

THE SPOKESMAN

TEAM CAMBRIDGE



www.team-cambridge.co.uk

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Just when it seemed that we would get an early spring with lots of training in warmer temperatures our hopes were cruelly dashed. I find the thought of going out on slippery roads quite off putting – it's my excuse for being unfit anyway. Hopefully by the time you read this the sun will be shining and we shall be searching for our shorts again. Our membership has increased this year with six new members and I would like to take this opportunity to welcome Anthony Adams, Patrick Kidd, Jonathan Gair, Ralph Keeler and Angela and Kevin Parker.

Forthcoming events

Tony and Sue Clarke have offered to host a **cheese and booze evening** at their home (4 Gunnell Close, Milton, Cambridge, CB4 6ZB) on April 18th from 7.30pm. Sue will provide the food for a small charge but you do need to bring your own favourite tippie and also let her know if you intend to go. Sue can be contacted on 01223 440399 or email tonyandsue@clarke6367.freemove.co.uk

The **evening 10's** start on the E7 Newton course on the 13th of April at 6.30pm. This course is a good one to kick start your season as it is less than 7 miles around the circuit.

The mountain bikers have been meeting on **Sunday mornings** to have some fun off-road and rumour has it that there have been punctures, falls and plenty of mud but that they have been clocking up a good off-road mileage as well. There are some interesting pictures on the website. For information on the **mtb activities** please contact Jeff Bushrod.

New Year '10' held on 9 January 2005

Moving the Club 10 from its traditional spot on the 1st of January to the 9th seems to have been successful judging by the number of riders who came along. A total of 11 Club members took part including our latest member Ralph Keeler and Angela and Kevin Parker, who have rejoined the club this year after a break from racing.

The weather was blustery but not too chilly, though the rain did set in after the event and those who rode home would have got a soaking. All riders would, I am sure, like to thank Collette for the timing while the welcome hot drink provided by Pauline and Doug is equally appreciated, especially after a chilly ride. Fastest on the day was Alan Kidd showing that he has maintained his fitness over the winter.

| | | | |
|----|--------------------|----------------|-------|
| 1 | Alan Kidd | Team Cambridge | 26:32 |
| 2 | Ralph Keeler | Team Cambridge | 27:50 |
| 3 | Steve Laurie | Team Cambridge | 27:51 |
| 4 | Trevor Avis | Team Cambridge | 28:02 |
| 5 | Tony Clarke | Team Cambridge | 31:01 |
| 6 | Charles Willmets | Team Cambridge | 31:56 |
| 7 | Christine Willmets | Team Cambridge | 32:45 |
| 8 | Trevor Kimber | Team Cambridge | 32:48 |
| 9 | Kevin Parker | Team Cambridge | 33:55 |
| 10 | Angie Parker | Team Cambridge | 36:05 |
| 11 | Ian Millard (Juv) | Team Cambridge | 39:22 |

The Annual Buffet and Prize Presentation

Tony and Sue hosted our annual event on 22nd January - their hard work being acknowledged at the end of the evening with a presentation; as was Paul's labour in producing all the certificates and organising the engraving of trophies and medals.

😊 2004 Club Winners 😊

Congratulations to all

| | |
|--|------------------------|
| 10 Mile Championship | Alan Kidd |
| 25 Mile Championship | Steve Laurie |
| Handicap 10 Mile | Trevor Avis |
| Handicap 25 Mile | Trevor Avis |
| Evening 10 Mile Series | Alan Kidd |
| Circuit Series | Trevor Avis |
| Men's Middle Distance Championship | Tony Clarke |
| Lady's Middle Distance Championship | Sue Clarke |
| Lady's BAR Trophy | Sue Clarke |
| Club BAR | Michael Stanley |
| F.E.N. Trophy | Alan Kidd |
| Fastest 10 Mile TT | Alan Kidd |
| Hill Climb Trophy | Steve Laurie |
| "If Only" | Not awarded |
| Ron Edwards Memorial Trophy | Alan Kidd |
| U18 BAR | Ian Millard |

Alan's 2004 season

2004 saw a late start courtesy of a heavy cold for Ely and then snow, a rarity these days, for the North Road. Things finally got started at an ECCA 10 on the horrid E91/10 Rodings course. In strong winds and heavy rain I did 26.04. Having finally got rid of a chronic shoulder pain that lasted 3 months or more things began to improve with regular 22 and 23 minute 10's on the faster courses. I rode the National Championships at Tuxford. The five miles on the A12 were completed in 10 minutes but the last five on a B road was harder and I finished in 22.54 to put me in my place 13th from last and four minutes behind Stuart Dangerfield.

Things got better at the Team Cambridge Open when I did a PB of 21.04 but only managed to retain the Edwards Trophy by 2 seconds from Steve, who after some lacklustre weekday 10's once again rose to the occasion with 21.06. You never know which Steve is going to turn up and he is capable of delivering some exceptionally good times when motivated, for instance his 1.57.50 record this year.

I began riding the F1/25 again this year and enjoyed the wide roads, light traffic at 7/8am and, of course, the relative flatness! The 25 I most enjoyed was on the F1/25B where for the last five miles about five of us were passing and re-passing each other (not drafting you understand!). At one point I think cyclists occupied the whole of both carriageways, and rightly so! At the end I passed three and was passed by two and got a time of 57.04. So far as other 25's were concerned I managed a 56.56 on the excellent E2/25 A11/A14 course.

The Team Cambridge 25 Open went pretty well in 2004. Entries struggled up to about 30 and surprisingly Ian Cammish could only finish second. By midday nobody cared as the beer was flowing well despite the usual wind and rain, traditional now for this event. The two up saw some friction in the Team Cambridge duo. Steve was on a real going day and I, despite trying, couldn't keep up. This resulted in the air turning fairly blue at regular intervals. We managed a 1.06 but I think Steve on his own could have done something like a 1.02 or 03 which would have given him 4th in the solo event!

The Club seasons 10's were notable for Trevor Avis's improved form. It was good to see him win several trophies and I will be interested to see what happens when he gets his new Giant TT bike this season. Trevor at his best got to well under a minute of me on several occasions and I thought I was going pretty well. I was pleased to retain the Evening 10 Shield.

I did a few road races with the LVRC in 2004, supposedly to relieve the diet of time trials. However I didn't find them very inspiring as perhaps 40 out of the 45 riders all seem content to ride in bunch and then sprint out a finish. Bored to death I managed to breakaway a few times, only to be caught within sight of the finish. Still at least I felt I'd been racing. If I learned one thing, it's not to sit at the back of a bunch if you are a time-trialist. The sudden accelerations and slowing will rip your rip your legs off, but, if you get to the front and maintain 25mph no one will come past you.

Hopefully another Kidd will be racing for Team Cambridge in 2005. If Patrick gets out of bed before midday and does some training. I am, however, encouraged by the fact that after going flat out round a 6 mile circuit on a crap bike he was motivated enough to be physically sick. I'm obviously not trying enough as I haven't been sick at the end of a race yet, although last year I did nearly pass out after the St. Ives 25, which was run in nearly 95° F, just pleasantly warm for Tony who did a good ride that day.

Best wishes for a successful and safe 2005 season to everyone except one Simon Smythe whose rotten journalism helped lose us the HQ at Six Mile Bottom. - *Alan Kidd*

Jeff's Piece - MTB news

The mtb section has started on a wave of high octane enthusiasm.

Our first ride had 8 riders, the second ride saw 13 turn up and 6 heroes braved the snow on the third ride. I suspect the previous ride may have daunted a few (ok me), as we achieved what must have been a personal worst, 4.25 hour for a 25. You had to be there!

The bit that is hard to convey in print is just how much FUN all this Mountain biking is. SO if you would like to hear a more entertaining version of the rides why not turn up on a Monday at about 8.30pm, at the Perne Road Scout hut and have a chat.

This brings me to the next topic.

A lot of us are training separately. This means we are totally under using the club. Our Mondays can be used to discuss our goals for the year, get advice, coaching by Tony and arrange training rides and partners. Hell we are TEAM Cambridge. If you really want to improve you will find it much easier and shed loads more fun to do it as a team.

Lastly if you are interested in riding with the MTB group keep an eye on the diary page on the website as rides are often posted at short notice. - *Jeff Bushrod* jeffbushi@yahoo.co.uk 01223 214328

Results

Ely & District 25 13th February

Otherwise known as the Ely Hardriders this event lived up to its title due to the strong North westerly, which made the long leg from Ely to the turn at the 100 Foot Drain extremely tough. On turning north at the Ely roundabout it felt like riding into a solid object. There were a total of 15 non-starters most of whom were presumably put off by the weather. Although not in line for a prize we did field a team from the Club with Alan Kidd recording by far the best time of 1.07.47 to finish in 9th place. Charlie and Chris Willmets rode round in a time of 1.24 and 1.27 respectively. The fastest ride of the day was 59.34 by Jon Surtees.

West Suffolk Wheelers 21 12th March

A chilly North westerly made for far from easy conditions in this circuit event held on the lanes near Risby. There were stretches of rough rode and pot holes to be avoided but times were better than last year due to the wind being from a different direction resulting in a tail wind up the worst of the hills. The quickest ride was done by Martin Pyne (50.58) while Club riders Charlie Willmets recorded 1.02.27, with Chris clocking 1.05.06, which was good enough for first lady, and Michael Stanley, who started in last position and had two non starters in front of him, finished in 1.16.04.

Events list 2005 (provisional)

Owing to the risk assessment marshalling requirements now imposed on all courses by the CTT it has been necessary to remove all events, using the Sawston course, from our schedule. It is planned to move these to other courses but at the moment no alternatives have been decided as any decision has to be ratified by the District Council hence the blanks in the list below.

| Date | Course | Time | Location | Notes |
|----------|-----------|-------|-----------------|--|
| 9-Jan-05 | E3/10 | 10:00 | Bottisham | 10m New Year |
| 13 Apr | E2/7 | 18:30 | Newton | 7m Circuit Please note that the start and finish points will be different to previous years. Keep an eye on the website for details or phone Paul. |
| 20 Apr | E3/10 | 18:45 | Bottisham | 10m |
| 24 Apr | F14/25 | 08.15 | Barton | 25m Open |
| 27 Apr | E3/10 | 19:00 | Bottisham | 10m |
| 4 May | E3/10 | 19:00 | Bottisham | 10m |
| 11 May | E3/11 | 19:00 | Duxford | 11m Circuit. The start and finish point may change slightly. |
| 18 May | | 19:00 | | 10m |
| 25 May | | 19:00 | | 10m |
| 1 Jun | | 19:00 | | 10m Championship |
| 8 Jun | | 19:00 | | 25m Championship |
| 15 Jun | F14Z/12.4 | 19:00 | Wimpole | 12m Revised Circuit |
| 22 Jun | F14x/10 | 19:00 | Barton | 10m |
| 29 Jun | F14x/10 | 19:00 | Barton | 10m |
| 6 Jul | E2/25b | 19:00 | Stetchworth | 25m Handicap |
| 13 Jul | | 19:00 | | 10m |
| 20 Jul | | 19:00 | | 10m |
| 27 Jul | | 19:00 | | 10m |
| 3 Aug | E3/13 | 19:00 | Bottisham | 13 Circuit |
| 10 Aug | E3/10 | 19:00 | Bottisham | 10m |
| 17 Aug | E3/10 | 18:45 | Bottisham | 10m |
| 20 Aug | E2/10 | 16.45 | Six Mile Bottom | 10 Open |
| 24 Aug | E3/10 | 18:30 | Bottisham | 10m |
| | | | | |
| 6 Nov | 2Y/H | 10:00 | Barrington | 0.5m Hill Climb |
| | | | | |
| 8-Jan-06 | E3/10 | 10:00 | Bottisham | 10m New Year |
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