

HDW Quarter Wheeler

Newsletter June 2010



Note from the Editor

Well the sun has been shining a plenty in April, so I hope that you have you all been out pedalling and enjoying it. As the cycling season is really underway we have a lot to report on. Don't be shy in letting me know what cycling activities you have been up to, I am sure that the rest of the member's would like to hear about it. Drop me a line at fiatbravo1980@yahoo.com

As ever if you have any feedback or suggestions then please let me know.

Many thanks
Clare Shell

Forum Gossip

The forum has been busy and has a shiny new look. If you haven't visited it for a while log on and check out how the site is looking. The colour scheme is much more reflective of HDW colours.

There are now over 60 members of the forum and updates and member chat seems to be on the increase.

My question in last months edition was in relation to which club run is your favourite

I have had a few good responses. There seems to be 2 factors in which determines people votes, the ride itself and of course the food.

Favourite rides seem to be in the direction of Henley Marlow and there is varied opinion for favourite cafe – the crumpet at Henley seems to be popular!!!

If you want to add to the posts about your favourite club ride, logon to the forum. I am going to leave this question going for a little while longer.

Mid Summer 25 & BBQ

Entries are being collected for the Mid Summer 25 Time Trial on Sunday 20th June 2010, starting at 9:00am on the West of Windsor (Drift Road) HCC001 course.

Entries to be submitted to Dave George before midnight on Monday 14th June by telephone (01784 423344) or by email dg@fxa.co.uk
BBQ information to Graham



Hounslow & District Wheelers – Good Friday 25 – 2nd April 2010 By Chris Lovibond

This event produced one outstanding performance – Nic Stagg, who was the clear winner with a time of 59 minutes 27 seconds.



A cold and windy morning, typical Good Friday weather, challenged the entrants in the first Hounslow and District Wheelers club 25 of the season last week (2nd April).

Even so thirty three enthusiasts faced the timekeeper – sixteen Hounslow members and seventeen non members doing private time trials. Apart from the obvious difficulty of the conditions, the riders discovered within a quarter mile of the start that the always tough ascent of Hawthorn Hill was made more difficult than usual by the headwind, posing a particular problem for anyone who needed to get out of the saddle to climb.

The results showed a number of lifetime worsts which are best left unreported, and therefore times outside 1 hour 12 minutes are not included here (nor are any of the private time trials). Anyone recording around the 1 hour 6 minute mark would clearly have beaten the 25 mph/ 1 hour benchmark given a reasonable day and course; this makes Nic Stagg's ride remarkable since it suggests he might have been within sight of the course record (54.42) on a good day.

Result:

1. Nic Stagg	59.27
2. Rob Gilmour	1.03.36
3. Brent Skinner	1.05.16
4. Mark Silver	1.06.44
5. Damian Poulter	1.07.31
6. Gavin Kitchen	1.09.50
7. Simon Wroxley	1.10.19
8. Seb Greenwood	1.11.50



Good Friday 25 Handicap Results

Result:

1. Gavin Kitchen	56.60
2. Nick Stagg	59.27
3. James Taylor	59.44

Well done to all those that took part!



Hounslow & District Wheelers

Peter Young Memorial Road Race 28th March 2010 – Report.

Alex Higham (Wyndymilla-Maxifuel) crossed the finish line alone to win the 85 mile Peter Young Memorial Road Race. His time was a rapid 3hours 19 minutes 40 seconds.

He had chosen the right break to go with, and then the right moment to leave it and go on his own. The break, originally containing twelve riders left the main field with only about twenty miles covered, and although there had been earlier attempts, this was the one that worked. The courage of these riders must be admired since they had to hold off a big bunch for over sixty miles.

On the finishing circuit with two laps to go Ben Luckwell (Wilier/Bigmaggys) attacked but failed to get completely clear, and in a classic but well judged move Higham counterattacked just as Luckwell was recaptured. Luckwell, not surprisingly, was unable to respond and the rest of the group dithered for a moment allowing a gap to open. The Wyndymilla man was off, apparently managing the last seven miles on his own without difficulty.

Alex commented afterwards that he was a bit concerned by having no team mates with him, unlike most of the others, but that he had felt strong all day. And from the roadside 'strong' was just how he looked. Ben Luckwell was a little disappointed with his second place, believing he would probably have won the sprint if the break had stayed together.

However, he couldn't really complain about his weekend – he had won a criterium on the Saturday!

Last year's winner, Gary Dodd (Sigma Sport) said he had tried to organise a chase but he found it difficult to get the bunch to work together, although eventually they managed to start reducing their deficit and at one point on the sixth lap the gap was down to a bare minute. This was the closest they ever got to the flying breakaway.

This race has never had a team prize, but if there had been one, Team Zappi's would have deserved to win it. Although strictly speaking the Wilier/Bigmaggys team achieved slightly higher placings, what impresses about the Zappi team is that they are young second and third cats. taking on established elite riders. There must be some wisdom in Italian cycling practice.

By Chris Lovibond



Luckwell takes the sprint for 2nd place

Result:

- | | |
|--|--------------|
| 1. Alex Higham (Windymilla Maxifuel) | in 3.19.40. |
| 2. Ben Luckwell (Wilier/Bigmaggys) | @ 25 secs. |
| 3. Sam Parker (Team Zappi's) | = |
| 4. Jon Pain (Wilier/Bigmaggys) | = |
| 5. Paul Landors (Python) | = |
| 6. Dexter Gardias (Team Zappi's) | = |
| 7. Tom Hemmant (London Dynamo) | = |
| 8. Tim Elverson (Team Felt-Colbournes) | = |
| 9. Mike Wragg (Team MK) | = |
| 10. Pete Wager (Team Felt- Colbournes) | @ 43 seconds |
| 11. John Wager (Team Felt-Colbournes) | = |

Then the bunch at 2 minutes 6 seconds, led by 12. Josh Gosslin (Guernsey CC), 13. Duncan Putnam (Team Nemesis), 14. Ian Rees (Wilier), 15. Jack Kirk, (Zappi's) 16. Gary Dodd (Sigma Sport) and the rest all same time



West London Cycling Association 10 mile Time Trial (1st May 2010) by Chris Lovibond

The Hounslow an District Wheelers came within a hairsbreadth of winning the team prize in the WLCA 10, finishing a single second slower than the Maidenhead and District CC.

The aggregate time for the three Maidenhead riders was 1 hour 7 minutes 25 seconds, while the Hounslow time was 1.7.26. The team counters were: Nic Stagg 21.26 (4th over all), Rob Gilmour 22.50 (11th) and Paul Innes 23.10 (12th)

The outright winner was the elite roadman Tony Gibb (Cycle premier.com) with the fast time of 20.22, and this was in spite of the unpleasantly cold and windy conditions which slowed the whole field.

The event, which attracted 57 entries, was run on the Bath Road west of Reading with an H.Q. at Woolhampton.

Result.

1. Tony Gibb (cycle premier.com)	20.22
2. Nicholas English (Reading CC)	21.09
3. Peter Weir (Maidenhead & Dist.)	21.23
4. Nic Stagg (Hounslow)	21.26
5. John Dowling (Hemel Hempstead)	21.38
6. Alex Peterson (AW Cycles)	21.45
7. Neill Coventry (API Metrow)	21.51
8. Mick Deen (Redmon CC)	22.00
9. Gordon Kenneway (London Dynamo)	22.16
10. Andrew Payne (Maidenhead)	22.43
11. Rob Gilmour (Hounslow)	22.50
12. Paul Innes (Hounslow)	23.10

Sportive Cycling Events – Where are we riding?



A new group has been set-up on the forum encouraging us to co-ordinate if we are taking part in any cycling events. By co-ordinating we can lend each other moral support and perhaps get a mini Hounslow train going at the odd event.

Here's just a few of the events some of you have already signed up to:-

- 14th July Silverstone Sportive – choose from 25, 50 or 100 miles (Brent)
- 13th June – Newbury Race Course – (Patsy)
- 12th September – Petersfield Southern Sportive (Patsy)

If there are any events you are thinking of entering in please drop me a line or post on the forum.

If you are happy to it would be great for some of you to share how your day goes, I would love to include it in the magazine.

Club Event

The date has now been set for the 2011 club dinner – 12th Feb 2011.

Tuesday Evening Training Rides



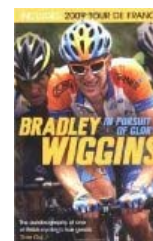
Now that the summer has arrived the Tuesday evening training rides are back in full swing. Meet at 6:30pm at Bishops Gate entrance/exit of Windsor Great park.

Book Corner

Are you interested in reading cycling books? If so, we would love to here your thoughts and recommendations.

This month James Shell has recently read

[In Pursuit of Glory: Autobiography by Bradley Wiggins](#)



I've recently finished reading the updated version of Bradley Wiggins' autobiography. It now includes all the details of his ups & downs in the 2009 Tour de France, which as you all will know was a record equalling finish for a Briton, and very nearly culminated in a podium finish. The book grabbed my full attention from the start, going into very candid detail of Wiggins' tough early years and his lack of a relationship with his absentee father. Reading about his inspirations and early experiences of cycling seems altogether reminiscent of many other cyclists' books that I've read in the past but it's interesting stuff. As you read-on, Wiggins' starts to talk about preparations for Athens2004 which gives an insight into the attention to detail and mentality that is evident throughout the entire TeamGB setup. It charts his lows off the track following Athens, the good and bad times spent on the continent on the Pro Tour, and culminates in the glory and sporting greatness of Beijing, then the latest highpoint of his glittering career so far - The 2009 Tour. Overall, definitely worth a read.

Rating 4/5

Please contact me if you would be happy to write a review. fiatbravo1980@yahoo.com



Langourla Revisited by Jeff Marshall

A club cycling week in Brittany, April 7th – 14th 2010, our 3rd visit in 6 years.

Riders

- Chris Lovibond – Retro Man
- Marc Cunnington- Basso Man**
- Rob Gilmour – Quick Brown Fox
- Jeff Marshall – Old Git

**Marc turned up with a brand new carbon fibre Basso superbike claiming that it would compensate for his weight/lack of riding

How: - By car and ferry LD Lines
Portsmouth – Le Havre

Where: - Langourla, a small Breton village in NW France, 30 miles west of Rennes staying in a farmhouse belonging to Les Bowerman of the Charlotteville CC.

The area is a cyclists paradise, smoothly surfaced roads, no potholes, virtually no traffic, almost no traffic lights or roundabouts at junctions to impede progress and an endless selection of small roads.

We drove off the ferry at about 8:30am Wed 7th. The 200 miles to Langourla was completed by early afternoon. It was our 3rd visit to Langourla so we were familiar with the village and the routine. After a visit to the supermarket at Merdrignac we went out for a couple hours on our bikes, before returning to our 'digs' and a meal in the big kitchen with it's open fire.

THURS 8TH - 73 MILES, 5,402FT OF CLIMBING, max. elev.1,058ft

We got away by 10am and rode the 30 miles WNW to Quentin where we lunched on Pizza and coffee. Stoked up, we rode via La Paz, Le Condue, Ploec sur Plessala, where we briefly stopped at a lovely bakers shop for bread, and could not resist a pastry each. Then home via Le Vau Milon. Retro Man, who ate no porridge for breakfast, favouring only two slices of toast, (whilst we scoffed porridge, raisins, banana AND toast) blew up badly with 'bonk' when still 15 miles from our digs. He obviously needed advice on his nutrition and was persuaded by Rob and Marc to imbibe some 'SIS Rego'.

FRIDAY 9TH A 'poofers' day out, only 3,202FT of climbing in the 77 miles and max elevation only 598ft.

Blue skies and sunshine wall to wall, and 40> miles to lunch stop at Plelan Le Grand in the workmans café, Le Relais de Diligence. Plat de Jour 6.30E (beef and chip potatoes). Marc & Rob followed up with apple tart and glace. Old Git ordered Choc Gateaux with glace but only the glace appeared!? Chris abstained gracefully claiming his digestion was too delicate for such indulgence. Usually surviving on marzipan and isotonic water, after bonking so badly yesterday Chris was badgered by Quick Brown Fox and Basso Man (who have been brainwashed by the constant advice of 'Cycling Weekly' experts) to adopt their habit of Pre-drinks, Go- drinks, Gels, Bars, Recovery drinks, And Nocte drink before he goes to bed! Well in their defence, we had to get him home in reasonable shape as he is chef for our meal tonight!!



Saint Eutrope Tower Langourla

SAT 10TH Various

To get further afield we put the bikes on the car to Josselin a medieval town 30 miles south of us. We rode a loop under a blue sky to Malestroit via D4, to Les Nois another ancient village with gargoyles carved into old houses, and on to Lizio, Selent, Plumelec, St Jean Brevelay, Guehenno, Geugon, then back to the car at Josselin by the 'wrong' route, directed by the over confident Basso Man who took us up two horrendously steep climbs unnecessarily before eventually finding the car park. Marc was silly (or anal) enough to cycle back to Langourla giving him a total of 75 miles. The rest of us, glad to be in the warmth of the car, > made do with the 47 miles and 2,820ft of climbing – enough!



Castle of Josselin

Sunday 11th – The day of the Paris-Roubaux 'Monument'. 100 miles for some.

We read in the local paper that the CS Merdrignac were meeting for a ride at the town hall at 9:00am. Anticipating a ride with some locals, after getting up extra early we arrived at the meeting place at 9:00am to find... NOBODY there! Would you believe these 'frogs'?? It was cold only 2-4C and very breezy. Undeterred we shivered there for half an hour before giving up. However, using the printed route, we did the run on our own, a 47 mile circuit. Afterwards, Old Git and Retro Man swiftly returned to Langourla to watch the last of the



the Paris- Roubaix, where we saw Fab. Cancellara blast off for the 100k of finish 48k out. We sat spellbound as our former clubmate Roger Hammond took 4th, pipping Tom Boonen on the line. Inexplicably Retro Man had fallen asleep during the final stages, but awoke to see Cancellara take the honours. Too much Nocte eh?? Meanwhile our foolhardy, exuberant colleagues Basso Man and Quick Brown Fox knackered themselves by riding aimlessly around, to cover just over 100 miles before returning having missed the big race altogether?! Anal or what? Ah well it takes all sorts, I suppose.

Monday 12th – 85 miles

3,500ft climbing

Heading in to the teeth of a freezing cold punishing wind from the NE we reached Plouaisne for 11s's after 25 miles. After a coffee with 'Fergie and child' we pressed on to Comburg where we lunched and purchased L'equipe whose centre page spread described Roger Hammond as a 'Pitbull' in beating Boonen in the sprint yesterday. Suitably refreshed, with the gale force wind behind us, we made very rapid progress back to Langourla with Basso Man in his 53x11 reaching speeds of 40mph. He had a slight advantage over Retro Man, who was restricted to 53 x 16, unwinding his legs, on his 1960's replica bike. By now, with our evening meals,

we had consumed 9 bottles of the regions best red wine, which had been ceremoniously lined up on the fire place mantle piece.

Tuesday 13th, 60 miles – 3,647ft climbing, our last ride.

Very cold block headwind from NE (Basso Man total mileage was greater, (as whilst Retro Man was faffing around getting ready to leave, he managed 3 miles round the block) We eventually left Langourla by an arduous 'back lane' route on some unsurfaced lanes which followed the steep contours of the 'Langourla alps', which left us gasping in the cold air. After only 20 miles in to the freezing wind we stopped at Lamballe for coffee and pastry (the best of the week) At Plastam we passed a café/bike shop called Paris/Brest/Paris. This is on the route of the famous 1200K audax. We continued north to the coast at Pleneuf-Val-Andre where we had lunch in the Le Chat Qui Pesche (The cat who fishes,) restaurant. The run back before the gale force wind was again completed in a fraction of the time of the outward ride, Basso Man, often on his 53 x 12, to complete just over 500 miles in his Brittany week away.

If you fancy it in the future, the cost is approx as below Return Ferry Crossing, Car and 4 People, £70 each Accommodation, approx £70 each Fuel for car, approx £40 each Total, £180 each

Jeff

Meet a Member



This edition we meet Seb Greenwood

How long have you been a HDW Member?

I have been a member for 8 months

Who is your favourite pro rider?

Big fan of Phillipe Gilbert - crazy haircut, fervently anti-doping and an awesome rider in the classics!

What's your favourite cycle ride?

I rode the Chas Messenger Road Race last weekend which was lungachingly great. The course is so up and down you'd think you were in Flanders and not the Oxfordshire countryside. It's a fantastic challenge to your bike handling and concentration as well as providing some excellent interval training as you are constantly having to change speeds and anticipate what's up the road.

If you won the Euromillions what bike would you buy first?

I would get a Specialized S-Works TT bike with Zipp 808s and a Dura Ace electronic groupset.

Something we don't already know about you?

I write for a football blog called "FistedAway."

Describe yourself in 4 words?

New wave socialist historian

I'll be looking for some volunteers!! Drop me a line if you would be happy to take part.

Saturday Morning Club Rides

The last committee meeting saw the subject of Saturday morning Club rides come up.

Are you such a keen cyclist you want to cycle both days? Or if you are unable to make the Sunday ride would you fancy going out for a few others on a Saturday?

A discussion has already started on the forum in relation to organising some Saturday rides.

Please let any of the committee members know if this is something you would be interested in doing. If there is enough interest then I am sure the committee will look to get something arranged soon.



Never Time Trialled before? – here is a great opportunity for you to give it a go

The club has arranged a Saturday afternoon 10 to be held on the 24th July starting at 3:00pm on the Maidenhead Thicket course.

The Maidenhead Thicket course I have been reliably informed is not too difficult and as a 10 Mile TT is an ideal opportunity to come and give Time Trialling a go if you have not done so before.

Registration will be on the day and will be £2 per rider unless you have a season ticket already.

The event is open to all members but we would encourage those Time Trial virgins to come along and give it a go. Parking for the event is on Westacott Way.

Further questions in relation to the event please ask Trevor or any of the club committee members.

HDW Evening 10's

This year these events are proving more popular than ever. There have been no fewer than 25 riders turning up for each event taking place in May.

There have been a mix of riders from other clubs as well as turnout from the HDW membership.

In the next edition I hope to bring you some more facts and figures on how our HDW members have been getting on at these events.

Hounslow and District Wheelers open 10 Mile Time Trial (15.5.2010)

By Chris Lovibond

Wouter Sybrandy (Sigma Sport) stooped to conquer in the Hounslow and District Wheelers 10 last Saturday when he beat a good field of riders including former champion Richard Prebble. His time was 20 minutes 5 seconds. Only runner up Aran Stanton (V.C. St. Raphael) finished within a minute of him.

Wouter, who recently became a full time professional for Sigma Sport, can rightly be described as an international roadman and his 'preparation' for Saturday's event included a recent continental trip on which he rode the single day classics Paris - Troyes (106 miles) and the Tour du Finisterre (125 miles), the latter having most of the top French pro teams competing - Francaise des Jeux, AG2R, Cofidis etc. Although this year has not yet brought any big successes in road racing his time trial results have shown great promise: he has already won a round of the prestigious Rudy Project series.

These results support the maxim that if you want to do well in time trials, you should ride road races!

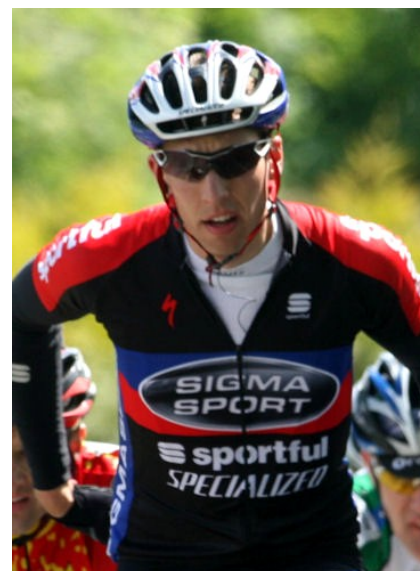
Best placed of the Hounslow riders was Nic Stagg with a fast 21.24 for ninth place. He was followed by Rob Gilmour with 22.24 (16th) and Paul Innes 23.11 (24th).

These times would often have been good enough to collect the team prize, but the home club's riders

were overwhelmed by outstanding performances from two ladies in the London Dynamo - Rebecca Slack 22.24 and Ruth Turner 22.42, which with the support of their male team leader James Stratton who recorded 21.09 for third place gave them an aggregate time of 1.06.15 against the Hounslow's 1.06.59. Another Hounslow ride worthy of mention come from Loz Wintergold, who in spite of the stress of being the organiser of the event managed to record the respectable time of 23.42.

However it was altogether a good day for the ladies as Julia Shaw (Uttag Yamaha) recorded an excellent 21.19 which gave her seventh place out of total of sixty nine mostly male finishers. Julia is the reigning women's 10 champion.

The promoting club does have one consolation from the day: Wouter Sybrandy started his racing



career in England with the Hounslow and still retains second claim membership.

Result:

Pos.	Rider	Club	Time	Vet	+ or -
1.	W. Sybrandy	Sigma Sport	20:05		
2.	A. Stanton	VC St Raphael	20:25		+05:17
3.	J. Stratton	London Dynamo	21:09		
4.	T. Pettinger	Sri Chinmoy Cycling Team	21:10		
5.	G. Martinez	VC Meuden	21:14		
6.	R. Prebble	Motorpoint-Marshalls Pasta RT	21:18		+04:36
7.	J. Shaw (W)	Uttag Yamaha.com	21:19		+06:40
8.	P. Burton	Velocity Bikes CC	21:23		+04:19
9.	N. Stagg	Hounslow & District Wheelers	21:24		
10.	J. Storms	Kingston Wheelers	21:41		+04:13
16=	R. Gilmour	Hounslow & District Wheelers	22:24		+06:56
16=	R. Slack (W)	London Dynamo	22:24		+05:22