

Southampton Cycling Campaign Newsletter

May 2003

Welcome to May's Southampton Cycling Campaign newsletter! This is the first of six newsletters that are being produced with a grant from Southampton City Council. Through these newsletters we hope to raise issues and generate discussion of all matters cycling - particularly those that affect us every day. These newsletters are being made available throughout Southampton, so that we can gauge a broader spectrum of views (in addition to the popular "Love & Hate" map on our stalls) and publicise the work of the Campaign and other interested groups in the City. It looks like some exciting things could happen in 2003-04 - lets make sure we have our say in them!



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4,000 miles, 8 countries and 4 months on a bicycle!

Rich Jeffries

Southampton Cycling Campaign member, Rich Jeffries, has been out of town for a while. He set himself a target to raise money for Naomi House, a children's hospice near Winchester by cycling from Spain to north Norway in 4 months. Having survived gales, searing sun, torrential rain and mountain passes of Spain, last month he took a well-earned, if impromptu, break in France, and penned the following. To keep up to date with his progress and to sponsor Rich visit www.eurocycle.org.uk. The following is an extract from his latest postcard from Les Deux Alpes.

Hello there,

I have two pieces of advice for anyone cycling through Europe who values their health :

1. If you cycle a long way, such as 1200km in 12 days, resist the temptation to immediately go clubbing with a hen party of 15 young Spanish ladies. Ignore this advice and you will get a throat infection;

2. If you have a throat infection, don't cycle across the Pyrenees. Ignore this advice as well and the infection will get worse. Keep on ignoring this advice and you will be unable to cycle very far at all, and will be forced to phone your very kind sister for help, who will, with her very kind boyfriend, drive for nine hours on her 23rd birthday to pick you up and drive you to her home in the Alps.

In A level biology I learned interesting facts about the body, and some of these have recently been spinning in my mind. Mr Yates, who incidentally was an excellently entertaining and inspiring teacher, taught me that during exercise your muscles burn up sugars (glycogen) from the blood, muscle and liver. These stores of energy

will power you at full pace for an hour or so, if you are reasonably fit. After using up these stores, and if you are still exercising, your body will turn to other stores of energy, of which one of the first to be mined are white blood cells. In a different lesson we learned that Mr Preece, who was another biology teacher, had an unusual fishing technique, and that white blood cells fight infection. After revealing that Mr Preece encountered unexpected resistance while casting into some reeds, we learned again that strenuous and continued exercise burned these protective cells up and, what's more, left you vulnerable to illness. Had Mr Preece caught a pike, perhaps? No, he had caught an angry Mallard; and if your white blood cell count is lowered by exercise, your



body takes over 24 hours to replenish the numbers. Lessons learned here were not to get too close to biology teachers on fishing trips if your name is Daffy: and that anyone who exercises strenuously for days on end should be careful because they are permanently susceptible to illness. Which is why long-distance cycling and clubbing (and Mr Preece and a fishing rod) are a dangerous mixture.

So I have foisted myself into my sister's care and for the moment the ride is on

pause. I need at least a week of rest and then, we'll see. But I have not stopped permanently, not least because fate tells me that I have to be well enough to reach a welcome home party for Marco and Elina, a Dutch couple I made friends with in Quillan.

On a hot dusty road between Quillan and Carcassonne, Marco told me of Einstein's less well-known quote that they had heard while cycling through the far east: "Le hasard est le deguisement de dieu pour qu'il peut voyager incognito a la terre," or "Chance is the disguise god wears so that he can travel incognito on earth." I wrote this in my diary. The wind flicked over the pages a little and brought Lammert's address in the Netherlands to my attention. Although I had told Marco and Elina I was intending to visit a Dutch friend, I had previously got the location wrong (European addresses can be confusing). "Oh," I said, "I'll be going to Zutphen, not Wageningen." "Zutphen, whereabouts?" Marco asked, looking surprised. I told him the address. "Elina, do you know where this is?" he asked, and a rapid Dutch conversation ensued that I could not follow. "Your friend Lammert



lives 300m away from where we are going," he said, "300m from our home, or rather Elina's mum's house, which is where all our mail and so on goes."

This was a fair coincidence: as well as getting along very well with this Dutch couple who had just spent two years cycling through Europe, Africa and the Far East; Marco and Elina had, like me, just cycled through Spain (on a very similar route; we were probably the only cycle tourists in Albacete for months) and into France (following the route through Andorra I was planning to take until I fell ill); and now we were going to the same place. Then another coincidence: we should be there at almost the same time. Only a week beforehand, I had told Lammert I should arrive at the end of May or beginning of June. They had to be back for the first week of June because this was the only time all their friends were free at once. Had we just caught a glimpse of god's disguise? I don't really know, but getting better is now more important than ever.

Cheerio for now, more soon.
Rich

Cleaner city cycling

Look out for the dedicated cycleway sweeper from the end of May, when the Council will formally be launching this nationally unique venture. The Schmidt Compact sweepers, decked out in white and red and with the strapline "cleaner city cycling", will be run five days a week. The £50,000 machines have been bought using money from the local transport plan and an annual £17,000 maintenance has been agreed from the highways maintenance budget. This means that none of the dedicated cycling budget has been spent on the sweeper! Don't forget, report potholes, glass and other maintenance problems to ActionLine 0800 5 19 19 19 actionline@southampton.gov.uk.



Annual General Meeting - election of officers

A new committee was elected into post at the AGM on 12th May 2003. The post of chairperson is now jointly shared by Izzy Sargent and Pete Russell. Thank you to retiring chairperson, Pete Davis, for all his hard work over the last (how many???) years! Sue Colborne has officially taken over from Barrie Colborne as Treasurer and we know we are in safe financial hands. Angela Munn and June Mattless continue as our esteemed secretary and membership secretary, respectively. Angela has, however, relinquished newsletter editorship to Izzy. We hope to be able to bring you short reports from the last year soon!

Structure of Monthly Meetings

Pete Russell



As a consequence of the appointment of new officers at the AGM, a committee meeting was held on 27th May 2003. Those present were Angela (secretary), Izzy (new joint-chairperson) & Pete (new joint-chairperson). Sue (new treasurer) was away. All agreed that the following structure to our meetings would improve our effectiveness in delivering the aims & objectives of the campaign.

7:45 - 8:00 Refreshments: The opportunity to place pins in the map & write the relevant comments, regarding new cycling issues within the city. Distribution of the meeting's agenda.

8:00 - 8:50 Minutes of last meeting: Including latest developments of noted action points. Any other business.

8:50 - 9:00 Discussion: A chance to talk about the pins/comments placed at the beginning of the meeting so that trouble spots and issues that we can act upon are highlighted.

If you would like a particular issue raised at a meeting, please contact us (details on back page).

SCC at Environmental Rock

Izzy Sargent

After the wealth of information we gathered at our stall in the St Mary's Football Stadium in January, we decided to go for the same format at our stall the Environmental Rock event held at the Hobbit on 15th March 2003. We asked people to locate on a map places that they love and hate cycling and then to give their reasons. This information was detailed on a spreadsheet and a short summary made. Both the summary and the details were passed onto Pete Brunskill, Southampton City Council's Cycling Officer. The summary follows...

As can perhaps be expected, the overwhelming feeling was that danger is presented to cyclists by motor vehicles. There were five suggestions for cycle lanes on roads (The Avenue-Highfield to Cowherds, Wessex Lane-not just one direction, Portswood Road, from Hedge End, Stoneham Lane) where danger from motor vehicles was considered to be great. In addition, the two cycle lanes along the Avenue were praised. A cycle path was also suggested to connect Coxford Road to Manor Road (creating a safe way to cross the M27).



Another suggestion was to remove all motor traffic from Stoneham Lane.

Other dangers to cyclists noted were parked cars and cars driving in cycle lanes. Also, potholes and broken tarmac were highlighted as annoyances and dangers on many routes (Itchen Bridge, Honeysuckle Road, Livingstone Road). Several people commented on difficulty negotiating traffic-dominated areas such as Kingsway, Platform Road and Wide Lane. In some cases traffic lights or similar were suggested. Traffic lights have, however, caused annoyance in other areas where they are considered to give too much priority to motor vehicles.

General comments included a call for sensible cycle lanes - not ones that stop and start (and this was also implied by a number of comments asking for a join between routes such as on the Avenue and over the M27). Another comment asked for better awareness training for drivers (including buses and taxis) to that they are more sympathetic to the needs of cyclists.

Helping out on stalls is very rewarding and is an excellent way to both publicise the Campaign and to ensure that we are representing the views of cyclists in Southampton. If you can spare an hour or two please let us know (see the back page). Our next stall will be held at the Southampton Get Cycling Festival, 21st June 2003.

Upcoming Events

All the following events are free

June 2003

- Mon 9th **Southampton Cycling Campaign meeting**, 7:45pm, Friends Meeting House, Ordnance Road (contact info@southamptoncycling.org.uk or Pete 023 8034 0261)
- 14th-22nd **National Bike Week** www.bikeweek.co.uk - events in your area are being added daily
- Sat 14th **Winchester Bike Fair**, High Street, Winchester 10am - 3pm (contact Sally Hawthorne 01962 877833, info@forum-pr.co.uk or www.winchester.gov.uk/onthemove)
- Sun 15th **Eastleigh Cycle Fun Day**, Fleming Park Leisure Centre, 11am - 3pm (contact Sarah Walbridge 023 8068 8280)
- Wed 18th **Southampton Get Cycling Festival**, Weston Shore (contact www.companyofcyclists.com 0800 519 1919)
- Wed 18th **Family bike ride**, 7pm, starting at Southampton Sailing club on Weston Shore (Contact Pete 023 8034 0261 or info@southamptoncycling.org.uk)
- Wed 18th Is also **Bike2work day** (is your workplace organising anything?)
- Thu 19th **Southampton Get Cycling Festival**, Southampton University (contact www.companyofcyclists.com 0800 519 1919)
- Thu 19th **CTC Ride to Newport Inn**, Braishfield, 7pm, The Cowherds (contact Mike Etheridge or Wendy Reynolds 023 8073 9359 Mike.etheridge1@btopenworld.com)
- Fri 20th **Southampton Get Cycling Festival**, City Centre (contact www.companyofcyclists.com 0800 519 1919)
- Sat 21st **Southampton Get Cycling Festival**, City Centre (contact www.companyofcyclists.com 0800 519 1919) Come and visit our stall!
- Sun 22nd **Southampton Get Cycling Festival**, Mansel Park, Millbrook (contact www.companyofcyclists.com Tel: 0800 519 1919)

July 2003

- Mon 14th **Southampton Cycling Campaign meeting**, 7:45pm, Friends Meeting House, Ordnance Road (contact info@southamptoncycling.org.uk or Pete 023 8034 0261)

Let us know about your events (see back page for details).

All hands all deck!

How you can help the Campaign

So you can't always make meetings? There are other ways that you can help the Campaign that won't take your valuable time or energy. The simple jobs that are essential for running a successful Campaign include:

- 🚲 Helping out on stalls for a couple of hours - chatting to the public, eating biscuits, that's basically it!
- 🚲 Distributing newsletters - do you know somewhere that would take a small pile for display?
- 🚲 Writing articles - absolutely anything to do with cycling of any length is accepted
- 🚲 Highlighting news items - let us know the details of a cycling or transport-related item that has come up on the local news or papers that we should respond to

Can you do any of these? Please let us know by contacting up (see the back page). Your Campaign needs you!

Thank you everyone who has already offered to help when needed with the Campaign!

Competition

Its busy here at SCC newsletter central, and really we'd rather be out cycling and enjoying the weather (rain or shine), so we've devised a cunning ruse. Perhaps you've got an issue you'd really like to tell everyone about, a holiday you enjoyed, or didn't enjoy or perhaps you've discovered a useful gadget or a pain free way of adjusting caliper brakes. Don't just keep it to yourselves - write it down and send it to us to be put in a newsletter! What's in it for you, apart from fame and having the country's most prestigious editors clamouring for your talent? We've got an Ordnance Survey Interactive Map CD ROM to give away. Articles will be judged by their humour, informativeness, wit, originality or sheer lunacy. Send articles (in plain text format please) to the newsletter address on the back page - marking them 'Competition Entry'. Entries by 15th August Please!

Get in touch

Chairpersons Pete R 023 8034 0261
Izzy 023 8077 1689 / izzy@southamptoncycling.org.uk

Secretary Angela 023 8067 1235

Membership June, 12 Fontwell Gardens, Horton Heath, Eastleigh, SO50 7NL

Want something raised at a meeting? Call Pete R or email agenda@southamptoncycling.org.uk.

Newsletter articles and letters in plain text/'text only' format and preferably by email to newsletter@southamptoncycling.org.uk, or on a floppy disk or typed to SCC Newsletter, 41A Pentire Avenue, Southampton, SO15 7RT

Events listings to events@southamptoncycling.org.uk (date, time, place, short description and contact details please)

And finally, to keep our meetings on track, how about getting that winge out of your system by emailing winge@southamptoncycling.org.uk



Don't forget: Meetings at 19:45 every 2nd Monday of the month at Friends Meeting House, Ordnance Road

www.southamptoncycling.org.uk

Membership application

Join us and help make a difference!

Name

Address

Telephone

Email

Annual fee (please circle) £10 Waged / £5 Unwaged

Return this form with your fee to SCC Membership Secretary, 12 Fontwell Gardens, Horton Heath, Eastleigh, SO50 7NL