

FOUNDED 1887

AUGUST 2011

THE JOURNAL OF



THE WORTHING WHEEL



Jeremy Wootton
New Club 25 Mile Record 52mins 41secs



Chris Putnam, Joan Lennon, Robert Downham
and Mark Newnham practice the new 4-Up pin job!

WORTHING EXCELSIOR CYCLING CLUB

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



President & Runs/Touring Co-ordinator: Tony Palmer
23 Brentwood Crescent, Brighton BN1 7EU 01273 558597
(tony.wecc@virginmedia.com)

Chairman: Robert Downham 93 Chippers Rd, Worthing BN13 1DG
01903 268380
(rjdownham@btinternet.com)

Secretary: Adrian Palmer 46 Priory Road, Burgess Hill RH15 9HB
01444 244717
(adrianp.wecc@tiscali.co.uk)

Treasurer: Allan Langham 38 Lenhurst Way, Worthing BN13 1JL
01903 261058
(allan.langham@sky.com)

Club Coaches: Vern McClelland 31 Downland Rd, Upper Beeding BN44 3JS
01903 814351
(macbike2@googlemail.com)
Peter Eldridge 2 The Street, Clapham BN13 3UY
01903 871502

Club Events Secretary: Mel Robertson 30 Pines Avenue, Worthing BN14 9JQ
01903 214489
(melwecc@aol.com)

Social Secretary, Press & Magazine Editor: Don Lock
7 Welland Road, Worthing BN13 3LN 01903 531877
(dandmlock@ntlworld.com)

Membership Secretary: Mick Irons 36 Phroso Rd, Worthing BN11 5SL
01903 240280
(mickirons@btinternet.com)

Child Welfare Officer: Clive Lett

Website Manager: Paul Outhwaite (paul.outhwaite@ntlworld.com)
Website : WorthingExcelsior.co.uk

NEW BADGE

Just a word of thanks to the Club's talented artist Keith Dodman for the new and much more colourful club badge which now adorns the front cover. Firstly he produced a large scale pencil draft and then a same scale coloured version. The reduction in size tightens it up to produce a really firm resolution and a considerable improvement on the old one. We feel sure you will agree, why the Mags almost worth it now just for the cover, never mind what's inside.



ENTRY FORMS

Formalities are a nuisance but unfortunately they really do, on most occasions, have a purpose.

For time trials it is obviously necessary to have the entrants name and address so the prizes can be delivered! Date of birth is relevant to decide qualification for veteran category and work out standard times and awards. Signature is a must to indicate that you accept the rules, and these are rules imposed by Cycling Time Trials not just by the promoting club. Emergency contact details are important too, for accidents do sometimes happen.

On top of this, detail of the entrant's previous time trialling ability is necessary, for a number of reasons:

(1) In the event of an oversubscribed entry the slowest are usually refused, unless it is a special “class” event.

(2) To enable a field starting order to be set that will endeavour to keep faster riders apart, and indeed prevent situations where riders of similar ability find themselves riding closely together.

(3) In the event of a handicapping or group awards event, to enable the handicapper to try and work out what allowance should be given.

So if you want to ride time trials the completion of the Cycling Time Trials form is compulsory. The form is not so frightening, yet its correct completion seems to be too difficult for many. When a promoter receives entries for his event, bear in mind that he is within his rights to throw out any incorrectly completed forms. If he gets a full field why should he bother to make additional telephone calls or waste time trying to decipher impossible scribbled entries?

We've had occasion to look through the 105 entries received for our recent open 25. One arrived far too late. One put his Club as "private" and after a phone call it was clear that he did not belong to a CTT affiliated organisation, so acceptance there was not possible. So down to 103 and about a dozen can be grateful that we did not have a full field. Such was the blankness of their forms that they would all have been returned.

If they have not ridden a time trial before then it would have been helpful to have indicated that. Looking at the subsequent result, if they were novices then they certainly made some excellent debut rides! One did a “59” while another was only a few seconds outside the hour. He incidentally did not know the name of his

Club! While on that point it was somewhat disappointing to note that two of our riders didn't know the correct name of the Worthing Excelsior Cycling Club either!

One thing that seems to confuse many is the reference to "Time/Distance" and "Winner and Time/Distance". These columns only have reference to "Distance" for 12 hour events i.e. line 5. For lines 1 to 4 the distance is stated in "A" to the left.

Under emergency contact one entrant with an address in Surrey gave a name and address in Norfolk which may have been the best he could do, but he could hardly be on the scene very quickly from that distance.

A number filled in their last three events ignoring the 10 mile, 25 mile, and 50 mile category to the left. But our favourites were the two, who while failing to give any information as to their fastest rides at any distances, did have a go at line 2. For name of event they put "Worthing Excelsior", for the date they inserted "15/05/11" and for course "G25/53". One managed to include a time in the "Time/Distance" column, would you believe 06:30/25. Neither of them however, could come up with an answer to the "Winner & Time/Distance" column! What concerns us most is that one is in the WECC!!!!

Come on riders the promoter has quite a lot to do without having to sort through badly completed or uncompleted forms.

~~~~~

## CLUB EVENING 10 MILE SERIES

### No.1 - 21st April

What a record breaker this was, firstly the weather was absolutely perfect, warm and calm not like the usual openers which are normally wet windy and cold. Secondly there were the numbers, 18 from Worthing and no less than 28 from other clubs. Thirdly there was the superb new course record from Nick Dwyer of Lewes Wanderers, hurtling round in just 19 minutes 28 seconds. In addition almost everyone was clocking in a personal best. This particular evening is going to be hard to live up to.

Defending 'tens' champion Jeremy Wootton carried on from where he left off last year. He was our fastest and Chris Twine still right on his wheel. Good, always to see new names creeping up the finishing order and well done to Kevin Doe really hotting up on the new machine.

#### Full Result :

|    |                |       |     |                |       |
|----|----------------|-------|-----|----------------|-------|
| 1. | Jeremy Wootton | 21.19 | 10. | Ben Barden     | 24.53 |
| 2. | Chris Twine    | 21.34 | 11. | James Nelson   | 25.04 |
| 3. | Kevin Doe      | 23.17 | 12. | Allan Orman    | 25.40 |
| 4. | John Marchment | 23.21 | 13. | Robert Downham | 25.43 |
| 5. | Simon Letts    | 23.25 | 14. | Lee Barber     | 26.00 |
| 6. | Tom Coulson    | 23.33 | 15. | Pete Rowe      | 26.07 |
| 7. | Chris Putnam   | 23.36 | 16. | Phil Young     | 26.07 |
| 8. | Pete Logan     | 24.36 | 17. | Colin Miller   | 26.53 |
| 9. | Phil Freaan    | 24.42 | 18. | John Lucas     | 27.27 |

~~~~~

WHO ARE THEY?

'Sussex Sport', a free magazine landed on our mat a while back, never seen it before, but it was nicely presented and representation of the County's sports seemed fairly good. No cycling in that issue but we've kept a copy and maybe we could get something in at a later date.

The magazine did, however, include an index of clubs under the headings of the particular sport and we were duly included. We updated them at once as to the details of our new Secretary.

A number of cycling clubs though were shown that we have never heard of: Forest Row Cycling Club? Our Ed used to live there but it's new to him. Phoenix Cycling Club (Seaford) and an intriguing one; Findon Gentlemen's Cycling Club! Ladies presumably need not apply! One other was Stella V.C.(Littlehampton). Nothing to do with G.S.Stella as far as we know and interesting to note that the Secretary is stated to be a Mr.Raymond Betts, A one time member of the Worthing Excelsior and British Cycling official. He was known as "Bunny" so perhaps it's a Bunny Club!

~~~~~

## ADDISCOMBE 25 - 24<sup>th</sup> April

Kevin Doe was our only entrant, but he was definitely up for it after his P.B. of the previous week. Knowledge of the recent amendments to the course due to road works may have helped but he romped round to knock another minute into his P.B. now down to a 1.2.07.

~~~~~

THE 'WOOTTON' REPORT Brighton Mitre Hilly Easter Weekend Saturday 23rd and Monday 25th April

I entered these because I didn't want to ride the Lewes 30 on Easter Sunday! Not sure what the logic was with that decision!

Saturday 10 TT

Event HQ was the very pretty village of Kirdford. The course, G10/44, out to Petworth, back to Wisborough Green on the A283. Fairly rural and a little on the lumpy side in terms of roads. The main feature is the climb of Fox Hill on the way out of Petworth at 6 miles.

Definitely not April weather with temperatures in the mid 20's a light north easterly wind with lots of bugs and seeds in the air.

Always nice to see a friendly face at the start, Mick Irons holding the watches and providing a very professional 5-4-3-2-1 Go, thank you.

Regular readers of my reports will know all about my lost spare tubs and pumps this season. Some 400 yards from the start I noticed what looked a bit like a mobile phone on the nearside edge of the carriageway, later I found out it was Paul Thatcher's (Brighton Mitre) Garmin bike computer, sadly, wearing the tread

marks of a car tyre when he went back for it. Sorry to see an expensive item abandon ship like that.

As for my race, aside from the steady stream of bugs colliding with my helmet it all went fairly well. I have to say I don't really like these hilly courses and if I got rid of a few kilos I may find the uphill bits a little less unpleasant. Fox Hill is the major climb, it was here where I suffered and here where I lost time. Once over the top, the run back to Wisborough Green is surprisingly fast save for the last drag up to the village. 24.54 was good enough for 5th. The next three places filled with a long 23 and two 24's. Way out in front, lopping 28 seconds off his course record was Peter Tadros with a 21.40!

Roll on Monday!



Monday 25TT

Hats off to Robin Johnson of the Brighton Mitre CC, firstly he single handedly promotes loads of events each year. Robin's events can be a bit quirky (in the nicest possible way) – this time he incorporated a ramble from the car park to the HQ at the National Trust Saddlescombe Farm premises. Sounds incredible, the car park was the area at the foot of the South Downs Way on the west side of the road where it crosses the Devils Dyke/Poynings road. From the car park, head eastwards and it was a full on ramble through the National Trust buildings. I should have brought my trekking poles, they wouldn't have looked out of place as I finally found the HQ, a working milking shed with about 8 stalls for cows!

Well today was a morning start and unlike Saturday, my car thermometer struggled to hit double figures on the journey out and added to this it was a fresh northerly breeze.

With almost double the number of starters from Saturday's event there was a lot more activity at the event car park, all the usual pre race banter did nothing to console me from the fact that the aforementioned few kilos were going to be more of a hindrance over today's distance! Yes, the surplus kilos do help in the descents, but they are of no use when trying to get to the top of the hill that precedes the descent.

The night before, out with some friends, I'd declared I'd be happy with a 1.06 or 1.07 today, at the start line I started to think this might be wishful thinking with the northerly breeze freshening.

The start is actually slightly uphill before the fast downhill run off the downs and immediately the northerly breeze made its presence felt, in fact the uphill sections out to Poynings roundabout were all rather tough, it was a combination of spinning out a big gear at some silly speed then grovel over the next ascent.

From Poynings roundabout it's left through Fulking, lovely road for a ride but not for racing in my opinion.

I'm not sure who it was came off at the Poynings roundabout on loose gravel with the left turn. When it came to the prizes, the crash was mentioned and Mick Kilby reminded the gathering that he had also recently had an incident on his bike, however, Rob Pelham kindly pointed out to Mick that if you're racing it's a crash, if you're not racing, it's a fall!

Anyway, at Edburton it's down to Upper Beeding and Shoreham flyover for the turn, at this point my average speed was looking fairly reasonable. Like

everyone else, the Shoreham turn meant the route back to Henfield was headwind all the way, a proper grovel or perhaps preparation for the last 2.5 miles from Poynings back to the finish. Needless to say by the time I reached Henfield, anything remotely resembling a 'good ride' had gone out the window, all I could think of was yesterday's Lewes Wanderers CC 30 course, far more sensible.

From Henfield it's all a blur, firstly when Poynings roundabout comes, it's all too quickly and then the next two and a half miles all too slowly. Yes, there are some decent downhills in this final section of the course but the uphill along with my extra kilos meant this final section was a grovel. I suspect by the time this report goes to print, the timings for the final two and a half mile will be in circulation and I think this will explain why I did a 7 and not a 6 or better!

Eighth place and a 1.07.15, almost ten minutes down on Peter Tadros with a 57.18 and another course record! Back at the HQ car park I watched Peter power over the rise past Saddlescombe Farm towards the finish, very impressive a clear win by over 4 minutes.

As always with the Brighton Mitre, it was masses of prizes, Easter Eggs and bottles of wine for just about everyone. Great weekends racing, will I ride it again next year?

Jeremy Wootton

~~~~~

### NEW MEMBERS

Welcome to Stephen Feest and his wife Michelle, she's the pretty one. Jeremy Wootton said '.....' No you ask him Michelle . Both are pretty fit and well into triathlons. We think we heard mention of half-ironmen but not sure if that's .....but then how can a lady be an 'ironMAN' Stephen is an Estate Agent and apart from that we know nothing against him. Apparently though, he is qualified to do 'Energy Performance Certification' Ed applied and failed miserably! They've been out at Evening tens and on club runs and we hope you will enjoy all aspects of the Club's activities. The Worthing Wheel is not compulsory though!

~~~~~

NEWS OF A PAST MEMBER

The name of Dick Wiseman will be familiar to many of our existing members. He was a hard riding character who could turn his wheels to some fast time trials and could make a training session or a club run into something of a bash. It must be about 20 or more years ago that Dick built himself an ocean going yacht and pushed off into the blue. He eventually moored up in Portugal and has stayed there ever since. His bike was always with him and not many days went by with out a ride. Andrew Lock will remember going over to join him and spending many days awheel charging up regularly on the local vino.

Recently we have learned that in October 2010 he suffered a severe heart attack and was rushed into hospital in Faro. From there he was transferred to Lisbon for urgent attention. A double heart bypass was performed and he was

soon back on his boat in Villamoura. In the opinion of our informer somewhat hastily Dick was back on the bike. By March of this year he was complaining that he was feeling tired 'after only fifty miles'. That sounds like the Dick that we remember.

~~~~~

### LEWES WANDERERS 30 MILE – 24<sup>th</sup> April

This is a new event on the local calendar and it included the Surrey/Sussex Group Veterans' Championship. Mel Roberton fancied it from early season and was our only entry.

The event was held on a course similar to the East Sussex 25 mile course and based largely on the A22 road. It can hardly be thought of as a fast course, even with Steve Dennis (East Grinstead) getting round in 1,03.29! Nevertheless Mel produced a very close to 25mph effort of 1.12.10 and so ensured another trophy for his cabinet. His standard was beaten by a resounding 21 minutes 50 seconds. Had it not been for a pot hole, which dislodged his bottle and caused his chain to unship – time lost probably 20 seconds – he would almost certainly have made an '11'

~~~~~

PETER KIBBLES 1933 - 2011

Peter died on 30th January after some months with a losing battle against cancer. He was a long serving member of the Worthing Excelsior but had started his cycling days with the Northwood Wheelers a club situated near Rickmansworth in Middlesex where he was born. He had ridden a few time trials in their colours before his family moved down to Worthing towards the end of the War. Peter apparently cycled and arrived before the removers!

His working life was in the building trade from assistant brickie to manager and during his time was involved with special work projects on both Arundel Castle and Chichester Cathedral. His working time was though interrupted, as for so many, in those days, with a two year spell of National Service with the Royal Air Force.

While he lived with his parents in Downlands Avenue a young lady across the road had caught his eye and in 1958 he married Norma. They made their home in that same Downlands Avenue, but just down from the Mums and Dads!

Apart from his cycling; he was now a member of The Excelsior, he was a very keen photographer even to the extent of having his own dark room, he loved the music of the 1960's and he was becoming something of a numismatist with a growing collection of coins.

His cycling with the club was mainly social although records do show a number of short distance time trials in the 1950's. He was a club timekeeper for many years and a regular contributor to the marshalling duties. In later years he helped out in the Clubroom canteen.

He made a great friend of Worthing cycle shop keeper and frame builder John Spooner who wrote the following note:

“Peter’s first John Spooner bike was a road/time trial machine built in 1983. Peter was by then a regular on Saturdays at my shop staying for several hours and later that same year he ordered a road/track frame and was particular in requiring a gear hanger brazed on to the rear opening back ends. He was to race this bike regularly in the club’s short distance events throughout the ‘80’s.

In 1986 Peter wanted to treat himself to a “Columbus” tubed frame, and this to be a quite unique frame. I built it with Nervex Pro lugs which had been popular for thirty years and matched the latest Cinelli fork crown and Suntour vertical ends. He was so proud of this frame which he built up with Mavic gears, chainset, pedals etc. This bike now rests in the safe hands of the Club’s avid collector and bike enthusiast, Graeme Gill.

We were great friends as well as Peter being one of my best customers, as you can tell! We regularly travelled together to watch the classic “Lincoln Grand Prix “ held every year in the area of the hilly Chilterns. We would take our bikes by car to the H.Q. near Beaconsfield and then ride out to the course so that we could watch the progress of the race. The pubs on the course were always full of bikies and we got to be quite well known over the years.

Also from 1999 Peter joined me on the Hampshire Veteran Cycle Club rides always with immaculate bikes. He shared my love of bikes and their restoration and was a great Cycle jumble sale goer searching for rare and vintage parts”

We believe that after the death of his beloved wife Norma, Peter lost some of his spirit and his health seemed to gradually deteriorate. We miss his usual presence in the Tuesday Club evenings and we extend our condolences to his family.

~~~~~

### CLUB EVENING 10 MILE SERIES No.2 – 28th April

Well it was unlikely that we would get another evening like last week, but this was still pretty good. Just a bit breezier and a little cooler. Twenty riders from Worthing and twenty from outside the Club so another very good attendance. Nick Dwyer was again fastest but back 40 seconds from his record. Jeremy though was only 17 seconds slower, so was this a better ride or did he miss out in event number one? Good to see Mark Newnham back and straight in with a solid short ‘23’. There’s so much more to come from that one.

Full Result :

|      |                |       |     |                |       |
|------|----------------|-------|-----|----------------|-------|
| 1.   | Jeremy Wootton | 21.36 | 7.  | Kevin Wilson   | 24.32 |
| 2.   | Chris Twine    | 22.53 | 8.  | Tom Coulson    | 24.36 |
| = 3. | Mark Newnham   | 23.18 | 9.  | Nathan Gale    | 25.18 |
| = 3. | Carl Trevis    | 23.18 | 10. | Ben Barden     | 25.29 |
| 5.   | Kevin Doe      | 23.34 | 11. | Phil Walker    | 25.46 |
| 6.   | Chris Putnam   | 23.52 | 12. | Robert Downham | 25.59 |



|     |               |       |     |             |       |
|-----|---------------|-------|-----|-------------|-------|
| 13. | Mike O’Gorman | 26.06 | 17. | Chris Day   | 27.23 |
| 14. | Allan Orman   | 26.12 | 18. | Phil Young  | 27.30 |
| 15. | James Nelson  | 26.16 | 19. | Joan Lennon | 27.52 |
| 16. | Lee Barber    | 27.00 | 20. | Graeme Gill | 29.56 |



### CIRCUIT OF THE ISLE OF WIDGETT (You know, just off from Portsmouth)

*This Randonnee of 100 km or by my calculations at least 67 miles seems to have become a regular addition to the Worthing Excelsior calendar. We must have done it for the last four years anyway. It's organised by the Wayfarer Cycletouring Club and the route is well signposted. They alternate between clockwise and anti-clockwise every year and the 2011 edition on 1<sup>st</sup> May was anti-clockwise. Entry is free, you can start at any of the six control points and if you complete the ride you can be certified!*

*This year we had the biggest party so far, but there was the added attraction of a barbeque at Ryde when we finished, courtesy of Nicole Patterson's parents. Ten met up for a car and van journey to Portsmouth and after a quick trip on 'The Cat' we were met at Ryde by Nicole and Clive Lett, so we were twelve in total. After leaving a change of clothes at the 'barbie' venue we were soon signing on at nearby Wootton control. This incidentally does not form part of the Jeremy Wootton Estates.*

*It was a windy day but despite warnings of showers it stayed dry. The first section took us the short distance to the East Cowes chainlink ferry, needed to get us across the Medina river. With hundreds of cyclists some time was spent waiting, but fortunately after a suggestion that we should ride round via Newport was defeated by six votes to four (there were two abstentions!) we got across and then the hares were off. These we class as Paul Outhwaite, Ken Newton, Rocco Sepe and Neale Maloney. The principal hare chasers were Clive Lett, Nicole Patterson, and John (Bulldog) Baldwin. Keeping pace with varying degrees of difficulty came Robert Downham, Chris Day, Tony Knott, Peter Logan and off the back, Our Ed.*

*At the Yarmouth control Ed arrived as others were ready to leave and he indicated that they should continue at their individually preferred paces. His was to be steady/slow. Nevertheless they were still together at the unofficial stop at Freshwater where Rocco bought the cake (a whole one cut into 12 slices). After this Don who didn't like the songs from the male voice choir on the seafront pushed off.*

*If you know the Military Road on the Island's south western coast you will know that it is very exposed and very hilly. In to the headwind blowing this day it was something less than slow but he plodded on. Messrs Outhwaite and Sepe caught him around Atherfield and soon disappeared into the distance, only to stop and take a photo of his laboured ascent of the next climb. All were together at the control at Whitwell and turning north from here heralded a much easier section. Ed even had time for a roll and a cuppa before the rest arrived! Peter Logan was*

suffering from cramp but the rest seemed to be pushing on strongly particularly Nicole. Ed, you see, wanted to keep his eyes on her because she knew, better than anyone, the way to the barbeque! Easier said than done, still we all made it to the final check-in. It was after this that she dropped our Ed, who wandered forlornly for sometime in the Ryde neighbourhood before eventually honing in on the 'barbie' smells.

All is forgiven though, for Mr and Mrs Patterson put on the best BBQ Ed. has ever been to and after good food and drink he felt quite able to manage the 1 mile downhill back to the Ryde Ferry. Chief instigator of the excursion was Rocco and we forgive him too for it was his car that got Ed home. Peter's van transported the bikes so he's forgiven too.

Most interesting piece of conversation (Ed doesn't hear much) was a discussion about a wedding with two best men. Clive said it seemed to work quite well. "One was a sort of straight guy like Rocco and the other a bit of a comic like Peter" Maybe an idea here for the Club Dinner perhaps?

~~~~~

CYCLING FASHION GUIDE

We have had several new members recently and it is perhaps appropriate to put together this little guide to help riders through the sartorial minefield of club runs. All members are advised to remember the Golden Rule - 'Anything Italian is infinitely more stylish than anything from anywhere else in the world'

BIKES In reference to the Golden Rule frames should be hand made Italian exotica. French and Spanish bikes of exceptional calibre are broadly allowable. Bikes with tawdry sounding names, or those produced in America are frowned upon and are major fashion errors.

GROUPSET Please refer to the Golden Rule. There is apparently another manufacturer from Japan that is well known in the field of fishing reel production. We have no knowledge of them.

CHAINSET A double chain set is the only fitment allowed for fashionable racing cyclists, regardless of the knee crippling pain induced. Triples should only be fitted if attempting expedition or touring rides of epic duration requiring a staggering amount of climbing, and only then on the clear understanding that there will be a change back to double as soon as possible.

JERSEYS Most jersey colours are acceptable if Club colours are not available (see club clothing department. for current stock). Comedy style jerseys should not be worn by anyone over the age of twelve, or those holding a racing license. Never wear kit with World Championship rainbow bands unless you are actually a world champion. Retro kit is now the height of fashion, although there is bound to be some sniggering from younger members and opposition from the Club's clothing department

SHORTS Shorts should generally be predominantly black in colour .Under absolutely no circumstances should white shorts be worn unless you are Italian (Please again refer to the Golden Rule)

SOCKS White socks are considered de rigueur for the aspiring fashionable cyclist. However, most colours are now considered acceptable, except black. Sock length is a major pitfall, and members are advised to remember that shorter is better

SUNGLASSES (The description shades is permitted but getting to be a bit dated). Sunglasses are a key element of sartorial club cycling. They should be worn at all times, or propped atop the helmet. Never completely remove your sunglasses and place them out of sight in your jersey back pocket. If you cannot see through them, then hang them from the front of your jersey. Wearing sunglasses should help in the production of the ridiculous tan (see below)

TAN The production of a deep tan, with clearly defined tan lines around the eyes (see above), legs, arms and hands is the ultimate achievement of the highly fashion conscious cyclist.

LEGS Legs should be shaved. Hairy legs should be considered a serious fashion failing. For men, only shaving as a method of hair removal should be considered. Shaved legs help a great deal in the production of the ridiculous tan (see above)

LANGUAGE Colourful continental expressions, particularly from Italy or France, should be added to your language at all times. For example water bottles should be referred to as bidons, when the road is clear say 'C'est Bon'. Attractive ladies encountered on rides should be greeted with a wave and a shout of 'Ciao Bella!'

~~~~~

### THE 'WOOTTON' REPORT S.C.A 25 – 1<sup>st</sup> May

*I suspect it's like buses? There isn't one for ages and then three come along! First off my unknown allergy and anaphylaxis in January, with a repeat episode April 11th, next up a sick dog. I have three Springer Spaniels and "Skinny" has hepatitis so we cancel a weekend in Bath, planned to celebrate Mrs W's birthday over the weekend Sat 30th April/Sunday 1st May. Being at home we can administer medicine etc, for Skinny.*

*Third up, Paul, our 19 yr old, who some of you will know from your visits to Quest Adventure Bike Shop where he works, he stacked big time on the day of the Royal Wedding. He was riding his jump bike and went over the front on a double jump, thankfully he was wearing his full face helmet as this was his first point of landing, damage to his helmet, shoulder, arm and ankle is all too obvious, thankfully his head is intact.*

*So it was with some surprise Mike Anton emailed me the start sheet for Sunday's SCA 25 and I was off at 8.11 am number 71, I was sure I'd not entered, then I remembered Mick Irons email a few weeks ago reminding us all to enter, that was it, I'd sent in my entry forgetting Mrs W's B'day! Well it was Mrs W's birthday weekend, and a quick phone call ensured that whilst we may not be luxuriating at a hotel in Bath we would be eating out on Saturday night. So we had dinner at The Kennels, Goodwood. One of my other sports is golf and*

membership at Goodwood GC includes access to the Kennels Club House/Restaurant. Yes, once the building was a kennel for the Estates hounds, but now it is my favourite restaurant in the county. Chicken liver pate starter and Estate bred organic sirloin steak along with a pint of Goodwood ale may not be the best pre race grub, but I enjoyed it. I'll not go into detail about the dessert, just to say it was good!

So, back to the racing, Sunday at Steyning, the HQ is just a few yards away from the dormitories where I spent 7 years as a boarder at Steyning Grammar School.

Everyone who cycles will remember the Royal Wedding along with the weekends North Easterly winds! All of the competitors will for sure.

The course is one we all know (hate) well. Start on the Ashurst Road, rolling roads up to West Grinstead, back down the A24, to half way at Washington roundabout, actually it was all going quite well so far! Then East into the head wind, here I lost concentration until Wiston Pond and got it back together and realised the ENE wind, whilst bad was the same for all. The run down to Shoreham roundabout and back to the finish was actually OK. Of all the times I've ridden this course, I think I enjoyed today the most!

So the results - Peter Tadros won with 52:16, Steve Dennis second with 52:47 and third Nick Dwyer (probably a bit jaded from Saturday's course record of 20:19 on the Steyning 10 course) with a 54:00, I came home with a 57:20 in 10th place.

Mel won the Vets on Standard with his 59:08 giving him + 19:12 ( phwoar) .

Chris Twine rode a 59:48, fantastic and I'm sure there's a lot more to come from him, just wish I was his age again! I think this was Chris's first time "under the hour", congratulations. I can remember this target eluded me for a long while.

I have finally found my old racing log and noted for 6th June 1991, the Glade CC on the E2/25 course was won by M Hennessey with a 58.46, I got 5th with a 59.38! my first time under the hour!

I think we (Messrs Colin and Paul Toppin?) made the trip up ' North ' in my Vauxhall Astra GTE with bikes in car, on roof etc, I seem to remember the journey home was prolonged by detours due to a melting motorway. Happy memories.

Carl Trevis logged a very solid 1:01:58 and Kev Doe a 1:02:44.

Overall some great times on a horrible day! Well done WECC

Jeremy Wootton

~~~~~

CLUB EVENING 10 MILE SERIES

No 3 – 5th May

More titivation to the A24 meant a hasty move over to the Wiston/Shoreham course. Good thinking of Mel Robertson to put notices in to the Police for both courses in case of just such an event.

Forty riders again but only 14 from the Club this time. This course is reckoned to be a bit slower than our usual Washington one, if we go by Phil

Dwyer's records, yes he did another tonight with 19.57, it must at his level be 28 seconds slower. In event number one you will recall he did 19.29. To the normal mortals it's probably a good minute slower.

Chris Twine made it to the top of the result but he will note the absence of Jeremy Wootton, not riding tonight. He will also look closely at the effort of Carl Trevis, another going better with every outing, and only twenty seconds back.

Full Result :

1.	Chris Twine	22.29	8.	Allan Orman	26.17
2.	Carl Trevis	22.49	9.	James Nelson	27.07
3.	Mark Bernhardt	23.07	10.	Phil Young	27.20
4.	Kevin Doe	23.49	11.	Lee Barber	27.28
5.	Tom Coulson	23.51	12.	John Lucas	28.26
6.	Nathan Gale	25.08	13.	Joan Lennon	28.44
7.	Pete Logan	26.15	14.	Graeme Gill	29.51

~~~~~

### A PERSONAL VIEW

*In the past few months two club members have had accidents while on their bikes. One was while riding with the Club, the other was not. Neither of them were wearing helmets and both sustained nasty blows to the front of their heads. Very fortunately they have both recovered quickly without any serious consequences.*

*There is no law making the wearing of helmets compulsory and even the body governing time trials, "Cycling Time Trials" does not make it compulsory except for those under the age of 18 years. Some cycling Clubs and Associations do however require that they be worn in their own promotions. Worthing Excelsior goes along with this but always strongly recommends that they are worn.*

*New members are always joining us and sometimes they come with little cycling experience, and frequently without any experience of riding in a group. These days our club runs are quite well attended and it is not uncommon to have between 15 and 20 riders. A split between the slower and the faster can alleviate this to some extent, but even then we have to be always ready to 'single-up'. No longer is it possible to ride in pairs all the time. In quiet country lanes perhaps we can, we possibly feel that we should be able to, but there is always the motorist who will drive in these roads at a speed only normally, and reasonably, possible on the main roads.*

*A recent club run experienced just this, we all had to brake very sharply and get into a single file – partly on the grass. We all, thankfully managed this and there was no damage, apart from some rubber lost which will mean a new tyre rather earlier than may otherwise have been the case.*

*I have been riding for 64 years and most of that was before helmets were ever considered save in track or road racing. Gradually road conditions and campaigns impressed on us that it was essential. I noticed more and more helmets on heads as I regularly rode the club run, until it was Don the odd one out. I frankly hated the idea, they felt heavy and awkward and, I thought, looked ridiculous. I eventually gave in when I was riding time trials, but not on club runs,*



*makes this tiny stretch of road one car and three bicycles all neatly deflated in about 20 metres of each other.*

*Beware of this kind of luck on the next run to Hilliers Garden Centre.*

James Nelson

~~~~~

CLUB EVENING 10 MILE SERIES

No.4 - 12th May

Business as normal with Jeremy back and well clear as well. Mark B going O.K. but still not close. Mark N getting back some form so hope he will continue with more events this season. Another personal for Carl Trevis who must extend his distances this year. We know from Dolomites Sportives that he has all the necessary strength and stamina.

Although we are averaging over 40 riders per event so far, this is mainly due to tremendous support from other clubs, particularly Lewes Wanderers. The fact is, however that entries from WECC members are down on last year by about 20 in just four events. These tens are put on for your benefit so let's see more of you having a go.

Full Result :

1.	Jeremy Wootton	21.21	9.	James Nelson	25.01
2.	Mark Bernhardt	22.33	10.	Phil Walker	25.45
3.	Carl Trevis	22.39	11.	Mike O'Gorman	25.58
4.	Mark Newnham	23.17	12.	Chris Day	26.28
5.	Chris Putnam	23.47	13.	Colin Miller	26.30
6.	Kevin Doe	23.52	14.	John Lucas	28.02
7.	Phil Frean	24.39	15.	Joan Lennon	28.17
8.	John Marshall	24.55	16.	Graeme Gill	29.21

~~~~~

### RAY DOUGLASS MEMORIAL OPEN 25 MILE TIME TRIAL - 15<sup>th</sup> May

John Baldwin held the reins again and oversaw another good Worthing Excelsior promotion. Some potential course problems fortunately did not materialise and weather conditions were kind. 103 entries were accepted, 95 started and 94 finished

Steve Dennis of the East Grinstead Club hurtled round in 52 minutes 26 seconds to leave second placed Rupert Burbidge of Redhill C.C. almost two minutes back on 54.16 and James Stratton, London Dynamo Prologue a further ½ minute adrift on 54.47.

Fastest of the WECC entries was Nigel Reynolds who produced a personal best effort of 57 minutes 28 seconds. Mel Roberton put away another "59" this time his seconds were 38 and in the absence of an unwell Jeremy Wootton Chris Twine completed the team with 1.01.08. Other times were Kevin Doe 1.03.53,

Stuart Jago 1.04.49, Mark Newnham and Kevin Wilson, both on 1.04.58, Chris Putnam 1.05.35, Tom Coulson 1.06.03, Phil Frean 1.06.04, Phil Walker 1.08.42, Peter Logan 1.08.50, Colin Miller 1.14.03, and Joan Lennon 1.19.14.

The only one to make the awards list was Mr. Robertson who made his usual weekly pension withdrawal in first place in the veteran's category.

We know that John has expressed his thanks to all from the club who helped out with the marshalling, timekeeping, results, numbers, signing-on, cake making and canteen. There was over 30 of you and without that support there would be no event, so thank you all again.

Finally thanks to our sponsors QUEST ADVENTURE, OAKWOOD CARPENTRY & JOINERY, COUNTY INSURANCE BROKERS, THOMAS EGGAR SOLICITORS, and ASCOT TIMBER BUILDINGS LTD. Your financial assistance helped ensure another worthy "Excelsior" promotion.

~~~~~

DISABILITY CYCLING

Did you know that Stuart Jago was paralysed from the knee down on his right leg? It has certainly never been apparent and he doesn't let it interfere with his cycling efforts. Some months ago he informed us that he had been in touch with British Cycling on this subject, and had been invited to attend at the Manchester Velodrome for examination and further investigation, as to what possibilities may present themselves.

British Cycling's Disability Co-ordinator is a guy whose name many of the older members in the club will recall; he's Paul West who was a member of the Excelsior for many years. Paul's department explains that disability cycling is growing rapidly. Those with visual impairment can ride tandem on both road and track. Cyclists with balance difficulties compete on tricycles but only on the road. Athletes who are wheelchair users and unable to ride a standard racing bike, or tricycle, can ride on the road using three wheeled handcycles. Riders with cerebral palsy compete on road and track using standard racing machines. As we are all aware British riders in the Paralympic Games have achieved quite remarkable success.

Back then to Stuart. After an initial chat with Paul, who took the opportunity of sending best wishes to all who remembered him in the Club, he informed Stuart that he thought he would be placed in Category C4 but this has to be confirmed after medical examination. A couple of weeks later and Stuart was invited to attend at the Velodrome. Two U.C.I. appointed Doctors all the way from Switzerland were going to be there and arrangements were made for the examination. It all seemed a bit mind-blowing to Stuart; examination by U.C.I. doctors – "Wow". He was asked many questions and carried out their various tests. They then had a private deliberation and confirmed a C4 category. He was even given a U.C.I. document complete with rubber stamp! So he can now compete in the category. He looks forward to British Cycling promotions and other competitive opportunities next year.

Well done Stuart, but don't expect any sympathy from the Club handicapper he's a notoriously mean character!

~~~~~

### SOME MISCELLANEOUS RESULTS

8<sup>th</sup> May: The Norwood Paragon 25 mile on the Broadbridge Heath course. We had five entries in Mel Roberton, Chris Twine, Kevin Wilson, Robert Downham, and Joan Lennon. Mel tucked away another sub- hour ride recording 59.05 but was followed closely by Chris getting under for the second time, and improving slightly with 59.43. Kevin Wilson managed 1.5.16 and that was good enough to win him a group handicap award. Robert clocked 1.13.44 and Joan 1.16.15. Mel's plus on standard of 19.15 secured the Veteran's prize.

21<sup>st</sup> May: The Southern Counties C.U. 10 mile. Held on the Crawley/Horsham road. We had three entries: Mel Roberton won the veteran's award with a plus of 8 minutes and a time of 22.30. He will have to watch out though for second man Alan Robinson of Central Sussex was only 1 second down. Our two Kevs, Doe and Wilson also rode and recorded 23.56 and 24.07 respectively.

12<sup>th</sup> June: The Southborough & District Wheelers 25 mile. It was over to East Sussex and the A22 south of Uckfield for this one. It was worth it for Mel Roberton who did a great ride to record 58.44. and collect another Veteran's "First" on the way. Peter Logan experienced some mechanical problems but was satisfied with his effort of 1.7.59. He seemed relieved that the problems were mechanical rather than physical.

~~~~~

CYCLING IN SURREY (Don't miss the Pro's on our doorstep)

Firstly let's set out three important dates: (1) 14th August 2011 London Surrey Cycle Classic. (2) 28th July 2012 Olympic Cycling Road Race (Men's). (3) 29th July 2012 Olympic Cycling Road Race (Women's).

The event this year will act as a test event to ensure that everything runs smoothly in 2012. It uses the same course although will only climb the Boxhill Circuit on the one occasion. It will be complete with all necessary road closures.

Thousands will no doubt line the roads during the Olympic events hoping to see the likes of Nicole Cooke or Mark Cavendish. The start and finish will be in The Mall in London and the route will come out of London over Hampton Court Bridge. Walton-on-Thames, Weybridge, Pyrford, Ripley, West Horsley, East Clandon, Shere, Gomshall and Dorking are passed through or close by and then there's the climb of Boxhill to be tackled 9 times by the men and twice by the women. After that its Oxshott and Esher before back over Hampton Court Bridge.

The obvious place to view would be on Boxhill but conservationists have insisted that the banks to this narrow road must be protected and they are likely to be roped off. This will considerable reduce the available spots and you would

probably have to be there by the night before. There might be other places along the Boxhill circuit, but otherwise perhaps try and see them on a climb in the Shere or Gomshall area. Then you would have to depend on the T.V. coverage in the evening.

At 250 kilometres for the men and 140 kilometres for the women these will be gruelling tests. While we have no Alpine or Pyrenean Passes to sort them out, those who finish, will know that they have been in a truly Olympic race.

~~~~~

### CLUB EVENING 10 MILE SERIES

No 5 – 19<sup>th</sup> May

Club numbers down again to just 13 this time. Seventeen from other Clubs though was still good. Jeremy remains unbeaten and continues to turn in excellent times. Chris Twine only back 24 seconds is going to have to up his training schedules, although he will be pleased to have taken a few seconds out of Mark Bernhardt.

Full result :

|    |                |       |     |             |       |
|----|----------------|-------|-----|-------------|-------|
| 1. | Jeremy Wootton | 21.51 | 8.  | Nathan Gale | 25.26 |
| 2. | Chris Twine    | 22.15 | 9.  | Steve Feest | 26.12 |
| 3. | Mark Bernhardt | 22.19 | 10. | Peter Rowe  | 26.16 |
| 4. | Mark Newnham   | 23.11 | 11. | Lee Barber  | 27.11 |
| 5. | Tom Coulson    | 23.40 | 12. | Phil Young  | 27.22 |
| 6. | John Marshall  | 24.46 | 13. | Graeme Gill | 28.47 |
| 7. | James Nelson   | 25.18 |     |             |       |

~~~~~

2011 TOURIST TRIAL

A date has been fixed for this year's Tourist Trial, the competition for the biggest trophy in the Club's silverware. It is to be run this time on a Sunday rather than a Saturday morning in the hope that this will enable more to take part. It does not clash with any time trials and will be the Club run for that Sunday. Tony Palmer has volunteered to be the promoter this year and he is planning a start and finish at Washington. The usual lunchtime result/get together would then conveniently be in or if the weather was kind, outside the Franklands Arms.

Watch this space for more details as they become available.

The date? Oh yes! 9th October 2011

~~~~~

### PULBOROUGH CIRCUIT - May 22<sup>nd</sup>

This is always considered a tough course despite the modest distance of just 15 ½ miles. There are invariably some "Did Not Finish" and not infrequently

someone goes off course. This year Phil Young gave it best after realising that his cold was desperately affecting his breathing. As to going off course well James Nelson is beginning to get something of a reputation in this respect. It is not clear where he went but he does accept that it wasn't the same route as everyone else. Some explanations indicate that he may have only covered about 13 miles while others would imply something in the region of 30!

With Jeremy Wootton oversleeping it looked as if Mel Roberton should take the honours, and yes, he did, but only just. Mel's time of 40.49 put him only 21 seconds clear of Mark Bernhardt with Kevin Doe slotting in to another third place on 43.22. Mike O'Gorman's effort of 48 minutes was to give him the handicap award and careful note is being made in the handicapper's notebook!

Full result:

| <u>Pos</u> | <u>Name</u>    | <u>Act Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|------------|----------------|-----------------|--------------|-------------------|
| 1.         | Mel Roberton   | 40.49           | 0.30         | 40.19             |
| 2.         | Mark Bernhardt | 41.10           | 2.10         | 39.00             |
| 3.         | Kevin Doe      | 43.22           | 3.20         | 40.02             |
| 4.         | Mark Newnham   | 44.37           | 3.30         | 41.07             |
| 5.         | Kevin Wilson   | 45.17           | 4.30         | 40.47             |
| 6.         | Phil Frean     | 45.19           | 6.50         | 38.29             |
| 7.         | Nathan Gale    | 47.18           | 4.40         | 42.38             |
| 8.         | Phil Walker    | 47.39           | 8.00         | 39.39             |
| 9.         | Mike O'Gorman  | 48.00           | 10.00        | 38.00             |
| 10.        | Chris Day      | 49.40           | 9.00         | 40.40             |
| 11.        | Robert Downham | 50.09           | 9.10         | 40.59             |
| 12.        | Lee Barber     | 52.30           | 13.00        | 39.30             |

~~~~~

CLUB EVENING 10 MILE SERIES No 6 – 26th May

There is nearly always one, so lets hope this was it. Gale force winds, cold as February and with torrential rain showers. The showers somehow managed to miss the course and the event but succeeded in soaking some of those who ventured out. Just five from the Club were to take the opportunity of a high placing, although they were outnumbered by six private time trial riders. Mark Bernhardt used his strength to just squeeze a 22.56. Mike O'Gorman also, somehow managed to produce a personal best. Now he has to live up to the "second" placing.

Full result:

1.	Mark Bernhardt	22.56	4.	James Nelson	27.01
2.	Mike O'Gorman	25.31	5.	Phil Young	27.46
3.	Robert Downham	26.06			

~~~~~

WORTHING EXCELSIOR C.C.  
30 Mile Championship – 29<sup>th</sup> May

The Ashurst circuit starting at Washington and then down to the Shoreham flyover, with the final few miles taking riders to the finish near Wiston Pond, just to the north west of Steyning. Not an easy course by any means, and Sunday 29<sup>th</sup> May was not handing out any favours in the way of weather. It was a very strong south westerly that buffeted riders along all parts of the course.

Only 11 entries was somewhat disappointing for this would have provided a good step up in distance for the forthcoming fifties. Jeremy Wootton was the handicapper's favourite, although Jeremy insists the feeling is not mutual!

When Jeremy suffering from a pulled muscle in his back and the after effects of a cold pulled out after the Ashington circuit interest focussed on the Mark Bernhardt and Mel Roberton dual. With Mark having got so close in the Pulborough race could he now go just that bit better and pick up a Club championship? A time check at Washington was to give a fairly definite "No" to that, for he was nearly 1 ½ minutes down, and unlikely to pull that back in the remaining 13 miles. Mel was going so well, and while he claimed at the finish that it had been very hard, he seemed not to have slowed for the conditions by anything like as much as the other riders.

A time of 1.12.48 on that morning and course was a very good ride and he was to finish almost 3 minutes clear of Mark. That young "Kev" Mr.Doe popped up for yet another third place.

What was particularly disturbing was that the Roberton effort also scooped up the first handicap award, which is not appreciated by Mr.Handicapper!

Full result :

| <u>Pos</u> | <u>Name</u>    | <u>Act Time</u> | <u>H'cap</u> | <u>H'cap Time</u> |
|------------|----------------|-----------------|--------------|-------------------|
| 1.         | Mel Roberton   | 1.12.48         | 1.00         | 1.11.48           |
| 2.         | Mark Bernhardt | 1.15.34         | 1.30         | 1.14.04           |
| 3.         | Kevin Doe      | 1.19.37         | 5.30         | 1.14.07           |
| 4.         | Kevin Wilson   | 1.21.39         | 7.00         | 1.14.39           |
| 5.         | Phil Freat     | 1.22.25         | 7.30         | 1.14.55           |
| 6.         | Nathan Gale    | 1.22.34         | 8.00         | 1.14.34           |
| 7.         | Phil Walker    | 1.24.4          | 10.00        | 1.14.45           |
| 8.         | James Nelson   | 1.28.39         | 9.00         | 1.19.39           |
| 9.         | Lee Barber     | 1.31.27         | 15.00        | 1.16.27           |
| 10.        | Phil Young     | 1.39.58         | 17.00        | 1.22.58           |

~~~~~

THE WOOTTON REPORT

May started with a battling 57.20 in the wind and 10th place in the SCA 25 to follow up on 55.53 in the Farnborough and Camberley CC in mid April. It was a tough day on Sunday 1st May, Peter Tadros won with a 53.16, Steve Dennis 31 seconds back and Nick Dwyer in third with a 54.00 dead. The wind was a factor and perhaps a warning of what we could expect over the coming weeks.

I skipped the WECC Evening 10 number 3, Skinny my Springer Spaniel had his liver biopsy earlier in the day and the vet was preparing us for the worst that afternoon when they reported back on what they saw when taking the tissue sample. Sadly, the next day, Friday 6th May was Skinny's last, he had suffered a complete liver failure and asking the vet to put him down is one of the hardest things I have ever done. A good friend sorely missed.

Sunday 8 May and I was on the start line for the North Hants RC 50 on the Bentley by-pass. The course was a two lap version of the 25 I rode last month, weather conditions were OK and it was on roads I know and enjoy. Matthew Bottrill won with a 1.43.11, I DNF'd at the start of the second lap! The prospect of another 25 miles thinking about the loss of my dog was too much to endure and I retreated somewhat tearfully to the HQ.

Thursday 12th May and WECC Evening 10 number 4, another full field and a satisfying 21.21, it was nice to cross the line rather than end it in a lay-by! Solid ride, but a rather hoarse cough after I finished was a bit of a worry.

Sunday 15th and the WECC Open 25 was a DNS. Thursday's post race cough was now my 'annual cold'. I spent a large part of Saturday in bed and after a really lousy night on Saturday the only way I was going to make it round the course on a bike, was if it was my motorbike.

Thursday 19th and WECC Evening 10 number 5 a bit jaded from my cold and average power output down a bit but a satisfying 21.51 was a welcome result.

Sunday 22nd and the Pulborough Circuit Event... or not! Woke at 4.30 am, a bit early, maybe another 25/30 minutes and then get up? Woke at 7.30 am just as the first rider was due off! Dooh!!

Monday 23rd, no racing yesterday, so up early and ride the 31 miles to the office in Crawley, very pleasant, a tail wind to enjoy as well. Our car park has security barriers so I tugged on the bars to lift the front wheel over the kerb next to the barrier, ouch, I felt a twinge in my lower back. During the day it got stiffer, but by the end of Tuesday, I was moving reasonably well, well enough to play golf on Wednesday? I thought so but as it turned out, actually no, not well enough. Ended up very stiff and sore and clearly no prospect of racing Thursday evening.

Sunday 29 May and the WECC 30, I didn't oversleep this week, I just mis-read the event start time, 7.00 am not 7.30 am as per last week. I'm not quite sure at what point Vern started to wonder about my casual approach to warming up before an event? I was stood there, having signed on, chatting away when it suddenly dawned on me I had 9 minutes to get ready and to the start line, not 39 minutes! For me a decent warm up of at least 20 minutes on the rollers before a race is essential mental and physical preparation. Today it was a poor substitute of a ride to the start line via Washington roundabout. I felt bad as soon as I started, this was due to the lack of warm up and perhaps also the year out of date energy gel I had on the way out to the event? Not long after the start some of the gel came up and I had the chance to taste it again, not good. I decided to keep going, hoping to ride 'in to it', not so and when completing the lap of the Ashurst circuit I DNF'd to the sanctuary of my car.

Monday 30th May and Brighton Mitre's multi - event 10 TT. I'd opted for the 'Bling' event, passing up on the Medium gear (72"), Tin Can (Hub gear), Road Bikes and Hilly (finish at top of Steyning Bostal). Some rode two events, I was

quite happy with just the one. The Wiston Pond/ Shoreham flyover course is not everyone's favourite especially with the wind.

Different challenge today, can I ride without HRM/Power/Cadence/Speed Data all being displayed in my face? I had forgotten to put the bike computer on charge and a flat battery meant I was going to have to race the old fashioned way, on feel! Maybe I should try it more often as I finished 5th overall with a 22.09, very satisfying given the windy conditions. Peter Tadros was home first with 20.43 closely followed by Nick Dwyer on 20.54, Ian Brogden on 21.11 and in fourth, Darren Barclay with 21.30.

Good News! The month ended on a high note, Tuesday 31st May and a visit to my third expert in three months with my quest to discover a cause for the anaphylaxis. The outcome is an unusually high level of histamines in my white blood cells. The rest is all a bit complicated, in a month when I go back for repeat tests I am hoping a change of diet will show falling levels of histamines and a reduced risk of repeat attacks.

Overall a good start and end to the month and a lot to learn from and remember in the middle!

Jeremy Wootton

~~~~~

### CLUB EVENING 10 MILE SERIES

#### No 7 – 2<sup>nd</sup> June

Warm but breezy and for a change nearly all managed a sprint for the line. Sixteen Club riders but 21 friends from Clubs around. Evening slightly spoilt by an unfortunate accident when Chris Twine was brushed by a passing Range Rover type and swept off his bike. Personal injuries are bruises and grazes but some expensive damage to his bike. Range Rover not damaged so didn't stop! If you hear anyone bragging "I got a cyclist on the A24" let us know.

#### Full Result:

|    |                |       |     |               |       |
|----|----------------|-------|-----|---------------|-------|
| 1. | Jeremy Wootton | 22.07 | 9.  | James Nelson  | 25.45 |
| 2. | Mark Bernhardt | 22.16 | 10. | Mike O'Gorman | 26.06 |
| 3. | Carl Travis    | 23.18 | 11. | Steve Feest   | 26.21 |
| 4. | Kevin Doe      | 24.18 | 12. | Allan Orman   | 26.41 |
| 5. | Chris Putnam   | 24.29 | 13. | Chris Day     | 27.21 |
| 6. | Kevin Wilson   | 24.38 | 14. | Phil Young    | 27.22 |
| 7. | Nathan Gale    | 24.56 | 15. | John Lucas    | 28.44 |
| 8. | Phil Freat     | 24.59 | 16. | Graeme Gill   | 29.55 |

~~~~~

SUSSEX CYCLISTS' ASSOCIATION

50 MILE CHAMPIONSHIP – 5th June

A subtitle for this one could be "Robin Johnson's winery give-away" Robin does an enormous amount of work for local cycling, promoting several time trials

each year for both his Club, Brighton Mitre, and for the S.C.A. He doesn't just let things happen either, he goes out of his way to try and improve the event and make it good for the competitors and helpers alike. We calculate that some 50 or more bottles of vino were distributed to riders and helpers. Certainly 25 were included with medals, cash and trophies for the riders and at the H.Q. at Dial Post after the event more were provided as a thank you to all the helpers. Mr. Robertson was seen to depart with four! We think one for veterans award, one for team award one for helping in the canteen and one, we're not sure but think it might have been for helping to push start Robin's car which had broken down at Findon while he was putting the road signs out. About 4 o'clock we think!

As to the race itself, well, firstly a small criticism of the field layout. We know that Mel had volunteered to start early so that he could get back and help out with the teas so to see him as third man off was no surprise, but to find that Jeremy Wootton was at number 2 was not very clever. In addition behind Mel came another fast rider. These three were soon out on their own. With our own Joan Lennon at number 1 there were three riders from one club all bunched together at the front.

Worthing Excelsior have managed to win the team title in this event for the past two years but a glance at the start sheet soon indicated that they would be up against it to retain their trophy. G.S. Stella looked favourites and although Nick Dwyer was not down to ride for Lewes they also still had an excellent entry.

It was a dry but windy morning and coldish in the north easterly blow. The course has several legs so the changes in direction might help. The last 7 miles though would be right into the wind. Starting at West Grinstead the route firstly took riders east to Bolney then back to Cowfold. It was then south to Henfield and back and west back through the start and out to the A24 at Buck Barn. Probably the fastest stretch was from here down to Washington and out to Beeding. Finally riders retraced to Washington, turned left down to Findon and then that last northerly slog to Dial Post.

Worthing riders all seemed to be O.K. at our check at Buck Barn (20 miles) and Mel and Jeremy were still about that one minute apart. Mark Bernhardt and Kevin Doe were up on their schedules, but Stuart Jago looked to be in 24 hour mode, steady, comfortable, but with his focus elsewhere. Nathan Gale still getting back into the time trial scene after his running escapades also looked steady rather than into a P.B.

Back at H.Q Mel was into his tea serving and wondering how he had come within 4 seconds of catching Jeremy. Apparently the rider behind had gone past early on and he faded away over the hard finish. The fact is that Mel had ridden a super 50 on a difficult course. His time of 2 hours 2 minutes 42 seconds put him in 7th place in the Open competition and third place in the SCA Championship. He had secured yet another Veteran's Championship and in doing so set a new standard plus record for the course and Championship of 39 minutes 55 seconds. Jeremy with Mel always breathing down his neck had clocked 2.3.38 in 11th place. The club's third counter was Mark Bernhardt in 16th spot on 2.5.43. Kevin Doe on 2.13.59 continues his improvement and was 23rd. Stuart Jago recorded 2.15.59 in 26th and Nathan finished with 2.18.26 for 28th. Joan Lennon finished in 2.49.11.

The team title was not destined for WECC on this occasion. We first totalled the Stella aggregate and found that we had beaten them by just 9 seconds. We did not know then that one of their counters, David Shepherd had had a puncture and probably lost 5 minutes. Then we looked at the Lewes times for a moment thought we had got it by 2 seconds until Ed's arithmetic was corrected to show their team time of 6.11.05 against WECC's 6.12.03. You win some you lose some and we'll be back.

~~~~~

### CLUB EVENING 10 MILE SERIES

#### No 8 – 9<sup>th</sup> June

Not many riders tonight and with more mucking about on the A24 it meant the event was switched to the Wiston/Shoreham course.

It was a hard evening and most riders were well down on their usual times. Even J.W. had to sprint to beat 22minutes.

#### Full Result:

|    |                |       |     |                |       |
|----|----------------|-------|-----|----------------|-------|
| 1. | Jeremy Wootton | 21.59 | 6.  | James Nelson   | 26.24 |
| 2. | Kevin Doe      | 23.54 | 7.  | Phil Young     | 26.53 |
| 3. | Chris Putnam   | 24.51 | 8.  | Pete Logan     | 27.21 |
| 4. | Phil Freat     | 25.13 | 9.  | Robert Downham | 27.25 |
| 5. | Phil Walker    | 26.03 | 10. | John Lucas     | 29.13 |

~~~~~

THE WOOTTON REPORT

Team Axiom Weekend – 11th & 12th June

Couldn't resist these two events, last year I PB'd on the 10 course in August and got caught by my 4 minute man when I did a 55 minute 25 TT.

As has been the case for most of June, the weather looked like it was going to be a feature, windy on Saturday, wet and windy on Sunday!

Saturday afternoon was the 10 it's straight up and down the A3 with a turn at Liphook. It may be a dragstrip but there is no 'ski slope' start and every vertical metre of downhill road is matched with same but uphill.

The wind was blowing what windsurfers call 4 metre weather, it's a reference to sail size, the windier it gets the smaller the sail.

With a strong south-westerly tail wind blowing it was going to be fast out to the turn which is at 5.4 miles.

Despite being on the A3 traffic was not an issue, I often feel safer on dual carriageways than single carriageways, drivers can see you from a distance and with a full field of riders, most motorists should soon work out something is happening on that stretch of road.

I checked my watch as I crossed the flyover at Liphook, just over 10 minutes and 30 seconds to the turn, my immediate thought - was I was going to pay for this on the return leg! As it turned out the wind was not as much of a feature as I feared and the return leg, although a little shorter was marginally slower than the

way out. Knowing it's just a flat out effort into the head wind may have helped with concentration and getting to the finish line as soon as possible.

10's are one of those races where you have to get everything out and finish with nothing left. I prefer these sorts of courses to hilly ones, I find it easier to maintain an effort and stay on the rivet. The 'on/off' nature of hilly courses despite the downhill recoveries upsets my rhythm. 21.09 was the reward for my efforts, 6th place a fiver and a big bottle of beer! Allan Ridler won with a 20.14, interestingly one rider was Dq'd for riding with the wrong number on his Jersey!

Sunday morning, usual routine, round Goring Gap with my dogs for an early morning warm up, at this stage it was still dry!

As I got closer to Liss the skies darkened and soon after arrival, the rain started. Nick Dwyer from Lewes was looking doubtful, he'd PB'd the previous afternoon and broken his club 25 record. I did a little bit of cajoling and he was soon in his skin suit and using the uphill ride to the start as his warm up.

I was off at number 101 and 8.41 am chasing Stephen Whitewick my minute man, well I would have been if he'd started, like quite a few riders he signed on but didn't fancy a ride in the wet.

The P885 starts at the top of Hillbrow (obvious clue) and is downhill to the A3, south to Buriton then back up to Liphook, using the same turn as the 10 course with the finish about a mile further on than the 10 course.

By the time I started, the drizzle had turned into steady rain, this was going to be wet. I caught Tamar from the Brighton Mitre (Sholto's partner) shortly before the Buriton turn. When I saw her later back at the HQ she was sporting a nasty bruise to the knee where she'd come off at the turn, it sounds like it could have been a lot worse and I think a motorist was probably the main cause of her tumble.

As with the day before, I don't think the wind was a huge feature on the event. Although the wind was in the south west, it didn't seem to be too much of a problem on the way back from the turn.

10th place and fastest C category veteran (50 - 59 years) and a tenner, the weekend job is starting to look attractive! Gabriel Martinez just squeezed first place from Nick Dwyer by 8 seconds with a 51.48. A 54.50, only 4 seconds slower than my PB and in bad conditions is quite an incentive for the rest of the season, however, it did take two days for my shoes to dry out!

Jeremy Wootton

~~~~~

### RICHMOND PARK TIME TRIAL

We've heard from our London based member Nigel Reynolds that he rode this one and took third spot in 25.14. We're not clear about the distance though. Nigel will be down for the Club 100 and is using the Etape du Tour which includes the col du Telegraphe, Galibier plus Alpe d'Huez, as a training run!

~~~~~

CLUB EVENING 10 MILE SERIES

No 9 – 16th June

No Jeremy this evening so Mark B stands up for his second win of the series. Rather a poor entry with riders probably deterred by the poor weather conditions.

Full Result

1.	Mark Bernhardt	22.34	6.	Peter Logan	25.55
2.	Kevin Doe	24.07	7.	Chris Putnam	26.32
3.	Nathan Gale	24.55	8.	Phil Young	27.26
4.	Phil Freat	25.20	9.	John Lucas	29.01
5.	James Nelson	25.46			

~~~~~

### LONDON to BRIGHTON -19<sup>th</sup> June 2011 - Jonny Scott Reporting

*Through the early hours of Sunday morning, cyclists from all over the world descended on Clapham Common for the renowned British Heart Foundation London to Brighton bike ride, a 54 mile route from capital to coast. Representing Worthing Excelsior and riding for Team Forza Ragazzi were Rocco and Alice Sepe, leading the way in their Worthing colours with Alice's boyfriend, Jonny, drafting close behind. Making up the other half of Forza Ragazzi were two of Rocco's in-laws, Mike Croxford and John... along with his son Thomas. Having assembled at the common an hour before our scheduled start time of 9 o'clock, team leader, Rocco, decided we should file in with the 8 o'clock start group and set off early in the hope of beating the rush. However, with 25,000 cyclists leaving Clapham Common between 6 and 10 am there was no chance of beating the crowds and we were swept along through the streets of London. Given the vast range of riders amongst the enormous field, ranging from charity teams on vintage Choppers to families with children and grandparents riding together and couples on tandems, the cycling etiquette one comes to expect after keeping good company with Worthing Excelsior is abandoned. No signalling for pot holes or parked cars and erratic braking-a-plenty meant you really had to concentrate on what was going on all around you as we weaved through the crowd striving for a consistent pace. This was made even more difficult during the small climbs encountered along the route with many riders coming to a stop to push their bikes up the hills. It should be mentioned that none of Forza Ragazzi were to be seen pushing up hills!*

*We made our first stop roughly 18 miles into the ride at one of the excellently set up rest stops. Local Scout, Guide and charity groups had arranged food and drink stops every 5 or 10 miles along the route and we enjoyed a well earned bacon roll along with some secret recipe energy bar provided by Jonny's mum. Well fed and watered, we set off once more and it soon became clear that Mike was beginning to feel the disadvantage of his old mountain bike against the road bikes of the rest of the team. However, his determination not to join the*

stream of walkers up the climbs was commendable and, in spite of an onset of cramp kept at bay by a salt and mineral tablet donated by Rocco, he powered on through.

The atmosphere of the thousands of riders, many taking part in memory of loved ones lost to heart disease, was incredible and the miles flew by as we headed south to Brighton. However, tensions mounted as we approached the downs and the dreaded Ditchling Beacon, the mighty barrier between us and the coast. Rumours were flying through the crowd about the scale of the hill which we could see looming on the horizon. The density of the crowd increased as we got nearer Ditchling Beacon, with many riders pulling over to the left to push their bikes up from the bottom and the pace of the group slowing ahead. It would have to be every rider for themselves as we weaved our way through the mass of straining cyclists, knowing that the remaining miles to Brighton would be downhill from the top. To this point we had been lucky with the weather, overcast skies with patches of sunlight had made for good conditions, however all good things must come to an end. Our reward for tackling Ditchling Beacon (the whole team cycling all the way up) was a heavy downpour that soon cooled us down. The descent into Brighton was therefore taken carefully with busy, wet roads but upon entering Brighton the streets had started to dry and crowds lined the finish line to cheer home the riders along the sea front. The reception in Brighton was a great way to finish the ride and we set off for Hove train station wearing our medals with pride, looking for a well earned rest. However, we were soon to discover that our day's riding was not over yet.

All bikes were banned from South Coast train services for the day, news that most definitely called for a hot chocolate in the local pub. Mike, John and Tom were to be saved by John's wife who set off to pick them up but, with no support team available to call on, Rocco, Alice and Jonny knew that the only option was an additional 12 mile cycle to Worthing against a strong Westerly wind. Not letting this news get us down we saw it as an excellent opportunity to cool down and Alice led us into Worthing for a well-deserved roast dinner.

~~~~~

WORTHING EXCELSIOR C.C. 50 Mile Championship – 19th June

After Mel Roberton had beaten Jeremy Wootton in the Sussex 50 the handicapper was led up the garden path and actually put Mel on scratch and gave Jeremy 30 seconds. Ridiculous, as Jeremy was soon to prove. In fact it probably inspired Jeremy into his record breaking exploits (see later in this issue).

The event incorporated in the Southern Counties promotion, was disappointing for the Club. We had hoped for strong debut rides from both Carl Trevis and from Chris Twine but injuries and an accident meant that both were non-starters. Hopefully they will soon manage a ride at this distance. Another disappointment was that Nigel Reynolds entry arrived late so he wasn't even on the start sheet. Peter Logan managed about half distance and Kevin Doe a bit more. Peter was exhausted, Kevin was deflated with a puncture and brought

home the nail to prove it! Finally there was a DNS from Stuart Jago who was probably trying to remain focussed on the 24 hour on the next week-end.

Well you can see the outcome; another trophy for the Wootton sideboard. Mel didn't seem that pleased, but then he's a hard taskmaster. Mark Bernhardt was definitely not pleased and has sworn for better things. Best ride was probably Phil Walker's, no tri-bars, rides mostly on the tops, and looks quite capable of going on at this pace for twice the distance. He deservedly won the handicap by a comfortable margin.

<u>Pos</u>	<u>Name</u>	<u>Actual Time</u>	<u>H'cap</u>	<u>H'cap Time</u>
1.	Jeremy Wootton	1.59.55	0.30	1.59.25
2.	Mel Robertson	2.01.40	Sc	2.01.40
3.	Mark Bernhardt	2.06.01	4.00	2.02.01
4.	Kevin Wilson	2.14.48	16.00	1.58.48
5.	Nathan Gale	2.17.03	17.00	2.00.03
6.	Chris Putnam	2.18.56	18.00	2.00.56
7.	Phil Walker	2.20.03	25.00	1.55.03

~~~~~

### ROGER SMALLMAN 1919 – 2011

Roger died on 23<sup>rd</sup> June at the grand age of 91 years. He had been an ever present in the Clubroom until just a few months previously. He was diagnosed as having cancer and it quickly spread to end a life of calm nature and good humour. He will be sadly missed by all who knew him and our deepest sympathy goes to Jean and her sons, his adopted family.

He was born in Sunningdale in Berkshire and his early cycling days were with the Carlyle C.C after his family had moved to Chelsea.

He spent the War in the Highland Light Infantry based in Glasgow. Physically downgraded due to his asthma, he became a wages clerk and book keeping was how he earned his wages after being demobbed. His family came down to Leatherhead after the war and later to Worthing.

It was here that a chance encounter with the father of member John Mansell led to his joining the Worthing Excelsior.



missed by all who knew him and our deepest sympathy goes to Jean and her sons, his adopted family.

He spent the War in the Highland Light Infantry based in Glasgow. Physically downgraded due to his asthma, he became a wages clerk and book keeping was how he earned his wages after being demobbed. His family came down to Leatherhead after the war and later to Worthing.

It was here that a chance encounter with the father of member John Mansell led to his joining the Worthing Excelsior.

Roger remained a stalwart member of the Club for nearly forty years. He gave great service taking on the office of Treasurer and always being available for time keeping and marshalling.

With Jean he was still serving tea in the Clubroom canteen up to a few months before his death. He reached the top of the Club's tree when he was appointed and served as Club President for a five year term.

Roger would probably have said that in racing terms, he didn't do fast, but looking at records of his early racing we note many handicap wins and bronze medal awards. In 1953 he rode in the Carlyle C.C 100 and recorded 4 hours 53 minutes. (see photograph)

~~~~~

CLUB EVENING 10 MILE SERIES No 10 – 23rd June

Lowest entry so far and it does give those who turn out a chance to score well with a good finishing position. Come back man Mark Newnham was this week's beneficiary taking top spot with a hard fought 23.35.

Full Result

1.	Mark Newnham	23.35	5.	Peter Logan	25.35
2.	Kevin Wilson	24.07	6.	Mike O'Gorman	25.39
3.	Phil Freaan	24.20	7.	Alan Orman	26.26
4.	James Nelson	25.34	8.	Robert Downham	27.17

~~~~~

### THE WOOTTON REPORT

#### Bognor Open 10 Thursday 23 June

*4th equal with Darryl Rice of Southdown Velo on 21.46, winner Graeme Stirzaker with 20.42. Sort of result to be pleased with, sadly not!*

*Earlier torrential rain had stopped about 6:00pm ish, roads were quickly drying, southwesterly winds had dropped and it looked to be a promising evening. Obviously the weather put off 20 riders as DNS, the list included some of the seeded riders, most notably Team Sky's, Sean Yates!*

*Whilst I took it steady on the roundabouts and junctions, I felt my effort which involved an average power output of 334 watts deserved a time at least 30 seconds faster. Slightly confused I returned my number and headed straight home to walk the dogs and ponder where the time went in a ride that I felt deserved better! Chasing PB's is a feature of every testers routine and sometime the answers are not very obvious. Quite what is holding me back at the moment is unclear. With no obvious answers the only way forward is to keep trying.*

#### A3CRG Monday evening 27 June

*Having reassured the event organiser a couple of weeks previously that I would ride, I have to say I really felt a little jaded Monday morning and not really in the mood for a 25 TT that evening. Jaded? Well, I was recovering from my efforts*

*in the previous weekends National 24 hour TT! Rob Downham and I were marshaling at Bramber Castle roundabout, not quite a night out on the tiles but the after effect was something similar.*

*The P885/25 is a fast course, I'd got within 4 seconds of my old PB a couple of weeks earlier in the Team Axiom 25 in pouring rain with a 54.50. The start is downhill, the course loses 979 feet but gains 731 feet a net difference of minus 248 feet, over 25 miles not a huge amount and despite the apparent 'Ski Ramp' start at the top of Hillbrow above Liss, the majority of the 25 miles have to be pedalled. I suppose I was more than a little frustrated from recent near misses with my PB's, most recently my 'sprinters 50' in the SCCU 50 with a 1.59.55 where I felt like I had worked hard enough to go 5 minutes quicker.*

*Back to this evening, it was hot and humid, bugs were a problem, I struggle to race with sunglasses or a visor on my helmet, if I do, after a couple of miles the inside of the lens is normally sweat covered and vision is impaired, the downside of going 'naked' is the risk of a bug in the eyes! There were a few near misses including a couple of strikes on the aero helmet, for some reason it acts like a drum and the sound of a small bug colliding with the aero helmet sounds like a major impact, subsequent inspection always confirms it was only an insect!*

*Too much data can be a nuisance, though it does help to pass the time. Mileage boards at 15 and 10 miles to go, along with every mile from 10 to 1 helps keep you focused on the job in hand.*

*The top end of the course is at Liphook and the 7 miles to go marker is on the flyover, at this stage I looked at my stopwatch and reckoned on the last 7 miles taking about 15 or 16 minutes, optimistic maybe, but it's always good to have a goal to aim for and with the mileage boards coming up at just over one every 2 minutes, a '53' was on the cards.*

*The final outcome was a 52 minutes and 41 seconds, it may have only been for 13th place but 2 minutes and 5 seconds off my previous PB was great result. Steven Whitewick won with a 49:32, there was one other 49, four 50's, five 51's and two 52's ahead of me.*

*It's great to slice a massive chunk off my PB, I suspect the next improvement may not be so dramatic and a lot of hard work.*

Jeremy Wootton

~~~~~

WORLD BLOOD DONOR DAY

Don't say you missed this event which was celebrated in Brighton in June! Well let us inform you that one of our members and his wife were specially invited to attend. Graeme Gill and his wife Val have made over fifty donations of the precious stuff. Valerie explained to the Worthing Herald that Graeme was a regular for the tea and biscuits and she used to have to wait for him. Getting fed up with this she was encouraged to donate as well and she too is now a regular. "It's quick and easy and almost painless" she said, "You never know if you may need it yourself and I think everyone should give it a go."

Our congratulations to you both, well done.

~~~~~



NATIONAL 24 HOUR CHAMPIONSHIP  
25th/26<sup>th</sup> June

There hasn't been a 24 hour ride by a Worthing Excelsior rider since 1971. One reason, is that, four events in the calendar each year, gradually has come down to just one, and this, up in the north of England. The 'Catford' and the 'Wessex' which were reasonably accessible were no longer run. On top of this the popularity of long distance racing declined. It was difficult anyway for promoters to find courses in this rather cramped corner of the country. There was one opportunity when the Brighton Mitre promoted the Championship in 1999 but we had no takers from WECC.

Gradually interest increased with more Club members riding the '100' and then three tackling the half day – 12 hour. With the announcement that the East Sussex Cycling Association were going to promote the National 24 hour in 2011 there was much local interest and from WECC just one, but very early and determined commitment, that of Stuart Jago.

For some eight months Stuart devoted himself to a frightening schedule of riding, constantly building to longer and longer sessions in the saddle. At the same time his focus shifted from any other racing to this one event. He had three aims; the first was simply to finish, the second, was to try and cover 400 miles and the third, was to see if he could improve on that Club record of 428 set forty years ago.

On the day, things could not have started much worse, for with hardly twenty miles on the clock he was to crash heavily. He was severely cut grazed and bruised, but after a wipe down with some hastily produced medical wipes was quite quickly away. There was, fortunately, no damage to his bike. Nevertheless this was an awful blow which was to have a serious affect upon his ride.

He did achieve aim number one and finished a gruelling marathon, but that was it. From the view of those helping him he would undoubtedly have exceeded 400 miles had the ride been trouble free. It was a most courageous effort. In the National result he finished 33<sup>rd</sup> with a distance of 391.33 miles. Of the 96 entries, 93 started and 80 finished. Distances achieved varied from the massive, new National record of the winner Andy Wilkinson of 541.17 miles to the last lady, riding a trike, with 202.01 miles.

It is easy to be wise after the event but perhaps he overtrained, it's difficult to be sure, but he always looked like he was continuing his training rather than racing, he seemed to be always on an unwavering speed, there was no variation, no fast bits and slow bits, but how much did the crash affect him? This is not a criticism, he had gone in at the deep end and with amazing dedication. He has since recovered enough to say that yes he would ride another and he will then have the benefit of this very tough experience.

The course in East and West Sussex was by any standards a hard one, irrespective of the new record mileage, for mere mortals it was a long distance Sporting Courses event. The East Sussex Cycling Association did though put on a brilliant event and did Sussex cycling proud. Mike Haylor whose brainchild it was, would not accept our congratulations though, claiming it was he and a thousand others, and it is true that the cycling folk of Sussex, both east and west turned out

in fantastic numbers, to officiate and support and provided a memorable weekend's cycling sport.

~~~~~

CLUB RUNS LIST A new list giving details of runs to mid November has been issued and has been delivered by email or by hand wherever possible. If you have not received one then reference to the Club website will provide all the information

~~~~~

### **NEW CLUB RECORD**

It is some while since we had one of our club records updated and we have Jeremy Wootton to thank and to congratulate. He has shown some really good form both last year and again this season, especially at the shorter distances.

The 25 mile record has stood to the late Richard Shipton since the 20<sup>th</sup> of June 1987 when he recorded a time of 53 minutes 02 seconds in the Unity C.C. event in Essex. We've recently been able to borrow Richard's record book and it notes against this entry, only that it was his 109<sup>th</sup> inside the hour 25 mile, and that it was wet at the turn!

Jeremy's effort was a 52.41 (you will find his comments in one of the "Wootton" reports) was in the A3CRG event on the evening of Monday 27<sup>th</sup> June. The course was the P885/25 starting near Liss and uses mainly the A3 dual carriageway road.

Next year we are going to persuade him to do the full B.A.R. distances before he gets too old. At the moment though he expresses some aims towards lowering the 10 record and that stands to Pete Danckwardt who recorded 20.50 also back in 1987. Jeremy is not far away from this on his present form, so watch this space.

~~~~~

CLUB EVENING 10 MILE SERIES

No 11 – 30th June

Holidays must be over and everyone is back. Makes for a much better event when there are good numbers. Good also to have Chris Twine back after his accident. He doesn't seem to have slowed up much and deservedly took his second top spot of the series. This was the event when John Lucas was overtaken by no less than three riders between Washington roundabout and the finish.

Full Result

1.	Chris Twine	21.47	5.	Phil Frean	23.42
2.	Mark Newnham	22.44	6.	Nathan Gale	24.03
3.	Kevin Doe	23.01	7.	Pete Logan	24.30
4.	Chris Putnam	23.30	8.	Mike O'Gorman	24.54

9.	Allan Orman	25.11	14.	John Lucas	27.17
10.	James Nelson	25.19	15.	Joan Lennon	27.21
11.	Pete Rowe	25.49	16.	Ben Tovey	27.25
12.	Phil Young	26.16	17.	Graeme Gill	28.36
13.	Lee Barber	26.26			

~~~~~

### PUNCTURING IS NOT A CLUB JOINING INITIATION

Three new members recently signed up by membership secretary Mike Irons are Jamie Wastell, Pippa Smith and Mark Field. All have taken part in our Club runs and seemed to have enjoyed them. Jamie was to puncture on his outing and Mark managed three! before calling for a Mum and Dad rescue. Mark is just 15 and despite the unwelcome deflations has promised to be back. Pippa has demonstrated her fitness in a number of Sunday rides and we can forget any probationary period for her... she's a probation officer, we gather. Present address is up in Cambridge but planning a move down we think. Jamie has already ventured into the world of Sportives so no lack of stamina there. Welcome to you all, we hope you will become keen and involved members .

~~~~~

CLUB 25 MILE CHAMPIONSHIP - 3rd July

For some reason, not clear to the Worthing Wheel we use a course designated G25/95. for this one event each year. It starts at Goose Green on the Adversane Road to the north west of Ashington. It goes east under the A24 and south to Washington. Now it loops through Wiston and Hole Street back to Ashington and the A24. Next it goes round again to Wiston cross roads, but this time straight on towards Steyning. As the Steyning bypass begins riders go north on the B2135 via Ashurst to the A24 at West Grinstead. Finally they turn south to the Ashington junction slip under the A24 and go west to a point near the start. Yes complicated isn't it. Still no one got lost this time, James Nelson was not able to ride!

Full Result

<u>Pos</u>	<u>Name</u>	<u>Act Time</u>	<u>H'cap</u>	<u>H'cap Time</u>
1.	Jeremy Wootton	58.31	Scr	58.31
2.	Mel Roberton	1.01.17	3.00	58.17
3.	Mark Bernhardt	1.02.32	5.00	57.32
4.	Chris Twine	1.03.02	4.30	58.32
5.	Kevin Doe	1.03.50	6.40	57.10
6.	Mark Newnham	1.04.31	7.45	56.46
7.	Kevin Wilson	1.05.58	7.10	58.48
8.	Phil Frean	1.06.41	9.50	56.51
9.	Nathan Gale	1.06.42	9.00	57.42
10.	Chris Putnam	1.08.21	11.00	57.21

11.	Phil Walker	1.09.10	12.00	57.10
12.	Peter Logan	1.09.15	13.00	56.15
13.	Mike O’Gorman	1.11.25	13.00	58.25
14.	Lee Barber	1.11.26	20.00	51.26
15.	Robert Downham	1.13.50	15.00	58.50
16.	Phil Young	1.17.27	17.00	1.00.27

The handicapping was reasonably good with two exceptions. Lee Barber obviously received way too much and Phil Young did not get enough, rest assured both of you these things do get noted.

Being a championship, scratch awards take precedence, so that’s 1st, 2nd, and 3rd, as above, plus Lee on 1st handicap and Peter Logan grabbing a medal for second spot in that category. It is thought likely that this was a club best time for this course, although faster times by non-members have been recorded.

~~~~~

### CLUB EVENING 10 MILE SERIES No 12 – 7<sup>th</sup> July

As the series nears its end Jeremy comes back for another first place. Was he worried that anyone else could press him for the overall? Nice to see some new names having a go with Nolan Heather recording a very respectable first effort.

#### Full Result

|    |                |       |     |                |       |
|----|----------------|-------|-----|----------------|-------|
| 1. | Jeremy Wootton | 21.34 | 8.  | Mike O’Gorman  | 26.03 |
| 2. | Chris Twine    | 22.47 | 9.  | Peter Rowe     | 26.18 |
| 3. | Mark Newnham   | 22.59 | 10. | Robert Downham | 26.49 |
| 4. | Chris Putnam   | 23.55 | 11. | John Lucas     | 27.31 |
| 5. | Phil Frean     | 24.24 | 12. | Colin Miller   | 27.58 |
| 6. | James Nelson   | 25.36 | 13. | Joan Lennon    | 28.01 |
| 7. | Nolan Heather  | 25.57 | 14. | Alan Stepney   | 28.52 |

~~~~~

NATIONAL 100 MILE CHAMPIONSHIP – Saturday 9th July

This event rather unusually, was held on a Saturday afternoon, but then up north they’ve got the roads, without the traffic and can probably cope more easily than we could down here. The course was near Ripon in the northern parts of Yorkshire. The weather started wet and was to suffer some pretty rough conditions.

Worthing Excelsior had two competitors and while neither was likely to bother the Hutchinsons of this world, they were both keen to see what they could do with the inspiration of riding in such elite company. Stuart Jago and Mark Bernhardt did not have the best of starts when their motor journey north came to a two and a half hour stop on the M1, but they made it and reported for their respective start times.

It was at this point that their fortunes took very different courses. Yes it was windy but while Mark was through 50 miles in 2.11.12 Stuart was way down and in all kinds of trouble. Mark was to ride strongly over the second half and actually managed a personal best of 4.26.29. Stuart was in a dreadful state when he eventually finished in a time outside of 5 hours and it took him an hour to recover sufficiently to begin the long journey home.

After the enormous efforts that Stuart made for the 24 hour championship only two weeks previously this 100 was clearly too close and maybe he had let his enthusiasm get the better of him, but that was a hard lesson.

It doesn't seem appropriate to dwell too long on the winner's time, quite unbelievable, something in the region of 3 hours 24 minutes, which equates to 4 X 51 minutes for each 25 miles, but then he does reside in the back pages of Cycling Weekly!

~~~~~

### EAST SUSSEX 50 MILE – 10<sup>th</sup> July

Just two riders from W.E.C.C. went over to the East Hoathly start for this promotion based on the A22 road over in the east of our County. They had good conditions and Kevin Doe riding to a 'Don' schedule of 2.14.00 had to sprint home for 2.13.53 and a 6 seconds P.B. This schedule we understand has since been upgraded! Mel Robertson suffering from a cough still managed to get round in 2.3.13 and walked away with another veteran award.

~~~~~

CLUB EVENING 10 MILE SERIES No 13 – 14th July

A good evening and one of near misses. Jeremy was urged to knock out a new ten record for the Club (standing at 20.50 to Peter Danckwardt in 1987) and Jeremy's PB was close at 20.52. Kevin Doe has been desperately trying to get a 22 and has scraped his way to 23.01. So what could we expect?

Well JW clocked a frustrating PB at 20.51 and Kevin equally frustrated was home in 23.00 – Ouch!

Full Result

1.	Jeremy Wootton	20.51	10.	Pete Rowe	26.08
2.	Mark Newnham	22.47	11.	Lee Barber	26.15
3.	Kevin Doe	23.00	12.	Robert Downham	26.21
4.	Chris Putnam	23.51	13.	Colin Miller	26.32
5.	Phil Freat	24.33	14.	John Lucas	27.36
6.	James Nelson	25.19	15.	Ben Toovey	28.05
7.	Mike O'Gorman	25.21	16.	Alan Stepney	28.46
8.	Phil Young	25.44	17.	Graeme Gill	29.56
9.	Pete Logan	25.53			

~~~~~

RUNS ATTENDANCE POINTS – Up to and Including 3<sup>rd</sup> July 2011  
For those members with 20 or more points

|                |    |                  |    |
|----------------|----|------------------|----|
| Mike Irons     | 68 | Neale Maloney    | 38 |
| Phil Freat     | 65 | Kevin Doe        | 38 |
| Tony Knott     | 63 | Richard Klose    | 37 |
| Rocco Sepe     | 57 | Guy Musgrave     | 36 |
| Robert Downham | 52 | James Nelson     | 35 |
| Don Lock       | 51 | Lee Barber       | 33 |
| John Baldwin   | 49 | Pete Logan`      | 29 |
| Phil Walker    | 49 | Clive Lett       | 29 |
| Graeme Gill    | 46 | Nicole Patterson | 29 |
| Ken Newton     | 39 | Martin Wood      | 22 |
| Peter Rowe     | 39 | Nigel Gardener   | 21 |

~~~~~

DAPHNE GRANT

Many older members will remember John Grant's wife Daphne. For several years Club Vice - President John and Daphne provided a radio results service to Worthing Excelsior and to Sussex Cycling in general. With John at the finish with the timekeeper and Daphne at the Headquarters. They could be found at Village Halls at unearthly times on Sunday mornings throughout the County and throughout the time trialling calendar. They achieved a service which could only be matched with the advent of the mobile phone in more recent times.

They had call signs (Handles), Penny Farthing (John) and Edelweiss (Daphne). Daphne was as lovely as the flower, always smiling and always with a cheery word. She was also well known for her knitting, many believed it was to be a new scarf for Doctor Who.

Daphne died on 5th July after a long fight with Parkinson's disease. John insists that we should not grieve her going, but instead celebrate that she was here. We have no doubt that would have been her wish too. The Club was represented at the Funeral service and paid our last respects to a lovely lady.

~~~~~

CLUB EVENING 10 MILE SERIES

Event No 14 which should have been the last in the series was washed out by heavy rain making conditions too dangerous. It was the only one to have been affected by weather this year. The overall results will be in our next issue.

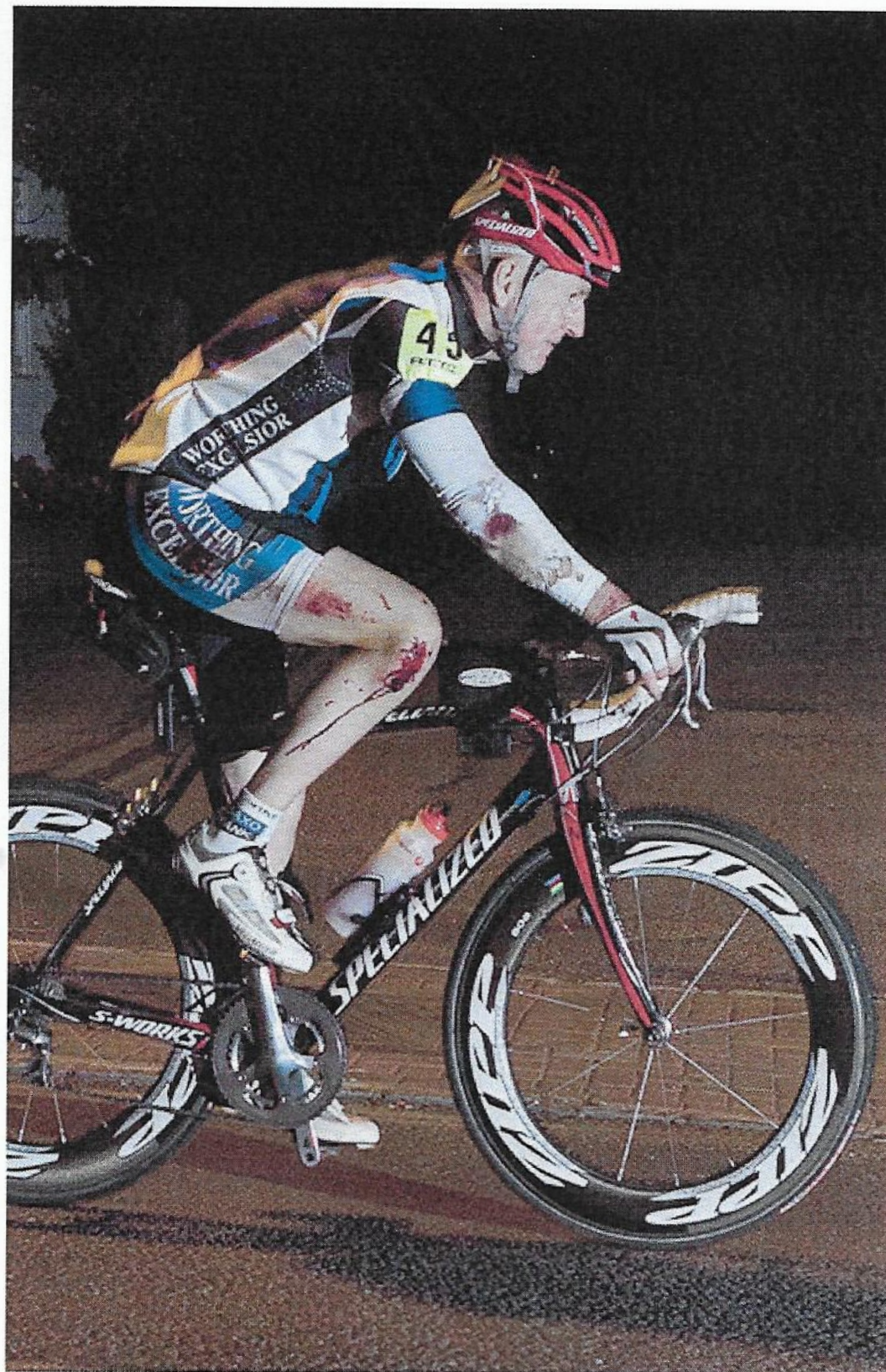
~~~~~

STOP PRESS - DIARY DATES

Skittles at The Spur – Friday October 28th.

Club Dinner & Prize Presentation – Friday November 18th

Contact Don for details and early bookings



A bloodied Stuart Jago rides to 391 miles in the National 24 hour Championship. A courageous effort after a nasty crash with just 20 miles covered.

(Photo courtesy of Mike Anton)



Copyright Lise Vebel