



The official Team Cambridge Newsletter – April 2008

(Incorporating Mud Munchers Monthly)

(Incorporating Tarmac Terriers Tribune)

Shock result at first event of season!



Trevor Kimber takes 1st place in club results

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Team Cambridge Evening 10 April 9th

It was a bright (but chilly) sunny evening on the Newton circuit which saw a well supported first event in the Team Cambridge season, with 21 riders facing the two time keepers, Colette Millard & Pauline



Parker. Katy Parker (12) was the first rider away; followed shortly by sister Sam, (also 12) as usual both juveniles were escorted by mum and dad, Kev and Angela Parker. (it is a club policy not to allow very young inexperienced riders on a course by themselves) The evening also saw the return of two old members that had been missing for a few months, Simon Denney making a welcome return to the bike and riding well in 15.16 Also it was good to see Mark Read



returning to cycling after his knee/hip operations, his time of 15.23 was very commendable. The overall winner was M Chandler of Cambridge Tri Club in a time of 14.00. Shock of the evening was the club event winner - Trevor Kimber taking 2 seconds off of Alan Kidd to record a time of 14.53!!



Position	Name	Club	Time	Circuit Points
1	Matt Chandler	Cambridge Tri	14:00	
2	Tom Vickery	Cambridge CC	14:08	
3	Ralph Keeler	Cambridge CC	14:31	
4	Trevor Kimber	Team Cambridge	14:53	6
5	Alan Kidd	Team Cambridge	14:55	1
6	Trevor Avis	Team Cambridge	15:03	4
7	Simon Bowden	Team Cambridge	15:06	7
8	Simon Denney	Team Cambridge	15:16	5
9	Mark Read	Team Cambridge	15:23	1
10	Don Hutchinson	Cambridge Tri	15:42	
11	Tony Clarke	Team Cambridge	16:03	1
12	David Earle	Team Cambridge	16:28	3
13	Stephen Keogh	Team Cambridge	16:31	10
14	Jeremy Greer	Team Cambridge	16:40	9
15	Patrick Kidd	Team Cambridge (DM)	16:43	
16	Charles Tallack	Team Cambridge	16:47	8
17	Jonathan Thomas	Cambridge Tri	16:51	
18	Sue Clarke Team	Cambridge	17:05	2
19	Ian Millard (Jun)	Team Cambridge	18:47	1
20	Katy Parker (Juv)	Team Cambridge	21:36	1
21	Sam Parker (Juv)	Team Cambridge	21:49	1



Welcome to 'new boy' Steve Keogh who is Jerry Greer's brother in law. Steve joined the club just a short while ago and this was his very first time trial. One notable absentee was MTB, he has decided to take up some kind of Feng Shui or something like that, so will not be available on Wednesday evenings!

Tarmac Terriers Tribune

CC Breckland 10m TT B10/18 March 1st

Only one Team Cambridge member made the trip down to CC Brecklam TT, Trevor Kimber finishing the course in 28.42, Trevor was well pleased with the results as his time was nearly 2 mins faster than the previous year. The winning time of 23.15 was posted by D. Mc Gaw of Artic Premier RT

West Suffolk Wheelers Sporting 21m TT March 8th.

Three club members on the start sheet for this 21 mile time trial on the sporting course BS31R in Suffolk. Sue Clarke picked up £12 for her efforts winning the first ladies prize in 1.05.10. Tony Clarke recorded 1.00.31 while Alan Kidd completed the course in 55.53. The overall winner was P.Balls (West Suffolk Whs) in 48.19

ECCA 10m TT E2/10 March 29th

For once there were five club members on the start sheet for this ECCA time trial on a very windy and wet Saturday afternoon. AS usual Alan Kidd was the fastest rider in 24.19 with Trevor Kimber taking (club) second place in 25.43 which saw him take 3rd handicap prize. He was followed home by Tony Clarke 26.41 and Dave Earle riding the course in 27.38. Sue Clarke was a DNS (along with many other riders) opting not to ride due to the wet and windy conditions.

Haverhill Wheelers Hilly 20m TT March 30th

Very wet roads were the order of the day at the start of this hilly TT in Suffolk. There was only Tony Clarke from the club that elected to ride which he did in 58.05.

VTTA 25m TT E2/25b April 5th

Two Team Cambridge club members on the start sheet and two more riding for Cambridge CC!! (hope that was a slight mistake) A very cold north wind was blowing over the E2/25 course in Cambridgeshire for the 59 riders as they faced the timekeeper. The event was won by local man Michael Hutchinson in 51.56 which was 1m 9s outside his own course record. Alan Kidd finished with a time of 1.03.11 followed by Trevor Kimber in 1.06.18, which was only 20 seconds outside his PB. Tony Clarke was credited with a time of 1.08.23 and Sue Clarke completed the 25 miles in 1.15.06. Alan, Tony and Sue were awarded 1st prize for the VETS Team on Standard. To complete the day of awards, Trevor picked up a cheque for £10 which was for 3rd best in the nearest to PB improvement. On the whole a good day out for Team Cambridge!

Team Milton Keynes Season Starter Round III MK Bowl

15 March 2008

A still bright Saturday morning saw three of Team Cambridge's juveniles set off to Milton Keynes for another packed day of racing. After arriving in good time, the girls managed to get some warm up time on the course. Then it was time for the under tens to form up on the start line. The dry conditions made



for a fast start and soon had the field of ten riders spread out across the course. Three riders formed at the front and stayed together until the final sprint for the finish. Danielle who could not keep the pace of the leaders managed to settle down to a steady rhythm to take fifth place.



With the start of the under twelve's race came the first few spots of rain, by the time Sam and Katy lined up for the under fourteen event the rain had settled in for the day. After a steady start that saw Sam and Katy stay in the bunch for the first lap with Katy even trying a turn at the front end, the racing soon got under way. By the third lap the bunch started to

split. Katy set herself a fast pace to hold off Sam for several laps until she started to tire and then Sam steadily reeled her in and dropped her. Both girls did very well and managed to hold on to some of the chasing groups for a little while as they came round. It is good the juvenile section is showing such a keen interest in racing, particularly road racing. There are a number of races such as these in and around the local area. The next race is on the Ford Motor Company test track at Basildon Essex towards the middle of April.

Road Race Ford Test Track Dunton

Just two juveniles on the start sheet at this well organised event ridden on the Ford Motor Company test track at Dunton in Essex. This time the format was very much different than the events at Milton Keynes, where as all the juveniles/juniors went off at once. This way there was not all the waiting about for each individual race to take place. The U16 were on the front line followed by the U14, U12, U10 and the U8's. Obviously the U16 set off at a very high pace and were soon lapping the other riders. It is thought that a young lad from Cambridge CC won this event. Our two riders had a good day out with Danielle Parker (Yellie) getting 1st girl in the U10 event with 4th overall. She was followed home by sister Sam who got 2nd girl in the U14 and also was 4th overall! Katy Parker was a DNS!



Yellie 1st U10 Girl (4th overall)



Sam 2nd U14 Girl (also 4th overall)

The Joy of Bungalows (by Coan Jollins)

I'd known about them for a while of course, in the same way that everyone knows about the Loch Ness Monster or Father Christmas, but has never actually gone looking for them. So when I found that the audax I had entered on 8th March had a Club 'Ut as its HQ, it had to be worth a look.

By the time I has flogged my way to the start, 20 miles from home into a gale force headwind (I arrived 15 mins late – not too bad!) the sight of a fading CTC “cyclists welcome” sticker on the window was a sight for streaming eyes. The fact that this wasn't the right bungalow was only a minor hitch, as the right one was just around the corner, with a steaming tea urn, semi-collapsed 1960's armchairs and old photos of bygone heroes lining the walls.

If you still haven't a clue what I'm on about, ask one of the senior (ahem!) members of the club and they'll put you in the picture. Identify them by the quill stem, woollen jersey and toe clips, and ask them who Beryl Burton was.

Anyway, on with the ride – about time too! This was the “Essex Lanes” randonee, organised by Shaftesbury CC as an audax with 161, 106 and 53 km route options. I went for the middle, and added the commute at either end to make a 100-mile day of it, which felt like a lot more in the windy conditions.

Audaxes are pretty good value for a day ride, being similar to a sportive but with a low entry fee of £4 to £6 as opposed to £20 or more. And, if you're a greedy-guts like me, the prospect of large slabs of fruitcake for 50p washed down with builders' tea, is too good to pass up.

The route first wound its way into Herts, crossing the M11 from the HQ at Henham near Bishop's Stortford, uphill and into the wind. There was a lot of uphill and into the wind, come to think of it, and even the downhill and into the wind felt like uphill and into the wind. I can't actually remember going downhill and with the wind that morning, at least not simultaneously.

The windy countryside in that windy part of the world is actually quite windy and picturesque, in a windy kind of way. Occasionally there are hedges, where it is slightly less windy, and everyone drives large 4x4's, presumably so the wind doesn't blow them over.

Some of the route was familiar to me from the “Spring Out of Royston” audax last year, including the climbs up to and around Barkway and Great Chishill. The landslip between Barley and Chishill has now been repaired with a gabion wall, which I noticed in passing shortly before a lady pulled out in front of me in a car, while I was going downhill at over 30mph. I could have asked if she'd lost her contact lenses, as my nose was by then level with her door mirror and I could easily have found them for her...

And so to lunch, which must be taken as seriously as the ride itself, if audaxes are to be done properly. I'm not sure if they have time for apple pie and custard during Paris-Brest-Paris, but perhaps that's one area where British cuisine scores an advantage. Anyway, minestrone and fruitcake did the job for me, as the prospect of further headwinds prompted some consideration towards the “aero tuck”, which I have singularly failed to master.

Thankfully, the afternoon leg started with a run downwind into Essex, towards Steeple Bumpstead, along quiet flowing lanes where the only speed restriction was the thought of heading back into the wind to return to the finish. Pity the poor souls on the 160k route, who covered this leg in the morning and had the hills and wind in the afternoon!

Having started the morning 20 minutes late, by now I was catching some of the stragglers and exchanging a greeting or a chat, depending on the relative speed. One party had come from Spalding, so the hills were a bit of a novelty to them. The lady of the group had left her husband in the hut as the hospitable atmosphere outweighed his ambition to complete the course – but she had at least made sure she kept hold of the chocolate digestives.

The home leg was not in fact quite as onerous, as the route was in familiar territory and the roads were generally in valleys that gave some shelter from the worst of the wind. The bike, as ever, was just right for this kind of ride. Not the lightest or fastest, but comfortable and with stable steering so that crosswinds and potholes do not knock you off line even when you're too knackered to respond. So, all in all, a good day out and although the conditions were tough the friendly atmosphere in the bungalow and the sense of living history made it a special day. Report by.....**Charles Tallack**

Circuit Training

With the clocks changing to BST at the end of March so the circuit training sessions draw to a close. In an event which has proved to be very popular members have been meeting on a Monday night to be put through their paces by TC coach Tony Clarke. Aided and abetted



by Paul Millard or Kevin Parker during Tony's numerous holidays. The format is the same each year, a gentle build up to start with cumulating in a frenzy of activity towards the end of the season. As per normal each session begins and ends with a warm up/down period. It is one good way of keeping fit during the winter months.



Hey is that wall safe yet? (warming down)



Where can we go next?



Pauline catering

Now the circuit training is over the Monday night club runs have started, leaving at 19.00hrs from the Scout HQ on Perne Road. Lights will be required for the first few weeks, the route is based on a 17 mile circuit past Addenbrookes Hospital, through Newton, Harston and Haselingfield, back into town via Brooklands Avenue etc. The pace is quite moderate as all levels of riders are catered for.

Forthcoming Events

- April 19th Team Cambridge Open 25m TT (assistance will be appreciate)
- Every Wednesday Team Cambridge race events (refer to web site or March (The Spokesman p5)
- April 28th Committee meeting 8.30pm Perne Road
- July 19th Team Cambridge Summer Social. Longstanton Early notice given please note the date (more information will be available nearer the time)

There is a club run starting at 19.00hrs from the Scout HQ each Monday evening, check the web site as some weeks may be an MTBushrod ride down the Roman Road at the Gog's.