

BONK!

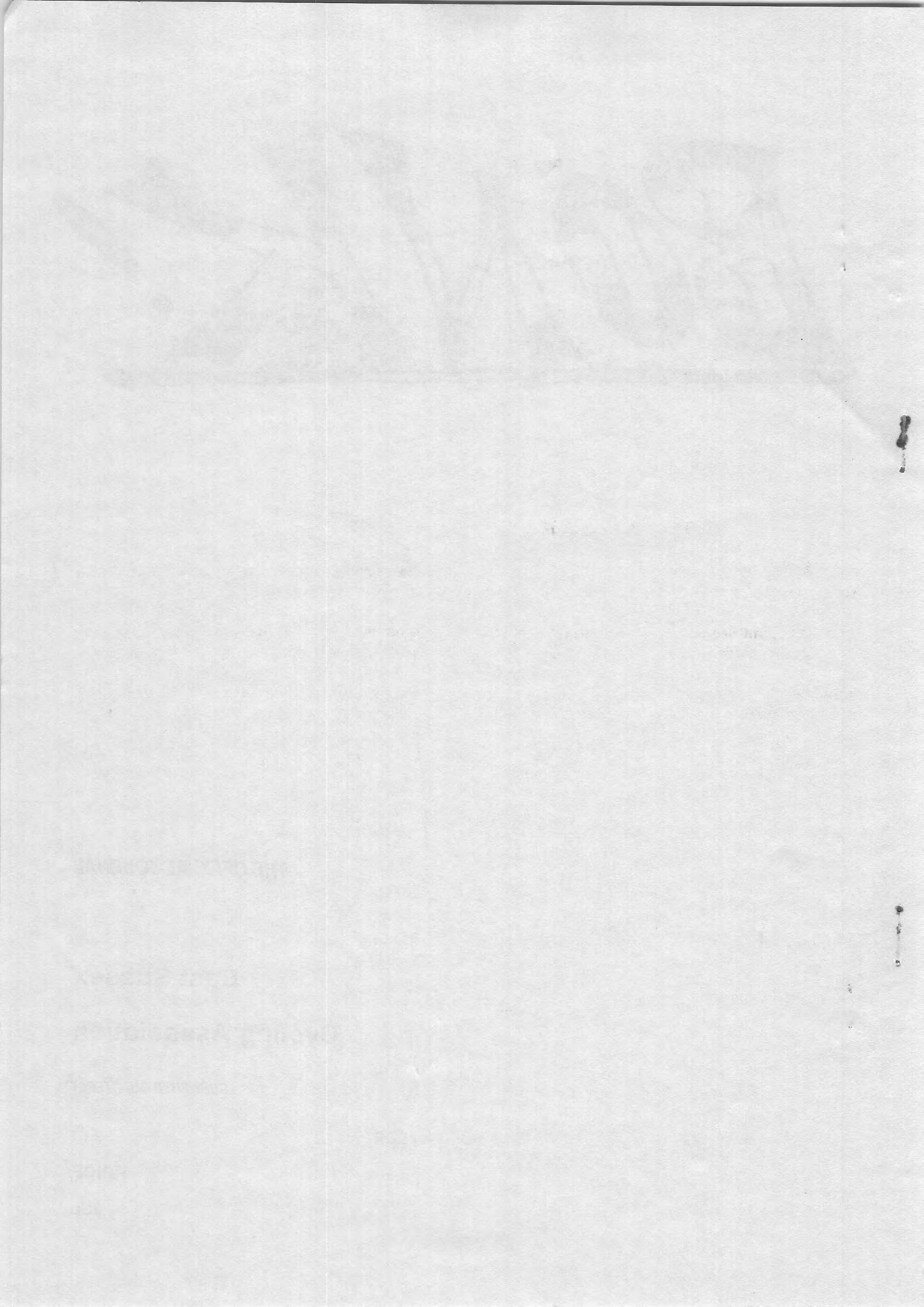
THE OFFICIAL JOURNAL

East Sussex
Cycling Association

PUBLISHED QUARTERLY

PRICE

25p



EAST SUSSEX CYCLING ASSOCIATION

-0000000-

President Ernie Spray

New Series No. 70

Spring 1995

Secretary & Treasurer: Roy Humphrey, 4 Ebenezer Cottages, Framfield, Uckfield. TN22 5NR
Editors: Maurice & Esther Carpenter, 10 Maplehurst Road, Baldslow, St.Leonards on Sea, TN37 7NA

TEMPORARY ASSISTANT SECRETARY AND TREASURER

The Management Committee has appointed an assistant secretary and an assistant treasurer to act for our secretary/treasurer Roy Humphrey until he is well enough to take over again:

Assistant Secretary: Mick Burgess, 7 Sandridge, Crowborough TN6 1JE (01892 661754);

Assistant Treasurer: Barbara Atkins, 46 Valebridge Road, Burgess Hill RH15 0QY (01444 232930)

These are temporary appointments, but until further notice all *general* (non-financial) queries and correspondence should be addressed to Mick (in addition to racing matters, because he is also our Racing Secretary); and Barbara will deal with everything to do with *money*, including event secretaries' financial statements and cheques.

EVENT SECRETARIES: APRIL '10' and '25' (NOT as in RTTC Handbook)

Would clubs please spread the word among their members of changes to the Event Secretaries of the ESCA 10 and 25 in April:

Saturday, April 22nd 10 miles (G817) Entry fee £3.50

Graham Lade, 66 Wilton Avenue, Hampden Park, Eastbourne BN22 9HY (01323 509408)

Sunday, April 23rd 25 miles (G839) Entry fee £3.50

Geoffrey Boore, Inshaala, 24 Faulkners Way, Burgess Hill RH15 8SB(01444 245796)

LEWES WANDERERS

"Give it me! Give it me! I want to win something!" she screeched. Isn't it funny how the actions of just one person can spoil the atmosphere of an otherwise enjoyable event? Our annual dinner was graced by the presence of the ESCA President, Ernie Spray, and the top-nobs of Eastbourne Rovers, as well as our guest speaker, Les Hayman from across our Northern border. What a pity, then, that the only female competitor in the ESCA (East Sussex Cake Association) Cake-Eating Championship should display such naked, aggressive greed. She shall, of course, remain nameless. The title was won by ex-Wanderer Paul "Jaws" Phillips in a world record 57-54, less than five seconds ahead of the 1994 champion, Andrew "Steam Shovel" Meed. One of our youngest members, 11-year-old Keith Newsam, narrowly won the Lanterne Rouge award (a useful booklet about indigestion) and Esther Carpenter won the handicap section. (Oh damn. That's blown her cover.) The more serious prizegiving had involved about twenty people who had made their mark on the 1994 racing scene. Our Senior BAR, Pete Baker, tried to make a short speech but found he'd lost his voice - probably because of over-excitement at earlier being presented with the Dramatic Suffering Award. This took the form of a box designed to fit under a racing saddle and containing two teabags and a rock cake - the things which brought him back to life in the Mitre 24.

Suffering was also one of the major features of our reliability trial on one of the wettest, windiest days in January. The fact that 40 riders started out on such a foul day reflects great credit on their strength of character (or foolhardiness). The fact that only about half of them returned inside their time limits is a reflection not only of the weather but of the mountains that had to be climbed. Heather Wimble was one of the survivors, which probably explains why, in the GS Stella hardriders event a few weeks later, she was able to catch and pass one of the best-known riders in the race. Actually, Geoff Boore was *walking* up a hill at the time, pretending he was a member of the West Sussex Ramblers' Association. He ought to take *some* tips from our international duathlete Ivan Luck, who mixes footwork and cycling to such good effect that he won himself a week in the Canary Islands - not to laze about but to take part in the Lanzarote Powerman duathlon. He was a clear winner in the 19-24 age group and tenth overall in the world-class field of 120.

Not everyone likes to rush about during the winter months. Ken Stevens set an example in our speed-judging competition, which he won easily. After less than two miles of the 15mph circuit, Carl Matthews caught him for four minutes and disappeared rapidly into the distance. Did Ken panic? Not on your life. As Carl stormed round the second, 11mph, circuit Ken dug deep into his reserves of experience, changed down a few sprockets and graciously accepted the plaudits of the finishing-line crowd. Carl finished last, just below that other famed half-wheeler Ian Landless. The freewheeling was a counting-event in the first competition for the Porter Trophy (a rose bowl), which was won by Steve Burgess. We were pleased to have Maureen Porter with us at the dinner to present it to him; and we were equally pleased to sing "Happy Birthday" to Ken Griffiths - our oldest member and one of the top ESCA racing men of the past. Ken is 78 - still cycling and still actively involved in the sport, as anyone who has time-trialled round the Boship roundabout should know.

Another of our old-timers had a pleasant surprise the other day. On sitting down to tea and a toasted teacake at a cafe in Goudhurst he was asked by an elderly lady if he knew of a friend of hers who was a cyclist in Kent. "On the other hand," she added "you probably *won't* know him, because he's a lot older than you. He's sixty." Mick Burgess (60) left the cafe with a self-satisfied smirk.

Rotrax

AN EVENING WITH ALLAN PEIPER

First impressions did not augur well. Les Hayman and I attended an extraordinary meeting of the East Sussex Cycling Association, early in November last year; the main subject of discussion was to be a proposal by Geoff Boore that Allan Peiper, the former professional and well-known member of the Tour de France peloton, be the guest speaker at the ESCA lunch in January, and that he give a talk the previous evening at a location somewhere in Sussex. This seemed to be an admirable idea, but, as details of the plans unfolded, it became apparent that they were rather lacking in concrete details. The impression that remained with both Les and me as we left the meeting was that everything had been left a little too late and that the likelihood of Allan Peiper appearing somewhere in Sussex early in 1995 seemed to be rather small.

How marvellously wrong we were proved to be! In December impressively printed tickets, complete with a photograph of the rider and proudly announcing "An Evening with Allan Pieper", were circulated to interested clubs. 'Of course it's spelt right,' John Harding informed me. 'Pie is pronounced "pie" and per is pronounced "per" - Pie-per.'

Fortunately, they got it right for the programme handed out on the evening. The venue was St Wilfred's Parish Hall in Burgess Hill. I must have missed a turning on the way there and then had a little difficulty finding Station Road, where the hall was situated. Having located the right road, it was a question of finding the hall itself. A drive up and down Station Road revealed nothing that looked like a parish hall. However, there were a few people milling around outside a rather ugly edifice and I surmised that this must be the Church designated as that of poor St Wilfred; the hall was tucked well away at the back. The ticket gave the start time as 7.30 for 8 and it was 7.40 as I entered the building. Inside, I was astonished to see that, already, it was almost a case of standing room only. I spotted a seat next to the central aisle and, on being told that it had just been vacated by someone who had given no indication that he intended to return, immediately laid claim to it. Later, I learned that the hall was licensed to hold 150 people - there were nearly twice that number present.

As eight o'clock approached, Geoff Boore, immaculately besuited, shirt cuffs gleaming some way beyond the ends of his jacket sleeves, was to be seen preparing to make his introductory remarks. As he went past me, I heard him saying to someone that Sean had been held up - Sean? - well, there must be people other than English (and Irish) cyclists who are called Sean. Geoff took his place at the front of the hall to make his opening announcements. One of the first things he had to say was that, during the evening, Sean Yates was to be presented with the Bidlake Trophy, an award made on an annual basis to one cyclist in recognition of his achievements during the year. However, he had been detained by a broken-down car, or something of the sort.

The time finally came for Allan Peiper to make his entrance, to great applause from all round the hall. His appearance was remarkably, almost disturbingly, different from that normally seen in photographs, mainly because of an almost complete lack of hair. His closely-cropped skull, allied to the slim physique of the professional race-rider, gave him the look of a convict. He started by explaining that, normally, the sort of request he had received from Geoff Boore at the beginning of the previous year would have found its way into the wastepaper basket. When he retired from cycling, he had attempted to make a career as a professional speaker, but had found that it was very demanding and that he could not really cope with it. For this reason, he tended to decline such invitations. This time, though, he hesitated because he was intrigued by the name of Geoff's house - Inshallah (I think). This was because he had become interested in Eastern religions and philosophy, in his own

personal quest to discover why he is on this Earth and the reason that the answer to all those other questions is 42, and the name struck a chord. A result of this interest was that he had recently spent three weeks in a retreat in an isolated place up a mountain somewhere in India. This was apparently the reason that his head had been shaved. Conditions had been very spartan: food comprised a single meal each day of rice and lentils, or lentils and rice; washing had to be done in the nearby river; and there was just a sleeping bag for nighttime comfort. By the end of his stay Allan had diarrhoea - but I will spare you the intimate details he provided. On one day, trekking up a steep hill-side behind his Indian guide, he came to the conclusion that there are things in life that are as hard as riding the Tour de France.

At about this stage in the proceedings Sean Yates made his belated appearance, entering the hall, accompanied by his wife, to a tremendous welcome. They took their seats at the front of the audience and Allan continued with his talk, concentrating on the early stages of his career when he and Sean rode for Peugeot. The careers of the two of them had taken a parallel course for some time before they separated on to different teams. The glimpses he gave of the life of a professional cyclist were fascinating: the seemingly exhausting schedule that at times they undertake, flitting about from one race to another, with the occasional criterium in between; the rivalries and mutual respects that are built up. Allan told of one occasion when Sean had set up a race for Allan to lead out the sprint, but Allan had been unable to hang on to Sean's wheel; the comment he received from Sean as they crossed the line had been brief and uncomplimentary. Sean had clearly regaled Allan with tales of derring-do on the Q10/19: 'Slam it into 54x12, down the ramp, up the dual carriageway, climb the slip-road to turn at the roundabout then back again,' he reported Sean as having told him. This mortal only wishes it were quite so easy. They had talked of doing a two-up on the course - perhaps that may yet come about.

Allan spoke about the subject of an article in the issue of *Cycle Sport* which had just gone on sale, with the heading of "SLEAZE: How races are bought and sold" on the cover. He did not deny that there were occasions when one rider would promise a payment to another one, during a race, to ensure that he was first across the line. However, he defended it as an acceptable part of professional road-racing, explaining that generally it is only the strongest rider in a race who would take this action. He clearly had some difficulty in explaining this reasoning and I was not really any the wiser when he had finished. Nevertheless, he did convey the impression that cycling is not a hot-bed of corruption.

The interval, during which a buffet supper was available, was something of a rugby scrum, with everyone who wanted to eat having to file in to and out of a small room. This necessarily meant that it took a bit of time. When everyone was finally in place, the second half started with the presentation of the Bidlake Trophy to Sean, preceded by an explanation by the Chairman of the Bidlake Committee of how the Committee had arrived at their choice. Having received his trophy, Sean spoke a few words of appreciation; this showed that, if it was not already apparent, public speaking is unlikely to be his first choice of career when he retires from the saddle.

The second half of the evening comprised a question and answer session. Allan insisted that Sean should join him to field the questions that were going to be put to him; this Sean did after he had finished devouring a mince pie. Topics covered included:

- the races regarded by the riders as their most and least favourite: I forget Allan's favourite race, but his least favourite was Paris-Roubaix; Sean's favourite was Paris-Roubaix, his least favourite anything hilly, although he singled out Liège-Bastogne-Liège as being particularly hard.

- the rider for whom they have most respect: both had little hesitation in nominating Miguel Indurain, partly for his outstanding ability both in time-trials and in the mountains, but also because he is always completely natural and will talk on equal terms to any member of the peloton, however lowly they might be; this contrasts with, say, Bernard Hinault, who would treat the lowly members with contempt. They also had great respect for Greg Lemond, who had done a great deal to improve the riders' salaries and other conditions.
- the question 'Is there anything we should know about drugs?' caused Allan great amusement. He admitted that, like any sport where the rewards and pressures are great, there is an element of drug-taking, but made it clear that it was something that he had never been involved in.
- Chris Boardman: both riders naturally thought highly of Chris's time-trialling ability, but thought that, with an intention to go for a high place in the General Classification in the 1995 Tour de France, he might be aiming a little too high to begin with. They felt that it would take more than a little time for him to develop sufficiently to make a challenge in that area.
- what food they ate while racing: anything and everything was Allan's reply to this. He recounted how he had once commented to Sean during a stage on one of the Tours that he could eat a car door.
- which of the new developments in recent years had been of most benefit: both men said that the Look system of clipless pedals had probably been the most significant breakthrough. Sean also said, unsurprisingly, that tri-bars had been particularly advantageous for time-trialling.

Several other topics were discussed, but lack of space and time, and, most significantly, a feeble memory preclude any others being mentioned.

The evening came to an end with a Grand Raffle. The first prize was a Cliff Shrubbs 531 frame from Geoffrey Butler Cycles, the second a refrigerator (really) - I have no idea who donated it - with prizes of several other smaller items. No Southborough representative managed to win anything.

This was a marvellous evening. Allan Peiper on his own would have been very entertaining, but to have Sean Yates there too was a tremendous bonus. I have heard several people say that if they had known Sean was going to be there, they would have gone. I don't know how they would have fitted inside the hall.

Well done, Geoff Boore! Who will be next? Big Mig? - with, perhaps, Stephen Roche *como intérprete!*

*Bill MacNay
Southborough & District Wheelers*

FRAMFIELD 1995

As I drove home through the bosky Sussex lanes I reflected on the past few hours that I had spent at the E.S.C.A. Annual Luncheon & Prize Presentation.

It was with some trepidation that I set out during the morning of January 8th. I had enjoyed the previous year's function and I wondered, would the circus be the same without the ringmaster? - for Roy was in hospital recovering from a stroke he had suffered just before Christmas.

I needn't have worried. Entering the village of Framfield, the spiritual home of the East Sussex C.A. for so many years, I was pleased to see the usual piles of bikes outside the Hare & Hounds. When I had safely parked the car at the village hall yard, I peeped inside and was reassured to see the C.R. Photographic Display dominating the far end of the room, and mentally calculated how many hours of floor crawling had been dedicated to this splendid feature over the years.

I strolled back to the pub, carefully preparing myself for the hub-bub of noise that would assail me as I opened the door into the bar. I noticed the Brighton Excelsior at their usual long table - and surely the gaunt man with the shaven head was our guest of honour, Allan Peiper, obviously captivated by Val Stringer.

Motherly ladies from the Lewes Wanderers were bustling among their clubmates, ensuring that sweaty underwear had been changed and muddy shoes substituted for dry ones. There was a distinct feeling of *deja vu* when I spied the Southborough Wheelers chatting to their friends in the Eastbourne Rovers; mud splattered riders from East Grinstead strutted in, even so early in the year looking sleek and fit but I was pleased to see that they were human enough to slake their thirst with copious pints of ale.

Soon it was time to retrace my steps to the hall where a cam corder was beamed on all arrivals - I later learnt that his son-in-law was recording the scene for Roy. Before the meal was served we drank a toast to Roy and received a progress report from Charles Robson; cards were circulated and signed and when eventually Allan Peiper stood to speak to the assembly he first of all paid tribute to Roy's long years of work for cycling.

It was clear that although Allan had only been in the area for a few days he had grasped the spirit that the Association embodied and spoke warmly about the uniqueness of English cycling and club life. Horry Hemsley responded on behalf of the Association and spoke for us all as he thanked Allan for the sincerity of his speech.

The prize presentation followed, conducted as usual by Mike Rabbetts and Mick Burgess, with a good number of recipients collecting their trophies from Allan.

The afternoon drew to a close with the introduction of the 1995 President, Ernie Spray of the Hastings & St. Leonards CC. He had been a member of the winning team in the very first Association Hardriders event - how many people who rode in the 1995 Hardriders will still be cycling fifty years hence? Although he is unlikely to emulate his predecessor with a win in the event during his year of office he promised to be on the starting line.

My musings ceased as I drove into familiar territory and I concluded that though Roy may not have physically been with us, he had certainly been present in spirit and yes, I was already looking forward to Framfield 1996.



Butterfly

E.S.C.A. LUNCH FRAMFIELD 1995



Dave Stokes & Jack Harris arrive by bike



As do Graham & Sarah Lade and Richard Thomas



Leon Budgen and Rick Stringer pose for the camera

Janet Humphrey gives Sylvia Burgess a progress report on Roy's Health



Val Stringer captivating Allan Peiper

E.S.C.A. LUNCH FRAMFIELD 1995



Warwick Dunford and Les Hayman



Steve Dennis



Peter Holland and Ray Gearing
'Up the T.A.'?



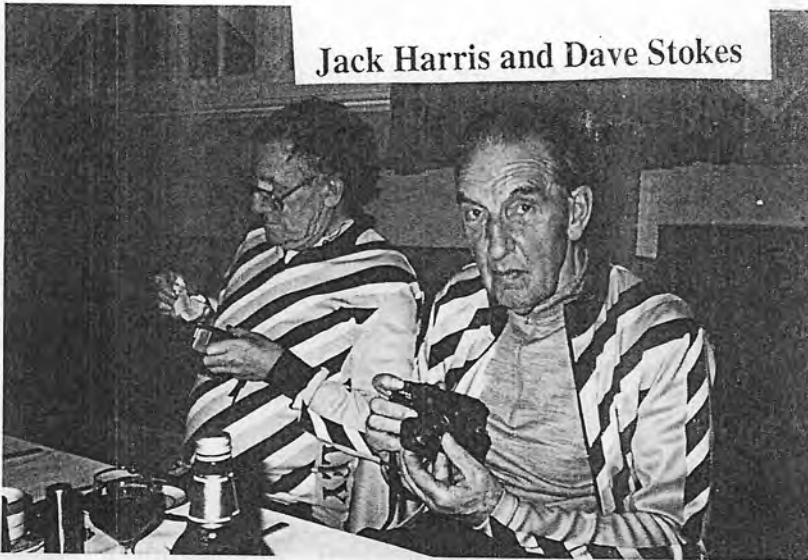
Jane Gates and Sandra Hill



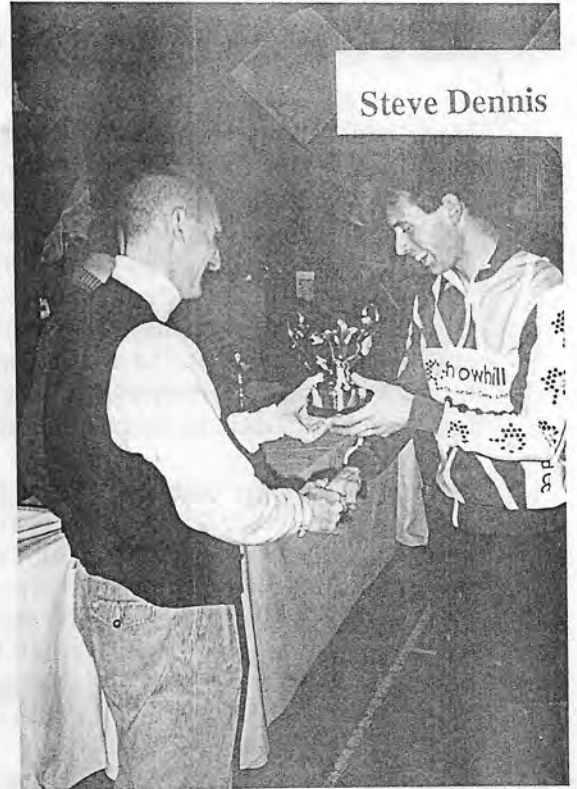
Diane Hayman

E.S.C.A. LUNCH FRAMFIELD 1995

Jack Harris and Dave Stokes



Steve Dennis

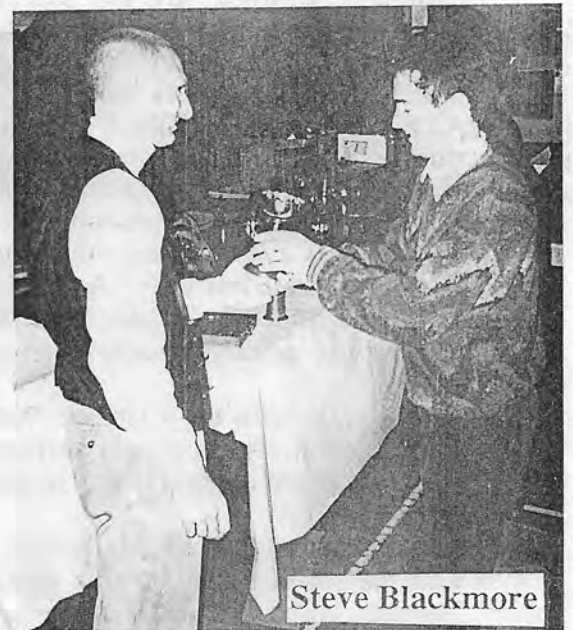


Mick, Sylvia and Val wait for their lunch

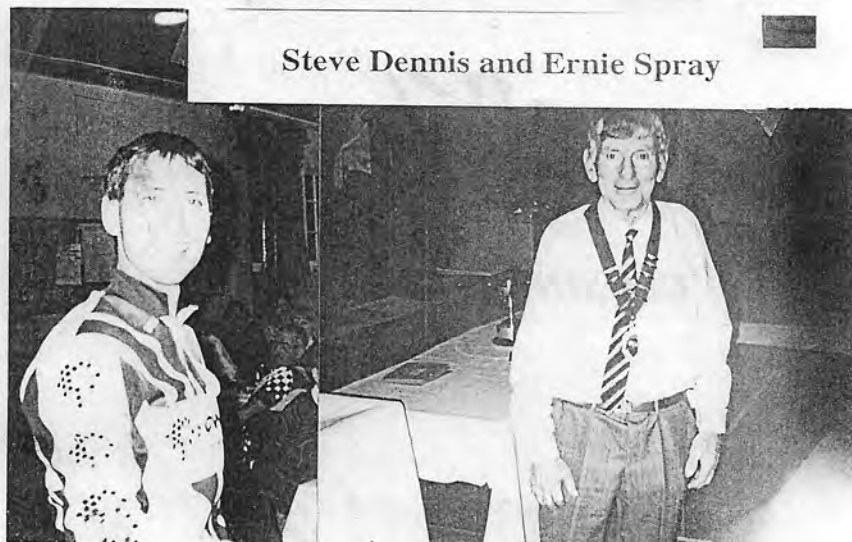
Allan Peiper entertaining his fans



Steve Blackmore



Steve Dennis and Ernie Spray



HASTINGS & ST. LEONARDS C.C.

Many club members have remained active during the winter months, some still competing. The award for furthest travelled must go to Steve Barkess. As the National Junior Champion Triathlete he went out to New Zealand to represent Britain in the World Triathlon Championships held in November. A top ten junior placing was predicted for Steve but he had the misfortune to go down with a stomach bug a few days before the event. He was still well below par on the day but showed great character in actually managing to complete the event. Since the age range for triathlon juniors is up to 21 Steve is raring to have another go this year and put his disappointment behind him. He enjoyed road racing in the Kent League last year and will continue to race in the Hastings colours this season since he is delaying his entry to University. We also hope to persuade him to include a few more time trials in his programme.

In recent years the club has completely lost touch with the cyclo-cross scene. Peter Campany and Jon Sharples decided to put this to rights by having a go on their mountain bikes. They came back from the November Stanmer Park event full of enthusiasm having been impressed by the nature of the competition and the lively atmosphere. This inspired junior Chris Watkinson to try a couple of races. It has always been commented that Chris shows a good turn of speed when the club runs get lively so we hope for good things from him. One reason for his ability could be in his family history. President Jack Southerden produced a club photo from 1896 with his great-great-grandfather in the line-up. Old club race pamphlets from the 1890s also list him as a race official.

The club was out in force as competitors, marshals and spectators at the 1066 Tri Club's duathlon held in Hastings on the first Sunday in February. The 5.5 mile run, 37 mile bike ride and 5.5 mile run event had over one hundred and twenty entries and for the fourth year running was blessed with reasonable weather. The HQ was at the Sea Life Centre in Hastings Old Town with the runs going along the sea front, the ride going out to Battle then back round to Rye. The club helped out by marshalling a couple of roundabouts. One of the interesting topics of conversation was wondering what sort of comments the RTTC DC would make on the route of the cycle section! Derek Addrison was the best local performer, storming round the course to finish third. Derek is looking stronger than ever and is really motivated this year. He is just moving into the 50 - 55 year old age group and his major target for the year is the European Championship for this veteran class. At the rate he is going he will probably be a good bet for a top placing. No doubt he will still be riding as many ESCA events as his other commitments allow and with any luck should beat the hour after getting so close last year. Ann Addrison also did well in the duathlon but many of the triathletes suffered a little on the bike since the recent wet weather has caused many to concentrate on their running and swimming rather than getting in miles on the bike.

After a year with the Clarence Wheelers Paul Panagi has changed back to wearing the Hastings colours again. A good early performance, although Paul had hoped for better, was the fourth place in a strong field entered in the Southborough Wheeler's new Year's day 10 on the Q10/10.

Seven years after Mark Markowski won the Perfs Pedal Race in Hastings' colours brother Martin won the sprint finish for this year's race. Martin was riding in the colours of recently formed, Hastings based, VC Bayeaux - obviously a team that will be getting good results this coming season.

Chris Parker



CLOSING FOR SUMMER EDITION OF BONK - JUNE 4TH 1995

SOUTHBOROUGH & DISTRICT WHEELERS

1994 wound up at the club dinner where Malcolm Whitehead and his wife addressed the diners, presented prizes and mingled with club members with words of wisdom for young racing men. Perhaps this explains their more relaxed approach to the Boxing Day 10 where their festive involvement included David Watson's ride on an upright Raleigh with hub 3 speed! Old hands, some now in other clubs, dominated the event, with Andy Verrall, Peter Fox, Paul Abraham and Paul Woodman taking the first four places from a thirty strong field. As usual the event attracted a fair sprinkling of riders from the local C.T.C. group.

The open 10 on New Year's Day attracted 80 riders. Its increasing popularity has pushed the latter starters into opening time at the pub giving event organiser, Warwick Dunford, his first cause for serious concern since he started it when January 1st became a public holiday. Club riders among the prizes were Gill Tree (first lady) 28.38; David Watson (second junior) 27.31 and John & Peter Watson (2nd tandem) 26.24. Peter Holland was proudly boasting a successful double - last in the tandem event (tandem trike with Esther) 30.56 and last in the men's event, 35.30!

The A.G.M. provided few surprises though Maurice Spear did take over the Social Secretary's job. One of his early tasks was organising a trip to Manchester for members to see the Boardman v Rominger show. The £18 entrance fee seemed a bit excessive but in the event the evening was well worth it. The drive up and back was a drag but with Mark Puckett, Jim Gowan and Peter Fox sharing the driving of the mini-bus everyone enjoyed it. Good job it isn't the racing season as it was 5.00am when they got back.

Fifteen members attended the ESCA Lunch and again enjoyed the traditional brightening of a drab January day. Allan Peiper must have found it a contrast to some of the functions he had attended. Mick Burgess did a good job as stand in organiser. Roy would have enjoyed it. We wish him well on his road to recovery.

Roller racing has again enlivened the winter evenings with the final league match due shortly. It is critical, since four of the five teams are very close - one and a half points separating them.

One evening the clubroom hosted Venner Gilbert, a club member some thirty years ago. He showed us his old cine films of club life, club members and clubruns from 1957 to 1965. Luckily several old members attended, including Crow and Geoff Boxall. It was very nostalgic. A few weeks later Peter Crofts showed slides of last year's CTC trip to Siokkim and Bhutan. They were one of very few parties to have gained access to Bhutan. It is all very beautiful

Oldies were in evidence at the 1066 Longmarkers Dinner and will be again shortly at the Kent vets do. meanwhile the younger element have been busy re-designing the club racing vest. Stand by to see the 'dead frog', 'black flames' or 'Batman suit' in operation in 1995.

Congratulations to Warwick Dunford on his election to the National Committee of the RTTC and commiserations to Mark Puckett who, between living at Gravesend with mother in law, buying and selling houses (with moves involved), expecting his second child any time, holding down a full time job, promoting four road races this year and being our club's road race secretary, has landed the job of BCF Secretary for the Sussex Division! Glad to remain a casual ...

Roamer

GILL TREE LADIES B.A.R.

Like many successful women cyclists, Gill's route into cycling was via running and triathlons. She joined Southborough and District Wheelers and rode the occasional club event in 1992 as part of her training for triathlons but within a year had switched to cycling and now does "only the occasional tri, bi or cross country race ."

Her improvement this year has been dramatic and she finished the year with p.b.'s of 23.50 for '10', 1.4.04 for '25', 2.11.38 for '50', and 4.55.04 for '100'. This placed her 35th in the National Ladies B.A.R., and if conditions had been better for the '100' (the men's winning time was 21 minutes slower than the previous year and half the field either did not start or finish) she would probably have made the top 30.

In addition to her riding ability on the flat Gill is an accomplished hill climber and won the ladies awards at both the Catford and Bec Hill Climbs. One of her goals for the forthcoming year is to break 3 minutes on these lung bursting 1 in 4 hills. She would also like to see more ladies competing in this discipline of the sport. This is no doubt the reason why she prefers the hilly courses and this year she plans to take in some of the new National Time Trial Series.

Gill is coached by her uncle, Malcolm Martin, who is also a member of Southborough and District Wheelers. Her training is progressing well for the forthcoming season and she is jetting off to Lanzarote at the beginning of March for 2 weeks training with the Cycling Weekly Camp at Club LaSanta. This formed a vital part of her pre-season training last year and as well as the actual riding itself, the evening lectures given by the likes of Peter Keen on topics such as training methods and diet, proved invaluable.

SUSSEX NOMADS

We missed the Xmas BONK (the ESCA publication). This was due mainly to the days and weeks being too short and not enough weeks in the month. I had the same trouble in time trials, the minutes were too short or perhaps the miles too long, another problem est je pense en franglaise oops pardon.

The club is changing and growing. We have three new members, possibly four; that's an increase of something like 20% more Nomads and everything seems to be happening.

There is now a Club Newsletter, albeit only two so far but the Headitter is very keen (maybe because he sees no point in training at the moment), the only trouble is that you have to be careful what you say or do near him

For the near future we have a Skittles Nite on March 3rd at the Royal Oak, Barcombe and a 100 in 8 i.e. 100 miles in 8 hours. This is on Sunday 26th March; riders will start from Saltdean Lido, then via Black Lion, Patcham and Burgess Hill meet up at Lewes to join a large circuit bounded by Seaford, Alfriston, Ringmer, Linfield, Buckbarn, Ashington and Pycombe and back to the starting point. K.C. reckons you will all do about one hundred miles but as we all have computers it will turn out O.K. Members of other clubs are welcome at both of the above. Just contact Alan or Geoff for details.

This year we are also starting a League over 10 and 25 miles ridden on local courses only. We are doing this to promote a stronger club spirit instead of everybody disappearing to far away drag strips.

To go back a bit we have had a couple of little 'dos' one of which, the 'Allan Peiper Weekend' was super thanks to Geoff. The evening at Burgess Hill was a terrific success and we could have sold twice as many tickets. As it was there were over three hundred people in the hall including several 'complimentaries'. The icing on the cake was having Sean Yates there to receive the Bidlake Award. He and Allan Peiper, being old buddies, were like a double act, which gave us a very good evening's entertainment. The Nomads, Crawley Wheelers and E.S.C.A., all of whom underwrote the evening, made a small profit, so it was even better. On the Sunday morning Allan Peiper came on the Nomad's clubrun, proving during the morning that he was really just a club cyclist, generally mixing in with everything, sprinting for signs and helping with the Boore's tired tyre.

The real reason for Allan's visit was to speak at the E.S.C.A. Lunch. This was probably not such a lively event as in the past but this could be put down to Roy's absence due to his sad illness which put him in hospital. Allan's speech was one of the nicest I have heard, it was sincere and not full of the speaker, as some are. The question is, who will speak next year? After Beryl Burton and now Allan Peiper, who is the next? Eddy Merckx, Lemond, Boardman, Indurain, the Pope, or maybe William Hickey.

The next grand (or grande) occasion was the Club Dinner. I know that many club dinner numbers have been down but we were up by fifteen and sixty four sat down at the Hickstead Hotel. Our dinner is usually just a dinner, as it was this year. The meal was reasonable and the cross toasting not bad, but the speeches were good. Our new President, Vernon Hyde, said Grace in a most pleasant way, then our friend and regular visitor, John Woodburn said more than a few words, mainly extracting the urine from a certain jazz buff. A certain Radio 5 presenter, Simon Brotherton, spoke for some time about his adventures following the Tour de France for Radio 5 and this was very enlightening and entertaining.

Finally it was Prize Presentation time and our President's wife, Phyllis, presented them to

Fastest 25
Fastest 10
The 'Reg Porter Sportsman Trophy'
Best All Rounder
Vets Best All Rounder
Christmas 10

Adrian Morris
Gerard Burgess
Tony Kennedy
Adrian Morris
Geoffrey Boore
William Davis

During the evening we remembered Dan King, a club member who was killed during the year when riding his motor bike, and of course, our friend Reg Porter. We were pleased to have the company of Maureen, Terry and Ian Porter for the evening.

Back to the future. Le Duo Normand is a must again this year, plus any other French trip we can find. Geoff will still be trying to improve at every distance and win everything. William davis will try to enter enough events to qualify for the ESCA Junior B.A.R. Roger Davis will, when he can, try to miss everything which is parked and Tony Kennedy will, hopefully, keep both wheels on the ground.

I know Adrian Morris will do his best to get under again, while Keith Chandler hopes to beat G.B. in the vets B.A.R. Most of us will do our best to compete and ride our bikes. Let's hope it is fine every Sunday morning.

Keep safe! Dress in bright clothes (join the Nomads)! A bientot. Lui meme avec beaucoup ans.

Ancient Nomad

To all readers.

AN EVENING WITH ALLAN PEIPER

On behalf of my co-director and fellow sponsors, our buffet staff in the capable hands of Hazel, our clubmen, Dan bennett, Keith Chandler, Nic Boore, Ken Smith, in addition to our three ladies, Michelle Seymour, Lucie Glennie, Peggy and David Stokes, my special thanks for their unstinted help and assistance throughout the evening, which I feel totally contributed to a memorable night.

We hope to put on a similar event in 1996 and are actively pursuing other stars and hope to announce another gala evening towards the end of the year.

Thank you all for your support.

GEOFF BOORE & ALAN LIMBREY

EASTBOURNE ROVERS C.C.

1994 was a fairly quiet year for the Rovers apart from James Dear who won the Sussex Cyclo-Cross Championship. However we hope for better things and for more racing members in 1995.

Our Annual General Meeting was held at the beginning of December. Dave Dunbar stood down as President having completed his three year term but remains as Treasurer. Jane Lade was made a Life Member as appreciation of all her efforts on behalf of the club while husband Graham is already a Life member. Sarah Lade follows in the family tradition of never shirking from some work by taking the Time Trials Secretary's job. Malcolm Cross relinquished the Road and Track secretary's job while not much else has changed.

Graham Cox, our seventy year old tea boy, who has carried out the duties religiously for eleven years continues to make good progress after being involved in a collision with a car coming from behind. Graham spent a few days in hospital with a suspected broken leg but happily this was not so and he is now able to walk about albeit with a limp.

We held our Annual Dinner on 21st January and eighty six members and friends were in attendance at the Afton Hotel where the meal was up to its usual very high standard. Our speaker was Cliff Sharpe who is now Club President. As many of you know, Cliff was a very fast time triallist in his time and won many events in the south of England and we all hope he enjoys his term as President.

On the subject of the Dinner, where was club member Jon Cooper? He purchased two tickets about three days before and was not to be seen. Well, girlfriend Jo was down at the local hospital giving birth to baby Oliver who weighed in at 7lb 12oz. The time of birth was 11.40pm and the Dinner finished at 1.00am. His clubmates on hearing the news quite expected him to pop in and buy them a pint. Sadly, this was not the case and as yet the baby's head has not been wetted.

In very wet conditions our Christmas Day time trial went ahead. Graham Lade was the winner with a time of 26.51 on a not very nice day. However, about twenty five people turned up at Stone Cross Village Hall for mince pies.

Back in October we promoted our cyclo-cross event which was won by Paul France and Andy Seviour following sterling work in previous years by Stu Greenway. The club was well pleased with the turn out apart from the under sixteen mountain bike race, which as in other years failed to produce the hoped for number of entrants. James Dear of our club produced a good ride and then went on to win the Sussex Cyclo-Cross League. Dear impressed the spectators with his technical ability on a mountain bike. Not quite so impressive was Tim Stevens who was partaking in much bush and shrub clearance which was accompanied by shouting and cursing. However, Tim did, I think on balance seem to be enjoying himself.

Just returned from his annual trip to a sunnier place is George Taylor who had returned to Kenya for a three week cycle tour. Prices do vary depending on where you are but he says that in one area you could buy eight pineapples for £1, sixty oranges or sixty bananas for £1 and beer for as little as £1 a litre. He also reported seeing a 26 year old Kenyan racing cyclist out on a training run. The man was riding a totally worn out bike that could be bought new for about £100 in this country. It begs the question, what would some of the sportsmen and women from third world countries be capable of if they had our wealth? especially when we remember the performances of some of their athletes.

Rover

CENTRAL SUSSEX C.C.

KEVIN HARDING beats the hour on New Year's Day!

Don't panic, this epic performance was not in a '25' but in taking third place in the Jog Shop Triathlon centred on Brighton Marina. After a 500 metre swim in the Marina! the competitors warmed up a 5 kilometre run before tackling the final leg, a 15 kilometre cycle ride. Kevin covered the hilly circuit almost two minutes faster than the next rider. This broke the course record by a considerable margin. The overall result was - 1st Dale Anderson, 53m 9s; 2nd Nick Barnes, 57m 4s and 3rd Kevin Harding, 59m 17s. Kevin will have to concentrate on his clothing changing technique as it took him over four minutes to change from his swimming wet suit to his cycling thermals compared to the winner's minute or so!

With the new racing season now under way, evening 10s will soon be with us. This year we are using a new, flatter 10 mile course, very similar to the one used in the 70s and 80s. Hopefully it should prove to be quite fast. The start and finish are on the B2110 about three and a half miles east of Handcross and just short of the junction with the B2036 (Cowdray Arms). Course goes west to Handcross, right at the roundabout on to the B2114 to Pease Pottage; turn at the roundabout and retrace to the start.

The Monday evening dates are: 15th May 7.15pm. 22nd May 7.30pm
then 5th June to 31st July at 7.30pm.

Alex Beale continues to make progress following the accident last summer in which he broke his pelvis. He is currently having outpatient physiotherapy at Horsham hospital where he pounds away on an exercise bike. Complains it does not have LOOK pedals or index gearing! Hopefully he will be riding his own bike at home on a turbo trainer in the next few weeks.

Our cyclo-cross promoter, Gary Moore, is now residing in Tunbridge Wells having moved into the property market. Hopefully we will still see him especially during the summer months when he can pedal across Ashdown Forest as a warm-up for the evening 10s.

The mid week vet runs continue with Rex Wells, Kevin Bramham and Geoff Ericson managing to get out despite the weather. Often joined by Ron Rogers of the Lewes they await the return of his suntanned legs from the Algarve. Having broken numerous rear axles Rex has now invested in a shiny new rear wheel complete with 8 speed cassette and index gearing. This contrasts nicely with Geoff's 1960s track bike complete with 66" fixed and thirty year old Brooks saddle.

London Lad

DROP THE DEAD DONKEY! and make way for the

Ron Ewart Memorial 25 mile T.T. Sunday 19th February

The weather was a lot better than for last year's event. Overnight rain and winds abated and there was no snow! Fastest was Mark Jones, 59.30; second was Mick Marchant, 1.00.03 and third was Richard Keevil, 1.00.43, all from GS Stella! They also provided the fastest lady with Claire Harper-Bourne recording 1.15.10. Not having entered a vet they failed in this class, the award going to John Froud of the festival whose actual 1.06.09 gave a plus of 7.07.

HATCHED

A son (Tom) to our high flyers Karen & Clive Jackson.
As yet unseen as Clive had a date to fly a 747 to Japan a few days after the birth.

MATCHED

Pat Ewart became Mrs. Kevin Bramham in mid February. We all send our best wishes for their future together.

DISPATCH

The New Year unfortunately brought news of the passing of C.R. (Robin) Byrnes at the age of 63. He was well known in the early years of the Association for his racing ability and the madcap antics that he and most other members got up to. In recent years he had developed an interest in vintage cycles and has left a collection reputed to comprise about one hundred machines and much cycle equipment.



THE CATFORD CYCLING CLUB
100th HILL CLIMB

29th OCTOBER 1995

Incorporating
THE NATIONAL CHAMPIONSHIP
HILL CLIMB

ON
DITCHLING BEACON
(Approx 6ml north of Brighton)

START 10 AM



1887 to 1995
*with a gap during the war years
of 1912 - 1919*

*First break from Yorks Hill
since 1946, and where
the Club last held the Championship
in 1961*



BRITISH CYCLING FEDERATION
SUSSEX DIVISION
DIVISIONAL ROAD RACE CHAMPIONSHIPS
SUNDAY 4TH JUNE 1995

TROPHIES
for
DIVISION CHAMPION
plus
WINNERS OF EACH CATEGORY

This year's event is sponsored by the BCF Sussex Division
Please give it your full support.

COURSE DETAILS

H.Q.

Goodwood Area (to be confirmed)

CIRCUIT

Start

Selhurst Park
anti-clockwise via
Pillygreen Lodges

Lavant

Halnaker

Benges Hill

(Circuit approx. 9 miles)

9 laps for 81 mile race.

ORGANISER

Andrew Lock/Jan Scotchford

99 King Edward Ave

Worthing

West Sussex

BN14 8DG

Tel: 01903 218286



Please let us know if you are able to assist.
If you are not going to ride that is !!!

C.T.C. East Sussex D.A. Mid Week Section

Thirty eager cyclists on a recent Mid Week Section outing seemed almost too much for the morning meeting place in a small roadside cafe and far too many at the country pub chosen for lunch. You can imagine too the confusion on the road caused by thirty mixed ability cyclists, some elderly, on various bikes of different vintages!

Something had to be done! And the first move was by our Seaford member, ex sea captain, Tony Palmer. Making the excuse of a slight shower on the usual Wednesday he not only moved the ride he was due to lead to the Thursday but also changed the listed lunch venue as well. Oddly this proved highly successful as the lucky ones enjoyed a ride on a glorious day with one half taking lunch at The Star, Old Heathfield with the remainder going to the listed stop, The Star at Waldron!

The next move, even more complicated, came from our Rodmell sea dog, Mike Isitt - who not only changed his elevenses venue from the Home Made cafe at Horam to Kennedy's Garden Centre at Lower Dicker but also the listed lunch stop from The Cricketers, Berwick to The Lamb at Ripe. Again success, with the three rides on offer finding good support, the alternatives taking the direct route, the puncture prone, John Merckx and friends this time, an almost direct route and the hardriders, those who need a fifteen mile circuit before enjoying their luncheon - jellied eels or whatever was on offer - from the interesting menu there.

The tremendous success of these ploys can be judged by the number of generally regular types missing on these outings. If you happen to be one of these unfortunates reading this you may wonder how you can avoid a solo ride to a deserted cafe with a lonely run to lunch in an empty pub. There are two possibilities, firstly get on the 'telephone tree' which is the usual method of communication - a great system devised long ago by Jim Berriman but now in serious need of updating or secondly you could always phone the delectable Esther Carpenter who can be relied upon to satisfy your needs!

However, moving on, the Mid Week Section, as well as Wednesday rides with leaders, does continue to have very relaxed Saturday rides generally at modest pace visiting all the usual elevenses venues and riding to the usual and some new lunch stops. Here numbers are small but well established and if you think having a spin on a Saturday could be preferable to visiting a superstore then have a look at the C.T.C. East Sussex District Association Runs List and come along for a better day out!

Baggy Shorts

Please see Page 1 for change of promoters for

10 and 25 mile events on April 22nd/23rd

WILLIAM HICKEY

The scores of clubmen who missed out in not attending the Allan Peiper and Sean double act at Burgess Hill on January 7th 1995 were the unfortunate losers in what turned out to be a memorable evening. Every single person, from the St. John's Ambulance man to the caterers wanted it to be a very special evening and were prepared to fully participate. The guests from the Bidlake Memorial Committee were equally delighted at the reception to our guests. The ovation given to both Sean and Allan Peiper was, I feel, genuine respect accorded to two people who by and large had given us all a tremendous amount of personal enjoyment and satisfaction. Needless to say, the packed audience were treated to some humorous incidents recited by our guests, which in part were carried forward to the ESCA Lunch the following day.

Some fifteen turned out for the clubrun on the Sunday, which turned out to be a semi training run. This was a circuit affair. Having previously signed on at Sandra & Chris Hill's breakfast table, the former tour rider, accompanied by a posse of Nomad 3rd cats was immediately forced on to the defensive shortly before Wm. punctured. After a quick change at which A.P. took charge in inflating Wm's. front, we were off, only to see Dave Challis emerge from a baying bunch to take the South Chailey sign with A.P. adrift by some ten yards. This shortly resulted in yet another W.H. puncture, however my tried domestique as ever vigilant, inflated the tyre again. However, since a large hole appeared in the tyre wall, I had to approach another self taught Flemish rider, Mr. Limbrey, to provide some 'cover' to put between the tube and the outer. Primarily because of the stops Wm's. concentration was lacking, accordingly it was decided that Chris Hill could win the final prime into Burgess Hill, this was made even more remarkable since he never punctured. However, Chris did return and help W.H. jnr., another puncture victim, for which I was grateful.

After washing his Fondriest frame down, A.P. returned the bike to his gleaming Mercedes and we sped over to Roy's for the obligatory steak & kidney pie, which was in fact disguised as roast beef. After another first class piece of A.P. speech delivery, we all motored off to Villa Motorola in Newick, the H.Q. of Lord and Lady Seymour and the very lovely Lady Michelle for tea and crumpet, not necessarily in that order. We said adieu to A.P. since he had to prepare himself for a six hour, level two training ride with Sean the following day. A magic weekend made all that more interesting in the company of a man who is totally disciplined and has turned out to be a good sport and friend to a lotta people in this neck of the woods.

I am advised by Allan that, in General MacArthur's historic words "I will be back". So don't be surprised if you see him once again on Sussex roads in the not too distant future.

I am also fortunate to have in my possession a copy of the official Bidlake brochure which takes on a significant note since it was presented to a Sussex rider in our own County. This honour bestowed on the organisers for it to be included in the evening is also a reflection on all cyclists throughout the County since clearly it could not have been achieved without your support and participation.

As for next year, well I believe the organisers are working on a package which should it come to fruition will result in increased recognition to all aspects of Sussex cycling.

William Hickey

1995 President

Ernie Spray

It may be that many of think you are not familiar with this year's President , Ernie Spray, but if you happen to lift your eyes from the road when circumnavigating roundabouts in the Pevensey or Hailsham areas you will probably have seen him at one or other of the exits, pointing you in the right direction.

He rode in the very first Hardriders event that the Association promoted and his seventh place was good enough for him to be included in the winning team, although scope for cycling was erratic due to his work. His job as an engine driver, with unsociable hours, meant that he was not able to join clubruns as often as he would have liked to, but he kept in touch with club life for twenty five years as Treasurer to the Hastings & St. Leonards C.C. and as soon as he retired began to take part in local cycling activities. When he is not marshalling, and that is not very often during the Summer, he can found riding around the lanes on Romney Marsh. He is a regular supporter of the Mid Week rides and he used these runs as a basis for his training programme for the ESCA Hardriders.

He is proud of the honour that has been conferred on him and hopes to enjoy many more years of active riding .

The accompanying photo shows Ernie in action.

ESCA Hardriders, March 9th, 1947.



1995/1996 CALENDAR

SUNDAY, MARCH 26TH
SUSSEX NOMADS 100 IN 8 RELIABILITY TRIAL
DETAILS FROM ALAN LIMBREY/GEOFF BOORE

SUNDAY, AUGUST 13TH
R.T.T.C. NATIONAL 12 HOUR CHAMPIONSHIP
KENT

SUNDAY, OCTOBER 29TH
R.T.T.C. NATIONAL HILLCLIMB CHAMPIONSHIP
DITCHLING BEACON

SUNDAY, NOVEMBER 19TH
EAST SUSSEX C.A. RELIABILITY TRIAL
DETAILS FROM CHARLES ROBSON

SATURDAY, JANUARY 20TH
EASTBOURNE ROVERS DINNER
AFTON HOTEL, EASTBOURNE

SATURDAY, JANUARY 27TH
1066 DINNER,
YELTON HOTEL, HASTINGS

SUNDAY, JANUARY 28TH
LEWES WANDERERS RELIABILITY TRIAL
DETAILS FROM LARRY LIMPUS