



Quarter Wheeler

2014 Issue 2

Summer Issue

The magazine of the Hounslow & District Wheelers



**Ron Brown
Memorial 100m TT
4th consecutive win
for Topham
report pages 2 –5**

Photograph
Chris Lovibond

Club news and notes pages 14-16

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.

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RIDER'S PERSPECTIVE
Sussex 24 hour time trial
Pages 6-7



Photo: Dave French



Above:
Gathering at the Staines Bridge meeting point
Photo: Jeff Marshall

Below:
Café stop
Photo: Joe Toscano



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/>



Ron Brown Memorial 100 mile time trial

Incorporating the

VTTA National Championship 100

Report and photographs
Chris Lovibond

25th May 2014

Adam Topham scored his fourth successive victory in the Hounslow's Ron Brown Memorial 100 on Sunday (25th May).

His time was an impressive 3 hours 40 minutes 05 seconds on a hard day with a blustery south west wind, but as is so often the case this seemed to make a smaller difference to the fast men than the less gifted competitors. This result was to be expected, not just on the basis of past performances, but also because from the roadside he looked the fastest: Topham is a master in the matter of achieving an aerodynamic position (see photo).

However, looking at the full result it can be seen that he had little time for relaxation. He recorded an excellent 1.48.03 for the first fifty miles, but this effort only gave him a margin of about two and a half minutes over a pair of close rivals:

Tejvan Pettinger with 1.50.32 and Paul Gamlin just a further five seconds adrift with 1.50.37. In the second fifty there was only a small increase in Topham's lead, with Gamlin just managing to get the better of Pettinger by 15 seconds.

After the finish Adam said he was very pleased with his day's work, but said that 'his power was down slightly' and that he had no explanation for this. He felt his results so far this season had been better than ever and he is still full of enthusiasm with a third successive British Best All Rounder victory in his sights. Given that his time in this event, on a hard day, was 15 seconds faster than his best time last year, another BBAR crown seems well within his reach.

This was also his fourth win in the Hounslow 100. Gary Woodward (Chippenham and District Wheelers) and the Hounslow's own Martyn Roach also have four victories in this event to their credit, so it will be interesting to see if Adam Topham can exceed this score in 2015.

Adam Topham



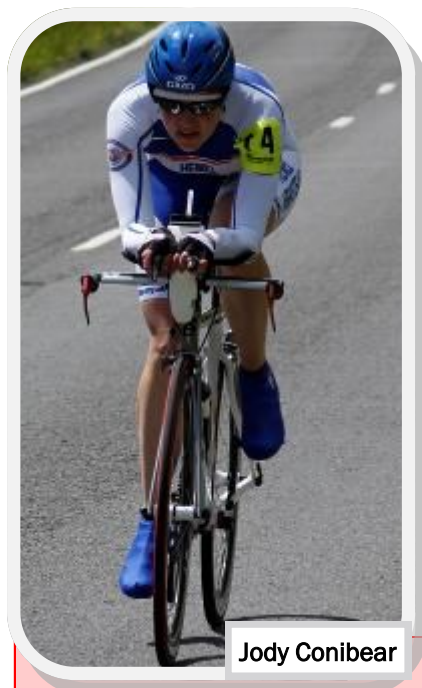
Paul Gamlin

This 100 was also the Veteran Time Trials Association National Championship at the distance, the outcome being decided on 'age standard', and the victor here was Shay Giles (VC Elan) who recorded 4.14.53, a very creditable time for a sixty nine year old. This gave him a plus of 1 hour 11 minutes and 40 seconds under the current vets' standards, and a wafer thin victory of fourteen little seconds over Adam Topham.

Shay told me that because the new standards seemed to favour younger vets he had not even bothered to join the VTТА last year (membership is necessary to win the championship), and had only paid his subscription this year when prompted by a club mate who pointed out the possibility of club team successes in VTТА competitions. It has been said before that there is not much point in these competitions if the vets' winner is the same as the outright winner on scratch, now a common result which was almost the outcome here.

Readers may be interested to note that Shay Giles did not start his serious time trial career until he was thirty eight, the same age that Adam Topham began as a novice TT rider.

David Shepherd (GS Stella) took the bronze medal in this championship, his 3.54.42 at age fifty three giving him a plus of 1.05.07. He also led the GS Stella to the Vets Club Team victory with support from Ben Fielden, 72 years, 4.47.04, and Andy Payne, 53 years, 4.14.15.



Jody Conibear

The Ladies Prize went to Jody Conibear (Hemel Hempstead CC) who improved from her qualifying time by two minutes, to 4.22. 42. Jody is in her third season as a contender for the Ladies BBAR taking 19th place in 2012 and 10th position last year. One expert opinion was that, given the tough wind in the Hounslow event, she could be expected to do around 4.15 on a good day and course, which would certainly move her a good way up the Ladies BAR table. We wish her luck in this enterprise.

The Northover VT took the scratch team award. They were led by second placed Paul Gamlin (3.43.45) supported by Jon Wynn (5th overall, 3. 48. 34) and Tom Cox (4.15.00), an aggregate time of 11.47.19. Second placed in this competition were the Kingston Wheelers led by Steven Irwin (3.46.57) supported by Andy Leatherbarrow (4.08.51) and Adam Bidwell (4.29.17). aggregate 12.25.05.

So the promoting Hounslow club, unusually, came away empty handed from their event. However there was one bright smile from a Hounslow member: Nic Stagg had achieved his ambition of getting under the four hour benchmark for the first time with 3.58.42.

Another vote of thanks must go to Trevor Gilbert, the hard working organiser of this event for so many years.

PRIZEWINNERS

SCRATCH

1st	Adam Topham	High Wycombe CC	No: 140	3-40-05	£60
and to hold the Ron Brown Salver for 1 year and a Hounslow Medal					
2nd	Paul Gamlin	Northover Veterans Team	No: 100	3-43-45	£50
3rd	Tejivan Pettenger	Sri Chinmoy	No: 80	3-44-00	£40
4th	Steve Irwin	Kingston Wheelers CC	No: 120	3-46-57	£30
5th	Jon Wynn	Northover Veterans Team	No: 130	3-48-34	£20

LADIES

1st	Jody Conibear	Hemel Hempstead CC	No: 74	4-22-42	£60
and to hold the Rolph-Bramble Trophy for 1 year and a Hounslow Medal					
2nd	Lynne Biddulph	Born to Bike	No: 126	4-27-19	£30

FASTEST VETERAN

Adam Topham	High Wycombe CC	No: 140	3-40-05	£40
And to hold the Veterans Cup for 1 year				

VETERANS BEST ON STANDARD

1st	Shay Giles	VC Elan	No: 92	+71-40	£40
2nd	Adam Topham	High Wycombe CC	No: 140	+71-26	£20

FASTEST AT 50 MILES

Adam Topham	High Wycombe CC	No: 140	1-48-05	£10
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GROUP AWARDS

A	Andy Langdown	Hampshire RC	No: 112	4-00-45	£10
B	Tom Cox	Northover Veterans Team	No: 87	4-15-02	£10
C	Hamish Walker	Hampshire RC	No: 58	4-31-04	£10
D	Kevin Ridge	Bournemouth Jubilee Whs	No: 37	4-45-13	£10

TANDEM

Paul Holdsworth & Jill Bartlett	Hounslow & District Wheelers	No: 55	4-16-35	£20 each
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FASTEST TEAM

Northover Veteran Team				11-47-23	£15 each
Paul Gamlin	3-43-45	Jon Wynn	3-48-34	Tom Cox	4-15-04
					and a gold medal each

VETERANS TIME TRIAL ASSOCIATION PRIZE WINNERS NATIONAL '100' MILE CHAMPIONSHIP 2014

GREATEST PLUS

1st Shay Giles 69 VC Elan Kent 4-14-53 +71-40

The champion will receive the Champions Jersey & Cap, a Gold Medal and a facsimile of the Doug Bruin Memorial Salver

2nd Adam Topham 45 High Wycombe CC Wessex 3-40-05 + 71-26 Silver Medal
 3rd David Shepherd 53 GS Stella Surrey-Sussex 3-54-42 + 65-07 Bronze Medal

TANDEM

Paul Holdsworth & Jill Bartlett Hounslow & District Ws London & HC 4-16-35 + 15-51 Gold Medal each

TEAM

Hemel Hempstead CC

John Lacey 4-03-22

Sarah Williamson 4-36-52 Total: + 1-54-32 Gold Medal each

David Rogers 4-41-03

Results - first 20 and Hounslow rides

Pos	No	Name	Club	25 miles	50 miles	100 miles	Vets + or -	Vets pos
1	140	Adam Topham	High Wycombe CC	53-07	1-48-05	3-40-05	+ 71-29	2
2	100	Paul Gamlin	Northover VT	54-18	1-50-37	3-43-45	+ 64-37	5
3	80	Tejivan Pettenger	Sri Chinmoy	54-53	1-50-35	3-44-00		
4	120	Steve Irwin	Kingston Whs CC	55-00	1-53-09	3-46-57	+ 62-29	8
5	130	Jon Wynn	Northover VT	No time	1-51-08	3-48-34	+ 64-59	4
6	136	Tom Glandfield	Lewis Wanderers CC	55-40	1-53-54	3-51-49	+ 55-49	10
7	116	Ken Buckley	AW Cycles.co.uk	56-24	1-54-51	3-53-55		
8	60	Ian Greenstreet	Newbury RC	56-31	1-56-31	3-54-06	+ 62-30	7
9	70	David Shepherd	GS Stella	55-36	1-54-31	3-54-42	+ 65-07	3
10	115	Greg Woodford	Reading CC	54-11	1-51-43	3-56-21	+ 63-28	6
11	122	Nic Stagg	Hounslow & Dist Ws	56-17	1-56-43	3-58-42	+ 50-44	15
12	112	Andy Langdown	Hampshire RC	56-53	1-57-03	4-00-45	+ 50-46	14
13	85	Seve Batsford	Fairley United CT	57-42	1-58-47	4-02-00	+ 50-32	16
14	105	John Lacey	Hemel Hempstead CC	56-25	1-56-50	4-03-22	+ 53-14	12
15	66	William Grainger	Andover Whs	57-15	1-57-54	4-03-46		
16	117	Simon Healey	Andover Whs	57-13	1-57-38	4-04-05	+ 43-11	29
17	28	Phil Watts	North Hampshire RC	57-54	1-58-52	4-04-35	+ 56-22	9
18	78	Paul Jackson	Guernsey Velo Club	59-31	2-01-21	4-06-19	+ 48-14	22
19	91	Jon Lewis	Charlotteville CC	1-00-20	2-01-57	4-07-49	+ 41-37	35
20	118	Martin Dickenson	Deal Tri	58-08	1-59-57	4-07-53	+ 41-33	36

Other Hounslow rides

35	127	Loz Wintergold	Hounslow & Dist Ws	1-02-16	2-05-08	4-13-46	+ 41-48	34
59	61	Stuart Stow	Hounslow & Dist Ws	1-00-53	2-05-19	4-24-53	+ 30-41	49
67	59	Andrew Caldwell	Hounslow & Dist Ws	1-04-47	2-12-46	4-36-02	+ 14-27	66

Tandem

55	Paul Holdworth Jill Bartlett	Hounslow & Dist Ws	1-03-46	2-06-34	4-16-35	+ 15-51	62
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Ron Brown 100 mile Time Trial

Event Secretary's Report

Trevor Gilbert



Finish area
Photograph Patsy Howe

I would like to take this opportunity to thank everyone who supported the event, whether as a competitor, timekeeper, helper or (as some may think, the most important) the tea ladies.

I am sure everyone will wish to join me in congratulating Adam Topham on another great win, sweeping all before him in his now customary manner. Adam picked up Fastest at 50 miles, Fastest Veteran and 2nd Veteran on Standard.

This is Adam's fourth win in a row, joining our own Martyn Roach (1973 to 76) and Gary Woodward, Chippenham & District Wheelers (1977 to 80) in a small but elite club, particularly when you consider that the event has been won by 10 BBARs. Hopefully, when the time comes his name will appear on next year's start sheet and perhaps he will form his own special club. Before I could put pen to paper Adam updated his PB to 3-28-31, this surely has put him well on his way to his 3rd and well deserved BBAR.

Making a 2 minute improvement on last year's time Jody Conibear (Hemel Hempstead CC) was a very worthy winner of the Ladies prize. Lynne Biddulph (nee Taylor) put up a spirited defence of the title in finishing 2nd of the ladies; the miles should be useful as Lynne goes to defend her 24 hour title (3 in a row and 5 overall are waiting). On behalf of everyone best of luck Lynne.

Out of the top 11, seven did PBs or current bests, along with any other riders who made similar improvements; well done to you all. The winning Northover Vets Team should be congratulated for their winning time of 11-47-23 which is the 4th fastest team time ever. To all the other prize winners; a big well done.

There was a very close battle for the Veterans Best on Standard award, Shay Giles (age 69) just beating Adam Topham (age 45) by 14 seconds; the same result as the VTTA Championship, so perhaps the new standards are working.

While it was an honour to include the VTTA Championship '100' in our event. It did cause an unforeseen problem when my plans for getting the results on the result board were quickly blown out of the water. With such a large field and riders abilities spread very wide I had laid out the field with the slower riders at the front and the very fast at the back in an effort to avoid having riders way off the back. Well, that bit worked well with 30 minutes covering the last 20 riders.

With the slower riders finishing with plenty of the middle speedy riders at the same time plus some of the very fast riders passing at the same time with a lap to go and then add to this mixture the noise of passing traffic, the Timekeeper and his team's job was a little more than difficult. Sorry all this caused the very long delay in getting the results on the board. With the Finish off the A31, left turn at the Holybourne r-a-b and adjustment to the Start point, hopefully the above situation can be eliminated.

Hope to see you all next year, 24th May 2015.

Yours in sport *Trevor* Event Secretary

Sussex 24 hour Time Trial 21st–22nd June

Stuart Stow reports

Photographs Dave French

**Riders
perspective**

The Decision.

Back in early May I received an email from John Warnock of the Twickenham CC (twice winner of the National 24 hour event) asking if I was up for being his support crew again in the 2014 event. It was an appealing thought, essentially up at 6am on Saturday, no sleep for a day and a half, and back to bed on Sunday night, and that's just supporting.

So, after thinking it over, and with the last entry date of May 27th fast approaching, I decided it would be less stressful to ride than it would to support again. But first I thought it might be good to do

something longer than 50 miles to see how I was feeling. So in late May rode the Hounslow 100 which was just before the entry closing date of the 24th. It wasn't a great success; I picked up a slow puncture and rode on a near flat for 12 miles, (from mile 42 to 54). There was just 20 psi left in it by the time my brother got to me with a track pump. Just after, Jo Wells saw me and offered one of the spare fronts she had in her car, it had no magnet and so I was now blind. I don't use technology for my rides only a speed indicator, but on a longer distance that was more important and my speed ebbed away. I finished with a 04:24:53 and wasn't particularly pleased.

Putting that behind me I sent off an online entry on May 26th to the East Sussex CA organisers. I told John Warnock I had entered, fully expecting him to be doing so as well as he did have others who could help him; it turns out he didn't enter for reasons that would become apparent later.

The Planning

Next step for me was to get a support team for myself, I called one of my best mates, Rob. We go back a long way, to school days in fact, and over the years have done loads of mad exploits together, like renting old Enfield motorbikes for a trip round Nepal and then the following year mountain bikes for a trip into the Himalayas. Rob was up for helping and I loved his enthusiasm, especially as yet, he had no idea what it was all about or what he had let himself in for.

Supporting a 24 hour ride is, in fact, just as hard as riding it. Not from a physical point of view but the planning, organisation and 100% dependency someone has on you creates equal stress, and the courses are short enough to mean you get no sleep between assists.

So that was one person, I needed another, time to break out the ex-girlfriend list. Jo, top of the list, said yes and I now had a team. Albeit an inexperienced road biking team it was, nonetheless, a team. Then at the end of May I was at a time trial (one of those short 25 mile type thingys) and was talking to Dave French of the Weybridge Wheelers. I've known Dave for a few years and we always have a laugh and joke. Up until then I hadn't told anyone else my intentions of riding the 24 Hour. I mentioned it to Dave and told him to keep it under his hat, straight up he said, 'if you want a hand let me know'. Done deal, someone who knows bikes on the team.

I didn't change my training routines one bit, the ESCA website had a countdown saying 18 days 2 hours 38 seconds of training time left..... what training, my attitude was 'I can ride a bike the rest is all in the head'.

As far as I am concerned the 24 hour is split right down the middle with 50% being down to your support crew and 50% being the ride itself, so my previous experience with John Warnock had me covered for one half of that already, a further 30% was covered by the fact I could ride a bike, and the last 20% is in the head.

Never once did I think I had made a mistake in entering and, strangely enough, no pre-race nerves at all. I experimented with saddles in some 25's and 10's in the preceding weeks, I tried an Adamo at the H25/2 and couldn't walk after, but persisted with it as everyone said it would take time to adapt. Perhaps I'm just too impatient, and bought a Sella Italia with a massive cut out in the middle; it seemed ok, and I rode it once before the 24. I bought a new Limar carbon aero helmet because my Giro rubbed my ears in the 100 and I couldn't take that for any longer. Next up was bike position, I raised the bars, put extra padding on the rests and apart from that everything else was as I usually ride.

THE START



The Weekend

My start was 12.46 and it was in the mid 20's centigrade, I probably hadn't eaten enough during the morning but there was plenty to eat during the ride if I could keep it down.

Just an hour into the ride and a motorcyclist whisks by rotating his left arm in a sort of 'keep going' motion. I recognise the 1970s leather jacket; its John Warnock. Apparently because I was riding he decided not to and would help me out. I'm not sure if I was pleased or not to have the ex-national champion there; I would seem like a right wimp if I didn't go right to the end.

The first six hours went quickly but by the seventh the Sella Italia 'plank' was starting to get a little hard, so a change of bikes was in order to try and adjust my sit position. It was a good move, as it also hit my thigh muscles in a different way and my pace went up for the next few hours. It was at this point I was supposed to see my support crew for the evening hot food stop, but due to a communication error amongst themselves they weren't there on the night circuit. Obviously I kept going expecting to see them at the night HQ a further 12 miles on. But yet again they weren't there. I wasn't best pleased. With the light fast fading I got back round to the arranged meeting point and there they were. I was fuming.



24 hour burgers
The motorcyclist is John Warnock



Wake up Trevor

Fed and watered I set off into the night. Its a tough circuit at the best of times, but at night when you can't see further than 20 meters in front of you its even more tough, but strangely I enjoyed it. Everyone told me that the hardest part would be just at dawn when I would feel really tired, but I love that time of day so was looking forward to it. I had changed back to the TT bike by now and had been passing and then re-passed by riders all night; it was interesting to see the bad spells of others, and some of them did look bad.

At dawn we were moved to the 'top' circuit again and we were all now on the home run. Breakfast was at 6am, hot rice pudding and some secret mix; something I learned from my weight training days.

With 3 hours to go we were moved to the finishing circuit, which seemed a little early and I could have done with another lap of the top circuit as it was easier. But still, we were all in the same boat.

I was now having to deal with some clapped out body part issues. I was having a nerve like pain in my right butt cheek when I pushed hard and the outside of my left knee felt like someone was twisting a knife in it on every pedal stroke, so my power went down. Its amazing what you can ignore when you get closer to home.

The last lap was the best of course, and also the fastest. There are marshal stations at every 1.5 miles that will stop you when your 24 hours are up, and as I reached the one before the dreadful climb I got the time up signal. Thank Christ for that!

It was such a personal achievement; my longest ride this year had been 100 miles and I hadn't trained at over 50 miles in any one ride. My computer said 442 miles, but as I write this (June 30th) there still hasn't been an official result, over 1 week after the event. The 24 hour is steeped in tradition but I do think its about time it was dragged kicking and screaming into the 21st century and some technology apart from a spreadsheet was introduced.



Footnote:

Since Stuart wrote his article the provisional results place him 5th overall and Vets overall men's champ with a plus of 98.83. Confirmation is awaited. Ed

Interclub 25 Mile Time Trial

Sunday, 11th May 2014

Report and photographs:
Chris Lovibond

On a tough day there were a number of good rides which saw serious competition for first place, with Malcolm Woolsey (Westerley RC) getting the better of Martin Winter (Twickenham) by 36 seconds.

This reversed their positions from the 2013 event when Winter did 1.02.49 for third place with Woolsey recording 1.02.52 for fourth.



Malcolm Woolsey

There were 43 entrants, but faced with a blustery morning 13 of these failed to face the timekeeper. The participating clubs were the Twickenham, Westerley and the Hounslow, but the Hounslow's entry was lower than normal because some members had only just returned from a training trip to Majorca and the club's three best riders had chosen to ride the Charlotteville 50.

The best ride by a lady came from Clarry Chunghouse of the Twickenham with 1.8.50. Considering the course and conditions this was a good result, but what caught our photographer's eye was Ms. Chunghouse's style and wind cheating position which looked like a text book example of how to do it (see photo).

Hounslow's Stewart Hewlins ride of 1 05 28 is however also worth a mention and shows that he's got potential.

This year's event was efficiently organised by the Weybridge Wheelers. Dave French was responsible for the handicapping and it was clear that he had done the best job possible under the circumstances. However he complained that he had not had nearly enough information from the entrants to make the handicapping realistic. This was a pity because the only award in this event is the Team Handicap Shield, which was again won by the Twickenham, but if the handicapper cannot calculate reasonably accurate allowances there is not much point in the exercise. It is necessary for the handicapper to know the rider's best performance at the distance over the past three years, his best performance in the current year, the events and courses where the rides were done, and the winner's time in these events. If this information is not forthcoming the handicapper should have discretion not to include the entrant in the handicap, and it appears necessary that this regime should be applied in the future.

Although the Interclub is a low key event next year will be the 90th anniversary of its first edition. It is hoped that a brief history can be produced to mark this occasion.



Clarry Chunghouse

TEAMS on HANDICAP

1st Twickenham CC						
no 37	Steve Horne	act time 1-00-46	hcp	5	hcp time	55-46
" 55	Martin Winter	" " 1-00-44	"	3	" "	57-44
" 44	Simon Edmondson	" " 1-06-02	"	8	" "	58-02
						Total 2-51-32
2nd Westerley CC						
no 45	Malcolm Woolsey	act time 1-00-08	hcp	3	hcp time	57-08
" 58	Richard Burton	" " 1-06-34	"	6	" "	1-00-34
" 39	Tim Childs	" " 1-05-11	"	4	" "	1-01-11
						Total 2-58-53
3rd Hounslow & Dist Whs						
no 48	Jeff Marshall	act time 1-08-51	hcp	9	hcp time	59-44
" 52	Bruce McMichael	" " 1-14-30	"	12	" "	1-02-30
" 36	Neil Ferrelly	" " 1-17-48	"	15	" "	1-02-30
						Total 3-05-02

RESULT INTER-CLUB '25' 2014

Hounslow Dist Whs / Twickenham CC / Westerley CC / Weybridge Whs

Pos	Name	Club	Riders Time	Hcp	Hcp Time	Hcp Pos
1	Malcolm Woolsey	Westerley	1 00 08	3	0 57 08	2
2	Martin Winter	Twickenham	1 00 44	3	0 57 44	5
3	Steve Home	Twickenham	1 00 46	5	0 55 46	1
4	David Woodhouse	Twickenham	1 00 53	nil		
5	Tim Childs	Westerley	1 05 11	4	1 01 11	11
6	Stuart Hewlins	Hounslow	1 05 28	nil		
7	Simon Edmondson	Twickenham	1 06 02	8	0 58 02	3
8	Ed MacCurrach	Twickenham	1 06 29	6	1 00 29	6
9	Richard Burton	Westerley	1 06 34	6	1 00 34	7
10	Darren Austin	Twickenham	1 07 37	7	1 00 37	8
11	Alistair Groves	Twickenham	1 08 45	8	1 00 45	9
12	Clarry Chunghouse	Twickenham	1 08 50	7	1 01 50	13
13	Jeff Marshall	Hounslow	1 08 51	9	0 59 51	4
14	Paul Haroworth	Twickenham	1 09 22	8	1 01 22	12
15	Rob Drury	Twickenham	1 09 50	9	1 00 50	0
16	Sol Findley	Twickenham	1 12 15	7	1 05 15	18
17	Altish Nazir	Twickenham	1 12 30	8	1 04 39	17
18	Paul Thompson	Twickenham	1 13 18	8	1 05 18	19
19	Andrew Darville	Twickenham	1 13 23	9	1 04 23	16
20	Emma Mogford	Twickenham	1 13 39	nil		
21	Emma Towers	Twickenham	1 13 54	7	1 06 54	22
22	Bruce McMichael	Hounslow	1 14 30	12	1 02 30	14
23	Gary Martin	Westerley	1 15 05	9	1 06 05	20
24	Christina Stephenson	Twickenham	1 15 16	9	1 06 16	21
25	Nick Apetroaie	Twickenham	1 17 14	8	1 09 14	26
26	Neil Ferrelly	Hounslow	1 17 48	15	1 02 48	15
27	Simon Wroxley	Houinslow	1 18 58	11	1 07 58	24
28	Joanna Wells	Hounslow	1 19 09	11	1 08 09	25
29	Robert Bell	Twickenham	1 20 11	9	1 11 11	27
30	Helen Gravatt	Twickenham	1 22 42	15	1 07 42	23
31	Heather McCulloch	Twickenham	1 34 15	15	1 19 15	28

Midsummer Club 25 Sunday, 22nd June RESULTS

Pos		Time	H'cap	H'cap Time	Club
1	Nic Stagg	00:58:56	SCR	00:58:56	HDW
2	Stuart Hewlins	01:00:31	05:30	00:55:01	HDW
3	Rob Gilmour	01:03:06	04:30	00:58:36	HDW
4	Jeff Marshall	01:06:21	11:30	00:54:51	HDW
5	Richard Philp	01:09:13	16	00:53:13	HDW
6	Jo Wells	01:11:25	13	00:58:25	HDW
7	Neil Ferrelley	01:11:28	17:30	00:53:58	HDW
8	Bruce McMichael	01:12:43	15:30	00:57:13	HDW
9	David Howe	01:13:39	19	00:54:39	HDW
10	Nikki Harris	01:20:24	26	00:54:24	HDW
	Mark Silver / Nicola Quelch	01:03:03			HDW Tandem

1st Vet on Standard: Jeff Marshall +9:22

1st Handicap: Richard Philp

Good Friday Club 25 mile TT

18th April 2014

Report by Chris Lovibond

Nic Stagg was a confident and convincing winner of this opening event of the Hounslow's club TT season. His time of 57 minutes 34 seconds was exactly two and a half minutes too fast for his nearest rival, Damian Poulter, who recorded 1.00.04.

Nic commented after the finish that he had felt good beforehand, and that his time, although not quite his best for this course, was up to his expectations. We expect to see more good results from Mr. Stagg this season since he has clearly maintained excellent form.

The next three places were only separated by eleven seconds: in third place was Stuart Stow with 1.00.11, and Paul Holdsworth in fourth position with 1.00.15. All these were good performances.

Damian Poulter looks set to improve on what he has done in recent years. Stuart Stow could be said to be following a classic path to time trial success by combining increased mileage with competitive rides on the track. He is now often doing a 54 mile round trip to work and last Monday (14th April) won the 20 Kilometre 'B' group race at Reading track. Paul Holdsworth maintains his own high mileage and was unlucky not to attain a better placing here.

However, the most notable ride of the morning came from a new member – Robert Baylis who took the first handicap prize by a wide margin; his actual time of 1.02.55 also gave him sixth place on scratch. Robert tells me that although he has done some mountain bike racing and is a Triathlete, he has almost no experience of time trialling, so for him to achieve such a result on this slow course is little short of sensational. It is a well known phenomenon that the great majority of riders take several years to attain their peak results in this discipline, and since Baylis is, at 33 years of age, still relatively young there is no knowing where he may go.

The event was very well supported with a start sheet of fifty eight competitors, reflecting the general rise in the popularity of cycle sport. The Hounslow provided twenty three riders, an improvement on recent years. The hard working organiser was Graham Davis, while Trevor Gilbert was the expert timekeeper. The course was the usual West of Windsor.



Photo: Patsy Howe

Result: Hounslow riders only

1	Nic Stagg	57.34
2	Damian Poulter	1.00.04
3	Stuart Stow	1.00.11
4	Paul Holdsworth	1.00.15
5	Stuart Hewlins	1.02.12
6	Robert Baylis	1.02.55
7	Andrew Caldwell	1.04.37
8	Brent Skinner	1.04.52
9	Rob Gilmour	1.04.58
10	Paul Innes	1.06.17
11	Tom Dieth	1.06.20
12	Paul Buckley	1.08.52
13	Jeff Marshall	1.09.01
14	Jo Wells (Best Lady)	1.10.52
15	Bruce McMichael	1.11.56
16	Jill Bartlett	1.12.12
17	Neil Ferrelly	1.13.15
18	Richard Philp	1.14.00
19	David George	1.14.13
20	Laura Baylis	1.18.02

Tandem	Mark Silver & Nicola Quelch	1.05.15
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Newbury Road Club

12 Hour Time Trial

Sunday, 15th June 2014

Report and photograph: Chris Lovibond

Nic Stagg achieved a firm grip on the Hounslow's Senior BAR Championship when he recorded 270.64 miles in the Newbury Road Club 12 Hour Time Trial on Sunday, 15th June.

He gained fifth place overall in the event which was won by Adam Topham (High Wycombe CC) who did 298.12, and Stuart Birnie (Willesden CC) in second place with 295.74.

To put this in perspective Adam Topham is the current, British Best All Rounder Champion and Stuart Birnie is about to defend his 24 Hour Championship title which he won last year while, until recently, Nic thought of himself as a short distance specialist. This event was his second try at the distance and he improved his personal best by 15 miles.

Nic still going strongly in the last half hour of the race



3rd April

Nic Stagg	HDW	23 11
Robert Gilmour	HDW	27 59
Joanna Wells	HDW	28 43
Simon Wroxley	HDW	30 53
Ian Seccombe	HDW	31 09
Paul Holdsworth	HDW	25 06
& Jill Bartlett	Tandem	"

Other rides

Liam Maybank	Twick'm	22 58
Pat Wright	King'n	23 58
Paul Callinan	L'don Dyn	23 59
Martin Winter	Twick'm	24 09
John Owen	L'don Dyn	24 15
Stephen Ralston	L'don Dyn	24 49
Jon Hughes	i ride	24 49
Matt Evans	Sigma	25 25
Dave French	W'bridge	26 01
Sam Walding	Private	26 44

1st May

Dan Stevenson	HDW	25 22
Simon Wroxley	HDW	30 25
Brent Skinner,	HDW	25 48
Stuart Hewlins	(3 up)	"
& Andy Caldwell		"

Other rides

Louis R-Davis	H'don S'ps	27 03
Tom Fergerson	Private	28 44
Julian Turner	Private	29 26
Adrian Miles	Private	30 39

15th May

Stuart Hewlins	HDW	24 55
Paul Holdsworth	HDW	25 00
Dan Stevenson	HDW	26 50
Paul Buckley	HDW	26 58
Brent Skinner	HDW	27 00
Jeff Marshall	HDW	27 26
Tom Fergerson	HDW	27 52
Robert Gilmour	HDW	28 50
Kieran Boyd	HDW	29 42
Mark Silver	HDW	35 52
& Jo Wright	Tandem	

Other rides

Stuart Haynes	Imperial	22 44
Stuart Sbies	L'don Dyn	23 10
Martyn Winter	Twick'm	23 22
Paul Callinan	L'don Dyn	23 37
Liam Maybank	Twick'm	23 39
David Webborn	L'don Dyn	23 49
John Owen	L'don Dyn	24 02
Stephen R'ston	L'don Dyn	24 04
Andy Lack	King'n Whs	24 30
Dave French	W'bridge	25 31
Louis R-Davies	H'don S's	25 32
Jason Harris	Farnham	25 40
Alan Clark	Vicroys	25 46
Alex Donaldson	L'don Dyn	26 08
Rob Marcus	VC G & H	26 31
Peter Hollins	B2P	26 32
Andy Lindsay	Pure M'n	28 59
Tracy Corbett	L'don Dyn	28-02
John Froud	Festival	29 43
Robert Bell	Twick'm	30 52

Evening 10's

Thursdays 7.00 pm**Corner of Longcross Rd and Stonehill Rd****10th April**

Andrew Angell	HDW	27 37
Robert Gilmour	HDW	28 51
Bruce McMichael	HDW	29 31
Richard Philp	HDW	30 22
Joanna Wells	HDW	30 27

Other rides

Paul Callinan	L'don Dyn	23 51
John Owen	L'don Dyn	24 00
Martin Winter	Twick'm	24 03
Mathew Evans	Sigma	24 54
Daniel Sharp	Ch'ville	25 49
Philip Shuttlew'ht	Twick,m	25 51
Clare C-Smith	B'town	26 57
David Fench	W'bridge	27 19
James Curry	Inverse	28 48
Stuart Wrigley	Private	29 06
Harry Webb	RT 316	29 40

8th May

Paul Carpenter	HDW	25 11
Dan Stevenson	HDW	27 05
Tom Furguson	HDW	28 27
Simon Wroxley	HDW	28 58
Richard Philp	HDW	30 34
Kieran Boyd	HDW	31 07

Other rides

Natalie Creswick	Sigma	24 50
Nick Anderson	Team LV1	25 50
Dave French	W'bridge	27 13
Julian Turner	Private	27 59
Ian Tullett	Private	28 28
Stuart Wrigley	Private	29 16
Louis R-Davis	H'don S'ps	29 36
Peter Skilton	Ch'ville	30 31

22nd May

Nic Stagg	HDW	23 24
Stuart Hewlins	HDW	24 56
Dan Stevenson	HDW	26 50
Brent Skinner	HDW	27 23
Richard Philp	HDW	28 29
Geoff Shaw	HDW	29 10
Joanna Wells	HDW	29 26
Nikki Harris	HDW	32 19

Other rides

Stuart Hayes	Imperial	22 31
Paul Gadd	SWRC	26 15
Julian Turner	Private	26 20
Michael Milch	Twick'm	26 29
David French	W'bridge	27 41
Gerry Connor	Vicroys	28 25
Neil Bell	Thames T'o	28 30
Robert Bell	Twick'm	29 29
James Mann	Vicroys	29 37
Patric Chiltern	Chiltern	32 35

24th April

Nic Stagg	HDW	23 20
Stuart Hewlins	HDW	24 38
Brent Skinner	HDW	26 27
Dan Stevenson	HDW	26 53
Robert Gilmour	HDW	28 30
Joanna Wells	HDW	29 13
Simon Wroxley	HDW	29 52
Mark Silver	HDW	36 32
& Jo Wright	Tandem	"

Other rides

Jake Martin	PH C'bornes	22 24
Liam Maybank	Twick'm	23 14
David Webborn	L'don Dyn	23 55
John Owen	L'don Dyn	24 15
Martin Winter	Twick'm	24 15
Steven Ralston	L'don Dyn	24 45
Mark Yeoman	Vicroys	24 31
David Powell	Private	25 03
David French	W'bridge	26 10
Robert Marcus	VC G& H	26 19
Louis R-Davis	H'don Slips	26 30
Michael Miach	Twick'm	27 04
Clare C-Smith	BCTTT	27 25
Ian Tullett	Private	28 12
Adrian Savery	Clap'm Ch's	29 48
Jeremy Howe	Clap'm Ch's	31 17
Robert Powell	Twick'm	31 19
Carla Gilbey	Vicroys	31 52
Louise McKee	Eton TC	34 06

29th May

Richard Philp	HDW	27 53
Robert Gilmour	HDW	28 21
Bruce McMichael	HDW	29 09
Joanna Wells	HDW	29 28
Niccki Harris	HDW	32 10
Paul Holdsworth	HDW (2up)	24 34
Neil Blundell	Private	"

Other rides

Stuart Hayes	Imperial	22 19
David French	W'bridge	25 07
Matt Williams	E London	25 33
Andrew Lindsey	Pure M'n	25 37
Robert Marcus	Kings'n	26 24
Richard Williams	Chevaliers	26 26
Alan Morrison	Chevaliers	27 03
Patric Chiltern	Chiltern	27 48
Harry Webb	Team 316	29 04
Nick Pearce	Chevaliers	29 47
John Froud	Festival	30 08
Malcolm Watts	Thames T'o	31 11

12th June

Paul Holdsworth	HDW	25	10
Dan Stevenson	HDW	25	42
Stuart Hewlins	HDW	25	48
Brent Skinner	HDW	25	48
Jeff Marshall	HDW	27	11
Gavin Kitchen	HDW	29	36
Jill Bartlett	HDW	30	41

Other rides

Tom Higgins	Th's T'bo	24	11
James Wright	B'gstoke	24	52
Matt Williams	ELV	24	57
Jason Harris	Farnham	25	03
Michael Miach	Twick'm	25	42
Louise R-Davis	H'don S's	26	14
Rob Marons	VC G & H	26	18
Richard Williams	Chevaliers	26	18
Jullian Turner	Private	26	51
Alan Lightfoot	Th's Turbo	26	58
Alan Harrison	Chevaliers	27	05
Neil Mitchell	T's Turbo	27	36
Scott Mitchell	T'm Bath	28	29
Stuart Wrigley	Private	29	16
John Froud	Festival	29	52
Louise McKee	Eton TC	32	22

19th June (18 mile TT)

		Time
Wouter Sybrandy	HDW	39 17
Nic Stagg	HDW	43 04
Stuart Hewlins	HDW	44 45
Robert Gilmour	HDW	48 33
Jeff Marshall	HDW	48 39
Dan Stevenson	HDW	49 09
Joanna Wells	HDW	52 03

Other rides

James Stratton	L'don Dyn	39	48
John Martin	Pedal H'n	40	02
Liam Maybank	Twick'm	42	30
Richard Newey	Th's T'o	42	48
Dave Webborn	L'don Dyn	43	00
Martin Winter	Twick'm	43	06
Robert Marcus & Stephen Harvey	King'n 2up	44-29	
Dave French	W'bridge	44	40
Michael Miach	Twick'm	46	33
Louis Rose-Davis	H'don S's	47	36
Stuart Wrigley	Private	51	49
Robert Bell	Twick'm	57	04
Louise McKee	Eton TC	59	22

Evening 10's

(continued)

**26th June**

Stuart Hewlins	HDW	24	29
Dhiren Shingadia	HDW	31	03

Other rides

Liam Maybank	Twick'm	23	59
Lescek Wuziak	Twick'm	24	13
David Larkins	Ch'ville	24	31
Andy Lack	Twick	24	45
Louis Rose-Davis	H'don S's	28	24
Stuart Wrigley	Private	28	28
Sol Finelley	Twick	28	28
Caroline Smith	Twick	29	22
Louise McKee	Eton TC	33	17
Robert Marcus & Stephen Harvey	Kings'n 2up	26	02

THANK YOU

TO ALL ORGANISERS OF HOUNSLOW EVENTS
AND TO THE MANY CLUB MEMBER VOLUNTEERS.

Events could not take place without you!

Upcoming events:

Open '25'	Sun 20th July	8.00 am
Autumn '25'	Sun 21st Sep	9.30am
Sporting '27'	Sat 18th Oct	2.00pm
Hill Climb	Sun 26th Oct	11.00am

Entries now closed
Closing date: Sun 14th Sep
Closing date: Sun 13th Oct
Entry on Line

Offers of help to Bruce McMichael
Entries & offers of help to Neil Ferrelly
Entries & offers of help to Chris Lovibond
Offers of help to Trevor Gilbert



Photo :Joe Toscano



Photo: Patsy Howe

Event Cancellations:

Unfortunately, Hounslow and District Wheelers were unable to run the following events this year:

The Peter Young Memorial Road Race; due to road works on the course

The Open '10' mile Time Trial; due to lack of entries



Looping London

Dave Howe reports on his circuit around the M25

Where to go for a long cycle ride? It is nice to have a ride that starts and ends at home, where there is some sort of objective or a route to follow, where there is pleasant countryside, quiet roads, and yet you are not too far out in the wilds if anything goes wrong. A circuit around the M25 seemed to fit all these criteria for me.



I used Google Earth to map out a cycle route that stayed outside the M25 all the way around, crossing the Thames by the Tilbury-to-Gravesend ferry. The M25 itself is a 120 mile circuit but my route totalled 160 miles. I selected the route to be as short as possible, while avoiding any busy roads and I found that the route followed many roads that we regularly ride on, from Dorking over Ranmore common, through East Horsley, Ripley, Ottershaw, Virginia Water, Egham, Runnymede, Old Windsor, and Datchet. The M25 runs through beautiful green belt country for its whole length and there are good cycling roads pretty much all the way round. All this with little risk of getting lost.

I loaded the route into my Garmin ready to go. I suppose some club members would do 160 miles in under 8 hours, but I expected to take a lot longer than that, so I waited until summer with plenty of daylight hours available. On Wednesday 5th June I was free because some meetings had been cancelled and the forecast was for a dry day with light winds. I woke up early and headed for my start point.

The closest point to home was the junction of Hardwick Lane and Holloway Hill. I set off from here at 6:30, travelling clockwise around the circuit, getting past Slough well before the morning rush hour. By the time the traffic peaked, I was riding through the Chiltern villages Chalfont St Peter and Kings Langley. The next part of the route was mostly rolling farmland apart from skirting Potters Bar and Waltham Cross. A cut through the Lea Valley water park was a good opportunity to stop for a break before heading on past Epping and across Essex to Tilbury dock. For a £3 fare I joined the three other passengers on the ferry to Gravesend, and enjoyed a few minutes off the bike. Ninety miles completed and only seventy more to go!

The ride from Gravesend to Sevenoaks was tougher than I expected. The light winds of the forecast had turned into a stiff breeze from the SW, right in my face and it was a lumpy road through the North Downs. I began to make calculations about how many hours of daylight were left and which railway stations I would pass close to. After finally passing through the northern edge of Sevenoaks I joined the A25 which was much easier riding, with passing vehicles helping with the fight against the wind and when I reached Westerham and stopped for tea and cakes things looked much better. The wind was beginning to drop and there were only 38 miles left to go with plenty of daylight left.

My route followed the A25 from Westerham all the way to Dorking as I wasn't able

Lea Valley water park



Tilbury to Gravesend ferry.



to find enough minor roads that linked together

in an east-west direction. Although it is a major road, it doesn't have too much traffic and there is a cycle lane wherever the road is wide enough not to need one. As I was getting tired by this stage it was good just to follow the road and not have to concentrate on route finding.

From Dorking, I made the last significant climb up to Ranmore common, and after that it was all more or less downhill to the finish. The wind had dropped away, it was a lovely summer evening and those last 16 miles were the best part of the whole trip.

Sharp-eyed readers will notice a small incursion inside the M25 near Cheshunt. The road I had planned to take was blocked with 'NO CYCLES' - 'Private Road' signs, and crossing the M25 was the easiest alternate route. I'll have to do the ride again, and do it properly next time.



Club news and notes

MEET A MEMBER



This issue I spoke to Andrew Caldwell and asked him a few questions for the magazine. Many Hounslow members will know him as a regular rider with the quicker group on Sunday mornings.

Andrew is 44 years old and purchased his first road bike in 2010 in order to get into shape for a charity bike ride following a serious illness. In July 2010 he completed a charity bike ride from London to Paris. He joined Hounslow and District Wheelers that Autumn after reading details on the website when he noticed riders meeting at Staines bridge. He said he was unsure if he was good enough to ride in a group or maintain the speeds suggested on the site but joined a club run one Sunday and was well looked after by Norman.

Most of Andrew's riding is on the road but he also enjoys a bit of off-road biking in Swinley Forest near Bracknell. He was taught the essential skills by Brent Skinner who often takes groups round the trails on a Saturday morning during the winter months and he describes these sessions as 'great fun'. Andrew also very much enjoys track riding, although he found riding fixed wheel a bit daunting at first. The track, however, is a safe environment to learn and "you soon remember to keep pedalling!" He has ridden at the Calshot and Welwyn Garden City tracks and is hoping to ride in the London Velodrome later on this year.



Andrew soon started riding club time trial events and, in addition, last year rode a few open events at Bentley. His times are still improving and he hopes to continue improving this season.

One of the hardest rides Andrew has accomplished so far was in the 2012 Etape du Tour. While the 4th and final climb to the summit finish was on paper "the easiest" at only 19km @ average 6%, with two other HC climbs in the legs (the Madeleine and Glandon) it just didn't feel that way. The thermometer had risen into the high twenties and many riders finally succumbed and sat by the road, waiting for the broom wagon. Andrew described the situation "no matter how bad I felt on the final climb or how slowly I rode, it must have been preferable to how they felt by the look on their faces!!!"



Act I: Albertville to La Toussuire-Les Sybelles (140km)

The early pace can be high but don't panic. Settle into a sustainable rhythm, spin a smaller gear to keep your legs fresh and use the descents to recover.

CLIMB	LENGTH	AVERAGE GRADIENT	ELEVATION GAIN	SUMMIT
Madeleine	28km	5.4 per cent	1,533m	2,000m
Croix de Fer	24km	7.2 per cent	1,292m	2,067m
Mollard	6km	6.8 per cent	403m	1,638m
La Toussuire	19km	6 per cent	1,145m	1,705m
Total	77km	-----	4,373m	-----



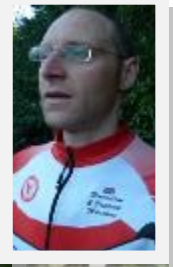
Finally I asked Andrew which club ride coffee stop was his favourite; "Frensham Rural Life Centre as it a great venue inside or outside and the "super size" cake slices are always welcome"! Ed.

It is intended that this should be a regular item: Next issue the subject of 'MEET A MEMBER' will be Nikki Harris

Club news and notes

Nic Stagg describes a second pride and joy from his collection (you will remember the beautiful Moser 'Modello Grand Prix' which featured in the QW last year)

Bike!



ALAN bicycle frames were founded in 1972 by Lodovico Falconi, an aluminium engineer working for an Italian company called Torpado. The alloys that Falconi used could not be brazed so he came up with the ingenious idea of 'gluing and screwing' the tubes into the lugs.

He started to build in carbon fibre in 1976, using special insulating resins to bond the carbon to the alloy lugs.



My frame dates from approximately 1990; the bike has a complete Campagnolo Athena 7 speed group set (purchased over 18 months; all off Ebay; all NOS). The hardest item to source was the seat pin which I obtained from a dealer in France for £125 (it's diameter is only 25 mm and very rare).

The wheels are Athena hubs laced 36, 3 cross to Mavic's classic GP4 rims, Cinelli 66/40 bars, XA stem, Yellow San Marco Rolls saddle; all yellow cables and bottle cage complete the look.

ALAN made some of the most beautiful bicycles. This machine (in my view) is stunning classic Italian. He took the first 2 letters of his children Alberto and Annamaria to make the name ALAN, people thought the name came from aluminium and anodised, but this is not so.

The frames are very rare now; this machine isn't ridden very often. It's just "art" in my view and should be hung on a wall in a gallery.

Club news and notes



Graham Davis
Club Captain and
Membership Secretary



Club members are expected at all times to treat other club members, other cyclists, motorists and other road users with the utmost respect.

REMINDER

Captain's comment



Summer Camp

Friday, 15th to Sunday, 31st August

Address:

Saddleback Lane, Potterne Wick SN10 5QT.

Any member, their family or friends are welcome at very reasonable cost. All you need is a good waterproof tent, some warm bedding and cooking equipment.

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.



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
Rider Representatives
Paul Holdsworth
Simon Morris



Photo: Simon Morris

Club President, Jeff Marshall, celebrates his 73rd birthday during the Sunday ride coffee break at Seale Tea Room. What better place is there to enjoy a piece of cake!

Hounslow and District Wheelers welcomes new members

February 2014

Dhiren Shingadia Senior

April 2014

Andrew Angell Senior

May 2014

Alan Lees Veteran

Salvatore Albinisi Veteran

Dan Sutherland Senior

June 2014

Neil Blundell Veteran

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 in late Autumn early Winter.

Please contact the editor with your contributions or suggestions.

It's your magazine!

Club ride miscommunication

