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Mel Roberton Best All Rounder 2010



Clive Lett/Don Lock Winners Lewes Grand Prix 2010

WORTHING EXCELSIOR CYCLING CLUB

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



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'MARATONA' dles DOLOMITES 2010

(The full unexpurgated version):

A marginally depleted team WECC set off to tackle the mythical climbs of the Dolomites for this year's Maratona. Our spiritual "capo" was missing (it is rumoured that "the Don" feels more at home on the remote hills of southern Italy....), and for the second year in succession the average age of the team plummeted as Don, Richard Klose and Clive Lett were replaced by the somewhat younger Carl Trevis. The full team comprised Tom Coulson, Carl, Rocco and Giacomo Sepe, and special guest Vitor Ferreira drafted in from Verulam CC for his super domestique qualities - very handy he was too with the washing up!

The Boscoverde apartments were well located slap bang in the middle of San Cassiano and directly opposite the best pizza restaurant in town. The world cup disrupted our preparations. Extra time and the handball-on-the-line injustice that saw Ghana exit, upset the equilibrium of our fair-play inspired crew. One of our number had a broken night dreaming of how he could console the Ghanaian penalty misser! Quite distressing for a finely tuned athlete where marginal gains are everything!

With over 8500 participants from 42 nations, the beauty of this event lies in the climbs covered, made famous by the Giro d'Italia and graced by many legends of the past - Fausto Coppi, Gino Bartali, Franco Balmamion, Felice Gimondi etc. (I'm told there may have been one or two non Italians too!) It is the most heavily oversubscribed gran fondo in Italy and over the 140km and 4200m of climbing, the ride takes in the passi campolongo, pordoi, sella, gardena, falzarego, valparola and the mighty giau. The latter being 10km of perfect suffering at an average gradient of 10%. The organisers time your ascent up the giau, and Carl recorded the most impressive crono of our group at just under the hour. A fantastic time especially in the extraordinarily hot conditions - 35c with no break from the full sun. Tom found respite by plunging his head in a trough of spring water halfway up! (Check his video footage on the WECC facebook page for evidence of how the giau can mess with your mind...)

A 6.30am start means a very early breakfast (some complained that the mountainous risotto prepared the night before had barely been digested). Last year's team will be pleased to know that the boiled eggs went down a treat! It can be fresh in the mountains at that hour (the start is at 1500m) so you need to keep warm. The kit worn to the start varied from Carl's stylish black bin liner, to Tom's old painting t-shirt, and including a rather elegant pink rapha stowaway jacket. Carl's overall time was a very impressive 7h 30m, only a little outside Clive's record time last year of 7h 15m (and yes, we're as surprised as you that he didn't record a faster time than that old duffer! Doubtless having a lot to do with the conditions and a little to do with shepherding the rest of us up the first climbs). Tom's time would have been much closer to Carl's had he not waited with me at the top of the falzarego where I had my "nothing left in the tank" moment. Grazie Tom.

The organisation was splendid. Well stocked feedpoints with helpful volunteers on hand to help you re-fuel. Tom caused a stir, managing a record 3 panini at one stop!

We all got round safely and enjoyed the post ride meal - an event of truly biblical proportions with the feeding of the 8000 taking part in the local sports arena converted to a huge dining hall. Carl was on to his grappa and cigar by the time we joined him! The celebratory prosecco back in the apartment tasted very good indeed.

A clear highlight from this year's trip was being able to buy up the complete set of stickers for the climbs - proudly affixed to our bike boxes! Watch out on a future club run for Tom's impressive collection of sew ons!

The best descending took place in our hired Polo on the way back to Venice airport. Whilst Giacomo and I had fun descending like demons down the Dolomite hairpins, Vitor and Tom followed like a pair of old women as camper vans queued up to overtake their Pandas!

Back at Venice airport our minds turned to challenges for next year. Tom determined that the Grimpeur du Sud prize had to be his. 5 super hilly audax rides to claim that title, and commemorative badge (a sew on, hopefully!). For the Sepes the passo stelvio demands to be tamed, and Giacomo's uncle wants a pilgrimage to Ventoux. Then there is Ken Newton's 60th birthday assault on the big alpine/pyrennean cols to consider too.

As we write post Tour I can report (from the beach) that the Italian press was less than impressed with this year's contest. Too much "buonismo" (the "love-in" between Contador and Schleck) and not enough "cattiveria" or "rough stuff". Hanno ragioni ragazzi!

Rocco Sepe

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## THE CORE ISSUE

*Many years ago Dave Hasler, John Lucas, Dave Funnell and I rode a Spring Road Race on a circuit somewhere in deepest East Sussex,*

*The race was uneventful, which meant that the bunch was intact as the end approached. As usual the finish was uphill. The reason for this is to give the judges a fighting chance of placing the field as it crosses the line. This approach was the low tech forerunner of slow motion replays.*

*Into the lane and the sprinters were at the front therefore Dave Funnell and I were towards the back (we should have started our sprint with ten miles to go). Suddenly there was a touching of wheels and a group of riders went down at the front. As I pottered past the heap of riders on the ground I noticed that Dave Hasler was amongst them.*

*After crossing the finishing line I rode back down the hill to the scene of the crash. Dave Hasler was on his back across the wheel of a crashed bike. I moved to help him up but Dave screamed for me to leave him alone as he feared that he had a major back injury. He said that he could not sit up. Someone else got down on all fours and peered under the wheel that Dave was lying across. He then asked if anyone had a pair of scissors?*

*Amazingly a pair was found and passed to the helper. Grasping the scissors he slowly slid his hand under the wheel, everyone held their breath.*

*There was aloud snipping noise and Dave shot to his feet bouncing up and down like a two year old.*

*There was a ripple of applause followed by many queries as to what medical procedure had been followed?*

*The answer was surprising. When Dave had crashed the apple in his back pocket had been pushed through the spokes of the wheel and the spokes had sprung back on the apple. This had pinned him to the wheel giving him the sensation that he had been paralysed.*

*The medical procedure was to cut the pocket allowing the apple to drop free. This just goes to prove that an apple a day is not always the best way!*

*Alan Orman*

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CLUB EVENING 10 MILE SERIES

No 14 – 22nd July

So the end of another very successful series. Not one lost to bad weather or road works. Jeremy took his 9th win from 9 rides and was way ahead again.

We shall include a full overall series table later in this mag.

Full Result

1.	Jeremy Wootton	21.12	10.	James Nelson	25.47
2.	Simon Letts	23.03	11.	Lee Barber	26.04
3.	Tom Coulson	23.31	12.	Ben Toovey	26.08
4.	Nathan Gale	23.40	13.	Phil Freaan	27.08
5.	Stuart Jago	23.42	14.	Peter Logan	27.14
6.	Lewis Norris	24.03	15.	Joan Lennon	27.25
7.	Chris Twine	24.18	16.	Alan Stepney	28.06
8.	John Marshall	25.00	17.	Graeme Gill	28.33
9.	Tony Knott	25.44			

Thirteen private rides this evening including three '20' minute efforts and two ladies on 23's. Come on WECC we're just not going fast enough!

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### A FASCINATING GLIMPSE OF LOCAL CYCLING HISTORY

In the last mag we promised you more about Sam Clark and Edgar Henson. Club Historian John Grant provided the following.

#### Two 'Terringean Terrors'

*It is hard to believe that only a hundred or so years ago, West Tarring was a separate village, harder still to believe that it had a cycling club of sixty or more members. Given Tarring's long connection with the fig, reputed to have been brought there by Thomas a'Beckett, this happy band took the fig flower as its*

badge, and were known as the 'Figleaves'. Theirs was primarily a social cycling club, but it had some feared racing men, whom 'Dick Turpin' of the Worthing Gazette referred to as 'Terringean Terrors'.

Sam Clark was born in 1858, and claimed to have been a cyclist since the age of eight, about the time that he first picked up awl and thread in his dad's saddlery shop in Tarring High Street. Cycling and saddlery figured large in his life thereafter.

Jack Watts' book 'Old Worthing as I Remember it' says 'one of the few shops on the North side of the line was owned by Mr Clark, famous as a saddler, and a racing cyclist in his spare time.

Before concentrating on his cycling, Sam was a doughty runner, competing all over West Sussex at most track distances, and even in later years could still run a good 'half' and knock up fifty runs for Tarring Cricket Club when needed.

In fact early records show Sam riding simply for 'Tarring' or for Tarring Cricket Club. Although he rode in several Worthing Cyclists' Club road races, and marshalled or timed others, he never joined them, and only joined the Excelsior second claim after the turn of the century.

Like his pal Edgar Henson, Sam was a village patriot – cut either of them in half, and you'd find 'Tarring' in big letters, right through the middle.

As parish councillors both fought for Tarring's right to exist apart from the upstart borough of Worthing, and for its own fire brigade. Wouldn't you, when the borough's 'steamer' took half-an-hour to get to a Tarring rick fire?

Sam was Sussex veteran's track champion many times over, and was popular both at home and with clubmen from all over the South. Soon after he'd won the 1905 Sussex Vet's Championship, WHH of Willesden wrote to the Worthing Gazette of Sam's 'red-hot tyre' and lapsed into poetry (of a sort!)

"For those who want a liverly jaunt,  
Just let them have as a pacer,  
The Champion Veteran,  
Sure a better 'un.  
There is not on a racer"

Sam was a mile-eater. Club runs, rides to events at Crystal Palace, or selflessly pacing and feeding club-mates or riders from other clubs on their medal attempts, a trip to Southampton to welcome veterans home from the South African war, all piled up the miles, as did another hobby, Sussex churches, on which he was an authority. Shiny bike parked outside village church? Somewhere near you'd find Sam, in dapper touring dress, knickerbocker suit, cap and immaculate white gloves.

As if this was not enough, this pleasant gentleman found time to be an agile and accomplished flautist, playing regularly at the do-it-yourself variety concerts that were part and parcel of Victorian and Edwardian club life. Quite when he fitted in the saddlery business is a total mystery to me!

He was 84 when he died, and lies close to the junction of the roads to Worthing, Tarring, Brighton, Arundel and Horsham.

I think he would have liked that!

*Edgar Henson was born in 1864, and like most of our founders, grew up with the high bicycle. He was already a 'Fingleaf' when he joined the Excelsior second – claim in 1900. He ran his own haulage business in Tarring, and like Sam Clark was a parish councillor. Haulage and parish work were hobbies – Edgar was a mile-eater!*

*'Dick Turpin' invented "The Potterers' C.C" his name for the little group which included Edgar and his son, Bert Paine, Sam Clark, Bert Peto, Ted Durant and any other Excelsior or West Tarring speed-man who could stay with them.*

A typical Potterers' Sunday 'ramble' was – Storrington – Pulborough – Fittleworth – Midhurst – Petersfield – Horndean – Cheriton – Tichbourne – Bishop's Waltham – Fareham – Cosham – Emsworth – Chichester – then to Arundel to meet the rest of the club for the ride home. Mileages like this coupled with regular grass-track appearances on foot or on a bike, kept Edgar and the other ageing bike-men incredibly fit.

He had a quick mind too. When George Olley of the Vegetarian C & A.C took the S.R.R.A 1,000 mile record, he was helped entirely by Excelsiors and Fingleaves, all of them on bikes. During this epic, Edgar's front lamp blew out. Immediately spotted and pursued by an interested constable, he nipped smartly down a side lane. There he quickly re-lit the errant lamp, re-mounted and potted nonchalantly back towards the sweating posse – "Yes constable, he's gone down that way, nearly knocked me off!" That week-end each of the Potterers put in more than 400 miles helping Olley to his record, so it's hardly surprising that he joined the Excelsior soon after!

*Imagine a time without road racing. When in 1888, cycling's then governing body, the National Cyclist's Union, banned all forms of contest on the road, the time trial had not been invented. By the turn of the century the only road competition (still against N.C.U rules) was for standard medals. The club offered them only for 100 miles and 12 hours (anything less than a '100' was cissy!) and Edgar won more than a few, mainly gold, from the Excelsior and from his third-claim club the Chichester and District C.C.*

Edgar and Sam both had that intangible 'zizz' that made them a force well into their veteran years. In his forties Edgar still produced club road records, and collected track prizes in level contest against men half his age. Look at this : soon after the lamp incident, he borrowed one of George Olley's special Rudge record attempt bikes, which weighed a mere 18lbs, and took the S.R.R.A Worthing to Hastings and back record in 5 hours 59 minutes, ripping an hour and sixteen minutes off a record which had stood since 1892.

*Edgar was fit, incredibly fit, he was forty-three when all this happened!*



## CLUB 100 MILE CHAMPIONSHIP – 22<sup>nd</sup> July

Early in the season we thought we would have perhaps 8 – 10 tackling this distance in 2010. There were six entered in the Southern Counties/Sussex C.A event in which W.E.C.C incorporated their Club Championship. We hope for some more rides in the East Sussex event later.



Five were definites from an early date with specific training, rehearsal rides and schedules planned, but one dark horse, who had been quite adamant that 50 miles was his maximum also entered. It must have been his improving '50' times that prompted him. Anyway, as well as the expected, Stuart Jago, Mark Bernhardt, Nathan Gale, Mel Roberton and Robert Downham, we now had Kevin Doe.

The course was changed after the 2008 event apparently to avoid use of the A272. So far as we can ascertain this was not a change sought by the riders (100 in 2008), and indeed after the 2009 race, very much regretted. The first 59 miles uses two circuits between Southwater and Crawley and that part remains, but the new version then puts in a couple of laps of the Ashurst Circuit and three times down the A24 usually into a head wind. Times for 2009 increased dramatically and numbers had shrunk. For this year's promotion numbers were down to 62 which should be telling the organisers something.

July 22<sup>nd</sup> was however a kind day weatherwise. Not too hot, a little drizzle that was almost welcome and a slight breeze which was never going to cause the suffering experienced the previous year.

Our riders set off confidently, perhaps none more so than Stuart Jago who had been covering regular 7 – 8 hour training rides for his forthcoming 12 hour events. He was no doubt also inspired by his regular and substantial improvements at all other distances.

Basing their thoughts on the experience of 2009 riders asked our 'Don' for schedules which allowed for the slower nature of the last 40 miles of the amended course. He provided these giving the following aims or targets: Mel 4.25.00, Mark 4.32.00, Stuart 4.35.00, Nathan 4.45.00, Kevin 4.55.00 and Robert 5.00.00. Except for Stuart and Robert all were riding very close to these targets over the early part of the course. Stuart was though making gains. Robert was, however looking uncomfortable and gradually losing time on his schedule. Suffering back ache and some what dispirited he was to dismount in favour of his helper's (Pete Logan) van.

As the remaining five came south through Buck Barn and on to the Ashurst Circuits they were all able to gain on or at least maintain scheduled speeds giving encouragement over the final 40 miles. Encouragement to the mind is strength to the legs and they all rode strongly to the finish.

Mel is once again our 100 mile champion getting home just inside that schedule with 4.24.21 but he was pushed closely by Mark, improving by nearly 3 minutes to record 4,26,59 and by Stuart improving by a massive 16+ minutes to finish in 4.28.17. Kevin as always anxious to please the 'Don' kept bang on schedule and for 'we believe' a late entry decision, managed an excellent debut ride.

|                   | <u>Time</u> | <u>H'Cap</u> | <u>H'Cap Time</u> |
|-------------------|-------------|--------------|-------------------|
| 1. Mel Roberton   | 4.24.21     | Scr          | 4.24.21           |
| 2. Mark Bernhardt | 4.26.59     | 6.00         | 4.20.59           |
| 3. Stuart Jago    | 4.28.17     | 11.00        | 4.17.17           |
| 4. Nathan Gale    | 4.46.57     | 18.00        | 4.28.57           |
| 5. Kevin Doe      | 4.55.12     | 27.00        | 4.28.12           |

The full result indicates how closely those schedules worked out, well except for Stuart, and there's always one to make a laugh of the handicapper

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SOUTHERN COUNTIES '50'

We reported on this in our August issue but an interesting note appeared in the published result. It appears that some special awards were made by an anonymous donor. One of these was a 'Centenary' award: there were four clubs riding the event who were affiliated members of the Southern Counties Cycling Union in 1910, the Norwood Paragon, then the Norwood Postal C.C, the Anerley B.C, the De Laune C.C and the Worthing Excelsior C.C. The fastest member of these four clubs on the day was John Archdeacon, De Laune who received the additional award.

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### MISCELLANEOUS TIMES

18<sup>th</sup> July BEC C.C 25. On Broadbridge Heath based course. Jeremy Wootton clocks a rapid 57.30 for 10<sup>th</sup> place on scratch and 13<sup>th</sup> place on age standard. His plusses are beginning to edge him nearer the prizes. Mel Robertson also got under the hour recording 59.21 for 14<sup>th</sup> on scratch but third on age standard.

Interesting to note that veteran winner Jack Brown a3crg/SIS, (what a dreadful name for a club!) at 76 years posted an actual time of 1.04.55. The guy who came second, John Randall Horsham C.C was 79 and clocked 1.07.33. He actually lives near Melbourne, Australia but comes over for a couple of months every year to ride a few vets events. He reckons that British vets should go over to Oz now and again 'We would really rub their noses in it'.

1<sup>st</sup> August Brighton Excel 25. Ashurst Circuit 25 course.

Mel Robertson 59.56, Simon Letts 1.2.47, Peter Logan 1.8.02, Robert Downham 1.11.36 and debut '25' for Paul Ansell 1.12.32. Mel second prize in the vets.

8<sup>th</sup> August Anerley B.C 50. This on the Broadbridge Heath x 2 course incorporated the Surrey/Sussex Veteran's Championship. It also counted for the Southern Counties C.U BAR.

Mel Robertson had double the incentive to do well and he did not slip up. With an excellent actual of 1.59.56 he got himself a nice '50' time for the BAR and his age standard ensured that the 'Aldershot' Cup will rest on his trophy table for the next year. Congratulations on a fine ride. Nathan Gale also finished this one, getting back to the timekeeper on 2.13.10.

15<sup>th</sup> August The Eastbourne Rovers 25 on the A22 course in East Sussex attracted five from the Excelsior. Mel was outside his usual best with 1.00.09 but it was still a 'top' vet ride. Carl Trevis did well for a '25' debut coming home in

1.3.01. Kevin Doe 1.8.41, Peter Logan 1.8.41 and Robert Downham 1.12.34 were our other riders.

15<sup>th</sup> August Can a 12 hour come under 'Miscellaneous'? Well we certainly can't leave it out that's for sure. The National 12 Championship was held this year on Merseyside so not likely to attract anyone from the South Coast, well you're wrong, it attracted Stuart Jago. Just part of his training schedule for 2010, it turned out to provide an excellent P.B adding another 6 miles to his debut 2009 effort. 231 miles and 30<sup>th</sup> place on a windy day that saw a number of abandonments. A great ride. We noted his '50' time 2.21.57 and '100' time of 4.48.49, serious times.

11<sup>th</sup> September East Sussex 10m. Mel Robertson led a number of WECC riders. It was a very hard morning. Mel managed 23.30 and was 2<sup>nd</sup> in Veteran's category. Carl Trevis 24.24, Clive Lett 26.24, Peter Logan 27.26 and Nicole Patterson 28.30 were the others.

12<sup>th</sup> September East Sussex 25. The second part of the ESCA weekend.

Today we just had Mel who this time got 1<sup>st</sup> vet with 59.49 and Carl 1.01.45 an excellent P.B and without tri-bars. We await the sub hour ride that must come soon. Mel also picked up the 'combined' events award. Another 'nice little earner!'

19<sup>th</sup> September V.T.T.A 25. Over on the East Sussex course again but this time led by Jeremy Wootton who turned in a fine 58.46. Mel just outside the hour 1.00.16 was relegated to 3<sup>rd</sup> vet, and Peter Logan 1.07.53.



JEREMY and ANOTHER P.B

*Back from another trip up to Marlow and the H25/2 for the West London C.A*  
*25 (1<sup>st</sup> August)*

*Last October's visit saw a 55.48 with the event won by Steve Dennis with 50.11, I updated my 25 earlier this year and trimmed 3 seconds off on the A3 at the Team Axion event where the highlight was being caught at the turn (18 miles) for 4 minutes.*

*Quite a surprise to do a 55.45 and get caught  $\frac{3}{4}$  of the way round! Anyway it was the eventual winner Kevin Nye who did a long 49.*

*Back to today, early start, 4.30am to walk the dogs round Goring Gap and then off. Marlow is a good 90 miles from Worthing and one of the benefits of being so far inland is the overnight calm conditions last much longer than they do down on the coast. You do notice it when it's just the same coming back as it was going out to the turn.*

Anyway it's a fast start on the A404, but it's not all downhill to the A4 with some reasonable drags quite similar to the A24 north of Findon roundabout past Windlesham School. The A4 is surely a training ground for road diggers/repairers, the surface is far from smooth and all the way to the turn and back the single carriageway is a challenge to find a decent surface. I felt like I lost my focus on



*the way back between mile 15 and 20, however, since getting home a look at the data from the SRM power meter suggests that this was not actually the case, the speed may have been down for that section but the power output was still there and it was slow because of the surface and gradient.*

*Back on the A404 and a decent surface I passed the chequered flag with 54.46 on the clock, 59 seconds off the current P.B.*

Winner was off 4 minutes behind me, but this time a 51.26 for Adam Topham of High Wycombe was not enough to catch me.

*I think I placed 9<sup>th</sup> with 96 names on the start sheet.*

*Jeremy Wootton*



# EUROPEAN TRIATHLON CHAMPIONSHIPS – ATHLONE 2010

*I had a brilliant time in Athlone in central Ireland at the beginning of July competing in the European Triathlon Championships as part of the GB age group team. On Sunday 4<sup>th</sup> it was the Standard distance race and I competed in the W50-54 age group. A couple of other friends from Steyning were also competing that day.*

**Where to begin?** Athlone was a beautiful venue for the race and the hospitality and friendliness we encountered were second to none. The race was based in the town centre with the Army Barracks as the main focus for the event with transition set up in the middle of the parade ground. Security was tight as you can imagine and the bikes were guarded by soldiers with guns! The swim was in the River Shannon (the longest river in Ireland for those who don't know that), the bike course was an out and back course on fabulous wide closed roads, and the run was a multi-lap technical course right in the heart of the town which made for great party atmosphere and support from the crowds. The only thing which didn't work in our favour was the weather. We had all come from the hot and dry conditions in South East England and it was like stepping into a whole different climatic zone. On Saturday it was wet and windy, and on Sunday it was wetter and windier! In fact it was so windy that they banned disc wheels on race morning so loads of athletes were scrabbling around trying to borrow wheels at the last minute.

**The Race:** *I can't begin to describe the conditions adequately. The wind was so strong that the banners all blew off the barriers in the town and slates blew off the roof of Athlone Castle (causing the re-routing of the elite men's race in the afternoon). When we started the swim it was raining (which was OK for us in the water but the spectators got cold and wet). I had a reasonable swim and ran the long blue-carpeted route into transition in the Barracks to find my bike (my beloved Storck).*

Once out on the bike course it was a case of head down into the wind. It was so slow on the outward route (headwind all the way for 12.5 miles) but then truly amazing on the return to town (30mph on the flat sometimes!!!). But I survived, did a good running dismount off the bike and then was nearly knocked off my feet while running into transition by a gust of wind blowing my bike across

*in front of me. I struggled round the 4 lap hilly run course in Athlone town centre, trying to chase down a fellow W50-54 competitor who was half a lap in front of me at the start of the run. I almost made it but missed out on the silver medal by one second! However I won a bronze medal for my efforts in the W50-54 age group. Such an atmosphere, despite the weather, and we were all really boosted by the crowds and support shown by all the spectators.*

*If you're interested, full results can be found on*

*[http://www.triathlon.org/results/program\\_results/2010\\_athlone\\_etu\\_triathlon\\_european\\_championships/1551/](http://www.triathlon.org/results/program_results/2010_athlone_etu_triathlon_european_championships/1551/)*

**Memories:** *It was a brilliant event, and we have loads of tales to tell. The Guinness was better than I remembered, the town was colourful and friendly and beautiful, the sun shone occasionally and the rain was a reminder of what weather CAN be like. The GB team spirit was great but the most amazing thing was the welcome that all the competitors had from the people of Athlone. We took over their town for 4 days, disrupted the traffic, closed the roads, filled the pubs and restaurants, clogged the streets, and everyone was happy to be part of it. The elite races were a pleasure to watch also and the sight of young Alistair Brownlee winning in such good style was something we'll all remember.*

*Roll on next year's Europeans in Pontevedra, Spain on the last weekend in June.*

*Joan Lennon*

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YEEEEHAAAA!

(Finally a sub 21 minute 10 mile TT)

This morning (7th August) the Editor had posted the August issue of the Worthing Wheel through my letter box whilst I was out on my Saturday morning chores (visiting Worthing's bike shops!). A few comments from the Editor in the magazine noted that the sub 21 minute was still eluding me. I do not need reminding thank you!

As I drove to Liss near Petersfield for the Velocity Bikes 10 TT on the P881 for my 6.28pm Saturday evening start time I kept thinking about this season's 10 TT's. I'd gone from 21.31 at the start of the season to 21.04 with about 3 or 4 P.B's in between, when the W.E.C.C evening 10 series closed. I was starting to think I'd have to wait until next season to get into the sub 21 minute bracket.

The Editor's comments were starting to get to me. Whilst all this was going on, a group of friends had converged on Worthing for a couple of days windsurfing and needless to say the 'Worthing Effect' was delivering the goods (Google this topic for other forums where there's frantic debate on the subject of our localised south westerly winds). From a tester's perspective this looked like an evening to be sat inside (if not windsurfing) rather than thrashing it up and down the A3 chasing a P.B.

I decided to extend my normal warm up to 40 minutes (nothing to do with last nights curry/beers with my windsurfing chums), which enabled me to experience a variety of weather conditions from warm sunshine to heavy rain!

Arriving at the start line, the skies cleared and it's up and down the A3 for 10 miles, The course record is 19.01 care of Dr Hutch. Waiting for the off, with a minute to go a passing finishing rider commented that he thought it was a quick evening, and so it was!

20 minutes and 52 seconds was, at last, my elusive sub 21 minute ride!

Sounds easy, it wasn't, within seconds of starting, I needed to get my average speed up around 46kmh, and this was the focus of the whole ride. Riding with SRM power cranks keeps the focus on the effort and also having a bike computer tell you what the average speed is means that you know how you are going.

The course is fast, but it features drags where you have to keep the gear going, back off and your ride is over, the drags are similar to what we experience on the A24, not too tough but a place to lose time.

Back at the HQ looking at the results I heard the eventual winner Chris Ball (19 mins 15 seconds) comment on the course "there were no gifts out there". Yes, conditions were good. Yes, this is up and down a dual carriageway with a reasonable surface. However, I had to get the average speed on the bike computer to over 46kmh to know I stood a chance of recording a sub 21 ride. The course is not like our regular evening 10 course, it actually gains 10mtrs height over its length, not a lot, but still a feature.

There were 4 sub 20 minute rides! I finished 11th equal with the rider who started a minute behind me! Last Sunday I made 9th with my P.B for 25 miles, clearly I need to try harder with the 10's.

Jeremy Wootton

P.S Don't stop there Jeremy. Club record is 20.50 - - -Ouch!

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## HARDRIDERS CHAMPIONSHIP 29<sup>th</sup> August

Is it too late in the season or is it too hard? Whatever the reason, this event does not get good support. Eleven entries but only 8 starters is disappointing. The 26 mile course from Pulborough – up Bury Hill, down to Slindon along the A27 to Arundel going back via the climb to Whiteways, is certainly a tough one, but it's the same for everyone so why so few riders?

Mel Robertson having set up his tea-bar and done a quick warm up, then rode the course in 1 hour 9 minutes and 11 seconds. "Pretty rapid" thought Mark Bernhardt, who made second but trailed by 3 minutes. Paul Outhwaite who has managed only a few time trials this season showed his strength to take third.

John Marshall, a new member to the club this year and with little experience was to produce, perhaps the best ride of the morning, making the handicap look silly.



Next year give this one a go, see what you can do, it might be a hard one, but it's certainly not boringly flat and dual carriageway.

### Full Result

|    |                | <u>Actual Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|----|----------------|--------------------|--------------|-------------------|
| 1. | Mel Roberton   | 1.09.11            | 1.20         | 1.07.51           |
| 2. | Mark Bernhardt | 1.12.17            | 3.00         | 1.09.17           |
| 3. | Paul Outhwaite | 1.12.55            | 4.00         | 1.08.55           |
| 4. | John Marshall  | 1.15.03            | 13.00        | 1.02.03           |
| 5. | Nathan Gale    | 1.15.07            | 8.00         | 1.07.07           |
| 6. | Chris Putnam   | 1.16.40            | 12.00        | 1.04.40           |
| 7. | Kevin Doe      | 1.21.32            | 11.00        | 1.10.32           |
| 8. | John Baldwin   | 1.25.19            | 15.30        | 1.09.49           |

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IRONMAN SWITZERLAND 2010

After watching Nic complete Ironman UK in 2009 I was inspired (she did a great time) and as such she suggested I have a go at a low key event and recommended her home triathlon on the Isle of Wight. I entered and began running and swimming on top of a solid biking background. I raced in the colours of my cycling Club Worthing Excelsior. I did ok and looked at races for 2010.

Scanning the Ironman website I noticed that Ironman Switzerland 2010 only had 100 places left. My finger hovered over the "enter" icon for a few minutes before I took the plunge.

After making the commitment Nic and I joined Tuff Fitty to put some structure around our training and pick the brains of other triathletes. I trained hard over the winter which saw my terrible swimming improve in leaps and bounds....shame the cycling and running didn't go the same way! Nic and I did loads of club runs with Worthing Excelsior often adding extra miles after the ride. As the sportive season began we entered events almost every weekend and I think we did 12 100 mile plus sportives and time trials before Switzerland...in fact we got bored with them! In addition I did Winchester and Steyning Triathlons, and Weymouth Half Ironman.

Eventually July ticked around....those 10 months since the West Wight triathlon went by really fast, in fact we had a really busy year as Nic and I moved in together, I got promoted and completed my masters degree all worked round the IM training.

I finished work about a week before race day and did my best to taper (Nic still doesn't think I did!). We packed the camping equipment into the car and left for Zurich the Wednesday before race day. We arrived late that evening but at the wrong campsite! We got directions to the right one and put the tent up in the dark whilst getting eaten by mossies! We relocated the tent the following day in 35 degree heat - not fun! The following day the weather broke

thank goodness and the rain began. It rained almost continuously until race day but the tent held up!

We went down to registration on Friday and had a look round the expo. Registration was efficient and quick and the goody bag excellent, though not quite worth the £360 entry fee on its own! The expo was massive but was ruined by the rain!

Saturday was bike racking and this was equally efficient. Though time slots were allocated this went out of the window and we queued for a short time before having our photo taken with our bike and race number for security reasons - a great and simple idea. We were given a bike poncho (big plastic bag) and I nervously got my kit sorted. It was a bit crowded but I had a brilliant place near a big tree - great reference point for me with my terrible eyesight! The crowding wasn't helped by the French guy who didn't fancy racking his bike where he was supposed to (I moved it back after he left!) or the American guy who thought his number was 2279 (i.e. mine) rather than 2297! (I pointed out his error).

I had a massive plate of pasta a cake and a coffee at the pasta party - Nic made me eat it all though I didn't really want it! We went back to the campsite for an early night. I don't normally get too nervous but I was really worried about the distance, and the money I had spent to enter and get us to Zurich and ultimately would I get round without ending up on a drip!

We made our way down to the start and did my preparation. I've grown to enjoy the whole triathlon camaraderie thing that you get in transition when getting ready for a race, but this was on a different scale.....all those different nations, expensive bikes and cheering fans....I felt like a bit of a star!.....after all what other sport can you compete against the top pros on the same course on the same day....awesome!

I got in to my wetsuit, Nic kissed me and wished me good luck and I made my way to the lake edge, the water was beautiful, warm and clear....in fact it was almost a non wetsuit swim. The gun went off, I had decided to hang at the back but everyone else had the same idea and it was a real punch-up. I got fed up with being punched and kicked so decided to give as good as I got!

IM Zurich is a 2 lap swim and the athletes have to get out of the water at the end of the first lap, run across an island then dive back in, it all went well apart from me punching a rock getting out of the water and cutting my hand...one of the helpers even undid the top of my wetsuit as I got out.. I did the 3.8k swim in 1hr 23 mins...I was chuffed as I thought 90 minutes would be a good time.

I got through transition pretty quick and out onto the bike. The course was brilliant, flat along the lake side then up into the hills on the far side of Lake Zurich. The countryside was amazing, very well manicured but boy! was it hilly?! I had taken my time trial bike thinking that any climbing would not be too sustained and as I like to think of the bike as my strong point I would get around ok. How wrong was I! Heart Break Hill near transition was like the Tour de France, massive crowds going crazy, very steep but short enough to power over. The Beast was just that, a long climb about 5-6kms long and very steep again. Both these were featured on the route map but the climb from Egg up to Forch was not. It was a

real grind about 10kms long and came very quickly after The Beast. What was really great were the crowds cheering us all on and the feed stations. These were all manned by volunteers, some of them pretty young, but they were all well trained in handing up water, energy drink, coke, energy bars, gels and bananas. I managed to take a bar, a banana, a gel and an energy drink at one station without stopping! On the first ascent of Heart Break Hill the crowds were going crazy and I could hear Nic going nuts cheering me on.....just could not pick her out in the crowd! My ride was pretty uneventful really after that. I got round pretty comfortably but 17 minutes outside my 6 hour target for the 112 miles.

Again a smooth transition (including a wee!) and onto the run. By this time it was getting hot so I stuck to gels and water. The feed stations were brilliant again with savoury food added to the menu. The Zurich IM marathon is 4 laps with a coloured wrist band to be collected each lap. As I started my run there were athletes who already had 3 bands.....boy did I hate those people! As a result of a hip injury earlier in the year the longest run I had done was 17 miles so that combined with my lack of triathlon experience meant that I was pretty unsure about pacing. I did the first lap in 56 minutes then just went slower and slower.

A top tip I picked up was to take a loved one with you if you do an Ironman, the sight of a friendly face in the crowd cheering you on is worth a bucket full of EPO. Nic smiled and cheered wildly every time I passed her... a real boost to morale.

As the temperature rose so the number of runners in distress increased. Some folks were in a really bad way and it just brings it home that Ironman is something not to be taken lightly. As I got into the second half of the 3rd lap my knees started to hurt badly the result I think of an old cycling injury. As a result I was forced to walk the aid stations until the last lap consequently losing more time. As I passed the turn into the finish (this is torture as you can hear the faster athletes being announced as they finish just feet away!) on my last lap I realized that despite the support from the crowds, particularly the Brits, my sub 12 hour dream was gone. I kept it steady to the far turn then upped the pace for a good finish. I even managed a sprint (sort of) to cross the line in 12hours and 12mins.

After going a bit wobbly after the finish they gave me my medal and Nic gave me a hug and kiss. I had done it ..I was an Ironman! (this meant that friends Chris and Leanne –both Ironmen, would now talk to me!) All in all a brilliant day, after I got my medal I had another massive plate of pasta followed by yoghurt washed down with a cold beer. I then picked up my change of clothes and had a hot shower in the athletes' village; I got my finishers T-shirt and certificate complete with split times and met Nic outside. As we went off to transition to collect my bike and kit...I was glowing. We made our way back to the car, me doing the IM shuffle and cheered on those still running. We stopped for a great pizza on the way back then back to the tent where I slept like the dead!

2 days later we were in Provence and Nic was cycling up Mt Ventoux.....a great way to finish our Ironman adventure.

To anyone thinking of having a go at Ironman Switzerland it is a brilliant event, well organised, 2010 was its 15th year, with great support. There were 500 Brits in the field and this was reflected in the support from the road side. Your race number has your name on it with the flag of national origin which really helps with

support, plus you know who you can chat to on the run! Switzerland was my 5th triathlon and I have been well and truly bitten by the bug. I want to have a go at Antwerp 70.3 or the Alpe d Huez triathlons next year then maybe enter Challenge Roth in 2012.....bring it on! Thanks to all the guys at Worthing Excelsior for their encouragement and company (particularly last winter) whilst out bike training and all the guys and girls at Tuff Fitty for their encouragement and good company whilst swim training.....and to Nicole for her love and support and for putting up with me!

One last thing, if you do enter IM Switzerland take your road bike!

Clive Lett

Noted on the Internet: Clive was 1280th of 1873 finishers and 166th of 250 in his 45/49 age group. 8km swim 1.23.32. 180km bike ride 6.17.58 and 42.2 km run 4.23.42. Now we make it about 7 minutes in transition - - - why so long?

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### WHEN 4 SECONDS IS CLOSE

Jeremy Wootton speeds on into the last weeks of a very rapid year with another great 25 ride. To quote:

*"Today I rode the Southern Counties C.U 25 on the G25/93 (Broadbridge Heath course). I was off no 115 with the ultra fast Steve Dennis East Grinstead C.C off no 120, simple challenge, hold off Mr Dennis! At the southern end of Southwater by pass (21 miles approx) it was looking very close. I'd had the previous good looks at Steve, but these were at the Crawley top end of the course. With only a handful of miles to go it was looking close. I decided not to look behind and concentrate on going forwards! Net result: Steve won the event with a 50.38, I finished with 55.34 for 7<sup>th</sup> place and my second fastest 25 T.T ever!"*

The 25 referred to was on 5<sup>th</sup> September. A number of W.E.C.C riders had opted to ride the Bognor 25 on the Fontwell course on the same day. They thought perhaps that it was a faster course, but oh dear, that part of West Sussex was treated to a deluge of such proportions that the event had to be cancelled for safety reasons. That's the way the cookie crumbles, as they say.

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PLEASE BE DISCREET

A property owner has contacted the Club after a member was seen on CCTV using his garden as a toilet. You would not appreciate this happening to you and we do not want the Club to be brought into disrepute in this way.

The particular incident has been dealt with and while the gentleman is able to identify the culprit, he isn't doing so. While the club have made no effort to specifically identify the individual, all those present at the event have received the same letter from the committee and in this way the matter is hopefully resolved without embarrassment.

The area involved will not be used as an event HQ area in the future.

A second complaint arose from the general public at the Lewes Grand Prix on 3rd October. Two incidents were reported and one was a Worthing member who made an immediate apology direct to the organiser.

We can all get taken short out in the country and prior to events, but please do have regard for property owners and the general public at all times. We do not want cycling to obtain a bad image and if these incidents were reported to higher authorities, we could easily lose the use of Village Hall facilities (as in the Lewes event) or be prevented from us using courses altogether.

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### A DAY OUT IN KENT The Kent C.A 12 hour 5<sup>th</sup> September

Stuart Jago had the experience of a good debut ride at this distance in this event in 2009. He, almost immediately, set about persuading others to ride it in 2010. For “others” we can now read “Mark Bernhardt and Nathan Gale”.

During the season and throughout the early months of 2010 Stuart was devoting great efforts in amassing lots of leg miles. His 7 hour training runs sounded more like a ‘Bradley Wiggins’ schedule. They were however to have side bonuses, for his standard distance P.B’s from 25 to 100 tumbled as the season wore on.

Particularly Mark was drawn into some of these long runs and he noted the strength and stamina that Stuart was developing. Such was his determination to improve on last years 225 that he entered the National 12 hour up on Merseyside. On a windy day he knocked his P.B up to 231.

The three riders for what now constituted the Club 12 hour championship were now committed, entries posted and all arrangements made. Nathan seemed to be a bit negative as to his chances, he’d not been able to devote so much time to his training and apart from ‘trying to finish’ and ‘making up the team’ did not seem to consider that something more than 200 was on for him. Mark was at all times apprehensive. Always seeking advice and worrying over detail, but he knew he had good ‘100’ form and while being cautious was keen to talk on more ambitious schedules. Stuart was on another P.B mission. After the National his schedule was upgraded.

The Kent ‘12’ is well organised and uses roads to the south of Ashford down to Romney Marsh. Some main road but a lot of country lanes. The early circuits flat but exposed to the wind. The later circuits a bit hillier but reasonably sheltered.

Our three were drawn close together in the starting order. Stuart (14) Mark (18) and Nathan (22). Helpful during the first few hours for the helpers but as things developed so schedule forecasts and prospects changed. Mark, wisely keeping off the Big Gear was still rapidly drawing in Stuart. In a couple of hours he was past and was soon pulling away. Nathan looked OK and was surely happy to find himself well up on a 220 schedule that had been pressed upon him. Stuart though seemed unable to raise a gallop or even a canter, there was, he said, “Nothing in his legs”.

Around the six hour mark Nathan had sagged badly and was said to be contemplating abandonment. His helpers thought otherwise and he was kept in motion. Stuart struggled unhappily on. He had got the others into this, he was the one with the experience, and he was not performing. One thing though was always clear - - - "I'm here to finish". Mark B was now racing, he was knocking back both time and miles, his schedule was looking good and the adrenaline was defeating tiredness. At one point he called out that he didn't know how he'd got so far. His lovely helpers, 'feeling' fellows that they were, urged him on.

Stuart caught now by Nathan saw him also ride away into the distance and on to the finishing circuit. Nathan looked like he was just enjoying a brisk training run.

Mark beat his schedule by nearly 7 miles and recorded the best W.E.C.C 12 hour time since 1996 of 236.744 miles. Nathan by the end had come close to his 'imposed' schedule and his 219.240 was a good debut effort. Stuart managed a smile and was warm with his congratulations but it was undoubtedly a disappointing day. Maybe the National was too close, one thing for sure they'll all be back again we're certain.

### RESULT

|                 |                |         |                |                        |
|-----------------|----------------|---------|----------------|------------------------|
| 1 <sup>st</sup> | Mark Bernhardt | 236.744 | H'cap 5 miles  | H'cap Distance 241.744 |
| 2 <sup>nd</sup> | Nathan Gale    | 219.240 | H'cap 18 miles | H'cap Distance 237.240 |
| 3 <sup>rd</sup> | Stuart Jago    | 214.734 | H'cap Scr      | H'cap Distance 214.734 |

In the K.C.A event in a field of 54 they achieved the very respectable positions of 13<sup>th</sup>, 19<sup>th</sup> and 23<sup>rd</sup>.

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EVENING 10 SERIES 2010

"Excellent" is maybe used too easily, but it fits comfortably with this series. Good competition, good attendances from club and guest riders, on the whole good conditions, some very rapid times, no breaks for road works and, of course, the usual first class organisation.

Twenty five qualifiers, 16 others and while the very top looks familiar other new names creep higher into the reckoning.

Congratulations to Jeremy, unbeaten in his nine rides with really good times as well. Not only top of the result but best veteran on standard as well with a super plus of 5 minutes 18 seconds. Ladies winner was Joan Lennon who scored a number of P.B's on the way. Junior best and 8th overall, Lewis Norris. What will he do with the new time trial bike we wonder.

<u>Pos</u>	<u>Name</u>	<u>Points</u>	<u>Pos</u>	<u>Name</u>	<u>Points</u>
1.	Jeremy Wootton	6	7.	Nathan Gale	33
2.	Mark Bernhardt	8	8.	Lewis Norris	34
3.	Chris Twine	11	9.	Carl Trevis	36
4.	Ed Klose	19	10.	Kevin Doe	38
5.	Stuart Jago	25	11.	Chris Putnam	43
6.	Tom Coulson	30	12.	Peter Logan	47

12.	Robert Downham	47	18.	Phil Frean	75
14.	Tony Knott	51	19.	Ben Toovey	77
15.	Phil Walker	59	20.	Joan Lennon	88
16.	James Nelson	61	21.	Graeme Gill	90
17.	Lee Barber	68	22.	John Lucas	92

Such it seems is the way of time trialling that the 'Old'uns' keep on going. 15 of the 22 qualifiers were over 40. They at least might like to have the following details.

1 st	Jeremy Wootton	+ 5.19	9 th	Phil Frean	+ 1.24
2 nd	Stuart Jago	+ 4.45	10 th	Tony Knott	+ 1.15
3 rd	Mark Bernhardt	+ 4.39	11 th	Ben Toovey	+ 1.09
4 th	Peter Logan	+ 3.37	12 th	Robert Downham	+ 0.25
5 th	Kevin Doe	+ 3.07	13 th	Phil Walker	+ 0.08
6 th	John Lucas	+ 3.04	14 th	Graeme Gill	- 0.09
7 th	Joan Lennon	+ 2.36	15 th	Lee Barber	- 0.23
8 th	Chris Putnam	+ 2.11			

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### WASHINGTON HILL CLIMB SERIES

This was the best entry of the three years since introduction. Eighteen qualified and Carl Trevis emerged as our new anti-gravity specialist.

The aggregate of the two best placings from the three events gave the following result.

| <u>Pos</u> | <u>Name</u>    | <u>Points</u> | <u>Pos</u> | <u>Name</u>    | <u>Points</u> |
|------------|----------------|---------------|------------|----------------|---------------|
| 1.         | Carl Trevis    | 2             | 9.         | Tony Knott     | 18            |
| 2.         | Chris Twine    | 4             | 11.        | Nathan Gale    | 19            |
| 3.         | Lewis Norris   | 5             | 12.        | Peter Logan    | 21            |
| 4.         | Mark Bernhardt | 7             | 13.        | Ben Toovey     | 23            |
| 5.         | Tom Coulson    | 10            | 14.        | Phil Frean     | 24            |
| 6.         | Chris Putnam   | 11            | 14.        | Lee Barber     | 24            |
| 7.         | Mel Roberton   | 12            | 16.        | Robert Downham | 26            |
| 8.         | James Nelson   | 13            | 16.        | Joan Lennon    | 26            |
| 9.         | Chris Day      | 18            | 18.        | Graeme Gill    | 34            |

Awards: 1<sup>st</sup> Carl Trevis: 2<sup>nd</sup> Chris Twine: 3<sup>rd</sup> Lewis Norris

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2010 SPOCO (Sporting Courses Competition)

The total aggregate of points scored in the following club events (1) Long Furlong. (2) 25 mile. (3) Pulborough Circuit. (4) Washington Hill Climb Series. (5) Hardriders. Despite having to keep the kettle on the boil Mel Roberton still manages to romp round these events. It's only possible to score 100 so 93 is

pretty impressive. He was, incidentally the only rider to complete all the events, apart from third place Nathan Gale.

<u>Pos</u>	<u>Name</u>	<u>Points</u>	<u>Pos</u>	<u>Name</u>	<u>Points</u>
1.	Mel Roberton	93	16.	Chris Day	24
2.	Mark Bernhardt	72	16.	John Marshall	24
3.	Nathan Gale	69	18.	Tony Knott	20
4.	Jeremy Wootton	58	18.	Carl Trevis	20
5.	Kevin Doe	56	20.	Paul Outhwaite	18
6.	Ed Klose	52	21.	Ben Toovey	17
7.	Lewis Norris	51	22.	Stuart Jago	16
8.	Peter Logan	46	23.	Lee Barber	14
9.	Tom Coulson	42	24.	James Nelson	13
10.	Chris Putnam	40	24.	John Baldwin	13
11.	Chris Twine	34	26.	Diana Trafford	12
12.	Phil Walker	29	27.	Nicole Patterson	8
13.	Robert Downham	28	27.	Graeme Gill	8
14.	Mark Newnham	27	29.	Phil Freaan	7
15.	Joan Lennon	26			

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### HANDICAP POINTS COMPETITION (Club Events)

All the handicap placings are totted up and the lowest total wins. Those not competing an event score 2 points more than the last handicap placing.

#### RESULT (Top 20 only)

| <u>Pos</u> | <u>Name</u>    | <u>Points</u> | <u>Pos</u> | <u>Name</u>      | <u>Points</u> |
|------------|----------------|---------------|------------|------------------|---------------|
| 1.         | Mel Roberton   | 56            | 11.        | Ed Klose         | 99            |
| 1.         | Nathan Gale    | 56            | 11.        | Lewis Norris     | 99            |
| 3.         | Kevin Doe      | 61            | 13.        | Diana Trafford   | 100           |
| 4.         | Mark Bernhardt | 70            | 14.        | Chris Twine      | 103           |
| 5.         | Robert Downham | 72            | 15.        | Tom Coulson      | 110           |
| 6.         | Peter Logan    | 73            | 16.        | Chris Day        | 111           |
| 7.         | Stuart Jago    | 74            | 16.        | John Baldwin     | 111           |
| 8.         | Jeremy Wootton | 79            | 16.        | Chris Putnam     | 111           |
| 9.         | Joan Lennon    | 82            | 19.        | Nicole Patterson | 113           |
| 10.        | Phil Walker    | 85            | 19.        | Lee Barber       | 113           |

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CLONMORE TROPHY – THE INTER-CLUB 25 (A Personal View)

Thanks for turning out and shouting at me, I really needed it. Can't say I felt up for it' when I got up to take the dogs out at 5.30a.m. On the turbo at 6.00 am

feeling full of cold and really not interested in doing anything other than getting a hot Lemsip and going back to bed!

Anyway, two thermal vests, a windproof gilet, leg and arm warmers along with overshoes and gloves meant that when I set out to warm up I was not going to get cold today! I rode out to Tangmere and thought it was marginally faster heading east, Rob Downham, one of the early starters was going well as he passed me.

Warm up over and off at 8.10, I like this course despite the Arundel turn, if you push, you can keep the gears going on the drags, I think I did a 56 last year on this course. Anyway, it did feel faster (only just) going east and as I started the 'climb' up from the river I knew the last leg out to Tangmere would hurt. Sadly this is where the effects of the cold/cough I'm enjoying took effect and the SRM data screen on my tri bars started to show the numbers dropping. My heart rate was up (average 162bpm) and normally this would have been all I'd rely on until I started training with a powermeter last season. However, despite the satisfactory heart rate, the SRM powermeter showed the watts dropping off and along with that the speed.

Back at HQ and a review of the powermeter showed the average power output was 34 watts down on what I recorded when I did my 25 pb in August and 72 watts down on the average for my 10 pb in the same month! I was delighted by the time keeper's generous decision to put my time the right side of a 59 by one second. I had it as a very short 59, so a 'sprinters' 58 was very satisfying.

My Garmin showed that the max elevation was 42 mtrs and the min 2 mtrs above sea level with a total elevation gain/loss of 90 mtrs!

Thanks again for shouting at me, it did keep me going, I really did want to pack heading back to Fontwell but decided a touch of 'man flu' would not look good on my palmares!

Well done for getting so many out to ride, it was great to see the road packed with WECC colours.

Well done to everyone who made the effort to ride on what was a testing and hard morning.

Jeremy



The 'Clonmore' Result was another virtual walkover for W.E.C.C. We finished 28 riders. Next best was just four riders from each of Bognor Regis C.C, Hants Road Club and Southdown Velo. They didn't even qualify a team of six.

Our riders were:	Jeremy Wootton	58.59
	Mel Roberton	59.57
	Chris Twine	1.01.17
	Carl Trevis	1.02.25
	Mark Bernhardt	1.02.29
	Lewis Norris	1.04.22

Team aggregate : 6 hours 9 mins 29 secs.

Supporting rides:

Simon Letts	1.04.39	Phil Walker	1.10.38
Stuart Jago	1.05.26	Ben Barden	1.11.48
Paul Outhwaite	1.06.31	Lee Barber	1.13.06
Neale Maloney	1.06.39	Nicole Patterson	1.13.29
Chris Putnam	1.07.04	Robert Downham	1.14.08
John Marshall	1.07.14	Tony Knott	1.14.18
Nathan Gale	1.07.30	John Baldwin	1.14.31
Gavin Baylis	1.08.04	Paul Ansell	1.14.36
Clive Lett	1.09.09	Joan Lennon	1.14.50
Phil Frean	1.09.15	James Nelson	1.21.55
Peter Logan	1.09.45	Graeme Gill	1.22.47

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### CLUB RUNS ATTENDANCE TROPHY

Well, that's it for the year to end of September and a new and clear winner has emerged in Tony Knott. He has led the way for most of the time drawing away from second placed Phil Walker in the last month, and leaving trophy holder, our Ed, well back in third place.

According to adjudicator Tony Palmer numbers are a bit down on 2009 but are still generally well attended. We now have two runs operating (easy and regular) with Mick Irons in charge so it will be interesting to see what effect that has on next year's figures.

We show below just those who scored 20 or more points.

|                |    |                |    |                  |    |
|----------------|----|----------------|----|------------------|----|
| Tony Knott     | 90 | Lee Barber     | 38 | Nicole Patterson | 28 |
| Phil Walker    | 76 | Phil Frean     | 36 | Graeme Gill      | 27 |
| Don Lock       | 69 | Kevin Doe      | 35 | Clive Lett       | 24 |
| Richard Klose  | 58 | James Nelson   | 32 | Stuart Jago      | 24 |
| John Baldwin   | 57 | Mike Irons     | 32 | Neale Maloney    | 24 |
| Rocco Sepe     | 51 | Peter Logan    | 31 | Giacomo Sepe     | 20 |
| Ken Newton     | 51 | Paul Outhwaite | 30 |                  |    |
| Robert Downham | 50 | Ed Klose       | 30 |                  |    |

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CLUB SECRETARY

Karl Robertson has been our Secretary for a good number of years including during the period of his illness. Now with a young family he is standing down from the AGM in February 2011. We therefore need a volunteer urgently.

It is not too time consuming, the General Committee meets monthly and the workload of Club management is shared around the various members of the Committee. Karl will be pleased to explain what he does and he will remain available after handover to assist in any way he can.

Can you help us? It is very important.

LEWES WANDERERS GRAND PRIX des GENTLEMEN

3rd October – Laughton

This is always a good event, well organised and a friendly almost social occasion. Although there's nothing sociable about the speed of some of the riders.

It has been ridden by our 'Ed' no less than 15 times in its' 22 year reign and he's been dragged around by various pacers. Andy Smith once, Richard Shipton 7 times, Peter Thorpe-Hincks twice, Tony Reeves twice, Jeremy Wootton once and Peter Logan once.

Don't wish your time away, but knocking up the birthdays does have some benefit, not least the age standard becomes more generous. Up until this recent event 'Ed' has finished 2nd once and 3rd seven times. Now, thanks to a brilliant ride by Clive Lett, he has been paced to an overall victory. A time of 46 mins 20 seconds is not the fastest he's recorded but that plus on the age standard was by far the best +14.38 being just six seconds too good for the Lewes pair of Peter Baker and Ian Landless. It was also nearly a minute better than 3rd placed Jeremy Wootton and Mel Roberton (+13.43). Jeremy and Mel though had ridden an overall fastest time of 42.08, almost exactly 25mph for a testing circuit on a decidedly breezy morning, but as Jeremy remarked 'Mel's not old enough!'

It was great to have so many Worthing riders and the success achieved was a real bonus. Backing up their male colleagues, Nicole Patterson paced Joan Lennon to a time of 51 minutes 55 seconds and to a 1st place in the Ladies category.

Phil Walker was accompanied by Ken Newton and finished in 48.54, while Robert Downham and Peter Logan clocked 49.47.

£220 on offer in the prize list and W.E.C.C won half (£110) not at all a bad morning's sport.

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### S.C.A/CLUB HILL CLIMB Steyning Bostal 2<sup>nd</sup> October

Mel Roberton organised this for the Association, received thirty entries and 24 of these made it to the top. The defending champion Peter Tadros of the In Gear Quickfit squad romped his way up to win by an impressive 14 seconds margin in 4 mins 13 secs. Carl Trevis, emerging as a real time trialling talent with strong hill climbing ability, improved 18 seconds on his 2009 effort to record 4 minutes 47 seconds and in finishing 6<sup>th</sup> overall was to win the Club trophy. Last year he was beaten by Ed Klose and Paul Outhwaite who did not ride this year. He did however improve on their times also. Second in the club was Junior Lewis Norris with an excellent 5 mins 01 secs, with Mark Bernhardt third at 5.16.

Other times were: Chris Twine 5.20, Chris Putnam 5.48 and Jeremy Wootton like last year rode on his mountain bike and looked fully equipped for an attempt at Everest. He clocked 6.48. We think he is coming round to the idea of making things easier though, this year he did not ride on a flat tyre!

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NEW MEMBERS

Matthew Bushby from the Durrington part of Worthing is 16 years of age and is very much enjoying his launch into the sport of cycling. He is presently studying at 6th Form College. He has expressed an aim of having a go at Time Trials and his riding abilities have already been shown on the Sunday morning club runs.

Also joining us is Joe Klose, son of Richard and brother of Ed. Joe is also 16 and at 6th Form and studying Art. (Perhaps some graphics or cartoons for the magazine?) Also expresses an interest in Time Trials and has had no problems on the club runs.

Welcome Matt and Joe, keep in touch and keep involved. Try to get up to the Clubroom on Tuesdays, if only for a half hour. It keeps you up with what's happening. Also early next year we will be having a time trial meeting and will be pleased to explain all you need to know. We could have a full Junior team again next year.

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## NEW FOREST DASH

Saturday 2<sup>nd</sup> October saw Clive Lett and Nicole Patterson down to Ringwood for the New Forest C.C '10'. Nicole aiming for the Ladies B.A.R did a good one, a PB of 28.13 and collected 2<sup>nd</sup> Lady award. Clive had entered but did not ride, saving himself for the Lewes G.P no doubt.

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TOURIST TRIAL 2010 The Organiser's view

In the past, I've been responsible for planning the Sussex Police response to a Chernobyl-style leak at Dungeness Power Station: how to deal with a nuclear attack from the Soviet Union; how to deal with a major aircraft/train crash; etc, etc, but I've never had to plan something important like a cycling event. I've always planned for disaster – never success. So, you can imagine my fear when Don Lock said that, as I wouldn't be able to ride the Tourist Trial 2010, I should plan it thus giving him an opportunity to participate.

The key, I am told, is a good imagination and a good map. Well I had the good map so that was a start. My imagination told me that, as I was new to the game, I should stick with the old format, but tweak it just a bit just so that the contestants had a bit of a new challenge.

I thought that Steyning would be a good place to start simply because of one thing that I wanted to include in the 'Observation' element of the competition. I had noticed on a previous Tourist Trial Don had organised that, if you followed a particular route through the town, you would pass by two bakers shops both of which were called 'The Model Bakers'. Anything involving cakes was of obvious interest, so the start was at the Steyning Centre and passed by the first bakers and into the High Street to pass the second.

From here it was easy to head off into the countryside up the Ashurst road, but my thoughts were sending me devious messages that riding on the road was probably too easy for our warriors and that there was a need for something a little more challenging. There is a bridleway off the Ashurst road that would take the riders over the river and directly into Henfield. Now I had never cycled that route before and I guessed that few of the competitors would have passed that way either. Definitely something to be explored.

Having crossed the River Adur and cycled into Henfield the riders would be in need of an urgent cup of tea. The closest picnic site on the map was just south of the bridge at Shermanbury so that is where it was planned to have that well deserved cuppa. While they were having a slurp of their good old 'rosie lee' they would have an opportunity to complete the question section of the observations test. This was a departure from the previous years when the whole route had been 'under' observation'.

They weren't going to get away with it that easy because this is where part two of the course came into play. Having supped their brew they were then presented with the route for the second part of the journey to challenge their map reading skills. There was no one to tell them whether they were right or not, but there was a sneaky 'control question' to see if they had completed the route satisfactorily. Not only that, there was a 'scavenger hunt' element where they got points for collecting things like 'a leaf from the Sussex Weed' – the Oak tree to you and me; an envelope; three feathers; a button; something with Made in England on it; or an autograph.

The new route sent them from Shermanbury along another bridle path through Wineham, Warninglid, towards Mannings Heath before following a gentle descent to the pub.

And, when they finally go to the pub – and the finish has to be a pub 'cos that's the rules – there were a series of questions to be answered that reflected topics related to cycling, map reading or Sussex. Now how many people know what a 'Sussex Charmer' is, or where to find a 'Zulu Hole' in Henfield, or what a red triangle means on an Ordnance Survey map. This is where the points were going to be won or lost.

Well everything was neatly planned. And then the first problem was that I discovered that not all editions of the Ordnance Survey maps are the same and that some editions of the same area were different. So back to the drawing board and kick out a few clues and directions.

Hey ho! Everything sorted and then my surgeon called me in for a new hip so that meant there was going to be no Tourist Trial, or that someone would have to surrender their place on the start line. Into the breach stepped Tony Palmer – Mr President – who, now back on the bike, had wanted to confirm his supremacy at this event. I am grateful that he did!

My spies have told me that it was a glorious day for a bike ride and that competition was fierce with deep psychology coming into play. I'm sure that Andrew Lock's arrival with a bold 'Hello everyone – the winner's here!' put fear into the hearts of some competitors. The defending champion speaks!

that we still have a Peugeot frame complete with chainset, headset, saddle pin, pedals and bottle cage. Frame size 54cm. Anyone interested contact Don. We reckon £25 and it would be good for training.

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### CHAIN GANG The Birds were there first!

The guy up front pushes the pace, then the next one comes through and the group are in constantly changing mode. The ride is faster like this. It's a fact. But how about this extracted from an RSPB magazine:

*"Geese have a good reason for adopting a 'V' formation in flight. Each goose leaves a wake of swirling air behind it, giving a lift to the bird behind. After a while the leader drops back, allowing another bird to take its turn. Experienced flyers do most of the work. Scientists have shown that birds in 'V' formation can fly 70% further than one bird flying alone".*

It is however important to understand that a 'V' formation down the A24 would probably not be a good idea. Still there's a lot to be learned from Nature.

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THE LONG AWAITED RETURN OF THE 24 HOUR TO SUSSEX!

This new 24 Hour Time Trial for Men and Women will be promoted by the EAST SUSSEX CYCLING ASSOCIATION, and heralds the return of this long distance event to Southern roads for the first time this Century.

The event is planned for Saturday and Sunday 25/26th June 2011, subject to final approval of the London South District Council of Cycling Time Trials, under whose Rules and Regulations the event will be run.

The week-end chosen is that used, for fifty odd years, by the Catford Cycling Club for their famous '24' in Surrey and Sussex when many epic battles were fought out on the roads of the South. Sadly, the Catford event ceased in 1975.

On this occasion, however, the intention is for the event to start in East Sussex at noon on the Saturday, with the first twelve hours or so using County roads, culminating with riders moving across to the roads of West Sussex for most of the hours of darkness, returning to East Sussex, for the final few hours of the event.

The event HQ will be at Berwick Village Hall and adjoining field for car parking etc – this ideal site being only 300 yards or so from Berwick mainline railway station, with adjacent Berwick Inn and handy garage.

This new '24' also coincides with the year of the next Paris-Brest-Paris event and should appeal to potential Audax UK riders to test their ability and prowess in the East Sussex C.A promotion beforehand.

For more information and to register your interest in this forthcoming '24' contact either:

Mike Hayler, 'Arosa' 44 Parkway, Ratton, Eastbourne, East Sussex BN20 9DX
Tel: 01323 505130 or:

Esther Carpenter, 10 Maplehurst Road, Baldslow, St Leonards-on-Sea
East Sussex TN37 7NA Tel: 01424 7515810
E'mail: esthercarpenter@rocketmail.com

For the make-up of a team from Worthing Excelsior C.C contact Stuart Jago who will, we have no doubt, be arranging long distance training runs and longer distance Time Trials. Our 'Ed' will be pleased to share his 24 hour experiences and assist in any way he can and very much hopes to be present and assisting throughout the event.

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### CLUB CLOTHING

Stock in hand and new order due by end of November. This will be the last before the VAT increase due next year.

£38 Road Jerseys (short sleeve) 2 medium, 3 large, 3 extra large  
£41 Road Jerseys (long sleeve) 2 medium, 2 large, 1 extra large  
£42 Training Tops 2 medium, 3 large, 3 extra large  
£44 Bib shorts 3 small, 2 medium, 3 large, 3 extra large  
£55 Skin Suits (short sleeve) 1 medium, 1 large, 1 extra large  
£43 Bib Longs 3 medium, 3 large, 2 extra large  
£52 Windtex Tops 1 large, 1 extra large  
£34 Gilets 1 medium, 2 large, 2 extra large  
£43 Packables 3 medium, 3 large, 3 extra large

The 'Packable' is an extremely lightweight, long sleeve, full zip top with three pockets at the rear. It folds up so small it will easily go in your pocket. It is chill and showerproof.

Contact Don (01903 531877) or in the Clubroom.

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In our next issue – probably in early February, in time for the AGM, we have an interesting article 'Rise of the Mammils'!!! Not to be missed. We also hope to include all the 2010 BAR tables. That would be Club, Senior, Veteran, Ladies and Junior. Also Sussex C.A BAR and SPOCO, East Sussex and Southern Counties.

We would hope also at that time let you have a detailed update on the plans for the Club Sportive promotion which is to be run in 2011 as a rehearsal for a bigger more grand event to commemorate the Club's 125th year in 2012.

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The magazine urgently requests action photos of W.E.C.C riders for use with future issues and for the Club scrapbook. Originals will be returned.





Clonmore Trophy Winners 2010 WECC



Graeme (Knees) Gill 2010 Tourist Champion





Clive Lett – Ironman Switzerland 2010