





Open 25 2017



35-mile 3-up TT 2017

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Front cover photo: Owen Bent on CATI 2017

Photographer: Maurice Tudor

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PRESIDENT'S INTRODUCTION

Hello all

Club membership at the time of going to press is 193 with membership increasing following the CATI, the Social Rides, Easy Rides and the Brisk Club run. Thanks to all participants and organisers.

Time trial series – the 15 event series started with disappointment as race 1 and race 4 had to be cancelled due to unforeseen road works. This was followed by race 5 which was not cancelled due to road works but, minutes before the race, organising officials made the decision to cancel as the heavens opened up a torrential storm and surface water became a risk factor.

Wheeler members still have enough races left to get their 10 best events to count towards the league points. Good luck in your quest! Let's hope the weather and the road situation work with us but, as road works and weather are very unpredictable, we will continue to get the latest information out to competitors as quickly as possible.

The committee have made the recent decision to reuse the Yazor 10 TT course. This was for a number of reasons mainly securing a safe parking area arranged in a local farm yard, which is fantastic news, and the poor road surface eventually being resurfaced. We can now park a large number of cars safely away from the busy road. Feedback from riders has been positive and numbers attending have been excellent. We will definitely be returning next year although use of this course in August will not be available due to the collection of the annual harvest.

Thanks to everyone for supporting the Social Rides and Hog Roast held at Sutton St Nicholas school hall – it was great to see members and friends come out and enjoy the day. See report further on in the magazine.

Sadly, long term club member Bryan Nicholas passed away on 13th June aged 91 years. Bryan had a huge commitment to cycling and our club over very many years including organising Kermisse racing in Hereford City and Grass Track events on St George's Playing Field. Bryan served as President and Vice-President of the Club at various times over the years. Thank you to those club members who attended his funeral on Friday, 23rd June.

Thank you to all club members who have helped the club in any way during this season, this is your club and your involvement in supporting the club makes it more vibrant and sociable.

If you have any items of interest you feel could be on our Club website please let us know on www.herefordwheelers.com

Chris Hughes
President

REPORTS

Brisk Clubrun from Monmouth 9th April 2017

While I was compiling the programme of Brisk Clubruns for 2017 last Autumn, Ken Green offered to lead a ride from Monmouth where he and Linda live. I was pleased to accept his offer and eventually the date for the ride arrived and we were lucky to wake to a sunny and fairly warm April day.

Eight of us gathered by the old bridge in Monmouth which, a notice informed us, is the only bridge in Britain that still has its defensive gateway intact. The group comprised Ken and Linda Green, Barbara Alsford, Steve Alderton, Mark Montez, Dave Anslow, Valerie and me.



Initially Linda led us up through Monmouth town centre then onto a cycle route around the north of the town and then onto National Cycle Network route 423. Before long we had the Rolls golf course to our right. This was the family home of the Rolls family and we had earlier passed a statue of Charles Rolls (as in Rolls Royce) in the centre of

Monmouth. The hills of this part of the ride were familiar to some of us as we use these lanes to get to Mitchel Troy but that didn't make them any easier.

We crossed a bridge over the A40 to the east of Raglan and were soon climbing the first 'arrowed' hill of the day. A few miles along a ridge road gave wonderful views over the Welsh Mountains including the Skirrid and the Blorenge. After a few more climbs and descents we rolled into Usk where Linda guided us to the courtyard of Number 49, an interior design shop that doubled up as an excellent café.

We settled round two tables in the sunlit courtyard and placed our orders for coffees and cakes. It was very pleasant there and a few more cyclists arrived for refreshments. All too soon it was time to make a move and we left the town on NCN route 42 that followed the River Usk until Linda guided us under the A449 then immediately left to climb up a delightful minor road up a valley that Ken informed us was called Llewelyn's Dingle. A few more twists and turns had us climbing up to the Trellech Ridge on a long gradual ascent that is one of Linda's favourite climbs. The views certainly made the effort worthwhile.

Before long we found that we had gained some companions on the road – we were on the same route as a sponsored ride but Ken managed to keep all of our group together although we may have confused the marshals who tried to guide us towards Newport!

A superb descent off the Trellech ridge took us back to Monmouth where we thanked Ken and Linda for the ride and put the bikes into our cars for the journey home. It hadn't been a long ride but there had been a lot of climbing and it was great to ride in a different area.

Andy Hurrell

Hereford Wheelers Open 25 mile TT Report April 2017

A return to our Open 25 this year saw an entry of 42 riders, with 32 finishers. Sadly, as can often happen at this time of the year, the weather was inclement. Of those that braved the day, Keiran Davies, DRAG2ZERO, prevailed as the overall winner in a time of 51.48 9 (new Course Record), taking home a prize of £30.

The event attracted riders from 25 different clubs nationally, with 14 of our own club members participating; hardy lot. Apologies for the weather, will see if we can order a better day for next year!

Our fastest Wheeler on the day was Henry Lort in a time of 58.11, well done to Henry on his inaugural Open Event ride for the Wheelers and for setting a new Wheelers Course Record. Congrats also to Paul Jones (59.43) for his ride on the day (2nd placed Wheeler) and also to Christie Jones 1.04.43 fastest lady also setting a new Female Course Record and taking 12th place overall.

Many Club members supported the event by marshalling, timing, officiating and catering. Thanks to all involved for your help on the day, we couldn't do it without you.



Save the date – Easter Monday, 2018, Entries must be received at least two weeks prior to the date. No late entries can be accommodated as entry is computerised via the RTTC website <https://www.cyclingtimetrials.org.uk/>

Keep Cycling
Chris Hughes, Race Secretary

My take on 'Hereford Wheelers trip to Spain, April 2017'

Club member Ray Mobbs invited Wheeler members to join him on a cycling trip to Spain. The result was a turnout of 8 guys and 1 lady who ventured to Cambrils on the Costa Dorada flying out from Birmingham on Sunday, 23rd April for 6 days cycling.

Well what an adventure, mountains the like that some had never cycled before (Jack Hughes, Jim Dicken etc), some 6-8 mile climbs, but wow, worth it for the descents.

Warmer weather on the trip would have been pleasant but with only one morning of rain everyone cycled each day.

After an initial hiccup with sorting out hire bikes, day 1 saw the group set off along the coast towards the mountains for a 60 mile ride, stopping in a typical Spanish village for a lunch of Thon [Tuna] Baguettes or Calamari [fried Squid] and much needed cold refreshments of beer, coke and water.

This set the scene for the week, with riders enjoying the challenge of the mountains and

also the scenery. The ride to and around the village of Pratdip, (a municipality in the area of Baix Camp, in the province of Tarragona, Catalonia) was a favourite over the week.

Unfortunately on day 3 Mick was unfortunate enough to sustain the cyclists' injury (a broken collar bone) but we hear he is well on the mend now. Remember to take your EHIC card on any similar trips as this ensured Mick received the best of care from the Spanish health system.

The hotel was great for purpose, also hosting a large group of cyclists from France, and all riders took full advantage of the good variety of food on offer.

Cambrils was a lovely beach and marine resort, with a few local bars that the group sought refreshments in most evenings.



All on the trip were grateful to the organiser and some are keen to repeat the experience. Watch this space or contact Ray Mobbs!

Participants: Ray Mobbs, Mick Cumbes, Dean Prosser, Ed Hadley, Nigel Jones, Jim Dicken. Chris and Sue Hughes, Jack Hughes.

Sue Hughes, Committee Member

'Come And Try It' Time Trial 15 June 2017

Our annual CATI event during national bike week attracted a good turnout of 28 riders this year, all of whom finished the 10 mile Allensmore circuit in under 52 minutes, including several 'newbies to cycling' as well as excellent TT rider Greg Wisniewski [in a time 23.59], so well done all.



The weather for the event was dry and clear, but windy, which might have hampered any slightly faster times for the riders.

The age range of participants went from youngsters to septuagenarians with all putting in their best effort to get around the course in the fastest time possible.

Many thanks to the very many willing helpers who turned out to support the club to marshal, time keep, provide refreshments, sort results and organise certificates. We couldn't do it without you.

The club welcomed some new members as a result of the successful evening event.

Chris Hughes

Hereford Wheelers' Rides & Hog Roast – Sutton St Nicholas – 17/06/17

The second Rides & Hog Roast was held at Sutton St Nicholas village hall and enjoyed considerably better weather than the 2016 event. In fact it was so hot that the organisers feared that people would be put off by the heat. Routes for the fifty mile 'Happy in the Hills' and the twenty-five mile 'Take It Steady' rides were planned by Jon Tetley. The



fifty-miler had seventeen riders and was reported to be very challenging. Fourteen riders enjoyed the easier 'Take It Steady' ride. There was also a Family Treasure Hunt, with observation questions around a twelve mile route, organised by Andy and Valerie Hurrell. This was supported by nine riders, most of whom were members of the Shallcross family (thanks for your support Rick and family!).

In the kitchen a host of volunteers prepared for the return of the riders, family members and guests from other clubs. Thanks to Sue Hughes, Katie Tetley (and Evie and Lucy), Marion Hatton and Liz Turner. The hog roast provided an ample spread and there were also vegetarian quiches, salads, trifle & cakes. Nobody went home hungry!

We were pleased to welcome a contingent from Luctonians CC, who had ridden over, ridden the twenty-five mile ride and then rode home. Clive and Lynette Walker brought the new Wheelers Easy Rides group out to the hall and four new members joined the club on that day. All together we counted sixty-eight people who took part in the event; either as riders, helpers or those who came along for the food.

A lot of hard work beforehand and on the day goes into organising this type of event, which aimed to offer a combination of riding opportunities at a variety of levels and a social occasion for members and their families; young and old alike. Members of other local clubs were also invited and it provided an opportunity for people to mingle and chat.

The committee would appreciate any feedback regarding this year's Rides and Hog Roast and any suggestions for future events. Even more welcome are offers of help and involvement!

Valerie Hurrell



ARTICLES

Ring of Beara Cycle Sportive Kenmare Ireland



The Ring of Beara is a route along the Atlantic Ocean in the Southwest of Ireland, wild and relatively unexplored. It is part of the Wild Atlantic Way which is 2,500 kms in length from Malin Head to Mizen Head.

We travelled to Ireland by ferry, Fishguard to Rosslare, arriving in lovely sunshine, a pleasant surprise.

After a stopover in Wexford we set off towards Kenmare. As we travelled towards the West Coast the scenery became more dramatic. We travelled through Killarney over Molls Gap, the views from which were amazing.

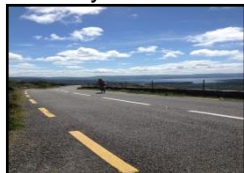
We arrived to a very friendly welcome at our B&B, O'Sheas Farm House, on the outskirts of Kenmare. The following morning dawned damp but fortunately the previous night's thunder and rain had passed.

I set off earlier than the official start time, along with other cyclists as I was unsure of what lay ahead. The scenery along the route was spectacular, from dramatic rocky hills to views out into the Atlantic.



The hardest part of the ride was going up Caha Pass, a mountain pass over the Caha Mountains

between Cork and Kerry, reaching a height of 332 meters and over 6 miles to the top. I was greeted at the top by whistles blowing and bongos playing. Once through the tunnels it was a speedy decent and a good run in to the finish where I was surprised to see hundreds of locals cheering us in. After a welcome shower we visited one of the many pubs for a lovely meal and a well-earned recovery drink of a glass of Guinness .



The Ring of Beara and Kenmare are well worth a visit for the spectacular scenery and friendly people.



Wendy Howells

MEMBER'S QUESTIONNAIRE

This month's questionnaire is by Sue Bissell – a new club member, tourer and racer.

WHERE WERE YOU BORN?: Hereford

WHEN DID YOU START CYCLING AND WHY? I've always cycled to work but just on my hybrid bike. In 2015 I entered the Wheelie Big Bike Ride; the 16 miles. A friend, who was on a road bike was just that bit too fast for me to catch her so I asked her if I could have a go on hers at the end. I went home and told my husband that I'd like a road bike. I started to go out quite regularly on my own and then occasionally on Sunday mornings with Lindsa. In 2016 I completed the Hospice 32 mile ride.



As for why – I've always tried to keep reasonably fit. I rowed/sculled on and off from the age of 14 to 35 and suffered from a bad back for most of my adult life. I ran 2 half marathons either side of my 50th birthday and realised that running was not for me, hence the switch to a bike.

WHAT WAS YOUR FIRST BIKE? My first road bike was a Giant Liv Avail bought in October 2015

WHEN DID YOU JOIN THE WHEELERS? February 2017

WHAT IS YOUR BEST CYCLING MEMORY? As I am so new to this my memory is very recent, it was the Audax on 22/4/17, stunning scenery and fabulous company.

WHAT WAS YOUR BEST CYCLING PERFORMANCE/RIDE? I am training for two 100 mile rides in July so my best performance so far is probably a solo ride of 80 miles that I did on 27/6/17.

WHY DO YOU ENJOY CYCLING? The stunning Herefordshire countryside, the wonderful people I have met, the satisfaction of achievement, improved fitness and less need to worry about keeping weight under control, new goals to plan for.

HOW OFTEN DO YOU RIDE? 4 times a week.

WHAT BIKE(S) DO YOU CURRENTLY OWN? A Giant hybrid, Giant Liv Avail, Trek Silque 5.

WHICH IS YOUR FAVOURITE BIKE AND WHY? My new Trek is lovely and the pain in my wrists that I was getting from my Liv has vastly improved.

WHAT IS YOUR FAVOURITE RIDE? Don't mind; where Andy and Val take me it's always a joy!

WHAT IS YOUR FAVOURITE POST RIDE MEAL? My wonderful husband is a great cook and I always come home to a Sunday roast after the Wheelers ride, heaven!

WHAT DO YOU CONSIDER TO BE THE BEST CYCLING INNOVATION IN THE LAST 30 YEARS? For me, I love Strava, the encouragement from others is a great motivation and to see where I've been is helping me get a better perspective of Herefordshire.

WHO IS YOUR CYCLING HERO? Dave Unsworth, Andy and Val Hurrell (if I can have 3?)

WHAT KIND OF BOOKS DO YOU READ? Crime and adventure mostly.

WHAT KIND OF MUSIC DO YOU LIKE? Nothing too heavy, pop I suppose. My daughter is a clarinetist so we do go to a lot of Orchestral concerts but I haven't much idea about classical music.

DO YOU HAVE ANY HOBBIES? Reading, Parkrun,

HOW WOULD YOU IMPROVE HEREFORD WHEELERS AS A CLUB? Too new to have an opinion yet. Put a zip pocket on the back of the jerseys.

OBITUARY

Bryan Nicholas

Bryan Nicholas was born in Hereford in 1926 and joined the Hereford Wheelers in 1947. He was keenly involved in all the club's activities and was a frequent rider on the club's regular Sunday runs as well as an enthusiastic racing cyclist. He was a strong rider, winning many club trophies during the course of his competitive career. He also enjoyed frequent cycle-touring week-ends and longer holidays with fellow club members in various parts of the United Kingdom, on the Continent and also during the Cycling Week on the Isle of Man, where he enjoyed watching every form of competitive cycling.



He became an energetic organiser of cycle racing within the Hereford Wheelers, serving for many years as the club's Time Trial secretary. However, his greatest enthusiasm was for track and massed-start events, in those days promoted under the authority of the British Cyclist' Union, later to become the British Cycling Federation (BCF) in 1959.

In 1956, as part of the Hereford Carnival, he organised grass track cycle racing in a joint athletics, cycling and 6-a-side football contest held on the King George the V

playing fields. These grass-track meetings continued for ten years, attracting a crowd of some 8,000 initially, growing to 15,000 or so in subsequent years and attracted riders from many parts of Britain.

The first multi-stage massed-start road race in Herefordshire was promoted by Bryan in 1964, consisting of a massed-start stage on Saturday and a ten-mile time-trial stage followed by another massed-start stage on the Sunday. This 2-day event was also a success, continuing for several years and bringing some of Britain's top riders to our county.

One of the most spectacular forms of cycle racing which Bryan introduced to Hereford were the city-centre 'Kermesse' races, when (again, as part of the Hereford Carnival) in 1972 Broad Street, King street, Berrington Street and part of West Street were closed off, crowd barriers erected and cyclists raced elbow-to-elbow at breakneck speed 'round the houses' in a series of races, each race consisting of several laps of the very tight circuit. Bryan included a race for professionals whose incredible high-speed bike-handling skills provided even more thrills for the crowd, and the club continued to hold this hugely popular event for more than 20 years.

Nowadays, when cycle racing is recognised as a major sport in Britain and one at which our nation excels, it may be easy to forget what courageous promotions these were by Bryan in the 1950s, 1970s and 1980s when cycling was a minority spectator sport, particularly in a quiet place like Hereford. Our club was also far smaller, with just scores of members, not the hundreds we now enjoy. Bryan could be a forceful character who was always prepared to speak his mind, and fortunately he had the energy necessary to generate the enthusiasm among members needed to provide the assistance which these events required.

Bryan was proud of his club, and he regarded it as a great honour to be elected club president, a post he held for many years. But, despite his dedication, cycling was not his only interest.

Bryan was also an enthusiastic and expert gardener, taking particular pride in his vegetable garden, which, to anyone who visited his garden, was immediately apparent from the superb fine tilth of the soil and the immaculate straight rows of produce.

In his working life, Bryan was a bricklayer, and respected as a master of his craft, having worked on many of Hereford's well-known landmark buildings as well as projects further afield. These included the radar installation on Clee Hill, working in the winter when at times, Bryan recounted, the wind was so bitter that he had to duck down and shelter behind the wall he was building while he 'buttered' each brick and then stand up briefly and lay it as swiftly as possible.

That was typical of Bryan; he didn't let difficulties stop him. He made things happen and both our club and the great sport of cycling have benefited from his many years dedication, enthusiasm and hard work. With his passing the Hereford Wheelers have lost one of their most stalwart members.

Stuart Edinborough



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