



Cleveland Wheelers



SPOKESMAN

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CLUB SUBS ARE NOW DUE. PLEASE DO NOT FORGET THAT FAILING TO PAY THEM BY DECEMBER 31ST WILL INCUR 50% EXTRA PAYMENT. IF YOU WANT TO BE SECOND CLAIM PLEASE NOTIFY THE MEMBERSHIP SECRETARY AT THE TIME OF RENEWING. UNDER 16'S ALSO NEED TO CONTACT THE SECRETARY TO INFORM HIM THAT THEY WISH TO CONTINUE WITH MEMBERSHIP.

Dates for Diary

Club open events

9 January Flatts Lane Cyclo Cross 10am

Christmas Day TT Newton under Roseberry 11am

Pre Christmas lunch

Sunday 19th December Ingleby Greenhow Village Hall. Proceedings start 12 sharp. Cost £5 per person for this you get a good buffet (bring your own booze), but before you eat you have to sing. NO SINGING= NO EATING. Let's hope there are no major snow falls like last year. (contact Bryan)

CLUB DINNER DANCE AND PRIZE PRESENTATION

11th February 2011. Once again at Middlesbrough FC's Riverside Stadium, Legends Lounge. Guest of Honour is Dr Steve Peters, he is the psychiatrist to British Cycling and Team Sky. Ticket prices are £20,50 and under 16's £10.25. Tickets available from Committee members. This is an extremely good night enjoyed by everyone who attends. DON'T MISS IT

Something Different

Want to do something different from your regular Sunday morning training rides? How about a training ride which would include a short rough stuff ride, one short hill climb, and a bit of gym work. Could be good fun but could be difficult. The whole work out is based on Guisborough Forest and Pinchinthorpe walkway. For more details contact Bryan Bevis.

Racing Round Up

In the national track championships David Daniel was 4th in the sprint being beaten in the bronze place ride by Sir Chris Hoy and also finished 4th in the Keirin. However better news and congratulations in winning the silver medal in the Commonwealth Games Keirin. David has once again been included in the Olympic Academy Programme.

28 Riders reported to the timekeeper in the clubs annual hill climb at Carlton. This year saw some of the worst weather ever to visit the event, it was more like a river flowing down. Fastest rider of the day was junior Josh Teasdale (Team Endura) who completed the course in a time of 7 min 6 secs. Fastest club member was Richard Lillekar in 7.53.

Steve Potter leads club members in the NECCL Premier League in 20th position after 3 events. John Carr is 17th in the Inter league with Josef George, Derek George, Jason Kotch and Phil Etherington 9th, 14th, and 17th respectively in the Sportif section. Laura Kotch is 3rd overall in the U16's George Potter and Helen Kotch 11th and 14th in U12's.

In the rival CXNE events Steve Potter, John Carr and Jason Kotch lie 16th, 17th, and 28th in the Sportif section. George and Laura are 16th and 17th in the youth section

A Sky High Ride

Norman Bielby

At 9.15am, on Sunday August 15th, my eldest son, Andrew, his wife Liz and 4 years old Grand-daughter Ellie, arrived in their 4x4 to convey Grandad for a cycling jaunt around the 'closed off' streets of central Middlesbrough. Approaching the traffic lights at Stewarts Park, a bunch of cyclists were obviously making their way to the big event - low and behold it was a group of Cleveland Wheelers - George & Barbara Preston (on tandem), Clare

Tanfield and plenty of keen youngsters.

We parked up in the Thistle Hotel area, and proceeded to assemble the bikes. Andrew's mountain bike + trailer for Ellie, Liz's mountain bike and Grandad's Holdsworth which hadn't seen the light of day for over 3 years. (a hurried check had been carried out on all the essential parts on Friday & Saturday)

A slow trundle by all of us down Corporation Road towards the start area in Victoria Square, arriving just before 10 o'clock. Liz acquired some luminous yellow jackets, which everyone seemed to be wearing, but we decided that we would stick with the Cleveland Wheeler Tops to show 'our colours' to the many hundreds now assembled.

At 10 o'clock the huge mass of riders moved off from Albert Road towards Borough Road and past the Gazette Offices. As we turned into Woodlands Road, all you could see was a mass of yellow jackets filling the width of the road for half a mile heading towards Albert Park – a sight probably never seen in the town before !

A left turn into Park Lane, across Park Road North and into Albert Park. A continuous ribbon of 'yellow' cyclists meandered beside the Lower Lake of the Park – a cheery wave from the many fishermen greeted the riders on this beautiful Sunday morning.

The route continued in the Park, alongside Park Road South, past the newly restored Victorian Fountain and through the main gates into Linthorpe Road. Half of the road had been 'coned off' and again the eyes were drawn to the mass of colour heading back towards the town centre. Tables and chairs had been drawn onto the pavements from the cafes giving the main thoroughfare a 'continental appearance'.

Ellie by now, was thoroughly enjoying her day out behind dad on the trailer bike - a mixture of 'pedalling & freewheeling'. Liz and Grandad were cruising along behind at a steady 10 to 12 mph.

The ribbon of riders continued into Borough Road, then left into Albert Road , past the Start point and onwards towards the railway station. Here,

underneath the railway bridge, a Caribbean steel band was in full swing – could this really be Middlesbrough on a Sunday morning !

The route now took us “over the border”, as the original site of Middlesbrough is called – it is now virtually void of houses and has only pockets of Industry. Will the proposed Middlehaven development invigorate this sad area ?

As we approached Vulcan Street, the Transporter Bridge towered over us. At approx. 200 feet high , the Bridge has now become the ICON of the town and celebrates 100 years of existence in 2011.

Along Vulcan Street and into Dock Street, past the new College (is the outside cladding really finished ?), onto Windward Way towards the Riverside Stadium of Middlesbrough F.C. and the Temenos structure. This new ‘public artwork’ is the first of five giant structures proposed in the Teesside area.

Designed by the artist Anish Kapoor, it consists of a series of giant hoops and wires which float above the old dockland area , 164 feet high x 360 feet long. ‘Temenos’ is a Greek word meaning “land cut off and assigned as a sanctuary or holy area” - will *it* last 100 years ?

A ‘roundabout turn’ took us back along Windward Way and into Bridge Street East with a ‘tail wind’ ! Albert Road was still full of cyclists wending their way to complete a full lap of the 9 km circuit.

The Town Hall lay ahead and Victoria Square beckoned for a drink and snack, + a rest for Grandad to see what was on offer in the square.

Cleveland Wheelers had a stall, manned by Bryan & Margaret Bevis - Bryan doing his usual excellent PR work for the club and showing everyone ‘how its done’ on the rollers !

British Cycling had a “skills course” laid out for youngsters to have a go on.

A team of BMX riders were giving a continuous display of stunt riding - if only I were 60 years younger ! - some hope ! A selection of ‘funny bikes’ for the public to come and have a ride on - Ellie was too shy.

A stall giving away free drinks of water & Gatorade - no problem for Ellie here. Another B.C. stand with a “Watt bike” - a timed test to see the amount of power you could generate over a 200m effort - I noticed plenty of takers from Cleveland Wheelers !

Food stalls, market stalls + a live band on stage - plenty to see for the milling crowd of many hundreds.

After refreshments, another lap beckoned - not so many in line now !

What you could appreciate was the varied selection of bikes taking part - plenty of tandems, child trailer bikes, sidecar buggies, Kids with stabilisers, racing machines, humble roadsters, lots of mountain bikes, uni-cycles with small and large wheels.

Lots of families having a special morning out on bikes - even picnics in the Park. A goodly number of Cleveland Wheeler members shouting 'hello' as they sped around the circuit-- again showing "the colours". The second circuit completed deserved a further rest and refreshments.

After removing Ellie's trailer bike, a 3rd lap was to be attempted, this time by Andrew and Grandad on their own. Noticeable increase in speed this time round - eldest son 'half wheeling' dad. Finally made it - legs aching now and my saddle seemed to be much smaller and harder than it used to be !

What a wonderful family day out, 2 to 3 hours on a gorgeous Sunday morning - soaking up the sun certainly helps. The streets had been flooded with cyclists - it was estimated that 6,000 had taken part - if so, well done to everyone.

The organisation was first class, every street leading onto the circuit was covered by a marshal - did they all get "double time" for working ? (Steve no they didn't)

For Middlesbrough this 'Sky Ride' was certainly the 'high point' of the year - hopefully next year and every year if possible please !

Novelty Events

November saw the running of the Speed Judging Competition and the hotly contested Freewheeling competition.

The speed judging saw 19 riders taking part around the 16.4 mile course devised by Paul Howe.. Steve Binks was first rider away from timekeeper Sherry Binks along a course that started and finished in Great Ayton but went

via Nunthorpe, Seamer, Hutton Rudby, Stokesley and Easby. Closet to the optimum time was George Preston who was 1 second away, this included puncturing 500m from the finish, but George is not a club member so the trophy goes to Paul Howe who was 8 seconds out.

position	Name	time from optimum
1	P.Howe	00:00:08
2	M & B.Bevis	00:00:11
3	S.Douthwaite & M.Daniel	00:00:16
4	D.Kirton	00:01:16
5	C.Moore	00:01:51
6	M.Rennison	00:02:33
7	V.Howe	00:02:39
8	S.Joughin	00:03:22
8	K.Howe	00:03:29
9	A.Preston	00:03:29
11	S.Binks	00:03:59
12	Ross Turner	00:04:39
13	J.Kelly	00:05:24
14	S.Turner	00:05:37
15	Roy Turner	00:06:37
DNF	A.Howe	

Others

1	G.Preston	00:00:01
2	H.Tanfield	00:00:40
3	C.Tanfield	00:01:29

The freewheeling competition, again held at Ingleby Greenhow, had 19 solos and 2 tandems entering. Harry Tanfield winning the event from dad Stewart, however Stewart having the last word as Harry is only 2nd claim. Stan and Maureen winning the tandem event.

1	Harry Tanfield	Non CWCC
2	Stewart Tanfield	
3	Stan Douthwaite & Maureen Daniell Tandem	
4	Dave Kirton	
5	Steve Turner	

- | | | |
|----|---------------------------------|----------|
| 6 | Roger Oldroyd | |
| 7 | Roy Turner | |
| 8 | Dennis Punshon | |
| 9 | Bryan and Margaret Bevis Tandem | |
| 10 | Charlie Tanfield (No Mudguards) | Non CWCC |
| 11 | Mark Schiff | |
| 12 | Ian Jones | Non CWCC |
| 13 | Paul Christon | |
| 14 | Steve Binks | |
| 15 | Ian Hutchinson | |
| 16 | Alice Wood | |
| 17 | John Kelly | |
| 18 | Sherry Binks | |
| 19 | John o'Neill | |
| 20 | Colin Birks | |
| 21 | Ross Turner | |

Trophies 2010

Senior BAR

Simon Coates 27.586

Steve Turner 25.277

Paul Howe 23.805

Ladies BAR

Vicky Howe 19.621

Sandra Main 17.238

Junior BAR

Andrew Howe 21.475

Vets BAR

Steven Turner +34.07

Paul Howe +29.35

25 Trophy

Geoff Robinson

Steve Turner

Rob Lee

25 Handicap

Rob Lee

Steve Turner

Richard Lillekar

Clubman*Steve Turner*

Richard Lillekar

10*Simon Coates*

Richard Lillekar

Steven Turner

Hill Climb*Richard Lilleker*

Ian Hutchinson

Darren Wild

Youth Road Racing*Toby Tanfield*

Aaron Preston

Laura Kotch

Senior Tourist*Paul Howe*

Andrew Howe

John Carr

Junior Tourist*Andrew Howe***Eve Series Male scratch***Dave Kirton*

Richard Lillekar

Phil Meadows

Eve series female Scr*Kath Blakey*

Vicki Howe

Sandra Main

Eve series H/cap male*Richard Waller*

Adam NcManus

Andrew Howe

Eve series female h/cap*Sandra Main*

Vicki Howe

Amanda Waller

Youth Trophy boys*Aaron Preston*

James Shields

Zac Raw/Andrew Howe

Youth Trophy girls*Kacey Eyeington*

Saffron Shields

Ellie Bielby

Freewheeling Solo*Stewart Tanfield*

Dave Kirton

Steve Turner

Freewheeling TandemSolo*S Douthwaite & M Daniell*

B & M Bevis

Speed Judging*Paul Howe*

B & M Bevis

S Douthwaite & M Daniell

Prissick Cycling Circuit

Steve Binks (Transport and Design)

As many of you may be aware Middlesbrough Council are in the process of building a new cycling circuit on Prissick Base. The circuit has come about following a promise from the Council to the cycling fraternity in 2005 when Clairville was closed to cyclists. However there was also a lot of lobbying, including inviting Ray Mallon as guest of honour at our dinner dance, to ensure that the Council did not forget its promise.

In the following months I along with British Cycling's Peter Root and Dave Cockram had numerous meetings with the Mayor and other Council Officers. A venue, for what was going to be a new banked track, was chosen at Prissick but the main stumbling block was finance. It was estimated that the cost would be around £700k. British Cycling were going to pay 50% from the Community Club Development Fund. (Lottery money). This though had to be fronted by a Community Club, and one that had Go-Ride status hence the Cleveland Wheelers.

As the Council were not able to fund the other 50% direct from its own finances a lot of other avenues were explored. These included taking to the Government Office North East, grants from land fill tax but nothing was forthcoming. That is until Middlesbrough Council secured Healthy Towns Funding. By this time the emphasis had changed from a banked track to a road circuit, one reason was cost. Other funds were also secured from Middlesbrough NHS.

Schemes were drawn up based on the criteria laid down by British Cycling and one was eventually chosen. It was also decided that the circuit would be lit and this was to be by normal street lighting. A club house, with a kitchen is also to be built. The scheme was duly costed and came out over budget so changes had to be made.

The next stage was to gain planning permission. This involved carrying out a number of tasks. Design and access statement, flood risk assessment, community involvement, transport assessment and lighting impact assessment were all requirements. Planning permission was granted at the beginning of May. This led to the Councils Transport and Design team carrying out the design stage and producing the drawings and bill of quantities so that companies were able to tender for the work. The contract was won by Halls Construction who moved onto the site in October.

The circuit is 1km in length with a number of cross links so that different loops could be used. The width is 6m except for the 300m finishing straight which is to be 8m. There are in the region of 40 street lights. A 2m high fence surrounds the track to make it secure and CCTV cameras are being installed. A transponder loop is to be included. Drains are being laid to a soakaway.

Discussions have also been held regarding the running of the venue. The Council, as part of the funding had to draw up a maintenance plan, community cycling development plan. There were 'brain storming' sessions to feed the development plan, these sessions included Ian Thompson, Mike Milen and Geoff Lloyd as well as Council and BC representatives. A service level agreement is also required but this is between the lead club and the Council. It lays down the responsibilities of both the Council and Association. We felt that it was to an onerous task for one club so it was decided to set up a Prissick Cycling association. However as the agreements had to be in place, the Cleveland Wheelers details were used to go forward. It is also hoped that local schools will use the circuit during school time and free sessions are going to be promoted so that residents of Middlesbrough can use the facilities.

Meetings with interested clubs are being held but at the most recent meeting I was elected Chairman of the Association with Norman becoming Secretary. So all is in place for the opening which will be held in January, a timetable for useage has been drawn up. The fee is around £25 per hour but early booking brings this down to £20.

The Origins of Christmas Cake

Sherry Binks

The Christmas Cake as we know it today comes from two customs which became one around 1870 in Victorian England. Originally there was a porridge, the origins of which go back to the beginnings of Christianity. Then there was a fine cake made with the finest milled wheat flour, this was baked only in the Great Houses, as not many people had ovens back in the 14th century

PLUM PORRIDGE

Originally people used to eat a sort of porridge on Christmas Eve. It was a dish to line the stomach after a day's fasting, which people used to observe for Christmas Eve, or the 'Vigil' as it was called long ago. Gradually, they began to put spices, dried fruits, honey etc in the porridge to make it a special dish for Christmas. Much later it was turned into a pudding, because it got to be so stiff with all the fruits and things, that they would tie it in a cloth, and dunk it into a large cauldron of boiling water and boil it for many hours. This turned into Christmas Pudding.

PLUMCAKE

Later, around the 16th century, it became popular to add butter, replace the oatmeal with wheatflour, add eggs to hold it together better. This became boiled plum cake. So boiled plum pudding and boiled fruitcake existed side by side depending on which ingredients the housewife used.

Only big houses had proper ovens to bake in. In the castles and fine homes, people would make a special cake for Easter, which was a rich fruitcake recipe with a topping of what we now call marzipan or almond paste. A similar cake was baked for the Christmas festivities, but whereas the Easter one was a plain cake with almonds, the Christmas one had dried fruits in season and spices. These represented the exotic spices of the East, and the gifts of the Wise Men. Such things were first brought to Europe and Britain particularly, by the Crusaders coming back from the wars in the Holy Land in the 12th century.

TWELFTH NIGHT CAKE

But it was not a Christmas cake, but a Twelfth Night Cake. Twelfth night is on

the 5th January, and has been for centuries the traditional last day of the Christmas season. This was the traditional day when Christians celebrated the arrival of the Magi or Three Kings at Bethlehem. It was a time for having a great feast, and the cake was an essential part of the festivities. This was slightly different in different countries, and also at different social levels. Twelve Day (the day following Twelfth Night) entailed the blessing of the home, and in some countries is still observed. But after the Reformation, these customs of the Church were banned by the Puritans, and fell into disuse. Without its religious overtones, Twelfth Night became a time of mischief and over indulgence. By 1870, Britain's Queen Victoria announced that she felt it was inappropriate to hold such an unchristian festival, and Twelfth Night was banned as a feast day.

THE ARRIVAL OF THE CHRISTMAS CAKE

The confectioners who made the cakes were left with boxes full of figurines and models for Twelfth Cakes, and also had lost revenue by the banning of the feast. So they began to bake a fruitcake and decorate it with snowy scenes, or even flower gardens and Italian romantic ruins. These they sold not for the 5th January, but for December Christmas parties. And it was thus that we developed the Christmas cake.

Quiz Night

The club's annual quiz night was held at The Globe in Guisborough this year. Once again quiz master Bryan Bevis had been scouring papers, books and road signs for his questions. Around 40 members attended the evening with the Smith family inspired group coming out on top by 4 points from the Bielby group. Special mention to the youngest group Laura and Helen Kotch, Megan Hopper and Katie Howe. A valant effort saw them finishing in the lanterne rouge spot but their endeavours saw them winning a small leak each!!

Once again a sumptuous buffet was laid on by Sams bakery in Great Ayton.

A big vote of thanks to Bryan for all your hard work in organising these events

Miscellaneous

Any member wanting a CTT handbook please let Steve Binks know before January 7th.

This is your last reminder for club subs. If you do not pay by December 31st your renewal will cost 50% more. Juveniles Please let the membership secretary know if you wish to retain your club membership.

Club Casual Clothing

The club now has a supplier for Polo and Sweat shirts. The garments are high quality with the club bike logo surrounded by the club name on the left of the garment. The clothing is red with black embroidery although other colours may be available on request. The Polo shirts comes in Children's, Men's and Ladies sizes.

Polo shirts are priced at £13:00, Sweatshirts at £14:50.

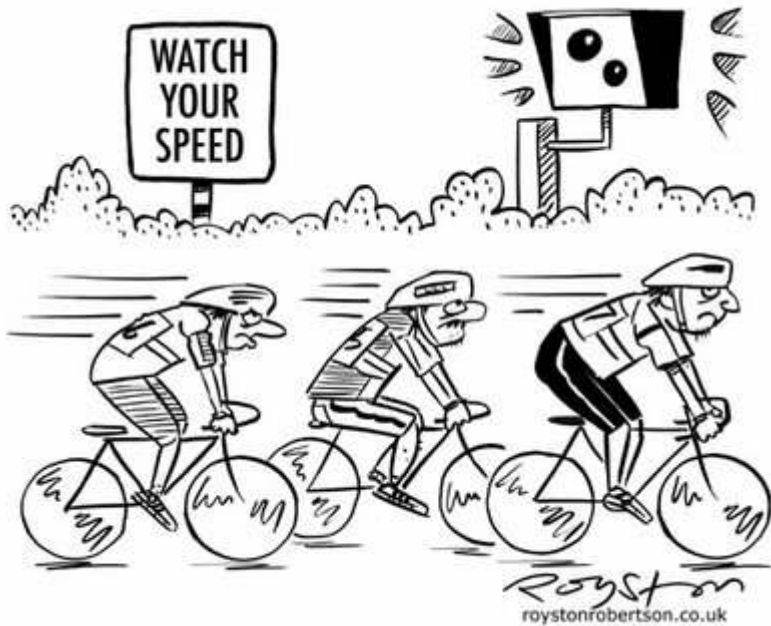
Men's Polo shirt sizes are: S, M, L, XL, XXL.

Ladies Polo shirt sizes are; XS, S, M, L, XL, XXL.

Kids Polo shirt sizes are; 26, 28, 30, 32, 34, 36.

Sweatshirt sizes are; S, M, L, XL, XXL.

Orders, with size and style information should be placed with Mike Cole. Cheques should be payable to Cleveland Wheelers. Phone 01642 318886 for details.



Hope you all have a wonderful Christmas and brilliant new
year. Beware those speed cameras when you hit the road in the
new year



CLUB OFFICIALS 2010/2011

President	Norman Bielby
Vice-Presidents	Dave Holden, Frank Bradley
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Spokesman is the official magazine of Cleveland Wheelers and is devoted to the well-being of the club. If you have any articles or adverts that you would like including please contact Steve or Sherry, s.binks@ntlworld.com or Derek George on 01287 280960 derek@league2000.co.uk