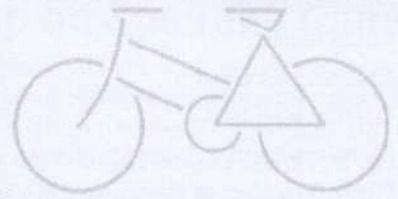


NORWICH CYCLING CAMPAIGN

Newsletter Number 58

September - November 2005

£1.00 where sold - free to members



Seven (+1) go to Beccles

Sarah Elsegood

In the last newsletter we included a feature from former Norwich Cycling Campaigners Sue and Graham Bergin, who have built an eco-friendly B&B in Beccles, close to Sustrans routes 1 and 30 (Living quietly, sustainably and B&B too). On Saturday 2 July 2005, members of the Norwich Cycling Campaign Committee were invited to see this amazing eco-house for ourselves and to sample the facilities. We took Sustrans route 1 from County Hall roundabout and cycled the 28 or so miles to Beccles. Newly-weds Jane Saunders and Nigel Howard borrowed a tandem for the occasion and Nicola and Ian Maunders attracted much attention during the journey, on their recumbent bicycle and tricycle ("Cool bikes"!). Sue and Graham (and the dogs) gave us a very warm welcome and Sue had ice cold drinks ready for us on arrival. The accommodation is very clean and comfortable and Sue and Graham are working hard on sustainable land management - planting hedgerows and trees. In the evening we celebrated Pinetrees' success - it has been awarded four diamonds by the English Tourism Council.

Thank you to Sue and Graham for a very enjoyable stay.

For further information see: www.pinetrees.net or telephone Sue Bergin on 01502 470796



"Norwich Cycling Campaign members arriving at Pinetrees, the Bergins' new B&B enterprise in Beccles, following their ride from Norwich on 2nd July. There followed a tour of the extensive grounds followed by a delicious meal and chilling out to the Live 8 concert on TV."

Matthew Williams

NCFC Bike To Work Day

Norwich City Football Club's bike to work day was held on 3rd August. It was part of a publicity campaign branded "On The Move City" which was promoting a new scheme aimed at encouraging Canary supporters to get to Carrow Road by sustainable transport. The bike to work day was well publicised with photos in the local press as well as live coverage on radio Norfolk.



Ray Walpole (left) with team

The day went very well with Ray Walpole, a 78 year old member and City supporter in the limelight. There was not much mention of the campaign. We gave out leaflets and maps and did Dr Bike checks and adjustments for the players and staff.

Although Richard Gough - a regular cyclist - is keen to encourage cycling to the ground, the club has only put in half the racks, and will only install more when use builds up.

IN THIS ISSUE:

Campaign News/ Contacts	2
National News	3
Local News	4
Chairman's Chat	5
County Hall BUG	6
More mutterings from Matthew	7
Cycle Training at George White Middle School	9
Whats on / The Outsider	10
Phyll's Philosophies	11

Campaign News

Ian & Rachael step down

Ian and Rachel Mold have looked after membership and the website for many years and have done an excellent job. They now need to concentrate on Ian's health.

Norwich Cycling campaign would like to thank Ian and Rachel for all their effort since the 1990s, in facilitating the smooth running of the campaign. We very much appreciate the contribution they continue to make to the committee.

We are also pleased that Oliver Stretton-Downes, one of our members, has volunteered to take over the role of Website Manager. He can be contacted on Norwich 483353 or by email: oliver@s-downes.freemove.co.uk.

It's an important role, as the campaign relies on it to communicate with people who get in touch and make enquiries. We are very grateful to Sarah Elsegood, one of our committee members who has taken over as membership secretary.

We very much appreciate the contribution Ian and Rachel continue to make on the committee.

Monthly members meetings

Public meeting "Cycling to Work"
September 15th 7.30 at the Greenhouse

Monthly members meetings

October 20th, 7.30 Saunders & Senior

November 17, 7.30 Saunders & Senior

Contacts

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Other Committee Members	
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Nigel Howard	502188
Ian & Rachael Mold	259207
Mike Savage	

**Deadline for next issue:
Friday 11th November**

Membership Matters

Enclosed with the newsletter each quarter, some members will find a renewal reminder letter. Please check inside your envelope and return your renewal form as soon as possible. Your continuing support is very important to us. We are especially grateful to those members who have included a donation together with their membership subscription. Thank you!

Have you changed your postal or e-mail address? Please let us know so that we can update our database.

Sarah Elsegood, Membership Secretary

National News

Women more likely to cycle if their peers do so already

New research has revealed that women are more likely to start cycling if people in their peer group already do so. Although women are less likely to take up cycling than men, they are more willing to attend cycle training courses.

Alix Stredwick, who recently completed a Cycling for Women project for the Women's Design Service said that role models that visibly demonstrated that cycling is for women too were a strong influence. Organisations and people who promote cycling are catching onto this and are promoting the activity with images of women cycling in everyday clothes and making everyday journeys.

"You don't have to don on the lycra and be an urban warrior just to go to the shops"

Abridged from article on bikeforall website (www.bikeforall.net)

Cycle use up on Sustrans routes

The results of a survey published in July show that during 2004 showed that walkers and cyclists made 201 million trips along Sustrans routes. This was an increase of just over eleven and a half percent on the previous year.

Cycle use on the network rose by 11.1%.

50 million trips were journeys made on foot or bike that would normally have been taken in a car.

John Grimshaw, CEO of Sustrans commented that the survey appears to contradict surveys published by the Department of Transport because the Sustrans survey records journeys taken on routes that are closed to motor vehicle traffic, whereas the DOT surveys do not.

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*

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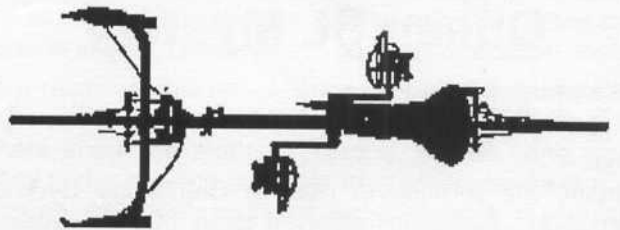
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