



PEDALLER

Yeovil Cycling Club

January 2025

Happy Cycling in 2025

The traditional ride to the Prince of Wales was enjoyed by a large group. The bacon baps – or a veggie equivalent – seemed to disappear quickly. Thankfully it was dry again this year and Martin even provided a course that didn't include a steep climb to the pub!

Thanks were expressed to all those that have helped the club this year, especially the organisers of the club runs, namely Martin Wills and his new apprentice Alec Thomson for the Sunday rides and Marius Evans and Neil Cochran for Thursday's runs



Membership for 2025

Thank you for your support and we hope you will continue to enjoy the activities the club can offer for another year.

If you have joined recently and already paid for 2025 ignore this bit!

Subs are unchanged for yet another year. 1st Claim Adult (£18.00), Under 18* (£6.00), Full time student (£6.00), Family (£36.00) and 2nd Claim Adult (£18.00).

If you wish to continue with the same membership all you need to do is send your payment to Mark Boxall, see below. If any of your contact information has changed please let Mark know. If you receive the Newsletter by post there will be a form in the envelope that shows all your current details. The data is used solely to contact you about Club activities. If you get The

Pedaller via email then the renewal form will be attached to the email but there are no personal details showing on that form.

Payment: Send a cheque or cash to Mark Boxall, 54 St Catherine's Crescent, Sherborne DT9 6DE. Cheques made payable to Yeovil Cycling Club. Online payments, please make sure you have the account name as Yeovil Cycling Club (it is classed as a Business Account). Yeovil CC or other variants may not work. Then email membership@yeovilcc.com to confirm your payment, and details if changed. Sort code: 09 01 52 Account no: 46942606 Reference: Surname, Initial and Sub Payment of your subs signifies you agree to abide by the Club Rules.

* For Under 18s a parent or Guardian must sign to agree to their membership.

Cycling Shorts

Welfare Officer

Since the publication of the last newsletter, in which it was announced Sue was vacating the role of Welfare Officer, we are delighted to say she has changed her mind and will continue for 2025. More good news, Jane Baker has agreed to shadow Sue and act as assitant Officer.

What is a CWO? The person with primary, but not sole, responsibility for managing safeguarding concerns within a club. As part of their role, they will promote safeguarding, report concerns and work with others to create a safe and inclusive environment, in which everyone can experience the joy of cycling.

CWO's play a key role in maintaining British Cycling's high standards. They allow piece of mind for young people, their families and clubs by highlighting the importance of safeguarding.

Sue and Jane have a wealth of experience in the Health Service and have spent most of their careers putting patients welfare at the top of their list. They will offer advise or guidance to anyone that asks, not just Junior members. Or if you have particular concerns about a fellow rider then you can speak to them in confidence too.

They are not there to prescribe medication or a specific solution, more to listen and give information on what help is available.

All clubs with under 18s are required to have at least one Club Welfare Officer (CWO). BC encourage best practice, which is for a club with junior members to have two CWO's (of different genders) and for adult clubs to have t least one CWO.

Time Trial Changes

The evening time trial series will start again on the first Tuesday in April. Provided all goes to plan there will be a new 10 course based on one and a half laps of an extended version of the current 5 mile route. Starting in the centre of RNAS Yeovilton it will head east as far as the new roundabout at the end of the flyover bridge. Head West to Ilchester, turnon the roundabout, come back past the start to the bridge

roundabout again, then finish very close to the start. There will be a change of HQ to West Camel Village Hall which will put the riders much nearer the start and finish and give them a quiet, safe route to and from the event.

Coming soon(ish)

The West DC, our area governed by Cycling Time Trials, is to host the National 100 this year and the National Hill Climb in 2026.

The 2025 National 100 will run on a circuit using Cirencester-Kemble-Tetbury-Cirencester. It will be three laps. Some course measuring is still to be completed before the precise route is available. If you are able to help with the marshalling volunteers are needed, the date is 13th July.

The National Hill Climb in 2026 will also be run in out District. Minehead CC have proposed using Porlock Hill (Toll Road) which they have been using for some years to promote their HC. More details will be available next year. But if you like a vertical challenge start your training now.

Cross finish

Darren Matthews finished the season in 7th place overall, an outstanding result considering his expectations at the beginning of the season. Mark Fisher finished in 17th overall out of the 20 qualifying riders.

Yeovil based Heidi Gould, racing for Assos UK Racing Team, finished first in her Senior

Women's category Four wins combined with her three second places she was first overall in league standings for the fourth consecutive season.



Winter Club Runs

A huge 'Thank You' to everyone that has contributed to the Club Runs. in 2024. Whilst club legend, Martin Wills, manages most of the Sunday rides, now with some help from Alec, the Thursday rides rely on most of the participants organising at least one ride each quarter.

No ride on Boxing Day but there is one on Sunday 29th to Glastonbury.

We are getting into Winter so inevitably there will be cancellations, especially when it turns icy or if there are more severe weather warnings. Keep an eye on the website, or follow the Facebook page, to ensure you don't miss any last minute changes.



Thursday all day runs. Meet at Palmers Garden Centre at 9:30am

January

- 2 Phil L – Stourhead 57mi (NE)
- 9 Neil C – Stalbridge 58mi (E)
- 16 Steve T – Moreton 63mi (SE)
- 23 Ian G – Shepton Mallet 59mi (N)
- 30 Roger – Burton Bradstock 62mi (S)

February

- 6 Tony S – tbd
- 13 Marius – tbd
- 20 Dave N – Wells (N)
- 27 Steve T – Dalwood 67mi (W & SW)

March

- 6 Marius – tbd
- 13 Martin B – West Bay 51mi (S)
- 20 Steve C – tbd
- 27 Ian G – tbd

Sunday morning runs 9:00am at Athletics Track

January

- 5 Langport, Cork's Cafe, Medium/Short
- 12 Wells, Medium, Bishops Palace Cafe Glastonbury, Short
- 19 Stourhead Medium Boy's Hill, Short, Round Chimneys Farm
- 26 Westhay, Sweets, Medium/Short

February

- 2 Chard, Barley Mow Farm Shop, Medium Horton Cross, Jordan's Courtyard, Short
- 9 Wincanton, Otter Nursery or the River Cale Cafe, Medium Galhampton, Mabels, Short
- 16 Dorchester, Market Place Cafe, or any of 9 other cafes. Medium/Short
- 23 Shepton Mallett, Dobbies Garden Centre Cafe, Medium Sparkford, Haynes Motor Museum Cafe, Short.

March

- 2 West Bay, assorted cafes, Medium, Broadwindsor, Stable Yard Cafe, Short
- 9 Higher Brockhampton, Hardy's Cottage Cafe, Medium Yetminster Old School Room Cafe, Short
- 16 Cranmore, Station Cafe, Medium Castle Cary, The George Hotel, Short
- 23 Burnham on Sea, Cafe on Corner, Long Westhay, Sweets Tea Room, Medium Godney, Double Gate Farm Cafe, Short
- 30 Clocks go forward 1 hour Canal Centre, Medium/Short.

April

- 6 Cheddar Backwards, Bishops Palace cafe, & Sweets, Long, 2 stops. Middlewick Farm, Medium/Short.
- 13 Bere, Jim's Cider Shack, Medium/Short
- 20 Easter Sunday, Westhay, Sweets, Medium/Short
- 27 Milton Abbas, The View Cafe, Medium Boy's Hill, Round Chimneys Farm, Short.

Winter riding prep

Play around with layers – find a layering approach that works for you and your body. Start with a thin silk or merino wool liner for insulation, add a mid-layer for warmth, and finish with a windproof or waterproof outer shell. This layered setup also traps air for added insulation and will improve warmth.

Avoid tight fits – gloves that are too snug can restrict circulation, making your hands feel colder. Choose gloves with enough room to flex your fingers comfortably.

Warm head, warm hands – keeping your head and ears warm can significantly impact your overall comfort, including your hands. A windproof skull cap, beanie, or winter cycling cap under your helmet will help retain heat.

Fuel - part of keeping yourself warm is remembering to fuel and hydrate correctly. It's essential to think about what you're taking with you on your ride. Will you be inside or outside when you stop? How long will you be stopping for? Do you want to bring your own snacks? Easy snacks like energy bars, bananas, or dried fruits are ideal for mid-ride fuel. Also, try using an insulated bottle with a hot drink.

Before setting off

It's the day of your ride and you are starting to get ready! Here are some final pre-ride rituals to ensure your hands stay warm:

Start cosy – you can start your ride with happy hands by warming up your gloves before you head out. Place them on a radiator, give them a quick blast with a hairdryer, or wrap your hands around a warm drink before you head out – whatever works for you.

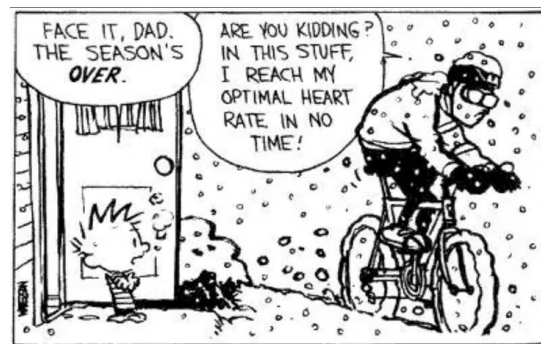
If you're riding on consecutive days, ensure your gloves are fully dry before your next ride to prevent any moisture from cooling your hands.

Seal those cuffs – It might seem like a small detail, but properly sealing the cuffs of your jacket or jersey over your gloves can make a big difference in keeping your hands warm. Simply overlap the outer layer with your gloves and tighten any fastenings to

create a snug barrier. This simple step helps lock in warmth and blocks out cold air or water, leaving you much more comfortable during your ride.

On the Ride

Shake it out - Staying active with your hands is essential for keeping them warm and functional during a ride. Shift your grip on the handlebars often, alternating between different positions to maintain good circulation. Periodically, squeeze and relax your hands or give them a quick shake to keep the blood flowing. These small but effective movements can help prevent numbness and stiffness, ensuring your hands remain comfortable and responsive for braking and shifting. With this habit, you'll stay in control and enjoy a smoother ride, no matter the temperature.



Spare Gloves – carrying an extra pair of gloves or liners can make all the difference to your ride, whether for yourself or someone in your group. Pack them in a waterproof bag to ensure they stay dry, no matter what the weather throws at you. If your hands become damp or your gloves lose their insulation during the ride, swapping into a warm, dry pair can feel like a game-changer.

Tactical stops - whether your mid-ride stop is a trail-side bench with a view or a local café, tactical stops can be really beneficial. They give you the opportunity to refuel and recharge, as well as adjust your layering system if you're getting too warm or cold. If your hands are cold, it's a good time to grab a warm drink.

Traffic free from Langport to Curry Rivel



The proposed route. Turn left by the bakery then emerge to cross the main road to pick up the northern link.

A car-free route between Langport and Curry Rivel will begin to take shape in the new year after a crucial piece of land was purchased. The Curry Rivel Active Travel Group has been working for a number of years to create a route for pedestrians and cyclists away from fast-moving traffic on the A378.

The route will form part of a wider planned active travel network stretching across the Somerset Levels and Moors. The first phase of the new route can officially begin construction in early-2025.

Volunteers and a local civil engineering firm cleared the section between North Street

Will Salter

We are pleased to hear that Will seems to be making a good recovery after a nasty bout of Covid. Mum and Dad took a little longer!

Will has also been in hospital with a medical emergency.

He is now back in training with the BC Development Squad. Enjoy your riding Will and we eagerly anticipate news of how your first year as a Senior fares.

and Park Lane in the spring, with the new path being delivered on the northern side of the busy road which connects Langport and Curry Rivel to Taunton via the A358. .

Tony Greenaway, a former parish councillor said 'we'll be using similar methods to those practised on the Strawberry Line, the new path will be laid using locally sourced materials at a fraction of the cost of an on-road Tarmac cycle lane or widened kerb".

The full route was designed following a feasibility study in 2019, which received £5,000 of funding from Somerset County Council. The intended route will run from the eastern end of Dyers Road to the north of the existing houses, skirting along the A378 for 200 metres before crossing the road and either following Park Lane or a separate path in the neighbouring fields.

From there the route will run along Frog Lane and Huish Drove, linking up with the Westover Trading Estate and the River Parrett Trail along Cockle Moor, enabling onward travel into the town centre and out towards Huish Episcopi Academy.

Much like certain sections of the Strawberry Line active travel route, the new route between Curry Rivel and Langport would be a permissive multi-user path.

Live long and prosper – cycle

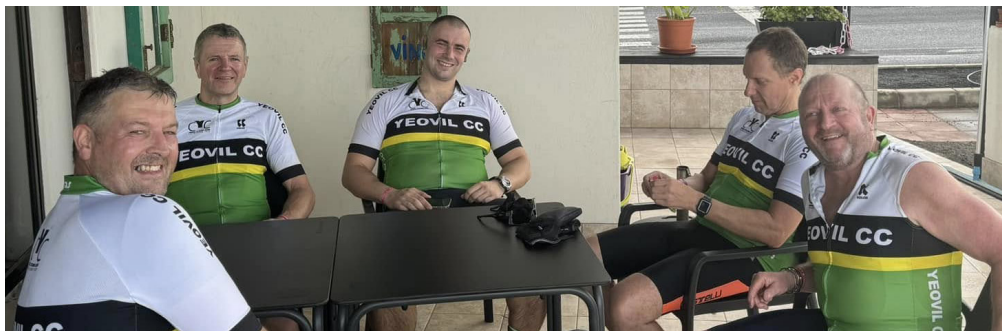
Cycling to work, or cycle commuting, offers a wide range of health benefits, all while providing a convenient way to incorporate physical activity into your daily routine.

Key health benefits of cycle commuting:

- Cardiovascular health: Cycling regularly can significantly lower your risk of heart disease by improving your heart health, blood pressure, and cholesterol levels.
- Reduced cancer risk: Studies suggest that cycling to work may be associated with a lower risk of developing certain types of cancer, including colon and breast cancer.
- Weight management: By burning calories during your commute, cycling can help you maintain a healthy weight or lose weight if combined with a balanced diet.
- Improved mental health: Exercise like

The Scottish Longitudinal Study is based on census data, from which were selected 82 297 individuals aged 16–74 years. Individuals were followed-up between 2001 and 2018 through linkage to hospitalisation, death and prescription records. Cox proportional hazard models were used to compare cyclist and pedestrian commuters with non-active commuters for a range of health outcomes, controlling for pre-existing health conditions, and demographic and socioeconomic characteristics.

Compared with non-active commuting, cyclist commuting was associated with lower all-cause mortality risk (HR 0.53, 95% CI 0.38 to 0.73), lower risk of any hospitalisation (HR 0.90, 95% CI 0.84 to 0.97),



cycling releases endorphins, which can boost mood and reduce stress, potentially helping to alleviate symptoms of depression and anxiety.

- Increased fitness: Regularly cycling to work contributes to overall physical fitness by improving muscle strength and endurance.
- Reduced stress levels: Compared to a stressful car commute, cycling can provide a calming and refreshing way to start and end your day.
- Low-impact exercise: Cycling is considered a low-impact exercise, making it suitable for people of most ages and fitness levels.

lower risk of cardiovascular disease (CVD) hospitalisation (HR 0.76, 95% CI 0.64 to 0.91) and of having a CVD prescription (HR 0.70, 95% CI 0.63 to 0.78), lower risk of cancer mortality (HR 0.49, 95% CI 0.30 to 0.82) and cancer hospitalisation (HR 0.76, 95% CI 0.59 to 0.98), and lower risk of having a prescription for mental health problems (HR 0.80, 95% CI 0.73 to 0.89).

Active commuters were less likely to suffer from a range of negative physical and mental health outcomes than non-active commuters. These findings strengthen the evidence for the health benefits of active commuting.

National Road Races for 2025

British Cycling has unveiled the 2025 Lloyds National Road and Circuit Series calendar, bringing the nation's top riders to the forefront of elite domestic competition. With a diverse schedule of iconic races and new opportunities for both open and women, this season is set to be a true spectacle of talent, endurance, and tactics.

Lloyds Women's National Road Series

The Women's National Road Series features seven rounds, starting with the ANEXO/CAMS Women's CiCLE Classic in March. Riders will take on a range of challenging terrains, from the demanding circuit of the Lincoln Grand Prix to the hills of Yorkshire.

- Round 1: 9th ANEXO/CAMS Women's CiCLE Classic - 23 March
- Round 2: East Cleveland Classic - 13 April
- Round 3: Rapha Lincoln Grand Prix - 11 May
- Round 4: South West Round - 27 July
- Round 5: Curlew Cup - 17 August
- Round 6: Yorkshire Round - 31 August
- Round 7: Lancaster Grand Prix - TBC

Lloyds Open National Road Series

The Open National Road Series will see six rounds of electrifying competition. From the punchy banks of East Cleveland to

the historic Beaumont Trophy, this series provides a platform for Britain's best riders to showcase their abilities.

- Round 1: East Cleveland Classic - 13 April
- Round 2: Rapha Lincoln Grand Prix - 11 May
- Round 3: South West Round - 27 July
- Round 4: Beaumont Trophy - 17 August
- Round 5: Yorkshire Round - 31 August
- Round 6: Lancaster Grand Prix - TBC

Lloyds National Circuit Series

The fast-paced National Circuit Series will deliver thrilling town-centre racing throughout July. With six rounds featuring iconic venues such as the Sheffield Grand Prix and new additions like the Dawlish Grand Prix, this series will be a crowd favourite.

- Round 1: LOGCO Otley Cycle Races - 2 July
- Round 2: Ilkley Cycle Races - 4 July
- Round 3: The CANYON Guildford Town Centre Races - 9 July
- Round 4: Sheffield Grand Prix - 16 July
- Round 5: Fort Vale Colne Grand Prix - 22 July
- Round 6: Dawlish Grand Prix - 25 July

Information on the Lloyds National Road Championships will follow in the New Year.

Pump it up

Rechargeable electric pumps offer the convenience of a CO2 cartridge without frozen fingers and uncontrollable delivery. There are lots of different makes on the market ranging from £20 to nearly £100. But they all seem to do roughly the same job. They take a couple of minutes to fully inflate a standard size road tyre to 80-100 psi. They can inflate two tyres worth and recharge in around 30 minutes. Some come with additional accessories to fit everything from different valve types to footballs, some have a tube to screw onto the valve whilst others fit directly. The better spec models have a built in digital pressure meter, for when you want an accurate setting, but the simple ones are perfectly alright if you just want something that's hard enough to get you home.



Stepping back

At the 2024 AGM Nick Armstrong gave up his position as Club Road Race Secretary, as there have been no YCC races for a long time and few members showing much interest in participating. Stepping down meant finally leaving the Committee after many years service in a variety of roles including Club Chairman.

Nick's passion and commitment to road



April 2016. Nick presents the prizes at one of the last Yeovil CC road races.

racing has been long standing. From his days racing as a youngster in Devon through to organising three YCC road races, The Oldsters, Pittards and Ham Hill, all in one year at one point.

He is still serving as an Accredited Marshal covering races all over the South West.

Nick served on various Committees over the years trying to ensure that there were still opportunities for those that wanted to race on the road to do so.

Thank you for all you have done over the decades Nick for the Club and the Sport.

And if we ever get some competitive riders that want to try road racing then I am sure he will gladly offer his wealth of experience and be equally delighted to see some YCC riders in the bunch again.

ESSENTIAL CONTACTS

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Need a bike box?

The charge is £3 per day . There is a deposit which will be refunded when the box is returned intact.

Simon Bracher is the man to speak to. Full details are on the Membership page of the website, including the booking form. If you want to hire one, or both, of the boxes the first thing you need to do is contact Simon to see if the dates are free.

Please remember that these are on a first come first served basis, but if you have hired them and for whatever reason no longer need them please let him know as soon as possible to give other club members a change to use them.