



The official Team Cambridge Newsletter – Jan 2008

(Incorporating Mud Munchers Monthly)

(Incorporating Tarmac Terriers Tribune)

‘A walk in the park!’

**Said Paul Millard, after taking the lead in the
TC MTB ‘Most Prestigious’ Trophy.**

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Mud Munchers Monthly

Round II Thetford MTB Series

Sunday 10th December saw the wettest and muddiest conditions that the club has experienced since we began riding these very popular forest races. Heavy overnight rain turned most of the forest course into a muddy nightmare. It was bad enough for the handful of club supporters trying to walk to various parts in the woods, even worse for the 500 odd riders that took part in the actual race.



Simon Bowden had to pull out due to having a damaged back; Steve Laurie also had to pull out due to a family bereavement. This just left Jeff **MTB**ushrod, Paul Millard, Charles Tallack and Kevin Parker to tackle the 2hour race, Ian Millard was also riding in the 2 lap 'fun' event. (Not quite sure why the organisers call it a fun event in those conditions). The photo shows the clean riders before the start of the event. Although not riding Simon came down to lend his support to the other club riders. Jeff **MTB**ushrod missed the

start of the two hour event, he was out on the circuit warming up and didn't realise that the race had been brought forward by about 5 minutes. Jeff in fact started only seconds ahead of the fun lap event, so was unable to make too much progress in catching up. Paul stormed into an early (club) lead followed by Kev and Charles (Charles elected to wear **WHITE** socks for the event?) Kev caught Paul towards the end of the second lap, who in turn was caught by 'big gears' Charles. There was only one second separating Paul from Kev on the times for the first lap, Kev went on to take the maximum points for Team Cambridge's Most Prestigious. Ian Millard had a good race and ended up with 7th position for his event. That is a fine result in spite of 'doing a Jeffery' in front of the cameras (video & still) Paul and Jeff both pulled out early from the race, Kev & Charles both completing four laps.



Ian doing a Jeffery

Results after two events:-

Position	Rider	11-Nov-07	02-Dec-07	20-Jan-07	Total
1	Paul Millard	19	18		37
2	Charles Tallack	17	19		36
3	Jeffery Bushrod	16	16		32
4	Simon Bowden	20			20
5	Kevin Parker		20		20
6	Jeremy Greer	18			18
7	Ian Millard		17		17
8	Steve Laurie	15			1

This result now places Paul Millard at the top of the leader board, with one more event left on the club's Most Prestigious calendar. However there is an additional fourth event in February, which means



the riders that missed this event could perhaps be allowed to use that to count towards the best of three; which is the rules of the club competition. No doubt the club MTB secretary will make a learned decision before the end of the year.



That's more like a MTB King!

Team Cambridge Christmas Quiz

On Monday 17th December many club members descended on the Scout HQ at Perne Road to battle out for the first prize in the annual club quiz. As usual the questions were set by TC's top quiz master Colette Millard. The usual format applied a selection of written questions, and a selection of photos from a picture board. The club supplies the nibbles and a few soft drinks, members generally bring along a few beers and a bottle of wine.



Right lets get started



who's got No 5?



No 5's definitely not me

As usual the winner was Sue Clarke (she has only been beaten once in 15 years of the competition) Next year we should have the quiz when Tony & Sue are on holiday, or just hand her the prize as she walks in.



Now for the answers



A reluctant Sue collecting 1st prize

That was the year that was!

January The year started with the first event of 2007 namely the New Year 10m TT on Jan 5th which was won by Alan Kidd in 25.18
Round II of the Thetford MTB series followed shortly afterwards on Jan 14th Simon Bowden extending his lead for the 'Most Prestigious' trophy.
The MMM members of the club headed for Attleborough for another cyclo-cross event, the four juvenile riders all took part as did three of the senior riders.

February The annual club social and prize giving evening took place on the 3rd a bit later than the normal time this event is usually held. The trophies and certificates were handed out including 4 medals presented to the juveniles to commemorate their first season taking part in MTB and cyclo-cross events.

February also saw the club competing in the final round of the Thetford MTB series. Simon Bowden once again taking maximum points to clinch the 'Most Prestigious' trophy. Le Stick found himself on the podium taking 2nd place overall in the three events.



March At long last Trevor Kimber took delivery of the new frame, ordered many months previously; this put an end to the rumour that it had gone down with the shipwreck at Boscombe in south Devon.
At a cheese & wine 'do' hosted by Tony & Sue Clarke, Jeff **MTB**ushrod presented Simon with Team Cambridge's latest trophy the 'Most Prestigious'



April The club racing season kicked off with the 1st race taking place on the 7th at the Newton circuit. Easter found the Parker tribe encamped at Rendlesham forest for a long weekend break. The **Mud Munching Millard Mob** descended for the day on Easter Sunday, which meant there were nine riders out in the forest riding all over the place. (it is hoped that this years (2008) event will take place at a site near Thetford)
Alan Kidd's 1st open TT of 2007 started with a 25 mile TT held on the Barton course. Doug Bradshaw was the overall winner in 56m 30s!



May/June In a season that started off with brilliant summer conditions early in April, saw many club events washed out with perpetual rain. Members continued to ride many open events, but the clubs own evening events saw a few cancellations.

One event that didn't get affected by the rain was the Team Cambridge Open 10m TT, promoted by Tony Clarke. This event has gone on to be a bit of an elitist event, with many top riders from throughout the country taking part. No exception this year with eight of the top ten riders breaking the 20m barrier! The winning team of Plowman Craven Evans Cycles riders very generously declined their prize money and it was denoted to the Arthur Rank Hospice a very apt gesture as this event is the Ron Edwards Memorial event.

Another MTB ride was also organised at Rendlesham forest one member did a Jeffery and ended up with a badly cut arm!



July Charles Tallack put every-one to shame as he was the only club member that entered and rode the 115 mile cyclo-sportive event one week before the Tour de France came to the country. As President Parker just happened to be in the Canterbury area prior to Le Tour, he at least had some support on the ride in to the finishing circuit. Well done to Charles for a brilliant ride!!

This was the month that every cyclist in the country was waiting for! Le Tour was coming back to the UK. Many of us were present when it last came in 1994, and had decided that we must be there again.



The club set off en-mass to a camp-site near Ashford in Kent where 25 members in three caravans and six tents had a fantastic weekend of eating, drinking, oh yes and cycling. Thirteen of us went to the Café Rouge in Canterbury to celebrate twins Katy and Sam's 12th birthday; this was followed by a rather late drinking session with all the latecomers to the camp. Many members



went to London on Saturday 7th to watch the prologue, some perhaps a little worse for wear. A massive birthday BBQ was held once again for the girls which went on till late in the night. The next day members that had to return home struck camp and set of to watch Le Tour from various locations in Kent

The club BBQ was also held in July, twenty nine members congregated at the Parkers in Longstanton to indulge in a massive feast washed down with loads of beer and wine. As usual the weather was on par as it poured down for most of the afternoon. Luckily we had erected a large and a smaller gazebo to keep every one out of the rain. The party broke up very late in the evening.



Le Stick took 1st place in the 25m TT handicap event which took place late in the month.

July also saw the road racing debut of Katy and Sam Parker, riding their very first time trial on two laps of the Newton circuit. Like Le Sick when he first started, the twins were accompanied by an adult rider.

August Many members continued to ride open events throughout East Anglia the first MTB training ride took place at Thetford forest, 12 members riding through parts of the forest hitherto unknown to most of us. But well known to the guide Jeff **MTB**ushrod.

The lowest part of the year came towards the end of August when the club mascot Sophie passed away peacefully at the ripe old age of 13. Sophie died at Sandringham after a fairly long battle against cancer.



September/October Members began to wind down their racing season; one or two people rode a few of the remaining events in the local area.

November Another fine Alan Kidd production took place early in the month, this time a 10m TT held on the Barton course the winner of which was Richard O'Rourke in 22.19

Twenty nine members packed into Tony and Sue's house in Milton for another successful cheese and wine 'do' Highlight of the evening for the six juvenile members was taking the Mickey out of Trevor (K) who had his arm in a sling – the result of a previous riding accident.



The hill climb was won by Simon Bowden, beating Alan Kidd into second place. This event also saw the road debut of The Twiglet (aka Peter Millard)



On the same day the three Parker girls were taking part in the first cyclo-cross event of the season over at Attleborough. Kevin Parker also competed in the senior event finishing with a creditable 47th place.

In a busy month for Mud Munchers, the first of the Thetford forest MTB series took place, Simon Bowden once again securing the maximum points in the club competition.

The AGM took place with a rather disappointing turn out of members, some changes to the committee was noted.

December Colette Millard produced another of her first class quizzes, members poured over the questions trying to think of the answers; as usual Sue Clarke was the winner.

The second of the four Thetford MTB races took place; Simon Bowden had to withdraw from the event due to a bad back. Kevin Parker took the maximum points; meanwhile Paul Millard sneaks into top slot for the trophy.

A family Sunday club ride was organised just before Christmas, on what must have been the coldest weekend of the year. It was decided to cut the ride short and nip back to Trevor (K's) house for coffee and mince pies! Fourteen members turned out for the 'what did you get?' MTB ride in Thetford forest. Trevor Kimber in his very first MTB event with the club was unfortunate enough to break his new chain about 10mins into the ride. The difference in temperature from the previous week was tremendous.



Some of the riders

And now for 2008, the editor of **The Spokesman** would like to wish all members and readers

A Happy New Year

Charlie & Christine's Record Year

'I wasn't going to send in any comments about our 2007 season on tandem and t.trike because it is one which I think for the most part we would prefer to forget however, a personal request from Doug has led me to write the following'

The 10 on tandem is really the only time with which we were happy because it was just 15 seconds off our pb done back in the 1990s on the club A14 course - it wasn't the perfect day weather-wise and we weren't at our best either, so even this time is tinged with some regret. The 100 wasn't a bad day and we were quite please with the result which included two rear wheel punctures. All other events were either done in wet and or windy weather or were done after our accident in the API 50 on 14th July. Something which I prefer not to think about but perhaps should be mentioned because it wrote off our season.

Although we continued to ride after July 14th our times were very much down on what they should have been because I was doing no training just riding to keep the thigh muscle mobile. Our 30 time on the tandem was recorded on the same course and only 7 days after the "accident". Neither of us felt like riding; we were so shaky that I doubt we got above 20mph in the first 5 miles and my leg was so painful that I could only push with one leg. It did however give us a vet's standard by 1 second! We only rode this event because it seemed the best way to fight the demon nerves and it was also our only available shot at 30 miles in the whole season.



Chris & Charlie on tandem trike

I really wish I had stayed at home on July 14th. I am still unable to do serious training despite phisio. and an MRI scan. At the moment I am riding with the knee bound up by tape as this seems to have some effect – I'm thinking of investing in Elastoplasts! – though a bigger problem to overcome is nerves as I still flinch and subconsciously deviate towards the verge whenever any vehicle approaches fast /close behind. A friend recently told me that it took her more than a year to get over a similar incident, so maybe there is hope. Know any good physiologists and maybe a physio for good measure?

National Age Records Tandem Trike

Machine	Distance	age record	Time	Event	date
Tandem Trike	10	51/54	24.25	Breckland CC	26th June
Tandem Trike	10	51/55	24.54	ECCA	29th Sept
Tandem Trike	25	51/54	1.08.34	Icknield RC	6th May
Tandem Trike	30	51/54	1.17.24	Norlond Combine	13th May
Tandem Trike	50	51/54	2.21.41	ECCA	27th May

The above times also gave us four Tandem Trike vets standards

Below are listed Tandem vets standards gained in '07
The 100 is a TC Club record.

10 miles 22-06	50 miles 2.05.47
25 miles 59-15	100 miles 4.37.48
30 miles 1-15-11	

Many thanks to Christine for her article.....ED

And Finally - 2008 Social Evening

Very much later than usual, the 2008 social evening will take place on February 16th at 13 Colesfield Longstanton, Cambs CB24 3BW

The cost this year will be £10* per head, please complete this form if you would like to attend. Send it to Pauline Parker: - 13 Colesfield Longstanton Cambs CB24 3BW, by Jan 30th 2008 or telephone 01954 780470 or even book by Email.

Name _____

No of tickets _____ Vegetarian Y/N _____

I enclose a cheque for £ _____ (Payable to Team Cambridge)

* Nominal at present

It is expected that there may be a lot of members likely to attend; it would be appreciated if you could reply ASAP, as entry will be limited to about 30 places maximum.