



Vets take East Anglian Awards and Records

Our Vets featured strongly at the VTTA East Anglian Group prize presentation held on Sunday 25th November.

Andrew Grant gained first place in the season long Short Distance competition involving two 10 mile TTs and two 25 mile TTs. With strong support from Ken Platts and Chris Dyason, Cambridge CC also took the team award.

Andrew was also Joint winner of the 10 mile Points Competition and featured strongly in the longer distance competitions, gaining 2nd place in the Group Championship, run over 10, 25, 50 and 100 miles, and 2nd place in the 3 Distance Championship, run over 25, 50 and 100 miles.

Andy, Ken and Chris have been prolific record breakers this year setting a total of 17 East Anglian age records of which 7 are potentially National records, subject to ratification.

More details on Page 2





Solo men 10 miles

Andrew Grant	65	20.10	5/5/18
Andrew Grant	65	20.06	16/6/18
Ken Platts	66	20.50	12/7/18
Ken Platts	66	20.49	1/9/18
Chris Dyason	70	21.42	15/7/18

Solo men 15 miles

Andrew Grant	65	31.28	18/7/18	(National Record)
Ken Platts	66	32.38	18/7/18	
Chris Dyason	70	34.00	18/7/18	(National Record)

Solo men 25 miles

Andrew Grant	65	53.25	27/5/18	
Andrew Grant	65	50.37	3/6/18	(National Record for 4min 59s)
Ken Platts	66	53.14	8/7/18	

Solo men 30 miles

Ken Platts	66	1.2.59	22/9/18	(National Record)
Chris Dyason	70	1.4.02	22/9/18	(National Record)

Solo men 50 miles

Andrew Grant	65	1.43.35	12/5/18	(National Record)
Ken Platts	66	1.47.11	12/5/18	(National Record)
Chris Dyason	70	1.56.02	12/5/18	

Solo men 100 miles

Andrew Grant	65	3.47.07	15/7/18	
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Ken Platts

Membership Update

I was elected membership secretary at the Annual General Meeting earlier this month. My aim is to acknowledge new member applications within seven days of receipt and also to acknowledge renewals within seven days.

Renewing members need only pay their fee into the Club's bank account before 1 March 2019 with the reference SUB FIRST SURNAME. If any personal details have changed, an email to me setting out the changes will suffice.

As mentioned on Page 3 of this newsletter, membership cards will in future be distributed electronically. We suggest you keep a copy on your smart phone. Alternatively the pdf can be printed and cut to size.

Ken Miller

membership@cambridgecc.co.uk



Annual Social & Awards Ceremony

Fifty eight members and guests attended our Annual Social and Awards Ceremony held at the Meridian Golf Club on Saturday 10th November.

Our guest speaker was Michael Hutchinson (Dr Hutch) who was as entertaining as ever. For those who don't know, Michael is a popular cycling journalist with a regular



column in Cycling Weekly. In addition to being an entertaining speaker he holds a record 56 National Time Trial Championships. He has held the National Time Trial Record at all distances up to and including 100 miles and still holds the 30 mile record.

As a memento of the event, club members received a gift, being a signed copy of Michael's latest book.

Ken Miller

Annual General Meeting

Our Annual General Meeting was held on Monday 12 November where committee members were elected for the next 12 months. Who's who can be found [here](#). Not listed is Will Lockhart who is our Minutes Secretary, and the general committee members who are: - Peter Blencowe, Jan Ertner, Andy Grant, Nick Jackson and Paul McMahon.

Proposals were carried as follows: -

Membership cards will in future be distributed electronically as pdf attachments to emails acknowledging renewals and new members.

To be eligible for any competitive award, senior members must have given their time on two occasions during the season for the benefit of the Club.

Ken Miller



2019 Training Camp



Each year I organise a training camp in Mallorca for members of the Cambridge Triathlon Club and the Cambridge Cycling Club.

Next year (2019) the dates of the camp are 30th March until 7th April

The idea is that going on a training camp with the people that you train with regularly ensures that the training is great on the camp, and that you know at least some of the people there. Commercial training camps are a complete lottery in both of these respects.

The camp is cycling focused. This maximises the endurance training benefit and makes the best of the fantastic riding available in Mallorca. There's an indoor pool close to the hotel, however, and the sea of course, so it's easy for triathletes to keep their swimming ticking over; and there are plenty of places to run, including a long sea-front promenade.

We normally have around 40-50 people which means four groups on the road. The groups ride in the same area each day and

usually meet up at lunchtime. The camp is structured with mix of riding: length, terrain, speed...

Accommodation is 3* half board. This year we'll be staying in a different hotel from normal (due to renovation work) but the cost of the trip is the same as last year - from £450 pp for two people in a twin room to £600 for a single room.

The Clubs make a contribution to the camp which means that we can provide airport transfers in Mallorca and have a backup driver should anyone need rescuing.

For further details and a booking form please follow this link, or drop me a line

<http://www.perfectcondition.ltd.uk/TrainingCamps/Mallorca2019>

Tim

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Turbo Training Sessions

Due to circumstances beyond our control* we have a new venue for this winter. The Studio at Waterbeach Barracks.

The advantages are no traffic, easy parking, lovely room. Changing rooms and showers are available.

The disadvantage is that it's a long way from the city centre and therefore a long, dark ride if you go by bike. You'll also have to explain to the guard at the barrier that you've come for the session. Start time is 7pm. We normally finish at around 8:30.

First session is 14th November (that's a little later than usual as I'm not available on 7th).

(Triathlon Club) Members £3

Cycling club members £4

Non-members £6.

If you would like to come but do not have your own turbo trainer you can borrow one. Please let me know in advance so that I can bring one for you.

Please bring a towel or blanket to protect the floor. It's carpet so we can't mop up our puddles!

If you have been to these sessions before you only need read further if you would like a reminder of the purpose and nature of the sessions.

The sessions follow a progressive programme from November until the end of March. It doesn't matter if you miss some sessions or come in part way through, the progression is mostly about suitable training for the time of year. The focus in the autumn is on developing and re-enforcing good pedalling technique, with some physiological preparation work. There's a very useful educational element. In the spring the focus is on cardiovascular endurance and speed.

The workload increases from month to month.



The sessions really are suitable for all abilities as it's impossible to get left behind and there's no need to wait for anyone. The list of former regulars includes three Olympians, several world

champions and a host of professionals, internationals and elite level triathletes and cyclists. It also includes many more complete beginners and everything in between.



Tim

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* Last year's venue is no longer available - one of the Halls at Chesterton has been turned into a library, the other is booked for too many of the days that we would want it.



Ashwell Springs

I expect most, if not everyone, in CCC has cycled along Ashwell High Street but how many know that in doing so they're passing one of the sources of the river Cam? Not only that, but Ashwell Springs, an area covering 0.3 hectares, is a biological Site of Special Interest.

The site features a series of freshwater springs forming the source of the Cam and provides a habitat for cold water invertebrates, some rare, such as flatworms.

There are a few tributaries of the Cam but the main two are the Granta and the Rhee, though both are known as the Cam. The Rhee starts in Ashwell and the Granta in Debden, from where it flows past Audley End house through Littlebury, Ickleton and on to Shelford, where it merges with the Rhee. The Rhee and Granta are 20.6 miles and 26 miles long respectively from their sources to where they join, at a point around a mile south of Granchester. The Cam then runs for around 43 miles from its furthest source, Debden, to where it empties into the Great Ouse, which in turn empties out into sea eventually when it flows out through Kings Lynn.

... And finally, a word or two from Chaucer, but he really ought to have spent a bit more time at school learning how to write proper

like what we do. Anyway, that aside, here goes with his little ditty about a mill which used to stand on Granchester Road: - "The Reeve's Tale" from Geoffrey Chaucer's Canterbury Tales begins: At Trumpyngtoun, nat fer fro Cantebrigge, Ther gooth a brook, and over that a brigge,

Upon the whiche brook ther stant a melle;
And this is verray sooth that I yow telle:
A millere was ther dwellynge many a day.

However, what is all this about? Well, the Reeve's tale has a moral. It tells of a dishonest

miller who cheats all his customers diddling them out of corn by bulking out their sacks with less expensive substances such as bran. However, the events of the tale suggest a different moral: everyone's out for himself, and in this world, it's cheat or be cheated.

Hmm .. well this was written in 1476, so I guess some things just never change.

Sue Taylor



With thanks to all contributors to this newsletter

Please send your contributions to newsletter@cambridgecc.co.uk