



# Quarter Wheeler

2012 Issue 3

Summer

The magazine of the Hounslow & District Wheelers



## Summer racing special

Nic Stagg passes Brent Skinner in the Inter-club 25.  
Photo by Chris Lovibond.

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Please contact me if you have any comments or would like to suggest news or an article for the magazine.

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# Ron Brown Memorial 100

27 May 2012

Report and photos by Chris Lovibond



Emphatic winner Adam Topham

When you have published a book\* on how to be successful in a sport and then continue to practise that discipline, you are under something of an obligation to succeed.

Adam Topham (High Wycombe CC) amply fulfilled this duty by winning his second successive Ron Brown Memorial 100. He did this by a margin of almost six minutes over Julian Jenkinson, a great 100 mile rider who, on paper, had a qualifying time ten minutes faster than Topham. This was a day when even the marshals were suffering from overheating, so mobile support was going to be helpful, especially to hand up extra drinks in the later stages. Topham rode unaided but had started with three bottles, two of which were mounted behind the saddle.

Unfortunately he had just altered the position of these carriers and he believes this is why when he reached be-

hind for a second bottle at sixty miles he discovered both bottles had dropped out on the road and were lost. "I considered packing, but then I thought, well it's only another forty miles, I should be able to managed that." He added that he had drunk a lot before the start as a precaution against dehydration and he thought this was what carried him through.

Julian Jenkinson (Contre la Montre) felt his performance was disappointing — he is one of a very few who can say this about a 3:43 hundred. He said that he has not been at his best so far this season, and although he has no particular explanation for this he is optimistic that his form will come in time for the National 100 Championship on the 8th July.

The majority of the competitors found the conditions hard, particularly as the temperature rose towards the finish.

Many riders, clearly suffering in the heat, abandoned aerodynamics unzipping their skin suits and dumping their streamlined helmets. Even so many good rides were done with the top eight getting inside four hours. Among these was third placed James Gilfillan (Contre la Montre), a novice hundred miler who was clearly uninhibited by the distance: he was actually fastest at 50 miles with 1:47:36, twelve seconds quicker than Topham. This ride has something of an echo of the Hounslow's own legendary hundred miler, Martyn Roach, who at the age of nineteen narrowly failed to win his own first competitive attempt at the distance. More will be heard from Mr. Gilfillan.

Another impressive first hundred came from the ladies winner Paula Moseley (Climb on Bikes). Her time of 4:13:42 is believed to be the second fastest ever first hundred by a woman, the fastest

being Jenny Derham's 1996 Championship winning ride of 4:12:11. Paula said she actually enjoyed the first 75 miles, but riding without a helper she ran out of water at 80 miles and had to suffer to the finish. Here also it is clear that better results will soon come.

The team prize went to Contre la Montre with Jenkinson and Gilfillan supported by another newcomer to the distance, Mark Barfoot.

The faultless organisation of the event was again the responsibility of Trevor Gilbert to whom we owe a vote of thanks for his work. Trevor noted that, in spite of the challenging conditions, the mens and ladies winners' times were the fastest ever for the event, except when it doubled up as the national championship in 1997.

\*Time Trialling — Fly Through the Pain Barrier. (Marabu Ltd.)

## Who was Ron Brown?



Photo: Vic White

Ron was a traditional clubman, thriving on a training regime of long hard miles that led him to many and varied successes on the bike. He was also considered an absolute gentleman and held in great esteem by his fellow clubfolk, not least because of his unassuming dignity in overcoming the absence of a right arm, for which he would insist that no allowance was made.

Ron died in an unexplained cycling accident in 1968 but he is still remembered vividly by those who knew and rode with him.

*This is abridged from a longer article by Chris Lovibond in issue QW2011.3.*

## Hounslow Hundreds

**Our riders on their rides.**

**Andrew Caldwell** completed his first '100' in 4:59:54: "I got cramps in both thighs from 50 miles onwards, which slowed me down. I learned a lot in the process and hope I can do better next time I ride this distance. Thank you to everyone for your words of encouragement during the event, it really helped."

**Chris Lovibond** didn't start: "I have a cold and since I can only just manage a 100 when fit, I made this decision on Saturday. When I saw the state riders were getting into towards the end, I was glad not to have started."

**Bruce McMichael** summed up his experience in one word: hot!

"I enjoyed the 1st 75 miles, I went faster for 50 miles (2:22) than for the inter-club 25 the week before. I had problems feeding due to my bottles being frozen solid (intentionally). I then struggled to get enough fluid to be able to eat my food at 60 miles. I had drunk all 4 litres of energy drink by 85 miles and had no strength in my legs, I was concerned about my ability to concentrate (i.e. stay near enough the kerb for safety) so I abandoned at about 90 miles rather than do a 40 minute last 10 miles. The support from the side of the road was great and Trevor has done his usual superb job with signs and marshals. I will be back next year with 6 litres of energy drink!"

**Robert Gilmour** recorded 4:22:01, a respectable time for a hard day, but Rob has gone faster and was probably a little disappointed with this.

**Nic Stagg's** conclusion on his 4:11:04 ride was "too hot, too far, too slow". Those familiar with his searing speed over shorter distances will understand that he entered his first 100 with the ambition to beat 4 hours. "I couldn't have done it without my helper, Jo" added Nic, who started strongly and thought he "lost a decent time" somewhere between 70 and 85 miles.



**Paul Holdsworth** and **Jill Bartlett** rode a tandem together to finish in 4:07:54. Paul was disappointed not to go faster than last year but felt that the ride was okay given the conditions which were hard for everyone. He was also getting over a cold which took the edge off his form.

**Loz Wintergold** had the best time of all the Hounslow riders with 4:06:38, in spite of a number of set backs as he explains:

"This was my first race back after being paralysed with meningitis in November and then suffering with depression and panic attacks (a common side effect). My training had been limited as I needed to ride with other people so I have only been doing 60 - 80 miles a week since March.

I only decided to ride the 100 to see if I could concentrate for a long time on the bike and more importantly catch up with friends and clubmates. I also wanted to see what my running was like after 100 miles.

Last year I qualified to race for Great Britain at long distance triathlon in my age group and I wondered if I still had any residual form and hence any chance of qualifying this year.

My preparations were typically haphazard and involved spending the previous night playing musical beds with our two poorly children. Bravely I left Alice with the snotty youths and drove off toward the scenic joys of the A31.

*(Continued on page 4)*

# Open 100 results (top 20 and Hounslow)

Pos	No	Name	Club	25miles	50miles	75miles	100miles	Vet Std ±	Vets Time	Vets Pos
1	100	Adam Topham	High Wycombe CC	53 22	1 47 48	2 42 36	3 37 51	4 49 24	+71 33	1
2	90	Julian Jenkinson	Contre La Montre	54 06	1 49 14	2 46 03	3 43 40	4 51 24	+67 44	2
3	81	James Gilfillan	Contre La Montre	53 21	1 47 36	2 45 02	3 47 30			
4	75	Phil Ember	Kingston Whs	57 51	1 55 35	2 55 21	3 57 14			
5	62	Mark Edwards	Hillingdon Tri Club	58 38	1 57 13	2 57 02	3 57 49	4 53 18	+56 29	4
6	65	Chris Goodfellow	Oxford City RC	57 11	1 54 45	2 55 32	3 58 20			
7	72	Matt Burden	Seven RC	57 41	1 59 25	2 59 10	3 59 41			
8	91	David Shepherd	GS Stella	57 09	1 55 24	2 56 31	4 00 15	4 57 58	+57 43	3
9	95	Steve Irwin	Kingston Whs	56 55	1 56 24	2 58 04	4 03 49	4 47 16	+43 27	14
10	85	Gregory Woodford	Reading CC	56 45	1 55 08	2 57 07	4 04 17	4 57 02	+52 45	5
11	93	Simon Healey	Andover Whs	57 28	1 58 19	3 01 14	4 05 27			
12	101	Guy De Selincourt	Camel Valley CC	55 29	1 54 35	2 57 28	4 06 19	4 56 06	+49 47	6
13	68	Loz Wintergold	Hounslow & Dist Whs	58 17	1 58 48	3 01 02	4 06 38	4 53 18	+47 40	10
14	102	Dave Pickering	Bournemouth	57 20	1 56 41	3 00 23	4 08 01	4 52 22	+44 21	13
15	103	Sam Williamson	Hemel Hempstead CC	1 02 23	2 04 35	no time	4 10 32	4 55 10	+44 38	11
16	66	Giles Oakley	Clevedon & Dist CC	1 01 27	2 02 23	3 05 28	4 10 39	4 52 22	+41 43	16
17	57	Gawie Nienabar	Farnham RC	58 37	1 59 31	3 03 34	4 10 43	4 59 54	+49 11	7
18	73	Mathew Rowley	Oxonian CC	59 28	1 59 02	3 02 39	4 10 57	4 50 25	+40 28	17
19	88	Nic Stagg	Hounslow & Dist Whs	58 51	1 59 42	3 04 41	4 11 04	4 47 16	+36 12	21
20	55	Chris Hopkinson	Army CU	58 56	1 59 58	3 03 54	4 11 13	4 50 25	+39 12	19
Other H&DW										
34	76	Robert Gilmour	Hounslow & Dist Whs	59 29	2 02 25	3 10 43	4 22 01	5 06 28	+44 25	12
63	19	Andrew Caldwell	Hounslow & Dist Whs	1 10 47	2 22 07	3 40 26	4 59 54	4 48 21	-11 33	48
DNF	1	Bruce McMichael	Hounslow & Dist Whs	1 08 30	2 22 53	3 53 11	DNF	4 50 25		
Tandems										
1	96	Paul Holdsworth/ Jill Bartlett	Hounslow & District Wheelers	58-20	2-00-32	2-58-04	4-07-54	51	+29 20	
2	2	Nick Wisby/ John Radford	Sotonia CC	1-07-30	2-23-33	3-44-59	5-10-23	-44-01	-38 33	

(Continued from page 3)

I did not have a helper and used my between the bars bottle and a down tube bottle. At the start I was a couple of minutes early and put my bike down to answer an urgent call of nature. The large puddle that appeared was rather alarming especially as I realised it was from my bottle not my bladder. I was now down to 500ml plus the remains of the other bottle.

With a mighty shove I was off up the road and settling in to the old routine without too much trouble. At 35 miles I finished my depleted bottle and reached down for the next. At that moment I hit a small pothole and dropped the precious liquid. I screeched to a halt just in time to see a 4x4 flatten my lifeline.

It was about now that I noticed how hot it was and how thirsty I was. I had to back off as I was feeling rather light-headed. A finish was now looking rather unlikely yet alone a reasonable

time. Happily a sponge from Jeff and Brent revived me and I kept pushing on as the wind and mercury rose. I was really looking forward to my next sponge from Jeff and was sitting up in anticipation only to find a lonely bucket at the roadside. Jeff had lost the battle with his diminishing bladder control. Once again I screeched to a halt and waddled back along the pavement to get my own sponge from the bucket. I was so desperate I sucked the sponge too!

The finish couldn't come soon enough and I wobbled back to the HQ and grabbed my trainers with apprehension. Happily my running legs hadn't deserted me and I enjoyed a 4 mile limber down.

I was really pleased with my time and may well do a couple more 50s and 100s as practise for the triathlon qualifying events. I may even do another 12."

## H&DW at the National TTT

By Chris Lovibond

In the National Three Up Team Time Trial Championship on Saturday 30th June, the Hounslow entry of Paul Holdsworth, Nic Stagg and Stuart Stow showed promise with a halfway point time check of 39 minutes 41 seconds, but they abandoned when Holdsworth punctured shortly after the check. To put this in perspective: there were forty teams entered and the Hounslow's time put them in ninth place at that point. Although this may sound a modest position it should be remembered that the Hounslow riders are not only veterans but genuine amateurs, whereas most of the higher placed teams are sponsored.

The club has here three on form riders who are likely to achieve worthwhile victories this season.



# Sybrandy shows mastery with Open 10 win

Hounslow & District Wheelers Open 10 Mile TT, 16th June 2012

Report by Chris Lovibond

Last Saturday Wouter Sybrandy (Sigma Sport) found time in a busy road race schedule to demonstrate his mastery of the time trial discipline by winning his original club's open 10. Wouter last rode the event in 2010 - he also won on that occasion.

His time this year was 20 minutes 29 seconds, which was eight seconds too good for last year's winner, Pete Tadros (In Gear - Quickvit) who recorded 20:37. It's worth mentioning that Sybrandy had only the third fastest qualifying time and that on paper the pecking order was: first Nick Dwyer (qualifying time 19:19), second Tadros (19:23) and third Sybrandy (19:51).

The Hounslow did have the satisfaction of

taking the team prize with Nic Staggs (21:59), Stuart Stow (22:27) and Paul Holdsworth (22:39). In addition the club's Jill Bartlett won the ladies' section with 26:28.

Other Hounslow riders were: Damian Poulter (23:25), Bruce McMichael (25:43), Jeff Shaw (27:48) and Mark Silver on his trike (28:57).

All the times reported here may look slow by modern standards, but since there was a strong south westerly wind blowing along the course, they are actually better than might have been expected. The event attracted entries from 81 solos and 3 tandems. It was held on the Farnham - Alton course and was efficiently organised by Peter Sprake.

## Result:

1. Wouter Sybrandy (Sigma Sport)	20:29
2. Pete Tadros (In Gear - Quickvit)	20:37
3. Nick Dwyer (Lewes Wanderers)	21:04
4. Richard Prebble (Node4-Giordiana)	21:11
5. Graham Stirzaker (A3 crg )	21:17
6. Mick St. Leger (VC St. Raphael)	21:52
7. Nic Staggs (Hounslow)	21:59



## L'Eroica preview

Chris Lovibond and Jeff Marshall will take part in the retro Italian classic held in Chi-anti this October. L'Eroica captures the spirit of a golden era of cycling with woollen jerseys, 'strada bianchi' gravel roads, rich food and wine, and vintage bikes. Chris gives a preview of the bike he has been building specially for the occasion.

### Words and pictures by Chris Lovibond

The frame has been generously lent by Ron Richardson who bought it new in 1951. He tells me that at the time he would have preferred to have 'Fleur de Lys' lugs, but couldn't afford it. He has recently acquired such a frame, had it resprayed and now, 61 years later, hopes to have it on the road soon.

The chain rings here are 43/46. This will seem bizarre to modern eyes, but 43 is the smallest size which the TA adaptor can take and I'm expecting low gears to be more useful than high on the strada bianchi. The gearing arrangement is on the old system which has 2 tooth differences on the block and 3 teeth between the chain rings, allowing a change at the front to fill in the gaps in gearing between the 2 tooth jumps at the back. Using a 14-22 five block the gears (in inches) are: 87.3, 81.6, 76.4, 63.5, 61.1, 57.1, 55.6, and 51.9, which looks like a practical set of gears to me. It must be admitted that the arrangement has the disadvantage that a double change (i.e. both front and rear) is often necessary. The rear



mech is known as a Simplex 'Tour de France' and this type was widely used in that event in the late forties and early fifties. It will accept a 22 tooth sprocket, but I think that is probably its limit.

The 'hand held' rear mech picture shows the

gear in its working position, as intended by the makers. They are sometimes fitted with the jockey wheel cage upside down, possibly through ignorance or maybe in order to get the chain onto a bigger rear sprocket!

It will be interesting to see how practical a machine this turns out to be - I'm about to take it to Brittany, and I'm hoping the locals will think that I'm *sympa* (rather than just mad) using French kit.

More details will hopefully follow in the next issue.



# Hotly contested Open 25

**Hounslow and District Wheelers Open 25 Mile Time Trial, 22 July 2012**  
**Report and photos by Chris Lovibond**

Although Sunday morning's Hounslow 25 was far distant from the Champs Elysees it nevertheless saw some intense competition with the first three riders finishing within a minute of each other.

The winner was Stephen Whitewick (Contre la Montre) who finished in 51 minutes 28 seconds, with his Contre la Montre team mate James Gilfillan second recording 51:56 and Alan Ridler (Pedal Heaven) third with 52:24.

Stephen Whitewick's rather unusual athletic career may give a glimmer of hope to the setttee bound viewers of the Tour who dream of a more active life: "I did no sport at all between leaving school and the onset of mid-life crisis symptoms when my children were off my hands" fifty one year old Stephen reported. "Seven years ago I took up triathlon, but it soon became clear that cycling was my strongest suite. I've had a lot of useful advice from established riders in my area, and this year I still seem to be improving". The Cycling Time Trials website shows that this is his seventh open time trial victory this season.

The promoting club did take the team prize, the counting riders were: Nic Stagg, 55:20, Paul Holdsworth, 55:32 and Rob Gilmour 56:20.

The Hounslow was an early advocate of women's time trialling, promoting a Ladies' 25 before the second war when

many clubs would not even accept women members, let alone allow them to race. That Ladies' T.T. is now incorporated into the men's 25, but the club regards it as an important aspect of the event. This year's winner was the national champion Julia Shaw with an outstanding ride of 54:32 which gave her sixth place among the men.

This event, which was efficiently organised by Bruce McMichael, attracted a full field of 120 entrants, plus 13 reserves, the highest number for many years, reflecting the current general increase in enthusiasm for cycling.

A special mention should be made about Rob Gilmour's recent performances. Third counter in the team prize here may not seem very notable, but it followed an ultra fast ride (for a 61 year old) in the Shaftesbury 50 the previous day. Rob recorded 1:50:11, close to his best ever performance twenty years ago and gives him a new club veterans' plus record. This continues an series of excellent rides which saw, the previous weekend (Sat. 14th July), Rob achieving a new personal best for 25 miles in the API Metrow event with a time of 52:10, an improvement of 36 seconds on his previous best done in 1992. For relative beginners new personal bests are fairly routine, for some one of Rob's seniority they are an exception.



The compact style of the winner, Stephen Whitewick.

## Result

1. Stephen Whitewick (Contre la Montre )	51:28
2. James Gilfillan (Contre la Montre)	51:56
3. Alan Ridler (Pedal Heaven)	52:24
4. Richard Prebble (Node 4 Giordiana)	52:35
5. Terry Icke (Poole Wheelers)	54:02
6. Julia Shaw (Drag 2Zero)	54:32
7. Gary Dighton (Poole Wheelers)	54:39
8. Nic Stagg (Hounslow & Dist.)	55:20
9. Darran Fagan (A3crg)	55:22
10. Phillip Hersey (Eagle RC)	55:25
11. Paul Holdsworth (Hounslow & Dist.)	55:32
12. Tom Glandfield (Lewes Wanderers)	55:55
Ladies: 1st Julia Shaw, 2nd Natasha Fuller (Lewes Wanderers)	1:02:10
Team: Hounslow: Stagg, Holdsworth, Rob Gilmour	56:20
Vets Standard: Terry Icke, plus 18:09	
Tandem: Ray Hughes/Ian Neville (Clarence Wheelers)	50:28



Hughes and Neville set a fast time on the only tandem in the event.

# Tandem Racing

By Jo Wells



Jo and Ann Starting their first race together on the tandem, a 30 mile event in Kent, 1997.

While everyone in the club will know Ann Young (nee Wilson) as the club dinner organiser, it is only the longer serving members who will remember her racing career, and a select few who are aware that we formed an effective tandem partnership which holds three ladies' club records.

I immediately struck up a friendship with Ann when I joined the club in 1995 and for the next few years we travelled to many races together. In 1997 we borrowed a tandem from Mark Silver, who gave us a 5 minute lesson on how to ride it. We entered our first race with the ambition of breaking the modest ladies 30 mile tandem record of 1hour 24 mins (held by N Fowler and J Keen). We travelled to Kent very early one morning and excelled ourselves by finishing in 1 hour 16 mins, a new record, or so we thought! We were disappointed to learn that a marshal had turned everyone at the wrong roundabout and the course was half a mile short. The champagne was put on hold. Undaunted by this set back we returned to Kent the following year and finished in 1:20:16, a time we reduced by another 3 mins on the A1 a month later with a time of 1:17:01, in cold wet conditions. A few days later we set a 15 mile club record of 35:18 in Milton

Keynes and won the event as our main rivals, Sue Gray and Julie Baker had punctured. This formidable duo still hold completion record over 15, 30, 50 miles and 12 hour.

Our final attempt to reduce our 30 time was on Loz and Alice Wintergold's tandem, riding the machine for the first time on the Farham course. In excellent conditions we set a club record of 1:12:37. Thirty mile time trials are few and far between, especially these days.

Again in 1997 we set our sights on the 25 mile record of 1:04:39 held by Kerry White and M Murphy. We entered a club event on Farnham and although it started to rain in the last 5miles we finished in 1:00:07. In spite of the frustration of failing to beat the hour, we were over the moon as we were surpassing our solo times by 4 and 8 minutes, respectively, in addition to breaking another record.

On a warm morning in August 2000 we reduced the 25 record to 57:03 on the once famous stretch of dual carriageway between Chelmsford and Colchester. Admittedly this was a fast course but it is worth mentioning that this time would have equalled the competition record held by Daisy Franks and Sue Swetman up to 1978.

Later that year we raced on the P613 course in Andover and recorded a time of 22:47, establishing that our 25 mile time wasn't a fluke (multiplied x 2.5 = 56:58) We didn't expect to get anywhere near the fantastic record still held by Theresa Harcombe and Jo Wright of 22:01

Even though we often raced at unearthly hours, I thoroughly enjoyed my racing with Ann, especially on the tandem. She gave it everything she had and always put her heart and soul into each event. We never had a cross word and all I asked of her was to sit still on the tandem when we were descending! Even though Ann was the stoker, in one race she somehow managed to "steer" the machine from the slip road to the main dual carriageway...from behind! She was a very determined rider.

The most amazing thing about our tandem racing was that most of it was done on borrowed machines as we didn't own our own tandem in those days. It just goes to show what you can achieve on a tandem if you find a partner that you "gel" with. My only regret is that we didn't ride a 50 together. I suppose there is still time, never say never!

Ann and I remain the best of friends.



# Amstel Gold

Andrew Caldwell rides the sportive and reflects on the history of the race



27 March 1978 ANP - G. V.d. Werff

Eventual winner Jan Raas ascends the Kneuteberg, following the German Didi Thureau.

The Amstel Gold Race is a one-day UCI World Tour race held in the Limburg province of the Netherlands mid to late April, taking its name from long-standing sponsor, the Amstel brewery. By sheer number of ascents, the race is a real classic with this year's route of 31 recognised climbs over the 256.5 km typical of the race.

These climbs take their toll, along with the technical nature of the route with undulations and the narrow roads. You seem to always be going up, down or turning left or right, forcing riders to stop and start, battle for position, and constantly drain energy reserves. The frequency and severity of the climbs increase as the route continues before the stunning finale:

**The Kruisberg (km 236):** 800 meters at 7.5%, but most of the 60 meter rise is

in the last 600 meters, making it more like a short but 10% climb.

**The Eyserbosweg (km 238):** Seriously hard climb with 1100 meters averaging over 8%. The middle portion touches 21% max. This is where the race usually takes shape

**The Keutenberg (km 246):** This is the hardest climb of the race. Not only does it come in rapid-fire succession, but the 700 meters at 9.4% undersells the severity: most of that rise comes in about 400 meters, a 15% average with a max of 20%.

**The Cauberg (km 258):** The race finishes atop its signature slope. 1200 meters at 5.8%, but there's an early 300 meter wall at 12%

## The history behind the race

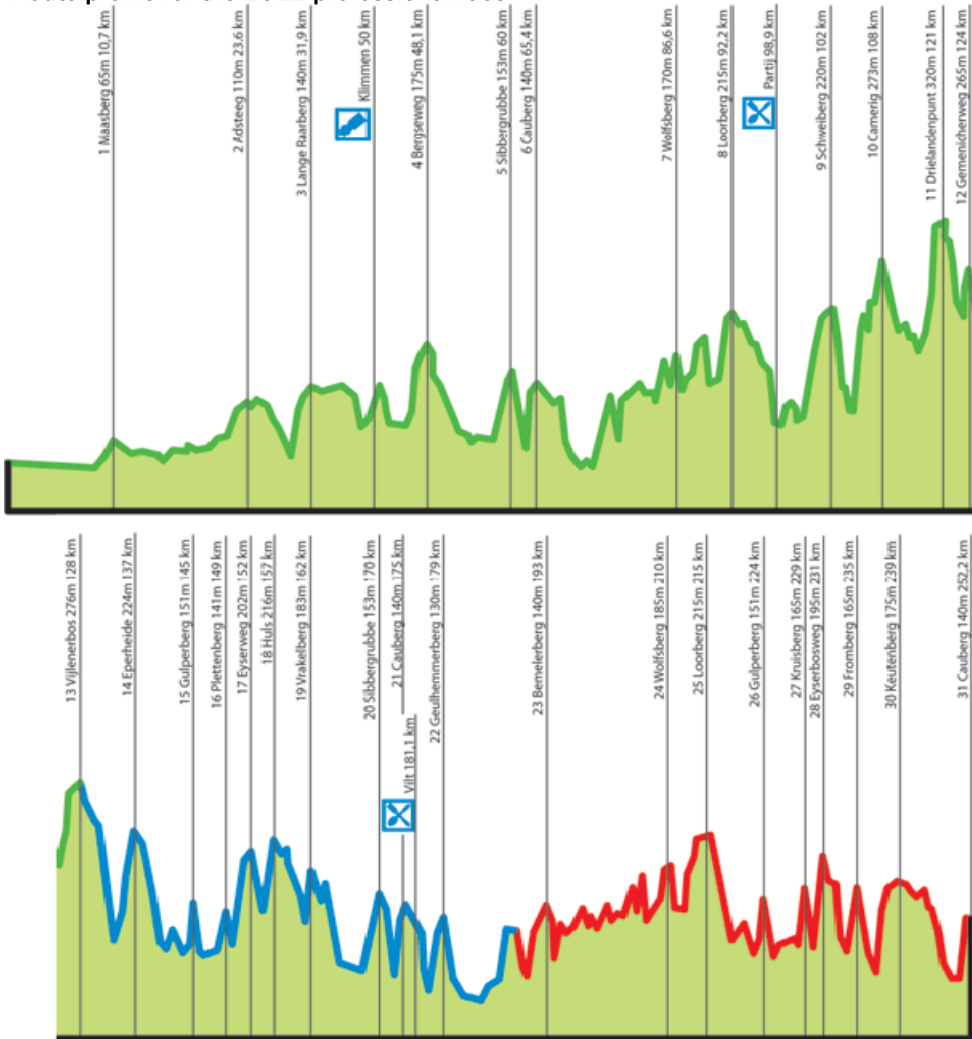
The race was first held in 1966, and was won by a Frenchman, Jean Stablinski, who escaped along with his team mate Bernard van Kerckhove. A local hero, Jan Hagens, joined them after a 40 km solo chase, but ultimately had to let them go in sight of the finish when he having suffered a mechanical problem.

The race has been won by some of the greatest legends in the sport. Eddy Merckx won the race in 1973 and 1975. In '73 he raced away from the breakaway to finish three minutes clear of a half-frozen Verbeeck who finished in second place.

In '75, Merckx won the race again, beating his rival, a young Freddy Maertens into second place, the only rider who managed to follow him over the final climb.



## Route profile for the 2012 professional race.



## My Amstel Gold Race experience

The race is the largest cycling event to be held in the Netherlands and has a real party atmosphere, writes Andrew Caldwell.

The sportive edition is held the day before the professional race over a similar route. I completed the 250 km edition.

The weather turned foul around 150 km, which made progress difficult. The heavy rain formed streams running down the roads. It was difficult to see at times. Many cyclists took shelter in doorways and bus stops. We took to the pavements to avoid the streams on some climbs, so we could keep moving. I began to shiver on the bike and was pleased to climb the hills to keep warm, using the brakes for resistance to pedal against on the descents.

With only 20 of the 31 climbs in the 250 km tourist version, we had it relatively easy. However with the poor weather, I was pleased to finish and collect my medal. It has one very useful function, a handy beer bottle opener!



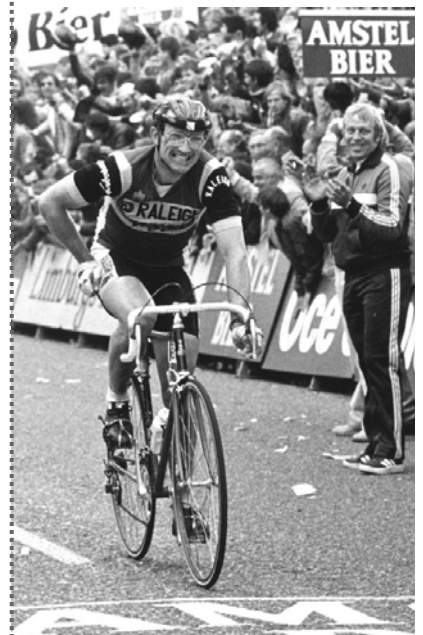
25 April 1982 Picture courtesy of ANP

Jan Raas leading the field in Hulsberg, at his side Belgian world champion Freddy Maertens.

The following year, Freddy Maertens would go one better and win the race after a 32 km solo effort, ahead of Jan Raas, a Dutchman that would become known as "Mr Amstel" in years to come.

Jan Raas dominated the Amstel Gold Race, winning 5 of the next 6 races from 1977 to 1982, only losing out in a sprint finish to Bernard Hinault in 1981. Raas also won the Milan-San Remo in 1977, his first Ronde van Vlaanderen in 1979 and another in 1983. Winning the Paris Roubaix in 1982, the Omloop Het Volk in 1981 and Paris-Tours in 1978 and 1981, he earned a place among the greatest Classics specialists in history, not to mention ten stages of the Tour de France. He is one of the most successful Dutch riders of all time.

More recently, Philip Gilbert has had success in this event, winning in 2010 and 2011. He was also in the mix at the finish of this year's race, won by Enrico Gasparotto of Astana.



25 April 1982 Picture courtesy of ANP. Jan Raas wins the Amstel Gold race after jumping clear of the lead group in the last km.

# Club Events

## Interclub 25 -20th May 2012

Report by Chris Lovibond

Participating clubs: Hounslow & Dist., Twickenham CC, Westerley RC and Weybridge Wheelers.

The trophy awarded in this event is for the best handicap club team performance and it was again won by the Twickenham CC.

The outright winner was Nic Stagg who recorded the impressive time of 56 minutes 51 seconds. This was an improvement of a minute and sixteen seconds on his ride in the Good Friday 25 on the same course, but this was on a day when many were actually slower than they had been at Easter, and it could be said that Nic saved the club's honour when all the places from second to fifth went to riders from the Twickenham and the Westerley. It should be mentioned here that Stuart Stow, who took the sixth place, produced an excellent performance with 1:00:16, also improving on his Good Friday time. Both these Hounslow members have been riding at Reading track this year and perhaps there is a lesson to be learnt here.

Liam Maybank of the Twickenham took second place, as he did in 2011. His time of 58:01, which would often be good enough to win on this course, came from his first competitive ride of the year. Liam likes to mix time trialling with road racing – often a successful formula – but this year pressures from life outside cycling have caused him to start his season rather late. To go this fast in a first event should give him high hopes for the summer.

However, the most outstanding ride of the morning came from one of the Twickenham's youngest riders, seventeen year old Rory Atkins. He started as a novice with no qualifying time to put on his entry, and finished with a time of 58:29. An outstanding performance anywhere, on this course it can only be described as brilliant.

This ride (done from an early start) appeared to put the Twickenham in an unchallengeable position in the handicap competition, because although Atkins allowance of 10 minutes did not seem particularly generous for a young novice it resulted in a handicap time of 48:29 which gave their team a head start. A long way down the start order came Mark Silver (Hounslow) riding a trike. The handicapper (Martyn Roach, of the Hounslow) clearly recognised that a three wheeler is a particularly unsuitable machine for the hilly and tortuous West of Windsor course and so gave him a generous 25 minute allowance. This resulted in a handicap time of 49:16 which at least put the club back into contention, but the outcome of the team race was Twickenham first, Hounslow second and Westerley third. The Weybridge did not finish a team.

Mark Silver goes to the Tricycle World Championships in Belgium next weekend, so this 25 was just a warm up for him.



Mark Silver racing on his trike in the inter-club 25. Picture by Chris Lovibond.

The Interclub 25 was first organised in 1925 between the Twickenham, the Kingston and the Ross Wheelers (Richmond), and with numerous changes among the participating clubs has been run continuously since that time. It is intended to give encouragement to novice riders through its emphasis on the handicap system. This year's edition (organised by the Hounslow) attracted 77 entrants, the largest field for many years: another example of the current rapid growth of cyclesport in Britain.

## Results

### Handicap Team:

1. Twickenham CC (Rory Atkins, Duncan Schwier and Alex Toghill) 2 hours 37 minutes 12 seconds.
2. Hounslow and District Wheelers (Mark Silver, Stuart Stow and Andrew Caldwell) 2 hours 39 minutes 20 seconds
3. Westerley Road Club (John Sullivan, Malcolm Woolsey and Dave Newman) 2 hours 42 minutes 36 seconds.

### Scratch (top 10):

- |                                 |         |
|---------------------------------|---------|
| 1. Nic Stagg (Hounslow)         | 56:51   |
| 2. Liam Maybank (Twickenham)    | 58:01   |
| 3. Rory Atkins (Twickenham)     | 58:29   |
| 4. Shane Townsend (Westerley)   | 59:00   |
| 5. Malcolm Woolsey (Westerley)  | 1:00:06 |
| 6. Stuart Stow (Hounslow)       | 1:00:16 |
| 7. Steve Home (Twickenham)      | 1:00:40 |
| 8. Rob Gilmour (Hounslow)       | 1:01:28 |
| 9. John Sullivan (Twickenham)   | 1:02:23 |
| 10. Duncan Schwier (Twickenham) | 1:03:44 |





### Welcome to new members:

Stuart Hewlins (Veteran)

Neville Ready (Veteran)

Thomas Jenson (Senior)



## Midsummer 25

By Chris Lovibond, 24 June 2012

The 2012 Hounslow Midsummer 25 reflected this year's weather: suboptimal.

From a start sheet that included twenty one club members eleven failed to start, leaving just ten competitors. As it happened one of the main contenders, Paul Holdsworth, punctured and retired leaving Nic Stagg to romp home with a time of 59:07, six minutes clear of his nearest rival

This clearly showed that Nic is maintaining his current good form, since although this time was slower than he recorded in other events on the same course earlier in the year the conditions on Sunday were distinctly harder with a strong wind in the riders' faces along Drift Road, the most exposed section of the course. Nic reported that his speed here was dropping to 18 mph and he was relieved to see that his average speed remained just above 25 mph. He must have been motoring round the rest of the course!

The vets' standard result once more pointed up the failings of the new vets' standard table with the vets' result being identical to the scratch result. Nic's plus was 7 minutes 06 seconds, Rob's was 4:36. Under the old system the score would be Rob: plus 11:30, Nic 7:37. Similarly in our 100 Adam Topham won both the scratch and the vets' prizes; with results like these it is hard to see any point in vets' standards under the new arrangement.

### Result

- |                      |                 |
|----------------------|-----------------|
| 1. Nic Stagg         | 59 mins 07 secs |
| 2. Rob Gilmour       | 1:05:07         |
| 3. David George      | 1:09:36         |
| 4. Andrew Caldwell   | 1:09:39         |
| 5. Bruce McMichael's | 1:15:23         |
| 6. Geoff Shaw        | 1:15:29         |

Handicap Prize: Andrew Caldwell.

## New club web site

By Simon George

Since late May, the club has benefitted from a new web site thanks to Dave George. The address remains the same along with much of the content, but the look and feel has changed and most importantly, so has the way content is added.

Behind the scenes, the new web site allows selected club members to upload news and results themselves, with approval from a

designated person before they appear online.

Visitors will find a comprehensive new menu system across the top and a huge collection of members' photos are now online under the Information menu.

Dave has taken over from Andy Gillies, who was warmly thanked by the committee for his years of sterling work.

Readers are encouraged to visit the new web site at

<http://www.hounslowanddistrictwheelers.co.uk>

## Club events championship

By Simon George

As of 16th July 2012, Nic Stagg was in pole position in the club events championship, according to interim standings provided by the club's racing secretary, Trevor Gilbert.

Nic leads a group of 7 riders who have amassed a good collection of results and look likely to qualify, which requires completion of at least two club '25's and 5 evening '10's by the end of the racing season. The best average speed from these events wins the championship.

Based on his rides in the Good Friday and Interclub '25's plus three evening '10's, Nic has an impressive average speed of 25.624 mph. In second place is Stuart Stow with 24.562 mph from two '25's and 4 evening '10's.

Final results will come at the end of the racing season. Meanwhile, club members might like to plan how they will qualify.

### Interim standings

Nic Stagg	25.624 mph
Stuart Stow	24.562 mph
Robert Gilmour	23.424 mph
Merill Readett	22.583 mph
Andrew Caldwell	21.610 mph
Simon Wroxley	20.714 mph
Neil Ferrelly	20.132 mph

*Full results of this year's evening '10's are available on the club web site.*



## First new Vet's Greatest Plus club records fall to Gilmour

By Simon George

Veteran fast man Rob Gilmour has the honour of becoming the first person to set a new club veteran's plus record since the rules

were changed in line with the VTTA's new "plus" system earlier this year. (See QW2012.2 and explanatory document on club web site or available from racing secretary on request.)

Riding the API - Metrow 25 on the E2 course on Saturday 14th July, the day before his 61st birthday, Rob recorded a personal best of 52:10, giving him the new club record with +17:44.

The poor weather conditions before the start were enough to raise some doubt as to whether the event would proceed, but it was eventually concluded to be safe enough. As second rider off, Rob decided at the last moment to get ready anyway, arriving to face the timekeeper without his usual warm up. Road spray affected visibility, making him glad of his rear light. As is often the case, the wet roads were fast and Rob made the most of them.

He was even more pleased that this ride puts him on the VTTA L&HC records leader board with the 6th fastest 25 on record, in the high company of such riders as Creese, Pritchard and Adkins. It must be noted that these gentlemen all recorded their faster times in their 40s and Rob has the fastest ride of anyone in their 60s or above.

Clearly on a roll, Rob struck again in the Shaftesbury 50 on Saturday 21st July where he recorded 1:50:11. This is close to his best ever performance twenty years ago and gives him another new club veterans' plus record.







More tandem racing, back in circa 1953, a father and son race together. Today the lad on the back is a prominent club member. Can you recognise him?



## Your club committee

### President

Jeff Marshall

### Chairman

Jeff Marshall

### Secretary

Bill Carnaby

### Treasurer

Martyn Roach

### Racing Secretary

Trevor Gilbert

### Captain

Norman Howson

### Vice Captain

Jo Wells

### Membership Secretary

Graham Davis

### Magazine Editor

Simon George

### Press Officer

Chris Lovibond

### Committee Members

Antonio Ambrosino

Patsy Howe

## Distribution

This magazine is primarily distributed by electronic means. This saves the club time and money. If you're reading a paper copy that you received in the post and would be willing to switch to reading it on your computer or printing it yourself, please let the editor know.

## Next Issue

The next issue will be compiled under the stewardship of a new editor and should be published during the autumn. Your contributions or suggestions continue to be vital: It's your magazine!



Gino Bartali s'est décontracté avant le départ. Il a satisfait à son péché mignon : fumer une cigarette.

### Gino Bartali indulges in some marginal losses

Thanks to Chris L for digging this one out of the archives, which shows Gino preparing for the fifth stage of the 1951 Tour de France. He was still very much a contender even though he was 36 at the time. Chris translates the caption as "Gino Bartali relaxes himself before the start. He satisfies his sweet sin: smoking a cigarette." Known as 'Gino the pious', maybe it was the power of prayer that allowed him to get away with smoking whilst a top athlete, not to mention living to the age of 86.

## Quarterly Opportunity



Do you like the Quarter Wheeler?

Would you like to be involved?

This magazine is not just (hopefully) a good read: it's also an exciting opportunity for you.

There are openings in writing, reporting, photography, editing, production and distribution. Even if you only have a little time to give you'll be surprised what you can achieve.

If you'd like to dip your toe in and acquire any of these skills, or put your existing skills to good use in a creative and rewarding environment, please contact the editor for an informal chat.