



Issue 18 –October 2008

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

### ***EDITORIAL***

Another month and more success in local TT's, see Results. Peter Mon did a great ride in the Kent CA 12 hour with 243.49 miles on a very windy day. Gavin has given a short account of his son Philip's track exploits this year. More can be read on the Sussex Cycle League web site. I have managed to submit a couple of press reports, one got in the Herald and the other the Gazette.

I did the Mt Ventoux 100km Audax whilst on a CTC holiday in Haute Provence and I have written about it in this issue.

I received a letter from Graham Cox thanking me "and the boys" for the Newsletter. Graham also wrote that he is suffering from Ramsay Hunt Syndrome, one of the features being vertigo so he cannot ride anymore.

Stan Nash also wrote to me asking me to get some Press reports in the paper as they had been sadly lacking this year so I have addressed that.

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 apologise to all Club Members for the lack of Reports in the paper this year but believe it or not, I have not had time to submit them. Perhaps I was over optimistic in thinking that I could do both the Newsletter and the Press Reports. I also did not anticipate that my home life would be quite so problematic this year, having had to deal with a series of DIY disasters which has also kept me off my bike. Some might say, “well, so no change there then!” I will address the press report issue by putting in as much as I can in the next few weeks so long as I can find something to write about! We may pick up a few new members as a result.

I have at last submitted two press reports. The first appeared in the Herald on Friday September 12<sup>th</sup> and the second in the Gazette of 24<sup>th</sup>, as there was not space for it in the previous Friday’s Herald.

#### **Herald Friday 12th September**

#### **CYCLING CLUB’S NEW STAR**

Eastbourne Rovers Cycling Club has a new star rider. Iain Brodgen, in his second year of racing with the Club has swept all before him in short and medium distance events, having been our most improved novice rider last year.

Iain was the fastest Rover, with a time of 58mins 7secs, in the Cliff Sharp Memorial 25 mile time trial held on August 17<sup>th</sup>, hence was awarded the Cliff Sharp Memorial Trophy. He won the season long Evening time trial series, being joint first with Michael Valks. Tom Rossetter, a new signing this year, was third and seventeen Club riders completed the series.

Iain has improved his 25 mile time by nearly 7 minutes to 56mins 42secs, the year’s fastest by any Rover and has broken the record for two circuits of the Beachy Head-Birling Gap course with a time of 37mins 35 secs for the 14.4 miles. With a time of 21 mins 34secs Iain has come within 40 seconds of breaking the 10 mile record on the Pevensey course. He has also had top 3 placings in races this year.

The picture shows Iain starting his ride in the Cliff Sharp Memorial 25 mile time trial.

Other Rovers members have been successful this year. Peter Moon placed third in the East Sussex 100 mile Time Trial with a



time of 4hrs 18mins 19secs and also picked two other prizes in the same race. Emma Richards won the Ladies prize in the same event.

Peter Moon also gained an excellent 4<sup>th</sup> place in the Kent CA 12 hour race with a distance of 243.5miles on a very windy day on the roads of Kent. Tony Murphy has achieved a personal best at 50 miles with a time of 2hrs16mins22secs.

The Club has had four team wins recently, notably in the Kingston Phoenix 10 mile TT (Iain, Tom and Kevin Burton) and in the Southborough & District Wheelers 25 (Iain, Tom and Stuart Medhurst).

Harry Featherstone has continued to win the fastest veteran on Standard prizes throughout the season, including winning the Surrey/Sussex 25 mile championship.

Having had a successful racing season the Club will be running turbo training sessions on Monday nights at Stone Cross memorial hall throughout the winter.

New members are always welcome and full details can be found on the Club's website [www.eastbournrovers.com](http://www.eastbournrovers.com)

Gazette Wednesday 24<sup>th</sup> September

## **ROVERS CYCLING SUCCESS IN LOCAL RACE WEEKEND**

Eastbourne Rovers riders featured strongly in the East Sussex Cycling Association promotions last weekend (13<sup>th</sup>/14<sup>th</sup>). Emma Richards was fastest lady in the combined competition over 10 and 25 miles (aggregate time of 1:35:54) and Harry Featherstone won the Veteran's prize with a +of 26:40. In the 10 mile time trial on Saturday on the East Hoathly to Boship and back course, eleven Rovers rode with Iain Brogden 4<sup>th</sup> fastest of the 52 riders in 22mins 21secs, Peter Moon the Rovers second fastest with 24:06, followed by Adam Ford 25:39, Dave Cox 25:42, Harry Featherstone 26:11 (first Vet +7:23), Tony Murphy 26:16, Kevin Burton 26:17, Emma Richards 26:44, Rob Rickson (pictured) 28:42 and Graham Lade 30:58.

On Sunday morning in the 25 mile race on the Maresfield to Boship and back course, Iain Brogden was again the fastest Rover, 7<sup>th</sup> out of 72 riders, in 57 mins 38 secs, with Peter Moon again our second fastest in 59:22, followed by Tom Rossetter in 1:01:12, then Adam Ford 1:04:14, Kevin Burton 1:04:39, Harry Featherstone 1:06:21, Dave Cox 1:06:41, Tony Murphy 1:06:49, Emma Richards 1:09:10 and Rob Rickson, in his first serious season of racing improved significantly with a 1:10:16, knocking over 3 minutes off his previous best. Harry Featherstone won the Vets prize with a + of 19:17 minutes.

In the VTTA Wessex 25 mile race on 24<sup>th</sup> August on the course based on Fontwell, Rovers riders won both the outright Team Race and the Veteran Team Race, with Vic Butler and Tony Murphy scooping these prizes with times of 1:02:44 and 1:04:56 respectively.

In the Redmon CC 10 mile race on 30<sup>th</sup> August Iain Brogden was our fastest rider in 22:15 for 11<sup>th</sup> place in a field of 74 riders and again Harry Featherstone (26:13) was 1<sup>st</sup> Veteran with a + of 7:21. Kevin Burton clocked 25:15, Adam Ford 25:33, Dave Cox 25:52 and Alan Symonds 26:36, giving him



a +5:54, which was good enough for 7<sup>th</sup> place from 56 riders in the Veterans competition.

On 7<sup>th</sup> September Kevin Burton was fastest Rover in the Bognor Regis 25 mile time trial with a time of 1:05:37. Adam Ford did a time of 1:06:35, Dave Cox 1:07:10 and Harry Featherstone 1:08:05 to win 1<sup>st</sup> veteran on Standard with a + of 17:33.

More information can be found on the Club's website [www.eastbournerovers.com](http://www.eastbournerovers.com)

## **PRESTON PARK TRACK**

## **REPORT BY GAVIN SMITH**



Eastbourne Rovers' junior racing cyclist Philip Smith completed a successful season of track-racing with third place overall in the Senior B league at Brighton's Preston Park.

The competition is decided annually over four months of racing from May to August. Each meet includes a mixture of scratch races, handicaps, sprints and other specialist contests.

Philip posted some high placings during the season and his regular attendance helped him secure his very good final position.

The Senior A league was won by young star Felix English (Team Corridori), while Charlie Heffernan (VC Jubilee) headed the B rankings.

## OPEN and ASSOCIATION RACING RESULTS

### BEC CC 25      20/07/08

No	Rider	Club	Time	Notes	+/-
1	Steve Dennis	East Grinstead CC	00:54:52		+13-39
2	Shaun Kennedy	Bec CC	00:55:08		+15-27
3	Phil Bull	VC Elan	00:55:28		+16-43
4	Keith Coffey	Bec CC	00:55:33		
5	Steve Geran	VC St Raphael	00:55:36		+12-55
6	Lee Turner	Sigma Sport	00:55:45		
7	John Glaysher	www.agiskovener.com	00:57:06		
8	Iain Brogden	Eastbourne Rovers	00:57:25		
9	Jim Burdett	Trisportnews.com	00:57:29		
10	Paul Read	Redhill CC	00:57:43		
11	Stephen Morgan	Tooting BC	00:58:29		+7-31
12	Michael Valks	Sussex Nomads	00:58:33		
23	Stuart Medhurst	Eastbourne Rovers	01:00:05		+8-57
49	Andrew Stobbart	Eastbourne Rovers	01:03:41		+5-21
54	Tony Murphy	Eastbourne Rovers	01:04:10		+4-21
56	Harry Featherston	Eastbourne Rovers	01:04:19		+21-19
59	Adam Ford	Eastbourne Rovers	01:04:32		
64	Kevin Burton	Eastbourne Rovers	01:04:53		+7-18
69	David Cox	Eastbourne Rovers	01:05:08		+12-03
87	Emma Richards	Eastbourne Rovers	01:09:47		
93	Andrew Parsons	Eastbourne Rovers	01:12:10		-3-08
100	Alan Symonds	Eastbourne Rovers	01:16:39		-6-28
	Tom Rossetter	Eastbourne Rovers		DNF	

### SCCU 100 Mile TT      27<sup>th</sup> July 2008

The SCCU Centenary Hundred, had a symmetrical feel to it on Sunday, with a hundred entries and a hundred pounds first prize. Keith Coffey, Bec CC celebrated with a course and event record of 3:48:35, no mean feat on the multi roundabout and bumpy southern roads. Tamar Collis, Addiscombe CC was the first woman, with a Counties, course and event Ladies record of 4:34:00. Ray Dare, Kingston Phoenix Road Club, who had come out of retirement to ride the Centenary 100, was well rewarded when he broke the VTTA record for eighty-two year olds with a 5:15:44. The Bec CC took the team award with Keith Coffey, Shaun Kennedy, 3.55.15 and James Hughes 4:01:17. The first 100 in 1908 was won by C Price, Oval CC with a 6:01:35, the race starting at 3 am on a Saturday. The team winners in 1908, the Elite CC, were presented with the Syd Gray Team Shield, an enormous 36x26 inch trophy which has a likeness of Syd Gray embossed in silver at the top and, in the centre, the scene depicted shows a timekeeper starting a rider from the actual starting point on the Brighton Road, south of Redhill, which was used for the early Syd Gray 100s. The same shield is still being awarded to the team winners today and is a tribute to the Edwardian silversmiths who created it. (Early information courtesy of John Watts Addiscombe CC)

No	Rider	Club	Time	Notes	+/-
1	Keith Coffey	Bec CC	03:48:35		
2	Tim Mardell	VC Etoile	03:53:15		
3	Shaun Kennedy	Bec CC	03:55:15	V	01:19:12
4	Steve Dennis	East Grinstead CC	03:56:53	V	01:08:22
5	David Shepherd	Liphook Cycles RT	03:58:04	V	01:11:47
6	Dean Lubin	PCA Ciclos Uno	03:58:39		
7	Malcolm Davies	Kent Cycles RC	03:58:47		
8	James Hughes	Bec CC	04:01:17		
9	Brian Phillips	East Grinstead CC	04:01:21	V	01:10:48
10	Colin McDermott	Festival RC	04:01:26	V	52:36
18	Peter Moon	Eastbourne Rovers	04:16:53	V	52:58
34	Stuart Medhurst	Eastbourne Rovers	04:26:13	V	41:20

### BOGNOR REGIS 50      27/07/08

No	Rider	Club	Time	Notes
1	Steve Walking	Velocity Bikes	01:45:55	V
2	Russell Hober	DH Cyclesport	01:51:44	S
3	Aran Stanton	VC St Raphael	01:52:58	V
4	Simon Tout	Hampshire RC	01:54:02	S
5	Ray Robinson	DH Cyclesport	01:55:47	V
6	Kevin Shaw	GS Stella	01:55:58	V
7	Kevin King	Sotonia CC	01:56:23	V
8	Simon Underwood	CC Top	01:56:55	S
27	Adam Ford	Eastbourne Rovers	02:08:39	S
28	Harry Featherstone	Eastbourne Rovers	02:11:24	V

29	David Cox	Eastbourne Rovers	02:11:41	V
30	Andrew Stobbart	Eastbourne Rovers	02:12:02	V

**REDMON CC 10 HOLMWOOD 3/08/08**

No	Rider	Club	Time	Notes	+/-	MPH
1	Ben Instone	www.Scientific Coaching.com	00:20:20	S		29.5
2	Sebastian Ader	a3crg	00:21:16	S		28.2
3	Lee Turner	Sigmasport.co.uk	00:21:19	S		28.2
4	Christian Yates	In-Gear Quickvit RT	00:21:35	V45	+ 4:55	27.8
5	Tim Stevens	34th Nomads Gem Hygiene	00:21:51	V45	+ 4:39	27.5
6	Adam Page	Kingston Wheelers CC	00:21:55	S		27.4
6	Daniel Paine	GS Stella	00:21:55	S		27.4
8	Stewart Jardine	Citihub	00:21:59	S		27.3
9	Mick Deen	Redmon CC	00:22:01	V53	+ 6:11	27.3
10	Brian Molloy	Epsom CC	00:22:07	V40	+ 3:23	27.1
11	Iain Brogden	Eastbourne Rovers CC	00:22:15	S		27.0
12	Edward Clark	Redmon CC	00:22:43	S		26.4
13	Michael Valks	Sussex Nomads CC	00:22:46	S		26.4
37	Kevin Burton	Eastbourne Rovers CC	00:25:15	V52	+ 2:44	23.8
42	Adam Ford	Eastbourne Rovers CC	00:25:33	S		23.5
47	David Cox	Eastbourne Rovers CC	00:25:52	V61	+ 4:10	23.2
49	Ian Landless	Lewes Wanderers CC	00:26:05	V68	+ 5:40	23.0
52	Harry Featherstone	Eastbourne Rovers CC	00:26:13	V75	+ 7:21	22.9
58	Alan Symonds	Eastbourne Rovers CC	00:26:36	V71	+ 5:54	22.6

74 entries, Harry won 1<sup>st</sup> Vet on Std and Tom Rosseter DNS

**KENT CA 12 HOUR TT 10<sup>TH</sup> AUGUST 2008**

There was a very large field for this popular event, one of the few left in the South East. Peter Moon was an excellent 4<sup>th</sup> place on a hard windy day. There was little to choose between 2<sup>nd</sup> and 4<sup>th</sup> place.

There were 42 finishers, and I have shown the top 10 plus others we may know and the last rider to finish, to give an ides of the range of distances. 10 riders failed to finish and 7 did not start.

Name	Club		50 Mile Time	100 Mile Time	Actual Distance	Vet Std ±	LTS ±
Garry Banfield	Kent Cycles	V42	2.05.53	4.16.18	266.091	44.461	4.376
Andy Miles	Gemini B.C.		2.08.03	4.21.07	249.189		29.124
Ian Sutton	San Fairy Ann C.C.		2.14.20	4.33.27	248.672		11.472
<b>Peter Moon</b>	<b>Eastbourne Rovers</b>	<b>V47</b>	<b>2.21.11</b>	<b>4.44.50</b>	<b>243.497</b>	<b>30.047</b>	
Shay Giles	V.C. Deal	V63	2.20.20	4.47.20	239.505	50.285	-0.495
Jason Weale	Medway Velo Club		2.14.16	4.39.21	233.112		0.52
Colin Tuckwell	Thornton RC		2.22.07	4.48.28	232.58		
Neil Quarmby	Southborough Wheelers	V45	2.22.21	4.57.07	228.325	11.635	-2.513
Geoff Smith	V.C. Etoile	V58	2.32.27	5.01.55	227.941	31.461	-5.858
Barry Goodsell	Rye & District Wheelers	V44	2.42.47	4.05.48	224.784	6.464	12.37
11 <sup>th</sup> Rob Kennison	Medway Velo Club	V44	2.24.39	4.56.36	222.287	3.967	
Bob Harber	Brighton Excelsior C.C.	V63	2.33.01	5.17.50	202.035	12.815	-12.635
Simon Yates	Lewes Wanderers	V56	2.51.00	6.09.17	186.397	-13.063	-7.343
42 <sup>nd</sup> Ron Beale	Sydenham Wheelers	V73			157.558	-17.942	

Ron was the last rider to finish

Harry reports that we had 8 entries and 4 starters (3 finishers) on a day preceded by heavy overnight rain. We won both the 1<sup>st</sup> Vets Team Award and the 1<sup>st</sup> Scratch Team Award with Viv Butler, Tony Murphy and Dave Cox.

Pos	Name	Club	Time	Plus
1	John Woodburn	VC Meudon	1:00:37	+22:30
2	<b>Vic Butler</b>	<b>Eastbourne Rovers CC</b>	<b>1:02:44</b>	<b>+17:21</b>
3	Alan Dawson	Northovers VT	0:59:39	+15:16
4	Terry Evans	Portsmouth North End CC	1:10:44	+13:38
5	John Double	Crawley Whs	1:06:53	+13:12
6	Bob Novis	Brighton Phoenix Tri	1:01:38	+12:11
7	Graham Penrose	Portsmouth North End CC	0:59:29	+11:38
8	Brian Hall	Hampshire RC	1:11:40	+11:27
9	Bob Donington	Clarence Whs	1:06:28	+11:17
10	Tracy Harrs	GS Stella <b>Fastest</b>	0:57:43	+10:48
11	<b>David Cox</b>	<b>Eastbourne Rovers CC</b>	<b>1:06:31</b>	<b>+10:40</b>
12	Gordon Pain	Sussex Nomads CC	1:03:53	+10:36
13	Brian Hill	Epsom CC	1:09:39	+9:51
14	Don Lambert	Bognor Regis CC	1:11:42	+9:35
15	John Mankelow	Lewes Wanderers CC	1:07:21	+9:16
16	Nick Dyer	Brighon Phonix Tri	0:59:38	+8:53
17	Michael Zuill	Crawley Whs	1:09:13	+7:58
18	<b>Tony Murphy</b>	<b>Eastbourne Rovers CC</b>	<b>1:04:56</b>	<b>+3:35</b>
19	David Bridle	Tuff Fitty Tri Club	1:06:49	+2:44
20	Peter Dennett	Andover Whs	1:05:10	+1:20
21	Simon Coppard	Bognor Regis CC	1:06:49	+1:11

**VTTA KENT GROUP****LYDD Q25/12****31/08/08**

Iain Brogden rode but I have no result!

**BOGNOR REGIS 25****Fontwell P901****7<sup>th</sup> SEPTEMBER 2008**

There were 58 finishers, with the slowest rider recording 1:17:57. There were 6 DNF's and 20 DNS's. Kevin Burton was our fastest rider with 1:05:37 and Harry won 1<sup>st</sup> Vet on Std with +17.33.

No	Rider	Club	Time	Notes
1	Julian Jenkinson	UTAG Yamaha.com	00:55:02	V
2	Simon Tout	Velocity BikesC.C.	00:55:38	S
3	Steve Geran	VC St.Raphael	00:56:02	V
4	Aran Stanton	VC St Raphael	00:56:34	V
5	Richard Gifford	VC In-Gear	00:56:58	V
6	David Shepherd	Liphook Cycles RT	00:57:23	V
7	Tracy Harris	G.S.Stella	00:57:37	V
8	Clive Powell	G.S.Stella	00:58:29	V
9	Jonathan Hepper	a3crg	00:58:33	V
10	Shaun Smart	Southdown Velo	00:58:33	V
37	Kevin Burton	Eastbourne Rovers C.C.	01:05:37	V
41	Adam Ford	Eastbourne Rovers C.C.	01:06:35	S
43	David Cox	Eastbourne Rovers C.C.	01:07:00	V
46	Harry Featherstone	Eastbourne Rovers C.C.	01:08:05	V

We had 10 riders, with Harry winning 1<sup>st</sup> Vet on Std with +7:23. Iain Brogden was 4<sup>th</sup> fastest, and only 2 seconds separated 2<sup>nd</sup> to 4<sup>th</sup> places.

No	Rider	Club	Time	Notes	+/-
1	Ben INSTONE	scientific-coaching.com	00:20:41	S	-
2	Tim STEVENS	34 Nomads	00:22:19	V	04:35
2	Mark WINTON	Lewes Wanderers	00:22:19	S	-
4	<b>Iain BROGDEN</b>	<b>Eastbourne Rovers</b>	<b>00:22:21</b>	<b>S</b>	-
5	John SADLER	Tri Sport News	00:22:28	S	-
6	Daniel PAINE	GS Stella	00:22:36	S	-
7	Mark JONES	GS Stella	00:22:59	V	04:08
8	Michael VALKS	Sussex Nomads	00:23:24	S	-
9	Dan HENCHY	Hastings & St L CC	00:23:26	S	-
9	Anthony BEE	Kent Cycles RC	00:23:26	V	02:52
19	Peter MOON	Eastbourne Rovers	00:24:06	V	02:48
32	Adam FORD	Eastbourne Rovers	00:25:39	S	-
34	David COX	Eastbourne Rovers	00:25:42	V	04:20
35	Harry FEATHERSTONE	Eastbourne Rovers	00:26:11	V	07:23
36	Tony MURPHY	Eastbourne Rovers	00:26:16	V	00:14
37	Kevin BURTON	Eastbourne Rovers	00:26:17	V	01:42
40	Emma RICHARDS	Eastbourne Rovers	00:26:44	W S	-
45	Rob RICKSON	Eastbourne Rovers	00:28:42	V	-02:48
50	Graham LADE	Eastbourne Rovers	00:30:58	V	-00:13

Harry won 1<sup>st</sup> vet on Std with +19:17. Iain Brogden was a very creditable jint 7<sup>th</sup> place out of 72 finishers. In the combined 10 and 25 races Emma was 1<sup>st</sup> Lady and Harry 1<sup>st</sup> Vet on Std with +26:40.

No	Rider	Club	Time	Notes	+/-	HCP
1	Ben INSTONE	scientific-coaching.com	00:52:23	S	-	00:52:23
2	Steve DENNIS	East Grinstead CC	00:53:29	V	15:02	00:51:29
3	David POLLARD	In-Gear Quickvit RT	00:55:27	V	16:12	00:52:27
4	Mark WINTON	Lewes Wanderers	00:55:43	S	-	00:52:43
5	Tim STEVENS	34 Nomads	00:56:55	V	12:38	00:53:25
6	Mark JONES	GS Stella	00:57:00	V	13:04	00:52:00
7	Peter ROWE	Southborough Wheelers	00:57:38	V	10:22	00:52:38
7	<b>Iain BROGDEN</b>	<b>Eastbourne Rovers</b>	<b>00:57:38</b>	<b>S</b>	-	<b>00:53:08</b>
9	Kevin SHAW	GS Stella	00:57:43	V	15:00	00:51:43
10	Nick DWYER	Brighton Phoenix AC & Tri	00:58:30	V	10:01	00:51:30
15	Peter MOON	Eastbourne Rovers	00:59:22	V	10:11	00:53:22
21	Tom ROSSETTER	Eastbourne Rovers	01:01:12	S	-	00:55:12
33	Adam FORD	Eastbourne Rovers	01:04:14	S	-	00:54:14
35	Kevin BURTON	Eastbourne Rovers	01:04:29	V	07:42	00:51:59
44	Harry FEATHERSTONE	Eastbourne Rovers	01:06:21	V	19:17	00:52:21
45	David COX	Eastbourne Rovers	01:06:41	V	10:30	00:54:41
47	Tony MURPHY	Eastbourne Rovers	01:06:49	V	01:42	00:54:19
52	Emma RICHARDS	Eastbourne Rovers	01:09:10	W S	-	00:53:10
60	Rob RICKSON	Eastbourne Rovers	01:10:16	V	-03:16	00:51:16

**Festival RC 10 20<sup>th</sup> September 2008**

This event had a special competition for road bikes as against TT bikes.

No	Rider	Club	Time	Notes	+/-	Road Bike
1	Lee Turner	SigmaSport .co.uk	00:21:44	S		
2	Christian Yates	In Gear Quickvit RT	00:21:49	V	4.31	
3	Chris Stocks	Science In Sport.com	00:22:15	V	3.51	
3	Bob Garlinge	Team Quest	00:22:15	V	6.28	
5	David Shepherd	Liphook Cycles RT	00:22:17	V	4.37	
6	Tim Stevens	34th Nomads CC	00:22:25	V	4.29	X
7	Chaz Hollosi	Gemini BC	00:22:31	S		X
8	Mick Deen	Redmon CC	00:22:33	V	5.39	
9	Steve Calland	Norwood Paragon	00:22:49	S		X
10	Mark Winton	Lewes Wanderers CC	00:22:55	S		
33	Kevin Burton	Eastbourne Rovers CC	00:25:31	V	2.28	
35	Harry Featherstone	Eastbourne Rovers CC	00:25:37	V	8.13	
	Iain Brogden	Eastbourne Rovers CC		DNS		
	Mark Whitfield	Eastbourne Rovers CC		DNS		

Tom Rossetter	Eastbourne Rovers CC	DNS		
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***VTTA Surrey/Sussex 25 21<sup>st</sup> September 2008***

Harry reports that we won 1<sup>st</sup> Team (Alan, Vic and Harry) on Std and that he won 1<sup>st</sup> Vet on Std with +20:40.

No	Rider	Club	Time	Notes
1	Michael Valks	Sussex Nomads CC	00:58:31	
2	Neil Colvin	7 Oaks Tri	00:59:41	
3	Stephen Morgan	Tooting BC	01:00:00	
4	Mel Robertson	Worthing Excelsior CC	01:00:38	
5	Mark Paton	Sussex Nomads CC	01:00:45	
6	Richard Tully	Anerley BC	01:02:05	
7	Stuart Edmonds	Sussex Nomads CC	01:02:31	
8	Peter Baker	Lewes Wanderers CC	01:02:38	
9	Geoff Smith	VC Etoile	01:02:39	
10	<b>Vic Butler</b>	<b>Eastbourne Rovers CC</b>	<b>01:02:42</b>	
13	Harry Featherstone	Eastbourne Rovers CC	01:05:37	
18	Adam Ford	Eastbourne Rovers CC	01:06:21	
20	Kevin Burton	Eastbourne Rovers CC	01:07:13	
24	Tony Murphy	Eastbourne Rovers CC	01:08:19	
25	Alan Symonds	Eastbourne Rovers CC	01:09:47	
27	Rob Rickson	Eastbourne CC	01:12:35	

Now that the colder weather (Brass Monkey weather!) is approaching (we are past the Autumn Equinox!) Stu Greenway has kindly offered the following snippet for your amusement.

**CANNON BALLS !!! DID YOU KNOW THIS?**

It was necessary to keep a good supply of cannon balls near the cannon on old war ships. But how to prevent them from rolling about the deck was the problem. The best storage method devised was to stack them as a square based pyramid, with one ball on top, resting on four, resting on nine, which rested on sixteen. Thus, a supply of 30 cannon balls could be stacked in a small area right next to the cannon. There was only one problem -- how to prevent the bottom layer from sliding/rolling from under the others.

The solution was a metal plate with 16 round indentations, called, for reasons unknown, a Monkey. But if this plate were made of iron, the iron balls would quickly rust to it. The solution to the rusting problem was to make them of brass - hence, **Brass Monkeys**.

Few landlubbers realize that brass contracts much more and much faster than iron when chilled. Consequently, when the temperature dropped too far, the brass indentations would shrink so much that the iron cannon balls would come right off the monkey.

Thus, it was quite literally, **cold enough to freeze the balls off a brass monkey**. And all this time, you thought that was just a vulgar expression, didn't you?

# AUDAX NEWS *From Richard Thomas*

## MT VENTOUX 100KM “PERMANENT” AUDAX

It was with some fear and trepidation that we all prepared for this ride. All week during our CTC Holiday based in Buis-Les-Baronnies we could see the Giant of Provence wherever we went. Now it was our turn to conquer the mountain!

Fortunately the good sunny weather that we had experienced all week held and Saturday was no exception. Some riders were concerned about the heat in the afternoon and set off early to avoid having to climb the mountain in temperatures of 35 ° C or more.

I quite like the heat and so decided to have a good breakfast in the hotel and here I am just ready to leave at 8:34am. The first control was at Aurel, some 33km away and about 8km before the start of the climb up Mt Ventoux from Sault, which is the easiest ascent, being 20km to Chalet Reynard where the “moonscape” starts and a further 6 km to the top at 1910m.



From the hotel I rode quickly through the town of Buis (380mAOD) and then continued south on D5 for some 6km before turning left onto D 72/41 and the climb of Col de Fontaube (655m), with the top of Mt Ventoux in the background, and Col des Aires (640m) before the third climb of the day up to Aurel on D942 and the first control at the Hotel. I arrived there at 10.11am, having averaged 21.5km/hr for 32.9km. Already there were several of our group enjoying a relaxing café au lait or coke as I went into the hotel for a stamp for my brevet card and a coke. I did not want to stay long so was off again 10 minutes later, leaving the rest of the group there. I descended slightly on the road to Sault where a sharp turn right set me onto the D164 road to Chalet Reynard and the summit of Mt Ventoux .



The first few kilometres were in open country before entering the tree line. On the first six kilometres I passed several more of the early starters. For those (mountain goats!) who wish to try the climb then after the first easy kilometre the next 8km has a fairly





challenging gradient of 4.3% to 6.4% before easing out on the run up to Chalet Reynard with a gradient of 1.3% to 3.5%.

The road then kicks up at 6.8% (from 1.3% on the previous kilometre) for 2 kilometres before 7.4%, 7.5%, 10.5% then 10.5% averages for the last 4 km. Remember this is the easy way up.

I arrived at Chalet Reynard (shown left) having averaged just over 20km/hr for the first 20km of the

climb. However, things then got difficult as the gradient ramped up and the sun bore down on the “moonscape”.

I was trying to keep up with two young German girls on mountain bikes and failing! I was then passed by three other riders before catching my first rider. I was trying to look out for the Simpson memorial as I did not want to miss it. The road twisted and turned relentlessly

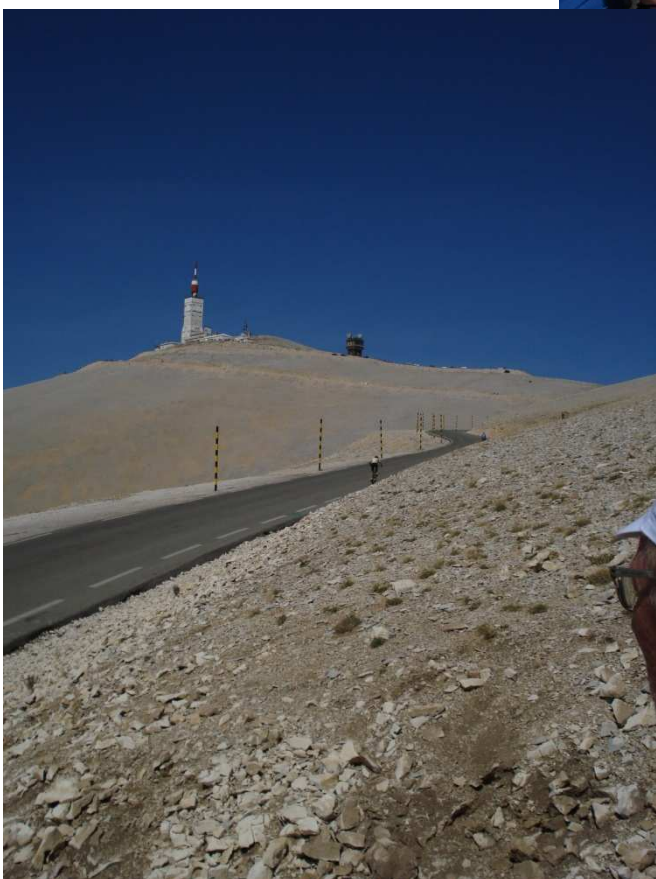


and I was now in 28x26.

The top of the climb still seemed no nearer after some 20 minutes of steep uphill. It took me 30 minutes to get from Chalet Reynard to the Simpson Memorial and I was glad to stop there for a rest.

There are now steps up to the Memorial, as Barry Hoban and the local Department had raised money for their construction and also to stabilize the Memorial as it was beginning to slip down the hillside. It certainly was a lot tidier than I remember it from 2000 when I visited it by car with Graham Lade.

After duly paying homage I remounted my trusty steed and slogged up to the top. I reached the top at 12:30pm, having taken 39 minutes for the 6km, averaging 9.2km/hr. Ouch! The gradient at the top is 8% but on the very top corner I stuck to the outside of the bend as the inside was more like an indoor track bend in steepness!





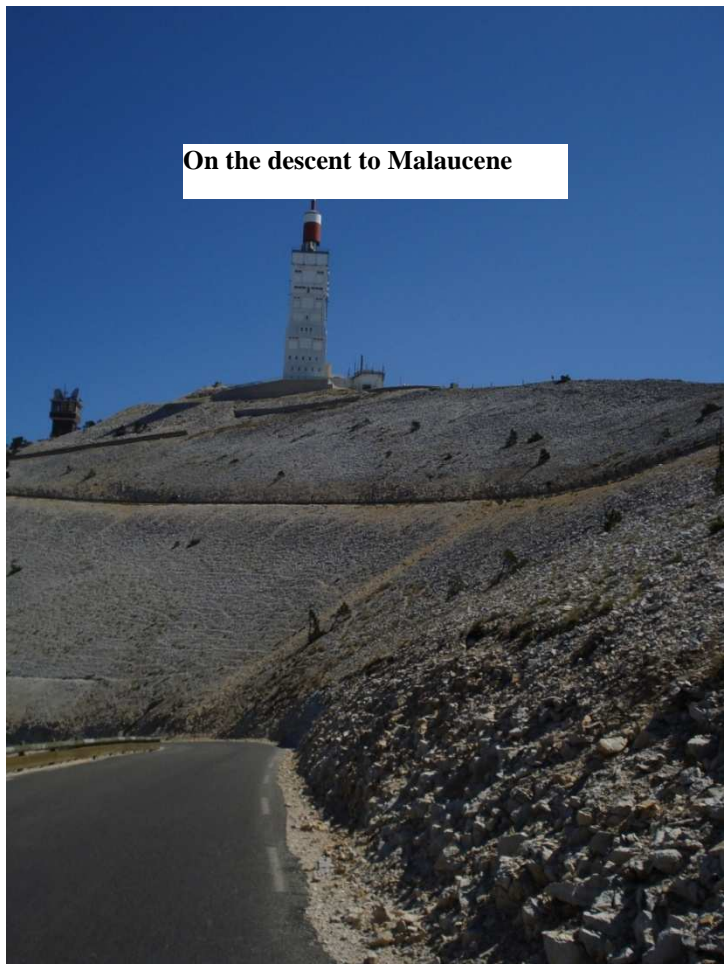
*The road to the top from the memorial*

I then had a café stop to get the second stamp of the day and another coke before the obligatory pose in front of the sign for the Summit of the Col at 1910m AOD.

The valley below was in blue haze due to the heat that we had “endured” all week so the views were not clear. It would have needed rain some two days previously to clear the air and hence the view. I met most of our group at the top as they had left earlier than I had or caught up whilst I was in the cafe.

I did not want to stay too long so was soon off down the steep 10% to 12% descent to Malaucene. I reached a maximum speed of 74.5km/hr on this descent, and although I was wearing glasses the wind came over the top of them and the sweat ran down into my eyes. It was difficult to see where I was going and I nearly overshot one bend, so I decided to proceed with a bit more caution and

restricted my speed to 60km/hr! much more manageable!



**On the descent to Malaucene**



*Near the summit, only 8% here*

*Made it !*

I had donned a gilet at the top but the descent was not that cold so I stopped in Malaucene to take it off. I consumed my second cereal bar of the day in Malaucene before heading off for the final 30km or so back to Buis. The road is not exactly flat and the series of small climbs showed me how tired my legs were now becoming as I endeavoured to maintain 30km/hr. I was not sure how many riders of our group were still ahead of me so I kept going. The temperature in the valleys on the return leg was over 35°C. Over the last small col before Buis I slowed considerably and was glad to hit the town and the shade. Through the town and up a slight incline, followed by a right turn and I was back at the hotel at 14:22, having taken 5 hours 48minutes for 108.28km and having climbed some 2090m. My computer showed an average climb of 4% and a maximum climb of 11%.

My riding time was 4 hours 53minutes, an average of 22.10km/hr. I had stopped for an aggregated 55 minutes, half of it at the top of the mountain.

I even managed to take 34 photos on the way round!

I had a target time of 6 hours based on the Dave Hudson Sportive I had done some three weeks earlier in just over 6 hours for less climbing and a slightly longer distance (as reported in the last Newsletter).

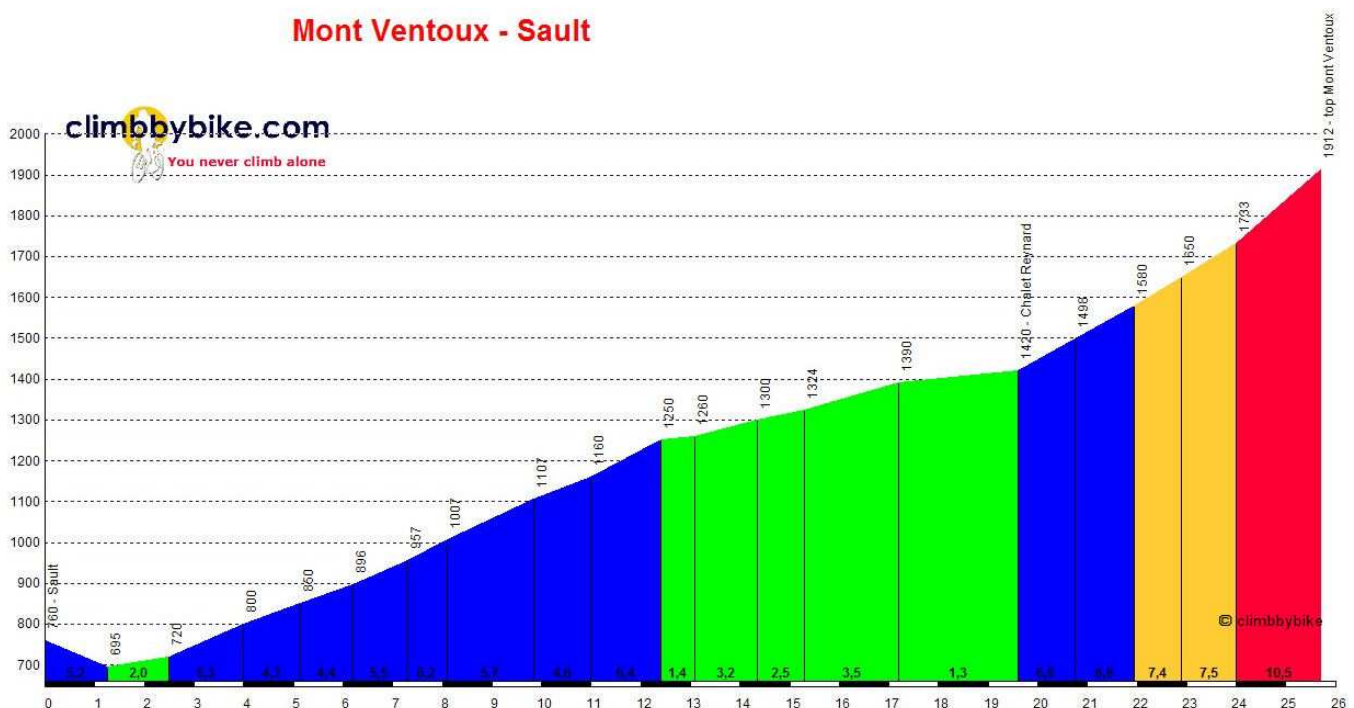
All our group got round and I was surprised to be the first back. I even had time for a shower and a beer before the next rider arrived!

I would like to go back another year and do the ride in reverse as the climb up from Malaucene is a lot steeper. I would also give it a go from Bedoin as another option.

## profile Mont Ventoux via Sault

Length: 25,7 km \* Height top: 1912 m \* Height start: 760 m \* Gradient: 1152 m

### Mont Ventoux - Sault



Climbbybike.com, [find all mountain profiles on climbbybike.com](http://find.all.mountain.profiles.on.climbbybike.com)

For those (mountain goats!) who wish to try the climb the profile above shows that after the first easy kilometre the next 8km has a fairly challenging gradient of 4.3% to 6.4% before easing out on the run up to Chalet Reynard, ie the fast bit with a gradient of 1.3% to 3.5%, before kicking up at 6.8% (from 1.3% on the previous kilometre) for 2 kilometres before 7.4%, 7.5% and 10.5% averages on the last 4 kms. Remember this is the easy way up, look on the above climbbybike website for the climbs up from Bedoin and Malaucene.

**FORTHCOMING AUDAX and RELIABILITY TRIAL EVENTS:**

I will be riding the World of Water 100km on 5<sup>th</sup> October and Dave Dunbar and Julian Sykes have also entered. I have also entered the Mid Sussex Hillier on 18<sup>th</sup> October. There is also the Hilly on the same day, see below. Places are restricted on the Hillier as it is a new event and has more climbing. There may be places still available, contact Martin Malins, the organiser.

**A couple of future events, the Mid Sussex Hilly 100km Audax on 18<sup>th</sup> October, from Chailey and the ESCA Reliability Trial. Dave Cox has the details of the Reliability Trial.**

Finally, if you fancy a ride near Christmas, Dave Hudson is promoting the Mince Pie and Stollen 100km from Hailsham on 14<sup>th</sup> December 2008, start time 08:30am. Fairly flat route with only 975m of climbing. All Audax calendar events are viewable at [www.aukweb.net/cal/index.htm](http://www.aukweb.net/cal/index.htm).

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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 Newsletter will be out on **1<sup>st</sup> November 2008**. Please send in lots of articles

Articles wanted, please don't be shy. The success of the newsletter depends on you. Closing date for articles for next issue is 28<sup>th</sup> October **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.**