



NEWSLETTER

Specialized Tarmac SL7

Anyone got a Specialized Tarmac SL7? If you have then get back to your retailer as soon as possible because Specialized has identified some flaws that need to be rectified and they are advising owner to stop riding straight away. Apparently there's something wrong with the headset and it could cause cracks in the steerer. Retailers have the parts in stock and are waiting for you to arrive.

What is puzzling is that Specialized has only put a warning on their website and not yet (at the time of writing) issued a recall notice.

Lights on bikes

With the clocks going back one hour on 31st October and the nights getting longer, be prepared to get shouted at by drivers who claim that they can't see you. How many of us are truly aware of what the Regulations are for riding a bike on the road at night? The minimum requirements for riding a bike during hours of darkness include a front lamp showing a white light positioned up to 150cm from the ground and facing forward. It should be a steady white light complying with BS6102/3 standards. If it is a flashing white light it should be a minimum of 4 candelas. What is a 'candela' I hear you ask. Well, a candela is defined as 'the luminous intensity in a given direction of a source that emits a monochromatic radiation of frequency 540x10 Hertz, blah, blah, blah.....' Anyway, modern lights, generally, exceed the 4 candela requirement. You should also have a red light to the rear between 35 and 150cm from the ground and facing rearwards. If it is a flashing light then this, too, must be a minimum of 4 candelas. You should also have a red reflector facing rearwards and mounted between 25 and 90 cm from the ground. And when do you have to have your lights on? Don't wait until it gets dark. You must have them on between sunset and sunrise anyway. Don't rely on the old 'half hour after and half hour before' nonsense. That, apparently, applies to motorists who couldn't care less anyway.

Probably the finest carrot cake I've ever tasted

Actually there's no 'probably' about it. It was delicious!!! I didn't get a chance to sample the chocolate cake but, perhaps, next year. See – that's what you missed if you didn't take part in the Tourist Trial.

About a dozen riders turned up to support the event, although not all were competing. The circuit devised by Ken Newton took the riders up through Ashington and thence along the back roads to Southwater Country Park. These are roads you would all be familiar with so you wouldn't have got lost. After elevenses the route followed the Downlink to Copsale and then back on the roads again past Camelia Botnars' (for the benefit of the President I'll repeat that it was Camelia Botnars' and NOT Hilliers Garden Centre). Once the road got past Partridge Green it got a little bit devious by taking a bridleway through towards The Old Barn Garden Centre and on to Ashurst to end up back at the start. There it was 'cake and quiz' for the riders and, after a close run competition, Phil Frean was declared the winner. Well done Phil! All those who took part thoroughly enjoyed the event and promised to take part next year. Will you be joining them? I hope so.

Sneaky question

One of the sneaky questions in the Tourist Trial quiz was 'On average, how often is a bike stolen in the UK?'. The answer, of course, was 'Statistically, every 90 seconds a bike is stolen in the UK.', so, if you value your bike, make sure that you keep an eye on it or employ a vicious guard dog to look after it for you. Don't suffer the fate of the Italian track team at the World Championships who had their gold, custom built Pinarello track bikes each valued at over £25,000 stolen from their hotel. That night, 20 of the Italian team bikes were stolen from the hotel. The good news is that the bikes have been recovered in Rumania in the home of a local drug dealer. How far would you go to recover your bike? So the moral must be that, if you love your bike, look after it.

Another sneaky question

Another sneaky question at the Tourist Trial was 'What is the longest running bike race?' The answer is, of course, the Catford CC Hill Climb which was first staged in 1887. Another event promoted by Catford CC during recent years is the 'Hell of the Ashdown', a sportive event that has been used by many to test their early season form. Catford CC has now passed responsibility for the event to Westerham CC and it will be held on 27th February, 2022, at Westerham Brewery so, if you want to put yourself to the test, have a look at www.helloftheashdown.cc Over 750 riders have already signed up for this event so you'll have to be quick with your registration if you want to have a go.

Something I didn't know

A short while back one of our Club members hit an unexpected pot-hole and took a tumble. A kindly stranger took him to the hospital where he was stitched up again, but it later became clear that he had suffered concussion as a result of his head injury. What I didn't know was that, if you have a head injury you should NOT take Ibuprofen – in fact you shouldn't even take a simple Asprin because these can cause bleeding on the brain and you wouldn't want that, would you?

If you do have a head injury, think about calling an ambulance so that you can be assessed immediately and, once you're released from hospital, make sure you can contact someone in the first 48 hours after the injury. It goes without saying that you should avoid alcohol and you should seriously consider not driving a car or riding your bike.

Our Club member suffered this concussion even though he was wearing a helmet. What would have happened if he hadn't been wearing a helmet I wouldn't want to contemplate?

RideLondon

In the past many of our Club members have ridden the RideLondon event that would wend its' way around the highways and byways of Surrey. It hasn't been held for the last couple of years but it's making a comeback on 29th May, 2022 with Essex County Council being the new sponsor. The full format of the event and routes across London and Essex will be announced in due course but entries open on 10th November. Find out more at ridelondon.co.uk.

Dr Hutch

Anyone who reads the back pages of Cycling Weekly will know Michael Hutchinson AKA 'Dr Hutch'. He's a man who really knows how to ride a bike having won 56 National time trials which includes winning 13 consecutive 50-mile time trials and with his 50 mile record of 1 hour 35 minutes and 27 seconds standing for six years. If you want to meet the man, he will be at the Nightingale Rooms, The Grand Central, which is near Brighton Railway Station from 7.30pm – 9.30pm Tuesday 30th November for an evening chat. Tickets are £12 (concessions £10).

If you didn't go you wouldn't know

The Club Annual Dinner and Awards Evening was held on 5th November at The Fox at Patching and an excellent evening was had by all. Grateful thanks to Ian Cheesman who promoted the event and, much to his surprise, he was awarded the trophy for the 'Club Person of the year'. He was a worthy winner, not only because he won the most Club trophies but he has showed his commitment to the Club throughout them past year and has also shown his commitment to Club cycling by becoming the Secretary to CTT London South. The award to Cheesy was richly deserved.

The opinions expressed above are not necessarily those of Worthing Excelsior Cycling Club, but could be the ramblings of a senile old duffer. adrian.wecc@gmail.com