

HDW Quarter Wheeler

Newsletter November 2010



Editor Note

I all I hope that you all enjoyed a summer of great cycling.

As the season starts to come to a close I am sure that you have all had at least 1 or 2 great rides you can look back fondly on.

Fingers crossed that you have been enjoying the HDW Newsletter, articles have been a little bit more tricky to come by in the last 2 editions so if you are able to contribute something I am sure your fellow club members would be glad to read about what you have been getting up to.

If there are any volunteers for 'Meet a Club Member' or if you have recently read a Cycling book these would both be great to include in to the next edition.

Distribution of the newsletter is eased slightly if we are able to issue it on email. For those of you that use email and would be happy to receive it in this way then please drop me an email – if saves the club money on postage as well. My email address is fiatbravo1980@yahoo.com.

Thanks to Chris Lovibond for a significant contribution in articles for this edition.

Thanks all
Clare

Redmon Grand Prix des Gentlemen. (17th October 2010)

After a good result in the Johnny Helms Memorial 2up last week Jeff Marshall (Hounslow & District Wheelers) went one better this Sunday by winning the Redmon

Grand Prix des Gentlemen.

Jeff had carefully selected a super fast pacer in Wouter Sybrandy, but he still had to hang onto his team mate's back wheel. He did this with only very occasional requests to ease off, and the result was a time of 37minutes 40 seconds for the 15.4 miles giving a 'veterans plus' of 10 minutes 39 seconds.

The formula for this type of time trial is that each team of two consists of a veteran (or 'gentleman'), and a pacer who provides a slipstream to shelter his 'gent'. The winning team is that which achieves the greatest veterans plus on age standard.

Marshall, at 69 years, is a distinctly senior veteran since the category starts at 40 years of age, and so one might have expected him to be much slower than the younger riders, but the Sybrandy/Marshall pairing was in fact the third fastest on actual time (45 teams finished). The fastest team outright were Brian Phillips, 50 (East Grinstead CC) who was paced by Conal Yates (In Gear-Quickvit), who did 34.40, and second fastest were Mick Deen, 55, paced by E. Clark (both Redmon) with 37.14.

However, the significant prizes were in the veterans classification where the second place went to that very frequent winner of veterans prizes, 73 year old John Woodburn (VC Meudon), paced by Stan Maciak (Didcot Phoenix). Their actual time was 40.34, representing a plus of 9.19 which gave the Hounslow man a winning margin of 1 minute 20 seconds. In third place were Terry Batsford, 64 and Henry Furniss (Wyndy Milla) actual time 38.50, plus 7.36.

Wouter Sybrandy competes as a professional for the Sigma Sport team and recently gained his sponsors useful TV coverage in the Tour of Britain. Professional riders normally have to concentrate their efforts on road racing (that is bunched, or mass start racing), but Wouter is also a natural time triallist and likes to compete in this discipline when his other commitments allow. He told me this ride went off in a straightforward manner: he just had to ease a little on some of the climbs, but most of the way, and particularly on the head wind sections, he was going as hard as he could.

Wouter Sybrandy is a second claim Hounslow member.

The race took place on a circuit based on North Holmwood (Surrey). It included a section on the A24 main road and some lanes through Rusper and Newdigate.

Result:

1. J. Marshall/W. Sybrandy	Hounslow/Sigma	vet.69	plus 10min. 39secs.
2. J. Woodburn/S. Maciak	VC Meudon/ Didcot	v.73	+ 09.19
3. T. Batsford/Henry Furniss	Wyndy Milla	v. 64	+ 07.36
4. B. Phillips/C. Yates	E. Grinstead/ In gear Quickvit	v.50	+ 06.48
5. A. Rowe/J. Archdeacon	De Laune CC.	v.72	+ 06.41.



Pictures very kindly provided by Paul Wright of www.pjwphotos.co.uk

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Club Kit

Kit Surveys have now been sent out. Cut off date for responding was the 6th November 2010. Results will be published soon. Thanks for your input.



Club Quiz Night



The quiz evening went well with six teams and plenty of brain power provided by the contestants. We managed to fit in 9 rounds of questions. The winning team with 125 points were "The Tarmac Inspectors" made up of John & Elaine Marshall, Bob & Pat Birt.

It was very close with H&DW Headbangers made up of Bill & Ingrid Carnaby, Clive Williamson, Ron & Joyce Jones being the runners up with 124 points.

Congrats to the winning team and well done to all that took part.

Also thanks to Ann & Phil Young, Tony & Jan Cosstick for organizing the cheese & mulled wine at the interval.

London & Home Counties VTTA 25 (3rd October 2010) by Chris Lovibond

Hounslow riders came away from the London & Home Counties VTTA 25 with a good haul of trophies last Sunday (3rd Oct.) Jeff Marshall took the Bath Road cup for the best veterans plus in the over 55 years section with an actual time of 1hour 3 minutes 9 seconds, which gave him a vets plus of 18 minutes 44 seconds*. Jeff is in his seventieth year.

With Rob Gilmour, whose actual time was 59.08, Marshall took the Sturt Cup for the best team of two riders on standard from the same club, and combined with Paul Holdsworth (actual time 55.03) they also won the prize for the best team of three riders on standard.

Holdsworth recorded the fifth fastest time in the event, while the outright winner was Adam Topham (High Wycombe CC) who did 50.45.

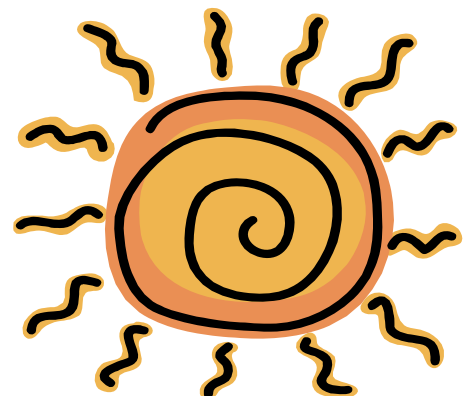
Brent Skinner (Hounslow) did a creditable 1.0.44, although his relative youthfulness prevented him from figuring in the team awards. The event, which attracted 100 entries, was held on the Marlow 'Ski Slope' course, but weather conditions - wind and rain - prevented most of the riders from taking advantage of the 'gift' hill just after the start.

*In other words he was 18.44 faster than the standard time set for 25 miles for a man aged 69. The Veteran Time Trial Association (VTTA) publishes a schedule of standard times for each year of a rider's age from 40 years upwards. This list also includes times for women, and for each type of machine - trikes and tandems, at all the standard distances.

HDW Majorca Training Week. Saturday 30th April - Saturday 7th May 2011 - Tony Cosstick

I am thinking about organising a weeks trip to Majorca next year based in the Pollensa area. Will be renting 2 to 3 villas for a group of up to 30. Also if a few of you would prefer to be based in a hotel in the same area I can look into this also. I would leave it up to individuals to sort out their own flights and maybe transport but will look into it further once I have an idea of those interested.

Rides, I will be going out most days for between 2 and 4 hours, but if anyone is looking to do longer rides you can arrange these amongst yourselves. None cycling partners welcome. Anyone interested, please let me know on t.cosstick@sky.com



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Johnny Helms Grand Prix des Gentlemen. 10th October 2010.

Jeff Marshall and Paul Holdsworth (Hounslow & District Wheelers) acquitted themselves with honour in Sunday's first edition of this invitation event by taking the third prize. Their actual time for the 24 miles was 54minutes 14 seconds.

Some explanation is needed. Johnny Helms was the doyen of cycling cartoonists – he died last November having entertained the readers of the cyclists' bible, currently known as 'Cycling Weekly' for the previous sixty three years. Helms' cartoons showed a complete understanding of the esoteric nature of club cycling and made a big contribution to the strength of that small but resilient world.

The memorial time trial was in the form of a grand prix des gentlemen, where a veteran is paced by a younger and currently faster rider. The result, from the award point of view, is decided on the veterans age standard. This was a charity event in the sense that the prizes, £1000 for first, £500 for second and £300 for third go to a charity nominated by the winner. The £300 won by the Hounslow pair went to the Lifeboat Fund.

This race was run on an invitation basis and attracted a galaxy of former British cycling stars including – Graeme Obree (former world hour recordman), Barry Hoban (seven time Tour de France stage winner), Les West (Twice winner of the Tour of Britain) Yvonne McGregor (Commonwealth Games gold medallist) and many other famous names. Although it may not be quite so satisfying to win on the vets handicap system as to gain an outright victory, in this company it is a great achievement to win a prize under any system. Jeff and Paul came sixth on actual time out of fifty teams entered, and this is an indication of the merit of their ride.

I have given the result below on actual time, since it gives more information than the vets standard result

** column gives the age of the 'gentleman' and the category of the pacer.

Thursday Evening 7 Results

29th July 2010

- Nick Stag – 23.28
- Rob Gilmour – 25.23
- Jeff Marshall – 25.29
- Marc Lorenzi – 26.51
- Simon Wroxley – 26.57
- Joanna Wells – 27.23
- Ted Wroxley – 29.52
- Dominic Rose – 32.33

5th Aug 2010

- Wouter Sybrandy - 22.05
- Mark Silver – 25.36
- Stuart Stow – 26.20
- Neil Holdsworth – 27.16
- Simon Wroxley – 27.36
- Joanna Wells – 27.21
- Jill Bartlett – 28.11
- Patsy Howe – 33.59

12th August 2010

- Jeff Marshall – 27.08
- Joanna Wells – 29.13
- Simon Wroxley – 30.12
- Ted Wroxley – 32.09

19th August 2010

- Paul Holdsworth – 24.39
- Rob Gilmour – 26.18
- Stuart Stow – 26.24
- Mick Luke 27.59
- Neil Holdsworth 28.01
- Jill Bartlett 29.38
- Antonio Ambosino 34.07
- Mark Lorenzi - DNF

Important – Dates for your Diary

- **Sunday 19th December Christmas lunch**, Bird Hills Golf Club, 2pm. If you wish to dine contact Tony to let us know how many places you wish to reserve. Don't forget lights if cycling home after meal. Graham is the organiser.
- **Wednesday 22nd December** Midweek Christmas dinner. 2-3 hour ride, Christmas dinner and short ride home. Martyn R is the organiser.
- **Saturday 12th February 2011** H&DW Dinner Dance & Prize Presentation evening, BA Concorde Club, Cranford. Ann Young is the organiser.

Pos	Rider	Club	Time	**	av. speed
1	Charles McCulloch & George Nowland	www.drag2zero.com/S.I.S	00:51:38	V, 61	27.54
2	Matt Bremmier & John Cosgrove	An Post - Sean Kelly/Onimpex-Bio racer	00:52:39	S, 48	27.009
3	Mark Holton & Les West	www.drag2zero.com/Afford Rentacar	00:52:44	S, 66	26.966
4	Mike Cuming & Dave Cuming	Team Raleigh/Kuota	00:53:27	S, 57	26.604
5	Chris Siepen & Dave Fox	Wills Wheels CC/Warrington Road Club	00:53:47	S, 47	26.439
6	Paul Holdsworth & Jeff Marshall	HDW/HDW	00:54:14	V, 69	26.22
7	Andrew Bake & Sid Barras	Adept Precision/WRC Hon Member	00:54:29	V, 62	26.1

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Hounslow Autumn Club 25.

Wouter Sybrandy may be the only cyclist who thinks of the Tour of Britain as " good preparation for the club 25" , but when I spoke to him after last Sunday's Autumn Club 25 (26th September) he attributed his stunning 53 minute 45 second ride to his experience in the Tour. This time is a course and event record.

In spite of his successes in prestigious road races, Wouter still has a soft spot for the humble club time trial. Since starting as a novice in 2006 he has competed in eight Hounslow club 25's, and these rides have given him one fourth place, one second and six victories. In this time he has gone from 'promising' to another planet.

In second place with 57.45 was Nic Stagg. This ride would have shone brilliantly had it not been rather overshadowed by the winner's time. Fifty seven minute rides have been done on this sporting course in the past but they are rare, especially on blustery days in late September. Nic does not have the luxury of being a full time bike rider and had only finished a shift at one a.m. that morning.

First handicap went to Simon Wroxley with a promising (actual) time of 1.6.59. We are sure Simon is capable of further improvement.

Jeff Marshall's 1.3.52 gave him the veterans' standard award – it's noteworthy that this also gave him second place in the handicap section, which is unusual for a rider of his seniority.

The event attracted nineteen Hounslow members and 9 riders from other clubs. Wouter Sybrandy is a second claim Hounslow member – he rides as a professional for Sigma Sport.

Autumn Club 25 Result:

1. Wouter Sybrandy	53.45
2. Nic Stagg	57.45
3. Paul Holdsworth	58.29
4. Rob Gilmour	1.00.40
5. Roger Sewell	1.03.09
6. Brent Skinner	1.03.40
7. Jeff Marshall	1.03.52
8. Mark Silver	1.04.57
9. Simon Wroxley	1.06.59
10. Dave George	1.07.13
11. Neil Holdsworth	1.10.11
12. Jo Wells	1.10.50
13. Jill Bartlett	1.11.31
14. Alan Butler	1.12.03
15. Gavin Kitchen	1.12.40
16. Neil Ferrelly	1.13.16
17. Bruce McMichael	1.13.26
18. Norman Howson	1.24.07
19. Antonio Ambrosino	1.32.26.

Tour De France 2011

Brent Skinner has secured accommodation at our favourite place in the Pyrenees to see Stage 14 etc.

There are Five places left on the top floor. First come first served, are you fit enough!!!

The dates will be Monday 11th to Monday 18th July 2011.

Speak to Brent if you are interested in going.

WANTED Members Racing Results for 2010

Now that the racing season is over the Racing Secretary wants your results. Never mind if you think they are not worth mentioning. Trevor want to include everyone in my racing report in the club newsletter to be issued at the Dinner Dance & Prize Presentation.

Especially needed are 25 mile time trial times achieved by members who have ridden their first event at this distance. The Novice Trophy is awarded to the fastest rider over this distance in their first year.

So no matter what your time is, let me have it you may have won a medal.

I have all the times recorded in the club events, so no need to send them.

Also needed are names of members who want the Cycling Time Trials 2011 Handbook (this covers all open events throughout the country) plus the local London West Handbook (this contains details of all club events and course details in our local area)

Please give Trevor a call in relation to these 2 items.



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Sporting Fixed Gear 27.6 mile Time Trial (30th October 2010) by Chris Lovibond

Unaffected by torrential rain Matthew Theobalds (C.S. Grupetto) won this new event last Saturday with the fast time of 1hour 6minutes 3 seconds for three laps of the tough Gracious Pond circuit. Estelle Rogers (Rollapaluzza CC) took the handicap prize with an actual time of 1.18.16, a creditable ride which gave her fifth place on scratch.

This race came about through the cancellation of the Hounslow 100 last July and was created to find a home for the 'Best on Fixed Wheel' prize from that event. Although there was no question of getting near the distance of the original race, it was felt that by using a twisting, hilly circuit at least some of the difficulty of an endurance event on a single gear would be retained. On the day heavy showers added to the riders' problems. Unlike some time trials the outcome of Saturday's race was not predictable. Matthew Theobalds has almost no experience of riding against the watch although he is clearly a promising roadman, having gained his second category licence this year. Apart from unfamiliarity with the discipline, the bike he used was new to him and his 95" gear was presumably chosen by guesswork. However at 90 rpm this gear gives about 25mph, and while most of us would doubt our ability to maintain such a speed on a hard circuit, Matthew was proved correct in believing that it was within his power.

The outright fastest time of the day came from Nic Hutchings, who recorded the super time of 1.4.26, roughly equivalent to 58 minutes for 25 miles. However, this was done on variable gears, so it could not count as the winning ride. Nic was an established time trial rider a few years ago with some very fast times to his credit, but 2010 has been a comeback season for him, and he has been concentrating on road racing where he has gone from a fourth to a first category licence holder. So it was no great shock that his was the fastest time; the surprise was that Matthew Theobalds was only one and a half minutes slower on a course where most followers of the sport would have expected variable gears to be a great advantage.

It should be mentioned that Paul can to the event straight from a shift at work, and rode a totally 'old school' bike (as did Mark Silver). So their times are not strictly comparable with the winner's, who did use every modern aid.

Fixed Results

1. Matthew Theobalds (CS Grupetto)	1.06.03
2. Paul Holdsworth (Hounslow & District)	1.11.12
3. Mark Silver (Hounslow)	1.15.53
4. David French (Weybridge Wheelers)	1.18.11
5. Estelle Rogers (Rollapaluzza CC)	1.18.16
6. Richard Callum (Weybridge)	1.18.36
7. Chris Lovibond (Hounslow)	1.26.17
8. David Eccles (RedmonCC)	1.32.43

Variable Gears Results

Nic Hutchings (CS Grupetto)	1.04.26
Brent Skinner (Hounslow)	1.17.45
Neil Ferrelly (Hounslow)	1.25.17.

There were four riders who failed to finish, two of whom punctured.



Matthew Theobald



Estelle Rogers

A Note of Thanks

A note of thanks to the helpers, Antonio, Simon George, Ron Rich. and Trevor in supporting and organising this event.

They all took the trouble to come out on a wet afternoon when many would have preferred to stay comfortably indoors. Trevor really made the event possible by helping with the district committee, providing, putting out and collecting all the signs, dealing with the signing on and then timekeeping. This deserves some recognition.