



THE
SP KESMAN
TEAM CAMBRIDGE



Team Cambridge Cycling Club

Jubilee Special!



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Yes folks, it's time to celebrate all that's great about being British, like warm beer, potholes and curry. So get out your Union Jack hats and tie a

length of bunting to your seatpost—we're having a good old street party just like the old days!

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It's 1977 all over again...

Danielle turns professional!

PB, Prize money and club record in first ever open.



Club records will fall...

In her first ever open time trial Danielle Parker 13, scooped a triple whammy by not only smashing her personal best by a minute and a half but also bagged second place on the handicap leader board to collect £30 prize money. To top off her first ever open, her new time of 29:36 now replaces the one set by her big sister Katy in the club juvenile 10 mile record for girls.

The Cambridge CC open 10 mile time trial on the 5th May was not the perfect day to race but the north easterly wind favoured the F2D/10 course with the high banking sheltering the riders from most of the wind on the way out and lifting the speed for the return leg.

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Danielle turns professional

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Michael Hutchinson broke the course record with an impressive 18:34. Local rider, Hayley Simmonds (CUCC) displayed her winning form to post a new personal best of 23:06 to stake first place for the ladies and handicap prizes.

The Team Cambridge v. Cambridge CC battle of the ladies was a draw with Angie Parker piping Danielle Pincus (CCC) by 6 seconds to record a 27:41 while Julia Ertner (CCC) levelled the score by coming in 10 seconds ahead of Sue Clarke's 28:05.



Speedy Sue

Outnumbered by the Team Cambridge Girls was your reporter and the only male representative for the club who managed a 25:00.

Thanks to Dave Jones for the photos.



Keep up, Mum!



Riding Reporter, Kaptain Kev

Gardening for Cyclists—Jubilee Edition

For the titled landowner, the management of one's estate can become a full-time occupation. In certain cases, one's estate can extend over several counties and in order to divert attention from the manner in which one came to possess such wealth, one might be forced to concede some rights of access to the general public (i.e. those without blue blood).

This can have benefits, although the only one I can think of is avoiding being beheaded at the hands of a starving mob of peasants; however the downsides are numerous.

Cyclists are a particular problem: they generally belong to the lower classes and have little notion of droit de seigneur and other unasailable rights.

On the other hand, they can permit one's spouse to practice their skills in wildlife conservation in the closed season: a cyclist has a similar speed and trajectory to a partridge, but being somewhat larger makes for an easier target when mildly inebriated.

Tally-Ho!



Shelton... Shelton!
Oh Jesus Christ, SHELTON!
SHELTON.....
SHELTON!!!



*We've missed our
Simon lately:
he's been to some
deep dark places
and survived to
tell the tale.
But will he fight the
urge to return to the
saddle?
Who knows...?*

The Lunatic Fringe

by Simon "The Badger" Bowden

Just before New Year I was wondering what I should aim for in 2012. I was pleased that I'd survived the atrocious weather of the Etape and was looking for a new challenge.

I'd also joined Audax UK and completed my first 400K Audax, and having become aware of Paris-Brest-Paris (1200 kilometres), I was enjoying reading riders' P-B-P 2011 stories in the Audax UK magazine: the thought of finishing such a long ride certainly sparked my imagination.

The question I was asking myself was how do you start on the road to achieving

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The Badger's Tale—to the edge and back again

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something like that? Well to qualify for PBP you have to do a 200, 300, 400 and 600 km series, called a Super Randonneur (SR) series, and that sounded like something I could aim for in 2012.

After a bit of trawling through the Audax calendar I spotted a 600K in May: the Bryan Chapman Memorial, a ride the length of Wales from the Severn Estuary to the Menai Strait and back, taking in 8000m of climbing with a 40 hour time limit.

I had a drink, then another, and entered before I could change my mind.

Then the panic set in. How the hell was I going to manage it? I'd better start getting the miles in, so with The Quiet Man, I organised a couple of 200K rides then found a 300 and a 400 in weekends leading up to the 600.

The 200s were good fun and took in reasonable weather given the recent deluge we've been suffering. The 300 was the famous (I'd not heard of it) 'Yr Elenydd', which included 5000m of Welsh mountains and the Devils Staircase, a short switchback climb with 25% sections.

I drove up to the start at Shrewsbury on the Friday night and bedded down on the floor of the village hall (this was proper Audax!) while many others seem to have ridden there from distant parts of the country.

The start at 6am was dry but the rain quickly set in and it wasn't long before I saw that the tops of some of the hills had a frosting of snow. Fortunately, after the Etape I was paranoid about getting cold and had all the gear with me, so I might have been damp but I was keeping reasonably warm.

At the first control at the air field in Shobdon I saw one guy shaking uncontrollably with the cold and was glad I'd come (over-) prepared.

Once the climbing started I soon realised I was going to suffer as the climbing tended to be in short, steep bursts rather than long winding ascents, so even twiddling up in my granny ring was tiring and when I got half way round I was worried I might not make it back in the time limit, or at all.

When it came to the Devils Staircase I made an effort but soon had to get off and walk. Fortunately at the next control I hooked up with another guy and



The Fellowship of the Badger

we kept each other company to the end.

As we left the mountains we had to contend with a vicious energy-sapping head wind and I was struggling. I have to say that I managed to get through the last 100K by telling myself there was no way I was doing another stupidly long hard ride like this one; I was totally shot, but as we neared home it still wasn't over as the route went up the Long Mynd.

When I'd studied the route beforehand I'd noticed that it didn't go over the summit but followed a lower 'shoulder' and I actually thought this was a missed opportunity – what a sick and twisted individual!

As it was I got a second puncture just before the steepest section and ended up walking again. Luckily we were soon caught by a couple of other blokes with a bit of pace and followed them the

last 20K back to the finish and I had no chance to stop and sort my soft tyre: I was past the point of caring about possible damage to the rim.

Back at the hall at midnight I got stuck into more food (I must have eaten 3 days' food in 1, all the controls being excellent) and sat opposite a guy telling the tale of how in his youth in the 70s riding the Milk Race he'd gone up the Devil's Staircase in his 42T.

At least I'd finished: 305 km in 18 hours: mostly riding, some walking, and ascending 5,000 metres.

When I got home on Sunday I told Andrea I wasn't doing any more, it was too hard! But on Monday, after further reflection, I told Andrea I'd reconsidered and was going to try the 400.

Just goes to show how quickly the satisfaction of something achieved clouds the memory!

to be continued in the next agonising volume -
The Return of the Badger

AECOM 100

Sunday 13th May saw this latest edition of a special charity sportive ride “for professionals in the construction industry” set off from Cambridge University Press’s palatial sport facility and attack every hill in a 100 km loop, with a 50 km loop for those who take their professional duties more seriously than their cycling.

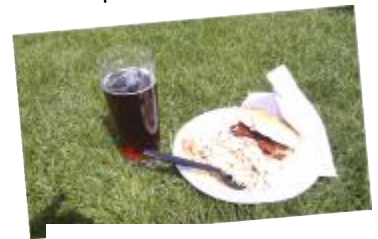
Now in its third year, this is the brainchild of speedy bike nut Matthew Palmer, who not only persuaded his employer AECOM, one of the world’s largest consultancy firms, to part with a wedge of cash to host the event with their name on, but also a great team of helpers and organisers who made for a superbly organised event.

Luckily the recent torrential rains had ceased for the day, and the light westerly breeze was as nothing compared to the near-gale of last year that made the outbound ride a real leg-snapper that required group riding on the more exposed sections just to make any progress!

Less fortunately, my colleague and motivator Andy Chapman was laid up with a bad back (See? work is bad for you) and I was the sole



AECOM 100 riders line up for the start



Nutrition is a vital part of Champagne Charlie’s training plan...

Cambridgeshire ain’t all that flat!

representative of my firm against the massed ranks of AECOM, Hannah Reed and Tucker Gardner.

Of these, Hannah Reed have adopted the more leisurely approach, with matching T-shirts and a mixture of machinery from a daily-ridden bone-shaker with a basket to various hybrids and mtbs. At the other end of the scale, AECOM and TG are taking the matter of speed seriously; clearly some training had taken place beforehand, and not the Champagne Charlie training plan either!

Your scribe prudently opted for the middling 16

mph group—the A group was set at 18+ which given the hilly terrain was the preserve of the hardcore roadies. Unlike last year, we didn’t ride as a group, but once the TG gang had scorched off into the distance, the remains of our ad-hoc company rode at their own pace, passing from time to time and riding together as the mood (or legs) suggested.

The number of hills surprised one rider from Manchester, a heavily-built 40-something like myself, so we spent some miles together as a consequence. I duly confirmed that we had in fact ridden over each and every hill that the area has to offer!

Thanks again to Matthew Palmer and AECOM for organising the event. So far, nearly £2000 in donations has been raised this year.

Clearly some training had taken place beforehand, and not the Champagne Charlie training plan either!

Goodness Gracious Me!

From our Royal Correspondent:-

Readers will be delighted to know that our Head of State Tony Clarke, has been passed fit to race again, following an ECG test.

Apparently, our mile-munching monarch was informed of an irregular heartbeat earlier this year, and advised to stop racing for a while to reduce the risk of cardiac mishaps. Naturally, after a lifetime of competitive riding, this was a big disappointment.

Various self-styled experts had variously diagnosed an attack of cyclists’ gardening phobia (plausible) or trapped wind (potentially lethal).

Happily, we can report that the consultation went something like this:-

Tony: Oh Doctor, I’m in trouble.
 Doc: Well, Goodness Gracious Me.
 Tony: For every time my darling Sue is standing next to me.
 Doc: Mmm?
 Tony: A flush comes to my face and my pulse begins to race; it goes Boom boody-boom boody-boom boody-boom boody-boom boody-boom boody-boom-boom-boom,
 Doc: Oh!
 Tony: Boom boody-boom boody-boom boody-boom Well, Goodness Gracious Me!



Gratuitous pin-up...



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!



Jubilee Fashion Special

There's no doubt that a national occasion such as this brings out the best in our public figures, and how better to celebrate than a new outfit?

With a little imagination, even the humblest daywear can be the highlight of the season.

Just remember these few basic fashion rules:

- Always team red with yellow and avoid pastels, blues and earth shades (especially when riding off-road)
- High heels are fine for occasional use, but not all types will work with SPD or Look pedals.
- Forget broad-brimmed hats—they're just not aero!



She's got it so right, but I'm not sure about that kipper, mate...

...and there's more to come!

Yes readers, there's so much going on at the moment, I've run out of space to fit it all in! OK, so there wasn't much Jubilee content, but I've never seen the Queen ride a bike...

However, to give you a teaser for the next fabulous full-colour (i.e. red and yellow) edition of The Spokesman, we've got:-

- ♣ More pain and suffering from Simon, as he tries to find his way back to Burwell;
- ♣ Race reports, from the arctic slopes of Duxford Grange, to the balmy evenings on the silky-smooth tarmac of the A428;
- ♣ Two sides of the same story—how Kaptain Kev and Champagne Charlie battled it out on CCT's first ever fifty-miler!

- ♣ Mountain Mayhem—either the prelude or the epilogue, depending on what gets written, by whom, and when;
- ♣ Possibly the last Olympic Watch before the main event, where we all discover that the tickets to the track events will be given free to cycling club members...



*Toodle Pip!
(Champagne) Charlie*



*Where's Jeffrey?
(special vintage 1977 edition)*