



The continuing bad weather is making many people **FED UP**, but I don't think it's just cyclists.

SUMMER CYCLING

So while dreaming of long Spring days, look at the summer possibilities. See a bit of the **Vuelta** in sunny Spain, or some of France in real **3D**. Registration is now open for the **Semaine Federale** in Verdun or consider the **Birthday Rides** in Cornwall.

COMFORT VIEWING

You can watch the **Tour Down Under** in the comfort of your armchair, of course. Or move armchairs on Sunday 24th January to the **Riverside Studios** for a series of cycle shorts of the Tour de France and Cycle Racing in Britain in the 1950s, 60s and 70s.

LENGTH OF AFRICA

If none of them warm you up, what about taking up **a trip** with good company and football at the end or perhaps one of **these**?

CHALLENGES

Of course, while planning your rides for 2010, have a go at WK CTC Medal Series. See the events **here** and start planning how to earn the points. Or perhaps a greater challenge: the Right to Play's Brussels to London Charity Ride, taking in the finale of the second stage of the Tour de France. 4th - 7th July, **check it out**.

<i>For the Diary</i>	
Sunday, 24 th January	Bexley CC Reliability Ride Horton Kirby, 8am LCC Ride Meander to Erith Blackheath , 11am
Thursday, 28 th January	Recipes Evening Clubroom , 8.30pm
Saturday, 30 th January	Medal & Prize Presentation Luncheon Shoreham Golf Club , 1pm
Sunday, 31 st January	Fun Reliability Ride Shorne Country Park , 9.30am Organiser: Ian Stone
Friday, 5 th - Sunday 8 th February	Winter Weekend Truleigh Hill YH Organiser: Steve Dyer

BAR Full Result

The results for the 2009 Best All Rounder Competition are now available.

Main trophy winners are:

Best All Rounder/Best over 3 yrs - Bob MacDowall

Best Lady - Margaret Tate

Best Junior - Cory Gerlin

Most Deserving Runner-Up - John Ennis

Most Deserving Veteran - Barry Jordan

Best Group Attendance - Sevenoaks

To see where you finished visit the **Members Area** with BAR Roll of Honour - history of the competition winners from inauguration to 2009.

CRAZY PEOPLE

For guidance on how to cycle through snow and ice, see these winter cyclists' **skills** and **thrills**.

HO LES

Watch out for them - they are large. **Here's why**. The **Bexley Times** reports compensation for a cyclist but beware - you may not emerge to make a claim!

SHOULD CYCLISTS PAY ROAD TAX?

The Scottish Government consultation for a cycling plan looked into the pros and cons of taxing cyclists, while also wishing to boost the number of journeys taken by bike. **7 out of 10 respondents opposed a tax**.



RIGHT TO RIDE

In this week's Sevenoaks Chronicle Reg Oakley brings to our attention proposed plans for the cycle lane in Knockholt. See the article **here** and have your say on the **website**.

SEE MARK BEAUMONT

'The Man Who Cycled the World' is now on his first ever UK Tour with his 'Audience With...' style show. He is appearing at **Tunbridge Wells Assembly Hall Theatre** on Tuesday, 23rd March at 7.30pm. Tickets, at £14, are available from 01892 530613/532072 or www.assemblyhalltheatre.co.uk.

HOW MANY LAYERS CAN A CYCLIST WEAR?

What's your score? I've counted **16** (1 pair or set counts 1 point) and I know I have further shopping to do.

EARLY LEARNING

Taking the tedium out of the early days with the **Gyrowheel**. What do you think? Can it replace traditional stabilisers? Let's hope so.

BREAD AND BUTTER

This April Olympic champion Victoria Pendleton will promote healthy **Hovis** in a new advert.

Boy: Mum, Mum! I don't want a bike for Christmas now!
 Mother: But you've been asking for one all year! Why not?
 Boy: No, it's OK! I found one behind the cupboard!



OOGLING

How quick are you?





Gravesend CTCs' Charity Reliability Ride



Come along to Shorne Country Park on Sunday 31st Jan 2010 and complete Ian Stones' Gravesend CC & **Gravesend CTCs' Charity Reliability Ride!**

Various distances: 49, 29, or 21 miles.

START ANY TIME BETWEEN 09.30 AND 10.00

ENTRANCE FEE £2.00 UNDER 14 £0.00

ALL MONIES FROM THESE EVENTS WILL BE DONATED TO
KENT AIR AMBULANCE

Organiser:- Ian Stone

Tel. 01634 220281 E-mail dorianstone@btopenworld.com

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The West Kent CTC Medal Series 2010

Planning your rides for 2010? Fancy a challenge, something to get your teeth into? Why not have a go at WK CTC Medal Series which comprises various qualifying rides as listed on our [web site](#).

With events ranging from the 50km Hilly up to the 600km, there is a healthy choice and diverse selection of rides comprising distance, off road and over varied terrain. Rides are completed within time limits but these are designed to cater for all abilities.

In most cases, events are run under Audax UK regulations with entry forms downloadable from the AUK website at <http://www.aukweb.net/cal/entform.pdf> . Contact the individual Organiser if you have any difficulties.

A Medal Series is generally 3, 4 or 5 successfully completed events in line with the criteria listed below.

Medal Series Event 1 Event 2 Event 3 Event 4 Event 5

GOLD Minimum 400k Minimum 200k Minimum 150k Minimum 100k 25mile Rough Stuff

SILVER Minimum 200k Minimum 150k Minimum 100k 25mile Rough Stuff or 50k Hilly

BRONZE Minimum 150k Minimum 100k 25mile Rough Stuff or 50k Hilly

BADGE Any 1 or 2 events

N.B: A longer distance may be substituted for a shorter event (excluding Roughstuff on the Gold Series)

Medals / badges are available for purchase with engraving included in the cost as described below:

Medal	Description	Min. No. Events	Price £
Gold	Silver plated with gilt centre	5	10.00
Silver	Silver plated	4	10.00
Bronze	Bronze	3	9.00
WK Badge	Enamelled with pin	1 or 2	4.00

Claims for medals, giving dates and successful events ridden should be lodged initially by email to [The Outdoor Events Coordinator](#) by the WK CTC AGM **at the latest** - see website for details.

Medals will be presented at our Annual Prize Presentation in early February 2011 or sent by post after the event (please enclose a SAE).

Interested? Why not give it try? Don't forget the key dates are already listed on our web site.

West Kent CTC Invicta Super Randonneur Series 2010

Within the WKCTC Medal Series, we are running a concurrent Audax UK Super Randonneur Series, i.e. 200k, 300k, 400k and 600k events to qualify for the Brevet under this standard. If you are thinking about Paris-Brest-Paris in 2011, you will need an SR under your belt next year. If you haven't ridden one before, now's the time to prepare...the experience will help with your SR in 2011 and naturally, we'd be pleased to see you again.

In case you're wondering, you can combine both the WK Medal and Invicta SR Series in a single year so get the dates in your diary now. We look forward to seeing you at the start. Best of luck.

Look out for other supporting rides to those listed which may be added in the runs programme/web site.

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Someone Enjoys The Snow!

*I thought those of you who are fed -up at being unable to have a proper cycle ride might enjoy this
(I have had a hip replacement and am able to ride a cycle trainer for 20minutes and am dying to try my bike up
and down the road now that I can comfortably get on and off).*

It has to be said
I was lying in bed
When up jumped
My little soggy doggy.
It had snowed in the night
Much to her delight,
My bouncy little soggy doggy.
It gave me a fright
When she jumped on my head
As I lay in my bed,
My bouncy, little, joyful, soggy doggy.

Lucy Bentley

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SOME GREAT EQUIPMENT TIPS FROM ROGER WALTERS

WINTER LIGHTS

Most of us have had a problem during these dark winter nights with regards to adequate lighting on our cycles. It seems that most of the cycle lights available enable you to be seen by other road users, vehicles etc. However, when cycling in the dark country lanes of Kent, most of these lights are totally inadequate.



We therefore have to turn to extremely expensive alternatives in order to provide sufficient light to see the increasing potholes and other hazards within our main roads and country lanes. However, help is at hand, it would seem that we can solve the problem with a relatively inexpensive light/torch. Myself and my colleagues have now purchased seven of this particular lights and everyone says that it is the best they have come across. The light/torch in question is called a 'LED LENSER P7'. It takes four standard AAA batteries and it is the most powerful light available for its size anywhere. It boasts two hundred lumens up to a range of over seven hundred yards. There is spot or flood focus available. The police use a similar torch but it is only half as powerful as this one and I understand that this is now used by the military and other professional people.

For those that have a computer, if you Google 'LED LENSER P7', you will see that there are several websites, including Amazon that are offering these for sale. However, the best site we have found is called www.netpcdirect.co.uk. They have provided us with an excellent service. Their price is £41.99 plus a couple of pounds for delivery, and they also offer a professional key ring Silverpoint torch as a free gift, worth £10.00. I can also recommend their cycling bracket at £3.99 or, better still, purchase the one which also includes a very good torch, for only £5.99. I should mention that if you wish to fit the LED LENSER P7, you need to use this bracket by securing the torch with the thumbscrew side and fixing the ratchet side to your handlebars. We have successfully done this now on four bikes. If anybody needs any further information on this, I would be happy to oblige.

We think this is unbeatable value and may be of great use to all the other cyclists having difficulty in seeing their way through our dark country lanes. In fact, one of my colleagues has fitted two of these lights to his cycle and it looks like a car coming towards you, they are so powerful.

LOCKING

Next to your own personal safety on a bike comes safety for your bike. We toiled for some time to find a bike lock with an alarm, so that when our attention was diverted on our Wednesday rides, usually because we are all in the pub, we would be alerted if some evil person or persons were trying to steal or tamper with our illustrious machines. What we eventually found was an ideal product. We bought two of these and they do the job, sounding an alarm at over 100 decibels to alert you if anyone tries to tamper with the lock or move your bike (it has a motion sensor device).



We tied six bikes together using two of these locks and tested the alarm it was ear-piercing. We are going to order more because not only can you use them as a bike lock/alarm but also for luggage, laptops just about anything. The product is a 'Targus Defcon 1 Retractable Cable Lock' sold on Amazon at £16.49 + delivery. However, we got ours from an ebay seller named '[friddo](#)'. They have pictures and a very full write-up that tells you all you need to know and the cost is only £11.99 free delivery. It is listed through this seller as "NEW TARGUS BICYCLE BIKE SECURITY PORTABLE ALARM LOCK". We had no problems ordering through this seller. Check it out.

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Cyclists' fearful over new 'death trap' lane

BIKERS have put a spoke in the wheels of a planned cycle lane – by branding it a death trap.

Two-wheeled campaigners claim the route for commuter cycling to Knockholt Station in Halstead breaches all safety rules.

Cyclists would almost certainly be killed or injured, they say, as the proposed lane in London Road, Halstead, is one metre wide and only centimetres away from a row of parked cars.

Tony Clayton, of Bayham Road, Sevenoaks, said: "Anyone using it could be pushed by an opening car door into the path of traffic and killed.

"To have spent money designing such a dangerous scheme is bad enough.

"To publish it shows a complete lack of understanding of what cycle lanes are supposed to achieve.

"They should make cycling safer, not more dangerous."

Reg Oakley, who was appointed as Right to Ride representative for Sevenoaks in 2008 and is now chairman of Sevenoaks Cycle Forum, said the district council seemed reluctant

to work with the group.

Until recently there has been a cycle lane on the edge of the road but cars started parking over the route last year.

Mr Oakley said: "The illustrations for the Knockholt Station cycle lane show just how utterly inept SDC are at making any provision for cyclists – the width of the shown cycle lane is narrower than the cyclist also shown on the illustrations.

"SDC now want to legalise the car park aspect as a cash cow with charged parking and at the same time reducing the cycle lane to utterly farcical proportions."

He added the proposals ignored safety guidelines set by the Department of Transport.

Member of the cycle forum John Morrison said he hoped pressure would be put on SDC to work more closely with their group in the future.

"The fact that SDC can propose a 'cycle lane' which totally ignores the safety

guidelines laid down by the Department of Transport reinforces the need for a comprehensive cycling plan for the district rather than these poorly thought-out piecemeal measures," he said.

Sevenoaks District Council spokesman Daniel Whitmarsh defended the plan by explaining cycle lanes were not usually its responsibility but it had tried its best to respond to a number of complaints from cyclists and homeowners about park-



HAZARDOUS: Campaigners believe the proposed cycle lane on London Road, Halstead will put lives at risk

ing problems.

He said: "The current cycle lane is 1m wide. The guidance for new cycle lanes is 1.2m wide, space permitting.

"Due to the overall width of the road, it is not possible to make the cycle lane any wider.

"We are currently seeking the views of the immediate residents, and depending on the comments of those that live in the area, may alter the proposals to reflect their views."