



Yeovil Cycling Club

March 1996

The Pedaller

Subs to £800 per annum

In a surprise move at the AGM subs were increased to £800 a year to fund a fact finding trip for the Committee to Columbia, to investigate how to improve the quality of climbers on the Sunday morning club runs.

Well that's got your attention! It isn't strictly true, subs didn't actually increase at all, they remain at the bargain price of £8.00 per year. If you weren't at the meeting please send your old membership card to Mike Northcott together with your payment, cheques to Yeovil CC please. If they aren't paid before 1st April it will cost you an extra £1. (see page 5 for contact details).

At a poorly attended AGM a number of important issues were discussed (some of which are detailed elsewhere in this newsletter) and committee members gave a brief report on their activities throughout the year.

Following several years of careful cash management Derek Todd was able to report that the Club is now in a stable financial position. Thanks to several grants, sponsorship and the income from the evening time trials (over £100, despite the difficulties with the courses) the balance in the account stands at £3,245.79. We

have yet to pay out our major costs for this year but provided the membership stays at the current level our cash flow should balance.

The forthcoming BCF vote on Tony Doyle was considered with a final decision being deferred until the March committee meeting, in the hope that more information will be available.

The proposed *Town Centre Crits* were discussed, whilst they were thought to be a good idea the potential cost of putting on the event may be beyond our resources. Detailed financial plans were requested for the April meeting at which a final decision will be made.

And Finally... the most important bit. After several years without a President it was felt that the Club should have a new figurehead. Martin Bailey proposed that Gary Mitchener would be an ideal ambassador for the Club. Gary has been an active cyclist for more years than perhaps even he cares to remember, and is always willing to help promote the sport and our club. With only a little arm twisting Gary accepted and the proposal was passed unanimously. Congratulations Gary, and now we will definitely wait for you on the hills!

Club Time Trials

Our regular Thursday evening events kick off on 18th April, with the first three all being 10s and starting at the earlier time of 7.00pm. This year all the events will start at the Podimore services and use either the U30/10 or U30/25.

We run one of the very few regular evening time trials in the area, witness the number of non club members that turn up to ride. Andy Pugsley has resumed the job of Club Time Trial Secretary and I am sure we can look forward to his usual high standard of organisation. Please remember that these events can only take place if everybody contributes towards them. Timekeepers, pushers-off and traffic counters are essential, if you are asked to help (or would like to volunteer) just remember that you are only able to ride when someone else gives up their chance at that fast time.

<i>Date</i>	<i>Dist.</i>	<i>Start</i>
18 April	10	19.00
25 April	10	19.00
2 May	10(2 up)	19.00
9 May	10	19.00
16 May	25	19.00
23 May	10	19.30
30 May	10	19.30
6 June	25	19.30
13 June	10	19.30
20 June	10	19.30
27 June	10	19.30
4 July	25	19.30
11 July	10	19.30
18 July	10 H'cap champs ..	19.00

Banned – not yet

The last issue carried a report on a proposed RTTC ban on any course using the A303 for the months of July and August. The Handbook is now published and the final version of the restriction would appear to be far less dramatic than was intimated.

Unless we are advised differently by the District Committee the ban is only on Saturday use of courses, leaving the evenings safe for our club events.

However, given the pressure on clubs to ensure that courses are complying with RTTC regulations, we will still have to do traffic counts just to ensure that we have the information available should a future ban be considered.

TVCRA

The first training session at Merryfield Airfield, near Ilton will be on Tuesday 16th April. These are technically race training sessions, but they reproduce those race conditions very closely! The session will start at 7.00pm so if you need to pay your subscription and get your pass and number please allow time to do so before the start.

Nick Armstrong will be there on the evening to take your money, it is hoped to keep the cost unchanged at £7.00 for the season plus 20p per evening.

I've been Nicked.

Apologies to Nick Evans, who was the third member of that successful triathlon team mentioned in the last newsletter and not Nick Young.

Level two or the levels to...

Regular Sunday runs continue with two rides, starting at 9am. A steady paced ride covering around 50 miles, and a training ride (for those that want to race this year) which covers about 60 to 70 miles. There is a coffee stop on both rides, usually at the same café.

Mike Northcott's slow run continues at 9.30, also from the old station car park. This is an ideal start for those that just want a short ride at a pace suitable for anyone.

Destinations are currently dictated by the prevailing winds, but a different leader each week still ensures a good variety of routes and refreshment stops.

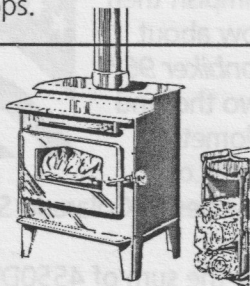
Too cold ?

If you're still huddled over the wood

burner, if

you've polished that racing frame to perfection and are looking for somewhere to go on a Tuesday evening, circuit training carries on in the warm at Yeovil College Goldcroft gym.

It's only £2.15 per session and starts at 7.15pm. Come and join a few like minded folk for a good stretch and improve your all round fitness.



...a cup too many

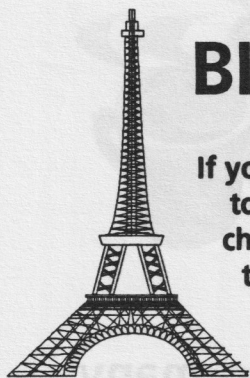
If you that missed the article in *Cycling Weekly* on the caffeine content of various drinks the following may be of interest. At rest the limit for testing positive in an RTTC drugs test is very roughly:

French Coffee	3 cups
Ceylon Tea	6 cups
Indian tea	7 cups
Instant coffee	12 cups
US Coffee	5 cups
China Tea	10 cups
Coca Cola	9 cans

This may also explain the performance of one or two riders on the way back from the coffee stop!

Don't forget the Barnardo's run on Sunday 19th May, we usually participate as part of the Club run, handing in entries on the line. How about a fancy dress entry this year?

If you would like me to include something in the next issue then drop me a line or let me have some copy on one of the Club runs. The next issue will be published in July



BIKETHON 1996

If you would like to take part in a charity ride and the Barnardos ride is not challenging enough how about

Bikethon. This is a 300 mile trip from London to Paris taking place from 30th August to 3rd September 1996, covered in three 100 mile stages.

There is also an option of a slightly shorter ride each day, 75 miles, which uses the same route but a coach takes you the first 25 miles to a secondary starting point.

Starting at the Tower of London the route crosses though Surrey and Hampshire down to Portsmouth. Across to LeHavre by ferry. Saturday sees you riding to Honfleur then through forests and spectacular countryside along the Seine to Rouen, Giverny and Chatou. Then it's into Paris via the Bois de Boulogne.

The ride is organised by JdV Special Events and it is limited to 150 riders. This year entrants can choose their own charity. The cost includes ferry transfers, insurance, accommodation, medical back up, luxury hotels, motorcycle marshals and return transport. A £50 deposit

is required by 15th May, with your entry form, and the balance of £295.00 is due by 1st July.

If anyone is interested I have one entry form or you can obtain further details direct from the organisers JdV at 13 Shaftesbury Avenue, Bedford MK40 3SA or telephone 01234 340355.

The Ultimate Challenge

Bikethon still a bit too wimpish then how about *Ironbiker 96?*

Two thousand kilometres from Los

Angeles to Colorado Springs in 12 days!

For the sum of 4550DM Sportbüro will fly you from Frankfurt to take part in this marathon event. Any takers?



Nearer home

YHA are offering holidays to Arran, Islay and Jura or the Hebrides. A seven nights break during May to Sept costs from £149. Full details from your travel agent or David Notley.

Club clothing

A new supply of clothing has just been received so we now have skinsuits, road vests; short and long sleeve, training tops, shorts and one pair of skin overshoes in a selection of sizes. Prices vary according to when they were ordered ranging from £27.00 for shorts, £31.20 for road jerseys and up to £55 for skin suits.

If you want a specific item, or you need extra long sleeves or short legs let me know prior to the next order and Impsport will make them to your individual requirements at no extra cost.

I have already had a request for thermal jackets and team bags, is anyone else interested?

Handbooks and Licenses

RTTC Handbooks and BCF Handbooks and licenses are now available from Kevin Mahon.

Whether you have applied for your Racing License through Kevin or direct to the BCF it is quite likely to be sent back to the club Secretary.

We have ordered a reduced number of Handbooks this year and there are only a few left so they will be available only on a *first come first serve* basis. They are slightly cheaper through the club, the RTTC is £3.25 and the BCF £3.50

A Precedent for the President?

I have searched through the Western Gazette but can find no mention of a new *Holy Place* on Lysander Road, not the church but that hallowed spot were our newly elected President, Gary Mitchener, actually produced a new tub from his bag one Sunday morning. This may come as rather a shock to you all but it was witnessed by several reliable club members.

But don't get too excited the new tub has now returned to its sacred resting place as the old one has been repaired!

NAME, RANK AND NUMBER



CLUB SECRETARY AND ROAD RACES

Kevin Mahon 01935 72178
21 Park Gardens, Yeovil

MEMBERSHIP AND RECORDS SECRETARY

Mike Northcott 01458 273576
8 Laburnum Drive, Somerton

TIME TRAILS (Evening events)

Andy Pugsley 01935 28753
43 Plantagenet Place, Yeovil

NEWSLETTER & CLOTHING

David Notley 01963 440291
Oakley, Church Road, Sparkford.

Audax, Brevet and Randonnées

Not a firm of solicitors, but three of many types of ride organised by the Cyclists' Touring Club. The Feb/March issue of the CTC magazine carries a full listing of this years events, plenty of which occur in our area.

Contrary to popular belief the events are not just for pannier laden tourists, there are a variety of rides falling into six categories:

- a 30 to 79 miles
- b 80 to 119 miles
- c 120 to 199 miles
- d 200 miles and over
- e Map reading, Tourist competitions, Sports days and Hill Climbs
- f Rough stuff/off road rides

There are a number of competitions for members ranging from Time Trials to the *District Associations Tourist Competition* in which you have to complete one event from each of the above categories. The events in our area start in March and carry on throughout the season. Below are some of the local attractions.

If you would like to see more of our beautiful countryside, or are looking for something besides racing cycling, then more information is available from Bob Keynaston at the CTC (0181 950 2982) or Kevin Mahon or Dave Notley have copies of the CT&C magazine.

Date	District	Category & Event	Start
02 March	Bristol	c 200 km Malvern Hills	Chepstow
10 March	Bristol	a 50 miles in 4 hours	Bridgwater
16 March	Bristol	e 200km Cheltenham Flyer	Cheltenham
30 March	Bristol	c 200km Tour of Exmoor	Bridgwater
31 March	Wessex	c 300km Hardboiled	Poole
13 April	Bristol	a 50 miles in 4 hour	Cheltenham
14 April	Wessex	a 100km Coastlet	Poole
		a 50km Coastkins	Poole
		c 200km Dorset Coast	Poole
		f 40km ATB	Poole
21 April	Devon	a 50 miles in 4 hour	Kingskerwell
27 April	Bristol	a 100km	Clevedon
	Wessex	d 400km Porkers	Poole
4 May	Bristol	d 400km Brevet Cymru	Severn Bridge
12 May	Devon	f Roughstuff Comp	South Devon
19 May	Wessex	a 100km Dorset Downs	Dorchester
25 May	Wessex	d 600km Brimstone	Poole
1 June	Bristol	d 600km Brian Chapman Memorial	Severn Bridge
9 June	Bristol	b 100km in 8 hours	Bridgwater
16 June	Devon	c 100km Devon Delight	Newton Abbott



The Pittards leads the way

The new road race season has already started with the early birds, Messrs Absolom and Armstrong, riding the rather inaptly named *Springtime Pursuits* in early February.

The first YCC events of the year are *Pittards* and *Ham Hill* road races taking place on 24th March. The event will be run over the usual Yeovil/Mudford/Queen Camel/Ilchester course, the closing date for entries is very soon so if you want to ride get your forms into Mike Northcott immediately, there is nearly always a full field and places are on a first come first serve basis.

The races are sponsored by Pittards and the prizes will be presented by their MD after the race, so please let's see a few Yeovil CC jerseys in evidence on the day, (preferably first across the line) to show that we do value their support and commitment to this event, which is now in its 35th year.

OPEN 10

Hopefully the weather will be a little kinder to us this year, (those that froze last year still recall the day), for the first Open 10 on 14th April. Like all our TTs this year it will be run on the U30/10.

Entries, on a current RTTC entry form, to David Notley by 2nd April.

Darren tackles one of the shortest courses, a yard of ale, whilst everyone else recovers from three superb courses!



Christmas Cheers

The annual Xmas buffet and prizegiving took place at the Masons Arms in early December. It was nice to see some familiar faces, not just from our club, and to meet some of the non-riding members that support the Club in so many unseen ways.

Taunton's the place

Several members have already expressed an interest in attempting some of the place to place records, with Taunton being the favourite destination so far. It will certainly be interesting to see how they fair.

A timely reminder that club rule number 36 has now been amended, to assist the Records Secretary (Mike Northcott) when new records are being claimed. The additional requirements are:

Fixed event records, such as 10, 25 or 12 hours, will only be accepted if they are set at an RTTC recognised event, on an officially measured course. To claim a record in this category, an official results sheet from the organiser (stating date, start time and course code number) must be submitted.

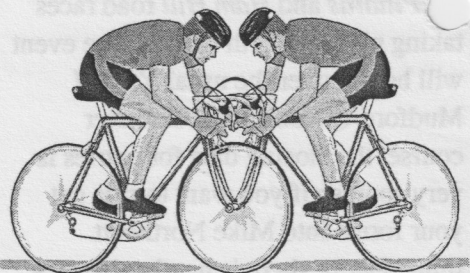
In the case of events not contained in the RTTC handbook (club events and some association events), with the exception of Yeovil club events, the name and address of the organiser must be supplied and the claim made within two months of the event for which the record is being claimed.

There are still plenty more records in the books, trikes, tandems et al, so lets see a few more under attack.

Head to head

After a long and bitter battle for the Presidency of the BCF Tony Doyle just edged out the incumbent Ian Emmerson. Everyone hoped that once the infighting had finished the BCF would pull together to restore British cycling, but the controversy rages on.

It seems impossible to get at the real truth behind the latest battle. *Cycling*



Weekly has been full of editorials and correspondence on the subject. The endless flow of circulars, from both camps, continues, with claim and counter-claim as to who is in the right.

The only losers at the end of the day will be us, the cyclists. Money (currently rumoured to be £30,000 just for the legal expenses incurred by the Committee) and time are being wasted. This is **our** money that is being squandered in needless battles. Will any one take the BCF seriously next time they say that there is a shortage of cash to promote a national event?

A National Meeting has been called for 23rd March and divisional meetings will take place prior to that. Our BCF Delegate will attend the West DC meeting to cast our vote in favour of *cycling*.