

HOME

GUESTS

MEETS

and  
Parking

NEWS  
LETTER

Current

NEWS  
LETTERS

Past

PHOTO  
GALLERY

HINTS

OTHER  
SITES

CONTACT

NEW-  
COMERS

RACE  
DIARY



# 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.

June 2005

May's Newsletter is [HERE](#)

Some Digital Photo tips are in [HERE](#)



Baggies or Lycra for that night ride, ladies?  
(Perhaps a warmer climate...?)

## Important Notice

Due to gradual changes in the club membership we can not offer rides for beginners. Ring ride leaders to discuss severity of rides.

At present, rides are mainly on Saturdays. Sunday rides are rare.

This is not an "executive" decision, it just turns out to be the way that suits the majority of the active members.

IDEA: Introduce a simple grading system to help leaders and prospective leadees.

Have you visited the other areas of the site?

Click a link on the left!

Or click [HERE](#) but not if you have had a few drinks ...

(Stare at it for a while!)

Is there some part of the site that does not work for you?

If you tell me about it, perhaps I can fix it!

N  
E  
X  
T



HOME

GUESTS

MEETS

and  
Parking

NEWS

LETTER

Current

NEWS

LETTERS

Past

PHOTO

GALLERY

HINTS

OTHER

SITES

CONTACT

NEW-

COMERS

RACE

DIARY

## Roger's Pateley Bridge Ride

Not a huge turnout for what turned out to be a good rocky ride. The tarmac climb to Middlesmoor was the expected lung buster, but after that the ride down to the dam via a rocky ravine was great. The North Moor section was dry and the only un-ride able part was a short steep climb after the sleeper bridge. The rough downhill track to Ramsgill being one of the highlights of the day. Dare I say the ride lasted longer than the indicated time of 3.5hrs. Add an hour on at least!

[Photos HERE](#)

## Keilder National Championship Weekend

Overall Results (28-29 May 2005)

Full Results [HERE](#). Pete and Helen look to have been busy in a multitude of events.

OVERALL ( Minimum of 3 Events )											
				648	0		254		0		
Pos'n	Class	NAME	5 Hour		Hill Climb		MTBO		Relay		TOTAL
1	1	STEVE HEADING	648	100.0%	0	97.5%	254	100.0%	0	100.0%	398%
1	2	BRIAN SINGLETON	616	95.1%	0	95.2%	252	99.2%	0	99.0%	388%
7	2	PETER EAGAN	490	75.6%	0	0.0%	228	89.8%	0	71.2%	237%
1	4	KAREN BLACKBURN	355	54.8%	0	51.9%	190	74.8%	0	79.3%	261%
3	4	HELEN COSTELLOE	310	47.8%	0	0.0%	202	79.5%	0	71.2%	199%

## Trailquest

Simon is having a fight for those 1st places - losing out by 23 seconds at Cropton!

### Thixendale Results Mon 16/05/2005

Vet Men 40-49 180:00 min 30 C 525 Pts

1	111	Andy Stanforth	335	2:55:46	335
2	116	Simon Trickett	330	3:07:21 -11	319

### Cropton Forest Results MBO Sun 05/06/2005

Vet Men 40-49 120:00 min 30 C 525 Pts

1	John Rawden	TCA	325	2:05:29 -7	318
2	Simon Trickett	TCA	325	2:05:52 -7	318

HOME

GUESTS

MEETS

and  
Parking

NEWS  
LETTER

Current

NEWS  
LETTERS

Past

PHOTO  
GALLERY

HINTS

OTHER  
SITES

CONTACT

NEW-  
COMERS

RACE  
DIARY

# 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 sen-  
tence!

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



"Didn't you get my e-mail?"



HOME

GUESTS

MEETS  
and  
Parking

NEWS  
LETTER  
Current

NEWS  
LETTERS  
Past

PHOTO  
GALLERY

HINTS

OTHER  
SITES

CONTACT

NEW-  
COMERS

RACE  
DIARY

## Race Diary Update

I have started to record Harry's racing exploits for 2005 as folk often ask me how he is doing. He has moved to the next age category, Juniors (17 to 18 years,) and is finding it tough as he is up against some very dedicated opposition.

He is finding himself attracted to road-racing. Sadly, this is mainly for logistical reasons as the distances traveled to races are usually reduced by about 200 miles and the entry costs are halved - to say nothing of having a bike that never wears out and only needs washing about 5 times a year!

The disciplines are surprisingly different - for instance: Roadies roll away from the start in a leisurely fashion whereas XC racers start so fast that crashes in the first 100 metres are quite common!

Harry's 2005 races are in the [Race Diary](#) on the left... [British Cycling](#) website has a lot of info if you want to find out more about racing.

## Willingen (Germany) 3rd June

[Velonews](#) has the best review of this latest UCI World Cup XC race. The course was described by some as boring but repeating the short steep climbs 9 times sounds pretty arduous! Cristophe Sauser won his first this year and Gunn-Rita Dahle has yet to repeat her only slip from first position.

Liam Killeen crept up to sixth place for GB  
Evidently the 4\_Cross was chaotic [HERE](#)

1. Christoph Sauser (Sui) Siemens Cannondale, 1:59:30
2. Marco Bui (I) Full Dynamix, at 0:20
3. Julien Absalon (F) Bianchi Agos, 0:44



DAHLE

1. Gunn-Rita Dahle (Nor) Multivan Merida Biking Team, 1:48:58
2. Sabine Spitz (G) Specialized Factory Racing, at 0:39
3. Marie-Helene Premont (Can) Rocky Mountain Business Objects, 2:20



SAUSER

[HOME](#)[GUESTS](#)[MEETS  
and  
Parking](#)[NEWS  
LETTER  
Current](#)[NEWS  
LETTERS  
Past](#)[PHOTO  
GALLERY](#)[HINTS](#)[OTHER  
SITES](#)[CONTACT](#)[NEW-  
COMERS](#)[RACE  
DIARY](#)

## Mike's Bad Day on a Wizard Ride Wharncliffe Sat 18th June

Fitting a new tubeless tyre, to a recently repaired rim, the morning before a ride turned out to be bad news for Mike as it refused to seal and had to be pumped-up every few miles. Add to this the fact that Mike is evangelical about his system of mounting tubeless tyres on ordinary rims using sealant and Mike was struggling to keep his spirits up - especially as a rib injury made pumping more difficult! However, inserting an inner tube eventually kept the tyre up so we were spared the sight of Mike's suffering. Actually, given the speedy style of ride leader Oz, the fierce, technical singletrack and the thundery heat, I was not unduly bothered to be stopping every couple of miles! Excellent dry, rooty, singletrack - mainly in Grenoside woods. There was a car rally in Wharncliffe Woods which caused a few route revisions. Oz kept off the main tracks and the absence of walkers probably showed one of the advantages of not cycling on a Sunday.



“Fettlers” and spectators are drawn to the air-less tyre

While Mike wonders if it is time to try an inner tube; matters are taken out of his hands....





HOME

GUESTS

MEETS  
and  
Parking

NEWS  
LETTER  
Current

NEWS  
LETTERS  
Past

PHOTO  
GALLERY

HINTS

OTHER  
SITES

CONTACT

NEW-  
COMERS

RACE  
DIARY

## Dahle Second, Roland Green Reappears.... Sat 25th June

Sausser repeated his last round win but Dahle who was unbeatable last year seems to have suffered in the heat.

World Cup news from Monte Ste-Anne in Canada is [here](#) and [here](#) (Men), [here](#) and [here](#) (Women) and [here](#) (both)



**Marie-Helene Premont**  
pleased the home crowd



**Christoph Sausser**  
“He sure goes fast for a skinny guy” - quote originally applied to Tim Gould by John Tomac



**Gunn-Rita Dahle**  
seemed happy with 2nd place

5th place got Brit  
Liam Killeen on  
the podium



HOME

GUESTS

MEETS

and  
ParkingNEWS  
LETTER  
CurrentNEWS  
LETTERS  
PastPHOTO  
GALLERY

HINTS

OTHER  
SITES

CONTACT

NEW-  
COMERSRACE  
DIARY

## The air of heaven is that which blows between a bike's shifters... ?

... And, no doubt, it was this air of heaven that stimulated the Rough Riders, italicised below, to such good times in the Mary Townley Loop Challenge on Sunday 26th June. (Hopefully, it is not a Banned Substance)

Name	Pos.	Ride Time
Bradley Ashworth	1	04:09
<i>Justin Hanks</i>	<i>23</i>	<i>05:04</i>
<i>Brian Thomas</i>	<i>32</i>	<i>05:19</i>
<i>Nigel Barugh</i>	<i>35</i>	<i>05:21</i>
<i>Paul Williamson</i>	<i>42</i>	<i>05:25</i>
<i>Stuart McCormick</i>	<i>78</i>	<i>05:47</i>
<i>Caroline Binns</i>	<i>109</i>	<i>06:03</i>
<i>Sarah Minchin</i>	<i>190</i>	<i>07:26</i>
<i>Julie Jagger</i>	<i>193</i>	<i>07:27</i>
<i>Graham Burke</i>	<i>260</i>	<i>09:25</i>
Peter Watson	283	DNF

I was pathetic and could not face getting up that early!







**Builth Wells** 3rd July. Report [HERE](#)

Hopefully some pics  
of Roadie to come



This seemed tougher than Rhayader. Some muddy, rutted, forest tracks in the middle were strength sapping but I got my second wind and did a lot of overtaking on my finishing sprint - unfortunately I started this about 7 miles before the finish, so then I died and they all passed me! Luckily I had enough strength left for the final downhill blast. A pretty good course!

**Pat under Pressure (but not underwater...)**

... unlike some ! See [HERE](#)



**Smilin' through the tears!**

HOME

GUESTS

MEETS  
and  
Parking

NEWS  
LETTER  
Current

NEWS  
LETTERS  
Past

PHOTO  
GALLERY

HINTS

OTHER  
SITES

CONTACT

NEW-  
COMERS

RACE  
DIARY




[HOME](#)

... More Merida [Full Results HERE](#)

[GUESTS](#)

Pos. overall out of 375	Surname:	Name:	Finished:	Category:	Distance:	Team:
----------------------------	----------	-------	-----------	-----------	-----------	-------

1	PUGH	JONATHAN	14:36:14	OMF	100	JOHN LLOYD RACE EVENTS / MERIDA
2	BECKINSALE	OLI	14:37:24	OMF	100	SCOTT UK
3	CRAIG	NICK	14:46:50	MMF	100	SCOTT UK
<b>291</b>	<b>CORKER</b>	<b>PAT</b>	<b>18:34:25</b>	<b>GMF</b>	<b>100</b>	<b>WEST YORKS ROUGH RIDERS</b>
375	SULLIVAN	MARK	20:10:07	VMF	100	TEAM LA

[MEETS](#)
[and  
Parking](#)
[NEWS  
LETTER](#)
[Current](#)
[NEWS  
LETTERS](#)
[Past](#)
[PHOTO  
GALLERY](#)
[HINTS](#)
[OTHER  
SITES](#)
[CONTACT](#)
[NEW-  
COMERS](#)
[RACE  
DIARY](#)

Pos. in cat. out of 13	Surname:	Name:	Finished:	Category:	Distance:	Team:
---------------------------	----------	-------	-----------	-----------	-----------	-------

1	MURLEY	COLIN	16:19:26	GMF	100	
<b>10</b>	<b>CORKER</b>	<b>PAT</b>	<b>18:34:25</b>	<b>GMF</b>	<b>100</b>	<b>WEST YORKS ROUGH RIDERS</b>
13	RETTOR	PHILIP	19:23:30	GMF	100	

HOME

GUESTS

MEETS

and  
ParkingNEWS  
LETTER

Current

NEWS  
LETTERS

Past

PHOTO  
GALLERY

HINTS

OTHER  
SITES

CONTACT

NEW-  
COMERSRACE  
DIARY

## Even More Merida ...

Pos. out of all 156	Pos. in Category /		Time h:m:s	Cat.	Distance km	No.
1		NICK CRAIG	04:14:32	MMF	100	124
116	52/72	NIGEL BARUGH	06:51:38	MMF	100	478
151	4/4	CAROLYN BINNS	07:32:06	MFF	100	11
152	4/4	PAT CORKER	07:58:12	GMF	100	416
Pos. out of all 189						
1		PAUL WHITEHEAD	03:40:03	VMM	70	272
157	30/38	PIERS NEWLAND	07:26:46	VMM	70	335
158	2/3	SARAH MINCHIN	07:26:54	VFM	70	334

[Report \(by Merida\)](#)[Report \(by Bikemagic\)](#)

How to get your photo taken THREE times...

Wear a low cut top and be a girl - typical!





**HOME**

**GUESTS**

**MEETS**

and  
Parking

**NEWS**

**LETTER**

Current

**NEWS**

**LETTERS**

Past

**PHOTO**

**GALLERY**

**HINTS**

**OTHER**

**SITES**

**CONTACT**

**NEW-**

**COMERS**

**RACE**

**DIARY**



**HOME**

**GUESTS**

**MEETS**

and  
Parking

**NEWS**

**LETTER**

Current

**NEWS**

**LETTERS**

Past

**PHOTO**

**GALLERY**

**HINTS**

**OTHER**

**SITES**

**CONTACT**

**NEW-**

**COMERS**

**RACE**

**DIARY**



[HOME](#)[GUESTS](#)[MEETS  
and  
Parking](#)[NEWS  
LETTER  
Current](#)[NEWS  
LETTERS  
Past](#)[PHOTO  
GALLERY](#)[HINTS](#)[OTHER  
SITES](#)[CONTACT](#)[NEW-  
COMERS](#)[RACE  
DIARY](#)

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

### June 2005

Sat 4th North Leeds Nige Baraugh 0113 2743110

Sun 5th No planned ride

Wed 8th Netherton Brian Thomas 01484 664402

Sat 11th Pateley Bridge Roger Griffiths 01484 851659 [MORE](#)

Sun 12th Overgate Hospice challenge- Elland

Wed 15th Calverley Roger Griffiths 01484 851659 [MORE](#)

Sat 18th Wharnccliffe Mike Bly 01484 682701 [PARKING](#)

Sun 19th No planned ride

Wed 22nd Outlane 'ish Stuart McCormick 01484 312598 [MORE](#)

Sat 25th No Planned ride

Sun 26th Mary Townley Loop

Wed 29th Wappy Spring Sheila Davison 01484 712854

Sat 2nd July Ladybower David Mowforth 07841 866182 [MORE](#) and [MAP](#)

Sun 3rd July No Planned ride

Wed 6 July Slubbers Social

## Exciting Events!

**Pennine Bridleway  
Mountain Bike Challenge**  
*Sunday 26<sup>th</sup> June  
2005*  
*Can you cycle the Mary  
Towneley Loop ?*  
Website [HERE](#) - Loop info  
[HERE](#)

### RIDE ARRANGEMENTS

**Wed:** 7.00 pm start. - **Sat:** (Easy Ride) 12.30 pm start. - **Sun:** 10.30 am start

Thinking of riding with us? Please read ["NEWCOMERS"](#) first.

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

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

Meets Coordinator: Queries or changes call Julie Jagger 01422 240601

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



**HOME**

**GUESTS**

**MEETS**

**and  
Parking**

**NEWS**

**LETTER**

**Current**

**NEWS**

**LETTERS**

**Past**

**PHOTO**

**GALLERY**

**HINTS**

**OTHER**

**SITES**

**CONTACT**

**NEW-**

**COMERS**

**RACE**

**DIARY**





[HOME](#)

[GUESTS](#)

[MEETS](#)

[and  
Parking](#)

[NEWS](#)

[LETTER](#)

[Current](#)

[NEWS](#)

[LETTERS](#)

[Past](#)

[PHOTO](#)

[GALLERY](#)

[HINTS](#)

[OTHER](#)

[SITES](#)

[CONTACT](#)

[NEW-](#)

[COMERS](#)

[RACE](#)

[DIARY](#)



[HOME](#)

[GUESTS](#)

[MEETS](#)

[and  
Parking](#)

[NEWS](#)

[LETTER](#)

[Current](#)

[NEWS](#)

[LETTERS](#)

[Past](#)

[PHOTO](#)

[GALLERY](#)

[HINTS](#)

[OTHER](#)

[SITES](#)

[CONTACT](#)

[NEW-](#)

[COMERS](#)

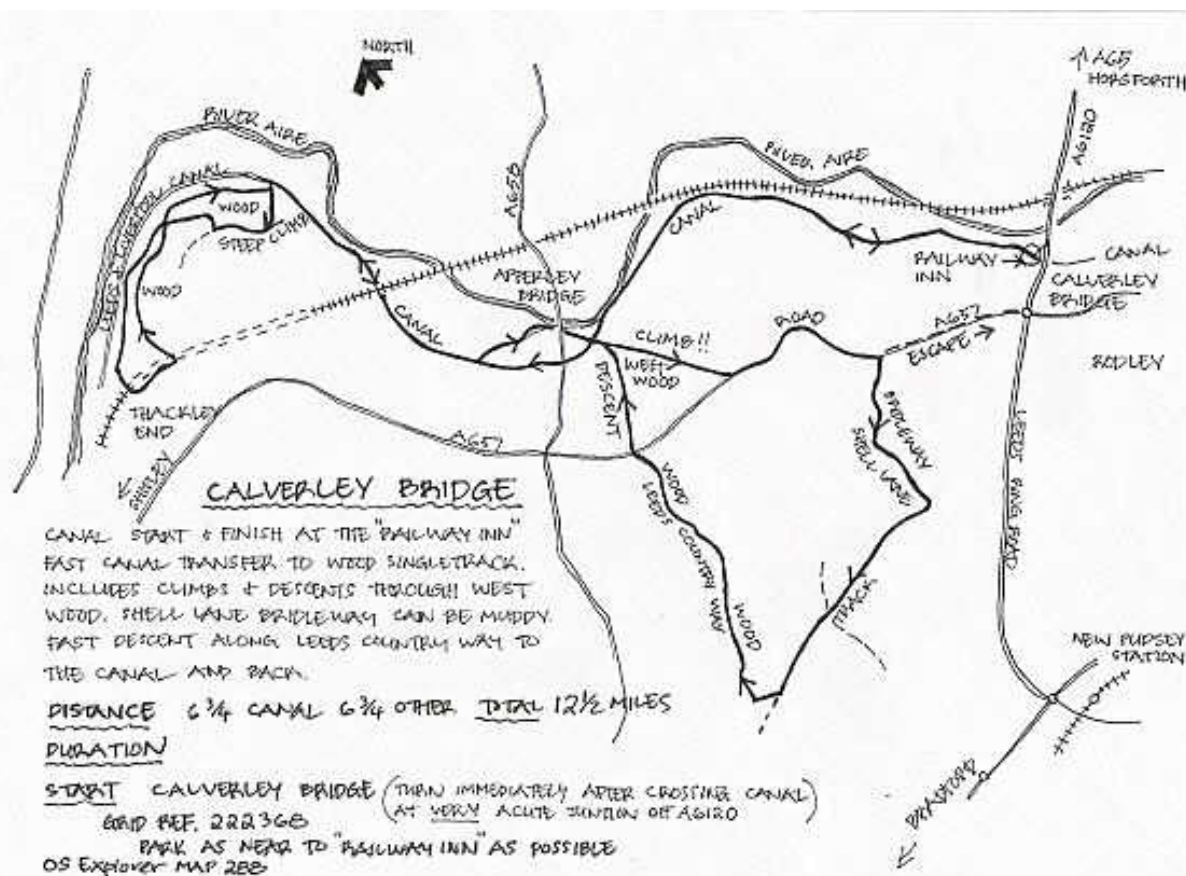
[RACE](#)

[DIARY](#)

[HOME](#)
[GUESTS](#)
[MEETS  
and  
Parking](#)
[NEWS  
LETTER  
Current](#)
[NEWS  
LETTERS  
Past](#)
[PHOTO  
GALLERY](#)
[HINTS](#)
[OTHER  
SITES](#)
[CONTACT](#)
[NEW-  
COMERS](#)
[RACE  
DIARY](#)

The ride (and ride times) on Saturday are based on the route in "Mountain Bike Route Guide" - Yorkshire Dales by Tim Woodcock. I attach a scan of the ride which has possible escape routes.

The Calverley ride is also attached. I cannot remember how long this ride takes, probably 2 hours as half of it is on canal towpaths. We shall see!





[HOME](#)[GUESTS](#)[MEETS](#)[and  
Parking](#)[NEWS](#)[LETTER](#)[Current](#)[NEWS](#)[LETTERS](#)[Past](#)[PHOTO](#)[GALLERY](#)[HINTS](#)[OTHER](#)[SITES](#)[CONTACT](#)[NEW-](#)[COMERS](#)[RACE](#)[DIARY](#)

The ride (and ride times) on Saturday are based on the route in "Mountain Bike Route Guide"-Yorkshire Dales by Tim Woodcock. I attach a scan of the ride which has possible escape routes.

The Calverley ride is also attached. I cannot remember how long this ride takes, probably 2 hours as half of it is on canal towpaths. We shall see!

## PATELEY BRIDGE (NIDDERDALE)

ALL WEATHER ROUTE COMPRISING OF TECHNICAL  
PROCS, CLIMBS, SINGLETRACK, PUDDLES!!  
THE DIFFICULT CLIMBS ARE ON ROAD

DISTANCE 22 MILES

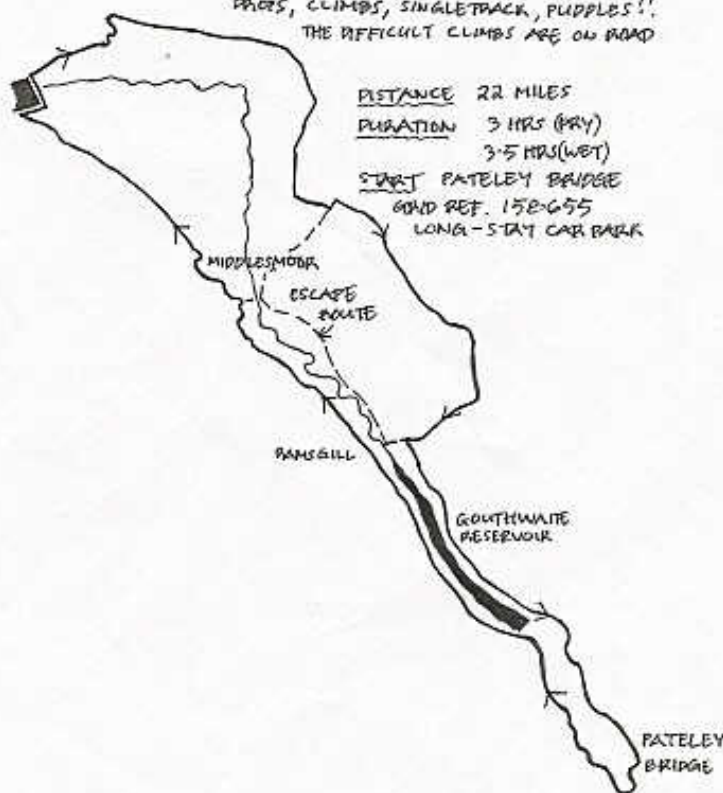
DURATION 3 HRS (DRY)

3-5 HRS (WET)

START PATELEY BRIDGE

GRID REF. 158-655

LONG-STOP CAR PARK



[HOME](#)[GUESTS](#)[MEETS](#)[and  
Parking](#)[NEWS  
LETTER](#)[Current](#)[NEWS  
LETTERS](#)[Past](#)[PHOTO  
GALLERY](#)[HINTS](#)[OTHER  
SITES](#)[CONTACT](#)[NEW-  
COMERS](#)[RACE  
DIARY](#)

**Wednesday 22nd Stuart McCormick-** Don't forget these lads have been keeping Wednesday night rides going all through the winter. Now there's chance for 'part time' evening riders to give them some support so they can ride with the rest of the club for a change.

**Directions** He will start the ride from the Jack O Mitre pub on the Rochdale Road (A640) out of Huddersfield, approx 1mile past Outlane roundabout on the right hand side.

**Saturday 2nd July David Mowforth** has just started coming out with us recently and has offered to do a 'further afield' ride. I think a lot of people know Ladybower anyway but he has given me details

Meeting at Fairholmes carpark. Its off the A57. Which can be seen below and [HERE](#). Map isn't great but gives an idea. Think most people will know where it is.

[http://www.multimap.com/map/  
browse.cgi?local=h&scale=200000&title=Ladybower&lon=-1.7006&lat=53.4065](http://www.multimap.com/map/browse.cgi?local=h&scale=200000&title=Ladybower&lon=-1.7006&lat=53.4065)

About an 18 mile ride with some technical climbs and some good descents. Medium to hard ride