

Sleaford Wheelers CC

THE NUMBER ONE CLUB IN LINCOLNSHIRE

Newsletter

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Editor

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Intro...

Many of you will have noticed that the club website **Sleaford Wheelers.co.uk** is now being updated thanks to the efforts of our new webmaster Chris Close. Chris is looking for up to date material to go on the site so if you've got information you want or need to share with other members of the club please send it to Chris. All you have to do is go onto the site and click on the link to send Chris an e-mail. Up to date racing results will go directly onto the site and have already done so, thanks the Ben Wright who has been conveying the information electronically to Chris. The intention is that the site will become the main resource for information for members and potential members as well as other people interested in our activities. It could even make me redundant. So get sending...

What's been happening?

Our young riders excelled themselves at the recent Heckington Show grass track events winning the team competition. See photo and report on the website for further information.

Congratulations also to our young riders who took part in the GHS 10 finals. Sarah King did 24.46 followed closely by George Thompson in 24.52 with Ben Wright doing 28.13 and Henry Thompson 32.41.

Results for the recent LRRRA 10 and 30 are now on the website. There was another triumph for George in the 10, winning the first juvenile and handicap awards with an excellent 24.39.

What's coming up?

Racing

The next major event in the calendar is the Cyclo Cross on Sunday 20 September – yes, next weekend. Mark is looking for helpers and marshals on both the Saturday (for setting up) and the Sunday so please give him a call if you can help – you can reach him on 01400 272910.

Other

The **AGM** will be on Sunday 15 November, 7pm at the Solo Club, the **Sign On** night will be on Monday 1 December, same time and venue, and the **Dinner** will be on Saturday 16 January, also at the Solo Club.

If you're keen to help with the running of the club, remember to let Malc/Jackie Marriott know before the AGM.

Sales and wants

Winter Training Fuel and Amino Load

I hold a small stock of Allsports products on behalf of the club – Winter Training Fuel (Strawberry or Butterscotch flavour) and Amino Load recovery drink (Blackcurrant or Apple). 3kg tubs cost £23 for WTF and £27 for Amino Load which is a 20% saving on the retail cost – let me know if you want either item. Cheques payable to Sleaford Wheelers please.

Rudy Project

As some people are already aware, Rudy Project stuff (eg cycling glasses, aero helmets in club colours etc.) is available to club members at a substantial discount from Martin Smith Opticians in Lincoln. If you want anything, let me know or ring him direct on 01522 521100, mentioning you are a member of Sleaford Wheelers. He'll also give you good prices on high quality frames and lenses for general use.

Other items

Some of these are now quite old so you'll need to contact the seller to see if items are still available. Sellers – please let me know if items are sold or if you've finally given up!

From Dennis Owen:

For sale - Hed Carbonlite Wheels (Shimano 8/9/10) with New Conti Competition tubs. Cost £250.

From Alan Sharpe:

For sale or swap- 1 Year old Profile design T2 wing tri bars complete with Bontrager bar end shifters and Bontrager brake levers - £99.00 or will swap for a pair of 10-speed Shimano STi shifters; Contact Alan on 07961 189399

From Neil Sentance:

I have been doing racing bike servicing and selling top brand racing bike parts and accessories. I am a qualified cycle mechanic and through our contacts in the cycle trade can offer top brand racing bike parts and accessories (Shimano, Campag, Vittoria, Michelin, Campag 11 Speed, Mavic and much more) to Sleaford Wheelers club members at special discount rates. Contact at pedalpushers@hotmail.co.uk or phone 07824 314 537

From Jason Taylor:

Casati Challenge - medium, alloy frame, carbon forks and carbon rear stays; includes ITM bars/stem; bottom bracket; OFFERS - contact Jason on 07885 067516

From Malc Yates (Tel. 01524 306941):

Dual pivot brakes – Shimano Dura Ace copy £25;

Black Ergal anatomic handlebars – FSA 42cm wide, 31.8 mm centre £20

Black Prologic saddle 220g Titanium rails (new/boxed) – reduced to £40 (new cost £80)

Bell helmet, as new, in red £30

From Shaun Pell:

Car bike rack. Halfords universal, carries up to 3 bikes £20 ono

Spokey Joes bike trailer suitable for two children £35 ono, call Shaun (01526) 833224 or email. shaun.paula.pell@tesco.net.

From Doug Laidlow: (on behalf of a friend in Wigmore CC - Richard Clark)

If there is anybody in your area interested in a holiday in southern France and are not afraid of long climbs, please direct them to www.chezbilly.fr for details - we already give reduced rates to VTTA Kent and Wigmore members - I'm sure we could do the same for Lincs. guys too.

Features

Choosing the right run

The club welcomes everyone on to its club runs and tries to cater for all abilities but it relies on people to have a realistic idea of their own level of fitness and that of anyone (especially a younger rider) who is with them. This applies to guests from other clubs as well as to members of SWCC. Consideration needs to be given to pace, distance/terrain and safety considerations. Pace etc. can affect safety, of course, because tired, inexperienced riders tend to become a bit erratic and a danger to others.

Assuming there are enough people to make a split club run viable, there will be a choice of run to suit different abilities. There has been some concern recently that people have not always made the right choice either for themselves or particularly for young riders accompanying them, with the consequence that experienced riders have had to spend too much time waiting for stragglers or that less fit / inexperienced riders are getting a 'kicking', which does their morale no good at all.

The same applies when there is a faster loop built in to a club run for riders who want a 'bit of a blast' within a more sedate ride. Riders need to take note of who is going on the faster loop and only join it if they are totally confident that they, or a (especially young) companion, can deal with it. It is of no benefit to the fast loop riders if they are then forced to wait for people who make a bad decision.

If people are in any doubt about what to do, the club run captain will always be pleased to offer advice on pace, distance/terrain, and café stops, all of which are relevant to enjoyment (or otherwise) of the experience. If you or an accompanying rider are tired, please take advantage of a café stop, even if some other riders choose not to do so, and allow yourself and/or your companion to recuperate. The club wishes all riders to enjoy and benefit from club runs – misplaced bravado, either on your own behalf or someone else's, is not likely to achieve this. If you are in doubt, choose the slower, shorter option; it's always better to be too comfortable than to struggle.

Incidentally, now that the winter runs are approaching, remember that you need to fit proper mudguards for club runs. It will not make you popular with those behind if they have to endure a stream of muck coming off your back wheel straight into their faces! Please do what you can to make the riders behind you as comfortable as possible.

Features from club members are always welcome whether it is about your recent training camp exploits, tours or just about anything else which others will find of interest. E-mail copy preferred.

Outro....

Next issue will be out early October so copy needed for this by the end of the month please.

Virtually everyone is on e-mail so I am distributing the Newsletter mostly by that means. If you know of someone who would be interested in the Newsletter, could you either obtain their e-mail address for me or, if they aren't on e-mail, perhaps you would be kind enough to print a copy for them. If you change your e-mail address, don't forget to tell me as well as Jackie Marriott.

Please do not forget to:

- send items for the website to Chris Close;
- go to the Cyclo Cross and let Mark Colclough know if you are available to help;
- send features for the newsletter to me;
- let me know when your Sale or Want is sold/bought so I can remove it.