

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.

May 2005

April's Newsletter is [HERE](#)

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



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

How to combine that beach holiday with cycle training? A water bike could be the answer! (This model could, of course, be improved by fitting some carbon Monkey-lite riser bars...)

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

World Cup 2005 Round 2 Madrid. 8th May

Dahle back on top. Liam Killeen getting closer. Brits beginning to look respectable.

Pos.	UCI Code	Last Name / First Name	Team Code	Time/Gap
1	FRA19800816	ABSALON Julien	BIANCHI AGOS	2:06:11.00
2	ESP19780824	HERMIDA RAMOS José Antonio	MULTIVAN MERIDA	2:06:26.00
3	SUI19760413	SAUSER Christoph	SIEMENS CANNONDALE	2:06:36.00
8	GBR19820412	KILLEEN Liam	SPECIALIZED FACTORY	2:09:00.00
17	GBR19760607	BECKINGSALE Oli		2:10:23.00
62	GBR19830621	RICHARDSON Simon		2:18:22.00
81	GBR19790702	TOOGOOD Zak		2:23:17.00
86	GBR19800804	CRAWFORD Jody		-1Lap
	GBR19781204	BJERGFELT William		DNF
	GBR19830719	SPENCER Philip		DNF
1	NOR19730210	DAHLE Gunn-Rita	MULTIVAN MERIDA	1:42:49.00
2	CAN19771024	PREMONT Marie-Helene		1:43:31.00
3	GER19711227	SPITZ Sabine	SPECIALIZED FACTORY	1:43:56.00
28	GBR19830424	COOKE Nicole		1:51:47.00
39	GBR19751119	COPNALL Jenny	SUBARU-GARY FISHER	1:54:41.00
48	GBR19830328	MIDDLEHURST Katy		1:58:25.00
50	GBR19741003	JACKSON Caroline		1:59:32.00
63	GBR19761225	MCGAVIGAN Ruth		-1Lap
65	GBR19850811	JOHNSON Sophie		-2Laps

Unfair Rules?

One aspect of the new rule allowing technical assistance is beginning to have disturbing implications.... it means that preferential treatment, based on payment of a fee, has, for the first time, entered the sport of cycling. [MORE...](#) (from cyclingnews.com)

[RESULTS](#)
[MEN'S
REPORT](#)
[WOMEN'S
REPORT](#)


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

Hebden Bridge Sat 14 May

Looks like Roger got a good turnout and great weather. Evidently the 5 hour duration came as a shock to some! We should probably agree a grading system at the next Slubbers.

Photos [HERE](#)

The Colne Valley Challenge

on Sun 8 May looks to have been a tough ride. If I have missed your name please tell me so you can get your just recognition.

They were tough enough:

POS.	NAME	TIME
1	Ian Taylor	02:00:17
16	Justin Hanks	02:32:26
47	Mike Bly	02:53:11
58	Carolyn Binns	02:57:24
120	Alex Hirst	03:33:02
169	Sarah Minchin	04:03:42
194	Sheila Horberry	05:33:08

Full results [HERE](#) Photos [HERE](#) and [HERE](#)

Justin had a pretty fast ride. Sarah claims that she did not stop for lunch. "Carolyn" = Origin: Latin. Meaning: little and womanly (Heh, heh)

Wot? No granny?



... Pat's Nightmare !

Available in SPDs?



Sports shoes that work out whether their owner has done enough exercise to warrant time in front of the television have been devised in the UK. The shoes - dubbed Square Eyes - contain an electronic pressure sensor and a tiny computer chip to record how many steps the wearer has taken in a day. A wireless transmitter passes the information to a receiver connected to a television, and this decides how much evening viewing time the wearer deserves, based on the day's exertions.

HOME

GUESTS

MEETS

and
ParkingNEWS
LETTER

Current

NEWS
LETTERS

Past

PHOTO
GALLERY

HINTS

OTHER
SITES

CONTACT

NEW-
COMERSRACE
DIARY

Grading Rides?

Here's a suggestion for a grading system. A bit of club input will probably improve it.

I suggest leaving out "Ride Duration" as it depends on so many factors eg. forced stops, weather, group composition etc. and also this avoids the "you said 4 hours and we have taken 5 and my wife is going to kill me" situation. However, I suspect that this is the first parameter that less experienced riders will look for.

Leaders could add a simple suffix to the category to change a detail if it did not fit the scheme eg.:

"Cat. B but easy DH" for a long, hilly ride on fairly smooth tracks. Ogden for example.

"Cat. C but fierce climbs" for many steep ascents and descents. Hayfield for example.

I think that the categories have to be a bit imprecise in order to keep them simple and to allow for different people's perceptions of the same ride.

Cat.	Max. Length	Climbing	Technical DH	Duration
A	20 miles	Medium	Easy	3 to 4 hours
B	30 miles	Plenty	Medium	4 to 6 hours
C	30 miles	Plenty	Fierce	4 to 6 hours
D	40 miles	Plenty	Medium	5+ hours

Cycling TV's MTB race Videos Improvements

<http://www.cycling.tv> has improved its website. To see a list of videos of MTB races from this and last year, I found it was best to use "Search for free text mtb in all cats and all subcats"

HOME

GUESTS

MEETS

and
Parking

NEWS

LETTER

Current

NEWS

LETTERS

Past

PHOTO

GALLERY

HINTS

OTHER

SITES

CONTACT

NEW-

COMERS

RACE

DIARY

Lakes Weekend 20th May

Richard organised a trip to show us some of his favourite riding spots.

We stayed in Hawkshead. Some camped, some B&B-ed and I stopped at the Youth Hostel. I got the cheapest nights but on Saturday night was caught out by the **Curse of the Youth Hostels** - a snorer! 3.00am found me sitting in the loo reading a book, eating a bag of crisps and contemplating murder.!

Most of us avoided the **Folly of the Friday Night Excessive Boozing** and so were able to put in 32 miles of stiff riding on Saturday.

Photos are in the Gallery or [HERE](#).

We circled across Windemere to the North East. I was expecting a leisurely ride but everyone seemed to get stuck in to the climbs and drops and we did not hang around.

A late start on Sunday had me whinging (as did the £7 parking charge!)but it turned out to be a very good idea as it was raining at 10.00am but not at 11.00.

We had another tough day with some of the more delicate undercarriages wrapped in 2 pairs of shorts. It seemed to work! There were some rocky descents on the Grizedale tracks. We finished at Coniston for a meal to round off a very satisfying weekend.



Morris, an 82 year-old man, went to the doctor to get a physical check-up. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm and said, "You're really doing well, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'"

HOME

GUESTS

MEETS
and
Parking

NEWS
LETTER
Current

NEWS
LETTERS
Past

PHOTO
GALLERY

HINTS

OTHER
SITES

CONTACT

NEW-
COMERS

RACE
DIARY

Women's
start



Houffalize World Cup (Round 3)

[Velonews Review](#)
[Cyclingnews review](#)
[BCF review](#)

Little known Marco Bui beat a poorly Absalom for his first ever win in dusty conditions. Oli Beckinsale dropped to 34th. Liam Killeen stayed up at 8th. Gunn-Rita Dahle (1) seems to be back on form but Sabine Spitz was close. Caroline Jackson was the first Brit.

ELITE WOMEN RESULTS

- 1 DAHLE Gunn-Rita MULTIVAN MERIDA BIKING TEAM 1:43:21
- 2 SPITZ Sabine SPECIALIZED FACTORY RACING 1:44:33
- 3 KALENTIEVA Irina MULTIVAN MERIDA BIKING TEAM 1:45:03
- 45 JACKSON Caroline 2:00:18
- 53 COPNALL Jenny SUBARU-GARY FISHER 2:02:33

ELITE MEN RESULTS

- 1 BUI Marco (It) 2:05:53
- 2 SAUSER Christoph SIEMENS CANNONDALE MTB RACING TEAM 2:07:40
- 3 HERMIDA RAMOS José Antonio MULTIVAN MERIDA BIKING TEAM 2:07:51
- 8 KILLEEN Liam SPECIALIZED FACTORY RACING 2:09:45
- 34 BECKINGSALE Oliver 2:15:13

Marco Bui





Gentress 2005 Trailquest 07/05/05

Trailquest Results

Pos	Class	Team/Solo	FirstName	Surname	Points	Penalty	IScore	Prizes
6	C	S	Peter	Eagan	290	0	290	
2	D	S	Helen	Costelloe	220	0	220	

Thixendale Results Mon 16/05/2005 23:42

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

Bassenthwaite Results Mon 16/05/2005 23:41

1	60	Andy	Conn	410	5:01:53	-2	408
7	250	Peter	Eagan	280	5:00:20	-1	279
2	470	Helen	Costelloe	210	5:01:20	-2	208



Well, here's me looking a trifle stressed (but well wrapped-up) at the Merida at Rhayader in mid-Wales on May 29th. Full results are [HERE](#) . Summary [HERE](#) . I think mine is so bad that I can't even use my puncture as a credible excuse!

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

More Merida...

Unknown rider picks a poor line...



Roadie spots the danger..



... a spot of jet-lag helps you turn off
your brain for the technical sections
"... I was on the M53 an hour..."

HOME

GUESTS

MEETS

and
Parking

NEWS
LETTER

Current

NEWS
LETTERS

Past

PHOTO
GALLERY

HINTS

OTHER
SITES

CONTACT

NEW-
COMERS

RACE
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?)

May 2005

Sat 7th Meltham figure 8 Roger Griffiths 01484 851659

Sun 8th Colne Valley Challenge www.cvmbc.co.uk

Wed 11th Grange Moor Ian Allan 01924 840178

Sat 14th Hebden Bridge Roger Griffiths 01484 851659

Sun 15th No Planned ride

Wed 18th Holmfirth Tony Vangrove 01484 662551

Sat 21st Hawkshead Richard Starkie 01924 283622

Sat 21st Somewhere Sheila Davison 01484 712854

Wed 25th Ogden Julie Jagger 01422 240601

Sat 28th Bingley Richard Starkie 01924 283622

Sun 29th No planned ride

Wed 1st June Slubbers Social

Exciting Events!

Weekend away in **Lakes** 20th May. Stay in Hawkshead. Camp or whatever. Interested? Tell Richard Starkie

Sunday May 8th.

Simba XC race in Dalby Forest. The second 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](#)



website

Colne Valley MTB Challenge

Sunday 8th May

9.00am Leymoor Cricket Club

Golcar

Pennine Bridleway

Mountain Bike Challenge

Sunday 26th 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: 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 (no spaces) if you no longer wish to receive the meets list.