



THE OFFICIAL JOURNAL

East Sussex  
Cycling Association

PUBLISHED QUARTERLY

PRICE 25P



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# EAST SUSSEX CYCLING ASSOCIATION

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President Jane Lade

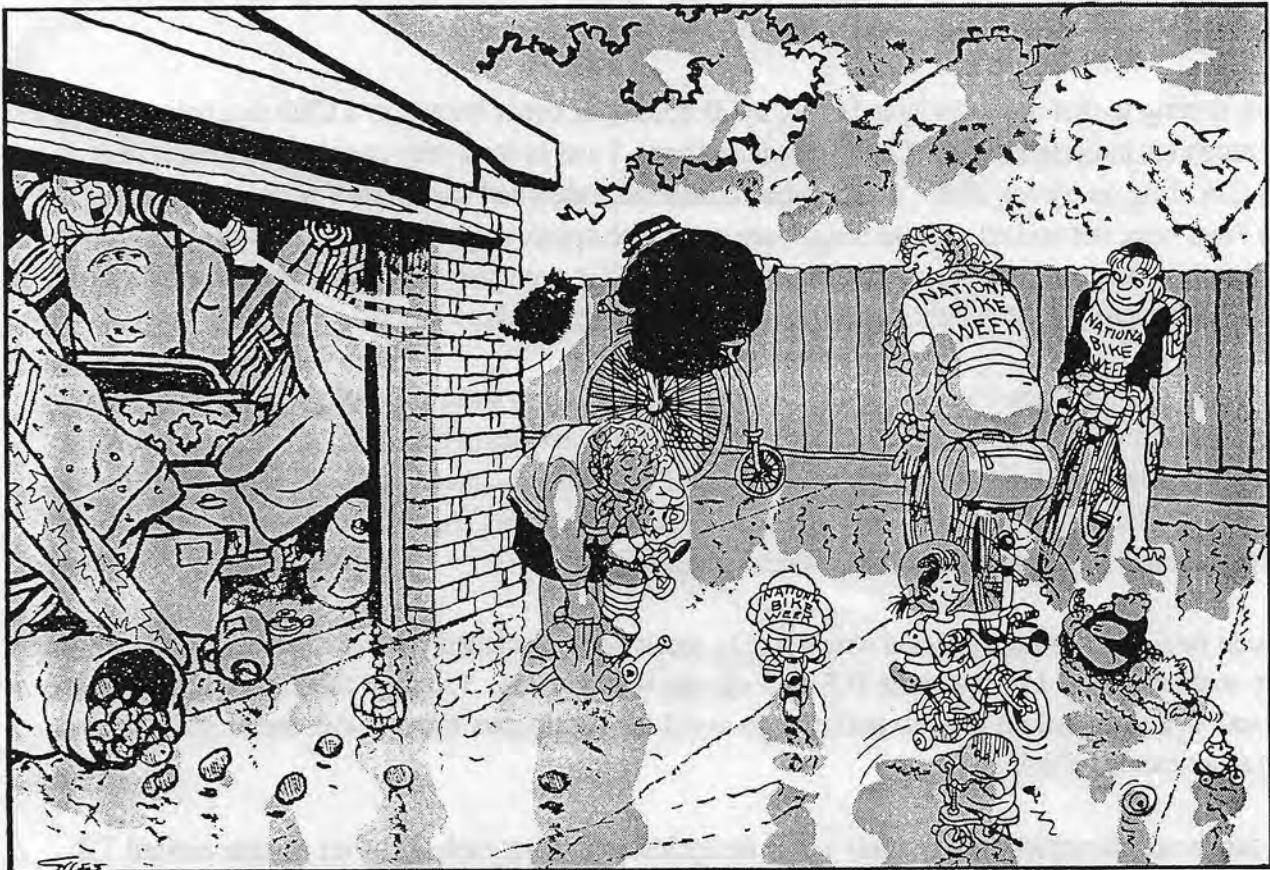
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Summer 1993

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" And I tell you I distinctly remember putting my bike in here last year !"

## WILLIAM HICKEY COLUMN

It is nearly always a problem in focusing on a theme which totally involves cycling. Fortunately March initially proved very productive. However before I deal with my March diary spare a thought for poor old Matthew Rabbetts and his one man film show showing sequences of his U.S.A. six week trip. Matthew after seeking Sussex Nomads Promotional Director's advice on presentation immediately had problems with the projectionist who clearly was unfamiliar with both the working mechanism of the machine and the subject matter. However, having "cobbled", together the programme, Matthew had to apologise for staff shortfalls, lighting irregularities and failure to provide adequate entertainment in the interval. I am advised that Matthew's one man show is now in the provinces doing scheduled gigs to full houses prior to its West End debut. I am not so sure if the projectionist is still gainfully employed.

I love to devote a few words to B.E.C.C. (not to be confused with the BEC C.C., a more refined Club). I had occasion to visit their club somewhat later than usual. I had had a particularly busy day and a hot "cuppa" would have been appreciated - some hopes! The tea bar was closed, no replacement staff. When the Excel finally arrived half the Club had gone home and what remained had to locate some milk, unlike the Nomads club room where a charming unassuming bar steward prepares hot coffee, tea, coupled with biscuits and cake, at no cost to its members and their guests (cold tea and waiting time is simply not tolerated). Little wonder that a Nomads evening is a cherished experience.

Again, turning to that much maligned Club, the B.E.C.C., or better known as a Club that believes in a little rough (as indicated in their Club application form), I was in for a very positive V.I.P. treatment at the S.C.A. 2 up on March 20th. A seat, table, coffee/tea, cakes and sandwiches were made available, other Press were not invited. Whilst the gesture was much appreciated I was advised by the promoter's wife that this was not a bribe, merely a token of the B.E.C.C.'s appreciation that their mistaken cake price increase was merely an oversight and is not being encouraged in future events.

Fortunately Brian Mutton couldn't make it or I might have had to share my perks with him and mixed some more nostalgic memories of the sixties and the current activities of the "Toilets". Just one last word on the cake selection, Judy convinced me that she did not make the bread pudding. I am satisfied that the two pieces left for me were the very same that I had tasted in the S.C.A. 25 in 1992 (could the B.E.C.C. have discovered the secret of mummified bread pudding?).

And one final, final word. Vanessa would like to receive any discarded cycling livery to enable her to create some new for old' should the B.E.C.C. change their colours. I suggest that the Lewes help out here and send Vanessa all of their uniforms to avoid the continuous mix-up with the premier yellow fluorescent racing Club in the area.

I am sure a number of testers have duly noted the inclusion in paragraph (3) of yet another revised T.T. form (circa February 1993). This concerns the much publicised drug testing squad currently administered by the National Council for the benefit of all us testers who regularly race each week for personal achievement and over all satisfaction, my understanding of this latest cycling fad is that the local D.C. have been requested to provide a Club member who would assist in the over all supervision should any

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

of us be selected for a random test. I frankly find this kind of intrusion totally objectionable in its concept and offensive in its innuendo. Basically the entire TT fraternity are purely in open competition using their fitness and up-market components to stimulate their hobby, the very idea of using drugs and stimulants to improve their performance is so far off the mark that it becomes ludicrous, laughable and utterly off the mark. If you really want to cheat in your sport there are easier ways to do this, turning short comes to mind, taking pace behind a mate's car is virtually undetectable. It seems to me that all the instances of stimulant abuse is provided by your local G.P. or chemist to treat flu, asthma and other more seasonal illnesses. If we are to accept current regulations concerning the proscribed non-use of certain drugs, additives or stimulants then it is quite clear that all riders, irrespective of whether you are a professional, a good amateur or just a participant, must in future advise your D.C. or Sponsor what illness you have and what antibiotics you are taking. This should be signed by a doctor or a competent professional source to legitimise such an illness. If therefore a test is administered and certain constituents are found at least the rider will have insured himself against such a contingency clearly this nonsense would have gone a long way to be stamped on. This very artificial and haphazard suggestion that drug taking in our sport is widespread can be dispensed with straight away.. The other aspect we must be very clear about is the need of drugs to reduce pain or alleviate, albeit temporarily, such problems you are experiencing without which you are unable to function properly. I would mention as an example diabetes, which is prevalent amongst a number of active and competitive cyclists. I would also mention epilepsy. The treatment for both illnesses, I am sure, carry certain prohibitive substances. You can well imagine the very real indignation if you fall foul of the drug squad and get banned because you have to induce prescribed medicine. I think this area is very grey and is deserving of more constructive comment than that which is currently available.

The weather recently, or rather since Christmas, has been plainly awful. We don't appear to string two days together with the same constituents. This clearly affects our racing. A more unsightly scene is trying to struggle out of rain sodden garments in a totally exposed piece of country where there is no H.Q. or toilets. That's enough about the Excel's 10 at Bramber. I must thank Ric for producing for me some excellent Charley Mingus. Ric will be pleased to hear that I now possess a new music centre together with a CD facilities. The old one met with an unfortunate accident. This was met from the Nomads' insurance policy which covers just about everything except food poisoning (Excel please note).

Talking of food I was more than impressed with the recent Central Sussex R.R. promotion at Handcross. I had heard from gossip picked up at Staplefield that Bryn's mother's flapjacks and bread pudding had been very well received at other less notable functions; with this in mind I calculated a three hour marshalling stint at Cuckfield would enhance my chances of securing these magic tit bits. I was not disappointed. Half time saw Bryn himself attending to my needs at Whiteman's Green. The cakes were even better than I had first realised and the racing wasn't bad. Marshalling mid-day certainly has its benefits. I was able to talk to motorists, pedestrians, cyclists and the occasional Lewes Wanderer who had strayed into occupied territory. As for the cakes, thank you Mrs. Bryn, please pass the recipes on to the Excel, that caring/sharing West Sussex Club.

W.H.

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

<u>E.S.C.A. LADIES B.A.R. INTERIM RESULTS</u>		<u>10</u>	<u>25</u>	<u>Av.mph</u>
1	MISS T. THOMPSON Brighton Excelsior CC		1-11-15 (21.05)	21.053
2	MRS. H. WIMBLE Lewes Wanderers CC	27-48 (21.58)	1-13-26 (20.42)	21.005
3	MRS. E. BUCKLEY Hastings & St.Leonards CC		1-12-52 (20.58)	20.586
4	MISS S. J. LADE Eastbourne Rovers CC	28-36 (20.97)	1-16-24 (19.63)	20.306
5	MISS M. SEYMOUR Lewes Wanderers CC	29-48 (20.13)		20.134
6	MISS S. J. WELLER Lewes Wanderers CC	29-54 (20.06)	1-19-21 (18.90)	19.485
7	MRS. E. CARPENTER Southborough & District Wheelers	31-16 (19.19)		19.190
8	MRS. J. LADE Eastbourne Rovers CC	32-37 (18.39)		18.396
9	MISS F. GRAHAM East Grinstead CC		1-24-39 (17.72)	17.720
10	MRS. R. PRESTON East Grinstead CC		1-25-13 (17.60)	17.602

<u>E.S.C.A. JUNIOR B.A.R. INTERIM RESULTS</u>		<u>10</u>	<u>25</u>	<u>Av.mph</u>
1	C. KITCHENHAM Hastings & St.Leonards CC	23-01 (26.06)	1-01-04 (24.56)	25.315
2	S. WOODBRIDGE Brighton Excelsior CC	22-39 (26.49)	1-02-49 (23.87)	25.184
3	D. BENNETT Sussex Nomads	23-50 (25.17)		25.175
4	M. J. BEAUMONT East Grinstead CC	23-45 (25.26)	1-00-33 (24.77)	25.018
5	J. DEAR Eastbourne Rovers CC		1-00-44 (24.69)	24.698
6	S. COMBEN Lewes Wanderers CC	24-33 (24.44)		24.440
7	M. BLUNDEN East Grinstead CC		1-02-12 (24.11)	24.116
8	L. CONSTABLE East Grinstead CC		1-04-39 (23.20)	23.202
9	S. WRIGHT Eastbourne Rovers CC	26-28 (22.67)		22.670
10	S. STACEY Eastbourne Rovers CC	26-49 (22.37)		22.374
11	J. M. LIMPUS Lewes Wanderers CC	26-07 (22.97)	1-08-59 (21.74)	22.359
12	W. L. DAVIS Sussex Nomads	26-25 (22.71)	1-11-00 (21.12)	21.920
13	A. ROGERS Eastbourne Rovers CC		1-09-33 (21.56)	21.567
14	G. HOUSTON East Grinstead CC	26-38 (22.52)	1-12-51 (20.59)	21.559
15	P. STACEY Eastbourne Rovers CC	28-34 (21.00)	1-17-02 (19.47)	20.238



# RACING NEWS



**CANCELLED**

## Hill Climb

**26 September 1993**

**CANCELLED**

### POSTPONED DUE TO GOLF TOURNAMENT

ESCA "25" was 12 September and is now 19 September

Note new Event Secretary:

*Bob Taylor, 1 Engalee Cottages, Copthorne Bank,  
Copthorne, East Sussex. RH10 3QZ*

Course is New G835



### Juniors and Ladies

*You still have time to qualify for the Juniors and Ladies B.A.R competitions.*

*The following events count:*

<i>Eastbourne Rovers 10</i>	<i>21/8/93</i>	<i>G815</i>
<i>Eastbourne Rovers 25</i>	<i>22/8/93</i>	<i>G835</i>
<i>ESCA 10</i>	<i>11/9/93</i>	<i>G815</i>
<i>ESCA 25</i>	<i>19/9/93</i>	<i>G835</i>

*It is necessary to complete 2 \* 10 mile and 2 \* 25 mile Events to qualify for the competition*



## OBITUARY



### WT (BILL) COLLINS 1905 -1993

*Cyclists in East Sussex lost one of their most loved and oldest members when Bill Collins died peacefully in hospital on April 15th, aged 87, after a short illness.*

*Bill was born in Rushlake Green, East Sussex in 1905, but spent most of his life living in Eastbourne. He was a life member and past President of the Eastbourne Rovers Cycling Club, having joined in 1927. He was one of the few young Club members in those early days allowed to push the bikes of the landed gentry who were then the backbone of the Club - an honour indeed! Bill raced with some success before and after the War, which was spent in the R.A.F. at home and abroad, but his main love was riding and touring with the Eastbourne Section of the C.T.C., of which Club he was also a life member. He was for many years Chairman of the Section, and was their President until his death. He was awarded the C.T.C. Certificate of Merit many years ago for his services at local level, and on his 80th birthday in 1985 he received a Special Commendation for continuing services. He was also a member of the Tricycle Association, and an elected member and past President of the Fellowship of Kent and Sussex Cyclists, being presented with their "Fellowship" trophy many years ago for outstanding services to cycling. Bill was also present at the inaugural meeting of the East Sussex Cycling Association in 1946, representing the Eastbourne Rovers C.C., and he was a very familiar figure at their events, especially the 12 hour, where he was always cheerily assisting at the feeding stations.*

*Bill, a Gentleman's Outfitter by trade, married his wife Dottie, whom he met through cycling, 57 years ago, and they were always pleased to welcome fellow cyclists into their home, giving enthusiastic encouragement to all newcomers to both touring and racing.*

*Although Bill had been unable to ride his bike for the last few years, mainly due to two mild strokes, he always maintained his keen interest in our sport, and was always up to date with the cycling scene both locally and nationally.*

*To all who knew him, Bill was a true gentleman, warm and friendly of disposition, and always in good humour. Our condolences go to Dottie, daughter Val and all his family.*

*Jane Lade.*



## C.T.C. EAST SUSSEX D.A. MID-WEEK SECTION

The Mid-Week Section caters for a variety of cycle riders and by describing three recent outings it is possible to see the nature of some of them. Illustrated here are - The Exclusives, The Concerned Chatterers, The Alternatives, The Absolute Quality and the Altogether.

Firstly on a recent Wednesday Tony Palmer (life all at sea!) led the Exclusives from Woodgate Cottage at Marle Green to the Star at Norman's Bay. Just in case you are wondering, Exclusives are all male, hard riders, don't chatter and never need toilet facilities. This latter feature was quite a puzzle to me a frequent user, even taking my spectacles at Ripe and Mayfield to see more clearly the artistic pictures in there! What I have never seen is an Exclusive and recently I found out why. I had accidentally joined their company on a recent ride. At each five barred gate, first one and then another would disappear for what I was given to understand was "recycling" if you'll pardon the pun! Back at Woodgate Cottage were the Concerned Chatterers - surely self explanatory - who also like to be comfortable on the ride making for a slightly delayed start. Finally the Alternatives - sensible folk who prefer to take a more direct route! Eventually all groups arrived at Norman's Bay joined by Jim Stockham, Jim Berriman and Esther Carpenter. Many thanks to Tony Palmer for a pleasant run on a sunny day followed by a wide choice of fine ales and hearty meals well suited to the needs of cyclists!

If you are wondering where you can meet the Absolute Quality just go along to the Lagoon at Hailsham on a Saturday at 10.30 a.m. for top class refreshments in pleasant surroundings. This has to be the Absolute Quality part of the group since only a few have yet found the joys of cycling on a Saturday along quiet country lanes with like minded friends to local hostelryes. Venues visited so far, the Yew Tree, Arlington; the Kings Head, East Hoathly; the Ash Tree, Brown Bread Street; the Lamb, Wartling and the Wheatsheaf, Willingdon. Picnics are also on the agenda and if anyone knows a better way to spend a Saturday please let me know.

Finally the Altogether a happy notion of our D.A. President, Mid-Week Section founder member and incidentally, Concerned Chatterer - Denis Jakeman. On this occasion the Section met at the Lamb Inn, Ripe and quite a crowd enjoyed the good refreshments and since we had the inn to ourselves indulged fully in the usual bouts of good humoured banter. However on announcing the lunch venue at East Chiltington with the intention of taking a level route at modest pace to include all abilities - the crowd evaporated quicker than snow in Summer! The Alternatives chose to go to Chiddingly possibly to view the attraction at the Six Bells clad in a pelmet and not much else!!! Seemingly many of the others who advocate longer runs over new ground quickly found important business nearer home! In the event ten of us went along giving leader, Denis Jakeman, quite a task in his efforts to control the ride and so keep us "Altogether". He succeeded even though our two young veterans Jack Dunn and John Merckx kept pushing the pace at the front! On arrival at the Jolly Sportsman welcome beers were much appreciated by the riders and lunchers Esther Carpenter and Tony Vaughan. Again a great ride on a sunny day over territory not visited often enough, thank you Denis Jakeman, especially for the "altogetherness" of the ride.

Even more interest was to follow, for whilst I had made a modest spill on the way receiving a

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

nomination for the Mid-Week Section Topsy Turvey Trophy (yet to be made, craftsmen please note) I was soon ousted. For on our return journey John and Anita Bainbridge had insisted on using the bridle way and managed to take a double spill right at the start on their new Horizon tandem! Whilst the rest of us waited for them at the other end of the trail the knowledgeable Esther Carpenter who had chosen to stick to the tarmac and take the long way round shot past at a goodly pace. And even though someone suggested it was actually downhill I'm sure the vision of a fast disappearing delectable Esther makes a suitable note to conclude!!!

Peter Bratt

### MAJORCA '93

At the behest of the Lewes Wanderers I again made the yearly pilgrimage to my favourite island. Not so lucky with the weather no hot days. WE had two days of solid rain and more threatening over the period. I managed 'El Cololba' in company with the dancing Ronny (who stopped, so he said, to ensure that I did not go off course and for me to take some shots of him completing the 'coup de grace' over the final ascent).

Amongst the Lewes contingent this year was the 'old fellah', Kevin Bramham, wearing those quite awful Central Sussex shorts and periodically quoting some Yorkshire anecdote which made no sense to me whatsoever. A personal appearance of the Lewes B.A.R. 'Razzy' who appeared to take an unhealthy interest in anything German. Young Shane Faulkner who told me some details of a rather lurid dream he had had of Sandra Weller. There was also more but it would be wrong of me to be more speculative. My old club mate, Trevor Bryant came along for the ride, showing his paces and freely advertising his very many Assos vests. In all a nice week.

I suspect the Lewes Wanderers will be writing a full and totally inaccurate account of their cycling activities in the island.

I see we are now full pelt into the racing season so doubtless the Summer Edition will be full of the 'haves, and the 'have nots' time trial wise.

Until then and the weather improves, be lucky.

Au revoir

W.H.

P.S. Thank you, Ric, for the last two tapes. I can prerecord my own now so I shall have to invite myself over for a CD preview (but no cakes, thank you).

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

## BRIGHTON EXCELSIOR C.C.

Hark! What is that sound emanating from the garage? Is it the Tardis about to de-materialise? Is the plumbing faulty? Is it a press producing counterfeit notes? No, it's that stalwart of the Sussex racing scene, Rick Stringer, on his turbo trainer. As we look closer, we see through a cloud of steam a face contorted with agony and determination. The legs are a blur, the pulse monitor glows red hot at 350 BPM. Sweat laps around the hubs. Surely any minute now the whole ensemble will lift from the ground and disappear like some shooting star into the clear night air. By now, of course, we should know whether these nocturnal endeavours have been successful. However, at the time of writing we are still deep in the social season here in the Excel.

A slight blip occurred in the otherwise immaculate spree of winter socialising on New Year's Day when riders were required to "go fast" up and down fog bound roads they normally eschew. The result of this trial of strength over 10 miles was:

Keith Balcombe	26.02
Steve Woodbridge	26.19
Dave Leonard	26.20
Nick Pitchford	23.40 (2ndClaim)

This silliness was soon forgotten as the riders quickly migrated to the nearest hostelry in Steyning to make amends. New Year resolutions about not drinking so much, only hours old, were quietly shelved (in an effort to blot out the awful horror of what had just taken place, and what the ensuing year might mean) until halfway through the season when the uncomfortable sensation of a beer gut banging on the top tube during events resurrected the resolve that such an encumbrance would not be tolerated next year.

As mentioned in the last BONK the Excel put on two off-road events open to all comers. Both were won by that doyen and hard man of the dirt, Tom Roberts.

By the time the Hardriders came round things had really started to stir in the members legs (and it wasn't the beer either), and the team award and third fastest were "put in the bank" to start off the 1993 Racing account. Even so, socialising was still uppermost in some members, minds and a hasty retreat from marshalling positions was made to the pub at High Hurstwood for beer and fodder. After this, and on the way home, one member who claimed to be desperately unfit was seen to drop the rest of the group on his trike at an alleged speed of 22 m.p.h. What they didn't know was that his car wasn't too many lanes away and it was a last ditch attempt to gain some credibility in his advancing years.

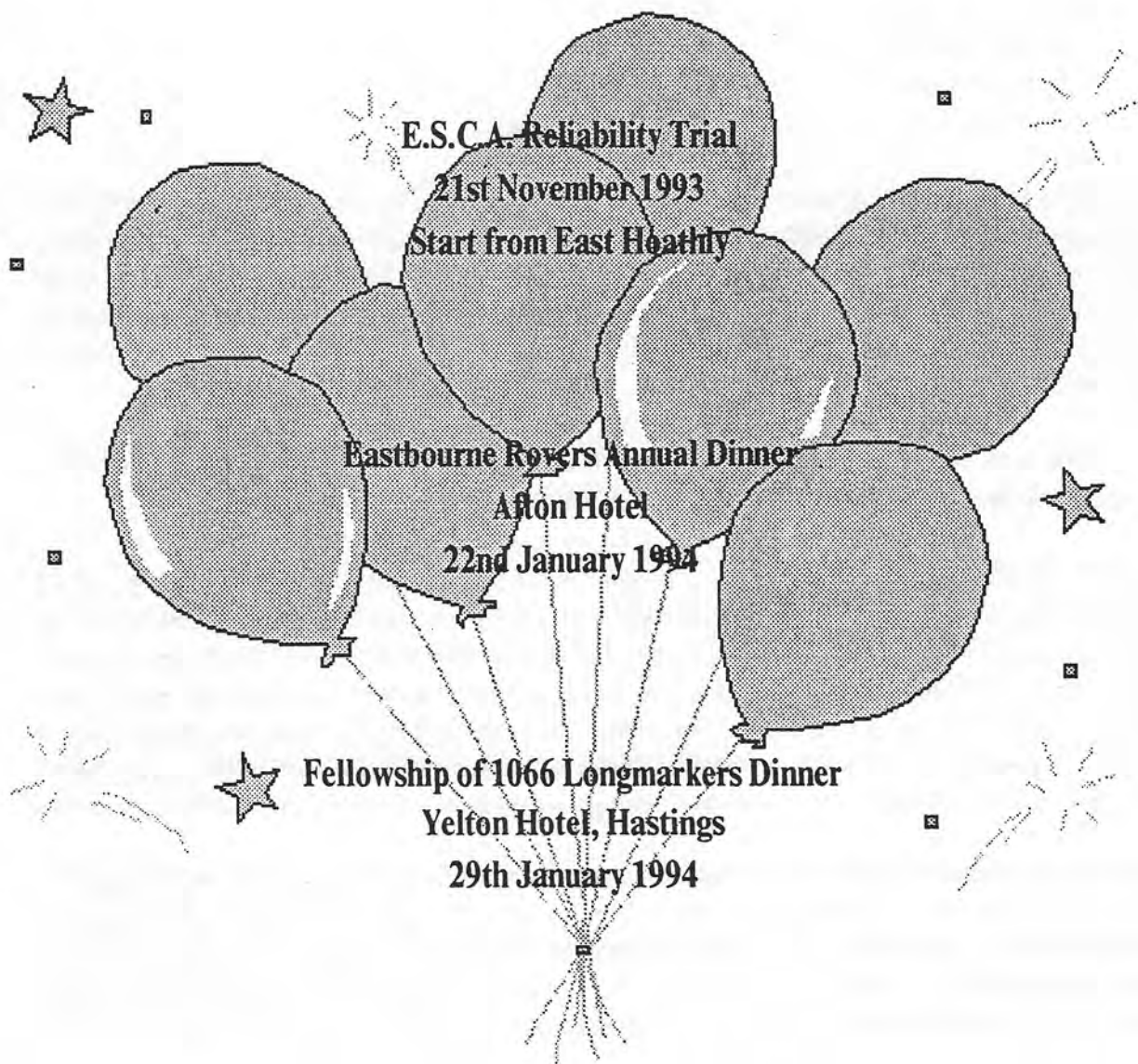
Man of the moment in the Excel racing team has to be Steve Woodbridge. Hardly a week goes by that he's not mentioned in the results, either as winner or placed in an event, key part of the winning team or scooping one fastest junior award after another. Surely an ultra fast man in the making. He's been ably supported by Andy Payne, Vince Lowe, Mick Hurrey, Andy Smith and Chris Lord, all of whom have contributed to the winning teams. Dick Holkham and Andy Smith have started the season

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

at last with several victories in the tandem events. On the road and track scene we now have about ten licence holders in the Club, and it remains to be seen how we can make our presence felt in these areas of the sport. I think it's true to say the Excel has never been healthier as a Club, both socially and competitively with representation in every branch of cycle sport. We even have a couple of keen runners as members so maybe we could see the name of Brighton Excel on triathlon start-sheets.

Fizz

SOCIAL CALENDAR 1993/1994



ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

## NOMAD NOTES

As usual this is a last minute rush job, although for the last edition I wrote what I thought was a lot it did not look much when printed.

Now if you are not a Nomad (hard luck) you will say "what notes?", as they were missing from BONK. But then I was not going to say anything about the fact that our 'ead itter' (who luvs yer baby) put in one Club's twice.

The Winter has passed well so far and has been good to the Club; we held a skittle evening at Albourne. About twenty people turned up, including three Seymours from Lewes, and it turned out to be very enjoyable. A further evening is planned for March 5th when more are expected, with possibly an inter-Club match.

While I am talking about Albourne, it is in the pipeline to hold a garden party/disco, under canvas, in a garden would you believe, in Albourne, at the end of June. All will be welcome. Details and cost will be announced soon.

One of the highlights of the Social Season was at the ESCA Lunch, when apart from the large number of Nomads in attendance, Peter Cauldwell picked up the ESCA B.A.R., this after his first ever 100 which included a puncture, and Dan (The Hair) Bennett taking the Junior 25 cup.

Dare I say we have high hopes with both of these riders plus others next year in all three B.A.Rs. (Geoff is in serious training). Also I was impressed, when at the end of the September 25 Andy Seizer came and congratulated Peter for beating him by a very narrow margin.

Our first Reliability Trial was a success. Had the weather been better we would have had more riders. As it was, twenty one started and eighteen finished. We started at Hassocks Football Pavilion and, via Offham, climbed to the top of Ashdown Forest and down through the lanes back through Albourne to Hassocks. In the end we were lucky with the weather, no rain but a fair bit of wind which helped us climb the hills to Wych Cross but made it a bit hard through to Turners Hill and Handcross, and although in our faces the run through the lanes on the downhill bit was O.K. The most notable finisher was our Vernon Hyde who finished just inside his four hour target, a real fine effort.

The Club Dinner held at Clayton was again a great success. Twenty seven members and four guests sat down to a large meal at tables in a large square so we all faced the middle and could chat with ease. This year we have collected some Prestonville Nomad trophies, some old Club books and bits and pieces, amongst which was a Club record certificate from 1949 that had not been presented. Fortunately Eric Howell was at the Dinner so we were able to present it, although a bit late. The Prize Presentation was our best yet with the old and new trophies making quite a show. Peter Cauldwell and Dan Bennett cleared most of them, but Adrian Morris and Peter were awarded "59" trophies forgetting under the hour for the first time. Although Reg and Maureen Porter were unable to be with us, Maureen was awarded the "Sportsman Trophy" for all her help over many years.

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

Finally (well almost) the Nomads turned out in force to the Lewes R.R. and as far as I know were all successful. It was a nice day for a ride. Gentleman Geoff escorted two Lewes ladies around the course within the time. It was suggested afterwards that they had both pushed him up the hills?

Our French connection (Alan) has been back to Marigny where the 'Duo Normand, is held each September to sort out the different classes as we always seem to be in the wrong one. What in fact happens (he thinks) is that we put down third category, which is our lowest category, whereas in France there are fourth and fifth categories, and so in 1993 we are going to be allowed to call ourselves 4th and 5th categories. Actually he went to ride la Route de Cidrel. This is a grand reliability trial of about 107 miles, although there was no cider until the end and it was, in fact, more like a race. Anyway, apart from riding from Cherbourg to Marigny and back, down one side of the Cherbourg peninsular and back up the other, doing about 250 miles in three days, a great time was had with our French friends in Marigny (roll on September).

Back in England, the Nomads as a Club are doing very well. Our Club nights seem to be very full and pass very quickly. We have some more new members, so welcome to another Tim and Nick. Apart from some good training cum club-runs the racing is going well, with most riders racing each week, although some of us keep getting our entries back.

Dan Bennett has been busy with his triathlon training and has his first event coming up on June 27th in Lewes (our new man, Nick, is also competing in this) subsequently his time trialling has not been up to scratch - so he says - but a recent 59.30 On G435 and 22.10 for a 10 show that swimming and running are not doing any harm.

Our youngest vet, Adrian Morris, who started his season with a 1.3. in the tour of the Worthing roundabouts (G41 to those who rode in the fifties) was obliged to spend five weeks in Saudi Arabia he is very brown now (eat your heart out Lewes Sun God), but as he only had a gym exercise bike to ride felt that his winter miles were going to waste although he was at 7,000 feet in the Saudi mountains. Since doing 1.8 in the Team Championship he has recorded a 1.3 and 1.1.

Tony Kennedy rides most weekends and at Goodwood, plus the track and at the time of writing has ridden two fifties and plans two more all in four weeks, WHAT A STAR.

Young William injured his tendons at school and has been off the bike for a few weeks but can now start riding again. It was a pity as he was beginning to improve and beat his dad, Roger who is flying now that he has a new bike.

Richard Harwood is really beginning to go well now with a 24.02 "10", 1.3 for a "25", and a 2.15 "50" and I am sure a 59 will be his soon.

Reigning E.S.C.A. B.A.R. Champion is going well although I am not sure when he trains. He has done at least 24.01 for 10 miles and 1.1. for 25 miles and he will ride the E.S.C.A. 50 together with Tony Kennedy and Alan Limbrey and possibly Adrian. One day, I am sure, the Nomads will win a team race then we can celebrate.

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

Now who have I left out? Geoff with 1.17 in the S.C.A. Team Championships has since improved to 1.7 for a 25 and 26.10 for a 10 (Proof Is Required).

Vernon is still rushing around local courses but I have no times available for him. Alan on the other hand seems to be going a little better with 25.42 for a 10 and 1.7 for a 25 but has had a record THREE entries returned on the trot; enough is enough, he is off back to France (where else?) to stay with French and ride la Bernard Hinault brevet de randonnee, it's only 231km but he hasn't ridden as far as that since his last 12 hour.

a bñentot,

Nomadicus

Poetry by Harold Bateman

BLUE BELL, PRIMROSE DAFFODIL  
WE SEE THEM ALL, ON A COUNTRY HILL.  
SPRING MORN: SUMMER DAWN  
SMELL OF GRASS ON A NEW MOWN LAWN,  
ALL THE JOYS OF THE OPEN AIR  
CYCLING ALONG WITH NOT A CARE.  
THE ODD PUNCHER'S NOT A CURSE,  
SMELL'S OF CITY ARE FAR WORSE.  
OFF COMES THE WHEEL, TO A BLACK BIRD'S SONG,  
WHAT'S THAT WREN? I'M DOING IT WRONG?  
THE FIELD MICE, IN THE HEDGE ROW PEEK,  
TELLING WREN, SHE'S GOT A CHEEK.  
ADDING —CYCLISTS KNOW A THING OR TWO,  
MENDING FLATS THEY SOON CAN DO.  
LEAVE THE WREN AND MOUSE TO BICKER,  
PASS A BADGER IN UPPER DICKER.  
OFF YOU RUN FOR GOODNESS SAKE,  
LEST, YOU JOIN, HEDGEHOG: YOUR "FLAT" MATE.  
SQUIRREL :SITTING ON THE OLD FENCE POST  
TO ALL THE BIRDS, HE PLAYS HOST.  
THEIR WHOLE LIFE, IS FUN AND FROLICS  
WHY! THE HELL, ARE WE SUCH WORK-A-HOLICS.

---

**THE CUCKOO TRAIL  
RAILWAY PATH**

---

A ROUTE IN SUSSEX BETWEEN  
POLEGATE & HEATHFIELD

---



*Harold*

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

## EAST GRINSTEAD C.C.

I will start my bit with an apology to Esther. Despite an advance reminder a couple of weeks ago, I have still left writing this to the last minute, as they say, "don't do today what you can leave to the very last minute".

My original idea for a piece was to start with the old English favourite of complaining about the weather, or more specifically, the rain, seeing as I was returning from a rather wet Preston Park having had the idea of trying my hand at the gentle art of track racing. However, in the space of a weekend, Summer has arrived.

Hopefully I won't have to eat my words this time, having raised doubts about Brighton Excelsior's training methods in the previous issue, I see they have been doing rather well in E.S.C.A. events, especially on the team side.

Having just returned from the S.C.A. 50 and yet another change of course, it's made me wonder whether the local and district councils, along with various road authorities sit down with a book of all the London South courses and plot a Summer of road works in an indirect attempt to drive us off the roads.

Despite the road works East Grinstead has carried on its winning ways. Steve Elms seems to be going faster all the time. His 54.46 around the E.S.C.A. circuit 25 course in April was outstanding. I wonder if the next time the G836 is used it will be over subscribed seeing that it is now the new fast course in the South.

Steve Dennis is working full time again in this country so we will be seeing more of him. Not to be outdone by Steve E. he broke the course record in the E.S.C.A. Hilly. Steve Elms had a case of role reversal in the two-up. The previous year he had made Steve Blackmore suffer but this year it was his turn to be on the receiving end paired with Steve Dennis. Steve Elms started tired from his second place in a road race the day before, whilst Steve Dennis had knee trouble and was going to see how things went. In the end a shattered Elms returned to the H.Q. saying that he hadn't seen the front after Glyndebourne.

Other triumphs have included the Sussex Team Championships with the winning team of Steve Dennis, Blackmore and Elms and Tim Ellis. Paul Blackmore took brother Steve's place in the team in the De Laune "Deux Jours en Mai" Stage race in which East Grinstead won all four stages. Steve Dennis has now got a small sideline in race jerseys.

Mark Beaumont has joined us from Central Sussex and had the effect of spurring on our other juniors - most notably Ben Houston, who looks set to beat the hour very soon, with a recent 1.00.36 for 25 miles and 22.37 for a 10, and Mike Blunden who has had a meteoric climb up the result sheets. Last year Mike mainly contested our evening tens, producing 26s and 27s. This year on our ten course he's turning out short 24s and produced a short "21" in the E.S.C.A. 25 in only his third 25. I don't know what he's on but I want some!

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.



Our other star achiever is Ted Boorman, East Grinstead's famous non-starter. To my knowledge Ted has kept up his unblemished record of D.N.S. this season and rumour has it that the R.T.T.C. are producing some special entry forms for him complete with a tear off apologies slip.

Ray Ellis our bike check road race man had one of his early season mechanical failures in the S.C.A. two-up. Paired with Ken Taylor, his front mech cable pulled through leaving Ray stuck on the small ring. As he said afterwards, after chasing Ken downhill on that small ring he knew now what was meant by the term "spinning your legs".

Finally, Janet was a bit shocked to find herself caught by the E.S.C.A. paparazzi in the last issue of BONK, enjoying a pint with Rita. But a pint of what? I have it from a good source that it was sherry.

Have a good safe summer.

Andy

Poetry by Harold Bateman

DRIVEN BY THOSE JELLIED EELS.  
BELCHING OUT OBNOXIOUS GASSES  
THEY REALLY ARE SUCH SILLY ASSES.  
IF ON FOOT OR BIKE THEY'D TRAVEL  
A BETTER WORLD THEY WOULD UNRAVEL.  
IF THEIR PLAN WE HAVE TO FACE,  
IS THE MURDER OF THE HUMAN RACE.  
DON'T YOU THINK THAT WE SHOULD FIGHT,  
FOR OUR CHILDREN, LIVING: RIGHT?  
TAKE UP YOUR PUMP, CHAIN AND CABLE  
CALL US ALL THE SICK AND ABLE  
REVOLUTION IS OUR CALL.  
TORY, LABOUR ONE AND ALL.  
SOD THE RED FLAG, HAMMER AND SICKLE  
WE'LL SALLY FORTH ON OUR BY-CYCLE.  
LET'S GET THE DRIVERS TO SEE SENSE,  
IF NOT: THE COST IS UNACCEPTABLE EXPENSE.

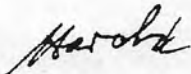
## All change on old line

A FORMER railway line will be ripped up next week to make way for a new cycleway and footpath.

The track between Chichester and Lavant was closed by BR in the Sixties because it was uneconomic.

It was then leased for many years to Tarmac Roadstone to transport gravel and sand from pits in the Lavant area.

When Tarmac and BR fell out over a new lease, County Hall stepped in to buy the five mile stretch of track. It will now become a country path with a cycleway.



ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

## BITS FROM THE SOUTHBOROUGH

Well it's quite some time since I last wrote for BONK as such things come round far to quick for me some times. I am really pleased that the Southborough is getting a higher profile in both road racing and time trials.

Perhaps our best "WIN" was by juvenile David Watson in winning the South East Final of the GHS 10 mile event with 23.11 and he now represents his school and indirectly his club in the National Final. Held on the A20 between Harrietsham and Charing the weather was very wet but he proved his ability and gave himself a fine win. He is not a 10 mile wonder for at 25 mile he has got down to a 1.0.11 on G435 at Horsham. Well done David.

In the TT events Tim Chacksfield, our fast improving vet, has been under the hour for 25 miles several times this year and actually likes G435 (Horsham) as a 25 course. Our Junior team of David and Peter Watson and Gareth Robb may be very competitive over the next few years if they can stay together. Peter Fox was off the bike for some time following a car meeting him in the middle of a junction in Marden but showed in a recent club event that he is still pretty fast and wanting to ride the bike. Our fastest rider is yet again veteran Pete Crofts who has been leading CTC tours to various parts of the globe and used these as excellent preparation for Fastest ever rides at 10 and 25 miles plus club vet's records as well. Gill Tree is racing well but lacks female competition, perhaps Julia McNulty who has recently joined and Jean Smith who has again ridden a couple of events will provide some.

oldest regular club racer is 60 year old Les Hayman who after deciding to ride the Kent CA 12 hour seems to have got the bug to race and has ridden several club events but has yet to ride an open event.

On the Road Racing scene our Tunbridge Wells Town Centre Race was held on the Day the Milk Race Prologue was in Tunbridge Wells and was another success for the club. Mark Puckett has been riding quite a few Road Races, along with Bill McNay, and now that we are active in the Kent Cycle Road Racing League again perhaps we will gain a higher profile in an aspect of racing that we have never excelled at.

The club continues to diversify interests and on 17 June we had a successful open evening at which we launched a new Mountain Bike section; Richard Smith is to help us create this and it will be the only local MTB club. The clubs Triathlon membership is still increasing with Don Robb, Roy Hammond, Andy Howey, and Andy Verrall doing well in the local Tonbridge Triathlon..

FRODO BAGGINS

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

## EASTBOURNE ROVERS C.C.

Well, well, well. What a spectacle the Milk Race turned out to be, didn't it. It makes you proud to be involved with cycling, doesn't it, especially when you look at the current state of other sports in the Country at present. The English football team, who couldn't run rings round a maypole under Graham Taylor. The England cricket team who are perhaps the worst in the world of all the cricketing nations. The organiser of the Grand National probably wish they could start their race with the same efficiency as the Milk Race was started in Tunbridge Wells. There was certainly plenty of atmosphere and crowds at Tunbridge Wells for the start. Congratulations to the prize winners at the Town Centre races promoted by the Southborough. A contingent from Lewes Wanderers were certainly very vocal and despite strong competition from her club colleagues the winner of the Town Crier event was Michelle Seymour.

Now on to more serious business. CLIVE WILLIS is 50 and to celebrate he has bought a pair of tri-spokes which were christened in an Essex 25 with 1.0.12. Not so lucky in Essex was Malcolm Cross who in a 50 hit a speaker in the road. This was a hi-fi type speaker not a Betty Boothroyd type speaker you understand. Apart from a broken front wheel and a few scratches Malcolm is O.K. except for the music he keeps hearing.

A misprint recently occurred in the Eastbourne Herald. The error concerns yours and our much loved and respected E.S.C.A. President Jane Lade. The report reads "the husband and wide team of Graham & Jane Lade". This of course should have been the husband and wife team of Graham & Jane Lade. Press Secretary George Taylor states that the error was not his but I learn that Jane has enlisted the services of a certain private detective with a disc wheel to investigate the matter - noticeably George Taylor has been keeping a low profile of late.

And now news of a joint venture with Central Sussex. Kevin Harding and our Sarah Lade have invested in a tandem and are set to enter the National 25 Mile Tandem Championship and have already knocked out some fast times. This is a conventional type tandem not a "DEACON" type tandem because we and the Central are not as backward as some E.S.C.A. CLUBS.

The latest from the Rovers club room is that Steve Willis has been stung in the mouth by a bee. Apparently his dad never told him that when you eat honey you do so out of a jar and don't stick your head in a beehive. Still he's not the only Rover accident prone this year. George Windsor hit a pot hole in a road race and fell and hurt himself, but he is back on again in what was to be his last season. Junior Jason Weston jumped the barriers with his bike in the Sevenoaks Town Centre racing. Fortunately he too is O.K.

Well, that's about it for now, good riding.

*Rover Raver*

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

Poetry by Harold Bateman

And the final poem for this edition of Bonk from Harold.

THE MORNINGS COLD THE FROST STILL LAY  
AS ON THE STARTING LINE I SWAY.  
ONE MINUTE, A VOICE I HEAR  
A NERVOUS TWITCH AS THE TIME CAME NEAR.  
I'M LAST OFF, WHAT A THRILL,  
HOPE THE COURSE IS ALL DOWN HILL.  
MY GEARS WILL HELP: I'VE GOT TWENTY  
EVEN FOR ME THAT SHOULD BE PLENTY.  
ONE SMALL PUSH, I'M ON MY WAY.  
50'S EVEN, COME WHAT MAY.  
THE RAIN IS SPLASHING, PEDALS THRASHING  
NOW, DOWN HILL, SEE ME DASHING.  
PASS BIG JOHN, 2 MINUTES MADE,  
I WISH A GAME LIKE CHESS I PLAYED.  
IS THAT COMPUTER RIGHT ? HOPE NOT  
COULD BE HEAD WIND! - DON'T TALK ROT.  
HEAD DOWN PEDAL HARDER,  
IF YOUR DREAMS TO TRAVEL FASTER.  
PASSING PETER, GIVE A SHOUT,  
LEAN OVER, TAKE THE ROUND-ABOUT,  
4 MINUTES UP. THIS IS FINE,  
JUST CATCH ANN, THE RACE IS MINE.  
ANOTHER SHOUT ! THIS WAKES ME UP  
JACK, LICKS ME FACE::HE'S ME PUP.  
HURRY SON, (A)LEVELS DAY,  
THEN YOU'LL HAVE TIME TO PLAY.  
GET THOSE PASSES,, THREES OR FOURS.  
GET DADS OFFER OF THAT DAWES.  
THEN NEXT YEAR. WHO CAN TELL  
IN THE TOUR,DE,FRANCE YOU MAY DO WELL .....

*Harold*

If you go  
down to  
the woods. . .

**MOUNTAIN** bikers and forestry officials are joining forces to improve facilities for cyclists and protect the environment.

They plan urgent action to stop mountain bikers creating a crisis in woodland areas.

As UK sales of rough terrain bikes continues to grow Forest Enterprise, part of the Forestry Commission has joined forces with the British Mountain Bike Federation in an effort to provide more information.

FE's Environment manager for the South, which includes Sussex, Rod Leslie said: "We aim to encourage the sport's development. But we must ensure cyclists do not damage the woodlands they come to enjoy."

Of England's 100,000 miles of traditional public rights of way, only 30,000 are open to cyclists.

Cycling organisations are calling for more advice and literature at forest car parks.

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

## A NIGHT ON THE TOWN - FELLOWSHIP OF 1066 LONGMARKERS DINNER

As readers might remember I mentioned that I intended to attend the ESCA reliability trial and report on the strange goings on. Unfortunately for society at large, and more particularly myself, the Mother-in-law, "She who must be obeyed", decided that she would stay for a day or two during November- the wonderful lady is still with us. To elude one of them was just about feasible but to escape from them both seemingly impossible. I was trapped but I knew if I could not get to the reliability trial I would eventually find a way to get to the Fellowship of 1066 Longmarkers Dinner. How I managed to obtain a ticket and make my escape is a long and harrowing story, not I believe for general consumption, suffice it to say on the 29 January 1993 I found myself driving down the A21 to Hastings.

I had been wondering for some time why the Fellowship had been formed and this is the story behind it as told to me by Ann Tagonist - but is it true? The Fellowship was born of the desire by a group of like minded cyclists to perpetuate the fellowship and friendship engendered by the Hastings and St.Leonards Cycling Club's annual dinner. Many will know that this was held on the last Saturday in January but ten years ago it was felt by the new blood that had come into the Hastings that it was no longer a "club" function, because visitors outnumbered members, and it should cease. They decided that a buffet and prize presentation would be held, with no guests. As is often the case a subversive element felt that this dinner should continue and in January 1984 held one for the "Friends" of the Hastings and St.Leonards CC. It was very well supported, although the result of this was that those involved, some of who were members of long standing, were not allowed to renew their membership. Another small group decided that they could not allow such actions to go unanswered and to ensure that the dinner continued the Fellowship was formed.

The function is held at the Yelton Hotel and when I arrived I saw Arthur Coleman sitting at a table with his good lady wife Joyce. Everyone probably knows that Arthur lost both his legs through illness and seeing him reminded me of a story told about another Fellowship function (it was supposed to be a tea although from the secret video that was taken it was obvious that the only drink consumed was alcoholic) held a few years ago at the Ash Tree Pub, Brownbread Street. Apparently Arthur had freely imbibed of the local ale and had to answer a call of nature. Getting to the Gents was no problem but on the return he had to ascend two steps. As he swung up them on his crutches his false legs fell off, giving a whole new meaning to being legless.

Having chatted with a few of the guests, renewing old acquaintances, we were summoned to the dinning room for the meal. Thoughtfully provided on each table were gavels for the cross toasting from which it would appear that those attending could be placed into three categories. They were either drunkards, or had been banned by their local RTTC District Association or were sexual deviants. In the latter category it was told that last years speaker, Pat Hill, had had Pete Wall in her knickers during the function. (Very surprisingly Ted Hill seemed totally unconcerned about it). I am not sure I would want Pete Wall in my house, let alone in my underwear, so it must be assumed that such strange behaviour is the norm in the Hill household.

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

Geoff Boore was the guest of honour and there were a number of reference to him being a "Private Dick". I did wonder whether this was because it was the only part of his anatomy he had not exposed at the ESCA reliability trial the previous year until I was told that it was in connection with his work as an "investigator". As readers are aware there were some concerns expressed at that same event over Roy Humphrey as he was seen spending the whole period from start to finish in a phone box. I can now reveal that Roy was not a "rent boy" as had been previously suggested but had been working for one of the sex chat-lines . The East Hoathly Chronicle printed his advert, which appears to be aimed at the foreign market, and a clipping is reproduced below. It appears that the company Roy worked for was the only one of its kind to go into liquidation due to its policy of providing the materials required by its staff to carry out their duties.

There were two small presentations during the early part of the evening. Arthur Horrocks presented Arthur Coleman with a framed sketch he had done of him and which had appeared on the front cover of the Kent Vet magazine. The other is made annually when the fellowship makes a presentation to a Lady in recognition of her work on behalf of cycling. Brenda Ash was this years recipient of an engraved silver salver, or as one wit put it an "Ash" tray.

Arthur Coleman welcomed the guests to the dinner and then Geoff Boore was called upon to make his speech. He started by thanking the fellowship for inviting him and went on to talk of his early years and of the discipline inherent in cycling. It was apparent that discipline was a very important part of his life since he mentioned it frequently and the more often he spoke the word the more rambling he became. After a few minutes it became too much for him, the sweat was pouring from his face, and as he wiped it from his eyes he collapsed into his seat. Will he be one of the hundreds of people to be exposed in the raunchy recollections of Linda (Miss Whiplash) St.Claire.

One other related conversation mentioned the lack of sensationalism in Bonk these days. Do you remember Bonk being first with the story of how Hazel Whitehouse hurt her bottom at a 10 on the Tonbridge by-pass - and it had nothing to do with bicycles?

After the dinner the guests retire below ground, to the cellar of the Hotel, where music is provided by Tina and Her Summer Sound. It was here that I got talking to those most sober and upright members of the Southborough Wheelers the Dunfords. Joyce was able to confirm that her therapy had been successful and she had totally recovered from the incident with the herbal tea. She also mentioned that Gillian and Ian had at last allowed her and Warwick to look after their grandson. The first day they took him out - no prizes for guessing it was to a local hostelry - he apparently held up the long tradition of the Dunford family by being barred. At just 4 years old he is most definitely a Dunford and I anticipate a long and fruitful association with the Southborough Wheelers.

At half past ten the raffle was drawn and Gywenh Holland read out the numbers. You may be aware that Hastings hosts the World Town Crier championships and one wonders whether Gywenh was limbering up for an attempt at the title. It is surprising that someone so delicate as Gywenh can have such a loud voice and one can certainly understand why poor Peter is so quiet.

Over the last few years club dinners seem to have lost the fun element. The riotous behaviour at the

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

ESCA lunch is a thing of the passed. Do you remember the Hastings Dinner when respectable Les Hayman was challenged to a beer drinking contest by the Editor's second son, standing on their heads!! Les won easily and not surprisingly didn't spill a drop. The Fellowship dinner proves that this spirit is not dead so put it in your diary for next year, it is the last Saturday in January, and seek out Arthur Coleman or Esther for tickets. Who knows you may find out what a group called the "Wild Oats" do as alternative entertainment during the musical interlude. The mind boggles.

Scribilus Illtaratus

The following may be of interest to readers. The cutting was taken from the East Hoathly Chronicle.

Ναυγητῶ Νανυσκα,  
Μονροῦϊαν Μασσευσε  
(Naughty Nanuska, Monrovia Masseur)

Λιστεν το ηερ ηυσκῶ τονεσ ιν α σμοκε φιλλεδ ροομ. Λιστεν το ηερ  
ασ σηε χαρριεσ ουτ υννατυραλ αχτω ιτη α πιπε ανδ βοξ οφ  
ματχηεσ.

(Listen to her husky tones in a smoke filled room. Listen to her as she  
carries out unnatural acts with a pipe and a box of matches).

☎ East Hoathly 6654

φορ α χηατ ιτη Νανυσκα, τηε υλτιματε εξπεριενχε.  
(for a chat with Nanuska, the ultimate experience.)

Calls charged at 35p a minute cheap rate, 45p a minute at all other times.

SCOUTS ACHIEVE  
EARLY AIM.

East Hoathly Scout Pack achieved their aim to build a life size model of the pyramid of Cheops out of used matches. As reported recently concern was expressed over the quantity of used matches found by the side of the road and the scouts decided this would be a dramatic way to highlight this anti-social behaviour. The fact that they completed the task within 6 days of starting shows how serious the problem is and we hope to bring you further reports on who are the culprits.

CLOSING DATE for next  is SEPTEMBER 5th

ESCA "25" POSTPONED UNTIL 19 SEPTEMBER SEE "BONK" RACING NEWS ON PAGE 5.

**FOR SALE****AEROSPORTS  
DISC Wheel**

(Including CX 19mm Tub)

**£260****Contact: Chris Kitchenham  
Telephone (0424) 713856****FOR SALE****Surrey/Sussex Group**

40 years old and on the scrap heap of life.  
Unloved and unwanted.  
Don't join Dateline,  
Join the local group of the  
VTVA.

**50p joining fee. £4.50 subscription.****Contact: Group Secretary, Esther Carpenter.***Cottage Cafeteria**Burwash Road, Heathfield**Open Monday to Saturday 7am to 4pm**(Next to Heathfield Market)* **0435 867926**

**Cycle Routes: Tourism offices in East Sussex have produced a pack of four cycle routes ranging in length from 16 to 40 kilometres (10 to 25 miles). The packs describe routes through historic towns and beautiful countryside. They are available for £1.40 from tourist information centres.**

*Pair Sprint Wheels  
FOR SALE**Super Champion "Arc-en-ciel"  
on Campagnolo Record Hubs**5 Wobler "Neo-pro" tubs (1 new)**(Wheels & Tubbs have done less than 600 miles)**Contact**Ken Thompson* **(0424) 222883***Mid Week Section**For Details of Wednesday Rides**Contact Esther**Also Saturday Rides.  
Meet at Hailsham Leisure Centre  
10:30 in Cafeteria*



## LEWES WANDERERS C.C.

Our revised "ten" course, using the East Hoathly bypass, has proved of great benefit to the gnats of the village. They've gorged themselves on the blood of timekeepers, assistant timekeepers, pushers-off and any others foolish enough to stand for longer than a few minutes at the new start and finish points - which coincide with gnat population centres. Michael Rabbetts suffered so severely one Monday evening that (in the absence of insect repellent) he applied a large jar of Vick Vapour Rub on to his person the following week. Even his best friends wouldn't tell him why they'd rather he didn't come too close. But riders, as well as gnats, have done well out of the changes. The revised course has produced faster times - and not only because it's ten miles long instead of 10.3. Personal-bests have abounded; and a number of novice time-triallists have made their marks, including Andrew Comben and Peter Limpus, whose fathers already have enough to put up with, trying to stay within reasonable racing distance of Stephen and John. Our female competition is also hotting up, with Michelle Seymour not only closing on her Dad over ten miles but putting the frighteners on Sandra Weller. Both have some way to go to overhaul Heather Wimble (née Stevens), who set a new club ten-mile record in May (26-47); but they take comfort from Heather's admission that married life gets in the way of training. New names on our racing scene include Ivan ("Oz") Moore, a refugee from mountain-biking, who's getting faster by the week and Ivan Luck, son of Bob, who got under the hour in his first (25-mile) open time trial.

Mention was made in the last "Bonk" of the increasing number of our members who own mountain bikes - and Richard Meed took advantage of that fact by organising our first "off-road trial" on a windswept Ditchling Beacon. Tom Roberts of Brighton Excel was fastest round the five-mile course but the hero of the day was Paul Gibbons, who was once doing great things in ESCA events but has since sold his road bikes and invested heavily in the latest American ATBs. Paul fell heavily on the first descent, but despite arm and leg injuries finished faster than any of his clubmates. What a man! This event also gave nine-year-old Keith Newsam his first opportunity to wear his club top in competition, instead of having to wait until he is 12. For the timekeeper, Mick Kilby, the finishing speed of riders going uphill on grass against a gale-force wind was a welcome change from the usual head-down 30 mph sprint on the road. A disadvantage was that riders tended to collapse on to the ground within a few inches of the finishing line.

We sent a delegation to a sporting weekend in Blois, the French twin town of Lewes, and took the cycling club there by surprise: they seem to have been expecting middle-aged or elderly chaps riding bikes with sprung saddles and gear-cases. Imagine their delight, then, when who should turn up but such finely-honed athletes as Mick Burgess, Dave Wells, Larry Limpus and Bob Comben, among others. It was too late to organise any competitive events, but on one of the two joint clubruns the Frenchmen started to wind it up, with the obvious intention of putting the English in their place. "Bonk" readers will be pleased to know that our boys - hardened veterans of the G839 - surged to the front and stayed there. ESCA's pride had been preserved.

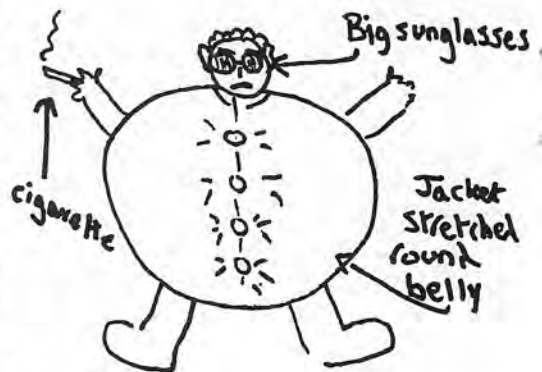
The security authorities at Gatwick tell us that they had reason to caution one of our members who left his bike inside an Airport building. For all they knew, they said, there might have been a bomb in the saddle-bag. A club official reassured them: Graham Seymour no longer possesses the explosive power he once had.

ROTRAX.

## DIARY OF A CROSS-AMERICA WANDERER - Part III

This final extract from the account of last year's 3500-mile ride across the United States by Matthew Rabbetts and James Benning, of Lewes Wanderers, picks them up as they head south for the first time: through Michigan, in the Great Lakes area, with 2573 miles covered in 25 days. There are 964 miles to go before reaching the east coast, and 11 days to do it in. They are hoping to make contact with the cycling club in Bay City, on the shores of Lake Huron; Canada lies ahead; but when the Atlantic is reached, there's depression in the air.....

Sunday, September 20 (Cheboygan to Mio (Michigan) - Sunny but brisk s.wind, against nearly all day. On flattish, pleasant, road around Black Lake. Scattered houses - house signs "Elmer, Jane and Kids" etc - to Onaway (29m). Massive fat bloke on motor-bike at cafe, hilarious on bike: Attractive waitresses - table with family: one bloke found ride "amazing", daughter and waitress asked for autographs. What stars! Then just up road, bloke in car shouted + finger out window - quite a contrast. Another long stretch into wind, pm - road v.busy, lumpy and narrow (no shoulder). All covered pick-ups (hunting types from Detroit) - lots of beeps and arrogant driving. Both fed up with US people - what hope is there for them? To Fairview: apple, milk and cookies on bench outside, then last 9m to Mio, on back road past two Amish farms, buggies and training horse. To Motel - 4 double beds in Queen Size room. Rang Rhoda (Bay City CC) - she friendly. (Scenery from Rockies to here very poor and uninteresting - a lot of stretches of nothing.) MILEAGE: 90 (RT:2663)



Monday, September 21 (Mio to Bay City). Up 7.45 - raining hard, dark and damp - no wind to speak of. To supermarket for coffee and banana - on road by 8.50, rain now drizzle. Scenery ok - fields and farms, rolling - nothing too stiff - but couldn't see far anyway: just as well, as road dead straight. After dinner (54m), on main road where v.heavy showers - on to parallel back road (as recommended by Rhoda), v.pleasant even in rain, then back way into Bay City: rain heavy + traffic - bit threatening. Met Gary (Bay City CC) in bike shop, spoke to reporter on phone. Rhoda came, but didn't know downtown motels. Tried Gateway Regency: musty smell in office, put into back room - peeling paint, lights broken, sheets used before, holes in all towels, door wouldn't shut. Shown two other rooms - much the same. Demanded and got money back. (Motel owned by Al Gore, renowned dodgy "businessman"). To restaurant with Gary, Rhoda + others - they paid. Took us to Stonehedge B&B - massive place - fine balustrades done in antique style. Ruth, fiftyish, plump - Jack, 63, drunk, deaf and lungs choked with smoke, swigging vodka, said: "Go on, give her a good feel." Gave us beers. Bed 11.30. MILEAGE:87½ (RT:2750½)

Tuesday. September 22 (in Bay City). Breakfast at 9am a disappointment: stewed apple, cereal and muffin - no cooked. Jack in bad way - thumps himself on forehead, says he rides Vespa, 26 gears etc. - prefers sex and

booze. To Bay City Times for interview with Ben Schmidt - we having to prompt him! Bay City = another nothing town - scruffy areas by main roads and shopping area (2 streets and no chemist in town centre of 45000!). Cleaned bike, pm; stopped for ginormous shake - too full to finish it - wrote five postcards. Joined evening clubrun (very windy) - all sign on sheet, collecting miles based on each club ride - lady there just to do this (she left in car). Round big block, all roads on grid system - back at sundown - great light, pale pink/blue. (The ride is becoming to feel a long way.)

Wednesday, September 23 - Bay City to Sarnia, Ontario, Canada). Breakfast (7.30) as yesterday, but muffins homemade. Delayed by J's brake problem (sorted out in shop), so on road 9.40. N. wind, mainly side. Boring, v.flat roads to Mayville (36m) by 11.50 - four small hills near here, so much more interesting + wind not as bad as earlier. On to Port Huron via back roads - bit lost in town via diversion, then over bridge to Canadian border by 6pm. Big metal girders. Felt elated at this landmark - will remember this for all my life I expect. At last, Michigan over with. Had to walk bikes to border, ride down other side. Passport and Customs: "Get out of here." Through town (fairly quiet) to motel by 6.45. Then to all-you-can-eat Italian buffet: waitress from Liverpool - "You look red - been out on your bikes?" - wit you'd never get from U.S.people. Fantastic sunset. MILEAGE: 109½ (RT:2860)

Thursday, September 24 (Sarnia to Simcoe, Ontario) - up 7.15. East wind all day, beautiful sun but v.cold early and frost on rooftops. Boring main road at first, then v.pleasant countryside - farms, etc., the odd bit tree-lined - big red barn-like drying sheds in many places. Would have been great, if tail-wind! Back roads via 2 miles gravel, then rough road, juddering for 3-4 miles. Into Simcoe - J. puncture outside town where Jehovah's Witnesses building new hall. Twilight when got to motel - de luxe room for cheap rate - nice receptionist. Buffet meal - took loads of platefuls, as due to close in ten mins., then left loads of it. Veg. & fruit - how civilized! Drivers courteous all day - people ok - better than U.S. A hard day; feels good yet still can't relax. MILEAGE:122½ (RT:2982½)

Friday, September 25 (Simcoe to Williamsville, New York State) - complimentary coffee and orange juice to room - on road by 8.30. Light headwind all day; sunny and cold, am, shorts and long-sleeve tops by mid-pm. Back roads all way, light traffic - most pleasant, relaxed, day for ages - wind never a problem. By shores of Lake Erie - beautiful, see NY State in distance - to Port Colborne via twisty tree-lined road up little rises - great, not straight! But crap fast-food place - women switching on-off smiles when saying "Is that all?" To Customs, etc., into NY - through Buffalo - bit lost - into road to Williamsville, where staying with friends of relatives. MILEAGE:101 (RT:3083½)

Saturday, September 26 ("rest day") - breakfast of pancakes and sausages (x 8). To Niagara Falls via Canadian side - spray over road like heavy rain. On Maid of the Mist boat, dressed in blue raincoats, to foot of Falls - feet soaked - like torrential rainstorm! - noise of water - immense power. Back to house via river, pleasant big houses, a lot smarter than on U.S. side. Neighbours over for drinks, burgers meal. To bed by 1045/1115 - bit late but great evening.

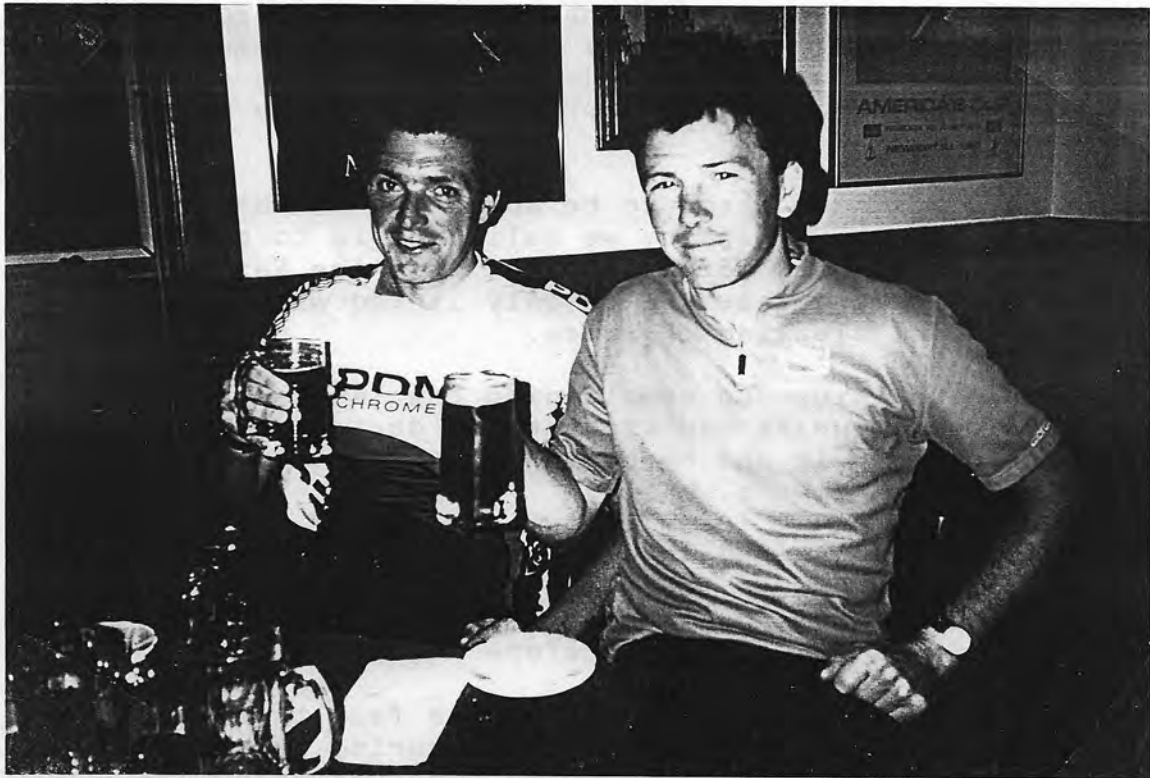
Sunday, September 27 (Williamsville to Galeton, Pennsylvania). Up at 6.30. Another big breakfast - bagels & jam - lovely - pancakes, etc. On road by 8.10, soon on leafy back roads - suburbia for first 20 miles - short, steep hills - s.wind getting strong - onto lovely countryside, rolling hills, twisty roads, dairy farms etc. Very heavy rain through Bliss and Pike, where breakfast No.2. Rain stopped, sun out, wind turned WNW. J. broke spoke. Towns more substantial, wealthier, smarter. Warm and great feel - best day's scenery and wind for weeks - along valley and over state line into Pennsylvania at Genesee, and into Allegheny Mountains - very quiet - two steep pulls then long descent down wooded, shaded valley. First time really enjoyed ride for ages (had been a slog from one mealtime to another, esp. in Michigan). To Galeton by 6.30. Meal in motel restaurant - stuffed flounder. Watched ball game. Final night in motel. MILEAGE: 127½ (RT:3211)

Monday, September 28 (Galeton to Watsonstown, Penn.) - breakfast in motel restaurant, on road by 8.40. Foggy, sun out on hill tops - cold to start with, esp. when sweating going up, then descending. Up steady climb - steeper at top - descent through densely wooded valley, then steep, twisty climb in dense forest - next-to-bottom gear - to summit (2175ft.). Views of other tree-covered ridges. Then up and down along top of ridge, over another summit (2100ft) and twisty descent down valley to Pine Creek and Watsonsville (50m) - and hotel for big burger and German fries. Hard morning. Sun out now and warm enough for s/s and shorts. Along river - slight ups and downs - then v.steep climb over ridge - bottom gear (32 x 28!) for half hour. Great descent to valley floor: magic to come out of dense woods to open farmland and sunshine. Easy road via Elimsport to Allenwood - then busier to Watsonstown (bloke pulled over 3ft. and came ultra-close to me). Met by Faye, relative's friend - stayed in her cabin in woods. To old railway station for meal - v.good steak, tons garlic. Bed by 12.25! MILEAGE: 107 (RT: 3318)

Tuesday, September 29 (Watsonstown to Reading, PA). Had to wake Faye up, 7.30. She burned my bagel + cereal, coffee. On road by 9.30 - strongish NW wind - mitts on from start but kept 3 tops on all day due to cold descents. Sunny. On to first climb of day to Trevorton - descent - then VERY steep, short pull to town clinging to side of slope - Spanish-American look to it - big white church in centre. More climbs through coal area, then fast, twisty descent to valley - up v.steep climb - hairpins - descent - steep up and down across valley - taking off on descents for roller-coaster effect: wouldn't have got up hills if wind had been against. Then an ultra-steep one to Hegins - bottom gear 32 x 28 and pulling front wheel off ground. Diner for late breakfast (blueberry pancakes) after 32m. in 2hr.45min. BIG fat bloke, hobbling with stick, hearing aid, outsized jogging suit - two burgers - sweating eating them - probably exerting himself as much as we'd been! Fed up with hills: last but one day and hard right to the end. Two more climbs - neither too long or steep - via flat road after great twisty fast descent through Ravine. Then flatter roads to relative's grand house in Reading - such opulence after night in cabin. Bed 10.30. Very anxious now. MILEAGE: 84 (RT: 3402)

Wednesday, September 30 (Reading to Long Branch, New Jersey). The last day! Up at 6.15 - very anxious, esp. about how far the day would be. Breakfast of eggs, bread, sausages, etc. Photographs, etc. outside house

- set off - then found panniers were on wrong way round. On road proper by 7.45. Strong NW wind so sideways on for our route going N then SW. Very busy through Reading - very panicky to get out of town and properly on way. Slightly off-course - could feel time ticking away and miles remaining - going hard, not relaxing. Stopped for apple and old choc bar at stall. Roads v.busy - no shoulder - v.fumey all day, esp. in New Jersey. From climb out of Delaware River town of Lambertville (70m) started enjoying it. Feeling good now, end not coming quickly enough. But cars spoiling it: woman said "So intelligent" when obstructed by 6in. Same happened at Freehold, where saw first "Long Branch" sign. Couldn't relax in diner - too nervous - each mile taking so long - waited so long for this. Needless to say, felt odd and empty. Then to end of state highway, to park gates to sea - 200 yards to Atlantic Ocean and gates shut! So along prom.- down steps to sea (front wheels in). Met chap on mountain bike - Brian - he took photos. Back to Charley's Grill for a few beers! Rang Dad - anti-climax and immediately down. My marriage breaking up. Too much happening at home for me to get excited about finishing. Feel quite depressed. MILEAGE:135 (RT: 3537).



## CENTRAL SUSSEX BONK NOTES JUNE 1993

As a new writer of these notes, it was necessary for me to obtain some guidance for content. I was advised not to be too critical of other clubs, not to create any more blood fueds in the local cycling community as enough already exist and not to be so abusive to individuals as may risk legal action, however criticism of Geoff Boore was exempt from any such restrictions. Incidentally there is no truth in the rumour that we are moving our club night or venue and not telling him where we have gone.

It has been noted that Gary Moore and Bryn Reeves are not only back in training but even keeping mileage records! They were heard to be saying something about not seeing why the East Grinstead should collect all the trophies.

Things seem to be improving we have TWO teams entered for the Clarencourt 4 up. One an enthusiastic attempt with a couple of very welcome new members under the guidance of Gary Moore, the other a mottly 'last of the summer wine' crowd reputed to be not only under the training of Nora Batty but are refusing to complete the distance without a tea stop.

Kevin Hardings name seems to be appearing in the results with some regularity again, we believe this to be the influence of his lightweight manager from the Eastbourne Rovers who insists that she be only linked with fame and has a fetish about cleaning trophies.

Alex Beale has given up complaining that he is suffering from various injuries and viruses and decided he may as well just get on with it and keep winning as he gets no sympathy from the other members.

Paul Lipscombe appeared long enough from tax exile land to create a new record on the evening 9.5 mile course , probably so we would not forget him- as if we could and then disappeared just as quickly, before anyone could find him ?

Barbara Atkins was so impressed by the fact that she thinks she shared a room with a transvesite during her recent hospital stay that she is planning cross dressing instead of cross toasting at the next annual dinner. Ken was concerned that suspender belts gave him enough problems in his youth!

Our distant semi retired member Joe James was recently knocked from his bike and a dislocated shoulder we understand will put paid to cycling and any other of his sporting activities for some time, we all wish him a speedy recovery.

I apologise for the shortness of these notes on my first attempt but I have got to practise listening into all conversations on club night and gathering together as much gossip as possible, the Clubs tea lady has promised tuition.

## CRAWLEY WHEELERS

The Wheelers have benefitted from an intake of new members of all ages this year, which has made the competition better in the Club events. The Thursday evening tens nearly always have in excess of thirty Wheelers racing. Paul James, Kev Shaw, Steve Jacket and Steve Lenn ( a Junior in his first year) have all recorded first places. Frank Lawler joined the Wheelers this year and has recorded a 23.12.

In the MTB events at Aldershot Guy Etherton and Mike Crossett are doing well in their respective classes. Guy in particular has recorded wins.

We regret that the condition of Crawley Wheelers President, Basil Chilcott, has deteriorated to a point where he has to be cared for in the High Trees Nursing Home, Horsehill, Nr. Horley. Visitors are welcome at any time after 11.00 a.m.

If anyone intends to visit, please contact Dave Stokes or Malcolm Pink (who visit him on a regular basis) and they will give information of the latest situation.

Charlie Crawley Wheeler.

## Unicyclists show the way on TV's Blue Peter

# One wheel is better than two!

by  
SANDRA DANIELS



▲ Fast and furious — Hastings Unicycle Hockey Group's winning match against Brighton on Sunday

It must be difficult enough playing hockey on a bike...let alone one that's only got one wheel!

But that's what Hastings Unicycle Hockey Group (HUG) does best. The unusual sport — a cross between hockey and ice-hockey on unicycles — is really starting to take off in the town.

The local team played against Brighton at William Parker School on Sunday — winning 8-6 — and is competing in the first-ever British Unicycle Hockey Championships in Birmingham next weekend.

They've even had their first taste

of TV fame. The group demonstrated how to play the precarious game on BBC's Blue Peter show on Monday after schoolboy member Ben Farbrother wrote to the programme about the sport.

Set up last summer as an offshoot of the Hastings Juggling Club, HUG has about 15 members aged from around 11 to 40.

Team captain is Derek Binns who says the main requirement to become a player is "a good sense of balance and a sense of adventure!"

Although it looks highly dangerous he says if they fall off they tend

to land on their feet. Apparently one wheel is better than two.

"It would be lethal playing with bicycles because you have got something to tangle yourself up with," said Derek.

Team member Andy Dinsdale added: "If you know what you are doing it's not that dangerous but to people watching who don't know how to unicycle it must seem terrifying."

"It's loads of fun and is very challenging."

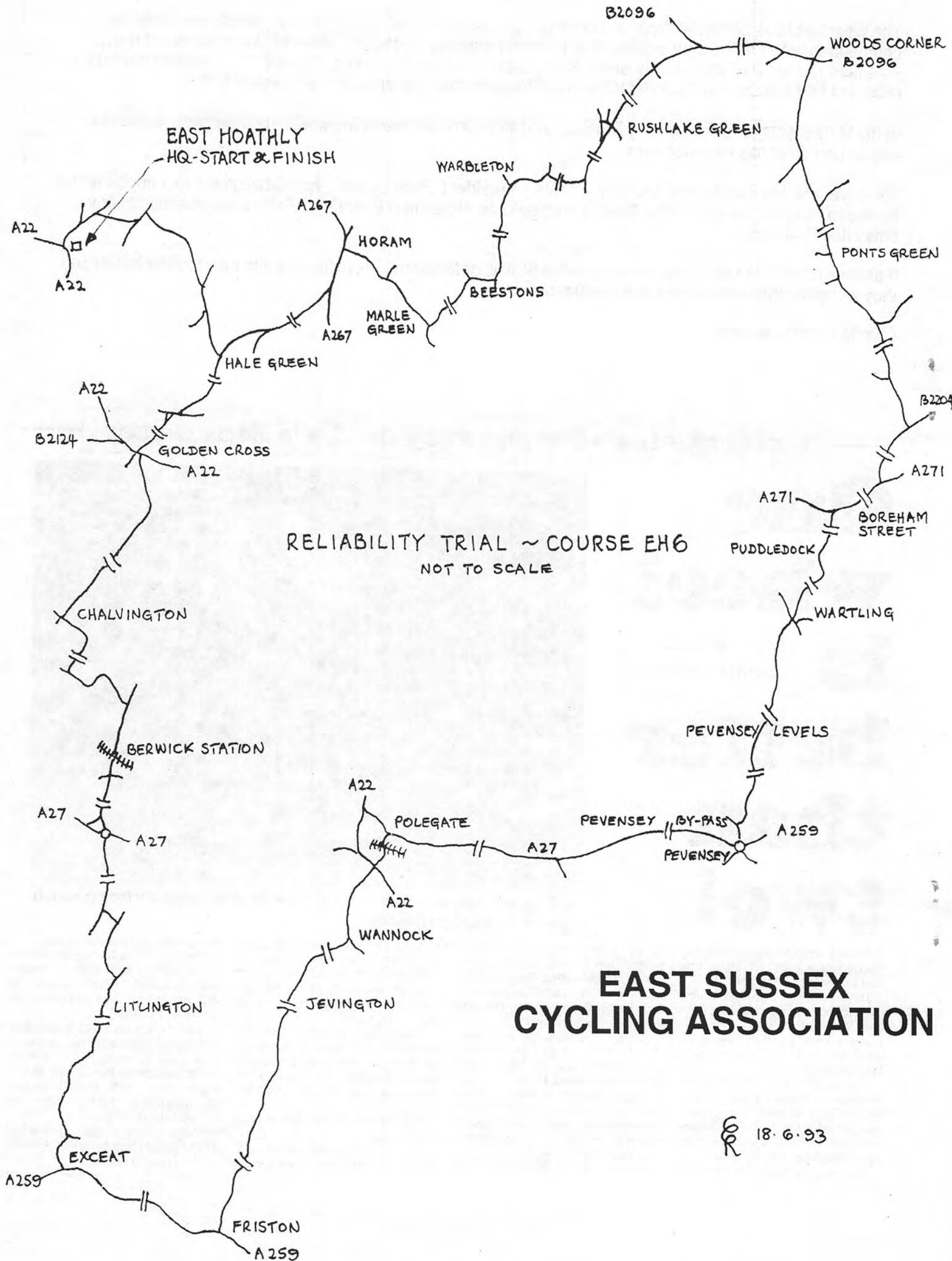
It's also very exhausting with several substitutes needed for the

five-a-side half hour matches.

Players use ice hockey sticks and street hockey balls plus of course the unicycles which come in different wheel sizes and cost from around £75 to £90.

Although next week's national championships will be Britain's first ever, the sport has been seriously running in Europe for about eight years with the European championships taking place in Dusseldorf in July.

Anyone interested in joining HUG should ring Derek on 431698 or Andy on 813144.



RELIABILITY TRIAL ~ COURSE EH6  
NOT TO SCALE

# EAST SUSSEX CYCLING ASSOCIATION

GR 18.6.93



# EAST SUSSEX CYCLING ASSOCIATION 49½ MILE RELIABILITY TRIAL

SUNDAY, 21ST NOVEMBER, 1993

## THE COURSE

START at the King's Head, East Hoathly (TQ523163). Proceed up lane taking right fork. Turn right again, then left then right signposted Hale Green (2.8 mls). At letterbox, turn left for Horam. Join A267 at May Garland. Proceed towards Horam and take first right (CARE) into Horebeech Lane (5.0 mls). Proceed via Marle Green. At T junction, turn left and follow signs to Rushlake Green, where take right fork at triangle. Straight ahead (CARE) following signs for Woods Corner. Straight ahead at cross-roads to join B2096 at Earls Down. Turn right and follow B2096 to first Checkpoint at Woods Corner Post Office (12.3 mls). After Checkpoint, turn right at the Swan Hotel (12.4 mls). At first fork keep left and follow road to T junction with B2204 near Kitchenham Farm. Turn right and proceed on B2204 to T junction with A271. Turn right and climb into Boreham Street.

Take first left by garage (Boreham Lane) and keep left in single file as the lane is narrow. At Wartling (20.1 mls) go straight ahead to Pevensy roundabout. Take fourth exit and proceed on Pevensy by-pass to Polegate, where first left into main street (there are loos here next to the Chinese takeaway). Over the level crossing to the A22 at the traffic lights (27.7 mls). Straight across A22 and proceed via Wannock, Filching and Jevington to T junction with A259 at Friston pond (32.3 mls). Turn right (CARE) and follow A259 to second Checkpoint at small lay-by on left 94 yards before bus stop sign (32.9 mls).

Check your brakes and continue on A259 to turn right at Exceat. Follow road through Litlington. Take first left and left again to cross the Cuckmere River. Turn right at the T junction and proceed past Drusilla's to roundabout on A27 (38.7 mls). Straight ahead to level crossing at Berwick. After crossing railway, take first left and follow road to Chalvington. Turn right and follow signs to Golden Cross. Halt at A22 (44.5 mls). Turn left and almost immediately right (CARE). Turn right at T junction and then left to Checkpoint at Hale Green (46.5 mls). Turn left at letterbox and follow signs to East Hoathly to FINISH at the King's Head, East Hoathly (49.5 mls).

## THE CHECKPOINTS

Each rider will receive a Start Sheet and 4 numbered Check Cards. The Check Cards MUST be carried with you during the Trial. Check Card No. 1 will be given to the Checker at Woods Corner Post Office (12.3 mld.). Check Card No. 2 will be given to the Checker at Friston (32.9 mls). Check Card No. 3 will be given to the Checker at Hale Green (46.5 mls). Check Card No. 4 will be given to the Checker & Timekeeper at the finish.

## THE TIME

In previous years there has been a choice of 3 different times in which to complete the Trial. This year a fourth time of 4½ hours will be introduced by special request. This may suit families with younger riders. The 4½ hour group will go off at 0830 hours.

## INSURANCE

All riders will need to be covered by third party insurance either individually or by their Club so here is a reminder in plenty of time.

## THE LUNCH

It is hoped that once again there will be a Lunch at the King's Head after the event for those that want it. Full details of this and other notes will be in the next issue of BONK together with entry and lunch booking forms.

SEE THE AUTUMN ISSUE OF BONK FOR FURTHER DETAILS OF THE RELIABILITY TRIAL



*Hi! Are you the lady who's waiting for the witty, attractive, intelligent, heterosexual, unattached, guy with own pad and disc wheel, g.s.o.h., late thirties, fun loving. Likes good conversation, jazz and bananas? Well, I'm here.*

● Police are showing more than a passing penchant for bicycles in Wimbledon. First they spend £5,000 on 18 mountain bikes in a pedal-powered push against crime. Then they decide that cycles left within the vicinity of the All England Lawn Tennis Club pose a security risk — and impound them. On the first day, the police made off with 15 bikes — a recycling exercise perhaps.



*Sussex Nomads Reliability Trial  
Sunday January 16th 1994*

*Sussex Nomads Annual Dinner  
22nd January 1994*

**ANOTHER BONK TEA PLACE**

*Jasmine Tea Rooms  
(Entrance through Kennedy's Garden Centre on the Dicker)  
For parties of 15+ Cream Teas are £1.40 each  
Cakes highly recommended  
Contact Jenny 0323 840155*

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*The last issue of 'BONK' showed that the great William Hickey has lost contact with his Establishment roots. To not know that Marina was the name of the Greek Princess who became the Duchess of Kent in 1934, leaves me aghast. Marina is also the feminine form of marine, hence the modern use in connection with the mooring places for boats around our coast.*

*signed: A Well Wisher!*