

Velo Club Norwich

**December 2012
Newsletter**

Bigger committee - bigger plans

A well-attended AGM heard about a successful year for VC Norwich and big plans for 2013 which include getting a women's racing team up and running, putting on our own club TTs and a hillclimb and simply remaining the best cycling club in Norfolk if not ... (add your own geographic reference here).

The committee has grown, while Steve Swift remains as chairman. Committee responsibilities will be sorted out at the first committee meeting but the members for 2013 are:

Rob Stronge
Stewart Lyons
Jen Smart
Bob Carter
Neil Vaughan

James Browne
Owen Marsden
Clive Rayner
Ian Doe
Rob Smith

Matt Gates
Mark Smart
Markos Janes

In reviewing the past year, Steve was able to say that we'd had more members than ever before, with so many of them out and riding too. We'd been on the telly and radio and in magazines, we were seeing more people than ever before turning out on Sunday morning club rides, we'd been a high visible presence on big local cycling events such as the Norwich and Boudicca 100s and the Tour Ride and our honorary members Victoria Williamson and Emma Pooley were continuing to do as proud on road and track.

Treasurer Owen Marsden reported on a sound year financially, just over £13,000 coming in, just under £12,000 going out and net assets of nearly £10,000.

Looking ahead Steve outlined our plans to add to our traditional calendar with a new club TT series, a Club TT Come and Try day, and possible participation in a new circuit series based on the Elveden Estate. Watch this space for that.

Join us for some Christmas cheer:

It's the fourth Sunday in Advent on December 16th and as is traditional at this time of year we gather round the buffet to give praise for the cycling year. Or something like that. We'll have a ride in the morning as usual (weather permitting of course) and then a bite to eat at the White Horse in Trowse. Even if there's no ride there's still a buffet so please make the effort to come along and join us.

Here's some Tinsel as a reminder:
(ask a 'Twilight' fan...)



RENEW NOW!

As 2013 approaches it's time to renew membership. A full membership form is attached. BUT, we'd much rather you did a bank transfer (details on the form) and send an email to membership@vcnorwich.co.uk cc to treasurer@vcnorwich.co.uk and you're done.

Getting in a flap for winter

Let us spray ... or rather, let's not, says Steve Swift:

It's that time of year again. Some of us can remember the good (bad) old days when clubs decreed that members must fit mudguards to their bikes before turning up for winter rides. In fact many of your older colleagues had a winter hack that as well as the mudguards would also have a steel frame, a large saddle bag and almost more important than anything else a fixed wheel. The only things missing were the horse hair cycle shorts and the spike for a saddle. In fact there is a lot of sense to a set of mudguards and on the basis that they have been the subject of debate on a number of recent wet club rides here's some wisdom from times gone by...

Let's start with the idea that mudguards are to keep you dry. Wrong: unless you only ever ride on your own. Whilst almost anything mudguard shaped will keep your own *rse dry a set of proper mudguards is also for the benefit of those riding around you, particularly those behind. This is especially important in Norfolk where the road surface is regularly augmented with the contents of the neighbouring fields.

The choices these days are wide, from high quality lightweight "permanent" 'guards like the SKS chromoplastics, to the new generation of temporary items designed to fit race bikes that have minimal clearances and no mudguard mounting tabs. Both are an improvement on no 'guards at all, but to do the job properly they both need a mudflap.



The leather look

any flexible material and I have seen everything from a leather bookmark to strips of plastic milk bottle pressed into service. A similar addition to the front wheel is an excellent way to keep your feet dry!

VC Norwich will never make mudguards compulsory, but we all appreciate riding with people who have them. If you want to win friends and wheel suckers then a nice set of mudguards with a good long mudflap is an excellent start!

The mudflap catches the spray as it comes off the bottom of the wheel and our forefathers often had club rules about the length of this vital component, usually specifying that it must come to within 2" of the ground. The mudflap is an opportunity for creative freedom: it can be made from



One of 57 varieties of mudflap

Steak Your Claim - prize dinner

Time to do two things ... book your place at the dinner and claim your prize.
The place: Caistor Hall. The date: Saturday, February 2nd, 2013

First: book your place and your meal. It's £21.95 per person (you are welcome to bring a partner/guest/family/friend/dog). Actually not a dog. Unless it's a guide dog. Simply have a look at the menu which is listed in full at the end but can be summed up as follows - Starter; soup, salmon or chicken: Main; Pork, haddock or veggie: Dessert; Apple tart, cheesecake or brownie. Simple.

Make your choice and send it with a cheque for the appropriate amount made payable to VC Norwich to Neil Vaughan, 40 Chestnut Hill, Eaton, Norwich, NR4 6NL.

Do it now, don't leave it until the last minute, and put a good, sociable night in your diary.

Second: Stake your prize claim. As well as trophies for racing and other things decided by the mysterious awards sub-committee, there are awards for TT performance during the last season. Also at the end of this newsletter is a list of TT award standards. Check them out and if you have achieved any of the qualification times then drop an email giving the time, the date, and in which event to timetrialling@vcnorwich.co.uk, in other words, the aforementioned Neil Vaughan, and then come along to collect your award on the night.

Hunstanton: Earplugs recommended

The clubs annual Tour of Norfolk will take place on the weekend of 23/24 February 2013. This involves cycling to Hunstanton on the Saturday, an overnight stop at Hunstanton YHA followed by a ride back to Norwich on the Sunday.

The group stays together until lunchtime on the Saturday (riding at a leisurely pace) when it is split into two groups and those who want to can do a slightly longer faster loop. Lunch is normally in a pub / cafe on the route. We normally arrive in Hunstanton around 3pm having ridden 50-60 miles. There is a support vehicle in case of mechanicals.

Saturday night we all head out for a meal and a few drinks. Breakfast is served at the YHA. Ear plugs are recommended if sharing a room with our Chairman!

Sunday's ride aims to get back to Norwich early afternoon.

Cost is £26 for bed and breakfast. Evening meal, lunch and any drinks or other food are paid for individually.

This has always been an excellent social weekend and places get snapped up quickly. It is open to all members.

If you would like to come please email Will Russell willdrussell@btinternet.com There are only a handful of spaces remaining. Please would all those who have expressed an interest make payment of £26 to:

Account name - Velo Club Norwich

Number - 23946371

Sort code - 403509

and mark your transfer with your name and 'TofN'

Get your entry in now for a springtime treat

Online entry for the Boudicca Sportive opened on December 1st, it'll cost you £22.60 for the 100 mile if enter online at British Cycling. The date is Sunday, May 19th and the starting point as last year is World Horse Welfare at Snetterton. The ride's a collaboration of Norfolk cycling clubs, including VC Norwich, and we do get to bid for money raised if there's a project we need funding. So we'll be looking for volunteers to help as well. Email chairman@vcnorwich.co.uk if you fancy helping out.



Doe's Sunday double - clubride and CycloX

Thanks to Beth Coley for pointing out a good showing for VC Norwich in the Eastern Daily Press this week, and special brownie points for Tom Doe for whom the club ride on a Sunday morning is obviously not enough. He then went off to perform creditably well in the Hempton, Fakenham Cyclocross event. And there was another VCner, Sally Withey, as guest of honour. Full details on the local rag website:

[http://www.edp24.co.uk/sport/other-sport/norfolk-cycling/gabor s late attack in hempton cyclo cross breaks deadlock 1 1705489](http://www.edp24.co.uk/sport/other-sport/norfolk-cycling/gabor%20s%20late%20attack%20in%20hempton%20cyclo%20cross%20breaks%20deadlock%201%201705489)

Coley's Clinic - coming in January

The aforementioned Beth Coley (this month's Newsletter score: Beth 2, Lou 0), not content with starting off the Cambridge-Norwich Sportive which raised thousands for the Norfolk and Norwich Hospital, is setting up her own business which will be open next year.

The website <http://pedalclinic.com/> explains more, but being a qualified trainer and coach she can help you find your key performance. And it means pedalling indoors which is always a bonus at this time of year. Beth's based in Dereham at Tri Harder on Greens Road.



Get a rub down for educational purposes

The following email from Ben Boothroyd. Contact him direct if you're interested:

I am hoping you can help me. I will be starting a Sports Massage and Remedial Therapy course in early December, as part of the course I have to give a minimum of 2 practice treatments a week. Would you mind circulating an email around the club with my contact details offering massage?

I have student insurance through the Institute of Sport & Remedial Massage, and am not allowed to charge while training, so massage would be free. I am myself a very keen cyclist, so have an understanding of the muscle groups most affected.

Ben Boothroyd benboothroyd84@gmail.com

Emma Pooley - rolling with the Swiss



Good news for our honorary member Emma Pooley after the dissolution of her dutch racing team left her without a pro ride for the coming season. Alongside working on her university doctorate she'll be riding for the Swiss team Bigla Cycling.

Quoted on the BBC Sport website she said "I'm looking forward to this new challenge and I'll do my best to help the young riders on the Bigla team to make the step up."

Pooley, 30, was a silver medallist at the 2008 Beijing Olympics.

The Norfolk rider added: "Next year will be different for me than the last few years, because I'll be spending the winter studying to finish my PhD.

"That will mean a slower start to the season. But Bigla will give me plenty of racing opportunities, some fun new challenges, and also the freedom to focus a bit on my own goals in the time trial."

A Revolution in Christmas shopping

If you can get someone to play Santa get them off to our sponsors Pedal Revolution. A current VC Norwich membership card will get you a ten per cent discount.

Keep informed - or inform us

Don't forget that you can follow club news on the website www.vcnorwich.co.uk and of course follow the club Twitter feed @VCNorwich. And if you've got something to share via the newsletter, a cycling experience, a point of view, ideas, or just to praise a favourite piece of kit, send it in to newseditor@vcnorwich.co.uk.

The King's New Skinsuit

Lightweight, aerodynamic, allowing the air to flow over the skin for efficient cooling, this new skinsuit must become the look for 2013. Although we're still working on where to put the phone while out on a ride. No suggestions needed.

This pic came as a result of a failed bet on X Factor.

Kevin Bilham has learnt some important lessons:

1. Don't bet on the X Factor
2. Don't allow the collection of pictorial evidence and:
3. Once it's one Twitter ... it's public.



Happy Christmas!

Norwich Velo Club Annual Awards Dinner

Saturday 2nd February 2013

£21.95 per person

Tomato and basil soup with pesto and croutons

Smoked salmon roulade with prawn and dill salad

Chicken and winter vegetable terrine with homemade chutney and melba toast

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Pressed belly of Dingley Dell pork with mustard mashed potato, wilted spinach, glazed apples and shallots with calvados sauce

Poached smoked haddock with leeks, wilted greens, smoked salmon sauce, new potatoes and poached hens egg

Open lasagne of roasted Mediterranean vegetables, tomatoes, garlic and basil accompanied with a rocket and parmesan salad

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Toffee apple, pecan nut tart with vanilla pod ice cream

Citrus cheesecake with berries and crème Chantilly

Rich chocolate brownie and chocolate sauce

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Tea and Coffee

### VCN MEN'S STANDARDS

|                  | <b>GOLD</b>      | <b>SILVER</b>    | <b>BRONZE</b>    | <b>Certificate</b> |
|------------------|------------------|------------------|------------------|--------------------|
| <b>10 miles</b>  | <b>23.00</b>     | <b>24.30</b>     | <b>26.00</b>     | <b>27.30</b>       |
| <b>25 miles</b>  | <b>1.00.00</b>   | <b>1.03.30</b>   | <b>1.07.00</b>   | <b>1.09.30</b>     |
| <b>30 miles</b>  | <b>1.12.00</b>   | <b>1.16.00</b>   | <b>1.20.00</b>   | <b>1.23.00</b>     |
| <b>50 miles</b>  | <b>2.00.00</b>   | <b>2.07.00</b>   | <b>2.15.00</b>   | <b>2.20.00</b>     |
| <b>100 miles</b> | <b>4.20.00</b>   | <b>4.40.00</b>   | <b>5.00.00</b>   | <b>5.10.00</b>     |
| <b>12 hours</b>  | <b>240 miles</b> | <b>225 miles</b> | <b>210 miles</b> | <b>195 miles</b>   |
| <b>24 hours</b>  | <b>450 miles</b> | <b>425 miles</b> | <b>400 miles</b> | <b>375 miles</b>   |

### VCN WOMEN'S STANDARDS

|                  | <b>GOLD</b>    | <b>SILVER</b>  | <b>BRONZE</b>  | <b>Certificate</b> |
|------------------|----------------|----------------|----------------|--------------------|
| <b>10 miles</b>  | <b>26.00</b>   | <b>28.00</b>   | <b>29.30</b>   | <b>31.00</b>       |
| <b>25 miles</b>  | <b>1.05.00</b> | <b>1.10.00</b> | <b>1.15.00</b> | <b>1.20.30</b>     |
| <b>50 miles</b>  | <b>2.10.00</b> | <b>2.20.00</b> | <b>2.35.00</b> | <b>2.40.00</b>     |
| <b>100 miles</b> | <b>4.40.00</b> | <b>5.00.00</b> | <b>5.20.00</b> | <b>5.30.00</b>     |

### VCN BOYS' STANDARDS

| <b>AGE</b>   | <b>DISTANCE</b> | <b>GOLD</b>    | <b>SILVER</b>  | <b>BRONZE</b>  | <b>Certificate</b> |
|--------------|-----------------|----------------|----------------|----------------|--------------------|
| <b>12-14</b> | <b>10 miles</b> | <b>27.00</b>   | <b>29.00</b>   | <b>31.00</b>   | <b>32.00</b>       |
| <b>14-15</b> | <b>10miles</b>  | <b>26.00</b>   | <b>27.30</b>   | <b>29.00</b>   | <b>30.00</b>       |
| <b>15-16</b> | <b>10 miles</b> | <b>25.00</b>   | <b>26.30</b>   | <b>28.00</b>   | <b>29.00</b>       |
| <b>16-17</b> | <b>25 miles</b> | <b>1.04.00</b> | <b>1.08.00</b> | <b>1.12.00</b> | <b>1.14.00</b>     |
|              | <b>10 miles</b> | <b>24.00</b>   | <b>25.30</b>   | <b>27.00</b>   | <b>28.00</b>       |
| <b>17-18</b> | <b>25 miles</b> | <b>1.02.00</b> | <b>1.06.00</b> | <b>1.10.00</b> | <b>1.12.00</b>     |
|              | <b>10 miles</b> | <b>23.00</b>   | <b>24.30</b>   | <b>26.00</b>   | <b>27.30</b>       |
|              | <b>25 miles</b> | <b>1.00.00</b> | <b>1.03.00</b> | <b>1.07.00</b> | <b>1.10.00</b>     |

### VCN GIRLS' STANDARDS

| <b>AGE</b>   | <b>DISTANCE</b> | <b>GOLD</b>    | <b>SILVER</b>  | <b>BRONZE</b>  | <b>Certificate</b> |
|--------------|-----------------|----------------|----------------|----------------|--------------------|
| <b>12-14</b> | <b>10 miles</b> | <b>30.00</b>   | <b>32.00</b>   | <b>34.00</b>   | <b>35.00</b>       |
| <b>14-15</b> | <b>10miles</b>  | <b>29.00</b>   | <b>30.30</b>   | <b>32.00</b>   | <b>33.00</b>       |
| <b>15-16</b> | <b>10 miles</b> | <b>28.00</b>   | <b>29.30</b>   | <b>31.00</b>   | <b>32.00</b>       |
| <b>16-17</b> | <b>25 miles</b> | <b>1.12.00</b> | <b>1.16.00</b> | <b>1.20.00</b> | <b>1.22.00</b>     |
|              | <b>10 miles</b> | <b>27.00</b>   | <b>28.30</b>   | <b>30.00</b>   | <b>31.30</b>       |
| <b>17-18</b> | <b>25 miles</b> | <b>1.10.00</b> | <b>1.14.00</b> | <b>1.18.00</b> | <b>1.22.00</b>     |
|              | <b>10 miles</b> | <b>26.00</b>   | <b>28.00</b>   | <b>29.30</b>   | <b>31.00</b>       |
|              | <b>25 miles</b> | <b>1.08.00</b> | <b>1.12.00</b> | <b>1.16.30</b> | <b>1.21.00</b>     |



# Velo Club Norwich

Thank you for your enquiry about membership of VELO CLUB NORWICH. You are welcome to take part in a few club rides before deciding to join us. Sunday Club Runs are divided into levels of ability, when possible. Other club rides are available.

The club's aim is to cater for and promote all aspects of cycling for everyone from the age of 12 and to encourage and support competition in the form of time trialling, road racing, cyclocross, track and mountain-biking.

Members of VC NORWICH will be able to purchase a range of cycling and casual clothing, including short sleeve jerseys and bib-shorts in club colours at subsidised prices. Although members can wear any jersey/shorts on club rides, everyone is encouraged to wear club colours on the Sunday Club Runs, where weather conditions permit. Some racing rules insist on club colours being worn when competing.

Cups, trophies, shields & medals are awarded annually to members for success in competition on behalf of the club. For more details about VC NORWICH visit our website at [www.vcnorwich.co.uk](http://www.vcnorwich.co.uk) Any questions can be sent to us at [veloclubnorwich@hotmail.co.uk](mailto:veloclubnorwich@hotmail.co.uk)

## Annual Membership Fees 2013

|                                                                                     |               |
|-------------------------------------------------------------------------------------|---------------|
| <b>Aged 18 and over</b>                                                             | <b>£20.00</b> |
| <b>Students in full time education, Unemployed, Senior Citizens and Age 17</b>      | <b>£7.50</b>  |
| <b>16 and under (First year free)</b>                                               | <b>£4.00</b>  |
| <b>Second Claim (not full membership, for those members of other cycling clubs)</b> | <b>£10.00</b> |
| <b>Family (partners and up to 2 children)</b>                                       | <b>£30.00</b> |

### Payment options:-

#### 1) By Cheque

All cheques payable to "VELO CLUB NORWICH"

#### 2) By Direct Bank Transfer.

Bank details :

A/C name - Velo Club Norwich

A/C number - 23946371

Sort code - 40-35-09

Please put your name as the reference & email us at [treasurer@vcnorwich.co.uk](mailto:treasurer@vcnorwich.co.uk) to confirm.

If you join between 1st October and 31st December, your membership is valid until 31<sup>st</sup> December of the following year. Otherwise, all memberships expire on 31st December. Fees are reviewed annually at the AGM.

Members will receive a membership card which will include ICE details and should be carried at all times. Upon production, it qualifies full members to 10% discount at Pedal Revolution, except sale items.

It is advisable for club members to have their own insurance from either British Cycling or Cycling Touring Club. All members are advised to wear helmets at all times when riding.

All members are expected to behave in a responsible manner whilst engaged in club activities.

Name.....

Age/Date of Birth.....

Address.....

Home Tel No.....

.....

Mobile.....

.....

Email.....

Postcode.....

Amount paid £..... Date.....

### In Case of Emergency:

Contact person.....

ICE Contact Tel No.....

Signed.....

**Parental Consent** (Required if under 18 years of age): I .....(name of parent/guardian of the young person), parent/guardian of .....(name of young person participating), being aged over 18 years, hereby give permission for him/her to take part in cycling activities with Velo Club Norwich

**Signed Parent/Guardian.....**

Please return signed membership form with cheque or payment details to:  
**JEN SMART - SUNNYSIDE, STATION ROAD, CANTLEY, NORFOLK, NR13 3SH.**