



CAMBRIDGE CYCLING CLUB

For Recreational And Racing Cyclists



NEWSLETTER June 2021

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Light-at-the-end-of-the-tunnel edition

Despite postponement of final liberation from lockdown, Sue reports that the

CLUB RUNS

scene is pretty healthy and each group has formed its own mini-CCC with meeting points scattered across Cambridge. Some groups have decided on a WhatsApp group to communicate rides and general gossip whereas others have stuck to the more traditional email communications. There has been a steady stream of new people joining which has been good to see over lockdown. Grateful thanks go to all those who are getting these rides organised and sorting out leaders each week - Geoff, Mauro, Debbie and Tom being the main lynchpins in all this. The intermediate ride visited a new café (or new to me but maybe not to everyone) which was Petals near Great Yeldham and we also re-visited the café at Westmill

which hasn't been on the radar of the intermediate group for quite some



years. Both are very small and prefer a call to warn them that a cycling group will be descending on them and wiping out a week's supply of cakes in one hit.

The intermediate ride did the first seaside trip of the year, cutting out the flatlands by getting a train to Kings Lynn and cycling to Wells via Holkham Hall. A beautiful ride in perfect weather ... what more can you ask for?

I expected Holkham Hall cafe to be heaving with day trippers but it was actually very pleasantly peaceful and we sat out in the sunny courtyard refuelling before the final stretch to the beach, where I believe the entire population of Norfolk had gathered. After doing our bit to boost the



ice-cream economy of Wells, we cycled to Bircham Mill which is home to a very pleasant tea room that I expected to be extremely busy, but in fact was again fairly quiet, giving more weight to my argument that Norfolk folk really were lining the beaches. This little adventure may become a hit at the BAFTA awards as Terry has recorded it all for posterity via his Five Minute Velo You Tube channel. (see below)

FIVE MINUTE VELO



If you haven't caught Terry Dickerson's You Tube Channel yet, now's your chance to get a fascinating glimpse inside the shed of Cambridge CC's Audax guru. The link is on the web site:

<https://www.youtube.com/channel/UCw0HuqZOEa1BNv2QiEJzHjA>

For the time being, club run group numbers remain restricted and we are not meeting *en masse* at Addenbrookes. If you want to join a group, please email Sue at cccgrouprides@gmail.com with your average speed and distance and she will put you in contact with an appropriate group.

AUDAX

Talking of Audax, as we were, Terry provides the following status report:

Like most activities over the last year or so Audaxing has been severely affected. For most of the last year, events have not been running. However, as we hopefully emerge from the lockdown rules, events have restarted - although not always as we knew them.

The rules that have constrained the running of Audax events are continuously changing. Audax UK, like the dynamic organisation they are, maintains a web page with the most up-to-date rules. The web page can be found at <https://audax.uk/static-data/covid-restrictions>. These rules are different depending on the country of the UK. In addition organisers may have their own rules or ways of doing things. For instance some organisers may stagger the start time to allow for many small groups or restrict numbers.

As we are quite far from Wales, Scotland and Northern Ireland, I'll just give a quick summary of the restrictions in England. However, note these restrictions may (will) change so check with the AUK

website/page. The latest changes came into play on 16th June. Generally there is now no restriction on distance, although if crossing into Scotland/Wales those countries restrictions may apply. For permanent events the number of riders per day is limited to 30 - which is effectively not a restriction. Also many of the organiser-imposed additional rules are becoming fewer in number and looser. In practical terms there are not too many restrictions - although don't forget to take a face mask for when you want to go into a cafe or shop. If you are in any doubt about your covid status, don't ride, both for your own good and that of your fellow audaxers. (I know it is obvious, but I had to write it anyway).

If you like to ride long distances, that is officially 200km or more, although there are shorter rides available, why not look-up an event on the AUK website (<https://audax.uk/>) alternatively many of the local rides are on the Cambridge Audax website (www.camaudax.uk/). If anybody wants further advice on riding Audax, you can email me at tdickerson23@gmail.com.

TIME TRIALS

Our COVID-secure Strava-timed club events have been serving us well, with Will Burton doing a great job in orchestrating things and forging harmonious job-sharing links with Newmarket Cycling and Triathlon club for many of the events on the Bottisham course. Euan Tebbut and Ben Redman have been prominent at the sharp end of the time sheet.

Since the last newsletter, two of the club's major open time trials, the Open 15 and the Viking 50, which incorporated the Veterans' Time Trial Association National and East Anglian championships, have taken place to great acclaim and to the enormous credit of Chris Dyason, the organiser.



In particular, it was great to see Club members out in force, helping and marshalling, a feature that was noted with pleasure and gratitude by many competitors. Both

events used the stretch of the A428 between Madingley and Caxton Gibbet.

Chris's apparently supernatural organisational powers inspired particular awe in the time trialling fraternity when he succeeded in getting Highways England to resurface an entire quarter-mile stretch of the dual carriageway in response to his complaint about a pothole, but the malicious gods of jobsworthness got their revenge the night before the Viking 50, instructing their minions to install totally unnecessary traffic lights to guard an as-yet-un-dug and non-existent hole half a mile after the start. Chris, of course, was more than equal to the occasion, moving both start and finish and re-measuring to accommodate the change.

A report on the 15 can be found here:

<https://www.cyclingtimetrials.org.uk/race-report/21694#anchor>

COMPETITIVE SUCCESSSES

Time trialling remains for the time being, the only form of racing that has thrived under lockdown, but CCC members have continued to enjoy considerable success in open competition.

Dave Bell, last year's fastest rider at both 10 and 25 miles, continues to ride for Cambridge CC, despite returning to his Home Counties domicile having completed his studies at Homerton College and appears to be going as well as ever, recording the year's fastest 10 by a club member with 19:13 in the Hemel Hempstead CC event on the Tring-based F11/10 course. It was his second 30mph + ride of the year.

Assistant TT secretary Will Burton



has been busy and reports as follows on his excursion to Naseby:

On Sunday the 6th of June I travelled to Naseby in order to race the RTTC National Open Circuit Championship. This would be my second time racing a national championship (I had a pop at the hill climb last year). The TT was 3 laps of an 11 mile

circuit to the north of the village. The conditions were rather good for the day; not too hot, not too sunny, and not too windy, though the late spot of rain did seem to ruin the otherwise ideal weather.

Arriving at 9:40 for a 10:33 start I got signed on and given my numbers, including the two arm numbers needed for national championships. The bike was assembled, numbers pinned and slipped into my skinsuit, energy bar consumed and I was ready and raring to go. I rode to the start, opposite the memorial for the eponymous battle of 1645, and thereafter the next 1h30 was a whirlwind.

Whilst I enjoyed the first fast 1.5 miles, I soon felt it hard to find a rhythm due to the undulating nature of the course. Riding the F2 series of courses down the A428 in the preceding weeks gave little indication as to what my form would be on the day as I struggled through my second lap. The third lap was difficult as I learnt that you cannot fuel a 33 mile TT on a sporting course the same way you'd fuel a 25 on a flat dual carriage way. A steep learning curve, but one I'll remember moving forward.

Nonetheless I finished the TT, more than top riders Ash Cox and Alex Pritchard could manage! My time of 1:27.07 was disappointing, but I leave with high hopes that I can find more form in the weeks to come, preferably before the ECCA 10. Kudos go to South East Midlands CTT District and Dave Birch for running the event, and to all national champions crowned on the day. Anyway, time to start

my preparations for the National Hill Climb Championship!

Home riders were well represented in our own Open 15, with Andy Grant winning the veterans' classification, which is decided on age-weighted handicap, beating the National age record for the distance *en passant* with 31:36, and Ken Platts fifth, two places behind his younger brother Geoff.

Andy also set a new National Age record for 68-year-olds at 50 miles in the ECCA 50 in May with 1:48:45, before repeating the trick in our own Viking 50 (see above), updating the record to 1:47:54 and taking the National Men's Veteran's Championship in the process. Our team of Andy, Martin Reynolds (1:47:02) and Colin Lizieri ((1:50:47) were second team in the National Championship and won the East Anglian title.

A report of the event can be found here:

<https://www.cyclingtimetrials.org.uk/race-report/21714#anchor>