



we are
cycling
UK

CTC Coventry - CoventryCTC.org.uk

CTC Coventry & CTC Rugby - Weekly Bulletin

22nd December 2021

Recently

Following the Air Ambulance presentation at Baginton Airport, Dave Hearn has sent an article to HQ and Alan has put this item on the web: <https://coventryctc.org.uk/air-ambulance-presentation>

Thank you, Brid Reeves, for sending me this item about the **Low Intensity Hilly Ride** last Saturday - the series of rides has captured the imagination of many of our riders and Martin Lee is keen to encourage others to try these rides: *"I was prompted to try the ride after Vicky Palethorpe told me that she had found it helpful in providing strategies to tackle hills. Even though I was apprehensive (because of my fitness and skills limitations) Martin encouraged me to give it a go.*

Truthfully, I found the ride challenging, but in a positive way. Martin gave clear advice from his wealth of cycling experience about what to expect and how to manage changing gears and when to stand when approaching hills. I feel more confident now that I have a clear plan in my head.

I was also greatly encouraged by the advice, patience and good humour of the other members of the group to get me up the hills at my own pace (Thank you Andy, Steve and Mags).

I benefited hugely from this session in the lovely and hilly North Warwickshire countryside and I feel that with continued preparation I could consider the possibility of joining the women's tour next year.

Most of all I enjoyed the company of others who also love cycling and chatting over a well earned coffee and cake and I would encourage others to give these rides a go. You will feel supported and undoubtedly will build stamina and expand your cycling skills.”

What next?

The **next Clubroom on 4th January** will start at 2000hrs at the Friends Meeting House in Hill Street, Coventry when Dave Hearn will look back over our Centenary celebrations. [A program for the new year may be viewed by clicking here.](#)

Christmas message

Coming out of the Centenary it would have been quite easy to rest on our laurels, but that is not what has happened. In fact there is a real creative burst of energy and enthusiasm across the Club.

Some of the new things that are happening are:

- The "New Rider" Group and the Introductory rides.
- Establishing a Social Group.
- Using the Tuesday winter Club nights for other activities apart from slide shows: e.g. a bike maintenance session.
- New Leaders organising Tours.
- Martin Lee's Stamina Rides.
- Re-introducing Offroad Rides.
- Inclusion and working with the Hearing impaired

It's great that these things are happening, but what is fantastic is that new leaders are coming forward to help with the running of the Club. To name a few:

- Marina has taken significant responsibility for the "New Rider Group" and the "Womens group".
- Nigel Hickman and Paul Whately are organising tours in 2022.
- Andy Gilbert and Steve D'Avoile are hopefully getting involved with a Social Programme.

- Libby Foster is helping with Offroad activities.
- Martin Lee's stamina rides have been successful.
- Shona Hudson has become a focal point for the Hearing-impaired members.
- The maintenance evening had plenty of experienced members who came along to help.
- And some key players are: Vicky Palethorpe, the human dynamo who has instigated many of these projects.
- Mike Thomas, who keeps a weather eye on everyone's welfare and, although it may not be obvious to the casual observer, is always busy working hard for the club in many different ways.
- Alan Jelley, who created a new website for us two, or even three, years ago. However, he is constantly maintaining the website, to reflect current activities and reorganising menus to make data more accessible. Nothing gives a worse impression than a site where the latest activities are two years old. The website is one of our key communication mechanisms.

I nearly got knocked off my bike by a council salt lorry tonight.

"You idiot!" I shouted through gritted teeth.

With the worsening Covid situation Alan sends the following advice, *"There are a few very simple things we can do keep going..."*

- *Cycle in suits*
- *Have Red wine in our water bottles*
- *Everyone carry a piece of Stilton*
- *Remember we are not riding for pleasure, we are having a working meeting investigating road conditions!!*

Mind you we'd have to be two-faced, lying, arrogant Conservatives to get away with it."

Happy Christmas everyone.



Tuesday's mince pie run at the Coventry Canal Basin with James Brindley.

Rides this week

Whatever ride you're on, please ensure that you have a set of working lights on your bike. Whilst we aim to finish our rides before lighting-up time, it is often sensible to show lights earlier in the day.

An online copy of our Rides Planning chart can be viewed in the 'Upcoming Rides' section of the website to help you with your own planning. [Here is a quick link to it](#). It should be understood that this is a work in progress document and will be subject to continuous editing.

Important:

We are still asking all riders to email rides leaders to secure a place on the rides of your choice. You will receive a copy of the route and details of any special arrangements. It also means that you can be informed if there are any last minute changes, for example cancellation due to the weather.

Sunday 26th December

Meeting at WMP, Park & Ride facility at 09.15hrs

- Marina Friend will lead a **32-mile ride** to Knowle and back to WMP: we'll have a picnic on the Packwood House grounds instead of a seated coffee break inside of a cafe, to keep everyone Covid safe. Please email Marina: marinafriend@hotmail.co.uk to join the ride and to get full details.

Tours Next Year

Nigel and Terry are offering a 3 day tour, from Friday 1st to Sunday 3rd April 2022, cycling out from and back to Coventry, with a night at each of the **Lichfield and Loughborough** Premier Inns.

Each day will be around 40-45 miles, including some good off-road cycle tracks. Please e-mail: Nigel + Terry 22tandn@gmail.com for more details. Nigel would like to remind you that the tour would be ideal for people who have not toured before as it relatively short and local.

It can also be viewed on our 2022 Tour Programme Page: <https://coventryctc.org.uk/go-touring> and an Itinerary page can be viewed at: <https://coventryctc.org.uk/staffordshire-leicestershire-triangle-tour-itinerary>

Mike Thomas is leading a holiday to **Mallorca**. This is something of a new venture for us based on a Jet2 package to Port Pollenca in the north of the island. Rides, walks and sightseeing will be arranged, or you can relax by the pool at the newly refurbished Park Hotel. The start date is Thursday April 21st, but members can be flexible when they join. More information can be found at <https://coventryctc.org.uk/mallorca-2022-tour-information>. Bookings are now open for this tour and it should be noted that Jet2 have a good refund policy should this holiday be cancelled because of Covid restrictions. 12 members have already booked, and some have taken advantage of occasional Jet2 promotional discounts. To take advantage of these discounts its best to book by phoning 0800 408 0778. Call Mike before booking on 02476 692792 or email mike999thomas@gmail.com for any updates he has, and email him for full details of the trip.

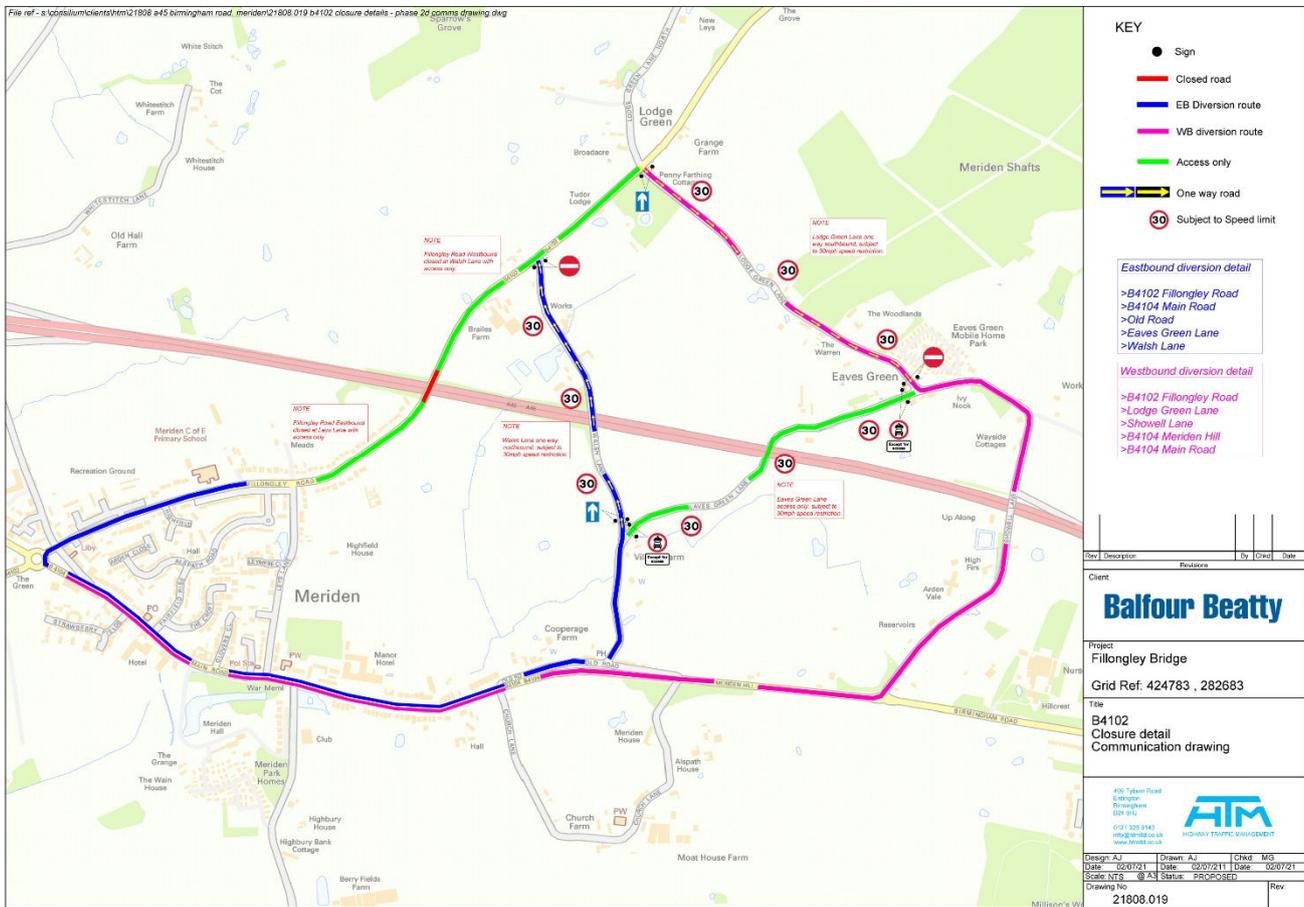
Alan Jelley is leading a **Peak District Trails Weekend** based on Hartington Youth Hostel on the weekend of 28-29 May 2022. This tour is now fully booked.

Paul Whateley is leading a tour to **The Isle of Wight in June**. Please see <https://coventryctc.org.uk/isle-of-wight-single-centre-tour-30th-june-to-4th-july-prospectus> for more details.

Vicky Palethorpe is leading a **Womens Tour to Cannock 23th-25th July**. Please see <https://coventryctc.org.uk/go-touring> for more details.

Alan Jelley is leading an **Off-road Tour to The New Forest 7th-10th October**. Please see <https://coventryctc.org.uk/go-touring> for more details.

Fillongley road closure - this is important as many of these road closures will affect our rides for the next 9-months.



The **B4102 Fillongley Road** bridge over the A45 is having its deck reconstructed. The date for the closure of the B4102 and any public rights of way in the vicinity is currently planned for November 2021 and will run until August 2022.

<https://www.meridenparishcouncil.org.uk/fillongley-road-bridge-updates/>

HS2

The latest news can be viewed here: <https://www.hs2.org.uk/in-your-area/local-community-webpages/hs2-in-warwickshire/>. Also, you can subscribe for updates at <https://engagement.hs2.org.uk/join-mailing-list/>

Full closure of a small section of the **Kinton Road, Southam** 24 hours a day from Wednesday 19 January to Monday 31 January 2022 with a diversion in place. <https://www.hs2.org.uk/work-items/hs2-works-notification-temporary-closure-kinton-road-southam/>

On Tuesday 4 January 2022, **Truggist Lane** will be fully closed from 8.00am until 6.00pm.

<https://www.hs2.org.uk/work-items/notice-of-temporary-closure-of-truggist-lane/>

From Monday 17 - Friday 21 January 2022 **Lavender Hall Lane** will be

closed: <https://www.hs2.org.uk/work-items/notice-of-temporary-closure-of-lavender-hall-lane/>

Blind Lane will be closed on 7 January 2022

Cryfield Grange Road will be closed on 10 January 2022

Both closures will be in place between 8am and 6pm. <https://www.hs2.org.uk/work-items/notice-of-traffic-management-blind-lane-and-cryfield-grange-road-2/>

Temporary daytime road closure Monday 10th January until Friday 28th January 2022 between 09:30am and 3:30pm on **Diddington Lane, Hampton-in-Arden** a closure will be in place on weekdays from Monday 10th January until Friday 28th January 2022 between 09:30am and 3:30pm. <https://www.hs2.org.uk/work-items/traffic-management-on-diddington-lane/>

Where are we?

Here is the answer to last week's puzzle plus another teaser from Dave Hearn:



The enamel plaque is fitted outside the Black Bear in Moreton-in-Marsh. The cast-iron wheel is on the outside of the Old New Inn in Bourton-on-the-Water.



1. In which village is this Public House?
2. Where are we in the second?

There may be a clue in a somewhat shared name.

GPS hints - episode 11. Memory Map

We are now going to look at some of the route planning apps for phone and PC: before we look at **Memory Map** I'd like to ask for some help with Viewranger / Outdoor Active. **Viewranger** was a much loved planning and navigation app based on OS maps, but the company recently combined with **Outdoor Active**. Unfortunately the new app is not as well received as the old Viewranger. It's not an app I use, but for completeness I really want to talk about it - so please let me have your thoughts and any tips for getting the best out of Outdoor Active.

1. **Memory Map** is a paid for app (from £15/annum for 1:50,000 OS maps) with versions for PC, Mac, iPhone and Android. <https://memory-map.com/>
2. Perhaps its best feature is that it uses an Ordnance Survey background in various scales: 1:50,000; 1:25,000; 1:10,000 Streetmap, which gives the names of all the local roads in towns and villages. A 1:250,000 road map and a 1:1,000,000 outline planning map are thrown in free.
3. I normally find the licensing management of paid for apps to be a real pain, but it works very well with Memory Map. I've needed to use their email support system a couple of times for licensing issues and other usage problem and found them very quick to respond and helpful.
4. You can either purchase a lifetime licence, or an annual renewable licence. The advantage of the annual licence is that you get map updates included and, with the ongoing HS2 project, that's quite useful round here.
5. One last thing about licences is that you get the right to use Memory Map on 5 devices, which is plenty for most households.
6. UK maps are available in high-resolution and low-resolution versions.
7. IGN maps of France at 1:100,000 and 1:25,000 are available and there are tools which will allow you to convert other maps for use with Memory Map, although I've no personal experience of doing this.
8. Route creation is a bit crude: a straight-line route between two points can be optimised for walking, cycling, or driving to create a "stick to roads" route but this is a one click operation and you cannot easily modify the optimised route – not very satisfactory by comparison with Basecamp, say.
9. The manual alternative is very straightforward, if somewhat laborious, as it's very easy to drag waypoints, or insert new waypoints, but it's up to you to put in enough waypoints to follow roads sufficiently closely and to decide on your route.
10. This all sounds a bit negative, but a really useful feature of Memory Map is being able to load and display several routes at the same time – either to view end to end routes as one, or to compare local similar routes. You can change the colour, thickness and line style of each route making it easier to distinguish between the routes.
11. You can show the elevation profile of any route or track, but MM will not include elevation data when it saves a .gpx file.
12. My design process for creating a finished route is to create an initial route in Basecamp and save it in a .gpx file with elevation data. Then I load it into Route Converter to tidy up any ragged bits and finally load it into Memory Map so that I can look at the route on an OS map. Memory Map has good printing facilities which I use to produce a paper map to carry with me on the road.
13. The .gpx route can be transferred to your phone for display in Memory Map on your phone. The Memory Map display on your phone has a small circle showing you where you are and also an arrow showing you which direction you are travelling in and its length shows you how far you will travel at your current speed. As you might expect, you can set it up to start recording at the beginning of your ride and stop recording at the end. You can then download the .gpx record of your journey to use as you see fit.
14. Don't forget that using Memory Map allows you to navigate with an OS background map, which few people would disagree is the clearest mapping system available.