



Issue No 38 –August 2011

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The Official Newsletter of the Eastbourne Rovers Cycling Club

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EDITORIAL

I am putting this Newsletter together whilst preparing for PBP in just under 1 week's time. I hope you find something of interest to you.

Club News

There is an important change to **CTT Rule 25, Use of Proscribed Substances**, please read.

National 24 hour Champs

Peter Moon has written an account of his preparation for this event

TT Results

Iain Brogen won the Brighton Excelsior 25 on 31 July 2011. Congratulations Iain.

We had a very successful double weekend promotion on 13th/14th August, Reports and results are included.

Open and Association event results are included from 1st May to 14th August.

Club event results for July and early August are included. Iain has also lowered again the Club record on the Beachy Head circuit twice!

Audax reports on the Fairies 200km and a 500km DIY ride, as well as the LEL 200km which I rode on the first Sunday in August

I have also updated the situation for Paris-Brest -Paris Audax to be held 21st-25th August 2011.

Hon. Ed

Useful Contact Info:

Ann Human: Secretary : 01323 485180
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

CLUB NEWS

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: A structured turbo session is held throughout the “winter” months (November to April). Free to club members, only £2 for non –members. 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. 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.

CTT Regulation 25 Here are important rule changes from CTT relating to CTT regulation 25;

Regulation 25. Use of Proscribed Substances

In order for Anti-Doping tests to continue in Cycling Time Trials events the Board of Cycling Time Trials has had to repeal Regulation 25.

This has been done under the powers of Article 22 (b)(ii), 22(1)(i) and also as outlined in the NOTE at the end of regulation 25 on page 366.

The wording of the new regulation has been drawn up by UKAD.

The motion below was passed at a Board Meeting held on 23rd July 2011.

The Board of the Cycling Time Trials hereby resolves that the anti-doping rules of Cycling Time Trials comprised in Regulations 25 of the Cycling Time Trials Regulations shall, as and from the **23rd July 2011** stand repealed and shall be replaced by the following rule:

25. Use of Proscribed Substances

The anti-doping rules of Cycling Time Trials are the UK Anti-Doping Rules published by UK Anti-Doping (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of Cycling Time Trials.

Note:- The UK Anti-Doping Rules can be found at the following website:

<http://www.ukad.org.uk/documents/uk-anti-doping-rules/>

New members

Welcome to Senior member, Slawomir Giecewicz.
Membership is now up to 67, 7 more than last year

[Stan Nash's bequest](#)

We have decided to use some of the £2000 generously left to the Club by Stan Nash to purchase 3 "feathers" which are the tall flags that are seen quite a lot these days at events. The design is currently being developed.

[Website Gallery](#)

As previously reported, Iain has set up a new website gallery. See <http://www.eastbournerovers.com/gallery.php>

It contains images kindly given to us by Mike Anton, also some from Iain's own collection and some supplied by our friends at LWCC.

If any Club members have any of their own photos they would like to add to the gallery then send them to Iain with the date the photo was taken and a description of the event.

Stu Greenway informs me there is a video of the Eastbourne Festival on the SRS Events website

[Time Trial Reports](#) [NATIONAL 24 Hour CHAMPIONSHIPS](#)

Peter Moon has sent me an account, "The Longest Day", on his preparation for the National 24 hour TT.

My preparation for the 2011 RTTC National 24 Hour Time Trial

I always planned to ride a 24 but had been putting it off because the training involved would ruin what I had become to recognise as a normal racing season. When it was announced that Mike Hayler and Esther Carpenter were planning to promote a 24 hour event here in East Sussex I had no excuses – being right on my doorstep – it was an opportunity not to be missed. When I told Ann that I was going to enter, but would have to ride that year's 2010 Mersey Roads 24 hour as a practice run she said "No way, you haven't done the training", but after a chat with Tim Carpenter, I think he convinced her it would be beneficial.

So off to Cheshire I go with my mate Geoff Smith... Geoff, a seasoned 24 hour rider, takes it all in his stride, while I seem to be building too much pressure on myself and start to feel quite unwell during the journey north. With very little sleep the night before, I started the event feeling somewhat unprepared to say the least. To cut a long story short, after suffering sickness and diarrhoea during the ride I finished a miserable 4th from last. All I can say is that I learnt a great deal that day, and was determined to use that knowledge to help me in the East Sussex Cycling Association 24 Hour event the following year.

It is now October 2010 and it has been playing on my mind – I considered that if I were to do well in the ESCA 24, I would need a coach. Then out of the blue I received an email from Dan Henchy of [PBscience](#) regarding coaching packages they had to offer. As I know head coach Helen, a former Eastbourne Rover, and Dan, a local competitive cyclist, with PBscience based in Eastbourne their tagline 'Be the best you can be', it had to be fate – so I signed up.

In November I went to the PBscience 'Winter Workshop' seminar in which Helen and Dan gave us all great insight to what training would be expected of us over the winter months. I took great heart in what Helen explained as a journey over the ensuing months of training which was not going to be just about me – it was about Ann too. Ann and I sat down to talk through the 7 months ahead, acknowledging it would be hard on us both, if I'm not at work I would be training, eating or sleeping with very little time or energy for much else.

During December I had a lab test with Dan to establish my current fitness and to establish the parameters that I would be training at over the coming months. Dan told me "We want to gain an extra 40 - 50 watts on my lactate threshold by June"; this would put me in a good position to reach my goal of a top 12 finish in the National event.

Over the winter months I spent hours upon hours on the turbo trainer, I also spent time in the gym and at the weekends long steady rides on the road. Dan had me enter the early season races (where I had good results) then finish racing in April so I could increase my training miles at the weekends. With my employers agreement we planned for me to book one or two holiday days off work each week so I could increase my weekly training hours.

In May my training rides seemed to be going wrong, I was having lots of bad luck and my confidence of competing in the 24 was dwindling. Dan suggested I enter the SCA 50, a good result would boost my confidence; I raced quite fatigued at the end of a big week of training but rode a course PB – Dan was right, my confidence shot straight back up.

June, the month of the National 24, I had two weeks of big training miles and then two weeks of tapering down to the event. In training I had ridden every inch of the course over and over again, I knew where every pothole was, practised the fastest lines through corners and roundabouts. We had logistics meetings; practised nutrition, hydration, Dan and I also rode the night circuit through the ‘night’ to ensure the equipment I would be using was OK. After everything we had done surely I would be ready now?

In the fortnight preceding the event I had gradually changed my sleep pattern so on the day I would not wake at my normal time of 04:30, ready for an early morning training session, but to wake at 09:30. This would be less than three and a half hours before my starting time of 12:56. Long suffering Ann was packed off for the three nights prior to the event to ensure that I would get decent night's sleep.

On Saturday morning, the day of the event, I woke as planned had a large breakfast and calmly prepared myself. At 10:30 my mates and helpers Ross and Steve arrived, after yet another brief over the plans and going through my boxes of spare kit, food and drinks, we set off to Berwick Village Hall. Arriving at the HQ the whole place was buzzing with excitement, with so many people it would have been easy to get overly involved in the chit-chat and use precious energy that I would need later.

I signed on, collected my race number, had a quick chat with my team-mates Richard and Geoff before finding a quiet place to change into my race kit. Dan had since arrived and we were going over our race strategy – don't go over 220 watts or 140 heart rate, I would start steady and finish strong, surely that would be easy!

Steve then drove me from the HQ to the start at Mitchelham Priory where I assembled my time trial bike, put on my aero helmet and gloves, and it was time to ride to the start! Approaching the starting area I could see masses of people lining the road and cheering each rider off the start line. My number '56' is called and I roll to the line, following brief pleasantries with Mick Kilby (head timekeeper) and Mike Anton (pusher off), I am given my 30-second countdown. I sit there astride my Cervelo P3, my bike, my pride and joy ready to start, and think of the seven months of hard work and sacrifice for Ann and I is over, today is my reward, today ***'I will be the best I can be'***.

Editors Note;

As you know, Peter did an excellent ride to finish 10th (out of 96 entrants, 93 of whom started and 80 finished) with 443.63 miles and a plus of 78.44 miles to give him 4th place in the National Vets Champs. Peter also achieved third place in the ESCA competition.

He also led our team to 2nd place in the National Vets Championships Team competition (and 8th place in the National Team Champs)

Peter and Geoff were gluttons for punishment and went up to ride the Mersey 24hr as well. Peter said he was going to enjoy it and did not expect to get anywhere near his Championship mileage.

Peter did 370.179 miles and Geoff 353.275 miles.

EASTBOURNE ROVERS WEEKEND DOUBLE TT PROMOTION

Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Two very successful promotions by Peter Moon (10 mile) and Stuart Davis (25 mile) on behalf of the Club, ably assisted by club members as timekeepers, marshals, caterers and helpers. The prize fund was very generous for both events, with our riders performing well, and as a result winning their fair share of the prizes on offer. A novel idea this year was the team lottery, which put riders into random "teams" for this unusual competition for the two events combined. Two Rovers, Peter and Tony were in the winning lottery team and three of our riders, Rob, Shane and Iain were in the second placed lottery team. .

Saturday 13th August OPEN 10 MILE STAN NASH MEMORIAL TT G10/87

A wet morning greeted all the riders so well done to all who rode. Iain was second to Conall Yates, and Matt Woods was placed 5th. Harry was placed 2nd in the Vets competition with Geoff third, and Emma won the Ladies competition. Shane Hills won the 35-39 age group prize and Alan Symonds the 70 to 74 age group prize. We also won, with Iain, Matt and Peter, the Team prize.

Result Sheet

Event Secretary: Peter Moon Little Brook, 73 Wannock Lane, Eastbourne, East Sussex BN20 9SG
Telephone: 01323 485180 Email: little.brook@btinternet.com Mobile: 07949 112107

Timekeepers: Start: Jane Lade (Eastbourne Rovers) Finish: Graham Lade (Eastbourne Rovers)

Well done to everyone who braved the wet conditions for the first Stan Nash Memorial Event. Despite the weather there were still some very good times recorded.

As riders we have the choice whether or not to ride in the rain, but for event officials there is no such choice, and my thanks and appreciation goes to them.

Prize Winners

Category	Pos	Rider	Club	Time/Plus	Prize
Fastest Overall	1st	Conall Yates	In-Gear Quickvit Trainsharp	0:21:08	£ 30.00
	2nd	Iain Brogden	Eastbourne Rovers	0:21:25	£ 25.00
	3rd	Tim Bayley	Arctic Premier RT	0:21:45	£ 20.00
	4th	Mike Clucas	Gravesend CC	0:22:17	£ 15.00
	5th	Matthew Woods	Eastbourne Rovers	0:22:42	£ 10.00
Highest Vet on Std	1st	Mel Robertson	Worthing Excelsior	+ 06:59	£ 20.00
	2nd	Harry Featherstone	Eastbourne Rovers	+ 06:08	£ 15.00
	3rd	Geoff Smith	Eastbourne Rovers	+ 05:52	£ 10.00
Fastest Lady	1st	Emma Richards	Eastbourne Rovers	0:25:36	£ 15.00
	2nd	Sue Fry	Eastbourne Rovers	0:28:18	£ 10.00
Aged 15 - 19		Joseph Jenner	Hastings & St Leonards CC	0:26:40	£ 10.00
Aged 25 - 29		James Lowden	Lewes Wanderers	0:22:57	£ 10.00
Aged 30 - 34 not winning another prize		Kate Mankelow	Lewes Wanderers	0:29:28	£ 10.00
Aged 35 - 39 not winning another prize		Shane Hills	Eastbourne Rovers	0:24:05	£ 10.00
Aged 40 - 44 not winning another prize		Trevor Chilman	In-Gear Quickvit Trainsharp	0:23:19	£ 10.00
Aged 45 - 49 not winning another prize		Christian Yates	East Grinstead CC	0:22:48	£ 10.00
Aged 50 - 54		Mark Paton	Lewes Wanderers	0:22:49	£ 10.00
Aged 55 - 59		Oliver Tuckley	Lewes Wanderers	0:23:56	£ 10.00
Aged 60 - 64 not winning another prize		John Mankelow	Lewes Wanderers	0:26:35	£ 10.00
Aged 65 - 69		Paul Valks	Sussex Nomads	0:26:45	£ 10.00
Aged 70 - 74		Alan Symonds	Eastbourne Rovers	0:30:20	£ 10.00
Aged 75 plus not winning another prize		Horry Hemsley	Lewes Wanderers	0:33:59	£ 10.00
Fastest Team of 3		Iain Brogden	Eastbourne Rovers	0:21:25	£ 10.00
		Matthew Woods	Eastbourne Rovers	0:22:42	£ 10.00
		Peter Moon	Eastbourne Rovers	0:23:55	£ 10.00
			1:08:02		

Overall Result

Overall Position	Race No	Name	Club	Cat	Actual	Plus on Std	Position on Std
1	20	Conall Yates	In-Gear Quickvit Trainsharp	S	0:21:08	-	-
2	50	Iain Brogden	Eastbourne Rovers	V	0:21:25	+ 04:29	7
3	25	Tim Bayley	Arctic Premier RT	S	0:21:45	-	-
4	35	Mike Clucas	Gravesend CC	V	0:22:17	+ 04:25	8
5	30	Matthew Woods	Eastbourne Rovers	V	0:22:42	+ 02:48	14
6	40	Christian Yates	East Grinstead CC	V	0:22:48	+ 04:19	9
7	10	Mark Paton	Lewes Wanderers	V	0:22:49	+ 04:57	4
8	21	James Lowden	Lewes Wanderers	S	0:22:57	-	-
9	5	Trevor Chilman	In-Gear Quickvit Trainsharp	V	0:23:19	+ 02:35	15
10	15	Mel Robertson	Worthing Excelsior	V	0:23:31	+ 06:59	1
11	31	Michael Valks	Sussex Nomads	V	0:23:34	+ 01:56	19
12	4	Peter Moon	Eastbourne Rovers	V	0:23:55	+ 03:38	11
13	16	Oliver Tuckley	Lewes Wanderers	V	0:23:56	+ 04:42	6
14	11	Stuart Davis	Eastbourne Rovers	V	0:24:00	+ 01:30	21
15	27	Shane Hills	Eastbourne Rovers	S	0:24:05	-	-
16	22	Tony Murphy	Eastbourne Rovers	V	0:24:07	+ 03:00	12
17	36	Geoff Smith	Eastbourne Rovers	V	0:24:10	+ 05:52	3
18	41	Andrew R Green	Addiscombe CC	S	0:24:23	-	-
19	17	Simon Newell	Hastings & St Leonards CC	V	0:25:24	+ 02:09	16
20	13	Emma Richards	Eastbourne Rovers	WS	0:25:36	-	-
21	44	Jez Fallon	Eastbourne Rovers	V	0:25:53	+ 00:49	23
22	48	Paul Morris	Horsham Cycling	V	0:25:57	+ 00:09	24
23	12	Chris Martin	Lewes Wanderers	V	0:26:06	+ 02:06	17
24	37	John Mankelov	Lewes Wanderers	V	0:26:35	+ 03:55	10
25	32	Kevin Burton	Eastbourne Rovers	V	0:26:38	+ 02:00	18
26	18	Joseph Jenner	Hastings & St Leonards CC	Jv	0:26:40	-	-
27	33	Paul Valks	Sussex Nomads	V	0:26:45	+ 04:45	5
28	43	Paul Hanratty	Lewes Wanderers	V	0:26:53	+ 00:53	22
29	8	Rob Rickson	Eastbourne Rovers	V	0:27:53	- 01:23	26
30	7	Harry Featherstone	Eastbourne Rovers	V	0:28:14	+ 06:08	2
31	29	Sue Fry	Eastbourne Rovers	WS	0:28:18	-	-
32	49	Danial Farmer	East Grinstead CC	S	0:28:36	-	-
33	28	Robin Johnson	Brighton Mitre	V	0:28:41	+ 01:49	20
34	34	Kate Mankelov	Lewes Wanderers	WS	0:29:28	-	-
35	38	Alan Symonds	Eastbourne Rovers	V	0:30:20	+ 02:58	13
36	24	Jane Molton	Hastings & St Leonards CC	WS	0:30:39	-	-
37	39	Suzanne Holdaway	Hastings & St Leonards CC	WV	0:32:47	- 03:27	27
38	9	Horry Hemsley	Lewes Wanderers	V	0:33:59	+ 00:07	25
-	6	Ian Hendry	Hastings & St Leonards CC	V	DNF (P)	-	-
-	14	Peter Nuttall	Southborough Wheelers	S	DNS (A)	-	-
-	19	Adrian Hills	Lewes Wanderers	V	DNS (A)	-	-
-	23	Clive Jackson	Central Sussex	V	DNS (A)	-	-
-	26	Neil Midgley	Lewes Wanderers	S	DNS (A)	-	-
-	42	Tom Cosgrove	VTTA (London & Home C)	V	DNS (A)	-	-
-	45	Richard Tully	Team Edwards Elite Cycling	S	DNS (A)	-	-
-	46	Mark Gidney	34 Nomads	V	DNS (A)	-	-
-	47	Bryn Tully	Anerley BC	V	DNS (A)	-	-

No. 9 – includes 10 Second Late Start

No. 21 – includes 30 Second Late Start

Sunday 14th August

OPEN 25 MILE CLIFF SHARP MEMORIAL TT

The weather was much better today and the day was calm. We had 12 riders, many of whom performed well beyond their past performances, going through a "purple patch". Iain Brogden was 2nd to the evergreen Steve Dennis, despite getting within 5 seconds of his personal best, Matt Woods improved by nearly 2 minutes for 5th place, Peter Moon did a 3 year personal best for 11th, and Adrian Elliott also went under the hour. Just missing the magic hour by 15 seconds was Geoff Smith, who as a "consolation" won 3rd Vet on Standard. Tony Murphy did a personal best improving nearly 1½ minutes, Shane Hills improved by over 4½ minutes, Emma Richards improved by nearly 2½ minutes, and despite that was pipped to the ladies prize by Bronwen Ewing (24hr Ladies Champion) by just over 2 minutes.

Repeating their success the day before, Iain, Matt and Peter won the Team Competition by nearly 6 minutes.

**Note that the column on the right hand side indicates the % improvement over the rider's Line 2 performances*

Number	Position Overall	Name	Club	CAT	ACTUAL	AVG (mph)	Line2	*
80	1st	Steve Dennis	East Grinstead C.C.	V	0:51:27	29.15	0:50:11	-2.52
70	2nd	Iain Brogden	Eastbourne Rovers C.C.	V	0:53:12	28.2	0:53:07	-0.16
35	3rd	James Stuart	Norwood Paragon	S	0:56:20	26.63	0:57:02	1.23
30	4th	Nick Wilson	Rye & Dist Wheelers	V	0:56:55	26.35	0:56:48	-0.21
21	5th	Matthew Woods	Eastbourne Rovers C.C.	V	0:56:56	26.35	0:58:40	2.95
50	6th	Mark Paton	Lewes Wanderers	V	0:56:59	26.32	0:55:34	-2.55
60	7th	Trevor Chilman	In Gear Quickvit Trainsharp	V	0:57:22	26.15	0:55:01	-4.27
20	8th	Steve Gooch	Rye & Dist Wheelers	V	0:57:57	25.88	0:56:56	-1.79
10	9th	Matt Coombs	Lewes Wanderers	V	0:58:18	25.73	0:56:57	-2.37
51	10th	Mark Laxton	In Gear Quickvit Trainsharp	V	0:58:21	25.71		
76	11th	Peter Moon	Eastbourne Rovers C.C.	V	0:58:23	25.69	0:58:35	0.34
55	12th	Mel Robertson	Worthing Excelsior	V	0:58:38	25.58	0:57:26	-2.09
71	13th	Andy Morley	Southborough & District Wheelers	V	0:58:52	25.48	0:59:16	0.67
25	14th	Adrian Elliott	Eastbourne Rovers C.C.	S	0:59:02	25.41	0:57:33	-2.58
45	15th	Michael Valks	Sussex Nomads	V	0:59:06	25.38	0:57:30	-2.78
11	16th	Carl Richardson	In Gear Quickvit Trainsharp	V	0:59:19	25.29	0:59:03	-0.45
5	17th	Barry Goodsell	Rye & Dist Wheelers	V	0:59:30	25.21	0:57:59	-2.62
61	18th	Oliver Tuckley	Lewes Wanderers	V	1:00:07	24.95	1:01:20	1.98
66	19th	Geoff Smith	Eastbourne Rovers C.C.	V	1:00:15	24.9	0:59:41	-0.95
22	20th	Mark Amon	Rye & Dist Wheelers	V	1:00:39	24.73	1:02:28	2.91
6	21st	Steve Thurgood	Sydenham Wheelers	S	1:00:40	24.73	0:58:11	-4.27
16	22nd	Neil Midgley	Lewes Wanderers	S	1:00:52	24.64	1:00:39	-0.36
52	23rd	Bronwen Ewing	Rye & Dist Wheelers	WV	1:01:02	24.58	1:01:49	1.27
63	24th	Tony Murphy	Eastbourne Rovers C.C.	V	1:01:07	24.54	1:02:35	2.34
67	25th	Lee Holdaway	Hastings & St. Leonards C.C.	V	1:02:25	24.03	1:03:50	2.22
34	26th	Shane Hills	Eastbourne Rovers C.C.	S	1:02:32	23.99	1:07:17	7.06
27	27th	Alan Lloyd	Lewes Wanderers	V	1:02:33	23.98	1:02:37	0.11
62	28th	Jonathan Molton	Hastings & St. Leonards C.C.	V	1:02:46	23.9	1:04:30	2.69
41	29th	Andrew Green	Old Portlians C.C.	V	1:02:59	23.82	0:59:04	-6.63
15	30th	Jamie Beale	In Gear Quickvit Trainsharp	V	1:03:01	23.8	0:57:43	-9.18
68	31st	Emma Richards	Eastbourne Rovers C.C.	W	1:03:04	23.78	1:05:30	3.72
47	32nd	Tim Lucas	East Grinstead T.C.	S	1:03:05	23.78	1:03:00	-0.13
75	33rd	Kenneth Beecham	VC Elan	V	1:03:17	23.7	0:57:54	-9.3
64	34th	Gary Blunt	Old Portlians C.C.	V	1:03:40	23.56	1:09:06	7.86
53	35th	Ben Jones	Addiscombe C.C.	V	1:03:45	23.53	1:04:36	1.32
46	36th	Ian Hendry	Hastings & St. Leonards C.C.	V	1:03:47	23.52	0:59:51	-6.57
65	37th	Mark Gidney	34 Nomads C.C.	V	1:03:54	23.47	0:57:17	-11.55
33	38th	Simon Newell	Hastings & St. Leonards C.C.	V	1:04:15	23.35	1:03:50	-0.65
72	39th	Oliver Walker	South Eastern R.C.	S	1:04:30	23.26	1:01:38	-4.65
77	40th	David Hickman	Old Portlians C.C.	V	1:04:53	23.12	1:03:36	-2.02
12	41st	Nathan Gale	Worthing Excelsior	S	1:05:20	22.96	1:02:17	-4.9
7	=42nd	Stuart Payne	Central Sussex C.C.	V	1:05:37	22.86	1:01:50	-6.12
36	=42nd	Andrew Stobbart	Eastbourne Rovers C.C.	V	1:05:37	22.86	1:01:00	-7.57
13	44th	Kevin James	Crawley Wheelers	S	1:06:02	22.72	1:03:04	-4.7
79	45th	Paul King	Old Portlians C.C.	V	1:06:12	22.66	1:04:53	-2.03

39	46th	Paul Valks	Sussex Nomads	V	1:06:22	22.6	1:06:38	0.4
17	47th	Adam Ford	Eastbourne Rovers C.C.	V	1:06:33	22.54	1:03:09	-5.38
23	48th	Richard Traynor	East Grinstead T.C.	V	1:07:02	22.38	1:05:00	-3.13
18	49th	John Mankelow	Lewes Wanderers	V	1:07:08	22.34	1:05:07	-3.1
14	50th	Martin Aldridge	East Surrey R.C.	V	1:07:32	22.21	1:07:48	0.39
74	51st	Paul Hanratty	Lewes Wanderers	V	1:07:41	22.16	1:07:14	-0.67
43	52nd	Clive Jackson	Central Sussex C.C.	V	1:07:48	22.12	1:04:51	-4.55
26	53rd	Ade Fadero	Sussex Nomads	V	1:08:03	22.04	1:00:06	-13.23
78	54th	Alan Walker	South Eastern R.C.	V	1:08:21	21.95	1:05:56	-3.67
73	55th	Katie Crowe	Crystal Palace Triathletes	W	1:08:48	21.8	1:06:20	-3.72
9	56th	David Cowlard	East Grinstead T.C.	V	1:09:27	21.6		
48	57th	Peter Logan	Worthing Excelsior	V	1:09:56	21.45	1:05:45	-6.36
19	58th	Liz Lumber	Eastbourne Rovers C.C.	WV	1:11:08	21.09		
28	59th	Robert Coleman	Epsom Cycling Club	V	1:11:13	21.06	1:06:25	-7.23
4	60th	Rob Rickson	Eastbourne Rovers C.C.	V	1:11:28	20.99	1:10:16	-1.71
24	61st	Robin Johnson	Brighton Mitre C.C.	V	1:11:29	20.98	1:08:48	-3.9
54	62nd	Craig Ewing	Rye & Dist Wheelers	V	1:13:07	20.52	1:10:21	-3.93
59	63rd	Jane Molton	Hastings & St. Leonards C.C.	W	1:13:40	20.36	0:00:00	
29	64th	Adrian Hills	Lewes Wanderers	V	1:13:41	20.36	1:12:21	-1.84
58	65th	Bob Loader	Sydenham Wheelers	V	1:14:58	20.01	1:10:56	-5.69
49	66th	Maria Balbi	Redhill C.C.	W	1:16:16	19.67		
69	67th	Suzanne Holdaway	Hastings & St. Leonards C.C.	WV	1:24:50	17.68		
38	-	<i>Samuel Ramsey</i>	<i>Lewes Wanderers</i>	<i>V</i>	<i>DNS (A)</i>			
40	-	<i>Richard Tully</i>	<i>Team Edwards Elite Cycling</i>	<i>S</i>	<i>DNS (A)</i>			
56	-	<i>Nathan Chamberlain</i>	<i>Redhill C.C.</i>	<i>V</i>	<i>DNS (A)</i>			
32	-	<i>Bryn Tully</i>	<i>Anerley BC</i>	<i>V</i>	<i>DNS (A)</i>			
42	-	<i>Kevin Doe</i>	<i>Worthing Excelsior</i>	<i>V</i>	<i>DNS (A)</i>			
57	-	<i>Harry Featherstone</i>	<i>Eastbourne Rovers C.C.</i>	<i>V</i>	<i>DNS (A)</i>			
37	-	<i>Craig Bluett</i>	<i>East Grinstead T.C.</i>	<i>V</i>	<i>DNS</i>			
44	-	<i>Alan Crewe</i>	<i>7'Oaks Tri</i>	<i>V</i>	<i>DNS</i>			
31	-	<i>Andrew Green</i>	<i>Addiscombe C.C.</i>	<i>S</i>	<i>DNS</i>			
8	-	<i>Stephen Hitchcock</i>	<i>Brighton Excelsior C.C.</i>	<i>V</i>	<i>DNS</i>			

Positions on age standard Rovers riders only + top 10 places

No.	Position on Standard	Position Overall	Name	Club	CAT	Standard	Plus	ACTUAL
55	1	12th	Mel Robertson	Worthing Excelsior	V	1:18:20	0:19:42	0:58:38
80	2	1st	Steve Dennis	East Grinstead C.C.	V	1:10:04	0:18:37	0:51:27
66	3	19th	Geoff Smith	Eastbourne Rovers C.C.	V	1:17:11	0:16:56	1:00:15
75	4	33rd	Kenneth Beecham	VC Elan	V	1:18:55	0:15:38	1:03:17
50	5	6th	Mark Paton	Lewes Wanderers	V	1:11:39	0:14:40	0:56:59
52	6	23rd	Bronwen Ewing	Rye & Dist Wheelers	WV	1:15:29	0:14:27	1:01:02
39	7	46th	Paul Valks	Sussex Nomads	V	1:20:41	0:14:19	1:06:22
70	8	2nd	Iain Brogden	Eastbourne Rovers C.C.	V	1:07:00	0:13:48	0:53:12
61	9	18th	Oliver Tuckley	Lewes Wanderers	V	1:13:49	0:13:42	1:00:07
27	10	27th	Alan Lloyd	Lewes Wanderers	V	1:16:03	0:13:30	1:02:33
76	13	11th	Peter Moon	Eastbourne Rovers C.C.	V	1:11:07	0:12:44	0:58:23
21	26	5th	Matthew Woods	Eastbourne Rovers C.C.	V	1:06:00	0:09:04	0:56:56

63	27	24th	Tony Murphy	Eastbourne Rovers C.C.	V	1:10:04	0:08:57	1:01:07
36	39	=42nd	Andrew Stobbart	Eastbourne Rovers C.C.	V	1:11:07	0:05:30	1:05:37
19	49	58th	Liz Lumber	Eastbourne Rovers C.C.	WV	1:12:43	0:01:35	1:11:08
69	54	47th	Adam Ford	Eastbourne Rovers C.C.	V	1:06:00	-00:00:33	1:06:33
4	52	60th	Rob Rickson	Eastbourne Rovers C.C.	V	1:08:31	-00:02:57	1:11:28

Team Results

Position	Name	Time	Club	Aggregate Time
1st	Iain Brogden	0:53:12	Eastbourne Rovers C.C.	2:48:31
	Matthew Woods	0:56:56		
	Peter Moon	0:58:23		
2nd	Nick Wilson	0:56:55	Rye & Dist Wheelers	2:54:21
	Steve Gooch	0:57:57		
	Barry Goodsell	0:59:30		
3rd	Trevor Chilman	0:57:22	In Gear Quickvit Trainsharp	2:55:02
	Mark Laxton	0:58:21		
	Carl Richardson	0:59:19		
4th	Mark Paton	0:56:59	Lewes Wanderers	2:55:24
	Matt Coombs	0:58:18		
	Oliver Tuckley	1:00:07		
5th	Lee Holdaway	1:02:25	Hastings & St. Leonards C.C.	3:08:58
	Jonathan Molton	1:02:46		
	Ian Hendry	1:03:47		
6th	Andrew Green	1:02:59	Old Portlians C.C.	3:11:32
	Gary Blunt	1:03:40		
	David Hickman	1:04:53		
7th	Michael Valks	0:59:06	Sussex Nomads	3:13:30
	Paul Valks	1:06:22		
	Ade Fadero	1:08:03		
8th	Mel Robertson	0:58:38	Worthing Excelsior	3:13:54
	Nathan Gale	1:05:20		
	Peter Logan	1:09:56		
9th	Tim Lucas	1:03:05	East Grinstead Tri Club	3:19:34
	Richard Traynor	1:07:02		
	David Cowlard	1:09:27		

Ladies competiton

No.	Posn	Name	Club	CAT	ACTUAL	AVG (mph)	Line2	Improve ment on Line2 (%)
52	1st	Bronwen Ewing	Rye & Dist Wheelers	WV	1:01:02	24.58	1:01:49	1.27
68	2nd	Emma Richards	Eastbourne Rovers C.C.	W	1:03:04	23.78	1:05:30	3.72
73	3rd	Katie Crowe	Crystal Palace Triathletes	W	1:08:48	21.8	1:06:20	-3.72
19	4th	Liz Lumber	Eastbourne Rovers C.C.	WV	1:11:08	21.09	-	
59	5th	Jane Molton	Hastings & St. Leonards C.C.	W	1:13:40	20.36	-	
49	6th	Maria Balbi	Redhill C.C.	W	1:16:16	19.67	-	
69	7th	Suzanne Holdaway	Hastings & St. Leonards C.C.	WV	1:24:50	17.68	-	

Team Lottery Combined Competition

This is a novel concept which creates "Teams" by a lottery, so the outcome of the team makeup is wholly random.

Posn	Team Lottery No.	Name	Club	10 Time	25 Time	Combined Time	Total Time
1st	6	Peter Moon	Eastbourne Rovers C.C.	0:23:55	0:58:23	1:22:18	4:07:20
		Tony Murphy	Eastbourne Rovers C.C.	0:24:07	1:01:07	1:25:14	
		Mark Paton	Lewes Wanderers	0:22:49	0:56:59	1:19:48	
2nd	4	Rob Rickson	Eastbourne Rovers C.C.	0:27:53	1:11:28	1:39:21	4:20:35
		Shane Hills	Eastbourne Rovers C.C.	0:24:05	1:02:32	1:26:37	
		Iain Brogden	Eastbourne Rovers C.C.	0:21:25	0:53:12	1:14:37	
3rd	3	Oliver Tuckley	Lewes Wanderers	0:23:56	1:00:07	1:24:03	4:26:49
		Simon Newell	Hastings & St. Leonards C.C.	0:25:24	1:04:15	1:29:39	
		Paul Valks	Sussex Nomads	0:26:45	1:06:22	1:33:07	
4th	2	Trevor Chilman	In Gear Quickvit Trainsharp	0:23:19	0:57:22	1:20:41	4:29:31
		Robin Johnson	Brighton Mitre C.C.	0:28:41	1:11:29	1:40:10	
		Emma Richards	Eastbourne Rovers C.C.	0:25:36	1:03:04	1:28:40	
5th	5	Matthew Woods	Eastbourne Rovers C.C.	0:22:42	0:56:56	1:19:38	4:38:31
		Jane Molton	Hastings & St. Leonards C.C.	0:30:39	1:13:40	1:44:19	
		Paul Hanratty	Lewes Wanderers	0:26:53	1:07:41	1:34:34	
6th	7	Michael Valks	Sussex Nomads	0:23:34	0:59:06	1:22:40	4:54:00
		John Mankelow	Lewes Wanderers	0:26:35	1:07:08	1:33:43	
		Suzanne Holdaway	Hastings & St. Leonards C.C.	0:32:47	1:24:50	1:57:37	
-	1	<i>Mel Robertson</i>	<i>Worthing Excelsior</i>	<i>0:23:31</i>	<i>0:58:38</i>	<i>1:22:09</i>	-
		<i>Geoff Smith</i>	<i>Eastbourne Rovers C.C.</i>	<i>0:24:10</i>	<i>1:00:15</i>	<i>1:24:25</i>	
		<i>Harry Featherstone</i>	<i>Eastbourne Rovers C.C.</i>	<i>0:28:14</i>	-	-	

Open and Association Time trials 7th August to 10th July

Editor's note; I have highlighted in bold Rovers' performances and included some riders from other local clubs to give a sense of perspective .

7th August 2011 Anerley BC 50

G50/53

1	Steve Dennis	East Grinstead CC	01:45:20	V	52.36	40.08
2	Rupert Burbidge	Redhill CC	01:50:00	S	55.03	
3	David Pollard	In-Gear Quickvit Trainsharp	01:51:14	V	55.47	40.52
4	Iain Brogden	Eastbourne Rovers CC	01:52:08	V	55.39	26.57
5	James Stuart	Norwood Paragon CC	01:53:03	S	56.38	
9	Rob Pelham	Lewes Wanderers CC	01:56:45	S	58.12	
12	James Dear	Mid Sussex Tri Club	01:59:27	S	59.00	
25	Peter Moon	Eastbourne Rovers CC	02:03:50	V	1.01.45	23.48

28 Geoff Smith Eastbourne Rovers CC 02:04:48 V 1.03.07 35.26

38 Tony Murphy Eastbourne Rovers CC 02:08:55 V 1.05.19 16.33

55 Emma Richards Eastbourne Rovers CC 02:18:23 W 1.08.37

59 Andrew Stobbart Eastbourne Rovers CC 02:20:27 V 1.08.10 7.11

31st July 2011 Brighton Excelsior CC 25 G25/93
Winner Iain Brogden

1	IAIN BROGDEN	EASTBOURNE ROVERS CC		00:54:35	+12.25
2	MARK PATON	LEWES WANDERERS CC	00:57:06	+14.33	
3	CHRISTIAN YATES	EAST GRINSTEAD CC	00:58:58	+11.06	
27	GEOFF SMITH	EASTBOURNE ROVERS CC		01:04:25	+12.46
33	ANDREW STOBART	EASTBOURNE ROVERS CC		01:07:06	+4.01

24th July 2011 Southern Counties CU 100 G100/60

1	Julian Jenkinson	UTAG - Yamaha.com	03:42:04	V	
4	Rob Pelham	Lewes Wanderers CC	03:58:09		
5	Nick Dwyer	Lewes Wanderers CC	03:58:57	V	
8	Peter Morris	Lewes Wanderers CC	04:04:46		
9	Tom Glandfield	Lewes Wanderers CC	04:05:05		
11	Iain Brogden	Eastbourne Rovers CC	04:06:57	V	

23 July 2011 Crawley Wheelers 10 G10/57

1	Brian MOLLOY	34 NOMADS/GEM HYGIENE	00:21:11	V	04:55
23	Tony MURPHY	EASTBOURNE ROVERS	00:23:42	V	03:25
28	Max NORELL	GIANT CC	00:24:06		
38	Matthew WOODS	EASTBOURNE ROVERS	00:24:43	V	00:47

17 July 2011 Bec CC 25 G25/53

1	Steve Dennis	East Grinstead CC	00:52:33	V48 (S)	17:31
2	Sebastian Ader	a3crg / SIS	00:54:15	V40	11:45
3	Iain Brogden	Eastbourne Rovers CC	00:54:22	V42	12:38
4	Rob Pelham	Lewes Wanderers CC	00:55:25	S	
26	Michael Valks	Sussex Nomads	00:59:57	V40 (S)	06:03
33	Max Norrell	Giant CC	01:00:35	S	
38	Geoff Smith	Eastbourne Rovers CC	01:01:37	V61 (S)	15:34

10 July 2011 East Sussex CA 50 G50/89

1	Nick DWYER	Lewes Wanderers	01:50:09	0:54:43	+ 34:14
2	Rob PELHAM	Lewes Wanderers	01:50:28	0:55:25	-
3	Matt COOMBS	Lewes Wanderers	01:57:00	0:58:20	-
4	Tom GLANDFIELD	Lewes Wanderers	01:57:43	0:59:17	-

5	James DEAR	Mid Sussex Tri Club	01:58:10	0:58:51	-
6	Peter MORRIS	Lewes Wanderers	01:58:34	0:58:47	-
7	Simon SMYTHE	Norwood Paragon	01:58:45	0:59:52	+ 20:20
8	Peter MOON	Eastbourne Rovers	01:59:09	0:59:54	+ 28:29
9	Robert ROLLINGS	Lewes Wanderers	02:01:46	1:01:22	-
10	Peter BAKER	Lewes Wanderers	02:03:04	1:01:57	+ 27:54
10	Michael VALKS	Sussex Nomads	02:03:04	1:01:55	+ 13:57
22	Tony MURPHY	Eastbourne Rovers	02:10:29	1:06:13	+ 14:59
23	Geoff SMITH	Eastbourne Rovers	02:10:34	1:04:31	+ 29:40
34	Emma RICHARDS	Eastbourne Rovers	02:17:08	1:08:33	-
37	Andrew STOBART	Eastbourne Rovers	02:18:49	1:08:50	+ 08:49
41	Harry FEATHERSTONE	Eastbourne Rovers	02:24:50	1:11:57	+ 36:59

Results 9th July 2011 to 1st May 2011
9th July 2011 South Eastern RC 10 G10/57

Pos	Rider	Club	Time	N1	N2	N3
1	Rupert Burbidge	Redhill CC	00:20:27	S		
2	Angus MacAlister	Norwood Paragon CC	00:20:34	S		
3	Rob Pelham	Lewes Wanderers CC	00:20:46	V45	05:44	6
4	Lee Turner	Sigma Sport	00:21:36	V42	04:18	18
5	Tom Glandfield	Lewes Wanderers CC	00:21:50	S		
10	Michael Valks	Sussex Nomads	00:22:08	V40	03:22	27
16	Stuart Davis	Eastbourne Rovers CC	00:22:59	V40	02:31	32
20	Geoff Smith	Eastbourne Rovers CC	00:23:36	V61	06:26	3
22	Tony Murphy	Eastbourne Rovers CC	00:23:50	V48	03:17	28
31	Adam Ford	Eastbourne Rovers CC	00:24:58	V40	00:32	45

19th June 2011 SCCU 50 G50/53

1	Nick Dwyer	Lewes Wanderers CC	01:49:51
19	Michael Valks	Sussex Nomads CC	02:00:56
32	Geoff Smith	Eastbourne Rovers CC	02:05:51
49	Tony Murphy	Eastbourne Rovers CC	02:13:52
60	Emma Richards	Eastbourne Rovers CC	02:18:16

18th June 2011 Horsham Cycling G10/57

1	Conal Yates	In Gear RT	00:20:49	M		
9	Matthew Woods	Eastbourne Rovers CC	00:22:32	M	40	+2.58
10	Michael Valks	Sussex Nomads	00:22:33	M	40	+2.57
19	Max Norrell	Giant CC	00:23:33	M		
26	Tony Murphy	Eastbourne Rovers CC	00:24:19	M	47	+2.35
27	Emma Richards	Eastbourne Rovers CC	00:24:34	F		
46	Harry Featherstone	Eastbourne Rovers CC	00:26:40	M	78	+7.42
50	David Cox	Eastbourne Rovers CC	00:26:57	M	64	+3.48
1001	Adam Ford	Eastbourne Rovers CC		M	40	DNF

5th June 2011 Sussex CA50 G50/10

1	Rupert BURBIDGE	Redhill CC	01:56:48	S	-
2	Dominic HILL	Bec CC	01:57:24	S	-
3	Tom GLANDFIELD	Lewes Wanderers	01:59:16	S	-
4	Niall DIGBY	La Fuga - Sigma Sport	01:59:35	V	18:28
5	Philip WATKINS	Purley CRT	02:00:34	V	24:54
9	Peter MOON	Eastbourne Rovers	02:03:03	V	24:35
27	Geoff SMITH	Eastbourne Rovers	02:18:08	V	20:55

22nd May 2011 Crawley Wheelers 41.9miles GS/196

1	Steve DENNIS	East Grinstead CC	01:35:57	V	24:09	1
2	Rob PELHAM	Lewes Wanderers CC	01:38:06	S	-	-
20	Geoff SMITH	Eastbourne Rovers	01:50:28	V	21:50	5

21st May 2011 SCCU10 G10/57

1	N DWYER	LEWES WANDERERS	00:19:37	19.37	7.17
32	G SMITH	EASTBOURNE ROVERS	00:23:22	21.02	6.26
40	T MURPHY	EASTBOURNE ROVERS	00:24:09	20.59	2.45
46	A FORD	EASTBOURNE ROVERS	00:24:40	22.00	0.50
48	A STOBART	EASTBOURNE ROVERS	00:24:45	21.05	2.35
61	D COX	EASTBOURNE ROVERS	00:26:37	22.57	4.08

15th May 2011 Worthing Excelsior CC 25 G25/53

1	Steve Dennis	East Grinstead CC	00:52:26	V47
5	Iain Brogden	Eastbourne Rovers CC	00:55:05	V42
6	Rob Pelham	Lewes Wanderers CC	00:55:09	S
17	Michael Valks	Sussex Nomads	00:59:21	V40
39	Stuart Davis	Eastbourne Rovers CC	01:02:05	V40
42	Geoff Smith	Eastbourne Rovers CC	01:02:44	V60
64	Adam Ford	Eastbourne Rovers CC	01:06:09	V40
65	Tony Murphy	Eastbourne Rovers CC	01:06:26	V47
88	David Cox	Eastbourne Rovers CC	01:11:38	V64

8th May 2011 Norwood Paragon CC 25 G25/53

1	Nick Dwyer	Lewes Wanderers CC	00:53:27
2	Rob Pelham	Lewes Wanderers CC	00:54:18
5	Iain Brogden	Eastbourne Rovers CC	00:55:01
26	Max Norrell	Giant CC	01:01:59
34	Geoff Smith	Eastbourne Rovers CC	01:03:23

7th May 2011 Kingston Phoenix RC 10 G10/42

1	Rupert Burbidge	Redhill CC	00:20:51	S
16	Geoff Smith	Eastbourne Rovers CC	00:24:19	V
33	David Cox	Eastbourne Rovers CC	00:27:44	V
45	Ken Beckett	Eastbourne Rovers CC	00:33:36	V

1st May 2011**Sussex CA25****G25/93**

1	Peter TADROS	In-Gear Quickvit Trainsharp RT	00:52:16
2	Steve DENNIS	East Grinstead CC	00:52:47
3	Nick DWYER	Lewes Wanderers	00:54:00
4	Darren BARCLAY	Arctic Premier RT	00:54:13
5	Iain BROGDEN	Eastbourne Rovers	00:54:32
29	Geoff SMITH	Eastbourne Rovers	01:02:06
67	Harry FEATHERSTONE	Eastbourne Rovers	01:10:05

CLUB Time Trials 7th July to 11th August 2011**BIRLING GAP CIRCUIT****7TH JULY 2011****Iain Brogden 18.01 Club Record**

Matt Woods	19.04
Adam Rogers	20.32
John Cordner	21.19
Adam Ford	22.07
Ian Hannaford	22.45
Jim Hennessy	24.12
Rob Rickson	25.53

Points After 12 Rides

Iain Brogden	6
Adrian Elliott	11
Matt Woods	12
Stuart Sorrell	16
Michael Valks	19
Adam Rogers	26
Stuart Davis	27
Tony Murphy	32
Adam Ford	35
Andy Stobbart	46
John Cordner	50
Emma Richards	53
Dave Cox	57
Shane Hills	57
Jim Hennessy	67
Rob Rickson	71
Paul Hanratty	76

Private Time Trials**Felix English 17.06 Course Record**

Richard Gifford	19.19
Slawomir Griecewicz	21.29

10 MILES**14TH JULY 2011**

Matt Woods	23.03
Stuart Sorrell	23.09
Stuart Davis	23.42
Michael Valks	23.42
Adam Rogers	24.22
Shane Hills	25.03
Andy Stobbart	25.15
Ian Hannaford	25.17
John Cordner	25.25
Kevin Burton	25.38
Slawomir Giecewicz	25.40
Adam Ford	25.52
Paul Hanratty	27.32
Liz Lumber	27.45
Rob Rickson	27.48
Sue Fry	28.55
Alan Symonds	29.38
Darrell Bedford	30.07

Points After 13 Rides

Iain Brogden	6
Matt Woods	10
Adrian Elliott	11
Stuart Sorrell	15
Michael Valks	18
Stuart Davis	25
Adam Rogers	25
Tony Murphy	32
Adam Ford	35
Andy Stobbart	44
John Cordner	47
Shane Hills	51
Emma Richards	53
Dave Cox	57
Jim Hennessy	67
Rob Rickson	68
Paul Hanratty	73

Private Time Trials

Bob Coleman	27.14	Nick Lisle	29.03		
Erica Martin	28.57	Harrison James	46.05	Andrew James	D.N.F

BIRLING GAP CIRCUIT **21ST JULY 2011** **Damp but calm!**

		1ST LAP	HILL CLIMB	
IAIN BROGDEN	36.56	18.15	I. BROGDEN	6.06
ADRIAN ELLOITT	37.48	18.33	M. WOODS	6.32
MATT WOODS	38.43	19.00	A. ELLIOTT	6.33
STUART SORRELL	39.02	19.19	S. SORRELL	6.56
ADAM ROGERS	41.16	20.22	A. ROGERS	7.19
SHANE HILLS	43.33	21.30	S. GIECEWICZ	7.34
TONY MURPHY	43.51	21.22	S. HILLS	8.03
EMMA RICHARDS	44.21	21.55	E. RICHARDS	8.03
SLAWOMIR GRIECEWICZ	44.30	21.46	T. MURPHY	8.07
JIM HENNESSY	51.01	24.48	J. HENNESSY	9.02

PRIVATE TIME TRIALS

PETE MORRIS	37.11	18.32
TOM COPELAND	38.55	19.07
TOM GLANDFIELD	39.23	19.32
RICHARD GIFFORD	39.56	19.57
DAN HENCHY	41.03	20.31
SAMUEL RAMSEY	43.13	21.12
LIZ HALLIDAY	49.36	24.44
ERICA MARTIN	50.16	25.11
MARTIN BAILEY	58.40	25.18
ANDREW JAMES		28.18
HARRISON JAMES		37.27

HILL CLIMB

P. MORRIS	6.20
T. COPELAND	6.30
T. GLANDFIELD	7.06
R. GIFFORD	7.13
D. HENCHY	7.13
S. RAMSEY	7.26
L. HALLIDAY	8.50
E. MARTIN	9.18
M. BAILEY	9.32
A. JAMES	11.18
H. JAMES	14.25

POINTS AFTER 14 RIDES

I. BROGDEN	6
M. WOODS	10
A. ELLIOTT	11
S. SORRELL	15
M. VALKS	18
S. DAVIS	25
A. ROGERS	25
T. MURPHY	32
A. FORD	35
A. STOBART	44
S. HILLS	45
J. CORDNER	47
E. RICHARDS	51
D. COX	57
J. HENNESSY	62
R. RICKSON	68
P. HANRATTY	73

Stu took some videos of this event which are now on the website:

<http://www.eastbournerovers.com/videos.php>

There are also some new photos from the 24.

28TH JULY 2011 10 MILES

ADRIAN ELLIOTT	22.41		
MATT WOODS	22.48	<u>POINTS AFTER 15 RIDES</u>	
MICHAEL VALKS	23.26		
STUART DAVIS	23.38	IAIN BROGDEN	6
IAN HANNAFORD	24.07	ADRIAN ELLIOTT	10
TONY MURPHY	24.19	MATT WOODS	10
MARK POLAND	24.21	STUART SORRELL	15
EMMA RICHARDS	24.23	MICHAEL VALKS	17
STUART MEDHURST	24.29	STUART DAVIS	23
ANDY EATON	24.36	ADAM ROGERS	25
SLAWOMIR GIECEWICZ	25.08	TONY MURPHY	30
KEVIN BURTON	25.09	ADAM FORD	35
ANDY STOBART	25.09	ANDY STOBART	42
JOHN CORDNER	25.17	JOHN CORDNER	45
SHANE HILLS	25.30	SHANE HILLS	45
JEZ FALLON	25.50	EMMA RICHARDS	47
PAUL HANRATTY	26.17	KEVIN BURTON	49
RICHARD OVENDEN	26.33	DAVE COX	57
ROB RICKSON	27.05	JIM HENNESSY	62
LIZ LUMBER	27.39	ROB RICKSON	68
ALAN SYMONDS	28.32	PAUL HANRATTY	72
KEN BECKETT	32.36	KEN BECKETT	102

PRIVATE TIME TRIALS

RICHARD GIFFORD	22.02
MARK LAXTON	22.46
SAM RAMSEY	24.36
FAYE McCLELLAND	26.45
BOB COLEMAN	27.21
NICK TRIM	28.43
RICHARD LIGHT	28.50

BIRLING GAP CIRCUIT 4TH AUGUST 2011

IAIN BROGDEN	17.53	CLUB RECORD
ADRIAN ELLIOTT	18.09	
MATT WOODS	18.24	
STUART DAVIS	19.40	
ADAM ROGERS	19.55	
JOHN CORDNER	20.31	
SLAWOMIR GIECEWICZ	20.53	
SHANE HILLS	22.30	
RICHARD OVENDEN	22.44	
PAUL HANRATTY	24.35	
ROB RICKSON	25.27	

Iain says that it is always a fast night when there is a strong wind in that direction.

POINTS AFTER 16 RIDES

IAIN BROGDEN	6
ADRIAN ELLIOTT	10
MATT WOODS	10
STUART SORRELL	15
MICHAEL VALKS	17
STUART DAVIS	20
ADAM ROGERS	25
TONY MURPHY	30
JOHN CORDNER	41
ANDY STOBART	42
SHANE HILLS	43
EMMA RICHARDS	47
KEVIN BURTON	49
DAVE COX	57
JIM HENNESSY	62
ROB RICKSSON	65
PAUL HANRATTY	68
KEN BECKETT	102

PRIVATE TIME TRIALS

PETE MORRIS	17.11
JAMES LOWDEN	17.57
RICHARD GIFFORD	18.02
TOM COPELAND	18.40
DOMINIC LOWDEN	20.00
SAM RAMSEY	20.27
SIMON GROGAN	22.26
MARTIN BAILEY	24.09

IAIN BROGDEN	21.36
MATT WOODS	22.47
ADRIAN ELLIOTT	22.56
STUART DAVIS	23.59
STUART SORRELL	23.59
IAN HANNAFORD	24.30
TONY MURPHY	24.38
ADAM ROGERS	24.46
SHANE HILLS	24.56
STUART MEDHURST	24.59
ADAM FORD	25.44
KEVIN BURTON	26.14
SLAWOMIR GIECEWICZ	26.19
PAUL HANRATTY	27.17
ROB RICKSON	28.17
ALAN SYMONDS	30.43
KEN BECKETT	32.59

PRIVATE TIME TRIALS

RICHARD GIFFORD	21.54
MARK LAXTON	23.18
WILL KEMP	23.58
GRAEME HADLOW	24.37
ANDY PELLING	26.35
BOB COLEMAN	28.00
JOE JENNER	28.02
ERICA MARTIN	29.26
MATTHEW LEARY	33.13
CAROLINE LITTLE	33.20
ANDREW JAMES	34.16
HARRISON JAMES	42.52

POINTS AFTER 17 RIDES

IAIN BROGDEN	6
ADRIAN ELLIOTT	10
MATT WOODS	10
STUART SORRELL	15
MICHAEL VALKS	17
STUART DAVIS	20
ADAM ROGERS	25
TONY MURPHY	30
ADAM FORD	35
JOHN CORDNER	41
SHANE HILLS	42
ANDY STOBART	42
EMMA RICHARDS	47
KEVIN BURTON	49
DAVE COX	57
JIM HENNESSY	62
ROB RICKSON	65
PAUL HANRATTY	66
ALAN SYMONDS	91
KEN BECKETT	95

Our thanks to the following who have officiated in various roles at these time trials;

TIMEKEEPERS	Dave Dunbar, Gavin Smith, Graham & Jane Lade
PUSHERS OFF	Stuart Davis, Stuart Crabb & Brian Holt
MARSHALS	Harry Featherstone, Stuart Crabb, Rob Rickson Clive Richardson, Stuart Davis, Dave Cox & Peter Moon

Finally, last but not least, our thanks to **Sue Cox** for the pre event organisation, for the catering and for collating and sending the results to the Hon Ed so that they can appear in the Newsletters.

NUMBERS SPONSORED BY KONTOUR CYCLES 01323482368

The last race of the series is next week, followed by a celebration of yet another successful season at the local hostelry

AUDAX NEWS

Fairies Half Flat 200km 3rd July 2011

I rode this one week after the National 24 hour Championships and did not suffer too much! I rode it on my Merlin, as used in the 24 hour, and rode with Rob Bullyment and Mark Fairweather. Both of them were on fixed, but not me! We had a lovely sunny day for the ride, although it was a bit windy on the way down to the Dungeness control at the Lighthouse cafe. When is it not windy down there!!!!

The ride stats were a ride time of 8hrs 3 mins out of an overall time of 9hrs 51mins for the 206km, giving a riding speed of 25.5km/hr. Unfortunately Mark went down a massive pothole with just 3 km to go and he fell very heavily, causing him considerable injury by dislocating his shoulder and damaging his wrist. He did ride to the finish and did not discover the extent of his injuries until the visit to his doctor. Mark did not ride much until the LEL 200km on 7th August (see report below). He hopes to be fit for PBP.

DIY 500km Chislehurst to Lincoln and back 21/22nd July 2011

Rob Bullyment and I had planned this ride since doing the Easter Arrow, with the target being to replicate the first day of PBP, when we hope to get to Carhaix at 525km before we have to stop for a sleep.

As it turned out, although Audax UK calculated the ride distance as 509km we know from past Arrow rides that they underestimate the ride distance. It turned out to be 540km, with it being 5km over distance up to Lincoln and the return being under measured by 26km.

I drove up to stay at Rob's house on Wednesday evening so we could make an early start on the Thursday. We got to the chosen start (first control) at Sainsbury's in Chislehurst at 7:24am, as per the receipt so obtained as proof of start time, and left in drizzle to ride through the rush hour traffic in South London, over London Bridge and up through Hackney and Tottenham to the second control (a cashpoint) at Cheshunt, some 42km into the ride. I bought a sausage roll from Greggs. This first "stage" is the unpleasant part of the ride, with many traffic signals, potholes, changes of direction, all really making it hard to get a rhythm going. The PBP start will be easier, as we will be shepherded out of Paris by a lead car and can go through the red lights in the first 20km! Once we left Cheshunt we were onto the 2009 London Edinburgh London route up to Lincoln. This route is on rural minor roads and our next stop was St Neots. Before we got there the sky became rather dark and we hoped to get to the Costa Coffee stop in St Neots before the rain. No such luck! The rain caught up with us and we dripped into the cafe. Staying there for about half an hour, we could not stay much longer, as time is miles! but the rain was still falling quite heavily as we left. The wind was now getting up, a headwind! which we had to fight all the way up to Lincoln. This made it hard for us and conversation was subdued as we gritted our teeth to maintain a reasonable speed. We stopped at the Tesco in Bourne for a feed and a control receipt, our fourth control (including the start). The early evening was cold, and we thought how different it was from the Easter Arrow ride when the temperature was much warmer!! So much for a hot Summer.

By the time we reached Lincoln and another Tesco control we were hungry again, and even though we only had a short ride to Rob's Mum's house in Cherry Willingham, where we knew we would be well fed, we could not get there without further sustenance. We fed well and watched highlights of that day's Tour de France, when Andy Schleck won the Galibier stage, before we left at 10pm to ride through the night. heading east towards Boston, our next control point, with a helpful wind which made conversation possible. I even rode past my sister's house in Woodhall Spa but thought it imprudent to call in as it was 11:38pm! Arriving at the Tesco's in Boston we bought a sandwich and other bits and pieces, and sat inside the store watching the world go by, shopping at that time of night attracts a diversity of customers. I did wonder what the hell I was doing this for, as I was exhausted and still had some way to go. The next leg to Whittlesea (cashpoint check control) was done in the dark, and the sun took a long time to rise above the horizon so we stayed cold. By the time we reached Harlow for the control receipt at Sainsbury's the temperature had risen, as had the traffic levels. Navigating our way out of Harlow towards the penultimate control back at Cheshunt proved a challenge and we had to resort to the mapping feature on Rob's phone (Blackberry?) to get us on our way. By the time we got to Cheshunt my computer showed 500km, in 28 hrs overall elapsed

timed. This was our target for the ride so the final 40km through London, reversing our route out, was just an additional chore that neither of us relished. I managed to pick up a slow puncture from a snakebite on the side of the tyre, probably from one of the numerous potholes along the route through London.

Our final receipt at Sainsbury's in Chislehurst and a short ride back to where we started found us exhausted by the ride. It was meant to be a confidence booster as we felt pretty good on all our other, shorter (up to 400km!) rides done together this year. We were surprised how much the ride had taken out of us.

LEL (Lancing- East Tisted-Lancing) 200km 7th August 2011

This was another Dave "El Supremo" Hudson promotion. Dave assured us it was a flat ride! We set off, all 14 of us out of 18 entrants, such a small field, it would not be worthwhile promoting the event if it had not been run alongside a 100km which shared a common feed/checkpoint at Upperton. Dave had 27 entrants (25 finishers) for the 100km, including Ian landless, Tony Gale and Peter Price of the Lewes.

We headed straight into a strong headwind which made the going very hard along the seafronts of Worthing, Littlehampton and Bognor. I let a couple of riders go as they were too quick for me and slowed so that Mark Fairweather and Martin Malins could join me. So we progressed until near the Upperton control when Mark got a puncture. This was not a surprise as we had been drenched three times by ferocious downpours and the roads were wet and gritty. My bike, without mudguards, well it is Summer! was a mess. Mark said to go on so I re-passed Martin and rode on to the control, which was 3km over distance, at 84km. The wind was quite strong up on the ridge and the gazebo was flapping in the "breeze". Suitably fortified by Dave's feed I left on my own, as Martin and Mark had only just arrived when I wanted to leave. So I resigned myself to a lonely ride to the finish. The route was by now lumpy and lumpy, with gradients up to 14%, so much for a flat ride. I got caught in yet another downpour near New Alresford and began to feel "La frangale" with 13km to go to the Midhurst checkpoint. I conserved as much energy as I could as I battled the side wind down the A272 to Midhurst, hoping for a tail wind finish. I got to Midhurst at 3pm, 162.5km into the ride in 7½ hours. A sandwich and a packet of crisps later, with a Bounty bar in my pocket, I left for the final 45km to the finish. More climbs ensued before reaching Steyning where the wind seemed to have turned south into my face! and so it seemed for the final run in to the finish. I went through 200km in 9hrs 24mins to finish the 207km (still 3km over distance!) in 9hrs 43mins, 3rd rider back. Average riding speed 24.1km/hr, I finished shattered. Must not go so hard on PBP!!!! A cup of coffee and some food perked me up for the drive home. Three other riders arrived before I left, two of whom were also doing PBP. No sign of Mark or Martin. A tough ride with 2000m of climbing

17th Paris-Brest-Paris 1200km Randonnee

Sunday 21st to Thursday 25th August 2011

Update by Richard Thomas

My preparations are now complete with just a week to go before I leave to ride down to Paris, having done the 540km DIY Audax ride with Rob Bullyment to Lincoln and back on 21st/22nd July, followed by Dave Hudson's LEL200 on 7th August.

If you want to track my progress during the event you can do this on the following link, and put in my frame number which is 5717. Here is the link;

http://www.paris-brest-paris.org/pbp2011/index2.php?lang=en&cat=randonnee&page=suivi_participants

Entry has now closed with 5416 riders having entered (361 from UK). This is only 104 more than 4 years ago so the rate of increase has levelled off. The participation levels have grown significantly since 1991 when only 3281 riders (149 Brits) took part. The first time I rode, in 1999, there were 3573 entries. of which 17% abandoned. 2003 and another record field of 4069 (14.8% abandoned), 346 Brits started and



303 finished, with Gethin Butler being the first Brit to go under 50 hrs (49hrs 16 mins). In 2007, a huge increase to 5312 entries with 28% abandoning due to the atrocious weather. 275 AUK riders finished.

My 10 year old Audax Roberts has also received some tlc. Adam Rogers has put a new rear rim (Mavic Open Pro 36 hole) with new spokes on the Campag record hub. The old rim had done 6 years of very wet and gritty events and I did not want it to split on the ride. I have put a new tyre (25mm Continental 4 Seasons) and inner tube on the wheel. New brake blocks have replaced the part worn ones, and I have put a Deda Dog fang low down on the seat tube to hopefully prevent the chain dropping off the 30 tooth inner ring (remember the German ride last year and the trouble I had in that respect). I have also put new gel bar tape and gel underlays on the bars to try and protect my wrists and hands, as I am still suffering from ulna nerve problems and numbness in my fingers, with this numbness going across to the middle finger. I am worn out!!!!

We (Chris Tracey, Rob Bullyment and me) are leaving UK on Thursday 18th August, on the 11:30am ferry from Newhaven. Rob and Chris are both riding fixed, good luck to them. The dynamics of the event this time is different from our previous rides as it starts earlier in the evening, with the 90 hr groups going off from 6pm to 8pm in batches of 500 riders at a time. I estimate we will be off around 7:30pm, in the last group (as this avoids the rough and tumble of the earlier starters). We usually do this. We hope to get to Carhaix (525km) around 23:50 on Monday before we need to sleep (that is why we did the 540km DIY ride in 30hrs in July). We then hope to get back to Tinteniac at 867km before another sleep stop (1:20am on Wednesday). We would then get to the penultimate control at Dreux (at 1:05am on Thursday) before we need to sleep again. How much time we spend there is dependent on how we feel.

Sports Massage Discount

Sue Fry and Liz Lumber, level 3 qualified Sports Massage Therapists, are offering to do 1 hour treatments for £25 to Eastbourne Rovers members (normally £30). To book, call Sue on 07866 457905.

The effects & benefits of Sports Massage are:-

- *Increased rate of healing & tissue repair*
- *Improved soft tissue mobility & flexibility*
- *Stimulates circulation & aids decongestion of tissues*
- *Removal of metabolic waste products e.g lactic acid*
- *Reduced pain!! Aids speed of injury recovery*
- *Reduces oedema/swelling*
- *Aids relaxation of both you & your muscles!*
- *Knocks 20 seconds off your 10 mile time trial(little joke but could be true!!). Cheaper than Zipp wheels!*

Please support our friendly local bike shop

Adam at **Kontour Cycles** is continuing to offer special discounts to members of Eastbourne Rovers on selected products during 2011, and he's ready and able to undertake all aspects of servicing and repairs in preparation for the winter ahead – pop in or give him a call on 01323 482368.

The next Newsletter will be out **20th September 2011**.

Articles wanted, please don't be shy. The success of the newsletter depends on you. Closing date for articles for next issue is **14th September 2011**.

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.