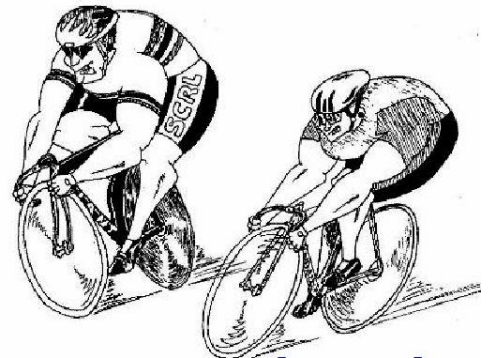


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# PRESTON PARK NEWS 6 AUGUST 2008



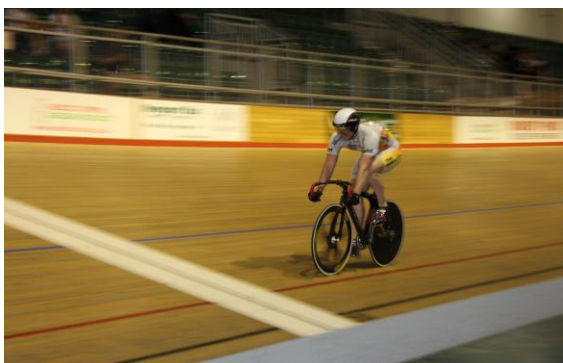
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## WHAT A FANTASTIC SEASON!

With just two meets to go in 2008, it is time to reflect on what a brilliant season it has been here at Preston Park. Attendances have been consistently high, the racing has been very exciting and the friendliness of the meets has - as always - been second-to-none. We've had quite a few new riders this year including the legendary Sean Yates. We have witnessed some wonderful riding by Felix English, winner of the Senior "A" league for the second year running. The youths have done themselves proud in all age-groups, with some aggressive racing. The U16s and U14s have shown that bringing in fixed-wheel riding was the right decision and perhaps this will be extended to other categories at the forthcoming AGM. We are very grateful to AD Cycles of Horsham for providing £10 and £5 vouchers as youth prizes, which have been eagerly received by the winners. For the first time, seniors have had three £5 primes to sprint for every week. And of course we have had the country's best refreshments available every week, courtesy of Andrea McClelland aided and abetted by Ann and Mandy Burgess.

A special word of thanks to Dave Gerrey for all the hard work he has put in. He set up our website and manages it day-by-day, putting up results and overall points scores within about three hours of the end of each meet. Photos are displayed soon afterwards. Reports go up on the site almost as soon as I've emailed them to him. He has established the notice-board system, which has details of the evening's programme of events, each rider's handicap, overall points scores and anything else which should be noted. Also, he has been our main judge all season and is now qualified as a commissaire. If that isn't enough, he is also the league treasurer, handling the registrations, levies, etc, etc. And all that with ruthless efficiency and his approachable manner. So: well done and thanks, Dave!

## LEE IS EURO MASTERS SPRINT CHAMPION



**There's no stopping Lee Povey (pictured). Until now, his cycling CV included several Preston Park overall league titles and sprint titles, the GB Masters 30-34 years sprint title in 2006, South-East sprint champion 2008, runner-up in this year's Welsh Open championships – now he's the European Masters 35-39 years champion! The event took place in Manchester last week, and Lee tells us all about it on Page 2.**

# EURO-CHAMP LEE – continued from Page 1

The day started well with a new PB of 11.441 for the 200m time-trial putting me no.1 seed. I was pretty pleased with that time! My first round was against 2 GB riders, Moncrieffe (who I narrowly beat to win the South-East sprint champs last weekend) and Gittins. The races are 3 laps of the Manchester track and I was leading this heat from the front quite slowly and controlling the riders behind me. As we approached the bell I pinned both of them to the top of the track, Moncrieffe tried to attack and pulled his foot out followed shortly by him falling off and bouncing down the banking! Sounded like it hurt!! The judges awarded a re-run so we had to do it all again, grrrr!

This time Moncrieffe went flat out from 2 laps out with me sitting behind him, I then popped out with 100m to go and eased past him by the line, still a much harder heat than the first one would have been, doh! Round 2 was against a Greek rider, Rantos, and was a fairly comfortable win which was nice.

The semi-finals were epic! They were best of 3 which was lucky as I lost the first one, oops! I was against a rider called Andy Tranter who was last year's National Champion in our age-group and in heat 1 I led it out but went a little too hard too early with Andy just catching me and winning by 6 inches. I knew I could win by leading out, so in round 2 I got to the front again but kept the pace a little slower this time. I started to wind it up just as we crossed the 200m mark, Andy attacked hard then getting alongside me, then to about half of his bike ahead. I was still accelerating at this point as we were about to enter the final bend, me on the inside Andy outside me and just ahead, I think he could tell I was catching back up and with the inside line was going to win, so he turned sharp left and rode me off the track!! I had to kick back and swerve sharply and was lucky not to crash. It was a blatantly dangerous move and I raised my hand to appeal. The judges reviewed the video and disqualified Andy, making us one-all and through to a third ride. This time I decided to take the back and try and come round. I kept gaining height on the track to push Andy on and we hit the 200m mark going pretty much flat out with me about 2 or 3 lengths behind. I accelerated into his slipstream and had pulled about halfway alongside him by the middle of the final bend. I could tell at this point I was going to win as I was coming past pretty quick and I think Andy knew this too because he decided to turn hard right! We went from the bottom of the track right up to the fence! I had to back off to avoid being smashed into it, Andy was still heading up the track as I managed to swerve underneath him and speed away to take the victory.

So I was in the final against the second fastest qualifier, Gwyn Carless, and there was only 2 hundredths of a second between us, damn this was going to be close!! I was getting pretty tired by now as well, I had started my warm-up at 8am and it was now 7.45pm and I still had at least 2 more rides to go. I told myself that Gwyn would be feeling the same and thought about all the hard training I had done in the gym and on the bike through the winter with Pete and Mark. This relaxed me and I took to the line feeling pretty confident. Round 1 went really well, Gwyn took the lead with me following him, pretending to attack every now and then to push the pace on and try to tire him a little, with just over a lap to go he was in the middle of the track looking the wrong way so I pounced and dropped under him, he reacted immediately and pulled alongside me and I just matched his pace with him on my hip all the way round to win fairly comfortably.

Round 2, as I was warming up on the rollers I was thinking about standing on the podium collecting my jersey, riding it down at Preston Park, putting my status as European champ on facebook etc when I had to give myself a hard mental slap and stay focussed! I was getting ahead of myself and that can be very silly, so I took a few deep breaths and focussed on the next ride, running different tactics through my head and getting psyched up for what I was about to do.

I took to the line trying hard to ignore the pain and tiredness in my legs. I led and watched Gwyn closely as he followed me, so closely in fact that I did the entire first lap without looking forwards! I started to raise the pace with 300m to go and Gwyn attacked, both of us side by side, I felt this was quite a long way flat out so I let him pass and gain about 2 lengths, then with 125m to go I kicked as hard as I could. I quickly pulled alongside and had enough extra speed to cross the line with my arm raised! I had done it!! A year of training and hard work had paid off, I was European champion! WOW!!!

I would like to thank Mark, Pete and my girlfriend Charlotte for all their support this year with my training and motivation, without them I doubt it would have been possible! Also everybody from Preston Park who wished me well and sent their congratulations, cheers guys.

Lee Povey, European Masters Sprint Champion 😊

## POINTS TOTALS AFTER 30 JULY MEET compiled by Dave Gerrey

|   |   |   |   |
|---|---|---|---|
| <p><b>"A" SENIORS</b><br/>           FELIX ENGLISH 241<br/>           ADAM GENT 164<br/>           MARK BURGESS 115<br/>           CHRISTIAN YATES 106<br/>           LEE POVEY 93<br/>           CHARLIE SAYER 72<br/>           PETE MITCHELL 70<br/>           MARTYN POTTER 64<br/>           BROCK DUNCUMB-R 61<br/>           LEWIS EARTHROWL-G 39<br/>           SEAN YATES 35<br/>           JOSH CUNNINGHAM 32<br/>           JAKE BUTLER 31<br/>           BRYAN TAYLOR 23<br/>           TOBY MEADOWS 16<br/>           MARIO MANELFI 14<br/>           SEAN McCLELLAND 11<br/>           = PHIL BENDALL 9<br/>           = JOHN SCRIPPS 9<br/>           MICK BELL 3<br/>           = PAUL THATCHER 2<br/>           = SCOTT BUGDEN 2</p> | <p><b>"B" SENIORS</b><br/>           CHARLIE HEFFERNAN 108<br/>           OLIVER PEPPER 60<br/>           ANDY PARLE 48<br/>           PHIL SMITH 46<br/>           PAUL GOSLING 44<br/>           RUPERT RIVETT 42<br/>           LEE SMITH 40<br/>           NEIL McCLELLAND 32<br/>           ROB DEAN 31<br/>           BEN MILLER 30<br/>           DANIEL CLARK 28<br/>           MARTIN O'BRIEN 25<br/>           = ANTHONY ROGERS 21<br/>           = JOHN POWELL 21<br/>           = MIKE BRAMPTON 21<br/>           BEN SHERWOOD 20<br/>           NIGEL FOSKETT 19<br/>           ANDY EDWARDS 16<br/>           GRAHAM CHARLTON 15<br/>           BRUCE ENGLISH 14<br/>           = GEORGE WEBSTER 12<br/>           = TOM GARLAND 12</p> | <p><b>"B" SENIORS – cont'd</b><br/>           CORRINE HALL 10<br/>           = LUKE EVANS 9<br/>           = TIM MUSTIN 9<br/>           TIM HILL 6<br/>           JON SKILTON 3<br/>           ANDY DUFFIN 2</p> <p><b>TOP TEN VETERANS</b><br/>           (decided by the committee at the end of the season)<br/> <b>From the "A" league</b><br/>           CHRISTIAN YATES 106<br/>           SEAN YATES 35<br/> <b>From the "B" league</b><br/>           ANDY PARLE 48<br/>           PAUL GOSLING 44<br/>           RUPERT RIVETT 42<br/>           MARTIN O'BRIEN 25<br/>           = MIKE BRAMPTON 21<br/>           = ANTHONY ROGERS 21<br/>           = GRAHAM CHARLTON 15<br/>           BRUCE ENGLISH 14</p> | <p><b>U16</b><br/>           NICK SMITH 164<br/>           TOM GOLDSMITH 147<br/>           TOM JAMIESON 125<br/>           SAM CHEESMAN 107<br/>           JAMES McCARRON 60<br/>           MATTHEW WISE 57<br/>           LOUIS BRASINGTON 43<br/>           BEN GERREY 33<br/>           CALLUM COOPER 29<br/>           TOM GARLAND 18<br/>           BECKY GOSLING 3</p> |
| <p><b>U14</b><br/>           ASHLEY DENNIS 182<br/>           MILO BURDEAU 158<br/>           SARA GENT 109<br/>           KIM ENGLISH 103<br/>           AMY JACOBS 90<br/>           JACK OLIVER-BLANEY 42<br/>           NATHAN MOORE 24<br/>           EUAN CATTERMOLE 12<br/>           ZOE LEWIS 2<br/>           IAIN CARR 1</p>   | <p><b>U12</b><br/>           GABRIEL PARLE 210<br/>           JAKE MARLEY 169<br/>           AMY BARNES 117<br/>           JACK BARNETT 114<br/>           HARRIS REDGROVE 94<br/>           MEGAN LEWIS 69<br/>           SPENCER THOMAS 51<br/>           ANGUS GOLDSMITH 31<br/>           MARK JACOBS 30<br/>           KATIE THOMAS 25<br/>           LAURA CHEESMAN 12<br/>           LUCAS PERCY 11<br/>           WILLIAM DUFFIN 10<br/>           THEO DUNCUMB-R 8<br/>           CELIA JENKINS 3</p>  | <p><b>U10</b><br/>           DOUGLAS McCAULEY 179<br/>           TED O'BRIEN 164<br/>           BEN O'BRIEN 130<br/>           JOE HILL 94<br/>           LUKE STACEY 84<br/>           ROSIE MARLEY 57<br/>           SAM BARNES 33<br/>           MATTHEW DUFFIN 27<br/>           LOIS PARLE 20<br/>           STANLEY E-GOULD 15<br/>           NICHOLAS WICKENS 12<br/>           FERNE LEONARD 9</p>  | <p><b>U8</b><br/>           BETHANY LEWIS 126<br/>           CORY ANDERSON 125<br/>           HARRY STACEY 91<br/>           CHARLIE BROOKER 76<br/>           TOM MARTIN 75<br/>           SIAN CARR 73<br/>           RICHARD HOYLE 19<br/>           LEX WILLS 17<br/>           ZAK MUSTIN 13</p>   |



## YOUNGSTERS STAR IN LOCAL GHS TT HEAT

Nine regular Preston Park youth riders took part in the local heat of the Cycling Time Trials GHS Time-trial competition around the Laughton circuit, with many of them qualifying for the final in September.

The Laughton course is well-known to Sussex roadmen as the circuit used for the long-standing Lewes crit series held every June. This TT course uses just over 5 miles of that circuit, starting up at Shortgate, going to the outskirts of Ringmer and finishing just before Laughton.

Fastest ride of the morning was achieved by Tom Garland (pictured) with an outstanding time of 12.41. Tom won the 16-years category to book his slot in the final, beating the rapid James McCarron by 22 seconds.

Nick Smith came out top of the 15-years class and therefore also qualified for the final, posting a time of 12.45 and finishing in front of Sam Cheesman (13.30), Tom Jamieson (13.38) and Callum Cooper (14.24).

Milo Burdeau rocketed round to record an amazing time of just 12.53 to win the 13-years age-group, while the other 13-year-olds were both girls, Amy Jacobs notching up a 14.17 result and Sara Gent achieving 15.31. All three also booked their berths in the final TT later in the year. It should be noted that Sara was riding while still recovering from a broken elbow.

**Latest news on Tom Garland (pictured): Tom fell in a race at PP on 30 July, but he just has cuts and bruises and is well on his way to recovery. PP News wishes him "all the best".**

# POINTS CHAMPIONSHIPS ROLL OF HONOUR – 16 JULY

|  |  |   |
|--|--|---|
| <b><u>SENIORS</u></b><br><b>1st: FELIX ENGLISH</b><br><b>2<sup>nd</sup>: Christian Yates</b><br><b>3<sup>rd</sup>: Adam Gent</b> | <b><u>U16</u></b><br><b>1st: NICK SMITH</b><br><b>2<sup>nd</sup>: Sam Cheesman</b><br><b>3<sup>rd</sup>: Tom Goldsmith</b> | <b><u>U14</u></b><br><b>1st: MILO BURDEAU</b><br><b>2<sup>nd</sup>: Ashley Dennis</b><br><b>3<sup>rd</sup>: Kim English</b> |
| <b><u>U12</u></b><br><b>1st: GABRIEL PARLE</b><br><b>2<sup>nd</sup>: Jake Marley</b><br><b>3<sup>rd</sup>: Amy Barnes</b>        | <b><u>U10</u></b><br><b>1st: LUKE STACEY</b><br><b>2<sup>nd</sup>: Ted O'Brien</b><br><b>3<sup>rd</sup>: Joe Hill</b>      | <b><u>U8</u></b><br><b>1st: HARRY STACEY</b><br><b>2<sup>nd</sup>: Cory Anderson</b><br><b>3<sup>rd</sup>: Zak Mustin</b>   |

## BROCK AND FELIX RACE IN HOLLAND by Anthony Rogers

Brock and Felix were amongst many young British cyclists who recently took part in this year's Youth Tour of Assen Stage Race in Holland (also dubbed the Youth Vuelta because the Spanish Vuelta is actually starting in Assen next year; with the prologue). The tour has races for every age-group from under 8, increasing in one-year age bands until youth A (called Nieuwlingen and the most competitive group in terms of numbers and standard) when it changes to two-year age bands. There were seven races in six days including a prologue, an 80km road-race with two cobble and sand sections, a 45km road race with cobbles, three criteriums and a time-trial. The entry for the boys Nieuwlingen was 129 riders and races had lead cars, motorbikes, following cars including a broom wagon and the time-trial had a start ramp. This was a full professional style promotion and the Dutch were most welcoming hosts. I would recommend this to any young riders and their families. We, like many, stayed on the Assen campsite 'WitterSomer' which had outdoor heated swimming pool, restaurant, swimming lake, and many other facilities. Neither Brock nor Felix were among the prizes though the Nieuwlingen category produced a British 1-2-3 result, with Daniel McLay winning, Sam Harrison second and Simon Yates third.

## PROBABLE OVERALL PODIUMS FOR 2008

"A" SENIORS: 1<sup>st</sup> Felix English, 2<sup>nd</sup> Adam Gent, 3<sup>rd</sup> Mark Burgess or Christian Yates?

"B" SENIORS: 1<sup>st</sup> Charlie Heffernan, 2<sup>nd</sup> Oliver Pepper, 3<sup>rd</sup> Andy Parle, Phil Smith, Paul Gosling, Rupert Rivett or Lee Smith?

U16: 1<sup>st</sup> Nick Smith, 2<sup>nd</sup> Tom Goldsmith, 3<sup>rd</sup> Tom Jamieson or Sam Cheesman?

U14: 1<sup>st</sup> Ashley Dennis, 2<sup>nd</sup> Milo Burdeau, 3<sup>rd</sup> Sara Gent, Kim English or Amy Jacobs?

U12: 1<sup>st</sup> Gabriel Parle, 2<sup>nd</sup> Jake Marley, 3<sup>rd</sup> Amy Barnes or Jack Barnett?

U10: 1<sup>st</sup> & 2<sup>nd</sup>: Douglas McCauley or Ted O'Brien, 3<sup>rd</sup> Ben O'Brien.

U8: 1<sup>st</sup> & 2<sup>nd</sup>: Bethany Lewis or Cory Anderson, 3<sup>rd</sup> Harry Stacey, Charlie Brooker, Tom Martin or Sian Carr?

**IMPORTANT MESSAGE TO ALL RIDERS:** Please remember to bring your race number to PP the last time you race this season and hand it in at the end of the meet. Can trophy winners from 2007 please return your trophies for engraving? Thanks.

## WHAT'S ON

31 August – Burgess Hill Rumble Cyclosporive – details 01273 695107 / 01273 539597 / [www.srs-events.cc](http://www.srs-events.cc)

12 September – evening - Junior and youth circuit races at Hove Park.

3 October – AGM and prize presentation (see below).

## REMINDER OF THE 6-MEET RULE

A little reminder that, to qualify for overall league awards, riders must have ridden in at least 6 meets (decided at 2007 AGM). The rankings listed on our website give details of the number of meets each rider has ridden.

## NEW OFFICIALS

Well done to our newly-qualified assistant commissaires Dave Gerrey, Daniel Gerrey, Ben Miller, Rob Fuller, Lee Povey and Mike Leonard, the first three of whom have been in charge at Preston Park towards the end of this season.

## AGM + PRIZE PRESENTATION

Friday 3 October, 7.30pm, St Mary's Catholic Church hall, Surrenden Road (opposite the track). All awards listed in the programme will be given out, as well as all championship medals.

## MIND, BODY & SOUL COACHING

For expert coaching for all ages and abilities, contact Lee Povey at the track. Registered British Cycling Coach. 2006 British National Masters Sprint Champion, several times Preston Park Senior League Champion and Sprint Champion, and now also reigning European Masters Sprint Champion! Phone 07967 000269.

**VERY MANY THANKS  
TO THIS YEAR'S SPONSOR:  
AD CYCLES, 31 QUEEN STREET, HORSHAM  
☎ 01403 258391  
CYCLES, SPARES & REPAIRS**

## **LEE LOOKS BACK ON 2008 AND LOOKS FORWARD TO THE 2009 SEASON . . . AND SOME MORE COACHING**

**PP News:** You yourself won our own sprint champs, but we've sometimes seen you spectating rather than riding. Has this mainly been when you've had other aims?

**Lee:** I sat down at the end of last season and decided that I was going to put all my focus this year on the national and European masters sprint titles, everything else was just training for that. So often I haven't been able to do PP because it would be the wrong type of effort to do at that time in my training programme. I have missed racing here every week but I am sure it was the right thing to do and it seems to have worked out okay!

**PP News:** Do you think PP has continued to get better this season? If so, in what ways?

**Lee:** I think the level has gone up a big notch this year with the average speeds being much higher. I wish there was a little more competition for Felix and that riders like Pete and myself could have given him more of a challenge, but with different priorities that just wasn't possible. However what he has done has been hugely impressive and it's up to the rest of the riders to go away, train harder and smarter this winter and see if they can give him a run for his money next year!

**PP News:** What do you reckon on the move to put U16s and U14s on fixed wheel this year?

**Lee:** Fantastic, it has been handled well by the local youth clubs and I have been impressed by the standard of riding, the future here is going to be very exciting.

**PP News:** Should it be extended to other youth age-groups?

**Lee:** Yes!!

**PP News:** We know your other great interest is coaching. When did you get started on that, and what made you begin it?

**Lee:** I have always been one of those guys who wants to know the why of everything, and had a great interest in training so I could perform better myself so it's a natural progression of that. I started in my early 20s helping a few of the sprinters at Preston Park at the time and we used to have a regular training group, then I helped the BC Talent Team out at a few sessions and met a lad called Jak Kenton-Spraggon and coached him to 3 national junior medals including the keirin national title. After that I worked with Pete, Steven Lewis and a couple of time triallists.

**PP News:** We know PM was one of your riders for some time. Any thoughts on what it was like coaching him?

**Lee:** Great, he is extremely talented and a good lad, and he usually used to do what he was told!

**PP News:** Without naming other riders or any trade secrets, what are the most important things a coach does to improve a rider?

**Lee:** There are so many things you can do, and most are really simple, firstly picking target events and aims is really important, they have to be realistic but not too easy, that gives someone motivation to have something to actually train towards/for. Then you work the training programme backwards from those aims, working on different things at various times in the year, to improve weaknesses and build on strengths. Just having a weekly structured programme makes a massive difference. I find most riders without coaches do the same thing every week which their body gets used to, then they wonder why they don't improve, or they train with someone else whose aims are different from theirs and whose training isn't right for them. Also having a coach how can tweak things week-by-week as you progress, and a coach can spot when a rider is over-training and can change their programme, which makes a big difference.

**PP News:** Tell us about your coaching generally.

**Lee:** Well I start with the basics, looking at a rider's aims, their training history, their bike position, diet, mental approach and then start to piece together the direction we both feel their training should go in. I believe in regular contact and expect my riders to call me twice a week for a general chat and whenever they feel the need to, or whenever they encounter a problem. I also strongly believe it should be enjoyable and try to build programmes which accomplish that.

**PP News:** What are your main coaching successes so far?

**Lee:** Probably myself, because I believe Pete and Jak were very talented whereas it has come a little harder for me! Also getting Jak down to 11.3 with most of his training being done on the turbo in his mum's flat, he could easily have broken 11 seconds for 200m if he had the access to indoor tracks some of the riders have had. Also being asked to help out on ODP and Talent Team sessions, I have made some great friends from that and also some useful coaching allies.

**PP News:** Any special coaching plans for the future?

**Lee:** I am helping Dave Le Grys with a 3-week road and track camp in Palma next year and we are hoping to do some track masterclasses at Newport and Manchester this winter with video feedback.

**PP News:** Any other coaching-related matters?

**Lee:** I am offering a special deal. Anybody responding to this article can have three months' coaching at half-price, so that is 3 months for a little more than the cost of a decent tyre! I am confident I can improve anyone's form in that time and show them that a decent coach can have a far greater effect than the latest wheels or frame!

# HIGHLY COMMENDED RIDERS



## LEE SMITH – fast-improving junior

Lee Smith is brand new to racing and has been acquitting himself well in the B group as a first year junior. He has progressed to third cat on the road by winning at Hove Park and has won also at Preston Park. Fast and strong, we have seen him grow in stature this season, especially now that his GCSEs are out of the way. Lee is keen to listen and to learn about cycle sport, and with a good winter he may be a top contender for next year.



## TIM HILL – ambitious senior

Tim has astonished us on the finish-line with his audacious breakaways, not just in B-cat races but also in all-up senior events. Everyone wants him to win on one of his future escapades, and why not in one of the last two meets of the season? "Come on, Tim!"

## TIME FOR SOME CELEBS TO TURN OUT AGAIN says BRIAN HUTTON

I was pleased to read in the July issue that Pete Mitchell had been invited to Downing Street to meet the Prime Minister. Maybe Pete should have invited the PM along to Preston Park to officially start a league meeting! Perhaps in a couple of years' time then, when he may have more time on his hands.

It is a long time since any famous person started any Sussex cycling events, though in the 1950s it was quite a common occurrence and event organisers vied with each other to attract celebrities to their events. I recall Billy Butlin, the holiday camp king, handing a trophy over after a race finishing in Saltdean, and Brighton MP William Teeling starting a race round the Newick circuit.

When I retired from racing and tried promoting, I certainly tried to attract people who would generate some publicity for my races. My motto was "think big", so when promoting a race for the Southern Coureurs in East Sussex I naturally wrote to the International Olympic Association and asked if they could send a representative along to lower the Union Jack and present the prizes afterwards. They sent a letter saying they were honoured to be asked and one of their committee, a member of the Trinidad Association (it was a long time ago, so I've forgotten his name now) would be attending. He performed his duties admirably, though I think his slightly puzzled expression was due to being asked to carry them out in a packed village hall at Rushlake Green. I think he expected a 5-course meal in a local hotel afterwards, rather than a cup of tea and a slice of bread pudding!

Then there was the time I organised an Independent/Amateur road-race on the Cowbeech circuit with the HQ in a house next to Boship roundabout. Some of Britain's top riders were entering, so I invited a glamorous film starlet from Brighton who had been in the news to start the race. She certainly was popular with the riders, but a couple of weeks afterwards she had a sexy part in a film showing at the Academy cinema in Brighton. This was reviewed in the local paper, but I couldn't help thinking that if only the film had been screened before the race instead of afterwards, then it might have attracted hundreds more spectators around the course! So how about inviting Ant and Dec or Kylie Minogue to come along to the Track League's prize presentation? You can always tell them it's for charity.

# MOST IMPROVED RIDERS IN 2008



## MARK BURGESS

Mark has improved this season from being one of the good A riders to one of the very top A-cats. He is always in the mix when things get serious and has had some great results this season, including being a semi-finalist in the recent South East sprint championships.



## CHARLIE HEFFERNAN

Charlie chose to ride up with the seniors this season and it was a good decision, as he has more than survived, dominating the B league and showing some attacking riding throughout the season. He also won the South East U16 Omnium Championship. Well done, Charlie!

## THE PRESIDENT'S PRESS CUTTING – supplied by Frank Blake From the Evening Argus, 15 April 1950 – written by Jack Arlidge

Enthusiasm for cycling in Sussex has never been higher; the standard of road and track cycling compares favourably with that in any other part of the country.

These facts, coming at a time when many people are bemoaning the falling standards of play in Sussex soccer and cricket, give the lie to the few who still imagine that cycling is a "Cinderella" sport in Sussex, and this week I witnessed for myself the keenness of both officials and riders.

I wandered down to the Preston Park track, and after a few minutes' conversation with Mr Charles Turner, honorary secretary of the Sussex Cycle Racing League, I was convinced that even the present rate of progress was to be accelerated, and that the most ambitious plans in the history of the sport in Sussex were already being laid.

On August bank holiday, an international meeting has been arranged for Preston Park, and it seems pretty certain that the great Reg Harris, the "Sportsman of the Year", will be in attendance, and leading riders from France and Italy will also be on view.

I had a good look at the track, where riders were putting in some strenuous practice. Riders were representing several local clubs, including Excelsior, Mitre and Brighton & Hove Wheelers. Hey, and look at this – girls tearing round the track! Beryl Harmer of Mitre and Vera Robins of Excelsior, two of the keenest of the fair members.

Well, Sussex cyclists are ready for the "off", and all the signs are that the 1950 season – weather always permitting, of course – will be the best ever. The pre-war trickle of people to watch cycling has already grown to regular League meeting crowds of 3,000, with 7,000 for holiday events.

## THE DEFINITIVE "A to Z" GUIDE TO PRESTON PARK - Pt 4: T-Z

**T**om – Goldsmith, Jamieson, Garland & Martin – all outstanding young riders at Preston Park.

**U**ckfield – Town on a hill about 20 miles NE of PP and home of the In-Gear club.

**V**elodrome.org.uk – One of the websites which publishes our reports and photos.

**W**heel – Useful to have one at the front and another one at the back.

**X**ylophone – It's very difficult to race while playing one of these, but it's worth trying.

**Y**ates – Christian and Sean, who have both livened up the racing bigtime this season.

**Z**igzag – How not to ride in a sprint.

## SENIOR & YOUTH RIDE OF THE MONTH



### ADAM GENT

Adam wins this month's £5 senior award for his great ride in the points race on 23 July. He was in a 4-man break, and won 4 of the 5 maximums to claim the win. He followed up by winning the unknown distance event at the end of the night.

### TOM JAMIESON

Winner of the £5 youth award this time is Tom Jamieson for his rides on 30 July. He won the final sprint in the 4-lap scratch, dominated the handicap, and rounded off a great evening by beating all his rivals in the devil-take-the-hindmost contest.



## BEST SMILES OF THE SEASON 2008



### 1<sup>st</sup> Amy Barnes

No actual prizes for this competition, just the glory of appearing in Preston Park News and the satisfaction of knowing that your smiles are very much appreciated by spectators.



2<sup>nd</sup>

### Kim English



3<sup>rd</sup>

### Rupert Rivett

**THANKS - Preston Park track league** There are very many people to thank for their help at the track this season. Organiser, commissaire, handicapper **VERN McCLELLAND**. Refreshments **ANDREA McCLELLAND, ANN BURGESS** and **MANDY BURGESS**. Website creator and webmaster **DAVE GERREY**. Judges **DAVE GERREY, DANIEL GERREY, VERN McCLELLAND, MARIE-NEIGE SMITH, BEN MILLER, ROB FULLER**. Assistant Commissaires **DAVE GERREY, DANIEL GERREY, BEN MILLER**. Announcer, reporter and newsletter editor **GAVIN SMITH**. Signing-on **DEBBIE GENT**. Equipment organiser, general help, gear-checker **KEN GENT**. First-aider and photographer **SALLY PAGE**. Photographer **DANIEL DUNBAR**. Track preparation and clearing away **DAVE GERREY, DANIEL GERREY, KEN GENT, VERN McCLELLAND**. Treasurer **DAVE GERREY**. Plus everyone else, not specifically named here, who has helped in any way.

**PRESTON PARK NEWS** Very many thanks to everyone who has contributed to PP News this season, including Sally Page and Daniel Dunbar for the photos. Subject to committee agreement, PP News will again be published in 2009 (probably 3 issues). If you have any ideas or wish to write something, please just email from our website. Thanks. **REPORTS: The usual reports will appear after the last two meets, plus there will be a Review of the Season in September, then a report on the AGM/prize-giving soon after it has taken place. All on [srl.co.uk](http://srl.co.uk).** GAVIN