

Cleveland Wheelers **SPOKESMAN**

Issue 117 Winter 2011



**A very happy Christmas and
may all your wishes come true
in 2012 from the
Spokesman Team**



Dates for Diary

25 December Newton Time Trial 11am (complete with Christmas cake and wine)

December 18th Pre Christmas Lunch Great Ayton 12 noon. Advanced Bookings only no EOL

Most of you will be aware that the past two years events have had to be cancelled due to heavy snow, which meant getting to Ingleby Greenhow would have been difficult. So for this year's event it is planned to use the WI hall, Newton Road in Great Ayton. Hopefully, being beside a main road, will help ensure the event goes ahead whatever the weather. A good buffet and hopefully carol singing, hopefully as Elton John can't make it any other musicians available. I did hear that we have some bag pipe players!! There is parking at the hall but be warned as the hall as a very nice floor it does not want marking with cleats. Bring your own booze, cost £5.50 advanced bookings only. Contact Bryan.

CLUB DINNER DANCE AND PRIZE PRESENTATION IS ON FRIDAY 17TH FEBRUARY.

Guest of Honour is Worlds Masters Track Champion Steve Davies, Ferryhill Wheelers. Cost of a ticket is £22 under 16's half price and the venue is again Middlesbrough's Riverside Stadium. However this year we are in the Middlehaven Suite which will only accommodate 120 so you need to book early.

Youth Training Sessions

6 – 7.30 Monday evenings, at Middlesbrough Cycling Circuit cost £2.50 to club members.

Where Were YOU

It was a damp September night with not a soul in sight. Well not quite, but not too far from the truth.

This year's AGM was attended by just 20 people, of which 17 were either from the committee or committee family members, so only 3 members bothered to turn up which along with the 5 who sent their apologies make a grand total of 25 from an overall membership of 181. Are we the committee doing everything right or wrong?

Steve gave his usual thorough overview of yet another very busy and successful years racing season with club members gaining excellent results, especially from among the younger members. The eternal problem arising from marshals not being available for events was yet again discussed with several suggestions being put forward to hopefully combat the extra stress this imposes on both the event secretaries and the marshal co-ordinator. It was left to the organisers/committee to fully monitor the situation next year.

The treasurer reported an overall loss for the year of £72.15, this sum included a total of £200 arising from the dinner dance. The only change to club officials was due to the resignation of Jason Kotch, he was replaced by Andrew Howe on the committee and by Bill Millen taking over his role of event marshal co-ordinator.

The usual series of racing/fun events are to be organised for next year, with the exception of the 50 mile time trial, which, as there was no willing volunteer to be event secretary was dropped from the racing calendar.

2011 Trophy Winners

Senior BAR

Simon Coates

Ladies BAR

Sandra Main

Junior BAR

Andrew Howe

Clubman

Simon Coates

Tony Main

10 Trophy

Geoff Robinson

Simon Coates

Richard Lillekar

Senior Tourist

Paul Howe

John Carr

Andrew Howe

Junior Tourist

Andrew Howe

Youth Trophy boys

Nathan Sefton

Joe Howard

Aaron Preston/Toby Tanfield

Ron Longmire

Josh Teasdale

Eve Series

Male Scr

Richard Lilleker

Dave Kirton

Mike Rennison

25 trophy

Simon Coates

Geoff Robinson

Robert Lee

25 Handicap

Simon Coates

Geoff Robinson

Robert Lee

Senior Road Racing

Mike Rennison

Stewart Tanfield

Youth Road Racing

Aaron Preston

Connor Eyeington

Helen Kotch

Hill Climb

Richard Lillekar

Darren Wild

Adam McManus

Youth Trophy girls

Ellie Bielby

Kacey Eyeington

Megan Hopper

Female Scr

Kath Blakey

Kay Stokes

Sandra Main

H/cap Male

Mark Cambell
Wayne Ashenden
Mike Cole

Freewheeling Solo

Paul Howe
Steve Turner
Stewart Tanfield

Speed Judging

Katie Howe
Shaun Joughin
Dave Kirton

Female h/cap

Kay Stokes
Kath Blakey
Sandra Main

Cyclo Cross

John Carr
Jason Kotch
Toby Tanfield

Freewheeling Tandem

Stan Douthwaite/Maureen Daniel

Racing Round Up

Evening Series Review 2011 Mike Cole

The Evening series encompassed 16 time trials as usual this year, the main change was the choice of the Stokesley/ Ingleby Greenhow circuit due to the condition of the road surface on the fast descent from Seamer towards Hilton making that too dangerous. This will be the same for 2012 as North Yorkshire Highways will not be repairing the road before the end of 2012. Regardless of the change 89 people rode 560 times with a maximum of 60 riders on one night and an average of 35 riders per week. As usual two nights were set aside for the joint events with Stockton Wheelers who rode strongly to win the interclub challenge by 2 minutes 40 seconds. Well done to them.

Results

In the scratch series Richard Lilleker was the clear winner from Dave Kirton 2nd. Mike Rennison 3rd. whilst in the ladies category Kath Blakey won from Kay Stokes

2nd. Sandra Main 3rd. The Handicapped series was keenly fought out by winner Mark Cambell from Wayne Ashenden 2nd, who we wish a speedy recovery from the tumble he had in the last event. Mike Cole was third. The ladies handicapped series was won by Kay Stokes, from Kath Blakey 2nd.with Sandra Main in third place.

Changes

To reduce costs and stop excessive use of paper an on line entry system was developed by John Kelly. Results were also sent out weekly by computer for the same reasons. This was well received and will be used again next year, 2012, particularly as there is likely to be a large hike in postal charges. Entry forms will be sent to all e mail addresses held and also be available through the Club web site. Should you not have access to a computer entry forms will be available from Mike Cole in March. Please telephone 01642 318886 to ask for a form to be sent to you.

In the interest of improving the series suggestions were canvassed from riders. At the time of writing, 3 main comments have been made. 1/ a reduction in the number of 2 lap events needed to be ridden to qualify for the competition to 1. 2/ Change the scoring system from 1 point for a win, 2 for second etc. to 50 points for a win, 49 for second etc. 3/ introduce age related categories such as 40-49, 50-59, 60+ to give riders the opportunity to compete as in open events. As changes need to be set in the club regulations initial discussions were held at the club AGM in September. The job of looking at the changes was passed to the club committee by those present at the AGM. Sometime has already spent deliber-

ating on these issues. All riders will be notified of any changes in the new year.

My thanks go to Ian Hutchinson and Derek George for the compilation of the results and the handicapping, Lesley Meadows, Bill Millen, Norman Bielby and Paul Christon for running events and to all of the marshals without which the series would not take place.

The last two open events of the clubs season were the Hillclimb and the Cyclo Cross.

27 riders faced the timekeeper for the hillclimb up Carlton Bank. This year the weather was dryer than 2010 however a headwind did hamper the riders, but this did not stop Fergus Roberts (Hambleton RC) winning in a time of 6.40.5 just 1 second short of the junior record. Richard Lilleker was the clubs highest placed rider, and thanks to Lord Stones for their continuous sponsorship of the event.

72 riders started the Cyclo Cross event on a very sunny & pleasant Eston Hills. The Course had a few tweaks from the previous year and was a real test a riders fitness. Unattahed Mike Thompson came out on top with John Carr being the clubs highest finisher. Jason Kotch being our other finisher. As the Cyclo Cross season reaches its half way point John Carr has amassed 508 points and Jason Kotch 451 points in the NECCL senior series. Toby Tanfields two second places in the rounds he has ridden gives him 98 points in the youth league.

The rival NECCA league John has 909 points in the Inter league and currently lying 6th, Jason has 657 points for 8th position in the Sportive section. Joe Howard is 15th

with 130 points in the youth section. Toby leads the U12's with 300 points, 6 wins out of six rides. Aaron Preston lies 8th with 188 points and Helen Kotch 23rd with 43 points.

Speed Judging

16 solos and 1 tandem entered this years speed judging competition. Paul Howe set the 22 mile + a little bit (his words) course which went from Great Ayton taking in Newby, Thornton, Maltby, Seamer, Stokesley and Easby before finishing in Great Ayton.

Katie Howe completed a unique family record by winning the event. Paul, Vicki and Andrew all being previous winners, although Vicki was not a club member at the time.

1st Katie Howe 1:02	2nd Shaun Joughin 1:08
3rd Dave Kirton	4th Mike Rennison
5th Stan Douthwaite & Maureen Daniel	
6th Vicki Howe	7th Ross Turner
8th John Kelly	9th Steve Turner
10th Steve Binks	11th Sherry Binks
12th Paul Howe	13th Andrew Howe
14th Margaret Turner	15th Roy Turner
DNF Margaret & Bryan Bevis	DNF John Price

Freewheeling

A damp morning did not put off 18 solos and 1 tandem who freewheeled down Stone Stoop Hill in this year's freewheeling competition. Harry Tanfield just failed to crest the brow of the hill in winning the event but being only second claim meant the trophy goes to Paul Howe. Stan Douthwaite and Maureen Daniel finishing 2nd on

the road to win the tandem trophy.

- | | |
|--------------------------------------|--------------------------------|
| 1 Harry Tanfield, | |
| 2 Stan Douthwaite and Maureen Daniel | |
| 3 Paul Howe | 4 Mike Rennison (no mudguards) |
| 5 Steve Turner | 6 Stewart Tanfield |
| 7 Steve Murphy | 8 Dennis Punshon |
| 9 Paul Christon | 10 Katie Howe |
| 11 Roy Turner | 12 Steve Binks |
| 13 Margaret Turner | 14 Andrew Howe |
| 15 Roy Lofthouse | 16 Vicki Howe |
| 17 Ross Turner | 18 Chris Williamson (no muds.) |
| 19 John Kelly | |

Bring and Buy Event

Bryan Bevis

The numbers attending this year were slightly up on 2010. We also had one new dealer, Bike Traks from Great Ayton. It was nice to see Chris Newton attending, again one of the most popular stalls. Unfortunately John Bell from Knaresborough, who trades in yesteryear cycling items was unable to attend but promised to return in 2012.

Hopefully some of those attending sold and bought well. Steve Binks made £62.50 in clothing sales which will go towards the youth coaching nights. Other notable sales included a lovely Jack Taylor frame, with great chromed Nervax lug work which was sold for £125.

The club again made a fair profit from the event and this, as usual, was from the sale of refreshments, home made cakes supplied by Committee and other club members a big THANK YOU.

Thanks also go to the kitchen and cafe staff who did a sterling job. Make a note in your 2012 diary for next years event which has been booked for November 2nd, yes November.

Quiz Night

Bryan Bevis

The first thing to say is a big sorry to all those who could not be accommodated, in 25 years of organising the night it is the first time we have been sold out. Normally it is a case of arm twisting and many phone calls to people to persuade them to attend, but this year was so different club members contacting me instead.

Hopefully everyone who attended the evening enjoyed themselves, the excellent buffet being supplied by Sams in Great Ayton. It was the older generation who came out on top on the night with victory going to Dennis and Eve Punshon, Eric and Irene Pengilly and Kay Bate (who came up from Ripon for the night). The Howe family, ably (or not) assisted by Steve and Sherry Binks were the Lantern Rouge, receiving a lollipop each as 'suckers' of the evening. According to Sherry they did taste quite nice.

A fun night, good food, plenty of laughs, a toilet seat question, which did raise a few comments and me with a sore throat trying to keep order a typical quiz night!!

(Steve-Thanks for two good nights Bryan)

Kenya Here I Come!

Katie Howe

I have been given an amazing opportunity to go to Kenya with Camp International through my school, in August 2012 for a month. I will be staying in 4 different camps and during one of these I will be attempting to climb Mount Kenya. For the rest of the time we will be helping the African communities building houses, schools and wells. We will also be involved in environmental conservation. All the food we eat will be locally sourced so it helps African farmers. Unlike most charities that pull out after a period of time, Camp International helps communities all the year around.

To be able to go I have to raise £3450. I have been doing a lot of fundraising. As a school group we have been bag packing at shops, had a car boot sale and a bingo night.

Individually, I have been selling cakes at League 2000 and I did a sponsored bike ride, a 100 miles in 8 hours.

This was a day the weatherman got it wrong!

30th August was the day Mum and I set off to ride to the 100 miles for my sponsored. We picked this day as the weather forecast had said it would be dry and sunny with a slight breeze. Perfect!

We set off from Thornton-le-Beans near Northallerton in the sun and headed off towards Thirsk. I was following mum who had a GPS telling her where to go but after the first 5 miles we had turned round 4 times! She had also

supposedly picked a flat route but I didn't think much of that as we climbed up towards Easingwold. Still we did have a good downhill stretch after that. The rest of the first 50 miles went well and we stopped for some sandwiches back at Thornton-le-Beans. Unfortunately as we got back on the bikes we had forgotten to pick up our waterproofs, but we wouldn't need them as the forecast had said it would stay dry!

10 minutes into the 2nd half we were proved wrong. It started to rain and this continued to get harder and harder for the next 50 miles! 70 miles in my concentration was starting to slip and whether it was mum slowing down too quick for a junction or me dreaming we will never know but I crashed into her and landed on the floor. It was now raining hard which helped to make the blood running down my arm and leg look even worse. My brakes had also seized on. After a lot of fiddling mum managed to sort them to a degree and we carried on. With all the stopping we were now really cold and I was feeling very odd and dizzy. Mum kept telling me it was the shock of falling off and kept feeding me energy gels which helped a bit. The road was really wet and we were getting a lot of spray off cars. I thought we were going to end up on the A1 at one point as we seemed to be going down the slip road, but mum assured me the garmin would keep us right. I did not have a lot of confidence with it but we did turn off just in time.

Dad and Andrew rode out to meet us, (in waterproofs!) and we rode the last 10 miles with them. It was a good job that we did as by now mum had gone really blue and

I don't think she really knew what she was doing. We got back to Thornton-le-Beans after 7 hours 23 minutes having done 101 miles. Everyone was very wet, (some more than others) very cold (some more than others) and covered in blood. (only me!) After Dad shoved cake into mum and she had a hot bath we pulled her back from hypothermia. The next day my arm and leg were very stiff but it hadn't fallen off. My brakes are now fixed properly (by Dad) and yes I will ride my bike again!

I would like to thank everyone who sponsored me for this event as I raised £300 and got very fit!

Next year I hope to do further sponsored events, which at the moment will probably be walking the Lyke Wake Walk and I will be baking cakes again for League 2000.

Why Do Tires Lose Pressure?

The following article is thanks to
www.kenkifer.com/bikepages/humor/air.htm

This challenge racked us at wreck.bikes.mischievous forum. We did our very best to solve the following problem, but we could not come to an agreement. However, we feel that one of these solutions must be correct!

B B asked: Has anyone ever noticed that if you ride every day, your tires deflate slower than if you leave the bike alone for weeks without riding? I can go for weeks riding every day, without pumping the tires, and the minute I don't ride for a week, the tires are totally flat. Why is this?

P H said: As you ride along, the air caught between the tire and the ground is pushed into the tire, replacing the air that has leaked out.

M C said: I think (egad! an opinion!) that the white powder in the tubes works to clog the pores of the rubber. When you ride, that powder is constantly being spread around to fill those pores. When your bike sits idly by, waiting for you to give it some attention, the powder settles down and the air begins to slowly leak out.

S B said: This is a great thread! 😊 However, I think everyone else is completely wrong! 😊

The real reason is this: The tires are really enthusiastic about riding! 😊 As long as you keep riding, they stay pumped up! 😊 But when you go without riding for a week, they become really deflated! 😊

S D said: Come on guys! Tell him the real reason!

Years ago, a few tube manufacturers, under pressure to reduce the weight of their inner tubes began looking for ways to make a lighter tube. First they did a little market use analysis and determined that the worst time for a tube to lose air is when it's being used. As a tube is being spun while in use, they realized that due to the laws of centripetal acceleration, the air presents the greatest pressure on the outer wall of the tube. This led to the obvious answer, they could shave the thickness of the inner wall!

By doing this, they've created tubes that are lighter, and yet, just as effective at holding air while being used. When the tube is not spinning, it of course, loses air at a faster rate, as the air is no longer constrained by centripetal forces, and presents more pressure to the inner wall (the thinner one).

For racers, this was no big deal. They fastidiously check their tire pressure before every ride anyway.

Under pressure from racer wannabes, the tube manufacturers eventually had to make all of their tubes to match the higher performance racing tubes and so through market forces now

sell the multi-thickness tubes exclusively.

Bill Millen, Josef George and Ian Thompson are the latest club members to take British Cycling's level two coaching course. The first two days were in early November with the final day in January. Half of Bill and Josef's fees were paid by a grant from Middlesbrough Council.

Talking about retirement Our Club Membership Secretary Bryan Bevis was asked "What do retirees do all week?" He answered "Monday through to Friday Nothing, Saturday and Sunday I rest"

Any member requiring a CTT handbook please contact Steve Binks by 31st December with the cost of £8.50.

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.



CLUB OFFICIALS 2011/2012

President	Norman Bielby
Vice-Presidents	Dave Holden, Frank Bradley
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www.clevelandwheelers.com

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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