



Team Cambridge Cycling Club

20th July Team Cambridge Open 10 Mile

The Spokesman is privileged to report the results of this event in full (see appendix at the back of this issue.

The event marks the latest in a long line of successful time trials hosted by our small club, and it seems we have fostered a good relationship with riders over the years, much helped by Tony and Sue's rigorous organization and by the generous provision of excellent cakes and tea served up by Pauline, Colette and Val.

**Kaptain Kev works hard to chat up next year's event sponsor...
Photo with thanks to Papa Rat-See**

We've also had some big names over the years; possibly less so since we changed the venue from the E2 course to the F2/10d course at Cambourne.



However, there are many advantages: there is less traffic pressure and clashing with other clubs' events, and the last time we were on the A11 it coincided with the harvest and fleets of lorries hauling grain to the silos halfway up the course.

By and large, Cambourne remains largely free of pressure, and that makes for a better event for contestants, helpers and organisers.

Next year's event will be something of a milestone and a crossroads (neither metaphor

F2/10d

being useful in a time trial), as it will be Team Cambridge's 25th Anniversary.

Tony and Sue had also expressed a wish for a new pair of hands perhaps to take on the promoting future editions of the race.

This popular and successful time trial must carry on in any circumstances, so its time for all of us to get to grips with the somewhat arcane but ultimately satisfying tasks involved in promoting our most prestigious annual event. (Just as long as I'm not relied upon to produce an edible Victoria Sandwich!)

Here's to a successful Open in 2014!

I can't help thinking that Sky's interests would be better served by at least one of their superstars being in London instead of Poland?

Boris 1: Team Sky ¹/₂

Since the Tour ended, my principal exposure to competitive cycling has been the unprecedented coverage of the London-Surrey classic race on BBC1, no less, together with what must have been one of the biggest charity-sportive rides seen in this country.

For some reason I missed the advance publicity for this event (not that I could have entered in my condition), but clearly

many didn't and most had a really good day out.

Watching the route on telly reminded me of last year's Olympic event, when I traced the course on my bike, revisiting the old haunts of my college days in Kensington and Fulham.

As far as the racing goes, this was a good demonstration of the sport for the public, with all sorts of riders setting a ridiculously fast pace at the begin-



Give Boris his due- here is a politician who does actually ride his bike and not just for the cameras!

ning in an attempt to break away, and culminating in a last-ditch sprint for the line in which the winner could not be predicted until the last couple of metres.

Team Sky were there as advertised, and the junior members of the squad made a good effort, but I can't help thinking that their interests would be better served by at least one of their superstars being in London instead of Poland?



Tarmac Terrier's Tribune



Firstly, from last week a picture of the man himself in action on the F2/10 CAM course.

While I've been away, the results table show that some solid work has been put in this summer.

Paul Littledyke is turning in consistent times and has evolved into a serious competitor, only 11 seconds behind Steve Laurie in current good form.

The evergreen Nick Jackson stands in a league of his own; Ralph and the CUCC hotshots mount the occasional challenge but Nick's recipe of miles, miles and more miles has stood him in good stead.

A p.b. from Eric Tapley shows promise, and at the younger end of the spectrum, Danny

and Peter keep chipping away at their records and the gap between them has closed noticeably.

Shelton and Harley are back on the scene in their new CC Ashwell colours, with a time that most solo riders would be proud to claim.

Meanwhile, Mr Millard senior seems to be showing the effects of too much time in the car. Methinks the Tarmac Terrier needs to give him a nip round the ankles...

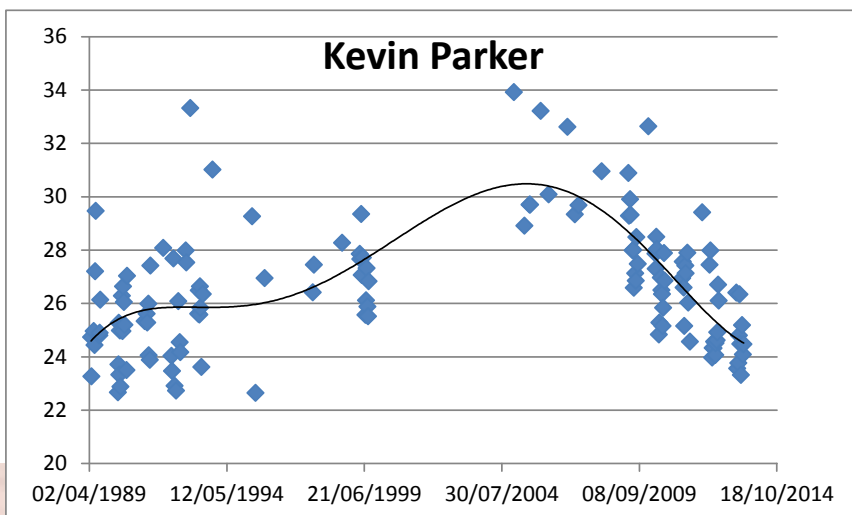
Low Profile—Kaptain Kev

While footling about with the incomparable Team Cambridge website the other day, I wondered what could be done with all that data stashed away in the race results?

By a fairly unsophisticated method, I searched each rider's name in the archive query page, and cut and pasted the results into a spreadsheet.

The information was then made into a graph, with a line indicating the trend, thus:-

What we see here is the history of our great pal and club stalwart in a snapshot: the highs and lows over a period of twenty-five years.



They don't do publicity photos like this any more, which is why I'm glad I don't work in marketing...

In Kev's case (to put it kindly), there are two distinct phases— the youthful exuberance and then a tailing-off and a pause, as the 1990s tighten their grip.

And then— a renaissance! The reborn Kev, recently promoted to Kaptain, finds his mojo once again and sets the example for the British male as he approaches his middle years!

Correspondence

Tony and Sue wrote to say they received a very nice card from Val and Nick Edwards thanking us for all the work we had put into organising the Ron Edwards Memorial 10 for many years.

The delicious cakes also received a particular mention! They also wished these thanks to be passed on to other members of the club who have helped over the years.



Bikewatch (Part 3)

This is the third chapter in the story of this bike; the first two being in the hands of its previ-

ous owners The Quiet Man™ and Ian “the Stick” Millard.



Buying into the heritage

Chapters 1 and 2 will have to wait until Trevor and Ian get around to telling their own stories, or someone extracts the information under torture.

In the meantime, a summary:-

The Quiet Man™ bought this Gios Compact new in 1999. It is equipped with Rigida wheels and Shimano drivetrain, with what would have been quite novel indexing gears (which still work sweetly 14 years on).

At some time it suffered some damage to the rear triangle while in France, was repaired and resprayed in the characteristic Gios blue. It seems none the worse for this, although the finish is getting a little worn and another repspray might be on the cards.

Next, the elder Millard son Ian “the Stick” adopted this bike for his introduction to road riding and time-trialling as a youth, and this is where I first

The current owner (or should I say custodian) is my son Adam, who expressed just enough interest in cycling to allow me to justify buying him a road bike.

More accurately, it was presented as a way of keeping fit during the summer for his first love rugby, as well as a distaste for off-road riding. I still need to prove to him that merely owning a bike is not the key to getting fit; you need to ride it every day!

Nonetheless, we are the proud keepers of this interesting machine, and like all Italian bikes this means buying into the heritage as well...

remember seeing and admiring the bike. I didn't know anything about the make at that time, but was impressed with its looks; a sort of transition between the spindly frames of yesteryear and the oversized and sculpted frames of the modern era.

In fact Gios was an early adopter of ovalised tubing and the bike feels relatively light but more importantly stiff and “together” in a way that super-



Roberto Heras wins a stage at the 1999 Giro d'Italia on a Gios

Q: Is a chewing gum manufacturer a less likely team sponsor than a company that makes tubing for cattle pens?

Chewing Gum (thankfully the frame is not made of this)

light steel frames sometimes don't (like my own TT frame!).

In this way, it has been a good introduction for Adam, giving a good mix of performance and ruggedness and enough brand cachet to give him some bragging rights (although he hasn't cottoned on to that bit yet).

I am far less level-headed about all this of course, and was instantly seduced by the prospect of having an Italian bike in my garage.

A quick internet search gives the classical tale of the successful racer who turned to making bikes and then passed the firm to his two sons. Their heyday came in the 1970s when a partnership with a typically unlikely sponsor (Brooklyn Chewing Gum - still is this no less weird than Agritubel?) and Belgian legend Roger de Vlaemink gave birth to the famous blue colour and possibly one of the best retro jersey designs of the era.

Sadly, my lumpy torso is not amenable to wearing vintage cycling jerseys with any degree of credibility, so I will have to wait until Tallack junior discovers these things for himself, or I experience another insomnia-driven spree and buy one just to hang on the office wall!

More to follow in due course; possibly including chapters one and two, once the rendition treaty is signed...



Before mountain bikes were invented, this was what you did (if you were Rock 'ard...)

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

Rumour has it...

The word on the twittersphere is that our mtb and audax superhero Simon Bowden has gone and done it, that it being London-Edinburgh-London (LEL for short).

Absolute proof that the dear doctor is totally tapped; but we have yet to obtain a mile by mile account of the grand expedition.

However, to fill the space in the meantime, let me introduce to you a curious anecdote I read about a man who happened to witness someone in the kitchen of a Happy Eater restaurant, in the process of trying to defrost a frozen badger.

At the time of writing, our ace reporters are seeking to identify the source of this particular story, but such is the nature of these things, we might get to see Simon before then...

[citation needed]

Training Experimenting with Champagne Charlie

Synopsis

The subject was reporting a sleep pattern akin to a 2-year old toddler, with periods of manic activity in the small hours and a tendency to tantrums followed by naps in the daytime.

Methodology

The subject was prescribed sleeping tablets taken orally at bedtime.

As a control experiment, the subject self-administered 3 doses of 568ml of 4.2% alcohol solution (beer) on a separate evening, with no tablets.

For both experiments, the subject was required to lie on his back, and chose to listen to a weird selection of 1970s mu-

sic on his iPhone via earplugs.

Observations

With the sleeping tablets, the subject went to sleep within 20 minutes and remained asleep until 4am on the first occasion, and 7am on the second.

The control experiment was less successful; during the evening the subject's speech became less coherent than usual. Thankfully, due to the moderate dose, bladder control was maintained and the patient did not become involved in any fights or inappropriate approaches to the opposite sex.

He went to sleep within an hour but woke repeatedly dur-

ing the night to make water.

Finally, he got up at 3am and sat down to write an article for the Spokesman. Later that morning, he was reported to be "trashed".

Conclusion

At face value, the results indicate that the homeopathic alternative to prescribed medication is not successful in achieving the required outcome.

Nonetheless, given the subject's age, gender and history, it seems likely that he will continue to prefer to self-administer the 4.2% alcohol solution (many different preparations are available), even at the expense of a sub-optimal performance.

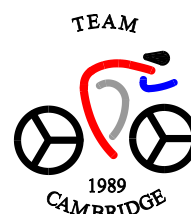


**Sex by nostalgia;
Drugs by the NHS;
Rock 'n' Roll by iTunes**



There follows a special appendix giving the results of the Team Cambridge Open 10 in full, overleaf.

TEAM CAMBRIDGE



Affiliated to CTT ECCA

Ron Edwards memorial Open 10 mile time trial

(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)

Saturday 20th July 2013

Course F2/10D

Results

Timekeepers: Christine Yareham, Tim Groves

Event Secretary: Tony Clarke 4 Gunnell Close, Milton, Cambridge, CB24 6ZB 01223 440399

Awards

Lady/Junior

1 st	Laura Massey	Abergavenny CC	21.49	£40
2 nd	Sally Withey	VC Norwich	23.51	£35
3 rd	Rhian Smith	Team Milton Keynes	24,25	£30

Men

1 st	Jon Surtees	Team Swift	20.39	£40
2 nd	Martin Reynolds	Cambridge CC	20.45	£35
3 rd	Gavin Moore	Pro Cycle Hire UK RT	20.53	£30
4 th	Neill Coventry	Rugby Racing CC	21.16	£25
5 th	Hugo Hocknell	Team Salesengine.co.uk	21.28	£20
6 th	Simon Boyle	Stowmarket & District CC	21.36	£15

Thank you

Thank you to the following people without whom the event could not have been run:-

Timekeepers: Christine Yareham, Tim Groves assisted by Becki Groves

Marshals: Doug Parker, Paul Millard, Alan Kidd, Betsy Kidd, Andy Chapman, Mark Tallack, Ralph Hancock, Trevor Avis

Pusher off: Nick Edwards

Result board: Steve Laurie

Refreshments: Pauline Parker, Colette Millard, Val Edwards

Signing on: Sue Clarke

Finally, a big thank you to Paul Millard for all his help in producing the start and finish sheets on my new computer.

TANDEM

Finish order	Name	Club	Finish time
1	Shelton Pell Harley Pell	CC Ashwell	24.29

LADIES/JUNIORS

Finish order	Name	Club	Finish time
1	Laura Massey	Abergavenny CC	21.49
2	Sally Withey	VC Norwich	23.51
3	Rhian Smith	Team Milton Keynes	24.25
4	Danielle Parker (Juvenile)	Team Cambridge	24.57
5	Gillian Reynolds	Willesden CC	25.09
6	Naomi Woodland	Team Trisports	25.10
7	Elodie Levis	Team Trisports	26.19
8	Peter Millard (Junior)	Team Cambridge	26.22
9	Jennie Tillott	St Ives CC	26.37
10	Jackie Perry	Team Trisports	26.51
11	Denese Hallahan	Wisbech Wheelers	27.30
12	Barbara Law	CC Sudbury	29.11
	Jayne Williams	Stowmarket & District CC	DNS Apols
	Celia Whitechurch	Ely & District CC	DNS Apols

GENTLEMEN

Finish order	Name	Club	Finish time
1	Jon Surtees	Team Swift	20.39
2	Martin Reynolds	Cambridge CC	20.45
3	Gavin Moore	Pro Cycle Hire UK RT	20.53
4	Neill Coventry	Rugby Racing CC	21.16
5	Hugo Hocknell	Team Salesengine.co.uk	21.28
6	Simon Boyle	Stowmarket & District CC	21.36
7	Jonathan Weatherley	CC Sudbury	21.38
8	Martin Dossett	Welwyn Wheelers	21.40
9	Tom Sykes	Ely & District CC	21.40
10	Julian King	Welwyn Wheelers	21.44
11	David Creese	Chronos RT	21.57
12	Neil Wood	Lichfield City CC	22.03
13	Roger Porter	Verulam CC	22.11
14	Kevin Creese	Chronos RT	22.14
15	Paul Barnes	Newmarket C & TC	22.19
16	Mathew Eley	Ely & District CC	22.19
17	John French	Jewson MI.Racing	22.23
18	Ian Markham	Chronos RT	22.29

19	David Scott	Welwyn Wheelers	22.32
20	Jeremy Chandler-Smith	Welwyn Wheelers	22.37
21	Alan Crane	Chronos RT	22.44
22	Andy Blower	Cambridge CC	22.45
23	Jon Wilson	Newmarket C & TC	22.47
24	Andrew Wright	High Wycombe CC	22.52
25	Phillip Young	Herts Wheelers	22.59
26	Jody Downs	CC Sudbury	23.01
27	Sean Bradley	Team Trisports	23.17
28	Steve Peck	Newmarket C & TC	23.17
29	Kevin Parker	Team Cambridge	23.35
30	Peter James	Anglia Velo	23.41
31	Graham Pepperdine	Verulam CC	23.42
32	John Parkes	Stowmarket & District CC	23.43
33	Alan Harvey	Shorter Rochford RT	23.49
34	John Adams	Stowmarket & District CC	23.51
35	Peter Cookson	Willesden CC	24.10
36	Terry Gambles	Harp RC	24.16
37	Ron Back	West Suffolk Whlrs & Tri Club	24.20
38	Andrew Bright	Chronos RT	24.40
39	David Howes	West Suffolk Whlrs & Tri Club	24.46
40	Robert Tillott	St Ives CC	24.49
41	Colin Whitechurch	Ely & District CC	24.51
42	John Brown	Wisbech Wheelers	24.53
43	David Barclay	Gravesend CC	24.56
44	Andrew Porter	Welwyn Wheelers	25.00
45	Gary Freer	Team Trisports	25.01
46	David Ledgerton	Team Salesengine.co.uk	25.16
47	Tony Shortland	Team Trisports	25.22
48	Thomas Weir	CC Ashwell	25.30
49	Eric Marsh	Ciclos Uno	25.32
50	Merv Player	Herts Wheelers	26.00
51	Peter Baumber	Cambridge CC	26.07
52	Michael Russell	Team Trisports	26.09
53	James Parsons	North Road CC	26.18
54	James Greenwood	West Suffolk Whlrs & Tri Club	26.58
55	Terry Law	CC Sudbury	27.58
56	Terry Sykes	Bedfordshire Road CC	28.38
57	Stuart Hocknell	Team Salesengine.co.uk	29.44
58	David Sullivan	Cardiff Ajax CC	30.11
59	Robert Bush	CC Sudbury	31.44
60	Ron Sheath	Maldon & District CC	32.28
	Adrian Feek	Team Quest	DNF
	Howard Ashmore	Welwyn Wheelers	DNS

	Stuart Tarry	Chronos RT	DNS
	Steve Presland	Ely & District CC	DNS
	David Crisp	CC Sudbury	DNS
	Colin Clarke	Wolsey RC	DNS
	Steve Clark	CC Sudbury	DNS Apols
	Tim Carter	Virgin Active	DNS Apols
	Richard Burton	Westerley CC	DNS Apols
	Keith Cockburn	Team Trisports	DNS Apols
	John Coles	West Suffolk Whlrs & Tri Club	DNS Apols

ACKNOWLEDGEMENTS TO SPONSORS

Ely and District CC JT Cycles

Stowmarket & District CC Autostrasse/Orbea

St Ives CC Plastribution Ltd/Grafham Cycling/Techniflo Services

Team Quest The Bike Shop

VC Norwich Pedal Revolution/NMG Motors

Note:

Three riders rode past the start timekeeper after the event had started. This is very awkward for the timekeeper and could result in disqualification on another occasion. Please do not do it!

