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TEAM CAMBRIDGE



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The official Team Cambridge Newsletter – May 2008

(Incorporating Mud Munchers Monthly)

(Incorporating Tarmac Terriers Tribune)

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Alan Kidd back to winning ways in club events

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Alan Kidd

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Forth Coming Events

Summer Social July 19th at Longstanton (full details next month) **JUST MAKE A NOTE OF THE DATE**

Team Cambridge Open 25m TT April 19th

Another brilliant Alan Kidd production, marred only by some miserable so & so complaining about the parking of some of the riders, resulting in some parking tickets being issued! And that is in a country lane with no parking restrictions. The morning started off dry but with a bitterly cold easterly wind blowing straight over the course. The riders flew out to the turn and had to slog all the 12.5 miles on the way back. With over 46 entries on the start sheet there was surprisingly very few DNS's, there was however one very unlucky DNF – Dave Jones (Cambridge CC) who ran into the back of a stationary post office van resulting in him being carted of to Addenbrookes Hospital. Luckily he did not sustain any major injuries and was sent home later that day. Alan's start sheet like all start sheets emphasis safety is more important than performance. The overall winner was Andrew Sprackland of Cambridge



Event winner Andrew Sprackland

CC, the first lady was Helen Boatman of Finsbury Park CC. The field was split into four categories with a prize awarded to the winner of each group, Tony Clarke was lucky enough to win his group and collect the £10 prize. There was no rider under the hour for the event, everyone was saying how hard the conditions were, and most riders' times were their worst for a few seasons. Back at the race HQ the hot drinks went down very well, as usual Betsy had produce an enormous spread which was gratefully appreciated by one and all.

Club riders times were:-

Alan Kidd	1.05.59	Steve Keogh	1.20.07
Tony Clarke	1.12.27	Sue Clarke	1.17.57
Jeremy Greer	1.16.08		

Alan would like to thank all the helpers, marshals, pusher offers etc that contributed to make this another successful Team Cambridge production.

Some of the club riders in action.





Nick Jackson



Tom Platts (1st Espoir)



Once again there was no team prize awarded, if there had been then it would have gone to the Cambridge CC trio of Nick Jackson, Tom Platts and event winner Andrew Sprackland.

Dave Jones seen here minutes away from disaster!!

Road Racing Rascals

While a lot of members have been turning out in Time trials week after week, our intrepid juveniles have been representing the club at more road races. Two of them lined up at the White Webb's CC closed road event at Dunston near Basildon. First of all Yellie, (Danielle) Parker was credited with 1st place overall in the U10 race presented with her £4.00 prize money only to be told that she was only 1st girl in the event, so had to hand back half her prize money. Yellie was aware that there had been a mistake and had no qualms about giving it back (Granddad gave her the extra to make it up) this means that Yellie has had four positions in five events!!! Katy Parker rode well in her event and she was awarded her prize for 1st girl in the U14's. Sam was DNS as she was feeling unwell.



All the juveniles at the start of the events

Unfortunately no other photographs were allowed to be taken (Bah Humbug)

Tarmac Terriers Tribune

CC Breckland 25m TT 12th April

On a bright and breezy morning the successor to the tour of Breckland took place. Two club members on the start sheet, Simon Bowden riding his very first open 25m TT finished in 1.06.26. Meanwhile Trevor Kimber produced his fast ride over the distance taking a further 28 seconds of his previous PB with a time of 1.05.31. P.Balls of West Suffolk Whs won the event in 57.39

Lea Valley 25 (Medium Gear) E11/25 April 13th

It was another cold April morning with a rising head wind on the return leg. Only Tony & Sue Clarke from the club on the start sheet. Tony's time of 1.08.31 was nearly 12mins short of the overall winner R.O'Rourke (Flitch Crono) who did a 55.47. Sue managed to take 2nd lady slot in 1.14.13.

Stowmarket & Dist CC 21 mile TT 19th April

Only Trevor Kimber from Team Cambridge entered this event, in fact there were very few local riders on the start sheet. Trevor rode the course in 54.33, the event was won by Andrew Leggett of the host club in 46.14.

St Ives CC 10m TT N1/10 26th April

S.Barker won this event in 22mins dead on a windy day, very fast out but a grovel on the return leg. Trevor Kimber was the only club rider and his time was 25.28.

Colchester Rovers CC 50m TT 27th April

A breezy but dry morning and one of the first 50's of the season, which was won by P.Smith (PCA/Gocos) in 1.57.34. Trevor Kimber was the only club rider, and was well pleased with his time of 2.16.30

Cambridge University CC 10m TT E3/10 26th April

At last a warm and sunny day for racing, but there was however a brisk southerly wind blowing over the Bottisham course. This event which was ably promoted by CUCC was also combined with the British Universities S.A open 10m championship. The first event of the afternoon was for the ladies, Sue Clarke producing a time of 28.37. Tony Clarke off at No 7 returned in 27.13, while Alan Kidd did a 23.55. Second claim Nick Jackson rode a creditable time of 23.00. Meanwhile Michael Hutchinson produced the best time of the day with a time of 19.50! At the time of writing it is not sure if this is a new course record.



VTTA 10m TT B10/38 27th April

Another event on the A14 on the section from Rougham to Woolpit, it was reported that it was a fairly warm morning with a southerly crosswind blowing over the course. With three club members on the start sheet only two faced the timekeeper. Sue Clarke decided to withdraw due to having a very heavy cold. Tony Clarke said it was just not a fast morning and produced a time of 26.55, meanwhile Trevor Avis completed the 10 miles in 25.07. The event was won by Peter Balls (West Suffolk Wh) in 21.29

Cambridge CC 10m TT F2A/10 3rd May

A brand new course being used for the first time which has the potential of being one of the fastest of the local courses, although it was reported that it wasn't so fast on the day due to a strong easterly wind blowing. Four Team Cambridge riders faced the time keepers Alan Kidd once again producing the best time for the club in 23.59, followed by Trevor Kimber with a time of 24.45. Tony and Sue Clarke finished closely in 27.03 and 27.26 respectively. Local Man Michael Hutchinson (In-Gear Quickvit RT) set the standard with a course record of 19.11, a time which will probably stand for quite a while.

Shaftesbury CC 10m TT E2/10 10th May

120 riders on the start sheet to ride what is undoubtedly the fastest course in the area. Michael Hutchinson (In-Gear Quickvit RT) shattered the course record producing a time of **18.26** leaving the rest of the field standing! The only exception was probably Ian Cammish (Planet X) who rode the 10 miles in 19.41. Alan Kidd off at No2 came back in 21.47, (the leading time for the Cambridge Hi-Fi trophy so far this season) meanwhile Trevor Avis produced one of his best times in 11 years with 22.37. Tony Clarke managed to get a ride thanks to the reserve system and did a time of 24.34.

Norland Combine 30m TT F1/30 11th May

At last summer has arrived in the UK; this was one of the hottest days of the year so far. Tony Clarke finished in 1.18.44, Sue Clarke did a 1.21.25. 1.09.56 was the time that Alan Kidd completed the 30 miles. Ian Cammish (Planet X) was the overall winner in 1.02.14

Norwood Paragon CC 25m TT 11th May

In an event won by Laurence Harding (www.agiskoviner.com) in 51.17, our own intrepid traveller Trevor Kimber did yet another PB this time by well over 3½ mins with a creditable time of 1.02.08.



Team Cambridge Club Events.

After a shock defeat in the first event of the season, Alan Kidd was back to the winning ways in the next four events.

16th April - On a bitterly cold evening on the E3/10 course at Bottisham he was over a minute faster than second placed Simon Bowden followed by Trevor Avis and Simon Denney. A full list of results can be found at www.team-cambridge.co.uk

23rd April – Another cold evening which saw a marked improvement in most of the riders time gave Alan Kidd another 10 points in the TransMedia Shield competition, followed once again by Trevor Avis and this time Trevor Kimber. The three juvenile members all produced PB's with Katy Parker setting a new juvenile girls record for 10 miles in 34.18!! This is good enough to qualify for a gold standard medal.

30th April – The club moved over to the F14x/10 course at Barton for the next two events. Only 12 riders reported to the two time keepers, Colette Millard and Pauline Parker who attend every event in spite of the weather. Once again it was not the warmest of evenings which probably accounted for low turn out of riders.. Alan, Trevor (A) and Simon (B) took the first three positions.

7th May – twenty five riders on the start sheet nineteen of which were Team Cambridge members. With so many riders we will probably have to think about amending the points system so that the lower placed riders in the TransMedia competition get more than one point for their effort! Alan Kidd again taking the full 10 points.

Some of the club riders



Peter (AKA The Twiglet)



Katy Parker



Sam Parker



Simon Bowden



Dave Earle



Le Stick

The following item was sent for publication by Chris Willmetts.

Beer - to drink or not to drink? that is the question.

Recently I read that following a time trial win on the penultimate day of his seventh Tour de France triumph, Lance Armstrong was asked how victory tasted. "Like a cold beer in 20 minutes," he replied. I'm sure if this is an accurate quote this must have been said somewhat tongue in cheek! Even so a beer giving carbohydrate replenishment and vitamin benefits might seem like a good idea after a race or hard training session; but does it do more harm than good?

Alcohol is a diuretic so its use as a post-exercise re-hydration fluid would seem not to be advisable. But beer is mainly water and a study at Loughborough University which tested different strengths of alcohol as well as water found that the diuretic effect of alcohol only became significant at concentrations of above 4%. However, the majority of real ales are above this!

As far as nutrition is concerned beer has good and bad points. The calorie content of beer makes it seem a good glycogen replacement. But most of the calories come from the alcohol, which is not a carbohydrate and is stored as fat rather than used as a replenishment of energy stores. The body processes alcohol first, before fat, protein or carbs. so drinking slows down the burning of fat caused by exercise. Many beers still contain about 4g of carbohydrate per 100ml serving, which would seem a reasonable level when compared to an average sports drink with only a couple of grams more. Beer is good for the B vitamins and some trace elements (calcium, phosphate, magnesium and potassium) but most other vitamins are destroyed during the making of the beer. With regard to protein, a recent study in Holland discovered that beer can boost concentrations of vitamin B6 in the blood and help to process protein which aids muscle recovery. But the level of protein in beer is not high enough to be listed as a protein food!

So it would seem that if you're going to sink a few pints after a race, eat something and maybe drink some non alcohol based liquid as well; otherwise your recovery rate will be a lot lower than you would like.

New Members

Welcome to three new first claim members, first of all to Andrew Graham who joined us after turning up to watch us race at Newton. Next comes Stuart Fields who is a friend of Charles Tallack. Last but not least is Bjorn Krylander who in turn is an acquaintance of Stuart.

Team Cambridge Photographs

Most of you are probably aware that I spend most of my time taking photographs at events, (a lot easier than riding behind 12 year old granddaughters) Just to remind you that these can be found as per:-

Team Cambridge 2007 events www.virginmediaphotos.co.uk/albums/6946177

Team Cambridge Open 25m TT www.virginmediaphotos.co.uk/albums/8048188

Team Cambridge 2008 events www.virginmediaphotos.co.uk/albums/8037621

The links are also on the Photo Gallery on the club website. All photographs are only email/web quality, but if you want a higher quality copy just ask.

New Form Indicator for the website

There is a new form indicator for the results page on the website. When you improve on your best time in a Club event it will be marked with an asterisk *.

Go to the website and see who is in form! So far this year we have had 25 time improvements, are you one.....

Man Survives Peak District Mountain Biking Part 1 (By Simon Bowden)

I happened to mention to Jeff that we'd booked a cottage in the Peak District for the second week of the kids Easter holidays and he asked if I was taking my new Stumpjumper with me as he reckoned the Peak District was the ideal testing ground. Up to that point I hadn't considered it as it was supposed to be a family holiday but And independently suggested I take New Bike so I started looking into possible routes. The cottage was in the village of Shatton in The Hope Valley and it turned out to be ideally located. I ordered an annotated map from bikemaps.co.uk (Peak District: Ladybower, Castleton and Hope) and found some more routes at mountainbikerides.co.uk then after the usual mucking about worrying about New Bike's paint job as it was strapped to the back of the car we set off.

For my first ride I looked at the bikemaps excellent annotated map. It listed 3 routes of varying hardness: Mardy Bum (14 miles), Pain For Pleasure (14 miles) and Rawhide (30 miles). Of course I immediately decided I was up for 30 miles of Rawhide ("you're gonna need gorilla legs, elephant lungs and the stamina of a wild boar!") but when I checked the route description the guide time was 5 to 10 hours which was incompatible with marital harmony. I also thought that 5 -10 hours had to be wrong as at Thetford we can do about 25 miles in just over 2 hrs (ha ha ha, first hollow laugh) so I could probably knock it off in about 4 hours which I was sure would be acceptable. Fortunately the map showed lots of possible variations so if I was running out of time I'd be able to cut the ride short.

I decided to go out on the Monday just when And's Mum was due to visit so I could combine the ride with some in-law avoidance. The day dawned bright and sunny so conditions were perfect, unlike my preparation as I attempted to pump up the tyres. I'd left the presta adapter back in the garage and the pump wouldn't fit. Nevermind I thought, there seems to be enough air left over from WS4 and besides I can't remember the last time I got an MTB puncture so I won't need a pump (ha ha ha, second hollow laugh. I'm going to stop putting them in now because there'd be too many. Lets just say I was a bit naive about this proper mountain bike lark) and besides if I got into serious bother I could always call And to come and pick me up.

The route went right past the cottage's front gate and straight up Shatton Moor, quickly gaining 650 feet to the radio mast at the top. I was a little bit apprehensive, as I didn't want to be seen walking up the hill so soon after the start but in the end New Bike's low gears meant I could twiddle my way up. The map marked the climb as a grade 3 "Lungbuster", God help me on the grade 4 climbs, labelled "I could ride but it's faster walking, honest!" After the mast I stopped as I was confronted by a scene reminiscent of the Somme and was forced to carry the bike 100 metres past ruts and pools of mud. It was at this point that it dawned on me just how muddy I was going to get although maybe it wouldn't be as bad as WS2. I didn't mind though, the sun was shining and the views were magnificent and I was starting to enjoy myself. The map kept me on track and I was pleased to say that New Bike kept me upright. As I descended Pin Dale towards Castleton I gained confidence on the rocky tracks (new mantra: "momentum is your friend, momentum is your friend...") and whooped with the sheer joy of it.

After Castleton I was heading up to Mam Tor so I followed the old road beneath the collapsed face of the 'shivering mountain' that was closed years ago due to land slides. It's quite steep and particularly at the top looks like there's been an earthquake. It brings you out onto a great viewpoint near the Blue John mine then it's on the road to Mam Tor where you have to carry your bike up the final steps to the summit. The easy road access to the top meant it was quite busy and the ridge was full of

walkers, so after a quick picture I set off towards Hollins Cross. The ridge path is actually a wide pavement built to stop erosion but with so many people around I couldn't go fast, even so, parents were grabbing their kids out of harms way and giving me filthy looks.

I stopped at Hollins Cross to contemplate the descent. In my mind I'll always associate that descent down to Edale with some sort of mountain bike nirvana that I'd attained when I descended it in a previous existence (Before Kids, so at least 12 years ago). That day it was the last section of the ride and the exhilaration put a big smile on my face. Today I was worried it wouldn't live up to the memory and it didn't start well as I immediately dropped into a rut and went over the handlebars. I lowered my saddle and tried again. The path was deeply rutted and muddy and I have to say it was a little disappointing.

Once I hit the road a couple of miles brought me to the bridleway leading up to the Roman Road. As the path rose and fell I misjudged one loose gravel corner and fell off, landing with my knee on a pointy stone. As I hopped about I consoled myself with the thought that it would make a nice bruise to show off. As I reached the Roman Road I disturbed a couple taking in the view (that's not a euphemism). The bloke heard me coming, jumped up and opened the gate for me and we exchanged a few words on what a great day it was. This contrasted rather sharply to the three men I met a few hundred metres further on. "Beautiful day isn't it?" "Yes." Did they want to add anything else? Apparently not. I decided to keep to the suggested route and not to try and get up to Win Hill so I started the descent back down towards Hope and home. At this point I wasn't too muddy but unfortunately that state didn't last as I went through a mud pool and came to an abrupt stop, falling sideways in slow motion and ending up coated in mud. The rest of the descent made up for it as it became more like a streambed and New Bike handled the rocks with aplomb.

When I got back to the cottage I'd taken about 4 hrs and only ridden half the Rawhide route so I guess the people at bikemaps know what they're talking about when they say 5 – 10 hours. I'd certainly recommend the bit I did ride. The day had obviously been very different to the sort of riding we get at Thetford, not that that isn't fun, but today's ride had an element of adventure that you don't get at home and it made me curse the geography of East Anglia. Maybe there's scope for a Team Cambridge trip Up North.

Man Survives Peak District Mountain Biking Part 2

For the second ride I chose a trip over to Hayfield via Rushup Edge, where I'd seen quite a few paragliders on my previous ride, and to return home via Edale valley having descended Jacobs Ladder. This time And was off to St Helens to see her Dad so once again I was avoiding in-laws and shirking parental responsibility. I was probably going to burn in Hell but I didn't care, there was no turning back. Well I nearly turned back immediately after I tried to change gear and pulled the cable through the lock nut on the rear derailleur. Fixed it. A bit further on the cranks started creaking but I ignored them.



I headed on up the valley to retrace my steps up to Mam Tor. As I neared the top on the road near the summit I saw I'd been gaining on another biker and when I turned left onto the Rushup Edge path he was holding the gate open for me. At this height we were now in mist, leaving the sun in the valley bottom. I asked him if he was going over to Hayfield and did he mind if I tagged along – no problem he said but he hadn't been over this route before either. Turned out his name was Pat. A self-employed decorator he'd given himself the day off and driven up from Nottingham. He looked the part with his bomb proof Orange HT and his

big off-road boots (I eyed them enviously and he later told me they were fur lined). We set off along the ridge and met a few walkers emerging from the mist. At the end of the ridge the path descended

back to the road and it's here that the terrain changed to very rocky sandstone grit tracks with big steps! I was cautious but didn't want to lose face with my new friend so picked my way down.

However, while my sense of self preservation is permanently stuck on 'chicken' Pat's was obviously turned to 'No Fear!' and he shot ahead. It was during one of these descents that a rock hit the underside of the down tube with a loud 'ding'. At the time I thought "Now this is proper biking!" but later I found a dint in the frame (I didn't cry).

We stopped to look at the map and I realised I'd lost an hour somewhere, it was taking longer than expected. Pat agreed to shorten the route and we turned right up Coldwell Clough towards Edale Cross just before we got to Hayfield (the original route involved entering Hayfield and going round Kinder reservoir). As we started to ascend we were back in the mist and I was struggling to maintain momentum against the rocks. Reaching Oaken Clough the path got steeper but I managed to keep going, I was a bit worried about stopping as it was getting wetter and colder but for the moment I was steaming with sweat dripping off my nose. In the end though I had to get off and walk part of the way as the path got too rough. Finally we passed the Cross and reached the top of Jacob's ladder where I initially stopped as I couldn't see a rideable path but Pat paused, then quickly set off as he spied a route. I followed him and again let out a shout of joy as Jacob 's ladder lived up to it's reputation as one of the 'must do' rides in The Peaks.



At the bottom we picked up speed on the easy track leading to Upper Booth but as we shot through the village my back tyre punctured and was flat in seconds. Luckily I'd seen a pump attached to Pat's bike so I wasn't worried. I got the tube out and started to pump up the spare but it didn't seem to be working. No matter how hard we tried the tyre refused to inflate. Pat assumed his pump was at fault as like me he couldn't remember the last time he'd had a puncture. In the end we gave up and I told him to get on his way and I'd be OK – the sun was shining again now we were back in the valley and if I walked to the main road I was confident I'd be able to flag down a biker or hitch a lift, otherwise it was about a 7 mile walk back home (at this point And was still miles away). As I walked along I didn't seem to mind my predicament and was actually feeling pretty pleased with myself: I'd just had two great rides and I was really pleased with my new bike (Q. Is it wrong to Love a bike?).

When I finally hit the main road I found Pat waiting for me sat on a bench with his multi-tool out and his pump in bits. Top Bloke! "I was feeling guilty," he said. So we tried again to fix the puncture. This time the pump definitely seemed to be working but the tyre still refused to inflate so Pat dug out his spare inner tube and low and behold it pumped up first time. When I checked my spare later on I found a big hole in it, the shame!

After forcing a fiver on Pat for his tube I said thanks and goodbye again and set off along the road to Hope while he set off up to Hollins Cross and over to Castleton. I made it back to the cottage without any further hitches and vowed I'd be better prepared next time, because there'll definitely be a next time.



Fortunately the mud didn't last



Pat assess the quality of the New Bike