



Southboro Gazette



Spring 2008

SOUTHBOROUGH & DISTRICT
WHEELERS



CYCLING CLUB

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Log on to us at : www.southborough-wheelers.co.uk

The club meets every Thursday from 8.30 pm at The Borderers Sports Club, St Marks Recreation Ground, Frant Road, Tunbridge Wells (Tel 07748 880251)

The club magazine is published quarterly. Articles for the next issue should be submitted to the editor (preferably by email or on disk) by Sunday 11th May

The evenings are starting to get lighter, the clocks will be going forward soon, and there hasn't been much of a winter (yet). The excitement of the new racing season is almost upon us. Indeed for some, so-called 'hard-riders' (super-keenies? Nutters?) the season has already started.

To whet your appetite further our Spring edition of the Gazette has the full listings of local time trials, road races and audax events. So there's no excuse not to be out on your bike.

Maybe, in fact, the mild weather has meant that you've spent so much time on your bike that you haven't had chance to write something for the Gazette. So why not use one of your 'recovery days' to drop me a line for the next issue.

Neil Quarmby



Look Dappa for the New Racing Season...

CLUB CLOTHING has arrived - 2 weeks ahead of schedule!

We have a number of items available in Stock and will be available most Thursday's at the Clubroom. If we do not have your requirement, then let us know and another order will be placed and received before the racing season gets into full swing. Where orders are placed, a 50% deposit will be required.

- Bib shorts - Black - £35.05
- Skin suit (Short Sleeve) - £54.58
- Skin suit (Long Sleeve) - £60.11
- Summer airtex Jersey (Short Sleeve) - £20.59
- Summer airtex Jersey (Long Sleeve) - £28.30
- Windtex jacket (Long Sleeve) - £55.53
- Winter hat - £9.99

There is also some old IMPSPORT items still available.

The Watson's

As a Price guide...

Tour de France 2007 - Limited Edition TEAPOT

Back last year when the Tour de France passed through Kent, one unique Kent Potter who specializes in creating Teapots, decided to use the event as a reason to create a Limited Edition piece. The Potter, Gary Seymour, had created just 50 pieces, of which there are 4 remaining. If you would like to purchase one of these unique pieces, get yourself to Teapot Island, beside the "Anchor Pub" at Yalding Lees. The cost is just under £80.

WINTER (& SPRING) CLUB RUNS

With a mild winter we have been able to get out on our bikes most Sunday's, even if at times it has been very windy and we have had a bit of ice to contend with. We have all welcomed many riders including some new faces along the way, and some of them have now joined and become fully fledged club riders. On some Sunday's we have had more than 12 on the road. The pace has begun to quicken in recent weeks and we are now regularly averaging around 16 mph even with the occasional hill and some indifferent road

surfaces, but generally we never leave people behind.

The format has been to meet at Cycle Ops in Tonbridge around 9.45am for a coffee followed by a 10am start. Those who prefer an earlier start can always do a few extra miles before joining the run at 10am. We usually aim to be back in the Tonbridge/Tunbridge Wells area around 1pm after having covered around 40 miles or so, on a variety of different routes.

With the racing season approaching I am not sure if the format will change, perhaps we will have a rota of ride leaders, although hopefully the run is getting enough momentum of its own to carry on throughout the summer. As not everyone races every weekend why not give it a go.

On a related matter a few of the Sunday riders are planning to ride the Kent Castle's ride on Sunday 18th May. This is a 100mile audax/sportive event starting and finishing at Tonbridge Castle.

Martin Yardley

CLUB SUBSCRIPTIONS & MEMBERSHIP CARDS

Just to remind you club subs were due on 1st January. If you have paid them thank you very much. If not please contact Martin Yardley to pay this year's dues. A membership form is available on the website or from club officials.

The club are now issuing membership cards to all members

who want one. We have been offered a 10% discount at Cycles UK in Tunbridge Wells, this offer only covers the Tunbridge Wells store. I gather other local bike shops do offer members discounts from time to time, so it's always worth giving it a go. If you haven't got a membership card please see Martin Yardley.



ASSOCIATION NEWS

Kent C.A.

Although not strictly KCA, The Kent Time Trial League completed the 2007 season with a £650 prize handout to nearly 50 riders.

Unfortunately Southborough had only minor participants since riders need to compete in several event in Kent to accrue enough points for prizes.

2008 sees a new secretary for this competition, Malcolm Strickland to whom £5 entry fees should be forwarded.

The KCA programme remains much as usual this year, though the Lunch and Prize Presentation moves to Smarden in November. The 12 hour in August will be promoted by our own Esther Carpenter for the 25th successive year – surely a record. Congratulations Esther.

East Sussex C.A.

Our winning BAR team of Chris Cowlard, Neil Quarmby and Anthony O’Callaghan all attended the lunch and prize presentation in January along with Warwick and Joyce, Diane and myself. Ken Joy and his wife were there to present the awards.

Again, this year’s programme is similar to last, but with the 100 again reinstated and a MUST for those wishing to complete the ESCA BAR. Martin Yardley (and this club!) promote the 2-up on 30th March

Les Hayman

Wednesday Wobblers

Considering the fact that this winter is said to be one of the wettest, Southborough’s Wednesday rides have been very lucky to avoid the worst. Indeed almost every week has been blessed with congenial weather, some simply superb. The most spectacular was in mid January on the day following heavy rain when many roads were flooded. The sun

shone on us, but our feet got very wet. Dave Parker and I encountered two “fords” en route to 11’s at Headcorn, but Ian Turner had to carry his bike as he waded through one near Staplehurst and John Wheeler had to cadge a lift in a Post Office van to get him through floods at Yalding and Marden

These club riders together with Mike Daniels have been the most consistent Wednesday attenders. Terry Collins (up from Ashford) and Brian Whitehouse are regularly at lunch. Geoff Abraham's recovery from a hip operation was further delayed when he fell whilst walking and damaged his knee. He is out again, riding gently. A rare and welcome addition was Ron Hayward, out to elevenses at Hadlow on January 23rd – a week before his 80th Birthday. Ron was on his trike and rode with us for 6 or 7 miles on our way to Rabbits Cross for lunch. He rode very strongly.

My Birthday ride attracted 7 to the Tenterden elevenses including my nephew, Clive. On a splendid day,

we circled Ashford on our way to Mundy Bois and lunch. We took in Hinxhill (and the wrong way in a one way street!) Wye and that superb spring garden at pretty Westwell. We got home a little weary that day.

Neil Quarmby had been there, pushing the wind for us. He is becoming a regular. Warwick rides out to the closer lunch stops making a dozen of us altogether who participate in this most enjoyable and social Wednesday exercise.

Les Hayman

05-Mar	The George	Egerton
12-Mar	Lord Raglan	Rabbit's Cross
19-Mar	White Hart	Claygate
26-Mar	Mundy Bois	Mundy Bois
02-Apr	Woolpack	Benover
09-Apr	Unicorn	Marden
16-Apr	Stilebridge Inn	Staplehurst
23-Apr	The George	Egerton
30-Apr	Lord Raglan	Rabbit's Cross
07-May	White Hart	Claygate
14-May	Mundy Bois	Mundy Bois
21-May	Woolpack	Benover
28-May	Unicorn	Marden
04-Jun	Stilebridge Inn	Staplehurst
11-Jun	The George	Egerton

FORTHCOMING EVENTS

2008

Sunday 9 March	1 st Club TT – Sleeches Cross/Mayfield Time 09.00
Saturday 15 March	Open 10 mile Time Trial. Q10/33. Time 14.30 <i>See Doug Finch re marshalling</i>
Sunday 16 March	Club TT - Groombridge/Wych Cross Time 08.00
Sunday 23 March	EASTER DAY
Thursday 27 March	Slide Show by Peter Crofts Clubroom 8.45 “Deep South in Chile” or “Chinese Wonderland”
Sunday 30 March	East Sussex CA 2-up Time Trial GS/839. Time 08.00 <i>See Martin Yardley re marshalling.</i>
Sunday 4 May	Kent CA – 10 - Q10/22. 07.30 Club’s 10 mile Championship
Sunday 18 May	SERRL – Kenardington – Club’s Road Race Championship
Sunday 15 June	SERRL - Biddenden circuit. <i>See Neil Lewis re marshalling.</i>
Thursday 26 June	Brands Hatch (most probable date) Criterion Championship** <i>See David Watson re assistance.</i> **if not Brands Hatch – then Fowlemead (Betteshanger) DTBA
Sunday 13 July	S&DW Open 25 mile Time Trial G25/89 Time 06.30 <i>See Neil Quarmby re marshalling.</i>
Sunday 10 August	Kent CA – 12 hour. Q12/4
Sunday 31 August	VTTA (Kent Group Champs) - 25 miles Q25/12

Time: 07.00
See Peter Rowe re marshalling.

Sunday 14 Sept

E. Sussex CA - 25 mle G25/89 07.00.
Club's 25 mile Championship

The Fastest for 2008

Fastest 10 Mile

Bill MacNay
27.39 01-

CLUB RELIABILITY RIDE - 10 February 2008

4 hour Group: Malcolm Topfer, Mike Saadat, Peter Faro, Katherine Hills, Chris Cowlard and Andrew Thomas

3½ hour Group: Ian Turner, Graham Hills, Andree and Alan Wanders, Simon Tovey and Bill MacNay

3 hour Group: Neil Quarmby

A gorgeous, bright and sunny, morning was the reward for the 18 starters this year. For those with time to look around, the views from the top of the Ashdown Forest were superb. Of the 18 starters, Les Hayman and Peter Watson were not riding the whole distant – stated at the start! A further 3 riders, Dave Parker, Martin Yardley and Doug Finch failed to finish due to feeling under the weather. That left 13 to enjoy the hospitality of the White Hart along with timekeeper, Warwick Dunford, and several other family and friends.

Comeback?????

2008 is the year that I decided would be an appropriate time for me to make a comeback as a club cyclist, but where and when to start.

I had nominated the vets event on the East Peckham course in March as my first official event and had started training. Well perhaps that last bit is stretching things somewhat as there is a very tenuous some may say invisible link between myself and training.

As a precursor to this momentous occasion I thought, weather permitting, I would ride the Boxing Day 8.5 to get me into the swing of things.

The weather looked ok so that was the first excuse down the pan. Not having used the bike since May and with it hanging in the garage it was covered in sawdust, spider's webs and assorted detritus so it was out with the Pledge and duster. I replaced the tube in the front wheel. I don't know why but it seemed like a show of commitment. I also found a very old can of lubricant and thought the chain might benefit from a spray as it may have forgotten what it was supposed to do and lost a bit of its suppleness... not unlike myself.

The next thing was to root around in the wardrobe for suitable warm

clothing and realised that the distance between my crotch and shoulders was a value off most manufacturer's radar. Either that or my Roubaix bibtights had lost some of their stretchiness... not unlike myself. I understand how the Man in the Iron Mask felt although it was a different part of my anatomy that had been caged. Anyway another few hours and I had found a under helmet head warming thingy and some windstopper gloves. I thought that I had a pair of overshoes which could come in handy as a tantalising glimpse of flesh between my socks and the bottom of my Roubaix bibtights appeared when I summoned up all my strength to stand up straight. I eventually found them but could not quite work out how they went on and fastened up having long since lost the instructions so they went back in the cupboard to await an article in Cycling Weekly about overshoes and their deployment.

I arrived at the startline, not having ridden against the clock for at least a couple of years, and was pleasantly surprised with the considerable turnout. There were some unnecessary remarks about my being there with a bike and with the intention of riding. However I have noted who the miscreants were and I will look upon them unfavourably when handicapping next year's club



events.

Having reassured myself that I knew which way I was going I started, going off number 1. Lorna, who had accompanied me to witness this rebirth, noted that I was the slowest of all out of the start area....no change there then. I was passed by my minute man before the first turn....no change there then either. My minute man was Peter Faro who went on to come second in the event. Another note in my handicap diary!

On my way round I began to regret my overindulgence with the Pledge

in the saddle region or perhaps my Roubaix bibtights which in addition to their lack of stretchiness had become overly smooth and slippery whilst hanging in the wardrobe.....not unlike myself.

I finished second to last in a time of..... well I'd rather not say and anyway the results are probably available elsewhere in this magazine.

At the prize giving ceremony the redoubtable Warwick called my name and, basking in the warm glow of success, I approached the sack of prizes and pulled out my reward. Now don't take this the wrong way, its not that I'm ungrateful, goodwill to all men at this festive time of year and all that but a can of Pepsi light!!! This is like low fat crisps or fat free custard....what's the point? If you are going to have something bad for you at least do the job properly! Not only that but all these artificial sweeteners taste like s***

The two pints of Harveys in the Plough afterwards were delicious.

My rehabilitation as a club cyclist had taken its first tentative step!

Doug Finch

Club Event Timetable 2008

Please note all G course evening events are on Thursdays. Events with an 'm' in the last column indicate that marshal(s) will be required.

NOTES

4 of the Ladies Mile (GS 868) time trials are 'Come and Try it' events.
3 laps 11.72 miles; 1(3.68) or 2 (7.70) for Come and Try it.

Sun	Mar-09	Sleeches Cross/Mayfield	GS878	9.00	m
Sun	16	Groombridge/Wych Cross	GS899	8.00	
Thurs	Apr-17	Sleeches Cross/Mark Cross	GS879	18.45	m
Thurs	24	Ladies mile		19.00	m
Thurs	May-01	Sleeches Cross/Mayfield	GS878	19.00	m
Thurs	8	Ladies Mile	GS868	19.00	m
Thurs	15	Sleeches Cross/Mayfield	GS878	19.00	m
Thurs	22	Ashdown Forest	GS898	19.00	m
Thurs	29	Ladies Mile (Come and try it)	GS868	19.00	m
Tues	Jun-03	East Peckham	Q10/29	19.30	m
Tues	10	Polhill	Q10/18	19.30	m
Tues	17	East Peckham	Q10/29	19.30	m
Thurs	26	Ladies Mile (Come and try it)	GS868	19.00	m
Tues	Jul-01	East Peckham	Q10/29	19.30	m
Tues	8	Polhill	Q10/18	19.30	m
Thurs	17	Sleeches Cross/Mayfield	GS878	19.00	m
Thurs	24	Ladies Mile (Come and try it)	GS868	19.00	m
Thurs	31	Ashdown Forest	GS898	19.00	
Thurs	Aug-07	Sleeches Cross/Mark Cross	GS879	19.00	m
Thurs	14	Ladies Mile (Come and try it)	GS868	19.00	m
Sat	30	Tonbridge bypass	Q10/19	7.00	m
Sat	Sep-13	Tonbridge bypass	Q10/19	7.30	m

KENT, EAST SUSSEX and SOUTHERN COUNTIES CYCLING ASSOCIATIONS TIME TRIAL PROGRAMME 2008

Sun	16 March	East Sussex CA Hardriders – 15.8 (Boreham Street circuit)	GS/895	10.00
Sun	16 March	Kent CA (3-up) - 25	Q25/20	08.00
Sun	06 April	Southern Counties CU (sporting)	G25/48	09.00
Sun	30 March	East Sussex CA 2-up <i>(Organised by S&DW)</i>	GS/839	08.00
Sun	13 April	Kent CA - 25	G25/8	07.00
Sat	19 April	East Sussex CA – 10	G10/87	07.00
Sun	20 April	East Sussex CA – 25	G25/89	07.00
		Southern Counties CU – 25	G25/53	07.00
Sun	04 May	Kent CA – 10	Q10/22	07.30
Sun	08 June	Kent CA – 50	Q50/11	06.00
Sun	15 June	East Sussex CA – 50	G50/89	06.00
Sun	22 June	Kent CA – 100 inc VTTA Kent Champs	Q100/5	06.00
Sun	29 June	Southern Counties CU – 50	G50/53	06.00
		VTTA – Kent group – 25	Q25/8	06.30
Sun	06 July	East Sussex CA – 100	G100/86	06.00
Sat	12 July	Kent CA – 10 inc GHS	Q10/42	14.30
Sun	13 July	VTTA – Kent group – 10	Q10/30	07.00
Sun	27 July	Southern Counties CU – 100	G100/59	06.00
		SPECIAL CENTENARY 100		
Sat	02 Aug	VTTA – Kent Group - 10	Q10/22	07.30
Sun	10 Aug	Kent CA – 12 Hour	Q12/4	06.00
		Anerley BC (SCCU BAR) – 50	G50/53	06.00
Sun	17 Aug	Kent CA – 50	Q50/1	07.00
Sun	31 Aug	VTTA – Kent Group – 25 <i>(Organised by S&DW)</i>	Q25/12	07.00
Sun	07 Sept	Southern Counties CU – 25	G25/53	07.00
Sat	13 Sept	East Sussex CA – 10	G10/87	07.30
Sun	14 Sept	East Sussex CA – 25	G25/89	07.30
Sun	14 Sept	VTTA – Kent Group – 50	Q50/11	07.30
Sun	21 Sept	Kent CA – 25	Q25/10	07.30
Sun	05 Oct	Wigmore Hill Climb (Inc Kent CA)	QHC/11	10.30
Sun	12 Oct	Catford/Bec CC Hill Climbs	G32 & 31	
				10.30/14.00

KCA Website address: www.kentcycling.org.uk

2008 OPEN/ASSOCIATION TIME TRIAL PROGRAMME (South East DC)

March	9	Sun	VC Elan - 22	QS/7	9.00
	15	Sat	Southborough & Dist. Whlrs - 10	Q10/33	14.30
	16	Sun	Kent CA 3-up TTT - 25	Q25/20	8.00
	16	Sun	TA - 25	Q25/8	8.00
	21	FRI	VTTA - 10 (All ages)	Q10/28	8.00
	24	MON	Thanet RC 2-up	QS/3	14.00
	30	Sun	Kent Cycles - 25 (B) (Solos & Tandem)	Q25/20	7.30
April	6	Sun	SFA 2-up - 25	Q25/20	7.30
	13	Sun	Kent CA - 25 (B)	Q25/8	7.00
	19	Sat	West Kent RC - 10 (<i>internet entries</i>)	Q10/22	7.30
	20	Sun	Sydenham Wheelers - 25 Solos & Tandems	Q25/20	7.30
	26	Sat	Catford CC - 10 (<i>2 events 105 machines limit</i>)	Q10/19	6.15
			Catford CC - Tandem 10	Q10/19	6.15
May	4	Sun	Kent CA - 10 (A) .	Q10/22	7.30
	10	Sat	De Laune CC - 10	Q10/19	6.00
	11	Sun	Wigmore CC - 25 (B)	Q25/8	7.00
	17	Sat	CC Bexley & TA - 10	Q10/22	7.30
	18	Sun	Medway Velo - 25 (B)	Q25/8	7.00
	25	Sun	San Fairy Ann CC - 50 (B) Solos & Tandems	Q50/11	6.00
	26	MON	Deal Tri - 10	Q10/4	17.00
	31	Sat	Medway Velo Club - 10	Q10/24	15.00
June	1	Sun	VTTA 30 (Group Championships) All ages	Q30/12	6.30
			VTTA Tandem - 30	Q30/12	6.30
	8	Sun	Kent CA + TA - 50 (A)	Q50/11	6.00
	12	THUR	VC Elan - 10 (75 riders) (1 of 4)	Q10/30	19.00
	14	Sat	Woolwich CC - 10 .	Q10/24	15.00
	15	Sun	GS Invicta - 25 (B) Solos & Tandem	Q25/8	7.00
	19	THUR	VC Elan - 10 (75 riders) (2 of 4)	Q10/30	19.00
	22	Sun	Kent CA & TA - 100 (B) Solos and Tandems	Q100/5	6.00
	26	THUR	VC Elan - 10 (75 riders) (3 of 4)	Q10/30	19.00
	28	Sat	Thanet RC - 10	Q10/42	15.00
	29	Sun	VTTA - 25 (B) (All ages)	Q25/8	6.30

July	5	Sat	San Fairy Ann CC - 10 Solos & Tandems	Q10/22	7.30
	6	Sun	Thanet RC - 25 (B)	Q25/8	7.00
	12	Sat	GHS - 10 (SEDC Dist Champs)	Q10/42	14.30
			KCA - 10 (A)	Q10/42	15.00
	13	Sun	VTTA - 10 (Kent Group Champs) All ages	Q10/30	7.00
	27	Sun	De Laune CC - 25 (B)	Q25/8	7.00
			De Laune CC Junior 25	Q25/8	7.00
Aug	2	Sat	VTTA - 10	Q10/22	7.00
	9	Sat	VC Elan - 10 Solos & Tandems (4 of 4)	Q10/30	7.00
	10	Sun	Kent CA 12 hour (B)	Q12/4	6.00
			Kent CA 12 hour Tandem + TA 12 hour	Q12/4	6.00
	17	Sun	Kent CA - 50 (B) Solos & Tandem	Q50/1	7.00
	23	Sat	Gravesend CC - 10	Q10/22	7.30
	25	MON	Gravesend CC - 25 (B)	Q25/22	9.00
	31	Sun	VTTA - 25	Q25/12	7.00
Sept	14	Sun	VTTA - 50 (B) (All ages)	Q50/11	7.30
	14	Sun	TA - 50	Q25/8	8.00
	21	Sun	Kent CA - 25 (A)	Q25/10	7.30
	28	Sun	VTTA - 15 All Ages	Q15/20	8.00
Oct	5	Sun	Wigmore - Kent CA Hill Climb	QHC/1	10.30
				1	
	12	Sun	VTTA 2-up - 20 TTT (one rider veteran)	QS/22	9.00
2009	Jan	1	THUR Southborough & Dist Whlrs - 10	Q10/10	10.00



Surrey League Early Season Events

Sat	08-Mar	Crowhurst	Tandridge VH	London Fire Brigade	2/3
Sun	09-Mar	Kirdford	Alfold Crossways VH	Festival RC	3
Sun	09-Mar	Kirdford	Alfold Crossways VH	Festival RC	2/3
Sun	16-Mar	Dunsfold	Winn Hall, Dunsfold	Kingston Wheelers	3
Sun	16-Mar	Dunsfold	Winn Hall, Dunsfold	Kingston Wheelers	2/3
Sigma Sport Easter 3 Day for 3rds					
Sat	22-Mar	Milland Hill	Rake VH	CC Basingstoke	3
Sun	23-Mar	Dunsfold Park	Dunsfold Park	Evans Cycles RT	3
Mon	24-Mar	TBA	TBA	TBA	3
Sigma Sport Easter 3 Day					
Sat	22-Mar	Milland Hill	Rake VH	CC Basingstoke	1/2/3
Sun	23-Mar	Dunsfold Park	Dunsfold Park	Evans Cycles RT	1/2/3
Mon	24-Mar	TBA	TBA	TBA	1/2/3
Sun	23-Mar	Dunsfold Park	Dunsfold Park	Evans Cycles RT	4ths
Sun	23-Mar	Dunsfold Park	Dunsfold Park	Evans Cycles RT	3W/4W
Sat	29-Mar	Henfold Hill	Leigh VH	Addiscombe CC	2/3
Sun	30-Mar	Barcombe	Newick Scout Hut	Brighton Excelsior	3
Sat	12-Apr	MOD Chertsey	MOD Chertsey	Mosquito Bikes	4ths
Sat	12-Apr	MOD Chertsey	MOD Chertsey	Mosquito Bikes	3W/4W
Sat	12-Apr	MOD Chertsey	MOD Chertsey	Mosquito Bikes	E/1/2
Sat	12-Apr	MOD Chertsey	MOD Chertsey	Mosquito Bikes	3rds
Sun	20-Apr	Kirdford	Alfold Crossways VH	Twickenham CC	3
Sun	20-Apr	Kirdford	Alfold Crossways VH	Twickenham CC	1/2/3
Mon	21-Apr	Angmering Yth #1	Angmering Raceway	Southdown Velo	Youth
Mon	28-Apr	Angmering Yth #2	Angmering Raceway	Southdown Velo	Youth
Tue	29-Apr	Dunsfold Park #1	Dunsfold Park	VC St Raphael	J/E/1/2/3/4
Thu	01-May	Kitsmead Lane	Kitsmead Lane	Charlotteville CC	E/1/2/3/4
Sun	04-May	Cutmill	Elstead Youth Centre	Farnborough & Cam	3
Sun	04-May	Cutmill	Elstead Youth Centre	Farnborough & Cam	2/3
Tue	06-May	Dunsfold Park #2	Dunsfold Park	VC St Raphael	J/E/1/2/3/4
Thu	08-May	South Nutfield	Under M23 Bridge	34th Nomads	E/1/2/3/4
Sat	10-May	MOD Chertsey	MOD Chertsey	Old Portlians CC	4ths
Sat	10-May	MOD Chertsey	MOD Chertsey	Old Portlians CC	3W/4W
Sat	10-May	MOD Chertsey	MOD Chertsey	Old Portlians CC	E/1/2
Sat	10-May	MOD Chertsey	MOD Chertsey	Old Portlians CC	3rds
Mon	12-May	Angmering Yth #3	Angmering Raceway	Southdown Velo	Youth
Tue	13-May	Dunsfold Park #3	Dunsfold Park	TBA	J/E/1/2/3/4
Thu	15-May	Newchapel	Newchapel VH	Addiscombe CC	E/1/2/3/4
Mon	19-May	Angmering Yth #4	Angmering Raceway	Southdown Velo	Youth
Tue	20-May	Dunsfold Park #4	Dunsfold Park	TBA	J/E/1/2/3/4
Thu	22-May	TBA	TBA	TBA	E/1/2/3/4
Tue	27-May	Dunsfold Park #5	Dunsfold Park	TBA	J/E/1/2/3/4

SOUTH EAST ROAD RACE LEAGUE 2008

Sat	15 March	Betteshanger	1/2 +3/4	1hr + 5 laps	13.00
Sat	22 March	Betteshanger	1/2 +3/4	1hr + 5 laps	13.00
Sun	30 April	Biddenden	3/4/J/W	80km	09.30
Sat	05 April	Betteshanger Criterium	1/2 +3/4	1hr + 5 laps	09.30
Sun	13 April	Brenchley	1/2/3	90km	09.30
Sun	20 April	Chilham	2/3/4	90km	09.30
Sat	26 April	Betteshanger Criterium	1/2 +3/4	1hr + 5 laps	13.00
Sun	04 May	Benenden/Cranbrook	3/4/W/J	100km	09.30
Sun	11 May	Lamberhurst/Frant	2/3/4/J	100km	09.30
Sun	18 May	Kenardington	3/4/W/J	80km	09.30
Sat	24 May	Stage 1 - Betteshanger	1/2/3	120 km	09.30
Sun	25 May	Stage 2 - 10 mile TT - Chilham	1/2/3	10 mile	11.00
Sun	25 May	Stage 3 - Chilham	1/2/3	80km	14.00
Mon	26 May	Stage 4 - Tenterden	1/2/3	120km	09.30
Sun	01 June	Kenardington	3/4/W/J	80 km	09.30
Sat	07 June	Betteshanger	1/2 +3/4	1hr + 5 laps	13.00
Sun	15 June	Biddenden	1/2/3	80km	09.30
<i>Organised by S&DW – help wanted with marshalling</i>					
Sun	22 June	Tenterden/Appledore	2/3/4/J	100km	09.30
Sun	29 June	Edenbridge	2/3/4/J	120km	09.30
Sun	13 July	Brenchley	2/3/4	120 km	09.30
Sat	19 July	Betteshanger	1/2 +3/4	1hr + 5 laps	13.00
Sun	27 July	Kenardington	3/4/W/J	80km	09.30
Sun	03 Aug	Benenden/Cranbrook	1/2/3	90km	09.30
Sun	10 Aug	Tenterden/Appledore	1/2/3	120km	09.30
Sat	30 Aug	Betteshanger	1/2 +3/4	1hr + 5 laps	13.00
Sun	07 Sept	Benenden/Sandhurst	2/3/4	100km	09.30
Sat	13 Sept	Betteshanger	1/2 +3/4	1hr + 5 laps	13.00
Sun	28 Sept	Lamberhurst/Frant	1/2/3/J	90km	09.30
SERRL Champs					

HOT LINE 0208 467 4235

Email for SERRL:

kim@serrl.org.uk

OR luke@serrl.org.uk

Website:

www.serrl@org.uk

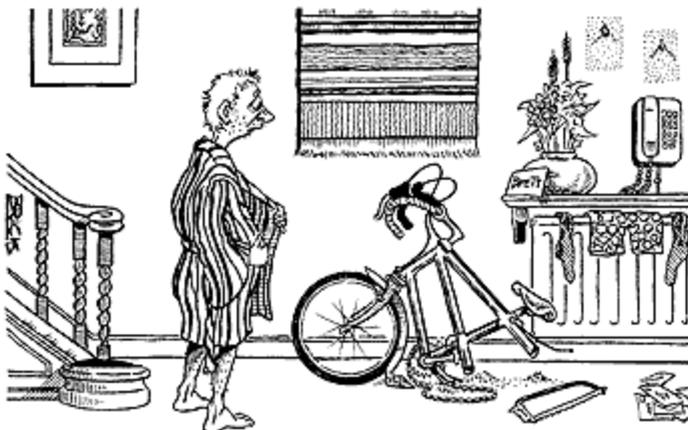
Audax early season events

		Start	Fee	Organiser
09-Mar	Invicta Grimpeur 50k and 100k	Otford 10.00 and 9.30	£3.50	Stephen Airey, 21 Birchington Close, Bexleyheath Kent DA7 5ED Tel 020 8298 0711
09-Mar	The Spring Dungeewow 200	Hailsham 7.30	£10.00	Dave Hudson, 151 Middle Road, Shoreham-by-Sea BN43 6LG
16-Mar	Invicta 200k	Otford 8.00	£4.00	Tony Huntington, 17 Castle Street, Upper Upnor, Rochester ME2 4XR
12-Apr	Invicta 300k	Meopham 3.00	£7.50	Barry Jordan, 1 Connaught Road, Sittingbourne Kent ME10 1HY Tel 01795 429 061
19-Apr	The Hailsham (Venta) 300	Hailsham 3.00	£10.00	Dave Hudson, 151 Middle Road, Shoreham-by-Sea BN43 6LG
10-May	The Hailsham 400	Hailsham 14.30	£10.00	Dave Hudson, 151 Middle Road, Shoreham-by-Sea BN43 6LG
11-May	The Hop Garden 100, 150 and 200	Meopham 9.00, 8.30, 8.00	£4.00	Tom Jackson, 19 Denesway, Meopham Kent DA13 0EA Tel 01474 815 213

SOUTHBOROUGH and DISTRICT WHEELERS 'EVENT COMMITMENTS' FOR 2008

In order to run these events for the riders, the Club will need your assistance. PLEASE see the relevant "Event Organiser" to offer your assistance

Sat	15 March	S&DW Time Trial – 10 miles <i>Doug Finch</i>	Q10/33	14.30
Sun	30 March	East Sussex CA 2 up – 31 miles <i>Martin Yardley</i>	GS839	08.00
Sun	15 June	South East Road Race League – Biddenden <i>Neil Lewis</i>		09.30
Thurs	26 June	Brands Hatch (probable date – to be confirmed) <i>David Watson</i>		18.00
Sun	13 July	S&DW Time Trial – 25 miles <i>Neil Quarmby</i>	Q25/89	06.30
Sun	31 Aug	VTTA (Kent Group Champs) – 25 miles <i>Peter Rowe</i>	Q25/12	07.00



It was a rude awakening but Brett realised today was the day he finally got to grips with the mysteries of the microwave.

What Goes Around

by Josie Dew

Strange sensation. I'm cycling again. My wonky knee is now functioning, albeit at half mast. After swinging along like a ponderous pendulum on bicep-crunching crutches for eight months, it first felt wobblingly weird, then wonderful to be spinning along under my own steam again.

During those long and bleak and bikeless days when men in white coats predicted that the chances of my returning to a saddle-bound lifestyle were about as remote as cycle touring on the moon, my usually buoyant endorphin levels dipped, dropped, then disappeared down the drain. Finding myself deprived of being able to cycle -- something that I had done virtually every day since I was ten -- was not a pleasant experience. Withdrawal symptoms hit with a vengeance.

At first I was fidgety and frustrated, then anxious and angry. I didn't just want to cycle, I NEEDED to cycle. I needed to spin and to turn and to twist and to roll with the wind. I needed to puff and to pant and to fly and to float and to force my legs faster. I needed to feel that feeling so unique to cycling that flings you into a higher and happier head-popping plane. Because without it, my mind

was mulching, my systems stagnating, my muscles wasting.

Cyclists tend to have a bit of a bulging leg muscle just above and to the outside of the kneecap. Mine at their peak were nothing to write home about but they did at least look as if they had seen a spot of action in their time, action that had encompassed anything from dragging bicycle-trailer loads of meals on wheels up the Hyde Park underpass to lugging a heavily panniered steed over yonder distant mountain tops. But with my bicycle becoming a haven for a miasma of spiders' webs as it redundantly hung by its wheels in the shed, I watched with a growing state of alarm my quads being sucked clean out of my thighs. I was wasting muscle, wasting time, almost waiting to waste away.

So for a while I one-legged cycled until I realised I was turning lop-sided. One leg was the size of a tree, the other the size of a twig. Meanwhile in the upper department, my arms were stealing the show. What with having got into the swing of my crutches (to keep sane I had by now set myself a daily five-mile obstacle course to crutch around at 6

o'clock in the morning), my biceps were sumo material for sure.

In fact, so desperate was I to have an adventure that I seriously considered cycling across Canada using my arms. Or failing that, crutching across with the aid of a skateboard. East coast to west coast. Then, having arrived in Vancouver I planned to learn to kayak among the



spectacular offshore likes of Salt Spring Island before paddling up the coast to Alaska. Yes, well, having your head in the paddy fields of cloud cuckoo land is sometimes what life is all about.

But then, just as I was oiling the wheels of my rocky Mountain turbo-boosted skateboard into action, and

devising a method of making my crutches double up as tent poles and paddles and grisly bear deterrents, my wayward starboard knee suddenly clunked into gear and decided to revolve -- up to a point. Good enough for low-key pedal-propulsion at least. And sitting back on board my pink, cobweb-dusted machine felt like heaven on a plate. It was sheer and utter ecstasy to be hurling along like a wombat out of hell through the fast-closing gaps of London's bicycle-crunching buses, and bumping and bouncing over the multiple multi-storeyed bottomless potholes again.

At last, instead of gnawing stagnated frustration, I was getting places with exhilaration and speedy ease. My legs spun, my head sung, my blood-flooded heart pounded and bounded with vigour once more. My knee may not be the knee of all bees, but as long as it's wound well up to a hefty and daily crank-pushing spin, I vow never to complain about any headwinds or sidewinds or wide winds again.

Because, as all cyclists know, winds are not so much westerlies or easterlies as forever againsterlies. Now, for the first time in my life awheel, I relish them and love them, because to have no wind in your face is the worst wind of all.

Hot Pursuit by Matt Seaton

At the beginning of his Big Adventure, Pee-wee Herman has a dream of winning the Tour de France. Over the line he speeds on his beloved red bicycle, still wearing his suit and bow-tie, to the acclaim of the crowds lining the avenue and the despair of the other professional racers. This affectionate pastiche of a bicycle-obsessed fetishist contains a kernel of truth, for everyone who has mounted a racing bike has dreamt of riding down the Champs Elysées at the tête de la course. The bike-racer shares a portion of that glory simply by knowing what it is to ride fast and hard. He belongs to the fraternity of the road, whose membership is free, international and democratic.

All racing cyclists may be addicted to the opiates that the brain releases to tamp down the discomfort of extreme exertion, but more than that they are junkies for the subculture of their sport, its secret knowledge and fraternal spirit.

When I was offered a job in London with Lawrence & Wishart -- the house publisher of the British Communist Party -- I celebrated by upping my overdraft to splash out on a new road bike, which I bought from FW Evans in The Cut at Waterloo. I was still a virtual stranger to bike shops, but I knew enough to recognise that Evans was a place for serious cyclists. You could tell because it didn't have any lines of cheap kids' bikes out front.

Three months later, I found myself

buying a pair of cycling shorts out of the sale bin at Ninon's shop in All Saints Road, Notting Hill. It was a matter of days before I was riding to work in them. In my fluorescent-yellow Marxism Today bike-bag I would carry a pair of boxer shorts and jeans to change into amid the dusty boxes in the basement. Every time I washed them -- which I had to do almost daily, otherwise the chamois started smelling like the old goat it had indeed once been -- they turned to cardboard. An application of Vaseline (in place of expensive chamois cream) helped with the stiffness, but after you had been riding for a while, it made the shorts feel as if you were wearing a greasy nappy.

My last Communist Party card is dated 1989; I did not renew my membership. Cycling became my new passion. The small society of racing cyclists offered another noble cause to fill that vacuum, without the ideological baggage. In cycling, I found a way to recreate the sense of direction that had abandoned me when the party softly imploded.

It was my friend Mick who found out about a club to join. The Vélo Club de Londres. The French name appealed to us both. We were ready to be seduced by the romance of life on the wheel. Mick's instinct served us well, because the Vélo Club (always known as "VCL" by its members and other club cyclists) had a kind of unofficial residency at the Herne Hill stadium. Dating from the turn of the last

century, the stadium had become a landmark for London cyclists as the capital's only banked track. The grandstand was shabby and the track itself in need of repair. Yet Herne Hill clung to its former prestige. It still possessed an atmosphere of faded glory, like a once fashionable, now down-at-heel seaside resort. The VCL met every Saturday morning for training.

My first Saturday, as I nervously made my way down the driveway between the houses that led to the track, I was alone. Mick had just taken a job in a cycle shop. He was relieved to get out of couriering, with its relentless graft, the noise and grime of traffic, and the ever-present danger of being knocked off, but the new job meant that he had to work weekends.

At the Herne Hill stadium, everyone had to ride a track bike. No bike with gears or brakes was permitted. I was issued with one of the club's ancient stock. When you are used to a normal road bike, the sensation of riding a track bike is unnerving. It is as if the machine has a will of its own. The instant I stopped pedalling, the bike bucked under me, as though trying to throw me off. My legs were pulled violently, almost dislocated at the knee it felt, as they were forced to resume a pedalling motion. I wobbled, nearly lost it, but learned my lesson. Never, ever stop pedalling on a track bike.

For a beginner, as I was, the concept of a bicycle without any brakes is unnerving and counter-intuitive. Especially on a fixed (no-gears bike), where even slowing down is of necessity a gentle, gradual process.

Riding a bike without brakes in close formation with other riders was still scarier.

Most track races are very intense and of only a few minutes' duration. This makes your position in the bunch at every moment critical. Just to keep your place, you have to ensure that you leave no gap. If the smallest space opens up between you and the rider in front, another will move up and take the spot. There are times when you have to be ruthless, even physically forceful -- riding with your elbows out, prepared to go shoulder to shoulder if someone tries leaning on you. If you are nervous and hesitant about following wheels and guarding your position, before you know it you'll have ended up at the back of the bunch, which is never the place to be.

The resident coach, Mike Daley, and a club professional, Rob Knight, soon had us in pairs, making two parallel lines a metre or so apart, circling the track at a steady tempo. Each pair would take a turn at the front for a lap, and then swing off, up the banking. As the double line of riders passed below them, the pair would use the banking first to decelerate and then, swinging down, to speed up again to rejoin the bunch at the back. This discipline, called through and off, is the foundation of riding in formation and the fundamental technique of racing: how a breakaway group organises itself to elude the pack; how, too, the bunch will organise itself to chase down the escape. In this technique of shared effort lies the principle of cycle-racing's strange blend of co-operation and competition. That mix of mutual aid and ruthless aggression is regulated

by an unwritten but elaborate etiquette -- in effect, a racer's code of honour.

After half-an-hour of riding round and round, going through and off, varying the pace, Daley called out, "Next lap: sprint." Sprint?! What did this mean? I looked around. At first, nothing happened; everyone stayed in line as we came down the finishing straight once more. But as we hit the curve, several riders who had been placed at the back started to break out of formation and move up the bunch, higher on the banking. As we rounded on to the back straight, the pace started to build. I found myself going faster, sucked along by the gathering momentum of the bunch. Suddenly, the neat order of the formation was gone: riders were moving everywhere, jockeying for position, squeezing into gaps. After the tameness of the exercises, the sudden liberty of speed was thrilling.

I tried to maintain my place but, still nervous about riding so close, I found myself slipping towards the back of the bunch. As we rounded the last curve and hit the home straight, riders were swooping down off the banking. Most of the riders in front of me were out of the saddle, weight forward, gripping the bar ends, trying to squeeze every last ounce of effort from their legs. Momentarily, I forgot my fear and threw myself into this pell-mell dash. For a second or two I lost myself and became an anonymous part of something much larger, like a swarm of angry bees or a shoal of silver darting fish.

Right in front of me, two riders seemed to wobble and veer into each other.

Before I could change direction or react at all, there was a blur of bodies and riderless bikes rolling and skating on the floor in front of me. There was no way through. I felt my front wheel hit something hard. Then all I knew was that I was off. There was nothing to be done now: I tried to relax. The world turned upside down. Light and colour blurred and everything went quiet. Then I landed. The ground jumped up and mugged me, punching me on the back of my head and kicking me on the shoulder and hip. I scrambled to my feet. Already the adrenalin had kicked in, killing the pain but taking away comprehension. Hobbling, I retrieved my bike. It was wrecked: the front wheel comically distorted, the forks pushed back towards the frame. As I dragged it towards the side of the track, the front tyre exploded with a noise like a gunshot. Looking back down the track, I saw the carnage of the crash. Two other riders and their bikes were still grounded.

After that, it was more than a year before I dared to race in a bunch, and much longer still before I rode the track again. But bitten I was.

Open Time Trial Results



TUESDAY 01 JANUARY 2008

Southborough & Dist Whlrs - 10

Q10/10

Bill MacNay 27.39

Mike Saadat 30.33

A. O'Callaghan 31.40

Winner: S. Yates (In Gear RT) 22.50

70 riders on the Start sheet of which 59 finished..

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Jo - 01892
822049
WITH YOUR
RESULTS**

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500 Metres

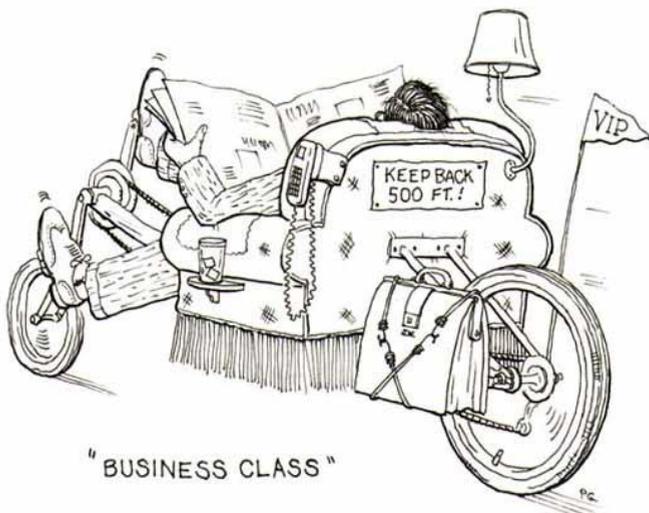
	18-Oct	15-Nov	13-Dec	10-Jan	07-Feb
Mark Denton	-	20.09	-	-	-
Keith Henderson	-	23.19	23.75	24.15	-
Andrew Thomas	-	-	-	-	25.69
Neil Quarmby	-	26.18	-	28.63	-
Graham Hills	28.90	27.77	-	-	-
Paul Featherstone	-	29.37	27.34	-	-
Neil Manning	-	-	-	26.91	-
Jim Clark	-	-	27.42	-	-
Bill MacNay	-	-	-	-	28.15
Martin Yardley	29.10	30.27	37.27	39.96	-
James MacNay	-	-	-	-	29.26
Mike Eden	-	-	29.91	-	-
Mike Saadat	32.30	-	-	31.79	29.94
Simon Jackson	-	-	33.30	-	-
Andy Carriett	-	-	33.92	-	-
Peter Faro	35.30	-	-	-	-
Neil Lewis	-	-	-	32.31	-
Roadster Hcp	@150 mtrs		@100mtrs		
David Watson	27.65	-	27.68	-	-

S&DW Club Time Trial Results

The 2007 Leigh Loop

On one of the best mornings for quite a few years, 10 stalwarts faced the timekeeper. Peter Faro did his best ride of the season, coming within 12 seconds of Nick's winning time. Peter and Doug showed unique consistency, when they both recorded 2nd lap times equal to their 1st lap.

		Lap 1	Lap 2
1	Nick Gritton	12.28	25.06
2	Peter Faro	12.39	25.18
3	Bill MacNay	12.44	25.41
4	Steve Humphrey	13.13	26.25
5	Alan Yardley	13.44	27.06
6	Martin Yardley	13.33	27.12
7	Alan Steinle	13.50	27.30
8	Mike Saadat	13.50	27.44
9	Doug Finch	15.18	30.36
10	Rob Searle	15.34	31.50



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Tel: 01892 524701 or email: martinyardley@yahoo.com



Selected garments and prices

Short-sleeve road jersey	Short sleeved road jersey in Moria Multi-Dry fabric. Designed for road racing, mountain biking and longer time trials and featuring three rear pockets for race food.	£21
Long-sleeve road jersey	Long sleeved road jersey in Moria Multi-Dry fabric. Designed for road racing, mountain biking and longer time trials and featuring three rear pockets for race food.	£28
Wind-tex training jacket	Wind-tex winter training jacket, with full zip and three rear pockets, ideal for the winter club-run. Breathable, water repellent, wind-resistant fabric. Warm yet lightweight and soft garment.	£55
Short-sleeve skinsuit	Short Sleeved lycra skinsuit. Anatomically shaped for extra comfort on the bike. Shorts as per A7.	£55
Bib shorts	Anatomically shaped lycra shorts. Printed panels in lycra, seat areas in teflon coated nylon lycra with shoulder straps	£35