



Newsletter – July 2024

Ladies and Gentlemen

My apologies if this is a shorter 'edition' than normal; this Thursday seven of us from the club are setting off to ride to Paris and as usual I am behind with my preparations!

Graeme Gill

I am sure many of you will be already be aware that our Chairman Graeme was involved in a collision with a car whilst riding to the start of the club run on Sunday. Graeme is receiving treatment in Brighton Hospital for a collapsed lung and broken ribs but will hopefully be home soon and I am sure you will all join me in wishing him a speedy and full recovery.

Maintenance Evening

A final reminder that tomorrow (Wednesday 3rd) Ian, Rick and Ali are running a cycle maintenance evening for members and guests at the West Worthing Tennis Club, starting from 7.30pm. This is a great opportunity to pick up some invaluable tips about maintaining your bikes so do try and make the effort to attend.

Time Trials - Don Lock Series

The last 4 events in the series take place each week throughout July. Please note on Tuesday 9th July the event is being run in conjunction with Horsham Cycling Club and will be run on the 'Steyning G10/95 course', whilst the final event on 25th July is for road bikes only.

Time Trials – Hill Climb Series

We'll hopefully be running three Hill Climbs on the 1st, 8th and 15th August; all on Washington Bostal and starting at 7pm. Ian Cheesman is looking for some helpers however, so if you are available to assist please contact him via cheesy12@talktalk.net

Club kit – New order window

Phil Freaan has put together a very comprehensive information sheet detailing how you can place an order for new club kit. If I was clever I'd be able to embed or otherwise include the information in this newsletter, but as I am not, if you didn't receive the email already circulated with all the details please let me know and I can forward you a copy. Order's need to be placed by 31st July and the discount of 50% off has been extended to new members and those who didn't place an order initially. Don't miss out as this offer is unlikely to be repeated again!

Cycling Holiday?

I get all manner of emails promoting various cycling holidays, the majority of which I ignore as I figure if you need it the information is easily found using Google! However if you are looking for someone to help you create a tailor-made cycling holiday you may wish to consider contacting Cheryl Banks who is an independent travel agent running Thames Travel. She is Sussex based but also with a shop near Richmond in South West London. Her contact details are;

T: 020 8891 0166 | **M:** 07595360300 | **E:** cheryl@thamestravel.net

W: www.thamestravel.net/cheryl

2024 RTTC Closed Circuit & Paracycling Championships

On Sunday 11th August Cycling Time Trials are running their annual championships at Goodwood Motor Circuit. Described as a perfect event for cyclists of all levels, there are races tailored to suit various age groups and skill levels. Obviously traffic free so family friendly, there are even categories for 'Heritage' bikes of various ages. Further details and entry is via the CTT website www.cyclingtimetrials.org.uk/course-events/p917-10#anchor

And finally

I have received reminders about both, 'The Tour of the Hills' Sportive (also on Sunday 11th August) www.audax.uk/event-details/11192-tour_of_the_hills and Cyclocross Reigate (on Friday 9th August) which is apparently attracting a 'huge amount of interest'. www.britishcycling.org.uk/events/details/303948/Cyclo-Cross-Reigate-2024

Ride safe,

Ian Thomas - secretary@worthingexcelsior.co.uk