



Quarter Wheeler

2013 Issue 2

Summer

The magazine of the Hounslow & District Wheelers



Climbing Mont Ventoux

Geoff Shaw reports



Editor: Patsy Howe

patsyhowe@live.com

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

Contents

Ron Brown Memorial Hounslow 100 mile TT	2-5
Midsummer Club 25mile TT	5
Hounslow Open 10	6
Open 25	7
Interclub 25	8
Bike! Report	9
Evening 10s	10-11
Trike World Championships	12
Club news & notes	13-16

Summer racing Results and reports

ALSO INSIDE

Seeing stars!

New PBs achieved in summer sun page 14

Carry on Camping!

Summer camp (16th August—2nd Sept) page 16



For more information about Hounslow & District Wheelers, visit our web site:
<http://www.Hounslowanddistrictwheelers.co.uk/>
To discuss articles in this issue of the club magazine, you can use the forum:
<http://www.apollonia.org.uk/Hounslow/>



The Ron Brown Memorial Hounslow 100

26th May 2013.

Third
consecutive
win for
Topham!

*Report and photographs
by Chris Lovibond*

Adam Topham (High Wycombe CC) put up another great ride on Sunday (26th May) to win his third consecutive Ron Brown Memorial 100 with a time of 3:41:41. Grigor Wallace (Team Midland Racing) took the second place with 3.50.13.

Topham's preparation for this ride had not been trouble free. He said that various disruptions in his training this year have left him feeling no better prepared now than he was in March. One of his 'disruptions' was a crash which damaged his time trial bike, and this resulted in having to use a borrowed machine – naturally less satisfactory than his own – in this event. Even so there was never much doubt about who would win.

Here are two points of interest from a conversation after the finish. First, it will be surprising to veterans who remember a time when the only source of information for a competitor during an event was a clockwork watch clipped onto the handlebars, to hear that this rider knew exactly how many watts his power output was dropping in the last few miles. Second, those who have read Adam's useful book "Time Trialling – Fly Through the Pain Barrier" will know that at the time of writing he had reservations about riding long time trials, but now, with another two seasons completed, including a 306 mile 12 hour last year, he can truthfully say: "It turns out that the longer distances are my main strength."



Adam Topham

Lynne Taylor



Second placed Grigor Wallace is another man who shows promise as a long distance rider. There are few in the sport who would not be happy to record a 3.50., but to do this as a novice at the century must be a remarkable feat. Wallace is in his fifth season of time trialling but it was not until near the close of the 2012 season that he attempted his first fifty. This year he gained sixth place in the classic Charlottesville 50 with 1.53.21 – almost exactly the same as his first fifty in this event – but it is a notable achievement to reach the silver medal position here on so little experience. There is obviously more to come from Mr. Wallace.

It was not surprising that the ladies prize went to Lynne Taylor (Born to Bike). Her 4.18.34 gave her a clear margin over the nearest rival, Corinna Francis (Chelmer CC) who recorded 4.23.31, but Lynne dismissed her fine performance as 'an early season ride – I know I can go faster'.

Ms. Taylor is almost certainly correct. Apart from any other considerations, the weather conditions were not the best possible. Although a 'civilian' would have thought last Sunday to be a perfect late Spring morning, a time triallist would have noted that the North West wind was not ideal for the course, and that the air pressure was relatively high. Everyone's results will have been affected by the conditions.

Finally the Hounslow and District can congratulate itself, not only on Trevor Gilbert's efficient organisation, but also on its 31st team victory in the event. The counting rides were: Nic Stagg, 4.01.31, Paul Holdsworth, 4.03.34 and Loz Wintergold, 4.08.51. This was only Nic's second ride at the distance: after the first he swore he would never ride another, but this time he was heard to enquire about the date of the Kent 12 hour.

Ron Brown Memorial Open 100 mile Time Trial Prizewinners

Scratch				
1st	Adam Topham	High Wycombe CC	No 90	3-41-41
	and to hold the Ron Brown Trophy for 1 year and a Hounslow medal			
2nd	Grigor Wallace	Team Midland Racing	No 82	5-50-13
3rd	Dominic Hill	Bec CC	No 55	3-51-09
4th	Steve Irwin	Kingston Whs (*including 2 min L/	No 80	3-51-52*
5th	Mark Turnbull	Leigh Premier RC	No 77	3-53-29
Ladies				
1st	Lynne Taylor	Born to Ride	No 67	4-18-34
	and to hold the Rolph-Brambleby Trophy for 1 year and a Hounslow medal			
2nd	Corrina Francis	Chelmer CC	No 86	4-23-31
Fastest Veteran				
	Adam Topham	High Wycombe CC	No 90	3-41-41
	And to hold the Veteran Cup for 1 year			
Fastest Veteran on Standard				
	Shay Giles	V C Elan	No 78	+74 36
	Adam Topham	High Wycombe	No 90	+68 48
Fastest at 50 miles				
	Adam Topham	High Wycombe	No 90	1-47-25
Group Awards				
A	Stuart Bernie	Willesden CC	No 89	4-01-07
B	David Dalton	Fareham Whs	No 18	4-17-16
C	Clare Ella	Born to Ride	No 47	4-30-39
D	Paul Whithead	Hampshire RC	No 19	4-48-14
Tandem				
	Simon Hall &	Andover Whs	No 3	4-34-34
Fastest Team				
Hounslow & Dist Whs		12-13-56	Hounslow Medals	
Nic Stagg: 4-01-31		Paul Holdsworth: 4-03-39	Loz Wintergold: 4-08-51	



Adam Topham



Grigor Wallace



Lynne Taylor



Corrina Francis



Nic Stagg



Paul Holdsworth



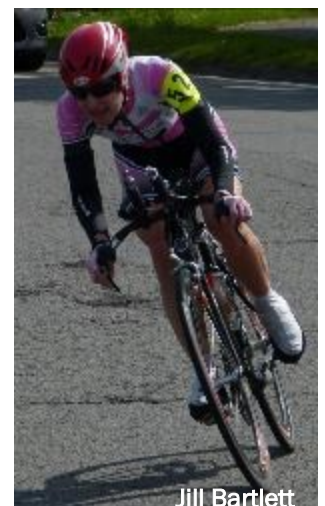
Loz Wintergold

Photographs Patsy Howe

Open 100 Results (Top 20 and Hounslow)



Pos	No	Name	Club	25 miles	50 miles	100 miles	Vet Std	Vets + or -	Vets pos
1	90	Adam Topham	High Wycombe CC	53.49	1.47.41	3.41.41	4.50.29	+68.48	2
2	82	Grigor Wallace	Team Midland Racing	55.55	1.53.11	3.50.13			
3	55	Dominic Hill	Bec CC	57.08	1.53.33	3.51.09			
4	80	Steve Irwin	Kingston Whs	57.33	1.55.56	3.51.52	4.48.52	+56.30	4
5	77	Mark Turnbull	Leigh Premier RC	55.07	1.50.29	3.53.29	4.46.07	+52.38	8
6	72	Robert Scott	Plymouth Corinthian	54.40	1.52.28	3.56.28			
7	56	Alexander Link	Dulwich Paragon CC	55.08	1.56.43	3.57.07	4.46.07	+49.00	12
8	85	Paul Dring	Club Echelon-Rotor	56.27	1.54.45	3.57.52			
9	75	David Sheoerd	GS Strada	58.08	1.56.43	3.59.43	4.58.43	+59.00	3
10	89	Stuart Birnie	Willesden CC	59.44	1.59.54	4.01.07			
11	68	Nic Stagg	Hounslow & Dist Whs	59.04	1.58.07	4.01.32	4.48.22	+46.50	13
12	81	John Lacey	Hemel Hempstead CC	1.02.47	2.02.46	4.01.59	4.55.34	+53.35	7
13	60	Paul Holdsworth	Hounslow & Dist Whs	59.00	1.59.21	4.03.34	4.55.34	+52.00	9
14	65	Simon Wix	Evesham Whs	58.02	1.58.17	4.04.25	4.56.36	+54.11	6
15	45	Andrew Langdown	Hampshire RC	58.56	1.58.36	4.07.29	4.50.29	+43.12	19
16	69	Richard Newey	Thames Turbo TC	1.00.05	2.01.03	4.07.24			
17	88	Loz Wintergold	Hounslow & Dist Whs	59.42	2.00.45	4.08.51	4.54.14	+45.23	16
18	78	Shay Giles	VC Elan	1.00.11	2.00.42	4.09.28	5.24.04	+74.36	1
19	74	Mark Saunders	Mid Devon CC	1.01.01	2.03.47	4.10.48	4.59.49	+49.01	11
20	28	Steve Moore	Antelope CC	59.30	2.00.57	4.12.08	4.52.32	+40.24	23
Other Hounslows									
47	79	Robert Gilmour	Hounslow & Dist Whs	1.04.29	2.09.52	4.35.49	5.10.22	+34.33	30
52	8	Andrew Caldwell	Hounslow & Dist Whs	1.09.41	2.18.53	4.44.13	4.49.26	+05.13	42
53	52	Jill Bartlett	Hounslow & Dist Whs	1.09.42	2.21.41	4.44.50	5.23.02	+39.02	25
66	2	Bruce McMichael	Hounslow & Dist Whs	1.11.51	2.28.31	5.25.31	4.51.31	-33.51	47
Tandem									
	3	Simon Hall Mary Corbett	Andover Whs Sotonia CC	1.07.35	2.15.58	4.34.44	4.40.12	+0528	42



Open 100 miles TT Event secretary's report

I believe it is said that out of adversity sometimes comes success - well I may have proved it! The day before the event, as I returned home, time seemed to be running short so I stopped at the chippie. Upon returning to the car it would not start, everything sounded okay but no go. I called the RAC who arrived quickly and diagnosed the fault just as quickly - petrol pump bugged. What to do now, walk home about 150 yards then panic, I need a plan. I know who to phone, the Club's version of 'Baldric', Jeff Marshall, he'll have a plan and sure enough he did. I would like to say a great big thank you to Jeff and Linda for providing B&B and getting me to the event and home.

A fine morning and a large field provided another classic Hounslow 100. Adam Topham (High Wycombe CC) got the defence of his BBAR off to a flying start, (His qualifying '100' last year was in the 'Hounslow'), although it would seem that even Adam suffered a hard last lap along with the

rest. A 3-41-41 hundred would please most of us (I'd have given both left legs to do a ride that fast!) but not Adam. A meticulous rider in his preparation he wanted more. I'm sure everyone will agree it was a fine ride and it's one in the bank if needed.

The Ladies prize was won by Lynne Taylor (Born to Ride) in her first Hounslow '100' recording a fine 4-18-34. Lynne said she was pleased with her time so early in the season. A rider of well-known pedigree from '25s' to record End-to-Ends and 1000 mile rides. Lynne's current plans include the Nat '50' and the Mersey Roads '24' (Nat Champ). Already a triple '24' champ, an extra 2.2 miles on her personal best would give Lynne the record. Maybe a first BBAR will be added to her CV.

Other rides of note were Corrina Francis (Chelmer CC) riding her first '100' (4-23-31). 2nd placed Grigor Wallace (Team Midland Racing) also riding his first '100' (3-50-13), 3rd Dominic Hill (Bec CC) - a PB, 4th Steve Irwin (Kingston Whs) in 3-51-52 which unluckily included a 2 min late start and 5th Mark Turnbull (Leigh Premier RC), also his first '100' (3-53-29).

Team the 'Hounslow' riders Nic Stagg, Paul Holdsworth & Loz Wintergold in 12-13-56, Hounslow's 31st win in 58 events (which equals the number of times I have run the event). Nic deserves a mention for his 10 minute improvement, especially for a rider who is not too keen on the longer distances. He is now looking for his first sub four hour 100 which can't be far away. There were approximately 30 riders who finished their first '100', improved a current best or did a PB.

Perhaps the most important people at any time trial are the timekeepers, without whom events would not happen. Ron Osborne, Kathy Collard-Berry and Don Ashton have timed the event many times, for which the club is very thankful. Refreshments were provided by Pat Birt, Elaine and Linda Marshall and their wide range of food and drink must have revived many an exhausted rider. Many thanks for your superb effort which is much appreciated by all.

Trust I will see you all next year:
25th May 2014.

Yours in sport
Trevor (Event Secretary)

Midsummer Club 25

Sunday, 23rd June 2013.

Chris Lovibond reports

Photograph Patsy Howe



Result

1	Paul Holdsworth	1-00-10
2	Stuart Stow	1-04-20
3	Rob Gilmour	1-06-46
4	Andrew Caldwell	1-07-39
5	David George	1-09-01
6	Paul Carpenter	1-09-04
7	Simon Wroxley	1-10-12

Paul Holdsworth was on winning form in the Hounslow Midsummer Club 25 where his time of 1 hour 10 seconds was four minutes faster than the second placed Hounslow rider, Stuart Stow, who had bravely chosen to ride fixed on a blustery day not ideally suited to the discipline of a single gear.

The strong wind certainly had a significant effect on the result since there were eight non starters from a field of seventeen Hounslow riders and eleven private time trials (i.e. non members)

The best veteran on standard was Rob Gilmour with a plus of 4 minutes 11 seconds, and the first handicap prize went to Simon Wroxley.

The event was held on the West of Windsor course.

Hounslow Open 10

Saturday, 15th June 2013

Report and photographs
by Chris Lovibond

James Gilfillian (Velo Refined Aerosmiths) is clearly a talented rider at the top of his game. His time of 20 minutes 33 seconds gave him his fourth consecutive open time trial victory this season, which makes a one hundred per cent tally: four rides, four wins.



James Gilfillian

However, while James' most recent victory in the Reading 50 (9th June) was by a comfortable gap of two minutes, this was a win by the narrowest possible margin – a single second faster than Wouter Sybrandy who was undoubtedly the pre-race favourite.

This outcome was a surprise for the spectators, who for some years have

been used to Wouter winning every Hounslow time trial that he enters, but James, although he does not see himself as a short distance specialist, clearly did not accept that a Sybrandy victory was inevitable. It should be remembered that after his horrific crash on the final stage of last year's Tour of Britain it is a minor miracle that Wouter is in any kind of form. He did comment that he has not had enough competitive riding so far this year because of a shortage of suitable road races.



Wouter Sybrandy

The times recorded by the two leading riders do not, in themselves, look remarkable, but the rest of the result sheet indicates that they were both outstanding rides on a really difficult day. From a disappointing entry of fifty nine, twenty two riders chose not to present themselves to the time keeper, and anyone who was there

would understand why. The early starters faced rain, blown almost horizontal by a strong, squally south west wind and although the rain had stopped for the majority of the field, the wind remained and made the five miles out to the turn agonisingly slow, while propelling the leading riders at speeds of 40 mph on the return.

It almost seems a given that the Hounslow and District Wheelers will take the team prize in their own promotions, and this event was no exception. In truth there was little opposition here, but all three counting Hounslow riders produced good performances, especially in view of the conditions. They were: Nic Stagg 21.58, which also gave him third place overall; Paul Holdsworth, 23.09; and Damian Poulter, 23.17.



Nic Stagg

The Ladies' prize went to Emma Grant (Matrix Fitness- Racing Academy) with 23.11., which also gave her a creditable eighth place overall.



Emma Grant

Neil Ferrelly was the event organiser and this was his first open promotion: let's hope this has been the start of a long career.

Result (Top 12)

1	James Gilfillan(Velo Refined Aerosmiths)	20.33
2	Wouter Sybrandy (Team IG Sigma Sport)	20.34
3	Nic Stagg (Hounslow)	21.28
4	Dan Brunton (Apex RT)	22.25
5	Ian White (Farnham RC)	22.28
6	Peter Phipps (Velo Club Godalming & Hazlemere)	22.56
7	Paul Holdsworth (Hounslow)	23.09
8	Emma Grant (Matrix Fitness-Racing Team)	23.11
9	Damian Poulter (Hounslow)	23.17
10	Martin Winter (Twickenham CC)	23.37
11	Simon Church (La Fuga-Sigma Sport)	23.43
12	Rob Gilmour (Hounslow)	23.55

Hounslow & District Wheelers Open 25 21st July 2013

Report by Chris Lovibond

Sebastian Ader
Photograph Chris Lovibond



This year's Hounslow Open 25 attracted a full field of one hundred and twenty entrants and produced a closely fought contest between Tejvan Pettinger and Sebastian Ader, who got the verdict by a modest margin of 20 seconds. The third placed man, Tim Summerhayes, was another 1 minute 21 seconds in arrears.

Both the leading riders have enjoyed successful time trial campaigns this season, Pettinger having scored eight victories so far, while this was Ader's thirteenth win. Both said they had been fit early in the year, but Tejvan said that it is his intention to reach a peak at the very end of the season since he sees himself as a hill climb specialist.

Sebastian Ader has had an interesting cycling career: having started with the Weybridge Wheelers at the age of eighteen he then moved to France and had seven years of road racing there. Local and regional successes led to rides at national level and even though in recent decades the French have famously failed to win their own *Grande Boucle* it is not hard to believe Ader when he says that this step up was a hard one to make. Returning to England in 2003 he felt he had done enough road racing and easily slipped back into the English time trial scene from which he had started out. It is often said that road race experience is highly beneficial to a time trial career and here we have a perfect example.

The Hounslow did a good job in demonstrating that they do not require a poorly supported event to achieve their customary success in carrying off the team prize, the counting rides were: Rob Gilmour, 55.13; Nic Stagg, 55.16 and Stuart Stow, 57.02. However, London Dynamo's three best rides (Peter Callinan, 55.20; David Webborn, 55.49 and Andrew Murray, 57.15) meant that the margin of victory was a relatively slender 53 seconds.

Rob Gilmour had rather a quiet start to the season but now has struck excellent form: to be the fastest rider from the club *and* to be a senior veteran is really something.

The event was efficiently promoted for the club by Bruce McMichael, and was held on the A 31 Farnham-Alton course.

Result: (top 12)

1.	Sebastian Ader	A3crg	51-36
2.	Tejvan Pettinger	Sri Chinmoy CT	51-49
3.	Tim Summerhayes	Weston Whs	54-10
4.	Rob Gilmour	Hounslow	55-13
5.	Nic Stagg	Hounslow	55-16
6.	Paul Callinan	London Dyn	55-20
7.	David Webborn	London Dyn	55-49
8.	Rick Froud	Alton CC	56.02
9.	Phil Watts	North Hants RC	56-03
10.	Paul Clarkson	Kingston Whs	56-41
11.	Stuart Stow	Hounslow	57-02
12.	Paul Byford	Crawley Whs	57-03



INTERCLUB '25' MILE TT

Sunday, 12th May 2013



Pos	Name	Club	Time	Hcp	Hcp Time	Hcp Pos
1	Nic Stagg	Hounslow	58-58	Scr	58-58	21
2	John Sullivan	Westerley	1-02-12	5	57-12	13
3	Martin Winter	Twickenham	1-02-49	9	53-49	6
4	Malcolm Woolsey	Westerley	1-02-52	6	56-52	12
5	Ian McNally	Westerley	1-03-36	7	56-36	11
6	Leszek Wuziak	Twickenham	1-03-39	10	53-39	5
7	Dave Newman	Westerley	1-04-36	7	57-36	14
8	Tim Childs	Westerley	1-05-37	7	58-37	18
9	David Woodhouse	Twickenham	1-05-46	7	58-46	19
10	James McCarthy	Twickenham	1-06-30	10	56-30	10
11	Gary Martin	Westerley	1-08-07	9	59-07	22
12	Jason Harris	Twickenham	1-08-23	12	56-23	9
13	Andrew Caldwell	Hounslow	1-08-58	13	55-58	8
14	Robert Drury	Twickenham	1-09-37	12	57-37	15
15	Jeff Marshall	Hounslow	1-09-44	6	1-03-44	34
16	Christos Pagidas	Twickenham	1-09-59	17	52-59	4
17	Tim Marsden	Twickenham	1-10-28	12	58-28	17
18	Sol Findlay	Twickenham	1-11-28	16	55-28	7
19	Darren Austin	Twickenham	1-12-20	Nil		
20	Emma Towers	Twickenham	1-12-36	12	1-00-36	27
21	Andrew Darvill	Twickenham	1-12-38	12	1-00-38	28
22	Clarice Chung	Twickenham	1-12-51	14	58-51	20
23	Roly Collicot	Westerley	1-13-17	12	1-01-17	30
24	David Matour	Twickenham	1-13-26	11	1-02-26	33
25	Joanna Wells	Hounslow	1-13-43	14	59-43	24
26	Kevin Jones	Twickenham	1-13-53	12	1-01-53	32
27	Simon Wroxley	Hounslow	1-15-35	15	1-00-35	26
28	John Rose	Twickenham	1-15-47	23	52-47	3
29	Neil Ferrelly	Hounslow	1-15-59	18	57-59	16
30	Robert Bell	Twickenham	1-17-36	26	51-36	1
31	Duncan Adamson	Twickenham	1-18-11	26	52-11	2
32	Tony Hewitt	Twickenham	1-18-43	12	1-06-43	37
33	Patric Kelly	Twickenham	1-18-58	12	1-06-58	38
34	Vince Day	Westerley	1-19-57	10	1-00-57	29
35	Lisa West	Twickenham	1-21-08	22	59-08	23
36	Achim Gloger	Twickenham	1-23-12	10	1-13-12	40
37	Paul Fisher	Twickenham	1-23-18	23	1-00-18	25
38	Martin Murry	Twickenham	1-23-38	17	1-06-38	36
39	Zoe Calder	Twickenham	1-27-07	23	1-04-07	35
40	Kevin Bird	Twickenham	1-28-10	21	1-07-10	39
41	Heather McCulloch	Twickenham	1-34-33	33	1-01-33	31

TEAMS ON HANDICAP

1st			2nd			3rd		
Twick'ham CC	Hcp Time	Act Time	Westerley CC	Hcp Time	Act Time	Hounslow & Dist Whs	Hcp Time	Act Time
R Bell	51-36	1-17-36	M Woolsey	56-52	1-02-52	A Caldwell	55-38	1-08-58
D Adamson	52-11	1-18-11	D Newman	57-36	1-04-36	N Ferrelly	57-59	1-15-59
J Rose	52-47	1-15-47	J Sullivan	1-02-12	1-02-12	N Stagg	58-58	58-58
Total	2-36-54		Total	2-51-40		Total	2-52-35	

Bike!

Nic Staggs describes his pride and joy



This is my circa 1986 Francesco Moser "Modello Grand Prix" road bike.

The frame and forks date from the 1982 catalogue and are made from Columbus SL tubing, all the equipment is circa 1986 and the bike is fitted with a complete Campagnolo Victory 14 speed group set.

It took about 18 months to source all the equipment from Ebay, (all the group set was purchased NOS - I even have some of the boxes!) The chain set came from Italy, the brake set from Spain, seat pin from Belgium.

I don't ride the bike very often it's more a thing of beauty (in my eyes anyway).



I might ride it on a club run one Sunday, it's how a road bike should look, classic Italian lines, minimal fuss, chrome, toe-clips and straps, exposed brake cables. It's a "pride and joy bike" from the halcyon days of cycling, it has appeared on a couple of classic cycle websites and was "bike of the month" August 2012 Cycling Plus.



It has Cinelli 66/40 bars, and 1A stem a beautiful San Marco Rolls saddle, wheels are Victory hubs on Campagnolo Victory Crono rims (cross 3, 32 spokes), it runs on 52/42 chainring 13-21, I've even fitted a retro Cateye CC-6000 computer.

It would be good to see **Bike!** as a regular item. Please contact the editor regarding contributions.

2nd May

L Maybank	Twickenham	22.59
C Beales	LF Sigma London	23.40
D Webborn	Dynamo London	24.32
J Owen	Dynamo	24.48
N Creswick	Twickenham	24.50
M Winter	Twickenham London	24.51
N Sweeney	Dynamo	25.08
S Stow	Hounslow	25.12
J Harris	Farnham Tri	25.30
S Hewlins	Hounslow	25.40
B Skinner	Hounslow	25.50
P Carpenter	Hounslow	25.52
P Buckley	Hounslow	26.25
P Shuttleworth	Private	26.40
D Tooby	Foxhills	27.11
L Rose-Davis	H'dn Slips	27.29
J Marshall	Hounslow	27.30
S Wroxley	Hounslow	27.50
M Griffiths	RT316	27.53
J Harris	Twickenham	28.16
M Joseph	Twickenham	28.28
J Hollins	BtoP	28.40
A Reynolds	Hounslow	29.16
J Froud	Festival RC	29.19
H Webb	RT316	29.23
L Pinches	Thames Turbo	29.44
N Ferrelly	Hounslow	29.46
D Howe	Hounslow	29.50
R Bell	Twickenham	29.58
P Howe	Hounslow	34.59

9th May

L Maybank	Twickenham	23.30
D Larkin	Charlotteville	24.54
L Wuziak	Twickenham	25.06
A Clarke	VicTri	25.07
A Tinsby	Twickenham	25.23
D Sharp	Ch'ville	27.27
S Wroxley	Hounslow	28.10
R Bell	Twickenham	31.32
L Rose-Davis	H'dn Slips	32.57



Evening 10s May

**16th May**

W Sybrandy	Hounslow	22.07
S Ader	A3crg	23.21
N Stagg	Hounslow	23.47
J Owen	London Dynamo	24.34
M Winter	Twickenham	24.34
S Stow	Hounslow	24.55
R Gilmour	Hounslow	25.40
P Carpenter	Hounslow	25.48
S Hewlins	Hounslow	25.48
B Skinner	Hounslow	25.50
R Lindsay	Liphook	26.28
A Caldwell	Hounslow	26.57
A Toghill	Twickenham	27.00
L Cosgrove	Viceroy Tri	27.11
C Pagidas	Twickenham	27.15
M Joseph	Twickenham	28.00
C Campbell-Smith	BC	28.10
N Mitchell	Thames Turbo	28.38
L Rose-Davis	H'don Slips	29.02
S Wroxley	Hounslow	29.02
R Webster	Foxhills	29.02
A Lightfoot	Thames Turbo	29.06
J Froud	Feltham	29.14
N Ferrelly	Hounslow	29.20
K Tunks	Ch'ville	29.37
J Wells	Hounslow	30.16
M Silver (T)	Hounslow	30.23

**23rd May**

L Maybank	Twickenham	23.02
R Newey	Thames Turbo	23.52
I Pucci	AW cycles	24.18
M Yeoman	Viceroy Tri	24.45
M Winter	Twickenham	25.01
M Leavold	London Dynamo	26.26
L Cosgrove	Viceroy Tri	26.35
B Skinner	Hounslow	27.02
M Evans	London Dynamo	27.38
O Jones	ICE	29.57
R Bell	Twickenham	30.36
L Pinches	Thames Turbo	30.37

30th May

D Webborn	London Dynamo	23.57
M Yeoman	Viceroy Tri	24.18
J Owen	London Dynamo	24.47
P Shuttleworth	Private	25.38
R Gilmour	Hounslow	26.38
A Toghill	Twickenham	26.51
C C-Smith	BCTTT	27.34
G Williams	Thames Turbo	27.49
M Morris	Twickenham	28.08
K Jones	Twickenham	28.35
H Webb	RT316	29.15
S Wroxley	Hounslow	29.30
J Hawley	Viceroy Tri	30.59
E Hawley	Viceroy Tri	35.11
2up		
O Jones		
B Skinner	Hounslow	26.41

Photographs Patsy Howe

Evening 10s June & July



13th June

M Williamson	London Dynamo	22.42
L Maybank	Twickenham	23.03
S Spies	London Dynamo	23.42
D Webborn	London Dynamo	24.20
J Owen	London Dynamo	24.37
F Houston	Team Quest	24.39
S Stow	Hounslow	24.46
R Stannard	Private	24.54
M Leavard	London Dynamo	26.33
R Stanhope	Twickenham	26.57
M Morris	Thames Turbo	27.13
S Wroxley	Hounslow	28.11
L Rose-Davis	H'dn Slips	28.31
N Ferrelly	Hounslow	29.01
M Offenber	Private	29.09
R Bell	Twickenham	29.59
D Butcher	Private	31.04

20th June (18m)

N Stagg	Hounslow	41.13
D Webborn	London Dynamo	43.10
M Winter	Twickenham	44.12
P Hines	Twickenham	45.36
P Innes	Hounslow	45.39
R Gilmour	Hounslow	46.01
P Shuttleworth	Private	46.07
S Stow	Hounslow	46.09
P Carpenter	Hounslow	46.27
J Wells	Hounslow	51.27
L Rose-Davies	H'dn Slips	51.53
S Wroxley	Hounslow	52.19
M Offenber	Private	52.20
R Bell	Twickenham	54.13
O Jones	Hounslow	54.14
D Butcher	Private	55.38
P Howe	Hounslow	1.01.20

9m (one circuit)

C Miller	Private	38.30
R Miller	Private	38.55

27th June

M Williamson	London Dynamo	22.39
L Maybank	Twickenham	23.19
N Stagg	Hounslow	23.26
R Stannard	Private	24.42
F Houston	Tm Quest	24.45
M Winter	Twickenham	24.53
A Clark	Viceroy Tri	25.26
P Shuttleworth	Private	25.27
J Harris	F Tri	25.42
I Lee	Private	25.47
L Cosgrove	Viceroy Tri	27.24
J Turner	Viceroy Tri	27.30
R Philp	Hounslow	27.46
G Williams	Thames Turbo	27.59
R Bell	Tham	30.30
J Wells	Hounslow	30.36
D Butcher	Private	30.36
O Jones	Hounslow	30.38
R Layland	Private	31.04



11th July

W Sybrandy	Hounslow	21.58
J Ogilvie	Thames Turbobob	23.13
D Webborn	London Dynamo	24.02
S Stow	Hounslow	24.21
R Blair	Twickenham	24.54
P Holdsworth	Hounslow	24.56
S Ralston	London Dynamo	24.59
L Maybank	Twickenham	25.11
N Anderson	Thames Turbobob	25.11
G Hunt	RT316	25.48
P Shuttleworth	Private	26.02
R Gilmour	Hounslow	26.04
P Buckley	Hounslow	26.26
S Price	Private	26.27
R Spicer	Viceroy Tri	26.30
H Webb	RT316	27.30
J Turner	Viceroy Tri	27.48
J Wells	Hounslow	28.01
M Offenber	Private	28.21
P Carpenter	Hounslow	28.39
L R-Davis	H'don Slip	29.29
A Dyer	Thames Turbo	30.04
R Bell	Twickenham	30.12
M Silver	Hounslow	30.37
D Butcher	Private	31.06

18th July

L Maybank	Twickenham	22.52
D Webborn	RT316	23.51
S Stow	Hounslow	24.01
L Chaplin	RT316	24.06
R Blair	Twickenham	24.38
S Ralston	London Dynamo	25.01
R Gilmour	Hounslow	25.43
S Hewlins	Hounslow	25.47
P Buckley	Hounslow	25.51
R Spiver	Viceroy Tri	27.02
R Lindsay	B2P	27.06
R Stanhope	Twickenham	27.26
H Webb	RT316	28.18
J Wells	Hounslow	28.21
D Butcher	Private	30.29
E Hawley	Viceroy Tri	33.20

25th July

L Maybank	Twickenham	22.38
N Stagg	Hounslow	23.19
A Bye	Private	23.44
M Winter	Twickenham	24.24
S Ralston	London Dynamo	24.34
S Stow	Hounslow	24.38
J Harris	Twickenham	26.34
R Gilmour	Hounslow	26.49
A Lightfoot	Thames Turbo	27.09
R Stanhope	Twickenham	27.14
J Wells	Hounslow	27.36
R Blackburn	Twickenham	27.42
L Free	Met Police	28.05
J Bartlett	Hounslow	28.10
B McMichael	Hounslow	28.13
R Bell	Twickenham	28.34
D Lambert	Farn & Cam	30.10
S Hassel	Private	36.59



Tricycle World Championships

Report by Mark Silver



On June 2nd, I rode the tricycle world championships, this year held on the Fowlmead closed circuit near Deal in Kent. I've ridden the three previous trike worlds, with my best placing being fifth in the time trial in 2010.

This is my fifth year of racing barrows, and I consider I've progressed from being an absolute menace to just a danger to myself. This is the first year I have considered myself skilled/talented/stupid enough to ride the road race, as the art of riding these beasts at speed, especially when cornering, takes a long time to acquire.

The promotion consisted of a ten mile time trial in the morning, and a 45 minute plus two laps criterium after lunch, with fifty plus riders in both races.

The time trial was just under five laps of a 2.1 mile undulating circuit, built on the site of Kent's last coal mine (now gone). Apart from some reasonably tight left hand bends, the course was quick, and held in sunny conditions with only a light breeze.

Like any ten I've done, either on two or three wheels, I've only remembered fleeting images mainly consisting of trying to keep all the damn wheels on the road around the bends. It's so technique dependent to manage this, but especially desirable on my trusty Tierney trike due to it being one wheel drive. This is the left wheel, which is the very one that wants to lift off when you go around left hand bends. It's a glorious mixture of athletics and gymnastics performed at twenty plus mph. I also remember my good lady

wife Jo holding up lap numbers as pre-arranged, which was definitely a good idea, as some competitors stopped a lap too early.

Anyway, I pulled into the coned off finishing area after the correct number of laps, and finished correctly fatigued, but it was only later that I found out that I'd got third overall, much better than I'd dared hope for. I'd done a 27.37, less than half a minute behind the silver medallist (but a long way off the winner Barry Charlton, who's in a different league with a 23.50).

The afternoons road race was on a shortened version of the same circuit. This was achieved by introducing a short cut comprising of two ridiculously tight right turns. Also a chicane was installed on the fastest part of the course, just in case we weren't paying attention.

As the neutral service pulled to one side and the road race proper began, I was sufficiently cautious not to try and muscle my way to the front of the pack. So more in splendid isolation than riding with other tricyclists, I picked my way through the pack, on each lap gaining a bit, mainly on the straights, certainly not on the tight corners which, being right hand ones, at least didn't lose my power to the ground when the inside wheel lifted. After perhaps two thirds of the race, I could just see in the distance what I took to be the lead bunch, and in best 'cheetah after the gazelle' mode caught them with two laps to go. But it wasn't the effort that I'd expended that counted in the end. All three of

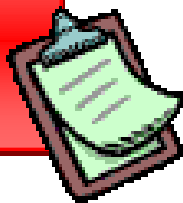
us, in taking the last two tight, right turns needed to get them right for the finishing line about two hundred yards beyond. And I didn't. When you're really good, cornering a trike is a thing of beauty to behold. And I'm not really good. So away they went, and had made enough distance on me that, try as I might, I couldn't beat them to the chequered flag. So I was third in the bunch, which turned out to be trailing the same fellow who'd won the time trial, so that gave me fourth in the criterium. Considering I last road raced in the mid 1980's, I was content with the result.



Mark negotiates a corner

So In the tricycle world championship I managed third in the time trial and fourth in the road race, managed not to lose any skin, and had a thoroughly good time.

Club news and notes



Mont Ventoux (aka 'the Beast of Provence')

Geoff Shaw describes club members' trip including
2 routes to the summit.



Andy, Geoff, Mick & Paul at the Tom Simpson memorial

The four of us: - Andy Caldwell, Paul Buckley, Mick Luke & myself had a 4 day trip mid June. We climbed Ventoux twice (different days) from Malaucene & Bedoin. Both very similar in distance with an average 7.5% gradient over the 21kms. Both ascents took just over the 2 hour mark which we understood to be a decent time for the average club rider.

Our first climb from Bedoin wouldn't have been right without stopping at the Tom Simpson memorial.

Our second climb saw us all split up based on different climbing ability however I had the decent excuse of a broken spoke & subsequent bucked wheel with brake rub for the final 6kms (I nearly didn't make it!!!). A quick call to the bike rental company resulted in a new wheel being brought to the top so I could enjoy the descent (which had 55mph sections, what a rush)!



Nesque

I had done some research prior to the trip & was fortunate to speak to someone who had been out there before. He gave me a must ride through the Gorges la Tourlourenc & Gorges de la Nesque. This ride was planned on day 3 between the two assaults on the mountain. These are the most incredible roads & views I have ridden & seen. (Nesque is described as the European Grand Canyon). Words & the pictures simply cannot do them justice.

Got my eye on the Alps next!

Tom Simpson Memorial



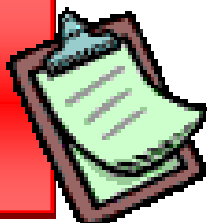
Tom Simpson was a British professional cyclist. He collapsed and died 1km from the summit during the 13th stage of the 1967 Tour de France.

Traces of amphetamines were later found in his body. Despite controversy, he is held in high regard by many cyclists, for his character and will to win. Ed

(Source Chronicle Live / Wikipedia)



Club news and notes



Graham Davis
*Club Captain and
Membership Secretary*

Club Captain Report

At last the weather has been kind and played it's part in some successful & enjoyable Sunday club runs. Please take time out to look at a map before you turn up for a Sunday club ride as too many riders keep saying to me they have no idea where they are.

On all rides each rider is responsible for his or her own safety and should obey all the rules of the road and club. If conditions are potentially hazardous it is up to the individual to decide whether to proceed. It is recommended that an approved helmet be worn. Lets enjoy the cycling and keep safe.

Membership Secretary Comment

If your contact details have changed recently let me know and I'll update them.

Hounslow and District Wheelers welcomes new members

May 2013

Andrew Goulding	1st claim	Veteran
-----------------	-----------	---------

June 2013

Neil Curling	1st claim	Veteran
Nikki Harris	1st claim	Veteran
Victor Kish	2nd claim	Veteran
Kevin MacConville	1st claim	Veteran
Joseph Toscano	1st claim	Veteran

Pushing the Limits Nic, Jo and Jill record PBs

On Saturday, 13th July, **Nic Stagg** recorded a time of 52:11 (a PB by 26 seconds) on the E2/25 course near Newmarket.

He reported that the day was extremely hot at around 33 degrees. There was a tailwind out to the turn at approximately 12.5 miles and, using 55x11, 12 & 13, he averaged over 30 mph to the turn touching 40 in places! Into the wind on the return leg he used the 55x14, 15 & 16 sprockets on the long drags and the 12.13 etc on the faster sections doing 31-35 mph. Nic said "My heart rate was over 170 for a lot of the race - max 182. I was seeing stars towards the finish!" Nic missed

the club's vets record by just 3 seconds!

E2/25 is near Newmarket, the course is on the A14 and A11 (Four Went Ways). Its a dual carriageway course with a few leg sapping drags and is by no means easy!

On Tuesday 6th August (a lovely warm, calm evening) **Jo Wells** clocked (to her amazement) a PB (and vet club record) by one second on the F20/10 course in Hertfordshire. Her time was 23:04 and she said afterwards "I had no idea it was going to be that close as, for the first time in my racing career, I didn't look at the watch at all during the ride! Maybe a lesson to be learned?"

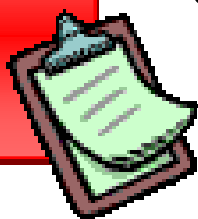
She had previously set a ladies veteran club record in 2007 at the end of her fastest season, with a time of 23.05 on the P613 Andover course. This was renowned for fast times as it went downhill for the first mile, but didn't come back up again! It was not a steep hill, but nevertheless Jo reports it as a "gift" start. The rest of the course was pretty undulating so you still had to

work at it! The course ceased to exist in 2010, when they built a Tesco on the turn roundabout with the inevitable traffic lights!

In 2011 she headed off to the F20/10 course. Not as popular for some reason, no gift hill, but still a fast course due to smooth tarmac and a dual carriageway with an easy turn to negotiate! Last year a new course emerged in Tring, "invented" by Vc10 which they use for open and club events in the evening. It is more popular than the Hertfordshire course, probably because it has a VERY LONG downhill section, but the road surface is not as good and it has a very difficult turn after 2 miles. Jo said "I have raced it twice recently recording short 24s on both occasions, downhill obviously not my forte!"

Jo continued "I'm 8 seconds adrift from the ladies club record which is still held by Gill Clapton with a time of 22:57. It was set a long time ago, but as Trevor tells me, she was a LOT younger than me when she set it! Some consolation!! **Jill Bartlett** also recorded a PB of 24:04, so proof there is still life in the "old girls" yet!!"

Club news and notes



HOUNSLOW & DISTRICT WHEELERS

Club Events Championship 2013 up to 25th July

Qualification:

2 fastest rides in Club weekend '25s'

and 5 fastest rides in evening '10s'

averaged in mph

Update: Trevor Gilbert



Paul Holdsworth



Rob Gilmour



Paul Carpenter



Andy Caldwell



Simon Wroxley

1 st Nic Stagg	2 nd Stuart Stow	3 rd Paul Holdsworth
58-58 25.438	1-04-20 23.316	1-00-10 24.913
1-00-23 24.813	'25'	1-01-37 24.344
23-15 25.806	24-01 24.983	24-14 24.759
23-19 25.733	24-21 24.641	24-56 24.064
23-26 25.605	24-38 24.357	25-23 23.107
23-47 25.225	24-46 24.226	'10'
'10'	24-55 <u>24.080</u>	'10'
152.665	145.603	121.187
Av: 25.444 mph	Av: 24.267 mph	Av: 24.237 mph

4 th Robert Gilmour	5 th Paul Carpenter	6 th Brent Skinner
1-05-07 23.036	1-08-04 22.037	1-10-13 21.362
1-06-46 22.466	'25'	'25'
25-40 23.377	25-48 23.256	25-50 23.266
25-43 23.331	25-52 23.196	25-50 23.266
25-56 23.226	25-53 23.181	26-23 22.742
26-04 23.018	26-25 22.713	27-02 22.195
26-38 <u>22.528</u>	28-39 <u>20.942</u>	'10'
160.982	135.325	112.751
Av: 22.997 mph	Av: 22.554 mph	Av: 22.550 mph

7 th Andrew Caldwell	8 th Jeff Marshall	9 th Simon Wroxley
1-07-34 22.173	1-09-11 21.511	1-10-12 21.368
1-08-58 21.750	1-11-04 21.107	1-13-12 20.385
26-57 22.263	27-30 21.818	27-50 21.557
28-52 20.785	27-47 21.596	28-10 21.302
'10'	'10'	28-11 21.289
'10'	'10'	28-21 21.164
'10'	'10'	29-02 <u>20.666</u>
86.791	86.032	147.729
Av: 21.698 mph	Av: 21.508 mph	Av: 21.104 mph

10 th Joanna Wells	11 th Neil Ferrelly
1-13-43 20.353	1.15.55 19.407
1-16-19 19.552	1.15.59 19.356
27-36 21.739	29.01 20.676
28-01 21.416	29.20 20.455
28-21 21.164	29.46 20.157
28-37 20.967	30.08 19.262
29-20 <u>20.455</u>	'10'
145.646	119.313
Av: 20.807 mph	Av: 19.886 mph

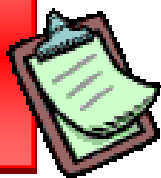


Jo Wells

NOTE

'25' & '10' indicates that further performances at these distances are required to qualify for this competition

Club news and notes



**Hounslow
Club Camp
16th Aug to
2nd Sept**



Report by Bill Carnaby
Photographs Jeff Marshall

The Club camp has been held for many years now, in fact for such a long time that members who used to go there as toddlers are now taking their own children. All members, their family and friends are welcome as there is plenty of room for all.

The location of the camp is Potterne Wick, a very small hamlet near Potterne which is itself near Devizes in Wiltshire. It has the dual advantages of being set in beautiful countryside and being within 85 miles of Hounslow. This means that it is easy to pitch your tent and just visit for weekends or to stay the full two weeks. The camp site itself is a newly renovated Scout Camp complete with washing/showering rooms and toilets, a drying room, fridges and freezers, an outdoor dishwashing area and a bicycle storage area.

The camping area is very large so there is plenty of space for tents, vans and caravans and the access road is a quiet dead-end used only by farm vehicles and us. Surprisingly we usually have the site to ourselves although there are occasional weekend visits from Scouts. If there are others there they have a separate camping area.

The emphasis of the camping fortnight is on relaxation and a lot of sitting around chatting over cups of tea or something stronger goes on. The children, of all ages, have an

absolute ball. There are plenty of places to explore and things to do and, being isolated from most traffic, the site is very safe. Fishing for crayfish in the tiny stream which runs close by is popular and a few evenings a week and at weekends after a barbeque we have a big camp fire which we sit around chatting and drinking our nightcaps. This is near enough to the tents for children to be heard so no baby-sitting required!

There are a lot of beautiful bike rides in the area covering the Wiltshire Downs, Salisbury Plain and the Vale of Pewsey with plenty of country pubs and tearooms. Rides are organised on an ad hoc basis and many members take mountain bikes too as there is some wonderful off road riding nearby.

If the weather is not so good Devizes is a pleasant town with good markets and shops, a swimming pool, library, museum and plenty of good pubs, cafes and restaurants. The Bradford and Avon canal runs through the town with its famous Caen Flight of 23 locks and canal museum. A car drive away there is the Railway Museum at Swindon, beautiful Bradford on Avon, Laycock and its Abbey, Stonehenge, Longleat Safari Park and House, Bath and many other attractions.

So as you can see there is something for everyone at the Club Camp but especially for the children who can really enjoy some safe open-air play and no TV for a few days. Any member, their family or friends are welcome at very reasonable cost, all you need is a good waterproof tent – the bigger the better, some warm bedding, cooking stuff and your bike so give it a try, you'll wonder why you left it so long!

Address:

Saddleback Lane, Potterne Wick SN10 5QT.

Drive up Saddleback Lane, pass the Scout Centre on the right until you see a gate into a field on the right. Drive through this gate and you will be in the camping field.

For more information contact Martyn Roach.



Your club committee

President

Jeff Marshall

Chairman

Jeff Marshall

Secretary

Bill Carnaby

Treasurer

Martyn Roach

Racing Secretary

Trevor Gilbert

Captain

Graham Davis

Vice Captain

Jo Wells

Membership Secretary

Graham Davis

Magazine Editor

Patsy Howe

Press Officer

Chris Lovibond

Committee Member

Antonio Ambrosino

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 published at the end of October.

Please contact the editor with your contributions or suggestions.

It's your magazine!