



**Issue 15 –APRIL/MAY 2008**

**Editor: Richard Thomas**

**Websites : [www.eastbournerovers.co.uk](http://www.eastbournerovers.co.uk)  
[www.tonyandemma.plus.com](http://www.tonyandemma.plus.com).**

**E Mail [RichThomas@btinternet.com](mailto:RichThomas@btinternet.com)  
Telephone 01323 502615**

**The Official Monthly Newsletter of the Eastbourne Rovers Cycling Club**

### ***EDITORIAL***

The club events started last Thursday with the 2-up. Needless to say it rained on the back part of the course from Barnhorn to Cooden. Continuing their winning partnership, Iain Brogden and Tom Rossetter were the fastest club duo, narrowly beaten for fastest time by ex Rovers duo of Shaun Reed and Graham Hadlow, who are currently concentrating on road racing with Bayeux Landscapes.

A good field saw a close race for the minor places, see report and pictures in this edition.

I apologise for omitting from the last Newsletter the reports by Dave Cox and Dave Dunbar on the Lewes Wanderers Reliability Trial. By means of reparation, they are included in this edition. Did I hear the cry “Sack the Editor”.

Harry F. took the Vets prize on the ESCA weekend, which was “blessed” with heavy rain for the “10” on the Saturday morning, thankfully the weather improve for the “25” on Sunday.

Dave Dunbar has drawn up a 100km Audax style event for local riders. This will be held on July

Clubroom attendance is down now that turbo sessions have ended. Please make every effort to come down.

And finially, the beginnings of the Offical website are now online. This site will surely grow into its full glory very soon. Take a look: - [www.eastbournerovers.com](http://www.eastbournerovers.com)

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](mailto: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 (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: RICHARD THOMAS](#)**

I will be sending a report to the paper soon on members’ recent activities.

Iain Brogden & Tom Rossetter

23.42

Peter Moon & Stuart Davis

24.31

Adam Ford & Andy Stobbart

24.35

Andy Parsons & Stuart Medhurst

26.17

Dave Cox & Kevin Burton

26.24

Julian Sykes & Alan Symonds

28.10

Solo Rides

Adam Rogers

26.13

Peter Ingram

36.48

Private Time Trials

Graeme Hadlow & Shaun Reed

Bayeux Landscapes

23.30

David Earl Jamie Beale

Hastings & St Leonards CC

24.40

Spencer Coleman & Bob Coleman

Lewes Wanderers

26.39

Solo Ride

Mark Corliss

Hastings & St Leonards CC

27.22

Timekeeper Graham Lade

Pusher Off Brian Holt

Marshals Ken Beckett (Gemini Cc) & Sue Cox

Numbers Sponsored By Kontour Cycles 01323 482368



Stuart Medhurst & Andy Parsons

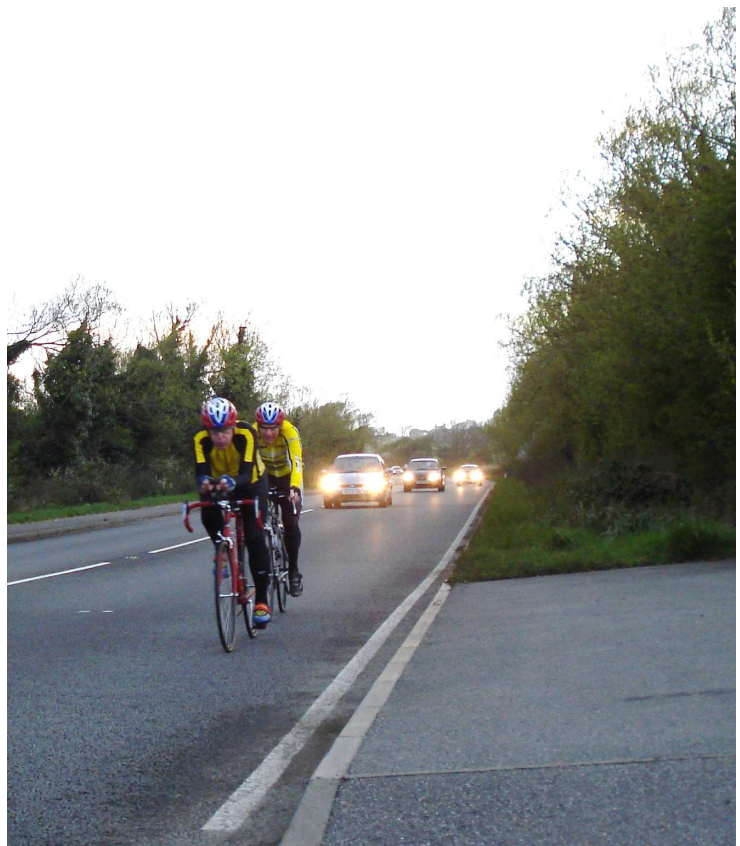
Dave Cox & Kevin Burton (left)



Andy Stobbart & Adam Ford get down to it on their way to 3<sup>rd</sup> place.



Out for a training ride,  
Tony being given a hard time by Emma?  
No, he's only being polite ie Ladies first



Alan Symonds and Julian Sykes  
Alan showing Julian how it is done.

Sorry that there are no photos of our other rides but it rained on me!

1<sup>ST</sup> MAY 2008

10 MILES

MICHAEL VALKS	23.25
IAIN BROGDEN	23.46
TOM ROSSITER	23.57
STUART MEDHURST	24.21
PETER MOON	24.43
ANDY STOBART	24.57
ADAM ROGERS	25.28
ADAM FORD	25.50
DAVE COX	26.14
ANDY PARSONS	27.20
JOHN SEVIOUR	28.46
ROB RICKSON	29.19

PRIVATE TIME TRIAL

GRAEME HADLOW	23.18
JASON SALTER	23.25
JOSH CUNNINGHAM	24.01
CLIVE COPELAND	24.32
SARAH LOVELOCK	25.29
IAN LANDLESS	26.08
MARK CORLISS	26.37
BOB COLEMAN	26.40
KEN BECKETT	32.24

TIMEKEEPERS; GRAHAM LADE & DAVE DUNBAR  
MARSHALS; DAVE MARSHALL (CATFORD CC) & SUE COX  
NUMBERS SPONSORED BY KONTOUR CYCLES 01323482368

## OPEN and ASSOCIATION RACING RESULTS

Thanks to Harry for these results and comments.

### KINGSTON PHOENIX 12 APRIL 2008 HOLMWOOD G10/42

**It was raining for most of the race, no change there then!**

Andy Stobbart 26:04  
Peter Moon 26:38  
Dave Cox 28:28

Winner; John Wager, Felt Racing 22:06

### REDMON CC 13 APRIL 2008 KINGSFOLD G25/45 (not the fastest course!)

Weather was kind making it a good day

Stuart Davis 1:3:30  
Harry Featherstone 1:6:47 1<sup>st</sup> Vet on Std +18:51  
Andy Stobbart 1:8:10

Winner Laurence Harding 53:49

### CHILHAM

Peter Moon 1:6:30

## East Sussex CA 2up 24

30/03/2008

No	Rider	Club	Time	Notes	+/-
1	David Pollard & James Brickell	In-Gear Quickvit RT	00:56:14		
2	Andy Cox & Mark Winton	Lewes Wanderers CC	00:57:05		
3	<b>Tom Rossetter &amp; Iain Brogden</b>	<b>Eastbourne Rovers CC</b>	<b>00:58:42</b>		
4	Richard Payn & Anthony Draper	34th Nomads	00:58:52		
5	David Earl & Jamie Beale	Hastings & St Leonards CC	01:01:19	V	5.26
6	Daniel Henchy & Jon Molton	Hastings & St Leonards CC	01:01:35		
7	Richard Woodward & Paul Winkley	East Grinstead CC	01:02:14	V	+8:07
8	<b>Adam Ford &amp; Andrew Stobbart</b>	<b>Eastbourne Rovers CC</b>	<b>01:02:15</b>		
9	Chris Martin & Peter Barling	Lewes Wanderers CC	01:02:46		
10	Peter Baker & Ian Craig	Lewes Wanderers CC	01:02:51	V	+6:42
	Kevin Burton	Eastbourne Rovers CC		DNF	
	Peter Moon	Eastbourne Rovers CC	01:05:19	Solo	

Tom and Iain got a podium place, well done.

### East Sussex CA10 mile TT 19 APRIL 2008

Another delightfully wet morning, most riders had a miserable ride.

Steve Frame 23:13  
Iain Brogden 24:30  
Harry Featherstone 1<sup>st</sup> Vet +6:13  
12 club riders entered, with 3 DNS (most riders wished to keep their times to themselves!)  
Winner C.Yates 22:02

## East Sussex CA25 mile TT 20 APRIL 2008

No	Rider	Club	Time	Notes	+/-	HCP
1	David Pollard	In-Gear Quickvit RT	00:55:57		15.10	00:55:57
2	James Dear	In-Gear Quickvit RT	00:57:12			00:55:12
3	Steve Comben	In-Gear Quickvit RT	00:57:51			00:56:51
4	Mark Winton	Lewes Wanderers CC	00:58:03			00:58:03
5	Tristan Court	Brighton Mitre CC	00:58:36			00:53:36
<b>6</b>	<b>Steve Frame</b>	<b>Eastbourne Rovers CC</b>	<b>00:59:12</b>		<b>7.48</b>	<b>00:57:12</b>
7	Paul Holdaway	Hastings & St Leonards CC	00:59:17			00:51:17
8	Michael Valks	Sussex Nomads	00:59:25			00:53:25
9	Peter Doherty	South Western RC	00:59:27		7.03	00:47:27
<b>10</b>	<b>Tom Rossetter</b>	<b>Eastbourne Rovers CC</b>	<b>01:00:16</b>			<b>00:49:16</b>
14	Iain Brogden	Eastbourne Rovers CC	01:00:57			00:50:57
22	Stuart Davis	Eastbourne Rovers CC	01:03:03			00:54:03
25	Peter Moon	Eastbourne Rovers CC	01:04:04		5.29	00:59:04
27	Adam Ford	Eastbourne Rovers CC	01:04:30			00:55:30
30	Andrew Stobbart	Eastbourne Rovers CC	01:04:58		4.04	00:56:58
38	Vic Butler	Eastbourne Rovers CC	01:06:38		12.52	00:53:38
42	David Cox	Eastbourne Rovers CC	01:07:55		9.16	00:58:55
45	Kevin Burton	Eastbourne Rovers CC	01:08:14		3.25	00:58:14
<b>48</b>	<b>Harry Featherstone</b>	<b>Eastbourne Rovers CC</b>	<b>01:08:36</b>		<b>17.02</b>	<b>00:58:36</b>
59	Alan Symonds	Eastbourne Rovers CC	01:14:53		8.14	01:00:53
62	Michael Horner	Eastbourne Rovers CC	01:15:51		6.39	00:57:51

Steve Frame was our fastest rider in 6<sup>th</sup> place with an under the hour ride, well done Steve. Tom Rossetter got into the top 10 and Iain Brogden was not far behind with a PB of 1:00:57. Harry won the Vet on Standard prize for this and the overall weekend, well done Harry.

### FORTHCOMING EVENTS:

#### **EVENING SERIES TIME TRIAL 2008**

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  
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.

**LEWES WANDERERS RELIABILITY TRIAL**

Reports from Dave Cox and Dave Dunbar

The shorter route

On a fine bright day nine Rovers riders Tony Murphy, Emma Richards, Dave Cox, Stuart Medhurst, Andy Stobbart, Kevin Burton, Clive Richardson, Iain Brogden and Adam Ford rode the 60K Reliability Trial.

Also in our group were Michael & Paul Valks.

Starting at Chailey the route took us on to Fletching then on through Nutley, Crowborough, Hadlow Down, Blackboys, East Hoathly, Laughton, Ringmer, Barcomb and back to Chailey.

All went well until Ringmer when two riders went off the back so Stuart and myself decided to go back and find them which was unsuccessful. We then decided to return to the main bunch but alas the dreaded punctures reared their ugly heads. Whilst we were repairing them the two riders managed to catch up with the others. Our group all finished in the time allowed so all well that ends well.

Dave Cox

The longer route

Alan, Julian and myself decided we would have ago at completing the longer route 106km in 5.30 hours (slowest time of course).

The weather was sunny but quite cold; we set off at 9am. The route took us through Fletching and then right towards Dane Hill. Right again to Furners Green and the first real climb up to Chelwood Gate. Left towards Horsted Keynes, but quickly turning right down a very narrow lane with a rough and dirty surface which descended very steeply, through the ford at the bottom and an equally steep ascent to Turners Hill. Next the long descent Weir Wood Reservoir, what goes down must go up, and it sure did to Saints Hill, on then into East Grinstead and along the one way system to Lindfield Road going towards Cowden and Domandsland.

It was here that the route joined that of the Catford CC Reliability Trail (500 entries I believe) so plenty of riders about, and punctures! We turned left along another narrow rough and dirty lane, but quite scenic, passing a series of lakes which brought us to Holtye. Marshal's on road junctions courtesy of Catford CC. Now into Consiron Lane a really great lane to ride along with spectacular views.

At Hartfield we parted company with the Catford RT they went right and we turned left through Withyham to Ladies mile. Right again and the long climb to the top of Ashdown Forest. I had been off the back on several hills, (no all) and Julian and Alan had kindly waited for me. On this climb I told them to go on and I would catch up with them at the feed station.

The Catford riders were now going in the opposite direction, plummeting down the hill, while I was grovelling up, cursing my stupidity in entering the event! (You know the feeling)

When we left the feed station we were way down on our schedule, Alan and Julian didn't seem too concerned but I had my doubts. On towards Crowborough a right turn and a fast descent to Fordbrook, another steep climb up to Hadlow Down. Into Wilderness Lane and a good descent but..... Yes you've guessed it another nasty climb to Blackboys

The route then took us via Waldron to East Hoathly and then to Laughton. Now was the time to make some time up, and Julian was doing sterling work on the front, so much so that I was going off the back again just before we got to Ringmer. Barcombe Cross next where I thought we would take the easier route back to Chailey but no, it went via Spithurst, so a few more hills to do.

We arrived back in Chailey with 5 minutes to spare.

My sincere thanks to Julian and Alan for pacing and waiting for me. I am quite sure I would not have got round in the required time without their help.

Dave Dunbar (T. Boy 0

# AUDAX NEWS

From Richard Thomas

## AUDAX NEWS

April 2008

### **The Hailsham (Venta) 300km to Winchester**

**19<sup>th</sup> April 2008**



Returning from PBP August 2007  
(in sunshine, hmm, I remember that!)

It was with some trepidation that I watched the weather forecasts throughout Friday 18<sup>th</sup> April. The forecast for Saturday was, yes you've guessed it, RAIN FOR MOST OF THE DAY, JUST ALONG THE SOUTH COAST! My wife said that it would not improve no matter how many times I watched the forecasts throughout the day, she was right of course.

The wind would also be a strong easterly, with the likelihood of a hard ride on the return from Winchester.

I woke at 12:40am on Saturday, having had nearly 5 hours sleep, and prepared myself for a 2:15am depart to ride to Hailsham to pick up my Brevet card from Dave Hudson at the start in the car park of the Leisure Centre. Andy Seviour was there handing out the teas as those brave souls readied themselves for the ride to Winchester (Roman Venta) and back. Dave had received 27 entries but many had not turned up, perhaps put off by the weather forecast. I counted about 15 riders waiting to depart at 3am. It was still dry and I hoped that the rain had gone further south along the channel.

It was dry as we left Hailsham, and I chose to ride with my good friend Mark Heffer, organizer of Mad Jack's Audax. We were joined by Mark Fairweather as we rode in the dry out of Hailsham, along the A22 through Golden Cross, East Hoathly and Halland. Just as we were turning right down the old A22 to Uckfield we encountered the rain, and had to stop in Uckfield to put on our waterproofs. We climbed up Uckfield High St and left at the traffic lights and onward to Newick pond and the A272. The rain then continued throughout the night, as we passed through North Chailey, Haywards Heath, Ansty and Cowfold to the A24 at Buck Barn cross roads. We continued on the A272 to Billingshurst and on towards Petworth and Dave's first control/feed at around 60km. By this time we had been caught and passed by Tony Gale and his fellow member of the Lewes Wanderers, as well as Chris Beynon of the Willesden CC, although they were still at the control when we arrived. It was still dark and still raining so we did not hang about and headed off suitably refreshed from the control and onward to Winchester. The wind was more or less at our backs but the rain and the cold meant we did not make as much headway as we wished.

We passed through Petworth and on to Midhurst, the A272 being quiet at this time of day, that is why the route goes down main roads at night to make navigation easier and so that we can return on the quieter lanes in daylight. My right hand was so cold and wet, despite winter gloves, that I could only just about push the Campag Ergo lever to change down a gear. This was getting serious as I am challenged in the cold and wet due to my lack of body mass and I still had over 200km to go!

After Petersfield we turned left off the A272 into the lanes towards Ramsdean, through East Meon and Coombe. At this point I had to turn over my route sheet, but despite it being in a polythene bag, it was so wet that it fell apart. It was now unusable and I was glad that Mark's sheet was in a better state so we could at least continue. For me this was a serious mistake as if I had been on my own I would have difficulty following the route. I must remember to take a copy of route sheets with me on future rides and get a more waterproof plastic bag.

The wind was to our side now and quite “niggly”, making bike control difficult on exposed descents. The countryside would have been beautiful in sunshine but in the greyness and dullness of the cloud and rain meant that we had none of the benefits of such landscapes.

We arrived at Tesco’s at Winchester at around 10:15am, 15 minutes up on my schedule, where we met Chris Beynon and another rider as well as Tony Gale and his clubmate just about to leave, having warmed themselves in the Tesco Café. Tony Gale thought that it had got even colder although thankfully the rain had just stopped for the moment.

We joined a long queue at the café and I ordered a good breakfast of eggs, bacon, fried bread, tomatoes, sausage and coffee. I tried to dry my gloves on a luke warm radiator to no avail, I could hardly cut my food as my right hand was so cold it was virtually powerless so I had to hold the knife like a dagger to get any pressure. In the café were Mark Fairweather and Dave Jesse tucking in and we were soon joined by Arabella Maude, whom we have not seen since the first control. Chris Tracey caught us up at this point, having overslept and did not start until 4:30am, so he had caught us up by 90 minutes in only 146km, I wish I was as fit as him.

We were ready to leave just before 11am, I tried to put my wet gloves on to no avail, and I was glad that I had brought a spare dry pair with me ( experience paid dividends here!). Just as we were leaving Phil and Mary Turner arrived on their tandem and Peter Mennicke was also there busy sorting out a p\*n\*t\*r\*. Still to arrive were Bob McHardy and Bob Harber (of Brighton Excelsior). We had not seen the guy on fixed, perhaps he didn’t stop at the café.

To my reckoning that was all there was on the road, 16 riders. The fields are certainly down, which is normal following a PBP year, but the weather had reduced the field even further. It was not much different for the Kent Invicta 300km last weekend, as I helped at the Ringmer control, and only 19 riders out of 25 entries came through, having had 4DNS and 2 abandons.

As I left the Tesco building I was approached by a Tesco worker who asked me that in future would I please not wear my helmet within the store. I apologized, which was accepted. I then reflected on this and can only think that it probably related more to motor cycle helmets which cover a lot of the face.

Out on the road again and we saw Bob McHardy approaching the control as we were on the “common” bit of the route in and out of the control. He was about one hour behind us. We were heading for Didling and Dave’s next control. We had been joined by Arabella and by Chris Tracey yet we still missed a right turn and information control at Chilton Candover. We were riding along and chatting, got to a right turn, Mark said he was sure it was the correct turn, yet we could not recall whether we had gone past the Chilton Candover sign and the distance was wrong (our instruction said, wrongly as it turned out, “at 179km” and we were at 165km) so on we went. Arabella then saw a sign indicating that we had passed through Chilton Candover so back we went some 3km to the turn, where we noted the answer to the info control and on we went. Soon after that Chris Tracey rode away from us and we next saw him at the Didling control. So we struggled on in the intermittent rain through Bighton, West Tisted, High Cross and back to Petersfield then on through South Harting, Elsted, Treyford to the Didling control. Just over 200km covered and we were now about 20 minutes behind my schedule for a 16 hour ride. It was still cold and wet so we did not stay too long, there were 6 riders up the road ahead of us and 6 behind us.

The four of us, Mark, Chris, Arabella and me left the control at just before 3pm, now one hour down after the stop, so it would probably be dark before we finished. The wind had lessened and the rain was now intermittent so things were “improving” from a pretty low base as we rode through Cocking, Coates, Coldwaltham, Greatham and into Storrington (had to stop here for a Mars Bar to prevent the onset of “serious” bonk) before crossing the A24 and riding via the lanes to go past Washington Landfill site before turning left onto the A283 to Steyning, Bramber and then via Edburton along the bottom of the Downs through Fulking and Poynings to the petrol station control at Pyecombe, over the exposed climb from Poynings, always seems to be a headwind here!

At the control it was warm, so a chance to recover, helped by a coffee from the machine and a bag of ready salted crisps, as after eating sweet snacks all day a little salt is welcome. Only 39km to go, yet now nearly 2 hours down on schedule so we would not get back until just before 9pm, an 18hr ride! The final stage over familiar roads via Pycombe village, Clayton, Westmeston via Underhill Lane, then the B2166 to the A275, where left to Cooksbridge, right to Barcombe and Ringmer, Laughton, Golden Cross then along the Dicker to Boship and Horsebridge thence via London Road to the Leisure Centre. We arrived at 8:50pm, 17hrs 50mins. It was some consolation that the fastest riders (Chris Beynon and his mate) took 15hrs 20 minutes, and Tony Gale and his clubmate who both finished in just over 15½ hours were not far behind so it was harder than last year (we only took 15½ hours last year on the Dungeness 300 but the weather was warm and we had some sun, the last dry ride for some time! ).

I stayed at the Leisure Centre to recover a bit before riding back home via the Cuckoo Trail, a wet day out, with a total distance of 331.46km at an average riding speed of 20.7km/hr.

Bob Harber and Peter Mennicke failed to finish, one ran out of inner tubes and the other ran out of time.

It took me all of Sunday to recover, and my blood pressure was “through the floor” (95/55) so I kept feeling dizzy if I stood up too quickly. Fortunately it was back up to normal for me (132/65) on Monday yet I still have a numb index finger on my right hand and two chilblains on my left foot despite wearing overshoes on the ride.

It must be my age or my lack of fitness this year but the rides are taking a lot more out of me than those in the last two years, perhaps my 3 month winter layoff has something to do with it. Anyway if the weather forecast is not to my liking for the 400km on 10 May then I am giving the ride a miss, and will look to do a 400km later in the year say in June.

Richard Thomas  
21 April 2008

PS Friday 9 May, weather for weekend looks dry so here's hoping!

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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 on **19<sup>th</sup> June 2008**. 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 **1 week before publishing date.**

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.**