

BOINK!



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EAST SUSSEX CYCLING ASSOCIATION

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EDITORIAL

This is the edition that comes to you with the entry forms for the Reliability Trial and the booking forms for the Lunch which follows it - the first event to kick off the social season, and we've been told to mention that it's the last one of the millenium. The lunch will be in the re-vamped function room at the Kings Head; it's unlikely that Geoff Boore will be there, so it could be quite a fun day out.

A new addition to the social calendar is a Cyclists Carol Service which will be held at St. Mary's Church in Hailsham starting at 3.00 p.m. This is a freelance event which Renie Allcorn has organised and she hopes for good support. Family and friends will be most welcome.

The major function to kick off 2000 will be the Association Lunch bookings should be made to Mick Burgess nearer the time.

Contributions for the next issue will be gratefully received, especially if they arrive before the deadline of November 17th!

Maurice & Esther

MID-WEEK SECTION

Sparkling summer days are collapsing into the gloom of autumn but no way does this deter the Mid-Week Section from strutting their stuff between favourite cafes and pubs on Wednesdays.

The occasional shout of "oil up" is normally the only interruption to the musical sound of gears changing and tyres whirring but there was an exciting moment on a recent ride, when the group found themselves behind a herd of cattle. All attempts to pass were thwarted by the beasts whose tactical swerves were a joy to watch. Eventually Norman Eastwood slipped through with a cunning feint, sprinted up the road until he saw an open gate, leapt off his bike and held it aloft, barring the way and forcing the animals into the field.

The alternatives are usually the most reliable group in the Section - kept firmly but kindly under control by Jean and Grace. However, at the end of August, with the ride going from the Old Forge to the Brewers Arms at Vines Cross, there were some anxious faces as Geoff's contingent arrived and then the main ride led by Fred Mehew but no alternatives. Peter Graham's wife rang the pub as she hadn't received her mid-morning call and Eileen Clarke was worried as Arthur had gone with the easyriders as he felt under the weather. Sightings were reported by other latecomers, the last at Horam, and eventually the little company turned up, proud but happy. It transpired that Jean had returned home as she had an afternoon engagement and Jack Dunn had substituted for her to assist Grace; Jack, who is tireless, had amassed twenty miles with his followers - several miles more than the hard men on the main ride.

You may or may not know that this year a special medal was awarded to campaigners who took part in the Dieppe landings and one of our members, Johnnie Williams, claimed his entitlement. He presented himself at the Town Hall at the appointed time to be met by a willowy young blonde woman. She was desolate. Usually M'sieur le Mayor made the presentations but as Johnnie was the only person due on that day the duty had fallen to her. Would Johnnie mind? Like heck he would!! Mam'selle read the citation and placed the medal around John's neck and kissed him warmly. Much better than a stout Frenchman breathing garlic all over him!! And just a loittle reward for the misery suffered in those far off days.

Members are reminded that the A.G.M. is on October 20th at Upper Dicker Village Hall. Not to be missed this one. It's usually over within half an hour and on with the teapot. A more relaxed occasion will be our Festive Lunch at the Kings Head, East Hoathly in January and booking forms will be circulating soon. Between these two exciting events we have been invited to the Westham Village Hall Party on December 15th.

Baggy Shorts

EASTBOURNE ROVERS CYCLING CLUB

Since the last issue of BONK a goodly number of Eastbourne Rovers have been maintaining tradition by riding in events all over the southern half of England. The season has seen quite a few individual wins and team wins and a great many personal bests. In fact too many to write about them all so here goes with the highlights.

Leech Lifts 10 Mile Championship. *The Eastbourne Rovers 10 Mile Championship was held on the Pevensey course and Nick Leech proved to be the man on form producing a time of 22-04. Second man Jon Sharples came close with a 22-08. Simon Prior was third in 22-38.*

Lloyd Leads Rovers to Team Win. *Lloyd Grayston produced an outstanding ride to take third place in the Hertfordshire Wheelers Open 30 mile time trial. First place went to Michael Hutchinson (Cambridge University CC) in 1-02-28 and second was Les Palmer (Leo RC) in 1-06-46. Lloyd was third in 1-07-22 and led Eastbourne to a team win with the help of Nick Leech, who was fifth in 1-07-58, and Alan Rolfe who recorded 1-09-50. Keith Newsam was fastest schoolboy and set a Club juvenile record of 1-14-41. Charles Robson managed 1-19-33 taking third on standard.*

Race Round-up. *Jon Sharples took third place in the Unity CC Open 25 at Hatfield Peveler with a time of 53-47. Nick Leech was just behind in 53-49, followed by Lloyd Grayston in 54-51, Boyd Johnson 55-30 and Alan Rolfe 57-07. The event was won by Michael Hutchinson (Cambridge University CC) in 48-53.*

In the Salisbury Road Club's Open 10, Boyd Johnson was top Eastbourne rider with a personal best of 22-01, followed by Alan Rolfe in 22-14. Keith Newsam produced his fastest time of the year to record 23-21.

Sharples Wins Club 25 Mile Championship. *The Rovers 25 Mile Championship was held over the tough circuit from Pevensey through Hooe, Ninfield, Boship and Polegate. Jon Sharples won in style setting a new course record of 55-57. Shaun Reed took second place in 56-53 and third was James Dear in 58-55. Max Norrell, who had said before the event that he would go under the hour, produced a magnificent 59-34.*

Nick Leech Top Rover in National 50. *Nick's time of 1-53-16 on the Sawston course in Cambridgeshire gave him 30th place in a full field of 120 riders. Shaun Reed produced an excellent 1-53-38 to take 32nd place. Third Eastbourne Rover was Jon Sharples in 1-54-08 taking 36th place. Not far behind in 38th place was Lloyd Grayston in 1-55-48.*

Three Road Race Wins for Willis. *Super Steve Willis gave Eastbourne three wins in a week, first outsprinting the opposition in the Hove Park Crit, then winning the Lewes Wanderers Crit and rounding things off with a win over 35 laps of a one mile circuit at Eastways.*

Bognor Win for Sharples. In the Bognor Regis Open 10, Jon Sharples produced a 29mph ride to win in 20-38 ahead of Tony Harvey (RAF CC) who recorded 21-20 and Chris Worsfold (Team Clean) 21-49. Boyd Johnson improved to a personal best of 21-58 and Mark Brittle completed the Rovers winning team with a time of 22-28.

Team Win in ESCA 50. A personal best of 2-08-07 gave Tim Wells 5th place in the ESCA 50. Backed by Keith Newsam, who smashed the Club Juvenile record by over 4 minutes with a 2-12-24, and Colin Jones, just 4 seconds behind in 2-12-28, Eastbourne notched up another team win. Peter Moon in his first 50 produced an excellent 2-15-05. The race was also the Rovers 50 mile Championship with Tim Wells the winner.

Second Bognor Team Win for Eastbourne. In the second Bognor Open 10, Nick Leech and Boyd Johnson both improved to new pb`s of 20-50 and 20-59 respectively. Jon Sharples completed the winning team with a 21-07 and the team time of 1-02-56 was also a new Club record. Further pb`s were recorded by Alan Rolfe 21-29 and Colin Jones 22-20. Comeback veteran Harry Featherstone produced a superb 22-24 to take first vet with a plus of 8-51. Just behind Harry was Keith Newsam in 22-34 and more pb`s were recorded by Kevin Burton in 22-49 and Charles Robson in 23-43. The Club vets on standard team record fell to Harry Featherstone (+8-51), Charles Robson (+8-17) and Colin Jones (+5-39). The race was won by Sean Yates in 19-14, one of the year`s fastest times.

Team Win & Record in Essex Roads 100. Trying his hand at the distance for the first time, Lloyd Grayston took fourth place in 4-04-06 just ahead of team mates Jon Sharples, who was fifth in 4-04-30, and Simon Prior, ninth in 4-08-10. Together they took first team and set a new Club team record of 12-16-46.

Seventh Win for Willis. Steve Willis showed his class and skill when he bagged his seventh win of the season in a fast and furious Maidstone Town Centre Crit. Breaking away on the first corner of the 30 lap race with two other riders, the trio managed to stay clear eventually lapping the field at an average speed of over 28mph. Steve was the first out of the last corner and held on for a Cippolini style finish.

Team Win in the ESCA 100. First Rover was Lloyd Grayston in fourth place in 4-17-21 followed by Stuart Davis fifth in a personal best of 4-18-58 and Simon Prior seventh in 4-20-47. These three were the placed riders in the Club Championship and took first team in the event. Stuart Davis also took first handicap and Peter Moon, riding his first 100 in 4-35-08, took second handicap. Charles Robson was second on standard with +48-04 and Colin Jones third with +46-32.

Hertfordshire Wheelers Open 25. Keith Newsam, now 16 and a junior, took a superb third place and first junior award with a new Club Junior record of 56-11. Backed by Dave Cox, who produced a new pb of 58-59, and Jon Hollidge who recorded a 1-01-39, the three Rovers took first team in the event, which was won by Andy Lyons (Wembley RC) in 51-04.

First Win for Peter Moon. Only signed to Eastbourne this year. Peter Moon took first place in the Chelmer Cycling Club's Middlemarkers 25 with his first under the hour ride of 59-29. Only other Rover was Charles Robson, who produced a 1-04-51 on a windy morning.

Rovers Successful in VTTA (Surrey & Sussex) 10. Riding on the East Hoathly/Boship course, Harry Featherstone won the event with a plus of 7-35 and was fifth fastest in 23-40. Colin Jones was third fastest in 23-18 and between them the Rovers duo took first team on standard for Eastbourne. Paul Woodman (Team 2000) was first on time in 21-48.

Jon Wins Eastbourne Rovers Open 25. Returning from holiday, Jon Sharples produced the winning time of 55-38. Second place went to Nick Leech in 57-04 and, with Lloyd Grayston fourth in 57-33, the Rovers recorded another team win. Harry Featherstone took second vet on standard with +18-36.

Super Fast Leech. In the Essex Roads open 50, Nick Leech produced a superb 1-48-22, the second fastest time in the Club's history, only bettered when Jon Sharples set a new Club record of 1-47-57 earlier this year.

Shaun Gets a Good Result in the Surrey League. Shaun Reed showed good form to finish the Surrey League Five Day Race competing against the country's top cyclists such as Chris Lilleywhite, Chris Newton, Julian Winn, Julian Clarice, Russell Downing and Rob Reynolds-Jones all from the Linda McCartney pro team and Gethin Butler, John Ibbotson, Joe Bayfield, Paul Eposti and Huw Pritchard from Team Men's Health and many other top elite riders. Shaun managed 11th in the time trial and 20th overall - a pretty creditable result.

Rovers Record Breaking Veterans. In the VTTA (Wessex) Open 25on P901/25, produced a 58-28 to take second on standard with a +21-37 behind winner John Woodburn (Northovers CC) +23-28. Harry led Eastbourne to a team win on standard in the event helped by Charles Robson (+18-10) and Colin Jones (+13-16). Their aggregate plus of 53-03 also broke the Club vet on standard team record by nearly 9 minutes. In addition to this, a new Club fastest vet team record was set by Harry, Colin (58-55) and Kevin Burton (1-00-02), their aggregate time being 2-57-25.

Awesome Wells! In the Essex Cycle Racing Association's Open 50, Tim Wells recorded a new pb of 1-57-05, which means he has now improved by a massive 11min.02secs. in one season. The event was won by Michael Hutchinson (Cambridge Univ.CC) in 1-38-29!

New Record for Jon. Jon Sharples, who recently set a new pb of 52-38 in the Essex Roads Open 25, was in Essex again for the ECRA Scratch Championship and produced a superb 50-31 establishing a new Club record and taking second fastest behind Steve China (API Resprays) who won in 49-28.

Second fastest Rover was Alan Rolfe in 54-21, just ahead of Keith Newsam, who improved the Club Junior record to 54-45. These three riders set a new Club 25 mile team record of 2-39-37. The remaining three Rovers also improved. Stuart Davis produced a pb of 54-50, super vet Harry Featherstone recorded his fastest time of the season with a 55-15 and a pb for Tim Wells of 56-34.

Keith Gets Bronze in the Nationals. After winning his heat, Keith Newsam took third place in the GHS Juvenile 10 Mile Championship at Betteshanger in Kent. Keith produced a time of 22-39 only 4 seconds behind Kris Story (CCA Eurotel) who took silver. The winner was pre-race favourite Kieran Page (MCS-Wightling RT) in 21-18, which equalled the championship record.

Philip Is Prince of Preston Park. Eastbourne's youngest racer, Philip Smith, has been crowned prince of Preston Park after the season long under 12's competition. The speedy Rover's end of season tally of 158 points secured victory ahead of Adam Gent (unattached) 132, Sarah Baker (Lewes Wanderers) 124 and Neil McClelland (Worthing Excelsior) 122.

Team Win for Rovers in Bognor 25. Jon Sharples took third place in 53-25 in the Bognor Regis Open 25 between Arundel and Chichester. The race was won by Michael Hutchinson (Cambridge Univ.CC) in a new course record time of 50-59. With the help of Alan Rolfe, who recorded 56-06, and Boyd Johnson 56-30, Jon led Eastbourne to yet another team win.

Another Record for Jon. Riding in the Andover Wheelers Open 10 on the Andover by-pass, Jon Sharples shaved another two seconds off his Club 10 record to record a 20-22. Winner of the event was James Gilfillan (Total Fitness) in 19-45.

The ESCA Weekend. A strong southerly wind made it hard work to the turn in the ESCA Open 10. The most successful Rover was Harry Featherstone, who recorded 24-23 to take first vet on standard with a plus of 6-52. In the ESCA Open 25 the following day, the two fastest Rovers were Tim Wells in 1-01-15 and Colin Jones in 1-01-30. Charles Robson's 1-07-14 was good enough to take second vet on standard with a plus of 15-16. In the combined result, where times from the two events are added, Tim Wells was fourth fastest in 1-25-13 and Colin Jones fifth fastest in 1-25-26. First vet on standard went to Charles Robson with a plus of 20-51 and second vet went to Colin Jones with a plus of 15-29. As I write this report, these times have yet to be confirmed.

ESCA Points Competition. It's nice to finish a report with a win and I've just seen the result of the ESCA Points Competition. This competition runs all season and Eastbourne Rovers are comfortable winners of the Team Competition with 103 points ahead of East Grinstead CC second with 55 and VC Etoile third with 49 points. In the Individual Points Competition, won by Richard Sutton with 120 points, Rovers took 6th place with Colin Jones (58), 8th with Tim Wells (55) and 10th with Jon Sharples (40).

EARS

BRIGHTON MITRE C.C.

I must start with news of Mike Watts. At the moment he is still in the Royal Sussex County Hospital. Some slight improvements have taken place, We think he can hear, he is moving his fingers on his left hand and he tries to open his eyes. We still do not know the circumstances of the accident but a solicitor is in the process of obtaining ambulance and police reports so we hope we will soon know the cause. Joan Shirley has been to see him several times and we hope that other people will make the effort. Better news of Ken Moffat; he is in a wheelchair and is also managing with a walking frame and crutches for some of the time. he is also hoping to get on the exercise bike soon. Congratulations, Ken, we look forward to seeing you home in the not too distant future.

Hope you have all recovered from the 24, what a great day that was. Cycling Weekly gave us more coverage and reported on our newsletter, which was very welcome. I have recently sent a letter to the Evening Argus re a letter which was in a previous issue from a stupid car driver who thought that as 'it' had spent £12,000 on a car 'it' should be free from having to slow down and wait for cyclists. 'It' didn't say whether 'it' was male or female but unfortunately that is the sort of mentality we have to put up with. I said in my letter that 'it' should be put in a strait jacket for the rest of 'it's' life.

Did you see the Tour de France this year? What a brilliant race. What a comeback by Lance Armstrong, to recover from testicular cancer and return to professional cycling was an amazing feat, but then to win the Tour!!! When the World Championships were at Goodwood in the early eighties the Americans sent a team over here and everybody thought they were a joke, but what a lot of jokers they turned out to be, with Greg Lemond winning the Tour, suffering a shooting accident then returning to win again in spectacular fashion. Can Lance win again again? I hope so.

Tristian Court is our major trophy winner this year so far, with 59.47 in the hardriders 22; 1.0.40 for the George Hill 25; 2.14.40 in the Fred Stenning 50 and he's also won the evening event series. Jay Chisnall has won the Fred Cooke 25 Bowl in 1.3.33 and the Bill Ticehurst 30 in 1.20.01 whilst the Hoggar 100 trophy goes to Peter Evison for his 4.30.33 at the distance. Back to our end of season rides, we have the Gerry Jackson 25, the Ron Hill Hillclimb trophy and the Vets B.A.R. The hillclimb is incorporated with the S.C.A. event on Kithurst Hill, 31st October at 11.00 a.m.

It's good to see a new name, Peter Evison, coming up on the winning list of riders and congratulations to Tristian Court for another very successful season. Tristian is also our social secretary and will take your orders for club dinner tickets. Jay Chisnall was also our most successful rider in his first attempt at the distance of 24 hour riding.

We have had a good nucleus of new members this year and I would like to welcome the following people: David Chapman, Gary Smith, Graeme Costa, John Manville (who also rode and finished the 24, congratulations John), Gary Noakes and second Brian Leaney who used to be in the Brighton Excel and is now first claim to Lewes Wanderers. If only we can get Daniel Paine and Tony Richardson back riding next year we could be seeing a record breaking year to start the millenium. At one event this year we had nine competitors, that must be a record for a few years.

Frank Blake

Westerley Road Club



Founded 1924

President: W H Townsend OBE

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Ref article by "William Hickey" regarding the Ladies Championship 10

Dear Sir,

it was with some annoyance that I read the article by William Hickey relating to the Ladies National 10. It is bad enough that someone feels it necessary to criticise the (entirely voluntary) organisation of such an event, but when the article is laced with errors the situation becomes intolerable.

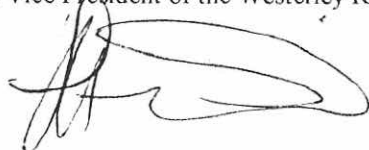
A huge amount of work went into the planning and execution of this prestigious event, which resulted in many compliments from riders, onlookers and the London West RTTC committee - on whose behalf the Westerley ran the event. The finishing riders certainly did not clash with starting riders - the start and finish being on opposite sides of the road!

With regards to the number of entrants, it seems that Mr Hickey certainly doesn't attend many Women's National Championships. The number of entrants was fairly normal, more than some Championships, less than others. But I'm not suprised that Mr Hickey wasn't aware of what is going on at this particular event - his article is so full of inaccuracies I wonder if he was there at all!

As for the headquarters, this was chosen as it provided by far the best facilities in the area **for the riders!** The catering was indeed not controlled by the Club, but generally found favour with both riders and supporters. There was available a large range of sandwiches in addition to those items mentioned by Mr Hickey. The result board and presentation stage - owned by the Westerley - have been deemed so suitable for National Championships that numerous other Clubs borrow them from the Westerley for their own major promotions, so presumably Mr Hickey's feelings are not universal!

So Mr Hickey's conclusion that the event was "awful" presumably means that his own experience of running National Championships has ensured better quality events. Perhaps he might like to invite me to comment on his own promotions (I assume that someone so ready to criticise has personal experience of organising major events) at some point in the near future. This year the Westerley only promoted a National Championship (our third in 25 years), an Open 25, two road races, the Westerley 100 and a program of some 15 club events for its own riders, so I am sure that our experience pales in comparison to that of Mr Hickey.

John Hoskins Vice President of the Westerley Road Club & London West District Chairman.



Dear Frank,

Your plea for a massive injection of support for the track is something akin to my own thinking, albeit that you have more practical experience than my own observationary comments.

I have in the past commented on the lamentable support and quite awful conditions which currently exist at Preston Park track. I can also well understand the council's reluctance to spend money when the small lunatic fringe make periodic sorties to smash and damage what little resemblance there is of a track and its outer buildings. What happened to Brighton & Hove Albion's ground can very easily happen to the Park. Yes, you are quite right, Frank, there is the immediacy to focus our attention on updating the Park's facilities. Curiously there is the answer staring us in the face; all it needs is a little tweaking of the current machinery to make this happen. I am reminded constantly of a very dear friend who is no longer with us, whose motto in life was "Do it". Don't even think about the whys and wherefores. So, Frank, here is the William solution to your immediate problems as far as the track is concerned, it is a ten point plan, most of which you can put into operation before the start of next season.

1. A special meeting of the Sussex Cycle Racing is called to consider some radical changes to the present curriculum.
Before the meeting is called the participants should have pre-rehearsed ideas based on actualities, not figment ideas, in other words the meeting has no time to listen to half-baked speculative schemes, which I had the privilege of listening to at a cycle race meeting some months ago.
2. A further meeting to discuss ideas with C.O.G.S. (since there is a surplus of monies in the funds for cycling activities).
3. Stan Shirley's donation to the E.S.C.A. is translated into availability for the track.
4. All clubs in Sussex, irrespective, are requested to support either financially or help, etc.
5. In line with current discussion on possible amalgamation of the two Associations, monies could be released for certain projects.
6. From these discussions a further working party be set up to explore the possibility of re-building or repairing the stand, toilets and possible boarding the rails surround, a Council grant to assist cannot entirely be ruled out.
7. Monies are made available to secure a starting gun; the loudspeaker system is overhauled; a track mechanic, a coach and an ex-policeman are retained; a P.R. lady is appointed to be responsible for a radio broadcast and sponsorship.
8. The Wednesday night is changed to Thursday. Goodwood on Tuesday and could pose a threat to the track riders, in particular to their recovery rate.
9. At all club A.G.Ms. each club makes a commitment, however small, to contribute something.
10. Lastly, why don't we approach Keith Butler to take over the track programme as part of the Surrey League. This would enable the track to prosper under a different style of management. It would also complement Goodwood and bring to the track a whole host of other clubs and their supporters.
It would also enable the Division to have a top B.C.F. spokesman to fight any preconceived ideas of utilising the track for other purposes.

Yours sincerely Frank,

William Hickey

To: The Editor, "BONK"

Dear Maurice and Esther,

I read Frank Blake's Preston Park lament with interest! With a couple of lads, whose time is at a premium now that they work in London, and still regularly compete I thought I should put pen to paper!

There are many reasons why youngsters no longer appear to be fascinated by competitive cycling, if you ask around I believe you will find that all physical sports are suffering a general malaise.

While in theory travel is easier, in practice I have not noticed any improvement particularly during rush hour periods, school delivery times and on Sundays now there is all day shopping. From a journey time perspective Tunbridge Wells is no nearer Brighton than Herne Hill or Welwyn. With no viable public transport able to move more than 2 cycles at a time to these venues, coupled with increased traffic volumes one is not encouraged to contemplate the necessary journey.

It is usual today for participants to have interests in several sports, in the past it was rarely so and consequently it was normal to find greater participation in club activities. Those of us who follow other sports are very thankful for the dedication of local organisers who allocate their own time to make the cycling the sport it is.

Perhaps it is now time for new thinking before cycling dies. Veterans keep time trials alive and if it were not for our participation the discipline would be dead. Many potential participants are put off because they have to join a club. In the business world, because families are frequently on the move they are less inclined to join in club activities. I am certain that more flexibility from staid club members, coupled with an ability to join a HQ club would swell numbers participating in club and open events.

I am also in favour of encouraging youngsters to take their turn at organisation activities, as well as just riding bikes; they would gain a greater respect for the difficulties and tediousness encountered by judges, marshals and organisers. Perhaps us oldies should stand aside and involve them in all aspects of the sport.

There is no getting away from the fact that cycling needs more bums on seats and new ones at that! While it would be refreshing to see a great influx of youngsters I suggest that we need self-motivated, talented young people and generally speaking, those are the guys and gals who join up now and are the backbone of youth cycling today.

We are not going to turn the participation problem completely around and handfuls of cash thrown at it will do little! At best we should seek to improve recruitment to a steady flow and perhaps aim at the 20+ brigade who have jobs, passed exams and are beginning to settle down on a basis that cycling is fun and keeps you fit! Although the traffic problem has not affected our family it is a fact that many parents won't let their kids on the road. I have to say that I really can't blame them when you encounter the antics of some drivers. Basically people no longer have the time for club runs which include, lunch and tea, at best most people can manage a couple of hours. How many clubs still have club runs on Sundays?

Cost of equipment has a bearing on the sums people are prepared to invest on the basis that they may not like the sport! Welwyn Wheelers provide a variety of non-pedigree steeds for new comers to hire. However, club members do put in a lot of time and effort to keep them running and I doubt that hire rates fully cover running costs!

So what are you going to do with £5,000? With out sound ideas it is cash down the drain! Harlow I believe did have many thousands of pounds put aside for a replacement track which seems to have vanished! Can't that be found, utilised and enhanced with new money to build a super indoor track, which is accessible and cost effective and becomes a benefit for all SE cyclists?

In my view, new thinking, one body to represent the sport, cut out the politics, nest feathering and remove obstacles. Introduce a HQ club, greater flexibility; encourage youngsters on to the sport's organisation body. The BCF, RTTC and other associated micky mouse organisations have to get real, clean up and get their acts together or competitive cycling, as we know it today will disappear faster than anyone imagines.

Keep the pedals turning,

John Watson

HICKEY TALKS ABOUT DRUGS

CREATINE - A MYTH OR A FACT!

Most readers will have seen the nearly weekly advert in Cycling weekly, in particular for its claimed advantages, with apparently no downturn effects. Clearly from the advert it has the blessing of most competitive sporting organisations, and as it points out, is not yet on the I.O.C. banned substance list. Apart from Cycling Weekly, it can be obtained from health shops, excluding Boots who I suspect have to be a little more circumspect.

I am aware that certain clubs in Sussex advocate it to their riders. which brings me to the main point of this article. is there an unfair advantage in competition in those who partake of artificial stimulants as opposed to those competitors who don't? and is this mirrored in the pro peloton in Europe which has received no adverse press in the last twelve months.

It is very wrong and totally irresponsible for makers to pronounce their product is totally safe and that in truth this man-made chemical is only part of a naturally occurring ingredient in red meat!! I'm not sure how vegetarians or Jehovahs Witnesses bypass this!! In point, is it cheating in a different way?

The advertisement also states in broad terms that if you don't increase your performance, endurance, strength, stamina, power and more, in two weeks, just return the bottle for a no hassle money back guarantee. How on earth this is authenticated quite escapes me. But in any event this type of guarantee has very wide implications which I'm not sure is in the interests of young or OLD to participate.in

I am also reminded that in the past certain widely accepted substances that were nationwide advertised were subsequently proved flawed and immediately taken off the counter.

I think it both dangerous and irresponsible to play around with the body on artificial substances that could have long term effects.

W.H.

CHRIS MARTIN of Lewes Wanderers on the National 24

Had photo taken at the start with my team mates Peter Baker and Tony Gale. Great atmosphere, loads of people clapping each rider as they started. Important riders like Andy Payne were being interviewed by the press. Nobody wanted to interview me.

At 12:52 off I go to cheers and applause. Felt great really positive and up for it. The first six hours went great (hot & sunny) with Bob Comben passing me up drinks, Power Bars and bananas as I requested. Only once in a hurry to get the lid off did he tip some of the bottle over me in the hand-up. I remember thinking 'Christ I've got sticky old Hi-5 all over my new expensive shorts, I hope it doesn't stain.'

Horry Hemsley had had some large very professional looking signs made for the Lewes riders to go in the cars, and every time I saw my vehicle go past it made me feel important. This contributed to my ongoing effort at positive thought, i.e. I've done an hour, not I've got 23 hour to go etc. Throughout the event people would clap and encourage you from the road side, it really did help.

I averaged 21mph for the first six hours. After one hour I was caught for eight minutes by Nick Gardiner, who ended up fourth, beating me by 3 miles. After two hours Simon Prior in aero hat and on his low-pro came flying past me for nine minutes, pushing some huge gear as he powered away. One and a half hours later I caught and twiddled my way back past him - still pushing a huge gear, but with a cadence that looked like he was about to stall.

At about 90 miles I caught Tony Gale and had a chat. Peter Baker was just ahead: he had been sick and wasn't feeling good. A nice touch was the three of us talking side by side for a couple of hundred yards before we went our separate ways. Peter continued being sick and had to stop. I saw him on the evening circuit sitting besides Chris and Sandra Hill's car (his helpers). I knew by the ghostly look on his face that he shouldn't and couldn't go on. He was very disappointed. If Peter had finished we would have easily won the team prize, as he would only have had to complete 288 miles; but he gave his all and life is full of ifs and onlys.

After six hours I had caught and passed No. 50 Andy Cook (he finished 3rd just less than nine miles ahead of me). His helpers seemed to pass me every couple of miles, but I didn't mind as each time I passed they clapped me and a pretty girl with them smiled at me. It all helps, you know.

After about seven hours the temperature began to drop and I made my first stop for leg warmers, clean socks and overshoes. I had a five minute sit down and ate a chicken roll and a fruit bun, the first break from Hi-5, Power Bar and bananas. After this stop I never returned to my previous speed.

In the heat I had not needed to stop for the call of nature, but from now on I would be plagued by the need to pee, every 10 or 20 miles and when I stopped I seemed to stand there for ages before I could go.

At nine and half hours I put my long sleeved vest and headlights on. The batteries lasted about two hours and I used the lights one at a time until they went out, then Paul Gibbons (who had taken over from Bob) removed the expired light and re fitted it with new batteries at the next pee stop.

It started to rain during the night and I had to ride in my waterproof cape. I stopped at one of the feeding stops on the A22 for about five minutes and had a cup of soup and a slice of bread. Tony was there: he had been having problems keeping any food down and had just been sick all over his bike. Horry had helped clean him up and sent him on his way in fresh glove. We set off together and had a brief chat in the darkness.

I turned my headlights off just after 4 am. on my final leg (3rd) on the A22. I could see people again at Golden Cross - it was good to see all the Wanderers who gave me a big cheer (much appreciated). From then on it was a battle into the wind heading west again, the on off rain meaning on off on off with the rain cape.

With about six hours to go I was falling asleep whilst pedalling, so stopped for five minutes for a cup of tea and a jam roll. After this I was fine and ended up on the finishing circuit with about four hours to go.

Going through Dial Post was great as there was a good crowd including a healthy contingent of Wanderers applauding and even shouting my name. Mick and Sylvia Burgess had turned up in the early hours to relieve Paul, but he had decided to stay with me to the finish. So they all helped and encouraged me, even nagging me to speed up for the last few laps.

I finished. Mick loaded all my stuff into my car. Had some tea and bread pudding courtesy of Sylvia and watched the awards ceremony with Tony, who had finished a few yards short of 400 miles. I had set out to average 18 mph (432 miles) and ended up with 438. My only negative thought is that as usual I didn't 'get it all out,' as apart from a very tender (enough said) groin. I felt really good at the finish.

Looking back I loved every minute of the event, it was superbly organised with so many people making it the best cycling event by a country mile that I have ever been involved in. My helpers were brilliant and thanks to every one who turned up at the event in whatever capacity, especially the Wanderers. It will be hard to go back to being a short distance Sussex journeyman.

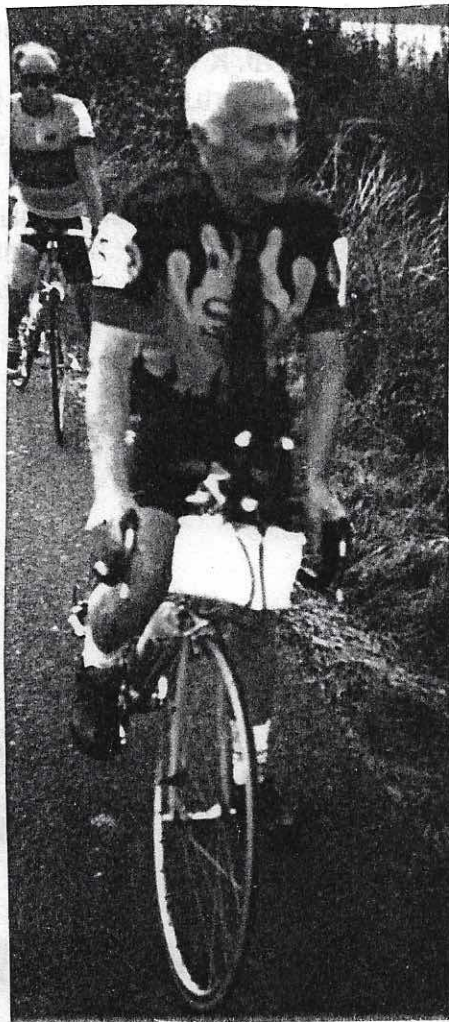
SOUTHBOROUGH WHEELERS

Our club connections with the French 'Cyclo-club de Lambersart' continue fruitfully. In June it was our turn to entertain them on a cycling weekend from Dover to Tunbridge Wells and back. It proved to be successful if somewhat exhausting for them. The fifty five mile first leg treated their seven riders and our six to a hailstorm, several punctures and a lost team at our club's back-up feed station. The wash and brush up at different houses was very brief as a barbeque at Pete & Gwyneth's was next on the agenda. The following morning listed a communal breakfast at the clubroom, an old fashioned clubrun led by Pete with elevenses at Geoff Abraham's house, lunch at the Tree home at Maidstone then a pub visit with several other club members at Staplehurst before riding back to Dover! Phew!

The racing scene has been good and bad this year. The good side has been the successful and well supported club events programme with some thirty riders participating, the two very popular evenings on the Brands Hatch circuit and the open road race at Frant. Warwick Dunford almost all the twenty plus club events. David Watson ably organised Brands Hatch and Colin Nightingale the Frant event. The bad side was the fragmented effort in both open time trials and road races.

Jimmy George has been consistently good at 10 and 25 miles with two 56's on unfashionable courses to his credit. Colin has the season's best 25 with a 55 as well as his 56 and 57. David Watson also has a 56 and Gareth Robb a 57. Unfortunately they all rode different events on different days so the comparisons are difficult. Martin derham, Kim Vivian and Les Hayman all did personal best 50s (Martin by twelve minutes!) in the ill-fated short course Southend event. Peter Watson and his Dad, John, picked the full length Essex Roads event for personal bests of 2.2.44 and 2.6.50 but Colin Nightingale upstaged them both with his 2.0.30 in the Essex CRA race.

Five riders completed the the Kent C.A. 12 hour on August 1st, the hottest day of the year. Only one exceeded 200 miles! Pete Holland and James Macnay rode the tandem trike. This was the first of three 12 hours that Peter rode - one on a solo trike and another on his bike. His 214 miles in the latter was the year's best. Since he'd already completed the 24 we thought he'd had a hard year. He described it as 'quiet'.



Les Hayman at the start of the KCA 12 Hour

Two new ventures on the Sussex courses were our open 25 which attracted only fifty eight riders and an interclub with Eastbourne Rovers which attracted twenty seven. Both were well run and enjoyed by all.

World travel this year include Pete Crofts in Bolivia, Noddy Challen in China and Russia and Terry Collins who has been working in India. Nearer home Terry and Geoff Abraham have ridden randonees in France and the Watsons are off to the Duo Normand.

Carl Streeter (he with the broken back) has been riding on the track in the hopes of selection for events at the Games for the Diasabled.

A special mention should be made of Ron & Veronica Hayward who have provided refreshments at K.C.A. events, V.T.T.A. (Kent) events, club opens and other odd races. We are fortunate also to have Peter & Val Tree providing tea and buns after all club events and those at the clubroom.

I could have reported a clean bill of health all round but for Colin's pot hole crash in the Lewes Crits which left him looking like a jigsaw puzzle where the edges don't quite match. Luckily he's fully recovered.

Roamer

**CLOSING DATE
FOR THE CHRISTMAS EDITION OF BONK**

NOVEMBER 17TH 1999

SUSSEX NOMADS

The Nomads are living up to their name by moving house, wandering around on holidays and some even racing in far off Essex and the like. We already have members living in north London, Norfolk, Sunderland, even Egypt, not to mention Worthing and Crawley.

Barry Smith has moved a short distance away from his previous place, possibly to get away from Andrew so that he can sneak out for secret training. Roger Davis has left Saltdean for a more salubrious address in Rottingdean; from his description it is a highly guarded fortress to enable him to leave his new bike secure whilst he is in Spain with the other new bike. I assume William has moved too, possibly he has a tent somewhere adjacent to work as his car is prone to breaking down. Tim Hully has moved a short distance away but still in Burgess Hill and Adrian Morris is on the move, possibly to allow more room for the computer. I heard that a member who shall remain nameless is hoping Geoff will move so he can have a new neighbour, possibly female and preferably who does not ride the turbo at midnight and get up at 5.00 a.m.

At the time of writing two of our members are tackling Lands End to John O'Groats. Alan is riding with his son Alan and a friend whilst Dorothy is back-up in the van. Last heard of at Glen Coe in a Youth Hostel, almost there although I thought Glencoe was a bit off the route; but what do I know? Geoff and Nicky did a seven day tour of Devon and Cornwall, mainly to see the eclipse. I think Geoff was the cause of the phenomenon rather than the moon.

Our ten series was well supported and we were lucky with the weather. Times on our SPOCO course are not super fast but it's the evening that counts, plus of course a chat in the pub afterwards. The club had a good turn-out for the S.C.A. team championship but Theresa's puncture put paid to any awards and although Joss did a 4 he has since been working too hard, so I am told. The fastest 25 trophy sees Martin Penfold in the lead with 1.2.25. Another new member John Romer is on 1.3.30 and Theresa Thompson also has 1.3. to her credit but I do not know what the seconds are. Geoff Boore has, of course, been riding events all over the place, his fastest 25 being 1.5.01 (or 1.4.61) and he managed a 2.16.41 in the Bognor 50. Geoff and Martin rode a tandem 10 and managed 23.22, this beats Geoff's fastest ever done in the fifties with a certain Chris Shafer.

We have recently done a bit of marshalling in the S.C.A. 12 and of course the National 24. I just cannot imagine what riding a 24 must be like, a 12 is a motorway bridge too far, but it brings out all the older cyclists so it is a good social occasion.

John Romer has been riding in Surrey League events as well as the Lewes crits and managed to finish in the main group; in time trials where it is perhaps easier to see a result he has recorded 23.27 for a 10 as well as the aforementioned 25.time. he was unlucky to break a saddle in the Bognor 25 and was, of course, D.N.F. Richard Harwood has also ridden Surrey League events, having the same results as John but finds it more exciting than testing.

Still to come this year, the Xmas 10, free mince pies and coffee and possibly funny hats. All are welcome, Wineham Lane, December 19th at 10.00 a.m.

In the future for the year 2000

Club Dinner January 21st
Club 5 mile t.t. February 20th
Reliability Ride March 19th

plus a 10 series and a 25. and of course, all being well, the Archers that non road race in France.

That's it. Keep well.

Nomadibus

E.S.C.A. EVENTS

Sunday 5th March Hardriders Entry fee £4.50 Close 22.2.2000
Mr. G. Lade, 66 Wilton Avenue, Hampden Park, Eastbourne BN22 9HY

Sunday 9th April 2 up T.T.T. Entry fee £9.00 per team Close 28.3.2000
Please use correct forms.

Mr. L. Hayman, 25 Chieveley Drive, Tunbridge Wells TN2 5HG

Saturday 15th April 10 miles Entry fee £4.50 Close 4.4.2000
Mrs. V. Stringer, 24 saxon Road, Steyning BN44 3FP

Sunday 16th April 25 miles Entry fee £4.50 Close 4.4.2000
Mr. D. Freeman, 54 Pevensey Road, Hastings TN38 0LS

****The 10 & 25 will again carry an overall classification****

Sunday 18th June 50 miles Entry fee £4.50 Close 6.6.2000
Mr. A. Hinton, 14 Foxhill, peacehaven BN10 7SE

Sunday 16th July 100 miles Entry fee £6.50 Close 4.7.2000
Mr. G. Jeffs, 90 Southridge Rise, Crowborough TH6 1LJ

Saturday 16th September 10 miles Entry fee £4.50 Close 5.9.2000
Mr. A. Cook, 9 Honeywood Road, Horsham RH13 6AE

Sunday 17th September 25 miles Entry fee £4.50 Close 5.9.2000
Mr. R. Blackmore, Ladymead, Snowhill, Crawley Down RH10 3EE

****The 10 & 25 will again carry an overall classification****
There will also be a tandem event with these two events.

LEWES WANDERERS

What's been going on in the land of the Wanderers? Well Rotrax may well deal with certain racing results but behind the facts and figures lurk the real nitty gritty. Let's start with the matter of diets and feeding in long distance events.

First and foremost is Chris Martin's banana, Power Bar and High-5 diet. Start with a Power Bar, hour later a banana, washed down with High-5 sucked up the tube direct from the bottle; repeat this every hour later. Seems to work though, check out his results in the National 24 and S.C.A. 12. There is a side effect though, your arms get longer, more hair and a tendency to do somersaults and swing into the saddle. A research project is underway to determine which ingredient is the cause. Peter Baker's approach is to take the whole family to Tesco's. wander round and buy whatever takes the fancy. These purchases are then left in the wrong car by the helpers. Helpers then hand up or suggest other foods which are met with 'don't like that'. Item is then force fed and Pete is sent on his way. Side effect, forced feeding makes him sleepy. Tony Gale, cereals and milk but only when he can stop and eat from his favourite bowl. Side effect you just miss out on 400 miles in a 24 hour. Horry Hemsley, apricots and dried fruit, side effects, you walk away from your own car at the end of a 12 hour.

June was a busy month apart from our evening crit series, where a certain senile old git mucked up the laps in one event so it was declared null and void. We also ran three club time trials: 25 and 30 mile championships and the circuit of Earwig. Dave Pollard won the first two and Paul Hunt the circuit event. All had rather small fields.

Horry Hemsley and Mick Burgess took themselves off with Graham Baxters Sporting Tours to ride L'Etape du Tour and both completed the course, albeit a good way behind the first finisher. The trip also allowed three visits to the race itself but you get the impression the eating and drinking held as much interest for our two who both enjoyed the trip.

Mick Rabbetts and his tireless team again ran the E.S.C.A. 100 on a fine day. Their reward a record breaking ride by Nik Gardiner and a reasonable field by local standards.

Rumour has it that our President Sylvia was enticed back onto a bike while on holiday in France. No photographic evidence exists but the emphatic "I'm not going back to that" does not suggest a full return to cycling.

Peter Baker and family keep popping over to France to ride various events and young Sarah manages to push Dad round on the tandem. Pete also took Phil King, Steve Chittenden and Mick Burgess to a sportif event at Abbeville where in the 135km event Peter was first Englishman home and picked up a trophy.. The other three stumbled in later having enjoyed the trip. The following day they rode a 100km randonnee over some very rolling countryside and enjoyed the peace that almost traffic free roads bring. On the subject of cycling abroad Nigel Siberry went to the Rotary World Championships in Amsterdam. These are age related and he came 7th in his group on a very interesting twisty, cobbled circuit, without falling off. On the falling off scene Steve Chittenden did that at the Boulogne randonnee that he rode with Dave Nunn. No real damage but it has spoiled Steve's co-ordinated coloured tyres.

Pete Burberry went off to visit the Stevens' lot in the far north and has not been seen since - has he forsaken north Wales? Time will tell.

Burke & Hare

EAST SUSSEX CYCLING ASSOCIATION
1999 POINTS COMPETITION RESULT

INDIVIDUAL

1	RICHARD SUTTON	VC Etoile	120
2	ANDY SELTZER	East Grinstead CC	81
3	PAUL JAMES	Crawley Wheelers CC	75
4	ANDY PAYNE	GS Stella	73
5	DAVID POLLARD	Lewes Wanderers CC	59
6	COLIN JONES	Eastbourne Rovers CC	58
7	CHRIS MARTIN	Lewes Wanderers CC	56
8	TIM WELLS	Eastbourne Rovers CC	55
9	STEVE DENNIS	East Grinstead CC	50
10	JON SHARPLES	Eastbourne Rovers CC	40

TEAM

1	EASTBOURNE ROVERS CC	103
2	EAST GRINSTEAD CC	55
3	VELO CLUB ETOILE	49
4	GROUP SPORTIV STELLA	34
5	LEWES WANDERERS CC	28
6	CRAWLEY WHEELERS CC	27
7	SOUTHBOROUGH & DISTRICT WHEELERS	16
8	21ST CENTURY AIRPORTS CT	15
9	HASTINGS & ST. LEONARDS CC	13
10	BRIGHTON EXCELSIOR CC	8

EAST SUSSEX CYCLING ASSOCIATION - 1999 B.A.R. RESULTS

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

		<u>25</u>	<u>50</u>	<u>100</u>	<u>Av.mph</u>
1	DAVID POLLARD Lewes Wanderers CC	58-07	2-01-19	4-12-03	24.781
2	RICHARD SUTTON VC Etoile	57-48	2-02-26	4-12-28	24.740
3	ANDY SELTZER East Grinstead CC	58-29	2-08-19	4-19-49	24.040
4	ANDREW PAYNE GS Stella	1-00-22	2-12-05	4-22-41	23.467
5	TIM WELLS Eastbourne Rovers CC	1-01-15	2-08-07	4-27-03	23.458
6	CHRIS MARTIN Lewes Wanderers CC	1-00-47	2-11-31	4-30-59	23.210
7	DAVID DIXON Hastings & St.Leonards CC	1-01-08	2-08-32	4-36-24	23.195
8	COLIN JONES Eastbourne Rovers CC	1-00-59	2-12-28	4-35-03	23.019
9	PETER MOON Eastbourne Rovers CC	1-04-45	2-15-05	4-35-08	22.394
10	KIM VIVIAN Southborough & District Wheelers CC	1-05-04	2-16-29	4-54-12	21.809
11	GRAHAM TULETT East Grinstead CC	1-06-14	2-15-37	4-56-21	21.671
12	JAY MILES Hastings & St. Leonards CC	1-06-07	2-21-01	4-54-52	21.436
13	LES HAYMAN Southborough & District Wheelers CC	1-08-11	2-22-46	4-55-02	21.119
14	MICK BURGESS Lewes Wanderers CC	1-18-47	2-51-07	5-51-14	17.885
15	CHRIS PARKER Hastings & St.Leonards CC	1-21-48	2-49-56	5-42-41	17.833
TEAMS: 1 EASTBOURNE ROVERS CC		T.WELLS, C.JONES, P.MOON			22.957
2 Lewes Wanderers CC		D.POLLARD, C.MARTIN, M.BURGESS			21.958
3 Hastings & St.Leonards CC		D.DIXON, J.MILES, C.PARKER			20.821

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

		<u>25</u>	<u>50</u>	<u>100</u>	<u>+ mph</u>
1	DAVID POLLARD 42 Lewes Wanderers CC	58-07	2-01-19	4-12-03	3.428
2	LES HAYMAN 66 Southborough & District Wheelers CC	1-08-11	2-22-46	4-55-02	3.255
3	COLIN JONES 52 Eastbourne Rovers CC	1-00-59	2-12-28	4-35-03	3.200
4	CHRIS MARTIN 40/41 Lewes Wanderers CC	1-00-47	2-11-31	4-30-59	1.639
5	KIM VIVIAN 45 Southborough & District Wheelers CC	1-05-04	2-16-29	4-54-12	0.929
6	GRAHAM TULETT 43 East Grinstead CC	1-06-14	2-15-37	4-56-21	0.477
7	MICK BURGESS 64 Lewes Wanderers CC	1-18-47	2-51-07	5-51-14	-0.243
8	CHRIS PARKER 43/44 Hastings & St.Leonards CC	1-21-48	2-49-56	5-42-41	-3.307
TEAM: 1 LEWES WANDERERS CC		D.POLLARD, C.MARTIN, M.BURGESS			4.824

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

		<u>10</u>	<u>25</u>	<u>50</u>	<u>Av.mph</u>
1	ANGELA NAINBY East Grinstead CC	26-01	1-08-46	2-19-34	22.123

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

		<u>10</u>	<u>25</u>	<u>Av.mph</u>	
1	KEITH NEWSAM Eastbourne Rovers CC	25-25	1-05-32	23.248	
2	STUART MADDOCK Lewes Wanderers CC	26-29	1-10-11	22.014	
3	CHRIS MERRITT Hastings & St. Leonards CC	29-44	1-17-40	19.746	
4	DAMIEN TAYLOR Hastings & St.Leonards CC	19	29-50	1-20-54	19.326

East Grinstead Cycling Club

After a long absence from this 'organ' we're back and humble apologies to all for our non-appearance in the past umpteen issues – truth is the 'Scratchman' got a puncture and its taken a while to find him and mend it! Still, in the meantime he did manage to finish the event [a '50'] and still did a 1.44 ! Firstly my thanks to the Eastbourne Rovers correspondent in the last issue who cured my chronic insomnia – try reading it I guarantee you'll be asleep in seconds!

In a rash moment I visited the Lewes Wanderers web site where I was asked to take beer with them at their quiz night [thanks I'll bring the wife – high IQ non – cyclist] to laugh at some of their club records and take a 'virtual' tour of In Gear Cycles, with the very virtual Pete Roberts. Whatever next, maybe we could all link our turbos via the Internet to save actually [or virtually] racing on the roads.

Life goes on at the good ship EGCC heading towards our 50th anniversary in January 2000 - see invitation below.

One of the reasons why we have been such a popular and successful club over the last 50 years has always been our glamorous ladies. More recently seen gracing the national and international cycling scene are Natasha Maes [often riding in her native Belgium] and Lisa Thompson. On Lisa's winter visit to New Zealand she decided to enter one of the local road races and to quote her words afterwards 'I only went and bloody won it!' Lisa's racing prowess was also admired recently by two motorcycle outriders in the women's national road race championships, who personally escorted her to the finish line! Funny, it never happens to me.

Miles F Latout

<p style="text-align:center"><i>You are invited to</i> Celebrate 50 Years <i>Of the</i> East Grinstead Cycling Club <i>At</i> The Meridian Hall East Grinstead <i>On</i> Saturday 29th January 2000 <i>Cost per ticket £25 – to include Dinner and Dance</i> <i>RSVP by 31st October 1999</i> <i>Lorraine Seltzer, 3 Blenheim Close East Grinstead RH19 3XN</i> <i>01342 324531</i></p>

SOCIAl CALENDAR

1999

WEDNESDAY 27th NOVEMBER
E.S.C.A. Annual General Meeting
Kings Head, East Hoathly

NOVEMBER 21st
E.S.C.A. RELIABILITY TRIAL & LUNCH
Kings Head, East Hoathly

NOVEMBER 26th
SOUTHBOROUGH WHEELERS DINNER
Hilden Manor, Hildenborough

NOVEMBER 28th
V.T.T.A. Annual General Meeting
Worth Road Community Centre, Pound Hill

DECEMBER 11th
CYCLISTS' CAROL SERVICE
St. Mary's Parish Church, Hailsham

SOCIAL CALENDAR

2000

JANUARY 9th
E.S.C.A. LUNCH
Rocbuck, Laughton

JANUARY 12TH
MID-WEEK SECTION LUNCH
Kings Head, East Hoathly

JANUARY 29th
FELLOWSHIP OF 1066 LONGMARKERS
ANNUAL DINNER
Yelton Hotel, Hastings

JANUARY 30th
LEWES WANDERERS' RELIABILITY TRIAL
Chailey

FEBRUARY 19th
BRIGHTON EXCELSIOR DINNER
Airport Restaurant Lounge, Shoreham

FEBRUARY 26th
EASTBOURNE ROVERS DINNER
Aston Hotel, Eastbourne

EAST SUSSEX CYCLING ASSOCIATION - 48mi. RELIABILITY TRIAL
SUNDAY 21st NOVEMBER 1999

COURSE DETAILS

START at the King's Head, East Hoathly. Turn right on old A22 and proceed to The Shaw roundabout. Take second exit (straight on) and then turn left into Back Lane at Halland. Turn left at T junction with B2192 (care) and ride through Shortgate and along The Broyle past the East Sussex Gliding Club to Ringmer. Turn right just after the pedestrian lights (one way system). Follow road past the Church of St. Mary the Virgin to T-junction with A26. Turn right (CARE) past The Cock and then left. Follow this road across the River Ouse, past the Barcombe Mills Station Restaurant and the Angler's Rest to Barcombe Cross.

Turn right at the mini-roundabout and cross the Bevern Stream, keeping left at the first fork and right at the second fork just past Gipp's Wood. Follow this road to cross the River Ouse again and emerge at the pond at Piltdown. Turn left and almost immediately right to halt at the A272. Turn right (CARE) onto A272 and shortly take next left. Follow this road via Down Street and Funnell's Wood to Nutley. Turn left (CARE) on A22 past the Church. Take next right (GREAT CARE AND GOOD HAND SIGNALS) and proceed to B2026, where left and almost immediately right following Crowborough sign to join A26.

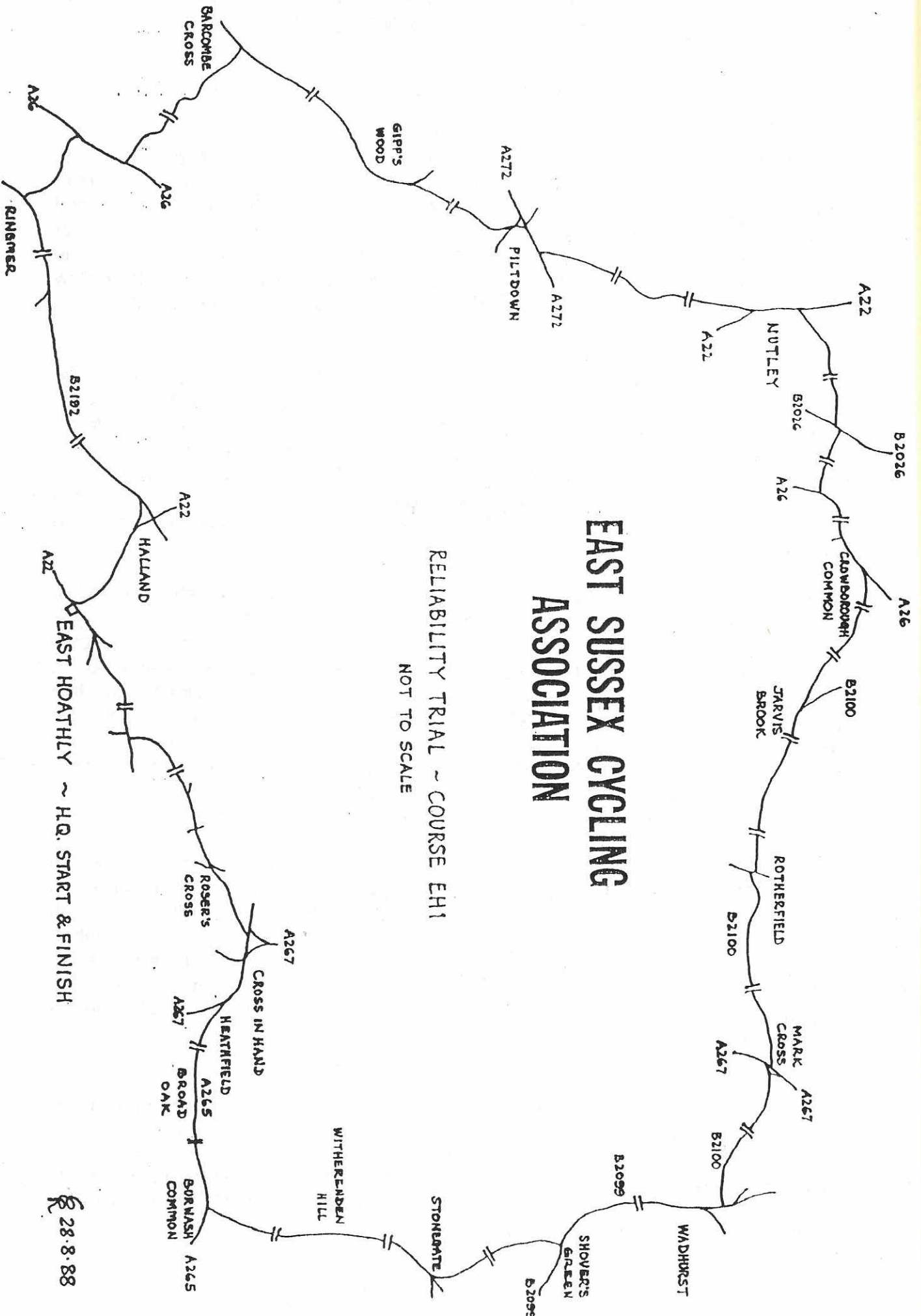
Turn left and climb past Crow & Gate PH to take next right (Sheep Plain Road) signposted Rotherfield. Keep your heads down but eyes open for flying balls as you ride through the golf course, go straight ahead at the Rose & Crown mini-roundabout and have your brakes ready for the descent past the Plough & Horses as you have a right turn over the bridge at the bottom of the hill. Proceed to Jarvis Brook T-junction with A2100 (HALT). Right (CARE) past Millbrook Garden Centre to Rotherfield following road to the right after the Church and then turning left (still on A2100) by the chemist. There follows a swift descent past the Methodist Church (PRAY) and under the railway bridge and on to Mark Cross. Halt at A267, then right (CARE), left and almost immediately right again (still on A2100) to T-junction at Wadhurst.

Turn right (CARE) and proceed through Wadhurst on B2099 to Shover's Green, where right (signposted Burwash Common) to Stonegate. Bear right past Church, down across the railway and across the River Rother via Witherenden Hill to Burwash Common. Halt at A265, then right (CARE) following A265 to Broad Oak. Straight on through Heathfield to Cross-in-Hand, where left and up the hill. Turn left again at the Methodist Chapel into Fir Grove Road and proceed through Roser's Cross carrying straight on till you reach a T-junction. Turn right (CARE) and up the hill following the signs for East Hoathly to finish at The King's Head.

NOTE: Full details of the course with Checkpoints, Mileages and Times will be in the Autumn issue of BONK. This will be the last ESCA Reliability Trial of this millennium so be sure not to miss it. Make a note of the date in your diary now! **Sunday 21st November, 1999.** Following the Reliability Trial there will be a Cyclists' Lunch at The King's Head, East Hoathly. **ENTRY FORMS & LUNCH BOOKING FORMS IN THE NEXT ISSUE OF BONK. Be sure not to miss it!**

EAST SUSSEX CYCLING ASSOCIATION

RELIABILITY TRIAL ~ COURSE EH1
NOT TO SCALE



R 28.8.88

EAST SUSSEX CYCLING ASSOCIATION
LUNCH BOOKING FORM

Please reserve me ONE seat for the Special Cyclists` Lunch at the King`s Head,
East Hoathly, on Sunday 21st November 1999

NAME _____ CLUB _____

ADDRESS _____

(PLEASE USE BLOCK CAPITALS)

THE MENU

Brussels Pate & Toast or Carrot & Coriander Soup

or Prawns in Marie Rose Sauce

Roast Beef & Yorkshire Pudding or Roast Turkey Dinner

or Baked Cod with Parsley Sauce or Provencal Vegetable Bake

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

I enclose cash or cheque for £7.30 **Cheques to be made out to "CG ROBSON"**

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

Lunch Booking Forms should be sent or handed to Charles Robson, 39 Winchcombe Road, Eastbourne, East Sussex BN22 8DE, **ON OR BEFORE WEDNESDAY, 10th NOVEMBER**

EAST SUSSEX CYCLING ASSOCIATION 48 MILE RELIABILITY TRIAL

ENTRY FORM

Please enter me for the E.S.C.A. Reliability Trial on Sunday, 21st November, 1999

NAME _____ CLUB _____

ADDRESS _____

(PLEASE USE BLOCK CAPITALS)

I aim to complete the

48 mile course in:-

2hrs.50mins.

3hrs.15mins.

3hrs.40mins.

4hrs.00mins.

Preferred group 1 2 3

Preferred group 1 2 3 4

Preferred group 1 2

I enclose cash or cheque for 60p

Cheques to be made out to "CG ROBSON"

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

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

SIGNATURE _____ DATE _____

Entries should be sent or handed to Charles Robson, 39 Winchcombe Road, Eastbourne, East Sussex BN22 8DE, **ON OR BEFORE WEDNESDAY, 10th NOVEMBER, 1999**