

Club Record



WESTERLEY CYCLING CLUB



November 2018

Turbo's in session!



Once upon a Wednesday evening...

Westerley's winter turbo's kicked off this week with a well attended first session. Hosted by club coach Shane Townsend at the Hillingdon Cycle Circuit, the training evenings are varied and aimed at giving out what you put in.

We started with high cadence sprints which really helped to get the juices flowing. Moving on to emulating climbing was where the fun (pain) started! Big gears, intervals all aided by knowing you were part of a group.

Some more sprints in big gears followed by a 10 minute Time Trial were finished off with a few final high cadence, easy gear bursts. It was such a good session!

The bikes were put away and we wrapped up with a some quality stretching.

All in all it was well worth the efforts of those there. Being part of a club or group helps to push on and work as hard as you can. It's also nice to share a laugh in between the tough parts.

A Big thanks to Shane again and well done to those who came. Especially those who cycled on a very dark and busy Diwali evening.

The next evenings are

Wednesday 21st November

Wednesday 5th December

Free for members and just £5 to others.

Email the club for interest 👍📧



The Big Interview



1. **Name:** Lord Ian McNally, yes I have a lordship.

2. **Age:** 39 3/4

3. **Where you live:** By the time this is published Dublin

4. **Where you're from:** Ealing

5. **Bike-Bikes owned:**

My first bike was a solid tyre jobby, I rode it so much I got it down to the rims. I then managed to get a Raleigh burner, that was a thing of beauty. Moving forward I have, the road bike (another raleigh) TT bike, fixed, cx (but won't do cx)

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

Truth be told I only started riding after a long break when I was about 27, that was only because I was fed up with sitting on the bus. I was then put on an odd shift pattern and thought I'll go for a ride, one day my then housemate said let's go out. He was always a fit lad and I went on to kill him all day, I never looked back from that!

7. **What is your favourite cycling memory:**

The first time I rode to Paris, I did the pedal to Paris for the Royal British Legion. For this event it's the only other time they shut off the champs elysees. So that and seeing the Arc for the first time will always stay with me.

8. **Your favourite achievement in cycling:**

For me I have never really done things properly, so I suppose going under the hour in a 50 twice in one event.

9. Who is/are your cycling hero-heroes?

Tbh I don't really have any, I was brought up on football. I admire what Wiggins has achieved, more to who I looked up to, I suppose Malcolm and Dave Newman could be classed as that. When I first started riding and racing they were the 2 to beat, they both helped me a lot in my early days and still do now. I do think that anyone new to racing should take time to speak to them, they have a wealth of knowledge and will always try and help.

10. With the recent news you are moving to Ireland, what are you most looking forward to about the move?

Not working..... OK I'm looking forward to exploring a bit on the bike, have the Wicklow mountains a short ride away. Maybe I'll be able to get racing once I find out where to go.

11. Finally What you love about westerley cc

I love they way the club has grown over the last 10 years I've been a member, I remember turning up to a combine event and 4 of us (Dave N, Vince, Malcolm and myself) rode, in them days it was a good show. The club has helped me meet a lot of good people and find my future wife

Cycling News.

The 2019 British National Road Championships will take place in Norfolk, British Cycling has confirmed. The event will be run in partnership with Golazo, which organises the BinckBank Tour and the DVV-Trofee Cyclo-cross series, among other races.

The British National Championships will take place between June 27 and 30, with the time trials and road races bookending the four days. Alongside the elite events, amateur riders will be given the opportunity to ride the same course in a 100-mile closed-road sportive. The fifth round of the National Cross-country mountain bike series will also be held during what British Cycling has dubbed the Great British Cycling Festival.

“We’re thrilled to confirm the award of the 2019 HSBC UK - National Road Championships to Norfolk,” said British Cycling Commercial Director Jonathan Rigby. “The championships are the flagship event of our road racing calendar, and the list of previous winners – which includes Sir Bradley Wiggins, Laura Kenny, Geraint Thomas, Lizzie Deignan and Mark Cavendish – gives some indication of the prestige of the event.

“While these championships represent the pinnacle of domestic road racing, they are also a celebration of cycling as a whole. We’re delighted to be staging a mass participation ride alongside the elite races, and are pleased to have linked up with Golazo, Active Norfolk, Norwich City Council and Norfolk County Council, all of whom share our ambition to make our communities fitter, greener and healthier through increased levels of cycling.”

No route details have been announced yet but the sportive, on the same course as the road race, is set to feature 3,358 feet of elevation. The official website also states that both men’s and women’s races will be run concurrently, for the first time, with the conclusion of the women’s race coming after the men’s.

This year’s national championships took place in Northumberland with Hannah Barnes (Canyon-SRAM) and Geraint Thomas (Team Sky) taking the time trial titles, while Jess Roberts (Team Breeze) and Connor Swift (Madison-Genesis) won the road races. The 2018 championships were a week later than usual because the start of the Tour de France was delayed for the FIFA World Cup.

As always send any comments on the news articles to the following email address. Thanks for reading. email@westerley.com etc



“How many Westerley riders does it take to fix a puncture?”

This month's highlight ride is Ian's farewell club ride.

A nice 50 miles from Ruislip through the Chilterns on a perfect autumnal morning.

A well attended club ride started at 9am, meeting at the Polish War Memorial in Ruislip. Westerley members travelled from many different areas and the whole crew were all together by the time we hit Harefield.

The route mapped by Ian then took us to the Chilterns, starting with Chalfont. A well thought out course really showcased the beautiful autumnal surroundings we travelled through.

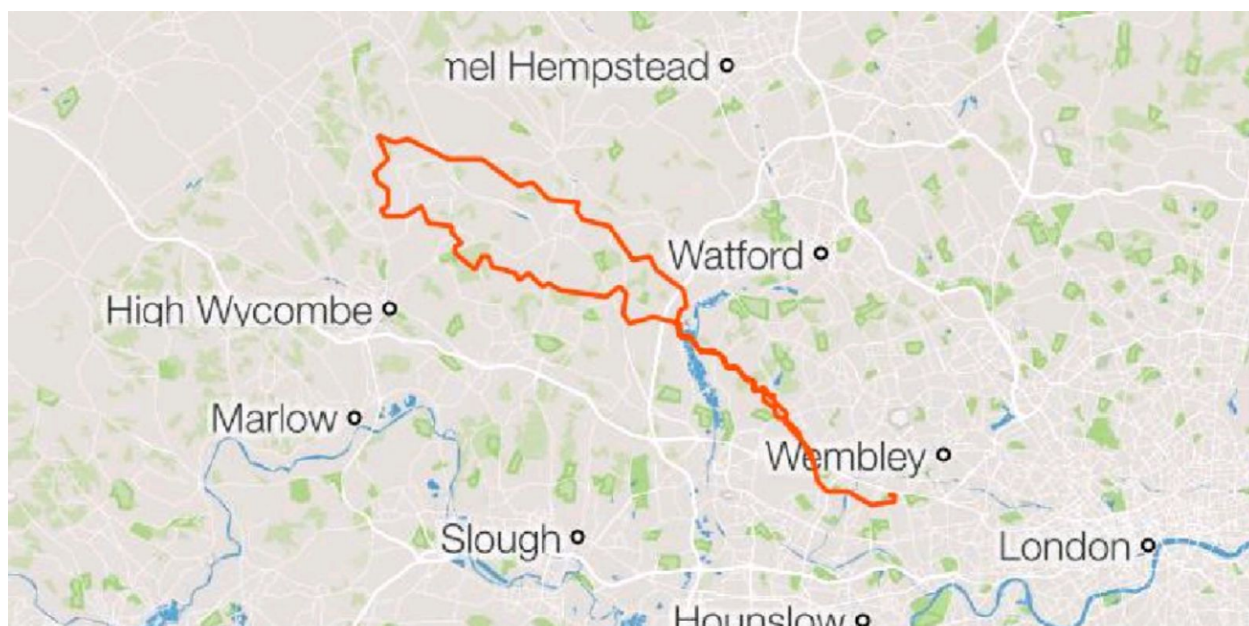
Two punctures slowed our pace briefly, Shane showing his expertise on both occasions.

We started hitting some climbs and once we were all gathered on the descents, the pace really picked up nicely for a good 10 miles leading back to Harefield.

A final test of the Coy Carp Climb (Strava Segment Fans) wrapped up a great day's efforts, especially those mad enough to ride a single speed!

Hopefully the ride was what Ian had hoped for. As for me I certainly enjoyed my first club ride. Lots of laughs, effort and plenty of CYCLING!

Terry H.



Morning Ride

Distance
52.7 mi

Elevation Gain
2,441 ft

Moving Time
3:30:58

Avg Speed
15.0 mi/h








Next up.

Join Dave and the Audax gang for a winter ride this Sunday 25th November. Details below.



NOV 25 **Boat Ride Perm excursion**
Event for ACONS (Audax Club Odds n Sods / Audax Cyclists Of Note) · Hosted by Dave Morrison

Interested Going Share More

6 going or interested, including **Dave Morrison**

Sun 25 Nov at 07:30-18:30 GMT
Next week

Uxbridge Station
London, United Kingdom · 1.9 km

ABOUT DISCUSSION

Details

Boat Ride Perm
Enter Perm via AUK website Meet at Uxbridge Station front (main) entrance.