



THE  
**SP**  **KESMAN**  
TEAM CAMBRIDGE



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## It was twenty years ago (nearly) today

The front page of the very first The Spokesman in 1989

**THE  
SPOKESMAN  
TEAM CAMBRIDGE**

Edition No.1 February 1989.

Hello and welcome to TEAM CAMBRIDGE we are a new club and as at present very small, but with a bit of help and a lot of support who knows !

The Inaugural Annual General Meeting was held on Monday 9th January 1989 when the following appointments were made:-

Chairman	Nevil Speechley
General Secretary	Gwyneth Speechley
Treasurer	Pauline Parker
Membership Secretary	Doug Parker
BCF Secretary	Julian Stearn
Club Clothier	Gareth Speechley
Newsletter Editor	Kevin Parker

I have agreed to make an attempt with the newsletter but if anyone else would like to give it a go I am more than willing to step aside. The position of Road Racing and Minute Secretaries are still vacant, Gwyneth and Nevil have agreed to cover these positions for the time being.

Club runs are now on. We start from the Scout Hut on Perne Road on Monday nights, leaving at 7.30pm and returning afterwards for a coffee and chat. We have invited MID ANGLIA WHEELERS to share our club room and join us on these training runs. Together then I hope we can help each other in road races. Maybe we could also arrange a Sunday morning club run if anyone is interested.

Club Clothing. We have contacted ALEXA Sports and they have agreed to print our submitted design, (this was done by Gareth, and will look very smart) they are going to send us samples of jersey, shorts etc. if the quality meets our approval we will go ahead and place an order.

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## Mud Munchers Monthly

With 'Bicycle Race' by Queen blasting in Peter's ears, we arrived at the start too late to see the riders set off. This became a problem later when it came to identifying Team Cambridge members, only two of which were wearing the red and yellow team colours. Although the day was grey, it was not a cold one; in fact it was the best day of this series of MTB races.

We chose a spot near the start arena and began to play the game of 'I spy Team Cambridge'. It wasn't long before we spotted the Champion Elect a.k.a. Simon Bowden, who came zooming along the track and even managed to give us a wave as he flew past. We had a bit of a wait before we 'I spied' Paul, followed by Charlie (minus his champagne) and then it was hunt Mark Tallack, our newest Team Cambridge rider and Le Stick, who chose to confuse us by wearing plain red!

Having seen all club riders through once, we decided to move to another spot to take photographs. Peter chose a spot in amongst the trees to take his photographs, using his newly acquired camera (watch out Papa Rat See). However he didn't quite take into account his restricted view because of them, I chose a slightly clearer view.



Again it was Simon we saw first, and again he came flying past, we could already see the trophy with his name on it. Many other riders emerging from the trees came puffing and blowing, but not the champ! We managed to spot all of our riders, even Mark (we think-although it wasn't easy as there were lots of riders in blue tops), we did cheer a rider on so if you heard us cheering you Mark at least we got the right one! Once Ian had gone past we hot footed it back to the finish line to see all the riders finish (apart from Simon, who managed to complete his third lap before the two hours was up and went on for a fourth lap).

We did get stopped by a bloke asking if the two hour leaders had gone through, when I said I didn't know he even started to describe their colours! Only a full field of 600 riders and he expected us to spot 2 of them!



Peter had an enjoyable day playing Team Cub photographer and spotting team members, most team members seemed to enjoy themselves, though Charlie did say the last two miles were hard going, Simon even finished his fourth lap with a beaming smile and seemed to have the energy to go round again. Four hours next year Simon!

Congratulations to all team members for completing the race but especially to the new champion, Simon Bowden. Anyone wanting technical information needs to see the website, not this article, we're not techies Peter & me!

Report and photos by Colette & Peter Millard





Here is the final result of the Team Cambridge MTB 'Most Prestigious'

Pos	Rider	9-Nov-08	7-Dec-08	22-Feb-09	Total
1	Simon Bowden	20	20	20	60
2	Charles Tallack	19	18	18	55
2	Paul Millard	17	19	19	55
4	Kevin Parker	15	16		31
5	Jeffery Bushrod	18	No MTB?	No MTB?	18
6	Jeremy Greer		17		17
6	Mark Tallack			17	17
8	Steve Laurie	16			16
8	Ian Millard			16	16

All that remains now is the presentation of the 'Most Prestigious' trophy to Simon! at a location and date to be decided ASAP.

### Rossi's Review

We meet a lot of people while out and about with Rossi 99% of which approve of what we are trying to achieve, just occasionally there is the murmured comment 'dogs shouldn't be allowed in shops' etc. What they don't realise is that a guide dog needs this early training. In his last review I mentioned about his improvement in lead walking. This took a major setback with the advent of all the bad weather; he found it very difficult coping with all the snow and ice. We were also very worried about him cutting a pad on the ice (our very first GSD did this and it took months to heal) I'm pleased to report that Rossi is getting it together once again, he and Pauline had a long training session in St Ives recently with Leigh (the Puppy Walker Supervisor.) The result being he is now beginning to walk a lot better and calmer, it all takes time and we tend to forget that he is still just a puppy. Rossi excels at general obedience, although some days he decides that he won't do a down or will take his time about it. Rossi can be put into a 'wait' or 'stay' and Pauline can walk out of his sight (I keep my foot on his lead in supermarkets and shopping malls) he will not move until told to do so. In a garden centre when it is not so busy I will stand near him but he is on his own while he does his stay or wait, we have every confidence in his ability!



Rossi 'Sit'



Rossi 'Wait'

Since the last Rossi Review he has visited Addenbrookes Hospital, a dentist, done a few rides on the park & ride bus, and started free running. For further information on Guide Dogs [www.guidedogs.org.uk](http://www.guidedogs.org.uk)

## DENIA 2009

Oh dear, we thought as the alarm went off at 12.30am after 3 hours sleep. This is worse than midsummer time trials but we were sure it would be worth it as we drove to John Lumber's in Hauxton ready for the coach pick up at 1.45am. It would take us to Gatwick for our annual month's escape from much of the British winter. There were 9 of us from the Cambridge area and we met most of the rest of the party at the airport. Some were travelling from other airports and there would be 15 from Bournemouth travelling a couple of days later making a total of 39.

The Saga reps. were expecting us when we landed at Alicante and the van was ready to take the bikes to Denia. A hassle free journey got us to the hotel in time for lunch. We then assembled the bikes and went for a test run along the beach side road to the café at the other end for a coffee.

We separated into smaller groups each day for the rides. A couple of people did more walking than cycling. There was also a harder riding group that went for 50-80 miles each day and another that went for a shorter flatter ride. You could choose which group you wanted to ride with each day. It is very informal. Denia is surrounded by a semicircle with a radius of 15 miles of flattish roads mainly through orange groves. The roads then start to climb and get steadily higher the greater the distance from the coast. The early hills rise to 5-600 metres but for longer rides it means climbing to 7-800 metres but once in the hills the traffic becomes almost nonexistent. Most of the roads are fairly well graded but some of the little lanes in the hills tend to undulate quite severely.



We had a week of quite strong winds which resulted in the hard group not doing some of the planned longer rides as we made such slow progress despite trying hard. There was even one day when the wind was so strong that only one person went for a ride. It was difficult to walk against it. There were roof tiles and branches blowing around and we even saw a table and chairs blow out of a side turning and straight across the main road!! The weather was generally cooler than previous years so we only rode in shorts a few times but it was so much better than home.



The hotel provided full board with a **free bar** for 13 hours per day!!! Consequently we did not need much spending money. Foil and bags were provided so that we could take food from breakfast for lunch. Bars in Spain are quite happy for you to eat your own food so long as you buy a drink so all we spent was for a coffee in the morning and a beer at lunch time and maybe another mid-afternoon.

All too soon the holiday drew to a close and we had to hope that we would get home OK as the TVs were showing shut airports and piles of snow in England. In the event we were lucky to be travelling on the only day that week with no travel disruption and we arrived home on time. I did almost 1500 miles and Sue about 1200 miles. The first few days at home provided a major contrast and I even used the turbo trainer twice as conditions were so bad.

Report by Tony Clarke

## 20<sup>th</sup> Anniversary Events List

Here is a list of events for 2009, don't forget to pick a date when you wish to volunteer to act as marshal.

<b>Date</b>	<b>Time</b>	<b>Course</b>	<b>Location</b>	<b>notes</b>
8 Apr 2009	18:30	E2/07	Newton	Circuit Series <b>1 Lap</b>
15 Apr	18:45	E33/10	Bottisham	
22 Apr	19:00	E33/10	Bottisham	
29 Apr	19:00	E33/13	Bottisham	Circuit Series
6 May	19:00	F14x/10	Barton	
13 May	19:00	F14x/10	Barton	
20 May	19:00	E3/11	Duxford	Circuit Series
27 May	19:00	F2/10 CAM	Hardwick-Cambourne- Madingley	
3 Jun	19:00	E33/25 club	Bottisham	Championship 25
10 Jun	19:00	E33/10	Bottisham	Ron Edwards Memorial
17 Jun	19:00	F2/10 CAX	Hardwick-Caxton Gibbet	
24 Jun	19:00	F2/10 CAX	Hardwick-Caxton Gibbet	Championship 10
1 Jul	19:00	E2/07	Newton	Circuit Series <b>2 laps</b>
8 Jul	19:00	F14/25	Barton	Handicap 25
15 Jul	19:00	F2/10 CAX	Hardwick-Caxton Gibbet	
22 Jul	19:00	F2/10 CAX	Hardwick-Caxton Gibbet	
29 Jul	19:00	F14x/10	Barton	
<b>1 Aug</b>	<b>14:00</b>	<b>E2/10</b>	<b>Six Mile Bottom</b>	<b>Open see Tony Clarke</b>
5 Aug	19:00	E33/10	Bottisham	
12 Aug	18:45	E33/10	Bottisham	
19 Aug	18:30	E33/10	Bottisham	
4 Oct	10:00	FCH/4	Barrington	
<b>18 Oct</b>	<b>08:30</b>	<b>F16/10</b>	<b>Barton</b>	<b>Open see Alan Kidd</b>
10 Jan 2010	10:00	E33/10	Bottisham	

**Club Standards Application Form 2009**

**Men's - Solo**

Class	10	25	30	50	100	12hr
Gold	22:00	58:00	1:10:00	2:00:00	4:10:00	240
Silver	24:15	1:03:30	1:16:30	2:10:00	4:35:00	220
Bronze	26:30	1:09:00	1:23:00	2:20:00	5:00:00	200

**Ladies' - Solo**

Class	10	25	30	50	100	12hr
Gold	25:00	1:05:00	1:25:00	2:20:00	5:00:00	190
Silver	27:15	1:10:00	1:28:30	2:32:30	5:30:00	170
Bronze	29:30	1:15:00	1:32:00	2:45:00	6:00:00	150

**Boy's**

Age	12-13		14-15		16-18	
Class	10	25	10	25	10	25
Gold	33:00	1:20:00	30:00	1:17:00	26:30	1:09:00
Silver	37:00	1:29:00	34:00	1:26:00	29:00	1:17:00
Bronze	41:00	1:42:00	38:00	1:38:00	32:00	1:29:00

**Girl's**

Age	12-13		14-15		16-18	
Class	10	25	10	25	10	25
Gold	33:00	1:20:00	31:00	1:18:00	29:30	1:15:00
Silver	37:00	1:29:00	35:00	1:27:00	32:00	1:24:00
Bronze	41:00	1:42:00	39:00	1:40:00	35:00	1:35:00

**Men's - Tandem**

Class	10	25	30	50	100	12hr
Gold	19:48	52:12	1:03:00	1:48:00	3:45:00	216
Silver	21:49	57:09	1:08:51	1:57:00	4:07:30	198
Bronze	23:51	1:02:06	1:14:42	2:06:00	4:30:00	180

**Mixed - Tandem**

Class	10	25	30	50	100	12hr
Gold	21:09	55:21	1:09:45	1:57:00	4:07:30	193
Silver	23:11	1:00:05	1:14:15	2:07:07	4:32:15	175
Bronze	25:12	1:04:48	1:18:45	2:17:15	4:57:00	157

**Men's - Trikes**

Class	10	25	30	50	100	12hr
Gold	24:12	1:03:48	1:17:00	2:12:00	4:35:00	264
Silver	26:41	1:09:51	1:24:09	2:23:00	5:02:30	242
Bronze	29:09	1:15:54	1:31:18	2:34:00	5:30:00	220

**Competition Rules**

Rides in any Open, Association or Team Cambridge Club event will be eligible towards the standards. All class and distances to be competed for need to be registered with the Racing Secretary before any events ridden can be considered.

Under 18 members are eligible for the class and standards relating to their age at the time of registration, these target times will remain in place for the remainder of the year.

That is to say there will be no change in the target times because of a birthday part way through the season.

There will be no swapping of registered entries between classes or distances part way through the season. At the end of the season, an event result sheet for each standard claimed must be forwarded to the Racing Secretary to verify the claim.

All medals will be awarded at the Annual Prize Presentation Dinner.

Please enter me for the following 2009 Club Standards

Solo

Tandem

Return completed form to the Racing Secretary:-

Paul Millard,  
4 Wilson Way,  
Milton,  
Cambridge,  
CB24 6BX

10 mile	£1.50		
25 mile	£1.50		
30 mile	£1.50		
50 mile	£1.50		
100 mile	£1.50		
12 hr	£1.50		
Block booking (all events)	£7.00		
Total	£		

Name: .....

Signed .....

Date .....