THE PEDALLER
Yeovil Cycling Club January 2004

Thank you Ivy

In recognition of all the hundreds of hours she has devoted to the Club our Honorary Vice President, Ivy Andrews, was presented with a bouquet at the Christmas Buffet this year.

After preparing cakes and sandwiches and serving countless cups of tea and coffee for far more years than it would be polite to mention Ivy has decided that it is time to retire from catering for the road races.

Ivy has been a staunch supporter of the Club ever since her son, John Andrews, decided to take up bike racing and Mum and Dad were the ones volunteered to organise the race. The mid season road race is run in memory of John and Ivy has a fantastic collection of photographs documenting the history of the race *(sounds like a good idea for a story - Ed)*.

What more can we say than "Thank you Ivy", and we hope you will still grace us with your presence from time to time.

The main event at the annual bash was the prizegiving, or was it the eating? There were a few new names on the trophies this year. The winners were; Chris Absolom (*Hill Climb Champion, Veteran RR Champion, Senior RR Champion, Points Cup for Club Evening Time Trials);* Mike Loader *(Veteran BAR, Best 25 Time Trial, Best 50 Time Trial, Short distance BAR)* , Terry White *(Best National Championship performance)*, Chris Pym *(Juvenile BAR)*, Mike Northcott *(Web Shield)* , Nick Young *(Handicap 10 TT)* and Nick Evans *(Best Result in a Yeovil RR)*.



The full list of club trophies can be found on the website. There are several junior and juvenile trophies as well as the ladies cups that were not contested in 2003, so if you want a bit of silverware for your mantelpiece next year then get competing this season. There has even been some interest in the place to place records (also on the website). None of these have been contested for many years so how about making 2004 a record breaking year? If you want any more details then speak to Mike Northcott.

HAPPY NEW YEAR

Subscriptions for 2004 are now due. In an effort to ensure we have your correct details, especially an e-mail address, can you please complete the form below and return it to Mike as soon as possible.

If you are an existing member then the fee is just £12, or £5 for Juniors, Juveniles and full time students. For new members you need to fill in a full application which can be obtained from Mike Loader at the address below or downloaded from the website.

Details of the subscription rate for Merryfield are not available yet, keep in eye on the website for those.

SITUATIONS VACANT

We are still in urgent need of a time trial secretary and a road race secretary for this year. If you can help in any way please come forward. We already have a volunteer for each of the jobs in terms of an administrator but they cannot take on the whole job, with a few volunteers the tasks could be spread. If you can do just one week of putting out the signs then it would be most welcome.

We are also in need of a volunteer to help with the catering at the road races now that Ivy has retired. Again this is not a huge job, it just requires a bit of organisation. The WI market is a great source of cakes and the club already has all the kit.

Renewal of Membership 2004

Name

Address

Postcode

Telephone

e-mail

I enclose a cheque/cash for £ payable to Yeovil CC

★ 1st Claim Senior (£12.00) ★ Junior/Juvenile/Full time student (£5.00)

★ 2nd Claim (£12.00) 1st claim club

For more than one member at the same address

Name

e-mail

★ 1st Claim Senior (£12.00) ★ Junior/Juvenile/Full time student (£5.00)

★ 2nd Claim (£12.00) 1st claim club

To: Michael Loader, 3 Poppy Close, YEOVIL BA22 8US

Club clothing Sale

In order to clear the small amount of old Impsport clothing we have left in stock, the following items are being sold at greatly reduced prices:
Bib Shorts: XL (2), XXL (1) £20.00
Training Tops M(1), L (2), XL (2) £20.00
Shorts L (2), XL (2) £15.00
Road Vest Long Sleeve M(1) £20.00
It is first come first served so if you are interested in anything contact David Notley (see back panel).
If you want any ordinary clothing then we are well stocked for sizes up to 40" chest. Beyond that we have no stock so if you need anything for this season please let David know as soon as possible so it can be added to the next clothing order.

No EoL in the South West

A timely reminder as you all start to plan your seasons racing, there is no entry on the line (EoL) for the road races held in the South West Division. For a full listing of all the races see the Calendar page on the website. Some may have adjusted the closing date to reflect this change, but do not rely on it. As a general rule the closing day is the Monday three weeks before the event for road races.

CTT HANDBOOK 2004

The new handbook should be out any day now, if you haven't already ordered your copy you need to send a cheque (payable to "Cycling Time Trials") for £5.50 to:
Dept. WWWHB, 7 Baysdale Avenue
Ferncrest, BOLTON, BL3 4XP
Don't forget to include your name and address.

2004 Club Time Trials

The entry fee for the 2004 season has had to increase to reflect the 100% increase in the club levy fee which we have to pay to the CTT for each ride. The new rates are 50p for YCC members, £1.00 for non YCC members and 50p for Juniors, Juveniles and full time students. (The increase is to fund the provision of signs to all clubs who promote events on behalf of the CTT).

The last three events will be subject to conditions: the 19 August event will require a rear light as will the final two which are open to Yeovil CC members only.

Date	*Distance*	*Event*	*Start*
15 April	10		19:00
22 April	10		19:00
29 April	10	2-Up	19:00
06 May	10		19:00
13 May	10		19:00
20 May	25		19:00
27 May	10		19:30
03 June	25		19:30
10 June	10		19:30
17 June	21	4 -Up	19:00
24 June	25		19:30
01 July	10		19:30
08 July	25		19:30
15 July	10	H'cap	19:30
22 July	10		19:30
29 July	10		19:00
05 August	10		19:00
12 August	10		19:00
19 August	10		19:00
26 August	10		18:45
02 Sept	10		18:45
10 October	HC		10:30

Time for a check up

We are now half way through the winter season (*hooray I here you cheer*) but amidst all the time off at Christmas did you spare a thought for your bike. It has already suffered more wear and tear in the few weeks of winter than it did all summer long. Tyres and chains are the obvious but what about the brake blocks, the bottom bracket or the cables?

Try this 10 minute check on a regular basis, not only will it save you money in the long term it might even save you from 'eating tarmac' too.

1 **Brake Levers.** If the brakes are adjusted properly the lever should only pull back half way before the brakes are fully activated. If the cables have stretched or the pads worn a little then use the adjuster on the brakes, if not...

2 **Check the brake blocks.** Is there plenty of rubber left, some blocks have a wear indicator, and are they aligned with the wheel correctly? Either slacken off the quick release or drop out the wheel so you can see the face of the blocks, are there any flints or bits of debris embedded in the pad?

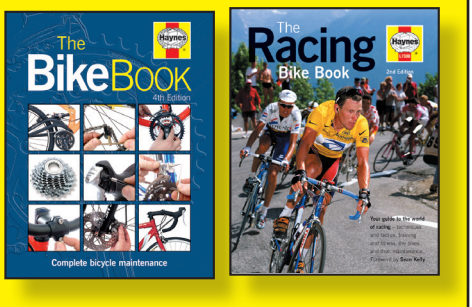
3 **Cables**. Check all the cables. Are they frayed and do they work smoothly? Are they free from kinks and tight bends and all sitting in the appropriate guides?

4 **Frame and forks**. Have a good look at them (best done when you are cleaning the bike). Check for any signs of damage or cracking, especially around the bottom bracket and headset. Those irritating creaks and groans may be coming from your bike and not the guy next to you!

5 **Handlebars, stems and seat posts.** Again check thoroughly for any signs of damage or loose bolts. It is a good idea to actually loosen the bolts occasionally and check that the seat post and stem still move in the frame, but make sure you mark them so you know exactly how they were positioned before you moved them.

6 **Cranks.** Hold one crank still and then try to wiggle the other from side to side and front to back. Now try the other side. There should not be any movement, if there is check your crank bolts. Whilst you are there check the bolts securing the chainrings. Then spin the cranks whilst looking straight down at the chainrings to check they are straight (keep an eye on their movement through the front mech, you'll soon spot if they are not true).

7 **Chain.** Whilst you are there slip the chain onto the big chainring. Then try and pull the chain away from the ring. If you can almost lift it off then it is clearly time for a new chain. If it is really badly worn it may be time for new chainrings and sprockets too. (Keep the chain clean and replace it regularly and



OK a bit of an unashamed plug here, but full of useful advice never the less. Haynes Bike Book: 178 pages of straight forward advice on how to set up and maintain your bikes. Available in all good bike shops or direct from Haynes.

you will save the expense of all those new bits).

8 **Bottom Bracket.** Slip the chain off the chainring and see if the cranks spin freely. Listen for any noise and feel for any resistance. If not then it's time for a stripdown and re-grease or a new unit if it is the sealed type. (Make sure you know the length and the type of thread when ordering a replacement).

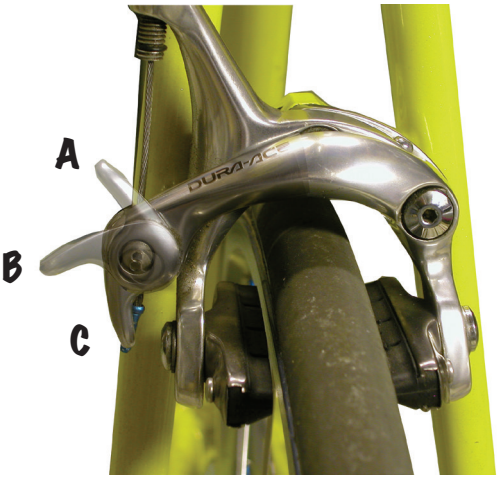
9 **Front and Rear Mech.** Are they aligned properly? Are they adjusted correctly, both will cause the chain to clatter or worse still jump off at an inopportune time. Check the jockey wheels on the rear mech, do they run freely, do they have too much lateral movement, are they clean?

10 **Wheels.** Spin the wheels to see if the are true. Try and move the rim from side to side to check the bearings/cones are not loose and hold the rim as you rotate it to see if the bearings are too tight or damaged. Check the spokes, make sure they are taut and intact. Don't forget the rims, look for any signs of damage or wear, the combination of harder blocks and the abrasive mixture of dirt and water will wear down the rims until they can no longer withstand the force of the pressure from the inner tube, when bang crash wallop!

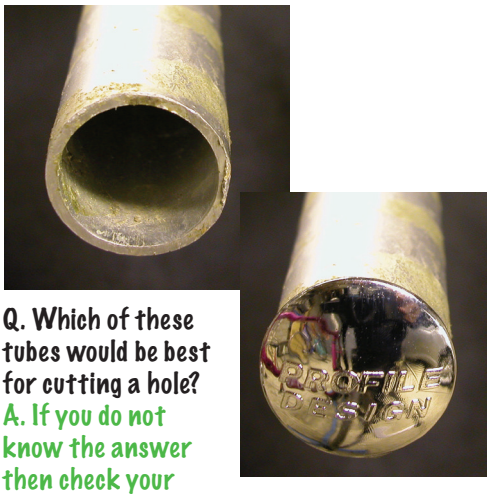
11 **Tyres.** Check for splits and holes. Signs of the inner tube bulging out of a hole are not good. Remove any thorns or flints before they make it through the tyre.

12 **and finally.** Check the fixings for all those extra bits (not just the stuff that gets bolted on for the winter); mudguards, racks, computer sensors, tub bags and lights.

Quiz time



Q. What is this lever for? and which direction should it be pointing?
A. The quick release lever. To enable the wheel to be extracted easily, not to adjust the brake blocks! It should be pointing down (C).



Q. Which of these tubes would be best for cutting a hole?
A. If you do not know the answer then check your leg (or worse still someone else's) when you next come off, and see what the end of your handlebar has done!

A brief resume of the last committee meetings. Topics covered elsewhere in this issue are mentioned only briefly.

October

General Secretary correspondence was handled including payment of annual affiliations for BC and CTC.
Treasurer Report. Paid out: £30.00 CTT affiliation; £55.50 BC affiliation; £96.40 paid CTC affiliation. £19.60 newsletter printing and postage. Received: £11.00 from the rider who had sent a blank cheque for entry in the Ham Hill race. £110.00 clothing sales. £15.00 membership fees.
Time Trial Secretary report on club events:

- 419 rides had been carried out (490 with 4 Up TTT) resulting in an income of £257.77.
- A cheque has been submitted to CTT for the levies for the above events, plus the hill climb of £50.80. At this point it was noted that TVCRA owed the club £8 pounds expenses and £7.10 for levies.
- Expenses of £116.00 has been paid out to the organisers of the club events based on £4 for a 10 and £8 for a 25.
- This has resulted in a profit of £91.97 plus the money owed by TVCRA.
- The season long points competition had been won by Chris Absolom.

A discussion of the scheduling of the 2004 evening events resulted in a list being produced that should be submitted to CTT.
Road Race Secretary. It was noted that the RR secretary position was now vacant due to the incumbent being held at Her Majesty's pleasure for the foreseeable future. Mike Northcott has taken on responsibility for accepting entries for the forthcoming 2004 RRs. He indicated that he had held a discussion with Eddie Mclean about the new course and that Eddie would be coming to view the course at some point. MN to liaise with Huish Episcopi school about headquarters for the John Andrews RR. DN to liase with the Nuffield club about HQ for the Pittards and Ham Hill RRs.
Membership Secretary reported that Rachel Clay had paid her subscription. A day membership form is to be created by the secretary that can be used in 2004 for the evening time trials.
Runs Secretary. Runs continue. MN has agreed to lead a number of shorter runs over the winter, which it is hoped will encourage new starters, or members who wish to do fewer miles at a more sociable pace.
Records Secretary reported that no new records had been posted. The secretary invited invitations for record claims and club trophies. It was also suggested that Rachel Clay be made aware of the current female records.
TVCRA Representative reported that TVCRA had its most successful year to date.
Press secretary reported that there had not been a great deal of coverage recently. It was also noted that a lot of the coverage had been in the *Yeovil Times* free newspaper.
Newsletter Editor reported that the next newsletter would be published at the end of the following week.
Any Other Business. DN indicated that he would be organising the club buffet in the absence of KM. It was requested that all club trophies be returned in preparation for the presentation. DN reported that he would ask people to submit their clothing requirements for the coming year to determine what clothing order would be required. The possibility of a clothing sale is to be assessed by DN to determine if older style clothing (pre Provision) could be sold.

November

Matters Arising. Race Headquarters; David Notley reported that the booking of the Nuffield club was still on-going as he had not been in touch with his contact at Yeovilton. Headquarters for the John Andrews Memorial RR Mike Northcott reported that he had been in touch with Huish School and had found out that the school may not be available before 9:00 on the 20th June. After discussion it was decided that a back-up venue should be investigated, options suggested where Long Sutton village hall and Ilchester Junior school.
David Notley provided an inventory of the old style club clothing he still holds.
A decision was made to hold a sale at the Christmas buffet where all items would be sold of at £20, with the exception of thermal training tops, which will be £25.
General Secretary correspondence was handled. It was noted that the start times for the open 10's had been communicated from CTT incorrectly. John Clemit to respond to Mike Dix indicating that the correct start time

should be 15:00, not 13:00.
Treasurer Report. Paid out £104.00 to BC for 2004 race licences and permits; £50.97 for Web hosting; £19.00 for newsletter printing and postage. £33.00 received from clothing sales.
Time Trial Secretary reported that he had submitted traffic count data and a cheque for £50.90 for club event levies to CTT.
The remaining money received from club events was handed over to Derek Todd for counting and banking.
Road Race Secretary Report. Mike Northcott indicated that he would be submitting the RR forms for the Ham Hill and Pittards RRs shortly. He also indicated that a holiday commitment means that the closing date for these races will have to be adhered to. It was agreed that it would be sensible to provide notification of this to *Cycling Weekly* and post a notice on the website well in advance so that all potential riders will be fully aware of the situation.
Membership Secretary No report.
Runs Secretary reported that runs continue with an average attendance of approximately 12 riders. It was noted that the runs secretary was the only attendee on a recent Sunday due to inclement weather conditions. The secretary indicated that he felt a few more riders are required before it will be possible to have 2 runs.
Records Secretary reported that Mike Loader had submitted a few claims for club trophies. It was also noted that Chris Pym would be eligible for the junior prize.
TVCRA Representative no report.
Press Secretary reported that the press had not covered the hill climb. Interestingly, it had been covered in the Blackmore vale magazine due to a Gillingham rider taking part.
Newsletter Editor reported that the newsletter had been published in October.
Any Other Business: DN indicated that club buffet tickets where £7.50 and that anyone who wished to attend should let him know as soon as possible as time was running out.

December

Matters Arising. David Notley reported that he had now booked the Nuffield club for the Autumn 10 and the Ham Hill and Pittards road races. Headquarters for the John Andrews Memorial RR: Mike Northcott reported that the Council had still not decided on the opening time for Huish School on the 20 June. He indicated that he was in the process of identifying if Long Sutton village hall would be available.
BC Payment for Race Licence and Permits Derek Todd reported that the payment shown as £104.00 in the November minutes for Race Licences and Permits was actually £116.00.
General Secretary correspondence was handled. An error was report by Derek Todd with the October meeting minutes where the dates for the evening time trial series had been show as 2003, and not 2004. Also the start time for the 25 on the 24 June was incorrect.
Treasurer Report £266.75 received for club buffet tickets. £254.00 paid out to Johnson Park for club buffet. £22.50 paid out for floral bouquet for Ivy Andrews. £55.00 received from clothing sales. £24.00 received for membership.
Time Trial Secretary Report. A lengthy discussion was held about the vacant position of TT secretary. Both Chris Absolom and John Clemit said that they would be able to cover a month if required. It was noted that the largest issue with running the evening TTs was putting out and collection of signs. It was agreed that the situation would be reviewed next month if no volunteer could be found for the role.
Road Race Secretary Report. It was noted that the position of RR secretary was also vacant and that a volunteer was also required to fill this role.
Membership Secretary reported that the club will have 51 members at the close of the year. He also reported that the membership clock would be reset at the start of next year following the moving of the AGM.
Runs and Records Secretaries and Newsletter Editor no report.
TVCRA. Payment was presented for the outstanding debt from the 4-Up TTT, £15.20.
Press Secretary reported that Dave Notley had agreed to email the pictures from the club presentation to the Western Gazette.
Any Other Business. All agreed that the buffet had been a success and that the food was good.

Next meetings: 9 February, 8 March, 19 April (12 April is Bank Holiday)

On the right track

By Tony Taylor

After the lean war years there was a huge public appetite for watching sporting events and cycle racing on the track was no exception. The boom in track racing in the late 1940's and early 1950's meant a top meeting at Herne Hill could attract up to 10,000 spectators. Other venues that drew good crowds were Fallowfield (Manchester), the Butts Stadium (Coventry), Alexandra Park (Portsmouth) and Paddington (London). This immense interest was undoubtedly due to one man – Reginald Hargreaves Harris. His impact on the sporting public and the media was enormous, he is the only British racing cyclist to truly have been a household name. If anyone on a bike was speeding or causing a nuisance, a policeman or member of the public would automatically say, *"Who do you think you are, Reg Harris?"* He was National Sprint Champion in 1944, 1945, 1946 and 1947, and won the World Amateur Sprint Championship in Paris in 1947. In 1948, he missed out on a gold medal at the Olympic Games in London, being beaten in the final at Herne Hill by the Italian Mario Ghella. Harris was in dispute with the N.C.U. over preparations for the Games, and this clearly effected his form. He promptly turned professional for Raleigh Cycles, at that time one of the largest cycle manufacturers in the world, and in 1949 became the first ever Briton to win the World Professional Sprint title.

The rivalry between the top riders was every bit as intense as today's sprinters, scrapping for Tour Stage wins and green jersey points, and provided a spectacular attraction for the paying public.

Reg's biggest rivals were two Dutchmen, Aire Van Vliet and Jan Derksen. Before the war, Belgian Jef Scherens dominated Professional Sprinting, winning the world title six years in succession, 1932 to 1937, until the bespectacled Van Vliet snatched victory in 1938. However Sherens gained one more title in 1947. Van Vliet took his second title in 1948, and his third in 1953 – 15 years after his first, and Derksen took his second title, eleven years later in 1957 – truly they were two Dutch 'old masters'! Harris again took the title in 1950, and was voted nationally *Sportsman of the Year* in both 1949 and 1950. This was a ballot organised by the *Sporting Record* newspaper, and was the equivalent of today's *TV Sports Personality of the Year*. He completed a hat-trick by taking the sprint title again in 1951, and a fourth in 1954. Reg Harris's success was inspirational, his club was Manchester Wheelers whose members included Cyril Cartwright, Alan Bannister and Alan Geldard. Between them they won an abundance of national track titles, and competed in numerous world championships. His achievements spurred on more outstanding sprinters – Lloyd Binch (Notts Castle CC), Cyril Peacock (Tooting BC), Jack Tighe (Scunthorpe Poly. CC) and Dave Handley (Harrow CRC). All this prompted the building of new cycle tracks, like the Harvey Hadden Stadium, Nottingham, the home of Raleigh cycles, and one at Welwyn, Hertfordshire. This was very much a golden era for British track racing, thanks to Reg Harris.

CLUB SECRETARY	
John Clemit	01935 427541
MEMBERSHIP	
Mike Loader	01935 410790
RECORDS SECRETARY	
Mike Northcott	01458 273576
TVCRA	
Chris Absolom	01935 477965
TIME TRIALS (Evening events)	
ROAD RACE SECRETARY	
To be confirmed	
NEWSLETTER & CLOTHING	
David Notley	01963 440291