	16.	Alan Stepney	28.10

~~~~~

## RETRO CLOTHING

Knowing that a number of members are keen on this fashion, interest was shown, you will recall, in the Club jersey designs of the 50's and 60's. Well here is a recent photograph ( see cover of Mag) of a quartet left to right Peter Logan, Clive Lett, Rocco Sepe and Jeremy Wootton. We think the moustaches are false. Dig those outfits though, can't wait to see them at the Evening 10's or perhaps a fashion show at the Annual Dinner?

Truth is the posing dates form the very early years of the 20<sup>th</sup> Century and the gentlemen are identified for us by our historian John Grant. So left to right again. Sam Clark (Saddler, mile-eater, flute player, expert on Sussex Churches). A.E.("Bert") Peto (who served in WW1). Edgar Henson (Tarring's Haulier and Place to Place record holder) and A.E.Durrant – not a racing man but always badged as "The Irrepressible".

More about Sam Clark and Edgar Henson in a future issue.

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## CLUB EVENING 10 MILE SERIES

No 12 – 8<sup>th</sup> July

Last week it was 27 guests and 16 Club riders. This week 25 club and 11 guests, strange how it varies. One good thing, although Mark Bernhardt might not agree, was that we had a new name at the top of the results. Chris Twine has been pressing hard and finally got there with an excellent 22.12. Graeme Gill had said he was going to be last in all his rides, however, he keeps going quicker and

everyone else has to go a bit faster to keep in front. Anyway it was all spoilt when Colin Miller took over the 'Lantern'Rouge'.

Clive Lett upset our 'Ed's' previous meanderings around the 10 course pacing him to a 23.34. Don has now gone to lay down for a fortnight's recovery.

#### Full Result

1.	Chris Twine	22.12	13.	Chris Day	25.44
2.	Mark Bernhardt	22.23	14.	Phil Walker	25.47
3.	Simon Letts	23.08	15.	Robert Downham	25.52
4.	Carl Trevis	23.09	16.	Tony Knott	26.00
5.	Stuart Jago	23.15	17.	Ben Toovey	26.20
6.	Tom Coulson	23.20	18.	Paul Ansell	26.33
7.	Lewis Norris	23.36	19.	Lee Barber	26.45
8.	Nathan Gale	23.45	20.	Joan Lennon	27.03
9.	Chris Putnam	24.10	21.	Phil Freaan	27.15
10.	Kevin Doe	24.56	22.	Graeme Gill	27.56
11.	Peter Logan	25.09	23.	Colin Miller	28.31
12.	James Nelson	25.38			

Clive Lett/Don Lock (2-Up T/T) 23.34

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### SOUTH EASTERN ROAD CLUB 10

July 10<sup>th</sup>

Mel Robertson signed up for this and found the warm conditions to his liking, although it was a murky kind of morning on the A264 from Rusper. Totally overlooking how old he is he tore his way round in 22.12 beating his age standard by 8.04. Not good enough though, 73 year old Dave Dallimore, who some years ago rode in our colours, clocked a plus, on standard of 8.39. So only £20 and second place for Mel this time.

Lewis Norris was told he had to ride this as it counted for the Southern Counties Junior B.A.R. Coming straight from some personal bests in the Club 10's, he was aiming for another. A low 23 he wanted, but it wasn't quite there and his 23.48, like Mel saw him second in his category.

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### SOUTHBOROUGH & DISTRICT WHEELERS 25

July 11<sup>th</sup>

The East Sussex course for this one and we had three riders. On form Mel Robertson turned in a super 58.35. This time making first on Vet Standard and taking home another £20 to boost his pension. Why bother to turn pro? Peter Logan recorded 1.7.38 and Robert Downham 1.10.30. Did they let the team down? Certainly not as Peter said "If Mel had done a '41' we could have won it!"

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## WHAT'S AN IRONMAN?

Swim a couple of miles like from the Club Room down to the Pier and back, ride the bike for a mere 112 miles then run a marathon! I'd sink around Broadwater Green so the rest would not be a bother!

But hold on, if this is an Ironman how about a Quadrathon. In the Worthing Wheel of Spring 1985 member Brian Cox related how he had helped a friend in such an event. It comprised a 2 mile swim, a 50k walk, a 100 mile ride and a marathon. His mate finished 9<sup>th</sup> in 18 hours 37 minutes 54 seconds, the winner in 16 hours 8 minutes and 8 seconds. His splits were 1.13.11, 6.30.43, 6.16.16 and 4.05.46.

We shall look for comment when in the next issue we have Clive Lett's report on his Ironman efforts as we go to press.

All the best to you. Sir!

N.B Having just checked the 'splits' and the 'total' we find it don't add up! Magazine staff much improved these days!

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## OFFINGTON CORNER (See photo on cover)

The junction of the A24 and the A27 where traffic stagnates and the CO<sub>2</sub> emissions cloud the area in a grey disgusting pollution. The place where the most sensible and appropriate development was the cemetery. Where people frustrate and rage and rev. and hoot, where peace and quiet exists briefly between 3 and 4 a.m but no when else.

Perhaps then we can look at the start of a club run from Offington Corner a long, long time ago, probably 100 + years ago. The camera looks west towards the Arundel bound 'Crocodile' (Crockhurst Dell Hill) in Victorian times. Then steer starboard 90° and that's the Horsham road. Offington Lane is off to the left and it is thought that the walled building was a gate house to Offington Hall.

A bonus of 10 for spotting the machine extreme left is in fact a motor bike. W.E.C.C did have at least one m.c. member around this period. Perhaps this is where the rot set in!

Ah! The serenity of the scene. We thought of a title, how about 'Waiting for Rocco'?

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## JEREMY WOOTTON – TOUR de FORCE

*I thought you might appreciate a few notes on my experience of riding stages 12 – 18 of Le Tour in aid of Charity. There were 15 riders ('lifers') taking part and riding the whole event, I rode just 7 stages.*

*We were supported/ organised by Classic Tours who made sure everything went to plan. Overall 115 riders took part riding one or more stages.*

Wed 30 Travel to Valence by TGV, forget planes etc. Eurostar from Ashford to Lille, an hour to swap platforms etc, and 4 hours to within 8km of my destination - cannot be beaten.

Thursday 1 July Stage 12 Bourg de Peage – Mende

First stage for me, weather fine to start 210 km to cover, lumpy roads over 4,000 mtrs of climbing 3 x third category climbs and 2 x second category climbs, rode the whole day in the big ring until the final climb to Mende Airport, this is a stage to watch the end of on TV. The final climb may only be a 2<sup>nd</sup> cat climb and 3 km long but with sections at 13 % it is brutal. With gears of 40 x 27, I was on max having ridden the last 40 km at pace with Doug, one of the 'lifers' on my wheel for the ride.

Friday 2 July stage 13 Rodez to Revel 145 km and 1,400 mtrs of climbing

Hot and lumpy with nothing to note in terms of hills, tough headwind to finish and a bunch on my back wheel to draft the last 30 km to the finish. The real test was the heat, I went through 10 bottles of water during the day, after yesterdays efforts off the front of the peleton I was quite happy to pick up a group and pace them home. Hotel was a converted Chateau, looked lovely but our room in the rafters was very hot and sleeping not easy!

Saturday 3 July Stage 14 Revel to Ax 3 Domaines 177 km and 3,300 mtrs of climbing

At last the Pyrenees! Rode 115 km with Tim and Mark on my wheel, both nursing injuries, as we passed the peleton comments of surprise were heard from several riders to be overtaken by the two injured riders! Several highlights today. Saw two adult and three or four young wild boar running through a field of root vegetables and into a wood. Later in the day on the climb of Port De Pailheres (Hors category 2,001 mtrs) heavy cloud cover turned to thunder, then lightning, followed by rain and a hail storm! Absolutely wild conditions, descent into Ax les Thermes and the climb up to the finish at Ax les 3 Domaines (1<sup>st</sup> Cat) saw the day end in a very dated hotel with pre 1960's fittings, needless to say the 'mini' bath was not quite what was wanted, the local thermal springs looked more inviting!

Sunday 4 July Pamiers to Bagniers de Luchon, 187 km and 2,300 km of climbing

Off the front within 10 km of departure to ride the day on my own! 1x HC climb and 2 x 2<sup>nd</sup> cat climbs, at 30 km we passed the village of Carla Bayle, this town is home to a community of 'free thinkers' with links to Rotterdam (the Tour start), don't ask me to explain! Next up Portet d' Aspect, which was very scenic and finally after Alain, a local cyclist had set me on the right route the Port de Bales a stunning climb of over 1,100 mtrs vertical with some very beautiful views to temper the steep roads. I arrived in Luchon with plenty of time to check in to the very well appointed hotel and relax on the terrace as the riders arrived.

Stopped on the last descent to relieve the dull ache between shoulders brought on by so many kilometres of descending and braking for the hairpin bends.

For me the highlight of today and probably the week was stopping on the descent of the Portet d' Aspect to stand at the memorial to Fabio Casartelli the Olympic road race gold medallist who lost his life in a crash on this descent on the 18 July 1995 and say a few words, I can still remember watching the Channel 4





## DO YOU REMEMBER THE 'MUPPETS'?

The photograph on our cover taken from inside the kitchen at the Club Room by John Baldwin must surely remind you. To your left Peter Logan and to your right Kevin Doe. What a lovely couple of 'Happy Muppets' they make.

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## CLUB EVENING 10 MILE SERIES

No 13 – 15<sup>th</sup> July

A wild day with very strong winds certainly put paid to a good turnout this evening. In fact by 7p.m the wind had dropped considerably and conditions were not too bad. Just to illustrate this Jeremy Wootton back from riding 7 stages of the Tour de France route (see story elsewhere in this edition) recorded yet another personal best his 21.04 getting him so close to the 20 minute ride he covets.

### Full Result

1.	Jeremy Wootton	21.04	5.	James Nelson	26.23
2.	Tom Coulson	24.00	6.	Robert Downham	26.24
3.	Kevin Doe	25.08	7.	Lee Barber	26.47
4.	Tony Knott	25.52	8.	Graeme Gill	28.49

Only two private time trials but one was our old friend and ex-member Jonathan Ford-Dunn. Up from his Cornish home to visit Mum he took the opportunity to turn in a useful '23'. Another keeping himself fit with all this running/riding/swimming lark.

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## Graeme Gill

This member has a collection of bicycles stored in a garage. We wont say where for security reasons, there would probably be less value if he removed the bikes and pushed in a Lamborgini. He exercises them like other people exercise their dogs. Frequently he comes into the Club Room with some vintage or even downright ancient machine.

On 13<sup>th</sup> July the '1884 Humber' was so enormous it wouldn't go through the Club Room door and police were close to setting up diversions around Broadwater Green! We did however manage a 'mounting' press ganging Roger and Jean Smallman into the clearly dangerous exploit (photo on cover)

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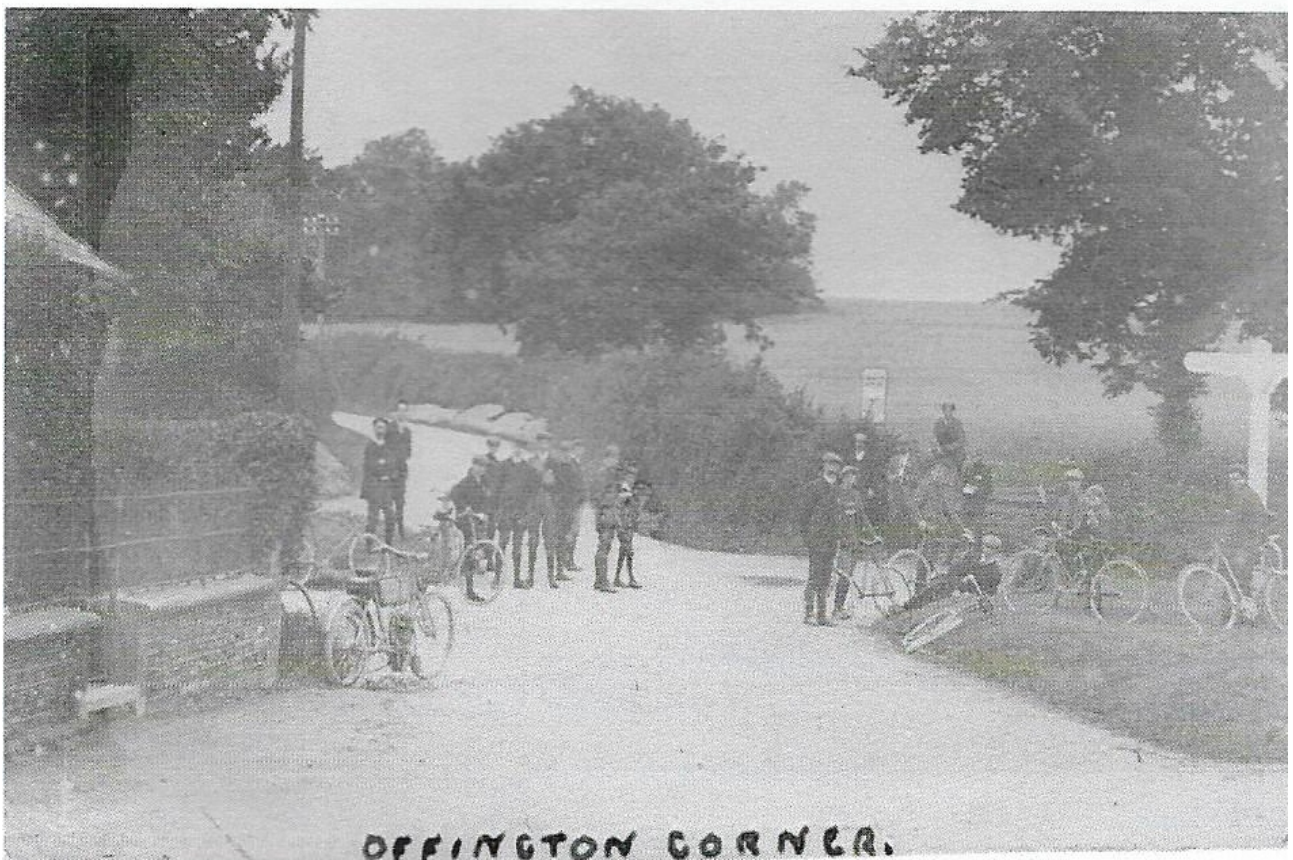
## NEXT MAG

In the next issue we will hope to bring you reports on Stuart Jago's ride in the National 12 hour Championship on Merseyside and on the efforts of Stuart, Mark Bernhardt and Nathan Gale in the Kent C.A 12 hour. We also have riders who will be competing in the Southern Counties/Sussex 100 mile and East Sussex 100 mile events. We can tell you briefly that Joan Lennon won a Bronze medal in her age group in the European Triathlon Championships in Athlone, and a full report will be available.





JEREMY AT TOURMALET SUMMIT



OFFINGTON CORNER





ROGER & JEAN'S NEW MACHINE