

BOMK!

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ROY HUMPHREY & PAULINE STRONG AT THE ESCA LUNCH



LEWES WANDERERS C.C.

Some members of the Sussex Nomads (well about a quarter of them) are fond of claiming, in a nit picking sort of way, that we have stolen their Club colours. This is slanderous but we don't mind because we look upon this miniscule organisation with a kind of bemused affection. In fact, we would excuse them anything because of the standard set by their President and his wife - Reg and Maureen Porter, who have been second claim members of ours for some years. We were pleased to set the seal on Reg and Maureen's association with the Wanderers by electing them as honorary members "in grateful appreciation for all the work they have done for the Club" (to quote the citation). This was announced at our Annual Dinner, but as luck would have it, Reg and Maureen weren't there to hear the applause because Reg wasn't well. Later in the evening, another Nomad was on the receiving end of a presentation - Geoff Boore taking delivery of a parcel from the Knicker Emporium in Brighton, which had a poem on the lid referring to a "DD Cup". The contents turned out to be a flimsy piece of lace lingerie and a couple of melons, which the poem instructed Geoff to wear under his skinsuit. Can't wait. The uproar occasioned by Geoff's attempts to stuff a melon into each of the lacy receptacles was repeated during the ESCA (East Sussex Cake Association) 1992 Cake Eating Championship. This resulted in a narrow victory for the reigning title holder, Horry Hemsley - but only by three seconds from a promising young newcomer to the sport, Tim Gorringe. Chief Judge Lock (Worthing Excelsior) had to speak sharply to one or two competitors. Andrew Attwood, for instance, was caught crumbling cake onto the floor, in flagrant violation of Regulations. Tony Killick, on the other hand, upheld the honour of Crawley Wheelers by masticating right to the end and was rewarded by a dietary advice brochure for finishing last. Another fine example of his Club's traditional stamina.

At the earlier official prizegiving Matthew Rabbetts took the lion's share of the trophies. He says he's doing more road racing this year - then ride the National 12, which will serve as training for a cross-America ride in September. With our two other trophy winners, Pete Roberts and Chris Hill - and the likely return of Clive Orchard from his paper-hanging duties, we look forward to a good racing season. That's also the hope of our two youngest racing men, John Limpus (who took the Track Cup) and Stephen Comben, who was awarded the Zonca Bradshaw "effort and participation" Trophy as his award for an injury-affected year. Support will come from the likes of Jill Rogers, presented with the Merit Cup for the kind of background work which all Clubs depend on for continuing success. In his after dinner speech, Don Lock gave us an insight into the world of wrongdoers which he knows so well, but also said some complimentary things about us, all of which were true.

Membership is certainly buoyant at the moment - at our A.G.M. we had an embarrassingly large number of people joining the Committee. The only bad thing about this is the potential strain it imposes on the Peter Sharp Catering Service when the Committee meets at his house. Sylvia Burgess will no longer be there - she has retired as President and is succeeded by Pete Burberry. It is not true that she couldn't sit through any more long meetings while simply gasping for a fag.

Our winter programme has been spiced by a bit of variety. Laurie Leaney has been master-minding some mountain bike runs which have proved increasingly popular. Even Ian Landless has been out on one, so you can see it's not just a young man's sport.

In December Ian lost his only Club title (apart from Sun God) that he possessed when Larry Limpus zoomed to victory in the Annual Freewheeling Contest. A week later the Club's first Speed Judging Championship highlighted the benefits of riding randonnees: Robert Wimble was the winner, and the next three places were filled by the Stevens family, Ken, Iris and Heather (Robert's fiancée). The warm pride which must have filled Ken's chest was chilled somewhat a month later when he (of all people) led Robert and Heather astray in our reliability trial. Oh yes, and we played Brighton Excel at skittles in November. The least said about that the better. The beer was good but our skittlers must have had too much of it.

EASTBOURNE ROVERS/PHOENIX CYCLES C.C.

The Rovers dinner was the usual fun occasion with a full house at the Afton Hotel, efficiently organised as usual by Jane Lade. This time she didn't say "never again" which is what we normally hear her say. The lady who runs the disco says it the only place where she sees a bunch of obviously masculine young men dancing together for most of the evening. The club B.A.R. was won by Andrea Winchester again but she did not make the trip from her new home in Scotland to collect the trophy. Most of the names on the prize list were familiar but it was good to see some new young members getting among the trophies as well - Mark Taylor and Adam Rogers to name a few.

Several of us made it to the ESCA lunch and enjoyed ourselves. Most of us cycled home in the dark afterwards. (I hadn't ridden a bike with lights for years but after several pints and half a bottle of wine I seemed to be able to see in the dark.)

During the winter Andy Neale finished second in the Sussex Cyclo-cross League and he is now resting before the start of his road season. Steve Willis and Nick Smith (twice) have won prizes in mountain bike races at Ninfield.

Club runs have continued on the usual basis - the official run supported by the younger more suicidal element while the more mature members ride with the Cross/Blackman group (which does more miles anyway) or ride with the CTC "energetic" group which ceases to be energetic as soon as it reaches the pub. There is also the small group of senior vets who go on one of John Dutsons incredibly scenic tours every Sunday. They are the ones in the helmets - since John fell off and got run over by Roly Wickham.

After many visits to the workshop to learn spindle turning, Debbie Springett has announced her engagement to her tutor in this ancient craft, Ray Gearing. Congratulations to them. We hope it all "turns out" all right for them in their future together.

Looking forward to the new season it seems that Paul Delani is training hard. Steve Willis is threatening to do well and Sean Reed may be coming back to racing after a year off. George Taylor is time trialling already and will be aiming for some more club records to add to the 12 hour from last year. George Windsor has also been seen out training recently after missing out last season.

As you get older "Bonk" deadlines come round faster than ever. Will I get this to Esther in time for publication? If I am too late I must start next week to write something for the spring edition!

Old Rover

THE TRIALS AND TRIBULATIONS OF WINTER (alias the grot from the Southborough and District Wheelers)

NEW SCRIBE

Well, the dank dark months of Winter are here but despite this many of the club are, I am glad to say, still very active.

Due to the previous scribe pleading an excess of work he or she (?) talked me into writing this column at intervals; so besides everything else I now have this arduous task to complete.

KCA 100k

A good bunch rode the Kent CA 100 km reliability ride and we made a good but unsuccessful attempt at winning the trophy for the Club with the largest number of riders completing the course. Perhaps, as is often said, we may win it next year, it's always next year!

THE DINNER

The club dinner was held again at the Calverley Hotel, Tunbridge Wells at the end of November. It was a return to the boisterous and uncontrollable event that it always used to be. The major racing trophy winners were Pete Holland, Peter Fox, and Daniel Cutting. On the non racing side the last trophy of the year was won

by Don Robb when he won the Tourist Competition Trophy. Warwick Dunford won the Merit Trophy for services to the club; it was not for , as many people thought making a fool of himself by wearing a kilt to the dinner. (If you want to know what he wore underneath it ask him and he may tell you!)

SOUTHBORO' WIN

The following weekend saw a good group of people going up to Coulsdon to take part in the Belle Vue 5 mile Cross Country Run; we did well with Andy Howey taking 1st place and he was followed up with Paul McAuliffe, Malcolm Martin, and Dave Adamson for the team prize. Young Steve Buckingham ran very well to take fastest schoolboy but even our eldest runner, Warwick Dunford, (almost a certain age), was too young by 20 years to take the eldest runner medal.

THE AGM

(and roller racing)
The club AGM was held at The Friends Meeting House in Tunbridge Wells where we are running a small roller racing league this winter. Next Winter we hope to expand

this to other clubs. Perhaps 1 meeting per month from October to February. If any other Club's or individuals are interested in coming next Winter give Don Robb a ring on 0892 536304.

But back to the AGM; our Secretary is still Don Robb and our Club Event Secretary is now Arthur Smith, Gwyneth Holland is still Magazine Editor and Social Secretary.

JAN 1ST 1992

Our first open event of the year was our 10miler at Bethersden. Won by Phil Bull with a short 22; the tandem event being won by Ian Kitt & Kathy Miles of the Catford with a long 23. Southborough members were fastest lady Esther Carpenter & fastest trike Peter Holland. John Watson rode his tandem with his younger son this year and recorded a very good short 27. Peter Fox was fastest rider on fixed with a 26 minute ride. All did excellent times on a day that was very windy and far from being a fast day.

FRODO BAGGINS

SOUTHBOROUGH & DISTRICT WHEELERS TOWN CENTRE RACING

Have you heard ? It's all happening in Tunbridge Wells. The time is drawing nearer. Not long to go now. Southborough & District Wheelers everywhere (some more than others) have been making frantic preparations for months now. The Town Council is involved - the Police are aware of the activities of certain people.

This year to celebrate its 60th Anniversary the Club is staging Town Centre Races on 17th May this year. The Club have endeavoured to get such a project going before, but without success. Unfortunately last time the Bus Company refused to co-operate. This time all those objections have been ironed out and the Council is offering its full support to what is probably the most exciting day in the long history of the Club.

The Course is approximately 1,000 metres, and we need 50 marshalls, working in pairs. We have the marshall's jackets, we have the whistles, we can feed the volunteers. So if you wish to avail yourself of the opportunity of a free meal from MacDonaldis (a good incentive if ever there was one!), please phone Peter Fox (Tonbridge 0732 355735) as soon as possible and let him know you can help. Please don't be shy, we really do need you.

The programme starts at 1.00 p.m. and includes juvenile and junior cycle races, and a 40 lap all category race for the Royal Victoria Place Trophy, not to mention the Trike Race and a parade of members of the Veteran Cycle Club in Victorian Dress. Among the other attractions are running races and a fancy dress competition for the local primary schools.

On the evening before (Saturday) we are having a Barbecue with a Spit Roast, which is taking place at the Borderers Sports Club - tickets price £3. We also have camping facilities arranged, so if you want tickets for the barbecue or to stay over for the weekend, please contact Gwyneth (Tunbridge Wells - 0892 545058) for details.

SOMETHING TO REALLY LOOK FORWARD TO !

GWYNETH

WILLIAM HICKEY COLUMN

Before I get well into my column, and by the heck, I have solicited a whole host of observations, I should like a quick reply to Marina's invitation to Majorca. I see that the last overseas vacation has left an indelible mark since she is returning to an area which I am reliably informed was a less stressful experience. I have to decline the invitation since the Lewes invited me to their Majorcan road race in May. I really couldn't cope, Marina, with all those mishaps you get up to. And poor old Mike, no wonder he has a few grey hairs.

I chanced to ask Sarah (spelt correctly) Lade what she had bought for her father's stocking. "Well", she said, "the whole family bought him a mountain bike." Surprise! Surprise! Sarah said it came as a complete surprise! Not so. I am reliably informed that Graham had already researched out this possibility by ordering the bike in the summer!! I couldn't be like that!

I was speaking to young Kevin (he tells me he is 22 but I am not so sure). He was unable to ride a couple of events prior to Xmas due, he says, to a pain on his knee. I'm not sure whether this was an excuse or whether spending so much time with Lippy has given him an excuse file to use when the going gets tough.

I seem to recall in 1955, a certain Preston Nomad rider who was suffering from chronic backache. Nonetheless, just prior to a 12 hour he got up at 4.00 a.m., rode to the start, amassed a respectable mileage, then rode back to Seaford and was riding to work at 8.00 a.m. the following day. Mind you, in those bygone days you really had to learn your cycling apprenticeship the hard way. In some respects, apart from a lack of traffic, there was nothing to commend you to the quite awful problems you always seemed to encounter. There were no 'racing' lightweight shops, equipment always at a premium and if you were unable to sustain your own repairs you just did not ride. You couldn't afford tubs and to own a pair of Dunlop Os or Is was sheer ecstasy. You had no money and usually your only source of income was derived from a paper round or a fruit & veg or meat round.

You always had to cycle out to an event and back, irrespective of the distance. I can remember going to the Isle of Skye on a fixed wheel with two spare inner tubes, both of which had numerous punctures; trying to mend a tyre below zero with only the sheep to keep you company is a test of one's humour (eat your heart out, Marina), so perhaps the youngsters were pampered in those days. But clearly I would not like to revert to the prehistoric racing days.

I couldn't help noticing that the 'Toilets' were running a Trivial Pursuit Competition, even to the extent of publicising it. Heaven knows how this is run, since they are not really capable of organising too much, a Trivial Pursuit ensemble must have been the total limit of their activities.

The E.S.C.A. were fortunate in securing Pauline and Alan Strong as guest speakers at the Annual Luncheon & Prize Presentation in January 1992. It was a pleasure to have Pauline with us, especially as she hopes to ride the End to End in under two days. Spending a little time with Pauline it never ceases to amaze me how it is possible even to consider riding from Lands End to John O'Groats, let alone a lone woman achieving this. Apart from Alan, Pauline looks after three dogs called Kelly, Zoetmelk and now William Hickey!! The nice thing here was that Pauline and Alan travelled 320 miles in the morning to keep the engagement. Hopefully we can repay this by ensuring that she has a total turnout when she goes for the London to Brighton and back record attempt.

Needless to say, Roy and his army of caterers were first class and once again we achieved another highly successful Sunday afternoon.

I cannot recall seeing so many roadworks in the county. Sussex seems to have gone traffic light mad, if it is not main orbital works that have disturbed the entire area surrounding Brighton we now find the Lewes bypass besieged, the Eastbourne main road due to accommodate extra roundabouts and bypasses. The much favoured G938 is due for total destruction east of Crossbush. It only needs subsidence in Crawley, landfall in Horsham and landslides in Pevensey and that should just about finish all time trial racing in Sussex irrespective of circuit courses. The only interesting question is whether, when all these roads have been completed, we can expect some faster courses. By the time this comes about we shall all probably be too decrepit to take advantage. I really can't see Sir Charles measuring out new courses on his zimmer!

We took in three further Dinners and Prize Presentations. At Clayton, where Sussex Nomads once again put on a successful evening. Central Sussex held their's at the "Highlander" in Uckfield. A much enjoyable evening controlled by Ken and Barbara Atkins, supported by that ever youthful Don Cook, Esq., Central's President, who, when I left him still had problems identifying Don Awcock's wife. And of course, the Surrey/Sussex VTTA Luncheon and Prize Presentation in Capel, headed by Eileen Gray, OBE; since Sir Charles was also on the top table we had two people honoured by the monarch.

Reading Michael's editorial in edition 25, February 1992, he gives precedence, and to quote "A.G.M. volunteers rush to join the Club committee". I really cannot believe this is accurate since I know one Club who constantly has to bail out Lewes due to Committee members being unavailable to deal with ... taking their clubruns, supplying marshals, helping to design their new colours, prescribing training functions and assisting their various members. It is quite clear that because of these anomalies there has been a rush of people to join the Committee to ensure that they keep their identity and not continually try to emulate another Club. Sylvia Burgess I see has retired as Club President which is rather unfortunate since her role gave her freedom to exercise her massage techniques. Since I was spared her attentions I wish her well in her well earned retirement. All messages of goodwill and happy retirement should be sent to the Crowborough Homes for the Retired, High Street, Crowborough.

January has seen the start of the domestic road race season in the guise of reliability runs. Despite the fact that the runs are grouped to accommodate the slower rider, it makes no difference and if there is ever a case of "taking no prisoners" this must be it. If you are dropped, take a wrong turning, puncture or just loose your way, you have had it. It really is the survival of the weakest. Directions for courses seem to vary from the complicated (Lewes Wanderers C.C.) to the obscure (E.S.C.A.) to the loosely worded (Eastbourne) to the sensibly minded (Crawley/East Grinstead) to the verbal ("and I will say this only once" A.L/Sussex Nomads C.C.) to the non-existent (Etoile de Toilette).

Esther has admitted that she now contacts all Clubs who I mention to see if they have any objection to what is written. This has to be the most blatant form of censorship; it's probably due to a total lack of reference to the V.T.T.A. or the Hastings & St. Leonards.

We shall shortly hit the racing season once again so I shall be reviewing certain riders and their expectations. A portrait of Geoff Baker's supermarket experiences and how to wine, dine and ensnare while shopping. Dave Dallimore's dilemma with his frontal superstructure. How Ron Rogers contributes towards the security of Cuckfield Hospital and a revealing expose of Heather Reeves, finishing with her personal observations of what happened in the Central's reliability trial.

Lastly, a short note for Ric. Ramsey Lewis at the Savoy is a must. Ring me for a free cassette.

Be lucky and safe riding.

W.H.

P.S. Dave we have your T.T. book.
Lippy, we are sending you the next BONK and you are now officially on our mailing list. Say "hello" to Helen for me.

CLOSING DATE FOR SUMMER EDITION

JUNE 14TH 1992

EAST GRINSTEAD C.C.

Key event of the winter for most Clubs is the Annual Dinner, the one event which pulls together the maximum number of Club members in one location. Apart from the obvious intention to over-indulge on the old comestibles it is the time to honour our Champions and distribute the hard fought for trophies.

East Grinstead's Dinner in January was, as usual, supported to capacity and included as Guest of Honour, Russell Williams. Top of the evening of course was the presentation of awards and trophies. Mickey Robinson was as usual on hand to do this to the accompaniment of a suitably rowdy greeting to the recipients from the assembled members.

First up was Will Wates to collect the Downhill Cup for his ability to harness the forces of gravity. For the opposite ability, Steve Blackmore stepped forward to accept the Hillclimb Trophy, together with the Tony Horrigan Road Race Trophy, runner-up in the B.A.R. and a National B.A.R. Certificate.

The Ajay Trophy for the best performance by a newcomer went to Andy Seltzer following an impressive first full season.

The wet summer didn't make the evening 10 series any less competitive. Overall winner and best vet was Bob Taylor. John Preston was Junior Champion and best Lady was Rita Preston. Best Juvenile for the second and final time was Andrew Kirby, who moves to junior status this season.

The Snowhill Cup and Gold Medal for Middle Markers went to Paul Blackmore. The Silver went to John Geal who, at the age of 54, beat his lifetime best at 25 miles.

Moving to the road racing scene, the Ron Daniels Memorial Trophy for Vets was presented to Bob Smith (also awarded the Middle Markers Bronze). The Junior Champion at this discipline, taking the Secretary's Trophy, was Tim Ellis. Most promising young road racer, accepting the Fred Marshall Memorial, was Lorna Wates, already an international rider and National Champion. Leader of the bunch, and final victor by just one point, was Steve Walder, recipient of the Geoffrey Butler Road Race Trophy.

The B.A.R.s. were won as follows: the Kestrel Cup for Juveniles to Edward Wates; Junior B.A.R. to John Preston; the Dorothy Daniels Memorial for Ladies to Mo Wates; Vets B.A.R. Rosebowl to Richard Parker; President's Cup for the Senior B.A.R. to Steve Elms, who also collected the 25 mile Cup, the 25 mile Shield and the Coronation Cup for the fastest 50.

Steve Dennis who returned from France especially for the Dinner, took away a lighter load of awards than he has for many a year, collecting the Evening 10s award and the E.S.C.A. 50 Tankard.

The Clifford Moore Memorial Trophy is awarded at the discretion of the Committee for Services to the Club. This year's well deserved winner was Barbara Verco, the unanimous decision of the Committee clearly echoed by the members' warm reception when she stepped up to collect it.

The following day there was a good turn-out for the descent of the north face of Tilburstow Hill. This year the secrets of gravity power were used to best effect by Ken Taylor, thereby guaranteeing himself at least one award at the 1993 Dinner. Afterwards competitors rendezvoused at Snowhill Garden Centre coffee shop for refreshment and relaxation after the rigours of this tough event.

Sadly, Snowhill etc. etc. will no longer make EGCC's name the longest in the County as our three year arrangement has come to an end. They are not in a position to extend it so we are casting around for a new partner, not easy in the present climate when most marketing budgets have been slashed to ribbons. Meantime we revert to our basic name and press on as before, we still intend to beat the living daylights out of you - in the nicest possible way of course.

B.K.

THE VERY MUCH FURTHER ADVENTURES OF LEWES OF ARABIA

The one bit of useful information I've got out of Cycling Weekly lately has been the address of Keith Killingbeck, ex Vectis Roads, now Chairman of the Riyadh C.C., Saudi Arabia. Hadlow Down Tearooms on the clubrun one week and out training with the lads in Riyadh's Diplomatic Quarter the next.

A holiday in Saudi visiting my in-laws during November gave me the opportunity to ride amongst the camels and Bedouins of Arabia. Keith Killingbeck has been out there for five years and runs the Riyadh C.C. which is an offshoot of an ex-patriots running club. They have half a dozen or so members (mainly ex runners) and have recently taken part in a mini stage race against an ex-pats triathlon club in Dharan (near Bahrain). This involved a twenty kilometre time trial and a 100 kilometre road race, in temperatures of 90 degrees Fahrenheit plus. They have been challenged to ride against the Saudi National team in the spring. Their training rides consist of three nights a week around the very quiet and well lit roads of the Diplomatic Quarter and early morning rides at weekends in the desert.

I joined Keith and another chap - new to cycling, on one of the evening rides, borrowing his wife's mountain bike. After a week of eating and drinking, one hour was about enough for me, especially as we seemed to be going round and round in circles and I was completely lost.

The following Thursday morning at 7.00 a.m. I met up with them again (Thursday and Friday being their weekend) - getting a lift to just outside the city. Riding through the Riyadh traffic is unthinkable after 7.00 a.m. as the driving is atrocious and very erratic. By leaving so early you can get two hours in before the temperature gets up to 90 degrees F. In the summer they get out by 5.00 a.m. as it is 120 degrees F. by 8.00 a.m.

They have a variety of circuits across the desert including one which is part of a massive planned housing area. Nothing has been built except miles of superbly surfaced roads. Riyadh had a population of 34,000 in 1974 - now it is nearly two million! The scenery around Riyadh is fairly uninteresting - sand, rocky outcrops, scrub, Bedouin tents, camels, etc., and the roads are more or less straight. The two things you miss most are the colour green and the weather - an active weather front sweeping across Riyadh is a few wispy clouds on the horizon.

We rode along empty roads in a lovely 70 to 80 degrees F. heat as I tried to take in the totally different scenery around me. The last half of the ride was into a nagging headland, with nothing to take your mind off it, which made me appreciate that temperature apart, the vast openness of the area must make riding quite hard - mentally as well as physically. However, later that week we flew down to the Asir region in the south west of the country for a few days. This area is entirely different, very mountainous, cooler climate and even clouds in the sky. Cycling here would be superb as new roads have been built tunnelling through, spiralling down the 10,000 ft. mountains to the Red Sea beyond, affording incredible views. Baboons are plentiful on the rock faces and small cafes with hubble-bubble pipes can be found by the roadside - Ian Landless, please note - no Little Chefs. Riding here is a must for next time.

Saudi Arabia is a fascinating place and I thank the Riyadh C.C. for giving me the opportunity to ride where no ESCAbod has (probably) ridden before. The culture of the Saudis would take another month to write about, suffice to say it is no place for women's libbers or Salman Rushdie fans!

Rear End

SUSSEX NOMADS C.C

The Nomads attended the E.S.C.A. Lunch in force as usual this year. Once again it was one of the better 'Doss' of the Social Season. It certainly made our day when Pauline Strong said, in her speech, that the Nomads would be a formidable team in the coming year. (I think Geoff wrote her speech).

Of course she was right if our clubruns are anything to go by. Peter Cauldwell is going well and this will be his second season. Two riders who joined the Club in the autumn, Tim Greenhalgh and Gerard Burgess show strength and speed. Gerard won the Xmas 10, his first race, on a borrowed bike. We also have a second claim member from Cornwall who is studying at the Tech - in between training rides! A first cat, John Bennett spent some years racing in France and speaks French, which is very handy now that we intend to go Continental again this year.

We haven't seen much of Anthony or Dan. I think they have discovered other things to do at weekends and in addition, Tony has exams.

The Club Dinner was a great success although only thirty one attended, twenty seven of whom were Club members. It was held at Clayton Church Hall with catering by Maynards, the E.S.C.A. caterers. The food was good, the company great; it all went very well. The prize presentation included Dan Bennett's medals for the S.C.A. Junior Championship 25 miles, the Club Junior B.A.R. and the '59 Trophy' for his 59.58. Anthony Mepham took the Club Juvenile B.A.R., and as mentioned earlier, Gerard won the Xmas 10. Keith Chandler was awarded the Sportsman of the Year Trophy for continuously bouncing back. Dan's dad, Fraser Bennett, presented Trish Limbrey with a bouquet of flowers for all the help she had given the Club over the the year.

The Club reliability trial went off half cocked, but we had a good ride with the Eastbourne Rovers. The 1993 event will probably be on January 17th and will be O.K.

The Nomads "Clothes Nouveau" are here. YES, our new skinsuits, etc., have arrived and look very smart. There will be no mistaking a Nomad on the A22 this year: assuming that we can get on with it with all the road works going on at the moment and those planned for the future! So, get out your sunglasses (or should it be Oakleys?).

Geoff, Alan and Trish went to the Lewes Dinner. One of the highlights of the evening was the presentation to Geoff of a black lace bra to keep his figure in check. He later swapped it with one of the girls'??

Well, that's all for now. Be careful and we'll see you at the two-up.

Limbo

WORTHING EXCELSIOR CYCLING CLUB

SUNDAY 26TH APRIL 1992. WEALD & DOWNLAND RANDONNEES

For the eighth year, we are organising a day of cycling under the rules of Audax United Kingdom. Two events will be held, a 125 km and a 200 km event. They will both start and finish in Worthing. Refreshments will be available at the Event Headquarters before and after the event and en route.

The 125 km (9.30 a.m. start) route will take you via Adversane, Wisborough Green, Haslemere, Hindhead, Lurgashall, Wisborough Green, Fittleworth, Arundel, Worthing.

The 200 km (8.00 a.m. start) will take the same route as the 125 km with the addition of Tilford, Alton, New Alresford, Ropley and Farringdon. A good selection of quiet roads for both distances plus a few climbs to provide you with fine views.

The 200 km may well suit ESCA racing members training for a fast season awheel. This distance can be covered between 15 and 30 km per hour (18.75 m.p.h.). Who in ESCA could manage 125 miles in under 7 hours? on this route!! Matthew Rabbits are you reading this?

Full details and entry form from

DAVE HUDSON, 151 MIDDLE ROAD, SHOREHAM by SEA, W. SUSSEX.

1066 AND ALL - WHAT?

Would you have liked to see Peter Wall, naked apart from Pat Hill's underclothes?

Would you have liked to enjoy the company of a wonderful gathering of has beens (definitely not to be confused with never was's)?

Would you have liked to enjoy crosss toasting second only to the T.A. S.E. Regional Luncheon?

Would you have liked to dance to the music of Tina and her Summer Sounds (just as exciting as their name implies)?

Would you have liked to enjoy a Group singing Lonnie Donegan numbers, accompanied by a very talented man playing the spoons?

Save us from such a fate, I hear you shout - then it's a good job you weren't at the 1066 annual shindig at Hastings.

As you have guessed, the Annual Get Together of the 1066 Fellowship of Longmarkerss was, indeed, an unusual occasion. (Maybe not unusual for them, but certainly not like anything else I have ever experienced).

The 1066 Fellowship is a group made up mainly of the old Members of the Hastings Cycling Club. And Fellowship is certainly a very good word to describe the atmosphere of fun and frolics which was ably organised by our own Esther Carpenter for their annual get together.

When we arrived at Hastings we were delighted to meet up with some of our friends from the Tricycle Association, although Jim Catt was significant by his absence, he, unfortunately, being unwell.

I had already been told by Joyce Dunford that the cross toasting was encouraged by the provision of gavels and blocks on each table - for the frequent banging of! And they were certainly put to good use.

After a very pleasant meal with much merriment, much of it at the expense of Arthur Coleman, who has given a new meaning to the word "legless" we enjoyed a good natured speech by Pat Hill, during the course of which for some totally unknown reason, Peter Wall appeared naked. Thank goodness he was wearing his bra is all I can say. (Pat Hill and Peter Wall were both playing truant from their own Club's Dinner. I imagine that an invitation to show off his naked body was too much for Peter to resist. I think he may have got more enjoyment from showing than we got from admiring it.)

When we had got over the shock we adjourned downstairs where the dancing commenced to the strains of Tina and her Summer Sounds. Tina was on the keyboard and the Summer Sounds were provided by Eric playing the drums. Real traditional pier end stuff - well this was Hastings after all. Incidentally, in her hey-day many years ago, Tina was a hula hula dancer in a nightclub - but in those days she was known as Tina and her Hawaiian Sounds.

Later in the evening we enjoyed a rare treat. A group from the CTC known as "The Wild Oats" did a turn. Among other attractions was the spoon player and an item where the audience joined in one side of the room singing "it's a long way to Tipperary" and the other side singing something else that I can't remember. (Maybe because it was totally impossible to sing it fighting against the sound of "it's a long way to Tipperary" coming from the other side.)

We then had the raffle for which the prizes were truly magnificent.

When we left it was midnight and things were just beginning to get going. Goodness what time it finished or what antics they all got up to in the small hours of the morning. The mind boggles!

HOLLANDS

(Reprinted from the Southborough Gazette with kind permission of the author)

In 1991 we provided communications for several South London events, and we're told we'll be asked to do even more in '92.

We feel that Sussex club and S.C.A. events should have priority, with a minute level of favouritism towards Worthing Excelsior!

So could you, through your illustrious journal, say to all Sussex event organisers, whether for club or S.C.A., "If you need John and Daphne's all-weather talking wireless service, get in early to avoid disappointment!"

Yours in sport,



21, Rackham Road,
Worthing,
Sussex BN13 1LH

0903-267196

John and Daphne Grant.

P.S. We've written a "how to do it" paper which should help any person or club thinking of setting up a similar communications system.

P.P.S. Now that "Bonk" has erotic connotations - (something to do with head-board striking wall?) - why not change the magazine name to "Legover", as that is how one gets on a bike?

CROSS AMERICA CYCLE RIDE - SEPTEMBER 1992 IN AID OF FRIENDS OF THE EARTH

Matthew Rabbetts and James Benning, both of Lewes Wanderers C.C. are proposing to ride from Seattle to New York, starting in mid-September. The ride is being done in aid of FRIENDS OF THE EARTH and is expected to take five weeks. The distance is 3,000 miles and it is planned to do 100 miles a day with 5 rest days.

The route will be going through WASHINGTON, IDAHO, MONTANA, NORTH DAKOTA, MINNESOTA, WISCONSIN, MICHIGAN, ONTARIO (CANADA), NEW YORK, PENNSYLVANIA and NEW JERSEY.

Any information on riding in the U.S. and the above States in particular would be most welcome. In addition, if anyone has any relatives or friends living on or near the route who would be willing to put up two clean living cyclists for the night, again such information would be most welcome.

It is hoped to get some form of financial sponsorship for the trip. Whether it be from local bike shops, local companies or just wealthy individuals! In return for such help, maximum publicity will be sought through local radio and newspapers and talks to local Clubs, etc.

Anyone who is interested in assisting with the trip or who has information regarding travel in the U.S. can either phone or write to

**MATTHEW RABBETTS, 12 WHITEHILL ROAD, CROWBOROUGH,
E. SUSSEX. TN6 1JB
TEL: 0892 664838**

SOME HAPPY COUPLES AT THE E.S.C.A. LUNCH

JOYCE & TIM



JOHN & CHRIS WATTS RELAXING



SOME HAPPY COUPLES AT THE E.S.C.A. LUNCH

DIANA RUSSELL & ARTHUR SMITH GET GOING WITH A BANANA.



JEAN SMITH & WARWICK DUNFORD MANAGE WITHOUT ONE.

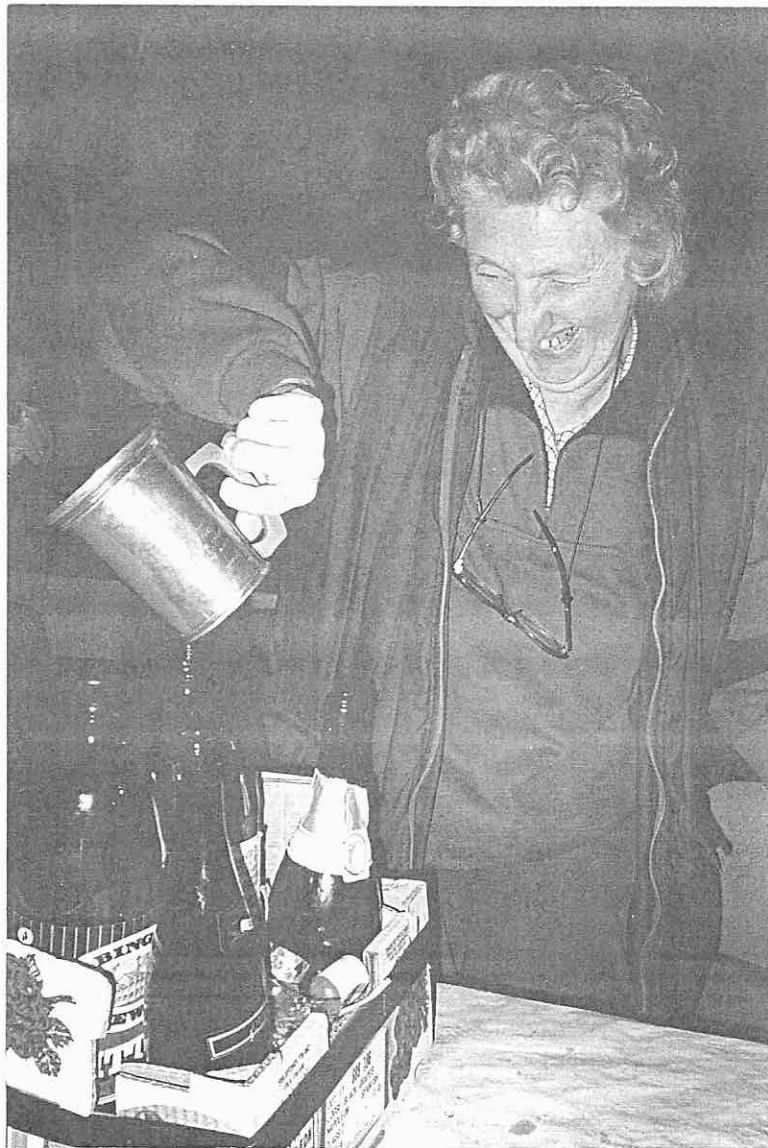


SOME HAPPY COUPLES AT THE E.S.C.A. LUNCH

JILL ROGERS SPREADS HERSELF AROUND



CHARLES WITH PAULINE STRONG



ROUGH HISTORY OF THE MOUNTAIN BIKE

It all started a long time ago ... well, in 1978 to be exact, in a place called CRESTED BRUTE in COLORADO, U.S.A. A bunch of twelve guys and one lady decided to take their "clunkers" (very early name for mountain bikes) over the Pearl Pass. One guy in this group was a man called GARY FISHER. These people finished the 1,000 mile route in twenty days ... not bad considering their bikes.

Anyway the man mentioned earlier, Gary Fisher, went on to evolve the mountain bikes in the form they are today. He owns one of the many mountain bike companies (you know his bikes because they have his name on them). His is very close to the top of the world. Thanks to him and many other "clunkers" they have helped to evolve a very exciting and physical sport, a world away from track racing.

Today the mountain bike is the most sold style of bike around the world. It has a very big following (me being one) and thus a World Championship and various National events have sprung up around the world.

To get to the World's you usually have to be a very good rider, within the top ten in the country in the B.M.B.F. result table at the end of the season (British Mountain Bike Federation). This is achieved by riding events that the B.M.B.F. put on all over the country. Anyone can enter these events after paying an entry fee of about £10 and riding in whichever category you want to, i.e. youth, junior, experts and pro elector - the very good. If you are lucky and ride very well, i.e. get into the top twenty, you are awarded points and these, with your name, are placed on the scoreboard.

On the whole a lot of people know they have no chance of winning but do it just for fun, which is the whole essence of the sport. Isn't it?

Daniel Bennett
Sussex Nomads

EAST SUSSEX MID-WEEK CYCLING GROUP

Our Wednesday Group held its Annual Festive Lunch at Laughton on January 8th, 1992, when thirty eight of us (so I am told) sat down to an excellent lunch. Once again the event was ably organised by Dennis Jakeman, who also had the presence of mind to bring with him a list of "who had ordered what" to eat. This saved several folk from having someone else's sweet!!

Fred Mehew has just retired after fourteen years as Secretary of the D.A. and was presented with a gift in appreciation of his years of hard work.

We were all surprised and pleased to see Ernie Spray at the Lunch, recovering from a hip operation in December. He is making excellent progress and has since been seen out on his bicycle! He was presented with a special gift - an Artist's Impression Of His Operation (Cyclists' Version) beautifully drawn by our man of many talents, John Muirhead.

Mike and Megan Rabbetts returned in December from a visit to Argentine and Chile. After our lunch, Mike entertained us with a brief account of their travels. They were very impressed with the places they visited - to such an extent that a return visit is planned another year. There is a large English community in Argentine who have lived there for many years and for some, more than one generation. Presumably for this reason it is possible to enjoy such English delights as Afternoon Tea. Mike had the opportunity to sample the Argentine idea of Afternoon Tea. This consists of enormous portions or various types of breads, sandwiches, cakes, etc., but only ONE cup of tea is provided!! All this for a very modest sum of Argentine money.

We had our usual "photo call" before leaving what had been a very enjoyable re-union to make our respective ways home.

Can we book for a "repeat performance" next year, Dennis?

Thelma Thompson

