



***The official Team Cambridge Newsletter – June 2008***

*(Incorporating Mud Munchers Monthly)*

*(Incorporating Tarmac Terriers Tribune)*

**Thermal Socks**

Cyclists are notorious watchers of the weather. They turn up at races discussing cloud cover, wind direction, rainfall. They ask how will the heat affect my time? Has the rain washed the grit to the side of the road? Are those black clouds heading this way?

Over the years I have realised that us time keepers are just as bad, possible even worse. I have reached the point where I now try and calculate the temperature to the nearest degree at the start of the race and at the end in attempt to work out the temperature drop and the resulting hypothermia.

I find I then have to sort out an appropriate wardrobe for the evening. Now I can see all you men



reading this sitting thinking 'Wardrobe!! What's she think this is a fashion show!' However when I say wardrobe, what I actually mean is 'How many layers do I need to wear to remain in contact with my extremities?'

So far this season I have been able to time keep in ordinary clothing like a skirt and t-shirt, but there have been far too many occasions when I have had to resort to at least two layers of trousers as well as t-shirt and jumper and fleece and waterproof/windproof coat. Oh and hat and scarf! Even then the feeling was only just returning to my fingers and toes as we arrived

home. I did suggest the club kitted the timekeepers out with thermal socks but I don't think I was taken seriously. Maybe I need a hip flask (just a wee dram) to keep the cold at bay.

I watch all the cyclists go out with your leggings, arm warmers, jackets, hats, overshoes and gloves and then reflect that you have all that kit on and you're moving to keep warm. We timekeepers have to stay in the same place. Maybe at the next committee meeting I'll put in a request for a see through, windproof, waterproof, moveable shelter, something along the lines of.....a gazebo! I'm not sure what the committee would make of that though. Thermal socks it is then!

By Colette Millard.

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## Sardinia 2008 Sue and Tony Clarke

When we mentioned at the club room that we were going to Sardinia, Doug told us that he had worked there for several months setting up a radio system. We saw a large number of aerials but only one was painted in Team Cambridge colours and none had DP on them. I had expected to see his works identified by his initials at least.

We were there as part of a 19 person CTC tour led by Maurice and Anthea Truby with whom we had been away many times. We have also toured with everyone else in the group except one lady so it was just like meeting old friends with no need to try to remember everyone's names as happens when the group is a new one.

We travelled with Ryanair who will take a maximum of 15 bicycles on one aircraft so part of the group flew out on Sunday and the remainder on Monday. The arrangement was similar for the return. Being Ryanair, the flight was at 06.15 with a check in at 04.15 at Stansted so we decided the best thing was to ride down late Saturday afternoon and spend the night on the benches in the terminal. This did give us the opportunity for our final decent beer and a meal in the Cock at Molehill Green before pedalling the last couple of miles before darkness settled. We did not sleep very well but we still think it was the best option.

We met up with our part of the group and after an uneventful flight we arrived at Alghero and went for an exploratory ride. We found our first nuraghi which are liberally distributed over the island. They are collections of stone buildings in the shape of a windmill and were used for living in and defence. They appear similar to the Scottish brochs in my opinion.. As a result of being built in 1500–1000B.C. there is not a lot left of some but a few have been restored. Each group consists of 2–3 large ones presumably for defence surrounded by a large number of smaller ones used for living.

Our first full day was a ride to see some caves which we were guided round. The road finished on top of a 115 metre cliff and we walked down the steps to the sea level grotto. The harder bit was climbing back up afterwards. It is possible to take a boat trip from Alghero which saves the climb but this was cycle tour. By the time we got back to Alghero the rest of the group had arrived.

Our departure next morning was marred by continuous light rain for a fairly long climb and descent but it stopped by lunch time so we could picnic in Romana where we examined some murals. Nearly every village has at least one and they are often comments on political matters. The artists paint directly on to the house walls and they often extend to roof height. Most have been painted in the last few years.

The rain was the last we saw until almost the end of the second week but it did mean that the bikes were absolutely filthy for the rest of the tour. We were slowly progressing to the east of the island on very quiet but hilly roads. I do not think we found a flat road after leaving Alghero. The climbs were not enormous but we were quite tired by the end of most days despite the relatively low mileage as the undulations were incessant and we were carrying our own luggage. The hotels were very friendly and comfortable and the meals usually consisted of a pasta course followed by a meat course and usually a sweet or fruit. The wine and water usually flowed liberally too. I think I ate more meat at some meals than I do in 3-4 days at home. We only had pizzas on one evening and that was because we went to a restaurant and requested them. I suppose it is difficult to cook pizzas for 19 people.

Once we reached the east coast we travelled through a beautiful National Park before heading west to Alghero again. The island is very popular with German motorcyclists who travelled round in large noisy

groups but most of the time the roads were very quiet. There were also many cyclists of all types from locals out training on stripped bikes to foreign tourists like ourselves carrying their luggage.

We saw a lot of very colourful flowers along the roadsides and also many different types of birds. There were lizards and also snakes which generally slithered away as we approached but several snakes had been squashed by cars.

As we arrived in one village we encountered a religious celebration of Pentecost. A group of people walked to a couple of altars made of sheets with various artefacts at the road side. Several houses also had sheets hanging from upstairs windows. It must be a local custom. We visited several churches during the trip which were relatively plain for the Catholic religion but it was nice to find them open so we could look around.

The worst day was three from the end when we woke to rain and the prospect of an 800 metre descent to sea level. The cloud was very low as well. We descended a fairly gentle slope through very poor visibility with the brakes just about holding our speed. We stopped for elevenses in a bar but the rain seemed very reluctant to stop so we carried on down to Bosa where we booked into a Diffuse Hotel. The proprietors had bought several blocks in various parts of the old town and converted them into very nice rooms. The remainder of the old quarter was being gradually restored and there was a great deal of building work going on. It seemed strange that it had been left to deteriorate for so long but now a lot of effort was being put into renovation. The rain did stop in the evening so we were able to have a look round.

It was then time for our final ride back to Alghero and time to pack up the bikes ready for our return flight. It had been a very enjoyable holiday leaving us with many memories and certainly worth repeating.

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**Editors Note** I made two trips to the island during my time as a communications engineer. The radio system that I was involved with was for the equivalent of our Forestry Commission. It was used for spotting/fighting fires throughout the country. I always thought as I drive round from mountain top to mountain top that it was an ideal place for cycling. My thanks to Tony & Sue for an interesting report.

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A Nuraghi



A mural

## Tarmac Terriers Tribune

### Fenland Clarion 10m TT May 17th

Only Trevor Kimber from TC on the start sheet for this event out in the fens, but his time of 25.08 was good enough to earn him 17<sup>th</sup> position. The event was won in 22.21 by Neil Coventry ([www.aaiskoviner](http://www.aaiskoviner)) Interesting to note that the host club had over 30 riders on the start sheet.

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### Finsbury Park CC 50m TT F1/50 June 8<sup>th</sup>

A misty and chilly morning, which cleared up just as the event was finishing. Ian Cammish was the event (Planet X) winner with a time of 1.45.40 while Tony Clarke finished in 2.13.29. He was followed by Sue getting 2<sup>nd</sup> place in the ladies section and also fastest lady on standard with her time of 2.18.56

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### Victoria CC 10m TT E1/10a June 14<sup>th</sup>

A fairly nice morning with a cross wind blowing over the course. A good day out for the club with Alan Kidd, Tony & Sue Clarke taking first prize for team on vets standard. Alan rode the course in 24.25, Tony completed in 27.24 while Sue did 28.48. This also gave her the award for 1<sup>st</sup> lady on standard. Trevor Kimber also was at the event he did the 10 miles in 26.09. The event winner was Ben Instone [www.scientific-coaching.com](http://www.scientific-coaching.com) with a time of 21.20

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### A poem by Anon

A keen photographer Doug,  
On his bicycle went for a chug  
He raced after Sam  
But got in a jam  
And ended up needing a tug.

Our excellent cyclist Si  
went on holiday so he could try  
out his new bike.  
He went for a hike  
Around Derbyshire, climbing so high.

The start of the season went well  
Trev went like a bat out of hell.  
Then Alan got fitter  
And went that bit better  
And everything's back to normell!!

Charlie wears long distance gear  
He tackled a tour stage last year  
He arrived at the end  
Doug said "Do it again?"  
"What now?" said Charlie "Oh dear!"

The Clarkes ride in sun and rain  
They ride bikes again and again  
On holiday too  
You'll never guess who  
Rides in China and Italy and Spain!

(For very old members - just a hint of **LJH** in that)

## Team Cambridge - Club Events.

With eleven events gone at the time of writing, the races have been fairly well supported so far this season. The weather has been reasonable if not cold on some evenings

**May 14<sup>th</sup>** Back to Newton for a two lap circuit race, Alan Kidd taking 1<sup>st</sup> place 29.47 followed by Trevor Kimber 30.04 Kevin could not make it on time to accompany Sam around the course. Half way round Paul Millard and I swapped places he went off with Sam (who was leaving me behind on the hills) and I stayed behind Peter for the rest of the race.

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**May 28<sup>th</sup>** This saw the return to the Bottisham course for a further three events, the weather had resorted to its normal – cold and bleak. Alan once again collecting ten points for his efforts in 24.09. Katy Parker was only a few seconds short of a PB and Juvenile girl course record.

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**June 4<sup>th</sup>** This was the first of the club 2008 championships to be held and was for the 25 mile trophy. There were 20 riders on the start sheet for the two lap circuit base at Bottisham – Stetchworth. It was a bright sunny evening, with little wind. Alan Kidd maintaining his peak performance won the club event in 1.01.40. James Hawkins (CUCC) did the ride of the evening in 57.29 followed by send claim Nick Jackson (CCC) in 58.36. The juveniles had a night off Sam was in France with her school. Yellie, Peter & Katy assisted the time keepers, after riding round the course in the opposite direction. Colette Millard and President Parker maintained their usual 25m tradition!

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**June 11<sup>th</sup>** Another of the landmarks in the events calendar, today's event being the Ron Edwards Memorial race. For those of you who never knew or met Ron he joined the club shortly after our



formation, and became one of the main stalwarts. He was always there with a joke and spent a lot of time looking after the youngsters. (We had a very large amount of juniors at one time) Ron & I used to train and race together especially in cyclo-cross events. One of the things he became famous for, was one Monday evening Ron & Kevin Parker were stopped by the police for overtaking a learner driver in Cottenham High Street, clocked at more than 30MPH! Ron was presented with the clubs highest honour of Life Vice President, the only person to receive it so far!

Sadly he passed away a few years ago after contracting lung cancer. The event was won by Allan Kidd with a time of 23.42 followed by Trevor Avis with a time of 25.16 Simon Denny was in third slot with 25.52

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## Club Clothing

Some of the new members have been inquiring about club clothing. I sent out an e-mail last week regarding and have received only one reply so far. I hope an order will go off next week, So if anyone else wants a racing or training top please let Pauline know by Wednesday 25<sup>th</sup>.

Or telephone 01954 780470

## Team Cambridge Family Summer Social

The Team Cambridge Family Summer Social will be held on Saturday July 19<sup>th</sup> from 3.30pm onwards at Doug and Pauline's at 13 Colesfield Longstanton.

The cost, inclusive of food and drink, will be £8.00 for adults and £4.00 for children. Under 5's are free! Please reply by Wednesday **25<sup>th</sup> June**

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**Team Cambridge Summer Social  
July 2008**

**Saturday 19<sup>th</sup>**

Name: - \_\_\_\_\_

No of adults @ £8.00 \_\_\_\_\_

No of children @ £4.00 \_\_\_\_\_

Total £ \_\_\_\_\_ (Cheques payable to Team  
Cambridge)

Reply by Wednesday **25<sup>th</sup> June** to:-

Pauline Parker  
13 Colesfield  
Longstanton  
Cambs  
CB24 3BW

Tel 01954 780470

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### **Cycle/camping Weekend**

Nearly one year on and people are still talking about the camping trip to Kent, when 25 of us from Team Cambridge went down for the Tour. A good time was had by all (apart from Tony and Sue who did not enjoy the actual tenting bit). There have been several hints about doing something similar again.

It is far too late to think about doing anything this year as it takes a lot of planning. The first and most important thing is to find a suitable camp site that will put up with a lot of noisy cyclists. It will be very hard to find somewhere as accommodating and easy going as Blossoms. But if people are interested we will start scouting around for a site, possibly in the Norfolk or Suffolk area, for a weekend next year. It will have to be decided whether it's for road or off road bikes. Your comments would be appreciated.

Pauline.