



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: **East Sussex CTC FlickrGroup & Google Photos**

Programme for August & September 2019

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

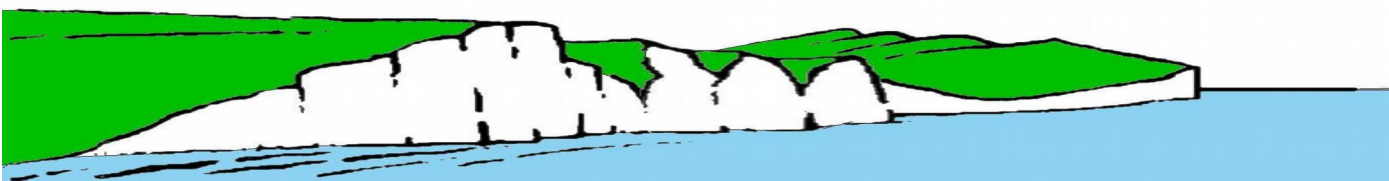
The Midweek Section has groups to suit riders of all abilities.



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

- Aug. 4th H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)
S & N John's Ride to Newhaven. Meet for E. from 10.00 with Ann at 3 Sutton Drive, Seaford.
- Wed. 7th Mdwk Meet for E. at Lakeside, Horam. L. at The Six Bells, Chiddingly or picnic in churchyard.
Leaders: Energetics, Rob Foster; Tourists, 1. Graham Seymour, 2. TBA;
Moderate Tourists, 1. Bill Larke, 2. Cathy Larke; Easyriders, Geoff.
- *** **Midweek Committee Meeting – 2.00 p.m. at Pub.**
- Aug. 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 Hillier's Stone Cross. L. at Hooe.
- Wed. 14th Mdwk Meet for E. at Lime Cross Nursery, Herstmonceux. L. at The Plough, Upper Dicker or picnic.
Leaders: Tourists, 1. John Taylor, 2. Andy Cackett; Moderate Tourists, 1. Chris Aitkin, 2. Keith Honeyball; Easyriders, Geoff.
- *** **Energetics Awayday. TBA** Leader, Steve Rhodes
- Aug. 18th H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)
S & N Meet from 10.00 at May Cottage, North Chailey. L. at Beechurst Park, Haywards Heath
- *** **1066 Country Ride** from Battle – organised by 1066 Cycle Club. 30Km & 60km distances.
For details and entry form please go to <http://1066cycleclub.org.uk/1066-country-ride/>
- Wed. 21st Mdwk Meet for E. at Hilliers Garden Centre, Stone Cross. L. at The Red Lion Hooe or picnic.
Leaders: Energetics, Martin Georgeson; Tourists, 1. TBA, 2. TBA; Moderate Tourists, 1. Keith Honeyball, 2. TBA; Easyriders, Geoff.
- *** **Tourists Awayday.** Meet at Truffles Coffee Shop, Billingshurst 10:00 am. Pay parking in Jengers Mead off High Street. Start 10:30 for 25 miles via Amberley to lunch at The Cricketers, Wivelsfield Green. Return 10 mile loop via The Blue Ship back to Billingshurst. For Info. and booking contact Richard Wilkes – email richardwilkes145@gmail.com
- Aug. 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 Happy Days, Holmes Hill. L. at Blackboys.



- Wed. 28th Mdwk Meet for E. at Middle Farm, Firle. L. at King's Head, East Hoathly or picnic in rec.
Leaders: Energetics, Steve Ratford; Tourists, 1. Dennis Miles, 2. John Taylor;
Moderate Tourists, 1. Richard Thatcher, 2. TBA; Easyriders, Geoff.
- Thur. 29th D.A. Clubnight** at South View Rooms, Western Road, Hailsham. 7.30 - 10 p.m. All welcome.
- Fri. 30th D.A. Committee Meeting** - 7.30 p.m. - at The Jays, Upper Horsebridge.
- Sept. 1st 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 Barcombe Mills.
- Wed. 4th Mdwk Meet for E. at Jasmine's, Wyevale, Lower Dicker. L. at The Yew Tree, Chalvington or picnic.
Leaders: Energetics, TBA; Tourists, 1. John Taylor, 2. Richard Wilkes;
Moderate Tourists, 1. Keith Honeyball, 2. TBA; Easyriders, Geoff.
- Sept. 8th 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. 11th Mdwk Meet for E. at Luxford's, Uckfield Civic Centre. L. at The Star, Waldron or picnic in churchyard.
Leaders: Energetics, TBA; Tourists, 1. Andy Cackett, 2. Steve Harwood;
Moderate Tourists, 1. TBA, 2. TBA; Easyriders, Geoff.
- Sept. 15th 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. at Southover Grange, Lewes.
- Wed. 18th Midweek Anniversary Lunch at Bodle Street Green Village Hall.** Booking form on back of list.
*** Meet for E. at Lakeside, Horam.
Leaders: Energetics, Mick Hilton; Tourists, 1 & 2 TBA; Moderate Tourists, 1. Richard Thatcher, 2. TBA;
Easyriders, Geoff.
- Sept. 22nd 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 Gardens. L. at Chiddingly.
- Wed. 25th Mdwk Meet for E. at Raystede, The Broyle, Ringmer. L. at The Green Man, Ringmer or picnic.
Leaders: Energetics, Peter Hatch; Tourists, Neil Dickinson; Moderate Tourists, 1. Chris Aitkin;
2. Richard Thatcher; Easyriders, Geoff.
- *** **Tourists Awayday.** Details TBA
- Thur. 26th D.A. Clubnight at South View Rooms, Western Road, Hailsham. 7.30 - 10 p.m. All welcome.
- Sept. 29th H & R For details of today's ride please phone - Marian Jones (mob. 07788 570658)
S & N Meet for E. from 10.00 at May Cottage, North Chailey. L. at Ringmer.

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

- 6th Oct. Hill Climb on Firle Hill. Coffee from 10 am at Middle Farm followed by Tourist Hill Climb.
- 27th Oct Morning - Freewheeling Competition – 10 pm Jevington Valley
Afternoon – East Sussex CTC Annual General Meeting 2pm at South View Rooms, Western Rd, Hailsham.

Camping/Lodging Trip to Herefordshire

In the first week of Sept. 2nd- 6th there is a camping/lodging 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.

FOR SALE - FOR SALE – FOR SALE

Cycle carrying ROOF BARS and frame to take two bikes or one tandem.
All in good condition. Roof Bars can be used separately for load carrying.
All for £10.00. Buyer collect. Heathfield. Chris Cade 07788 984633



Ann Rix appearing on BBC S. E.

East Sussex CTC

News - No. 221 - August 2019

Secretary's Notes

National Clean Air Day on 20th June got me onto the internet where I found details of the Global Action plan to reduce emissions on our roads.

The media has highlighted that children are at greatest risk from air pollution and it is widely understood that cyclists are exposed to more air pollution than car and bus passengers. But the University of Leeds research has found this is not true: On a 4km cycle ride in the rush hour, cyclists were exposed to 12m pollution particles compared to 19m pollution particles by passengers of car and bus. This was due to cyclists spending less time in stationary traffic. In Norway research found that separating cyclists from traffic emitting pollutants was the most effective way to reduce cyclists exposure by 25% and they have removed traffic from the capital Oslo, similarly some other European cities have introduced car-free areas, whereas in Giethoorn, Holland the entire town is motor transport free, and transport is by canal boat or by foot. The Dutch town of Houten was designed to favour cyclists and awarded "Bicycle City 2008" and again was awarded this prestigious title in 2018. I wonder which Dutch city will get the award this year.

Another study, from Bath University, showed that exhaust fumes made up 39.5% of harmful air-borne particles, road abrasion accounted for 21%, tyres contributed 26.3% and brakes 13.2%.....Fascinating figures and interesting outcome which I shall remember next time I'm choked by rush-hour fumes on the A22.

Mia

Committee Matters Friday 5th July

Jenny and Geoff Boxall's coffee morning on 12th June was well supported despite intermittent rain and wet and made £185 for the DGH Urology Unit, who have sent a letter of thanks and appreciation for this donation.

CTC club jerseys: Five jerseys were sold at the coffee morning after many months where there had been no sales of club apparel.

Clubnight at Southview Rooms: Mr Bacon was not able to attend this Committee meeting and in his absence left instructions with Mrs Hamilton that he had received notification from the Council that after the current bookings come to an end, the new cost of hiring the room for Clubnights would be £8 per hour, which works out as £20 for the 2.5 hours per evening, equating to a loss of £13 per meeting. Options were discussed and it was agreed that experimental clubnights would be held at members' homes, to be finalised at the next meeting and we would cease to book the room after the AGM in October.

The news item on BBC News South East which featured the cycling life and times of Mrs A Rix was discussed and she was particularly pleased that the presentation of the CTC was a very positive one.

Next Committee Meeting: Friday 30th August at Upper Horsebridge.

Midweek Section Notes

I ended last period's Notes with a paragraph explaining our need for personal information from all members as we do not receive this information from HQ and need it in order to contact you as and when the need arises – such as your group leader's bi-monthly request for ride leaders. A Members Personal Record Sheet was attached to the back of the Runs List/Newsletter and hard copies have also been given out. This information was requested from both DA and Midweek members. Unfortunately, the response has been poor (frankly, underwhelming) with only about 30 sheets returned to date when we know that over 60 of you have turned up for coffee on fine days for cycling. Please can those who have not yet completed their sheets do so as soon as possible so that we can get on with the next phase of collating the information?

Following the success of our Spring Luncheon, the Anniversary Lunch will be held at Bodle Street Village Hall courtesy of Bodle Street WI. Please give this event your support to see if we can get attendance up to the level of the Spring Luncheon (60+). It is a good opportunity to meet and mix with members from other groups and perhaps meet up with some older riders who may have hung up their cycling kit. This is our 31st year of Midweek cycling and we are one of the largest groups within Cycling UK/CTC.

On 12th June we were entertained for coffee and cakes at the home of Geoff and Jenny Boxall in Ringmer. Geoff and Jenny have been holding this event in their garden for many years with contributions going to charities

of their choice. This year it coincided with an open gardens event in Eastbourne brought to our attention by long standing member John Reagan who, with his wife, were opening their garden in Saffrons Park in support of Eastbourne DGH and to equip the newly enlarged Urology Investigation Suite which is already seeing its first patients. As many of us are at the older end of the age spectrum, urology matters may well be high on our concerns and I am delighted to say that members contributed the generous amount of £185 from the coffee morning. Geoff and Jenny wish to thank the members of Seaford and Newhaven group for their hard work to make this event a success.

Another success to report is our recent visit to St Wilfred's Hospice in Eastbourne. We have been trying to spread our venues to better reflect the spread of members across the county, and whilst this venue may have been difficult to find, with a complex layout of cycle paths, at least there were such paths which are so sadly missing in other towns within our area. Our payment for tea, coffee and cakes all goes to support the work of the hospice, so it is likely that we shall be revisiting this venue in due course.

Those of you who turned up for coffee and cakes at Raystede on July 3rd may have been surprised to see filming by BBC South East concentrating on Ann Rix, one of our older members who is till riding. This interview arose from a chance meeting, also at Raystede, between Ann and a cycling staff member of BBC S/E. This young staffer thought that Ann would make a very good 'public interest' feature in so far that it would promote cycling generally and, more importantly for the health and wellbeing message, into older age. I know that there are quite a few of you still cycling well in your late 70's & 80's and whilst I have not yet seen the feature (I do not have TV and have anyway been away), I hope that it will have achieved its purpose if it gave the message that, if all goes well and even if not, there is no reason not to continue cycling to the best of your ability well into your 80's or possibly beyond.

Happy and safe cycling, *Andy*

Seaford & Newhaven Section Notes

Ten of us met at Arlington Tea Gardens on 19th May on a fine morning, which was just as well as it can be chilly there at times. Jane & Geoff Penfold rode down to join us and so did John Holmes and Derek Pritty, with Geoff & Jenny Boxall coming by car. Only the usual four, David, Susan, me and Norman Wright, rode on down to Cuckmere Haven for our picnic by the river. After about half an hour of the water rushing up towards Exceat, it began to swirl right in front of us, then slowly began its rush to the sea. I'd never been there to see it on the turn like that before.

Four went on the Camping trip to Newchurch, David, Susan, Derek P. and Maurice Colburn, for four nights and explored around the Romney Marsh area.

May 26th was fine but with a cold wind as we made our way up to Horam to try the new TpodzTea room, but found the service slow and had to wait ages for the drinks and food to arrive. Our four were joined by Raoul Meade for the day, John H. had ridden out from Saltdean but then headed home, Geoff & Jenny by car again. A pleasant surprise when we were picnicking at Herstmonceaux was when Mick Hilton turned up to join us, he had been out to 11's with Hastings and Rother then came on to find us.

Fine on the 2nd June with eight of us meeting at Raystede, Phil Chadwick and Steve Southgate came on one of their flying visits, Geoff and Jenny by car. We three and Derek Pritty were the only ones to ride on up to Ridgewood afterwards for our picnic.

Fine on the 9th which brought 17 out with only three by car, Geoff & Jenny and Mick Hills. Phil and Steve, John and son Mark, Jane and Geoff P., Andy Hall and John Taylor came for coffee. Six of us rode on to have our picnic at Newick - we three and one we were very pleased to see, my granddaughter Emma, plus Norman and Derek.

On the 12th the S&N rallied round to help Jenny & Geoff's coffee morning for the Midweek cyclist's which made a good donation for the Eastbourne DGH.

We were pleased to be back to May Cottage at Chailey on 16th June now that they are open on Sundays again. It was a wet day though, so after we left four took up Jenny's offer for us to picnic with them at Ringmer. David Allen was out after riding with the Mid-Sussex Cyclists in between. Phil and Steve headed back while seven of us wound our way down, with John and Derek peeling off at Barcombe and then Norman at Green Lane as we went down to have our picnic in the dry.

July 23rd was fine and warm for 11's at Arlington. Raoul M, Geoff B, and John H. just rode to 11's, after

which six of us rode on to Chiddingly for our picnic - we three, David Allen, Mick Hills, and Norman W.

June 30th and a lovely day, not like the day before when it was over 30c and would have been too hot for me. Nine met at Hilliers for 11's, then Geoff Penfold left us to do his 20 mile an hour to Pevensey while we followed at a slower pace! Geoff & Jenny came by car and we left her browsing on what to buy. Six of us we three, David A. Norman W. and Raoul M. then rode on for our picnic, some on the beach and some in the shade. After which we returned via Eastbourne Park and the Cuckoo Trail with a stop at the The Cuckoo Shack on the way.

Then on Wednesday 7th, oh dear me, just because I was doing my usual of chatting to other cyclists a few weeks before (which David says I must stop doing!) we ended up with a BBC S.E. film crew at Raystede and it hasn't stopped since, with a cameraman the next week here. So, as 7th July was my birthday, I got a lot at Middle Farm on our Sunday ride. It was a damp start when 11 of us met and then got worse, so I think John and Norman would have had a very wet ride. Geoff, Jenny, Derek, Mick H. and Jane P. came by car. We were pleased to have Dave Healy join us there. We three then headed back to Arlington to go by car to Henfield where the family were gathering for a barbecue, fortunately the rain stopped in time.

Ann

DEADLINE FOR NEXT RUNSLIST – WED. 11th SEPTEMBER

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.

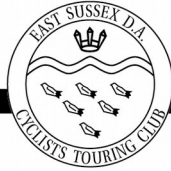
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Registered office: Parklands, Railton Road, Guildford, Surrey, GU2 9JX

**Midweek Lunch Booking Form
Over Page**



Midweek Section - 31st Anniversary Lunch

Anniversary Celebration

Wednesday 18th September 2019

Bodle Street Village Hall

-

Two Course meal

£10 per person

-

Arrival for 12:45pm

Seated for 1:00pm

-

Bring your own Bottle



Midweek Section - 31st Anniversary Lunch

Anniversary Celebration

Wednesday 18th September 2019

Name(s):

Number of people in group:

I wish to sit with:

Dietary Requirements:

Amount to be paid:

Payment Method:

Cash:

Cheque:

Cheques should be made out to **CTC Midweek Section (South)** and payment (@ £10 each) should be sent to John Taylor at 97 Marshfoot Lane, Hailsham, BN27 2RD by the 11th September.