



Issue No 24 –April/May 2009

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The Official Monthly Newsletter of the Eastbourne Rovers Cycling Club

EDITORIAL

Many apologies for the lateness of the Newsletter but I have been a bit busy with life, some more “bricollage” and such, as well as doing a few hard rides (see Audax news) from which I have taken some time to recover.

So realistically this will be a April/May edition as I will not be able to do another Newsletter until the end of June, after the Dieppe Raid in mid June, as I have a 600km to fit in on the weekend of 23rd/24th May and a 200km in late June, as well as some more “bricollage”.

I have included as many racing results as I can, both in the Evening Series (courtesy of Sue Cox) and local Association and Open TT’s. Iain Brogden continues his winning ways in the Evening Series and has performed well in local TT’s. He is now a Vet. so watch out!

Alan Symonds is now benefitting from his training and racing regime and getting good results, and Harry continues to dominate the “on standard” category.

Ann Human has provided updates on all the local points competitions.

Graham Cox has written about a solution to Alan Symonds problem with his bike, as featured in the last Newsletter!

Iain Brogden has provide an account of his Italian Training camp “holiday”, sounds more like a petite Giro d’Italia to me.

Stop press.

The Etape Caledonia, which I think Iain Brogden was doing again this year, had to be stopped by police at one stage as protesters (into what I don’t know) spread lots of tacks on the road resulting in hundreds of punctures. News item on Radio 2 at 7pm Sunday 17th May.

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: Club Captain, Evening Time Trial Series and Sunday Rides - 01323 507916

Richard Thomas Press Secretary:

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.

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.

CLUB NEWS

Website updated for 2009

Tony Murphy has updated the website for 2009, highlighting Emma’s impressive list of achievements as 2008 Ladies Best All Rounder, together with a photo courtesy of Mike Anton Photography.

New for 2009 is a web version of the Eastbourne Rovers handbook to view on-line, although hard copies are still available from Peter Moon. Other updates include listings of the 2009 early season and evening series events, plus 2009 membership application and club kit order forms.

Under the sponsor and links page you will also find the latest version of the CTT entry form (January 2007). Please note – if you using Word 2007 there seems to be a glitch with the logo, and the CTT have an alternative Word 2007 version on their website:

<http://cyclingtimetrials.janet0102.co.uk/AboutCTT/RiderInfo/FormsGuidanceNotes/tabid/77/Default.aspx>

Tony would like photos of club members for the Gallery on the website so please send them direct to Tony.

Letters.

Graham Cox has responded to Alan Symonds account of his gear problems in the last newsletter. You may recall that Alan’s chain got stuck between the largest cog and the flange of the hub.

“Dear Richard,

I haven’t a better story than Alan Symonds, but I can just say that, in the old day’s, he wouldn’t have had that trouble. When Osgear (later to be known irreverently, as the “Wosgear”) came on the market, one bit of the kit was a shaped, alloy disc which went between the block and the hub to avoid Alan’s trouble). I always fitted them, to be on the safe side, Are they still available, I wonder. (*sounds a bit like the plastic discs found on some bikes these days, Ed*).

Talking of the thirties, if you do want a few lines for filling up, Richard, it was in ’37, when I was 15, that I rode my first event at H.H, although I did have to put 16 on the entry form. Fee two shilling and sixpence. Not wanting to strain myself unduly, I used a moderate gear of 85 and experienced undergearing towards the line. I got a lucky third for the price.

Regards, Graham.

(*more letters please, Ed*)

PRESS REPORT: RICHARD THOMAS

For my sins I have not had time to do any reports recently. Must try harder!

Ann Human has provided the following information and results.

Competition qualifying events for May 2009 – what's your focus?

Sussex CA BAR qualifying events are not listed as **ALL** open events taking place partly or wholly in Sussex at 10, 25, 50 and 100 miles will qualify for the long, middle and/or short distance BARs.

Each competition has a separate heading followed by a list of the qualifying events for May 2009. Please refer to the Eastbourne Rovers handbook for the rules of each competition.

East Sussex CA BAR Competition (See p28 in handbook)

No qualifying events in May

East Sussex CA Points Competition (See p30 in handbook)

No qualifying events in May

Sussex CA SPOCO Competition (See p31 in handbook)

Sat 02 May 09 SCA 10 m on G10/97 at Steyning (Short)

Sun 03 May 09 SCA 25 m on G25/93 at Steyning (Medium) – **Clash see note below**

Mon 25 May 09 Brighton Mitre 10 m on GS/995 at Steyning (Short)

Sussex CA Championship Points Competition (See p31 in handbook)

Sat 02 May 09 SCA 10 m on G10/97 at Steyning

Sun 03 May 09 SCA 25 m on G25/93 at Steyning – **Clash see note below**

Southern Counties CU BAR Competition (See p36 in handbook)

Sat 30 May 09 SCCU 10 m on G10/57 at Horsham (Ladies/Junior)

Kent CA BAR Competition (See p38 in handbook)

Sun 03 May 09 KCA 10 m on Q10/22 at Harrietsham (Ladies/3 distance) – **Clash see note below**

Notes

Sun 03 May 09 the SCA 25 **clashes** with the KCA 10

Observations

The SCA 25 clashes with the KCA 10, but the KCA event only qualifies for the KCA ladies or three distance BAR, whereas the SCA is a championship event and qualifies for the SCA Championship Points and SCA SPOCO.

Where events qualify for more than one competition, the events listing on pages 20 – 25 of the Eastbourne Rovers handbook provides a quick overview.

Don't forget the Club Time Trial Championships

Awards are given for the highest placement of any first claim member in each event.

10 m	Thu 21 May 2009	Club Evening	G10/83 – Pevensey	19:15
25 m	Tue 09 Jun 2009	Club Evening	G25/80 – East Hoathly	19:15
50 m	Sun 14 Jun 2009	ESCA event	G50/89 – Maresfield	06:00
100 m	Sun 05 Jul 2009	ESCA event	G100/86 – Upper Dicker	06:00

Competition qualifying events for June 2009 – what's your focus?

Sussex CA BAR qualifying events are not listed as **ALL** open events taking place partly or wholly in Sussex at 10, 25, 50 and 100 miles will qualify for the long, middle and/or short distance BARs.

Each competition has a separate heading followed by a list of the qualifying events for June 2009. Please refer to the Eastbourne Rovers handbook for the rules of each competition.

East Sussex CA BAR Competition (See p28 in handbook)

Sun 14 Jun 09 ESCA 50 m on G50/89 at Maresfield

East Sussex CA Points Competition (See p30 in handbook)

Sun 14 Jun 09 ESCA 50 m on G50/89 at Maresfield

Sussex CA SPOCO Competition (See p31 in handbook)

Sat 06 Jun 09 VTTA (Surrey/Sussex) 10 m on G10/87 at East Hoathly (Short)

Sun 07 Jun 09 SCA 50 m on G50/10 at Dial Post (Long) – **Clash see note below**

Sun 14 Jun 09 ESCA 50 m on G50/89 at Maresfield (Long)

Sun 21 Jun 09 Crawley Wheelers 41.9 m on GS/196 at Crawley (Long) – **Clash see note below**

Sun 28 Jun 09 SCCU 50 m on G50/53 at Broadbridge Heath (Long)

Sussex CA Championship Points Competition (See p31 in handbook)

Sun 07 Jun 09 SCA 50 m on G50/10 at Dial Post – **Clash see note below**

Southern Counties CU BAR Competition (See p36 in handbook)

Sun 28 Jun 09 SCCU 50 m on G50/53 at Broadbridge Heath – **Clash see note below**

Kent CA BAR Competition (See p38 in handbook)

Sat 07 Jun 09 KCA 50 m on Q50/11 at Lydd – **Clash see note below**

Sun 21 Jun 09 KCA 100 m on Q100/5 at Kingsnorth – **Clash see note below**

Sun 28 Jun 09 VTTA (Kent) 25 m on Q25/8 at Challock – **Clash see note below**

Notes

Sun 07 Jun 09 the SCA 50 **clashes** with the KCA 50

Sun 21 Jun 09 the Crawley Wheelers 41.9 **clashes** with the KCA 100

Sun 28 Jun 09 the SCCU 50 **clashes** with the VTTA (Kent) 25

Observations

The SCA 50 clashes with the KCA 50 – last year no Rovers did the Kent 50, and the SCA is a championship event which qualifies for the SCA Championship Points and is also a long distance SCA SPOCO.

The Crawley Wheelers 41.9 clashes with the Kent 100, the Farnham RC 25 and the Team Axiom 25 – last year 5 Rovers did the Farnham RC 25, and all recorded their best 25 of the season. As a SPOCO event the Crawley Wheelers is not really that significant as only 1 long distance event is required.

The SCCU 50 clashes with the VTTA (Kent) 25 – last year 8 Rovers did the SCCU 50 with Steve Frame recording his season's best, and no Rovers did the VTTA (Kent) 25. (Iain recorded his best 25 at the VTTA (Kent) 25 in August but on a different course (Q25/12)).

Where events qualify for more than one competition, the events listing on pages 20 – 25 of the Eastbourne Rovers handbook provides a quick overview.

OPEN and ASSOCIATION RACING RESULTS

Recent East Sussex CA Results

ESCA 2up – Sunday 05 April 2009

Overall Position	Name	Club/Team	Cat	Team Time	Plus on Std	Position on Std
7	Stuart Medhurst Peter Moon	Eastbourne Rovers Eastbourne Rovers	V V	0:56:50	+ 09:39	1
15	Steve Willis Matthew Scott	Eastbourne Rovers Eastbourne Rovers	S V	1:02:06	-	-
21	David Cox Kevin Burton	Eastbourne Rovers Eastbourne Rovers	V V	1:04:44	+ 07:11	5

ESCA 10 – Saturday 18 April 2009

Overall Position	Name	Club	Cat	Actual	Plus on Std	Position on Std
3	Iain BROGDEN	Eastbourne Rovers	V	0:22:49	+ 02:41	15
11	Peter MOON	Eastbourne Rovers	V	0:23:36	+ 03:31	7
16	Stuart MEDHURST	Eastbourne Rovers	V	0:24:05	+ 02:37	16
26	Tom ROSSETTER	Eastbourne Rovers	S	0:25:05	-	-
29	Adam FORD	Eastbourne Rovers	S	0:25:35	-	-
35	Kevin BURTON	Eastbourne Rovers	V	0:26:02	+ 02:10	19
43	Mark WHITFIELD	Eastbourne Rovers	S	0:27:08	-	-
49	Paul HOWES	Eastbourne Rovers	V	0:27:48	- 01:42	41
52	Harry FEATHERSTONE	Eastbourne Rovers	V	0:28:10	+ 05:40	1
56	Andrew PARSONS	Eastbourne Rovers	V	0:28:55	- 02:01	45
63	Graham LADE	Eastbourne Rovers	V	0:32:51	- 01:51	42
-	David COX	Eastbourne Rovers	V	DNF		-

ESCA 25 – Sunday 19 April 2009

Overall Position	Name	Club	Cat	Actual	H'cap Time	Plus on Std	Position on H'cap	Position on Std
4	Iain BROGDEN	Eastbourne Rovers	V	0:58:46	0:53:31	+ 07:14	13	17
9	Peter MOON	Eastbourne Rovers	V	1:00:32	0:55:32	+ 09:32	33	10
33	Kevin BURTON	Eastbourne Rovers	V	1:07:21	0:57:21	+ 05:22	44	22
41	Harry FEATHERSTONE	Eastbourne Rovers	V	1:09:49	0:59:49	+ 16:28	55	1
42	Alan SYMONDS	Eastbourne Rovers	V	1:10:25	0:54:25	+ 13:19	21	2
43	Emma RICHARDS	Eastbourne Rovers	W S	1:10:28	0:55:28	-	30	-
45	Tony MURPHY	Eastbourne Rovers	V	1:10:42	0:57:42	- 02:11	47	38
-	Paul HOWES	Eastbourne Rovers	V	DNS			-	-
-	David COX	Eastbourne Rovers	V	DNS			-	-

ESCA Combined – Saturday and Sunday 18/19 April 2009

Overall Position	Rider	Club	10 Act	10 Plus	25 Act	25 Plus	Total Act	Total Plus	Position on Std
3	Iain BROGDEN	Eastbourne Rovers	0:22:49	+ 02:41	0:58:46	+ 07:14	1:21:35	+ 09:55	9
8	Peter MOON	Eastbourne Rovers	0:23:36	+ 03:31	1:00:32	+ 09:32	1:24:08	+ 13:03	6
20	Kevin BURTON	Eastbourne Rovers	0:26:02	+ 02:10	1:07:21	+ 05:22	1:33:23	+ 07:32	13
24	Harry FEATHERSTONE	Eastbourne Rovers	0:28:10	+ 05:40	1:09:49	+ 16:28	1:37:59	+ 22:08	1

Open and Association Time Trial results

25th April 2009 Kingston Phoenix RC 10 mile TT

4 th	Iain Brogden	22:48
26 th	Kevin Burton	25:53
49 th	Graham Lade	32:14
Winner	M Williamson	22:14

26th April 2009 Addiscombe CC 25 mile TT

9 th	Iain Brogden	56:19
39 th	Stuart Medhurst	1:00:02
47 th	Peter Moon	1:00:37
76 th	Kevin Burton	1:04:53
85 th	Tony Murphy	1:07:06
96 th	Andy Parsons	1:11:03
98 th	Alan Symonds	1:11:49
Winner	Richard Simmonds	52:37

3rd May 2009 Sussex CA 25 mile TT

Interestingly Michael Hutchinson won this by a country mile, beating 2nd placed Steve Dennis (54:48) by over 4 minutes. I thought this would help put everyone's performances in perspective.

6 th	Iain Brogden	58:12
16 th	Peter Moon	1:00:08
30 th	Stuart Medhurst	1:02:30
51 st	Tony Murphy	1:08:58
54 th	Alan Symonds	1:10:28
Winner	M Hutchinson	50:48

10th May 2009 Norwood Paragon 25 mile TT

14 th	Iain Brogden	57:27
22 nd	Peter Moon	58:40
54 th	Kevin Burton	1:02:48
77 th	Harry Featherstone	1:06:38
79 th	Tony Murphy	1:06:45
86 th	Dave Cox	1:07:52
90 th	Alan Symonds	1:10:20
Winner	Steve Dennis	52:45

16th May 2009 GS Stella 10 mile TT

14 th	Peter Moon	23:58 (+3:09)
21 st	Adam Ford	25:09
30 th	Harry Featherstone	26:48 (+7:02)
Winner	Simon McNamara	21:13

17th May 2009 Worthing Excelsior 25 mile TT

12 th	Peter Moon	1:00:02 (+9:00)
27 th	Stuart Medhurst	1:02:52 (+6:41)
55 th	Dave Cox	1:10:05 (+7:40)
63 rd	Andy Parsons	1:15:28 (-5:55)
Winner	Lawrence Harding	53:55 (+13:35)

East Sussex CA Points Competition

At the midway point, after 4 events, Eastbourne Rovers are lying 4th in the Club points competition. The next two qualifying events are the ESCA 50 on Sunday 14 June and the ESCA 100 on Sunday 05 July. Last year Rovers entering the 50 were: Emma RICHARDS, Harry FEATHERSTONE, Iain BROGDEN, Peter MOON, Steve FRAME, Tony MURPHY and Vic BUTLER And in the 100 were: Adam FORD, Emma RICHARDS, Peter MOON, Steve FRAME and Tony MURPHY

Club Points Competition as at Sunday 19 April 2009

Rank	Club	Ev1 Hardriders	Ev2 2up	Ev3 10m	Ev4 25m	Total Points	No Rides
1	Lewes Wanderers	86	60	90	142	378	49
2	In-Gear Quickvit RT	58	60	122	130	370	18
3	Hastings & St L CC	114	68	44	73	299	41
4	Eastbourne Rovers	66	68	75	54	263	31
5	Sussex Nomads	44	-	57	38	139	10
6	East Grinstead CC	1	72	23	-	96	9
7	GS Stella	-	92	-	-	92	4
8	In-Gear Dev Squad	25	52	-	-	77	13
9	VC In-Gear	30	8	17	-	55	7
10	Bayeux Landscapes	28	-	8	11	47	3
11	Brighton Mitre	9	0	24	-	33	6
12	Brighton Excelsior	7	0	6	8	21	6
13	Bodyworks XTC Tri Store	-	-	0	9	9	5
14	Crawley Wheelers	-	-	0	-	0	1
14	Rye Wheelers	-	-	0	-	0	1
14	Southborough Wheelers	-	-	-	0	0	3
Grand Total		468	480	466	465	1879	207

We've got 3 riders in the top 20 individual standings – Iain, Peter and Stuart Medhurst

Individual Rovers as at Sunday 19 April 2009

Rank	Rider	Club	Ev1 Hardriders	Ev2 2up	Ev3 10m	Ev4 25m	Total Points	No Rides
2	Iain BROGDEN	Eastbourne Rovers	29	-	28	27	84	3
6	Peter MOON	Eastbourne Rovers	4	24	20	23	71	4
17	Stuart MEDHURST	Eastbourne Rovers	-	24	16	-	40	2
34	Stuart DAVIS	Eastbourne Rovers	19	-	-	-	19	1
36	Steven WILLIS	Eastbourne Rovers	8	10	-	-	18	2
49	Matthew SCOTT	Eastbourne Rovers	-	10	-	-	10	1
49	Kevin BURTON	Eastbourne Rovers	6	0	0	4	10	4
60	Tom ROSSETTER	Eastbourne Rovers	-	-	7	-	7	1
67	Adam FORD	Eastbourne Rovers	-	-	4	-	4	1
Grand Total			66	68	75	54	263	31

Individual Points Competition as at Sunday 19 April 2009

Rank	Rider	Club	Ev1 Hardriders	Ev2 2up	Ev3 10m	Ev4 25m	Total Points	No Rides
1	Mark WINTON	Lewes Wanderers	27	28	29	28	112	4
2	Iain BROGDEN	Eastbourne Rovers	29	-	28	27	84	3
2	Andy COX	Lewes Wanderers	24	28	14	18	84	4
4	James BRICKELL	In-Gear Quickvit RT	12	30	18	19	79	4
5	Ian BURGESS	In-Gear Quickvit RT	16	-	30	29	75	3
6	Peter MOON	Eastbourne Rovers	4	24	20	23	71	4
7	Michael VALKS	Sussex Nomads	21	-	24	24	69	3
8	David EARL	Hastings & St L CC	18	16	15	17	66	4
9	Dan HENCHY	Hastings & St L CC	20	18	19	-	57	3
10	Nick DWYER	Lewes Wanderers	-	-	25	30	55	2
10	Jamie BEALE	Hastings & St L CC	14	16	9	16	55	4
12	Stephen COMBEN	In-Gear Quickvit RT	-	-	27	26	53	2
13	Peter BAKER	Lewes Wanderers	22	-	12	15	49	3

Rank	Rider	Club	Ev1 Hardriders	Ev2 2up	Ev3 10m	Ev4 25m	Total Points	No Rides
14	Ivan JOHNSON	Hastings & St L CC	26	-	-	22	48	2
14	Geoff SMITH	Sussex Nomads	23	-	11	14	48	3
16	Richard GIFFORD	In-Gear Quickvit RT	-	-	21	25	46	2
17	Stuart MEDHURST	Eastbourne Rovers	-	24	16	-	40	2
18	Christopher CHAPMAN	Hastings & St L CC	12	18	1	-	31	3
19	Dave POLLARD	In-Gear Quickvit RT	-	30	-	-	30	1
19	Peter TADROS	In-Gear Quickvit RT	30	-	-	-	30	1
21	Graeme HADLOW	Bayeux Landscapes	28	-	-	-	28	1
22	Paul BYFORD	GS Stella	-	26	-	-	26	1
22	Richard WEATHERSTONE	GS Stella	-	26	-	-	26	1
22	Conall YATES	In-Gear Quickvit RT	-	-	26	-	26	1
25	Jason SALTER	In-Gear Dev Squad	25	-	-	-	25	1
26	Paul THATCHER	Brighton Mitre	-	-	24	-	24	1
27	Alan MACINNESS	East Grinstead CC	-	22	-	-	22	1
27	Steve DENNIS	East Grinstead CC	-	22	-	-	22	1
27	Mark PATON	Sussex Nomads	-	-	22	-	22	1
30	Jon SHARPLES	In-Gear Quickvit RT	-	-	-	21	21	1
31	Anthony REEVES	GS Stella	-	20	-	-	20	1
31	Steven WOODBRIDGE	GS Stella	-	20	-	-	20	1
31	James LOWDEN	Lewes Wanderers	-	0	-	20	20	2
34	Stuart DAVIS	Eastbourne Rovers	19	-	-	-	19	1
34	Max NORRELL	Bayeux Landscapes	-	-	8	11	19	2
36	Steven WILLIS	Eastbourne Rovers	8	10	-	-	18	2
37	Nathan BOSCHMA	VC In-Gear	17	-	-	-	17	1
37	Will KEMP	VC In-Gear	-	-	17	-	17	1
39	Chris WATSON	Hastings & St L CC	15	-	-	-	15	1
39	Richard WOODWARD	East Grinstead CC	1	14	-	-	15	2
41	Roy PAGE	Brighton Excelsior	-	-	6	8	14	2
41	Paul WINKLEY	East Grinstead CC	0	14	-	-	14	2
43	Andy SELTZER	East Grinstead CC	-	-	13	-	13	1
43	Andrew MORLEY	VC In-Gear	13	-	-	-	13	1
43	Mark BRITTLE	Hastings & St L CC	-	-	0	13	13	2
46	Adam GENT	In-Gear Dev Squad	-	12	-	-	12	1
46	Jake BUTLER	In-Gear Dev Squad	-	12	-	-	12	1
46	Alan LLOYD	Lewes Wanderers	0	-	-	12	12	2
49	Mike ANTON	East Grinstead CC	-	-	10	-	10	1
49	Matthew SCOTT	Eastbourne Rovers	-	10	-	-	10	1
49	Juliette CLARK	In-Gear Quickvit RT	-	-	-	10	10	1
49	Simon FARMER	Lewes Wanderers	10	-	-	-	10	1
49	Kevin BURTON	Eastbourne Rovers	6	0	0	4	10	4
54	Andy EATON	Bodyworks XTC Tri Store	-	-	-	9	9	1
54	Tim HOLMES	Brighton Mitre	9	-	-	-	9	1
54	Jonathan MOLTON	Hastings & St L CC	4	-	0	5	9	3
57	James BOWTELL	In-Gear Dev Squad	-	8	-	-	8	1
57	Oliver WILMOT	In-Gear Dev Squad	-	8	-	-	8	1
57	Oliver TUCKLEY	Lewes Wanderers	1	-	0	7	8	3
60	Simon ROBERTS	Brighton Excelsior	7	-	-	-	7	1
60	Tom ROSSETTER	Eastbourne Rovers	-	-	7	-	7	1
62	Cameron CARTHEW	In-Gear Dev Squad	-	6	-	-	6	1
62	James KING	In-Gear Dev Squad	-	6	-	-	6	1
62	Dominic LOWDEN	Lewes Wanderers	-	-	-	6	6	1
65	Ian HENDRY	Hastings & St L CC	5	-	0	-	5	2
65	Bruce ENGLISH	Lewes Wanderers	-	0	5	-	5	2
67	Adam FORD	Eastbourne Rovers	-	-	4	-	4	1
67	Darren NEWMAN	VC In-Gear	-	4	-	-	4	1
67	Sam DIX	VC In-Gear	0	4	-	-	4	2
67	Ian CRAIG	Lewes Wanderers	-	0	2	2	4	3
71	Chris MARTIN	Lewes Wanderers	-	-	-	3	3	1
71	Patrick HOUGH	Lewes Wanderers	-	-	3	-	3	1
73	Richard TRANER	Lewes Wanderers	-	2	-	-	2	1
73	Roger WATTS	Lewes Wanderers	-	2	-	-	2	1
73	Thomas BAKER	Lewes Wanderers	2	-	0	0	2	3

Rank	Rider	Club	Ev1 Hardriders	Ev2 2up	Ev3 10m	Ev4 25m	Total Points	No Rides
76	Ian LANDLESS	Lewes Wanderers	-	-	-	1	1	1
Grand Total			468	480	466	465	1879	207

Sussex CA SPOCO Competition

After 11 events Eastbourne Rovers still has 3 riders in the provisional rankings – Peter Moon in 4th place with 477 points, Iain Brogden in 14th place with 235 points and Kevin Burton in 34th place with 94 points. In the veteran competition Peter is currently 3rd with 524 points, Iain is 18th with 115 points and Kevin 22nd with 112 points. Dave Cox, and recently Stuart Medhurst have also registered, but yet to ride a qualifying event. With your best six qualifying rides counting towards the competition in 1 short, 4 middle (incl. 1 hilly) and 1 long distance event, the current rankings are only provisional as the first long distance event isn't until the SCA 50m on 07 June 2009.

SCA SPOCO Competition as at Saturday 18 April 2009 – Overall

Rider	Club	Best A Short	Best B M Hilly	2nd Best B Med	3rd Best B Med	4th Best B Med	Best C Long	Total Score	Prov Rank
Anthony REEVES	GS Stella	114	118	115	113	110	0	570	1
Paul THATCHER	Brighton Mitre	115	113	113	112	106	0	559	2
Geoff SMITH	Sussex Nomads	112	107	102	99	94	0	514	3
Peter MOON	Eastbourne Rovers	104	105	103	89	76	0	477	4
Nathan GALE	Worthing Excelsior	106	103	96	91	0	0	396	5
Robin JOHNSON	Brighton Mitre	93	91	89	82	0	0	355	6
Mel ROBERTON	Worthing Excelsior	111	114	101	0	0	0	326	7
Karl ROBERTON	Worthing Excelsior	102	105	99	0	0	0	306	8
Andy PAYNE	GS Stella	109	97	91	0	0	0	297	9
Mark STORIE	GS Stella	0	101	99	92	0	0	292	10
Angela NAINBY	East Grinstead CC	85	94	86	0	0	0	265	11
Elaine SCOTT	Brighton Excelsior	94	81	78	0	0	0	253	12
Steve DENNIS	East Grinstead CC	119	119	0	0	0	0	238	13
Iain BROGDEN	Eastbourne Rovers	118	117	0	0	0	0	235	14
Mark WINTON	Lewes Wanderers	116	114	0	0	0	0	230	15
Mark JONES	GS Stella	112	116	0	0	0	0	228	16
Kevin SHAW	GS Stella	113	110	0	0	0	0	223	17
Michael VALKS	Sussex Nomads	110	112	0	0	0	0	222	18
Mike ANTON	East Grinstead CC	105	115	0	0	0	0	220	19
Ivan JOHNSON	Hastings & St L CC	115	104	0	0	0	0	219	20
Dan HENCHY	Hastings & St L CC	109	109	0	0	0	0	218	21
Jeremy WOOTTON	Worthing Excelsior	114	98	0	0	0	0	212	22
Nick DWYER	Lewes Wanderers	100	104	0	0	0	0	204	23
Mark BERNHARDT	Worthing Excelsior	108	94	0	0	0	0	202	24
Richard WOODWARD	East Grinstead CC	89	100	0	0	0	0	189	25
Keith CARTER	Horsham Cycling	103	85	0	0	0	0	188	26
Dan PAINE	GS Stella	118	0	0	0	0	0	118	27
Paul BYFORD	GS Stella	116	0	0	0	0	0	116	28
Peter BAKER	Lewes Wanderers	111	0	0	0	0	0	111	29
Steve TROTT	GS Stella	110	0	0	0	0	0	110	30
Ian BURGESS	In-Gear Quickvit RT	104	0	0	0	0	0	104	31
Chris WATSON	Hastings & St L CC	103	0	0	0	0	0	103	32
Paul VALKS	Sussex Nomads	99	0	0	0	0	0	99	33
Kevin BURTON	Eastbourne Rovers	94	0	0	0	0	0	94	34
Jonathan MOLTON	Hastings & St L CC	92	0	0	0	0	0	92	35
Thomas BAKER	Lewes Wanderers	90	0	0	0	0	0	90	36
Oliver TUCKLEY	Lewes Wanderers	89	0	0	0	0	0	89	37
Stuart JAGO	Worthing Excelsior	0	81	0	0	0	0	81	38
Kevin BASHFORD	East Grinstead CC	0	0	0	0	0	0	0	-
David COX	Eastbourne Rovers	0	0	0	0	0	0	0	-
Stuart MEDHURST	Eastbourne Rovers	0	0	0	0	0	0	0	-
Clive POWELL	GS Stella	0	0	0	0	0	0	0	-
Paul CARRUTHERS	GS Stella	0	0	0	0	0	0	0	-
Richard WEATHERSTONE	GS Stella	0	0	0	0	0	0	0	-
Steve WOODBRIDGE	GS Stella	0	0	0	0	0	0	0	-
John BALDWIN	Worthing Excelsior	0	0	0	0	0	0	0	-
Kevin DOE	Worthing Excelsior	0	0	0	0	0	0	0	-
Peter WESTON	Worthing Excelsior	0	0	0	0	0	0	0	-

SCA SPOCO Competition as at Saturday 18 April 2009 – Veteran

Veteran Rider	Club	Best A Short	Best B M Hilly	2nd Best B Med	3rd Best B Med	4th Best B Med	Best C Long	Total Score	Prov Rank
Geoff SMITH	Sussex Nomads	120	120	118	118	116	0	592	1
Paul THATCHER	Brighton Mitre	116	117	114	112	112	0	571	2
Peter MOON	Eastbourne Rovers	111	114	110	107	82	0	524	3
Robin JOHNSON	Brighton Mitre	102	103	102	101	0	0	408	4
Mel ROBERTON	Worthing Excelsior	120	120	119	0	0	0	359	5
Andy PAYNE	GS Stella	108	106	105	0	0	0	319	6
Elaine SCOTT	Brighton Excelsior	106	101	99	0	0	0	306	7
Steve DENNIS	East Grinstead CC	119	120	0	0	0	0	239	8
Kevin SHAW	GS Stella	117	116	0	0	0	0	233	9
Mark JONES	GS Stella	116	117	0	0	0	0	233	9
Mark BERNHARDT	Worthing Excelsior	112	109	0	0	0	0	221	11
Nick DWYER	Lewes Wanderers	110	110	0	0	0	0	220	12
Mike ANTON	East Grinstead CC	107	112	0	0	0	0	219	13
Richard WOODWARD	East Grinstead CC	101	110	0	0	0	0	211	14
Peter BAKER	Lewes Wanderers	119	0	0	0	0	0	119	15
Jeremy WOOTTON	Worthing Excelsior	119	0	0	0	0	0	119	15
Ian BURGESS	In-Gear Quickvit RT	116	0	0	0	0	0	116	17
Iain BROGDEN (from 02/04)	Eastbourne Rovers	0	115	0	0	0	0	115	18
Paul BYFORD	GS Stella	115	0	0	0	0	0	115	18
Ivan JOHNSON (from 07/02)	Hastings & St L CC	115	0	0	0	0	0	115	18
Paul VALKS	Sussex Nomads	115	0	0	0	0	0	115	18
Kevin BURTON	Eastbourne Rovers	112	0	0	0	0	0	112	22
Steve TROTT	GS Stella	109	0	0	0	0	0	109	23
Oliver TUCKLEY	Lewes Wanderers	108	0	0	0	0	0	108	24
Stuart JAGO	Worthing Excelsior	0	102	0	0	0	0	102	25
Jonathan MOLTON	Hastings & St L CC	96	0	0	0	0	0	96	26
Angela NAINBY (from 15/07)	East Grinstead CC	0	0	0	0	0	0	0	-
Kevin BASHFORD	East Grinstead CC	0	0	0	0	0	0	0	-
David COX	Eastbourne Rovers	0	0	0	0	0	0	0	-
Stuart MEDHURST	Eastbourne Rovers	0	0	0	0	0	0	0	-
Clive POWELL	GS Stella	0	0	0	0	0	0	0	-
Paul CARRUTHERS	GS Stella	0	0	0	0	0	0	0	-
Richard WEATHERSTONE	GS Stella	0	0	0	0	0	0	0	-
John BALDWIN	Worthing Excelsior	0	0	0	0	0	0	0	-
Kevin DOE	Worthing Excelsior	0	0	0	0	0	0	0	-
Peter WESTON	Worthing Excelsior	0	0	0	0	0	0	0	-

If you would like to register for the competition please click the link to download a form from our website
<http://www.eastbournerovers.com/PDF/SPOCO2009RegistrationForm.pdf>

Club Events Result

NUMBERS SPONSORED BY KONTOUR CYCLES 01323 482368

The results of the first few events show a remarkable continuation of the battles of last year, keep it uo Iain!

2 UP 10 mile TT 23RD APRIL 2009

IAIN BROGDEN MICHAEL VALKS	22.14	
PETER MOON STUART MEDHURST	22.32	
KONRAD PEITERSE ANDY PARSONS	26.12	
DAVE COX KEVIN BURTON	26.30	
EMMA RICHARDS ALAN SYMONDS	27.07	
TRACY FULLER TIM FULLER	28.23	
STUART DAVIS	25.22	SOLO

PRIVATE TIME TRIAL

JON SHARPLES JAMIE BEALE	23.02	GRAHAM HADLOW A.N.OTHER	25.13
ADAM ROGERS MARK BRITTLE	24.04	SARAH LOVELOCK SIMON UNDERWOOD	25.31
IAN CRAIG BRUCE ENGLISH	24.27	TIM MILES JAY MILES	26.43
ADAM FORD MAX NORRELL	24.28	RUSSELL SHINGLES JOHN POWELL	D.N.F 25.22
CLIVE COPELAND	24.25		SOLO

TIMEKEEPERS GRAHAM LADE & DAVE DUNBAR
PUSHERS OFF BRIAN HOLT & TONY MURPHY
MARSHALS PETE INGRAM PAUL HANRATTY & KEN BECKETT

10 MILE TT 30TH APRIL 2009

IAIN BROGDEN	22.22
MICHAEL VALKS	22.46
STUART MEDHURST	23.11
STUART DAVIS	24.26
ADAM ROGERS	24.48
KEVIN BURTON	24.54
TIM FULLER	25.29
ADAM FORD	25.30
TONY MURPHY	25.58
EMMA RICHARDS	26.09
KONRAD PIETERSE	26.20
DAVE COX	27.32
ANDY PARSONS	27.32
ROB RICKSON	28.25
JIM HENESSY	29.13
TRACY FULLER	30.43

PRIVATE TIME TRIALS

S. REED	23.07	M. CORLESS	26.29
W. KEMP	23.12	S. LOVELOCK	26.30
J. BEALE	23.24	R. COLEMAN	26.46
G. HADLOW	23.31	J. FALLON	28.12
J. SHARPLES	23.54	P. HANRATTY	29.36
M. NORRELL	24.44	K. BECKETT	32.38
J. POWELL	25.29		

TIMEKEEPERS DAVE DUNBAR & GAVIN SMITH
PUSHER OFF BRIAN HOLT
MARSHAL HARRY FEATHERSTONE
NUMBERS SPONSORED BY KONTOUR CYCLES 01323482368

10 MILE TT 7TH MAY 2009

IAIN BROGDEN	22.45
MICHAEL VALKS	23.42
STUART MEDHURST	23.48
STUART DAVIS	24.28
MATT SCOTT	24.31
ADAM ROGERS	25.13
KEVIN BURTON	25.38
TONY MURPHY	25.53
KONRAD PIETERSE	26.44
ALAN SYMONDS	27.13
DAVE COX	27.43
JEZ FALLON	28.09
ANDY PARSONS	28.40
ROB RICKSON	29.06
MARK JOBBINS	30.11

10 MILE TT 7TH MAY 2009 (Cont.)

PRIVATE TIME TRIALS

F. ENGLISH	22.46	S. LOVELOCK	25.58
W. KEMP	23.29	A. KEYS	26.06
J. SHARPLES	23.53	M. CORLISS	26.25
G. HADLOW	24.01	S. VIEWEG	28.28
R. ROLLINGS	25.01	B. NORMAN	28.40
T. GLANFIELD	25.19	A. GREENSLADE	28.57
B. ENGLISH	25.46	P. HANRATTY	29.48
I. CRAIG	25.51	K. BECKETT	32.31

TIMEKEEPERS DAVE DUNBAR & GRAHAM LADE
PUSHER OFF STUART (HASTINGS C C)
MARSHALS BRIAN HOLT ADAM FORD & HARRY FEATHERSTONE

10 MILE TT 14TH MAY 2009

IAIN BROGDEN	22.19
STUART MEDHURST	23.46
MATT SCOTT	23.47
ADAM ROGERS	24.15
ADAM FORD	25.22
TONY MURPHY	25.49
EMMA RICHARDS	26.35
KONRAD PIETERESE	26.38
DAVE COX	27.05
ANDY PARSONS	27.26
JEZ FALLON	27.42
ROB RICKSON	29.11
MARK JOBBINS	29.34
PETER INGRAM	34.49

PRIVATE TIME TRIALS

G. HADLOW	24.02	S. LOVELOCK	26.07
R. ROLLINGS	24.04	B. COLEMAN	26.18
D. EARL	24.18	M. CORLISS	26.52
I. HENDRY	25.27	P. HANRATTY	29.17
B. ENGLISH	25.40	K. BECKETT	31.52
D. MACARTNEY	25.58		

TIMEKEEPERS GRAHAM LADE & DAVE DUNBAR
PUSHER OFF STUART CRABB (HASTINGS & ST LEONARDS CC)
MARSHALS PETER MOON SUE COX & PAULA
NUMBERS SPONSORED BY KONTOUR CYCLES 01323 482368

Hastings & St. Leonards CC News Extra 14 May 2009

CLUB EVENTS: Sign on for Ninfield is in Downs View off Church Lane i.e. 200 yards south of the main road. Most weeks after the Ninfield 14 we will go in the Red Lion Hooe or the Lamb on the Marsh Road for a chat, if not riding turn up just for this!

We are changing the sign on for the Pevensey 10 to the same meeting place as that used by Eastbourne Rovers i.e. the road by the West gate of the castle. Those partaking in a drink will probably use the Royal Oak and Castle.

Wed. 20 May	Ninfield 14	Meet 6.30 first rider off 7.00
Wed. 27 May	Ninfield 14	Meet 6.30 first rider off 7.00
Wed. 03 Jun	Ninfield 14	Meet 6.30 first rider off 7.00
Wed. 10 Jun	Pevensey 10	Meet 7.00 first rider off 7.30 late
Wed. 17 Jun	Pevensey 10	Meet 7.00 first rider off 7.30 late

Allcomers best times for H&StL CC's Broad Oak circuit (c.8.2) for the 2009 season

BROAD	OAK		2005	2006	2007	2008	6/5	13/5		2009
Peter	Tadros	InGr	18.41	18.21	18.15		18.40	18.17		18.17
Ivan	Johnson		23.16	20.01	20.29		20.25	19.45		19.45
Chris	Watson				23.45		22.09	20.35		20.35
Peter	Moon	E/R					21.18	20.53		20.53
Dan	Henchy			21.33	20.58		22.08	20.56		20.56
David	Earl		22.04	20.57	22.08		22.14			22.14
Rufus	Newell	J					24.45	22.53		22.53
Simon	Newell						23.32	23.01		23.01
Jozef	Mager						24.44	23.26		23.26
Jay	Miles		23.59	22.45	22.52		24.20	23.38		23.38
John-Paul	Brophy				23.25		23.40			23.40
Tim	Miles		22.57	22.57	22.43		24.25	24.19		24.19
Dan	Hanlon						25.20			25.20
Chris	Parker		25.44	25.08	26.13		26.47	26.15		26.15
Barry	Goodsell	Rye	21.51	21.06	21.46					
Chris	Chapman									
Richard	Pettit									
Elliot	T-Dowers									
Greg	Blackwell		25.00	24.02	24.20					
Peter	Company		25.12	24.50	24.39					
Jon	Sharples	InGr			19.05					
Peter	Byrne		23.46	22.13	21.10					
Jamie	Beale				22.20					
Steve	Sherwood		-	23.39	23.40					
Tom	Grant	Jub13			23.58					
Dave	Dixon				24.13					
Mark	Corliss				25.20					
John	Clark				25.35					
Dave	Lister				26.59					

Italy Holiday aka Italy Training Week 2009 by Iain Brodgen

Well I am a lucky old bloke passing into my veteran age because not only did the family club together and get me the Garmin 705 all singing bike computer GPS gizmo but Jan booked us in for a family holiday in Riccione, Italy – a cycling holiday no less.

A short flight from Gatwick took us (wife Jan, Becky 6, Chloe 3) and my Soloist to Bologna where the hotel picked us up. At the airport we met two triathlete couples from Kent and Holland who were also going to the same hotel. The transfer took an hour or so by which time we learned a lot about the proceedings because they had all been to the same hotel before – a good sign.

Rewind to a bit of relevant history. The Soloist had been stripped of parts in February to build my P3. I built the Soloist back up into a road bike just the weekend before leaving for Italy. Then I promptly broke a spoke whilst testing it up on Beachy Head. Before I could pull up, the out of shape rear wheel buzzed off the paint on the inside of the chain stays, ruined a brand new Conti and the broken spoke removed some paint on the seat stays. Adam at Kontour got me a new spoke and fixed the wheel to perfection in just a few days and it was ready for the holiday. He also had the genius to get me a couple spare spokes in case I suffered the same problem whilst away. Top man.

We arrived at the Hotel and got settled in. Then I went down to the basement bike garage to assemble my bike. This is a secure facility and holds about 200 bikes, 50 of which are the hotel's Scott carbon machines for rental. Outside there are proper work stands which you can use at any time, bike washing facilities and so on. I bumped into the hotel mechanic, Drelli who didn't speak much English but he managed to communicate the superiority of Campag over my Shimano. He disappeared and promptly returned with his top-of-the-line Colnago sporting Campag 11 speed. As I assembled my bike, quite a few riders wanted to get a closer look at the Cervelo, it seems to be a rare sight in Italy.



The programme of events including the group riding runs from Sunday to Friday so Saturday is the best day to arrive and get settled in. After dinner there was an introduction to the week by the Hotel Manager. He explained that the cycling is in four different categories. "Borghi & Castelli" group is for those that enjoy the Romagna culture. I came here to ride my bike not look at the scenery so I scrubbed that one right off. Then we have

"Cappuccino" which is for the 'trained cyclist' who may also be interested in 'nature & landscape'. Surely it's dangerous to gawp at the nature whilst riding a bike? "Cappuccino Super" is for the 'more aggressive' cyclist. Now we're talking but there was one more group "Limoncino" (a potent Italian spirit) and the Manager described this as the group for cyclists who like "the suffering". Now that's exactly why we are here so I signed up. The coach for this group: Richard Steiner, ex-pro and head of the 2008 Swiss National Olympic Team. This is TT Gold medal winning Cancellara's Olympic boss. Gulp. We are given the general rules which are that Riccardo will set the pace on descents and we must ride single line on the busy roads. Later, the following day's course was posted in the lobby and this showed how many 1,000s of metres of climbing were planned.

So the next morning we had a good breakfast at 7.30am. All meals are buffet style and very good quality food. It was then a pleasure to get changed into shorts and short sleeve jersey for the beautiful April sunshine. Then down to the garage to collect bike, sandwich, banana and fill the drinks bottles. The road outside was packed with cyclists finding their way into the various groups.

The middle group was split into two due to numbers. There were a smaller number of takers for "the suffering", about 20 men and two ladies. It is at this stage in the proceedings that everyone looks substantially stronger and fitter than you, but it's too late for that as we are off.

Today it's 100k and 1,000mtrs climbing to get us warmed up and get the measure of 'the form'. Through town we are at an easy pace of about 30kph and I am astonished as cars stop on roundabouts to let us all through and we have no trouble from motorists at all. The traffic is reasonably busy but the Italian drivers are confident and have respect for the cyclists. We are able to chat a bit at this pace and a couple of guys turn out to be from Crawley Wheelers.

In this group we also have the triathlete couple we met at the airport. The rest were German, Swiss and Dutch. I rode near the front with a German road racer who is a sports teacher and thoroughly decent bloke. Lucky his English is better than my German.

Soon we are onto quiet roads and Riccardo lifts the pace to about 40kph. He is giving very good signals for the turns and although riding a tight bunch we had no problems at all. There was only a little slowing down for junctions and corners and Riccardo tended to swing out to take the turn at a good speed. Something I would never do in UK for fear of being knocked off by a following car. But in Italy it is no problem. Riccardo has lead this pace for many kms without even breaking into a sweat. He then prompts the German, Christian to come through and do a bit of work on the front. Then it's my turn. The rest of the group are at this stage a bit shy of the front and Riccardo ends up on the front again. Amazingly he takes the front most of the flat miles for most of the week and appears not to tire at all. Some of the group are struggling to hold on and indicate they will drop a group at lunch time when the routes cross over.

Once we hit the first proper climb there is not so much chatting. Riccardo tells us it is 8km and we can regroup at the next town. It is about 8% over most of this distance and that is a nice tempo in about 39/23 climbing at about 20kph. If it dropped to 5 or 6% we would go back to the 53. Not a triple or compact in sight. The German, Christian and I go ahead and drop the rest. Side by side we are testing each others legs a little. He tells me he has already been here a couple of days so his legs are tired today and he is taking it easy. I look down the valley and see the main group. We have opened quite a gap. All of a sudden Riccardo is behind us, and then he gets out of the saddle and climbs away. I get on his wheel and manage to hold it for about 100 yds to the town sign but I am right in the red. Riccardo shows no sign of having expended any effort. He is 65 years old.

Next is a ride up some cobbled streets and a café stop. Espresso Doppio and chuck down the sandwich and banana. I quickly got used to the riding surfaces which range from really bad to worse, 18% climbs on cobbles into village centres and out the other side over potholes and gravel.

Riccardo is riding Cosmic Carbone SLs with tubs and he doesn't give a shit, so neither must we. Later we are over kerbs, through town centre precincts and bunny hopping speed bumps. Some of the guys rented the hotel Scotts which are very nice carbon models at €100 for the week, but I prefer to be on my own bike. My wheels held perfectly true. Riccardo gave us good warning of changing surfaces but I did have a few buttock clenching moments descending at 60kph whilst picking a route through holes in the road with a bunch of riders around. On the descents, Riccardo set the pace to ensure a reasonable level of safety but I initially struggled to hold his speed through the corners. Some of the riders dropped back as it was outside their comfort zone but I gritted the teeth, made some mistakes, running a bit wide and so on until my lines improved and I was able to stay on the wheel of Riccardo and the German.

In the last 10km we were doing some through and off and I got a flat. I dropped the wheel out and Riccardo grabbed it off me. As I went for a tyre lever he muttered something in Italian and promptly popped the tyre off with his thumbs. So this is the head of the Swiss Olympic team fixing my puncture.

Doesn't seem right to me but there was no arguing with the guy. The only problem was that he changed it so quickly I had not been able to get hold of the tyre to see what caused the puncture. Anyway, it held up fine for the rest of the ride.



Arrival back at the hotel was around 2.30pm where there was a buffet for cyclists to refuel. Then I enjoyed the rest of the day with the family, who had been playing on the beach, exploring the town, enjoying the spa pools, playroom and other facilities. Then back for dinner which is all inclusive.

The next day, a couple of riders dropped back a group, including one of the ladies and one of the Crawley Wheelers, but we gained about 10 guys from an Irish cycling club who arrived the night before. The remaining lady is a German triathlete and an incredibly strong rider, easily able to keep up with the guys. As soon as we got going, most of the new blokes were falling off the back and they were holding us up a bit. When Riccardo allowed us to go on the front, Christian and I only raised the tempo a little but after about 10km the new chaps turned back to join another group. It was only later in the bar that we got to know them and they were part of a very large group of riders from Ireland. They got smashed every night until about 3am and still made breakfast and the 9.30am ride start every day. Several riders put in complaints about the late night noise the Irish were making but I can't say I heard it myself since I was sound asleep by 10pm every night!



On the Monday, it was arranged for the families to be driven out to the hotelier's country house where there was a BBQ dinner laid on. We all met up towards the end of the days riding and we were made to work for our dinner with a short 18% climb into the farm. After plenty of food, wine and Limoncino (well I think that was just me and the Irish because many of the 'serious athletes' didn't drink any alcohol) we had a very lively bit of through and off back to the hotel.

Tuesday was the "Grand Tour". 140km and 1,000m climb in the middle. 140km may not sound a lot compared with some of those 200km Sportives you get back home but this is 140km of sharp climbing. The major climb was to be Cippo which pitches up to 18% for the last 7km, but there was still snow at the top so this had to be canned. We had some great climbing none-the-less and my legs felt in good shape. I continued to push on ahead with Christian in the climbs. Sometimes another rider would join us and it became our routine to lift the climbing tempo to a very uncomfortable level but the rest gained during descents and the excitement of it all made this sustainable. About half-way through the ride, Riccardo announced that the next climb would be 8km to a junction where it joined the 2008 Giro route and pitched up to 18%. Christian and I rode off the front again, with a Canadian guy from Crawley Wheelers. After only about 1/2km, one of the Swiss guys from a group of 4 riders in Fiat kit jumped off the front. The climb was about 8% and I followed his wheel. Christian was unable to follow and rode on at his own pace. I was already in the red, but for reasons of testosterone overload decided to jump ahead and test this guy out. He stayed on my wheel for the next 2km and showed no signs of weakening at all. I dropped back in behind him and dropped down into the 39/23 in order to try to spin the legs up a bit because I was beginning to hurt a lot and wished I could slow down. At this point I heard the roar of tubs on carbon wheels and Riccardo had decided to join us. He had removed his helmet and given it to one of the other riders. He sat on my wheel for about 1km and I sat on the Swiss, looking for any sign of weakening.

Then he started to drop in speed a couple of km/h and so I went off the front and he was unable to hold on. Riccardo came with me and then with an effortless grace he raised the tempo and left me standing. I put a fair bit of distance in front of the Swiss (who I was later told is some sort of Mountain Bike champion and spent the rest of the week trying to get me back) but not as much distance as Riccardo put in front of me. When we stopped at the top I was pleased to see he was actually perspiring slightly. When I downloaded the data from my Garmin it showed over 180 bpm. I can't usually get over 172bpm in a TT so in future I must try harder!

This all did seem to get me a lot of credit with the rest of the group which was a very good thing because I would need that credit after suffering 5 punctures over the remaining miles. The first was a 'genuine' puncture where the tyre had been breached by a sharp stone on some dodgy descent. The rest were from an unknown source but I'm pretty sure it was metal shards from last weeks broken spoke. With 20km to go I had used all my tubes and had to borrow from another rider. I then had the support van change one. At 10km to go I suffered another and offered for everyone to go on as it was simply unfair on the rest of the group. Riccardo stayed back and suggested we fit his spare tub on the clincher rim to avoid the spoke debris. We tried this but the valve didn't fit through the rim hole. So Riccardo called the support van. I didn't want to enter a DNF but they insisted I ride the last 10km in the van which was probably most sensible.

Wednesday was a rest day so naturally I set to fixing the wheel so I could go for a good hard ride. I stripped the wheel down, washed it out 4 times and fired compressed air through it each time. Then I replaced the rim tape. No more punctures after that. Take my advice and after a broken spoke, always get rid of the old rim tape, meticulously clean the rim out and fix new rim tape. Then I set off on my own to San Marino and found myself on an 8% climb that then pitched up to 18% for 2 km. On 39/25 that just about blew my legs apart so the following day when everyone else with half a brain had enjoyed a rest day it was the Swiss' turn to lead the climbs. On the first climb I stayed with him but that was the final time. The following day I was pretty sore and didn't bother contesting any of the climbs.

I was able to use the brilliant excuse that I was now tapering due to a time trial the day after flying back. We did however have some very memorable riding through a 10km section of climbing and descending with three of us sharing the work: me, Christian and a Swiss guy who has been cycling a couple of years after 'converting' from rowing. We were flying on the descents and pushing as hard as our tired legs would allow on the climbs, Christian giving me a lot of help at this stage. The rower was clinging on with his teeth and at the end of the section was totally blown. It was great! Riccardo took us on a very entertaining route back along the coast that took us through a shopping centre. Can you imagine a peleton of riders weaving in and out of the shoppers up Terminus Road precinct? Then we shoved ourselves in a long line over a narrow footbridge over the marina. I don't think the Italian shoppers even noticed us.



In Eastbourne it would elicit letters to the Herald about 'bloody cyclists' but in Italy "No Cycling" signs do not exist.

On the Friday night there was a presentation of photos from the Grand Tour and this was superbly presented with great humour from Ricardo and translated into broken English by Stefano, the Hotel Manager. Then Ricardo gave a presentation of photos from his work with the Swiss Olympic team and Cancellara's Gold medal time trial. A bottle of wine was awarded to one rider from each group for various achievements – sometimes the slowest rider but who had shown resolve. For our group, Riccardo complimented my "discipline" in the climbs but gave the award to the Swiss for showing the most improvement by beating me at the end of the week. In consolation, he told me I had the record for the most number of punctures.



Sadly, we then had to come home. Next Easter I will be back and I can thoroughly recommend it. You can see more information at www.hoteldory.it

AUDAX NEWS

In April I rode 3 events, starting with a Grimpeur event, Dave Hudsons Super Sportive 177km with nearly 3000m of climbing, followed by Dave's Voyage to Venta 300km and then the killer Elenith 300 with 4750m of climbing. Then on 9th/10th May I rode the Hailsham 400km, so I am recovering from all this activity.

As you can see from the picture opposite Dave and I made it onto



the cover of Arrivee, the official magazine of Audax UK. The photo was taken on the climb just before the midway feed at Upperton on "The UpperTea 200km" on 8th March 2009 (as reported in the last Newsletter). We also got a photo inside the same edition of us near the finish of the December "Mince Pie and Stollen" 100km Audax, as shown here.

[Hailsham Super Sportive 177km 5th April 2009](#)

I rode out to the Leisure Centre Car Park in Hailsham for the start at 7:30am. It was very cold! I elected to ride my titanium Merlin as I wanted to lug the minimum possible weight up the 15 climbs along the route. The ride was on a very compact course between Eastbourne and Firle Beacon, and we did go up some climbs quite a few times! If anyone fancies a bit of climbing I have the route and give below the

sequence of climbs for your amusement. I was pleased with my ride, getting round in a total time of 9hrs 37mins and a riding time of 7hrs 52mins, averaging 22.6 km/hr riding speed and maxing out at 71 km/hr. Average gradient was 5% and max 19%!

[Sequence of climbs:](#)

From the start at Hailsham, we went down to Polegate then through Wannock and up to Friston Pond, down to Exceat, turn round and back up the hill, through East Dean and down past the Royal Eastbourne Golf Course, along Paradise Drive and up to Crapham Hill (on the A259). Then continue down to East Dean on A259, turn and climb back over Beachy Head and back to Crapham Hill. Then down to the traffic lights at the bottom of the Golf Course hill, along Victoria Drive and head for the climb of Butts Brow. Turn at the top and descend, then back to the traffic lights at the far end of Victoria Drive then climb past the Golf Course to Crapham Hill (again). Now head towards the seafront and descend Dukes Drive before wending your way back up the A259 via Paradise Drive to Crapham Hill for the last time. Dizzy by now! Continue to Jevington via the climb out of East Dean then from Jevington go back up to Friston Pond before descending to Exceat and heading for Litlington and up High and Over from the Alfriston side!(you only have to do this climb three more times!). From High and Over do a circuit via Litlington and back up High and Over. From there through Alfriston, cross A27 to Selmeston by going north via the Berwick road and cycle track. Cross A27 and ascend Bo Peep (19% max!) then descend and back to A27, a right and left to Selmeston Village then Langtye Lane towards Firle, cross A27 onto old road and up Firle Beacon. Retrace route and climb Bo Peep again. Descend and cross A27 and retrace to Alfriston via Berwick to climb High and Over yet again. From thr do the Litlington circuit again to climb High and Over for the last time! Descend to Seaford and the Cuckmere, turn left to Litlington, climb Chapel Hill and descend to Wilmington. Cross A27 and head for Arlington via Cane Heath, cross A22 on cyclepath and into Hailsham to finish at the Leisure Centre. 177km and 2910m of climbing.

I then had Easter week off with no riding! before doing Dave Hudson's 300km on 18th April, as described below.

[The Hailsham \(Venta\)300km Audax](#) [18th April 2008](#)

This went on the same route as last year, but thankfully the weather was a lot kinder as it did not rain. It is a fairly hard ride with over 3000m of climbing, mainly on the return 150kms! We left Hailsham at 3am (a silly time to start but at least you can finish in daylight) and followed the A22 up to Uckfield and then through the town centre and left over the Bypass and up to the A272 at Newick. We stayed on A272 in the dark, through Haywards Heath to Billingshurst and the first control, where the temperature had climbed to 5°C, 67km done. Short stop for a feed from Dave Hudson then on to Winchester (Roman name Venta) and Breakfast at Tesco's. The route did not go straight down the A272 but turned left onto minor roads to Ramsdean. Tony Gale and his Lewes Wanderers teammate Paul Gibbons caught us here as Tony had punctured at Wisborough Green. I was riding with Rob Bullyment, Mark Heffer, David Jesse and Jack Williams, all of whom have been my riding companions in the past. Chris Tracey had gone on ahead with Martin Malins, as they were too quick for our group. Refreshed by our breakfast and having done 150km in 7hrs we had to slow down and we took over 9 hours on the hilly return 150km, 2 hours longer than the outward journey! On the way back Jack dropped off our group as he had not done much Audax riding for the past year, although he did get round the Sportive 177km as his first Audax ride for over a year, a glutton for punishment!

A pleasant day out, but we all felt it in our legs afterwards, even Tony Gale commented that it was a hard ride! Dave Hudson's routes usually lull you into a false sense of "easiness" early on before cranking up the hardness to a really challenging last leg (when you are on your last legs as well).

[The Elenith 305km](#) [25th April 2009](#)

This was probably the most challenging event that I have ever done in respect of the climbing intensity. It took me until the following Wednesday morning to recover, when I did manage 85km at an average of 23.9km/hr on a relatively flat route via Waldron and Heathfield.

I was persuaded to do this ride by Cliff Bradley of the promoting club, Kidderminster CTC, when we were both on the CTC holiday centred on Mt Ventoux last August. Is there a common theme here, hmm, hills/mountains and climbing maybe!

Anyway, so as not to lose face I entered and duly received the route sheet from organiser, Dave Pountney, whose E mail address is triketowers@madasafish.com, speaks volumes that! The details showed that there was 4750m of climbing in 300km, including the Devil's Staircase at 25%. What have I done, I thought to myself.

The weekend duly arrived and I drove to the Travelodge at Hartlebury, getting there on the Friday evening.

A fitful sleep saw me awakened by the alarm at 5am, I readied myself and was off for the HQ at Wolverley, just north of Kidderminster at 6am. I arrived at the HQ at 6:30am and got the bike out of the car, went and collected my brevet card from Cliff Bradley, who was in charge of the handing out of cards prior to him also doing the ride. There were over 100 entries and around 90 starters. At just before the official start at 7am I got in the first group of 20 riders to be sent off.

Perhaps getting in the first group was a bit rash and I was soon out the back, then after 18km the rain started. Oh good (or words to that effect) thought I. It did stop



by the time we reached the first control (see photo) at the airfield at Shobden. I had done 56km. This was the so called “Fast Section” of the ride but it still had plenty of climbs, which felt even steeper on the return leg (the last leg) over the same roads.

The second stage, where the organiser advises that “the undulations begin” took us over many climbs including that past the Fforest Inn, as shown in this photo. For Audax members, a similar picture has been featured on the cover of Arrivee a few years ago and featured Cliff Bradley. From the climb past the Inn there was the descent to the second



control at Builth Wells. I “bounced” this control by eating the food I had brought with me to save time queuing at the café. Unfortunately just a few kilometres along the road, down went my rear tyre, with an “unmentionable”. I found a flint in the tyre, maybe from the previous weekend, unless there are white triangular flints in Wales! Anyway, in the 10 minutes it took to change the tube several riders came by.

I was now heading for the dreaded Devil’s Staircase, a 25% climb with 3 serious hairpins as well. This climb is on the 21km of Mountain Road between Abergwesyn and Tregaron. There was a checkpoint at the foot of the Staircase and the tea and cakes were very welcome, with your donations going to the local Air Ambulance fund.

The photo opposite shows the start of the climb, with event organiser Dave Pountney (in green) just setting off. This climb was followed by another killer known locally as the “telephone box” as there is one at its foot. A few more climbs followed before the descent to the next control at Tregaron.



The rain was coming again, from the south, where the sky was black and as the wind was bringing the cloud towards me I rode as fast as I could towards Tregaron and the sunshine in the valley ahead, but to no avail, I got caught in the downpour and arrived at the control a bit damp, but at least I missed the hail that caught later riders. I had a nice bowl of warming soup before heading off on the next stage to Rhayadar along the Red Kite Road (see picture on next page) and the Elan Valley. I did see one Red Kite.

This stage of the ride is quite picturesque through welsh place names which are unpronounceable, such as Pontrhydfendigaid, Pontrhydygroes and Cwmystwyth.

The highest point of the ride (at 488m AOD) is just before the descent to Rhayadar, and several riders found it hard but it was very steady and akin to an Alpine climb so I had no problem with it. It is a great relief to arrive at the Strand Restaurant in Rhayader as the major climbs are all behind you. I got there at 5:45pm and

had some more soup! Cliff Bradley was already there with Dave Pountney and he enquired how I was



getting on, I found the strength to give a polite reply!

This shot below shows the Red Kite Road which led to the Elan valley road.

The next stage is usually fast with a tail wind but, yes you've guessed it, I had a headwind! I left just before Mr Bradley and wondered how long it would be before he and his riding companion, Ron, caught me. I stayed in front for about half the stage and then rode with them to the penultimate control at Kingsland and thence to the end. I was very grateful for their company but they did push on a bit and the climbs were very telling for all of us on this final stage.

We got back just before midnight (Pumpkin hour!), having done 305km in 16hrs 55 mins. The riding time was 14hrs 20 mins with an average speed of 21.3km/hr and a maximum of 59m/hr. The climbing was hard in places and I had to "sprint" up the Staircase on my 30x28, and I managed to do it without climbing off. Anyway, could I have walked it in road cleats (not recessed!)?

There were about 50 of the 85 starters still out on the road after midnight and most got back before the 3am closing time. Average age of finishers was 47, slightly younger than most average ages at around 49 to 51. I must have been one of the older riders and I was pleased to finish in the front half of the field. Some riders did it on fixed but walked the steep bits (and got "wound off" on the descents) and my PBP mate Gary Broad did it on his home made recumbent, again walking up the steep bits.

I slept in the hall and drove back to Eastbourne on Sunday morning. A challenging ride which I probably will not do again!

As with the Hailsham 300km, the 400km route was the same as last year. I have no problem with riding events more than once, as I did not remember a lot of the route from last year! As the event did not start until 10am I had a good breakfast before riding up the Hailsham for the usual start at the Leisure Centre Car Park. I got a bit of ribbing as most riders had seen the Arrivee cover the day before. Most thought it a good photo so “chapeau” to Mark Green who took it whilst lying in the road to get the best angle!

Some riders had left, with Dave’s permission, earlier than the official 10am start to keep the field together. I left with Chris Tracey, Tony Gale and his Lewes Wanderers clubmates, being Paul Gibbons and two other riders whom I did not know.

Jack Williams and Mark Heffer were also in the field of around 25 starters, but they declined to ride with us as they wished for a gentler ride. I wished I had joined them when, trying to hang onto Chris Tracey, I started to suffer after 250km.

This week Jack sent me the following E mail, which may give you a insight into the mind of an Audax rider

“As stated Mark & I rode the 400 together (unintentionally). I caught Mark up picking up his lock from the roadside a few km out of Hailsham & despite stating I would prefer to slog it out alone (due to lack of fitness etc & not wanting to be a burden) we ended up riding the whole way together. Thanks Mark, really appreciated the company apart from the snoring in the bus stop. Richard & Chris looked in great form as they sped the other way as we crawled up yet another hill to the half way control. As I've said on every ride so far this year, I won't be doing the next one! A couple of days later & that view is changing slightly especially after studying Richard's schedule (for the 600km in a week's time, Richard). It seems achievable in my condition, but don't forget I have had experience of these schedules slowly evaporating like the strength in my thighs.

If you see me at the start don't be surprised if I tag along for a while, but equally don't be surprised to see me falling off the back either! On second thoughts, if you do see me at the start. Shoot me ok? Once again thanks to Mark for helping me round the 400 & it's good to see you all again. All be it very briefly at the start.

Jack”

Stage 1 Hailsham to Lavington 90km

Anyway we headed off at a fair pace to Lewes then to Ditchling via Plumpton, where Tony Gale turned back (as he was not doing the ride but just came out for a bit, stirring it up at the front!). Thanks Tony for making us suffer! Overall the first stage to Lavington was uneventful and we (Chris and I) got there in good time and saw some of the riders who left early. We enjoyed Dave’s feast and were soon off again.

Stage 2 Lavington to Alresford 56km

We were still hacking along at a fair pace despite the wind being a bit “niggly”, and we sped through Cocking, Harting, Buriton, East Meon to Alresford and the control at the Co-Op supermarket. Caught up again with the Lewes W.trio.

Stage 3 Alresford to Burbage 59km

We had a good dice with the Lewes trio on this stage, passing and re-passing etc. I was still going OK and we would get to the next control just around 7pm, 205km in 9 hours. I would pay for this later! The route started to get a bit lumpy as we ground our way through Kings Worthy, Stockbridge, Grately, Tidworth, Collingbourne Ducis and Collingbourne Kingston to Dave’s feed at Burbage. This is about 8 miles south of Marlborough and the furthest west that we would go. Sitting at the control it began to get cold which did not bode well for the night time, when the temperature was guaranteed to drop to single figures (centigrade).

Stage 4 Burbage to Petersfield 80km.

We left before 8pm and saw several riders (David Jesse, Deniece Davidson, Mark Heffer and Jack Williams) still on their way to the control at Burbage as we retraced the route to Tidworth, where we stopped for Chris to get some new batteries and we caught up one rider who had 4 broken spokes in his back wheel. He packed at Petersfield, and with his car at Hailsham had to be picked up in his partner’s 2 seater! . Don’t know where they put the bike though. I began to suffer soon after this stop, I struggled through to

Winchester and got very hungry, so stopped for 5 minutes and had a few choc. bars. Still about 50 km to Petersfield. I honestly can't remember much about that part of the ride except that about 5km from Petersfield Chris left me and rode on. I got to the control in a bit of a state and had a large chocolate to drink and tried to eat a sandwich to no avail. The chocolate did not go down well either and I felt grim. Damn stupid thing to over estimate one's ability! How would I get to the finish I wondered!

Stage 5 Petersfield to Pease Pottage 62km

We were now on familiar roads through Midhurst, Petworth, Broadbridge Heath and Roffey to the control at Pease Pottage. We would have a bit of a sleep here before the final lumpy leg back to Hailsham. This leg was ridden in the dark and I let Chris go on as I got slower. I arrived at the stop at just before 4am and bought a coffee, then fell asleep and when I woke up the coffee was cold! We left at 5am.

Stage 6 Pease Pottage to Hailsham 62km.

Dawn came up yet it was still quite cold. I felt better for the sleep and Chris and I rode together for the first half of the stage. As with all Dave's rides he puts some nasty lumpy bits in the final stage to make it hurt! It was OK through Handcross to Staplefield and Cuckfield before a few tricky bits via Haywards Heath to Lindfield. More climbs followed, Hickmans Lane, Park Lane, Plummerdown Lane, Montesford Lane, Ketches Lane and North Hall Lane to Fletching. We then took Lodge lane to Shortbridge, climbed up from Uckfield to Framfield, then on to Blackboys, Heathfield and towards Rushlake Green with the nasty little climb up to the green after the descent. My legs had gone by now, and I was not the only one to suffer on this stage. At least it was more or less downhill to the finish at the Leisure Centre Car Park. I arrived at 8:15am, having knocked exactly one hour off last years time, which was good. This was at the expense of a lot more suffering but 22 hrs 15 mins is not bad for 409km along a route that was challenging in places and including a full night's riding and a 1 hour sleep. After a drink and a rest I went round to the Memorial to meet the Sunday CTC riders (Jim, Bill and Ted) to just say hello before riding home, having a shower (I just managed to stand up!) then to bed for a sleep. Lovely!

The riding time was 18hrs 10mins, hence I had 4hrs 5 mins off the bike, where does all that time go? My average speed was 22.5km/hr with a max of 57.5km/hr. My total ride distance was 432.9km.

I took most of the week to recover and picked up a cold, as my resistance was low! Spent the week building cupboards and getting worn out by the grandchildren!

I recovered enough to ride the 100km CTC Randonnee from Ringmer this Sunday (17th). I rode out and back doing 162.84km (101 miles), averaging 25.4km/hr riding speed and maxing at 48km/hr, through many very mucky lanes. My Merlin is very dirty! The event had 1364m of climbing, averaging 2% and maxing at 9%, so not exactly flat. We all got drenched on the first 40km of the ride! I was first back to Ringmer, rolling in at 13:35 (from the 9am start), being 30 minutes ahead of the next rider and beating all the 80km riders who left at 9:30am. My ride statistics were an overall time of 4hrs 35 minutes for 105.41km in wind and rain, and including stops at 3 controls. Good training for the 600km next weekend. Clive Richardson did the 80km ride. Saw John Armstrong at the start but!!!!

In June several of us (Bill Crawforth, Stu Greenway, Alan Symonds, Kevin Burton and me, with those Lewes Wanderers gentlemen, Tony Gale, Ian Landless and Graham Jeffs) are off to France for the Dieppe Raid, doing the 140km ride on the Sunday. It should be a good few days, as we are going over on the Wednesday before the event and doing a bit of riding around Neufchatel. Hope the Lewes don't rip our legs off in the sprints for the signs!

A report will be done for the next Newsletter towards the end of June.

For me I have only a couple of months before the 1400km London Edinburgh-London Audax, starting from London at 8am on 26th July. I will be doing a 200km and a 400km at the end of June as preparation.

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Adam is continuing to offer special discounts to members of Eastbourne Rovers on selected products during 2009, and he's ready and able to undertake all aspects of servicing and repairs in preparation for the season ahead – pop in or give him a call on 01323 482368.



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The next Newsletter will be out on **30th June 2009**. **Please send in lots of articles. Lots of you are racing now, don't forget to email me your early season results.**

Articles wanted, please don't be shy. The success of the newsletter depends on you. Closing date for articles for next issue is **26th June 2009**.

Please contribute something for members to read and enjoy!

My contact details are:

Tel: 01323 502615

Email any articles to : RichThomas@btinternet.com

Richard T.