

# Club Record



WESTERLEY CYCLING CLUB



Feb 2019

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# Winter Warmer

Well I thought that went well!

The Westerley Winter Warmer on Sunday really kick started the season for the many attendees there!

Westerley members started in the hall at 7am, putting tables out, organising papers, getting kettles boiled and generally getting excited for the day ahead. Dave seen in the photo expertly spreading marg onto the required items of food, I have to say I stood and watched him coast through it, I was quite impressed.



Anyway...

Frank Proud, a big organiser of the event even went out to finish off some local signage, having clocked up 100km the previous weekend. Shane had organised the start forms and we sat out in Surname order, waiting for the first people to arrive.

The hall was soon a buzz with cyclists arriving, tea, coffee and a few sneaky cakes were consumed.

I received the nod from Ben and decided to part myself!



We set off on the long route, the weather was pretty mild, the roads a little greasy.

Every road had smiling cyclists on, taking on one of the three routes available.

There were plenty of testing climbs, I had a sneak preview putting up some signs the week before.

Our group formed with another two cyclists, who had travelled from Richmond Surrey.

It was great to meet

people from different places on the ride. We could help warn them about the incoming hills...

"he said its going to kick up in a minute.."

"KICK UP you must be joking"

It wasn't all about the tough climbs, there were a few people who had punctures to deal with. Many people tackling them as a team.

It was just so good to be out on a really good route, with great company. One of those rides where you just think

"I love cycling"

It had to end, luckily that end was in the warm hall with hot drinks, rolls, cakes, soup, cookies and a big hit of the day "cherry tomatoes". Most importantly with the warmest welcome of Ann and Roger who slaved away from

7am till closing time at 5pm! We all helped a little but they really are the heartbeat of a club like ours. I think everyone had a pretty good time, everyone I spoke to seemed to. What a start to the year and the Chiltern Classics, which do continue here... [www.hemelcycling.org.uk/chiltern-classics](http://www.hemelcycling.org.uk/chiltern-classics)





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No timing chips this year officially, this mostly made redundant by Gamins.

For those who would like timing to return, I had thought about creating a Strava segment for the whole route. We have this in TT courses, it can put everyone's rides into categories too. Imagine getting a 100km KOM. We shall see..



Finally I just want to say a massive thanks to everyone who attended the event. It was a sold out event and the continued support makes all the effort worthwhile.

Same time next Winter????

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# The Big Interview

## A big big thank you and a heartfelt farewell!

This month's big interview is with our much loved Ben Allen. Ben has been an incredibly successful cyclist and has dominated the awards night for many years. In fact before my first evening someone asked me whether I was going along to the "Ben Awards" our very own Oscars.

You could easily assume that he is a super competitive type but you only have to meet Ben to know that he has a huge heart and love for the club and cycling.

The first time I met Ben was at my first club 10 in Great Missenden. I saw him in full skinsuit, looking super professional in the car park getting his bike out. I was opening my boot and I heard a kind New Zealand accent "you must be Terry!". Having not yet met anyone from the club in person, I felt instantly relaxed.



Ben has worked on improving his cycling a lot during his time at the club. He has also dedicated a lot of his time in helping the running of events, committee issues and just about anything he can. He even makes cakes that taste almost identical to Mr Kiplings ;)

Ben announced over Christmas that he will be moving to Hong Kong this month to start a new chapter in his life. With a happy young family, exciting times await in the vibrant and beautiful Hong Kong.

Who knows there may even be a cycling camp arranged in Asia next year.

It's been a pleasure of mine getting to know Ben in my brief time at the club, so I'm sure this

sentiment will be shared with many of you.

Ben Allen I'd like to wish you and your family the very best from everyone at Westerley CC.

Oh and to the Hong Kong cycling scene, there's a new king in town.....



1. Name

Ben Allen

2. Age

43

3. Where you live

Near the duck  
pond on Monks  
Drive in West Acton

4. Where you're  
from

Christchurch in  
New Zealand

5. Bike/Bikes

owned.

There have been a few! But I'll always remember my De Bernardi with fluted tubing as my first racing bike. I'll also never forget the pedals from which it was almost impossible to unclip.



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6. What got you into cycling? (As an adult/child)

I think I'm from a generation who were just bought up with bikes. We went to and from school and then terrorised the neighbourhood after school, all by bike. I remember making BMX jumps with neighbours, spending whole Saturdays exploring with my brother, and always trying to be the first to the top of any hill. So from an early age a bike has always given me a sense of adventure and freedom, and I think anyone who rides a bike understands that feeling.

7. What is your favourite cycling memory?

I grew up watching the Tour de France every July on TV in New Zealand. On the other side of the world, in the midst of winter, it always seemed so exotic, the sunburnt riders in their bright lycra team kits. So the first time I rode l'Etape du Tour in 2007 was very memorable; the stage was 196km from Foix to Loudenvielle. As always our group started far too fast, and the day just got tougher and tougher with temperatures well in to the 30's by early afternoon on top of more than 4,000 meters of climbing. I'll never forget the 1000 mile stares of so many riders who had parked their bikes on the side of the Port de Bales in the hot conditions waiting for the broom wagon. The last Col was the Peyresourde, which seemed to get easier as I slowly made my way up. But the descent to the finish in Loudenvielle is my favourite memory; all climbing was done, I was totally drained, and the fast flowing descent was bliss.



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8. Your favourite achievement in cycling...

I think my 2018 season was my favourite achievement. I'd been ill in 2017 and I wasn't sure if I'd be able to race to any sort of level again. So to break the 10M and 25M club records and win two criterium races at Hillingdon really felt like I'd conquered my illness.

9. Who is/are your cycling hero-heroes? (Doesn't have to be famous)

Erik Zabel was my hero when I was younger. He wasn't always the fastest sprinter, but he was a smart rider and he didn't give up on mountain stages which I admired. But it was my uncle who really helped me get in to road racing, and I still take inspiration from him today as he continues to race and represent New Zealand in masters age group races.

10. How long have you been a westerley member?

I joined as a second claim member late in 2014, just in time to ride the 2-up with Malcolm Woolsey.

11. You've been an incredibly successful cyclist during your time at westerley CC. What was your first victory at the club?

The 2-up with Malcolm Woolsey!

12. You're a very good all round cyclist, particularly Time Trialling. What advice would you give to anyone looking to improve in this discipline.

I was never very good at TT's when I was younger; I'd struggle to beat 25min on the local club 10 on Tuesday nights, but my times improved as I got older. So my advice would be to stick at it; success, as with most things, doesn't come straight away, but is generally the culmination of lots of training and dedication.

13. Do you have a favourite ride or event you've been a part of at westerley.

My favourite events are the club TT's. Normally it's a cold Sunday morning in the Link Road car park in Great Missenden, and Roger is handing out numbers and chasing the half dozen or so of us to sign on. None of us really know why we've chosen to be there, but there we are.

14. A big move to Hong Kong is about to happen for you. You've been looking at the cycling scene there. What can you tell us about it?

Hong Kong will be another chapter in my cycling. There doesn't seem to be too much in the way of time trialling, but there is a sizeable road scene, lots of hills and a velodrome. It's been 20 years or so since I was last track racing, so perhaps it's about time to give that a go again.



## 15. Finally What you love about Westerley cc

It's the people who make the club what it is, we're only small, but it feels like a family, and I'm going to miss it. I wish the club and all members all the very best for the future, and I hope that we can share some miles on the road together again.

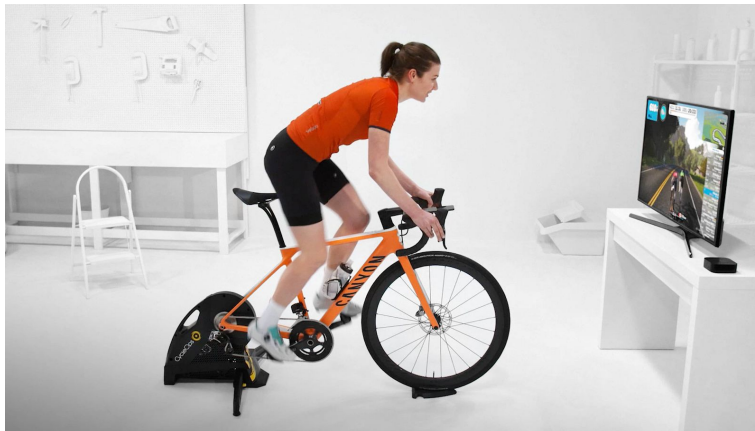


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# Moving Zwiftly on...

Indoor training has become a staple to improving ability on two wheels. With dark nights and cold winters, a great indoor routine can really help push on your fitness.

A great Turbo training session is hard to beat. Our Westerley sessions organised by Shane are fantastic. However, without Shanes expertise and encouragement, it can be easy to drift off from the training plan. When you're out cycling you quite simply have to keep going, unless you want to have a lie down on some concrete. Indoors there's always a little nagging in your head that a comfy sofa isn't far away. Whilst many don't find this to be an issue others find their attention span waning.



With everything going “smart” it was always a logical next step in cycling training.

[Zwift](#) is a cycling programme where you are placed into a virtual cycling world, a computer game controlled by your efforts on the bike.

You can train solo, cycling around the virtual world of wtopia or the replicated worlds of London, New York and Surrey.

There is also the ability to Race!

When I first started looking into Zwift I thought how on earth can you regulate a race virtually? Everyone's equipment is different? So before I confuse and complicate your thoughts on Zwift, here is essentially, how it is worked out.

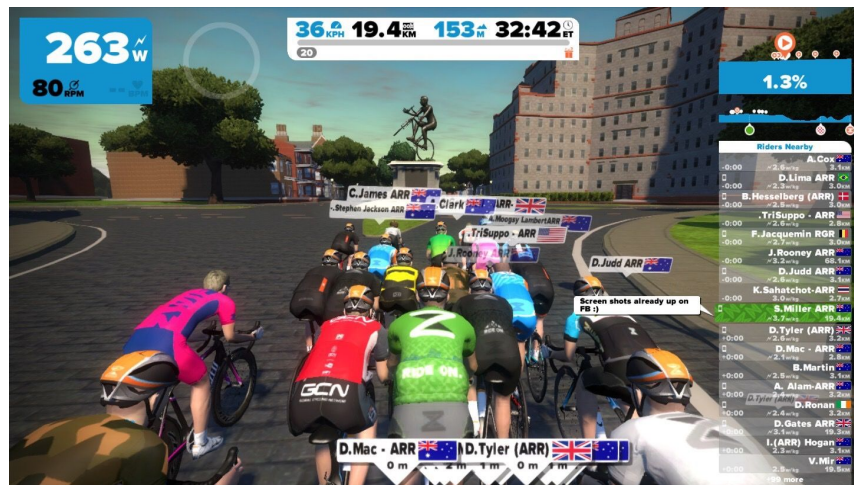
Power to Weight Ratio, simple really.

A beginner can set up on Zwift using a cadence and speed meter. If you accurately put in your weight, Zwift will calculate your effort into Power. Essentially this then makes the cyclist on the screen speed up or slow down.

Hills in the virtual world simply make it harder to maintain speed in the program. Therefore if you use this basic set up, you will need to produce more power to go up faster. Ultimately this will make you select a harder gear, stand up on the bike and emulate climbing.

There are restrictions for this type of user though and you can't race in certain categories.

Smart turbo trainers used with a Garmin will automatically change the resistance on the bike. This will allow you to use gear ratios more common to your real life climbing. This and the use of a power meter will allow entry to a top level race.



There is even virtual drafting, where the pedalling gets easier if you are behind someone. So it is very much like real racing. As much as it can be.

With the apps success it has attracted some major names in the sport, Zwift have even started the KISS super league. This features 15x elite teams, two of which are Zwifts own. The first race was held on the 23rd of Jan with Ian Bibby of Madison Genesis winning.

The second race I watched in full and I was amazed at how exciting I found it! Ed Hopper from Ribble pro cycling launched a solo attack, which like its “real life” counterpart, seemed doomed from the start. He only pulled it off though, with late surges from the virtual peloton almost getting him before the line. It really was great and it seemed as heroic as any other solo win.

Interestingly the other 4 in the top 5 were non-pros, in the Zwift All Star and Zwift Academy teams. It seems there is expertise to the e-sport of cycling, with these riders knowing where to attack, which virtual boosts to use when and where.

Along with the Zwift teams, [Pro world tour team Dimension Data have an annual Zwift academy](#). It is essentially X-factor for cyclists. You think you can compete and become a pro, you can enter, you can win, you can become a pro and get a contract for their team!

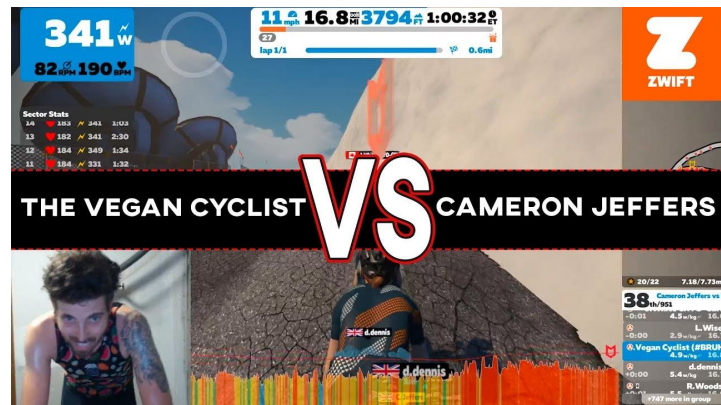
[British Cycling](#) announced the massive news that they will hold an official National Championships this year! That means someone will become a National Champion with a virtual National Champions Jersey! This month there will be [online qualifications](#) on Feb the 24th for the championships.



It makes complete sense to me for cyclings elite to do this. Instead of having to be at the right crit race, at the right time to be spotted, now you can be found in your garage or shed! The talent pool has been widened to the size of an ocean.

Whilst this level may be out of reach for most cyclists, the idea of having a screen to watch, some scenery to follow and a community to be a part is great. You can even arrange a club ride in a virtual world, utilising headsets to even talk whilst on route.

In a recent event on Zwift, two YouTube cycling vloggers went head to head but opened it up to viewers. [The Vegan Cyclist \(USA\) and Cameron Jeffers \(UK\) raced up the virtual Alpe d'uez accompanied by 1000 other members. One thousand people in a race!!](#)



Zwift costs money, a little too much for me personally at the moment at £12.99 per month.

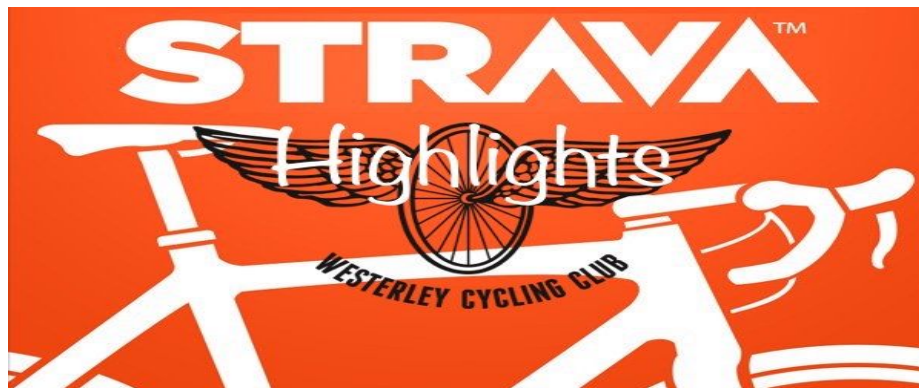
Will it ever beat being on a bike outdoors, absolutely not but, it's the future, or at least part of it.

A virtual world champion one day???

E- Tour De France winner?

We shall see.....





Terry Christopher Hudson – Workout

9:01 AM on Sunday, January 13, 2019  
**Westerly Winter Warmer**  
 Great ride today, nice fast pace with Ben and Nick. Those boys can climb!!!

108.06 km Distance (?)  
 3:59:42 Moving Time  
 1,357 m Elevation (?)

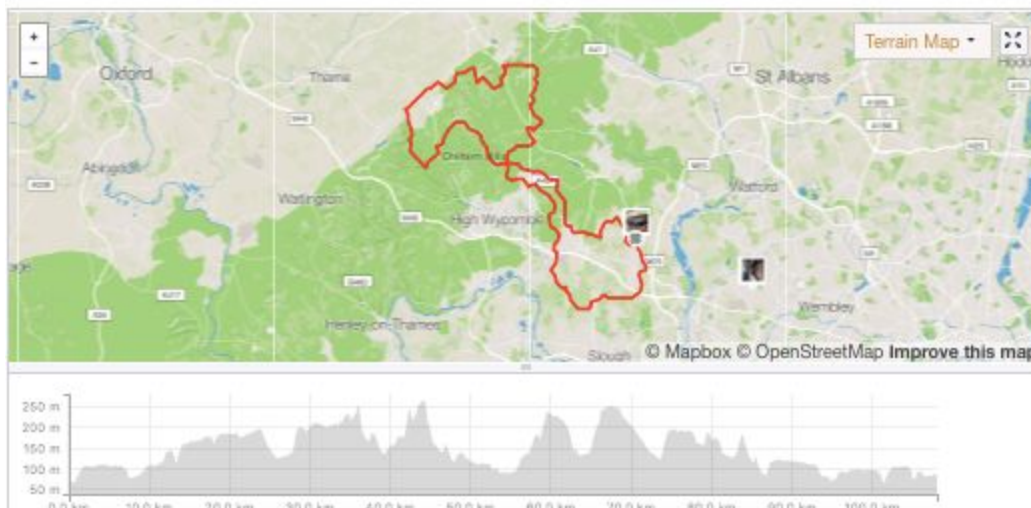
167 W Estimated Avg Power  
 2,397 kJ Energy Output

	Avg	Max
Speed	27.0 km/h	69.1 km/h
Calories	4,234	
Elapsed Time	4:03:36	

Garmin Edge 820

**TOP RESULTS**  
 View all


- PR on Lower Rd CSP (1:22)
- PR on Fulmer Hill (1:30)
- PR on Fulmer Road - Oxford Road (5:10)




<https://www.strava.com/activities/2076278019>

Anthony Cleary – Ride

Give Kudos
3
0



10:04 AM on Saturday, January 19, 2019  
Morning Ride


View Flybys

22.35km  
Distance

1:39:37  
Moving Time

323m  
Elevation

Speed

Avg  
13.5 km/h

Max  
45.4 km/h

Elapsed Time

1:53:24

[Strava Android App](#)

TOP RESULTS
View all

 PR on [Hermione's Bush](#) (40 s)

 PR on [Blue Route section 13](#) (1:48)


 PR on [Lookout Red Section 15,16,17](#) (3:28)



<https://www.strava.com/activities/2088779951>



Dave Morrison – Ride



6:32 AM on Saturday, January 12, 2019  
Morning Ride

213.79 km  
Distance

9:19:10  
Moving Time

1,655 m  
Elevation

Speed

Avg

22.9 km/h

Temperature

4 °C

Elapsed Time

10:38:19

Show Less

Wahoo ELEMNT

TOP RESULTS

View all

PR on Flying K (2:11)

PR on Beacs to GX via Hedgerley Lane (12:32)

PR on Beaconsfield - Hedgerley Lane west half - eastbound (5:25)



<https://www.strava.com/activities/2073955508>

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# Coming Up...

The AGM will be at the Foresters Pub in Ealing on Wednesday 13th of Feb. I have added a link below to the venue. Please try to attend the meeting, as members we all have a voice with our votes and it helps the committee move us forward as a club.

Agenda on the next page

Sun 3 March WLC H10/2 8:01  
Wed 6 March Turbo Evening  
Sun 17 March WLC H25/4 8:01  
Wed 20 March Training evening for Hillingdon TTs

Wed 1 May Hillingdon 10  
Mon 6 May Audaxes  
Sun 12 May InterClub 25 Fifiold (HCC001) 9:01  
Wed 15 May Hillingdon 10  
Sun 19 May WLC H25/4 7:31  
Wed 29 May Hillingdon 10

Wed 10 July Hillingdon 10  
Sun 21 July Sociable 10 (H10/4) 9:01  
Wed 24 July Hillingdon 10

Sun 1 September WLC H10/4 8:01  
Sun 15 September Open†25††Marlow†®H25Ø2©†7†31

Wed 6 February Turbo Evening  
[Wed 13 February AGM](#)  
Wed 20 February Turbo Evening

Wed 3 April Hillingdon†10  
Sat 6 April Westerley Spring Crit  
Sun 7 April WLC H25/4 7:31  
Sun 14 April Club 10 (H10/4) 8:31  
Wed 17 April Hillingdon 10  
Sun 28 April Open†10††Marlow†®

Sun 9 June WLC H50/4 7:31  
Wed 12 June Hillingdon 10  
Sun 23 June Club 10 (H10/2) 8:31  
Wed 26 June Hillingdon 10

Wed 7 August Hillingdon 10  
Sun 18 August WLC H25/4 7:31

Sun 6 October WLC Windsor Hill Climb 9:31  
Sun 13 October Club 2-up 10 (H10/4) 9:01  
Club Hill Climb (Longdown Hill) 11:31



<https://www.foresterealing.co.uk>

## **Agenda**

**1** Election of chairperson

**2** To confirm minutes of 2018 AGM

**3** To receive and adopt the reports of the following officers:-

General Secretary, Treasurer, Open 25 secretary, Open 10 secretary, Club events secretary, Open events secretary, Social secretary, Club Record editor, Publicity manager, Open Road Race secretary

**4** To receive, accounts and balance sheets for year ending 31.12.18

**5** Proposed increase in club subs

Recommendation from the committee is that subs be increased to:

1. a) First and Second Claim: £25 (from £22)
2. b) Social Membership: £12 (stays the same)
3. c) Juniors: Free (from £5)

**6** Election of officers:

General Secretary, Treasurer, Race Programme Co-ordinator, Racing Administrator, Awards Secretary, Social secretary, Publicity manager, Committee members (numbers dependent on size of committee)



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## 7 Election of other positions

Auditor

Timekeepers, committee recommend: – R Woolsey, Tim Childs, M Woolsey and R. Collicott

Handicapping committee, committee recommend M Woolsey, R Woolsey, V Dey, + one other

## 8 Election of delegates

LWDC committee recommend: – R Burton

British Cycling

WLC R Woolsey

Hillingdon cct R Woolsey

9 Any other business, subject to the provision of rule 13.

