



Issue 17 –August –September 2008

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The Official Monthly Newsletter of the Eastbourne Rovers Cycling Club

EDITORIAL

I am sure that you are as pleased as I am with the successes at the Olympics. However, will this result in a surge in membership?

On the home front Iain Brogden seems to be going faster and faster, fantastic! He broke the 2 lap record for the Beachy Head Circuit in the final race there this year. Peter Moon did a good ride in the ESCA 100 to get 3rd place (and 2nd H'cap and 2nd Vet on Std) in 4:18:19 and he rode the Kent 12 hr but I have no result!(not on CTT Website).

Iain Brogden has done PB's at 10, 25, and 50 miles. Tom Rossetter a season's best 25, as has Peter Moon (10,50 &100) and Tony Murphy a season's best 50. Iain and Peter have both had placings in the first three. We have had 4 team wins, Emma has had 2 "first lady" placings and we have 4 1st Vet on Std and 2 2nd Vet on Std placings.

There is also a report on the Cliff Sharp Memorial 25, our open 25 held on August 17th. The winner was Ben Instone and the fastest club rider was, as form dictates this year, Iain Brogden. Thanks to Stuart Davis for promoting this very successful event and for all those club members and others who helped with the event, marshalling, providing refreshments and all other duties.

Emma Richards has been improving throughout the season and won the Ladies prize in the ESCA 100.

The Evening Series has come to a close and Iain and Michael Valks have tied on 6 points each (they may have won more races though). Thanks to Sue Cox and all the helpers, without whom there would be no opportunity to compete mid week. I have tried to find time to come out but each week something seems to have prevented me achieving this.

Included in this edition is Iain's account of his Sportive in Scotland. He did very well, finishing 93rd out of over 2000 riders and at an average of over 20mph for the 81mile challenging course. Wow!

Richard

Useful Contact Info:

Brian Holt: Secretary : 01323 520646 / 07767 666393
Graham Lade: Chairman: 01323 509408
Peter Moon: Treasurer and Club Kit: 01323 485180
Harry Featherstone: Time Trials Secretary - 01323 841034
Dave Cox: Evening Time Trial Series and Sunday Rides - 01323 507916

WHAT'S ON – ON AND OFF THE BIKE

Club Night: Every Monday evening from 8.00pm – 10.30pm (excluding bank holidays) at the Stone Cross Memorial Hall (opposite the Red Lion Public House). Chance to meet and socialise, catch up with recent news and gossip. Refreshments available.

Coached Turbo Sessions: Stone Cross Memorial Hall on “winter” Monday evenings (during the club night) from 8.30pm to 9.30pm (set up at 8pm). **A structured turbo session is held throughout the “winter” months (November to April).** Free to club members, only £2 for non –members. All welcome, its getting really popular, - come and give it a go! Bring your own turbo and bike.

Any queries please contact Graham Lade who will co-ordinate these sessions. Richard Thomas has the complete set of programmes from Theresa if you want to try it at home!

Winter Club Runs: Meet at the Horse and Groom Public House at Polegate crossroads at 9.15am each Sunday. Variations to the type and length of ride will be made to suit the ability of the riders. For any further information please contact Dave Cox : tel: 01323 507916 or any other members of the committee.

Club Clothing: Peter Moon has the order forms for your kit, including bib shorts. Money with order please.

EVENING series

The Evening Series has now come to an end with a tie for 1st place between Iain Brodgen and Michael Valks, who both won at least 6 races hence have 6 points each (as best 6 places count). Congratulations to both riders.

3RD JULY 2008 14.7 MILES Circuit

IAIN BROGDEN	33.32
MICHAEL VALKS	34.02
STUART DAVIS	36.07
ADAM ROGERS	36.56
ANDY STOBART	37.00
TONY MURPHY	38.10
ADAM FORD	38.23
TOM ROSETTER	38.30
ANDY PARSONS	39.11
KONRAD PIETENSE	39.24
DAVE COX	39.31
KEVIN BURTON	39.53
EMMA RICHARDS	40.37
ROB RICKSON	42.07
MARK SMITH	48.26

POINTS AFTER 11 RACES

M. VALKS	6
I. BROGDEN	8
T. ROSSETTER	17
S. MEDHURST	20
P. MOON	25
A. STOBART	26
A. FORD	32
A. ROGERS	41
K. BURTON	42
A. PARSONS	46
D. COX	47
T. MURPHY	53
E. RICHARDS	67
R. RICKSON	68

PRIVATE TIME TRIAL

G. HADLOW	34.06
J. SALTER	34.16
M. BRITTLE	36.57
C. COPELAND	37.19
M. NORRELL	38.44
B. COLEMAN	40.01
R. SHINGLES	D.N.F.

10TH JULY 2008 7.2 MILES BEACHY HEAD CIRCUIT

IAIN BROGDEN	19.10
MICHAEL VALKS	19.28
TOM ROSSETTER	19.30
ANDY STOBART	20.12
ADAM ROGERS	20.19
ADAM FORD	21.14
KEVIN BURTON	23.08
MARK SMITH	26.06

POINTS AFTER 12 RACES

M. VALKS	6
I. BROGDEN	7
T. ROSSETTER	16
S. MEDHURST	20
A. STOBART	24
P. MOON	25
A. FORD	31
A. ROGERS	37
K. BURTON	40
A. PARSONS	46
D. COX	47
T. MURPHY	53
E. RICHARDS	67
R. RICKSON	68

PRIVATE TIME TRIALS

R. SHINGLES	19.10
C. WAKEFIELD	21.08
S. RANN	21.29
A. DENYER	22.13
B. COLEMAN	22.34
P. VALKS	22.44
S. LOVELOCK	22.56

17TH JULY 2008 10 MILES

IAIN BROGDEN	22.05
MICHAEL VALKS	22.26
STUART MEDHURST	23.18
ADAM ROGERS	24.37
ADAM FORD	24.47
ANDY STOBART	24.47
KEVIN BURTON	25.07
DAVE COX	25.22
ROB RICKSON	27.34
PETER INGRAM	34.16

POINTS AFTER 13 RACES

M. VALKS	6
I. BROGDEN	6
T. ROSSETTER	16
S. MEDHURST	19
A. STOBART	24
P. MOON	25
A. FORD	29
A. ROGERS	34
K. BURTON	38
D. COX	45
A. PARSONS	46
T. MURPHY	53
R. RICKSON	64
E. RICHARDS	67

PRIVATE TIME TRIAL

G. HADLOW	22.46
J. CUNNINGHAM	23.31
C. COPELAND	23.41
P. HANRATTY	28.51

BEACHY HEAD (REVISED COURSE) 24TH JULY 2008

IAIN BROGDEN	19.16
STUART MEDHURST	19.55
MICHAEL VALKS	20.20
ADAM ROGERS	21.10
ADAM FORD	21.40
STUART DAVIS	21.58
EMMA RICHARDS	23.42
DAVE COX	D.N.F

POINTS AFTER 14 RACES

M. VALKS	6
I. BROGDEN	6
T. ROSSETTER	16
S. MEDHURST	17

PRIVATE TIME TRIAL

R. COLEMAN 23.35

A. STOBART	24
P. MOON	25
A. FORD	28
A. ROGERS	31
K. BURTON	38
D. COX	45
A. PARSONS	46
T. MURPHY	53
E. RICHARDS	61
R. RICKSON	67

31 JULY 2008 10 MILES

IAIN BROGDEN	22.30
MICHAEL VALKS	22.53
TOM ROSSETTER	22.57
STUART MEDHURST	23.20
ADAM ROGERS	24.34
TONY MURPHY	24.49
KEVIN BURTON	24.50
DAVE COX	25.34
ALAN SYMONDS	26.49
ROB RICKSON	27.05 P.B.
ANDY STOBART	D.N.F.

PRIVATE TIME TRIAL

B. COLEMAN 25.40
P. HANRATTY 28.16

POINTS AFTER 15 RACES

M. VALKS	6
I. BROGDEN	6
T. ROSSETTER	15
S. MEDHURST	17
A. STOBART	24
P. MOON	25
A. FORD	28
A. ROGERS	29
K. BURTON	37
D. COX	44
A. PARSONS	46
T. MURPHY	49
E. RICHARDS	61
R. RICKSON	61

7TH AUGUST 2008 BIRLING GAP CIRCUIT

2 LAPS

IAIN BROGDEN	(18.36)	37.35	CLUB RECORD
ADAM ROGERS	(20.17)	40.53	
ANDY STOBART	(20.51)	41.54	
EMMA RICHARDS	(22.52)	45.51	
STUART MEDHURST	(18.53)	D.N.F.	

1 LAP

STUART DAVIS	19.48
TONY MURPHY	21.21
DAVE COX	22.16

PRIVATE TIME TRIAL 2 LAPS

J. EHLERS (18.50) 38.19

<u>POINTS AFTER 16 RACES</u>	
M. VALKS 6	A. FORD 28
I. BROGDEN 6	K. BURTON 37
T. ROSSETTER 15	D. COX 42
S. MEDHURST 17	T. MURPHY 42
A. STOBART 22	A. PARSONS 46
A. ROGERS 24	E. RICHARDS 53
P. MOON 25	R. RICKSON 61

14TH AUGUST 2008 10 MILES

IAIN BROGDEN	21.34
TOM ROSSETTER	22.36
MICHAEL VALKS	22.39
STUART MEDHURST	23.04

POINTS AFTER 17 RACES

M. VALKS 6
I. BROGDEN 6
T. ROSSETTER 14

ADAM ROGERS	24.16
ANDY STOBART	24.45
TONY MURPHY	25.04
ADAM FORD	25.25
DAVE COX	25.48
EMMA RICHARDS	25.51
KEVIN BURTON	25.53
ROB RICKSON	27.46
ALAN SYMONDS	28.41
PETER INGRAM	34.39

S. MEDHURST	17
A. STOBART	22
A. ROGERS	24
P. MOON	25
A. FORD	28
K. BURTON	37
T. MURPHY	39
D. COX	42
A. PARSONS	46
E. RICHARDS	51
R. RICKSON	61
A. SYMONDS	63
P. INGRAM	82

PRIVATE TIME TRIAL

B. COLEMAN	26.23
R. SHINGLES	23.35
C. COPELAND	23.46

TIMEKEEPERS GRAHAM LADE & DAVE DUNBAR
MARSHAL KEN BECKETT (GEMINI B. C.)

21st August 2008 10 Mile TT

IAIN BROGDEN	22.24
STUART DAVIS	24.36
ADAM ROGERS	24.39
TONY MURPHY	25.05
DAVE COX	25.46
EMMA RICHARDS	26.00
ALAN SYMONDS	27.28
ROB RICKSON	28.12

<u>PRIVATE TIME TRIAL</u>	
M. NORRELL	22.57
M. BRITTLE	24.03
I. LANDLESS	25.52
B, COLEMAN	26.15
K. BECKETT	31.56

Final Points table

FINAL POINTS TOTAL

I. BROGDEN	6
M. VALKS	6
T. ROSSETTER	14
S. MEDHURST	17
S. DAVIS	21
A. ROGERS	22
A. STOBART	22
P. MOON	25

A. FORD	28
T. MURPHY	33
K. BURTON	37
D. COX	39
A. PARSONS	46
E. RICHARDS	46
A. SYMONDS	55
R. RICKSON	57
P. INGRAM	82

TIMEKEEPERS GRAHAM LADE & DAVE DUNBAR
MARSHAL SUE COX
NUMBERS SPONSORED BY KONTOUR CYCLES 01323482368

OPEN and ASSOCIATION RACING RESULTS

Cliff Sharp Memorial 25

17th August 2008

G25/89 Maresfield to Boship Rbt.

In almost a carbon copy of last year, the morning started overcast with some bouts of heavy rain, which cleared after a while to leave some bright sunshine. The initially wet conditions put off a number of riders and we had 12 non-starters. Worse, the wet roads were very slippery in places and as a consequence we had several riders with minor accidents or punctures, meaning a further 9 riders did not finish. Of the remainder, everyone enjoyed the morning, and thanks to East Sussex Fire Rescue Training Centre for the use of their excellent facilities.

There were 92 entrants this year. The Cliff Sharp Memorial Trophy was awarded to Iain Brodgen as the fastest Rovers rider, in 6th place with 58:07. The top ten riders are shown below, along with other Rovers ride details. Note the friendly rivalry between Iain and Michael Valks continues! Harry won the Vet on Std prize.

No	Rider	Club	Time	Notes	+/-	MPH
1	Ben Instone	www.scientific-coaching.com	00:53:11	S		28.200
2	Shaun Kennedy	BEC C.C.	00:56:09	V	14:26	26.710
3	Mark Winton	Lewes Wanderers	00:56:59	S		26.320
4	Neil Houldey	Horsham Cycling	00:57:31	S		26.080
5	Niall Digby	Sigma Sport R.T.	00:57:35	S		26.050
6	Iain Brodgen	Eastbourne Rovers CC	00:58:07	S		25.810
7	Michael Valks	Sussex Nomads	00:58:15	S		25.750
8	John Glaysher	www.agiskoviner.com	00:58:37	S		25.590
9	Daniel Paine	G S Stella	00:58:40	S		25.570
10	Paul Holdaway	Hastings & St. Leonards CC	00:58:43	S		25.550
20	Stuart Medhurst	Eastbourne Rovers CC	01:01:19	V	07:43	24.460
22	Tom Rossetter	Eastbourne Rovers CC	01:01:31	S		24.380
23	Peter Moon	Eastbourne Rovers CC	01:01:36	V	07:57	24.350
44	David Cox	Eastbourne Rovers CC	01:06:20	V	10:51	22.610
45	Adam Ford	Eastbourne Rovers CC	01:06:30	S		22.560
48	Harry Featherstone	Eastbourne Rovers CC	01:07:06	V	18:32	22.350
52	Emma Richards	Eastbourne Rovers CC	01:07:50	W		22.110
55	Alan Symonds	Eastbourne Rovers CC	01:09:39	V	13:28	21.540
61	Rob Rickson	Eastbourne Rovers CC	01:13:51	V	06:51	20.310
	Andrew Stobbart	Eastbourne Rovers CC		DNF		
	Clive Richardson	Eastbourne Rovers CC		DNS		

BOGNOR REGIS 10

June 19th

Fontwell P901/10

Peter Moon 22.42 Season's best
Harry Featherstone 24.43 1st Vet +8.51
Dave Cox 25.01
Fastest Graeme Stirzaker 20.51

HORSHAM CC 10

June 21st

Broadbridge Heath G10/57

We had 10 entries, with Steve Frame our fastest rider in 5th place. Steve, Stuart Medhurst and Tony Murphy won 1st Team prize.

No	Rider	Club	Time	Notes	+/-
1	Paul Mill	Team Edwardes-Elite Cycling	00:20:27	V	+5.15
2	Lee Turner	Sigmasport.co.uk	00:21:28		
3	Paul Read	Redhill CC	00:21:58		
4	Neil Houldey	St Ives CC	00:21:59		
5	Steve Frame	Eastbourne Rovers	00:22:02	V	+3.52
6	Michael Valks	Sussex Nomads C.C.	00:22:05		
7	Paul Blackmore	East Grinstead CC	00:22:24	V	+3.30
8	Peter Roberts	In-Gear. Quickfit	00:22:29	V	+5.43
9	Mark Winton	Lewes Wanderers Cycling Club	00:22:32		

10	Stuart Hourogan	Old Portlians CC	00:22:39		
14	Stuart Medhurst	Eastbourne Rovers	00:23:00	V	+3.36
30	Tony Murphy	Eastbourne Rovers	00:24:28	V	+1.50
31	Andrew Stobbart	Eastbourne Rovers	00:24:38	V	+2.16
33	Adam Ford	Eastbourne Rovers	00:24:45		
39	Kevin Burton	Eastbourne Rovers	00:25:14	V	+2.45
42	David Cox	Eastbourne Rovers	00:25:26	V	+4.36
47	Emma Richards	Eastbourne Rovers First lady	00:25:52	L	
	Andrew Parsons	Eastbourne Rovers			DNS Apology
	Harry Featherstone	Eastbourne Rovers			DNS

KCA 100 June 22nd Kingsnorth Q100/5

Peter Moon 4.19.52

KINGSTON PHOENIX 10 June 28th G10/42

We won 1st Team in 1.11.18 with only 3 entries.

Iain Brodgen 22.17 (PB) 3rd
Tom Rossetter 23.41 10th
Kevin Burton 25.20

Fastest Keith Coffey 21.21

SOUTHERN COUNTIES CU 50 June 29th G50/53

Harry won 1st Vet on Std with +45:26, in the 70+ years category, and Tony Murphy did a PB. Emma rode with a stress fracture!

No	Rider	Club	Time	Notes	25
1	Laurence Harding	www.agiskoviner.com	01:49:45	M V	54:18
2	Steve Dennis	East Grinstead CC	01:52:04	M V	55:19
3	Tim Mardall	VC Etoile	01:53:52	M S	57:24
4	Keith Coffey	Bec CC	01:53:58	M S	57:04
5	Shaun Kennedy	Bec CC	01:53:59	M V	56:23
6	Colin McDermott	Festival RC	01:54:16	M V	56:33
7	Mark Newton	Sydenham Wheelers	01:54:54	M V	57:28
8	James Dear	In-Gear Quickvit RT	01:55:42	M S	57:16
9	Mark Winton	Lewes Wanderers CC	01:55:48	M S	57:36
10	Richard Payn	34 Nomads CC	01:57:22	M V	58:26
18	Steve Frame	Eastbourne Rovers CC	02:00:03	M V	59:11
21	Peter Moon	Eastbourne Rovers CC	02:01:34	M V	1:00:43
51	Harry Featherstone	Eastbourne Rovers CC	02:12:20	M V	1:05:51
53	Andrew Stobbart	Eastbourne Rovers CC	02:12:59	M V	1:06:17
60	Adam Ford	Eastbourne Rovers CC	02:13:59	M S	1:07:12
66	David Cox	Eastbourne Rovers CC	02:15:14	M V	1:07:40
70	Tony Murphy	Eastbourne Rovers CC	02:16:22	M V	1:09:51
	Emma Richards	Eastbourne Rovers CC	02:23:49		

OLD PORTLIANS CC 25 July 6th Broadbridge Heath G25/53

We had 3 entries

Andy Stobbart 01:05:12
Kevin Burton 01:06:16
Harry Featherstone 01:06:59 2nd Vet on Std +18:39

Fastest Shaun Kennedy 56:17 1st Vet John Woodburn +20:34

EAST SUSSEX CA 100 July 6th Laughton

23 riders finished. We had 5 entries, with Peter Moon placing 3rd, as well as scooping up 2nd H'cap and 2nd Vet on Std. Emma was 1st lady and rode still suffering from the stress fracture. Well done to all who rode.

No	Rider	Club	Time	Notes	HCP	+/-	63.7
1	Keith COFFEY	Bec CC	04:03:53	S	4:03:53	-	2:34:48
2	Mark WINTON	Lewes Wanderers CC	04:16:11	S	3:58:11	-	2:41:30
3	Peter MOON	Eastbourne Rovers CC	04:18:19	V	3:56:19	0:51:32	2:42:46
4	James HUGHES	Bec CC	04:22:06	S	4:16:06	-	2:45:25
5	Geoff SMITH	VC Etoile	04:29:07	V	3:45:07	1:07:10	2:50:11
6	Andy COX	Lewes Wanderers CC	04:36:49	S	4:00:49	-	2:53:32
7	David EARL	Hastings & St Leonards CC	04:43:06	V	4:13:06	0:10:56	2:56:54
8	Peter BAKER	Lewes Wanderers CC	04:43:51	V	4:07:51	0:32:58	2:57:02
9	Anthony REEVES	GS Stella	04:47:27	S	4:25:27	-	3:00:08
10	David DINSDALE	Andover Wheelers	04:51:29	V	4:35:29	0:16:04	2:59:00
11	Adam FORD	Eastbourne Rovers CC	04:52:11	S	4:00:11	-	3:04:27
13	Tony MURPHY	Eastbourne Rovers CC	05:01:06	V	4:09:06	0:04:09	3:10:01
19	Emma RICHARDS	Eastbourne Rovers CC	05:21:56	W S	4:17:56	-	3:27:05
20	Louise GOULD	De Soto Synergie	05:28:30	W S	4:11:30	-	3:46:41
22	Ann BATH	Kingston Phoenix RC	05:54:36	W V	4:24:36	0:04:51	3:45:41
23	Chris PARKER	Hastings & St Leonards CC	05:54:47	V	4:32:47	-0:33:12	3:38:02
	Steve FRAME	Eastbourne Rovers CC		DNS			

BEC CC 10 July 12th Holmwood

Adam Ford 25:40
Harry Featherstone 25:43 1st Vet +7:51

SOUTHBORO' & DISTRICT WHEELERS July 13th Maresfield G25/89

We had 9 entries with Iain Brogden our fastest in 4th place with 57:36, a PB and Tom Rossetter in 10th place. We also won 1st Team with Iain, Tom and Stuart Medhurst. Harry won 1st Vet on Std with +21:06

No	Rider	Club	Time	Notes	+/- Std	+/- LTS
1	Keith Coffey	Bec CC	00:54:48			-2.07
2	Steve Dennis	East Grinstead CC	00:54:49	V45	13.42	-2.26
3	James Dear	In-Gear Quickvit RT	00:55:31			-2.07
4	Iain Brogden	Eastbourne Rovers	00:57:36			-0.48
5	Michael Valks	Sussex Nomads CC	00:58:11			-1.42
6	James Lett	De Laune CC	00:58:38			-2.38
7	Stephen Morgan	Tooting BC	00:59:03	V40	6.57	-2.35
8	Dan Henchy	Hastings & St Leonards CC	00:59:07			0.48
9	Mel Robertson	Worthing Excelsior CC	00:59:39	V59	16.24	-2.35
10	Tom Rossetter	Eastbourne Rovers CC	00:59:57			-2.24
15	Stuart Medhurst	Eastbourne Rovers CC	01:01:09			-4
27	Harry Featherstone	Eastbourne Rovers CC	01:04:32	V75	21.06	-3.15
29	Andrew Stobbert	Eastbourne Rovers CC	01:04:46	V47	4.47	-4.14
35	Kevin Burton	Eastbourne Rovers CC	01:06:10	V52	6.01	-5.36
	Andrew Parsons	Eastbourne Rovers CC		DNS		
	Steve Frame	Eastbourne Rovers CC		DNS		
	David Cox	Eastbourne Rovers CC		DNS		

WWW ASCINOVER 50 July 13th H50/8

Peter Moon 01:57:49
Fastest Laurence Harding 01:47:15

SOUTH EASTERN RC July 19th G10/57

We had 12 entries in a field of 123 entries, of whom 104 finished. Iain was our fastest with a PB of 57:25 for 8th place (but he is not yet a Vet but watch out!). Harry won the Surry/Sussex Vets Championship on H'cap and we (Harry, Stuart and Dave) won the Surrey/Sussex Team with +42.19 That old Vet Steve Dennis won (again!).

No	Rider	Club	Time	Notes	+/-
1	Steve Dennis	East Grinstead CC	00:54:52		+13-39
2	Shaun Kennedy	Bec CC	00:55:08		+15-27
3	Phil Bull	VC Elan	00:55:28		+16-43
4	Keith Coffey	Bec CC	00:55:33		

5	Steve Geran	VC St Raphael	00:55:36		+12-55
6	Lee Turner	Sigma Sport	00:55:45		
7	John Glaysher	www.agiskovener.com	00:57:06		
8	Iain Brogden	Eastbourne Rovers	00:57:25		
9	Jim Burdett	Trisportnews.com	00:57:29		
10	Paul Read	Redhill CC	00:57:43		
23	Stuart Medhurst	Eastbourne Rovers	01:00:05		+8-57
49	Andrew Stobbart	Eastbourne Rovers	01:03:41		+5-21
54	Tony Murphy	Eastbourne Rovers	01:04:10		+4-21
56	Harry Featherston	Eastbourne Rovers	01:04:19		+21-19
59	Adam Ford	Eastbourne Rovers	01:04:32		
64	Kevin Burton	Eastbourne Rovers	01:04:53		+7-18
69	David Cox	Eastbourne Rovers	01:05:08		+12-03
87	Emma Richards	Eastbourne Rovers	01:09:47		
93	Andrew Parsons	Eastbourne Rovers	01:12:10		-3-08
100	Alan Symonds	Eastbourne Rovers	01:16:39		-6-28
104	Lisa Colombo	Kingston Phoenix	01:34:53		-24-18
	Tom Rossetter	Eastbourne Rovers		DNF	

Please note that I will put any other results since July 19th in next Newsletter.

FORTHCOMING EVENTS:

Club Runs will be starting again soon as will winter Turbo Sessions.

Sportives *Etape Caledonia May 2008 by Iain Brogden*

Who in their right mind would travel 500 miles north to ride a Sportive?

The Comic in one of its many 'Sportive Specials' had been hyping this one up a bit because it's the first and only closed road sportive. Some big names were signed to ride the event including Chris Hoy. Even better, the organisers were marketing this as a race, not your usual well mannered Southern sportive but an opportunity to gun it for 81 miles through the Highlands. Add the fact that my Mum lives around the corner in Inverness and it started to look like a great idea.

So I boxed up the Soloist and with my daughter Becky, took the train to Gatwick and flew EasyJet to Inverness. Entrusting your pride and Joy to BAA's finest is a testing experience and my fears were confirmed whilst waiting at the gate as we watched them throw the bike box 8 foot from the top of the luggage cart onto the runway, bouncing several times on the tarmac. The same fate was met by someone's golf clubs and another bike packed only in a plastic sheet. It would have been nice to bounce the baggage handlers off the tarmac just like my bike, but I needn't have got wound up because the Sci-Con case did it's job and my machine was unharmed.

Mum met us at the airport and we made the easy drive down to Pitlochry HQ where I had to register before 8pm. Becky had fun dancing to a traditional Scottish pipe band whilst I tucked into the complimentary pasta supper. Pitlochry is a lovely town and any cyclist would be getting excited on this evening with the roads full of bikes and support vehicles. Mavic were there with the yellow Skodas racked up with wheels, to support riders throughout the event. This was clearly no ordinary sportive. We found a great restaurant for dinner (yes, my second dinner) and then went off to the B&B. My dear old Mum forgot to mention she couldn't get a B&B anywhere near Pitlochry because they were all booked by bloody cyclists so we were staying 10 miles away in Strathtay on the banks of the River Tay.



2,000 riders jam into Atholl Road, Pitlochry

the main street. It was a bit disorganised with riders being directed into various starting pens and with some riders risking disqualification by pushing forward of their start number to get a better start position. I was rider 478 and soon off the line, jammed in with a slow moving bunch of riders as we progressed through the narrow streets and out into the countryside. Finding any available gap and knocking some shoulders I managed to move up past a few dozen riders but this was slow progress and I was wishing I could have had a seeded start time.

Then the sound of a horn and one of the support motorcycles came through. I've always fancied a go at that motor-pacing so I tucked in behind him and we were off. He cleared the way with his horn and I stayed close enough to follow through his gap. Now we were motoring and I reckon we passed a few hundred of the slower riders like that before the cycle traffic cleared and the motorcycle went ahead of any speed I could sustain.

Once into the open countryside the riders thinned out. This is a road route of the highest quality, climbing gradually up above Loch Tummel, surrounded by the Tay and Tummel Forests. Then some fast descents. This is where you can really benefit from the closed roads by taking the fastest possible line. Bike handling is not my strong point but this was giving me a lot of practice. With the speed climbing higher and higher with my confidence, I caught the motorbike again, slower than the Cervelo now on these twisting descents. Then a blind right hander, we are both clipping the

Next morning, the landlord didn't fancy a 5am start so he left me some breakfast and I stuffed a bit more of it into my jersey pockets then set off on the 10 mile ride back to the start line. There was no kidding we were in the Scottish Highlands as my fingers instantly froze in the early morning chill, making it difficult to brake or change gear. I was actually riding in on the last 10 miles of the event route and it would be a closed road a couple of hours later. Some of the local miseries had erected "Go Home Cyclists" placards in their front gardens, objecting to the disruption to their usual Sunday routine.

I soon reached Pitlochry and the sight of 2,000 riders jammed into

apex and oh [expletives deleted!], the motorbike swerved and just misses a mountain bike coming up the other way – I go round them both as the support crew stop to tell the knobbly-tired lunatic to turn back.

I have some small groups of riders ahead and ride with them a bit while I take a drink. There are riders from all over the Country and some from abroad. Then I'm off to bridge the gap to the next group. The sun is high now and my fingers have thawed. The shadows tell me there's a rider close in behind – I've picked up a drafter from that last group. He's right on my wheel, so I get my head down and make him work a bit. Then I sit up and ask if he wants to work together for a while to catch the next group. No, he just wants a free ride so it's out of the saddle on the next climb and I make sure he's dropped.

We're 35 miles in now and after passing a few more groups I'm with about 30 riders going pretty fast but they're not working together at all. I soon get fed up and decide it's better to go on the front and raise the pace than get a slow time. There's not a single rider will take a turn and if I drop off the front the pace just slows down.



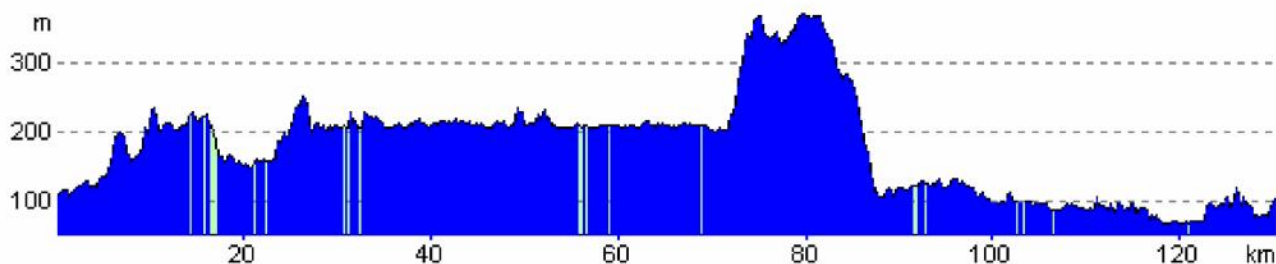
Eastbourne Rovers (in Union Jack) lead a large group of drafters

Still, I'm enjoying myself here as we fly through Highland villages at full tilt, a fast peleton of 30 riders. Cheering spectators line the roads and this pushes the adrenaline higher, so I ignore the nagging reality that this is 25 TT pace and there's still 45 sporting miles to go, including the proper climbing section. I check out my nutrition strategy which consists of a slice of cheese and ham nicked from the B&B breakfast room and a sports gel. That's not what they normally recommend in the letters section of Cycling Weekly but at this pace we'll be done before lunch time, so no worries.

Now I'm getting fed up working this hard for riders who don't take their turn, but I can't shake them – they're too strong and my break-away attempts don't work the way I've seen it on EuroSports. We're along Loch Rannoch now and soon hit another climb. This is the steepest yet so I get out of the saddle and push off the front. My legs are burning and I know this is going to cost me big time in 20 miles but I'm well off the front now and I can hold this rhythm to the top. No, that was a false summit and the climb goes on as far again but no problem, well ahead now and not long before a flying descent.

Now I'm past the top of the loch and into the Tay Forest Park. There are some stunning cottages along here and the residents are sat in the sun

watching the race. I call out "how far ahead is the next group". "A few minutes" they shout back. The legs are feeling the effort now, so I back off a bit and knock back a gel. Then I hear a voice from behind: "having a rest?" It's a guy from that last group; he says he's also come off the front to get away from the lazy drafters. He wants to work together for a good finish time, so we press on and at 50 miles we are at the foot of the climbing section. This is steep, about the same as Butts Brow but winding through rocky outcrops and when I look out I realise the scenery is stunning. Glad I swapped out my 11x23 for 11x25 as I'm working those 2 extra teeth now and out of the saddle just to turn the cranks. We're working together, not for any drafting effect but to push each other on with the climb. We're passing a few other riders who must have dropped off the faster group ahead. We're near the top now and spectators have chalked the names of their rider friends in the road. And a misery has scrawled "No Road Closure".



Elevation Profile

My riding partner is dying for a drink and his bottles are all out. He tells me there's a water and toilet stop over the top, we can sort ourselves out in seconds and then work it to the finish. Our speed is rising again as the climb levels a bit. We've done nearly 2,000 metres and still climbing but pushing out 20mph. But I'm only able to hold this pace because there's no way I'm getting dropped by this guy and I reckon he's the same, the legs are getting a bit ragged now. Then we drop over the brow and there's applause from a small crowd and a line of Mavic support staff. I fly off my bike and run in to the portaloos, but when I come out my riding partner is gone and I'm met by the sight of dozens of riders flying past. All that work literally down the pan.

I'm mad now and into the steepest descent, a recipe for disaster. But this is awesome, running 45 -50mph and no cars. The confidence is growing, no worries about taking a big fall because I'm in the zone, body low, using both sides of the road to take the lines and stay fluid. Passing rider after rider, this Soloist is at full whack and descends better than it should with my novice skills. Then a marshall waving a flag and I'm glad he did because we're into a 180 turn from 40 mph. Now I'm back with the group of riders I dropped before the climb but this time I'm doing the drafting because my legs are gone. We've got about 15 miles to go so I stick with these riders because we're still going to get a good finish time. Before long it's 10 miles to go and I'm riding this road for the second time today because it's the one I took in to the start. The legs are coming back now and I push to the front of the group to raise the pace a little. There's a guy at the front trying to organise the riders into taking a turn each but they're pretty reluctant and one guy peels off every time he thinks someone is on his wheel. These guys are posturing for the best finish position, but none of us in this group are top 10 so it's a bit pointless. However, the speed is now rolling 26-28mph and we are only a few miles from the finish.



Pushing up one of the many hilly loch-side passes

Then a rider warns us of a left hander coming up. I know about this because I rode it this morning so no worries. But [more expletives deleted!], we take an unexpected left into a short, sharp climb. I'm taken by surprise and left in a tall gear. I try to stand up and mash the gear like a fixie rider but this instantly blows my legs and by the time I find the right cog I've dropped right through and out the back of the group. A couple of other riders meet the same fate and we watch the peleton crest the brow and disappear out of sight. Now all that lactic hits the legs at the same time as the lost motivation from being dropped. A rider shouts to me "dig deep" but I'm blown up and this will have to be a coast to

the finish now. I remember that there's a climb in the town centre to the finish and not wanting to disgrace myself in front of the finishing crowd I try to recover a bit on this back road before the climb into Pitlochry.

I summon a bit of energy for a burst through town and over the line at 3:54:02. That's just a few minutes slower than last years winner but with today's field of 2,000 I'm 16 minutes behind the winner, in 93rd place and 34th in age group.



Becky Props me up at the finish

I'll be back next year for sure and with a Rovers team and seeded start times we could take the win. If anyone is interested, please let me know.

Stats

Distance 130 km / 81 miles

Total Ascent 1,949m

Web: www.etapecaledonia.co.uk

AUDAX NEWS

From Richard Thomas

RANDONNEE Sat 12th July

“A Rove around East Sussex”

Promoted by Dave Dunbar, who reports below on this event

I only received 13 entries for the Randonnee, 9 were club members, so many thanks to them for entering and supporting the event.

The morning started fine although quite fresh, and all entrants, except Richard Thomas who had a nasty cold, set off just after 9am.

The 12 starters were Eastbourne Rovers, Kevin Burton, Clive Richardson, Dave Cox, Rob Rickson, John Armstrong, Peter Ingram, Emma Richards and Tony Murphy. Lewes Wanderers, Tony Gale, Steve Rann, John Galsworthy and his niece Fiona Atkins.

As I understand it everybody stayed more or less together until after the control and refreshment stop at Ashdown Forest Garden Centre, then, when the faster riders were happy that the rest were familiar with the remaining route did they ride on.

Everybody seemed to enjoy the ride, 3 didn't quite complete the course, John Armstrong had a knee problem, John Galsworthy's niece was feeling tired at Ringmer so they decided to return to Hailsham by a shorter route. Everybody else got round in good time.

Although disappointed with the number of entries I enjoyed organising the event, and intend running it again next year, probably late May or early June. So watch this space.

My thanks also go to Stu Greenway, John Sevier and Adam Ford all of whom volunteered their services; it's great when people volunteer.

Dave Dunbar

I have not done much riding since returning from the Dieppe Raid on 9th June, in fact I had another stint of 6 weeks off the bike. I then thought I better get going again despite still having a cold/something else since late June that caused me to miss Dave Dunbar's ride. I went to the Doctor's last week to make sure that I did not have bronchitis, thankfully I have not, so I did Dave Hudson's Sportive last Sunday, 10th August.

The picture opposite shows me on Dave Hudson's Sportive grinding up Butts Brow for the 2nd time, the 10th and last climb of the day after 104km and 9 climbs already (see report and more pics below).

I needed to do this as I am off to Provence on 22nd August on a CTC holiday which includes the 100km Mt Ventoux Audax on 30th August, going up from Sault on D164 (not up D 974 from Bedoin, which I rode up to Chalet Reynard in 2000) and ultimately down to Malaucene on D974 after the “moonscape” to the summit.

I hope to report on this “adventure” next month!



On Butts Brow, about 17% here!



Martin Malins on Firle Beacon

SUPREMO'S SOUTH COAST SPORTIVE 100KM

Having only been out three times since 9th June, covering 70km, 90km and 80km, I approached this ride with trepidation. Can I manage 113km and 2000m of climbing? Of course I could (said Dave Hudson). 30 riders entered, 25 started and 22 were successful. Of these successful riders two did the event earlier in the week so they could help on the day, Chris Tracey at the High & Over control (with John Seviour) and Richard Phipps as final controller at Hailsham Leisure Centre.

I rode out to Hailsham and arrived with 5 minutes to spare, picked up my card and a couple of biscuits before setting off with about 12 others, as some riders were still getting ready and some had left earlier as Dave permitted the slower rides to go early to get to the Firle Beacon feed before the control closed and Dave dashed off to Butts Brow for the penultimate control and provide a feed station.

As we set off from the Leisure Centre car park at 8:30am towards the A22 I was aware that the wind was rather strong from the south west, so we were in for a hard first half of the ride to the top of Firle beacon. The route took

us down the A22 (light traffic at this time of day), through Polegate and across the level crossing. As luck would have it the gates were down and we were stuck there for about 8 minutes, which was frustrating. Our small group soon reached the foot of the Butts Brow climb and we all clattered down through the gears, me to my 28x26, and with our legs hardly warmed up began the assault. The climb is 16% at the bottom before easing out to 14%, steepening to 17% near the top before a 16% finishing gradient up to the car park. Oh bliss! We were all struggling by the time we reached the top, where we had to answer the information control question in the Brevet card before descending back down the way we came. Tony Gale, on his mountain bike, suffered an “unmentionable” at the foot of the climb after the descent so we swooped by and along Victoria Drive and the right turn at the traffic lights onto the climb on the A259 past the golf club. I found this quite easy as I led our small group of 5 riders, including Mark Heffer (Mad Jack’s organizer), Martin Malins (Mid Sussex Hilly organizer, shown here on Firle Beacon climb), Mark Fairweather and Mark ?

I was on my titanium bike which seems to make light work of most hills, and so it was as we turned towards East Dean at the top of the climb and into the wind, doing bit and bit before fragmenting on the climb out of East Dean, only 16%. Light traffic made it a hassle free ascent and Mark ? and I were soon leading down to the Cuckmere meanders and the short ride along Litlington Road to the left turn towards Alfriston (for the first of 3 climbs of High & Over from this direction). It is easy to think this road flat but there are a few short sharp climbs before the turn to Alfriston. I was feeling good and sprinted out of the group (just to show those young uns!) on the final steep section of High & Over to be first into the control. John Seviour was card stamping and Chris Tracey handing out the drinks. We had been going for 1 hour and 38 minutes (including stops) to cover 28km. Only 8 more identified climbs to go! Turning round and going back down the hill now with a bit of a tail wind we soon reached and crossed the A27, sprinted across Berwick Level crossing as the gates were up (didn’t want to get stopped again) and then turned into the wind and



Paul Outhwaite on Firle Beacon



Mark Fairweather on Firle Beacon

along towards Ripe via Langtye Lane. We had another information control at the end of the lane before turning left towards Firle, safely crossing the A27 and into Firle village to begin the climb of Firle Beacon. Despite many years of rolling around the lanes of East Sussex I have never ridden up this climb and I found it quite hard, with Mark and Martin Malins getting the better of me. A splendid view from the top where Dave was providing food and Bob McHardy doing the drinks. Sue and Brian Howe of the Worthing Excelsior were stamping the cards and my mate Rob Bullyment had brought out his family to gloat over the suffering. Nice to see him again. We arrived there at 11:02, so we had covered 48km in 2hrs 32 mins. It was very windy up on the top of the beacon and as we were getting cold we were soon away back towards High & Over for the 2nd climb. We retraced our outward route and got stopped at the level crossing at Berwick, so that's 2 out of 3 possible stops due to trains, just our luck! We arrived at the top of the climb at 12:50, 65km done. John and Chris were still there, and after a quick drink and a biscuit, Mark Heffer and I were off on the circuit that would take us down to Exceat and then back to Alfriston and up High & Over for the 3rd and last time. We arrived just 44 minutes after the last time on the card, the loop being 10km so we probably took about 30 minutes riding time for the loop.

We were soon joined at the control by Paul Outhwaite (shown above on Firle Beacon) and his three Worthing Excelsior team mates. The sky was now looking overcast and rain threatened so we thought we better get going, down to Exceat and then up the climb to Friston Pond, by which time Mark Fairweather got his second wind and led us into East Dean and the turn towards Birling Gap and Beachy Head. An information control at Birling Gap at 13:22 meant 86km in 5hrs 2 minutes, my computer showed 21.8km/hr average riding speed so we had been stopped at various points for nearly an hour. The wind was now behind us as the short spell of rain hit us and we were blown up the climb to the top of Beachy Head.

A descent into Eastbourne followed and we sped along Paradise Drive to Victoria Drive and Butts Brow, the last climb of the day. We were all wondering how our legs would feel after 100km of ups and downs as we turned onto the climb, with Mark Fairweather and Mark grinding up on their "compacts" 34x25 "zig zagging" across the climb as I went straight up on my triple, following their progress (as I am 20 odd years older than them, I had to let them go!). Near the top Paul Outhwaite came flying by having dropped his clubmates and caught both the Marks before the top. He is a good climber. The wind had not let up and the car park was definitely breezy as I got my card stamped by Andy Seviour at 14:05. 104km done and 9 km to go. We had a really good day out and the final leg to Hailsham along the Cuckoo Trail was soon covered and we arrived at just before a quarter to three, with 3 hrs in hand before the control closed. Job done. I rode back home aggregating 134km for the day at a riding speed of 21.8km/hr.



Mark Heffer climbs Firle Beacon

CORRECTION DIEPPE RAID REPORT

Stu Greenway has pointed out that Alan Symonds made an error in his Report. Stu actually rode in the 1952 Brighton to Glasgow 6 stage race not the London to Edinburgh and also we had the Flunch Lunch on the Saturday. Otherwise Stu said it was a good write up.

Please continue to support Adam at your local bike shop. He's ready and waiting to tune up your bike so you can go even faster as the season progresses!

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The Newsletter will be out on **30th September 2008**. Please send in lots of articles and let me know of **any racing results that I have missed**.

Articles wanted, please don't be shy. The success of the newsletter depends on you. Closing date for articles for next issue is **25th September 2008**.

Please contribute something for members to read and enjoy!

My contact details are:

Tel: 01323 502615

Email any articles to : RichThomas@btinternet.com

Richard T.