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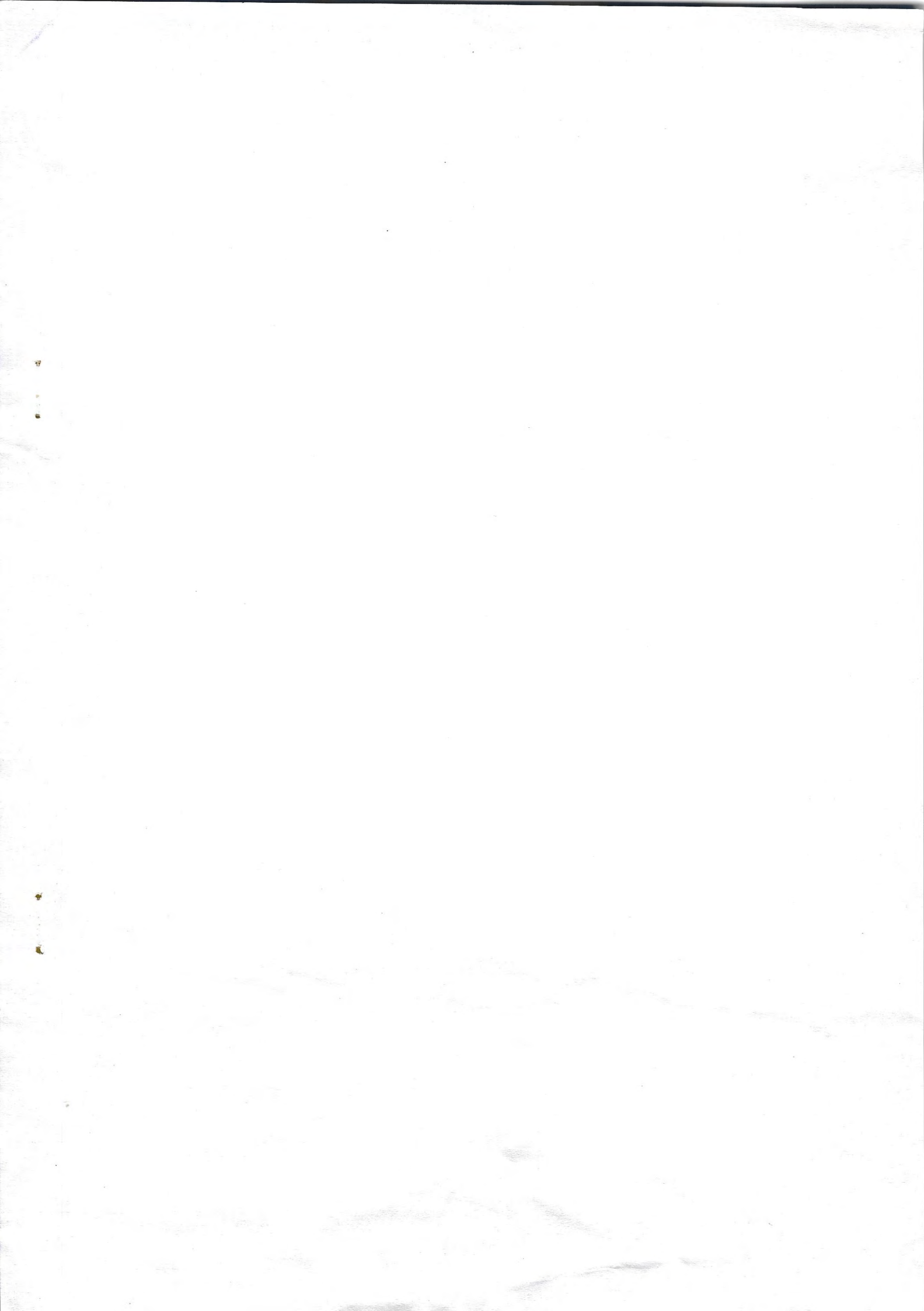
January 2003

CYCLING ASSOCIATION

EAST SUSSEX

THE OFFICIAL JOURNAL





East Sussex Cycling Association

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Editorial

At last! BONK is being produced a year after the previous one in spite of promises throughout 2002 that "it was on the way". You will find that this issue is very thin, and I only have three current offerings - from Southborough and Excelsior, and Jean Hayler has sent an account of her adventure in Antarctica. She has promised more and I'm looking forward to receiving it. I hope the authors of the abandoned notes will forgive me and produce new material for the next edition, the closing date for which is April 25th. I know that it is disheartening to write articles which do not appear in print and I do apologise. However, even had I been able to meet the deadlines for the appearance of BONK, there would have been little more content. Notes arrived from Sussex Nomads, Lewes Wanderers, Central Sussex and Brighton Excelsior at various times during the year but little else. I am rather horrified at how reliant we were on Charlie Robson's reliability trial information to pad out the pages, and of course, William Hickey's random thoughts.

Esther

First of all a date for your diary.

BRIGHTON EXCELSIOR DINNER & PRIZE PRESENTATION at the

DUDLEY HOTEL, LANSDOWNE PLACE, HOVE on SATURDAY 22ND FEBRUARY

2003

Contact Dick Jones ☎ 01273 770047



V.C. JUBILEE

Our up and coming youngsters section showed their ability with some very dedicated performances at Preston Park Track this season. Matthew Howard "set the pace" by winning the S.C.R.L. Track Championship; he also came second in the South Eastern Road Race Championships for under 16 year-olds. A sterling effort. Also thanks to all parents and friends who have supported V.C. Jubilee so well throughout the season - on average 10 to 12 riders turned out each week. Well done to ALL riders who make these events successful. V.C. Jubilee meet every Saturday between 10.00 a.m. and mid-day at Adur Outdoor Activity Centre, Shoreham and would welcome all 9 to 15 year-olds to their meetings. More information from Sally on ☎01273 843859.

COACHING

Roy Page has been running coaching seminars from December onwards covering aspects of: Planning turbo sessions. Child protection. Training schedules, etc. Why not log on to our website at brighthonexcelstor.co.uk for more information. We also now have turbo trainers with virtual reality I-Magic and as we move into 2003 hope to promote as much interest as possible in these new ventures. "Log on" now to find out more.

Once again we promoted the usual events at Wild Park on December 22nd. More about these next time.

TIME TRIAL RESULTS

10 miles	Mike Murray	21.53	*	10 miles series	Keith Balcombe	22.22
25 miles	Mike Murray	1.01.57	*	50 miles	Mike Murray	2.02.30
12 hours	Roger Hughes	204.146 miles		vets. std.	20.536 miles	
Hill climb	Tom Roberts					5m.24s
3.5 miles "Come and Try It" event	Matthew Howard					11m05s

S.C.A. LUNCHEON

Some ten members had a pre-luncheon ride on the quiet lanes south of Wivelstfield followed by some 'serious pints' at the Cock Inn and then had to rush down the hill to the Luncheon. Extremely well done by Vanessa and Su Balcombe and co. Our thanks to them and all their helpers for all their hard work in making this another successful event.

All that remains is for me to wish all readers and riders a good social season and wish everyone well for 2003. See you up the road.

Excelsiorian

An up and down year for weather, up and down courses to ride on and an up and down season for racing might sum up 2002 for the club. On the up side a number of new members have joined, mostly in their 30s and 40s, and some old faces have reappeared. On the down side some of last years promising riders have not reached the potential they promised.

Fastest of the racers have been Colin Nightingale and Mark Fryza. Both have beaten 2 hours for a 50 - firstly Colin with a 1.59.52 then Mark with 1.58.00 then Colin again with 1.57.30. In the 25s these two were joined by Neil Whelan and Niall McCoubrie under the hour but it was Colin who produced a 53 to get close to Peter Fox's club record. In the longer distances newcomers Phil Riley and Neil Quarby took the honours. In the Kent 12 hour, again superbly promoted by Esther and Maurice Carpenter, Phil covered 229 miles and Neil 220. They were supported by old stagers Les Hayman and Peter Holland - the first time for many years that Southborough have finished 4 riders in a 12. This was Phil's first time trial although he had been riding road races for us. Unfortunately he couldn't follow his success due to an injured knee - unrelated to the 12. Another first time trial that produced a suprise was the 22.30 for a 10 on the by-pass. This was by Theo Stegers whose previous cycling experience was in Audax events. Evening club events again attracted fields of about 15 or so with Warwick timing and able assistance at events from Peter Tree and Gill. The younger members have ridden in about 25 different road races with up to 10 of them in one event. Mark Denton is now leading them into track racing at Calsot and, hopefully, Manchester. David Watson was once more responsible for the successful promotion of the club evening of racing at Brands Hatch.

Two of our most regular riders in recent years have moved out of the area. Peter Holland and Gwynyth have gone to a new home in Lincolnshire whilst Peter and Anita Crofts moved to Shropshire. The Crofts will remain in touch with the club because their daughters still live in Tunbridge Wells. The Hollands have bought a large plot of land with outbuildings - necessary to house Peter's collection of over 100 bikes and trikes. (not an exaggeration).

Martin Yardley organised another successful "international" weekend when riders from the French club in Lambersart came over. Our members met them for rides from and to Dover and a local tour here. These were interspersed with interclub breakfasts, dinners and a bowling match.

Stuart Muggridge controls the club website which he has set up and which is going from strength to strength. Maurice Spear raised money for the Kent Air Ambulance when he rode a charity event. Ron Hayward still trundles his trike around the Kent lanes. He and Veronica have provided dozens of tea bars after events again this year. Geoff Abraham recently remarried. His wife, Margaret, is a rambler in the club which Geoff and Jean and Arthur Smith belong to in Tunbridge Wells. Niall McCoubrie also got married one week after the 12 hour but his promise to ride the event first was never fulfilled.

The latter part of the year has seen the club field 5 riders in the Catford hill climb and 12 in the Kent C.A. reliability ride. Mick Burgess's ESCA one saw 17 club entrants for the Eridge start with 9 of them completing this mountainous course inside the time limit. It should be noted that Les Hayman, Dave Parker and Alan Oakley created a new club record by being passed by a trotting horse and rider as they struggled up the hill at Glen Andred. Even more suprising was Maurice Carpenter's purchase of a new racing bike on which he turned out some very creditable 10s at the seasons end. Watch out you Vets in 2003.

Rosmer

IT'S ALL MY FAULT.....

Yes, you can blame the wife again..... Mike couldn't attend the first event after being elected your President because as most of you may know he was down in the Southern Hemisphere. WHY - because I had harboured a lifetime dream of visiting Antarctica, and being the lovely chap he is he wouldn't let me fly to New Zealand on my own - what dedication!

My dream was inspired by Captain Robert Falcon Scott (I had seen the film Scott of the Antarctic in my impressionable early teens), and wanted to journey to the Ross Sea to visit the 'historic huts' from the heroic period, when early explorers suffered the most extreme hardships in their quest for establishing what was beyond New Zealand in the southern oceans. All last year I was gathering kit, getting fit and reading the books on the list supplied by Heritage Expeditions of New Zealand, with whom I would be travelling.

I arrived at the port of Bluff and saw the ship the Akademik Shykol'sky - was it really going to be able to plough through the Roaring 40s, the Furious 50s and the Screaming 60s, through pack ice, sea ice, catabatic wind swept seas and the like? I seriously had doubts about this, but boarded with forty-five other brave souls on the adventure of a lifetime. Although the ship had stabilisers, one and half days out we encountered our first storm - all the portholes had to be locked securely, we were not allowed out on deck for one and a half days, and needless to say nobody went to Shackleton's - the apply named dining room. When I was stretched out on my bunk the ship was rolling so much that I was sliding 6 inches up and 6 inches back and had great difficulty in actually keeping in the bunk. Had we really spent all that money to go through such tortures - must be mad. I won't begin to describe the 'fun' trying to shower - the safest way was to sit on the loo pan! I will let your imagination run riot on the subject of toothpaste on brush with one hand whilst trying to stay upright!

My first landfall was at Terra Nova Bay to visit the Italian Research station - imagine my surprise when I saw swimming in one of the water tanks an Ice fish - the last time I had seen one of those was on the fish counter at Sainsbury's! The scientists were just packing up their gear - they don't stay there during the winter - who can blame them when the hills of Tuscany are beckoning! Had quite a hairy experience transferring from the Zodiac craft up the steep steps roped to the side of the ship - needed a stiff G. & T. once on board - but did arrive in one piece, despite the attempts of the Russian crew to get me in the water!

Once we reached the first pack ice at 68 degrees South on 10th February things certainly started to 'hot up'. The day before we had seen our first iceberg and had crossed the Antarctic Circle, and to celebrate were each presented with a certificate and stamped with the sign of the penguin on our foreheads after consuming adequate quantities of Antarctic Punch! Being in the land of 24 hours of daylight (it was the Antarctic Summer) was a most interesting experience - there was so much to see that nobody wanted to sleep, after all making a round trip of 4,999 miles (that's just on the ship) why spend time sleeping! Early on in the voyage we had seen Wandering Albatross, Crabeater seals, and now on the ice edge were killer whales - how majestic - Emperor penguins, Adelle penguins and assorted sea birds - storm petrels, Arctic terns, etc.

The saving grace of not being able to visit McMurdo base because the sea was frozen for five miles out was the cricket match at 77 degrees South, using shovels for bats and oil drums for wickets - the Rest beat the Kiwis - after some heated discussions on umpires' decisions!

Time to turn north - and back to civilisation - what a horrid thought. Lectures on ecology, ice, films about early explorers, entertainment films in the evenings all helped to pass the time sailing to and from New Zealand. What a journey - one I can thoroughly recommend to any of you as hair-brained as me! And you thought 24 hr. cyclists were mad!!!

By the time you read this Mike Hayler will have handed over the Presidential necklace to John Dutson. Mike's one disappointment during his year of office has been the clash of dates which meant that he was on holiday in New Zealand when he should have been wearing number one in the Hardriders. Otherwise Mike has shown total dedication to ESCA. The highlight of his term was the Fish & Chip Supper in August. This was a novel idea and the fish restaurant in Eastbourne was packed with luminaries from the local cycling world. Without exception there was nothing but praise and thanks for the Haylers' hospitality. The Association 100 in July was also a triumph for Mike & Jean - they leave nothing to chance and even the weather was on its best behaviour.

Apart from Jean, John Dutson is probably the person that Mike relies on most for his long distance events. Invaluable as the other helpers are, John spends a lot of time beforehand making arrows specifically for each section of the course and come the day he is on the road well before the race starts to make sure that all signs are in the right place.

This will be John's second term as President. The first time round he made a spectacular come-back to win the Association Best-all-Rounder Championship. Older readers will remember John as an outstanding and stylish time triallist, becoming the first rider to get under the hour on a local course. Look forward to a potted history next time.

RYE WHEELERS

Rye Wheelers were among the Association's Founder Member clubs and it's good news that they have not only re-formed but have affiliated to E.S.C.A. Their spokesman Jim Hollands tells us that they will be competing in our events and hope to show up well in the results.

Hardriders

The Hardriders is on March 2nd and you should be thinking seriously NOW about posting your entry and £5 off to Graham Lade at 66 Wilton Avenue, Hampden Park, Eastbourne. BN22 9HY

Closing date for next edition is APRIL 25th

