



THE OFFICIAL JOURNAL

EAST SUSSEX

CYCLING ASSOCIATION

Spring 2004

PRICE 25p

EAST SUSSEX CYCLING ASSOCIATION

President Jack Harris

New Series No. 94

Spring 2004

Secretary: Mick Burgess, 7 Sandridge, Crowborough, E. Sussex TN6 1JE

Treasurer: Mick Kilby, 11 Sherbourne Road, Hove, Sussex BN3 8BA

**Editors: Maurice & Esther Carpenter e-mail EsthrPp@aol.com ☎ 01424 751581
10 Maplehurst Road, Baldslow, St. Leonards o/s E.Sussex TN37 7NA**

Jack Harris



Our President for this year is Jack Harris of the Crawley Wheelers.

Jack began his cycling career with the Actonia CC but has stayed with the Crawley Wheelers since he joined them. During his membership he has performed many duties, including club secretary, chairman and racing secretary. As a member of the Surrey/Sussex vets, he is currently chairman, social secretary and time trials secretary, and is also promoter of a '10' for the Group on June 5th. On September 11th he's in action again as organiser of the E.S.C.A. 10.

Since exchanging his Reliant Robin for a proper motor, his one remaining idiosyncrasy is a deep love for Fulham football club and he ardently supports their cause.

Jack deserves the honour he has been given and we hope he enjoys his year in office.

Hopefully we will receive enough material to produce a Summer "Bonk" to be made available on July 11th at the ESCA 100. At the moment we have two items. Contributions received by July 7th will be included; anything later will go into the Autumn edition.

Brighton Excelsior

Unfortunately these notes are short but I'll endeavour to do better next time.

We had a good social season - a good group attended the S.C.A. Luncheon at which our Club provided S.C.A. with a President. Andrew Attwood was our chosen person for a well deserved honour for all he does for the sport and our own Club. On the 14th December we had our annual Christmas lunch at the Windmill, Littleworth. After a pre lunch ride to work up an appetite, we enjoyed a pint or two, handed our Christmas cards and generally did what the Exel have done for many decades. At our own Club dinner, Keith Butler, of Surrey League fame, was the guest speaker to entertain us at a friendly gathering to honour the year's prizewinners. We also held our annual New Year's Day 10 mile event.

I-magic roller training at the clubroom was popular during the winter, on the last Wednesday of each month. Parsons, Balcombe and Hayes made the running under the watchful eye of Sally Page.

One of our senior members, Pete Knight suffered a serious accident several months ago. He sustained two broken legs, a broken arm and a few cracked ribs, but made good progress and his first outing was to nearby shops. Not bad considering he's 75 years old - well done Pete and all the best to you for the future.

Our Youth section - V.C. Jubilee have now got a website, so log onto www.vcjubilee.co.uk to find out more, or www.brightonexcelsior.co.uk

We hope to see you around in 2004 and wish you all the best of luck.

EXCELSORIAN

Geoff Melville Willcocks

Lewes Wanderers

Geoff was born in north London 82 years ago on February 22nd. He saw service with an infantry regiment (1st Kensington), in Italy in World War 2.

Just how he came into cycling is not known. He joined the Lewes Wanderers in 1953. The racing career was brief and most notable for once being the uncrowned king of D.N.S. of East Sussex. Geoff did "not do" early morning.

He was Secretary of the Wanderers for twenty six years. During this time he was also Secretary of the old Sussex BCF Division, involved in running the track league at Preston Park with Jack Goldstein and the late Brian Wilkins.

However, perhaps Geoff's best legacy to cycling was the Lewes Wanderers Evening Crit. Series (now in its 38th year). A series that has, and still does, provide a first taste of road racing for local riders.

Not much seen in recent years, his quick wit, articulate letters and solid support for cycling will be much missed. Our sympathy goes to Ampara, his Spanish wife of thirty six years.

This time last year with the EASTBOURNE ROVERS

Well there I was enjoying a cycling luncheon for something or the other (I seem to have attended a few lately) when Esther cornered me and said -"I want you". I drew in a deep breath thinking - Algy your luck's changing -but before I could say anything incriminating she went on to say - "to write something about Eastbourne Rovers". It's for 'BONK' she explained and I assumed she meant the cycling variety.

'Why me' I said plaintively but as she was ably supported by Marion Ball it was starting to dawn on me that others before me may have suffered the same fate escape was going to be unlikely.

I tried a last bolt for freedom saying 'I've only just joined and they didn't tell me about this and anyway I don't know enough about them for an article'. This was deflected as quickly as a small stone from under a tyre with Graham Lade chipping in muttering something about me not volunteering for the committee if I'd been told everything and the ladies insisting it would simply be a question of finding some "dirt to dish" so I thought I might as well give in and get on with it for what its worth .

We seem to have started the season quite well in spite of a poor winter, not exactly encouraging too much hard work on the bike, with the exception of Harry Featherstone who just does his 60 miles a day up to the Ashdown Forest come rain or shine. Some of the other guys are starting to get some miles in and by the time this is printed the 25 on the East Hoathly course will have been completed so we will see what effect it has had.

Reliability Trials and Audax events have *-toned-* the muscles to varying degrees for a number of members with entries in Lewes Wanderers 100k, the Worthing Winter Warmer 100k and Mad Jacks 120k events in which yours truly made a wise decision to read the instructions upside down in order to be able to turn left out of Fairlight Country Park instead of right, a much better course with no more hills. Luckily I can claim not to be the only one with a Lade back approach to that event.

Richard Thomas hopes to complete all the Audax rides needed to qualify his entry in the Paris Brest this year and probably wont be seen much unless you ride 600K Audax events. Anything to get out of the decorating.

Talking of Lade back (or is it out) Jane decided to have another go at the falling off a bike trick. Last year she tried wedging a dog in the front wheel (apologies to dog lovers) so this year she thought she would try the stick. Reports are that this was very successful and achieved the desired =+II..**?? result and a broken mudguard. Being a tidy person she spotted a dumped chest of drawers and if anyone needs any bits its now in the third drawer down.

Meanwhile the fast men -and ladies have been busy.On Saturday 2nd Feb Alan Rolfe, Steve Frame and Richard Gillett rode in the Stella Time Trial Weekend 18K with Alan fastest member in 30.05 and on Sunday 3rd Alan and Steve rode in the 42k event achieving 1.06.24 and 1.07.41 respectively.On the 23rd Feb in the Early Season 10 Miles on the Pevensey course Steve Frame was fastest man in 23.39 (the day after riding Mad Jacks) while Helen Carters 26.22 made her fastest lady.

The Hardriders Time Trial from Bodle St. saw Richard Gillett achieve 3rd place with Lisa Griffiths taking 1st place for the ladies. Max Norrell who rode a 25.11 in the Ten was expected to have entered but a reliable source of information said that there were two possible reasons why not. One was he didn't want to get his bike dirty and the second was that he just wasn't Hard enough.

Simon Prior is believed to be back on his bike after his accident which stopped him riding for a few months and apparently doesn't need to carry any additional training weight on the bike as he still has plenty left over from Xmas.

Rovers, like many other clubs no doubt, are always interested in sponsors so if any enterprising business/person has some spare cash and would like to see their name in lights (well on the Jersey's) we would be pleased to invest it for them.

Well that's that over and done with. Any complaints regarding this article should be directed to the Editor without whose instigation it would never have been written.

Algy

East Sussex Cycle Festival



Festival Programme

A mixed programme of rides, skill development and entertainment means there will be something to suit everyone. But most of all, we want every visitor to the Festival to be able to relax and enjoy the East Sussex countryside in the way that suits them best.

If you want to explore the countryside on your own or as a self-organised group, local specialists will be able to give you the information you need to make the most of your day. If you'd like to learn more about East Sussex's local arts & crafts scene, archaeological sites or locally produced food and drink, help will be at hand to assist with planning your route.

Should you prefer a more organised approach, our programme of guided rides, demonstrations and entertainment might be just the thing for you.

Useful websites etc

For more information about the East Sussex Cycle Festival go to:
www.eastsussex.gov.uk

East Sussex County Council are organising this event and can be contacted on the website address given above or on 01273 482111/481543. It's part-funded by the EU INTERREG IIA programme and forms part of the "Franco-British Cycle Plan, a project that aims to develop sustainable tourism and development in South East England and Northern France. It is endorsed by the CTC, British Cycling, Sustrans, the British Triathlon Association and is included in the Bike Week programme of events.

Some more dates for your diaries:

April 24 th	10 miles	G10/57	7.30am	£6.00	Entries to Val Stringer
24 Saxon Road, Steyning, W. Sussex BN44 3FP ☎ 01903 815685 (Brighton Excelsior)					
April 25 th	25 miles	G25/89	7.30am	£6.00	Entries to Tim Miles
26 Park View, Hastings, E. Sussex TN34 2HE ☎ 01424 433608 (Hastings & St. L)					
June 13 th	50 miles	G50/89	6.00am	£6.00	Entries to Alan Denman
34 Caburn Heights, Crawley, W. Sussex RH11 8QX ☎ 01293 522800 (Crawley CC)					
This is a SPOCO event.					
July 11 th	100 miles	G100/86	6.00am	£8.00	Entries to Mike Hayler
44 Parkway, Ratton, Eastbourne, E. Sussex BN20 9DX ☎ 01323 505130 (Brighton Mitre)					
This is also a SPOCO event.					
August 8 th	KCA 12 Hour	Q12/12	6.00am	£9.50	Entries to Esther Carpenter
10 Maplehurst Road, Baldslow, St. L o/s., TN37 7NA ☎ 01424 751581 (Southborough Whs)					
This too is a SPOCO event and also counts towards the S.C.A. B.A.R. Championship					
Sept'r 11 th	10 miles	G10/87	7.30am	£6.00	Entries to Jack Harris
8 Tilgate Way, Tilgate, Crawley, W. Sussex RN10 5BW ☎ 01293 411756 (Crawley Whs)					
Sept'r 12 th	25 miles	G10/89	7.00am	£6.00	Entries to R. Blackmore
Ladymead, Snowhill, Crawley Down, RN10 3EE ☎ 01342 713272 (East Grinstead CC)					

Mick Burgess received the following letter from his friend Dennis, and would like to share the content with all of you.....

Dear Mick,

I understand that you may be having to deal with the medical profession for a short time so I thought it might be helpful for you to be familiar with medical terminology:-

ARTERY	- The study of fine paintings
BARIUM	- What is done when a patient dies
BENIGN	- What you are after you be eight
BUNION	- Paul's surname
CAESAREAN SECTION	- A district of Rome
CAUTERIZE	- Made eye contact with the nurse
COLIC	- A sheep dog
COMA	- A punctuation mark
CONGENITAL	- Friendly
CONSTIPATION	- Endangered Faeces
D & C	- Where Washington is
DILATE	- To live a long time
ENEMA	- Opposite of a friend
FESTER	- Quicker
FIBULA	- to tell a lie
GENITAL	- Non-Jew
HERNIA	- Pertaining to the female knee
HUMERUS	- To tell us what we want to hear
INTESTINE	- Internal examination
MORBID	- A higher Offer
NITRATE	- Lower than the day rate
NODE	- Is aware of
OUTPATIENT	- A patient who has fainted
PENIS	- Someone who plays the piano
POST- OPERATIVE	- A letter carrier
PROTEIN	- In favour of youngsters
SACRUM	- Holy
SECRETION	- Hiding anything
SEIZURE	- Roman Emperor
SEROLOGY	- Study of the Knighthood
SPERM	- To reject, look away from
TABLET	- A small table
TIBIA	- A litter of kittens
TUMOUR	- Another pair
URINE	- Opposite of "You're out"
VARICOSE VEINS	- Veins which are very close together.

All the best,

Yours,

Dennis

In 2002 Jean Hayler (Brighton Mitre CC) travelled to Antarctica and contributed an account of her trip for Bonk. The first part was printed last year but appears again for those of you who missed it, together with the second half.

A TRIP TO ANTARCTICA undertaken by JEAN HAYLER in 2002

IT'S ALL MY FAULT.....

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

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

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

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

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

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

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

Voyage in the footsteps of Captain Robert Falcon Scott and Sir Ernest Shackleton (Part 2)

To comply with a request from Esther (and who am I to disobey Esther!), I have delved into the journal written on my journey South, and thought you might find the following an interesting read.

By 14th February (last year, you may remember), eleven days after we boarded our ship, we approached Cape Evans - where Scott's main hut is located, and Cape Royds - where Shackleton's main hut stands, and there was an enormous snow blizzard blowing. We could not get too close to land because of the storm, so we checked out whether it was possible to get into McMurdo Sound. The ice was very bad, and there were no channels in it, so we steamed back to Cape Evans. The visibility had improved, and at 1.45 a.m. three groups of passengers were landed. I saw Scott's hut from the ship, but the catabatic wind was blowing off the South Pole down the Ross Ice Barrier, and by the time it reached Cape Evans it had caused the temperature to drop to MINUS 40 degrees Centigrade. To give you an idea of the cold - the inside of a domestic freezer is about -20C., so you can imagine how cold -40C. is - twice as cold as your freezer! In fact the coldest temperature ever recorded was at the Russian Antarctic station named Vostock, and was MINUS 89.6C. With ALL our protective clothes, big snow boots, 3 pairs of socks, 3 pairs of trousers, thermal underwear, cotton jumpers, thin woollen jumpers, fleece jackets and on top of those, waterproof jackets, face masks, snow goggles and finally thick fleecy hats, some of the expeditioners set off in the Zodiacs to go ashore. There was a half mile walk across the ice to the hut, which Scott had left on his last journey to the South Pole. He and his party had 1,766 miles to trek to the Pole and back, walking on ice, through snow up to their knees, falling into and getting out of crevasses, climbing up and over great lumps of ice, and pulling sledges with supplies weighing 200 lbs.

I am sure you all know the facts of his expedition, but last year an American scientist, named Susan Solomon, published a book she had written which categorically proves that, despite a few misjudgements on the part of Scott, it was in fact the totally unpredicted weather conditions which caused his expedition to end the way it did. She had access to Simpson's weather forecasts, which had been meticulously worked out from previous records of weather conditions at that time of the year, and her conclusion was that in any one of the previous, or indeed subsequent fifteen year periods, Scott would have survived to reach One Ton depot, which would have ensured the party's safe return. There was recently a programme on Channel 4 which went into her findings in great detail, and if any of you saw it, you may have changed your mind about Captain Scott.

On 17th February we had to turn north to commence the journey back to New Zealand. We passed an island named after Scott, a very small island, like looking for a needle in a haystack in that great ocean, but our Russian Captain found it. The seas around it were VERY rough, and I think only three people have ever landed on it since it was discovered over 100 years ago. Five days later we hit another North West gale, and had two very rough days - so rough that all the chairs in the lecture room finished up stacked untidily on top of each other against one wall!

As to the future of this Continent, you may be aware there is an Antarctic Treaty which was drawn up by all those countries interested in preserving the frozen wilderness and all the creatures which survive in it. This is said to be the best agreement ever made by a group of countries, and has very much the desired effect. The historic huts are protected by the various governments in whose territory they are sited. The huts I saw are in the New Zealand sector, and are cared for by the Antarctic Heritage Trust of that country. In England, because of the interest we have in Antarctica due to our courageous men exploring the area, there is a United Kingdom Antarctic Heritage Trust, to which I belong, and the main objective of the Trust is to assist the New Zealand Trust in safeguarding the future of the historic huts and doing whatever work is necessary to preserve them in their original state, with the artefacts left by the explorers, for future generations.

So far as environmental issues are concerned, despite global warming, which has slowed down since steps were taken to limit the amount of CFC gases emitted, the Ross Sea Area is actually getting colder, while the Antarctic Peninsular is getting warmer. It would take thousands of years for all the ice in Antarctica to melt, but if it did, the world's oceans would rise by 200 - 210 ft. everywhere.

In February this year I organised a re-union in London of my British companions on our voyage, numbering fourteen, twelve of whom managed to attend with some partners, from afar apart as County Durham and Cirencester, and the day was spent reminiscing and seeing photographs, slides on a laptop, and chatting just like a get-together of cyclists. This was the first re-union, and hopefully will not be the last.

All you budding writers will have to get to work for the next edition of Bonk - I have done my bit!!
Jean

Note - who saw my deliberate mistake in the first article? "Hair-brained" should have read "hare-brained"!!!!