

THE WHEELER



**Autumn/Winter
2019-2020**

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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: Hereford Wheelers' member Ed Matysiak taking part in a local cyclone cross event.

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INTRODUCTION

Welcome to the winter edition of The Wheeler. At this time of the year the days are shorter and the weather is not conducive to long miles but there are still rewarding days when we can get out on our bikes and enjoy the winter conditions – the winter sunshine, the migratory birds or the frost on the hedgerows. Having said that, I am writing this on a very wet Friday afternoon. Valerie and I went on the Friday ride to Ewyas Harold and we were joined by Steve A initially. It was raining as we left home and didn't stop until long after we got home. The roads were like rivers in places and we said goodbye to Steve as he ploughed on through a flood near Kilpeck while we took a higher route. So while it was not a good day for cycling it was certainly memorable! I hope my shoes have dried out in time for Sunday's ride.

It is sad to reflect on the fact that there has been a downturn in participation in Club events in the past couple of years. When we moved to Hereford in 2008 the Club was riding the wave of popularity of cycling and membership was steadily increasing. Stuart Edinborough commented to me at the time that they (The Wheelers) didn't know what it was that was attracting members but whatever it was, was working. Well, I don't think we are doing much that is different from club activities now compared with 2008 but the support for events is not what it was. Perhaps that is the problem; we are still putting on the same events that were popular 11 or 12 years ago and they are no longer attracting participants and helpers. There are more clubs in Hereford now and also a lot of cyclists are happy to ride alone or with friends – they don't see the benefits of club life or perhaps they don't want the commitment that membership entails. If you have any comments on this please let me or other committee members know.

One result of the lack of support was the cancellation of the club dinner and prize presentation. With just a week or two to go Valerie had very few bookings so made the decision to cancel the event. The trophies were given to the prize winners before the AGM which did result in a good turnout for that event. Perhaps this format should be adopted for the future. No doubt this is something that will be discussed at committee meetings in 2020. The committee was largely re-elected from 2019 with the exception of Jon Tetley to whom I would like to express my thanks for the many rides and other events he has arranged in the past.

With my "Treasurer's Hat" on (I don't really have one) I would like to remind you that membership subscriptions are now due for payment. At £10 for adults or £5 for juniors and over-65's it must be one of the lowest club membership fees in the country! Around half of members pay by standing order so if you have not set this up yet you can get a form from the website at <http://www.herefordwheelers.com/index.php/resources/membership-form>. Otherwise I am very willing to accept cash or cheques! Anyone who has not renewed by 31st January is assumed to have left the Club.

Continuing the financial theme, the Club has a healthy bank balance of over £11,000. While it is wise to have some reserves in my view this money should be available for club events and resources. It's not doing any good sitting in the bank and the interest earned is next to nothing at present. If you have any suggestions of events that we

could promote or equipment that would benefit members please get in touch.

Another of my hats is "Café List Co-Ordinator". Many of you will be aware of the café list on the website, indeed I believe it is one of the most visited pages on the website. Please take a look at it at <http://www.herefordwheelers.com/index.php/riding/hereford-cafes-list>. I hope to update the list during the early part of 2020. While I try to keep it up to date, inevitably there will be changes that I'm not aware of so please let me know if any of the listed cafes are no longer open, or perhaps I haven't included your favourite refreshment stop. One café that we visited for the first time in 2019 was the Green Meal Café a couple of miles south of Tenbury Wells. Steve Alderton led us to this café run by his former teaching colleague. We were made very welcome and the cakes were good! Well worth searching out. Valerie and I called in at the Orchard Tea Room at Weston's Cider Mill at Much Marcle in the autumn. I'd been aware of this one for some time but had never visited. In winter the tea room may not be open but coffee, cake etc is available in the adjacent Scrumpy House Restaurant.

Finally I'd like to return to the theme of support for club activities. In my view a club should be a lot of people each doing a little rather than a few people doing everything. If you ever think "what does the Club do for me?" perhaps you could also consider "what could I do to help the Club?". With a small input from many members we will be able to promote our usual events but also put on other activities that might attract newcomers to us.

I hope your cycling is enjoyable in 2020 and maybe we will pass on the road or meet in a café!

Andy Hurrell

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There was a young man from Kent
Whose mudflap was totally absent
He said "Can't you see,
It doesn't affect me.
I'm afraid, my dear
If you ride at the rear
You'll be covered in mud, I fear".

ARTICLES

Cycling to a full recovery

I took up cycling more seriously about 7 years ago after finally accepting my joints and aging process could not sustain playing football competively.... and opposing young players started calling me "grandad" or "old man"

Having never been one for the gym and preferring the outdoors cycling was perfect for me and I gradually improved and completed events such as Ride London and Dragon Ride raising money for my favourite charities. Cycling was also perfect for socialising and I joined a few local social group rides and rode regularly with some fellow retired footballers as we completed the transition to fully fledged MAMILs and gradually upgraded or replaced our bikes and equipment. Conversation changed from the Premier-ship results and game analysis to what tyres we had and should we change our cassette or not!

I decided to up my miles in 2019 and to join more club rides etc and joined the Wheelers for the first time and made a good start to the year racking up more miles in the pre season months than ever before.

Then I suffered a life changing event when I suffered a heart attack when on a weekend trip in Blackpool. Little did I know that one of my three main arteries to the heart was 99% blocked and so was cycling on 2 cylinders!

My only symptoms were raised blood pressure and occasional jaw pain.

Initially I thought why me? I feel fit and have always been active! Im only 52, this must be a mistake! Once the blockage was dealt with by a stent and I came to terms with what had happened gradually my negative thoughts changed from "why me?" To "I will recover and I will ride a bike again!"

So my journey to recovery began with struggling to walk out of the hospital and spending most days sleeping. I remember walking to the end of the street (very slowly) and then building up to a mile and putting it on Strava I was so chuffed! I was so determined to get back on my bike and mentioned to my cardiac rehab nurse and she said "i dont see why not" to which I replied "so maybe keep it to 10 miles to start?" "No!" She replied "I meant around the block!"

So the cycling recovery began with the support of some amazing cycling friends who joined me and without their support I dont think I would have got through the first few weeks. 2 such friends debated who would give me CPR if I had a heart attack when we were on a ride which had me laughing so much I could have crashed! So the rides increased... 2 miles... 4 miles... 6 miles and I was over the moon when I finally managed 10 miles despite the slow pace.

I remember a friend saying to me when I was managing about 4 miles in July that I

should aim to do 10 miles by the end of the year so I was determined to do it sooner and did within 2 weeks!

The next and very important step for me was seeking the advice and guidance of a professional cycling coach and having a training plan drawn up for me and starting to monitor my HR which I hadn't done prior to the Heart Attack. My confidence rocketed, aided by joining the Spot on social group many of whom are wheelers too.

I am now cycling close to 100 miles a week, something I simply didn't believe could happen when in hospital struggling to stand up. I truly believe I would have struggled to recover without cycling and my fellow local cycling friends.

I wanted to tell my story to help encourage others who suffer set backs through health issues. I consider myself very lucky and my outlook on life has changed. I manage the risk factors but still enjoy life to the full. My advice to my fellow Wheelers is to take notice of any changes in how you feel and get regular check ups. Don't think "Oh its probably nothing as I am still doing 60 mile rides so can't be anything", which is what I did. Every case is different and its important to follow the advice of medical professionals in your recovery. Take it gradually and listen to your body. Seek the advice of fitness professional and other experienced cyclists. You will get there. I did thanks to you all!

Steve Rivers



An Appeal

(On behalf of the Hereford Wheelers Time Trial Timekeeping Team)

Dear Fellow Cyclists,

As the 2019 Time Trial season draws to a close, we can pat ourselves on the back for giving cyclists from clubs near and far the opportunity to race like demons along our wonderful scenic courses on lovely warm summer evenings (mostly).

The CTT is the governing body for all UK Time Trials. We follow the rules set by them and they award national trophies for Open (National) events.

Our club time trials provide a great way for getting to know other riders and other clubs and to develop and improve their riding abilities and basically go faster. They're very sociable evenings and we need to keep them continuing. There are no other clubs locally that offer such a large field of competitors (currently normally 30 – 40).

Riders of all abilities are keen to enter our events – most simply want to get some exercise and meet up with friends. Rivalry and elitism are happily absent, I think that's what makes them enjoyable.

Anyway, the point of this appeal is that we need to expand the Timekeeping Team. We only need help with the 10 mile Time Trials (there are 15 of them), and the Hill Climbs (3)

Chris Hughes is the Race Secretary. He submits the paperwork to the CTT, checks courses for road closures etc and deals with the legal side of the Time Trials.

Phil Windall is the main timekeeper. He deals with the practicalities on the day – putting out the safety signs, signing all the riders in, handing out the numbers, and preparing the start and finish sheets, and recording the finish times.

What we need is more people to be "Start Timekeeper" and "Pusher Offer". These two work together to start each rider at one minute intervals. They could be cycling mates, and cycle out together to the TT. They don't need to bring anything although it does rain sometimes.

For a 6.30 start, you would need to arrive at the signing on area at about 6.00.

You will be given a stopwatch, a hi-vis top, and a list of the riders who have entered.

At about 6.20 you will go to the start (there is always a parking spot), and make yourself comfortable (a small camping chair can be provided). Shortly after, the main timekeeper will arrive, and you synchronise watches. You call for rider no.1, and set them off at 1 minute. And so on. Phil will stay for a few minutes in case of any last minute entries or issues. Then he'll go off to the finish to record the finish times.

The pusher offer stands at the start line, and when the timekeeper calls "30 seconds", the next rider balances themselves and the pusher offer supports their bike and holds them steady while they clip in, take some deep breaths and get set. As long as the rider is nice and upright when held, it's not a matter of strength. And what you mustn't do is push them on "Go!" – rather you guide them safely into their first pedal stroke. After the first few it all becomes very straightforward.

Once the last rider has gone, (that would be 7.00 for 30 riders) you drop off the watch and paperwork, and your job is done! You can go home with a free halo, happy that you've done your bit to make the evening happen.

We have courses at Allensmore, Yazor, Leominster and Lugg Bridge. What would be ideal would be to have two or three "Start Couples" who can agree to do certain dates/locations, and others who are prepared to stand in.

And we urgently need a pusher offer for next Thursdays Hill Climb at Pencombe and the following one at Haugh Woods.

So please step up and support your club - without more assistance next year we may not be able to run our usual series of events which would be a great loss to the cycling community.

Thanks,

Phil.

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Happy children at playtime

Fierce rivalry on the start line brings chaos and violence to Herefordshires rural roads.

Sue focused on the stopwatch, supremo pusher offer John stands steady

Hereford Wheelers' Quiz and Chips

Forty members and friends of Hereford Wheelers came along to the Rowing Club for the annual Quiz and Chips evening, which took place in mid-October. This year the question master was Mark Montez, who thought up some very imaginative questions out of his head, without resorting to the internet or Google.

The food was arranged by Valerie Hurrell and sourced from Mr Wong at the Oval as usual. It was delivered promptly and was hot and tasty.

Team names included "Spare Parts", "Soggy Bottoms" and "Super Six", but it was "One Man Down" who triumphed on the night with 56 points. They clearly managed very well without their extra member!

Thanks to all who took part and bought raffle tickets and supported the event. We hope to be back next year!

Valerie Hurrell
Social Secretary

Positive Feedback for Hereford Wheelers from Nathan Simpson, who was a member briefly in 2018/19:

You'll [hopefully] remember that I joined you on some Easy Rides at the end of last year then the start of this year. You might also recall that I said we would be relocating home, related to my job.

Well, that came round sooner rather than later and we've now moved and settled in Corsham, in Wiltshire. I just wanted to say thank you for the excellent company, mentoring and companionship. Other commitments and 2 young children meant that didn't get to ride much with you guys - but when I did I was warmly welcomed. Your club ethos is excellent and testament to excellent leadership. Unfortunately, despite aspiration, I didn't get the chance to advance from the Easy rides within the club, or really progress; but my confidence in the saddle has certainly grown since joining (played out in a fantastic ride on the Wye Valley Brewery Sportive) and I definitely have the bug now. If I have learnt anything at all, then it is that cycling in a group is much more fun than alone and I have all of you to thank for showing me the light.

Once fully settled here (and probably after the winter has passed, as I have realised, I am a fair-weather rider!) I will join the equally well-established Corsham Cycling Club and continue my journey.

All the very best to each and every one of you - glad to have been a part of 'Team Wheelers'.

Hereford and District Wheelers Cycling Club
Trophy Winners 2019

Cup No.	Trophies		Winner	Time/Speed/Points
21	Club Run Attendance Trophy	Senior	Valerie Hurrell	
22		Lady	Barbara Alsford	
	Club Evening 9 Points	Senior	1st Paul Jones	1000
	Best 9 events		2nd Dan Wyatt	994
			3rd Darron Pratt	983
	Club Evening 9 Points	Lady	1st Sarah Jones	500
	Best 9 events		2nd Emma Wyatt	493
			3rd Gaby McDermott	480
24	Fastest Veteran on Standard (Capewell Cup)		Paul Jones	+5.05
25	Keith Hayward Trophy (Club Person of the Year)		Phil Windall	
19	Tony White Memorial 10 Trophy (fastest Club 10)		Dan Wyatt	22.17
11	Start of Season 25 Scratch Cup (Club Event)		Paul Jones	58.11
12	April 25 Cup		Paul Jones	58.25
13	End of Season 25 Cup		Jonathan Sayce	1.04.35
15	Hill Climb Championship Trophy		Darron Pratt	6.22
17	Handicap 25 Cup		Jonathan Sayce	59.34 (6) 59.35 (5)
18	Phil Jones Memorial Trophy (fastest Junior Club 10)		Daniel North	26.36
10	30 mile Trophy		Dean Prosser	1.11.16
9	Alf Evans Middlemarkers 50		Darron Pratt	2.14.02
7	Arthur Steel 50 Cup		Paul Jones	2.04.01
5	100 mile Scratch Trophy		Paul Jones	4.04.18
20	Womens BAR		Sarah Jones	23.13 mph
3	Veteran BAR Trophy		Paul Jones	+12.07
1	Senior BAR Trophy		Paul Jones	100 miles 4.04.18
				50 miles 2.04.01
				25 miles 57.48
				Average speed 24.09 mph

Caricature by Peter Manders

A caricature drawn by the late Peter Manders, who passed away earlier this year and captured the Hereford and District Wheelers Golden Jubilee dinner and dance at the Hereford Town Hall in November 1978



He was a distinguished artist who worked for the Hereford Times and drew almost every historic building in the county together with many sporting events and sporting caricatures.

A press cutting of the occasion, which was printed in the Hereford Times over 40 years ago.

Golden period for jubilee cyclists

WHEN a group of bicycle-mad youngsters assembled themselves at Hereford Town Hall to form a cycling club in 1928 there must have been a few sceptics who thought such youthful enthusiasm would soon wane.

But if any of those doubting Thomases are still around today, they will be keeping a low profile because Hereford and District Wheelers Cycling Club have just completed a highly successful Golden Jubilee year.

And to prove that their bicycle-mania never wore off, there were 11 of those 25 founder members present when 180 guests attended the club's Jubilee celebrations, held at the Town Hall.

It was certainly a fitting venue for the Wheelers to celebrate 50 years of pedalling and there was a host of distinguished guests.

Guests of honour were the Mayor of Hereford, Councillor David Short, and his wife Mary, who made the presentations.

Guest speaker was Johnny Helms, cartoonist for the 'Cycling' magazine who cycled 80 miles from Cheshire to be at the function.

Helms is a very much sought-after speaker and always cycles to the venues, sometimes over 100 miles each way.

And he wasn't the only one who braved the elements to reach Hereford. John Woodburn, the current British Best All-rounder, pedalled from High Wycombe to be there — and so did his wife.

Woodburn is the first veteran to win the British title and set a new record average speed of 26.067 mph in 50-mile, 100-mile and 12-hour time trials in the process.

The Town Hall event brought to an end a highly successful year both on the road and in the committee room.

Events were staged every week-end from March until September and attendances in all competitions were excellent, some being so well supported that they compared very well with open events.

Members who preferred social riding to competitive cycling were able to go on Sunday runs every week-end and there was a special Jubilee run from the Town Hall to Stretton Sugwas in June.

The following month the Wheelers staged their popular Kermesse races around the city's streets and followed up with the Hereford Grass-track Races the next day.

By Clive Joyce

Re-elected for the coming year at the annual meeting were: Reg Pugh, president, treasurer and event secretary for open 25; Keith Hayward, secretary; Vera Hadley, event secretary for open 100; Stuart Edinborough, racing secretary; Phil Tanswell, Press secretary; Bryan Nicholas, British Cycling Federation representative; Committee: Ray Bubb, Eric Rees, Alan Hyde, Phil Tanswell and Ian Boucher.

AWARDS

Phil Tanswell — senior best all-rounder, 100-mile trophy, 30-mile trophy, 25-mile handicap trophy, evening 10-mile points

league trophy, end-of-season 25-mile trophy.

Alan Hyde — junior best all-rounder, junior handicap trophy.

Keith Hayward — veteran best all-rounder.

Tom Rees — August 50-mile trophy, scratch 25-mile trophy, April 25-mile trophy.

Les Rouse — hill-climb trophy.

Dave Thomas — Arthur Steel Memorial 50-mile Trophy.

Dave Perks — Middle-markers Trophy.

Gordon Haynes — handicap 50-mile trophy.

Dave Wood — Phil Jones Memorial 10-mile Trophy.

Anne Jones — ladies club run attendance trophy.



Hereford and District Wheelers champion Phil Tanswell, who collected six major trophies in the club's Jubilee Year.

OBITUARY – JUDY HILL

The club is sad to report the death of ex Club Secretary Judy Hill last May whilst resident in a local nursing home.

Judy and her late husband Alan moved to Herefordshire in late 2007, when their house was compulsorily purchased for a road widening scheme. They had both previously been active members San Fairy An CC and immediately joined the Wheelers on moving to Herefordshire.

Alan soon became an active time trialler and Judy helped with refreshments. Very soon both were elected to the committee and Judy was elected Secretary in 2007 until her retirement from the post in 2015.

Shortly afterwards she moved Leominster and then to a nursing home in Hereford.

Bill Berry



Malvern Hills Aug 2019

MEMBER'S QUESTIONNAIRE

This edition's questionnaire is by Barbara Alsford

WHERE WERE YOU BORN? Ruislip, Middlesex

WHEN DID YOU START CYCLING AND WHY? Apart from cycling around as a kid where I grew up, I started properly in my early 30s. I remember going to a small gathering of old school friends and overhearing someone talking about going on a cycling camping weekend in France. I thought it sounded fun and asked if I could join them to which the answer was "yes". I bought myself a bike, did a few practice rides and off I went and completely caught the cycling bug and never looked back!



WHAT WAS YOUR FIRST BIKE? The one above was a Mercury something (Montana?). It had straight handlebars and was more of a hybrid/mountain bike but it served me well and I started my world travels on it.

WHEN DID YOU JOIN THE WHEELERS? Mid-2016

WHAT IS YOUR BEST CYCLING MEMORY? I have quite a few from different tours I've done, from cycling through clouds of butterflies in Costa Rica to riding through stunning scenery e.g. Montenegro, or North Vietnam where it felt like the locals had never seen a group of foreign cyclists before.

WHAT WAS YOUR BEST CYCLING PERFORMANCE/RIDE? Nothing major but longer than normal day rides spring to mind like the first 100 miler I did from Norwich back in the 90s or the Hereford Wheelie Big Cycle in 2017 or the 2 time trials I did.

WHY DO YOU ENJOY CYCLING? It's good for the mind, body and soul!

HOW OFTEN DO YOU RIDE? Once a week

WHAT BIKE(S) DO YOU CURRENTLY OWN? Roberts Women's Clubman Compact, Specialized Ruby and a Merida

WHICH IS YOUR FAVOURITE BIKE AND WHY? My Ruby because Spring and Summer is when I enjoy riding the most and it was a bit of a revelation after riding touring bikes.

WHAT IS YOUR FAVOURITE RIDE? Anything with great scenery with added sunshine. The brisk club run down to Mitchel Troy stood out for me last year.

WHAT IS YOUR FAVOURITE POST RIDE MEAL? Something with salmon e.g. Salmon fillet with lime, chilli and honey marinade on a bed of stir fry green vegetables with potato wedges. Must be accompanied with a few glasses of red wine!

WHAT DO YOU CONSIDER TO BE THE BEST CYCLING INNOVATION IN THE LAST 30 YEARS? I'm not a good person to answer that but I am a big fan of disc brakes.

WHO IS YOUR CYCLING HERO? Kevin White, the friend from school who inspired me to start cycling. He included me in many informal small group weekend cycling trips in the UK and in France. He went on to become a CTC tour leader and I used to be his deputy before he set up his own cycle touring business Bike Adventures. The sad thing is that he no longer cycles.

DO YOU HAVE ANY HOBBIES? My 2 German Shepherd dogs, cooking, gardening, playing the piano, yoga.

HOW WOULD YOU IMPROVE HEREFORD WHEELERS AS A CLUB? Its members need to be more engaged. Perhaps research what people want in a club or approach a successful cycling club for ideas?

NOTICES



HEREFORD & DISTRICT WHEELERS CYCLING CLUB

TURBO TRAINING - WINTER 2019/20

STARTS **THURSDAY 19 SEPTEMBER, 2019**

**THEN EVERY THURSDAY EVENING
THROUGH TO MARCH 2020**

(Excluding 3 weeks over the Christmas and New Year period)

VENUE;

**SUTTON ST NICHOLAS VILLAGE HALL
(HR1 3ZS)**

Entry to hall from 18:45hrs

Session starts 19:15hrs prompt with Turbo Training
followed by stretching and strengthening exercises.

Sessions last approximately 1½ hrs.

Open to all members of Hereford Wheelers

(Non-members can join H&DWCC at the start of a session for a one off payment)

& includes tea and biscuits.

Use the session to;

- Support a training programme
- Have an evening ride out, but indoors
- Keep fit during the winter months
- Have a weekly social chat over a cup of tea

More information from;

coaching@herefordwheelers.com

British Summer Time – Ends; 27.10.19 & Begins; 29.03.20



Malvern Hills Aug 2019

COOMBES CYCLES

12 Retail
Finance



Hereford & District
Wheelers Cycling Club
The club for those who race
and those who "just ride a bike"

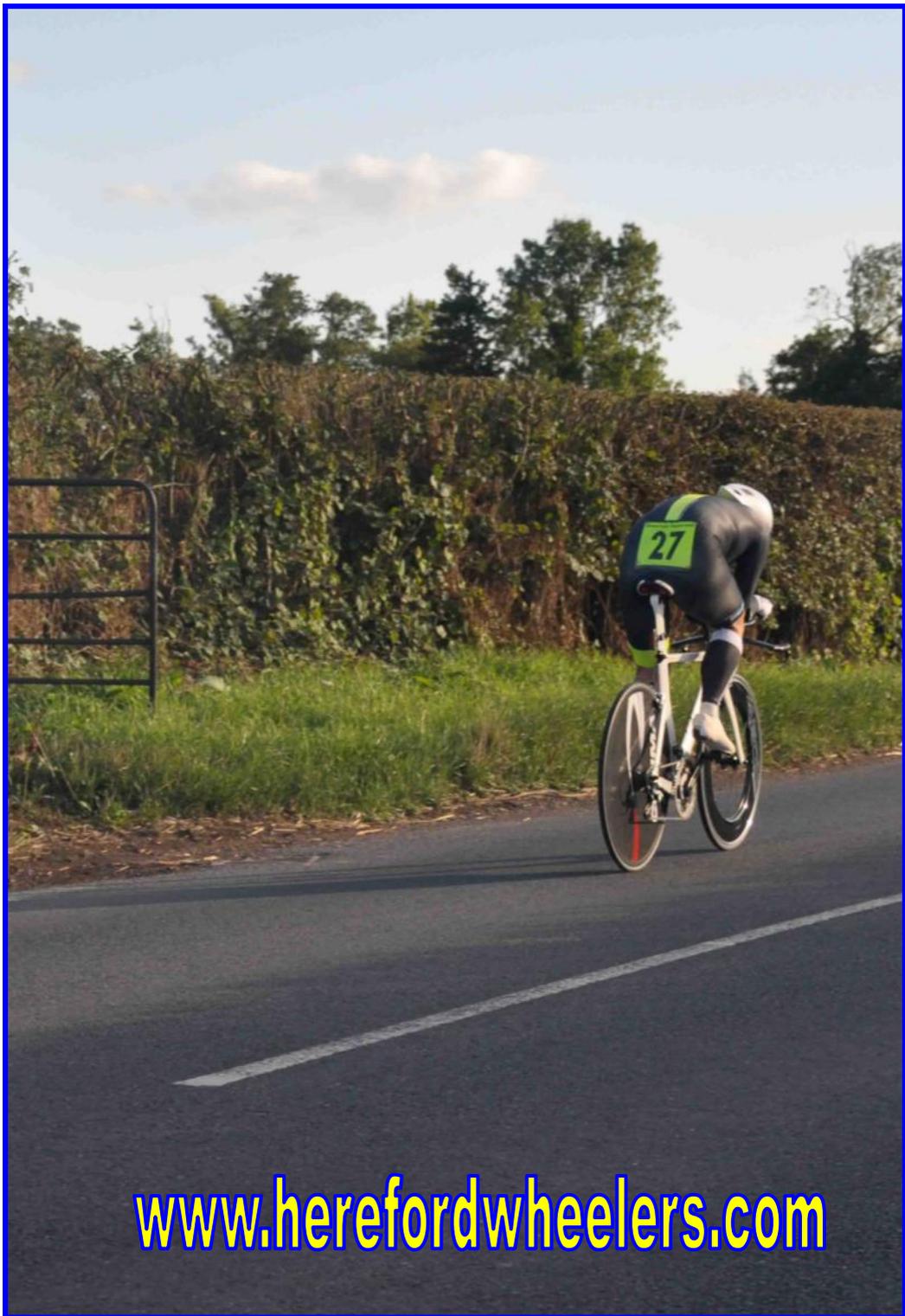
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