



**Bedfordshire  
Road Cycling  
Club**

# The Bedfordshire Cyclist

**Issue 107**

**August 2018**

## Editorial

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What a surprise. The magazine is published and we are still in the month stated on the cover. The Editor must be slipping! He hopes to keep up the practice if he is able, depending on contributions of course. Sadly we have another death to report, made even more poignant by the comparative young age of the member. The conclusion of the Evening League heralds the end of summer and already the nights are drawing in. On a dull day the unwary can easily be caught out without lights. Despite this portent of Autumn the Racing Season is still in full

swing and Club members' names are to be seen on result sheets across the Midlands and South East.

At the forthcoming AGM a number of changes to Club Rules need to be ratified and some committee posts are still vacant. The Club, in its 95th year, has not run itself all this time. It needs members prepared to give a little time and effort. Could you be one of those to keep it going for another 95 years?

In particular we need a Club Secretary, so if you have the necessary skills please put your name forward. **TAB**

### Special points of interest:

**Membership P 3**

**Evening League P 4**

**Horses P 8**

**Mark Young P10**

**AGM P11**

**Contacts. P 12**

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 1st October 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 nevertheless we have obtained some "NO PARKING" signs which we hope you will observe.

## Diary of Events

<b>Thursday 2nd August</b>	Evening League 11.3 miles.	Clubroom 19.00
<b>Saturday 4th August</b>	Interclub 10 miles. Icknield RC see IRC website for details	
<b>Sunday 5th August</b>	Club Open 25 (Charity ) see CTT website for details.	
<b>Thursday 9th August</b>	Evening League 10 miles.	Clubroom 19.00
<b>Thursday 16th August</b>	Evening League 11.3 miles.	Clubroom 19.00
<b>Saturday 1st September</b>	Icknield RC Charity 10 miles. F11/10 see CCT website for details	
<b>Sunday 2nd September</b>	Amy Benevolent Fund Rides . Leighton United Football Ground, Tilsworth SPOCO 20.5 miles	Clubroom 09.00
<b>Sunday 9th September</b>	Hilly 100 mile (Lidlington, Bow Brickhill, Wendover, Aldbury, Bison, Sundon & Hexton) Hilly 100 km. (Lidlington, Bow Brickhill, Sundon & Hexton) ECCA 25 miles E6/25 Cambridge CC 25 miles F2A/25	Clubroom 07.00 Clubroom 09.00 Sawbridgeworth 08.00 09.00
<b>Sunday 16th September</b>	BRCC Road Race Central League Series	Great Barford
<b>Sunday 23rd September</b>	SPOCO 16 miles	Clubroom 09.00
<b>Friday 28th September</b>	CLUB AGM	Clubroom 19.30
<b>Sunday 30th September</b>	Interclub Hill Climb (St Neots CC) HNCC Road Race Central League Series	Sharpenhoe 10.00 Great Barford
<hr/>		
<b>Tuesday Evenings</b>	Social ride from Clubroom ( Contact Ian McDonnell for details)	
<b>Wednesday Mornings</b>	Wecyle Wednesdays meet at Barkers Lane entrance to Priory Park. 09.30	
<b>Wednesday Evenings</b>	Family ride from Clubroom ( Contact Ian McDonnell for details)	
<b>Saturday Mornings</b>	Go-Ride sessions. Various locations, based on Priory Park. 0.900	
<b>Sunday Mornings</b>	Club-runs leave from Swan Hotel at 09.00 (check web site)	

## 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:- Graham Laming.  
Subscriptions may be renewed in person by contacting Graham at the Clubroom,  
By bacs 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 1st October 2018**

**Evening League**

This year there is a points system for Club Members within the main competition.

For example:- In the first event there were 21 Male Club Members in a total field of 41 riders. So the fastest BRCC Male rider has 21 points, 2nd BRCC rider 20 points etc. The fastest BRCC Female rider also gets 21 points etc.

No. 6. Thursday 7th June. 11.3 miles

Results				
Pos	Name	Club	Time	Pts
1	Thomas Robb	BRCC	25:56	22
2	Simon Cannings	Eq Ve	26:01	--
=3	Billy Fadden	Fla Ro	26:11	--
=3	Matt Donovan	BRCC	26:11	21
5	Jim Moffat	CC Lu	26:17	--
6	Tim Davies	IRC	27:10	--
7	Oswin Grady	BRCC	27:23	20
8	Patrick Smith	BRCC	27:45	19
9	Timothy Bailey	????	27:56	--
10	Jason Lee	TeMK	28:33	--
11	James McKenzie	CCA	28:56	--
12	Peter Gell	BRCC	29:02	18
13	David Cook	BRCC	29:03	17
14	Gary Patmore	BRCC	29:15	16
15	Nick Hickman	HNCC	29:32	--
16	Trevor Hook	TeMK	29:55	--
17	Graham Laming	BRCC	30:47	15
18	Nicholas Beardow	BRCC	30:49	14
19	Dave Watson	CC Lu	30:51	--
20	Matthew Raw	BRCC	31:07	13
21	Leanne Cutler	HNCC	31:12	--
22	Chris Martell	BRCC	31:17	12
23	Mark Sanderson	BRCC	31:23	11
=24	Mark Draper	C&Try	31:28	--
=24	Chris Priestley	BRCC	31:28	10
26	Ewan grady	TeMK	31:40	--
27	Jon Clark	BRCC	32:11	9
28	Jeremy Godwin	BRCC	33:17	8
29	Beth Price Williams	BRCC	34:01	22
30	Alexander Norman	BRCC	34:06	7

31	Miriam Taylor-Carter	BRCC	34:07	21
32	Steve Smith	BRCC	34:52	6
33	David Heath	BRCC	35:02	5
34	David Crane	BRCC	35:38	4
35	Gwen Warren	BRCC	36:27	20
36	Jo McDonnell	BRCC	38:12	19
37	Phil Bierton	BRCC	38:19	3
38	Des Roberts	BRCC	40:15	2
39	Terry Sykes	BRCC	40:44	1

No. 7. Thursday 14th June. 10 miles

Results				
Pos	Name	Club	Time	Pts
1	Ashley Cox	Fla Ro	20:22	--
2	Simon Cannings	Eq Ve	22:22	--
3	Thomas Robb	BRCC	22:50	18
=4	Jim Moffat	CC Lu	22:52	--
=4	Matt Donovan	BRCC	22:52	17
6	Tim Davies	IRC	23:46	--
7	Patrick Smith	BRCC	23:51	16
8	Andrew Knight	BRCC	24:32	15
9	Gary Patmore	BRCC	24:39	14
10	Peter Gell	BRCC	25:08	13
=11	David Cook	BRCC	25:33	12
=11	Carmelo Luggeri	CCA	25:33	--
13	Chris Brabrook	HNCC	25:44	--
14	Iain Macfarlane	B S C	26:09	--
15	Dave Watson	CC Lu	26:19	--
16	Chris Martell	BRCC	26:43	11
17	Chris Priestley	BRCC	26:55	10
18	Jon Clark	BRCC	27:04	9
19	Richard Pratt	IRC	27:06	--
20	Matthew Raw	BRCC	27:14	8
21	Jeremy Godwin	BRCC	27:56	7
22	Steve Smith	BRCC	29:09	6
23	Nicholas Turner	C&Try	29:12	--
24	David Heath	BRCC	29:22	5
25	Miriam Taylor-Carter	BRCC	29:58	18
26	Eve Kovacs	Be Ha	30:04	--
27	David Crane	BRCC	30:11	4
28	Martyn Pollard	Be Ha	31:48	--
29	Deb Johnson	BRCC	32:05	17

30	Jo McDonnell	BRCC	32:08	16	<u>No. 9. Thursday 28th June. 10 miles</u>				
31	Phil Bierton	BRCC	33:01	3	Result				
32	Terry Sykes	BRCC	33:36	2	Pos	Name	Club	Time	Pts
33	Des Roberts	BRCC	34:30	1	1	Thomas Robb	BRCC	22:47	15
34	Andy Ward	IRC	43:29	--	2	Ian Woodcock	BRCC	24:09	14
35	Phil Napoli	IRC	46:22	--	3	Trevor Hook	Te MK	24:46	--
-----					4	Gary Patmore	BRCC	25:03	13
<u>No. 8. Thursday 21st June. 11.3 miles</u>					5	Peter Gell	BRCC	25:19	12
Result					=6	Iain Macfarlane	B S C	27:14	--
Pos	Name	Club	Time	Pts	=6	Matthew Raw	BRCC	27:14	11
1	Jack Steel-Jessop	Fla Ro	24:10	--	8	Mark Gray	BRCC	27:15	10
2	Simon Cannings	Eq Ve	25:31	--	9	Chris Martell	BRCC	27:28	9
3	Thomas Robb	BRCC	25:47	17	10	Chris Priestley	BRCC	28:00	8
4	Jim Moffat	CC Lu	26:21	--	11	David Towey	BRCC	29:12	7
5	Tim Davies	IRC	26:36	--	12	Miriam Taylor-Carter	BRCC	30:01	15
6	Timothy Bailey	?????	27:14	--	13	David Crane	BRCC	30:52	6
7	Oswin Grady	BRCC	27:25	16	14	Howard Pile	BRCC	31:39	5
8	Andrew Knight	BRCC	27:37	15	15	Andy Ward	IRC	31:43	--
9	Stuart Short	QN C	28:04	--	16	Mark Brown	BRCC	34:06	4
10	Abid Hussain	IRC	28:06	--	17	Jo McDonnell	BRCC	34:57	14
11	David Elliot	Be Ha	28:11	--	18	Terry Sykes	BRCC	36:26	3
12	Gary Patmore	BRCC	28:32	14	-----				
13	Peter Gell	BRCC	28:49	13	<u>No. 10. Thursday 5th July. 11.3 miles</u>				
14	Jason Lee	Te MK	29:01	--	Result				
15	Matthew Cook	BRCC	29:19	12	Pos	Name	Club	Time	Pts
16	Nick Hickman	HNCC	29:27	--	1	Simon Norman	BRCC	23:51	20
17	Nicholas Beardow	BRCC	29:57	11	2	Thomas Robb	BRCC	25:55	19
18	Sarah Short	QN C	30:42	--	3	Tim Davies	IRC	26:46	--
19	Chris Martell	BRCC	30:55	10	4	Ian Woodcock	BRCC	27:14	18
=20	Richard Pratt	IRC	31:11	--	5	Trevor Hook	Te MK	28:02	--
=20	Leanne Cutler	HNCC	31:11	--	6	Gary Patmore	BRCC	28:22	17
22	Jan Laming	BRCC	31:16	9	7	Adrian Gower	BRCC	28:55	16
23	Chris Priestley	BRCC	31:22	8	8	David cook	BRCC	28:56	15
24	Paul Harbinson	Ely&D	31:33	--	9	David Elliot	Be Ha	29:08	--
25	Miriam Taylor-Carter	BRCC	33:35	17	10	Nicholas Beardow	BRCC	29:34	14
26	Alexander Norman	BRCC	33:36	7	11	Iain Macfarlane	B S C	29:55	--
27	Howard Pile	BRCC	34:44	6	12	Andrew Wickham	BRCC	30:20	13
28	David Crane	BRCC	35:13	5	13	Chris Priestley	BRCC	30:22	12
29	Gwen Warren	BRCC	36:19	4	14	Chris Martell	BRCC	31:10	11
30	Mark Brown	BRCC	37:09	3	15	Mark Gray	BRCC	31:29	10
31	Phil Bierton	BRCC	38:27	2	16	Mark Sanderson	BRCC	31:47	9
32	Des Roberts	BRCC	39:47	1	17	Paul Harbinson	Ely&D	32:37	--

Pos	Name	Club	Time	Pts
18	Ruth Kerr	BRCC	32:52	20
19	Miriam Taylor-Carter	BRCC	33:05	19
20	Alexander Norman	BRCC	33:25	8
21	Steve Smith	BRCC	33:34	7
22	David Heath	BRCC	34:23	6
23	Howard Pile	BRCC	34:24	5
24	David Crane	BRCC	35:02	4
25	Victoria Beardow	?????	36:39	--
26	Des Roberts	BRCC	40:15	3
27	Terry Sykes	BRCC	41:15	2
28	Phil Berton	BRCC	43:29	1

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No. 12. Thursday 19th July. 11.3 miles

Pos	Name	Club	Time	Pts
1	Thomas Robb	BRCC	25:23	15
2	Simon Cannings	Eq Ve	25:41	--
3	Oswin Grady	BRCC	27:23	14
4	Ian Woodcock	BRCC	27:31	13
5	Adrian Gower	BRCC	28:20	12
6	Ewan Grady	Te MK	28:52	--
7	Jon Clark	BRCC	30:01	11
8	Terry Hudson	C & T	30:05	--
9	Richard Pratt	IRC	30:26	--
=10	Andrew Wickham	BRCC	30:39	10
11	Matthew Raw	BRCC	30:47	9
12	Miriam Taylor-Carter	BRCC	31:57	15
13	Jeremy Godwin	BRCC	32:45	8
14	Alexander Norman	BRCC	33:13	7
15	Howard Pile	BRCC	33:18	6
16	Steve Smith	BRCC	33:29	5
17	Beth Price Williams	BRCC	33:39	14
18	Mark Brown	BRCC	33:52	4
19	David Crane	BRCC	34:22	3
20	Des Roberts	BRCC	38:46	2
21	Terry Sykes	BRCC	39:07	1

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No. 11. Thursday 12th July. Fast 10 miles

Pos	Name	Club	Time	Pts
1	Simon Norman	BRCC	20:30	24
2	Simon Cannings	Eq Ve	22:07	--
3	Thomas Robb	BRCC	22:10	23
4	Billy Fadden	Fla Ro	22:31	--
5	Matt Donovan	BRCC	23:03	22
6	Ian Woodcock	BRCC	24:25	21
7	Adrian Gower	BRCC	24:30	20
8	Gary Patmore	BRCC	24:32	19
9	Jan Laming	BRCC	25:43	18
10	Graham Laming	BRCC	25:55	17
11	Jon Clark	BRCC	26:05	16
12	Nigel Faircloth	BRCC	26:51	15
13	Mark Gray	BRCC	27:14	14
=14	David Towey	BRCC	27:51	13
15	Miriam Taylor-Carter	BRCC	28:14	24
16	Ruth Kerr	BRCC	28:18	23
17	Alexander Norman	BRCC	28:26	12
18	James Rowntree	BRCC	28:28	11
19	Jeremy Godwin	BRCC	28:58	10
20	David Crane	BRCC	29:01	9
21	Steve Smith	BRCC	29:07	8
22	Howard Pile	BRCC	29:34	7
23	Glen Starkey	B S C	29:36	--
24	Joy Wilkinson	BRCC	29:40	22
25	Ian McDonnell	BRCC	29:44	6
26	Jo McDonnell	BRCC	32:57	21

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No. 13. Thursday 26th July. 10 miles

Pos	Name	Club	Time	Pts
1	Simon Cannings	Eq Ve	23:09	--
2	Matt Donovan	BRCC	23:30	19
3	Adrian Gower	BRCC	25:08	18
4	Gary Patmore	BRCC	25:40	17
5	Trevor Hook	Te MK	25:45	--
6	David Elliot	Be Ha	25:50	--
7	Jan Laming	BRCC	26:22	16
8	Iain Macfarlane	B S C	26:59	--

9	Graham Laming	BRCC	27:00	15	18	Miriam Taylor-Carter	BRCC	32:24	21
10	Chris Priestley	BRCC	27:02	14	19	Bob Wright	CCA	32:47	--
11	Matthew Raw	BRCC	27:31	13	20	David Towey	BRCC	33:00	10
12	Jon Clark	BRCC	27:34	12	21	Alexander Norman	BRCC	33:10	9
13	Richard Pratt	IRC	27:48	--	22	Steve Smith	BRCC	33:43	8
14	Mark Gray	BRCC	28:03	11	23	Louise Clark	BRCC	34:08	20
15	Chris Martell	BRCC	28:22	10	24	Peter Coblenz	BRCC	34:10	7
16	Sarah Kerr	BRCC	28:28	19	25	David Crane	BRCC	35:10	6
17	Nigel Faircloth	BRCC	28:31	9	26	Joanne Woodcock	BRCC	35:11	19
18	Miriam Taylor-Carter	BRCC	29:14	18	27	Shane Roberts	BRCC	38:20	5
19	Jeremy Godwin	BRCC	29:39	8	28	Des Roberts	BRCC	38:54	4
20	Susan Tschirschke	Sp Bi	29:51	--	29	Charlotte Lawson	BRCC	39:11	18
21	Mark Brown	BRCC	30:01	7	30	Jo McDonnell	BRCC	39:23	17
22	Alexander Norman	BRCC	30:20	6	31	Terry Sykes	BRCC	39:32	3
23	Steve Smith	BRCC	30:30	5	32	Benjamin Coblenz	BRCC	40:47	2
=24	Joanne Woodcock	BRCC	31:30	17	33	Phil Berton	BRCC	41:51	1

=24	Eva Kovacs	Be Ha	31:30	--					
26	David Crane	BRCC	31:56	4	<u>No. 15. Thursday 9th August. 10 miles</u>				
27	Martyn Pollard	BRCC	34:38	--	Result				
28	Des Roberts	BRCC	36:03	3	Pos	Name	Club	Time	Pts
29	Phil Berton	BRCC	39:52	2	1	Thomas Robb	BRCC	23:21	12

No. 14. Thursday 2nd August. 11.3 miles

Result									
Pos	Name	Club	Time	Pts	5	Trevor Hook	Te MK	25:47	--
1	Ian Woodcock	BRCC	26:37	21	6	Oliver Maltby	?????	26:13	--
2	Tim Davies	IRC	27:12	--	7	Gary Moore	BRCC	27:47	9
3	Adrian Gower	BRCC	27:42	20	8	Alexander Norman	BRCC	28:39	8
4	Thomas Weir	HNCC	27:58	--	9	David Towey	BRCC	28:57	7
5	Trevor Hook	Te MK	28:15	--	10	Steve Smith	BRCC	30:11	6
6	Matthew James	BRCC	29:21	19	11	Ryan Mountfield	BRCC	30:20	5
7	Nicholas Beardow	BRCC	29:29	18	12	Su-Anne Bullock	IRC	30:26	--
8	Iain Macfarlane	B S C	29:38	--	13	Ian McDonnell	BRCC	30:37	4
9	Chris Priestley	BRCC	29:46	17	14	Mark Nicholson	Be Ha	31:04	--
10	Peter Gell	BRCC	29:48	16	15	Duncan Worthy	Be Ha	31:15	--
11	Matthew Raw	BRCC	30:36	15	16	David Crane	BRCC	32:34	3
12	Nigel Faircloth	BRCC	30:51	14	17	Dan Walter	Be Ha	32:42	--
13	Andrew Wickham	BRCC	30:19	13	18	Shane Roberts	BRCC	34:06	2
14	Chris Wren	LBRC	31:30	--	19	Jo McDonnell	BRCC	34:50	12
15	Chris Martell	BRCC	31:33	12	20	Martyn Pollard	Be Ha	34:51	--
16	Mark Brown	BRCC	31:02	11	21	Matt Prince	IRC	35:40	--
17	Susan Tschirschke	Sp Bi	32:14	--	22	Terry Sykes	BRCC	36:35	1

No. 16. Thursday 16th August. 11.3 miles

Pos	Name	Club	Time	Pts
1	Jim Moffat	CC Lu	26:04	--
2	Tim Davies	IRC	26:30	--
3	Oswin Grady	BRCC	27:09	19
4	Gary Patmore	BRCC	27:47	18
5	Adrian Gower	BRCC	28:12	17
6	Alex Lubbock	API M	28:49	--
7	Mick Case	BRCC	29:01	16
8	Jan Laming	BRCC	29:14	15
9	Gary Moore	BRCC	29:30	14
10	Ben Farrer	C & T	29:35	--
11	Richard Pratt	BRCC	30:21	--
12	Chris Priestley	BRCC	30:23	13
13	Matthew Raw	BRCC	30:39	12
14	Jon Clark	BRCC	30:40	11
15	Steven Carrod	Fr Tri	30:52	--
16	Chris Wren	LBRC	31:05	--
17	Andrew Wickham	BRCC	31:28	10
18	Chris Martell	BRCC	31:29	9
19	Bob Wright	CCA	32:02	--
20	Miriam Taylor-Carter	BRCC	32:04	19
21	Christopher Wilson	BRCC	32:38	8
22	Beth Price Williams	BRCC	34:00	18
23	Duncan Worthy	Be Ha	34:05	--
24	Ian McDonnell	BRCC	34:07	7
25	David Crane	BRCC	34:12	6
26	David Heath	BRCC	35:48	5
27	Jo McDonnell	BRCC	37:34	17
28	Terry Sykes	BRCC	38:33	4
29	Des Roberts	BRCC	40:03	3
30	Phil Bieron	BRCC	41:54	2
31	Benjamin Coblenz	BRCC	49:05	1

Guest Clubs:- API Metrow, Bedford Harriers, Bonito Squadra Corse, CC Ashwell, CC Luton, Club Corley Cycles, Come and Try, Ely & District CC, Equip Velo, Flamme Rouge, Freedom Tri, Icknield Road Club, Leighton Buzzard RCC, QN Coaching, Sprintax Bielefeld, Team MK.

**Deadline for copy for next edition.**  
**Monday 1st October 2018**

**Cyclists & Horses**

Following on from the incident last month, involving horses, a representative from the British Horse Society was invited to address the Club prior to the August committee meeting. We publish here the leaflet, issued by the BHS and approved by British Cycling and Cycling Time Trials.

Horse and Velo

We are not the only riders on the road

The  
British  
Horse  
Society



As cyclists, things aren't getting easier for us on the roads. There is an increasing demand by more road users on the same amount of tarmac and while a lot of the focus in the specialist media is on the interaction of motor vehicles and cycles, one group of road users, around for much longer than the motor car or the bicycle, share many of the same issues as we do.

Horse riders are as exposed to the dangers of traffic as we are, added to which whilst a bicycle is merely an extension of you, a horse is a living, breathing, creature working together with its rider that, if put under pressure, is just as capable of fear and independent action as any cyclist.

Most sportivistes are also motorists, however most sportivistes do not ride a horse on a regular basis so being better informed about how and why a horse reacts in the way it does and what we as cyclists can do to help avoid an on-road issues is vital.

There are some key points that we all need to take into consideration:



- Take personal responsibility for our own actions
- Cycle safely and observe strict etiquette
- Take your litter home
- Take into account horses when riding an event.

Both groups should have understanding and respect for the other. A horse is a friend and companion to the person who cares for it – to them it is priceless.

However, while a cycle is an inanimate object, it has still cost the owner a great deal of time, effort and money to buy and maintain. Recognising the emotional investment made by both horse and cycle riders goes a long way to helping us all stay safe on the road.

### **The horse – a flight animal**

It is important to know that horses can be easily frightened and this should always be taken into consideration when passing them on the road.

The speed at which cyclists can pass, the number of cyclists that are passing, sudden reflection from something shiny like a gel wrapper or bike parts, even a plastic bag flapping in the hedge can all cause problems for some horses, especially those who are young or inexperienced.

Horse riders have access to only 22 % of the off-road public rights of way network and often have no choice but to ride out on the road in order to reach their nearest bridleway.

### **Be visible**

Wearing fluorescent and reflective clothing helps other users see you earlier and gives them more time to plan where best to position themselves.

Use effective lights when riding at night or in poor daylight conditions.

### **Be aware**

Hoof marks or fresh dung are good signs

that there could be horses about.

Please don't forget to say 'thank you' when courtesy and consideration are shown to you – a smile, nod or brief wave is sufficient and means a great deal. Next time it may save a difficult situation when it could be you who needs consideration.

### **Be vocal**

A horse is unlikely to see or hear you, especially if you are approaching quietly from behind. Calling out 'hello' is important in alerting horses and riders that you are there. Don't get too close before you call out or you will startle both horse and rider. Ask if it is safe to pass before attempting to go by and call again if they haven't heard you.

If the horse you meet has been frightened by your presence, give the rider a chance to calm the horse and move out of your way before you move off again. Don't be annoyed if a horse rider doesn't appear to acknowledge your kindness and consideration. They do appreciate your help but may be concentrating on controlling and calming their horse to avoid falling off.

### **Slow down**

If you are taking part in a cycling event, your concern will be to get by as quickly as possible, but pass slowly. A speeding cyclist coming out of the blue may startle some horses and a group of speeding cyclists is even more likely to do so – take great care and if it is obvious you need to stop then do it. Don't ignore a horse rider or carriage driver's request to slow down or stop for the safety of all involved.

Equestrians may be attempting to get out of your way into a safe place in order to let you pass – help them to do so by adjusting your speed and keeping a safe distance from them.

### **Pass wide and on the right**

Most horses are used to traffic passing

them on the right so pass them as you would anyone else; don't cut inside, and allow plenty of room in case the horse is surprised or startled. Like cyclists, horse riders may ride two abreast for safety, particularly when escorting a young or inexperienced horse or rider – give them a chance to sort themselves out before you go by.

### Pass in small groups

Large groups of cyclists are very scary for horses. Passing in small groups of no more than four or five will really help. If you are in a large group, make your presence known so that equestrians can try and find somewhere safe to stop, allowing you all to pass at the same time. Give them time to get to a safe spot.

### Mark Young

It is with much sadness that we report the death of Mark Young.

A Club member for several years, Mark was also active with Bedford Harriers.

He died on 24th July from heart arrest whilst out on a cycle ride.

Mark's funeral took place on 17th August at St Mary's Church, in Baldock, followed by a private Family committal. There were no flowers, but donations were accepted to the British Heart Foundation. It seems appropriate to dedicate this years President's ride to Mark, subject to family approval. All money raised to go to this charity.

The following is taken from Facebook postings by Mark's sister, Sarah Young ...

Mark had an arrhythmia on the 14th July - he sent me pictures of his scrapes & we had been chatting about possible reasons. On the 24th his heart suddenly stopped again while he was cycling in Oxfordshire, but could not restart for a couple of reasons.

I'm so glad he had great friends that he shared his passion with, even when he came to Cheshire he rode & competed. On 31st July, at 11:48 the metropolitan police & others remembered Mark with a 2 minute silence. This was the time of his passing doing what he loved.

Thank you for your kind words & allowing

me to read your condolences.

He spoke fondly of all those he shared life with and I thank you for being a part of his passion. He touched so many lives, in so many aspects of his.

This photo was taken as he went out of my front door to ride up to the Cat & Fiddle, and the day before completing the Liverpool 1/2 marathon.



# AGM

Notice is hereby given  
 that the 2018  
**Annual General Meeting**  
 of  
**Bedfordshire Road**  
**Cycling Club**  
 Will be held in  
**The Club Room**  
 on  
**Friday 28th September**  
 at  
**7:30 pm**

Items for inclusion on the  
 agenda must be lodged with the  
 Chairman no later than 6 pm on  
**Wednesday 12th September.**

### For our younger readers

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Fill in the missing numbers so that every horizontal line, every vertical line and every 3 X 2 box contains the numbers 1 - 6

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# Committee

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

**Written magazine contributions to** — 59, Ridge Road,  
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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)

website: - [www.bedsroad.org](http://www.bedsroad.org).

**Deadline for copy for next edition. Monday 1st October 2018**