

**The Team Cambridge Newsletter – August 2011**

*“We are exhausted!” – Simon Bowden, St Flour, 17<sup>th</sup> July 2011*

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## Team Cambridge Massif!

*Badger and Hamster conquer the Etape du Tour*

**The Etape du Tour Act II - Issoire to Saint-Flour Sun July 17th 2011**



### Text message received:

“We did it! Just over 10 hrs. Terrible rain wind and cold caused carnage. With lots of people abandoning with hypothermia. Fingertips are still numb. I had all the right gear but left it back at the hotel. We are exhausted.” Si

*There can be little doubt that last year's Dusk 2 Dawn event was vital preparation for the cold and rain-lashed 208km that Simon and Andy had spent all year training for - well done lads! They should be in good trim for the D2D, but I don't think the rest of us are in such good shape.*

*Read more about Simon's training regime in this issue of the Spokesman, and when Si's fingers have thawed out he has promised us a full report, to be published soon!*

### The results:-

Simon “Badger” Bowden	10h:02m:54s	1345 <sup>th</sup> place	531 <sup>st</sup> in category
Andy “Hamster” Hammond	10h:19m:14s	1559 <sup>th</sup> place	609 <sup>th</sup> in category

*... and Si was back on Wednesday to claim 7<sup>th</sup> in the circuit race!*

## Battle of the Chaperones

-by Paul Millard.



Down in the lower orders there have been a few confrontations of late as the 'Battle of The Chaperones' continues, as first reported in the April Spokesman.

Although I had thought Angela was on secondment and shadowing Danielle meant that she would not be able to get any club racing in, as it turns out it seems Angela has been given more freedom to defend her Circuit Trophy 😊

I have to say it is nice to be able to do a bit of battling again and it certainly allows Angela to give her new steed a bit of race out. It appears that Angie seems to have been enjoying getting back into racing and has even ridden some open events, which is more than I have done.

Even Peter has commented why I don't get more training in!! Hmm! Not sure of a good answer to that one, but just it certainly seems to have done Angie some good.

So, to summarise the battles so far:-

### Round 1 – 6<sup>th</sup> April

Battleground Newton; Angela beat Paul by 1 second

(I hadn't realised it was so close, otherwise I might have put some effort in! Ha ha ha)

### Round 2 – 27<sup>th</sup> April

Battleground - Bottisham circuit

Angela beat Paul by 6 seconds

(Ohhh \*%\$\$+\* cobblers, even with a bit of effort still not able to overcome Angie. Hmmmö )

### Round 3 – 18<sup>th</sup> May

Battleground - Wimpole

Paul beat Angela by 6 seconds

(Aaah! That feels a bit better)

### Round 4 – 25<sup>th</sup> May

Battleground - Barton 10; Paul beat Angela by 3 seconds

(This battle was a bit of a surprise - did not expect this one. Nice to get the better of her again though, to draw the series)



### Round 5 - 29 June

Battle ground - Barton 25; Angela beat Paul by 19 seconds

This was my biggest beating yet - the extra distance took it out of me in that last 5 miles 😞. (Poor lad . Ed.)

### Round 6 - 13 July

Battle ground . Hardwick; Paul beat Angela by 38 seconds

This race was a bit of a surprise, I hadn't expected this and after my thrashing in the 25 I was determined to make sure I gave it all I had.

It looked like the next opportunity would be on the 20<sup>th</sup> July at the Circuit Series finale. With the battles tied at 3-3, I thought I will have to get some training in if I wanted a chance in saving my reputation, such that it isō

On the day Angela was not well and offered to do a spot of marshalling instead, which was very welcome. I am not sure when the next challenge will be to settle the contest. Ah well, never mind! I'd just keep my eyes open for an opportunity to do battle with Angie once again, you never know when it may come along...

As for the Circuit Series Trophy it looks like it was going to be a close fight between **Le Twiglet** (aka Peter Millard) and **Mr Crazylegs** (Simon Denney), with Simon Bowden and Angela Parker taking up 3<sup>rd</sup> and 4<sup>th</sup> places. As for myself I'm nowhere in the running 😞

With only 2 points separating the leaders it was not a forgone conclusion who would come out as victor. Simon's times had been improving all season and his hopes were rising that he could mount a fierce challenge. As for Peter, he had made a big improvement over last year and was hopeful for it to continue.

On the night with no wind, unlike at the circuit training, the signs were that it would be a good night.

As it turned out the surprise winner with 20 points was Paul Littlelyke who also has had a terrific season, followed by **Le Twiglet** who made a 2½ minute improvement, followed a little later by **Mr Crazylegs** with a ½ minute beating of last years time.

This was just enough for Peter to take the series with a 5 point margin; well done *Young Twig*, but maybe not so much a *Twiglet* any more but a *Budding Branchō*

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## Simon's Training Diary, Act Deux

### Dragon Ride 200k Gran Fondo. Wales, 5th June

Just The Hamster and myself for this one. Until we got to the start area I hadn't really considered how big a ride this was and with over 3000 people entered it turned into a very long queue to get over the start line. We had to wait well over an hour but it went pretty quickly and it wasn't (yet) raining.

As soon as we were off at about 10am, Andy started flying along and I followed his wheel. We kept jumping on groups that came past us so we made the first feed stop pretty quickly. After that, the road turned inland from the coast and we started climbing.

The big climb of the ride is The Bwlch and it really is fantastic - a beautiful long drag with switchbacks. Unfortunately if you ride the 200k Gran Fondo route you have to climb The Bwlch twice and it's a bit tedious second time round (in the rain). At the top it started raining as we stopped at the food stop, so we didn't linger and then Andy then showed he's also a fearless descender.

We were very lucky Andy had a set such a good pace at the start because we were late starting and there were complaints from other riders that they'd been stopped from following the Gran Fondo route as they'd missed the cutoff at the point where the Gran and Medio routes diverged just after The Bwlch.



This must have been shortly after we got there and I would have been very unhappy! In the end though it was a great ride, if a tad wet, and I was certainly impressed with the scenery. We made it back for about 6.15pm, so not bad.

This was a perfect shakedown for the Etape but I still haven't decided what is the best way to strap my waterproof to the frame. The only thing that I was disappointed with was the amount of climbing. It was advertised as 3000m but came up short with only 2400. The Etape Act II is 209k with 3500 metres of climbing to look forward to!



## Tarmac Terriers' Tribune – Race Results

by our own top track-stander, Kevin (mtb?) Parker

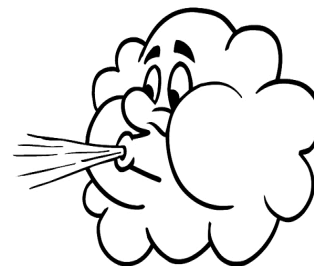
### And now for the weather.....

As you well remember from my previous story printed in this fine publication that I have %come out+- of the woods that is! I have swapped the knobblies for the smoothies. So with no more MTB tales for a while here is the next instalment of my Time Trialling story.

The last instalment found me riding my first 25 of the season being on the E33/25 with a good breeze blowing. Well, this time-trialling at first seemed OK with a second open event on the 17<sup>th</sup> of April on the F1b/25. I rode round to mark a time of 1.05.18; my best for years. This was made more pleasing when I returned to the HQ to find that I had gone quicker than Tony and The Quiet Man. Looks like I was in for a great comeback.

Then the wind got up. With every weekend blowing harder than a windy Wednesday things started to get tough. Saturday afternoon 30<sup>th</sup> April was on the fast open version of the Cambourne course. It was a pleasant sunny day that was spoilt by a strong head wind making it to the turn at Madingley difficult. However the returning five miles was fast. I managed to ride at 30mph for nearly all the way back to finish with a 26:22. Only to find that Trevor Kimber had done a 24:47 and Alan Kidd going exactly a minute quicker. Ian Cammish who it seems does not suffer from wind was the winner with 20:32

My first ever ride on the E2/25 was on Saturday 7<sup>th</sup> May and guess what? Yes there was a bit of a wind blowing. The south westerly wind was noticeable on the way out but not directly in your face and helped to lift the pace for the return leg. I managed to improve my time by over a minute to post a 1:04:12 on the results board. This event saw 79 out of the 123 finishers go under the hour, two of those being Team Cambridge's Alan Kidd (58:46) and Trevor Avis (59:25) Trevor Kimber marked his return to serious riding with a new PB of 1:01:44. Ian Cammish was the event winner with 50:07.



### The Big Five Oh!

This was my first fifty mile race in a long time and yep, you guessed it, it was windy. With 2 trips up and down the F1/25 at least it was only 12.5 miles into the wind followed by a tail wind break each time. By the time the finish finally came I had posted a time that did not even earn me a club standard. Tony Clarke was first for the club with a 2:19:19 to my 2:20:09. Ian (what wind?) Cammish wins again with 1:45:23.

### Shaftesbury Middle Markers 18<sup>th</sup> June

A few days before the summer solstice and a British summer in full blaze-blow, Angie and me tried our luck on a %ast course+. Well, not only did the wind blow but a shower of hail at the turn was a lovely touch to a fine day. I got round in 1.08.34; Angie finished in 1.13.28, and the event winner was David Moore of Norwich ABC with a time of 55.03.



### Bedford RC 9<sup>th</sup> July F1/10B

At 6am on a sunny Saturday morning there was only a slight breeze, just right for getting a fast 10 in. By the time the clock got to 8.08amõ yep you guessed it! A stiffening northerly wind was a-blowing. I was second from last and found it hard to the turn and then almost a cross wind back that hindered rather than helped. I bagged another slow time to add to my growing collection, this time a 26.29. Event winner unknown as the result sheet has still not arrived.

## **mud munchers' monthly**

### **Dusk to Dawn Team Selections**

*from MTB supremo and aggregator of marginal gains, Kevin Parker.*

With the time trialling season in full blow, it is now time to start preparing for the event of the season. Yes folks, it's time to announce the rider selections for this year's D2D teams. Nine riders will be making three teams of three riders.

**Team One** - Two pints of Lager and a packet of crisps.



Simon Bowden

Si is best known for epic mile munching on tarmac - should be able to do this solo if the rest of his team don't turn up!



Kevin Parker

Mud muncher with a season of time trials in the (still hairy) legs is looking forward to the shelter of the trees.



Andy (Hamster) Hammond

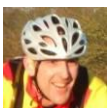
Last year's catering manager will be swapping his apron for lycra and avoiding ladders.

**Team Two** - The Champagne Charlies



(Champagne) Charlie Tallack

Bollinger on standby for another all nighter.



Paul Millard

The Gromit of all inventors will be locked away in his shed for most of September, building even brighter homemade lights.



Andy Chapman

Fast man from Over the Hill MTB team; transfer fee was a pair of pedals!

**Team Three** - The Flapjack Massif



Simon Denny

If he can keep his insides in, this will be Simon's first time D2Ding. Has been going faster each week due to the amount of flapjack he consumes!



Paul Littledyke

New to Team Cambridge, not new to mountain biking. Has recently ridden Mountain Mayhem as part of a 4 man team that finished 24<sup>th</sup> out of 123 teams. Rising Star of the squad.



Shelton Pell

Also rode the Mayhem with Paul. Has ridden a few club TT's as a day member, and has previous form from Trailtrax and the Beastway mtb series.

This year we are going professional with a qualified team mechanic and full back up from a major cycle retailer. Paul Littlebike is managing director (unless his wife is in the shop, then she is) of Massif Bikes in Cambourne. Paul will provide us with essential spares (pasta, toilet roll, umbrellas) to keep us riding through the night.

Situations Vacant: Team Manager wanted to run three elite MTB cycling teams (see above) must be able to stay awake, keep track of riders times and whereabouts! Oh, and cook! Benefits include no pay and no sleep. All applications to the MTB secretary by September.

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## MTB Dates for your Diary....

**Hinchingsbrooke Country Park** 21 August 2011, from 10.00am

Categories:

10.00 . 11.00 Go Ride Racing 11.00 Youth 11.45 Women, Vets 13.00 Junior, Senior, Grand Vets

Enter on line at [www.xcracer.com](http://www.xcracer.com) or entry form from [www.stivescyclingclub.co.uk/stives/index.html](http://www.stivescyclingclub.co.uk/stives/index.html)

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**The Tour of The Cornfields**      **4 September 2011 9:30am**

Enter online at [www.riderhq.com](http://www.riderhq.com)

Entries close on the 22 August and capped at 190 riders.

There are currently 163 entered already including 6 from TC.

Be quick if you want to join us!



**Winter Series 1**

**Date:** Sunday, 6 November 2011

**Venue:** Fire Road 6, Brandon

*Registration closes 11:59pm, Saturday, 29 October.*

**Winter Series 3**

**Date:** Sunday, 29 January 2012

**Venue:** Fire Road 6, Brandon

*Registration closes 11:59pm, Saturday, 21 January.*

**Date:**

**Winter Series 2**

**Date:** Sunday, 4 December 2011

**Venue:** Fire Road 24, Santon Downham

*Registration closes 11:59pm, Saturday, 26 November.*

**Winter Series 4**

**Date:** Sunday, 26 February 2012

**Venue:** Fire Road 10, Mayday Meadow

*Registration closes 11:59pm, Saturday, 18 February.*

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## Competition Time

### Where's Trevva?

ō some of had noticed it was a bit quiet lately, but our Kev hacked someone's phone and found out why!



### Pub Quiz!

By the way, did you know that the Team Cambridge Open 10 was the eighth fastest event in the country in 2010?

### In the next issue of The Spokesman...(maybe)

- Simon's epic Etape du Tour write-up!
- The Team Cambridge Open 10!
- Champagne Charlie's 100k Sportive!
- Maybe some new riding kit?
- Tour de France highlights
- Off-road training guide
- Evening 10 season round-up



*(Champagne) Charlie*