

THE

PEDALLER

Yeovil Cycling Club

July 2000

Great expectations

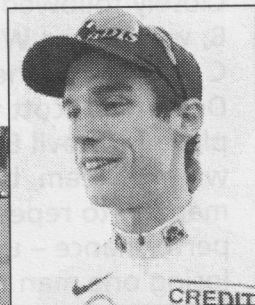
The *Tour* is on the telly (if you can find it amongst Channel 4's crazy scheduling this year) so that can only mean the season is well under way. David Millar's superb debut got *Le Tour* off to a brilliant start for the UK fans, and the season has been equally promising here at home. Toby's win in the *Pittards Road Race* got the season off to a flying start, and with an increasingly strong membership this year we are already seeing more success on the race scene.

Divisional Championships

Four Yeovil riders journeyed up to Swindon to compete in the BCF Western Division Championships, on a rather hilly course (which had been changed at the last minute). Chris Absolom was the highest placed finisher, 11th. Equally encouraging was the fact that we were able to enter a team of riders for the first time in many years, and a strong team at that! John Clemit, Toby Creighton, and Darren Edmonds joined Chris to represent the Club.



19.04 David Millar breathes a sigh of relief as Armstrong exceeds his time on the line



John Andrews Memorial Road Race

Another strong local entry for this 3rd and 4th cat event saw the Yeovil team of Chris Fendt, Darren Edmonds, John Clemit, Steve Pym and Toby Creighton in action. Toby was the best placed Yeovil CC rider taking tenth place whilst Andy Millward took the top local rider spot, sixth, behind the winner Jimmy Little of Chippenham & District Wheelers. The Club video camera again proved an invaluable asset enabling the judges to place all the finishers.

TVCRA 4-up

Yeovil played host again this year to the Team Time Trial, with a record entry of 14 teams (did they

come for the ride or the Curry and Beer afterwards?) the popularity of the event continues to grow. This year it was the turn of VC Camelot to take the honours with the winning team clocking 43:02. Closely followed by Yeovil A and B, with Chard Wheelers and Yeovil C completing the top 5.

Doug Northcott filled the fourth place in Yeovil B, last years winning team, but they didn't manage to repeat last years performance – unless you count losing one man after a short distance – no names mentioned though Doug!

1. **V.C Camelot** 43:02
A. Millward, G. Lackford, M. Law, D. Pitman.
2. **Yeovil CC** 43:5
D. Walters, D. Northcott, M. Loader, J. Fazakerley.
3. **Yeovil CC** 43:5
N. Armstrong, P. Haggerty, T. Creighton, C. Absolom.
4. **First Chard Wheelers** 44:44
S. Woodsell, T. Reeves, C. Maddock, M. Chubb.
5. **Yeovil CC** 46:0
J. Clemit, C. Fendt, J. Sharp, D. Notley
6. **Taunton CRC/YCC** 46:45
S. Crossman, M. Kiss, T. Bond
7. **Taunton CRC** 46:54
D. Hooper, R. Bartlett, D. Kilgannon, R. Holloway
8. **Somerset Tri** 47:17
M. Pearson, A. Rawles, A. Wells, A. Wyatt
9. **Yeovil CC** 47:3
B. Whitehead, N. Peatson, S. Pym, M. Curtis
10. **Somerset Tri** 47:37
J. Davies, M. Jones, A. Pearson, J. Rawlings
11. **Somerset Tri** 48:17
D. Gallagher, M. Goss, S. Powers, T. Shattock
12. **Somerset Tri** 50:33
K. Kemp, P. Moore, M. Spears, A. Thynne.
13. **First Chard Wheelers** 50:39
D. Ward Sr., D. Ward, J. Trout, A. Lawrence.
14. **Yeovil CC** 51:35
T. Raybould, C. Williams, M. Regan, G. Stayner

Under the hour

A field of just 45 riders contested the Open 25 this year. For the first time so far this season the sun shone and the wind was light. The balmy morning seemed to suit a number of riders, 14 of the 36 finishers posted improvements, 19 were under the hour (8 for the first time).

Two Yeovil riders, John Clemit (58:43) and John Fazakerley (59:25) posted improvements of seconds and 1min32sec respectively to join Michael Loader (56:00) to take the team award.

- 1st Andy Winterbottom
Wellington Whls CC 0:55:08
- 2nd Jon Wynn
Weston Whls CC 0:55:44
- 3rd David Kiddell
Frome & Dist Whls 0:55:57
- 4th Michael Loader
Yeovil CC 0:56:00
- Jun/Juvenile
1st Matthew Law
VC Camelot 0:59:46

Under age

The *Stars of the Future* Road Race, part of the National series for riders under 23, was contested over a 90 mile course based at Huish Episcopi. Toby was our lone representative in the race, although his race may not have gone to plan it was good experience, (plenty more opportunities before your too old Toby!) and great exposure for the Club. One of the Scottish entrants who didn't perform too well was overheard blaming "*the wrong kind of air*", what was he expecting a hint of malt!

The 4-up Training Diet

From an article by Mark Todd, – but just as applicable to roadies

Scientists at the University of California have now conclusively proven that a diet rich in beer and curry can enhance the performance of elite riders by as much as 35%.

Ok, I made that up but wouldn't it be great if it was true! It would indicate the typical diet of the average mountain biker in an instant. It would also cause mayhem to the digestion of the elite "race snakes" as they tried to cope with this new diet regime. The ensuing collapse in form would narrow the gap between us "lardy arses" and the "snakes" making us even happier. Well we live in hope don't we.

So what's the truth about beer and its role in the life of a rider?

Well speaking as a professional beer

drinker, I work in a brewery after all and while you are sipping your double shot, skinny latte with organic cinnamon flakes I am met by "Mad Mort" our brewer at 8 am with a glass of foaming ale and invited to taste the days brew - it's all downhill from there, no pun intended.

Lets start with the facts, your average pint of pukka English ale is around 93% water with a nutritional

profile of 200 calories, 3 grams of protein, 18 grams of carbohydrate and a bit of potassium and sodium thrown in. The really good news is THERE'S NO FAT AND NO CHOLESTEROL!! (no need to mention the 3 - 7% alcohol among friends).

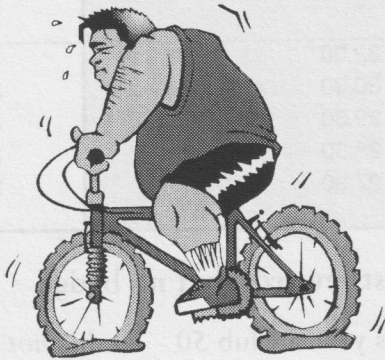
So as long as you're drinking fresh natural beer from your local micro brewer and not dodgy, fizzy manufactured drinks, you are drinking a pretty good food source. Don't forget in days of old (no even further back than pre- suspension) monks would live on beer alone throughout

Lent. It's liquid bread! The problems with beer is what you eat with it, it's the late night kebab and five packets of crisps/peanuts that pile the pork on. So try to load up on pasta or all that good stuff instead

then you can drink guilt free.

And remember the "race snakes" may beat us during the race but we have more fun after it, who wants to live on lentil soup and energy drinks, biking is all about having a laugh with your mates then discussing who had the best wipe out over a pint of foaming ale.

Beer, it's your friend! Don't let it become a stranger. Cheers.



RTTC Award Scheme For Young Riders

This is available to all young riders, male and female, completely free of charge

What do you have to do? Just beat one of the following list of standards according to your age and gender: Then send in your time (and a result sheet showing it) to the Competition Secretary, Keith Lawton at 1 Pinfold

Court, Sherburn in Elmet, Leeds LS25 6LD and he will send you one of the following cloth badges:



One's Gold, the other Silver!

Age	Silver Award		Gold Award	
	10 miles	25 miles	10 miles	25 miles
Male				
Under 14	29.00	n/a	25.00	n/a
14	27.30	n/a	24.00	n/a
15	26.30	1:08.00	24.00	1:00.00
16	25.30	1:06.00	22.00	57.00
17	24.30	1:03.00	21.00	54.00
Female				
Under 14	32.00	n/a	25.00	n/a
14	30.30	n/a	26.00	n/a
15	29.30	1:08.00	25.00	1:06.00
16	28.30	1:06.00	24.00	1:03.00
17	27.30	1:03.00	23.00	1:00.00

They'll get their just rewards, but no badge

For the first time this year a Club 50 is part of the seasons time trial programme – at the request of Dave Walters (*who was notably absent on the night, he had to work late. Yes Dave!*). The conditions were far from ideal, a cold, wet, blustery evening. Never-the-less five Yeovil riders set off on two laps of the 25 course, whilst the other participants chose just the one. Mike Regan was taking no chances adding three water bottles and high power lights front and rear

to his *not now quite so lightweight* bike.

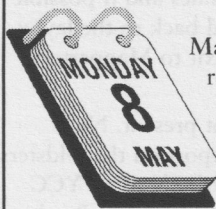
A superb debut fifty by John Fazakerley (2:03:19) saw him under 30 seconds behind Chris Absolom (2:02:58), with John Sharp (2:16:32), Chris Fendt (2:18:05), Colin Williams (2:25:09) and Mike Regan (2:30:01) all completing the challenge. Perhaps we should have a club evening BAR next year, based on a 10, 25 and 50. I am sure there will at least one entry, Dave Walters!!

CTC launches Cyclecover™ Travel Insurance

Cyclecover™ Travel Insurance, designed specifically for cyclists, has been launched by CTC. Policies cover cycle touring, mountain bike riding, luggage including that carried on the bike and repatriation of rider and cycle in the event of a medical emergency. Travel Insurance is one of several new products being launched this year by CTC as part of the Cyclecover™ range of cycling related products. Others include new cycle insurance and cycle rescue policies. It is available to both members and non-members and insurance for the cycle and for winter sports can each be added at a small additional cost. Annual premiums for European travel will cost from £59 for single people and £99 for families. Worldwide premiums will range from £99 and £149 respectively. Matt Mallinder, Commercial Officer at CTC said: *"We have designed a travel insurance policy specifically with cyclists in mind and we think it is the best cover for cyclists. Unlike other schemes it includes all leisure cycling."*

Full details are available at a new CTC Cyclecover™ website at www.cyclecover.co.uk. The site also carries policy application forms. For quotes or instant cover call CTC Helpdesk on 01483 417217 or email cycling@ctc.co.uk

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



Matters Arising. D Notley reported the Pittards trophy had been engraved with T Creighton and the bill paid. He also reported that he was negotiating with Pittards to have

some gloves, in club colours, produced. Gary Mitchener reported that the two road races had in fact made a profit of £113.71, not the loss as previously anticipated.

Gen Sec, Kevin Mahon sent a report to say the small amount of correspondence that had been received could wait until the next meeting.

Treasurer reported he had paid the CTC Affiliation fee, based on 45 members, £83.00. All other transactions this month had related to the Road Race Accounts. It was noted that the affiliation fee for the Sports Club is normally due for payment, but subject to ratification at the Sports Club AGM the financial year was to be changed to commence in September. Clubs currently affiliated would be given a free six months membership.

Club Runs. DT was pleased to report no more accidents had occurred. Numbers remained steady, with a few runs missed because of YCC promotions.

Records Secretary. Nothing to report.

Membership Secretary reported that the membership was already up to 43. A good number for this early in the year. £104.00 had been paid to the Treasurer in subs. An up-to date membership list was circulated to each committee member.

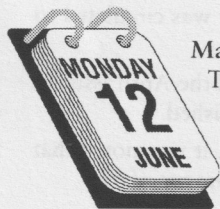
Newsletter Editor reported the April Issue of the Pedaller had been published.

TT Secretary. Not present. It was noted that owing to the sudden appearance of an

extensive section of roadworks on the U30/10 the event on Thursday 4th May had used the revised Mapperton course for the first time. It was agreed that starting in the layby on the A303 was much safer. It was felt the course may be slightly over 10 miles and if possible the finish could be moved back to the layby just before the sliproad exit to Mapperton (current finish).

Road Race Secretary. Not present. Nick Armstrong presented a report on the Oldsters RR. He expressed his gratitude to all YCC members, and Margaret and George Bartlett, for their assistance. An excellent turnout with a high calibre of rider coming from as far afield as Crewe, Launceston, Jersey and London. Sixty-one riders entered, (55 on start sheet plus 6 EoL.). One rider submitted apologies prior to event, he was unable to ride due to a broken collar bone. In the circumstances it was felt acceptable to return his entry fee. An income of £306.00 resulted in a profit of approx £70. Results had been sent to Snowdons. The idea of more events in the South West had been promoted and interest had been expressed by one potential organiser.

TVCRA. Yeovil has 21 riders using the Merryfield facility, which is an increase over last year. Generally the number of riders at Ilton has increased, the format of the events has reverted to the mass start session of previous years and is proving popular. The Podimore Inn has been booked for the 4-up TT. It was felt that the entry fee for the event could be increased to £8 per team, to provide a more realistic cost towards the catering. Riders and helpers would have free refreshments, with guests requested to pay the net cost of the meal. The trophy has yet to be engraved with the previous winners, a they have not yet all been identified.



Matters Arising. The Haywain Trophy for the 4-up TTT has still to be engraved. Pittards are to donate twenty pairs of gloves f.o.c., distribution to be decided.

Gen Sec, letter from BCF West Div. re meeting on June 14, KM to attend. New TT replacement numbers received from Beekay. Notice regarding Cramborne Chase RR from Bournemouth Arrow. CTC Festival of Cycling promo material – displayed at Sports Club. Payment of CTC affiliation acknowledged. CTC Magazine received. Promotional material on half price BCF membership – displayed at YSC too. One BCF Rule Book received, for use by whole Club, to be available from KM if anyone needs it.

Treasurer reported sponsorship from Pittards had been paid into the Club Account. Impsport bill for new clothing paid, £642.⁷⁴ £206.50 received for clothing sold, a furtl £150.00 was imminent. Other income was £24.00 in membership subs, all other transactions relate to the John Andrews Memorial RR.

Records Secretary, TVCRA and Club Runs. Nothing to report.

Membership Secretary now up to 45 with two new recruits, Gareth Purdy and Steve Fish.

Newsletter Editor reported the July issue being prepared articles welcomed, would be available after the Club 25.

TT Secretary. After 8 weeks of rides the average turnout was 23 with the maximum so far 36. Takings were at £106.25. The importance of traffic counts was stressed and the need to forward them to the RTTC Secretary at the end of the season.

Road Race Secretary. There had been 65 entries for the John Andrews Memorial RR, with 59 starters. A small crash on the last lap had been dealt with by First Aid. Commissaires had commented on an incident at the junction of Mudford Road and St Michaels Avenue. Riders passing a stationary vehicle waiting to turn right, on both sides. The Organiser expressed his thanks to all helpers from YCC, to George and Margaret Bartlett and David Notley for the programmes. Accounts to be ready for the July meeting. The spiralling cost of officials expenses was discussed and will have to be

borne in mind when entry fees for 2001 are set.

Press Secretary. Reported we are still getting coverage each week in the local press but their sense of what is important is a little erratic and ill judged.

AOB. The Annual General Meeting of the Yeovil Sports Club will take place on 27 June, KM to attend. A long discussion was held on the merits of becoming involved with BMX activities, namely setting up a proper BCF approved track in Yeovil. Whether or not this would attract new riders into the Club was debated but not resolved. Funds for the project are available from SSDC. Further consideration to be given to the project next month. The request by Chard Wheelers to use the boiler was approved.



Matters Arising. The Pittards gloves are now available and it was agreed to distribute them free with Club Clothing. BCF Rulebooks arrived. Chard Wheelers had donated £5 for hire of

boiler. Gen Sec had been unable to attend the Sports Club AGM.

Gen Sec, correspondence. Copy of the revised Regulations from RTTC. Image Logo promotional offer. Newcastle College leaflet on training courses. BCF West Div, notice of meeting to discuss 2001 regulations, KM to attend. VIP Investment in volunteers grant scheme, Club interest registered.

Treasurer reported most transactions related to Open 25. £48.00 received for Clothing Records Secretary, Nothing to report.

Membership Secretary 46 with new member Graham Jackson. Other applications pending.

Newsletter Editor reported the July issue ready for publication

TT Secretary reported no missed events and good attendance. First Club 50 had five riders, with others riding the 25 option. Traffic counts well under the limit, less than single road, at present. Times for 2001 need

reviewing with regard to available light at the finish time, particularly on the 50 as it was getting dark when the final riders finished.

Road Race Secretary. John Andrews Memorial RR accounts presented: expenses £591.99, income £536, net loss £55.99. It was noted that £100 was transferred from the profit on Ham Hill/Pittards race so overall the road races made a small profit. The Somerset RC promotion at Merryfield had been cancelled, due to a clash of events on the airfield. Kevin Mahon had acted as Chief Judge at the Stars of Tomorrow RR at Langport, there had been an informal approach to KM to see if he would run the event next year. It was felt the Club already did more than it's fair share.

Press Secretary. Regular coverage each week, but erratic editing.

TVCRA The Oldsters RR made a profit of £69.44. Thanks to all the helpers. A letter of thanks from Martin Webb, rider, was read. The 4-up TTT was a success with 14 teams riding and 80 meals served at the Podimore Inn.

Club Runs, continue to run, weather permitting and are attracting new members.

AOB. The hire of the Boiler by Wellington Wheelers and Tony White was approved. A new supply of disposable cups has been purchased. Running a BMX track in Yeovil, deferred from last months meeting, was further discussed. It was agreed the SSDC Cycling Development Officer should be invited to the next meeting to discuss the local authorities position on Cycling Development in the area. It was felt that BMX was an area where we had no expertise, and it's value in encouraging riders to develop through into time trialling and road racing was dubious. However if there was sufficient interest and support sub divisions of the Club, including BMX and CTC type activities, should be considered

The Committee meeting is held on the second Monday of each Month at the Yeovil Sports Club.

FREE GLOVES

Pittards have very kindly donated twenty pairs of gloves to the club. They are black with red stitching and made from their specially developed sports leather, discreetly embroidered with a Pittards logo.

The gloves would normally retail for £20, but on a *first come first serve* basis anyone purchasing an item of clothing (excluding arm warmers) will get a free pair*. So if your clothing has seen better days – no names mentioned – now is your chance! If you have already bought some clothing this year then come and claim your free gift too!

The new batch of clothing has now arrived, so there is no excuse for not getting into the *Yellow and Green*. Here is a full list of the current stock:

Item	£
Skinsuits	48.00
Bib shorts	35.50
Skin Shorts	30.00
Thermal T/top	42.00
Training top	35.00
Road vest short sleeve	31.00
Road vest long sleeve	30.50
Arm Warmers one size fits all	9.00

* just one pair per member

D Notley, see right for details



STOP PRESS

Steve Pym wins the Club Handicap with an adjusted time of 20.04. Doug Northcott and Matt Curtis were the best of the rest who all finished with a 22.

FOR SALE

Rudy Project Crono Helmet (aero style with visor). Unwanted prize complete with spare lenses and back. £30. Ring Kira Kemp on 01460 260355 (work).

BCF RULES, OK?

The Club Secretary has finally received our supply of the BCF Rule Book for this season. If you are a member of the BCF and have not yet had your copy then please contact Kevin Mahon, details below.

CLUB CONTACTS

CLUB SECRETARY /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 TRIALS (Evening events)
Chris Fendt 01935 474752
1 Poppy Close, Brympton, Yeovil BA22 8US

NEWSLETTER & CLOTHING
David Notley 01963 440291
Oakley, Church Road, Sparkford,
Yeovil BA22 7JN