

NO KIDDING!

Last issue I asked for suggestions to aid juvenile recruiting - the silence has been deafening! I can think of two sports (not games) that have a phenomenal juvenile membership and are securing the future of their sport by capitalising it. I will write of them in the July issue with some statistics that might blast off the cobwebs. Until, then, please put on your next committee agenda the great chance for recruiting that 'Cyclorama 76' will offer - there are bound to be masses of non-committed kids - DON'T MISS OUT!

CONGRATULATIONS SOUTHBOROUGH

Happily not all slumber as this recent story in the comic showed:-

The Wheelers made the right move recently when they took a positive step toward recruiting young riders. Two local schools were approached and a year's free subscription was offered to any youngster who turned out for a specially arranged 5 $\frac{1}{2}$ mile T.T. There were ninety-one starters - it goes to show you only have to try - why hasn't your club?

EASTERN PROMISE

Local businessmen are beginning to take cycling seriously as an attraction. First the Cyclorama '76 at Eridge and now an exciting suggestion of Kermesse racing on Bexhill promenade. If it comes off, the local B.C.F. will promote events to coincide with Bexhill Carnival on Sunday July 25th. Keep your eyes open for more news - and for

Heavens sake enter - there is little enough racing in this T.T.-orientated county as it is. If you support, this could give us a permanent seafront opening at the eastern end of our patch, and a good chance to favourably impress the public.

BACCHUS RIDES AGAIN

In issue 49 Don Lock alluded a similarity between the Bonk team and Pergammon Press. Flattering? We're not too sure.

We don't know, but guess Pergammon took its name from Pergamos, the Turkish city of Biblical times, now called Bergama. Famous then for its books, to be sure, but also for depravity. Even Rome banned the ceremonial orgies of sects imported from Pergamos as too obscene.

Was Don flattering, or has he got us sussed?

WANTED

A volunteer to take some cycle parts to Suffolk on behalf of the English Schools Cycle Association.

Will anyone going that way for an event this year, contact me for delivery address?

Editor.

SOUTHBOROUGH & DISTRICT WHEELERS

It's all happening, folks. Spring has sprung in Southboro' land. The grass is 'ris', and there are signs that some of the saps are on the move as well. Also great hopes for the season to come. A winter of weight lifting and roller riding twice a week down the clubroom for some and fine weather for the Tuesday Totter brigade, followed by mild weekends has meant that everyone is roughly fit.

So to the first club event. A hilly $11\frac{1}{2}$ round a circuit of Tunbridge Wells, Bells Yew Green and Hawkenbury, covered twice. Two years ago, a few lads from the local Sandown Court school came along and rode over half the distance. Last year the support died. All was corrected this year though, when it embodied an inter-school competition between Sandown and Huntleys. Our original club event of twenty competitors was overshadowed by the back-up of ninety (yes, ninety) schoolboy entries of all shapes and sizes and mounted on all types of bicycles. The winning team of fifteen riders returned a time of 5.29, forty-four riders from Huntleys, who also provided the fastest ride by A. Keech of 18.05, a creditable ride on this course. Pete Crofts was the fastest clubman in 29.26 whilst Geoff, Roy and Malc all did 30's, the seconds being 28, 32 and 37 respectively.

The following week saw the clubs 'two-up' 14 in the Yalding area, on another circuit course that this time was a flat one. Flat for all that was, except John Luscott and Nick Saadat who, vague on the details, went adrift on the simple directions "Follow every left turn you come to, until you arrive at Diane Hayman, and then follow the major road", they were told. Well, they managed the first two lefts then missed the next three! If you ever travel the road from the Mile Oak to Brenchley, you will find a sort of blasted Heath area, where John gave a colourful, non-repeatable expression of his situation when he saw the hill

rearing up in front, on what should have been a flat course. The Withers brothers successfully found their way round for the first time to win in 34.06 whilst $1\frac{3}{4}$ minutes covered the next three pairs of Roy/Phil, Alf/Robin and Spider/Jacko. Jean and Arthur Smith rode round in spite of each other in 37.06!

April saw the Kent & Sussex Courier sponsored Southboro' 10 on the Tonbridge By-pass. How popular the course now is, can be gauged from the fact that we returned over sixty entries and the event closed on a 25.55. Next year, though, we hope to make a second event possibly for juniors and juveniles. We were pleased to see East Sussex faces on our side of the border, even if they did grab a couple of handicaps. The winner, of course, was King Alf, who on such a hard day was still only $\frac{3}{4}$ minute outside the course record, and over a minute faster than the next man.

"And what of the future" you cry. May 22nd/23rd is the Cyclorama '76 weekend. Yet another chance for you to ride Q10/19, on a Saturday morning. (£100's worth of prizes.) and in the Southboro' road races on the Sunday on the Frant-Rotherfield loop. There will be bicycle Polo matches and Roller Racing on Saturday and Sunday in the Showground at Eridge. Now guess why there is no professional Criterium on the Friday evening in Tunbridge Wells after we eventually got the blessing of the Council and the Constabulary? The Maidstone and District Bus Company claimed it was impossible to divert six routes for one hour. We reckon they are frightened of the competition of two wheels.

If you are near Penshurst on May 9th. look in at the Motor-ing Pageant, where we are trying for our six hour roller racing record again, and you will have a chance of winning a prize in a lottery on the progressive distance covered.

The 'erbs have been riding away as well. Clive Ashby has started another comeback season with a 3, and Tony Peachey with Pete Crofts (75% Southborough) were the fastest

composite team in the 34th Nomads 34 on the Tonbridge and Sevenoaks By-pass.

We wound up our social season with a Barn Dance at West Peckham, and a fairly mad evening was had by all. The Tuesday Totters are giving way to the Thursday tens and Twenty-fives. Seven of the club are touring Norfolk, Suffolk and Cambridge for Easter and that only leaves me to go out and get fit.

The B.B. (and B.) B. Bird-loving, Boozing and Breathless Bikie.

Rear lights are rubbish - batteries seem to last minutes rather than hours.

D.L.

A rather scruffy old lady from the wrong side of the tracks approached the vicar of a smart suburban church seeking to join.

Eyeing her with dismay, he suggested she went home and talked it over with God before making her decision. He didn't see her for weeks and supposed his ruse had worked until, by chance, he met her in the street. "Did you have your little chat with the Lord?" "Yes Vicar". "Well, what did he say?" "He told me not to be discouraged as He Himself had been trying unsuccessfully to get into your church for years".

'ELLO DUCKY

Some of us are born with webbed feet. Others acquire the waddling gait on our way through youth. Your Editor is a fine example of Neanderthal duck, yet, despite what his wife says, he doesn't date from paleolithic times. He's a victim of imbalanced exercise.

Exercise is only truly beneficial if properly varied. Failure to believe this has produced some amazingly exaggerated physiques! The tendency of people to specialise in one sport from the age of ten years exacerbates this. Your body is a stack of bones balanced upon one another to give your upright stance. The muscle groups either side of each bone maintain that balance.

If a group of muscles are continually tightened they will become shorter (stretching the muscles on the opposite side) until both sets cease to spring back to their natural position, leaving the bone tilting towards the short muscle group.

Look at your cycling friends, do they stand with head thrust forward, pelvic girdle forward, knees pulled back and feet turned out? If so, the chances are that this posture - those rounded shoulders and hollow back - are probably due to cycling.

Why?

Because riding head down stretches the muscles at the rear of the neck and upper back, allowing those on the front of the chest to shorten. Because with the arms forward, the back is rounded, especially when 'getting down to it'. Because driving down on the pedals develops and shortens the muscles on the front of the thigh. These are attached to the front of the pelvis as well as the top of the lower leg and can tip the pelvis forward.

If you have a tendency to back trouble then this careless behaviour can lead you to painful and expensive troubles. Remember, when racing your spine is curved and anchored at the front end by your grip on the bars. The bottom of the spine is held back by the muscles on the rear of the thigh (they are attached to the back of the pelvis and the lower leg). In this position the vertebrae tend to part as the spine follows the outside of a curve. At this juncture you drive down with mighty front thigh muscles to straighten your leg, pulling the vertebrae even more apart.

If you doubt this, just lie on your back with your knees bent to your chest (your riding position inverted) and try to straighten your leg - see!

Most of us need more flexibility - this is why the suppling exercises that Ken Stevens gives the Eastbourne Rovers are so important.

Next issue we will publish a simple set of remedial exercises to help you enjoy your riding more.

CROW FLIES

With regret I find that I am unable to organise the Tourist competition on November 14th.

Several factors are involved which I was unable to foresee when volunteering last November, one of which is that I shall be out of the county on that day.

The powers that be have been informed in the hope that someone else can be found as there are nearly seven months to go.

Crow

LEWES WANDERERS

With a full house of seventy, the Wanderers dinner was flying from the start and several people have commented that it was one of the best yet. Certainly everyone enjoyed themselves to the hilt with riotous cross-toasting and a hilarious club toast by "Mr. Radio Brighton", Don Lock, who amongst some choice witticisms pointed out that he was not available with the turkey, as printed on the tickets, and in any case the diners would doubtless prefer the usual vegetables! Again our thanks are due to Bill and Maureen Ryall for an excellent meal and service in their customary style.

The presentations were as novel as ever. The Copper got an outsize Identity Card plastered with adverts which left no doubt that he is absolutely, definitely, positively Michael Burgess, and bore instructions that it must be carried at all times. This, of course, stemmed from his being confused first with John Dutson and then Mick Kilby by speakers at the supper. The date coincided with your scribes birthday and he was suitably honoured with cards and a very nice cake inscribed 'To Geoff - 25 again'. As he was also on the receiving end of a kiss from Maureen Lock (who presented the prizes) he considers that birthday well and truly celebrated!

Unfortunately our President, Jack Goldstein, was unable to be present, but a menu card was passed round and duly conveyed to him. He's out of hospital now, but it will be some time before he's able to get out and about. So ended the Social Season.

The Copper duly showed 'em the way round in the Hardriders' and his 49.39 in very cold conditions beat Peter Burbery and crushed Brian Wilkins, a fair old gallop. Best of our quintet was John Honeyball with 47.56 and Ian Landless second in 49.14. Much mirth was caused after the Hardriders when Graham Seymour reported that your scribe was standing

in a snow-storm at Horam wearing sunglasses. This was no mirage,- the change from sun to snow was so quick that he didn't get them off! John won the Lewes/Newhaven with 38.52 and Ian Landless was second with 39.37. Actually, Steve Myatt, who was riding a 'private' did 37.54 and showed them all up. He should have paid his subs before the event, and not afterwards! The notorious Agg turned up at the Lewes/Newhaven, having been observed on two successive Saturdays in Seaford. A Central Sussex gent observed that Derek was probably booking up for his summer holiday!! Next came the Association T.T. in which John and Ian did a 1.16.56 and new Lewes converts Geoff Boxall and Graham Seymour combined for 1.20.20. Latterly we had two pairs in the S.C.A. T.T. where Steve and John did 1.4.12 and Pete and Ian 1.5.1. Ian Burgess rode the S.C.A. School-boys' 10 and his 27.47 was good enough for third spot, a very useful way to start the season. One name missing from all this activity is Tony Andrews, who didn't show up to collect his pots at the dinner and so far seems to have sunk without trace. Maybe he's expecting to be 'knocked up' from hibernation as per Ken Savage, another late starter!

John was out training in the dark and had the daunting experience of a car out of control and coming straight at him. Prompt evasive action ensure a 'non-strike' after which the car toppled over a bank and finished up on its roof, the driver being suitably shaken when fished out of the ditch.

A nice gesture by Mrs. Burgess, Mick's mother, means that each fortnight on Tuesday evenings we can have the use of part of her house in Lewes as a clubroom. We're hoping this will help to attract more members, particularly juniors, and keep their interest more than fleeting appearances at events.

Till next time, ALSORAN.

EASTBOURNE ROVERS

Our road race was a success, which set us off on the right note for the season. Graham must have been quite pleased with his efforts and despite the road digging obsession that pervades local councils, punctures were not a significant factor. Nevertheless, he had a nasty turn when traffic lights were discovered on the course the previous day.

Why were there no local riders competing - it does seem a poor show. Sad that no spectators (other than supporters) were apparent; time trials might never be a spectator sport but R.R. could be with short enough laps to maintain interest. Whilst with Stan on the Hellingly marshalling point, the bunch arrived, swinging left into New Road, taking up the entire width of the carriageway. Quite unnecessary self-indulgence and just as well for us that the race control bobbies had just moved on!

Our R.R. tyro Terry Leach has been enjoying the college social life too much for the good of his legs, hence no mentions in the comic this far. However, after a spell of turkey plucking to increase funds he is riding the three day Ras de Cymru event as his serious entry into the season.

The early season T.T. are past, producing their usual coughing bouts; why people should want to suck half-frozen air down their tender lungs, I shall never understand. However, they did afford the opportunity of seeing George Dicks giving a passable imitation of a python about to swallow a pig, and the Leach clan on the Claude triplet, climbing at 100 r.p.m. Because of its small frame, their knees sticking out sideways, gives it the appearance of an advancing crab.

By April the weather, apologising for the Hardriders, gave Ken and Cliff the encouragement they needed to take the

E.S.C.A. Two-Up T.T.T. course record, and throw down the gauntlet for 1976; Pete Coles and Ray Gearing surprising with their 1.14.40.

A sunny morning for the club hilly 24 looked good for a record, unless you were riding! Ken managed a 1.3.17 to thwart Mr. (how could I be slower than last year?) Colburn. Smooth action Gearing was a good third. The club's new double act of Graham Lade and Nick Green were right on form the previous day when they punctured, broke a spindle and lost Nick's shorts, (all before the start!)

Orso Bruno.

DESIGN WANTED

WIN A FIVER!!

Bonk will need a new cover design for 1977.

This announces a competition open to anyone for a design suitable for the cover of your magazine.

Conditions.

1. The design should be suitable to print on white card in not more than two colours.
2. Colour roughs will be acceptable for the competition, final camera-ready artwork is not necessary at this stage.
3. The prize will be £5 for the entry used.
4. The Editors choice will be final.

Closing date for entries Monday July 19th 1976.

Competitors can enter as many designs as they choose.

HASTINGS C.C.

Our centenary has obviously stirred up old feeling in the locality, for some of our former riders are coming back into the fold. Esther and Maurice Carpenter have started cycling again. Esther has ridden out to some events and Maurice tackled our 'undulating' club 10 course for a 29.35 recently.

Some new members are joining the fun - among them Eric James who, coming from Fairlight, must be a strong climber.

Guy has been in attendance on Sundays at Little Common with his Sunday morning potterers.

Our Bexhill branch (John Lawrence) has been regularly spectating at the Rovers '10's' but has yet to summon up the courage to ride an event. Dennis, tearing himself away from his shop, also appears at Little Common, to marshal for the Rovers superbly organised events (crawl, crawl.)

Dave has been getting out on a trike conversion since Audrey has been in hospital - presumably we shall next see him on a tandem-trike (help!) He also miraculously converts H.D. H.P.'s to tubs, by causing three inch slits to appear as it by magic.

Every time I go out I see Jack getting in the miles. B.S.T. is his friend and he wastes not a moment of it! He improved by two minutes on his '75 two-up time paired with Peter Baker and followed this with a 1.11.12 for sixth place in the Rovers Hilly 24. Peter is riding regularly being pushed out by Ken Stevens by a few seconds each time. He overcame this by entering the Central Junior '10' to do a longish 24. Senior status has been forced upon him now and he looks forward to seventy-five miles around Hellingly in the Division Championships. Please keep five yards away from the very green track man at Preston Park this year!

Now to overcome the bronchitis and pursuiter's cough etc. that comes from healthy riding and we can concentrate on preparing our excuses for the coming season proper!

See you all on May 23rd for some obscure new club in the far East is organising an open 10 on Pevensey Marsh and offer cash prizes too!

P.B.

In order to continue to improve the presentation of this magazine I would like to hear from anyone in the E.S.C.A. who is willing to help Bonk and has regular access to printing equipment e.g.

Electric typewriter

Golf Ball or Varitype

Small offset machinery

Platemaking facilities etc. etc.

Details to the Editor please.

SINGING PEDLAR

Does your club require a vocalist for that special occasion?

After hearing Ernie Dore's alcoholic ballad renderings at the Crawley dinner, Heather Reeves and Christine Jones have decided to act as his agents. All enquiries to them.

EAST GRINSTEAD

The social season was well packed as ever, another excellent E.S.C.A. supper and get-together found me taking a king-sized packet as I rode (and walked) home in the moonlight. Too soon the 'Lewes' heralded the end of the dinners although this went out in a blaze of cross-toasting.

February was rounded off with thick fog and a most interesting slide show by Peter Knottley. We are indebted to the organisers who achieved a capacity audience despite the weather. Next day many gathered at 3 Lansdowne Crescent for the C.T.C. bring-and-buy - can't say I noticed much trading taking place, as our attention was on Iris' culinary delicacies.

If you wish to visit us you will be glad that the long path to our clubroom has now been tarmaced much to all our relief and comfort.

Graham Green has married Sue and may be forced back on to a bike being excess avoir-du-pois. Bob Beatty has followed Trev in riding for V.C. St. Raphael while also retaining second claim to us.

We were delighted to see Bob Kater do so well in the sixteen mile Hardriders - we didn't know his early season fitness had quite reached that stage! Eleven members from the E.G.C.C. took part in the racing. Robin Taylor came top out of the schoolboys with 52 mins. 47 secs. followed by Jeremy Wilson with 57.22, John McCoy 1hr. 11 mins. 29 secs. and Peter Anderson had to finish half way round when the gear mechanism tangled in the rear wheel. Mrs. Wates toured round in 1hr. 15 mins, 28 secs, Will Wates was 52.46, John Hutt 51.41, Barry Gregory 49.29. Steve Happlethwaite 47.17 and Bob, who the previous day had taken tenth place in the Eastbourne Rovers road race took the third best time of 42.10.

Peter France and Nigel Martin came fourth in the twenty-

nine two-up at Hellingly with a time of 1hr. 14mins. 8 secs. Will Wates and Steve Hepplethwaite came fourth with 1hr. 18mins. 42 secs.

Bob Kater won the San Fairy Ann 3rd/Junior R.R. at Catsplace and Nigel Martin took fourth place in the 1st/2nd/3rd's event.

The Central's hilly 25 had improved weather for '76 although it was still pretty bleak. As I watched the riders passing by little did I think that it would be the last time I would see Robin Buchan.

We made a clubrun out of a Crawley Wheelers reliability trial on March 14th, although to be on the safe side we chose the shortest distance and the longest time. Wise, as it turned out I had to push one of our riders most of the way back! Apart from reliability runs our clubruns have progressed steadily with the tendency to start extremely early now so that they can watch time trials. On Wednesday evenings there is another clubrun called a training ride, which will continue until our evening 10 series starts in May.

The 2nd of May will see the club's open road race which Val is working hard to organise. Meanwhile, our orienteering enthusiasts will be lining up for an event in Knole Park on April 25th.

A couple of weeks ago, the W.C.A. held a race for women and veterans at Ottershaw. Although rather embarrassed to admit it, Peter France won with a handicap. Peter and Nigel are new members to the club from the once unbeatable Romford R.C. which has been recently disbanded. They have helped to strengthen the ever-growing team of racers who now have their own official coach, Dave Duke, who is making sure that everyone is fit for the forthcoming club time trial events. The first is a restricted gear event on the Copthorne course on Wednesday 5th May.

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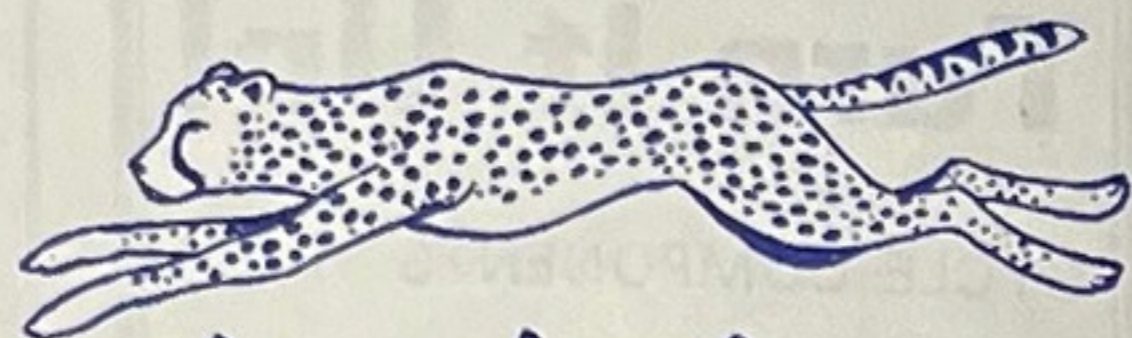
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Finally, may I recommend that you try the 'Sunday Sandwich'
 (page 35 of the last issue). It's absolutely marvellous
 and suitable for all the week, were it not for the cost.

Crow.

POINTS TABLE

Individual points		Club points (provisional)	
Don Awcock ..	20	Central Sussex ..	28
Clive Oxborrow ..	19	Brighton Mitre ..	20
Bob Kater ..	18	Eastbourne ..	18
		East Grinstead ..	11
		Southborough ..	2
		Crawley ..	1

DATES FOR DIARY

1976 E.S.C.A. A.G.M. - 5th December at Hellingly Hall

1976 E.S.C.A. Prize Presentation - probably a Sunday lunch
 on January 9th 1977 at Framfield 12.30 p.m. All subject
 to licensing application and booking arrangements.

WORTHING EXCELSIOR.

- May 8th Road Race. Entry forms from Colin Miller,
26 Rectory Farm Road, Sompting, Sussex.
- May 22nd Open 25. Entry forms from Tony Palmer,
23 Brentwood Crescent, Brighton, BN1 7EU.
- August 29th Sunday Worthing Fiesta seafront Kermess. Events
for all age groups and categories. Entry
forms from Norman Macmillan, 31 Parkfield
(not Parklands as in the B.C.F. book) Road,
Worthing, BN13 1EP.

RACING REPORT

If the first two events are anything to go by, it looks like being a 'record' year in the Association.

The Hardriders had its biggest entry to date and despite a snowstorm enveloping the riders on the way round, Central Sussex roadman Don Awcock produced a cracking record ride of 41.04. I did hear that Don only entered because he was thrown out of the Grand Prix of Essex, surely their loss but our gain. We don't often have the pleasure of Don riding our events, but when he does he certainly makes his presence felt. With Tony Goodsell in fourth place and Adrian Jones sixth, Central made certain of the team award as well.

Another good entry this time for the two-up time trial, twenty-two teams entering and twenty-one complete, starting. A spring morning sun soon dispersed the early frost, and the winning combination of Cliff Sharp and Ken Stevens Eastbourne Rovers C.C. produced a record ride of 1.9.27. Second place team Alan Limbrey and Ray Smith, Brighton Mitre having to concede over a minute to the flying pair, while just fifteen seconds behind the Mitre came a fit Adrian Jones and his partner John Yates, Central Sussex. It looks as if we shall certainly see some good competition in East Sussex this season. Lone rider Pete Crofts did 1.14.55 (his Southboro' clubmate being on the sicklist), a ride which would have been good enough for sixth place. Some of the teams were not as well paired as the leading half-a-dozen, but managed to coax their less fit clubmates around, except the East Grinstead pair who must have finished several minutes apart. For dropping his partner Will, Steve Hephlethwaite was sentenced to washing up the cups after the event.

Iris Stevens, Racing Secretary.

A SLICE OF LIFE

We have touched briefly on the subject of wholemeal bread, let's continue in that vein. Strange isn't it, that wheat is bleached, purified and refined, then has chemicals added to bring it up to Government requirements? Why not leave it alone, and eat it as it should be, brown and natural? As there are many types of wholemeal flour, one of your best bets in the initial stages of learning to use it, would be to enlist the help and advice of a local shop specialising in them. There is a really good one in Bexhill called Nature's Way at 64 Devonshire Road. It is one of two shops (the other is at 23 Robertson Street, Hastings) both owned by the same family and staffed by some very charming and helpful ladies, always happy to pass on advice and information, never too busy to look for that always-elusive item you can never see for yourself. Words of wisdom to you all who are changing your eating ways come from the owner, young Mr. Barry Howell, "Don't try to alter everything at once", he warns, "It's too drastic, take it a step at a time". He adds that a very worthwhile experience is to visit the restaurants which are a part of both shops and to sample their delicious salads, which do NOT have to consist of lettuce and tomatoes! It could be the beginning of a healthier life and it is certainly an education in raw vegetable preparation.

Wholemeal flour gives different results in baking to white flour. Don't expect to make very fluffy sponges or rich cakes with it, but it does produce super, moist, medium-textured cakes when used in the right proportions.

Step one to a healthier life for all of us then, could start with cutting out white flour and, most important, white sugar and all its by-products.

Basic wholemeal recipe.

4 ozs. wholemeal flour, 100% S.R. or plain with 2 teaspoons of baking powder (Mixed together)

1 oz. soya flour
4 ozs. butter
2 tablespoons of milk.

4ozs. Muscavodos sugar
2 eggs.

Cream butter and sugar, slowly add blended eggs. Fold in flour and add milk. Put into prepared tin, either a 1lb. loaf tin and cook at number 3 or 325° for about an hour. or use an 8" sponge tin, at number 5 or 375° for 35 mins. Specially nice to put in the basic mixture are 2 ounces of chopped dates and 2 ounces of chopped walnuts, or a level dessertspoon of mixed spice and 3 ounces of sultanas.

ATTENTION SECRETARIES

Will all club secretaries please forward to the Editor their dates for reliability trials 1976/77. The management committee have requested this to avoid dates clashing to the disadvantage of all. It is also stressed that if the regulations regarding R.T's are not strictly adhered to, then the events could be banned by police action, and complaints have already been received. The E.S.C.A. committee remind organisers that R.T's are not road races.

1st. CAT

Everyone in Sussex knows Ernie Dore to be an animal lover, as he has been known to offer pats to any four-legged stray that chases him. Some weeks ago a kitten entered the Dore household. 'She' was a dear little thing and Ern decided to take her for the operation that 'she' cats are taken for. Ern's Mum, however, knows more about cats than Ern, and 'she' turned out to be 'he'!!
Poor Ern.

CRAWLEY WHEELERS

The club dinner was very successful this year, food and service much improved, was the verdict by all the regulars. Councillor Mr. and Mrs. Alec Obbard, Mayor and Mayor of Crawley were our guests of honour, and seemed to enjoy themselves, joining in the cross-toasting and presenting the prizes. Speaking for the visitors was John Warne of the Tooting B.C. I replied on behalf of the club and immediately went to pieces. Any suggestions on public speaking!?

The day following the dinner was devoted to the Ron Ford clubrun to Newhaven, Eastbourne and back. However a mix-up occurred this year; Ron went down on his own in the rain, the rest of us sheltering in the Horsham Cafe!!!

The following weekend Gordon Christenson organised our annual 50 and 100 Km. reliability trials. Very well attended this year with some fifty entrants practically all successful (even me) over thirty riders from Crawley took part. Clubruns have been extremely well supported so far with as many as twenty members starting from Crawley town centre. Several ladies have graced us with their presence and if only they kept at it, it would get easier. It's good to see so many people out and about. If I have a criticism it is of our schoolboys. We have Mums and Dads and a few offspring, but so few of our junior members seem to regularly support the clubrun. It is only hard for a few weeks, lads, but you must ride regularly if cycling is going to get easier for you. Lately we have had the support of Paul Lipscombe, one of the Boores talent scouts, who has a penchant for falling off of late with or without automobile assistance. I wondered whether Central have sent him over for road safety lessons as we in the Crawley Wheelers have a better safety record. No signings to the Central as yet.

Membership also seems to be improving and several new faces have been seen down at the clubroom lately, the difficulty is keeping them. Where are we going wrong?

On the social side, Hilda Boxall has held a wine and cheese party at home for members which went with a swing and Dave Stokes has given two excellent slide shows at the clubroom. Ron Ford followed this up with a film of his tour around Tour De France. Ray Jones has been in the wars again. Since having the pin removed from his leg, he has been riding a trike, unfortunately they do not appear quite as safe as he hoped and in an accident involving himself and a young pedestrian he sustained a broken collar bone. Rumour has it that he deliberately did this to get physiotherapy in the local hospital and train on their ergocycle. Look how well he went last year, all on the ergocycle.

Sunday 14th March saw the final in the series of reliability rides organised by Gordon Christenson. Held in fair and dry weather, it was another successful event with forty-seven entries from Crawley, 29th Wheelers, Central Sussex, East Grinstead and Redhill C.C.'s. Entrants attempting three distances from Crawley to Haywards Heath, Lewes and Newhaven all sections returning to Crawley. All completed within their times. Malcolm again being last back at the clubroom when, as usual, all the tea and cakes were gone, and most of the other competitors as well, however, even he was 'in time' on this occasion.

Our ladies have been doing us proud so far, Christine and Heather winning the ladies prize in the Brighton Mitre two-up on the 28th March. Our men were not so lucky but did very well on a personal basis. Thanks to the Mitre for yet another well organised event, even the weather was a delight with loads of sunshine which lasted all day.

Early results in various 25 mile events, two-ups etc. have been extremely encouraging. Under instruction from her coach Heather Reeves is going from strength to strength having broken the Crawley ladies club record with a 1.9 on one of the fast courses. Mark Jones and Ian Berry, Heather and Paul Lipscombe, Ray Jones and Dick Denman really flew

in the Sussex C.A. two-up with rides just over the hour. We had a staggering entry on one hundred and forty one for the Crawley Open 25 on Good Friday - my commiserations to Sussex riders who didn't get in. The event was won by John Lyons C.C. Orpington in 58mins 52 secs, second A.G. Murray, Norwood Paragon 1.00.45, third I.D. Kitching, Redmon C.C. 1.01.05. Team - first Norwood Paragon, second Central Sussex. Handicap - first A.S. Booth, Balham C.C. 55.56, second J. McNec, Norwood Paragon 57.12, third A.G. Murray Norwood Paragon 57.15.

Malcolm.

T.A. BEWARE!

If the Bexhill Kermess is promoted - watch out for the pensioners fitting eight ounce tubs to their wheelchairs.

MARSHAL MUSTER

May we remind you that the cashmen make their annual pilgrimage south of the Thames on May 9th in the London-Battle-London road race. Anyone in the Hastings area could give Peter Baker a ring on Hastings 437522 as he is looking for marshals.

CAUGHT SNAPPING

Bonk is still looking for photographs to publish. Events after May 1st please.

Monochrome prints and negatives (returnable) to Editor before June 10th.

WESTERN REVIEW

Well, the time trial and road racing season is upon us once again and Worthing Excelsior have quickly got themselves involved on both fronts. With the departure of George Matthews to South Africa for a couple of months and his joining the Archer Cutty Sark, our road team folded up so far as senior riders are concerned, but we have a host of juniors and great schoolboys, who, if not yet world beaters, are certainly getting a great deal of fun out of it, and that surely is the most important thing. Norman Macmillan's squad is really of quite substantial size now with one senior albeit of third category, three juniors and about eight schoolboys. The majority of these have recently had their baptism and while having been somewhat roasted by the speed of the more experienced, they have, as it were, jumped in at the deep end, and have come back for more with an enviable enthusiasm. In search of competition these youngsters, mainly in the thirteen/fifteen years age group, have already travelled, in numbers, to compete in large fields on the circuits at Lee-on-Solent and Crystal Palace. Those just into the junior ranks have also had a go on the Ellens Green course near Cranleigh so it can be seen that even by mid-April we've been showing the flag.

Our time trials started with the club circuit event, a somewhat hilly twenty one miles over a course which twice lapped a route around Clapham, Offington and Findon with a start and finishing stretch out from Sompting. Handicapper Brian Weir, noting the absence of Keith Dodman and Richard Shipton, put me on scratch and might have been right if I hadn't hit the deck at Clapham. Junior Martin Morris also crashed here and decided that his season could begin again next week. In the event Pete Reeves was fastest at 59.39, I was second with 59.52 and Colin Miller on 60.40 finished third. Other times were John Biddle 61.19, Graham Tooley 63.31, Roy Macmillan 63.47, Alan Matthews 66.10,

John Williams 66.25, Ray Douglass 67.22, Martin Ford-Dunn 68.45 and Kevin Pedersen 81.08.

In our Spring 25 it was John Biddle who came through to score his first club success, winning in 1.6.13, ahead of yours truly on 1.7.11, and Peter Reeves 1.8.8. Other times for this one, held on the G.938 were:- Graham Tooley 1.9.15, Martin Morris 1.9.56, Ray Douglass 1.11.05, Alan Matthews 1.11.16, John Williams 1.11.25 and Nigel Burrows 1.23.32.

Twelve other open and association events have received our support and fastest outings were in the Salisbury 25, altered at the last minute from the faster P.2b to the old Salisbury road P.2 course. I somehow took one second out of Keith Dodman with 1.4.42; he will be taking that back for the rest of the season; Richard Shipton had an actual 1.6.1. but suffered a late start and Peter Reeves did a 1.6.16.

Notwithstanding all these activities our club runs have been maintained with a regular Sunday outing and some very encouraging attendances. Our venues for elevenses have been Coldwaltham, Newhaven, Cross-in-Hand, Bognor, Cowfold and Adversane. There's been a ten-strong weekend in the New Forest and a Neville Chanin seeking trip to Chippenham. Two members are off shortly for a tour along our borders with Scotland and five more have a tour organised for the Yorkshire Dales. Variety is, they say, the spice of life and the Worthing Excelsior lives vigorously and happily.

May will see our youngsters doing their nuts around Preston Park every Wednesday and from May 13th our evening tens get under way from the top of Washington Bostal. All are welcome to ride privates and we shall have events every Thursday until late August. In the middle of the series there's a couple of 15's and a two-up 25.

DON.

LETTERS TO THE EDITOR

Dear Ken,

Hasn't the person who made the remarks in March Bonk about by bicycle heard of the proverb "Never judge from appearances".

I hope the editor is as keen on improving the sex-ratio of cyclists as he is on recruiting 'more youngsters'. I'm sure us fellows could give any budding (if you follow my meaning) female cyclists plenty of good advice. For example we should tell them, after they've dismounted, to stand upright, pull their shoulders back, and throw their chests out. This helps to improve their posture - amongst other things. Of course, flat tyres can be a let down. Enough said,

Sincerely yours,

Tony ('mucky' bike) Andrews.

Dear Editor,

Re. Crowborough-Montargès twinning.

Whose patch is it? Might I remind you that there are eight Lewes Wanderers living in or around Crowborough.

LEWES RULE - O.K.

Yours in sport,

Mick Burgess

Dear Editor,

Most cyclists will have heard with alarm news of the proposed law about the compulsory use of dipped car headlamps after lighting-up time even in well-lit areas; indeed, if the Minister's intentions had been allowed to go unchallenged, this would already have been implemented. The Bill was withdrawn at the last minute 'for further discussion' due to the arguments voiced by associations like the C.T.C. and C.C.G.B. that far from improving the innate hazards of night travel, such a move would only increase dazzle particularly in wet weather due to greater reflection. However, it generally takes more than plain common sense to deflect authority from its Hell-bent path, so write to your M.P. and voice your objections before it is too late.

The excuse given for the proposal is that there has been a 70% increase in collisions with parked vehicles in better lit areas, allegedly due to driving on sidelights. I feel that the real answer is to deal with the root cause of the trouble and prosecute people who don't look or, worse still, can't see clearly where they're going, parked vehicles don't leap about at will.

With the great increase in the power of vehicle lighting in recent years, more and more are now fitted with four Q-I headlamps, as it two weren't enough! The standard of dazzle has become frightening, particularly to cyclists. With so many badly-beamed, not to mention undipped headlights assaulting the cyclists' eyes when 'out in the sticks' he looks forward to entering a well-lit area for a bit of a rest from it all, but if this Bill is bundled through, even that respite will be denied.

I have noticed the practice in certain areas of having only alternate road lamps alight, presumably to economise, yet the patchy illumination this causes is dangerous.

Obviously the roads can never be 100% safe, but it behoves

us all to be as thoughtful as we can in the existing conditions, and fight against the imposition of the above-mentioned Bill. Victory would be a rock-bottomed start for the much-vaunted 'Campaign for a better deal for Cyclists'.

'Had-some' - Lewes.

Dear Editor,

Re. town-twinning (Issue 49). There have been several East Grinstead and its French twin cycle racing events but I think it died out because it was too expensive.

Yours,
Crow.

E.S.C.A. HORRORSCOPE.

May Blizzards obliterate E.S.C.A. roads. Entrants in 50 given compasses and survival kits. Humphrey says onus for keeping to course rests with riders. Stevensmobile knocking. Humphrey says police want course banned. Finances alarming.

June Thaw and widespread floods. Riders in 25 disqualified for taking pace from motor-boat. Sharp, caught by Kilby, says it's the end and wades away to get drunk. Humphrey says police have strong objection to course. Personal worsts at all distances. Stevensmobile knocking. Financial position grim.

BRIGHTON EXCELSIOR C.C.

A dry, fairly chilly day with a keen wind greeted us as the usual crowds assembled at the bottom of the Washington Bostel for the Worthing reliability trials. A number of groups set off enthusiastically on this somewhat strenuous course, and whilst the majority of riders failed to find Theo's tea wagon tucked away in the lane at Slinfold, a good few found their way to the finish inside the required time. Rick and Val used the event by way of a test for the Dave Moulton tandem and their distance of fifty miles was covered in just over three hours! the machine handled very well although Bury Hill provided Val with a few nervous moments as they shot away from their group and approached the first bend at alarming speed without Rick making any attempt to touch the brakes. It took the others a while to get back on - Robin Hood never did make it - and who can blame them for sitting in for the remainder of the course after such an exhibition. Some adjustment to the gear is necessary as their lowest could not be gained, nevertheless, the top of Duncton was reached without too much effort, and the machine has without doubt earned their seal of approval. Adrian Loska was the only other member from our Club to complete the course in required time.

The racing season proper started for our members with the S.C.A. 25 and 10 mile events, in which Rick Stringer managed fifteenth place in the 25 and our schoolboys Gary and Martin completed their first event - the 10. Gary rode at Bristol over the Easter holiday and improved his time by nearly one minute by recording a 2805. What with holidays, illness and Mr. Godwin's changeable attitude to racing (he's very akin to the weather) our appearances at events have so far been few and far between. Rick got down to a 1.4 riding solo in the S.C.A. two-up but it's unlikely that our lads will see any more action now until the S.C.A. team championships when we hope to enter a team (of sorts).

On the touring/clubrun scene there is much more activity,

with even our President Bert scoring fifty miles a few weeks back to join us for tea at Arundel. Entertainment value on runs has been quite high, pride of place going to Adrian - he announced a tight headset but when the club 'experts' got to work on it the forks fell away, the crown having sheared off inside the head tube!

The ferry service from Itchenor to Bosham started on the 1st April and was duly tested by the club on their recent run to Pagham Harbour and surrounding area, and surprisingly enough, nobody got wet feet.

The club Easter tour proved a most enjoyable four days on Exmoor using the Youth Hostels at Exford, Instow and Lynton and our biggest disappointment was that in four days of glorious cycling weather we never saw another cyclist on the road! We found the kitchen facilities at Lynton totally inadequate for sixty people and sold our breakfast fodder back to the Warden, booking breakfast at the nearby Queens Head Hotel for 08.30 Monday morning (yes, all six of us did our hostel duties before leaving). We also spent the previous evening at the Queens Head, where we spent a very pleasant evening sampling the splendid menu and drinking Carlsburg "Special Brew" - which proved to be a VERY strong lager, as, no doubt, the 'photos taken back at the hostel afterwards will prove (fig leaves made out of five-pound notes?). Rick, over the weekend managed to earn himself the nickname of 'shovel-gullet' for his speed of eating; Chris, the Iron Man (as J.P. Calls him, for his speed of riding), and Frank, without question, won the award for the most reckless rider, having overshot a corner, buckled both wheels, scraped himself bodily along the bank during a death defying descent of a steep and twisty lane! He made two further unsuccessful attempts of doing himself serious injury. Peter's pollution-making pipe was barely tolerated but he seemed to keep his bonfires to a minimum after Rick asked him if he had set light to his hair! On the long climbs as the fast men shot through to the front such advice as "change up to 84 and

sprint" was given to Val but she didn't take any notice and was content to arrive exhausted at the top to each climb just ahead of the other straggler. All in all, a good weekend was had by all and now we can look forward to the Summer tour which takes in England, Scotland and Wales (all in one day, would you believe!)

During the last social season, when we reported having bribed a guard to put Dave Elson off at Angmering Station with his bike, following the S.C.A. luncheon, it was suggested by Alan Limbrey that he should have been thrown out between stations - we relayed this message to the lad and now he's gone off cycling completely, so watch out, Alan, if you hear a Honda coming up behind you! Young Martin is taking his place on the summer tour.

Finally, a word of regret and apology. As you will have seen from notices sent out to clubs, we cancelled out Open Two-Up due to a clash of dates as the Worthing Excelsior moved their road race to the same afternoon as our event. We do intend to run our event again next year with as big a prize list as ever, and hope we may count on your support and co-operation.

Ropey Rider.

TUBS IN THE TUB

Readers will no doubt be pleased to know that Cliff Sharp's bath is now emptied of sprints and cycle equipment so he no longer has to go home to Mum in Seaford for his weekly ablutions. I've heard of coal in the bath, but this is ridiculous!

s m a l l a d s .

Next publication is
June 26th. Ad. Copy
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s m a l l a d s .

Wanted. A serviceable 36-hole rear hub. Can be gear/
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