

Disc Wheel

Cambridge Cycling Club Newsletter

Inside this issue.....

Page 2/3	2008 Club Dinner
Page 4	Racing Reports
Page 4/6	Club Run Information
Page 6/7	Touring Reports
Page 8	Small Ads and Club Kit
Page 9	Who's Who
Page 10-13	2009 Membership Forms

Dates to note.....

18th – 25th January: Tour Down Under. Sky Sports will show daily highlights

Every Sunday Club Runs start at 09.00 from Addenbrookes Bus Station. See Page 4 for Club Run list

Please E-mail me material for the February edition of Disc Wheel by Tuesday 27th January

Happy New Year!

Dear Club members, as Julia said in the last newsletter I am now the new editor. You will notice the name change to 'Disc (short for Discussion) Wheel', because I hope you will all contribute to the discussions.

A New Year's resolution should be to send off your membership form to Chris Adams. Forms are included at the back of this newsletter.

Other things in this issue include: James Ward's article about the Hubert Arbes Petite, a 108km cyclosporitif in France; and Peter Baumber writing about how Cambridge CC riders fared in the SPOCO East time trial series

The Club Dinner was a great success as the winners of the 2008 season came to collect their awards (with guest speaker: double paralympic gold medallist Jody Cundy)

Wasn't 2008 a great year for cycling? At the Beijing Olympic and Paralympic Games British cyclists won a record number of medals and broke world records. In the Tour de France sprinter Mark Cavendish won four stages, the most a British cyclist has ever done in one single Tour. To top it all off in December, Chris Hoy was voted BBC Sports Personality of the year 2008 in front of Lewis Hamilton (F1 world champion). In the New Years Honour's list where a number of cyclists received honours most notably; Chris Hoy was given a knighthood and Jody Cundy was given an MBE for services to sport and disabled sport respectively.

www.cambridgecc.org.uk

Any reference to material from the website is with acknowledgement to the ERRL discussion forum

CLUB DINNER

On the 6th December it was the club's Annual Dinner at the National Golf Course in Toft. About seventy members (both old and new) came and celebrated the 2008 winners. The Prize presentation happened after all seventy members were fed and watered. The after dinner speech was given by 2008 paralympic gold medallist Jody Cundy. He talked about his life and how swimming had been his first sport. There were some clips taken from the paralympic games, the first clip was Jody Cundy winning gold in the 1km TT with a very impressive time of 1.05.44 (a new world record). He also showed us another one of his gold medal winning rides in the Team Sprint (along with Darren Kenny and Mark Bristow). Many thanks to Wendy for organising a great evening

2008 Winners

Trophy	Awarded for	1st Place	2nd Place	3rd Place
Morris Shield	Season evening league (Men)	Ken Platts	Duncan Murphy	Tom Platts
Cole Cup	Season evening league (Women)	Helen Eborall	Wendy de Graff	Julia Ertner
September Plate	'10' Championship	Ken Platts	Duncan Murphy	Andy Hudson
John Brown Cup	'25' Championship	Andy Hudson	Duncan Murphy	Digby Symonds
Lewis Hill Climb Cup	Hill Climb Championship	Digby Symonds	Andy Strickland	Duncan Murphy
John Jeffrey Bowl	Fastest Newcomer	Basil Moss		
Eric Haughton Shield	Fastest 3 10's Under 16	Owen Lake	Chris Hughes	
John Morley Cup	Fastest 3 10's Junior	Owen Lake	Chris Hughes	
A R Skeel Cup	Junior BAR (2x10's and 2x25's)	Not Awarded		
Centenary Ciche	Most Audax Points	Simon Proven		
Halfords Cup	Fastest 25	Ken Platts		
Woods Cup	Fastest 50	Ken Platts		
Bass Cup	Fastest 100	Ken Platts		
Hawcroft Cup	Fastest 12 Hour	Ken Platts		
King & Harper Cup	Senior BAR	Ken Platts		
John Brown Cup (Men)	Open 25	James Millard	Peter Balls	Mark Arnold
John Brown Cup (Women)	Open '25' Women	Sue Clarke		
John Brown Cup (Team)	Open '25' Team	Cambridge CC		
Colburn Challenge Cup	Vets BAR	Ken Platts		
War Memorial Trophy	Track Championship (Men)	Digby Symonds	Rob Cox	Andy Hudson
War Memorial Trophy	Track Championship (Women)	Katie Symonds	Averil Milligan	Angela Platt

Harry Lewis Cup	Best Road Race Performance	Digby Symonds		
Howcroft Cup	Best Placing in divs	Not Awarded		
Ike Saul Memorial Trophy	Club Road Race	Neil Beasley		
Jack Woolard Trophy	Under 16 Road Race Performance	Chris Hughes	Owen Lake	
B Jessop Shield	Junior Road Race Performance	Not Awarded		
Life Vice Presidents Cup	Most BC Points	Digby Symonds		
Cambridge Ladies Road Race Shield	Road Race Women	Katie Symonds		
Stabilizer Trophy	Accident/Falling Off bike	David McLean		
David Ives Trophy	Best Young Rider	Owen Lake		
Charles Colbons Cup	Club Member of The year	Helen Eborall		
Soot Mynott Trophy	Best Club Run Attendance	Peter Vernon		
Hamper Hams Inter Club Challenge	Inter Club Challenge	Not Awarded		



Owen Lake, Helen Eborall and Digby Symonds collect their respective trophies from guest speaker Jody Cundy



Club Members talk about the season that they have had, after dinner and before the prize presentation.



The Cambridge CC ladies who raced in 2008

All photos supplied by Jan Ertner

Racing Reports

Peter Baumber reports on the CC Breckland 10 and the SPOCO south east 2008 series.

On the 1st January 2009, Peter Baumber (King Vet) braved the very cold temperatures (2C) and rode the New Years day '10' on the A11 near Norwich and recorded a very respectable time of 27.09, a plus of 7.19, which is a new club vet's record for his age. The event was won by another veteran Ian Cammish (Planet X) who recorded 20.54 and was second on standard with a plus of 6.15 . Well done Peter! I hope you break even more vet's records in the coming year.

Turning to the SPOCO series. In 2008 a number of CCC riders took part in the SPOCO series. For those of you who don't know, SPOCO stands for sporting courses ie courses that are on minor single carriageways and have little traffic. The SPOCO has many different categories. Juvenile/Junior, Ladies, Senior (19-39), Veterans (40-49), Super Veteran (50-59), Senior Veteran (60-69) and finally King Veteran (70+). Competitors get 120 points for first, 119 points for second and so on. There are a series of 7 events split up into two categories (category A and category B). Category A consists of events of 10 Miles, Category B are events of 20-30 Miles. There is also Category C events are between 30-50 Miles The Results of the SPOCO series included three CCC riders (Duncan Murphy, Nick Jackson and Peter Baumber)

Duncan Murphy finished 4th in the Senior category with 697 points 13 points behind third place rider Glenn Taylor (API Metrow)

King Veteran Peter Baumber won his age category by 17 points from Ted Saunderson (Ipswich BC).

Nick Jackson also took part in a couple of these events but didn't ride enough events to get a placing.

The Whole competition was Won by Veteran Lee Bark (Stowmarket and District CC) who got maximum points (720).

In the Team competition (the total number of points of the best 3 riders). Cambridge CC came third with 1832 points, 45 points behind third placed CC Breckland with 1879 points. Hopefully we can get more riders to enter these events and get higher up in the team competition in the coming season.

Touring Notes

Club Runs List

Date	Touring	Intermediate	Sporting
18th January	Julia Ertner to Clavering	Ken Miller to Grafham Water	Barney Leeke to Little Paxton
25th January	Will Eve to Newmarket	Chris Adams to Stradishall	Graham Duguid to St Ives
1st February	Jon Schneider to Saffron Walden	Glen Taylor to St Neots	Damien Lewis to Stradishall
8th February	Sue Armstrong to Little Abington (Comfort Café)	Peter Vernon to Westmill near Buntingford	Grant Armstrong to Thaxted
15th February	Jennie Parsons to Melbourn	Chris James – 50 Mile Reliability Ride	Malcolm Stennett – 50 Mile Reliability Ride
22nd February	Michael Price to Woodgreen Animal Shelter	Chris James - 100km Reliability ride	Ron Argent – 75 Mile Reliability Ride
1st March	Debbie Hooker to Silver Ball, Reed	Neil Taylor - Hinxworth	Terry Dickerson – 100 Mile Reliability Ride

Ride leaders and destination are subject to change at short notice

Information about Club Runs

Touring:

Speed: 13 mph (21 kph) **Distance** 50 Miles

Other Info: Cafe stop at about halfway. The slowest rider dictates the speed. The ride leader should appoint a tail-end rider

Intermediate

Speed: 15 mph **Distance:** 50-75 Miles

Other Info: Cafe stop at about halfway. Over the last few miles on the way back to Cambridge the ride may get significantly faster . The ride leader should appoint a tail-end rider.

Sporting:

Speed: 17mph **Distance:** 50-80 Miles

Other Info: Cafe stop at about halfway. Over the last few Km on the way back to Cambridge the ride may get significantly faster and the group may split leaving riders to do the final few Km in smaller groups.

A Guide to Club Riding in a Group

This guide is a list of explanations, hints, tips - a riding etiquette. It has been written to help keep you and your fellow cyclists riding efficiently and safely and to help minimise the inconvenience to other road users. Mainly the advice will refer to the clubrun activities, but it will also apply to other rides that you may do. The guide is in two sections: *general advice* to all riders and specific advice for *clubrun leaders*.. This guide is not comprehensive, so please also use your common road sense and also obey the rules of the road.

General Tips and Advice

- **Prepare.** Make sure your bike is in good working order before each ride.
- **Prepare.** On each ride take at least: a puncture repair kit, pump, a spare tube, basic tools and some money for the café stop.
- **Dress Sensibly.** It is best to wear sports type clothing; cycling specific clothing is not necessary. In the winter it is generally better to be too warm than too cold. A wind proof top can make a large difference in keeping you warm.
- **Think.** The close proximity of other riders in the group makes sudden change on speed or direction undesirable. (dangerous!). So please *do not make any sudden movements when riding in a group*. Try to think about where other riders might be and how your actions may affect them. An occurrence that is becoming more regular is a mobile phone ringing; do not stop suddenly to answer it.
- **Riding Style.** Ride no more than two-abreast and stay in neat lines, this will help the aerodynamic efficiency of the group. Change to single file as necessary to help cars overtake. See an article written for triathletes by Tim Williams at <http://www.perfectcondition.ltd.uk/Articles/Drafting2.htm> which gives a more technical description of group riding.
- **Good Manners.** When changing position in the group, do so relatively slowly. Particularly if overtaking, do this at about 1/2 to 1 mph faster than the other riders; this allows them to take your wheel and benefit from the aerodynamic drag that you produce. Then and only then slowly increase your speed to that required.

- **Road Manners.** Keep to the left of the left side of the road, this will enable cyclists (tail-end Charlie for instance) to overtake if needed and also help motorists in overtaking.
- **Wheel positioning.** Do not ride with your front wheel overlapping the rear of the person in front. If the person in-front makes a sudden move, your front wheel could be knocked from under you and you will crash.
- **Communicate.** If you have a puncture (or mechanical problem) shout PUNCTURE and slowly pull over to the roadside.
- **Communicate.** If you see another rider that is having problems, alert others in the group to this.
- **Don't** overtake (and in particular ride well ahead of) the Clubrun leader unless you are willing to take responsibility for your own navigation. The clubrun leader is not obliged to chase after people who miss a turning in this way.

Ride Leaders

- **Prepare.** Work a route out in advance and take a map.
- **Prepare.** Get to the start-point in good time.
- **Prepare.** Try to appoint a “tail-end Charlie” who will ride at the back and look after any potential stragglers or mechanical/puncture victims. Should you need to you can confirm everybody is together if the Charlie is in the group. The Charlie should be a strong and experienced rider.
- **Welcome.** Welcome any new looking people that are in attendance and explain to them what they should expect of the ride(s). Introduce them to other riders.
- **Communicate.** Before starting a ride or continuing after a stop, make sure everybody knows that your group is about to leave so they can prepare to move out. Be clear about which ride is moving off and when. Remember, less experienced riders may be slow to get started and if a gap opens up they will be playing catch-up from the start.
- **Starting.** Start relatively slowly to enable the group to get organised behind you and allow any gaps to be closed up. This is particularly important when riding through the town where traffic lights may conspire to split the group. This applies to the Addenbrooke’s start and to other stops.
- **Look and listen.** For signs from the group that you are leading the run too fast or too slow. Change the pace accordingly. Keep a steady pace when going up-hill and/or stop to regroup at the top of the hill.
- **Split.** If there are more than twelve people in a group, or there is an obvious disparity in abilities or fitness, consider splitting it into two (or more) groups.

The Touring Article

I would like to put a touring article in each copy of the newsletter – so come on everyone get your stories to me. In this month’s issue James Ward reminisces about his cyclesportif which took place in Lourdes, France in June 2008.. Thanks for your input James. Tom.

Hubert Arbes Petite, 108km and the Col du Tourmalet

A bit of a last minute decision saw Rob Jackson and James Ward enter the Hubert Arbes Cyclosporitif in the Pyrenees mountains in southern France, which starts from Lourdes and heads over the dreaded climb of the Tourmalet. With about 800 starters Rob and I found ourselves queuing in an orderly fashion, resulting in a start somewhere towards the back of the huge field. It is quite a sight to see the entire street filled with cyclists from gutter to gutter, nearly as far as the eye can see down the road, and somewhat daunting considering that there’s that many people to overtake before hitting the fast group at the front. As the course went through the streets of Lourdes it gave Rob and James a chance to get a bit closer to the front, but since there were rather a lot of others who had the same idea, it was a bit of a scramble, so we probably made up only 200 places by the time of the official start on the outskirts of Lourdes. But of

course “it’s not a race”, we are told. Yeah right. Exactly like the Chain Gang isn’t a race or the Reliability Ride in the Race Training group isn’t a race.

We had been warned that the start would be fast, with a 3km climb offering an early chance to get ahead of the slower riders. Rob and I chased hard on the flats before the climb, riding up the gutters and dodging French marshals’ motorbikes with horns that sounded like bird song (!). I was at race pace up the climb, but so was everyone else. With a wide variation in riding abilities, this meant some tricky negotiations through the bunch with one or two riders already weaving across the road. At the top of the climb the first proper split in the bunch formed, with about 200 riders up front, and I (fairly exhausted from the chasing and overtaking) just managed to bridge onto the very back of the group during the first descent. Now with much of the chasing over, and tucked into a fast group, things were considerably easier and it was time to recuperate before the Tourmalet. Not far behind me was Rob who was chasing frantically to get to the my group on the descent, but sadly to no avail. A much frustrated Rob tried to drive a huge bunch of chasers, but they had lost the desire to chase and Rob was stuck with this slower pace.

My group slowed as we approached the foothills of the Tourmalet climb, still 20km away but with constant climbing until the gradient really kicks up for the climb itself. At Saint Marie de Campan, the official start of the climb, we passed over a timing grid and we knew that the real race was now beginning. I was only a few metres from the front of the race, and things were fine for the first 3km as the Tourmalet’s gradient is fairly gentle. However, after a week in the Pyrenees already, both Rob and I were pretty tired and with the temperature set to reach the mid thirties and with no experience of riding in such hot conditions, I felt it was best to take it fairly steady up the climb. It was a bit depressing watching 50 or so riders disappear up the climb ahead of me, but discretion is the better part of valour, so they say... The climb was tough but fairly uneventful, taking 1:09 from St Marie, six minutes slower than earlier in the week, despite the easier conditions this time around. After a quick stop for some more water and the pickings of dried fruit and cakes laid out on tables, the descent was pretty quick, but I was very pleased to find out that I could keep up with the fastest guys (thanks in particular to honing my descending skills in the Pyrenees last year with Eric Blanc, a former CCC member who is an excellent descender).

A group of 10 or so formed on the descent, to be joined by another 15 or so riders as we scorched our way towards Argeles Gazost and the split in the course for those riding the short (“Petita”) and long courses. Five of us turned right, towards the end of the Petite Hubert Arbes, whilst the rest turned left to complete the longer course. Our little group worked well together. One more long climb cut into the legs a bit, but then it was a crazy descent for the last few km back into Lourdes. I was keen to ensure we weren’t caught by any more riders so pushed the pace on the front. I had been told that we would enter Lourdes and have to go back across the city before we reached the finish. So I tucked in, to get a rest before the finale. Next thing I knew, there was a split in the road and with much shouting half our group went left and half went right. Pure fluke meant I went right, which turned out to be 100m before the finish line! In the confusion, the other guys were already several bike lengths ahead and it was too late to catch them, but I was dead-chuffed with a top-ten place, averaging just shy of 20mph on the course. Rob came in a few minutes after, producing a cracking ride, and getting somewhere in the top 30 or so. I would definitely recommend this as a Cyclo sportive, and the addition of the Tourmalet makes it something pretty special. Fly into Pau from Stansted, and you could even ride to the start from the airport! Take the plane back in the evening and you could do it all from door to door in a day!!

With a bit of Web digging, I found out that our little group contained Magdalena de Saint Jean, who beat Marion Clignet (multiple World Champ) in a big race that month. Thought she was looking strong!

Small Ads

For Sale Bob Jackson winter/training bike; 24" lugged frame with 531 tubing, Shimano 105 STI groupset; 3 x 9 gears - front 30/40/50, rear 12-25; Cinelli bars and stem; Flite Titanium saddle; 2 bottle cages; Open SUP rims with Vredestein Tri-Comp tyres, mudguards of course, Shimano SPD pedals. £200 ready to ride away. Peter Underwood peter.underwood@tesco.net or phone 01223 565036 (Cambridge)

Club Kit



Cloth Cap	£5
Bibshorts	£44
Men's shorts	£35
Ladies shorts	£32
Gilets	£40
Skinsuits	£70*
Arm warmers	£12
Short sleeve Road Jerseys	£32
Long sleeve Road Jerseys	£44
Winter Training Jackets (Wintex)	£80

* Skinsuits are Short sleeved

Cambridge Cycling Club kit can be purchased through **Alan Sparks.**

☎ 01223 247753

alan.a.sparks@btinternet.com

Please call to make an appointment for a fitting as it is very difficult to judge sizes.

CTT HANDBOOKS

I have ordered 10 CTT 2009 Handbooks, please email me if you want one.

First come, first served!!

If there is enough interest I will order another 10

Tom Platts



Club Committee Contacts

President:	Mick Draper	01223 871765	
General Secretary:	Chris Adams	01223 245487	c.adams359@btinternet.com
Treasurer:	Tony Hornbuckle	01223 837171	tony.hornbuckle@gmail.com
Membership Secretary:	Chris Adams	01223 245487	c.adams359@btinternet.com
CTT Secretary:	Nick Jackson	01223 313466	ngjackson@ukonline.co.uk
BCF Secretary:	Eric Gowland	07957 164808	eric.gowland@gmail.com
Club Runs:	Sue Taylor	01223 563414	suemtaylor@ntlworld.com
Clothier:	Alan Sparks	01223 247753	alan.a.sparks@btinternet.com
Social Secretary:	Wendy de Graff		
News Letter Editor:	Tom Platts		ccccomic@googlemail.com



Cambridge Cycling Club – founded in 1901
BC, CTT, ECCA, Norlond, ERRL, Eastway Supp League, Northants & District CA

NOTES

| -- MEMBERSHIP DETAILS -- |

- ◆ Tick 'First' if you are not currently a member of another club.
- ◆ Tick 'Second' if you are a member of another club and you wish to keep it as your main club
- ◆ Tick 'Associate' if you just want to receive the club Newsletter

| -- CLUB SUBSCRIPTIONS -- |

- ◆ Household Membership covers any number of people living at the same address. Please use a separate form for each member of the household. Under 18s shall fill in a Young Member's form, which should also be signed by a parent or guardian. One copy of the club newsletter will be sent to the address.

| - RACING - |

- ◆ There are many types of racing, some of the main ones are:
 - ⇒ Road Races (administered by the British Cycling, BC) are mass-start races, the first to cross the finish line wins. Races are typically 30 to 120miles in length and take place on circuit courses. A racing licence has to be purchased and events normally have to be entered in advance. British Cycling: www.britishcycling.org.uk.
 - ⇒ Time Trailling (administered by the Cycling Time Trials, CTT) is a race against the clock, competitors starting (usually) at one-minute intervals. Normally the winner is the person that covers the course in the shortest time. Time Trials are usually between 10 and 100 miles. 'Open' events have to be entered in advance but 'Club' events are on-the-line entry. A licence is not needed: www.cyclingtimetrials.org.uk
 - ⇒ Cyclocros (administered by the British Cyclo Cross Association, BCCA) is a mass start race but on an off-road course, with natural or manmade obstacles to negotiate. Races are typically one hour in length. A licence is not needed and most events can be entered on-the-line. Mountain bikes can usually be used.
- ◆ If you are interested in racing, but do not know how to start, please contact a member of the committee.

| -- MISC -- |

- ◆ Contact lists of members will be distributed. The lists will only contain names, telephone numbers and e-mail addresses. Postal addresses will not be included in the lists. Tick this box if you wish to be left out of the lists.
- ◆ The club distributes the club Newsletter by e-mail. You will have to opt-in to this and will always have the choice to receive a paper copy.

Some Web Addresses:

Cambridge Cycling Club:	http://www.cambridgecc.org.uk/
Audax UK:	http://www.audax.uk.net/index2.htm
Tusk products:	http://www.tuskstore.com/
Open Field Cycle Tours:	www.openfieldcycletours.co.uk
Cambridge Cycling Campaign	http://www.camcycle.org.uk
Team Cambridge	http://www.team-cambridge.co.uk/
Cambridge University CC	http://www.srcf.ucam.org/cycling/
French Oasis Holidays	http://www.frenchoasisholidays.com/



CAMBRIDGE CYCLING CLUB

Application for Juvenile/Junior Membership for 2009

If racing the consent form on the rear must be completed.

(If 18 years old or over a Senior Members form must be used)

Name: Address:
 Telephone:
 Mobile:
 Fax:
 E-mail:
 Date of Birth: Post Code:
 Membership Class (): First Second Associate
 If 2nd claim, give 1st claim club name:

	First, Second or Associate
Less than 18 years old (at any time during year of membership)	£3.00
Included in Family Membership (see Senior Form)	£0.00

Club Subscription: £ (Cheques payable to: Cambridge (Town & County) CC)

Send to: Chris Adams
 61, Great Eastern Street, Cambridge, CB1 3AB
 Tel: (01223) 245487 E-mail: cadams@steds-fs.co.uk

I agree to abide by the CAMBRIDGE (Town & County) CC rules (copy on the Website):

SIGNED (prospective member) **DATE**

SIGNED (parent or guardian) **DATE**

- British Cycling application (BCF): I have sent it direct to BCF HQ
 (To obtain membership, licence and/or handbook see: <http://www.britishcycling.org.uk>)
- Cycling Time Trials handbook (see <http://www.cyclingtimetrials.org.uk/index.asp>)

Telephone & e-mail to be published to other members only, tick to stop this too.

Tick this box if you are willing to receive your newsletter by e-mail (acrobat).

To help us understand its members' requirements, please indicate your main interests:

Road Racing Time Trialing (open) Time Trialing (Club) Du/Triathlon CycloX

Track Racing Other Racing (please state)

Club Runs Touring Audax General fitness riding Mountain Biking

January 2009

Other Interests (please state)

Are you a member of the Cyclist Touring Club? Are you a member of Audax UK?

PARENTAL CONSENT 2009

(Must be signed by parent or guardian of entrant under the age of 18)

For entry of rider under 18 years of age during 2009 season in the CAMBRIDGE CYCLING CLUB events. I (name and address)

.....
being the parent or guardian of (name)
who was born on (date)

HEREBY AGREE to his/her participation in the above club events under the rules and regulations of the Cycling Time Trials (CTT) and DECLARE as follows:-

- ◆ I understand and agree that my said son/daughter participates in events promoted under the CTT's rules and regulations entirely at his/her own risk and without liability whatever on the part of the promoter, promoting club the CTT, or any club affiliated thereto or its or their officials or members in respect of any injury, loss or damage suffered by him/her however caused whether by negligence or otherwise.
- ◆ I understand that the function of marshals in such events is to do no more than indicate the precise spot at which the rider should turn or the direction he or she should take and that the responsibility for safety negotiating a turn or any other change of direction must rest with the rider alone.
- ◆ I understand further that all competitors in or in the vicinity of the event must observe the law of the land relating to road travel and when racing must ride entirely alone and unassisted.
- ◆ I am satisfied that my son/daughter is sufficiently responsibility for his/her own safety whilst engaged in competition of this kind on the public highway.

SIGNED

DATE