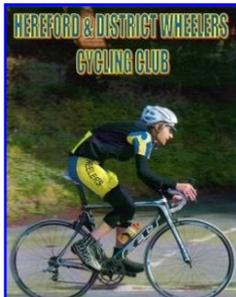
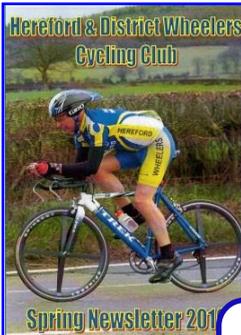
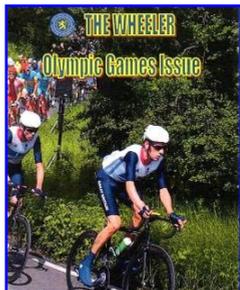
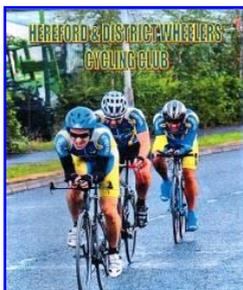
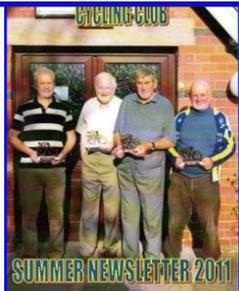


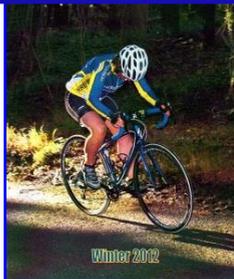
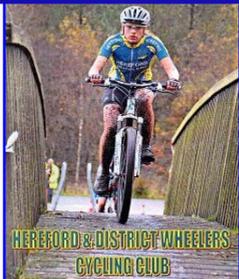
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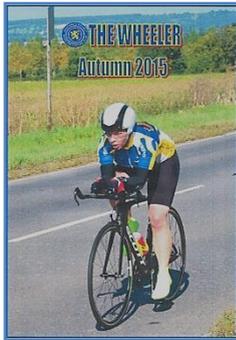
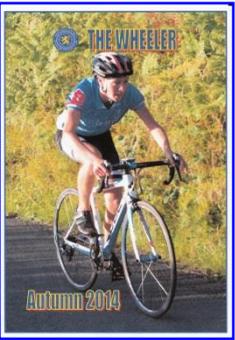
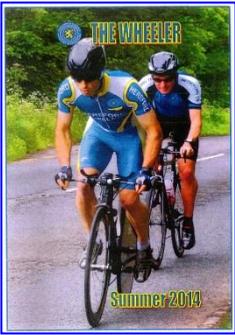
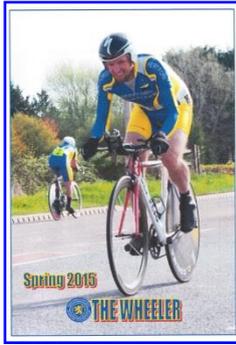


THE WHEELER



10th Anniversary Issue





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WEOBLEY SPORTING 2016



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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.

Contents

President's Introduction	2
Reports	
10 Years of the Wheeler	3
Minutes of the AGM	4
Coffee & Cake at Wendy's	5
A Tale of 3 Cafés	6
The Cambrian	8
Articles	
Cycling in Provence	10
Notices	
2016 Race Programme	12
Wheelers Annual Dinner 2016	14
Café News	14
CATI 2016	15

PRESIDENT'S INTRODUCTION

Hello cyclists

The Club racing TT season has started with over 55 riders participating in the Road bike 10 mile event. This gives riders the chance to ride the road bike under race rules before they change to aero Time Trial machines for the evening 10 series.

The 10 mile TT series will have the Points competitions for riders to challenge themselves against each other. Please make yourself aware of each award/prize rules as some are only open to 1st claim Wheeler members.

I have heard good reports from the Cambrian Audax that took place from Leominster last Saturday. The weather was cool and wet to start with but by the afternoon the sun was shining for the return trek back to the start point. Well done to all who entered and completed the challenge. If you didn't have a go this year think about preparing for the distance for next year.

During the months ahead events to look forward to are:

- Welsh Open '25' mile TT Championship on the fast R25/3H Glynneath course. This has to be entered 2 weeks before on an 'Open' form. Please ask if you have not done this before.
- 35 mile Time Trial – Allensmore/Golden Valley Circuit
- 2up Team Time Trial – held in June and July based around Leominster and Ludlow

The Club's big public event is the annual '**Come and Try it**' held on Thursday the 16th June. We are looking for volunteers to assist in making this event run so smoothly. Please let us know if you are interested.

Club Social Rides and Hog Roast, Saturday, 21st May – Sutton St Nicholas Village Hall

Decide which ride will suit you and members of your family or friends, then enter via the website www.herefordwheelers.com booking@herefordwheelers.com or by contacting either Jon Tetley, Valerie Hurrell or Chris Hughes.

Choice of rides are:

- **50 Mile 'Happy on the Hills' challenge ride: 11.30am**
Route plan available on the day
- **25 Mile 'Take it steady' 1.00pm**
- **15 Mile 'Treasure hunt' 1.30pm**
- **Skills Sessions with Stuart for 6-15yrs: 12.30pm and 2.30pm at the Hall**

- Tea, cakes 'n' raffle 3.30pm
- Hog Roast with Veggie options and Salads 4.00pm – 6.00pm
- Hereford Wheeler members & U16 – Free. Non-members £5.00 for Ride and Food

This is a great opportunity to chill out, meet new members, and share some good food after an enjoyable ride. All levels of cyclists and friends from other local clubs are most welcome.

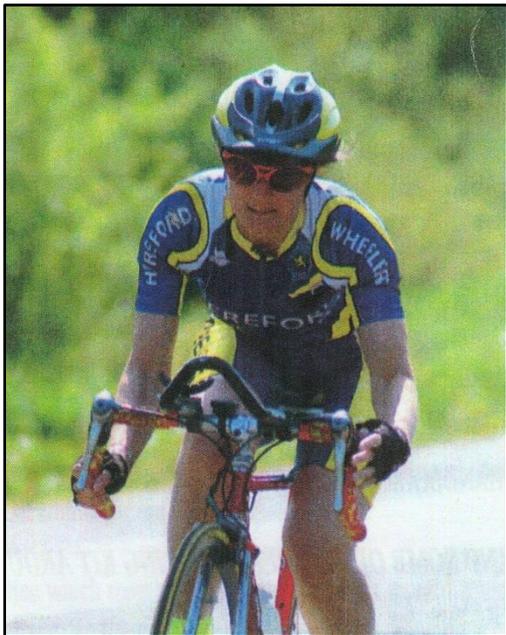
May I, once again, thank those members on the Committee for all their efforts on the clubs behalf and wish all the members a great summer season

Chris Hughes
President

REPORTS

Ten Years of *The Wheeler*

It is rather surprising to realise that this issue marks the start of the eleventh year of the club magazine – *The Wheeler*. When it was first produced as a newsletter in the spring of 2006 the club accounts for the previous year show we had just 67 paid up members and were paying just over £200 in CTT race levies. This compares to last year when we ended the year with 228 members and paid £2,384 in CTT race levies. This obviously reflects the increase in interest in cycling and the growth of the club in the last 10 years.



The first edition of Spring 2006 featured a small front page picture of Sue Hughes (pictured) in her racing days and consisted of a President's Introduction by Chris Hughes, a report on the Autumn Epic held on 2 October 2005, three articles (Introduction to Audax, Born Again Biker and a Ride Down Memory Lane by that once prolific contributor Wil Eckerslike), two sponsors (Ned potter's Volkswagen Group Specialists who stayed with us until the winter of 2008 and Coombes Cycles who continue to remain loyal), just one picture (of 2005 award winners Roger Morris, Jon Tetley, Simon Geary Ali Turner, Peter Murrieri, Sue Hughes and Gordon Butler and a review of two cycling books (Riding High by Paul Howard and Tim Hilton's One More Mile and We're in the Showers.

From a fairly modest beginning the quarterly gradually improved. So much so that membership suggested the name be changed from *Newsletter* to something more like the title of a magazine. Subsequently *The Wheeler* made an appearance in the spring of 2012.

Then, as now, the editorial team is dependent on members submitting articles and pictures of their activities for inclusion. So once again we ask that members give some

thought to putting 'pen to paper', preferably cycling related issues but anything of interest to members, so that the magazine continues to thrive. For the first edition, with your help, we managed to pull together some 12 pages which has been the usual number over the years. This increased to 16 pages in the winter of 2006, and an article on the Paris/Brest/Paris Audax by Alex Haines in autumn 2007 improved on this to the largest edition ever with 20 pages. Going the other way the smallest printing was 8 pages for summer 2009.

It would also be nice to see some 'new blood' coming forward to assist the aging editorial team with a view to keeping the magazine focused on current membership and taking over in the future. One recent innovation, that has reduced the always modest printing costs, is the circulation, by email, to all members who are 'on line'. A hard copy is still sent by post to the 20 or so members who still manage without a computer.

We trust in this modern world of instant social interaction with computers and mobile phones (incidentally Twitter is also 10 years old), most of us still appreciate time out to read a more lengthy account of members' activities outside your own social group. With your help here's hoping we shall still see *The Wheeler* being produced for another 10 years.

Editors

HEREFORD & DISTRICT WHEELERS CYCLING CLUB AGM HELD ON WEDNESDAY, 6 JANUARY 2016 7.30 pm Hereford Rowing Club

Present: Bill Berry Chairman, Katie Price Secretary, C.Hughes President, S.Edinburgh Vice President, plus D.Delaney, V.Hurrell, A Hurrell, C.Walden, D. Prosser, J.Tetley, C.Wright, J.Chaney, J.Lawrence, D. Unsworth, S.Hughes, R.Morris, C.Holt, D.Cross, C.Walker, E.Hadley, M.Tudor, S.Alderton, J.Dicken. There were apologies from I. Rivers, E.Hurrell and T.Farndon.

The Minutes of the 2015 AGM were accepted as a true and correct record – Proposed by C.Walden and seconded by D.Unsworth.

General Secretary's Report: Katie reported on another successful year for the Club with the membership continuing to be over 220. During the past 12 months the club has organised well supported events, including Audax events, a 'Come and Try It' time trial as well as the usual programme of club time trials. The winter turbo sessions continue to be popular and well attended. On the social side we have had good turnouts for the annual Club Barbeque, a Quiz and Chips evening and our annual Awards Dinner. Katie thanked all the event organisers, officials, helpers and members for their help in making it a successful year. The report was accepted by the meeting Prop. By V.Hurrell, seconded by C.Holt.

Treasurer's Report: Bill introduced the Audited accounts and reported the club made a small loss for the year, he expanded that this was largely due to the fee paid to Michael Hutchinson to speak at the 2014 dinner, and club kit that had been purchased but not

yet sold. There were no questions about the accounts. The report was accepted by the meeting Prop. by J.Chaney seconded by J.Lawrence.

Elections of President, Officers, Committee and Delegates:

All the current position holders had agreed to stand, except for Alex Haines who wished to step down from his position as Racing Secretary. The meeting voted to elect the following plus Clive Walker and Chris Holt who volunteered to sit as a committee members and Chris also to act as webmaster:

President – C. Hughes

Vice Presidents – V. Hadley, B. Nichols, S. Edinborough

Chairman – B. Berry

Gen. Sec. – K.Price

Treasurers – B. Berry

Race Sec. –

Committee – J Dickens, J Tetley, M Tudor, R Morris, V Hurrell, C Walden. S Hughes, C. Holt, C. Walker

Auditor- J.P. Davies

CTC Delegate – S. Edinborough

There were no volunteers to stand as race secretary, it was agreed the matter would be left to the committee to resolve.

No proposals were received before the meeting.

The meeting closed at 7.50pm



Coffee and Cake at Wendy's

It being a brilliant sunny morning, on Good Friday over 30 members took advantage of Wendy's generous annual provision of refreshments when the usual meeting place of

the Friday Wheelers at the Parish Hall, Ewyas Harold, was closed on this revered Christian date. Wendy, Viv and the family were excellent hosts and vast quantities of coffee, tea scones and cake were consumed. Everyone was expected to at least have one huge serving of scones **and** one of a variety of delicious cakes. For over an hour the place buzzed, stoked by the cyclists' equivalent to an alcoholic high.

Over £160 were collected for The Meningitis Trust.

Editors

A Tale of Three Cafes – Brisk Clubrun Report 6th March 2016

Where to take the club run on Mothering Sunday is always a bit of a problem as families book up the popular restaurants weeks in advance so they can take Mum out for a slap-up meal. This year I had put the Coffee Lounge in Colwall on the list as it was not the sort of place that Mum would be impressed with being somewhat shabby although the cakes were good! Evidently the owners had decided that it needed some refurbishment and closed it in the autumn. I had hoped that it would re-open by March but as the date for the ride approached our spies in the east (Mark and Anne) reported that the building work was still ongoing with little sign of progress.

So I suggested that we head up to The Kettle Sings, half-way up the Malverns, after all it's just one more hill!

Eleven of us met at Steel's in Hereford on a bright and breezy morning. As I hoped to get to the cafe in good time we headed out on the Ledbury road through Lugwardine and Bartestree. We turned left into the lanes at Stoke Edith where we met Mark and Anne who had ridden in from the wilds of Munsley. Passing some inquisitive alpacas in Yarkhill we continued to Bosbury where Chris Wright left us to head home for a family function.

Along the lanes from Bosbury to Colwall we could see the Malverns getting steadily closer and eventually The Kettle Sings café became visible half-way up the hillside. Some of the faster riders in the group had opened up a gap and were waiting for the steadier members as we turned onto the B4218 in Colwall. Riding up through the village we passed the Coffee Lounge café and we could see that the building work was still ongoing with nothing to indicate whether it would revert to a café again.

The faster riders got the chance to stretch their legs again on the climb up the hills. Mike Greaves and Daz Harris decided that going up once was not enough so turned round and freewheeled back down so that they could have another go while the rest of us toiled up. That was just showing off! A set of temporary traffic lights on the steepest part of the climb was not set to allow enough time for cyclists to crawl through at 4mph and some car drivers looked most unimpressed that they had to wait for us to pass through the roadworks while they had a green light.

When we eventually reached the café we encountered some cyclists emerging who said that they hadn't been served as the café was preparing for lunch. It was about 11.15



and we had done well to get there in less than 2 hours. I went in and saw that although there were a few customers, most of the tables were empty but had 'Reserved' signs on them. I asked a member of staff if we could come in but she said that they were getting ready for lunch and they would not be able to serve us,

So we rode a mile or so along to Sally's Place, the tea cabin opposite the car park at the foot of British Camp. As the seating is entirely outside we were glad that the sun was shining and we seemed to be sheltered from the fresh westerly wind so it was quite pleasant. There were many customers there – road cyclists, mountain bikers, motor cyclists and walkers, all making the most of the sunshine on an early spring day. Mark and Anne left us to head further afield.

After drinks and cakes had been consumed we retraced a short distance then turned left downhill passing one of the numerous springs where a man and his son were filling bottles of Malvern spring water. The last time I took a clubrun along these lanes back to Ledbury I managed to lose half of the group. This time no one went astray and we regrouped in the town.

Crossing the Ledbury bypass we took the road to Little Marcle. Along the next lane there is a sign that has always puzzled me. 'Hamster Baskets' it says which brings up images of a Beatrix Potter drawing of a hamster carrying its shopping home. There are two or three routes back from this area and all of them involve going over the Marcle Ridge. On this occasion we climbed up to a junction, which on the map is named Woolhope Cockshoot but that Valerie and I call 'Dave's corner' as Dave Unsworth suffered a broken derailleur at this point a few years ago. We wiggled right then left towards Checkley and continued to climb up, initially with wonderful views across the Woolhope

area to unidentified hills in the distance.

A couple more climbs and descents through the woods took us back to Priors Frome where some riders headed straight over to Lugwardine and the Ledbury Road while others returned via Mordiford and Hampton Bishop.

The mileage for the day was under 50 but we had found several hills which left us tired but satisfied after a good early spring ride.

Andy Hurrell

The Cambrian Audax 2016

After our well supported return in spring 2015, we were delighted to host these popular long distance Audax rides again on 2nd April. We kept the same ride format for this year, so riders were able to choose from three distances of 210km, 148km or 84km respectively. The raids into mid-Wales and back have earned an 'epic' reputation nationally in Audax, by the time the big day had arrived total entries were approaching 160! We had entrants from as far as Scotland, Kent and Cornwall, but also a great turnout from local riders this year too. Many thanks for your support. Halo leisure were happy to let us gate-crash Bridge Street sports centre for the day and their facilities really enable us to provide everything the randonneur could need!



The Cambrian is a full 210km route which heads over the Cambrians to Machynlleth and back. The 61 starters were set off at 7am, fortified with coffee and pastries. Unfortunately a band of persistent rain had sunk further south over the Midlands than forecast and would sit over these riders all the way till the turn some 5 hours later. The control stop at The Great Oak café in Llanidloes was their first stop, some 75km later.



Under new management, Angharad and her team did a sterling job of processing riders quickly and providing the hearty veggie fare it is renowned for! There were not to be any panoramic vistas of Llyn Clewedog this year as the low cloud and drizzle persisted. But at least Powys council had replaced all the worn cattle grids on the Dylife mountain road to ease the descending. By the time the riders got to Machynlleth, the cold and rain was starting to hurt some riders. In total we had 9 DNF's, succumbing to a combination of the conditions and mechanicals – broken spokes, snapped chains and rear derailleur failures, to name a few. One rider even chewed through an entire set of new brake blocks! Another rider had to raid a charity shop for trousers and a jacket to warm up. A convoluted train ride home to the arrivee via Shrewsbury was their consolation prize! For the majority that persisted back up and over the mountains, they were rewarded by improving conditions and indeed a mild and clear late afternoon when the sun came out. 52 riders completed the route, with results at <http://www.aukweb.net/results/detail/this/listevent/?Ride=16-260>. Our first finisher arrived in a time of 8hr25mins, a new course record, whilst the lantern rouge took the full 14hrs to get home. Both riders equally successful in the achievement. Special mention to the two tandems that fruitfully navigated the course and to all the first timers at this distance. They were all welcomed back to Leominster with a full spread of soup, sandwiches and cakes (the red velvet cake being particularly popular) which was universally well received!

The Cambrian-Minor 148km riders, followed hotly on the heels at 8am, with the same soggy conditions to start. Unfortunately we had a couple of riders come to grief on the infamous Llanbister cattle grid due to the slippery surface. We managed to rescue one, but the other soldiered on to finish, despite what looked like a dislocated AC joint. We had a total of 30 riders complete this route. Again congratulations to those who picked this as their first Audax, certainly challenging terrain for a first attempt! Results are at <http://www.aukweb.net/results/detail/this/listevent/?Ride=16-449>

The 84km Welsh Marches route is a lovely rolling course, showcasing some of the north Herefordshire countryside at its best. Despite having the worst of conditions the entrants for this weren't to be put off and 60 riders headed out at 9am to tackle the Goggin! I'm sure the riders appreciated the resurfaced climb and descent. It's certainly reassuring for us organisers!



On a ride of this distance it is very difficult to get the field spread out enough by the first control so as not to cause a bottleneck and overwhelm the café. I hope no one was kept waiting too long. A few riders struggled with mechanicals and the persistent rain but well done to all our finishers, <http://www.aukweb.net/results/detail/this/listevent/?Ride=16-154> with 52 validated rides we were well up on last years numbers, many thanks.

I hope all of our participants had an enjoyable day out, the conditions certainly made for an audacious ride! I also hope that some of you first timers are inspired to try other Audax events and distances, have a browse of the Audax calendar for future events, <http://www.aukweb.net/events/>.

We will return with the Cambrian in 2017! Bon courage.

Daryl Stickings

ARTICLES

Cycling in Provence

Only my knackered knees prevented it from being a perfect few days away in France in late May. Coleene signed up for a walking holiday in Provence and I decided to take my bike and accompany her. An inconvenience for her but for the usual reason that I needed transport to take me to the best rides, we spent two days driving down to a place called Greoux-les-Bains to the west of the Verdon gorge. From here I was able to

cycle out from the hotel on three occasions with a steady climb up to an enormous plateau where they grow around a fifth of the worlds' lavender.

One of the hardest rides for me this year was when I took the car to the start of the upper gorge circuit thinking, from my 1:100,000-scale map, that there was a climb up to then contour around until the descent to bring me to down to the level of the river which I would follow home. In the end the 90km route proved to be an up and down killer that involved, by my Garmin, 3,000m of climbing (the Circuit of Gorges du Verdun may be found on bikemap <http://www.bikemap.net/en/route/785028-tour-des-gorges-du-verdun/>). So a feeling of achievement in retrospect, and some marvellous views but I worried that I would now be staying in the hotel for the remainder of the trip to nurse my ancient body. Fortunately the next day was a day off for the walkers and I DROVE Coleene around the route to show off my achievement and point out to her where some real walking could be done.

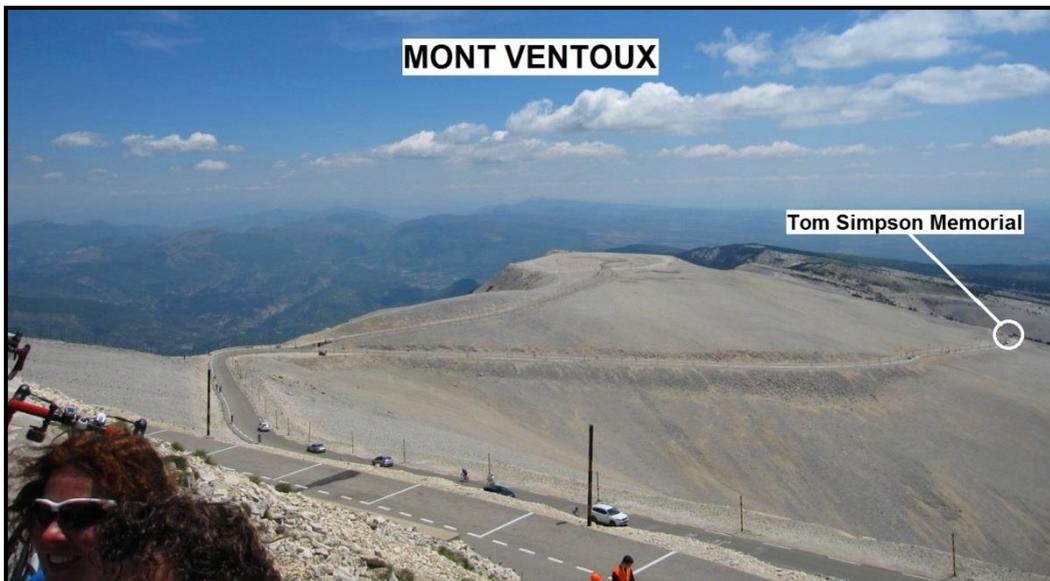


Feeling refreshed after a rest day I set off with some trepidation however, to climb Mount Ventoux. Well that's the only reason I had agreed to go to that area in the first place.

The nearest start point to me was Sault which also happens to be the easiest route up. The instantly recognised mountain came into view when I was still 30kms away which left me even more anxious. In the event it was a fairly easy 20km climb at first with a tough last 6km when out of the shade of the trees. I've never seen so many cyclists on a climb with most of them overtaking me. Many gave words of encouragement in English assuming, from my jersey, that Hereford Wheelers were based in UK. A group of French school kids resting by the roadside shouted something as I approached them and when

I asked them to repeat it they said in English, 'How far's the next pub!'

When joining the route up from Bedoin, cars and motor cyclist became a nuisance so much so that there was a traffic jam at the summit and I had to dismount to weave my way through the last 10-20m. Actually there is more than ample parking off the top but those people directing traffic were thoroughly incompetent. The descent was nice and fast with only one other cyclist managing to get past me. I was still in time for lunch at the bottom and celebrated with steak and chips.



On my return to UK I told Dave Unsworth about the climb who asked, 'How many times up' and was most unimpressed when I said only the once. He also enquired if I had stopped at the Tom Simpson Memorial and looked unbelieving when I said I had forgotten all about it and had passed it twice without noticing it. The problem is the magnificent views are all in the opposite direction.

Maurice Tudor

NOTICES

Hereford And District Wheelers Cycling Club **Racing Programme for 2016** **('under CTT rules')**

All Thursday evening time trials start at 6.30pm (unless specified). Sunday morning time trials start at 9.30am

All riders are required to sign on at least ten minutes before start. Late entries at the discretion of the timekeepers.

All riders are entirely responsible for their own safety at all times.

Time Trial Sec: Chris Hughes
Web site www.herefordwheelers.co.uk

Day	Date	Trop	Event	Course
Sun	13/03		Weobley Sporting (Approx. 19 miles)	Stretton Sugwas
Sun	20/03		35 mile Road Bike 3 Up TTT	Allensmore
Mon	28/03	11	Club 25TT	Weobley
Thu	31/03		Road bike '10'	Allensmore
Sat	02/04		<i>Cambrian Audax (Leominster to Machynlleth) & Shorter event</i>	
Thu	07/04		1st '10'	Allensmore
Thu	14/04		2nd '10'	Leominster
Thu	21/04		3rd '10'	Lugg Bridge
Sun	24/04	12	1st '25' (Scratch)	Leominster
Thu	28/04		4th '10'	Allensmore
Sun	01/05		WCA 25 Championships	R25/3H
Thu	05/05		5th '10'	Lugg Bridge
Sun	08/05	17	2nd '25' (1st Handicap)	Leominster
Thu	12/05		6th '10'	Leominster
Sun	15/05		Club 35 TT	Allensmore
Thu	19/05		7th '10'	Allensmore
Sat	21/05		Club BBQ	Sutton St Nicholas
Thu	26/05		3rd '25'	Stretton Sugwas
Thu	02/06		8th '10'	Leominster
Tue	07/06		Inter-Club 2-up '10'	Brimfield
Thu	09/06		Inter-Club 2-up '10'	Leominster
Wed	15/06		9th '10'	Leominster
Thu	16/06		Come and Try It '10'	Allensmore
Sun	19/06		West Wales 100 R100/1	R100/1
Thu	23/06		10th '10'	Allensmore
Sun	26/06	4	WCA 12hr	R12/95
Thu	30/06		11th '10'	Lugg Bridge
Sun	03/07		RTTC National Championships?	R100/8A
Thu	07/07	17	4th '25' (2nd Handicap)	Stretton Sugwas
Thu	14/07		12th '10'	Leominster
Sun	17/07		WHEELIE BIG RIDE ST MICHAELS	
Thu	21/07		13th '10'	Allensmore

Sun	24/07	7,9,16	Club '50' Championship	Stretton Sugwas
Thu	28/07	13,14	5th '25'	Leominster
Thu	04/08		14th '10'	Lugg Bridge
Thu	11/08		Pencombe Hill Climb	Pencombe
Sun	14/08		Welsh CA '10' (Welsh Champs)	R10/17
Thu	18/08		15th '10'	Allensmore
Thu	25/08	15	Haugh Wood Hill Climb	Haugh Wood
Thu	01/09		Caplar Hill Climb - Ned Potter	
Sun	04/09	5	Welsh CA '100' Championship	R100/8
Sun	11/09	10	Club '30' Championship	
Sun	18/09		Welsh CA 'Hill Climb' (Welsh Champs)	RH/14
Sun	25/09		Welsh CA '50' (Welsh Champs)	R50/1b

Course Key:- C10/16 – Allensmore (C). C10/17 Lugg Bridge. Yazor 10 – Yazor. Leom 10 (Arrow) – Leominster. R25/8C – Weobley. CS/11 – Golden Valley(C). Leom 25 – Leominster. Hill Climb – Haugh Wood

Officials:- SE – Stuart Edinborough. DU – Dave Unsworth. W.H. – Wendy Howells MT – Maurice Tudor. Pusher-Off – Percy Hughes

Club event entry fees:- £3.00 Hereford Wheeler club members.
£4.00 Members of other CTT Affiliated clubs (includes £2 CTT Levy per race)
£5.00 All others (including 'One day Membership' – Membership form must be filled in and signed for each race)

JOIN THE CLUB! – Membership is only £10.00 a year

Hereford Wheelers Annual Dinner & Prize Presentation – Friday 25th November 2016

Please note the date of the forthcoming principal event of the social calendar, which will be held at Hedley Lodge, Belmont again this year, following last year's highly successful evening with guest of honour Katherine King. The committee doesn't have a guest of honour for 2016 yet and would be pleased to receive helpful suggestions. Please contact the organiser Valerie Hurrell: evahurrell@aol.com or via FB.

Café News

First the good news: **Madley** Plant Nursery is to open a tea room in spring 2016 according to the Hereford Times. It's not far from home but I feel duty bound to check out the tea and cakes once they are open. (Thanks to Brian Jones for reminding me of this).

Pembridge Old Steppes has been put up for sale. Whether it continues as a tea room depends on the new owners but hopefully it will as this is one of our favourite cafes.

Colwall The Coffee Lounge has closed and there is currently building work going on (March). Mark Brazier has heard that there may be a tea room opening in a community shop but this is uncertain at the moment.

Brimfield (A49) The garden centre has closed and is for sale.

Please let me know if you find any new cafes or if existing ones have closed.

Andy Hurrell

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The Come-and-Try-it

The CATI this year is to be held on the usual Allensmore circuit on 16 June. It is our annual event to introduce cyclists to time trialling and potential membership of the Hereford Wheelers Please support this event by volunteering to help or by bringing family and friends to have a go.





WEOBLEY SPORTING 2016
CLUB 25-MILE TT 2016

