

Velo Club Norwich

**November 2014
Newsletter**

It's AGM time

The White Horse, Trowse, 8pm, Monday November 17th

It's time for a look back at what VC Norwich has done this year ... and a look forward to what's coming. And it's also your chance to have a say in what happens.

We have a draft agenda – but if there is something you want to talk about then we can put it on as 'any other business'. If you have something you want to raise please email info@vcnorwich.co.uk.

We're also keen to hear from anyone who wants to help run the club and events in the coming year. You can do as much or as little as you like. We are looking for people to join the club committee or to organise events. If you think you can help please get in touch as above or have a word on the night.

Please make every effort to attend on Monday, November 17th, 8pm, at the White Horse to help us make the club even better in 2014. There's tea and coffee laid on and we hope to have time for a drink in the bar and a chat afterwards.

And if you have ordered new club kit, and have yet to collect it, it will be available for collection on the night from Clive Rayner who'll also bring some spare stock along for sale.

So ... club chat, free tea and coffee and new kit ... where else would you want to be on a Monday night.

And looking ahead to (say it quietly) Christmas

VC Norwich's annual Christmas ride is probably most people's high point of the festive season. Putting a family dinner with turkey and trimmings well into the shade, we gather at the White Horse in Trowse for lashings of (mainly) chips. Put the date in your diary now, December 14th. For newcomers – we have a slightly truncated club ride and gather at the pub at lunchtime for a chat, a few drinks and (mainly) chips. Look out for an 'event' on Facebook to sign up.



Audax time ... VC Norwich riding high

We'll come onto the Norfolk Motor Group Sportive Trophy in a moment – but Jonathan Greenway's single-handedly put VC Norwich into equal 11th place in the Audax UK Club standings – and that's out of 96 clubs in total. So, thanks to Jonathan, we're just about in the top ten per cent of clubs for Audax riders.

Looking at the table it's easy to see that with a couple more riders registered and riding Audax we'd be in the top three. Membership of Audax UK costs £19 for the first year. Jonathan, I'm sure, will help anyone who's interested in Audax riding next year.

The other important Audax news is that we have had our very own Audax accepted into the Audax UK 2015 calendar.

Club	Pts	6-rider
Audax Club Bristol	62	36
Audax Club Hackney	45	29
Cardiff Ajax	30	26
Cardiff Byways	26	24
Willesden CC	32	24
VC 167	26	20
Chippenham & Dist Whs	21	21
Dulwich Paragon	16	16
Southport CC	14	14
Audax Ecosse	30	14
San Fairy Ann CC	10	10
Tandem Club	10	10
Audax UK	10	10
VC Norwich	10	10
VC Walcot	10	10
Malvern Cycle Sport	10	10

It's planned for April 25th as a 110 km ride from Morley to Halesworth and back and it'll be organised by Jonathan with Keith and Sue Harrison (famous for the Norfolk Nips series) acting as mentors.

VCN NMG Sportive Trophy

	Rider	NMG Sportive Trophy	Total miles
1	Jonathan Greenway	Suffolk Byways 68 Silly Suffolk 124	3815
2	Chris Loveday	Ipswich Swarm 100 Pinewood Climbs 60	1965
3	Michael Meadows		1427
4	Chris Roughton	TdB 70, Silly Suffolk 124	1353
5	Sean Quarmbly	Fallen Leaves 65 Pinewood 60	1333
6	David Linsdell	Ipswich Swarm 100	1251
7	David Whitehead	Fallen Leaves 65, Pinewood 60	1111
8	Carl Pentney		790
9	Matt Gates		773
10	Lee Gumm		669
11	Bob Carter		308
12	Tom Hewett		286
13	Lou Provart		91
14	Roly Cook		62

With two months of riding to go Jonathan Greenway presses home his advantage, but Chris Roughton has jumped up the table to 4th as the only other rider to post 200 plus miles for October. So who else will join the 2000 club this year? Claims for November to newseditor@vcnorwich.co.uk

After a wonderfully mild early autumn it looks like we're now into the season of wet and muddy roads. Two years ago after much discussion on club rides chairman Steve Swift wrote the following for the newsletter – I make no apologies for repeating it. Ed.

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

Peddalling for Pudsey



Finally good luck to Roly Cook, Glyn Thomas, Fraser Goodwin, Jamie Mears, Jon Burrill, Kenny Kerr, Louis Snowden, Martin Schiller, Matt Parkhouse, Oliver Quinton, Paul Dolphin, Sam Littleboy, Stephen Hare, Stuart Childs, and Tim Wickham who, as we write, are setting out on their Glasgow to Norwich ride for Children in Need. Nearly £9000 has already been pledged, including a donation from club funds. If you haven't stumped up yet ...

<https://www.justgiving.com/teams/bishopbriggstonorwich> is where you can salve your conscience.

<u>Club events 2015</u>	<u>Date</u>	<u>Organiser</u>	<u>Venue/HQ</u>
2014 AGM	Nov 17 th		White Horse PH, Trowse
2014 Xmas Ride	Dec 14 th		White Horse PH, Trowse
Reliability Ride	tbc Feb	Ian Doe	Horsford
Awards dinner	Feb 7 th		Parson Woodforde PH, Weston Longville
"Tour of Norfolk"	March	Will Russell	TBC
VCN Audax	April 25 th	J Greenway	TBD
25 Mile Open TT	May 3 rd	Will Bamber	Attleborough
Club 10 #1	May 14 th	-	Besthorpe
Club 10 #2	June 11 th	-	Ketteringham
VCN Road Race	June 27 th	Mark Smart	Gt Cressingham
Club 10 #3	July 16 th	-	Horsford
Club 10 #4	July 30 th	-	Wicklewood
10 Mile Open TT	Aug 24 th	Sally Withey	Morley
Sporting TT	Sept 13 th	-	Tasvale
Club Hill Climb	Oct 18 th	-	Weston Longville