

December 2011

Festive Edition!



# Huddersfield Star Wheelers Newsletter



Hello and welcome to the new look HSW newsletter. I took over the editing of the newsletter at the last committee meeting so a big thank you to Stuart and Ben for all your past efforts.

It has been a while since the last newsletter so this is a bumper edition with contributions from most of your committee members. There was some discussion at the last committee meeting as to whether, in this modern technological age, a newsletter is still required what with many members posting news and results regularly on the forum and / or the club's Facebook page. This is much more instantaneous than a quarterly round-up. However, it was decided that the newsletter should continue and I for one like the fact that the adventures of club members can be brought together in one place. It also allows those that visit the forum less often an opportunity to catch up on club news.

With that in mind, it is of course essential that we get plenty of contributions from members for future editions. Every member is welcome to contribute: active or armchair riders, old or young, roadies or mountain bikers. Anything related to the club or cycling in general is suitable; it can be race results, sportives or MTB challenges that you have ridden, social events (formal or informal), cycle tours, product reviews or general cycling philosophy (I think therefore I ride ...)

Anyway, that's enough from me for now. I hope you enjoy the newsletter and please forward any ideas or comments, positive or negative. All that remains is for me to wish you all a very Merry Christmas and a Happy New Year. Remember, be safe and wrap up warm!

James George



## President's Report

Overall, 2011 has been a very successful year. Yes, there has been a few hiccups but I am glad to say the club is going from strength to strength.

Thank you to all the committee and the time taken out of your free time to help the growth of the club.

A special thank you to Graham Charles and Jon Corker who have stepped down from their committee roles.

In terms of the positives, there are many to mention.

Wednesday evening circuit training and the Coast to Coast charity ride by Mark Newby were a great success as have been the Eric Biddulph Memorial Road Race and Go Ride, both organised by Ivan Boyes. Go Ride has been very popular this year with over 20 up-and-coming young riders involved. This is very encouraging as these are the future core of the club.

The Two Up Time Trial organised by Mark Thaxter was a great hit with riders

of all abilities participating.

The Hill Climb was organised by Andy Pearson for the second year running and had over 45 entries, which was brilliant.

Summer/Winter Cyclo-cross run by Graham Piccavey and Giles Bailey has been a huge boost as this is a boom area in terms of the club and cycling in general.

The Mountain Bike Saturday morning ride is as successful as ever with Iain

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### In the bleak mid-winter ...

Some twenty-three smiling riders turned up at the station on Sunday 8th December for the annual 'Bull 'n' Bear's Xmas Ride'.

This year it was a 'mystery ride'. To find out more, see page 2.



## Bull 'n' Bear's Xmas Ride

The weather was cold, wet and windy and may have put many a Wheeler off for a normal Sunday ride, but this was no normal Sunday ride. It's the most anticipated event of the festive season ... Bull 'n' Bears Xmas Ride!

For those who don't know, it consists of a shortish ride around the environs of our fair town and ends in a local hostelry for the consumption of local fayre and the tasting of various beverages derived from hops and malt.

We set off on good order into the rain with high spirits and looking forward to our final destination, wherever that might be. Only Bull and Bear knew the

answer to that mystery ...

The route meandered through Birkby, Mount, Paddock and Lockwood at a fairly leisurely pace with plenty of chatter (and chattering teeth). All was going well until chain problems (Paul Smith) led to a lengthy delay at the side of the road. With hands and feet getting colder, we were glad to set off again. A short while later though, approaching Honley. Mark Newby suffered the first of three (count 'em) punctures in as many miles and Paul's chain finally gave up the ghost. The cold was really beginning to bite hard now so some took up the offer of shelter in Kevin Dearden's garage!

Some riders were really suffering by now so we all made our way by the most direct route to the venue—the Will o Nats at Marsden. Never has a cosy fire and a pint felt so great and never has a pub fire been so surrounded by soggy over-shoes, gloves, hats and shoes and socks!

The ride over, the mystery solved, everyone settled down for a good meal and a few (or more) beers. The weather may have been cold and hostile but the company was warm and friendly.

Cheers Bull and Bear for organising such a memorable event!

**James George**



## Club Runs: 2011 Review

### Sunday Rides

Once again an unforgettable year for the Star Wheelers club rides. Despite the worst winter weather for twenty years the Sunday club rides still managed to take place every week.

Due to the increasing numbers taking part we operate two rides on a Sunday, which allows us to cater for riders of all abilities.

Some interesting facts and figures have arisen for the year. Combined we have visited twenty three different destinations with Hollingworth Lake once again the most visited, going there eleven times using a variety of different routes. As well as the old estab-

lished favourites, a number of new locations have been added, such as Bolton Percy, Castleton and Rothwell. We even rode to Manchester city centre to take part in Skyride along with 16000 other cyclists.

In total seventy three different riders have taken part, with sixteen new members joining the club and also eighteen guest riders. The highest number out was nineteen and the lowest number was eight. The club run points trophy was won by David Gavin who rode on forty six occasions.

### Tuesday evening rides

The Tuesday evening ride has gone from strength to strength. This year was the

first year that the ride continued during the winter period with a small group of hardy riders braving the elements.

Moving into the spring and summer period the numbers have increased steadily, with up to sixteen out on a number of occasions. The rides have been at a steady pace (most of the time) and the light evenings have allowed the group to investigate the many scenic back lanes in the outer areas of the town.

Planning is already underway to make 2012 even better for Star Wheelers club rides, so keep your eyes on the forum.

**David Gavin**

### Club Trophy Points Table (as of 11th Dec with one run remaining)

David Gavin	89
Rob Schlapek	71
James George	70
Paul M Smith	70
Mark Thaxter	67

## Numbers rise steeply for Star Wheelers Hill Climb!

### 38th Annual Granville Sydney Memorial Hill Climb

8th October 2011

My second year of having the honour of running the club open hill climb. We had a field of 40 riders with 38 starters on the day. It was a cold and miserable morning but it cleared up for the 2pm start. The crowds had turned out in support of a great event and there were about 30 people dotted about on the climb with the final few corners having the most supporters and they gave everyone the encouragement needed to put a final sprint on for the line. Eleven Star Wheelers had entered, from

hill climb virgins to experienced competitors so it was going to be a good competition for the club hill climb trophy.

The overall favourite had to be former hill climb champion and two time winner Matt Clinton (Mike Vaughan Cycles) who was coming to reclaim the trophy he last won in 2009.

So at 2pm the pain started and the first rider was off. The steepest part of the climb is the first 150yds so it is always a shock to the system but it gets the blood flowing! As there was not much of a tail wind it was unlikely that the record for

the fastest time up the climb would be beaten on the day and so it proved, but Matt Clinton again showed himself to be head and shoulders above the rest.

So a great day was had by all and a big thank you goes out to everyone who gave up their Saturday afternoon to help out or compete.

Andrew Pearson

### Top 3 results

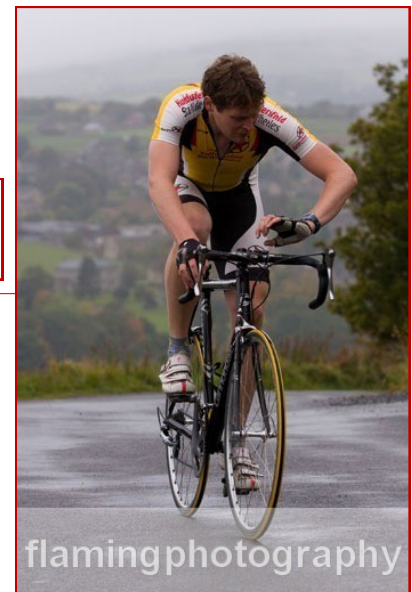
1st Matt Clinton (Mike Vaughan Cycles) 4:17.2

2nd Dan Evans (Rhos-on-Sea CC) 4:35.7

3rd Joshua Ferguson (Coveryourcar.co.uk RT) 4:49.3 (Also 1st Junior)

Full results can be found on the HSW website.

Tom was late for a very important appointment.



## Top Two Tussle for Time Triallist Trophy

We have arrived at the close of the 2011 time trialling season. It has been a good year for the club with more Wheelers taking up the race of truth.

The season started as ear-



Mark rips it up at Hartlepool.

ly as February with Tom Broadbent taking part in some of the hilly time trials, managing top 10 placings in events that his 90kgs shouldn't allow! It was a good indicator of his form and a scary prospect for me to retain the TT trophies for this year!

I started my season in April and had a bit of catching up to do. Fortunately in my first few events I didn't go head to head with Tom and I also had the luck of racing a 10 mile event in April on a calm sunny day to achieve a new PB and club record of 19m 52s. The first 'clash of the titans' was to be at the Yorkshire TT championship. It couldn't have

been much closer with Tom being only 3 seconds slower, and we secured 10<sup>th</sup> and 11<sup>th</sup>. We were also joined by Neil Sutcliffe who managed 7<sup>th</sup> placing within his age group.

April also saw the start of Jason Fossey's 2011 season. Jason decided to focus on 10 mile events for the majority of his rides and saw a steady progression and improvement in his times over the year, achieving many PBs. He managed to get to just over a minute behind Tom and myself which was impressive considering his hill climber's build. Jason also did a superb ride on the YCF 50 managing 1h 58m for 50 miles, superb considering he had not yet entered a 25 mile event. I

also entered the same event and managed to achieve a further PB and club record of 1h 47m.

The club's hill climb champion, Andrew Pearson also joined the fray with some respectable '10' times and getting close to being under the hour for a 25 mile TT, definitely a challenge he will achieve in 2012.

Both Tom and I also had the opportunity of racing Bradley Wiggins in the National 10 mile championship. It wasn't the most pleasant of days with force

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# Cyclo-Cross News Special

## Summer Series

The summer series ran from May to August mainly on a Wednesday evening but with two rounds on a Sunday afternoon.

### Top 3 Star Wheelers placings (seniors)

24<sup>th</sup> Ivan Boyes  
28<sup>th</sup> Graham Piccavey  
54<sup>th</sup> Giles Bailey

### Top 3 Star Wheelers placings (juniors)

22<sup>nd</sup> Ruby Boyes  
27<sup>th</sup> Dylan Boyes  
28<sup>th</sup> Alex Bailey.

Star Wheelers had seven riders competing in the senior events: 'Tall' Paul Smith, Johnny Brook, Adam Cooper, Peter Dukes, Giles Bailey, Ivan Boyes and Graham Piccavey. In the under-14s we had seven riders taking part.

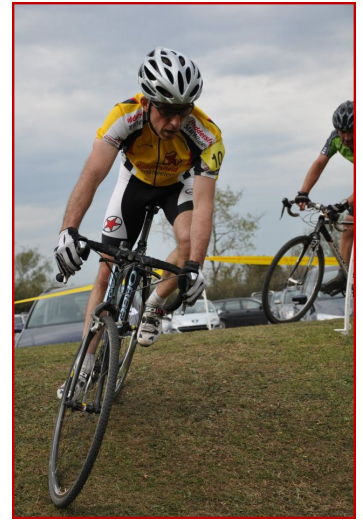
The final round of the series was our own event at Newsome High School. We had 73 riders taking part in the senior event which was won by Ian Taylor. The top Star Wheeler was Ivan Boyes in 33<sup>rd</sup> place. In the under-14s race 41

riders competed. The race was won Lewis Byran with Gabriel McNae the top Star Wheeler in 33<sup>rd</sup> place closely followed by the Bailey brothers Adam & Alex in 34<sup>th</sup> and 35<sup>th</sup> respectively.

## Winter Series

The winter series started the first weekend in September and will continue until 4<sup>th</sup> February with races taking place most weekends.

The Star Wheelers event was held on the last weekend in October in which we had the honour of holding the under-12s championships (see *separate report below*).



Graham in action at the Yorkshire Cyclo-Cross

**Graham Piccavey**

## Star Wheelers Winter Cyclo-Cross: Event Report

Giles received the following e-mail from a British Cycling official:

*"Just a quick email to thank Huddersfield Star Wheelers for such a great event last weekend. I have never been to the venue before and if this is the standard for Go Cross, you should be doing Yorkshire Points! There have been quite a lot of highs this year as we have so many good events now and after the Rapha, it would be hard to beat but like I said to the Sigma Sport guy who was querying if the lead rider was Ian Wilkinson, 'Does Cross get any better than this, the weather, the view, the course, the races... I don't think so'"*

The third winter 'cross at Newsome High School included the Yorkshire Cyclo-Cross U12 championships much to the excitement of some members of the Saturday afternoon Go-Ride group. A growing number of the 'Go-Riders' have been riding the winter 'cross events with growing success, so some were expecting big things.

With help from club members and stalwarts of Yorkshire 'cross, Phil and Nora Thackray, we'd laid out the course, leaving plenty of time for tea and cakes. At some point in the day Graham Piccavey reminded me that at the first 'cross event we'd organised Andy Whitworth was cajoling us to hurry up and finish pegging out the course as the first race was due to start.

We've obviously become far more proficient!

The first race was the U16s with 12 riders. This is a typical number of riders in this age group for our event as there is always a National Trophy event on the same day, so most of the 'stars' choose to ride there. In the U16's there is a wide range of abilities from 12 to 15 year old boys (who'd give most adults a good race), so it was a relatively easy win for Levi Moody (Pedalsport).

Next up were the main races of the day, the U12 races. These races consisted of U8s, U10s and U12s with over 70 riders amongst the 3 age groups. First off were the U8s with two Star Wheelers leading the way, Luca Longo and Alex Bailey.

This was a tight race with the lead changing hands a number of times before Alex just got the upper hand on the last lap to take the victory from Luca. Other Star Wheeler riders in the U8s were: Dylan Boyes (4<sup>th</sup>) Florence Whitely (11<sup>th</sup>), James Corker (15<sup>th</sup>) and Amos Dukes (17<sup>th</sup>). The U10s race was dominated by Ava Oxley (Wakefield Tri') and Henry Hollyman (KCA), with Ava coming out on top. Star Wheelers in the U10s were: Daniel Parker (15<sup>th</sup>), Adam Bailey (16<sup>th</sup>), Gabriel McNae (19<sup>th</sup>), Abby Gardiner (20<sup>th</sup>) and Holly Whitely (21<sup>st</sup>). In the U12s Jensen Young (Pedalsport) lead from the start to complete a comfortable victory. Ruby Boyes (28<sup>th</sup>) was the sole Star Wheeler in the U12s

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race.

75 riders started the adults' race including pro-rider Ian Wilkinson who lead from the start and was never challenged. Richard Binks (Clay Cross RT) claimed second and John Hicks (HVW) third. There were five Star Wheeler finishers: Ivan Boyes (25<sup>th</sup>), John Whitely (40<sup>th</sup>), Graham Piccavey (41<sup>st</sup>), Pete Dukes (53<sup>rd</sup>) and Jonny Brook (56<sup>th</sup>). We finished off the day with a brief prize giving ceremony .

I'd like to thank my fellow organiser, Graham Piccavey, all the club members who helped on the day and a significant number of non-club members who helped with refreshments, lap scoring and course setting.

Giles Bailey

### 3 Wheelers ride 3 Peaks!

Graham Piccavey, Giles Bailey and myself represented HSW in the 49th edition of the hardest 'cross race in the UK.

I'd done a fair bit of training for this one as it scared me a lot: bike carrying and as much off road riding as I could as I knew this is where I'd struggle, especially on the descents. I also had to make a few modifications to the bike. I fitted a MTB cassette & a rear mech borrowed from my brother Will.

As well as my prep, my better half Emily had agreed to help me out on the day with spare wheels and food & drink at the checkpoints. She really didn't have a clue what she was letting herself in for so it was lucky that Graham's partner, Diane had room for Emily in her car as she knew her way around the Dales.

So come race day I was looking forward to the event, pre-race nerves mostly gone. We lined up in estimated finish time order, so I went for 3.5 to 4hours.

This put me way back in the line as everyone had just piled to the front! When we reached the first off road section after 5.5km it was straight into walking as there were so many people to get past it just wasn't worth trying to ride.

The first climb was Simon Fell which leads into Ingleborough. It's very steep -on one section you can barely stay upright. I was trying not to look down and avoid slipping over on sheep poo!

It had started to rain as we lined up for the start and by the top of Ingleborough there was thick fog. I was doing OK and the bike carrying seemed to be going better than some of the people around me who were breathing very heavily.

Then came the descent which was pretty tricky. I was very cautious and carried the bike down a fair bit and had the brakes on a lot for the rest. Finally the mist cleared as we dropped down into Cold Cotes and the first service point. I saw Emily waving but I was OK

at this point as I still had loads of energy drink in my Camelbak. It was then onto an 8km road section to take us to Wherside.

I did think I was ahead of Graham at this point so was feeling good. I hadn't seen Andy Whitworth (Huddersfield Road Club) or Giles either. Wherside starts off steady and can be ridden a fair bit before it becomes a nightmare of large stone steps all the way to the top where it gets even more steep & treacherous! I rode more of the descent than on Ingleborough but was still playing it safe. I did see a guy walking down the hill with a broken collar bone and several people crash. I did a few comedy dismounts into peat bogs but nowt serious.

The bottom of the descent then opens up and gets a lot easier. I really enjoyed this bit as I felt like a proper 'cross rider for a few minutes. I topped up the Camelbak and grabbed something to eat at the

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Colley doing an exceptional job.

The club dinner organised by Paul Smith and Graham Charles was a success but needs a few tweaks.

Tuesday night recovery rides by David Gavin are one of the most popular evening rides in Huddersfield with turnouts in excess of 20 riders during the summer!

A big thank you to Graham Piccavey for keeping the winter warriors going on a Thursday for those who like a bit of speed.

I give myself a well done for the early club run which has gained a lot of respect in the cycling community of Yorkshire for being fast but with great road etiquette.

David Gavin runs the later Sunday club run, where he builds new riders up to fitness so if they want they can try the more challenging early run.

Looking forward to 2012 we shouldn't rest on our laurels. I think we need to be more proactive in recruiting members and explaining the benefits of being in a club.

It also would be great to see more members helping out at club events. After all, a lot of work goes into organising these as they can only run with the commitment and dedication of club members. So if you didn't volunteer a few hours in 2011, why not make it a New Year's Resolution for 2012!

Kind regards

Paul Smith

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# Cyclo-Cross News Special

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Ribblehead services then off again. Giles whizzed past while I was stopped and I realised that Graham and Andy were also ahead but not by a long way. They must have sneaked to the front at the start! So I was then last of the HSW riders but I thought I'd be able catch up to Giles on the road to Pen Y Gent...

It was not to be however as Giles put 3 minutes into me on this section somehow according to the split times. At the bottom of Pen Y Gent there were loads of spectators shouting

## Star Wheelers Times

Graham Piccavey	4h 23m 10s
Giles Bailey	4h 37m 46s
Ivan Boyes	4h 41m 55s
Andy Whitworth (Huddersfield Road Club)	4h 18m

encouragement, but as it nears the summit the gradient increases and soon I was walking and not very fast!

I saw Graham as he was coming down with Andy in front of him. By this time my arms were pretty knackered so when I started descending every bump was painful. My brakes were squealing like mad. I got down in a respectable time but Giles had left me for dead - experience counts for a lot in this event!

I gave it some stick on the final road section but was

cramping up badly. Two guys tried to pass me on the finish line but I wasn't having any of it and sprinted over the gravelly finish line for 314th place in a time of 4hrs 41 min 55 secs. I'm happy with that for a first attempt and looking forward to next year when I'll be hoping to get nearer to 4 hours.

You can look at the full results on the 3 peaks website [www.3peakscyclocross.org.uk/index.htm](http://www.3peakscyclocross.org.uk/index.htm) There's lots of pics too!

Ivan Boyes

Ivan and Giles give it some stick.



## Yorkshire Under-10s Cyclo-Cross Championship



Adam was looking forward to the sweets!

On Sunday 30<sup>th</sup> October I went to Newsome cyclo-cross which my dad was organising. It was the U12s championships. At the start of the race my dad gave us our instructions; he said "You will be racing for 10 minutes, starting on the whistle from behind in the next 30 seconds." Andy Whitworth blew the whistle and we were off.

I set off and after I had cleared the starting straight I turned left and I was racing along but with two laps

to go the leaders lapped me. However, they did have drops (drop handle bars). I tried to catch them but it was an unsuccessful attempt.

I was happy to finish as my legs were tired. After the U12s race there was a prize presentation, my brother was the U8 champion. We all got a bag of sweets so I was very happy as the sweets were very tasty.

Adam Bailey

## Road Racing Review 2011

There's not been too many of us road racing this year. I can't think why, maybe 'coz it's so blimmin' hard! Maybe I'm getting old or the standard has improved but I haven't had a look in at the races I've done.

My best result was at Scarborough Crits where I got 10th place in the 2nd, 3rd & 4th Cat race at Oliver's Mount motor racing circuit. This had a really steep hill every lap and was hit by some sort of monsoon about halfway through the

race! I've never raced in 'owt like it, the course was inches deep in water! We did 7 laps and due to the severity of the course the bunch split to bits. I knew that if I just kept going I could be in with a shout for a points finish and once the rain hit several riders dropped out and I kept going for 1 whole British Cycling point!

I also got 13th place in my last race of the year in August at the Dolphinholme RR (near the Forest of Bowland). I do like this race. It's

very hard but if you can hang on with the bunch you're in with a shout as there's not usually many riders left by the end. The 12 mile course is very hilly, rough and twisty with cattle grids, gravel, sheep to dodge etc.

The first time we went through the finish line the lap board said 3 to go, next it said 2, the next time it said 2 again!! I wasn't too impressed at this as I was getting ready for the bell lap but I got over my sulk eventually. I finished just off the back of the front group unable to get my legs going up the final climb but happy enough with my efforts.

Other than me, 'Tall' Paul Smith's done a few events this year with his best result a 9th place in the Wakefield Evening Road Race at Sharlston in June. Mark Buckingham has got the club trophy this year winning our own event, the Eric Biddulph Memorial Road Race, in some

style. Mark hasn't done too much racing this year as he's been busy with his Triathlons. It's fair to say he's a pretty handy athlete. He was on Eurosport on the morning of the race competing in the British Triathlon series.

In 2012 we're planning to promote 2 road races, a 2/3/4 event late May/early June then a 3/4 evening race in July. More info will be on the website when the dates are sorted.

**Ivan Boyes**



Mark modestly takes the win at the Eric Biddulph Memorial Road Race

## Youth Racing Round Up

Ruby & Dylan Boyes have been competing in the West Riding Track League at Roundhay Park, Leeds this year. Ruby won the Under 10s cup and Dylan was 2nd in the Under 8s. Ruby was also 2nd in the Regional Championships.

Luca Longo & Alex Bailey have been flying in the Winter Cyclo-Cross events recently, finishing 2nd and 3rd respectively at the Un-

der 8s race at New College. Alex was 3rd at Tong & Luca got another 2nd place at Temple Newsam.

It won't be long before we get our first win I reckon.

Well done to everyone who has raced this year, I've seen lots of Star Wheelers shirts at events recently which is great to see.

**Ivan Boyes**

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10 gales which made the riding tough. I wasn't pleased with my ride and neither was Tom until he discovered that he had beaten me for the first time and by 2 seconds. He nearly didn't get a lift home!

The club also managed some wins in the season with both individual first places for Tom and I as well as a first place working together in the 'Wills Wheels 2up 25' where we were quicker than the 2<sup>nd</sup> placed team by over 90 seconds. I think we did so well due to our break each other mentality on our training rides!

I believe it has been an excellent time trialling season for the club with PBs all round. Let's hope it can continue in 2012 with a few new faces and some friendly competition.

**Mark Thaxter**

## Helmets

This note is prompted by the sight of a guest rider riding on a hot day with his helmet off. **The Club strongly recommends that helmets should be worn on Club events and rides.** It is not just for your safety; it is to spare other members some of the mess!

We all know the debate on the compulsion of wearing helmets has many facets but we also know from our own experiences that a helmet can be useful on occasion (to put your mitts in at the café stop!) The 2003 RoSPA report on Cycling Accidents states:

*“Head injuries, ranging from fatal skull fractures and brain damage to minor concussion and cuts, are very common injuries to cyclists. Around 70% of the cyclists killed on the road have major head injuries and over half of cyclists injured have head injuries.”*

So there you go.

**Ben Atkinson**

## What's coming up?

I would like to introduce myself to all the Star Wheelers who do not know me. My name is Paul Verity and I'm the new Star Wheelers Social Secretary.

I have taken over from Paul Smith who will be a tough act to follow.

I am busy organising events for 2012, the first of which is the club presentation evening. This will take place on Saturday 11<sup>th</sup> February at Bradley Park Golf Club in Huddersfield. Tickets for the event, which include a hot buffet, are £18 and are available from Paul Smith

07739879221, Iain Colley 07776143518, Paul Verity 07740065356 or from Try Cycling in Kirkburton.

Please note that tickets for Junior members are free. This year's event will feature an inspirational speaker whose identity will remain anonymous (*is it the Stig? Ed*), a disco and of course the all-important prize presentations. Let's make this an event to remember and get as many Star Wheelers together for what promises to be a great evening! Other halves welcome.

Other events I'm organising

are 'The Weekend Away' and 'The All Day Club Run' details to follow via the forum in the New Year.

In the meantime there are a few social events left in 2011, the Christmas night out which will be announced on the forum shortly and the MTB Christmas ride on the 17<sup>th</sup> December, meeting at Compo's café in Holmfirth and followed by a few beers at the Farmer's Arms.

Merry Christmas and a Happy New Year.

**Paul Verity**

McKensie Clark refines his bike handling skills.



## Go-Ride

The Star Wheelers Go-Ride coaching sessions are going from strength to strength. Since the summer holiday ended we're getting between 15-20 riders every Saturday (3pm at Newsome) and we're starting to see some of the youngsters competing in local races.

For those of you who are not aware Go-Ride is a British Cycling scheme to get young people into competitive cycling. We run a 1 hour session every week which teaches basic and

intermediate cycling skills such as cornering, braking, balance & co-ordination.

The sessions always have an element of competition - after all it's about getting the riders into racing - it sometimes gets quite serious but it's always fun which is the main thing.

We have recently recruited a new coach, Gilly Dukes, who has been helping for the last couple of months.

Star Wheelers' committee kindly helped Gilly out with the cost of her Level 2 Coaching course. She

passed the first two days of the course recently and will be a fully qualified coach in January.

In the New Year I'm hoping to get Star Wheelers the Sport England Club Mark.

We're always looking for people to help out at Go-Ride session. Even if you don't fancy coaching there are other ways of getting involved. If you are interested just contact me at [ivanboyes@ntlworld.com](mailto:ivanboyes@ntlworld.com) or ring 01484 302846.

**Ivan Boyes**

## 2011 Coast to Coast Challenge

The fourth running of the Coast to Coast Challenge ride took place, as always, on the first Saturday in July 2011, the same day the Tour De France Starts!!

If you are unfamiliar with this event, here's some of the basics...

The route is Morecambe to Scarborough, a total of 130 miles (see route here <http://connect.garmin.com/activity/96438731>). Riders need to have a good level of cycling fitness and a suitable bike in good order. The main aim of the ride is to raise money for charity with the first 3 events raising over £4000. This year a variety of charities benefited, including Help For Heroes, Yorkshire Air Ambulance and Calderdale Special Care Baby Unit.

The 2011 Coast to Coast Challenge proved to be another Classic Day, with all the components to make this my favourite ride of the year! Fifteen riders took part in the event and I think when seeing the video and pictures everyone was reminded of how painful Sutton Bank was! However, I am sure we will recall some of the event's highs as well as lows and reflect on a brilliant day's cycling.

Thank you to Jan, Pete, Diz and Phil for your time! The food and tech stops went very smoothly! Paul Smith for sorting the fuel, Paul Verity and Peter's of Huddersfield for the food and drinks, Andy

at Try Cycling for supplying the SIS kit and barrels, Darrel from Sporting Tours International for the gels and bars and Arrow Self Drive for the deal on the vehicles. Without this assistance the event could not have happened.

To the riders.....thanks for your support, it's quite a concern taking 15 bikes and riders across the width of the country, but it all went smoothly, aside the punctures and technicals.

Cheers

### Rider Quotes

#### Highs:

*'Being part of another successful Star Wheelers event and doing my longest ride to date'*

*'The first beer when we reached Scarborough!'*

#### Lows:

*'Just as we were getting to Hawes my legs went a bit funny'*

*'Sutton Bank, but not for the climb, but because I got overtaken by Taran'*

## Freewheel Competition

The freewheel competition is a nice way to celebrate the end of the main cycling season before we head into Hill Climb time and the darker months of winter.

The event is run on part of the training circuit up at Farnley Tyas with riders setting off at one minute intervals, down the hill back towards Farnley. Without the aid of pedalling, the rider who freewheels the furthest is the winner! The event has been dominated for 4 years now by Paul Smith who won the event again this year. For the first year we also held a new event for MTB riders.

Once the high tension of competition has passed, what better way to unwind than a few drinks at the Rose and Crown at Thurstonland, to discuss tactics and let the conspiracy theories take root!

Over 20 riders took part with no incidents or spills, just plenty of excitement!!

Thank you to Dave Goddard (chief safety officer) and Louise Smith (official photographer) and everyone else for their support!

A cracking night was had by

all, with a great turn out by HSW and a few HVW for good measure. Oh and the weather held out too!

**Mark Newby**



### The Glorious winners were:

*Junior MTB rider - Toni Colley*

*Senior MTB rider - Simon Bailey*

*Junior Roadie - Elliot Smith*

*Senior Roadie - Paul Smith*

Thanks to Richard Asquith at Flaming Photography use of the pictures.

Look out for the next newsletter around the end of March. Any material for inclusion can be e-mailed to me at: james\_georgeuk@yahoo.co.uk

Try to include pictures (in jpeg format, not inserted into a Word file) to accompany your article.



### Treasurer's Report

#### Cycling Trivia

So you thought you were fast Smithy ...

The world speed record for a bicycle was set on October 3, 1995 when Dutch cyclist Fred Rompelberg pedaled in the slipstream of a dragster at 167.044 mph (268,831 km/h), a record that still stands.

2011 (to 17/10/11) was a period where the club effectively broke even. In essence expenditure and receipts on clothing were in balance; healthy profits were made on the Eric Bidulph Road Race (£221) with a small profit made on the Hill Climb and a small loss on the summer cyclo-cross.

Go-Ride shows a loss but this is misleading as the club has part funded training costs to the value of £200 within this.

Finally the decision to subsidise the club dinner led to a cost of £455 (normally we would attempt to make this event break even).

The club therefore had a bank deposit of some £5354.94 in mid-October, a reduction of £32.01 since December 2010. In addition to this there remain National Savings funds of £860. The club does not wish to hoard its wealth so suggestions as to how to use some of these funds to strengthen the club are

always appreciated.

At the beginning of November there were 110 paid up members including family memberships (counted as one). This is a decline of 9 since last year; principally of adult members, in part offset by the increase in junior members from 2 to 13.

Jon Corker

At the recent club AGM there were some new faces elected to the committee.

For 2012 the committee members are as follows:

President	Paul M Smith
Club Secretary	Ben Atkinson
Social Secretary	Paul Verity
Cyclo-Cross Secretary	Graham Piccavey
Treasurer	Matthew Wilde
Newsletter Editor	James George
Recruitment & Publicity	Ivan Boyes
Club Runs Secretary	David Gavin
Time Trial Secretary	Mark Thaxter
Hill Climb & Trophy Secretary	Andrew Pearson
Mountain Bike Secretary	Iain Colley
Club Kit Secretary	Mark Newby
Website Manager	'Tall' Paul Smith



What cycling related goodies will Santa have in his sack for all those Star Wheelers who have been good little girls and boys (or Boyes) this year?

Why don't you review your gifts in the next newsletter and let other club members know what to spend their hard-earned pennies on or what to avoid like a tack-strewn piece of tarmac.