



Newsletters are on display in the Clubroom.  
Previous issues can be found on the Members' Area of the website.

This week marked International Women's Day. Not sure quite what it means, but it was accompanied by an odd mixture of news items. For example [this](#) on Monday. It follows [this](#) a month



ago. *What* is that woman wearing? Perhaps she needs one of [these](#)! The fact is that if you wear [this](#), you will not be

able to dismount, danger or no danger. **THIS**, on the other hand, seems to be the sad truth, and surely [this](#) is how to go on!

### CSAP

And here is [Boris Johnson and Transport for London's Cycling Safety Action Plan](#), all part of "London's Year of Cycling". ㄅ ㄅ ㄅ

### IN AND AROUND THE CAPITAL

Attention is turned to [cycling the suburbs](#) in the LCC's results of a survey and guide to promoting bike usage in Outer London. Meanwhile busy towpaths are now the subject of [proposals to lighten traffic](#). For some good routes in the London, take a look at this [resource](#).

### SET THE WHEELS IN MOTION

More good cycling developments from [Ireland](#), as bike numbers in Dublin soar in a period of six months.

### CYCLE TO SCHOOL

[Great news](#) for five schools in Tunbridge Wells who will benefit from a [traffic-free cycling route](#) along the A26.

### CHARITY RIDE

The Mayor of Tonbridge & Malling has announced a charity ride for all ages and abilities between Tonbridge to Penshurst. Sign up [here](#)!

### COULD IT BE NICKED?

*Independent's* Simon Osborne talks about [the fear of losing your bike](#). There has been a spate of thefts in West Kent. Lock bikes securely and stop this activity. It doesn't take much to lift bikes into a truck and drive away...

 Clocks go forward  
Sunday, 28<sup>th</sup> March!

### DEMO DAY

Wilier Triestina Demo Day, Saturday, 20<sup>th</sup> March,  
[The Bike Warehouse, Faversham](#). Rides at 10am, 12pm, 2pm.



### SSHHH

[Oh so quietly in China](#), and lightly with [bamboo bikes](#) made in Ghana.



### MORE TO SHOUT ABOUT

Vin Cox is cycling around the world in an attempt to beat the record and to inspire others to plan their [Great Bike Ride](#).

**MID KENT CYCLE JUMBLE**  
Woodchurch Scout & Guide Community Centre,  
Lower Rd, Nr. Ashford, Kent TN26 3SQ  
Sellers: 07.00 Buyers: 09.00  
Contact: Mike Clark 01233 733576; 07778 205404



**OFF-ROAD SKILLS**  
A great place to improve your MTB techniques  
[Surrey Hills](#) for training and rides

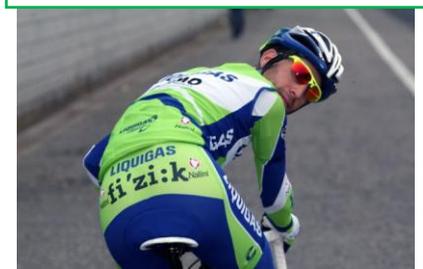
### WATCH IT!

British Eurosport is showing Tirreno-Adriatico til Tuesday, Milan-San Remo one-day, then Copenhagen UCI Track Cycling World Championships 24-28/3.



### LUGGAGE SOLUTIONS

Vincenzo Nibali. Tirreno-Adriatico



<i>For the Diary</i> 	
Sunday, 14 <sup>th</sup> March	<a href="#">Invicta Grimpeur 100km/Hilly 50km</a> 
Sunday, 14 <sup>th</sup> March	LCC Ride: Locks, Docks and one Smoking Ferry <a href="#">Blackheath</a> , 11am
Tuesday, 16 <sup>th</sup> March	<a href="#">Bangers &amp; Mash Evening Crown Pub, Shoreham</a>
Thursday, 18 <sup>th</sup> March	Table Top Sale <a href="#">Clubroom</a> 
Saturday, 7 <sup>th</sup> March	LCC Ride: Olympic Ring <a href="#">Blackheath</a> , 9am
Sunday, 28 <sup>th</sup> March	<a href="#">Man of Kent 200 Golden Green</a> , Tonbridge
Sunday, 28 <sup>th</sup> March	<a href="#">VO2 Sportive, Fosse Bank School, Hildenborough</a>
Sunday, 28 <sup>th</sup> March	LCC Ride:Thames Barrier, <a href="#">Blackheath</a> 11am
Sunday, 4 <sup>th</sup> April	<a href="#">Tour of the Weald 100k Sportive, Staplehurst</a>



Tour de Langkawi, Malaysia



## 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 willing 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](#).

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

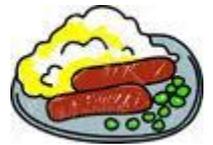
Why not experience that feeling of knowing you've done your bit for your club? As a token of its appreciation, the BAR Competition recognises the contribution of members as BAR points, available for Organiser / Assistant Organiser (10pts / 6pts respectively) and Official Helpers (5pts).

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!*

## 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!*

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## 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!***

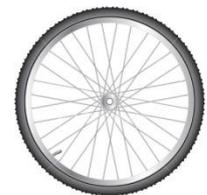


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## PAUL MEPHAM, LIVE AT THE CLUBROOM

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.



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