



Issue 8 – June 2007

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The Official Monthly Newsletter of the Eastbourne Rovers Cycling Club

EDITORIAL

We are well into the racing season now, and our evening series is proving as popular as ever.

Success has come our way in open events with Steve Frame winning the Worthing Excelsior 25 on 20th May in 55:34. Well done Steve. Harry was first vet on standard with + 20:37.

Congratulations also to Adam Ford for going under the hour for the first time in the Charlotteville 25 on 26th, well done Adam. You know you can do it again, once having broken through the magical barrier.



The clubroom is a bit quiet since the end of the turbo sessions, which will return in the Autumn. Please do your best to come to the clubroom when you can and let me know your race results.

As far as the local press are concerned we don't exist, as nothing has been published in the Wednesday or Friday local newspapers. It is a great pity as Alan does keep sending articles to them!

On the Audax front I have completed all my qualifying rides so can now enter PBP, hope I get in!

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
Alan Symonds: Press Secretary: 01323 844053 – agenservice@tiscali.co.uk

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 (October 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.

PRESS REPORT: ALAN SYMONDS

Nothing seems to be published which is a pity. Don't give up Alan!

The evening was deceptive, although fine, sunny and warm there was a “slowing wind” for the return from Little Common.

Congratulation to Steve Frame, champion in 22:00 and to Emma Richards, ladies Champion in 26:05. Only 6 seconds to find to dip under 26 minutes, Emma. You know you can do it. Sorry about the photo quality Steve, you were going too fast!



Steve Frame



Emma Richards



Adam Ford

Results

1	Steve	Frame	22.00	Club Champion
2	Stuart	Medhurst	23.14	
3	Stuart	Davis	23.16	
4	Graham	Hadlow	23.33	
5	Michael	Valks	23.40	
6	Peter	Moon	24.13	
7	Tim	Fuller	24.15	
8	Adam	Ford	24.29	
9	Steve	Humphrey	24.49	
10	Paul	Dempsey	25.01	
11	Andy	Stobbart	25.09	
12	Dave	Cox	25.28	
13	Paul	Fuller	25.41	
13	Tony	Murphy	25.41	
15	Emma	Richards	26.05	Club Champion
16	Andy	Parsons	26.18	
17	John	Seviour	26.57	
18	Natham	Ingram	29.10	
19	Peter	Ingram	32.35	



Stuart Medhurst



Andy Parsons



Paul Fuller



Peter Moon



Dave Cox



Tony Murphy



John Seviour



Nathan Ingram



Peter Ingram

The Pevensey Circuit 14.07 mile TT 29th MAY 2007

The weather was fine but cold and windy, so the field of 17 riders had a hard ride. The photos below taken on Boreham Street hill show the level of enjoyment experienced by the riders!



Emma Richards



Andy Parsons



Julian Sykes

STUART MEDHURST	35.05
STUART DAVIS	35.23
GRAEME HADLOW	36.12
PETER MOON	36.27
ANDY STOBART	36.36
MICHAEL VALKS	36.49
ADAM FORD	37.28
DAVE COX	39.56
ANDY PARSONS	40.50
EMMA RICHARDS	40.56
TONY MURPHY	41.15
JULIAN SYKES	41.24
JOHN SEVIOUR	46.14
PETER INGRAM	52.54

PRIVATE TIME TRIALS

JAMIE PRINGLE	34.22
ADAM ROGERS	37.50
KERRY McGAWLEY	41.08

POINTS AFTER 6 RACES

STUART MEDHURST	9
PETER MOON	18
ADAM FORD	39
JOHN SEVIOUR	68

TIME KEEPER GRAHAM LADE PUSHER OFF KEVIN BURTON
MARSHALS KEN BECKETT, PAUL FULLER & GAVIN SMITH

More pictures of riders enjoying the climb of Boreham Street hill



Stuart Medhurst



Adam Rogers



Graham Hadlow



Adam Ford



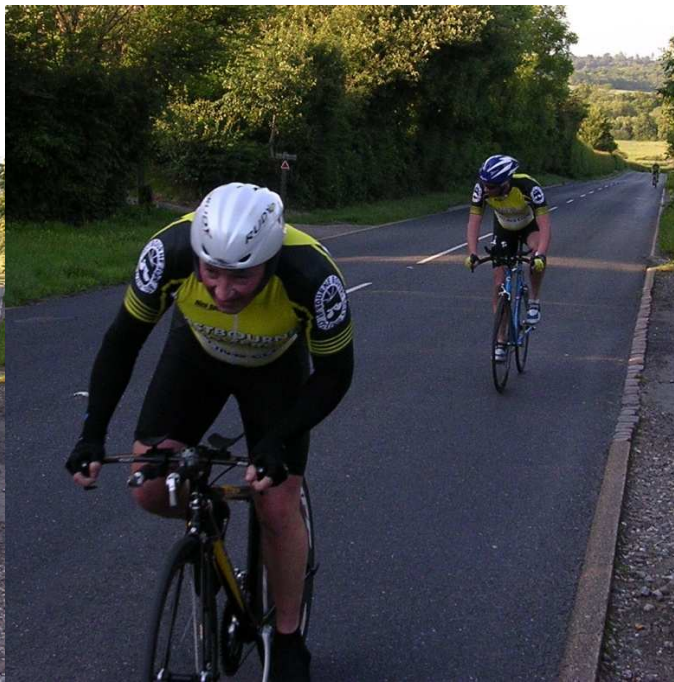
Dave Cox



John Seviour



Peter Ingram



Peter Moon leading Tony Murphy



Michael Valks



Stuart Davis

OPEN and ASSOCIATION RACING RESULTS

Harry Featherstone has reported that we have been fairly active during the past month. Steve Frame won the Worthing Excelsior 25 on 20th May in 55:34. Well done Steve. Harry was first vet on standard with + 20:37.

Several of our riders (Steve Frame, Stuart Medhurst, Peter Moon and Adam Ford) have gone under the hour this month showing strength in depth is retained in the Club. Thanks also to Peter Moon and Stuart Medhurst for marshalling in the SCCU 10 when we had 5 riders participating.

Open and Association Time Trial results.

Our riders have participated in the following events in late April and in May and the results are given below.

Kent Cycles CC 10 28 April 2007 (Morning) Tonbridge Q10/19

It is unfortunate that the finish was put in the wrong place resulting in a short course of 9.35 miles only. Sloppy work by the promoter and such a shame for all the riders.

Steve Frame	20:33
Stuart Davis	21:53
Peter Moon	22:14

Kingston Phoenix 10 28 April 2007 (Afternoon) G10/42

This event incorporated the Surrey/Sussex VTTA 10 mile Championship.

Steve Frame	22:34		
Steve Humphrey	24:44		
Harry Featherstone	25:22	1st Vet on Std +7:56	
Kevin Burton	26:02		
Dave Cox	26:35		
Graham Lade	DNS		
1st Vet Team prize	Steve Frame, Harry Featherstone and Dave Cox		+14:17
Fastest	Ray Hughes	21:16	

Addiscombe 25 29th April 2007

Stuart Medhurst	1:00:17
Peter Moon	1:01:36
Andy Stobbart	1:04:29
Andy Parsons	1:10:24

Fastest Michael Hutchinson 51:12

Sussex CA 10 mile championship 5 May 2007 Steyning

Peter Moon	23:31	2 nd Vet on Std
Stuart Medhurst	23:52	
Andy Stobbart	24:40	
Harry Featherstone	24:53	1 st Vet on Std. +8:25
Dave Cox	26:30	
Andy Parsons	27:15	

Fastest Paul Thatcher 21:45

Sussex CA 25 mile championship 6 May 2007 Steyning

Steve Frame	59:30	
Peter Moon	1:01:59	
Harry Featherstone	1:05:02	1 st Vet on Std. +19:58

Fastest Michael Hutchinson 51:26

GS Stella 10 12 May 2007 Washington G10/98

Stuart Medhurst	23:46 (7 th)
Adam Ford	24:44 (10 th)

Fastest Mike Coyle 21:35

Norwood Paragon 25 13 May 2007 G25/53 Broadbridge Heath

Steve Frame	58:59 (10 th)
Andy Stobbart	1:03:48 (22 nd)
Steve Humphrey	1:03:55 (23 rd)
Harry Featherstone	1:05:38 (28 th) and 1 st Vet on Std (+19:22)
Andy Parsons and Dave Cox	DNS

Fastest Steve Dennis 54:10

SCCU 10 19 May 2007

Adam Ford	24:43
Dave Cox	25:24
Tony Murphy	26:00
Emma Richards	27:08
Andy Parsons	27:37

Worthing Excelsior**20 May 2007**

Steve Frame	55:34	Winner and 1st Vet on Scratch
Stuart Medhurst	59:57 (22 nd)	
Peter Moon	1:00:09 (25 th)	
Steve Humphrey	1:02:28 (40 th)	
Andy Stobbart	1:03:10 (43 rd)	
Adam Ford	1:03:16 (44 th)	
Harry Featherstone	1:04:23 (49 th)	and 1 st Vet on Std (+20:37)
Dave Cox	1:06:43 (63 rd)	
75 finishers		

Charlotteville CC 25**26 May 2007****Bentley Course**

Peter Moon	56:23 (27 th)
Stuart Medhurst	57:40 (39 th)
Adam Ford	59:54 (64 th)
Andy Stobbart	1:00:32 (71 st)

Fastest M Hutchinson 48:36
104 finishers

FORTHCOMING EVENTS:**EVENING SERIES TIME TRIALS****2007**

TUESDAY	5 JUNE	10 MILES	7.15pm	PEVENSEY
TUESDAY	12 JUNE	14.07 MILES	7.15pm	PEVENSEY
TUESDAY	19 JUNE**	25 MILES	7.15pm	EAST HOATHLY
THURSDAY	28 JUNE	10 MILES	7.15pm	PEVENSEY
THURSDAY	5 JULY	14.07 MILES	7.15pm	PEVENSEY
THURSDAY	12 JULY	7.2 MILES	7.15pm	BIRLING GAP
THURSDAY	19 JULY	10 MILES	7.15pm	PEVENSEY
THURSDAY	26 JULY	14.04 MILES	7.15pm	BIRLING GAP
THURSDAY	2 AUG	10 MILES	7.15pm	PEVENSEY
THURSDAY	9 AUG	7.2 MILES	7.15pm	BIRLING GAP
THURSDAY	16 AUG*	10 MILES	6.45pm	PEVENSEY
THURSDAY	23 AUG*	10 MILES	6.45pm	PEVENSEY

PEVENSEY COURSE – Meet in the lane behind Pevensey Castle

EAST HOATHLY COURSE – Meet at the Village Sports Ground

BIRLING GAP COURSE – Meet in the car park ½ mile east of Birling Gap going towards Beachy Head. (Horseshoe Plantation)

Entry on the line is £2.50 for Non-Members.

**Denotes Club Championship races.

Sign on before **6.45pm** please.

*Sign on before **6.15pm** please.

*****HELMETS ARE COMPULSORY FOR RIDERS UNDER EIGHTEEN AND STRONGLY RECOMENDED FOR ALL RIDERS.**

FOR YOUR OWN SAFETY IT IS ALSO ADVISABLE TO FIT A REAR LIGHT***

For further information please contact DAVE COX Time Trial Secretary 01323 507916.

AUDAX NEWS

From Richard Thomas

This has been a busy month for me, starting with the Hailsham 200 on Bank Holiday Monday, 7th May.

I should not have done this really as the wind and rain were as forecast, yet I did not believe that it could be that bad so chose a bike without mudguards! I must be mad as I threw all reasoning and past experience out the window.

I rode out to Hailsham for the 7am start. There assembled was the small but quality field of 15 riders out of 18 entries (compare that with the 107 down to start next weekend's 400km from Hailsham, probably because it is a PBP qualifier). See below for the report of that ride.



On the road to La Berade,
French Alps July 2006

HAILSHAM 200 km 7th May 2007

We headed off at 7am sharp, Mike Stoaling took off up the road wanting to take advantage of the tailwind, I plugged on with Angela Nainby chasing me up to Heathfield via Grove Hill and Horam. After Heathfield on the climbs up to Wadhurst I was caught by Chris Tracey and Paul Outhwaite then Angela so we rode as a foursome to the first control at the World of Water. As it had been raining hard we had had enough of water, I had to wring out my mitts before going into the café. A short stop of 20 minutes, coffee and poached eggs on toast, and we were off to Elham in Kent, the other side of Farthing Down. Just about half way into the stage and my light Michelin Pro Race rear tyre succumbed to the flints and debris on the lanes and lost pressure. Why are p*n*t*r*s nearly always in the back wheel. 10 minutes of struggling, particularly getting a 9 speed Mavic Ksyrium rear wheel of 130 mm plus width into a 21 year old frame with a 126mm rear end, and I was off again. I arrived at Dave's feed at Elham at just before midday, having done 110km in under 5 hours including one stop and a puncture. On the way through Elham to the control I saw Mike Stoaling on his way back and Angela left soon after I arrived, was it something I did? Chris and Paul waited for me, and despite my pleas that I would slow them down they vowed to get me across the Romney Marshes as we had a howling headwind to contend with. Ironically the wind strengthened during the afternoon and we had to do nearly 100km into it, what pleasure. We maintained over 20km/hour to arrive back at the World of Water just before 3pm, had something to eat then the four of us, including Angela who had gone off course on the previous stage, left to do the final 46km to Hailsham. I hung on through to Hurst Green and Etchingham until the climb up to Brightling from Etchingham when I lost contact and plugged on on my own to Hailsham, losing about 15 minutes on the rest of my group to finish in 10hrs 15 minutes.

My VDO MC1.0 computer showed that the amount of climbing was 2,445 metres (equivalent to twice up Alpe d'Huez), with an average climb gradient of 3% and maximum gradient of 16%, that's what slows things down!

I stayed until about 6pm but no other riders appeared so I headed off home down the Cuckoo Trail. A hard ride!

I left home at 12:45 pm for a civilized early afternoon start at 1:30pm, which saw a large field of 77 riders out of the 107 entries roll away from Hailsham Leisure Centre Car Park to head east on the first 70km stage to Dungeness via Cowbeech, Dallington, Woods Corner, Brightling, Mountfield, Cripps Corner, Broad Oak and Rye. Seem to be going there a lot this year! I am assured that next year Dave's routes will be different, going west. The tail wind meant that the speed was high and a lot of riders got there at or before the opening time. I was not one of them despite young Mr. Tracey winding the speed up to over 45km/hr! After a short stop we headed off to the World of Water at Rolvenden some 57km away. The wind was full head on back to Brenzett and our little group of four took a battering. On this stretch we picked up Dennis (a youngster of only 52) from the Willesden CC who was to stay with us for most of the rest of the ride. The route took the now familiar route for rides this year up to Warehorne, Bethersden and Biddenden. The pace was still higher than I felt comfortable with and I was considering my options. Having broken away from the core of the field to be in the first 20 or so to slip back may have involved a long wait so I had no choice but to dig deep and hang on. The weather had proved better than forecast, with sun and blue skies and no sign of the rain forecast for mid afternoon. I was feeling better and the stop for eggs on toast and apple pie and custard at Rolvenden perked me up in readiness for the next 3 night stages right across East Sussex and into West Sussex, near to Midhurst. Dave had chosen to send us down the A272 for a considerable distance which made navigation easy and the only draw back would be the traffic which was fortunately light.

We left Rolvenden in daylight and retraced our route for 3 km, seeing our fellow riders heading for their feed. An exchange of greetings were the order of the day, yet we were not to see them again although we probably crossed during the night stages on the A272, when they would just be identified by their lights.

We had to get to the next control at the Shell garage at Uckfield 60 km away before it closed at 11pm. Darkness fell around the information control at Bells Yew Green at about 32 km into the stage, where the question was the name of the brewer (Harveys, for those who may not know). We turned on our lights and headed off to join the A 267 at Frant for the ride down to Cross in Hand. Our group of four (me, Chris Tracey, Martin Malins and Dennis) strung out a bit on this stretch and Dennis dropped off the back with comments about it being a hilly ride. I said we were probably going the flattest way and there were some nasty hills that we have thankfully avoided. Turning at Cross in Hand to descend to Blackboys thence to Uckfield via Framfield had me cursing the rough and pitted road surface as my wheels hit one bump/hole after another in the dark. We arrived at Uckfield at 10pm, Martin diverted to a pub for a pint before joining us at the garage control, where several other riders joined us. After a stop of half a hour we were off, joined this time by Paul Whitehead of the Hampshire Road Club. Stage 4 of 67km to Halfway Bridge on the A272 had me suffering for the second half from the A24 at Buckbarn. We saw the leading group of about 9 riders returning from Halfway Bridge to Buckbarn just before I dropped off the back of the group as I was feeling terrible, reduced to a crawl through Billingshurst, Wisborough Green and the grind up to Petworth. I staggered into Dave's control and was very wobbly, could not eat much (only peaches and rice pud). Brian Howe, who was the card control there commented that I was not my usual cheery self. I wondered when and if I could continue. A nice young lady who was helping at the control took my arm as I was about to leave and asked whether I was OK. This cheered me up a lot!

The next leg back to Buck barn was only 30km and went by quickly so we were there about 3am just as the rain started. This did not bode well for the next long 80km back to Rolvenden. However, the rain was short lived and had nearly stopped as we left at 3:30am to follow the A272 back to Maresfield, thence to Hadlow Down, Cross in Hand, Heathfield and Etchingham. This section was a bit lumpy and was done in the daylight as dawn came up around Cuckfield. Martin Malins left us at Cuckfield to go to his Mum's for a sleep. We pressed on as rain was forecast for later in the day. To break up the stage we stopped at the Esso garage at Cross in Hand. It was here that I suffered a serious bout of enlightenment the repercussions of which had me on the Imodium on Sunday and Monday! No wonder I was not feeling myself (no jokes here please).

Hardened that I am to suffering I plugged on. I must mention here the sadism of the organizer who sent us up that nice little climb known as Burgh Hill just after Etchingham level crossing. 30 x 28 here for me.

The rest of the ride to Rolvenden was easy by comparison and we saw some riders already returning on the last leg! Unable to eat my scrambled eggs at the control I braced myself for the final 40km as Dave's stamp stated "Stoke up for the Hills". Yes it is a bit lumpy around Brightling! Three of us (Chris, Dennis and me) left Rolvenden and before Hurst Green the rain started as per the forecast. Dennis was off the back by Etchingham where we turned left heading for the now familiar return leg via Brightling, Dallington and Cowbeech to Hailsham. I hung on to Chris until the climb to Brightling where his back wheel slowly edged away. He is so much fitter this year or am I slowing down (is this a rhetorical question?). Anyway, I was looking for a sub 21 hour ride, yet got to Hailsham the same time as the Harriers were having a road running race so got tangled up with the traffic and the runners. By the time I handed my card to Andy Seviour, the finish controller, the time by the "official" John Seviour watch was 10:31, damn, one minute over my target yet my second fastest ever 400km (not bad seeing that my fastest 400 was a flat ride in Lincolnshire in 1984 with a tail wind for 200km which then dropped for the return leg).

There was over 4200m of climbing measured by one rider, and only 17 riders got back before me out of 77 starters. Alan Symonds was there to greet me, John Seviour kindly bought me a refreshing coffee and I left for home at just after 11am. The riding time was 17hrs 46 mins giving a riding speed of 23km/hr average for the 408 km that I recorded. We stopped at 6 controls and one "unofficial" stop, hence averaging just under 30 minutes per stop. It is surprising how quickly 30 minutes can pass.

I got very wet riding home down the Cuckoo Trail yet there were many riders who would be on the road for up to 6 hours longer than me and would be very wet by the end of the ride. You take your choice on how you do these rides and I was grateful that I avoided the heavy rain on Sunday afternoon.

Only the 600km in two weeks time and all my qualifying rides for Paris Brest Paris in August will be in the bag, great!

I was down to ride the Invicta 400km on Saturday 19th May but went down with a sore throat and general lethargy so I decided to give the ride a miss and hope to recover for the all important 600km PBP qualifier on the Bank Holiday weekend. I had no "reserve" ride booked so its glory or bust for me! I was feeling no better by Monday 21st so booked a Doc's appointment to make sure I did not have bronchitis (the cyclist's "friend" I think not). He gave me the all clear and just recommended that I drink plenty of electrolyte drinks (yuck!, I can only take so much of that (2 pints) in a ride before switching to water/coke/lucozade sport, the latter though is a bit too fizzy).

THE HAILSHAM NATIONAL 600km 26th/27th May 2007

By Friday, the day before the event, I was still "washed out" and concerned that I would not get round as just walking down the garden sent pains through my thighs, which felt dead and heavy. Perhaps my body was trying to tell me something! I prepared a schedule for a 36 hour ride with little planned sleep as no control was really suitable for a decent sleep.

Anyway, Saturday early morning arrived and I had to give it a go so got up at 3am when the alarm went off and slowly got ready, breakfasted and climbed aboard to ride to the start at Hailsham Leisure Centre Car Park. I got there at 4:45am and picked up my brevet card, banana etc and rolled out with the other 82 riders at 5am. We were off, no going back now, and 40 minutes later we had passed through Alfriston and were at the top of High and Over where John Seviour was once again doing sterling work handing out the checkpoint stickers. When climbing High and Over you know it's High but wonder when it will be Over.

Our groupette of the usual suspects (Paul Outhwaite, Jack Williams, Mark Heffer and Rob Bullyment) had reformed at the checkpoint for the ride along the coast to Shoreham, then north to Steyning and further into West Sussex to the first control at the Chalet Café, Cowfold. We got there in good time, Chris Tracey joined us, and after a short half hour break for refueling we embarked on stage 2 to Brightling and Dave Hudson's control. I found this 62km stage quite tough through the lanes and small climbs of Warninglid, Cuckfield, Lindfield, Fletching, Uckfield, Framfield, Heathfield and Dallington, arrived at via the lane that

avoids Carrick's Hill. We had lost Mark Heffer who was having mechanical problems and turned back to go home, get another bike and start the ride again. What steely determination, as Mark needs the ride for his PBP qualifier. He got round OK, a fantastic achievement having lost two hours due to his problems and riding mostly on his own.

The next two stages to Dungeness and then up to Rolvenden were completed with reasonable ease, and a good feed at the World of Water (eggs on toast, apple pie and custard, eaten outside in the sunshine, the only time we would see the sun all weekend). The next stage to Lewes was a bit more serious with the A267 from Frant to Cross in Hand to be covered, those climbs!, the traffic was thankfully light and well behaved.

Cross in Hand to Lewes was covered at a pace and we arrived at the Tesco Garage at 8:10pm, 307km covered in 15hrs 10 minutes. For me that pace was not sustainable as it was faster than my 300km (15hrs 30 mins) earlier this year over virtually the same route. It then started to rain, which was to be with us for the rest of the ride, oh bliss! The next stage to Pease Pottage was horrible with many steep leg sapping climbs in the dark after Wineham and through Warninglid (again, but from a different direction than earlier in the day, just as steep!) to Handcross.

On my schedule I had planned an hour stop at the Pease Pottage control, in the warm and dry, but the groupette wanted to go on to the next stop at Half Way Bridge near Midhurst. I had not really recovered from the climbs to Pease Pottage so the next stage via Roffey, Broadbridge Heath, Five Oaks, Wisborough Green and Petworth was really tough for me. We arrived at 1:15am and I decided I did not want to go on without a rest, so I settled down for an uncomfortable sleep in a plastic chair in a gazebo tent. Nice! Fortunately my good friend Sabine who was helping at the control lent me her blanket otherwise I would have been even colder. Her husband Jack Williams, with whom I was riding was sleeping in their car at this control but there was no room for anyone else in the car due to the food etc in there for the control. I could not eat anything either which was a problem as I would have no fuel in the tank for the next long stage to Sutton Scotney. Rob, Chris and Paul left at about 2am for the next stage leaving Jack and I there, a split in the peleton, never mind, that's the way it goes, not everyone suffers at the same time but everyone does suffer somewhere along the line. Jack and I left at 4:10 am with two other riders (Alex and Kenton) who had joined our group at the World of Water, so we were 4, a reasonable size for this sort of ride.

Needless to say it was still raining, and although the route would be more or less on main roads (A286, A272 and A31) the traffic was not too bad as it was early in the morning. We stopped at a garage in Winchester for some refreshment then onto the Sutton Scotney control, where we arrived at just before 8am, having taken nearly 4 hours for 65km, surprising how you slow down. A warming breakfast in the Little Chef and we were off for a challenging laney route back to Halfway Bridge, 68km this time. It was still raining and the lanes were tough, gravel covered etc yet we avoided any p**ct**es, although Kenton had dropped off the back with one. The thought that kept us going was that we were actually now on our way home, with only 155km to do from Sutton Scotney, c'est du gateau. Arriving back at Halfway Bridge we stopped for some more food, but all I could manage was peaches and rice pud. Was I failing again. I am convinced on reflection that I started this ride weakened and had an almighty struggle to keep fatigue at bay. Still, all good character building experience, which I may need to call upon in PBP.

From there we were virtually home and ~~dry~~ wet, with only 87km to go. Descending from the control the rain stung our faces and the temperature was through the floor. We splashed through Selham, Coates, Coldwaltham, Greatham, Storrington, risked life and limb crossing the A24 before Steyning, through Bramber, Edburton, Fulking and Poynings to Pyecombe and the control at the Petrol station. We were drenched, I wrung out my gloves, had a sandwich and off we went for the last leg, not too bad through Clayton, Underhill Lane, Cooksbridge, Barcombe, Ringmer, Laughton, the Dicker and Boship roundabout into Hailsham. Our group of four arrived at 5:50pm, 36 hours 50 minutes for the ride. Handshakes all round, SR series in the bag, PBP here we come. Rob had got back an hour earlier and Chris and Paul a bit earlier than that although they had 3 "unmentionables" and "Mr Grumpy" appeared a few times.

I had spent just under 28 hours actually riding with nearly 9 hours off the bike. I am always surprised how this down time adds up, but with 11 stages and 10 controls this works out at an average of about 40 minutes

per stop plus the longer stop of nearly 3 hours (which included some sleep) at Half Way Bridge on the way out.

My 600km ride qualified me for my Ultra Randonneur award from Audax UK, for completion of 10 Super Randonneur series (comprising a 200 km, 300km, 400km and 600km per year). I did my first series in 1991 and then continuously from 1999 to 2007. Sabine had a bottle of sparkling wine to celebrate this so it was shared amongst those at the finish. A nice touch.

News of other riders was such that 6 had already packed and some 40 riders out of the remaining 76 were still out on the road. I don't know how they got on. I guess most made it within the 40 hours allowed.

So, 100% rain record for May, 3 events and 3 soakings, roll on "flaming" June.

So for me it's a wind down before leaving to ride down to Paris on 17th August. I plan to do the Dieppe Raid (140km) on 10th June with several other Rovers (report next month) and a 200km on 16th June, followed by a 200km and a 300km in July and a 200km the Sunday before setting off for Paris. After PBP and the ride back to Eastbourne, I am off to the Pyrenees 9 days later for a 10 day ride across 28 cols from Hendaye on the Atlantic coast to Cerbere near the Spanish border on the Mediterranean coast. Watch this space!

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 July Newsletter will be out on **2nd July 2007**. Please send in lots of articles. Lots of you are racing now, don't forget to email me your results.

Articles wanted, please don't be shy. The success of the newsletter depends on you. Closing date for articles for next issue is **28 June 2007**.

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.