



The official Team Cambridge Newsletter – April 2009
(Incorporating Mud Munchers Monthly)
(Incorporating Tarmac Terriers Tribune)
(Incorporating Rossi’s Review)

Le Stick is 18!!



One of Team Cambridge’s popular junior riders reached a new-milestone when he celebrated his 18th birthday on March 26th. Congratulations Ian from the entire club!!



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End of Hibernation 200km Audax ride 22nd March 2009

Haslingfield Village Hall was a very welcome sight at the end of my longest ride for quite a few years especially as it came after 120km into a headwind.

I decided to ride a couple of Audax events this year as preparation for another attempt at a 12 hour in August. I saw this one advertised in the Cambridge CC magazine and thought I would give it a try. John Jukes has resurrected an event that fell into abeyance following Lucy Rutter's move to Scotland. (Lucy Groves was her married name for those that remember her)

I arrived at the HQ before the appointed time as I had no idea how many riders there would be. I have read about sportives with a field of 5000, this one had 47. I asked whether I could leave early as I am relatively slow. I rode my touring bike as it was cold at first but forecast to get warmer during the day. I therefore needed a bike with a bag that I could put surplus clothes in and also carry some tools as there was no back up.

My early departure proved to be a good idea as the next group caught me for 15 minutes at the first control at Stradishall. I could not keep up with them after refreshments especially as I seem to have no speed resulting from the remnants of a cold so I rode by myself on to the next control at Stowmarket (92km). By this time the westerly wind was getting quite strong and this made for a fairly tough ride to the next control at Finchingfield. The next stretch was across to Hare Street before what I thought would be a nice run with a tail wind back to Haslingfield. Unfortunately, even for this last bit, the wind was a cross headwind so there were no fast bits in the afternoon. I was very pleased to finish with 207.6km (130 miles) done and still 30 minutes before sunset.

The directions sheet was very good and the controls were very quick at serving the refreshments. I think the ride is a bit early in the season and would benefit from being after the clocks change so giving a bit more daylight. I will ride it next year. Anyone else interested?

Tony Clarke



Forthcoming Events

March 30th	Monday evening club runs start from Perne Rd Scout Hut 19.0hrs (lights required)
April 8th	First Official event of 2009 Newton7m circuit 18.30hrs
April 15th	10m TT Bottisham E33/10 course 18.45hrs
April 22nd	10m TT Bottisham E33/10 course 19.00hrs
April 27th	Cheese & Wine Evening at Tony & Sue's – Milton. Usual terms & conditions apply!!
April 29th	10m TT Bottisham E33/13 course 19.00hrs
May 18th	Committee meeting Perne Rd Scout Hut 8.30pm
Oct 16th	The Shadows 50 year's reunion concert with some guy called Cliff Richard



Tarmac Terriers Tribune

West Suffolk Wheelers Sporting 21mile TT Sat 14th March BS31R

A windy but very mild March day, saw 60 riders setting off in an early season sporting time trial in and around the lanes of Bury-St Edmonds in Suffolk. With five club members on the start sheet it had to be an early season record. Charles (Champagne) Tallack decided to have a go and entered for his very first Open TT. (well done that man!) The event was won by P.Arnold (API Metro) in 48.04, the best result for Team Cambridge was by Simon Bowden with his time of 55.54. He was followed by TC Quiet Man Trevor Kimber in 59.03. Tony Clarke was next with 1.00.43, then came Champagne Charlie completing the course in 1.03.56. Sue Clarke finished with a time of 1.05.58. On the whole quite a successful day for the club.



Mud Munchers Monthly

A warm April evening saw Team Cambridge's finest (ie Jeff MTBu==a) sat at our club room surrounded by Testers discussing how they could shave another 0.25 of a second off their 25 mile PB, yawn ZZZZZZZZZ!



Suddenly the committee meeting became interesting, off road riding became the topic under discussion.

Having regained consciousness in a flash I am privileged see our esteemed President, Doug Parker, presenting Simon (he came from nowhere) Bowden with TC's most prestigious award, the MUD MUNCHERS TROPHY.

After that things could only get better, further MTB chat resulted in the following request to all members who are involved in the dirty side of cycling.

As there are several events & races through the summer, could all participants please let me (your MTB sec.) know what off road events

(The Exalted One) you intend to participate in, so that I can send out regular emails letting club members know who is doing what & with whom. (That reminds me of a limerick...Ed)

Jeff MTBu==a



Simon receiving the MP trophy



Trevor Kimber with his 'If Only' award



Rossi's Review

At the beginning of April Rossi is now just a few days over 5 months old and weighs in at 25kg!! Rossi's training continues every day; he is doing very well at general obedience, but still has a long way to go with his lead walking, and trying to stay calm when meeting people. That is something that we are trying to work on every day!

He was invited to attend along with many other guide dogs and puppies a fund raising event at the cinema at the old Cambridge cattle market. The film was called Marley and Me which was all about a very badly behaved golden lab dog. Dogs were present throughout the day, Rossi attended in the afternoon with Darcy (one of his colleagues from the puppy class's) I am pleased to report that altogether over £350 was raised for the Guide Dogs for the Blind Association.

Rossi has had his first holiday in the caravan; we had a couple of nights away one weekend, just to try him out before we start using the 'van for longer periods when the summer (?) comes. He took to it very well he settled down into a routine like he had been doing it all his life. He was left on his own a couple of afternoons while we went to visit our neighbours for afternoon tea, we all went out for dinner one evening, Rossi was quite content to sit quiet by himself for a couple of hours.

One good thing about training a guide dog is all the back-up that a puppy walker receives. Pauline has an excellent supervisor who is only ever a phone call away if we have any problems. Another fine service is the association has a system of dog boarders; these are experienced dog handlers who may not have the time to be a full time puppy walker, but offer a boarding service. Rossi has been boarded three times now, two of which were planned, the other being an emergency when we had to travel to Devon for a family funeral. All it takes is one phone call, a very useful service indeed.



Rossi at 'work' in Cambridge

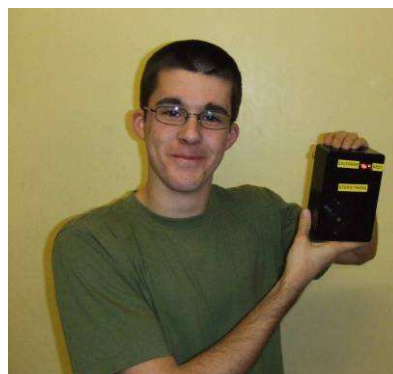


Relaxing in the garden



helping to raise funds

And Finally Sticks Box of Tricks



Well done to Le Stick who designed and built an electronic timer which is used to time intervals at the circuit training. Ian will be going on to study electronics at Sheffield University later this year. (Think I can just about remember Ohms Law....Ed)