



*The official Team Cambridge Newsletter – June 2010
(Incorporating Mud Munchers Monthly)
(Incorporating Tarmac Terriers Tribune)*

Kevin Parker wins 'The Most Prestigious'

After a gruelling winter season, Kevin came out on top in the points for the MTB trophy. The race went right down to the wire, with Kevin holding a one point lead over last years champion Simon Bowden. As Simon failed to make an appearance in the last event at Rendlesham Forest, Kevin won by a convincing amount. Full results can be found on the Team Cambridge web site www.team-cambridge.co.uk

Paul Millard is seen presenting Kev with the clubs 'Most Prestigious' trophy'.



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Bishop's Stortford CC Hilly E15/27

1st	Mark Arnold	www.tt-Weekly.com/PedalRevolution/GearClub	1.10.46
2nd	Niall Digby	www.SIGMASPORT.co.uk	V 1.14.00
3rd	Tony May	North Road CC	V 1.17.14
4th	Hugh Vivian	Finsbury Park CC	V 1.17.20
5th	Nick Jackson	Cambridge CC	V 1.18.06
6th	Rob Young	In-Gear Quickvit Trainssharp	1.18.11

1st Vet Outside top 6

Paul Reardon	API-Metrow Silverhook Chemicals	V 1.19.30
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1st Lady

Sue Fenwick	Cult Racing	WV 1.24.48
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1st Team Welwyn Wheelers

4.22.53

On a demanding twisty and hilly course, the weather thankfully stayed dry and the traffic almost non-existent on the course, although the wind was getting up as the race went on. Bike handling skills were tested rather more than outright speed, due to the potholes, gravel trails and mud on the road, plus blind off-camber bends and short sharp hills.

Amazingly, some riders used disc wheels and carbon frames, although the majority opted for spokes and tubular frames to cope with the course. I certainly treated the corners with more respect after a speed wobble on a bend nearly landed me in the ditch! The limits of my light 531 frame and nerves were certainly explored...

The organisation was relaxed but efficient (not mine – I got a 25s penalty for being late to the start) and the marshalling was excellent, with two marshals at each of the 11 junctions. Unfortunately 17 airy-fairy poofers did not start!

Special mentions go to local faces Nick Jackson (5th place) and Sue Fenwick (1st Lady), plus the hardcore riders on single speed or fixed. And even, one trike!

Not an event for clock-watchers, but well worth entering for the thrills and spills.

My result: 33rd of 39 finishers, 1.34.30 including penalty. A marker for next year?

(Champagne) Charlie

Lea Valley CC 25m TT 14th March E1/25

Trevor Avis decided to ride this event as his start to the new season. On a bitterly cold and windy morning Trevor produced a time of 1.09.00. Alan Kidd riding a two-up with Nick Jackson (CCC) recorded a time of 1.00.37, Alan admits after the event that Nick was pulling around the course for most of the time. One famous rider on the start sheet was Olympic star Rebecca Romero (Orbea-For Goodness Shakes) who did a 59.37.

Haverhill Wheelers Hilly (distance unknown) BS/5

Tony Clarke's first race of the year, and the conditions were just as he does not like. The temperature was only 6°C at the start and the rain started on the second half of his ride, like all the other riders he was descending on damp roads. Tony's ride was actually about two minutes slower than was recorded .Event winner was Mark Arnold (www.ttweekly.com) in 46.16 Tony was given a time of 1.00.42 for the distance (not recorded on the start sheet) Alan Kidd riding a two-up with Justin Brown (CCC) recorded 53.29. Second claim member Nick Jackson (CCC) completed the course in 46.16.

Team Cambridge Annual Social Feb



The club social and presentation was once again held at Doug & Pauline's very late in February. The usual crowd made an effort to attend; those that did were awarded with the usual high standard of Pauline's catering skills, delicious as always. All the cups and trophies were handed out to the successful winners. This year there was a special award to Pauline & Doug for all they have done for the club over the past twenty years. The club presented two very special medals and also gave them a bottle of champagne to be kept for a special occasion. It was great to see the partners of



members coming out for this special occasion as well as riders and timekeepers. A big thank you goes to Doug and Pauline for opening their house to us all and especially to Pauline for a fabulous meal. Peter certainly enjoyed the puddings-all three of them! How he manages to keep his nickname of the Twiglet we'll never know.



Cheese & Wine meeting April

The usual number of members gathered at Tony & Sue's house for our informal cheese and wine party. This doubled up as a presentation to Kevin for winning the Team Cambridge MTB trophy 'The Most Prestigious' (sorry no MTB reports supplied), [sorry about that ED, but that last race took it all out of me PUBLISHER].



Some of the happy crowd

Cycling – The Next Generation

You know when your little ones are growing up when you begin to notice their knees are banging on the handle bars and no matter how much you raise the seat pin it doesn't seem to make any difference. The other sign is when the chaperones feel they're no longer needed to keep their charges safe on the Queen's highway. This has happened to two of our youngsters this season with Katy Parker and Peter Millard being let loose to take their first all solo rides.

Angela started to notice this more when Katy was wanting to borrow her mum's training bike to race on making her change the settings to fit her, this started to get a bit much so when Kev & Angela spotted a sale bargain just the right size they snapped it up, with the plan to save it as a birthday present. Despite it being buried deep in the garage it didn't take long for Katy to spot this and enquire whether she could have an early birthday present (4 months early to be precise)! Well it seems it went in Katy's favour as she has been seen racing a lovely aqua and black (sounds like a cocktail to me Ed) Trek 1.2. When quizzed Katy said it was "really nice" and I think we can believe it as Katy always seems to have the look of a Cheshire Cat (I think it is the grin that gives it away) when you speak to her about it.



With these two youngsters now having to rely on their own steam to get them round, the cynical adults amongst us were expecting concentration would be a bit of a problem and their times might drop off. But this is far from what has happened, with Peter challenging Katy on Facebook before the season started, this rivalry has spurred them on with both of them breaking their personal bests at the first event in Newton and only 1 second separating them on handicap. The second battleground at the first Bottisham event saw Katy come out on top, but Peter closing the gap to just over a minute, and winning on handicap. The second Bottisham event saw Peter closing the gap further to 45 seconds and maintaining the upper hand in the handicap. This is a cracking start for Katy and Peter and should make it an interesting season and I can see this becoming 'The battle of the Teenies'.

Bike Watch

Katy is not the only lucky one, it seems that new bikes are all the rage this season. Angela recently swapped her old Giant for a new WS (Women Specific) Claude Butler which she says is "really nice to ride and comfortable" and with her new found freedom she has enjoyed getting back into racing again. Although we think she has found it hard going as she was overheard saying after a coughing fit "I'm not used to riding that fast" having spent that last 2 seasons riding at a more leisurely pace she was disappointed not to get under 'evens'.



Although she is not on her own as it seems there is a new battle taking place in the lower orders, 'The battle of the Chaperones'. With Peter now flexing his legs on his own, Paul is now free to ride for himself again and like Angela has not had to ride at such a pace for some while, except off road but that doesn't really count. With the first '10' seeing Paul pip Angela by a mere 11 seconds on a sunny but slightly breezy

cold day, the next encounter the following week on a slightly less breezy but equally sunny and cold day saw the tables turned with improved performances from both riders but Angela getting the upper hand by 4 seconds. This battle will not last forever as Angela has only a few more races left before she is back to chaperoning duties at the end of May with Danielle, aka Yellie, keen to get on the road

and join in the 'Teenies' battle and give them a run for their money. Rumour has it that others have new bikes watch this space

The last word filtering through the grapevine is that things are not all well in the Bowden camp! Apparently Simon broke a spoke on his special carbon race wheels and is now trying to source some spares, which seem to be taking a little time.

Will this impede his progress in the coming events? Best make the most of it until he gets them repaired...

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10 year old Chapel Hill Climb record falls

Can you remember back to that cold damp day last October after riding up a hill, when your lungs were recovering from the exertion and the Cambridge CC lads did a thoroughly good job in whopping our backsides?

I thought you might; do you also remember Simon Denney, coming fourth on the day piping Simon Bowden to the TC Hill Climb Championship, well what we did not comprehend during our recovery cup of tea was that Simon Denney's legs were whizzing (yes that's a common site) round a little faster than usual and he was in actual fact the fastest TC rider ever to ascend Chapel Hill, breaking a 10 year old record and taking 3 seconds off Kevin Parker's previous best.

This achievement did not come to light until the Newton event 6 months later, the next time we saw Simon.

So to make amends -

Congratulations Simon Denney, 2009 Club Hill Climb Champion and Club record holder, a magnificent effort.

President Doug Parker was pleased to present him his Club Record Certificate in recognition of his achievement at the Bottisham 10 event on 14 April.



The black art of handicapping...

The first thing you need to know about the handicap system is that the handicapper can be bought and a fiver normally secures a favourable handicap, well that's the myth anyway...

The reality is that it all works on a simple principle, in that if everyone performs at their very best, they will all end up with the same time after the handicap has been taken off their actual ride time, therefore giving every rider an equal opportunity to win. However the good people at CTT have in, their wisdom, introduced a second layer of handicapping to the system; in that 4 times every minute instead of the handicap increasing by a second it is held at the same time therefore making it harder for slower riders to beat the faster ones. See an extract of the CTT the table below.

CTT Handicap table

10 miles	Handicap	10 miles	Handicap	10 miles	Handicap	10 miles	Handicap
17:00	00:00						
17:01	00:01	17:16	00:15	17:31	00:29	17:46	00:43
17:02	00:02	17:17	00:16	17:32	00:30	17:47	00:44
17:03	00:03	17:18	00:17	17:33	00:31	17:48	00:45
17:04	00:04	17:19	00:18	17:34	00:32	17:49	00:46
17:05	00:05	17:20	00:19	17:35	00:33	17:50	00:47
17:06	00:06	17:21	00:20	17:36	00:34	17:51	00:48
17:07	00:07	17:22	00:21	17:37	00:35	17:52	00:49
17:08	00:08	17:23	00:22	17:38	00:36	17:53	00:50
17:09	00:09	17:24	00:23	17:39	00:37	17:54	00:51
17:10	00:10	17:25	00:24	17:40	00:38	17:55	00:52
17:11	00:11	17:26	00:25	17:41	00:39	17:56	00:53
17:12	00:12	17:27	00:26	17:42	00:40	17:57	00:54
17:13	00:13	17:28	00:27	17:43	00:41	17:58	00:55
17:14	00:14	17:29	00:28	17:44	00:42	17:59	00:56
17:15	00:14	17:30	00:28	17:45	00:42	18:00	00:56

Whilst this is not explained by CTT, we have a theory of our own and it goes like this:-

The effort needed for [let's call him] Simon to improve his 25:00 minute 10mTT to 24:30, is greater than someone like me who is trying to improve from 30:00 to 29:30.

When our man Simon made a 30 second improvement, I will actually need to improve by 50 seconds to a 29:10 get the same handicap time, mystery explained... 😞

We use the CTT tables for our Transmedia and Circuit competitions and the times initially used at the start of the season are taken from the best Club event results of the previous season. So when they are improved on during the current season these handicap times will be updated. Where a rider does not have a time from the previous season they will start with a Bronze Standard time and will be updated after their first ride and so on from there.

The times used in 2010 for each rider are:-

Name	Best 10 of 2009	10m Handicap	Best 25 2009
Alan Kidd	23:12	5:48	1:09:00*
Andrew Graham	26:30	8:52	1:09:00*
Angela Parker	30:18 #	12:25	1:15:00#
Charles Tallack	26:30	8:52	1:10:17
Dave Vickery	27:48	10:05	1:09:00*
David Earle	26:35	8:57	1:09:00*
Ian Millard	29:46	11:55	1:19:23
Katy Parker (Juv)	31:42	13:44	1:26:00
Kevin Parker	26:35	8:57	1:16:21
Mark Tallack	28:00	10:16	1:09:00*
Patrick Johnson Kidd	26:16	8:39	1:09:00*
Paul Millard	30:16	12:23	1:09:00#
Peter Millard (Juv)	33:13	15:09	1:30:40
Simon Bowden	23:42	6:16	1:04:26
Simon Denney	23:56	6:29	1:05:01
Steve Laurie	23:57	6:30	1:07:06
Stuart Field	26:26	8:49	1:09:00*
Sue Clarke	26:59	9:20	1:15:00*
Tony Clarke	25:40	8:06	1:09:00#
Trevor Avis	23:48	6:21	1:4:06
Trevor Kimber	24:39	7:09	1:08:11

* Bronze Standard time used in the absence of a qualifying time in the 2009 or 2010 season.

Riders that started on a Bronze Standard and have since ridden and have had it updated.

Now this has been explained please don't forget the fivers as it does help keep the mystery of handicapping going... ☺

PS the Handicap tables are on our website in case you have one of those sleepless nights...

Champagne Charlie's Column

What-ho! Here's a little hypothesis that I dreamed up during my rigorous preparation for the WS3 race (i.e. load shopping crate with overshoes, bananas & Ibuprofen, pinch tyres & queue for the Portaloo). Now that we're one hamster short of an mtb endurance racing team, perhaps a new focus is needed. Kevin's karate contortionisms prompted me to consider the **"Wu-Shu Philosophy of Mountain Biking"** – it helps if you've seen the film Kung Fu Panda:-

Basically, you need a guru (pretty obvious) and the various styles in which the ancient art is expressed are related to creatures: traditionally the tiger, leopard, crane, dragon and snake. The monkey and praying mantis were added a few hundred years later.

So, one would cast our very own Jeffers as the guru of course, and perhaps Si as the tiger (although really a pussy cat), Paul as the crane (being tall and thin), Peter as the snake (thinner), Mark as the monkey (evolutionary throwback characterised by 29" wheels) and Steve as the praying mantis (protracted meditation leading to rare but pithy comments). Kev and Angie can decide between

themselves which is the dragon and which is the leopard, and I don't think three-legged lurchers are mentioned in the ancient texts of the Tang dynasty.

So according to popular Western culture, that just leaves room for one overweight and out of shape Panda, with a fondness for dim sum.



Toodle Pip!

(Champagne) Charlie

A new course?!

Anybody who was out riding with us on the 28th April and 5th May will have noticed a slight change of course despite the fact that we used the F14x/10 on both occasions. Ongoing problems between racing cyclists and a local householder have finally come to a head and resulted in Team Cambridge having to use a redefined course.

Our London North rep kindly trundled out earlier in the day on 5th May and moved the start and finish away from the local householder (probably not far enough for her liking though!).

As far as cyclists are concerned there is probably not much difference, they still have to travel 10 miles as quickly as possible; however for timekeepers there are subtle but noticeable differences.

The first difference is the obvious one of a slight hike between start and finish, any more than 20 riders could give the timekeepers a bit of a headache, leaving one to finish timing off while the other legs it to the finish.

The second difference is slightly more subtle, probably only noticeable if you have to stand at the roadside for any length of time. The original finish spot had a lovely sheltered feel to it, plenty of trees to keep the wind off and keep them warmer. The new finish is a little draughtier, however does have a more pleasant view and could potentially allow for beautiful sunsets on balmy summers evenings (if only!)

The third difference was obvious after only standing in the finish spot for a matter of seconds, in fact the Pres noticed it as he meandered past (what do you mean meandered I whizzed past..Pres) on his cycle. A peg might have helped disguise the problem but the timekeepers didn't have any to hand. Standing only a matter of a few metres away from the finish line was one of the largest mounds of manure one has seen for quite some time. One timekeeper was heard to speculate whether it had been put there to welcome the cyclists while the other timekeeper suggested offering some to the local householder as a thank you present.

Hopefully the new course will lead to less friction between said local householder and racing cyclists, it just seems such a shame it had to come to this when a simple request in the first place to please relocate would probably have been sufficient.

All the timekeepers hope for is the warm weather to enjoy this course and beautiful sunsets with pleasant aromas.

Happy cycling.Report by Colette Millard

Tour of Britain

Simon Bowden sent you all an email regarding the ToB which will be hosting two stages in this region. Simon has put forward the notion that we ride out to watch one or the other stage (or both). One stage will start from Kings Lynn the other from Bury St Edmunds. I may take an easier option of riding out from our usual caravan site in Sandringham. No doubt something will be arranged a lot nearer the time.

- (1) **Le Stick Breaks a Twig]**
- (2) **Barking Mad]**
- (3) **Wood You Believe it?] ----- Choose your own title!**
- (4) **Breaking News]**
- (5) **Ian Branches Out]**

The latest from Le Stick at Hull is that he has only gone and broken one of his 'branches'... That is to say he has broken the scaphoid bone in his right (writing) hand. This is dead handy as he is just about to start his exams which he needs to pass otherwise he will be looking for a proper job in September.

The story goes that Ian and a few mates were a bit bored (as they are on study leave i.e. no lectures) and so went for a bit of fun, his mate Ash (no pun intended) swung on a tree branch and then Ian followed suit but it couldn't take his weight and snapped sending him tumbling to the ground. I wouldn't mind but he was only 2 feet off the ground at the time, the fact that he landed on a concrete footpath probably didn't help. He now has a matching set as you may remember he broke his left arm leaping over a wall, when will he learn?



So a message to Ian from all of us at the Club "you probably feel a bit of a prat but we wish you a quick recovery".

And Finally

It's Goodbye from Him.

With the exception of a couple of months or so I have been editing (writing) The Spokesman for the best part of 21 years. Over the past few months this edition has sat on my PC waiting to get finished, thanks to Paul Millard, Champagne Charlie and Colette Millard you now have something to read! I think it is now time for me to take a back seat and let someone else produce what was once a very good newsletter. My last effort brought no response from any reader whatsoever; I do hope that someone out there has been reading (I certainly have and enjoyed it; PUBLISHER) The Spokesman since it started going out electronically. I shall look forward to reading it in the future.

Thanks to Champagne Charlie for offering to become editor, our third in 21 years!!

Last report..... Doug