

AUTUMN 2016

CLUB RECORD

2016 RACE RESULTS ❁ PARIS-BREST-PARIS ❁ DUNWICH DYNAMO



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WELCOME

I've had a number of articles held over from last time. I'd thought they'd be useful fillers before the racing season kicked off, but now we're at the end of the season.

I have to apologise as it's been a long time since the last issue. As many of you know, I've had a spell in hospital earlier in January this year – a spot of open heart surgery which should leave me in a better state than I was. It's been quite a long story, starting from an unrelated muscle strain in July 2014, diagnosis of bicuspid aortic valve (and leaking) with aortic aneurysm in Nov 2014, more tests during 2015 and eventual heart surgery in Jan 2016. Just after I came out of hospital I had post-operative atrial fibrillation, so have been on anticoagulants to reduce risk of stroke. This settled to 'atrial flutter' which has slowed me down all year (although I still managed to get out, even to ride a couple of the cols in France on TdF days). In August I had a cardioversion procedure and, at the time of writing (1st Nov), I can confirm that the cardiologist has said I can now "do what I like"! It's been a long 2½ years!

Meanwhile, lots of things have happened. Mostly good.

Malcolm Woolsey competed very successfully in the Brighton Marathon: his first marathon. He said 'I was very happy with way it went. Second half quicker than the first! We actually had five Westerley members run: Keith Freegard, 3.44.30 and 46th in his age group, Sarah Percival 3.44.44 and 35th in age group. Andy Leung 3.54.01 and Dan Noraika 3.57.34. All very good times. At least three of us on our first marathon. The weather was great and atmosphere superb. I've already signed up for next year. Anybody else fancy it?' 

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DESIGN BY CHRIS COLLICOTT
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4 DAYS OF 'EL	AT THE WORLD CHAMPS	WORLD AGE GROUP DUATHLON	2016 RESULTS BRIEFING	2016 TROPHY WINNERS	BENSON & HEDGES	DUNWICH DYNAMO	AUDAX HEIGHTS	LONDON - BRIGHTON
6	7	8	10	48	50	53	56	62

WELCOME

Malcolm's own time was a phenomenal 3:25:15. If I'm correct, he was in the first 10% of the field. For those who've only done half-marathons, that's 2 x 1:42:37, which is very respectable indeed. All in all a fantastic performance. Well done, everyone!

Meanwhile, in the triathlon arena, Sarah Richardson sends us some very exciting news:

Thought I'd let you know that I competed last Sunday in the Shropshire Olympic Triathlon and qualified as an age grouper to represent Great Britain at the European Championships in Kitzbuhel, Austria next year. I am delighted! Being a member of Westerley, riding with you guys and taking part in your TTs has made a massive difference. Thank you for your encouragement and patience! See you soon Sarah.

With an increasing number of people joining from other clubs, notably the Ealing Triathletes, we've seen people participating successfully in many disciplines. It's exciting times, though difficult to keep up with!

It is with sadness that I have to report the passing of Bob Sturnham, whose funeral was at the end of June. I didn't know him, but his funeral was attended by ex-Westerley members Jim Binks and Dave LeFevre, and Pete Coombs, Bob Degavino, and John (Wally) Warren from the Harp.

Welcome to new members

Again, Ian McNally has been instrumental in attracting members to the Westerley so we're very grateful to him. This has been especially fruitful in the Hillingdon 10 series and we're beginning to see new blood in our Sunday rides (and occasional Saturday rides).

It's a pleasure to welcome new members who've joined us recently: Romauld Bartosz, Paul Broome, Paul Connelly, Hannah Copeland, Mark Cox, Gary Cummins, Sue Dyke, Lynda Gale, Jenny Hunt, Andy (Chi) Leung, Estelle McLaughlin, Dave McNally, brother of Ian, Christine Meek, Alex Olsen, Valentina Rozzi, Sara Shirmanesh, Charles Trotman, Alison Turrell, Tom Yates and finally welcome back to Lez Young, of the trike fame, as a second-claim member.

A very big welcome to new Committee members: Nic Stevenson, Ben Allen and Malcolm Woolsey and Sue Dyke who join Vince Dey, Chris Parrott, Roger Woolsey, Ian McNally, Tim Childs, Richard Burton, Wayne Meek, Gary Martin and me). Malcolm is hardly new to the committee (I hesitate to describe him as 'used') and

WELCOME

Sue has only just joined as a member so your contributions to making the Club tick are very much appreciated. Thanks to outgoing committee members: Frank Proud, Tim Childs, Wayne Meek, Andy Halliday, John Sullivan and Tom Newman for all their work for the Club over the years.

As I've said, it's been difficult getting the Club Record out this year. I've allowed it to build up and there's always something else to write about. Next year, if I'm still in the job, I'll try to be more ruthless.

Thanks to all those who've contributed articles for this edition of the Club Record, including items from Dave Morrison, Frank Proud, Ben Allen, Ian McNally and Nic Stevenson. Thanks to Ian for chasing people up to enter races and coordinating the entries and results, working with Roger to make the events happen on the day. Ian has regularly posted results on the website, so I've included many of these in these pages to make for more interesting reading. Of course, it's always good when others contribute articles. If I write the majority of the magazine it just takes longer and is less interesting for the reader. Dave has been prolific in his contributions on the website - don't forget the new website address is westerley.cc

I've included a few articles from the website here, for the benefit of members who don't visit the website for one reason or another.

Finally, on that note, I'd like to point you to a fine article that Frank wrote for the website, telling about his Transcontinental Ride. It certainly was an epic ride... he rode from Belgium to Istanbul and was 41st out of a large international field.

If you want to read the article, visit: <https://cyclingthere.wordpress.com>. Click on the 'Menu and Widgets' button to view the article.



🌀 Roly Collicott, Editor

4 DAYS OF 'EL

Massive thanks to the Westerley members who recently sponsored me. I don't usually do charity rides but someone I know has two sons that will die in their teens from Duchenne, a relatively rare disease with no known cure. So I agreed to join a team of seven and ride from Edinburgh to London (EL) to help fund research.

The other six travelled up to Edinburgh on a Tuesday evening and set off on the Wednesday morning.....but as I had a speaking engagement on the Wednesday evening I had to get the train up Thursday morning, leave Edinburgh in the afternoon and try and cycle down to Scotch Corner (near Darlington) by breakfast on Friday, so that I could join them on (their) day 3.

Unfortunately, my train was taken out of service at Newcastle, meaning a late arrival at Edinburgh with my chances of any sleep that night diminishing. Sunny Edinburgh, was slow due to traffic lights etc. then wet and strong winds greeted me over the border hills. The remote region on hilly back roads offered no chance of buying any food so it was just gels and bars. I reached England just before sunset but village shops had already shut. By the time I hit larger towns such

as Hexham, the convenience stores were closed! Luckily, I did stumble across one small pub with two customers and a stern looking landlady which enabled me to fill my water bottles, a meal was not an option though. I think they were amazed that I was riding at 11pm, but when I explained where I was headed they nearly choked on their drinks!

I finally reached the Holiday Inn at Scotch Corner at 5am, had a bath, one hour's kip and joined the others for the biggest cooked breakfast ever at 7am. I probably looked very greedy, but I needed some food badly!

The rest of the journey down to London was relatively flat and sunny with little wind. It really was a fantastic ride and the company was great. At the time of writing the seven of us have raised just under £40,000. <https://www.justgiving.com/TheBigBadRide/>

We ended the ride in the grounds of Dulwich College, South London. I don't recommend the ride from the Lee Valley to Dulwich unless you like car fumes, congestion and traffic lights. A welcoming party cheered us across the line and several glasses of Prosecco later all the pain vanished!

Many thanks for the support everyone.

🌟 Dave Morrison



MY DAY AT THE WORLD CHAMPIONSHIPS



There are some things that really shouldn't happen, and me qualifying for a World Championship event is one of them. However, I think this is somewhat countered by a refreshing, encompass-all, egalitarian approach by the UCI. I wasn't the only entrant riding their first ever road race in the Amateur Road Race World Championship!

To qualify, riders need to finish in the top 25% of their age group in one of the 13 qualifying events held around the world. There is no minimum qualifying time, so if there is a large field, then the probability of qualifying is likely to increase.

Britain currently has a qualifying event, with a 3 year licence, namely The Tour of Cambridgeshire. It is held in June on closed roads over about 80 miles. I finished at around the 20% mark of all riders and also in my age group, comfortably qualifying out of 6,000 riders. I had not entered with a view to qualifying, I just fancied a closed roads ride on a sunny day!

So, I gratefully accepted my UCI World Championship Qualifying medal and had no plans to go to Denmark, fearing embarrassment at the hands of seasoned racers. My family had other ideas though.....'Dad, I've never been to Denmark', 'It'll be a nice family holiday' etc was the sort of lobbying I was subjected to. I caved in, ordered my compulsory National Jersey and shorts and entered.

My tactic was to stay in the peleton as long as

possible, which failed badly in the first quarter of the race as I got edged out at pinch-points with street furniture, tight junctions etc in the early urban miles in Aalborg, forcing me to slip back within the group. Then I noticed a split ahead, shortly followed by a second split in the second group. The winds were really strong and bridging gaps was going to be difficult, no-one wanted to go to the front of my group, so I took up the challenge, towing a number of riders back on to the group ahead. The effort was exhausting and I immediately struggled on the next hill as a result of my efforts and fell off the back.

Riding outside of a group was very difficult in the wind and I found myself with another UK rider so we took turns to lead and gradually reeled in others who had dropped out of the peleton at later stages.

Despite my relatively slow time, all riders times are classified and I managed to beat over 50 riders, mostly from younger age groups. Given the strong wind, solo riding and 29 small climbs interrupting any chance of a steady pace, I can't be personally disappointed with my time, but by World Championship standards it wasn't great!

I'm glad I did it, and would consider doing it again. Next year's UK qualifying event in Cambridgeshire is in early June, with the final in Perth, Australia in September.

www.tourofcambridgeshire.com

🌟 Dave Morrison



THE LONG ROAD TO ADELAIDE: WORLD AGE GROUP DUATHLON CHAMPS (WV55-59)

For months the trip to worlds duathlon champs seemed like a plan, a dream! In June 2015 it started to take shape when I booked my flights and trip of life time – a month off work !

Everything went pretty smoothly up until a few weeks before the race – when I hit by a car when out running!

The day dawned Friday 9th October and I left for Heathrow – bike in a box my kit and not much else. On arrival at Adelaide I waited for my bike – but it was nowhere to be seen. It had not been loaded on the plane!! – the joys of international racing.

I was too tired to react – It duly appeared in the hotel two days later!!

For the next few days – I struggled with jet lag awakening daily at 3am, runs in the morning along the run route and a couple a reckies of the bike route. Trips to Woolworth (Supermarket) and various bike shops looking for Pit Stop (to no avail!!)

The Sprint Duathlon Course (5km Run, 20km Bike, 2.5km Run) was really good – the runs were along the Torren River and the bike was fast and flat town centre loop on really smooth roads. The organisation was excellent – the course was marked up 4 days before race giving scope to study transition etc.

The Sunday 18th October 2015 was the big day – my wave was called to start line at 7.33am. it was a beautiful morning: warm and sunny with clear skies.



The first run went ok – on the bike I felt lacklustre – this course was perfect for me – but I did feel good. Though the bike part was not great – I gritted my teeth and pushed as hard as possible in the last run passing 5 or 6 people to come 15th in my age category and 2nd GB athlete. The race was one of the best organised I have ever been part of – I failed to perform up to my abilities but I achieved my objective to gain automatic qualification for 2016 World Duathlon Age Group Champs (WV55-59).

After the race I had a fantastic holiday!! Camping in the outback, visiting ULURU (aka Ayer's Rock) it's very liberating to have so little luggage!!

I am ready to fight another battle – I am looking forward to trips to Germany and Spain this year for the European and World Age Group Duathlon Champs before that I have a date with the Harefield Hill, a few Trips to Stratford Velopark (for monthly Duathlons) and I've been enjoying the Wednesday Winter Turbo Sessions with the Westerley.

✿ Gill Morgan



Westerley Winter Warmer 10th January 2016

This event has become rather well established as one of the best early-season rides, with a choice of routes from 44 km, 61 km and 109 km... something for everyone!



TOP ROW: Wayne Meek; Sarah Percival, Ben Allen and Tom Yates. BOTTOM ROW: Signing on; Chris Collicott, Matt Beaman, Nick Dunn; Many of those who made it happen: Sarah Richardson, Gary Martin, Chris Parrott, Roly Collicott, Roger and Malcolm Woolsey, Shane Townsend, Clive Richardson, Frank Proud, Ann Woolsey and Wayne Meek.

RESULTS

West London Combine 10 6 Mar 2016 / H10/2 / Maidenhead Thicket



TOP: Estelle, Jon, BOTTOM: Richard, Sarah P

I enjoyed the ride out to this event... always a great start to the season and it was good to see a fine Westerley turn-out. I couldn't include all the photos I took, but here are a few, mostly our new riders who braved the cold to do their first ever road time trial. I'm sorry I missed taking pictures of Alison Turrell and Sue Dyke, who also did PBs.

Ian writes 'a great result for Westerley with Ben taking the fastest time on the day and Tim Childs joint 3rd overall. Well done to all the riders and Gary Martin for winning the handicap, he seems to be getting back to the Gary of old . And well done to all those Westerley riders achieving personal bests... many who hadn't raced before.'



RESULTS

NAME	PREVIOUS BEST	HANDICAP	ACTUAL TIME	HANDICAP TIME	NOTES	PTPS
Ben Allen	19:52	scratch	22:37	22:37	1st scratch	4
Tim Childs	21:10	1:19	24:00	22:41	1st overall	3
Wayne Meek	22:08	3:00	25:14	22:14	3rd overall	2
Nic Stevenson	24:36	3:35	25:30	21:55		1
John Sullivan	21:06	1:00	25:30	24:30		
Gary Martin	25:43	4:45	26:11	21:26	1st handicap	
Andy Halliday	20:07	0:30	26:44	26:14		
Jon Train		5:15	26:46	21:31	PB	
Vince Dey	25:05	5:50	28:22	22:32		
Jason Fisher	27:25	6:08	28:36	22:28		
Sarah Percival		7:00	28:59	21:59	PB	
Chris Parrott	27:55	7:08	30:39	23:31		
Alison Turrell		7:45	31:48	24:03	PB	
Estelle McLaughlin		8:00	35:10	27:10	PB	
Sue Dyke		8:00	35:28	27:28	PB	
Richard Burton	22:08	3:53	DNF			
Gary Cummins		6:00	DNS			
Hannah Copeland		7:45	DNS			

West London Combine 25

20 Mar 2016 / H25/4 / Great Missenden, Amersham Road



Ben, Wayne, Paul.

RESULTS



Dave, Vince

Another speedy ride from Ben, with Wayne in second slot, who in turn had Nic snapping at his wheels. With a six minute improvement, Clive took the handicap, although it was a close-run competition with Dan, Wayne and Ben all on 58 minute handicap times.

NAME	PREVIOUS BEST	HANDICAP	ACTUAL TIME	HANDICAP TIME	NOTES	PTPS
Ben Allen	52:50	scratch	58:29	58:29	1st scratch	7
Wayne Meek	1:02:47	6:23	1:04:44	58:21		6
Nic Stevenson	N/A	6:23	1:05:41	59:18		5
David Newman	57:39	5:45	1:07:15	1:01:30		4
Dan Noraika	1:07:30	9:45	1:08:13	58:28		3
Vince Dey	59:57	8:53	1:12:55	1:04:02		2
Clive Richardson	1:20:25	16:15	1:14:33	58:18	PB & 1st h/c	1
Sarah Richardson	1:25:16	19:30	1:21:28	1:01:58	PB	
Paul Barker	N/A	20:00	1:22:15	1:02:15		
Hannah Copeland	N/A	15:45	1:28:49	1:13:04	PB	
Shona Cowper	1:27:00	21:45	1:29:15	1:07:30		
Sue Dyke	N/A	23:15	1:32:01	1:08:46		
Chris Parrott	1:12:33	13:08	DNS	DNS		
Richard Burton	58:15	6:45	DNS	DNS		
Gary Martin	1:00:47	7:53	DNS	DNS		
Calvin Martin	1:18:10	14:00	DNS	DNS		
Jon Train	N/A	9:53	DNS	DNS		
John Sullivan	53:04	2:55	DNS	DNS		
Frank Proud	57:25	5:10	DNS	DNS		

I enjoyed watching the event, but I'm afraid my photos weren't as good as I'd have liked. I have to say that Vince's riding position is as good as anyone's, despite being on his old bike!



Hillingdon Evening TT Series 6 April 2016 / Event 1 Results

These events became hugely popular last year. We're getting full fields again and they're continuing to attract new members. As usual, thanks to Wayne for sorting out the entries, Roger has been bringing all the gear out and starting riders off. Ann's been running the catering, which is always appreciated. That cup of tea doubles up as a hand warmer; much needed after pushing off 60 riders!

A very windy evening at Hillingdon Circuit, with a good turn-out of Westerley riders. Well done all those hardy souls, fast & not so fast alike... everyone seemed to enjoy it! Ben was fastest Westerley and overall in the TT event by a good quarter-minute. In the road bike event, Nic was fastest Westerley and second overall. I don't know why, but a few people only did 10 laps. Maybe it was the cold! This affected Tim and Gill and speedy new members Dan Noraika and Paul Connelly. Better luck next time!

TT BIKE

POS	NAME	TIME	AVG. SPEED	FASTEST LAP LAP SPEED	FASTEST
1	Ben Allen	23:47.2	26.082	02:04.8	27.121
2	John Sullivan	24:32.7	25.276	02:11.2	25.784
3	Wayne Meek	25:09.4	24.662	02:12.0	25.638
4	Gary Martin	26:26.7	23.46	02:21.0	24.007
5	Ian McNally	26:56.2	23.032	02:21.7	23.881
6	Vince Dey	29:17.5	21.179	02:36.8	21.584
7	Jason Fisher	29:25.0	21.09	02:29.6	22.623
8	Clive Richardson	29:56.1	20.725	02:38.4	21.364
9	Sarah Richardson	30:26.2	20.383	02:36.0	21.69
10	Christine Meek	31:00.6	20.006	02:46.7	20.304
11	Lez Young (trike)	31:07.0	19.938	02:46.5	20.328
12	Chris Parrott	31:07.3	19.934	02:47.2	20.245
	Tim Childs (10 laps)	23:39.9	23.833	02:19.1	24.335
	Dan Noraika (10 laps)	24:07.5	23.379	02:23.2	23.64

ROAD BIKE

POS	NAME	TIME	AVG. SPEED	FASTEST LAP LAP SPEED	FASTEST
1	Nic Stevenson	25:18.5	24.514	02:14.0	25.26
2	Jon Train	27:06.3	22.888	02:23.2	23.634
3	Tom Yates	28:39.1	21.654	02:28.2	22.836
4	Jeremy Ball	29:49.6	20.8	02:36.3	21.65
5	Trevor Hedges	30:07.4	20.596	02:32.9	22.138
6	Alex Olsen	30:13.4	20.528	02:39.9	21.165
7	Dave Morrison	31:58.2	19.406	02:46.9	20.27
8	Estelle McLaughlin	34:37.1	17.921	02:58.3	18.976
	Paul Connelly (10 laps)	25:15.0	22.337	02:28.6	22.777
	Gill Morgan (10 laps)	31:41.1	17.8	02:57.7	19.047

Lea Valley CC Open 25 9 April 2016 / E2/25 (A11, Suffolk) NEW CLUB & TEAM RECORDS!

A fantastic weekend for Ben. He broke the Club 25 record on Saturday afternoon in Suffolk. Saturday afternoon also saw the team 25 record fall to a fast day with great conditions. Well done Team Westerley! Not content with that, Ben went on to win in the WLC 25 next day on the Amersham Road.

Ben Allen	50:40
CLUB RECORD! (by 1 min 40 sec. Previously held by Andy Halliday, 52:20, Sept 2013)	
Andy Halliday	53:43
Tim Childs	54:23
Nic Stevenson	DNS

Team time: 2:37:46

CLUB RECORD! (by 3 min 31sec.)

Previous team record held by John Sullivan, Andy Halliday and Tim Childs: 2:41:17, June 2014

West London Combine 25 10 April 2016 / H25/4 / Amersham Road

Another tremendous result for Team Westerley! 20 finishers! Six personal bests! Nic improved by over six minutes, Sarah R by nearly four minutes and improvements also by Dan, Hannah, Paul and Clive. Congratulations to Alison, Estelle, Jenny and Gary on their first road time trials. Superb performances by all. Out of all the WLC riders, Ben was overall fastest, with Nic in 4th, John S 5th, and Gary Cummins in 8th position overall.

Ian wrote 'Ben Allen won the event the day after smashing club course record and took the scratch event. Gary Cummins won the handicap on his first 25 mile TT with a impressive 1:01:41, he pipped Nic Stevenson by 50 seconds. We had 6 PB's who were Hannah Copeland, Nic Stevenson (his first time under the hour!), Paul Barker, Clive Richardson, Sarah Richardson and Dan Noraika. We also have to have a special mention to Andy who came and rescued John Sullivan after he locked his keys in his car, this is becoming a habit, John!'

NAME	PREVIOUS BEST	HANDICAP	ACTUAL TIME	HANDICAP TIME	NOTES	PTPS
Ben Allen	52:50	scratch	58:14	58:14	1st scr.	7
Nic Stevenson	1:05:41	7:08	59:33	52:25	PB	6
John Sullivan	53:04	1:45	1:00:05	58:20		5
Gary Cummins	N/A	10:23	1:01:41	51:18	PB & 1st h/c	4
David Newman	57:39	6:23	1:04:16	57:53		3
Dan Noraika	1:07:30	10:38	1:05:47	55:09	PB	2



RESULTS

Gary Martin	1:00:47	6:53	1:06:01	59:08	1
Ian McNally	58:30	5:43	1:06:13	1:00:30	
Sarah Percival	1:10:45	13:30	1:11:43	58:13	
Vince Dey	59:57	10:15	1:12:22	1:02:07	
Clive Richardson	1:14:33	13:45	1:14:28	1:00:43	PB
Jason Fisher	1:10:25	11:30	1:15:00	1:03:30	
Chris Parrott	1:12:33	16:00	1:15:40	59:40	
Sarah Richardson	1:21:28	21:15	1:17:46	56:31	PB
Christine Meek	1:18:19	19:08	1:18:26	59:18	
Alison Turrell	N/A		1:19:16		PB
Paul Barker	1:22:15	22:45	1:20:26	57:41	
Jenny Eleanor	N/A	14:15	1:25:04	1:10:49	PB
Estelle McLaughlin	N/A	19:15	1:25:41	1:06:26	PB
Hannah Copeland	1:28:49	26:30	1:27:33	1:01:03	PB
Wayne Meek	1:02:47	6:38	DNF		
Keith Freegard	1:17:34	18:00	DNS		
Richard Burton	58:51	7:00	DNS		
Shona Cowper	1:27:00	25:23	DNS		
Tim Childs	55:51	2:23	DNS		

Thanks to Ian for organising the photo, expertly taken by Alison's husband Simon.



L-R: Vince Dey, Clive Richardson, Hannah Copeland, John Sullivan, Dan Noraika, Dave Newman, Ben Allen, Alison Turrell, Ian McNally, Estelle McLaughlin, Gary Cummins, Christine Meek, Gary Martin, Wayne Meek, Chris Parrott, Andy Halliday, Paul Barker, Jenny Eleanor, Sarah Percival, Nic Stevenson, Sarah Richardson.

RESULTS

Westerley Road Race 16th April / Hillingdon Cycle Circuit

April showers fail to dampen Spring Crits





Strong winds and blustery showers did little to dampen the racing at the Westerley Spring Crits this weekend. With races for fourth cats alone, and a third and fourth cats joint race, a decent sized field of over fifty riders turned out. There was one crash in the earlier fourth cat race, taking out Westerley's own Jon Train and two other riders, but aside from that both races went off without problems. The third/fourth event was enlivened with attacks from the off, although as with the earlier race, it finished in a bunch sprint. Well done to all who turned out!

Special thanks to Tim Childs, who has organised this event flawlessly for the last few years, and to Ann and the catering team, and to everyone who helped with the signing on. Afterwards, Tim said 'I saw nothing of the race, I was making rolls / dealing with marshals / helping signing on / checking toilet rolls / generally getting in the way. All I did was lots of panicking, but all went well in the end, thanks to all the great people in the Westerley.'

FOURTH CAT RACE (50 MINUTES PLUS FIVE LAPS):

1	Oskar De Schynkel	London Dynamo
2	Luke Houghton	Verulam CC
3	David Carter	Watford Velo Sport

THIRD/ FOURTH CAT RACE (ONE HOUR PLUS FIVE LAPS):

1	Chris Rees	Full Gas RT
2	Giles Clark	RP Vision
3	Ben Kenneally	Cowley Road Condors

Thanks to Keith Shorten there is also a gallery of great images from the afternoon's racing.

West London Cycling Association (WLCA) 25 H25/2 / 17 April 2016 / Marlow A404/A4



L-R: Dave, Ben, Paul, Andy, John

It was 1°C when I left home and riders felt it as they went down the 'ski slope' from Handy Cross to Marlow. But it was worth it. We had nine Westerley entries, which was quite impressive. Not only did we have the quantity, but also the quality, as we mopped up the first team prize! As expected, Ben was flying, finishing with a fantastic 53:40. Then we had a crop of four riders with 57 minute rides (Nic, Tim, Andy and John)! Not only that, but Nic, in only his third 25, was the fastest of this particular star-studded cast, only 3 seconds off a 56! (Should have tried harder, Nic!). Is there going to be some competition between this lot, or what? Dave wasn't far off, with a very short '1' and as usual, he was out with Sarah, Hannah and Emily ... it's always good to see them. Jason was less happy with his ride, though he looked convincing enough on the road. He's since been planning some training ... serious interval training. Good luck with that, but don't forget to enjoy it! Meanwhile, Paul said he was just happy to get round and it was all smiles afterwards as we enjoyed the tea and cake.... and that's the main thing.

NAME	TIME	TIME ON VET'S STD.
Ben Allen	53:40	+12:20
Nic Stevenson	57:02	n/a
Tim Childs	57:20	+10:49
Andy Halliday	57:38	+9:13
John Sullivan	57:52	+10:34
Dave Newman	1:01:05	n/a
Jason Fisher	1:09:51	-3:25
Paul Barker	1:18:09	-8:20
Richard Burton	DNS	

OVERALL WINNER:

Pete Lawrence (High Wycombe CC) 51:21 (+15:30 on vet's std)



RESULTS

Pete was first vet on standard as well as being first scratch! But, despite having a team-mate do a 55, the High Wycombe didn't have a fast enough third counter. Similarly with other clubs, there were some big hitters, but we won! And that's the main thing. Well, apart from the taking part ... and the tea and cakes, of course.

🌀 Roly Collicott

Hillingdon Evening TT Series 20 April 2016 / Event 2 Results

Another fairly windy evening on the circuit with a splendid turn-out of 25 Westerley riders. We had an unfortunate dodgy start: the transponder system didn't record the first few riders, so they had to re-start after doing a few laps ... sorry! Despite having to do extra laps, new member Jenny Eleanor was all smiles at the finish. We had an excellent set of results from Westerley members in the Time Trial Bike section: Ben Allen was fastest Westerley rider and was also in 2nd place overall, with John Sullivan, new member Gary Cummins (3rd Westerley - congratulations!), Wayne Meek and Tim Childs coming in 6th, 8th, 9th and 10th places overall. Our Nic Stevenson was fastest overall in the Road Bike section. I asked him why he wasn't riding his super new TT bike and he said he felt he should get under 25 minutes before he allowed himself the luxury. Well, he nailed that one!

In this event, Clive Richardson did his fastest ride on the circuit this season (28:23.2).

🌀 Roly Collicott

RESULTS (WESTERLEY RIDERS ONLY)

TT BIKE POS	NAME	TIME	AVG. SPEED	FASTEST LAP	FASTEST LAP SPEED
1	Ben Allen	23:09.0	26.799	02:03.7	27.347
2	John Sullivan	23:34.8	26.311	02:05.4	26.989
3	Gary Cummins	24:10.6	25.66	02:10.6	25.909
4	Wayne Meek	24:46.0	25.049	02:10.5	25.928
5	Tim Childs	25:08.1	24.683	02:12.2	25.589
6	David Newman	25:36.5	24.226	02:17.8	24.551
7	Dan Noraika	26:02.8	23.819	02:19.9	24.184
8	Gary Martin	26:05.0	23.786	02:19.4	24.281
9	Frank Proud	26:13.3	23.66	02:19.5	24.263
10	Ian McNally	27:11.8	22.812	02:23.1	23.654
11	Vince Dey	27:20.5	22.69	02:26.4	23.11
12	Alex Olsen	27:39.6	22.43	02:25.2	23.298
13	Sarah Percival	28:11.7	22.004	02:30.0	22.565
14	Clive Richardson	28:23.2	21.855	02:28.6	22.765
15	Jason Fisher	29:02.3	21.365	02:33.8	22.006
16	Jeremy Ball	29:31.8	21.009	02:35.3	21.792
17	Sarah Richardson	29:46.3	20.838	02:37.7	21.459

RESULTS

18	Lez Young (trike)	29:47.7	20.822	02:38.8	21.31
19	Christine Meek	30:08.9	20.579	02:38.7	21.322
20	Chris Parrott	30:18.3	20.472	02:40.9	21.028

ROAD BIKE POS	NAME	TIME	AVG. SPEED	FASTEST LAP	FASTEST LAP SPEED
1	Nic Stevenson	24:57.4	24.86	02:12.6	25.52
2	Paul Connelly	27:19.7	22.701	02:26.5	23.102
3	Dave Morrisson	29:28.6	21.047	02:36.6	21.603
4	Jenny Eleanor	32:56.0	18.838	02:56.5	19.172
5	Chris Edwards	34:16.7	18.099	02:53.4	19.517
6	Hannah Copeland	36:06.0	17.186	03:07.9	18.013

WESTERLEY OPEN 10 24 April 2016 / H10/22 / Marlow A404

A well organised event with a full complement of officials and marshals, with enough Westerley riders available to get a ride, too.

WESTERLEY RIDERS RESULTS

John Sullivan	22:51
Gary Martin	24:34
Vince Dey	25:54
Sarah Percival	26:04
Clive Richardson	27:41

OVERALL WINNERS:

1	Liam Maybank	Twickenham CC	20:21	Overall winner
2	Pete Tadros	In-Gear Quickvit Trainsharp RT	20:48	
3	Ryan Davies	G.S. Henley	21:00	
4	Rob Walker	High Wycombe CC	21:27	
5	Rachel Elliot	Newbury RC	21:54	First lady

Congratulations to Gary Martin on organising a great event. He said 'many thanks for your help, to Vince, Roly, Frank, Ben, Shane, Chris, Stan, Jeremy, Richard, Roger and Stella for turning out on what was a chilly morning. It all seemed to go off very well'.



Hillingdon Evening TT Series 4 May 2016 / Event 3 Results

A fine turn-out of 26 Westerley riders, out of a total entry of 61. Again, Ben was fastest of the Westerley TT bike competitors, as well as being fastest overall, while Nic was 2nd Westerley and 3rd overall. Tim managed what turned out to be his fastest ride of the series (23:22), with Wayne just 2 seconds ahead. This was a fast evening, and even in May, resulted in a number of Westerley members' fastest rides of the Hillingdon series including great rides from Wayne Meek (24:20) and Ian McNally with 25:29, Tim Childs (24:22), Dan Noraika (25:47), Sarah Percival (26:37) It's getting really hard to keep up with all the Club members riding here, but I'm pretty sure that both Sarah Percival and Christine Meek managed personal best times. In fact, Sarah P's 26:37 was her fastest Circuit ride in the whole series. In the road bike fraternity, new member Paul Connelly was fastest with an impressive 25:48, closely followed by fellow new member Mark Cox, in his only ride at Hillingdon this season, with a very decent 26:11. I think it might also be a circuit best for Trevor Hedges. Well done all.

TT BIKE

NAME	TIME	AVG. SPEED	FASTEST LAP	FASTEST LAP SPEED
Ben Allen	22:34	27.5	2:01	28.0
Nic Stevenson	23:32	26.4	2:05	27.1
John Sullivan	23:54	26.0	2:08	26.5
Wayne Meek	24:20	25.5	2:06	26.9
Tim Childs	24:22	25.5	2:09	26.2
Gary Martin	25:22	24.5	2:15	25.1
Ian McNally	25:29	24.3	2:14	25.3
Robert Barrett	25:29	24.3	2:14	25.3
David Newman	25:39	24.2	2:16	24.9
Dan Noraika	25:47	24.1	2:17	24.7
Vince Dey	26:29	23.4	2:22	23.8
Sarah Percival	26:37	23.3	2:22	23.8
Richard Burton	26:45	23.2	2:19	24.3
Jason Fisher	27:33	22.5	2:26	23.2
Chris Parrott	28:46	21.6	2:34	22.0
Christine Meek	28:58	21.4	2:34	21.9
Jeremy Ball	29:50	20.8	2:28	22.8
Clive Richardson	30:38	20.2	2:33	22.1
Paul Barker	30:43	20.2	2:44	20.6

ROAD BIKE

NAME	TIME	AVG. SPEED	FASTEST LAP	FASTEST LAP SPEED
Paul Connelly	25:48	24.0	2:17	24.7
Mark Cox	26:11	23.7	2:18	24.6
Trevor Hedges	28:50	21.5	2:27	23.1
Dave Morrison	29:30	21.0	2:37	21.6
Alison Turrell	31:07	19.9	2:46	20.4
Jenny Hunt	31:21	19.8	2:47	20.2
Estelle McLoughlin	32:15	19.2	2:49	20.0

Let me just say it again ... these were ALL Westerley riders!

WINNING WESTERLEY WAYS Bossard Wheelers Open 10 7 May 2016 / F11/10

On Saturday, May 7th, John Sullivan, Andy Halliday, Nic Stevenson and I took part in the Bossard Wheelers Open 10M on the F11/10 course near Tring. With a reputation as one of the fastest in the country any event on this course is very popular with riders looking to improve on their personal best times, and so it proved on Saturday, with a start list of 98 riders. Already this year two events on the course had been postponed due to bad weather, but the day's conditions were close to ideal, with only a slight sou'easterly wind to push against in the run for home. One issue with the F11/10 can be taking the correct exits at the turns, but the marshalling from Bossard Wheelers was as good as it gets, and the event was run to a high standard. As well as the prospect of a big improvement on his PB, Nic had the extra motivation of riding on his birthday, and in a new birthday suit; a wind cheating Bioracer skinsuit, that is. On the other side of the car park, I'd realised that I'd forgotten to pack my helmet, concluded that there wasn't enough time to drive home and back before my start time, and resigned to ride in the style of years gone by. John was struck by worse bad luck still, and wasn't able to finish, turning back to be recorded as a DNF. While Andy had a later starting time and we didn't get to speak before the start, with Nic off at 08:28, and me chasing hard 2 minutes later.

Last year I rode a 19:52 on the course before joining as a first claim Westerley rider, and I knew I'd have a good chance of going under again today. The missing helmet was a doubt lingering in the back of my mind, if you excuse the pun, but as I reached the last turn my speedo was showing an average still comfortably over 30MPH – it was now just a case of trying to ride as hard as possible in to the last stretch of headwind. In the end I managed, but by the skin of my teeth, finishing in 19:58 for 9th place overall. I hadn't seen Nic ahead of me until the last turn and I then realised that he was on a fast ride too. His time of 20:31 is impressive to say the least; it's definitely a case of watch this space, particularly as this is Nic's first season dedicated to time trialling. A more seasoned campaigner was also on a good day; Andy dug deep to stop the clock at 21:08, a time which gave Westerley CC the team prize for the event. Our combined time of 1:01:37 is a new club record, my time is the first time a Westerley rider has gone under 20 minutes in a 10M, and Nic narrowly missed the prize for most improvement on his PB despite taking off 3:16! Thanks to Bossard Wheelers CC for putting on a great event.

🌟 Ben Allen

RESULT

Ben Allen	19:58	Ninth overall New Club record!
Previously set by Andy Halliday, 20:07 in May 2013		
Nic Stevenson	20:31	
Andy Halliday	21:08	
Westerley team	1:01:37	New Club Team record!

EVENT WINNER:

Nick English, Aerocoach 19:00



Interclub 25 8 May 2016 / HCC001 / Fifield

Here's the result for the interclub on Sunday, a very well done to our 3, yes 3 riders who got PB's on Fifield ... not well known as a fast course!! Well done guys. Westerley still did not manage to take the team prize, which was won by the Twickenham. I have sent my congratulations to them on what was a fine effort with 8 min PB's or thereabouts on the day.

🌀 Ian Mc



L-R: Jerry, Jason, Christine

NAME	PREVIOUS BEST	HANDICAP	ACTUAL TIME	HANDICAP TIME	NOTES	PTPS
Jason Fisher	1:08:40	14:00	1:09:45	55:45	1st Scratch	7
Jerry Ball	N/A	12:00	1:11:30	59:30	PB	6
Vince Dey	1:02:34	15:00	1:11:49	56:49		5
Clive Richardson	1:14:33	18:00	1:13:03	55:03	PB	4
Lez Young (Trike)	1:08:08	17:00	1:13:06	56:06		3
Chris Parrott	1:12:33	16:30	1:14:14	57:44		2
Christine Meek	1:18:19	23:00	1:14:56	51:56	PB & 1st h/c	1
Sarah Richardson	1:17:46	23:00	1:15:54	52:54	PB	
Paul Barker	1:20:16	24:00	1:24:16	1:00:16		
Shona Cowper	1:27:00	29:00	DNS			

Hillingdon Evening TT Series 18 May 2016 / Event 4 Results

Only 33 entries in total this evening, doubtless because of the earlier rain. Ben had hoped for a faster ride (on the basis of the weather) and was again fastest Westerley, but was challenged for the overall by Robert Moore, who did an amazing 22:21. Good to see Val joining us for her first time trial. I hadn't realised that she was a new member as I pushed her off; she was a bit unsure of herself and I recall her concern about doing the right number of laps. The timing system came in handy, coupled with a lot of shouting from me at the right time. Anyway, she was happy at the finish and managed a respectable time and set herself a target to beat. While many others were going backwards from the previous event, Jerry improved considerably ... by 1:24, so he's going places.

Meanwhile, in the traditional bike category, Nic was back on his road bike and went an impressive 26 seconds faster than last time on his road bike to win that competition against all-comers. I'm pretty sure this was Ian's brother, David McNally's first TT as a Westerley member and he came in 2nd out of the Club road bike competitors. Alison improved by another half-minute and gave Gill a run for her money. I have to apologise to Alison for commenting on what I considered to be slow pedalling cadence! It clearly worked for her (and balanced the efforts of Gill, who was spinning like a whirling dervish!).

TT BIKE

NAME	TIME	FASTEST LAP	FASTEST LAP SPEED
Ben Allen	22:53	2:01	27.9
Tim Childs	24:50	2:11	25.8
Wayne Meek	25:09	2:07	26.6
Gary Martin	25:49	2:17	24.7
Ian McNally	26:13	2:19	24.3
Vince Dey	27:10	2:25	23.4
Richard Burton	27:29	2:24	23.5
Jeremy Ball	28:26	2:31	22.5
Paul Barker	30:32	2:43	20.8
Valentina Rozzi	32:56	2:54	19.5

ROAD BIKE

NAME	TIME	FASTEST LAP	FASTEST LAP SPEED
Nic Stevenson	24:31	2:10	26.0
David McNally	29:17	2:36	21.7
Trevor Hedges	29:19	2:31	22.4
Dave Morrison	29:56	2:30	22.5
Alison Turrell	30:33	2:44	20.6
Gillian Morgan	33:42	2:52	19.6



RESULTS

West London Combine 25 22 May 2016 / H25/4 / Great Missenden, Amersham Road



TOP: Alison, Gary, Gill. BOTTOM: Ian, Mark

Another super-fast ride from Ben, this time achieving a very short 57. Six PBs out of 11 riders! (Gary, Sue, Alison, Jerry, Clive and new member, Mark). Ian writes ' Gary Cummins wins just wins the handicap from Alison Turrell, who put in a fantastic ride to get a 4 minute PB, with Sue improving by 6½minutes!!'

NAME	PREVIOUS BEST	HANDICAP	ACTUAL TIME	HANDICAP TIME	NOTES	PTPS
Ben Allen	50:40	scratch	57:02	57:02	1st scratch	7
Gary Cummins	1:01:41	5:53	1:00:03	54:10	PB & 1st h/c	6
Ian McNally	57:22	5:38	1:06:45	1:01:07		5
Vince Dey	1:02:34	10:08	1:08:49	58:41		4
Mark Cox	N/A	11:23	1:09:35	58:12	PB	3
Jeremy Ball	1:11:30	12:30	1:10:30	58:00	PB	2
Clive Richardson	1:13:03	14:30	1:12:42	58:12	PB	1

RESULTS

Chris Parrott	1:12:33	14:15	1:13:41	59:26	
Alison Turrell	1:19:17	20:53	1:15:14	54:21	PB
Gill Morgan	1:22:52	22:53	1:23:38	1:00:45	
Sue Dyke	1:32:01	28:30	1:25:24	56:54	PB
Estelle McLaughlin	1:25:41	25:30	DNS		
Lez Young	1:08:08	12:00	DNS		
2nd Claim (Trike)					
Richard Burton	58:51	8:08	DNS		

Hounslow and District Wheelers Open 100 29 May 2016 / H100/8 / Farnham

NEW TEAM RECORD AFTER 33 YEARS AND NEW CLUB RECORD!



L-R: Ben, Rob & Gary

I joined Rob Barrett and Jason Fisher to help Andy Halliday, Ben Allen and Gary Martin in this event, it being the first 100 for Ben and Gary. I'd ridden out to help clubmates in this event in the past and thought it would be a good way to try to ride back to fitness, but it did mean leaving just before 6am. It was pretty cold (I was scantily clad, anticipating warm weather soon) and I got there with very cold hands. Fortunately, Rob had everything, including a spare jumper that would fit under my Westerley top.

The course is about 4.9 laps of a 'circuit' up and down the A31 between Farnham and Alton. Rob and Jason had come up with a real 'cunning plan' ... which worked rather well. Rob set up his car by the Hen & Chickens pub and Jason went further back on the course so he could phone Rob when our riders were approaching. Rob had also offered to help a few other riders, some of whom he was coaching in aerodynamics.

Gary was off at 7:12, with Andy and Ben 84 and 97 minutes later. Ben initially did a 46 minute lap, which stretched to 48 minutes next time (although these times may not be very accurate as we just noted them the nearest minute). Ben gradually hauled in Andy, while Gary



ploughed on consistently. All of our riders slowed in the second half, as the wind picked up from the north, making the NE direction harder.

I hadn't noted the exact team time for the record that Richard Burton, Keith Shorten and I set 33 years ago. However, as the Hounslow event progressed, our riders, as expected, gradually chipped away at it. I well remember that back in 1983, Keith did a little over 4 hr 30 min, while I did 4 hr 17 min (4h 15 min riding time, but I had a 2 minute late start) and Richard, who was the star of the moment, took 15 minutes of Don Frawley's 1981 record (4:16:34) to achieve 4 hr 1 min 27 seconds. As the 2016 event unfolded, we could see that Gary was going to approximately equal Keith's time, while Andy was similar to my time, and Ben was looking definitely even faster than Richard's. I hadn't had much doubt that our time as record-holders was coming to an end; it was a pleasure and an honour to be out at that event to witness how we were beaten.

In the end, Gary did beat Keith's time by about 6 minutes, while Andy bettered my time by about 3 minutes and Ben beat Richard's time by 5 min 31 sec, which gave them a team time of 12-42-00, which was 14 min 37 seconds up on our previous record! Ben's time also saw him take Andy's solo record by 1 min 27 sec.

I had a warmer ride home and clocked about 90 miles, being twice what I'd managed in the previous three months, but got home thoroughly knackered.

I'd had plenty of time to think about that previous record back in 1983. I do recall it being a fast day, where I did a reasonable first 25, then the next 25 which was a huge improvement on my 25 pb time, resulting in a pb for the first 50, then, after turning at the 50 turn, the wind seemed to pick up from behind and I did an even faster second 50. Even with the rudimentary technology at the time (I knew the distances at various points and I had a digital watch) I knew I was going well.

That event was a high profile affair and attracted the fastest riders, with Ian Cammish smashing his own Competition Record by 6-46.

Then I was prompted to look for the result sheet from that event. From that I'm reminded that Richard Burton not only came 8th in such a high class field, but he was joint First Handicap winner (winning him the princely sum of £3!). And then I noticed that the first three teams are listed, but we didn't feature here. There must have been an oversight. In actual fact, we were 12 minutes faster than the team listed as coming third, although we did receive 3rd team medals later.

	50 TIME	100 TIME	PREVIOUS RECORD (ANDY H)	PREVIOUS RECORD (1983)
Ben Allen	1-54-56	3-55-35	3-57-02	
Andy Halliday	2-04-59	4-14-29		
Gary Martin	2-13-11	4-31-56		
Team time		12-42-00		12-56-37

Well done everyone!

🌀 Roly Collicott

And here are Keith Shorten's recollections of that 100

On breaking the Westerley individual and team 100 mile TT club records (congratulations to Ben, Andy and Gary), Ben reflected on what conditions were like when the record was set 33 years ago. Here are my recollections.

In the 1970s and 80s I used to ride three or four 100s a year. The thinking behind this was that you never ride as hard as you do when racing, so racing is the best training. It was the end of the era of long established 100 courses on single carriageway main roads as they were being upgraded to dual carriageways designed for 70 mph motor traffic. With the Hounslow 100 at the end of May, The Hillingdon 100 (in June?) and the Westerley 100 (at the beginning of August), all used 'The Bath Road'. Starting at Pangbourne Lane to the west of Reading it followed the A4 west via Newbury and Hungerford to turn at Froxfield and retrace to Speen just west of Newbury and then proceeded NW along 'Ermin Street' Roman road to turn at Membury and retrace to finish at Pangbourne Lane. This was a much loved course on quiet roads through beautiful countryside. Ray Booty rode the first sub four hour 100 here in 1956. For me the Bath Road 100 had the advantage that Ermin Street west to Membury was slightly uphill so that when you turned you had about 30 miles to the finish, slightly downhill, often aided by a rising westerly wind. The truth is that half my mind was willing my body to get round in under four and a half hours (I never did!), the other half of my mind was just enjoying a bit of fast touring.

For serious racers there were two other 100 options. At the end of July the Goodmayes 100 was run over Essex roads with the main part on the A12 starting at Brentwood. The course included three of the fastest 25 mile courses in the country (think of the famous E72 where Alf Engers finally achieved a 30 mph sub-50 minute 25 mile record in 1978). For those who still needed a 'good' 100 time to count towards their club championship the NM&HCA 100 in September ran straight up and down the A1 Great North Road starting at Tempsford east of Bedford and turning at Norman's Cross east of Peterborough. On a good day this was also a fast course.

In the 1980s Richard Burton and Don Frawley were the club fast men who took turns to break club 25 and 50 records at frequent intervals. Don was the 100 miler and held the club 100 cup every year from 1979 to 1982. In 1983 they agreed that Richard would ride the Goodmayes 100 and Don would support him. To make up a team Roland and I also entered. The day started out damp, still and muggy and got progressively warmer and (to me) energy sapping. I rode a standard road bike, with one bottle of orange squash, a banana, a Mars Bar and a tube of glucose tablets for the last 20 miles. The scientific or techie bit was a digital watch strapped to the handlebars displaying elapsed time. TT bikes were at the start of the evolution that has resulted in the exotic machines that 'testers' ride today and the trend was to achieve less bike. This was done by stripping everything to a minimum, sloping the top tube down and turning the sawn off handlebars upside down, cow horn style. The result was an uncomfortable low profile position. The hope was that you would go so fast that the pain would soon be over. On the day this style was represented by the scratch man Ian Cammish, the best 100 miler of that era, or perhaps any era.



RESULTS



RESULTS

Everyone had finished before me and as I climbed off the bike in a semi-conscious state someone said 'Do you know what Richard's done?', and answered the question with '4hr 1 min 27 sec'. As I struggled to comprehend the scale of that achievement Richard said, 'I think we've set a club 100 mile team record'. Note that no previous record existed. The standard set to beat was 13 hours and this we had just scraped under with a team time of 12hr 56 min 37 sec. Ian Cammish had broken the competition record by 7 min + with a time of 3 hr 31 min 53 sec. And yes, as Roland has written, we was done! I have the result sheet in front of me; the 3rd team award was given in error to Sydenham Whs for a team time of 13 hrs 8 min 36 sec! For those interested in numbers the split times were:

	25	50	75	100
Ian Cammish	53.16	1.46.14	2.36.50	3.31.53
Richard Burton	59.40	1.58.40	2.56.21	4.01.27
Roland Collicott	1.08.46	2.10.45	3.11.20	4.17.30
Keith Shorten	1.07.53	2.15.54	3.23.03	4.37.40

🌀 Keith Shorten

Hillingdon Evening TT Series 1 June 2016 / Event 5 Results

A slightly slower evening, but with an excellent turn-out. Ben topped the table as usual while Wayne managed to sneak ahead of Tim.

TT BIKE NAME

	TIME	FASTEST LAP	FASTEST LAP SPEED
Ben Allen	23:17.0	2:03.0	27.6
Wayne Meek	25:08.3	2:08.8	26.3
Tim Childs	25:12.0	2:14.1	25.2
Gary Martin	26:43.4	2:20.4	24.1
David Newman	27:04.8	2:22.8	23.7
Ian McNally	27:09.5	2:21.4	23.9
Dan Noraika	27:22.5	2:25.7	23.2
Vince Dey	28:27.4	2:30.5	22.5
Robert Barrett	28:41.0	2:31.6	22.3
Jason Fisher	29:00.8	2:26.2	23.1
Chris Parrott	29:35.7	2:36.4	21.6
Sarah Percival	30:14.9	2:38.9	21.3
Christine Meek	30:51.8	2:44.3	20.6

ROAD BIKE FASTEST:

Trevor Hedges (28:16.8)

NAME	TIME	FASTEST LAP	FASTEST LAP SPEED
Nic Stevenson	25:58.4	2:16.1	24.9
Paul Connelly	27:47.7	2:21.9	23.9
Dave Morrison	29:56.3	2:38.5	21.4
Alison Turrell	32:04.7	2:48.9	20.0



Hillingdon Evening TT Series 15 June 2016 / Event 6 Results

TT BIKE

This turned out to be John Sullivan's fastest time of the series (23:32).

NAME	TIME	FASTEST LAP	AVERAGE SPEED
Nic Stevenson	23:24.7	2:02.6	26.499
John Sullivan	23:31.7	2:04.4	26.368
Tim Childs	24:36.8	2:11.7	25.206
Wayne Meek	24:55.8	2:06.2	24.886
Gary Martin	24:57.8	2:12.8	24.852
Robert Barrett	25:38.4	2:16.0	24.197
Ian McNally	25:38.5	2:17.3	24.195
Vince Dey	26:23.0	2:21.3	23.515
Dan Noraika	26:32.3	2:21.9	23.377
Jeremy Ball	26:57.6	2:23.1	23.011
Sarah Percival	27:42.5	2:26.7	22.39
Sarah Richardson	28:20.8	2:29.4	21.887
Christine Meek	28:33.8	2:30.9	21.72
Calvin Martin	29:15.2	2:32.7	21.208
Paul Barker	29:39.5	2:38.2	20.918
Val Rozzi	31:32.1	2:43.0	19.674

ROAD BIKE

NAME	TIME	FASTEST LAP	AVERAGE SPEED
Paul Connelly	26:05.0	02:18.4	23.785
Tom Yates	27:01.5	02:22.9	22.957
Trevor Hedges	28:16.8	02:27.5	21.938

ECCA Open 100 June 19th 2016 / E2/100c 100 Club Record updated again!

Attached are the results from the ECCA E2/100 last weekend. I managed 20th place in a time of 3:50:25. I figured I should probably put a few words around the result too.

Apparently the body can adjust for jet-lag by about an hour a day, given I'd just got back from New Zealand 3 days prior, the 2:30am start should have felt like 10:30am - at least this is how I'd tried to reason it. But at a time when people in tight clothes and silly headwear are normally trying to find a cab home after a few too many, I was stone cold sober and driving across London to race 100 miles dressed in tight clothes and silly headwear.

Any E2 course is a juicy prospect for riders looking to improve on their PB's; on its day it can be one of the fastest strips of asphalt in the land. Last year's 99.6 mile course had been re-thought and, with a new start near Fulbourn, riders set off to complete 3 laps on the A11 and A14 dual carriageways. Figuring my travel would allow me an excuse for a poor showing, I started a bit quicker than the Hounslow 100. But by the second lap I was regretting this strategy; the bad patch I'd anticipated hitting around the 70 mile mark had begun at 40 miles. Luckily a caffeine gel and energy bar seemed to even the keel.

With half a lap left, most of which was in to the headwind, I knew I'd been able to improve on my time from Hounslow, even if the ride hadn't gone quite as well as I hoped. The next 30 minutes or so were just about keeping on top of things. Turning at the Four Went Ways roundabout meant liberation from the headwind and tapping the last remaining reserves for home. I crossed the line with 3:50:25 on the clock and in 20th place. Considering the depth of the field and my travel this was a really pleasing result. Richard Bideau's winning time of 3:22:16 was the second fastest ever recorded by the CTT, but just as impressively Peter Horsnell took out the handicap with +3:43:32, at 86 years of age! Spare a thought for the organisers and marshals too who had the HQ open at 3:30am for the first riders to sign on - they are the folk who make this sport happen.

Ben Allen (Westerley CC) 3:50:25

WINNER: Richard Bideau (Pendle Forest CC) 3:22:16

🌀 Ben Allen

West London Combine 50 26 June 2016 / H50/4 / Great Missenden, Amersham Road

Another comment from Ian: 'Well done to Ben for a 2nd place overall and he also took the scratch and Handicap for the event. Gary produced another good ride to continue his fine season, well done to Jason and Christine for getting 2 minuet PB and ride of the day goes to Clive for a 10 minute PB!!!!'

Strictly speaking, WLC events are a combination of Club events, run together for efficiency of organisation and convenience. However, it is difficult not to compare some of the winning rides when you've got stars like Clayton Edge of the Twickenham CC (1:53:59) in first place overall, followed by our Ben Allen (1:55:40) and then, just one second behind, Geoff Powell of the High Wycombe CC (1:55:41).

🌀 Roly Collicott

NAME	PREVIOUS BEST	HANDICAP	ACTUAL TIME	HANDICAP TIME	NOTES	PTPS
Ben Allen	1:53:27	scratch	1:55:40	1:55:40	1st scratch	
1st handicap	7					
Gary Martin	2:05:57	13:15	2:09:18	1:56:03		6
David Newman		14:23	2:23:16	2:08:53		5
Jason Fisher	2:28:21	22:15	2:26:07	2:03:52	PB	4



RESULTS

Clive Richardson	2:41:17	29:30	2:31:19	2:01:49	PB	3
Christine Meek	2:34:20	29:00	2:32:44	2:03:44	PB	2
Alison Turrell		31:45	2:34:50	2:03:05	PB	1
Sarah Richardson		29:45	2:43:16	2:13:31	PB	
Estelle McLaughlin		36:00	DNF			
Vince Dey	2:17:48	19:15	DNS			

Hillingdon Evening TT Series 29 June 2016 / Event 7 Results

TT BIKE

NAME	TIME	FASTEST LAP	AVERAGE SPEED
Ben Allen	22:57.1	2:02.2	27.0
John Sullivan	24:39.8	2:12.6	25.2
David Newman	25:02.1	2:13.7	24.8
Gary Martin	25:42.8	2:16.6	24.1
Tim Childs	26:03.1	2:18.8	23.8
Jeremy Ball	28:02.1	2:29.3	22.1
Sarah Percival	29:10.6	2:34.0	21.3
Val Rozzi	33:04.0	2:50.3	18.8

ROAD BIKE

NAME	TIME	FASTEST LAP	AVERAGE SPEED
Nic Stevenson	25:35.9	02:13.2	24.2
Paul Connelly	26:58.1	02:20.8	23.0
Dave Morrison	29:49.6	02:34.1	20.8
Alison Turrell	30:04.2	02:39.1	20.6
Calvin Martin	30:24.4	02:40.8	20.4
Lynda Gale	31:34.5	02:46.1	19.6
Gill Morgan	33:03.9	02:54.6	18.8

Westerley Sociable 10 incorporating InterClub vs. Hillingdon Triathletes 10 July 2016 / H10/4 / Sociable 10 Great Missenden - Amersham Road

Well, there's a lot of tradition associated with this event, where the not-so-young are encouraged to come out of the woodwork to compete for the Sociable Trophy (affectionately known as the Old Crock's Trophy). This year we incorporated an interclub, which seemed to work very well (especially as we won!). But that's not why we do it, is it? Anyway, one Westerley member who has long retired was tempted out of the woodwork ... Dave Tobias, who used to ride with us about 30 years ago, so it was great to see him.

RESULTS

On top of that, we had plenty of our newer members, who are making big improvements so there were plenty of competitions going on.

It wasn't the sort of weather one might expect for mid-July. At the start it was beginning to drizzle. I was starting timekeeper and was getting wetter and colder, despite having borrowed an extra couple of layers from the racers, including a waterproof. I ended up with numb fingers by the time I got back to the HQ. Alison Turrell was fastest on handicap with a handicap time of 19-14, having improved by over three minutes, so she won the Sociable Trophy. Estelle McLaughlin wasn't far behind with handicap time of 19-24, having improved by 3 1/2 minutes. I also have to say that Dave Tobias's actual riding time of 34-29 was exceptional considering, as I'm sure he won't mind me mentioning, his age of 77!

🌀 Roly Collicott

NAME	PREVIOUS BEST	HANDICAP	ACTUAL TIME	HANDICAP TIME	NOTES	PTPS
John Sullivan	21:09	1:10	23:19	22:09	1st Scratch	4
Malcolm Woolsey	20:48	0:58	23:21	22:23		3
Gary Martin	24:02	2:11	25:07	22:56		2
Ian McNally	22:05	2:08	25:12	23:04		1
David Newman	22:37	2:45	25:54	23:09		
Sarah Percival	26:04	5:15	26:35	21:20		
Vince Dey	25:05	4:58	27:35	22:37		
Chris Parrott	27:55	6:49	28:00	21:11		
Alison Turrell	31:48	9:41	28:55	19:14	PB & 1st h/c	
Paul Barker	29:37	8:28	30:12	21:44		
Estelle McLaughlin	35:10	12:15	31:39	19:24	PB	
Gill Morgan	31:11	9:30	32:07	22:37		
Dave Tobias		11:30	34:29	22:59		
Ben Allen	19:52	scratch	DNS			
Richard Burton	22:08	2:54	DNS			
Calvin Martin	27:30	5:00	DNS			
Wayne Meek	22:08	1:49	DNS			

INTERCLUB FASTEST TEAM OF THREE

Westerley		Hillingdon Tri	
John Sullivan	23:19	David Knight	23:20
Malcolm Woolsey	23:21	Simon Claridge	25:15
Gary Martin	25:07	Steve Sibley	26:55
	1:11:47		1:15:30



Hillingdon Evening TT Series 13 July 2016 / Event 8 Results

Dave Newman and Rob Barrett recorded their fastest rides during the whole Hillingdon season: (24:28 and 25:21). Great rides!

TT BIKE

NAME	TIME	FASTEST LAP	FASTEST LAP SPEED
Ben Allen	22:16.3	1:57.3	28.8
David Newman	24:27.8	2:11.7	25.7
Tim Childs	24:39.1	2:08.8	26.3
Wayne Meek	24:53.6	2:07.2	26.6
Robert Barrett	25:21.2	2:13.8	25.3
Vince Dey	26:20.3	2:19.0	24.4
Sarah Percival	26:48.1	2:24.2	23.5
Chris Parrott	28:13.6	2:30.5	22.5

ROAD BIKE

NAME	TIME	FASTEST LAP	FASTEST LAP SPEED
Paul Connelly	26:07.8	02:17.2	24.7
Dave Morrison	28:45.5	02:33.1	22.1
Alison Turrell	29:03.0	02:35.7	21.7
Gill Morgan	31:59.9	02:49.9	19.9
Sue Dyke	34:38.0	-	-

Hillingdon Evening TT Series 27 July 2016 / Event 9 Results

TT BIKE

As the Hillingdon season was winding up, Christine Meek managed her best ride of the Hillingdon Circuit series with a 27:50, Gary Martin 24:26, Vince Dey 25:55 and Chris Parrott 27:47

NAME	TIME	FASTEST LAP	AVERAGE SPEED
Ben Allen	22:33.6	01:56.9	27.5
John Sullivan	23:47.1	02:06.2	26.1
Gary Martin	24:25.9	02:07.8	25.4
Wayne Meek	24:49.2	02:05.1	25.0
Vince Dey	25:54.7	02:18.9	23.9
Chris Parrott	27:47.0	02:26.4	22.3
Christine Meek	27:50.3	02:26.6	22.3
Keith Freegard	28:29.1	02:31.8	21.8
Val Rozzi	30:27.9	02:38.5	20.4
Sue Dyke	32:41.6	02:49.4	19.0

ROAD BIKE

Paul Connelly and Dave Morrison managed their fastest rides in the series (25:32 and 27:54).

NAME	TIME	FASTEST LAP	AVERAGE SPEED
Nic Stevenson	23:26.2	2:04.4	26.5
Paul Connelly	25:31.6	2:16.7	24.3
Tom Yates	26:32.6	2:21.5	23.4
Dave Morrison	27:53.5	2:26.4	22.2
Calvin Martin	28:53.0	2:26.5	21.5
Gill Morgan	31:35.4	2:47.0	19.6

West London Cycling Association 30 31 July 2016 / H30/1 / Thatcham - Theale NEW 30 RECORD!

Ben Allen won this event with a superb 1:04:25, which is exactly 1 min 30 sec faster than Andy Halliday's record of 1:05:55, which he set in October last year.

You may have heard about the WLCA and how it will probably cease to exist shortly, but the 30 mile distance is an example of where these less popular events have been made available to the wider TT fraternity. Actually, I'm not sure that 'fraternity' is an appropriate noun, especially as 2nd place was taken by a woman, Rachel Elliot (1:05:29) but you get my drift.

🌀 Roly Collicott

Hillingdon Evening TT Series 10 Aug 2016 / Event 10 Results

To cap off the Hillingdon series, some of our stars made the most of it with their fastest rides in this event for the season, led by Ben Allen (22:11), then Richard Burton (26:27), Jason Fisher (26:44), Jerry Ball (26:47), Paul Barker (29:34). Well done all; here's looking forward to next year!

TT BIKE

NAME	TIME	FASTEST LAP	FASTEST LAP SPEED
Ben Allen	22:11.0	1:58.2	28.6
Gary Martin	24:31.5	2:09.8	26.1
David Newman	24:35.0	2:08.9	26.3
Wayne Meek	24:58.0	2:06.2	26.8
Robert Barrett	25:51.2	2:16.3	24.8
Vince Dey	26:15.4	2:20.5	24.1
Richard Burton	26:27.1	2:15.0	25.1



RESULTS

Jason Fisher	26:44.1	2:18.8	24.4
Jeremy Ball	26:47.4	2:22.0	23.8
Chris Parrott	27:49.4	2:29.8	22.6
Miles Irving	29:13.6	2:34.4	21.9
Paul Barker	29:33.8	2:39.1	21.3
Dinesh Karunarthna	29:40.9	2:34.7	21.9
Sue Dyke	34:04.2	3:03.7	18.4

ROAD BIKE

Road bike fastest rides of the season: Tom Yates improved in every one of these events, concluding with a 26:32. Calvin had a couple of rides since coming back from Uni and this was his fastest (28:36). Alison Turrell also continued her improving streak and got down to a 28:48. Another of our new members, Lynda Gale, also improved, just scraping outside the 20 mph barrier with 30:08. Meanwhile, Gill Morgan improved in every ride on the circuit to end with 30:52. Gill's been a regular rider on the roads, but she's actually been faster on the Hillingdon circuit, which has helped with her various international duathlons. Having experimented with the road and TT bikes, Nic showed that he could manage an impressive performance on his road bike, as he chipped away to end up with a circuit best on his road bike of a 23:02. Of course, that must be begging for a 22. Meanwhile, a special mention must go to Dinesh, who has always shown good strength, including mountain biking in Wales but hadn't cracked the 20 mph barrier in a 10 ... until now!

The season's end came all too quickly for these still-improving riders.

NAME	TIME	FASTEST LAP	FASTEST LAP SPEED
Nic Stevenson	23:01.7	2:00.9	28.0
Tom Yates	26:32.0	2:19.4	24.3
Tim Childs	27:04.5	2:20.5	24.1
Dave Morrison	28:19.2	2:29.9	22.6
Calvin Martin	28:35.6	2:28.4	22.8
Alison Turrell	28:47.5	2:32.6	22.2
Lynda Gale	30:07.8	2:40.2	21.1
Gill Morgan	30:52.1	2:41.8	20.9



RESULTS

As in previous years, we capped off the series with a big barbecue. We had about 50 people who stayed on, with a majority of Westerley members but a good crowd of enthusiastic others too. As in previous years, Ann bought all the goodies and, together with Therese in the kitchen, made all sorts of salads and accompaniments for the BBQ.

Wayne had been instrumental in organising and streamlining the technical details of the event (especially the on-line booking system, which dovetails in with the transponder timing system). It was the first time that we'd enhanced this competition with a major prizegiving and it was fitting that Wayne should present the prizes. Wayne has now stood down from this role but we are very grateful for his dedication to this task, especially during 2016. Ian McNally was also instrumental in making these events happen and Roger, as always, turned up to unlock the gates and HQ, armed with the timing cables, transponders and associated equipment. Wayne presented trophies to the following worthy winners:

Fastest junior male TT bike, 6 events : Josh Copley, Catford CC	21:57.9
Fastest junior female TT bike, 6 events: Savannah Hewson, Hillingdon Slipstreamers	25:59.5
Fastest male TT bike, 6 events: Ben Allen, Westerley CC	22:11
Fastest female TT bike, 6 events: Sarah Percival, Westerley CC	26:37
Fastest male road bike, 6 events: Paul Connelly, Westerley CC	25:32
Fastest female road bike, 6 events: Alison Turrell, Westerley CC	28:48
Fastest lap: Robert Moore, Pedal Heaven CC	1:49.7
Fastest event time: Robert Moore, Pedal Heaven CC	21:14

The Big Picture... Summary of Hillingdon 10s for 2016

In 2016 we had a total of 162 different riders during the Hillingdon series, of which 41 were Westerley riders. In one event we had 26 Westerleys!

NUMBERS OF RIDERS FROM ALL CLUBS

EVENT NUMBER	1	2	3	4	5	6	7	8	9	10	TOTAL
No. of TT riders	22	36	39	19	22	31	12	27	26	30	264
No. of Road Bike riders	17	13	22	17	9	10	14	18	24	28	172
Total rides	436										

Interestingly, the analysis above is almost identical to last year, when we had 160 different riders, of which 36 were Westerley members, competing in a total of 440 rides. Anyway, 2016 was another great event series, well supported by many clubs and with some excellent Westerley results. Well done everyone!



West London Combine 25

21 Aug 2016 / H25/4 / Great Missenden, Amersham Road

This was an early start with our people off at 7:30. The speed merchants certainly showed how it's done, with Gary turning in an impressive '3', while Tim shot round in a short '1', but Ben really took the biscuit with an astounding 56. I'm not sure how many have ever got close to that time on this, our local Amersham road course.

NAME	PREVIOUS BEST	HANDICAP	ACTUAL TIME	HANDICAP TIME	NOTES	PTPS
Ben Allen	50:40	scratch	56:32	56:32	1st scratch	
1st handicap	7					
Tim Childs	54:10	2:45	1:01:10	58:25		6
Gary Martin	1:00:14	5:30	1:03:22	57:52		5
Vince Dey	1:02:34	9:23	1:07:18	57:56		4
Jason Fisher	1:04:13	7:53	1:08:38	1:00:46		3
Chris Parrott	1:12:33	12:45	1:13:34	1:00:49		2
Calvin Martin	1:18:10	16:15	1:13:59	57:44	PB	1
Alison Turrell	1:15:14	17:00	1:16:13	59:13		
Gill Morgan	1:22:52	20:00	1:22:20	1:02:20	PB	
Shona Cowper	1:27:00	23:00	1:22:50	59:50	PB	
Paul Barker	1:20:16	19:30	DNF			
Wayne Meek	59:08	5:15	DNS			
Sue Dyke	1:25:24	20:15	DNS			
ian McNally	58:30	5:28	DNS			

West London Combine 10

4 Sept 2016 / H10/4 / Great Missenden, Amersham Road

NAME	PREVIOUS BEST	HANDICAP	ACTUAL TIME	HANDICAP TIME	NOTES	PTPS
Ben Allen	19:52	scratch	22:05	22:05	1st scratch	4
John Sullivan	21:09	1:10	24:01	22:51		3
Vince Dey	25:05	4:30	26:35	22:05		2
Chris Parrott	27:55	7:50	28:27	20:37	1st handicap	1
Sarah Richardson	29:45	7:30	28:43	21:13		
David Morrison		5:20	29:12	23:52		
Alison Turrell	28:55	8:10	29:17	21:07		
Christine Meek			30:11			
Gill Morgan	31:11	10:00	31:02	21:02		
Estelle McLaughlin	31:39	10:00	32:15	22:15		
Ian McNally	22:05	3:00	DNS			
Wayne Meek	22:08	2:20	DNS			

While Ben's ride was impressively almost sub-22, we also had regulars John Sullivan, and Vince Dey in 2nd and 3rd place. A well-deserved 1st handicap result from Chris Parrott, being only half a minute off his personal best. Next fastest was Sarah Richardson, leading the female charge. Four Westerley women rode this event, which is a welcome sign of more female involvement in time trialling. Although she's competed at other distances up to 50 miles, as far as I can see this was Christine's first 10 on the open road, closely approaching the magic speed of 'evens', i.e. 20mph.

Meanwhile, Ian McNally reflects on the WLC series and Westerley Club 10s:

The West London Combine series 2016 has been a great series of events over the season and the Westerley have shown good numbers at every race. When I first joined the club back in 2009 we were lucky to get five of us racing these events, I look now and see regularly getting 10 or more riders. This is a sign the club is growing, and with that we have a great bunch of ladies racing, with a healthy amount of competition amongst them. I have watched this season as most if not all of them have progressed and it has been great to watch them get some very good PB's from the start of the season. Not only that but we have seen Ben Allen emerge as one of the big boys in the Combine, winning and placing in all the events this year, well done Ben. I will add that today Ben made it a clean sweep in the President's trophy points and took a maximum again. I have not seen one person dominate this completion before, so maybe it's time Nic started racing a few of these events. On to today's event, this was a great team effort by all again and it was nice to see people give up riding to help out, well done and thanks Richard, Nic, Jason, Tim and Frank for that, and also to Roger, Ann and Gill. On the day we had a small field but that did not stop people from turning up and having for some the final blast of the season. In Dave Morrison's case it was his first road TT, but Dave is not one to stop there so he went off and did another 170k to get some more Audax points! What a guy. The weather was not as good as they predicted and we did have a few sharp showers but that did not deter the 33 who signed on. It was a great time that won the overall WLC event: by High Wycombe's Rob Walker with a 21:35, followed by our own Ben Allen (22:05) and Hillingdon regular Josh Copley (22:09). On to the ladies, Joy Payne was first of the WLC clubs with a time of 27:29 followed by two of Westerley's finest, Sarah Richardson (28:43) and Alison Turrell (29:17), well done.



WESTERLEY OPEN 25

18 Sept 2016 / H25/2 / Marlow A404/A4

Another flagship event for us. Some of you may remember that last year we were really pushed to get enough marshals and helpers. Well, this year Vince drummed up enough support so that we were not only fully supported with officials and helpers, but we also were able to get a decent entry of 105 riders, approaching a full field. Bear in mind that this is one of the faster courses in the country and gets entries from far and wide. Not only did Ben achieve a magnificent second place, but with our top riders, John and Nic, easily demolished all-comers in the team competition, achieving a very impressive team time of 2-41-10. If there was one thing that was a slight downer on the event it was that, because of a mistake by the timekeeping team, the 10 finish was used instead of the 25 finish, with the result that the course was slightly short, with times reduced by approximately 15 seconds. The upshot is that riders can't use their results as official times, but equally, they won't have to admit to them when entering future events, thus improving their chances in future handicap competitions. (There's a silver lining in every cloud!).

Vince was overall event organiser and on the day looked after the sign-on and result board. He says a big thanks to everyone involved in the organisation: Timekeepers Mick and Marion Fountain (Didcot Phoenix), timekeepers assistant Nic (post ride) and me, marshals Clive Richardson, John Hoskins, Paul Barker, Sue Dyke, Jerry Ball, Richard Burton, Keith Shorten, Chris Parrott, Dinesh Karunarthna and then there's Roger on course setup and pushing off; and of course Ann and Therese in the kitchen. Without them it wouldn't have been possible, but may I remind you of the impressive number of competitors we managed to field as you will see from the results below.

Overall event winners were Rob Walker of High Wycombe CC, Kate Allan of DRAG2ZERO and vets on standard winner Robert Gilmour of Hounslow Wheelers.

NAME	VET STD	ACTUAL TIME	+/- ON VETS STD
Ben Allen	1:06:13	52:04	14:09
John Sullivan	1:08:26	54:25	14:01
Nic Stevenson	n/a	54:41	
Gary Martin	1:09:34	59:25	10:09
Jason Fisher	1:06:39	1:03:22	03:17
Calvin Martin	n/a	1:09:13	Includes 1 min late start
Gill Morgan	1:14:53	1:16:57	
Andy Halliday	1:06:51	DNS	
Tim Childs	1:08:52	DNS	
Sarah Percival	1:14:09	DNS	
Frank Proud	1:07:50	DNS	

Note 1: short course: times reduced by approximately 15 seconds

Club 2-up 10 and Hill Climb

16 Oct 2016 / Great Missenden, Longdown Hill

Decisions, Decisions, Decisions and Purple Rain: Westerley Two Up and Hill Climb Report

It was a decisive weekend for Westerley, perhaps not in the way sports journalists usually use that phrase to dramatise a split second decision having an impact on the final outcome: this was more an overload of more ponderous decisions. The first of those 'shall I, shan't I?' decisions was for anyone considering entering Sunday's 2up time trial for pairs on Sunday morning, followed the same day by the Hill Climb up Longdown, and it seems a good few were looking forward to this double day out.

However, traditionally, Saturday falls before Sunday in the weekend schedule and I had been emailing Paul Connolly all week trying to persuade him to come out for a 45 minute spin on Saturday morning before I went to QPR. As many will know, Paul broke his back a month ago when a car cut across him whilst cycling in Eastcote, fortunately leaving his spinal cord intact. This would be Paul's first time back on a road bike, and a big day out, would he accept the challenge? Paul decided to take up the invitation and we set off for a loop around Northwood. Usually when we ride I have to fight to stay on Paul's wheel and he always has to slow down on hilltops allowing me to catch up, but today he was still recovering and, for the first time ever, I had the hollow pleasure of getting up hills first, although the real winner was Paul for having the guts to overcome the pain and, I suspect, the nerves it takes to get back on a road bike after what happened to him. We decided to stop for a coffee at Cycle Right, a new 'high end' bike shop in Northwood Hills that doubles up as a cycling cafe and has bike stands inside the shop for customers... very civilised! So, on to Rangers where it had been decided that Ian McNally would bring my new Westerley Hoodie for me. Another good Westerley catch up, sadly interrupted by another awful game where everyone was questioning the QPR manager's decisions even more than the referee's. Thankfully, watching Bridget Jones Baby at Pinewood Studios that evening proved rather more entertaining, and at least Bridget Jones' decision making process is scripted to be humorous.

There was nothing humorous about the Sunday morning weather forecast as the song titles went through my mind, 'I can't Stand The Rain' (Ann Peebles), 'It Keeps Raining' (Fats Domino) 'Rainy Night in Georgia' (Brook Benton) and Tony! Toni! Tone!'s 'It Never Rains in Southern California' which I recall constantly once singing in San Diego whilst the roads flooded around our hotel.....'but why do singers from southern US states sing about the rain more than their northern counterparts?', I asked myself before remembering that Prince (from Minneapolis) sung Purple Rain, which given our club colours might be an appropriate song. The 2Up and Hill Climb winners will start a 12 month 'Purple Reign' perhaps?!

I also asked myself why the heck I was getting out of bed early on a Sunday morning. I had originally decided to ride to Great Missenden but that decision needed reviewing and, more problematically, I needed to persuade my wife to let me have the car, which I knew she was intending to use. 'I wouldn't have asked, but I have to take the Norman Ware trophy back to Richard Burton', I explained and, if I'm honest, I think I'd have decided to stay in bed if



that duty hadn't prevailed. My wife accepted the proposal and was, consequently, subjected to being thrown around the back seat of my daughter and her boyfriend's car (they had volunteered to ferry her around in the absence of our car) whilst he impersonated a rally driver on normal roads.

Driving up to Great Missenden, I saw a lot of standing water at the side of the road and that, together with the spray, was going to make it a very wet day on the road. There were, nevertheless, lots of cyclists assembling in Great Missenden, both from Westerly and some enthusiastic sportiveists embarking upon the 80 mile Bob Hobson Challenge for the British Heart Foundation.

'It'll clear up later' claimed the more positively minded Westerley members as we huddled under umbrellas in the car park. One look at a soaked Nic Stevenson as he cycled into the car park after riding from home though left us in no doubt what it was like out there. Gary Martin looked just as wet and this only confirmed our doubts. Despite all of the evidence a few enthusiastic voices still expressed a desire to carry on. Another set of song lyrics went through my mind, Heatwave's 'Mind Blowin' decisions, causing head on collisions'... surely nobody wanted to ride in that standing water and riding in the middle of the road is dangerous! Ultimately Ben Allen got in his car and drove the course. Unsurprisingly, upon his return it was decided to cancel the 2016 Westerley TWO UP, so we GAVE UP and the TWO UP WAS DOWN. About half of the assembled Westerley Massive decided to go home, whilst the rest of us decided to venture along to the Deep Mill Diner for coffee and a greasy breakfast. A fantastic hour or two were spent chatting and laughing about all sorts of things and I will, sadly, be stuck forever with the image of the Dragon's Den pitch for sticky cycling short pads for extra saddle grip... don't ask! Nic and I did agree though that the Westerley Rain Jackets were rather effective, so if you want one be sure to order before the 24th October deadline.

Nic Stevenson decided to head back to London, so I gave him a lift to Amersham station in the rain. The amount of standing water had increased and seemed to confirm that the decision to give the Two Up the two fingered sign, was the correct one.

Having never ridden up a hill in anger, I decided to ask some dumb questions about hill climbs, and it seemed that there are no right and wrong ways to do it. What might have helped is if someone had recommended riding up the hill to assess it first. I naively signed up for the Hill Climb, one of only four remaining entrants and clearly the other three were all capable of beating me. Their task was made much easier by the fact that at every point of the hill I decided to choose the wrong gearing and tactic. I won't bore you with the detail, but despite the worst time of the four I could hardly breathe at the top. 'Never Again' I screamed as I passed Malcolm Woolsey at the car park. Of course I'll do another, but at that moment I had decided that this kind of torture wasn't for me.

Malcolm was fastest up, Roger told me, with Dave Newman and Tim Childs forcing me in to last place. So, Malcolm will be awarded the trophy at the forthcoming Annual Dinner, whilst I'll be up for the Carol Vorderman Cup for most use of a related noun and verb '2 UP' in a Westerley Blog, for my use of the noun 'Decision' and verb 'To decide' in this article.

My lasting memory of this, however, will be at the Red Lion in Whiteleaf afterwards where I decided to leave early and Roger said 'Thanks for making up the numbers'...which is probably true, but I'm not sure is the most flattering comment I've ever received!

Still, I got home in time to watch the UCI World Road Race championship on TV, and a few decisive moments in the cross winds and sprint finish determined that for the ever gushing enthusiastic commentary team. I wonder if the UCI thanked around 170 riders not involved in the sprint for 'making up the numbers'?

Malcolm Woolsey	3.00.08
David Newman	3.18.25
Tim Childs	3.37.26
Dave Morrison	3.43.32

Have a look at this picture here from Keith Shorten, who's going strong in Dorset... he wrote in August saying 'The day starts with the climb out of Ringstead Bay... While he was there, cycling with Freda, he celebrated his 78th birthday.



So here's the summary of the major club awards for 2016

I couldn't help noting that, although Ben has had some superb results, with plenty of records broken, we also had amazing progress shown by Nic Stevenson.

Nic Stevenson's bid for the stars

In his rather self-effacing manner, Nic says "I'm less convinced that I've achieved some sort of a meteoric rise as I think I have bought some speed by way of a TT bike and managed to get rides on fast courses (principally F11/10 and E2/25)!"

Nevertheless, just looking at his 25 times: they go from a 1 hour 5 minute ride, down to a 59, then a 57, then a 52. How's that for progress?

So here's what he's achieved during 2016 (excluding Hillingdon), where *= personal best:

H10/2	6 March 2016	25:30	On fixed gear
H25/4	20 March 2016	1:05:41	On fixed gear, poor weather.
H10/22	25 March 2016	23:47	On fixed gear
H25/4	10 April 2016	59:33	New TT bike
H25/2	17 April 2016	57:03	Ski slope course 25*
F11/10	7 May 2016	20:31	Fast course 10*
H50/8	8 May 2016	1:57:30	Horrible course, bars came loose, fatigued. 50*
E25/2	4 June 2016	52:28	New disc wheel and Zipp 404 front 25*

"What I would say though is that this is my first proper season time trialling and I've loved it - it's been a real learning experience and I hope that I can build on my times next year and ride more longer TTs to see if they suit me.

I've also been riding a lot less in June and been ill for the past few weeks (ended up in hospital for two days last week having dozens of blood tests as they were worried about endocarditis - which hasn't thankfully come to pass!), so been feeling a bit down about my riding."

In an update at the end of August, Nic says...

Two weekends of horrid weather TTs actually which I think are the only ones I've done on the road since June:

Did a 50 two weeks ago on the H50/17 in 2:00:38.

And yesterday a 10 in a bloody gale on the H10/181 in 22:09 - which given I was going sideways as much as going forward I was fairly pleased with...

VC10 Open 10 F11/10 29 August 2016
I did a 20:54 in fairly poor conditions compared to the one on my birthday in May... so the earlier one's my season's best.

Also did a 25 on the E2 with Tim on September 3rd, which was biblical conditions, got 52:58. So again, not my best time this year, but pleased nonetheless. Then I rounded the year off with the Westerley 25, where I did 54:41, although the course was about 15 seconds short.

⚙ Nic Stevenson



Overall 2016 Trophy Winners and New Club Records overleaf

2016 TROPHY WINNERS

CLUB CHAMPION

Gary Martin • 22.226 mph

LADIES CHAMPION

Christine Meek • 20.148 mph

SHORT DISTANCE CHAMPION

Ben Allen • 28.324 mph

VETS CHAMPION

Ben Allen • +44.17

12 HOUR CUP

Gary Martin • 233.42

100 MILE CUP

Ben Allen • 03:50:52

CHARLIE ALLEN MEMORIAL

50 MILE TROPHY

Ben Allen • 01:52:39

50 MILE (LADIES)

Christine Meek • 02:32:44

H.L KENNEDY 25 MILE TROPHY

Ben Allen • 00:50:40

25 MILES (LADIES)

Sarah Percival • 01:11:43

W. HARRISON 10 MILE TROPHY

Ben Allen • 00:19:58

10 MILE (LADIES)

Sarah Percival • 00:26:04

NORMAN WARE TROPHY

David Morrison • 75 pts

ROAD RACE CHAMPION

Ben Allen

SOCIABLE TROPHY

Alison Turrell • 00:19:14

Congratulations to all our Trophy
Winners and New Club Record holders
for another fantastic year of racing!

BOB KYNASTON HILL CLIMB

Malcolm Woolsey • 03:00:08

PERCY MARKS

Alison Turrell • 1-04-24

HILLINGDON OVERALL

Ben Allen • 240 Pts

HILLINGDON HANDICAP

Gary Martin • 199 pts

PRESIDENTS TROPHY POINTS AWARD

Ben Allen • 37 Pts

LES AMES SHIELD

Ben Allen • 00:57:02

CLUB PERSON OF THE YEAR

To be announced at
the dinner

2016 NEW CLUB RECORDS

10 MILES

Ben Allen • 00:19:58

Ben Allen • 00:19:44

10 MILES TEAM

Ben Allen, Nic Stevenson

& Andy Halliday

01:01:37

25 MILES

Ben Allen • 00:50:40

25 MILES TEAM

Ben Allen, Andy Halliday

& Tim Childs

02:38:46

30 MILES

Ben Allen • 01:04:25

100 MILES

Ben Allen • 03:55:35 • 03:50:25

100 MILES TEAM

Ben Allen, Andy Halliday

& Gary Martin

12:42:00



BENSON & HEDGES

Sunday saw a pleasant day riding out through the countryside to the Annual Benson Veteran Bike Rally for Westerley members Dave, Paul and Roly. Dave and Roly give their impressions below, as well some as a gallery of images from the day.

We reached Benson after the start of the rally, which was anticipated, so rode through Ewelme in search of the riders. A lady was standing on her doorstep in Ewelme so we asked if all the bikes had passed through? She bemoaned that they had gone earlier but she had missed it, 'they don't advertise it well' she complained.

We caught up with the riders at a large private house which doubles up as a pit stop and spent some time inspecting the wonderful and



**BENSON VETERAN
BIKE RALLY
WESTERLEY SOCIAL RIDE
3 JULY 2016**

weird contraptions parked in the grounds as well as chatting with the friendly and enthusiastic owners. Soon, they were off again and we waited for the majority to leave before following them up the road to The Lamb Public House at Chalgrove where they got lunch. We rode slowly, in amongst the veteran bikes, chatting and having a laugh with the riders, this was probably one of the most 'social' rides you could ever wish to be on.



We spent ages at The Lamb, again, just amazed at the range of bikes and old fashioned technology, enjoying the sunshine to the sound of the brass band playing on the lawn. I doubt that the words nor picture can fully do this justice, you'll just have to wait until next year's ride. Roly kept bumping in to people he knew, which added to the fun, but what really struck us was that several people spotted our Westerley jerseys and came up to tell us that when trying to find out details of the event, our website was the most informative.....so, the lady in Ewelme was right, this is surely cycling's best kept secret?

Our ride of about 45 miles each way (I'll tweak the route a little for next time) was probably less exhausting than the few miles the veteran bike riders

suffer on those old contraptions, wobbly wooden wheels with metal rims anyone? Many of them in Victorian costume too, although one rider on a boneshaker did tell me that he had Assos shorts underneath as they were the only brand that could stand up to a boneshaker. Ladies in long skirts and dresses, men in military uniform with rifles attached to their bikes, tricycles, penny farthings, sidecars and more. This has to be seen to be believed. There was even a Broom Wagon for the break downs.

We attempted to leave The Lamb several times, but then wanted to take more photos, chat, go to the loo and any other good reason to stay, but eventually at 2pm the riders began to set off on the next leg of their ride. We rode alongside

again, stopping at the Chalgrove village shop and, guess what, ended up standing there chatting with some veteran bike owners! When we finally did get back on our bikes we rode with the veterans for a few hundred metres then we wished the adjacent riders luck before peeling off towards Watlington for the ride home.

A day that will stay with me for a long time, I've been to the Benson Veteran Bike Rally before, but this Westerley Social Ride was top notch, even a detour for a closed road on the way home could not detract from it... Although, to be fair, we all had to ring home to say we'd be late so a closed road was a better excuse than lingering to look at old bikes!

✿ Dave Morrison



Dun Da' Dunwich Dynamo

Doing the Dunwich Dynamo has been on my 'to do' list for years but it always seemed to clash with something else, but all that changed in 2016.

In fairness, the date for the ride fluctuates as it is usually on the weekend closest to a full moon in July. This has nothing to do with werewolves, it's because it is a night ride from Hackney to Dunwich on the Suffolk coast and the full moon adds to the lighting effect. The idea is to arrive at Dunwich for breakfast on the beach in the morning.

This is something of an informal event, there is no event entry although it is possible to book a coach home through SouthwarkCyclists.org and there is a photocopied Routesheet that sells for £1 at the start (londonschoolofcycling.co.uk). When I say, 'the start' basically thousands of cyclists gather at The Pub On The Park (that's its actual name) in London Fields Hackney for a 9pm departure, although everyone actually appears to leave when they feel like it. Pub stops seem to feature

in quite a few riders' plans, one cycling event where a 'draft' is allowed - a pint of DD perhaps? After all, Double Diamond Works Wonders was their tagline for years!

Far from wonders, I was wondering whether to do it but decided a few days before that I'd do the DD and assumed that it was too late to buy a coach ticket (although there were 1,000 places) and that trains home from Ipswich/Lowestoft would be fully booked (reservation only apparently) so riding home was the sensible/stupid option. I worked out a route to Hackney from Ruislip, and one from Epping to Ruislip for the home leg and joined it to the GPX file for the Dunwich Dynamo I had found on the internet. A 430km round trip, Garmin loaded and ready to go.

What is startling, is how many riders don't download a GPX file nor use the routesheet. OK, fair enough, there are enough other riders to follow, but that philosophy naturally follows Dr Tupper's first rule of sheepology, that if the leading bloke goes

wrong, so do all of the others. I have to say, being overtaken by the same groups of fast riders several times because they missed turnings and had to retrace is moderately amusing even though I shouldn't really laugh.

Despite the name of the event, I was one of the few to actually have a dynamo (I have a hub dynamo for overnight audaxes) and riders should be aware that it's a 'batteries not included' affair so make sure of some spares! Riding my Audax bike with unareodynamic Carradice bag, mudguards, heavy hub-dynamo and Brooks saddle alongside the lightly equipped carbon fibre chaps was hardly a contrast when one looked around at all of the other shapes, sizes and types of bike there. I looked positively lightweight in comparison to the packed pannier peddlers. This really is a hospitable event for allcomers.

Riding out from Hackney to Epping was amazing, normally horrible busy urban roads were swamped by huge

Peletons of cyclists...I felt a little sorry for the local drivers, but most took it well. I punctured at Epping and, although I had two spare inner tubes I felt a little concerned at using one up so early. Once fixed and out of Epping the ride became an absolute joy, fast, flat-ish roads with little traffic. This part of Britain has some beautiful villages and I always think Finchingfield stands out (check out the fantastic images of it when the 2014 Tour de France went through) and sure enough hoards of cyclists stopped there for a beer and a bite on the way.

The atmosphere was fantastic, good natured, friendly and courteous with riders used to group riding and road etiquette. Many pubs have late licences for the event, overnight

pop up road side food stalls punctuate the route and there's a half way barbeque at Sudbury Fire Station (did they do a risk assessment do you think?). I wondered what would happen if the fire engine was called out as the front of the fire station was blocked by cyclists, but they had that covered as it actually was called out whilst I was there and they had a rear exit at the back of the building! They also sold inner tubes there, so that allayed my puncture fears! It struck me though, that firemen managing a small open fire, with an adjacent pile of small rubber hoses seemed like a train driver playing with a model railway!

I got to Dunwich at around 3.30am, far too early to see the sunrise but the cafe was already open and busy, and had

a roll and a bag of crisps before heading back home. I passed the last person still coming in the other direction at about 65km from Dunwich, so I suspect people were still getting there up to mid morning. Worryingly, quite a few stragglers clearly needed directions too!

There didn't seem to be many people riding back to London, I spoke to a guy from Muswell Hill, a couple of guys from Woodford and someone from Islington. I also saw 3 Twickenham riders, but that was about it. Maybe more ride back later after watching the Dunwich sunrise, apparently there's a nice Power Station view I'm told... must stay later next time.

It's quite clear that this ride is approached by different people in different ways. The crowds at

the en-route pubs, coffee stops and pop up stalls suggest that many treat this as a social amble. But there were fast peletons too plus the usual recumbents and I saw one elliptigo. On the way home I saw the most amazing contraption that looked like a scaffold tower on four wheels. I should have turned back and taken a photo but I was more intent on getting home to watch Le Tour de France on TV I'm afraid.

More haste, less speed and I hadn't eaten enough so, predictably, I bonked on the way home. I stopped for a pie and coffee, got going again, but bonked again later. Those last few miles were awful, I was going so slowly that I was delighted that the roads were devoid of cyclists to witness my

toils, all presumably at home watching Le Tour! I got home in time for the last few climbs but was struggling to stay awake as I'd been up since 7am Saturday morning. It's safe to say that I slept well Sunday night!

The Dunwich Dynamo is a 'must do' event, it was fantastic, but the logistics of getting home do offer a challenge. The first official coach didn't leave until 9am, and trains need advance booking. Next year's event is on the 8th July and it would be nice to get a few Westerley folk together, booking the coach home and stopping a couple of times on the way. Then you can say you've 'dun' the Dunwich' too.

✧ Dave Morrison

MORE HASTE, LESS SPEED AND I HADN'T EATEN ENOUGH SO, PREDICTABLY, I BONKED ON THE WAY HOME. I STOPPED FOR A PIE AND COFFEE, GOT GOING AGAIN, BUT BONKED AGAIN LATER.



AUDAX HEIGHTS AND FRENCH REVOLUTIONS



Frank Proud and Dave Morrison on Westerley's best ever Audax season in a Paris-Brest-Paris year.

We think that it's fair to say that we are both delighted that Westerley was ranked 32nd highest Audax club in the UK, out of 305 point scoring clubs for the 2015 season. Clubs are ranked on the aggregate points of their top six riders, so the position is even more special when one considers that we only had two riders scoring points.

Audax points are scored for every 100km in a ride (known as Brevets or Randonnées), for rides of 200km and over. There are also, in addition, (different) points for hilly rides, known as AAA (Audax Altitude Award) points which count for different awards. The formula for AAA points requires at least 15m climbing per 1km to qualify, although this tapers for longer rides. There are numerous awards for Audax and AAA, represented by badges and medals that can be claimed for amassing various totals.

The 2015 Audax season

ended on 30 September and was a special year as the four-yearly Paris-Brest-Paris event took place in August. At 1,230km, it meant 12 Audax points for those finishing within the time limits. However, to qualify, riders must also complete a 'Super Randonneur' Series of a 200km, 300km, 400km and a 600km ride before the event, so each finisher will have amassed at least 27 points by completion.

Dave: I actually ended up doing two SR series as I was fearful of a mechanical or some other catastrophe so entered more qualifying events than I needed. As it happened, I ended up with an event at each distance that also qualified for AAA points, so claimed both the normal SR award and an AAA SR award, the latter is less common!

Frank: My qualifiers went well but I certainly didn't claim many AAA points! I stuck to flatter rides and managed to do my fastest ever 300, 400 and 600km rides; the latter despite 12 hours of solid rain. That 'wet night in Scotland' (covered earlier) was actually the most important part of my preparation – giving me confidence I was in the right shape to ride for 40 hours at a decent rate. Actually I did better than I hoped and managed 42 hours, by virtue of going a bit slower in the horrendous weather!

Audax rides are unsupported, long distance rides, riders need to be self sufficient and navigate themselves. Although route sheets with directions are provided, these days GPX files are also available and most riders use GPX on bike computers for navigation, often along with other technology such as heart rate and power meters.

DAVE: This was only my second year of Audaxing, so there was a lot of learning and buying new stuff, especially in respect of the night riding. It is great to have people like Frank around to ask a few questions, but I'm not sure I always asked the right ones!

Frank: This was my second PBP, so I thought I had learnt a few things from last time. The main one was that, rather than blasting off at the start – which is tremendous fun but has its costs later – I was going to aim for a steady power level that I could sustain for the best part of the first day. Like last time, my aim was to have one sleep stop with a long 'day' either side.

Paris Brest Paris offers various options, entrants can go for an 80 hour limit, starting Sunday Afternoon, 90 hours, starting Sunday evening, or 84 hours starting Monday morning.

dave: I wasn't sure what to expect, so cautiously opted for the 90 hour Limit. Unfortunately, I had managed to book one of the worst hotels in France and my wife and daughter, who were going to have fun in Paris whilst I was off riding, refused to stay there.

Unfortunately, this involved me driving them to the airport early in the morning of the day of the event. Consequently, when I started on Sunday evening I had already had a long day, with a night and a day's riding ahead of me. This combined with a 'turbulent' stomach due to some medication I was on did not bode well.

Frank: Unfortunately work got busy just beforehand so I couldn't join the leisurely ride down, which was a shame as it was one of the highlights last time. I had to take the Eurostar, but at least that gave me a chance to see Paris. I'd chosen the Monday morning start so that I could ride mostly in daylight, and my objective was to finish on Wednesday evening, hoping to get back in something close to 60 hours.

The start was from France's new National Vélodrome at St.Quentin en Yvelines, a suburb of Paris. The town was buzzing, swarming with PBP entrants and there was something of an atmosphere to savour. We both met up for lunch, managing to find a table despite the demand from fellow cyclists. Following lunch we watched the 80 hour riders depart followed by the 'special' bikes entrants, including tandems, tricycles, recumbents, elliptigos and vélomobiles before we wished



each other luck and Frank looked forward to a night's sleep and Dave a night's riding.

Dave: The first night ride was fantastic, red bicycle lights as far as the eye could see ahead, mild weather, good roads and good speeds, only interrupted by my stomach insisting that I stop in the woods and do what bears are renowned for. During the following day, I met Liam Morris from Dulwich Paragon whom I know from other audaxes and we rode a fair distance together. He had booked a hotel for that evening which he had also reserved for the following night on the way back. I had made no plans but knowing that I had been up longer than everyone else, decided to try and catch some sleep at one of the controls early evening, before everyone else took all the spaces. So, 3 Euros bought me a camp bed and blanket for 3 hours in a basket ball gymnasium. Bad Call! I couldn't sleep, wasted about two and a half hours and ended up getting back on the bike. Naturally, I was consequently very tired by 4 am and grabbed an hour's sleep at the roadside in the cold. It was not going well, food was also scarce in the remote countryside although, in contrast, many rural families had set up coffee and water stalls outside their homes all night long! But I needed food!

Frank: Even though there are a couple of thousand riders, the Monday morning start is more low-key, than the Sunday evening. Setting off in the dark, I let the fast groups go, as planned, confident I would pass most of them when they blew up. I rode out steadily, mostly in small groups, and rode with a few familiar faces, such as Mark and Jane from Willesden on the tandem trike, Martin and clubmates from Welwyn, and Mark from Hillingdon Triathletes.

It was a warm day, and as the evening came, I realised that I had stupidly let myself get a bit dehydrated and was struggling to eat. I was forcing down a ham sandwich, making myself eat one bite each quarter of an hour. After a few hours of this, it was 1am and very cold, and I was now getting sore and going slowly! My last energy drink turned things round a bit and I found a steady group to ride with to the Loudeac control, after 450km. I had a shower and claimed a camp bed in the gym, for four hours of glorious, ear-plug assisted sleep – the kind where you wake up in the

I HAD STUPIDLY LET MYSELF GET A BIT DEHYDRATED AND WAS STRUGGLING TO EAT. I WAS FORCING DOWN A HAM SANDWICH, MAKING MYSELF EAT ONE BITE EACH QUARTER OF AN HOUR.

same position, certain that not a muscle has moved.

Due to the staggered starts, varying abilities and strategies the distance between the first and last riders was immense, at its peak possibly 200km, who knows? But the atmosphere was fantastic, sharing the ride with many nationalities, from all corners of the globe plus the towns and villages offering coffee, water, even bands playing as we whizzed by. It truly is a festival, with banners and tributes similar to those you'd expect to see at the roadside during the Tour de France. In fact, some of the same roads were used in this year's Tour, so some street decoration was....wait for it.....re-CYCLED! Anyway, bad jokes aside, make no mistake, this is a massive event. The oldest cycling event in the world and the stuff of legend.

Frank: For me, PBP encompasses virtually everything I've done in cycling: it's an audax, it's certainly a road race, and a time trial – there are plenty of long flat straight sections to get your head down on, but the time trial of my life will always be racing against the clock for 30 hours to get back from Brest in 2011. It's also a glorious grand tour across the finest country in the world in which to cycle, bumping into friends every few miles, and, for most of us, the only time we get to be cheered and applauded by everyone we see for three days solid. It is so good that many riders experience a sense of loss and even post-PBP depression afterwards, and I for one can't wait for next time to come round!

Dave: I rolled in to Brest early morning, the bay and the famous view of the suspension bridge were diminished by mist but, strangely, it made it even more memorable, adding a mysterious feel in the morning sun. The control was packed so I just got my card stamped and headed back towards Paris. After the next control a spoke broke and I spent some time at the roadside replacing it. Taking spare spokes may sound odd, but my saddlebag had enough to cover most eventualities, OK it made the bike heavy, but having a spare spoke was a Godsend! I didn't do so well in preparing for eating and sleeping and 'bonked' a few times due to lack of nutrition with a few roadside naps required.

Frank: I set off at dawn, conscious that I still had almost 800km to go on day 2. 60 hours was out of reach now, following my problems the night before, so I made a couple of adjustments for comfort, not speed: I put my bars up by 3 spacers, to alleviate the stabbing pain between my shoulder blades, and dropped my saddle by 5mm to help with saddle sores. Then I went well on the new

**WE FOUND THAT
THERE WERE:**

**5867
STARTERS**

**4495
QUALIFYING
FINISHERS**

**1707TH
FRANK PROUD**

**2533RD
DAVE MORRISON**

**OLDEST FINISHER:
ARMAND PROUTEAU**

**AGE 79
IN 88 HRS
14 MINS**

day, exchanged shouted greetings with Hippy from Willesden and then Olaf from AC Hackney, now riding back, and rode the last 50km in to Brest with Mark from Hillingdon Triathletes, his mate, Chris, and a charming young Brazilian woman on fixed, who rested on the descents by unclipping and resting her feet on her seat-tube water bottle. I had one of my better hallucinations around this time, spotting a rider by the side of the road, wearing a funny white jersey with the number 50 in black on his back, inside a red circle. He turned out to be a road sign!

On the way back I realised that making any sort of decent time now depended on getting in to groups at the right pace. And to begin with, I wasn't finding them, and when I did, I didn't have the energy to stay with them. Leaving the Fougères control, with 300km to go, I felt my legs coming back, and I ambushed a group of about 30 mostly French and Spanish riders. I buried myself in their midst and dug deep to on the hills to stay there for a couple of high-speed hours. Then, when that group fell apart, I struck lucky again, as an American couple on a tandem flew past, and I jumped on their tail for another 10 flat, fast miles.

Finally our paths crossed at the penultimate control. Frank had made up good time whilst food and sleep deficiencies were hindering Dave.

Frank: Leaving the control, I threw caution to the wind and attacked the series of hills, which I remembered having been so hard last time. It came off perfectly, as, just as the road flattened out, I managed to put together a group of eight, including Pip, an Audax UK acquaintance who had recognised my jersey on one of the climbs, and had a couple of quick friends. We zipped along, often at over 30km/h – my fastest section of the entire ride. We overtook dozens of riders, and picked up a few more strong ones. As the pace edged ever higher, I started to fear my turns on the front, but I managed, keeping them sharp and short. I sensed we were the fastest thing on the road that night as we were getting a personal escort from two motorbike marshals, guiding us through the junctions.

I did some sums. The extra speed on this section looked like I was on track to finish in almost exactly the same time as I had done last time – 69 hours. Seeing no point in beating that mark by just a few minutes, and less point in failing to do so, I decided to stop,

have a (luke)warm shower, some proper food, beer, chat to friends, then sleep and just roll in at my leisure the next morning.

We, subsequently, met again at around midnight at the final control at Dreux and ate and chatted strategy. Whereas Frank had decided to get a few hours sleep before daylight, Dave decided to ride on through the night to the finish.

dave: For the first couple of hours after Dreux I was flying, I really thought I'd made the right decision, but then the tiredness caught up with me again. I was getting slower and I was aware that my reactions and judgements were suspect. With just 12km to go I had to just get off the bike and sleep on the pavement. I have no idea how long for, but I lost a lot of time.

Frank's strategy of booking a hotel before and after the event meant he needed somewhere to store his luggage during the ride. It's a moot point as to whether it was good luck or bad, but Frank had also make a booking at the horrible hotel that had made Dave's family want to go home. Frank's luggage therefore occupied the spare beds in Dave's hotel room whilst they were away pedalling which was convenient. Frank picked them up, upon his return, and headed to his room for a, deserved, shower.....but being the hotel it was, of course the shower didn't work.

Frank: Luckily Dave's shower had a degree of functionality, as I rather needed one at that point!

Once we'd both had a good sleep, we got in the car and drove to the National Velodrome for the presentations, drinks and buffet. Once over it was a nice dinner in town and a couple of beers with much discussion of all things Westerley.

It would be great to see even more Westerley riders in four years' time, but let's celebrate the fact that Westerley is making a mark for itself in the world of Audax with two PBP finishers and a high national ranking for the club. Heady days!

Finally, it would be slightly unfair not to mention Dinesh in this article, who completed his first 200km Audax back in March. Dinesh would have scored two points, but isn't a paid up member of Audax UK (yet) so they aren't recorded. Nevertheless, it was a great achievement, not without some incidents en route....but that's another story!

☼ **Frank Proud & Dave Morrison**

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BIKE AND SLEEP
ON THE PAVEMENT.
I HAVE NO IDEA
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BUT I LOST A LOT
OF TIME.**





London-Brighton-London

ON JULY 23, 2016

It's always nice beside the sea side right? Well it certainly was yesterday. Six of Westerley's finest plus one other made the trip to Brighton, in what I think is slowly becoming an annual ride. Last year Tim and I took it on and it was a beautiful sunny day, not a cloud in the sky and only the road in front of us. I did say to him that day we should try and make it a yearly club event as when you are racing all the time you forget why you started riding a bike in the first place, to enjoy it. So with a lot of Westerley riders doing the Ride London this year, I thought it best to give them that last long ride and have a bit of a social on the day. Starting in the morning at the Iron Bridge, Malcolm and I met up with Paul Connelly and Charles Trotman, we form a nice group all in full Westerley kit going to meet up with Jason Fisher. Jason was at the meeting

place and all was going well. Making good head way to Sutton to meet Dave McNally and his friend Mick, it was all going too good to be true.

Once we had all met up we had a group of 7, starting the British Heart Foundation route at Chipstead and working our way towards Smallfield, then on to Turners Hill and beyond. The group were taking it in turns on the front and it was nice to see so many riders out, it was almost like a club run. Malcolm and Paul were the early strong men in the group and were sizing each other up on all the hills, Dave surprised myself and Malcolm by showing us a clean set of cleats going up a few. He has clearly been training hard to get himself in shape for the Ride London. We were nearly half way to Brighton and we stumbled across some novice riders trying to fix a flat, we stopped as they had forgotten to pack some tyre leavers. We

then noticed that they had also forgotten to pack the correct size inner tube and a pump, they did however have to important things packed, like sandwiches.

After a short while Charles headed back home as he had to get back, the rest of us continued on to Ditchling beacon. This is a hill I have gone up a few times but, I forgot how long it was, after coming out the trees I thought it was just round the corner and that was it, wrong it went up again and again, then it was all downhill into Brighton. Once in Brighton we stopped and had some lunch, like all cyclist should do, as we were at the sea side it seemed a bit silly not to have fish and chips, after a bit we were on the road again.

Things were a little slow to start and we got a little lost, but we found our way and we were off again on the way back home, 65 miles already on the clock and the sun still shining, life was good. Over Devils Dyke and on to Wineham, a few legs started getting heavy and Jason was struggling with his knee a bit, we carried on for a few more miles and decided for medical reasons for Jason we needed to stop and have a rest. So the next

stop we made was The Holmbush Pub, we all enjoyed the rest and it seemed to do the trick with Jason as he got a second wind after the stop.

On into Rusper and a few more climbs to Dorking we were fast approaching 100 miles, this was the sign for Malcolm to have pushed his lack of riding to the limit when his legs went pop. So for the next few miles he really struggled until he got took on some rocket fuel in the shape of a Torq gel and he had a third wind. We then said our goodbyes to Dave and Mick and Jason led us back to Hampton court where he left us, its funny how the nearer you get to home the more lost you can get.

Once we had a little look at the map we were on our way home, one by one we made it back to our homes with well over 125 miles on the clock. This was a really good day out and one I think should be done each year, we had plenty of laughs and saw some roads that some of us had not been down before. Was a great success just to see our riders out on the roads and enjoying being on a bike.

🌸 Dave Morrison

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