



THE
SP  KESMAN
TEAM CAMBRIDGE



HAPPY CHRISTMAS

FROM THE TARMAC TERRIER

Your Editor writes...

Following my unopposed re-election as SpokesTwit in this year's club AGM, I would like to thank everyone for their appreciative comments over the last twelve months. I would also like to thank the Quiet Man™ for his constructive criticism, since the corresponding mickey-take always helps to fill a paragraph or two.

Thanks to everyone who pro-

vided photos and articles: these don't always have to be racing-related to be interesting, and some of the best come from way out there!

This year has been a mix of the good, the bad and the strange.

This year I set out to win my first ever club standards (and got some), but the last few weeks have seen me barely able to ride a bike at all.

The retirement of the mighty

Alan Kidd from racing has caused a big upheaval in the competitive standings, and of course our dear friend Katie becoming ill has stolen some of the sparkle from this time of year.

So, for next year it'll be less about ambition and more about hope— that everyone can have the freedom to ride their bikes; because when they can do that, the world is a better place.

The Christmas Quiz Twenty Twelve

Surely this year must have been a doddle for any aspiring challenger to Sue's crown, what with the wall-to-wall coverage of the Olympics, the Tour de France and Sports Personality of the Year?

Well, perhaps it was a bit easier, in the sense that even a Daily Mail reader ought to be able to recognise Bradley Wiggins' photo these days. Having said that, there's no hint of grade inflation in Colette's book, and I wouldn't be surprised if one year we are expected to differentiate between Ms Pendleton's toenail clippers and those provided as team kit by Mr Brailsford in the pursuit of marginal gains.

Nonetheless, marginal gains were there for the taking, and your scribe duly increased his haul from the three points of 2011 to an unprecedented thirteen (per cent). Not bad for someone who doesn't have Sky and has never read Cycling Weekly. Oh, and I also have the memory of a goldfish, and I don't have Sky and have never read... Sadly, I must confess to reading the Daily Mail, but only because my mother-in-law carelessly left it on the table in the conservatory.

Sue's ultimate victory was as right as clipping in with your right foot first (Really? No, you're kidding...) but an impromptu visit from a homeless chap looking for a quieter evening than he was used to was quite different from the traditional course of events. Naturally, Doug and Angie made sure he was alright with a practised medical eye and a bundle of surplus grub that would have done him more good than me.

The next issue of Champagne Charlie's Training Diary will consider the issues surrounding a diet comprising nothing but Bombay mix, sausage rolls and suspiciously cloudy lemonade.



Team Cambridge Cycling Club

President: Doug Parker

Chairman: Tony Clarke

Hon. Secretary: Sue Clarke

Treasurer: Pauline Parker

Racing Sec: Paul Millard

MTB Secretary: Kaptain Kev

Membership Sec: The Quiet Man™

SpokesTwit: Champagne Charlie

The family friendly cycling club, where red and yellow is always the new black!

www.team-cambridge.co.uk

2013 and All That

After all the fuss surrounding 2012, the coming year may well be a case of "after the Lord Mayor's Show".

Actually, I can't recall anything particularly significant about 2013, other than it being the tenth anniversary of my being self-employed (hence unemployable).

How does that fit in with one's performance training plans? Tricky one Dave, but where attention to detail and rigorous training fail, there is always room for blind faith and optimism.

Here's Champagne Charlie's "All new" guide to success for the coming year, taken from my new book, on sale on all the remaindered tables at struggling high-street booksellers everywhere.

Firstly, you need some resolutions. Here's some of mine, and if you don't like them, it's probably for a reason...

1. "Just ride lots". Actually, this was Eddy Merckx's, I just borrowed it. (Can I have the point though please, Colette?)
2. Try to remember where you left your mountain bike.
3. Build a wheel. I know I've done this already, but I've got a load of spokes and a rim sculling around in the garage.
4. Play less g*lf.

