



Yeovil Cycling Club

July 1999

The Pedaller

A lot has happened since the last issue of *The Pedaller*, virtually all our open events have been run, the evening time trials are now back in full swing and Merryfield is working well.

The season kicked off with the *Pittards Road Race* which was won by Nigel Polkinhorne of St Austell Wheelers (see pictures on back page).

Two weeks later, and with the road works cleared away for the weekend, the first Open 10 of the year took place. Richard Hobson, University of Bath, won in a time of 21.28, beating the two Global Racing riders, Gerry Bowditch and Greg Sandy.

The next event on the Calendar was the *Oldsters*, an LVRC event which saw a good field contest the three laps of the Bridgehampton circuit. Nick Armstrong, as well as organising the event, finished well up the field both in his age category and the general classification.

June heralded the John Andrews Memorial Road Race, which has always been well supported, but due to a clash with three events in neighbouring Divisions, had a field of just 48 riders. Never-the-less the race was particularly exciting with riders attacking right from the first lap. A number of break aways lasted for short periods but it was on the penultimate lap that G Thatcher of Choughs RC made his move. Riding

very strongly he stayed ahead of the bunch gaining almost two minutes on the chasing pack over the last lap.

High Tech

The judging nightmare of having to place the first twenty riders in the event was made easier this year, not just because of the lone break but because the new *Club Video Camera* was in use. After months of discussion it was decided that the only way the Judges could perform their task was with the aid of some new technology. Various cameras were investigated and a digital camera with viewing screen was deemed the best option, so some of the various sums of money we have accumulated over the years was finally spent. The camera will be made available to Club members, and for other TVCRA clubs to hire, but until the insurance has been resolved exactly how this will work remains undecided.

The good news is that the camera worked well, and with the co-operation of the riders all twenty places were identified.

The early season is always a hectic time, there seems a never ending call for Marshals and helpers for one event or the other, many thanks to all of you that gave up your riding time to help, without you there would be no events.

Road works

The headline for the evening time trials in the last issue of *The Pedaller* was **Testing Times**, which proved prophetic. The roadworks on the A303 have been testing everyone's patience. Not only was the U30/10 out of action for 10 weeks but the reserve course at Blackford (the UC302) was dogged by intermittent roadworks too.

Thanks to the hard work done by Chris Absolom we have managed to hold an event most weeks, even resorting to a new *sporting course* for two weeks.

Things are now back to normal and the rest of the season will be based on Podimore using the usual courses. A revised list below gives the events for the remainder of the year.

TVCRA 4 -up

The Team Time Trial will be held on Thursday 29th July, it is open to any club member, teams of four riders (the first three counting) will compete over a shortened version of the 25 course – about 20 miles. Teams from all the TVCRA clubs took part last year, and it looks like being a good event again this year.

The ride will be followed by a buffet at the Podimore Inn. The food was excellent, the beer good, and the evening was rounded off with the prizegiving in the garden, it was a really good event. You don't have to ride to enjoy the evening festivities,

but if you want to come along please let Chris Absolom know by 15th July in order that the catering can be ordered. An entry form is on the opposite page (sorry the deadline is rather short but this issue is running a little late– Ed)

The Club handicap

Entries are now invited for this years Club Handicap 10. The event will take place on 5th August, at 7.00pm, and is open to any club member. The evening event will be open to other riders who do not wish to compete in the Handicap. Each rider will be allocated a handicap time based on the average of their best three rides on the course. These times will then be placed in order with the slowest rider having the greatest handicap, and the scratch man none, these times will then be deducted from their actual time on the night, with the fastest amended time providing the winner.

Return to schedule

July

8th	...10	19.30
15th	...10	19.00
22nd	...25	19.00
29th	...TVCRA 4-up	19.00

August

5th	...10 H'cap	19.00
12th	...10	19.00
19th	...10	18.45
26th	...10	18.45

September

2nd	...10	18.45
9th	...10	18.45

TVCRA 4 UP ENTRY FORM

Name of Team _____

Rider 1 _____

Rider 2 _____

Rider 3 _____

Rider 4 _____

Number of people requiring buffet _____

To be returned by 15th July to Chris Absolom

Entry Fee £5.00 per team

CLUB HANDICAP ENTRY FORM

Name _____

Best 10s this season on U30/10 (our course)

1 _____

2 _____

3 _____

Signature _____

To be returned by 29th July to Chris Absolom

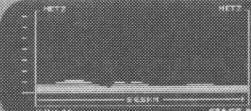
For Rules see page two of July issue of The Pedaller



TOUR DE FRANCE 99



WHO WILL WIN
TOUR LEGENDS
TOUR TALK
HOW TO WATCH
COMPETITION



ENDS 5.15 PM MONDAY 11 JULY 1999

1 FIRST DAY OF REST

July 10th - Rest day - instant report

ARMSTRONG'S HARDWORK PUTS HIM AT THE TOP OF THE CLASS

The heroics of Lance Armstrong may well help fulfil the Tour organisers' hopes that the 1999 race will be the 'Tour of Redemption'. If you wanted a story that would tug the heartstrings, and grab the headlines you couldn't find a better one than the achievement of this 27-year-old Texan. Three years ago he was diagnosed with testicular cancer which spread to his lungs and brain.

Tomorrow he will don the yellow jersey and set off in the Alps as the favourite to be only the second American to win the Tour. Armstrong's awesome performance in the time trial at Mott's finished up what had been a particularly predictable week of racing. True, Mark Cavendish made history by winning four successive stages, but seven stages were all too familiar.

Breakaways were made early on, the peloton let them get away and found an instant leader and then topped the pace and reeled them in, during the final kilometres. But the time trial was a completely different kettle of fish. No peloton, no slipstreaming, just 176 riders, at key minute intervals, battling on their own to ride as fast as they could without falling off - over the 61.5 kilometre course, and some did fall off. Abraham Olano conspired in a bats of hay, losing valuable seconds.

But it was worse for Bobby Julich, the race favourite. His rear wheel collapsed when he dropped a kerb on a desert at 95kmph and unfortunately his race was over. Farther he hadn't ridden the course before. Armstrong had a three times. Last April he made a special trip to Mott and rode it twice. Then he rode it again yesterday morning.

"When I rode the course this morning, I told myself there was a bad turn in this course and that's that last harder [where Julich crashed]. I told my teammates that. Don't get too confident," Armstrong said. "We knew it wouldn't be easy." Although the way Armstrong rode past Tom Steels and Olano to come home in one hour eight minutes and 25 seconds certainly made it look easy.

"I'm dead and out on my feet," he said. "I am really happy, but I couldn't have cried another yard. I've never been this tired after a race. I went out as hard as I could. I thought I might have got into trouble in the first 10 kilometres. I thought I might have started too hard. But when you want something so much, you just go."

Armstrong will take a semi-comfortable lead of two minutes and 26 seconds over Christophe Moreau into the Alps. Although Armstrong is not noted for his climbing ability many of the pre-race favourites are either gone, didn't turn up, or are way down the field following Monday's crash on the Passage du col caennais. On paper, Olano seems best placed, 12 seconds behind Moreau. But there are others.

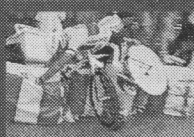
2 LE TOUR SO FAR



Lance Armstrong



A new face in the Yellow Jersey



Olano hits the baies

3 TOUR ON 4

Tuesday evening

6:00 - 6:30pm

4 PHIL SAYS

Hear Phil Liggett's exclusive audio [radio](#) [reports](#)



"Volkswagen,
sponsors of sport on 4"

Net gains

No matter what your interests – even the most bizarre – there is plenty of web space devoted to it, and cycling is no exception. With the advent of more free Internet Service Providers (ISPs), and with free telephone calls too, accessing the web costs very little.

Some of the most useful sites are:

The Cycle Touring Club at

www.ctc.org.uk.

The British Cycling Federation

at www.bcf.uk.com

The **Road Time Trials Council** is www.globalnet.co.uk/~rttc (will be www.rttc.org.uk before the end of the year) and is full of advice and links to local sites. Useful for checking on Handbooks changes too.

The national events all have their own web site, and cycling results can be tracked down on any number of sports pages. Channel 4 (www.channel4.com) carries details of *the Tour*, and BBC Sport (www.bbc.co.uk) has coverage of cycling.

The major cycle retailers too have sites, from which you can order anything from spare tubes to carbon fibre exotica.

Riders have set up their own *home pages*, so if you want to spend the evening discussing cycling topics, get *netted*, but just make sure your typing skills are up to speed!



e-mail

Do you have an e-mail address? To help circulate information we receive, especially where there is very little notice of an event, an e-mail newsflash will be circulated. If you want to be on the mailing list drop me an e-mail at:

david@thenotleys.in2home.co.uk

This can also be used if you want to include something in either the conventional Pedaller or the new e-Pedaller! Don't worry it is checked daily so your news won't languish in an electronic no-mans-land.

RULES. 1. That this Club be called "THE YEOVIL CYCLING CLUB" competitive cycling. *Extract from the Club Rule Book*

What do we do? For new members, and for those that don't venture out too often, below is a brief resume of the clubs activities.

Sunday Morning Runs

These rides are open to anyone and use the lanes of Somerset and Dorset, avoiding the main roads wherever possible. Depending on the needs of the riders on the day there can be up to three separate runs, but more likely one or two. The meeting point is Yeovil Sports Centre, Johnston Park, Yeovil at 9am, on Sunday of course!

The main group which keeps going all year average about 16mph and will cover around 50 miles, with a coffee stop, returning to Yeovil for 1pm. The faster group varies throughout the year, usually meeting the main group for coffee during the winter, increasing the miles and pace during the Spring and then disbanding for the racing season.

Destinations vary each week but some of the more popular routes include Wincanton and Stourhead in the East, Glastonbury and Westhay heading North, Chard and Broadwindsor to the West and Dorchester and West Bay. The runs never travel via a direct route and a good guide is to check the

wind direction, the route usually involves cycling into the wind to start.

Time Trails

This is one of the most popular ways of starting competitive cycling. It gives a good indication of how fit you are and allows you to compete at a level that is determined by your own goals and abilities.

Evenings time trials are held every Thursday throughout the season, based at the Podimore service area. All standards of riders are welcome, there is a small charge, 25p for club members. The events are also open to riders from other clubs so you can get to meet plenty of other riders from around the area.

The club also promotes three Open Time Trials during the year, a 10 in the Spring (early April), a 25 in mid summer and another 10 at the end of September, these need a formal entry form, of which the club has a small supply.

In the autumn there is a Hill Climb for club members.

Road Races

We organise three road races each year, the *Pittards*, *Ham Hill* and *John Andrews Memorial*. These

2. That its object be the furtherance of social and/or

are open to different categories of riders and all are run on courses based around Yeovil, varying in length from 40 to 80 miles. To ride these you need both BCF (British Cycling Federation) Membership and a racing licence, these are available from the BCF either for an Annual fee paid in January each year, or as day licences paid for at the event.

To prepare riders for these events a number of local Clubs have formed an Association and provide race training sessions on a closed circuit. These take place during the summer months, on Tuesday evenings, at Merryfield Airfield near Ilton. They are designed to familiarise riders with racing conditions, in the safest possible environment. There is also a small annual charge, paid by those that use the facilities, £10 per season plus 50p per session.

Winter Training

During the winter months there is a Tuesday evening ride which starts in Yeovil at around 6pm, and covers about 36 miles. Lights are essential, the leaders have particularly bright lights to ensure good visibility on the unlit roads. We also use both local circuit training sessions and fitness/weight training as part of the

winter schedule. More information will appear in the Newsletter when details of local courses are published.

Buffet and Prizегiving

The club has run for over 70 years and during that time has accumulated a number of trophies. These are awarded each year to all categories of members, from *Junior* to *Veteran*, from *Racing* to *Recognition of outstanding contribution*. This is all accompanied by a Tasty Buffet and a few pints of ale.

As well as the formal trophies there are also a multitude of club records, covering every aspect of cycling; bicycles, tandems and even tricycle records ranging from the fastest over short distances to London and Back records.

...and finally

The Pedaller is published four times a year to keep you up to date with Club activities, and cycling issues. If you would like to contribute then please feel free to write, snail mail or e-mail, anything is gratefully accepted.

Remember this is your club, it can be what ever you want to make of it. Enjoy your cycling and let's encourage others to do the same

Helmets, your choice

There is always, and will probably continue to be a great deal of heated discussion on the compulsory wearing of helmets. The BMA's latest report 'Cycle Helmets' recognises that calls to make cycle helmets compulsory are inappropriate.

Although the report favours the promotion of cycle helmets, it acknowledges that making them compulsory could

discourage cycling and have a negative overall effect on public health.

Stuart Reid, campaigns manager of CTC, said:

"The facts have been considered by an

authoritative body and the conclusion has been reached based on evidence, not the unsubstantiated emotive arguments that this debate has been susceptible to. The BMA's findings support the position CTC has always held on helmets. We feel that any attempt to force the use of cycle helmets using legislation would be misguided and damaging. The relatively small amount of incidents in which cycle helmets could be effective are far outweighed by the devastating effect on public health that the resulting drop in cycling would produce."

Nearly 80% of all head injuries caused by road traffic accidents are sustained by car occupants and pedestrians, but what proportion of cycle accidents get

reported, how many riders sustain minor concussion when they come off their bikes?

Which ever way you interpret the statistics wearing a helmet is just one more type of Insurance. Riders insure their bikes, their lives, even their

clothing, surely a helmet is one of the cheapest options. Wearing a helmet carries no guarantees, but what does in this life?

Both Doug Northcott and Pete Sandy have suffered serious cycling accidents recently, fortunately both are recovering well, but would the injuries have been quite so serious had they been wearing helmets? The choice is

yours but just remember you may not get a second chance to choose.



Mike Loader finally gave his

new time trial bike an airing for the first evening 25 of the year. It was a fast night with several riders clocking PBs, (Dave Walters just missed getting under with a 1:00:01 and John Fazakerley went faster on the 25 than on a ten) but they were all eclipsed when Mike won the event taking over ten minutes off this PB, producing a stunning 56:37 to beat the rest of the field.

Touring the World

It is said that unless you have cycled through a country, you haven't really holidayed there, and the CTC has opened the world to cyclists with its Cycle Holiday Guide 1999. This includes a list of cycling tours around the world, with destinations as far flung as Thailand, Sri Lanka and New Zealand, and others closer to home in Europe, Ireland and Britain. Whether you'd like to ride a few miles a day,

Walk up the steep hills and live it up in a hotel, or get out into the wilds, carrying tents, stoves and sleeping bags in your panniers, the range of tours will include one to suit you. The CTC Touring Department publishes information leaflets for 90 countries.

Britain and Ireland. A choice of three routes from Land's End to John O'Groats. Further suggested itineraries range from: gentle tours in East Anglia, the New Forest or Shropshire, to exhilarating tours of the Peak District, Yorkshire or the Highlands of Scotland, plus a range of coast to coast options.

European Routes popular with cyclists' include those in the Black Forest, Tuscany, pedalling alongside the Danube, the Loire, or following the Pilgrims Route to Santiago de Compostela. There are a multitude of rides throughout France, routes to the North Cape, Prague and Istanbul. Or why not explore the Castles of Spain, visit Lapland or head for the Alps or the Pyrenees?

For the more adventurous there are

information booklets for many countries outside Europe eg. China, Russia, Malaysia, Thailand, Vietnam, Kenya, Tunisia, Australia, New Zealand, the USA and Canada, just to name a few.

Detailed travel accounts and itineraries currently include: the Karakoram Highway, a journey from Panama to Tierra Del Fuego, across the Sahara and other journeys through Africa.

Specialist CTC services include:

- * Overseas touring correspondents.
- * Local touring advisers.
- * Emergency assistance contacts.
- * Contacts with cycling organisations/associations abroad.
- * Established contacts with travel agents.
- * Information on taking a cycle by air. Advice on dismantling and packaging a bike, booking a bike on to a plane and procedure at the airport.
- * Getting to and from Gatwick and Heathrow airports by bike and by public transport. Also information for a number of other airports.
- * Specially negotiated discounts for car parking at Gatwick and Heathrow airports for CTC members, and details of cheap car parking at other airports.
- * Discount for CTC members on the unique European Bike Express.
- * Information about taking a bike by train in countries around the world.
- * Advice about what to take with you on tour, how to carry it etc.
- * The CTC Shop stocks specialist cycling maps for European countries, as well as cycling books, clothing and accessories, all are available by mail order from the CTC Shop.

Committee Notes

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



Correspondence.

WTTA

acknowledged receipt of subscription.

Charity Rides:

Britany Ride, 23 to

26 Sept. cost £235.00 min. sponsorship £250; Star & Garter Cycle Ireland, 135 miles, 4 to 12 Sept., min. sponsorship £1500. BCF letter concerning two one day seminars. Another BCF letter acknowledging the problems caused by the late issue of licences, a new system for next year should address this problem. Leaflet from SSDC regarding a new scheme to help parents ensure their children are being entrusted to competent sporting organisations and officials.

The Treasurer reported the cheques from the Open 10 had been paid in. Ilchester School hire fee had been paid (£50.00). £96 in membership subs received. The profit of £31.85 from the Oldsters race received. TVCRA annual subscription (£15) due for payment as was the YSC. £201.00.

Evening TTs, no report. The Blackford course was identified as the UC302.

Sunday Club runs continue with a regular attendance.

The RR Secretary confirmed the Pittards/Ham Hill Road Races had made a slight profit, largely due to the E-o-Ls.

The profit did not include the cost of the Permits and Insurance that have already been paid. A letter of thanks was sent to Pittards for their continued support for the event. Preparations for the John Andrews RR were in hand.

Membership. 35 fully paid up, including 3 new ones. It was felt the increase in subscription rates had not deterred anyone rejoining and that the £2 penalty for late payment had proved a good incentive to prompt payment.

Records Sec No new records.

TVCRA. Good turn out for the first sessions and the new format of two groups was working well.

Press Secretary noted that the coverage had not been so good this year.

Newsletter Editor, suggested an e-mail service to inform members of news that would not feature in *The Pedaller* in time.

AOB. The difficulties of judging Road Races were again discussed (John Andrews RR requiring the placing of 20 riders) purchasing a suitable video camera was debated. It was felt that the sum accumulated from Pittards sponsorship, together with the C&G windfall and Trust Fund grant money, meant that there were sufficient funds to purchase such an item provided it would do exactly what was required.

June to appear in next issue. Meetings 12th July, 9th August, 13th Sept.



Final Role call

This is your final reminder that the annual

membership fee is now due, £12.00 for Seniors or £5 for juniors and students.

Mike Loader will be pleased to take your money, (see address on back page), or any of the Committee members will gladly relieve you of the cash. If your name isn't on the list below then you haven't paid for 1999 (which means you won't have a membership card for the Sports Club either). If you aren't on the list and think you have paid then please contact Mike.

Yeovil Sports Club

Included in your Membership fee for YCC is automatic membership of the Yeovil Sports Club. Situated at the top of Ilchester road, and the meeting point for the Sunday

Club runs, it is open from 8pm every evening and 12.00 (noon) at weekends. There is a notice board which displays the information sent to us (listed in the committee notes), and later in the year we hope to have some social events.

Paid-up members for 1999

Chris Absolom, Nick Armstrong, Mark Askill, Steve Barlow, Sean Childs, John Clemit, Gerry Coombs, Darren, Sarah Edmonds, John Fazakerley, Chris Fendt, Kim Floyd, Paul Haggerty, Mark Johnson, Michael Loader, Kevin Mahon, Patrick Mahon, Iain McCallum, Garry Mitchener, Mike Northcott, David Notley, Simon Notley, Stephen Pym, Anthony Raybould, Michael Regan, Rick Rogers, Jon Sharp, Gary Stayner, Olive Tabor, Anthony Taylor, Derek Todd, Ivy Walker, Dave Walters, Tony White, Terry White, Barrie Whitehead, Colin Williams, Iain Whitwham, Simon Wood, Stuart Wroot.

Membership card for
YEOVIL SPORTS CLUB

Roll Call

This years Club Buffet will be held at the Yeovil Sports Club (as our traditional haunt has changed hands). If you want to be really organised the date is Sunday 5th December.

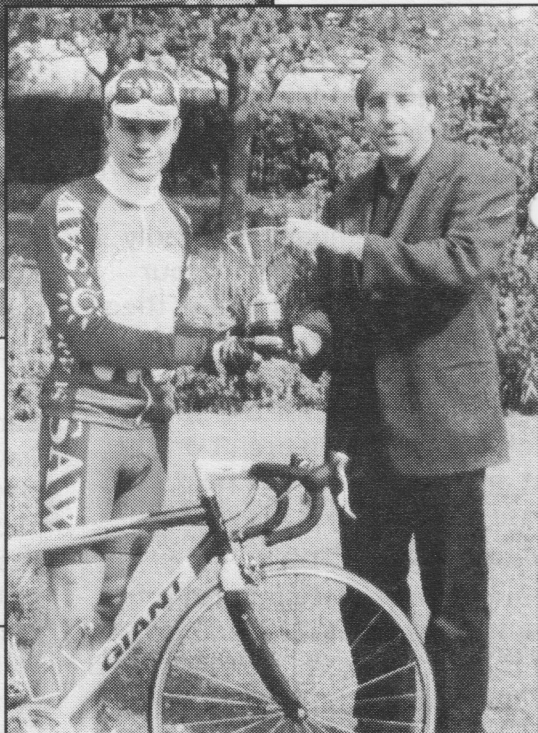




Crossing the line, Nigel is one of only a few riders to win the trophy twice, he last won in 1996.

The Season kicked off in April with the Ham Hill and Pittards road races. A reduced field provided an excellent race with the St Austell Wheelers rider Nigel Polkinghorne taking first place.

Above: Nigel is presented with the Pittards Trophy by Mike Dodd, Marketing Manager of Pittards.



CLUB CONTACTS

CLUB SECRETARY AND ROAD RACES

Kevin Mahon 01935 472178
21 Park Gardens, Yeovil

MEMBERSHIP

Mike Loader 01935 410790
3, Poppy Close, Brympton, Yeovil, BA22 8US

RECORDS SECRETARY

Mike Northcott 01458 273576
8 Laburnum Drive, Somerton

TIME TRAILS (Evening events)

Chris Absolom 01935 477965
54 Heather Way, Brympton, Yeovil

NEWSLETTER & CLOTHING

David Notley 01963 440291
Oakley, Church Road, Sparkford.

The new supply of Club Clothing has at last arrived so in addition to the selection previously available (Road vests long and short sleeved, Training Tops, Thermal Jackets, Shorts and Skinsuits) we now have Bib shorts and more road vests. They are usually in the car on a Tuesday or Thursday evening, so if you want some come and see me or give me a ring, David Notley.