



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

Mdwk = 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

Editor & Webmaster: David Rix Email: daverix@gmail.com

Website: www.eastsussexctc.org.uk

Photos: see Photo Gallery page on the website



Programme for June & July 2019

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

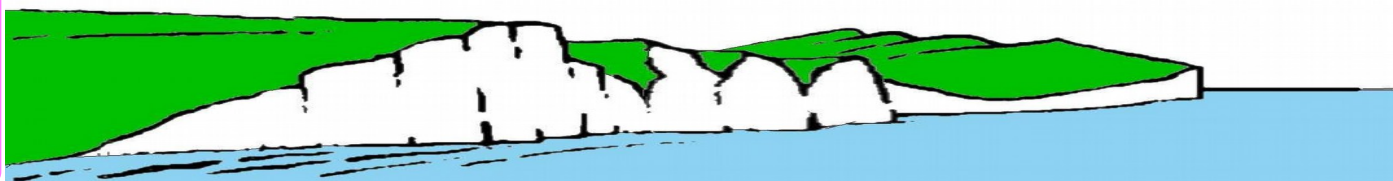


The Midweek Section has groups to suit riders of all abilities.

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

- June 2nd 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. at Ridgewood Millenium Green.
- Wed. 5th Mdwk Meet for E. at Lakeside, Horam. L. at The 6 Bells, Chiddingly or picnic in Churchyard.
Leaders: Energetics, Chris Colyer; Tourists, 1. John Taylor, 2. Dennis Miles; Moderate Tourists, Keith Honeyball, 2. Richard Thatcher; Easyriders, Geoff or David.
- ***
Midweek Committee Meeting – 2.00 p.m. at Pub.
- June 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 Cinder's, Lavender Line, Isfield. L. at Newick.
- Wed. 12th Mdwk E. with Geoff & Jenny Boxall**, The Bays, Broyle Lane, Ringmer (proceeds to Eastbourne Hospital, especially equipment for the newly enlarged Urology Investigation Suite)
East Sussex CTC Jerseys will be for sale from existing stock at half price.
L. at The Green Man Ringmer. Leaders: Tourists, 1. Andy Cackett, 2. Neil Dickinson; Moderate Tourists, 1. Richard Thatcher, 2. TBA; Easyriders, Geoff or David.
East Sussex CTC member John Regan & his wife Sheila are also holding an Open Garden at 20 Saffrons Park, Eastbourne – proceeds as above.
- OR Energetics Awayday.** Meet 10.15/10.30 at Ditchling (Notcutts) Garden Centre.
Lunch TBA. Leader, Steve Ratford.
- June 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 Ditchling Garden Centre. L. at Henfield
- Wed. 19th Mdwk Meet for E. at Lime Cross Nursery, Herstmonceux. L. - Brewer's Arms, Vines Cross or picnic
Leaders: Energetics, Joe Fallen; Tourists, Sue Burton; Moderate Tourists, 1. Bill Larke, 2. Cathy Larke; Easyriders, Geoff or David.
- ***
Tourist Awayday. Details to be announced.



June 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 Arlington Tea Garden. L. at Chiddingly

Mon 24th – Fri. 28th Camping trip to Roundhill, Brockenhurst, New Forest. Details from Dave Rix.

Wed. 26th Mdwk Meet for E. at St Wilfrid's Hospice, Broadwater Way, Eastbourne, BN22 9PZ.
L. at The Plough, Upper Dicker or picnic. Leaders: Energetics, Paul Burges;
Tourists, 1. Adrian Hills, 2. TBA; Moderate Tourists, 1. Bill Larke, 2. Philip Ryecroft;
Easyriders, Geoff.

Thur. 27th There is no D.A. Clubnight this month due to holidays.

June 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 Hillier's Garden Centre, Stone Cross. L. at Pevensey Bay

Wed. 3rd Mdwk Meet for E. at Raystede, The Broyle, Ringmer. L. at The King's Head, East Hoathly or picnic in rec.
Leaders: Tourists, 1. John Taylor, 2. Richard Wilkes; Moderate Tourists, 1. Chris Atkins, 2. Richard
Thatcher; Easyriders, Geoff or David.
OR Energetics Awayday. Meet 10.15 to 10.30 at Wyevale Garden Centre, Wych Cross.
Lunch TBA somewhere in Kent. Leader, Peter Hatch.

Fri. 5th D.A. Committee Meeting - 7.30 p.m. - at 89 Manor Park Road, Hailsham

July 7th 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 Southover Grange, Lewes.

Wed. 10th Mdwk Meet for E. at Luxford's, Uckfield Civic Centre. L. at The Green Man, Horsted Keynes – Annual
meet up with the South West Londoners.
Leaders: Energetics, Graham Seymour; Tourists, 1. Andy Cackett, 2. Bob O'brien;
Moderate Tourists, ; 1 & 2 TBA; Easyriders, Geoff or David.

July 14th 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, Lavender Line, Isfield. L. at Barcombe Rec.

Mon. 15th – Fri. 19th July. Camping trip to Hatcher's Farm, Preston, Kent. Details from Dave Rix.

Wed. 17th Mdwk Meet for E. at Hilliers Garden Centre, Stone Cross. L. at The Red Lion Hooe or picnic.
Leaders: Energetics, Mick Hilton; Tourists, 1. Laurie Bishop; Moderate Tourists, 1. Pru Rossitter, 2. TBA;
Easyriders, Geoff.
OR Tourists/Moderates Awayday – starting at Penshurst Place Kent, TN11 8DG. Cafe (open from 9.00)
and plenty of free parking. The ride to start at 10.30. A trip around the lower Weald including Leigh,
Bough Beech, Hever & Chiddingstone. About 30 miles to lunch and a short ride after back to the start.
Numbers limited to 12 riders - either phone or email me - 01892 543499 murielandrichard@yahoo.co.uk

July 21st East Sussex CTC President's Ride. Meet for E. at Chilly Farm, Rickney Lane, Pevensey. L. at Bexhill.

Wed. 24th Mdwk Meet for E. at Middle Farm, Firle. L. at The Yew Tree, Chalvington or picnic.
Leaders: Energetics, Rob Foster; Tourists, 1. John Beaumont, 2. Neil Dickinson;
Moderate Tourists, 1. Richard Thatcher, 2. TBA; Easyriders, Geoff or David.

Thur. 25th D.A. Clubnight at South View Rooms, Western Road, Hailsham. 7.30 - 10 p.m. All welcome.

July 28th 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 Horam.

Wed. 31st Mdwk Meet for E. at Jasmine's, Wyevale, Lower Dicker. L. at The Star, Waldron or picnic in churchyard.
Leaders: Energetics, Martin Georgeson; Tourists, 1. Richard Wilkes, 2. John Beaumont;
Moderate Tourists, 1. Chris Atkin, 2. Keith Honeyball; Easyriders, Geoff or David.

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

1st week of September. Proposed camping trip to Malcolm Stapley's new home in Herefordshire. Please let David Rix know if you would like to come, so that we can give Malcolm plenty of warning on numbers. There is a small amount of indoor accommodation for those who don't do camping, check with David for details.

East Sussex CTC News - No. 220 - June 2019

R.I.P. Pat Graham 1934 -2019 East Sussex CTC President 2017-2019

It is with great sadness that we report the untimely death, at the age of 85, of our current President, Pat Graham. Pat was recovering well after suffering a heart attack earlier in the year, but was re-admitted to hospital with an infection and died shortly after on 27th March.

Pat was a lifelong cyclist, and long time member of the CTC. She was a great supporter of the East Sussex CTC and a regular rider and leader with both the Midweek and Hastings & Rother Groups. She toured and cycle camped both at home and abroad, and also went on walking holidays with several of her cycling friends, and was always thinking about and planning her next trip.

Our thoughts and wishes go out to Maurice Colburn and Pat's family at this sad time. She will be sadly missed by all who knew her.

East Sussex CTC will be making a donation to the RNLI in memory of Pat.



Secretary's Notes

Recently I have seen several very peculiar looking lorries on our local roads, including the Hailsham Refuse Collection lorries, with odd looking and exceptionally low cabs and enormous windscreens curving right round the front corners of the cab.

Here is the explanation –

For the last 5 years Cycling UK, our governing organisation, has campaigned for safer lorries on our roads. The battleground has been London, where between 2015 and 2017 and making up only 4% of traffic, lorries have been responsible for 63% of cyclists fatalities. This month a milestone in lorry safety has been reached as Transport London announced proposals for Direct Vision Lorries, and in October when these proposals come into effect, lorries will be categorised by the level of drivers direct vision from the cab.

From next year lorries will need to achieve a minimum standard of safety to protect cyclists and pedestrians. Research has shown that drivers react more quickly when they can see cyclists directly - not through additional mirrors, cameras and sensors. London is set to become the first city in the world to introduce safety permits for lorries.

Cycling UK Cycle Clips April 2019 Duncan Dollimore – Head of Campaigns

Will Norman – London Walking & Cycling Commissioner

I would like to add that I hope “the trickle-down effect” also mentioned in this article will be quick to happen in the rest of the UK, and I'm very pleased to see the beginning of this result in and around Hailsham. This development in lorry design together with the Safe Pass campaign might just make a difference to the experience of cycling on our roads.

Committee Matters:

The date for Jenny Boxall's Coffee Morning is June 12th, and as it is the same date as John Regan's Open Garden event, people will be able to conveniently go from the Boxall's Coffee Morning to the Garden event. The charity will be Eastbourne Hospital.

David Rix, Webmaster and Editor, has organised a Group Page on Flickr (see below) for the input of cycling related photographs by members in order to safeguard against free access by non-members.

Roger Bacon proposed we hold a minute's silence at the AGM in the autumn, in memory of our President Pat Graham who sadly passed away recently and, in the history of the club, is the only person ever to have died in office, and this was unanimously agreed. David Rix proposed, and Mia Hamilton Walding seconded, a motion to make a Club donation of £50 to the RLNI in memory of Pat Graham and her love of sailing.

The next meeting will be on Fri. 5th July, starting at 7:30p.m. at 89 Manor Park Road, Hailsham.

East Sussex Photo Uploads

With the removal of Flickr's “upload by email” I have now set up a Flickr Group, called East Sussex CTC Group Photos. Anyone can view it, but only members may upload photos. New photos will now only be added to the Group page, NOT the original East Sussex CTC Flickr page. The address is www.flickr.com/groups/eastsussexctc OR you can click the link on the Photo Gallery page on the East Sussex CTC website. As before older photos will be moved to Google Photos every few months to keep us below Flickr's 1000 image limit.

If you would like to join the group just click the blue Join button on the page and send me a message asking to join the group. Please note that you need to have a Flickr account to be able to join a Flickr group. Members of the

group can upload photos using the Flickr website or app. They can also add descriptions and comments and, if necessary, can delete their own photos, but not those added by other members.

As before I reserve the right to remove any images deemed to be inappropriate – so please play nicely.

Any problems email me at the address on the front.

David Rix, Editor & Webmaster

Midweek Section Notes

What a year this has been already! Summer temperatures in February, pouring rain and high winds in March and April and whilst our numbers fluctuate, not unreasonably, due to riding conditions, we continue to see new faces to our groups. Welcome.

The annual test of how our fitness has declined, that is the 50 Km in 2.5 to 3.5 hours, was held on 17th March, thanks as always to Mick Hills and his supporters in the kitchen. Decent weather this year meant a reasonable turnout and all riders left Dicker Hall sharp on 10 o'clock. By far the greatest number of riders (that is all but two, one of whom was your correspondent) turned right and enjoyed a new route. Myself and one other (thanks for your company Richard!) decided that we knew best and rode the old route. Let this be a lesson – never presume that the route (of any ride) remains the same, and a very good reason not to overtake the leader...

The 20th March saw our revised format Spring Celebration Lunch (in lieu of a Festive Lunch), with an amazing turnout of some 60 members both old and more recent, with the good ladies of Bodle Street WI doing us proud yet again with a lovely two course lunch with particularly amazing puds. Thank you to the Ladies of WI and to John Taylor and Richard Thatcher for pulling the whole thing together – and thank you to the members for making it such a success after dwindling numbers on previous occasions.

Having occasionally frequented the White Horse at Bodle Street for our Wednesday lunches, I am disappointed to report that they will not be doing the usual bar snacks/pub lunches and are concentrating on Thai food so we will, reluctantly, not be going there which leaves a bit of a gap in our venues. Any ideas welcomed.

The cycling holiday season has already started with some of the Energetics having been to sunny Tuscany and I am off to the Marche region of Italy (the other side of the mountains to Tuscany) shortly. These trips are not CTC official rides but are privately organised by word of mouth. They vary in type and difficulty of riding, but are usually a very good experience for enjoying different cultures whilst riding in different countries. Those who have been on CTC official tours say that they are very well organised as are many of the other private holiday companies advertised in Cycle and other magazines. Respond to your inner sense of adventure and give one a try.

Returning, almost inevitably, to the weather, what an Easter it was! Fabulously warm and sunny, so I hope that you all got out and about and thought about summer cycling again. I enjoyed the big hills of Yorkshire with part of my family and had a particularly pleasant lunch in a south-facing pub garden overlooking Warfedale. As your secretary, I always have you in mind, and the actions of some in that garden reminded me to remind you all that eating one's own food in a pub or café garden is an absolute no, no. We are guests of the venue and must not abuse their hospitality. It is difficult and expensive enough running a pub in these uncertain times such that those who enjoy the facilities offered should not take liberties. Most of the venues we use are close to churchyard or recreation grounds for those who prefer to picnic and by all means pop in for a drink and enjoy the banter but don't... I've said enough!

In common with the main DA group of East Sussex CTC, we do not receive contact details from HQ for new members or updates on existing members and I am well aware that my own email list is out of date. In an attempt to remedy this, we are asking all members to complete a new Personal Record Form included in this newsletter so we hopefully know who you are, how best to contact you and who to contact in the event of an incident. Please help us by returning the form a.s.a.p.

Happy and safe cycling, Andy

Seaford & Newhaven Section Notes

A strong wind on the 10th March with only Mick Hills out on his bike while seven of us turned up by car at Hailsham Leisure Centre for 11's. Five of us, after some shopping close by, then headed round to Karl and Mia's for our picnic lunch, thank you both for your hospitality.

Then it was the 50K, with five riding while six of us helped Mick Hills who had organised it. Fortunately it was a better day than last year.

The 24th was a lovely day with only six of us out, but the four of us who rode to Hilliers to meet up with Jenny & Geoff Boxall enjoyed it. We then rode on to the Wish Tower at Eastbourne, where Jenny & Geoff came too, for our picnic. Very pleasant there and fairly quiet, a good day.

The 31st was a quiet day on the home front with only Mick Hills, Norman Wright, David Allen and John Holmes to enjoy a ride around as seven of us were away in Suffolk for a week. We only had one wet day when we all went to

lckworth and used our NT cards to enjoy a good day in the dry. The other days we managed to get around the area but still had that cold wind which we had hoped to leave at home.

13 on the 7th April and still cold but David, Susan & I were out and Tim Evans from Newick joined us as we were taking him home, with our picnic being at Newick. Six others rode to 11's and Geoff and Jenny joined us too.

Still cold on the 14th with seven riding to Ditchling for 11's and joined by Raoul Meade, Geoff and Jenny. Four of rode on, we three and Derek Pritty who came with us all day. We had a lovely exploring ride following David along a winding lane to Albourne Churchyard where we found a seat for our picnic. Back to Hassocks for Tea at the Proper Coffee & Cycle Shop on our way.

Then it was Easter Sunday and a lovely day, especially so as we had John Holmes with us all day. Norman, John Gallsworthy and John Taylor had joined us at 11's at Raystede. It was a good day for the tracks, as David led us through Vert Wood then headed north to do the track through to Possingworth before ending up at Blackboys for our Picnic on the far side of the playing field.

The 28th had a splitting of the ways, as six of us - we three, Mick Hills, David Allen, and Norman Wright - met at Pevensey Bay for 11's and then rode across the levels to Hooe for our picnic in the churchyard, though we were let down about tea at Chillies Farm as they were now shut at 1pm on Sundays. The rest of who thought it too far East, seven of them, met at Cinders for 11's, Derek, Raoul, John H, John G. Geoff and Jenny and Mia.

The 5th May still had a cold wind and, as I had had a heart turn in the week, we three went by car to meet the others at Happy days. As it happened only three rode out, Norman W. Derek P. and Joyce Wickens, with Geoff and Jenny by car.

Then on the 12th it was the Southdowns Randonnees, so most of us were involved one way or another with that. Norman organising the event, David R., John H., and Raoul M. riding and eight of us busy at the hall all day.

Ann

FREE – FREE – FREE

Saunders one man tent – ready to go.
Optimus Petrol Cooker.
If interested please contact:
John Gallsworthy on 01825 790464

DEADLINE FOR NEXT RUNSLIST – FRIDAY. JULY 12th

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
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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 (neilsdickinson@gmail.com) or Secretaries as Newsletter.