

BONK!

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THE OFFICIAL JOURNAL

EAST SUSSEX

CYCLING ASSOCIATION

Spring 2006

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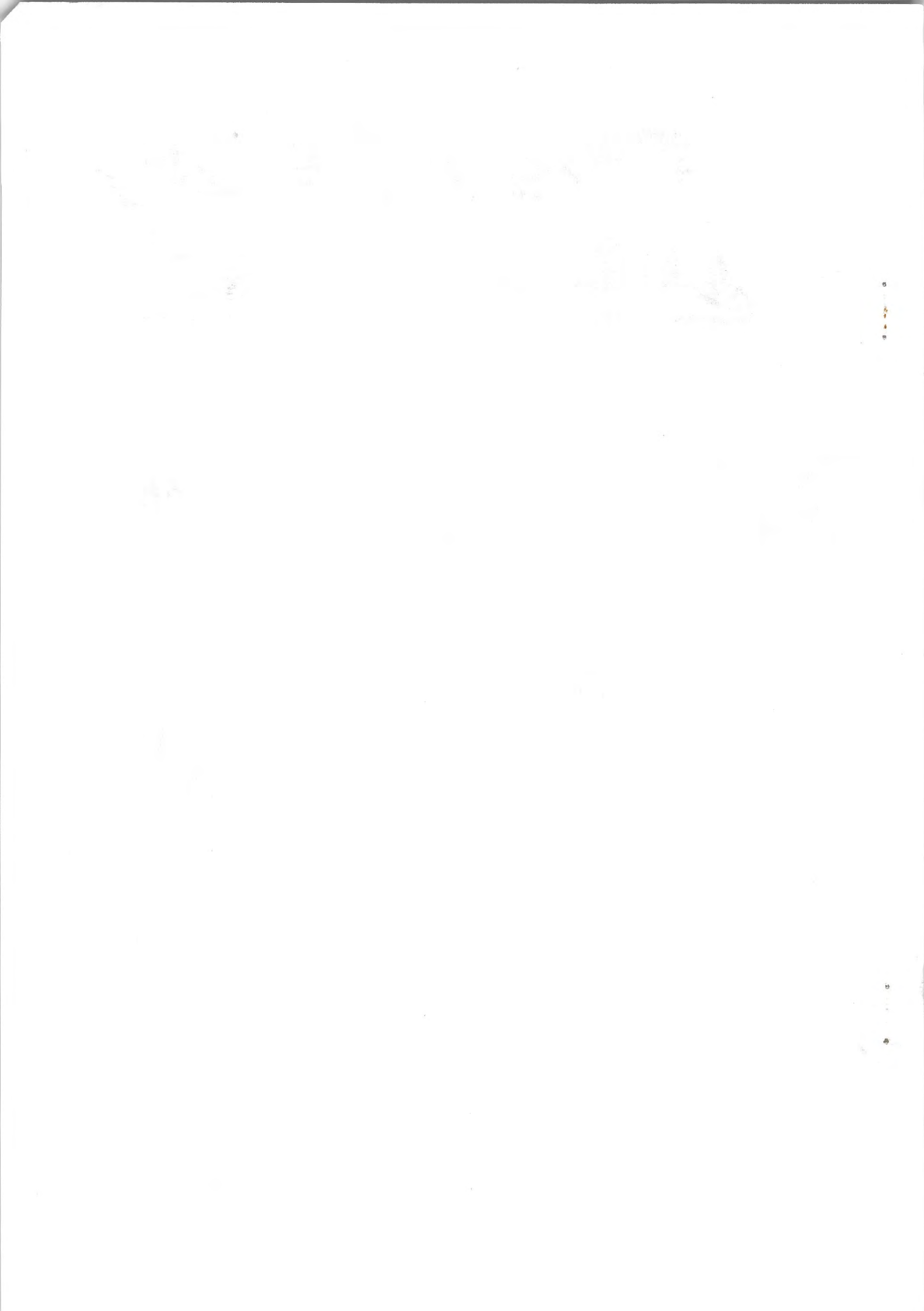
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EAST SUSSEX CYCLING ASSOCIATION

President VALERIE BAXENDINE

SPRING 2006

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EDITORIAL

So, this year the East Sussex Cycling Association celebrates its 60th birthday. Sixty years seems small beer as two of the founder Clubs have already commemorated their first century and are rocking on towards their second; Rye Wheelers claim to be the oldest 'cycling' Club in the world in spite of two or three breaks in continuity, and Brighton Mitre, who were the first West Sussex Club to gain entrée, also attained the magic hundred twelve years ago.

What makes ESCA so special that we celebrate every decade? Firstly, of course, Roy Humphrey, who was the driving force for the first fifty years; then the many characters along the way who have put in their two penn'orth to ensure that all ran smoothly. Geoff Wilcocks was Editor of this magazine for a short time and Secretary for a year whilst Roy conducted his courtship of his future wife Dorothy. Dennis Neeves later became the editor of Bonk, and what a labour of love that was for him. He cycled to Framfield with his stencils and waited whilst Roy roneod the copies and then rode back to Hastings. Ken & Iris Stevens; three generations of the Godden/Lade family. And what a breath of fresh air Mike Rabbetts brought to ESCA. When I first met him at a road race I thought he was the local vicar rubber-necking, but his demure appearance was belied by the twinkle in his eyes as he thought up mischievous schemes for our entertainment. Mick Burgess and his family have been prominent in all Association activities, promoting, racing and eventually taking on Roy's mantle. Charles Robson was responsible for reviving the reliability trial and organised it for eighteen years. The Association can also claim some responsibility for nurturing the young Brian Phillips and Sean Yates. The former finished in the first twelve of the BBAR and still features high in national events and Sean's exploits are legendary.

We welcome Val Baxendine of the East Grinstead CC as our President for 2006 and look forward to her gracing our events throughout the year. Help to make her year in office enjoyable and successful by supporting the Association's promotions in every way you can.

In spite of our busy roads and the constrictions of terrain, cycling flourishes in East Sussex so have a happy and successful year whichever facet of our sport you favour.

Esther & Maurice

CYCLING CONSTANT

Is there a cycling constant?

This year 2005 is the 100 year anniversary of Albert Einstein's wonderful year when he changed important things in science for ever. It is also 50 years since he died which has a wonderful symmetry about it all.

Einstein regarded one of his ideas called the cosmological constant as the blunder of his life. This constant was his answer to how to deal with the question of whether the universe was expanding, decreasing or remaining the same. Einstein wanted spacetime to be flat and therefore was spiritually a cyclist. He put the value of his constant so the universe was flat and many people disagreed with him. Recent thinking in physics indicates Einstein was right after all, so even his biggest mistake was not a mistake at all.

If you look at France from Eastbourne seafront and turn 90 degrees to look towards Bexhill you do not get thinner or fatter, space is the same in all directions. If you go to the top of Beachy Head you may get thinner from the exercise but the height change leaves you unchanged. If you do this rotating your body experiment science declares the result will be the same whether you rotate towards Bexhill today, tomorrow or in 50 years time as well as being unchanged in 3D space. Space and time are symmetrical in all directions and are deeply connected to conservation laws.

This led me to wonder about ageing and conservation laws.

Should humans age or is it just bad diet, not enough exercise and tradition that makes us get older?

On July 29 2004 the Eastbourne Rovers Cycling club had a race which I took to be one of a series of experiments carried out to measure the less well known cycling constant. It seems to me that all cycling events are cunningly disguised anti-ageing experiments. In this event on July 29 2004 17 cyclists did not merely rotate their bodies they rotated their legs roughly 2,400 times and went from Pevensey to Bexhill and back, a distance of 10 miles. As an experimentalist of a certain age I have kept records from precisely 50 years ago and measured a change of 2 minutes per 10 miles per 50 years in a negative direction, meaning there is some change in at least one conservation law.

Any Eastbournian more than 60 years old who has experimental evidence that this slowing down is due to the cycling constant or has an alternative theory is invited to contact the experimentalist named below.

Thanks are offered to John Dutson, Stu Greenway and George Henty for careful research over 3 years in the Loire, Boulogne and Dordogne regions of France. Thanks are also due to Stan Nash for assisting in the original experiments and establishing the initial parameters during the 1955 period. And of course Albert Einstein himself.

Michael Horner



HASTINGS & ST. LEONARDS C.C.

Hastings & St Leonards CC look set for another good season in terms of time trial participation with ten members on the start sheet for the ESCA Hard Riders. A number of other members are holding fire until the following week when they will give their racing bikes an airing in Southborough's Saturday afternoon 10 mile TT on the rural but quick Tenterden course, with still more planning to save themselves until it gets warmer in May. Prospects look good for an even better season than 2005 with several new members signing up and some having been in serious early season training to make sure they will improve on what they did last year. A quick summary of the club's 2005 highlights follows:

Early in the year new member Alan Priddy was the most prolific tester for the club in his comeback season. He rode with Catford CC until the early 1970s knocking out 58 minute 25s. After a lay off of more than 30 years he was making a return to the sport after retiring. In the six months leading up to his first event he lost four stone in weight and was then disappointed with the times he was doing! In July he decided to sign up with De Laune first claim since some of his old racing friends were members and De Laune is affiliated to SCCU and other bodies to which Hastings are not. Since De Laune are not ESCA affiliated he will have to miss out on our excellent Association events in 2006 unless he rejoins Hastings as second claim. Club policy has been to not [re]affiliate to the likes of SCCU since not enough members step forward to help carry out any duties that the club is obliged to perform. Members have had entries returned for SCCU Association events and complained but when asked if they would be prepared to co-ordinate our assistance in marshalling or promoting SCCU events all goes quiet!

Mark Brittle has been the club's fastest ten miler since joining in 2002 and by the end of June he had equalled his fastest time yet for Hastings with a 22.19 on the P901 course late in June. This proved too tough to beat for the up and coming challengers. Last year's new prospect Dan Harwood (PB 22.47), a work colleague of Pete Tadros who trained with him, decided not to compete this season having been runner up to Mark last year. It was left to David Earl to steadily improve and lower his PB several times ending up with a personal best of 22.29 in mid July just ten seconds off Mark's time. Pete Byrne who is another colleague and sometime training partner of Pete Tadros rode a few events and did not quite break evens (PB 24.20) but should be in the frame to challenge for top spot this year. Jon Hollidge (23.22), Richard Clarke (23.31), Tim Miles (23.34) and Mark Corliss (23.54) all set PBs better than evens.

Mark Brittle won the club's trophy for the fastest time in the April ESCA 25. In 2004 Mark had produced the first sub hour 25 for Hastings since the late 1990s when we had five beat the hour in 1998 and one in 1999. It was not to be again in 2005 as he only rode a couple more and was not quite on song. This gave David Earl the opening to go for the club's Ron Eastes Challenge Cup for the fastest 25. Ron Eastes was riding out with the club to the ESCA HQ at the Ash Tree pub in Brown Bread Street for an event in 1951 when he went over his handle bars on the descent after leaving the North Trade Road. He fractured his skull and sadly he subsequently died from his injuries in the days before most riders wore helmets.

David's PB set in 2004 was 1.01.58 but as the season progressed he made steady in roads towards breaking the hour for the first time. Having done it once he did it a few more times. In mid September he travelled up to South Wales with Jon Sharples and Mark Corliss to ride on a course near Monmouth, a fast course that had not been used for a few years due to road works. The long journey and an overnight stay in a Travel Lodge situated directly on the course proved well worthwhile as David Earl came in with 58.34 which was good enough to win the Ron Eastes' Challenge Cup by over two minutes from runner up Mark Brittle. Mark Corliss set a PB of 1.03.03 and Jon Sharples did one of his best ever 25s. The course is R25/7 if anyone else fancies a go on it.

With 16 members riding 25s and 21 riding 10s participation at the shorter standard distances was as good as it had been for several years. A disappointment was the small number of 50s and 100s ridden. However the good news was that Ivan Johnson made a very promising start at the longer distances. He had set the club record for the ESCA Hard Riders in March but had then suffered from a freak injury when on the beach. Fortunately he was fit enough in time to make his 50 mile debut in the ESCA event and came away with a good time of 2.15.32 which was faster than his 25 PB. He looked set to win the club's Croft 50 Trophy but David Earl kept his plans quiet and won the trophy in his first ride at the distance with a time of 2.05.33 on the P901/50 at the end of July.

Ivan had no serious competition for the F.T. Martin 100 trophy with an excellent time of 4.46.02 in the ESCA 100 when he finished looking fresher than he did in the early hours of the morning. If he paces himself well this year a massive improvement is expected. Thankfully Ivan finished the September ESCA 25, his only ride at that distance in the season, to qualify for the ESCA BAR and also win the Hastings BAR Martin Trophy.

For the first time since 1994 a club member completed a 12 hour. When away on holiday Chris Parker e-mailed Esther after the usual closing date for the KCA 12 hoping to be told it was too late to enter. Esther said no problem so without any thought or preparations yours truly stepped in to the unknown. Bad planning left him low on drink in the middle of the day but after support arrived he perked up a little to set a modest distance of 178.360 miles. This only goes to prove that any club rider should easily be able to complete a 12 hour and enjoy it. The example is set, and needs to be followed in this August's KCA 12, for fellow members and also friends from Rye Wheelers who were out in force on the day marshalling and shouting encouragement that was much appreciated.

Most promising newcomer to the sport was Heidi Mason. Heidi got in touch with us and played down her fitness and her hybrid bike. However on her first ride with the club secretary she had the cheek to drop him on the hills! By the end of the season she had got a time trial bike and set PBs of 26.19, 1.07.54 and after a hearty fried veggie breakfast at a B&B 2.29.06 for a 50 in Kent. Heidi has been out her bike a fair amount in the winter so should be making in roads on her PBs and giving road racing a go.

It was also great to see three members ride some open hill climbs. Pete Byrne won the club's hill climb trophy on Battery Hill and travelled with Pete Tadros around the country to ride on Snake Pass and the mid Devon hill climb. He led a team of three in Doug Laidlow's excellent Wigmore / KCA hill climb, supported by Benno Schlachter and Ivan Johnson.

We wish everyone a safe and successful racing season in 2006.

Chris Parker



September 10th, 2006
Rides leave Alfriston Y.H.
9.00 a.m.

Organised by

21st Century Airports & CTC East Sussex DA

TOUR OF THE THREE VALLEYS, DIEPPE

Wednesdays and Fridays see a group of cyclists, mainly senior citizens or early retired, meet at a couple of locations for coffee and cake, depending on the day, in Horam, East Sussex, for the usual Grumpy Old Men type debate. Politicians ears should be noticeably deeper in colour on these days but as well as putting the world to rights, old times and recent events such as current track or road race comes under scrutiny, as does cycling in general. Most are members or ex-members of Eastbourne Rovers Cycling Club or the CTC so touring comes up on occasion in the conversation including riding in France.

Eleven of us opted for a day trip via the fast two hour ferry from Newhaven last year (but that's another story) and earlier this year (2005) we considered doing something except as only the four hour boat was running it would have to be a stayover.

Mention was made of the Dieppe Raid and subsequently a website was found by one of the group and information was passed round. For various reasons the date of June 12th was not convenient to a number of people but five of us decided to give it a go. Out 0800 hours on Saturday June 11th and back on the 1630 hours ferry on June 13th to allow a ride on Monday morning.

The group comprised (from l to r in the photo) Ken Miller (CTC and ex Eastbourne Rover);



Richard Thomas (Eastbourne Rovers) who was qualifying for the Boston/Montreal/Boston as well as the Raid Alpine later in the year; myself - Alan Symonds; Ian Landless (Lewes Wanderers) and Bill Crawford (CTC), agreed to ride as a group. We contacted Caroline Street, who was organising the entrance applications from the UK, via the website "Dieppe Raid". Entrance was a modest £6 including a lunch stop.

Entrance fees paid and being local to the ferry we organised the Transmanche from Newhaven on the Saturday which arrived in Dieppe at 1330 hours local time and a B & B hotel for two nights on their website. Caroline also had arrangements for hotel accommodation to tie up with an evening meal for up to one hundred and twenty riders if required. We decided to book our own ferry and hotel.

When the riders list came through we found that we were to be joined on the ferry by some two hundred and thirty other riders a fact of which the staff at Newhaven did not seem to be aware. This caused a little concern about parking cars but Ian kindly offered the use of his driveway five miles from the ferry for myself and Bill and we three could ride together while ken arranged a lift and Richard just rode the seventeen miles from Eastbourne.

Transmanche handled the invasion quite well and were only half an hour late in departing. Off at Dieppe with haversacks on backs (except for Richard who owns panniers) and then to find out where the hotel was which turned out to be at the top of a long hill south of Dieppe near the Retail Park. Just what I needed with a haversack. A request was made to a local for final directions. He had just arrived back home from shopping but our request had him getting back into his car and leading us round to the hotel. Only just arrived and we get our own team car. Can't be bad.

Sort ourselves at the hotel especially with pressurising the receptionist to allow us to keep our bikes in the rooms as there was no other suitable place. Must try that in a Travel Inn sometime! Back down the hill to the Town Hall for an open air reception from the Mayor and a glass or two of Normandy cider. Back up the hill to the hotel and an evening meal at the Buffalo Grill or Buffalo Bill as we named it.

There were various options for events. A 140k, the 90k we opted for, a 50 and 20k and the 40k mountain biker plus a walk around Dieppe for the non-riders. Something for everyone. Start time was between 0630 and 0900 hours. We chose a leisurely breakfast followed by signing on and 0830 start. The French use a very simple method of route marking with small spray painted indicators on the road surface coupled with a simplified instruction sheet which works very well.

The route started with a drop down hill out of Dieppe and a right turn onto a made up disused railway line which had an easy climb up the side of a valley which presumably formed part of the Avenue Vert. Then out onto roads with virtually no traffic except for the local chain gang that passed us at one point and aptly named as one lost his which slowed them down. They soon caught us not to be seen again. We never did find out if they were on the same event or just out training.

Our route took us through Offranville, Varengeville sur Mer, Quiberville sur Mer and Mertigny. Just before lunch a road mark told us to turn down a track which ended up at a very scenic fast flowing river and a very old rickety and narrow footbridge to cross. Several riders were there wondering if this was the right way but we decided it had to be and crossed over. The group included one the organisers hadn't allowed for being the only one with a trike. Once over, the track led us back to the road and the lunch stop.

Lunch was in the grounds of La Chattenie, a very nice chateau at St. Aubin le Cauf with a food tent, hot drinks, chocolate pieces and a food bag each. Time for a short rest and a chat with other riders before moving on to Vaast d'Equiville then Douvrend, Ancourt and back to Dieppe. The marks led us on to the Route Vert again with an excellent surface that took us back to St. Vaast d'Equiville and then by road via Douvrend and Ancourt to Dieppe.

Back up the hill to the finish where there were speeches, the prizegiving and refreshments. Prizes were mainly for the oldest for each group (no good to us as the winner was eighty years old), and the youngest which we couldn't compete with. The average we were told was fifty three which we could easily beat but not the rider on the 20k ride who took the oldest rider prize. We were told he was ninety years young.

Flaming June it was not but the weather was kind insofar as it didn't rain and the sun came out in the afternoon. That said we all had to don waterproofs for the event. The hills were longish but steady and the average rider with a low gear should find no problem twiddling up them.

On Monday we had chosen the 1630 ferry back to allow us to get some forty odd miles in and we also found one or two hills which were more of a challenge. We threw in a few primes which Richard and Ian fought for as main contenders just to liven things up.

Monday is not a good day to find somewhere in small towns as most places are closed. We ended up in Torcy and what looked like a closed restaurant which we found was not only open but obligingly offered baguettes which they obtained from across the road. Madame threw a large plate of chips in for good measure. The dog laid comfortably on the windowsill as we ate (there is a different approach to all the regulations imposed in the UK) ignoring the large number of cars which started to arrive with the occupants ushered into the rear eating area.

Richard with the map suggested a route back via the Avenue Vert. To get there we turned off into a small lane and found the steepest and possibly longest hill of the weekend before getting on the Avenue Vert.



Back to Dieppe up the hill for the last time and for the last prime which Ian won and pick up our things. A quick snack and beer on the quayside which cost 5 euros for 1/2 litre except for Ian who had to pay 7 euros. Must have been the waitresses fee for taking the photograph? Off round to the ferry and the trip back. (l to r - Ian Landless; Alan Symonds; Ken Miller; Bill Crawforth and Richard Thomas enjoying a beer in Dieppe.)

What was the overall opinion? Well organised by the Club des Cycletouristes Dieppois, the Tourist Board and local Council and supported by local businesses as the seventy odd adverts in the programme show. All in all a very enjoyable weekend. Next year we think we should do the 140k.

Alan Symonds

EAST SUSSEX COUNTY COUNCIL are organising the third Sussex Cycle Festival over the weekend of July 8th/9th. The venue once more is Firle Place.

It's unfortunate that this clashes again with the ESCA 100 but it's only just down the road if you want to drop in afterwards. All the best people can be seen there - Vanessa Attwood will have her usual stall and John Dutson and friends will probably be there unwinding after a hard morning's work putting out signs for the 100. On the two previous occasions when the event has been held there has been a beer tent, a band and several food outlets as well as the trade stalls and cycling entertainment.

EARLY DAYS



- After finishing events on the G52 at Magham Down everyone made their way to The Rosemary Café just down the road for much needed refreshments - usually a hearty, full English, breakfast. Most people had left home before daybreak to ride out to the start and had to stoke up for the clubruns that would fill the rest of the day. Pictured outside the café are Arthur Coleman, Percy Bliss and Maurice Chauncey of the Hastings & St. Leonards CC with other Hastings members in the background. The café, which ceased to be run as such in the sixties, has recently been demolished and a smart executive house built on the plot.



Percy Bliss, seen here on two wheels, together with Freddie March, both of the Hastings & St. Leonards C.C., at Brown Bread Street.

Percy was one of the Association timekeepers for many years and Freddie, who was well known for his exploits as a track rider in his younger days, was an enthusiastic supporter of ESCA.

Only three of the six founder clubs, Eastbourne Rovers, Hastings & St. Leonards CC and Rye Wheelers (although this Club became defunct several times but is now enjoying a strong revival since it's latest re-formation in 2000) have survived the past sixty years, and most of the people present at the inaugural meeting are now dead. However, we have a very strong link with those times as Jane Lade was almost certainly present in her sidecar whilst her father, Ted Godden, was being elected Chairman of the newly formed Association. Ted worked as hard as anyone to ensure the success of the organisation in the early days and was a prolific timekeeper - a job that Jane herself now undertakes with great efficiency.

EAST SUSSEX CYCLING ASSOCIATION

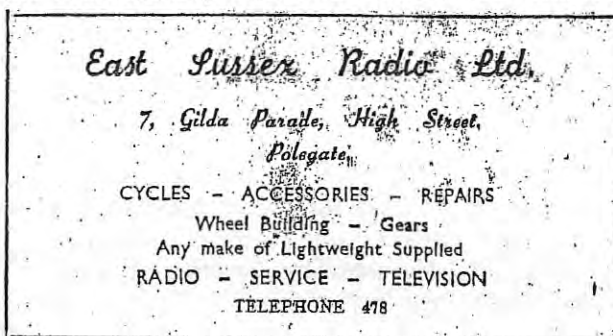
A few 'Reminiscences' from BONK

(Issue No.1 - Winter 1953)

by kind permission of John Dutson - formerly with Uckfield & District C.C.
and now Vice President, Central Sussex C.C)

The above-mentioned Magazine - the Official Organ of the East Sussex Cycling Association - was priced 6 pence (2½p at today's prices) and the very first Editor was Ron Newman, who resided at Polegate and, of course, was a member of the local cycling Club.

Ron embarked on his task with gusto by writing to all Clubs in the ESCA at the time and, it appears, contributions were received from four of the six founder Clubs. Frank Rix was then President of the Association, with Ted Godden the Chairman.



The Polegate & District Road Club were much indebted to local Traders who presented the Club with two very fine Silver Challenge Cups, which were awarded to the Winner of the Club B.A.R., and the other to the rider with the fastest '25' time in any event. The Club's Davis Cup was presented to the rider amassing the highest number of points in Club time trials.

Sadly, the Club is no longer with us but, as recently as 2003 a successor has appeared on the scene under the name of 'Team Kontour Cycles', based at 2 Millfields, Station Road, Polegate, and we wish them well for the future. See ESCA Diamond Jubilee Handbook, for further information.



The Hastings Warrior Cycling Club, who made their debut in BONK with the comment "the Warriors, a fine body of unfit social season cyclists as you'd meet in a day's ride!" were, nevertheless, looking back on a rather mixed bag of racing season's performances. On the track Ivan Buckland continued to carry the flag at Preston Park Track, Brighton, (Ivan attended the Brighton Mitre Centenary Dinner & Prize Presentation, at the Old Ship Hotel, Brighton, in 1994!) and encouraging a young 16 year old George Smith, in the art of track racing. These two riders along with the discovery of the season Brian Moore also put up some very worthy performances at various grass track events. On the road unfortunately no members were attracted by the 'pleasures' of 12 hour riding - a situation which, today, is being addressed by the Club's current General Secretary, Chris Parker who rides all distances from 10 miles to the half-day 12 hour! and regularly competes in ESCA and KCA events.

The Club's 50 mile trophy, donated to the Hastings Club by Frank Rix, was won by Dennis Neeves who, apparently, hated going all the way around a stationary vehicle (so the story goes!) and preferred to go straight through! . It seems the Club's Open Sports Meeting, held in August was as usual superbly organised by George Jenkins.

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In writing in the first edition of BONK it seems the Central Sussex Club's Champion of 1952 Tony Honess, succeeded in picking up six of the Club's trophies at their Annual Dinner & Prize Presentation. The 'Lady of the evening' however, was undoubtedly Sheila White who, at the Royal Albert Hall the previous month, proudly received her third place RTTC National Championship medal, for her ride of 1.05.45 in the National 25 mile event.

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Apparently, 1952 was certainly a year to remember so as the Uckfield & District C.C was concerned. Their road team amassed nine first awards to their credit, apart from numerous individual successes, and the season ended with the Uckfield boys holding five ESCA records, at 25, 50, 100 miles and 12 hours, as well as the 30 mile tandem record!

It seems the Sunday Club Run was the backbone of the Club's very successful season, with the Runs Programme establishing a cardinal feature in the Club's activities. On the down-side, however, H.M. Service commitments continued to have their say but at the Christmas Eve Supper of 1952 the Club was joined by four stalwarts namely, Gunner Pearson, Aircraftsmen Webb and Shrapnel and Private Pearce. One wag was heard to comment 'how fat these guys were getting. Obviously, the Services were not what they were in my young days!'

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Like all other Clubs the Royal Tunbridge Wells Albion C.C lost several of its aspiring young riders to H.M.Services, an example being A.Padley, who had broken all Club records during the 1952 season (apart from the Club Hill Climb), as well as having a successful time on the track.

Although the 'Albion' had NO marriages to report upon - a feature for which, apparently, they were somewhat accustomed - BONK did comment upon two engagements over the Christmas period (1952) it seems that Ron Rogers, younger brother of Jack, got himself engaged to 'Joy' of Brighton! thus making the Club's trips to Preston Park all the more important! and rewarding - if not from the track point of view.

It is gathered the Club's third Annual Dinner & Prize Presentation was a great success. Dave Patten won the Club 'One Mile' Championship and also the Pursuit title, as well as several road races. Ray Bodiam won the Hardriders event, and Freddie Figgett the Club Hill Climb, in addition to recording the fastest 25 time.

Finally, the first edition of BONK also included reference to the Eastbourne Rovers Cycling & Athletic Club (as it was then known) who, it seems, had just completed their first series of 'Roller' Promotions, with the Polegate, Uckfield and Hastings Warrior C.C, with the Uckfield boys winning by a narrow margin.

The Club also welcomed the news of Ron Elphick and Pat Dibdens's wedding, whilst on the Cyclo- Cross front Roly Wickham ploughed through the field to come out the Winner, with Les Springett holding third place. It appears that Harry Griffiths is the Club's Secretary for 1953, with Pat Elphick taking care of the Track side and Stan Nash looking after the time trial scene!

Last, but not least, we must not forget the East Grinstead C.C (especially this Diamond Jubilee Year as Valerie Baxendine, one of the Club's two Vice Presidents) is now the Association's President for 2006.

The Club finally secured a grass track in August 1952, although it left something to be desired. Three of the Club's best riders were called to the colours, Reg Meeks the B.A.R. Champion, Lu Roberts and Eric Gibbs, whilst a very promising newcomer Ken Jones had to leave the district. Nevertheless, Club records tumbled during the season with Pete Crowsley recording 1.4.27 for 25 miles, with Reg Meeks holding the longer distance records, including the tough East Grinstead to Godstone and back event.

The advertisements reproduced in this article are duly acknowledged, and have been extracted from the Number 1 issue of BONK dated Winter 1953.

1946 - EAST SUSSEX CYCLING ASSOCIATION - 2006

President Valerie Baxendine : East Grinstead C.C.

The Association is an affiliation of Cycling Clubs and now comprises 23 Clubs located at principal Centres throughout the County - and beyond - including Brighton & Hove, Crawley, Eastbourne, East Grinstead, Hastings, Horsham, Lewes, Rye, Tunbridge Wells and Worthing.

The Association aims to provide enduring camaraderie and sportsmanship.

Strong social flavour
& joyful cross-toasting
at Annual functions?

Road racing with
all its glamour &
colour?

Honour of winning a
Cup or Shield?

Boisterous AGM's
full of ribbing?

THE BIG 60

Demolishing large
quantities of food
at various tea places?

Enthusiastic Track &
Grass-track racing ?

WHAT DOES IT MEAN TO YOU?

Childrens parties?

Annual Touring
trophy?

OUR TIME TRIALS PROGRAMME

OUR EVENTS

<u>Event No</u>	<u>Day & Date</u>	<u>Distance</u>
1	Sun 12 Mar	15 ml
2	Sun 9 Apl	23
3	Sat 22 Apl	10
4	Sun 23 Apl	25
* 5	Sun 28 May	60Km
6	Sun 18 Jun	50ml
7	Sun 9 Jul	100ml
8	Sat 16 Sep	10
**9	Sun 17 Sep	25

YOUR CONTACT

<u>Promoter</u>	<u>Tel. Number</u>
Stuart Davis	07715 500963
Martin Yardley	01892 524701
Bob Harber	01903 879598
Heidi Mason	01424 431963
Mick Burgess	01892 661754
Horry Hemsley	01892 662712
Mike Hayler	01323 505130
Jack Harris	01293 411456
Richard Blackmore	01342 713272

* Special Anniversary Event to commemorate ESCA Diamond Jubilee - please support this promotion and come along to the Hailsham Community College, Battle Road, Hailsham, to meet old cycling pals and enjoy a 'free' cuppa. Cycle event starts 0700.

** Final Open 25 of the ESCA season - Graeme Obree's Course record of 48.55 set in 1996 - can it be beaten? £500.00 for the first person to do so!
Who fancies their chances?.

EAST SUSSEX CYCLING ASSOCIATION

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Chairman: Mr. Richard Blackmore, "Ladymead", Snowhill, Crawley Down, West Sussex RH10 3EE. Tel: 01342 713272
General & Racing Secretary: Mr. Mick Burgess, 7 Sandridge, Crowborough, East Sussex TN6 1JE. Tel: 01892 661754
Treasurer: Mr. Mick Kilby, 11 Sherbourne Road, Hove, East Sussex BN3 8BA. Tel: 01273 423588

Member Clubs & Secretaries 2006

- BRIGHTON EXCELSIOR CC: Mr. Rick Stringer,**
24 Saxon Road, Steyning, West Sussex BN44 3FP. Tel: 01903 815685
- BRIGHTON MITRE CC: Ms. Liz Reynolds**
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- EAST GRINSTEAD CC: Mr. Paul Winkley**
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- 21st CENTURY AIRPORTS CYCLING TEAM: Mr. Eric Clark**
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NOTE: Please advise any errors or omissions to ESCA Recorder, Charles Robson at 39 Winchcombe Road, Eastbourne, East Sussex BN22 8DE. Tel/fax 01323 725376

