

AUTUMN 2012

The Olympic Year

With the success of the British Olympic cyclists and Bradley Wiggins in the Tour de France, it seems appropriate to include a couple of articles on that theme for the 2012 edition of the Anerley Gazette!



Ride to the Race: London 2012

The outstanding disciplined GB Team didn't quite make it on the day. But Anerley BC did! Five of us set out from Tesco Purley at 8am for a ride to the races. We took a southerly route up Portnalls to avoid the crowds and down Reigate Hill. A portent of what was to come crossed our path at the Railway Crossing. The train was rammed to the gunnels with people heading west for the greatest free show of the day. The Olympic riders doing nine circuits around Box Hill as an interlude on their journey to and from The Mall.

Well before Dorking we saw cars parking up on country lanes disgorging spectators and their bikes. By now the A25 was almost devoid of cars but gathering more and more cyclists. At £20 for a day's parking it proved to be a sensible choice.

Down through Pixham we came out on the A24 roundabout which looked kinda different ...



We cycled and walked to find a relatively quiet spot on the verge to sit out the long wait for the riders ...

Most people appeared to have arrived by bike – some of which had obviously not seen sunshine for many a year.

Hopefully the day may encourage the riders to apply a little oil and use them again real soon.

We were surprised to spot Bradley's brother and sister opposite





Eventually after a little light lunch the occasional BMW bike or official car whizzed through building to a steady stream and ...

WHAM ... a flash of bodies and that was it!



It was only by looking at our pictures that we could work out what we had seen and who could possibly be who.

Then 20 minutes later the pattern repeated itself.

By the third passage we had got our eye in – terribly impressive SWOOSH and the riders were only a few feet from us. We all got a wind rush.



Six more circuits = 2 more hours. Hmm, would we learn anymore? Perhaps not. So we decided to skip back to London to watch the finish on TV. Well three of us did.

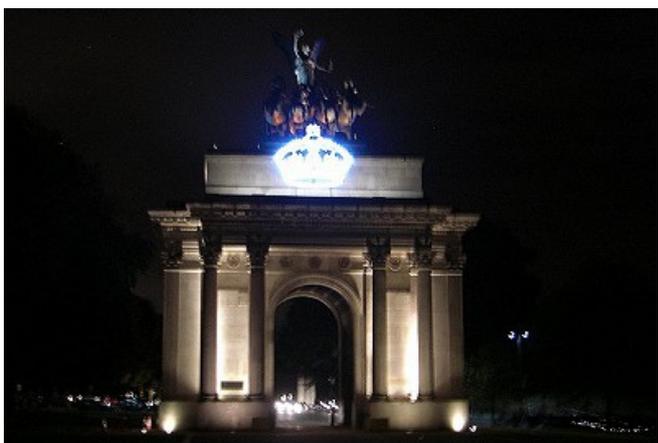
The remaining two (guess who?) took a more relaxed route via the Royal Oak in Brockham to watch it there. It was clear the race wasn't going to end well for Mark Cavendish and Bradley Wiggins. That we would have to leave to the girls in general and Lizzie Armitstead in particular who took silver for Britain the following day.

Postscript: Perhaps we had one too many but as we tumbled out of the pub onto the green this peculiar visage stopped us in our tracks. Two bikes welded together in a challenging way. Not one to ride home from the pub perhaps.



Picture credits to Jeremy, Graham & Stuart.

Weekend with Wiggins



Arch to Arch (Hyde Park Corner to Arc de Triomphe) in 42 hours

I did it last year on my Brompton as I couldn't get a ferry booking for a proper bike. This year was different. Little could I anticipate this was going to be a great year for a certain other cycling tourist!

The July weather was turning unseasonably warm as left London preparing for the Olympics at midnight Thursday 19th. Nevertheless appalling rainstorms of the last few days had left the Surrey lanes in a dangerously gravelly state. Lethal at night.

Hence after passing Anerley's Shurguard start point we hugged the A23 to our tea stop at Gatwick Airport.

We were about thirty of which eleven planned to go all the way to Paris. The others would peel off and watch the closing stages of the TdF in the comfort of a Newhaven or Dieppe bar ...

The Gatwick Cycleway



First light after Gatwick allowed us to venture on to B roads and we took the traditional route over Turner's Hill via Lindfield and Lewes to breakfast at the ferry port. The boat left at 10 o'clock and the sensible thing would have been to get a kip during the four hour crossing (we had been awake for over 30 hours). But first a drink, and then another ...

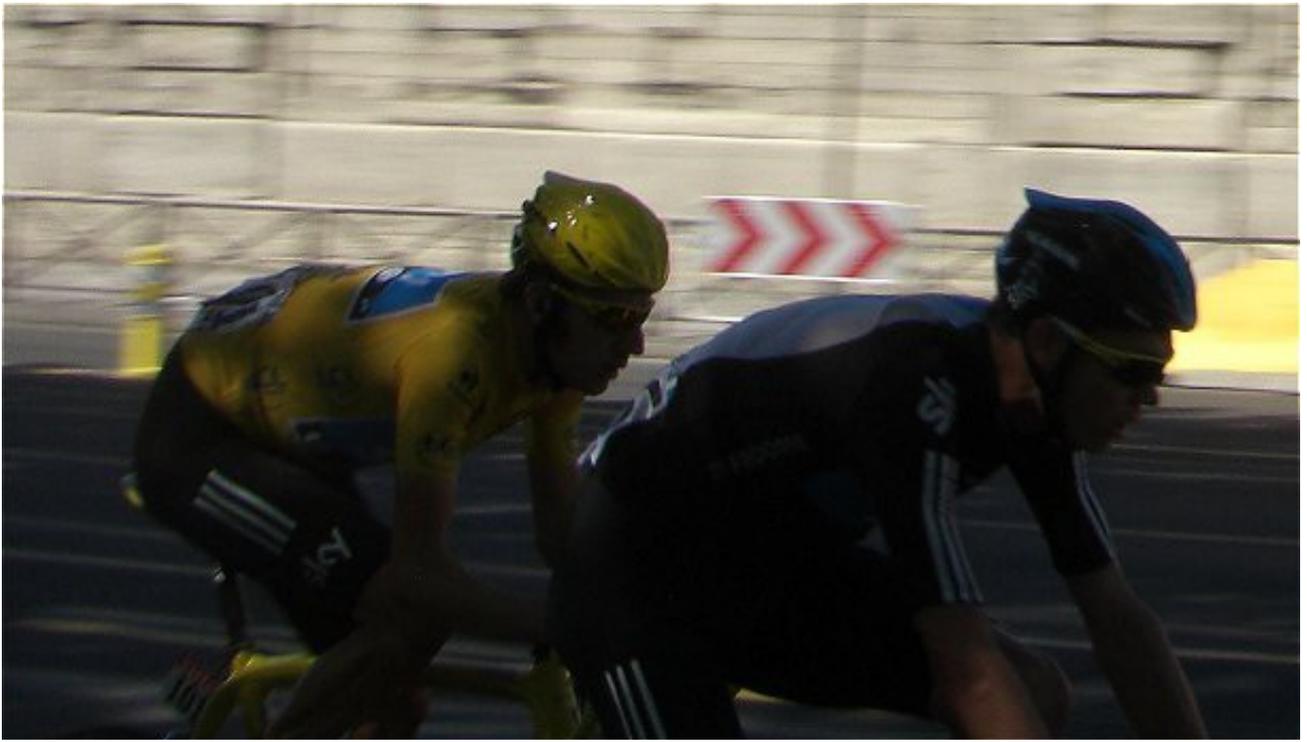
No sleep but plenty of regrets as we set off in the warm afternoon sun for the twenty five miles to Saint-Saens and a Chateau for the night. Refreshed next morning we left at 7.30 am for what must be one of the most pleasant rides in the world across the rolling Normandy countrysides along pretty lanes with perfect surfaces and almost no traffic.



Past Gisors we passed into the Ile de France a not so pretty part of France. The outskirts of Paris are even worse. But Paris itself is so different, so magical. We got to the Arc de Triomphe, took piccies and rode around it. Something to treasure even if it felt a trifle suicidal. And so to a Hotel, a celebratory meal and sleep ... 175 miles or thereabouts. Meanwhile another set of tourists were heading to Paris headed by an Englishman. Or is he Belgian or even a bit Australian?

Everybody was in for a share of his slim body. We got up Sunday and set off on the pilgrimage to meet the and greet the boys. Some were sporting sicky-on sideburns liberated from Elvis shops.

We all found a spot around the final circuit and just after 4 o'clock WHIZZ, then minutes later WHIZZ again. By the final ninth WHIZZ I'd got my eye in and grabbed a shot of our Brad ...





Most of the group Eurostarred home. However a friend and I decide to pedal back to Blighty starting Monday morning. Well, we did take a train 30 miles out to Mantes-La-Jolie and the countryside. We then followed the quiet, mostly flat, roads along the River Seine to Rouen. Eighty two miles of paradise under a cloudless sky and our last night in France.

Next day we had a hard slog up out of Rouen to the Normandy plain and the forty odd mile descent to Dieppe and the ferry home. Missing out the Rouen bit would make this journey perfect. Anyway getting off the ferry in Newhaven I spotted this beastie. Its a Roberts, but not as I know 'em. The tandem had been given to them as a wedding present. Might make a divorce settlement difficult!



- Route: **London to Paris and back to Dieppe**
- Distance: **674.74 km**

By Stuart Grove

Touring 2012

Many of the Anerley Bicycle Club members enjoy spending their precious holidays bicycle touring both in the UK and overseas. Some of the fantastic tours undertaken in the last year include:

Stuart:

LonJog 2012 (London to John O’Groat’s in 8 Days), FNCTC (Friday Night Cruise to the Continent: a three day mini-cycletour taking in Holland, Belgium & France, and the Arch to Arch ride to see the Tour de France (article above)

Louise:

1000km ‘Mille Alba’ four day Audax (and many other long Audax rides)

Gina & Family:

Wales End to End, plus many challenging sportives for Gina

Jeremy, Jim, Graham and Ricky:

Vezelay, Burgundy (10 miles from Avalon)

Des, Tom Vaz, Ricky and Christopher:

Santiago de Compostela in northern Spain.

Julia and Tom Barnes:
Four Country European Tour

You can read about some of these tours on the Anerley Bicycle Club web-site. In addition, the articles below on two of the longer tours have been specially written for the Gazette and are not yet on the web-site: one to Spain and the other to Holland, Germany and Denmark.

Anerley's Vuelta Espana Adventure 2012

For many of us the highlight of the cycling year is the summer bicycle tour. For me, the pleasure is not just the bike ride in the company of other club members, but also the research and planning that goes into it.

With the onset of the dark winter nights and cold dank days of last winter I started the preparation for our 2012 summer "vuelta". I say "vuelta", meaning tour, because Tom Vaz had already decided our destination, which was to be Santiago de Compostela in northern Spain. Tom had wanted to do this for some time, but knowing how mountainous this part of Spain was, I had been finding excuses of why we should try something a little less hilly. However after two years of badgering I gave in, so Santiago de Compostela it was.

I should mention that the way to Santiago is a well trodden pilgrimage route, now very popular with adventure cyclists. And as it was going to be a challenging adventure for us, we decided to do it as a charity bike ride on behalf of the South East Cancer Help Centre. So with that decided I could get down to the pleasures of planning and pouring over maps. It was a lot easier surfing the web than slogging up the slopes of the Cantabrian mountains, so I set about surfing in earnest and the more I surfed the more enthusiastic I got about the up coming bike ride.



There is so much useful information, easily accessed by the click of a mouse, and so I spent many happy hours researching the best routes, what to see and visit on our travels, how best to get to Spain, where to stay, weather conditions on coast and in mountains, where there were bike shops for emergency repairs, and much, much more. Finally, and just as important, I did a crash course in how to get by with some useful Spanish phrases. "Cuatro cervezas frias por favour" – Four cold beers please!



Four beers because there was four of us. Tom's eldest son, Christopher, wanted to join us, and Ricky Mak later made it a foursome.

Training for those Spanish mountains started early, when Christopher came out with us on his first bike ride with the Anerley Bicycle Club. It was a cold and wintry day in January, and from then on we started to build up the training miles, with special emphasis on hills!



Ricky showed his enthusiasm by going out and buying a Dawes Karakum touring bike. This being much better suited for touring than his Boardman road bike, especially when carrying lots of luggage. And being a glutton for punishment, Ricky preceded the trip to Spain by joining Jeremy, Graham and Jim on their summer cycle holiday in Burgundy. He and Jeremy travelled by train to the Newhaven/Dieppe ferry, and then cycled to their French destination. Similarly on their return journey. Graham and Jim took the easier option of going by car.

Perhaps we may see some pics and read about their French trip in future Anerley web pages?

Ricky found our vuelta, physically much more challenging. All the hills and mountains! But easier on the pocket. Much cheaper beer, food and accommodation. But then we did slum it in pilgrims' hostels at only 5 euro a night. Bunk beds and no breakfast! We did however enjoy the luxury of a few nights in Posadas (Spanish inns) with breakfast included, for 25 euro or less.

One of the main reasons for going on cycling holidays is to enjoy the scenery, and northern Spain has that in abundance. We began our journey following the coast, westwards until the fourth day, when we then headed inland to cross the mountains by way off the pass at Puerto da Xesta. Along the coast we were captivated by sandy beaches and rocky coves.



We lunched at fishing villages nestled in river estuaries and crossed over numerous mighty bridges of the many rivers flowing from mountain to sea.



After several trials and tribulations, to be reported on in a more comprehensive write up, we made it on schedule to our destination. Here we are, with two Spanish cyclists (centre) whom we kept meeting at over night stops on our way to Santiago de Compostela.



But this was the easy bit. Now the mountains beckoned on our homeward journey! After three days of climbing, and passing over ever higher mountain ridges, we reached the highest point of our vuelta at Puerto del Palo. At 1146 metres, over 3,750 feet, it was our third mountain pass in as many days, each higher than Snowden! But there was another mountain to climb, at least for Christopher, Tom and Ricky. My old legs dictated a coach ride up to the Lakes of Covadonga!



I end this brief outline of our Spanish vuelta, with this photo of the classic road race, the Vuelta Espana. The road up to the Lakes of Covadonga is an annual, mountain top stage during this international road race. And in 2012 it took place only a few weeks after the Anerley riders conquered this iconic climb.

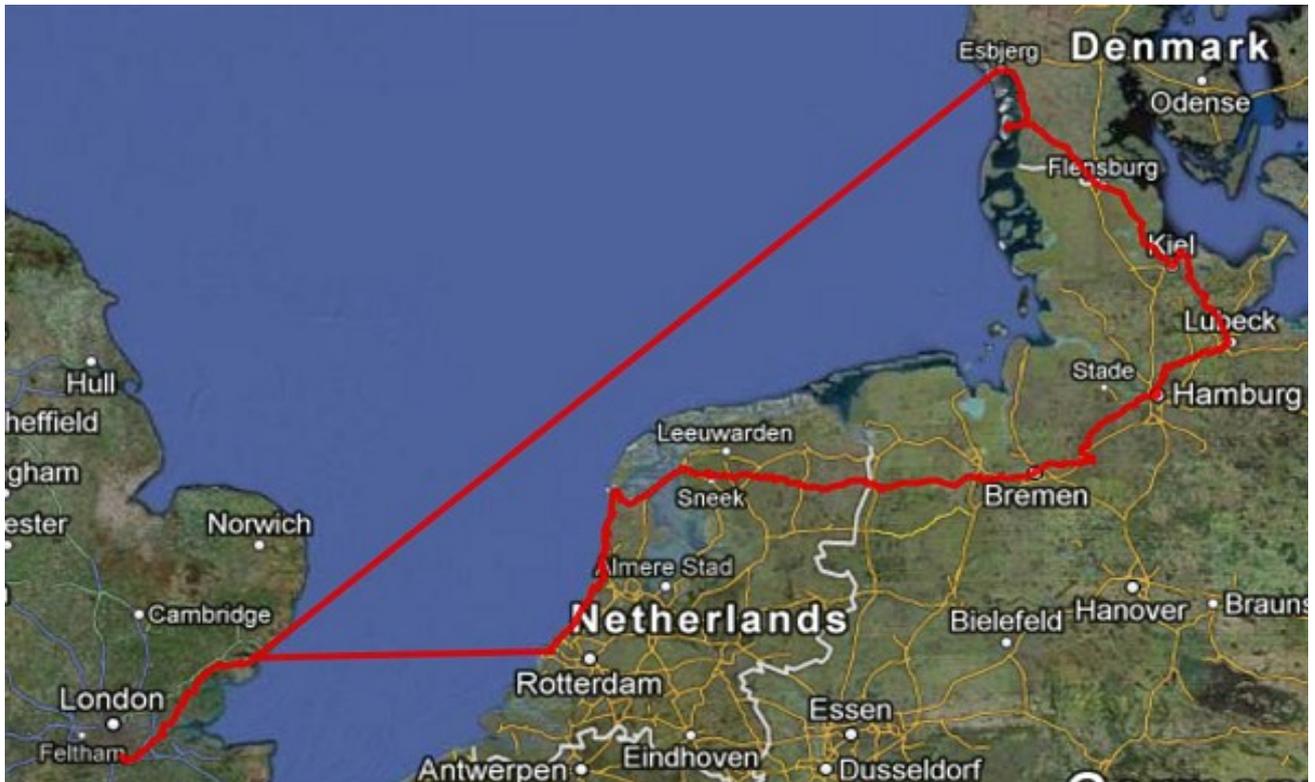


We might have been a bit slower, but we were also winners. After a memorable ride the prize money exceeded £7,000 for the benefit of the South East Cancer Help Centre. And a big thank you to all those whose generosity made this possible.

By Des Donohoe

Four Country Tour

At some point this year, Tom decided it would be rather nice to do some cycle touring around the “haunts of his youth” – northern Germany, where his mother had been born and grown up, and where Tom spent a couple of months every year in his childhood. This idea developed into the tour we finally undertook: leaving home on a sunny Thursday morning, we cycled the 95 miles to Harwich, took the overnight ferry to the Hook of Holland, and then cycled through Holland, Germany and Denmark.



We spent the first three days of our tour cycling directly North up the coast of Holland, on the North Sea cycle route.

There are some incredible beaches along the coast of Holland: miles and miles long with pure white sand. These are extremely popular, so there were many people around, and lots of people cycling.

The route wound its way amongst huge sand dunes, through tussocky, heather-covered ground, and through the occasional forest.

Much to our surprise, we didn't cycle alongside the sea, and only saw the sea when we got to the towns dotting the coast, where you could go onto the beach. At the end of the second day, we caught the ferry over to Texel Island, and enjoyed a night on the island plus a day cycling around it. Unfortunately, despite carefully planning our trip based on the prevailing wind, we had the opposite wind, so had to cycle into a head wind for virtually the first week. Oh well, at least it was completely flat!

On the fifth day we left the coast and started the long trek across the country. The very first thing we had to do that day was to cycle across the “Afsluidijk” – see photo.

This dike is 20 miles long!!!! It was constructed in the 1920s, damming the Zuiderzee, thereby turning it into a freshwater lake (the IJsselmeer) on one side, and the Waddenzee on the other. What a business it was cycling across THAT into a strong headwind! After this, it was a couple of days cycling across Holland to the border of Germany.



There was nothing eventful in this, although we saw many interesting things, of course, such as lovely old windmills (obviously!) and many unusual bikes. It was all flat (good thing, since we were on the tandem), and we never had to ride on the road due to the big wide cycle paths everywhere.

When we arrived in Germany, the first thing Tom did was to have a huge stein of beer! We had an uneventful first couple of days cycling across to Bremen. The surroundings had definitely changed to a more German style; the houses were rather different to the Dutch ones, and there were more forests. The cycling paths were not as fine as in Holland, but were still available; we rarely had to cycle on the road. (Although sometimes we would rather have, as the cycle paths were occasionally cobbled!) After enjoying a day off where we travelled south by train to visit friends in Munster, we carried on cycling across Germany from Bremen to Hamburg.

This part of the trip was where Tom had the chance to re-visit the places of his youth. He enjoyed seeing the former houses of his uncles and aunts in Delmonhorst and Reesum. But best of all was our visit to a tiny hamlet called Borchel, where his Onkel Heinrich and Tante Anni ran a dairy farm – because the family still lives there!

We spent several hours chatting to Tante Anni and her son Harold, Tom’s second cousin. That was lovely for Tom. I hasten to add that this was all in German, so my first year uni German was stretched to its limit! After this, we reached Hamburg, where we had a “rest day”. It was a scorcher - 40°C! We discovered there was a massive cycle race on in the city that day, so were able to watch as tens of thousands of cyclists zipped around the streets which were closed all over the city.



We particularly enjoyed a two hour sight-seeing cruise on the harbour, which is absolutely massive and was very interesting indeed.

The following day, we cycled further east again, to Lubeck, where we had another rest day. The “Alte Stadt” (Old City) is gorgeous; we particularly admired the Holstentor, which is of course world famous.

The entire old town is full of very lovely historical houses as well as tiny, quaint little Gänge leading to very old Höfe which are full of little old houses still being lived in. There are also many beautiful brick churches and an incredible decorative Rathaus.



After Lubeck, we cycled up the northeast coast of Germany via Kiel and Flensburg, and entered Denmark. Still no hills! We cycled directly across Denmark to the west coast, where we stayed for two nights on Romo Island.

We enjoyed spending our rest day here leisurely cycling around, viewing a lovely old Danish manor house which was exactly the way it was in 1745 including furniture and decoration, looking at the lovely beaches on the North Sea side of the island, and visiting the island’s beautiful typically Danish white church. We then cycled north, through the oldest town in Denmark, Ribe (home of the Vikings!), finishing in Esbjerg, where we caught the ferry home, along with various other intrepid cyclists! We really enjoyed this trip, and it was our longest to date: 950 miles.



Pet transportation, Danish style.

By Julia Barnes

Anerley Bicycle Club Annual General Meeting Held on Sunday 4th November 2012

The following are the club officers for 2013:

President: Meike

Captain: Jim

Secretary: Julia (succeeding John D)

Treasurer: Brian

Social: Sandra

Racing: Bryn

Webmaster: Stuart

Gazette Editor: Julia

Archivist: Des

New members elected:

Andy Bottomley

Yiannis Chronakis

Michael Muldoon

George Bruce

Annual Dinner:

Saturday 9th February 2013 @ Purley
Reformed Church Hall.



*Outgoing Club Captain Jeremy Hammond
(left) and the new captain Jim Medway.*

*Pictured on June's Centurion Ride to Brighton
and back.*

6.30 for 7pm.
Cost £20pp. (More details to follow)

The Tuesdays Christmas Dinner:

Tuesday 18th December @ Toby Carvery, Brighton Road. 12:30pm

Captaincy:

Jeremy's resignation was regretfully accepted, and a vote of thanks given to him. After a lengthy discussion, it was decided to try a 'rolling' roster of Sunday ride leaders. However, this not very desirable situation was alleviated by the very generous offer of Jim Medway to become the next club captain. The club members are very grateful to Jim for this offer, and have offered him their support in leading rides when Jim is unavailable due to work and family commitments.

This amendment to the AGM was proposed by Stuart and seconded by Des: that Jim Medway be appointed as the Anerley Bicycle Club Captain for 2013.

Treasurer's report:

Net income just covered expenses leaving us with a comfortable balance of just over £2257, an increase of £77. Subscriptions stay the same. Insurance to be switched from BC to CTC so members can affiliate to CTC for £15 if they wish to have individual third party insurance.

Memories of Don Glover

Sadly, as most of you will know, Don Glover passed away last month and I am grateful to Stan Brown, his long standing friend, for sharing some of his memories of Don. Don worked in the Print business and lived in the same house in South Norwood all his life.

I became a close friend of Don, initially through Darts, when we had a great social season with the South London Cyclists' Darts League. This was extremely popular, with approximately twenty South London Clubs participating and we also played every Sunday when out on the Club Run. Don was a very good player, winning the Cup for the highest score of 180 on numerous occasions and the Old Ports as a team were very successful.

Then I played with him in numerous Pub Teams and so our friendship flourished. He was a God parent to my youngest son, who is now forty- six. He bought a Teddy Bear for my eldest son's first Christmas, he is now fifty- three and the Teddy is still cherished by my grandchildren. As always with generous Don, it was a beautiful Teddy Bear. His only sister, Joy, now lives in Australia with some of her large family and Don missed them very much when they emigrated. She did visit him regularly, Don would never travel to Australia, despite her repeated entreaties, and she was here in England for six months prior to his death. She was a tremendous support for him as he became more ill.

Don joined the Old Portlians Cycling Club around late 1953/ early 1954. We all really noticed him when we went to the Isle of Wight as a Club at Easter 1954 in the days when the ferries were packed with Club cyclists for the Easter activities. He and a friend, Dave Copland, set out later than the rest of us but actually arrived much later! Apparently, Dave's gear had fallen to bits around Guildford so they both returned home, back to Croydon for

repairs and set out once more, some hours later. A very typical Don gesture, one that was a precursor of his life in Cycling. He always went the extra mile – in this case miles- for someone else!

The next year on the Easter Tour to IoW, he again came to everyone's notice in an incident never forgotten to this day. He was sharing a room with Doug Heseltine in a Garden Annex of the Hotel we always used in Ryde. In the morning Doug woke up to find Don's bed occupied by Rita Ward, an Old Portlians that many people will remember, with Keith Butler and Don sleeping, as best they could, in the armchairs. The story was that they had found themselves locked out of the Hotel as they had been so late in returning, after finding a stray horse on the Bowling Green, which Rita then rode to the Police Station!

His cycling was a constant pleasure until latter years, when his Ankylosing Spondylitis gradually became worse, a condition he had suffered with since childhood, although undiagnosed for many years. He was eventually awarded Life Membership of the Old Ports for his services to the Club. He raced spasmodically and I remember riding a '50' on the North Road with him, back in the days when you were obliged to call out your number to the Timekeeper at the finish. Unfortunately his call was missed and he never received a time at all! He never forgot this as he always maintained that it would have been a PB, naturally. He spent all his time with the Old Ports, also going on holidays with them when they went to France.

Later, we also rode with the CTC and went on several tours, including Scotland. He loved his cycling and the many friends he made and gave his help so freely. He became an Assistant Timekeeper in 1987 and a Timekeeper in 1989 until he resigned in 2005 as his health deteriorated. He embraced this job with his usual dedication and enthusiasm. Naturally he bought the best Timing Clocks that he could afford, the latest models and was in great demand for his utter reliability and good humour, having a word for every rider on the Start Line. He received the Road Time Trial Council's Certificate of Honour from the London South for his service to Time Trialling.

In addition to his Timekeeping, Don served for a number of years on the Southern Counties Cycling Union Committee and Croydon & District Cycling Association as well as the London South Committee. He Promoted the Croydon & District C A Hardriders Event and continued to do so when it was taken over by the S C C U right up until 2012.

Finally, I must emphasis Don's unfailing generosity, including his time, to all and support for everyone with whom he came in contact. He was such a good friend and I miss him greatly.



Don doing his Tommy Cooper impression !

Don was a stalwart in Club Cycling I am forever grateful for the help and advice he gave me in the organization of the Anerley Time Trials. He will be sorely missed.

Bryn Tully

RACING ROUND – UP

My résumé of this year's Time Trialling will not take long and it resembles more closely a Medical Report rather than a record of peerless performances on the tarmac strip.

To begin with, I am the sole representative of the Club in the Time Trial discipline and so it was unfortunate that, at the end of September 2011, I was involved in an accident with a Chrysler people carrier. Basically, I was virtually stationary in the centre of the road waiting to turn right at a T-junction, when the car appeared from my left side, 'cutting' the corner, and drove straight through me and I finished up with a six inch gash on my shin.

In spite of the Doctor at Croydon University Hospital remarking that it was a superficial wound, it became infected with Cellulites and, as a consequence, I was still on antibiotics until after Christmas and, by the time the wound had healed, I had not turned a pedal in anger for five months.

As a result, and compounded by my advancing years, not to mention the Cycling Time Trials Council revising the Age Related Standards, which they considered were increasingly beneficial the older you were, you will see from the table below that my times are distinctly unimpressive.

| <u>Date</u> | <u>Promoter</u> | <u>Course</u> | <u>Distance</u> | <u>Time</u> | <u>Standard</u> |
|-------------|-----------------------|---------------|-----------------|-------------|-----------------|
| 15.04.12 | Southern Counties C U | G25/53 | 25m | 1.14.35 | +1.35 |
| 19.05.12 | Southern Counties C U | G10/57 | 10m | 27.14 | +4.16 |
| 20.05.12 | Worthing Excelsior | G25/53 | 25m | 1.12.38 | +3.32 |
| 27.05.12 | Maldon & District C C | E21/50 | 50m | 2.31.57 | +0.25 |
| 24.06.12 | Southern Counties C U | G50/53 | 50m | 2.29.06 | +3.16 |
| 01.07.12 | Lewes Wanderers C C | G30/88 | 30m | 1.26.49 | -0.03 |
| 07.07.12 | South Eastern R C | G10/57 | 10m | 26.06 | +4.22 |
| 08.07.12 | Bec C C | G25/53 | 25m | 1.09.47 | +2.03 |
| 15.07.12 | Army C U | P881/25 | 25m | 1.08.11 | +3.39 |
| 21.07.12 | Crawley C C | G10/57 | 10m | 25.48 | +2.24 |
| 22.07.12 | Hounslow & District W | H25/8 | 25m | 1.08.31 | +3.21 |
| 05.08.12 | Southern Counties C U | G100/60 | 100m | 5.06.14 | -1.35 |
| 11.08.12 | Eastbourne Rovers CC | G10/87 | 10m | 26.41 | +1.31 |
| 12.08.12 | Eastbourne Rovers CC | G25/89 | 25m | 1.09.26 | +2.24 |

Finally, as my piece de resistance, one wet August lunchtime, when I was cycling around the roundabouts at the junction of St James' Road / Wellesley Road, a car failed to give way to me as it joined the roundabout. In my attempt to avoid a collision and adjust my course and speed my bike and I parted company and the offending car disappeared into the distance.

On this occasion my fall resulted in a broken hip which is hopefully been restored by the insertion of three screws (they look more like bolts to me) into the neck of my right femur and my hopping around on crutches until the bone reconstitutes itself, supposedly in twelve weeks time of no weight bearing on the damaged leg. Heh ho!

Usually, in this article at the end of the season, I tend to make some comment as to looking forward to the next year and achieving the targets missed this year. In my present state I am afraid that the best I can summon up is wait and see. Sorry for the lack of jokes.

'Volunteers are always vital for racing'



Bryn Tully

Information on the Anerley Gazette . . .

In an effort to keep the Anerley Bicycle Club up to date with modern trends in technology and communication, the Anerley Gazette will be published once a year and sent out by email. If you have received this Gazette as a hard copy by mail, we don't have your email address, and would appreciate it if you could rectify this by contacting one of the officers at the numbers below.

Hard copies will of course still be posted to members who don't have email facilities. We encourage members and interested parties to keep up with the Anerley Bicycle Club via its excellent, detailed and informative web-site at: <http://anerleybc.org>

On this site you can find details of upcoming club rides (Sundays and Tuesdays), meeting points, reports on club rides and many interesting articles about touring undertaken by club members, as well as other news and many photos.

Club Runs

Meeting Place: Shurgard Building, Brighton Rd, Purley 9am

| | | |
|---------------|-------------|---------------|
| Club Captain: | Jim Medway | 07764 683 118 |
| Enquiries: | John Dadson | 020 8771 5955 |
| Racing: | Bryn Tully | 020 8651 1429 |



Club Ride Information

All Anerley Bicycle Club rides are led by an experience and responsible cyclist. The Club rides as a group, and the leader ensures that no one is left behind. The rides are planned to keep to quiet lanes and will avoid main roads as much as possible. Elevation (am refreshments) are taken at inexpensive cafes, while lunch stops are in country pubs.

Riders are expected to be self-sufficient. Each rider should bring a pump, a puncture repair kit, at least one spare inner tube, waterproof clothing and a mobile phone. The Club has many experienced members who will always help in case of mechanical failure or breakdown. However, it is up to every individual rider to ensure that he/she has a road worthy bicycle. In case of mechanical breakdown of a rider's bicycle, if repairs cannot be done on the spot, the rider is responsible for making his/her own way back home. Riders are requested to always carry enough money to get home in case of emergencies.

Riders are responsible for their own safety, and should observe cycling etiquette as well as the Highway Code. Riders must show consideration for other road users, including horse riders, pedestrians and other cyclists as well as motor vehicles.

The Club or its individual members will not be held responsible and will not accept liability if any rider (Club member or non-Club member) has an accident while on a ride with the Anerley Bicycle Club.

Anerley Bicycle Club rides are open to non-members for a few introductory rides. After this, membership of the club is required. If riders are unsure of their fitness or competence to complete club rides, advice will be given.

Club Rides 2012

Runs List January - March 2012

| January | | | |
|----------|-----------------------------------|------------------------------|-------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 1st | Snowhill Garden Centre, Domewood. | Fox & Hounds, Tilburstowhill | None |
| Sun 8th | Denbies, Dorking | The Six Bells, Newdigate | None |
| Sun 15th | Edenbridge Golf Course. | Stanhope Arms, Brasted. | None |
| Sun 22nd | Annes, Leatherhead | The Royal Oak, Brockham | None |
| Sun 29th | 46 degrees, Brasted | The Old Ship, Tatsfield | None |

| February | | | |
|----------|-------------------|--------------------------------|-------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 5th | Henfold Lakes | The Castle, Outwood | None |
| Sun 12th | Tully's Farm | Brickmakers arms, Nr Crowhust. | None |
| Sun 19th | Chartwell | Hare & Hounds, Godstone | None |
| Sun 26th | East Grinstead | The Royal Oak, Crockham Hill | None |

| March | | | |
|----------|----------------------------------|-----------------------------------|-------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 4th | Bocketts Farm, Nr Leatherhead | The King's Head, Holmbury St Mary | None |
| Sun 11th | Henfold lakes | The Dolphin, Betchworth | None |
| Sun 18th | Waitrose, Horley | The Plough, Dormansland | None |
| Sun 25th | Cooling Garden Centre, Knockholt | The Cock Inn, Ide Hill | None |

Club Rides 2012

Runs List Apr - Jun 2012

| April | | | |
|----------|--|-----------------------------------|-------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 1st | Denbies. | Sutton Abinger, Volunteer Inn. | none |
| Sun 8th | Snowhill Garden Centre, Domewood (Captain away!) | The Fox & Hound, Tillburstow Hill | none |
| Sun 15th | Shoreham RAF museum | Godden Green, Bucks Head. | TBC |
| Sun 22nd | Annies, Leatherhead | The Royal Oak, Brockham | none |
| Mon 29th | East Grinstead, Café | The Hatch Inn, Coleman's Hatch | TBC |

| May | | | |
|----------|-----------------------------|--|-----------------------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 6th | Lullingstone Golf Club | The Chequers Inn, Heaversham | Tatsfield Church |
| Sun 13th | Tulleys Farm, Turners Hill. | Hartfield, The Anchor.(via Worth Way i.e rough stuff!) | Lingfield |
| Sun 20th | Henfold Lakes. | The Chequers, Slaughtam | Snowhill Garden Centre, Domewood. |
| Sun 27th | Chiddingstone Castle | The Spotted Dog, Saint Hill | none |

| June | | | |
|----------|---|----------------------------------|-------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 3rd | Stoke D'Abemon, Garden Centre | East Clandon, The Queens Head. | Box Hill |
| Sun 10th | Brighton & Back 160K (return by train for light weights!) 8 A.M. start | Brighton Marina | Route TBC |
| Sun 17th | Henfold lakes | The kings Head, Holmbury St Mary | TBC |
| Sun 24th | Guest Captain Ride (volunteers please!) | TBC | TBC |

Club Rides 2012

Runs List July - Sept 2012

| July | | | |
|----------|---|------------------------------|-------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 1st | Coolings Garden Centre, Knockholt (captain away!) | Godden Green, Bucks Head | Box Hill |
| Sun 8th | Snowhill Garden Centre, Domewood (Captain away!) | Dormansland, The Plough Inn. | none |
| Sun 15th | Abinger Hammer | Punchbowl Inn, Oakwoodhill | TBC |
| Sun 22nd | Chiddingston Castle | Holtye, The white Horse Inn | TBC |
| Sun 29th | Shoreham, RAF Museum. | Plaxtol, The Golding Hop. | Tatsfield Church |

| August | | | |
|----------|-----------------------------------|-------------------------------|-------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 5th | Another 100 miles (8.00 am start) | Not Brighton, TBC | TBC |
| Sun 12th | Tulleys Farm, Turners Hill. | The Crown Inn, Horsted Keynes | TBC |
| Sun 19th | Henfold Lakes | Volunteer Inn, Sutton Abinger | TBC |
| Sun 26th | Shere, Tea room | Scarlett Arms, Walliswood | TBC |

| September | | | |
|-----------|--------------------------------|--|-------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 2nd | Shoreham, station café | The Cock Inn, Ide Hill | Tatsfield Church |
| Sun 9th | East Grinstead | Crowhurst Lane End, The Brickmakers arms | none |
| Sun 16th | Stoke D'Aberton, Garden Centre | East Clandon, The Queens Head. | Box Hill |
| Sun 23rd | Edenbridge Golf club | Brasted, The Stanhope Arms. | none |
| Sun 30th | Dorking, Denbies | Ockley, The Cricketers | none |

Club Rides 2012

Runs List October - December 2012

| October | | | |
|----------|----------------------------|---------------------------------------|-------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 7th | Snowhill Garden Centre | The Plough, Leigh | none |
| Sun 14th | Chiddingstone Castle | The White Rock, Underriver | none |
| Sun 21st | Bocketts Farm, Leatherhead | The Prince of Wales, Westcott | none |
| Sun 28th | Tulley's Farm | The Old House at Home, Dormansland | none |

| November | | | |
|----------|--|--|-------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 4th | Anerley Free-wheeling competition (Bletchingly) followed by refreshments at Knights Garden Centre, Godstone. | | Anerley BC A.G.M. |
| Sun 11th | Henfold Lakes. | The Castle, Outwood | none |
| Sun 18th | Coolings Garden Centre | The Carpenters Arms, Limpsfield Chart | none |
| Sun 25th | Annie's, Leatherhead. | The Dolphine, Betchworth | none |

| December | | | |
|----------|-------------------------|-------------------------------|-------------------|
| Date | a.m. Refreshments | Lunch | p.m. Refreshments |
| Sun 2nd | Four Elms Garden Centre | The Cock Inn, Ide Hill | none |
| Sun 9th | East Grinstead, Cafe | The Red Lion, Turners Hill | none |
| Sun 16th | Denbies, Dorking | The Fox Revived, Norwood Hill | none |
| Sun 23rd | Chartwell | Fox & Hound, Tilburstow Hill | none |
| Sun 30th | Westerham Cafe | The Royal Oak, Crockam Hill | none |