





# Winter Warmer 2019

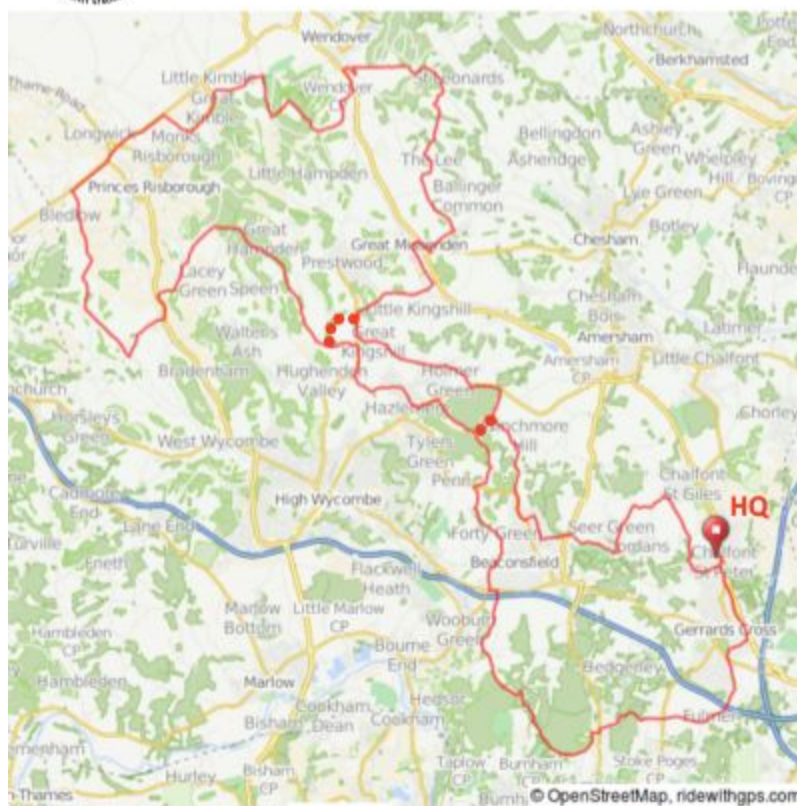
The Westerley Winter Warmer is on Sunday 13th January 2019.

Entry is free for club members, non-members may sign up here via [Rider HQ](#) (click link, entries close at midnight on Sunday 6th January or sooner if sold out)



### Westerley Winter Warmer Reliability Ride

108 km route, showing 60 km and 44 km routes



## On the day

The HQ for the event is: **Chalfont St Peter Scout Hut**, Gravel Hill,  
Chalfont St Peter, Bucks, SL9  
9QX

There are three versions:

- The main route is 108km in length with just under 1200m of climbing.
- Or it is possible to turn left at Great Kingshill, cutting out the farthest loop to do the medium version which is 60km. This misses out the bigger climbs of the main Chiltern ridge but has the pleasant climb up Hatches Lane from the Hughenden Valley as well as a good few shorter ones. It has 528m of ascent in total.
- Finally, the short route turns at Penn to miss out all the big climbs and also the main road sections, giving a 44km route with 440m of climbing.

Click here for...[Long route / route sheet](#)[Long route / GPS track](#)[Medium route / route sheet](#)[Medium route / GPS track](#)[Shorter route / route sheet](#)[Shorter route / GPS track](#)

The routes will also be signposted with numerous orange arrows. Please note that, occasionally, a couple of the arrows have been taken down by members of the public before some riders got to them so they are best seen as guidance rather than a foolproof way of navigating.

You can enter all three distances via **Rider HQ** here:

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# The Big Interview

This month's big interview is with our resident Audaxer Dave. If there's anyone who can inspire you to do more on your bike, it's Dave...



**1. Name:** Dave Morrison

**2. Age:** Counting down to a Bus Pass!

**3. Where you live:** Ruislip

**4. Where you're from:** Have now lived most of my life in Ruislip but went to school in Slough.

**5. Bike-Bikes owned:** I usually build my own, mainly set up for audaxing but I have a Scott for doing the Westerley Wednesdays at Hillingdon plus the odd sportive.

**6. What got you into cycling?** I loved cycling as a kid but wanted a car so stopped in my teens. Cycling wasn't really a hobby to be honest, but I did enjoy The Tour De France when Channel 4 started covering it in the 1980s. I could always run distances but my main passion was dancing. My knees started to suffer from too much dancing and running in later life so I took up cycling a few years ago.

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7. **What is your favourite cycling memory.** Too many to choose but riding the Paris-Roubaix route and watching the race the following day was special. I suppose, Paris-Brest-Paris, London-Edinburgh-London and the Borders of Belgium must be the big ones though. The other great memory is Land's End to John O'Groats despite it raining 6 out of the 7 days, it was awesome....you can't beat Glencoe in the mist and rain for a dramatic setting.

8. **Your favourite achievement in cycling.** Finishing 11th in the UK Audax championship in 2018 and winning the Westerley Hillingdon Handicap trophy in 2018....if you'd ever told me I'd win a trophy for time trialling I'd have laughed at you!

9. **Who is your cycling hero-heroes?**

I don't have heroes, but I really admire Thomas Voekler and Chris Froome. The first for sheer guts and the other for his polite manner and indifference towards the media.

10. **You had a great year Audaxing in 2018, with some amazing rides in the UK and abroad. What was your favourite ride of the year?** Borders of Belgium without a doubt. 1000km around the borders, it was fantastic. Obviously bits of it crossed into France, Luxembourg, Germany and The Netherlands. Big hills in the south, pan flat in the north. Belgium is a much nicer country than a lot of Brits give it credit for.

11. **What can an average rider do to step up to the Audax distance levels?** To my mind it's best to build up gradually, ever bigger distances, learning one's own personal tolerances. The main things to learn are pace, eating, drinking and bike set up. In the bike set up I include lighting and extra clothing in the saddle bag for the night riding in 400km rides upwards.

12. **What events are you looking forward to the most this year?** Well it's a Paris-Brest-Paris year, so that's the big one but I've also entered L'Etape du Tour again in 2019. I think it's my 7th.

13. **What you love about Westerley cc ?**

I joined because it was friendly, despite the fact that Time Trials aren't my thing. I've never regretted joining and In fact, I'm grateful that the club did introduce me to Time Trials, I'll never be great at them, but you can't beat Westerley Wednesdays! The hooped kit is cool too!



Over Christmas many attempt Rapha's festive 500. Between the 24th and the new year thousands attempt the challenge of cycling 500km in total. If you're anything like me and need tips for future editions, Dave has shared some thoughts on the challenge below.

- Riding 500km over 8 days is fairly achievable, but for those of us in the Northern Hemisphere it's hard to plan because of the unpredictable weather and lack of daylight hours. Add in the various Christmas commitments and it gets even tighter.
- I did all of my rides solo, mainly as I needed the flexibility of riding when it suited me.
- I had events to attend on Christmas Eve, Christmas day and Boxing Day, then a day at work before the weekend, plus an event on the Saturday. I managed to sneak out on my bike in darkness for the first 3 days, glad that there was no ice but early enough to clock up quite a few kilometres in the mornings. That left me 200km to do on Thursday. Again, I snuck out before sunrise to avoid the rush hour traffic in London and headed out towards Buckingham. I did the 200km Permanent Audax known as The Boat Ride (which Vince, Frank and Steve will be familiar with). This meant I was done by Thursday and didn't have to rely on my only other free day on Sunday.
- Last year there were icy roads just after Christmas, which made it harder to fit the rides in. There is an Audax Facebook page called ACONS, for local Audaxers (a few



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Westerley members are already signed up), last year Liam Fitzpatrick from Willesden CC and I tried to run a group ride the day after Boxing Day but had to cancel it due to the ice. We didn't bother this year....so of course the weather was perfect, not even any wind!

- Boxing Day was particularly tight, I was going to QPR v Ipswich but had to be there at 12.30pm instead of the usual 3pm because a friend had hired a VIP box and invited me along...lunch etc plus a 3-0 home win, yay! I still managed to squeeze in 50 miles and get to Shepherd's Bush before 12.30!
- I did the Rapha Festive 500 last year and you get a nice little embroidered patch for your efforts. As Audaxers will know, we get patches and medals for attaining certain challenges and one more to bolster the palmares is always welcome.
- Last year's Rapha Festive 500 was actually more eventful for me, you can read about it here:

<https://www.linkedin.com/pulse/goodwill-triumphs-over-adversity-rapha-claus-delivers-dave-morrison/>

- One thing that I think makes the Festive 500 worthwhile is it is great for improving one's pre-season fitness.



- By the last 50km of the fourth day, 450km in to the challenge, I did start to feel my thighs complaining on the hills. It was frustrating, because they are hills I often ride and get up quicker, even on long rides, but it clearly demonstrated to me that I am not at my summertime fitness levels at the moment.



A black road bicycle is parked on a dirt path in a forest. The path is covered with fallen autumn leaves in shades of brown and orange. In the background, there are many bare trees with thin trunks, suggesting a winter or late autumn setting. A wooden fence runs along the right side of the path. The entire scene is framed by a thick purple border.

## The Winter Bike.

Winter bike oh winter bike you are my favourite one.

Your chunky tyres, basic gears you're a steely bunch of fun.

A hard day's night, commuting plight I promise I'll clean you tomorrow.

I chain you up, leave you out, my heart it fills with sorrow.

You deserve TLC, a scrub, a wash, you're better than a bike.

You get me from A to B to C to D in conditions utterly Shiiiiiii (censored)

The tyres are your shoes, they are worn to the rim, but you don't complain.

If my TT bike were looking the same, it'd never let me mount her again.

Perhaps the road bike needs new wheels, maybe you can have her old.

Wiggle.com black Friday deals, £700 off SOLD!

There you go oh winter bike some wheels better than yours.

Ever so grateful as you are we carry on with our chores.

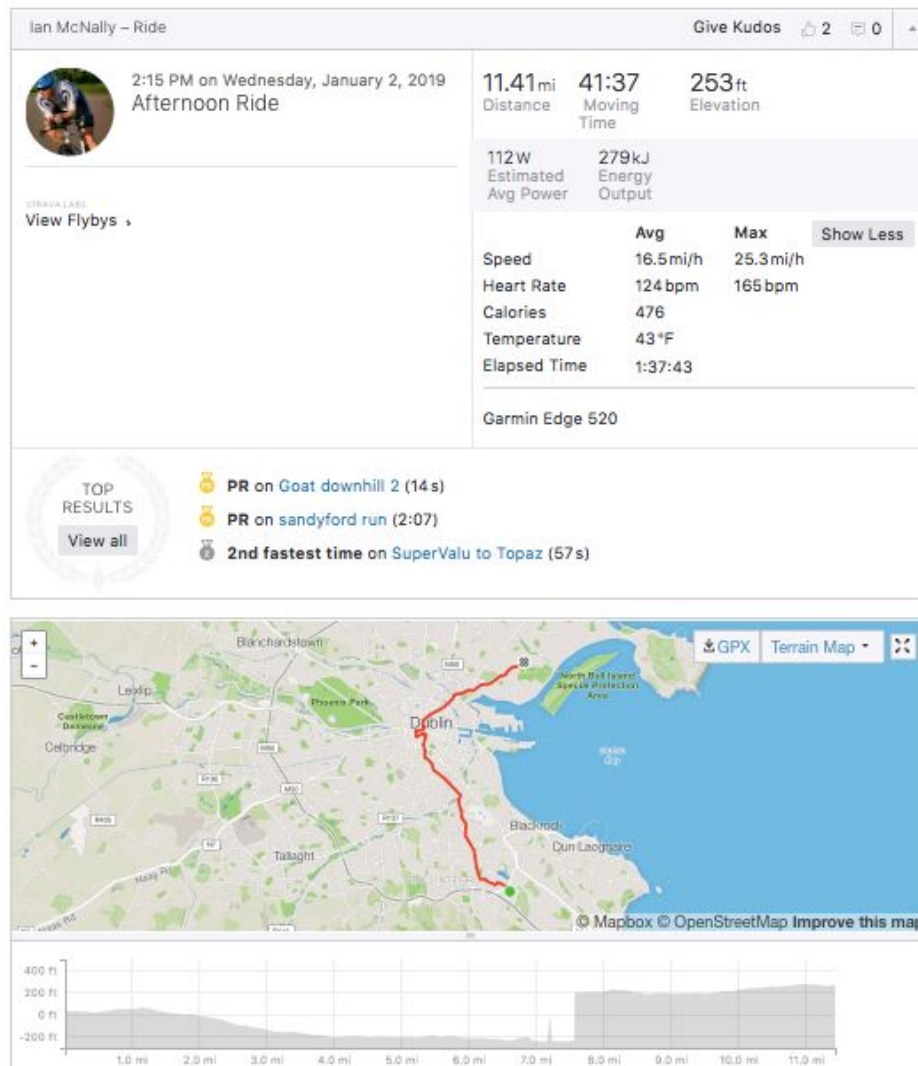
Winter bike oh winter bike you are my favourite one.

Low attention, highly used you are my bestest chum.






This Months Strava highlights are International






Ben Allen – Ride



6:59 AM on Saturday, January 5, 2019

Some of the old roads, and a new track



28.72 mi

Distance

2:15:41

Moving Time

3,684 ft

Elevation

182 W

Estimated Avg Power

1,478 kJ

Energy Output

Speed

Avg

12.7 mi/h

Max

38.0 mi/h

Show Less

Calories

1,973

Temperature

55 °F

Elapsed Time

2:16:53

Garmin Edge 520

Bike: Green machine

STRAVA LABS

View Flybys


TOP RESULTS

View all

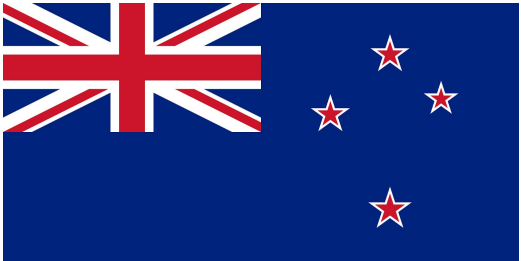
PR on Tree decent (53 s)

PR on Hammer it on down (5:40)

PR on Rapaki First Down (2:16)



The figure displays a cycling route on a map of New Zealand, specifically in the Marlborough region. The route is marked with a red line, starting near the town of Blenheim and heading north towards the mountains. The map includes labels for various roads (e.g., Huxley Rd, Spring Rd, Lincoln Rd) and geographical features (e.g., Marlborough Sound, Mt Herbert). A GPX file download button and a terrain map toggle are visible in the top right corner. Below the map, an elevation profile shows the route's vertical gain and loss, with the y-axis representing elevation in feet (0 to 1,500) and the x-axis representing distance in miles (0 to 25.0).




The image shows the national flags of the United Kingdom and New Zealand side-by-side. The United Kingdom flag (Union Jack) is on the left, and the New Zealand flag is on the right. The New Zealand flag features a blue field with four red stars in the upper canton and a white Union Jack in the fly.

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<https://www.strava.com/activities/2041892220>

Sara Shirmanesh 🍌 – Walk

Give Kudos 10 4



2:31 PM on Saturday, December 29, 2018  
Afternoon Walk



3.66mi  
Distance

1:05:37  
Moving Time

17:54/mi  
Pace

Elevation  
Elapsed Time

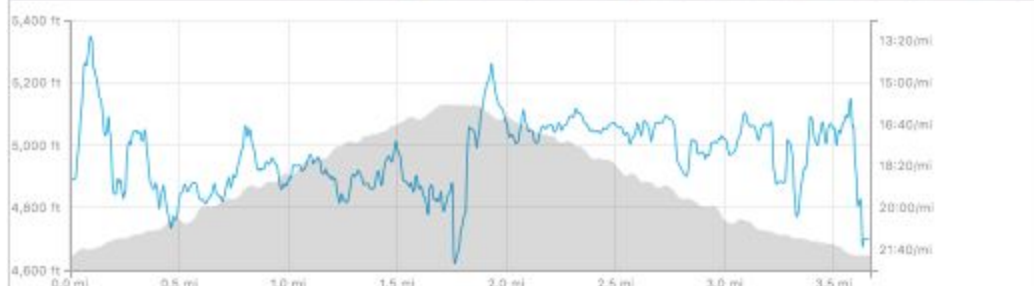
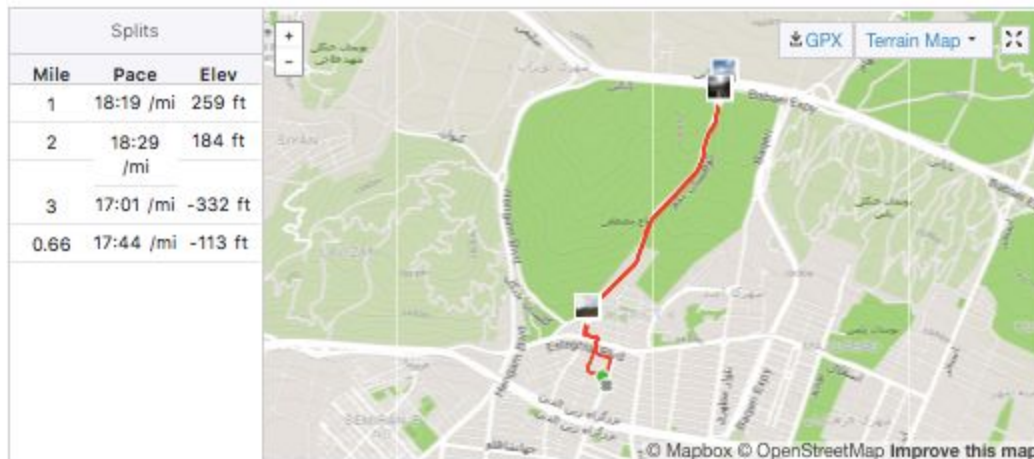
501  
1:13:52

Calories  
361

View Flybys

Strava iPhone App

Shoes: —





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# Skyfall.....

The big professional cycling news recently was that bSkyb would not be continuing their main sponsorship of Team Sky.



After 10 years this has come as somewhat of a shock, then again it wasn't really.....

Team Sky set out 10 years ago to change the face of professional cycling. With Sir David Brailsford at the helm the ambition was to win Le Tour De France within 5 years, with a british rider.

The rider in mind was Bradley Wiggins. "Wiggo" started his competitive cycling career in Hillingdon at Archer Road CC. It lead to him becoming the the highest finishing Brit at le Tour for Garmin Sharp.

Did he finish 4th, or was it 3rd? Lance says 4th, Le tour says 3rd.

Sir David Brailsford said he would use (the now well know term) "**marginal gains**" to help clean riders compete against the doping peloton. Saving watts here and there ultimately adding up to saving time, increasing performance. Team Sky's traditional blue line up the back of their jerseys representing this fine line between success and failure.

Following up with Chris Froome winning 4x in france, 1 in Spain and Italy, plus Geraint Thomas' recent victory, **Sky have completely dominated grand tour cycling in recent times.**

The marginal gains that were first sniggered at are now completely part of all world tour teams set ups.

Warming up on turbo trainers, having an in house chef, having their own bedsheets and pillows, with a keen eye on the scientific data required to win.

Sky have split the cycling supporter demographic with this dominance. This has been due to a number of factors.

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They dominate the peloton with the best riders, they have the biggest budget to get them.

They ride a hard tempo and force the others to crack. They don't chase lost cause attacks, knowing exactly when that rider will be reeled in based on science. **Some say there's no romance in the way they race.** Even the incredible, history making attack from Chris Froome at 2018's Giro d'Italia (which is the bravest and most amazing bit of cycling I have seen) was calculated. They knew he would be at peak fitness that exact day. They planned the attack months before. Some would scoff at the lack of spontaneity, others would admire the precise planning.

This leads on to the dark cloud that has been looming over them. Setting out to be the cleanest cycling team there was, Sky certainly haven't completely avoided doping scandal.

Bradley Wiggins had the mystery jiffy bag delivery, Froome took too many puffs on an inhaler and the clean image of Sky has been massively tainted in the last couple of years.



That has tied in with the take over at bSkyb. **Despite the jealousy of skys reported £35 million budget, it was in fact only 0.08% of bSkyb's total Marketing budget!** It still completely trounces the rest of the peloton. For me I don't believe they will get another big name sponsor to cover that amount. Despite having the best riders in the world, what's in it for a big enough company to take over. Cycling doesn't provide the best revenue return and its sponsors are usually made up of cycling fans. **Here lies a bit of a problem in cycling..... Or is it?**

As a fan do we want a more even playing field? With the budgets being lowered will it make for more exciting racing? Personally im new to the world of pro cycling, 2012 being my induction to the sport at all, thanks to Sky and team GB. Looking back into the sport though there have always been dominating teams with the biggest budgets. This isn't inclusive to Cycling, the best football teams have the most money, in fact in any team sport the best teams have the most money. SO what is the answer?

We wait to find out whether **Team Sky** will become **Team.... Red Bull.... CocaCola..... BT SPORT?**

*All I know is if they haven't found a sponsor by Le Tour, Thomas and Froome are going to put on one hell of a show competing for the eyes of new employers!!!!*



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# Marshall Matters....

*A quick word from Vince regarding Marshalling Duties for next year and going forward.*

If you remember, early in November Malcolm started a discussion topic by publishing a proposed rule change regarding marshalling help on the forum.

The point of the proposed rule change was to elicit more help with the running of events.

The forum post generated a fair amount of feedback, with some very differing views being expressed. There were a number of people who were in favour of the idea that members competing in races should also support these by marshalling at events. There were also of course opposing views, in particular where members were already contributing to the running of the club in other ways.

It's also apparent that trying to 'force' people to help is neither going to work, or indeed be possible to administer.

We've therefore decided not to propose this rule change at the AGM in February.

However, clearly we still need more people to come forward with helping run the events that we hold, and we would appreciate it if all of those of you who race, ride in club colours or are just social members would let us know if they are willing to help out on occasions.

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Vince

*If you have further thoughts on marshalling please get in contact. More importantly if everyone can look at our event sheet linked below, or the dates on the next page. Please check your diaries and perhaps get your volunteering dates in early. Its more fun than you think!!*

[https://docs.google.com/spreadsheets/d/1\\_z1rZ7FKE7djVBh1OrqHZSl5ftz0qefAAxgJ3lHX3LM/edit#gid=16](https://docs.google.com/spreadsheets/d/1_z1rZ7FKE7djVBh1OrqHZSl5ftz0qefAAxgJ3lHX3LM/edit#gid=16)

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# Coming Up....

Firstly the Winter Warmer, obviously.

A notable event is the Annual General Meeting, **the AGM will be held on February 13th** with the venue to be confirmed.

Wed 9 January Turbo Evening  
Sun 13 January Winter†Warmer  
Wed 23 January Turbo Evening

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