

THE WHEELER



Spring 2018



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Please send all articles (typed or hand written) and pictures for *The Wheeler* to one of the above contacts. Items will be returned promptly after copying if requested.

Front cover photo: Easy Ride

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PRESIDENT'S INTRODUCTION

Welcome to all cyclists

This Spring issue of the Newsletter is full of information about your club to encourage you to *enjoy the challenges the new 2018 season will bring.*

The weather so far this year has not been a friend to cyclists as the snow, ice and cold winds have made cycling for the hardy or very disappointing for fair-weather riders. The first TT of the year, (3x2 mile Sprints) was cancelled due to snow but the Sporting 19 mile TT was in bright sunshine and 16 riders took part. Paul Jones showed his winter training has paid off with an excellent time of 49.48mins. During this event Paul's daughter, Christie, had an accident with a car and was lucky to come away with no broken bones but was very bruised and sore. We wish her a speedy recovery and hope she will soon be back on her bike again.

This year our club, Hereford & District Wheelers Cycling Club is 90 years old and to celebrate the committee have organised three rides based roughly around the number 90 on Sunday, 17th June 2018. The first ride will be 90 miles, the second will be 90km and the third will be 90 minutes long. The venue will be the recently updated Stretton Sugwas Village Hall. The three routes will have the riders returning at approximately 1530hrs to an afternoon tea of sandwiches, quiches and cakes.

For those who have ordered items of new Club kit from Champion Systems, it will be sent on masse to Dean Prosser during the week beginning 16th April 2018. Watch this exciting change for the club as it is more than 15 years since the last design update. If you missed the deadline for this kit order a new window from the company can be opened at any time in the future.

Later this year the Annual Dinner and Prize Presentation will be held on Friday 30th November. The event will be in the spacious function suite at MFA Bowl, Station Approach, Hereford. Our guest of honour this year will be recently-retired former National Track Champion Becky James, who lives in Abergavenny. Becky has enjoyed a short but distinguished professional cycling career:

The cost will be subsidised by the club at a £5.00 per head to celebrate our 90th Birthday year.

The venue seats 120 people, so please make sure to keep the date free and bring along your family and cycling friends.

Please help to make this a successful and memorable event in Hereford Wheelers' 90th year.

Tickets will be available in the autumn.

We have now finished the last Turbo session of the winter off-season. These sessions are based at Sutton St Nicholas school hall. These have been very well organised by Stuart McFarlane with a varied level of intensity and length of main sets. If you have missed these very popular sessions they start again in October. *Put it in your diary.*

Please look on the Wheelers website at www.herefordwheelers.com for the latest information on what is **new and going on** in the Club.

May I thank the present Committee for all their hard work and hopefully we can keep the Hereford and District Wheelers Cycling Club name going for another 90 years.

Cheers – to you all

Chris Hughes,

President and Time Trial Secretary

ARTICLES

Mountain Bike Ride 11/02/18

After a successful first event in 2017 we were hoping for larger numbers for this year's MTB ride in the Forest of Dean so it was disappointing that only 11 turned up at Goodrich Village Hall. Perhaps some were put off by the sleet and snow in Hereford early on Sunday morning.



Graeme Thomas led the group off downhill to Kerne Bridge then turned right to ride along the road to Lower Lydbrook where we turned left to start climbing. At Lydbrook church we had a brief stop to regroup prior to heading onto the first track of the day. There had been rain in the days before the ride so the tracks were muddy but passable. As the ride progressed we steadily became splattered with mud flying off the

wheels – still it's good for the complexion if not the washing machine.

Most of the route was on former railway lines or forest tracks with only a few stretches that were technical. Valerie and I had ridden the route earlier in the week and on a track near Mallard's Pike Lake we had come face to face with a pair of wild boar. There were no such encounters on the group ride and the wild residents of the forest were keeping a low profile. After Mallard's Pike we joined the route of the family trail and there were more users on the trails. A fast descent to Cannop Ponds was enjoyed and then the café at Pedalabikeaway provided welcome refreshments.

Graeme has devised this 33-mile route after numerous rides in the Forest. This year we rode it in a clockwise direction which meant that the café stop was after 20 miles and we were pleased to have completed over half of the distance. Leaving the café we were all affected by a severe attack of "café-legs" – they didn't want to get going again! It was a steady climb up to the forestry track which winds around the edge of the forest, not far away from the A4136. One of the waymarked routes, The Verderer's Trail, crossed our track along this stretch and we saw bikes whizzing across in front and behind us but fortunately there were no collisions.

A short climb, crossed by numerous tree roots, brought us out to the road at Mile End where we took a track that forms part of the local Park Run route. There were no runners about on this Sunday morning, just a few people walking dogs. After a mile on the road through Christchurch we regrouped prior to descending what is known on Strava as the "Four Mile Climb". It's actually about 2.5 miles but seems much longer when climbing. It was a lovely descent for us this year, perhaps 10 minutes of free-wheeling down to the River Wye where we encountered a short flurry of sleet or snow. Just as we were thinking that waterproofs might be needed, it stopped and Graeme led us along the Peregrine Path to Symonds Yat and then by road back to Goodrich Village Hall where Clare had the kettle on and the cakes spread out.

Many thanks to Graeme and Clare for putting on this event which was enjoyed by those who took part. It was great to explore parts of the Forest that we wouldn't get to by road and we were lucky with the weather as we heard later that some of the rides from Hereford had encountered miserable conditions.

Andy Hurrell

Hereford Wheelers Reliability Ride

Approximately sixty riders from a number of local clubs gathered at Pateshall Village Hall, Allensmore on Sunday 18th February on a grey, cool but dry morning ready for the start of the Wheelers new Reliability Ride, organised by Graeme Thomas.

The route headed out through Kingstone to Hay on Wye via the B4348 and then along a quiet minor road, which passed through the village of Felindre and took the riders almost to Talgarth. The weather improved as they headed south-west and the sun made a brief appearance. The coffee stop was at the furthest point at the Honey Café



in Bronllys, where riders were made welcome by friendly staff. As the route was out-and-back on the same roads, the riders retraced their route back to Allensmore to enjoy well-deserved tea and coffee and a spread of cakes provided by Valerie Hurrell and Wheelers' members.



The event raised over £250 in charity donations, which were divided equally between Help for Heroes and St Michael's Hospice. A number of Wheelers' members supported the event, either by riding, helping on the day or providing cakes. Without their support and the overwhelming response from local riders, the event would not have been such a success and it is hoped that it will become an annual fixture on the Wheelers' calendar.

Valerie Hurrell

WHEELERS IN MAJORCA

John and Maureen Cheney have cycled in Majorca during March for some years now and a group of us asked if we could join them for a week of their holiday. So Dave, Rick, Chris, Sue, Mari, Tony and Kay travelled out to meet up with them at the Alcudia Gardens Hotel on 17 March. Tony and Kay took their own bikes out there but the rest of us hired locally. A shock was waiting for us in Alcudia as John had developed a skin reaction to the sun and had had to stop cycling. Both he and Maureen had decided to cut short their holiday and return home in a few days time and get medical advice back in UK. Dave & Rick's bikes were delivered soon after our arrival and after fixing pedals the first 22 mile try out on Majorcan roads was done. What, no pot holes, and car drivers giving way to cyclists, pedestrians looking before they stepped off the pavement and a bike shop on every other corner!!!
HEAVEN!

Over dinner Maureen organised us for our first day ride. Following a large breakfast and with Maureen leading we cycled out of Alcudia to Can Picafort and turned south following the main road climbing steadily against the head wind to Santana Margalida. At last turning onto the smaller country roads through Maria to Sineu then onto Petra, a very popular stop for cyclist looking for a welcome lunch. (24mile) This is John and Maureen's favourite spot to eat and drink and they have become great friends with one of the cafe owners where we were warmly greeted, although Maureen was sad to be saying her farewell to them for the year. After lunch we followed the road north still slowly climbing before the long descent taking us back to the coast road 10 miles west of Alcudia. Finally in the port area of Alcudia we enjoyed our first beer of the holiday. A total of 47.5 miles

Day 3

Since the day was cloudy John decided he was feeling well enough to ride. He appeared in what looked like a ballet outfit as Maureen had dressed him in white tights and arm warmers to protect him from the sun. He led the group west out past the old walled town of Alcudia turning onto the very quiet Cami (road) that winds and twist towards Pollenca town. We met the main road just outside Pollenca and turned south for a couple of miles then SW onto a lovely quiet road (Kays favourite route) with the scenic Tramuntana mountains small vineyards and expensive villas on our right. A steady climb followed up the newly surfaced road to Campanet for coffee and apple/almond cake.

We then travelled SE towards Bugar and over the main Palma road before turning south in a fairly stiff head wind to Inca where we turned East (Tony's favourite section of tarmac). Here with a very favourable wind and a perfect road surface we quickly found ourselves traveling quickly to Muro for a second pit stop where they serve the biggest cakes on the island.

After enjoying the beautiful view across the plain towards the mountains we set off back towards Can Picafort passing lovely villas one of which Maureen would like to own. We were still travelling quickly with the wind on our backs and were soon back in

Playa de Muro where John treated us to small beverage in the Boy bar, a popular meeting place for tired cyclists. Minature burgers and bowls of olives were also served with the drinks (Kay proclaimed the burgers were some of the best she had tasted) A total of 42.5miles.

Day 4

Today we split into two groups. We had met up with Paul and Kim from Hereford Tri Club yesterday and they joined Chris and Rick to cycle the famous Sa Colabra, the island's grade 1 climb. Rather more sensibly the others continued with a Tony tour plus coffee stops.

The Tony tour.

We travelled out though a different route of camis to the old town of Pollenca then through the back roads to the sea side resort of Cala vincenc for coffee and cake before riding to Port Pollenca and returning home. 24mile.

The Sa Colabra

With Chris leading we headed south towards Inca. BANG! Chris's electronic gears, which up to this point had been the best thing since sliced bread we had been told, had finally failed him and crunched his chain. At this stage we were still some 25 miles from the start of our objective. After spending over an hour in Inca trying to find a bike shop we nearly called the day off. Just then we found the shop and the kindly mechanic fixed Chris's bike for free. We still just had enough time to do the climb if we hurried. Kim decided to head for home when we reached the garage at the entrance to the climb area as she hadn't been on the bike much prior to the holiday so the three continued. The thing with the Sa Colabra is that it's one way in and one way out! You whiz down the climb to Sa Colabra village, get something to eat and then climb out again.



It's some climb, I can tell you! When you get to the top it's still over 25 miles home!!! Chris lead the way with Paul and Rick adopting a more sedate pace in the rear! The attached picture hardly does the scenery and the climb justice. It's just superb. All of us fairly knackered when we got back to base. A total of 76 miles with 6700 ft climbing.

Day 5

A flat ride south to Sa Pobla then out through the Camis to LLubi for a coffee break by the church in the square. Afterwards we slowly climbed on the beautifully surfaced road to up to Sineu where we sat and enjoyed the warm sun out of the wind before turning south with Sue really enjoying the fast ride to Muro. Majorca is very green at this time of the year and so the countryside looked wonderful.

Our ride home wondering through the small camis was supported by a stiff tailwind but an occasional side wind was not enjoyed by the lighter members of the group. We did finish with strong tail wind and cruising along at 20mph plus thinking we were world champion cyclists only to be deflated as another group went passed us as though we were standing still. A great way to finish a great days ride. A total of 44 miles



Day 6

Today we were joined by Kim and Dave and rode out of town via Can Picafort, then through the back roads to Muro for a quick coffee (no Cake). NFTO shirted riders spotted there. We descended down the main road to Sa Pablo then worked hard against a strong wind on one of the only rough road surfaces on the island to arrive at the caves at the bottom of Campanet. We then headed north east with wind now behind us to Pollenca town via the small cami following the mountains. Pollenca was very busy with a street market filling the square great atmosphere and a fine spot for lunch.

After lunch we rode to Cala de sant Vicenc to have a second look at the lovely sea view some of the group had not been there before. We then rode passed Port Pollenca onto the scenic bay road where unfortunately Rick took a tumble over a tree root resulting in a broken collar bone, 11 stitches in his elbow and various cuts and bruises. A great shame for Rick as we'd had a great day out. Fortunately we had three paramedics in the group so he was in good hands. The doctor in the hospital had inspected

Ricks broken cycle helmet and commented that it had probably saved him from more serious injury. Let no one say that cycle helmets are a waste of time! A total of 43 miles.

Day 7

A sunny still day perfect for Dave and Chris to do the classic ride to the Formentor lighthouse on the furthest north west point of the island, a 40 mile ride 14 on the flat around the bay, and 26 hilly miles. (923 metres of climbing).. The rest of us choose an easy day with a shortish coffee shop ride then onto Port Pollenca for lunch by the sea where we met Dave and Chris returning from there brilliant ride. A total of 16 miles All was left but to return hire bikes or strip and pack bikes for the flight home a wonderful week of cycling with a great group of people. We had good weather and were able to ride every day, most of the time in shorts but there was cool in the wind which was stronger in the afternoons. Roll on Summer in England.

Majorca is obviously a great place to cycle in March. There are literally hundreds of cyclists on the roads there and the place is well set up for cycling with excellent hotels and facilities. The roads, the countryside, the mountains and numerous watering holes make it the place to go. The Alcudia Gardens hotel is an excellent place to stay and is very cyclist friendly. The food there is good and plentiful and it was fascinating to watch Dave U eating several sweets each night and Chris eating 5 main courses on some nights! All great fun and good Hereford Wheeler company. Roll on next year!!

Rick, Tony & Kay

NOTICES

Hereford Wheelers Club Kit New Design

After many meetings, discussions and much research, the supplier for the new kit has been decided by the committee. The company is Champion System:

<https://champsys.uk/>

The committee felt that this company offered the most comprehensive and flexible ordering system and a wide range of garments and qualities in male, female & children's fittings.

Dean Prosser will be co-ordinating orders for new club kit going forward & an on-line ordering system will be used. The company is working with us on finalising the design specification. The Pantone colours chosen are: Blue: 2757, Yellow: 102C and White. Champion System have sent out sizing samples, which have been available for members to try on at Turbo Sessions on 15th and 22nd February and at the Reliability Ride HQ at Allensmore Village Hall on 18th February. Items are paid for by individuals using debit or credit cards, but will all be delivered to Dean for distribution. There is information about sizing and ranges of clothing offered on Champion System website. Dean Prosser, Chris Hughes, Mick Cumbes and Valerie Hurrell will be pleased to answer any questions.

The window will be re-opened later in the year, subject to demand.

Valerie Hurrell

Hereford Wheelers' 90th Anniversary Events – 1928 – 2018

Dinner and Prize Presentation Friday 30th November.

To commemorate and celebrate Hereford Wheelers' 90th anniversary, we are holding the annual Dinner and Prize Presentation in the spacious function suite at MFA Bowl, Station Approach, Hereford. Our guest of honour this year will be recently-retired former National Track Champion Becky James, who lives in Abergavenny. Becky has enjoyed a short but distinguished professional cycling career:

https://en.wikipedia.org/wiki/Becky_James

We have taken a leaf from Hereford Triathlon Club's book and as well as using their favoured venue, we are also using their excellent outside caterers, who will be providing two curries and a chilli:

Chicken and Spinach Balti

Sweet Potato and Black Bean Caribbean Curry (v)

Basmati Rice

NaanBread

Poppadoms with mango chutney, yoghurt and mint, spicy chilli chutney

Meat Chilli, with tortilla chips, sour cream and salsa

The price of the meal will be £5.00 per head and will be subsidised by the club. The venue seats 120 people, so please make sure to keep the date free and bring along your family and cycling friends. Please help to make this a successful and memorable event in Hereford Wheelers' 90th year.

Tickets will be available in the autumn.

Valerie Hurrell

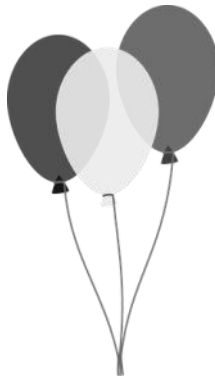
Social Secretary

HEREFORD & DISTRICT WHEELERS

90th Birthday Rides and Afternoon Tea



Stretton Sugwas Village Hall, Sunday 17th June 2018



Choice of ride:

90 miles (Training Group) – 8am start

Ride Organised by Jon Tetley – Chepstow and back

90 Kilometres (Brisk Club Run) – 10am start

Led by Andy Hurrell – New Radnor and back

90 minutes (Easy Ride) – 1.30pm start

Led by Mark Montez – Yazor, Norton Canon, Byford , Garnons, Bishopstone

These rides echo the initial rides undertaken by the founders of the club, without the many and varied tourist stops along the way!

Please come along and help us celebrate this special occasion. Free to club members and under 16's.

£5.00 - family, friends and non-members.

We very much hope that cyclists from our fellow clubs (Ludlow CC, Gannet CC, Climb On Bikes, Hereford Triathlon Club, Chaingang Cycles etc.) will join us on this occasion, members from which have ridden our TT's over many years, so it would be great to see you.

An afternoon tea of quiches, sandwiches, cakes and refreshments will be served from 3.30pm with the aim of all riders returning for this time.

Save the date – Sunday, 17th June, 2018 – Father's Day alternative!!!



Weobley Sporting Time Trial

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