



www.herefordwheelers.com

Summer 2016



THE WHEELER

COOMBES CYCLES



**Retail
Finance**



**Hereford & District
Wheelers Cycling Club**

*The club for "people who ride
and those who "just ride a bike"*

10% Members' Discount



Find us on:

facebook®

Sales – Spares – Repairs

www.coombescycles.co.uk 01432 354373

92 Widemarsh Street, Hereford, HR4 9HG

HOG ROAST





CATI 2016



2nd Handicap 25 2016

Club Contact Details

President: Chris Hughes 01432 271829, president@herefordwheelers.com

Hon General Secretary: Katie Price, secretary@herefordwheelers.com

Racing Secretary: racing@herefordwheelers.com

Hon Treasurer: Bill Berry 01432 760650, treasurer@herefordwheelers.com

Audax: Dave Unsworth 01432 355261

Coaching & Juniors: Stuart McFarlane, juniors@herefordwheelers.com

Runs list & CTC Rep: Stuart Edinborough 01432 269700

Website: webmaster@herefordwheelers.com

The Wheeler editorial team: Bill Berry - berry@hr4moreton.freemove.co.uk

Maurice Tudor - mandctudor@btinternet.com

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: Archie Sandman on the CATI

Photographer: M Tudor

CONTENTS

President's Introduction	2
Reports	
CATI	3
Hogg Roast Social Event	3
Articles	
Shallcross Family Fun Day	4
Elan Valley Ride	6
Member's Questionnaire	9
Notices	11

PRESIDENT'S INTRODUCTION

Hello Everyone,

Our Membership stands at 212 members, this includes riders taking part in time-trialling, sportives, touring, Wednesday and Friday [coffee and cake] Wheelers etc.

Thanks to everyone for supporting the Social Rides and Hog Roast – this being the first event of this kind for the club, it was great to see members and friends come and all enjoy the day, even though the weather could have been kinder to us. Stuart McFarlane entertained the young people helping them improve their bike skills and the treasure hunt organised by Andy and Valerie Hurrell proved popular. Those hardy enough to attempt the 50 miler Happy on the Hills [route sussed out by our very own Jon Tetley] had a challenging ride to ensure that on their return the hog went down a treat and of course, the yummy cakes. See website for pics.

The turn-out for the Come and Try It [CATI] this year was down on recent years at only 15 riders – the weather on the day was horrible, compounded with football fever on the telly which possibly didn't help! Thanks to those who did support the event and also to the organisers.

Time trial series – the season this year has once again been competitive with a large number of riders participating both from the Wheelers and other local clubs. The series continues through to August with the 15th 10 miler ending on 18th August.

Apologies for any changes to courses due to road works which, naturally, is beyond our control – we have done our best to get information out to riders when this has occurred. Also bear in mind for your training that the Pencombe Hill Climb is on 11th August and Haugh Wood on 25th.

Thank you to all club members who have helped the club in anyway 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.

www.herefordwheelers.com

Chris Hughes
President

REPORTS

'Come And Try It' Time Trial 16 June

Maybe it was the weather on the day, or the uncertain forecast, but the result was the lowest turnout of 'Come and Try It' entrants for several years. In the event there were 15 riders of whom 12 were newcomers. As usual the event was well organised with almost as many helpers as we had riders.

The age range as usual was widespread with oldest rider was over 60 and the youngest aged 12. The participants' bikes ranged from top of the range, modern road bikes to a single speed mountain bike.

The fastest times on the night came from the 3 regular TT riders but 3 other riders broke the 30 minute barrier and most of the others being under 40 minutes.

The youngest rider Billy Thomas was riding his first ever time trial , accompanied by his Dad Graeme and recorded an excellent time of 45min 27 sec.

Several of the riders took Wheelers membership forms after the event and 2 have actually signed up.

Once again many thanks go to all the Wheeler members who assisted on the night.

Bill Berry

Hogg Roast & Social Rides

A wet start to the day seemed to put a few people off riding the longer 50 mile 'happy in the hills' route, so a handful of us were given our raffle tickets by the two Tetley little helpers and bravely battled through the vast selection of cakes before setting off on our ride (in the dry miraculously!)

The 25 mile route set off shortly after, followed by the 12 mile treasure hunt, which two family groups took part in, including a six year old who did the whole thing on solo! Throughout the afternoon Stuart McFarlane ran a skills session for younger riders which was well received.

The 50 mile route definitely lived up to its name of 'happy in the hills' as it went up over the Malverns. We stopped for a much needed coffee in Malvern Link – we arrived back at Sutton St Nicholas village hall as the rain started, and just in the nick of time too as some very bedraggled people came in later. I think some of the kids on the treasure

hunt loved their adventure in the rain as they returned with massive grins!



We certainly were ready for the hog roast, quiche and lots more cakes, and it was really great to get the chance to chat to people you wouldn't normally ride with. I particularly loved seeing the families with small children who are our next generation of Wheelers so hopefully next year's event will see even more kids on their bikes having a great time! Lots of people came along just for the food and to socialise which created a wonderful buzz in the hall.

Thanks to the organisers; Sue, Chris, Jon and Valerie, along with Stuart for running the skills sessions, Andy for organising the treasure hunt, and Jon for devising the other routes, Kate for baking for an army along with everyone else who baked or volunteered on the day, these events wouldn't happen without you all and I very much look forward to an even better event in 2017.

Emma Hurrell

ARTICLES

The Shallcross Family at the Wheelers May Fun Day

It was a Friday morning at Ewyas Harold that Andy Hurrell was canvassing the Friday Wheelers to support the club Fun Day on 21 May this year. Since all our family were getting enthusiastic about cycling I rang round and found that everyone was keen to

participate. Our eldest daughter Sarah travelled down from Gresford, N Wales, with her two children Jessie (12) and Harry (10) and Dave Thomas and Ceri, our younger daughter who live locally brought along their three sons Sam (10), Zac (7) and Joe (5). The weather forecast was not very good for the day but that didn't dampen family enthusiasm for the occasion.

When we met up at Sutton village hall we were made very welcome and collected our paperwork. Dave & Sarah took Jessie, Harry & Sam on the 25-mile ride and I went along with Carole, Ceri, Zac and little Joe on the Treasure Hunt. I had a 'bale out' plan for Joe as he was on a tiny kids Frog bike and I didn't think that he'd make it all the way round the 15-mile route. How wrong I proved to be! I wasn't even sure that the older kids would make the 25-mile route as it was quite a hilly ride for them.

Well, all the family made it back and had a great time. Little Joe was the star of our show as he cycled all the way round and helped with the clues as well. Val Hurrell was very kind and gave him a box of Maltesers as a prize, which he found very good payment for all his hard pedalling. The 25-mile group were caught in the very heavy rain as they neared the end of the ride and came in soaked to the skin. The two boys thought this was great and thought it actually improved the fun of the ride. Oh to be young again!



On arriving back at the Hall we were all very impressed with the friendly welcome we

received. It was obviously a good turnout in spite of the weather and the participants filled the Hall. It was a good atmosphere and we were made to feel very much at home with the Wheelers.

The food prepared by Val, Sue Hughes and Katie Tetley was most welcome and plentiful with plenty of cake for the kids – a real treat for them. Of course, Chris Hughes had brought along some new Wheelers cycle kit along for sale so Dave & Sarah had to buy some shirts for the kids. Little Joe was so proud of his that I'm told that he wore it for a week and wouldn't take it off even when he was taken shopping in town. A great advert for the Wheelers.

Andy Hurrell managed to take a family photo for us which I hope to get framed and hang on my study wall.

On behalf of our family I'd like to thank all those organisers who gave us such a terrific family day out. Andy & Val the overall organisers and of the Treasure Hunt, Jon Tetley who did the ride routes, Chris who sold us the cycle shirts and particularly Val, Sue & Katie for the excellent food. Finally, I must thank all the Wheelers members there on the day for making us feel so welcome. I can assure you that I'll have no problems getting our family on the next Fun Day event. Thanks so much.

Rick Shallcross

Elan Valley Ride – 12th June 2016



"Why don't we do the ride around the reservoirs sometime?" asked Charlie Cook on a Sunday club run. I knew that he referred to the Elan Valley, as he had mentioned it

before and I had forgotten about it so it didn't get included in the rides in 2015. This time Charlie's reminder coincided with compiling the list of rides for 2016, so we discussed a date and settled on 12th June, thinking that the weather should be good without the anticipated high temperatures of July and August.



In fact the 12th June dawned wet in Hereford. I expected a few phone calls and emails from those who had said they would come but there were no such messages. Valerie, Emma and I drove to Rhayader via Kington and on arrival at the Elan Valley Visitor Centre we were relieved to find that there were others willing to risk a soaking. In fact it was not raining but the clouds were low on the hills. Eventually the group consisted of ten riders – Charlie Cook, Dave Unsworth, Paul Rhodes, Simon Howes, John Bilbao, Steve Calvert-Garner, Lee Brean (along for his first ride), Valerie, Emma and myself.

Dave Unsworth knew the route so offered to lead the ride. Initially we headed back to Rhayader then turned left onto the A470. I had expected that we would take the minor road on the west side of the River Wye but Dave opted for the main road on the east side. The traffic was not heavy but there were enough vehicles to make it uncomfortable riding two abreast and visibility wasn't good, so we rode in single file to Llangurig. The road was well graded but as the Wye was flowing in the opposite direction we deduced that we were gradually gaining altitude.

Turning left onto the A44 we were trying to ignore the light rain which was steadily getting less light. Eventually we could deny it no longer – we were getting wet, so a halt was called to put waterproofs on. Shortly we crossed the River Wye for the final time. It was a very small river at this point being only 4 miles from its source on Plynlimon. A couple of miles later we reached the top of the climb then had a few miles swooping downhill.

Dave led us past the first turn towards Devils Bridge – he said that the B4343 was more hilly than the A road so we continued to Ponterwyd. I was expecting to climb to Devils Bridge but in fact it was largely downhill following the River Rheidol. As we came into the village we saw the various tourist attractions that were trying to entice the tourists to part with their cash. We looked over the parapet of the top bridge of the three that span the gorge, but couldn't see the other two that pre-date it. We could, however, see the waters of the River Mynach cascading down one of the waterfalls.

Coffee and cakes were calling so we headed to the café at the Vale of Rheidol Railway station where one of the steam engines was simmering, waiting to take the next train back to Aberystwyth. After the train had departed we had the tea-room virtually to ourselves. We tried to recall what the legend of Devils Bridge was about. There was a consensus that it included an old woman, the Devil and a dog, but the finer points of the story eluded us.

Once we had been fed and watered it was time for the return journey. The clouds lifted and the views became more spectacular as we headed up into the hills eventually



dropping into Cymystwyth. A couple of miles out of the village we passed through an old lead mining area. We continued to head eastwards to the watershed where the waters on one side of the divide become the Ystwyth which takes the short journey to the coast at Aberystwyth, while the rain that falls slightly further east becomes the Elan which flows into the Wye on its long and winding journey to the Severn Estuary.

The faster riders in the group headed for home along this section leaving the rest of us to follow in our own time. The sun had put in an appearance and the scenery was spectacular. The first of the reservoirs (Craig Goch) came into view with the sunlight sparkling on its water. National Cycle Route 81 follows the road around the reservoir

and then crosses the dam onto a former railway line past Penygarreg reservoir, but we chose to stay on tarmac.

The final few miles were along the side of Garreg-ddu reservoir. One would think that a road alongside a reservoir would be level but there were several small climbs to test our legs. The faster riders were leaving to drive back to Hereford when we got back to the visitor centre. All agreed that it had been a memorable day.

Any suggestions for an “awayday” in 2017 would be welcome. The Cotswolds perhaps, or maybe into Wales again?

Andy Hurrell

MEMBER'S QUESTIONNAIRE

This month's questionnaire is from Valerie Hurrell, club social secretary, regular tourer and occasional racer.

WHERE WERE YOU BORN? Exeter, Devon.

WHEN DID YOU START CYCLING AND WHY? I was 16 and my elder sister and her husband were members of Exeter Wheelers CC and I wanted to join them.

WHAT WAS YOUR FIRST BIKE? A very basic Claud Butler road bike put together from spare bits and pieces and cast-offs.

WHEN DID YOU JOIN THE WHEELERS? As soon as I moved to Hereford in 2008.

WHAT IS YOUR BEST CYCLING MEMORY? Leaving our wedding reception on a tandem trike in 1984, wearing matching jerseys and being showered with confetti.

WHAT WAS YOUR BEST CYCLING PERFORMANCE/RIDE? Solo 25.52 for a 10 mile TT (on a drag strip!) and on a tandem 56 something? for 25 mile TT (but not with Andy!)

WHY DO YOU ENJOY CYCLING? It defines my life: family, health, fitness, love of the countryside, friendship, commuting/utility riding, touring and racing.

HOW OFTEN DO YOU RIDE? Daily commute to work, two evening rides or turbo sessions and Sunday club run. Also currently an honorary member of the “Old Boys” Friday rides to Ewyas Harold.



WHAT BIKE (S) DO YOU CURRENTLY OWN? **Specialized Ruby road bike, Dave Yates touring bike, Ambrosio winter bike, Scott MTB, Dawes town bike, plus a Dawes Galaxy tandem.**

WHICH IS YOUR FAVOURITE BIKE AND WHY? **The Ruby for summer riding; it's light and is the best-fitting and most comfortable bike I've ever owned. It compensates for the passing years.**

WHAT IS YOUR FAVOURITE RIDE? **Anywhere in Herefordshire that gives me a fantastic view from the hilltops across the stunning landscape.**

WHAT IS YOUR FAVOURITE POST RIDE MEAL? **It's got to be home-made vegetable soup and home-made spelt bread, followed by yoghurt and lots of fresh fruit and lastly; a small amount of dark chocolate.**

WHAT DO YOU CONSIDER TO BE THE BEST CYCLING INNOVATION IN THE LAST 30 YEARS? **Women's specific frames and clothing – I rode "unisex" frames and wore "unisex" clothing for more years than I care to remember.**

WHO IS YOUR CYCLING HERO? **It would be between Beryl Burton and Nicole Cook; neither had the support from British cycling governing bodies that they deserved and triumphed despite rather because of...**

WHAT KIND OF BOOKS DO YOU READ? Modern well-written fiction featuring strong female characters, mainly by female authors. Recently I've enjoyed Kate Atkinson's books.

WHAT KIND OF MUSIC DO YOU LIKE? An eclectic mix from Indie rock, trad jazz, rock and roll to classical.

DO YOU HAVE ANY HOBBIES? Cooking (eating!), reading, cinema and theatre, but cycling definitely comes first.

HOW WOULD YOU IMPROVE HEREFORD WHEELERS AS A CLUB? We need to improve the way we communicate with members and the committee needs to attract new members, who are willing to make a contribution and have fresh ideas. Too few people are currently endeavouring to do everything and aren't getting any younger! Also I would like to see closer integration between the various "factions" of the club; weekday riders, racing members and tourists. The club would benefit from having led slower and shorter introductory rides for novices. The club needs more willing volunteers!

NOTICES

Club Secretary Wanted

The Wheelers will have a vacancy for the position of Club Secretary in January 2017 as Katie Price will be stepping down from this position due to other commitments. If you are interested in taking over please see either Katie or Bill Berry to find out what is involved.

This is an important position within the club and hopefully will we be able to find a replacement for Katie.

Junior Cycling Bursary

The Club recently received a legacy from the estate of late club member Clive Watkins and the Club committee have decided that the club will match this amount and will award a Bursary to a Junior Rider (under 18) to cover expenses incurred in furthering their cycling career. It has been suggested that this might cover race entry fees, travel expenses and equipment.

With this in mind nominations will be invited from any junior club member – male or female, to be considered for this award.

Further details will be issued later in the year, explaining the criteria and the closing date. The committee will then make a decision based on the nominations and the award will be announced at the awards dinner on 25th November.

Sally and Nigel Field

Following the report about the devastating fire that destroyed Sally & Nigel's home, and our appeal to members , I am happy to report that the appeal raised £235 from generous donations from club members and the club. As a result Dunhelm gift vouchers for £235 have been presented to Sally and Nigel together with the offer of new club kit.

I am also happy to report that they are slowly getting back to some sort of normality and are living in temporary accommodation .It is hoped that they may also return to competition soon.

Many thanks to those members who made very generous donations.

Bill Berry

PS

On the 7th July the gift vouchers were handed to Sally and Nigel and I recently received a message from them asking that I express their sincere gratitude to the club and its members for the vouchers which they will put to great use.

Hereford Wheelers Quiz & Chips Evening

Hereford Rowing Club - Wed 16th November 2016 - 7.30pm

Please keep the date free for this popular social event! The food choices will be in the next edition of the Wheeler and on the club website from the beginning of October.

Valerie Hurrell

