

BONK!

THE OFFICIAL JOURNAL

**EAST SUSSEX
CYCLING ASSOCIATION**

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EAST SUSSEX CYCLING ASSOCIATION



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Many thanks to the people who sent in the contributions listed above. Unfortunately, due to lack of time, there are no photographs in this edition but we hope to rectify the omission in the Autumn BONK.

Closing date for the Autumn BONK is August 20th

EASTBOURNE ROVERS C.C.

With more new members at a raceable age now than ever before (than in my days of racing anyway), and with May now firmly upon us, results have been appearing from all avenues of the club, even from our newly evolved mountain bike section. All credit of course going to the Three Jimmies, I therefore begin by mentioning outstanding performances by James Finch, James Dear and James Sutton (the infallible trio), with results in many of the Expert races they have so far ridden this year (even down to Mr. Dear regularly snapping his Shimano chain). Well done! But with good performances from all three, who's going to be next year's holder of the East Sussex cyclo cross trophy?

After suffering from tendinitis (due to playful sprints up hotel stairs after one hundred miles in his legs and the Majorca climb up Soller), Steven Willis climbed back onto his bike, and with help from Paul Delani, both made their debuts by winning the ESCA 23 mile two up time trial, followed closely by two further Eastbourne teams in 5th and 6th places, one of which included moi. Steve promptly went onwards to win the ESCA 10 for the second year running with a 22.27 and on the following day a 57.42 in the ESCA 25 gained him 4th place but beaten by our local club sponsor Simon Prior, by a mere four seconds on his yellow peril (too many pound signs) flying machine. I want one! The fastest team prize was also won on the day by including Shaun Reed's time of 59.19. - these three riders broke the club's 25 mile team record which has been in the hands (or legs?0 of Simon Prior, Cliff Sharp and Clive Willis since 1983!)

Our evening time trial series has now begun and will commence through the summer with competitors battling it out between themselves to get the prize of victory, or feeling absolutely smashed, maybe both.

The young and old time triallists, Mike Crattenham, Paul Simmon (awesome duosome!), Mark Brittle, Beer Belly (I don't know why I can't go faster) Steve Bowles - pack in the drink and put it in the big ring, Steve!, Freddie, Neil, Little Sarah and of course the old pro, Nick Smith who's slowly finding his racing legs again. All of the above mentioned club riders have been supporting the club in the evening time trials and great improvements on their times are being noticed, with worrying looks on my face sometimes.

If I've forgotten anybody I am sorry; it's late, I'm tired, have to bribe better next time!

Our super vet Clive Willis who placed as the fastest vet on standard in the Worthing Excelsior 25 T.T., a bit too quick in my eyes, you're not meant to go faster as you get older. The fastest team of three was also won by the Rovers in this 25 and in the following week in the Sussex C.A. team championships, not only was the fastest team of three won but the event course record broken by Mr. Willis, 58.01 and many who have already been mentioned above, racing high up in the 75ish riders. Well done to those riders who took part and thanks.

Bitter Roady

SOUTHBOROUGH WHEELERS

I have long known that William Hickey can be vitriolic with his pen but what have Southborough Wheelers done to upset him? On what grounds has he decided that one of our racing members might do better to join another club? Luckily he is not the world's greatest advocate of things cycling - he should stick to more traditional rusty lines and rename himself William Hackneyed.

The racing season got off to an unusual start. Warwick Dunford, much maligned by the club youngsters for not responding to the annual 'Spearth Challenge' for has-beens, himself issued a challenge. He chose to ride the ESCA 25 in April and nineteen other members responded to his request for competition. Congratulations to Rob Dixon for producing a very rapid result sheet. Our club rather propped the list up - not surprising since some had not turned their pedals in anger for many a year. Warwick himself was not the slowest - surprising the rest by nearly beating evens. We did however provide the winner in Peter Fox and lost the team prize by only eight seconds despite Matt Scott being transferred to the Brighton Mitre on the result sheet (perhaps Rob Dixon had taken William Hickey's advice).

Peter Fox has a number of other placings in 10s and 25s so far this year but lost out in the Wigmore 25 when he went on to the slip road for the M20 before realising his mistake. Fast though he is a desire to race with motorway traffic seems a bit ambitious.

Our open 10 on Harrietsham attracted only sixty four riders this year - perhaps due to the deterrent of the cold weather. Alterations to the course due to last minute roadworks meant an up hill start which seemed to slow everyone except the winner, Dave Akam.

John & Peter Watson have been active on their tandem again. Both Peter Holland and Maurice Carpenter have been competing on tricycles. The youngsters are racing regularly with Martin Yardley and Mark Nightingale producing the best improvements though the new juniors Jimmy George and Paul Leake threaten to upstage them all before long. Gill Tree has been racing at Eastway, Cardington and Goodwood with a second and two third places to her credit. She maintained her marker for the ESCA B.A.R. with a twenty five minute 10 in April. Reasons for DNF or slow times include loose spokes, loose handlebars and a classic 'off course' when Paul Ross-Davies turned right instead of left at the last roundabout in the club hilly 31 - fifty yards from the finish timekeeper! And he would have won the event!

The last roller session of the winter season was a social evening at our clubroom for the competing clubs, Dartford, San Fairy Ann, Wigmore and Medway Velo. It was very well supported and most enjoyable. Super-vet Roy Manser showed everyone how it should be done with fastest ride of the evening. No wonder S.F.A. won the league.

The holiday season is here with the Crofts and Smiths off to Lesbos, Noddy in Spain and young James MacNay already in Australia and sending amusing accounts of life down under for our club magazine.

Finally, older ESCA folk will be delighted to learn that Warwick has been forced to upgrade his bike. He has fitted **ONE** new brake block!!

Roamer

HASTINGS & ST. LEONARDS C.C.

Interest in club cycling at the eastern extreme of the county continues to pick up steadily. many members have started time trialling earlier in the season this year and it is hoped that several new members will soon be joining them in open and association events.

The most impressive performances so far have been produced by Nick Rudkin. Last year was his first season in the sport and resulted in some quite respectable times so he had decided to get seriously cycling fit over the winter. Regular punishing training rides with fellow veteran and roadman Steve Holland has certainly given him a good start to the season. An early surprise was when he got clear of the peloton on his own in the first Kent Cycle Road Race League 2nd/3rd category event of the season and time trialled his way for over ten miles to take solo seventh place. In the Charlotteville C.C. Easter 50 he knocked over nine minutes off his pb with a time of 2.02.26 and then, five weeks later, went on to be fastest vet and sixth overall in the Redmon C.C. 73 mile hilly. Nick is not yet convinced about trying a 12 hour despite some strong hints and attempts at gentle persuasion, although he intends to ride a 100 this year. He must be favourite for the Club BAR unless Vic Butler can get in sufficient miles and events between his foreign assignments. Vic was at home for much of the winter and spring working out on his turbo trainer which resulted in him setting a new pb, after forty years of racing, for 10 miles on the Q10/19 of 22.39 before disappearing off abroad again.

Hopefully the Association membership were satisfied with our work in putting on the April 25 with the much appreciated assistance of Mike Rabbetts and others. Unfortunately our organiser Rob Dixon may have to move away from the area but we hope to be in a position to take on the job again. Our eleven riders were certainly pleased with five pbs being produced on the day. Nick Rudkin bettered his ride in the september ESCA 25 by over three minutes to break the hour for the first time. Vic Butler made a rare appearance in a Sussex event and was rewarded by going under the hour on local roads. Emma Warner was fastest junior with a pb of 1.16.58 but was sadly lacking any competition!

Steve Holland has regularly been in action in 2nd/3rd cat Kent league road races and further afield when there have been spare dates. he has yet to get a top five placing this season but has consistently been in the top fifteen and has already gained sufficient points on his licence to ensure he retains his 2nd cat status, at least, for 1996. He does not like the hassle of filling and sending off RTTC entry forms but has said that if someone does most of the paperwork for him he may well join some of the other lads and give the E.S.C.A. 100 a try.

It has been encouraging to see the membership build up slowly but slightly disappointing that the average age has, if anything, gone up. Several of the young lads who enjoyed riding club time trials late last summer have not developed their interest much further yet. it would help if we could invest more effort in helping them on but members spare time is at a premium. This is where the 1066 Triathlon Club have done very well in getting youngsters competing in off-road events from the age of eight. A spin-off from their work has been an increase in our membership which resulted in three girls (aged 14, 15 and 16) riding our first evening 10. We had hoped Joanna Hinde would also ride the ESCA 25 but unfortunately she had to drop out when asked to compete in a triathlon in Portugal! The youngest, Kerrie Cloke, has only just started competing but looks as if she could soon follow in the footsteps of her two clubmates and make one of the national squads.

Chris Parker

ODE TO WILLIAM HICKEY

Our tale begins in the forties
Young 'William' appeared on the scene,
"My God he's hung like a stallion"
His poor mother cried with a scream.

The lad he grew and he flourished
A strapping young man he became,
A truly fetching Adonis
But he got a bit of a name.

His capacity for pleasuring the ladies
He persued with much gay abandon,
They flocked to claim his attentions
And go for a "ride" on his tandem.

But he sank to the depths of depravity
Old boilers were now to his taste,
Approaching old Gladys Clapworthy
A deal was struck in great haste.

The dirty deed was accomplished
"Gimme me money" she cried,
Our William promptly absconded
And ran home to the bike shed to hide.

Now Gladys was extremely angry
And vowed to recover her loot,
Next chancing upon our young William
She gave him all hell with her boot.

She kicked him full pelt in the goolies
He doubled up fraught with pain,
The outcome of this altercation
Woz that fings woz never the same.

Which leads to his current affliction
A very sad story its true,
Left with galloping incontinence
He spends all his time in the loo.

Fings was getting a'worrying
Off the back of the bunch,
Always looking for potty stops
Heading for the crunch.

He tried everything out on the market
Pills, potions and pots,
The rubber knickers were sweaty
And brought him out in big spots.

He would have to make other arrangements
Something portable, light and concealed,
But how to transport the utensil?
The secret will now be revealed.

The 'article' lived in his pannier
The bottle was his faithful friend,
But because of his gigantic proportions
His willy got stuck in the end.

Obviously t'was not acceptable
But what was he going to do,
That nosey old cow at The Bike Store
Was getting suspicious too.

A more commodious article
Quickly had to be found
A china, dual purpose model
Was purchased, at cost of one pound.

Although adequate in its proportions
The so-and-so it weighed a ton
And also being of porcelain
Extremely cold on the bum!

A larger portmanteau was acquired
To carry the thing here and there.
The strain on William was enormous
He started losing his hair.

With the "Lewes" he went on a holiday
A pleasurable time had by all.
On his return he was beckoned
To the Customs and Excise Hall.

Partaking of local firewater
Our hero was in stropy mood
And his bowels were rumbling like thunder.
BUT it didn't pay to be rude

The lady officer enquired
"Pray Sir, what do you have in the bag?"
"A bottle of pee and a bed pan
What do you think, you silly old hag"

This was not well received by the officer
She, who did not miss a trick
Confiscated said article
And banged up Will in the nick

So dear reader remember
The moral of this very sad tale
Is not to cheek lady officers
And get stuck on a commode, in gaol.

So don't chastise Will for being so porky
'Cos somethings truly a miss
Inside that pendulous belly
He's literally all wind and p-ss!!

WORTHING EXCELSIOR C.C.

It seems that many years ago when dinosaurs roamed the earth and I had hair that we used as a club to contribute a page to BONK! As much to keep in touch with other clubs as to inform of our progress (or otherwise). Nobody told yours truly and when at the AGM I bent over to tie a shoelace got lumbered with the jobs of press secretary and membership secretary. That nice Dave Hudson pointed out that the Pressy's job including offering an article for this publication as well as other little gems so I thanked him, he then nominated me for the clubruns committee as well. What a gent!

So what is news then? Well firstly as you know we lost Ray Douglass and the tributes continue to flow in. Sadly we also lost George Wall and Ron Mills to the grim reaper.

On a brighter note, with the help of the Civic Lottery we have become the proud owners of a set of competition rollers. As soon as we can work out how to put them together, they are a bit like industrial meccano, then we can put them to use. We may even get some sort of competitive series out of them, although it is just as likely that they will be used for exhibitions. I expect we will end up with a rollers committee and I can nominate dave for that (he he).

Talking about Mr. Hudson, he took a well earned rest from organising the club randonees leaving Paul Toppin to take over for this year. Using the same course as last year proved to be a wise decision and with about the best weather that you can hope for in April, seventy randonneurs set off from the Heene Centre in Worthing for 200km of sun, wind and tea. sadly one of our group felt unwell and left for the train at 110km. Ironically we were at the Watercress Line Station and poor old Keith had to ride to Petersfield to catch a train! He was fine the next day, which showed the wisdom of his decision. So a total of sixty nine got back, one or two were saddle weary and several more just as pleased to complete the distance for the first time. I was happy to finish a couple of hours quicker than Andy Seviour's Andredswald last October.

Tireless Vern McLelland put so much into the Goodwood Criterium that he was unable to compete himself and had to make do with a ride in the commissaire's car. Son Sean and daughter Kathy bought home the bacon however, with kathy winning the under 12 handicap and 4th overall. Sean took a very creditable 6th in the 9.6 mile under 14 event.

Not content with that Vern got on his bike at Preston Park and came first in the group two 10 laps points event, 3rd in the six lap scratch event. Not to be left out Sean took 2nd in the one lap sprint, chased home by, yes! sister Katherine who again took the handicap award. If it continues like this the McLelland family will have to move home for more trophy space!

Lastly, the Ray Douglass Memorial Open 25. Organising his first event Keith Gelder made a splendid job of it, having to refuse late entries that might have taken the field into three figures. The only difficulty on the day being caused by an inconsiderate driver, unable to pass, or probably not having the speed to, on a twisting and narrow road; he disturbed several riders before crashing. Unfortunately he did so behind Keith Reed of the De Laune Club, who was visibly shaken more than an hour later. Keith had looked so strong at the start and I feel for him.

Michelin Man

SOCIAL CALENDAR 1996/97

SUNDAY 21ST JULY
E.S.C.A. 100/V.T.T.A. NATIONAL CHAMPIONSHIP 100
50TH ANNIVERSARY CELEBRATIONS
UPPER DICKER VILLAGE HALL

SUNDAY 17TH NOVEMBER
V.T.T.A. SURREY/SUSSEX GROUP A.G.M.

SUNDAY NOVEMBER 24TH
E.S.C.A. RELIABILITY TRIAL & CELEBRATION LUNCH

1997

WEDNESDAY 1ST JANUARY
SOUTHBOROUGH WHEELERS 10

WEDNESDAY 8TH JANUARY
MID-WEEK SECTION FESTIVE LUNCH

SATURDAY 18TH JANUARY
EASTBOURNE ROVERS ANNUAL DINNER

SATURDAY 25TH JANUARY
1066 DINNER

SUNDAY 2ND FEBRUARY
V.T.T.A. SURREY/SUSSEX LUNCH

Lewes Wanderers

It's a bit hard, I must say. Here you are, your club's acknowledged fast man, at least up to 50 miles; club champion over 25 miles; and the man to look to for advice if you're a newcomer to time trialling. Pete Roberts was all these things, and willingly helped and encouraged the new boys who wanted to follow his example. He organised a regular series of training runs throughout the bitter winter months, controlling the impetuous, ruthlessly punishing the idle. And what reward has he had? He lost his championship title to one of his pupils, that's what. Dave Pollard is the guilty man. This year's series of under-the-hour rides in only his second full season can be directly related to those Roberts chain-gangs. Another beneficiary is Chris ('Mario') Martin, not quite under the hour at the time of writing, but showing a racing style and turn of speed which has developed since last year. He has even taken to wearing the kind of expensive shades favoured by the great Mario Cipollini. Steve Chittenden was another who (briefly) attended the Roberts training school. He found the lesson useful in helping him to keep up with Mick Burgess on a long ride through France.

Peter had started the year well as a member of the winning team in the East Grinstead CC quiz night. The other Lewes brain boxes were Graham Seymour and Graham Jeffs; but vile rumours are circulating that their win was no surprise, since the fourth person in their team was Steve Elms's Mum. And *he* was the quizmaster.

These inter-club social occasions are more enjoyable than early morning struggles up the Maresfield bypass, into a cold wind. But every now and again a little bit of pleasure can be extracted from the racing game. In the ESCA 25, for instance, one of our Paris-Brest super-randonneur heroes, Tony Gale, revealed that he's pretty fast, as well as having amazing stamina. He rode away with first handicap with a huge improvement to a 'six'. Second handicap award went to Laurie Leaney, who has somehow overcome the consequences of a tendency to come off on ice in the New Forest. Only weeks after recovering from a crash caused by his trying to cross a frozen ford, he foolishly returned to the Forest - and crashed again on the first stretch of ice he came across. Despite all this pain and suffering, he has done more than most to campaign against the proposed restrictions on cycling in the Forest, by writing to the local MP and anyone else who might help to lift the threatened ban for good.

The saga of Chris (DNF) Hill goes on. He was the undisputed RTTC National Puncture Champion in 1994 and 1995, but seemed to have lost his touch in this year's early-season events. To make sure that this trend continued, he borrowed a wheel from a member whose failure to puncture is notorious, and used it in the Crawley-Shoreham. Success! No punctures! Unfortunately, the valve on the borrowed wheel came adrift, and that was DNF No.1,324.

We had another couple of DNFs in the ESCA Two-up. Heather Wimble was leading her Dad (who shall remain nameless, because he's so ashamed) onto a roundabout and slowed to avoid a car. Father's bike became entangled with hers, and they both came down. His only consolation was the acquiring of a rather snazzy topknot which the hospital applied to the cut on top of his head.

And finally, a drugs warning. A senior official of our club has put himself in danger of offending against RTTC Regulation 45 (Use of Proscribed Substances and Methods), simply because he refuses to help Julie do the shopping. He has been seen in a Sainsbury's Cafeteria, drinking so many cups of coffee that he was surely exceeding the official limit of 12 microgrammes of caffeine to every ml. of urine. But then, who's going to be brave enough to handle his sample?

Rotrax

SUSSEX ANAGRAMS

This competition, set by Charles Robson, was quite well supported, although there was only one submission from a man and Jo Watson was a reluctant competitor as she says she is not into nude bodies. However she overcame her scruples like the good sport she is and sent in an entry. Pat Absolom was the only person to find all the correct answers and will receive a rather crumpled fiver in due course. Stan Nash, Megan Rabbetts and Jo Watson will receive consolation vouchers which they can use at the Tea Stall at Upper Dicker Village Hall on July 21st.

"All I can say to Stan is find four, or maybe more, in this little sentence about ladies who prefer male dancers giving a full exhibition of nude larks on stage!"

Stations Ore Falmer Bexhill Arundel



The following letter was received from Chris Watts after the Championship 25.

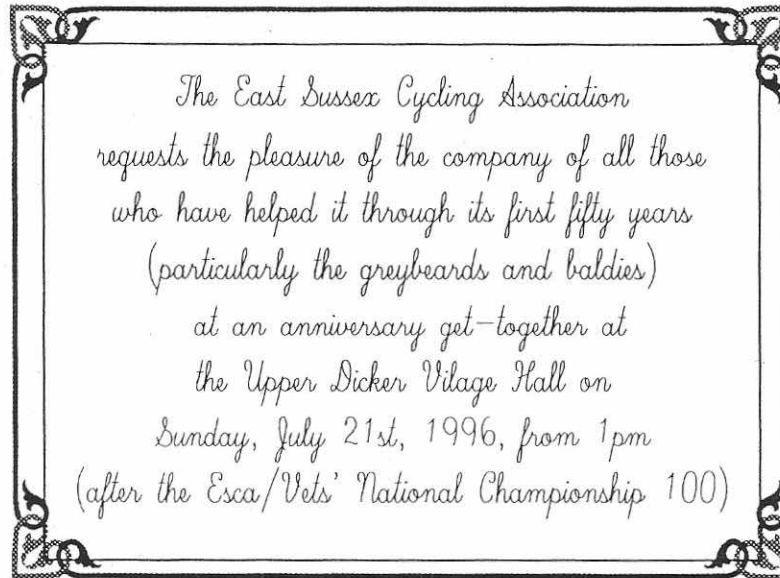
The Officers and Committee members of London South D.C. would like to extend their sincere thanks to Mick Burgess, Horry Hemsley, and the too numerous to mention members of ESCA who made such a magnificent job of the promotion of the Men's National Championship 25. You have every reason to be proud of the event, from the weather right through to the presentation, and we hope it has set the scene for your next 50 years.

Chris Watts (District Secretary)

FOR SALE

TANDEM, Double Gents 21½" x 21½". Ideal for touring and for use with kiddycranks. Price to include all equipment and panniers.	£295.00 o.n.o.
FALCON STRADA bike, 21½", 531 tubing, complete	£95.00 o.n.o.
PHOENIX frame, 21", built by Chas. Roberts, 753 tubing	£95.00 o.n.o.

For further details or offers contact Graham and Jane Lade, 01323 509408.



Tea, coffee, soft drinks, provided, but bring your own picnic
 (or eat the '100' leftovers, if there are any)

BAGS OF NOSTALGIA!

*RELIVE the rallies of the 'fifties! **RIDE the 'Geriatrics Five'!

***RECOUNT to your old mates the story of those rides you did,
 or nearly did, or wished you'd did, or would have done, if only.....!

****RAISE a laugh by bringing an ancient action picture of yourself!

*****SEE if you're libelled in the official history of ESCA's first 50 years!

*This will probably involve the use of things like eggs, spoons, and bicycles.

**RTTC club members only - entries on the line.

***No one will mind if you tell fibs.

****All photographs, however awful, will be put on display.

*****Bargain price still to be decided.

Inquiries and offers of help would be welcomed by

Michael Rabbetts
 Jarvis Court, Mottins Hill
 Jarvis Brook, Crowborough
 (01892 654422)

EAST SUSSEX CYCLING ASSOCIATION - 50th ANNIVERSARY

50 MILE RELIABILITY TRIAL SUNDAY 24TH NOVEMBER 1996

Foreword

The 1996 Reliability Trial will form part of the 50th Anniversary celebrations and, so that as many people as possible can ride, it is a much easier course than last year but slightly longer at 50 1/2 miles. It will be an interesting ride for all age groups and will still be a challenge for the fitter riders especially if they move to a faster group. Please remember that, being a flatter course, it will be easier to maintain a higher speed, so do consider moving to a shorter time group.

COURSE DETAILS

START at the King's Head, East Hoathly (TQ523163). Proceed up lane taking left fork to Hawkhurst Common. Keep going straight ahead until you reach the T junction with the B2192. Turn right (CARE) and then take second left past the garage and into Star Lane. At junction with B2102, halt and then straight across and down to Pounsley, where take second right signposted Hadlow Down. Up past Wilderness Farm, take left fork to junction with A272 at Hadlow Down. Halt and the straight across (CARE) into School Lane. Straight ahead at crossroads, then take next left at Fordbrook. Climb up over the railway and take left fork to **1st Checkpoint** at grass triangle at Burnt Oak (8mls)

Keeping left of triangle, go straight across minor road (CARE) into Burnt Oak Road. Proceed via High Hurstwood to T junction where left and almost immediately right (CARE) into Perrymans Lane. Keeping in single file, proceed to T junction with A26. Halt, then right with care and almost immediately left into Oldlands Hill. Down over the ford and then up the hill bear left through Fairwarp to junction with B2026. Left and almost immediately right into Toll Lane. Take first left into Tylers Lane and proceed to T junction with A22.

Halt, then right with care and almost immediately left into Picketts Lane. Take left fork (signposted Piltdown) and then first right not signposted but with Access Only signs. Proceed over small stream and past Ashdown Clay Pigeon Club until you reach the crossroads at Splaynes Green. Straight across (CARE) and on to junction with A275 at Sheffield Green. Halt, then straight across (CARE) to Freshfield Crossways. Straight across (CARE) into Monteswood Lane. Straight ahead under the Bluebell Line, past Cockhaise Mill Farm. Follow road round past Paxhill Park and then watch out for a miniature house in the garden of a house in East Mascalls. On past Walstead School playing field until you reach a cemetery with a short length of yellow road. Take left fork and proceed to T junction with B2111. Turn left and then first right (CARE) into Snowdrop Lane. Up past The Snowdrop to T junction with A272 at Lyoth Common (22mls).

Turn right (CARE) and proceed on A272 to roundabout just beyond the Birch Hotel. Take second exit (straight on) and then first left into Colwell Road past the Princess Royal Hospital. At junction with B2112, halt and then straight across (CARE) into Rocky Lane past Sandrocks and over the railway. Then down under the railway with a brick viaduct on your right. Follow this road into Burgess Hill and down to the mini roundabout by the Watermill Inn. Take the second exit (RIGHT) and proceed under the railway again at Wivelsfield Station. Straight on past Marle Place to junction with London Road (A273) at a mini roundabout.

(CR-ESCART96)

Turn left and then almost immediately right at next mini roundabout and into West Street. Follow this road until you reach the roundabout by The Woolpack. Take third exit (RIGHT) and proceed down Sussex Way to a new roundabout. Take second exit and, in a few yards, you will be at the **2nd Checkpoint** by LP12 and opposite Wisden Avenue (27.4mIs).

Walk across road (CARE), remount and retrace to new roundabout. Take first exit and proceed up Sussex Way to roundabout by The Woolpack. Take second exit (straight ahead) into Royal George Road. Proceed to traffic lights. Turn right on A 273 and then turn left at mini roundabouts into Queen Elizabeth Avenue. At first roundabout, take second exit (straight on) past Waitrose. At next roundabout keep right and take third exit up hill over railway and past Burgess Hill railway station. Take third exit at next roundabout into Keymer Road and past Burgess Hill School.

At mini roundabout, turn left into Folders Lane (B2113). At Ditchling Common roundabout you cross the B2112 and go straight ahead past the Ditchling Common Country Park following signs for Plumpton Green. At T junction, turn right (CARE) and then second left into Honeypot Lane. Proceed past Chailey School to T junction with A275 at South Chailey. Turn right (CARE) and follow the A275 past McBean's Orchids and down to The Rainbow (36.9mIs).

Turn sharp left and up past Coneyboro Holiday Centre. Take first right (CARE) to Barcombe. Turn right at mini roundabout in Barcombe (signposted Barcombe Mills) and follow this road past the Anglers' Rest and the old railway station, over the River Ouse and on to halt at the T junction with the A26. Turn right (CARE) and then first left for Ringmer. Up Church Hill and past the Church to join the B2192. Left and over The Broyle past the East Sussex Gliding Club to the A22 at Halland roundabout. Take second exit (straight ahead) past Honeys Green Caravan Park & Course Fishery to **3rd Checkpoint** at Easons Green just before left turn to Palehouse Common (47.7mIs).

Continue on B2192 to next right - Beechy Road. Turn right into Beechy Road WITH GREAT CARE (as this is a straight stretch of road you sometimes get young motorbikers coming up behind you at about 80mph!). Follow Beechy Road to T junction where right via Hawkhurst Common to T junction. Turn right down lane to FINISH (**4th Checkpoint**) at The King's Head, East Hoathly (50 1/2mIs).

THE CHECKPOINTS

Each rider will receive a Start Sheet with map and **five** numbered Check Cards. Check Card No.0 will be given to the Timekeeper at the start. The other four Check Cards must be carried with you during the Trial.

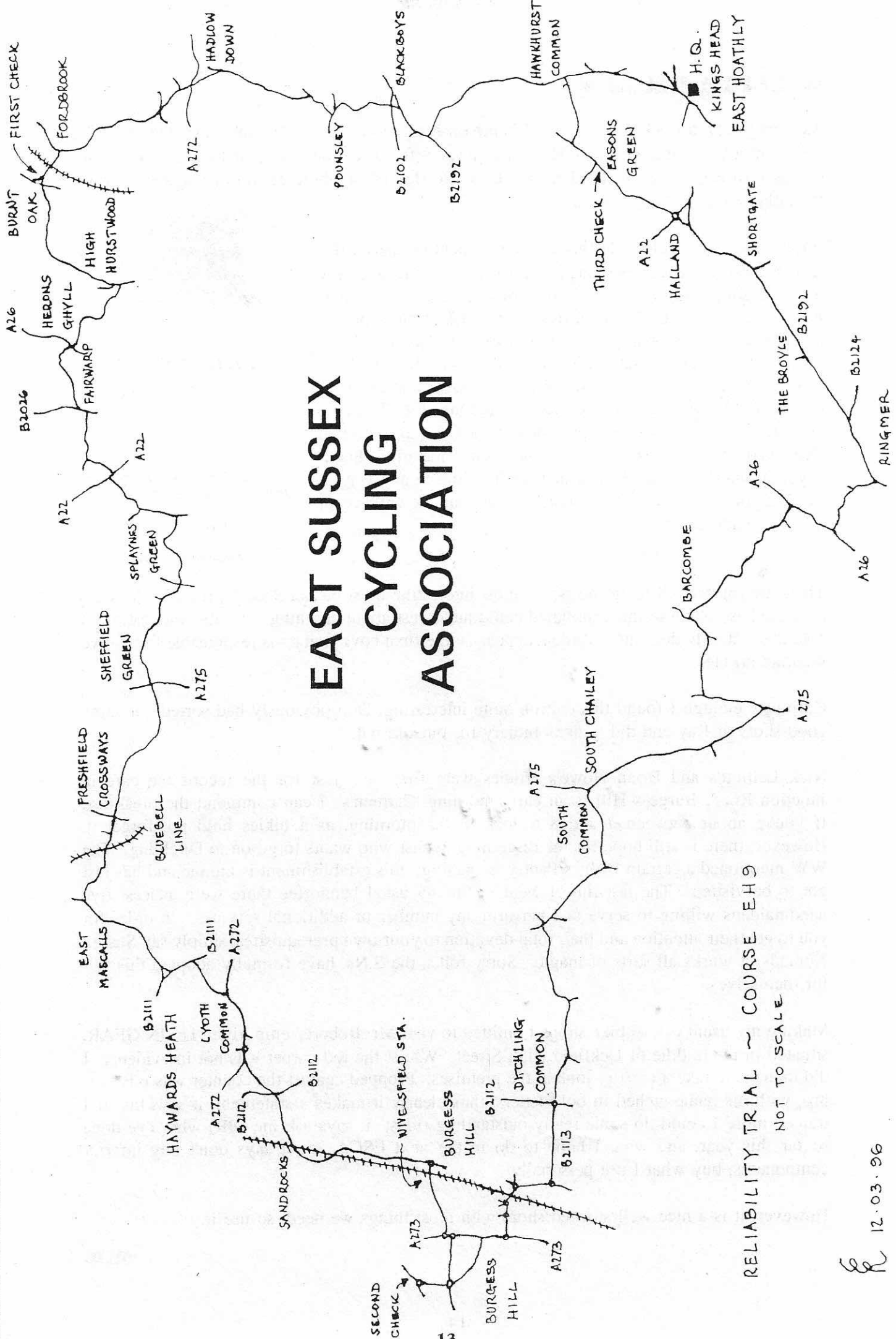
Check Card No.1 will be given to the Checker at the grass triangle at Burnt Oak (8mIs). Check Card No.2 will be given to the Checker at Burgess Hill (27.4mIs). Check Card No.3 will be given to the Checker at Easons Green (47.7mIs). Check Card No.4 will be given to the Checker and Timekeeper at the King's Head, East Hoathly (50.5mIs).

THE LUNCH

There will be an ESCA 50th Anniversary Lunch at the King's Head, East Hoathly, after the event and starting at 1315. Further details in connection with the Reliability trial will be in the Autumn issue of BONK together with Entry Forms and Lunch Booking forms. Let's make it a real celebration of cycling and have over 300 riders in the Trial. Be sure to put the date in your diary now!

(CR-ESCA96)

EAST SUSSEX CYCLING ASSOCIATION



RELIABILITY TRIAL ~ COURSE EHD
NOT TO SCALE

12.03.96

WILLIAM HICKEY

As I caught Don Lock in the Team Championships he yelled out "I can't stand the cold, do you want a Worthing wheel?". He looked a spent force so I declined. It was only when we got back to H.Q. that I realised he was trying to flog off a whole carton of magazines from the tailgate of his company car.

Having nothing much to do that evening I spent an uneventful hour browsing through the mag. The front cover has a watery scene of some riders posing in front of Cissbury Ring, minus Andy Lock's tea urn. I'd bet a fiver of the Bike Store's profits that the urn was probably purchased when the Cissbury Ring picture was cobbled together. On the rear of the WW we have Eric & Dave's printing advert, there also appears Eric's 'other job' in bold lettering and, not to be outdone, the President himself has elected to be represented in a full page entitled "Knocked off your bike. We can help you" meaning that if anybody interferes, chases you or is responsible in any way in causing you to fall off or dismount, ring Don and he will accept an emergency call out.



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There are fourteen different posts, the most interesting must be Jan Scotchford. She does the evening 10s, which to the uninitiated could mean just about anything. It's also interesting to note that not only does the President appear on the final cover but he is responsible for twelve separate articles.

Curiously enough I found this edition quite interesting, Don obviously had sorted out some good shots of Ray and did a nice obituary for our old pal.

Nick Lelliott's and Brian Howe's articles were first rate, just for the record the cafe in Junction Road, Burgess Hill is an early morning 'Carmen's', I can commend the breakfast. If you're about between 7 and 8 o'clock in the morning, as a bikies hold up, forget it. However, there is still hope for the discerning cyclist who wants to go on to Ditchling. The WW mentioned a certain Dolly's Pantry in passing; this establishment is unique and has just got to be visited. The last time I went in for my usual bannoffeee there were at least five handmaidens willing to serve and perform any number of additional services. In order for you to get their attention and their total devotion to your own prerequisites, simply say Sussex Nomads, it works all sorts of magic. Sorry folks, the S.Ns. have formally adopted this S/E for themselves.

Making my usual call of bike shops I omitted to visit Mr. Roberts' emporium, i.e. IN GEAR, situated in the middle of Uckfield High Street. Whilst the red carpet was not in evidence, I did manage to take a cursory look at the premises. Propped against the counter was P.R.'s lo-pro, with his name etched in bold letters, thus clearly it makes a statement, it says that if I trained more I could do some really outstanding rides; it says ask me (PR) what I've done so far this year, and what I hope to do in the next ESCA 25; it says don't buy inferior components, buy what I use personally.

However, it is a nice well stocked shop, with most things we need, so use it.

W.H.

C.T.C. EAST SUSSEX D.A. MIDWEEK SECTION

Talent abounds in the Mid-Week Section of the East Sussex District Association of the Cyclists' Touring Club as the activities of members manifest themselves as actors and actresses, artists, billiards players, bike mechanics, bowlers, dances, sailors, singers, writers and the like. But only recently have poetic and wise saws talents been exposed. Consider this recent example:

"My catapult is broken
It's made of plastic
Can I borrow your knicker elastic?"

If this poem you have read
I'll see you behind the bike shed!"

Surprisingly this emerged on St. Valentine's Day and arrived anonymously in an attractive card at the home of one of our fairer sex members. Not un-naturally it caused quite a stir as it fell into her husband's hands first, causing him some discomfort and even more when his wife discovered he had opened post addressed to her! All we know at present is that harmony has been restored and the talented poet, a cyclist - we think, remains anonymous. We await with some trepidation his next offering!

Almost as bashful is our old Wise Saw since his contribution was offered on a mid-week ride when a weasel, or was it a stoat? almost became entangled in Grace Richardson's front wheel - this is what our Saw came up with

"It's weasily easy to tell a stoat from a weasel since they're stoatally different!"

Reluctantly the author owned up, none other than one of our senior members Jack Dunn - who has also been heard to sing on occasions, and Folkestone memorably, ditties appropriate to the situation!

With talent like this is it any wonder we have to resort to novel ways to recruit new members or revive interest in those who've been taken over by an interest in a rapidly increasing rabbit colony? The method is simple and sure to succeed - get the girls to take off their clothes! In a recent example, Jim Stockham - our rabbit fancier - was enjoying a swim in the Lagoon at Hailsham when he received a tap on the shoulder, turning he was delighted to see Jean Steel asking if he remembered her! happily Jim did and there he was on his first bike ride since before Christmas the very next week at Westham Village Hall twirling his fine moustache in time with the music. But please, not a word to Bessie!!!

There was a wee incident too at a recent, fortunately harmonious on this occasion, committee meeting. Many folk hold the view that the Mid-Week Section committee consists of a bunch of comedians enjoying coffee at the expense of the members whilst dreaming up rides from unsuitable cafes to inaccessible pubs at the top of very steep hills. Only part of this is true and perhaps the reader, if any, can guess which! But on to the wee incident - after a long debate on a range of topics, some of which had appeared on the agenda, our intrepid sea captain asked to be 'excused' drifted off but was back in a flash prompting the Secretary/Treasurer, the delightful Esther Carpenter to comment "that was quick. Not much wrong there" However the smile on the sea captain's face was quickly erased by his fellow sailor who quickly quipped "Don't you believe it. When he got there nothing happened!"

Between these merry happenings the Mid-Week section continues to attract upwards of thirty riders on a Wednesday to suit various abilities and considerably fewer on a Saturday for well planned rides in good company.

For the future please note that we have planned, on

SATURDAY OCTOBER 26TH
AT HEATHFIELD COMMUNITY CENTRE
AT 7.30 P.M.
A SLIDE SHOW WITH A CYCLISTS BRING & BUY SALE

Do come along, bring your slides, especially if recent, and participate in the bring & buy sale for a chance to exchange bargains. Hoping to see lots of friends.

Happy cycling.

Baggy Shorts.

TRICYCLE NOTES

Here is my contribution for the Summer edition of Bonk which I hope is acceptable.

Blame it on the weather ! The first and second trike rides of 1996 were well and truly scuppered due to adverse conditions, although there was some unco-ordinated activity. Snow and ice in January, high winds and driving rain in February. March saw two new faces out on trikes but not by the rest of us. April was the first real trike outing this year with four on three wheels, the MSR alternative had three participants. Technically Paul Palmer with grandson Christopher on a Trailerbike were on three wheels. Congratulations to the (temporarily) lapsed barrow boy who suggested a lengthy extension halfway through the ride and then scarpered while the extension was underway!

The Newton conversion is now on the road under the firm control of George Spratt from Brighton. Over the past fifteen months we have seen a variety of machines, OWD, TWD, Longstaffs, Rogers, Robert solo trikes, a recumbent trike, a Pashley shopper, the vernacular hand-cranked trike and my own modified Pashley Panzer and Swallow with Longstaff axle transplant.

East Sussex Threewheeler no.11 has an article by Geoff Boxall regarding his home brewed recumbent. I look forward to its maiden ride soon.

Our post-Xmas ride, *The Afterburner*, as mentioned by my colleague and fencing partner Baggy Shorts in the last Bonk seems to have caught the imagination of those who were there. After the topic of discussion at lunch might I suggest that the MSR alternative to the 1996 *Afterburner* be named *The Oddballs Rally*? Maybe, maybe not. I might be the only one to turn up.

Threewheeler.

SUSSEX NOMADS

Here we go again, it soon comes round, time once again for Bonk notes; this should be for the summer edition but the weather is more like winter with snow forecast. These notes are late, as usual, I always leave it to the last minute. Club membership seems to be increasing with some new full and associate members and club nights are getting very busy.

Our five mile time trial was held as planned except for the weather and only seven Nomads braved the wet and windy conditions although it stopped raining for the event. The result was a win for Barry Smith in 12.25; Dave Knights, a new member, second in 12.55. Andrew Hitchin beat William Davies for third spot by one second in 13.04. I think William must have had too many late nights! Alan managed 15.10 on his hack iron with mudguards, etc. and our promising juvenile, Ian Streeter (from whom I hope to receive an entry for the G.H.S. 20 on July 13th. A form is enclosed with the Nomads Bonk quota! Ed.) did 15.59 on his mountain bike. As usual many excuses for not starting - even the senior member of our club said it was raining and so not bother! One day they will all turn up for an event and the timekeeper will be missing. His excuse - well they stayed in bed last time.

The 100 in 8 only just managed to be an event, after much prodding only ten members turned up and only five intended to 'go all the way'. Things progressed fairly well for the first forty miles or so except that young Boore had to stop for a mars bar and two members went home. After Cross in Hand the two Boores went off the front not to be seen again until lunch but more of that later. The final miles to lunch proved too much for Roger and Andrew who had already said that they would return home after lunch, which was in Turners Hill and proved to be very good. Just as we were leaving guess who turned up saying they had already done a hundred miles more or less! What a pity they cannot read or ride as a group. So, Barry Smith, Alan Limbrey and Ian Streeter went on their way to complete the ride in fine style big ring stuff around Horsham by-pass back to Ditchling: 1996 '100 in 8' certificates well earned by just three riders.

Our President had a fall near Lewes but refused help and with very bruised ribs and sundry other injuries cycled back home to Hove before collapsing. Luckily he is getting better.

Ian Streeter has now ridden at Goodwood having more than his share of problems, including falling off, but still managing fourth place and second in the Sussex Juvenile Championship. We are pleased to see Dan Bennett back and racing, doing some good rides, notably a 22 minute '10' and a 1.2 '25'.

This weekend (May 18th/20th) sees ten Nomads off to France for the Route des Archers, complete with support car; let's hope its fine. Alan has just returned from the Route des Cidres where 105 miles of very hilly, cold and windy French roads proved too much again. All the same, he enjoyed France.

The Nomads are racing 'up the Park' again, things on the track showing signs of improvement but mainly they're taking part. Tony Kennedy even goes up to Herne Hill to ride. Good luck to them all. Goodwood also seems to be popular with our members. It must be that being off the road it is safer and more fun.

The Nomads seem very busy at the moment helping out here and there. Ken Smith is T.T. Secretary for the V.T.T.A. (Surrey/Sussex Group). Tony Kennedy with help from the club is organizing the E.S.C.A. 50; the S.C.C.U. want us to marshal as do the S.C.A. ; all this on top of the National 25. I do not know if I am looking forward the National '25' on our narrow roads but my fingers crossed that all goes well and hope that I get some time to watch. Still we all have to do our bit. Thank you, editor, for correcting my spelling, etc.

Nomadicus

