

# PENDLE FOREST CYCLING CLUB

## WINTER NEWSLETTER - 2007



Dear Member,

I hope you have all had a good year with the Pendle Forest. As usual its been a busy time with plenty of social and competitive events. Thanks to all those who have helped out.

Again our thanks to all those who have contributed to this Newsletter, and to our editor Angela! Please try to keep them going by putting pen to paper. Any articles can be given to myself or sent directly to Angela at the press office.

Unfortunately it's the time of year when the club subs are due. As usual club membership will be the bargain price of £10. If you have paid me since September your membership carries through to the end of 2008.

If you need British Cycling membership or racing Licences please let me know and I'll sort you out. You can join direct but as PF members your membership cards will be returned to me.

I look forward to seeing you all over the Christmas and New Year period. Don't forget Boxing Day and importantly the AGM, details of which are included in this letter.

Merry Christmas and Happy New Year,

Paul Whittaker.

### DATES FOR YOUR DIARY 2008

**Wednesday 9th January -**  
Committee Meeting, Rising Sun, Blacko - 7.30

**Wednesday 30th January -**  
AGM Rising Sun, Blacko - 7.30 pm - All welcome

**Saturday 15th March -**  
Circuit of Ingleborough

**April -**  
Bowland Road Race  
First Evening League Event

**June -**  
York Rally



### **SATURDAY RUNS LIST 2007/8**

15 December	Settle via Rome & Wham	10.00 am
22 December	Christmas Sat Run to a pub!	10.00 am
29 December	Malham Via Winterburn	10.00 am
5 January	New Year 100 to Fleetwood	9.30 am
12 January	Cracoe	9.30 am
19 January	Chipping	9.30 am
26 January	Otley	9.30 am
2 January	Burnsall	9.30 am
9 January	Ramsbottom & the Rake	9.30 am
16 January	Hebden Bridge Triggers Grave	9.30 am
23 January	Ingleton Via Ribbleshead	9.30 am
1 January	Patley Bridge	9.30 am

All runs start from Walton Lane, Nelson unless otherwise stated.

### **A G M**

**Wednesday, 30 January 2008**  
at  
**Rising Sun, Blacko**  
**7.30 pm**

**COME ALONG AND AIR YOUR VIEWS**  
**IT'S YOUR CLUB**

## EVENING LEAGUE EVENTS 2008

DATE	EVENT	TIME
3 April	Thornton 6.25	7.00 pm
10 April	Thornton 6.25	7.00 pm
17 April	Skipton 10	7.00 pm
24 April	Gisburn Grimper	7.00 pm
1 May	Skipton 10	7.00 pm
8 May	Skipton 15	7.00 pm
15 May	Thornton 6.25	7.00 pm
22 May	Skipton 10	7.00 pm
29 May	Skipton 15 2-up	7.00 pm
5 June	Skipton 10	7.00 pm
12 June	Gisburn Grimper	7.00 pm
19 June	Skipton 10	7.00 pm
26 June	Skipton 15	7.00 pm
3 July	Skipton 10	7.00 pm
10 July	Thornton 6.25	7.00 pm
17 July	Skipton 10	7.00 pm
24 July	Skipton 15 2-up	7.00 pm
31 July	Skipton 10	7.00 pm
7 August	Skipton 15	7.00 pm
14 August	Gisburn Grimper	7.00 pm
21 August	Skipton 10	7.00 pm
28 August	Thornton 6.25	7.00 pm

The above dates are proposed dates only as we have not had police clearance for the 'Gisburn Grimper'

## THE TURBO TRAINER

Just before 8.00 am on the 30<sup>th</sup> of April I was wheeled down to the operating theatre at Wrightington hospital. The reason was to have my left hip joint replaced.

Several weeks earlier, in conversation with my consultant Mr Hoad-Reddick he assured me that after the operation not only would I still be able to cycle but I would be able to go even faster!

During May, June and July that seemed a long way off. Slowly I walked round the block, and then started swimming in the pool at Wavelengths in Nelson.

Thanks to words of advice and encouragement by my mate Howard Lawson, who is a top banana coach at the Gym over in Barnoldswick I started on the slow and sometimes painful road to recovery. Soon I had my legs spinning on the bikes. With this in mind I decided to buy myself a turbo trainer. Now, I have always thought these to be for "wuzzies" who didn't want to go out when the weather was cold, wet and miserable. But, as they say "when needs must" etc so after searching on the tinternet I ordered one from St John Street cycles. It took about a week to pluck up courage to set it up with my trusty Ellis Briggs in my back bedroom. It was a couple of days before I actually eased my bum onto the Brookes B17 saddle. It was like meeting an old friend! What a revelation this was. I hadn't realised how many perks there were to cycling this way. For example you are always near to a brew stop, a toilet, a comfortable bed, you always seem to be going downhill, no headwind (unlike at the Velodrome), it never rains and, best of all, when you are knackered you can simply stop pedalling!!

Having said all that, you still cannot recreate the buzz that you have when you reach the top of a climb and see a fantastic vista below.

On my travels I've done that many times, but the view from the top of "Coldweather" still takes a lot of beating.

Graham Carter



## \*\*\*THE GISBURN GRIMPER\*\*\*

## What is it?



Starting at junction B6252 & A56 at Thornton in Craven opposite Thornton Manor proceed on A56 towards Skipton turning left at roundabout with A59. Follow A59 through East & West Marton until junction with A682 at Gisburn, left turn. Follow A682 towards Nelson and finishing at The Moorcock Inn.

So far the club has not had Police clearance for this course but if we do this could be a new course for the Evening League. Tell us what you think?

## BOXING DAY DOWNHILL RACE

BLACKLANE ENDS 11.00 AM START  
and afterwards at



'THE WHITE LION', EARBY  
Pie & Peas  
and prize presentation

**WORDSEARCH**

I	T	E	Y	T	S	E	K	O	P	S	D	A	W	L
F	S	Y	O	I	E	N	L	E	E	A	E	S	O	L
D	E	P	R	M	A	O	W	C	A	O	D	C	P	O
L	G	H	K	E	O	R	C	N	Y	N	T	E	C	R
G	N	O	R	T	S	M	R	A	E	C	N	A	L	B
A	I	W	A	R	I	E	H	R	L	D	I	R	E	H
B	P	H	L	I	T	H	A	F	L	M	L	R	A	I
E	M	O	L	A	E	B	I	E	O	I	E	L	T	L
L	A	K	Y	L	A	R	F	D	W	H	E	E	L	L
D	C	P	R	O	L	O	G	R	J	N	H	D	T	C
D	E	P	A	T	R	A	B	U	E	E	W	A	L	L
A	L	D	E	E	F	H	A	O	R	S	N	H	F	I
S	C	M	S	O	S	D	D	T	S	D	I	R	U	M
E	Y	T	G	H	A	N	D	L	E	B	A	R	S	B
E	C	A	R	D	A	O	R	M	Y	M	H	I	W	N
S	A	D	D	L	E	C	D	S	E	A	C	A	I	A

- |              |                |               |
|--------------|----------------|---------------|
| wheel        | spokes         | tyre          |
| frame        | handlebars     | bartape       |
| barends      | saddlebag      | saddle        |
| hub          | timetrial      | roadrace      |
| tandem       | tricycle       | tourdefrance  |
| prolog       | lancearmstrong | yellow jersey |
| pendleforest | hillclimb      | cyclecamping  |
| yorkrally    | ctc            | chainwheel    |

**DON'T FORGET!**

**YOUR ANNUAL *SUBS*  
WILL BE DUE ON  
1ST JANUARY 2008**



**So why not come along to the AGM**

**Wednesday, 30th January  
at  
'Rising Sun', Blacko - 7.30 pm**

**pay your subs and have a drink with friends and  
support YOUR club**

**ANNUAL DINNER DANCE  
AND PRIZE PRESENTATION**

For those of you who did not attend, some 50 people enjoyed a 3 course meal and disco at the Alma Inn, Colne on Saturday night, 17 November. Speeches came from the President Graham Waddington, Secretary Paul Whittaker and Racing Secretary Craig Cowgill with prizes being presented by former Club Secretary Harry Waddington.

Prizes were presented to Dave Metcalfe of Clayton Velo for winning the Evening League in Category 1 with 118 points and runner up Carl Pawson of Nelson Wheelers with 113 points. Category 2 prizes were awarded to Chris Smedley also of Nelson Wheelers who gained 117 points and with 108 points in second place was Martin Welsh. The club's own Paul Complin was the winner in Category 3 gaining 120 points and with 78 points Dan Hurran took second place. Doing well in the Road Races this year meant that Martin Brass was both Road Race Champion and took the John Reynoldson Vets Road Race Cup. Winner of the John Stirzicar 10 mile trophy and the 25 mile cup was Jason Bateman with times of 20.33 for 10 miles which was a personal best for Jason and 54.06 for the 25 miles. The Hill Climb this year was won by Andy Westwell in a time of 3.55 which was a course record. Andy was also the winner of the combined clubs Hill Climb Trophy from both the Pendle Forest and Nelson Wheelers. Simon Phillips was the star of the show this year claiming the 50 and 100 mile trophies with times of 1.55.03 for 50 miles and 4.13.02 for 100 miles, Simon also took the Vets BAR trophy and the club's BAR cup with an average speed of 25.53 mph. Well done to all prize winners.



Qty	Item	Price	Size	Cost on new order
0	ss road jersey	£32.00	4	£37.50
0	ss road jersey	£32.00	5	£37.50
2	ss road jersey	£32.00	6	£37.50
0	ls road jersey	£34.00	4	£39.00
1	ls road jersey	£34.00	5	£39.00
0	Prem ss skinsuit	£58.00	5	£60.50
0	Prem ls skinsuit	£60.00	5	£62.50
1	Prem ls skinsuit	£60.00	6	£62.50
0	bib shorts	£42.00	4	£45.50
1	bib shorts	£42.00	5	£45.50
1	Windtex	£46.00	3	£54.00
0	Windtex	£46.00	4	£54.00
2	Windtex	£46.00	5	£54.00
0	Windtex	£46.00	6	£54.00
1	Gilet	£31.00	4	£31.00
1	Gilet	£31.00	5	£31.00
	biblongs	£31.00	4	£42.50
	biblongs	£31.00	5	£42.50
1	lycra bib kniks	£38.00	5	£38.00
1	lycra bib kniks	£38.00	6	£38.00
1	Thermal Bib Kniks	£37.00	5	£41.50
1	Thermal Bib Kniks	£37.00	4	£41.50
0	Roubaix jacket	£43.00	5	£47.50

## CLOTHING STOCK

Opposite is a list of clothing with the quantity at the side of what Paul has left in stock. If you want to order any item or anything specific, please let Paul know. As you can see prices have gone up. We believe they are also doing sleeveless road tops and baggy mountain bike/touring tops.



## BIKE SEX MAN PLACED ON PROBATION

**A man caught trying to have sex with his bicycle has been sentenced to three years on probation.**

Robert Sewart, 51, admitted a sexually aggravated breach of the peace by conducting himself in a disorderly manner and simulating sex.

Sheriff Colin Miller also placed Stewart on the Sex Offenders Register for three years.

Mr Stewart was caught in the act with his bicycle by cleaners in his bedroom at the Aberley House Hostel in Ayr.

Gail Davidson, prosecuting, told Ayr Sheriff Court: 'They knocked on the door several times and there was no reply'.

"They used a master key to unlock the door and they then observed the accused wearing only a white t-shirt, naked from the waist down.

"The accused was holding his bike and moving his hips back and forth as if to simulate sex".

Both cleaners, who were "extremely shocked", told the hostel manager who called the police.

Sheriff Colin Miller told Stewart: "In almost four decades in the law I thought I had come across every perversion known to mankind, but this is a new one on me. I have never heard of a 'cycle-sexualist'.

Stewart has denied the offence, claiming it was caused by a misunderstanding after he had too much to drink.

The bachelor had been living in the hostel since October 2006 after moving from his council house in Girvan.

He now lives in Ayr.



Cleaners caught Mr Stewart simulating sex with a bike