THE PEDALLER
Yeovil Cycling Club
April 2025

Tuesday Evening Challenge

The first event of the 2025 Evening Time Trial Series is on Tuesday 1st April. Start time is 6:30pm, so you need to be at the HQ, and signed on, by 6:15. The HQ will open at 5:45. The full list of dates is on the back page.

We have a new HQ for this season, for all the events. It is the Davis Hall in West Camel. It is located on Howell Hill, BA22 7QX. From there you can ride along the new road to the start, allow 5 minutes for the 5 course and a little more for the new 10 course.

The 10 course starts in the middle of RNAS Yeovilton, by the old Ward Room Gate. The course name is UC31 and if you go onto the CTT website you will find a course description as well as a full listing of our events.

We have two Come and Try It events at the start of the season, which are free for all to enter, you don't even need to be a member of a cycling club. The 5 on 8th April and the 10 on 22nd April. So spread the word. Entry fees for the remaining events are the same as last year: £4 for YCC riders, £5 for other CTT affiliated clubs. 18s and under £3.50.

Riders aged 18 and under will have to have a parent/guardian with them for their first ride as they need to sign a Consent Form.

These events are run under CTT Rules and Regulations. You must have working lights, front and rear, whilst you are on the course. You will not be allowed to start without lights.

You don't need a fancy TT bike, or even to be fast. Time Trialling is all about your personal goals. Watch your time improve or measure your performance against riders of a similar ability. Come along and give it a try.

VE Day 80th Anniversary Cycle Ride in France

The 8th May 2025 will mark the 80th anniversary of VE Day. It is an opportunity for the nation to come together to honour and pay tribute to the Second World War generation from across the UK and Commonwealth, through a series of National and local events and activities.

This July, Jones Building Group invite you to explore Normandy's wartime history, and the success D-day had on creating a path to victory for the Allies. Over fivedays we'll cycle through Normandy, marking the Anniversary and remembering the sacrifices made by all those who fought in both World Wars.

With your support we will be raising funds for Jones Building Groups chosen charity, Children's Hospice South West. Between now and July we intend to enjoy some fundraising fun events for all your family, together as a group. More details can be found on page 6.

David Vincent

John Butler Memorial ride for 2025

We intend running this commerative ride on Thursday 17th July. There will be an option of three starting points; Palmer's Yeovil, parking at Mere and meeting up at Stourhead and finally Nunney. Car parking at Mere and Nunney is still free according to an internet search, but as we know that may change. The route will be one of John's to Bath but not to do the tow path element – not sure that many really enjoyed the awful surface.

If you missed the email...

Standards on Club Runs
The Club Runs should be a place where everyone feels welcome and secure. These are social runs which we split into groups in order to put riders of a similar ability together. We take rider safety very seriously, which includes both physical and mental welfare.

Club runs are not training rides nor are they the exclusive preserve of any subset of riders. They should be open to all club members provided they comply with the guidelines below. If a rider makes a mistake, as we all do from time to time, education and guidance should be offered. If that guidance does not lead to an improvement then please let the runs leader, or any member of the Committee, know in a timely fashion so the matter can be dealt with promptly.

The pace of each group should be dictated by the slowest rider in each group. Riders are expected to ride as a group and look after one another. Individual riders should be aware of the abilities of others and adopt a pace suitable for all, not constantly accelerating off the front. If a rider is in a group that is not suited to their ability then ask them to consider moving down, or up, a group.

The Club operates under BC Guidelines with regard to safeguarding and inclusivity. This means everyone has the right to be a club member and participate in the club activities. We expect all riders to behave with civility and tolerance at all times

Basic rules to be observed when riding in a group so that the ride is safe and enjoyable:

- Ride steadily. Keep a steady line and a constant speed while in a group. Any sudden change is magnified as it reaches the back and so can have dramatic consequences.
- Ride two abreast where it is safe to do so but always be prepared to single out when necessary. Ride immediately behind the rider in front – do not overlap either forwards or sideways. Never ride more than two abreast.
- When approaching a hill, anticipate the gradient and change gear in good time. Missing a gear change on a steep slope can bring you to a sudden halt – not a good thing for the riders behind you!
- The group should always wait for riders who have a problem be it mechanical or otherwise. The group should collectively ensure that no-one is left behind and that anybody who is dropped has no health problems knows where they are and is able to get home. Riders towards the rear have a responsibility to keep the rest of the group informed about riders who have any problems.
- It is essential that every rider remains constantly aware of what is going on around them, especially the position and movement of other riders in the group. To minimise the risk of an accident you must ride with care and consideration for all other road users.
- You must communicate to your fellow riders when you intend to change position or speed on the road or when you see a potential hazard.
- Keep to the left if riding slowly uphill, to allow faster riders to overtake safely.
- Remain within sight of the next rider behind you; the whole group can then quickly be made aware if someone has stopped for any reason.
- Tell another member of the group if you intend to leave the ride at any time.
- Do not 'undertake' by passing to the left of a rider.
- Do not 'overtake' by passing between riders.
- Do not overlap the rear wheel of a cycle in front of you. Viewed from the side there must be daylight between your front wheel and the rear wheel of the rider in front.
- On very quiet roads, with long sight lines, it may be acceptable to ride in large groups, but the default position is to split into small groups of no more than 8 with a gap of at least 4 car lengths between each group. This enables drivers to overtake by leap-frogging from one gap to the next.
- Try not to ride in a gap between groups; either catch up with group in front or drop back to join the group behind.

Most importantly enjoy the ride, have fun, be safe and considerate.

Note The Thursday rides are a 9am start from now until the clocks go back.

Sunday morning runs
9:00am at Athletics Track
April
6 Cheddar Backwards, Bishops Palace cafe, & Sweets, Long, 2 stops. Middlewick Farm, Medium/Short.
13 Bere, Jim's Cider Shack, Medium/Short
20 Easter Sunday, Westhay, Sweets, Medium/Short
27 Milton Abbas, The View Cafe, Medium Boy's Hill, Round Chimneys Farm, Short.

May
4 Wells, Medium, Bishops Palace Cafe Glastonbury, Short, Many cafe's to choose from
11 Weymouth, Long, Oasis Cafe or the Dorset Kitchen.
Dorchester, The Market Cafe., Medium
Boy's Hill, Round Chimneys Farm, Short
18 Maunsel Lock ,Canal Centre Cafe x 2, Medium and Short
25 Chard, Medium, Potting Shed Cafe at Chard Garden Centre
Ilminster, Short, Jordans Courtyard ,

June
1 Burnham on Sea, Long, May's Cafe, Westhay, Medium, Sweets Tea Room, Godney, Short, Double Gate Farm Cafe
8 Dorchester Medium & Shorter. The Market Cafe
15 Shearwater, Lake Tea Rooms, Long Medium, Stourhead, NT Cafe, Short, Boy's Hill, Round Chimneys Farm,
22 Westhay, Sweets, Medium & Short
29 Cheddar Backwards, Long, two stopper, Bishops Palace Cafe & Sweets Middlewick Farm Cafe, Medium Galhampton, Mabels, Short

July
6 Wincanton, Otter Nursery Cafe, Keinton Mandeville, Newlands Farm Cafe, Short,
13 Lulworth Cove, Long, NH Cafe Moreton, Medium, Walled Garden Cafe, King Stag, Short, The Coffee House
20 West Bay, Several cafes to choose from, Medium
Broadwindsor, Stable Yard Cafe, Short
27 Cranmore, Station Cafe, Medium Castle Cary, The George Hotel, Short

August
3 Langport, Groups choose between, The Bridge, The Wharf or Corks (Kelways), Medium & Short
10 August, Sandra's Hundred, Long, Sweets Tea Room (Westhay), 25 Mile (Coxley) and 75 Mile Weston Zoyland, catered by Marilyn Cottle.
17 Bere, Jim's Cider Shack, Medium and Short routes, Reversible if it rains on the 10th,, Medium & Short
24 Maunsel Lock ,Canal Centre Cafe, Medium and Short
31 Cheddar, Masbury Cafe at the Rocky Mountain Garden Centre, or the Priddy Good Cafe at Priddy, Long
Sweets at Westhay Medium
Godney, Double Gate Farm Cafe, Short

Away with you

Now that the days are lighter, and hopefully a lot warmer and drier, the Thursday runs see the return of the Away Day rides as well as an increase in ride length.

The Away days aim to cover areas we cannot easily reach from a start in Yeovil. WIthin a drive of around half an hour, and based at an accessible, and hopefully free, car park the rides provide a welcome change in scenery and/or terrain.

All are welcome. Depending on how many riders there are it is either divided into two ability groups, or one group of up to eight riders travelling at a pace suitable for the slowest riders.

Thursday all day runs. Meet at Palmers Garden Centre at 9:00am

April

3 Milton Abbas, View Coffee Shop
10 Portland Bill, Cherries Abbey Farm, & Overcome Beach Cafe
17 Uphill – Glastonbury, & Boathouse
24 **Away Day** – Test Valley, Start Andover, Dobbies, Leckford Farm Shop, Lunch The Wheatsheaf

May

1 Stourhead, Kimber's & Stourhead
8 Quantocks- tbc
15 Cheddar, Sweets & Bishop's Palace Wells
22 **Away Day** Start Ottery St Mary Lunch Route 2 Topsham
29 Blandford Forum, Spire Hill Café, & Lo's Café Pimperne

June

5 Beer –Barley Mow (tbc) & Beach Cafe
12 **Away Day** Start Glastonbury – Fairland & Uphill
19 Langford Budville, Monks Yard & White Post
26 Bradford on Tone – Coffee Stables Café Fivehead, Lunch Rumwell's

Cycling Shorts

Under pressure

If you are using inner tubes, whether they are Butyl or the fashionable TPU variety, the next time you have the tyre off check your rim tape. The Rim tape should stop the tube expanding into the hole where the top of the spoke is located, but over time the cheaper tapes will secum to the pressure of the inner tube and eventually it ends up covered in dimples. When the dimple splits the inner tube will often burst too.

I recently removed a TPU tube, after less than six months use, and when it was lightly inflated it was covered all the way round in small lumps where it had deformed into the dimples in the rim tape. One of which had split. Despite being expensive carbon wheels the rim tape was very thin, they now have a better quality tape fitted.

TPU two

TPU may be very light and small but you do need to take care especially when inflating them. Do not exceed 5psi until the tube is fully covered by the tyre, it may well inflate like a baloon and burst.

Carbon Crush

If you do your own maintenance then you probably have a workstand. Most workstands were designed to hold a uniform aluminium tube, not modern carbon fibre frames. The clamps can extert a lot of force when they are tightened to hold the bike, but if the sides, or top and bottom, of the area you are clamping are not parallel you risk crushing the widest part.

Carbon Frames may apear incredibly strong but they are also very thin in the areas that are not under stress when you ride. So if you clamp a carbon frame in a weak area the force you apply as you close the jaws of the clamp may be strong enough to crush the frame.

There is an option, Silca make a unit that clamps into the work stand. The bike then fits onto this tool holding it firmly but without excess pressure on any part of the frame. At £150 it is not cheap, more than the workstand!

If you don't want to spend that amount of cash then just be careful where you clamp and how tightly. A new frame will not be cheap and porobably not covered by any insurance!

Trophies

At the AGM back in September Mark Fisher took on the role of 'Records Secretary'.
Firstly we'd like to apologise to all the members who might have won a trophy in 2023. We're working hard to get this sorted.
For those of you that won one of the trophies in 2024, please be assured that we're working on these as well.
If you have a club trophy please can you contact Mark Fisher to arrange it's retrurn.

The Tour starts here

If you missed the recent announcement, which even made the National news headlines, we're set to witness the largest free sporting spectacle in British history - with millions expected to line the streets! Yes, the Tour de France and Tour de France Femmes avec Zwift, will both take place in the UK in 2027, marking the first time both the men's and women's Grand Départs will take place in the same country (outside France)..

The men's Tour de France will begin in Edinburgh, Scotland. Further route details for both the men's and women's 2027 Grand Départs will be announced in the Autumn, with the focus on maximising the opportunity to showcase Britain's diverse landscapes alongside the nation's enthusiasm for cycling and inspiring as many people as possible through the event.

16th to 21st July – VE Day ride

The journey will start on the evening of Wednesday 16th July. We will travel to Portsmouth in the evening for our overnight crossing to St Malo.

Fresh from the overnight ferry crossing we will head on our supported ride, cycling 290 miles and touring the five D-Day beaches: Sword, Juno, Gold, Omaha, and Utah. Along the way we shall visit other key historical areas including Bayeux, Arromanches-les-Bains, Pegasus Bridge, Sainte-MèreÉglise and many more.

We return home in the evening of Monday 21st July from Cherbourg to Poole.

On Thursday 17th July we cycle from St Malo to Granville (72 miles), Friday 18th July we cycle to Bayeux (61 miles), Saturday to Port en Bassin (59 miles), Sunday to Carentan (62 miles) and on Monday to Cherbourg (36 miles).

The cost of the trip will be £650. This includes ferry crossings, including a cabin on the outbound journey, 4 nights hotel bed and breakfast accommodation, 5 lunches, bike transport to and from Yeovil and coach travel to Portsmouth and from Poole. You will be supported throughout the ride by the support team, who will transport your luggage and provide feed stations each day.

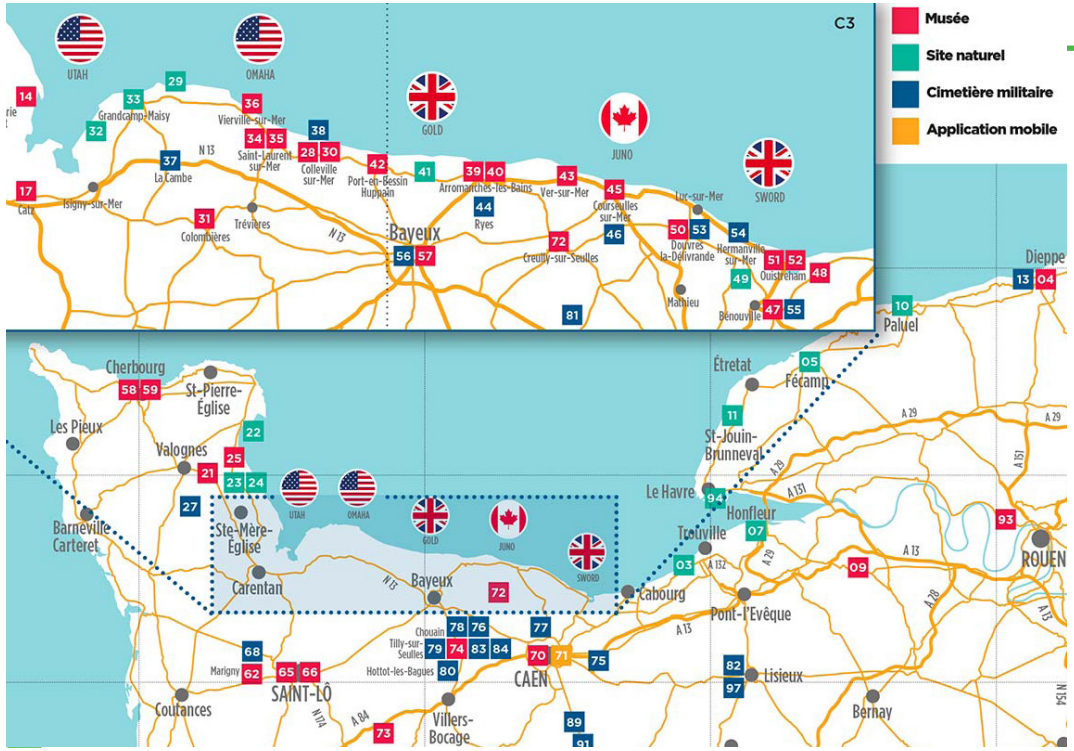
All cyclists are welcome, regardless of ability and they will cycle in groups according to their ability.

The event is being organised by Marilyn Cottle, she has a great track record with events like this. Route planning by Martin WIlls, need I say more.

Please contact Marilyn, marilynacottle@gmail.com, if you are interested in taking part in the event.

Entry forms will be available shortly. More information and Garmin routes will be sent out nearer the time.

We hope you can support this event and if you have any questions then please ask.



Racing Support for club riders in 2025

Don't forget that the Club has a racing support scheme, open to any club member, subject to the terms below, that offers some financial assistance towards the cost of racing in YCC colours. There is an allowance for entry fees and travel expenses, in return we ask for a commitment to a full season of events and a race report covering each ride.

The general principles of the scheme are:

- Any applicant must have been a member of the club for at least 6 months and must remain a member for a minimum of 6 months after receipt of any payment.
- The applicant must demonstrate a serious race programme for the year. Ad-hoc and one off events will not qualify.
- The Club will provide a subsidy of 50% of the race entry fee and travel expenses up to a maximum of £250 per member.
- Where more than one member is attending an event they will be encouraged to travel together and only one may make a claim.
- All claims must be submitted after the event with proof of entry, mileage details and a race report submitted to the Press Secretary.
- Claims to be made monthly in arrears to the Treasurer.
- In the event of a rider qualifying for a National event a greater subsidy may be applied at the Committee's discretion.
- A maximum of £2000 will be allocated to the scheme in any year.

You can request support, and a claims form from anyone on the Committee. Your request will be reviewed and if successful you will be notified promply. Expenses can be paid directly into your bank account or as a cheque, the choice is yours..

Evening TT Dates

Date	Start	Notes	Distance
01/04	18.30		5
08/04	18.30	try it for free	5
15/04	18.45		5
22/04	18.45	try it for free	10
29/04	18.45		10
06/05	19.00		10
13/05	19.00		5
20/05	19.00		10
27/05	19.00		10
03/06	19.00		10
10/06	19.00	try it for free	5
17/06	19.00		10
24/06	19.00		10
01/07	19.00		10
08/07	19.00		5
15/07	19.00		10
22/07	19.00		10
29/07	18.45		5
05/08	18.45	club handicap	10
12/08	18.45		10
19/08	18.45		5
26/08	18.30	club handicap	5
02/09	18.30		5
09/09	18.30		5
05/10	10.30	club hill climb	1
12/10	10.30	reserve date	1

Obituaries

Sadly two cycling friends have come to the end of their journey recently. Mike Northcott was our club Secretary and road race Organiser for quite a number of years. He died in Yeovil Hospital on 16th March. His funeral is at Yeovil Crematorium on 7th April at 12:40

Tom Cox, not a YCC member, but a committed time trial enthusiast. Tom regularly rode our events, and organised time trials in the area too. He was Secretary of the CTT West DC. Tom had recently emigrated to Spain but was still organising and doing his secretarial work from his new home. Tom died on 23 February peacefully in his sleep

Bike box update

Do we need new bike boxes to cope with disc brakes and through axles? See the topic on our Facebook page.

ESSENTIAL CONTACTS

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NEWSLETTER & CLOTHING
DAVID NOTLEY 01963 440291

Need a bike box?

The charge is £3 per day . There is a deposit which will be refunded when the box is returned intact.

Simon Bracher is the man to speak to. Full details are on the Membership page of the website, including the booking form. If you want to hire one, or both, of the boxes the first thing you need to do is contact Simon to see if the dates are free.

Please remember that these are on a first come first served basis, but if you have hired them and for whatever reason no longer need them please let him know as soon as possible to give other club members a change to use them.