



2007 Roundup

Year in Review

Welcome to the last newsletter in 2007. It has been a busy year where the Club has expanded its activities to include some mountain bike rides and the British Cycling Go-Ride scheme. We have two newly trained coaches (Nigel Shurben and Paul Richardson) who have been through BC's coaching training, plus an experienced coach (John Percy) has joined the Club. This means we can now offer a lot more to new members and we're hoping for an even busier year ahead.

Club membership has remained fairly constant, with new members joining mostly from the Come & Try It scheme in the evening 10s.

The time-trial season kicked off with 44 entries to Tony's traditional Hilly 30 in the Chilterns. The sun was out but riders had to contend with strong winds, several puncturing on debris blown onto the course. Tim Bedingfield (AW Cycles) won the event in 1:10:19, a course record; and David Marshall led home the Maidenhead riders.

The mid-summer 25 didn't work out quite as planned as it clashed with Hounslow's 25 on the same course, plus a CTC ride passing through who's marshals tried directing our riders into the middle of Windsor. Plus the weather was more appropriate to the Boxing Day 10—I'd entered Hounslow's event hoping to finish that then time-keep our event but was chilled to the bone by a bitter wind and rain so our start was delayed. Pete Weir lent me his thermal top for which I'm most grateful.

An accident in July on the H10/2 turn saw Reading's Anne Fuller hit from behind by a driver. Despite wearing a helmet she was knocked out and is still having back problems. We wish her all the best &

hope she fully recovers soon.

The new hill-climb courses added a new challenge to the end of the season, with Andy Payne winning the championship despite breaking his chain warming up on the first hill while a council lorry turned up and started painting the road just 20 yards from the start! Fortunately Jon Jarman had a chain tool and the lorry moved on after 5 minutes (though the paint was still steaming as the first riders headed out).

John Woodburn successfully defended his National Vets Championship though he looked less than impressed by the award for months of training and turning out at all hours in far flung corners of the country—a pair of socks! We're certainly not in it for the money.

The AGM was eventful, with a lot of discussion about extending our activities both for Go-Ride and sportifs, triathlon, etc. On the committee, Peter Bell joined as Chair.

Thanks to all the riders and marshals who have kept the Club running this year, and welcome to 2008!

Andy Small

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2007 Champions

Cup	Event	Winner	Time	Second	Time	Third	Time
K Deadman	12 hour						
Bannister	100 mile TT	J Francis	4:57:25	G Panesar	5:11:54		
Frank Skelly	50 mile TT	J Francis	2:07:03	A Payne	2:12:04		
A Deadman	30 mile TT	J Francis	1:14:11	G Panesar	1:28:18		
K J Perry	25 mile TT	P Weir	1:02:04	J Francis	1:02:46	M Dewey	1:09:04
Smokers	25 (Jv)	A Richardson	1:14:45				
Lee Myall	10 mile TT	C Heape	0:21:29	C Stocks	21:51	D Tinn	24:29
David Parker	10 (Jv)	A Richardson	0:27:16				
Derek Addaway	Sporting	D Marshall	25.5 mph	C Heape	24.3 mph	A Payne	21.9 mph
Mike Gaskin	10 (MG)	P Weir	0:27:17	A Payne	27:40	P Richardson	27:57
Bill Hens	Hill-climb	A Payne	0:10:00.4	B Lion	11:14.2	S Greenland	11:42.2
Bill Rundle	10 league	A Richardson	245 pts	G Panesar	147 pts	V Dewey	121 pts
David Addaway	Member	M Brewer					
Track	Match sprint	G Crosswell		M Dewey		A Payne	
Eric Stow	Roadrace	C Stocks					
Junior BAR	2*10+2*25	A Richardson	21.5 mph				
Senior BAR	25+50+100	J Francis	22.6 mph				
Ladies BAR	2*10+2*25	D Tinn					
Veterans BAR	25+50+100						
Novice BAR	10+25	R Anderson	22.0 mph				

Prize Giving Dinner

Elva Lodge Hotel

(at the top of Castle Hill)

Friday 8th February 2008

7:30 p.m. for dinner at 8 p.m.

The guest of honour this year is Richard who was British Trials Champion and now runs the bike shop in Bourne End. He'll tell us some tall tales from his days competing in the National Trials, and let us know about his current rides with Summit MTB.

Cost is £20 plus drinks, please contact Tony (483559) to reserve a place.

Time Trials

Day	Date	Time	Dist	Course	Notes
<i>Sun</i>	<i>16 Mar</i>	<i>08:30</i>	<i>30</i>	<i>H29/18</i>	<i>Hilly 30</i>
Thu	03 Apr	18:15 18:30	5 10	HCC234	Jv/Jn 5
Thu	10 Apr	18:30 18:45	5 10	HCC234	Jv/Jn 5
<i>Sun</i>	<i>13 Apr</i>	<i>09:00</i>	<i>15</i>	<i>H15/10</i>	<i>Fifield 15</i>
Thu	17 Apr	18:30 19:00	5 10	HCC234	Inter-school 5
Thu	24 Apr	19:15	10	H10/10	
Thu	01 May	19:15	10	H10/10	
Sun	04 May	09:00	25	HCC001	
Thu	08 May	19:15	10	H10/10	
Thu	15 May	19:45	10	H10/2	Sportsbug
Thu	22 May	19:45	10	H10/2	Sportsbug
Thu	29 May	19:45	10	H10/2	
Sun	01 Jun	09:00	25	HCC001	
Thu	05 Jun	19:45	10	H10/2	
Thu	12 Jun	19:45	10	H10/2	
Thu	19 Jun	19:45	10	H10/2	Bike Week
Thu	26 Jun	19:45	10	H10/2	
Thu	03 Jul	19:45	10	H10/2	
Sun	06 Jul	09:00	25	HCC001	25 Champ
Thu	10 Jul	19:45	10	H10/2	
Thu	17 Jul	19:45	10	H10/2	
Thu	24 Jul	19:45	10	H10/2	
Thu	31 Jul	19:45	10	H10/2	10 Champ
Thu	07 Aug	19:15	10	H10/10	
Thu	14 Aug	19:45	10	H10/10	
Thu	21 Aug	19:15	10	H10/10	
Thu	28 Aug	19:00	10	HCC234	
<i>Sun</i>	<i>31 Aug</i>	<i>08:30</i>	<i>30</i>	<i>H30/18</i>	<i>Hilly 30</i>
Thu	04 Sep	18:45	10	HCC234	Medium Gear
Thu	11 Sep	18:30	10	HCC234	
Sun	12 Oct	10:00	HC	HHC024 HHC025 HHC011	Hill Climb Champ
Fri	26 Dec	10:30	10	H10/2	Boxing Day

Entry fees: Open events (in italics) are £7.50.
Club events are £2 seniors, £1 juniors. Age 12+

Championship Open Events

Day	Date	Time	Dist	Course	Notes
Sun	25 May	06:00	100	H100/88	Hounslow
Sat	07 Jun	14:00	30	H30/8	WLCA
Sun	20 Jul	07:00	50	H50/1a	WLCA
Sun	03 Aug	08:00	25	H25/2	WLCA

Derek Addaway memorial trophy is based on fastest average MPH on the early season Hilly 30 & Fifield 15. Age 14+

GHS Championship

Day	Date	Time	Dist	Course	Notes
Tue	08 Jul	19:00	10	H2.5/20	District Final
Sun	14-Sep	10:00	10	F2010	National Final

Age 12-18. Special entry form 4 wks before event.

Track (BC/Go-Ride)

Day	Date	Time	Notes
Wed	14 May	20:15	
Wed	18 Jun	20:15	Bike Week
Wed	16 Jul	20:15	Championship
Wed	13 Aug	20:15	

Entry £5 seniors, £3.50 juniors. Juniors ride 500m TT, seniors 1KM to seed a 500m match sprint. Palmer Park, Reading using road bikes. Age 8+

Summit MTB Series

Day	Date	Time	Notes
Wed	21 May	18:30	
Wed	11 Jun	18:30	
Wed	16 Jul	18:30	
Wed	6 Aug	18:30	
Wed	10 Sep	18:30	Night-ride

Entry £10. Lotts Wood is near Amersham. Practice starts 18:30, serious racers start at 19:30, fun race at 19:40. Age 16+
Night-ride will need very good lights!

As many riders may be aware, sportifs are becoming a very popular aspect of riding. A sportif is a long distant ride normal around the 100-120 miles with optional shorter routes of 70-80 miles. The routes normally include over 2000m of vertical height again and attempt to emulate popular European sportifs like 'Tour l'Étape' which follows the route of one stage of the 'Tour de France'.

Sportif are best described as competitive, timed non-races. UK event can have up to 2500 entrants and riders set off in groups of around 50 riders at 2-5 minute intervals. Each rider is provided with a timing chip which is fitted to the front forks of the bike and this records the riders exact time at the start, end and often intermediate points. Through this accurate timing is it possible to compare times against other riders.

Cyclist may also be aware of audax rides. These are also long distant rides from 80-500+ miles. The main difference between an audax and sportif is that audaxes are not individually timed and riders need to complete the course within specified time limits. With the audax, if riders get round under the minimum time they are not deemed to have completed the ride.

Sportifs are normally well signposted with marshals at key points along the route. Maps are normally provided, but shouldn't be necessary unless signposts are missed. With the numbers of riders taking part, it is normally possible to see other riders at all time. Feeding / water stations are also provide on route.

This year Maidenhead and District riders are known to have competed in the following sportifs:

- Highclere Castle 120 miles - Andrew Payne, 74 miles – Ian Blatchford, Simon Greenland, Rolf Anderson and Gary Pritchard
- Welsh Dragon Ride 200 km in South Wales during June – Andrew Payne
- Picardie in France 85 or 110 miles in September – Simon Greenland, Jon Cross and Gary Pritchard.

Highclere Castle ride. *Andrew Payne.*

2007 was the second year I've taken part in this event. In 2006 I completed the 200 km in 7 hours 12 minutes and was looking for an improvement on this attempt. The ride during 2006 was virtually completed as an individual time-trial with little time being spent with other riders. The tactic for

2007 was to spend as much time as practical with groups of riders.

The event was to start around 8 a.m. on a Sunday morning and I arrived at 7.15 to allow time to get a parking space, sort the bike and avoid any long queue for the toilets before the start. The forecast was for a cool June day with the chance of showers. At 8 a.m. the temperature was around 7°C and misty.

Riders were being set off in groups of approximately 40 riders every 2 minutes and I started in a group shortly after 8.15. The first couple of miles follow private roads around Highclere Castle grounds before heading out on the public roads.

After about 4 miles I joined a group of around 20 riders making good progress between 19 and 20 mph. This group pretty much stayed together for the first 40 miles over the rolling country side until the first feeding station, when the vast majority stopped. I was carrying plenty of energy bars and, after a very short pause to refill the water bottles, headed back out onto the road. On leaving the feed station I joined up with a couple of riders and we did the next 4-6 miles working well together, until they split off to take the shorter route, leaving me by myself for the first time. About 10 minutes later I caught a group of 7 riders whom I joined for a while. This group were helping one of its members (female) to obtain a reasonable time for some type of UCI handicap system. The group had a pre-worked out schedule with the last. The rider I spoke with was to be the lead man for the last 10-12 miles, so he was taking it easy at the back of the group. This group were travelling a little slower than I wanted, so I took a short turn on the front before leaving them.

After a couple of miles I caught up with a rider who had missed one of the turns. We spent the next 20-30 miles together taking turns on the front until the next feeding stations. We split at the next feeding station, as again I just wanted water and he wanted about a 10 minute break.

About the next 10 miles were done by myself, when I got caught by another rider at the same time as catching to riders who had travelled over from Denmark to take part. By now the day had warmed up nicely and we made good progress, until about the 110 mile mark when the two Danish chaps slowed and the other single rider shot off and left me.

The rest of the ride was done alone and was fairly tough going as I was now getting tired, with a number of fairly long rolling hills to get over. I was pleased to get back into the castle grounds and managed to put in a final effort to cross the finishing mat looking strong.

Just past the finish line a number of marshals were hanging around to remove my front wheel, so that they could reclaim the timing chip in exchange for a goody bag. After about 15 minutes my official time was posted as 6 hours 33 minutes; well up on last year and quicker than I'd hoped for.

The other club riders arrived back at a similar time to me as they had done the short ride. All riders were pleased with their time and Ian Blatchford finishing 5th in the 74 mile ride, just 4 minutes behind the quickest rider.

The tables show the top finishers, our riders and the last finisher in each class to give you an idea of the overall performance.

Contact Andy Payne (637974) if you're interested in riding a sportif in 2008.

Table 1: Highclere Sportif—74 mile results

Pos.	Name	Cycling Club	Split 1	Total Time	Standard
1	Phillip Watts	CC Basingstoke	02:09:54	03:51:15	Gold
2	Rob Marcus	VC Godalming	02:07:34	03:53:47	Gold
3	Peter Spencer	Liphook	02:11:00	03:53:55	Gold
4	Gerald Sturdy	CC Giro	02:09:42	03:54:43	Gold
5	Ian Blatchford	MDCC	02:09:42	03:56:37	Gold
12	Vincent Taylor	MDCC	02:16:52	04:04:30	Gold
25	Simon Greenland	MDCC	02:17:10	04:17:25	Gold
26	Rolf Anderson	MDCC	02:17:05	04:17:48	Gold
33	Gary Pritchard	MDCC	02:16:36	04:19:20	Gold
134	Paul White	n/a	02:41:41	08:00:39	Bronze

Table 2: Highclere Sportif—120 mile results

Pos.	Name	Cycling Club	Split 1	Split 2	Total Time	Standard
1	Chris Minter	Pedalon.co.uk	01:56:40	01:42:21	05:39:12	Gold
2	Adrian Lansley	Pedalon.co.uk	01:56:44	01:42:16	05:40:27	Gold
3	Glyn Burton	n/a	01:59:53	01:42:18	05:48:45	Gold
4	Tim Hyde	n/a	02:00:26	01:48:29	05:53:14	Gold
5	Jack Adams	Pendragon CC	02:00:26	01:48:34	05:53:15	Gold
75	Andrew Payne	MDCC	02:11:43	01:58:16	06:33:34	Gold
379	Darrell Booth	n/a	03:03:59	03:01:06	09:29:50	Bronze

Mountain Biking News

The MTB rides on Saturday afternoons ran throughout the Summer until the clocks changed. The routes were mostly around Maidenhead (we've found some good circuits both down the Jubilee River, around Knowl Hill and into Bisham Woods) with the occasional trip to The Lookout at Bracknell. Not as many riders turned out as hoped, with often only a couple of riders, but it's been fun, away from crazy drivers and it's improved our bike handling skills.

Plans for 2008 are to restart the Saturday rides in May using publicity around the local council's Sports-bug fortnight, and create a team to enter the Summit MTB series on their cross-country course near Amersham.

Contact Andy Small (585238) for the intro rides, and Jon Cross for the MTB series (01344 411755)

Club Rides

Day	Time	Type	Notes
Sat	15:00 BST May—Aug	MTB	Starts Maidenhead railway station or The Lookout. Easy 10-15 mile at 12 mph.
Sun	09:00 GMT 08:30 BST	Road	Experienced riders 50-70 miles at 20 mph.
Sun	09:30	Road	Social ride from Maidenhead railway station. 20-30 miles at 16 mph with café stop.
Fri	20:00	Social	Meet every 2nd & 4th Friday of the month at WAMDSAD for a drink and social evening; except 8th Feb & 26th Dec.

Coaching

Day	Date	Time	Type	Location	Ages	Length	Cost	Leader
Sat	10 May to 30 Aug	10:00 11:00	Go-Ride	Braywick	8-12 12-16	1 hour	£3	Nigel Shuben 01753 861471
Tue	6 May 3 Jun 1 Jul 5 Aug	19:00	TT	H10/2	14+	1 hour	£3	Paul Richardson 01344 423402
Sat	26 Jan 2 Feb 16 Feb	13:30	Road	Reading track	12+	2 hours	£4	John Percy 01628 417516

Contact leader for more details & reserve place (20 riders max.).

Club Internet Forum

<http://www.drpaulr.com/forum>

Thinking of riding the London to Brighton, the Etape, or a crazy 24 hour MTB enduro?

Paul has created a new, easy to use, internet forum allowing you to join up with other club members with similar interests.

Get the latest Club news on our blog:

<http://mdcc.blogspot.com/>

Club Clothing

We're taking orders for club clothing again this year. The kit is made in the UK and is top quality (as provided to the British team). For those who've not ordered before, the sizes are tight fitting and there are specific cuts for women. Costs are held at 2007 prices, for example:

- Short sleeve road jersey: £47.50
- Bibshorts: £46.50
- Long sleeve skinsuit: £72.50

Lead times will be 2 months so order (with cheque) now for this year by contacting Andy on 585238. We want to place the order with imp-sport by mid-February,

This is the big focus for 2008 with the goal of achieving Club Mark status. This is going to be a lot of work (both paper and perspiration), but it ensures that we can continue to develop the Club in the long term by having good practices in place to ensure our current members have access to great events, trained coaches and allow riders to follow in John Woodburn's tracks and progress into national competitions. It's intended to attract new members too - from casual cyclists who've ridden a triathlon and have got the cycling bug, riders transferring from other sports, and new junior riders by providing introductory events in schools. So, what is our plan for 2008?

- Work with British Cycling to promote cycling events in the area. After successfully working with Icknield & Hemel last year, Josie & Mac are shifting their focus to help us achieve Club Mark.
- Create links to a secondary and primary school. Initially we'll offer a set of introductory Go-Ride sessions to find enthusiastic juniors and then introduce them to different types of cycling.
- Promote an inter-school time trial competition in April on the HCC234 course. This 1 lap (5 mile) event will help identify juniors for progression to the GHS series and coaching.
- Expand our programme of track events (moving from Dorney to Reading Track to improve the number of sessions and control costs). This allows us to provide competitions for riders away from the heavy traffic on the local roads.
- Promote the Club via the council's Sportsbug Fortnight (see below) and National Bike Week.
- Provide coaching activities throughout the year, both Go-Ride (juniors) and competition development.
- Develop better cycling facilities in the area:
 - A grass track in Braywick Park through the Summer.
 - A youth cyclo-cross course.
 - Get the H10/2 resurfaced from Knowl Hill to Kiln Green.
- Introduce members to life beyond the time-trial by organising teams to enter sportifs and the Summit MTB series in Lotts Wood (Amersham).

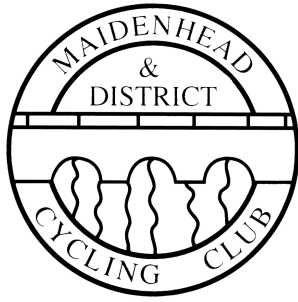
Sportsbug Fortnight

The local council are organising a sports promotion fortnight from 10-23 May for all ages. They want to get people out from in front of the TV and have approached local sports clubs to organise free taster sessions in a variety of sports and we hope to use this free publicity for the Club to attract new members, especially given the difficulties we've had getting results in the paper the second half of this year.

It's a great opportunity to restart the Go-Ride training sessions on Saturday mornings for kids, plus welcome novices to the MTB Saturday afternoon ride and the Sunday social ride. That fortnight also includes two evening 10s, plus a track session at Reading Track so maybe we can make one of these a free session too.

Keep an eye out for this in the local paper and tell your friends.





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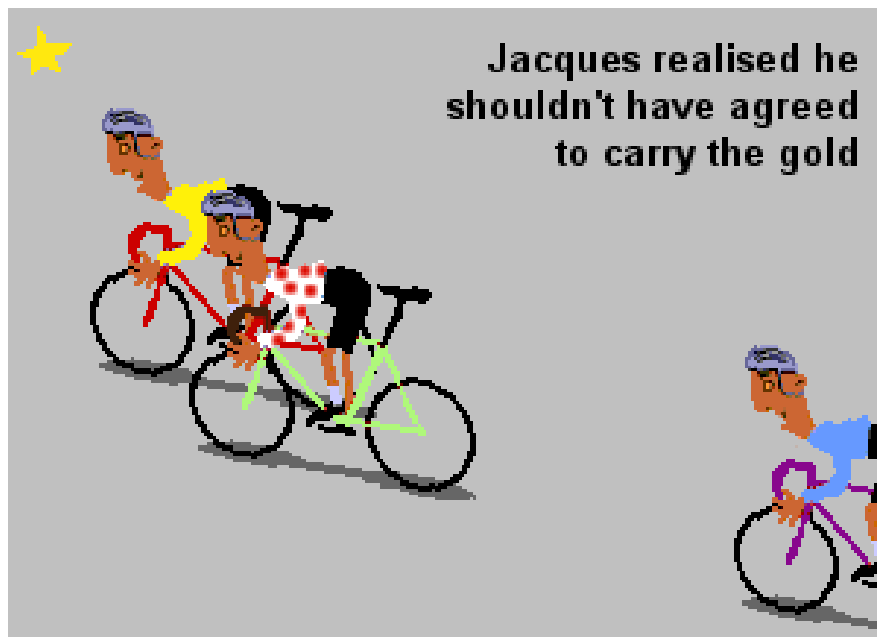
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Tales from the Saddle

After the TT season finished, Shea Hindman decided it would be great to finish the year with an extreme ride in the Chilterns starting out in Mill End (between Marlow & Henley). The route's based on Reading CC's 40 mile sporting course, extended to take in 11 climbs inside our Hilly 30 route. It was a good turnout, though recent wet weather had washed plenty of flints onto the roads. Andy Payne tried it on full tri-bike, definitely not recommended for a late season hilly. He did get the accolade for most aggressive rider, attacking on nearly every climb (when not repairing a puncture).

There were a couple of scraped knees on the Chiltern pavé, but the scenery and wildlife (those were kites, not vultures following the pack) more than made up for the knee cracking climbing.

On the final climb of the day, the two 'Kiwi's' launched a vicious, unrelenting attack on the final

climb with Robert 'Millar' Wells coming off the wheel of his fellow countryman Geoff 'Merckz' sprinting up the final 1 in 12 at 30mph+. Doping tests would have followed but warm jam sandwiches were consumed instead.

Shea's hoping to organise it again in early spring, so keep an eye out for that, and check out the route on your winter base rides.

