

THE SP KESMAN TEAM CAMBRIDGE



www.team-cambridge.co.uk

September 2002 No.4

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August 28th saw the last of the Club 10' s and it produced perhaps the closest finish ever, with Alan Kidd just pushing Steve Laurie into second place for the Transmedia trophy. While the Handicap competition went down to the last event with Ralph Hancock edging out Sue Clarke, Steve Laurie and Alan Kidd, although only 5 points separated the top four!

In July the club 25 championship produced a win for Steve Laurie while Jeff Bushrod came out top on Handicap.

Well done also to Sue Clarke and Steve Laurie who have both broken Club vets records; Sue at 10 and 50 miles and Steve at 25 and 50. Charlie and I have reduced our tandem times at 25, 30 and 50 miles while the Charlie/Neil tandem combination have taken 42 seconds off the Senior/Junior record. Several other members have recorded their best for the year recently, so all in all, a good couple of months and we still have at least four weeks testing left! I'm keeping my fingers crossed for good weather.

Forthcoming events

On **September 30th** at the Perne road Scout Hut there will be a session looking at riding positions using the video of club members who rode in the last few 10 mile events, which Doug has very kindly been compiling. This will begin at 8 pm.

Circuit Training will begin again on **October 28th** at the Perne road Scout Hut.

Results

VTTA 10 E2/10 13 July

After a week of chilly weather and heavy showers this event was blessed by a warm, dry and sunny day. The wind was still blowing though and it made the ride back from the turn very hard, or at least, I found it so.

I was riding this event alone and unaided as it were, as Tony was exhibiting his model railway layout at an exhibition at Hoddesdon and I was very pleased to find that there was a local event I could ride out to. At least he didn't miss a float day!

Team Cambridge was well represented although Chris Willmets couldn't start because of a bad back. I recorded 25-34, my fastest ride this season and got my vets standard. I only needed a few more seconds off for a PB but the strong wind (and a wasp sting!) on the way back put paid to that.

The other club riders were Alan Kidd 22-19, Mick Walsh 24-09, and Charles Willmets 26-18. The event was won by Martin Pyne with 20-46.

Sue Clarke

Southgate CC 25 F1/25 27th July

It was a lovely warm sunny afternoon as Sue and I drove out but it looked rather windy. We both hoped it would be like the Finsbury Park 50 where we had a helpful wind to the turn but were sheltered on the way back. On this occasion the wind was a south westerly so the first leg was fast but it made for a grovel on the way back.

This was the first trial of a new course which started in the lane to Chawston just north of the Black Cat and finished in the lane through Wyboston. This saved having to cross the traffic at the Black Cat and we thought it was a great improvement.

I tried very hard on the way out hoping that the return would be Ok but it was not to be. I still did the fastest time I have done since 2000 and finished in 1-1-52. I hoped Sue had got Club record but she just missed it with 1-5-42. This was still a personal by 2 1/2 minutes, Mick Walsh did 1-3-10 and Alan Kidd 1-3-00. Alan had bought a bike from Jeff Bushrod and only got part of the way round before an arm rest worked loose and the seat pin slipped into the frame.

Other local riders were Derek Bailey in 1-1-40. The event was won by Sam Barker 51-22. I wonder how this will effect tomorrow's 30.

Tony Clarke

Leo RC 30 E72/30 28th July

A still warm morning greeted me as I warmed up for this event but unfortunately my legs could still felt Saturday's 25 which I had ridden flat out. My start time of 6:16 did not help speed either. I needed to beat 1-16-33 for my vets standard and I was very dubious about doing that until I actually set off. I could not get my pulse up to very high levels but it was good and I was really moving. I got to the 12 1/2 mile point in 30 minutes so I just had the bumpy leg down to Marks Tey to do and then the second half of the E72/25. I pushed it as hard as I could as I decided that I might be able to beat my Club record of 1-13-24. This was not to be though but I was very pleased with the second fastest I have ever done of 1-14-21.

Chris and Charles Willmets were the only other riders and they were in the tandem event at the end so I do not know what they did. We saw in the paper that John Woodburn won in 1-2-53. Competition record for tandems was broken by Zak Carr and Glenn Taylor with a time of 54.33. I think I would be scared at that speed.

Although we could have set off for a day out by 08:15 we hung around for a while as my legs already felt rather tired. We eventually moved off and went to the Garden Centre at Coggleshall for a coffee only to be told we were about 15 minutes too early so we went into the shop in the town and sat in the sun whilst we drank our drinks.

We then looped round the top of Braintree before heading through Thaxted for the Three Horseshoes at Duton Hill, which is a lovely pub. I could have stayed there all afternoon but the car was at Hatfield Peverel so we did a bit of a loop towards Takeley before heading back to the car for about 4:30. This was a bit earlier than usual but I had done 70 miles by the time we got back plus 39 in the event including the warm up. My legs were tired and I had to stay awake to drive home.

It had been a nice though very hot day out

Tony Clarke

We recorded a time of 1-09-42 which was a pb by 1-59 after fearing we would miss it on the slow rough leg between the Stanway roundabout and the Marks Tey turn. The tandem trike pair (Ralph Dadswell and Dave Johnson) recorded 1-01-15 for competition record by about 7 seconds.

Chris

Icknield RC 100 F1/100 4 August

After making such a mess of the Essex Roads CC 100 back in June, I had to ride another 100 to try to get a reasonable time. As we drove out to the start, I wondered whether this event was going to be another casualty of the appalling weather as there was quite a bit of mist. However as we dropped into the Ouse valley it was fairly clear and the event went off as planned. It was quite cold to start but then warmed up as the sun burnt its way through. I finished in 4-43-27, which was an improvement on my earlier effort, but still several minutes slower than I should be. The ride of the morning had to be Nick Jackson, who

was riding his first 100 and recorded 4-05-38 for 7th place. A very impressive debut! Joel Wainmann won the event in 3-46-28.

Tony Clarke

Shaftesbury CC 50 E2/50b 4th August

A lovely calm morning greeted us when we woke. However we were a little concerned at the light dawn mist, as these were exactly the conditions which had developed into a thick fog and caused the cancellation of the Wolsey RC 25 on the Risby course three weeks earlier. Our doubts were increased as we drove down the M11 through patches of thicker fog. At the headquarters the organiser was considering cancellation but went ahead thankfully. We went for a short, chilly warm up on the way to the start and expected to be overtaken quite quickly. The fog had cleared by the time we got on to the A14 though it must have been worrying for the solos at the beginning of the field. We reached the 25 mile point in 57.58 which is faster than our best 25 time, however as I had no watch I didn't know that at the time! I just kept pushing as hard as I could. We had a scary moment on the return leg, just after the Newmarket slip road, when the rear wheel dropped into a long narrow slit which has been gouged into the road, presumably by something slipping from a vehicle and being dragged along. The tandem skittered crabwise for several meters before bouncing out of the rut. I must admit to feeling a little shaky for a while after that. Uphill through the series of roundabouts where the A11 joins the M11 near Great Chesterford was as hard as ever but after that we seemed to recover although the finish down near Littlebury seemed a long time coming. We had Derek Bailey, who had started in the solo event in our sights and this helped us to a pb of 1-59-20, taking 11-53 off our previous time! We were elated, a feeling which lasted until about half a hour after we got home when Charlie happened to be looking through the East Anglian vets. records and noticed we had missed an age record by 10 seconds. To say we felt deflated was an understatement as we were sure we could have upped the pace towards the end. Steve Laurie and Alan Kidd both rode. Steve recorded a time of 2.02.32, which included a 2½ minute late start but was still good enough to give him the Club vets. record by 23 seconds. Alan was not feeling well and so clocked 2.14.03. Fastest solo was Keith Dawson in a time of 1-42-21, while Trevor and Joanna Davis won the tandem event in 1-48-09

Chris

Bedfordshire Road CC 10 F1/10 10th August

A good morning greeted a mass Team Cambridge entry into this Saturday morning event. Seven members entered and seven rode and finished! It was good to see the Club so well represented. All Club members were united in their view of this event being a return to the Dark Ages as the HQ was Little Paxton lane, which has no toilet facilities etc. This was rather unpleasant for an early morning event and would have been even worse if it had rained for the teas afterwards.

Sue achieved her ambition of taking the ladies vets 10 record with 25.06. Although Chris Willmets is also showing rapidly improving form to record 25.44 which is only 19 seconds off her old record.

Charles was one of the early starters and was suffering from a cold so finished in 26.05. The event was a middlemarkers event restricted to riders who had not beaten 23.30 during the last three years. However the organiser did not get a full field so he let our fast men, Alan Kidd and Steve Laurie, have a ride. They duly obliged with 22.11 and 22.07 respectively. Trevor Avis was almost last off and picked up a slowly increasing headwind on the longer return leg but still did 24.22

The event was won by another rider who was ineligible to ride really, Simon Smythe in 21.00

Other local riders were Ted Wells, making a comeback after a lot of Audax rides, with 26.02 and Pete Baumber 24.20. We then drove home where I'm sure most of our neighbours were still only having breakfast.

Tony Clarke

Finsbury Park 25 F1/25 17th August

This was my penultimate chance to do a good time this year as I only have one more fast 25 on 13th October due to holidays. The omens were good when I woke up to a warm still morning. Unfortunately as the sun got up so did the wind until it was blowing quite strongly from the south by the afternoon. However I still hoped it might be a repeat of the Finsbury Park 50 when we got blown to the turn but sheltered on the way back. It did not work out like that on this occasion.

I had asked for a start near Sue so the organiser put me one minute behind her and she started last of twelve ladies who were altogether at the beginning. I tried very hard to catch her but with the strong wind it took all the way to Brampton. Once I got to the turn I realised my dream of shelter on the way back was not going to be realised and I grovelled back as did most of the other riders. I finished in 1-02-09 for my second fastest ride of the year, but it was slower than I wanted. Sue was also trying very hard and recorded her second fastest 25 with 1-07-10.

Steve Laurie did a good ride to finish in 58-50 although he was not very pleased with it. The only other Team Cambridge rider was Mick Walsh. He was off almost last and I do not know what he did. The event was one by Sam Barker in 50-50.

Tony Clarke

VC Baracchi 50 B50/17B 18th August

After my flat out exertions in Saturday's 25 I was not very motivated for this event. It was another hot morning and a nice course, twice up and down the single carriageway A143 between Harleston and Bungay, so I tried reasonably hard. I finished in 2-17-44 and by the time I got back to the HQ the Willmets had already started on the tea. Chris finished in 2-30-01 and Charles beat her with 2-28-20. The only other Team Cambridge rider was Michael Stanley, who failed to start again.

The event was won by Martin Pyne in 1-54-35. The course would be reasonably fast if one was motivated, I think. The Redenhall bypass has been temporarily repaired after the tragedy a few weeks ago as the offending split in the road has been filled with asphalt which should last a while. The organiser had warned us to ride on the hard shoulder and provided two marshals to indicate the location, which was very helpful.

By the time we were ready to move off it was already 11.15 so we headed south into the light headwind to go to The Victoria at Earl Soham. It is a really nice basic pub which brews its own beer and does nice, but reasonably inexpensive, bar meals. We rode through one shower on the way there but arrived dry.

By lunch I was getting distinctly tired so we did a small loop to the east but did not want to go too far as thunder was rumbling all around. We opted to have our tea when we got back to the car rather than stop part way. This was very wise as intermittent drizzle turned to a downpour about one minute after we got back so again we stayed dry.

We heard on the weather forecast that the storm was limited to the coast and so it proved as the roads got drier all the way home. Nevertheless we had had a nice day.

Tony Clarke

As a footnote to Tony's comments regarding the possibility of this being a potentially fast course. The East District have now banned all events on the concrete section near the Redenhall roundabout. This means that the 10's can still be run but on the B10/43 (a reversal of the current course) but I do not know what will happen to the 25 and 50

Tony revels in the heat but I must admit I suffered, as did several other riders who packed as they went past the headquarters at roughly the halfway point. I had drunk a good portion from my bottle by the time we had cycled the three miles to the start and spent the last ten miles looking forward to a long drink awaiting me at the finish!

Chris

Essex Road C.C. 25 E72/25 26th August

A trip down to Essex was required as it was the only option open to us in our attempt to get our Vet's Standard for 25 miles on the Tandem, there being no others available locally for the rest of the season. We had already achieved our Vet's standard for 10, 30 and 50, so needed this one to complete our set. There was a moderate northerly wind which made conditions hard in both directions, but we managed to keep a good tempo up all the way round. Although Glen Taylor and Zak Carr made us feel like we were almost stationary when they came steaming past on their way to a 46.27, only 6 seconds outside the competition record. We were very pleased to have finished in 58:23, which as well as getting our Vet's standard, was also a pb for us by 30 seconds. The only other local rider was Peter Baumber (Cambridge CC) who did a 1-03-02.

Chris

Club Event Results

Results for F2/10 on the 26 June 2002

Timekeepers Colette & Paul Millard Pauline & Doug Parker

1	Nick Jackson	Cambridge CC	22:51
2	Steve Laurie	Team Cambridge	22:53
3	Rob Driver	Cambridge University CC	23:03
4	Lol Berman	Cambridge Tri	23:24
5	Alan Kidd	Team Cambridge	23:43
6	Jan Van Wonderen	Cambridge Tri	24:00
7	Dunstan Bertschinger	Cambridge Tri	24:25
8	Chris Maxwell	Cambridge Tri	24:35
9	Ralph Hancock	Team Cambridge	24:47
10	Heather Williams	Asics Multisport	24:48
11	Peter Leek	Cambridge University CC	25:06
12	Trevor Avis	Team Cambridge	25:25
13	Chris Eggar	Cambridge Tri	25:48
14	Tony Clarke	Team Cambridge	25:54
15	Jeff Bushrod	Team Cambridge	26:25
16	Philip Curtis	Cambridge Tri	26:43
=17	Sue Clarke	Team Cambridge	27:03
=17	Allie Outram	Cambridge Tri	27:03
19	Trevor Kimber	Norwood Paragon	27:42
20	Carl Dean	Cambridge Tri	28:33

Results for F2/10 on the 3 July 2002

Timekeepers Colette & Paul Millard and Clare Allen

1	Nick Jackson	Cambridge CC	23:20
2	Steve Laurie	Team Cambridge	24:57
3	Trevor Avis	Team Cambridge	25:40
4	Don Hutchinson	Cambridge Tri	27:09
5	Rowan Crossingham	Team Cambridge (DM)	28:21

Results for E3/14a on the 10 July 2002

Timekeepers Colette & Paul Millard

1	Jan Van Wonderen	Cambridge Tri	31:51
2	Alan Kidd	Team Cambridge	32:11
3	Steve Laurie	Team Cambridge	33:17
4	Trevor Avis	Team Cambridge	34:04
5	Jeff Bushrod	Team Cambridge	34:13
6	Tony Clarke	Team Cambridge	34:16
7	Peter Woor	Team Cambridge	34:51
8	Trevor Kimber	Norwood Paragon	34:56
9	Charles Willmets	Team Cambridge	35:18
10	Sue Clarke	Team Cambridge	35:29
11	Bill Matthews	Cambridge Tri	37:52
12	Noel Menuge	Cambridge Tri	40:53

Results for E3/10 on the 17 July 2002

1	Nick Jackson	Cambridge CC	23:01
2	Alan Kidd	Team Cambridge	23:33
3	Steve Laurie	Team Cambridge	23:38
4	Ralph Hancock	Team Cambridge	24:21
5	Jan Van Wonderen	Cambridge Tri	24:24
6	Erik Darbois	Cambridge Tri	25:10
7	Tony Clarke	Team Cambridge	25:51
8	Trevor Avis	Team Cambridge	26:03
9	Peter Leek	Cambridge University CC	26:48
10	Peter Woor	Team Cambridge	26:51
11	Charles Willmets	Team Cambridge	26:54
12	Trevor Kimber	Norwood Paragon	27:07

13	Sue Clarke	Team Cambridge	27:17
14	Matt Heywood	Cambridge CC	27:40
15	Jo Riley	Cambridge Tri	28:00
16	Jacqui O'Neill	Cambridge Tri	28:39
17	Noël James	Ipswich BC	30:35

Results for E3/25 on the 24 July 2002

Timekeepers Colette & Paul Millard, & Pauline Parker

Congratulations to Steve Laurie on winning the Club 25 Championship
Congratulations to Jeff Bushrod on winning the Club 25 Handicap

Position	Name	Club	Riding Time	25 Handicap Result	25 Handicap Placing
1	Nick Jackson	Cambridge CC	58:16		
2	Steve Laurie	Team Cambridge	59:48	43:41	3
3	Jan Van Wonderen	Cambridge Tri	1:2:21		
4	Geoff Jones	Cambridge Tri	1:3:19		
5	Erik Darbois	Cambridge Tri	1:4:41		
6	Tony Clarke	Team Cambridge	1:6:22	46:13	5
7	Jeff Bushrod	Team Cambridge	1:6:26	41:23	1
8	Peter Leek	Cambridge University CC	1:6:52		
9	Trevor Avis	Team Cambridge	1:8:20	47:29	7
10	Trevor Kimber	Norwood Paragon	1:8:26		
11	Peter Woor	Team Cambridge	1:8:30	46:34	6
12=	Sue Clarke	Team Cambridge	1:8:54	43:10	2
12=	Charles Willmets	Team Cambridge	1:8:54	44:11	4
14	Bill Matthews	Cambridge Tri	1:13:02		
	Chris Eggar	Cambridge Tri	DNF		

Results for E3/10 on the 31 July 2002

Timekeepers Colette & Paul Millard, & Pauline Parker

1	Rob Driver	Cambridge University CC	22:10
2	Alan Kidd	Team Cambridge	22:15
3	Nick Jackson	Cambridge CC	22:39
4	Toby King	Cambridge Tri	23:07
5	Lol Berman	Cambridge Tri	23:27
6	Steve Laurie	Team Cambridge	23:33
7	Charles Willmets	Team Cambridge(Tandem)	23:49
	Christine Willmets	Team Cambridge(Tandem)	
8	Ralph Hancock	Team Cambridge	23:50
=9	Rachel Horn	Cambridge Tri	24:10
=9	Geoff Jones	Cambridge Tri	24:10
11	Nathan Thomas	Cambridge Tri	24:20
12	Trevor Avis	Team Cambridge	25:03
13	Don Hutchinson	Cambridge Tri	25:14
14	Tony Clarke	Team Cambridge	25:19
15	Peter Woor	Team Cambridge	25:24
16	Sue Clarke	Team Cambridge	25:26
17	Jeff Bushrod	Team Cambridge	25:35
18	Rowan Crossingham	Team Cambridge (DM)	25:54
19	Matt Heywood	Cambridge CC	26:08
20	Jo Riley	Cambridge Tri	26:16
21	Jacqui O'Neill	Cambridge Tri	27:25
22	Bill Matthews	Cambridge Tri	27:53
23	Clare Allen	Team Cambridge	29:49

Results for E3/10a on the 7 August 2002

Timekeepers Colette & Paul Millard, & Pauline Parker

1	Nick Jackson	Cambridge CC	22:41
2	Toby King	Cambridge Tri	22:51
3	Steve Laurie	Team Cambridge	23:30
4	Alan Kidd	Team Cambridge	23:31
5	Lol Berman	Cambridge Tri	23:38
6	Ralph Hancock	Team Cambridge	23:47
7	Geoff Jones	Cambridge Tri	23:52

8	Rachel Horn	Cambridge Tri	23:58
9	Erik D'Arbois	Cambridge Tri	24:48
10	Trevor Avis	Team Cambridge	24:51
11	Tony Clarke	Team Cambridge	25:03
12	Jeff Bushrod	Team Cambridge	25:07
13	Don Hutchinson	Cambridge Tri	25:12
14	Oli Knight	Cambridge Tri	25:47
15	Sue Clarke	Team Cambridge	25:51
16	Rowan Crossingham	Team Cambridge (DM)	26:08
17	Matt Heywood	Cambridge CC	26:15
18	Jo Riley	Cambridge Tri	26:34
19	Christine Willmets	Team Cambridge	26:49

Results for F14x/10 on the 14 August 2002

Timekeepers Colette & Paul Millard, & Pauline Parker & Doug Parker on the video camera

1	Nick Jackson	Cambridge CC	23:37
2	Toby King	Cambridge Tri	23:44
3	Steve Laurie	Team Cambridge	24:04
4	Alan Kidd	Team Cambridge	24:36
5	Ralph Hancock	Team Cambridge	24:40
6	Nathan Thomas	Cambridge Tri	26:10
7	Trevor Avis	Team Cambridge	26:32
8	Tony Clarke	Team Cambridge	26:39
=9	Tim Saltmarsh	Cambridge Tri	27:22
=9	Jeff Bushrod	Team Cambridge	27:22
11	Sue Clarke	Team Cambridge	27:30
12	Patrick Campbell	Cambridge CC	27:37
13	Paul Rutkowski	Cambridge Tri	27:46
14	Trevor Kimber	Norwood Paragon	28:13
15	Jacqui O'Neill	Cambridge Tri	29:28
16	Bill Matthews	Cambridge Tri	29:41
17	Carolyn Judge	Cambridge Tri	30:29
18	Mike Etherton	Cambridge Tri	34:07

Results for E3/10 on the 21 August 2002

Timekeepers Colette & Paul Millard, & Pauline Parker & Doug Parker on the video camera

1	Nick Jackson	Cambridge CC	23:34
2	Steve Laurie	Team Cambridge	24:36
3	Ralph Hancock	Team Cambridge	24:47
4	Paul Young	Team Cambridge	25:35
5	Erik D'Arbois	Cambridge Tri	25:56
6	Nathan Thomas	Cambridge Tri	26:03
7	Tony Clarke	Team Cambridge	26:39
8	Trevor Avis	Team Cambridge	26:42
9	Peter Woor	Team Cambridge	26:48
10	Neil Willmets	Team Cambridge(Tandem)	26:49
	Charles Willmets	Team Cambridge(Tandem)	
11	Trevor Kimber	Norwood Paragon	27:15
12	Rob Driver	Cambridge University CC	27:21
13	Matt Heywood	Cambridge CC	28:00
14	Jon Chapman	Team Cambridge (DM)	30:50

Results for E3/10 on the 21 August 2002

Timekeepers Colette & Paul Millard, & Pauline Parker & Doug Parker on the video camera

1	Nick Jackson	Cambridge CC	23:19
2	Alan Kidd	Team Cambridge	23:41
3	Steve Laurie	Team Cambridge	23:46
4	Jan Van Wonderen	Cambridge Tri	24:33
5	Erik D'Arbois	Cambridge Tri	25:08
6	Jeff Bushrod	Team Cambridge	26:10
7	Tony Clarke	Team Cambridge	26:18
8	Peter Woor	Team Cambridge	26:25
9	Sue Clarke	Team Cambridge	26:37
10	Trevor Avis	Team Cambridge	26:46

