



Issue 14 –March 2008

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The Official Monthly Newsletter of the Eastbourne Rovers Cycling Club

EDITORIAL

There is plenty to read about in this Edition with reports on the early season races.

The headlines are that we had 9 members and 1 private rider taking part in the Early Season 10 mile TT on 23 February. The winner was Steve Frame, with Alan Symonds taking 1st Vet on Standard and Tracy Fuller the Ladies prize.

The early season 25 was affected by the inclement weather which reduced the field. Iain Brogden won in fine style with Andy Stobbart taking the Vets prize.

Peter Moon successfully promoted the ESCA Hardriders with Mike Coyle running of with most of the prizes.

Dave Cox is the SCA President for 2008 and also reports on his training camp exploits in Tenerife with Stuart Medhurst and Andy Parsons.

STOP PRESS

ESCA 2 UP

Sunday 30th March

Iain Brogden and Tom Rossetter take third place in a time just over 48minutes. More next month

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.

LATEST NEWS SUSSEX CYCLISTS' ASSOCIATION

Mr President

The Sussex Cyclists' Association consists of 22 clubs and each year one of the clubs nominates a President. This year being Eastbourne Rovers turn, I was put forward for this honour.

The Association is a very important part of Sussex cycling running SPOCO events, Time Trials and County Championships.

Over the years Eastbourne Rovers have been very successful in Senior Veteran and Ladies B.A.R. competitions. Last year the Association nearly folded due to lack of interest over recent years so myself and the Committee's job is to get more clubs to participate in events and B.A.R competitions.

In the latter part of the season I will have all the relevant forms for the B.A.R. events for everyone to fill in to help keep the Association going.

So keep riding and have a good season

Dave Cox

PRESS REPORT: RICHARD THOMAS

I have only submitted one report and this has been published in the Herald as shown below. I am pleased to report that the paper reproduced my text without editing. So if it does not make sense it is down to me!!

FRAME IN EARLY-SEASON FORM

MEMBERS of Eastbourne Rovers Cycling Club have resumed racing after their winter break, with club riders putting in some impressive performances in the early season 10 and 25 mile time trials.

The 10-mile event was held on the Pevensey to Cooden and back course with Steve Frame posting the quickest time of 23 minutes 26 seconds.

Alan Symonds won the best Veteran on Standard with a time of 28mins 26secs and Tracy Fuller won the ladies' prize.

Other club riders were Michael Valks, 23:44, Stuart Medhurst 24:50, Iain Brodgen, 25:21, Steve Humphrey, 26:42, and Kevin Burton, 27:10.

One other rider, Paul Valks, recorded a time of 27:06. Kevin Burton was still feeling the effects of riding a very tough and hilly 120km Mad Jack Fuller's

Audax event with club member Julian Sykes the day before.

The 25-mile event took place on the Maresfield to Boship and back course. The weather was not favourable, with strong winds and grey skies, yet six brave souls faced the timekeeper, Graham Lade.

Iain Brodgen won the event in a very impressive early season time of 1hr 3 mins 9secs. Second place and first Veteran on standard went to Andy Stobbart in 1hr 4mins 50 secs.

Other club riders were Adam Ford, 1:07:05 and Steve Humphrey, 1:07:26. Two other riders took part, with Tom Rossetter posting a time of 1:05:14 and Steve Long 1:16:15.

RIGHT: Iain Brodgen (left) and Andy Stobbart after the event, looking pleased with their rides.



EARLY SEASON TIME TRIALS

Club Events

The early season 10 was held in cold but bright conditions. The winner and results are shown below, with a gallery of action photos of riders. The early season 25 was affected by inclement weather which reduced the field somewhat! See report and photos below.

EARLY SEASON 10

24TH FEBRUARY 2008

Steve Frame	23:26	
Michael Valks	23:44	
Stuart Medhurst	24:50	
Iain Brogden	25:21	
Steve Humphrey	26:42	
Kevin Burton	27:10	
Alan Symonds	28:26	1 st Vet On Standard (71)+4:05
Tracy Fuller	33:38	1 st Lady

Private Time Trial

Paul Valks 27:06



Timekeepers Jane & Graham Lade Dave Dunbar
Marshal Ken Beckett (Gemini Cycling Club)
Numbers Sponsored By Kontour Cycles 01323
483268

Winner Steve Frame 23:26

At Middle Bridge on the way out



Kevin Burton “suffering” as he had the Mad Jack’s 120km hilly Audax (see Audax News) from the previous day in his legs. Well done Kevin.

Stuart Medhurst gets back in the groove



Steve Humphrey(26:42)(left)

showing the pain. Does it really hurt that much!

Iain Brogden 25:21

On a Road Bike!





**1st
La
dy**

**Tra
cy
Ful
ler**

**33:
38**

A particularly meritorious ride as Tracy has not ridden at all for 3 or 4 months

**1st Vet on Standard Alan Symonds
28:26 +4:20**

Alan is benefiting from those Monday Turbo sessions. Well done Alan.

Michael Valks(left) 23:44

The winter break does not seem to have slowed Michael much

**Paul Valks (right)
27:06**

Must be training with son Michael!





A happy smiling group of Rovers arriving at Middle Bridge to support the riders with the usual words of encouragement.

Harry had just finished his training for the day, Tim was there to support Tracy and Dave was recovering from his Tenerife training camp (see Dave's story in this Edition)

EARLY SEASON 25 2ND MARCH 2008

The inclement weather and a change of date resulted in much reduced field this year. The Club is considering a later date for next year, which hopefully will see more riders participating. Congratulations to Iain, who won in a good early season time so perhaps an under the hour 25 is on the cards for Iain this year. Andy's second place was good enough for the Vets prize. Thanks to all the helpers, without whom we would have no event.

Result

Iain Brogden	1.03.09	Winner
Andy Stobbart	1.04.50	1st Vet On Standard
Adam Ford	1.07.05	
Steve Humphrey	1.07.26	

Private Time Trial

Tom Rosseter 1.05.14
Steve Long 1.16.15

Timekeeper Graham Lade.
Marshals Peter Moon, Dave & Sue Cox.

Numbers Sponsored By Kontour Cycles 01323 482368



Clockwise shows Iain Brogden, Tom Rosseter, Andy Stobbart and Steve Humphrey. Photos by Alan Symonds

OPEN and ASSOCIATION RACING RESULTS

ESCA HARDRIDERS SUNDAY 16 MARCH 2008

Once again the Club had the honour of promoting this event. Our thanks go to Peter Moon for picking up the baton from Stuart Davis and our congratulations to Peter for doing a great job in his first foray into event promotion. Good though Peter proved to be he had no control over the weather which did its level best to put a damper on both riders and helpers. Despite the fact that our overall membership is less than in previous years we were able to provide a majority of the marshals and even some riders! I am sure that through this Newsletter you would wish the Club to thank our helpers from other clubs, namely Su Balcome, Richard Blackmore, Stuart Crabbe and Mick Kilby for helping Jane Lade with the timekeeping, George Taylor for the pushing off and Ron and Marion Ball and Mike Hayler for marshalling. Thanks also to Mike Hayler for giving Geoff Smith of VC Etoile a lift back to the finish after he punctured near Woods Corner, and had no spare! It's a long walk back to the HQ.

The race itself proved a runaway success for Mike Coyle, VC Etoile who with a time of 40:43 had a margin of 40 seconds over second place Daniel Henchy of the Hastings & St Leonards CC. Mike also won the Fastest Vet, fastest Vet on Standard and the Hill Prime prize. Not much left for other riders, Mike!

Fastest Lady was Juliette Clarke of In Gear in 45:10 for 12th overall and a Vet at that. Watch out lads!

Fastest Juvenile was Elliot Tabraham-Dowers, of the Hastings in 51:05 for 33rd place. Remember the name for the future. Hastings also won the team (of 4 riders) prize with an impressive time of 2:53:07 having secured 2nd, 3rd, 7th and 14th places. Will their domination continue throughout the season?

First Rover was Iain Brogden, in a time of 45:00 to give him 10th place, well done Iain. Adam Ford was 16th in 46:52, Andy Stobart 22nd in 48:11 and Kevin Burton 34th in 51:38. 2nd Claim member Michael Valks, Sussex Nomads was 5th in 43:01 and only missed the prime prize by 1 second to Mike Coyle and new recruit (since the event) to the Rovers, Tom Rossetter was 6th overall in 44:00, riding for Team Kontour Cycles on the day. Out of the start card of 59 riders, 43 answered the time keeper's call and only one failed to finish due to puncturing as mentioned above.

The refreshments at the Hall at the end of the event were much appreciated by riders and helpers, another fantastic job by Sue Cox and Lillian Featherstone. Thank you, ladies.

Other Club Members who helped run the event were Graham Lade, John Armstrong (have you joined yet?), Dave Cox, Dave Dunbar, Richard Thomas, Gavin Smith, Alan Symonds, Stuart Greenway, Julian Sykes and Charles Robson, who also contributed to the Hill Prime Prize. Thanks to you all.

FORTHCOMING EVENTS:

EVENING SERIES TIME TRIALS 2007

*****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.

ROVERS CONQUER TEIDE

Early February saw three Rovers couples Stuart & Jeanette Medhurst , Andy & Maria Parsons and Dave & Sue Cox enjoy a great week in Tenerife.

The three of us men started training in temperatures of 26° and found the drivers to be very considerate towards cyclists also road surfaces to be brilliant. We averaged forty to fifty miles a day on very lumpy courses with our aim being to climb Mount Teide somewhere in the middle of the week. This we accomplished on the Wednesday going from our hotel in Los Gigantes, which is at sea level, and climbing to the top which is 2350mts. above and a distance of 36 miles.

The first five to San Juan were fairly flat but as we turned towards Guia De Isora it was a six mile climb to 600 metres. Our first stop was at Chio which was three miles on and at 700 metres, where we stocked up with water and used the facilities!!



As we left Chio we saw the first sign for Teide which indicated we had only 22 miles to go!!

We came across several other riders of different capabilities but we soon settled into our rhythm, but as anyone who might know the area will realise this very soon became a grovel as it is an unending climb with twists and turns and no flat spots.

However after 10 miles of climbing, disaster struck when Andy decided he could not go any further due to fatigue and cold as the temperature had dropped considerably, so he reluctantly returned to the hotel and I suspect food and refreshment!!

I must admit the thought was in my mind to go with him but after failing last year I decided to go on for as far as I possibly could, so with Stuart coaxing and coaching me for five more miles we reached our first bit of flat roads to Boca Tauce which went on for 2 miles.

The last few miles of climbing were very hard due to the wind and temperature of approximately 5°C but we made it to the cable car station after five and a half hours.

Anyone who saw the recent article in Cycling Weekly will know the way to prove you have reached the top is to have your photo taken under the Statue of the Madonna so ours are below.



Being inexperienced at this climbing game, and personally not thinking I would reach the top, we had no extra clothing for the descent so tried to get newspapers or similar for extra warmth but to no avail. So after coffee coke and cake we set off on our return. The next two hours were what can only be described as hell as our legs and hands were cramping up due to the cold and constant braking, but we arrived back at the hotel,

to warm sunshine, and although very tired looking forward to a beer which tasted like nectar (as did the ones we had during the rest of the evening)

One experience we had on the way down was when we came across this Women's team who strangely enough had Rovers tops, will they be seen taking part in this years evening series?



Well that is the tale of our week in Tenerife which was our second time on this type of “training week” and hopefully not our last.

Dave Cox

AUDAX NEWS

From Richard Thomas

Julian Sykes and Kevin Burton rode the Mad Jack's 120km hilly event on 23rd February, both finished the event well within the time limit of.

I went up (by car) to the Fairlight control at 78km to help Dave Hudson and take a few photos for this story.

I did Dave Hudson's 200km to Dungeness on 9th March, my first since November 3rd 2007. I struggled! See story in this Edition.



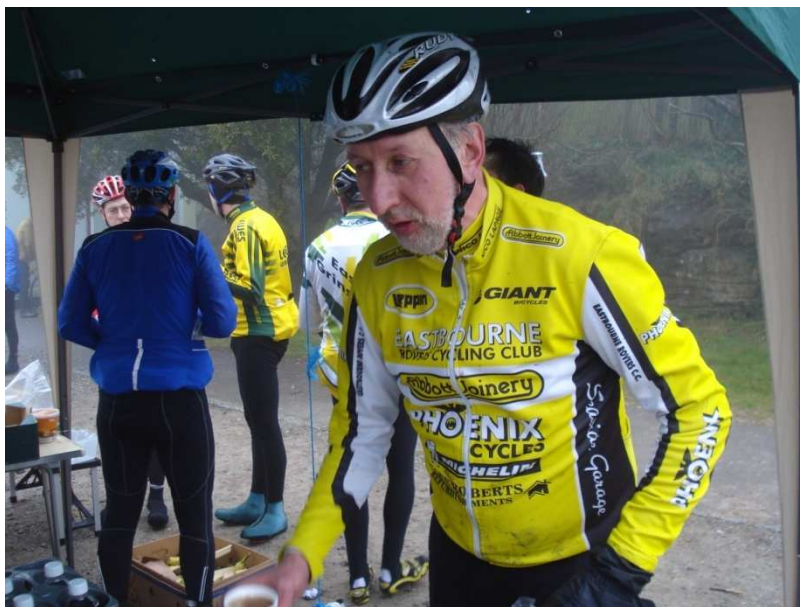
Mad Jack's 120 km Hilly (Grimpeur)

A good field of over 70 riders started this event and most finished.

Faster riders at Fairlight in the sea fret tucking into Dave's renowned spread, stoking up for the final 42km back to Hailsham.



Tony Gale (left) of the Lewes Wanderers enjoying a tea with his clubmate, who had a very splattered face so probably spent most time staring at Tony's back wheel, I've been there!



catch him!

Julian Sykes not taking things too seriously what with those antlers or whatever. Peter Price of the Lewes Wanderers does not know quite what to make of it all!

Kevin Burton grabs a tea and related his recent puncture, and still Julian did not



The Spring DungeeWow 200km 9th March 2008 A Dave "ElSupremo" Hudson promotion.

The fairly early start of 7:30am had me leaving home at 7am, giving me 30 minutes to ride out to the Hailsham Leisure Centre. Arriving in plenty of time, I picked up my Brevet Card from Dave at the control and looked for familiar faces amongst those riders waiting for the official start. On my way to the start I had noticed several riders already on the road as Dave is quite relaxed about riders starting early. This is due to some wishing to travel at a more leisurely pace hence it keeps the field more compact.

I left at 7:30 with Paul Outwaite from Worthing Excelsior and Mark Fairweather from Pevensy, as they are some of my usual riding companions. However, whereas I can usually stay with them, my lack of riding soon caused me difficulty. Paul was up the road by the time we reached Wilmington Crossroads, where I was soon to be passed by Tony Gale of the Lewes. Mark and I rode on together through Seaford before turning north over High and Over, where John Seviour and Dave Marshall (of the Catford) were once again manning the checkpoint at the top of the climb (to make sure that no-one turned right to Alfriston at the bottom of Chapel Hill!). I duly gave John a hard copy of the latest (February) Newsletter and two chocolate biscuits from the organiser before riding on.

I was only a few minutes down on last year's time so felt good. Pressing on through to Upper Dicker, Cowbeech and Dallington Mark was beginning to pull away as the hills let me know that I was lacking the miles in my legs. I was glad to reach the first control and feed at Woods Corner (moved from Brightling as this proved a bit soggy underfoot). I left with Mark for the ride to Dungeness (105km). We made good progress past Darwell Reservoir and on to Mountfield. However, just after Johns Cross I was visited by the p****re fairy, in the rear wheel, why always the rear!, so Mark assisted me with a tube change, Ron Smith from the Fairy's (San Fairy Ann CC that is) caught us up and passed by before we were off again via Cripps

Corner to Broad Oak and on to Rye. Having caught and passed Ron on the fast run down to Rye I could not stay with Mark at 40km/hr plus so dropped off to drift along at a more sedate pace. After Rye I caught another rider (on fixed, mad fool) as we stuck to the main road for 8km before turning onto the Cycle Routes. At this point we were caught by Chris Tracey, going well as usual, who then rode away from us on his way to the Light Railway Café at Dungeness. As usual, the wind was a bit “niggly” on the last bit along the road by the bleak coastline.

Arriving there Mark and Chris were already tucking in. I needed something to eat so raided my rack bag for sustenance. I then purchased a cup of tea and had a bit of a rest before leaving with Mark and Chris. I was soon dropped by them and drifted in no mans land until being caught by Steve Cockram and Carl Laver of the Central Sussex CC. I rode with them via Brenzett, Warehorne and Bethersden until the information control at Smarden, by which time I was seriously bonked and once again raided my rack bag, for anything I could find!, whilst Steve and Carl went on. David Winslade from the Fairy’s caught me at this point just before I was leaving, I said he would soon catch me up so I went on via Biddenden, Woolpack Corner (this is a dangerous bend where last year we came across a multicar pile up right on the bend) and Rolvenden, surprisingly arriving at the WoW for a feed at 15:36, just before him. Chris and Mark were just about to leave and enquired how I was to which my response was “knackered”. As I sat eating my by poached eggs on toast and apple pie and custard, outside the rain/hail was falling from a very dark sky. As I left with David, it was still raining hard. I was soon dropped on the climb up to the main road. I cannot recall an event where I have been dropped by so many riders, most of whom I can usually either stay with or drop!

A characteristic of Dave’s routes is always a hilly last stage just when you are on your last legs. Nice!

I rode on alone via Sandhurst, Hurst Green and Etchingham before the climb up to Brightling and thence to Woods Corner, Dallington and Cowbeech. I was caught by two riders on the climb to Brightling and had a brief chat before being dropped by them. Curses! I was back by 18:15 having taken over two hours for the final 40km!

About 60% of the 36 starters had already returned by the time I finished in 10hrs 45mins, a slow time for me as I was over half an hour faster this time last year. My riding time was 9hrs 5 mins for the 203.74 km giving an average riding speed of 22.4km/hr.

All I had to do then was to ride back home. I ended up having ridden 245km for the day, with my previous best for 2008 being 80km! Ouch.

Future events locally for your diary are;

Saturday 19th April (3am start)

The Hailsham (Venta) 300km to Winchester (Venta) and back

Saturday 10th May (2pm civilized start)

The Hailsham 400km to Marlborough and back

Saturday 24th May (6am start)

The Midhurst 600km to Hay on Wye and back

Sunday August 10th (8:30am start from Hailsham) 106km

If you like climbing hills this is the one for you. On a nice Summer day you can do 10 tough climbs, starting with the A259 out from Eastbourne past the Golf Club, then out of East Dean before riding to Alfriston to climb High and Over from the harder north side, return through Alfriston to Firle to climb Firle Beacon before retracing up High and Over to Seaford and then back to Alfriston to climb High and Over for the 3rd time! Then down to Exceat bridge and the climb to Friston, descend to East Dean, Birling Gap and up to Beachy Head to the outskirts of Willingdon and up to the top at Butts Brow before the descent back down and the ride to finish at Hailsham. Only 2040 metres of climbing in 106km. There will be two major

feed points and 3 light ones, all for £7 from organizer Dave Hudson. Max time limit 9¼ hours (“C’est du gâteau” or “It’s a piece of cake” or many pieces if you like Dave’s feeds!).

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!

kontour cycles

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repairs

The next Newsletter will be out on **30th April 2008**. Please send in lots of articles. Lots of you will soon be racing regularly, 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 **25th April 2008**.

Please contribute something for members to read and enjoy!

My contact details are:

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Email any articles to : RichThomas@btinternet.com

Richard T.