



Issue No 28 –January 2010

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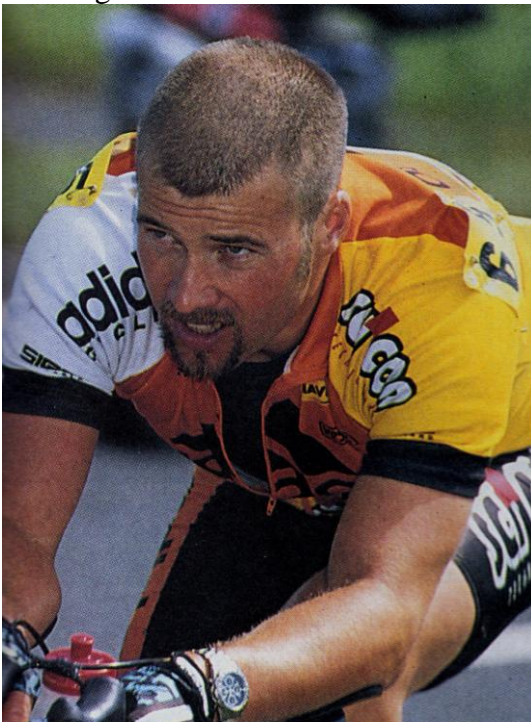
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The Official Newsletter of the Eastbourne Rovers Cycling Club

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Richard

## EDITORIAL

The weather has continued to make it difficult for cycling, and the snow at the moment is hazardous to say the least.

Also, there is still plenty of time to get fit and lose those Xmas pounds as there is always the turbo in the shed/garage/kitchen or wherever for those able to cope with such things.

The AGM was well attended, report included.

Several of us did the Mince Pie and Stollen Audax on 13<sup>th</sup> December and a report of the event is included in this issue.

**Adam Ford** has been in hospital and undergone a pioneering procedure to sort out his heart arrhythmias. He is better now and has submitted a report on his experience for this Edition.

### Stan Nash

Stan died just before Christmas as a result of heart failure. The funeral is on 18<sup>th</sup> January 2010 at 2:30pm at Eastbourne Crematorium, then Friday Street Farm. An appreciation of Stan's life will be in the next Newsletter.

### Diary dates

The Club Dinner and Prize Presentation is on 16<sup>th</sup> January 2010 at the Afton Hotel and details are included.

The ESCA lunch is on 17<sup>th</sup> January at the Horseshoe Inn Windmill Hill.

**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  
**Iain Brogden** Road Race Secretary 01323 520590  
**Dave Cox:** Club Captain, Evening Time Trial Series and Sunday Rides - 01323 507916  
**Tony Murphy** Press Secretary: 01323 410376

**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**

**Annual Dinner and Prize Presentation** 16<sup>th</sup> January 2010 Afton Hotel

**Menu**

CHILLED MELON SLICES WITH  
MIXED BERRIES & MIDORI LIQUEUR

\*\*\*

POTATO & WATERCRESS SOUP

\*\*\*

ROAST SIRLOIN OF BEEF WITH OYSTER MUSHROOMS, RED WINE & SHALLOTS

**OR**

ROAST VEGETABLE PARCEL WITH HERB & GARLIC CREAM (V)

\*\*\*

CHOCLATE GATEAU WITH STRAWBERRIES & KIRSCH CREAM

\*\*\*

SELECTION OF CHEESE & BISCUITS

\*\*\*

COFFEE & MINTS

**£22.00 per person**

NB Some dishes may contain nuts.

\*\*\*\*\*

NAME \_\_\_\_\_

Please reserve me \_\_\_\_\_ places at the Eastbourne Rovers Annual Dinner on the 16<sup>th</sup> January 2010

Enclosed is a cheque/cash for \_\_\_\_\_

## REPORT OF AGM

A good turnout of Members attended the AGM on 7<sup>th</sup> December 2009.

Following the reports from Club officials for this year, the Election of Officers was held. Our new President is Jane Lade (proposed by Richard Thomas), and in line with normal practice Richard becomes a Vice President. Vice President Dave Dunbar becomes a Life Member, having given outstanding support and service to the Club for several decades. All other Vice Presidents (George Henty, Stuart Greenway, Brian Holt, Gavin Smith and Charles Robson) were re-elected unopposed.

We have Iain Brogden as our new Road Race Secretary and Tony Murphy has taken over as Press Secretary.

Officers continuing in their posts are;

Chairman	Graham Lade
Secretary	Brian Holt
Treasurer	Peter Moon
Open Time Trials	Harry Featherstone
Club Time Trials	Dave Cox
Track	Gavin Smith
Minutes Secretary	Emma Richards
Newsletter Editor	Richard Thomas
Audax Co-ordinator	Richard Thomas
Committee members	Stuart Davis and Alan Symonds
Recorder	Ann Human
Auditor	Stuart Davis

The Junior Rep. post remains vacant.

Subscriptions for 2010 are unchanged and the same as 2009.



## ***ABLATION SENSATION***

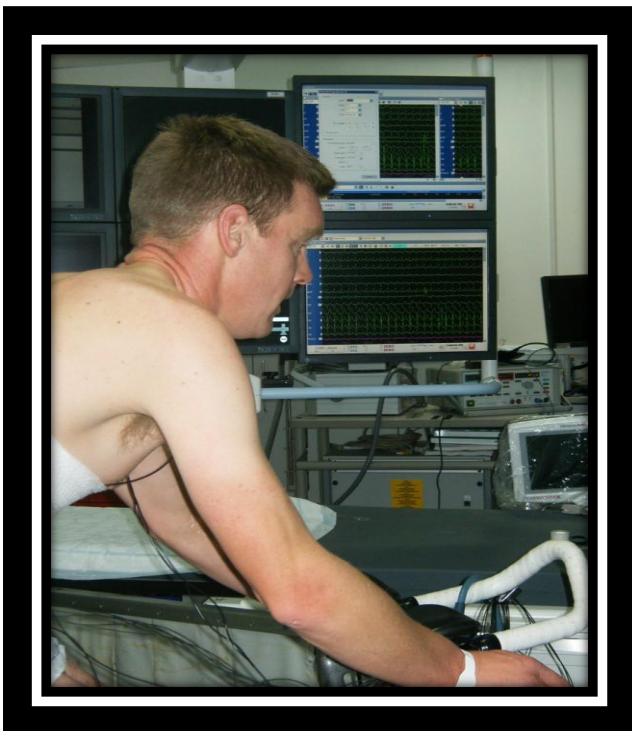
As many of you are probably aware for the last 12 months I have been experiencing heart arrhythmias diagnosed as many things including AV nodal re-entrant tachycardia (!! ) Now finally this may be over!

After one unsuccessful ablation in early summer, the insertion of a reveal device (which revealed very little other than what we already knew!) and an exercise test on a treadmill, they decided to repeat the EP study (diagnostic electrophysiological study) and ablate again but this time knowing that cycling is the definite thing to bring on the arrhythmia that I should bring in my bike and turbo trainer into the theatre.

When I was told to bring in my bike and turbo trainer I was not aware that I was going to turbo then just “jump” onto the theatre trolley whilst they ablated there and then. Apparently this procedure of exercising to bring on the arrhythmia and then ablate in the same session had never been done before and that was when I realised that sedation was no longer an option!

As this had never been tried before I was asked to sign a consent form to allow them to take photos for training and education purposes.

They managed to ablate an area but I was told afterwards that there is another area which they could not ablate and that the procedure would probably have not worked, however since then I have been symptom free!



Adam has been out for a couple of Sunday rides and had a small mishap on the ice but otherwise is well. He is well as far as the ablation is concerned, so far he has not had any high heart rates at all so that is great. He is looking forward to being able to compete in 25's, 50's and the 100 this year. As far as having the ablation,

Adam did have a local anaesthetic to insert the wires into his groin but not the sedation he was hoping for!

52 minutes on a turbo paper pants and nothing to eat-not the best turbo session ever!!



Suddenly the falcon felt rather low tech!!



The wet weather of late turned over the weekend to give a colder day helped by a NE wind. Some rain was forecast but we hoped that the icy conditions of last year would not be repeated. Wishing to avoid a reoccurrence of last year when Andy came off on the ice in Sheepsetting Lane the route this year went right at Waldron and up to Cross in Hand.

Four of us hardy souls from last year assembled at Hailsham Leisure Centre Car Park for the 8:30am start. Stuart Medhurst turned up hoping for an “on the line” entry but organiser Dave Hudson does not permit such things as he needs to know numbers for catering etc. So the moral is, if you want a ride get your entries in before the closing date (about 2 weeks before the event)

So at the appointed start time of 8:30am the four of us, Kevin Burton, Clive Richardson, Dave Cox and I set off through Hailsham and up to Horam via Grove Hill in a fairly large group containing several Lewes Wanderers, Tony Gale, Ian landless, Peter Price and Chris Martin to name a few. Several “youngsters” came charging by and there was no way we were able to jump on.

I found myself a bit up the road ahead of “our” group so slowed for them to catch me up. I was to pay for my “enthusiasm” towards the end of the ride when I blew big time. You would think I would have learned by now! We then proceeded in an orderly fashion (or longish line if you prefer) through Waldron and then right up towards Cross in Hand. Before we got there we had to stop for the first “information control” at where we turned right onto the B2102 (Warren Lane) and up to the main A267 road, and through Heathfield to Etchingham.

By this time we were strung out with Kevin Burton leading and the rest of us chasing him down using valuable energy! It was now raining, no change there then!

We had a good run down to Etchingham and then had the ups and downs of Poppinghole Lane after Robertsbridge, and this is where the lack of riding over the past month tells on the legs!

We then came to the B2089 and onto Cripps Corner, we were nicely together with Kevin leading out as we made our way to the Control in the lay-by 3 km beyond Broad Oak on the B2089. Arriving at the control at 10:38, 49km covered at 23.1km/hr average. Dave was ably helped by Sabine Williams on the drinks and Esther Carpenter and Chris Tracy on the card stamping. Dave had a new gastronomic delight in trays of ready made sandwiches with a good variety of fillings. We also had plenty of time for Mince Pies and Stollen Cake all round.

As it was a bit parky we were soon on our way again and heading for the turn into Float Lane. I wondered whether this was a magical time trial course by virtue of its name but nothing could have been further from the truth. It was narrow and twisty but not as muddy as last year.

We soon reached Winchelsea Beach and the second info control, less ambiguous than last year, being the name of the church (St Richard’s). We then had the run along the road adjacent to the sea wall, helped by the NE wind slightly on our backs. Soon after that we were driven at by a woman in a Ford Galaxy who thought she should have all the road to herself! I then got cramp in both thighs just before the dreaded climb out of Pett up to Fairlight. Kevin, Dave and Clive came by me as did mostly the whole of our group even though I had dropped onto the granny ring and they were on their 42 rings. Dave did get off to walk the steepest bit but Clive got up OK, better than last year when he had to walk. However, by his own admission he is fitter this year. We regrouped at the summit and then descended to Fairlight Avenue. Last year I got an “unmentionable” here, this year it was someone from the Lewes. The run into Hastings took us through the Old Town and along the sea front where the traffic was quite heavy.

We took to the Cycle Route 2 around Bulverhythe then back onto the main road before returning to the Cycle Path and heading up and over to Bexhill Sea Front and Cooden. The final info control at the corner of Herbrand Walk confused us as it said “name of shop” but all we could see was an Estate Agents office so we put down that name! Seemed to satisfy Richard Phipps, the finish Controller.

Anyway soon after that info stop we were caught by Helen Carter, out for a spin (she was not on our event) and she came by with a friendly greeting and sped off. Dave got into TT mode and tried to catch her, Kevin pursued Dave and I struggled on with Clive. Dave and Kevin got to Pevensey but could not quite catch Helen, and Dave reckoned that she kept having a sneaky look back and went just quick enough to keep her pursuers at bay!

We then had the final 10km kilometres to Hailsham via Rickney. This is where I fell apart and Kevin kindly ushered me to the finish whilst Dave and Clive went on as it was getting colder.

We arrived at the Hailsham Leisure Centre final control at around 13:30. I had a ride time of 4:31:30 and an average riding speed of 23.1km/hr for the 104.68 km. It is interesting to compare this with last year, where we had a riding time of 4hrs 24 minutes and an average riding speed of 24.6.km/hr for the 108.5km.

Dave, Kevin and Clive left me at the Leisure Centre to recover whilst they departed for home down the Cuckoo Trail. After a while I felt I had recovered enough to ride back down the Cuckoo Trail to home.

### AUDAX NEWS

*There are a number of events over the winter which should suit Members as they provide some quality winter training! The programme is shown below.*

#### **100 06 Feb Hailsham The 1066**

08:30 Sat [1400m] BP £8 David Hudson

#### **100 13 Feb Ashington, NE of Worthing Worthing Winter Warmer**

09:00 Sat BP £5.00 Michael Irons

#### **120 20 Feb Hailsham Mad Jack's- John Seviour Memorial**

09:00 Sat AA2 [2050m] BP £10 Andy Seviour

#### **200 07 Mar Hailsham, E Sussex The Upper Tea 200**

07:30 Sun BRM £8.00 David Hudson

#### **110 04 Apr Hailsham The Triple H (Hudson's Heasy Hundred)**

08:30 Sun [770m] BP £8 *David Hudson*

#### **300 17 Apr Hailsham, E Sussex The Hailsham (Venta) 300**

03:00 Sat [3760m] BRM £10.00 *David Hudson*

## OFF THE BACK

Given that the National 24 hour Championship is coming to Sussex in 2011 I thought we could look back on Andy Wilkinson's record breaking ride of 525.332 miles in 1997 when he beat Roy Cromack's 28 year record of 507 miles. The ride was all the more remarkable as the conditions on the Saturday were far from ideal with heavy rain at the start, showers later on and a fresh westerly wind to hamper progress, as well as temporary traffic lights that had to be negotiated 3 times. Hence early estimates gave no hint that the record was up for grabs.

Perhaps Andy will ride again in 2011 as he did a storming ride to win the National 12hr Champs in 2009 after very little preparation, and on a hybrid!



### What they said

Back at Farndon Sports and Social Club — and looking ever so slightly embarrassed by it all — **Andy Wilkinson** was on the receiving end of what must have been the loudest and most sustained round of applause for a winner in the history of RTTC championships.

After he had thanked everybody, the unassuming Wilkinson admitted he had surprised even himself. "I was on Roy's 515-mile schedule for most of the way, but in the last few hours I knew I was up on it," he said.

"In fact, early on I was concerned that I might get too far up on it. I'm not normally one for rigid schedules, but Roy persuaded me to do it, and it worked.

"The wind was quite bad early on, although there were only a few places where it was really hard. Besides, my first aim wasn't the record. In this event, you ride first of all to finish, secondly to win, and thirdly to beat a record.

"If I'd made a big thing about the record, it would have put a lot of pressure on me, particularly as I've done very little specific training for this event. I haven't raced any long distances this season, although I knew that my general condition was good."

But when pressed about which was more important to him — the championship, which he'd won twice before, or the record — he conceded that in this particular case he'd have to choose the record, simply because it had stood for so long.

"You know," he added, "just a few weeks ago, when I decided to enter this championship, I thought to myself 'wouldn't it be great to hold all the competition records from 50 miles to 24 hours'. Well, now I can tell you — it is!"

**Brian Walker** took some time to come round after he had slumped onto the grass outside the headquarters. "I suffered a bit with back pains, and even thought about packing after only three hours," he revealed.

"I was on and off the bike several times because of that, and I also had two punctures. But I eventually pulled back my deficit on Gethin, and made it. But it'll be some time before I ride

another. As for Wilko's ride, I'm very impressed."

**Gethin Butler** was understandably disappointed with the result. "I came here to do 500-plus, and for the first 15 hours I was fairly comfortable," he explained.

"But then I couldn't keep my food down, and I was having to stand on the pedals all the time because of the pain in my crotch. Yet, in a funny sort of way, I actually enjoyed it all."

His father Keith blamed part of Gethin's troubles on energy drinks. "I think these modern drinks are OK for the shorter distances," he said, "but in a 24-hour you need something more substantial."

Away from the three medallists, there were other stories to tell. **Paul Costain**, a former team-mate of Wilkinson's in the Port Sunlight Wheelers, rode steadily throughout, was the first man onto the finishing circuit and never looked in any trouble on his way to fourth place. Neither did South Eastern RC's **Steve Marchant**, fifth, or **Karl Austin** (Congleton CC), sixth in the championship, riding 92-inch fixed throughout.

**Edwin Hargraves** (Cardiff 100 Miles RCC) had to perform a rapid bike change halfway through when he noticed that his stem was cracked and had started to creak alarmingly. He switched to his training bike, complete with mudguards, yet still finished in eighth place with almost 441 miles.

Former winner **George Berwick** (Edinburgh RC) completed his 32nd 24-hour event in his usual busy style. **Lynne Taylor** (Walsall RCC) won the accompanying Merseyside Ladies CA event for a third successive year by a comfortable margin once her nearest rival, record holder **Christine Roberts** (Crewe Clarion Wheelers), had retired during the night.

And one of the youngest riders ever to complete a 24-hour event, 17-year-old **Richard Corcoran** (Rutland CC), clocked 334 miles only 17 months after suffering severe injuries when he was involved in a collision with a car. He still has steel pins in an arm and leg.

**Please support our friendly local bike shop**

**Please support our friendly local bike shop**

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.



# KONTOUR CYCLES



2 Millfields ▪ Station Road ▪ Polegate ▪ East Sussex ▪ BN26  
6AS

Tel: 01323 482368 Web: [www.kontourcycles.co.uk](http://www.kontourcycles.co.uk) E-mail: [info@kontourcycles.co.uk](mailto:info@kontourcycles.co.uk)

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The next Newsletter will be out **in February 2010.**

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> January 2010.**

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.**