



Read All About It

Note, that to see updated pages, you may need to refresh them (Perhaps using Control/F5)- or even flush your cache.

April 2005

March's Newsletter is
[HERE](#)



Trivia...

... should you find yourself posed that quiz question:

“Who was placed 36th in the May 2004 Tour de L'Aude Feminin...”

You now can knowledgeably answer, “Mette Andreassen”

And, just by coincidence, here's a picture of her!

Waterproofs a Thing of the Past?

“For just 10p [Metchek](#) can send you an automatic alert to your mobile phone when rain is detected within 30 km of you and heading for your location”

Richard says:

Clare and I were thinking of having a weekend's riding in the Lakes in mid-May and wondered if anyone wanted to come along.

We thought we'd go over on Friday evening, camp at Hawkshead, do a long (but steady!) ride on Saturday, have a few beers on Saturday night and a do shorter ride on Sunday, coming back on Sunday evening.

If anyone's interested, please let me know as soon as possible and we'll sort out a date.

Richard Starkie

Julie Says:

Sarah and myself are going to give the Mary Townley Loop Challenge a go. One or two others have expressed an interest in doing it.

Website [HERE](#)

Julie Says:

That anyone wanting to be on the Meets email list should let [HER](#) know. [TONY](#) generates the list but his wife won't let him use the computer (that's his excuse!) so Julie emails it out.

After a week's rain the Simba XC race trail in Dalby Forest (near Pickering) was pretty muddy; which meant heavy going and a heavy bike. (Marin quad-links have lots of "shelves" which allow you to transport great quantities of mud.)

However, the weather was good and it's a friendly atmosphere.

I managed to avoid last place, for a change, but Harry only won a small cake this time!

Pos.	Name	Age	Time (3 Laps)
VETS			
1	Stewart Coates	42	1.19.52
14	Dan Buffham	48	1.55.55
15	Pat Corker	58	1.56.52
16	Jon Randall	44	2.00.03
17	Mark Eady	41	2.07.35
JUNIORS			
1	Andrew Hall	18	1.22.21
2	Eoin Elliot	18	1.23.21
3	Harry Corker	17	1.28.47
4	Owen Randall	17	1.42.01



Simon shone at the Ebor trailquest on Saturday 9th April in Wykeham Forest near Scarborough. A speedy ride put him in first place.

CLICK THE LOGOS FOR WEBSITES

Posn.	Name	Club	Pts	Time	Pen.	Score
Vet Men 40-49 120:00 min 30 C 520 Pts						
1	Simon Trickett	TCA	305	2:00:41	-1	304
2	John Rawdon	TCA	305	2:05:49	-7	298
36	In category					



Nigel got down to Builth Wells for a non-competitive 75K but seems to have let Nick Craig (National Cyclocross Champion) get away from him. Start was scheduled for 10.30am

Pos.	Name:	Surname:	Finished:	Cat:
1	NICK	CRAIG	13:48:14	MMM
5	BARRIE	CLARKE	14:21:39	MM
52	COLIN	NICOL	15:24:56	MMM
53	NIGEL	BARUGH	15:25:02	MMM
54	MARTYN	GAMMIDGE	15:26:55	MMM
166	ANDY	WOOLLEY	17:49:04	MMM

HEY!

YOU COULD HELP!

Any anecdotes we could publish here?

Gossip Photos

Things seen on rides (Funny, sad, awe-inspiring, faux-pas etc.)





Shortest cycle lane ever? No!



Technically, a "Jug Handle"

Daffynischons

Cabriolet: Milk chocolate

Capsize: 7¼

Contraband: US backed counter-revolutionary orchestra

Coupe: An old car used as a chicken shed

Disappear: To insult a lord

Flatulence: Emergency vehicle that picks you up after you have been run over by a steam roller

Fragrant: Sweet smelling tramp

Nonchalant: Arriving at a holiday camp without prior booking

Titillate: Delayed puberty

North Pennines (Whitley Chapel) Sunday 17 April

Men 17 - 39 (300:00 min 36 C 525 Pts

1	750	AndyConn	370	5:05:12	-7	363
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Vet Men 40-49 300:00 min 36 C 525 Pts

1	960	Paul Trott	355	5:03:43	-4	351
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12	998	Andy Parsons	230	4:51:30		230
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13	790	Simon Trickett	230	4:57:02		230
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14	540	John Rawdon	230	4:57:03		230
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16	130	Derek Hunter	220	5:01:33	-2	218
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17	100	John Dobinson/Peter Eagan	215	4:57:01		215
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18	550	Chris Wells	210	4:39:28		210
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30	50	Terry Hennessy/Ian Tate	165	5:20:33	-75	90
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Vet Women 40+ 300:00 min 36 C 525 Pts

1	999	Helen Costelloe	145	4:52:00		145
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2	170	Janice Barron/Carol Robb	115	4:05:42		115
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3	230	Ann Morris/Linda Rutter	30	5:04:11	-5	25
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5 Hr Trailquest

Unlucky for Simon

Emergency! Helen in first place!

Anyway, a journalist visiting Afghanistan, recently, noticed that whereas previously women had walked ten paces behind their husbands they now walked ten paces in front of them.

"Is this a sign of equality now the Taliban have been ousted?" he asked one man.

"No, landmines"



Premont

After being unbeatable last year, Gunn-Rita Dahle came second. Nichole Cooke and Oli Beckinsale put in good performances for the Brits

[Pictures and Results](#)
[Report](#)
[Video](#)



Absalon

Pos	Plate	Name	Nat	Team	Time	Pts
Elite Women Distance: 21.60km						
1	2	PRÉMONT Marie-Hélène	CAN		1:25:26	250
2	1	DAHLE Gunn-Rita	NOR	MULTIVAN MERIDA	+0:43	200
3	4	KALENTIEVA Irina	RUS	MULTIVAN MERIDA	+3:01	170
13	68	COOKE Nicole *	GBR		+8:40	63
40	42	COPNALL Jenny	GBR	SUBARU-GARY FISHER	+16:59	36
46	64	WAKEFIELD Hazel *	GBR		+19:04	30
53	67	JACKSON Caroline	GBR		+21:03	
54	57	MIDDLEHURST Katy *	GBR		+21:30	
60	56	MCGAVIGAN Ruth	GBR		+23:58	
	69	JOHNSON Sophie*	GBR		DNF	
65	55	HAVLIKOVA Pavla *	CZE		+37:32	
Elite Men Distance: 34.00km						
1	6	ABSALON Julien	FRA	BIANCHI AGIOS	1:57:53	250
2	2	PAULISSEN Roel	BEL	GIANT RACING	+1:19	200
3	4	PERAUD Jean-Christophe	FRA	LAPIERRE INTERNATIONAL	+1:38	170
4	1	SAUSER Christoph	SUI	SIEMENS CANNONDALE	+1:53	150
5	18	FRISCHKNECHT Thomas	SUI		+2:06	130
12	78	BECKINGSALE Oliver	GBR		+3:46	
16	7	KILLEEN Liam	GBR	SPECIALIZED	+4:15	
70	160	SPENCER Philip *	GBR		+14:37	
107	247	BJERGFELT William	GBR		+23:11	
DNF	83	RICHARDSON Simon *	GBR			
111	105	DELFOSSÉ Sébastien	BEL	MASSI ABARTH	+25:13	

Cut Gate
 Sunday 24th April

I thought it a bad omen when I saw the size of the shadow Justin’s thighs cast on my doorstep so I quickly got in my excuses about having a cold etc. We stuck to the route described on the Meets List as it had been dry and windy for 3 days and I anticipated that would have dried out some of the bogs. Strangely, the bogs seemed to have swelled to swamps possibly due to continued run-off from the saturated hills. I was soon leading from the back as Justin sailed effortlessly down “tricky” descents and up the “unrideable” start to Cut Gate. We saw a few other riders on Cut Gate as it seems to be *in vogue* at present. The cold wind that I had predicted did not materialise so I was now sweating freely. We peered over into Derwent but did not descend. About turn for a rather good downhill back the way we had come until the another bridleway split off to the right at the sign-post. Across Langsett res. Dam and the “bridleway” up the other side of the valley is now so rough as to be unrideable and really of no use except as a descent. And so back home. Too knackered to wash my bike!

Rain Again...
 Sat 30th Apr

Tony was busy phoning round on Saturday as a morning of steady rain made canceling the Stanage ride rather inevitable. However, not everyone wimped-out... “...Decided, as I was ready, I would go anyway and follow the MBR route. When I got there visibility was down to about 100yds and it was poring with rain but at least it was warm. There were walkers sat in their cars eating their lunch in the hope it would stop raining. The drag up Stanage Edge was a bit bleak to say the least and there was no view from the top, but by the time I got down to the reservoir it had stopped raining and shortly after the sun came out. The rest of the ride was great, I decided to miss out the lunch stop as I was covered in mud.” ... By Graham

Julie felt that the balance of sexist jokes on this site should be redressed and submitted [THIS](#) (Blokes may find it a trifle incomprehensible!)

REMINDER ... You may need to refresh to see updated pages (Use Control/F5?)

April 2000

Please note individual start times

Sat 9th Brighouse Sheila Davison 01484 712854

Sun 10th No planned ride. Simba

Wed 13th Mirfield Gary Day 01484 609155

Sat 16th Scissett 1pm Jonny Parkin 01924 367125

Sun 17th No planned ride

Wed 20th Sair Paul Williamson 01484 847576

Sat 23rd Tong 12.30pm Bob Hedley 0113 2311491

Sun 24th New Mill [MORE](#) 10.30am Pat Corker 01484 682003

Wed 27th Brighouse 7.00pm Sheila Davison 01484712854

First non-light evening ride of the year but bring your back light just in case!

Sat 30th Peak ** Tony Vangrove 01484 662551

**11am start. Meet at Plantation car park under Stanage Edge West of Sheffield Grid reference 239837 lunch stop

Sun No planned ride

Wed 4th May Slubbers Social

8pm onwards

RIDE ARRANGEMENTS

Wed: 7.30 pm start. - **Sat:** (Easy Ride) 12.30 pm start. - **Sun:** 10.30 am start

New members please come on a Saturday ride first to see how you get on.

Always ring the ride leader before attending. (Or risk riding alone ...)

For Saturday rides ring on Friday night not on Saturday morning.

Meets Coordinator: Tony Vangrove 01484 662551

Queries or changes call Tony Vangrove on the above tel.no. He does NOT accept e-mails.

Please email Julie.K.Jagger @ btinternet.com if you no longer wish to receive the meets list.

Exciting Events!

Possible weekend away in **Lakes** Mid-May
Interested?

Tell Richard Starkie

Sunday April 10th.

Simba XC race in Dalby Forest. The first of the only two XC races in Yorkshire this year!

Various fun or serious categories.

A relaxed atmosphere with friendly folk of all abilities.

This is a good first one to sample.

Website [HERE](#)

Pennine Bridleway

Mountain Bike Challenge

Sunday 26th June 2005

Can you cycle the Mary Towneley Loop ?

Website [HERE](#)

Pat's New Mill Ride - Sun 24th April

About 30 miles of riding over tough terrain. New Mill to Broadstone res. then Langsett (No excuses now as the start of Cut Gate has been smoothed!) A bit of Cut Gate, how much of it depends on how strong we feel, then circle back via Upper Denby and the Dearne way for a nice downhill finish to throw off all that mud!

Bring some snap!

Park at my house, driveway or road, [HERE](#) 10.30am (First to arrive wake me, please!)

Weather was good last time I looked [HERE](#)