

East Sussex CTC News - No. 225 - April 2020

Secretary's Notes

I cannot believe we are looking at dates on this runs list that take us up to the end of May – hopefully by then we will be clear of the challenging weather these gales bring, especially the strong winds which have been so memorable all winter.

Attached to the Feb/March Runs List was a copy of our Member's Personal Record Sheet, where your emergency contacts, allergies, medical conditions and other helpful details can be kept for emergencies, and are held under GDPR regulations. It was the thought of a potential emergency that got me thinking about First Aid, particularly as my St John's First Aid certificate has expired. I knew that Cycling UK held such courses specialising in cycle related incidents, and I decided to sign up to refresh my knowledge. Imagine my amazement when I discovered the courses they are offering specifically for road cycling incidents for the whole of 2020, amounts to just two, and worse still - both being held in The Wirral! (There are others but they have been designed specifically for off-road cycling enthusiasts). Considering that membership for Cycling UK for 2019 stood at 68,431, I was amazed that we have only 2 road-cycling courses on offer – and I have yet to receive an answer from HQ why this is, and I wonder why this is – it cannot be proportional to members activities, and I'd like to know why only TWO courses are on offer to cover the whole of the UK...(I have since signed up for a locally-run course run by a nationally approved provider, who has confirmed they can cover incidents involving cycling in general).

Contacting Headquarters on the subject of First Aid was actually my second email to them recently, the first one being brought about by Cycling UK's national initiative to "get people wild camping and to sleep under the Stars" and then to send in articles of their experiences. I just had to point out that this is an extremely ill-timed idea just as Government is in the process of changing the law with regard to Trespass from a Civil offence to a Criminal one, and all land however remote it seems is owned by somebody. Camping out, quietly and considerately, leaving no litter or any other trace of ever having been there, off the beaten track, just for a few hours sleep, away from it all, has always been an option for the few, the hardy and the brave, but to encourage 68,431 members to do so was just too much for me to ignore! As yet - no reply.

Mia Hamilton Walding

Committee Matters

Christmas Meal: Norman Wright pointed out that plans need to be in place by next committee meeting, as venues get booked early, and several possible dates were discussed.

AGM: Roger Bacon has booked the Southview Room for 1st November.

Next Committee Meeting: It was discussed that we might hold the next committee meeting in four months instead of in two months time, as the organising of events is well in hand, and so next committee will be on Fri. 3rd July, starting at 7:30 p.m. at 39 Manor Park Road, Hailsham.

Summer Picnic 2020

This will be on 17th June @ The Cartlodge Horam Manor Farm

Time 12:45 for 1:00 pm. Cost £5

I would like to book ordinary lunches &/or vegetarian lunches.

Name, Address, Tele No, Email:

Please return this form to John Taylor, 97 Marshfoot Lane, Hailsham, BN27 2RD together with your payment in cash or cheque payable to CTC Midweek Section (South) by 1st June 2020 at latest



East Sussex CTC Photos

After a lot of problems it has been decided to give up using Flickr for uploading pictures of our activities. We are now using Google Photos for both our Archived and Latest Photos. To view them you will need to go via our website. Clicking "Latest Photos" will allow you to view the photos, then clicking the blue Join button will add you to the shared album and let you upload photos – this can be done using Google Photos on a computer or smartphone. Hopefully this will prove a simpler and easier way to share photos of our activities.

David Rix – Editor & Webmaster

Midweek Section Notes: March 2020

It seems that I cannot prepare any editions of these notes without some reference to the weather creeping in and this month's Notes will be no different. What a start to the year we have had! Storms Ciara and Dennis have brought unprecedented high winds and torrential rain and have clearly badly affected homes, businesses and transport throughout the country and all our thoughts should be to those so affected. One would have expected us cyclists to be similarly affected but as the storms appear to have been primarily weekend events the turnout for our Wednesday rides has been higher than may otherwise have been expected. You seem to be quite a hardy bunch or perhaps just get fed up with 'cabin fever'. Whatever, it's good to see so many of you out and about with our regular meetings being a good opportunity to discuss our weather experiences and to support the venues who cater so well for us.

As a reminder and perhaps new information for our more recent members, in the event of grotty weather the decision to run a ride is the responsibility of the volunteer leader who has the final say in such matters. Leaders should also cut short a ride in the event of an 'incident' or particularly adverse weather or road conditions arising after a ride has begun. You should also be aware that unexpected changes of venue and the like are usually to be found on the 'Latest News' page of the web site.

On a more optimistic note, the 'summer' feature of Awaydays is being programmed to start in April and will run through to September with the Energetics being held on the first Wednesday of the month (except when this clashes with a committee meeting when it is the second) and the combined Tourists/Moderate Tourists on the third Wednesday. The usual programme continues for those not going away but I would urge you all to give one a try (numbers have to be limited as there is only one leader/organiser and it is unfair on them to turn up unannounced) as it is a wonderful opportunity to ride in different areas with someone who knows their way around. Details will be found in the newsletter and if anyone has a pet ride up their sleeve which is suitable, please let me know.

The committee is always looking for new venues to try which would give opportunities for riding in different parts of East Sussex (the north of the county is particularly poorly represented) so if anyone has any ideas of suitable venues with access to suitable lanes, do please let me know. On 13th May we are going to Tottingworth Farm Café, Halley Road, Broad Oak, Heathfield which will give us the opportunity to explore a little further north than usual, so let's hope that this will not be the first new venue.

Since starting these Notes I have learnt that one of our members and Mid-Sussex member, Bob O'Brien, is (at the time of writing but hopefully not when you read this) seriously ill in Princess Royal Hospital in Haywards Heath after returning from what was intended to be a sunny winter break to help with his asthma. Our thoughts are with Bob and his wife Yvonne. I also lately learnt that one of our Moderate Tourists, Fred Ginby, suffered in a collision with a car on his way home after our ride on Wednesday 4th March. Get well soon Fred.

I have no details of this 'incident' but it gives me the opportunity to remind riders that any accident involving injury to the person(s) or property/person of third parties occurring during a CTC ride (as opposed to before and after) needs to be recorded on an incident form which I usually carry with me or otherwise can provide. If no claim arises from such an incident the form stays on file, otherwise it must go to HQ for their records and/or attention as necessary. It also emphasises the need for riders to carry ID with names of an emergency contact and, ideally, medical conditions and any drug prescription which could provide life-saving information to paramedics.

And finally, you will see quite a few TBA's in the current runs list. We need volunteers to be forthcoming otherwise the rides do not happen, or it places too much responsibility on the few volunteers who do come forward. Guidance is available in club or on Cycling UK web site. So please think about it for the future.

And on that note, happy and safe cycling. *Andy*

Seaford & Newhaven Section Notes

The 12th January was windy and cold when ten of us met at Hilliers for 11's, only Mick Hills and David Allen rode all day, Norman Wright and David Glazebrook came to 11's. Ann, David and Susan Rix, and Geoff and Jenny Boxall by car all day, Mia Walding to 11's then we were treated to soup with her and Karl at Hailsham.

Ten of us again on the 19th at Seaford when it was cold and icy, only John and Mark Holmes, and David and Susan rode, it was too risky for Norman to come down from Heathfield. Geoff and Jenny came by car and then took me with them to David and Susan's at Newhaven for soup lunch, where Pat and Roger Bacon joined us and then kindly brought me back.

On the 26th it was our Section's 43rd Anniversary. Jenny Boxall had kindly offered to have it at their home and to have a Bring and Share Lunch. This worked out very well and sixteen came and enjoyed it.

Derek Pritty and David G. came to 11's.

A cold wind on 2nd February when we met at Hillier's, with four riding to 11's, Norman W, David G. Geoff Penfold and nice to be joined by Mick Hilton from H&R. Six of us then went to Pat and Roger's at Horsebridge for soup lunch where we were joined by Geoff Boxall.

Gales on the 9th and only Norman rode to Isfield for 11's, then the rest of us 12 headed home. Then on the 16th it was Storm Dennis, and only Norman Rode to Middle Farm, where nine of us joined him then headed home as Jenny was unwell and Geoff had battened down the hatches against the wind.

A Gale again on the 23rd with only eight of us about. John Holmes, David A. and Norman W. rode to 11's at Seaford, then the first 2 of them headed for Newhaven for soup with David and Susan while Norman rode the first miles with them then headed home. Mia came all day as did Geoff by car, so Geoff kindly took me to Newhaven and Mia brought me back. *continued over/*

Cold on March 1st but eleven turned up at Raystede for 11's. Norman rode all day, Nice to see Tim Evans again and to have Phil Chadwick turn up, we wondered why we hadn't seen him – it turned out he'd had a blocked artery and had to have stent fitted. Raoul Meade had been missing too. Mia joined us as well. Just four of us joined Geoff and Jenny for soup at lunchtime. Cold wind and rain on 8th March with showers, John H., Norman W. and Mick H. rode all day. The rest of us came by car, Raoul M. only to 11's, but we three, Geoff, Jenny and Mia then went on to rejoin the cyclists for soup lunch at Mia and Karl's, where Pat and Roger walked to join us.

Our thanks to all of you who have provided hospitality at lunch times over the winter, much appreciated by all.
Ann

DEADLINE FOR NEXT RUNSLIST – WED. 13th MAY

Please note: copy must be with the editor (David Rix) by this date to be sure of inclusion

Distribution of Newsletter.

The Runs List & Newsletter is produced free of charge to anyone interested in our activities. Copies are available from Group Secretaries on Club runs or can be viewed & downloaded on the East Sussex CTC website.

*East Sussex CTC is a local group of Cycling UK, the UK's national cyclists' organisation.
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