



Maidenhead & District Cycling Club News

February 2009



A MESSAGE FROM THE EDITOR

MOST of you will recognise me from the ugly mugshot on the left. For those who don't, my name is Paul Richardson and, as of this year I am the club Chairman. In addition I am one of the club's qualified Coaches, and am also the editor of this newsletter.

After I was voted in as Chairman, I asked myself what I hoped to achieve for the club. 'To take the club forward' was my reply. Yes, but in what direction? 'The direction that the membership want to go in, stupid'. And so my first challenge can be summed up in two words; Improved Communication.

This newsletter is my first step, and I hope to produce it on a regular basis. Monthly is my aim, but it rather depends on how much news I can find to write about. And that brings me to the second part of the Improved Communication plan. We, the committee, need to hear from you, dear member. We want to know what you want from the club, what activities you would like to see organised, both cycling and social.

We would like to get more involvement at the Friday club nights that happen on the 2nd and 4th Fridays of each month. To this end we have moved them to a new venue which gives us more space and the ability to organise activities that you are interested in. How about bike maintenance classes for beginners, training advice, learning to ride the rollers, or fitness testing on an instrumented turbo trainer. The possibilities are endless.

Our new venue is St Lukes church hall, new the centre of Maidenhead. The address is Norfolk Road, Maidenhead, SL6 7AT and the first meeting there is on 27th February at 8pm. I would encourage as many members as possible to come along to say hello, and to discuss how you would like to see the club progress.

Speak to you soon,

Paul

MEMBERSHIP FEES

JUST a reminder to all club members that subscriptions were due on the 1st January 2009. If you joined after 1st September 2008 your subscription covers you until the end of 2009. With your subscription you can also purchase an Event Passport to cover entry into the 2009 club 10 mile and 25 mile time trials. Note that this does not cover Open events.

Cheques should be given to Peter Bell, Malcolm Brewer, or Paul Richardson. Peter's address is on the web site in the contact details section if you need to send your cheque in by post.

Please note that any person who rides in a CTT event (club or open TT) without renewing their membership will not be covered by CTT's third party insurance in case of an accident.

Age	Member-ship	Event Passport
Juvenile 12-15	£5	£25
Junior 16-18	£10	£25
Senior 18-59	£15	£50
Veteran 60+	£10	£50
Second Claim	£10	£50

EARLY SEASON TIME TRIALS

Sunday 8th March — West London Combine '10'

THE first '10' of the year on the Maidenhead Thicket course takes place on Sunday 8th March, first man off being at 0900. This event is organised by the West London Combine, which is an affiliation of 18 local cycling clubs, and entry is limited to members of clubs in the Combine. This is not an open event and is not therefore listed in the CTT Handbook.

All entries must go through your club secretary, Peter Bell. Entry fee is £1.50 and must be with Peter, together with your signature on his form, by Sunday 22nd February latest.

This was a popular event last year with over 90 riders down on the start sheet.



Rod Latchford riding the 2007 WLC '10'

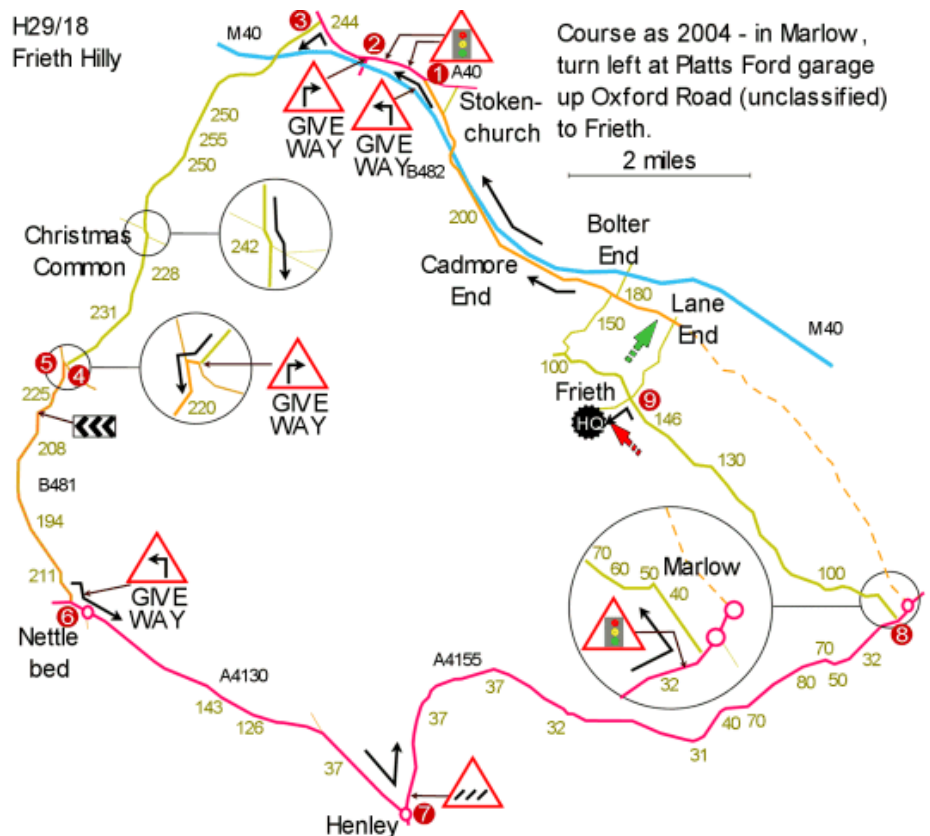
Sunday 15th March — MDCC 'Hilly 30'

THE first of three open time trials that the club is organising this year takes place on our usual circuit, the H29/18, taking in Lane End, Stokenchurch, Nettlebed, Henley, Marlow, and Frieth, see below for map. The HQ is in Frieth Village Hall.

This is an open event so entry is by the usual CTT entry form. All entries should be sent to Andrew Small, who is the organiser. All entries must be with Andrew by Tuesday 3rd March. Entry fee is £7.50

Please note that this year's event has an afternoon start, first man off being at 1400.

We also need club members to assist in marshalling duties and to help out at the HQ. You don't need any special skills or prior experience, and it is a good way to meet other club members. Please could you let Andrew Small know if you are available to help.



MORE TIME TRIALLING - AND A BIT OF RUNNING



Andrew Richardson riding the 2007 GHS heat at Weston on the Green

Marlow Duathlon

FOR those of you who like to run as well as cycle, why not enter this year's Marlow duathlon, taking place on Sunday 22nd March at, you've guessed it, Marlow. It consists of two 7km runs either side of a 25km bike leg. It is organised by Marlow Striders running club, and details can be found on their web site

The bike leg uses some of the roads around Frieth that we use in the 'Hilly 30'. If you are interested contact Peter who has entry forms.

First '10 of the Season

THE first Thursday evening '10' of the season is on 2nd April, 6-15pm start for the junior/juvenile 5 mile event, and 6-30pm for the 10 mile event.

Don't forget Club members can book a ride in advance by phoning or emailing Peter Bell no later than 1.5 hrs before the start time.

The GHS '10'

MDCC have volunteered to host the London West DC round of the GHS '10'. What, I hear you ask, is the GHS '10'? It is a national time trial competition run by the CTT, aimed at Juvenile (aged 12-15) and Junior (aged 16-18) riders, and consists of heats laid on by each region, with riders qualifying for a national final. The heats and final consist of a 10 mile time trial and results are graded by age category.

So why is it call the GHS '10'? It is named after George Herbert Stancer who was born in 1878, died in 1962, and was a well known racing cyclist and journalist of his time. One of his most notable racing achievements was to beat the Road Records Association London-Brighton and back record on tandem tricycle in 1910, in 5 hours 59 minutes 51 seconds. His partner was L.S. Leake.

Stancer was editor of Cycling magazine for nine years, and was also president of the Cyclists Touring Club from 1920 to 1945, during which time he increased CTC membership from 8,500 to over 50,000. The GHS competition was instituted in his name in 1970.

Andrew Small is the organiser for our region's round of the heats, which takes place on the afternoon of 4th July on the HCC234 course at Shurlock Row. Volunteers are needed to help with marshalling, pushing off, and organising the refreshments at the HQ, and Andrew would be more than happy to hear from you if you can spare some time.

So What Is This Time Trialling Lark All About?

ARE you new to the world of time trialling and are confused by all the cryptic course numbers? Have you never ridden an open event because you couldn't figure out how to fill in the entry form? You are not alone.

If want to know what time trialling is all about, want to know how to get started, or need some specific advice on events or equipment, then contact Paul Richardson (contact details at the end of the newsletter) and he will draw on the experience of the seasoned time triallists in the club to give you all the help you need.

If there is enough interest then we can lay on some group sessions to cover whatever needs you have, and even provide support and encouragement at specific events.

Give time trialling a go, it is immensely rewarding and strangely addictive.

Contributors Wanted

MOST club newsletters fizzle out after a couple of issues. Can this one buck the trend? Who knows. If we have to rely on one or two people to generate all the content and then turn it into a newsletter we reduce our chances of longevity.

Yes, you know where I'm going with this... We Need You... to provide us with news and other items of interest. You could even author an article yourself. You don't have to be a master of the English language, as proved by my efforts with this newsletter.

Contact Paul if you can help out or have information to impart. Contact details are at the end of this newsletter.



The Glums!

The 2008 Annual Dinner

YES, I know the annual club dinner was held in January 2009, but it was to celebrate the 2008 season, hence the name. Joe Francis certainly did celebrate in style, carrying off most of the silverware you see in the picture. It was good to see Tony Deadman on duty to present the prizes, and looking so well again after his illness.

Simon Greenland carried off our largest cup, awarded for his heroic 12 hour time trial distance of

234.6 miles. Of this year's new club members Richard Meaden was on hand to collect the Best Novice Plaque with an impressive average speed of 23.2 mph.



Some of the club silverware

As you can see by the photograph above, all of the trophies were gleaming following a polishing session undertaken by the committee.

A large selection of photographs of club members were on display, taken over the last couple of years. All were for sale with contributions going to club funds, and some members were so embarrassed that they bought up photos just to take them out of circulation.

The after dinner speech was due to be given by Graham MacNamee, our British Cycling regional Head Coach. Unfortunately he had to pull out due to illness and so the members had to suffer the ramblings of yours truly. It was my first after dinner speech and, if the members get their way, it was also my last.

And finally, the funniest moment of the evening must go to the look on Shea Hindman's face when Peter Bell proposed the toast to the Queen.

Email Addresses Wanted

GIVEN that email is such a quick and cheap means of communicating with the club membership, can I ask that all club members email Paul from their primary email account. Let me know your name since this is sometimes not obvious from the email address itself, and also if you read your email frequently enough for it to be useful.

Although we do have email addresses for a lot of members, in some cases members may have stopped using this account and have moved to another email address. If you don't have email access then I guess I won't be getting an email from you, and you will get these newsletters on real paper via the Royal Mail.



Andy and Tony share a joke



Joe Francis bags another cup

Try The Track

FOLLOWING on from last season's popular track training and racing sessions we have booked Palmer Park track in Reading for six sessions. The first four will be training sessions, although I'm sure some racing will be involved, while the last two will be the club track championship events.

The events will be held on Wednesday 13th & 27th May, 10th & 24th June, 8th July, and 5th August starting at 8-15pm.

Last year we used road bikes for most of the sessions but the most fun was had when people tried a track bike (fixed wheel - keep pedalling). If we have enough interest this year we will consider doing a greater proportion of the sessions on track bikes. Please could you email Paul if you would like to take part in these sessions, and whether you would prefer road or track bikes.



Old & young at Palmer Park

We can also put on a coaching session for kids at these track events if there is enough interest, and they may even get to ride with the big boys. Note Joe Francis' son on the front in the photo above. Let us know if you're interested.

Clothing Update

HAVING missed the pre-Christmas lull with our order, Impsport have been quoting 6 week lead times for all orders post-Christmas. Our order is due to be delivered on 10th March, although there is a possibility that we may receive it early.

As soon as the order arrives I will contact all members who have ordered items to arrange collection/delivery. We appreciate your patience with the long timescales involved in delivering your items.

Start 'em Young

CALLING all club members with young children. Given that we are a British Cycling **go-ride** club, we are looking to expand our young persons coaching programme over the next year.

go-ride provides group sessions that are fun and safe, and are planned to give kids the basic skills that they need to be safe and have fun on their bikes. They do not teach riding on the road, all activities taking place in a safe off-road facility; in the past we have used the sports field at Braywick Park and the track at Palmer Park, Reading.

Sessions are supervised by club coaches, of which the club has three; Paul Richardson, Nigel Shurben, and John Percy. All coached has passed British Cycling's Level 2 coaching qualification, and are CRB checked to work with children.

The age group catered for is from 4 to 14, and the only prerequisite is that they can ride a bike without stabilisers. Oh, and they need their

own bike!

PLANNING of this year's **go-ride** activities is underway but a lot depends on us having a critical mass of kids to coach. And so our first step is to ask those members who have children if they would be interested in having their children take part.

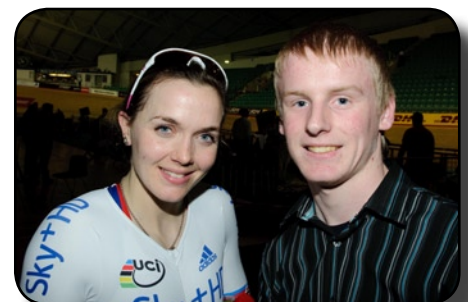
Contact Paul or Nigel if you wish to express an interest.

Mixing with Celebrities

A TRIP to the winter Revolution track series at Manchester recently provided opportunities for the keen autograph collector. If you are patient enough (and dad stays close with his camera) you can even have your photo taken with the stars of British track cycling.



Andy meets Ed Clancy



Andy meets Victoria Pendleton

Riding the Boards

THREE Maidenhead riders were at Newport on 5th January, taking part in one of John Percy's sessions. I was due to ride but could not through illness, so I helped out and took some photographs of the session instead.

The riders were split into two groups for the two hour session, the sprinters, and the endurance riders. Andy Richardson joined the sprinters, while Nigel Shurben and Danuta Tinn joined the endurance riders. Eager to get on the track, most riders warmed up on rollers while we waited for the Irish national pursuit squad to complete their training session. The two groups alternated time on the track, giving them a chance for a rest between exertions.



Danuta goes over the top

First up was a 4 lap pursuit between Rohan Battison and Jayne Paine, which was a close run thing. Although Rohan made a faster start with a first lap of 24.89 secs against Jayne's 24.95, Jayne won out in the end with 1:25.27 against Rohan's 1:25.78

All riders then took to the track, playing follow the leader up and down the banking, led by Trevor Bradbury. A nice easy pace was kept up to complete the riders' warm-up.

The sprinters then took to the track, each being called down to do two flying 200m timed efforts. They were then replaced by the endurance riders who practised lap



A study in concentration

taking. Pairs of riders took turns to sprint off the front and take a lap on the rest of the bunch.

The sprinters were then called upon to ride a three lap individual sprint, with the last 200m timed. Times ranged from Rob Drinkwater's 12.38 to Andy Richardson's 14.47

Back to the endurance riders again, who this time rode a 30 lap graduated speed-up scratch race, starting at an easy pace. There were no rules for the last five laps and this was won easily by Steven Bradbury.



Andy at speed

The sprinters were then paired up to ride two three lap sprint races against their selected opponent. Andy Richardson beat Cassie Gledhill easily in both rounds. Although Cassie was faster over 200m, it was Andy who took the initiative and got the drop both

times, leaving Cassie unable to close the gap.

Rob Drinkwater rode against Rikki Pankhurst in the second pairing.

The first heat was too close to call, with Rob rapidly closing to gap to Rikki. On the line it was as good as a dead heat. In the second heat nobody wanted to open the sprint until the last 100m. Rob led out and easily kept Rikki behind him up to the line.



Nigel makes a break

The session was completed with a short points race for all riders, after which they all warmed-down on the rollers.

To help with his coaching feedback, John has splashed out on a video camera, and his son, Gavin, was there to be cameraman for the day. Judging by the results he did a pretty good job. You can see some of his work at <http://gallery.me.com/johnfpercy#gallery>

If you are interested in learning how to ride the boards then contact John Percy on 01628-417-516 for advice.



Warming down

Club Runs

Clock Tower Runs

THESE leave the Clock Tower by the train station at 9.30am sharp on a Sunday morning led by Brian and Malcolm. Things have been quiet so far this year with the weather being the main problem. Give Brian a call on 01628 631547 if you want to go out to make sure it's on.

Birds Hill Golf Club Run

If anyone would like to go out on the fast Club run, it is at present starting at 9.00am from Bird Hills Golf Club. The group is covering about 50 - 60 miles at about 16 - 18 mph, although they will always wait for you if you are struggling. They are usually back by 12.15pm. Depending on the route/group/conditions a coffee stop is sometimes made. More information from Nigel Shurben.

Ladies Run

We hope to run some Ladies Runs as the weather improves. Sue Bennett-Snewin has agreed to lead them. The aim will be to provide an enjoyable and confidence building introduction to cycling. This could even include wives, partners and girlfriends who may wish to get into cycling.



Four chilly cyclists head off on a club run

A Welcome to New Members

THE Club would like to welcome:-

Dave Lambourne : Dave has rejoined the Club as second claim for 'nostalgia' reasons. Dave first joined the Maidenhead in 1954. He still holds some Club records and has been giving Peter some wonderful material on the Maidenhead in the 50's

To the right is the Maidenhead C & AC Junior RR Team 1955. Dave far left

Marie Lateo : Marie has been out on several Clock Tower club runs over the summer and now looks every bit the experienced club cyclist.

Sportives

AS THERE is growing interest among Club members in taking part in Sportives, Andrew Payne has volunteered to promote this activity within the Club. We hope to target specific events to get as many Club riders as possible taking part in those events.

Reading CC's Anthony Maynard Memorial Sportive is one obvious example. Anthony was killed last summer in a road traffic accident on the road out of Henley to Oxford. It takes place on Sunday July 19th and is centred on the Berkshire Downs. The field is limited to 500 riders.

There are plenty of other events we could consider including the Highclere Sportive and even the Dieppe Raid which used to be a very popular Maidenhead Club ride in the 80's and 90's.



CTT Handbooks 2009

WE HAVE sold out of these but you can order your own copy online for £7 via the CTT web site. The revamped website also lists all events for the year so a handbook isn't such a necessity.

Contact Details

Paul Richardson is the club Chairman & newsletter editor.

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Bracknell
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Peter Bell is club General Secretary.

email : peterbellaz@talktalk.net

Tel : 01628 636122

Post : 7 Belmont Drive
Maidenhead
SL6 6JZ

Nigel Shurben is Club Coach and Road Racing Secretary.

Tel : 01753 861471

Phone numbers for the remaining committee members are on the club web site.