



**Bedfordshire  
Road Cycling  
Club**

# The Bedfordshire Cyclist

Issue 103

December 2017

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Well, another year has gone! As one gets older several things become apparent. Apart from the fact that time goes much more quickly and that young people mumble, it seems that the population as a whole is getting more forgetful. Walking round the Town today I noticed that at least one in five younger folk carried an identity label on a ribbon round their neck, in case they forgot who they were. Continuing on this cynical

note, it was often quoted in my youth that it was the invention of the bicycle which brought about the demise of the village idiot. If the poor conduct and lack of road-sense of some cyclists (not Bedsroaders of course) is a criterion, this is no longer true! Unfortunately this issue will not be published in time for Christmas so, on behalf of myself and the Club Committee, I wish you all a happy and mile filled New Year. TAB

**Special points of interest:**

**Road Safety P 3**

**E. League Pp 4-9**

**GoRide news P 13**

**New Members P13**

**AGM P14**

**Contacts. P 16**

Membership of the Club is open to all interested in cycling. Further information is available on the Club's website [www.bedsroad.org](http://www.bedsroad.org) Information on subscriptions is on page 3.

**Deadline for copy for next edition.**  
**Monday 5th February 2018**

**PARKING AT THE CLUBROOM**

We have agreed with our neighbours not to park opposite their entrances. In fact it is not always our members who are responsible but never-the-less we have obtained some "NO PARKING" signs which we hope you will observe .

## Diary of Events

<b>Sunday 10th December</b>	Central League Cyclo Cross, Twickenham CC - Hillingdon
<b>Sunday 17th December</b>	Central League Cyclo Cross, Lovelo Crossmas - Berkhamstead
<b>Saturday 23rd December</b>	Central League Cyclo Cross Rockingham Forest Wheelers - Rockingham
<b>2018</b>	<b>2018</b>
<b>Monday 1st January</b>	NYD Lottery Ride Clubroom 11.00
<b>Sunday 7th January</b>	Muddy Monsters Cyclo Cross Hinchinbrooke School PE29 6GP
<b>Sunday 14th January</b>	Muddy Monsters Cyclo Cross Welwyn Track AL8 6XE
<b>Sunday 21st January</b>	Muddy Monsters Cyclo Cross Ashwell Grass Track SG7 5LT
<b>Sunday 4th February</b>	Club Reliability Ride <i>To be confirmed</i> Clubroom 09.00
<b>Sunday 11th February</b>	Muddy Monsters Cyclo Cross Milton Country Park CB24 6AZ
<b>Sunday 11th February</b>	CC Luton Reliability Ride
<b>Sunday 18th February</b>	Club Reliability Ride <i>To be confirmed</i> Clubroom 09.00
<b>Thursday 22nd February</b>	Interclub Turbo Competition. Clubroom, followed by Social Evening.
<b>Sunday 4th March</b>	Muddy Monsters Cyclo Cross Welwyn Track AL8 6XE
<b>Saturday 24th March</b>	Club Awards Dinner. Venue & format to be confirmed.
<b>Sunday/Monday 8th/9th April</b>	Proposed trip to the finish of Paris - Roubaix, including Eurostar and one night in hotel in Lille. (Over 18's only)
<b>Wednesday Mornings</b>	Wecyle Wednesdays meet at Barkers Lane entrance to Priory Park. 09.30 Contact Rick - 01767 651097 or Terry - 01234 857131
<b>Saturday Mornings</b>	Go-Ride sessions. Various locations, based on Priory Park. 0.900 (Check with Alison Cooper 07835 236 640)
<b>Sunday Mornings</b>	Club-runs leave from Swan Hotel at 09.00 (check web site) Club-runs for less ambitious riders leave from the Swan Hotel at 09.00

## CLUB MEMBERSHIP

### SUBSCRIPTIONS ARE DUE ON JANUARY 1st

Joining Fee**	£ 5
Senior 18+	£20
Couples	£25
Family (Couple +under 18's in full-time education)	£33
Junior (16-17 yrs)	£ 8
Juvenile (12-15 yrs)	£ 6
Under 12 years old	Free
60+ on 1st January	£10

\*\* Applies to new members and existing members who renew after 31st March .

Members who have not renewed by 31st March are presumed to have resigned. They will need to re-apply for membership after this date.

Membership Secretary:- Jon Carver.  
Subscriptions may be renewed by contacting Jon in person at the Clubroom, on line via the Club website, by post to :-  
Membership Secretary, Bedfordshire Road C.C.  
Southill Road, Cardington, Bedfordshire,  
MK44 3SX

**Please make cheques payable to 'Beds Road C.C.'**,  
Or by Bank Transfer to :-

Lloyds TSB, High St, Bedford. --

Account Name Bedfordshire Road Cycling Club

Account No. 01293926 - Sort Code 30-90-66

Please use the reference **Joe Bloggs subs\*\*** so that we can identify from whom and why remittance was made.

\*\*Change to your real name (some people didn't)

## Magazine distribution

### Please read carefully.

Members for whom we have no e-mail address will continue to receive the magazine in the post.

Members for whom we have a current e-mail address will receive an e-mail containing a link to the Club web site, where the magazine can be read or downloaded. If this does not happen it means that we do not have your correct address and you should contact the Editor as soon as possible.

Members with an e-mail address, but who prefer to receive a paper copy, can still do so by contacting the Editor (details on back page.)

### British Library

A copy of this magazine is kept in the British Library and forms an important part of the Club History. It is vital therefore, that accounts are as complete as possible. Would you all please send results, reports and stories to the Editor so that a true picture of Club activities is recorded. (See back page for addresses)

**Deadline for copy for next edition. Monday 5th February 2018**

I'm sure any self-respecting cyclist has a bike ride which stands out in their memory. Something which at the time seems to be fairly innocuous but there is something about it which latches in your memory. Let me recount such an event. It was back in the 1990's, possibly 94 or 95.

going for a year, let alone the 2 weeks we were staying! But I digress. Margaret, Peter and Ellen were all relaxing in the French sunshine, but I had the need for speed, or more to the point, sedate cycling. Feeling the need for some serious cycling, I borrowed my host's bike. It



We went to stay with our good friends Joelle and Gabrielle Jacquier who, as you may have guessed, are French. At the time they lived in a town called Issoire, which is about 22 miles south of Clermont Ferrand. This is a lovely part of France and if you get the chance, just go. If it hasn't succumbed to rapid building like the UK has, then the scenery is fabulous, breathtakingly beautiful and really good for cycling. Except on this occasion, I didn't take a bike with me as we had a fully loaded car; me, Margaret, Peter and Ellen plus enough supplies to keep us

was a maroon Peugeot in 531 throughout (it had these stickers on it) kitted with mudguards, possibly unnecessary as it was bakingly hot, 700cx28 tyres and a host of other touring accessories. It was and still is, a lovely bike.

With minimal adjustments and the tyres pumped up, I set off. My hosts provided me with a map. What for? I had the open road in a cycling friendly country and was in the mood to explore. Where will this lane take me, how about going down this road, let's play first left, first right, second left, third right and where will I

end up? Lost, that's where! But I didn't care, I was on a bike, free.

My hosts told me of two hills if I fancied a challenge; Nonette being one and can I remember the name of the other? No! But I navigated to both leaving Nonette to last. I climbed the first hill to find nothing on the way up and nothing at the top, so thought I'd climb to Nonette as I could see there was a town there. In this part of the world, the weather is really good, hot in summer, fantastic for catching a tan but not oppressive. I approached a bridge which crosses the River Allier. As I crossed the bridge I could see some people enjoying the fine day, swimming, sun bathing and splashing around. Hang on a minute, do those young ladies not have any clothes on? Maybe not. So I retraced my tracks just to see if I was right. Yes, they seemed to have forgotten to put their swimming costumes on. Their gentle-

man companions also seemed to have forgotten to put their trunks on too. How could they be so remiss? I averted my gaze to preserve their modesty and thus not incur the wrath of the men. These blokes resembled gorillas, so I wasn't going to hang about. Off upwards I went.

On the way to the top of Nonette I cycled through a quaint village and typically most residents had retired for an afternoon nap, apart from one monsieur who was carrying out some maintenance on his car. And you thought this was a British pastime. The village, quaint it may be, had a spring where, before running water, I presume, the villagers got their water. It would take a brave or foolhardy person to drink from this fountain now; mould and algae were growing in vast quantities and I really felt that this was such a shame because it really detracted from the ambience. Then something I hadn't



Mais ou sont les Bageurs?

planned for happened, I felt potential trouble. The unmistakable clunk on every rotation of the pedals. I knew something wasn't right. So I pulled over to discover the left crank had become loose. Remembering the French weekend mechanic, I retraced my path and gladly saw him. 'Excusez-moi monsieur, auriez-vous une douille de 14mm car la manivelle est devenue lâche', I may have said. Smiling, he looked at my predicament, said something which I believe translated to 'Certainly, I have just the tool', reached for the correct socket, tightened the crank bolt and I was ready to venture further. 'Merci beaucoup', I replied, shook his oil stained hand and off I went. Reflecting on this, maybe I missed my vocation and should have gone into the Diplomatic Corps, but I was in really high spirits and not my usual curmudgeonly self when holidaying in France; something to do with not being able to speak the language, too lazy to learn and not sure why the locals react with ignorance when I speak slowly, loudly, in English when I need service. After all, this tactic works in Torremolinos and Benidorm, but perhaps the Spanish and French are a different race.

The gradient started to flatten off as I approached the village of Nonette at the top of the climb. Oh good I thought, there's a café. A group of Dutch tourists were sitting outside as I approached. On seeing me, obviously having worked hard cycling to the top of the hill, they cheered me on with a round of applause, fantastic response! 'Thanks for the encouragement', I said, 'but I'm not Joop Zoetermelk'. They said that this was OK; they, like most Dutch people love cycling

and recognised the effort, so I joined them and chatted about Holland, how much I love their country and how much I longed to visit this fine land. I really fancied a nice, cold beer, something the French in this part of the country are famed for. Madame arrived. 'Puis-je avoir une bière s'il vous plaît', I asked. Fortunately I am fluid in most languages; i.e. I know how to get beer. 'Non monsieur, nous ne vendons pas de bière, seulement du jus d'orange'. Now I am flummoxed. What did she say? Chuckling, one of the Dutch party who, like most Netherlanders, spoke excellent English told me that there was no beer, only orange juice. Orange juice! I'm in France, famed for good beer and a liberal attitude to alcohol, and I pick the only café, possibly in the whole of the country that doesn't sell beer. You can even buy beer in McDonalds in France, what's all this about! So I settled for orange juice, there was nothing else for it. We chatted some more and I found out that the party were on their annual holiday and they too decided to come off the beaten track but drove up to Nonette. I recounted times when stationed in Germany with the RAF, I had often visited Roermond and the like and how much I loved their country. The complements were repaid as they picked up the tab lovely, non-alcoholic, very refreshing orange juice. What lovely people. Why can't every day be like today?

We said our farewells and I decided to head off to our hosts. The ride back was uneventful and I reflected on the day as the afternoon sun was starting to set. Little did I know how this day would etch itself on my memory. Many years



later, my lad Peter and I revisited Nonette and retraced my route. The old spring was still in the village, still growing mould and algae and on reaching the summit, we discovered that the café had long gone. What a shame, but its existence will be remembered by me forever. What a fantastic day, what a fantastic

ride. No records were broken, it was just another bike ride but certain events made it possibly the most memorable ride of my life.

That's my outstanding, unforgettable ride, what's yours?

*Des Roberts.*

### **Cyclo Cross**

Central League Series

Race 8 cancelled

Sunday 19th November Race 9.

RAF Halton

*Vet Male 40-49*

79th Jonathan Narbett 3 laps 42:59

1st Neil Ellison, WDMBC/Specialized Ruislip  
5 laps 41:34

*Vet Male 50+*

31st Jon Friend 5 laps 50:20

44th Alastair Fadden 5 laps 52:44

1st Roy Chamberlain, Team Corley Cycles  
5 laps 42:20

Saturday 25th November race 10

Corley Cycles MK Bowl

*U14 Boys*

12th Jake Manning 3 laps 33:21

18th Rebel Bonnington 3 laps 45:21

1st James Montague,  
Hillingdon Slipstreamers 4 laps 35:57

*Vets 40-49*

19th David Course 6 laps 54:23

59th Jonathan Narbett 5 laps 58:33

1st Lewis King, Beeline Bicycles RT  
6 laps 48:02

*Vets 50+*

31st Alastair Fadden 5 laps 48:15

1st Roy Chamberlain, Team Corley Cycles  
5 laps 38:30

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Saturday 2nd December race 11

Kettering CC Kettering

U10 Girls

3rd Cecelia Linden 3 laps 03:52

1st Tasmin Crabtree, Kettering CC  
4 laps 03:30U14 Boys

Alexander Norman 2 laps 14:40

1st Euan Woodliffe, Welwyn Wheelers CC  
3 laps 29:07Vets 40-49

26th Oswin Grady 4 laps 44:21

1st Tim O'Rourke, Imperial Racing  
Team 4 laps 37:17Vets 50+

Alastair Fadden 4 laps 46:21

1st Paul Caton, TMG Horizon Cycling  
Team 4 laps 38:53

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Sunday 17th December race 13

Lovelo Crossmas Berkhamstead

Vets 50+

26th Alastair Fadden 5 laps 55:21

1st Dave McMullen, Cotswold Veldrijden  
5 laps 43:55Muddy Monsters

There are two races in each category,  
Sprint (A) and Endurance (B). Points are  
awarded based on finishing position. In  
the case of a tie the decision goes to best (B)

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Round 1

Welwyn Wheelers

U10 Girls A B Tot. 6

3rd Cecelia Linden 3 3 6

Winner Rachel Carpenter

Hoddesden Tri Club 2 1 3

U12 Girls

2nd Amelia Bona 3 3 6

Winner Lena Alford A B Tot.  
Welwyn Wheelers 2 1 3

U12 Boys

10th Harvey Taggart 13 13 26

Winner William Pollard

Welwyn Wheelers 1 1 2

U14 Girls

4th Mollie Taggart 4 4 8

Winner Ella Ruggles

Hitchin Nomads 1 1 2

U14 Boys

1st Jake Manning 1 1 2

4th Jack Peters 7 7 14

5th Rebel Boddington 8 9 17

Round 2

C.C.Ashwell

U10 Girls

1st Cecelia Linden 1 1 2

U10 Boys

4th Alexander Smythe 6 3 9

Winner Matthew Barclay

Icknield RC 1 1 2

U12 Girls

4th Amelia Bona 5 4 9

Winner Ella Friedlander

CC Ashwell 2 1 3

U12 Boys

9th Flint Brewer 7 10 17

Winner William Pollard

Welwyn Wheelers 1 1 2

U14 Boys

1st Harry Layton 2 1 3

2nd Jake Manning 1 2 3

5th James Baylis 5 5 10

6th Jack Peters 6 6 12

7th Rebel Boddington 7 7 14

**Abject Apologies**

The editor apologises for the lateness of this  
issue, he some how managed to delete the  
entire publication. Luckily the previous day's



work had been saved so he only had to redo half the magazine. Unfortunately it was largely the cyclo cross results, the most tedious and time consuming section. On the bright side, we do now have the results for the New Year's Day event on the same page as the advertisement!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**New Year's Day Lottery Ride**

Sunday January 1st 2017

Clubroom - 10:30 for 11:00

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

A fun way to start the year and to blow away the muzzy head from the night before!

It's like a race round the 11.3 circuit, but the winner is not the fastest, it is the person who comes nearest to their lottery time, which is not revealed until the event is over.

£1 entry fee includes soup and rolls. Any offers of help are welcomed, as are any contributions to the prizes. (unwanted Christmas presents perhaps?)

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Some sixty or so people filled the Clubroom on New Year's Day for the Annual Lottery Ride fun event.

There were 46 entries of all ages from Go-Riders to mums, dads and grandparents - a truly family affair. As usual several local Clubs joined in the fun.

Although dull and overcast the weather was dry until the event was over. Then it really pelted with rain, to the chagrin of those bold folk who rode to the start, and continued for

the rest of the day.

The results were as follows:-

- Nobody managed to equal their given time.
- Nearest (+ 1 sec.) Charlotte Lawson \*
- Nearest (- 41 sec.) Terry Sykes
- Farthest (+12 min. 40 sec.) Stewart Tarry \*\*
- Farthest (- 1 hr. 15 sec.) Roy Porter \*\*\*
- Fastest (30 Min. 00) Jan Laming
- Slowest (52 min. 00) Terry Sykes.

\* *Go-Ride.* \*\* *Chronos RT.* \*\*\* *Icknield RC.*

Thanks are due to the following for running the show, clocking in the riders, doing the tea bar and clearing up afterwards.

Ian and Jo McDonnell, Graham Laming, Jackie Popland, Mick Case and David Cook.

Everyone enjoyed another successful Beds Road event.

For one member however, it was not such a good day. Just before Hillfoot, riding home in the pouring rain, Graham's handlebars broke and he landed in the mud. Luckily our President happened to be driving by soon afterwards and found him, bloody,bruised and bedraggled but unbowed, walking home to Shillington. The bike and rider were soon aboard and delivered safely home. Graham reports that it looked worse than it was and after a good clean up he is OK.

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A month or so ago our Ladies Captain was asked by the Midweek newspaper (formerly Beds on Sunday) to answer a questionnaire about the Club. This they published in an edited form, so we are now giving the full version in two instalments.

Part 1

**When was the club formed and by whom?**

We will be celebrating 100 years of the club in six years time - Bedfordshire Road Cycling Club was founded on Saturday, 20th October, 1923, at the Sun Hotel, Biggleswade, the Founder Members

were as follows:-

B. Greaves, W. Haylock, R. A. Marston, R. N. Wellham, F. L. Pacey, G. Deag, W. Murdoch, R. Shelton, H. K. Greaves, P. Wright, J. Aynesley, R. Cox, C. Lancaster and J. Elstow.

### **Where does the club meet and how often?**

Every Sunday, all year round at 9am the club meets on the Embankment outside the Swan Hotel in the middle of Bedford. A number of rides then go off accounting for different speeds and abilities.

We aim to have a ride to suit everyone! Other rides include a year-round Saturday morning ride; Tuesday and Wednesday evening rides which run from the clubhouse in Cardington through the summer months; the evening league time trial at the club house every Thursday from April to August; winter turbo training sessions at the clubhouse on Thursday evenings; ladies rides Wednesday evenings in May. Other events including reliability rides, a road race, hill climb event, additional time trials, and team entry to the Prudential Ride London 100.

We also actively encourage younger riders (under 18's) to get involved with the Go Ride Club on Saturday mornings, which offers coaching and fun activities to aid development of technical skills. In addition there are family rides on Wednesday evenings and junior time trials during the summer months.

### **What is the age range of members?**

We have over two hundred members aged from 8 to 80, both men and women.

### **How many groups do you have and**

### **what are the differences?**

People enjoy cycling for a variety of reasons and the club's groups aim to accommodate this. There's no formality about which group you ride with - for those who enjoy being outside and like to ride in a social group setting as a way to get fit and maintain fitness, we have regular groups meeting up at weekends and during the evenings in summer. The pace of these rides reflects the ability within the group, are a great entry into the sport, and generally include coffee and cake! To help people challenge themselves more and get to the next level in fitness, we hold weekly time trials during the spring and summer, and turbo training sessions during autumn and winter. Some of our members also participate in Cyclo Cross in the winter months.

In addition, we have people who are very keen to take the sport to its highest level and participate in races and time trial events throughout the country. To support them in achieving their potential, we recently formed the Beds Road Race Team (BRRT), a British Cycling affiliated entity that exists within the club to focus on top level cycling.

### **What distance do you cover on rides?**

The Sunday rides cover the longest regular distances, ranging from 50 to 70 miles. There is also a regular 100 mile event held annually. If these sound like a lot of miles, the Thursday evening time trial distances are 10 miles and 11.3 miles but the pace is much higher!

*to be continued.*

**Deadline for copy for next edition.**  
**Monday 5th February 2018**

### For Our Younger Readers

T I N Y T I M H A E E R T E N I P S  
 D T S C R O O H O R N A M E N W G C  
 O T N O R T H P O L E L X H I S M R  
 P O H S K R O W R Y G I E L S T C O  
 S S R T T E L V E S V A E T I O S O  
 N T E S G N I T E E R G H E N C U G  
 M N G N O R E N N O D R W M C K S E  
 Y E N Q E P C U P O E O H S E I E V  
 H S A M H Z S B F E D G T N N N J I  
 R E M Y R N T I W P I N A N S G R E  
 E R A H E E C I R E E A E M E S S P  
 H P C K E H S A L M I S T L E T O E  
 S Y C O U E N S A B R I E E T N I D  
 A I L R M C H N E S E R P G E M Y I  
 D S C E E E R A S D O N N W G T L P  
 S H N R T O T G N S L O R A C N L U  
 R E I N D E E R M O R E C N A D O C  
 E N L E S A M T S I R H C W D D H G

#### Can you find these seasonal words in the puzzle?

Carols; Christmas; Church; Comet; Cupid; Dancer; Dasher; Dickens; Donner;  
 Eggnog; Elves; Greetings; Holly; Hymns; Incense; Jesus; Manger; Mistletoe;  
 North Pole; Ornaments; Pine Tree; Prancer; Presents; Reindeer; Scrooge;  
 Sleigh; Stockings; Three Wise Men; Tiny Tim; Vixen; Workshop.



# Committee

President:-	Terry Bush	01234 857131
Chairman:-	Ian McDonnell	
Secretary:-	Jon Carver	
Treasurer:-	Jackie Popland	07858 402683
Membership Secretary:-	Jon Carver	BRCC Membership Sec., Southill Road, Cardington, Bedfordshire, MK44 3SX
British Cycling Secretary:-	Manz Khan	
Club Events Secretary:-	Mick Case	
Captain - Men:-	David Cook	
Captain - women:-	Joy Wilkinson	
Road Racing Co-ordinator	Michael Skipsey	
Time Trial Co-ordinator	Mark Gray	
Sunday Rides	Vacant	
Time Trial Recorder:-	Patrick Smith	
Junior Secretary & Go Ride:-	Sam Baylis	
Clubhouse Secretary:-	Ian McDonnell	
Maintenance Secretary:-	Ian McDonnell	
Social Secretary:-	Chris Wilson	
Communications Secretary	Mark Gray	
Website Home Page	Graham Laming	
Webmaster	Graham Laming	
Editor:-	Terry Bush	01234 857131

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**Deadline for copy for next edition. Monday 5th February 2018**

To contact any Committee Member  
 Go to  
[www.book-to-ride.com/brcc\\_contact\\_us.php](http://www.book-to-ride.com/brcc_contact_us.php)