



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

Expectations

Expectations for British success at the Track Cycling in Copenhagen have proved harder to live up to in the face of tough Australian competition. It's great to see the BBC coverage, however. Eurosport will cover the Tour of Flanders (4/4), Basque Tour (5-10/4), Paris-Roubaix (11/4) and Tour of Turkey (12-16/4).



Critical Mass

March's [Critical Mass](#) Ride was a memorial procession through London to the spots where three cyclists were killed by lorries in Feb/March of this year. About 600 bikes took over the streets.

Interpretations

The [Guardian Bike Blog](#) picks up the road safety issue in West Kent. Once again, Sevenoaks is seen to be failing to protect and promote cycling, although the roads may appear 'safe' on paper.

Cycle Wide

[Here](#) is advice on safe riding from the Institute of Advanced Motorists based on reports regarding accidents involving cyclists. While [here](#) a News Shopper reader gives his version in the Wednesday Reader Rant.

Jon Snow

Listen to CTC's President Jon Snow on this [podcast](#) to hear about his view of cycle lanes, his definition of a 'jobbing cyclist' and his excellent bike of choice.



School Bike Clubs

London Borough of Bexley Road Safety Team has won funding to set up Secondary School Bike Clubs. If you would consider involvement in this great project in planning or running the clubs, email [Paul McQuillen](#).

Semaine Federale 2010

This year's French cycling festival will take place in [Verdun](#) from 1st to 8th August. I worked at last year's event as a volunteer and would recommend it to any cyclist keen to savour the unique French cycling experience. Hosting 13,000 'cyclotouristes' and 2,000 volunteers, St Omer was given over to a week of cycle celebration. The event has rides for all abilities, accommodation to suit all budgets and a welcome to anyone on two wheels. Verdun is 5/6 hours from Calais by car or let the bus take the fuss with [European Bike Express](#). I hope to see you there this year. *Vive le vélo!*



Maps

[Anquet's](#) has digital maps in a half-price sale. [Above and Beyond](#) has good prices on OS maps, free postage and fast delivery. Perhaps we'll have this [Google Maps Tool](#) here too one day.

Free Parking

Camden has become the first council to turn lamp posts into [cycle stands](#) with this nifty Cyclehoop.



Costa Blanca

[Citrus Cycling](#) are offering late Spring cycling holidays in Costa Blanca, Spain.

Mark Beaumont Gave



A fantastic talk on his World trip, followed by an introduction to his descent of the Americas. If you missed it, he is at Eastbourne on Wednesday, 31/3. Watch *The Man Who Cycled the Americas* on BBC2 on Tuesday, 30/3 and 6/4. Part 1 on BBC iPlayer.



[Holiday in Greece](#)
For sun and cycling on a Greek Island, try this Kos holiday.

Chinese Madness



<i>For the Diary</i>	
Sunday, 4 th April	Tour of the Weald 100k Sportive, Staplehurst
Saturday, 10 th April	Invicta 300km Audax Meopham Scout Hall 03.00
Sunday, 11 th April	Mavor's Charity Ride , Tonbridge
Sunday, 11 th April	Downland Spring Sportive , Canterbury 09.00
Sunday, 18 th April	' On Your Bike ' Charity Fun Ride, Gravesend 08.30
Thursday, 22 nd April	Great Egg Race , Club Room
Thursday, 13 th May	Paul Meopham of Harry Perry Cycles , Club Room

John Ennis' Good Friday ride is a normal Medway ride, not 'Morning' as published.

[Tea Places](#)
[Riverview Café](#),
[Forest Row](#)
[Spadework Café](#),
[Offham](#)

Happy Easter!

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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Fed up with the English winter and wanting a bit of sun ?
Then why not book yourself a holiday to Kos.

We can offer you this recently renovated traditional Greek **Stone Cottage** to rent for your holiday. Situated in the quiet countryside 10 minutes (by car) from Kos Town and 5 minutes to one of the best beaches on the island, it sleeps a maximum of 8 people and has a fully equipped kitchen, toilet, bath and shower. There are also 4 bicycles available for use free of charge. Flights can be found on EasyJet, Thomas Cook and Thomson.

Phone Karen Tobin on (0030) 22420 68261 or email (kpissari@otenet.gr) for further details and excellent rates for cyclists!

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TWO TEA PLACES TO TRY



RIVERVIEW CAFÉ
EAT IN OR TAKE AWAY

*Ideal spot for cyclists & hikers:
only 50 yd from Forest Way
(Route 21)
Easy access by car*

FROM OUR MENU:

Own Blend Cappuccino, Latte	£1.60
Teas	£1.00
Paninis, Baguettes, Cakes, Snacks, Pastries Quarter Pound Burgers, Cold drinks ...	

... and above all: our popular
CREDIT BRUNCH for £5.00 only!
(That's Our All Day Cooked Breakfast)

Come in and and taste for yourself!

Station Road, Forest Row RH18 5DW
(near Gym, Social Club, Fire Station, Amenity Site)
01342 823030
Week Days 8.30 am - 3.15 pm Weekends from 11.00 am

WHERE TO FIND US:



To East Grinstead

FOREST ROW VILLAGE

THE RIVERVIEW CAFÉ

Gym, Social Club, Fire Brigade, Amenity Site

A COFFEE FOR YOUR STORY!

The RiverView Café used to be the Coal Merchant's Office of the former Forest Row Station and we have a mini exhibition of pictures of the old station as a tribute to the little building's past. *Write your story* in our special book and get your free tea or coffee!



[Spadework Ltd](#)
Teston Road
Offham
West Malling
ME19 5NA

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Looking for a late spring early summer Cycling Holiday ?

Here at [Citrus Cycling](http://www.citruscycling.com) we can offer you the perfect base for you to explore this fabulous region of the Costa Blanca Spain.

We can tailor-make your cycling holiday packages to suit your needs, from self-catering to B&B based in our comfortable self contained apartment. With our expert local knowledge, we can recommend routes and places of interest to see while out riding.

With prices starting from just £150 pppw, let Citrus Cycling organise your perfect Cycling Holiday on the Costa Blanca, Spain.

*For more info contact Adam or Alex
Email office@citruscycling.co.uk
or phone (0034) 966404315.*

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