

Hounslow and District Wheeler's Magazine April 2010 Vol 1



A note from the Editor



Well I threw my hat in to the ring and here I am, listed as the editor of the Wheelers Magazine. I would like to thank Jan for all of her hard work in producing the magazine for many years.

I hope to carry forward the good work that Jan has undertaken years and also chip in with a few ideas of my own.

As this is a club magazine I am keen that magazine is of interest to all our members. I am open to trying a few different things in relation.

to format and frequency so will be interested to hear your views and feedback I am open to all your ideas and suggestions so please feel free to drop me a line to let me know your views and feedback.

We are a busy club with lots of activities happening, if you are up to something that you think other members would be interested in, then please drop me a line. I would love to include all of this information in the magazine.

One of the things I do want to try was an email version of the newsletter. If you frequently use email and would be happy to

receive the magazine in this format, please drop me an email confirming your address.

Don't worry those of you that are not regular internet/email users, I will continue to send a copy to you in the post.

I am looking forward to my new challenge!

Enjoy!

Many thanks

Clare

Fiatbravo1980@yahoo.com
07795 615280

Dates for your Diary HDW Open Events



Our Open Event Schedule looks like this for 2010, we hope to see you there!

- Road Race – Sun 21st March
- Open 10 Mile TT – Sat 15th May
- Ron Brown Memorial 100 mile TT – Sun 4th July
- Open 25 mile TT – Sun 19th Sept
- Audax 100k London Sightseer – Wed 30th June and Sun 5th September
- Surrey League Handicap RR 3rd June and 1st July

If I am missing any please let me know and I can add them in for next time.

AGM Update



The turnout at this year's AGM was a good one with many of us squeezing into the Club Room at the Staines Sailing Club. The Agenda was pretty packed and we managed to just about get through it all with a close at just beyond 10pm.

The committee this year will see some new faces. Patsy Howe and Seb Greenwood take on the roles as Members Rep. As Editor of the Magazine I take my place on the committee for the first time. Other committee changes see Martin Roach take on the role of Treasurer, and Trevor returning to the position of racing secretary. The committee now looks as follows:-

President - Jeff Marshall	Magazine Editor - Clare Shell
Chairman - Jeff Marshall	Press Officer - Chris Lovibond
Secretary - Bill Carnaby	Clothing Manager - Jeff Marshall
Treasurer - Martyn Roach	Member Rep - Patsy Howe
Racing Sec - Trevor Gilbert	Member Rep - Seb Greenwood
Dinner Sec - Ann Young	Accounts Examiners - Ron Killick
Captain - Norman Howson	Accounts Examiner - Bob Birt
Vice Capt - Graham Davis	Web Master - Andrew Gillies

A full account of the evening's actions and decisions will be found in the minutes.

The major and most emotive discussion of the evening was focused around kit. There seems to be quite a mixed view around the training/club ride kit with a handful of members proposing that a new kit be considered. A challenging subject when the club still has a large amount of the current kit in stock. It was evident however that everyone felt strongly that the traditions of the club's colours should remain whatever the kit decision turns out to be.

An action at the meeting was taken for Dave George and Paul Innes to research some designs and costings and propose these at the next committee meeting. If you have any feedback or want to talk to Dave and Paul re your views on the kit I am sure that he will be happy to listen. There has been some healthy debates re the kit on the forum too.

Potholes Galore!

The cold, icy and snowy weather has taken its toll on our roads, in fact in places they are the worse I have known them. As we all know potholes can be particularly nasty for cyclists.



There are some great websites out there where you can report potholes. Fingers crossed it hurries along the councils to get them fixed. Contact your local council or report via this website below

<http://fillthathole.co.uk>

Hounslow and District Wheelers

April 2010

Page 2



Forum Gossip!

If you have not yet made it on to the Hounslow and District Wheelers forum it may be worth a venture. There are quite a few active participants now and it is a great way to find out what we have all been up to on our cycle rides. The link can be found on the Club Info section of our website or directly using <http://www.apollonia.org.uk/hounslow>



Each month I will post a question on the forum, feel free to answer and I will update everyone on your comments. This months question: - Which of the Hounslow Wheelers Club Rides is your Favourite and why?

- Cycleman – posted a crazy video clip of a man coming down a mountain on his belly in some strange looking kit
- James has posted a message for all 'tech-bike lovers with a link to Hydraulic brakes on road bikes
- View and opinions on some proposed club kit designs

Can you get a debate going or want to organise a ride out with some other wheeler buddies. Logon you never know what type of response you might get!!

Surrey Cycling League

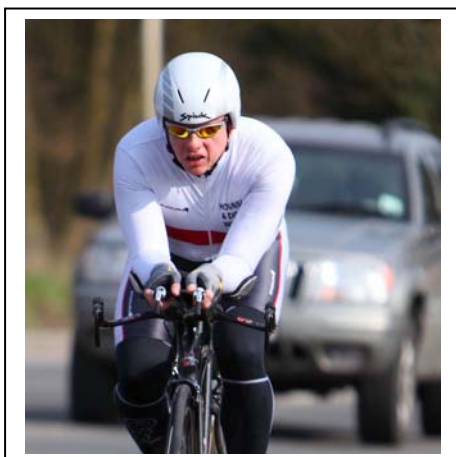
Up and coming races and events in the surrey league



- April 11th – Goodwood Motor Circuit – Many Categories with racing starting from 9:30am
- April 27th – Goodwood Gallops – Series #1 – Circuit - E1/2/3/4 7pm
- April 29th – Kitsmead Lane – Handicap Series #1 – Circuit – E1/2/3/4 7pm
- May 2nd – Barcombe – Road - 2/3/

If you are entering any of these races or any others please let me know – I am sure the other members would love to hear how you get on.

Further details and registration for these races can be found on <http://www.surreyleague.co.uk>



Dave George racing at the Middlesex RC Open – Riding the Hounslow and District Wheelers to victory!!

Meet a Member



This month we meet my hubby **James Shell**

How long have you been a member at HDW?
Not long less than 18 months

Who is your favourite pro rider?
Bradley Wiggins

What's your favourite cycle ride?
Penhydd Trail, Afan Forest

If you won the Euro millions what bike would you buy first?

I would buy a Pinarello Dogma in TeamSky Colours

Something we don't already know about you
I have a very untidy wife! (CS – I can't believe I have put this in!!)

Describe yourself in 4 words
Easy going, Quiet, Lazy

Watch out, I'll be looking for another volunteer soon!!!

April Club Runs



Give your bike that much needed spring clean and come and join us on the club runs. This month sees us venturing to:-

- 8th April – Evening 10's start
- 11th April – Missenden – Deep Mill Diner
- 18th April – Newland Corner – New Barn Café
- 25th April – Arborfield – Henery Street Garden Centre

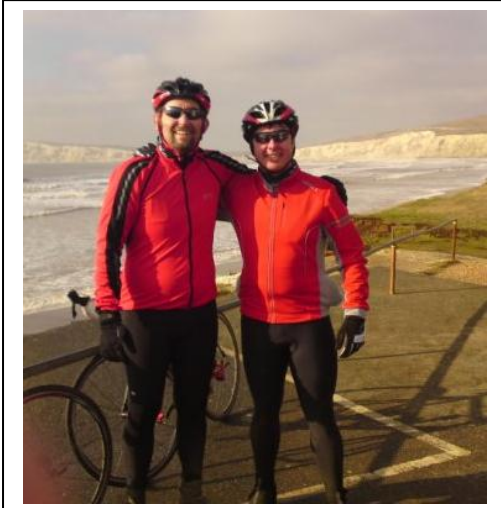
Hounslow and District Wheelers

April 2010

Page 3



Round the IOW in a day *by Geoff Shaw*



Not being able to make a recent club run stirred myself and Mick into action and we decided to stop talking about circumnavigation the IOW and get our backsides down to Portsmouth Saturday Morning and do it!.....So 90 minutes in the car, £10 parking all day & £14.50 return to Ryde on the FastCat and we were away from Ryde about 10am.....Very dodgy start cycling down Ryde Pier due to planks running in the same direction, so gaps between them tend to grab wheels now and again (zig zagging solved that). We followed the main route (sort of) which I programmed into the Garmin took us clockwise - Ryde, Seaview, Bembridge, Brading, Alvestone, Wroxall, Ventnor, Chale, Black gang, Yafford, Freshwater, Yarmouth, Cowes, East Cowes, Wotton, Ryde!

.....Despite mechanical with front deraiiuer early on which was preventing me dropping onto the granny ring (managed to fix it Thank God!) & two punctures we had a great (albeit exhausting) trip round the hilly terrain. Weather stayed good all day, traffic was quiet and drivers on the island seem more courteous towards cyclist than back on the mainland..... Hope to do it again (anti- clockwise) in the summer which is apparently slightly tougher, so will need to get some hill work in readiness... Will keep you updated on when we will next be attempting it.

Geoff

Geoff and Mick rode 108kms the official clockwise route on Sat 6th Feb

Time Trial Racing

Hounslow and District Wheelers have a great road racing and time trial tradition, and this season is no different.



A handful of key time trialists got together to plan their racing schedule for 2010.

Why not consider joining them, support them at the events or track their results.

Chris Lovibond, Dave George, Damien Poulter, Jeff Marshall, Nick Stagg, Paul Holdsworth, Paul Innes and Rob Gilmour have already committed to a number of dates. All the details are also being kept updated on the forum.

Here some details as to where our racers are for the next few weeks;

- 11th April – Redmon 25 – 25miles
- 18th April – Beds RCC – F11 – 25 miles
- 24th April – Newbury RC – H25/1 – 25 miles
- 1st May – WLCA – h10/1 – 10 miles

If you are interested in racing please let any of the racing boys know . It would be great to have a few more members representing the club.

Come and Join us at the Semaine Federale 2010

Fancy going on a cycle ride with 15,000 other cyclists?

Semaine Federale has been described as possibly Europes largest annual gathering of Cyclists. Our very own Dave George has described it as "something all cyclists should do at least once" The Semaine Federale takes place every year moving around different parts of northern France. 2010 sees the event taking place in Lorraine. Yes it is famous for Quiche Lorraine.

Lorraine has a great cycling tradition as you would expect with over 100 registered cycling clubs and over 4000 cycling club members.

The event organisers have described Lorraine as a place "Where cycling is king"

Eight of our very own Hounslow and District Wheelers have already registered for the event and Dave George who has been organising the trip has said the more the merrier.

There are many different accommodation options ranging from camping, dorms and Bed and Breakfast.

Some members this year are opting for camping organised by Dave George and other opting for Student accommodation Jeff Marshall has organised this.

The event this year is running between 1st and 8th of August. Each day has an organised ride where you can choose your distance from at least four different distances.

These range from between 50 to 200kms. There are also MTB rides for those that fancy a change of scene. Depending how your legs are feeling you can choose the ridge length that is most appropriate for you.

Each of the rides take over a town hall or village field for lunch spots and the catering includes plenty of the local produce. This is a trip for all members of the family, with good facilities for the younger riders.

There are plenty of activities for non-cyclists or for those rest days off the bike.

If you are thinking of going along but want to find out a bit more, Dave George will be happy to help. It would great to see a number of wheeler jerseys amongst the pack!! Further details can be found via http://www.sf2010-verdun.org/images/stories/pdf/Plaquette_SF2010_GB.pdf

Costs for the trip range from £200 upwards and include breakfast and evening meals. Lunches on the rides need to be paid for.



2010 Dinner and Dance

This year's club dinner has again proved a great success. The event taking place at the British Airways Concorde Club was attended by 86 people and guest speakers included Peter Whitfield author of Twelve Champions. Our thanks should again go to Ann Young who arranged yet another fabulous evening.

The Club Champions Awards went to the following: -

Best All Rounder and Road Race Champion

Paul Holdsworth

Ladies Best All Rounder and Ladies Club Events Champion

Joanna Wells

Veterans Best All Rounder

Robert Gilmour

Club Events Champion

David Brown



There was great feedback from the event, here are just a few of the comments that Ann collected: -

"It brings people/friends together socially once a year. It is possibly the one chance to meet partners of members and the only time we see members out of their Cycling Kit"

"Meeting old friends and finding out what the club has achieved over the year"

"Speeches and chances to catch-up with other members"

There will be another great event organised for next year so make sure that you come along.

Early Time Season Time Trial success

by Chris Lovibond

The Hounslow & District's 2010 racing season has got off to a bright start with a team victory in the Middlesex Road Club 10, and a creditable 4th place for Nic Stagg in the Southern Counties Cycling Union 10.

The Middlesex RC 10 (13th March) was reduced to 8 miles by road works on the Bath Road, but this does not detract from the merit of the win. The team counters and their times were:

Nic Stagg	17minutes 51 secs.
Rob Gilmour	19. 18.
Damian Poulter	20. 04.

The overall winner was Tejvan Pettinger (Sri Chimnoy) with 17.13.

In the SCCU 10 last Saturday (20th March) Nic Stagg again showed good form by taking a creditable 4th place overall.

His time was 23.39, and although this was 90 seconds down the winner, Pete Tadros (In Gear RT) who returned the exceptional time of 22. 10, it was fast enough to beat some well known time trialling names including David Shepherd (G.S. Stella), Ray Hughes (Clarence Wheelers) and the winner of last year's Hounslow open 25, Steve Dennis (East Grinstead CC). The course was truly 'sporting' consisting of undulating Surrey lanes around Walliswood and Oakwood Hill. Nic rode the 2009 edition of the race which was held over the same roads; this year's result was 40 seconds faster and this moved him four places up the results table. Top 5 places included: -

Pos	Rider	Club	Time	N1	N2	N3
1	Peter Tadros	In-Gear RT	00:22:10			
2	Jerone Walters	Sigma Sport	00:22:46			
3	Niall Digby	Sigma Sport	00:23:13	+2:17		
4	Nic Stagg	Hounslow and District Wheelers	00:23:39			

Coming up in the next issue...

- Peter Young Memorial Road Race 28th March 2010 – Race Report
- Hounslow and District Wheelers Good Friday 25mile Time Trial – Report and Winners!!
- And hopefully more news of successful races by club members

If you have something that would be good to include in the next or any other edition then please let me know

Many thanks
Clare