

RIDING ROUND IN CIRCLES

The North Bucks Road Club Newsletter

March 2005



At the Manchester
Velodrome with the
Lucozade Challenge

Early Season Race Reports
Dieppe Raid

Dick Selley in legal action shock!
Letters page

Editorial

Welcome to the March 2005 edition of the newsletter. By this stage the racing season is very nearly upon us, and I hope you've all been training to such an extent that you will all soon be doing personal bests!

For my own part, I've started the season with a 2-up '25' in Wales (see the race reports). Unfortunately I seem to have been laid low by some ghastly cold picked up Chez Oram, which has kept me from training for the best part of a week, and no end in sight...

Website Updates

There haven't been many updates to the website lately. For one thing, I've been rather busy, and I haven't received much material to add to it. I'll be updating race results over the next few days, however, so keep those floods of submissions coming (he wrote sarcastically). Most notable additions:

We now have the current club clothing prices on the web page.

I've put up a link to some pages about the now defunct Northwood Wheelers. This was the club my father was in - you may remember the episode about a night trip to Cheddar that I wrote up for the newsletter when I was first editing

it. There's more like that on those pages.

When I upload this newsletter, I'll add links to the Dieppe Raid event described on pages 8 and 9 of this issue, and place the entry form as a download.

Please keep any and all contributions to the newsletter and webpages coming! Send them to r.d.saunders@open.ac.uk

Early Season Race Reports

Port Talbot Wh 2-up '25'

This event was held on a cold and frosty (but at least dry) morning on 6th March, on the fast Neath valley course in South Wales.. The NBRC was represented by Rob Saunders and our ex-member Gerry Oram (Bynea CC), who despite delving deep into the ~~suitcase of courage~~ (TM P. Liggett) Oram-Saunders book of excuses pulled off second place, again behind the formidable Port Talbot Wh pairing of Colin Wallace and Geraint Evans. We topped 46mph coming down Neath Bank, and wonder what Wallace and Evans managed!

Results

1. Colin Wallace/Geraint Evans (PTW) 51-56
2. Robert Saunders/Gerard Oram (NBRC/Bynea CC) 55-04
3. Ceri Davies/Darran Williams (PTW) 55-34
4. L. Jones/W. Pring (PTW/Cardiff 100) 56-33
5. A. Lewis/L.Hobbs (PTW) 56-36
6. Wendy & Ian Houvenhagel (Ricci Bike Chain) 56-50

Kettering CC Hilly '20'

Ian Stokes rode the Kettering CC Hilly 20, and was quite pleased with a 57.11 on the coldest day he's ever raced. Had the event been about 5 weeks ago he reckons he would have been quite a bit faster as he's just fitted in a 4 week social season !! (*sounds like he's been dipping into the Oram-Saunders book of excuses to me! Ed.*)

Rudy Project Update

Ian also reports that the Rudy Project national round is again to be held in September 2006 on the Botolph Claydon circuit and promoted by us.

This event is not taking place in 2005, because the London North CTT do not have a national round allocated this year (there are only six national rounds each year to spread around all divisions).

Despite the fallers in last years events, the local and national

CTT committee members were pleased with what they saw,. We were in competition with the North Road CC, but they weren't so sure of certain aspects and had a problem with parking.

We shouldn't have a problem with the road surface for this year's local promotion or for next year as further parts of the course have been resurfaced.

Ian will provide further updates as things develop, and is looking for a further major sponsor alongside Rudy Project, and also to hire in shower facilities.

Warren & I weren't in the same event. He was riding in the U16 event at the bowl, against some local riders and the GB Youth Development team (they went off like a rocket!!) Although I think he was the last finisher, he rode determinedly as he is currently studying for his GCSEs. I think he learnt a lot from it. It was about freezing for the whole event.

The Road Race Squad have been in action, reports Wayne Maguire

Saturday 12th March

Spring Chicken RR - 3/4 cats Simon and Gary took part in this 4 lap race around the Claydon TT circuits in quite strong winds. Although both members tried various attacks it came down to a bunch sprint which Simon managed to obtain 6th Place. Gary unfortunately got caught behind a horse which galloped within the Bunch.

Category 3/4/Juniors; 64Km

1. Philip Gough Portswood Cycles 1:57:15
2. Adam Norris Crest CC - Ilford
3. Stuart Pickering www.cyclelogic.co.uk
4. Gavin Atkins Extreme Endurance
5. Richard Smith Farnborough & Camberley CC
6. Simon Moss North Bucks RC

Continued on p6

Winter Riding

The summer seems so far away as I look out of the window into the "Dark Winters Night", my mind playing games with itself, do I really want to go out? Missing one night won't make a difference will it? It looks cold out there, but its warm inside, do I need to bother? The list starts to become an endless stream of excuses for not going down to the shed, to get my "Dark Winters Night" companion. "IT" has no excuses like, its cold, I can't be bothered, wonder what's on telly? The only thing stopping "IT" going training is my commitment.

The battle is over, my conscience

getting the better of me, as always. Out I step looking like something from "Scott of The Antarctic". Fleece cycling jacket, thermal trousers, overshoes, woolly hat. Two layers of tops on underneath my jacket, two pairs of socks on my feet, under the overshoes and cycling shoes. Its probably 2 deg Celsius out there, but it certainly feels a lot colder and by the time I return, it certainly will BE!!!!. Ah well here goes, quick check over my "Dark Winters Night" companion, lights secure, Polar heart rate monitor fixed to the handlebars, perhaps it won't be so lonely after all. The beeping of my HRM. being a constant reminder, that my faithful training partner has not let me down with

excuses. "IT" also has no excuses, as to why it cant go training.

After all the excuse making, and conscience battles, the ride itself was pretty un-eventful, I was a bit over cautious, too many layers of clothing, still better to be safe than sorry, you just never know what might happen on a "Dark Winters Night" when you're the lonely rider. But the question I ask myself, Am I the lonely rider? after all I have my companions, We may not be fluent in the same language but we all understand each other, and we will ALL, be out there again, the next time on a "Dark Winters Night".

BY MICK ATKINS

Paul Sherwen as he is spoke

Those of us without access to Eurosport obviously suffer from the lack of Duffield and his interminable discussions about food, particularly cheese. It's not all bad, however. Those of us with terrestrial TV get the wonder duo of Liggett and Sherwen. Here I've lifted some Sherwen-isms from the Phil Liggett fan page run by Todd Carrier (the URL is http://members.tripod.com/~Todd_Carrier/phil.htm)

"And he's popped " (Regarding Lance Armstrong dropping Pantani on Hautecamp - stage 10, 2000 TdF).

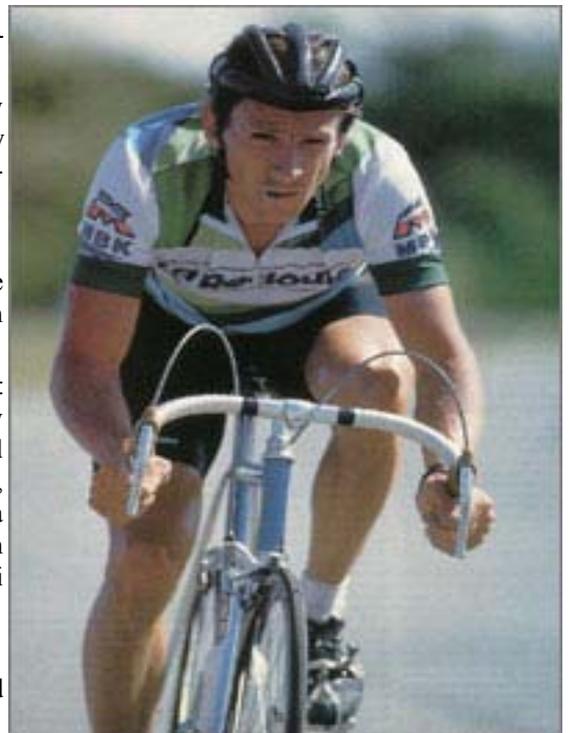
"These riders are glass-cranking it here"

(Regarding two breakaway compatriots taking it easy before the finishing sprint - 2000 TdF)

"He probably got a whiff of the alcohol on that man's breath and needed some fresh air."

('97 Tour, Alpe D'Huez: Pantani breaks away dramatically from Ullrich, and as he speeds up the climb, some guy dressed up as a rooster runs up along side him and gets so close that Pantani gives him an elbow.)

"Well, I would have climbed off by now"



Our man Paul as a Tour rider

"I would never have seen the front this late in the race, but..."

"He's all over his machine"

"Hills like this were never much to my liking, but..."

"That's what you get when you suffer - you get results." (99 tour)

"He's really having to dig deeply into the suitcase of courage"

"Would the top of Hautecamp please come quickly." 2000 tour

(2000 Tour, commenting on Pantani (who was trying to keep the wheel of Lance on the Ventoux)

Perhaps some of you lucky fellows with Eurosport will share your memories of Duffield with us. The pages of the newsletter await...

"As you know, Phil, it is difficult for one Dutchman to outfox another Dutchman"



Our man Paul as a commentator

It was early April when Thomas, Larry, and myself met up for our first group ride together. I had got in contact with Larry through a well known Cycling magazine. He was at the time distributing a well known sports product in the area, which had been tested in the magazine that month and was highly recommended. So being quite new to cycling at the time, I felt that I wanted some more information on the product before a purchase was to be made.

I decided to give Larry a call, to my surprise, it turned out that he lived only a few miles away in a nearby town, and we arranged to meet on the Thursday of that week. Little did we know what horrendous weather Thursday was to bring. We seemed to have had all four seasons in one day Wind, Rain, Snow and a little Sunshine, very little as it happened, not enough for Larry and myself to venture out. So we decide to meet up on the Saturday afternoon and Larry would introduce me to his training partner Thomas.

The Saturday afternoon came; we had arranged to meet at 2pm. I had mixed feelings as I prepared myself and my bike for the ride ahead, as I had never ridden with anybody else before. I could not help but worry about how I would perform. Would they ride on ahead? Would I make myself look foolish and die in a heap at the sight of the first hill (lump)? Would I just not be fast enough or fit enough to keep up? Would I enjoy it?

I could not believe just how close Thomas actually lived to my house, When Larry came to meet me, we could see Thomas's house from the end of the street. I have sometimes wondered since that day, how in the two years that I had been riding previously, that I had neither seen or met Thomas before. We rode over to Thomas's house; who was already waiting for us outside his home. It seemed quite apparent to me that Thomas was a little younger than Larry and myself, and certainly looked a lot fitter than myself. Perhaps the fears I had previously, were about to come true?

We introduced ourselves and set off, at a leisurely pace much to my relief. I kept thinking to myself, if it stays at this pace it will be easy, no problem at all. Perhaps I need not have worried after all, I felt more relaxed now, and was actually beginning to enjoy the ride, When!!, for some unknown reason, Larry and Thomas seemed to be getting further and further away. My body seemed to be telling me the end was nigh and if they had kept up this pace I would be riding home on my own, but that wasn't possible I didn't even know where we were I had never been this way before. My mind was put at ease straight away when Thomas and Larry could both see I was starting to struggle and came back to give me some support, which was very much appreciated I can tell you!!.

I will never forget how tired I felt, by the time we returned to Thomas's house; but I also had a feeling of satisfaction, that I had completed the course in one piece.

That was not the last time we all went out together, and there have been many other tiring and harder rides, but also a lot of enjoyable rides too, but that was the make or break ride for me and I have learned a great deal from Thomas and Larry since that first ride. Riding with others is fun.

BY MICK ATKINS.

On a different note, Gordon Batcock sent me the following announcement about Tuesday evening events at the Bowl:

TUESDAY EVENINGS AT THE BOWL

Racing at the Milton Keynes Bowl for veterans (over 40 years old) takes place on most Tuesday Evenings in the summer.

The races or run on a handicap system, under the rules of The League of Veteran Racing Cyclists (www.lvrc.org) any one is welcome to watch, help, or ride (you must be a member of the LVRC and have a suitable bike)

DATES

17th May, 24th May, 31st May, 14th June, 21st June, 28 June, 12th July, 19th July, 26th July, 9th Aug, 16th Aug, 23rd Aug.

As the venue is shared with other groups and activities, races may occasional cancelled at short notice. It is therefore advisable to ring first.

Organiser: Ron Day 01908 501461 or Gordon Batcock 01525 374035

Gordon



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Here is a picture of Warren Stokes riding to 4th place at the bowl -see page 6.

Letters

Please send correspondence to Robert at r.d.saunders@open.ac.uk



We received this letter about some of the old photos in the last issue of the newsletter from Jack (Brush) Bromfield. Dick Selley has added some comments - I've put these in [square brackets]. I've reprinted the photos on this page, as requested by Dick Selley.

Dear Dick

The pictures in the newsletter were taken around 1950, Reg Smith, Bob O'Dell [Luto Wh], Jim Walpole [life member] and myself decided a week in "La Belle France" would make a change from Devon and Cornwall, North Wales or the Lakes. We left Bletchley on one Friday night, caught a train to Euston, rode to Victoria, caught a train to Ashford, rode to Lympe and took the first flight on Saturday morning to le Touquet (aircraft was a Bristol Freighter, 160 knots downhill and with the wind) with the bikes in the nose doors!

Yes it was an Osgear, I never knew Reg use anything else. In that week (that's all the holiday we got in those days) we got down as far as Reims.

Did you notice in the "Gents" (I use that term loosely!) two men over 6 foot [O'Dell, Smith] use one hand, Shorhouse [Walpole] uses two!! The berk on the kilometer stone is me.

Jack [(Brush) Bromfield NBRC "Lifer", RAF veteran, Local historian]



The Editor would like to point out that he believes the milestone picture is brilliant!

Bryan Scarborough sent in the following, extracted from the letters page of Cycling dated 29 September 1949:

MR CHAMBERS' SECONDER

Not only do I share Mr Chambers' view, but I think it is "daft" to ride eight gears on any course.

John E Day, Dorchester

Further to Mr Chambers' remarks regarding the use of eight gears, my only conclusions are that riders finding eight gears necessary on any type of course are physically unsuited for cycling.

R Smethurst, Liverpool

What would they think of us all now with 20 gears!?

ROAD TEAM EARLY RACE PLAN -

Welcome any support or can additional team members most welcome to join us.....

SATURDAY 26 FEBRUARY

Riders entered Simon, Gary and Leigh
Central WCRA/Team MK Handicap Series - Milton Keynes Bowl -
2.3.4.J 51Km

SATURDAY 5 MARCH Riders entered Simon, Gary Wayne and Leigh
Central WCRA/Team MK Handicap Series - Milton Keynes Bowl
2.3.4.J 51Km

SATURDAY 6 MARCH Riders entered Simon, Gary Wayne and Leigh
Eastern Crest CC Spring RR (ERRL) - Stag Hall, North Hall Rd, Ugley
2.3.4 110Km

SATURDAY 12 MARCH Riders entered Wayne and Leigh
Central WCRA/Team MK Handicap Series - Milton Keynes Bowl
2.3.4.J 51Km
Simon, Gary and Phil will be contesting the Central Spring Chicken Road
Races - Charndon Community Centre, Charndon, Bucks
3.4.J 64Km 10:30

SUNDAY 13 MARCH Riders entered - Gary
E.Mids Spring Road Race/Jack Granger Memorial - RFW Clubroom, Middleton
3.4.W.J 65Km 9:30

SUNDAY 20 MARCH Riders entered Gary and Wayne
Eastern Ed Taylor Memorial
RR (ERRL) - Thurlow Village Hall
2.3.4.J 80Km 9:45

SATURDAY 26th - MONDAY 28th MARCH
GOREY 3 DAY STAGE RACE IN IRELAND

APRIL RACES TO FOLLOW

Race reports, continued from p2

The full results can be found at:

http://www.britishcycling.org.uk/results/2005/03_march05/12_SpringChicken.shtml

In the other race on Saturday, Wayne managed to get 7th Place in the 2/3/4 51km crit race at the bowl. After two riders broke away from the main bunch. Wayne managed to get into a breakaway of 8 riders. This eventually dwindled down in the closing stages as riders fell out the back and a few got away. Wayne won the sprint from the remaining riders from the original breakaway.

Mens Race 2/3/4/J (51km)

1. John Tuckett Oxford University CC 1hr 10mins
2. Richard Wood XRT
3. Ian Cooper Zenith CC @1lap
4. Marcus John Pembroke Velo
5. Ian Cammish Unattached
6. Mark Simmons Team Milton Keynes
7. Wayne Maguire North Bucks. Road Club
8. Don Parry Nene Valley RC
9. Kevin Farmer Team Milton Keynes
10. Tim Read Unattached

Warren Stokes also managed to obtain 4th Place in the Junior race at the bowl.

Youth A (U16)

1. Matt Jones Team Keyne - Trek

2. Bonar Liceitis CC Luton
3. Jake Elston CC Ashwell
4. Warren Stokes North Bucks. RC
5. Henry Sleight Team Cherwell
6. Chris Bradbury PPV

Full results at

http://www.britishcycling.org.uk/results/2005/03_march05/12_TeamMK_WCRA_crits.shtml

On Sunday 13th March, Phil and Gary took part in the Rockingham Forest RR over 40 miles.

Phil managed to get 23rd in the main bunch. Full results at http://www.britishcycling.org.uk/results/2005/03_march05/12_springrr.shtml

The Lucozade Challenge - Manchester Velodrome 28th February 2005

by Kevin Stokes

It all started with a competition in cycling weekly last August, all you had to do was answer a simple question and send your name and address into cycling weekly.

After about 2 weeks I received a letter from Lucozade to say I was one of the 8 finalists, to take part in the Lucozade Sport Recovery Challenge, where I could become the 2004

Lucozade Sport Recovery Challenge Champion, with the prize presented by Jason Queally.

This would involve cycling on the track at Manchester Velodrome in several events, and the winner would be picked, this would happen around the end of September 2004, although they were still having problems getting hold of Jason Queally

I had forgotten all about the competition, when I rode at Manchester Velodrome with the A5 rangers at the end of January, the day after revolution 7, I really enjoyed myself on the dry indoor track, swooping down the bankings.

The next day was Monday morning, and what arrived on the doormat, but confirmation of the Lucozade Challenge in 1 month's time, it was time to find out some more details.

A quick call to Lucozade confirmed there would probably be a one lap sprint and a 4 lap endurance event; it was time to up the intensity of the turbo sessions.

The next few weeks involved quick tests on the turbo to measure speed, cadence and power over a 20 second intervals from stationary to simulate a 1 lap standing start, after a few weeks, the max power had increased to around 620 watts, as indicated on the Tacx.

A similar thing was done to simulate a 4 lap (1K event).

Mid February took me down to Cardiff for the opening of the Welsh Millennium Centre in Cardiff for the opening of the opera, which was research for Carole's latest book, which she is currently writing.

We had a few hours to spare on one day, so I planned a visit to the Newport Velodrome, for a refresher session, this is a fantastic facility with new Pinarello track bikes, the cost is £4.00 for the drop in session and £6.00 to hire the bike.

On Arriving the GB Development youth squad were also training on the track, after some warm up laps, and some track skills there was to be some 4 man pursuit races over 8 laps, between the guys who had arrived for the drop in session, and teams from the GB youth squad.

The first team from the drop in group lined up to race, and were caught after 6 laps by a flying GB squad, gulp. Next it was our turn, then we were off, after about 4 laps our coach was screaming at us, I thought it was just friendly encouragement, so we carried on and after 6 laps the coach was leaping up and down, with 1 lap to go one of the guys let a small gap appear so I rode around him to fill the gap as we came round to finish.

Once we had slowed down, a quick chat confirmed what all

the shouting was about, we had apparently been beating our fellow competitors, and there was literally metres in it at the end, all this and I could still breath?..

The Thursday before the competition the Lucozade guy phoned me and said someone had dropped out, did I know anyone who would like to ride, they wouldn't be able to win the competition, but do everything else for free, but I had to let them know by the end of the day, after a lot of frantic phone calls Leigh Smith agreed to come up to Manchester on the Monday morning for the training and racing.

On a cold Monday morning with snow on the ground we met up with Leigh at Manchester (he left home at 6am to get there), we met the other guys who were there for the challenge, some of them looked fit especially Leigh.

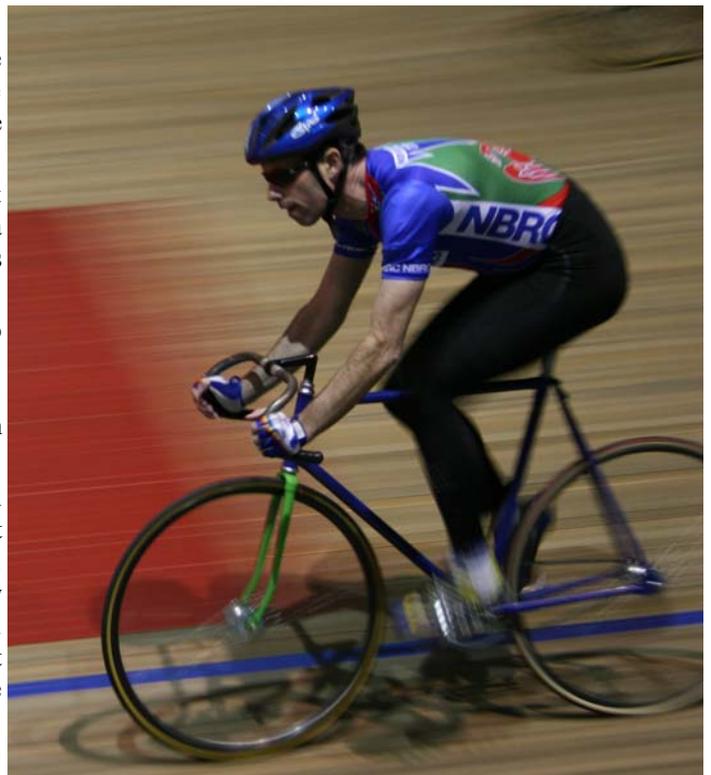
It was then down on to the track for a couple of hours track training with advice from Jason Queally, before the competition which would now consist of 2 lots of 200m sprints, this was soon upon us.

After the first runs Leigh had the fastest time at 14.48, followed by me at 14.85, then the other guys were at 15 and 16 seconds.

After a 5 minute session to loosen the legs again, it was time to go again, Leigh went 3 one hundredths faster at 14.45, I ended up at 14.48, and the other guys were still at 15 and 16 seconds, which meant I had won.

We all got changed and had lunch with Jason Queally, where we got a chance to ask him questions, the main one I remember being impressed with is the power they put out when they do the final 200M, the answer around 2,300 Watts which happens after 7 seconds.

All that was left to do after this was accept my prize, a years free Lucozade products and a years membership to the Lucozade Sports Academy, and watch the GB squad do some training, behind a 250cc motorbike on the track, now they certainly are fast.





TOUR DES TROIS VALLEES 11 - 13 JUNE 2005

The 34th annual Tour des Trois Vallees is a series of randonnees (touring rides) organised by the Cyclo-Club Dieppois based on roads and lanes in the countryside beyond Dieppe, offering distances of 20, 50, 90 and 140 km. There will also be a 40 km mountain bike route.

This year Dieppe is also considering offering an historic walk around Dieppe for non-cyclists. If it goes ahead this will be available to people who are not participating in the cycling events.

The UK organisation is once again being undertaken by Caroline and Glen Street. Booking arrangements will be as per 2004. This means that ferry and accommodation need to be booked individually by entrants as directed on the Entry Form.

A route sheet is supplied by our French hosts and in addition most directions are marked which, with the regular control points, ensures simple navigation for first timers. The events may be ridden on any type of cycle. Prior to the ride on Sunday, you will receive route sheets for your chosen distance, all of which are covered on Michelin map 52. Riders may travel in groups or ride alone.

British riders travel from Newhaven to Dieppe on the Saturday morning using the high-speed SeaCat service. After checking into your chosen accommodation and having lunch we reassemble in the Town Hall for a reception hosted by a member of the Mayor's office and CC Dieppe, followed by a glass of wine.

Immediately following the rides on Sunday there is a prize presentation where some prizes normally come our way. On Sunday evening a meal is arranged in the Windsor Hotel on the seafront for the first 120 to apply. This year the cost is £18 for a four course meal plus coffee and wine, with a vegetarian option. Early Monday is free to do as you wish, prior to the return late morning.

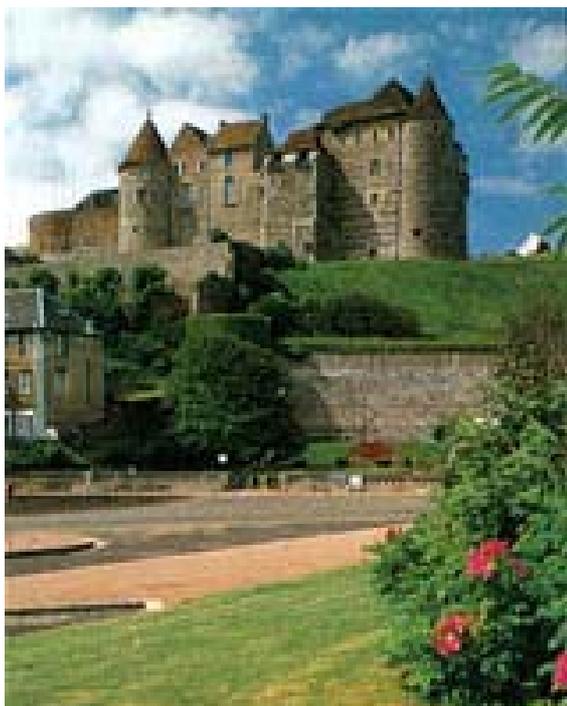
ENTRY FEE

The entry fee is £6. Please ensure that only the Entry Form and entry payment are posted to Caroline and Glen. Travel forms and travel payment should be posted direct to Travel Counsellors. Your accommodation and associated payment needs to be arranged direct with the Hotel of your choice.

The Information Sheet will be published during May when further details become available.

Details are also available on the Web Site.
www.dieppetour.com

The entry form can be downloaded from the NBRC website



Complete carefully:

No alterations accepted
No refunds for cancellations
One form per applicant – copy as required

www.dieppetour.com



11-13 JUNE 2005

Return this form to:

Caroline Street
83 Garstons Close
Titchfield
FAREHAM
PO14 4EU

Closing date : 30th April 2005

email: caroline@dieppetour.com

YOUR DETAILS

Mr/Mrs/Miss Forename Surname DOB

Address

Email

Cycling Club (if any)

Evening Tel No UK Emergency Number during visit

Distance you wish to ride: 20km 50km 90km 140km 40km MTB

Type of bicycle solo tandem trike recumbent other

Our hosts in Dieppe are considering organising a walk on the Sunday for **non-cyclists**.

Please tick this box if you are **NOT** cycling and a walk may be of interest to you.

ACCOMMODATION

Please note: Once again accommodation and travel arrangements should be made by individuals. Group rate travel is available and some B&B accommodation has been secured at the Hotel Windsor. To book your place, please make direct contact with the hotel quoting "Weekend Cyclo".

Tel: 0033 235 841523

Fax: 0033 235 847452

Email: Windsor@hotelwindsor.fr

Alternative accommodation can be found on the DIEPPE town website: <http://www.mairie-dieppe.fr/sympa/b-guideF.html>

TRAVEL

Group rate travel tickets can be arranged through Travel Counsellors - see "Group Rate Booking Form" for further details.

MEAL

Once again, we will be organising a meal for the Sunday evening at Hotel Windsor. A full 4-course meal is offered for a cost of £18.

Please tick here if you wish to attend the Sunday meal

Please tick here if you require the vegetarian option

PAYMENT

All meal & entry fee payments must be submitted with this form.

Submit hotel payment direct to the Hotel.

Travel requirements to be sent direct to Travel Counsellors.

Entry Fee £6.00
Meal £18.00

Total Payment Enclosed

£

I, the undersigned, accept that I must consider myself on a private excursion, responsible for my own safety, and that the organiser will not be held responsible for any accident caused to me or by me to a third party.

Signed Date

(Parent's signature if under 18)

Cheques payable to "Dieppe Raid"

Please enclose 2 SAEs (2 x C5 – 6.5" x 9.5") for further information

Following the A5 Rangers Jumble Sale, the club has received the following letter from solicitors. We think we've got away with it this time...

SPOKES, SPOKES & WHEELER

Litigation specialists

**Campag Chambers
Lincolns Inn Fields
LONDON**

20 February 2005

Mr R Selley
18 Spenslows Road
Bletchley
MILTON KEYNES
Buckinghamshire
MK3 6JU

Reference your correspondence of 14 February 2005:

I have been instructed by my client, A5 Rangers CC, to formally convey to you the following:

Although somewhat perturbed by the illegal entry gained to their premises, my client concedes that there were others doing likewise on the day in question.

Also, it has brought to their attention the poor standard of security on the said date and they intend to raise this matter separately with Group 4.

Having due regard to the fact that you readily admitted the offence and your offer to reimburse any losses made as a result, my client feels suitably placated and therefore wishes to return your cheque, with thanks.

My client hopes that both parties will continue to regard each other with the respect that has existed to date and now considers the matter closed.



**A. Rider
Spokes, Spokes & Wheeler**

Enc. cheque