



Issue 16 –June/July 2008

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

### **EDITORIAL**

There are many results in this bumper 17 page edition.

The **10 mile champs** was won by **Michael Valks in 23:05**, with an even closer fight for the minor placings, Steve Frame in 2<sup>nd</sup> place with 23:18, Iain Brogden 3<sup>rd</sup> with 23:26, Stuart Medhurst 4<sup>th</sup> in 23 :36 and Peter Moon 5<sup>th</sup> in 23:49.

Many congratulations to **Iain Brogden**, our “runaway” **25 mile Champion in 56:48**, with 2<sup>nd</sup> place Michael Valks 73 secs behind and Stuart Mehurst 3<sup>rd</sup> in 59:22. Iain is improving rapidly and giving everyone else a hard time and something to think about.

**Iain Brogden** is also our **50 mile Champion in his first ever 50 in 2:03:02**, with Steve Frame a close 2<sup>nd</sup> in 2:03:24 and Peter Moon even closer to Steve in 3<sup>rd</sup> place in 2:03:32. We had 9 riders in the event. Iain, Steve and Peter also won the ESCA Team Prize.

We have had **four team wins and Harry continues to collect “first vet on standard” prizes** in Open and local Association events.

On the Audax front I have done a 400km and 600km in May to obtain my Super Randonneur award for 2008, my 11<sup>th</sup> SR and 10<sup>th</sup> consecutive. Julian Sykes has taken part in another Grimpeur du Sud series ride, this one in Kent. Story please Julian. Iain Brogden has also done a couple of Sportives, including the Caledonian. I hope to get him to do a bit on these for the next newsletter.

Don't forget Dave Dundar's promotion of the Rovers 100km Randonnee “A Rove around East Sussex” on Saturday 12<sup>th</sup> July, entry forms from Dave at the clubroom (entry £2 in advance) or enter on the line for £4. Start (9am) and finish at Hailsham Leisure Centre.

I apologise for the late publication of this Newsletter but in the past three weeks since returning from the Dieppe Raid (read Alan's report in this edition) my crumbling mansion has crumbled big time, with me having to replace rotten window cills and window frames, cope with a mains fed stop valve on the cistern blowing apart and flooding the downstairs cloakroom, facilitating some electrical work by laying a cable 150ft along the garden fence to the bike shed as well as several “family” events. Hence I have had very little free time and have ridden only once, about 80km! Just off to paint the walls of the conservatory today!

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.

## OPEN and ASSOCIATION RACING RESULTS

We have had 4 Team wins since May 18<sup>th</sup>. Details are given below along with all the results.

### May 24<sup>th</sup> Charlottville 25 mile TT Bentley course

Very windy conditions, reported Harry. I cannot find any results on the CTT website. Any offers?

### May 25<sup>th</sup> 2008 National 10 mile Championship

Steve Frame rode this event and did a 22:09. 81 riders were under 21minutes with Mark Winton of Lewes Wanderers 81<sup>st</sup> in 20:59. Pete Tadros was fastest “local rider” in 31<sup>st</sup> place with 20:05. Ex Eastbourne Rover James Dear did 21:11 for 89<sup>th</sup> place and Michael Valks, riding for Sussex Nomads CC, did 21:30 for 104<sup>th</sup> place, such is the strength at this distance. Incidentally, for all us Vets out there, Charles McCulloch is a Vet and was 3<sup>rd</sup> in 19:03, so there is hope for us all! Michael Hutchinson of In-Gear won the event in 18:07, an average speed of 33.118mph. How does he do it and still manage to write for the “comic”?

### May 26<sup>th</sup> Brighton Mitre 10 mile TT Steyning

3 club riders

**Won 1st team prize**

Steve Frame	23:49	
Dave Cox	26:25	
Harry Featherstone	26:58	2 <sup>nd</sup> Vet on standard +6:36

Rain throughout the event!

**May 31<sup>st</sup> Southern Counties 10 mile TT Broadbridge Heath**

7 Club riders **Steve, Stuart and Peter won 1st team prize**

Steve Frame	21:59	Andy Stobbart	24:12
Stuart Medhurst	22:52	Adam Ford	24:37
Peter Moon	23:01	Dave Cox	25:33
		Andy Parsons	25:36

Fastest Keith Coffey 20:04

**June 1<sup>st</sup> South Eastern RC 25 mile TT Broadbridge Heath**

6 Club riders **Harry won 1<sup>st</sup> Vet on Standard with +21:05**

Tom Rossetter	57:33 (PB)	
Iain Brogden	58:13 (PB)	<u>Congratulations to Tom and Iain for beating the hour.</u>
Peter Moon	1:01:00 (SB)	
Harry Featherstone	1:04:33 (1 <sup>st</sup> Vet on Std)	
Dave Cox	1:04:37	
Alan Symonds	1:11:19	

Fastest Laurence Harding 51:48

**June 7<sup>th</sup> VTTA SURREY SUSSEX 10 mile TT East Hoathly**

This event was promoted by Dave Cox, many thanks to Dave for promoting. We had 15 Club riders entered, so we have strength in depth.

**We won 1st Team on Standard, with Stuart Medhurst, Dave Cox and Harry Featherstone + 13:44**

Iain Brogden	22:49	
Steve Frame	23:08	
Stuart Medhurst	23:53	
Andy Stobbart	25:09	
Kevin Burton	26:15	
Harry Featherstone	26:19	<b>1st Vet on Std +7:15</b>
Tony Murphy	26:20	
Dave Cox	26:22	
Emma Richards	26:40	
Andy Parsons	26:41	
Rob Rickson	28:45	
Clive Richardson	30:10	
John Seviour	30:25	
Stuart Davis	DNS	

Fastest Peter Tadros 20:44

**June 8<sup>th</sup> Sussex CA 50 mile TT Dial Post**

5 Club riders

Steve Frame	2:04:27	
Peter Moon	2:04:59	
Stuart Medhurst	2:09:29	
Harry Featherstone	2:15:34	<b>1<sup>st</sup> Vet on Std +41:52</b>
Andy Stobbart	2:18:42	

Fastest Steve Dennis 1:53:09

**June 14<sup>th</sup> Farnham Road Club 25 mile TT Bentley H25/8**

Steve Frame	57:23	
Andy Stobbart	1:01:00	
Dave Cox	1:03:06	
Adam Ford	1:03:09	
Andy Parsons	1:06:59	
Fastest	Richard Prebble	51:24

**June 15<sup>th</sup> ESCA 50 mile TT Maresfield**

**Iain, Steve and Peter won 1<sup>st</sup> Team Prize**

This was also our **Club Championship 50** and we had 9 Club riders

Iain Brogden	2:03:02	<b>Club Champion 2008 in his first 50 mile TT Many Congratulations</b>
Steve Frame	2:03:24	
Peter Moon	2:03:32	
Vic Butler	2:16:07	
Harry Featherstone	2:17:07	<b>1<sup>st</sup> Vet on Std +40:39</b>
Tony Murphy	2:20:04	
Emma Richards	2:26:39	2 <sup>nd</sup> lady
Tom Rossetter	DNF (Stomach upset)	
Kevin Burton	DNS	

Michael Valks 2:00:53 in his first 50 mile TT. Congratulations.

Fastest Keith Coffey 1:55:53

**EVENING series**

The results are available each week on our website for those who wish to keep right up to date. The current position (at 26<sup>th</sup> June) is close at the top with only 3 points between Michael Valks and Iain Brogden. Thanks to Sue Cox for providing this information and for the refreshments at each event.

**8<sup>th</sup> May 2008 10 Miles**

Michael Valks	22.19
Iain Brogden	23.15
Tom Rossetter	23.32
Stuart Medhurst	23.46
Peter Moon	23.50
Steve Frame	24.05
Adam Rogers	24.28
Andy Stobbart	24.53
Adam Ford	25.25
Dave Cox	25.55
Emma Richards	26.40
Tony Murphy	26.46
Konrad Pieterise	26.50
John Seviour	28.27
Rob Rickson	28.40
Peter Ingram	34.51

**Private Time Trial**

Max Norrell	24.14
Simon Underwood	24.46
R. Thorne-Jones	25.06
Sarah Lovelock	25.20
Bruce English	26.08
Paul Hanratty	30.27

Timekeepers Graham Lade & Dave Dunbar  
Marshals Dave Marshall & Ken Beckett

**15<sup>th</sup> May 2008 10 Miles**

Michael Valks	22.51
Tom Rossiter	23.07
Iain Brogden	23.17
Stuart Medhurst	23.44
Peter Moon	24.33
Andy Stobbart	24.50
Adam Ford	24.53
Kevin Burton	24.55
Adam Rogers	25.00
Steve Frame	25.04
Dave Cox	25.34
Tony Murphy	25.58
Emma Richards	26.21
John Seviour	28.40
Rob Rickson	29.16
Pete Ingram	35.21

**Private Time Trial.**

Felix English	22.10
Clive Copeland	24.00
Max Norrell	24.23
Sarah Lovelock	25.28
Steve Rann	25.41
Mark Corliss	25.44
Bruce English	25.56
Bob Coleman	26.58
Ken Beckett	31.46

Timekeepers Graham Lade & Dave Dunbar  
 Pusher Off Brian Holt Marshal Stuart Davis

**22<sup>nd</sup> May 2008 Club Championship 10 Miles**

Michael Valks	23.05	
Steve Frame	23.18	
Iain Brogden	23.26	Private Time Trial
Stuart Medhurst	23.36	
Peter Moon	23.49	S. Reed 23.11
Stuart Davis	24.32	J. Salter 23.21
Adam Rogers	24.34	G. Hadlow 23.27
Andy Stobbart	24.37	R. Shingles 23.38
Adam Ford	24.43	M. Norrell 24.03
Dave Cox	25.38	J. Ehlers 24.06
Kevin Burton	25.40	S. Lovelock 25.12
Andy Parsons	25.44	B. English 25.34
Tony Murphy	25.54	R. Coleman 25.47
Emma Richards	26.28	M. Corliss 25.58
Konrad Pietersien	26.37	D. Baldock 26.11
Alan Symonds	26.57	K. Salter 28.28
John Seviour	27.30	K. Beckett 31.13
Rob Rickson	28.08	A. Eaton D.N.F.
Peter Ingram	34.13	

Timekeepers Graham Lade & Dave Dunbar  
 Marshals Dave Marshall & Sue Cox

**27<sup>th</sup> May 2008 10 Miles**

Michael Valks	23.01	
Iain Brogden	23.14	
Stuart Medhurst	23.41	
Peter Moon	23.58	Private Time Trial
Andy Stobbart	24.42	
Adam Ford	25.25	G. Hadlow 22.48
Konrad Pietersien	25.49	S. Underwood 24.02
Dave Cox	26.15	J. Ehlers 24.20
Andy Parsons	26.34	C. Copeland 24.25
John Seviour	27.42	S. Lovelock 25.25
Rob Rickson	28.07	

**Points After 6 Races**

I. Brogden	13	A. Stobbart	36
S. Medhurst	23	A. Ford	42
P. Moon	26	D. Cox	52

Timekeepers Graham Lade & Dave Dunbar  
 Pusher Off Dave Dunbar Marshal Sue Cox

**3<sup>rd</sup> June 2008 10 Miles**

Michael Valks	22.43
Iain Brogden	22.50
Steve Frame	23.08
Tom Rossetter	23.32
Stuart Medhurst	23.36
Andy Stobbart	24.39
Adam Rogers	25.15
Dave Cox	25.45
Kevin Burton	25.49
Tony Murphy	26.08
Andy Parsons	26.31
Emma Richards	27.03
Rob Rickson	28.01

<u>Private Time Trial</u>	
J. Salter	23.12
J. Ehlers	23.33

Points After 7 Races

M. Valks	6
I. Brogden	12
S. Medhurst	23
P. Moon	26
A. Stobbart	34
A. Ford	42
D. Cox	49
R. Rickson	81

Timekeepers Graham &amp; Jane Lade

Pusher Off John Seviour &amp; Dave Marshall

Marshals Stuart Davis &amp; Ken Beckett

**June 10th 14.07 Miles Pevensey Circuit**

Michael Valks	33.14
Stuart Medhurst	34.58
Iain Brogden	35.10
Peter Moon	35.14
Tom Rossetter	35.37
Andy Stobbart	37.28
Conrad Pietense	38.01
Adam Rogers	38.12
Dave Cox	38.28
Kevin Burton	38.54
Tony Murphy	39.02
Emma Richards	40.25
Rob Rickson	42.05
Alan Symonds	42.07

Private Time Trial

G. Hadlow	33.05
J. Ehlers	34.07
C. Copeland	35.40
C. Wakefield	38.46

Points After 8 Races

M. Valks	6
I. Brogden	12
T. Rossetter	18
S. Medhurst	21
P. Moon	25
A. Stobbart	32
A. Ford	42
D. Cox	47
R. Rickson	76

Timekeepers Jane &amp; Graham Lade

Pusher Off Stuart Davis

**June 17<sup>th</sup> 2008 25 Mile Club Championship**

Iain Brogden	56.48
Michael Valks	58.01
Stuart Medhurst	59.22
Tom Rossetter	1.00.06
Andy Stobbart	1.03.18
Adam Ford	1.04.43
Kevin Burton	1.05.25
Konrad Pietense	1.06.17
Emma Richards	1.06.51
Andy Parsons	1.09.31

Private Time Trial

M. Norrell	59.48
J. Ehlers	1.01.21
J. Lowden	1.04.10
A. Denyer	1.11.38

Points After 9 Races

M. Valks	6
I. Brogden	10
T. Rossetter	17
S. Medhurst	20
P. Moon	25
A. Stobbart	31
A. Ford	39
D. Cox	47
K. Burton	49
A. Parsons	54
E. Richards	69
R. Rickson	76

Timekeepers Graham Lade &amp; Dave Dunbar

Pusher Off Dave Cox

Marshals P. Moon R. Rickson B. Holt &amp; S. Davis

**26<sup>th</sup> June 2008      10 Miles**

Iain Brogden	22.46
Andy Stobbart	25.05
Adam Ford	25.28
Kevin Burton	25.38
Tony Murphy	26.04
Konrad Peitense	26.17
Vic Butler	26.35
Andy Parsons	25.55
Alan Symonds	27.57
Rob Rickson	28.15
Mark Smith	32.55
Pete Ingram	34.40

Points After 10 Rides

M. Valks	6
I. Brogden	9
T. Rossetter	17
S. Medhurst	20
P. Moon	25
A. Stobbart	27
A. Ford	33
K. Burton	42
D. Cox	47
A. Parsons	49
T. Murphy	60
E. Richards	69
R. Rickson	69

Private Time Trial

M. Brittle	24.53
A. Eaton	24.53
M. Corliss	26.33
P. Hanratty	30.34
K. Beckett	31.32

Pusher Off Dave Cox

Timekeepers Graham Lade & Dave Dunbar  
Marshals Emma Richards & Harry Featherstone  
Numbers Sponsored By Kontour Cycles 01323486823

**FORTHCOMING EVENTS:**

**EVENING SERIES TIME TRIAL      2008**

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

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.

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.

**LEWES WANDERERS EVENING SERIES**

**EASTBOURNE ROVERS PRIVATE TT RESULTS**

Alan has given me the following results from these rides.

Monday 23<sup>rd</sup> June 2008

Iain Brogden	22:30
Tony Murphy	25:04
Kevin Burton	25:23
Dave Cox	26:03
Alan Symonds	26:52 (PB)

Congratulations to both Iain and Alan on their PB's.

Monday 30<sup>th</sup> June 2008

Iain Brogden	22:14 (PB)
Michael Valks	22:27
Kevin Burton	24:57
Alan Symonds	26:25 (PB)
Rob Rickson	27:51

## DIEPPE RAID 2008

By Alan Symonds  
(photos courtesy of Richard “David Bailey” Thomas)

And then there were five. A complement of six riders had formed a group for the Dieppe Raid. In no particular order, as they say, they comprised myself, Richard Thomas, Bill Crawforth and Stu Greenway as well as Ian Landless and Tony Gale of Lewes Wanderers. A last minute call from Bill, who had developed a recurring back problem meant he felt unable to take a chance on whether it would improve or not. Better safe than sorry! Trust you have made a good recovery. John Armstrong had said he had arranged to go separately with Malcolm Cross (Mordern CC) on Saturday staying over until Tuesday.

Richard would of course ride to Newhaven, John Dutson had kindly arranged to take Stu there, Tony offered me a lift using his van which meant the bikes (plus panniers) could travel without anything being removed and as we were meeting Ian at his house he didn't have to go anywhere until we arrived there.

Hence on Wednesday morning (4<sup>th</sup> June) we arrived in good time at Ian's and with a cup of Rosie supplied by Julie we three rode to Newhaven from Seaford but couldn't see the ferry. It transpired that, for medical reasons, a crew member had to be taken off the ship and they said they were closer to Dieppe than Newhaven so they returned to port. Of course he may have insisted, saying something like “Please take me back. I av erd about zee National Elth Servees in Eengland”.(Joke).

8:45am and we are ready to go with LD Lines advising that they would be using a big ring/small sprocket for the trip. We settled down to a breakfast and Ian the Sun God went off to take in some rays whilst the rest of us chatted.

Off at Dieppe without much lost time and off to Auffay on Stu's preplanned route. Any lost time was more than made up for by Stu, who set a cracking pace for the first few K's before allowing us to get a wheel in edgewise.

We had a quick baguette at Torcy before pressing on and we arrived in Auffay early. After some Franglais with a couple of local passers by, I managed to locate the hotel which was not known to us and which appeared closed. The landlord, on hearing noises, came down and we offloaded panniers etc and then it was out on the road to Totes on



well earned beer?). The ride back was uneventful.  
*Auffay -The town square viewed from hotel*



somewhat lighter bikes for a coffee (or was it a  
*Hotel de La Scie, Auffay*

A meal in the hotel (as part of the demi-pension deal) and then out to sample the high life of Auffay. It didn't take long-there isn't any! The highlight is the two figures in the bell tower which look around and then clonk their . separate bells followed by the main bell in the main tower. Apparently, so Ian and Tony say, this goes on throughout the night.

Thursday, after breakfast, saw us off to Caudebec en Caux. En route we went through Barentin, which had a very impressive viaduct for the railway and a small fast flowing river.

On to Duclair where we stopped for a coffee and looked at the Seine.

We then rode alongside the river (nice and flat) with very nice properties backing onto trees with cliffs rising above them.



*Coffee stop at Duclair, Alan, Stu, Ian and Tony*

At Jumieges we took the chain ferry (free of charge for bikes) over the river and proceeded along the other side.



*The ferry at Jumieges*

The Pont de Brotonne was further than we thought, this being our crossing to get to the right side for Caudebec.

On arrival at the bridge the opposite lane was closed and, except for Stu who was last in the line and couldn't make us hear, we all missed the sign telling "Pietons" to cross into the closed lane. We all pressed on, and if you don't know the bridge prepare for a bit of a climb, to the centre. We also had to contend with the Routiers who were not happy at sharing the bridge with us and we weren't too happy with them sharing our lane either. Stu used the footpath but had to navigate round the signs which were placed there receiving cuts in the process. We regrouped un-nerved but unscathed and carried on to Caudebec to find a café on the riverside for lunch and watch the world go by.



*Alan & Stu having crossed the Pont de Brotonne*

The ride back to the hotel was uneventful until we left Totes with about 6km to go, mainly downhill, to Auffay. The pace increased and Stu was more than hanging in, showing some of the old Edinburgh-London road racing spirit. He was still there for the signpost which Tony took and I couldn't bridge the gap. Richard had expended his energy on the front earlier as had Ian.

Evening meal, walk round the town and bed ready for Friday, as we had decided to try one or two of the sign posted local cycle routes. We arrived at Colombré for coffee Friday morning and Stu said that he had been here before, with John Dutson, and knew where a V1 "flying bomb" (WW2) rocket launching site was so we decided to go off route to see it.

We climbed up a nice hill until I realised my helmet was still at the café. Back down to retrieve casque and find bonk bag complete with wallet still on the back of the chair. No comments about age please! Climb back up the hill to find others at a viewpoint which gave a good view of me climbing back out of the town. No ageist remarks please.

On to the rocket site hidden in the forest, which still has the launch pad and V1 ready to go, together with ancillary buildings.



*A "V1" aimed at London*

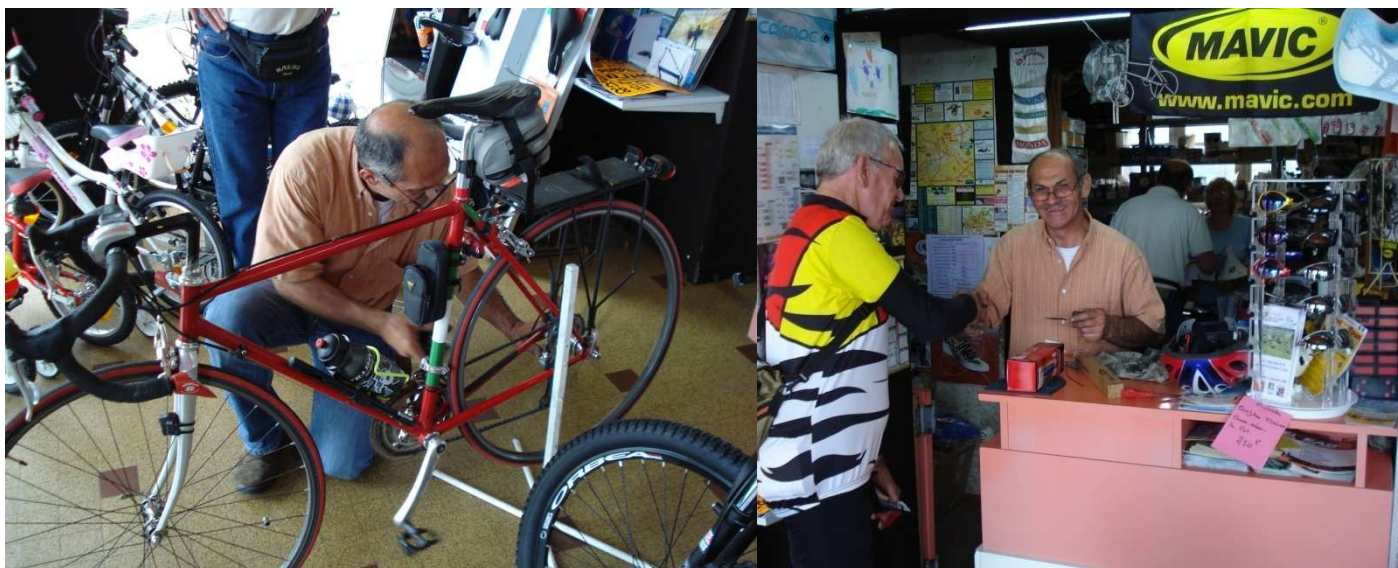
*Tony, Alan and Stu inspect the launching mechanism*

The whole site was quite impressive, even more so when you find there were 117 sites in the area, which the Allied Forces could not locate because of the cover offered by the woods. However, thanks to a man named Holland who made a number of visits crossing the border with a wheelbarrow as part of his disguise the Allied Forces were able to destroy them. This particular site never saw action, being bombed before this. Holland was captured and tortured but survived.

As we went to leave I discovered I had a broken spoke in my rear wheel. Obviously it was a bad day for me. I had remembered the spoke key so a bit of rough truing helped and I knew there was Cycles Jean-Michel in Neufchâtel so off we went with a lot of downhill, not a good omen for the afternoon's riding back. Stu decided this was a good chance to do a bit of recuperating and made his way back to Auffay from the V1 site.

Of course the shop was shut for lunch so we visited Le Chapeau Rouge (our usual spot) and did likewise. After a pasta lunch we returned to the shop to be advised that they did not have a mechanic until 16:30hrs but there was another bike shop we could try. This turned out to be more of a lawnmower specialist. He said it would be about an hour. We went back to Jean-Michel's to look at some of the bikes including Orbea (Bill please note, nice one for you) and they asked if we had arranged the repair as the owner could do it. I felt that this would be a better option as I didn't fancy finding a set of grass cutter blades fitted to the bike.

Jean-Michel very quickly had the bike sorted out and adjusted the rear mechanism to boot. Even had the right size black spoke. Worth 7 Euros and a generous tip.



*Jean-Michel sorting out the rear mech and receiving the thanks from Alan*

We made our way back to Saint Saens fairly rapidly despite the hills but had worked up a sweat (courtesy of said hills) so a coffee was needed. Sitting outside in the wind didn't help and unfortunately Tony thought he may have caught a chill, but we all got back OK to find unmade beds but not to worry it was the last night.

Saturday morning we arrived for breakfast to be told by Ian and Tony that the usual baguette had not arrived and it was just the croissant. Were the management dropping some sort of hint? We loaded up the bikes and had another uneventful ride to Dieppe, arriving at the hotel via the Canadian Cemetery and some steep climbs! nearby. As Richard had made the booking and as the hotel reception was closed he tried the automated entry system which resolutely refused to acknowledge we had a booking or accept the credit card so in the end we decided to go down into Dieppe, have a quick snack and attend the pre-event Presentation, together with a glass of cider and a sponge cake, in the Town Hall. John Armstrong and Malcolm Cross turned up to join us and sort out meeting up for tomorrow as Malcolm was down to do the 140km, John the 90km. We returned to our respective hotels and at ours the reception was now open, complete with human being, when we arrived so we booked in. A lot easier than the "automated" system which is only operated by a computer!

Out to our "favourite" budget restaurant, Buffalo Bills (actually the "Buffalo Grill"), very French, "fast" food with waitress service). Incidentally did you know the chain was started by a Frenchman who went to America to show them how much better French food was, caught the bug for fast food and came back to France and opened the chain (fast food with a French Flair). Macdonalds eat your heart out.

On Sunday we had a good "self service" breakfast at our B&B hotel (the complete opposite of the previous morning!) and then ventured forth into a rather grey morning, just our luck! We assembled at the Gymnasium, picked up the paperwork and met Malcolm and John, before heading off up the hill to the west of Dieppe.



*Ian, Tony, Malcolm and Alan at the start.*



It was all going nice and easy until some French “bon rouleurs” came by which sent Richard, Tony and Ian into a state of frenzy and off they went to chase them down. At Quiberville the pace dropped and we (myself, Stu and Malcolm) caught up. The rouleurs had a bit of a laugh and said they were only doing the 100km ride and turned off.

*Pictured here are our “class” riders on Sunday before the lunch stop.*

There was a bit of heavy mist or light rain which dried out after a while and we continued to St Aubin-le- Cauf for lunch at the Chateaulaine, after which we made for the Avenue Verte. Stu turned off to rejoin the 100km route and soon after Tony suffered a crevaison (P\*n\*ture). Then it was off the Avenue and into some serious hills. Malcolm slowed a bit as we climbed three hills in quick succession, but soon rejoined us and then it was pretty flat so the pace quickened.

*“Big Mal” on a roll*

Once Big Mal was moving there was no stopping him and we were touching 30mph at times until just outside Dieppe when I had a slow crevaison and had to stop to pump up the rear tyre. We took different routes into Dieppe as I arrived back (I’m claiming by the right route) just as the rest turned up having done a tour of the town. I collected my six glasses won in the raffle which I was told were for Cointreau. I thought they were a bit big and heavy until I looked at them and found Famous Grouse logos on the side. It was then that I looked for my wallet (again) which I did not appear to have. I thought it must be in the hotel so rode back to have a check. Putting the bike in the room I looked at it and realised I had put it in my mobile phone pouch at lunchtime as it would be safer. I wasn’t likely to leave the bike behind. (No comments about age thank you. Someone has to have a few problems to liven things up). Down to Buffalo Bills again in the evening (we must be due a loyalty discount by now).



And  
Finally:



*"Stu Avenue Verte" stands by his name!*

Monday we all packed our bikes in a leisurely manner, then down to Intersport after breakfast for a look round and some purchases then into Flunch for a quick meal which was given the Greenway stamp of approval. Then down into Dieppe, a short stop at a café and then onto the ferry in the sunshine and back to Newhaven where John was waiting to collect Stu whilst the rest of us departed by bike.



*Richard has found his double in Dieppe!*

A good trip with just under 300 miles covered (a bit more for Richard). Next year the Dieppe Club say they are going to have a week covering all sorts of events so make a date for sometime in June. Information will be available when details are known.

# AUDAX NEWS

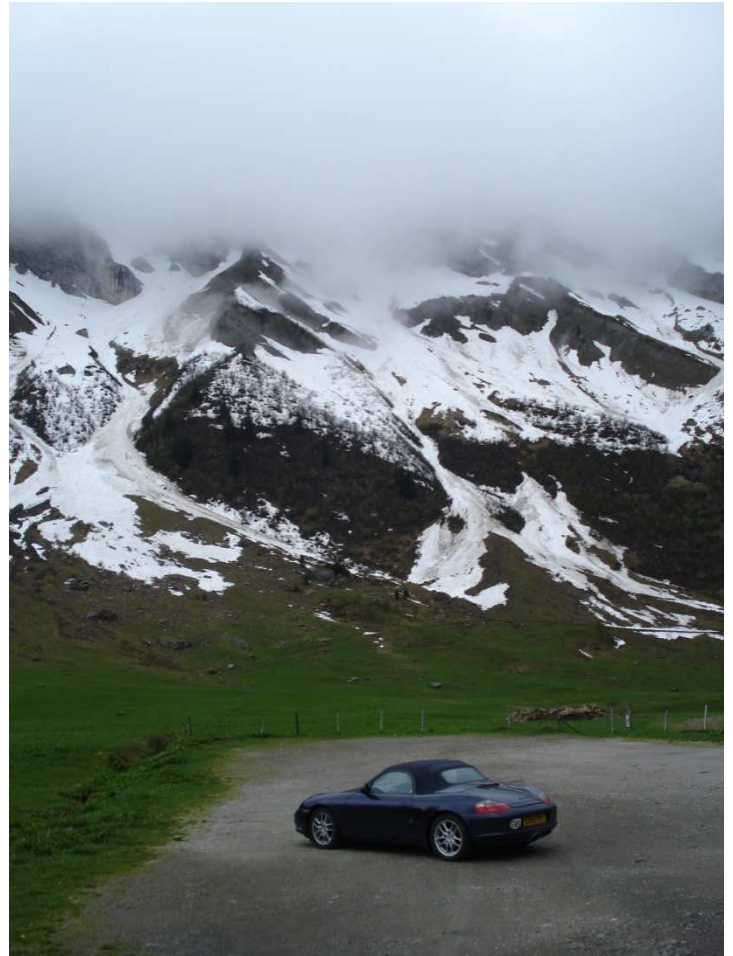
From

Richard Thomas

In May I only rode twice, to do a 400km Audax (10<sup>th</sup>/11<sup>th</sup>) and a 600km (24<sup>th</sup>/25<sup>th</sup>) Audax. Between events I holidayed in France (13<sup>th</sup> to 22<sup>nd</sup>) with Mrs T, staying in Annecy (see adjacent photo) and Grasse. We tried to drive over the Galibier and Glandon passes but they were still closed with winter snow, and this was mid to late May! We were able to drive up the Telegraph as far as Valloire, which seemed longer in the car than when I rode it as part of the 170km Audax "Circuit des Grandes Cols" in July 2006.

The cols on the "Circuit" were Cols de Croix de Fer, Mollard, Telegraph, Galibier and Lauteret. *(It took me 11 hrs 8mins including a lunch stop for 45 minutes at the foot of the Telegraph and a 15 min coffee stop at the foot of the Galibier/top of Lauteret.)*

In early June several of us spent a few days in Normandy and took part in the Dieppe Raid (as reported above by Alan).



Top of the Col des Aravis  
Altitude 1498m      16<sup>th</sup> May 2008

## **400 km                      10<sup>th</sup>/11<sup>th</sup> May 2008**

This event started in sunshine from Hailsham at the civilized hour of 2pm. The field was very small, only 19 entrants, 17 starters and 15 finishers, perhaps this is due to "PBP fatigue". I left Hailsham with the last group of 7 riders which left at the proper posted start time (ten riders had left early as permitted by the organizer). The first "secret" control was at Gynde, and manned by John and Andy Seviour. We then had to negotiate the roadworks on A27 which was a bit hairy as the "cycleway" was very narrow. Through Lewes and onto Ditchling, Hurstpierpoint and West Sussex and the first control, in the woods (at Lavington NT near Selham) with 90km covered in 3hrs 45 mins and an El Supremo food stop, when we caught up with some of the early starters.

The next stage to Alresford and the Swan Hotel was over familiar roads used many times on Dave's rides. The evening was fairly mild and we arrived at the control at just after 10:30pm, in the dark. A short stop and we were off on the first of the night stages, to Burbage, 59km distant via Kings Worthy, Stockbridge, Grately and Collingbourne Kingston. I suffered a lot on this stage and was grateful for the support of Dave Jessie who shepherded me along. Dave's control was reached at midnight and I was hungry cold and tired so tucked into muffins, peaches and rice pudding and tea. I do not like lay-by controls in the middle of the night but sometimes there is no alternative. At this control Mark Fairweather decided to have a sleep in his sleeping bag (carried with him) so Chris, Dave and I pressed on, retracing some of the route and greeting riders still on the previous leg. The night stages gave me a chance to try out my new Schmidt dual headlights, which are both 3w and enough to make cars dip their headlights. They help me see a bit better in the dark, especially as night vision deteriorates with age!

The stage to Petersfield was 80km, mainly in the dark, through to Winchester and the A272 to Petersfield. Using the main road made life easier and traffic was light. I was pleased to have a breakfast at the Esso garage "On the Run Café" at Petersfield at around 5:30am. The final two stages to Pease Pottage (62km) and back to Hailsham (62km) were done in hot and sunny weather, however the detour on the final stage via Heathfield from Uckfield and then down through Rushlake Green made the legs hurt, but we could not short cut as there was an information control at the turn off the B2096 to Rushlake Green. Anyway why short cut as you only cheat yourself!

It took me 23 hours 15 minutes, including stops but no sleep stop, for 409km. I had scheduled for 23 hours so not a bad result. Several riders complained of hotfoot, which makes a change from trenchfoot, which most riders could get on Dave's rides as they are usually wet. a

### The Midhurst 600km 24<sup>th</sup>/25<sup>th</sup> May 2008

This event started from Midhurst at 6am on the Saturday. I had only returned from France late on Thursday evening, having driven up from Grasse over two days (Wednesday and Thursday) and had to be up at 2:30am Saturday to be able to get to the start in time. So I started the event slightly travel weary!

A slightly better turn out than the 400km two weeks previously with 30 starters out of 37 entries, perhaps the others were put off by the weather forecast of strong winds on Saturday and rain on Sunday. Saturday was true to the forecast, being bright but extremely (Dave's word) windy with branches and leaves all over the roads as we fought the wind over some legs, on our way through West Sussex and Hampshire to the first control near Alresford (57km). We arrived there at 08:32, averaging nearly 23km/hr. We would slow down later on! Onto the second control near Marlborough in Wiltshire, via East and West Stratton, Whitchurch, St Mary Bourne, Hurstbourne Tarrant, Vernham Dean, Oxenwood and Great Bedwyn. We had now covered 123km in 5hrs 35mins, averaging 22.4km/hr now (including the time for the first stop).

Stage 3 took us to Cirencester via Marlborough and the serious climbing north of Marlborough via Broad Hinton and Wootton Bassett. The road to Cirencester was into the headwind and I was pleased to arrive at the control at Tesco's and have the opportunity of some warm food. The temptation was too much for Mark Hummerstone, the first to pack after arriving here, citing lack of kilometres as his reason, Mark was good enough to come out to encourage us in the last few kilometres and at the finish, what a good guy.

From Cirencester we went to Newent, 68km distant, via Withington, Andersford, Winchcombe, Bishops Cleve, Stoke Orchard and Upleaden, arriving at 18:44, having covered 240km in just under 13 hours. It was getting quite cold as we consumed our shop bought food. Two riders packed here due to illness, staying in a B&B before riding back to Midhurst on Sunday.

The next 58km stage to Hay on Wye was started in the last of the daylight and darkness fell before we arrived at the Dave Hudson Control. Dave Lewis and his wife Anne Learmonth were helping Dave Hudson at the Hay on Wye control. Pictured here are Chris and me "enjoying" their hospitality at 10:22pm Saturday evening in Dave's gazebo tent, having covered 300km by 21:44 as shown in my Brevet card. We had covered the first 300km in 15hrs 44 mins which is the fastest 300km this year. However the next 317km took me 23hrs 2 mins! including a stop for sleep in a bus shelter for a few hours during the long dark stage to Magor.



The stage to Magor was over 100km in length, during which we were forced to stop for a sleep in a bus shelter as fatigue set in. The night was very cold and I was pleased to have a survival bag to sleep in, even so I was very cold. We left soon after dawn and it had started raining so we had the pleasure of getting wet and were very wet by the time we got to Magor at just before a quarter to seven on Sunday morning. Breakfast was very welcome in the warm of the motorway service café. Unfortunately it was still sheeting down as we left Magor for the crossing of the old Severn Bridge on the first of the “return” legs.

The Bridge crossing was decidedly dodgy due to the very strong side wind aided by stinging rain causing several riders to walk. I rode across leaning on the wind and had to put my foot down at the far end of the bridge for safe negotiation of the height barrier. Dave said it was like negotiating the Striding Edge route up Hellvellyn (sic) in the Lake District. Apparently the bridge had been closed earlier, that said two riders got across under the closure.

We were heading for the M4 motorway services at Leigh Delamere. The stage was 63km, via Olveston, Acton Turville, Littleton Drew and Grittleton. It was abit of a slog and we arrived at 11:35am. A motorist wondered how we got there as he thought we were not allowed on the motorway and I said that we came in the back way via minor roads.

The weather was improving by now and spirits were on the up with only 150km to go. The 89km to Sutton Scotney was broken by a Dave Hudson extra feed at Burbage about half way on the stage, this was very welcome. We had been through Chippenham, Calne, Bishops Cannings, Horton and Pewsey before the extra feed. The sun was now out and we soon arrived at Sutton Scotney, where we chose to use the garage rather than the café at the motorway service station, as we “benefitted” from Dave’s feed stop. The final stage back to Midhurst took us over familiar roads including the long slog back down the A272 to Midhurst for the final 14km to the service station in Midhurst for the final control stamp via a till receipt. I bought some Chocolate and got the final time stamp of 20:46 Sunday.

I rode round to the Grange Centre car park, met Chris and Mark there, they having arrived about 15minutes before me and Mark Hummerstone was also there chatting to Chris, who is now an Ultra Randonneur (for 10 years of Super Randonneur series) like me.

### Some Statistics

25 riders finished out of the 30 starters, Bob McHardy abandoned at Leigh Delamere having been 2 hours out of time by then and Paelo Varini was not seen again after Marlborough on Saturday as well as the three already mentioned. We had 23 hours of dry before 5 hours of rain on Sunday. The climbing total was 8430m, which is quite a lot!

I spent £21.37 on food at the commercial controls (there were 4 of Dave Hudson’s controls as well).

My computer showed that I rode for 29hrs 27mins and 12 secs out of a total time of 38hrs 46 mins hence had 9hrs 20mins “rest” with an average riding speed of 20.96km/hr over the 617.14 km recorded distance. My maximum speed was 63km/hr!

Only 5 riders completed their SR series in “Dave Hudson” only rides, being Mark Fairweather (from Pevensey), Richard Phipps (Audax Secretary), Ray Kerridge (from Brighton), Chris Tracey and me.

I am sure there are easier rides and series to do rather than Dave’s which are always challenging particularly in the latter stages of his rides. Perhaps with my advancing years I should look for easier rides, I am sure/hope that they are out there!

---

*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 **18 August 2008**, before I depart for Provence and Mt Ventoux (got any amphetamines?) 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 **13<sup>th</sup> August 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.**