

ESTHER



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East Sussex
Cycling Association

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EAST SUSSEX CYCLING ASSOCIATION

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EDITORIAL

This month's editorial has been written for us by the Supreme Sussex Champion, Matthew Rabbetts. Matthew needs no introduction to our readers; gourmet, tourist extraordinaire, bike handler unique - his talents are endless. So.....read on for our first guest writer.

I had a nasty shock today on the way to work with Ian Burgess. A car decided to squeeze between me (riding on the outside of Ian) and an oncoming car, clobbering my elbow and leg in the process. The driver did stop. "Oh sorry I didn't see you." Even worse, one of his passengers added "You were riding two abreast". I said it was a perfectly legal thing to do, to which he replied, "Oh, I thought it wasn't legal to ride two abreast."

How many others like him?

M.R.

Quite a lot, I think, Matthew. In fact a lot of motorists seem to be under the impression that a riding a bike at all is against the law!

E.C.

CENTRAL SUSSEX C.C.

Kevin Bramham was race organiser for Central's Hilly 25 this year and did a creditable 1.8.31 from the traditional number 1 spot. The event was well supported with forty two riders and 'our lot', comprising Paul Lipscombe, Adrian Jones and Tim Goddard, taking the team prize - each doing around the one hour mark on this very hilly course. Kevin must like the Handcross hills because he had attacked them earlier in company with Ken Atkins, Robin Maclagan and Rex Wells in their now traditional entry in the Clarencourt four-up time trial. Their tremendous efforts (and coughing and spluttering!) on the hills paid off in gaining them second place in the vets team listing. Were there really only two vets teams riding? Ah well!

The other Kevin, Penfold, that is, is galloping from strength to strength in road races, time trials and on the track. His efforts in the Club's evening 10 series in mid-summer have produced some spectacular 23s on a difficult course where the winner usually does 22 something. Great performances all round for a sixteen year old; well done, Kevin.

Three Central riders took the team prize in the ESCA 25 on the Ringmer course. Adrian Jones produced the fastest ride of the group with a 1.4.12 which gave him third place. He was backed up by Joe James, 1.4.47, and Nick Bown, 1.7.54. Joe James was in action again in the same area in the VITA 25 and again helped Central to take the team prize - this time in company with Roy Jones and Bert Griffiths. In the same event Glen Richards improved his personal best by 4m39s to take the first handicap award, Len Teague did a 1.11.07 and Albert Hill 1.15.04.

Ron Ewart drummed the 'Ronnie's Ramblers' into non-winter action in the now classic all day event which started back in the mists of time when a somewhat younger group banded together in non patriotic fashion to avoid all day television when Charles and Di got wed. Destination this year was Selborne near Alton in Hampshire where the pub must hold the record for slow service and lack of food. Luckily, elevenses at Midhurst had been pretty substantial and afternoon tea at Milford Little Chef brought forth the usual variety of pancakes. How Ron managed to pick a whole day with good weather in the summer we've had beats me - but he did it (as usual). Thanks Ron!

On the subject of rambling I know Ron is already giving serious consideration to the winter Saturday morning runs which are only a few weeks ago. Yes, there's another year gone!! So - never mind the easy business of racing, it's time to get down to some really serious training, ready for the likes of 'first up Boxley Hill' after forty miles.

Rambler



This charming little verse was above Charles Robson's bed at some digs he stayed at recently.

I know I shouldn't be extolling the virtues of another Club in these, the premier Club's Bonk notes, but I feel I must 'remove my chapeau' (take off my hat) to the Brighton Excel's Simon Roberts. Having just witnessed the problem of riding two twelves on the trot with Matt Rabbetts failing to finish in the National as he hadn't the 'motivation or the interest', it amazes me how Simple Simon Roberts completed the Sussex 12. He had ridden the National 24 the week before, enduring seventeen hours of rain, only to ride in the Sussex 12, all of it in the rain, and suffer nine punctures. A fantastic effort which deserves some recognition. Anyway, we always knew the Excel were little more than drunken fools and this proves the point.

More racing stuff later. Let's have some gossip and intrigue. Well it's great to be back after my enforced journalistic lay-off and I thank Mr. Guttershipe, whoever he/she may be, for continuing the Lewes Wanderers saga last time around. The Club's condolences go to the Hastings Club and to Andy Hillman in particular after the sad death of Roy Hillman, who collapsed at the Southborough road race at Frant in July. He did a lot of work for the sport and he will be missed.

Special dispensation is given to old man Mick Burgess these days when out training. Well, we wait for the schoolboys so I s'pose we have to for pensioners too. Having retired from the Police in May, Mick is revelling in his second childhood - he refuses to get his hair cut. Savouring the feeling of looking like Shane Sutton, no doubt. Another clubman is also retiring - Matt Rabbetts is leaving his post of head gardener at a home for nympho girls and is going to college for a year. Says greenfingered Rabbetts: "Working where I do, I'm good at the practice but not much good at the theory."

To begin with I thought it was just a late start but now I realise it is bound to be DNS. Yes, this summer has been enough to sadden the hardest soul. The damp, windy weather really does make people depressed. One man who is close to the critical list is Sun God Ian Landless of Seaford. Fun has been poked at Ian in the past about his liking for the gold and silvery shafts of sunlight but summer '85 is no laughing matter for ex-Mr. Immac Ian. His wife Julia has said he doesn't come out of his room for weeks on end for fear of the rain washing any more of his bronze tan away. He feels like a new potato 'all flaky' - said his distraught other half. What a sad state to get in.

Another man who hasn't come out of his room for weeks is honeymooner Ian Burgess. Yes, Ian and Sally finally took the plunge and are now man and wife. Ron Ewart and other runs organisers please note, tea available at 1 Pleasant View Cottages, London Road, Crowborough. But don't call Saturday, Sunday or between 5 and 7 during the week as Ian will be out training with me and Sally will be busy with the housework. The service was held at Jarvis Brook and a reception was at the Barnsgate Manor, Herons Ghyll. Gordon Higginson gave his daughter away in fine style and handled the day's affairs even better than he drives a commissaires car. Matt Rabbetts was Best Man and with Mick Burgess took the Groom out training in the morning. Each corner was walked round to make sure no one fell off. When Matt took the ring out of his pocket, Mick said it looked like he was getting food out of his back pocket in a 12.

The CTCs Birthday Rides were based on Tunbridge Wells this year and what a week to come there. A lot of tents were washed out the first night so anxious organisers flew in Ken Stevens, husband of Sex Goddess Iris, to use his plumbing skills to solve the drainage problem. Mick Burgess took part in several of the rides, including one Audax event. He was joined on this by fifteen year olds Paul Gibbons and Stephen Owles and also Andrew Razzell. All got round in the terrible weather and covered one hundred and fifty miles which included Beachy Head.

The big summer happening, apart from Ian and Sally's wedding and Tony Deacon being dropped three times one evening by his girlfriend Sue Gamba and 'ancient' Pete Burberry, was Ian Landless's annual tour sur le Continent. I believe Compo Rex is writing a resume of the event, so I'll be brief. The tour was noticable for the theft of Matthew Rabbet's new bike, our team talk with the Fagor squad during the Tour and our debut on Japanese T.V. All this and more in the next exciting episode of "The Magnificent Eleven Ride Once More".

Also on the touring front, Andy Attwood - who seems to go on holiday more often than What-Do-You-Mean-I-Only-Get-26-Weeks Ian Landless, partook of a jaunt across Brittany with his wife Vanessa, Martin White and two friends. Vanessa rode over seventy miles one day and Andrew is going to dress her up as him for next year's 12 as he thinks she will go much better than he can. Martin White, fresh from that tour, has been signed up as a model for the next Lowry painting. His body is just the right size.

Who else can I ridicule? No, sorry, I can't even think of anything to make up about Graham Seymour. So it's on with the racing. Though not proving the unbeatable force we seemed to be in time trials last year, the Club has continued to win individual and team awards in tests and on the road and track. Though while saying this, apart from Simon Barnes fantastic 52.51 to beat Tony Deacon in May, most attempts at setting the outside world alight have been disastrous. Not least was the National 25 where mechanical trouble robbed Tony of a placing and a medal, I feel. It was heartbreaking for us, let alone Tony, when we saw his chain come off in the first hundred yards. Any commiserations given to him cannot compensate for all that wasted effort in training purely with the Championship in mind. Still, knowing what a rider he is, I'm sure he'll get over it and show 'em next year. Comp record? Simon did a good ride considering he was off colour and finished well up with 55.53.

The same morning saw Phil King begin a great sequence of Club Championship wins. He clinched his first Club title by doing 2.16.30 in the ESCA 50 and later in the month, in another ESCA event, took the 25 Championship in 1.6.54. Fastest juvenile in that event was Olly Davies, who like Phil is having a super season. More of him later. Continuing his victorious run, Phil proved King in the 10 mile series and won the Club 100 in 4.48.3 on a hard day. Hopefully next year will see his debut in the 12. Remember Phil, even Ian Landless can ride a 12.

The other rider to have great success this year is, as mentioned, Oliver Davies. He really is one to note for the future for he has shown real all round class. He has been unbeatable on the track and is BCF Sussex Schoolboy Sprint Champion for 1985. His road racing has reaped results with several placings, including second in the Worthing Kermesses. He has also regularly picked up prizes in time trials and won the Club's 22 mile circuit. Not bad for a fifteen year old. If he has a good winter, next year he can start to set about the sit-in poser sprinters in local 3/J events.

Tony Deacon has had a quieter season so far while trying to follow a road race career. He has found the transition quite difficult though he had no problem winning the Sussex Pursuit final on the track. Simon Barnes has been storming round and winning regularly. He went 'under' in the SCA 50 (1.57.18) and helped Martin and Andrew retain the County team award. We also won the team and supplied the County Champion in the SCA 100. Tony won with 4.3.53 and Matt Rabbetts (back from injury) and Andrew Attwood helped bring back the team title. In the aforementioned SCA 50 good times came from Phil King once again, with 2.7.1 and Peter Gates who improved six minutes to 2.9.48.

The Club 30 saw Andrew Attwood win in 1.15.41 from a poor field of just five riders. On the same day Tony and Mick Burgess rode in the Divisional Road Race at Cowbeech. Mick went off the back as the bunch dawdled from the event HQ to the start of the circuit but carried on gallantly for his eventual fifteenth place. Tony was fourteenth, going back a few laps from the finish. Three new riders coped well in bad conditions to finish in the Club 'summer' (sorry, winter) 25. Mark Smith, 1.9.59; Brian Courage, 1.25.55 and Matthew Tree, 1.25.41, all rode well. Simon Barnes won from Andrew in 59.46.

Crowborough Little 'uns, Paul Gibbons and Steven Owles, have been getting in the placings. Paul managed sixth in the Worthing Kermesses and Steve has ridden very well on the track every week. He has been borrowing John Bridger's track frame for this - and a seatpin of mine as well! Wonders will never cease - Mick Burgess came fourth in the now well mentioned seafront kermesses and got his photo in the Argus to boot. My God, how low can journalists stoop for stories. Another wonder - more of a miracle - was Matt Rabbett's win in the Eastbourne Crits at Rushlake Green. Remembering how our hero fell off in the previous week's Goodmayes 100, it's a wonder he stayed up let alone won.

The summer continued to dish up surprises by providing atrocious conditions for the Club and Sussex 12 Hour. Heavy rain all day and a strong wind did not deter eighteen hardy finishers who surely all deserved prizes for their stubbornness in not giving up. Showing how having no brain and no feeling can be a big help, Matt Rabbetts retained his Club title and beat Pete Baker of Hastings to win the County title, too. Rabbetts, as he said, 'making the most of the free showers', finished up with a Club record of 2.44.176. Horry Hemsley had the bonus of being leader on the road for nearly one hundred miles and rode well to finish with 208 miles - just inside his age standard. It was truly an appalling day weatherwise and Ray Douglas and all the marshalls and helpers are to be congratulated for turning out as they did.

Well that just about wraps it up. Suffice for me to give a little advice to all male bikies. From reading a book on cycling ailments written for 'Spenco' I see that apparent-

ly, and I quote 'discreet massage'. Just ask your doctor for 'that sort of treatment!

Cheers! I'm off to France in search of the sun. Up the N.U.R.

Rear End

By popular demand, BONK proudly presents a story of passion, pain and bitter rivalry: of love, lust - and tender romance.

Chapter 1.

The Wedding Night

The man stood at the side of the bed, gazing down at the woman lying there waiting impatiently for him, dark hair etched starkly on the pure white pillow.....bare, softly rounded shoulders peeping provocatively above the cool sheets. The wedding had gone well. The wine had flowed freely - perhaps too freely, though he had been careful not to drink too much. Brain and body would need to be at their best if he was to meet all the demands that would be made of him.

Slowly, carefully, the man undressed, his ruggedly handsome features softening as he breathed a small sigh. He was tired, yes; but little sleeping would be done in THAT bed tonight.....

Chapter 11.

The Climax

Actually, ruggedly-handsome Mick Burgess had only about two hours sleep before it was time to get up and drive down to the start of the ESCA 100. Ian and Sally's wedding reception had gone on into the small hours, and Mick and Sylvia - being V.I.Ps - had had to stay to the end. The Best Man had left early, to be squeezed into the Deaconmobile to be transported through the night to Suffolk, in the hope of frightening Ian Cammish in the National 100. (Cammish was so scared he didn't even speak to Matthew when he caught him for thirty minutes.)

On the ESCA start line, the sun shone brightly on Reg and Maureen Porter, the pusher off and the select band of riders - all ten of them. Despite last minute course changes, no one got lost and only one man packed. Pete Baker rode smoothly to victory but the big battle of the day was being fought much further back. Ralph Settle (63 and still going strong) caught and dropped Ken Thompson (63 and making a comeback) after only a few miles, but a couple of hours later Ralph was dismayed to find Ken drawing alongside.

"Diabolical blooming liberty," he indignantly told reporters later. "He started to talk to me, cheeky blighter, so I sprinted away." Ralph eventually won this epic struggle, crossing the line fourteen seconds ahead; the pity of it was that he and Ken were the only riders NOT to win a prize.

Back at the Dicker Village Hall, there was a flutter of excitement when Mrs. E----- C----- arrived with her charge, Charlie Robson, and demanded the right to join Ian Landless in the shower. Luckily the bronzed Adonis had already emerged from the cubicle with a towel round his middle, and the lady had to make do with a lustful lunge at his amazingly hairy chest.

But we shouldn't have to make do with incidents like that to make the ESCA 100 worthwhile. The 1985 edition provided peaches, oranges, Kendal mint-cake and forty helpers round the course; a sunny dry day; an event headquarters with showers and all mod cons; tea and goodies served by Wonderful Women Wanderers; and ONLY TEN RIDERS.

Mick Rabbetts

CYCLISTS' TOURING CLUB EAST SUSSEX D.A.
EASTBOURNE and HAILSHAM DISTRICT
SECTION

"WHY PASSPORTS?"

a SLIDE SHOW by

JACK and GRACE COTTON

at 7.30 p.m.

ON

SATURDAY, NOVEMBER 2nd 1985

IN

ST. JOHN'S CHURCH HALL, POLEGATE
(NEAR CROSSROADS)

ADMISSION £1.25 - under 16yrs 50p

INCLUDING REFRESHMENTS

AMPLE

PARKING NEARBY

Jack and Grace Cotton are probably the best known presenters of cycling slide shows in the Country - they are in constant demand and their services need to be booked many months in advance. This show is a praise of England and will have a wide appeal to everyone, whether cyclist or not. Grace operates the twin projectors with amazing precision whilst Jack's amusing commentary is interspersed with tape recorded music to complement particular sequences of slides.

Some one hundred and twenty people attended when Jack and Grace came to Polegate in 1981. Don't miss the show. Please come and bring your friends.

WORTHING EXCELSIOR C.C.

Having just watched another Kellogg's sponsored criterium on channel 4 this Monday and re-watched highlights of the Tour de France on a friend's video, I cannot help recalling the coverage of our sport now with that of the sixties, when names like Jacques Anquetil, Raymond Poulidor, Felice Gimondi, Rik van Looy, etc, fought out the stages in the premier French stage race. I can remember cycling to our local bike shop in great anticipation for the latest results. These came in the form of exotic French magazines like 'Les Tours', 'Miroir Sprint', 'Miroir du Cyclisme'. Black and white and all in French, these expensive productions (5/6) were pure magic to a schoolboy whose rattling Raleigh and upturned school cap were the nearest I could manage in emulation of these Continental stars.

Not so now, for not only do we get at least the major races covered (well done Channel 4) but the shelves of local stationers contain many periodicals covering most sides of our sport.

To things more local, Worthing Excelsior have just enjoyed an annual evening Club event at Brighton Preston Park cycle track with clubmen Richard Shipton, Dave Dallimore, Stuart Gibbs, Paul West and Ian Leeding taking most of the prizes. Much interest was shown in Richard Shipton's low profile bike which he brought along for the pursuit. Our Club President was seen attempting cyclo-cross on it, riding over the grassed area. This is a good track at Preston Park, recently re-surfaced with a spectators stand on the finishing straight. I cannot understand why more people don't come to watch. Some Wednesday nights this season the riders outnumbered the spectators. Several local Clubs support the Club with riders and officials but where are the general public and the spectators. Asking colleagues at work in Brighton I could only find one out of a dozen who had heard of it! This struck me as a shame as I have enjoyed my first season as a spectator at Brighton track very much.

Worthing riders have continued to participate in races this season with some success. Last report to come to me before this edition is of a new Club record (unofficial) for the thirty mile time trial team by Messrs. Paul Toppin, John Lucas and Richard Shipton in the Leo R.C. 30 in windy conditions. They recorded 3.36.49 and beat the Club's previous record by over four minutes. John Lucas was in the previous record breaking team in 1967.

Many other notable events took place this summer but the two that stand out for me are the seafront Kermesse at Worthing, on a day of pouring rain and wind; hats off to all riders, officials and spectators who braved the elements to support us on that day. The second was for the riders and helpers at the SCA 12 Hour on 4th August. What other sports are there that would continue for twelve hours with torrential rain and conditions that lasted for eleven and a half hours of it. Don Lock did a meritorious 223 miles that day to claim fastest veteran and on standard. Mick Mansell in his first twelve, and the ubiquitous Reg Searle, also did fine rides on this terrible day.

As this season comes to an end I will be looking forward to the Sunday clubruns and stops for tea and chat that dominate the social season of our sport. Perhaps even more of our Club would care to come along this winter. I wish everybody best times in the last few races of this season. Good riding.

Bottom Bracket Bob

THE ANNUAL GENERAL MEETING OF THE EAST SUSSEX CYCLING ASSOCIATION WILL BE HELD ON SUNDAY, NOVEMBER 24th, 1985, AT FRAMFIELD VILLAGE HALL.

A rumour has reached our ears that Roy Humphrey has been taking the new season crop of runner beans up to the hospital so that Dorothy can prepare them for the freezer!

Undoubtedly the outstanding event of recent months was Bill Collins' Eightieth Birthday Tea at Wannock Village Hall on Sunday, August 18th. Organised by the D.A. some sixty people, including several 'old timers' attended the function and Bill rose to the occasion in a style special to him. Jane Lade made and presented to Bill, a superb birthday cake which enhanced the splendid tea prepared by the ladies. Members of the D.A. presented to the 'Birthday Boy' a model racing tricycle whilst the Section gave him a book (about cycling, of course) and a bottle of 'the hard stuff'. An unusual presentation from a few individual members was a gift voucher for Bill to spend at his favourite tea stop - Wilmington Tea Gardens. The proprietor was somewhat nonplussed when she was first asked to provide the voucher - she had never been faced with such a request before. Roy Humphrey spoke of Bill's racing exploits of yesteryear, of his service to cycling and, not unexpectedly, of some occasions which caused embarrassment to one or other, mostly in connection with the purchase of alcoholic beverages. Roy then proposed the toast to Bill who responded as only he can.

It is not generally known that in 1961 the Cyclists' Touring Club awarded Bill the Certificate of Merit for his services to cycling locally over very many years. On his 80th birthday, the Club added a commendation to the Certificate for his continued service. A very rare honour indeed; Roy Humphrey presented the commendation. Dot Collins was given some flowers in appreciation of her contributions to cycling and her care of the 'old gentleman' for so long.

Now to the pedal turning bit. The D.A. 50 mile Reliability Trial attracted a record number of entries, including several from our Section, and all the participants completed the course in the chosen time. By racing standards the speeds were slow but everyone thoroughly enjoyed the day, which is all important. Otherwise our activities have been much as before with the morning modest paced rides attracting increasing numbers of cyclists. Several of our members went to Tunbridge Wells early in August for the C.T.C. Birthday Rides, organised by the West Kent D.A. What a triumph of organisation this was with the needs of some eight hundred cyclists being catered for with several rides each day to suit all abilities. The beauty and hills of Kent and East Sussex suprised many.

The next event of note is the D.A. 100 mile Reliability Ride in September - the first at the distance for many years and several of our members intend to ride. Following this, we have on Saturday, 2nd November, the visit of Jack and Grace Cotton to Polegate to present their audio-visual show 'WHY PASSPORTS'. (See page 6 for full details). We hope you can come, it is a show not to be missed.

Tourist

CLOSING DATE FOR THE NEXT EDITION OF BONK IS NOVEMBER 14th FOR DISTRIBUTION AT
THE A.G.M.

A phone call from Ol' Neevo produced the following snippets of interest to cyclists:
In Oxfordshire a young boy was knocked off his bike by a wallaby which had escaped from a zoo. Makes a change from being knocked off by cars!

Dennis saw a lightweight bike being ridden along Hastings seafront and on the down tube the transfers read 'Courage's Best Bitter'. He said, 'I know all the big firms are diversifying nowadays but it's ridiculous if the Brewers are into frame making'.

Joyce Dunford was dragged out of the pub early to marshall in the K.C.A. 12 and in between riders she occupied herself by knitting covers for toilet rolls!

For some reason best known to herself Joyce has released the information that her bust is 'an ample 36'.

MARCO POLO

A ladybird anonymous
Dined lazily mid bushes
Where all his courses did but run
To waves of aphids lucious.

Inebriated, spirits high,
He knew Adventure's charm,
And outward bound, into the blue
He soared and found himself
Before he knew,
Aboard a cyclist cruising nigh,
On half a yard of arm.

A third of three, that cyclist rode
As lonely as a cloud,
The ladybird unwittingly
Provided just the company
His pensive mood allowed.

Then sweetly round the pedals flew,
And round that hand and wrist
The insect navigator sailed,
And never failed to find a view
That he could not resist.

While time ran on as pleasantly
As meadow river runs,
The insect bright was satellite
To one of Nature's sons.

They ran before the wind until
They reached the roaring main,
And no-one heard our ladybird
Jump ship, it seemed he'd had his fill
And turned for home again.

Dave Nuttall



With the R.T.T.C. asking that courses should incorporate round-a-bout turns in the future, would it be possible for marshalls to be issued with inflatable round-a-bouts that they can carry in their saddlebags and pump up when they get to their position. In bright orange plastic (or Club colours) and with the promoting organisation's name round the base, this idea could prove to be a very suitable solution, especially in this area where we are very short of round-a-bouts!

As the nights draw in and the season draws to a close we approach the time, at least in the Southborough, when our riders will be scrambling for every event possible to try and get the fast times necessary for our Club short distance championships.

As many BONK readers will know, the famed Q10/19 on our doorstep is in the process of being repaired and the first event to be held on it in nearly four months will be the Rodney 10 on September 14th. The repairs have been subject to long delays because of the inclement weather and have consisted of filling in the holes and strengthening the viaduct followed by laying down a new superfast surface (great!). But no, wait, they've decided to add some dreaded stone chippings on top!! thus causing the District to postpone using the course for yet another two weeks to let the cars force the loose dross to the side of the road. One wonders just how many fast men will end up puncturing expensive tubulars in the first few weeks until things settle down.

BONK readers will know that ten members declared foolishly at the end of last season's social round that they would ride the Kent 12 hour. Well, I'm pleased to say that of the five who eventually entered all finished. Yours truly clocking up a satisfying 225 miles for sixth place, ably supported by Terry Collins (the resident Club jester) and John Harding for the second team prize. Our Club President showed us all how to ride a 12 by wearing a club tie over his jersey when he started. During the day he asked for, and received a bag of stones! What's more he just managed to fend off Madam Editor leaving her with the lanterne rouge. The next week, I'm told although I didn't witness the incident, Terry Collins proceeded to goad those who hadn't entered and those present who'd ridden, with their ten pound notes, providing a variety of reasons why they won't be seeing them again. He taunted everyone and wound them up and has promised to put on a re-showing at the Club Dinner, when he will present the finishers with their hard earned money. If it's as good as his speech at last year's Dinner when we were treated to a risqué joke, we're all in for a fantastic, side splitting evening!

One of the best incidents this season was when a vet, who shall remain nameless, caught Pete Wall two minutes in a 10 and said "come on, Sean Belly"! Pete, who's struggling to loose weight, complained to the event organisers that it had lost him at least half a minute because he'd laughed all the way to the finish.

The last few months have not all been racing, though, with large numbers of the Club helping with the C.T.C. Birthday Rides in nearby Tunbridge Wells.

A party of youngsters went on a tour of Cornwall over the August Bank Holiday and a report will appear in the next issue of BONK.

On a final note, some of our riders will be taking part in the Brighton Criterium on the 15th September and we would like to urge you to come along and support Roy Humphrey on what should be the most important day of the year, when we cyclists get our chance to woo the crowds and entice youngsters into our wonderful sport.

See you there,

Overshoes

COUNTRY CYCLISTS' LAMENT

That machine has been trimming the hedges again!
There are little thorned snippets all over the lane.
We have to take care cycling home with the shopping—

An inch the wrong way, and the tyres are a-popping!
It's nose on the handlebars, eyes on the ground,
Whilst dodging these hazards as the wheels go around.
In addition, when riding, we come face-to-face
With motorists driving like they're in a race.

One time, all our hedges were layered and neat:
No thorns left around for our tyres (or dogs' feet).
The stocks were kept sheltered; each bird had a nest:
It does make us wonder if modern is best.
Those leisurely bike rides down quiet leafy ways
Are gone—and we do miss those halcyon days!

Mrs. Marjorie Hardy, Hatfield, Herts



One or two quotes from O'shoes:

'A man's worth does not depend upon his age - some men are useless at any age.'

'A thought on the kerbstone is worth two in hospital' - no head down riding.

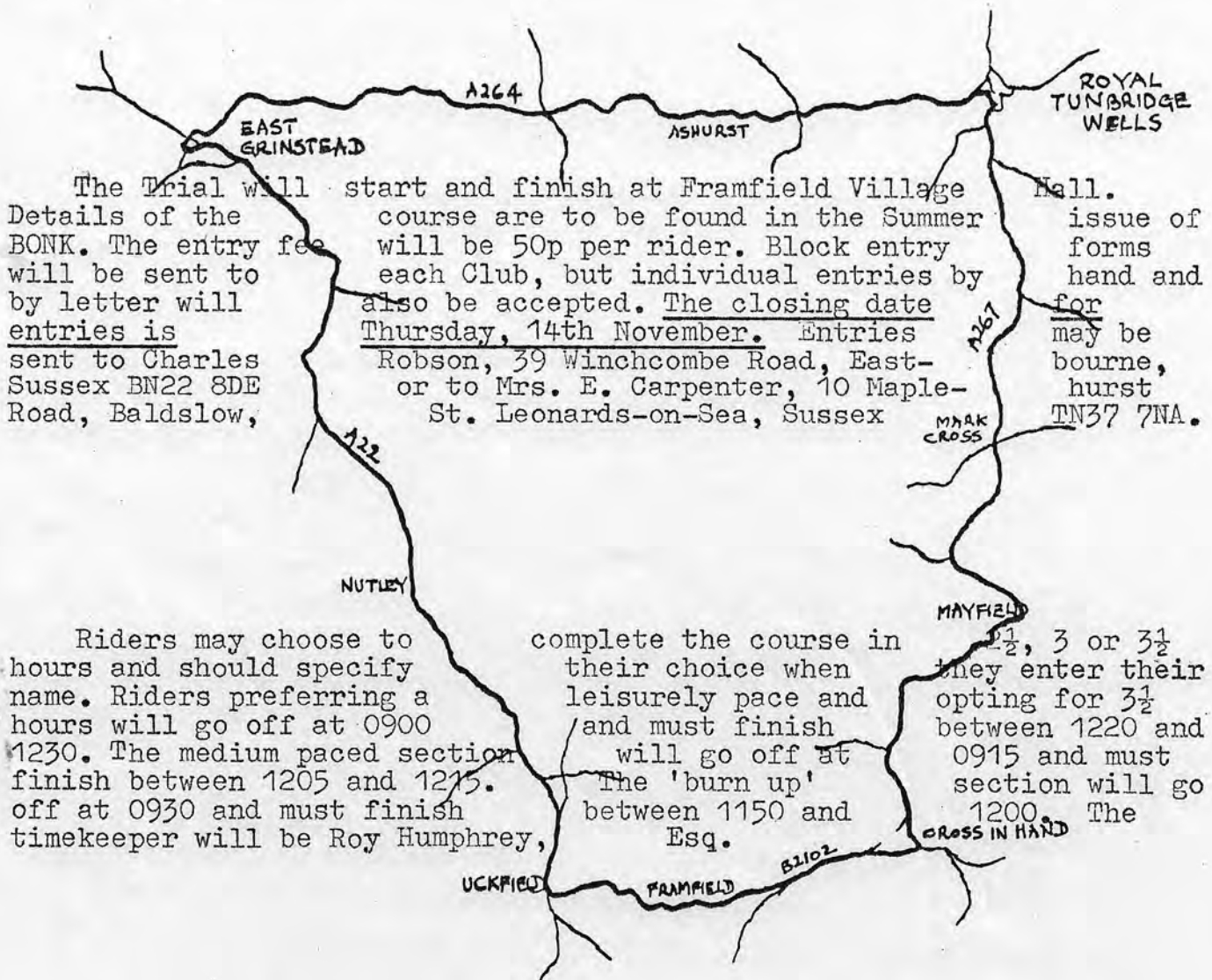
'A synonym is a word you can spell, used instead of a word you can't' - for struggling BONK contributors!

Happy birthday this quarter, to NEEVO. Dennis is a Virgo subject, or as Geoff Willcocks said, "There's not much he can do about it now".

East Sussex Cycling Association 1985

76km Reliability Trial

The Reliability Trial will be held on Sunday, 24th November, 1985, immediately preceding the E.S.C.A. Annual General Meeting at Framfield.



All riders will receive a start sheet and a check card. The check card must be carried with you during the trial and MUST be signed by the checkers at the 3 check points. The first check point will be East Grinstead just after you have joined the A264, the second will be in Tunbridge Wells at the foot of the hill just past the pedestrian lights and following the 2 mini roundabouts and the third will be at Cross in Hand just as you turn right after passing the Little Chef.

There are 3 feeding stations on the course. The first is the Little Chef, Nutley (Charlies' Cafes Series 1 No.2), the second is The Bowers, Mark Cross (Series 1 No.13) and the third is the Little Chef at Cross in Hand (Series 1 No.6).

All riders completing the trial in the appropriate time will receive a Certificate and free tea (!) and the Club with the most riders satisfactorily completing the trial will hold the E.S.C.A. Rally Shield for one year.

Why not make a note in your diary NOW to support the E.S.C.A. AGM and Reliability Trial on Sunday, 24th November, 1985.

10km Reliability Trial

The Reliability Trial will be held on Sunday, 24th November, 1985. The trial will be held on the 10km course starting at the 10km mark on the road.



All riders will receive a letter with a copy of the trial route. The trial will be held on Sunday, 24th November, 1985. The trial will be held on the 10km course starting at the 10km mark on the road.

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