

# THE SPOKESMAN TEAM CAMBRIDGE



February 1997

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**Tony and Sue** are hosting another club **Cheese and wine evening** on Monday February 17th at 8pm. Food will be provided; bring your own booze. Sue would like to know approx. numbers in advance. RSVP to Sue Clarke 4 Gunnel Close Milton. (Tel Cam 440399)

**Club Clothing.** If anybody requires any Team Cambridge clothing please contact Pauline Parker with details by the Monday 17th February (Tel 01954 780470)

**Circuit Training.** Don't forget circuit training each Monday night at 7:30. (except on Monday 17th February when there different type of training at Tony and Sue's). Tony will only do the circuit training if there is enough of us to make it worth while. So try and get down and get yourself fit.

**Thanks to Mick Walsh** for bring his video on Structured Turbo training. I think it was enjoyed by everyone there. The section on Maximum Heart Rate test talked about riding to total exhaustion. I think I would be totally exhausted by the time I had finished the warm up, never mined the test.

**Membership Renewal.** If you haven't sent your back in yet, please do so as soon as possible.

**Standards.** Enclosed is an updated list of Standard times for 1997, and an entry form. Remember that only events after you have entered for the standards count. I hear that we have lots of silver standard medals, and not many bronze at the moment, so can you all put an extra effort this year and try and get silver standards rather than bronze!!!

**The Internet and Cycling.** At one of the Monday evenings, there was a discussion about various articles regards training on the internet, that might be useful to include in newsletters. If anybody see anything useful, give me the address of the site, and will look at putting it in the newsletter. (Charles Willmets, 8 Barrowcrofts Histon Camb, CB4 4EU Tel Cam 234235). I decided to have a quick look myself, and was quite surprised by the number of Cycling clubs that have their own Web pages. Some of the ones I recognised were: Verulam C.C., Belmont C.C., Hemel Hempstead C.C., Twickenham C.C, and the University of East Anglia C.C.

### **For Sale**

**Bob Jackson 19"**

531 tubes

Sachs group set

Mavic Rims

Cinelli Handlebars and Stem

£250

**Claude Butler 19" x 17" Mountain bike style (not kiddy)**

Aluminium Hybrid Tandem

Oversize tubing

Cantilever and Drum brakes

Hardly Used

£680

Phone Jeff or Claire Cam 214328

## Team Cambridge Honours 1996

<u>Club Standards</u>						
Jeffery Bushrod	10 Mile	Club	Bronze	Standard		25:48
Chris Willmets	10 Mile	Club	Silver	Standard		26:50
	25 Mile	Club	Silver	Standard		1:9:39
	30 Mile	Club	Bronze	Standard		1:33:22
	50 Mile	Club	Silver	Standard		2:22:32
	100 Mile	Club	Silver	Standard		5:6:58
	30 Mile Mixed Tandem	Club	Silver	Standard		1:17:41
Charles Willmets	30 Mile Mixed Tandem	Club	Silver	Standard		1:17:41
Tony Clarke	10 Mile	Club	Bronze	Standard		24:25
	25 Mile	Club	Silver	Standard		1:1:37
	30 Mile	Club	Silver	Standard		1:15:47
	50 Mile	Club	Bronze	Standard		2:7:53
	100 Mile	Club	Gold	Standard		4:21:16
	12 Hour	Club	Gold	Standard		236.19 Miles
<u>Club Records 1996</u>						
Chris Willmets	Veteran Women	30 Mile	Solo	Record		1:33:22
	Veteran Women	50 Mile	Solo	Record		2:22:32
	Veteran Women	100 Mile	Solo	Record		5:6:58
	Mixed Tandem	30 Mile		Record		1:17:41
Charles Willmets	Mixed Tandem	30 Mile		Record		1:17:41
Tony Clarke	Veteran Men	30 Mile	Solo	Record		1:15:47
	Veteran Men	100 Mile	Solo	Record		4:21:16
	Veteran Men	12 Hour	Solo	Record		236.19 Miles
<u>Club Record 1992</u>						
Sue Clarke	Veteran Women	10 Mile	Solo	Record		26:25
		25 Mile	Solo	Record		1:9:13
<u>Club Trophy's</u>						
Chris Willmets	Ladies Middle Distance BAR			Ellims Shield		21.65 MPH
	Ladies BAR Trophy					20.71 MPH
Tony Clarke	Club BAR			Team Cambridge BAR Cup		22.04 MPH
				F.E.N. Trophy		3:34:00
Tom Watt	10 Mile Championship			Team Cambridge 10 Mile Championship Cup		22:24
Tom Watt	Fastest 10 Mile TT			Cambridge HI-FI cup		22:24
	25 Mile Championship			Rose Bowl		1:1:52
Kevin Parker	Hill Climb Trophy			Stuart Dingley Hill Climb Trophy		1:43
Steve Ouditt	Handicap 10 Mile			Chairman's Handicap Cup		18:18
Chris Adams	Handicap 25 Mile			President's Handicap Cup		
Trevor Avis	Evening 10 Mile Series			Transmedia Evening 10 Mile Shield		100 pts
Not Awarded	U18 BAR			Arbury Discount Motorist Shield		

## 1997 Standard Times

## Mens - Solo

Class	10	25	30	50	100	12hr
Gold	20.42	0.55.25	1.11.11	1.52.08	4.21.16	235.19
Silver	23.30	1.02.30	1.18.00	2.07.00	4.42.00	217.00
Bronze	26.30	1.09.00	1.24.30	2.20.00	5.00.00	200.00

## Ladies - Solo

Class	10	25	30	50	100	12hr
Gold	24.31	1.03.52	1.25.59	2.22.04	5.01.53	190.00
Silver	27.00	1.10.00	1.32.30	2.33.00	5.25.00	170.00
Bronze	29.30	1.15.00	1.39.00	2.44.00	5.47.00	150.00

## Men - Tandem

Class	10	25	30	50	100	12hr
Gold	18.36	0.49.55	1.08.32	1.43.30	3.55.08	258.78
Silver	21.09	0.56.15	1.12.00	1.54.18	4.13.48	238.70
Bronze	23.51	1.02.06	1.16.04	2.07.48	4.30.00	220.00

## Mixed - Tandem

Class	10	25	30	50	100	12hr
Gold	20.20	53.42	1.14.27	1.55.50	4.13.25	233.85
Silver	22.44	59.38	1.18.18	2.06.00	4.33.09	176.65
Bronze	25.07	1.04.48	1.22.35	2.17.42	4.51.09	157.50

## Trike - Men

Class	10	25	30	50	100	12hr
Gold	22.325	1.00.04	1.22.28	2.04.54	4.46.01	212.88
Silver	25.23	1.07.50	1.26.38	2.17.10	5.04.33	198.92
Bronze	28.37	1.14.31	1.31.31	2.33.21	5.24.00	183.34



Team Cambridge Affiliated to RTTC BCF BCCA CCCA

### Team Cambridge 1997 Standards

To : Time Trial Secretary From: \_\_\_\_\_

Please enter me for the following club standards:

10 mile	£1.50	
25 mile	£1.50	
30 mile	£1.50	
50 mile	£1.50	
100 mile	£1.50	
12 hr	£1.50	
Block booking (all events)	£7.00	

}  
 } Individual entries not transferable  
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Total	
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Only events ridden after you have entered are acceptable.  
 Rides in Open, Association and Team Cambridge Club events count.

Signed ..... Date .....