

WHEELER'S DIGEST

Events | Guidance | Club Updates

Welcome...

Welcome to the June edition of the Wheeler's Digest.

Without your stories and news this would be a very brief newsletter so please send me anything cycling related, preferably with some photos as well, to webmaster@wellesbourne-wheelers.org.uk

Next issue at the end of July.

Steve Kirk
Editor

GTC in '23 Update

June has been bursting out all over for the Wheelers.

More riders joining, new rider leaders taking up the role, new routes explored, ladies outnumbering the gents on some rides. Check out the forthcoming events and keep the momentum through July.



Philip Harris - Chair

P.S. We now have a shiny new club banner on permanent display at the Wellesbourne Sports and Community Centre. Thanks to Steve Kirk & Ashley Sherren for their efforts.



Diary Dates

9 Jul – [Broughton Castle Sportive](#)

16 July - [Steve Bates Memorial Ride](#)

26 July - IOW 65 mile club trip.
RL Simon Hamilton-Smith.
Meet/Start Cowes

3 Aug - 100 mile/km club ride.
RL Dave Thomas. Meet / start tbc.

Steve Bates Memorial Rides and WW Summer BBQ

You, families, cousins, friends are all welcome to our summer social; Sunday 2pm, 16 July at the Bowls Club, Wellesbourne

All inclusive [menu](#) or vegetarian option (you tell us what you want) @ £10.50pp

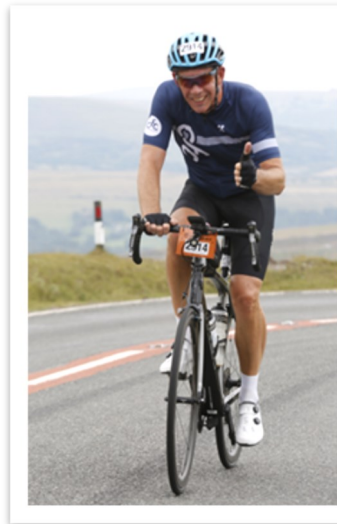
Last chance to join us extended to 8 July. It's a special WW event so really great if you're 'in'.

Please click on the link in Diary Dates above to book and pay

Olwen Kelly - Secretary

Double Trouble Challenge for Cyclists Fighting Cancer

My "Double Trouble" cycling challenge mentioned in May's newsletter is complete! In total 475 km ridden, 7,241 meters climbed, 19 hours 48 minutes on the saddle, 10,748 calories burnt and so far £1140 raised for Cyclists Fighting Cancer.



The Dragon Ride route has reversed in recent years meaning the long, Alpine style climbs start later in the ride, really punishing the legs in the latter stages, the one benefit being a 15 mile downhill rapid run in to the finish. After weeks of dry, sunny weather the Met Office issued a yellow weather warning for "thunderstorms with risk of flash flooding" for the day of the event. Fortunately these didn't appear and the day was warm and overcast for the very enjoyable ride up into the Brecon Beacons with some epic scenery.

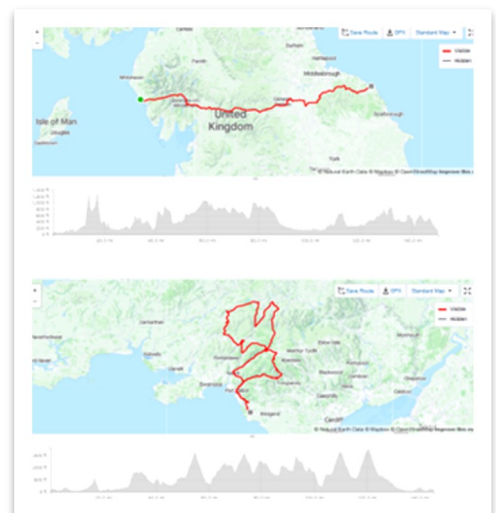
The following Saturday dawned damp and drizzly in Seascale for the "Coast to Coast in a Day" ride. The route was extremely varied, with the brutal climbs of Hardknott

and Wrynose passes coming before 7:00am, leading into the less severe but still challenging climbs of the Yorkshire Dales and North York Moors bookending a relatively flat section across the Vale of York. By chance I met a fellow CFC rider at the start and we rode together throughout the event, finishing together in Whitby 11 hours and 6 minutes later – 7 hours and 14 minutes ahead of the last rider to finish.

Both events offered fantastic scenery, great riding roads, challenging climbs and most importantly some great food stations! If anyone is interested in taking these on in the future and would like to know more, please get in touch. Finally, if after reading this you'd like to donate to Cyclists Fighting Cancer, my Just Giving Page is still open at:

<https://www.justgiving.com/fundraising/andrew-marcroft3>

Andrew Marcroft



New Café Stop

Crown Inn Café & PH
Crown Street
Harbury
CV33 9HE
01926 614995

Just relaunched! Walking and cycling groups welcome, takeaway and dine in, dog friendly throughout, kids play area and outdoor seating, buffet catering in house or to your venue, quiz nights, open mic nights.

Food served: Weds-Fri 10am-2pm & 5.30-8pm Saturday 10.30am-8pm Sunday 10.30am-4pm

<http://www.crowninnharbury.co.uk>

John Mortimer - Owner

Club Kit Update

Although there are no orders at the present time, there are several new Endura items remaining in stock, and a few bargains in used kit from our original supplier Owayo in return for a suitable donation to club funds. The sizes are on each item, but as with all kit, the best thing is to contact kit@wellesbourne-wheeler.org.uk to arrange to try on.

For full details of the products available, visit <https://custom.endurasport.com/products/browse/>

New

Endura	S/S summer "Road" jersey	XXXL	New	£45.60
Endura	S/S summer "Road" jersey	M	New	£62.40
Endura	Roubaix jacket	M	New	£62.40
Endura	Compact (summer) gilet	M	New	£58.80
Endura	Winter gilet	L & XL	New	£88.80

Used

Owayo	Bib shorts (in club colours)	M	Good	Donation
Owayo	Bib shorts (in club colours)	L	Good	Donation
Owayo	S/S summer jersey	XL	Reasonable	Donation
Owayo	Cycling cap		Universal	Good Donation

Ashley Sherren - Kit Secretary

Peter Wallis '3 in 3'

Well I didn't plan for it to be '3 in 3'. I entered the appropriate ballots, thinking I might be successful in maybe one of them. As it turned out I got an entry for all three which meant checking the dates and realising I was in for a busy three weeks. Then came the more serious bit - turning up and performing!

Event One - Ride London (Sunday 28th May)

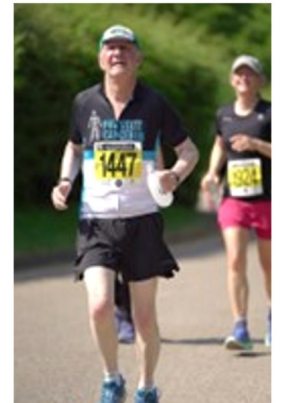
I'd done the London Freecycle event on a number of occasions with family and had always wanted to tackle one of the distance challenges. 30, 60, or 100 miles? Opted for the middle one and it didn't disappoint. A bit



of a holdup at the start but once over the start line no major issues. Out along the Embankment and through the likes of Epping and Chigwell and back into London. Over 2,000 feet of ascent, but it didn't feel like it and pleasantly surprised by the amount of descent. This allowed plenty of freewheeling (sorry Hastings riders,) to aid recovery. After just under four hours forty I was back in London and finishing over Tower Bridge. Maybe next year I'll have a crack at the 100 mile event?

Event Two - Two Castle's Run (Sunday 11th June)

I've done the Two Castles Run (Warwick Castle to Kenilworth Castle) on a



number of occasions but I think this year was one of the hottest! Long gone are the days when I could run a 10k comfortably under the hour. Now the target I set myself is to run in a minutes time lower than my age. Last year with minimal training I ran across the finish line in 69 minutes (age at the time 72). This year with no training at all (last time I ran was the 2022 run!) things went to a heavily adjusted plan. Target time of 90 minutes - had to take into account no training and the weather conditions, so was pleasantly surprised to return a time of 76 minutes. Why did I do it? It's a lovely course; and you get a free t-shirt at the finish!

Event Three - London to Brighton Bike Ride (Sunday 18th June)

I felt the time was ripe to do a fund raising event. It's 37 years since my father died of a heart attack and it also happens to be 37 years since I did my first London Marathon. Transpose the number 37 and you get 73, my



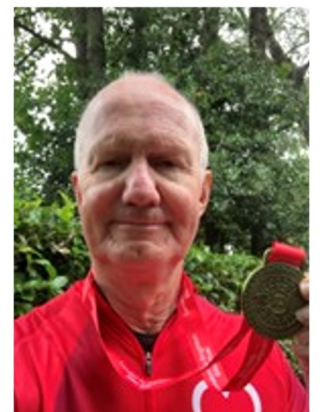
current age. And so the British Heart Foundation London to Brighton Bike Ride seemed the obvious challenge. Overnight rain made the course a little tricky where the sun wasn't able to dry out the roads. Departed from Clapham Common at 8.30am in bright conditions. Slowish pace initially but that was probably ideal as it was a 54 mile route. Plenty of ups and some downs, with the latter being carefully negotiated due to wet roads. Indeed had to slow down almost to a stop on a steep downhill due to an ambulance attending to an unfortunate rider. A further incident required a route diversion, but fortunately some of us held back and waited for a motor bike rider to confirm the new route. Luckily we had stopped at the road we needed to take. Others were not so lucky and had carried on regardless. Back to normality and on to the infamous Ditchling Beacon. I have to admit that it got the better of me. After two previous events and 48 miles of the third one, I had to dismount (sincere apologies to all Wellesbourne Wheelers for such a transgression,) and walk a little way (I wasn't the only one I

hasten to add!).

Over the top and downhill to the finish. However, it wasn't all plain sailing. Light rain, which had started on the ascent of the beacon, continued all the way to Brighton. The hoped for closed roads, were rammed bumper to bumper with traffic, which meant negotiating traffic and wet roads very, very carefully to the finish. But negotiate it we did and safely crossed the line and collected the medal. A great day out and a small pot of money raised for the British Heart Foundation.

You can donate to my JustGiving page by clicking here: https://www.justgiving.com/fundraising/Owen-Peter-Wallis?utm_source=copyLink&utm_medium=fundraising&utm_content=Owen-Peter-Wallis&utm_campaign=pfp-share&utm_term=31b8fbbcb6fe4c1fb8ea70fec2d15e9a

Peter Wallis



For Sale



Shimano RC1 SPD-SL bike shoes. Black - size 40

Brand new, still in the box

Selling most places for £60+. Would take £30

Please call on 07916 454092 if interested

Peter Wain

New Bike Shop

We're a local cycling shop started out of our garage in Tysoe last summer.

This year we have already helped hundreds of cyclists get to the next level in performance, through learning about nutrition, setting training programmes and upgrading to lightweight parts.

I think your members could get a lot out of our blog - would you be interested in sharing it with them?

The Litebike Workshop
Tysoe
Warwick
CV35 0TP

Litebike.cc

Laurence - Owner

WW Broughton Castle Sportive - Four in a Row?

We held a successful trial ride on Thursday 8th June as we bid to win the Broughton Castle Sportive President's Cup for a fourth successive time.

The event is on Sunday 9th July and, because of unavailability we have a WW team of only four this time out of six permitted, with the winning time being based on the fourth rider over the line.

Outside of myself, we have fellow Hastings rider Paul Meade and Andrew Marcroft from Sunday Club, whilst guest rider Martin Nuttall completes our four man squad.

Gary Gristwood

Tour of Cambridgeshire - The Final Edition

Closed road cycling events are becoming rarer now to the extent that, apart from a couple of this type of sportive in remote areas of Scotland (not much traffic there anyway!), the only closed road events in the rest of the UK this year were Ride London (held at the end of May) and the Tour of Cambridgeshire, which I rode on Sunday 4th June although, sadly, it will not be back next year.

There were around 5,000 cyclists taking part across 9 events. The venue was the East of England Showground near Peterborough and, although the course is fairly flat, it does suffer from strong winds across the fenlands south of Peterborough which form a major part of the route. The wind direction on this occasion was north easterly and it couldn't have been worse as it affected a lot of the second half of the ride!

I must say the event was very well supported by the locals in the various villages; very magnanimous, given that they couldn't drive their cars for most of the day! I entered the 56 mile sportive and was pretty pleased in finishing 6th overall out of 417 entrants. They also highlight age categories and I won mine, 65 to 69, as well, incidentally, as the 60 to 64 category. My time was 2hrs 39mins, equating to an average speed of 21.1 mph - the fastest time I've ever ridden a sportive!

The event also hosted qualifiers for the World Gran Fondo championships to be held in Scotland in August - an age banded event where, because our different routes merged at a very convenient time for me, I was pleased to latch on to - and stay with - the back of the 40 to 44 age group peloton (I could tell this from the colour of the race numbers on their backs) as they rode the last 13 miles of their 66 mile race!

All in all, a great experience, but I guess I'll have to make a belated first appearance at Ride London in the future if I want to enjoy any more closed road sportives!

Gary Gristwood

It's Back - The WW Time Trial!

Some of our longer serving members may recall that we had our own time trial route a few years ago and I decided to resurrect the 10 mile course during the late afternoon of Saturday 13th May. As for the actual route, I thought I'd take you through it in segments accompanied by my thoughts as we go along!

The aim was to complete the course in no more than 30 minutes at an average speed of at least 20mph and I started from the Hunscombe turn on the Loxley road approaching Wellesbourne. Every turn on the route is a left one, thus potential minimising stop time. The early part of the ride is quite flat as you come into Wellesbourne and go past Sainsbury's before turning left at the roundabout onto the bypass very briefly before going left again at the Tiddington road roundabout.



The flat terrain continues until the first little "bump" (which you'll all be familiar with!) crops up soon after the Charlecote crossroads and before you reach the two right angled bends near the farm shop. Do I take it at full gas or hold back a bit to reduce recovery time? I go for the former and suffer momentarily as a result! It's now an opportunity to pick up some speed on the approach to Tiddington, whilst the second "bump" just before Kissing Tree Lane, although also taken at full gas, mercifully doesn't present any recovery issues!

On through Tiddington village where, thankfully, the traffic lights are green and then the longish, straight approach to the Loxley road turn at around the half way point. A check on my average speed shows over 22mph, but I know it will be a little bit harder from here on in. It must be my lucky day because the TTLs just up the Loxley road are on green as I make my way towards The Croft school, negotiating what is a deceptively steep approach which is hitting my average speed...aargh!

Past the school and the chance to increase the pace on the stretch before Loxley village, where the last three "bumps" (you'll all know these too!) are successfully negotiated. It's full gas all the way now past the start point (9.67 miles) and the final third of a mile sees me finish the 10 mile course - just before the section of road which was tarmaced last year - in a time of 28 minutes at an average speed of just over 21mph.

So, if you have a spare half hour and the weather looks half decent, why not give it a go yourself?

Gary Gristwood

If you take up Gary's challenge then please share your ride on Strava or Garmin Connect and we'll have a leaders table in future editions of WD - Editor