



### Poddlers Ride Report

With only a month to go, Team Hornbeam CherPoddle were raring to get on with their training for the Tour de Hampsthwaite. Team Battenburg, a scarily fit, mainly women's team, with its colourful team outfit of pink and yellow, seemed in a state of flux this morning. Perhaps it was the absence of a few male team members, which was confusing them or perhaps it was the presence of some very big (well rather thin and wiry actually) fast racing boys, who are rumoured to have started a breakaway team possibly named team Victoria Sponge. However leaving the other teams chatting and gossiping away, oblivious to our keen competitive spirit, we set off to the first stopping point at Low Bridge Knaresborough. Here we met up with the mainstay of the Harrogate and District Two Wheeled Rambling Photographic Society, who have been chosen to film this year's Tour. They were deciding which café would be best for their pre coffee stop coffee and which sort of lens and lighting would be best for today's conditions.

Before setting off for Wetherby we had the compulsory mend another puncture practice, ably supervised by Sur John (in excellent condition despite a recent accident) and Trevor who has had so many punctures he can mend one whilst asleep and often does. The team was working well under the training supervision of Kevin, borrowed from the real world of cycling and Liz just back from winning the Tour of Ireland carrying a consignment of hair driers as part of her vigorous training routine. Once in Wetherby we ate up the miles along the cycle path towards the prison, luckily arriving at the comfort break area in the middle of Boston Spa, before we were all attacked by a large swarm of bees or wasps or ants, which all dived into Max's helmet, stinging him viciously. Sur John left us to continue another workout back in Harrogate, and we cleverly found our way to Bramham, under the strict eye of Allison, for whom the bus route from her old school to Bramham was often completed in a haze of alcohol and

thus easy to follow on a bike. Much to some people's relief the reported equine congestion had vanished and we reached the safety of the A1 cycle track without incident. The team swooped down to revisit Wetherby and head for home, along the busy Harland Way, where people and dog avoidance training took place. All temptations on the cake and coffee front were ignored, but a pleasant Deli Cafe was noted along the main road through Wetherby, which could have tempted some of the less focussed members of the group.

Pace makers and lead out people Dennis and Gordon, led us with skill back to Harrogate and the team disintegrated towards their favoured routes home. Well done team Hornbeam CherPoddle a good start to your new training regime. 32 miles by 11 people. CG

Click on slide show for all today's photos

## Wheel Easy Ride Report

### [Route Map](#)

Touring pace to Temple Newsam Park Leeds

Six of us; Angela, Sarah, Sarah, Sue, Gia and Bob set off towards Leeds, passing through Kirby Overblow, crossing the A61 near Harewood and then up Weardley Bank. We sat at the top to admire the view (get our breath back) and spot curlews flying overhead. We cycled around the back of Eccup Reservoir, crossed the A61 again passing around the back of the Grammar School and through Alwoodley Golf Course emerging onto Wigton Lane. At Slaid Hill we turned right towards the ring road, which we crossed entering the suburbs of the city! We turned left onto Street lane and entered Roundhay Park by the main gate just opposite Angela's old house.

The sun was shining and the café too good to pass so we had our first refreshment stop.

Now to test out the new cycle link to Temple Newsam, this is picked up at the dam end of Waterloo Lake. Initially the surface was great taking us across Wetherby road, around the back of Fearnville and Gipton. At Seacroft the freshly laid gravel surface felt very slippery, but we all survived and emerged near Seacroft ASDA where we crossed York Road at the lights, and over the railway line at Primrose valley. Here a vast expanse of green land is criss-crossed by a network of paths. We followed the signs across Selby Road; Bob had to leave us here, then we crossed through the Halton Moor estate to pick up National cycle route 66 to TN. The track here is very rough, broken glass, burned out cars and finally golf balls providing additional obstacles, still no flat tyres. Up the slope to TN, we did a circuit of the park to view the now fading Rhododendrons and then picked up more track around Whitkirk and Colton. We crossed the Selby road again and picked up the next track; Barrowby Lane towards Garforth, this took us around Thorpe Park and a small bridge over the A1/ M1 link road! We proceeded towards Barwick and stopped for an emergency banana break as lunch still seemed too far away, and then on towards Potterton over the York road and another stretch of rough track towards Bramham. We took the road towards Bramham and picked up the cycle track to Wetherby, alongside the A1; 3 of us saw a deer jump out of our way and disappear into the shrubbery! Next stop Shambles coffee shop and lunch!

The final leg of the tour took us along the familiar Spofforth cycle track, through Follifoot, around Ridding Park across the showground and back to Hornbeam. Approx 5 x 50 miles + 1 x 30 miles.

Sarah R

## Breakaway Group

Partly due to end-of-ride commitments, and partly to assist 4 of the H-2-H team, a group of 6 ducked out of Angela/Sarah's interesting-sounding ride out to Leeds. They were Julie, Nicky, Richard, Dave, Mike and Stewart.

Out via Beckwithshaw the legs were tested against the wind until a biological break @ Fewston before arriving at the Cockpit on the outskirts of Otley. Today the scones had it, though the toasted tea-cakes were a close second. Pushing on via Ilkley, and a few bonus climbs (?) we arrived in time for a light luncheon at Burnsall, and some additional nourishment.

A straw pole had the Bacon butties ahead, and thankfully the winds held off as the group relaxed at the Wharfview tea-rooms. Tucked away in the valley, the wind seemed to have disappeared; however, heading across moorland to the sign (see photo) we were now troubled by some unforgiving side-

winds.

Dropping off Julie at her front door, the remainder looked in wistfully on passing Sophie's cafe, realising we were now limited by time (as well as aching legs). Return to Hornbeam revealed 57 miles completed between 0940-1555 hours (unofficial). Stewart

#### EG's Ride Report

Two EG`s waiting patiently at Low Bridge were suddenly confronted by fellow Wheel Easiers including Poddlers and others. Ah ! said Max how many coffee stops have you had before getting to Low Bridge. It seems our bikes have been seen in the past outside caffeine shops, in future EG bikes must be hidden or heavily camouflaged.

As last Wednesday's ride was to the North it was decided to head South to Lotherton Hall. Today we had 10 riders Bill, Dave P, Dave W, Eric, James, John E Peter J, Norman, Roy and Terry, and the heading was Wetherby with the first coffee stop at Morrisons cafe. James has now moved to Pateley Bridge but still rides with the EG`s.

Terry was riding on a colourful Italian frame, on which maintenance might prove a problem due to the fact that all work carried out would have to be done wearing sun glasses. Nice to see Eric back from Africa where he had been doing good works.

Eric had tales of the wild for us plus a little booklet entitled 101 uses for Elephant Dung, a vast subject. If anybody out there has any ideas for the use or uses of Elephant Dung , suggestions to Eric on a postcard.

After caffeine and cake it was on to Tadcaster and Towton, where Roy and Bill gave a short re-enactment of the battle (see photo). Then on to Saxton and Lotherton Hall, a combination of good weather and half term seemed to suggest that half South Yorkshire was there, but the cafe queue moved quickly and we were soon away to Aberford, Barwick in Elmet ( with its big phallic symbol) and Thorne.

Up to now the EG`s sprint and hill climb team had been rather subdued, but climbing out of Thorne they came into their own and competitiveness reigned supreme.

Unfortunately the Tete le Course missed the Collingham turn off and we soon were heading for Bramham, but no problem, think of these things as opportunities, so it was on the cycle path to Wetherby where a banana break was taken.

It was here that we found a Tardis (see photo), could it time warp us back to Harrogate faster than John E could time trial. No ! Unfortunately Dr Who could not be found to make it work, and a suggestion that he might be in Morrisons Cafe was ignored. So it had to be head for home, but first stopping in Wetherby to allow Norman to make a small purchase from the Chemist ??.

Dave W, James and John E headed for Knaresborough with the rest continuing along the cycle path to Spofforth. Here we split again, Norman and Terry to Follifoot, Dave P, Eric, Peter J and Roy to Pannal.

Up to now Roy who had been in the Lantern Rouge position for most of the ride sprang in to action (tuna sandwich and flapjack kicking in) and set a blistering pace to lead us up the hills to Pannal.

Another good day's cycling not forgetting fun. Mileage say 53 miles x 10 riders = 530 miles. Dave P

2011 Wheel Easy Miles (approx) Today 1504 YTD 75878



