

# Club Record



March 2019



---

# Group Rides

A big topic from the AGM was getting “Group Rides” going again. The group ride is quite a big part of cycling clubs. It helps you gel as a group, it improves ability on a bike, riding with others slightly faster, fitter or just better at climbing than you can give you that little push.

Dave Morrison had a great idea of utilising events that are locally organised to use for the route variation, with a good place to start and finish. Perfect!



With a few Westerley members already booked to do the Willesden reliability ride, a few of us jumped on the idea last minute and got out there today.

Alison, Christine and Myself (Terry) chose the 50km route, with Gill and Vince taking on the far hillier 100km route. We also had Nicholas Bamford along to support us, snapping the photo's featured. Nice one mate!

Having not done too many group rides I had an absolute blast with Christine and Alison. We had a nicely paced bike ride with plenty of laughs and even a coffee stop [at Matilda's](#) in Great Missenden.

We bumped into a local cyclist who wanted to ask us where Westerley were from. It was nice to have a chat with him and it showed us that wearing club kit certainly makes us recognisable.



Warm and full of caffeine we set back towards Chalfont HQ for our finish.

We saw/met Paul whom was also out in Westerley club colours for some more caffeine and cake.

Gary, Calvin and Tony had a pretty epic ride to Box Hill this month, again it's great to see members out together.

---

So the second one was organised for Saturday March 2nd, with the plan to be a 50km ish route, stopping off at [the Rusty Bike Cafe](#) in Uxbridge.

I spent a good 30 minutes trying to sort a route out, before deleting the whole thing. Dave came up with a MUCH better route within about 5 minutes.

Dave The Routemaster.

We started at the Polish War memorial like usual in South Ruislip. New member Jonathan joined Vince, Steve, Paul, Paul, Tom, Sara and Myself for a route that would take us the long way round to Uxbridge, via the Chilterns.

Sadly Dave had a nasty accident last weekend and has ended up in a rather fetching Westerley Purple cast on his wrist. He was still there to wave us off, and to meet us for a coffee and cake.



We had a really good time and hit a good pace around the course, missing a few turns due to having a good old chat on route!

Finishing up at the Rusty Bike Cafe for a nice cup of coffee, we then headed over to [Recycle a Bike](#) to introduce ourselves, with Dave having made initial introductions.

Recycle a bike, recycle unwanted bicycles providing affordable bikes to the local community and help reduce the number of bikes that end up in landfill.

Recycle-a-Bike are a volunteer-based organisation that helps people that suffer from mental health illness and provides support, training and a stepping stone back to employment. An amazing cause with some great bikes and parts for sale with a full mechanical team.

It was nice to make friends with part of our local cycling community. All in all another successful club ride.



---

Get involved, it's great! Provisional List below.



10th March Berkhamsted CC Reliability Ride (Chiltern Classics) Or Ride in Surrey

31st March STEAM RIDE AUDAX from RUISLIP LIDO (100km and 200km options)

21st April (Easter Sunday) CLUB RIDE organised by Dave Morrison

6th May (Bank Holiday Monday) WESTERLEY AUDAX RUISLIP High Street (100km and 200km options)

30th June AUDAXES Maidenhead (50km and 100km options)

1st July CLUB RIDE BENSON VETERAN BIKE RALLY (Subject to moving the Brighton date) organised by Dave Morrison

13 July (Saturday Evening) DUNWICH DYNAMO from London Fields Hackney (I have the route and a route home, but most should book the coach back through Southwark Cyclists)

18 August TOUR OF THE HILLS Audax SHERE, Surrey ....110km over all of the best Surrey climbs. I'll be away at PBP but usually do it every year, great event.

3 November CLUB RIDE LONDON-BRIGHTON Veteran Car Run

---

# The Big Interview

Name: Chris Parrott Age: 72 From: Ealing

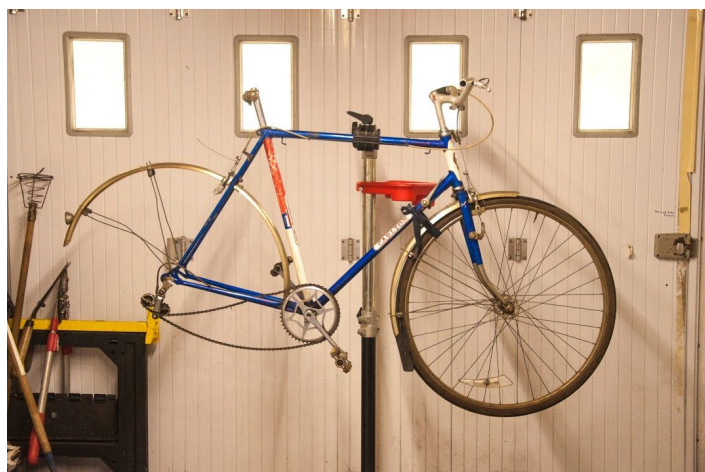




---

## Chris you live in Ealing now but have you always lived there?

I'm an army child - and have moved around a lot. - lived in Burton-on-Trent (mum's family) and Winchester (dad's)..York, Fontainebleau, Aldershot, Glasgow, Bristol - and then worked and lived in Rio, Madrid, Brittany. But for last 40 years or so in London.



## So what bikes have you owned, do you still have them?

Plenty - still got most of them. Even Sue has got three. Last year my son and I rebuilt an old Carlton which I bought second hand in 1975, which he commutes to work on.

## What got you into cycling as an adult or as a child?



I grew up at time when most families' transport was a bike. In France , my mum and dad took us (me and my brother) to school, and we went on picnics, sitting on dad's crossbar or mum's panniers. Where we lived ( a sort of estate reserved for Nato soldiers' families) was close to the town's bypass, and as far as my mum told me, the big groups of cyclists that went past every weekend was the Tour de France. The access roads in the residential area were very safe for kids to cycle around, and we soon got our own bikes. In Glasgow my

mum would make me a picnic and I'd cycle on my own to the beach near Ayr, and back.

## When did you join westerley?

2005/6

---

You have lived and travelled to some amazing places in your life. Where have you felt the most at home?

More difficult to answer than I thought. Home was always where mum and dad were. Now it's Ealing. And because I went to boarding school in Winchester (not at Winchester) where my grandparents and aunts all lived, I'm always at home there, even though there's no family there.

Where then are your favourite places to cycle, the places that put the biggest smile on your face!

The voies vertes that criss-cross Brittany, with Sue, following the routes of old single-track railways

What is your most memorable ride abroad?

Memorable - doing a day's inspection tour of luxury rural estancias in Costa Rica by mountain bike with one of the big names in Costa Rican tourism. I asked him whether two old fellas turning up unannounced in lycra and cleats was appropriate. "Let's see how well they handle it" he said. We had a really great day..

And also following the towpaths for a week alongside the Canal du Midi in southern France



Your fondest memory cycling in the UK?

Just being on the bike, but especially off-road. Bizarrely, maybe, being able to predict the time of my daily commute to within a few minutes, irrespective of traffic or weather.

Do you have a favourite achievement in cycling, on or off the bike?

Lands End to John o'Groats (Lejog) in 2011 - I wasn't at all sure I would make it, so there was no fanfare. Sue drove as support, with a spare bike in the car, and we'd met up at vaguely



---

pre-arranged layby stops for elevenses and lunch. By the time I got to Bristol, I knew I was going to make it.

11 days, only three of them dry, and five heavy rain all day. But almost all with a tailwind. I was expecting Crianlarich to Fort Augustus via Glencoe to be the best day, but it was the worst (squashed my bidon, smashed my phone, three changes of clothes and 35mph headwind down Glencoe) (hurricane whatshername). Whole trip with no punctures.

## Who is or are your cycling heroes?

I haven't really got one - although I'm always impressed that so many ordinary people can achieve quite extraordinary things - speed, endurance, determination. That a machine like a bike can make this possible is heroic too.

## Finally, what you love about Westerley CC.



I came to Westerley because our GP recommended the Hillingdon Wednesdays in about 2002 (after I'd recommended her to Woolsey's). I liked the fact that it was all informal, and not hierarchical, and plenty of different avenues - club rides, closed circuit TTs, Dolgoch, off-road, social evenings. I'd been commuting by bike daily for 25 years (to start with about 30 miles a day from beyond Stratford to Earls Court) and hadn't noticed such a thing as a cycling club existed.

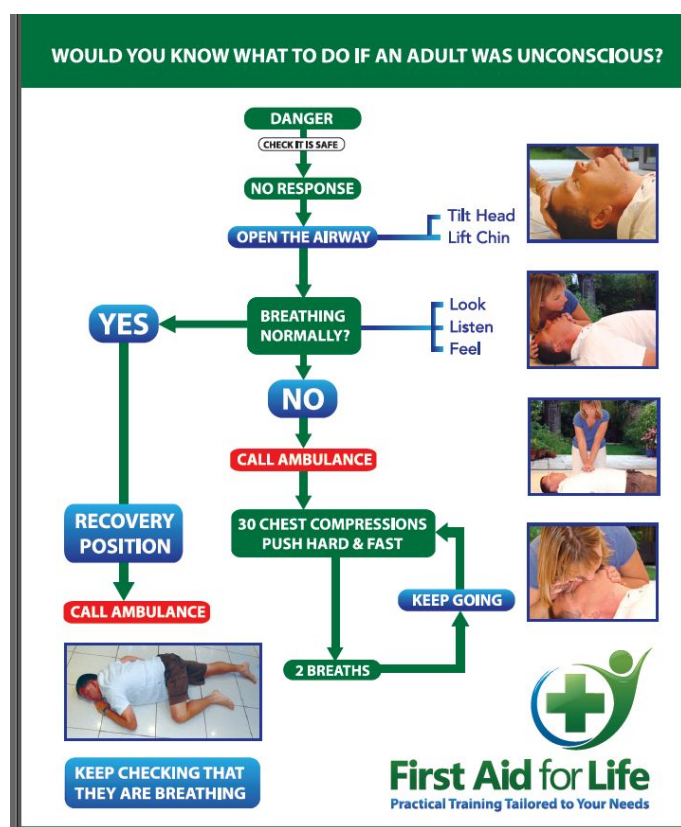


# First Aid

I've always been a pretty active person, involved in sport both playing and coaching for as long as I can remember. I've had injuries and others around me have too, there's always been someone with "the magic sponge" ready to attend to such incidents.

Recently Shane asked whether any Westerley members would like to join him on a first aid course. Local children's cycling club Field End Flyers had a couple of spare spaces, for a group course at Hillingdon CC. I'd always wanted to do one and so I put my name forward along with Jeremy for the 9th of Feb.

The course started off lightly with some theory, tea and pastries. The lecturer then showed some videos of situations where things had become very serious, very quickly. It was a hard watch but it made it all very real. Personally I felt it really focused my efforts for the days learning.



We followed this fairly basic information to the left. This along with other specific injury situations, we really did have quite a lot to learn.

It was all then put into practice with some role playing scenarios.

I was pretty surprised how real it made the whole situation feel again.

Overall it was such an important day and well worthwhile. What amazed me is how little I knew before the course. How did I get to 30+ being as active as I am, without knowing these things.

Our lecturer suggested [First Aid](#) should be taught in school and I have to agree. The amount I learned in one day could surely be taught to Children throughout school. Perhaps even once a year?

If ever the chance comes up to do such a course, please take it. **You'll be thankful you did.**

*Oh and it turns out "the magic sponge" aka soaking a cut/burn in water, IS a decent treatment for such injuries!*



**Gary Martin**

February 24, 2019 at 8:33 AM



## Up Teide..... great day out really hot 25 mile climb.

We saw Geraint Thomas training

Distance

111.33 km

Elevation Gain

2,815 m

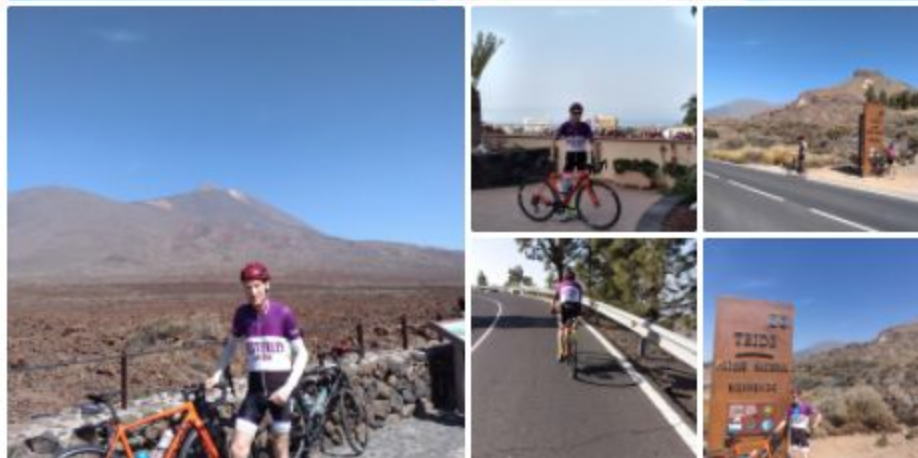
Time

6h 18m

Achievements



Tf 481 Climb **PR** (3:32)



14 kudos • 3 comments







**Ben Allen**

Yesterday at 7:09 AM



## A few new roads...

Distance

81.55 km

Elevation Gain

1,249 m

Time

3h 40m



26 kudos · 7 comments





**Nic Stevenson**

February 25, 2019 at 2:48 PM



## Monday funday gravel cross bash

Distance

**33.47 km**

Elevation Gain

**164 m**

Time

**1h 18m**

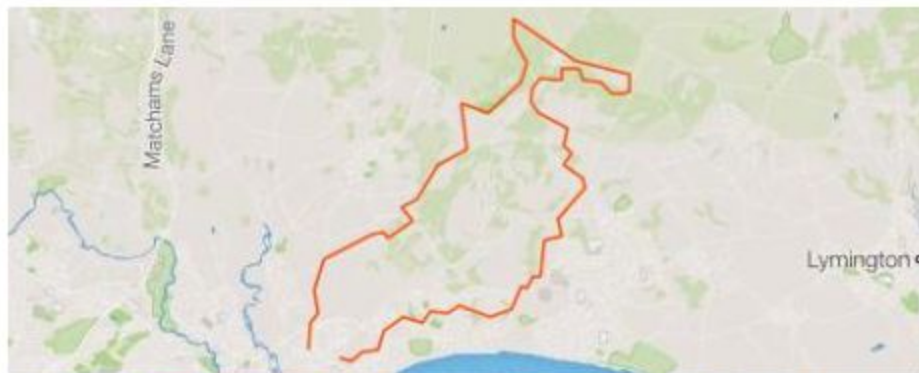
Achievements



**19**

New lane off road from stem lane **4th overall** (2:03)

Chewton farm rd (southbound) **PR** (1:20)



25 kudos





---

# Coming Up...

Plenty of events coming up guys, we're really getting going now. There will be club rides every weekend, maybe even 2x different groups.

The Spring crit is around 4-5 weeks away, I've been lucky enough to have people volunteer already but I could do with some more. I also want to make it very much a club day, a social event for us all. Try to get as many of us there as possible at Hillingdon, with the backdrop of some racing.

Wed 6 March Turbo Evening

Sun 17 March WLC H25/4 8:01

Wed 20 March Training evening for Hillingdon TTs

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†®

Wed 1 May Hillingdon 10

Mon 6 May Audaxes

Sun 12 May InterClub 25 Fifeild (HCC001) 9:01

Wed 15 May Hillingdon 10

Sun 19 May WLC H25/4 7:31

Wed 29 May Hillingdon 10

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 10 July Hillingdon 10

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

Wed 24 July Hillingdon 10

Wed 7 August Hillingdon 10

Sun 18 August WLC H25/4 7:31

Sun 1 September WLC H10/4 8:01

Sun 15 September Open†25††Marlow†®H25Ø2©†7†31

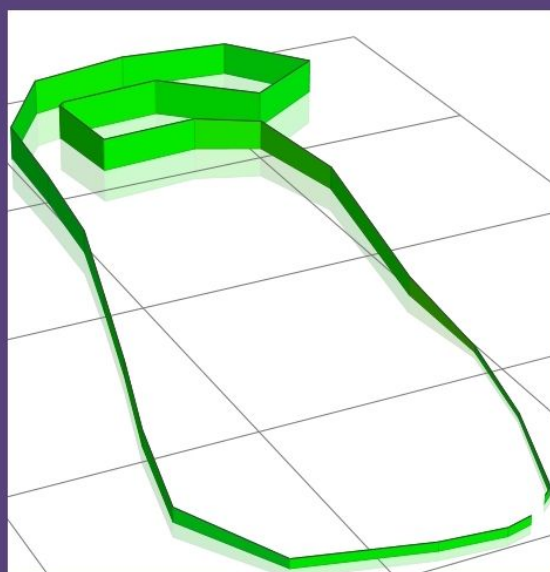
Sun 6 October WLC Windsor Hill Climb 9:31

Sun 13 October Club 2-up 10 (H10/4) 9:01

Club Hill Climb (Longdown Hill) 11:31



Spring Crits



Hillingdon Cycle Circuit  
April 6th 2019  
A **British** **Cycling** Event