



The official Team Cambridge Newsletter – July 2007

(Incorporating Mud Munchers Monthly)

(Incorporating Tarmac Terriers Tribune)

Le Tour de France!

Team Cambridge at Le Tour

Seventeen of us and eight juniors were in Kent to witness the historic event as the Tour wound its way through the English countryside.

For the full weekend details see the report on Page 2-4

Charles Tallak Rides L'Etape du Kent

Four thousand riders ride Stage1 (115miles) from London to Canterbury. Read Charles own report on his epic ride in the Kent countryside starting on Page 9.

In this edition

Page 2-3.

Page 3-4

Page 5-7

Page 8

Page 9-11

The Tour de France

The Tour de France

Tarmac Terriers Tribune

Team Cambridge BBQ

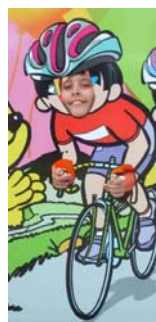
The L'Etape de Kent

Editor's version

Colette Millard's version

Race results

Charles Tallak



Le Tour en Angleterre

The weekend started in August 2006, when Doug & Pauline Parker did a 'reccy' in Kent to find a suitable campsite that would be willing to accommodate two caravans and up to eight tents. This was finalised once they reported back to the club later that month. Forward to 2007 the Parker tribe senior branch had been down in the Canterbury area for a few days before the Tour was due to arrive in the UK. They duly moved into the site on Thursday 5th July to make sure that all the arrangements were up to scratch. Heavy rain had been the order of the day (every day in June) July started in exactly the same way. Friday 6th dawned and the sun had come out; the only black cloud on the horizon was the traffic news on the radio that the M11 was blocked in both directions north of Stansted Airport. This would cause considerable problems to all the club members travelling down to Kent to set up camp. The long delays affected some members more than others, by the end of the day three caravans and six tents plus the large club gazebo was entrenched at Blossoms camp site at Charing Heath. The club delegation consisted of Doug & Pauline Parker plus a seriously sick Sophie (who since has made another miraculously recovery) Kev, Angie, Katy, Sam & Danielle Parker (plus Jazzie) Tony & Sue Clarke, Paul, Colette, Ian & Peter Millard, Simon, Andrea, Jake & Oscar Bowden, Trevor & Meg Kimber, Mark, Jenny, Davey & Larry Read, Jeff MtBushrod, and Steve Laurie.



As it was Katy & Sam's 12th birthday the next day (Sat 7th) a meal had been booked at a French restaurant in Canterbury at Café Rouge for the Friday evening. Fourteen of us went and had an



excellent meal; Peter Millard ordered and ate a three course dinner which surprised every one. The beer and the wine flowed and all agreed that it had been an excellent night out. Meanwhile back at the camp the last of the travellers were arriving from Cambridge, the evening ended with us all sitting under the gazebo drinking and chatting to quite late into the night.

There was a few sore heads the next morning as the campers surfaced to start the day. The girls were up fairly early opening cards and presents from friends and family. Tony and Sue set off early for a morning cycle ride, followed by Steve Laurie who went round the lanes after he'd been shopping! The Parker tribe with Mark, Jenny and the boys

set off for a gentle ride to Smarden about eight miles away, down some quiet country lanes. The twins wanted to ride their new road (racing) bikes Danielle had received hers a few weeks previously. The ride was marred by Jenny falling off not very far from our destination, ending up with quite a severe cut on the leg. To add insult to injury she punctured on the return journey!

Most of the members took a train ride up to London to attempt to see some of the Prologue Time Trial. (See Colette's report on page 3) Doug & Pauline decided to go back to Canterbury to soak up the atmosphere of the French & Italian markets that had been set up in the town centre. There was a large screen TV set up in the main market area, so we did see the first rider on the course.

Later back at the campsite three BBQ's were set up in readiness for the big birthday party planned for that evening. This started around 7.00pm once the last of the stragglers had returned from London. (Some of them miss the train??) Needless to say the evening was a great success, everyone contributed to the meal, and Pauline had made a huge pile of salads to complement the BBQ. Two birthday cakes complete with candles were produced, even Tony & Sue managed to return in time for them. Once again members sat up till quite late chatting about the day's events. The eight children were despatched to their beds around 11.00pm!



(Nearly) everyone was up bright and early the following morning in order to strike camp ready to leave after the tour had passed through the area. Simon and his family were driving over to watch the tour from a sprint section, the Millards decided to go to Canterbury to see the finish. Tony & Sue cycled over to Goudhurst where there was a 4th cat climb. The rest of us cycled down the lanes to Bethersden, we arrived just as the Tour Caravan was starting to drive through the village.



Fourteen riders on route to the Tour

As per normal there was the usual collection of strange vehicles being driven past by mad Frenchmen (and Frenchwomen) some of them were very amusing. Kevin decided to cross over the road to try and get more of the freebies being thrown from the passing floats. He was joined by the children, but didn't seem to get very many freebies. **Poor Jenny did!!** Someone threw a small packet of washing powder which struck her right in the mouth giving her a split lip. There was a bit of a lull once the Caravan had gone through, but soon the leading riders including Dave Miller passed by, followed shortly by the main peloton. Then it was all over! All the months of build up then its gone in a few minutes, but it was well worth the effort to attend!

Then it was back to the site for a final BBQ for those of us that elected to stay on for an extra night, this time the party broke up a lot earlier than the two previous nights. Mark & Jenny Read left the site at 5.30am on Monday morning in order to get the boys back home in time for school. Steve Laurie had one final potter around the Kent lanes while the rest of us packed up slowly. By 11.30am our part of the site was deserted the Team Cambridge caravan had moved on!!! Will we return in 2010?

O'Grady causes chaos on Platform 4

What a wonderful day for a prologue! Great weather, good company and a capital city that was alive with colour and people all talking Le Tour. The Millard Mob and Jeffers arrived in the city with just enough time to find a good spot to watch, unfortunately everyone else had beaten us to it. We met up with Trevor & Megan who took us to Constitution Hill to watch from a spot that meant we could see riders going in both directions. Peter had a bird's eye view having persuaded his dad to let him sit on his shoulders.

We stayed for some time to watch various riders go past and were gradually joined by Tony & Sue and Simon & family.



Having stayed to enjoy the spectacle for some time we decided to make our way towards the station



and right at that moment Stuart O' Grady collided with the barriers almost in front of us. His crash caused a delay in the Millard party for some minutes while we made sure he was in one piece and able to race on and we had to hot foot it to the station to catch our train. Unfortunately Paul had been having technology problems all day and these continued with the ticket barrier so only Colette & Peter made it onto the train! Ian, Jeff & Paul had to amuse themselves for a further hour in London waiting for the next train. (Doug picked them up from the local station, Colette pick up Trev and Megan in due course)

Canterbury-the finish line

The chaos of the previous day was only a memory and the Millard party set out again to enjoy the delights of the Tour de Kent. Team Cambridge having decided to go in various directions, The Millard's decided they would head for the finish line in Canterbury. We arrived with ample time to spare and were able to find a spot only 200m from the finish line; Colette chose to guard the front row spot while Paul took the boys for a wander around the finish line & to spend money on souvenirs. They saw a bit of last minute spray painting of the finish line and Tour de France logo and wandered back with lunch. The afternoon was spent being entertained by the arrival of team buses, cars and the caravan as well as stilt walkers, laughing cows and the doling out of a variety of free goodies from bottles of water (very welcome) to fridge magnets and gingham hats by the handful.

As the race got nearer we were able to listen to it and sort out what to expect as it approached but even so Peter was not ready for the speed and the nearness of the riders as they whistled past us in a blur of colour and a matter of minutes. "Wow!" was his reaction and despite the length of time we waited and the speed of the riders passing he still said it was well worth the wait.



I did read somewhere that the Tour is rumoured to start 'down under' one day?

Tarmac Terriers Tribune

Victoria CC 10m TT 26th May

Just three club riders at this event which was won by Tony Stapleton (Chelmer CC) in 22.17. Alan Kidd did a 24.59, Tony Clarke 27.37 with Sue Clarke on 28.48

E.C.C.A 50m TT 26th May

A cold wet day morning greeted most of the riders for this 50m TT on the F1/50 course which was won by Oliver Jones (API Metro) 1.51.31. Four club members also took part, Christine & Charlie Wilmetts on tandem completed the course in 2.21.40 riding a tandem trike! Tony Clarke of at No 58 did a 2.13.10, while Trevor Kimber completed in 2.15.58

Hitchin Nomads CC 25m TT June 3rd

At last the riders had a warm sunny day in which to ride this TT on the F1/25 course. Ian Cammish ((Planet X) was the outright winner in 52.20. Four Team Cambridge riders on the start sheet, two of which went under the hour for the event. Alan Kidd coming on top with a time of 58.59; followed by Trevor Avis in 59.56. Tony Clarke was not too far behind with a time of 1.04.28, followed in by Sue Clarke with 1.06.43.

V.T.T.A East Anglia 10m TT June 30th

What has become par for this years 'summer' another drizzly miserable morning, once again four club members on the start sheet for the E3/10 course. Alan Kidd producing the best time of 24.15 with Tony Clarke a couple of minutes behind in 26.57. Trevor Kimber rode to a 28.16 a minute behind Sue Clarke who did a 27.32. Sue took the award for 1st handicap and 1st lady on standard. The event was won by P.Reardon in 23.37.

Bedfordshire Road CC 10 mile TT F1/10

This race was advertised as the 'slowest 120 riders' so why was there so many fast riders on the start sheet I ask myself?? (Answers on a post card to.....) Slow rider Alan Kid completed in 23.48, Tony Clarke in 25.41 and Sue Clarke 26.44. The event was won with a time of 20.09

Finsbury Park CC 50m TT F1/50 June 10th

A cold and misty morning (again) but not so bad that the event would be cancelled. A.Proffitt (Artic-Shorter Rochford RT) stormed round the course in 1.45.45 beating Ian Cammish (Planet X) into second place by nearly three minutes. Alan Kidd produce the clubs fastest time of 2.05.25, Trevor Avis rode well to record 2.08.55. Tony Clarke finished in 2.11.03 with Sue producing a time of 2.18.23

North Midds & Herts CC 100m TT F1

A cool first fifty miles reported Tony Clarke the only club rider on the start sheet, Tony went on to produce his fastest time for a 100 since 2001 4hr 33m 50s. Completing this distance puts him in with a chance of winning the Team Cambridge middle distance B.A.R. The event winner was Jason Gurney (Team Milton Keynes) in 4hr exactly

Victoria CC & SPOCO East 10m TT July 21st

Team Cambridge took the team prize for best on standard; Sue Clarke won the award for 1st lady on standard, quite a good pre-BBQ morning for the club! The team consisted of Alan Kidd 24.50, Tony Clarke on 27.09 and last by no means least Sue Clarke 29.13.1 Ken Platts (Cambridge CC) was the winner with a time of 22.20

Team Cambridge 25m Handicap TT 11th July

Results for Handicap 25 on E2/25b 11 July 2007

Position	Name	Club	Time	H'cap Result
1	Ian Millard (Jun)	Team Cambridge	1:23:35	27:02
2	Paul Millard	Team Cambridge	1:15:14	44:01
3	Steve Laurie	Team Cambridge	1:2:25	44:52
4	Sue Clarke	Team Cambridge	1:10:29	45:53
5	Christine & Charles Willmets	Team Cambridge(Tandem)	1:5:11	46:08
6	Tony Clarke	Team Cambridge	1:8:18	46:34
7	Simon Bowden	Team Cambridge	1:8:21	47:59
8	Charles Tallack	Team Cambridge	1:18:45	48:00
9	Trevor Kimber	Team Cambridge	1:12:15	50:14
10	Kevin Parker	Team Cambridge	1:15:39	53:15
	Richard O'Rourke	Fritch Fitness	56:59	
	Lucy Roberts	Fritch Fitness	1:3:52	
	Brad White	Fritch Fitness	1:6:43	
	Dean Fuller	CVCC	1:7:14	



The Stick (Boy Racer) on his way to winning the 25mTT Handicap Trophy

Team Cambridge 15m Circuit TT 18th July

A very proud Granddad was hoping to be out on the course to witness and photograph his two eldest granddaughters taking part in their very first Time Trial. Unfortunately dad Kevin was going to be late home from work so it was up to mum - Angela and yours truly to accompany them around the two lap circuit. So instead of a nice quiet ride I found myself following Katy, I managed to keep up with her on the first climb, but she did drop me on the second lap on the same hill and also crossing over the M11.

Results for 2 lap circuit E2/07 18 July 2007

Position	Name	Club	Time	Circuit Points
1	Nick Jackson	Cambridge CC	27:53	
2	Alan Kidd	Team Cambridge	29:03	3
3	Bryce Conduit	Cambridge University CC	29:28	
4	James Hawkins	Walden Tri	29:30	
5	Steve Laurie	Team Cambridge	29:35	7
6	Tony Adams	Team Cambridge	29:47	8
7	Trevor Avis	Team Cambridge	29:59	5
8	Liam Brook	Walden Tri	30:53	
9	Trevor Kimber	Team Cambridge	32:04	1
10	Tony Clarke	Team Cambridge	32:10	1
11	Charles Willmets	Team Cambridge	32:15	2
12	Paul Millard	Team Cambridge	33:08	6
13	Jeff Bushrod	Team Cambridge	34:45	1
14	Ian Millard (Jun)	Team Cambridge	36:11	4
15	Sam Parker (Juv)	Team Cambridge	43:20	10
16	Katy Parker (Juv)	Team Cambridge	43:21	9
17	Simon Bowden	Team Cambridge	DNF	
18	George Alexander	Walden Tri	DNF	



Sam & Katy Parker with their new road bikes (note the pedals)

Team Cambridge BBQ July 21st

The Team Cambridge took place on Saturday 21st July, torrential rain all week saw the day start cloudy but dry. As par for a TC BBQ the rain came down late in the afternoon, but luckily the large TC gazebo plus another gazebo and a caravan awning ensured that every one kept reasonably dry. The horrendous weather forecast for Friday forced Doug & Pauline to erect all the equipment on Thursday; it is quite a struggle for two people to put up the large 6x3m gazebo! Twenty-nine of us congregated at Doug & Pauline's place in Longstanton, where the beer and wine flowed all afternoon and well into the evening. As usual Pauline provided an excellent spread, loads of different salads and plenty of home made puddings for everyone. As usual the actual cooking of all the meats was left to the two top chefs – Doug & Kevin Parker.



Part of the crowd



More of the crowd



Yet more of the crowd



we will get to sit down (soon)

It was good to see such a large number of family members of the club present, also it was good to meet Katie Edwards (Val Edwards's newest granddaughter) who got on very well with such a lot of strangers. The party went on till quite late although I'm not too certain of the exact time it finished. As usual we are indebted to Pauline for all her hard work that went into making the BBQ a 110% success. The hardest part was the clearing away that we were left with, we finally sat down on Sunday afternoon at 3.45pm!!!

The British Cycloportive 2007

I've called this 2007, as I suspect that following the popularity of this event it may become a regular fixture in the cycling calendar – I, for one, hope so.

Like most folk, I get a touch of Tour fever when the last excesses of Christmas give way to the prospect of getting fit enough to pedal in the forthcoming year. This year was a bit different, having joined Team Cambridge and getting that motivation to try something a bit different from riding to work and the occasional charity ride. So much so, that for the last six months my office wall has been bedecked with a giant poster of Stage One culled from Cycling Plus, to the disgust of my bike-hating secretary (now thankfully replaced - the poster remains).

When I heard about the chance to ride the stage route I thought it would be just right: not as tough as L'Etape, not too far to travel and within reach of an ordinary mortal like me. Come the day for entering, I was keyed up to get online as soon as the website opened – and so was everyone else! I tried all afternoon to register my entry onto the website, which was completely swamped, while watching the remaining number of places dwindle. Finally, at about 7pm, with 900 or so places left, I was in. Being self-employed, that wasn't my most productive day's work...

So far so good, and browsing through the various web pages I found and downloaded a training schedule. The one for experts? Forget it, unless you are in for 2x2 hours turbo three times a week, 60 miles on Saturday and 100+ on Sunday. There was a novice's one though, which turned out to be just right: testing but manageable and building up to the event distance over twelve weeks. Beside the TC tens, of course, which due to my efforts served to boost the stamina of the timekeepers if nothing else, there were some great weekend rides worth noting. The first one was a regular trip from the in-laws' at Wroxham to home: a nice route if you ignore the A11 and run along the B roads a few miles to the south, through Bury St Edmunds.

Next up was a 64 mile loop from home through Essex and Suffolk on a rainy Bank Holiday (one of several), which due to the weather meant no cars all morning – great! This was such a nice route I'll write it up for a day ride later in the year, if anyone wants to come along. Another good one was my first Audax, from Royston a very hilly 65 miles. So hilly, we rode into Barkway at least four times on the route! They certainly lay on some good grub though, but this is best saved until the second leg is out of the way...

The big ride was a sportive called "So you think Essex is Flat". Well, it's not flat but it is bloody bumpy, and there were more than a few wheels out of true by the end of that day. Being Essex, there was lots of bike bling to be found, and I only saw one other steel framed bike, and mine was the only one still with a rack and mudguards.

Well, in order to lose some time on the evening 10's, in due course off came the mudguards and rack, and since there has not been a day when it hasn't rained! A further ride of 91 miles was the result of waking up at 4.30am one Saturday morning, and rather than catch up on work as I often do, I rode around all over the place and was back in time for a second breakfast with still most of the day to play with.

Come the great day then, and we trooped off to Greenwich on the Saturday to sign on, then over to my mate's house in Kingston, 16 miles away. This little trip took two hours in the car, and I resolved to ride it next time, come what may. A 4.30am alarm on the Sunday was no problem, as I was waiting for it as usual. My mate Dave did a great job, not only keeping me sober on Saturday night but getting us to Blackheath park on time, to join the inevitable queue for the Portaloo's.

The ride itself, I'm afraid to report, was a bit of a blur, so it's hard to write much in detail. We set off in batches of 40 or so, and at the edge of the park went through the timing gate that beeped when the chips fixed to our front spindles passed through. The miles through southeast London were interesting in their grimness, but the number of bikes at differing speeds and trajectories and the damp slippery roads meant that total concentration was needed. The lack of co-ordinated riding in the peloton was a familiar challenge, thanks to those Monday TC ride-outs!

I noted some road works that would need to be sorted in a week's time, not least a drainage trench half way across the road, and some nasty little downhill 90 degree bends that could cause a major pile-up if the roads were wet on the day. As it turned out, this was not a problem for the Tour proper. Ploughing on into the Medway towns, most of it was fairly forgettable, until the right turn at Rochester, where we departed from the Tour course to pass along the river bank, then up a tricky little climb up on a concrete urban side road, back up to the course. This was the first of many times that those with large double chain rings were struggling, while my touring triple got me out of trouble and enabled me to spin up the slope quicker than most of the carbon flyers. (I've never needed to use the little chain ring anywhere near Cambridge!)

And so on, out of the suburbs under the M2 and into the countryside, where we were much more exposed to the wind. Thankfully, this was seldom a full headwind and unlike Cambridgeshire there were usually plenty of trees and hedges to shelter behind. I'll happily admit to being a complete mercenary when it came to getting onto the tail of any group that I could, and making only token efforts at the front now and again, and usually downhill. I prefer to call it experience rather than selfishness.

The food stops were a welcome break and a chance to talk to one's compatriots: generally I saw the same few people as some would ride quicker for a spell, then I would catch them up, and vice versa. One bloke saw my touring tyres and asked if I did cyclocross. I said no, this was my TT bike, but I hadn't had to stop for a puncture like many others earlier in the ride. There was plenty of free malt loaf on offer, energy bars, water and electrolyte drink, but too much high energy stuff can do strange things to the digestion. I still got through about ten bidon's worth of water though, and it wasn't a hot day.

Most of the time the traffic was not a problem, as the sheer number of bikes ensured that the cars had to give way. It was annoying that most of the cyclists jumped the red lights, as this tended to provoke the car drivers. The worst bits were two spells on the A20, at around pub-lunch time when everyone drives the two miles to the King's Elbows. The cars were sandwiched between groups of bikes, and on the uphill bits were reduced to 10 miles per hour or so, with bikes passing on both sides. Most drivers were pretty patient, as they had been primed by the press coverage of the tour, but a few got fed up with being surrounded.

There was one nasty crash, and I'm not sure how it happened: I only saw the aftermath. I guess that two bikes must have collided, which would not have been difficult in the circumstances, as there were many different speeds and riding styles in close proximity. The guy lying in the road apparently had a broken leg, but as several people had stopped and an ambulance was coming up the road, I carried on.

Much excitement surrounded the category 4 climbs, but to be honest when they arrived I usually didn't know they were the ones until I got to the top. There were plenty of moderate climbs, and I was counting down the miles to the "col du Farthing Common" and was pleased to have my triple again. I hooked up with a guy from Greenwich who was riding at about the same pace for the last ten miles, and I started to look out for Doug as we did the last leg of the ride.

On top of Farthing Common, we turned northwards and the wind, now pretty strong, was behind us. We were doing about 25 mph on the level, which was great on tired legs, but we couldn't resist the temptation to go faster. I saw Doug's unmistakable TC jersey in the distance and we flashed past as he was still rummaging for his camera. Later he told me he had ridden out to meet me, uphill and into the wind, with everyone else shouting to him "Oi! You're going the wrong way!".

Downhill into Canterbury, the speed was up to 35 in places, and I hoped my mileage calculation was right as I wouldn't be able to keep this up for long. There was one T-junction in town to negotiate, but thankfully the police waved us through the traffic so we didn't have to stop. On TV, this junction was barely recognisable as the route was lined with spectators and it was formed into a curve, just as the sprinters were jostling for position for the finish.

As usual with these long rides, I didn't notice the features of the destination, other than the last few yards to the finish. We walked our bikes through the finish tent, and then... it was all over. Literally months of preparation and excitement, and the focus of all my cycling activity since the beginning of the year, it was a bit of an anticlimax really. My total time was just under eight hours, of which 7hr 15min was riding time. After a couple

of phone calls I found Doug in the crowd, only a few metres away, and it was great to see a familiar face. He was much concerned about Sophie's health though, so we got a couple of photos but didn't hang around too long.

Thankfully the lorries and buses for the return to London loaded up pretty quickly, unlike other charity rides I have experienced, and within half an hour we were on our way, in a grimy sweaty mass of riders chatting, eating and phoning their loved ones. Now I needed to ride back to Kingston, only 16 miles but this would be the real test!



Riding through London is not too bad really, as there are plenty of cycle lanes to keep the traffic at bay. Unfortunately, the buses tend to break up the road surface, so the ruts and potholes are deep enough to swallow one's bike. The wind was now a headwind, and the last few miles along the A3 were becoming an ordeal. I stopped for some carbohydrates – my first Snickers bar in about 10 years, which did the trick. My day's total mileage was now about 136 miles – not bad!

I slept pretty well that night and in the morning waved my mate's family (and my god-daughter) off to school, work etc and set off into town on my bike again.

(Charles at the end of the ride)

Thankfully not too stiff, but the legs weren't up to racing the rush-hour traffic. The number of fixers on the commuter run was noticeable, and the congestion charge has really made a difference, for the better I believe. I rode past all my old student haunts, through Fulham and up the King's Road and Knightsbridge (posh, eh?) then onto the prologue course past Buckingham Palace and up the Mall, albeit a bit slower.

By the time I got home, after a pretend day at work, I'd done over 170 miles and... it was all over! It was a great experience though, and I don't think it is an overstatement to say that it was a milestone in my life. The equivalent of a marathon, I suppose, which is one of the rites of passage for the over-40 male. I hate running, anyway.

I'm desperate now to hang on to some of this fitness before my eating habits reassert their grip on my waistline. Some of the training rides are well worth repeating, so I'd like to suggest one or two day rides later in the year for TC, if anyone is interested – watch this space for details. Finally, thanks to everyone at TC, not least Doug, for their support and encouragement throughout the year: it's what TC is all about.

(Well done Charles on your ride and an excellent report....ED)

And Finally!

Tour de Dopes

July 26th ...I just cannot believe the news! It gets worse by the day - First of all they kick out Alexander Vinokourov for failing a drugs test, then Italian Christian Moreni follows suit. Now this morning the news has broken that Michael Rasmussen has been kicked off the tour by his team - Rabobank. The UK press will no doubt have a field day calling for the race to be cancelled for ever etc etc. I feel particularly low about the whole affair, it has put a nasty taste in the mouth especially as we all had such a good Le Tour weekend in Kent. Can cycling ever recover from such a blow as this; it was bad enough after the debacle of the Tour in 2006. Perhaps we should all give up cycling and take up something safe like Morris Dancing!!