



Simon Says:

read all About It

August 2004

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

... "Simon Says" will now have to become "**Tony Tells:**" as Simon is having a rest from doing the club meets list. It's a bit of a chore and Simon deserves our thanks for having kept it up so efficiently for the past two years. Now that Tony has discovered that what he thought was his wife's Etch-a-Sketch is in fact a laptop computer, he is attempting to become computer-literate and hopes to be in cyber-contact with you soon. So, make sure your email anti-virus software is up-to-date!

## Sheila's Shenanigans

Wed 28 Aug.

Sheila led us around the countryside surrounding Brig-house. A warm evening - short sleeves weather (I got it wrong!) A brisk pace was set but everyone kept up well although this was made harder by some failures to "look out for the person behind you." I zoomed past a stationary person on two occasions, thinking "How nice of them to

have stopped to show me the way!" only to find out, too late, that they had actually stopped because they did not **know** the way!

## Sun Postponed in Addingham

Sat 31 Aug.

The "Blistering Sunshine" that was forecast, fortunately, did not appear until later in the afternoon. A great ride over the high moors with fine views. We added Flasby Fell to the basic route where Simon became hopelessly lost on Sharp Haw. (Well, at least by 100 metres...)

Andrew (hope I got that right!) was the only one to not put a foot down on the ascent of Rylstone Fell. However, our spirits (male) were lifted by a couple of scantily-clad girl cyclists who we passed (several times...)

I felt that we all earned that pint in the pub!



**MERIDA 100**  
MTB MARATHON SERIES 2004

Brought to you by:

**MountainBike**



Pos.	Name	Finished	Original Cat	Dist
1	IAIN NIMMO	14:02:22	MMF	90
2	KEN RUSSELL	14:08:55	MMF	90
81	IAN JONES	16:24:11	MMF	90
82	DAVID ROWE	16:24:40	MMF	90
83	VIGEL BARUGH	16:24:46	MMF	90
84	DAN HACKING	16:25:13	MMF	90
85	LEE WHITTAM	16:25:30	MMF	90
134	STEVEN MILLAR	18:28:10	MMF	90
135	CRAIG LAPSLEY	18:54:23	MMF	90

I hope that I have sorted out these results correctly or that "Vigel" will correct me if I have got it mixed up.

A description of the last "Merida" in Selkirk, Scotland ([website here](#))

"Wow what an event! For the first time in the five year history the '100' series left its birth place of Wales and headed up north to Selkirk, Scotland. And to tell everybody straight away it was fantastic: almost 700 riders made it to the Rugby Club in Selkirk and we saw more or less the same number of riders coming over the finish line with a huge smile on their face. Everybody loved the physically and technically demanding course and, telling by the response we had from everybody we had the chance to talk to, it was one of the best courses ever used in an event. To top things off we had glorious weather too and lots of local supporters cheering riders on when they were passing. It was real marathon riding."

# HEY!

## YOU COULD HELP!

Any anecdotes we could publish here?

Gossip

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

Requests for rides (Areas, sort of ride etc)

Photos (Email 'em or just loan them to me to scan)

Jokes

Useful things you just found out

Links to interesting/stupid sites

Criticism/praise

?

Could be as long or as short as you want.

Doesn't have to be a full sentence!

Folk who can't get to every ride still like to know what's going on.

### Kendal Trailquest

Good to see the profits going to a good cause:

"As for the funds, well we knew we had to get 100 or so people to break even and 139 was fantastic. After sorting all the payments out we have been able to donate a fantastic £475 to the charities. £237.50 to the Great North Air Ambulance and £237.50 to Sandgate Hydrotherapy Pool in Kendal. This is a superb outcome for the event and would not have been possible without all the competitors and the kindness and generosity of a few local businesses"

1	330	HeatherDawe	420	5:03:37	-4	416
2	310	CarolynBinns	350	4:48:05		350
3	260	RuthMetcalf/JaneHJones	350	4:50:58		350
4		JuliaTucker	350	5:02:19	-3	347

THE PAOMNNEHAL PWEOR OF THE HMUAN MNID

Aoccdrnig to a rscheearch at Cmabrigde Uin-ervtisy, it deosn't mttair in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

*Stop Press!*

*Look out for Liam Killeen in the Olympics on Sat!!*

**[CLICK ME](#)**

You can find more very silly stuff [HERE](#)

WEEKENDS AWAY

**AUGUST 14/15  
MALHAM**

**Armchair Mountain Biking !**  
Click [HERE](#) to see this month's TV schedule for MTB related topics

"Grandpa died on his ninety-second birthday. That was a shame as we were only half way through giving him the bumps."

Men 17 - 39 ( 300:00 min 30 C 525 Pts

Pos	No./ Name			
1	200 LIAM CORNER	435	4:58:41	435
2	330 PAUL M ALLEN	425	4:58:06	425
3	40 GARY THOMPSON	405	4:54:25	405
4	340 ALAN BILLINGTON	385	4:58:20	385
5	450 NIGEL BARUGH	335	4:45:15	335
6	100 ADAM LONGRIGG	290	4:56:28	290
7	480 IAN WILSON	285	4:38:33	285
8	250 DAVID JOHNSON	245	5:02:57	-3 242
9	440 DAVE BETTRIDGE	230	4:17:30	230
10	430 SIMON COLLIS / GARY DAY	205	4:09:12	205
11	210 STEPHEN LLOYD / STEVE RITCHIE	205	4:52:27	205
12	20 BARRY PHILIPSON	110	3:26:38	110

Women 17-39 ( 300:00 min 30 C 525 Pts

1	170 CAROLYN BINNS	305	4:55:51		305
2	410 DONNA BURN	160	5:15:44	-50	110

Vet Women 40+ 300:00 min 30 C 525 Pts

1	180 JULIE JAGGER .	225	4:56:28	225	
2	420 SHEILA DAVIDSON	225	4:57:21	225	!!!

Vet Men 40-49 300:00 min 30 C 525 Pts

1	.270JOHNRAWDEN		3254:48:32	325
2	300GEOFFLONGRIGG	.	3254:55:52	325
3	10JENSSTRAIN	.	3204:52:19	320
4	140ANDREWSCOTT	.	3004:48:42	300
5	SIMONTRICKETT		2754:36:48	275
6	110DUNCANTHOMPSON	.-35	3055:13:23	270
7	70JEFFHARRIS	.	2654:45:38	265
8	80COLINKINNEAR	.	2654:50:23	265
9	320PAULKALLEN	.	2604:50:42	260
10	260PETERFERGUSON	.	1954:57:56	195
11	130BRUCEBARNES	.	1003:18:44	100

The Howarth Trailquest on Sunday 8th August had an excellent turnout from the club, with 8 club members riding. It was good to have a few more familiar faces at an event. The riding was excellent with lots of off-road tracks and most of us choosing to take very similar routes around Oxenhope/Peckett Well/Wainstalls/Ogden. After a cold blustery start the sun soon came out and made the going tough for the many climbs the day had in store.

It was a shame that the event wasn't as well supported as most, but an excellent turnout from the club, with a few of us winning prizes too, which was a nice end to the day. I hope those who tried the event for the first time enjoyed the day and look forward to seeing you at some future events.

By Carolyn

**Two men** are drinking in a bar on the top floor of a skyscraper. One man says to the other, "The wind is so strong here that if you jump out of the window, by the time you fall to the tenth floor, it blows you round the building and back in through the window."

"That's impossible," says the second.

"I'll show you," says the man and throws himself out of the window. He plummets towards the street, but at the tenth floor the wind whips him round the building and blows him in through the window. He goes back up to the bar.

"Incredible!" says the second man. "I think I'll try it."

He too throws himself out of the window.

However, he falls straight past the tenth floor and hits the pavement.

"You know," says the barman to the remaining drinker, "you can be a real git when you're drunk, Superman."



## Margam Park (Near Tort Talbot) Youth Category XC

Cat	Pos	Name	Sponsor	Lap 1	Lap 2	Total
Youth Male						
	1	David Sinclair	Owens Cycles	00:24:11:577	00:24:47:609	00:48:59:186
	2	Adam Turner	Brian Rourke Cycles	00:24:13:308	00:25:28:262	00:49:41:570
	3	John Smedley	Bikin Motion CC	00:24:13:308	00:25:30:768	00:49:44:076
	<b>10</b>	<b>Harry Corker</b>	<b>VS Cycles</b>	<b>00:26:23:006</b>	<b>00:27:46:717</b>	<b>00:54:09:723</b>
	11	scott clipstone		00:26:21:605	00:27:53:559	00:54:15:164
	16	Mat Toplis	Shokwave	00:27:58:950	00:31:34:480	00:59:33:430
	17	Keir Mckenna	Lakes Road Climb	00:24:56:512	DNF	00:24:56:512
	18	David Gordon	X-Mtb	00:40:18:925	DNF	00:40:18:925

**Margam Park** near Port Talbot turned out to be a good course with a long fun downhill - although you did have to climb the hill first! There was a section where the Elites (Including Oli Becinsale and Liam Killeen - our two Olympians) had to use granny (I pushed, Harry cycled)

[Click here for brief video](#) (2.4MB .WMV)

After the racing (I use the term loosely in my case) I went to the campsite at Glyncorrwg Ponds which is at the start of the Skyline and White's Level trails in the Afan Aergoed Forest Park. ( Junction 40 on the M4.) I also rode the Wall and Penhrydd trails about 6 miles lower down the valley. There had been plenty of rain but the trails dry well. Some Fruita-like singletrack at the top of the Penhrydd trail! All the trails are made to a similar pattern: hairpin climbs and descents whose gradients are a bit more gentle than Coed-y-Brenin. Nothing fierce but each has some technical bits and varied views. Good fun!



... to park!

## An Expensive Scratch

This tiny scratch on the slider of my Fox rear shock meant paying £45 for a new one. Add £62 for a service and that would buy about third of a new shock.

Hardtail with a suspension seat post next?





I don't know who this stalker is that Carolyn snapped while out on a 200 mile training ride - isn't he going a bit fast for our Lardy Lad... ?



**Want to know more about Mountain Biking?**  
**“[OTHER SITES](#)” has links to a vast amount of information**

**[The Mountain Bike Britain](#) site has loadsa links and is a good place for newcomers to start...**

ATHENS 2004



welcome home

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The TV cameras showed him most of the time with little coverage for the other competitors - and he made it look easy! A look at some pictures of the others shows that it wasn't - see below



[Cycling News](#)  
[Velo News](#)  
[USA Cycling](#)  
[British Cycling](#)  
[and Gunn-Rita](#)

**<http://cycling.tv>**

Is showing all the UCI world cup races week by week. Go [HERE](#) and download the free player and find them in “Highlights” Madrid looks a bit tame but Houffalize is a bit more exciting



# The Tour of Britain

[WEBSITE](#)

The first week of September this year sees the much anticipated return of The Tour of Britain road stage race. Featuring sixteen teams of the world's elite cyclists, the race will take place from 1 - 5 September, just a few weeks after the Olympics. The Tour of Britain has been granted elite status ( Category 2.3 ) by the sport's governing body, the UCI. Along the route upwards of four million spectators are expected to witness the race.



King of the Mountain climbs at  
 Cow & Calf (11.49am)  
 Oxenhope (12.31pm)  
 Holme Moss (1.44pm)  
 Snake Pass (2.16pm)

Sprints at  
 Otley (11.29am)  
 Huddersfield (1.18pm)  
 Glossop (2.06pm)

Route

9.45am

Meet the riders and teams as they sign on in Millennium Square, Leeds

10.45am

Stage 1 starts. Route out of Leeds on A61 towards Harrogate and then to include Arthington, Otley (11.26am), Ilkley (11.40am), Cow & Calf, Bingley Moor (11.59am), Oxenhope (12.24pm), Halifax (12.56pm), Huddersfield, Holmfirth, Holmsbridge, Holme Moss (1.42pm) to the A628 Woodhead, Glossop, (1.58pm) Snake Pass, Lady Bower Reservoir, Bamford (2.35pm), Hathersage, Ecclesall

(2.58pm) and finishes in Pinstone Street, Sheffield.

3.15pm (approx)

Stage finish and presentation ceremony in Pinstone Street, Sheffield.

## RIDE ARRANGEMENTS

Wed 7.30pm start; Sat 1.30pm start - Easy Ride; Sun 10.30am start

New members please come on a Saturday ride first to see how you cope. Please ring ride leader before all rides. For Saturday rides ring the ride leader on Friday night not Sat. morning.

Meets Co-ordinator Tony Vangrove is the man to ring for ride information. 01484 662551

## LAST MONTH'S RIDES

### August

Sat 7th Hebden Bridge ..Donna Byrne 01422 251657

Sun 8th No planned ride

Wed 11th Mew Miller Dam ...Steve Airstone 01924 273217

Sat 14th Malham 1 Simon Trickett 0113 2886605

Sun 15th Malham 2 ..Julien Morton 01924 408380

Wed 18th Holmfirth ..Tony Vangrove 01484 662551

Sat 21st Oakwell ..Steve Airstone 01924 273217

Sun 22nd No planned ride

Wed 25th New Mill.. Gary Day 01484 609159

Sat 28th Bingley.. Carolyn Binns 01274 864173

Sun 29th Bank Holiday

### September

Wed 1st Slubbers

Competition

Scout Challenge Holmfirth. 5th Sept. We usually have a good club turn-out for this.

Details [HERE](#)

Printable 2 page PDF entry form [HERE](#)

or as a Word .doc [HERE](#)