



# RUNS LIST & NEWSLETTER



PRESIDENT: MRS. P. GRAHAM

Secretary: David Rix, 27 Fullwood Avenue, Newhaven, BN9 9SP  
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Photos: [www.flickr.com/eastsussexctc](http://www.flickr.com/eastsussexctc) & on google+

## Sections names & Contacts:

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

**Mdwk** = Midweek - Esther Carpenter, 10 Maplehurst Rd., Baldslow, St. Leonards, TN37 7NA (01424) 751581

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

**Starting Points.** Midweek and S & N - Elevenses place unless stated.

## Programme for June & July 2017



E = Elevenses - 10.00 unless stated, L = Lunch, T = Tea  
 Bring packed lunch & drink 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**

June 4th H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)  
 S & N Meet for E. from 10.00 at Ocean View, Pevensey Bay. L. at Hooe.

**Mon. 5<sup>th</sup> – Fri 9<sup>th</sup> June – Camping trip to Roundhill Camp Site, Brockenhurst, New Forest.**

Anyone is welcome to join us for all or part of the week. Please book direct with site, though it would be nice if you let David know if you are coming.

Wed. 7th Mdwk E. at Hillier's Garden Centre, Stone Cross. L. at 6 Bells Chiddingly or picnic in churchyard.  
 Leaders: Energetics, Joe Fallen; Tourists, Andy Cackett; Ramblers, Volunteers needed;  
 Medium Pace, Liaise with Raoul; Easyriders, Geoff.

\*\*\*  
**Midweek Committee Meeting – 2.00 p.m. at Pub.**

June 11th H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)  
 S & N Meet for E. from 10.00 at Ditchling Garden Centre. L. at Bolney

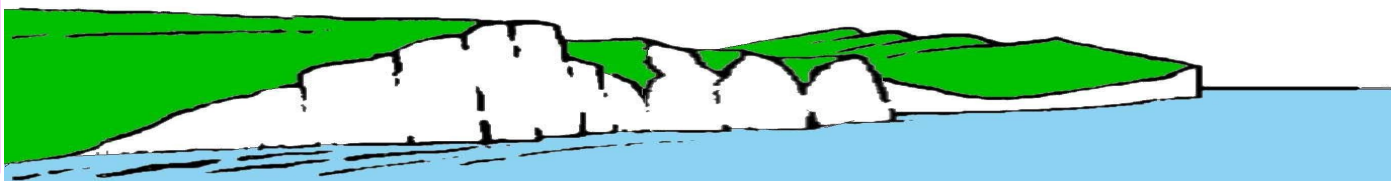
**Wed. 14th Mdwk E. with Jenny & Geoff Boxall, The Bays, Broyle Lane, Ringmer. L. - Yew Tree, Chalvington**  
 \*\*\*  
 Leaders: Tourists, John Beaumont; Ramblers, Volunteers needed; Medium Pace, Liaise with Raoul; Easyriders, Geoff.

**Energetics Awayday.** E. at Tanhouse Farmhouse Cafe, RH5 5BX (map ref. TQ189408 – about 1 mile S. of Newdigate). Meet 10 a.m. Any queries to John Armstrong 07768963500  
 L. at The Blue Ship, The Haven, Rudgwick.

June 18th H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)  
 S & N Meet for E. from 10.00 at Alfriston Church Flower Festival. L. at Cuckmere Haven.

Wed. 21st Mdwk E. at Lime Cross Nursery, Windmill Hill. L. at White Horse, Bodle Street or picnic by hall.  
 Leaders: Energetics, Mick Hilton; Tourists, Laurie Bishop; Ramblers, Volunteers needed;  
 Medium Pace, Liaise with Raoul; Easyriders, Geoff.

June 25th H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)  
 S & N Meet for E. from 10.00 at The Coach House Tea Rooms, Sheffield Park. L. at Barcombe.



Wed. 28th Mdwk E. at Happy Days, Holmes Hill. L. at The Star, Waldron or picnic in churchyard.  
Leaders: Energetics, Peter Hatch; Tourists, Neil Dickinson; Ramblers, Volunteers needed; Medium Pace, Liaise with Raoul; Easyriders, Geoff.

**Thur. 29th D.A. Clubnight** at South View Rooms, Western Road, Hailsham. 7.30 - 10 p.m. All welcome.

**July 2nd President's Ride.** Meet for E. from 10.00 at Middle Farm. L. at Chiddingly. T. at Arlington Tea Gardens.  
\*\*\* As Pat is still not fully fit, the ride will be led by Vice-President, Norman Wright.

Wed. 5th Mdwk E. at Wessons Cafe, Horam. L. at The Green Man, Ringmer or picnic on the Green.  
Leaders: Tourists, Steve Harwood; Ramblers, Volunteers needed; Medium Pace, Liaise with Raoul; Easyriders, Geoff.  
**Energetics Awayday.** E. at Garden Pride Garden Centre, Ditchling, BN6 3TN. Meet 10am for 10:30 start. L. - TBA. Leader; Steve Ratford.

**Fri. 7th D.A. Committee Meeting** - 7.30 p.m. at The Jays, Upper Horsebridge, Hailsham.

July 9th H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)  
S & N Meet for E. from 10.00 at Southdowns Youth Hostel, Itford. L. in Southover Grange Gardens, Lewes.

**Wed. 12th Mdwk E. with Shirley Novis**, 14 Birchway, Heathfield, TN21 4BB. L. at King's Head, East Hoathly or picnic.  
Leaders: Energetics, Bob Shemilt; Tourists, Graham Seymour; Ramblers, Volunteers needed; Medium Pace, Liaise with Raoul; Easyriders, Geoff.

July 16th 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 Alfriston.

Wed. 19th Mdwk E. at Raystede Animal Rescue, The Broyle, Ringmer. L. at The Green Man, Horsted Keynes (Meet with the S.W. London Wayfarers). Leaders: Energetics, Steve Harwood; Tourists, Richard Wilkes; Ramblers, Volunteers needed; Medium Pace, Liaise with Raoul; Medium Pace, ; Easyriders, Geoff.

July 23rd H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)  
S & N Meet for E. from 10.00 at Ditchling Garden Centre. L. at Henfield.

Wed. 26th Mdwk E. at Middle Farm, Firlie. L. at The Royal Oak, Barcombe or picnic in rec.  
Leaders: Energetics, Steve Rhodes; Tourists, Ray Wells; Ramblers, Volunteers needed; Medium Pace, Liaise with Raoul; Easyriders, Geoff.

**Thur. 27th D.A. Clubnight** at South View Rooms, Western Road, Hailsham. 7.30 - 10 p.m. All welcome.

Fri. 28<sup>th</sup> – Sat. 5<sup>th</sup> Aug. CTC New Forest Cycle Week at Avon Tyrell. Further details online at - <http://newforestrallycc.org.uk/>

July 30th 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 Blackboys.

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

Mon. 14<sup>th</sup> – Fri. 18<sup>th</sup> Aug. - Camping trip to Norwood Farm, Newchurch, Romney Marsh. Contact David for details.

Aug. Bank Holiday Weekend. Mildenhall Cycling Festival, Mildenhall, Suffolk. Details - <http://www.mildenhallfestival.bike/>

Mon. 11<sup>th</sup> – Fri. 15<sup>th</sup> Sept. - Camping trip to Washington, West Sussex. Contact David for details.



*Midweek Easyriders in Robin Post Lane.*

## East Sussex CTC News - No. 208 June 2017

### **Secretary's Notes**

Well, it started to get warmer, giving us some of the warmest March and April weather for several years, and then at the end of April, start of May its turned colder again. Having changed to shorts after the clocks went forward, many are now back in long trousers – let's hope it warms up again soon for the Summer!

The turn out for the 50km in March was a bit lower than expected, with only 36 riders taking part. Those who did come enjoyed their ride in fairly good weather, and we still made a reasonable profit.

We had very good weather for the Southdowns which, due to only recently having had an operation, I was unable to ride. The largest number were on the 100km, with only a handful on each of the 50 and 80 km rides. 49 riders were on the start sheets but, with 4 non-starters and 1 rider who went straight home, only 44 completed the full distance, and those who did said that they had enjoyed their day and liked the revised routes.

Many thanks to all those who took the effort to come along and support our events, and also to the organisers and their helpers for making these events possible – and also enjoyable.

Coming up we have a DA camping trip to Roundhill in June, which will allow us to enjoy all the tracks and byways of the New Forest. This is open to all members, and you're welcome to join us for all or part of the week. Camp site details and prices can be found online at - <https://www.campingintheforest.co.uk> – Please make you own bookings – though at this time you probably need not book in advance. There will also be camping trips in Aug. and Sept. - see forthcoming events for details of when and where.

Wherever you're cycling I hope that the sun shines and the wind is at your back - enjoy your cycling, and I hope to see you "up the road".

*David*

### **Committee Matters**

Items from the meeting on May 5<sup>th</sup>, 2017.

South Downs Park Routes. Mr. Rix said that, as promised, he had sent some outline details of rides around the Lewes area to the lady from the National Park.

Cycling UK publicity pages. Julie Rand from HQ had written to say that HQ have decided to offer all Informal Groups their own publicity pages on the Cycling UK website. The Committee agreed that our groups were not really interested in taking this up. It was felt that the East Sussex pages on the site and our own websites were sufficient. David Rix added that the Midweek, as a formal group, already had the right to do this, but had not taken it up.

Egrets Way AGM. David Rix has received notification of the Egrets Way Project AGM, which will be on Friday 9<sup>th</sup> June, at the UTC Harbourside in Newhaven. He said that he and his wife, Susan, hoped to attend.

Donation of photos. David Rix has been contacted by former East Sussex member David Copping, who has a large number of photos showing DA activities, and asking if we would like them. David Rix had replied saying that we would, and that he would make arrangements for them to be collected.

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

### **Midweek Section Notes**

Although the purpose of this report is to spread the news of our activities during the past few weeks, I will start off by telling you of a proposed visit to Bridge Cottage in Uckfield. Chris Colyer and Mick Harker were involved in the restoration of this historic building and are hoping to organise a visit on August 2nd for any Mid Weekers who are interested. There is a possibility that we will be able to have elevenses there with the probability that there will be homemade cakes on the menu. There is a link to the website on our Mid Week site – which will also carry further details when available.

At our April committee meeting we decided that the Tourist/Rambler Group should receive our attention as it was becoming almost impossible to get leaders for the former and little support for the second, resulting in an unwieldy number of riders setting off together. We gave the matter a lot of thought and a few days later decided to ask Raoul if the Moderates would be willing to increase their mileage slightly and take on some of the Tourists, thus giving us two balanced groups. The Moderates are a jolly crowd with kind and merry hearts and will welcome new faces. By the time you read this we will have an idea if the new system is working.

There was a hint that Spring had appeared when John Beaumont led the first Away Day of the year to W. Sussex. Leaving Ditchling Garden Centre in fine weather they enjoyed a thirty-six mile ride round the foot of the Downs, stopping for lunch in the Bull at Steyning and finishing their day with tea at Fulking. Meanwhile a very select group basked in the sunshine as they enjoyed their picnics in Waldron churchyard, whilst the Energetics rested in the Star after a gruelling thrash from Happy Days.

On May 3rd Chris Colyer reprised his 2016 Surrey Hills ride for the Energetics, slightly revising the morning's route and after lunch taking in everybody's favourite Box Hill and the rest of the 2012 Olympic circuit. By then the weather had reverted to a wintry chill, which lasted over to the Southdowns Randonnee on May 7th. This event was well attended by MWers, including several Energetics who had managed to recover from their trip to Box Hill. Norman Wright organised this event yet again, but I'm not sure if Roger turned up for his ride in the team car as he and Pat seem to be on holiday – again.

The holiday season has started in earnest when a small team of Tourists took off for a training session in Italy and a few weeks later six people joined Rob Foster for his Tour d'Ireland. Staying in Hostels they enjoyed lovely weather for most of the time, possibly for all the time, but Rob only sent one brief report whilst they were away.

We held our Festive Lunch in March, this time back to the refurbished Bodle Street hall. We managed in the end to seat forty people but as support for this event has become so poor we have decided not to hold the Anniversary Lunch. However, those of us who were there spent a very enjoyable day together.

Pat Graham and Ron Street are both making progress towards a full recovery from their accidents and Pat and Ann had a wonderful time in Malta. We hope to see all three of them joining us soon.

### ***Baggy Shorts***

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

It was fine on the 12<sup>th</sup> March for the ten who rode to Sheffield Park for 11's. Raoul Mead and John Gallsworthy then left us, and we headed southwards through the lanes to end up at Ringmer, where we were able to sit in the sunshine at Geoff and Jenny Boxall's to eat our lunch, for which many thanks. Then it was the 50K on the

19<sup>th</sup>, which fortunately was fine, but with a cold northerly wind. Six of S & N rode while five of us helped Mick Hills (who had organised) at the hall.

We were down on numbers on 26<sup>th</sup> as only David and I, David Allen, Geoff and Jenny, Priscilla Rossetter and Les Springett arrived at Hilliers for 11's. We had a wander around the lanes down to the seafront where the SE wind nearly blew us off on the corner. At least it was behind us along to the Wish Tower where we found a seat fairly sheltered for our lunch. Les had left us on the way to do some shopping, as he had offered us tea at Polegate on our way back and wanted to be prepared. As it turned out it was lovely and warm in his garden, so we sat there and were plied with tea and cake, many thanks Les.

April 2<sup>nd</sup> and we were at Happy Days on a lovely day that brought twelve out. John Holmes and Les Springett left us after 11's as we Headed westwards to Isfield for our picnic by the pavilion in the sunshine.

The 9<sup>th</sup> had eleven out, it was nice to have John Maxim join us again. John H. and Geoff and Jenny left us after 11's at Ditchling, where to our surprise Joan, TJ and Nye Alexander turned up by car. As they were having a late breakfast, they said they would join us at Haywards Heath later. Eight of us then followed David up and along to join the Greenway round to Goddard's Green, which that day was a joy to ride as it was dry. John M. left us here to head back to Angmering, while we continued up to Cuckfield, I'd forgotten how high that was, then along to Beech Hurst Park for our picnic. The three Alexanders found us there and, as we left, Nye was hoping for a ride on the railway. We then were led on an interesting route that took us to the new village of Bolnore - out of the of Park by the bottom gate turn right then left on a track, right up a steep bit and there it is on the left filling the hillside. Down we went through Upper Village, along then down through Middle Village, along and down to Lower Village and the road between them all is Updown Road. It lies off the SW corner of Haywards Heath if you haven't come across it before. David and I with others did years ago, in it's early stages, when we came across a new road that cut across our usual way out.

April 16<sup>th</sup> there were ten at 11's then, as often happens, there were just five to make it to Horam, but then Phil C. headed straight back. The wind was cold so we four went down to the Cuckoo Trail to use the seats at the crossing to have our picnic. Then to our surprise John Maxim appeared, he had had a few days in Bexhill, so that day he had ridden across to Heathfield and was then on his way back.

April 23<sup>rd</sup> was fine but windy again for the seven who met at Hilliers. A bit of to-ing and fro-ing, and also a dice with death at the roundabout to the east of Polegate (we all agreed we shall not do that again), as we followed David to eventually reach Pevensey and the Recreation ground. Then we had a surprise as who should turn up but Malcolm Stapley, who continued with us after lunch to the Loom Mill for tea.

The 30<sup>th</sup> was the first day for a while for our group to be without their leader. David had to have an operation on 24<sup>th</sup> April so for at least three weeks he is not advised to cycle, nor to lift anything heavy, so we three are grounded for the time being. It was fortunate we were at Sheffield Park this day; Susan drove so we were able to meet the five who rode, then we left them to make their way to lunch while we slowly pottered round the Park. Fortunately there are a lot of seats here and there which we made use of. The azaleas were lovely. Then we joined the riders at Barcombe Mills for lunch.

Then it was the Southdowns and the only two of ours to ride were Phil Chadwick and David Allen, while eight of us were helping Norman at the Hall.

*Ann*

## FOR SALE



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## DEADLINE FOR NEXT RUNSLIST – FRIDAY 7<sup>th</sup> JULY PLEASE NOTE EARLY DATE – DUE TO HOLIDAYS

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

### Subscriptions.

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 on the East Sussex CTC website. If, however, you would prefer to have a copy mailed to you please send your name, address and a cheque for £3.50 (payable to "Cyclists' Touring Club - East Sussex") to the Secretary - see front - this will cover you for postage of about 1 year's issues. The cost is £4.50 if you want "The Coaster" as well. "The Coaster" magazine usually comes out once a year, at Xmas - and is £1.00 an issue from Secretaries.