

BONK!

THE OFFICIAL JOURNAL

East Sussex

Cycling Association

PUBLISHED QUARTERLY

PRICE 25p

EAST SUSSEX CYCLING ASSOCIATION

President Tony Palmer (Worthing Excelsior)

New Series No. 90

Summer 2000

Secretary: Mick Burgess, 7 Sandridge, Crowborough, East Sussex TN6 1JE ☎ 01892 661794
Treasurer: Mick Kilby, 11 Sherbourne Road, Hove, Sussex BN3 8BA ☎ 01273 423588
Editors: Maurice & Esther Carpenter, 10 Maplehurst Road, Baldslow, St. Leonards on Sea TN37 7NA

EDITORIAL

We do apologise for this edition of Bonk being three months late, albeit for unavoidable reasons. It is to be particularly regretted as it is the first that has been produced since Roy died in January and the tributes to him are very overdue. Fortunately, during his lifetime everyone made sure that Roy realised we held him in very high esteem and that was much more important than anything we may write about him now. In latter years he was regarded only as an official but a trawl through old result sheets will reveal that he would have a go at anything, from hillclimbs to 12 hour events. The history that Mike Rabbetts produced several years ago is full of anecdotes featuring Roy's escapades and it is due to Roy's unique personality that the East Sussex Cycling Association evolved into what it is today, a flourishing collection of local clubs with hardworking officials at the helm. Long may there be people of Roy's calibre to carry on the Association's work and long may we remember and be grateful for all that he did.

Among the contributions we received earlier in the year are letters from the Chairman and Secretary of the R.T.T.C. London South D.C. They both mention the D.C. A.G.M. in November and *now* is probably as good time as any to make up your mind that YOUR club is represented and that the delegates are properly mandated. This is a time of change and if you want your voice to be heard then go to the meetings! Testy letters to 'Cycling' achieve nothing, except maybe a free pair of sunglasses. Neither Chris or Pete can put forward your point of view if they don't know what it is so start making plans *now*.

The next edition will be on course for September and contributions will be most acceptable up until September 1st. As everyone has had a rest from trying to beat the deadline may we try and get a bumper issue for the Autumn.

Maurice & Esther

Burgess Hill, West Sussex

Dear Everyone,

This is just a quick note to thank you all for helping to make Dad's funeral service so very special. It was comforting and heartening to see so many people at the church to pay their respects and we just wish there'd been an opportunity to speak to more of them.

You'll be pleased to know that a cycling contingent did come to the house afterwards and, true to form., were the last to leave! It was a shame we weren't nearer for more people to feel able to join us. Ann (our cousin) had brought lots of photos of cycling trips of yesteryear, which caused some amusement too.

Thank you for all the flowers and donations. The latter will go to the Ridgewood Rise comforts fund (from which dad benefitted during his time there) and the League of friends at Uckfield Hospital (a place where Dad spent time in his own right as well as visiting Mum there, it was also a cause that Mum actively supported). In memory of Dad, we are hoping to offer a trophy for an appropriate local cycling event. We are also hoping to have a plaque put on Curwen Clagues seat on the TT course on the Isle of Man.

Thanks again and may we both wish you well for the year.

Frances Aldridge

Frances Aldridge and Janet Heywood

Jan Heywood



Frances, Roy and Janet at Framfield in 1997

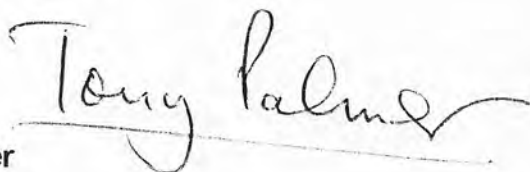
FROM THE PRESIDENT

To accept the Presidency of the East Sussex Cycling Association on behalf of the Worthing Excelsior Cycling Club is a great honour for myself and my club. As I said in my introduction at the Annual Luncheon, although I am a cyclist from a West Sussex club my club cycling roots are with East Sussex, having joined Lewes Wanderers in 1959/60 and winning the club B.A.R. in 1962. I continued to race with enjoyment and enthusiasm until 1991, although without much additional speed. My cycling nowadays is mainly with clubruns, Audax events and occasional touring, finding that the slower pace is more suitable to my speed and enables me to continue with the social aspects of cycling.

It was with with great sadness that I heard of the death of Roy Humphrey, a gentleman who will be sadly missed by the E.S.C.A., for whom he worked tirelessly. This was evident by the number who came to pay their respects at his funeral at Framfield. Our condolences are extended to our family.

In conclusion I would like to wish all Association clubs and their members good speed and good weather for the year 2000.

See you up the road.



Tony Palmer

THE ROY HUMPHREY AWARD



The E.S.C.A. Management Committee has decided to mark Roy Humphrey's contribution to our sport by creating a special annual award in his name, worth at least £50.

For this year, the award will be made in the Association's Open 100 on July 16th. It will go to the fastest finisher from an E.S.C.A. affiliated club who has never ridden an R.T.T.C. time trial at the distance before.

Could you publicise this award among your membership? The E.S.C.A. 100 already carries a trophy in Roy's name (for the event winner), but he would have enthusiastically supported anything which encouraged novice hundred-milers.



Michael Rabbetts
Chairman, E.S.C.A.

CORRESPONDENCE

(In reply to William Hickey)

Dear William,

I find it disappointing that you think London South adopt a passive role at R.T.T.C. National Council meetings.

Whilst I and I'm sure my fellow delegates strongly oppose your view, may I suggest a course of action for you to consider?

- (i) Attend the October London South A.G.M. as an appointed club delegate.
- (ii) Persuade the meeting to elect you on to the London South Committee AND as a worthy delegate to represent the District at the national Council meeting.
- (iii) Attend the December Agenda meeting. Would this be the first time?
- (iv) Sacrifice a weekend to attend the National Council meeting where you can actively participate alongside those you so readily criticise.

How does this appeal, William? Would the commitment to some constructive work be too great?



Pete Swetman
(Chairman, R.T.T.C. London South)

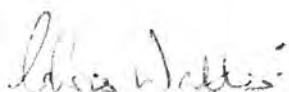
January 2000

To the Editor.

William Hickey is losing his humour and becoming a bore (sorry, have I misspelt that?). London South has never taken a passive role at National Council meetings and has always voted as mandated and made themselves heard. It is a sad fact, however, that few of the clubs are interested enough to be represented at the most important meeting of the year - the November meeting to instruct their elected National Councillors on important issues. Even the Sussex Nomads delegate was unable to attend!

As for the attack on the so-called one-man clubs, yes we have one or two very small 'clubs' and if Hickey cares to send me a list of his 'at least twenty' I shall be pleased to tell him what most of them contribute to our sport. Promoting, standing on roundabouts for hours marshalling, course measuring, to name but a few, and surely far better than sitting writing spurious articles.

Must end there as I have to go out in this January weather to measure two courses for the Sussex Nomads.



Chris Watts, Honorary District Secretary - London South

SUSSEX NOMADS

In future the person who writes NOMADS NOTES will put his own name at the bottom so that there will be no doubt who is writing the article. There have been articles written recently under a pseudonym which have been attributed to a member of the Nomads and assumed to be the views and thoughts of the club. This is definitely not so!

I suppose I go along with the flow, doing what I can when I can to help things along and of course thank those who get things done. This goes for the club and most of our members.

The club dinner was a very mixed affair, mainly it was a good evening and well up to our usual standard of wit, jokes and laughter. Forty nine people sat down but unfortunately the hotel ran out of food as per the menu ordered and alternative dishes were produced - but very late. The evening went very quickly (except for those waiting for their food) and we finished up with the prize presentation and raffle. This was our fourth visit to the same hotel, unusual for us as we usually only stay in one place for three years, but as it had been very satisfactory and I am getting lazy, I couldn't be bothered to find somewhere new. We are now searching for another venue that does a good meal but is not over the top price wise, so any suggestions! We could go to Mr. Boore's place but he never has any food in the cupboard.

As winter retreated and the first signs of better things ahead appear, we held our first event, only five miles but will still made one puff and it was nice to be out again, drinking tea afterwards. March 19th saw our reliability trial, this year eighty miles in six hours. The club time trial season is all planned out with six 10 mile events and one 25 all to be held in the Twineham area and organised by Adrian Morris. By the time you read this Andrew Hinton will have made his first attempt at promoting an Association event, having taken on the job of event sec. for the E.S.C.A. 50 on behalf of the Sussex Nomads.

France features high on our agenda, with a trip to the 'Archers' a must, this is usually in mid-May and covering about ninety miles - if anyone has told you that France is flat do not believe them but come along and find out for yourself. I am sure that we will go the Duo Normand again in September, hopefully to race but if not, we will watch and enjoy France for a long weekend, and please note that French rain is just as wet as our rain. Last year Keith and I avoided the rain until the last 10k; we got absolutely soaked and extremely cold - this I should point out was after riding all the way from Cherbourg. Personally I may creep over for the Route du Cidre at Marigny in May or the Three Valleys in June. I would like to draw your attention to our trip to the Tour de France. Surprisingly we have two places left in the minibus, if you are interested in a week away from July 16th to July 22nd in the French and Swiss Alps and including the time trial stages, please phone me on 01273 558511.

As usual wear bright things and stay safe.

Alan Limbrey

**CLOSING DATE FOR NEXT EDITION - SEPTEMBER 1ST
BUT CONTRIBUTIONS WILL BE WELCOME BEFORE THAT DATE.**

LEWES WANDERERS

This is a new boy's first attempt at trying to fill a page of BONK, so please show some understanding of his inadequacies.

Among many interesting recent developments in the club is the fact that Paul Gibbons has left the nest at last (or was he pushed?). He has bought a house in Heathfield. This man, who has experienced the rigours of camping in wild places in tiny tents must like his creature comforts after all, because he has installed all the latest mod. cons. - washing machine, microwave and a Czech dishwasher (does Ivetta know this?).

Our annual reliability trial, successfully organised by Graham Jeffs, attracted more than fifty entries from ten clubs. Two of our more senior riders, Laurie Leaney and Graham Seymour, demonstrated - presumably for the benefit of our younger members - the noble art of wheel touching. The ancient ritual was performed within one hundred yards of the finish H.Q., which was unfortunate because Graham fell off and ruined his expensive lycra-wear. Another rider, who shall remain nameless (but is known as the invisible man because of his non-appearance on clubruns) alleges he sacrificed his chances of completing the course within the time limit to help out a new cyclist and potential club member, Andy Thomas. As I say, allegedly.

Our A.G.M. was also well attended. It was also non-controversial, despite wild rumours put about in another club's Bonk notes. Even the normally contentious issue of club subs didn't ripple the surface - which means seniors still only pay £5 a year and juniors nothing provided they are already covered by third party insurance. This must be the best cycling bargain in Sussex. How does it compare with other clubs?

The most significant A.G.M. decision was to elect a new time trial secretary. Ian Landless has done the job for many years but has handed over to Ray Goodwin, before disappearing once again to spend the winter in some hot place abroad. Ray has got his hands dirty over the years as pusher-off in our evening 10s.

Finally, isn't funny how the memory plays tricks? When I first met Peter Roberts, all those years ago, I'm sure he said he would provide a "10% reduction for Lewes Wanderers" not a 10% reduction in Lewes members. Not that I'm bitter, mind you. Anyway, I must sign off to visit my new local, the Bike Store, Worthing!

Crowborough Boy

Alan Limbrey has two seats available for a minibus trip to the Tour de France.

The cost is £250 for the week July 16th/22nd.

The French and Swiss Alps and time trial stages are included in the itinerary.

Phone Alan on 01273 558511 if you are interested

BRIGHTON EXCELSIOR

"MR. E.S.C.A."

I have no doubt there will be many tributes to Roy Humphrey who after so many unstinting decades has served our Association so loyally.

To a certain extent in his later years he would possibly remind you of a Frank Patterson image - a cyclist, who early in the morning could be seen pottering along to the start. He would lean his machine against a post and get on with the business. I wonder how many times he said "5-4-3-2-1-GO". Thanks Roy for all those years. Our sincere sympathy to all his family.

Cyclo-Cross - Wild Park, Brighton

Our re-introduced event at Wild Park in December was a great success with some fifty plus competitors turning out. The twelve mile senior event was toughly contested and eventually won by Andy Taylor (Eric Burgess R.T.) Closely followed by Mike Bell (London Fire Brigade C.C.) The local supporters were closely following the progress of Sussex riders for the county title. Taylor and Bell took an early lead just in front of Smith from Eastbourne Rovers and Jonathan Sharpe, V.C. Etoile, closely followed by Phil Watkins and Mike Murray of Brighton Exel in sixth position just ahead of Andy Seltzer (E. Grinstead) and Steve Burgess (Lewes Wanderers). Burgess won the 'over forties' vets. award. The 'under eighteens' was closely contested and won by Mark Burgess of Lewes Wanderers - well done. The women's event was contested well to be won by Summer Govan (North Downs). Mark Russell (Gemini) won the 'under sixteens' race and Amy Thomson (Cycles Unlimited) was overjoyed at winning the 'under twelves' race over a special course. Well done to all and thanks to Anthony Rogers, Tom Roberts and all helpers on the day. See you next year?

Christmas Lunch

The annual pilgrimage to the White Lion at Thakeham took place on the Sunday just before Christmas - however although a very bright day, it was possibly the worst and most icy day of the week. When I arrived I lit the fire for Bill in the bar and quickly got the first pints under way. Nevertheless, the weather did not deter around eighteen from riding out to enjoy a good lunch and much jollity, and of course a few pints, etc. The usual late drinks had to be curtailed as the weather dictated an early start for home. It was good to see old faces, Frank Godwin down from Wales and Peter Shaw from Kent, again after some time. There were numerous stack-ups on the way back on the ice; however all survived the day and the festivities and the good news is that Bill the landlord and innkeeper is NOT retiring yet.

New Year's Day 10

The event was well supported with sixteen riders, some seven or eight from Brighton Mitre turned out. Fastest time Mike Kingsbury of V.C. Etoile, 23.07: Peter Fletcher (Mitre), 25.30: Tristan Court (Mitre), 26.08: Brighton Excelsior's Dan Maskell, 27.12 and Hanko, 27.49. All very good efforts bearing in mind the possible festivities of the night before. And of course a good social gathering for the event at the Star in Steyning, where a few slower pints went down after New Year's Eve.

Circuit Training

Training sessions have continued at the club throughout the winter months with Roy & Sally Page planning and supervising the exercises. There has been steady support with a fairly regular nucleus of riders turning up.

New Members

Several new faces have joined us over the past few months and we welcome Dan Maskell and Susie; John & Elaine Scott; Ian & Brenda Essex.

Ray Douglas Memorial Tea

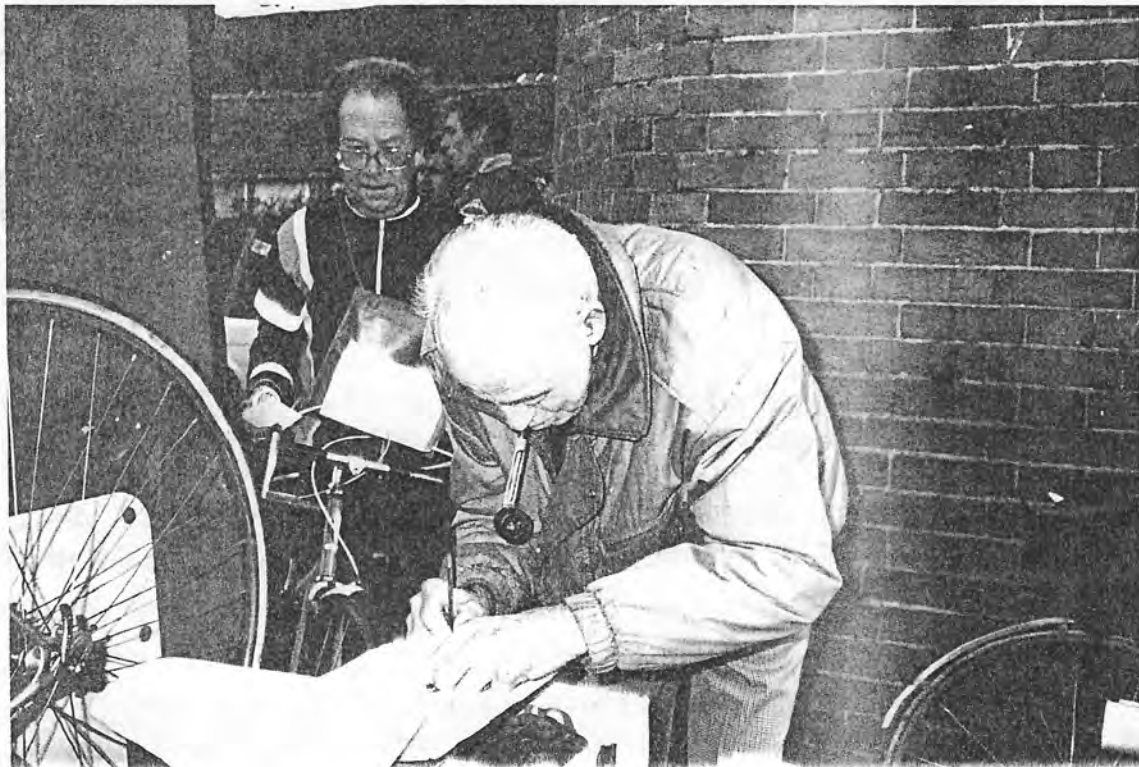
On January 23rd a group from our club attended "Ray's Tea" again. It's a very friendly and rewarding gathering, meeting up with friends both present time and from way back. Chris Beckingham met two 'girls' he had known a while back, one from thirty two years ago and the other he had not seen for thirty seven years, quite amazing. At one point during the gathering Roger Smallman from Worthing Excelsior was called upon to receive an award for his time as a member of the Forty Plus Club and arriving at the age of 80. I don't know how he does it, well done Roger. Some one hundred and six people turned up to this event at Washington village hall and later enjoyed a very good tea, thanks to the hard work of Worthing Excelsior members.

Annual Dinner and Prize Presentation 19th February

Held this year at Shoreham Airport restaurant with the entertainment provided by Bill Posters Will Be Band. All tickets (more than eighty) were sold out at the beginning of the year and shoots down Geoff Boore's stated opinion that it is too expensive, in fact we felt that we had a veritable bargain at £17.50.

Wee that's it for now. See you up the road.

Excelsiorian



Roy with Ray Douglas behind him at the 1989 Reliability Trial

SOUTHBOROUGH WHEELERS

We were saddened by the death of Roy Humphrey who had been such a good friend of Southborough Wheelers throughout their long membership of ESCA. Few cyclists have been so actively involved in every aspect of the sport and none were a better example of tolerance between the different factions than Roy. I was pleased that he remained so alert till the end. When I last visited him just before Christmas he was able to discuss both the old times and the forthcoming traffic regulations with equal enthusiasm. The large crowd at the service in Framfield church was witness to the esteem in which he was held. His influence will affect us for many years to come. Our sympathy goes to his family.

The social season was again a relaxed and affable gap in the more hectic racing calendar. Despite some consideration of alternatives we stuck to the traditional format of an evening dinner - this time without the usual noisy disco. It proved to be very successful mainly due to the active participation of our younger members. It was our younger members too who took the major awards - Colin Nightingale for fastest 25 and 50 times and Jimmy George for the Junior prize. We were pleased to see Jimmy and his family there despite his recent change of club. Several members had a rather merry evening but the only one to be breathalised on the way home was the discreet and sober Brian Whitehouse. Fortunately Noddy Challen's route meant a turn off just a short distance before the police checkpoint.

Southborough had less members than usual at the ESCA lunch but those that went again enjoyed the friendliness of the occasion. Other social rides included the Association's reliability ride in which seven cub riders completed the 3hrs15mins category including Martin Yardley who had crashed on wet roads at the Jarvis Brook railway bridge. The Boxing Day 10 was held on a new course at Leigh on a splendid bright, if cold, day. The local CTC section helped boost the competitor numbers to 26 and the social event in the Plough afterwards to overflowing. Pete Crofts again came out of mothballs to win the event by a narrow margin from roadman Andrew Harvey. Pete then went round for a second time - this time with Dobb, a CTC toddler, in a kiddy seat on the back. It is salutary to note that despite the extra weight and his 60 years Pete still recorded 16th fastest time of the 26 finishers.

The racing season opened as usual with the club open New Years Day 10 which went off very smoothly although many had predicted a variety of disasters in the wake of the millenium excesses. This was largely due to excellent organisation by Bill MacNay who overcame a last minute crisis when a number of club helpers were struck down with 'flu. Brian Taylor (Bournemouth Arrow) won the event with 23.00. The 'flu bug has continued to cause havoc among older members, often returning for a second strike after the patient appears to be better.

The club AGM was well attended with most personnel continuing in their official posts. The magazine is now produced quarterly by David Watson who does an excellent job with it. It is augmented by a monthly newsletter compiled by Martin Derham. Martin Yardley is the Social Secretary and his highlight was to captain the quiz team which won the Lewes Wanderers quiz night competition. The other eggheads were James and Bill MacNay and Malcolm Martin. Malcolm also fronted a Kareokee night at the cubroom which was a huge success with almost everybody contributing a solo in amongst the general singing. A postponed Touring competition was held successfully in January and a freewheel competition in early Feb. Both were won by ever cheerful Martin Derham though I suspect his attention to weight distribution contributed more to the latter than oiling his hubs.

Malcolm leads a vigorous and growing training session every Sunday with the Robb/Tree/Nightingale core being joined by several of our newer riders. There is also talk of a roller revival. It all sounds promising for the forthcoming season. Just as well since the oldtimers Sunday pub runs are attracting about 10 each week and none of them seem likely to spark a racing upsurge.

ROAMER



Reliability Trial 1989. Roy with Steve Dennis to his right.

Roy Humphrey,

the man who, with Bill Collins, inspired the creation of the East Sussex Cycling Association in 1946 and was still leading it half-a-century later. In that time he was a timekeeper, promoter, commissaire, handicapper and general organiser in all aspects of bike racing.

I first came across Roy in the early 'eighties, as I was riding past Iron Pear Tree Corner, near Uckfield, on one of my cycling-comeback outings. There was this cloth-capped chap standing on the verge, pipe in mouth, watch in hand, trouser clips round his ankles. Roy was timing the ESCA 25 in which Sean Yates startled the East Sussex racing world with a record-breaking ride; but to me he looked like someone who'd been left over from my time-trialling days of the 'fifties.

As I soon discovered, nothing could be further from the truth. Roy may have begun devoting much of his life to cycle sport in the immediate postwar years, but 50 years later he was still keeping well abreast of what was going on. He had an encyclopaedic knowledge of riders, past and present. Any crumb of information he could glean about racing rules, personalities, highlights and absurdities, from first-hand experience or at second-hand, was stored away. He used this expertise to benefit bike racing not only in our county but further afield, while helping run the Isle of Man cycling weeks and some of the classic 24-hour events.

ESCA clubs were well-represented at Roy's funeral in Framfield. It's now up to us to ensure that their high regard for him is reflected in the way we honour his memory. Ideas, please!

Michael Rabbetts, ESCA Chairman

**E.S.C.A Reliability Trial.
November 19th 2000**

Entry forms, booking forms for the lunch,
complete details of the route and a map,
will all be included in the Autumn Bonk.

Organiser: Charles Robson 01323 725376
39 Winchcombe Road, Eastbourne BN22 8DE



The Stan Shirley Fund

Young racing members of Association clubs could benefit from the Stan Shirley Fund, set up with money given in memory of our former recorder and chairman. Financial help towards travelling costs can be offered to those who have been accepted to ride in one or more of the following events:

The RTTC Junior National Championship 10
The RTTC Junior National Championship 25
The GHS National Final

Anyone who would like to take advantage of the Stan Shirley Fund should apply, through his/her club or individually, to Mick Burgess at 7 Sandridge, Crowborough (telephone 01892 661754) before the event in question.



THE UNIVERSITY OF CHICAGO

Department of Chemistry

Chicago, Illinois

THE UNIVERSITY OF CHICAGO

Department of Chemistry

Chicago, Illinois

Chicago, Illinois