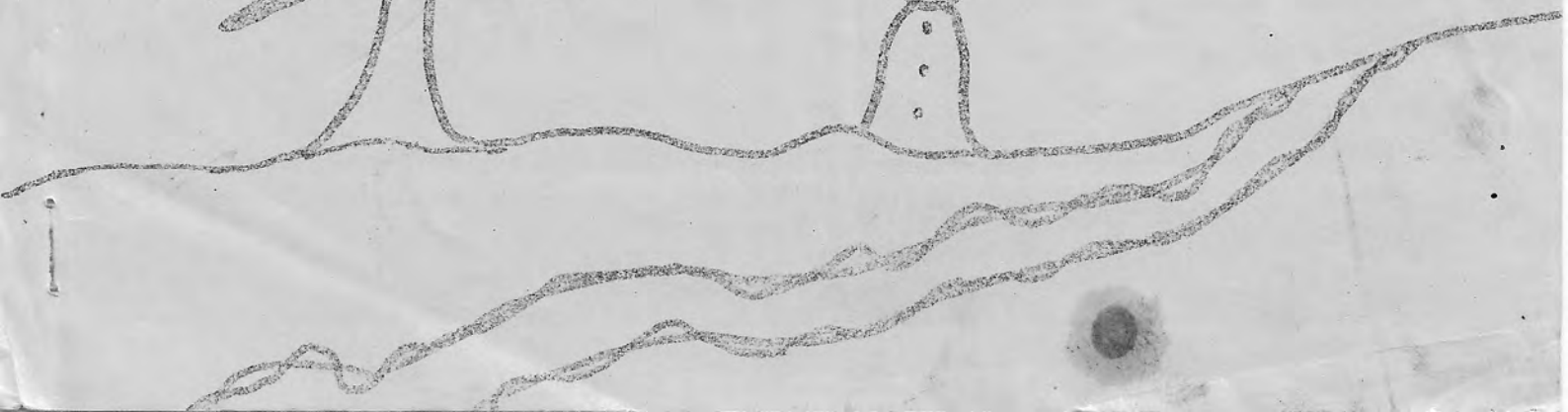


BONK!

HAPPY

CHRISTMAS TO

ALL OUR READERS.



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Editors: Maurice & Esther Carpenter, 10 Maplehurst Road, St. Leonards on Sea,
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EDITORIAL

After apologising for the non-appearance of the Autumn Bonk, and thanking everyone for the good wishes tendered to Maurice, we must explain why this issue of the magazine is different in format. Unfortunately Maurice is not able to start work until February, and we are having to get the copying done in rather a piecemeal fashion, thus we are using the simplest method for printing and also making the best use of the available space. We have, alas, had to leave out a lot of interesting material, but it will all appear in a future edition. As a result of his accident, you will also be deprived of an earthshattering article which Maurice was planning to write, describing the way he overcame his back problems and made cycling fun again. Now he can't even remember having a bad back!!

We are also rather limited in the number of copies we can produce this time, but we'll do the best we can, and hope that club secretaries can arrange for copies to be shared around if there are not enough to meet demand.

Hopefully you will receive this in time for Christmas, and we and the etceteras all send seasonal greetings and best wishes for the New Year.

Maurice & Esther

RESULT OF CLUB POINTS COMPETITION. 1979

Club	H.R.	2up	10	25	50	10	25	100	50	25	H.C.	Total
Eastbourne Rovers	14	7	18	18	6	15	18	9	19	6	6	136
Central Sussex	15	-	6	5	20	8	10	7	2	10	17	100
Lewes Wanderers	5	2	4	3	11	14	7	18	4	9	-	77
East Grinstead	-	-	8	6	7	2	2	9	8	13	-	55
V.C. Etoile	-	-	7	7	-	-	-	-	5	7	7	33
Hastings & St. L	6	5	-	4	3	-	5	-	5	5	-	33
Crawley Whs	-	-	1	2	-	6	7	1	5	-	3	25
Southboro' Whs	-	15	-	-	-	-	-	-	-	-	10	25
Brighton Mitre	-	7	1	3	-	-	2	-	-	-	-	13
Worthing Excel	4	-	-	3	1	-	-	-	-	-	-	8
Sussex Nomads	-	-	-	-	-	-	-	3	-	-	-	3
Brighton Excel	-	-	-	-	-	-	-	-	-	1	-	1

Our thanks are due to Stan Shirley for collating the results throughout the season once again.

RESULT OF INDIVIDUAL POINTS COMPETITION. 1979

Name	H.R.	10	25	50	10	25	100	50	25	H.C.	Total
D. Kitching	15	17	17	17	15	16	19	18	16	16	166
C. Sharp	20	20	20	-	20	20	-	19	-	-	119
B. Phillips	-	18	18	19	-	-	20	20	20	-	115
I. Burgess	17	16	12	16	18	17	-	-	18	-	114
D. Dunbar	10	14	14	8	-	15	-	15	-	13	89
C. Tamen	-	-	-	-	17	18	-	16	-	15	66
M. Burgess	-	1	-	14	11	-	16	7	12	-	61
A. Brooks	4	-	-	12	9	10	-	12	13	-	60
A. Jones	-	-	16	-	19	19	-	-	-	-	54
J. Honeyball	-	4	2	10	7	-	14	9	5	-	51

Alan Limbrey kindly attempted to compile a Social Calendar for Association Clubs for the season 1979/80, and although by now most of the information he collected is out of date, there is still time to involve yourselves in the following activities:

Saturday, Jan 5th, 1980 Brighton Excel dinner. Tickets from Dick Jones, 13 Dallington Road, Hove. Venue Royal Coach, Shoreham.

Sunday, Jan 6th, 1980 ESCA Luncheon. Tickets, price £3. Book through your club Secretary. Venue Framfield Village Hall.

Saturday, Jan 19th, 1980 SCA Dinner Tickets from Iris Stevens, 3 Lansdowne Crescent, Hailsham, price £3.25. Venue Ringmer Village New Hall.

Saturday Jan 26th, 1980 Hastings & St. Leonards Dinner. Tickets from Esther, price £5. Venue Royal Victoria.

Sunday, Jan 27th, 1980. Eastbourne Rovers Reliability Trial 60 miles. Start from Sundowners Disco 10.00 a.m. A shorter course may be arranged for the unfit!

February 4th, 1980 VITA sy/sx Lunch Tickets from Mrs. Brambleby, 61 Vicarage Road, Sunbury on Thames. Venue Surrey Hills Hotel, Beare Green, Surrey.

February 10th, 1980. Worthing Excelsior Reliability Trial.

Friday February 15th, 1980 Lewes Wanderers Dinner. Venue Landport Community Centre. Tickets available from Mick Burgess.

Sunday February 17th, 1980 Central Sussex Reliability Trial. Details from Ron Ewart, 25 Irving Walk, Tilgate, Crawley.

Sunday 24th February, 1980. Southboro' Wheelers Reliability Trial.

Alan is willing to perform the same task for next social season, and it would be appreciated if you'd send details of your events to him at 46, Have-lock Road, Brighton, Sussex.

BONK DEADLINES 1980

Wednesday, February 20th.	Distribution - Hardriders
Tuesday, May 20th.	Distribution - June '80'
Wednesday, August 20th.	Distribution - Sept. '80'
Wednesday, November 20th.	Distribution - A.G.M.

WORTHING EXCELSIOR C.C.

We at our Western outpost, were sorry to hear of the Editor's accident, and trust that a complete recovery has now been made.

So on with the business - first the good news. The Social Season has arrived, so some will be smoking, others drinking, and we'll all be over-eating. Have yourselves a Merry Christmas too!! Now for the bad news. Owing to the fact that you missed out on a fantastic Western Review for the AUTUMN you will suffer a summary of that, plus of course the usual XMAS issue drivel!

Seven managed to start in the Club '30' way back in May - this year based on our Ashington '15' circuit because of a clash on the Chichester course. Six finished, and the father and son team - Roy and Robin Holden - were battling for position, as indeed they have done in every event since, when both have riding. The winner was Keith Dodman in 1.16.23, and 6th was Ken Atkins (WECC) who started last, finished last, passed no one, and was passed by no one, to complete in 1.26.7.

In our Open '25' promotion, also in May, we suffered bad weather, and coincidentally failed to 'make' the result sheet in any way! The fastest was A. Goodsell (CSCC) in 59.1, and the fastest team were Orpington/SABA. Fastest handicap went to A.D. Holding, also CSCC, whose nett was 55.17.

We also held an Open Evening '10' this year in June. Diabolically wet weather didn't help, when 46 entered, 8 didn't start (apallingly six from our own club), but it was a success and will be held again next year (provisionally on 17th July, 1980 - last man off at 20.30.....did I say provisionally?). Extra care was needed on the 'river-like roads, but Chris Worsfold of CC Orpington/SABA used just 22.57 to complete. 2nd place went to our Roy Holden (24.5), and third to son Robin who crossed the line in 24.20 to take the fastest junior award. With Don Lock 24.37, our winning team aggregated 1.13.2. Dave Hudson, the Event Sec. for this promotion, is always full of facts and figures, and he informs us that the refreshment waggon sold twenty ham rolls and one hundred pieces of cake, and that seven gallons of tea were consumed!! Young Andrew Lock did a 'personal' with 28.46. Other Worthing times ranged from Pete Reeves, 25.25, to Mike (High Flying) Wallis, 29.7.

The club '100' incorporated in the SCA '100', ably promoted by Ray Douglass, had this year the sponsorship of the Sussex Mutual Building Society. Our riders had their share of troubles: Eddy Gough, our mechanical failure - described by some as a latter day Paul West (remember Paul??); knee trouble stemmed from Norman Wright, our medical failure; Brian Weir (described by most as Brain Weary for dragging his trike along wherever he goes) - our fitness fanatic who this year managed to fit in less 'build-up' than in 1978 - when he had actually done just two training runs!!.... Our list of hardships goes on, and as I write this, I wonder how it is we have any riders who actually start AND finish! But we do - and Richard Shipton, 4.21.13 (new club record); Keith Dodman, 4.26.9, and Dick (Lands End and back in six days) Wiseman, 4.42.23, aggregated 13.29.45 to give us second place to Eastbourne by just two minutes. (Richard Shipton has also broken the club '25' record twice this year - it now stands at 55.21).

The seafront Kermesse racing at Worthing went off very well in August, promoted by Chairman Charlie. As always our printer was pulling his hair out trying to meet our schedule, and as ever 'very late entries' didn't help. However, a large field in all events compensated. A Council roadsweeper (mechanical) was sent out (yes on SUNDAY), to clean the course, but it was only Saturday when the Police knew about the event, due to an oversight in those Ivory Towers. Ninety six riders were involved, representing 33 different clubs. Let's hope they all return next year, when the Promoter should be Paul Toppin (I say 'should' because we're not sure yet whether the Kermesses will be held - a clash with the Olympics seems to have upset the applecart - but we have sought to run the events on the 24th August, 1980, Fiesta or not!).

In the Brighton Mitre '25' on the 14th October, four of our riders excelled themselves in the 'fog delayed start' event. Richard Shipton, 11th out of 120, finished in 57.57, his fastest on the G.932; Keith 12th, in 58.7, his fastest on the course, third personal best and third time under the hour in a little over a month, with 58.28; and Paul Toppin, who had to concede the fourth in the club,

albeit with a course fastest and another 'personal'. I wonder how we missed the 'team'?..eight seconds I hear!! Charlie Lednor excelled himself on that day, too, for he also 'timekept' the club hillclimb later that afternoon, but was keen to get it over with quickly. I say that, because I hear he 'shortened' the course by moving the finish to the top of Bury Hill - who has downhill finishes anyway!! The start was, however, at the bottom, and it took Keith Dodman just 3mins 42.4 secs to ascend some 300 ft (well, that's what the man said. Ed.). David Yorke and Greg Hill took 4 - 58.6 and 5 - 35.6 respectively, but they are still juvenile riders.

The hardriders was changed to 21st October at fairly short notice (from 7th October), because of a clash with a Bognor event. There were still only six starters, though, for this gruelling challenge over the South Down foothills. From Worthing, through Storrington, Houghton to Arundel, where retrace - about thirty four miles in all. Keith Dodman was 1st in 1.29.36 and Mike Poland, riding his umpteenth hardriders, was 6th with 1.49.21. Next year we 'go Open' - a provisional date being 19th October, 1980. We are in the process of revising the course start/finish so that the awkward, indeed dangerous, Storrington junction is eliminated. Details as soon as Ray has measured a course.

Looking at the evening '10' results for the year, Paul Toppin won 8 of his 9 rides; Mick Lelliott (now a married man) did just one ride on the course, and made it the fastest of the season; thirty different club members competed, and there were one hundred and forty six individual performances. Also worthy of note is that two of 'the lads' rode in the National 12 Hour in Essex during August. Dick Wiseman was the most comfortable and covered 226 miles, while Norman Wright, suffering badly from cramp, finished with 219.

So where does all this racing leave the 'touring section'!? Well, numbers have certainly dwindled some weekends. On a 'motorised' run to Newbury, chaos struck as one disaster after another led to a continuous shortening of the day's prepared route. Highlight of the day was a meal in Hungerford during the afternoon, when due to many gross errors in addition, many of us got very cheap mixed grill type meals - but at the time, of course, we understood that it was a discount for extremely poor service - I still can't make up my mind whether it's worth returning to!

We have found that 'Happy Eaters' tend to be cheaper than 'Little Chefs' & 'Wimpys' - they also serve pots of tea (this sounds like the Scrooge guide to happy cycling!). The Friday evening monthly run has been searching out the country pubs - like the Fountain at Ashurst and the Five Bells at Smock Alley (has that got you?) near West Chiltington.

Dave Hudson took his life in his hands, flew over the Irish Sea, and did a bit of touring amongst the pastures green - hot on the heels of Keith Dodman - towards the end of September. By all accounts the weather was kind, the roads were quiet, and it was a very pleasant end-of-season break.

A happening which seems to have become an annual event, is a trip by certain hardriders from BECC and WECC, to Neville Channins 'hide-out' near Stroud, Gloucestershire, for a weekend's 'Cotswold' touring. I say 'hardriders' because the next refreshment stop after breakfast, is lunch, which is followed by the evening meal, and in between, some ninety miles of severely undulating 'touring' is done at a cracking pace.

The club Tourist Trial was organised this year by our second claim member from Bognor, Brian Cox, who was assisted by his wife and daughter among others. We couldn't have asked for a better day - so still that the maps didn't flap, nor did our 'stage directions' get blown away. We started from Hammerpot, found mud aplenty on bridledways over the Downs to Amberley; regrouped and found sandy tracks (gears and bearings) at Wiggonholt Common near Storrington; were suprised at lunchtime to find a pub (the White Horse at Sutton) that actually had a SUNDAY menu of Ploughmans and 'Walkers' lunches, together with soups and a selection of toasted sandwiches. The afternoon saw a speed judging around Bignor (the test really being could you judge your speed with the addition of mud - in guards, on frame and round chain). Then, an unannounced, observed hillclimb test, before ascending Bignor Hill!! More muddy, stony tracks brought us to Whiteway Lodge car park, where Theo had the supper cooking. An eventful day, interspersed with quizzes, that found John Mansell, the club's Gen.Sec., also the club's top tourist!

So, with the ESCA Tourist Trial, the club Dinner, Slide Shows, the club Tea, Christmas, more club Dinners.....what a good time we cyclists have.....I will close until next time.

Beachcomber

CENTRAL SUSSEX C.C.

The fastest twenty five mile time triallist in Sussex is Tony Goodsell. On Saturday, 9th June, in the Southend & County Wheelers promotion on the Competition Record course, E.72, Tony flew round to a 4th position with a superfast 53.56. This time represents a speed of just under 28 mph, and whatever the purists say about this course, in order to average that sort of speed means you must be really putting out a mammoth effort. Well done Tony.

Also, may I be so bold as to award myself a small bouquet because I did predict that Tony would get down to a '53' in Bonk No. 10, in addition I said that a '21' minute '10' would be a fair certainty, and again Tony did not let me down, with a best of 21.52 on our local Handcross/Pease Pottage course. A flat course but with some nasty bends and a poor road surface, so the time is very good all points considered. Tony has been having quite a battle with Don Awcock during these evening '10s', held on Tuesday under the management of John Palmer, club time trial sec. Although the record changed hands quite a few times, Don finally screwed it down to 21.40 on an evening when the tops of the trees were waving in the wake of a fair old south-westerly. John Palmer's evening '10' series were a great success this year, with up to forty riders arriving to do battle. A jolly good 10p's worth, thanks for all your efforts, John.

Lee Fanner travelled to the Portsmouth road course, G.233, to ride the Surrey Roads middle markers (1.3.0 limit) '25' on June 3rd, and scored a great win with 1.3.45. In the VTTA '25' on Q25/3, club coach John Yates practiced what he preaches and scored 6th fastest with 1.1.20, and Alan Griffiths' 16.30 handicap allowance and actual 1.8.9, gave him first handicap award.

Other good rides by Central Sussex members include George Windsor's win in the ESCA '50' on June 10th, with 2.5.33, and Paul Lipscombe's 3rd place in the same event. Third counter for the team prize was Alan Codd, whose stirring 2.21.14 was just enough to clinch that award. Paul scored another third in the SCCU '100' on July 22nd, returning 4.28.35, and was then fourth in the SCCU '50' on G.556, with 2.9.12. Paul now heads our club B.A.R. Mark Atkins, whose training has been restricted by exams this year, still managed a fine second place with 25.34 in the SCA Junior '10' on June 17th, Ashley Holding winning the handicap award in this event. More recently, Mark travelled up to Suffolk (or could it have been Berkshire? Ed) to ride in the National Junior '25' and finished with a very respectable 1.1.12. Mark said it was about the loneliest time trial that he has ridden, catching no one, nor being caught, and being passed by a grand total of two cars throughout the event. A top gear larger than his 99" may have helped on the return leg, but he is a good pedaller, so he was able to keep the revs and the speed up.

On the subject of National events, Tony Goodsell was given an unaccustomed, unseeded no.57 in the National '25' and returned a time of 57.57 for equal 26th along with Sid Lovatt and Keith Harrod. Just to round off these 'tales of testing' Tony took top slot in the Gravesend C.C. '25' on Bank Holiday Monday on Q25/3, his 58.2 putting Messrs. Cammish, Dobson and Alsop into the minor placings. Next was a second place to Mr. Adkins in the Archer '25' on H.90 A, stopping the clock at 56.48, then a fifth in the mid-week West Kent R.C. 'Speed and Precision' '25' on Q25/3 with 55.58, and following this a '50' just for a change, and third place with 2.0.27 on a very windy F.1 to Jim Walker's winning 1.57.49.

Of all the time triallists in the club, let us not forget Mark Jones, who is currently at college in the Notts area. Even with his studies Mark has found the time to train and race, and recently enjoyed his first 'under the hour' ride. His more recent performances are 59.48 for 4th place in the Matlock C.C. '25' on A25/12 on July 8th, then 59.32 for 6th place in the Glendale event on K.16 to Dave Beaumont's 57.13. This was on the Saturday, on the Sunday on A.25/21, Mark again went 'under' with 59.20, which was good for 2nd place to Dave Beaumont once again,

who recorded 58.17.

Terrific news on the road racing scene, for Central Sussex, in that Don Awcock has been selected to represent Great Britain in the Tour of Slovakia. I am sure all Sussex riders will want to wish Don every success in this event. Don most recently won the bunch sprint for 2nd place in the London Fire Brigade C.C. event at Dormansland, Steve Poulter winning this 60 mile race with a solo breakaway. Paul Lipscombe, our first category roadman, has had his road season restricted by nagging complaints which won't allow for the rigours of bunch racing. However, Paul did score a creditable 14th in the Redmon road race and 10th in the Royal Navy C.C. criterium at Lee on Solent in the company of some very strong riders. Up and coming junior roadman, Ashley Holding, took 4th position in the Bexhill Kermesse. This was a very fast race with well over half the field out of contention within the first few laps of this seafront course. Our other roadman, Graham Kerr, selected this event as a comeback ride following injuries sustained in a road accident, and suffered further injuries, thankfully only to his bike, when his rear gear pulled out of the hanger and did a quick boogie in the back wheel. Thanks must be given to Jay Chisnall of the Crawley Wheelers, who having been lapped, graciously proffered his bike to allow Graham to finish the race. Possibly neither rider wished to continue any further. Earlier in the year, Graham having finished second overall in the Lewes Wanderers Criterium series, held on the world's most boring circuit, gained sufficient BCF points to elevate him into the heady echelon of 2nd category roadmen.

STOP PRESS NEWS: Don Awcock finished best U.K. rider in the Slovakia Tour, 55th place. Don also won the Catford and Bec hillclimbs, and finished 15th in the National at Bovey Tracey. Other local riders in the National were Paul Lipscombe in 23rd spot; Mick Ryall, Jay Chisnall and Colin Tamon, all of whom finished.

Keep on Bikin'

B.B.

EASTBOURNE ROVERS C.C.

Gavin, the lucky devil, has gone to live in France, Black Hawk has retired and I've been asked to do the writings for Bonk. I hope to continue their good works. What follows is the combined efforts of myself and Black Hawk, the bit that was not printed last time.

Which reminds me that we were all sorry to hear about the accident Maurice and hope you have a full and speedy recovery.

The Rovers is both a large and active club and there seems to be a great deal to write about.

To start with Stan Nash was caught without his knickers when on holiday in Corsica in July. He arrived with bike but without luggage. The only clothing he had was the shorts he had travelled in, his baggage eventually arrived a week later. The Air Hostesses must have been playing a trick on him.

Two groups of Rovers went to see the Worlds this year, both groups had a great time but in different ways. The more sedate group of Dave Dunbar, Stu Greenway and Roly Wickham have come back full of enthusiasm and stories about the great event. My favourite story concerns Stu, the 3 took their bikes and were riding round the road race circuit some time before the Pro Race, when the Pros were having a ride. But Stu is not content to be in the presence of, riding the same road as, even breathing the same air as his exalted company, he decided on the spur of the moment to show them all how to ride! Jan Raas flashes past our sedate 3 and suddenly Stu accelerates and gets right behind him and stays close behind his wheel. Raas tries all but is unable to dismiss our tenacious Stu. His glory is short lived and Stu was quickly swallowed up by the large TI-Raleigh team that were following close behind. A hand quickly grabbing his seat post swiftly put Stu to the back of the bunch.

The other party included John Cooper, Andy and Terry Leach, they had a good time and may have even seen some racing. John tells me that being strangers to the country it took them quite a while of trying different samples to find a beer that they really liked.

Graham and Jane and the girls travelled to the West Country for a holiday on the bikes, and Graham has even managed to ride some of the K courses during the season. Dave Dunbar went to Italy, without bike, and came back very brown very relaxed, but not bike riding fit. Dave and Jenny went to the Isle of Wight and rode an evening '10' Jenny being the only lady competitor on the Island this year. As I write Harold is in America, with bike, and is no doubt tearing about in the warm Californian sunshine.

Brian Holt, one of our comeback men, and his family went to France, but not the sunny beaches and night clubs for them. Brian rode the 8 stage Tour de Var, a seven day race for Vets (over 35 in France). Brian was part of a large international field of 100, I think, riders from all over Europe, including several ex-pros. He was very impressed by the organisation and the French attitude to bike racing. He admits the racing was very hard and that in many ways he was outclassed, but he did finish every stage and has been awarded a handsome trophy for 'Fair Play' (or having the guts and determination to finish). He is now eagerly recruiting a Rovers team to ride the event next year.

On more local roads we seem to have been plagued by a rash of accidents. Cliff rode into the back of a van that suddenly stopped, and had stitches in his head as a result. Richard Guinn fell off in a club '10' and spent a night in hospital. Simon Prior and John Groves both crashed at Eastway. Ray Gearing hit a car that pulled out in front of him and broke a collar bone. Jason Carey hit the kerb in a '10', he was looking to see if anyone was catching him. Ken Griffiths, Dave K and Steve Smythe have also been involved in minor accidents. A sorry saga and often so unnecessary.

On a serious note I found this table the other day in the Sussex Police publication IF. It relates to accidents in Sussex between January and June this year involving cyclists:-

<u>Age</u>	<u>Killed</u>	<u>Seriously injured</u>	<u>Slightly injured</u>
0 - 5	0	0	0
6 - 11	1	10	33
12 - 15	1	15	69
16 - 59	0	20	94
60 plus	1	6	16
Totals	3	51	212

The numbers speak for themselves and I feel they should act as a reminder to us all about how vulnerable we cyclists can be, especially during the next few months.

Charlie Robson who first started racing years and years ago has been making a dramatic comeback this season, after 30 years resting, he has ridden many events and finished 11th in the K.C.A. BAR and is likely to get several such awards this year. But Charles is never content with his bike, his performance, the weather... well almost everything especially the variable quality of Sussex Flap Jacks, he tells us that he is now out to improve all the club distance records.

Our boys have been racing all over the place Simon, Gavin and John rode in the G.H.S. final at Leicester and came 44th, 46th and 50th. Simon Prior under the eagle eye of John Pratt rode in the schoolboy races at the SKOL 6. Gavin finished 2nd in the Viking Challenge Cup at Eastway. One day Gavin's dad, thinking he was safe, offered him a new set of brakes if he could beat 27 minutes for '10'. A few days later Gavin did just that beating the limit by 1 second. His 9 year old brother Jason rides out to the '10s' and makes tea at the clubroom.

The club is growing quickly and we seem to have a lot of schoolboys many of whom deserve a mention. Tim Springett has greatly improved during the season, Jason Carey is very keen, so too are Mark Sands, Barry Cooper, Paul Akehurst, Paul Roberts, John Wooler, Keith and Nigel Swaddling and John Hooker. At the other end of the age scale vets Bob Christie, Harold Manser, and Doug Roberts have all been pedalling vigourously about in club colours.

Club fashions include John Lehane's after dark all black outfit, John Coopers punk jersey held together with safety pins.

By the way has anyone seen Mark Bergin on a bike recently we haven't.

One of our club members wears a Military Police badge on his tracksuit, in the summer he went to a Queen's garden party, H.R.H. not the other sort, at the Palace but he did not take his bike!

A summer visitor, Steve Smyth, from Sharrow C.C. Sheffield was given a sponge in a local '50' and put it in his pocket, do Yorkshireites really eat sponges? Maurice Saint has been given a dynamo set but wants to take it off for lightness.

Doug has bought Marjorie a bike and she is already in training for next season.

A mention must be made of the club's success in the ESCA points competition and the individual success of Dave K, Cliff and Dave D. who took 1st, 2nd and 5th places.

On October 20th we had a club hillclimb Birling Gap to Beachy Head and had 19 riders, 1 more than the ESCA open hillclimb. Youngest rider John Hooker rode the hill in 13m33s and Dave Dunbar beat Dave Kitching by 2s for first place.

Dave Dunbar is flying around at the moment improving his personal best for a '25' by a whole minute. Another surprising fact is that Cliff has ridden 'under the hour' 30 times this year.

In the Sussex '100' these two together with Dave Kitching reduced the club's team '100' record by 3 minutes, the record had stood for 20 years, Dave Dunbar being in the 1959 team as well.

Well thats about it for now.

We are looking forward to 2 cycle cross races, our dinner, a roller competition and a trip to Calshot, the Rovers easy social season!

Marc Miyardz

LEWES WANDERERS C.C.

Having left readers agog with anticipation we can now reveal what has been accomplished so far, in this apology for a summer, by our elite. The Met. Police '25' in May saw Ian Burgess doing a '1', Kieron O'Brien a '2' and the Copper likewise, only half a minute adrift. Next day the latter pair tackled the Redmon Hilly '73', doing 3.12 and 3.28 respectively on a hard day. The Bexley M/M '25' saw '4s' from Ian Landless and John Honeyball, and next day Clive Attwood's 24.19 made him fastest junior in the Hastings '10'. The Association '50' saw a '12' from Ian Burgess, beating the other five of ours, including Don Hook and by 5½ minutes! The Copper and Kieron did '13s' and John Honeyball a '15'. The SCA '50' incorporated the club Championship, won by the Copper with a '12'. He also took the handicap into custody with 1.56.45! Kieron was 1½mins. adrift this time, then was back to a '14' in the Norwood Paragon '50' where incidentally the 'Toilets' Barry Coomber did a stunning 6.57 and really went 'round the bend' in his first shot at the distance. Ken Stevens won the club '22' on the old 12 hours finishing circuit, clocking 55.16, and Tim Arnold got the handicap with 58.3. The ESCA '10' saw Ian Burgess crush the other juniors with 24.55, which also clobbered the other 14 of our contestants. Next day the '25' saw a '4' from Ian, who thereby won the club Championship, the handicap being quietly snaffled by Mick Kilby in 58.30. After these preliminaries the lads really got their digits out in the Goodmayes '100', where Kieron did '25', the Copper a '39', and Ian Landless and John on '45s', thereby ensuring that the club '100' team record went twice in the same event, and now stands at 14h 0m 37s. The Copper nicked the handicap again with 3.48.47!! Finally the same quartet were well geared up to do a repeat in the Association '100', but a typical '100' day of wind and torrential rain after the sunniest week of the year, saw all finishers deserving an award - as last year. Ian Landless did a personal best '41', the Copper a '44', John a '52', and Kieron punctured and packed, but we still grabbed the team shield. As the club '100' Championship was incorporated in this event Ian Landless was a worthy winner, as well as getting the handicap to boot. One of the few bright things on such an evil day was Brian Phillips' 4.15.49. He beat second man, Don Hook, by just over 17

minutes, surely the biggest winning margin ever in this event. He must have an in-built radar system that enables him to go fast in "stair rod type" rain! We assume that again Cliff Sharp was nearly in tears over missing what he would regard as a good morning! The evening '10' series was reasonably well supported, being won by Ian Burgess with some very fast gallops over the Rodmell bumps. It was pleasing to see Jane Cunningham grab the handicap award, which is, of course, the "fish fryer" mentioned last time.

The evening Criterium once again saw some very good racing, the new points formula helping to stir things up. Richard Shipton and the V.C.N's. Jerry Dove tied for first place and agreed to split the proceeds, although but for a puncture in the last event, Richard would have won it outright. Kiatt Huang improved his road riding and was actually third in the final event. He was also third in the junior event at Bexhill against some fair opposition. Third in the Criterium was the Central's Graham Kerr, who always seems to ride well in this type of racing. Your scribe has also heard rumours that the Copper intends to ride a 12 hour, so as to waltz off with the club B.A.R. award. Crafty isn't the word!!

On the social side there has been much activity, with the clubroom going well and drawing reasonable support. Ian Landless organised another French tour, which, according to reports, did it's best to emulate the "Tour" itself. An opening stage of no less than 133 miles was followed by the usual 70s and 80s every day, and the participants tried to kid us that they enjoyed such masochism (after that it must have been a pleasure to come back to racing!). Still, they found the sun judging by their sooty appearance when they got back, and it's rumoured that Zonca was approached by a dusky immigrant who started conversing in Urdu before he realised his mistake!!

ESCA '100' organiser, Mick Kilby, gave the survivors food for thought when they got their result sheets as they read that a "pair of wet racing" had been found in the hall. Well now, anyone who was out at the event is well aware that there were plenty of "wet racing" articles in evidence and lurking unseen in sundry places, so we're all intrigued as to what these turned out to be!!! And on that subject a nice little tableau was provided for wondering motorists at Polegate by Jack "Goldmine" who was drying (?) a pair of sodden socks on his motorbike exhaust while the rain was hissing down!!

Iris paid a goodwill visit to Cliff's mother in Eastbourne hospital and within a few minutes of leaving was back in there again. No, she hadn't forgotten anything - it was just that as she went into the round-a-bout "on the doorstep" she was walloped off by some myopic idiot who obviously had forgotten to "think bike". Fortunately nothing serious resulted, and the few bruises went in due course. Round-a-bouts are not Iris's favourite locations, as she was hit on one some years ago, and had back trouble as a result. More recently, we Wanderers were sorry to hear of the accident to Eastbourne's Pat Pearson, who was clobbered by yet another car driver who should be frogmarched to the nearest optician. We understand that Pat is now out of hospital and recovering slowly. We hope to see her around in due course. Now, Having just about survived the last quarter without Bonk, the Wanderers send their best wishes for Maurice's recovery and return amongst us. We also congratulate Esther on producing another addition to the Carpenter clan, which appeared rather like a rabbit out of a magician's hat as far as most of ESCA were concerned, judging by the expressions of surprise when the infant materialised at the September '25'.

Summing up the season's activities we can say that again we had a successful year despite the non summer. Members of the Lewes elite have ridden all over the place (if not the opposition). On our home patch all ESCA events were well supported - in one or two cases they were inundated with yellow, brown and green jerseys - while the usual older stalwarts contributed their quota to Division road races and the track scene as officials and marshalls, etc.

At our last Committee meeting, Treasurer, Mick Kilby, caused a few raised eyebrows and gasps when he quoted the bank balance as over £200 in excess of the previous figure. And he hadn't done an "Irishman's" calculation either - it was revealed that the Copper had organised a disco at Crowborough which had raised the staggering sum of £240, the residue being kindly donated by Mick to Tony Yorke's training scheme, a move that drew unanimous appreciation for a very worth-

while cause. This had been preceded by the club jumble sale, organised by the club jumble sale organised by the same Midas hand, which netted £40. Your scribe greatly regretted not turning up to this, especially when told that he had missed a suit that would have fitted him "down to the ground". Never mind, you can't win 'em all!

Mention of the law reminds us that at the Sussex Division A.G.M. the Road Secretary was able to tell us that, in a reversal of the normal cliché, the Sussex police think that WE'RE wonderful! Chief Traffic Superintendent Wills had asked Roy to convey to the Sussex clubs, their appreciation of the high standard of conduct in all cycling events held on local roads, a heartening tribute in these days when there seems to be so much aggro one way and another, in all walks of life. At the same meeting, Basil Chilcott, who does so much for accident victims, revealed that in the first nine months of the year the BCF obtained no less than £108,000 in compensation for cyclist gunned down by bad driving, an appalling indictment of that percentage of motorists who are "unable to see" anything less than a car on the road, or that's what it would seem. A figure like this takes the humour out of the story of the Irish learner driver who said that he always knows when he's getting near a town - he knocks more people over! At this rate, and remembering that this figure is just in respect of ONE cycling body, our slap happy example wouldn't be too far removed from fact.

Club scandal seems a bit thin on the ground although we understand that Jack "Goldmine's" incursion into trainee management with the Co-op didn't last long. On his first day he was confronted by a lady who said: "I've got a complaint." He backed away, pointed to the emergency exit, and replied, "You'd better go that way, and quickly, it might be catching."!!

A film show of last year's RTTC Championships was enjoyed by all at the clubroom in October, this being followed by a show of members slides in November. A member was heard to remark that these are about the only club promotions that don't coin money!! All who saw the fine slide show at Hellingly by Jack and Grace Cotton voted it the best they've ever been to, and it's comment enough to say that they could have sat there all night. The C.T.C. certainly put on a winner that will be remembered for a long time.

All those clamouring for club dinner tickets will be pleased to hear that this attraction will again be held in Lewes, this time at the Landport Community Centre, on Landport Estate. The date is February 15th, and it should be noted that this is a FRIDAY, as unfortunately the Centre is fully booked for all Saturdays. Details of stodge and damage will be unleashed later, but don't forget to put it in your diaries, even if, like your scribe, you believe in the older the better. The only trouble with non-current diaries is that it can sometimes be a bind working out 1980 dates from a 1964 diary - not recommended for unmathematical types!

To such people as Crawley's K.S.P., and Neevo (who is now being referred to as "the late" because he never appears on the scene), who are always asking about Sylvia, we can say that she is still in the pink and still dishing out the coffee and biscuits. There is never a lack of volunteers to help her.

Another item of note is that the club has been informed by the London South D.C. that it's '25' course does not have official approval. A bit late in the day, to understate the case, as we've used it for the past twenty seven years!!! Truly these official bodies move in a mysterious way their wonders to perform!!!

Finally, have you heard about the Irishman who asked the price of a car wash, and the garage cashier said "40p, Paddy". He said, "How did you know I'm Irish?". To which the bloke replied, "You're the only one on a motorbike". Then there was the Irish family who set out on a boat cruise and ended up at Vietnam!

So that's it folks. Make the most of the social season, because it's only a dozen weeks or so before the Hardriders forms go out.

See you struggling,

Alsorán

CRAWLEY WHEELERS C.C.

Dear Eds.,

Well, well, well, what a crafty pair, we were flabbered and gasted at Crawley to find out that there had been an addition to the Carpenter Cycling Club earlier this year, but after recovering and indeed finding out that it was unlikely Derek had anything to do with it, we have decided to congratulate our Editors on their new 'edition' this time! In future we urge you to be more careful as the arrival mucked the Bonk printing up!! Well, we know this is a little unfair as Maurice, attempting headstands whilst on his machine, clutching two halves of a handlebar, also had a bearing on the reasons for the last edition not going to print. Seems to be getting more involved than Crossroads. Keep at it chaps!!

I'll start the Crawley news at the weekend of May 20th, Basil Chilcott's and Ladbroke's Tour de Wight weekend. Many of us took advantage of helping Basil with his I.o.W. events and then stayed on for the remainder of the following week at Nodes Point. Cheap rates were available and with the half fare offer for the car ferry journey from Southampton to Cowes, our family of three plus car saved approximately £37 on the week's stay. The lazing about, however, was soon over, and our arrival back on the mainland, Friday, 25th May, heralded the eve of departure for this year's Whitsun Tour. Only five of the club could be persuaded to go this year. Myself, John Denman, Guy Pilcher, Mark Boorsma and Dave Boorsma. We left Crawley in torrential rain bound for the College city of Oxford, reached just about on supper time. About fifty German students kept us awake during the early part of the night with their loud voices and jackboots, which caused a bit of aggro. This, however, was completely wiped out when it was discovered that certain young frauleins came down and went up the stairs in a topless manner when going to and from the ladies bathroom. An excited group went into breakfast..... Our next hop lay across the Cotswolds to the picturesque hostel at Cleve Hill, a reasonable day weatherwise, unlike the following day's run, Cleve Hill to St. Briavels Castle. What should have been a pleasant run through the Forest of Dean turned out to be more of a survival course with heavy cold rain which lasted the whole day. Fortunately these wet days came along singly and the following day from St. Briavels Castle to Holford we were able to thoroughly dry out. We just touched into Wales at Chepstow then back into England over the Severn Bridge, just missing the finish of the day's Milk Race stage in Weston-Super-Mare. Just outside we bumped into a well known road racer of years ago, one Brian Maskell, going well as a vet these days. Instow was Wednesday's venue, yet another wet, cold, miserable day, crossing over Exmoor Forest in stygian gloom, and rain coming more across than down. Although there was talk of catching the next train home, no one did, and next day, Thursday, saw a still damp fivesome southbound for Okehampton, overnighing on Dartmoor at the Steps Bridge Hostel. Friday, when bound from Steps Bridge to Lytton Cheyney saw the hottest and hilliest day of the tour, with seven one in seven climbs. Saturday night's stay this year was at Norleywood Hostel in the New Forest, this being preferred to Winchester, which was an unhappy stop last year. Our final hop on Sunday was made in about eight hours arriving in Crawley at teatime.

To sum up, a good tour despite the inclement weather. We had enjoyed ourselves which was all that mattered. The total mileage covered seems to have been in the upper 500 miles, and hostel distances were felt to have been about right bearing in mind we'd carried all our gear this year. It was also felt that weight on the bike is not the handicap we thought it might have been. Dave Boorsma and John Denman 'cleaned' every hill, but we reckon John cheated in that on wet days his tracksuit trousers being wet felt so horrible he couldn't walk in them. Of the odd records achieved throughout the week -

Mark Boorsma was King of the Pasty Eaters. He also had the dubious honour of being champion talker in the sleep, to the point of offering to black someones eyes one night, and was without equal as king of the midnight loo visitors. Is he a secret lemonade drinker?

Dave Boorsma was without equal as King of the Mountains. Guy Pilcher, King of the Po Fars, Mars Bar Champ., and last man OUT of bed EVERY MORNING. John Denman last man in bed every night, last man on the road EVERY morning.

K.S.P. was Tailend Charlie on every hill, slope and rise throughout.

On the clubrun scene things have been going on much the same, although Sunday weather has not been very sociable this year, and has even resulted in some Sundays being missed altogether. We took advantage of a good day on August 5th, however, to clock up the longest run of the year so far, down to West Wittering.

Road racing is in the hands of R.R. secretary, Roger Smith this year, main participants being himself, Jay Chisnall, Colin Tamon and Gary Moore. One or two others have had occasional forays, riding with varying degrees of success. In the Schoolboy section, Robert Flynn won the Divisionals for the third successive year, which must be a record surely. Paul James has also ridden with distinction; Guy Filcher has had a somewhat off season what with pile ups, blow ups and a general disinterest in the racing scene. One of the problems within the sport is the difficulty in maintaining interest and form for a whole season in any one discipline of the sport. This difficulty has certainly affected some performances this season. Roger Smith is to be congratulated on achieving 2nd category status this season, although as he'll be the first to admit, 1st and 2nd cat. events are much harder, and maintaining interest at the higher level is extremely difficult if you've only got limited time to train.

On the track scene Mark Boorsma, Guy and Jay Chisnall started off with good intentions at the Wednesday meetings at Brighton track. Mark has since gone back to lifting his arm; Guy and Jay have started missing events; Paul James has started with a few placings, and Alan Hale has started riding for fun again, in the Crawley colours.

Finally, we come to time trials. After consultation with John Pratt, our T.T. secretary, I find the following worthy of mention and congratulations. Gary Moore for his 1.2.41 '25' in the Bec C.C. event on the Portsmouth road. His secret training schedule since finishing exams seems to be paying off. Colin Tamon still only a junior, for his 4.41.24, first handicap and best novice in the SCA '100'. Paul James for an excellent series of evening '10' rides. In this points series he is way ahead of second man, Tony Killick, and even closing on the times of Paul Lipscombe, who is usually fastest rider in these '10s' but is not eligible for the points competition. One trophy already decided for this year is the '25' Championship Trophy, won by John Pratt in 1.4.59. Congrats to John for winning, but undoubtedly the ride of that morning was that of Paul James again, who came from no.1 spot in his first twenty five ever, to within 8 seconds of John's time. Had he been further down the field, who knows..... After stacking in the miles, two Crawlers rode the Poole Wheelers '12', Jay Chisnall covering 214 miles and Dave Boorsma in his first (and he says last) twelve, covering 221 miles. Out of the kindness of their hearts and without thought of doctoring his drinks the same two helped Roger Smith complete the Luton '12' for the second year, covering 230 miles to win the club 12 Hour Championship. It was the first time those who accompanied Roger had seen him suffer and he did well to complete the time as he had been plagued with knee trouble for the final three hours. Apart from the ESCA '48', about which we'll say no more, nudge, nudge, etc., things were quiet until October 14th, when Brighton Mitre held their '25' on the A.27, and one of those rare good mornings appeared. I came back from a day out at Oulton Park to find Colin Tamon had become our first club member for over five years to beat the hour, setting a new club junior '25' mile record. John Pratt, Dave Manders and Gary Moore just failed to go under, but all recorded personal bests at the distance. Roger Smith, Jay Chisnall and Colin Tamon rode in the National Hillclimb, but at the time of writing I have no news of their placings.

The Social scene is getting under way. Gwen Denman organised a well attended chicken and chips disco at Gatwick Manor Inn following the Doug Bonnar Memorial Tourist Trial, won this year by Mike Dore son of T Urn Dore. Twenty of us booked in for a YHA weekend at Telscombe Hostel on 17th/18th November.

Several new members have come along recently and we extend a warm welcome to Mr. and Mrs. Ralph Settle, Andrew Clark, Tony Brown, Shamus Fitzgerald, Alan Nestor and S. Sheldon, only some of our recent signings. Sussex vets had better watch the handicaps and standards next season when we launch a new secret weapon, title to be announced later.

Under missing friends could I use your columns to ask just what has happened to Duncan Stewart of the Central. We took him to the Poole '12' where he got round, we brought him home but we haven't seen him since. Someone said he has

since gone on a liquid diet and it's true King and Barnes have recently extended their brewery. Can anyone shed any light?

Well folks, this appears to be all the news I've managed to scrape up for this issue. To my own club members, why can't you get up to something scandalous to make our news more interesting? To the rest of the ESCAbods see you at the A.G.M. or the dinner or well anyway see you.

P.S. What happened to the pictures you were going to try and get of the lady in the stinging nettles? I forget her name!! Wasn't she in the Southborough? (Yes, indeed she was. And she's still getting into mischief!! Ed).

Cheers for now, Happy Christmas and may we have better weather during the summer of 1980. Yours

K.S.P.
(Kinky Stinky Pinky)

A LITTLE NOSTALGIA IS NOT GOOD FOR YOU! (Reply to STAN. Summer 1979)

- (1) Oh, it's lovely to change from the past
When you beat a one-ten and were fast,
For if Edwards and Kent
Back to time trials were sent,
They surely would both be outclassed.
- (2) There are Sharpy and Lipscombe and Yates,
To name but a few of the greats.
These stars of the present
Are far more effervescent
Than our latter-day Sussex clubmates.
- (3) In those days a sub-hour ride
Would have covered the racer with pride;
But fifty five minutes
Is now almost peanuts,
With lorries and cars on our side.
- (4) A little nostalgia is great,
Provided you don't over rate
Those former clubmen
Who rode in a ten
Then went on a clubrun 'til late.
- (5) The race, then a clubrun to follow,
With oodles of mud for to wallow,
Equipment was shattered,
(But not that it mattered,
It was Chater Lea not Campagnolo).
- (6) In Bexhill and Bognor and Frighton,
Our roadmen attempt to enlighten
A massive great crowd
In the past not allowed
To see races so highly excitin'.
- (7) Publicity had no potential,
The start sheets were all 'confidential';
The courses were slow
With no 'suck and blow'
And kinky black tights were essential.
- (8) The times they have altered, and how!
The season that matters is now
It's no good to spend time
In nostalgia and rhyme
On the fancies that memories allow.

OPTIMIST

SUSSEX NOMADS

(Autumn Notes)

I am happy to say that more Nomads are getting things sorted out and are riding their bikes, and we are getting as many as six riders in local time trials.

Our young Wilf How, now a mere 74 years old, is still riding well, even in two events a weekend. He has been within seconds of the comp. record for his age at ten miles.

The tandem has been travelling all over the place, with Dave Cotten and Dick Holkham carrying our name into the fray with good effect and winning some events.

Limbo rode on the aforesaid torture machine twice. Once we went all the way to the F1 only to puncture after 1½ miles; the second time was a long trip up to K16, which took from 9 a.m. to 4.30 p.m., and included getting lost and missing turnings all day. Happily the event went off O.K. and the journey home was without trouble.

Away from bike riding, Adrian Morris have been presented with a little boy, and Dave Challis and his wife also had a happy event recently.

Alan and Pat Limbrey have gone the other way, and married their daughter, Chris, to John, and are now learning to be a Darby and Joan.

My thought for the day is SAFETY. I have noticed some riders wearing BLACK SHINING vests, which may look fast but tend to blend with shadow and tarmac, also green, and other dark jerseys, worn when training and touring, do not show up very well.

See you up the road,

Limbo

SOUTHBOROUGH & DISTRICT WHEELERS

(Autumn Notes)

It is with tongue in cheek that the club scribe sets pen to paper for this edition. How does one send congratulations to such an expanding firm as "Messrs. Maurice, Esther, Stephen, Timothy, Toby and Barnaby Incorporated", or to put it another way...."How to grow your own club in successive serialised stages!". We sincerely hope that they can find a house with a lounge big enough for all the bikes!

This summer, new records have been established on the touring side, on the fun side, in the dedicated world of darts, and would believe, even against the watch. So let's start with the T.T. 'erbs (and 'erbesses) first. The Croft/Membrey tandem trundles merrily onwards collecting even more club bests. They have achieved a 49.50 for twenty five miles; a 1.3.9 for a '30' and 1.44.2 for fifty miles. Meantime, Peter on his own returned some club vets records, with a 4.12.49 '100' and 54.44 for a '25', whilst young David has managed a 59 minute '25' and a 9 for his first solo '50'. Not to be outdone, Tony Peachey entered the National '24' and finally ran out time with 449.818 miles for 6th place. On the ladies side of the competitions, Carole Gandy has been galloping about with a 57.40 (how about that, Guys and Gals), and has twice recorded 7s for fifty miles. The recent seasonal spate of 'old timers twenty fives' around the lanes, when Les, Spider and Pete Wall suddenly found that Carole was at the back of the field, saw some frantic peddling to save red faces and reputations.

The younger contingent have not been sitting around, either. Nineteen year old Andy Budd, in his first season, has competed at all distances. He won the club's Tonbridge to Mythe event, and has now achieved 233 miles for his first ever twelve hour event. Julie Hayman currently leading a string of five teenage girl racers, won the local GHS '10' heat from the rest of the fair sex, and has now returned a 27 for ten miles.

It is Julie and Andy Verrall who head the current clubrun attendance competitions. Andy led a team of our teenagers in the local Sports Council's 'Top Team Comp.' - a sort of Knock-out. Despite losing out in the first round of the Tug o' War when they were drawn against the Police team, they finally managed a very creditable third place. Six of the same group then challenged the

club vets to a six hour roller competition, ending up seven miles short of the vets total of 216 miles, on a very hot afternoon at a local fete. The following morning, Andy, supported by Simon Harris riding only his second bunch race, complained of stiff legs at Pedalmania.

We were intrigued to note the avid interest shown by a certain cyclist of some years, even though dressed in his standard garb (circa 1948), to the Customised Special Cars on show at Pedalmania. Are we about to witness a Wilcox transformation we asked ourselves, as he lovingly fingered the gleaming metalwork. Will he soon be lounging in a velvet suit, cocktail cabinet at his elbow, dollybird at his side, or will he be fitting a six litre engine and oversize wheels to the Wilcox-mobile?

On the touring side, a dozen of our teenagers descended on the Sussex Youth Hostels for a tourlet, and Peter Baker nipped across to France to see a stage of THE TOUR. The Barrett family have excelled themselves again. Brian was the outright winner of the West Kent BCTC heat, and son David, a creditable third, was the best junior. The clubruns themselves are still going strong with an amazing range of objectives, varying from light railways to GMT Meridian lines, and from supporting the distance events to attending the Rochester Rabbit Show.

Top prices were paid for some of the items at the club's Auction Sale of equipment, which followed our 47th birthday tea. Bidding, however, was fiercest for....11b packs of rhubarb, yes that's right, the go faster fruit. Beryl Burton's not the only one, you know. We draw the line at liquorice allsorts, though, because our club colours would never suit Bertie Bassett!

Alf Obbard promoted yet another very windy KCA '100' (his fifth in a row), and Spider ran the club's Open '25'. It was noted this year for attracting that addict of weed and wheel, Frank Ford (San Fairy Ann), on his 70th birthday, and Fixie made the occasion with an iced cigarette cake for him!

Now for the future delights. After upsetting the Chief Ashdown Forest Ranger last year, Robin has decided to let him into the secret that there is another ESCA Hillclimb this year. But, once bitten twice shy, Robin, having placed the field and posted off the start sheets, is leaving on his holidays, whilst Spider is on hand to offer the riders a drink from our non-approved tea bar!

If you fancy a quiet game of darts, sidle up to Roy Harrison and quietly suggest a game. He was one of a pub team of a dozen players who cracked the National Record for the maximum score in 24 hours. Playing for charity, they totalled 875,750 or better than 500 a minute. They split into three groups of four, and each group played a four hour shift in sequence. Alternate players threw on the left and right of the board, so that the second one threw whilst the first one was collecting his arrows back again. At the moment most of the club are looking for bank loans to raise the money that we sponsored Roy for (that sounds like dodgy grammar). So now's the time to practice your throwing if you reckon to meet one of our Wednesday Wanders, which will start again in September.

The tailpiece comes as a question to those of you living deeper in Sussex, who can note the comings and goings. Rumour has it that the Carpenters have been seen spending the occasional night in St. Leonards this summer, in between commuting between the Tonbridge by pass, the Southend road, the Portsmouth road and the A.2.

S.B.B.B.

Sarfbra, Boozing, Birdloving Bikie.

BRIGHTON EXCELSIOR C.C.

Members of the Excel were sorry to hear of Maurice's accident, and wish him a speedy recovery.

Read on for details of Excelsior Everyday Life, any similarity to persons cycling or spectating is pure coincidence.

I was out 'training' one Summer Sunday with Dick and Frank, going great guns from Chichester to Worthing in just over twenty minutes, when there was an unexpected delay and the train driver alighted from his cab - what have I said - well 'er - yes we were cycling but got exhausted by mutual agreement - oh do believe me, please, we had done a lot of miles - some 103 kilometres to be exact - (sounds more) - seriously though we had been up and out early marshalling in the SCA '100'. Incidentally, do please, occasionally - it's a useful facility - but could be endangered if not used sufficiently.

Returning to the SCA '100', our morning started early with our veteran, Johnny Palmer (J.P.) hosting Chris Davies and Dave Culverwell of the Hants R.C. who rode up for the event, rode, and rode back via Southampton, clocking up some 200 plus miles, adding to the 12,000 miles Chris had already clocked up at that time. J.P. was up cooking their breakfasts at 4 a.m., whilst myself, Dick and Frank were riding out from Brighton to marshal in the Barnham area. A chilly morning, the 'field' were safely marshalled through in both directions, turning at Littlehampton. With the racing over, the small Excel support team rode into Chichester for breakfast, continuing up onto the Downs at the back of West Stoke, across downland tracks to Stoughton and East Marden, with a well earned lunch stop at Hooksway. Into Hampshire during the afternoon, a few border woodland tracks were traversed before returning eastwards to Walderton and Chichester.

Sadly not participating myself, more adventurous stuff was taking place abroad, as ESCA President Rick, together with Val, Chris and Adrian were at last able to fulfil a lifelong ambition of seeing the "Tour de France" in the mountains. The stages at Alpe d'Huez will last long in their memories, shared with 300,000 other spectators of all nationalities. A good job they were pre-booked at the Hostel, as there was no Hotel accomodation free within a fifty mile radius of Alpe d'Huez. A pity though that the "Chef" at the Hostel was raving drunk and refused to cook any food - mealtimes were an exasperating, but on reflection, hilarious occasion....there may not have been much food going but the CYCLISTS made sure they got their share (as well as other peoples). Due to an untimely illness of Val's, not quite so many miles or major passes were covered as originally intended but as a result some of the minor Cols and passes were discovered, and 600 miles in the sunny Savoy Alps, excellent accomodation and food were enjoyed by all (knock off a few miles and some altitude for Val who covered part by bus and taxi). Flying from Gatwick to Geneva, staying at two star Hotels (mostly), the fortnight cost approximately £230 per head and was real value for money. The only mechanical trouble was Rick's gear, in which the spring went but with the aid of a cluster of Frenchmen he was able to dismantle it, replace a spring from a non-Campag. end gear and once again compete with Adrian for mountain primes. "Banker" Beckingham may be persuaded to write a more detailed account of this splendid tour for a future edition.

The club evening '10' series again proved popular as an alternative to club nights during the summer evenings and were quite well supported. Our younger members, all novices, in the shape of Gary, Kevin, David and Craig all turned out creditable times on the tough "Bridge" course. Rick Stringer managed to win all five events, the final one producing his fastest '10' since 1970, when he also did a 29.58. Lola kindly provided refreshments and John Sturt was timekeeper for the series. Thanks to Michael for pushing-off, and to Frank for organising the events - the last few of which he was able to ride out to. Apart from the few local events we have otherwise not been very active this season on the "racing scene", although the SCA Championship '25' saw Adrian improve to a personal best of 1.7, whilst in this same event an unenthusiastic Rick turned out a 1.2.2., and Val a 1.13.32 (despite a chain coming off at Crossbush) which qualified her for the fastest lady award.

With the club dinner date drawing near, cups are being polished up pending engraving for their respective winners, and the racing men (and women) have been enjoying a final fling on their racing machines prior to the social season. Frank Godwin was particularly satisfied with his times, the first recorded since his accident last winter. Frank is planning the inevitable 'comeback' in 1980, and has already rigged up a "Heath Robinson" sounding roller training system! Frank achieved a 5.4.41 ride in the SCA '100', closely followed by Adrian Loska with a 5.9.45 ride. Rick beat both Frank and Adrian in the SCA and Bognor '25s', the times being:- Rick, 1.2.44 and 1.3.12; Frank, 1.5.45 and 1.6.12; Adrian, 1.9.43 and 1.7.3. Valerie rode both '25s' recording a personal best on the Bognor course with a 1.12.17 and a 1.13.30 in the SCA '25'. The hundred mile cup is being awarded to Frank, whilst Rick gets the '50', '25' and '10' cups.

The club hillclimb Championship on the Ditchling Beacon - Long Course - was won yet again by Roger Hughes, with an excellent 5m 37s ride, closely followed by Adrian and Simon. Haytor Hill, Dartmoor, was the venue for the National Hillclimb Championships, and a minibus visit to the event was enjoyed by 'thirteen jolly Excels' (we're not superstitious), and it was particularly gratifying to see local Central Sussex riders competing in the full field of 120, although the atmosphere lacked that which was experienced at Winnats Pass two years ago. To break up the journey to and from Devon, and the characterless main roads, in true Excel style the imaginative mapreading/navigation of Rick, Dick and Frank took myself (driver), the Transit minibus and Party, deep into the Devon undergrowth on some very rural roads!! After spending a couple of hours or so inching our way through, and I mean inching, we came upon a pleasant hostelry. I was not at all suprised to find Rick and Frank planning the 1980 Easter Tour, with Chris amicably smiling in the autumn sunshine, whilst poor Val has five months to prepare for the event. The previous weekend, Rick, Val and Michael had spent a windy weekend down in Dorset, cycling across the causeway to Portland at an angle of 45 degrees!! On the way home in the minibus Rick kindly navigated us on a tour of Dorset by Dark. I know we went to Lulworth, but you'd better ask Rick where else we went, he's the only one who knew.

A week later, back on the bikes in the pouring rain, the sixteen entrants for the ESCA Tourist Competition huddled together at Lewes Station for the experience. Sadly, I was only able to ride part of the course having organised it. All the entrants, despite the rain, sportingly participated in the six sections, namely - the Signpost Quest, taking the riders on a 29 or 40 mile ride, depending on whether the instructions were misread or not; the five Sussex quiz questions, which were asked in the safety of the pub; the 12 mile speed judging competition which took place afterwards - painlessly for most; an exhilarating 40 mph free-wheeling descent safely took the riders into 8 miles of map reading; then back to Palehouse Common for the 'special bike control stage' arranged by Roy H. and myself, and finally a short ride to a welcome hot meal at the Laughing Fish, Isfield.

Out of a possible 290 points, the result was as follows: Brian Barrett - 255; John Mansell - 240; Chris Beckenham - 225; John Lewis - 225; Rick Stringer - 218; Derek Smith - 215; Dick Jones - 210; Dave Barrett - 209; Ian Burgess - 209; Paul Cunningham - 175; Val Stringer - 165; Mick Burgess - morning only; Frank Godwin - not completed morning section; John Palmer - LOST.

Joined at tea by members of the Worthing clubrun, and after checking the results with Roy, Rick as ESCA President, presented prizes to the first four. Roy paid tribute to the sportsmanlike approach with which the competitors had undertaken the event despite the rain (which by then had stopped in time for a fine Monday. My thanks again to the competitors who made the event so worth organising.

Clubruns have been varied and very well supported. The roughstuff run led by Frank proved very popular and had it's exciting as well as entertaining moments. At lunchtime, the end of the racing season was well and truly celebrated at the "Rifleman", Warninglid, and puncture mending afterwards was carried out with difficulty.

"Would some of you like to come down for the weekend" wrote Neville Channin, "there are Severn Bores on October 6th and 7th?" We said yes, not realising he was planning a "training" weekend in preparation for his forthcoming trip to South America.....On Saturday we did the Cotswolds and Neville was not imagin-

ing things when he said he thought we seemed to be going round in circles (well, you have to keep the mileage up somehow). It was relief that we finally arrived at Edge and saw the signpost to Stroud marked 2½ miles. Neville said he thought we'd just tackle another range of hills in the distance, but volunteered the keys to his home if anyone wanted to go ahead and put the kettle on - thinking he was only joking we all agreed to go on the same route and suffered aching calf muscles for our stupidity. We fell in the door after 85 miles of brisk riding, and spent a pleasant evening looking at slides once the serious business of eating was over. The following morning we set off early to pick a good spot to watch the Bore come up, and it turned out to be an impressive one. After this excitement Neville suggested we might like to visit the Malverns, and so at high speed we made for those impressive hills that suddenly rise out of the surrounding flat landscape. A lunchtime stop in Malvern was anticipated, but no, the intrepid Neville thrashed on at the front while others went off the back, and a re-grouping took place when the road branched off at Ross on Wye. At 49 miles we finally stopped at a hostelry where an excellent cooked lunch and liquid refreshment were welcome. Being caught up with a bunch of cowboys prevented us from stopping for threeses and so it was non-stop back to Stroud for a cup of tea, farewells and home.

Rick's run to Elsted was cut short when Kevin's new Campag chainset fell apart on the Goodwood road and, like most of the lads, he hadn't any tools, and the club elders certainly can't afford to ride around on Campag equipment!! So a hasty change of plan brought us to an early stop at Charlton, five pints or so and then up to Bury Hill for the Worthing Excel club hillclimb. Young Simon entered as a "private" on the line, not knowing what a hillclimb was and never having been down that end of the County before. He found 82 fixed NOT the most suitable gear, but put up a creditable performance by finishing. The thirteen cyclists who headed from there to tea at Arundel were disappointed to find the place packed out and so it was straight home.

Pete Knight has rejoined the club and is busy getting some new equipment so that he can get out on the Ephgrave after a lapse of some ten years or so.

Our junior section has grown in strength and the regular support for club activities from Nigel, Paul, Kevin, Chris, Simon, Graham, Pete, David Middleton and Jeff Heath, as well as the return of Craig, certainly makes the efforts of the club elders worthwhile.

Brian Toghill has booked his flight back from Tasmania to be home in time for the club dinner, we look forward to hearing about life down under. To remind you, Club Dinner and Dance and Prize Presentation with Harry Strutters Hot Rhythm Orchestra all at the Royal Coach, Shoreham, Saturday January 5th, 1980. Tickets from Dick Jones, 13 Dallington Road, Hove (Brighton 776005).

Must go now, Chris has organised another of his Christmas lunches at Amberley (bikes suitably decorated) and it's my round.....Merry Christmas and a Happy and Prosperous New Year, 1980. Yippee...Rick and myself become Vets!! Have a good time. Cheers for now.

Roughrider

BRIGHTON MITRE C.C.

It is an honour to take our turn to provide the ESCA President for the coming year, and who more deserving of this honour than our own President for the past four years, Ken Wells.

Ken has quietly served our club, the Association, the BCF, the RTTC, the SCRL and others in a wide variety of capacities over several years. He runs our promotions with a clam efficiency and next year adds the Divisional School-boy Circuit Championship, with supporting events, at Hove Park, to his season's promotion list.

I would not set Ken up as an example to those who are happy to take from the sport but take nothing back. A short spell at his pace would put most off for life. I would only suggest to those people that they put back say ten per cent of the time they spend enjoying themselves on their bikes. If everyone takes a turn at promoting, marshalling, fund raising, acting as delegate, etc., it's so much easier all round.

Fortunately we seem to have a good share of this spirit in the Mitre at present. At our recent A.G.M. posts were filled by willing volunteers and our new Committee includes Phil Murphy and Dave Green to represent the younger members. Frank Blake takes over as President, while Bill Sladen continues as Chairman. Yours truly is vice-Chairman and Treasurer and my other half is General Secretary. (Sorry, that should be BETTER half, couldn't read your writing! Ed). Racing Secs. are Mark Panton (Road), Martin Blake (Time Trials) and Martin Leigh (Track and Cyclo Cross). Robin Johnson and Frank Blake were made Life members in recognition of their services.

Martin Blake has taken over the clubruns, which have been increasingly well supported this winter. Membership is rising steadily so prospects for the club for 1980 are excellent.

Robin Johnson's late season "25s" were again a great success, the £100 plus prize list attracting full fields, and a good morning helping 35 riders to get inside the hour. The events were again run to a standard which would be a credit to any National Championship.

A Merry Christmas and enjoyable new season to all.

Peter Taylor

C.T.C. HAILSHAM & DISTRICT SECTION

(Autumn Notes)

Our tyres have been "whirring" along the quiet country lanes during recent months, taking us on most Sundays to gardens open to the public, and other places of interest. The gardens have all proved to be well worth a visit with, perhaps, those at Wellingham House, near Ringmer, being the most enjoyable. It was a glorious day, and with "elevenses" by the side of a seldom used lane, lunch at Barcombe Mills, and tea on the lawn of the house, it would have been unjust to have expected more from a day's outing. However, Bill Collins looks back on the visit to the gardens at Cowbeech Farm with some satisfaction, because he won a raffle prize with ticket number 37. Bill reckons the number is a certain winner (well, almost certain) in nearly all raffles. Several of us visited the Sussex Small Industries Exhibition at Mickleham Priory and were impressed by the many skills on show. We would not be cyclists if teas did not feature prominently on our programme, and Ivy Griffiths and more recently, Renee Allcorn, have sent us away more than replete; thank you ladies.

On the publicity front, we shared a stand with Eastbourne Rovers at the Leisureexpo held at the Winter Garden, Eastbourne in June, but despite the fact that we brought all aspects of cycling to the notice of the public, we have not, as yet, gained any new "disciples" as a result of the exhibition. On July 8th, in conjunction with the Seaford and Newhaven Section, we held an invitation ride in support of the "Sport for All - Come Alive" campaign, and although this event attracted a splendid gathering of cyclists both at Wilmington Crossroads and Abbots Wood, nearly all were regulars, and apart from one, the few newcomers who joined us have been reluctant to come again.

Despite inclement weather, Phyll and Yub Moore's 40th Wedding Anniversary ride and tea, organised by the D.A. attracted a good turnout. The couple, dressed in Edwardian costume, led the ride on their 1907 Chater Lea tandem, and the Sussex Express and County Herald gave them front page coverage, with a photograph.

The three intrepid souls who made the trip to the Lakes returned safely, after a very enjoyable trip. Finally on a personal note, it was good to see Ray Wickens out again after being off work and his bike since Easter with back trouble which affected his sciatic nerve. He has quite a tale to tell about his recovery.

With all the racing news in this edition, I don't suppose you will do more than glance at this contribution, but if perchance you feel like a potter sometime, or know someone who does (perhaps the wife), why not join us one Sunday. Details from Fred Mehew, 10 Meadows Road, Willingdon. BN22 0NF.

Tourist.

What a long time ago it seems, since I was last charmed into producing our club notes for Bonk. I recollect that we were just getting into the swing of our racing season, and eagerly anticipating the onset of summer!!

Club trophies change hands this year, with Michael Waite winning the first one when he did the fastest time by a club rider in the first ESCA '25'. Dominic Windsor's name goes on the Junior Championship Shield, his reward for being the fastest club junior in our Open '10'. Dominic also wins the under 16 section of our evening events competition. Alan Brooks wins the '100' trophy, with his time of 4.44. 19, and Tim takes the '50' pot for winning the club event incorporated in the ESCA '48', and also claims the Junior B.A.R. for the third time. Steve convincingly won the evening events competition with maximum points; the fastest '25' cup; the end of season '25' cup, and takes the '12' cup and B.A.R. trophy - incidentally he is our first rider for several years to ride and finish a '12', and in spite of enjoying the event as an epicurean experience rather than an athletic adventure, amassed a total of 221.823 miles. 'Grimpeur' Southerden emerged as the 'Eagle of Willingford Lane', and after a lapse of some years is our Hillclimb Champion again. Richard Longley won the under 14 class in the evening events series, and we hope he will go on to bigger and better things next year - especially as Ron and Con got clobbered for a new bike a few weeks ago!!

Members are still attempting to modernise our club records, and the first success in that department came suprisingly enough to Tim, when half way through June he reduced the figures for the junior '25' to 1.2.38. August came, and the junior '10' time was improved by one second when Tim returned 23.27; in the same event Maurice set a new time of 23.11 for the senior record and with Steve's 23.21 a new aggregate was established for the team record. A week or two later the junior '25' fell to Tim again, this time a two minute improvement to 1.0.5; Steve broke the senior time with 58.31, and this time Maurice, out of the individual reckoning, added a personal best of 59.19, for the trio to better their own team record by 11m 33s. As a final fling, Steve managed to grasp the senior '10' with a time of 23.4. Finally, in the Brighton Mitre '25', Dominic beat the old school-boy figures with a splendid 1.3.25 - a very satisfying conclusion to his year, and just reward for his dedication and hard work throughout the season.

We have had a good influx of new members, especially during the summer months; however, now that the weather has deteriorated we see little of them, although Haluk Salih and Darren Blackman came out of hibernation and rode in our reliability trial. This event was favoured as usual with lovely weather, but unfortunately numbers were down - this has been the trend with most of the more social runs that have been organised, with sunday clubruns also suffering. The 'pure' tourists still continue to enjoy mid-week and weekend rides, though, and Guy and his companions and Dave and Audrey among others, can be seen in various parts of Kent and Sussex doing their thing. Guy's best ride this year has been to Canterbury and back, not bad for a septuagenarian!

Our clubroom survived from January 'til July, when a combination of circumstances meant that Ron Longley was the only senior member able to attend the meetings, out of the four or five stalwarts who had continuously turned up at the hall. We are hopeful that we will be able to start this venture again, as it proved very popular with the youngsters.

Before we start looking forward to the hardriders, we have the excitement of our dinner. This year we are promised that Pete Wall will be the main speaker, and also the 'top of the bill' cabaret turn. For all those devoted Pete Wall groupies, if you want to be with your hero on January 26th, contact Esther and she will let you have tickets, price £5, which also includes eats and a nice, staid disco.

I will close as is usual at this time of the year, with all good wishes for the festive season and a very happy new year.

Still wearing them,

Faint, illegible text covering the page, possibly bleed-through from the reverse side. The text is mirrored and difficult to decipher.