



***ENERGETICS AWAY DAY TO WEST SUSSEX***  
***5 JUNE 2013      Reporter      Richard Thomas***

Runs leader Chris Colyer marshalled his troops at 10am in Camelia Botnar's Bistro (Littleworth Lane, Cowfold). Sitting behind glass enjoying the fare on offer belied the fact that, although the sun was shining, the N wind (at 18km/hr) still had a bite to it keeping the temperature down to 16°C. Barely warm enough for exposed legs!

Five Energetics (Chris, Richard T, Adrian, Jan and John G.) were honoured with the presence of Alan Limbrey, Andrew and Vanessa Attwood on their tandem, Graham Seymour and David Williams.

Chris planned a roughly circular route, which initially had us heading west to Shipley via the unpleasantness of the A272 via Buck Barn Crossroads (with it's much used Audax control at the Service Station there). Thankfully a left turn soon after took us onto quieter lanes and the chance to not ride "en ligne" and hence have a chat. Drifting through the countryside, we passed through pleasant scenery and typical West Sussex villages, thatched cottages and all, being West Chilington, Coldwatham and Fittleworth. However, seasoned riders with a knowledge of our location soon realised that we were heading for Petworth and the notorious climb into the town.

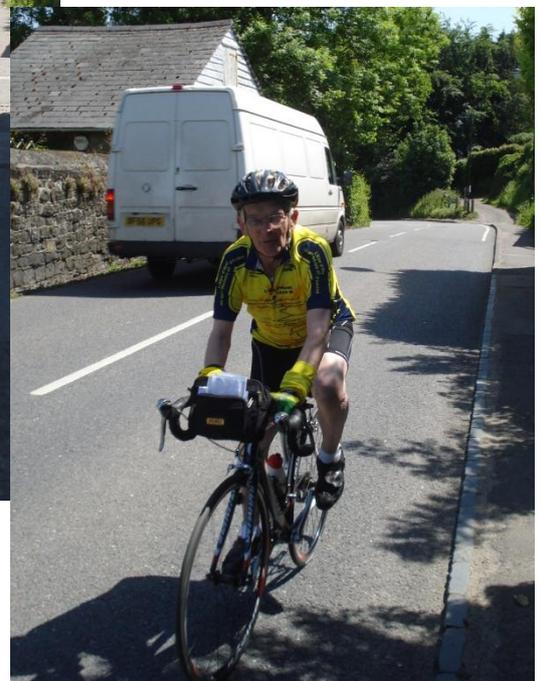


Here is Chris doing the right thing, being on the front to set an even tempo up the climb

You may note that even so a split occurred in the peleton and "les poursuivants" were cut adrift.



Alan was particularly pleased to reach the top.



Lunch was at Kirdford, so having negotiated the twists and turns on the road northward out of Petworth, we took a right turn past the hall used by Dave "El Supremo" Hudson for the control on his "Triple H" 100km Audax held in November.

You get lots of food at the three visits to this hall, as the course is 3 loops based on the Town, so feeds after the 1st and 2nd loops and at the end, all for a very reasonable fee, so why not give it a go.



A pleasant lunch in the sunshine at the 17th Century Foresters Arms, Kirdford, where landlords Karl and Linda offered us an excellent range of food and a great selection of quality beers, meant that we were reluctant to leave (*see photo left taken by Jan below*).



We returned to our start point via Wisborough Green (another control used by El Supremo on

200km Audaxes of yore) which brought back memories of suffering and enjoyment in equal measure.

Our last few miles (or kilometres if you prefer) were consumed via Billingshurst and Barns Green before returning to the much loved! A272 back to the Garden Centre and a cup of tea and a cake before setting off for home, mostly motorised but Alan was on his bike.

A very pleasant day in great company.

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The next away day is on **3 July** from Mark Cross Garden Centre, led by Andy Cackett, who will be really fit and flying after his 6 days in France as a guest rider of Eastbourne Rovers, who are over there to do the **Dieppe Raid** (30 June). The Rovers have a strong representation with Richard T, Kevin Burton, Alan Symonds, Stuart Greenway and Dave Cox being joined by guest riders Chris Colyer, Andy, Rob Foster, Martin Brice, Ian Landless and Mike Tasker.

12 June 2013