



PEDALLER

Yeovil Cycling Club

July (Just) 2004

Who ate all the cakes?

It has been a busy time since the last issue, with three major promotions:

The John Andrews Memorial Road Race organised by Mike Northcott, did eventually run on the new Long Sutton - Langport circuit despite some last minute difficulties. The course is just over 5 miles long with a finish that is not part of the circuit, and it was trying to resolve a satisfactory area for the finish that meant the permit for the race was not issued until three days before the event. Thanks to a prompt bit of action by the Division officials and the police we were able to stage the race on it's allotted day.

The first few laps passed without incident, even the areas where we thought there may be a problems proved to be alright. It was just after the fast decent, heading towards Langport, that a small crash claimed Dave Walters, he was battered and bruised (the bike was worse off). The crash caused the bunch

to take up a slightly more considered pace and although there were a few riders slowly dropping off the back it looked as though it was going to be a bunch sprint until a decisive move by Neil Copeman, Chippenham Wheelers, as the riders turned onto the finish straight. Dave Baronowski, Midridge CRT, lead the bunch home from James Britton, Severn RC, D Osbourne, Sodbury CS, and M Gibbs, Cardiff Jif. James Denslow, Tor 2000 was the best placed Junior.

One last minute hitch was the loss of all the cakes, a double booking at the HQ meant we were using the hall at the same time as the cricketers and somewhere along the line all our cakes disappeared.

Open 25, organised by Stuart Wroot. The ban on the use of the A303 was lifted just days before the event which led to a reduced number of entries this year. Yeovil CC scooped the team prize

Notice of AGM & date fixing

It may seem a little early but this is the last newsletter before this year's AGM, which incorporates the Date Fixing Meeting. It will be held on Monday 12 September, starting at 8pm, at the Sports Club, Johnstone Park.

It is at this meeting that all next years events are agreed, the Committee

elected and any new proposals discussed. If you would like to be more involved in the running of the club or have a strong opinion about what we should be doing then please come along. Motions for the meeting should be with John Clemit by 1st September, either by e-mail, john@clemit.fsnet.co.uk, or post please:

2 The Briars, Yeovil BA22 2SW.

www.yeovilcc.com

Six of the best.

Hats, or should that be helmets, off to Lance Armstrong and the US Postal Team for a stunning sixth win. And well done ITV for some great coverage.



with Mike Loader, Andy Millward and Nick Young the counting riders with a total time of 2:53:14. Other prize winners were:

1st Ray Hughes, Clarence Whls	53:42
2nd Michael Loader, Yeovil CC	55:24
3rd Andy Millward, Yeovil CC	57:28
1st. Vet on Std Brian Newton, Evesham & District Whls CC	+21:06
1st Junior Peter Vincent, North Devon Wheelers	1:04:04

Shaun Walsh had a rather nasty accident when the weld on his Deda tri-bars failed and he was sent crashing onto the tarmac, virtually in sight of the finish line. Luckily the traffic was light and the vehicles near him came to his assistance very promptly. If you have similar tri-bars give them a thorough check!

Divisional Criterium Championships, organised by Brian Pearse. Part of the series of races promoted jointly by Yeovil, Team Tor 2000 and SRC the July event was also the South West Division Championships. There were races for all levels and ages of riders, spread throughout the morning. At times there were up to three races on the same track, (you should have seen the lap counter flipping back and forth!). A strong presence from Alcan Bianchi was matched by Ritchey/CycleOps and the race was very closely fought, with Greg

Sandy emerging as the eventual victor and the Division Champion. James Opie, Team Tor 2000 took the Junior title in an equally close fought battle with Dean Robinson of SRC.

As well as our own events we have done well in a number of other TTs with several team prizes to our credit, mainly a permutation of Absolom, Millward or Loader supported by A N Other, but great to see such a strong number of



Sharp move

Congratulations to Jon Sharp who has dropped the swimming discipline and is now competing in Duathlons (run/bike/run). He has been selected to race for GB in both long and short course events at this years worlds in Denmark and Belgium respectively. He completed the short course recently finishing 29th, the sixth Brit, and is due to compete in Denmark in August.

riders competing for the team.

The National 50 saw Chris Absolom as our best placed finisher (2:01:31) with James Hector (2:09:00), Andy Millward (2:2:12:08) and Chris Fendt (2:26:57). Rachel Clay did a very respectable time for her first 50 (2:25:26) to take 14th in the women's title race (although walking was a little uncomfortable afterwards!).

The TVCRA 4-up. Well what can you say about the 4-up apart from *****! It was the coldest, wettest and windiest it has ever been. Never-the-less a windswept Merryfield saw a good proportion of the field attempt the six laps of the perimeter circuit. The Teams were escheloned across the width of the runway desperately trying to seek some shelter whilst struggling to ride in a straight line. Again it was Yeovil that came out on top (or are we just the maddest) with the *Youth* taking first prize, *Yeo* taking the 1st Junior in

a team and the *Inveterates* winning the handicap. Thanks to Chris Absolom and his team of helpers, especially as they had to stand in the torrential rain too. Prizes were presented at the local pub following a very welcome, and warming, curry.

There is a winter training camp being organised by the TVCRA (Greg Sandy) for October 2004 and Spring 2005. Details from Greg or Chris, and the YCC website, when they are finalised.

Finally don't forget that you can keep up to date with all the YCC news on the website, but it is only as good as the information you pass on to the Editor. Please let me know if you have ridden an event, especially if you have done well or there were other YCC riders in the field, I cannot keep track of what everyone is doing each weekend.

Evening Time Trial Series

As those that ride the Thursday evening events will know there have been no 25s this year. The committee took the decision to revert to just 10s for the season after careful consideration of the balance between the amount of work involved setting out the signs and the number of riders participating. The course requires nearly 30 signs which take over an hour to put out and then the same again to collect.

The final three events of the season will remain as 10s unless the conditions are not favorable in which case they will be moved onto the Yeovilton 5 course. The normal lights restriction will still apply.

The introduction of the restriction banning novice riders from using the A303 courses has left us no events where we can introduce new riders to the sport. We hope to use the 5 course in 2005 for some *come and try it* events. The early season five mile events proved very popular with a very strong turnout of local riders, the course record can definitely come down some more. It was surprising how challenging the short distance proved, most riders expecting to complete the course in less than half their normal 10 time discovered it was not as simple as that. The 5 course will also be used in 2005 on evenings where we expect there to be a problem with traffic volumes on the A303, i.e. immediately before a bank holiday.

The new Ultegra groupset will feature the integrated crankset and bottom bracket introduced into the Dura-Ace group last year, it is generally considered as one of the biggest improvements in bicycle technology in the last few years. It will be available in both a double (52-39 / 53-39) and a triple version (52-39-30). The redesigned Dual Control Levers feature a more ergonomic shape and have an arced travel that allows fast and intuitive shifting. The dual pivot brakes incorporate an easy toe-in adjustment mechanism for squeal-free stops and quick setup. New brake pads offer improved stopping power and 100 percent greater durability. Furthermore, the groupset includes a lightweight aluminum seatpost that offers single-bolt adjustment and the hubs have an improved sealing system



Ultimate Ultegra?

and ultra smooth rotation due to super polished ball races. The rigidity of the front derailleur is increased by 20 percent compared to the previous version for a quick and accurate response.

Another important advantage of this new component group is the broad range of 10-speed cassette sprocket

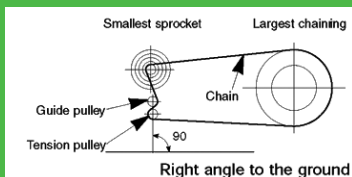
choices. Cassettes 11-23, 12-23, 12-25 and 12-27 are compatible with both 9 and 10-speed Shimano freehubs and wheels. Besides these standard options, also four Junior cassettes are available (13-

25, 14-25, 15-25, 16-27). The group

also incorporates new pedals: PD-6610 SPD-SL pedals have been developed with a slightly wider pedal body surface compared to PD-R600.

The new Ultegra group will be available from December 2004.

Top Tip Correct shifting requires the correct chain length. To set the chain length put the chain on the smallest sprocket on the rear and the big (outer) chainring in the front. Set the length so the pulleys of the rear derailleur are at a 90 degree to the ground. This setting is only for short or middle length cage rear mechs.



Website of the week

www.machinehead-software.co.uk/cycling

Check it out for all those bits of software you always wanted but could never find:

GearCalc Pro Whether you are into bike racing or touring this is likely to be an equally valuable tool for optimising your gears. Now bundled with specialised Fixed Wheel Gear Ratio Calculator for track racers.

PowerCalc cyclists power calculator. Calculates energy requirements etc. for cyclist's.

WheelCalc spoke length calculator. Calculates spoke lengths for bicycle wheel builders.

LevelCalc heart rate calculator. Calculates levels of training intensity for riders who use heart rate meters, using various well known approximations.

CrankCalc Crank length calculator. Calculates crank lengths, leg angles and seat tube angles for cyclists. Provides scale drawn vector based animation of riders legs with optional 'ankling' allowances.

Club clothing

The new supply of club clothing has at last arrived, with more of the larger sizes in skin suits, bib shorts and road vests. If you ordered a bit of kit then you should have had it by now if not please get in touch. The increased number of members means that the stock is already going down quickly, aided by the Merryfield Crash Track, so again get in touch if you want some more clothing. I usually have one of everything in the car on Tuesday and Thursday evenings. *David Notley.*

CTC Challenge Rides

Fancy cycling some of the most spectacular, beautiful and testing routes in Great Britain whilst raising funds for safer cycling? Last year the CTC Challenge Rides successfully raised over £7500 for the Cyclists' Defence Fund and CTC's campaigning work.

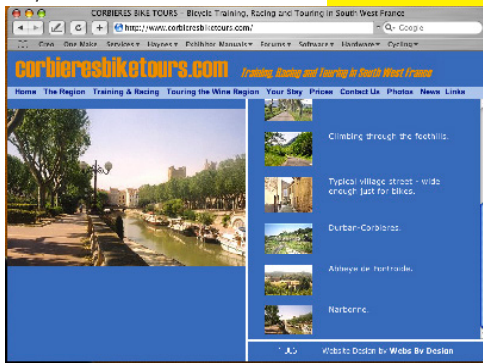
Southern Challenge, 12 September, test yourself on roads used by le Tour en Angleterre, the Pru-Tour and that shaped one of the UK's greatest riders, Sean Yates, Tour de France stage winner and yellow jersey wearer. Run in co-operation with the Surrey League the 80km, 115km or 150km start in East Grinstead before heading into the Ashdown Forest to take on the rolling Sussex Hills, including the Wall and Friars Gate. For more details contact Matt Mallinder on 0870 873 0060

Cor blimey

Fed up with the English summer, looking for a break with your bike.

Well how does the South West of France sound? Situated in the foothills of the Pyrenees, the Corbieres region is as stunning a location for cycling as any in France. From the flat coastal plain in the East, to the Pyrenees themselves, the region offers every backdrop to accompany

your training or touring, and to inspire, regardless of level of fatigue! Interested, then check out www.corbieresbiketours.com. Why this site? well it is a business venture of our own Dave Walters. Can't promise you a discount (*but the editor will give a full report after the free fact finding trip he is taking on your behalf, hint hint!*).



For Sale

Cinelli Angel Ahead Tri-bars, price new £179.95, for sale at £70. ITM CX2 Black Ahead Tri-bars, price new £127.95, for sale at £70. HED rear disc, price new £400, for sale at £200. Shimano Bar-end levers 7/8 speed, £30. Shimano Bar-end levers 8/9 speed, £30. Wheels - still use screw on cassettes? read on, Wolber profil sprintrims, stainless steal spokes, Mavic sealed bearing hubs, complete with tubs £30. Interested, give Chris Absolom a ring on 01935 477965.

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

April

Matters Arising: HQ for the John Andrews had still not resolved. New course has been finalised but will use a new finish, second left after exiting Long Sutton on the last lap. Warning signs will be required at the turn and a marshal. The race distance will be 100km. Replacement batteries for stop watches have been checked and are alright, (no cost)

General Secretary: Correspondence done.

Treasurer: £239 received for membership.

Paid out: £20 for TVCRA and £15 WTTA affiliations. The invoice needs to be submitted to Pittards for sponsorship, DN to supply to General Secretary.

Time Trial Secretary: David Notley briefed the committee on the current situation with the use of the A303 for club and open event time trials. The district committee are fully behind local clubs' desire to use the U30 and related courses for events. However given that Inspector Hambidge, the Police officer with jurisdiction over the area, perceives that speeding traffic is making events unsafe, and that events should not be held on the A303, it was decided by the district committee to suspend all scheduled events. The suspension will be in place until a meeting can be arranged with the Police and to identify a way forward. As a consequence the Spring 10 will move to the U361 at Frome, Trudoxhill Village Hall will be the headquarters. An alternative course was put forward for the club events that would utilise a 5 mile course based on the Yeovilton main road. This was agreed by the committee and DN indicated that he would carry out a risk assessment and obtain district authorisation for the alternative course. Andy Pugsley agreed to fill the vacant position of Club Time Trial Secretary for this season and indicated that he would be happy to run the events on the new 5 mile course.

Road Race Secretary: Commissaire's report for the Ham Hill and Pittards road races, both identified that good race promotions had taken place. 40 riders out of entry of 55 had competed in the Ham Hill race and 55 riders out of an entry of 62 in the Pittards race.

Membership Secretary: 6 new members had

joined taking the current membership to 55.

Runs Secretary: The runs continue with a slightly lower attendance as people have started racing. It was also noted that more than Martin Wills had been wearing shorts recently so the weather must be improving!

Records Secretary: will check if an official 5 mile record time exists.

TVCRA Representative: The Tuesday evening training rides continue, with a large number of people taking part on the previous week due to very good weather.

Press Secretary: reported that a double article had been published the previous week. It was also noted that the photographs from the Pittards presentation had not found their way into the press as yet.

Newsletter Editor: the next newsletter would be published shortly, when the authorisation for the 5 mile TT course had been obtained.

Any Other Business: David Notley reported that a delivery date had not yet been obtained for the club clothing order despite the 8 week delivery time having already expired.

May

Matters Arising: HQ for the John Andrews had still not been resolved, MN to finalise the use of Long Sutton Pavilion/Hall by the end of the week. Mike Loader to e-mail Ray Pollard to determine if a risk assessment exists for the new course, which can then be e-mailed out with the start sheet.

General Secretary Report: April minutes were amended and correspondence was dealt with.

Treasurer Report: Received: £27.69 profit from Open 10; £63 for clothing; £51 membership. £14.80 paid out for Newsletter. The Levy for the Ham Hill and Pittards Road Races had not yet been paid, despite being due 7 days after the event. To date it is believed that £1224.61 had been received and £590.00 paid out, however outstanding is first aid, levies and headquarters. John Clemit reported that a profit of £14.61 on the catering. Final accounts awaited.

Time Trial Secretary: Andy Pugsley reported that the evening 5 mile time trials had been very successful with fields of between 16 and 21 riders. It was noted that the position of the marshal on the Ilchester roundabout could be improved, as problems were most likely to occur with traffic from the Somerton

direction. It was suggested that the marshal should stand on the Somerton exit so that approaching traffic would be fully aware of the hazard. David Notley reported that the Spring Open 10 had made a profit of £27.69 which was primarily as a result of the catering profit of £25.85. He also reported that the Ban on the use of the A303 would certainly be in place until the meeting is held with Inspector Hambidge, which is scheduled for the 23rd May, and that it was unlikely that a decision would be made to remove the ban until the next West DC meeting on the 5th June 2004. He also reported that Phil Heaton had sent a strongly worded letter to the MoT refuting the allegations made in the letter from the Coroner involved in the inquest into the death of Bill Short. It was suggested that the West DC may request that Yeovil Open 10s be moved to Sunday mornings in the future.

Membership Secretary: one new members had joined taking the current membership to 59. Membership forms had been given to Andy Pugsley so that they are available at the evening time trial promotions.

Runs Secretary: No report, however it was noted that some of the recent hilly routes had been run of at a particularly healthy pace.

Press Secretary: coverage in the local press had been lax recently with many articles appearing late, if at all.

Newsletter Editor: April edition had been published recently, next issue set for July.

Any Other Business

David Notley reported that Pro-Vision were promising a delivery later this week again!

June

Matters Arising. The club clothing order had finally arrived from Pro-Vision, 8 weeks late.

General Secretary. Correspondence dealt with, including a number of items sent to Kevin Mahon, and a letter acknowledging receipt of the donation to the Air Station Amenities fund for the use of the Nuffield Club.

Treasurer Report. Received: £556 clothing, £15 membership. Paid out: £388.50 road race levies. £50 use of Headquarters. £1476.27 Provision for clothing. It was noted that the payment for the Ham Hill and Pittards Road Race first aid was still outstanding, it is believe to be ~£40, the profit is thought to be £140 plus the £360 sponsorship from

Pittards. Accounts are still to be finalised. Current account has a balance over £1200. **Time Trial Secretary.** DN reported that the Spring Open 10 had made a profit of £27.69, primarily as a result of the catering profit of £25.85. The committee discussed a report submitted by the TT secretary and agreed that all evening 25 mile events should be changed to 10 miles and that the 5 mile course should be used for the end of season events and it would be sensible to schedule 5 mile events for busy times for the following season.

Road Race Secretary. A large amount of discussion centred around the lack of Police authorisation for the John Andrews Memorial RR. The go-ahead would be required from the Division by Wednesday so that enough time remained to distribute either start sheets, or notice of cancellation to riders by first class post. MN and DN agreed to liaise with Eddie Mclean to progress this matter. Event headquarters had to be vacated by 14:00 on the day of the race. The shortage of marshals and lead cars was discussed. A lap board would be required for the event and that lapped riders may be pulled out to avoid confusion at the finish.

Membership Secretary. One new members taking the total to 60.

Runs Secretary. No report. However it was noted that runs continue and that a new coffee stop had been identified at the canal centre.

Records Secretary. Nothing to report.

TVCRA Representative. The Tuesday night rides continue to be well supported and that the 4-group format appears to be working well. He also indicated that the 4-Up TTT was to be held on the 22nd June.

Press Secretary. Coverage in the Western continues to be lagging well behind.

Newsletter Editor. The next publication would be scheduled for July.

Any Other Business. David Notley reported that A303 is in use again for time trials. Additional parental consent forms have been mandated due to the increased risk.

The next committee meetings are on 9 August and 11 October. The AGM and Date Fixing Meeting is on 13 September, all at 8pm Yeovil Sports Club.

Express Delivery

By Tony Taylor

The success of the Brighton to Glasgow stage race, first promoted by the British League of Racing Cyclists (B.L.R.C.) in 1945 as a 5-day race, had by 1950 grown to a 7-day event. This prompted the *Daily Express* to sponsor a full 14 day national Tour of Britain. Sponsoring sporting events was not new to the Daily Express, and with the Festival of Britain being held in 1951, they thought it an appropriate opportunity to further wave the national flag.

Any foreign participation could only come from cycling bodies not affiliated to the Union Cyclist International (U.C.I.). Thus the French team was from the Communist backed Federation Sportive et Gymnique du Travail (F.S.G.T.), and the all Ireland body, the National Cycling Association of Ireland (N.C.A.I.). There were five trade teams of 'Independent' category riders – Dayton Cycles, Gnutti Components, I T.P. (Betting & Football Pools), Pennine Accessories and Viking Cycles, plus five regional and a Scotland team from the amateur ranks. One member of the Yorkshire regional team was Oscar Saville (Leeds Olympic C.C.), better known as Jimmy Saville. His presentational and subsequent T.V. career started here, when he addressed sheep at the roadside, and any person around, whilst off the back or waiting for assistance! This entertaining ad-libbing became his trade mark, and when a stand-in was needed for an announcer, he was given the job without hesitation, and in 1952 he was the official announcer for the Tour.

With the extensive media cover from the Daily Express newspaper, which at the time had a circulation of four million, huge crowds turned out to watch the racing every day.

The race produced a worthy winner

in Scotsman Ian Steel (Viking Cycles), who won three stages, of which the stage from Morecambe to Glasgow was the longest – 160 miles, and toughest, and laid the foundation for his victory. Second overall was Alec Taylor (Gnutti), a breakaway companion on that stage to Glasgow. Third place overall was taken by Ian Greenfield (Scotland). The Dayton Cycles team, with five stage wins – four by the stocky Dave Bedwell, withdrew on the last day over a disagreement of a time adjustment. This was made when the field had split in two on stage 10, when one half of the field went off course.

There was little doubt that this first Tour of Britain helped raise the standard of performance of our top roadmen, and this was confirmed when early in the following year, Ian Steel won the Warsaw – Berlin – Prague, (Peace Race), the field for which was mainly East European state sponsored riders, who were professionals in every sense but name. The six man British team, all who had performed well in the Tour of Britain, won the team prize as well. Also that year Bevis Wood (Viking Cycles) took third place overall in the Tour of Mexico. Despite his age, Manchester rider Bev is racing again, with his present club Prestwich Wheelers.

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)

Andy Pugsley 01935 428753

ROAD RACE SECRETARY

NEWSLETTER & CLOTHING

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