

The West Surrey Cyclist



April - June 2012

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WELCOME TO OUR WORLD

As our esteemed President says in his letter, the Olympic Games are stimulating cycling in Surrey, which is lovely. My cycle commute to work follows part of the Olympic route in the Esher area and I'm getting used to the slightly daunting frequency with which racing cyclists turn up to share the road as I travel to work on my laden, solid commuting mountain-bike-style folder. I feel like a donkey following racehorses as they power past me, in their aero kit (always black – does it have less friction?) on beautiful lightweight carbon fibre bikes with not a bag in sight. Ah well, maybe in a parallel universe...

And now I have to say that I desperately need contributions from you for the next magazine. The cupboard is bare and I'm starting to search the corners. I hope you enjoy the magazine and I enjoy editing it, but I don't have time to write it as well. There are ample events at all levels and several holidays in the next few months so please, go out and ride then come back and write about it!

Cover photo: Victoria Pendleton in the Olympic Velodrome.

CTC WEST SURREY 2012

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WHAT WE ARE

CTC is the national organisation for all cyclists in the UK and Ireland. It has 70,000 members and affiliates and is the oldest and largest cycling body in the UK. It has a network of local groups of which the CTC West Surrey group is one. It campaigns for both road and offroad cyclists. Membership includes third-party insurance, legal claims advice, travel and technical guidance, on and offroad route information, and a bi-monthly national magazine.

**CTC headquarters: Parklands, Railton Road, Guildford GU2 9JX.
Phone 0844 736 8450.**

CTC website: www.ctc.org.uk

CTC West Surrey group website: <http://ctcwestsurrey.org.uk/>

Group history website:

<http://homepage.ntlworld.com/chris.jeggo/wsdahist/histarch.html>

DON'T JUST SIT THERE, WRITE SOMETHING!

**All contributions are welcomed by the Editor. Please send them to
Claire Hooper: claire_hooper2003@yahoo.co.uk**

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**ANNUAL SUBSCRIPTION FOR THE MAGAZINE AND RIDES
LIST IS £4. Send a £4 cheque payable to CTC West Surrey Group to
the distributor, Phil Hamilton, 165 York Road, Woking GU22 7XS**

LETTER FROM THE PRESIDENT

Bill Thompson

WE had a good start to the New Year with £400 collected for the Phyllis Tuckwell hospice, Janet and her helpers contributed to the fund free of charge.

Sadly Roy Banks passed away during February. Several of us attended the funeral service in Virginia Water. Roy was a long-term member of the DA and participated in many events, his Son and Daughter will maintain contact with the group.

More bad news, the bike shop in Frimley Green is closing. They blame the Internet; apparently the youngsters research the bike shops, seek their advice then go on line to purchase. This shop which has traded for years in Frimley Green was managed by Peter Norris, a CTC member before he moved south a few years ago. He led rides and provided a super service to all local cyclists.

I'm sure the Olympic Games are stimulating more cycling in Surrey, the roads are alive with riders and certainly the trade is doing well. Long may this resurgence continue.

Claire's picture of the Track Hetchins on the cover of the last issue was a gem. I have a photo taken near Gomshall of Harold, John, Bob and myself with our Hetchins; more recently Barry has joined the club. The Hetchins marque has many devotees who meet all over the world, used models command high prices and a register is organised, together with much information on the web.

MAYDAY TRIP

DEREK and Anne Tanner have asked me to include a brief outline of the annual Mayday trip:

Date: 4th – 8th May (Bank Holiday weekend)

Town: Eye, Suffolk

Accommodation: B&B

Contact email address: annederek-2012@yahoo.co.uk

PASTA WITH ROASTED VEGETABLES AND SUNFLOWER SEEDS

(from the Guardian newspaper)

PERFECT for fuelling up before a long ride! Roasting the vegetables brings out their sweetness and flavour. Brightly-coloured vegetables also contain antioxidants that help to protect against disease. The sunflower seeds are a good source of vitamin E, which helps to lower your cholesterol, as well contrasting with the texture of the pasta and vegetables.

Ingredients (serves 2):

- 1 aubergine
- 1 large courgette
- 1 red pepper
- 1 red onion
- 1 clove garlic
- 250g mushrooms
- 200g cherry tomatoes
- 50g sunflower seeds
- 2 tbsp olive oil
- 150g pasta
- 2 tsp stir-in pasta paste (such as tomato and black olive)
- Sprinkle of cheese

This sounds like a lot of veg, but they do reduce in volume when roasted.

Instructions:

- Cut up all the vegetables into big chunks and place into a roasting tin, leaving out the cherry tomatoes. Add the olive oil and roast in a pre-heated oven at 200°C for about 45 minutes.
- About halfway through the cooking time of the vegetables, add the sunflower seeds and cherry tomatoes to the tin.
- Put the pasta in a pan of boiling water and cook until al dente. Drain and mix with the stir-in sauce.
- Put pasta on plates and top with roasted vegetables and cheese.

TWO REQUESTS FROM THE CHAIRMAN

By Roger Philo

West Surrey Group Property: A few months ago someone, unfortunately I have forgotten who, mentioned that he had two electronic stopwatches belonging to the group. I found in my loft a large plastic crate labelled West Surrey DA and Tom Hargreaves emailed me to say he had found 3 West Surrey signs in his loft when he cleared the house prior to moving. I am wondering if there is any other Group property that we have lost track of. If you are a former event organiser, helper or committee member, would you please check to see if you have any such items and if so let me or another committee member know.

50/35 mile reliability rides: I am organising these rides again this year, on April 15th. Last year's riders will remember that although it was a fine day, it was distinctly chilly at the start: too chilly to make al fresco form filling much fun. I am not asking for entries in advance, but it would make things easier if riders complete the entry form on the back pages of this magazine and bring it to the start, with a £1 coin for the entry fee.

Any riders who are under 18 will also need a signed parental consent form. The parental consent form is not printed here but both forms and the route sheets will be on the West Surrey website. Any riders from the Woking area who wish to try one of the rides from Farncombe, and they are the better routes in my opinion, might note that there are trains from Woking to Farncombe at 07:32 and 08:35.

WOKING TOUR SERIES

By Claire Hooper

THE Tour Series is returning to Woking for the fourth year running, on Tuesday June 12th. The Tour starts this year in Kircaldy, with Woking as the penultimate venue.

As in previous years, there will be a series of races and events during the day. The big events will be the Johnson Health Tech Grand Prix Series, for top female cyclists, and the Halfords Tour Series Race for male cycling teams. Further details will be available closer to the time. The Tour Series website is at <http://www.tourseries.co.uk>.

PUB REVIEW

By John Gilbe

Punchbowl Inn

Okewood Hill

Dorking, Surrey RH5 5PU

01306 627249

YEARS ago we tore a piece out of a newspaper about the Punchbowl Inn, thought "we must go there sometime", put it in a drawer and forgot about it... until the time came to clear out said drawer, when our resolve and available time was somewhat better.

We planned a nice rural route from Guildford on a lovely autumn day and sat in the garden at the front, on what it is usually a very quiet road. (It was explained to us that all the tyre marks on the road had been left by exuberant Harley Davison bikers the previous weekend, so quietness can't be guaranteed.) Without being asked, the proprietor discerned the need to recover a parasol for us from winter storage – it's that kind of thoughtful place. Jane and I both had paninis, beautifully cooked and with some of the best bacon I have tasted in these parts. They were served with nice salad too. The selection of beers was good, and I wasn't let down by my usual of the weakest bitter. The Punchbowl had a real country pub atmosphere and was much enjoyed.

We went back to meet friends just before Christmas, where it turned out the local ramblers (about 20 of them) were having their Christmas lunch in an upstairs room. Our friends managed to get lost on the way, but were most impressed by the directions given over the phone. And the pub team let us know what was going on too, which was much appreciated.

Nice location, good food and beer and really helpful and friendly people - highly recommended.

Surrey has lots of lovely pubs, possibly not as many as in the past, but still enough to provide focal points for many rides. Now John has set the trend, let's have a few more recommendations in future editions.

THE ROAD TO RECOVERY

By Phil Hamilton

FOLLOWING my accident in August 2011, which left me with an acetabular fracture, I have been making a slow recovery – highlights of which were being given permission to touch my foot to the ground but “not break any eggshells” in October, to weight bear in December, physiotherapy through December and January leading to dispensing with my crutches on 26 Jan 12, and continued exercise through February leading to my being declared fit to return to work and my first Evergreens ride on 1 March (riding in March 2012 was a target I set myself after the operation to realign/pin my pelvis).

Despite some setbacks, there have been many positive aspects of the recovery process, assisted greatly by the support given by my family, friends and the various medical practitioners I have been seeing, particularly as they all said “You will get better”.

Outings became an event. Before being able to 'walk' with crutches, I found the 'independence' of a wheelchair was wonderful, and I quickly learnt to play 'chicken' with pedestrians - saving energy by not attempting to avoid these highly manoeuvrable beings! (I also learnt that all pavements are heavily cambered, towards the road!!)

I found that traffic stops to allow a person on crutches to cross the road, but was very careful to check for cyclists 'filtering' (and wondered at their lack of concern about being 'doored').

Physiotherapists appear unsympathetic – but they are only encouraging you to push yourself towards recovery. The exercises may hurt a bit, but if you don't try you will never improve, and you really do need to exercise.

Winning a turbo-trainer recently put me back in the saddle and will be used in the future. Each day brings new achievements, as pain reduces and strength increases, and it is good to look back a few days/weeks and remember things which were unachievable and measure actual progress.

Despite the frustration, the pain and wondering if I would ever be fit enough to ride a bicycle again, I realise that I have much to be grateful for and look forward to returning to participate in the Group's activities in the not too distant future (although “Birthday Rides” are currently on hold!).

THE DANUBE DELTA (part 3)

By Derek Tanner

THERE was a cold thick mist hanging over the river until 10.am. We had made the right decision to hang back and when the sun broke out we had an amazing ride through the rest of the gorge, along a road originally laid out by Emperor Tiberius in C1st. As the river narrowed to only 150m wide, we could look down on the tour busses and listen to the music coming from the monastery on the Rumanian side. After 60km, we rode across the top of the dam into Rumania, where having been routed into a special channel away from the cars, Anne refused to let a car displayed diplomatic plates overtake. Keen to get rid of us the strategy worked a treat. But our jubilant mood was short-lived. The road outside was wall to wall lorries and the 12km into Drobeta Turnu Severin was life-threatening. The town is the site of the Roman fortress of Drobeta. The bridge built here (1135m) was the longest of its time and the remains of the foundations can still be seen. The remains of the medieval castle, Turkish style centre, and now proximity to the “Iron Gates” dams and hydro-electric plants makes it a strange mix of lost affluence and busy industry.

We spent a day touring the town, looking for tourist information and accommodation ahead and doing some public transport groundwork in preparation for using this as a stepping stone (between Bucharest and Budapest) on our return route. Sitting for a rest in the Roman Catholic Church, we suddenly found that they had started evening Mass - alerting us that we had moved into a new 1 hour time zone. Reviewing the day's findings over dinner we realised that accommodation was getting very sparse and the 80km a day that we were now used to was not going to be enough.

We were on the road and cycling by 0800 (Rumanian time) next morning, having decided to cross back into Serbia via the lower Dam to overnight at Negotin. This would put us within range of the Bulgarian border next day. At our first coffee after 20km, talking to the café owner, we were told that the lower border crossing was closed. We had a choice - believe him and ride 140km to Calefat, or take a look anyway and have to come back if he was right (150km). Another 30km at our second coffee stop, not only was the border closed - but so was the road. We rode on. At 60km, just as we passed the turning towards the dam (still 16km away), the road started

climbing and the surface began to disappear. Committed now, we were chased by dogs at regular intervals. Stopping outside a church in the middle of nowhere, the padre insisted on showing us inside - Stunning - It put everything we had seen before or since to shame. I was now more amazed at how the bikes were coping with the conditions than worried about what lay ahead. The computer read exactly 100km as we arrived back on tarmac and we took a 10 minute stop to drink the last of our water. Anne took the lead and the next 30km disappeared in not much over an hour. Miraculously we were on the outskirts of Calefat and it was still daylight. Perhaps shell-shocked, Anne then suggested, that as we were going so well, we should head straight for the ferry to Bulgaria. Squeezing between rows of lorries, we got to the head of the queue and squatted on the ground to finish the remains of our emergency rations. The lights had to go on as we rode the last 6 km from the ferry into Vidin. First stop an ATM, then, just by heading for bright lights, we stumbled across a small hotel literally on the doorstep of the cathedral. It was a short walk to the town square and here we found a restaurant recommended in our "Lonely Planet" guide. With 144km to our credit at an average speed of 20km per hour, we hit the menu and wine list with a relish. - Tomorrow was going to be a day off. !

There were 2 English cyclists at breakfast - their mission to cycle from the West to the East Coast of Europe, Impressed at first, Anne got them to admit that they had been picking it off it bits over the last few years. I think it was the wicker basket on the front of her bike that gave them away. The town of Vidin had an impressive main square dominated by the old Communist party headquarters and it had been impressively pedestrianised. However getting around was difficult, The TI had disappeared. Eventually we managed to buy a town map from "The Old Town Hotel", where the girl on the desk was most helpful. Elsewhere the service was surly, not helped by working again in the Cyrillic alphabet. There was a large riverside park with statues to the glorious communist revolution standing, now daubed in graffiti. The highlight of the town was the "Baba Vida" fortress, built originally by the Romans to control the Danube, it was lucky to survive destruction by the Turks. Walking around inside gave a real impression of what living there would have been like. Prices in the market at the end of town were embarrassingly low and we lost count of the number of times we were asked if we wanted to buy a house....



**CTC West Surrey Cyclists
ORGANIZED CYCLE RIDES
and events open to all**



West Surrey organize a variety of rides on Wednesdays and Sundays, to suit the ability and inclination of a wide range of riders. The schedules below give details, and an indication of distance and average speed of each ride. However, if you would like to know more, please simply 'phone the designated ride leader.

Sunday 1st April – Bicycle Icycle

An April Fool's Day ride for the non-foolish rider, 70km from Godalming, organiser Mark Waters (01483-414307 or 07732-520819) **CTC Tourist Competition event**

Sunday 15th April– 50 and 35 mile reliability rides from Pyrford Common and Godalming, organiser Roger Philo (01483-233381) **CTC Tourist Competition event**

Sunday 13th May – Stonehenge 200, Danebury 150, Elstead 100, start 8.00 onwards from Elstead Youth Centre, Nick Davison 01428-642013 **CTC Tourist Competition event**

Sunday 17th June – Summer Navigator Arthur Twiggs 01252-89187

General note for riders – please see <http://tinyurl.com/pou6zp> re riding in a group; ride leaders should additionally see <http://tinyurl.com/r2unug> for guide to leading a group.

THE EVERGREENS

A gentle cycle ride from Woking's Brewery Road Car Park, starting 11.00 hrs, along the Basingstoke Canal Tow Path to Pirbright, for lunch, now at the Royal Oak Pub (Aldershot Road, nr. Junction with Ash Road) = approx. 8 miles each way.

Sorry to say the Cricketers has let us down too many times!

First Thursday of each month = 5 April, 3 May and 7 June 2012

Every Thursday 11.00 hrs ex Brewery Road Car Park, meet for a gentle short ride. Your contacts: Barbara Cheatham 01483 760974 and Paul Harris 01932 353695.

WOKING SUNDAY RIDES for Easy Riders and Intermediates Morning rides with mid-morning coffee stops. Meet 9.15 outside Boots in Commercial Way, Woking.

Leaders: Rico Signore (01483-822240) and Paul Harris (01932-353695).

Designated Coffee Stops			
Apr		May	
01	*) Bicycle Icycle	06	Notcutts GC, Rowly/Cranleigh
08	Farncombe Boat House (Easter)	13	*) Stonehenge/Danebury/Elstead
15	*) 50 mile Reliability Ride	20	Bocketts Farm
22	Seale Craft Centre	27	Poppy's Café, Badshot Lea
29	Savill Garden		
Jun		*) please support our Club Events to ensure their continuation.	
03	**) Queens Jubilee Weekend	**) a possible ride to a Thames shore for observing the Thames River Pageant??	
10	Farncombe Boat House		
17	Polesden Lacy		
24	*) Summer Navigator		

SUNDAY RIDES – all day Intermediates

9.15 start, all day at a pace normally between 11 and 13 mph, approx. 50 miles total. Designated direction for the ride, coffee and lunch stops decided on the day. Main contact/organisers – David Wood/Angela Byrne (01276-451169), e-mail wsintermediates@hotmail.co.uk

Please note: For updates and extra rides see: <http://westsurreyintermediates.webs.com>

Please check the website the day before the ride in case ride is cancelled.

Date	Start	Leader	Remarks
April 20-27	Hartington Peak District weekend	Chris Jeggo	20th - 27th April; Peak District Trip based Hartington. Good cycling in all directions. Join us for the weekend, the whole week, or whatever suits you. Variety of accommodation available in and around the village. Contact Chris Jeggo, 01483 870218, chris@jeggo.org.uk
May 27	Car park in Union Street, Farnborough (furthest from station)	Sue Thorne	Coffee: Odiham Lunch: Bentworth Tea: Redfields (Ride approx 55 miles)
June 24	Guildford Library	Brian Ross	Coffee: Medicare garden, Cobham Lunch: Holmbury St Mary Tea: Farncombe Boat House

SUNDAY RIDERS

All day for the more energetic – 60 to 90 miles at a steady pace of over 14 mph

Leader: Clive Richardson (01428-724390 or 07811-563234) All rides start at 9.00 unless otherwise stated

Date	Start	Coffee	Lunch
Apr			
1	Bicycle Icycle 9.30	Godalming	Organiser Mark Waters 01483-414307 or 07732-520819
8	Guildford Station	Newdigate Farm Shop	RSPB WigginHolt nr Pulborough
15	50 mile Reliability Ride 8.00 – 9.00 Pyrford/Godalming		
22	Farnham Sports Centre Leader:Peter Hackman	Station Café, New Alresford	Café near station, Rowlands Castle
29	Godalming Station	Next door to the George Odiham	Frensham Garden Centre
May			
6	Portsmouth Harbour 9.15 for ferry to IOW, Randonne 100km, great day out with plenty of feeding stations		
13	Stonehenge 200km/Danebury 150km 8.00 start at Elstead Youth Centre		
20	Farnham Sports Centre	Lasham Aerodrome	Bishops Waltham
27	Godalming Station Leader:Peter Hackman	Midhurst (Tea Pot tea room)	Bosham

June			
3	Elstead Green Leader: Peter Hackman	Petworth	Bognor
10	Farnham Sports Centre	WhiteHorsePH,Whitchurch	Departure lounge A339, nr Alton
17	Guildford Station	Horsham (Café in the Park)	Wiston Tea Room, nr Ashington
24	Winchester Station 9.15 Leader: Geoff Smith jnr	New Forest Ride, meet up with Peter and Gill	10 Hyde Close, Sway SO41 6AJ

FARNHAM WAYFARERS SUNDAY RIDES – for Easy Riders

Approximately 18 to 25 miles (some tracks, suitable for road bikes) at a pace of around 8 mph. All ages and families welcome. Rides take place on the 3rd Sunday of each month, and all start from The Maltings, Farnham (186/841465) unless otherwise stated. 9.30 start, with a coffee stop later in the morning. Leader: Basia Pietrusiewicz (01252-324357)

15th April (Meet Chiddingfold Green 186/961351) 20th May

17th June

Extra Ride 24th June - TBA

FARNHAM WAYFARERS SUNDAY RIDES

Approximately 40 miles at a pace of around 10 mph. Rides take place on the 2nd Sunday of each month, and all start from The Maltings, Farnham (186/841465) at 9.30, with a stop for a pub lunch. Co-ordinator Liz Palethorpe (01252-792187), leaders as stated.

NOTE As Easter Sunday falls on 2nd Sunday the April ride is on 1st Sunday !st April

1st April – Sue Thorn

13th May – Hugh McKee

10th June – Rob Sykes

Special Ride – Saturday 5th May Easy Off Road Ride. Meet 9.30 The Maltings OS

186/841465 stop for pub lunch

Leader – Arthur Twiggs

FARNHAM WAYFARERS MIDWEEK RIDES

Approximately 40 to 45 miles at a pace of 10 to 12 mph. Rides take place on the first Wednesday of each month, and all start from The Maltings, Farnham (186/841465) at 9.30, with a stop for a pub lunch. Leader - Liz Palethorpe (01252-792187)

4th April Coffee - Lasham Garden Centre

2nd May - Coffee – Queen Hotel, Selborne

6th June Coffee - Dunleys, Haslemere

EXTRA RIDES

18th April – New Forest, starting at Brockenhurst OS 196/308033, meeting at 10.15 for 10.30 start. A337 turn left Balmer Lawn Hotel, first left into wide gravel track, leads (about 50 yards) to car park. Pub lunch Leader John Sadler (07778 157258)

20th June Alresford and Test Valley Ride. Start at North Alresford, Abbotstone Down OS 185/584362. Meeting at 10.15 for 10.30 start. Pub lunch Leader John Wilkins

GUILDFORD AND GODALMING WAYFARERS – Sunday Rides

Half day rides (unless otherwise stated) at a pace of 10 to 12 mph; any ride can be extended to a lunch stop, decided on an ad hoc basis on the day. All rides leave promptly at 9.30

Group Leader : Peter Fennemore (01483-300689)

Date	Start	Coffee
Apr 1	Guildford Library (186/998466)	Fairoaks Airport, Chobham
15	Godalming, Waverley BC Car Park (186/971440)	Rural Life Centre, Tilford
29	Godalming, Waverley BC Car Park	Green Room, Chiddingfold Lunch: NT Café, Hindhead
May 6	Guildford Library	The Village Store, Peaslake
20	Godalming, Waverley BC Car Park	Alice Holt Forest Visitors' Centre
Jun		
3	Guildford Library	Post Office, Abinger Hammer
17	Godalming, Waverley BC Car Park	The Mill, Farnham

WOKING MIDWEEK WAYFARERS All day rides every Wednesday, with a designated mid-morning coffee break and a lunch stop decided on the day. Rides cater for a variety of levels, as indicated by the second column in the table below. **Paragon Pub** is for those members who like to socialize but may not want a long ride. **Leaders:** Rico Signore (01483-822240), John Murdoch (01276-856712)

Barbara Cheatham (01483-760974), Paul Harris (01932-353695)

E = Easy Riders, **I** = Intermediates, **TA** = train (car) assisted ride, **L** = Longer Distance

April 2012				Paragon Pub
4	IE	Meet: Coffee:	9.45 Mayford Green (186/996562) Mytchett Canal Centre	The Red Lion Chobham
11	IE	Meet: Coffee:	9.45 Ripley Post Office (187/052568) Bocketts Farm	King William IV West Horsley
18 or	TA IEL IE	Meet: Coffee: Meet: Coffee:	9.25 dep. Woking Station, arr 9.49 Haslemere Aylings Garden Centre on A272, East of Trotton 9.45 Pirbright Green (186/946558) Badshot Lea Garden Centre	The Good Intent Puttenham
25	IE	Meet: Coffee:	9.45 Chobham War Memorial (186/974618) Savill Garden	The Sun Windlesham
May 2012				
2	IE	Meet: Coffee:	09.45 Pirbright Green (186/946558) The Hub, Farnborough	The Swan Ash Vale
9 or:	TA IEL IE	Meet: Coffee: Meet: Coffee:	9.49 dep. Woking Station, arr 10.18 Hook Conkers Hatch Garden Centre, Hatch (186/678524) 9.45 Mayford Green (186/996562) Seale Craft Centre	The Royal Oak Pirbright
16	IE	Meet: Coffee:	9.45 Ripley Post Office (187052568) Abinger Hammer Tea Rooms	Saddlers Arms Send Marsh
23	IE	Meet: Coffee:	9.45 Mayford Green (186/996562) Farncombe Boat House	The Good Intent Puttenham
30 or	IEL IE	Meet: Coffee: Meet: Coffee:	9.15 Chobham War Memorial (186/974618) Bressingham GC Dorney, ride to Burnham Beeches 9.45 Mayford Green (186/996562)	The Sun Windlesham

			Mytchett Canal Centre	
June 2012				
6 or	TA IEL IE	Meet: Coffee: Meet: Coffee:	9.35 dep Woking Station, 10.10 arr Micheldever White Hart Hotel, Whitechurch 9.45 Send New Inn (187/017561) Squires Garden Centre, West Horsley	Saddlers Arms Send Marsh
13	IE	Meet: Coffee:	09.45 Chobham War Memorial (186/974618) Savill Garden	The Royal Marine Lyne
20	IE	Meet: Coffee:	9.45 Pirbright Green (186/946558) Badshot Lea GC	Red Lion Chobham
27 or:	TA IEL IE	Meet: Coffee: Meet: Coffee:	9.25 dep. Woking Station, 10.21 arr Rowlands Castle Stansted House Garden Centre 9.45 Send New Inn (187/017561) Newlands Corner	King William IV West Horsley
All train times approximate, please check with SWTrains				

In case you are wondering why we have four and a half pages of rides, the rides schedule is so busy that I cannot contract it into four pages at a legible size. However, it does give me plenty of room for the unique event advertised below!

Special Event - free entry if you cycle there!

<p>Now Shmirnoff Siberia CC bike jumble Русский: Смер, форма)</p>	<p>1st April 2012</p>	<p>Vlad. Putin (subject to election)</p>
<p>Olgarech Road Bakkov Bryonde, Nr Zuhray Novgorod</p>	<p>Tues 10am - 10pm (+26h GMT)</p>	<p>007 7778889(H)</p>
<p>US123SR</p>		<p>Outside tables only 40000 roubles (free if you cycle there)</p>
<p>Notes The event has had to be moved to near Zuhray Novgorod, home of the famous engineer and cyclist Ivan Gniperevich Bubnov. ZN is 1265 miles from Tavistock, 245 miles from Vladivostok. How to get there?? Get on the Z20 at Mermansk, make sure to go northbound. After 546Km (312.5 miles) follow sign to Bakkov Bryonde. You can't miss it. You might then need to ask. Here is the phonetic to use "Iyam bloody losh". You are sure to get guidance. The move is due to a dispute last year between Mr Herezovsky and Mr Abramovich about who took the table hire money at last year's event.</p> <p>Please note special government conditions of selling bicycle parts in Gornoghost Sockpod (East):- * Парламент Кыргызстана одобрил присвоение одному из горных пиков Чуйской области имени Владимира Путина</p> <p style="text-align: center; color: blue;">Click here to see more</p>		 <p>Last year's event</p>

The Danube Delta continued

...BY coincidence we bumped into 2 Dutch, travelling the Danube by boat, they couldn't believe that we were there having spoken to them only 2 days ago in Drobeta.

Our route plan now was to stay south of the river in Bulgaria and make use of the more frequent towns. It had rained overnight but it was an easy dead flat, relatively quiet ride out of town, until a left turn started us climbing and then undulating on and off a 100m high plateau. What we noticed, as the occasional lorries and cars whizzed by, were the number of roadside memorials to people killed near the bends in the road. A long last descent brought us into Lom where they were taking up the cobbled road stone by stone. Fortunately, they had left a footpath for us to get through. Perhaps we were unlucky, perhaps it was because it looked like a building site, but we were about to give up and ride on when we eventually found the renovated and pedestrianised main square with obligatory statues to the revolution. The little hotel on the main street, crammed between the jewellers and the boutique could have been brand new. We were still working in Cyrillic but the young waiter who must have drawn the short straw to serve us at dinner was terrific. Once he had settled down and dug out remnants of his schoolboy English we did well. Anne is perfecting her sign language for "Roast Chicken Breast" but I have a real fear that it may get us arrested.

It was a lovely quiet night, no discos, no church clocks. Breakfast was brought to our room. Fog on the river was clearing as we left to reveal a 2.5km climb on cobbles out of town. The further we go the more the language is becoming a problem. We are struggling to get a coffee on the roadside now. A Russian phrasebook would be useful. We spent another day dropping into river valleys before climbing back up to the 200m plateau. We did not see anybody anywhere. We could have been on Salisbury Plain, Dorset, or Mongolia - all in one. The sign outside the nuclear power station gave us the time, the radiation level and the temperature - 31 degC.

Arriving in Orjahovo where we had decided to cross back to Rumania, we first checked the ferry prices before tackling the vicious 1km climb up into town for our overnight stop. A rusty sign pointing up a side road directed us in Cyrillic to a hotel. The gate was locked, it looked as though no one

had lived there for a month. The boy next door motioned for us not to stay. We were worried that we were losing time now. After about 20 minutes, a car turned up, a man got out, took our money, opened the door and drove off. The hallway was full of children's toys, but otherwise it reminded me and smelled like my granny's house of 50 years ago. Upstairs there was a room with 2 beds and a bathroom with hot water coming out of the taps. So we settled in. Venturing out (on up the hill to town), we discovered the place to be very run-down. The "Central Hotel" was bolted and barred, another had no windows and looked as though it had been bombed or burned. We could not find a restaurant and had to resort to a beer in the bar with great views from high across the river and a visit to the supermarket- (of which there were several).

We needed to get across the river and guessed about 80km to the next hotel. As we packed the bikes, the owner of the house turned up in his car and offered us coffee, but we thanked him and decided to go. Even so after queuing and being squeezed onto the ferry between 2 juggernauts, that even we had to let off first, the ferry cast off at 09.20. We were taking coffee 1½ hours later, in Bechet on the other side, opposite the town's closed-down hotel, sharing a table with a woman who had just walked in with a live goose under her arm. Then we were out on the road, heading due East, steadily overhauling horse drawn carts with number plates, avoiding dogs that were chasing us or already dead on the roadside. The occasional car and lorry overtaking us had been converted to 2 lever control - "accelerator and horn". After 50km we passed through Corabia where our guide book explicitly noted that it did not recommend the hotels. It also said that this region was like riding through a film set! – "there was no television, electricity or phones". But judging from the satellite dishes in the gardens of the houses, which were more established than we had expected and that about every driver of every car or lorry had a mobile phone to his ear - we were not so sure. After all we reminded ourselves - "This is Europe". We followed the guide's advice and rode on - From here the road got steadily worse.

To be continued...



CROSSING WALES

By Claire Hooper

DAY 1 – Brecon to Tregaron

After a night's camping we drove to Brecon Cathedral, a good landmark from which to start. I set off after agreeing to rendezvous with Duncan, my husband and 'support driver', in Tregaron. I left the OS maps with him because there was only one road, so no chance of getting lost. The first 10 miles were through pretty, pastoral country, winding up and down and rising gradually, but the first proper hill was such hard work that I stopped to toe the brakes in properly.

I was now above the fields, on open moorland where clouds of flies descended every time I stopped. The area was marked as a Danger Zone on the OS map and there were red flags along the road, with signs warning me not to leave it. I was accompanied to the top of the mountain by the booms of some very large ordnance close by! It started to drizzle. 'Low cloud', I thought, 'I'll drop out of it.' I could see the valley below the cloud then started to head downhill. To my right the drop was so steep that I couldn't see the slope, but at least I was sheltered from the weather.

By the bottom it was really wet. On went the trousers, then lights as the wind rose and the rain poured down. The rain made my glasses useless, so I took them off for the endless eight miles to Llanwrtyd Wells. I'd planned to go from there to Tregaron up the hill comfortably called the Devil's Staircase then across a plateau, but now I couldn't even see the mountains for the rain. I had no maps to look for another route, so I retired to a pub where the landlord greeted me, saying 'You look like a drowned rat'! He brought out his own maps, but the route he suggested was down A-roads, a bad idea with so much spray. In the end I managed to ring Duncan then cycled back to meet him in Builth Wells.

This was the best bit of the day. Although it was still pouring the rain was warm and the wind was behind me now. I rode for miles on a quiet, switch-backing lane, rich with plant life, gradually climbing until the last mile into Builth. Even the van drivers were friendly!. Finally I arrived in Builth and we drove to Tregaron over the lonely single-track road I should have taken.

Day 2 – Tregaron to Aberystwyth

The bike and my clothes were dry and ready for the ride across the Cors Caron, the biggest upland bog in Britain, to Strata Florida abbey to answer a BCQ question.

I was so carried away watching the beautiful views as I climbed up out of the valley to the Cors Caron that it took a while to realise that I was on the wrong road and had to make an eight-mile detour. The extra distance through the lanes to Strata Florida was rewarding both for scenery and for some very moving local history. The information boards in each tiny village showed that this peaceful rural area had been the centre of the mining industry and the source of Welsh Methodism BEFORE the South Wales coalfields. The terrible working conditions were graphically described and very difficult to equate with how the area looks now.

At the ruins of Strata Florida abbey I admired the great Norman arch and found the answer to the BCQ question. After several miles uphill the road swooped across lovely open countryside then dipped to a point where all the hills converged, at Pontrhydygroes: the only way out was up. Passing a 16% sign (gulp!), I ground steadily upwards through pine woods to the very top of the hill. From there it was an easy ride into Devil's Bridge. I'd hoped to ring Duncan there, but there was no mobile phone signal.

I had a wander round the Rheidol rail station and admired the views into the valley, then set off to answer another BCQ question. I'd assumed I was already on the hill top, but the road went up anyway for three miles opening up fresh vistas across the mountains. I found the answer to the question then headed downhill again for a picnic. By now clouds were rolling up and a refreshing drizzle accompanied me most of the way to Aberystwyth.

The road ran along the side of the Rheidol valley and I stopped with an eye-level view of three red kites, wheeling and climbing before gliding over my head to gather nesting materials from the field behind me. Just to complete the picture, fighter planes streaked across the sky behind them and disappeared into the distance. As I descended into Aberystwyth my mobile phone buzzed with accumulated messages and I arranged to meet Duncan at a campsite nearby.

Day 3 – Aberystwyth to Llandrindod Wells

During the night the wind rose so much that I went into the car to sleep; even there I was woken by the car bouncing! The tent had been torn beyond repair with Duncan still in it, so it was nice to know we had a B&B booked.

The same wind blew behind me all morning, along miles of mainly flat road back to Devil's Bridge. After that I turned off along the Mountain Road to Rhayader for a beautiful ride. The road to Cwmystwyth, where apparently traces of habitation exist dating back 3,500 years, climbed through green fields to moorland past ancient and modern copper mines. For mile after mile the road led gently upwards through sheep-cropped hills, until the head of the valley opened onto a plain threaded with streams. The only other traffic was motorbikes.

The road still climbed but the tailwind pushed me over the top to the scenic road around the Elan Valley reservoirs. A red kite wheeled above me as I watched paragliders lift off from the valley head.

I followed the road around the three reservoirs, gradually descending from mountains into woodland. The last reservoir was so low that in places only a strip of water remained. By now I was also running on empty and was very annoyed to find that the Visitor Centre, where I'd planned to have a coffee, was about eighty feet below the road. I drank my water and ate a picnic beside the road instead.

Rhayader, the next landmark, was full of people watching a vintage car rally. Since the cavalcade does eight circuits of this little town, I met it three times before I came out the other side and headed down the A470 to Llandrindod. Just outside the town I passed a red kite feeding station with about thirty kites wheeling in the air above it, waiting for their tea.

I finally managed a much-needed coffee at services on the A470 and it kept me going for the last few miles into Llandrindod Wells. By now journey's end was in sight and as usual I found myself wishing that I could keep going, but of course I arrived there in the end.

The final treat came when I visited the National Bike Museum the following day. There's too much of it to see in one visit, so I have an excellent reason to go back again! Although, as the curator said, 'Ah, but by then we'll have moved everything around. You'll never win!'

CLUB SHIRTS

By Claire Hooper

THE committee are currently getting quotes and designs for new club shirts. When a design has been created and agreed it will be publicised here and by email and/or on the website. We will need to know definite numbers before we can proceed with ordering because there will only be one production. Obviously, the more we order the less they will cost, but we hope that the price will not exceed £50.

CYCLE JUMBLES (genuine ones this time!)

VCL Cycle Jumble	1st April 2012	Walter Happy
Herne Hill Velodrome	Sun	
Burbage Road	(9am)10am - 1pm	-
SE24 9HE . OS map176 TO 326 742	 	£20 booked pitch, £25 on day

VCL Cycle Jumble	5th May 2012	Walter Happy
Herne Hill Velodrome	Sat	
Burbage Road	(9am)10am - 1pm	-
SE24 9HE . OS map176 TO 326 742	 	£20 booked pitch, £25 on day

VCL Cycle Jumble	2nd June 2012	Walter Happy
Herne Hill Velodrome	Sat	
Burbage Road	(9am)10am - 1pm	-
SE24 9HE . OS map176 TO 326 742	 	£20 booked pitch, £25 on day

ALL these events are organised by Wally Happy. Please send cheques, payable to VCL, to Organiser, 2 Regent Close, Fleet GU51 3NS.

They are run by VCL to help with the development and maintenance of the Herne Hill track, the only surviving 1948 Olympic venue. There are open races on the day to watch (or enter).

DATES FOR YOUR DIARY CHECK THESE ARE ALL CORRECT

April 1st: April Fools Day! Bicycle Icycle, 70 km, start 9.30 Godalming (Mark Waters 01483-414307 or 07732-520819).

APRIL 15th: 50 mile reliability ride, start 8am to 9am from Pyrford Common car park or Meadow car park, Godalming (Roger Philo 01483 233381)

MAY 4th-8th (Bank Holiday weekend): Annual outing to Eye, Suffolk. Accommodation: B&B.
(Anne and Derek Tanner: annederek-2012@yahoo.co.uk)

MAY 13th: Stonehenge 200 (207km) start 8am, Danebury 150 (150km) start 8.30am, Elstead 100km, start from Elstead Youth Centre, (Nick Davison 01428 642013, Peter Hackman 01483 573633, Bob MacLeod)

JUNE 3rd Diamond Jubilee ride to watch Thames Pageant?. See Woking Sunday Rides on the first page of the Rides List for contact details.

JUNE 17th Summer Navigator, duration about 4 hours, Warren Pond car park (912458) near Puttenham Common, 10am-11am start (Arthur Twiggs 01252 89187).

JULY 15th: 100 mile and 75 mile rides (option of a led ride or use route sheets). Pirbright Hall car park, 8.00am start. £2 (Roger Philo 01483 233381)

AUGUST 19th: Tour of the Hills 110 km, start 09.50am, Shere Village Hall (Don Gray 01483 810028) .

To find details of all these events go to:

<http://www.westsurreyctcda.org.uk/> and click on DA Events.

Deadline for next issue: March 1st. Get your cycling stories in to the editor now: claire_hooper2003@yahoo.co.uk

Disclaimer for entrants

I agree that I understand and will abide by the terms and conditions required by the CTC for the safe participation in this activity and to act responsibly and adhere to the rules of the road and countryside. Marshals, if they are used, are solely to indicate the direction and it is my responsibility to ensure that the manoeuvre is carried out safely. I hereby maintain that I am fit and healthy enough to participate in the activity described above and my cycle is in a safe, legal and rideable condition. I also accept that the CTC cannot be held responsible for any personal injury, accident, loss, damage or public liability during the event.

Name:..... **Date:**

Signature:

CTC rides are covered by Organisers Public Liability Insurance and CTC members are covered by third party insurance, all riders who are not members of the organisations are advised to join the CTC or obtain their own insurance.

CTC will not disclose the information on this form to any other organisation. If you do not want any photographs used please notify the event organiser.