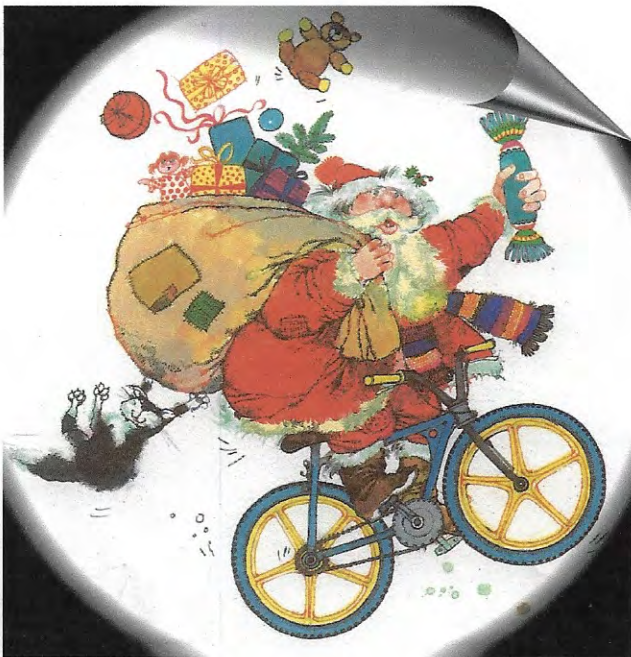


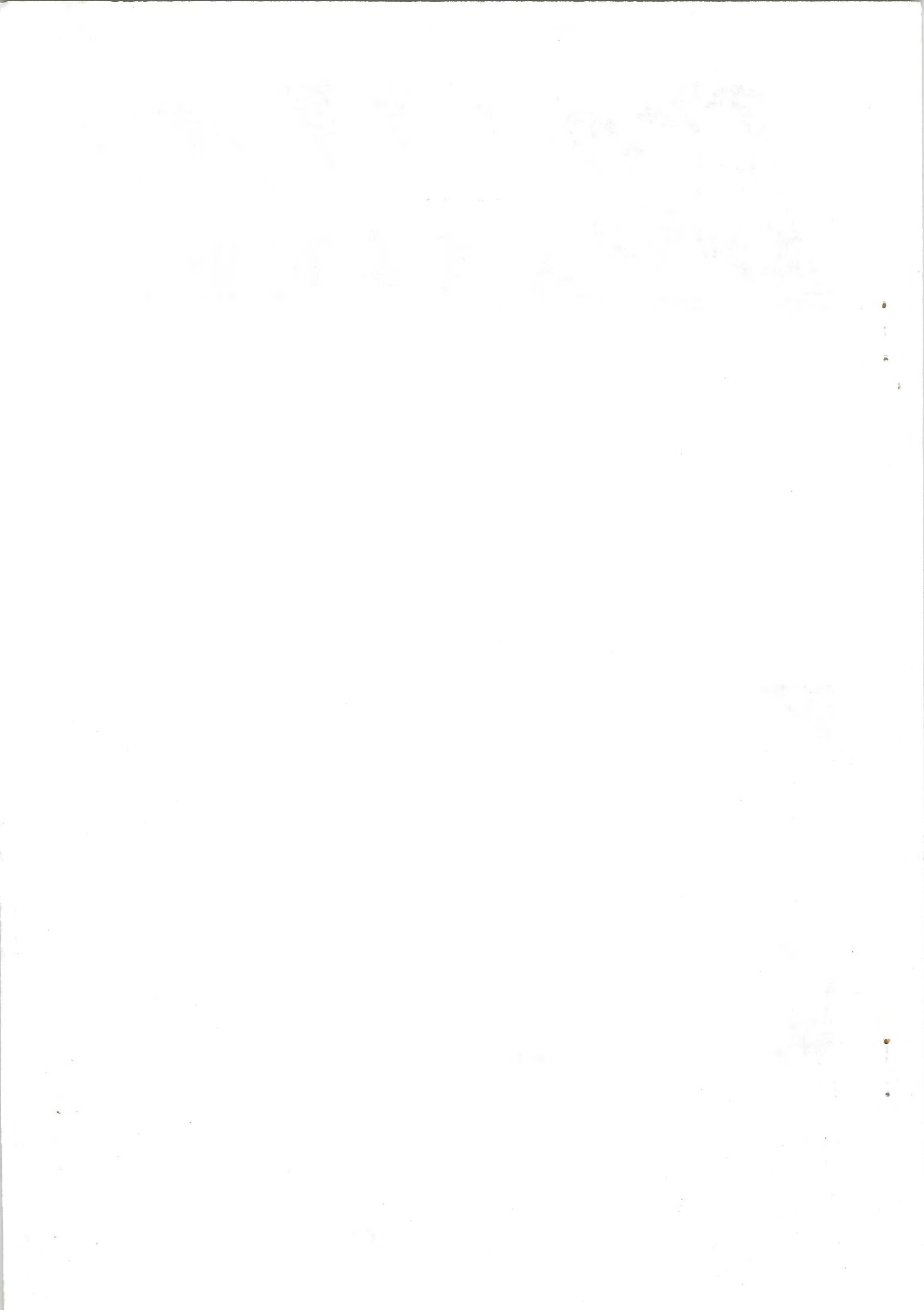
# BONK!



**THE OFFICIAL JOURNAL**  
**EAST SUSSEX**  
**CYCLING ASSOCIATION**

**Winter 2004**

**PRICE 25p**



# EAST SUSSEX CYCLING ASSOCIATION

President Jack Harris

New Series No. 97

Winter 2004

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**CLOSING DATE FOR SPRING EDITION - MARCH 14<sup>TH</sup> 2005**

## LEWES WANDERERS

The deadline approaches - no notes written - must get them done - or a rocket will arrive from Hastings.

Despite a long delay our new Club strip arrived just in time for the last few events. A few items did arrive early enough for a Club photo shoot under the barbican at Lewes castle. In the group were three riders from Lewes, Delaware, U.S.A, which was a nice follow-up to the mayor's reception the day before.

The 2004 racing season saw the usual protagonists locking horns. Peter Baker edged Mark Winton out of the number 1 spot in a couple of the shorter Club events. However in the 50 & 100 mile events Mark was back in front; his 4h 14m 07s in his first try at a 100 also won him E.S.C.A's Roy Humphrey cup.

John Mankelow took the Club B.A.R. and in the process rode two 12 hour events. Great to see there are still riders about prepared to take on a challenge and not make feeble excuses as to why they cannot face a distance (too oldm no time to train, not fit enough, have to do the decorating/garden, ? won't let me). With the demise of so many distance events - just get out and do it - stop whingeing. The K.C.A. 12 is still up and running and Madam Editor would be pleased to have your entry.

Going on from the last bit we did have six riders in the Etape du Tour; now these are lumpys even when not in the mountains - 12 hour courses are flat. The lucky six included a lady, Sharon Watts who rode with husband Roger, Tony Gale, Graham Jeffs, Colin Harmer and Andy Baverstock all made round.

Mike Levett came to grief in a two-up t.t. in April ending up on crutches. However by early June he was back in action. His choice, Weymouth Middle Distance Triathlon. He made it to the finish (has had two hip operations by the way) and is looking forward to an Iron Man in Austria in 2005.

A number of Wanderers took themselves off to Exmoor for the weekend. "Leader" Steve Burgess knows the area like the back of his hand - so no surprise, they got lost. The party enjoyed the trip and look forward to the next one.

Club rides have left wheel tracks in northern France - with a day trip to Dieppe, Ronde Picardy at Abbeville and a weekend tour of First World War cemeteries and museums.

Promotion-wise, Horry Hemsley ran our G.P. de Gentlemen for the 16<sup>th</sup> time. He is handing over to Graham Jeffs in 2005. On a not too pleasant morning, some good rides were done. Pity Horry's hard work was spoilt by a rider urinating into a garden near the H.Q. The offender has not come forward so it was left to Horry to make the apologies.

Ian Burgess and David Manning (former Wanderers and Old Ports member) did a charity walk for the Cot Death Charity in September and between them raised over £6,000.00. The walk was on the Inca Trail and both found the altitude trying.

A quick reminder - LEWES RELIABILITY TRIAL -SUNDAY 30<sup>th</sup> JANUARY 2005. CHAILEY VILLAGE HALL. 8.30am for 100k. 10.00am for 50k. Contact Graham Jeffs ☎ 01892 664898

A merry Christmas and let us hope that London South CTT District is still functioning in 2005 so that we can still ride time trials.



## Central Sussex C.C.

Having missed the last issue of Bonk I now find that it is time to have to think very hard about what has happened over the second half of this fast receding year.

On the racing front Alan Robinson continued his season with a 4.56.53 ride in the ESCA 100, this must have unscrewed his legs for in the following event, the Croydon & District CA 10 he recorded a time of 23.38. This is the fastest 10 he has ever ridden. That was also his swan song for the year. He had to take Naomi off on holiday to Canada, but is already training for 2005.

Don Awcock became Club 25 mile champion yet again with a ride of 59.42 in the Wessex Vets event at the end of August. This is an improvement of 7 secs over his ride in the Charlotteville CC 25 in May. Brother John recorded 1.4.23 in the Portsmouth CC event, 1.4.08 in the Wessex Vets and 1.4.04 in the Charlotteville.

Tony Burnham became 10 mile champion with his 3 rides in the Evening 10 club event series. This caused us to have our annual Prize Presentation in October so that he could receive his awards before departing to Australia for the winter to see the rest of the family. He is meeting up with Lewes Wanderer Ian Landless out there - I don't think there'll be any bikes around, so they won't get in any crafty training miles in the sunshine.

Geoff Ericson has become a "Super Randonneur" and is sporting a medal with a hanging attachment which he can add to year by year. At present he is attempting to ride a 200k event each month for 12 months (ably assisted by Rod Laker when possible). We can't work out which one he is now on but it is getting towards the full dozen.

Poor Clive Jackson has given up for the season, he does get out mid week when not flying off to "far away places with strange sounding names" but promises a comeback.

Our aforementioned Prize Presentation and Lunch held at Chailey Village Hall, which was the venue of the Lewes Jumble Sale the previous day, proved that any fears of remaining disarray were groundless, was attended by a total of 36 members, friends and children. Lynne Clarke (Ron and Pat Ewart's endlest daughter) presented the awards with Alan obviously the main recipient. Unbeknown to Ken Atkins the Club Committee presented him with the Alan Codd Memorial Cup for his continued running of the Club after his problems of last year.

We held our AGM in October last and this resulted in NO CHANGE so we head into 2005 with the same Officials as for the past few years.

Hope to see you at the ESCA Luncheon, have a nice Xmas.

Regards



Mrs. Ginge

## Rye & District Wheelers

Rye Wheelers, disbanded in 1969 and resurrected as the new century gained momentum, have been quick to take advantage of the current cycling boom. Clubruns take place on Sundays with all ages and abilities catered for. On Tuesday afternoons up to a dozen beginners and leisure riders enjoy a gentle potter around the Marsh. Their ebullient chairman, Jim Hollands, makes sure that everyone is given a warm welcome when they arrive and firm promises are extracted for the following week before anyone is allowed to leave for home.

Their most ambitious achievement this year came in the East Sussex C.A. 100, when a team of three riders completed the race and furthermore, each of them won an award. Strong man Barry Goodsell not only knocked 15 minutes off his own club record, his time of 4.48.47 placed him 16<sup>th</sup> in a strong field and gained him 1<sup>st</sup> handicap position. Jon Beasley chose this event for his time trialling début and finished in 5.8.10, a time that earned him the young rider prize. Mark Nash was 2<sup>nd</sup> in the handicap section, improving 15 minutes on his 2003 ride to 5.31.39. Gary Booth, who quietly gets on with the job of club racing secretary throughout the year, was much in evidence around the course as he made sure the team were supplied with drinks, sponges and encouragement.

A week later Gary was able to ride his own 100 - albeit a 100k audax which the San Fairy Ann promoted. There was no back up in the atrocious conditions but he, Jon Beasley and Jim Hollands gave each other moral support as they covered the course which wound its way from the Bethersden H.Q. around Romney Marsh's twisting lanes to Dungeness and Hythe, finally making their way over the hills back to the H.Q.

Although riders have competed at various distances, 10 mile time trials have proved most popular and Wheelers have been much in evidence at the Tenderden CC evening events as well as travelling to various Kent courses to race. One event that was very well supported was the CC Bexley 10 which also incorporates the Dave Ashdown Memorial Trophy. Dave was a member of the formidable Ashdown family, once the backbone of the Wheelers and scourge of the local grass tracks, and his death in 1994 was a great sadness to his family and many friends. Looking to the future there will be ten Wheelers on the start sheet of the Southborough Whs. New Year's Day 10 and there were also ten riders in the Kent VTTA 15 at the end of the season.

There is also a great deal of activity socially; the highlight must be the Fun Day which was organised to raise money for the Rye St. John's Ambulance Appeal. The next major get-together was a Summer Barbecue which Jim & Jo organised at their home. It was supported by twenty club members who enjoyed barbecue food cooked and served by Martin Carter, and a pitch & putt tournament, won by Jim Holland. He had a slight advantage as knowledge of his garden must have been a great help when the final rounds were played off in near darkness. Then a cheque for £1500, the total raised from the Fun Day, was presented to the St. John's representatives who had been invited along as honoured guests of the Wheelers.

The final excitement of the year was the club dinner when 44 members and friends gathered at the Riverside Hotel to enjoy a splendid meal and celebrate another successful season. Prizes were awarded to the club champions and a nice gesture was a surprise 'thank you' gift from the 100 milers to Gary Booth.

We're looking forward to 2005 when the Wheelers intend to RYdE as often as they can in as many different disciplines as possible! Happy New Year everyone.

Marshman

## DAY TRIPPING TO FRANCE

Several of us had recently spent holidays in France, us being an exclusive section of the C.T.C., Eastbourne Rovers and others that meet at a "secret" location in Horam on a Wednesday morning.

I idly (foolishly) mentioned after coming back from there that it might be a good idea if we could organise something to just do a day trip via Newhaven Dieppe and ride out to somewhere for lunch. Ian Landless, Lewes Wanderers, said they had one a few weeks ago with lunch at Valery en Caux and as the conversation progressed I was cunningly manoeuvred into the position of organiser.

Some thirteen people seemed interested so I suggested Neufchatel as the stopping point. It was decided that we would ride out to Neufchatel en Bray by road and come back along l'Avenue Verte. This would give us a flat ride back, if time became short, at the Chapeau Rouge Bar Café.

I tried unsuccessfully to negotiate with the Ferry Co. for a discount for such a large clientele but was told this was only available for more than fifteen in a group. The fare was £15 per head with bikes free and the date was set for Wednesday, 9<sup>th</sup> September leaving on the 7.30 ferry. I booked the tickets with a different clerk and again tried my luck for a discount. This time I was told thirteen would be the required number which it turned out we could not achieve. I wondered if I could get down further if I kept on ringing but decided not to bother.

I asked George what he proposed to take with him and it seemed to be quite a lot. Obviously a man prepared for all eventualities. Unfortunately, George decided that as he was going to New York almost immediately after the trip, it would be unwise to tempt the gremlins to involve him in some catastrophe which might interfere with his plans. John Seviour was going on a trip up country on the date proposed and Julian Sykes also had to cry off subsequently, so the remainder were Yours Truly, Graham Lade, John Armstrong, Bill Crawforth, Ian Landless, Richard Thomas, Stu Greenway, Roly Wickham. Dave Dunbar and Carl Rigg.

John Armstrong suggested he give me a lift on the day as he was passing the door and had a bike rack for two. The evening before I duly packed a large haversack with all the gear that might be required and my passport. John turned up the following morning at the appointed time wearing nothing more than shorts and jersey. "Aren't you taking anything more than that?" I asked. "No" said John, "What else do you need on a day like this" (being blazing sunshine and blue sky). "In that case" I said, thinking that was a reasonable argument. "I can dispense with half this stuff" and rapidly transferred what was needed to a smaller bag and off we went.

We arrived at Newhaven and parked the car (£5 for the day not the £2 which had been suggested) which had everyone searching for loose change, after which we demounted the bikes and rode down to the ferry office to meet the others. It was obviously going to be a glorious day.

Somebody said "You won't believe it but Carl has left his PASSPORT at home and has to go and get it but we don't think he'll make it back somehow". PASSPORT. The word triggered something in the old memory bank and I didn't even need to check to know that the one thing I hadn't transferred on the rush was exactly that. "So have I", I said, lamely presenting our ticket in the hope that it might go unnoticed. A customs officer started to check passports. Stu asked her if there was any chance of me going. "No", she said firmly. "But he's our organiser" said Stu in his best grovelling tone. This had about the same effect as a peashooter against a Centurion tank.

Well someone suggested "you could come out on the next ferry 'cos you won't get a refund and you could meet up with us later". Meeting point was agreed to be a bar near the bridge on the quayside in the event we missed each other. The customs officer said she would give priority when I came back.

With no other options I rode back to Hailsham, giving myself a mental kicking most of the way. Had some breakfast, loaded the car up with the bike and went back to Newhaven for the 1400 ferry. I had tried Carl's number to see if he was coming but it transpired later that realising he wasn't going to make it back, he was out on the bike working off his own frustration.

The nice lady customs officer who previously dealt with us recognised me, dealt with me promptly and there I was at the front of the traffic waiting to embark. After all, rules is reules and it wasn't her fault and I did appreciate that we have to be very careful who we let *out* of the country. On reflection I thought the powers that be would have been glad to see the back of me Passport or no Passport.

Also waiting to get on the ferry was a lady with an American accent who had been in England for twenty years and turned out to be a solicitor. She was going to spend two or three weeks cycling around Normandy. We had a pleasant trip over and in no time duly arrived in Dieppe. She was staying the night there and mentioned Neufchatel as possibly her first stop in the morning so I suggested l'Avenue Vert as a nice flat ride for starters. She intended going to the Tourist office to pick up some information.

With a bit of luck the others won't have reached Dieppe yet I thought as I cycled out of the port so I might be able to find l'Avenue Vert which I didn't know and at least do a few miles before they get back. Setting off along the quayside I approached the bridge to find the table outside the bar occupied by familiar faces. I was greeted with various comments thanking me for organising such a splendid day out which they had all enjoyed. The appearance of a couple of Leffes almost made it worthwhile.

Graham, who knows the area well, had led them up a nice hill on the way which apparently caused a number of complaints. Arriving at Neufchatel a good meal was had by all at the lunch stop opposite the church complete with Normandy cider and no doubt the odd Calvados.

They had an excellent ride back along the trail with a following wind and speeds around the 22mph mark plus glorious sunshine and I missed it all, I sat in the sun and enjoyed the beer courtesy of the guys. The trip back was uneventful apart from having to go back a couple of hundred yards (sorry, metres) and get my helmet which I left on the table and trying to inadvertently to bypass the French customs point catching the guys up. The Duane didn't seem happy about this (perhaps they didn't want me to leave either). Back on the ferry we secured the bikes in the corners provided with tie ropes and provided everyone does it properly there should be no damage, even in high season. Then up to the lounge where staff had thoughtfully cordoned off an area. Recounts of the day's trip, the meal and Nicole together with the possibility of another day out took us swiftly back to Newhaven and our cars for the final leg back home. Maybe the organisation will be better next time. Did I hear someone volunteer??

On the Eastbourne Rovers front, it was generally good season. Michael Davey won the evening series, organised by Dave Cox, in a closely fought battle between himself, Jamie Pringle and Shaun Reed. Emma Richards took first place for the ladies; Philip Smith, 1<sup>st</sup> placed juvenile; Daniel Frederick, 1<sup>st</sup> junior and Colin Jones, 1<sup>st</sup> vet on age standard. The series saw a number of riders riding privates and all clubs' members are welcome provided they have the £2 entry fee. Events comprise 10 miles (Pevensy course), a hilly 14.7 (Pevensy/Ninfield/Pevensy) and a 7.2 hilly circuit around Beachy Head. This year for the first time riders were able to try a 2 lap Beachy Head event and a surprising number tried it with Michael Davey taking 1<sup>st</sup> place and setting a time for the record of 38.45 and Jamie Pringle with 18.33 set a new record for the 1 lap circuit.

Harry Featherstone took his usual collection of prizes in various events on age standard and won a recent double in the Lewes Wanderers and Redmon CC 2 Up Gentleman's Grand Prix promotions, riding with ex-Rover Steve Frame as pacemaker. Shaun Reed took the prize in the 25 mile championship in appalling conditions having both wind and increasing rain.

On the track Gavin Smith was stopped mid season with a fall and a break but juniors Philip Smith and Nathan Ingram progressed well with Philip taking 2<sup>nd</sup> place in a one day multi event at Preston Park. Jess Douglas-Fairbrass should good form in the event for the girls, this being her first taste of racing.

On the road Simon Prior promoted a stage of the Surrey League road race on the Ninfield circuit in August which was won by Pete Tadros.

Rover members have taken part of a number of Audax events including the ESCA reliability trial, including a number of the racing members who have found them ideal winter training.

*Yours Truly*



# EYEWITNESS

An unusual thing happened to me yesterday. Cycling along our local residential roads, I had stopped between cars parked on my side of the road to give way to oncoming traffic. Would you believe it, the first motorist through waved a cheerful "thank you" to me, and the second one did likewise. Is this something of a record? I usually find that motorists tend not to thank cyclists in this situation.

I'm a bit of a manure sign spotter. Alas, the sign near Arlington speedway that used to say "Manure 75 pence a bag, 3 bags for £2.25" has disappeared, but you'll be relieved to know that another sign near Arlington village still says "Manure 75NP per bag". Remind me, was decimalisation really in 1971, and if so, should someone tell them in Arlington?

I know the roads are getting busier all the time, but I couldn't believe my ears the other day when a friend and clubmate chided me for riding on the A27 between Berwick and Polegate. Does this mean we shouldn't then use other, less busy A-roads, then how long before we voluntarily ban ourselves from B-roads, and even busy lanes?

Let us take an example. At least on the A27 a car has room to (carefully) overtake a cyclist when there is oncoming traffic; however, on the now-busy B2104 between Stone Cross and Hailsham there is not enough room for such a manoeuvre. Is the B2104 therefore more dangerous for us and should we refrain from using it? Surely we need to assert our rights to use all roads to which we have legal access? Or should we just forget about using the roads and stick to the turbo in the garage? I'm sure most motorists would favour us doing the latter.

Still the A27, but a different scenario. I certainly wouldn't advocate it now, but I distinctly remember chain-gang rides of the late 70s ending with a frantic eastward sprint along the A27 for the Polegate sign.

Call me a grumpy old man if you wish, but certain things are beginning to irk. On "Breakfast" this morning (BBC1), the weather forecaster said "With the heavy rain, driving conditions will be hazardous". What about "riding conditions" then?

Back on the bike after an unexpected meeting with tarmac back in June, it's hard to get back to that level of peak fitness to which I was accustomed. The finely tuned athlete in me was taking a long time to reappear. The answer, I thought, was to wait for a very windy day, struggle out for an hour into the teeth of the wind, before enjoying a fabulous wind-assisted return ride lasting about 40 minutes at something approaching 25mph. You guessed! The first hard hour left me drained, and the return trip was one hell of an eternal struggle which took even more than an hour. Back to the drawing-board.

Worse was to come on my next ride, when I had to put in a monumental effort to catch up with a paper-boy, of all people. Unfortunately, I couldn't drop him, so ... plan B: turn next left! I didn't feel too good about myself, but at least it partly made up for all the times they've done it to me.

*See you up the road.*

**(LOSING DATE FOR SPRING EDITION OF BONK  
MARCH 14<sup>TH</sup> 2005)**

In September 2004, members of E.S.C.A. Clubs were stunned to hear that Mick Rabbetts had died after a short illness, barely a year after he had moved to Market Harborough. He was E.S.C.A Chairman for many years; promoted the Association 100; regularly contributed to Bonk and at one time was Time Trial Secretary for the Surrey/Sussex Vets. In his own Club, the Lewes Wanderers, he was a livewire. His actions were belied by a diffident and gentle manner and he was one of the best loved characters in E.S.C.A. At his Memorial Service, tributes were paid by many people including Mick Burgess, and his is reproduced below.

## MICHAEL RABBETTS

Mick was born in Swindon on May 13<sup>th</sup> 1930. Unusually for those days, he did not learn to ride a bike until he was 16, and joined the Swindon & District R.C. in 1947, taking the classic way for Club cyclists in this country - a diet of clubruns and tours. A Y.H.A. card for that year shows a circular tour that took in Arundel, Patcham and Canterbury hostels. A neatly printed route shows Lewes-Tenterden. I wonder if he passed through Jarvis Brook, little knowing that he would one day return to live there. Incidentally, that tour lasted thirteen and a half days and took in four hundred miles.

1948 saw the clubruns continuing. In his notes he speaks of snow, ice and strong winds, but they were a hardy lot and records that on February 1<sup>st</sup> "wore shorts for the first time since Christmas". That year's major tour took in Dorset, Devon and Cornwall; seventeen days, eight hundred and eighty miles at a cost of just under £10. The clubruns were not without incident. He speaks of one rider falling off and suffering concussion. A character rejoicing in the name of 'Beano' "came off, bashes face, false teeth breaking". Incidentally Mick was known as 'Bunny', not overblessed with imagination in Swindon!

On September 22<sup>nd</sup> 1948 he records that he reported to R.A.F. Padgate, 1800 hours. Cycling stopped and nothing is known about the next two years, which may be just as well.

1951, 52 and 53 saw Michael competing in time trials. He favoured the longer distances of 100 miles and 12 hours, with personal bests of 4hrs 50mins 11secs for the 100 and 225.75 miles for the 12. 1953 also saw place to place records being taken. On June 28<sup>th</sup> - Swindon/Bath/Bristol/Gloucester in a time of 6hrs 14mins 38secs still stands to Mick - due to road changes. It is worth noting that the certificate was signed only by the Secretary Michael Rabbetts, all the others were signed by the President and Secretary!

In December 1950 Mick went to Bath and attended a meeting in a hotel; also in attendance was the Chairman's daughter. She paid no attention to Mick, her thoughts were elsewhere; however the following February they sat next to one another at the Gloucester City C.C. Dinner and by Easter Mick had his feet under the Chairman's table. On the menu at the Dinner was rabbit, was there some sublime message there? On January 22<sup>nd</sup> 1955, Gloucester City C.C. and Swindon R.C. were joined in marriage and it was after living in Nottingham, Bristol and Tunbridge Wells that the couple arrived in Jarvis Brook in 1963.

Mick is best remembered for his sense of humour, which manifested itself early in his club life: a cake eating contest; rules for Club dinners and the Stile Climbers Club - reasons for the latter are very vague. He was Editor of the Club magazine and his sense of humour is much in evidence - references to the ladies on the committee being asked not to click their knitting needles at meetings and also to stop giggling and the election of a chief squaw. There was discussion about the rumour that a local café owner's daughter had been elected a Beauty Queen. Having frequented the café it is suggested that the judges were either blind, bribed or the rumour was false. Wogs in Egypt? Sorry, not p.c.! How come he was allowed to stand as Labour in an local election here.

On becoming involved with the Lewes Wanderers Mick soon turned his hand to providing the entertainment at the Club Dinners. Skits on "This is your Life" when the carefully selected victim was confronted with a bizarre set of characters with unlikely names. One victim, not keen on dogs, was confronted with one; it was on wheels and should have been pulled across the floor, however the string broke and it had to be propelled with a kick. A blind date was set up; sand dancers appeared; perhaps the highlight, an appearance by the Nolan Sisters. The dresses glittered, the tights were colourful, the heels high, the hair long - but those legs, muscled, varicosed and scarred. Thank goodness they only came once.

There was a plan to have Mick a subject of "This is your Life". Sadly it never happened, but Michael, Marmaduke, Matthias, Montmorency, Bunny Rabbetts this has been your life. With thanks for all the help, writing, joking and friendship you have given us.

As well as providing so much fun for us, Mick soon became our Press Secretary, as becomes an N.U.J. member. He was also an author, producing a slim, home printed history of the East Sussex C.A. to commemorate its 50<sup>th</sup> Anniversary. Previously he had researched and written a hardback book for the London club, the De Laune C.C. (formed in 1889), which is one of the best Club histories you could read. In the flyleaf of mine it says "I am giving you this book merely to increase circulation by 20%". I believe it sold out!

Mick Burgess

Megan Rabbetts has asked that the following note be printed in Bonk .....

"Megan Rabbetts and all the family would like to thank so many East Sussex cyclists for their love and support after the death of Mick on September 11th."

## ON THE RIGHT TRACK FOR 2005

More than 70 riders, supporters and parents attended a very upbeat Sussex Cycle Racing League AGM and prize presentation at Shoreham on 12 November.

The League has every reason to be optimistic, having had its best season for years with a total of 81 riders taking part in the Preston Park track racing, including no fewer than 48 youths.

The short AGM re-elected the committee *en bloc* and agreed the track programme for 2005. In view of the resounding success of this year's league, the 2005 season will be extended by two weeks. This means there will be racing every Wednesday from 4 May to 17 August inclusive.

At the prize presentation, junior Gyles Wingate (Principia RT) was loudly applauded for winning the league overall, and all the youth riders who took part were awarded plaques for their achievements. The Roy Humphrey Trophy was presented to Peter Mitchell (VC Jubilee) for his rides in the 14-and-under category.

See the next edition of "Bonk!" for full details of the 2005 programme, including how to enter.

## **SOUTHBOROUGH WHEELERS**

Southborough's long absence from the BONK notes was only due to the laziness of the scribe and not to the decline of the club I am glad to say. In fact, we continue to thrive, maintaining a steady membership with plenty of active newcomers, mainly in the "Well the kids are growing up now" age group. I cannot report any outstanding successes but activity has been spread across many cycling disciplines in varying amounts. On the track Mark Denton and Phil Riley have been joined by young Ben Mitchell whose ability has been seen and supported by the BC coaching scheme. They ride at Manchester, Calshot and Herne Hill, and several other club members have been dabbling too. Off road riding has some appeal particularly to Peter Faro who travels as far afield as Wales for some events but only Alan Oakley rides in cyclo-cross races.

There has been considerable support for road racing this year with twelve club members dabbling or rather dedicated to it. Town centre crits were back in vogue with Southborough riders competing in events in Norfolk, Crawley and Westminster. Neil Whelan and Chris Howard travelled to Italy for a seven day stage race which gave them a lot of experience and a handful of prizes. We were well represented at the Lewes crits where Chris gained 1<sup>st</sup> place in the overall classification after getting 1<sup>st</sup> in the final event. Frequent participation in Surrey League events was rewarded by being crowned 2004 Surrey League champions. Several rides in the recently revived South East League included some by Neil Quarmby and Niall MacCoubrie - both principally time triallists. Niall has this year become a father as has Nick Jeffery, another enthusiastic road race man who is noted for his aggression in the bunch. Joe Stegers (Theo's son) gained his 2<sup>nd</sup> cat licence though he lives, and often races, further away than the others. Keith Brown was very active in the early season and successful at Eastway.

With so many riding road and track events there were less time trials completed this year than in the past. Furthermore the efforts were dissipated by riders selecting different areas in which to compete. Six of them rode 100s for instance - seven rides in all - but spread over Kent, Sussex, Surrey and Norfolk. Chris Cowlard completed the SCCU B.A.R. Les Hayman completed the ESCA B.A.R. and Neil Quarmby finished in the KCA B.A.R. The KCA is the only one to include a 12 hour, an event superbly organised by our own Esther Carpenter, and Neil was the only person to ride one. His 225 miles was a fine effort on a very hot day and he deservedly won the club's B.A.R. competition. His other fine effort this year has been editing and producing the club's quarterly magazine. Wigmore, Catford and Bec hill-climbs attracted club teams and the Tuesday evening Summer time trials averaged about ten riders including some new to the sport.

We had one or two riders in Audax events. The Marie Curie ride, the Etape de Tour, etc. but it's hats off to Theo Stegers who was placed 61<sup>st</sup> in last year's Paris-Brest-Paris and in consequence was invited to join the Paris to London this year. Theo always strives to be at the front wherever he rides and it gave him a real thrill to rub shoulders with so many famous names.

Neil Quarmby. Peter Rowe and Martin Yardley enjoyed a tour in Sardinia, several others went to training camps in Spain and Majorca early this year. Martin has taken over the post of club treasurer and David Watson has become social secretary, organising a fine club dinner at a new venue at Leigh, near Tonbridge. Sunday clubruns have restarted for the Winter season with good support for both the fast and moderate runs. Sunday *pub* runs have continued throughout the year though they were badly and sadly affected by the sudden death of their staunchest supporter, Noddy Challen. He died of a heart attack while resting on a clubrun with his former clubmates from the East Surrey R.C. Peter & Gwyneth Holland have moved away to Lincolnshire and Terry Collins now lives on Romney marsh. He has recently undergone major heart surgery but is recovering well enough to be back on his bike. Wednesdays have seen regular clubruns out to meet the Kent "Wobblers" at pubs in the Maidstone - Ashford area. These consist of chiefly retired riders and number about six or eight, usually including Les Hayman, Geoff Abraham and Dave Parker. Jean & Arthur Smith formerly regulars on these "wobbles", are now occasionals since they have taken to rambling in a big way. Brian Whitehouse meets the run at lunch. Bill Hubbard and John Wheeler have this year started riding again and appear most Wednesdays. Both were members of the former Mercury CC in the fifties and sixties, as was Terry Collins.

Warwick Dunford has had cataract operations on both eyes which has interfered very little in his active involvement with running the club. As Chairman he oversees all that is going on. He opens and closes the clubroom every Thursday night and has aided David Watson in his efforts to introduce more social activities to encourage more members to attend. This year he also organised the ESCA reliability ride which from Groombridge to Laughton and reverse. A good cycling day, if a gruelling course, saw most club riders finish within their allotted times, including those who aimed at the fastest time and suffered punctures en route! The following week saw twenty members enter the Kent CA ride over 100k and again most completed it successfully.

Let's hope the Winter season continues as successfully as it has started and that 2005 will see Southborough as strong and active as ever. Happy Christmas everyone.

Roamer

## DATES FOR YOUR DIARY

**Sunday January 16th, 2005  
East Sussex Cycling Association  
Luncheon & Prize Presentation  
'The Horseshoe', Windmill Hill**



**Saturday, January 22nd, 2005  
Eastbourne Rovers/Phoenix Cycles Dinner/Dance  
Afton Hotel, Eastbourne**

**Saturday, January 29th, 2005  
Fellowship of 1066 Longmarkers Dinner/Dance  
Yelton Hotel, Hastings**

**Sunday February 6<sup>th</sup> 2005  
Surrey/Sussex Group Lunch  
Normandie Centre, Denne Road, Horsham**



**Saturday/Sunday July 9<sup>th</sup> & 10<sup>th</sup>  
East Sussex Cycling Festival  
Firlø**

## **CRAWLEY WHEELERS AT ESCA RELIABILITY TRIAL**

*Club members complete the challenging East Sussex Course on October 31<sup>st</sup>, 2004.*

The ESCA Reliability trial held on October 31<sup>st</sup> attracted a good turn out of Crawley Wheelers members with some familiar faces being joined by a couple of newcomers. Gathering in the car park of the Groombridge village hall on a chilly overcast but mercifully dry Sunday morning the atmosphere was warm and friendly as riders from a variety of clubs prepared for the days cycling.

Having 'sogged in' the search for a cup of coffee proved fruitless so the riders returned to the car park to get their bikes ready. Perhaps it was an indication of the nature of the course that everyone had brought light summer bikes although John Double had opted for his winter bike which given the threatening sky seemed highly sensible.

An ESCA official sent the Crawley Wheelers team of John, Stewart Forbes, Dave Homewood, Mike Labram, Paul Gellender, Brian Flint, Ian Holder, John Aird and Keith Russell on their way shortly before 9.00 a.m. Joining them for the ride was Neil Lewis from Southborough Wheelers who's navigation skills proved to be invaluable as the miles passed by.

Almost immediately the road started to go up but the gradual climb to the top of the Ashdown Forest would prove to be one of the friendlier ascents on the 57 mile circuit. No sign of Winnie the Pooh as the group passed by the 100 Acre Wood but the sun was trying to put in an appearance and it did start to get slightly warmer as the mist disappeared. Paul was hoping for higher temperatures as he'd bravely decided to ride in shorts despite the mercury barely creeping over 6°C. After a brief spell on main roads the route turned into the winding narrow country lanes that without Neil's navigating would almost certainly resulted in some lengthy detours. Flat and fast with some exciting descents the lanes fed the riders through the notorious village of Piltdown and towards the checkpoint at Laughton. Arriving in good time the group enjoyed a short breather but not the hoped for cup of coffee!

From here on the route was going to get harder although the newcomers to the event remained blissfully unaware of just exactly what was in store in the final ten miles or so before the return to Groombridge. Neil and Stewart took turns setting the pace as Argos Hill approached and at this point Paul showed that his climbing skills are not to be sneezed at as he made the long incline look easier than it was. After another spell on main roads the course returned to country lanes and the final few miles that those who'd ridden the event before had been warning the rookies about all day.

With forty fast miles already in the legs the incredibly steep climbs that peppered the route all the way to the finish proved extremely tough but the Crawley Wheelers group didn't get too spread out. The descents were just as steep giving Dave the opportunity to display his considerable downhill skills at speeds in excess of 45mph!

At just the right moment for some the welcome sight of Groombridge village hall appeared and having weaved through the traffic the riders pulled into the car park with ten minutes of the four hours to spare so it was mission accomplished.

Having checked in and raided the village shop for some much needed sustenance the riders all agreed that the route was far from easy but certainly made for rewarding cycling.

If there is one small criticism to be made it is the lack of refreshments laid on by the organisers at the start and check points but it is only a little thing and certainly shouldn't detract from what is a very enjoyable bike ride in lovely surroundings.

*(I was longing for someone to ask me for coffee or tea at Laughton as I'd taken everything I needed - tea, coffee, sugar, milk, etc. and had the kettle boiling - at the hall, but when I offered it to a number of people and was rejected I gave up! If only I'd known or if only you'd asked! Ed.)*

## RELIABILITY TRIAL RESULT

### **LEWES WANDERERS - 15 finishers**

3.30 hours P. Baker; R. Coleman; S. Coleman.  
4.00 hours M. Levett; J. Parfitt; Tracy Cauldwell; R. Watts; J. Pardoe.  
4.30 hours P. Barling; P. Price; B. English; T. Gale; A. Lloyd; T. Bauer; A. Hills.

### **SOUTHBOROUGH & DISTRICT WHEELERS - 10 finishers**

3.30 hours T. Stegers; M. Denton; N. Whelan.  
4.00 hours N. Lewis.  
4.30 hours L. Hayman; M. Eden; D. Parker; A. Thomas; M. Yardley; P. Rowe.

### **EASTBOURNE ROVERS - 9 finishers**

4.30 hours D. Dunbar; C. Jones; Libby Jones; S. Medhurst; A. Parsons; A. Stobbart; A. Ford;  
B. Norman; J. Sykes.

### **EAST GRINSTEAD TRI CLUB - 6 finishers**

4.00 hours D. Nash; S. Lotherington; E. Walsh; K. Bashford; S. Elliott; Ruth Elliott.

### **CRAWLEY WHEELERS - 5 finishers**

4.00 hours P. Gillings; S. Forbes; D. Homewood; K. Russell; R. Griffen.

### **SUSSEX NOMADS - 3 finishers**

4.30 hours P. Valks; M. Valks; G. Pain.

### **BRIGHTON EXCELSIOR C.C. - 2 finishers**

4.30 hours I. Essex; Elaine Scott.

### **EAST GRINSTEAD C.C. - 1 finisher**

4.30 hours M. Malins.

There were 51 finishers, my commiserations to those whose fitness and/or puncture proof tyres failed to stay the course!

My thanks to Esther Carpenter, Mick Kilby and Doug Finch for their assistance.

Warwick Dunford

**EAST SUSSEX CYCLING ASSOCIATION**  
**B.A.R. RESULTS - 2004**

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

|    |                |                         |         |         | <u>Av.mph</u> |        |
|----|----------------|-------------------------|---------|---------|---------------|--------|
| 1  | MARK WINTON    | Lewes Wanderers         | 57-42   | 2-01-02 | 4-14-07       | 24.798 |
| 2  | ANDY GREEN     | Brighton Mitre          | 1-01-07 | 2-01-13 | 4-16-55       | 24.215 |
| 3  | PAUL BYFORD    | Crawley CC              | 1-00-00 | 2-03-04 | 4-18-22       | 24.200 |
| 4  | PETER BAKER    | Lewes Wanderers         | 59-28   | 2-03-24 | 4-36-02       | 23.757 |
| 5  | ANTHONY REEVES | Worthing Excelsior      | 1-01-40 | 2-06-26 | 4-33-52       | 23.320 |
| 6  | GEOFF SMITH    | Sussex Nomads           | 1-01-12 | 2-07-24 | 4-45-07       | 23.034 |
| 7  | COLIN JONES    | Eastbourne Rovers       | 1-02-59 | 2-10-55 | 4-39-37       | 22.730 |
| 8  | DON LOCK       | Worthing Excelsior      | 1-03-15 | 2-13-40 | 4-40-06       | 22.527 |
| 9  | JOHN MANKELOW  | Lewes Wanderers         | 1-04-10 | 2-13-25 | 4-37-42       | 22.490 |
| 10 | IAN HENDRY     | Hastings & St.Leonards  | 1-04-09 | 2-12-31 | 4-54-15       | 22.138 |
| 11 | ALAN ROBINSON  | Central Sussex          | 1-02-23 | 2-16-49 | 4-56-53       | 22.061 |
| 12 | JEREMY MEADES  | Lewes Wanderers         | 1-05-54 | 2-21-50 | 5-05-10       | 21.192 |
| 13 | TIM MILES      | Hastings & St.Leonards  | 1-09-57 | 2-16-55 | 5-08-57       | 20.925 |
| 14 | LES HAYMAN     | Southborough Wheelers   | 1-10-37 | 2-28-38 | 5-05-55       | 20.346 |
| 15 | CHRIS PARKER   | Hastings & St. Leonards | 1-13-53 | 2-32-11 | 5-33-27       | 19.336 |

|        |   |                        |                               |        |
|--------|---|------------------------|-------------------------------|--------|
| TEAMS: | 1 | LEWES WANDERERS        | M.Winton, P.Baker, J.Mankelow | 23.682 |
|        | 2 | Hastings & St.Leonards | I.Hendry, T.Miles, C.Parker   | 20.800 |

**VETERANS B.A.R.** (25, 50 & 100 Miles)

|    |               |                        |         |         | <u>+ mph</u> |        |
|----|---------------|------------------------|---------|---------|--------------|--------|
| 1  | DON LOCK      | Worthing Excelsior     | 1-03-15 | 2-13-40 | 4-40-06      | 4.837  |
| 2  | ALAN ROBINSON | Central Sussex         | 1-02-23 | 2-16-49 | 4-56-53      | 3.798  |
| 3  | COLIN JONES   | Eastbourne Rovers      | 1-02-59 | 2-10-55 | 4-39-37      | 3.634  |
| 4  | GEOFF SMITH   | Sussex Nomads          | 1-01-12 | 2-07-24 | 4-45-07      | 3.458  |
| 5  | JOHN MANKELOW | Lewes Wanderers        | 1-04-10 | 2-13-25 | 4-37-42      | 3.253  |
| 6  | LES HAYMAN    | Southborough Wheelers  | 1-10-37 | 2-28-38 | 5-05-55      | 3.134  |
| 7  | PETER BAKER   | Lewes Wanderers        | 59-28   | 2-03-24 | 4-36-02      | 3.033  |
| 8  | ANDY GREEN    | Brighton Mitre         | 1-01-07 | 2-01-13 | 4-16-55      | 2.539  |
| 9  | TIM MILES     | Hastings & St.Leonards | 1-09-57 | 2-16-55 | 5-08-57      | 1.924  |
| 10 | JEREMY MEADES | Lewes Wanderers        | 1-05-54 | 2-21-50 | 5-05-10      | 1.173  |
| 11 | CHRIS PARKER  | Hastings & St.Leonards | 1-13-53 | 2-32-11 | 5-33-27      | -1.082 |

|       |   |                 |                               |       |
|-------|---|-----------------|-------------------------------|-------|
| TEAM: | 1 | LEWES WANDERERS | J.Mankelow, P.Baker, J.Meades | 5.204 |
|-------|---|-----------------|-------------------------------|-------|

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

|   |               |                   |       |         | <u>Av.mph</u> |        |
|---|---------------|-------------------|-------|---------|---------------|--------|
| 1 | LIBBY JONES   | Eastbourne Rovers | 26-32 | 1-07-12 | 2-23-20       | 21.955 |
| 2 | HAZEL CROWLEY | Crawley Wheelers  | 27-59 | 1-11-29 | 2-34-01       | 20.634 |

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

|   |               |                   |       |         | <u>+ mph</u> |       |
|---|---------------|-------------------|-------|---------|--------------|-------|
| 1 | LIBBY JONES   | Eastbourne Rovers | 26-32 | 1-07-12 | 2-23-20      | 0.994 |
| 2 | HAZEL CROWLEY | Crawley Wheelers  | 27-59 | 1-11-29 | 2-34-01      | 0.091 |

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

|   |             |                        |       |         | <u>Av.mph</u> |
|---|-------------|------------------------|-------|---------|---------------|
| 1 | MATT GREEN  | Crawley CC             | 25-27 | 1-05-57 | 23.161        |
| 2 | ALEX BOURNE | Hastings & St.Leonards | 28-38 | 1-20-17 | 19.820        |



## OLD TIMER'S LAMENT

Our village cricket team keeps on picking us oldies. The captain Bill **AFFIRMED** that they didn't want to **DIM OUR** Enthusiasm by dropping us, but they still put me **IN LAST FOR** the umpteenth time! **WHEN THE FIELDER** keeps dropping catches that's not **VERY** Encouraging either! When I can **AVOID ENGAGING** in argument I do so. I prefer to spend **TEA RESTING AS I GREEDILY THRUST ICE**cream down my throat and watch the others scoring centuries. I'm much **happier WITH THIS MEASURE!**

1. Framfield
2. Udimore
3. Alfriston
4. Netherfield
5. Rye
6. Ovingdean
7. East Grinstead
8. Eridge
9. Ticehurst
10. Whitesmith
11. 10. Ripe

L **AFFIRMED**  
DIM **OUR**  
IN **LAST FOR**  
N **THE FIELDER**  
RY **E**  
N **AVOID ENG**  
D **TEA RESTING AS**  
GREEDILY **THRUST ICE**  
WITH **THIS ME**  
PIER

The winners **ARE**

LES HAYMAN  
SOUTHBOROUGH WHEELERS

&

DAVE DUNBAR  
EASTBOURNE ROVERS

