

# Cleveleys Road Club

*Newsletter Winter 2009/2010*

[www.cleveleysrc.org.uk](http://www.cleveleysrc.org.uk)



*For cyclists in Wyre, Blackpool, Fylde, Kirkham and Lytham St Annes*

*We even have members in France, Spain and Australia!  
Come and join the fastest growing cycle club in Lancashire.*

## **Welcome from the Club President**

Hello Folks - Powerful Pierre here, hoping that the onset of winter isn't causing too many of you to hibernate after a mild October, wet November and now wintry December.

Those old enough to remember that tyrannical, bully-boy manager of the TI-Raleigh pro team from the 70's will recall that he had no respect for past world/olympic/Tour champions, instead keeping his riders grounded by insisting that they were 'only as good as their last ride!'.

Therefore, I am feeling lucky, thankful and satisfied that I can still do 5-hour 80-mile non-stop rides, especially when I remember that only 10 years ago, I couldn't even commute the less than 6-mile round trip to work and back due to waiting for a heart by-pass op.

When voted in as President in 2000, my first President's run 2001 was in the car, driving behind only six members as they plodded along a shortened route in persistent rain...2002 managed the same ride but then made the mistake of resting through the winter, and have since gone from strength to strength.

The early part of the above may stir emotions like sad, stupid or even

insane but hopefully the latter might inspire members to start the New Year by laying down solid foundations for 2010 by joining the monthly rides....even-paced, steadily building from flattish 60-mile routes to the June '100' and July hilly Sportive.

I hope that this year's monthly rides have built confidence amongst attendees and perhaps given them the willpower to attempt/organize rides of their own or to achieve a higher workload.

I recognize that we are all different in capabilities and driven to changeable ambitions coupled with family/career obligations, but my favourite phrase of the moment is 'that it is a lot easier to STAY fit than to GET fit', so some form of riding through the winter/early spring is vital.

For those who aren't getting out and don't have a turbo-trainer, I am compiling a list of cycling quotes and suggestions for this issue for those who want to stare into the fire and wonder! ..



President Peter Shuttleworth.

**CLEVELEYS  
ROAD CLUB  
AWARDS  
2009**

2 Full Club Records  
1 Team Record  
1 Vets Record  
1 Club Age Related Record  
numerous PBs  
and  
Veteran Improved Standards

**VETERAN  
STANDARD AWARDS**

**D. Balshaw**

Veteran Standard 10 Miles  
+04-29  
Veteran Standard 25 Miles  
+10-05

**A. Harrington**

Veteran Standard 10 Miles  
+01-46

**P. Jackson**

Veteran Standard 30 Miles  
+01-06

**M. McHugh**

Veteran Standard 10 Miles  
+01-26

**G. Parkinson**

Veteran Standard 25 Miles  
+08-20

**CHAMPIONSHIP  
AWARDS**

**D. Burrows**

Fastest Veteran Standard 10  
Miles +8-22

**N. Fox**

2<sup>nd</sup> Club 10 Mile Championship  
22-42  
3<sup>rd</sup> Club Hillclimb Championship

Veteran Standard 10 Miles  
+04-22

Veteran Standard 25 Miles  
+10-09

**A. Holden**

3<sup>rd</sup> Club 30 Mile Championship  
1-19-13

Veteran Standard 30 Miles  
+04-14

Veteran Standard 50 Miles  
+02-54

**S. Lester**

2<sup>nd</sup> Club 25 Mile Championship  
1-02-07

2<sup>nd</sup> Club 30 Mile Championship  
1-16-57

Veteran Standard 10 Miles  
+07-06

Veteran Standard 25 Miles  
+15-07

Veteran Standard 30 Miles  
+12-57

### **B. Smith**

Veteran B.A.R Champion  
+74-54

3<sup>rd</sup> Senior B.A.R.  
21.338mph

2<sup>nd</sup> Club 100 Mile Championship  
4-54-52

2<sup>nd</sup> Club 12 hour Championship  
202.325 M

Fastest Veteran Standard 100  
Miles +50-37

Fastest Veteran Standard 12 Hrs  
8.775M

Veteran Standard 10 Miles  
+04-59

Veteran Standard 25 Miles  
+11-08

Veteran Standard 30 Miles  
+08-42

Veteran Standard 50 Miles  
+12-29

Veteran Standard 100 Miles  
+50-37

Veteran Standard 12 Hrs  
+8.775Miles

### **D. Smith**

3<sup>rd</sup> Club 25 Mile Championship  
1-05-30

### **M. Smith**

Fastest Veteran 10 Miles  
20-15(Club Record)

Fastest Veteran 25 Miles  
52-42

2<sup>nd</sup> Senior Speed Competition  
28.615mph

3<sup>rd</sup> Veteran Speed Competition  
+44-42

Veteran Standard 10 Miles  
+06-39

Veteran Standard 25 Miles  
+16-51

### **R. Stott**

2<sup>nd</sup> Club Hillclimb Championship

### **S. Whiteside**

Club 10 Mile Champion  
22-07

3<sup>rd</sup> Senior Speed Competition  
27.238mph

Veteran Standard 10 Miles  
+04-44

## **TROPHY AWARDS**

### **G. Acton**

Club 12 hour Champion  
219.945 Miles(Mills Cup)

2<sup>nd</sup> Senior B.A.R.  
21.500mph

3<sup>rd</sup> Veteran B.A.R.  
+22-12

3<sup>rd</sup> Club 50 Mile Championship  
2-47-29

3<sup>rd</sup> Club 100 Mile Championship  
4-57-49

Fastest 12 hours Senior and  
Veteran 219.945 Miles  
Veteran Standard 25 Miles  
+03-53

### **M. Black**

Senior and Veteran SPOCO  
Champion(2 Trophies)

Club 25 Mile Champion  
1-01-  
14(Bispham Cup)

2<sup>nd</sup> Veteran Speed Competition  
+53-34

2<sup>nd</sup> Club 50 Mile Championship  
2-10-48

Fastest 30 Miles – Senior, Vet  
(and Standard) 1-13-28  
(+19-50)Trophy

Fastest Veteran 50 Miles on  
Standard +30-47

### **D. Edge**

Veteran Speed Competition  
Champion +55-38(Edge  
Trophy)

Veteran Standard 10 Miles  
+08-18

Fastest Veteran Standard 25  
Miles +22-13(CRC Vets  
Record Plus)

### **C. Fox**

Ladies B.A.R Champion  
18.928mph

Fastest Ladies 10 Miles  
30-33(Ladies 10 Cup)

Fastest Ladies 25 Miles  
1-22-21(Ladies 25 Cup)

### **N. Hamilton**

Club Veteran Road Race  
Champion(K&D Wright Cup)

### **S. Jackson**

Club Hillclimb Champion  
Club Senior Road Race  
Champion(**Jubilee Cup**)  
Most Improved Rider – Road  
Race

### **A. Mullaney**

Barry Hufton Trophy  
Winner(**Trophy**)  
Veteran Standard 10 Miles  
+03-04  
Veteran Standard 25 Miles  
+01-07

### **D. Parkinson**

Speed Competition  
Champion 30.199  
(**Club Record**)(**Dobson**)  
Fastest 10 miles  
19-12(**Club Record**)**Edge**  
**Cup**  
Fastest 25 miles  
50-07(**Club Record**)**CRC**  
**25 Trophy**  
Fastest 50 miles  
1-51-54(**Turner**  
**Cup**)

### **P. Russell**

Senior B.A.R.  
24.268mph(**Levy Moore**)  
Club 30 Mile Champion  
1-16-21

Club 50 Mile Champion  
2-04-25  
Club 100 Mile Champion  
4-15-49(**Mills Cup**)  
2<sup>nd</sup> Veteran B.A.R.  
+61-46  
3<sup>rd</sup> Club 10 Mile Championship  
23-23  
Fastest 100 miles Senior and  
Veteran 4-15-49(**Hull**  
**Shield**)  
Fastest Veteran 50 Miles  
2-04-25  
Most Improved Rider TTs(**Tall**  
**Column**)  
Veteran Standard 10 Miles  
+04-11  
Veteran Standard 25 Miles  
+07-24  
Veteran Standard 30 Miles  
+04-46  
Veteran Standard 50 Miles  
+13-57  
Veteran Standard 100 Miles  
+40-25

### **S. Swift**

Youth and Junior B.A.R  
Champion  
23.962mph(**Levy Moore**)

## **OTHER AWARDS**

### **CLUBMAN OF THE YEAR**

**P. Shuttleworth** - BURROWS TROPHY

### **SECRETARY'S MERIT AWARD**

**C. Miller** - COLUMN TROPHY

### **CLUB HEADBANGER AWARD**

**With 51 races completed**  
- **M. Black** - SMITH TROPHY

### **BLOCKHEAD AWARD**

**Paul Jackson** (for riding into a stationary car whilst cycling uphill).



## **CRC Poster for your workplace**

A new CRC A4 size poster has been created and is on the CRC website (in the news section).

Please feel free to download this from the CRC website, print it out in colour, and place on your workplace notice boards, or in your nearby leisure centre, or wherever you feel potential new members might see it.



## **November monthly Ride**

The 8 brave members who met at the Wyre, having set out on saturated roads under threatening skies, were rewarded with brightening conditions as they progressed along Mains Lane to Singleton, Thistleton, Elswick and Inskip, where they met 3 more riders from Lytham, Kirkham and St. Michaels....proof of the wide-ranging districts in which members reside.

Amazingly, by the outskirts of Catforth, the roads became dry, making the uncomfortable spray endured so far more bearable.

Crossing the main A6 at Broughton, they veered off the major road at Goosenargh with the intention of approaching Longridge via Ashley Lane but as one rider caught the group, another had to return home with a broken freewheel.

Onward through Thornley, the party looked forward to late elevenses at Chipping under darkening skies after a brief spell of sunshine but half elected to carry on through the Trough of Bowland without stopping - no matter, it was good to see so many out on the road.

The remaining 6 continued via Little Bowland towards Whitewell where a front wheel puncture was the only delay on the ride, and the upside was that it didn't happen on top of a hill open to the elements, but in the sheltered valley.

Next came the upward sloping road beyond Whitewell, observing the signs for "danger of falling rocks" - another good reason for wearing a helmet?

A further incline was tackled on the way to Browsholme Hall before easier downhills were enjoyed through Bashall Eaves and down to river level at Hodder Bridge. For some, the steep, relentless climb of Birdy Brow (Kemple End) was a "first", so they can feel proud to conquer this obstacle at this time of year.

High up then, after a photo shoot, along the exposed top road, conditions were more like September as they enjoyed far-reaching views over the Ribble Valley and the West Pennine Moors under sunny skies. On reaching the Ribchester/Chipping junction, they descended south to the smoother, flatter roads through Dutton to their second stop on the outskirts of Longridge.

Now on the last leg homewards, the group split into those wanting a speedy return, and those needing to appreciate a slower pace....although the latter still completed this challenging ride at an average of more than 14 mph,

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and they were all home by 4pm - before the official lighting up time.

It speaks volumes for the enthusiasm and encouragement in Cleveleys Road Club in that one of the riders hadn't touched the bike for three weeks and still managed 70 miles (60 from Wyre to Wyre)...tired no doubt but uplifted by the sense of achievement.

Peter Shuttleworth



## ***December Monthly Ride***

Two different days, one year apart - last year frost and ice prompted a main road only revised route - this year only floods to contend with!

Overnight rain on Sunday 6th. caused flooding on many Over Wyre roads as 9 members set out towards Cartford Bridge to meet the rider from Lytham before

heading north along Lancaster Road with ever-threatening dark clouds massing to the west.

Although it looked like we might outrun a heavy shower, a precautionary stop just after Pilling was taken to don waterproofs and continue across Cockerham Sands on the way to Bay Horse, accepting that two riders who had waited behind for two more members were not continuing.

Up then to 5-lane ends and a right turn past the Fleece at Dolphinholme before the remaining 8 approached the climb of Harrisend Fell, quite challenging not just because of the gradient but also the fresh south-west breeze...yet the next climb of Oakenclough was thankfully sheltered by trees and somewhat easier.

Delay soon after the descent and on the way to Bleasdale by a puncture made for a lunchtime approach to Beacon Fell, normally on quiet roads and yet the perimeter road was almost blocked by traffic as Xmas-tree mania was in full flow.

Indoors now as another heavy shower passed over, the refreshed group suffered another delay on the steep descent with a double blow-out on a front wheel and a subsequent brake-block adjustment before Scotch Green Lane was used to get to the main A6 road at Bilsborrow.

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Chaos reigned here as crowds and resultant parked cars tried to exit a Christmas Fair/Gymkhana - cycles definitely the best mode of transport for mobility!

The split group then used the lanes route to Inskip, Elswick and Thistleton on the way to Singleton where some diverted via Weeton and Great Plumpton on the way home to record a desired total of more than 100km. (63 miles).

Another successful monthly ride to close the year, most people being home by 3.30pm to avoid the use of lighting and discard the waterproofs, used for warmth as well as to keep dry from the soaking roads.

Peter Shuttleworth

## **CRC Calander**

I would like more people to use/add/edit the CRC Google Calendar, it is very easy to use and is of a huge benefit to see what is happening on any given date/event clashes. Feel free to have a play, just click cancel or edit and delete.

It is split into three sections:-

CRC Rides - all rides/monthly/weekday/sunday/training

CRC Social - club nights, events, AGM,

CRC TT Events - PETTS, CRC TT's, club events, NLTTA events

All you do is sign in with your current Email address and your password that you allocated when you registered with Google.

On the CRC Home page just click on "Google Calendar" to access the sign in page and then you have access to edit facilities.

If you haven't yet registered then click here to do so. you will need to enter you current Email address and choose a Password, when registered you will be allocated a Googlemail email address, simply let me know this and I will add you to the access.

<https://www.google.com/accounts/ServiceLogin?service=cl&passive=true&nui=1&continue=http%3A%2F%2Fwww.google.com%2Fcalendar%2Frender&followup=http%3A%2F%2Fwww.google.com%2Fcalendar%2Frender>

Steve

## **CRC Watt Bike Challenge 9<sup>th</sup> December**

We arranged for BYCA to use our HQ on Wednesday 9th December (

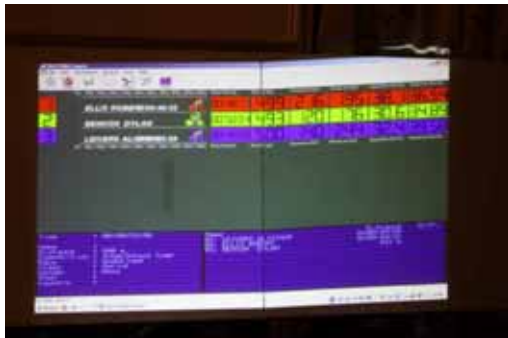
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to run three Wattbikes for the BYCA Juniors.

They had the Hall from 6-8pm, and showed some great potential – future testers perhaps?

In return CRC was allowed use of the bikes from around 8.30pm, to have a go at some Power output challenges and racing !

A PC and Screen was set up for everyone to see the output.



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Thursday 1st July 2010 L105  
7.00pm 2up TTT, 50 teams, Series  
4 of 5

now entered on CRC Google  
calendar.



***Food for  
thought...quotes from  
cycling's Elite.***

***By Peter Shuttleworth***

Sam Turner achieved the highest power output (1351 watts) while Mick Smith achieved the quickest 1000 metres (1.07.89, with Sam Turner a very close second).

Thanks to BYCA and CRC for a great joint event, enjoyed by all.

## ***Xmas Meal***

A great night out at the Miller's Arms, Singleton with over 60 attending the Club's Christmas meal.

Special thanks to those who helped organise this successful evening, especially Dave Balshaw.

## ***CRC's TTs for 2010***

Saturday 24th April 2010 L1015  
**2.00pm** 100 riders

For those who like the theory behind cycling - instead of getting on with it!!

"My no.1 asset as a bike racer is my recovery" - Bobby Julich.

"Ride lots!" - "I get embarrassed when I see how slim I was" - Eddy Merckx

"The essence of a good training program is managing time" - Connie Carpenter.

"I'm a 42-year old in a 20-year old's body". - Kent Bostick (Masters Champion).

"It doesn't get any easier...you just get faster" - Greg. Lemond

"Motivation can't get you very far if you don't have the legs". - Lance Armstrong.

"If I trained the same way two years running, the results wouldn't ever be the same - something always changes" - Miguel Indurain.

"There are a lot of feelings about racing that you can never communicate, they're your own and only you can identify with them". - Alexi Grewal.

"Having all the sports science knowledge in the world, having the best coaches, having all the best equipment - will that win a gold medal for you?...No! - but not having all that can lose it for you" Chris. Carmichael

"Golf Pros. hit balls on the range, swimmers practice with paddles on their hands, athletes in other sports do other things that improve performance by enhancing muscle memory - too many cyclists just ride their bikes" - Mike Kolin.

"You can't train luck!" - Eddie Borysewicz.

"Things worth having are not easy to obtain - once obtained, those things must be treated with care or they slip away" - Gale Bernhardt.

"The method is the same for you as it is for the Pros. - only the workload is different" - Michele Ferrari.

"I used to train too much, too many hours - in my first year as a Pro., I trained 35 hours a week, which is too hard". – Tony Rominger.

"The novelty of training 30-hour weeks wore off a long time ago" - Steve Larsen.

Researched by Peter Shuttleworth.

## **Message from Dave Gifford**

I am delighted to know that the Club is flourishing.

A little bit of history was made last Sunday at Merthyr Tydfil in South Wales.

My son, Richard, who is now 45 and rides as a Vet. this year received an invitation to ride for and with Ingear QuickVit, Michael Hutchins team.

Richard accepted. Last Sunday he rode a 25 down in South Wales and was delighted to meet Derek Parkinson from the Cleveleys.

Apparently there were two Cleveleys riders. The little bit of history is it must be I make it 53 years since a 'Gifford' was riding with Cleveleys members, as I last rode for the Cleveleys in 1956 prior to leaving Blackpool.

It gave me a frisson of excitement!! Richard did a 55-40. As he had a long drive back to East Sussex where he lives he could not stay for the final results, but I am very interested to know what our two Club members did. Could you let me know?

Many thanks.  
Kindest regards, David.

The CRC are real flyers aren't they. I will now follow on a weekly basis.

I have not had a Newswheel for quite some time. I prefer a paper

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one as I can then read it leisurely.  
Also when I have read it I send it to  
Jack Frobisher, one of my  
contemporaries in the CRC, and he  
enjoys reading it. Cheers,  
David.  
PS: have a good AGM.

*Not often will you see my name  
next to Hutch's:*

**1st A Team** Michael Hutchinson,  
Richard Gifford, Jon Sharples &  
James Brickell  
*In-Gear Quickvit RT 3:53:18 Lee  
Memorial Shield & Medals*

*Just saw this on the East Sussex  
Cycling associated web site  
Richard Gifford*

# Cleveleys Road Club

Wednesday Club Night  
Meeting Dates 2010  
8.00pm 10.30pm  
Singleton Village Hall

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec
6	3	3	14	12	9	7	4	1	13	10	8
20	17	17	28	26	23	21	18	15	27	24	
		31						29			

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## Bag Man reveals all!



## CRC Water Bottles

Fantastic range of high quality and great value water bottles

See Matt Allan

## Flandria

### 50th Anniversary frameset

See:

Adam Longworth

Flandria

T: +44(0)1772 672444

F: +44(0)1772 672888

[www.flandriabikes.com](http://www.flandriabikes.com)

## Gazette der flandriens

INFO@FLANDRIABIKES.COM

NOVEMBER 2009

UK: 01772 672444



### Flandria introduces first full carbon frame: Limited Edition 50th Anniversary Model

In 1959 the Belgian bicycle and moped manufacturer, Flandria entered the world of professional cycling by sponsoring their first pro team: Flandria - Dr Mann. At that time no-one knew that the beginnings of a cycling dynasty and legend was being created. Over the next two decades Flandria would go on to become one of the most successful teams in the history of pro cycling winning almost every event on the pro calendar.

The list of pros who rode for the Flandria team reads as a literal who's who: Rik Van Looy, Jean Pierre Monseren and Freddy Maertens were all World Road Champions, Roger de Vlaeminck "Mr Paris-Roubaix" and his 7-time World Cycloeras Champion Erik, Walter Godefroot, Sean Kelly, Michel Pollentier, Marc Demayer, Peter Post, Joop Zoetemelk, Eric Leman, Patrick Sercu. The list goes on and on. In fact the only notable absentee is Eddy Merckx, who began his career with the arch-rival Solo-Superior team set up by Van Looy when he left Flandria. Flandria was also the first European pro team to use components from the new upstart Japanese manufacturer - Shimano (1972).



As a tribute to that first Flandria team, Flandria have released a limited edition full carbon 50th Anniversary model. Only 50 of these very special frames will be produced - 30 are reserved for the Belgian market and the remaining 20 for the UK. The frames feature historic styling such as the original Flandria Eagle headbadge, white panels with World Champion hands, and special commemorative gold livery. They are manufactured from high gloss naked 3K Full Carbon with a "Colnago C50" style carbon weave. Forks are special Deda full carbon with Deda Air-Vibration System insert. Each frame will be supplied with a postcard signed by the most famous of all Flandria riders - Freddy Maertens.

The recommended selling price of the Anniversary frameset is £1500, but we are offering it to existing Flandria owners and CRC members at a special price of £1000. But hurry, because due to the exclusivity and limited numbers we expect demand to be extremely high. Due to the high-gloss finish, the photos do not do the frame justice. Please feel free to view in person. Call now to reserve your piece of history and what will surely become a very collectable frame in years to come.



FLANDRIA BIKES LTD, UNIT 33A PROGRESS BUSINESS PARK, KIRKHAM, LANCASHIRE, PR4 2TZ T: 01772 672444

***Prospective new member and the trials of Scouse Mick!***

As an opening to New Year gossip, please be advised that today, Sun. 27th. December my youngest daughter Nicola (married name Hinds) came out to the Wyre with me to join the 0930 group of Doc, Kam, Paul Russell and Scouse Mick.

In view of the weather and road conditions, it was felt that a cafe ride using main roads was the best bet - approved by all.

Things went well via Hambleton, Stalmine, Pilling, Cockerham and Bay Horse until the Arches turn off the A6 where Scousemick touched rutted ice/snow and went down heavily resulting in a bleeding head wound.

U-turn to Holly Farm where Doc. managed to stop the discharge but it later developed into a large bump which burst and the resultant arterial bleeding necessitated a precautionary ambulance and Lancaster hospital visit.

The remaining 5 used A6 south to Churchtown and St. Michaels where the distance, wet and cold began to tell on Nicola just as another CRC group caught them and helped to maintain a

semblance of speed by pushing her.

So thanks to Tony Pilkington/Paul Russell helping her to record a distance twice as far as previously ridden (and that was on a summer's evening), ending with a respectable av. speed of 14 mph and an enthusiasm undiminished!

We will undoubtedly see her more often as she develops her skills as a bike-rider.



Mick left hospital same day with glued head and all other bits cleaned up so seemingly no lasting damage other than scuffed/torn clothing.

Nothing more said about knee abrasion so will have to hope that it doesn't swell up after a couple of days to prevent time on the bike.

Thanks to all at the scene who dealt with what might have been a serious injury....good to have the "Doc" there - and would you believe it?...my daughter is a hospital porter at the Vic. so we were well-covered!

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## **Geoff Turner**

Hi everyone - here's a few pics from last week over here when i had my nephew Martin staying with me, who was out run training most days (he is training for the Tokyo marathon in late Feb' next year).

I went along as his water carrier but did get him on a bike one day!!

As you see the weather has been very good though we have had a lot of rain in the last few days.

Hope you all have a great New Year & hope to see you late Jan' or Feb' 2010.



Geoff's new bike. No TTs this year then.

## **8,000 miles this year for our President**

Your active CRC President Pete Shuttleworth today passed through the 8,000 mile 2009 total distance achieved with a day to spare!

This looked a formality with a fortnight in December left and only 105 miles to ride but an 8-day lay-off with zero miles on the bad weather run-up to Xmas put the target in jeopardy.

The 12 monthly rides of 2009 yielded a total mileage for me of 972 miles, a good start in anyone's book, with a best weekly mileage of 402.2 in September and a best month's mileage in June of 810.2.

So, a great big thank you to all those friends (including Remoulds) and those who ventured on the monthly rides for keeping my

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enthusiasm alive with the anticipation of more to come!

***Big Welcome back to Kam and Big Welcome to new member Jed from BYCA***

***Bits 'n' Bobs***

<http://www.cerevellum.com/>  
probably soon to be illegal in road races but not for the Scorton Sprint  
!!!!!!

**Majorca Training Camp** I am booked to go on the following training camp with Pendragon Sports from the 21st to the 28th of February. If anyone else fancies it then the details can be found on the website so pass the details around: -<http://pendragon-cc.com/sports/node/57>

Flights from Liverpool with Easyjet work out about £110 with bike luggage and the cost of the trip is £650 (inc all meals i think, but not sure if transfers are included. Sam

**Track League** Jed from BYCA rides the Manchester ACT track league every monday (Tues being the more serious league) which kicks off again in January, if anyone wants to join along then car share then contact him. The session is 7-10pm with 3 shorts races and one longer race. Moby 07962 400 320.

**MaxGear Youth 2010 Tour**  
[http://www.cleveleysrc.org.uk/w-agera/view.php?key=1262628057&bn=crsite\\_news&site=crsite](http://www.cleveleysrc.org.uk/w-agera/view.php?key=1262628057&bn=crsite_news&site=crsite)

**Cycle mounted rear view** video screen display