



President: Mr. Dick Jones

THE EXCELSIOR ECHO

Newsletter of the Brighton Excelsior Cycling Club

2005

Issue 6

Any news send to balcombe@onetel.com (see editorial my email is down!)

Editorial

Hi everyone and welcome to Issue 6.

I must admit I did not think we would reach this many before I packed it in.

A few articles from you out there would certainly not go amiss.

My email is down at present so if you need to send anything for inclusion in the Echo please forward it to Su at her work, s.balcombe@sussex.ac.uk

Great shame about the Picnic this year, but I'm sure we will be back next year, bigger and better.

The Track season is now over, and what a season. It has to have been the best in years and it was so good to see our members doing so well.

I recently received a letter from Bert (thanks Bert), which has planted a seed of an idea in my head. Plenty of room I know! How about a series of articles on some of our esteemed members. I think a good place to start would be with Bert. He must have forgotten more about our sport than most of us will ever know. So look out Bert I shall be round with my interviewers cap on.

The Duo Normand was at the beginning of September, what a fantastic weekend of socialising and racing. I shall be putting something together for either this issue or for Issue 7. (see next page).

(Continued overleaf)

Club 25 mile Champion 2005



(photo courtesy of Paul Brown Photos)

Well done Rob and thanks for sending in the photo, taken when Rob done his new PB of 57.07.

Club Nights

Club nights are gradually getting back into the swing as the racing season approaches its end. We have already had a couple of turbo sessions and Roy has helped the new members set up their bikes. Anyone interested in a table tennis/Darts league? If you are let me know and if there is enough of us I'll get it going. Better still come to the club night and sign up for it.

Welcome to:

Claire, Michael, Grace and Ferne Leonard (nice to have a complete family join), I hope Grace and Ferne will enjoy joining in the fun with VC Jubilee.

Peter Logan

Cliff Brown

Georgina Mann

Membership now stands at 72.

Dates for your diary

15th October, Pete Mitchell riding in the 9th Revolution meeting at Manchester. See race results about how you can show your support of this talent in *your* club.

13th November SCA Prize giving Lunch at Wivelsfield Green Village Hall. How about a clubrun prior to lunch meeting at the hall at 11am? See me for details. A good occasion for socializing!

20th November the club's cyclo cross event at Wild Park in Brighton. Helpers always welcome.

Duo Normand 2005

We had a group of 9 from the club take the trip to France this year to participate in the Duo Normand 2up team time trial. Mike Murray, Elaine Scott, George V, Bob and Colette Harber, Alan and Jenny Bowry myself and Ian Essex as our support. I would like to take this opportunity to say a personal thank you to Andy for the assistance with the ferry tickets.

Mike and me raced in the Non-licence category; with Mike doing all the work on the front and towing me round (including pushing me up the hills) to the fastest time of my 6 visits to this event. Out of the 111 teams in this category we managed to come 37th, which I was pleased with, thanks Mike, with this event the Epsom 25 and the Lewes Grand Prix Des Gentlemen (In which we managed to come 5th at an average speed of 25mph beating our best time by a minute) Mike would have towed me around for 75 miles this season. If anyone wants to know anything about the back end of his bike I am the man to ask! Thanks Ian for driving the support vehicle, luckily we didn't need any mechanical assistance but it was nice to know the spare wheels etc were there just in case. Elaine and George rode in the mixed category which took place later in the day which meant Mike and me had time to get a shower and change then join Ian in the support vehicle to follow them round.

They got round incident free as well. Alan and Bob supported by Colette and Jenny rode in the Veterans category

That's the boring stats out of the way now lets get down to the nitty gritty of who got drunk and got up to what!

We arrived at our hotels Friday night, Mike me Bob Colette Elaine George and Ian opting to stay at the Formula 1 just outside of St. Lo, Alan and Jenny staying at a cottage near Coutances. That evening we decided to go for dinner at the usual restaurant that adjoins the local supermarket, unfortunately this establishment is no longer open so a walk into the town centre was necessary. Having found a suitable eatery the serious business of where do we go for a drink, just to be socialable of course, had to follow. Having had wine with the meal I must admit to being a little of the....shall we say three sheets to the wind!

The bars in St Lo are interesting and very 'active'. We managed to find one that sold Belgian beer on draught, in retrospect this may have been a mistake but what the heck its all go clean fun init? We duly drank our fill, with Mike going on to the vodka (now this was defernatly a mistake). The walk back to the hotel must have been quite eventful as my trouser show that I appeared to have fallen over a couple of times!

Luckily only mud and grass stains and a bruise on each hip obviously a well-balanced drunk have fallen down on both sides.

The rest of the story may seem a little hazy and that's because for some reason my memory of it seems to be a bit sketchy (I can't understand why) needless to say the hangovers the next morning were in proportion to the amount of alcohol consumed the previous evening. With Mike somewhat worse for wear having spent the night asleep outside the window of our room on the grass. I could not have been that drunk because I had the courtesy to coverer him with a blanket, not just any blanket but the one from my bed! Not that it mattered because I never made it to my bed, I slept in his because mine being the top bunk was just too inaccessible. Mike must have enjoyed his meal from the evening because he had left quite a large portion of it up the wall and on the grass next to him, just in case he got hungry during the night I suppose. In the morning I was awoken by the tapping on the window of one of the cleaning staff on her way to work, I thought how considerate, she was obviously concerned that I might miss breakfast. But no she seemed to be gesticulating towards a blanket covered heap on the grass. To cut a long story short I eventually managed to get the aforementioned blanket covered heap through the window and into his bed, not an easy task I can assure you when for some reason someone was banging a drum inside my skull! The resulting mayhem was that only Ian and I went for a ride Saturday morning, the others opting to go shopping and Mike doing his best to sleep it off. Ian and me managed to get lost and instead of a short ride of a few kilometres to Mairgy we went the long way round and finished doing over 30 miles, a big thank you to a gendarme for pointing us in the right direction. I was hung over I don't know what your excuse was Ian...The weekend was really good fun with a race getting in the way. Mike has not touched a drop of booze since and my bruises have vanished. My trousers are gradually losing the marks after two trips to the dry cleaners and a couple of trips through the washing machine....The moral of the story? Don't miss next year it's a damn good weekend!

Racing Results

Well done Pete Mitchell for coming 2nd in the season long senior competition at Preston Park Track. An incredible achievement for one so young. It really is nice to see Pete riding so well.

Good luck Pete in Manchester on the 15th Oct. He has been selected to ride in the 9th Revolution meeting. What an honour not only for him but also for the club. Let's all get behind him and show our support I've already got my ticket its only 10 quid anyone else who wants to go get in contact with Roy, Sally or myself. I'm sure we can sort out transport. *We have a rider that is something special let us give him the support he deserves.*

Congratulations to George Higgs and Paul Gosling on getting enough points to be 2nd Cat riders, and to Anthony Rogers who moves up from 4th to 3rd Cat.

Old Portlians 25 mile TT Bob Harber 1.08.14, Alan Bowry 1.09.01.

SCA Team Champs Chris Hodge 1.06.24.

PLEASE don't keep your rides to yourselves let me know how you have done.

I have other results but not at hand and as I want to get this issue out to give you all the good news of Pete riding the boards at Manchester I will have to include them in the next copy of the Echo.

Next Committee Meeting

9th November at the clubroom 8.30 sharp.

Issue 6 comes to a close; I will try to get the next issue out ASAP with news of Manchester, winter training rides, end of season races and clubroom activities.

Hope to see more of you at club night soon.