

WHEELER'S DIGEST

Events | Guidance | Club Updates

Welcome...

Welcome to the October 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 November

Steve Kirk - Editor

Diary Dates

3 December - Club Xmas Lunch

17 December - Club Xmas Ride

2024

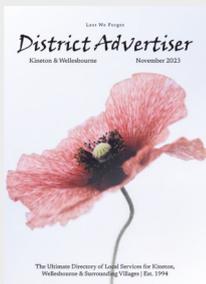
23 January - AGM

27 April - Netherlands Club Trip

26 May - Ride London

22 June - CFC Coast to Coast

WW In The News



If you receive this publication through your letterbox, take a look at p8 where we get some great coverage.

Thanks to Olwen Kelly for sending them the article and photos

Steve Kirk - Editor

Club Update

It's the season of autumn mists, rain, fallen leaves and cooler days but nevertheless all groups have been getting out enjoying rides with their fellow Wheelers.



Some chose to extend summer and had a great week cycling in sunny Cyprus.

Yes, Christmas is coming and everyone is invited to join the fun at the Christmas Lunch 3rd Dec at Kings Head and/or the Christmas Breakfast Ride 17th Dec.

A diary date for you, 23rd January 2024 for WW AGM at Wellesbourne Bowls Club followed by the awards and social.

The Chair is retiring after two years, as constitution, and a member has put themselves forward to stand.



Our Secretary, Olwen Kelly is retiring and would welcome someone to take on this role please. Have a chat with her or anyone on the committee.

Good cycling

Philip Harris - Chair



Dene - The Year So Far

After Mountford and Hastings shared their stats for the year so far last month, Dave Seal kindly provided the following stats for Dene:

Dene	
No. of riders (YTD):	36
No. of riders (10 rides or more):	15
Average ride distance (miles):	37.2 (Q1) / 40.9 (Q2) / 43.6 (Q3)
Average speed (mph):	13.0 (Q1) / 13.5 (Q2) / 13.2 (Q3)
Average no. of riders:	9.3 (Q1) / 9.3 (Q2) / 8.6 (Q3)
Maximum no. of riders:	15 (Q1) / 14 (Q2) / 14 (Q3)
Longest ride (miles):	100
Cancelled rides:	2 (Q1) / 0 (Q2) / 1 (Q3)

What does this tell us? First, there's a healthy core of regular riders, with a large number of more occasional riders. The average distance is increasing slightly but still within the parameters we put on the website (35 - 45 miles) and the speed is again within the agreed parameters (12 - 15 mph). The longest ride was the annual club 100 mile challenge, not due to a rogue ride leader punishing the group! And they are clearly a hardy and committed group, based on the low number of cancellations.

Steve Kirk - Editor

Ride with Team CfC in 2024

Our friends at CfC have recently sent out details of their rides for 2024 including 'Coast to Coast in a Day'. You might recognise the chap on the left:



(If not, it's Andrew Marcroft from Sunday Club who completed the challenge earlier this year).

For more details visit the [CfC website](#)

Steve Kirk - Editor

Cycling Tips

Spotted these [cycling tips](#) on YouTube. The one about turning your head to look behind is very good. Would be worth watching as a lot of new (and even older) riders have a problem looking back on a bike.

The one about "chain off" was obviously produced for me!

Trevor Shaw

Winter Ride Etiquette

With the clocks having changed and the winter ride season now upon us, we need to ensure that our group rides are made as tolerable as possible for all riders where rain and potential muddy conditions are concerned.

To this effect, you should ensure that full length mudguards are used to protect not only yourselves and your bike but, more importantly, the riders behind you.

Gary Gristwood

Club Cyprus Trip - Part 1

On 12th October six WW members, two friends and one "better half" flew with Jet2 from Birmingham to Larnaca in Cyprus for a much anticipated one week late season cycling holiday in the sun. Here is what happened:

Friday 13th October (unlucky for some, but not for us!)

After an excellent breakfast and the delivery of our hire bikes, the whole group (along with fellow WW member Les Oakshott, who has his own property in Oroklini) made their way to Kiti via Larnaca where we had a quick coffee stop. From there we carried on down the coast road until we reached Zygi, our intended lunch stop. And what a lunch it was, probably the best of the whole holiday!

The ride itself was around 58 miles.

Saturday 14th October

Today saw us split into two groups for the first time, with my group completed by David Godefroy, Peter Dewis, Martin Nuttall and Peter Dinic.

Our route was created as a preparation ride for what was to come two days later and it certainly didn't disappoint! Overall climbing on the 68 mile route was 4,500ft and the elevation majored on one segment before the lunch stop where we climbed 2,000ft in just 5 miles!

Drinks all round followed at a conveniently sited cafe near the top before we stopped for lunch in an almost deserted Lythrodontas. The upshot of its apparent deserted state was that the best we could get for lunch was a bag of crisps and a Snickers bar!

Apart from finding ourselves unnecessarily off-road for a couple of miles, the ride back was certainly easier than the first half.

Sunday 15th October

Today saw the whole group riding together again as the faster group wanted an easier route after their hard day before and in recognition of what was to come in the two day trip to the Troodos mountains.

Garmin let us down somewhat today as we rode a bit further inland than we intended before eventually reaching the coast road in what turned out to be a 29 miler with a coffee stop fairly close to our hotel.

The only rain of the holiday fell this afternoon after we had returned. A few decided to go into Larnaca (think they bought umbrellas there!), whilst the rest of us just had a relaxing afternoon.

Monday 16th October

My group of four plus bikes (unfortunately Peter Dewis had to drop out due to saddle soreness) were collected by the guy who we'd hired our bikes from for the one and three quarter hour journey up to the Troodos mountains area and the Helvetia hotel.

We arrived around 11am and were soon on our way for another (this time guided) preparation ride before the Mount Olympus climb the following day. As an indication of how tough the ride was, the climbing element was nearly 5,000ft, but instead of the 68 miles with 4,500ft of climbing we did on Saturday, the distance was only 41 miles!

Tuesday 17th October

Following what was a very poor breakfast by Cypriot standards, my group began the ride which would see us hit the heights of Mount Olympus that afternoon.

There were some climbs and thrilling descents before we reached the summit and a nice lunch stop before the final push up the mountain. The traditional "bikes in the air" celebration after a major cycling achievement took place and we then had a truly spectacular descent to look forward to (the best I've ever experienced!) as we made our way back to Platres and our hotel.

One of the guys said to our guide how much he had enjoyed these two days of our cycling holiday, but was quickly told that the last 48 hours were a training camp, NOT a cycling holiday! When I tell you that the amount of climbing today was close to 6,000ft in only 36 miles, you'll probably see where he was coming from!

Wednesday 18th October

We all rode together again today; unfortunately minus Chris after his bike mishap yesterday. With passports on board, this was the day that saw us venture into Northern Cyprus and the city of Famagusta.

Les had told us there were a couple of must see sights but, on another "Garmin lets us down day", the only problem was that we didn't see them! We exited Famagusta through the southern check point and headed south to Ayia Napa where we had yet another excellent lunch; this time in a "Fred Flintstone" themed restaurant!

We then rode on to Ayia Thekla where we had arranged to meet Les and Vicky who had kindly driven down from Oroklini with swimming gear for me and Trevor so that the four of us could enjoy a swim in the sea!

Thursday 19th October

Although we all still had our bikes until 4pm, only Martin and I rode today and we took the opportunity to have a real blast down to Zygi again so that we could replicate our first day meal and it was well worth it!

We got back around 3.30pm only to learn that Les had unfortunately suffered a TIA (minor heart attack) after he returned from the meal with us the previous night. The good news is that tests taken at Nicosia Hospital showed no abnormalities and he is due to have an MRI scan on his return to the UK early next month.

Gary Gristwood

Club Kit Inventory

New

Endura S/S summer "road" jersey
XXXL New £45.60

Endura S/S summer "road" jersey
M New £62.40

Endura Compact (summer) gilet
M New £58.80

Used

Owayo Bib shorts (in club colours)
M Good Donation

Owayo Bib shorts (in club colours)
L Good Donation

Owayo Cycling cap
Uni Good Donation

Owayo Arm warmers (in club colours)
Uni V Good Donation

Owayo S/S summer jersey (3/4 zip)
XL V Good Donation

Ashley Sherren - [Kit Secretary](#)

Website Update

If you have looked at the [website](#) in the last year or so you will have noticed that the photos were starting to get a bit long in the tooth. Too many ex-members and not enough new members! Unfortunately, it wasn't so easy to replace them as they need to be high resolution and above all, in focus. A quick snap on the phone camera wasn't going to work.

So Chas Hilditch kindly volunteered to get some professional quality photos and turned up at rides for most of the groups, to snap away. The results of his labours are now on the website in all their glory.

If your group doesn't feature don't worry as Chas has promised to come up with some more in the not too distant future and I'll let you all know when they are on the website.

Thanks, Chas

Steve Kirk - Webmaster

Club Cyprus Trip - Part 2

Saturday 14th October

Riders: Les Oakshott, Chris Hind, Trevor Shaw and Debbie Freeman

Today's ride was with 11 members of the local cycling club to raise money to support a local boy, who needed medical treatment overseas. We set off with turquoise skies and not a cloud in sight, heading out on some remote roads towards Troullio.



The ride leader, Dinos, was keen to ensure that we were all enjoying riding with the club and marked the occasion with a group photograph taken in front of the steps of the church in the pretty village square. We then headed out of Troullio along some smooth surfaced, quiet roads and after a brief climb, we enjoyed a steady descent into Kellia for the coffee stop. Despite the language barrier everyone was very welcoming, and we made efforts to express our thanks for being included in the ride before everyone headed home. Les led the way back to the hotel where we enjoyed a relaxed afternoon by the pool.

Total distance 25.5 miles / 666ft / 14.5 mph average.

Monday 16th October

Riders: Les Oakshott, Chris Hind and Debbie Freeman

Les led the group of three out on our planned route to have lunch at Aiya Thekla beach. The route took us along the beach road heading towards the British Army Base, Dhekalia Cantonment and past the Dhekalia power station with its red / white striped towers. Following the coast road we then turned inland where the roads were quiet, but with poor surfaces for a couple of miles and required our full concentration to avoid the holes.

We headed towards Xylofagou as fortunately, the road surface improved again. As we neared the planned stop at Aiya Thekla we turned off the road to ride down the gravel driveway towards the beach, with stunning views of gentle waves and a turquoise sea. The beach at Aiya Thekla is stunning, with warm, clear waters and a beautiful, relaxed atmosphere at the beach bar and restaurant. This is a stop worth recommending to anyone planning a future visit. The return journey followed the same route in reverse, however there was a strong breeze which made this a more challenging ride, particularly along the coast roads.



Total distance 42.6 miles / 922ft / 13.3 mph average

Tuesday 17th October

Riders: Peter Dewis, Chris Hind, Trevor Shaw and Debbie Freeman

The group of four set out on what were now familiar roads, heading inland towards Troullio. The route took us on quiet, remote roads with no traffic to be seen, although as we started up into the hills, we did see "look out posts" as we began to near the Turkish border.



The only climb noted on the route was M. Georgiou at approximately 11 miles. We began the climb with Trevor and Peter taking it in their stride, however Chris was experiencing difficulties with his chain coming off a number of times. We all finally made it to the top and spent a few minutes admiring the view of the distant mountains before enjoying a speedy descent with another hill to climb. It was at this point that disaster struck, with Chris's bike making a terrific noise caused by the rear mech hanger breaking off. Luckily Chris was safe and we found a spot in the shade where we managed to contact Les who kindly came out in his car to rescue Chris and his defunct bike. And then there were three!

The return part of the journey took us towards Avdellero along remote roads with very little population or traffic. As we entered Aradhippou we found ourselves in a maze of tiny streets and managed to find the church square, which although very quiet, did have a choice of coffee shops. We ordered a coffee and enjoyed sitting outside in the shade where several local men were sitting chatting. When the drinks came, we were told that the gentleman sitting nearby had already paid for our drinks. A very kind gesture which I hope we managed to thank him for, although between the three of us, our language skills left a lot to be desired.

Total distance 23.9 miles / 1227ft / 12.8 mph average

Debbie Freeman