

# Club Record



April 2019

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# Racing has started!

Sunday 17th saw the first West London Combine TT, after the first one was cancelled due to road works. Eight members of Westerley CC London defended on Great Missenden for Hillingdon Triathletes event. The weather looked so nice from the car, and even in the car park the sun was shining and spirits were high “how have we fluked this?!”

The first TT of the season produced a few nerves and we had a couple of a club legends returning to TT racing, Andy and Shane both in Westerley on their beautiful TT bikes!

We were the last club off and we set started around 8:45, the traffic was slowly starting to build but wasn't a problem for most, except Alison who got stuck at a roundabout, then behind a cycling clubs group ride. Bl@\*dy cyclists!



The course started fast, the weather really did seem pretty good on the way to the first couple of roundabouts. It was only when we started heading back towards the start did that wind get going!

My goodness did it blow at times, strong gusts tested me on my road bike, I have no idea what that must have felt like to a disc wheel.

The slight hill on the course really did feel hard with a headwind but, this is a TT, you give it your very best!

We all got back safe and sound, Pasquale hitting a sub 60 minute time, with Andy just over it. Actually I think we all did pretty well!

I was a little disappointed with my time, and I expressed this over our coffee at HQ.

Gary had some wise words of wisdom “Is anyone ever really happy with their TT time?” we all laughed and actually, I guess we were all pretty happy after all.



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The same could be said for our second outing to Great Missenden on April the 7th was much the same.

A good crowd of Westerley Riders braving cold conditions took to the H25/4 course.

Andy hitting a Sub 1 hour ride and winning the overall best time today!

We spent a similar amount of time in the hall afterwards, having tea and coffee, but also trying to help Gill with her ne Aero, overshoes.

A cycling version of cinderella.



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# The Big Interview

Name Shane Townsend

Age 45

Where you live Ruislip, London



We've all heard your accent, so where did you grow up?

Grew up in Carlow, Ireland, went to university in Belfast and stayed there for about 10 years, traveled quite a bit with work before moving to England.

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What Bikes have you had in the past, any favourites?

I don't really have any favourites. I usually build my bikes from parts so that they fit me rather than buying off the shelf. The exception being my latest time trial bike which in retrospect I really really should have built up myself as the shop did such a bad job at it. When I was younger my older brother had a blue Colnago (chrome forks, downtube shifters, Aero brake levers, mavic rims, rolls saddle). I used to "borrow" it when he wasn't looking, He still doesn't know, although buckling the back wheel may have left him a clue.

So What got you into cycling?

When I was younger, my older brother was an avid Sean Kelly fan but would never let me go cycling with him or his friends. Of course by the time I was old enough to keep up, he had lost interest. I lost interest in the early 90's but came back around 2009 to help lose weight.

Do you have a favourite cycling memory?

Teaching my son to cycle.

Is there any stand out thing that are you most proud of in your cycling career?

Building my first set of bike wheels, took about two weeks, per wheel. But I still use them so worth it, I think!

You are involved in many aspects of cycling. Firstly tell me about your coaching experience, I know personally, you have taught me a lot!

Most Saturday mornings, during school terms, I coach children between the ages of 4 and 11 at Field End Flyers CC. Some years ago, they asked for volunteers to complete the BC level 2 cycling course. Since then I've completed the Road, Time-time and Cyclo Cross level 2 courses as well. There is a lot of demand for kids cycling clubs especially for children over 11, however there is really only one club in West London and it's heavily oversubscribed. So there are



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a lot of kids between the ages of 11 and 16 in West London who just can't join a club as they feel there is nothing available.

You've recently completed a Commissaire course for British cycling in cyclo-cross. What made you decide to do that and how did you find it?

I race Central CX League during the winter months but last January I strained my knee ligaments which meant I couldn't run. So jumping on/off a bike for an hour just wasn't going to work too well. The league asked for volunteers to train as commissaires so I joined up. There was a one day training course followed by 6 days of being monitored at races. The commissaires job is to provide safe and fair racing for competitors however this typically brings you into conflict with both organisers and competitors. I never realised the amount of work involved in setting up a CX race. I used to turn up for my race, sign up, grab my numbers, quick warm up, course recce, race then head for home. Max. 2 hours there. As a commissaire I arrive at 7 AM, walk the course (with head torch in winter), suggest any course changes to organisers (which is usually met with smiles!), meet marshalls, first aid, sign-on, judging team and volunteers. Course opens for training at 9-ish so it's a pretty tight schedule. The first junior races are at 9:30 and until the last race at 2 PM you spend the day walking the course, checking the pits, timing, recording rider position per lap (electronic and manual back up), griding riders and starting races. It's a long day, thankfully a very busy one, a bit of a thankless task but without commissaires there would be no races. To finish it all off you then have to submit race reports when you get home. It is quite interesting to do, it's certainly made me appreciate the amount of work goes on behind the scenes and the number of ways people try to "bend the rules" is hilarious.



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This year you've made a return to time trialling, following a couple of years out. How are you finding being back? What have you missed, or not missed at all?

I hurt my shoulder in a crash so I couldn't TT for a few years. Yoga stretching and some weights has helped with recovery so it's time to TT again. My first objective will be to get a decent position and then try to go under the hour on the H25/4 at Gr Miss. It was where I went under the hour first so it is my benchmark course. I haven't done an open event in 3 or 4 years so I'm looking forward to "discovering" the local courses again.

Do you have plans to return to cyclo-cross racing this year too?

I hope so, but I will probably split the number of races I can attend between racing and commissaire duties. The first race will be at the end of Sep, so early August I hope to start running again and training off road. Ruislip woods is perfect, nothing technical, a few steep hills and marshy parts and lots of fast open track.

You have tried many disciplines in cycling, do you have a favourite?

Early season reliability rides, not really a discipline as such but it's nice to meet up with cyclists from other clubs who you see at races but never get to talk to. It's very relaxed and the cake at the end is usually quite superb, best of all the events.

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

Le Roi .... Sean Kelly of course closely followed by Bernard Hinault

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# The Classics

So here we are again, it's finally Spring. A time of year where the Sun starts to poke its head out, deceiving us all into shorts far too early. Time spent indoor training, on base miles and the occasional interval outside will start to merge into season goals.

I think it's about the most exciting part of the cycling calendar.

We are lucky enough to have the Chiltern Classics here, a little nod to the Pro races that I absolutely LOVE!

The Spring Classics, a series of one day cycling races that will test the very best road bike riders. The terrain is almost certainly not limited to tarmac and gravel and cobbles feature quite predominantly. They have vicious climbs, steep and tough encouraging solo attacks and aggressive riding. It's what many feel "starts" the cycling pro calendar.



It starts over in its spiritual home of Belgium. The opening weekend has two races, Omloop Het Nieuwsblad and Kuurne-Brussels-Kuurne. The latter was won this year by Bob Jungles, in a heroic solo attack which seemed destined to fail, just holding on for the win. It was great!

Next one of the more modern races but one that has become one of THE races of the year, Strade Bianche in Italy. Its name translating to white roads is as it suggests, a 175 km race with over 50 km on white

gravel roads in the stunning Tuscan hills. A road race all leading towards an off road section that completely separates the contenders from the rest. In recent years its most successful finishers all have a background in off road cycling. Julian Alaphilippe won this year's edition, having a background in cyclocross, with 2nd and 3rd place both too having backgrounds off road. Fuglsang and Van Aert with Alaphilippe all testing each other over the last 20 km before the Frenchmans final push, proving too strong. Oh and he won the monument Milan San remo in the following weeks, Brilliant!





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What I think makes the races so great is Character...

Each race has its own character, the riders have to show character to win. The crowds all have their own character and it just makes for the most special races. If you win Paris-Roubaix you get a trophy, a cheque, your name in the velodrome showers and an actual cobblestone.

Character.

There are so many spring classics left, if you have Eurosport they are on every weekend and are perfect for a post ride relax. If you aren't really a fan of pro cycling or are new to it, these are the races to get you into it!



I've got a feeling a group spring classic ride is on the horizon!

A great website with a list of the pro races is on this link [here....](#)

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# The Spring Crits

So it felt like a lifetime of planning but April the 6th saw our very own Road Race, the Westerly Spring Crits.

It has been an event that Ben Allen had planned over the last few years and has been a big part of our calendar.

With Ben moving I stepped in to take the reigns of “race organiser”.

It quickly dawned on me that I would need a troop of helpers!

Working alongside British Cycling we put on 4x races.

A men's category 4 race. A womens category 3 and 4 race. A men's category 2 and 3 race and finally the HandyCycle race.



Planning started last year and it all lead towards this weekend.

Adverts went out online and I personally contacted tons of clubs, riders and organisations to make it a success. The first sign of this was the Men's category 4 race selling out online.

On the day we had an amazing team of helpers from our club and we all had our roles set, in the end my job was really making teas for our officials, and anyone who was a little chilly, out in the hillingdon wind!

The Mens 4th cat race was a fast paced bunch who competed at the same time as the Women's race. It finished with a bunch sprint and unfortunately, a bit of a crash! Well quite a big crash!





It was here we had our first test of the day but between them, Shane, Christine, Gill and Chris really dealt with the first aid amazingly! This left the other marshalls free on the course to keep an eye on events, and to see the finale of the women's race, another well contested bunch sprint!

The men's 2 and 3's race sold out on the day, meaning a total of 80 riders were competing for the win!

It was fast and furious and then all of a sudden a breakaway formed with about 10 riders! They all worked together really well

and towards the end, they had done enough to keep away.

It still wasn't over though, one brave rider solo'd away from the break with two laps to go, holding them off until the last 100 meters! Heart breaking but an impressive race all round!

Finally we had our HandyCycle national league race with two British Champions of their respective categories, gracing the track.

They hit some incredible speeds and they all showed real guts and strength, propelling themselves around hillingdon cc with core and arm strength. Amazing!

As quickly as it had started, it was over!

I'd just like to express my thanks again for the volunteers and everyone who came to watch or compete. It was a real team effort, a Westerley Family effort that I was proud to be a part of!





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# Hillingdon 10's

If that wasn't enough for one month we also started our hillington 10's on wednesday the 3rd! Our unique series that allows closed circuit time trialling, in the middle of the week!

Training evenings have been happening to work out all the transponder equipment and the first events had sold out!

Aside from a few teething problems the night was a big success!

With Dinesh and Calvin at the computer, Nick B overseeing things, Roger and myself on the track and Ann in the kitchen, we again were part of a really good team helping where required.

The evening itself was a little bit chilly, in fact it was cold, really quite cold. Alison came to my rescue with a bobble hat, that I was sad to give back!

The riders were all in great spirits and genuinely it felt like they had been looking forward to the series since the last one.



The fastest rider on the night was our very own Pasquale and was really quite far ahead of the field!

Not too far behind was new member Jonathan and we had around 10 Westerley riders on the night.

Well done again to the team who organised it, can't wait for the next one!



Ack Ers – Ride
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8:09 AM on Saturday, March 30, 2019  
**Westerley CC ride with the boys**

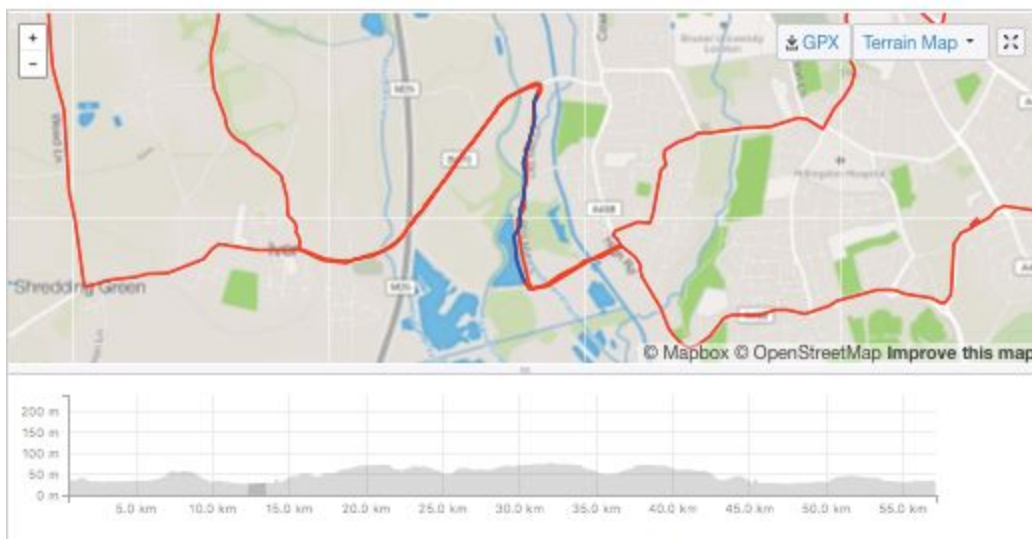
STRAVA LABS  
View Flybys >

57.70 km	2:13:43	249 m
Distance	Moving Time	Elevation
136 W	1,090 kJ	
Estimated Avg Power	Energy Output	
	Avg	Max
Speed	25.9 km/h	55.8 km/h
Heart Rate	134 bpm	171 bpm
Calories	1,215	
Elapsed Time	2:47:00	


[Apple Watch Series 1](#)
Bike: Triban RC 520

TOP RESULTS  
View all

- KOM** on Old Mill Lane to B470 (1:41)
- 9th overall** on Little Britain Sprint (3:22)



Andy H – Ride



9:39 AM on Saturday, March 30, 2019

Last Lluc at Majorca views, That's a wrap folks!

STRAVA LABS

View Flybys ›

65.28km

Distance

2:25:11

Moving Time

952m

Elevation

185W

Weighted Avg Power

1,340kJ

Total Work

	Avg	Max	Show Less
Speed	27.0km/h	74.2km/h	
Heart Rate	123bpm	157bpm	
Cadence	75	122	
Power	154W	866W	
Calories	1,335		
Temperature	15°C		
Elapsed Time	2:39:00		

Garmin Edge 810

Bike: Crux

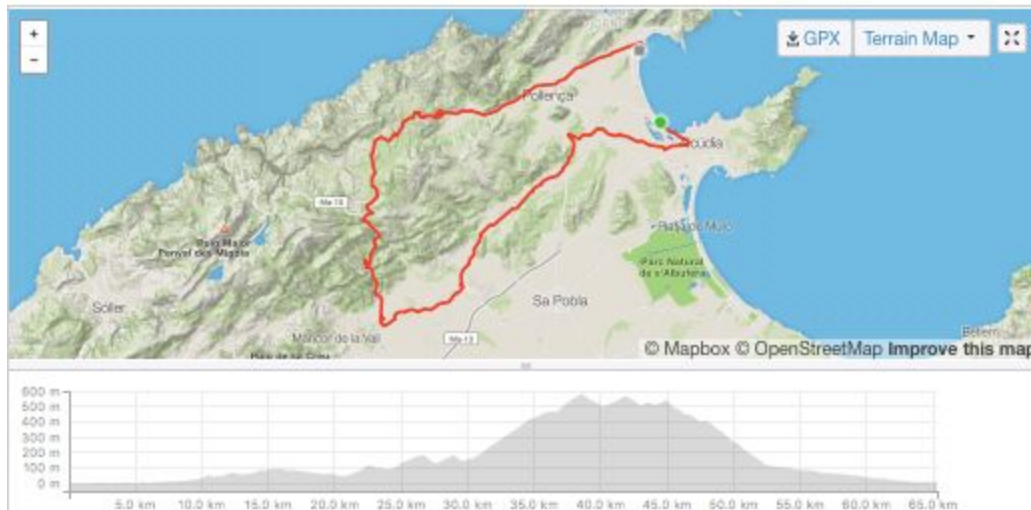
TOP RESULTS

View all

PR on Pollenca to El Vila (7:51)

PR on Run in to Pollenca (19:45)

PR on Cafe Legs Sprint (17s)





Steve Britt – Ride

5:44 AM on Saturday, April 6, 2019  
**Morning Ride**

308.21 km  
Distance

13:00:07  
Moving Time

2,915 m  
Elevation

View Flybys >

	Avg	Max	Show Less
Speed	23.7 km/h	69.1 km/h	
Calories	9,825		
Temperature	7°C		
Elapsed Time	14:38:07		

Garmin Edge 810

TOP RESULTS  
View all

PR on Lower Rd CSP (1:28)  
 PR on May The Force Be With You (2:30)  
 PR on Into GX TT (no light jumping) (2:29)



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# Coming Up...

Still Plenty of action coming up! Remember if you can offer, please do volunteer to help at events, it's a great feeling being part of a successful team!

Wed 1 May Hillingdon 10  
Mon 6 May Audaxes  
Sun 12 May InterClub 25 Fifiel (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

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

**Bank Holiday Monday**

**6th May 2019**

**CYCLE**  
**CHILTERN AUDAX**  
**MAY DAY**



**100km or 200km  
routes from  
RUISLIP  
West London**

**ENTRY £9**



**Westerley  
Cycling Club**

**<http://www.westerley.cc/audax>**