

# AWheel

THE MAGAZINE OF THE SOLIHULL CYCLING CLUB

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**Front Cover:** Dave Fellow—Mountain Climbing

**Rear Cover:** Russell Perry, Stuart Jameson & Paul Mann enjoying the endorphins after 3 days of racing at the Tour of Abberleys

## Editor's Corner



I hope you all enjoyed the last edition celebrating the club's 90 years and those that were able to the Dinner and Awards evening held at Robin Hood Golf Club, a most excellent evening of celebration.

Well they are nearly here, I hope, those long summer days and evenings where one layer is all you need, oh the joys of summer cycling which Richard Burt extols on page 13.

This edition covers quite a few events and sportives, a busy few months ahead of us with the Tommy Godwin Memorial ride plus our own Road Race and Youth Circuit Race the latter two both as part of British Cycling's West Midlands series. Volunteers will be required all these events so please let the relevant organiser know if you can help.

There's an excellent report from our very own trophy monster Dave Fellows covering his first three mountain time trial events, yes you've read that correct.....I do think he is slightly mad but Go Dave!

I'm sure your winter training has all been worthwhile and you are starting to put it to the test in whatever you are doing whether competitive events, club runs or just out enjoying yourself.

Safe Riding!

*Rocky*



*Send copy to: [editor@solihullcc.org.uk](mailto:editor@solihullcc.org.uk)*

# Tour d'Ilmington 2019



If you have not already registered for this year Tour d'Ilmington Cycle Ride, then now is the time to do so.

Don't miss out on this great event, held for worthwhile Rotary causes. You may also use this event to support a charity of your choice as well.

Whether the Flat, Hilly or 'Retro/Eroica' course, you will enjoy the fun and challenge of the ride and receive a medal to wear with pride.

Revel in the glorious countryside and views whilst enjoying the well deserved refreshments and company of other Tour Riders. Places are filling up fast so please don't delay.

For Full Details And Registration > [www.riderhq.com](http://www.riderhq.com)

If you have any queries please click below to e-mail us or call us on: 07855 744868

Looking forward to seeing you, your friends and family on the 30th June 2019

*Bob Armstrong & The Shipston Rotary Tour Team*

## Cotswold Tour d'Ilmington Ride



Cyclosporitive

Date Sun, 30 Jun 10:00

Length 10 mile family , 30 mile cl...

HQ Newbold Village Hall Newbold on Stour

Warwickshire CV37 8TU map

Entries close 13:00 29-JUN-2019

# Solihull C. C. Memorial Rides

Sunday 9th June sees the running of the Solihull Cycling Club Memorial rides with two brand new routes for 2019

All rides start and finish at the Hampton in Arden Scout & Guide Hut, Shadowbrook Lane, B92 0DQ. See the “Solihull Cycling Club” website for full details.



There are 2 rides of 150 km, & 100 km. The rides start at 8.30, & 9:00 respectively.

The fees include, hire of halls, food at start and finish, and refreshments at Pebworth Village Hall for both rides.

The entrance fees for Solihull Cycling Club members will be £5 for the 100 km & 150 km ride

To help the organisers estimate food quantities will club members please just drop a note to me at [trevorwale2@gmail.com](mailto:trevorwale2@gmail.com) saying which route you are planning to ride.

This will be a great day for all club members and we look forward to seeing you all on Sunday 9th June.

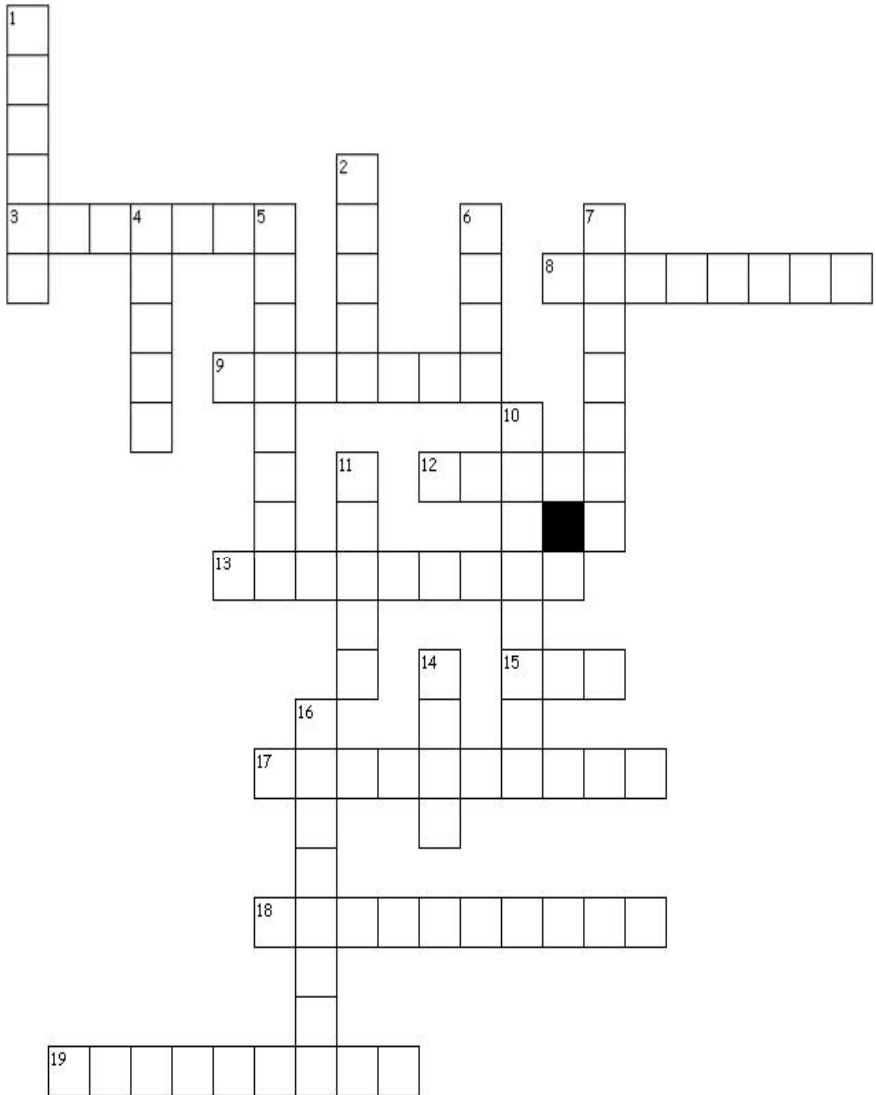
Many thanks

*Trevor*



# Cryptic and Easy Crossword

Theme – parts that may be found on a bike



## Cryptic clues :

### Across

3. after the start, police move around to put their foot in it (7)
8. see 14 down
9. see 11 down
12. Alejandro's first five tyres could be let down by this (5)
13. 51 .... nk (9)
15. part of a wheel found in rhubarb (3)
17. seat suspender, could be riddle, alas (10)
18. listen – forest keeper carries all the gear according to Spooner (4, 6)
19. holds an old 4 on and crept into accident (9)

### Down

1. at the start, pro rider exhibits superior training and a 12 for example. (6)
2. Twickenham MP can be inner or outer (5)
4. crazy person ! can change to and fro into circles (5)
5. measures output maybe from pop and water (8)
6. Eddy's son heard in the middle of 15 Across (4)
7. earphones, for example, could be type A (7)
10. event that settles a matter – this type sounds like it will lose interest (8)
11. and 9 across maybe queer lice ask what holds the wheel on (5, 7)
14. and 8 across '74 world cup miscreant has recycled banger; is found in 7 (4, 8)
16. Alejandro, missing red letters puts hat on to cover 12 (8)

## Easy Clues

### Across

3. goes on the front of a pedal to keep your foot in (7)
8. see 14 down
9. see 11 down
12. stops air coming out of a tyre (5)
13. holds the ends of a chain together (9)
15. centre of a wheel (3)
17. clamps onto the seat tube (10)
18. holds the rear hanger onto the frame (10)
19. holds the crank onto the axle on old bikes (9)

### Down

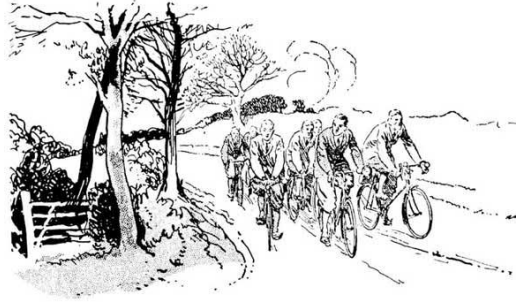
1. type of valve (6)
2. can be inner or outer (5)
4. what the pedals are attached to (5)
5. measures watts on the bike (8)
6. goes through the middle of a wheel (4)
7. found where handlebars join the frame (7)
10. type of tyre (8) c
11. and 9 across what holds the wheels onto the frame (5, 7)
14. and 8 across allows free movement in the axle and headset (4, 8)
16. stops dirt getting into the valve (8)

# News & Messages

## Reliability Ride

Many thanks to the 102 riders who took part in the reliability ride  
There were 37 on the long ride and 65 on the shorter ride  
Overall we raised £222 for Air Ambulance and  
£298 for Solihull Wheels for All our Club's newly nominated  
charity.

Special thanks to brilliant  
work done by the helpers at  
the start at the Bluebell pub  
and the coffee stop at  
Fladbury Village hall.



Many thanks

*Rag*

## Website

Do any club members have experience implementing or supporting web sites? Would they be interested in helping us bring the current SCC site up to date? If there is anyone who is interested in learning about how to update the site and is then willing to continue helping to keep the site updated, that would be a possibility as well.

## Tommy Godwin Memorial

Tommy Godwin Memorial road race on the 2<sup>nd</sup> June. All club runs have been cancelled so that club members are free to help with the marshalling and other race related activities. Can any volunteers please contact Paul Mann for more information.

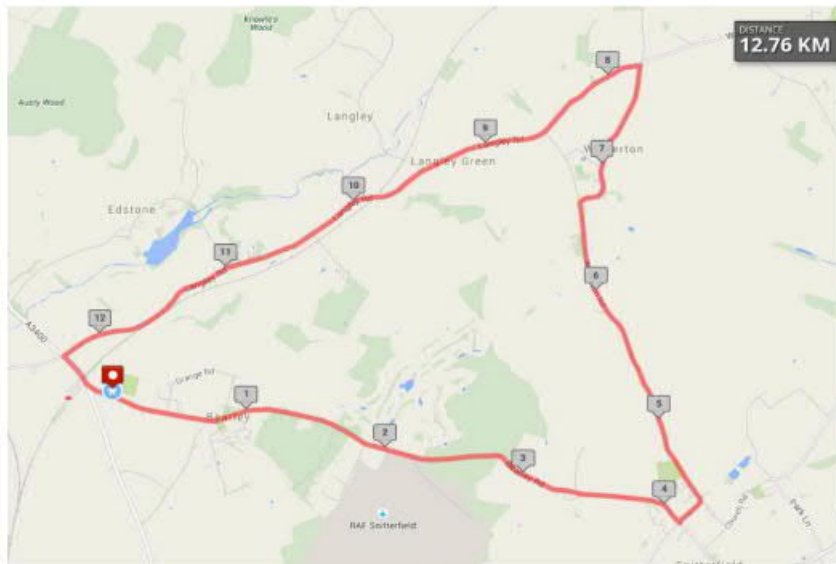


# Tommy Godwin Memorial Road Race



## Tommy Godwin Memorial Road Race Solihull CC

**SUNDAY 2<sup>nd</sup> June 2019**  
**Under the Rules of the LVRC**



Event HQ

Bearley Village Hall (Postcode: CV37 0SB)

Start Times	Race 1	Category A/B	7 Laps	10-00am
	Race 2	Category C/D	7 Laps	10-05am
	Race 3	Category E/F/G/H/I	6 Laps	10-10am

### Our grateful thanks go to:

The residents of the villages the course passes through (Wolverton, Bearley and Snitterfield).

All our marshals, officials, helpers and spectators.

Warwickshire Police.

Warwickshire County Council

**Organiser: Ian Cowan 0121 705 6712 Mob: 07977 237040**

# RTTC Classic Series - Rounds 1-3

1. 24/3/19 – 10am Wessex RC – P428
2. 7/4/19 – 10am Beacon Roads – K22/37
3. 19/4/19 – 11am Buxton CC – J8/3

After my success in Time Trialling at club level last year & varying success, or failure; if you're a pessimist of course, in regional & national hill climb events, after very little persuasion from some of my club mates I decided to take on open time trials as a key part of my cycling endeavours. However rather than just taking baby steps, I decided to mix the simplicity of time trials with the sadistic nature of hill climbs & spend the first half of my season tackling Mountain Time Trials, also known as SpoCos (Sporting Courses) or Hardriders events.



I had targeted the Sigma Sports RTTC Classic Series of Events, of which there are 6, Up & down the country, for no other reason than they stood out on the CTT website at the time & that the 2018 winner of the series showed up on one of our A Runs in December.

I started my season with a couple of warm up events on the first weekend in March.

Matlock CC Hilly 25 on the Saturday & Kettering CC SpoCo 20 on the Sunday.

I finished 2nd in both of those & was very pleased with my performances.

The Former Being more of what I'd expect from an event described as a "Classic", Farm Tracks with the gravel in the middle 6 inches thick, Climbs that last for 5 minutes Plus & epic peak district landscape. Whereas the Kettering one certainly has some ageing to do yet before Classic is used as a word to describe it.

Round one of the Classic series was 3 weekends after, Ran by Wessex RC on the P428 Course, it starts in Wimborne Minster in East Dorset & takes in a very picturesque part of the country over the 24 miles it covers.

The weather that day was lovely, you could've mistaken it for summer. The start had to be delayed by an hour because of an independent incident involving a car crash. This allowed traffic to build up on the course & was challenging at the best of times without having to deal with the increased traffic. However that being said the course was tame. Not too much in the way of obstacles or climbs. Which made it very fast indeed. The winner I think averaged over 30mph. I finished 7th & once again was pleased with my result as I felt I left nothing out on the course.

Only a break of two weeks, before I'm back at it. This time a Local one, Beacon Roads C & their Little Mountain Time Trial. This has been described as the only time trial you need to do before you die, & where, I feel, The word Classic really lives up to its name. The Event first being run in 1948 & being won by a Solihull Rider no less! That first year they had 39 entries, 5 of which were Solihull. This year they had well over 100 entries & we only had 2 entries. Entering alongside me was my hill climbing Amigo Richard.

The course is 37 miles long & has a total elevation gain of 1000m or 3300ft. It takes in the most testing roads Central Worcestershire has to offer including Stanford Bank, Ankerdine Hill & Shelsley Walsh Speed Hill Climb. That's not including all the other hills that make up the other 700m of elevation gain. Once again I

finished 7th & upon almost coming to a standstill at the top of the final climb, I knew id put 100% in.

Not even two weeks later, on Good Friday was the third round, Hosted by Buxton CC & starting in Longnor, in the Peak District. This was slightly different to the other two in that it's a course that you have to do 3 laps of. The Weather was as near as makes no difference, Perfect. The course was very technical & very up &



down. Pacing was key & good gear changing was even more essential than it normally is to holding a good speed. 1 lap was 11 Miles, Making it 33 miles in total with an elevation gain of 1200m. The landscape was, as you'd expect from the Peak District in perfect weather, sublime. However I still think the Beacon Roads course has the edge, as a course. the support from the side of the road is second to none in the Peak District. It

really gives you a lift as you struggle up a seemingly never ending drag for the third time in less than an hour. With it being a lapped course I used this to my advantage & decided to try & pace it a little better & trying harder with each subsequent lap. It seemed to work as I went one better this time & finished 6th. Beating a few riders who had beaten me in both the previous rounds.

As it stands I'm currently 4th in the series standings & I'm looking forward to the next three rounds, in Dumfries, The Lake District & The 2019 National Circuit Championships Near Avonmouth.

I Hope I can report on my results from these 3 events in the next magazine.

*David Fellows*

# IT'S SUMMER

Let's be honest, it's the coffee stops, cakes and camaraderie that keeps you riding through the vile English winter. If I believed in God, I'd tell him to rip it up and start again. Either that or invent some sort of environmental bubble that would send all the elements swirling around me but not touch me as I pedalled along.

And then, of course, after months of soggy socks, freezing hands, wind-lashed eyes and greasy, slidey roads comes the promise of spring.

Snowdrops and the crocus herald a dusting of hawthorn leaf and blackthorn blossom. Seeded fields draw magical growth lines over ploughed and harrowed acres, breaking winter's grip.

On good days the rain stays away, the wind drops and the sun comes out. All together now, feel the warmth on your backs and faces and drink in the light. You're on your carbon flyers but probably overdressed by force of habit.

And then – when you eventually break out your summer kit and resurrect your fingerless gloves – the weather swerves into reverse gear. Apocalyptic rain, hailstones like frozen peas smashing craters into exposed, and not so exposed skin. More oaths (God again!)

But just like an injury that gets better without you really noticing it, eventually even the rainy days begin to feel fine. It's summer.

*Richard Burt*

# COMMITTEE OFFICIALS APPOINTED 2019 AGM

## Committee Officials

President	Roger Cliffe
Vice Presidents	J. Cordwell, G Elliott, M. Lawton, H.Reynolds
Chairman	Dick Law
Vice Chairman	Ian Cowan
Treasurer	Phil Rosenbloom
General Secretary	Margaret Gordon
Membership Secretary	Pete James
Magazine Editor / Head of Communications	Rocheford Pearson
Club Clothing Officer	Mick Edensor
IT Officer	Gareth Lewis
Press Officer	Stuart Jameson
Social Secretary	Mike Pridmore-Wood
Welfare Officer	Ailsa Neely
Racing Coordinator	Russ Perry
Development Committee Chairman	Keith Jones
TG Circuit Manager	Robin Fox
Touring/Club Runs Coordinator	Tony Baker
Management Committee	Ian Cowan, Dave Fellows, Keith Jones, Pete King, Rob Hampton, Kevin Wilson.

## Non-Committee Officials

Time Trials Secretary	Steve Mountford
Track Secretary	Robin Fox
Cyclo-Cross Organiser	Gary Rowing-Parker
Club Runs Leaders	A-Runs – Mike Pridmore-Wood
	B Runs – John Wright
	C Runs – Pete James
	D Runs – Cliff Dobson
	E Runs – John Persaud
	F Runs – Alan Thomson
	Keith Jones
Mountain Bike Secretary	Phil Hitchmough
Youth Race Organiser	not filled
Audax Secretary	Harry Balmer
Semaine Federale Organiser	Roger Cliffe
Reliability Trial Organiser	Paul Mann
Dinner Organiser	Ailsa Neely
Data Protection Compliance Manager	Pete King
Magazine Distributor	RocheFord Pearson
Equipment Officer	Dean Tranter
Bike Maintenance Officer	Dick Law, Phil Rosenbloom
Building Fund Trustees	Gordon Tunnicliffe, Colin Eagle
Auditors	Phil Rosenbloom
Old Sols Secretary	Keith Jones, Richard Lodge,
Club Coaches	Gary Rowing-Parker, Robin Fox,
	Phil Hitchmough, Ian Alexander,
	Mark Tandy, Mike Brownsword,
	Matt Rootkin-Gray, Paul Mann
	Lawrence Breakwell
Trophy Coordinator	Ian Cowan
BC Delegates	Richard Lodge, Guy Elliott,
	Robin Fox

# Club Runs

## Saturday

A run from Dorridge Station at 9:00am

B run from The Railway Inn Dorridge 9:00am

Apple pie run from Dorridge Village Hall at 9:00am

All these rides have a coffee stop at Studley Garden Centre Mappleborough Green

## Sunday

DATE	A RUN	B RUN	C RUN	D RUN	ERUN
12-May	M Hussingtree	Wickhamford	Clifford Chambers	Battlefields	Jinny Ring
19-May	Evesham	Stretton U Fosse	Battlefields	M Hussingtree	Astley
26-May	Battlefields	Malvern	Oxhill	Evesham	Charlcote
02-Jun	Tommy Godwin Race				
09-Jun	Memorial Ride				
16-Jun	SCC Road Race				
23-Jun	Cannock Chase	Hartlebury	Upton Snodbury	Warrington	Long Marston
30-Jun	Malvern	Thurlaston	Newbold On Stour		
07-Jul	Long Compton	Defford	Oxhill	Chaddesley Corb	Stratford
14-Jul	Manisha UK Charity Ride				
21-Jul	Moreton In Marsh	Martley	Jinny Ring	Chipping Campden	Broadway
28-Jul	Wyre Forest	Rosliston	Wickhamford	Willoughby	Stoneleigh
04-Aug	Willoughby	Toddington	Clifford Chambers	Wickhamford	Dunnington
Rides start from Clock Tower Solihull					
All runs start at 9:00. <u>Throughout the year</u>					
Beginners F Run also available - Contact Alan Thomson 01216808322 or alt492@hotmail.com					



Tuesday

B Run						
DATE	A Run	Coffee Stop	(*)	Pub Stop	C Run	
14-May	Shipton On Stour	Wickhamford		Aston Cantflow	Alcester	
21-May	St Peter's GC	Stourport		Feckenham	Buttercup T Rooms	
28-May	Long Itchington	Warmington	P	Hampton Lucy	Hatton Locks	
04-Jun	Beckford Silk	D & R Shipston		Broughton	Blackhills	
11-Jun	Stourport	Chaddesley Corb		Flyford Flavel	Stoneleigh	
18-Jun	Chipping Campden	Churchfields		Broom	Stratford	
25-Jun	Evesham	Chipping Campden		Ardens Grafton	Kenilworth	
02-Jul	Pershore	Willoughby	P	Long Itchington	Astley Book Barn	
09-Jul	Broadway	D & R Fish Hill		Finstock	Blackhills	
16-Jul	Draycote Water	Norton Golf Club		Flyford Flavel	Buttercup T Rooms	
23-Jul	M Hussingtree	Heather	E	Ratcliffe Culey	Kenilworth	
30-Jul	Bedworth	Blooms Golf Club	P	Long Itchington	Alcester	
06-Aug	Willoughby	Shipton On Stour		Hampton Lucy	Hatton Locks	
Runs info Dave Stephenson 01564 776064, davidjks@icloud.com						
B Run is an all day ride with coffee & lunch, starts Reservoir pub at 9:15 am						
A Run is faster with coffee stop, starts from Reservoir pub at 9:15						
(*) Runs marked P start Punchbowl, E start from Eastcote X roads @ 9:15						
					Starts Punchbowl	
					10:00	

Thursday

DATE	A RUN	B RUN	C RUN	D RUN
16-May	Wellesbourne	Clifford Chambers	Alcester	Hunningham
23-May	Dunnington	Lighthorne Heath	Kenilworth	Wellsbourne TC
30-May	Wellesbourne	Astwood Bank	Stratford	Clifford Chambers
06-Jun	Dunnington	Wellsbourne TC	Mappleboro Green	Charlecote
13-Jun	Wellesbourne	Dunnington	Dunnington	Mappleboro Green
20-Jun	Dunnington	Wellsbourne TC	Stoneleigh	Alcester
27-Jun	Wellesbourne	Astwood Bank	Clifford Chambers	Hatton Locks
04-Jul	Dunnington	Hunningham	Wellesbourne TC	Shottery
11-Jul	Wellesbourne	Clifford Chambers	Stratford	Studley
18-Jul	Dunnington	Wellsbourne TC	Hunningham	Astwood Bank
25-Jul	Wellesbourne	Astwood Bank	Hoar Park	Middleton
01-Aug	Dunnington	Charlecote	Blackhills	Wellsbourne TC
08-Aug	Wellesbourne	Lighthorne Heath	Stoneleigh	Charlecote
Runs Co-Ordinator Dick Law 01926 427200				
A Run starts Dynamic Rides Hockley Heath at 9:15				
B,C and D run start from Punchbowl at 10:00 am				

# Main Club Contact Details

<b>President</b>	<b>Roger Cliffe</b> <a href="mailto:chat2rog@gmail.com">chat2rog@gmail.com</a>
<b>Chairman</b>	<b>Dick Law - 01926 427200</b> <a href="mailto:chair@solihullcc.org.uk">chair@solihullcc.org.uk</a>
<b>Secretary</b>	<b>Margaret Gordon - 0121 778 1884</b> <a href="mailto:secretary@solihullcc.org.uk">secretary@solihullcc.org.uk</a>
<b>Membership Secretary</b>	<b>Pete James - 0121 444 3537</b> <a href="mailto:membership@solihullcc.org.uk">membership@solihullcc.org.uk</a>
<b>Treasurer</b>	<b>Phil Rosenbloom - 07939 067367</b> <a href="mailto:phil.rosenbloom@blueyonder.co.uk">phil.rosenbloom@blueyonder.co.uk</a>
<b>Press Secretary</b>	<b>Stuart Jameson</b> <a href="mailto:press@solihullcc.org.uk">press@solihullcc.org.uk</a>
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<b>Welfare Officer</b>	<b>Ailsa Neely</b> <a href="mailto:welfare@solihullcc.org.uk">welfare@solihullcc.org.uk</a>
<b>Coaching</b>	<b>Robin Fox</b> <a href="mailto:coaching@solihullcc.org.uk">coaching@solihullcc.org.uk</a>
<b>Club Runs Co-ordinator</b>	<b>Tony Baker</b> <a href="mailto:clubruns@solihullcc.org.uk">clubruns@solihullcc.org.uk</a>
<b>Time Trials Secretary</b>	<b>Steve Mountford - 0121 745 4758</b> <a href="mailto:timetrials@solihullcc.org.uk">timetrials@solihullcc.org.uk</a>
<b>Track Secretary</b>	<b>Robin Fox</b> <a href="mailto:track@solihullcc.org.uk">track@solihullcc.org.uk</a>
<b>Cyclocross Organiser(s)</b>	<b>Gary Rowing-Parker</b> <a href="mailto:gary.rowingparker@gmail.com">gary.rowingparker@gmail.com</a>
<b>Clothing Officer</b>	<b>Mick Edensor</b> <a href="mailto:clothing@solihullcc.org.uk">clothing@solihullcc.org.uk</a>
<b>AWheel / Newsletter Editor</b>	<b>Rocheford Pearson</b> <a href="mailto:editor@solihullcc.org.uk">editor@solihullcc.org.uk</a> <a href="http://www.solihullcc.org.uk">www.solihullcc.org.uk</a>
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