



working for cycling

# RUNS LIST & NEWSLETTER



**ACTING PRESIDENT: MR. N. WRIGHT**

**Secretary: Mrs. M. Hamilton-Walding Tel. 01323 652377**

**e-mail: ctceastsussex@gmail.com**

## Group names & Contacts:

**H & R** = Hastings & Rother - Marian Jones (mob.) 07788 570658

**Mdwb** = Midweek - Andy Cackett Email: andycackett8@gmail.com Tel. 01892 750563

**S & N** = Seaford & Newhaven - Ann Rix, 3 Sutton Drive, Seaford. BN25 3EU. Tel. 01323 894283

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**Website: www.eastsussexctc.org.uk** Photos: **East Sussex CTC FlickrGroup & Google Photos**



## Programme for February & March 2020

E = Elevesens - from 10.00 unless stated, L = Lunch, T = Tea  
 Bring packed lunch & drink on runs unless pub lunch is stated

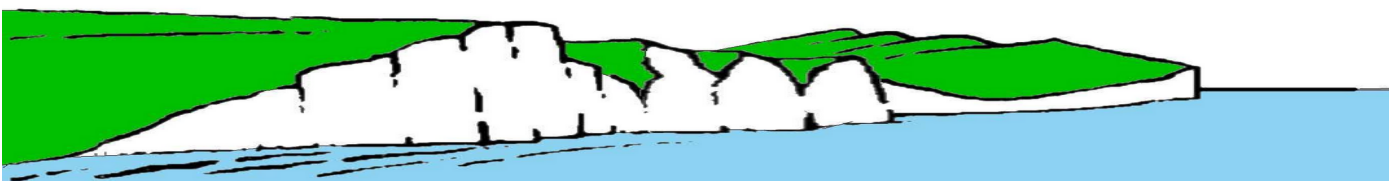


**The Midweek Section has groups to suit riders of all abilities.**

**Geoff's Saturday Rides.** Informal - dependent on weather & other commitments - if interested contact:  
**Geoff Boxall (01273 813917) on Friday evening for details of the next day's ride and meeting place.**

**IN THE EVENT OF INCLEMENT WEATHER THE DECISION ON ANY RIDE GOING AHEAD WILL BE MADE BY THE LEADER**

- |   |             |   |
|---|-------------|---|
| Feb. 2 <sup>nd</sup>  | H & R       | For details of today's ride please phone - Marian Jones (mob. 07788 570658)   |
|   | S & N       | Meet for E. from 10.00 at Hillier's Garden Centre, Stone X. L. with Pat & Roger at Hailsham.  |
| Wed. 5 <sup>th</sup>  | Mdwb        | Meet for E. at Lakeside, Horam. L. at 6 Bells, Chiddingly or picnic in churchyard.<br>Leaders: Energetics, Chris Colyer; Tourists, John Taylor; Moderate Tourists, John Stent;<br>Easyriders, Geoff or David.                                   |
| ***<br><b>Midweek Committee Meeting – 2.00 p.m. at Pub.</b> |             |   |
| Feb. 9 <sup>th</sup>  | H & R       | For details of today's ride please phone - Marian Jones (mob. 07788 570658)   |
|   | S & N       | Meet for E. from 10.00 at Cinder's, Isfield Station. L. - picnic with Derek at Plumpton.  |
| Wed. 12 <sup>th</sup>                                       | Mdwb        | Meet for E. at Hillier's Garden Centre, Stone Cross. L. at The Plough, Upper Dicker.<br>Leaders: Energetics, Mick Hilton; Tourists, Steve Harwood; Moderate Tourists, Chris Atkin;<br>Easyriders, Geoff or David.                               |
| Feb. 16 <sup>th</sup>                                       | H & R       | For details of today's ride please phone - Marian Jones (mob. 07788 570658)   |
|   | S & N       | Meet for E. from 10.00 at Middle Farm, Firle. L. - picnic with Jenny & Geoff at Ringmer.  |
| Wed. 19 <sup>th</sup>                                       | Mdwb        | Meet for E. at Raystede, The Broyle, Ringmer. L. at The Star, Waldron or picnic in churchyard<br>Leaders: Energetics, Martin Georgeson; Tourists, Adrian Hills; Moderate Tourists, Richard<br>Thatcher; Easyriders, Geoff or David.             |
| Feb. 23 <sup>rd</sup>                                       | H & R       | For details of today's ride please phone - Marian Jones (mob. 07788 570658)   |
|   | S & N       | Meet for E. from 10.00 at Ann's in Seaford. L. - picnic with David & Susan at Newhaven.   |
| Wed. 26 <sup>th</sup>                                       | Mdwb        | Meet for E. at Middle Farm, Firle. L. at The King's Head, East Hoathly or picnic in rec.<br>Leaders: Energetics, Steve Ratford; Tourists, 1. Dennis Miles, 2. Graham Symour;<br>Moderate Tourists, Keith Honeyball; Easyriders, Geoff or David. |
| <b>Thur. 27<sup>th</sup></b>                                | <b>D.A.</b> | <b>Clubnight</b> at South View Rooms, Western Road, Hailsham. 7.30 - 10 p.m. All welcome.   |
| Mar. 1 <sup>st</sup>  | H & R       | For details of today's ride please phone - Marian Jones (mob. 07788 570658)   |
|   | S & N       | Meet for E. from 10.00 at Raystede, The Broyle, Ringmer. L. - picnic with Jenny & Geoff.  |



- Wed. 4<sup>th</sup> Mdwk Meet for E. at St Wilfrid's Hospice, Eastbourne, BN22 9PZ. L. at The Yew Yree, Chalvington.  
Leaders: Energetics, Paul Burges; Tourists, Rob Foster; Moderate Tourists, Bill Larke;  
Easyriders, Geoff or David.
- Fri. 6<sup>th</sup> D.A. Committee Meeting** - 7.30 p.m. - venue to be decided.
- Mar. 8<sup>th</sup> H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)  
S & N Meet for E. from 10.00 at Hillier's Garden Centre, Stone Cross. L. - picnic with Mia & Karl at Hailsham
- Wed. 11<sup>th</sup> Mdwk Meet for E. at Happy Days, Holmes Hill. L. at The Green Man, Ringmer or picnic.  
Leaders: Energetics, Peter Hatch; Tourists, Adrian Hills; Moderate Tourists, Richard Thatcher;  
Easyriders, Geoff or David.
- Mar. 15<sup>th</sup> H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)  
S & N Meet for E. from 10.00 at Middle Farm. L. at Laughton.
- Wed. 18<sup>th</sup> Mdwk Meet for E. at Lime Cross Nursery, Herstmonceux. L. at Brewer's Arms, Vine's X or picnic Horam Rec.  
Leaders: Energetics, Steve Rhodes; Tourists, Andy Cackett; Moderate Tourists, Pri Rossetter;  
Easyriders, Geoff or David.
- Mar. 22<sup>nd</sup> H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)  
S & N Meet for E. from 10.00 at Happy Days, Holmes Hill. L. at Framfield.
- Wed. 25<sup>th</sup> Mdwk Meet for E. at Luxford's, Uckfield Civic Centre. L. at The Inn on The Park, Deanland, Ripe or picnic.  
Leaders: Energetics, Martin Georgeson; Tourists, 1. John Beaumont, 2. Dennis Miles;  
Moderate Tourists, Chris Atkin; Easyriders, Geoff or David.
- Thur. 26<sup>th</sup> D.A. Clubnight at South View Rooms, Western Road, Hailsham. 7.30 - 10 p.m. All welcome.

**Mar. 29<sup>th</sup> All Sections**

**East Sussex CTC 50km in 2½ to 3½ hours.**

Start 10:00 from Dicker Hall, Upper Dicker. Hall open just after 9:00

Entry fee £2.00 including refreshments at the finish.

Details & entry forms from the organiser: Mick Hills (or enter on the line)

14 Park Way, Southwick, Brighton BN42 4LD Tel. 01273 596613

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**Forthcoming Events** – Full details of all East Sussex CTC events on next runs list.

- 10<sup>th</sup> May East Sussex Southdowns Randonnees** – 50, 80 & 100kms. Starting from Ringmer Scout Hut.  
Organiser: Norman Wright. Entry fee - £5.00  
**Full details and Booking Form on next List or contact Norman - [nww25norman@live.co.uk](mailto:nww25norman@live.co.uk)**

**Don't forget the Midweek Spring Lunch  
on April 29<sup>th</sup> at Bodle Street Green Village Hall**

2 courses for only £10

You can find a booking form on the last  
Newsletter – downloadable from the website,  
or contact John Taylor – [jh.taylor@btinternet.com](mailto:jh.taylor@btinternet.com)

**BIKE FOR SALE**

56cm (suits 5'11" to 6'2" person) Sabbath Silk Road Titanium road bike with carbon forks, Campag Veloce group set (apart from upgrade to Shimano Ultegra 52/39/30 triple chain set), 32-11 Cassette, Deda handlebars and stem, Campag Scirocco wheels with Schwalbe Durano Plus folding tyres, Selle Italia Gel-Flow comfort saddle, Shimano SPD pedals (Look pedals available as an alternative) and fitted with CatEye Padrone computer and two bottle cages.

**Cost over £2,000 accept £850.**

Contact Chris Colyer – 01273 305640 – [chris.colyer@hotmail.co.uk](mailto:chris.colyer@hotmail.co.uk)

# East Sussex CTC News - No. 224 - February 2020

## **Secretary's Notes**

This edition of the Runs List covering February and March makes me realise that spring really is on its way. I could emphasise the delights of seeing spring shoots or primroses or waste this space highlighting the appalling gales of the winter, but the incredibly strong winds (on the coast registering 109 mph) and the serious hazards involved with the floods, makes me think of riders safety.

GDPR is an on-going issue with HQ who have promised that the complications of their systems for dealing with it are in hand and will eventually improve and access to member details for emergencies, strictly limited on a need-to-know basis, will be available to selected club officers. However, in the meantime, on a local level Neil Dickinson devised a form for riders' emergency details including optional details of possible medical complications, so that there would be a local directory with confidentiality being paramount and compatible with GDPR. But take-up has been slow. Therefore if you have not already done so, I urge you to take just a few minutes to complete the form (see end of Newsletter or the Rides page of the website) and return it to Neil or your Group Secretary.

My other thought whilst on this subject is the carrying of emergency contact details whilst cycling. Details such as a rare blood group could save paramedics valuable time, and the simplest option is to jot relevant details down on a piece of paper (and keep it somewhere waterproof, (as opposed to a soggy back pocket). Alternatively there are several companies which sell ID in all sorts of formats from wrist bands to water proof information tags the size of a credit card. Any and all of these ideas take a very small amount of time and effort to achieve and might make a very big difference in how an emergency, over which at that time you might not have any control, is handled. On that note enjoy your early spring rides and the tiny amount of extra daylight already creeping into our dark afternoons.

*Mia Hamilton Walding*

## **Committee Matters**

Geoff Boxall told the Committee he had checked out the Egrets Way at the Lewes end on the Railway Land, and found it to be recently surfaced and the section finished. Barriers have been installed appropriately and the path raised in places to aid drainage.

David Rix had been in contact with the Highways Agency concerning the possibility of up-grading the path along the A26 in the area of Comp Farm to shared use, whilst they are re-surfacing it. But he was met with a negative response giving various reasons such as the apparent in-adequate path width, which is too complicated to instigate and compulsory purchase being too expensive for the budget.

With Emma Rix no longer cooking the club Christmas Lunch, the options for a new venue were discussed. The idea of booking at a local pub was considered not to be the first option because of the cost, and using a local village hall such as Bodle Street or perhaps Chiddingly and involving a group such as the WI to cook the meal, was the favoured option. Mia Hamilton Walding offered to contact organisers at Bodle Street and Chiddingly Village Halls, and to make enquiries as to what the possibilities might be.

The next meeting will be on Friday 6<sup>th</sup> March, starting at 7:30 p.m. at The Jays, Upper Horsebridge.

## **Midweek Section Notes**

Many apologies for my failure to present my Notes for the last session as I know how much you all look forward to reading my insightful and entertaining stuff about our Midweek activities. Or so my one correspondent tells me. But seriously, also, thank you for your good wishes as I struggled to rid myself of the winter lurg which, hopefully, is now gone after a very much improved performance on Wednesday 18<sup>th</sup> December which was no doubt, boosted by intake of mince pies and coffee with John and Joyce at their home in Hailsham. Standing in their lounge looking out at the view basking in totally unexpected sunshine, I was reminded how much I had missed getting out on my bike even in the depths of winter although, technically, winter didn't start until 23<sup>rd</sup> Dec.

A big 'thank you' to John and Joyce for their hospitality which, as usual, brings out many of our older members to support their good causes. This year it was Prostate Cancer promoted by the Energetic Ron

Pattenden and I am delighted to say that the total donated was the grand sum of £268.80. So, a big 'thank you' also to those attendees who donated so generously when, as we know, there are so many competing demands at this time of the year.

Very belatedly, I picked up on the accident suffered by Tourist rider Barry Mitchell who, most unfortunately, broke his pelvis in a fall in Lewes whilst cycling home in atrocious weather. Sorry Barry, but the grape vine didn't work too well hence my surprise. But it's very good to see you up and about again and, hopefully, getting back to full fitness. Whilst Barry's unfortunate accident happened after a ride it is worthwhile reminding you all that in the event of an accident during an organised ride it is necessary to complete an 'incident report form' which I usually carry with me. This form stays on our records unless there is cause for a claim to be submitted under the Cycling UK insurance in which case the report must go to HQ. Hopefully, this will never happen.

The excessive rainfall during this period has created quite severe flooding in parts of our area and a significant increase in the amount of water both lying and flowing on the roads and lanes that we use. This, in turn, erodes the edges and road surface to such a degree that greater care must be used when cycling. Don't assume that a small puddle is shallow; it may contain a deep pothole. Added to which is the amount of wash-off from fields and general road debris. So do please ride with care and, as Mia mentioned in her notes in the last newsletter (No. 223), don't forget to report any lethal potholes that you come across via the Cycling UK website [FillThatHole](#) and include a photo if your IT skills are up to it.

Whilst last taking coffee at St Wilfrid's Hospice my attention was drawn to a charity cycle ride from Eastbourne to Paris that they are hoping to organise for the summer in conjunction with Skyline Events. The ride over five days will be fully supported with accommodation in 2 to 3\* hotels with daily distances of between 60 and 75 miles. I do not have details or the cost/amount of sponsorship required but from my conversation it was fairly hefty. Anyone interested in taking part should contact the Community Fund Raising officer at [sarah.marsh@stwilfridshospice.org](mailto:sarah.marsh@stwilfridshospice.org) or check [www.skylineevents.co.uk](http://www.skylineevents.co.uk).

And my parting pre-new year shot after further rain and floods is a reminder that it is highly desirable when riding in a group to have mudguards fitted. Not only do they help reduce crud flying in the face of your mates behind you, but they do also tend to keep the worst off you and your bike. Having spent Christmas in Yorkshire I was pleased to note that the great majority of cyclists out and about (and there were many despite the weather) were riding with mudguards fitted, generally in high viz jackets and with decent lights front and rear. Just because you can see it doesn't mean that you can be seen. A new year's resolution perhaps?

Happy and safe cycling in the New year.

*Andy*

### **Seaford & Newhaven Section Notes**

November 17th was cold but fine when eight of us met at Hilliers for 11's. We three (David, Susan & I) rode and Mick Hilton met us there then headed back while we had a ride round then also headed back as it was too cold for sitting out for our picnic so went back to have it in the warm at Seaford. Geoff and Jenny Boxall, Raoul Meade. and Mia Hamilton Walding came by car then headed home.

The 24th was better as twelve arrived at Cinders for 11's, with nine riding all day. Phil Chadwick and Steve Southgate did their usual drop in to 11's then headed out further. Geoff and Jenny, and Raoul came by car. A nice surprise was to have Steve Rhodes and Robert Wheeler join us as well on their way to a longer ride, they used to ride with the S&N regularly years ago. We were still missing Norman Wright, who was getting over his toe problem. Five of us made our way round to Jenny and Geoff's for our picnic in the warm, thank you both.

Into December, with a cold but fine day for eleven to head for Raystede for 11's, with we three, John Holmes and Derek Pritty riding and of course Phil and Steve popping in as usual. Geoff and Jenny, Mia, and

Raoul came by car. Four of us ended up at Ringmer for our picnic again, thank you both.

On the 8th it was the CTC Christmas Lunch at Chiddingly. with most of us involved with it, Emma was organising for the last time. Very well supported.

The forecast for the 15th was not good, so five of us opted to go by car to Hilliers for 11's. Norman was out on his bike after the weeks of absence. While having our drinks and nibbles we were treated to a grand display of a thunder storm with all the usual effects and hail on that glass roof. We did a bit of shopping at Hilliers before heading round to Pat and Rogers to have our picnic in the dry, thank you both. Norman had headed home instead and managed to get there before the next deluge. Mia was not so lucky as she went home to get a sandwich, came back by car, then a deluge came while she was walking down the twitten and needed drying off. Geoff B. was lucky and arrived in a dry spell.

Cold on the 22nd with only Norman, John Holmes, Derek Pritty and Geoff Penfold riding, the later on his way round the last miles for his years total. We three, Jane Penfold and Jenny and Geoff went by car, then four of us headed round to Ringmer for our Picnic, thank you both once more. This was the week of the floods everywhere so we were limited on routes around the area.

The 29th was fine for the twelve who turned up at Happy days, though unfortunately the Cycle Seahaven riders turned up before we did and took our booking, much to our annoyance as I had taken the trouble to check that they would be open and booked us in. Jackie was sorry afterwards when she realized the others had not booked! We ended up separated but joined up later. A new rider David S. from Upper Dicker joined us.

Into the New Year and we had four riders turn up at Seaford plus Jenny and Geoff, and Raoul M. by car making eight of us here. It was also Joyce's ramble on which David and Susan, and Mick Hills were joined by Emma and Zachery. I'm told it was a very good route, though muddy in a couple of places. (There were 16 walkers all told).

*Ann*

**Members Personal Record Sheet over page**

We have received details of the following event that Brighton Housing Trust are running on the **7th June 2020**.

**Bike It Brighton** at Preston Park Velodrome

Cycle 60 (60 miles): £35 - Cycle 30 (30 miles): £25 - Cycle Velodrome: £10

Take part in an exciting cycling event this June and play your part in combating homelessness across East Sussex. Choose from a 60 mile or 30 mile cycling challenge across the South Downs, or a family-friendly cycle on Preston Park Velodrome. It's a fantastic day out for the whole family, with food, entertainment and more. Join us and raise money to help someone who is homeless get the support they need to find a home.

To sign up go to: <https://www.bht.org.uk/get-involved/bike-it-2020/>

Or email [fundraising@bht.org.uk](mailto:fundraising@bht.org.uk) / Call 01273 645464

**Please note that this is not a Cycling UK/CTC event.**

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**DEADLINE FOR NEXT RUNSLIST – WED. 11<sup>th</sup> MARCH**

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.*

*Cycling UK is a trading name of the Cyclists' Touring Club*

*Cyclists' Touring Club (CTC) a Company Limited by Guarantee - registered in England No. 25185,*

*Registered as a charity in England and Wales - Charity No 1147607 & in Scotland No. SC042541.*

*Registered office: Parklands, Railton Road, Guildford, Surrey, GU2 9JX*

A DIGITAL VERSION OF THIS FORM IS AVAILABLE ON THE RUNS LIST PAGE OF THE WEBSITE, WHICH YOU CAN FILL IN AND THEN EMAIL TO THE MEMBERSHIP SECRETARY

EAST SUSSEX DA CTC & MIDWEEK SECTION  
**MEMBER'S PERSONAL RECORD SHEET**

CTC MEMBERSHIP NUMBER .....

FIRST NAME(S) .....

FAMILY NAME .....

USUAL ADDRESS .....

..... POST CODE.....

EMAIL ADDRESS.....

HOME PHONE No. ....

MOBILE No.....

EMERGENCY CONTACT (NAME & PHONE No.).....

.....RELATIONSHIP (OPTIONAL).....

GROUP THAT YOU USUALLY RIDE WITH.....

ARE YOU PREPARED / ABLE TO LEAD RIDES? YES / NO (Please circle as appropriate)

MEDICAL CONDITIONS: ALLERGIES / REPLACEMENT PARTS / IMPLANTS

ETC.....

This information will be stored and used only in connection with the production of a definitive list of members (which may include a member's directory), CTC activities & contact with members for the smooth running of the club and for use in the event of emergencies. By signing below you give your permission for this information to be used as stated.

SIGNED..... DATE.....

PRINT NAME.....

- NOTES: 1. All communications will be by email unless otherwise requested (please advise).  
2. Please inform the secretaries (contacts as Newsletter) of any changes to recorded information or request to be removed from records.  
3. Return forms to Membership Secretary, Neil Dickinson ([neildickinson@gmail.com](mailto:neildickinson@gmail.com)) or Secretaries as Newsletter.