



Evesham & District Wheelers

founded 1947



Newsletter June 2009

General News

The club sent its best wishes to Carol Hall for a speedy recovery after being taken ill Saturday 2nd May on her epic charity ride End to End and back again. Carol was admitted to hospital in Bristol and underwent emergency heart surgery, she is now at home taking life very easy and with rest and recuperation, will be able to make a full recovery.

Carol has been a great supporter and contributor to the club over the years and we all hope to see her back on two wheels with us as soon as possible.

Message from Carol:

Carol sends her thanks for the flowers and get well cards she has received over the past week. She promises that she will be back amongst us when full recovery has been reached.

Road Racing

Matt Ullmer Secures Place in the Qoroz Novatec Plowman Craven under 23 Racing Team

Evesham Wheelers Matt Ullmer's hard work has paid off as he has just secured a place in the Qoroz Novatec Plowman Craven under 23 racing team. He will be joining Ben Stockdale and the rest of the team in all the premier calendars and other major events.

Unfortunately his debut race in team colours the Blackdowns road race in Somerset didn't go too well. After 60 miles of dreadful weather conditions he crashed and was taken to Taunton hospital where he was patched up for the usual gravel rash and cuts and bruises. He is now recovering at home after being told to take some time off the bike.

Vale of Evesham Road Race 09 - March 15th

After receiving a record 130 entries it enabled us to have a quality field off 80 riders in the Evesham Road Race containing a team of 6 Evesham Wheelers. There were various breakaways trying to form but with nice sunshine and very little wind the bunch wasn't going to allow a breakaway to stay away. And a bunch sprint was on the cards. But with about 2km to go Richard Prebble off Candi TV Pinarello RT made his bid for the finish with Luke Moseley Climb On Bikes following in his tracks. These 2 riders managed to hold off the bunch to enable 1st and 2nd place with Giles Pidcock Epic Cycles Viner RT leading the charging bunch across the finishing line. The best placed Evesham rider was Matthew Ullmer who finished in 16th place. With good rides from Scott Law and Mike Thelwell and a good effort by Robin Walker in his first ever Road Race.



A big thank you too Adrian Main, Pete Hutchinson, Barry Jones, and the rest off the Evesham Wheelers who turned up to marshal and help on the day. Chief Commissaire Helen Starke noted how well the course was marshalled and sign posted and generally run. The racing went well except for a small incident with a horse rider and a slight mix up with the judging. I am willing to step down from organising the road race if a new organiser would like to come forward for next year.

Articles

Majorca 2009

Report by Phil Stayte

Three am in Evesham and a fine drizzle coated Dave Newboulds car as it pulled up outside my house, kissed my sleeping wife, kissed my sleeping dog and we were off.

With Tony Canning and Simon Walker picked up enroute it was not long before we pulled into car park 1 at Birmingham Airport, at almost exactly the same time as Paul Dare Robin Walker and Martin Hall, who had arrived together. Helen Russell found us in the departure hall and the party was complete. The usual airport procedures were obeyed and soon we were up and away, glancing down on the slightly gloomy sight of the south of England flashing by.

Majorca, hot, sunny and we all felt good. Onto coach 633 and out through the centre of Majorca, destination The Hotel Maritimo in Alcudia. The bus driver took us on a circular tour once we had entered Alcudia, dropping off passengers on the way. At one time only a couple of hundred yards from our hotel he decided to head for the farthest part of town and have a cigarette, and wait whilst we slowly steamed on the coach. After some negotiation (which got us nowhere!) Robin got a couple of taxis and within minutes we were at our hotel.

After a wash and brush up, the group took the 15-minute bus ride to Port de Pollenca, to pick up the bikes from Bruce at Pro Bike Hire. The day finished with a trip to "Posh Paddy's" bar where we all enjoyed the "quality entertainment"(except Robin who fell asleep!)



Ready to go - Day 1

Day 2

Aaahhhh!!! The bikes have been vandalised!! Yes on entering the "secure" cycle shed we found that several cycles including 3 of ours

had been damaged or parts stolen. Tony had a Campag Record carbon rear mech stolen, others had handlebars, stems etc damaged or removed. Other cyclists too had parts of their own cycles taken, all in all someone had removed almost a complete bike in various bits.



Phil's damaged bike

Bruce came down and to his credit after only a couple of hours either parts or complete cycles were obtained and we were out on the road. We went out on the Garden road through Sa Pobla and on to Santa Margalida where we stopped for lunch.

We returned through Muro where on a sweeping left hand bend (that we need not have gone down, due to taking the wrong road) Paul's bike slid from underneath him and he landed hard on his left side. His left arm, hip and leg taking the brunt of the fall. To his credit as he hit the floor he bounced back up, and within seconds he was back on his bike, bruised and blooded. We took the quickest way back, through Sa Pobla and the marshes of S'Albufera. We managed a creditable 50 miles following an eventful day.



Paul Dare on Climb to Formentor - Ouch, nice bit of gravel rash!

That night we took in a beach bar, and chilled out on a wonderfully warm evening. I feel asleep watching Paul apply neat surgical spirit to what appeared to be a dramatic flesh wound to his left thigh.

Day 3

Warm and sunny, not a cloud in the sky. Decided on a 09.30 am start as the destination was the usual opening run to Porto Cristo. Helen and Dave took the lead as we made our way towards Sa Pobla. Helen was nearly taken out at a roundabout by a taxi driver; whilst Dave had an enthusiastic road worker wave a sign inches from him as we sped through the marshes.



Helen and Tony - Marshes near Sa Pobla

The pace was fast along the undulating roads towards Santa Margalida, with a little more traffic than usual. At Manacor, famous for its pearls, the bunch was split following a moment's indecision at a roundabout, but the team regrouped under a large Diplodocus that stood on the side of the road at the entrance to a prehistoric park.

Once in Porto Cristo it was clear why we had come back to Majorca, beautiful azure sea, golden sands and a baking sun that beamed down on us from a clear blue sky. We stopped at the same restaurant as last year, which meant the same short, but no less severe 1 in 4 climb away, on stiff legs and bellies filled with burgers.



Restaurant in Porto Cristo

The group set off towards Arta, where Simon and Martin split off to take in a further climb that Martin wanted to bag! The rest took the undulating road towards C'an Picafort where a speed in the low 40's were reached on some of the amazing descents.

Back at the hotel it was a Jacuzzi that helped tired legs. Everyone was looking a little weary, it had been a long hot day.

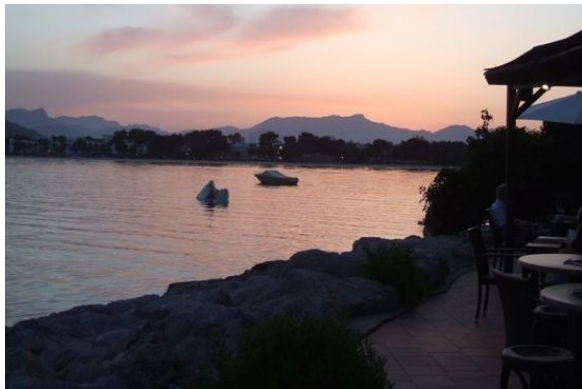
I was awoken at 4.15 am when Paul had inadvertently switched the room lights on with his head! He then took several attempts and every possible lighting combination to switch them off.

Day 4

After the hearty breakfast we had become accustomed to, Robin set off for Bruce's shop as he had noticed a strange reoccurring noise in his bottom bracket, we had arranged to meet him at the shop before our attempt on the Lighthouse at Formentor. On our way to this rendezvous, we almost became involved in a 3-car collision, bus, car, and lorry. The car deciding that the cycle path we were on was the best escape lane, and swerved on to it 100 yards in front of us.

The first climb out of Port De Pollenca up to the coach park is pretty stiff, and one to be taken at one's own pace. So we decided to regroup there. The road then dropped for several kilometres before setting out for the promontory on which the lighthouse sits. The Tunnel that caused some concern last year didn't appear to hold the same fears, as this was passed without incident (mainly due to the fact that riders removed their sunglasses before entering).

At the top there was the same magnificent views and the same magnificent prices that we had seen before, (£3.40 for a can of soft drink!). Lunch was taken in Port De Pollenca after a short stop at the beach. That evening the group went into Port De Alcudia where we toured the expensive boats in the marina and watched the sun go down over the mountains from a rather nice beach bar, followed by shots in the Queen Victoria, a slightly less upmarket nightspot.



The beach bar at Port De Alcudia

Day 5

Are you hot? I am hot! Announced Robin at breakfast to a group of German pensioners at the next table. Without any knowledge of colloquial German Robin had just made a small faux pas. Inadvertently the sentence translated, as I am Horny are you Horny? It certainly made their day!

Today's destination was to be the monastery at Ronda, a towering climb that on a good day enables a 360-degree view of Majorca. After a bit of a faltering start, we took the route out through C'an Picafort then on to Santa Margalida, this was along some busy and hot (not horny!) roads.



Monastery at Ronda

We arrived at Sineu at 11.00 am. This normally sleepy village was a bustling market where it was hard to find a place to sit down. After a freshly squeezed orange juice we made our way along quieter roads through Pina, passed Orange and lemon groves and orchards of almonds.



Sineu Market

After Algaida the climb came into view, an imposing mount with a golf ball style early warning station sat on top. The first couple of kilometres were steep, but it settled down to a climb of about 5.5 k at an average of 6% gradient. At the top the view where shrouded by a little heat haze but still impressive with views from the mountains in the north to Palma in the south. We all posed for a group photo, then enjoyed a fabulous descent back down to Monturi where from a rooftop terrace we enjoyed some fine food and super views.

The roads back were superb, fast and flat with a strong sun beating down on us. Then Robin's crank fell off! The one that had been making the creaking noise all week, the one that he had taken to the shop to have investigated, only to be told it was his peddle. Well it was hot; we were miles from home and Robin face 25 miles back peddling with only his right leg! Time for some Evesham Wheeler's repair skills. Martin using a technique, which for the purposes of copywrite cannot be fully described,

persuaded the crank to stay on the splines. With the deft touch of a surgeon he carefully manipulated the crank into place. All was saved.

We took the shortest route home while Robin and Simon headed for Bruce's shop to sort out the bike. That evening it was the beach bar after 75 miles in the saddle.

Day 6

Sa Colobra, the big day. And it was hot, and getting hotter (rather like the German pensioners!) We went out on the Bypass, then along the garden road to Pollenca, where the roundabout signalled the start of some unrelenting climbing. Up and up to the summit of the Coll De femenia at 515m. The group was keeping well together on a long undulating and increasingly hot climb.

A rest break was taken just past Lluch Monastery, then the descent into Sa Colobra, Oh, just forgot about the 300m climb that leads you to the top of the descent! Then down and down, flashing past cars and coaches, passing within inches of eye watering precipices and jagged cliff faces. Down into the resort of Cala De La Colobra.

It was time for the food of champions, Hamburger and chips! Trying not to think about the 10k at 6% that faced us in temperatures that were reaching 33 in the shade, and we didn't have any shade!

Ok, time to go the slow grind began. 300 m out of the restaurant and the realisation you had no more gears left! On and on, hotter and hotter, the road, the cliff faces and the passing coaches all radiating heat. With every hairpin the road kicked up, coaches that passed minutes ago were now appearing again 100's of metres above seemingly driving in the sky. We passed a lady lying on a rock about half way up the climb, her husband tipping water over her to cool her down.

Then it appeared the arch that signified only a kilometre to go to the summit, only a few minutes grind and then the 300m downhill to the café under the tree, and water, food and more water.

The descent was breath taking; still on a high from the climb it was eyeballs out all the way to the roundabout at Pollenca, and then the coast road home. A very hard yet satisfying 75 miles.

That night, all still elated from a super day in the mountains, the group held a bit of a beach party where a guest appearance from Reggie

Perrin brought the perfect end to a perfect day.

Back in the hotel room I had the privilege of falling asleep to a fine display of shadow puppetry. I still cannot guess some of the animals portrayed.

Day 7

The final day. We wanted a winding down day, so a visit to some of the smaller local towns was the order of the day. We had just had 3 consecutive days climbing. So a gentle tootle through the countryside was just what we wanted. Out through S'Albufera and the marshes, through the market gardening land to Sa Pobla, and on to Bugar, then taking some quiet green lanes (Ecovies) to the hilltop town of Camparet. We managed to lose Robin here on one of the climbs, however, he managed to find the correct way out of the village. We did eventually, but by this time he was miles ahead, his heart set on finding the best sardines in Majorca.

We took delightful country lanes back to Port De Pollenca where we had lunch. Then it was back to the hotel, and the poignant moment when the removal of your pedals signifies the end of the cycling. Bruce picked up the bikes at 5pm.

We spent the evening down on the beach; it was a little cooler this evening so a shelter was built from available loungers. Dave and Helen gave out certificates for all those that had been on the trip; each one carefully crafted to highlight the contribution each of us had given to the week. I will personally treasure my Tiara, as Queen Of The Mountains, for some considerable time.

Robin gave an excellent summary of the trip and thanked Dave for organising the whole event, but just as we were basking in the applause and congratulations there was the worry that mosquitoes may mar our enjoyment, so Dave produced some industrial strength repellent, Robin due to the failing light (and cheap Cava) had not fully realised that he had the spray nozzle pointing directly into his own face. Upon depression of the button Robin squirted neat mosquito repellent into his right eye, with the inevitable painful consequence. Luckily Tony was on hand to flush out the incapacitant by using the water from the melted ice that was keeping the beers cold. This action needed to be repeated several times before Robin was able to see!



Beach party eye wash

We all got back to the hotel and after a small nightcap, floated off to bed.

Day 8

Being picked up at 8.40am ensured that we all had a hearty breakfast. And soon, all too soon, we were somewhere over the south of England staring at the tops of clouds, and anticipating the inevitable bumpy landing that welcomes us back to Birmingham. (I am glad too say that this years landing was particularly bumpy!)

Back to the cars, and back to Evesham. A great week away, every one played their part, everyone joined in and a holiday I shall remember for a long time.

Thanks Robin, Martin, Paul, Simon, Tony, Helen and Dave for your friendship and companionship on this holiday, There are some things I will never forget, despite how hard I try!



Support Your Local Police!

Neville Chanin's Journeys Since 2008

Last November saw Neville Chanin attend the A U K annual general meeting and prize presentation along with over 100 other cyclists at Guildford in Surrey. After the evening Nev enjoyed a head clearing ride

through the sunny Surrey Hills.

In mid December Neville reported returning from a week touring in Mallorca. He rode the snake road to Sa Colobra on a sunny Sunday followed by the Lighthouse at Formentor on the Monday. Tuesday and were wet, but Thursday dawned sunny so he road to Sineu, and the coast, admiring the snowy peaks of the Mallorcan mountains on the way. Friday saw Neville in Petra, where he celebrated his 128th day cycling abroad in 2008.

In January Neville informed me that he spent the last days of 2008 cycling over Ditchling Beacon and along Brighton Seafront. He then accompanied 30 other CTC riders as they toured the Downs above Portsmouth. This took Neville to a total for 2008 of 11,599 miles. Well Done Neville!

Early March saw Neville report that he had just returned from 4 weeks awheel on the Coasta Blanca, where he managed to cover a creditable 1100 miles. He had some good clear sunny days and managed a couple of 1000 metre climbs on the Col De Tudons. Neville was not the first to complete this challenge in 2009, he was pipped to that by Evesham Wheeler ,Graham Holt, who along with his wife Margaret were staying at the same hotel. Neville managed 5 days riding in shorts! (only just warm enough).

April and Neville rode in the annual Dorset Coast Event a 200 k audax. He rode from Wareham , across to Weymouth, Abbotsbury, passing a great view of Chesil Beach. It was then over the Downs, past Thomas Hardy's monument and onto Dorchester. 170 riders had the benefit of Neville's company on this challenging yet beautiful ride, undertaken in unbroken sunshine. Neville first rode this event in 1981 and has only missed it once!

Neville continues to be a ambassador not only for the Evesham Wheelers but also for cycling in general, no matter where you go in the world the sight of an Evesham Wheelers top will invariably be followed by the words " Do you Know Neville Chanin". I am proud to say I do.

Awards 2009

Attendance Trophy	Norman Smith
Randonneur Champion	Neville Chanin
Mountain Bike Champion	Steve McGrath
Handicap Champion	Matt Ullmer
Senior Points (Series)	Matt Ullmer
Veteran Points (Series)	Paul Stockdale
Fastest 50	Steven Goodbier (1hr 59min 06sec)
Senior BAR Champion	Steven Goodbier
Schoolboy Champion	Tom Stockdale (28.22 mph - fastest on trophy)
Best Junior Contribution	Tom Stockdale
Fastest Junior 10	Tom Stockdale (21m 01s - Club Record)
Junior BAR	Tom Stockdale
Road Race Champion	Tom Stockdale
Hill Climb Champion	Tom Stockdale
25 Champion (Interclub)	Tom Stockdale (56m 50s)
Fastest 25	Tom Stockdale (56m 50s)
Junior Points (Series)	Tom Stockdale
Club Personality of the Year	Pete Hutchinson

Clothing & Sales

Item	Price
Women's Shorts (XL, XXL)	£25.50
Men's Shorts (L, XL, XXL)	£25.50
Bib Shorts (M, L, XL, XXL)	£46.50
Bib Tights (L)	£47.00
Short Sleeve Jersey (S, L, XL, XXL)	£37.50
Long Sleeve Jersey (M, L)	£27.50
Skin Suit (none left in stock)	£49.50
Winter Jacket (L)	£64.00
Gilet (S, M, L)	£35.00

Club Clothing Contact: [Richard Rhodes](#) Tel: 01386 593509

Weekly Runs

Date	Destination	Leader A	Leader B
31/05/09	Newent	tbd	Norman Smith
06/06/09	Open 10 Mile Time Trial (Help required on the day)		
07/06/09	Droitwich area	tbd	Leader Required
14/06/09	Earls Croome	tbd	Stuart Newbury
21/06/09	Cotswold Farm Park	Tbd	Stuart Newbury
28/06/09	Shipston on Stour	tbd	Pete Hutchinson

Timetable of 2009 Randonnees

Date	Starting Point	Contact
11 April	Leominster	audax@danielwebb.com
16 May	Meriden	John Bennett: 0121 4599319
6 June	Tewksbury	Loubylou52@talktalk.net
13 - 15 June	Dieppe	http://www.dieppetour.com/
13 June	Calais - Samer	Union Sporti Ve Samer
14 June	Calais -	Club Cyclo Calais
21 June	Wythall, S Birmingham	cotswoldaudax@beaconrcc.org.uk
5 July	Hampton in Arden	Richard Law
19 July	Taunton	Dave Saunders: 01823 354477
9 August	Wickhamford	John James
6 September	Hampton Hill London	billcarnaby@blueyonder.co.uk
4 October	Winchcombe	winchcombecc@aol.com
18 October	Minehead	Pam Almond: 01643 704258

Details of each of these rides can be found on the AudaxUK website:

<http://www.audax.uk.net>

They are of 100 kms or more, with the exception of those in Dieppe and Calais.
Details of other rides on the continent can be obtained from [John James](#)

Time Trials

K33/10S: 13 May 09

The wind was from the west so a good night was had by all. Tom and George were the only ones under 23 min with a 22.25 and a 22.30 min. The first Evesham rider was Robert Biddlecombe on 23.21 min with Scott 1 second and Matt 3 seconds off the pace. 5 other riders were under 24 min. Most riders improved on the last race by a few seconds. We also had a tandem out in training to take the 10 mile record later on in the season. Michelle King and Ruth Eyles did a 22.25 min and would have done under 22 min but for the chain jumping of, so good luck on your attempt.

Pos	Name	Club	Time	Cat
1	Tom Stockdale	MJS	22.25	J
2	George Coghlan	Janus RC	22.30	S
3	Robert Biddlecombe	Evesham Wheelers	23.21	S
4	Scott Law	Evesham Wheelers	23.22	J
5	Matt Ullmer	Evesham Wheelers	23.24	S
6	Rachel Hobbs	Evesham Wheelers	23.28	S/L
7	Richard Gill	Evesham Wheelers	23.35	S
8	Steven Goodbier	Evesham Wheelers	23.38	S
9	Richard Deeley	MJS	23.40	S
10	Ian Lambert	Evesham Wheelers	23.54	V
11	Hellen Russel	Evesham Wheelers	24.03	S/L
12	Philip Farley	MJS	24.34	S
13	Karl Ruijsenaars	Evesham Wheelers	25.18	S
14	Mike Sheppard	Stratford CC	25.23	V
15	Mark Howe	Evesham Wheelers	26.13	V
16	Andrew Tarring	Evesham Wheelers	26.21	V
17	Dave Newbould	Evesham Wheelers	26.23	S
18	Paul Stockdale	Evesham Wheelers	26.33	V
19	Richard Milner	Evesham Wheelers	27.25	S
20	Marianne Day	Evesham Wheelers	27.32	S/L
21	Matthew Fletcher	Evesham Wheelers	28.49	S
22	Tracy Dresch	Evesham Wheelers	29.24	V/L
23	Fred Meades	Evesham Wheelers	29.33	V
24	Pete Hutchinson	Evesham Wheelers	30.59	V
Tandem:				
1	Michelle King / Ruth Eyles	Wyre Forest / Beacon RC	22.25	S/L & V/L

K33/10S: 29 April 09

The first 10 for Evesham 2009. A good turn out was had on a good evening. The 20 Evesham riders did a good job and some good early season times were had by all. With 19 private riders taking the top spots with good early season time by Nick & George on low 22 min and 12 riders under 24 min. Noted Evesham rides were Scott on 23.18 min, Rachel 23.38 min and new comer Robert Biddlecombe 23.44 min.

Pos	Name	Club	Time	Cat
1	Nick Walford	MJS Racing	22:03	S
2	George Coghlan	Janus RC	22:27	S

3	Robin Corder	Stratford CC	23:05	V
4	Scott Law	Evesham Wheelers	23:18	J
5	Tom Stockdale	MJS Racing	23:26	J
6	Dave Evens	Worcs St Johns	23:29	V
7	Garry Bartram	Stourbridge Velo	23:33	V
8	Rachel Hobbs	Evesham Wheelers	23:38	SL
9	Robert Biddlecombe	Evesham Wheelers	23:44	S
10	Allan Taylor	Climb on Bikes	23:48	V
11	Richard Gill	Evesham Wheelers	23:49	S
11	Steven Goodbier	Evesham Wheelers	23:55	S
13	Ian Lambert	Evesham Wheelers	23:57	V
14	Matt Ullmer	Evesham Wheelers	23:58	S
15	Jeff Mathews	Speedwell	24:05	V
16	Brian Cartland	Birmingham RC	24:06	V
17	Neil Wilkes	Birmingham RC	24:08	S
18	Simon Darrall	Beacon RC	24:26	S
19	Andrew Bailey	Evesham Wheelers	24:27	V
20	Emerson Currell	Beacon RC	24:28	S
21	Brian Botfield	Beacon RC	24:31	V
22	Paul Cortney	Evesham Wheelers	25:19	S
23	Paul Stockdale	Evesham Wheelers	25:23	V
24	Mike Sheppard	Stratford CC	25:31	V
25	Karl Ruijsenaars	Evesham Wheelers	25:44	S
26	Graeme McMillan	Evesham Wheelers	25:49	V
27	Dave Newbould	Evesham Wheelers	26:11	S
28	Alison Bagnall	Stratford CC	26:15	V
29	Mirk Howe	Evesham Wheelers	26:35	V
30	Andrew Tarrin	Evesham Wheelers	36:45	V
31	Matthew Fletcher	Evesham Wheelers	26:57	S
32	Richard Milner	Evesham Wheelers	28:05	S
33	Pete Hutchinson	Evesham Wheelers	29:42	V
34	Richard Kings	Beacon RC	29:43	V
35	F Meades	Evesham Wheelers	29:47	V
36	Tracy Dresch	Evesham Wheelers	29:47	LV
37	Ivor Griffiths	Evesham Wheelers	30:08	V
	R Deeley & P Farley	MJS	22:26	S


K39/5T: 15 April 09

The club did it's first event this year, a come and try it race along the Toddington to Teddington road. With a brisk tail wind all did fast times as the results show. Tom Stockdale our last years cup winner was first back with noted rides from some of the new comers to racing i.e. Robert Biddlecombe, Karl Ruijsenaars, Mike Thellwell. The ladies did well as shown by Rachel, Tracy & Hellen. 25 entries on the night was a great success and all enjoyed the night out.

Pos	Name	Club	Time	Cat
1	Tom Stockdale	MJS Racing	09:14	J
2	Ben Stockdale	Qorus Novatec	09:51	S

3	Rachel Hobbs	Evesham Wheelers	09:53	S
4	Richard Gill	Evesham Wheelers	10:02	S
5	Robert Biddlecombe	Evesham Wheelers	10:04	S
6	Matt Ullmer	Evesham Wheelers	10:10	S
7	Richard Deeley	MJS	10:12	S
8	Karl Ruijsenaars	Evesham Wheelers	10:30	S
9	Hellen Russel	Evesham Wheelers	10:43	S
10	Mike Thelwell	Evesham Wheelers	10:44	S
11	Richard Milner	Evesham Wheelers	10:48	S
11	Nicholas Yu	TTG	10:48	S
13	Graeme McMillan	Evesham Wheelers	10:51	V
14	Ian Lambert	Evesham Wheelers	10:53	V
15	John Jenkins	Evesham Wheelers	10:55	V
16	Dave Newbould	Evesham Wheelers	10:56	S
17	Nathan Cox	Chard Wheelers	10:58	J
17	Andrew Graff	Cheltenham County	10:58	School boy
19	Matthew Fletcher	Evesham Wheelers	11:04	S
20	Paul Stockdale	Evesham Wheelers	11:07	V
21	Simon Walker	Evesham Wheelers	11:16	V
22	Scott Law	Evesham Wheelers	11:26	J
23	Tracy Dresch	Evesham Wheelers	11:44	V
24	Robin Walker	Evesham Wheelers	12:27	V
25	Rebecca Graff	Cheltenham County	14:45	School girl

What's Happening

Event	Date	Start Location	Details
Open 10 Mile Time Trial	6th June 09		Course K33 10 S Alcester bypass. Start time: 2 pm. Entry Fee: £7. Entry Forms available from Norman Smith . (01386 710162). Closing Date for entries to be recieved by Norman is: 20th May
Beacon RCC's Cotswold Audax	21st June 09	HQ near the M42	Choice of 3 distances: 108, 150 and 202 km. Souvenir water bottle and pen for every finisher. Entry Fee: £6. More Details .
	9th August 09	Wickhamford	Clover Leaf Audax organised by John James.

Books of Interest

Re-issue of this title "Wonder Wheels" by Eileen Sheridan.

Ken and Eileen in March 2009

This is the life-story of the outstanding woman cyclist in Britain, told with much modesty and good humour. It is a book that will appeal to everyone, cyclist or not, who admires an adventurous spirit. It was with the acquisition of a heavy ungainly machine that, at fourteen, Eileen found cycling at first a means of enjoyment, then an end in itself. She joined the Coventry Cycling Club and began to undertake ever longer and more exhausting runs. Her enthusiasm quickly spurred her into women's competitive cycling, and despite a fragile appearance, her stamina and determination were such that her times were often found to be comparable only with those of men in similar events. From trials she went on to racing, continuing to break records all the time. Her greatest exploit so far has been the triumphant 'End to End' ride from Land's End to John o'Groat's in 2 days 11hours, and carried on to ride the 1,000 miles in 3 days and 1 hour.

Sportswoman, housewife and mother, she has succeeded in reconciling conflicting demands and interests; she has learnt, too, how hard it can be, having arrived at the top, to stay there.

Book details:

Title: Wonder Wheels. The Autobiography of Eileen Sheridan

ISBN: 978 1903088 494

Size: 190mm x 130mm Hardcased and Jacketed

Pages: 158 including + 16 pages of photographs

Price: £17.95 plus £2.50 P&P for UK

Available from: Mercian Manuals Ltd, 353 Kenilworth Road, Balsall Common, Coventry, CV7 7DL.

01676 533304; 07929 084172

www.mercianmanuals.co.uk

Also available is: "**Personal Best**" The autobiography of Beryl Burton

From the Forum

Tour of Britain

by [racelite](#) on Wed May 20, 2009
Tour of Britain Volunteer Page Now LIVE!

We are pleased to announce the volunteer registration page is now live on our new website <http://www.tourofbritain.co.uk>

You will see a blue box on the bottom left hand side - click on this and you will be directed to the registration page.

Everyone who registers and turns up on the day will be entered into a competition to win an exclusive entry into hospitality in 2010 in London and there will be daily prize draws to win an official Tour of Britain race jersey.

Please note: All volunteers must be aged 18 or over.

Thank you and we hope to see you on the race

[The Tour of Britain Team](#)

[Qatar cycling blog](#)

by [rwoffenham](#) on Fri May 01, 2009

Not a lot of people know this, but British Airways allow you take a piece of 'sporting equipment' free of charge in addition to your normal baggage allowance - so thanks to Dave Newbould who lent me his cycling bag, here I am in Qatar with my bike and all the kit, and (to begin with...) enjoyed my first ride this morning. Assembling it was fun. It coincided with two guys (one from Nepal, one Philipino) trying to fix my internet connection in the hotel room, and they watched with amazement as the bits emerged and took shape. They had obviously never seen a carbon road bike before, and they asked if they could hold it to see how light it was - the look of glee was priceless. They took great pleasure in helping me, and it was soon together. I offered them a ride, but they politely declined.

So this morning, the Sabbath, at 6.30 to avoid the traffic, I ventured out onto Doha's roads. If you look at the local social networking site Qatar Living, opinion is divided on cycling. Some consider it to be a suicidal risk and strongly advise against it, while others boldly describe their favourite routes to avoid the maniacs in Land Cruisers. I decided that provided I could be

seen (my new shirts make sure of that), I should be Ok. I was mostly right, though the large lorries seemed to think it funny/polite/necessary to hoot their horns before passing closely by.

I made my way to the Corniche, which is a magnificent bay with very wide roads and palm trees, and this is probably where i will do most of my cycling - not much hill training, but safe, and with a backdrop of sea (Persian Gulf) on one side, and silver and gold plated skyscrapers on the other. You certainly get the feeling that the streets are paved with gold here - unfortunately there is still a lot of building going on, so they are also paved with shards of glass, so it was only a matter of time before I heard and ominous hiss and sank deflated to the tarmac.

Never mind, I had come prepared, with spare tubes, tools and pump. Oh dear, did i say pump? Lidl produce some excellent value kit, but I would not recommend their pumps. It broke. Undaunted, I discovered I was near a shopping mall, so ventured in wearing full Lycra, attracting strange (?) glances from fellow shoppers. Sadly Carrefour did not have the right pump, so I had to suffer the ignominy of taking a taxi back to the hotel - only £3, so not bad really. Now I am off to find a real cycle shop, and hopefully with a decent pump, I will live to ride another day. If so, I'll keep you posted.

[Re: Qatar cycling blog](#)

by [rwoffenham](#) on Sat May 02, 2009
9:55 am

Day 2 of the Qatar weekend, and I am getting the hang of the place - no punctures today, and 42 glorious miles in beautiful sunshine - bit warm though. I even found a coffee stop, and will post a picture if I can work out how - large Turkish with milk and sugar, and a little pack of biscuits, for £1.20. I've come to the conclusion that cycling here is nearly as safe as at home, providing you recognise the different driving conventions. Like when negotiating a roundabout, cars ALWAYS have priority, even when the white lines say otherwise. I came across two fellow cyclists today - they had an interesting solution- cycling the wrong way down a dual carriage way - obviously working on the principle we adopt for walking, where its better to see what's coming toward you - not sure Phil Stayte would approve though...

There are in fact many cyclists in Doha, but they tend to only come out at night - they

are to be found in the hotch potch of streets that comprise Old Doha, and they are almost exclusively on the sit up and beg type of machine popular in India and China - not surprising really, as that's where they are from. There is a wonderful bike repair shop just down from my hotel, which does brisk trade, unfortunately they have never come across a racing tyre valve, but we managed to get inflated with the aid of a compressor and a rubber hose - I don't think its quite up to 100psi though. I'm unlikely to get out on the bike much this week, as my client is picking me up at 6.15 each morning, but hopefully will do some work in the gym to fend off the return of obesity. Not sure whether this is of interest to anyone, but I thought I might as well record it for posterity.

[Re: Qatar cycling blog](#)

by [phil1855](#) on Sat May 02, 2009

Hi, If only you knew we were cycling through the idyllic cotswolds in rather decent mid teens temperatures. Though it has to be said I would love to be experiencing the sort of cycling that you have got in the middle east. Did Fish Hill yesterday and came across my roomy Paul in Chipping Campden and strangely enough your wife at the Evesham regatta where she was having a glass of wine, apparently this was this first chance she had to relax (well we all know what women are like!)

See you in Mallorca, I will be the one in the Flamenco dancers dress!!!!!!

[Re: Qatar cycling blog](#)

by [TracyD](#) on Mon May 04, 2009 8:05 pm

Hi Robin, Do keep up the blog - it's really interesting to hear some different cycling experiences. I'm impressed that you're managing to ride in that heat. My experience of getting up to row in Dubai at 5.30 am was bad enough and that was out on the water with a bit of breeze - so well done you.

Despite only 8 of us turning out for the B ride yesterday, we had a good, fast run to Staunton via, I have no idea where - it was all a bit of a blur - 64 miles of blur! I think I didn't help matters when being put on the front, I confused being told to take it up (as in rowing lingo) and sped off way too fast - oops However, they got their own back on me on the way home, by sprinting the

length of the Sedgeberrow bypass ! Good fun though trying to keep up.

[Re: Qatar cycling blog](#)

by [rwoffenham](#) on Fri May 08, 2009 6:48 pm

Well, its the weekend again, so I was out on the bike at 6.00 this morning, determined to find the golf club and the road to Al Kor - everyone says its the best place to cycle, and I need some miles - only managed one session in the gym this week. It was actually very simple, up the end of the road to Al Sadd, turn right, and keep going. Dohar Golf Club is next to the two squiggly towers - they look like three parallelograms stacked on top of each other, and very tall. It's really strange seeing trees and beautifully manicured greens in the middle of the desert, but as I'm no good with balls and bats, I didn't stop to play a round. The Al Kor road is indeed a good road to cycle on - if you like long dual carriageways stretching mile after mile. It is definitely safer than most roads around here, as there are no roundabouts, so little chance of being mown down by a mad motorist. The temperature was quite pleasant to start with, around 33 degrees, and I got rolling at about 20mph. It goes on, and on and on... brief moments of excitement to relieve the boredom include a full international motor racing circuit, and a complete new village under construction in the middle of nowhere designed to look like a French fort. Eventually you reach the end, and there is a welcoming filling station to get some breakfast. I had seen lots of cyclists going the other way, but only two on my side - Germans who had decided to cut it short because it was getting too hot. I felt good, and had plenty of water, so persevered. I had calculated that it would be a tail wind on the way back, but somehow it didn't turn out like that. And it got hotter, and hotter, and became a case of conserving energy and water. By the time I hit the outskirts of Doha it was up to 45 degrees, and I'd nearly run out of water. After all that, it was very satisfying, and something of a relief, to get back to the hotel, 60 miles at 17.0 average, which I was very happy with. The other relief was that I had not been caned - apparently it is against Islamic law to wear shorts above the knee, and rumour has it that two Americans were caned for transgressing, but I avoided any cane wielding clerics, and will be out in my shorts again tomorrow - starting at 5.00 in the hope that I get back before the temperature gets too extreme. Thank you for your kind messages of support, missing you all lots, and looking forward to Majorca, I'll sign off now.

[Re: Qatar cycling blog](#)

° by [Hutch](#) on Sun May 10, 2009 8:18 pm
Hi Robin, I take my hat off to you cycling in those temperatures. I would look like a grilled tomato before I got 5 miles down the road!

I hope the clerics don't want to cane you. However should the worst happen try and wear your cycling shorts. The chamois should take some of the sting out of it!

[Re: Qatar cycling blog](#)

° by [rwoffenham](#) on Mon May 11, 2009 3:44 pm

A couple of days late with my account of Saturday's ride, as work just went from busy to manic. Having unfortunately lost my mobile on Friday, I set out to retrace my steps in the hope of finding it at the filling station in Al Kor. After yesterday's heat I had taken an early night, and set off at 5.15. Unfortunately I had not taken account of the strong headwind, and found I was cruising at about 14-16 instead of 18-22. That road is long at the best of times, but I was not enjoying this (we are meant to enjoy, aren't we?) so I peeled off to have a look round the motor racing circuit. Amazing set up, fully floodlit, and they have already hosted a Moto GP race, and are aiming to get a Grand Prix - with so much money around here, what hope has the British GP? I went up to the barrier and asked if I could cycle round to benchmark it against Castle Combe, but unfortunately this was not allowed - can't think why... Then headed back to Doha, and suddenly was doing 25-30 with a healthy tailwind - no danger of running out of water today - though the temp was starting to climb. I headed for the Corniche, and a handy coffee stop - I'm getting to quite like the Turkish with milk and sugar - and then went round the bay to inspect the port, lots of very nice dhows, in varying states of repair. Then back to the hotel, a fairly relaxed 45 miles with finishing temp of 39 - quite refreshing! My thoughts are now turning to Mallorca, and I've just watched some videos of Sa Colobra on Youtube - I think I am going to enjoy going down very much, not so sure about the climb back up though. Thank you all for your kind messages of support - I have a wonderful vision of a grilled tomato on a bike Pete - I have also found a rather lovely picture of what cycling is really like in the desert!



[Re: Qatar cycling blog](#)

° by [Hutch](#) on Thu May 14, 2009 8:57 pm
Hi Robin, You are in the right place now. Our summer has temporarily been paused - no sun all day and now rain+ with more to come. However we did get better than forecast weather for last night's TT as the expected rain and strong winds went to Herefordshire and drenched an old and old friend on his short touring holiday. In fact the weather was pretty good for a TT but I still managed to do my worst time ever!! Roy G has told me to ditch the Tri-bars and go down on the drops as at the moment he says I look like a sail but perhaps he said snail. Hearing isn't what it was. Great photo of the "Camike"!! Steering may be sluggish tho.

[Re: Qatar cycling blog](#)

° by [rwoffenham](#) on Tue May 26, 2009 6:33 am

Back in Qatar this week after a week in chilly Mallorca - only about 30 degrees, compared with 50 reached on Sunday here. Will struggle to ride this week, as coming home again Friday, but may even get out with the club run either this Sunday or next Wednesday - will have to use the TI Raleigh Team Pro. Hoping to add to the blog before the contract finishes in 4 weeks, looking forward (I think) to Phil's account of our exploits in Alcudia.

And Finally!

A couple of images from the Christmas celebrations that I forgot to include in the last newsletter!



Jess Hemming
Tel: 01386 858721

This newsletter is only sent to members who do not have internet access. If you do have access to the internet and no longer require a copy then please email: jessica359@btinternet.com

Interesting feet you have there sir!



Bill entertaining the guests with his harmonica.

All articles taken from
www.eveshamwheelers.org.uk

Thats all - Hope you enjoy it!

Please note that if you would like anything included on the website or in the newsletter then please contact: