



**W**hat a great turnout at the Fox & Hounds. A large number, a few from as far-a-field as Yorkshire and Andover, and a sprawl of inclined bikes. Thank you for the kind comments re. the newsletter. Remember, if you would like to be alerted when there is a new one, and for any contributions, email me at the above address.



♫ Three Roberts  
Round A Yew Tree ♫

**For the Diary**

- ❖ Thursday, 17<sup>th</sup> December  
**Christmas Drinks, Club room**
- ❖ Sunday, 20<sup>th</sup> December  
**Hardriders Christmas Party**  
7.30 Rising Sun, Twitton
- ❖ Friday, 15<sup>th</sup> January  
**Barn Dance**  
7.30 Pratts Bottom Village Hall
- ❖ Sunday, 10<sup>th</sup> January  
**DEADLINE for entries to Annual Photographic Competition**
- ❖ Thursday, 7<sup>th</sup> January  
**DEADLINE copy Winged Words**

Some local news: [Bike Radar](#) announced it will come to Brands Hatch in July 2010 for its 2nd festival. Just as [fun](#) as the Grand Prix, and a lot less noisy!

Also atop the North Downs, did anyone meet this [intriguing French gentleman](#)? Or was it one of you, practising a French accent?

“Christmas Greetings to West Kent members and many happy miles in 2010. Don't forget if you are in Suffolk you are welcome to call in.”  
**Anne and Dave Dodds**

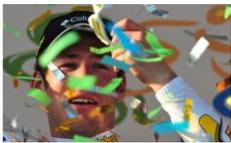
Great news for British TdF representation as [Team Sky](#) recruits Bradley Wiggins. While at the [Copenhagen Climate Conference](#), Danes came out to show the world the future lies in cycling.

Radical changes are made to the [Olympic track cycling programme](#).



*A total of 500 athletes will compete for 18 gold medals across the Olympic sport of Cycling*

While [Edinburgh](#) learns to cope with continental-style tram rails. *Phhh.*



**SPOTY**

A shame that [Mark Cavendish](#) couldn't make it two in a row for cycling after Chris Hoy won the [2008 BBC Sports Personality of the Year](#), but Cav's Milan-San Remo and six stages of the Tour de France amongst 23 professional victories stood him well.

**BICYCLE THIEVES**

At Sevenoaks station one night last week I spoke to a cyclist unlocking his bike. This was his fourth - second-hand: £50; 3 locks: £40. This week's CTC newsletter suggests voicing your opinion on Network Rail's [Action Stations](#) website by completing the survey. Their 10-point plan would certainly point towards encouraging cyclists to use trains. The survey only took me 15 minutes and gave ample space to represent cyclists' use of stations. It can be completed any time until 31<sup>st</sup> January and there's a chance of winning a season ticket or £2000 (towards next bike and set of locks).



**HO HO HO ....**

The [Guardian](#) had some interesting Christmas gift suggestions this week. If all of those will disappoint, what about:

- ❖ [magazine subscription](#)
- ❖ [cycle wear](#)
- ❖ [2010 cycling calendar](#)



Have you filled in the West Kent Members' Questionnaire? You'll find it in the Members' Area of the website. *Thank you!*



**GOOGLING**

**The Real Thing** Frustrated by weekends of wet weather, work and a wedding, I resorted to the idea of a turbo trainer. Lent one this week to try out, I have concluded that, while definitely worse than the real thing, they are not to be sniffed at. Here are a couple of videos I found to get me [on my way](#) and to get [rythmic](#). I hope they help you with your winter workout.

**Don't just ride it. Be the bike** [Holiday antics](#), not to be tried at home.

