

the friendly club for anyone in Southeast Hampshire or Southwest Sussex who likes cycling

100 PortsmouthCTC

1926-2026

The Pedal

The magazine of Portsmouth Cyclists' Touring Club

Summer 2026



Centenary Ride, 100 mile Riders - 9th May 2026

Hi-Res version of *The Pedal* [HERE](#) Suitable for Print & QR Codes (large file)

Group Events in June, July & August 2026

Date	Event	Location	Website
19 Jun	Coffee Meet-up	The Vale Cafe, West Stoke	Link
25 Jun	Hill Climb & Freewheel Competition	Horndean (Full details on page 9)	Link
11 Jul	Centenary Party	Hayling Island	Link
17 Jul	Coffee Meet-up	Fort Nelson	Link
21 Aug	Coffee Meet-up	Stansted Park	Link
18 Sep	Coffee Meet-up	Village Cafe, Knowle	Link

QR Codes



Why we have Quick Response (QR) Codes

Normally when reading a document on a digital device, such as a computer, tablet or smart phone you are able to select a link and follow that to another location on the internet. As an example, there are links in this newsletter which lead to either additional information or perhaps a map.

However, when you print out the newsletter, this digital link is lost. So, to overcome this issue QR codes have been added next to each link. All the reader of the printed newsletter has to do, is to scan the QR code with their smart phone and follow the link.

To scan the QR code, you only need to open the camera app on your smart phone, point it at the QR Code and wait for a notification to appear. You then tap that notification and the device will be directed to the information. You can even point you smart phone camera to a QR Code on your computer screen!



Editorial

TERRY WILLIS

This last few days have seen the best weather we've seen in May for quite some time. We've gone from wet, cloudy over cast days to scorching hot - Great stuff, but don't forget the suntan cream and lot's of hydration!

We have quite a few pictures and the press release for the centenary rides in this issue, all went very well apparently, everyone had a great time with beautiful weather!

Don't forget you can still order centenary jerseys, with both short sleeve and long sleeve versions being available. We're also offering a winter weight jersey as well this time, so if you missed out or want a second jersey check out page 23 for full details.

If YOU have any ideas or would like to submit an article and or photographs for publication please contact me (details on back page). Don't wait until the last minute, submit an article any time and it will probably be in the next issue. Which, as this is our summer edition, will be at the start of Autumn, on 1st September (doesn't time fly).

One final point of note, up until now The Pedal Magazine has only been available to members. But from this issue, it will be made available to anyone who visits our website, hopefully this will help engage more new members to our fabulous club. Happy riding.

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Winter Cycling Boots

Terry Willis

Why, I hear you asking, is this idiot discussing winter cycling boots in summer! Has he lost his marbles (or rather, did he ever have any!?).

I know you've always wanted to see a picture of my cycling boots as well, so to ensure you're not disappointed, below is my well worn (but still serviceable) boots!



OK, so why? Well, it's NOT to review them, or to even say which ones to get. There are many and varied reviews on the internet, produced by more able people than me to qualify why this or that pair are the best and why you would choose them.

No it's just to say, of all the cycling kit I've purchased (and there seems to be a lot)

boots are my SECOND best buy (The first is the string vest base layer I wrote about in a past issue).

So why are they so good. Well cold, or rather cold and wet feet, are one of the worst things to deal with when cycling. So I've no hesitation in recommending winter cycling boots. They beat overshoes hands down - no contest.

But, I hear you ask (well at least one reader must have got this far), why now, the summer!?

Well, like all things they cost money and unsurprisingly they can be quite expensive. So my advice is, BUY winter cycling boots AND buy them during the summer or in sales BEFORE the winter season arrives and get a bargain. Well, at least cheaper than if you wait until winter when you have both cold and wet feet!

One other thing. Watch out for water running down your legs! This tip involves rubber gloves, but I think you've had enough for now, that will have to wait until the next issue. I bet you can't wait... Anyway, back to summer. Here's an ice cream to cool you down!





Presidents Thoughts

JOY FORROW

Centenary year off to a great start!

What a great start to our centenary year! I'm buzzing with it all! The centenary rides went off really well. We had perfect riding weather and it was all great fun, very sociable and we were looking good with many of us in our centenary shirts. We all met up at the pub at the end (along with well-wishers) for a well-earned drink!

I've also been involved with the Return to Cycling rides. Julie led our group on one of the first ones to Gosport last week and it went well and was enjoyed by all. We are hoping that the three new riders will continue to cycle with us. I am looking at how we can build on these introductory rides and will be talking to various members. All ideas gratefully received!

Our centenary camp is coming up at Stowford Farm 8 - 12 June and I'm looking forward to that. We have twenty six of us signed up so far. Not all of us are camping - some are in B&Bs nearby. And not all of us are cyclists - partners are welcome too. I'm planning to ride there - well, I have to, as I can't work out how to get the trike in the motorhome!

The book of 100 years of our club is coming on well. Phil Beed, Martine Hebblethwaite and Keith Wileman are working on it and hope to publish it later in the year. Further specific help is requested.

Our centenary party is coming up 11 July put the date in your diary. Open to all. Please come along. And that's not all - we have a couple of dates for photoshoots when we'll ask you to come along as we are hoping to replicate earlier pictures of the club, one taken in 1976 for example.

On a personal note I am loving my new recumbent trike. After my accident in early September, I thought I would have to give up cycling which had been a major part of my life for a number of years. Thanks to help and encouragement from others (Derick Cottle in particular and also Phil Nelson and Roger Paddey) I spent many dark winter hours looking into the options and many brighter hours on trikes lent to me - thanks all so much.

I am now back to riding - maybe not as fast but as long and LOVING it. I feel renewed and so fortunate to have cycling back in my life. I am now keen to help others who would benefit from the trike option. They are really great fun and get you out and with your friends!

Finally I must say a huge thankyou to Phil Beed for his contribution to the club in his past two years as President and before. He set up the breakfast and elevenses meets, supported club-nights hugely, led lots of rides both short (literary and D-day tours) and long memorial rides, as well as many hours discussing ride descriptions. He also kicked off the centenary work which we are building on. Thank you Phil, you are a hard act to follow!

Repair Ramblings

Bostic Boy

I guess I'm not alone in having woeful success in repair punctures over recent months, possibly years. I began to wonder if it was caused by the compound used to make the budget model tubes I buy. I would like to share the irony of having expertise in puncture repair!

An esteemed member of our club put me wise to a technique that has resulted in a significant improvement of my success rate.

It is worth taking a good level of care when approaching this task as you only get one chance, in my experience. The repair starts with the approach that most people apply; identify the location of the hole, abrade the area with a course grade paper (80 grit) try to locally remove the moulding flash (ridge) to provide a flat surface for the patch to sit on. Mark the location of the hole using a permanent marker, or your preferred method. Make sure the pen marks are outside the area covered by the patch size you have selected. Clean the abraded area with acetone if you have some. Otherwise wipe the area with a clean dry cloth.

Centre position for the patch indicated by a Pen mark below it.



When applying the adhesive to both surfaces of the joint it is important to apply as thin a film as possible. Once you have squeezed the glue out of the tube use a clean finger to wipe across the surface of the inner tube and the patch. Allow the solvent in the adhesive to evaporate so that the adhesive appears matt in colour and dry. There is a tendency to apply the patch too early, when in fact, waiting up to five minutes would be better.

Now the novel bit. With repair together, place tube on a hard surface and tap the periphery and inner surface of the patch with a small hammer.

Here the tube is placed over a bench vice. The tapping does not have to be hard.



The effectivity of this technique was displayed to me one weekend; I had failed to completely seal a repair, with a small bubble escaping every couple of seconds. I relayed my despair at the following day's ride. I was told about this method and applied the hammering to the failed patch without the application of any more adhesive. It sealed.

PCTC Centenary Calendar 2026

Events in **RED** are **Centenary Events**. Dates given where known.

January

18 Prize Giving Details

February

21-22 ACP Salisbury Weekend

March

PCTC Epic Ride Series
8 Watership Down Audax

April

PCTC Epic Ride Series
27-29 Joy's 3 day Tour

May

PCTC Epic Ride Series
9 Centenary ride 100m
9 Centenary ride 100km
Return to Cycling (RTC)

June

PCTC Epic Ride Series
8-12 Centenary Camp [Details](#)
19-21 Chase the Sun [Details](#)



19-21 Chase the Sun (Short) [Details](#)
26 Hill Climb & Freewheel
Return to Cycling (RTC)



July

PCTC Epic Ride Series
11 Centenary Party [Details](#)
4-11 Paris to Hayling
24-2 CTC New Forest Week
Lions in Portsmouth Ride [Details](#)
Return to Cycling (RTC)



August

PCTC Epic Ride Series
Presidents ride - Joy Farrow
Return to Cycling (RTC)

September

PCTC Epic Ride Series
7-11 Mendips Week
CCP Audax

October

Glow Ride, Portsmouth
Grid Iron, New Forest

November

December

Cycling on Television

Terry Willis

Initially, I suspect like many, I started watching the Tour de France (TDF) on Channel 4, many years ago. When the coverage switched to ITV, I followed them and enjoyed both daytime live coverage and also evening highlights as well.

As my interest and race knowledge grew, I watched more. Initially the Grand Tours, then The Classics, at the time through a subscription with the Global Cycling Network (GCN). This worked well, allowed my thirst for cycling to be fulfilled through a £6.99 monthly subscription cost. A bargain, especially as I still had access to Freeview coverage on ITV as well.

However, the money in TV sport has led to these initial services stopping. ITV lost their coverage, GCN was taken over by their parent company Eurosport and they now have been swallowed by the American premium television network Home Box Office (HBO), owned by Warner Bros under the TNT Sports Banner.

So as it stands you no longer have any public network (Freeview) cycling available. You can pay £30.00 every month to get HBO coverage, which I'm afraid is too much for me and I suspect for many. The good thing about HBO is that you can stop the subscription at any time. It is possible to get a months coverage and then stop the subscription, so this will probably be my option for watching live TDF stages this year.

However, all is not lost.

I've been watching the Giro D'Italia highlights on TV this week (7.00pm), which when I found out about it was a surprise (it's not highly publicised). It's been on DMAX, owned by the Discovery channel, unsurprisingly owned by Warner Bros! ...and it would seem, it's HIGHLY LIKELY that the TDF highlights will also be broadcast as well. No guarantees though!

So, how do you get DMAX? You'll find it on all Freeview services (including Freesat). Channel number on Freeview is 39. If you get your free to air services via another source, such as Virginmedia, the channel number will be different, but it will still be there.



Centenary Ride, Stonehenge - 9th May 2026

HILL CLIMB AND FREEWHEEL COMPETITION 2026

Thursday 25th June, 7.15pm

Organiser: Mark Page, supported by Roy Pearce

The **Hill Climb** start will be outside the Horndean Fire Station (Map Ref OS Sheet 196 704132), going up Blendworth Lane, turning right at Blendworth Church into Crabden Lane, then at the end of the lane turning right into New Barn Farm Lane, finishing at the top of the rise about 200 yards (180m) further on (Map Ref OS Sheet 196 715145). The course is 1.2 miles long (1.95Km) and rises 167 ft. (51m).

The **Freewheel** course starts in Crabden Lane and goes towards Clanfield, starting at approximately Map Ref O.S. Sheet 196 7113143).

The hill climb event will take place first. The freewheel event has a separate class for Tandems.

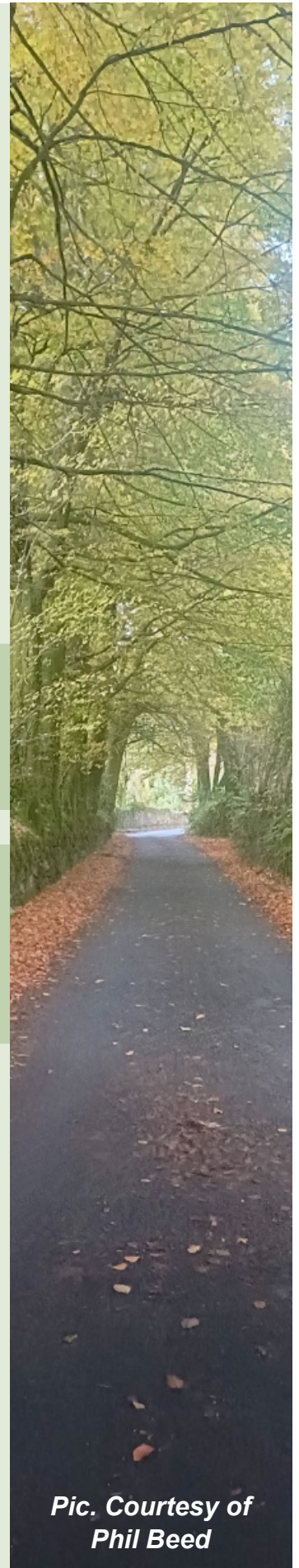
Hill climb: The rules are that each competitor states their anticipated time to complete the course. The course is ridden without watches in a visible or easily accessible position and with cycle computers removed. Each competitor is timed over the course and the competitor with the time nearest to their estimate is the winner.

Freewheel competition: The bicycle cranks are secured to prevent pedalling, and the competitor starts down the hill from a set point. The place where they have to put a foot down is marked. The winner is the competitor who has travelled the furthest distance before putting a foot down. If the pedal securing is found to be broken at the finish the competitor is disqualified.

The entry fee again is an inflation busting 50p per event. Competitors may enter more than once (by paying additional entry fees). Contestants are asked to muster at the start in time for the event to commence at 7.15pm.

On completion of the Freewheel event it is hoped to retire to Phil Beed's Burger Van to socialise and announce the competition results. If the van is not available then we can go to the Ship and Bell in Horndean.

These are fun events with trophies for the winners. Usually the fiercely competed downhill event is very entertaining! Come and join in. If you feel that either event may be too strenuous, come to watch and enjoy the pleasant socialising afterwards.



*Pic. Courtesy of
Phil Beed*

Craft Cadence Electric Minipump Digital PSI Gauge

Chris Turner



I discovered a new cycling website, Craft Cadence (www.craftcadence.com) and purchased their electric mini pump, it's really quite good. It cost £69.99 (cheaper than Cycloplus and lighter).

- Lightest E-pump with Digital Gauge & LED Light
- Suitable for Road, Gravel and MTB
- 1 year warranty with customer support
- You get a free case for the pump (you need to click on the free gift when ordering)
- Presta, Schrader and now Klik Valve compliant

Set your desired PSI or Bar, and the pump will detect, inflate and stop automatically.

Charge time from empty: 40 minutes

Inflation speed: 1-2 seconds per PSI

Number of tyres can device inflate per charge: 4 tyres at 65 PSI (28mm tyre), 3 tyres at 80 PSI (28mm tyre). 2 tyres at 100+ PSI (25mm tyre).



*"Of all the bikes
With well known names
There's none so good
As Famous James"*

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**Bicycling is a big part of the future.
It has to be. There's something
wrong with a society that drives
cars to work-out at the gym.**

Bill Nye

Portsmouth CTC, 1926 - 2026

EVENTS IN 1926

January	John Logie-Baird demonstrates Television for the first time
February	Greta Garbo's first film, Torrent, Premieres in New York
March 7th	First Transatlantic phone call, from London to New York
April 21st	Portsmouth given City status
April 21st	Elizabeth Windsor, future Queen Elizabeth II born
May 3rd	UK General Strike begins (lasts 9 days)
May 8th	David Attenborough, Naturalist and Broadcaster born
May 8th	Portsmouth CTC formed & first Club Ride takes place
May 9th	Martial Law declared in Britain (in response to General Strike)
May 26th	Mile Davies, Jazz Musician, born
June 1st	Norma Jean Mortenson, better known as Marilyn Monroe, born
July 24th	First British Greyhound track opens in Manchester
August 3rd	Britain's first Traffic Lights come into use in Piccadilly Circus
August 13th	Fidel Castro, Political Leader of Cuba, born
October 14th	A.A. Milne's Winnie the Pooh first Published
November 13th	Mary Poppins appears in print for first time
December 3rd	Novelist Agatha Christie disappears from her home in Surrey
December 11th	Adolf Hitler publishes volume 2 of Mein Kampf
December 26th	Laurel and Hardy's first appearance together on Screen

.... PRESS RELEASE

100 years of cycling for a 100 year old city!

Portsmouth Cyclist Touring Club was formed 100 years ago, on Saturday 8th May 1926, just 2 weeks after Portsmouth City.

And they marked it in style, with a 100 mile Club Ride the following day to Stonehenge and back.

To celebrate our Centenary, 14 members of today's Portsmouth CTC replicated that 100 mile ride on Saturday 9th May 2026. They enjoyed glorious weather, following a route that included country lanes, cycle paths and some off road sections, and stopping at cafes and pubs along the route for refreshments.

A second group of 14 riders celebrated with a shorter 100 Km (63 mile) ride to Winchester and Kings Somborne.

Meeting up at the end of the ride, everyone agreed it was a great day out, and a superb way of celebrating the Club's 100th anniversary.



Portsmouth CTC Centenary Rides Saturday 9th May 2026





[More Pictures Here](#)



Strava

Many will have used, if not heard of Strava. The service for keeping track of all types of exercise, whether walking, running, rowing and many more, but in our case cycling!

It all became possible when Global Positioning Systems (GPS) became main stream and we were all able to track our activities and more importantly record the details. Strava has become much more now, but you can read all about that on the internet.

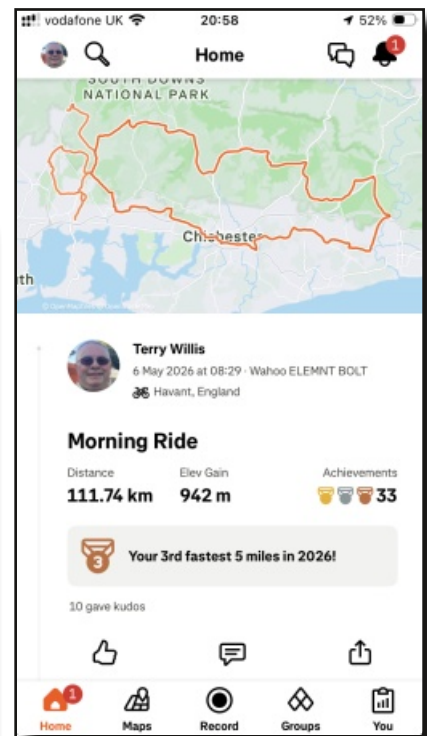
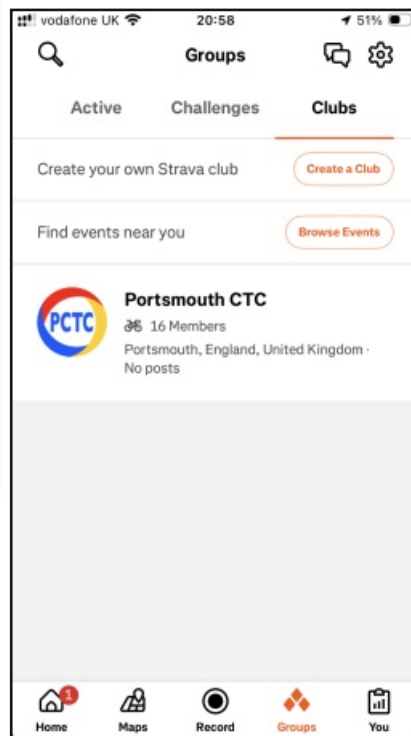
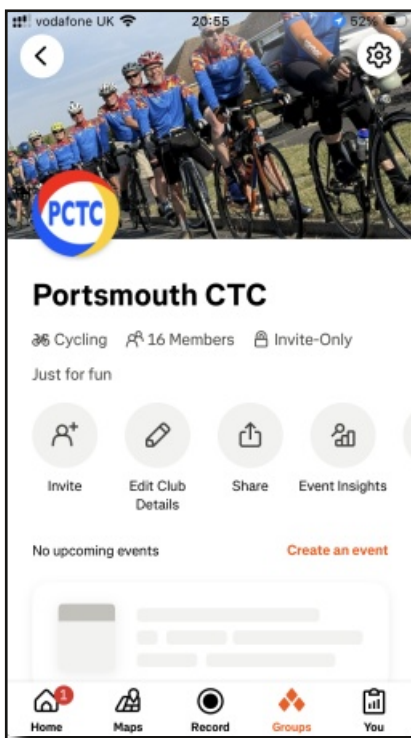
However, this small piece is about “Clubs”, more importantly did you know that Portsmouth CTC has a Strava club, where you can see fellow members activities? That is assuming you record your activities on Strava.

<https://www.strava.com/clubs/pctc>



You need to request to join the club, then one of the Admins will add you to the club, which currently has 16 members.

Personally, I find it useful to see where members have cycled, which then inspires me to try a different route. Good Fun. A few mobile phone screenshots are below to guide you in the process.



Return to Cycling (RTC)

As part of the clubs centenary we are running a series of events targeting those who had previously ridden a bike, whether with children and the family, or perhaps when younger when cycling to work, to rekindle that feeling of enjoyment they had.

As a club we have not been proactive in seeking new members, relying instead on new members seeking information, through our website and potentially when we are out and about through word of mouth. The centenary year gives us the opportunity to use the event to both publicise the club and gain new members.

These are short specific events run by volunteer club members which have been advertised locally via leaflets and social media. We placed the RTC leaflets, loose and in stands, in various venues around the local Portsmouth area, Fareham, Gosport and Chichester.

The social media publicity is via a Facebook page and we have specific pages set up on our website with all the details, including how you book on a ride. We've run two already on Saturday 16th May, one in Gosport and another in Chichester.

<https://www.facebook.com/returntocycling/>



<https://www.portsmouthctc.org.uk/rtc/>



Code	Start Location	Ride
RTCMAY16A	Gosport	Saturday 16th May 2026 - Eclipse Cycleway Loop
RTCMAY16B	Chichester	Saturday 16th May 2026 - Chichester to West Dean
RTCJUN06	Portsmouth	Saturday 6th June 2026 - Hayling Billy Trail
RTCJUN20A	Portsmouth	Saturday 20th June 2026 - Gosport Loop
RTCJUN20B	Chichester	Saturday 20th June 2026 - Chichester to Bosham
RTCJUL03	Portsmouth	Friday 3rd July 2026 - Portsea Loop
RTCJUL04	Portsmouth	Saturday 4th July 2026 - Anchorage Park to Southsea Seafront
RTCAUG08	Portsmouth	Saturday 8th August 2026 - Follow the Lions
RTCAUG22	Portsmouth	Saturday 22nd August 2026 - Hilsea Lido to Southsea Seafront
RTCSEP05	Portsmouth	Saturday 5th September 2026 - Hilsea Lido to Emsworth Quay

My Favourite Ride, May 2026

Ian Hewitt

What's your favourite ride? Sometimes, as last week on a fine sunny day, somewhere in the vicinity of the Sustainability Centre, with clear views of the Isle of Wight and the Spinnaker Tower to the South, swallows quartering the fields, skylarks singing their heads off and red kites and buzzards overhead, I think my favourite ride is the one I'm on right now. We are so fortunate to have so many good rides so near home in such a beautiful area – national park or otherwise.

But other rides stand out - like our polling day ride earlier in the month to the Isle of Wight. 7.00am departure from the house. Car drive to the Portsmouth Park and Ride on the M275 with free car parking and a 3 mile cycle to the ferry where we were fortunate enough to just get the 8.00am ferry.

Onto the island, right at the traffic lights to Wootton Creek and immediately left past the woodland burial site, to the station at the end of the steam railway and right onto its continuation as the cycle path to Newport. That awkward right turn has now been much more straightforward; no doubling back through a tight gate. The day's first bonus was that the cycle route/bridle path was being widened and re-surfaced. The last half mile or so was so new it hadn't even set and one of the workers apologised that we'd leave tyre marks if he let us pass, so we had to divert along the A3054 Wootton to Newport road, a busy one we generally try to avoid, but it does have a well marked cycle lane along that short section.

Right turn to the Medina Marina then along beside the river to Newport and wiggle through to the Red Squirrel trail and on to morning tea&cake at Pedallers. Second bonus of the day was that about a mile or so

before we got there, we heard a cuckoo calling. First of the year.

At Pedallers, I asked, as usual, if there was any discount if I were to be wearing my PCTC club cap, just like one of the eight club caps hanging above the service counter in the café. I got the usual reply.

Good tea & cake, as ever, then continuing on the trail to Sandown where, time permitting, we drop down to the sea front and ride South along the prom about 3 miles or so to Shanklin. Lots of people painting their beach huts along the prom getting ready for the tourist season, other out sunbathing, swimming, picnicking or pottering, lending a lovely holiday atmosphere to that section of the ride.

End of the prom at Shanklin, return, through Sandown, past Yaverland. Here a choice, sometime we go to Brading then past the bird reserve to St Helens, but this time we stayed on the B3395 past Bembridge and the airport, Bembridge Harbour, up to St Helens, down to the beach for lunch in the glorious sunshine.

Back up onto the coast route to Seaview, Puckpool, Ryde and time for a cuppa at Quarr Abbey before catching the 3.00pm ferry, 3 miles back to park and ride then home by 4 with plenty of time to vote. 44 miles and considering how hilly the island is, surprisingly flat - mostly. I don't have satnav so can't tell how much we climbed overall but the bike batteries were quite busy between Shanklin and St Helens.

Favourite ride? Well it will take a lot of beating, especially with the improved track between Wootton and Newport – and the bonus of hearing the cuckoo (We won't have to go to Pagham, Birdham or the Arundel/Warningcamp area where we've heard them in previous years).

So that's a favourite ride. What's yours?

Commemorative Neck Tube/Scarf Gift

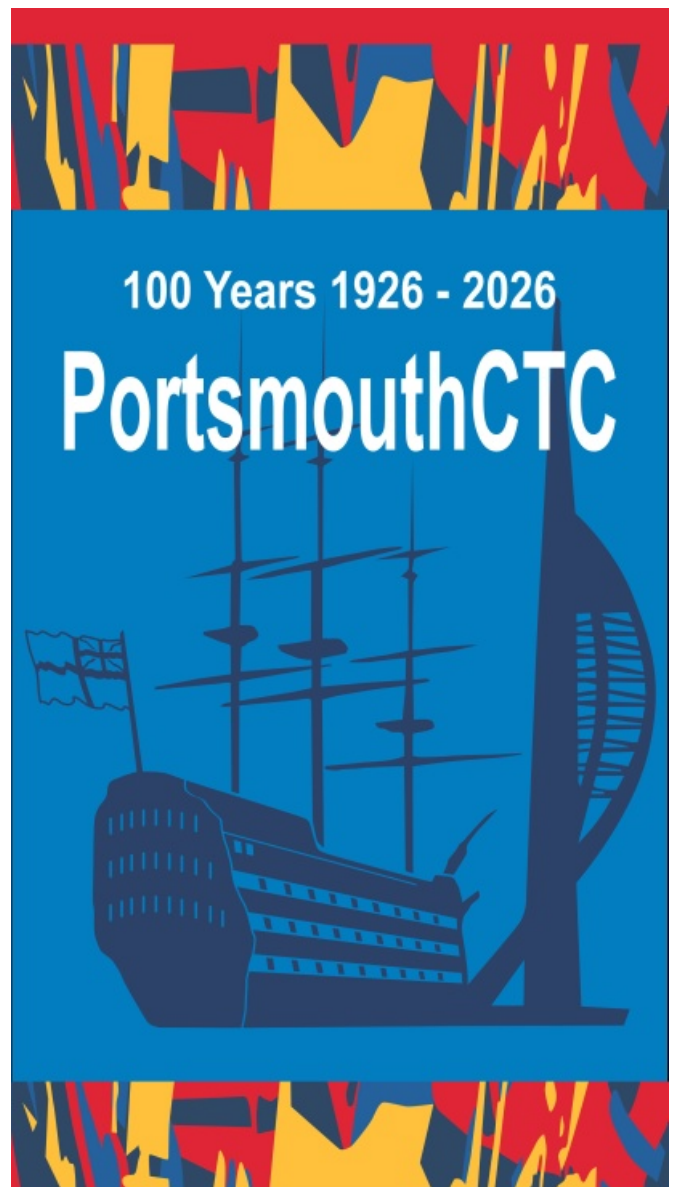
As part of our centenary celebrations a commemorative neck tube/scarf gift has been ordered for all our active members, plus a few extra, so it will be a collectors edition!

This is something the Committee & Centenary Sub-Group has put a lot of thought into. We specifically wanted something that celebrated 100 years of PCTC, that was useful to us as cyclists, and that our budget would allow us to gift to all our active members.

All PCTC members who have regularly taken part in Club Rides or Club Social events during the last 12 months will be eligible to receive a Centenary PCTC neck tube and we will be distributing them shortly.

If, for any reason, you don't want to receive the gift just let us know when one is offered to you. We have some spares that can be purchased by anyone who wants an extra one.

We really hope you will enjoy this special gift and will use it or display it to help us celebrate being part of PCTC in our centenary year.



They are also now available to purchase at a cost of £5.00 each. [Details HERE](#)



Centenary Ride, 100km Riders - 9th May 2026



Evening Pub Rides

Martine Hebblethwaite

You are invited to join us on the Thursday evening pub rides now that the season is well underway. Our longest rides to Petersfield and Chichester are taking place in early June. Otherwise the rides are closer to home and very sociable. It is our way of supporting the local pubs and not having to cook and wash up. Since Covid things have been hard for the hospitality industry and many pubs have stopped serving food late into the evening. For this reason we now meet for a 6.30pm departure from a variety of venues, Hilsea Lines, Farlington Marshes or The Spring with Mark Page being our organiser. We go to a variety of country or town pubs and some Wetherspoons with the favourites going back on the list for the next year. On average we cycle 20 to 30 miles in total from the start.

“We are all familiar with the cyclists ‘needs’ formula $N+1$, where N = the number of bikes you have.

Having been forced to give up riding on two wheels Mike Skiffins uses the same formula but where N = number of wheels.”



With improved cycle lighting and many of our return routes being street lit pot holes have not been an issue. The traffic often quiets down at night as does the wind so cycling at night is pleasurable. As the season nears its end the pubs chosen are closer to home.



Club Night News

DEE WARNER

Remember Club Nights are for everyone in the Club!

We would love to know any ideas for presentations in the future so that we can encourage speakers or yourselves to come and talk about any areas of interest; local history, cycling adventure diaries, holiday reminiscences etc or what ever takes your fancy.

There are 10 club nights planned for Autumn/ Winter 2026/2027. It would be great to see more people coming to Club Nights so do get in touch with your NEW Club Night Organiser.

DeeWa@portsmouthctc.org.uk

Did you know?

You can amend your user profile on the Portsmouth CTC web site and update your email preferences so you get notifications of rides you want to join?

- Updates and discussion about pop-up rides
- Updates and discussion about easy rides
- Updates and discussion about Saturday rides
- Updates and discussion about Wednesday rides
- Updates and discussion about Friday morning rides
- Updates and discussion about Sunday morning rides
- Updates and discussion about faster rides
- Updates and discussion about evening pub rides
- Updates and discussion about Waterlooville CCC rides
- Updates and discussion about other events
- New articles
- Discussion about articles

Just click anywhere on this yellow box and follow the instructions!



Puzzle Time

BY STEVE GOLDING



Fancy a go at a puzzle? If so click the image below and it will take you to our puzzle web page on the tiiny.host website! Good Luck.

Click or Tap on any clue number

	1		1			4		5		6	
1		2		3		4		7		7	
	8		8			4		5		6	
1		2		3		4				9	
	11		11			4		10		6	
		2		3		4				12	
	15				17		13		14		
15			16		17			18		18	
	20				17		13		14		19
15		21			17			22		22	
	23		23		17		13		14		19
15		21			17			24		24	

Clues appear here

Q W E R T Y U I O P
 A S D F G H J K L
 Z X C V B N M BkSp

Cheat Clr E Quick Cryptic



Greylingwell Chapel Cafe

Greylingwell Dr, Park, Chichester PO19 6BZ

Opening Times: Mon - Sun 09:00-16:00 (Kitchen closes at 14:00)

Very nice coffee from their own roastery, served in good sized cups. Also serving their own tea blends. Two sizes available for some hot drinks.

Good selection of savoury items. The pastrami flatbread was particularly nice and a good size. Vegan and gluten free items available (although these were not on show on the day of our visit).

Bike racks provided within view of the seating area

The cafe had been taken over by Edge Tea & Coffee (Edgecumbes Coffee Roasters, Arundel) only 3 days before our visit. Having visited on several occasions before, I can say that it is definitely much better than it was previously. The seating area both inside and outside has been tidied up. Service was not as quick as it could be, but the changeover had only recently happened when we visited. The chapel itself is a nice place to visit and this new cafe will definitely complement it.



Zed & Bolly's - Meon Springs Cafe

Whitewool Farm, East Meon, GU32 1HW

Opening Times: Open every day from 8am

Barista style coffee, reasonably priced, but average in flavour (Supplier unknown).

A small selection of cakes. Other food is freshly prepared but as there is usually only one member of staff serving, there can be quite a wait at busy times for this.

We were quite a large group and so had a particularly long time to wait until everyone was served.

No actual bike storage but plenty of place to leave bikes near to the seating area.

On a sunny day, this is a lovely tranquil setting and sitting outside with the view of the river is its main appeal. There is an inside seating area which is spacious and decorated in keeping with the theme but it is a bit dark.



CYCLISTS
DISMOUNT

Cycling to Paris and Beyond

Sandy Jerrim

Many of the CTC members will have participated in the Hayling cycle ride. Well done and always a great achievement.

This year will be my second time, and I am hoping for a lot less rain! Those that came to my talk may recall the showers (the squirry water bottle!).



<< The rainy days last time

As with all participants I'll be raising money for charity. I have chosen the [Society of St James](#).



This is a non-profit charity dedicated to preventing, relieving and ultimately ending homelessness. 365 days a year, the team of passionate staff and volunteers work alongside people who are homeless. Offering guidance, housing and solutions to ending their homelessness. They believe it is a moral human right to have somewhere safe to live and the right to be treated with dignity. They provide accommodation, specialist care & support, recovery services, mental wellbeing support and pathways to independent living.



<< Winter riding, getting some hills in to warm up (and coffee)

I have been so taken by their dedication and hard

work that I was persuaded to work for them! It is a privilege to be working with such a great team of people and makes the challenge of cycling 375 miles worth every turn of the wheel, every hill overcome and every coffee



stop and cake (or bacon butty) meaningful.

<< Spinning the legs in the sunshine

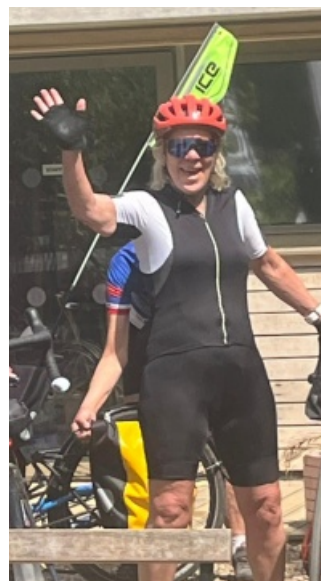
Two reasons for writing this article. The obvious, is to ask you kind wonderful people to consider a donation [HERE](#).



This is not about supporting my efforts to ride a while, stop, have coffee & cake and repeat many times (but thank you if you do), but to help provide valuable support to individuals as they take those difficult steps to make changes in their lives.



The second reason is to promote the "[Cafe in the Park](#)", which they operate as a social enterprise. Through the café and other ventures, they help individuals find volunteering and work opportunities. So, if



you are out and about on your bike, or walking in our renewed glorious sunshine, please do stop by for a coffee, cake (or bacon butty).

Enjoy your summer and I look forward to seeing lots of you out there on various rides in our beautiful countryside.

Early Memories of Portsmouth CTC

Keith Wileman

I wasn't allowed a bike when I was young. Too much traffic in London; four cars a day came down our road. So I didn't have my own bike until I was 39 when I bought a bike from Gordon Davey's shop (the original Hayling Cycles which later moved to Eastoke on the corner of Rails Lane and Southwood Road). It was a Dawes Velosprint, a plain steel frame as I remember and over the next few years it was changed for various better frames with Reynolds tubing, all from Gordon's shop.



So I started riding locally, rode several London to Brightons, started riding a few days a week to work. In 1984 attended a meeting in Andy McIver's house on Hayling together with Dave Searle, Chas Fine, Chris Davies, Ron Pemberton and others, as a result of which we formed the Havant Cycling Campaign which persuaded Hampshire County Council to build the Hayling Billy cycle path.

In 1986 we had our first club night in St Faiths church hall when Chris Davies gave a slide show of a tour in South America. Soon after, we were producing a list of monthly Saturday

rides and soon this became weekly Wednesday and Saturday rides with Thursday evenings in the summer and club nights at the United Reformed Church in the winter.

In 1988 Steve Barrett stuck a pin into a list of hotels in Normandy and chanced upon probably the only one whose owner used to race with Jacques Anquetil. For the next six years Steve and then I organised annual May bank holiday weekend trips to Guy Louis's hotel in Montebourg with anything up to 35 participants.

Most riders with the Havant Cycling Campaign were CTC members and in 1989 we became the Havant section of the Portsmouth DA (District Association) with our rides listed in the newsletter. These, being on Saturdays and Wednesdays and starting in Havant, were not in conflict with the Sunday rides starting in Cosham. And not so fast, and we would always wait for slower riders. Rides were 30 to 60 miles; we listed morning and lunch stops but not the mileage because we thought that might put people off. There was no limit to the number of riders which could mean a large number of cyclists not allowing spaces for motorists to pass. Unfortunately, discipline was not as good as the Sunday Cosham riders who rode in tight formation. Our bikes at the time were steel road and touring bikes and not many riders wore helmets.

After a few years the idea of 'sections' was dropped and we were all just Portsmouth DA. Although that didn't prevent a certain amount of bickering and criticism on the part of one or two of the Cosham or Havant riders.

Ride leaders included Mike Edwards, Alan Whipp, Colin Chester, John Luck, Harry Fullager (a brilliant engineer who made several cycle frames and recumbents), Trish

and Bill Farnham, Chas Fine, Pat Mitchell, Chris Davies, Phil Nelson, Pop Ginger, and Gordon Davey of course who would make a special effort to be on time for the start of the ride. Apologies to others whose names I haven't included.

Mike Edwards started the annual breakfast rides to Salisbury and also organised 100 mile and 100km charity rides for the British Heart Foundation. And in 1999 he got permission for a Thursday evening visit to Thorney Island where we were able to ride along the runways.

In 2000 on April 1st the club organised the Mug's Ride as part of the CTC DA Touring Competition. This was billed as '2,000 feet of unnecessary and pointless climbing' and involved eight different ascents of Portsdown Hill. Diana and I did it on the tandem. We must have been mad, but not as mad as Derek Hayday who rode it twice.

Several members had tandems and formed a local group of the Tandem Club with monthly rides.

Prize-giving lunches from around 1993 were held at Compton village hall with local ladies providing the food and 40 to 50 members tightly packed on benches at the long tables. In 1996 the lunches moved to the Mead End in Denmead and then elsewhere.

By 1995 Chris Davies had been organising tours to the St-Lô cider meet for a few years and in 1996 he led the first of the annual 'wine-down' tours (named after the racing clubs' end of season 'wind down' events). These continued under different leaders until, I think, 2007.

In May 1997 the club organised a successful South of England Rally based at Fort Purbrook and attended by CTC members from all over the country. Rides, activities and

slide shows took place over the three days. Incidentally this was not the first South of England Rally the club organised. The first was in 1932, based at Portsmouth Castle, just for one day but reportedly attended by over 2,000 CTC members (exaggeration I wonder?).



Some notable club nights: an evening, in fact more than one evening with Josie Dew, local world-wide cyclist, author and cook with meal deliveries done by cycle trailer; maintenance evening with Phil Scott of Wheels, the late cycle shop in Lee-on-the-Solent who also for many years sponsored our magazine; an evening trying to ride Harry Fullager's hand-built two-wheeled recumbent; and Dave Culverwell revealing to us all the items he packed in his saddle-bag for a six-week tour.

The club newsletter had progressed from the pompously named La Pedia in the 1930s, the

Portsmouth Pedal in the 1950s, Cycleway in the 1970s to a folded and stapled A5 16 or 20-page 'newsletter and runs list' edited by 'Grumpy Graham' Coulson. After six years as editor, in 1994, Graham resigned and wrote, 'I have one or two critics who have recently been getting too much to take, so my message is clear – if you want to do it differently, do it yourself!' Mike Edwards and I were not the critics, but we took over, I as editor and Mike as 'production and distribution'. We managed to develop this over the years into a professionally printed 28 or 32-page colour magazine which now, under new editorship, is available only online.

By 1999 Portsmouth CTC was on the internet with a rather amateurish website (I can say this because I built it) introducing the club to the world and listing rides and events. Operation of the club website was taken over by Andy Henderson who has developed it into what must be one of the best websites of any cycling club.



2001 was the 75th anniversary of Portsmouth CTC, celebrated with a repeat of the first ride in 1926 to Stonehenge and a tea and club photo at Fort Widley. We're just coming up to our 100th anniversary with many more celebratory events, and every week a great variety of club rides and meetings, all reflecting the growth of the club in the last 25 years.



PortsmouthCTC Centenary Jerseys

We have new jerseys to celebrate 100 years as a club 1926-2026

As next year is the clubs centenary year, a proposal was made that a special club jersey be commissioned for the occasion. A new design has been created and will be available shortly. The design is different from past jerseys, however the colours have been retained.

The main fabric colour is blue and links us firmly to Portsmouth as a waterfront city. The addition of local well known landmarks, HMS Victory and the Spinnaker Tower ties the design firmly to Portsmouth. The additional club colours of Red & Gold on the shoulders and top of the rear pockets ensures we retain our heritage through our colours and contributes to a striking and memorable design. The wording is bold and white, prominent and clearly names the club and the centenary celebration.



The new jersey will enhance the clubs traditional image, utilising colours that have evolved through the years, into a striking new contemporary design for the start of the next 100 years. If enough club members decide to purchase and wear the jersey in the coming year, the hope is that they will contribute to new memberships, through greater visibility of the club when out cycling.

Availability

The bulk order is now complete, however **individual jerseys may be purchased** from the [PCTC Owayo Centenary Shop](#)



There are two jerseys available, a short sleeve and long sleeve version. There is also a gilet available in the same colours.

Sizes

Unisex - 2(XS) to 14(3XL)

Costs (Updated June 26')

Short Sleeve £60.00; Long Sleeve £63.00; Gilet £90.00.

Note. Club discounts - At the AGM we agreed the 2026/27 annual budget for the club, including some significant expenditure for this our centenary year. As a result we agreed that this year we would cease the jersey credit but start it again in April '27 for a further year.

.. STOP PRESS ..

A new "winter weight" (fleece lined) version of the long sleeve jersey, in BOTH mens and ladies versions is now available. It has a mini pocket and reflective piping. Available from our online OWAYO shop, priced at £92.00.

Single Speed Adventures

Phil Beed

It might surprise readers to know that 10% of our regular Club riders (12 or more rides per year) use single speed bikes. They also account for a fair portion of the Clubs mileage, three of them completed April's Epic Series Lasham Loop ride.

One of the benefits of using a single speed bike is easier and cheaper maintenance, especially when it comes to chains and rear sprockets. These are easily cleaned after a wet ride, tend to last a long time, and compared to cassettes and multi-speed chains they are cheap to buy.

There are some exceptions to this rule, especially if using disc brakes.

Solid axle disc brake hubs are very difficult to source, so wheel bearings have to be looked after and if they do wear out you can't just buy a replacement wheel, no one sells them. When I found myself in this position I eventually found someone on eBay selling an unused wheel set they had removed from another bike. I was then lucky enough to have a skilled engineering friend refurbish the hub on my old wheel so I have a back up.

Then there's disc brakes on single speed bikes which are always cable operated. This probably keeps the cost down, but also virtually no one makes drop bar hydraulic brake levers without built in gear shifters. That's not strictly true, one US company makes them, and they are twice the cost of the more complex geared shifters – go figure?

Of course cable brakes are more than adequate, although they do need regular adjustment which can be fiddly. Also a lot of

riding in wet and muddy conditions, and maybe me not being over enthusiastic when it comes to bike cleaning eventually takes a toll on cables and moving brake parts. This winter I reached a point where the callipers were refusing to back off properly using the brakes.

My attempts at freeing off the callipers were only partially successful, and it looked like they needed replacing along with both inner and outer cables. Faced with this I came back to the idea that hydraulic brakes would be a much better option if it could be done closer to the cost of replacing the cable operated brakes.

It took a few weeks of fruitless searching then eventually found what I was looking for; a used complete SRAM brake system with little use and at a sensible price. Waiting for delivery I was anxious that the rear brake tube might have been cut too short if it came off a smaller bike, but when it arrived it was fine.

It actually took longer to remove the old brakes than fit the new ones. Changing the brake fluid and bleeding took a little while, but I had help from Mickey who had the necessary kit and had done the job before. Then it was just a matter of tightening everything up, new bar tape, which I'd needed anyway, and I was good to go.

With a new chain also fitted my test ride out to Droxford for a coffee felt like I was on new bike.

There is of course the issue of the redundant gear shifter. Most of the time this can just be ignored. But I had the same on my first single speed bike and every so often you find yourself flicking the shifter, realising you're still in the same gear and then remembering it doesn't do anything.

PCTC Epic Ride Series 2026

You may have noticed these on the Website Calander and be wondering what it is about? The idea is that we have a series of rides through the warmer months that you can take on as a challenge to see how many you can complete. Details [HERE](#)



	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
	Watership Down	Lasham Loop	Centenary Stonehenge	Gibbet Hill	Hangers Tour	Brighton Pier	Time is Miles Audax	Isle of Wight
Beed, Phil	•	•	•					
Bennet-Leaver, Mark		•	•					
Cooper, Mickey	•	•	•					
Cottell, Derek	•		•					
Dakin, Clive		•	•					
Davies, Alan		•						
Hammond, Dave	•		•					
Norris, Rob		•	•					
Parker, Ian	•		•					
Stanton-Ellis, John	•							
Tutt, Vicky		•	•					
Walters, Dave	•	•	•					
Whitehead, Paul	•							
Willis, Terry		•						
Russell, Gail			•					
Smith, Rod			•					
Hammond, Joanne			•					
McGarvey, Alan			•					
Smith, Richard			•					

Letters to the Editor

Dear Editor

I got on a ride that was fully booked

I wanted to share with others my experience of getting on PCTC Rides as it may be useful for other members, especially if they are new to the Club.

I joined PCTC last year. Due to my work shifts and family commitments I often only know I can go our cycling a few days in advance. By that time many rides seem to be fully booked. That limited me to joining rides with spaces still available, still good rides, but not necessarily my preferred choice of destination and pace.

When I casually mentioned this to another rider they were insistent I should ask to join the waiting list even if a ride was fully booked. I'll admit I was sceptical, but I gave it a try. Well what do you know I've tried it five times now and on four of those occasions I was notified a space was available and joined the ride; big thanks to Mickey, Joy & Terry. I believe twice I took the place of someone who dropped out, once an additional space was created, and on the most popular ride Mickey nominated a second rider leader so we had two groups.

I'm now a convert and will always ask to be added to the waiting list. I realise I may not always get a space, but as there's nothing to loose by asking it's really a no brainer.

I also found myself speaking to another rider who said his work and home situation was similar to mine and that when requesting places he would explain this to the Ride Leader, and would let them know asap if he did have to drop out. He told me most Ride Leaders were fine with this, they recognise members have other obligations and responsibilities, and as long as they are aware it's not a big problem if you book a ride place then have to cancel.

How I wish I'd realised all of this a year ago! But you live and learn.

John C



My size of cone..

Looking back...

75th Anniversary Ride 9th May 2001

Pat Mitchell

The dawn was cool over Portchester on Wednesday 9th May as those gathered for the re-enactment of the first Portsmouth DA ride from Portchester to Stonehenge prepared to depart. A photo-call was taken under a banner prepared by Trish. The tandemists, Pat and Dave, missed this since they (she) chickened out of a double ascent of Portsdown Hill and awaited the first arrivals at Skew Road, taking shelter from a cold wind.

First to reach the top was Keith Drew in racing mode closely followed by Trish, Bill and Margret. Keith carried on to Salisbury and breakfast where he was joined by Pop, Wally and Colin Brown who were making it a two-day event by arriving from Salisbury Youth Hostel. Godfrey also varied the route by going direct to Stockbridge to meet us hopefully for lunch. The rest of the riders crested the hill, Gordon faithfully bringing up the rear.

The annual Bob Kemp Breakfast Memorial Ride normally starts at 5am on a Saturday in June and it was noticeable that traffic density was far heavier on a working Wednesday as our leaders, Mike Edwards, ably assisted by Dave Culverwell, led us to our interim breakfast stop by the River Test at Brambridge. The ladies of the group commented that, unlike the traffic, the greenery cover was not so dense in May!

On from Brambridge, passing Hilliers Arboretum showing some early azalea colour, Lockerley, The Deans and then close to the Three Crowns at Whaddon, where the original riders stopped for tea. Making good time, we arrived at Woollies for breakfast after which, having satisfied the inner man and woman, we headed north along the Wiltshire cycle-way which uses the banks of the River Avon through Salisbury.

Making a rare all-day ride was Bob Wright, and

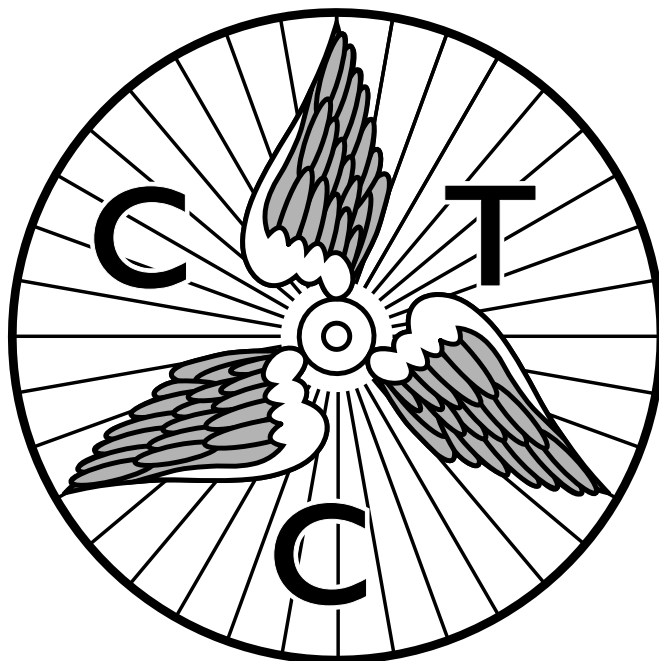
an even rarer rider with uas, a soloist, was Brian Griggs. Arriving at Stonehenge, the banner was again raised for a photo-call. It was unlikely that the original riders had to cope with barbed wire, security guards or foot and mouth precautions!

The photographic session taking longer than expected, we hurried on for lunch at Stockbridge. A puncture effectively split the group - the "pubbers" went on and the "sandwichers" followed after repairs. Having consumed their sandwiches, Colin Chester and Mike Elson were seen to be eyeing up the very large trout of the Test - for supper? Our delayed lunch meant that we never did meet up again with Godfrey which was unfortunate.

Our afternoon ride was marred by some rain - the weather never did live up to expectations. The ride took us to the tea stop at The Swan Hotel at Alresford where the first arrivals, who shall be nameless but ride a tandem, were guilty of eating the only available scones.

The final leg took us over Beacon Hill, Corhampton, Soberton and home. Fifteen riders in total, most of these will have completed a minimum of 120 miles, depending on their start, and I suspect all will have been above the average age of that first ride 75 years ago.

Thank you Mike for the ride.



Club & Magazine Contacts



President
Joy Farrow

[eMail the President](mailto:joy.farrow@portsmouthctc.org.uk)



Secretary
Barry Jarvis

[eMail the Secretary](mailto:barry.jarvis@portsmouthctc.org.uk)



Editor
Terry Willis
[eMail the Editor](mailto:terry.willis@portsmouthctc.org.uk)

Photo, Lata Bennett-Leaver



Pompey Wednesday Night Pub Ride (PWNPR), Old Winchester Hill



<https://www.portsmouthctc.org.uk>
editor@portsmouthctc.org.uk

Photographer - PJH (Paul J Hailwood)
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