



Official Magazine of the
Whitewebbs Cycling Club.
July-Oct 2019

Club website for all results
and information.
www.whitewebbscc.co.uk

Hon. Secretary
Nigel Taylor 8 Netley Dell
Letchworth Herts SG6 2TF
Telephone 01462 670242
nigelrt@hotmail.co.uk

Magazine editor
David Solomon
07817248301
solomon.d@btinternet.com

Whitewebbs Clubroom
Every Thursday Evening
8 – 10pm.
Pied Bull Public House
Bulls Cross

**2019 is our
70th Anniversary**
We shall be celebrating
this along with our
yearly prize
presentations on
**November 16th
2019** at the
Homestead Hotel
Welwyn. All details &
costings have been
e-mailed / posted

Club News.

The Annual General Meeting

Took place at The United
Reformed Church Hall Mill
Lane, Broxbourne EN10 7BQ on
29th October 2018 20:00
Officers were elected as
follows,
President, David Solomon



Vice Presidents, Brian
Corneloues, Pete Mallen, Frank
Rasey, Vic Watkins, Tony
Thorne,
Chairman, Brian Corneloues
Secretary, Nigel Taylor
Treasurer, Frank Rasey
Time Trial Secretary, Bill Caton
Press Secretary,
David Solomon
Social Secretary,
Roy Alexis
Website Secretary,
Nigel Taylor
Senior Member,
Roy Alexis
Auditor,
_Phil Grimsey.

We will affiliate to
British Cycling
Cycling Time Trial
Eastern Counties Cycling
Association
Enfield Youth Association

2020

Club Open Event

10 Mile Time Trial

For the

Fred Meekcoms

Memorial Trophy

The event will be held on
Saturday 27th June 2020 on the
F20/10 course (A10 dual
carriageway Hertfordshire).

Due to this year's traffic count
the event will be run from
19:00 hours.

Never too early to request on
the day help.

Coarse direction co-ordinators
Marshals (4).

Signing on/off (1).

Pusher off (1).

Result board director (1).

Finish line checker (1).

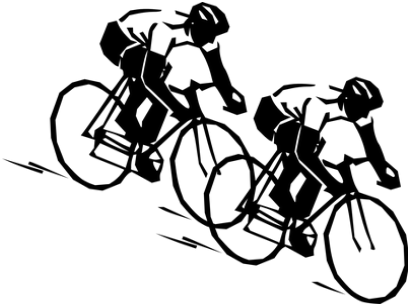
Finish line time transmitter (1).

Refreshment technicians (2).

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Club Events 2019,



The Brinley Lewis Trophy (Club 10m series) for the best seven out of nine Wednesday evening events, along with 25 Championship plus Hill Climb dates are as follows:

Last two club events

Aug 7th Rush Green-Turnford

Chris Wedge 20.56

Roy Alexis 25.41

David Solomon 29.35

Aug 21st Cole Green

Chris Wedge 21.31

Roy Alexis 26.20

Stu Levene 26.44

Aug 28th Hill Climb

Roy Alexis

Chris Wedge

Has improved his 25mile times this year.

Events

August F1b/25 Finsbury Park
Cycling Club 54.42

September E2/25 Team
Volovelocity 52.25

Don't forget to use our website to catch up on any racing results and general information. We post our function photos for all to see.

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Drop me any snippets of news
To solomon.d@btinternet.com



A Trip Down Memory Lane



Spike Milligan

*Smiling is infectious
You catch it like the flu
When someone smiled at
me today
I started smiling too
I walked around the
corner
And someone saw me grin
When he smiled I realised
I had passed it on to him
I thought about the smile
And then realised its worth
A single smile like mine
Could travel round the
earth
So if you feel a smile begin
Don't leave it undetected
Start an epidemic
And get the world infected*



Spot Light

The tire lever



A **tire iron** (also **tire lever** or **tire spoon**) is a specialized metal tool used in working with tires. Bicycle tire irons are still in use for those tires which have a separate inner tube. Tire irons for bicycles are usually referred to as "tire levers", as they are often made of plastic, not metal.





Tire levers for bicycle tires have one end that is tapered and slightly curved. The other end is usually hooked so that it can be hooked around a spoke to keep the tire bead free of the rim at one point, allowing a second lever to be manipulated forward, progressively loosening a larger segment of the tire bead from the rim.

A common feature of tire levers is the lack of sharp edges. The slightest pinch of an inner tube by a lever can weaken or puncture the tube. It is good practice to

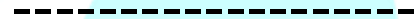
examine a set of tire levers for any sharp edges and to file them smooth and round.

Classically, tire levers were made of metal. However plastic ones are now manufactured which are

even less sharp and less likely to puncture the tube. There are also some single-lever varieties, which can be inserted under the bead at one point then quickly pushed around the rim to pop the bead off.

Tire levers are not necessary or desirable in all cases. In some cases, the tire can be reinserted on the rim, and sometimes removed from the rim, without the use of tire levers. This reduces the chance of puncture caused by pinching the tube between the rim and the tire bead. Sometimes they are used to fit the tire back on, but this can be done without

the levers .



A puncture on my way home from a Wednesday training ride prompted me to fit the new set of tires that I had purchased in August. Simple enough job one



would think, old tires removed, my troubles were just beginning, while fitting the first side of the tire on to rim I managed to snap one of my plastic levers, not to be perturbed I installed the inner tube, inflated it a little, and proceeded to fit the second side of tire, managing to snap the remaining two plastic levers. So now I have to find my old trusted iron levers (have you seen the inside of my garage) full of junk. 25 minutes later after turning the junk upside down I found the iron levers in my cycling sports bag (that was indoors). Returning back to the tire, forcing the lever under the tire bead, prizing the final section over the rim POP followed by piissssss. Tire fitted but inner tube punctured.

Back to square one. It does feel nice riding on new tires Ed

RECIPE

A winter warmer before going out on bike

Lemon & Blueberry Baked Oats

Serves 1

Ingredients

40g Oats,
175g fat free natural yoghurt,
1 tsp vanilla extract,
 $\frac{3}{4}$ tbsp granulated sweetener,
grated zest and juice of $\frac{1}{2}$ lemon,
2 medium eggs,
50g blueberries.

Method

Put all of the ingredients into a bowl, keeping back a quarter of the blueberries, and stir until combined. Pour into a small ovenproof dish and place the remaining blueberries on top. Place on a baking tray, so you don't end up with a messy oven if it rises a bit too much and bake for 35-40 minutes. Remove from oven and serve warm.



