



Issue 13 –February 2008

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The Official Monthly Newsletter of the Eastbourne Rovers Cycling Club

## *EDITORIAL*

You may have been wondering where the Newsletters have been since the November edition but your Editor has been otherwise engaged on DIY, building my new “office” (see photo opposite). I did not ride at all for 12 weeks, from 19<sup>th</sup> November 2007 to 10<sup>th</sup> February 2008. The first ride, up Dukes Drive and Beachy Head to Birling Gap, East Dean and Friston was purgatory, but I can only hope that it will get better in the coming weeks.

Some of our riders have completed an Audax ride and/or some Reliability Trials over the Winter to keep things going and some have been racing already. Alan Symonds has sent me a report of the Hills and Mills Audax and the turbo sessions (see photos at end of this Newsletter) are gaining more participants each week, many thanks to Graham and Alan for keeping them going. I hope you are all enjoying the workouts.



The Dinner and Prize Presentation was a success and we got a good report (see below) in the Eastbourne Herald. I must apologise to Alan Symonds for leaving his wins out of the report in the paper.

Brian Holt wishes to apologise to Dave Dunbar for his delay in thanking Dave for taking over the tea making duties last September.

The Club handbook is now available to all who have paid their 2008 subs, see Peter Moon for both!

Finally on behalf of all Club Members I wish to thank Alan Symonds, the retiring Press Secretary, for the good service that he has given as Press Secretary to the Club over the past 5 years. Many Thanks again Alan.

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  
**Richard Thomas:** Press Secretary: 01323 502615 E Mail as above

### *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 and participate in the turbo sessions!(see below). 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.

**PRESS REPORT from Richard Thomas**

**The Club dinner was reported in the Eastbourne Herald of 1 February 2008, as shown below.**

**HERALD SPORT**

## Super Steve sweeps the board

**MORE than 50 members and guests enjoyed Eastbourne Rovers Cycling Club's annual dinner and prize presentations at the Afton Hotel.**

All the prizewinners were given rousing cheers, with the greatest being saved for Steve Frame, who won the club's senior best all rounder competition and all four club championships, over distances from 10 miles to 100 miles.

He also scooped the Cliff Sharp Memorial Trophy for the fastest club rider in that event, the Bill Collins Trophy for scoring best in the races promoted by the East Sussex Cycling Association and the cup for the fastest 25 mile time of the year.

The club's veteran best all-rounder competition was once again won by the evergreen Harry Featherstone with Dave Cox awarded second place.

The ladies' best all rounder trophy was won by Emma Richards, who also won

the ladies evening series of local time trials.

The junior competition was dominated by Philip Smith, who won both the Junior Track Championship and the Junior Road Race Championship. Peter Moon won both the Ken Thompson 100 mile Veteran Cup, for the best performance in the over 40's group, and the Charles Robson Workers' Cup.

Other prize winners were Stuart Medhurst, for winning the club's evening series, where John Seviour won the Veteran's competition.

Stephen Humphrey won the Harold Manser 25-mile trophy for the best improvement over that distance and the most improved novice was Iain Brogden. Richard Thomas won the Tom McAll long distance trophy for his Paris-Brest-Paris 1225 km ride.

**RIGHT: most of the award winners with their trophies.**

**CYCLING star Steve Frame with his array of trophies.**

**Alan Symonds reports below on the Hills and Mills Audax.**

Hi Richard. Missed a "good" one. Never mind theres plenty more. Alan

**HILLS AND MILLS 12/01/08**

Only 2 riders from ERCC turned up for the inaugural event of the Hills and Mills Reliability Ride organised by Andy Seviour.

Julian Sykes and Alan Symonds did not see much in the way of "Mills" but this was more than made up for by the "Hills" part of the ride

After the rains and winds of previous day's it came as a surprise to find Saturday dry and bright. My last excuse gone it was over to Hailsham Leisure Centre to join Julian and a strong contingent from Lewes including Ian Landless, Chris Martin and Tracey Caudle who I know along with a number of other Wanderers that I don't.

Dave Hudson was in attendance with his usual supply of tea, wads and cake for those that needed it and then it was off at 0830 hrs.

The route took us up to Cowbeech then Iwood Lane ( 1<sup>st</sup> hill test ) to warm us up and then it was off to the 1<sup>st</sup> Checkpoint before the long descent. I actually remembered to get my card stamped (don't do that in time trials) and then it was over to Witherenden Hill and Mayfield via some more lumps for the 1<sup>st</sup> foodbag and another stamp.

The next challenge was Argos Hill and more hills to Forge Lane, Motts Mill (did'nt see that one) and Withyham for an Info Control. Into Hartfield and Jib Jacks Hill followed by Chuck Hatch Lane and then another Check Point at the Ford. Then it was the BIG ONE Kidds Hill (must have been named that after someone said " Ride up that-You must be Kidding " also known as "The Wall". Had me in the Granny and big sprocket and seemed worse than when we did road races up it (Cant think why). Over the top and Julian gave me a back wheel so we could join up with the bunch.

Back to Mayfield via Jarvis Brook and more hills for the 2<sup>nd</sup> feed where serious calories were consumed then to Broad Oak for another Info Control and a grind up to Heathfield.

By now I was getting a lot of cramping but the end was in mind if not in sight. Two more climbs, round the back of Horam and onto Grove Hill and then the welcome sight of the Leisure Centre

Time taken including stops was around 5 hrs. Did I enjoy it ??? Well it has about the same height of climbing as Mad Jacks so that will give you an idea. See you there by which time you should have completed the Lewes event and the Winter Warmer. If you don't fancy that you could try the Turbo Sessions.

## [RELIABILITY RIDES](#)

### [Alan sent this Press Report to the Herald in December](#)

The annual main challenge between Eastbourne Rovers and Lewes Wanderers in the form of the ESCA Reliability Run over either 30 or 60 miles, where the most number of finishers to complete the course in the allotted time would be the winners, took place on Sunday 18<sup>th</sup> November. The rain forecast for the day held off until after the event to Rovers disadvantage but a strong cold wind provided a chill factor.

Wanderers managed to accumulate 33 riders, being the largest group, whilst Rovers were disadvantaged with only 11 entries. Lewes generally opted for the harder 60 mile run while Rovers opted for the shorter 30 mile route. Riders from other clubs, including the promoters G.S.Stella, also took part.. As the route was not announced until after the entries had been received and the 60 mile event required an average speed of around 15 miles per hour Rovers tactically rode the shorter distance on the assumption that the longer route would be more arduous and the weather could be adverse making it difficult for those on the longer distance.

In the event Lewes overcame this by sheer weight of numbers and succeeded in claiming the overall team prize. There were a total of 102 riders of whom 17 did not start, 5 did not finish and 20 failed to complete in the chosen time

[Alan also reported on our successes in the SCA time trials in 2007, as below:](#)

In the Sussex CA Best All Rounder Competition Rovers had great success winning the majority of prizes.

Steve Frame, Peter Moon and Stuart Medhurst took the overall team prize with average speeds of 25.48, 24.6 and 24mph respectively whilst Emma Richards was 1<sup>st</sup> for the Ladies in 21.36 mph.

In the Middle Distance events Steve Frame came 2<sup>nd</sup> to Steve Dennis ( East Grinstead) with 27.09 mph. Stuart Medhurst was 3<sup>rd</sup> with 25.85 mph Harry Featherstone 6<sup>th</sup> with 24.12 and Dave Cox 7<sup>th</sup> with 23.71. Rovers also took the Team Prize.

In the Short Distance events Steve Frame was 1<sup>st</sup> with 27.09 mph, Stuart Medhurst 2<sup>nd</sup> (26.05 mph) Harry Featherstone 4<sup>th</sup> (24.21 mph) Dave Cox 5<sup>th</sup> (23.92 mph) and Rovers also took the Team Prize.

In the Veteran Long Distance on Standard Peter Moon took 3<sup>rd</sup> Place (+1.17.42) against 1<sup>st</sup> place Geoff Smith (V.C.Etoile) whilst Steve Frame took 4<sup>th</sup> Place (+1.12.04) and Stuart Medhurst was 5<sup>th</sup> (1.00.12). Eastbourne Rovers again took the Team Prize.

In the Veteran Middle Distance on Standard Harry Featherstone took 1<sup>st</sup> Place (+1.59.19), Dave Cox 3<sup>rd</sup> (+1.01.04) Steve Frame 6<sup>th</sup> (+53.35) and Stuart Medhurst 7<sup>th</sup> (+48.00). Again Rovers took the Team Prize.

In the Veteran Short Distance on Standard Harry Featherstone was again 1<sup>st</sup> (+1.34.33, Dave Cox 3<sup>rd</sup> (+53.15), Steve Frame 4<sup>th</sup> (+43.23) Stuart Medhurst 5<sup>th</sup> (+38.31) with Rovers taking another Team 1st.

### LEWES WANDERERS RELIABILITY TRIAL

Several riders rode the Lewes Wanderers event on the last weekend of January 2008 but no report has been submitted to date. Any takers for the next Newsletter?

### TIME TRIALS

#### EARLY SEASON and EVENING SERIES DATES from Dave Cox

Now is the chance for you to demonstrate how effective your winter training has been by doing the early season 10 and 25.

#### TIME TRIALS 2008

|              |             |    |       |         |              |
|--------------|-------------|----|-------|---------|--------------|
| EARLY SEASON | 24 FEBRUARY | 10 | MILES | 10.00am | PEVENSEY     |
| EARLY SEASON | 2 MARCH     | 25 | MILES | 8.30am  | EAST HOATHLY |

#### EVENING SERIES

|          |           |       |            |        |              |
|----------|-----------|-------|------------|--------|--------------|
| THURSDAY | 24 APRIL  | 10    | MILES 2 UP | 7.15pm | PEVENSEY     |
| THURSDAY | 1 MAY     | 10    | MILES      | 7.15pm | PEVENSEY     |
| THURSDAY | 8 MAY     | 10    | MILES      | 7.15pm | PEVENSEY     |
| THURSDAY | 15 MAY    | 10    | MILES      | 7.15pm | PEVENSEY     |
| THURSDAY | 22 MAY**  | 10    | MILES      | 7.15pm | PEVENSEY     |
| TUESDAY  | 27 MAY    | 14.07 | MILES      | 7.15pm | PEVENSEY     |
| TUESDAY  | 3 JUNE    | 10    | MILES      | 7.15pm | PEVENSEY     |
| TUESDAY  | 10 JUNE   | 14.07 | MILES      | 7.15pm | PEVENSEY     |
| TUESDAY  | 17 JUNE** | 25    | MILES      | 7.15pm | EAST HOATHLY |
| THURSDAY | 26 JUNE   | 10    | MILES      | 7.15pm | PEVENSEY     |
| THURSDAY | 3 JULY    | 14.07 | MILES      | 7.15pm | PEVENSEY     |
| THURSDAY | 10 JULY   | 7.2   | MILES      | 7.15pm | BIRLING GAP  |
| THURSDAY | 17 JULY   | 10    | MILES      | 7.15pm | PEVENSEY     |
| THURSDAY | 24 JULY   | 14.04 | MILES      | 7.15pm | BIRLING GAP  |
| THURSDAY | 31 JULY   | 10    | MILES      | 7.15pm | PEVENSEY     |
| THURSDAY | 7 AUG     | 7.2   | MILES      | 7.15pm | BIRLING GAP  |
| THURSDAY | 14 AUG*   | 10    | MILES      | 6.45pm | PEVENSEY     |
| THURSDAY | 21 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 £3.00 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 RECOMMENDED 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

***OPEN and ASSOCIATION RACING RESULTS from Harry Featherstone.***

Harry reports that Club Champion Steve Frame was 5<sup>th</sup> (23:48) in the Southborough & District CC New Year 10. Well done Steve, glad to see that you don't slow down much in the "off" season. Sean Yates won in 22:50, reportedly his last ever event due to his heart problem, I also recall it may have been his first open win some 30 years ago. The full result is on the CTT website, some interesting names in there including Tim Carpenter, is that the Tim Carpenter of that well known Sussex cycling family!

Graham Lade has ridden recently, well done Graham for starting so early in the season, so you should be really "motoring" by the time the warm weather comes!

***FORTHCOMING EVENTS:***

***TRAINING CAMPS***

Dave Cox is off to Tenerife for a week's training camp from this weekend. How about a report for the next Newsletter, Dave or anyone else who is going.

***ESCA HARDRIDERS***

***As usual we are promoting the ESCA Hardriders TT on 16 March 2008, promoter Peter Moon would appreciate any help you can give.***

***See our Club handbook for local Sussex events and Harry has the CTT Handbooks if you have ordered one.***

***ROAD RACING***

Graham Hadlow has taken up the vacant post of Road Racing Sec. and we have the following dates for the races that we will be promoting. These are April 6<sup>th</sup> or 13<sup>th</sup> or Oct 5<sup>th</sup>. Volunteers are required so keep a note of these dates and further info will be given in the next Newsletter.

# AUDAX NEWS

*From Richard Thomas*

Having been off the bike for some time I will not be doing any rides like Mad Jack's on 23<sup>rd</sup> February, but will hopefully be fit enough for Dave Hudson's 200km from Hailsham on 9<sup>th</sup> March. Details and entry forms etc are on the Audax UK website [www.audax.uk.net](http://www.audax.uk.net)

I include a photo of me on Friday 24<sup>th</sup> August 2007 at 9:55am at Dreux, the penultimate control after 1158.5km, on last year's PBP. Tim Wainwright, who had to pack due to saddle soreness, took the photo. It's me "waving" to him. I was pretty tired and my face was swollen by the effects of the dire weather.



## [DIEPPE RAID 2008](#)

Alan has put details on the Clubroom Notice Board. Several of us are going so come along "pour une petite vacance en France".

Entry Forms etc are available on the web site:

<http://www.dieppetour.com/>

## [TURBO SESSIONS](#)

These have been run by Graham and Alan through the winter. I show below some photos of Club Members "enjoying" the session on 4<sup>th</sup> February 2008.



What's in the bag Emma?

Everyone else is getting down to it!



Alan leading the session, how's that position for you Alan? Bill, Iain and Emma. So who's trying hardest? Stuart gets down to it, you can see he's trying. Meanwhile Graham looks up for salvation, how much longer?



Adam concentrates whilst Emma feels better without the bag! Andy stares at the towel with 30 secs to go!

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*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 next Newsletter will be out **at the end of March 2008, after the early season 25. Please send in lots of articles. Please 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 **26<sup>th</sup> March 2008.**

Please contribute something for members to read and enjoy!

My contact details are:

Tel: 01323 502615

Email any articles to : [RichThomas@btinternet.com](mailto:RichThomas@btinternet.com)

**Richard T.**