



<b>For the Diary</b> 	
Thursday, 18 <sup>th</sup> February 	Book Swap Evening <a href="#">Clubroom</a> 20.30
Friday, 26 <sup>th</sup> February	<a href="#">Critical Mass Ride Waterloo Bridge</a> 6pm
Sunday, 28 <sup>th</sup> February	<a href="#">Kentish Killer Sportive</a>
Saturday, 6 <sup>th</sup> March	<a href="#">Photographic Exhibition and Slide Show</a> 
Sunday, 7 <sup>th</sup> March	Anniversary Ride <a href="#">Moorings Hotel, Sevenoaks</a> 9.45am
Sunday, 14 <sup>th</sup> March	<a href="#">Invicta Grimpeur 100km/Hilly 50km</a> 
Tuesday, 16 <sup>th</sup> March	<a href="#">Bangers &amp; Mash Evening</a> Crown Pub, Shoreham

[Team Sky](#) had a good start on Sunday in Qatar but with Kurt-Asle Arvesen's fractured collar bone, [Tom Boonen](#) now takes the spotlight. To view this Tour and others, try this site. 



**R.I.P**  
[Franco Ballerini](#).



**ROAD MATTERS**

Outlined [here](#) the plans for cycling in Outer London with some interesting readers' views, while discussion begins about the [Thames third crossing](#). [Here](#) is a good visual introduction to Cyclopark, Kent's multimillion project officially launched by Olympic champion Jamie Staff in January. See Jamie talking about the [Olympic velodrome](#), which now has its steel structure in place. [This gentleman](#) has already signed up as a 2012 [volunteer](#) having been an official at the 1948 event. North Kent's [Whistable](#) sees support for cycling with an extension of the Crab & Winkle and Viking Trail to Reculver. [More details emerge](#) about the A21 Tonbridge to Pembury Improvement as long-

**BAR RULES**  
The Best All Rounder Competition Rules have been re-issued to take into account the capping provision for the number of events ridden within the year. See updated version in the [Members' Area](#) for further details.



**CAN YOU HELP?**  
[West Kent CTC needs your help now more than ever before.](#)

awaited work becomes more of a [possibility](#). Facilities for cyclists will be significantly improved with a separate route segregated from the main A21. You can watch developments at [Highways Agency](#).

**MEDWAY RUNS UPDATE**  
Please note that John Ennis's ride on Good Friday is not "morning" only as shown in the printed runs programme. It will be one of the Group's usual moderate rides - check with John nearer the time for further details.

**WEATHER REPORT**

[The Hell of the Ashdown](#) took place and we all encountered ice and potholes. An interesting approach [here](#) to puddles by a cyclist in Oxford, while how would you approach [this one](#)?



**MEDAL AND PRIZE PRESENTATION LUNCHEON**

*At the end of January a very enjoyable afternoon was spent by members at the Luncheon and Prize Presentation. It was a glorious sunny day and the Darenth Valley Golf Club, in its superb surroundings, did us proud. Forty-seven people sat down to an excellent lunch, the food was great and there was plenty of it. The presentation of the Cups and Medals followed the meal, but was finished by about 4pm so those riding home were able to do so before it got too dark. Due to the success of the event, we shall be returning to the Golf Club for next year's Presentation at the end of Jan 2011.*

**WEST KENT'S GREAT EGG RACE**  
*Thursday, 22<sup>nd</sup> April*

Jean Tobin

**'THIS IS TRANSPORT. SHUT UP, CYCLISTS.'**

James May takes a look at the [Gocycle](#). Might it help [Dan Martin](#) who sets out in May to swim, cycle and run around the world? On BBC Breakfast he expressed his concerns about the cycling, not the swimming of the Atlantic.



**CYCLING IN NEW MONEY**

A new 50p coin inspired by the Olympics will feature a cyclist in a velodrome. You can brighten up your PC with [these](#).

Don't forget the deadline for your contributions to **WINGED WORDS** April/May is **8<sup>th</sup> March**. **THANK YOU!**

**FORMER ENEWSLETTERS ARE NOW TO BE FOUND IN THE MEMBERS' AREA**



**WEST KENT  
CTC**



**68<sup>th</sup> PHOTOGRAPHIC EXHIBITION**

**Judge - Roger Force FRPS  
(Dartford Camera Club)**

plus slide presentation

**“Over My Handlebars”**

by

**Martin Lloyd**

**A light-hearted look at cycling experiences, travels etc over the years, or in his words, “Slides that I should have thrown out!”**

**Saturday 6<sup>th</sup> March 2010**

**Methodist Church Hall, Otford (near Sevenoaks)  
includes display of members' Arts and Crafts**

**Doors open 5.30pm - Presentation 7pm**

**Tickets from: Peter Scott 01474 833123**

**or from any West Kent CTC Group Contact**

**Price £4.50 in advance or £5 on the door**

**Refreshments available - ample parking and dry cycle storage**

**[www.westkentctc.org.uk](http://www.westkentctc.org.uk)**

**[BACK](#)**

## WEST KENT CTC NEEDS YOUR HELP NOW MORE THAN EVER BEFORE

The West Kent CTC Medal Series and other events are under threat due to a lack of club members who are unwilling to give up just a few hours of their time on a few occasions each year.

The first event on the Outdoor Events calendar is the [Grimpeur 100km / Hilly 50km on Sunday, 14th March](#). This is currently short of four Official Helpers for the following locations and times.

[8.00 - 10.00 Otford Church Hall](#) (at the start to take registrations and dish out food and drinks); one helper required to work with John Warren and Jan White

[11.30 - 18.30 Otford Church Hall](#) (check-ins and food for returning riders); one helper required to work with John Warren, Martin Gill and Brian Juchau, choose a time if you can't do the whole seven hours.

[10.30 - 15.30 Sevenoaks Weald](#) manned control, one helper to assist Peta Masey.

[11.00 - 14.25 Yorks Hill car park](#) manned control, one helper to assist Brian Barrett, particularly 11.50 - 13.25 when riders may be coming from both directions.

Without assistance, it may not be possible to run this event, and the same applies to other events later in the year. If members were to pitch in just once, it really would make a difference. Is that too much to ask?

Why not experience that feeling of knowing you've done your bit for your club? As a token of its appreciation, the BAR Competition recognises the contribution of members as BAR points, available for Organiser / Assistant Organiser (10pts / 6pts respectively) and Official Helpers (5pts).

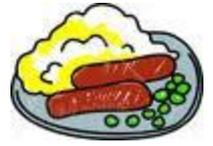
Tempted? Contact the individual Organiser of the event you think you can help out on - see Events drop down on our web site for details.

Alternatively, email Bob MacDowall on <mailto:wkctcouthoorevents9@googlemail.com>.

*Thank you for your help!*

[BACK](#)

## **BANGERS AND MASH TUESDAY, 16th MARCH**



Dear West Kenter,

It is time once again for one of our popular Bangers and Mash evenings and a great chance to catch up with members of other groups!

*As usual, it will be held in the Crown pub in Shoreham village on Tuesday 16 March 2010 at 20.30 hours. A Veggie option is available on request.*

**I will confirm the numbers to the Crown on Sunday, 14 March, so please let me know before that date by email or 01689 821475.**

The cost will be held at the same price of £10.00, including a dessert and a tip (financial not a racing tip)!

We look forward to seeing you, although I appreciate it is too far for some of you to ride, so motorised assistance is acceptable in those circumstances.

Yours in cycling,

Kind regards,

Peter

*PS. PLEASE ADVISE ANYONE NOT ON EMAIL OF THIS DATE.*

*THANKS!*

[BACK](#)



## WEST KENT'S GREAT EGG RACE

*Now with two classes!*

This year's spectacular will be held at the Clubroom on  
**Thursday, 22nd April.**

There will be two classifications:

Class A will be for vehicles driven by a single axle, either front or rear drive.

Class B will be for vehicles powered through any number of axles.

In both classes only one rubber band may be used to provide the motive power.

The band may be used either as a loop or cut to one length.

Only rubber bands supplied by the organiser may be used. These will be available soon.

Whether you intend entering a machine or just coming along as a spectator, this event has great entertainment value and is not to be missed.

As usual, there will be eggcellent prizes both for speed and appearance.

*DON'T MISS IT!*



[BACK](#)

## PAUL MEPHAM, LIVE AT THE CLUBROOM

On Thursday, May 13th Paul Mepham of Harry Perry Cycles will make a welcome return to the West Kent CTC Clubroom to give an evening of help, guidance and tips on, among other subjects, wheel building.

Paul is a firm favourite with members and his visits are always eagerly looked forward to. Make a note of the date in your diary NOW to avoid missing what promises to be an informative and entertaining evening.



[BACK](#)