

THE SP KESMAN TEAM CAMBRIDGE



www.team-cambridge.co.uk

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In this issue you will find the usual suspects cropping up in the race results, with some impressive times being recorded recently.

Also there is an important event to note in your diaries. On **July 20th** the club summer **BBQ** will be held at **Doug and Pauline's house**. Details and reply slip can be found on a separate sheet at the back of the newsletter.

The **new club clothing** has arrived and seems to be having an effect as Steve Laurie recorded a very quick time in the recent club 10 on the Landbeach course whilst wearing his new skinsuit. Some wit thought it must be due to the need to stay ahead of the little black flies that seem to be plaguing us at the moment but I'm sure his time really reflected the training he has been doing. The new colours certainly make riders more visible on the road.

On Monday **29th July** there will be another **video evening** at the club room (Scout Hut, Perne Road) at 8.30pm.

We recently received a copy of the London East Competitors newsletter containing a paragraph for **Users of Inhalers**, which I have included for the benefit of any asthma sufferers new to racing.

"Asthma sufferers who have been prescribed Sulbutamol, Salmeterol or Terbutaline should note that their use is allowed under Reg.23 but the following procedure must be observed to avoid failing a drugs test. You must get a note from your GP certifying that the drug has been prescribed to you. A copy of this note should be sent to Jim Hendry at BCF HQ so that it can be entered on the database used by the Sports Council when testing. You should also carry a copy of the note with you at all events. If required to take part in a drug test you must produce this copy note otherwise you will be deemed to have failed the test. The note cannot be produced retrospectively after a test. See page 99 of National Handbook for further info."

Please send any items for inclusion in the next newsletter by 15th August.

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Results

Team Cambridge Open 10 F2/10 19th June

Once again the Club's own promotion, ably organised by Tony and assisted by Sue went without a hitch. On an evening, which for once seemed as though good times were possible it was surprising to hear how many people were disappointed. However a glance at the result board showed that there was a lazy wind out on the course.

We were off first on the tandem and seemed to go quite well out to the turn at Stretham but we lost time on the return in to the lightish southerly wind, with the final mile negotiating the two roundabouts seeming to be the hardest part. We were hoping to scrape in a '22' but only managed 23-53 and although it is our fastest this year we rode back to the HQ feeling disappointed. On seeing the results board later we realised it hadn't been quite such a bad time.

Stuart Shawcross won the solo event in 20-39 while the tandem award went to Stuart Clark and Kevin Darragh in a time of 20-11. Alan Kidd recorded the fastest Team Cambridge time of 23-51, for which he was awarded the Ron Edwards Memorial Trophy. Steve Laurie clocked 24-03, Trevor Avis 25-12, Jeff Bushrod 26-10 and Clare Allen 32-24.

A big thank you must go to all who marshalled, pushed off, manned the results board and provided those very welcome refreshments.

Tony's Piece

VTTA 25 F1/25 18th May

After Sue and I requested an early start, so we could get to a friend's retirement party in the evening, we were surprised when she was given a start number 79 and I got 102. As it turned out it was for the best. We drove out in showers and many riders in the early part of the field decided not to start. We deliberated for a while but then the rain stopped and we decided to see what it was like. After all we had driven to Tempsford so we felt we might as well ride. There was a brisk west wind, which made it faster on the way out, but the return was not as bad as I expected except for the slope up past St. Neots. Sue finished in 1-10-48 and I managed 1-5-33. Mick Walsh was the only other TC rider and he achieved 1-4-03.

Other local riders were David Jones, who seems to be going well, with 1-10-10, Derek Bailey 1-3-24, Pete Baumber 1-4-51 while the event was won by Steve Hunt in 54-30.

After the event there was time for a quick cup of tea before going home for a shower and off to the party. We had a good time so it was well worth rushing for but we were pleased we had ridden the time trial as well.

Finsbury Park CC F1/50 8th June

Tony's bit - Sue and I missed all the float days in 2001 (were there any? -ed.) but we struck lucky for this Saturday afternoon 50. After a month of appalling weather the forecast was reasonable for the Saturday with only occasional showers. The wind was from the south-east so I flew out to the turn expecting to pay for it on the way back but the trees along the side of the road gave quite a lot of protection. I got round the first 25 mile lap in about 1-2-?? So I knew that I must do a good time if I could just not blow up. I finished in 2-5-27 which is my fastest ever time. My previous best was 2-6-49 recorded back in 1984.

I rode back hoping that Sue had done well too. This was her first attempt at a 50 so she did not really know what to expect. I was thrilled to find she had got a Club record and a Gold Standard with 2-13-40.

We were the only Club members as others were either riding or helping with the ECCA 10 on the E2. Nick Jackson was very pleased with his ride of 1-53-47.

We were both off near the beginning so we left before the winning time was in. The result was in the newspaper on Monday morning showing Nik Gardiner won in 1-43-40.

Sue's bit - I was very nervous before the event, as I'd never ridden a 50 before. I decided not to think of it as 50 miles but as about 2½ hours and I knew I could ride for that long. All I had to do was pretend I was riding back from the pub on a Sunday afternoon! Well maybe not but that is how I tackled the event mentally.

All the ladies were off at the beginning of the field, and I even managed to catch a couple, which was good for the moral. The F1/50 is two laps of the 25 course, so I took the first lap steadily, trying to save something for later. When I finished the first circuit in a time faster than my pb for a 25 I knew it would probably be ok in the end and it was. I'm not going to ride another 50 this season though - you have to quit while you're ahead. Things could only go downhill from here.

Anglia Velo 10 B10/34 15th June

This was a successful afternoon for the Team Cambridge ladies, from the prize-winning point of view. Chris Willmets was fastest in her handicap group with 27-12 and Sue Clarke was third fastest lady with 25-53. Unfortunately a brisk southwest wind meant that very fast times were not possible. Going out to the turn was quite rapid although not as fast as sometimes but the return was very steady. Charles Willmets recorded 26-42, Mick Walsh managed 24-29 despite sporting a large bruise after his recent collision with a car. I was fairly pleased with my 24-48.

Other local riders were Tim Melville (21-40), Derek Bailey (24-35), Peter Baumber (24-44), Nick Jackson (21-59), Liz Milne (22-38), Ken Platts (20-38) and Lol Berman (23-03). The event was won by Chris Brooking in 20-13.

Essex Roads CC 100 E72/100 16th June

My earliest start so far this year required us to get up at 2.30 for me to be on the start line at 05.28 in Hatfield Peverel. After overnight rain it was still very gloomy and the roads were wet as I arrived at the start. Several riders had lights and I wished I had thought to take some. This was a new course for me. After going down to Boreham on the 'B' road it consisted of two laps of the E72 course before going round a circuit between Rivenhall and Braintree four times.

I could not get my body to try from the very start. I don't know whether it was the time of day, the weather or something else. I crawled round the first 56 miles on the A12 and was only about 15 minutes inside 'evens'. I then saw Sue for a new drinking bottle and started to ride round the circuit which was more like a Spoco event. It went up and down and through several villages. By this time the wind was getting quite strong but at least the roads were drying up. I finally finished in 4-56-41, which is my slowest 100 since 1992. I shall have to ride another after that dismal effort. There were no other Club riders. Tim Melville punctured after about 20 miles and packed. Paul Smith won the event in 3-59-59.

I did not enjoy any of it, perhaps that is the reason for my poor ride.

Whitewebbs CC 25 F1/25 22nd June

Another windy afternoon suggested that fast times were unlikely. Sue had got her entry back as the field closed on 1-1-47.

I was off number 118 so I had the advantage / disadvantage of knowing that the early riders were not recording good times. The wind was from the west, which meant that the outward leg was fast but the return was not all that bad. Sam Barker caught me for 2 minutes in 5 miles and he went on to win with 51-54 to my 1-3-10, which is my fastest for the year so far. Derek Bailey caught me for 1 minute just before the line to record 1-2-09.

When I got back I found Steve Laurie had one of his good afternoons to finish in 59-55 to beat Alan Kidd (1-0-28) while Mick Walsh also beat me with a time of 1-2-38.

Nick Jackson was trying out his new bike, which seems to go well, as he recorded 56-06 while Pete Baumber finished in 1-5-12.

After my efforts in this event I couldn't face getting up at 2.30 am to ride a 50 on the E72 with a start time of 05.22 the following morning.

Club Results

Results for E3/11 on the 8 May 2002

Position	Name	Club	Time
1	Tim Melville	Cambridge University CC	25:08
2	Geoff Frost	API Bikes.com	26:02
3	Toby King	Cambridge Tri	27:15
4	Alan Kidd	Team Cambridge	27:26
5	Ralph Hancock	Team Cambridge	27:53
6	John Manlow	Cambridge Tri	27:58
7	Trevor Avis	Team Cambridge	28:50
8	Matt Robinson	Cambridge University CC	28:54
9	Steve Laurie	Team Cambridge	29:10
10	Jeff Bushrod	Team Cambridge	29:33
11	Peter Woor	Team Cambridge	29:55
12	Ed Tipper	Cambridge University CC	30:17
13	Tom Botterill	Cambridge University CC	32:01
14	Sue Clarke	Team Cambridge	32:51
15	Clare Allen	Team Cambridge	38:23
	Nick Jackson	Cambridge CC	DNF
	Erik Darbois	Cambridge Tri	DNF

Results for E3/10a on the 15 May 2002

Position	Name	Club	Time	Trans/M	H/cap
1	Tim Melville	Cambridge University CC (2 Up)	20:57		
	Rob Driver	Cambridge University CC (2 Up)			
2	Duncan Hallam	Dataphonics RT	22:27		
3	Lol Berman	Cambridge Tri	23:06		
4	Alan Kidd	Team Cambridge	23:38	10	7
5	Nick Jackson	Cambridge CC	23:45		
6	Ralph Hancock	Team Cambridge	23:58	9	10
7	Steve Laurie	Team Cambridge	24:07	8	6
8	Christine Willmets	Team Cambridge(Tandem)	24:26		
	Charles Willmets	Team Cambridge(Tandem)			
9	John Manlow	Cambridge Tri	24:31		
10	Terry Dickerson	Cambridge CC	24:43		
11	Erik Darbois	Cambridge Tri	25:35		
12	Trevor Avis	Team Cambridge	25:37	7	5
13	Ed Tipper	Cambridge University CC	25:53		
14	Tony Clarke	Team Cambridge	26:08	6	3
15	Don Hutchinson	Cambridge Tri	26:22		
16	Tim Saltmarsh	Cambridge Tri	26:26		
17	Sue Clarke	Team Cambridge	27:06	5	8
18	Matt Heywood	Cambridge CC	27:09		
19	Jeff Bushrod	Team Cambridge	27:17	4	4
20	Bill Mathews	Cambridge Tri	28:13		
21	Michael Sheridan	Team Cambridge (DM)	29:29		
22	Michael Stanley	Team Cambridge	30:17	3	2
23	Clare Allen	Team Cambridge	31:43	2	9
24	Peter Leek	Cambridge University CC	34:51		

Results for E3/10a on the 22 May 2002

Position	Name	Club	Time	Trans/M	H/cap
1	Tim Melville	Cambridge University CC	22:14		
2	Alan Kidd	Team Cambridge	23:40	10	9
3	Steve Laurie	Team Cambridge	23:56	9	8
4	Nick Jackson	Cambridge CC	24:14		
5=	John Manlow	Cambridge Tri	24:53		
5=	Chris Maxwell	Cambridge Tri	24:53		
7	Trevor Avis	Team Cambridge	25:00	8	10
8	Jan Van Wonderen	Cambridge Tri	25:27		
9	Peter Leek	Cambridge University CC	25:30		
10	William Yorke	Cambridge University CC	25:36		
11	Tony Clarke	Team Cambridge	26:00	7	4
12	Peter Woor	Team Cambridge	27:00	6	6
13	Ed Tipper	Cambridge University CC	27:29		
14	Sue Clarke	Team Cambridge	27:41	5	7
15	Charles Willmets	Team Cambridge	27:49	4	5
16	Joe Riley	Cambridge Tri	29:02		
17	Patrick Campbell	Cambridge CC	29:21		

Results for E3/14 - 29 May 2002

Pos	Name	Club	Time
1	Tim Melville	Cambridge Univ CC	27:17
2	Alan Kidd	Team Cambridge	29:02
3	Nick Jackson	Cambridge CC	29:07
4	John Manlow	Cambridge Tri	30:06
5	Trevor Avis	Team Cambridge	31:05
6	Tony Clarke	Team Cambridge	31:44
7	Jeff Bushrod	Team Cambridge	31:59
8	Peter Woor	Team Cambridge	32:24
9	Tim Saltmarsh	Cambridge Tri	32:42
10	Don Hutchinson	Cambridge Tri	32:47
11	Sue Clarke	Team Cambridge	34:00
12	Charles Willmets	Team Cambridge	34:36
13	Clare Allen	Team Cambridge	38:23
14	Mike Etherton	Cambridge Tri	39:57

Results for F14x/12.4 - 5 June 2002

Pos	Name	Club	Time
1	Nick Jackson	Cambridge CC	33:35
2	John Manlow	Cambridge Tri	34:53
3	Jan Van Wonderen	Cambridge Tri	35:04
4	Alan Kidd	Team Cambridge	35:22
5	Trevor Avis	Team Cambridge	35:49
6	Nathan Thomas	Cambridge Tri	35:58
7	Richard Anderson	Cambridge Tri	37:08
8	Tony Clarke	Team Cambridge	38:43
9	Steve Laurie	Team Cambridge	39:04
10	Jeff Bushrod	Team Cambridge	39:43
11	Jacqui O'Neill	Cambridge Tri	41:38
12	Carolyn Judge	Cambridge Tri	43:23
13	Clare Allen	Team Cambridge	48:19
	Toby King	Cambridge Tri	DNF

Results for F14x/10 on the 12 June 2002

Name	Club	Time	Trans/M	H/cap
Nick Jackson	Cambridge CC	25:14		
Alan Kidd	Team Cambridge	25:15	10	10
Toby King	Cambridge Tri	25:34		
Steve Laurie	Team Cambridge	26:16	9	8
Eric Darbois	Cambridge Tri	27:06		
Kevin McIntyre	Team Cambridge (DM)	27:26		
Tim Saltmarsh	Cambridge Tri	27:26		
Trevor Avis	Cambridge Tri	27:55	8	4
Jeff Bushrod	Team Cambridge	27:58	7	9
Tony Clarke	Team Cambridge	28:15	6	3
Peter Woor	Team Cambridge	28:27	5	7
Richard Anderson	Cambridge Tri	28:39		
Sue Clarke	Team Cambridge	29:02	4	8
Charles Willmets	Team Cambridge	29:26	3	6
Paul McIntyre	Team Cambridge (DM)	29:29		
Matt Heywood	Cambridge CC	29:32		
Jacqui o Niell	Cambridge Tri	31:08		
Clare Allen	Team Cambridge	35:45	2	2
John Manlow	Cambridge Tri	DNF		

