

THE JOURNAL OF



THE WORTHING WHEEL



All smiles at the finish. National 24 Hour Duo and Supporters.



National 24 Hour Circuit Timekeepers Mike Irons & Tony Palmer
ALL PHOTOS COURTESY MIKE ANTON

WORTHING EXCELSIOR CYCLING CLUB

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THE NATIONAL 24 HOUR CHAMPIONSHIP

21st/22nd June

The longest standard distance recognised by the National time trials governing body "Cycling Time Trials". Way back there were four of these promotions every year. The North Road, The Mersey, the Catford and the Wessex and the national championship would rotate between them. Gradually road and traffic conditions have reduced these to just the Mersey and occasionally the East Sussex. Brighton Mitre celebrated their centenary with a promotion which was very successful and then in 2011 the East Sussex C.A. ran one. An occasion when the national record was smashed and put into new territory with Andy Wilkinson adding 16 miles to his previous record for an astonishing 541 miles. In 2014 the ESCA did it all again with a slightly different course, entirely in East Sussex on this occasion, and they again made a brilliant job of it.

A long while ago our Ed. twice rode the Catford 24hr. first time he managed 417 and in 1971 a second go saw him reach 428. Looks a bit pathetic set against Wilkinson but it was 43 years ago and anyone reaching into the 400 plus would finish in the top 25 of the National. Ed's best placed him 15th. It is no doubt Ed's previous involvement in these marathons that has led him to persuade others in WECC to give it a go. In 2011 it was Stuart Jago and had he not crashed badly in the first hour or so he would undoubtedly have ridden well over 400. Ed tried hard to get a team together for this year's event but didn't quite make it, but we did have two riders and they both rode tremendously well. Ed is not sure if Martin Booker and Simon Atkinson have yet forgiven him but they're still talking!

In these events there will be many who simply hope to finish and will have quite modest aims, say 300 miles and still, in 2014, if you can beat 400 you will finish in the top twenty. In view of the vastly different ambitions and abilities of the riders (70 this year) the organisers biggest headache is to keep the field together and they do this by providing a course consisting of several circuits. These may be anything from 12/15 miles up to 20/25 miles. They are carefully measured beforehand and in the event slower riders can be sent on to another circuit having done less laps of the previous circuit than the faster riders. All requiring many timekeepers and circuit recorders so that final distances can be worked out afterwards. As a rider's time begins to expire he will be on the final or finishing circuit and here will ride on to the next timekeeper after the 24 hours have run out. The timekeepers are spaced about 2 miles apart and the exact distance is then a mathematical calculation based on his times at the last and the finishing timekeepers.

The circuits this year were just three in number the first to the north and east of Lewes was called the Little Horsted circuit and is distinctly lumpy. This was nearly 21 miles round and there were provisions for the faster riders to complete four circuits. Then a short circuit from Halland that was just over 12 miles which was easier and would be used again for the finishing circuit. There were, of course, sections where riders moved from one circuit to the other. The third circuit was the "Night Circuit" and was the longest at 24 miles. It had two long sections of good dual carriageway but the other half was very hilly and dark in the lanes. The A22 and the A259 from Boship down to Polegate then out through Pevensey and

north to Ninfield before returning to the Boship along the A271. The organisers had made provision for this circuit to be ridden no less than 7 times by the fastest riders!

It had been hoped that we would have two teams of helpers to support our riders throughout but this didn't materialise. Andrew Lock and Ed were able to cope for the first six hours but it was difficult as the two riders became quite a long way apart. They were joined by Chris Putnam and Trevor Leeding in the early Saturday evening and placing the two cars at opposite sides of the night circuit and by keeping in touch on the mobiles there was good coverage over the night time and early morning. After this it was back to the one car and Andrew and Ed did a lot of dashing about to keep the support and encouragement going for both riders.

Both Simon and Martin have had experience of long distance challenges but not in the time trial discipline indeed neither had completed a 12 hour event or even a 100 mile time trial, so it was very new territory for them. They had stated their aims as (1) to finish, (2) to cover 400 miles and (3) to have a look at that club record. They started at numbers 12 and 32, and Simon, the later starter began to narrow the gap which would have been helpful for the helpers but Martin after the first couple of hours began to pull away and the time gap between them grew to around an hour over night. They would both stop regularly to take on more food or drink and to don extra clothing and they would also made bike changes from time trial machines to road bikes with lights.

The weather conditions were generally very good, dry and not too cold overnight and only light winds, but on the Sunday morning as the fatigue began to take effect and with the increase of traffic it became very warm for them and drink and sponges became the essentials.

With some four hours still to go Simon was struggling and while his determination to finish was not effected he appeared to have settled for aim number (1). Martin was still going well and rewarded his helpers with a victory salute as he passed the 400 mark.

When the final result and distances were published Martin was shown to have ridden 417.99 miles and was placed 15th and Simon had covered 387.98 miles and was placed 27th. Really excellent efforts for which they both received a well deserved finisher's plaque. In addition Martin's ride placed him third of the East Sussex C.A. members and will receive a special Association plaque. The 2014 winner was Jonathan Schubert of the High Wycombe C.C. and his distance was 518.28 miles.

Martin's thoughts on the event are included later in this issue. We also include some photos kindly supplied by Mike Anton.

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**SOUTHERN COUNTIES C.U. 50 MILES CHAMPIONSHIP**  
**Incorporating the Club's Championship**  
**29<sup>th</sup> June 2014**

A pity that more Club members were not attracted to this event. While 50 or more miles is no problem on a Sunday morning club run the time trial does not

seem to be in favour. We had six entries but only four started and with Mike O’Gorman going out early on with a puncture it was a bit like the “ten green bottles” and we were down to three.

We were not sure how the 24 hour ride of the previous week would affect Simon Atkinson and the handicapper favoured Trevor Leeding putting him on the scratch mark in the club handicap. Simon was allowed just one minute and debut rider Rick Hughes 8 minutes.

The three were all seen at the Findon roundabout that’s just short of 42 miles and by then they had ridden from the West Grinstead start out to Bolney on the A272, had retraced to Cowfold and then dived down to the roundabout just to the north of Henfield. From there they returned to Cowfold before heading south on the A24 to Washington around 26 miles covered. Next it was out to Shoreham and back before the short but tough leg to Findon. The last 8 miles took them back to a finish in Swallows lane just north west of Dial Post. A course that could fairly be described as “sporting”. They were all going well and finished strongly.

Trevor, despite complaint, warranted the scratch mark finishing in an excellent 2 hours 3 minutes 38 seconds. Simon clocked 2 hours 5 minutes exactly and Rick should be well pleased with his opener of 2 hours 10 minutes 14 seconds.

Club result:

|    |                |         |         |         |
|----|----------------|---------|---------|---------|
| 1. | Trevor Leeding | 2.03.38 | Scratch | 2.03.38 |
| 2. | Simon Atkinson | 2.05.00 | 1.00    | 2.04.00 |
| 3  | Rick Hughes    | 2.10.14 | 8.00    | 2.02.14 |

So Trevor picks up the Club Championship and Rick grabs himself a handicap medal. Would have been much better if we had a dozen riders though.

The SCCU open event winner was Steve Kane of the Brighton Excelsior with a very fast 1 hour 52 minutes 22 seconds.

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A “RICK “ RIDE FOR CHARITY Capital to Coast Charity ride 2014

I first rode this event in 2012 before I joined the club following a chance meeting with a well known Irish chap (Liam O’Connell) in my town (Littlehampton) he was riding the event and it was literally the day before !, He said "So what are you up to tomorrow" I couldn't really think of a witty reply, before I said anything he said my house, 5:45 tomorrow morning , "bring a bike we can raise some money for a good cause". Before I knew it I was sitting in an old rusty Transit heading to London first thing the next day.

Of course it wasn't quite like that, but I had learned that Liam is battling with cancer and is well into his 70s and I thought well if he's doing it who am I to say no.

At the time I had only recently taken up cycling seriously, my weapon of choice was an old Claud Butler San Remo, entry level 7 speed group set, very heavy, but a good solid bike that would serve me well (and still does every day on my commute)

Long story short, that year there were 6 riders in the van and we very soon settled into our own pace on our way to Brighton, I never saw the other riders again that day, can't remember the time I took but it seemed like most of the day ! I was very impressed by the level of organisation, having not ridden any other events I'm not sure what I was comparing it to but I always felt that what ever happened I would be looked after, also it was a good insight into riding an event such as this and maybe overlooking things to bring with you, I saw 1 guy with chain failure, so now I always carry a split link and pin push tool, and 2 guys needed tyres, on some events, you will often see me with a folded tyre in my spare bottle cage, 2 things I didn't think to have with me.

So when I saw the event was due again this year (having totally missed 2013) I thought it would be a great idea to use it as training for the club 50 mile TT that was to be held the following week.

I set off early that morning and had planned to take the train and cycle back if the wind was not too strong and not coming from the west, the day turned out perfect weather wise with temperatures in the twenty's and very little breeze at all, the route I had chosen was Brighton to Brighton, this just makes things easier on the day for getting to the start point and is in fact 6 miles further than the London to Brighton course. I arrived at the start area in plenty of time and was in fact the first rider there !

We could only start the ride when all the marshals were in place and set off around 8 O'clock.

The route :

Started at the Kings Lawns then headed west along the seafront to Shoreham where we headed north up the A283 then over the river to the A2135 to Spithandle Lane, followed through to Wiston, Hole Street, right into Spear Hill / Hooklands Lane then into Countryman Lane, east to Pound Lane. I was leading the entire event up to this point and somehow managed to skilfully miss a sign telling me to turn left into Red Lane and myself and another chap rode all the way to Southwater Country Park until we realized my error !

Having doubled back to Red lane and shortly thereafter finding a feed station at Shipley, I met up with some Worthing Excelsior riders and stopped for a quick chat as they were attending to a puncture (so we had loads of time).

Continuing Northward through Dragon's Green and Marlpost Road, we turned right at Bonfire Hill, into Church Lane then left Station Road along to Worthing road then right into Southwater St, followed our noses all the way to Sedgwick Lane then continued until right onto Hammerpond Rd, this leads to Hampshire Hill where we continued until a right turn just before Slaugham, south along Slaugham lane to Warninglid, a swift left / right to continue down Colwood Lane and into Bolney Chapel Rd then Twineham.

Pushed on south to Henfield , Blackstone, Woodmancote, Fulking, Poynings, Saddlescome then Dyke Road Ave back to the Kings lawns.

A 60 mile loop, £306 pounds raised between my 'just giving' page and a normal sponsor form, met some wonderful people, even bumped into Darron Muggeridge who rides the event every year.

After the event I felt just fine so even though I had a return ticket in my pocket for the train, I cycled home again.

I haven't written an article for the Worthing wheel before, so I'd like to take this opportunity to thank everyone for making me feel so welcome as a newcomer to this club and of course to "proper cycling"

Rick Hughes

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### EVENING 10 MILE NO.9 12<sup>TH</sup> JUNE

Due to an unfortunate accident the watches were stopped during event number 8 which had to be cancelled. This is why we move from No.7 in our last magazine to No.9

#### Result

|   |                |       |    |                     |       |
|---|----------------|-------|----|---------------------|-------|
| 1 | Simon Atkinson | 21.37 | 8  | Connor Leeding      | 23.55 |
| 2 | Mike O’Gorman  | 22.25 | 9  | Phil Young          | 24.12 |
| 3 | Rick Hughes    | 22.40 | 10 | Phil Freaan         | 24.30 |
| 4 | Martin Booker  | 22.56 | 11 | John Lucas          | 25.44 |
| 5 | Chris Putnam   | 23.06 | 12 | Shaeff Potter (jun) | 26.15 |
| 6 | Colin Barton   | 23.08 | 13 | Andrew Lock         | 26.28 |
| 7 | Robert Downham | 23.43 | 14 | Chris Bramley       | 27.55 |

Particularly promising ride from Shaeff. First a “29” then a couple of “28’s” so what happened to a “27” ? Good one, maybe a “25” next.

Mike O’Gorman now regularly produces an update on the season long competitions including the 10’s. After number 9 we have a clear leader with Simon Atkinson already qualified with the optimum of just 6 points, i.e.6 first placings. At this early stage we have 7 qualifiers, that is those riders, with the necessary six rides.

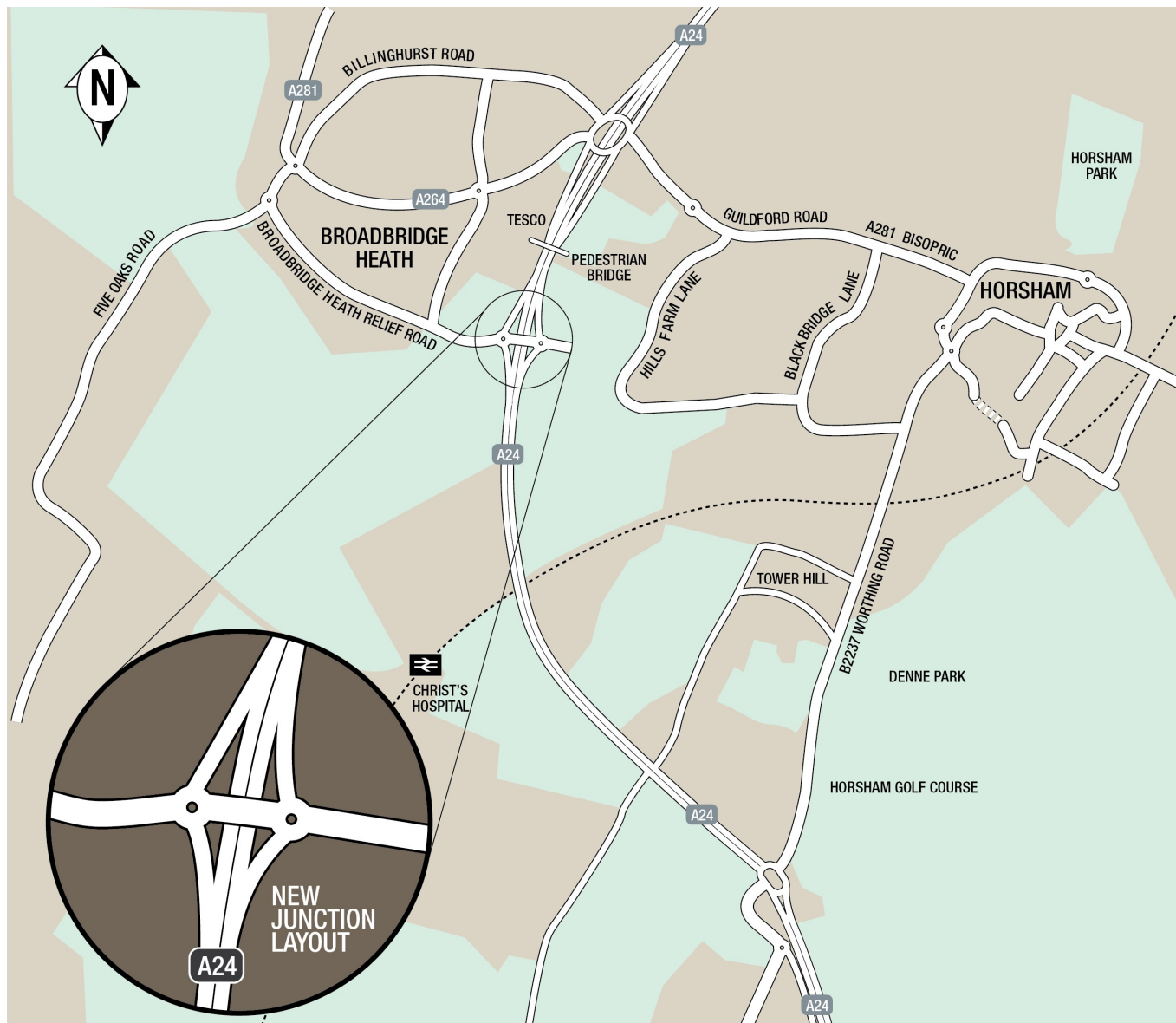
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MORE ROAD WORKS –MORE ROUNDABOUTS

On the 14th June work started on ‘key infrastructure’ work along the Horsham section of the A24.

That is between the Farthings Hill junction at Broadbridge Heath and the Hop Oast roundabout to the north of Southwater.

The new junction will complete what is referred to as the Broadbridge Heath Relief Road connecting the new junction to the recently finished roundabout on the Five Oaks Road (A264) near the Garden Centre which is a recent addition to our Sunday Club runs venues list.



The new relief road and junction (to be located south of Farthings Hill Interchange) will, we are informed, take traffic pressure away from Broadbridge Heath and the Farthings Hill Interchange and will help to integrate the new and existing communities at Broadbridge Heath. The cycle and footbridge over the A24 will be replaced and upgraded and a new vehicle bridge link across the A24 will link the new developments, Highwood to the east of the A24 and Wickhurst Green to the west.

THE WORKS ARE NOT SCHEDULED TO BE COMPLETED UNTIL LATE 2015!!!

During the work both carriageways will remain open but restricted to a single lane in each direction and with a 40 mph speed restriction. So happy motoring for all who have to use this stretch, chaos and delays are guaranteed.

The effect on the 25, 50 and 100 mile courses of the London South Cycling Time Trials District is of course total. None of them will be useable again until 2016.

When the courses do come back into use when the works are all finished it will be interesting to see how the London South District deal with the new junction –See Map-. At present they require riders to use the slip roads at Farthings Hill

and the straight through underpass is banned. In the view of many there are more hazards in negotiating the roundabout at the top than there are in taking sensible caution as a straight through route would involve. Should they require the new junction, which appears to be the same, to be dealt with in the same way, it will be up, down and up down again all in the space of a couple of hundred yards. The thought reminds of something from the fairground!

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## TWENTY FIVE YEARS AGO

The evening tens were regularly attracting over thirty WECC entries and every event was handicapped. From the handicapper's point of view let's hope that they don't bring that back. Looking down the results there are several names that are still trying to push back the clock. Two names that stood out though were Chris and Simon McNamara, both Excelsior members at the time. It doesn't seem possible but once upon a time our Ed was regularly taking a couple of minutes out of them. Whatever, apart from anno domini, went wrong!

Chris and Simon both rode in the GHS (George Herbert Stancer) National Schoolboys 10 mile championship London South District Heat that summer and recorded times of 28.18 and 29.35. Now you know why Ed was beating them.

They were also mentioned in the same edition (Summer 1989), under a heading "The Terrible Twins" It seems that at the start of a training run one was having trouble with his shoes and getting them into the clips – (remember we're 25 years back) - . Agitation and impatience was creeping in, "There's something wrong with my left shoe" says one. The other not being too helpful also seemed to be having the same problem. Suddenly a thought dawns and as twins do, they both spoke at once, "Have you got my left shoe"!

It is O.K. when they have numbers on their backs but otherwise we have to rely on their different racing club outfits to tell one from the other. Even their times only varied by a second or two. A shame that they did not stay with WECC, think what an enormous addition that would make to our racing strength.

Complimenting Nicole Patterson-Lett on her recent 10 mile times, it seems that she still has a little way to go. We read that in 1989 one Jane Avery, (we seem to recall that she came from New Zealand) was breaking our ladies 10 mile record bringing it down to 25.34. Only just over one minute to go Nicole. We suggest that you adopt the DIY chain store slogan and B & Q it, which in cycling terms means "BE QUICKER!"

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CLUB 25 MILE CHAMPIONSHIP

8th June

We run this one on the rather complicated G/25/95. Best bit of the course is the headquarters area, in that dead end stretch of road (at one time the A24) off to the north of the Billingshurst road roundabout at Ashington. The start is about a

mile from there towards Dan Hill crossroads and riders come back east to join the A24 southbound. They then complete a short circuit – Washington roundabout – Wiston crossroads – left through Water Lane and rejoin the A24. Yes, be careful because later starters may be coming past. Next time round when you get to Wiston crossroads you continue on round the usual Ashurst circuit and back out to the A24 at West Grinstead. Finally you turn south to Ashington and take the slip road heading west towards Dan Hill to the finish point a couple of hundred yards beyond the start.

There were thirteen entries which as the saying goes is “unlucky for some”. In this case it was Jeremy Wootton who suffered the recurrence of an injury and decided it would be best to abandon, and Trevor Leeding who punctured and could not finish. A shame that two of the principal contenders were so quickly sidelined.

Simon Atkinson ran out the winner, but only just. His time of 1.00.42 was only 25 seconds better than an excellent ride from Carl Trevis, on 1.01.07. Third spot went to Mike O’Gorman also close up on 1.01.49. The value of Mike’s time is emphasised by his positions in the three categories, 3rd on scratch, 3rd on handicap and 1st on veteran’s standard.

A hard course and all finishers can look forward to much faster times on other courses as the season continues.

Full result:

1	Simon Atkinson	1.00.42	SC	1.00.42
2	Carl Trevis	1.01.07	1.50	59.17
3	Mike O’Gorman	1.01.49	2.20	59.29
4	Ian Cheesman	1.02.50	2.40	1.00.10
5	Rick Hughes	1.04.15	4.30	59.45
6	Mark Newnham	1.04.26	3.00	1.01.26
7	Colin Barton	1.06.03	6.00	1.00.00
8	Nolan Heather	1.07.12	7.30	59.42
9	Chris Putnam	1.07.19	4.50	1.02.29
10	Phil Frean	1.08.34	7.00	1.01.34
11	Rome Bhamra	1.18.21	16.00	1.02.21

So a trophy for Simon and a deserved handicap win for Carl.



EVENING TEN MILE SERIES EVENT NO.10 19th June

Result

1	Trevor Leeding	22.37	11	Connor Leeding	26.23
2	Carl Trevis	23.07	12	John Lucas	26.27
3	Rick Hughes	23.17	13	Jeff Blunsden	26.38
4	Mike O’Gorman	23.25	14	Nathan Gale	26.43
5	Chris Putnam	24.09	15	Andrew Lock	26.53
6	Darron Muggeridge	24.19	16	Nicole Patterson-Lett	27.47
7	Colin Barton	24.33	17	Dave Funnell	28.29
8	Robert Downham	24.45	18	Joan Lennon	29.32

9	Alan Cooper	25.52	19	Chris Bramley	29.33
10	Phil Young	25.54			

Times were slower indicating a hard evening, but where have all the young men gone ? Average age of the first nine is 49.9 years and that can not be good.

Fastest veteran very nearly every time and well ahead in the series is Mike O’Gorman. At this stage his average plus on best six rides is 5 minutes 22 seconds almost a minute clear of Trevor Leeding.

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### EVENING TEN MILE SERIES EVENT No.11

26<sup>th</sup> June

#### Result

|   |                |       |    |                |       |
|---|----------------|-------|----|----------------|-------|
| 1 | Carl Trevis    | 21.53 | 7  | Robert Downham | 23.3  |
| 2 | Trevor Leeding | 21.58 | 8  | Phil Young     | 24.28 |
| 3 | Mike O’Gorman  | 22.23 | 9  | Andrew Lock    | 25.47 |
| 4 | Mark Newnham   | 22.29 | 10 | Joan Lennon    | 27.55 |
| 5 | Rick Hughes    | 22.45 | 11 | Graeme Gill    | 28.44 |
| 6 | Chris Putnam   | 23.15 |    |                |       |

Well the times were O.K. so where was everybody did it look as if it might rain! Good to see another name at the head of the result. Carl has been pressing hard lately and the competition is good.

There are now seven events remaining and we already have 15 who have qualified with the required six races.

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COMPETITION UPDATES

Mike O’Gorman is making an excellent job of formulating and constantly updating the season long competitions, quite apart from the evening 10’s. These are going on to the club’s website but for any of you who like to see it in hard copy we show here the leading positions:

In the SPOCO competitions after just two counting events, that’s the Long Furlong Circuit and the 25 mile championship. Simon Atkinson leads with a maximum of 40 points. Mark Newnham is second with 33 and Ian Cheesman is third on 32. The position will no doubt change after the Pulborough Circuit and then there is the hill climb series and finally the Hardriders.

In the HANDICAP POINTS COMPETITION after six events Simon Atkinson leads on 33 points Chris Putnam has 35 and Ian Cheesman and Trevor Leeding are joint third on 39. The remaining events here are the 100 mile, the Pulborough Circuit and the Hardriders. In this competition it is the handicap placings that are aggregated so the lower points head the table.

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It’s a fact! The hardness of the butter is proportional to the softness of the bread. .  
 . . . . . Crumbs! Never knew that, but always wondered!



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ARE WE MOVING ?

In the last issue we reported on an item spotted in the Broadwater Community Magazine that was indicating, in pretty definite terms, that they would soon be vacating the Broadwater Parish Rooms and moving to much improved and larger premises which would soon be vacant at the College not far away. It was even indicating that the new premises would not be available until early (sic) 2014.

As you would expect your committee made early contact with the Community to find out just what was happening, when, and when were we going to be give due warning. Well we need not have panicked for we are now informed that nothing is going to happen for probably a couple of years and nothing was certain and it may never happen at all. Typical!

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## WORTHING EXCELSIOR TO FOLD

Plans will need to be made to deal with the distribution of the Club's assets and a formal winding up of its finances will need to be dealt with. There are, of course, correct procedures to be followed and these will be put in hand at the end of our present financial year.

After over a century and a quarter it is a sorry and very sad state of affairs. It is a let down to all the past officers who have over so many years including in War time done so much to hold things together and indeed to propel the club into many periods of fine health.

Are you still reading? That's good, because we're only joking.... Yes, we agree it is a pretty sick kind of joke but we can think of nothing else to prompt volunteers to say that they would take on one of two important jobs that are going begging from the next AGM.

These are not idle threats the persons presently acting as Club Treasurer and Social Secretary would not do that. They have both been in their present offices for many years. One, as we said in the last issue is past it anyway and the other may well be moving away from the area in any case. It is so important that someone makes it known in the very near future that they are at least interested so that full details can be given and their adoption at the next (February) AGM would not come upon them suddenly.

There are undoubtedly many among our 150 membership fully capable of doing these jobs. You do not have to take it on for a lifetime although, the more you get into a job, the easier it gets.

Please someone come forward. It is getting desperate.

LATE NEWS JUST IN CAREY MCLOUGHLIN HAS AGREED TO TAKE ON THE TREASURER'S JOB AND ARRANGEMENTS ARE IN HAND FOR HIM TO TAKE OVER FROM ALAN LANGHAM..... Phew!!!



is apparently on order. What can we expect then we wonder. Conditions were obviously good for Mike O'Gee also PB'd on 57.57.

28<sup>th</sup> June. Mike, (yes the same one!) heads up to Rusper for the Horsham C.C. 10 and records a best for the course of 22.48.

12<sup>th</sup> July. Mike rides a 22.51 in the Crawley Wheelers 10. We have noted that it was a PB for the course but then he was 3 seconds quicker on 28<sup>th</sup> June. Must have got something wrong there.

14<sup>th</sup> July. The a3crg 25 on the A3 near Liss. This is becoming a much favoured course, especially with the current loss of the one at Broadbridge Heath. Now it's the turn of Trevor Leeding to knock his PB for six. He gets home in 55.41 finishing 4<sup>th</sup> overall in a good class field. Mike not to be outdone takes 47 seconds off of his best and finishes with 57.10. This places him 4<sup>th</sup> on veteran's standard and 11<sup>th</sup> overall. Finally Mark Newnham clocks a PB with 58.21 in 23<sup>rd</sup> place. Worthing Excelsior win £30 for third team place. Why do some clubs have such weird names? When reporting to the local press we had no doubt that they would think it was Ed's typing gone up the creek again, so had to explain it's named after the road!

19<sup>th</sup> July. Brighton Excelsior 10 on the Steyning course. Very heavy rain persisted and Mike did well to get 1<sup>st</sup> vets prize with his 23.25. Colin Barton making his "deluge debut" didn't realise how much difference it made, but was home in 24.31.

20<sup>th</sup> July. The following morning the Brighton Excelsior 25 had much better conditions on the Ashurst Circuit course. Trevor Leeding was 10<sup>th</sup> in 58.52, Dominic Maxwell was 12<sup>th</sup> in 59.35 and Ian Cheesman 13<sup>th</sup> with 59.40. Thought they might have been up for a team prize but it was not to be. Rick Hughes continues to go faster and made a new PB with 1.2.20. Colin Barton clocked 1.4.16 and Chris Putnam finished with 1.8.22, somewhat adrift of his current form so maybe he had trouble.

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EVENING TEN MILE SERIES EVENT NO.13

10th July

Result:

1	Trevor Leeding	21.45	8	Ian Cheesman	23.30
2	Carl Trevis	21.51	9	Phil Frean	24.21
3	Dominic Maxwell	21.59	10	Phil Young	24.37
4	Mike O'Gorman	22.27	11	Steve Feest	25.14
5	Rick Hughes	22.33	12	Peter Rowe	25.40
6	Colin Barton	23.07	13	Tony Pearce	26.59
7	Chris Putnam	23.26	14	Shaeff Potter (jun)	27.21

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## NEW WORDS AND MEANINGS

How about INTAXICATION. It's the euphoria at getting an Income Tax refund which lasts until you realise it was your money in the first place

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EVENING TEN MILE SERIES EVENT NO. 14

17th July

Result

1	Trevor Leeding	21.33	13	Phil Young	24.31
2	Carl Trevis	21.40	14	Allan Orman	25.11
3	Dominic Maxwell	21.45	15	Jeff Blunsdon	25.18
4	Mark Newnham	22.27	16	Andrew Lock	25.37
5	Mike O'Gorman	22.45	17	John Lucas	26.07
6	Ian Cheesman	22.46	18	Shaeff Potter (jun)	26.43
7	Rick Hughes	22.47	19	Phil Walker	27.01
8	Chris Putnam	22.54	20	Nicole Patterson-Lett	27.12
9	Colin Barton	23.34	21	Graeme Gill	27.49
10	Robert Downham	23.50	22	Chris Bramley	28.16
11	Darron Muggeridge	24.10	23	Anthony Docherty	28.52
12	Phil Freat	24.23			

Another win for Trevor and he now has four first placings and there are just three more events. Simon Atkinson with six first places already has threatened to ride some or maybe all of the remaining events in an effort to thwart Trevor's aims. Should they both finish with six first places then it is the aggregate of those six times with the fastest taking the overall series. Should Simon not ride any more then Trevor has to win two and his times must not aggregate more than 43.22 or 21.41 per ride. It is clearly within his current form and the final result of the series has never been closer.

It is good to note that the number of qualifiers has now reached 22 and there are three more who can make it. They are Peter Rowe, Nicole Patterson-Lett, and Jeff Blunsdon. All need just one more ride.

The veteran's table is headed by Mike O'Gorman and although Trevor Leeding gets very close, only three seconds down on event 14, on the average of the best six Mike is comfortably clear. There are 17 qualifiers in this table but the same three, Peter, Nicole and Jeff can still qualify.

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## WANTED

Has anyone got a turbo trainer that is surplus to requirements? Now don't get any silly ideas that Ed is making a comeback, nothing could be farther from the truth. His idea is that in the winter when it's wet or icy he could get his work out in the garage. Nothing elaborate needed but if you have one give the old fella a ring or email, details on page 1.





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BRILLIANT NEWS! There will be a Dinner in 2015. Dominic Maxwell has expressed a willingness to take on the job of Social Secretary for the Club at next February's Annual General Meeting.

The only concern we have is that it might be conducted at 25 miles per hour!

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### EVENING TEN MILE SERIES EVENT NUMBER 15

24<sup>th</sup> July 2014

#### Result

|   |                 |       |    |                   |       |
|---|-----------------|-------|----|-------------------|-------|
| 1 | Dominic Maxwell | 21.55 | 9  | Jeff Blunsdon     | 25.36 |
| 2 | Carl Trevis     | 22.11 | 10 | Andrew Lock       | 26.22 |
| 3 | Ian Cheesman    | 22.37 | 11 | Shaeff Potter (J) | 26.43 |
| 4 | Rick Hughes     | 22.59 | 12 | Chris Bramley     | 27.38 |
| 5 | Colin Barton    | 23.41 | 13 | Bernard Skinner   | 29.28 |
| 6 | Robert Downham  | 24.10 |    | Trevor Leeding    | DNF   |
| 7 | Chris Putnam    | 24.22 |    | Mike O'Gorman     | DNS   |
| 8 | Allan Orman     | 25.24 |    |                   |       |

Dominic on his new time trial machine gets his first win in the series and puts Carl on yet another second spot a placing he might have hoped to improve on when Trevor punctured. Bad luck for Trevor as he now has only two more races to secure the two wins needed to at least equal Simon Atkinson's six. Mike O'Gorman turned his feet round up at the start and the pedals went round very easily however something was seriously wrong because while sprocket revolved the wheel remained adamantly stationary. Someone said something stripped!

Mike O'Gorman's series update following event number 15 shows that 23 have now qualified and just Peter Rowe and Nicole Patterson-Lett both on 5 can still make it.

~~~~~

EVENING TEN MILE SERIES EVENT NUMBER 16

31st July 2014

Result:

1	Carl Trevis	21.55	8	Phil Frean	24.01
2	Trevor Leeding	22.18	9	Robert Downham	24.06
3	Mike O'Gorman	22.49	10	Allan Orman	24.43
4	Rick Hughes	23.01	11	Shaeff Potter (J)	25.26
5	Alan Cooper	23.12	12	Hugo McLoughlin (J)	25.42
6	Chris Putnam	23.24	13	Andrew Lock	25.50
7	Colin Barton	23.52	14	Chris Bramley	27.28

He's made it at last, after four consecutive second places Carl has made the top of the result board. A personal best of 21.37 on the Steyning course two days previously showed how his form has shaped up and the win puts an end to Trevor's slim chances of winning the overall series. There was an excellent ride by

Alan Cooper making great strides in form and fitness after the nasty car accident last year. Good to have two juniors out with a personal best from both Shaeff and Hugo leaving them separated by just 16 seconds. Event Secretary Barrie Le Grove, relieved from catering duties by the welcome appearance of Jean Smallman, rode a two-up with John Lucas and together wound their way around the course finishing with a sprint for 25.54.

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### RTTC & VTTA National championship 24 hour time trial - 21-22nd June 2014

*Sunday 25th August 2013, having just completed the Newcastle to London (300 miles) 24 hour ride - "Would I do another event? Ermmm, not sure..."*

#### **10 months later...**

*I can only thank (or blame) Don for this! Once he had realised I could handle a 24 hour event he was straight on to the planning stage, a team in the National 24hr TT. By December 2013 he had a formulated plan and provisionally recruited a team of 3 riders who had shown some interest, plus support crews to look after them for the duration. My role was planned as the 4th extra team member that would ensure we had 3 finishers on the day just in case of retirements etc.*

*I trained throughout the winter months with endurance always in the back of my mind but it soon became a priority as 2 of the 3 riders dropped out leaving myself and Simon Atkinson, one short of a team. At one stage I thought I was going to be the only rider until Simon confirmed he would ride, and I am sure he is pleased he did and he can thank me later!*

*We trained on distance, controlled pace and tried to get as many hours in the saddle as possible, where work and normal life would allow over the months leading up to the race and although I felt fitter and more capable compared to last years event, it did seem to effect my speed and strength on the hills and on short time trials.*

*Two weeks before the race and everything seemed to be in place. We had support for the complete 24 hours from Don and Andrew Lock, plus Trevor Leeding and Chris Putnam were joining them for the dusk to dawn shift. Clive Patterson-Lett was also planning to support us through the night but couldn't make it unfortunately.*

*Having had so much advice and read so much on endurance nutrition I embarked on what turned out to be an epic shopping trip, which got a little out of hand. I had some what over catered as did Simon it turns out. Fortunately I had my works van to transport the two of us, our bikes and enough spares, food and clothing for everyone competing!*

#### **Saturday 21st June 2014 (the longest day)**

*I had been checking the weather forecast daily over the past week and we seemed to be lucky with bright sun and light winds, perfect. Having picked Simon and the entire contents of his house up, we made our way across to Berwick in East Sussex, to the village hall/headquarters to meet up with Don and Andy. Once*

signed on we decanted our kit and night bikes into their car and pinned our numbers on, it was nearly time for me to leave and get to the start point at Arlington reservoir.

I was number 12 which meant I started at 12 mins past midday, Simon was number 32. The start was in 1 minute intervals, a normal time trial start, and at 12-12pm I was pushed off the line by Mike Anton with Don looking on to make sure I had left. I hadn't bothered with a warm up, I just went easy from the start figuring that I would rather keep those extra few miles in my legs for later!

The first 25 miles were easy going, fairly flat and tempting to push on rather than keeping to the planned pace and retain my energy. This was just the transition route to the first circuit which was the Little Horsted circuit, one of three. We had ridden all three of the circuits some weeks before and so knew what to expect. The Little Horsted circuit was around 24 miles long and was rather 'lumpy' in places, not your typical TT route. One part, Deadmans Hill Lane, was everything I imagined it would be which was a short sharp low gear grind straight off a hairpin turn. The downhill the other side was quick though.

At this stage I felt very comfortable and Andy and Don had started their work with regular fresh drink bottles and snacks which I took on the move. Even though I was deliberately pacing myself, my average at this stage was almost exactly 20 mph for the first 5 hours.

After 4hrs 20 mins, 87 miles, the marshals directed me towards the next transition route to move on to the 2nd circuit, the Broyle circuit which was a shorter 12 miles long and flatter, and would also be the finishing circuit on Sunday morning although that was a long way off in my mind.

Five hours in having just completed my first lap of the Broyle circuit, and I was starting to feel uncomfortable. My position and saddle felt really good on my TT bike but my left knee had started to ache and the soles of my feet were feeling very sore and sensitive, almost burning. I had not stopped at all yet so I made the decision that when I saw Don and Andy next that I would pull in and take a few minutes off the bike. As I came up the hill at the beginning of Broyle there is a grass bank where lots of the support crews and spectators were stopped. Andy was there with a bottle ready to hand over to me but I just stopped and climbed off, sat down and took my shoes off whilst he handed me drinks and food to get more fuel into me. It was odd sitting there with all of those pairs of eyes staring at me as if I was some sort of freak! I guess I was, as were the other 75 riders who were willing to put themselves through this. Back on the bike and I was soon back up to pace down the Broyle straight, with my foot pain relieved but knee still aching.

I had only managed to complete 4 circuits of Broyle before coming across stationary traffic on the A22. There had been an accident, a head on crash apparently. I weaved my way through the traffic and was directed onto the pavement before getting to the scene where I was directed around the debris, oil and emergency services tending to the injured and then from there the marshals directed me onto the next transition route to take me to the night circuit. This was a lot earlier than planned at 7hrs 10 mins, 139 miles.

I wasn't looking forward to the night circuit having ridden it some weeks previously, but at least the weather was good and my saddle, shorts and chamois



creme combination seemed to be pretty effective this year. This route included a long and very dull stretch of the A27 to almost Pevensy and then turned off onto a narrow twisty lane up a quite demanding ascent which was heavily pot holed. There were a couple of decent descents where I could just free wheel down and a couple of villages to go through before returning back to the Boship roundabout. Trevor and Chris had joined us now and the plan was for the two crews to be roughly equal distance apart around the circuit but on the first rotation I had no idea where either of them would be. My plan was to change over to my road bike once it became dark as I needed lights and I was unable to get a decent front light on my time trial bike, plus I thought the change of position for a few hours would not do me any harm.

8 hours 50 minutes and 170 miles. I was coming up to complete the first lap of the 25 mile circuit and the sun was now starting to set but the light was still fairly good even though it was coming up to 9pm. I was just about ready to change bikes now but was still not sure where the support crews were located and quite where my bike was. 'Allegedly' (and unfortunately there is video evidence of this that had to be heavily edited) I just rode past Trevor and Chris, along with Rick Hughes who had come especially to support us, even though Trevor was jumping about verbally abusing me trying to attract my attention - it seems I was in the zone, sorry! As I came to the Boship roundabout Andy and Don were still there with a broken down car, waiting for the AA. I stopped in the hope they had my night bike and another bottle but they had neither, Trevor had them in his van. All I could do now was keep going for another 25 miles, around 1 hour 15 mins with no front light and find the support on my next time around. Visibility was ok though as it was such a clear night, with the only problems being under the trees. It didn't slow me down although I did surprise one marshal as I rode past him stealthily, so much so that he felt he had to shout something about a front light as I rode off into the distance.

The problem I had was that I still wasn't sure where Chris and Trevor were located. It was dark now and I saw them rather late judging by the amount of tyre I left on the road as I came to a halt! I really had to have a break and the temperature was dropping now which was not helping my knee problem. A cup of Chris's tea, his knee warmers and plenty of cake from Trevor and I was back on the road with a different bike and a front light. I still wasn't enjoying this circuit although it was nice to have the change of bike and see where I was going, but this high lasted only briefly as the aches and pains set in. I was going slower and going through a bad patch which was inevitable at some stage! 12 miles later, just after one of the tougher ascents, I found Don and Andy and stopped again for hot coffee, change of helmet and another layer of clothing. It was tricky to know what to wear as I got fairly warm climbing the hills and then cold descending.

For the next few laps I stopped frequently and my average speed and mileage was suffering because of this but I knew I just had to dig in and get through the night so I could move on to a different circuit. I did 6 laps, 125 miles of that night circuit according to my Garmin but to be honest I really do not remember that much about it. I do remember coming across some unexpected roadworks, a burst water main I think, which had a digger blocking the road whilst it was being repaired. It took me a little while to work out how to get around it or

under the digger arm as it turned out, waved on by the driver. I also remember being loaded up with cake by Trevor at every stop (thanks mate) and the positive sight of the sun first appearing at 3-30am.

### **Sunday 22nd June 2014 (still the longest day)**

Dawn - 16 hours and 50 mins, 289 miles completed.

After a glimpse of daylight at my last stop with Chris and Trevor, by the end of the next 25 miles it was daylight and the temperature was already rising. By the time I made it back around they had moved on to Boship roundabout as we were moving off the night circuit to the Little Horsted circuit via a transition route. I wasn't sorry to leave that night route! I kept with my night bike for now and then changed back over to the TT bike just before I rejoined the Little Horsted circuit. I had found the TT bike more comfortable and certainly faster, so I was very happy and feeling a lot more positive that I could and would complete the 24 hours. Outwardly though I apparently didn't look quite so in control according to Trevor and Chris who would later tell me they had been concerned that I would finish at all with the rubbish I was talking, combined with a decreasing average speed throughout the night! The little guy inside my head said I was fine!!

I was feeling ok though, well as ok as you could expect physically after the hours I had done. My knee was not improving but I had learnt to ride around that to some degree and now my back was giving me some pain but only on the transition between aerobars and brakes. Six hours to go and the Little Horsted circuit wasn't as easy as I had remembered it was on Saturday and the lumps had now become full on hills - strange that. I stopped briefly to have a break with Don and Andy, who were on their own endurance challenge, and got rid of my extra layers, and took on more food. Don, being the competitor he is, worked out that if I averaged 'just' 15mph for the next 4 hours that I could get my target of 400 miles, easy surely...

The next hour on the Little Horsted circuit went badly for me for some reason and my average was dropping again, the target looked like it was slipping away. Fortunately though we were soon moved over to the Broyle finishing circuit, earlier than expected, because of an ill planned sportive coming straight through the circuit we were on. 2 laps completed, 20 hours 38 mins, 349 miles.

With 3 hours and 10 mins to go I joined the Broyle finishing circuit with 352 miles clocked up and feeling good again which was probably all due to the amount of sweet snacks and drinks Andy was now pushing my way a lot more regularly. My pace was improving and although none of the aches and pains had got any better I felt better and more comfortable on the bike again which made the next few hours go a lot faster. I even caught up with Simon, the first time I had seen him since leaving, and passed him. It seemed he was in the place where I had been previously and wasn't looking that great!

With about 30 mins to go my Garmin clicked over to 399 miles and seemed to stay there for a very long time. I knew now that lap 5 of this circuit was going to be my last and all I had to do was cruise home. I stared at the Garmin continuously for what seemed like miles and then it finally clicked over to 400. I was very happy and now made a conscious effort to back off and try and enjoy the last few minutes with a hope of finishing at the point that Mick Irons and Tony Palmer were

timekeeping at. I arrived too early and had to ride on 2 more miles to the next finish. This last lap according to Mick had been my quickest lap of the morning - I was getting faster! I was pleased to see the finish and crossed the line after 24 hours 3 mins of riding, completing 417.99 miles and to be greeted by Don, Andy and Mark and Helen Newman who had come over to see the finish. What a great feeling it was to achieve the 24 hours and how comfortable was Don's chair that was sat at the side of the road! A few minutes later Simon came past with not much time left to complete his 24 hours and he looked like he was just as ready to stop as I had been. We had both made it, great result. Claire made it to the finish line just too late as she seemed to be chasing me down the Broyle straight with directions from Andy to where they thought I would finish. It seems I went further than I was expected to get.

In all a great event to have had the chance to take part in, a National race. The organisation and marshalling was second to none, even when problems presented themselves, and along with decent weather throughout, it made the whole experience more enjoyable and achievable. The support along the route, day and night, was great and it didn't matter who you rode for they would clap and cheer you on anyway.

What was also good was the vast array of machines and riders. I had never seen a racing trike before and they looked like hell on three wheels to ride, plus there was also a tandem ridden by two Scots, one of which was on his 54th 24 hour time trial! Age and bike didn't seem to matter on this event although I noticed that the top finishers were all on full aero bikes and wearing aero kit.

It was great to see (or not see - sorry Rick) support from Adrian and Tony Palmer (great enthusiasm as ever), Mick Irons and Mark and Helen Newman. It makes a big difference, honest. A big thanks to Don, Andy, Trevor and Chris for all of their help, encouragement and force feeding of all things sweet. There is no way I could have finished without that support.

Now, would I do it again!?

At the moment definitely not as 5 weeks on I am just starting to be able to ride again having damaged the tendons around my knee which had me sitting in A&E the morning after the event!

**Time:** 24 hours 3 minutes

**Total miles:** 417.99 miles

**Ascent:** 16400 feet

**After 6 hours:** 116 miles

**After 12 hours:** 229 miles

**After 18 hours:** 307 miles

**Total moving time:** 23 hours 55 minutes

**Average moving speed:** 17.8 mph

**Calories used:** 13454 kcal

**Classification:** 15th, 3rd ESCA

Martin Booker





ANNUAL DINNER AND PRIZE PRESENTATION  
FRIDAY 14<sup>TH</sup> NOVEMBER

For the fifth year in succession the price for this, our one big social event is held at just £22. A three course meal with wine, and cake and coffee to follow, before the presentation of all the awards for the past season. We always have a giant raffle and then the last couple of hours of the evening can be spent dancing to the DJ's music or in social chat, reminiscing on the season past or plans for the year to come. Reserve your seats by giving Ed your names. He will get round to collecting the money nearer the date.

12 HOUR 2015

It is never too early to start planning. There is no 24 hour in this area next year but we do have a well run 12 hour event in Kent promoted by the Kent C.A. The course is good and we have been involved with it on a number of occasions. We know of good accommodation about 4 miles from the start, which would be from 6 a.m. on the Sunday. The event is usually in early September, and both Simon Atkinson and Martin Booker, are at this stage, prepared to consider it. Once again though it would be ideal if we could enter a team of three. As with the 24 hour this year we would be able to provide a team of helpers. If anyone wants to know more contact Ed who will have all the details.

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SUSSEX CYCLISTS' ASSOCIATION LUNCHEON AND PRIZE PRESENTATION
Sunday 7th December

This is held at the Dial Post Village Hall and is a buffet style meal. For the past three years it has been the 'value' outing of the year when for £10 you can choose from an excellent array of cold and hot dishes, scrumptious deserts and coffee.

There is normally a run taken by East Grinstead's Steve Dennis starting from the hall at 9 a.m. if you need something to give you an appetite. The season's awards are presented and there is a raffle. Nothing formal, no speeches. just a really good social event. We should be there anyway to applaud our award winners.

Tickets can be obtained from Robin Johnson 7 Gorselands, Billingshurst RH14 9TT or if you give your names to Ed. he will order them for you. This must be by 1st December.

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25<sup>TH</sup> OCTOBER 2014

Why underline 25<sup>th</sup> October, it's just a date, so what's happening on that date that warrants such emphasis. Perhaps it's the National Hill Climb, we note that it is a Saturday so perhaps the Albion are home to Manchester United.

The thing is we've had this date specially noted in our diary but can't remember what for. There was something about 'Bulldog gets hitched' Ah! Wait a moment now we remember.

We are pleased to announce that on this date John Baldwin esquire of the Parish of Ashington will take Barbara Long also of that Parish to be his lawful wedded wife. Ah! That's good glad we remembered. We wish you both every happiness

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PETER WESTON PLACE

Do you have your own bicycle parking place, anywhere other than in your own garden? No, we thought not, but there is one exception. Peter Weston, stalwart Club Tourist appears to have secured such accommodation in the City of Chichester.

A photo shows this to good effect and note the signage. We doubted Peter's word to start with, but we can find no evidence of any notable Chichester resident past or present who might warrant remembrance in this way and are beginning to think that our Peter really has made such an arrangement.



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### SOUTHERN COUNTIES & SUSSEX C.A.100 MILE CHAMPIONSHIP

27<sup>th</sup> July

We were almost inclined to put this under miscellaneous results but when you know and see the effort put in, it clearly deserves more. Why were we so inclined? Well there were only two entries from this Club which is pretty dreadful. For years we would have around ten or so. It is also the Club's own championship so what's wrong, where have all the men gone, are we just left with lads playing about with tens and twenty fives?

The two men that did ride were Mike O'Gorman and Chris Putnam. Mike aiming for the Best All Rounder Veteran's competition did an excellent debut ride

clocking 4.26.52. While Chris expressed satisfaction in getting inside 5 hours with his 4.52.16.

Course problems meant that it was harder than usual but it is the same for everyone. The ESCA event had to be cancelled so their riders were also having to tackle this one for their various BAR's. The Ashurst circuit may not be fast but it is in our own back yard and we should know it better than anyone. If the winner can go round in 3.52 something and an old aged pensioner can clock 4.26.52 it can not be too bad!

~~~~~

SUSSEX C.A.'50'

3rd August

If the '100' was bad the '50' was worse for here we had just one entry. Mike O'Gorman showed the way with 2.8.46, which should tidy up the SCA Veteran's BAR's but it was not one of his better rides. He was second in the age standard category. Steve Kane of Brighton Excelsior narrowly won with 1.52.07 to Pete Morris' 1.52.11.

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### EVENING TEN MILE SERIES EVENT NO.17 - 7<sup>TH</sup> AUGUST 2014

#### Result

|    |                 |       |    |                       |       |
|----|-----------------|-------|----|-----------------------|-------|
| 1  | Chris Twine     | 20.37 | 14 | Phil Young            | 24.13 |
| 2  | Carl Trevis     | 21.10 | 15 | Simon Atkinson        | 24.22 |
| 3  | Dominic Maxwell | 21.15 | 16 | Andrew Lock           | 25.02 |
| 4  | Trevor Leeding  | 21.34 | 17 | John Lucas            | 25.10 |
| 5  | Ian Cheesman    | 21.44 | 18 | Mark Field (J)        | 25.38 |
| 6  | Mike O'Gorman   | 22.08 | 19 | Shaeff Potter (J)     | 26.16 |
| 7  | Colin Barton    | 22.19 | 20 | Nicole Patterson-Lett | 26.18 |
| 8  | Rick Hughes     | 22.32 | 21 | Rome Bhamra           | 27.38 |
| 9  | Chris Putnam    | 22.44 | 22 | Graeme Gill           | 27.58 |
| 10 | Simon Letts     | 22.52 | 23 | Chris Bramley         | 28.08 |
| 11 | Martin Booker   | 22.55 | 24 | Cameron Skinner       | 28.38 |
| 12 | Robert Downham  | 23.22 | 25 | Bernard Skinner       | 29.15 |
| 13 | Phil Freaan     | 23.34 |    |                       |       |

This must have been the best evening of the year with warm and still conditions and everyone was it seems, determined to make the best of this chance. Chris Twine made a surprise appearance after a season in which due to work commitments he has been largely missing. While he may not have been racing he clearly has not stopped training. He scorched round the course in a new club record time of 20 minutes 37 seconds. Another ten seconds off the record which he set last year. But when did we last have a club 10 when no less than 13 riders beat the 25 mph mark, when 11 were inside 23 minutes four beat 22 minutes and then at the top a 20 minute ride. That is great and we now need to carry that kind of team performance into 25's and the longer distance events.

|    |                   |    |    |                       |     |
|----|-------------------|----|----|-----------------------|-----|
| 1  | Simon Atkinson    | 6  | 13 | Robert Downham        | 43  |
| 2  | Trevor Leeding    | 8  | 14 | Phil Frean            | 55  |
| 3  | Carl Trevis       | 10 | 14 | Phil Young            | 55  |
| 4  | Dominic Maxwell   | 17 | 16 | Connor Leeding        | 66  |
| 5  | Mike O’Gorman     | 18 | 17 | Andrew Lock           | 71  |
| 6  | Rick Hughes       | 22 | 18 | Jeff Blunsdon         | 80  |
| 7  | Ian Cheesman      | 29 | 19 | John Lucas            | 81  |
| 8  | Mark Newnham      | 31 | 20 | Shaeff Potter (Jun)   | 83  |
| 9  | Chris Putnam      | 33 | 21 | Chris Bramley         | 89  |
| 10 | Colin Barton      | 38 | 22 | Graeme Gill           | 95  |
| 11 | Darron Muggeridge | 41 | 23 | Joan Lennon           | 105 |
| 12 | Martin Booker     | 42 | 24 | Nicole Patterson-Lett | 109 |



|    |                 |        |    |                       |         |
|----|-----------------|--------|----|-----------------------|---------|
| 1  | Mike O’Gorman   | +05.29 | 11 | John Lucas            | +03.17  |
| 2  | Trevor Leeding  | +04.54 | 12 | Martin Booker         | +03.16  |
| 3  | Simon Atkinson  | +04.20 | 12 | Darron Muggeridge     | +03.16  |
| 4  | Carl Trevis     | +04.16 | 14 | Robert Downham        | +02.39  |
| 5  | Rick Hughes     | +04.11 | 15 | Nicole Patterson-Lett | +01.07  |
| 6  | Dominic Maxwell | +04.09 | 16 | Joan Lennon           | +00.56  |
| 7  | Ian Cheesman    | +03.50 | 17 | Andrew Lock           | +00.52  |
| 8  | Colin Barton    | +03.45 | 18 | Jeff Blunsdon         | +00.11  |
| 9  | Chris Putnam    | +03.41 | 19 | Chris Bramley         | - 00.39 |
| 10 | Phil Freat      | +03.18 | 20 | Graeme Gill           | - 00.50 |



Winner of Series: Simon Atkinson. Best placed Lady: Joan Lennon and Junior Champion Shaeff Potter.

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YOU MAY NOT BE A RACER BUT

Throughout this season our Time Trials Secretary Barrie Le Grove has had difficulty in finding marshals and other officials and Cycling Time Trials regulations mean that more personnel are needed for each event.

At the start of the season the racing members were all asked to give up at least one event and instead to act as an official. This has worked to an extent, but more are required.

We ask now, the non-racing members, if they too would help out on say just one event in the season. You may not wish to race but it would be great if you would help and so encourage your fellow members who do like to turn the pedals in anger.

Some jobs need some training like timekeeping but marshalling is straight forward. You are told where to stand and what time to be in position and the Club will provide a proper marshalling jacket. Importantly you are not in anyway to attempt to control traffic. Your only job is to point the way that the rider has to go. When the last rider has passed you return to the event headquarters for refreshments. Often the headquarters is only a bike ride away and if it is a Sunday there would probably still be time for you to join the club run at elevenses. On Thursday's the 10 mile events are at Washington, so no distance there.

Contact Barrie (details on page 1) and let him know that you are willing to help in this way. He would be pleased to hear from you. Whatever form our cycling may take we are all members of the same club so help out if you can.

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### THE RICHARD SHIPTON TROPHY

Richard was a great member of this Club who became one of our fastest time trial riders and set many of our time trial records. He died tragically about twenty years ago while riding in an East Sussex C.A. hundred mile event from a heart attack. His widow generously gave to the Club a trophy in his memory and it is awarded annually to the rider with the fastest 50 mile time every year. We have not had a great number of 50 rides this past season but when Trevor Leeding said he was entered in the Southdown Velo event on 27<sup>th</sup> July it looked as though he was intent on a faster ride than his 2.3.38 in the Southern Counties/Club event. It was to be held on the favoured Fontwell based course and his efforts were well rewarded. He finished in an excellent 2 hours 1 minute 18 seconds. It looks as though the Richard Shipton trophy is another destined for Trevor's mantelpiece.

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NEW MEMBERS

Anthony Docherty recently moved to Worthing from London on retirement. He has been on several of the Sunday Club runs and has ridden the evening tens.

Claire Booker looked in at the finish of the 24 hour to collect her shattered husband. Obviously not put off she has now joined and rides out with the Club on Sundays.

Cameron Skinner another new junior member, that's good. He is Bernie's grandson and beat his granddad in the last of the evening tens.

Gregory Page already riding the Sunday morning runs and seems to be enjoying them.

Mark Roberts another already enjoying finding the byways of Sussex on the Sunday runs.

Philip Sexton thoroughly enjoying the Club runs and may try some time trials next year. Has his own double glazing firm..... should put him in the frame for something!

Whatever aspect of cycling you most enjoy we hope that your enjoyment will be all the better for membership of the Worthing Excelsior.

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## THE LONDON BIKE RIDE

We requested reports on this from Steve Feest and Robert Downham. We understood that we had quite a big entry after stories of how good it was in 2013. Let's then start with the names: Peter Logan, Kevin Doe, John Baldwin, Robert Downham, Ken Newton, Trevor Leeding, Dominic Maxwell, Steve Feest, Michelle Feest, Rick Hughes, Carl Trevis and Rocco Sepe. A nice mixture of racers, sportive...ers, and club riders.

We did not need our reporters to tell us that the weather was bad, for that was clear from the television even though that was mainly concerned with coverage of the professional races. We learned that the organisers had taken an early decision to reduce the length of the course from 100 down to 86 miles removing the 'fun' bits of Leith Hill and Boxhill. The strong winds and heavy rain duly arrived. Robert says "the heavens opened" and Steve says "the monsoon arrived" both agreed that this came quite early on and the roads were in many places flooded. Due to the mass of riders and the bad weather, probably, there were a number of accidents and some looked serious, Robert's group were delayed by one in Richmond Park.

Punctures, for whatever reason, are always more prevalent in wet conditions

and our riders suffered their fair share with Ken Newton 1 and Peter Logan 2 being the final score. Peter gaining bonus points for having one that needed pumping up every few miles towards the finish. Ken decided not to continue at this point and with John Baldwin returned home. We have asked them to let us have their reasons for this, Ken is a well known long distance man and John, why he is our King of the Cobbles having conquered Paris Roubaix. So our twelve were



down to ten. Robert reports that at times visibility was very difficult with all that water coming down and from the road, all that water now well blended with grit and mud, coming up. He does however comment that “in some way this made the ride more enjoyable”!

It is alleged that John and Ken having decided not to continue crossed over the road, this being a very short cut to the return route. They then rode back into London even holding their arms aloft at the finish in the Mall! Surely Worthing Excelsior members would not stoop this low!

Steve was in the unenviable position of having his wife Michelle start half an hour in front and no doubt being expected to catch her up and be available to help, if needed, later on. He never achieved this but we understand a Premier Inn, a steak meal and recuperative beverages soon smoothed everything over. He did try Michelle, really, why at Newlands Corner he had to push on and leave the others such was his concern!

The racers were soon feeling the urge to test each other out and Dom Maxwell, Carl Trevis and Trevor Leeding decided that they were going to get the whole thing over and done with as quickly as possible. We understand that Carl was dropped from this trio at some stage but we know they all made it to the finish.

The sun did put in an appearance towards the end and arm warmers and gilets were removed. Steve thoroughly enjoyed the last miles into London and especially the finish up The Mall, notwithstanding Michelle waiting on the Albert Memorial! Both our reporters said that the whole event was tremendously well organised with marshalling and plenty of food stops. They recommend it, so how about next year, the weather could even be better.



## THE PULBOROUGH CIRCUIT EVENT 17<sup>th</sup> August

Our time trials secretary was going to be away so, although he did all the pre-event paperwork it was Rick Hughes who stepped in to deal with the signing on and numbers at the start. Usual handicapper (Ed.) was also away up to the previous day and Tony Palmer did the honours with the race book to hand to give an up to date picture of rider's form. He did so well getting the first 9 of the 10 finishers all within three minutes on net time, that he may well be asked more often in future.

Chris Twine making a late appearance in our time trials this year has clearly decided to leave us with a full appreciation of his talent and no doubt to send a warning to others for the season 2015. In the last 10 you saw how he set a new club record; well he has done just that again. He covered this tough 16 mile circuit in 38 minutes 25 seconds to knock another 8 seconds from the record which he set in 2012. Trevor Leeding, claiming that he was feeling “rather end of season-ish” still managed to slot into second place on 40.24 and put Dominic Maxwell back to third on 40.34. Dominic incidentally was also complaining before the start

that he had been ill all the previous week and confined to bed, others decided that he had just been resting!

### Result

|     |                 |       |       |       |
|-----|-----------------|-------|-------|-------|
| 1.  | Chris Twine     | 38.25 | sc    | 38.25 |
| 2.  | Trevor Leeding  | 40.24 | 1.00  | 39.24 |
| 3.  | Dominic Maxwell | 40.34 | 1.00  | 39.34 |
| 4.  | Simon Atkinson  | 41.10 | 0.45  | 40.25 |
| 5.  | Mike O’Gorman   | 41.23 | 2.00  | 39.23 |
| 6.  | Martin Booker   | 42.53 | 2.30  | 40.13 |
| 7.  | Rick Hughes     | 43.23 | 2.15  | 41.08 |
| 8.  | Chris Putnam    | 44.50 | 4.00  | 40.50 |
| 9.  | Dave Funnell    | 51.25 | 10.00 | 41.25 |
| 10. | Rome Bhamra     | 56.41 | 11.00 | 45.41 |

The Garden Centre by the finish area couldn’t offer us refreshments, too early apparently, so we all cleared off to the RSPB at Wiggonholt Common. Seven cars arriving must be a record attendance (motorised) for an elevenses!

Oh! We should just mention that the rider’s number 6 was eventually found. Yes Rick had it all the time.....it was pinned to his flippin back wasn’t it!

We are also discounting Rome’s description of his ride which he says took in the lovely old town of Petworth. This does not tally with marshal Joan Lennon who definitely saw him turn down the lane towards Fittleworth!!!

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SUNNY NOOK CORNER

Forty Six years ago (1968) the motorists in this area breathed a sigh of relief when the new A24 Washington By Pass opened. According to the report in the Worthing Journal (September 2014) it included a roundabout at ‘Sunny Nook Corner’. This must be the traffic jammed, exhaust fumed circulatory at the crossing, east to west of the A283. We suppose that ‘Sunny Nook’ has been dropped as being somewhat inappropriate nowadays!

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### ROAD RACING REPORT

*This season has seen some good results for the club and with a current total of 54 British Cycling points being awarded, the best I can remember. Points are generally awarded for a top ten placing with local and regional races. Members who have participated include; Darron Muggeridge, Trevor Leeding, Tony Evelyn, Dominic Maxwell and myself.*

*Following on from my early season racing at Preston Park where I achieved a 2nd and 4th place, I entered the popular Lewes Criterium Series that takes place in June each year. I achieved a 2<sup>nd</sup> place in the first event which I was very pleased with considering there was a field of 60+ riders. My road race season ended in July. I have entered 10 races and scored 26 points.*

*The continually improving Dominic (aka PowerHouse) Maxwell has had his best racing season to date. After achieving a 4<sup>th</sup> place in the early season Preston Park events, he went on to ride the Dunsfold Vets series. His efforts rewarded him with a 3<sup>rd</sup>, 4<sup>th</sup>, 4<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> place for his age category. His efforts have amassed him 28 points from a total of 16 events. I understand Dom has a few more races in his diary for the coming months so good luck!*

*The other guys have not scored any BC points but have had some good races.*

*Well done guys! And congratulations to Dom for retaining the Road Race Champion Trophy for another year!*

*Mark Newnham*

*Incidentally, I understand Allan Orman won a Lewes Crits race one year.*

We checked on Allan's Road Racing and received this succinct reply:-

*Way back in nineteen hundred and frozen to death I used to ride some road and track (between Time Trials). I had some success, notably;*

*Lewes Wanderers Evening Crit 1<sup>st</sup> & 6<sup>th</sup>*

*Rushmore Arena Crit 1<sup>st</sup>*

*Tour of East Kent 2<sup>nd</sup>*

*Sussex 4,000 metres Individual Pursuit Champion*

*Raced in France but my back wheel collapsed, luckily, I was getting a hammering.*

*Allan*

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VETERAN'S NATIONAL 25 MILE CHAMPIONSHIP

Sunday 24th August

The Veteran's Time Trial Association's 25 mile Championship on a course near Newmarket in Cambridgeshire attracted an entry from our super vet, Mike O'Gorman. He found conditions cool and breezy but managed an excellent time of exactly 58 minutes. On an out and back course he recorded 31 minutes on the outward journey and 27 for the return.

Such is the strength of veteran time trialling in this country that he was placed 37th out of the 150 strong field, the placing being according to age standard and not actual time.

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## 23 MILE HARDRIDERS

31<sup>st</sup> August

There was a disappointing entry for this event with only seven riders facing the timekeeper. It is a tough course and that's intentional, why else would we call it our Hardriders.

From Pulborough the route is south to the climb of Bury Hill with a couple of lumps in between. It then descends still on the A29 to Fontwell before the fastest

section coming east on the A27 to Arundel. There's then the long drag back up to the Whiteways roundabout and the descent of Bury. The last few miles divert from the A29 to give another tough section to the finish just through the village of Fittleworth.

Chris Twine holds the Club Record at 55minutes 36 seconds and it was a shame that he was unable to ride. In his absence the honours went to Simon Atkinson with an excellent time of 57 minutes 36 seconds which was a ten minute improvement from 2013. The only other rider to beat the hour was a handicap winning performance from Ian Cheeseman who clocked 59.22. Mike O'Gorman was third just outside the hour with a time of 1.00.19.

The other recorded times were Rick Hughes 1.02.47, Chris Putnam 1.05.47, Chris Rudd 1.09.26, and Joan Lennon 1.20.10. For Chris Rudd it was a debut at time trialling very much a jump into the deep end as well and his effort promises well for the future.

Joan Lennon started at no 1 and there was then a 10 minute gap in the field placing so that all riders would finish closer together. In the event Joan's excellent ride saw her finish ahead of one rider and her handicap allowance gave her second place in that category.

It would have been so much better for more riders, the morning was good and Barrie Le Grove's organisation and catering excellent as usual.

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COMPETITION UPDATES

With Mike O'Gorman's excellent service to the Club website it is a particular example of an area in publication with which the Mag cannot compete. The SPOCO table is finished as is the Handicap Points Competition, the Evening Ten Series and the Hill Climb Series and all of these are on the website.

We have already included the final results for the Evening Ten Series and with the completion of the Hill Climb Series and the Hardriders event we can confirm the first six places in the SPOCO (sporting courses) competition are :-

1st Simon Atkinson, 2nd Mike O'Gorman, equal 3rd Chris Putnam and Rick Hughes, 5th Ian Cheeseman and in 6th place Trevor Leeding.

Best placed Lady was Joan Lennon and Best Junior Mark Field.

The Handicap Points Competition has the same names at the top with Simon Atkinson 1st, Chris Putnam 2nd, Mike O'Gorman and Rick Hughes equal 3rd, Trevor Leeding 5th and Ian Cheeseman 6th. Joan Lennon was the best placed Lady (11th) and Hugo McLaughlin Best Junior (15th). No less than 29 riders scored points in this competition.

The Hill Climb Series was probably the best since the series was introduced with many more riders. Mark Newnham successfully defended his series win from 2013 with Carl Trevis and Chris Putnam in the runners up positions. Mark Field did very well as best placed Junior finishing equal 5th.

Competitions that are not yet closed are the Best All Rounders for seniors, ladies and veterans as further events may be ridden and faster times may be recorded before the season ends. The Champion elect is Mike O'Gorman

We are keeping an eye on the short, middle and long distance competitions run by the Sussex Cyclists Association and we are hopeful of some Worthing success in these.

From the Editorial staff - we thank you for contributions, criticisms and corrections over the past year. As has been indicated there will be one more magazine hopefully before the next Annual General Meeting and at that point the present staff will be standing down. Should there be someone who would like to continue with the Mag then that would be great, but it has probably run its course over 46 years.

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Mike O'Gorman Club Veteran Champion elect



Andy Lock does the 'Sponge Run' for Simon Atkinson in the 24 Hour



Martin Booker on the night circuit . National 24Hour
FOUNDED 1887 SEPTEMBER 2014