



EASTBOURNE ROVERS

CYCLING CLUB

The Official Newsletter of the Eastbourne Rovers Cycling Club
Issue No 42 January 2012

CONTENTS

EDITORIAL

	Page
<u>Club News:</u>	2
Annual Club Dinner and Prize Presentation Report	2
2012 Club Time Trials New Rules	3
Club Records	4
New members	4
Membership Renewals	5
Club Feathers	5
Winter Clubruns Report of 22 January 2012 by Callum McKee	5
Eastbourne Cycling Festival 2012	6
Clubnight, Turbo sessions, Watt Bikes and Club clothing	6
Website and Club TT courses maps	6
For Sale CatEye V3 Computer	6
Dieppe Raid	7
Tour de France Trip	7
The WW2 Dieppe Raid. Historical account by Alan Symonds	8
For your amusement by Mike Horner	8
ESCA Annual Lunch and Prize Presentation report	9
Nostalgia Corner, 1962/63	10
Future Audax events	11
Sports massage & Kontour Cycles	11

Next Edition late February 2012

Best wishes for the New Year, now is the time to plan your 2012 season, set your goals and embark on your structured training programme.

Please read the "Club News" section as there is a lot of important information contained therein.

There is a report on the Club Dinner and Prize Presentation, information on our annual trip to Dieppe for the Raid and this year we are also going to see Stage 4 of the Tour de France which is in that area . Places still available for both trips.

Alan Symonds goes back in time to recount the actual WW2 Dieppe Raid, not the most successful of sorties.

Andy Wilkinson came down for the ESCA Lunch and Prize Presentation and there is an account of that, including a question and answer session with Andy. He let us into a few of his secrets of success!

Nostalgia Corner last month invoked a few responses, with recollections of those long lost halcyon days from Esther Carpenter and Chris Colyer, which you may find of interest, bring back those memories. PS Where are my rose tinted glasses and who is Rose?

And Finally;

Don't forget the early season Club 10 on 12th February, and the early season 25 on 26th February.
and,

Please contain your excitement, the 2012 Club Handbook will be out soon.
Hon Ed.

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CLUB NEWS

ANNUAL CLUB PRESENTATION DINNER *Saturday 21st January 2012*

Many thanks to Sue Cox for organising the event again this year, which was enjoyed by all 44 Members and guests present. The meal was good value and this year the Afton Hotel venue had other guests in the hotel, which improved the atmosphere significantly. Sue Cox and Alison Ford did a fine job selling raffle tickets and running the raffle.

Jane Lade presided over the Prize Presentation and also gave a synopsis of the racing year, highlighting the National 24 hour TT Championships, which involved many Club Members in marshalling, time keeping, refreshments, course measuring and riding.

Most prize winners were present. However, Jane made special mention of Geoff Smith, who was away at the CTT Awards event collecting his award for his winning ride in the 24 hour Championships. Geoff won the Ken Thompson 100 mile Veteran Cup, the Bill Collins trophy for his rides in ESCA events and was in the Rovers team which set the Club's Senior Team record for 24 hours and the Club's Veteran 24 hour Team record.

Iain Brogden was our most prolific award winner, being our Senior BAR, 10 mile Champion, 25 mile Champion, fastest at 25 miles (Fastest 25 mile Cup), winner of the Cliff Sharp Memorial Trophy and 1st Senior and also 1st veteran in the Evening TT Series.



Harry Featherstone won the Veteran BAR and Emma Richards is our Lady BAR.

Emma also won the Harold Manser Trophy with the year's Best Improvement at 25 miles and was the 1st Lady in the Evening Series.

Mark Poland won the Senior Road Race Championship and Vic Butler the Veterans Road race Championship. Charles Robson was awarded his own Cup, the Charles Robson Workers' Cup, for all his hard work in both course design and in course measuring for the National 24 hour Championships. Charles also became a Life member, along with Vice Presidents Stu Greenway and George Henty, and Roly Wickham and Pam

Dutson. Each of them have contributed to the running of the Club for around 60 years.



Peter Moon had a very successful season, winning both the 50 mile Championship and the 100 mile Championship, together with the Tom McAll Long Distance Trophy for his near Club record breaking ride in the National 24 hour Championship. Peter also led the successful team which set the Club's Senior Team record for 24 hours and the Club's Veteran 24 hour Team record in the National 24 hour Championships.



Shane Hills was our most improved Novice, and those with good memories will recall that it was only a few years ago that Iain Brodgen won that award. Now there is something to live up to!



Finally, your Hon Editor was very pleased to have been part of the team which set the 24 hour Team records for the Club. The race was an unforgettable experience!

[2012 CLUB TIME TRIALS](#) [New Rules for Early Season Events & the Evening Series](#)

Helmets for all.

As from the start of this year, ie 12th February for the early Season 10 mile TT, the wearing of helmets will be **compulsory**. Riders must wear a hard shell helmet that meets an internationally accepted standard. Conventional "road " style helmets should conform but please note that some aero helmets do not meet these standards.

Rear Lights

It is **recommended** that a working rear light, either flashing or fixed, be fitted to the **machine**, ie not you, in a position that is clearly visible to following road users and this light shall be **active** whilst the machine is in

use. Please ensure that you position your light such that it does not impede the "pusher off "when holding your machine. Last year several lights, usually of the small variety held by a elastic type fixing, became dislodged at the start by being placed where the "pusher off" needs to put their hands.

Should your light go out/malfunction during an event you will not be disqualified, but it must be working at the start.

Entry Fee

The entry fee for each ride is **£3.00 for members** and £4.00 for non members. All rides will count towards the awards, you do not have to enter the whole series in advance (as was the case in recent previous years) to be eligible. You can, at a minimum, ride just 6 events.

Machine breakdown (or rider breakdown !)

Should you be unfortunate enough to suffer a puncture or other machine malfunction that prevents you from returning to the finish under your own steam then the Club will obviously want to know what has happened to you. So that we can ensure that you are safe and to get you back to the finish/ event HQ (Pevensey castle for the Pevensey Courses and East Hoathly (old road) for those courses, please can you do the following;

Stay on the side of the road where you have stopped, take off your number and hold it up/show it to the next rider who passes you so that they can let the finish timekeeper know of your predicament. Efforts will then be made to rescue you.

Also be aware that the marshal at the Cooden Roundabout (for the 10's) will be returning along the course once all riders have gone past and they could also assist. Obviously they should be making a note of who has gone through and should be aware of any "missing" riders.

Lewes Wanderers Club Events.

Whilst on the subject of Club Events, for those members riding the Lewes Wanderers Evening series, you should note that hard shell helmets are **compulsory** in their events as well. Their charge for non members is also £4.00 per ride.

Obviously the Club would recommend you to have a rear light for these Lewes events as well.

Club Records

The current Club Records are shown in the 2012 Handbook, which will be available very soon, the finishing touches are being made now.

It is believed that some Club Records may have been broken. If anyone wishes to claim a Club Record, either an Individual Record or a Team Record, based on rides in past seasons, please let Ann know the details of your claim.

New members

We already have 7 new Members for 2012, being;

Bruce English (Father of pro rider and vainqueur of Chris Hoy, Felix English);

Roger Fordham, who has been riding with us for a few months already;

Jack and Oliver Priddle, both very promising Juniors, who have been riding with us on Clubruns for some time;

Caroline and Charlotte Little, who have already dipped their toes in the water of the Evening Series in 2011 and who rode the ESCA Reliability Trial and were down to ride the Lewes RT last Sunday, and finally; **Simon Grogan**

Welcome to the Club and may you enjoy riding with us

Membership Renewals

We are now 3 weeks into the Club year and there are quite a few of our members from last year who have not yet renewed their subscriptions. Should you be thinking of riding any events, be they National, Association or Club, then you need to be a Member of the Club before you enter/ride the event.

Please send your renewal subs to Peter Moon, many thanks. Ed

Club Feathers

The three Club feathers have now arrived and will have their first outing at the early season 10 mile TT on 12th February 2012.

Winter Club Runs: Whenever possible, the run for each forthcoming Sunday is now on the website

Meet at the Horse and Groom Public House at Polegate crossroads at 9.15am each Sunday. For any further information **please contact Tony Murphy**.

Clubrun report for 22 January 2012 from Callum McKee

As all the usual suspects were absent, thought I'd send you a brief report on the club run (22nd Jan) to fill a hole in the news letter. *(I did reply to Callum, saying we had the Club Dinner the night before and that may account for it. Hon Ed)*

'Twas the day of the Wanderers Reliability Trial. I had planned to go along, but despite my best brownie points efforts on Saturday, the Missus was distinctly unimpressed at the mention of being gone for a ride for 5 hours - with young kids, 3 hours is my usual max pass duration.

Instead I decided to join my fellow Rovers for the club run on a blowy Sunday morning.

My Partner in crime, Dave Clark received a similar frosty response to his 'Wander(er)lust', so he and I set off to the Horse and Groom. At the Polegate lights we caught up with Boyd on his mountain bike. I know some of the back roads are in a state, but it seemed like overkill.

I thought many of the usual suspects would be heading off to Chailey and guessed numbers would be light, but was surprised to see that the entire lot of them had buggered off!

I was glad we had made the effort though, as three guys from Bexhill had ground their way over into the headwind. We waited for a while, Boyd hoping to catch up with Pete Moon, but by 9.20 it was clear that we six were the lot.

We headed up over the Rickney Marshes and it was nice to chat to new faces, Boyd, Simon, Mike and his son Alex. I gather Simon has dual citizenship with Eastbourne and Hastings, whilst Mike and Alex ride with Hastings.

Boyd impressed with easy pace despite the rolling resistance of knobblies, but as we started to get into the first hills of the Weald he wisely decided to turn for home. Now we were five.

We had a pleasant run up to to Rushlake Green at which point Mike and Alex had to bail as they were on limited time (I know the feeling). Dave, Simon and I chatted our way through pleasant back lanes to Horam then out to Chiddingly and the familiar route home via Ripe and Berwick. A very pleasant run, just shy of 45 miles and some new friends to boot.

Maybe missing the Lewes ride wasn't such a loss after all.

This year we will once again be involved in this Festival. This year we will be taking the Watt Bikes to the event, and Rob Rickson is co-ordinating our involvement aided by Shane Hills. The whole event is being organised by Team Lifestyle, who have significant experience in promoting successful events of a similar nature. The programme will include a Sportive, a 5 mile running race, and a Road race and a Handicap Race. More news next month or as soon as it is available.

[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. **Starting at 8pm, set up from 7:30.**

[Watt Bikes](#)

The Club now has two Wattbikes for use by members at our Monday evening club nights at Stone Cross Village Hall. Come along anytime after 8:00pm to have a try for yourself and see what the Wattbike has to offer. Stuart Davis will be looking at the software with a view to devising some challenges for you over the coming weeks! The Wattbike was created with British Cycling to provide an affordable indoor bike for training and testing that is suitable for everyone from school children to Olympic Gold Medallists. Within seconds you can be accurately measuring your power output, your pedalling technique and heart rate.



For more information visit the wattbike website <http://wattbike.com/uk/wattbike>

[Club Clothing:](#) Peter Moon has the order forms for your kit, including bib shorts. Money with order please.

[Website and Club TT Courses maps](#)

Iain has added the club time trial courses on the right hand side of the TT page under ‘Courses & Course Records’. Also under the fixtures list ‘Course Details’. Please visit the Time Trial page of the Eastbourne Rovers website at <http://www.eastbournerovers.com/Time-Trials.php>

Here you will find the 2012 Eastbourne Rovers club time trial fixtures and the results are posted here after every club race. You can now click on the course names to view course details including a map.

Visit our website www.eastbournerovers.com to view or download details of the following:

1. Saturday 28th January 2012 – The Giant Shoreham Showdown
2. East Sussex CA roundup of the 2011 season showing all the event and competition results, including the National 24 Hour, and much more.

[For sale Cat Eye V3 Computer](#)

Matt Woods has the following Cat Eye V3 wireless computer for sale. This computer has speed, cadence and heart rate facilities, it also calculates calories burnt and numerous other features. Matt also has 2 x heart rate straps and 2 x speed cadence sensors, he has used it for around 4 months and has the box and manuals, the only reason he is selling it is that his wife bought him a Garmin for Christmas. It cost over £125 new with the extra sensors and Matt is looking for around £70?

Please contact Matt via his E mail, mac@formattdesign.co.uk

[Dieppe Raid trip. Wed. 20 June to Mon. 25th June. The Raid is on Sunday 24th June 2012.](#)

There are still **two places** left on this trip if anyone is interested. **Confirmed** so far are Stu Greenway, Dave Cox, Mike Horner, Kevin Burton and Richard Thomas. Rob Rickson has a provisionally reserved place. All the aforementioned six came last year. Hence we have two more places available.

The programme is similar to 2011, in that we leave from Newhaven on Wednesday 20th June on the morning ferry to Dieppe, cycle to Neufchatel for **two nights stay only (Wed. & Thur.)**. We will do a ride on Thursday.

Note that the hotel Les Airelles is fully booked on the Friday night, as are most hotels in the area as something is going on that weekend in the local area. I tried many hotels and they were either a lot more expensive, over 30 euros more per room per night, or too small to accommodate us.

The cost is as last year, hence 260 euros per room demi pension for the two nights (ie 130 euro per room per night, 65 euro each person per night) , excluding drinks in the evening. I have reserved 4 twin bedded rooms.

Hence we will leave there on **Friday morning** and ride to Dieppe, where we will be staying for **3 nights at the Hotel les Galets** in Dieppe where I have booked **two 4 bedded rooms** at 70 euros per night per room (17.50 euros per person per night) and breakfast is 7 euros per person per day. We can do a ride on Saturday to an area where the Raid is not going. When I was there in August 2011 the dining room was being completely refurbished so the owners are doing the hotel up gradually. We will eat in restaurants in Dieppe each evening as last year. Please note that it is my 67th Birthday on the day of the Raid so the evening drinks are on me!

Based on my current state of knowledge on ferry sailings, return will be on the early morning ferry on Monday. **It is each person's responsibility to book their own ferry tickets.**

Please let me know if you want to join us for an enjoyable few days a-wheel in "La belle France". Hon Ed.

[Tour de France trip Tues. 3 July to Thur. 5 July 2012](#)

There are **2 places** available for this trip. **Confirmed** so far are; Stu Greenway, Kevin Burton, Richard Thomas, Rob Rickson, Dave Cox, Bill Crawforth, Alan Symonds, Mike Tasker (Alan Symond's daughter's partner), Tony Gale and Ian Landless (Lewes Wanderers).

The Tour de France 2012 Stage 4 is going from Abbeyville to Rouen on Wednesday 4 July, so the suggestion is that we go over to Dieppe on the **Tuesday** morning ferry and ride out to see it on 4th and come back on one of the two ferry sailings on 5th July.

As it is each person's responsibility to book their own ferry tickets for the trip, the day and time for the return from the Tour is at your own discretion. You may wish to take the early ferry or stay on for the 5th July and take the afternoon ferry, or even simply go off into France for an extended break. I favour the afternoon ferry on 5th and spend the day in France.

I have booked **three 4 bedded rooms** at the Hotel Les Galets for 2 nights (Tues. & Wed), costs as for June.

Please let me know if you want to join us for this trip. First come, first served. Once they are gone they are gone (to pinch someone else's slogan!). Hon Ed.

Please, for either trip, can anyone who is interested let me know soonest

On a number of occasions someone asks the question "What is the Dieppe Raid?" so for your information I have written up a few details on this event, that is the Raid, not the Bike Ride.

The Dieppe Raid was an attack on Dieppe by the Allied Forces during World War 2, designed to create havoc in the German defences in the space of around 9 hours, with a withdrawal after. The Raid was approved by Churchill.

For various reasons it turned out to be a disaster. There were to be 9 beach sector landings, with a mixture of Commandos, Scottish, Canadian and American troops totaling some 6000 men. 60 fighter squadrons and 7 fighter bomber and bomber squadrons were on standby.

To start the proceedings, 252 ships accompanied by mine sweepers left Britain on the 18th August 1942. It started well and at 0330 hrs the following morning they were in position 8 miles from Dieppe..5000 men in landing craft were to be lined up behind gun boats but, due to an error, a Canadian regiment were behind the wrong gun boat which would have taken them to the wrong beach. As this was being corrected one gun boat came across an armed German trawler. The ensuing fight left the gun boat unusable and 20 landing craft unprotected, although they dispersed in the darkness.

The noise meant the element of surprise had been lost. One craft managed to disable a gun battery successfully.. Various other landings were compromised. The Canadian Regiment at Blue Beach lost 27 officers and 516 men, only 3 officers and 57 men managed to survive.

On other beaches similar happenings occurred. Tanks had problems with shingle beaches. 10 out of 24 managed to land but all were lost in the battle. The smoke screen that had been laid meant that air cover could not provide support. Due to the loss of officers, information was not getting back to Force Commanders on HMS Calpe and shortly after putting more Commandos on shore a withdrawal was ordered.

4,384 men were killed, wounded or missing. The Royal Navy lost 550 men and 34 ships. The RAF flew 2617 sorties, losing 106 planes against Luftwaffe losses of 170.

The French commemorate the war on numerous occasions, Dieppe is no exception. There is a Canadian cemetery just outside Dieppe which we usually visit when there. If you want a hotel in late June in the Dieppe area you may have a problem. They will not have many vacancies, as Richard found when booking, presumably because of the various commemorative events going on.
So now you know

[For your Amusement by Mike Horner](#)

Mike has sent in these exchanges that occurred in court, would you believe it! They are from a book called "Disorder in the American Courts", taken down word for word and now published by court reporters who had the torment of staying calm while these exchanges were actually taking place.

ATTORNEY: Are you sexually active?

WITNESS: No, I just lie there.

ATTORNEY: What gear were you in at the moment of the impact?

WITNESS: Gucci sweats and Reeboks.

ATTORNEY: What was the first thing your husband said to you that morning?

WITNESS: He said, 'Where am I, Cathy?'

ATTORNEY: And why did that upset you?

WITNESS: My name is Susan!

More next month if you wish!

ESCA Annual Luncheon and Prize Presentation
Sunday 15th January 2012 Lunch

Report by Richard Thomas



The annual luncheon and prize presentation was held at the **Horseshoe Inn**, Windmill Hill, near Herstmonceux. There was a good turnout with many Clubs represented. Maybe it was because one of the guests of honour was Andy Wilkinson, the **2011 National 24 hour Champion and record holder**.

He was joined by the ESCA 24 hour award winners, Ladies National 24 hour champion Bronwen Ewing, and the National 24 hour team winners Dave Shepherd, Andy Payne and Tony Reeves from GS Stella.



Ann Human did a great job taking charge of the Prize presentation, ably helped by outgoing President Mick Kilby and Horry Hemsley.

Andy Wilkinson did the honours for the 24 hour prize winners.



As last year, Lewes Wanderers won most of the Trophies, but Iain Brogden, Harry Featherstone and Peter Moon kept us in the picture, respectively winning the Hardriders Page Tankard with a time of 37:35, the Veterans 25 Mile Cup with a + of 19:18 and the ESCA 24hr Plaque for being the 3rd placed ESCA rider in the National event with 443.63 miles.

Andy kindly subjected himself to a question and answer session, in which his modesty and succinctness shone through and one had a glimpse of what makes him a great champion. He was at pains to emphasise the great support he received from both his wife and the rest of his team. He only stopped for less than a minute in the whole event and even then thought it was a bit too much!

Interestingly, Andy has only one bike which he uses to ride to work, go off road, touring and racing. Those of you who are eagle eyed would have noticed his race bike runs a triple front chainset, long cage rear derailleur and has a long wheelbase. Andy reckons that you can only have one position on a bike as you make so many small movements over the course of a ride that any slight differences in set up between bikes would make itself known.

Andy does not use a bike computer or heart monitor on the grounds that he knows exactly how to pace himself. He did say that if you are blessed with such an ability it is difficult to understand why everyone has not got it. I think we all thought, if only!

He said that the course for the 24 hour was a motivation for him as he has ridden the local Mersey roads so much, not only in 24 hr events but others as well. To come to a different part of the country was a bit worrying re route knowledge but also a spur. He was unsure whether he would have achieved such a distance on his familiar roads, even though they may be a bit easier. I think he rather enjoyed the hills like Galleybird. Can't say we all did!

Altogether it was a thoroughly enjoyable and informative afternoon, and we did not leave until well after dark! I am sure it would have gone on even longer but Andy and his wife had a train to catch as it was work as usual the next day for Andy.

I seem to have started something with this item. Following last month's feature I have received the following pieces from Esther Carpenter and Chris Colyer.

Esther has some recollections of Mike Watson, who was not the usual "run of the mill" cyclist by any stretch of the imagination.

Dear Richard

Thank you for another interesting newsletter.

You ask about Mike Watson. I'm sure you'll get lots of information about him. He used to spend periods in Hellingly in between riding his bike. When he took off from there Iris Stevens was usually the first port of call for those seeking him as she was club sec at the time. He eventually came to the Hastings club but gave up cycling and dropped out of life as we know it, sometimes sleeping under the stars and foraging in the hedgerows for food. I think he lives with his sister (although I haven't seen him for a few years) out in the country. Graham Lade probably knows as much about him as anyone. Personally I found him rather a creepy character but it was a shame as he was a good rider as the results show.

Esther

and Chris Colyer, who rides with me on the CTC Midweek Section rides and was a member of Brighton Mitre in the 1960's has sent me this missive;

Hi Richard

I have just looked at the Eastbourne Rovers website and lo and behold I spotted my name mentioned twice. I feel indeed honoured and ever so slightly humbled to appear in such an illustrious publication.

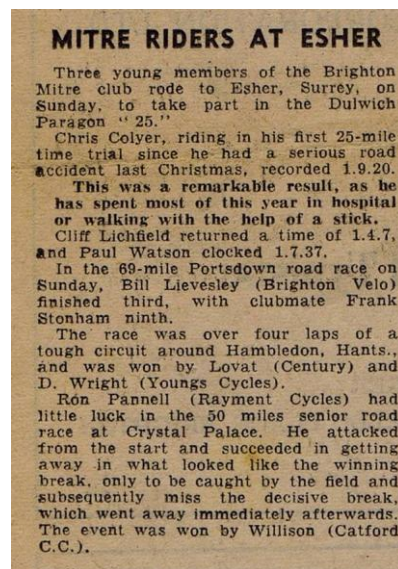
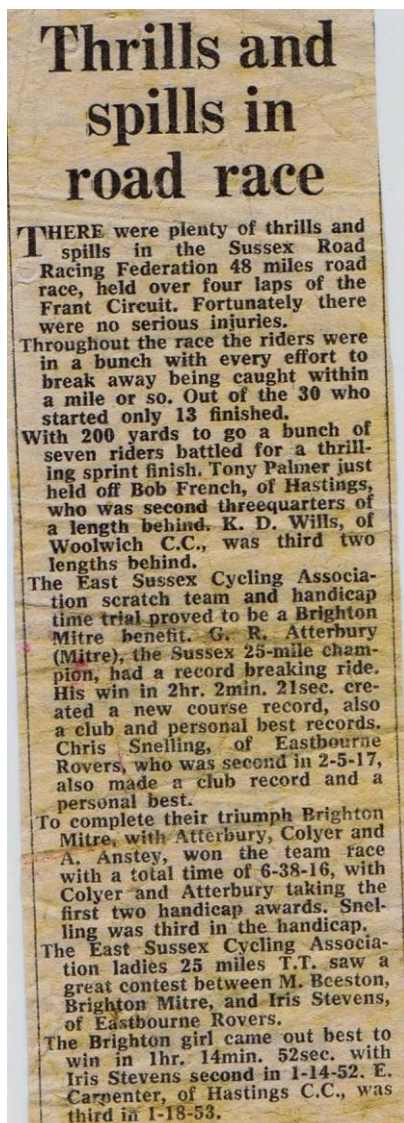
As you are into nostalgia I attach some cuttings I kept from the now defunct Brighton and Hove Herald and apart from myself you may recognise some of the names mentioned.

You will note that in the article from July 28 1962 (shown right) I did the super fast time of 1.9.20 for a "25". However it was my first race after I had spent 17 weeks in hospital having broken both legs (the right one in 4 places), 1 arm, both hands and 2 fingers. At the Madison Meeting at Preston Park a certain Mick Hills won the 660 yards handicap race.

In the last two paragraphs of the article entitled Thrills and Spills in Road Race you will see that the ESCA women's 25 featured Margaret Beeston (Gerry Atterbury's fiancée at the time), Iris Stevens and Esther Carpenter with Esther coming last. I have already ribbed Esther about this but she maintains that it must have been in the twilight of her career.

In the third article regarding the ESCA 3-up team time trial you will see that the Brighton Mitre "A" team came a close second to the Hastings & St Leonards CC.

Cheers, Chris



I will not be doing any Audax events until April, but there is nothing to stop anyone else entering the early season events as listed below. I do not know whether anyone rode the Hills and Mills on the morning of the Annual Dinner, and from what my spies tell me only Alan Symonds, Caroline and Charlotte Little had entered the Lewes Wanderers Reliability Trial on the day after the Club Dinner.

Sun 29 Jan 2012

100km 09:00 from Newlands Cor (Guildford), Surrey El Supremo's Tea & Biscuits 100k
BP £ONLY £1.00 David Hudson


Sun 05 Feb 2012

100km 09:00 from Pease Pottage, W Sussex Cheese Toastie 100
BP £7.50 Dave Hudson

Sat 11 Feb 2012

U 100km 09:00 from Dial Post, West Sussex Worthing Winter Warmer
BP £5.00 Mick Irons

Sat 18 Feb 2012

120km  09:00 from Hailsham Mad Jack's- John Seviour Memorial
BP AA2.5 [2450m] £10 Andy Seviour

Sun 04 Mar 2012

200km 08:00 from Newlands Cor (Guildford), Surrey Uppertea 200
BR £7.50 David Hudson

100km 09:00 from Newlands Cor (Nr Guildford), Surrey Uppertea100
BP £7.50 David Hudson

Sun 25 Mar 2012

200km  08:00 from Golden Green, Tonbridge Man of Kent 200
BRM [1425m] £6 David Winslade

Sun 01 Apr 2012

100km 09:00 from Polegate (Nr Hailsham), E Sussex For those who dont do hills 100
BP £8.00 Dave Hudson

100km 09:00 from Polegate Nr Hailsham, E Sussex Tour of the Sussex Hills 100
BP AA1.75 [1800m] £8.00 David Hudson I am doing a control on this ride (I think!)

To join Audax UK or to view their website look on <http://www.aukweb.net/home/>

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.

Please support our friendly local bike shop

Adam Rogers 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 in **late February 2012**.

Articles wanted, please don't be shy. The success of the newsletter depends on you. Closing date for articles for next issue is **18th February 2012**. Please contribute something for members to read and enjoy!

My contact details are:

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Email any articles to : RichThomas@btinternet.com

Richard T.