

The Team Cambridge Newsletter – December 2011

*“What they earn in a week would barely pay for George Osborne’s skiing holiday” – Ed Balls
(That holiday seems pretty good value to me . Ed.)*

Boring!

It’s only one Barclaycard bill away from Christmas, the economy’s up the Swannee, the race bike is covered in cobwebs and you’ve hurled the turbo-trainer into the back of the garage...roll on the next time-trial season!

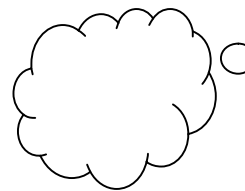
What have we got to cheer you up this month? Er, not a lot actually, so we’re going to be spinning this one out further than a Greek deficit reduction plan.

Pictures? Nope.

Race results? Nah.

Social events? Uh-err.

New bike reviews? Yer’ avin’ a laugh!



Chuffin’ Circuit Training!

What else have we got? Well, I have to admit being a bit of a slacker lately and only attending a couple of circuit sessions so far this winter. These have to be the best value for money as far as this sort of thing goes, but I’m sure the sort of shenanigans we get up to wouldn’t be tolerated at the more exclusive health and fitness studios in town... Suffice to say, our cardio-vascular chieftain was running a bit rich last Monday, and by the time he’d finished it was barely possible to see the other side of the room. Rumour has it that someone had spiked his real ale with WKD, which is enough to send anyone’s biochemical balance awry!

Thankfully, while the rest of us have been in hibernation, little darlin’ Kev has been out in the forest and returned to tell us all about it. Shelton was there as well, so perhaps everyone else was just hiding...

Thetford Winter series round 1 . Brandon 6th November 2011

With the bikes all cleaned and repaired from the swamp ride that was the Dusk till Dawn it was now the first round of the Thetford winter series. With the preceding week being fairly mild and rain free, we were keeping a very close eye on the weekend weather.

Come race day the forecasted drizzle stayed away and in return we were treated to a mild rain free event.

Only two TC riders lined up on the start, I and new member Shelton Pell arrived at the start line early to wait for the gun. We started at about the third row from the front of a field of about 350 riders. The slight downhill run to the first section of single track was very fast. We manage to keep near our started position and enter the single track without too much slowing down that usually affects the riders further back as it turns into a bottle neck.



The 7ish mile course wound its way round some familiar trails of the Brandon side of Thetford ending in a climb up the Plum Buster trail and the along the fire road to the finish.

By the time Shelton and I crossed the line for the first of 4 laps we had clocked a time of 31 minutes. However the fast first lap started to take its toll and I dropped off the pace and plugged round losing about a minute a lap to Shelton who according to Angie who was watching, had a big smile on his face all the way round.



The final results were that out of the 172 finishers in the 2 hour 40+ category Shelton was placed at 60th and I was 4 minutes and 15 places behind and second on the Team Cambridge leader board.

(See how I did that? Double line spacing and the creative use of white space, that's the secret! Well done to Kev and Shelton for getting out there and getting some much-prized MTB points on the board. For my own part, I was painting the lounge and you don't get points for that, let me tell you...)



Kaptain Kev tries to read the lap time clock, but then he sees Shelton mooning at him from the commentary box



Tarmac Terriers' Tribune – Race Results

(by the only member of MI5 to hail from Essex, Trevor Avis)



<u>Event</u>	<u>Course</u>	<u>Date</u>
Team Cambridge Autumn Open	F16/10	16 th October 2011

Yes folks, our very own mole has managed to infiltrate the race HQ risking life and limb and using a special camera concealed within a roll of handlebar tape took these microfilm images of the race results. Our agents have spent the last six weeks decoding these and the results can now be officially declassified under Glasnost rules.

Rider	Club	mm:ss
Scott Cousins	Maldon & D CC	22:28 (1 st male)
Helen Boatman	MK Corley Trek	26:28 (1 st female)
Nick Jackson	CambridgeCC	24:55 (11 th)
Alan Kidd	Team Cambridge	28:10 (20 th)
Trevor Avis	Team Cambridge	29:08 (23 rd)
Tony Clarke	Team Cambridge	29:55 (25 th)
Sue Clarke	Team Cambridge	32:11 (30 th)



A very creditable £90 was raised on the day and donated to East Anglia Children's Hospice.

Once again congratulations to Alan, Betsy and Patrick for putting on the event and running it for many years, plus the shadowy group of fifth-columnists and double agents who work behind the scenes.

(We can categorically deny that phone-hacking was used to discover that next year's event is scheduled for Sunday October 14th.)

I'm a Cyclist
Get me Out of Here!



**Call that a bush-tucker trial?
 Bet you daren't say that to Pauline!**

Meanwhile back in the Team Cambridge camp in the heart of the East Anglian jungle,

Peter Millard - the next chapter



Peter eventually discovered that it takes more than Humbrol paint and a steady hand with a brush to win a modelling contract...

(Sorry I just couldn't help it, but twelve hours in a leaky gazebo messes with your mind!)

(Champagne) Charlie

