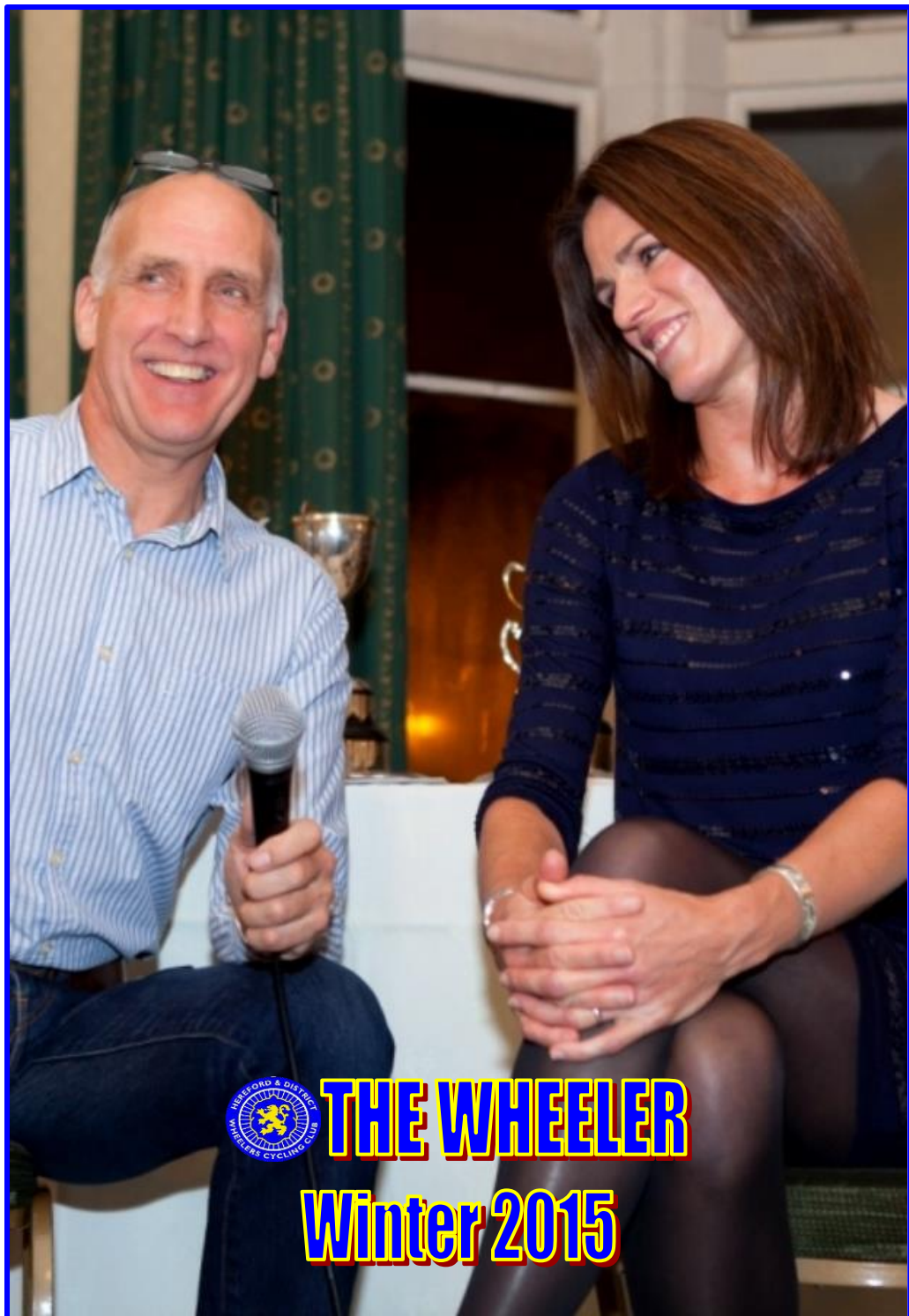




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THE WHEELER

Winter 2015



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CLUB PERSON OF THE YEAR 2015



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Please send all articles (typed or hand written) and pictures for *The Wheeler* to one of the above contacts. Items will be returned promptly after copying if requested.

Front cover photo: Chris Hughs introducing Guest Speaker Kathry King at The Annual Awards Dinner

Rear Cover: Paul Jones winner of the Turbo 10TT

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President's Introduction

Hello Cyclists

Tis the season to ***renew your membership*** – again the annual fee is fixed at £10 for January to December 2016. Please can you organise a direct debit if possible through Bill Berry. This is the easiest option for the club, otherwise please ensure you give your £10.00 cash to Bill with your new form asap. Don't forget that by joining the club you are then insured third party for riding with The Hereford Wheelers. Our insurance is through the CTC.

The club AGM is on Wednesday, 6th January 2016 at 7.30pm at Hereford Rowing Club – **please join us for refreshments and photos.**

Activities this winter have included the Turbo training sessions at Sutton St Nicholas School Hall where members have enjoyed pushing themselves to reach greater heights. At the recent Christmas 10 mile Turbo Time Trial Paul Jones took 1st position honours – Well done Paul. ***These sessions carry on during January, February and March – come and join in – Stuart McFarlane takes the sessions for us.***

It has also been good to see so many groups out cycling: take your pick from one of these on Sunday from Steels Westgate

9.00am: Fast group – anyone who turns up

9.15am: Training group – led by Chris Hughes – [a bit slower than the fast group]

9.30am: The Brisk Club run – led by Andy Hurrell [a bit slower than the training group]

The very nice people in the 9.30am group will make sure you don't get left too far behind!

The Race Committee met recently and the calendar will be released early in the New Year so keep that winter training going ready for the start of the season in March.

A club ride/race and BBQ is planned for Saturday, 21st May at Sutton School Hall to which riders, family, and friends are welcome.

The club website www.herefordwheelers.com is currently being revamped by club member Chris Holt, many thanks to Chris.

Our thanks are extended to Katherine King for making our Club Dinner and Prize Giving a lovely occasion for all. See the photo on the website. Also thanks to Valerie Hurrell for organising the evening.

Enjoy your cycling... and stay safe!

Chris Hughes,
President

REPORTS

2015 Time Trial season.

The Wheelers promoted another successful programme of Time Trials in 2015 holding 34 events and although the number of riders was slightly down from last year we still had 1,192 riders. The season was subject to varying weather conditions which certainly resulted in lower numbers at some races.

During the season we stopped using the Yazor course mainly because of parking problems but also because of the deteriorating road surface.

During the season several new course records were set at the Allensmore 10 by Eddie Dunbar of NFTO Pro Racing in 20:03, the Leominster 10 by Edmund Bradbury of NFTO Pro Racing in 20:10, the Stretton Sugwas 25 by Edmund Bradbury in 52:11 and the Pencombe Hill Climb by Ceri Middleton of Climb on Bikes in 6:32.

Another first took place at Leominster on 14th May when Annasley Park of Giardano Tritan RC won an evening 10 which was the first time a woman had won a Wheelers 10.

It was also pleasing to see so many Juvenile, Junior and Woman riders taking part during the season.

Many thanks to all the officials and helpers whose assistance makes the events possible.

Hereford and District Cycling Club 2015 Awards

No	Trophies		Winner	Time/Speed/ Points
	Most Improved male 2014-2015		Sam Edwards	.+4m.41s
	Most Improved Female 2014-2015		Sasha Evans	.+3m.5s
	Most Improved Junior 2014-2015		Rory Evans	.+6m.19s
	Evening Handicap Open 10 Points (best 6)	1 st	Jim Dicken	561
	Evening Handicap Open 10 Points (best 6)	2 nd	Jack Prosser	559
	Evening Handicap Open 10 Points (best 6)	3 rd	Rory Evans	557
	Club Evening 10 ladies best 10	1 st	Katie Price	492

	Club Evening 10 ladies best 10	2 nd	Sally Fields	478
	Club Evening 10 ladies best 10	3 rd	Gabby McDermott	463
	Club Evening 10 Points Overall Best 10	1 st	Jon Tetley	1000
	Club Evening 10 Points Overall Best 10	2 nd	Jon Phillips	974
	Club Evening 10 Points Overall Best 10	3 rd	Mark Collyer	959
24	Evening 10 Best Veteran on Standard (Average)	1 st	Les Howard	.+1m.37s
	Evening 10 Best Veteran on Standard (Average)	2 nd	Jon Phillips	.+1m.33s
	Evening 10 Best Veteran on Standard (Average)	3 rd	Paul Jones	.+1m.31s
	Most Improved Veteran on Standard		Jon Phillips	.+2m.29s
25	Keith Hayward Trophy (Club Person of the Year)		Percy Hughes	
19	Tony White Memorial 10 Trophy (fastest Club 10)		Jon Tetley	23m.23s
18	Phil Jones Memorial Trophy		Rory Evans	24pts
17	Handicap 25 Cup		Chris Holt	01:00:30 (6:50) 58:27 (8:20)
15	Hill Climb Championship Trophy		Christie Jones	6M.38s
14	Middlemarkers 25 Cup		Christie Jones	1H.03M.04S
13	End of Season 25 Cup		Bryn North	.1h.00m.18s
12	April 25 Cup		Simon Geary	1H.05M.01S
11	Start of Season 25 Scratch Cup (Club Event)		Ian Rivers	1H.02M.13S
10	30 mile Trophy		Bryn North	1H.11M.38S
9	Alf Evans Middlemarkers 50		Katie Price	2H.21M.10S
8	August 50 Scratch Cup		Not awarded	
7	Arthur Steel 50 Cup		Chris Holt	2H.20M.16S
5	100 mile Scratch Trophy		Guy Evans	4H.30M.02S

4	12 hour Trophy		David Steel	181miles
20	Womens BAR		Katie Price	22.73mph
3	Veteran BAR Trophy		Chris Holt	.+0.99mph
2	Junior BAR Cup		Rory Evans	22.07mph
1	Senior BAR Trophy		Guy Evans	22.04mph

Entering Club and Open Time Trial events

There seems to have been some confusion of late about how riders enter Club and Open time trial events so these notes will help explain the differences.

Club events are promoted by Cycling Time Trial (CTT) affiliated clubs as Type B events under CTT regulations. They are open to all riders belonging to a CTT affiliated club and can be entered on the day. These type of events are promoted by Hereford Wheelers and other local clubs such as Ludlow CC and Ross CC. For Wheeler events, as listed in their Race Programme, the entry fees are: Wheelers members £3 and Under 18 £2; members of other affiliated clubs £4; and riders who do not belong to a club may join Hereford Wheelers as a day member for £2 plus a race fee of £3. Wheelers rules only allow a rider to ride twice as a day member then they must join a club. For every rider the Wheelers have to pay a race levy of £2 per rider to the CTT to cover the cost of third party insurance.

Open events are classed as Type A events under CTT regulations and must be entered up to 14 days prior to the event either by a CTT entry form or on the CTT online entry system. The cost of entry to these events is usually £7 to £10 and the events sometimes have entry conditions.

Full details of CTT regulations and details of all Open events can be found in the CTT annual Handbook and on the CTT website.

Annual Dinner & Prize Presentation

70 members and guests of Hereford Wheelers attended the Dinner at Hedley Lodge on 27th November. The awards were presented by Hereford-based professional triathlete Kathryn King, who also fielded a lively question and answer session. A 'lucky ticket' raffle took place.

Service & menu issues from 2014 had been addressed by the hotel management and feedback from those attending has been very positive. Consequently the committee has decided to return to Hedley Lodge on **Friday 25th November 2016** and a booking has already been made

Valerie Hurrell



2015 AWARD WINNERS

ARTICLES

Scottish Borders Tour July 2015

This particular tour has been organised and led by the same leader for 14 years and, since I hadn't done a CTC holiday for a while, I thought it would be a good choice.

The Scottish Borders is superb cycling country. There is a great variety of landscape: rivers, lochs, castles and forests but also rolling farmland with abbeys and attractive market towns. Roads are quiet, away from the main routes, and motorists were considerate; the population is only about 100,000. Although the terrain tends to be hilly, with some steeper climbs, there is nothing that should frighten a Hereford Wheeler!

This tour was different from my previous ones since it was centre-based, at a 200 year old coaching inn, The Horse and Hounds, in Bonchester Bridge. I liked the idea of being able to ride each day without having to unpack/pack and carry all my kit; also the opportunity to really experience one particular area. The only drawback was the fact that I wanted to travel by train and the nearest stations were either Berwick-upon-Tweed (45 miles) or Carlisle (a hilly 50). I opted for the latter (cheaper!) and, in fact, my journey, via Crewe, went very smoothly. The ride to Bonchester was straightforward, with the wind behind me – seems that can happen for more than 10 minutes at a time.

Our group of 16 could choose either a medium ride (40 or 50 miles) or a longer (60 or 70 miles) each day, with the Samye Ling Challenge (83 miles) as a tempting goal mid-week. Tony(Gore), our leader, provided excellent route cards and detailed maps and every ride was very different both in terrain and scenery. During the week we visited such towns as Hawick, Jedburgh, Eskdalemuir, Melrose, Galashiels and Selkirk. The



Challenge ride took us to a Tibetan monastery for lunch, surreal in its unlikely location, tucked away in the Ettrick valley.

The inn was ideally situated, clean and comfortable and the food got better and better as the week went on. (It was a day or two before the breakfast team realised that we really could eat just about everything they put out for us).

This was a super tour. If you need further convincing to explore the Borders, just ask Mark and Anne (Brazier) who, by an amazing coincidence, I met in a remote lane near Kirk Yetholme!

Linda Stevenson

500,000 Miles and Counting

On Tuesday 16 June this year an unremarkable morning's cycling saw me pass half a million recorded lifetime cycling miles somewhere between Much Marcle and Preston Cross. Since I started cycling when I was about 14 I have kept diaries of my rides just recording where I have gone and on which bike, turbo miles are not included by the way, and these records are complete apart from a period around 1982 when I started riding again having stopped for about 7 years.

In September 2005, in my 50th year, I was able to get entry into the 300,000 miles club, joining a small number of cyclists who not only have cycled that far but have the records to prove it, a double dose of obsessiveness perhaps and there may well be many

people who have cycled that far but can't prove it.

In joining this club you are not joining a group of athletes at the top of their game, most of us are well past their sell by date and our secretary commented in a recent annual report that if he took out members comments about the dire weather and illnesses he would have little to report on.

I have been very lucky amongst the members to have been able to keep my annual mileage at a very high level and in recent years have been regularly in second place behind Peter Baker of Lewes CC. This cyclist is slowly catching me up and as he is a few years younger he should overtake me soon.

Looking back over the last few years the cycling has changed greatly for me. In 2005 I was still riding many miles with Evesham A group on Sundays plus riding many long distance events such as the Elenith.

However, about this time Anne and I started a series of long distance expeditions, usually to Scotland, these were fully loaded rides, often with off-road thrown in and we started using adapted MTBs for these. As a result my miles on road bikes fell away as did my average speed. And the decline in average speed has continued across the various bikes I have ridden.

Certainly I rank the road conditions in Herefordshire today the worst of anywhere I cycle in the UK and this has meant an increasing use of bikes with bigger tyres to avoid potholes, or maybe I just don't see them so well!

As the mileage continued at around 20,000 each year, two thirds of which I have been



lucky to have Anne with me, it became possible that I would reach the magic half million in my 60th year, so about the start of 2014 I started to make an effort to do just that and so that milestone came and went in June this year.

I have ridden with some great cycling companions over the years including many from Hereford Wheelers and I really appreciate the companionship and motivation that they have given me to enjoy my cycling, In particular Anne and I are fairly regular attendees at Weobley and at Ewyas Harold, and also the Sunday rides from time to time.

We have kept our involvement with Evesham Wheelers if not the regular Sunday thrash over Hollybush and up the A46 early on Sundays, plus as many of you know we have been long term supporters of the unofficial Boat Inn cycling club at Ashleworth near Gloucester

With all these things in mind we extended an invitation to all our cycling friends to join us for a drink at the Boat last July but a week before this was due to happen Tom, our son who many of you know had a serious accident descending the Hermitage at Bridgnorth after competing in the road race, he was airlifted to QE hospital and spent several days there before a spell back at Munsley being looked after by Anne especially. So the celebrations didn't happen and the cycling moves on. Thankfully Tom has staged a pretty dramatic recovery, and is back competing again although will require more surgery in the coming months

It seems a long while since getting passed the half million but in the context of what has happened since it seems to be trifling and really unimportant.

Will I be after 750,000? I don't think so.

Mark Brazier

MEMBER'S QUESTIONNAIRE

This month's Member's Questionnaire is from regular tourer Lindsa Stevenson

WHERE WERE YOU BORN? I was born in Hereford but my parents are both Scots: a Scottish-Herefordian!

WHEN DID YOU START CYCLING? Don't remember ever NOT having some sort of bicycle. Dad didn't learn to ride a bike until he was 21 and went out under cover of darkness to practice. Maybe he was determined that I wouldn't have to do the same!

WHAT WAS YOUR FIRST BIKE? The bike I really cherished was a beautiful green and blue Raleigh Olympus from Mastercraft. I had to pay part of the cost and got it as a Christmas present when I was ten. The frame is buried in my parent's garden.



WHEN DID YOU JOIN THE WHEELERS? I joined the Wheelers in April 2014. I was just getting back into cycling after a couple of years away when I came upon Dave Unsworth and his group. He kindly let me tag along and, without realising where we were heading, I found myself gate-crashing Wendy's Easter coffee morning! (that was one fortuitous bike ride...).

WHAT IS YOUR BEST CYCLING MEMORY? The day Dad took my stabilisers off was as good as it gets, bicyclewise.

WHY DO YOU ENJOY CYCLING? There are so many reasons I enjoy cycling. Perhaps number one is how quickly you can get right out into the countryside and the distance you can cover, certainly compared to running!

HOW OFTEN DO YOU RIDE? I am on a bike every day. I use my runaround to get most places: the pool, the gym, work, the shops and, yes the pub. I find driving the car both boring and tiresome.

WHAT BIKES DO YOU OWN? I have only 3 bikes: a Basso Reef (Summer), Specialized Tricross (Winter and touring) and everyday (my brother's single speed Decathlon). It is actually my favourite.

WHAT IS YOUR FAVOURITE RIDE? I have a 2½ hour loop from Kings Acre, over Wormsley, round Ivington and Upper Hill and back over Wormsley from Weobley side. Just enough on a cold day.

WHAT IS YOUR FAVOURITE POST RIDE MEAL? I am very keen on a chilled diet coke, followed by whatever takes a maximum of 15mins to prepare.

WHAT DO YOU CONSIDER THE BEST CYCLING INNOVATION? Bicycle gears never cease to thrill and amaze me. I think the fact that I don't understand the first thing about how they work makes them even more magical.

WHO IS YOUR CYCLING HERO? I came across the legend of Beryl Burton thanks to a library customer; she was an amazing athlete.

WHAT KIND OF BOOKS/MUSIC DO YOU LIKE? Kate Atkinson and Rose Tremain are two of my favourite novelists. I think singer songwriters are great so it will be no surprise that I am currently listening to Adele's new album. Completing 1000 piece jigsaws doesn't quite compare...

HOW WOULD YOU IMPROVE HEREFORD WHEELERS AS A CLUB? Hereford Wheelers is a brilliant club just as it is and I am very grateful to be a part of it. Thank you to everyone who works so hard to keep it that way.

NOTICES

Your Photos Please!

I hope to put on a Powerpoint presentation of the Club's activities in 2015 after the AGM on January 6th. Bill and Maurice will hopefully provide me with photos of racing events but I'd also like to include a broader range of pictures.

If you've got any photos of members in other events (sportives, cyclo-cross events, Sunday club-rides etc) please would you send them to me before Christmas.

Thanks,

Andy Hurrell andyinhereford@aol.com

Café News

Pembridge – The Olde Steppes which is one of our favourite tea-rooms is no longer open on Sundays or Mondays. This is a great shame as they have always been very welcoming for the Sunday clubruns. Perhaps we'll put a Saturday ride on in 2016 so we can enjoy a coffee and cake in their elegant surroundings.

Whitchurch - The Crown at Whitchurch near Symonds Yat has contacted us to advise that they now have a coffee shop which is open daily 7am – 5pm

Alexander Park - Near Ledbury, Alexander Park Golf Resort has advertised their new tea room, open 9am to 5pm daily. Has anyone called in yet?

Café List – In the past the café list on the website has included the OS grid reference. Now that post codes are widely used it would make sense to include this information for each café. Is anyone with some time on their hands willing to update the list?

Andy Hurrell andyinhereford@aol.com

Club Membership

Reminder: Will all members please remember to renew their club membership subscription from 1st January (if you do not pay by Bankers Order).

2016 subscription rates are unchanged: £10 Adult, £5 Under 18 and Over 65.

Bill Berry Treasurer

Where was I on my bike ride?

Nobody submitted an answer to where I was on my bike last edition. The answer was by the War Memorial in old Bodenham.

The Wheeler

This issue completes 10 years of the quarterly Club Newsletter/Wheeler. Articles, photographs, poems, comments – anything that may interest you or club members – will be very much welcome so the Anniversary Edition can be a really bumper issue

Please pass on anything you have to the editorial team or members of the committee.



TURBO 10 TT 2015