

# BONK!

THE OFFICIAL JOURNAL

East Sussex

Cycling Association

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THE JOURNAL

OF THE

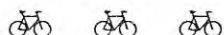
AMERICAN

ASSOCIATION

OF



# EAST SUSSEX CYCLING ASSOCIATION



**President** Tony Palmer (Worthing Excelsior)

New Series No. 91

Autumn 2000

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## EDITORIAL

How do you feel about helmets? The London South D.C., along with every D.C. in the country, will feature this little poser on their agenda, as the National Committee have proposed that helmets will be compulsory in the future and it will feature on the agenda at the R.T.T.C. National A.G.M. There still seems to be too little research into helmets of any kind and their efficacy is uncertain. Bearing in mind that most time triallists are killed or injured by other vehicles, nothing will protect sufficiently - it needs a concerted effort to ensure that cyclists can exist harmoniously with other traffic, and that's going to need an awful lot of hard work; understandably none of our national bodies seem very keen on taking that task on board.

Indeed, it would seem possible that some of the aero helmets, which of course do not pretend to offer protection, that are being worn, could well contribute to the accident statistics. So far this year a rider has gone into the back of an emergency vehicle assisting at a previous accident; a (very large) motorcycle marshal was hit, and his motorbike damaged, by a rider going up a slip road; another rider went into a woman who had started before him and hit the back of her legs with his handlebars! Yet another went into the back of a car parked on a sliproad. There are probably others, and the odds are that they were all wearing aero helmets, possibly with visors or other attachments which narrow the field of vision. Some years ago a top rider who collided with a parked van on a slip road was exonerated from blame as he claimed that his visor had misted over and he couldn't see.

**The deadline for the next issue of BONK will be November 19th. The reliability trial will be a very convenient place to hand notes over. Please do support the event and the lunch afterwards - the food is good and the company scintillates under the direction of organiser Charles Robson. Booking forms at the end of this issue.**

Maurice & Esther



# *The* CRAWLEY WHEELERS

*Affiliated to:*  
B.C.F., B.C.C.A.  
E.S.C.A., R.T.T.C.  
S.C.C.U., S.C.A.  
S.C.R.L., C.T.C.  
Surrey League  
Crawley Sports Council

## Tribute to Paul Spenceley

Paul Spenceley, or as he was known to several of us in the club, Hon. Sec., will be much missed in the ranks of both active and inactive cycling quarters. Having personally known him since his introduction into cycling and the Crawley Wheelers, he left his mark with all those who came into contact. Coupled with an infectious sense of humour, his leadership qualities were well received and not overwhelming. Never afraid to come up with the odd prank or antic. Paul lived life to the full. We have lost a cheerful, happy go lucky character that injected new life into the club. My last (lasting) recollection of Paul was one of happiness and full of humour, and I'm sure the majority of the club will remember him in that light. It is extremely hard not to and we would not be doing justice to his family if we thought of him otherwise. Local cycling events and meetings around the time of his passing away were not waived, because it was generally thought that Paul would have wanted us to carry on as normal. The club is still reeling from its sudden loss, and it will take some time for the members to finally accept that one of the stalwarts of Crawley Wheelers has been snatched away.

Any observer could see him eager to help and sometimes 'take in' new members of the club. Indeed, those who he went out of his way to help and make life more comfortable will be extra saddened by the recent turn of events. He always helped those members, who, for some reason, needed that extra assistance and encouragement. It was fairly obvious that he got a lot out of seeing them succeed.

His racing talents varied, with average times in club time trials, but he was happiest when in company, that is of course, in the bunch. He gained some very respectable bunch placings at his favourite stomping ground, Goodwood, using fairly decent tactics, which became evident following each event. The highlight of the day out to Goodwood for the Wheelers ensemble was listening to Paul on 'if I'd followed that wheel, or if I had sprinted then' tales in the pub on the way home.

One of his traits which accompanied him in the cycling fraternity was the inevitable bantering and friendly mickey taking, which always came out, particularly on the annual club tour. His map reading was the subject of some good laughs, but you could not be irritated, such was his charm in explaining the reasons why he thought it was 'this way'. A good tourer, he could hold his own and would sometimes even sprint for the town primes. This would be followed by reasons why he just missed winning, all part of the Spenceley package.

The endless fervour for organising and helping to run the club was welcoming and gratefully received. You didn't have to mull over it too much to decide that Paul was a workaholic, fitting in his cycling and duties for the club, with other hobbies and interests.

We join Kay, Lucy and Kate in their grief and wish them well for the future.

Allan Hale



# MID-WEEK SECTION

Considering that in their previous lives our members sailed the high seas, saw the sun set in far flung outposts of the world of commerce, and even now pop across to our European neighbours without a second thought, there is always a certain amount of nervousness when a Wednesday ride north of Heathfield is mooted.

Thus Richard Thatcher's daring suggestion that we visit his home at Broadwater Down (just over the border into Kent!), for elevenses in August, prompted some misgivings and great arrangements were made for travel. Some opted for cars; Pat Graham, enjoying her first 'proper' ride out after her eye operation used the train to Frant; George Lillicrap left his Laughton home early on Tuesday afternoon laden with waterproofs, tent and billycan, and had an 'overnight' at Argos Hill. Deliberately pitching his tent to face east, he was woken in the morning by warm fingers of sunlight caressing his face. The Barrett family, fresh from the C.T.C. Birthday Rides based in Canterbury in which they had been heavily involved, cycled from Langton Green and David Abbott, the leader on the day, rode from Rusthall. Altogether about twenty or so of us ventured out, and in spite of the tough ride planned by David, curtailed from its original mileage when Richard realised that otherwise the pub would be closed by the time we got there, decided that we'd enjoyed a grand day. The gloomy weather forecast didn't materialise and it turned out to be warm and sunny, and sitting out on the timber decked balcony of the Beacon Inn in Tea Garden Lane and narrowing ones eyes, it was possible to imagine we were situated in the foothills of Assam; the fluting tones of the memsahibs in the party added to the illusion.

A week later we found ourselves, almost but not quite, on the slopes of Tuscany. This was in fact a visit to the Hidden Springs Vineyard at Horam where twenty two of us pre-booked a guided tour of the vineyard followed by wine tasting and a substantial buffet lunch. We rode up the lane to the farmhouse accompanied by the thumping beat of funky house music, courtesy of our tour guide who happened to arrive in his car at the same time as we did. Introductions made, it transpired that we were to be led through the intricacies of wine production by Sky News wine expert Graham Doubleday. The ignoramuses among us who thought you chucked a bucket of grapes in a tin bath and jumped on them really had our eyes opened, and I for one now browse the shelves of Oddbins with much more interest.

As well as these special events we've also had a full programme of weekly rides and Friday lunchtime meets. There have been the usual absences due to holidays. Brian Leaney joined Alan Limbrey's trip to the Tour de France and declared it an unqualified success, Tony & Helen Palmer together with Frank & Susan Drader also holidayed in France at Tour time and we received an enthusiastic postcard from them; Mike Isitt notified us of the trip he and Christine enjoyed in Austria with a very racey card (tactfully sent to Tony's address - not to our secretary), Pat Graham had a spur of the moment break in Devon, and there have been the usual sorties to randonneés, Mildenhall, York Rally, and an Open Garden visit, etc.

George and Adrian often combine alternative activities with their Wednesday cycling; George turned up at elevenses one day towing a motor mower which he had decided to deliver to a friend; another day he and Adrian knocked up a saw horse for a client before leaving the Lillicrap pile, and they have been seen foraging the lanes for the aluminium cans that George uses in his other little hobby of pegmaking. What an interesting lot we are in the Mid Week Section!

*Baggy Shorts*



# Sussex Nomads C.C.

The summer has about gone now but I suppose we can look forward to clubruns becoming more regular and better supported. Although our clubruns have carried on throughout the summer sometimes there have been only two or three riders out although it has been helped by having a runs list with elevenses stops so we often we often meet other members there. Our numbers have risen recently and we are happy to welcome Craig and Zac, plus at least two more whom so far I haven't met; of course in a small club two members is 5.1 increase. We also have regular guests along and this adds up to a good size group.

On September 3rd I went, as usual, on the annual Friendship Ride from Alfriston Y.H.A. , the event organised by 21st Century Airports C.C. (formerly Gatwick), welcoming clubs from Normandy. I spent all day with a group of riders from Fécamp on the 60k ride. Some of the ladies were not long distance riders but their husbands were. It was a nice potter around lanes which included some of the Pevensey Marsh network. Lunch was at Pevensey and as none of my group spoke English my French was stretched to the limit, but once we got to know each other it was a good day out.

It's easy to see why we're called "Nomads" because our racing (??) members go wandering off here, there and everywhere to ride a T.T. or a road race and even to Goodwood for a Surrey League event, but now that I am not part of the racing circuit I never know what results our members are achieving.

I know for certain that Martin Penfold was at Preston Park because I go to watch my great nephew ride (at last another member of the clan is a bike rider). It is said that Nicky Boore rode a five day road race and although not amongst the leaders, was awarded a prize for not giving up and finishing each stage. His father is still trying (yes, very trying!) but finding it extremely hard on 57 x 12 as he still hasn't learned to change gear. He spends a lot of time travelling with our 2nd claim rider, MR. SPEEDY, hoping for that perfect day.

Our club events have gone very well this year. Although poorly attended by club members, visiting riders and those Nomads who did ride, enjoyed the '10' series which was won by Andrew Hinton. This series is based on improvement and he did just that each week, and with only the events as training. Personally it is difficult to improve, as unlike wine we do not get better with age. So I/we will look forward to next year if only the first 2½ miles were not up a mountain!

Our trips abroad were very successful from the point of view of the social side. The 'Archers' at Crécy was it's usual best, except for the rain which I understand caused most riders to give up when they passed near the town - that is, all except for Andrew who finished despite having ridden only the odd time trial (I hope I'm right in saying he was the only one to finish) but we'll still return next year.

The Tour de France trip was fantastic except for the travelling down to the Alps and back. We saw four stages and rode a few mountains. Day 1 we rode up the backside of the Jeux Plane (two hours for me and Brian) but it was well worth it. The atmosphere was fantastic, everyone was so happy and friendly. Day 2 saw us on the Col de Mosses which was not quite so good but we enjoyed ourselves one way and another. Day 3 saw the start of the Swiss/German stage. We met David Millar and were very close to the whole field. Day 4 was the time trial stage, again an incredible day. We were amongst the French who were in a party mood, joking and laughing with everyone (I am so glad I speak just a little French) and of course the event was good to watch. ("Here's to the next time" as Henry Hall used to say).

As soon as you get you new diaries enter the date of the Nomads' Dinner. FEBRUARY 2nd 2001 in Brighton (Preston), all being well.

Before that, don't forget the Xmas 10 at Christmas time.

That's it. See you up the road. À bientôt .

Alan

## HOW IT USED TO BE

Memories, memories ----- . Somebody has just said " deadline for the Autumn edition of Bonk" , and thoughts turn to what has happened recently and could be used in that publication.

Has anything been said at the finish of an event around the refreshment table in the nearby layby. At the Rosemary Tea Rooms or even on a mid-week evening at The Chestnut Tree.

Or has there been an incident on a Club run, accidental ?, or perhaps set up ?

Which of the Farmers (Uckfield & District CC to the uninitiated) is going to put pen to paper to show their artistic talents in this edition – the freehand of Woppit or the draughtsmanship of one G.B. ( **no not Geoff Boore** )

Snippets of overheard conversations, misconstrued to create various thoughts, true or not, in the minds of the listeners, of what had occurred or was about to happen, and was of course ripe for committing to the pages of Bonk for even more people to speculate about.

Who was riding with other than their own club, and mainly why ? ( Very much food for thought !! )

Etc, etc.

Oldie.

# Diary Dates

**EAST SUSSEX C.A.**  
Wednesday November 15th at 7.30pm  
**ANNUAL GENERAL MEETING**  
Kings Head, East Hoathly

**EAST SUSSEX C.A.**  
Sunday November 19th  
**RELIABILITY TRIAL**  
followed by  
Lunch at the Kings Head, East Hoathly  
Forms at the back of BONK

**EAST SUSSEX C.A.**  
Sunday January 14th 2001  
**ANNUAL LUNCH & PRIZE PRESENTATION**  
The Roebuck, Laughton  
Details will be circulated to Club secretaries

**C.T.C. MID WEEK SECTION**  
Saturday October 14th at 7.30pm  
**SLIDE SHOW**  
followed by  
**SAUSAGE & MASH and TREACLE PUDDING SUPPER**  
Arkington Village Hall £5.00  
More details from Esther 01424 751581

**SUSSEX CYCLISTS' ASSOCIATION**  
Sunday November 19th 2000 at 1.00pm SHARP  
Annual Lunch & Prize Presentation  
Wivelsfield Village Hall £6.00  
Homemade vegetable Soup, Cold Platter, Sweet & Coffee Bring your own drink  
Guest Speaker John Woodburn  
More details from Andrew or Vanessa Attwood  
📞 Bike Store 01903 206311 or Home 01273 591738



# **(MORE) Diary Dates**

## **SOUTHBOROUGH WHEELERS**

**Friday November 24th 2000 at 7.00pm**

**Annual Dinner & Prize Presentation**

**Hilden Manor, Tonbridge Tickets £18.50**

**Contact Martin Yardley**

## **C.T.C.EAST SUSSEX D.A.**

**Sunday December 9th 2000 at 3.00pm**

**CYCLISTS CAROL SERVICE**

**Hailsham Church**

**ALL CYCLISTS WELCOME**

## **C.T.C. MID-WEEK SECTION**

**Wednesday January (?) 2001**

**Festive Lunch**

**Bluebell Inn, Shortgate**

**Full details in Christmas issue**

## **FELLOWSHIP OF 1066 LONGMARKERS**

**Saturday January 27th 2001**

**Annual Dinner & Dance**

**Yelton Hotel, Hastings Tickets £10.50**

**Contact Arthur Coleman or Esther**

## **SUSSEX NOMADS**

**Friday February 2nd 2001**

**Annual Dinner & Prize Presentation**

**Preston area of Brighton**

**Details from Alan Limbrey**

## **SURREY/SUSSEX GROUP V.T.T.A.**

**Sunday February 4th 2001**

**Annual Lunch & Prize Presentation**

**Wickwoods Country Club, Allbourne**



# **East Grinstead Cycling Club**

**Where has this year gone?**

**Well – for most of us it has been spent suffering on Steve Dennis' wheel as the man himself admits he has been having a cracking season. Fatherhood seems to have done him so much good we're having a word with Carla [Mrs Dennis] about booking in for some more offspring's! Starting the season in style with his rout of the 'ESCA Hilly' field by two minutes and setting personal best times [for some years] in Time Trials around the county, moving up to 1<sup>st</sup> Cat again, with the only minor aberration finishing second to some 'wheel sucker' from Eastbourne Rovers in the Sussex Divs.**

**But enough before I become a bore [or should that be Boore] We seem to be in the middle of a baby boom at EGCC, with the aforementioned Dennis clan with Emily, Gerry Oplaat and his wife Nadine with Eddy [now there's a good cycling name], Paul and Liz Winkley with Jeremy, Robin and Jenny Parker with Abby and recently Andy and Lorraine Seltzer have announced that they too have fallen victim to the latest 'fashion'. The research that said cycling makes men impotent is obviously fraud. Maybe this is one way to insure our membership for the future? I think a few of our members have perhaps put a more modern meaning to the name of this magazine!**

**What other rumours and stories abound from this side of the 'pond'? I guess the biggest one after the recent nandralone scandal in the athletics world being attributed to food supplements is what ever have the In Gear Cycling Team been taking? What ever it is it has turned their hair a funny colour. The only one of note who seems to have escaped this terrible after effect is ex-grinnie Steve Elms – maybe the others are just trying to catch up? I suggest much more chrome on your bikes boys then you might realise the problem before the UCI catch on and you have a dawn raid at 'Fortress In Gear'.**

**See you in the next issue with my 'Christmas Wish List'**

*Miles F Latout*



## **SOUTHBOROUGH WHEELERS**

The millenium year has seen little success for Southborough in the racing scene - indeed activity in open events has been sparse indeed. Our greatest claim to any record must be the number of babies produced in a single year! 7 so far and at least 1 to come. Most admittedly are as grandchildren to existing members. Rosemary (Dunford), Belinda (Whitehouse), Joanne (Harding), Denise (Crofts), Peter Hayman and Roger Smith have all become parents as have present members Gill Tree and Gareth Robb. Their baby, Emily Margaret, was born on 5th August and was on display 10 days later at the final evening club event. Despite being very fit and well Gill was not seen to hold her daughter as she was passed from one admirer to the other - mostly the clubs younger men! - to coo over.

The touring and social side of club life have remained very active. Four members were organised by Martin Yardley to join our twinned club, Lambersart, for a randonee in France. Pete Hollands trike proved a special attraction to the French riders and spectators alike. Incidentally they managed four people, all their luggage for the weekend, a trike and two bikes on a Peugeot 206. Geoff Abraham and Terry Collins also had a few days in France and took in a different randonee event. The MacNay family holidayed in a large house in the Dordogne where Tim Chacksfield joined them for a couple of days and cycled with Bill (and James when he was well enough!) to see two stages of the Tour de France. John and Jo Watson spent 5 weeks touring the USA by car. Soon after his return John, Peter Watson and a friend met Peter Fox (now moving back from Norfolk to East Kent) for a mountain bike Coast to Coast ride across the Lake District and Northumberland which they thoroughly recommend. Peter Watson is now away with Pete Crofts on his CTC tour to Canada. Bill MacNay, Martin Yardley and Doug Bentall enjoyed the Lewes Randonee. In June the club went to Maidstone for a rounders match with San Fairy Ann and all had a fine summer evening in all respects - except Les Hayman who pulled a ham string in his dismal attempt to run like a young man.

Three successful road races at Frant and Brands Hatch were ably run by Colin Nightingale and David Watson. Tim promoted an open 10 and John Watson the Boship 25. Missing from our Open time trials next year will be pusher off Graham Seath. This is a job Graham has done superbly well for more years than most can remember. He has seen thousands of riders off to a good start in events all over Kent - from the halcyon days of Saturdays on the Tonbridge by pass (sometimes 240 entries) to the present day. We wish him well in his new job and new house in Wiltshire.

Two of our very young riders, Jamie Low and Lee Spear, have had a good season with experience of track, road and time trials. Both have 10 mile times inside evens and have ridden in under 16 crits at Brands Hatch. Saturday mornings have seen them at Herne Hill and special thanks are due to Maurice Spear and Martin Derham for advice, encouragement and transport. Martins own daughter, although much younger still, has joined the boys on the track and had a great time. Club evening events, usually over odd distances, have again received excellent support throughout the year despite roadworks early on. Gareth has collected most wins and points but newcomers Niall McCoubrie, Simon Neal and Doug Bentall have all shown well. Doug has improved consistently at 10 and 25 and has ridden his first 50. It's just as well because time trials more than 25 miles are almost non existent this year except for Les who labours on hoping that some younger person will relieve him of the burden before he expires. Some attempts have been planned. Colin entered two 50s - both on superfast E5 -. Half way round the first his bottom bracket expired and for the second he overslept due to a drug overdose! (for toothache - honest). Neil Whelan obtained a maths degree, left university and returned to racing, soon getting down to a 58.18 for 25. Many road races have been entered, some finished but only Gareth (6th) and David Watson (2nd) have had any success.

In the recent past many club members had a lively evening at the Hilden Manor to celebrate Warwick and Joyce's ruby wedding and in the near future we shall be watching the Olympics to see how marathon runner, Mark Steinle, fares. Mark lives in Tonbridge and is the son of Alan - ex 2nd claim to Southborough Wheelers.



# CENTRAL SUSSEX C.C.

To-night is the last evening that I have left to write the notes for BONK. The Editor has decreed that all copy will be needed by the next Committee Meeting, which is Tomorrow evening so here goes.

At the beginning of the season the Club ran the usual Ron Ewart Memorial 25 on the Steyning course. This year it was won by Dave Dent of the Portsmouth North End Club with a time of 58m 13s. He just beat John Limpus of the G.S.Stella who recorded 58m 18s with Alex Rowe V.C.Londres and Mark Sinnott Epsom C.C. in joint third place with 58m 25s. Steve Avely was the best Vet on Standard and the Epsom C.C. won the Team Race. Poor Don Awcock was the first casualty of the season, No 1 off and he broke his chain in the effort to get away from the start. Total distance travelled was about 6 yards.

Things have been going along very quietly this year, despite many promises at the end of last season, very few members seem to have hit top form, Tony Goodsell has been missing from racing scene, Don Awcock has returned his usual number of under the hour rides although brother John is still trying to reach his usual form. Secretary Les Ross has kept the flag flying with a 2.12.22 fifty and a 4.46.32 hundred and is lying in the first few of the Counties B.A.R. He seems destined to become the first winner of the Club B.A.R. for some time.

The Club Evening 10 series was run off on the usual Handcross course. This year we were pushed for numbers but the sport was good. One event of the 11 was rained off, only the Officials turned up, not a rider in sight. The final result, with the aggregate of 3 ten rides on Fastest and on Handicap were as follows :

Fastest Les Ross	1h 17m 23s	Hcp. Martin Perryman	1h 8m 48s
Ken Atkins	1h 22m 35s	Ken Atkins	1h 9m 18s
Charlie Burrell	1h 23m 00s	Charlie Burrell	1h 10m 00s
Martin Perryman	1h 31m 48s	Les Ross	1h 10m 53s
Nygel West	1h 32m 29s	Victoria Burrell	1h 12m 26s
Victoria Burrell	1h 37m 26s	Nygel West	1h 16m 29s

The series finished with a real Bang, poor Bill Shoulders, one of our elder members, who come over from Horsham for each event just to help out, was turning out of the Car Park when he was involved in a loud smash with another Car. Not too much damage to either driver but Bill's motor was a write off.

Poor Alan Robinson has been cursed with a boil for most of the year. He promised to keep up the numbers this year but has been unable to sit very comfortably. It is due to end up as a surgical exercise shortly.

Rex Wells and Geoff Ericson have been keeping the local Tea places under observation, and the Lakers (Rod and Chris) have alternatively been on riding and walking Tours.

Steve Flowers has been keeping his stanglehold on a couple of the Club 25 mile cups and continues to improve steadily.

That's my page, Till next time,

HONEST GINGE...



## **Eastbourne Rovers CC**

The 2000 season for the Eastbourne Rovers has played witness to a good number of wins and top placing for both individuals and teams, with many more riders competing in road races as well as time trials. There have been numerous individual improvements, personal bests and the odd record (and bone) broken here and there!

Here goes with a summary of the highlights.

### **Jon Wins Club Early 10**

Jon Sharples wasted no time at the beginning of the season to win the first Club early-season 10 mile time trial. Jon's time of 22 minutes 53 seconds was a clear minute ahead of second place Simon Prior in 23-53. finishing third was Jason Salter in 24-05.

### **Reed Down Under**

Shaun Reed spent the early part of the year racing 'down under' in New Zealand. During his four month vacation Shaun competed in various road races, most notably making the news during the Star and Garter Wheelers' four-day Tour de Vineyards in Nelson. Sean finished just a few seconds down on race winner Graeme Miller with an excellent overall position of tenth place. He also won a Criterion series in Auckland.

### **Team Pile-Up**

An early season road-race up at the Eastway cycle circuit did not turn out quite as expected for Nick Leech, Simon Prior and Tim Wells. All three riders were brought down on the last lap of the Simon Hook Memorial Trophy Race, just a short distance from the finish. Worst off was Simon who suffered few cuts and bruises and a nasty knock on the head. Fortunately his crash-hat prevented a more serious injury.

### **Boyd Straight In Under Hour**

In his very first 25 mile time trial of the year, Boyd Johnson wasted no time on the far from quick Steyning course, going under the hour to record a 59-55. Boyd finished in 8<sup>th</sup> place and was just 1-43 down on the quickest time of David Dent (Portsmouth Northend CC).

### **Goodbye Roy**

A sad loss to us all was the death of Roy Humphrey, a life member of the Eastbourne Rovers Cycling Club and co-founder of the East Sussex Cycling Association back in 1946. Roy was the Secretary and Treasurer of the East Sussex Cycling Association for over fifty years, and spent much of his efforts organising, marshalling or timing time trials, officiating at Preston Park Track, judging Road Races and sitting on untold committees.

### **Kevin's Early Triumph**

Kevin Burton produced the goods during the early part of the year's "Three Event" series of 10- mile time trials. Kevin cumulative time of 76-18 for the three events won him overall second place.

### **Say What?**

Can you believe it? Kevin Burton, riding immediately after returning from the March Majorca training camp recorded a time of 21-06 in the Southborough and District Wheelers 10 mile time trial on the Q10-22. Harry Featherstone finished in 19-51, while both Boyd Johnson and Alan tied on 19-06.

Did these riders all share the same bowl of Weetabix for breakfast? No, actually the event was cut short to 8 miles due to road works. Phew!

### **Hardy Team Win**

Once again, Kevin Burton features with Alan Rolf and Lloyd Grayston, riding with Graham Lade in the East Sussex Hard Riders Time Trial. Alan, Lloyd and Kevin won the 1<sup>st</sup> Team award for their combined times of 42-07, 43-58 and 44-18 respectively.

### **Leech Wins Early 25**

Nick Leech won the club early 25-mile time trial, which was in fact run on the 14.07 course via Wartling due to road works. Nick won with a 33-42, despite missing his start. This was no thanks to Numbers Wizz-Kid Lloyd Grayston who put his number 9 on upside down; consequently Nick, who was number 10, thought he had a few more minutes to warm up when in reality he was next man off. I think I'll do my own tax return, thank Lloyd!

### **Jon leads ESCA Team Win**

Jon Sharples rode his fastest time trial of the year to date in the ESCA 25 during April. His 56-17, combined with Nick Leech's 58-11 and Lloyd Grayston's 58-24 secured the team victory for the Eastbourne Rovers. Despite Jon's time, Pete Tadros won the event with his time of 55-12.

### **Sharples Wins Race and Leads Team**

The Hampshire Road Club's Phil Smith Memorial 10 mile time trial featured 9 of Eastbourne Rover's top riders among the 78-strong field. Fastest rider was, once again, Jon Sharples. Jon moaned and groaned about his "disappointing" time of 21-15, however he cheered up after learning he won! Simon Prior recorded his fastest 10 of the year with a 21-21. With Boyd Johnson's 22-04, another team win was claimed by the Rovers.

### **Harry's Turn To Lead Team**

Super-Vet Harry Featherstone Led Eastbourne to a win in the Surrey & Sussex VTTA Open 10- mile time trial. Harry was the fastest Vet on Standard (surprise, anyone?) recording 23-55, a plus of 7-35. Charles Robson's 26-32 gave him a plus of 5-43, with Dave Cox's plus of 2-51 for his 25- 21 rounded of a Team win on standard for the Rovers Vets.

### **Boy-o Jon's Success in Wales**

Riding as part of a 4-man Surrey League team in the 100-mile "L'étape de la Défonce 2000" two day stage race, held at Cowbridge in the Vale of Glamorgan, Jon won the stage-one race and the Yellow Jersey. In stage two Jon won the time-bonus sprint finished 4<sup>th</sup> at the line. Jon finished 4<sup>th</sup> overall, and team mates Stephen Gower, Gary Mikkelsen and Lee Day won between them the Yellow Jersey, Green Jersey and Team Prize and £430 in prize money.



### **Another Win For Sharples**

Jon Sharples out sprinted rivals Steve Dennis (East Grinstead) and Chris McNamara (VC Etoile/Eastbourne) to bring home victory in the Sussex Divisional Road Race Championship 2000. After an early break in the 85-mile race at Broad Oak, Jon worked with Steve and Chris to continually increase their lead on the bunch. Jon claimed his victory after three and a half hours of racing.

### **Rovers Vets Win 1066 Randonee Trophy**

Dave Dunbar, Stuart Greenway, Tony Maher, John Armstrong and Richard Thomas took part in the 6<sup>th</sup> International 1066 Country Randonnee, the Sussex round of the annual "Les belles d'Europe" international cycling competition. The 67 mile route encompassing Hastings, Rye, Bodiam and Pevensey was won by the Rovers team who brought home the specially commissioned Battle of Hastings plate.

### **10-Mile Champion Jon**

The Rovers 10-mile time trial Championships, held on the Pevensey marsh course, presented riders with the all too familiar cold and gusty winds. Never a problem for Jon Sharples though, who won the event with a blinding 21-22, averaging 28mph. Nick Leech finished second in 22-00, followed by this years surprise improver Michael Davey in 22-51.

### **Davey Shows Considerable Potential**

Michael Davey is undoubtedly one of the most improved young riders in the club. Michael has been demonstrating his ability at the 10-mile event with a number of wins on the Pevensey marsh course with times as quick as 22-06. Who knows what he'll do next year - once he recovers from his broken collar bone!

### **Lone-Racer Harry**

Redoubtable Harry Featherstone was the only Rover who entered this years ESCA 100-mile time trial. In contrast to last year the day was cold and windy, however Harry did an excellent ride to complete the distance in 4hrs 32mins 8secs. This was easily good enough to finish 5<sup>th</sup> overall and win first place on standard with an impressive plus of 1hr 27mins 19secs.

### **Record Breaking Sharples**

Yes, him again. This time riding in the Bognor CC 10-mile time trial, Jon set a new club record for 10 miles of 20mins 06secs, an average speed of 29.85mph! This breaks the previous record of 20-22 by 16 seconds, also set by Jon last year at Andover. Next year Jon we all know you will do that elusive 19...

### **Gillett Machine**

Richard Gillett is proving to be a worthy asset and the man to watch in road race events. Racing at Good Wood Richard has persistently set a strong pace at the head of the field, and instigated the winning break in the Surrey Cycle Racing League/Sigma Sport RT 56-mile road race at Lyne, where he finished overall in 4<sup>th</sup> place.



### Prince Phillip

For the second year in succession, 10-year old Philip Smith has been crowned the Prince of Brighton's Preston Park, after the season-long under-12's racing competition. Over 15 weeks Phillip amassed 175 points, a clear lead over second place 11-year-old Brindley Taylor of East Grinstead CC. Philip's season has seen hot competition in numerous events at Preston and Hove Park, including a seventh place in the national children's triathlon at East Grinstead.

### That Man Again

Not satisfied with setting a new club 10-mile record, super speedy Jon Sharples has shattered the Pevensey Circuit 14.07-mile course record. This tough little circuit encompasses Hooe, Ninfield, Boreham Street and Wartling. The previous record set by Steve Willis of 32-27 back in 1997 has tumbled to Jon's exceptional new record time of 31-33.

### Boyd leads Team Win and attains new PB

Boyd Johnson has seen good form all year, and recently led the Rovers to yet another team win in the popular Crawley 29<sup>th</sup> Wheelers 25-mile Time Trial. Riding on the A264 and A24 between Crawley and Southwater, Boyd just got the better of team-mate Lloyd Grayston by recording a time of 56mins 01secs; Lloyd lost just 5 seconds to Boyd, finishing in 56mins 06secs. Colin Jones' time of 58-51, completed the team win of 2-50-58 for the Rovers.

Just the following week Boyd achieved his new personal best time for 25 miles in the Redbridge CC 25-mile time trial on the E72/25 course in Essex. Boyd hurtled between Hatfield Peverel and Beacon End on the A12 to achieve his new pb for 25 miles of 54mins 25secs, beating his previous best by 12 seconds.



### Stuart Davis Champion in Rovers Road Race

Yours truly felt in fine form for the Eastbourne Rovers/Surrey League road race at Ninfield. On the 5<sup>th</sup> lap of the 6-lap, 51 mile race, I attacked at the foot of the climb up Standard Hill towards Ninfield, where I increased my lead on the main field to nearly 50 seconds at one point during the final lap through Catsfield and Battle. After the final effort of Standard Hill I Crossed the line to claim victory, 27 seconds ahead of Alain Hainsworth who finished second.

### Nick Secures Evening Series Win

Finally to round off this rather long update, Nick Leech has won the Eastbourne Rovers Evening Series of time trials for the second year in succession. Top 6 places and points are: 1<sup>st</sup> Nick Leech 7points, 2<sup>nd</sup> Michael Davey 8 points, 3<sup>rd</sup> Simon Prior 11 points, 4<sup>th</sup> Stuart Davis 14 points, 5<sup>th</sup> Colin Jones 22 points and 6<sup>th</sup> Richard Gillett 23 points.

'Till next time.

STU.



**EAST SUSSEX CYCLING ASSOCIATION**  
**2000 POINTS COMPETITION RESULT**

**INDIVIDUAL**

1	STEVE DENNIS	East Grinstead CC	113
2	PAUL JAMES	Crawley Wheelers CC	84
3	RICHARD SUTTON	VC Etoile	79
4	STEVE ELMS	In-Gear RT	78
5	JOHN SHARPLES	Easbourne Rovers CC	55
6	ANDY SELTZER	East Grinstead CC	47
7	LLOYD GRAYSTON	Eastbourne Rovers CC	42
8	PETER TADROS	VC Bayeux	40
9 =	NICK LEECH	Eastbourne Rovers CC	36
	DAVID POLLARD	In-Gear RT	36
11	HARRY FEATHERSTONE	Eastbourne Rovers CC	35
12 =	ANDY PAYNE	GS Stella	33
	KEVIN BURTON	Eastbourne Rovers CC	33
14	TRISTAN COURT	Brighton Mitre CC	32
15 =	STEVE HOLLAND	VC Bayeux	31
	PAUL BLACKMORE	East Grinstead CC	31

**TEAM**

1	EAST GRINSTEAD CYCLING CLUB	81
2	EASTBOURNE ROVERS CYCLING CLUB	76
3	IN-GEAR RACING TEAM	54
4	VELO CLUB BAYEUX	46
5 =	CRAWLEY WHEELERS CYCLING CLUB	28
	VELO CLUB ETOILE	28
7 =	GROUP SPORTIV STELLA	13
	21ST CENTURY AIRPORT CYCLING TEAM	13

# EAST SUSSEX CYCLING ASSOCIATION - 2000 B.A.R. RESULTS

(PROVISIONAL ONLY)

## SENIOR B.A.R. (25, 50 & 100 Miles)

		<u>25</u>	<u>50</u>	<u>100</u>	<u>Av.mph</u>
1	STEVE ELMS In-Gear RT	54-13	1-55-45	3-56-23	26.323
2	STEVE DENNIS East Grinstead CC	54-31	1-53-35	4-18-48	25.704
3	ANDY PAYNE GS Stella	59-21	2-03-58	4-10-25	24.478
4	HARRY FEATHERSTONE Eastbourne Rovers CC	1-00-22	2-06-03	4-32-08	23.565
5	PETER BAKER Lewes Wanderers CC	1-02-15	2-04-30	4-36-56	23.286
6	JAY CHISNALL Brighton Mitre CC	1-03-02	2-14-41	4-32-12	22.705
7	PETER PRICE Lewes Wanderers CC	1-04-20	2-16-21	4-39-59	22.249
8	LES ROSS Central Sussex CC	1-06-33	2-17-07	4-48-50	21.730
9	HORRY HEMSLEY Lewes Wanderers CC	1-10-50	2-31-08	5-08-00	20.169
10	LES HAYMAN Southborough & District Wheelers CC	1-09-42	2-22-51	5-43-28	19.997
11	CHRIS PARKER Hastings & St.Leonards CC	1-14-06	2-37-13	5-50-10	18.820

TEAM: 1 LEWES WANDERERS CC P.BAKER, P.PRICE, H.HEMSLEY 21.901

## VETS B.A.R. (25, 50 & 100 Miles)

		<u>25</u>	<u>50</u>	<u>100</u>	<u>+ mph</u>
1	HARRY FEATHERSTONE 67 Eastbourne Rovers CC	1-00-22	2-06-03	4-32-08	5.834
2	PETER PRICE 57 Lewes Wanderers CC	1-04-20	2-16-21	4-39-59	3.153
3	LES HAYMAN 67 Southborough & District Wheelers CC	1-09-42	2-22-51	5-43-28	2.266
4	HORRY HEMSLEY 66 Lewes Wanderers CC	1-10-50	2-31-08	5-08-00	2.305
5	PETER BAKER 42 Lewes Wanderers CC	1-02-15	2-04-30	4-36-56	1.933
6	LES ROSS 43 Central Sussex CC	1-06-33	2-17-07	4-48-50	0.536
7	CHRIS PARKER 44/45 Hastings & St.Leonards CC	1-14-06	2-37-13	5-50-10	-2.163

TEAM: 1 LEWES WANDERERS CC P.PRICE, H.HEMSLEY, P.BAKER 7.391

## LADIES B.A.R. (10, 25 & 50 Miles)

		<u>10</u>	<u>25</u>	<u>50</u>	<u>Av.mph</u>
1	LISA THOMPSON In-Gear RT	26-07	1-05-55	2-12-49	22.773
2	ANGELA NAINBY East Grinstead CC	25-57	1-07-48	2-19-11	22.266

## JUNIOR B.A.R. (1 x 10; 1 x 25)

		<u>10</u>	<u>25</u>	<u>Av.mph</u>
1	MARK BASHFORD East Grinstead CC	23-17	58-34	25.691
2	ROBERT MORRIS Hastings & St.Leonards CC	25-46	1-05-55	23.021
3	TIM WINKLEY East Grinstead CC	27-48	1-14-47	20.821
4	CHRISTOPHER MERRITT Hastings & St.Leonards CC	30-21	1-19-20	19.339



## A story of suffering on the Flanders cobblestones

*Over the past few years, Pete Baker of Lewes Wanderers has spent his spare weekends breaking his club's place-to-place records. In 1998, just for a change, he joined a few hundred other maniacs in completing the full 164-mile route of the notorious Paris-Roubaix classic. He was at it again earlier this year, when he rode the 165 mile randonnee which follows the same course as the Tour of Flanders. Here's his account of how he suffered on the Belgian cobbles*

Along with hundreds of riders from all over Europe, I started out from the Grand Market Square of the Belgian city of Bruges at 7.30 on a cold, overcast morning. The first 60 miles or so were largely uneventful, rolling along in a large group at a steady 20 miles an hour. Then we encountered our first stretch of cobbled roads, running between open fields. Almost immediately the big group began to break up. The secret of coping with these cobbles is to use as high a gear as you can: then you bounce lightly on top of them, rather than seeming to hit every stone. This, however, takes a lot of effort and concentration.

At 75 miles we encountered the first of the climbs that make this event so difficult. None of these climbs rises above a few hundred feet but they form a wearing-down process which leaves only the strong men at the front. I coped with the first three climbs but lost contact with my group after nearly 100 miles and five hours.

There followed about 20 miles of comparative ease, keeping up a steady rhythm with new groups along the valley road. But my day began to deteriorate when we reached the fastest climb on the route No.5, The Kluisberg. At its steepest part it is 1-in-7 but the surface is beautifully smooth so I was all the more frustrated when I heard the dreaded psssf noise as the air rapidly escaped from my rear tyre.

The inner tube was changed for a new one but, try as I might, I couldn't make the pump work. I started to walk up the hill but fortunately came across the Linda McCartney team's support vehicles, and was able to use one of their pumps.

The event then started to take its toll on me. By climb No.10 at 135 miles I was a shadow of my former self. It was an effort to maintain 15mph on the flat. My legs felt strong but the rest of my body seemed to have its strength draining away. It was an effort to maintain a pace of 15mph and I began to be passed by other riders. Any food or drink became unpalatable. Yet in a strange way I looked forward to the climbs and counted them down to the finish. It seemed that the mental concentration needed to climb them, bouncing over the cobbles, made me forget how tired my body actually was. I felt I still had strength in my legs - until the fatigue set in again once I was over the top.

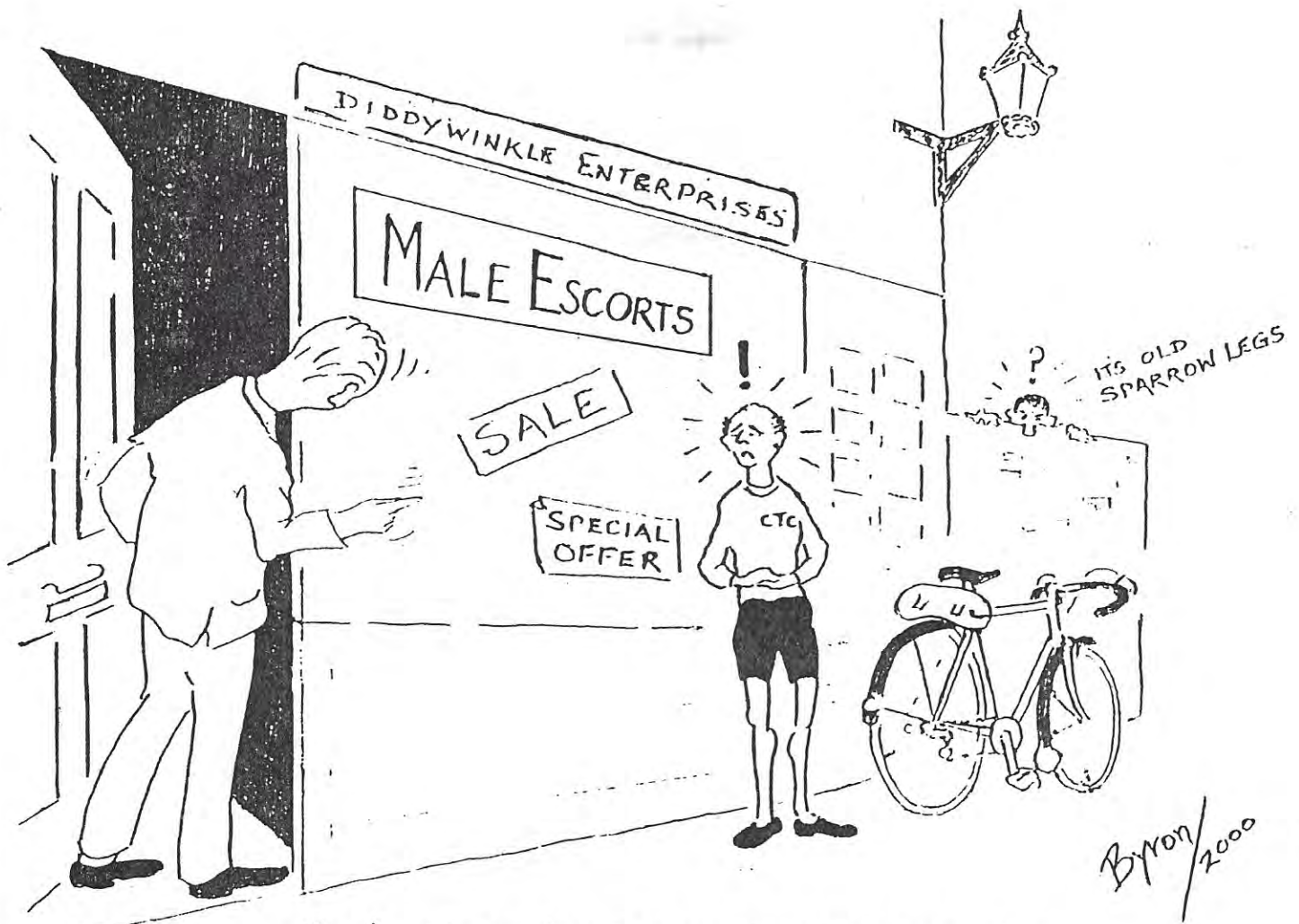
Twenty miles on and I was confronted by the Muur-Kapelmuur climb - the worst of the day. The start is easy enough, then the road steepens and the surface becomes cobbled, then steepens further to a 1-in-5 cobbled path through the trees.

In the professional race this is often make or break time and I could now see why. Earlier in the day it had rained here and the cobbles were still wet and slippery. As I made my slow progress up the steepest section in my lowest gear (30x21) my rear tyre repeatedly slipped on the wet stones until a rider just in front of me was forced to stop. I had to stop, too, and couldn't remount so walked the last few feet to the top.

I eventually finished just before 6.30 in the evening, totally exhausted, eleven hours after leaving Bruges. After collecting my diploma for completing the course I made my way slowly back to my hotel in the town. Once there I slept for nearly an hour, had a soak in the bath and a meal in the restaurant, where we learned that riders were still finishing three hours later. That meal took me nearly as much effort to eat as it did to finish the ride.

Next day I watched the real race, won by Andre Tchmil in 6hr.48min. The professionals were climbing one of the hardest hills about three times faster than I did. but the pain etched on their faces showed that they were suffering just as much as I had 24 hours earlier.



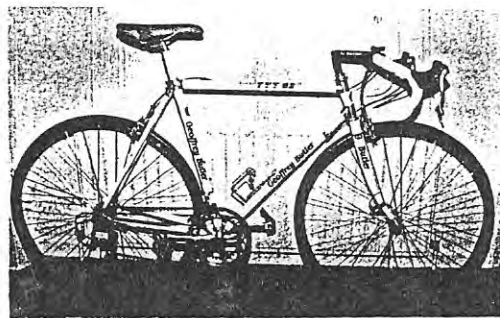


CAN'T YOU WAIT FOR YOUR MATES AT  
SOME OTHER PLACE?  
YOU'RE BAD FOR MY BUSINESS !!

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FOR SALE

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55cm Geoffrey Butler  
- TVT Carbon fibre road bike.  
Shimano Dur-Ace 16 speed,  
STI throughout.  
Look PP286 pedals. Wolber Rims.  
Cinelli Bars. ITM Stem.  
Avocet computer.  
Superb Condition.  
Complete with Carnac Ultra road-  
shoes size 10 and  
'Jumbo' adjustable Training rollers.  
£800 ono.

Owner: Mr David Holman, Speyside, Harley Lane, Heathfield, Sussex TN21 8AG  
Club Contact: Margaret Cavie... 01892 542360



**EAST SUSSEX CYCLING ASSOCIATION - 48.75mi. RELIABILITY TRIAL**  
**SUNDAY 19th NOVEMBER 2000**

**COURSE DETAILS**

START at the King's Head, East Hoathly (TQ523163). Turn right on old A22 and proceed to The Shaw roundabout. Take second exit (straight on) and follow A22 via Halland roundabout to Pear Tree Farm. Turn left and follow this road, past turning to Bentley Wild Fowl Trust, to halt at junction with A26 (4.8mils). Straight over (CARE) into Horsted Lane. In Isfield turn right over level crossing just south of railway station, which is the start of the Lavender Line. On past The Laughing Fish and Brockham Hill Farm. Take left fork and be ready to stop at the T junction at the bottom of the hill, where left past The Peacock at Shortbridge and left at the next fork through Piltown Golf Course. Past the pond take the right fork and halt at the A272. Straight over (CARE).

Bear right round Fletching Church and then bear left through Splayne's Green to halt at the A275 at Sheffield Green. Straight across (CARE) into Ketches Lane. Halt again at Freshfield Crossways. Straight across (CARE) into Monteswood Lane and down under the bridge that carries the Bluebell Line just north of Freshfield Halt. On past Cockhaise Farm Shop and take the right turn into Plummerden Lane signposted Ardingly. Next left to Stone Cross, where right at T junction and on to Ardingly. As you come out of Ardingly, with South of England Showground on your left, PLEASE CHECK BOTH BRAKES before you turn right into Cob Lane. If your brakes are not working well, do not enter Cob Lane as there is a steep winding descent and you will need to use your brakes to negotiate the bends safely. Cob Lane is not very wide and single file is recommended as you climb past Hook Quarry to **Checkpoint 1** about 1/2 mile before West Hoathly Church (20.2mils)(TQ359318).

Proceed to Church and follow road round to the right with The Cat Inn on your left. After 1/4ml. be ready to STOP at a downhill T junction by the Vinols Cross Inn. Turn right (CARE) down the hill with the Inn on your right and proceed through Sharpthorne and into the Ashdown Forest, taking the right fork for Wych Cross. Obey traffic lights at A22. CROSS CAREFULLY. Continue past the Wych Cross Nurseries and the Ashdown Forest Tourist HQ. On down the hill through Coleman's Hatch. At the T junction with the B2110, turn right and proceed past the 16th Century Gallipot Inn to Hartfield. Keep on the B2110 through Withyam and over the railway to Groombridge. Turn right at mini-roundabout signposted Eridge, to **Checkpoint 2** at the approach to Groombridge Railway Station (Newton Willows) (33.4mils)(TQ532371).

Past Groombridge Station, take right fork and continue on this road to Eridge Station. The final descent is quick and narrow so please keep well in to the left in single file. HALT at the T junction by The Huntsman. Turn right (CARE) past the front of Eridge Station and HALT at the T junction with the A26. Turn right (CARE) and climb gradually past the Boar's Head taking left fork signposted Rotherfield. On past Crowborough Rugby FC to HALT at T junction with B2100. Straight across (CARE) into Tollwood Road. Continue to T junction by railway bridge with Plough & Horses on your right. Left over bridge and then immediately right. At next fork keep right and proceed through Fordbrook. Straight on at staggered crossroads to HALT at A272 at Hadlow Down. Straight across (CARE) into Wilderness Lane. Down past Gunbanks Farm to T junction at Pounsley. Left and then bear right to HALT at the B2102 at Blackboys. Straight across (CARE) into Star Lane. HALT at T junction with B2192. Turn right (CARE) and proceed past Blackboys Inn (A.D.1389). After about 3/4mile take left turn signposted Waldron. On past Bushbury to T junction where left to next T junction where right (CARE) via Hawkhurst Common and Davis's Town to FINISH at **Checkpoint 3** at The King's Head, East Hoathly (48.7mils)(TQ523163)



## THE CHECKPOINTS

Each rider will receive a Start Sheet with map and **four** numbered Check Cards. Check Card No.0 will be given to the Timekeeper at the start. Check Card No.1 will be given to the Checker on the wide grass verge shortly before Langridge Farm House and 1/2 mile before West Hoathly Church (20.2mils). (PLEASE use grass verge whilst giving in your card to keep the narrow lane clear for traffic). Check Card No.2 will be given to the Checker at the approach to Groombridge Railway Station soon after turning right in Groombridge (33.4mils). Check Card No.3 will be given to the Checker and Timekeeper at the King's Head, East Hoathly (48.7mils). *NOTE: We have used this course once before in 1990, but Checkpoints 1 and 2 have been relocated.*

## CHOICE OF TIMES

Riders may choose to complete the course in 2hrs.55mins., 3-20, 3-40 or 4-05 hours and should specify their choice on the Entry Form. The number of groups in each time category will depend on the number of entries. Groups in each time category will go off at 5min. intervals.

The first 4-05hr. group will go off at 0830 and should finish between 1225 and 1235. The first 3-40 group will go off at 0845 and should finish between 1215 and 1225. The first 3-20 will go off at 0900 and should finish between 1210 and 1220. The 2-55 group will go off at 0920 and should finish between 1205 and 1215. *NOTE: Start times may vary slightly dependent on the number of groups. Every effort will be made to put riders in or near the group of their choice.*

***Normal Club riders should be comfortable in the 3-40 or 3-20 groups, which only require average speeds of 13.29mph and 14.62mph respectively.***

## THE COST

The entry fee is only 60p per rider! Entry forms are attached to this issue of BONK and additional forms will also be sent to each member Club. **The closing date for entries is Wednesday, 8th November.** Entries should be sent or handed to Charles Robson, 39 Winchcombe Road, Eastbourne BN22 8DE. To save extra work, late entries and entries on the line will NOT be accepted.

## INSURANCE

All riders must be covered by third party insurance by being currently in membership of the BCF or CTC or being covered by their Club's insurance policy. Entry forms without the type of third party insurance indicated and your current membership number if appropriate, will NOT be accepted. ***This measure is for the safety of the majority.***

## THE REWARDS

All riders on the Start Sheet completing the course in the chosen time will receive a Certificate, providing each of the 4 Checkers has received from you the correct card. The Certificates will be given out (or handed to a responsible person from your Club) at the E.S.C.A. Prize Presentation on the 14th January, 2001. However, if you would like your Certificate posted to you, please enclose a stout 9" x 6" stamped and addressed envelope with your Entry Form.

The Club with the largest number of successful riders on the Start Sheet will hold the Rally Shield for one year. In the event of a tie, the Club with the largest number of successful riders in the 3-20 and 3-40 groups will be the winner.

## PARKING

There is a public car park by the Church in the village. Parking is also available in the lane up from the King's Head, but please do not block any field gates, respect the footpath and allow room for large milk lorries to get through. Please do NOT park immediately outside the King's Head or opposite by the houses.



## **TOILETS**

The toilets in the King`s Head will be open from 0820 for riders and officials. Round the course, there are public toilets at the north end of Ardingly just before you turn right into Cob Lane.

## **THE LUNCH**

There will be a Special Cyclists` Lunch in the newly refurbished hall at the King`s Head, East Hoathly, starting at about 1300 hours. A good three course lunch will be provided at the excellent value price of £7.30. All the main courses will be served with fresh seasonal vegetables. Coffee or tea is 50p extra. There is also a vegetarian menu. Beers, cider, soft drinks and wines can be purchased at the bar and taken in to the lunch. A Lunch Booking form is provided with this issue of BONK and further forms will be sent to each member Club.

**The closing date for Lunch Bookings is Wednesday, 8th November.** EARLY BOOKING IS ADVISED as seating is limited to about 60 places. You do not have to ride the Reliability Trial to book for the Lunch. Priority will be given to bookings accompanied by the correct cash/cheque payment. A Lunch Booking Form should be completed for each person but cheques may be made out to cover several bookings and may also include entry fees. Cheques should be made out to "CG ROBSON" (NOT to the E.S.C.A.)

## **GENERAL NOTES AND SAFETY PRECAUTIONS**

This is the first E.S.C.A. Reliability trial of this millennium so keep the 19th November free so you don`t miss it. Hundreds of riders have enjoyed the event since it was restarted in 1985 and the last time we used this course we had a record entry of 231 riders! We are re-using a course we used in 1990, but with slightly different Checkpoints. There are no fords and, with a bit of luck, there will no no ice or snow so it should be a good day out for any cycling family. Please do not forget that you must be covered by third party insurance.

Please remember to be as quiet as possible at the beginning of the Trial and to be considerate and polite to local residents so that we can come again. Each group should assemble at the King`s Head on their bikes 4 minutes before their start time and hand their Check Cards No.0 to the Checker/Timekeeper. REMEMBER TO CARRY YOUR OTHER 3 CHECK CARDS WITH YOU.

Please use single file in narrow lanes and, if you come up behind horses, please shout a warning so their riders know you are approaching. If you meet horses coming towards you, please give them room and remember they are not fitted with brakes. You MUST be fitted with good brakes as you will need them especially for the descent of the first part of Cob Lane. Will all riders please ENSURE that brakes are in good working order.

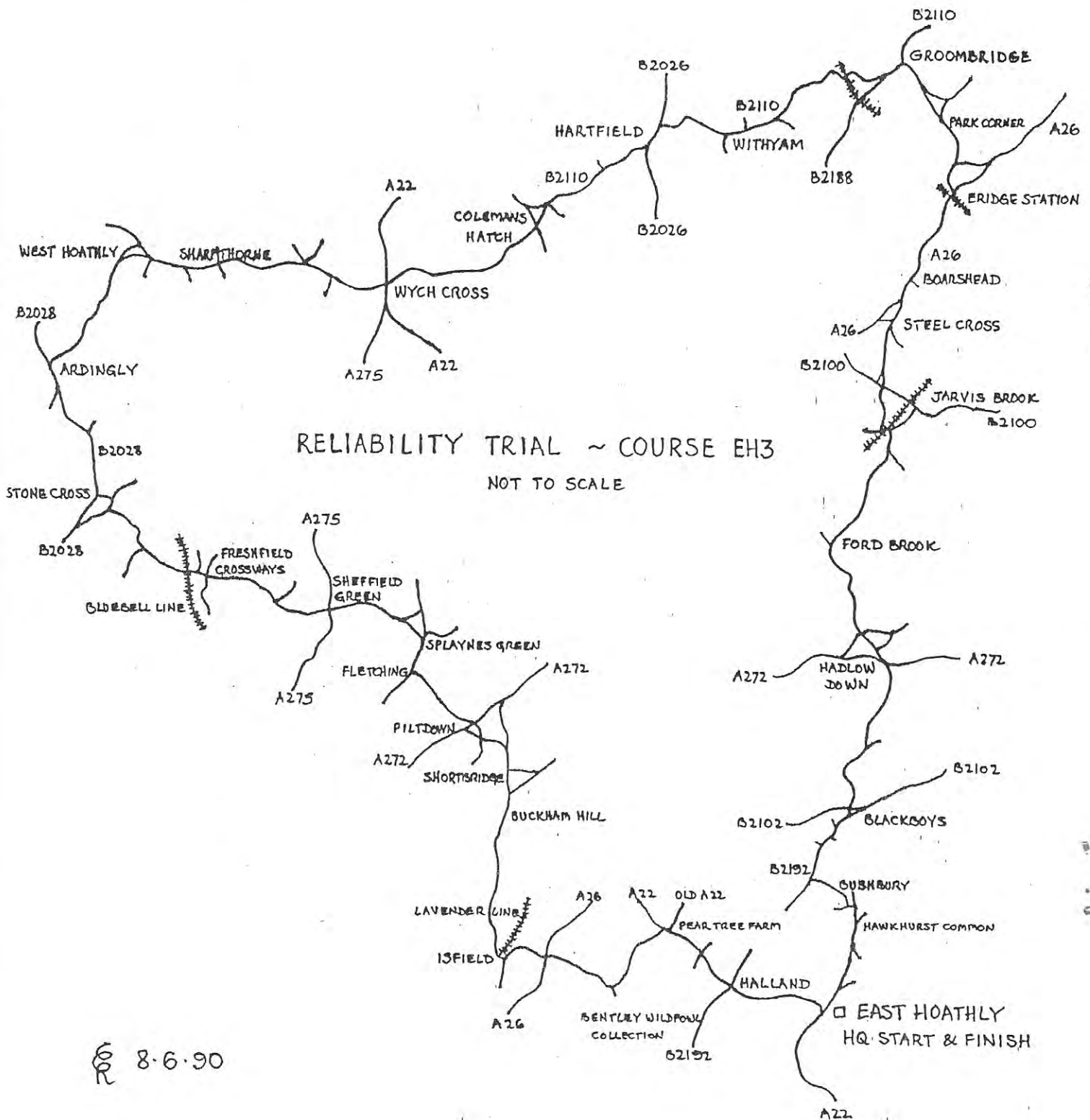
Please be especially careful crossing the main roads as the traffic is fast moving and we do not want any accidents. Look both ways for yourself before crossing.

Please be VERY CAREFUL turning right at the downhill T junction by the Vinols Cross Inn and turning right at the T junction onto the newer section of the A26 shortly after Eridge Station, where the traffic is very fast moving.

Please DO NOT block the road for other road users at the West Hoathly and Groombridge Checkpoints.

**All riders are asked to help make this an enjoyable event free from accidents**

# EAST SUSSEX CYCLING ASSOCIATION





# EAST SUSSEX CYCLING ASSOCIATION 48.75 MILE RELIABILITY TRIAL

## ENTRY FORM

Please enter me for the E.S.C.A. Reliability Trial on Sunday, 19th November, 2000

NAME \_\_\_\_\_ CLUB \_\_\_\_\_

ADDRESS \_\_\_\_\_  
(PLEASE USE BLOCK CAPITALS)

I aim to complete the  
48 mile course in:-

2hrs.55mins.

3hrs.20mins.

3hrs.40mins.

4hrs.05mins.

Preferred group 1  2  3

Preferred group 1  2  3  4

Preferred group 1  2

**I enclose cash or cheque for 60p**

**Cheques to be made out to "CG ROBSON"**

I declare that on the day of the Trial I will be a paid up member of the BCF or CTC (delete as appropriate) and my Membership No. is BCF \_\_\_\_\_ CTC \_\_\_\_\_

OR I am covered for third party insurance by my Club's insurance

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Entries should be sent or handed to Charles Robson, 39 Winchcombe Road, Eastbourne, East Sussex BN22 8DE, **ON OR BEFORE WEDNESDAY, 8th NOVEMBER, 2000**

## EAST SUSSEX CYCLING ASSOCIATION LUNCH BOOKING FORM

Please reserve me ONE seat for the Special Cyclists' Lunch at the King's Head, East Hoathly, on Sunday 19th November 2000

NAME \_\_\_\_\_ CLUB \_\_\_\_\_

ADDRESS \_\_\_\_\_  
(PLEASE USE BLOCK CAPITALS)

### THE MENU

Brussels Pate & Toast  or Home Made Tomato Soup   
or Eggs & Prawn Mayonnaise

Roast Turkey Dinner  or Roast Pork & Stuffing   
or Baked Cod with Parsley Sauce  or Mushroom Stroganoff

Spotted Dick & Custard  or Assorted Ice Cream  or Apple Crumble & Custard

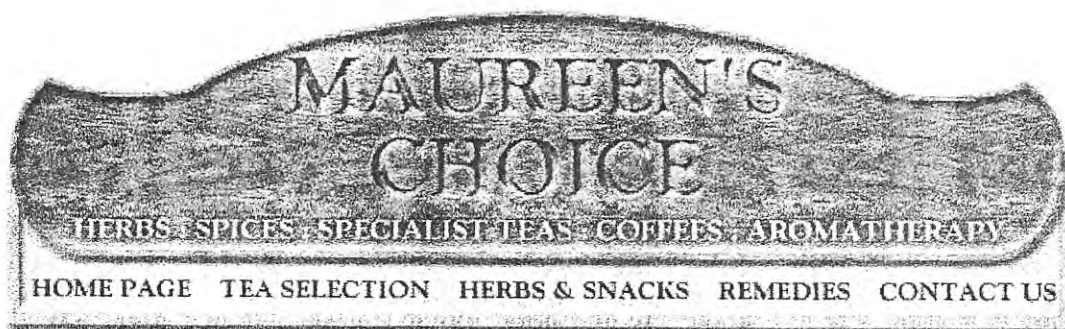
**I enclose cash or cheque for £7.30**

**Cheques to be made out to "CG ROBSON"**

Please remember - EACH PERSON should complete a Lunch Booking Form but cheques may cover several bookings and your entry fee if you are riding the Reliability Trial.

Lunch Booking Forms should be sent or handed to Charles Robson, 39 Winchcombe Road, Eastbourne, East Sussex BN22 8DE, **ON OR BEFORE WEDNESDAY, 8TH NOVEMBER**





**HERBS, SPICES, SPECIALISTS TEAS  
AND COFFEES, NATURAL REMEDIES, MAGNOTHERAPY,  
DIABETIC AND SUGAR FREE SNACKS**

**Do you use herbs and spices in your cooking?**  
**Do you like drinking teas and/or coffees?**  
**Like to use natural remedies instead of taking medicines?**  
**Don't like too much sugar in your snacks?**  
**Suffer with arthritis and other complaints?**  
- then look no further than visiting my stall at the OLD LOOM MILL, on the B2104 road between Stone Cross and Hailsham. Amongst the many stalls you will find me situated in the Conservatory tea room.



On my dresser in the tea room you will find a varied selection of stock ranging from Barleycup a coffee substitute which consists of wheat, barley and rye, or if you prefer other coffees that I stock including Dandelion and Teccino coffees.

Barleycup comes in Granules 150 gram jar or Powder in 200 gm jars. Also Symington's Dandelion 100 gm jar. Which are Instant coffees. whilst the Teccino can be brewed the same way as percolated coffee. It comes in 7 exciting flavours - Almond Ameretto\*, Chocolate Mint\* Hazelnut, Java, Mocha, original\* and Vanilla Nut\*. These are available in 240 gm tins. \*items are also available in 2 cup sachets. Also available in jars Instant Decaffeinated coffee.

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