

# THE SP KESMAN TEAM CAMBRIDGE



[www.team-cambridge.co.uk](http://www.team-cambridge.co.uk)

December 2003 No. 4



On Monday December 15<sup>th</sup>, starting at 7.30pm, the Club will be holding our annual Christmas get-together at the Perne Road, Scout Hut. There won't be any circuit training, instead indulge in seasonal fare and attempt to answer the quiz questions that Collette sets each year. Please bring your own tipple, tea and coffee will also be available as usual.



Make sure to book a place at our Dinner and Prize Presentation which is to be held on Saturday January 24<sup>th</sup> at Doug and Pauline's house. Pauline always does an excellent spread and this year is including a curry option as requested by some members. For the information of newer members, this is not just an event for club members – partners are most welcome. We would love to see some the newer members at this event, which is always a great occasion. Please see the enclosed booking form for full details.



Our New Year's Day 10 on the Bottisham course will help work off some of those extra pounds that most of us put on at this time of year. Start time is 11am – please arrive in time to sign on.



Just a reminder that club subscriptions are now due. A membership application form is included with this newsletter. Please note that you need to return it to Charlie before 18<sup>th</sup> Jan to order a CTT handbook.



***Merry Christmas and a Successful New Year***



<p><b>Secretary</b> : Sue Clarke 4 Gunnell Close, Milton, Cambridge, CB4 6ZB 01223 440399</p>	<p><b>Racing Secretary</b> : Paul Millard 4 Wilson Way, Milton, Cambridge, CB4 6BX 01223 511155</p>	<p><b>Cyclo-cross / MTB Secretary</b> : Jeff Bushrod 71 Godwin Avenue, Cambridge, CB1 8QW 01223 214328</p>
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The weather was quite pleasant for the hill climb, which was moved back to the afternoon, due to four of us riding the Sudbury 25 in the morning. So some of us found it very hard, but it did not stop Alan for winning the hill climb trophy. The times were:

Alan Kidd	2:42
Nick Jackson (Cambridge CC )	2:44
Steve Laurie	2:47
Paul Millard	3:15
Charles Willmets	3:21
Ian Millard (Juv)	3:44
Christine Willmets	3:46

The Beast is back.  
(Charlie's and Chris's season on the Tandem Trike)

Some eleven years ago when Adam, our youngest son, was about one year old we spotted a tandem trike for sale in the Tandem Club journal. Our attention was drawn to the advert because also the trike had two child seats attached and the phone number was a Cambridge number. We immediately called the number that morning before work, and arranged to see it. I tried it out and straight away found out that it likes to steer straight into the kerb. We were fortunate that we had enquired about it so quickly as the owner had received calls from as far a field as Leeds, Wales and Devon enquiring about it. Needless to say we purchased it on the spot and I rode it home. Cycling through Cambridge is not recommended for a novice on his own on a tandem trike but it makes you learn quickly how to steer. Chris followed me home with both boys in the car and I learnt later that she was horrified to see me take a couple of near misses with the kerb. We then used the tandem trike for several years, with Adam and Neil in the seats at the back, until they became too big (and heavy). As far as racing went the tandem trike had only one outing in a New Year's day 10 on our local evening course near Bottisham for a bit of fun, but we punctured twice, so we recorded a DNF.

The tandem trike then sat in our garage for several years gathering dust being used mainly as a prop for our various tandems. Slowly an idea formed that it might be fun to try racing it to see if we could get near any of the East Anglian VTTA mixed age records for tandem trikes.

Early in 2003 we took it up to Bob Jackson's shop in Leeds for a respray and an upgrade on the gearing, as the existing gears consisted of a 5 speed block, ranging from 15 to 35 teeth. Not really suitable for racing! It came back looking really smart, but the big question remained would we be able to make it move decently?

We rode it round the local roads and discovered that getting up to evens was very hard mainly because the camber on the roads proved difficult to manage. At this point we were having doubts about racing the machine.

A sensible thing would be to ride a 10 first, but as there are so few 30's, it just so happened that it was a 30 on the E72 that we entered first. We took the trike down to Hatfield Peverel and started our race. The first bit though Boreham village was on a rough road surface, so we took it fairly carefully, but once on the A12, we got the trike moving really quickly, far faster than we had managed on local roads. Perhaps this racing idea was not so bad after all, but after 5 miles it came to an abrupt end, as one of the rear tyres punctured. We took so long changing it and we had only the one spare tube that we decided not to continue. It was



probably a good job that we didn't as when we checked the tube out at home we found that it was faulty, and on checking the other rear wheel the same fault was discovered.

The next event we entered was an open evening 10. It was an almost perfect evening – almost no wind at all. We needed to do a 24:31 to get an East Anglian and National age record and I must say we were not confident as we had struggled to go only a minute or so quicker on our tandem earlier in the season. The start on the Attleborough course at the top of the slip road gave us a good initial boost, which we managed to maintain up the drag past the Spooner Row turnoff and by the time we got to the turn we reckoned that we were on target. The two small roundabouts at the turn are tight for a tandem trike, so we crept round and then pushed all the way to the finish line as we thought we were very close to doing a 23. However neither of us had started our watches accurately so we had to wait until we got back to the headquarters to check our actual time. We were very happy that we had recorded 24.01, but also disappointed not to have gone under 24 minutes.

After this we entered another 30, only to have the event postponed because of road works, so it was a 25 on the Risby course next. The B25/38 is meant to be a fairly fast course and we have done some reasonable solo times on it but although we started well we found that the hills, that are fairly easy on a solo, are a lot harder on a tandem trike. You slow down on tandems when going up hill, well you slow down a lot more on a tandem trike. However we finished inside our target time of 1:7:0 with a 1:06:26 and were reasonably pleased with the result.

Having been successful at two distances we decided to enter a 50 - a distance to which we had not given a thought initially, as we had only done two 50's on our tandem. Luckily we had another quite good day as there was very little wind and the road surface on the E2 course is good except for a few miles through Whittlesford. We had our split times worked out and at the 25 mile mark we were about 4 minutes up on our schedule. We held this to about 40 miles when we started to slow and at 45 miles were only 2½ minutes up on schedule. At this point my legs had just about given up, and it was a struggle to the end. Fortunately we just finished 15 seconds inside our target to get East Anglian and National age record with a 2:16:57.

Our last event of the year on the tandem trike was the postponed 30 on the Attleborough course. This event took place the day after the VTTA 10 that we had organised. The time on our feet running about as organisers combined with an early start for the second day running showed as we just could not get going well and, although we picked up an East Anglian age record, we were not happy with our time. Also the computer which has so far proved accurate showed the course to be half a mile longer than it should have been. (The 50 we rode over the same course the week after was remeasured just before the start, and the start and finish moved to shorten the course).

At the start of the season we had no idea how we would go on the beast ,as we nicknamed it (try getting round corners on it and you will realise why), so we have been very pleased to end the season with 4 East Anglian age records and 2 National age records.

Charlie Willmets

### FOR SALE

#### Dawes Horizon Twin Touring Tandem

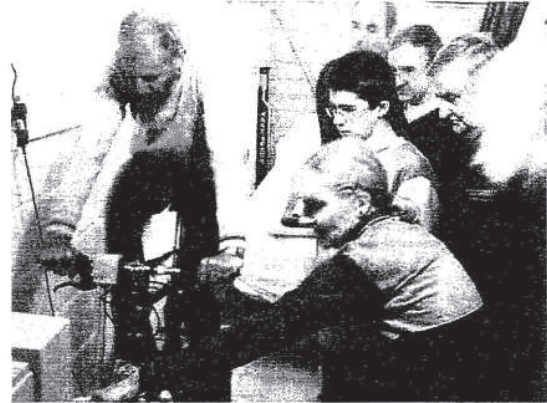
22"/22" Frame 18 gears

£350

Chris Willmets 01223 234235

The social side has been going very well, with a good turnout for the Curry night in October, and the Cheese and Wine evening at Tony and Sue's in November.

Thanks go to Keith Jackson for allowing us to have a go at Virtual cycling using his TACX I Magic Turbo. We each did a 2.6 mile course, and although this doesn't sound much, it had everyone sweating with the effort that had to be put in. As the route is pre-programmed, you cannot avoid going up the steep hill. There are various routes and distances that can be set, and you can get mph, power, watts and other functions displayed.



There are more pictures and Video clips on the web site.