



## TEAM CAMBRIDGE CYCLING CLUB



The Spokesman

January & February 2014

### Out with the Old Year, in with the ...?



**A study of body language may suggest that it wasn't terribly warm...**

Since the dawn of time, sporting folk have always deemed it a good idea to get out of doors and challenge their resolve as early as possible in the New Year.

T'was ever thus: when I raced motorbikes there used to be a New Year Enduro, or Moto-cross (or Scramble, if you're that old). Likewise rugby, and so on.

So why would cycling be more fun wrapped in five layers of clothing, filling your lungs with freezing cold moisture-laden air, than in the balmy sunshine of a July evening, when there's no risk of your chain getting rusty or you getting hypothermic?

Well, if you've been around a while, as most of us have, you'll recall standing under these

very same trees on a July evening, waiting for the rain to ease and wishing you were wearing another four layers of clothing!

So, the motto for our uncertain times and our unpredictable climate is to get out there whenever you can!

And sure enough, a good number of us did get out and we had a jolly good time!

### Results Jan 5th

#### E33/I0

- 1. Jason Boutell 22:30  
Team Velo Velocity
- 2. Luke Hattersly 23:24  
Zappi's Racing Team
- 3. Simon Denney 27:36  
Team Cambridge
- 4. Willem de Boer 27:37  
Cambridge CC
- 5. John Mawby 27:41  
Team Cambridge (DM)
- 6. Lewis Rooney 28:58  
St Neots CC
- 7. Alex Burch 30:30  
Cambridge CC
- 8. Paul Littlelyke 30:34  
Team Cambridge

### Unfit, Overweight? You could still win! (No you can't...)

Just to add to the fun, somebody had the bright idea of introducing a handicap competition in which each rider predicts their finishing time, and the closest result to the prediction wins!

Brilliantly simple, eh?

Actually the idea was imported from West Suffolk Wheelers (thanks Shelton) and in the

proper version no timekeeping devices are allowed on the bike or rider.

Given my ludicrous over-optimism, I don't think even having Big Ben stood on the finish line would have helped me make up the three and a half minutes I had lost by the time I puffed across the line!

However, Kaptain Kev had a

far better grip of his faculties than I did, so despite being a full 30 seconds slower than me on the course (not often that happens...), he took the honours by being only four seconds adrift in the reckoning to grab first place!

The irrepressible Simon Denney added to his already impressive course time of 27:36 to take second place.



Ickleton Barns are a handy cake-stop where there's plenty of room to park bikes safely (duck is not on the menu).

## Saturday, Saturday...

The Saturday morning club rides, brainchild of Nigel, have been a great success so far.

Despite the atrocious weather generally, each time we have had a fair bit of sunshine and only the odd shower.

However, the strong winds have ensured that the cake stop arrived just in time!

The routes so far have tended southwards, uphill and into the prevailing wind, to Elmdon via Duxford, the pace being set by consensus but brisk enough to make everyone work a bit.

Elmdon is much less scary a place when you're not trying to wrestle a TT bike down the High St at 30mph, but the hills are still there all right.

Turning downwind and looking over the border from Herts to Cambridgeshire, the industrial relic of Barrington cement works vied with the wind turbines on the opposite hill at West Wrating; the latter earning their full quota of subsidy in the strong breeze.

At ground level, the potholes and damp roads meant mud-

guards and keen eyes were advisable; but a tripe up the back is better than a buckled wheel and a long walk...

The only mishap to date was a puncture for Mr Magneto at high altitude (must be the rarefied air) but this was soon fixed despite the mud clinging to all surfaces.

Ickleton Barns provided the ideal cake stop, so we did our best to appear respectable and removed the cushions from the chairs to protect them from the road grime!

Here's to the next ride!

**If you've ridden all the way to Navestock Village Hall in a headwind, you may wish to debate the use of the term "relaxed",**

## Last Minute!

Just in case you fancy a training ride with some sporting action to watch and a cake stop (or have in fact entered and forgotten the date!), there are a couple of early season events happening locally that might tickle your fancy:-

The 58th Hainault Hilly will be seeking to prove that Essex is Flat (it ain't) on Sunday 2nd March at the "relaxed" hour of 10am.

If you've ridden all the way to Navestock Village Hall in a headwind, you may wish to debate the use of the term "relaxed", but as long as you don't make the point too forcefully, you should be assured of a wedge of cake.

On the 9th of March, we have the C.C. Sudbury "Mad March Hilly", based in the beautiful village of Lavenham.

This event starts at 8.00 am, which should give you plenty of time to get round before they start filming the next series of "Flog those dodgy Antiques" for Channel 5.

Mind you, it is 22 miles, so you'll need to get a wriggle on...

Anyway, a good excuse to load Granny into the car and take her out to see a nice bit of time-trialling on a Sunday!



Yellie in flight in 2013

## Danni does it again!

No-one can doubt 2013 has been a big year for Danielle, and we all hope that she will be able to show the same kind of form this year.

In case you missed it, here's the extract from the ECCA

newsletter confirming her standing in this prestigious competition.

How many of us older riders would be happy to see times like these?



## JUNIOR BAR

### The Eddie Bolton Memorial Trophy

	Name	Club	10	10	10	Av mph
1	Declan Davis	CC Breckland	21.35	21.43	22.58	27-163
2	Harvey Hall	CC Breckland	24.10	24.15	24.16	24-765
3	Danielle Parker	Team Cambridge	24.57	25.08	27.16	23-283

## Don't take the car Cyril, it's the 7th of July!

Just in case you're from another planet, or drive a white van for a living (or both), there are lots of very earnest people sending email to folk like us, canvassing our views. Perhaps this could be the opposite effect of "Sorry mate, didn't see you"? Maybe not, a nice lady (I think she might be from Yorkshire) would like to

know what you're doing in July. Perhaps this might be a little forward of her and my Grandma certainly wouldn't approve, but this is the 21st Century and I don't think marriage is necessarily involved. Anyway, she would like us all to complete a survey, to make sure that

everything on the day will be just tickety-boo. Strangely, Sawston was not listed on the choice of viewing destinations..

Survey Question: What are your plans for the Grand Depart in July?

<http://letour.yorkshire.com/survey>



Fancy a trip to Cambridge, Foggy?

## A Generous Act

We had a nice gesture from Lewis Rooney's dad at the New Year 10, chipping in for all the teas at the finish - thanks David!

In the meantime, top snapper



the rest of us may have been wearing them, but under several extra layers!



Doug "Papa Rat-See" Parker caught a good crop of action photos, which demonstrated that the cold weather did nothing to deter the serious competitors from giving it some proper effort. Top marks to Trevor Avis for turning out in Team Cambridge colours for all to see -



**The lesson is, if you want to go fast in winter, wear a skin-suit and ride carbon discs!**

## Keep Death off the Roads—Ride on the Pavement!

There's a group called Cambridge Save Our Cyclists who are petitioning for a cycle path to be built from Bar Hill, through Dry Drayton to Madingley and then Coton on to Cambridge.

Bringing together cyclists all over Cambridgeshire, they are asking landowners for permission to have an off the road cycle path to make cycling safer for everyone.

Here is the link to their petition <http://chn.ge/1iO5EQU> Also if you would like more information check out their website.

[www.bhddmadcycle.com](http://www.bhddmadcycle.com)

Or check Facebook at Cambridge Save Our Cyclists

For anyone living in Bar Hill (someone has to...) this could literally be a life-saver, as there is no other tarmacked route out of the village apart

from the A14, as far as I know.

Fancy that eh, town planners being able to build a whole new community without providing any cycling infrastructure? How could that ever happen?

On a positive note, I am seeing work underway to build a cycle path alongside the truly horrid A505 from the BP roundabout to Fourwentways, which should make this particular journey a lot less stressful for all concerned.



**Does the sight of one of these make your blood boil...? Don't get mad, sign a petition!**

**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: 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](http://www.team-cambridge.co.uk)

*Happy Pedalling!  
from your SpokesTwit  
"Champagne" Charlie*



**This is what you've been waiting for...**

**Yes folks, the new race calendar heralds the start of the coming season and the change to find out whether those long hard winter rides (or lack of them) justified the effort (or lack of it?).**

**If Henri Desgrange were to have been born in Yorkshire, the Tour de France might have begun in Leeds. Our very own Paul "Magneto" Millard, Racing Secretary was born in Yorkshire, and seems to have ended up in Welsh Wales! Luckily for us, the opening event of the season is still at Newton, so we all know where to go...**

Date	Start Time	Course	Location
Wed 9 Apr	18:30	E2/07	Newton
Wed 16 Apr	18:45	E33/10	Bottisham
Wed 23 Apr	19:00	E33/10	Bottisham
Wed 30 Apr	19:00	F14x/10	Barton
Wed 7 May	19:00	F14z/12.4	Wimpole
Wed 14 May	19:00	F2/10 CAX	Hardwick-Caxton Gibbet
Wed 21 May	19:00	F2/10 CAX	Hardwick-Caxton Gibbet
Wed 28 May	19:00	F2/10 CAM	Hardwick-Cambourne-Madingley
Wed 4 Jun	19:00	F2/10 CAM	Hardwick-Cambourne-Madingley
Wed 11 Jun	19:00	E33/13	Bottisham
Wed 18 Jun	19:00	F2/10 CAX	Hardwick-Caxton Gibbet
Wed 25 Jun	19:00	F2A/25	Hardwick-Caxton-Madingley
Wed 2 Jul	19:00	E33/10	Bottisham
Wed 9 Jul	19:00	E33/25 club	Bottisham
Wed 16 Jul	19:00	E2/07	Newton
Sat 19 Jul	14:00	F2D/10	Hardwick-Caxton-Madingley
Wed 23 Jul	19:00	F2/10 CAM	Hardwick-Cambourne-Madingley
Wed 30 Jul	19:00	F2/10 CAM	Hardwick-Cambourne-Madingley
Wed 6 Aug	19:00	F2/10 CAX	Hardwick-Caxton Gibbet
Wed 13 Aug	18:45	E33/10	Bottisham
Wed 20 Aug	18:30	E33/10	Bottisham
Sun 28 Sep	10:00	EH/13	Beechwoods
Sat 4 Oct	20:00	TBC	D2D Thetford MTB
Sun 2 Nov	10:30	TBC	Round 1 Thetford MTB
Sun 7 Dec	10:30	TBC	Round 2 Thetford MTB
Sun 4 Jan	10:00	E33/10	Bottisham
Sun 25 Jan	10:30	TBC	Round 3 Thetford MTB
Sun 1 Mar	10:30	TBC	Round 4 Thetford MTB

Good luck and safe riding to you all this season—it's going to be quite a significant cycling year in these parts and a good opportunity for people of all ages and odours to remind themselves how much fun riding a bike can be.

So, as I clean the grit out of the wheel bearings of my road bike, I recall that riding through the river that had flooded pedal-deep across the road was actually pretty good fun!