

Cleveleys Road Club

Newsletter Autumn 2012



www.cleveleysrc.org.uk

For cyclists in Wyre, Blackpool, Fylde, Kirkham and Lytham St Annes

Welcome from the Club President

Order of the Day – Rain.

Despite the seemingly never-ending downpours, the weather has been mild and only rarely really windy.

Counted up my rides and only put the waterproofs on 3 times in earnest. Must have timed it well!

And rain hasn't put off the post-Olympic surge in riders interested in joining CRC, trying us out in the midweek rides. Welcome to all those that have been out with us and particularly those that have become Members.

Also welcome back to Sam Jackson, a great addition to what looks like being a very useful CRC Road Race Squad next year.

Saturday Chaingangs and the new Thursday evening sessions at Palatine should keep a good level of fitness before spring headbanging gets going.

The Nine-O'clockers are running their annual weekend in the Lakes at the end of November so the social riding is looking up.

The off-bike Social Season is also here, Presentation Night and Xmas Meal at the end of November.

Grateful thanks to Paul and Joanne for dealing with the engraving. I will not be at Presentation night this year, absent on family commitments but I'm sure both the trophy handover and social with Dave's Hotpot will go down well.

Thanks are due to Darren Nelson for his Sunday routeing efforts, as I am now well into Saturday riding, again for family reasons, but also to fit in with "Shorter and Harder" sessions in early preparation for (hopefully) racing in 2013.

My thanks also go out to our incredibly hard working Committee, unseen efforts without which our Club wouldn't function. All held together by tireless Sec, Steve who merits your special thanks.

Dave Edge



*Cleveleys Road Club - for cyclists in Wyre, Blackpool, Fylde, Kirkham and Lytham St Annes.
Come and join Lancashire's fastest growing cycling club.*

CRC End of Year Dinner

Another successful end of year night out at the No1 Hotel, South Shore.



Free cycling and maintenance courses

Working in partnership with Go Velo, a Lancashire based cycle training company, adult cycling training is now available throughout the county free of charge.

Cycle maintenance training is been offered and family cycle training is being piloted at 20 schools.

To book a course visit:

<http://www.govelo.co.uk/adult-cycle-training-lancashire.html>



Palatine Circuit

Palatine circuit is booked for CRC and FREE to members to use whether you wish to get some midweek training done instead of the

turbo or just come down for general riding and fun.



Some guidance for use we are insisting on please.

You must have a rear and a front light to ensure riders can be seen by others.

Racing others, fixed or TT bikes will not be allowed, again for the safety of others.

The circuit will be used for light to moderate training, riders may train solo or in groups, chaingang will be permitted (not at elswick like speeds though) providing changes are done once only per lap and at the start/finish line only.



Please remember you are representing the club when using the track and facilities, any problems let Steve Whiteside or Pete Jack know.



Award 2012

Hill Climb Championship PETTS 'HC' 21/08/12

1 st	A. Aldred
2 nd	D. Cross
3 rd	G. McMurray

10 Mile Championship CRC '10' 19/05/12

1 st	M. Smith	20-
50		
2 nd	P. Russell	23-
01		
3 rd	G. Parkinson	23-
54		

25 Mile Championship Kent Valley RC '25' 17/06/12

1 st	P. Russell	1-
00-18		
2 nd	M. Black	1-
00-02		
3 rd	D. Shorrock	1-
05-41		

30 Mile Championship Wigan Wh '30' 29/04/12

1 st	M. Smith	1-
10-33		
2 nd	P. Russell	1-
13-10		
3 rd	M. Black	1-
14-44		

**50 Mile Championship Preston
Wheelers '50' 01/07/12**

1st P. Russell 2-
09-16
2nd no rider
3rd no rider

3rd D. Turner
57-06
Fastest Lady no rider
Fastest Junior S.
Rathbone 1-18-45
Fastest Vet M. Black
54-30
Fastest Vet on Standard M. Black
+16-43(Record "New Plus")

**100 Mile Championship MDTTA Event
2012**

1st P Russell 4-
15-32
2nd no rider
3rd no rider

Fastest 30's
1st M. Smith
1-10-33
2nd P. Russell
1-13-10
3rd M. Black
1-14-44(65 yr old Age Record)
Fastest Vet M. Smith
1-10-33
Fastest Vet on Standard M. Black
+11-16

12 hour Lancashire RC '12' 19/08/12

cancelled – no alternative Event
available

2012 MEDALS

Fastest 10's

1st M. Smith
20-17(50 yr old Age Record)
2nd D. Turner
21-12
3rd M. Black
21-24(65 yr old Age Record)

Fastest Lady C. Goss
29-17(if she paid subs)
Fastest Junior S.
Rathbone 27-36 (Youth)
Fastest Vet M. Smith
20-17
Fastest Vet on Standard M. Black
+06-34(Record "New Plus")

Fastest 25's

1st M. Black
54-30(65 yr old Age Record)
2nd M. Smith
55-12

Fastest 50's

1st M. Smith
2-00-02
2nd P. Russell
2-01-17
3rd M. Black
2-05-52(65 yr old Age Record)
Fastest Vet M. Smith
2-00-02
Fastest Vet on Standard M. Smith
+19-22

Fastest 100's

1st P Russell
4-15-32
2nd no rider
3rd no rider
Fastest Vet P. Russell
4-15-32
Fastest Vet on Standard P. Russell
+35-52

<u>Fastest 12's</u>		1st	P. Russell
			+59-47(+07-43,16-32 and 35-52)
1st	no event	2nd	no rider
2nd			
3rd		3rd	no rider
 <u>Senior Speed Competition-</u>			
1st		M. Smith	
	28.301 mph		<u>Junior RR</u> – no rider
2nd		M. Black	
	27.516 mph		<u>Senior RR</u> – A. Aldred
3rd		S. Lester	
	25.966 mph		<u>Veteran RR</u> – A. Aldred
 <u>Veteran Speed Competition-</u>			
1st		M. Black	<u>Senior SPOCO</u> – B. Smith
	+44-43		759pts
2nd		M. Smith	<u>Veteran SPOCO</u> – B. Smith
	+38-04		759pts
3rd		S. Lester	<u>Junior SPOCO</u> – no Riders
	+29-47		under 18
 <u>Youth B.A.R.-</u>			
Rathbone	S.	20.384 mph	<u>Barry Hufton Trophy</u> - D.
			Turner
 <u>Junior B.A.R.-</u>			
Rathbone	S.	20.384 mph	<u>Most Improved Rider - TTs</u> – D.
			Cross
 <u>Ladies B.A.R.</u>			
		no rider	<u>Most Improved Rider - RRs</u> – A.
 <u>Senior B.A.R.-</u>			
1st		P. Russell	<u>Headbanger</u>– M.
	24.456 mph		Black
2nd		no rider	<u>Sec Merit Award</u> – P.
			Harrison
3rd		no rider	<u>Clubman of Year</u> - L.
			Crookhall
 <u>Veteran B.A.R.(Total 'Plus')</u> –			
			<u>Blockhead</u> - L.
			Crookhall

**VETERAN STANDARD
MEDALS**

**Calculated improvements on old
tables converted to New Standards**

M. Black (64) (Record)	10M +06-34 25M +16-43 (Record)
D. Shorrock(64)	10M +04-43
S. Lester(60)	10M +05-28 25M +10-09 50M +14-25
J. Leech(59)	10M +02-35
D. Balshaw(54)	10M +04-13
P. Harrison(54)	10M +03-41
M. Smith(50)	10M +06-26 30M +11-13 50M +19-22
S. Hinde(48)	10M +00-23
N. Fox(47)	25M +08-40
P. Russell(45)	30M +07-42
D. Turner(41)	10M +04-52
A. Aldred(40)	10M +02-01



CRC Water Bottles

Fantastic range of high quality and great value water bottles. See Steve Whiteside



**CRC HQ funding
success**

Our own Mick Smith on right hand side at back.



Singleton village hall has been saved after delighted community campaigners (including CRC's Mick Smith) secured thousands of pounds in Lottery cash,

Councillors and residents in Singleton have battled for two years to secure the £345,969 needed to revamp the dilapidated hall and turn it back into a community hub.

And the euphoric team behind the project finally got their hands on the cash they need to transform the building after the Big Lottery Fund gave their bid the thumbs-up.

<http://www.blackpoolgazette.co.uk/community/community-news/victory-in-the-village-1-5124324>

September Monthly ride

The 23rd. September monthly ride re-vamped to take account of recent illnesses and the televising of the Mens World Championship Road Race still yielded 10 members who met at the Wyre with the prospect of a sluggish headwind start into a chilly south-east breeze but in hazy sunshine and dry conditions.

Mains Lane to Singleton lights and on through the village, then Thistleton, Elswick and Inskip enabled them to meet the Lytham resident just short of the Derby Arms.

They continued to Broughton lights to turn right for a short stretch of the main A6 to Durton Lane for the quiet incline to join the newly-opened Guildwheel to the north of Preston. Off-road on hard surface meant slower progress and the challenge of bike-handling skills as they negotiated angled gates, road crossings, unexpected bends & dips plus shared footpaths.

Exiting just south of Grimsargh meant approx. 4 miles to the only stop at the No. 65 Delicatessen on Berry Lane Longridge where value-for-money snacks were enjoyed.

An earlier 'phone call to make sure that the venue was still open on Sundays from 10am-1pm prompted the owners to reserve 3 tables for us making the group feel special and cared for plus

the unexpected entertainment of a passing marching band completed the experience.

Now here's a simple equation for you - Syd + tailwind + chocolate & almond cake + cappucino = SPEED!....nobody heard a starting pistol fired or saw a chequered flag drop but that plus Syd's age-old excuse of 'I'm cold therefore I have to go fast in order to warm up' meant an almighty surge of large chainring yomping along the undulating country roads via Inglewhite and Bilsborrow as far as St. Michaels.

Here, sanity was restored for a more tempo finish to the outing via Cartford Bridge and Shard Bridge back to the Wyre..the distance of 40 miles being only half that of the original planned circuit of Pendle Hill.

However, the fact that it only took them exactly 1 hour from Longridge back to the Wyre meant that most felt that they had definitely been 'on a ride' without the need for steep climbs and going double the distance.
P. Shuttleworth

October Monthly ride

Sunday 21st. October dawned dry, sunny and only a light SE drift to the wind direction so at first thought slightly disappointing that only six members turned out.

However, with some in Majorca, others opting for a Saturday outing and at least one regular partaking in a Sportive, it was understandable and the compact group was ideal for a ride of contrasts and extremes.

Early miles quite easy through Singleton and past Weeton Army Camp to cross the M55 bridge and use Wesham to approach Kirkham where the flat short-cut past the Parish

Church took them to Carr Lane. Despite the 'Road Closed' sign, the group managed to reach Treales by using a footpath, off-road diversion over ramps across grass to stay on course and pass through Salwick and Clifton Green to reach Preston New Road.

Here, an 8-mile, surfaced off-road section was used via Preston Docks, Strand Road, Avenham Park and the old tramway route to Bamber Bridge. Although quite slow to show consideration to pedestrians, runners and fellow cyclists, the area yielded good views of a serene River Ribble, archways of Autumnal trees and leaf-strewn surfaces plus open fields and local industrial areas.

By contrast, back now on urban main roads through Bamber Bridge, Leyland and Euxton to Charnock Richard with dips and bumps making for an undulating route. Turning onto Church Lane and a more rural atmosphere for a while before two downhills (without much up) took them to the A6 South and a lunch at Frederick's Ice Cream Parlour - hot food also!

Only a couple of miles then to Adlington and turning eastwards slightly uphill, humbled by a disabled gent astride electric bike overtaking us! The approach to Rivington was manic with traffic gridlock on the reservoir bridge as motorists searched for parking spots to enjoy the sunshine and fresh air, then it was the major climb of the day over to Belmont - their own efforts soon forgotten as they whizzed downwards looking at ragged and dog-eared Sportivers struggling upwards.

Main road for a while before diverting onto the undulating moorland terrain towards Tockholes and the tentative/tricky descent full of pinched kerbs, speed bumps and potholes but

immediately followed by a super-smooth 40 mph swoop down to Feniscowles.

A few miles pause to let the adrenalin settle then more high pace as the road inclined downwards with a tailwind from Houghton Towers through Higher Walton to Walton-le-Dale and London Road Bridge. Back onto the more sedate Guildwheel route to retrace their outward journey, the group decided to reward their efforts with a 2nd. stop at Preston Docks Marina.

Exiting through Lea town with 'cafe legs' slowing the pace to cross Blackpool Road and descend to Savick Brook, the speed soon picked up aided by a favourable wind. Catforth, Inskip, Elswick and Thistleton were soon history on the way to Singleton and back to the Wyre for the 70-mile + distance and 3000ft. of climbing.

For those who have spent the last month braving the rains, riding through floods and generally motivating themselves to turn out, it was pure pleasure to sit out in the sun at both brew stops and complete a complicated outing.

Peter Shuttleworth..

November Monthly ride

Sunday, November 18th. encouraged countless cyclists to turn out to Skippool on a dry, sunny and calm morning...luckily not all part of the designated monthly ride.

This was evident as soon as they had crossed Shard Bridge when a portion headed towards Pilling whereas nearly 20 members followed the River Wyre road past Cartford Bridge to St. Michaels and Bilsborrow to cross the main A6 trunk road.

Hillier roads now on the way to Inglewhite after which dark clouds swayed the decision to approach the only stop at Chipping via the flat route on the outskirts of Longridge and Thornley.

Some turned back without stopping leaving 14 to take refreshment, exiting to spotting rain but trusting in heading towards blue sky without waterproofs. Spectacular storm clouds and rainbow over the Trough of Bowland wasn't a hindrance as they headed towards Chaigley, staying dry but on wet roads.

After months of avoiding the ascent and descent to Hodder Bridge from Walker Fold due to rough road surface, it was a nice surprise to find long stretches of resurfaced route making the high speed downhill feel safer.

They curled around the end of Longridge Fell via Great Mitton and after plunging down to the next river bridge, began the 2-mile climb past the back of Stoneyhurst College to connect with the high Fell road.

Extended downhill through Longridge and down to Grimsargh was most welcome before they used Haighton and Durton Lane to reach Broughton. Higher pace then ensued as they realised that the hills were behind them, roads were drying out and the ride was a half-hour ahead of schedule.

Thus, the homeward ride via Inskip, Elswick, Thistleton and Singleton was blessed with only a side wind to contend with so that despite the 60-mile distance and 2,700ft. of climbing, all the group were home before 3pm in good daylight.

Verdict :- for the time of year, being lucky with the weather, this was a ride just far enough to test the legs in comfortable conditions with a view to holding on to summer fitness as long as possible.

Peter Shuttleworth

Way of the Roses - one of Britain's best 'coast-to-coast' cycle routes

This highly popular route runs for 170 miles between Morecambe and Bridlington.

It passes through the historic cities of York and Lancaster, and lesser known gems such as Settle, Pateley Bridge and Ripon.

On route, you'll be cycling across a beautiful, changing landscape including the Lune Valley, Yorkshire Dales, Nidderdale and the Yorkshire Wolds; using traffic-free paths, on-road cycle lanes, country lanes and quieter roads.

It's a challenging but rewarding cycle touring holiday or longer vacation, for all.

<http://wayoftheroses.info/>

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CRC Past Racing

crc riders are beleived to be Shane Marsh and Garry Bamber, others Pete Matthews and Mark Be



Who's Who in the Club?

The Officers are all listed in the section above, however as a reminder here they all are, please feel free to contact anyone of them for any queries, ideas, problems, anything you wish.

President	Dave Edge
Chairman	Dave Balshaw
Secretary	Steve Whiteside
Membership	Mike Moffitt
Treasurer	Peter Shuttleworth
Time Trial	Derek Parkinson
Touring	Richard Stott
Publicity	Andy Mullaney
Clubroom	Mick Smith
Social	Mick Black
Lady Rep	Cheryl Hinde
Off Road	Vacant
Records	Vacant
Road Race	Rich Stott

Craig Miller looks after the club kit, articles for the fortnightly Newsbox send to me, the Secretary, feel free to send me anything of interest to the members, the Newsbox is for the members.

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Paintings by local artist Ray Catlow



<http://cycling-art-plus.com/>

