

NEWSLETTER JUNE 2017

Mallorca 2017 training camp by a scared first-timer

Since joining CCC a few years ago, I've often heard about the training camp in Mallorca run by Tim Williams. I generally thought it was something those fast racing types did and didn't apply to Sunday cyclists such as me. As I spent several hours trying to work out how to fit my bike into a box the week before I left, I found myself pondering as I did so what on earth had possessed me to sign up...

Predictably, I needn't have worried. As soon as I hauled the bike box off the train at Stansted I bumped into friendly faces also lugging boxes around but nonetheless willing to help. This started a theme which was one of the highlights of my week – as well as sharing the adventure with a few who I cycle with already, I met many others I hadn't previously met, all of whom were ready with advice, encouragement, tools and anything else a rookie "camper" might need!

Day 1 dawned with a clear blue sky. So did days 2-7, pretty much, so enough said about the superb weather we had all week. I'll just leave the tan lines by the end of the week to your imagination... Tim planned routes for 4 groups from Touring to Sporting Plus so there was an option to suit everyone; the faster groups had longer routes with the aim of all meeting in the same location for a café stop later in the ride. This worked really well and gave people the chance to move up a group if they were feeling good (or down if not). I stayed with the intermediate group as that's my usual Sunday ride, which was excellently led by Michael Halloran all week (he only had to tap his watch a few times at the café stops!).

Day 1 was scheduled to be a medium length ride so obviously we did 60 miles before stopping for coffee in Santa Maria, and climbed two mountains – the distinctive lonely mountain of Randa, then over to Orient. This put the fear into me as a rookie as I wondered how on earth I was going to survive the week when I was exhausted already! I also realised how much I needed to learn about descending and cornering as I went very slowly down the mountain as well as up.... but a delicious bocadillo and freshly squeezed orange juice soon lifted my spirits for the ride home.

Tim said if we got Days 2 and 4 right, the camp would be a success. They were listed as recovery rides and important to ensure we got the most out of the training rides. It seemed to work for me! They weren't that short but were steady and gave my legs a chance to recover, and on Day 3 I seemed to find my confidence and energy and never looked back. The riding was so enjoyable, the roads were generally in excellent condition and the views spectacular as we climbed up and over mountains. Day 3 included the famous Sa Calobra climb for the Sporting groups; unfortunately it's a fair distance from where we were staying so my Intermediate group didn't have time to go down to the coast and back up. We still packed in plenty of climbing and descending though, including the 28 hairpins of the Col de Soller (yes, 28 – Barbara counted!).

Day 4 was a true rest day in that only a short 25 mile ride was planned for a social trip out to lunch in Lluçmayor. Before that Tim also offered a coaching session in a local car park focussing on cornering skills when descending; I found this incredibly helpful and after an hour was leaning like a pro (probably). I certainly found it improved my cornering over the following 3 days; on the final day I

was able to follow Tim's line on a descent which was a real thrill for someone who had no prior experience of riding in high mountains.

Days 5 to 7 followed a similar pattern to the first 3 days; long rides in the sun, finishing up at the seafront in S'Arenal with optional drinks at our local bar. There was plentiful food and good company back at the hotel buffet; conversation occasionally veered away from cycling but in general we all enjoyed reviewing our day in the saddle. I don't think I'm the only one who loved every minute of the week (even the painful ones), which explains why so many members keep returning to Mallorca on Tim's training camp. I was a scared first-timer; now I'm fully converted and hope to return. Thank you to Tim and everyone else on the camp who were welcoming to new faces and helped make it so enjoyable.

Onwards from Mallorca

I went to Mallorca to help prepare for a big challenge later in the year; I'm taking part in the Tour of the Highlands, a 300 mile, three day sportive in Scotland on May 27-29th. As this is such a tough challenge, it seems a good opportunity to do some fundraising too. Charcot-Marie-Tooth disease is a condition that damages the peripheral nerves, causing progressive muscle weakness, wasting, balance problems and loss of some normal reflexes. It runs in my family; my photo shows me with my mum, who has the condition, as well as several other family members. My chosen charity, CMT-UK, provides support to people with the condition and works to raise awareness in the public and medical professions. If you would like to support the charity you can sponsor me at <https://www.justgiving.com/fundraising/Kate-Sanders3>



Thanks for reading!

Kate

A message from Up North.

Having been asked by the newsletter editor to give the membership some more details of the audax events I run in the Scottish Borders, it got me thinking about past times with the Cambridge CC and a major bout of reminiscing followed. I realised that I have known Phil and his wife Linda since I rode my first club 10 as a young whipper-snapper of 17 in a club event in 1980. Although I have been living away up in the frozen north for 12 years now, I still remember those early days of clubruns, manic chaingangs and every sort of racing. From time trials to cyclo-cross and even winter roller racing with much fondness as my introduction to the wonderful world of cycling. I still love it every bit as much today. I am immensely grateful to Cambridge CC and all the people back then for giving me a great start.

One memory that stands out is of Mick Draper bringing a pair of decent wheels with tubs on, using the wheel carriers people used on the front wheel in those days. It was a kind gesture and what a difference those wheels made.

The Scottish Borders are quite different from the Cambridge landscape. Although there are long climbs, most are well graded and the roads are amazingly quiet. It's a great place to run audax events and interesting to explore.

In 2017 I am running several events from 100k to 300k. It would be great to see some Cambridge jerseys amongst the peloton visiting the area. There are a good selection of reasonably priced B&B's as well as Galashiels campus of Heriot Watt University. Brand new student accommodation is rented out including full breakfast. Riders report it to be very comfortable. There is a train link from Galashiels to Edinburgh, letting the train take the strain.

Events for this year are:-

Sat 1st July Mofat Toffee 200k and Broughton & Back 100k.

Sat 9th Sept Dick McT's 150k Classic.

Sat 14th Oct Etal U Can 200k and Ride of the Valkyries 100k.

Sat 4th Nov The Long Dark Teatime of the Soul 200k.

More details of all the events are available on the Audax UK website calendar pages as well as online or postal entry. All events apart from the 300k have full HQ facilities, including showers and free food. Finishers medal included.

Anyone needing more information or who wants to be in touch with me, if you remember me from the past, my email address is: Pedaller1@sky.com

All the best for the season. Pedal Up!



Lucy McTaggart (nee Rutter).

Cambridge CC 10

On the 29th of April Cambridge CC successfully ran an open time trial event on the F2D/10 course. The weather was better than in previous years... there was no hail this time. However there was a blustery crosswind which meant it was not particularly fast conditions, but even so there were some excellent times.

With £600 in prizes there was a strong field. Cambridge CC did particularly well and ended up taking most of the prize money home. David McGaw of Cambridge CC won with a time of 19.44, 7 seconds ahead of Luke Clarke (TMG Horizon Cycling Team). Barnabas Prufrock (Nuun-Sigma Sport-London RT) was the only other rider to dip under 20 mins with a 19.53.

Andre Dyson (20.48), also Cambridge CC, hoovered up the prize for fastest vet and together with Martin Reynolds (21.17) Cambridge CC took home the team prize.

It was difficult for Cambridge CC to win the women's event as no Cambridge CC riders had entered, Amy Pritchard (Giant Camden Team Liv) took the honors with 22.31.

Thanks to Chris Dyson for organising an awesome event and for all the Cambridge CC members who volunteered their time to help make the event run smoothly.

ECCA 50

On Saturday the 13th May the ECCA 50 mile champs happened on the E2/50C course. It was another event dominated by Cambridge CC. The conditions were ok dry and a nice temperature, but there was a stiff south westerly wind that meant most of the second half of the course was into a block headwind.

The key to a good race in these conditions is pacing it well, saving something for the trip back and not getting too carried away at the beginning. The riders who paced it well were able to go well and grab PBs. Riders who got it wrong had less fun, there were a few tales at the HQ of riders throwing up during the event

David McGaw had spent most of the previous week in his shed with a hacksaw working on a new aero position. It seemed to work as he won the event with a staggering 1.38.30! A PB by almost 3 minutes and new club record. To put that time into context it is equivalent to 5 back to back 10 mile efforts each done in 19.42 or back to back 49.15's for 25 miles.

David won by a minute from Liam Maybank (Twickenham CC), Daniel Northover (Finsbury Park CC) was 3rd another 3 minutes back.

Andre Dyson stuck to the task well. Not just because his drinks system exploded before the start, covering him and his bike in syrupy orange juice. Andre did a sweet ride, pacing it well to do 1.45.50, a PB by nearly 3 minutes and 7th overall.

Colin Lizieri, who loves tough conditions, also did a PB by over 2 minutes with 1.50.34. A great ride by someone who is as aerodynamic as a brick. Colin's ride was enough for Cambridge CC to take the team prize, just beating Finsbury Park CC. For Cambridge CC this was a new team club record, 5.13.54, knocking 8 minutes 40 seconds off the old one.

Chris Dyson also rode and narrowly missed out on a national age record, not from a lack of encouragement (from David who got a bit excited and screamed in Chris's face as he came past). Nevermind Chris, why not do some more 50's?



Dave piling it on!

Cambridge CC Veterans Team wins second National Title

The Cambridge Cycling Club veterans Time Trial Team of Andy Grant, Ken Platts and Chris Dyason, already 2016 winners of the season-long Veterans' time Trial Association (VTTA) national short-distance competition decided on an aggregate of best 25-mile and ten mile times over the year, added a team win in the inaugural national 15-mile championship on 30 April.

Veteran's races are open to riders over 40 years of age and to create a basis for competition between riders of various states of decrepitude, are decided on a handicapping basis, called "Standard" with each additional year of age gaining a few seconds extra allowance.

A strong easterly wind made life hard on the normally superfast V728 course near Hull, and the team was led home by Andy Grant in an actual time of 33 mins 29 secs - over a minute back on his Personal Best, which is itself a national age record for the distance. On Standard, this was good enough for 9th place in the field of 150. Chris Dyason and Ken Platts followed close behind in 13th and 14th places to form the winning trio, which was unlucky for fourth man Colin Lizieri, in 28th place, whose time would have been good enough to secure the team win with him as third counter.



L-R: Rachael Elliot, National VTTA secretary; Ken Platts; Chris Dyason; Andy Grant

Photo: Kimroy photography



Individual winner on standard was 86-year-old Ron Hallam, of South Pennine CC, showing just how effectively the “standard” system can level the playing field.

Earlier in the month, in the Lea Valley CC 25 mile time trial, Andy (left) recorded a personal best 52:30 to break the East Anglian Group VTTA record for 63-year-olds, ironically deposing, as previous holder, team mate Ken Platts.

Photo: Davey Jones

ECCA 10 Champs

The ECCA 10 championships took place on the 20th of May and there was a big turn out by Cambridge cycle club. The event was held on the E2/10 near six mile bottom. It was wet and miserable in Cambridge but this course often seems to have its own micro climate. The race was mostly dry, with occasional rain and hail showers. A strong south westerly meant that riders spent the first five miles banging their head against a wall of air, making it a day for personal bests in average power not average speed. Most riders were over a minute slower than a couple of weeks ago on the same course.

The early starters got it particularly bad. Andre Dyason rode through hail and back for a hard fought 21.46. Martin Reynolds got a power PB and very wet for a 21.16. Colin "the flying brick" Lizeri did another awesome ride in rubbish weather to do a 21.27 or 21.47 (there is still some dispute about that). Chris Dyason did excellent power but got some freaky winds to do a 23.33. Jan Ertner got headwinds and rain, plus his hairy legs were creating massive amounts of drag, he did a power PB but only a 24.19. Andy Grant had a bit of a soggy trundle round contemplating the lack of vets prizes on offer and the futility of life (it was that sort of day) to do 22.20.

The sun was shining for David McGaw though, he nearly threw up whilst smashing through the headwind to the turn before surfing it home in 19.36, a fast ride on a slow day. David won by 20 seconds from Daniel Northover (Finsbury Park CC). Finsbury Park CC had a very strong team and took the team prize. Verity Smith (Stowmarket & Diss CC) won the women's event in 22.48.

LVRC Tour of the Abberleys.

Sean Kilroy returned to the League of Veteran Racing Cyclists three day stage race. Run over 150 miles, in four stages, near Worcester, between 29th April and May 1st. After doing very well there last year, he showed his best form to win two stages and finish fourth overall. His performance in the time trial (15th) and missing the break on the first stage fired him up to take the King of the Mountains award as well as the two stage victories. Opposition in the race included Richard Edwards (Luton), Mike Twelves (MI racing-Jewson), gold and silver medallists in the national championships.

For those not aware of it, Sean won the LVRC over 50's national championship last year as well.

Phil Parr to Visit Cambridge.



Some members will remember Phil from back in the sixties and seventies before he emigrated to Perth WA. He is returning for a rare visit to see relatives and friends. He would like to meet as many as possible. Please contact me for when he is available. June and July is when he will be travelling around the country and taking the opportunity to see the Tour de France as well.

This picture sees Phil on the right with Colin Chapman, Robbie Parker and Mick Draper.



Phil could win the odd trophy too!

Off the Back.

Members are riding extremely well in races. If you want people to see your results, write a report and send it to me. Don't be shy. Include: when, where, result, does it count towards a championship or licence upgrade, were there notable scalps taken, etc? Of course, some people do not race. Perhaps you could write a piece about a sportive or clubrun you enjoyed. Cycling abroad is always interesting. Could someone do a little write-up of the Tour of Wessex? This is a very popular event for some of the members. Don't keep it to yourself!

A club meeting place has long been required to let members meet each other. Often, the only time people see other members is in the groups they regularly ride in on a Sunday morning. When the groups go in all directions that is the last you ever see of most people. There are many riders in Cambridge jerseys seen riding around the lanes who do not even realise they have just passed another member by because they don't recognise them. Espresso Library Cafe has kindly allowed us

to use their premises to have a meeting place on the last Monday evening of the month. Food and drink is available. Please come along from seven till nine. This would be a good time for prospective new members to meet and find out about the club and its activities instead of being thrown in at the deep end of a clubrun, not knowing which group to go with or riding etiquette.

If anyone has any other ideas or anything they want to bring to the attention of the club, please be in touch.



Send your contributions to newsletter@cambridgecc.co.uk