

Cycleways Newsletter

Winter Edition 2019



Chairman's Report



Welcome to your 2019 Winter Newsletter

The winter is beginning to bite, but I hope you are still cycling. Unfortunately, the cold still air seems to contain the tang of diesel. It reinforces the danger of air pollution particularly from diesel vehicles - you can't just smell it, you can taste it! It strengthens our resolve to promote cycling as the solution to this problem as we will continue to do in our campaigns, at the Cycle Forum and at the Peace Festival this year. Some medical opinion is that driving a car is as dangerous to your health as smoking. This sounds like sensationalism, but it just indicates the danger the lifestyle choices the car forces us into; the lack of exercise, sitting in a polluted atmosphere (in your car), rushing from place to place. Our excursion along the Emscote Road to look at what needs to be done to turn it into a Cycling Superhighway showed this with the volume of

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As a member of Cycleways, you get great support from:

John Atkins Cycles

Mike Vaughan Cycles

Giant Leamington

including a discount (usually 10% on non-sale items) for members showing a current membership card. Membership is just £7 (per household) annually.

Find out more visit the website:

cycleways.org.uk

of traffic even on a Sunday morning. The good news is that this is at the request of Warwickshire County Council (WCC). Bad news - there is no timetable for it as yet. However, keep cycling as it is still the healthiest form of transport. **Tony**



Emscote Road

Thank you to everyone who assisted with the survey of the Emscote Road cycle route we are looking carefully at the road layout and considering all the proposals and will report back shortly.

Update on Europa way

By the time these developments have been completed, some 4500 new homes will have been added to this area south of Leamington and Warwick.

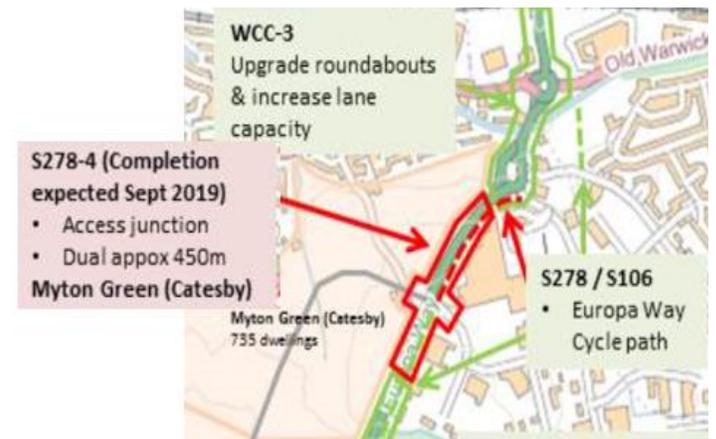
WCC's response to provide a good quality cycle link into Leamington Spa, the railway station and Leamington College is to use the existing Myton Cycle path. This path is very sub-standard for the present level of use. Much of it is undersize by around 20% in width, while the section under the road bridge is 50% undersized (see photos below), and has very poor sight lines on its approach (this is the path that runs under the bridge at the back of McDonalds and The Waterside Inn).

The West Midlands Cycle Design Guide which WCC have now signed up to, recommend a cycle path at least 50% wider, and with good sight lines. WCC talks of *'The transport improvement proposed along this corridor will enable this key gateway to be transformed into a sustainable spine, improving opportunities to access Leamington Spa and Warwick by sustainable modes.'*

We have written to Cllrs Birdi and Chilvers highlighting the shortcomings of the proposed cycle provision. **Rodney**



Map showing current cycle route (41) from Myton Road (green). This will be the route to Warwick (i.e. not continuous along Europa Way).



Proposed additional bit of cycling route along Europa Way (it will allow you to turn up Olympus Avenue) and connect to the substandard route under the roundabout back to Myton road.



Existing substandard route under roundabout.



It is not easy to identify which side of the path to cycle on between the bridge and the crossing opposite on Old Warwick Road (opposite Morrisons).

Young at Heart

As we age our aerobic capacity (rate at which we use up oxygen) and aerobic threshold gradually decline and our muscle mass lessens. Cycling is excellent exercise. **Three-wheel cycles** seem to be making a comeback especially as you can now get electric ones. In addition:

- muscle mass. Squats and lunges are good.
- Ensure you build in recovery after hard cycling.
- Build in suppleness and mobility - stretching, foam rolling, yoga and pilates are excellent.
- Eat quality food, reduce sugar and salt intake. Protein is important. Milk is a good recovery drink and contains calcium.
- Get a good night's sleep.

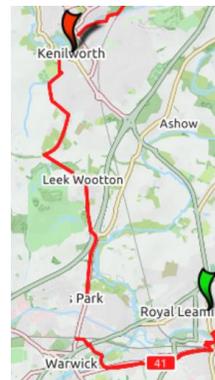


Whilst some cyclists don't need a guide, the youthful Chris Begg comes to mind cycling his way around the continent! Others prefer to have someone with some local knowledge. This time of year, is a good time to start planning your excursions.
Sandra

Leamington Spa to Kenilworth cycleway (K2L) Funding from HS

At the recent Cycle Forum, we learnt that Warwickshire County Council have not yet made the initial step (registering an expression of interest) towards an application to HS2 to fund Stage 1 of this project, Leamington Spa to the Bericote roundabout. The reason is that the application is quite involved and detailed. They are also concerned about completing the initial stage and then leaving people to cross the river on the existing bridge which they consider dangerous even wheeling a bike along the pavement. The cost of a temporary cycle bridge is being discussed.

When we attended the HS2 road show in Kenilworth 21st August last year, we were assured that the K2L proposal ticked all the right boxes, and should be eligible for the Community & Environment Fund of up to £1m. The Conservative Budget Statement for WCC does mention cycle routes as part of a package of capital spending. This is a promising development, but we don't know if it will include K2L. We will keep you updated on the outcome of our enquiries.



The existing recommended route is via route 41 and it takes you on a detour to Warwick and Leek Wootton. We need a Leamington to Kenilworth route!

<https://warwick.cyclestreets.net/>

National news - read 'Scrapped HS2 Bikepath.'

Use the following link: <https://tinyurl.com/vxsamu7x>

Eco Fest –5th May.

Last year Cycleways helped with the Eco Fun Day this year the event has expanded further. More details to follow in the next newsletter.

Charity Ride



If you fancy a challenge then the Rawlinson Bracket is on Saturday 23rd February. Choice of 93km or 55km. The top road route covers 6 hills. Proceeds go to SADS (Sudden Adult Death Syndrome), If you don't have time to fundraise make sure you take some cash as there are some great raffle prizes. Entries are available on the day but it is cheaper to join in advance. To read all about the event and to enter click on the link below.

<https://www.britishcycling.org.uk/events/details/192686/The-Rawlinson-Bracket-2019>

Up and Coming Rides



- **Ladies only - Breeze through winter** have a series of cycle rides. Steady pace. Various dates including Friday February 8th Starting at 10am from the Bus shelter, Park & Ride, War Memorial Park, Coventry CV3 6PT. Plus there are a number of rides around **Southam**. Register here for the above rides: [Let's Ride - Homepage](#)
- Or **plan your own route** Sustrans have online route mapping here: <http://www.sustrans.org.uk/>
- **Link to local Cycling Guide** showing Route 41: <http://www.warwickshire.gov.uk/cycleroutes>
- **UK Cycling events** have a whole calendar of events.
 - A new ride is the Cambridge Classic on 24th February.
 - The Brewin Dolphin Ridgeway Rouler is in Oxford on 27th April.
 - You will have time to train for the new **Ride Warwickshire** on 24th August. This event normally starts at the racecourse in Warwick and there is a choice of distances. Details of these rides can be found here: <https://www.ukcyclingevents.co.uk/>

Women's Ovo - comes to Warwickshire again. 10th – 15th June



Thank you - Guest speakers at AGM

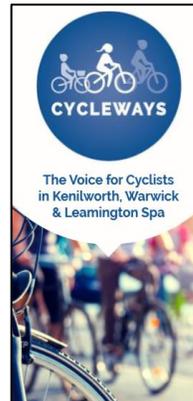
Margaret Smith, Stephen Rumble and Dan Morris gave an excellent presentation on cycling links from the new development to the town centre. They invited Cycleways to consult with them on the Emscote Road route from St. Johns in Warwick to Princess Drive to look at how to make it a more attractive route for cyclists. We facilitated the cycle on 20th January to look at the route.

Have your say

Hope you enjoyed reading this newsletter. It is available on line to all Cycleways members. We are keen to get your feedback or your thoughts on current issues please use the following email address to submit any comments or ideas for articles to:

editor@cycleways.org.uk.

Mark your email FAO Sandra Stokes



Revamping our Membership leaflet

Following on from the introduction of our new logo we are also updating our membership flyer/application form.

Committee Members

Below is a list of our current Committee Members:

Tony Lewenz - Chairman
Rodney King - Secretary
Peter Clear- Treasurer & Membership
Sandra Stokes - Newsletter

Plus find us at cycleways.org.uk

on facebook 

<https://www.facebook.com/pg/CyclewaysWarwickDistrict/posts>