

Cleveland Wheelers

SPOKESMAN

Issue 135 Summer 2016



Presentation of our Clubmark Certificate



NEWS AND DATES

Youth Training every Monday at the cycle circuit 6 to 7.30pm cost £2.50

Steady Group Club Rides roll out from Great Ayton Tourist Information Car Park at 10am on Saturdays and Sundays. Rides are between 25-35 miles at a pace of 14-15mph.

The Annual General Meeting will be held in September, Any club member wanting to place a motion on the agenda must forward it to the General Secretary, complete with seconder by July 31st

The club recently had its CLUBMARK accreditation renewed.

Clubmark is the universally acknowledged cross-sport accreditation scheme for community sports clubs.

It stands for:

- Higher standards of welfare, equity, coaching and management in community sports clubs.
- Making sure the nation's sports club infrastructure is safer, stronger and more successful

It shows that the club provides the right environment which ensures the welfare of members and encourages everyone to enjoy sport and stay involved throughout their lives.

The certificate was accepted by Steve Binks on behalf of the club after one of the club's highly successful youth coaching evenings. CWCC is proud of its Clubmark accreditation which confirms its commitment to all levels of cycling in the community.

6 members have recently taken their coaching badges, the 6 are Chris Hatton, Antony Moy, Brett Stinton, Ian Thompson, Nick Smith, Richard Lillekar. Shaun Joughin has now qualified as a Level 2 coach. Part of the funding for the courses has come from Tees Valley Sport and the Tony Blair Foundation with the remainder from the club and the coaches themselves. First Aid Courses were also provided as well as the above mentioned other members took part to provide more cover on club rides.

Cleveland Wheelers open events dates 2016

31st July.	25 mountain TT.	09.00am. T256
18th Sept.	10 TT.	09.00am T101
02nd Oct.	HC. 10.00.	Clay Bank.
To be announced. Mike Binks RR		

Cleveland Wheelers challenge rides

17th July.	100 in 8. 09.00. Marton Shops
20th Aug.	Rough stuff / new route / Saturday/ 10.00 Dudley Arms, Ingleby Greenhow
25th Sept.	Castleton 50 in 4. 09.00. Start outside Prissick sports village.

Cleveland Wheelers Themed rides

Sat. 6th August. Retro ride. 10.30am. Stokesley town hall.
Sun. 30th Oct. Freewheeling. 11am. Ingleby Greenhow hill top

Cleveland Wheelers Evening Series 2016

11	7 July	2 laps TT	
12	14 July	1 lap TT	
13	21 July	1 lap TT	
14	28 July	1 lap TT	
15	4 August	2 laps TT	
16	11 August	1 lap TT	
17	18 August	1 lap TT,	2 up
18	25 August	HC	
19	1 September	HC	
20	8 September	HC	
21	15 September	HC	

League 2000

July		18	
August	1	15	22

21 Mile TT report

Unfortunately due to Northumbrian Water road works in Ingleby Greenhow the 21 took place on a shorter course. The riders turning left in Ingleby heading to Easby. 90 riders started on the day with the top 3 being

1 Philip Graves	Clifton CC	39:32
2 Harry Tanfield	Pedal Heaven RT	39:45
3 Chris Smart	GTR	41:11

Richard Lilleker was the first club member home in 44:23

Many thanks to the organisers, helpers and riders, you all contributed it to making this an excellent event.

25 Mile TT report

40 Riders entered the Clubs 25, held again on the Swainby – Pinchinthorpe course, however only 37 left start timekeeper Sherry Binks on a warm morning. Paul Thirling was fastest on the day in 55:07 however club members were in the thick of the prizes with Richard Lilleker finishing 3rd in 57:27 and Graeme Tate 4th with a time of 57:55.

John Main was 2nd in the handicap section with a net time of 47:11 Graeme Tate 3rd in the category and Richard Lillekar 5th.

Rebecca Kirton with a time of 01:15:43 was 2nd fastest Lady and the club won the team prize counting members being Lillekar, Tate, Mullenheim 02:54:48

MY CYCLING JOURNEY

My name is Josef George and for those who do not know me, I am the current Youth Development Officer and Social Secretary for the Cleveland Wheelers. You will usually find me down at the cycle track at Prissick, Middlesbrough Cycle Circuit on Monday nights.

In a way, I was born into the club. My first memory of being a part of the Cleveland Wheelers was taking part in the League 2000 way back in 1996, I was 4 years old! Back then it was known as FAB, before changing name to the League 2000 in the year 2000. My dad, Derek George, took my down as he has been a long standing member for a number of years. I loved it. I loved everything about it from start to finish! I can remember Steve, Sherry, Pat,

Norman, Brian and Margaret cheering me on from the side lines. I recall following Brian around the skills course, having Norman time me in the time trial and Steve pushing me off in the races and of course, my dad yelling encouragement at me most of the time! I have no idea how I did in the early years, but to me, it was a victory nonetheless. I took part in every year that followed right up until the end of the 2009 season as I had moved up age categories. I won countless medals, shields, trophies and awards, so those eagle-eyed people may see my names on the youth trophies in various age groups! It was just that sense of competition which I loved and excelled in. It was never really about winning to me, it was always about taking part, having fun and meeting new friends. I will never forget the races and battles that I had with today's super athletes like, Harry Tanfield, Charlie Tanfield, Josh Teasdale and Emily Kay, to name a few. I did beat them all once upon a time I will have you know!

After competing in the League 2000, I never really went much further with racing due to studies and other commitments, but as I want to become a teacher, an opportunity arose from which you find me in my current role today. In 2011, I spoke to Steve Binks at a League 2000 night which resulted in me volunteering my services to becoming a cycling coach. After completing the course, I started working alongside Steve on a Monday night at our youth training sessions and helping out at League 2000 nights with Steve, Norman and the rest of the team. In 2012, I was also elected to become the new Youth Development Officer of the club, only the second in existence after Steve Binks. This is a role that I still continue to do to this day.

I love it and feel so at home, right in my comfort zone when coaching and teaching the kids of today. Every training session is so much fun and I get as much out of it as much as the kids do! Long term, I would like to be a sports teacher of sorts, so doing this is a great way to gain experience and create fun memories at the same time. Although some Monday nights I do not class as fun when we have inches of snow or 80 mph winds! My efforts were rewarded in 2013 when I won the Mike Binks Silver Salver Trophy. For those who do not know what this Trophy is, it is awarded to the club member who represents hard work, dedication and commitment to the club and a person, who the committee feels, has done the most over the course of the year for the club. I was very humbled with the award. When I'm not travelling back and forth from America, studying and teaching, this is what you will find me doing. I thoroughly enjoy my role within the club and I see myself continuing long into the foreseeable future.

TOUR DE YORKSHIRE

The Tour de Yorkshire a UCI-approved 2.1 Europe Tour international cycle race came to Middlesbrough on Sunday May 1st, however the club were involved in a number of promotional and racing events.

On 17th April Cleveland Wheelers and several other local clubs took part in a try-out of the Tour de Yorkshire route from Middlesbrough to Scarborough, 123 miles and roughly 8000ft of climbing through some of the best countryside the region has to offer. This was supported by Middlesbrough Council who provided transport home as part of the Enjoy the Ride Festival.

The club's own Banksy (aka Steve Murphy) was decorating the walls in Great Ayton for the stage going through. All down the High street were murals featuring cyclists in our colours.

We were also featured on local television a number of times promoting the Tour. The Look North piece in particular was excellently done, according to Dave Kirton, who was one of the riders "I think we came across as friendly and liking a good laugh. Was really funny I thought. Yes I think Jeff enjoyed himself. Glad we didn't ride out, I have only done 13 miles and feel knackered ! Lol, I think the report will show the Wheelers and our operating area in a very good light. Well done to the BBC for organising something properly" Andy Curson came across well but they did not show the part where Harry Tanfield pushed Jeff Brown up a hill!

Tyne Tees, twice, asked for interviews Richard Lillekar doing a stirring job in the rain on the MIMA balcony.

Young club members Sean and Lewis Dolan were also given the honour of flagging the riders away on the stage.

Also well done to Ithaca Films for their promotional about the TdY that also featured some of our lads (Simon Coates, Stephen Murphy, Richard Carter), that was an excellent piece too. It was a hectic few weeks, but the club got some great publicity.

Middlesbrough's town centre the day after the Tour de Yorkshire visit hosted Enjoy the Ride Street Races in association with the Council and the club supported by Thirteen Group. Also a big thanks to Dave Morton, Speedflex, for being named as organiser. There were be races for all the age groups. The

adult races formed part of the Tyne Tees Road League and 2016 North East Regional Criterium Championship.

The 700m circuit was based around the Town Hall but the weather caused problems on the day with strong winds continuously blowing the barriers over then a heavy downpour causing the U16 to be stopped due to a slippery surface. All the events had healthy entries despite the late announcement of the races. The various winners and club positions were;

U8 Boys

1.	Jody Mills	Huddersfield Star Wheelers
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U8 Girls

1.	Isabel Swanston	Newcastle Phoenix Cycling Club
3.	Rebecca Mayes	
4	Claudia Davies	

U10

1.	Mackenzie Riley	Kirklees Cycling Academy
23.	Stacey Williams	
24.	Rowan Bell	

U12

1.	Lewis Dolan	Cleveland Wheelers CC
10.	Finlay Davies	

U14

1.	Hugo Lutz-Atkinson	Speedflex Race Team
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U16

1.	William Orrell-Turner	Chevin Cycles.com Trek
7.	Ross Turner	

Women

1.	Sophie Enever	Speedflex Race Team
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Cat 3-4

1.	Adam Robertson	Blumilk.com
4.	Richard Carter	

Masters

- | | | |
|----|----------------|-------------|
| 1. | Alan Nixon | Blumilk.com |
| 9. | Martin Brearey | |

E123

- | | | |
|----|----------------|--------------|
| 1. | Harry Tanfield | Pedal Heaven |
|----|----------------|--------------|

EVENING SERIES

This year's series had a difficult start with road works appearing on the Seamer course. Week 1 was cancelled, week 2 transferred, with thanks to the Stockton Whs to their Longnewton course. However bad weather kept away all but two members, Sam Kirton 30.40. and Lewis Dolan 31.31. Week 3 also took place at Longnewton but the following week saw us back at Seamer. The course shortened as the road works although much shorter in length were still in place.

Richard Lillekar is dominating the proceedings to date with 6 wins, Jost Mullenheim winning the 2nd week at Longnewton.

LEAGUE 2000 UPDATE

To date 8 rounds of the League 2000 have taken place. 626 rides an average of 78 per night however the heavy rain on round 8 meant only 54 turned up. 51 youth members taking part. Danielle Colmer leads the O16 group. Ross Turner, Paige McLeod and Toby Tanfield are all in contention for the U16's. U14 group sees Samuel Rea at the top but mentions to Niamh Stinton and Charlie Savill.

Lewis Dolan is a clear leader in the U12's Finlay Davies, Niamh Tucker-McAuley and Eloise Hattan only missing one round to date. The U10's sees Aiden Colmer, Isabel Mayes, Hayden Savill, Stacey Williams, Sean Dolan Rowan Bell, Daisy Thom with 100% attendance records. Joel Hurt leads overall. Daniel Thompson has a 100% win record in the U8 group but Rebecca Mayes, Megan Thom, Esme Tucker-McAuley and Lewis Maynard are faring well in the category.

The U6 Felix Levell currently leads ahead of William Prost

AUDAX

Paul Howe

Calling all sportive riders! You all like riding distances of over 50 miles. I would like to take this opportunity to save you some money. I know how tight you all are. Every time the price of a time trial goes up by a full pound you hear so many people complaining but then willingly pay well in excess of £2000 for a brand new shiny bike. If you want to save some money and still challenge yourself over riding long distances then you may want to consider riding an Audax event. Audax is Latin for “bold” and was first used in the context of endurance sports at the end of the 19 century.

Anyone can enter an Audax event. They can cost as little as £3 and go up to about £12. If you are not a member of the Audax club or the CTC there will be a small additional charge. Audax events start form as short as 50Km and go up to 1400Km (875 miles) the classic distances are 200, 300, 400, and 600Km. Entries can be done on line via the Audax UK website www.aukweb.net or by post. All the events for the year are posted here. They can be filtered by region and distance. Closing dates for the event will vary depending on the organiser. An Audax is a self-supported event. There will be no mobile mechanics or broom wagon. The route is not signed. Some organisers will provide GPX route or links to sites such as “Ride with GPS” where you can download a route to follow.

Before the event you will receive information about the location of the HQ and a route sheet. On the day upon arrival to the HQ you will need to collect your Brevet card, which is the card you carry. This gets stamped at controls and finally validated by AUK as proof of your ride. The Brevet card will list all the controls you will ride through. There are two types of control; one where you will be expected to provide a receipt from a café, shop, garage or ATM machine. The other type you will be expected to provide an answer to a question e.g. distance to a place from a specific crossroads. The purpose of these controls are two fold; to check you are within the time limits and that you have completed the route without cutting corners. Upon returning to the HQ your time will be noted on the Brevet card and taken along with the receipts for verification. It will then be returned later by post. Some of the riders will not spend much time at the controls trying to set a fast time, others will make their stops longer and ride at a leisurely pace. You do need to remember there is a maximum and minimum speed of 14KPH to 30KPH. This applies to events of up to 699KM.

Audaxes are ridden by all types of riders, on lots of different bikes; trikes, tandems, fixies, hand bikes, recumbent and even stepper bikes. For every 100K you ride you will receive one point. Last year the rider with the most points received 278!

There are many different awards. Just go to the Audax UK website and have a browse. The next Audax in the area is 9th July from Aldborough St John where there is a 100KM and 200KM route. Happy and cheap cycling.

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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, sb1957@virginmedia.com



This is to certify that

Cleveland Wheelers CC

has achieved CLUBMARK accreditation

Valid from 3/3/2016 to 3/3/2019

Having met high quality standards in:

- The playing activity/programme
- Duty of care and welfare
- Knowing your club and its community
- Club management

Jennie Price
Chief Executive, Sport England