

Blackburn & District Cyclists' Touring Club



2020 Club Magazine
blackburnanddistrictctc.org.uk

Discover a world of Freedom

With over 90 years of history and heritage to our name, there isn't much we don't know about all disciplines of cycling. Our roots are firmly set in touring with club members having explored in over 60 countries at the last count. Needless to say we know the lanes of Lancashire, Yorkshire and Cumbria like the back of our hands – so our weekly Sunday touring rides will take you to places from your doorstep that you never knew existed.



But that's not to say that's all we offer! We have had great success in our racing section with five National Hill Climb Championships since 1999 and numerous time trial victories at county and national level. Club members have also participated in many Sportives and our club runs will certainly get you fit for these.

Cycling in the UK is on a high and if this has inspired you to get out on your bike then contact us now to discover a world of fun, freedom and adventure. Riding in a group is easier than riding on your own so come and give it a month's free trial and see where Blackburn & District CTC will take you!

New Members

This club welcomes anyone who would like to try out our various activities. These include regular Sunday club rides, touring weekends and a clubroom with a social programme from September to March.

Prior membership of Cycling UK is not essential for new members but it does provide insurance cover and is necessary for anyone participating in club competitions. Full membership should be taken out after a trial period of approx. one month and prior to participating in any club tours, standard rides, time trials and club competition events.

Riders under 16 may participate in club rides provided they are accompanied by an adult or have the committee's permission to ride with the club. All riders under 16 need to have their parent's permission before participating in any club activities. A disclaimer will be required by the committee as proof of this. These can be obtained from the club secretary.



Editorial

by Anne Stott & Richard John

Welcome to another edition of our club magazine. This year you will find within these pages all the usual club news including Tony's excellent annual report, hot off the press Supertourist competition results, a look back at some special celebrations from last year and memories of two local legends who left us in 2019. And if that's not enough, there is news of a very special award won by – well, all of us!

The bulk of the magazine, as ever, is taken up with touring reports from home and abroad – this year spanning Yorkshire to Okinawa. Many thanks to those of you who have sent in your contributions, we wouldn't have anything to print without them!

The committee has decided trial a new format for the Supertourist Competition in 2020. The first ride of each month will be a counting event and all riders who take part and ride at least to the lunch stop will be awarded 20 points for each ride for a maximum of 240 points for doing all the rides. April's counting ride (5th) will be the traditional 50 miles/kms in 5 Hours and July's counting ride (5th) will be the 100 kms in 6 1/2 hours. The Treasure Hunt will be May's counting ride (3rd) where additional points will be awarded for the top three. Riders who gain points for 8 rides will be awarded a Bronze Certificate, for 10 rides a Silver Certificate and for 12 rides a Gold certificate at the Annual Prize Night.

There will be four counting events at the Club Room in the Autumn – Super Stars, Print Competition, Digital Competition and a new indoor Tourist Competition featuring photos of local landmarks. In these competitions, 20 points will be awarded to all entrants with another 20 points for first place, 10 points for second place and 5 points for third place.

The Hill Climb and Freewheel competitions will still take place with the winners awarded the trophies as usual but there will be no Supertourist points up for grabs.

We will not be running the 100 mile and 200 mile standard rides this year – but look out for their return in time to celebrate the 100th Anniversary of the Club in 2023 so you have plenty of time to get fit!



Thanks go again to our sponsors for making this magazine possible and we encourage you to support them all. Don't forget the all-important Sunday runs list on the centre pages including the details for those new Supertourist counting rides. And we hope to see you at the club room either side of the summer for more inspiring picture shows and some fun and games.

Happy & Safe Cycling in 2020

Anne & Richard

Club Pre-Christmas Weekend Away – Garstang, November 2019

We originally planned to go in the direction of Gargrave. Eventually, Anne booked the Royal Oak at Garstang (Garstang!

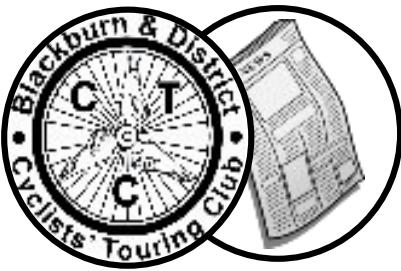
Garstang! Why are you going to Garstang?) for Chaz and Dave, Sue and Stew, and ourselves. Sue was the RIDES LEADER for the weekend. The weather was mild and atmospheric, and luckily we missed most of the rain. In Longridge, Stew photographed the large, unusual and historic signs to

Blackpool and Preston, relics of a more golden age of touring. A lovely lunch at "Roots" was followed by ace brews and cakes at the excellent Saswick House farm café. Dave quipped there was still time to cancel Garstang and go to Gargrave instead!

It was dusk when we rolled into Garstang, calling at the Tythe Barn for a cheeky beer before checking in at the Royal Oak. Sue asked if she should go in first to ask where the bike shed was – "Well you are the RIDES LEADER!" I called out.

The Royal Oak turned out to be the best pub in Garstang by far, with great food, both for the evening meal and breakfast. Dave was rudely awakened at 6.30 am with the erection of the town's massive Xmas tree outside his window! We rode home (amazingly) on new lanes until we reached Abbeystead. From there it was familiar ground – over the quiet Trough of Bowland road, Dunsop Bridge (café stop) and the ever-scenic Hodder gorge at Whitewell. What a top weekend! We all want to go back to Garstang, or was it Gargrave?





Club News

ANNUAL REPORT 1st November 2018– 31st October 2019

Membership: 355. 19 members attended the AGM including Jeff Duckworth, who has been questioning HQ at Cycling UK about their "Founding Principles." He received a very lengthy reply from Roger Geffen.



On REMEMBRANCE SUNDAY, both local CTC groups (Blackburn & District and Burnley & Pendle) met at 11.00 am at Bolton-by-Bowland war memorial. It was a poignant occasion, a 100 years since the first amnesty, and in the two minutes silence, as the rain pattered and rooks called, I thought about the first fatality – a cyclist running messages along the Western Front.

Attendance on the NOVEMBER CLUBRUNS has been well into double figures, patronising "Hazy Dayz" and "Roots" cafes. At Lesley Miller's first ever talk at the CLUBROOM, 33 members turned up, including 5 from Burnley & Pendle, wanting to hear about her CTC trip to "Holland by Bike, Bus and Barge." Ian Stott gave a short but sweet insight into Portugal (37 members). Dave and Caroline gave us a reflective, appropriate show entitled "In Flanders Fields" – 1st WW battle sites, some bike races and many Belgian beers!

The SUPERTOURIST COMPETITION was won by Stewart Clark with his consistent results all year round. Dave Collinge won the DIGITAL PHOTO competition (Dutch windmills) and Sue Clark won the PRINT TROPHY (Blazing Saddles), both first time winners. Thanks to John Cowburn for being a reluctant judge! THE "XMAS" weekend to the homely Bluebell Inn, organised by DC, featured 3 couples - the Collinges, Clarks and Stotts. Ian Appleby rode to Airton with the intrepid six, where we saw the Saturday riders – Lesley, Bernie, Andy and Pete. Ian left us at Winterburn (bridge closed but not for bikes!) and we rode to Grassington and the delightful back road to KETTLEWELL. For once in the decade we had good weather, clear skies above Wharfedale, sunlight glinting next day in Littondale. Stew and Sue decided to ride straight back home on the tandem, not surprisingly – it was incredibly brave and inspirational of Sue to even attempt this ride, following her chemotherapy, and whilst still undergoing radiation therapy. Bravo, Sue!



More sad news – Nellie Holden passed away. She was in her late 90's and was a regular family section rider (on the back of Albert's tandem) in the 1960's, and an important committee member. Also, Dave Galloway had a bad crash near Rivington Pike, fracturing neck and shoulder bones, and was in Salford hospital for several

weeks. It's a real shame, as Dave was having a fantastic year, in control of his diabetes.

Anne organised the XMAS DINNER once again at Greendale, and she was Mistress of Ceremonies at the Jacob's Join XMAS PARTY – what a laugh! There was a chocolate game, the inevitable musical chairs, coin rolling and the hilarious “boys versus girls” traditional balloon race. The girls won yet again (I wonder why?).

2019. The JANUARY club rides continued to be in double figures, despite Steve Hodgson being away for a month, cycling in Lanzarote (Lesley joined him for a week). There was a new destination for one of the rides – Pippin Street – and the Cavendish Arms, Brindle, for lunch. Stewart presented a superb (Stewperb?) “Review of the Year” and 30 members attended the Prize Night. Thanks to our ladies yet again for providing the desserts. It is 20 years since our 1st National Hill Climb win, so Anne & Tony gave a retrospective show starting in 1963, about our club’s great achievements. Medals, trophies & jerseys were on display, including Chris Miller’s silver medal from 1978, Ian Stott’s two bronze medals, and fifteen gold national team medals. Following all this were the annual presentations, in which there were six new winners of our trophies. I love it when this happens! Bill Whiteley won the new Ken Day clubroom trophy. The Richard Rawcliffe trophy was awarded to Sue Clark, for her continued, active commitment to the club even during her medical ordeal. Caroline, our super Treasurer, presented the prizes.

The CLUBROOM continued to be extremely well supported. The shows included a humorous trip down Africa by Bernard Smith and an intriguing CTC tour of Yellowstone Park by Richard Dugdale. Anne & Tony managed to borrow John Kitching’s tandem trike AND get it into the room! This was for a tribute to Ian Appleby’s remarkable record rides. Ribble Valley & Hyndburn won RJ’s great quiz again, and thanks to Burnley & Pendle for supporting us. The fundraising night was a great success – thanks to our auctioneer Anne and Caroline for organising the tombola, and to our ladies who baked once more, and to Rita for manning the stall. Thanks to Sean, Christian and everybody who supported the event.



THE OLD CRANKS TROPHY was won again by Blackburn A Team at the Colne cycling quiz.

The SPRING RIDES have been variations on a theme of dancing. On one of them, seven riders were treated to Stew’s great idea – “Lancaster & its canal”. Elevenses at Wallings, Cockerham, before cycling in a figure of eight, looping round the Lune, from Glasson to Halton and back along the towpath. The spring morning blossomed into a summer’s day as we arrived at another new café – Faiths Farm, Bleasdale. The weather has been really good for our “Strictly Come Cycling” rides, which have been well attended (double figures).

THE EASTER TOUR saw the continuation of sublime weather. Nine members stayed in or near West Lutton in the Yorkshire Wolds. Anne booked the ace accommodation, which I'm sure we will return to, The rides went in all directions, about 50 miles per day, to Beverley, Castle Howard, Bempton Cliffs, Dalby Forest, etc.

BLACKBURN with DARWEN SPORTS

COUNCIL through June Steel awarded us a grant of £250 to help fund our annual 2-up time trial. Dave, Caroline, Mike B, Stewart, Phil Hacking and Dave Bateman all went to the AWARDS NIGHT at Ewood Park and had a great evening. When the "Club of the Year" trophy was awarded to Blackburn Harriers they all wondered why they were there! Then came the icing on the cake – our club was awarded a perpetual trophy for "Special Recognition". Dave, our President and a Darwenner, made a speech and together with Caroline, our Twiston Treasurer, collected the coveted trophy.



RACES. Anne had to go to cold Turkey so Caroline took over the 2 up 10m TT. It was also very cold and very wet in England on the evening of the event. 22 teams entered, won by Team Chronomaster. We had 2 teams who both did 23 minute rides, Ian S and Dave E, (23.24) DC and Paul (23.59). Richard organised the SPOCO for the 1st time and did a great job (won by Richard Bideau (25.12)). It was a lovely summer's evening, and thanks to everybody who helped in both events. DC won the club hill climb for the 1st time on the Black Lane Head road. By the way, Anne became a grandma again, and the weather in Turkey got better!

RELIABILITY RIDES.

50 miles within 5 hours (org : Paul Smith) – 14 riders. 100 kms within 6.5 hours (org : Anne Stott) – 10 riders. 100 miles within 9 hours (org : Richard John) – 7 riders. 200 kms in 12 hours (org : Stew Clark) – 5 riders.

The 50 was ridden for the first time by Lesley's friends Tracy and Leanne, and Sue & Mark Eastham.

John & Janice did the 100 kms again, and the 100 miles. Congratulations to Stew & Sue, John and Dave Galloway who all got the 300 bonus points for completing the 4 Standard Rides. Unlucky Chris missed the 50

Watch out next year! There have been some big changes proposed for the Standard Rides and consequently the Supertourist Competition.

The summer SUNDAY CLUB RIDES have been poorly attended, with only a handful of members supporting them. Stewart has compiled the rides list again, to all the cardinal compass points (except due south!). Most of the regular riders have been on holidays, some on tour to Scotland, Southern England and France. Ian Stott has been on tours to Colombia (in Steve and Anni's footprints) and to Italy.

The MONDAY invitation rides, organised and led by Steve Gregson, have been quite well supported all summer. Up to 6 members have supported the rides which have been up to 60 miles. Well done, Steve, for your encouraging contribution to the club. Steve and Anni also went island hopping in Japan.

The WEDNESDAY and SATURDAY rides (meeting at 10am at Whalley Surgery) continue to be unofficial, as they have been since 2006, with no regular member registered as a RIDES LEADER to meet the requirements of Cycling UK's "Law and Liability for Cycle Activity Providers."

AUTUMN. There has been some terrible rainy weather, affecting club rides and "the Worlds" at Harrogate. Stew & Sue organised a fascinating Treasure Hunt to Hellifield, which Tony won for the first time. After, we ran the Freewheel on a new, much safer course at Halton West, won by the impeccable Chris Fitzer for the 4th year in succession (he greased his ball bearings).

AT THE CLUBROOM, Anne's social programme started with "Hull and Hockney"; then Stew's "End to End" slides supported by his diary extracts; and then a mesmerising show by Richard Gate – a trans-continental race (TCR) across 17 countries, from Belgium to Greece (2400 miles in 13 days). Phenomenal !! All the shows were very well attended, unlike the Sunday club rides.

Also at the CLUBROOM, "young" Ian Appleby won the Superstars at his 1st attempt, with Jack Standen 2nd and Bill Whiteley 3rd – names from the 1950's to conjure with! On the same night, John Cowburn won the Tourist Competition for the 1st time, with Bernard Pearson 2nd and Ian Appleby 3rd. Thanks to Stew for asking Nick Mackey's cycle related questions! This leaves John in pole position in the SUPERTOURIST (1637 points) with Sue a close second (1562 points) and Stew 3rd (1137 points). There are still two events to go – the Photographic Competitions

SUPERTOURIST COMPETITION (Final Standings after Photographic Comps):

1. Susan Clark	1812 points	11. Bernard Pearson	550
2. John Cowburn	1687	=12. Bill Whiteley	500
3. Anne Stott	1362	Rita Whiteley	500
4. Stewart Clark	1237	Caroline Collinge	500
5. Tony Stott	1012	=14. Lesley Miller	150
6. Janice Cowburn	912	Sean Carus	150
7. Ian Appleby	850	16. Steve Hodgson	112
8. Dave Collinge	812	=17. Susan Eastham	Mark Eastham
9. Jack Standen	700	Tracy Mercer	Leanne Postlethwaite
=10 Chris Fitzer	637	Paul G. Smith	Richard John
Dave Galloway	637	all 50 points.	

Tony Stott (honorary secretary)

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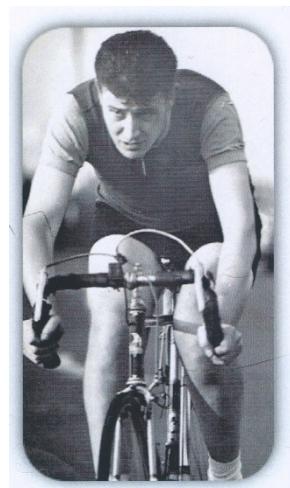
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IN MEMORIAL TO TWO GREAT TRICYCLE MEN

Brian Kirkham 5th June 1939- 26th March 2019

Brian was a true 'Darrener' born and lived in Darwen. After school at Springbank Secondary, he worked at Shaws Glazed Brick co, in the pressing shop. Brian started cycling with Darwen Cycling Club in his 'teens and went on many long distant Sunday club runs. A typical example would be to Buxton over the Cat and Fiddle, back via A6, about 90 to 100miles.



In early 60's Brian went with club members via Weymouth, touring the Channel Isle, and the following year flew to Eire, for a two-week tour round the coast and back across to Dublin-mainly using Youth Hostels. About this time, Brian was a member of our club and acquired a tricycle. He joined the North Lancs Road Club to ride in time-trials under what was then were RTTC rules. CTC clubs did not race with RTTC until later.

Brian competed at all distances from 10 miles to 12 hours with some success. Together with his club mates, Dave Gabbott and Ian Appleby, Brian established a National Tricycle Team Competition Record of 3-11-45 in September 1964, on local Brock course L1.

For many years he rode out on Sundays either alone or with the club and aimed to do 100 miles. If the mileage was a little short, he would ride past his house, through Darwen and up Bolton Road, average gradient 1:15: for about two miles, to top of Bull Hill and retrace home!

An accident with a car caused damage to his lower legs, ending his longer rides. He turned to his second love - music, playing in a Darwen Brass Band for many years and also playing his guitar and singing in folk clubs in the Darwen and Blackburn area. He also entertained in local residential homes.

Lately, he would be seen zooming into Darwen on his electric buggy, before spending his last 12 months in a residential home. Truly a man of character and personality, I have been very happy to call a friend....

Alan Rogerson

Looking in the Tricycle Associations handbook I found that in 1961 and 1966 Brain had won the Dorothy Brigham Trophy. In that same year, 1966, he won Merseys Road 24 hour Trophy. I remember my very first club run (1969) which was a C run to Rufford Old Hall, Brain was the leader. He was of course on his trike and set an admirable pace for a new young comer like me! – Anne (Stott)

Terry Waring: 3rd April 1948 - 21st July 2019

Terry was born and raised in Blackburn. He moved to Clitheroe when he married Linda, where they made their home and raised their family, Gareth and Joanne. He was a true Lancastrian at heart. He was an engineer, working at Calderstones hospital where he passed his knowledge to other apprentices.



He took up cycling at an early age joining our club and then cycled competitively both on a bike and tricycle. His tricycle was his main love and he became very successful on it. He was a perfectionist, never cut corners, and went about every task he did with absolute precision. A man of great knowledge and he had an unmistakable voice.

The first time I met Terry was on a club run to Gargrave, he was with John Kitching, mending someone's puncture at Barrow. They were both on their trikes that day, bubbling with fun and banter. At dinner time the trikes were a novelty and everybody wanted a ride on them. But nobody went anywhere - only in a circle! Both Terry and John were in the North Lancs Road club, our racing club at that time, and they both raced together on their trikes. Terry usually won most of the trike events in this area and a lot of solo events too. I would sometimes accompany Terry and John when they went to races and assist them when needed. Both John and I fed Terry when he rode the tricycle 12 hour on Brock. He was always very precise and meticulous about his preparation before a race. That morning the back of the car had a crate of water bottles all filled with a variety of liquid food and drinks, all labelled and number in the order he wanted to receive them. We were on the go all the time and under a lot of pressure to arrive at his feeding point before him. Handing him the bottle required a certain technical skill as he was speeding along and not for slowing down, I remember getting lots of liquid splatters in my face off them. It was very exciting too. I spent a lot of time with Terry during this period, the early 70's.

In the years from 1970 to 1973 Terry was very successful on his trike, winning over 19 Trophies, one of which was the Mersey Roads 24 hour. On 31st October (Halloween night) in 1972, I think Terry was at his prime when he set a record time, on his tricycle, to create a new standard for 25 miles, 52mins 34secs; carrying on in the same record attempt (on the Bowes Moor to Boroughbridge course) he broke his own 50 miles record with 1hr. 50min. 48sec. He currently still holds the N.R.R. record for 50 miles with that time.

He rode to work on his bike and following his retirement began to enjoy his cycling riding out with club mates, travelling abroad with Linda, and spending time with his grandchildren Luke, Oliver, Molly, and Leah, who he was devoted to.

After a cruel illness, borne with great dignity, on July 21st 2019 he died in hospital, with his family by his side. He was a man of great integrity, with a quick wit, fantastic observational skills, and possessed a wicked sense of humour. I cannot say enough, he was a true gentleman who was admired and loved by many.

Anne (Stott)

Some Special Celebrations that took place in 2019

BIG Birthdays:

Clare Dixon (40), Paul Smith (50), Tom Melling (80)

Wedding Anniversaries:

Mick & Sylvia Jay (Golden), Rita & Bill Whiteley (Diamond)



Mr. and Mrs. William Whiteley



New Arrivals:

James Alpaslan (Rosie & Kaan)

Jacob Hawkins (May & Richard)

Alexander Robb (Tara & Drew)



Stew & Sue Clark completed a Tri-Vets 100 mile ride with Chester & North Wales in July. These events only take place once every three years and are open to Cyclists aged 50+. Get training for 2022!

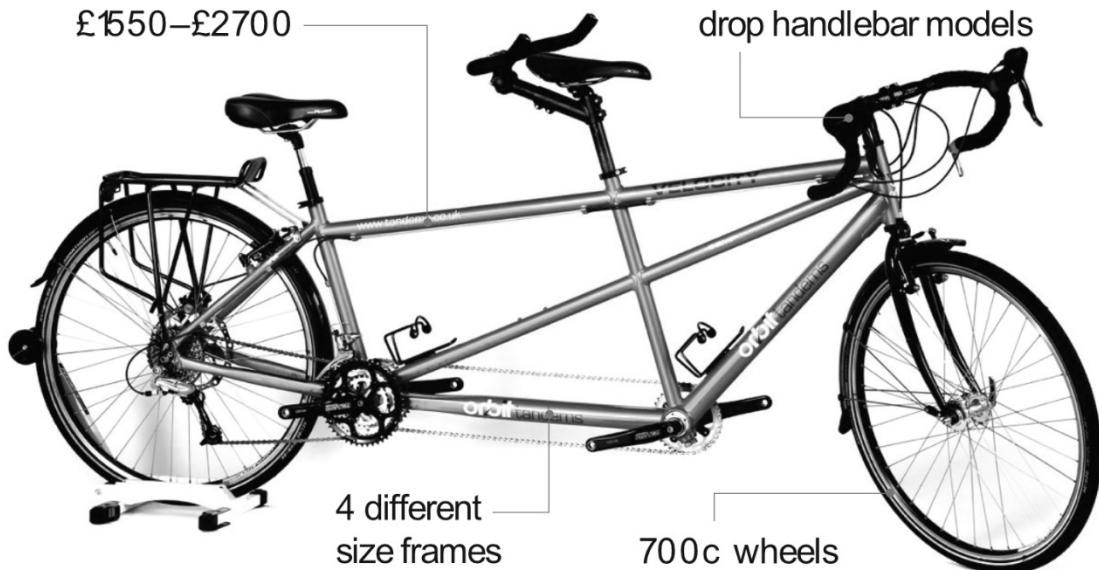


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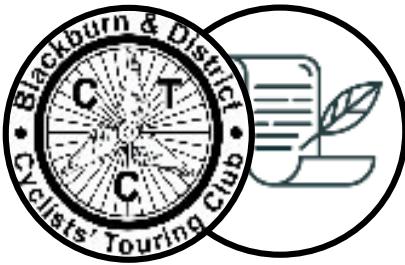
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Travellers' Tales

Ride to the Sun * Ben * Tea at Beverley

A Sense of Direction

Ride to the Sun

This was an unsupported overnight turn up and ride event run along the lines of an Audax the aim being to get from Carlisle to Crammond before sunrise at 4.26 am!!

Tracey and I travelled to Carlisle by car and were provided with a lovely lunch by my friend Hazel who very conveniently lives one mile from the start! It was a very warm sunny evening with a slight tailwind as we left Bitts Park in Carlisle at around 6 pm. We cycled north towards Gretna and had the obligatory photo at the Scotland welcomes you sign!



The sun was just setting as we approached Moffatt which had been taken over by swarms of cyclists, many gathering around the chip shop which had taken pre-orders and was staying open late for the event. Tracey has a friend who owns the DelMar B & B in Moffatt (a good place to stop if doing the Coast to Coast) and Susan provided us with sandwiches, cake and plenty of tea. At this point it had cooled down so we put long sleeves on (it was 10.30pm)!

Climbing up the Devil's Beeftub, with twinkling red lights ahead and bright shining lights chasing us was an amazing experience. A father and son duo playing bagpipes greeted us at the top which happened to be the half-way point! At the now closed Crook Inn at Tweedsmuir a CycloRave was in full swing with Glowsticks, water and bananas on offer. Continuing on to Edinburgh night revellers were surprised to see 100s of cyclists joining them on the streets. Then onto Crammond, we arrived just before 3.30 am and waited for nearly an hour seeing the sky lighten and an almost sunrise! Bacon and sausage butties were on offer at the Kirk however they had run out of bacon and sausage so we made do with a bread roll and banana.

The Crammond Scout Group provided transport for us and our bikes back to Carlisle for £20 each. We had originally planned to have a sleep at Hazels but as we had nodded off on the coach just had breakfast and set off home.

Ride to the Sun was a fantastic event. We completed a C2C - Carlisle to Crammond (south to north, west to east, England to Scotland) overnight century (100.5 miles). We had a great time, rode and chatted with many different groups during the night and everyone was very relaxed and friendly. Other than cyclists there was very little traffic on the roads. This was the first time Tracey had ever done 100 miles, but what a way to do it!

Lesley Miller

Ben



Arnside Youth Hostel has long been a Friday night easy ride up the A6 to Lancaster, usually after a day's work, and a launch pad for the Lake District or even the Borders. From Arnside more adventurous groups have been known to use the railway viaduct across the River Kent estuary, when the station-master at Arnside wasn't looking of course. This saved the trip back to the A6 at Milnthorpe and on to Levens. Please do not think the use of the viaduct involved purchasing a train ticket, the normal method was to wheel your bike across. The western Lakes were then ahead. This, of course, would be after satisfying Ben's duty roster. Ben had a soft spot for the Blackburn lot and often had bizarre tasks for us to do . On one trip we were dragooned into carrying a three piece suite between two neighbours' properties! Probably better than spud bashing. He would often invite us into his kitchen, (not the members') for a farewell brew, a bit irksome if you were looking at Carlisle next stop! Daisy (Ken Day) was a special favourite. Daisy has had a lifetime of studiously and brazenly avoiding hostel duties. A criminal record many feel was encouraged by Ben, who always called him Francis for some unknown reason. Daisy would look Ben steadily in the eye and calmly report the completion of the task which he had no doubt passed on to gullible hostellers - he was then given his card.

The present laws on political correctness were formulated to stymie Ben. The use of motor vehicles were anathema to him, I personally witnessed an occasion when he had a phoned request for an overnight booking from two Israeli couples who rang from Lancaster. Ben assured them he had vacancies. When the group arrived quite soon after and asked where they could park their car, he regretted he was fully booked. I helped them out by telling them they should go to Kendal which is quite close.

An amazing episode springs to mind - I recall chatting to him in the quiet room when some of our younger members who obviously had had too easy a day on the bike, were causing the ceiling to shake by jumping off the top bunks on to Stan Omerod's stomach. Stan was a building worker who prided himself on his tummy muscles. His party trick was in full flow when Ben dashed upstairs to 'Sort them out'. They heard him coming and locked the dormitory door. Ben told them he would give them 10 seconds to open it or he would open it himself. This he did by hurling himself, all 14 stone at the door which collapsed, architraves, plaster, hinges and all into the dorm. He said it was time it was replaced and this was a good time to get one. Most of the wardens would have confiscated their cards for less, but Ben just shrugged it off saying "Boys will be boys"

Ken Hartley

Tea at Beverley (or, Miser at the Minster).

We rolled into Beverley, one cold and drizzly lunch time on the Yorkshire Wolds Easter Tour in April, ready for some food and a good cup of Yorkshire tea. It was so cold some went in the Minster to look around (and keep warm), while Stew, Sue, Lesley and Steve went into the 'Cosy Tea Pot' tearoom just across from Beverley Minster. I joined them shortly after, the doorbell of the tearoom giving a loud "ting a ling" as I entered. There was Enya playing in the background, and two couples sat near our group drinking wine with their lunch, and a small family a few tables away. I sat down next to Sue - "Oooh it's a good cup of tea," she said rubbing her hands together, "but it's a bit expensive, its £2.70p for a teapot!" I went up to the counter and ordered a coffee and a pot of hot water to go with their tea. After seeing the other customers were being served, and we weren't, Stew went up reminding him of the coffee and hot water, which he brought over later but without the hot water.



Wanting some hot water, Sue went up to the counter and ask the proprietor for the pot of hot water which they had ordered, which he eventually brought over. Lifting the lid of the pot to look inside she discovered it was half empty.

She was livid. "It's half empty!" she exclaimed. "I'm not having this, at £2.70p!" and immediately she marched over, furious, taking the pot back to him, telling him, "it was disgusting, for £2.70p you should get a reasonable pot of hot water with it, hot water doesn't cost much after all." By this time, we were all giggling, trying to stifle our laughter. On hearing the café owner's retort to Sue, correcting her IT WAS £2.75p FOR A POT, and not £2.70 as she had thought, Stew, who'd just taken a mouth full of tea, splurted it out onto his saucer, bursting out with laughter, which immediately set us all off again.

The whole café was witnessing this scene. "Daddy, that man's just spit all his tea out," said the little boy with the family. The couple sat across having lunch with the wine were glaring at us. The proprietor then started wincing to Sue about how they had to make a living, etc. which made Sue more rattled. When we all went up to pay, more fun occurred. Stew purposely payed with all his loose change, Lesley had to count and point her bill out to him, as he tried to overcharge her. When it was Steve's turn to pay, on counting out his money, he was 21p short. The proprietor was well frazzled by this time, so he let Steve off with his 21p. Riding over the Wolds, after, there was lots of banter about it, and even more laughter when I started singing this song ...

"I like a nice cup of tea at the Minister

At the "Cosy Tea Pot", at Beverley,

It's over two pounds seventy

And it comes half empty,

And a laugh for Blackburn CTC."

Anne Stott

A Sense of Direction

East is east, and west is west, or is it? As riders on the car-assisted club ride to the Howgills are fully aware, I became seriously disoriented thinking that a view of Kidsty Pike in the Lake District was a view of High Cup Nick.

Sorry John! Big apologies!

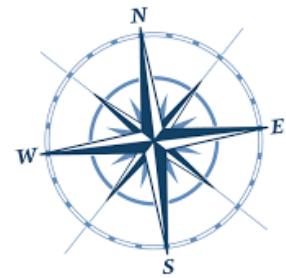
East is east, and west is west, or is it? Mist can play havoc with the sense of direction of ordinary mortals, even extraordinary mortals! Years and years ago, my son-in-law, Andy Dixon, who works on helicopters, Search and Rescue (SAR), was doing the Yorkshire Three Peaks with Clare. Mist had come down on the summit of Ingleborough. Andy took a perfect compass bearing which paralleled the correct route to Horton-in-Ribblesdale, but unfortunately came down in the wrong valley on the Clapham route. He then had to call out SAR (i.e. mum and dad) to save them. The problem with compass reading, of course, is you have to know exactly where you are in the first place, very difficult in the mist. Poor Clare and Andy! I'll never let them forget this misadventure

Being on adventures causes a lot of the problems with a sense of direction – being in a strange place, perhaps being on a strict time limit, being with others and not concentrating on where you are going. Garmin and GPS have saved most of these difficulties, that's if you own a smart phone. The "little blue man" must be a godsend for SAR, saving them so much work. But aren't we lucky to have a helicopter service. Hats off to those heroes, who put their lives on the line to save our souls!

Walking in misty Scotland this year, Anne found out there are more than just the four cardinal compass points (N, W, S, E) and the four ordinal points (NW, SW, SE, NE) – by the way, these eight points are the major wind directions. She found out there are another eight intermediate points (NNW, WNW etc) which can be added all together to total 16 directions on a compass rose. She changed the main display on her FITBIT from "Heart Rate Monitor" to "Compass Bearing" and steered us a perfect course WNW, then WSW, through impossible visibility, up the very tricky Hill of Stake, in Renfrewshire.

I've lost my sense of direction a few other times. Once, cycling on the Tarka Trail in Devon, the route left the old railway and began to wind and wind around the marl pits near Okehampton. When we came to the road to ride back to Bideford, I set off totally the wrong way, south, towards Okehampton. But Anne hadn't lost it. "Where are you going, you twit!" she shouted after me. "The right way, you blind bat" I replied. "See you in Bideford," she shouted back, "Maybe next year!" I'm still perplexed about that day, and think I always will be. Another time I lost it was in Great Yarmouth – we cycled into town, where the river winds round, and I could not understand why the river was flowing the wrong way!

Talking of rivers, what about the Wye? We cycled from Symonds Yat to Welsh Bicknor (which is England) where the River Wye winds elusively between two countries – where is east, where is west? Where is England, where is Wales? It drove Anne round the bend that day – like me in the marl pits, she too is still perplexed.



Ken Hartley knows a thing or two about direction, and built something memorable for cyclists and walkers at the Clarion House, at Rough Lee – a beautiful, gold-leaved weather vane. The vane itself is a Victorian cyclist on a penny-farthing catching a 20th century time-triallist – who looks remarkably like Graeme Obree.

Twenty miles south of Irvine, where Graeme Obree lives, lies the bewildering “Electric Brae” – a section of the A719 Ayrshire coastal road, between the glorious greens of Turnberry and Troon. The Electric Brae is almost otherworldly – going down you feel like you are going up, going up you feel like you are going down! Your eyes are fooled. It’s so peculiar. You can lose your sense of direction, not in a lateral way, but in a vertical way. I think the wind plays its part in this trickery. The first time we cycled down from the north, with a NW tailwind, there was no illusion – it was very disappointing. The second time, from the south, with a SE tailwind, we definitely free-wheeled uphill and felt like we were going downhill! What a joy! Add to that, there are stunning views of Arran, Kintyre and Antrim across the Firth of Clyde. Apparently, Graeme Obree has been training on the Electric Brae, on a homemade recumbent bicycle, in an attempt to break the world speed record.

But it doesn’t have to be misty, or winding, or wizardly, to affect a sense of direction. Take the case of “Owd Stan” (Stan Ormerod was only about 59 at the time of this story, but everybody called him “Owd”). It was an Easter Tour, 1971, riding home from Northumberland, when he snapped his handlebars at Nenthead. Tom Melling rammed part of a wooden pole into both ends of the broken bars, and after an hour’s hard labour the bike was as good as new! Because of the delay Stan was eager to get going, and said “shall I potter on?” “Pottering on” for Stan meant putting the hammer down, especially downhill, especially in a tailwind! At this point I should also note that Owd Stan wasn’t very good at reading signs. He shot off down the valley, five miles on the A689 into Alston.

Instead of bearing left to go over Hartside, Stan carried on, on the A689, towards Haltwhistle. As we rode into Alston, there was no sign of Stan. As we began to climb Hartside, there was no sign of Stan in front. We realised what had happened. Delli (Dave Ellison) and me turned back to Alston, we spotted some tyre tracks on the wet road north, and we raced after him – we caught him at Slaggyford, six miles down the valley the wrong way, on his way to Scotland! (Incidentally, the handlebars got him home).

Derek Hardman was an ultra-keen rider with the club in the 1950’s and 1960’s. Because of family commitments and the extreme time involved with long distance cycling, Derek decided to concentrate on rambling, and eventually became a leader of walks in the Lake District. Once, on his own, he set off from Blackburn at 6am and left his car in Ambleside to walk up the mountains above Kirkstone Pass. The weather was wintry, the visibility was awful and the compass was playing tricks on him – mind games. Derek came down in Hartsop, near Patterdale, in the wrong valley. He set off walking back to Ambleside on the A592 (Kirkstone Pass) but by this time the road was

blocked with two feet of snow! Luckily for Derek a tractor came to clear the road, and the driver gave him a lift over the top. It was an era before telephones, and Derek had told his wife he'd be home at 6 pm. When he limped into the house at 1 am. next morning, Derek had some explaining to do, because, as he told me, "You never, ever tell anybody you got lost." Thanks for confiding in me, Derek – now everybody knows!

As Anne said, "You can tell your partner you're having an affair, but you can never, ever tell them you got lost!"



The final story comes courtesy of Peter Motler. It was another Easter Tour in the early 1970's, organised by Joe Lofthouse. "Joe's Tours" as they were called, and they were not for the faint hearted! Peter thinks they were riding from Westerdale YHA to Saltburn YHA. It was a beautiful day, and Joe got excited. Bright skies, billowing clouds, sunlit vistas. He decided to detour to Robin Hood's Bay, to take some photographs, and then ride north up the coast through Whitby and Staithes to Saltburn-by-the-Sea. Joe's Tours were always for elite riders, as big detours to scenic places were always on the menu. Joe was ecstatic. The photography was perfect at Robin Hood's Bay – blue skies, white clouds, red roofs. But they were behind schedule. "We'll have to have a line-out," said Joe. "Get on my wheel." Joe was enthused, going like a train, dreaming of the 1950's, the glory days! A few miles later, hanging on to Joe's wheel, Peter cried out

"Are we supposed to be riding north, Joe - to Saltburn?"

"Yeah! Phew! Phew! That's right, Peter. Keep it going! Keep it going!"

Peter cried out again – "Then why is the sea on our left?"

It was a good job Peter noticed this aberration. They would have ended up in Scarborough!

Tony Stott (2019)



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Touring Reports

Yorkshire Wolds * Stirling & Fife * Eden Valley

Okinawa

The Yorkshire Wolds 2019 Easter Tour

BAD (NOT GOOD) FRIDAY. After spending many hours researching, selecting and booking our cottage at West Lutton, Anne and I arrived last to be greeted by a cheerful John –

“Tough on you, all the best beds have gone!”

Even tougher, after taking two days to ride there from home, our Santander and Halifax banks kept texting us, and it turned out we'd been burgled. Peter gave us a lift to Malton railway station, and by 6 pm on EASTER SATURDAY we were back home!



That day the weather was glorious, hot and sunny, perfect for cycling. The club rode to Thixendale via Wharram Percy, a deserted medieval village, once a thriving community based on pastures and sheep (Dear reader, have you ever played Catan?). Thixendale is a fascinating, twisting valley amidst the undulating Wolds, where our riders had a quick picnic outside the former youth hostel. Then they rode over those wonderful chalk Wolds and found an exquisite tea shop at Huggate. There was much banter coming back through Thwing –

Q. “What decade was famous for the Beatles?”

A. “The Thwinging Sixties.” etc. etc.

Lindsay, Bethany and Chris Fitzer arrived at the cottage on Saturday evening and shared dinner, after a day's visit to the area. The ladies had done an excellent job, ordering all the provisions (£340) online at Morrisons (Malton) which was duly delivered bang on time by a friendly driver.

EASTER SUNDAY. Anne and I got up early and drove back to West Lutton just in time for breakfast. Steve Hodgson was there. He had joined the tour, but was camping nearby as the cottage only fits 8 : Janice and John (double room, en suite); Sue and Stew (double room); Lesley and Anne (twin beds, a small, pink and girly room); Peter and Tony (twin beds, a bright and spacious room). Moreover, every room had an inspiring Yorkshire picture by David Hockney – our favourite artist.

Highlight (or not) of the day was the pub quiz, set by the very dynamic and colourful “only gay in the village.” All the questions were sexual innuendos, rude cocktails and obscene riddles, and the very pure quiz team called “Blackburn & District C.T.C.” came last!

The cottage at West Lutton, complete with bike shed, proved to be a fantastic centre for cycling, and one to which I am sure we will return. Rides were planned in all directions

.....

WEST, to Castle Howard. At Barton-le-Willows we had a picnic on a bench, in the shade of a tree, where we learnt that John fell for Janice because of her mashed potatoes! The way to every man’s heart, eh? It was hot and sunny, and everybody was dreading the climb up Birdsall Brow, but it was superb – emerald meadows and dark green woods, rising to meet the golden rapeseed that curled over the rolling Wolds.



SOUTH, to historic Sledmere, and then to Beverley (see separate article : “Miser at the Minster”).

EAST, to Bempton Cliffs – with twitchers all around, Janice cried out she’d never seen so many shags! Onwards to Flamborough Head (ice creams and teas) and Bridlington, then back along David Hockney’s inspirational Woldgate. Some of us had a sleep in the sun at Rudston, where the enormous, Neolithic stone monolith in the churchyard towers above the graves to the clouds.

NORTH, across “the Carrs” and the course of the bewildering River Derwent. Onwards, up the very scenic Forge Valley and into Dalby Forest. Everybody loved the toll road there, free for cyclists, doubly free for tandem riders!

Our rides were all about 50 miles and culminated in sunset drinks, gin and tonics all round, on the benches outside the cottage. Then, it was time for fantastic dinners cooked by the four ladies, who’d planned all the menus in advance. The lads helped to prepare the vegetables, and Steve peeled the carrots in rapid time (N.B. with a knife, not a potato peeler). There were classy desserts every night, and so many, many other cakes for the day rides, baked by our intrepid four and Janet (Peter’s wife). We ate like kings and queens. Everybody got on really well and it was one of the best club holidays I’ve ever had. Despite our bad start, I slept really well – reckon it must have been because I was in the best bedroom in the house!

Tony Stott





Blackburn & District CTC

Club Room Dates - Social Programme 2020

Primetime Centre: Hyndburn Academy, (Norden School) Stourton St, Rishton, Lancashire.

Thursdays between 7:30pm and 9:30pm, entry subs £1

The Clubroom is an integral part of our club. It serves as a meeting place during the winter months with various activities. Please support your clubroom, especially the events where people have put themselves out to organise something (slide shows, superstars, quizzes etc.). Brews are readily available and you can catch up on all the latest gossip and stories from club members.

**PLEASE SUPPORT YOUR CLUB ROOM OR WE WILL LOSE IT!
EVERYONE WELCOME ANYTIME.**

Happy New Year Everyone and Welcome back to the Club Room

January 2020

- 9th **Road to Victory – A ride around the Solent** Caroline & Dave Collinge
16th **Review of the Year 2019 presented by Stewart Clark**
23rd **Potato Prize Presentation Evening 7.15pm start**
Tickets £6 from Anne Stott (01254 232537) or Caroline Collinge (01200 445245)
30th **Iceland** John Cowburn

February

- 6th **The Haweswater Pipeline** Anne & Tony Stott
13th **Himalayan Kingdom** Mick Jay
20th **Club Room Closed for Half Term**
27th **Colombia** Ian Stott

March

- 5th **Shuttleworth Cave** Peter Monk
12th **Shetland & Orkney** Richard Dugdale
19th **Another Nail-biting Quiz Challenge with Burnley & Pendle CTC**
Richard John
26th **Cycling Video Clips, snippets of adventures and club fun.
Plus Racing Q&A**

HAPPY EASTER!

The Club Room will close for the summer after the 26th March and reopen on 24th September 2020.

A big thank you to all who have so kindly entertained us with their picture shows and to everyone for supporting the Club Room. Have a good Summer and take care.

Blackburn & District CTC



Runs List - January to July 2020

Date	Destination	Meet	Leaving Time	Lunch	Distance	Notes
05/01/2020	Ebbing & flowing well	Whalley Bus Station	09:30	Settle	Medium	Super Tourist Comp ride
12/01/2020	Little Bowland & Hodder valley	Whalley Bus Station	09:30	Gardenmakers	Short	
19/01/2020	Pippin Street	Brownhill Roundabout	09:30	Wheelton	Short	
26/01/2020	Wycollar	Whalley Bus Station	09:30	Old Rock cafe, Trawden	Medium	
02/02/2020	Albert Edward dock	Ribchester Car Park	09:30	Marina cafe, Preston	Medium	Super Tourist Comp ride
09/02/2020	Hoffman lime kiln	Whalley Bus Station	09:30	Knight Stainforth	Medium	
16/02/2020	Circuit of Pendle	Whalley Bus Station	09:30	Esse	Short	
23/02/2020	Through the drumlin field	Whalley Bus Station	09:30	Abbots Harbour	Medium	
01/03/2020	Clapham Tunnels	Whalley Bus Station	09:30	Clapham	Medium	Super Tourist Comp ride
08/03/2020	Whelp Stone Crag	Whalley Bus Station	09:30	Settle	Medium	
15/03/2020	Rivington	Brownhill Roundabout	09:30	Rivington tearooms	Medium	
22/03/2020	Wardley's Creek	Ribchester Car Park	09:30	Knott End	Long	Mothering Sunday
29/03/2020	Car assisted from Warton	Warton	09:30	Staveley	Medium	British Summer Time begins

Date	Destination	Meet	Leaving Time	Lunch	Distance	Notes
05/04/2020	50 miles/km in 5 hours	Whalley Bus Station	09:30	Settle	Medium	Super Tourist Comp ride (Paul Smith)
12/04/2020	Lancaster and its canals	Ribchester Car Park	09:00	Lancaster	Long	Easter Sunday
19/04/2020	Circuit of Ingleborough	Whalley Bus Station	09:00	Ingleton	Long	
26/04/2020	Arncliffe	Esse	09:30	Kilnsey	Medium	Car assisted with B&P CTC
03/05/2020	Treasure hunt	Whalley Bus Station	09:00	Gardenmakers	Short	Super Tourist Comp ride (Tony Stott)
10/05/2020	Rufford	Brownhill Roundabout	09:00	Twin Lakes Velo cafe	Medium	VE day early May bank holiday May 8th
17/05/2020	Long Causeway	Whalley Bus Station	09:00	Hebden Bridge	Long	
24/05/2020	Sunderland Point	Ribchester Car Park	08:30	Packed lunches please	Long	Spring bank holiday weekend
31/05/2020	The Silver Dale	Whalley Bus Station	09:00	Katie's Cuppas	Long	
07/06/2020	Cross o' Greet/Gt Stone of four stones	Whalley Bus Station	09:00	Ingleton	Long	Super Tourist Comp ride
14/06/2020	Mawdesley Hill	Brownhill Roundabout	09:00	Twin Lakes Velo cafe	Medium	
21/06/2020	Portsmouth	Whalley Bus Station	09:00	Todmorden	Long	York cycle rally weekend
28/06/2020	Earls Crag	Whalley Bus Station	09:00	Glusburn	Long	
05/07/2020	100 km in 6 ½ hours	Ribchester Car Park	09:00	Knott End	Long	Super Tourist Comp ride (Anne Stott)
12/07/2020	Leighton Moss	Whalley Bus Station	08:00	RSPB cafe	Long	

* Event counts towards the Supertourist Competition

Riders are reminded that it is advisable to carry maps - even the more experienced members of the club sometimes encounter route finding problems when club runs visit unusual or new destinations.

All rides LEAVE at the time stated. Please aim to arrive 15 minutes earlier to allow for mechanical or other problems.



DIARY DATES 2020

Look out for hostel weekends on the club room notice board, or see Stewart Clark for information.



Thursday 23rd January	Prize Presentation Evening, 7.15 pm. Club Room.
Monday 17 th February	Colne Quiz at Boyce's Barrel Bar
Thursday 20th February	Club Room Closed for Half Term.
Thursday 19th March	Quiz Challenge with Burnley & Pendle CTC, Club Room.
Thursday 26th March	Last Club Room Night Before Summer Break.
Sunday 5th April	*50 Miles in 5 Hours. Paul Smith.
Sunday 3rd May	*Treasure Hunt. Tony Stott.
Thursday 7 th May	2up Team Time Trial. Anne Stott
Wednesday 17 th June	Spoco Event, Bashall Eaves. Richard John.
Sunday 5 th July	*100km in 6 1/2 Hours. Anne Stott.
Thursday 5 th November	Closing Date for Club Magazine Articles.
Sunday 12 th December	Christmas Dinner. Lesley Miller.

* Event count towards the Super Tourist Competition.

Stirling & Fife

Whenever you book a tour for some time in the distant future, you never know just what the weather is going to do when you actually get away. Leading up to our tours, about a week before, we start to check the forecasts for the area into which we are heading. We'd booked a tour around Stirling & Fife in Scotland for the October 1/2 term (Yes, due to work, it's best if I have school holidays) Looking at the forecast before we headed off, we couldn't believe our luck. But we were fortunate, unlike a huge swathe of England which had a real deluge, the only time we had rain was walking out on our 1st evening and just as we headed into a cafe on day 2.

We left home on a chilly Wednesday morning in late October to catch the 09:53 train from Preston to Edinburgh before changing at Waverley for Dalmeny, near South Queensferry. The bright sun of Lancashire (sic) had been replaced by a thick blanket of cloud over the Firth of Forth but at least it wasn't raining. First stop was the toilets at the viewpoint of the 3 Forth bridges. It's quite an attraction now the new road bridge is finished. Here I soon fell into conversation with a chap who'd been walking over the old road bridge since it opened in 1964. Tandems are great conversation openers. It wasn't long before we were riding over ourselves, admiring the rail and new road bridges as we went. Once across, we were in Fife but not for long. The main reason for the tour was to continue collecting our quests for the BCQ and our 1st of the trip was in Pittencrieff park in Dunfermline. It was to do with the statue of the philanthropist Andrew Carnegie who was from the town. Next, heading west along the firth, was Culross. Another easy one to get, being in the town centre. Before the 3rd quest of the day we'd to cross back over the Forth but this time at Kincardine bridge. Even though there's another bridge crossing the Forth to Clackmannanshire, it's still very busy over the Kincardine. Thankfully there are paths either side so safe passage was ensured. The tricky bit was then getting over to the singletrack road that makes its way around to Airth. Following the tremendous noise of the traffic on crossing the bridges, it came as a real relief to get away from the it for a while. Alas we weren't long before we rejoined the evening rush as we collected the last quest of the day from Dunmore. A bit of a slog along a busy road then we were soon pulling up outside the youth hostel in Stirling. The rain came as we were heading out for some food but it didn't matter then.



Our second day dawned with a promise of sunshine. From our room we could see to the Ochils and it looked very pleasant in the Autumn sun. But first we'd to climb to the castle entrance for our quest and check out the statue to king Robert the Bruce, who was looking out to the site of the battle of Stirling bridge. Alas I'd not routed us out over the old bridge, instead we weaved our way on an NCN through an industrial estate then onto a main road. At least we could get a shift on on this road but again it was a relief to get onto the disused road and away from traffic. Now we were in Clackmannanshire and on another trail. This time to view the sculptures created by Andy Scott (he who also created the Kelpies) There are a half dozen around this tiny county and I'd plotted a route to view them all. The intermittent sunshine helped to illuminate some of the sculptures but others seemed a bit dull with very grey clouds above. At one of the sculptures we chatted to an Austrian lady who was also touring around but she was in the comfort of a motorhome, not on a cycle. I'm glad we were. Before we arrived in Dollar, our route took a sharp left, passed a locked gate then down a rather steep hill. No wonder this piece of singletrack road had been disconnected. It must've caused a few drivers to get stroppy as they tried to pass each other. A brief shower of rain came just as we were looking for a cafe. We soon spied one on Dollar's main street. No point getting wet if you don't need to. Suitably refreshed and with the rain gone, we collected the next quest then headed up out of town. This diversion was to keep us away from the main A road and how glad we were to make the effort for the road was a delight. It was on here that we came across signs declaring the road to be walking & cycling friendly. Having said that, we had noticed that on the whole, traffic did tend to be more patient and gave us a wider berth than we get at home. It was beautiful quiet roads under our tyres with clear skies above that took us to our next quest and overnight stay in Kinross. If you're ever in the area, we can recommend the micro brewery in town. There's a fine selection of ales to sample.

Sue is always reading guidebooks or leaflets regarding the area we are staying. Before we'd headed off to Scotland, she'd seen that thousands of pink footed geese flock to Loch Leven in the autumn. So it was a frosty dawn ride to hopefully see some geese. Sue had also read that Kirkgate Park was often a good vantage point but not this morning. Were we on a wild goose chase? Fortunately there is a decent gravel track encircling the loch so off we go for Burleigh Sands, another well known goose spotting location. Thankfully there were geese on the water but not in the 1000s that we'd hoped for. Quite possibly the geese hadn't arrived on their migration just then. A local chap who was also out watching the geese stopped to show us videos on his phone that his son had shot a few days previously. So we at least saw something, even if a bit third hand.

Back in our AirBnB, we put together our breakfast, which by now we were well and truly ready for. The frost had cleared by the time we were rolling again but it was still a chilly day all day. At one point I had my waterproof on to get warm. We rode back out via the loch, stopping a bit too often on a cool day but during one of the stops, Sue

caught a glimpse of a red squirrel in one of the pine woods which are plentiful around Loch Leven. The mileage for today was quite a bit more than the one before but as we weren't stopping for sculptures frequently, we could keep rolling. There was another old road which is closed to motor traffic but is part of NCN 1. Another very steep climb but then through to our first quest of the day at Falkland. Another BCQ, another statue. This time it was a certain Onesiphorus Tyndall-Bruce but I'll let you look him up to find his curious story. But should you ever be in the area, go take a look at Falkland as it's an interesting place for sure. Passing through Auchtermuchty, we came across the Cycle Tavern. We resisted stopping for a drink but we had to get a few photos. The



last quest of the day was at Grange of Lindores and it was another easy one but no statue to be seen. Now we were heading to the Tay Firth at Newburgh, from where the route headed east along the firth. This was a lumpy old ride which saw us up & down like the proverbial bride's nighty! A couple of curios along the way. Firstly a plaque which commemorates the battle between the Earl of Pembroke and William Wallace in June 1298. The score was one nil to the home team. The second curio was at a

farm where I spotted an old Lancashire boiler. I'm not sure what it was being used for; storing fuel was my guess but there was no mistaking it. Why is it that whenever you don't want a cafe you find plenty but when you do, there's none? And so it was in Gauldry today but fortunately we were prepared with our flask. We'd stopped, overlooking the village green and besides the bus stop. Having a look in the shelter, as you do trying to avoid the sneaky wind, I saw that the good folks of the village are keeping the community alive with a few activities advertised in the shelter. Good for them. We wandered down Quality Street on our way out but then found a not so quality road which is part of the NCN. Time for a diversion, taking in St Michael's before regaining our route at Leuchars and the coast at Guardbridge then the golf links at St Andrews. It was while alongside a course a lad waved us down. As we pulled up, I sat astride the top tube of our tandem, to maintain balance; it's a steersman thing. The lad was asking how far to Guardbridge but I fear he was quite inebriated as he thought our bike had a spare seat and was of a poor design! It didn't take too long before we were on the climb up to our B&B at Schooniehill. It might have only been a couple of miles out of town but with about 300' of climbing and then the last part was on a rough farm road leading to the B&B. But it was worth it, as soon after our arrival we were given a pot of coffee and a small selection of handmade chocolates. Mmmmm.

The forecast was promising some sunshine for the next few days and so it turned out. For our last full day of the tour, we had clear skies but these were tempered with a cold northerly wind. This didn't stop our fun, we just wrapped up a bit more. The penultimate

quest of the trip was in Ceres and again very easy to find. The route was then heading south across the rolling Fife countryside to the coast at Earlsferry. Following the coast eastwards we came across the Scottish national ploughing championships at St Monans. All were welcome to have a look around and so we spent a while watching. Mostly there were vintage tractors but we also saw a few horse teams plus one steam

powered team. Carrying on along the coast, we headed into a cafe in Pittenweem to thaw out after hanging about on the competition field. Here we had what must be one of the cheapest pots of tea; being £2 for a pot for two, it was a far cry from Beverley. After our refreshments, we headed down to the harbour. It was good to see several fishing vessels moored up and to know that people are still making a living from the sea. This part of the coast has quite a few fishing harbours. We cycled along the front at Anstruther then finally to Crail where we also picked up our last quest of the tour. From Crail the wind that had helped us eastwards was now pushing us back. Near the end, rather than drop down to St Andrews to then pick up the road to our B&B, we took a bit of a shortcut. When planning rides, I'll use the Ordnance Survey maps to make our plans but

then plot them online and download to our Garmin. The online resource is great & I have it set to follow roads but occasionally it takes us off piste a little. I could tell as we were nearing the turning that this was one of those moments but rather than trail around, we followed the route. It was a good, hard surface but then around a corner it disappeared. We only had a couple of hundred yards to push up a field then we were soon back on the farm track to our B&B. On our way out that morning, Sue had spotted a footpath sign saying St Andrews, across some fields. After our showers and getting changed, we investigated this route into town. It was indeed a lot quicker but walking back up in the dark was a very different matter. You never know where the bogeyman might jump out and get you!!



Our last day of the tour was very easy cycling. We only had a quick 10 miles to cycle to then catch the train from Cupar, having booked the 12:44 Cross Country service to Edinburgh. Originally we'd planned to go down to St Andrews for a look about but having seen most of it we decided to have a lazy morning reading & catching up on the diary. This part of the country is famed for fudge doughnuts but we'd missed out when in St Andrews. As we descended into Cupar, we saw a bakery/cafe that makes these delights. Having had plenty of time to spare this morning meant we could sample them and they were certainly worth it. So famed are the doughnuts, they have their own Wikipedia page. Our journey home from Cupar was straight forward. The tandem had to be split to fit on the 1st train. Here it had to hang by its wheels. Once back over the Forth and into Edinburgh, the bike was reassembled in readiness for the last leg to

Preston with Virgin Trains. It's great being able to fit a full size tandem on the West Coast services as we can easily reach some very different cycling countryside. The ride home from Preston was our first in the dark, due to the clocks going back on the Sunday morning but with the dynamo hub giving us power we had made sure we'd squeezed the most out of our time away finally reaching home at 19:20. **Stew Clark**



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Eden Valley Cycle Challenge

I had a few days off work and decided to make the most of the nice weather and go up to Buttermere Youth Hostel for a couple of days walking. I remembered seeing the Eden Valley Cycle Challenge in Cycling UK, so decided to take part in this on my way up. There was the option of 100mile or 100km. The meeting place was Mungrisdale Village Hall. Refreshments were provided and at 9am approximately 18 of us set off on the 100 km in a northerly direction towards Hutton Roof, then to Hesket Newmarket over Aughertree Fell to Uldale. Here 6 of us had a coffee stop at Mae's Tearoom, an old school building and well worth a visit. We then followed NCR 10 to Cockermouth an optional lunch stop, but still full of Mae's tea we continued on to Loweswater, where we had a lovely lunch in the Kirkstike Inn.

We picked up C2C 71 signs and continued over Fangs Brow, cut out the bottom of Winlatter Pass by going via Hopebeck, up a lovely narrow gated road, down to Keswick. Then we climb up to Castlerigg Stone Circle, through Threlkeld, and Scales, along another gated road to finish back at Mungrisdale.

Lesley Miller

South to Okinawa on Two Wheels

After reading Alan Booth's book, 'Roads to Sata' of his walk the length of Japan and all the lovely and quirky daily happenings, how could we not visit there as part of a cycle trip incorporating many islands en-route to Okinawa, 700km to the south? Two days after leaving Essex, we had our bicycles re-assembled and cycling around the active Sakurajima Volcano, its blown-off peak and constant plume of ash settling around us. Natural History in its rawness!

Cape Sata was a day and a half's hilly ride, on the way we met quite a few 'end-to-enders', all were cycle campers. Our second ferry brought us to Ibusuki, where for little money, folks buried themselves up to their necks in hot sand, produced by steam rising from the bowels of the earth. At the terminal, there was a village show, unusual slow dancers and wailing male singers bringing back memories of decades ago. Marvellous. Rather than the 'big ticket' items, these events we just come across are far more rewarding. By now we had decided to shorten our original plan which had incorporated the very wet Takushima Is.. In the nearby hills, we cycled through tea plantations on the way to Kagoshima and an overnight ferry with a large communal sleeping cabin and typical 'shoe box' pillows. Hardy the Japanese! From Naze port, heading up the flat west coast of Amami Island, the small road passed through tiny windswept and isolated fishing communities living in low, wooden houses. Photos of villages part submerged in a metre of sand from previous typhoons amazed us. The island is known for its many centenarians who put their longevity to eating from their

own gardens and having many friends who visit. An English speaking cultural volunteer gave us a tour of the night-life.

It was a half - hour sail to Kakeroma Island and on board were hotel receptionists bound for a beach to collect small coral pieces for their hotel guests. It did not seem to be illegal although they thought exporting out of Japan probably was. Our two-roomed guest house was literally on the coral beach, so the delicious crab and lobster dinner was no surprise. On the way there, two wild hogs had jumped out of roadside bushes almost bringing us off. Mangroves edged the steep wooded hillsides, the steep roads slowing us right down. Traffic was sparse, how about typically 6 vehicles in 6 hours? A broken brake cable necessitated an early morning return ferry trip back to lively Koniya port and we loved how foot passengers used wheelbarrows to take their small-holding garden produce and shopping to and from the ferry. How practical. As opposed to the four flattish other islands we visited, this island had plenty of hills to walk up.

At Osai, our happy landlady Harrimee, filled our hot spa bath and kept a friendly eye on our chop-stick fumbling! Typical island dinners were egg and mushroom soup, octopus, lobster, breaded pork chops, fish with mushrooms, stewed fruit, rice and cod roe all washed down with plum wine. Later, in the dark, when I was going outside to lock our bikes, she warned us about the very deadly Abu snakes. We lived to tell the tale. Spiders were huge, and colourful. There were hot spas in many guest houses, relaxing afterwards in the different temperature baths was a challenge, especially the ice cold ones but if the Japanese can suffer it, so could we.

On Tokunashima and Okinoerabu Islands, reached by ferries travelling between rocky shores, recent typhoons had badly damaged many houses so finding places to stay needed some reserving ahead at the ferry arrival ports` small tourist offices which also had maps with places of interest in English. Later we entered a 2km cave, wondered if we were OK, as the magical stalactites were lit up automatically as we walked through but we realised that we had entered by the back door. Around the coastline, volcanic rocks hosted tiny crabs in small erosion holes. Black sea urchins were dropped onto sea walls to be crushed and eaten by birds.

Finally, our last of the trip`s 9 ferry rides, to Okinawa Is. where we saw Japan`s oldest Banyan tree and with the help of a well-placed notice board, noted down the names of butterflies and birds - are we becoming twitchers? On Okinawa Island, one morning whilst searching for breakfast, I spotted a dozen absolute top-class lightweight bicycles so enquired what they were doing. They were immaculately attired Chinese leisure riders escaping for a week`s training away from heavy pollution. Chairman Mao times well in the distant past!

To summarise, although Japan`s southern islands may not be at the top of every cyclists` destinations, the quiet roads, geothermal activity and the spectacular marine environment made for an interesting and warm few weeks at the end of November. Not more expensive than UK cycling either.

Steve Gregson

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Find us on Facebook: bloodsweatandgearscycles

Wear Your Club Colours with Pride!

The Club holds a small amount of club tops in stock – and a large amount of club caps! When there is enough demand we will place a clothing order with Impsport. Indicative prices are below but please note that prices and availability are subject to change. For any queries on Club Clothing please contact Richard John – richard@rjohn.co.uk

Short Sleeved Road Jersey - £51

Available in Mens' and Ladies' sizes with short, ¾ or long zip

Long Sleeved Road Jersey - £61

Available in Mens' and Ladies' sizes with short or long zip

Long Sleeved Lightweight Training Jacket - £66

Available in Mens' and Ladies' sizes

Rain Gilet with Mesh Back - £58

Available in Mens' and Ladies' sizes

Windproof Gilet with Full Back - £58

Available in Mens' and Ladies' sizes

Bib Shorts - £66

Available in Mens' and Ladies' sizes with Gel-Contour, FF-Contour or FR-Plus Pad

Rain Gilet with Full Back & Pockets - £65

Available in Mens' and Ladies' sizes



Also available: Club Water Bottles, £2.50 and Club Pin Badges, £4



RACING

The club affiliated to the Road Time Trials Council, North District on 13th December 1981, “To enable touring cyclists to occasionally race”.

Today, we are affiliated to: Cycling Time Trials (cyclingtimetrials.org.uk, handbook available at clubroom), British Cycling (britishcycling.org.uk) and North Lancs Time Trial Association (NLTTA) Spoco (nltta.org.uk). A racing licence is required for road and track racing under British Cycling rules. Racing membership of our club is required prior to racing under our colours. Information can be obtained from the Racing Secretary, Dave Collinge. A racing subscription, to defray the high costs of membership to national racing bodies, is due annually and must be paid before starting competition.



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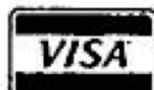
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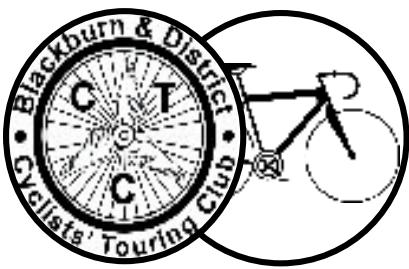
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Cycling Miscellany

Member's Profile * Nick's Duathlon * Recipes

Halfway Through the BCQ

Members Profile – by Anne Stott

I once named him 'The PathFinder' on a February Tour in the Lake District, being a man of great topographical experience. He has a wide knowledge of geography, books, a connoisseur of coffee and good beers and has worn our blue club tops on his travels of the world twice over. He has grown up with our club contributing endlessly with commitments, loyalty, and comradeship. He is our youngest President, our racing secretary, and the CTT North District secretary for club events. He has a quick sense of humour, full of entertaining banter, which is quite unique he is our very own Dave Collinge.



I asked DC for his cycling memories and this is what he wrote:

"

In my early years with the club we did lots of regular hostelling trips organised by Dave Brayley-Willmetts which led to longer trips such as Wales, the Lakes, Peak District and Scotland in 1984 with 24 bikes in a guard's van! I then progressed onto more adventurous camping trips to the Alps taking in some of the higher passes like the Iseran, Galibier and Stelvio.

I then varied the cycling with visits to the Kirkby track in Liverpool, speed training around Samlesbury Aerodrome, commuting and long 'A' runs and Audax like the Elanith 300.

It was whilst on holiday in Iceland in 1991 that I found out I was going to be made redundant from my job at Lower Darwen Paper Mill where I worked as a process chemist. Ray Chadwick and I had talked about doing a longer trip and so it was we embarked on our first world tour at the end of that year. We biked through Thailand, Malaysia, Singapore, New Zealand, Hawaii and then rode from LA to New York eventually arriving home just over a year later. We enjoyed it so much we did a second trip in 1995-96 starting in the USA and visiting Canada before flying on to Hawaii, Fiji, New Zealand, Australia, Sri Lanka and the UAE and this trip was for 10 months.

Other epic trips with Ray included the Pico de Veleta in southern Spain at 3398m, the highest road in Europe as well as Friday night after work on fixed gear crazy rides to bivy on the top of Skiddaw or at Styhead Tarn. A February trip to Lincoln again on fixed was another long ride but Darwen to Chesterfield to a temporary summer job was the furthest I've ridden before work (65miles)!

I once rode the Crown Point hill climb on a Saturday morning near Burnley then stopped off to regroup in Darwen before riding down to Llangollen hostel that same afternoon. Competing in the Horseshoe Pass hill climb on the Sunday morning was a testament to the fearless mentality of the club at that time. Equally impressive was the fact that Ian and Clare Stott had flown into Liverpool Airport the previous night and slept out near the climb!

Another highlight was being part of the winning team at the National Hill Climb held on the Cat and Fiddle and finishing 4th at the British Universities Sports Association (BUSA) Hill Climb held on Curbar Edge. Other successes include multiple appearances on the Beard Cup, several grand-slams, a member of the winning team in the Warrington 4-up TTT and winning the Mico Lighting Trophy with Tony in a 25m TT near York.

I first met Caroline at Chris and Kate Lee's wedding at the Inn at Whitewell and our first overseas trip was from Nice to the top of the Col de la Bonette (2715m) with some wild camping thrown in for good measure. We've continued the touring theme with cycling holidays in the Outer Hebrides, Ireland, Denmark, Belgium, Netherlands, France, Luxembourg, Norway, Sweden, Finland, Latvia, Estonia, Lithuania, Austria, Italy and Slovenia.

The Faroes with Neil Reynolds was like a trip to the edge of the world and the Lofoten Islands and Nordkapp allowed me to make the most of an extended summer break.

I've been the club events secretary for Cycling Time Trials (North DC) for the last few years."

Here are a few questions I asked Dave you might find interesting.....

Q. How old were you when you started cycling and what was your first club run?

A. I was 14 and my first run was to Flass Farm with Paul Smith and Ken Day. (Paul and I met at our first clubroom night at Salesbury Memorial Hall in 1982)

Q. Which country made the biggest impact on you in your world tour?

A. Thailand – a fabulous country with mountains, plains, tropical beaches, friendly people and delicious food. We biked for 12 days north to Chiang Mai and then rode down the Malay Peninsula to Singapore before taking the sleeper train back north and spending 5 weeks touring around Isaan, the less prosperous eastern part of Thailand.

I was so impressed I ended up doing Geography and Thai Studies as a degree at the School of Oriental and African Studies (SOAS), University of London, with the 3rd year spent at a University in Central Thailand.

Q. Who do you admire most or who is your hero?



A. I have a few that have shaped my love of cycling: From the club, Ken Hartley for his disciplined lifestyle and coaching skills, bike repairs, for taking us to the CTT Birthday Rides in Norwich, organising speed training and for instilling in us the art of setting a steady pace. It was an honour to take over the role of President from him. Also, Jim Boocock and Joe Lofthouse for their incredible touring knowledge of the UK as well as Mick Jay for his achievements in

life both on and off the bike and for always encouraging me to explore. Also, Tony and Anne for their intimate knowledge of everywhere they visit and for always sharing their passion with club members. In the wider world of cycling, Andy Hampsten the retired American pro cyclist famed for his exploits on the snowy Gavia Pass stage of the 1988 Giro d'Italia which he went on to win.

Q. How many times have you been to work in the car?

A. I've never actually driven to work but get a lift off Caz perhaps half a dozen times a year.

Q. Favourite Café?

A. Airton.

Q. Best club run?

A. Kingsdale, Deepdale or Barbondale.



Q. Best book?

A. A book we were told to go and look at whilst I was a student – Ethnographic Atlas of the Ifugao by Harold Conklin. Twenty five years in the making and a cartographic masterpiece it details the rice terraces on the island of Luzon in the Philippines. I eventually ordered a copy from the USA.

Q. Most valuable thing?

A. My health and time to ride my bike.

Q. Favourite beer?

A. A bottle of Het Anker 'Gouden Carolus Cuvee van de Keizer' Imperial dark Belgian beer which has to be shared.



Q. What do you consider is your biggest achievement in life?

A. Apart from meeting Caz it would be setting off on the first world tour and also going to university at the age of 28.

Q. What's the longest ride you have done in one go or what is the toughest ride?

A. Riding to Hampstead Heath hostel in London for the weekend in the 1990s. A 440 mile trip, cycled through the night on Friday and set off back on Sunday morning. The toughest ride was to the top of Mauna Kea in Hawaii (4207m) in two days, had altitude sickness, bloodshot eyes as I'd lost my sunglasses, the super steep road was only partly surfaced and we ended up 'sleeping' in the British observatory on the summit raiding the hot chocolate vending machine throughout the night.

Q. What three things could you not live without?

A. Bikes, books and maps.

Q. What's the best race you have ridden?

A. The Circuit of Greystoke promoted by Border City Wheelers and I prefer the SPOCO events for their scenic nature.

Q. What is your favourite geographical principle?

A. I'm more of a physical geographer so meteorology, rivers, geology and mountains. I even bought a weather station for my 50th birthday.

Q. What do you think is best about being in our club?

A. Cycling in a group is easier, there's banter, heritage, advice about equipment, knowledge about places to visit and when we were regulars at the hill climbs, a tremendous camaraderie.

I found this poem which Tony wrote a few years ago quite fitting for Dave's final answer.....

THE NATIONAL HILL CLIMBERS

(men) 1999-2009.

*I'm off to meet my club mates
To ride to Hunter Bark,
We'll stop at lots of cafés,
We won't be back till dark.*

*Our club is called the C.T.C.
Some cyclists think we're weird,
But when it came to hill climbs
We're the club that others feared.*

Ian, Carl and Ebbrell,

Adam, Chris, D.C.

*These lads all won the medals
Backed up with Neil and "G."*

*We've cycled up in Lakeland
And also in the Dales,
We used to sup supplies of tea
But now its local ales!*

By Tony Stott

"G" is Paul G. Smith (not Geraint Thomas!)

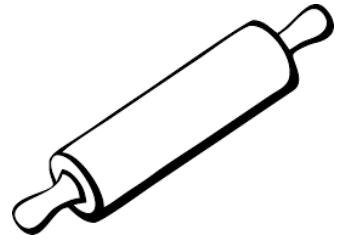
Nick's super Duathlons

A big congratulations to Nick (Dinsdale) with his "superhuman" win in his age group (65-69) on the Alp D'huez this year, also coming 5th in Targu Mures, European Championships, in Romania. Nick, who has been seriously ill earlier this year, is trying to promote awareness of prostate cancer, the importance of having checks, and setting goals, which can help you get through the treatment. The fact that when you have been diagnosed with any cancer, quality of life doesn't have to end.

" The mental and physical sides go hand-in-hand : adapt your mind, be proactive in your attitude, and things can be achieved," says Nick.



Recipes



Cheese & Onion Pie, passed on by Lesley Miller

1 pack ready rolled pastry (easier and quicker than making your own)

1 lb Cheddar Cheese (or 3 packs grated from most supermarkets)

4-5 eggs blended with a little milk

1 large chopped onion

Square baking tin about 11 x 8ins (22x 28cm)

Serves 6 – 7 portions

Method:

- Grate cheese into a large bowl, add chopped onion then the blended eggs and milk
- Mix well and spoon into the pastry case
- Bake 160-180c gas mark 3-4 (very moderate oven) for about 30 mins or until mixture is cooked in the middle, try not to let it get too brown.
- Remove from oven and allow to cool.

Best made in advance, cooled, refrigerated or frozen, then reheated before serving

Cornmeal Pancakes passed on by Mick Bradbury

1 1/2 cups coarse cornmeal

1 egg

1/2 cup Plain flour

2 cups milk or milk substitute

1 tsp baking powder

2 tsp Veg oil

1 scoop protein powder - optional

Method:

- Mix the flour etc, mix the milk, egg and oil then combine. Recipe says leave to stand for ten minutes, I think it is better left for longer. I let stand for 1-1 1/2 hours.
- For each pancake use around 1/2 cup, I make them a fair bit thicker than traditional pancakes.
- Top off with banana and honey etc
- If you have a really sweet tooth you could add sugar to the mix. Booths stock delicious Date Molasses which I intend adding to my next batch as a trial.

Half Way thro' BCQ by Sue Clark



*We're now half way through the BCQ
It's taken us to places old and new
In each of 67 counties six questions
there are
Taking you to places near and far*

*It was twenty twelve
When we set out on the BCQ
A shared table in the Settle Down
Chatting over a butty and a brew
"That's another off the list
But still plenty to do"
This chance encounter
With a fellow cyclist
Set us on the road
To pastures anew*

*It's all so easy at the start
We all have one near by
But when you've gathered up the
closest
It's then that you've got to try
That little bit harder, ride that bit
Further. Keep on going, never ask why?*

*Our first was the memorial
In old Slaidburn town
Our halfway happened to be
away south, in a Berkshire Down
We've holidayed here
And BCQed there
With rain, wind, hail and snow
But still pedalling, often so slow*

*They take us to places
We might not dream of cycling through
Like Sandbach, Hooton Pagnell
And Friday Bridge too
From the plaque that sits
At Bingley's locks
To the stone tablet on the waterfront
At Liverpool Docks*

*To the sites of civil war battlefields
And of canal locks there's been two
Commemoration plaques are a plenty
And to mention war memorials, quite a
few*

*We've travelled by ferry
To the Isle of Wight
Then pedalled around
Till it was night
To Cowes we rode searching
Yet we could not rest
For the plaque on the sea
Wall was our quest*

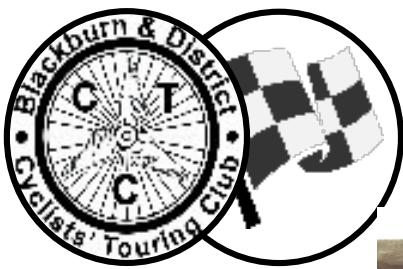
*Our journey has taken us
To the Elan Valley
To the top of Claerwen dam
where we couldn't dally
We've seen beautiful sights
Along our way
Like the mountain road
Up above Machynlleth
Where we sat
And passed the time of day*

*Our latest adventure
Gave us a lust for life
We went exploring in the Kingdom of Fife
Over the Forth road
Bridge we did ride
Travelling through Scotland
Cycling far and wide*

*So if you fancy
Exploring a new place
Please don't worry
It's not a race
You'll meet many
Characters on the way
But you can be sure
You'll have a jolly good day*

PS For those of you who don't know about the BCQ, it's the British Cycle Quest and is organised by CyclingUK.
<http://www.cyclinguk.org/british-cycle-quest> for more information





Final Thought



An advertisement for Carradice Original British Bike Bags. The logo is a stylized sunburst shape surrounding an oval containing the brand name "Carradice" and the word "NELSON - ENGLAND" below it. Below the logo, the text "ORIGINAL BRITISH BIKE BAGS" is written in a bold, sans-serif font, followed by "Made BY cyclists FOR cyclists". At the bottom, there is contact information: "For FREE colour brochure and stockists contact: CARRADICE of Nelson Ltd, Westmoreland Works, St. Marys St, Nelson, Lancs, BB9 7BA. Tel: 01282 615886" and the website "www.carradice.co.uk".

**Thank you to everybody who has contributed to this year's Club Magazine.
Happy Cycling in 2020 – remember every ride could turn into an article for next
year's Magazine!**



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