

CODE = Starting point – Mileage –Terrain - Leader's initials (Contact Tel. No's below)

L=Llantwit Major. C=Cowbridge e Town Hall. D=Downs Cafe.

VA = Vehicle-Assisted. E = Easy. U =Undulating. I = Interesting gradients!

Any map references use Landranger map No.170 for the immediate area. Nos.159,160 & 171 covering the adjacent areas will also be found useful.

Date	Code	July 2009
Sun 5	See Notes	Club Members in Hamburg
Tue 7	See Notes	Club Members in Hamburg
Sun 12	VA-28-E-CM	A run to view the Military Spectacular at Caerleon's Roman Fort. (See Notes)
Tue 14	Evening Ride	The Fox & Hounds at St.Brides
Sun 19	See Notes	Annual BBQ – this year at Colin & Judith's home
Tue 21	Evening Ride	The Six Bells at Penmark
Sun 26	C-32-U-IH	White Lion at Cefn Crybwr, NCR 4. BYO sandwiches.
Tue 28	Evening Ride	The Red Lion at Bonvilston and pre Wiseman's Bridge meeting
Date	Code	August 2009
Fri/Sat 1 Sun 2	None locally See Notes	Members at Camping Weekend in Wiseman's Bridge
Tue 4	Evening Ride	The Fox at Penllyne
Sun 9	L-30-U-CM	One of those Vale meanders ending up at Ewenny for one of those All Day breakfasts.
Tue 11	Evening Ride	The Plough & Harrow at Monkknash
Sun 16	VA-35-I-CM	Parking at Abercynon Leisure Centre then making our way to Hirwaun and via our local Alpine Pass to Treherbert. Lunch somewhere in Rhondda then return via Pontypridd.
Tue 18	Evening Ride	The Star Inn at Treoes
Sun 23	C-31-U-IH	Jolly Sailor at Newton, back via Merthyr Mawr if weather suitable
Tue 25	Evening Ride	The Farmers Arms at Aberthin
Sun 30	C-28-U-IH	Picnic with hot & steamy models (trains that is) behind Heath hospital
Date	Code	September 2009
Tue 1	Evening Ride	The Three Horseshoes at Marcross
Sun 6	VA-30-U-SE	From Radyr, across Barrage, through Penarth lanes via Dinas Powis and back through St Andrews & Ely (or other way around)
Tue 8	Evening Ride	The Barley Mow at Penllyne
Sun 13	VA-34-I-RB	Start in Abergavenny, ride round Ewyas Harold and Llanthony
Tue 15	Evening Ride	The Blacksmiths at Llanmaes
Sun 20	VA-26-I-CM	From Abercynon Leisure Centre via Ynysybwl to Llanwonno Inn returning via Ferndale and Pontypridd. Sandwiches suggested.
Tue 22	Evening Ride	The Golden Mile at Corntown and pre Usk Tour meeting.
Sat 26Sun 27	See Notes	The Usk Tour
Tue 29	Evening Ride	The Fontygary Inn at Fontygary

Ride Leaders - Roger Bradshaw 01446 773233 Sheila Edwards 07814 806321

Ian Hydon 01446 772325 Colin Marsh 01446 794689

July 1st to 7th – Hamburg Tour (a reminder)Bikes can be left at Colin's house either after the previous Sunday's club run or in interim period up to 10am on the morning of Wednesday the 1st.

We have the 18.20 shuttle from Folkestone so aim to leave Llantwit by 11am after an early lunch and pick up passengers via Cowbridge and A48 en route to the M4. Sandwiches suggested for afternoon refuelling.

Shuttle arrives in Calais at 19.55 (local time) and we then have a 90 minute drive for our overnight stop and included buffet breakfast at Formule 1 Hotel, Ghent.

After breakfast, we have a further 5/6 hour run to Hamburg and should arrive there mid afternoon. Hostel accommodation arranged there for 3 Double Rooms and two additional 3-bed rooms for the 3 Gents and 3 Ladies for four nights (Thursday to Sunday) and leave after lunch on Monday afternoon. An overnight stop at the same hotel in Ghent (this time without breakfast) followed by the 90 minute drive to Calais for the 11.50am shuttle arriving at Folkestone 11.25 (local time). After a leisurely lunch somewhere, we should get home by early evening.

Caerleon Fort – 12th July

Military Spectacular - the Ermine Street Guard, Roman cavalry and falconry as well as living history displays. £12 for a family ticket (2 adults and up to 4 children). £5 for adults and £2.50 for concessions.

Run will start from The Range Car Park in Newport Road, Cardiff.

Annual Barbecue – 19th July

The deal with Hello! and OK magazines has been finalized, and the date set for Sunday 19th July in the grounds of Colin & Judith Nunn's Cowbridge home

In accordance with strict tradition a short ride will precede the BBQ lunch, departing Cowbridge Town Hall at 1030 for a 2 hour hunger & thirst enhancer. The afternoon will be all downhill.

BYO food & mind-altering beverages, which may be left with Colin & Judith beforehand (56 The Verlands)

And for those of you who always wondered about such things, both gas & charcoal BBQ's will be available for blind tasting tests

Wiseman's Bridge – 31st July to 2nd August8 pitches have been reserved for the 13 booked up for this re-union with Tim Holland who has made arrangements with his local club to 'occupy' us over the weekend. Last minute arrangements for shared travel can be sorted out on the 28th July's evening run**The Usk Tour – 26th to 27th September**As there are now 20 signed up for this one, the idea of everyone catching the 8.55am Aberdare train with their bikes at or after Llantwit Major station will need some minor revision. One part solution will be to share ourselves over two successive services with the stronger cyclists taking the second an hour later and having the opportunity for a 'burn' to catch the early birds. Whatever - we will sort out the nitty-gritty details at the evening meeting in the Golden Mile at Corntown on the 22nd.

Club Gear



Awaiting new stock

New or Prospective Members

No Time Trials or Racing Events but steady cycling in good company and the time to enjoy our surroundings. No one gets left behind as we proceed at the pace of our slowest member or frequently stop to re-group. Any cycle is suitable but one with several gears is an advantage.

The club meets every Tuesday (at the car park at the rear of Somerfield Supermarket in Llantwit Major for relatively short evening runs (from May to August). Departure time is 6.30pm although you can make your own way to the destination and then return with the group if should you are unable to make the start of the run. Sunday runs leave from either Somerfield Supermarket car-park, Llantwit Major, Cowbridge town hall car-park or the Down's Cafe on the A48 outside Cowbridge (please refer to code). Rides leave at 10.30am allowing more scope to cover a 20-mile radius of the local area. We regularly make use of cars to explore different areas (VA) and organize weekends away and annual cycle tours.

Membership is open to anyone over 14, but younger children are allowed on suitable runs provided a responsible adult accompanies them. Subscriptions are £5 per adult / £2.50 junior and are renewable on 1st October.

Prospective members are invited to join us on any of our runs so that they can experience the general atmosphere before committing themselves to joining.

YHA Membership No.018-8376662

The Newsletter of

LLANTWIT MAJOR & VALE CTC

July to September 2009



An agreed meeting place on the route can be arranged by telephoning the ride leader specified on the calendar and other details obtained from them where necessary.

On Sunday runs, lunch can usually be obtained at the pub or cafeteria at the destination but a packed lunch can be the preferred alternative.

For vehicle-assisted runs, those without transport or with regular spare capacity should advise the committee who will keep a list of such contacts. Also, the ride leader would appreciate a phone call advising participation.

Contacts

Chairman: (Position to be filled)

Secretary: Ian Hydon Westcliff, Causeway Hill, Llanblethian CF71 7HZ

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Treasurer: Colin Marsh 13, Llanmaes Rd. Llantwit Major CF61 2XD

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