

# Club Record



June 2019

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# The Future of TT's

In recent months, years even, it has been reported that the traditional TT, is on the decline.

Mid week evening time trial leagues, report lower attendance along with Sunday opens.

Traffic conditions, increased tension on the roads are perhaps a little off putting for beginners.

Time trialling I've always felt is a great way of starting competitive cycling.

Ultimately you're always racing against yourself, your PB. You will get your time and then you also have the opportunity to compare it to your peers. Should you want to.

Warning though, you may feel awesome but there is almost ALWAYS someone faster. It's quite a humbling experience having someone go past you at 30mph during a TT, rest assured we have all been there.

I love the open road time trial, it is definitely the best way to get a consistent speed, with routes purposely made to have the least amount of turning etc possible.

The other form of road racing is circuit racing. Now this is a different ball game and can be quite difficult for a beginner on the bike.



It seems at Westerley CC London, we have stumbled upon a bit of a gem in our closed circuit time trials.

Our evening Wednesday 10 series at Hillingdon cycle circuit, has been selling out every event.

The perfect track conditions and no traffic mean that we have such a great range of attendees.

We have a great community of racers which we are very proud to be part of. Young riders to old, Men, Women, complete beginners to seasoned time trialists, honing the absolute aeroneess. (Yes I made that word up)



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Perhaps this is the way to go for encouraging competitive cycling. Could it provide a gateway for youngsters of the future where velodromes have previously? They're certainly less intimidating.

Also it's a great way for circuit racers to get a feel for travelling at speed around corners, without being in a peloton. Even regular crit racers are benefiting from using our time trials, to master the Hillingdon track.

A big change would be for British cycling and Cycling time trials to work together to promote such events. For now it would be great to see other clubs set up similar events.

In London and the surrounding areas we are lucky to have Hillingdon, Hog Hill, Lee Valley and Bovingdon. Maybe these venues could do something similar.

We hope the success continues and encourage anyone to sign up. You'll always be welcome and encouraged, who knows, you may stumble into something you love and hopefully, the open road TT becomes as popular as it should be

Check our spaces here.. [Rider HQ](#)



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# Cycling During Ramadan

During a recent club ride at a café stop, one of our new members Ahmed, noted that he wouldn't be able to have coffee and cake soon. Ramadan was coming up and that meant a period of fasting for him, an important part of his Muslim religion.

I have to say it's not something I've been aware of, in such close proximity during my sporting life. I have grown up with an educated view of all religions but, what is it like on a personal level for someone?

I was keen to talk to Ahmed about Ramadan and how it is for him.

*Ahmed firstly, can you tell me a little bit about Ramadan itself?*



Ramadan is the 9th month of the Islamic lunar calendar. Being lunar this means the date relies on the moon's cycles and so the timing of it is different every year. For the past few years it has fallen in the long hard summer months and here in the West we have some of the longest fasting hours in the world (approx 19 hours per day in London, in Russia almost 21 hours a day!). Because of the unusually long hours for the past 2 years, there is some wiggle room - if the fast is longer than 18 hours, you can do a shorter period.

It's a time for self-reflection, self-control and mindfulness. We fast from dawn prayers (about 2:10am) to sunset (9:15pm), the time of course changes gradually every day being lunar ( it was 2:30-8:50 in the first day). There are two meals: Iftaar is the evening meal to break the fast, and Sahoor is a light dawn meal before you start the day's fast.

We fast from more than just food and water - even things like strong smells (perfume etc), swearing, treating others cruelly etc will break your fast. The mind and body goes through a period of detoxification and you really feel it. But you do not have to fast if you can't (although probably best to not be cruel :) ) the emphasis is that fasting is not a punishment - so those who are sick, pregnant, travelling, breastfeeding etc do not have to. In our last ride I could only fast half the day because I had dental work done and the medication broke my fast. We do have to make up the days that we don't fast during Ramadan though and I would advise making them up in the much shorter winter months.

It's a very charitable month and you will find a lot of Muslim centres opening up their doors to feed everyone and anyone. It puts into perspective how a lot of people are forced to live on a daily basis without adequate food and drink and is a humbling experience - that first sip of water after a long day fasting is the best you will ever have!

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*Your dedication to fasting is certainly to be admired. Now I know you commute by bicycle as well as enjoying club rides at weekends. How have you been finding the early commutes?*

This is my first Ramadan cycling and I was particularly worried that it would affect my commuting to work. You don't want to cycle to work and end up starved for food and water for the rest of the day because that is all you will think about and will be constantly counting down the minutes. The first week is always extremely difficult because your body is still adjusting to being deprived of food (and for me lots of caffeine!!) so I tried to take it easy and gradually build up.

In the second week, I did a short 6mile ride around the block while fasting to test the waters and while it was tiring, it wasn't as bad as I thought it would be but I still tired more quickly (admittedly I did foolishly try for a Strava KOM). The thirst is an issue but you get used to it quickly and as long as you have a healthy meal before bed and ride efficiently you will be fine. I avoid salt at all costs and always eat foods with slow releasing energy to keep me sustained for longer. Your stomach shrinks when fasting and I find myself filling up very quickly so it's important not to fill up on junk food - which is very easy to do because you crave absolutely everything when fasting. I used to play football and in comparison cycling is slightly easier when fasting because you can control your energy expenditure more efficiently.

I do prefer the commute back home more though because by the time I get home, shower, cook etc it will be time to eat!

*We've enjoyed many a club ride together, how are you finding your energy without eating during the longer rides? Do you feel you've had to be a little more cautious on energy expenditure?*

Absolutely. I've had to take it a lot easier because if you bonk there is no coming back while fasting. I had to learn the hard way during a recent competitive (ish) indoor training session which I was invited to and at one point put out 1113 watts. Big mistake, by the end of it I could barely see straight! What I have found is that the longer rides won't be an issue as long as you don't go too hard and manage your time so that when you finish the ride it will be time to break the fast.

To make it work I have had to eat well and drink lots of water in the evening. Things to avoid include high salt foods, fatty foods like Pizza's, sugary drinks and low calorie foods which won't give you the energy you need. Instead have water, dates, high fibre vegetables, fruits and protein rich meats. For Sahoor I usually have some oats and a smoothie!

*How does the fasting period make you feel in terms of mindfulness. Is it something you would recommend to other people, perhaps not of your faith, to try?*

The thing I like the most is that you learn to appreciate the little things more. When you are starved, you will pick a some rice and veggies over a new upgrade for your bike any day of the week and it really makes you appreciate what you have. The family and social aspects of it is brilliant, you will have a lot of invitations for iftaar and be with friends and family much more. I think a lot of people are giving fasting a go now for the health benefits as well. It's been known to reduce the risk of high cholesterol, heart disease, obesity and improve overall mental health. It will give the digestive system a rest and detoxify the body.

If anyone is curious I would recommend trying to fast a day in the winter months where the hours are short and you will avoid the hot summer months making you extra thirsty. Maybe also make it a weekend day so it doesn't affect your work, the first day is always the hardest and the second is 10 times easier.



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*With the season of Ramadan coming to an end, will you be celebrating with your family in a particular way?*

Ramadan is followed by Eid which is similar to Christmas - family and lots of food!! This year my wife and daughter will be away visiting Grandma and Grandpa so it will be a tame one for me. Who knows, maybe a celebratory bike ride!

*Lastly for a bit of fun, what coffee and cake are you going to have on that first club run after.*

There is a place in Borough Market close to my work called The Gentleman's Barista and they do a cracking flat white which I have been craving for the past three weeks. That and a chocolate muffin with a runny milk chocolate centre! And I also can't stop thinking about that Kebab stuffed pizza Jonny mentioned once.

*I'm sure everyone will join me in wishing Ahmed, his family and everyone else, a happy final few days of Ramadan and a joyous Eid.*



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# From the Archives...

Back into the Archives and something that I'm enjoying reading, is just how much of a social hub being in a cycling club was.

It was as common to have a time trial as it was to organise a Westerley Dance. They were very well attended, if the opening "disappointment" is anything to go by. I hope we can have similar numbers at our next social evening or the awards night. Don't miss it, or I may publicly shame you in a similar way.....

## At the Blue Gliss on Jan 30th 1935

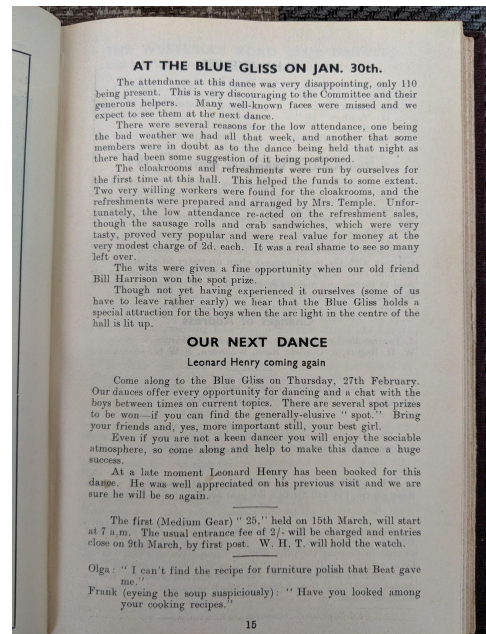
The attendance at this dance was very dissapointing, only 110 being present. This is very discouraging to the committee and their generous helpers. Many Well known faces were missed and we expect to see them at the next dance.

There were several reasons for the low attendance, one being the bad weather we had all that week, and another that some members were in doubt as to the dance being held that night as there had been some suggestion of it being postponed.

The cloakrooms and refreshments were run by ourselves for the first time at this hall. This helped funds to some extent. Two very willing workers were found for the cloakrooms, and the refreshments were prepared and arranged by Mrs Temple. Unfortunately the low attendance reflected on the refreshments sale, though the sausage rolls and crab snadwiches, which were very tasty, proved very popular and were real value for money at a very modest 2d. Each. It was a real shame to see so many left over.

The wits were given a fine oppourtunity when our old friend Bill Harrison won the spot prize.

Though not yet having experienced it ourselves (some of us have to leave rather early) we hear that Blue Gliss holds a special attraction for the boys when the arc light in the centre of the hall is lit up.



## Our next dance (Leonard Henry coming again)

Come along to the Blue Gliss on Thursday, 27th February. Our dances offer every opportunity for dancing and a chat with the boys between times on current topics. There are several spot prizes to be won- if you can find a generally elusive "spot".

Bring your friends and, yes, more important still, your best girl.

Even if you are not a keen dancer you will enjoy the sociable atmosphere, so come along and help to make this dance a huge success.

At a late moment Leonard Henry has been booked for this dance. He was well appreciated on his previous visit and we are sure he will be so again.

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**SUPREMACY !**  
1936

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# The Big Interview

## Sara Shirmanesh

36, Southall

I was born in Tehran and lived there in our family home until I finished School and studied Art in College for two years after school.

I left for the UK in 2003 at the age of 20 to start my journey.



London has since become home to me.

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*So Sara what got you into cycling, did you ride as a child much and what's been your cycling story since?*

I know it sounds cheesy but without going into too much detail, a forbidden workplace romance got me into cycling! Hopefully this newsletter won't come up on a google search!

I think my earliest memory of riding was a ride on toy that I was in love with and Dad bought it for me when I was a toddler. I remember I wasn't happy about giving to my little sister when mum told me that I was too big to ride it.

I used to ride my brother's bike from time to time and I remember I hurt myself cycling round and round the hexagon mosaic pond that we had in the centre of our garden. That's the only bike crash I remember from my childhood.



I started cycling as an adult in October 2016 and soon after I joined the Westerly club which gave me the opportunity to learn from people with more experience. Roly and Jason were the first club members who taught me how to use gears on a road bike.

*A fairly recent adult cyclist like myself. What are your favourite cycling memories you have had then in this time.*

A funny story is when I was doing a long and high climb on the Andrax ride in Mallorca. We set off as a group of 8 and some shot off quite strong but, I managed to overtake some of them half way through and actually finished the climb in the third position. One of the guys asked me then what was my secret of setting off quite easy and picking up pace later? I had a snack pack on my top tube which helped me top up my fuel very frequently. Then I said to the him *"do you know how many dates I had, to be able to get to the top of the climb?"*. His eyes widened when he heard it and said *"what? Have you been speed dating on the climb love?"* I was crying with laughter when he said that, given I was only eating dates that I bought from a shop just at the bottom of the climb!

*Sounds like a recent incident when you said that you had a "lace" layer on underneath your jersey! What's your favorite achievement in cycling, at the time of doing it.*

My first TT when I achieved under 30 minutes.



*From speaking to you about cycling I know we both enjoy cycling fashion and clothing. You're always proud to wear your westerley kit but is there a particular brand you like to wear, what's your favourite kit etc...*

Yes, I like Kalf and Castelli and I especially like matching jerseys and socks, hats and gloves. I also have a special love for shades and believe as a cyclist you should look as good as you ride. I do create my own trendy styles like white or red leggings or even different colour socks or shoes.

*So can recommend a women's specific cycling brand*

Kalf and Castelli

*You seem to absolutely love cycling, out most days on the bike. You've kept a good schedule around work and around studying. Has this been difficult at times and how have you managed your work/play balance.*

I must admit that I love cycling more than my studies and even my job (although I have passion for what I do). It is a very difficult task to juggle in between the three but I

often put my cycling just after work and cram in my studies prior to the exams.

*What bikes do you have and what do you like about them.*

I have a cinellii and a specialised one which has been dedicated to my turbo training. I absolutely love my cinelli although I learnt much of my cycling on the Specialized one and didn't really treat her well with all the chips I put on it from the crashes I had.





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*You're a fan of cycling around Surrey, is that your favourite place to cycle. If so why?*

Because of the hills and empty roads. I much prefer hills to flat roads. I find them more useful for building fitness and endurance and I have noticed an improvement in my cycling since I have been doing more hills. Also from the psychological aspect of the sport I believe hills are more beneficial than flats.

*Have you ever been cycling in an area quite far away, or another country? If so what was it like.* Yes, Mallorca. Peaceful and beautiful, and most of all cyclists are safe on the roads. No intimidation or bad driving against cyclists.

*That sounds great!! Do you have any cycling heroes, people you look up to?*

Victoria Pendleton. She was always at the bottom of the list just like myself but with hard work and determination she managed to overcome this. She became a gold medalist despite all the hardship, sexism and bullying that was happening in British Cycling at the time and all her competitors always tried to knock her confidence because she didn't look athletic and strong. Her determination and self belief is what I always admire even though she retired when there was still years ahead of her for competing.



*Finally, what do you love about Westerley CC London?*


The closeness, team vibe and the fact that everyone helps each other like a family.



Another good month for the club on Strava, here's a pick of some rides.  
 Firstly here's one from Gary taking on a 100 mile time trial! A great effort!

<https://www.strava.com/activities/2399071798>

**Gary Martin - Ride** 🔥 15 📄 2




7:05 AM on Sunday, May 26, 2019

**H100/88 Hounslow**  
**100..4:54:27**

Tough morning with 50m in headwind. Not to displeased as I realize my heart is only at 70 % and I am in my 60s now.

⋮



 View Flybys

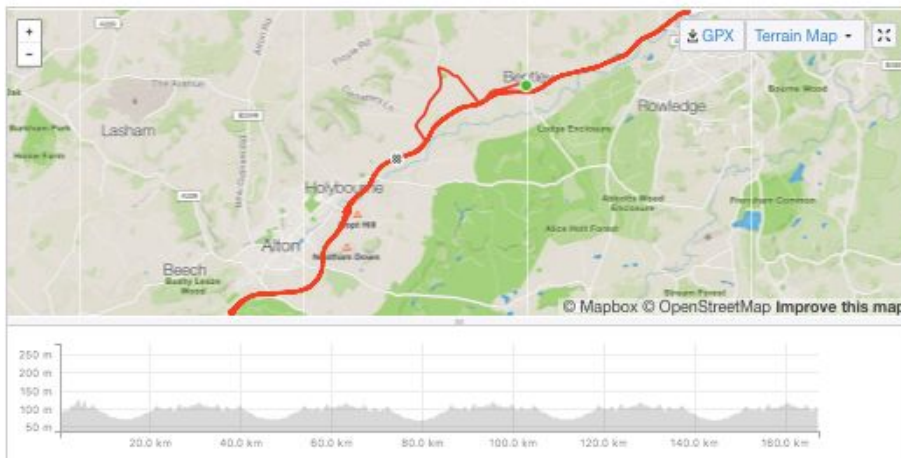
**167.29km** **5:11:44** **825m**  
Distance Moving Time Elevation

	Avg	Max	Show Less
Speed	32.2km/h	51.1km/h	
Heart Rate	106bpm	124bpm	
Calories	1,312		
Temperature	14°C		
Elapsed Time	5:21:31		

Garmin Edge 800 Bike: gary martin


**TOP RESULTS** View all

-  **3rd fastest time on S6 - Bentley Overpass to Start line (1:48)**
-  **3rd fastest time on Coxbridge turnaround (28s)**




Next up Nic Stevensons effort in the Tour of Cambridgeshire Chrono. The prestigious closed road time trialling event, well don Nic and to Pas and Rob who were also there.

**Nic Stevenson – Race**
🔥 27 🗨️ 6



10:40 AM on Saturday, June 1, 2019

### Tour of Cambs Chrono 2019



26.56 km	39:27	202m	88
Distance	Moving Time	Elevation	Relative Effort
272 W	629 kJ	69	99%
Weighted Avg Power	Total Work	Training Load	Intensity

	Avg	Max	Show Less
Speed	40.4km/h	67.3km/h	
Heart Rate	169bpm	183bpm	
Cadence	89	159	
Power	266W	615W	
Calories	622		
Temperature	22°C		
Elapsed Time	1:19:37		

Garmin Edge 130
Bike: Viner TTR - Zipp Super 9 / 404

TOP RESULTS

[View all](#)


- 🏆 PR on Bullock Rd North (2:03)
- 🏆 PR on balaclava spinney north bound (4:07)
- 🏆 PR on Morborne to Haddon Bullock Road (1:57)

[WesterleyMagazine@gmail.com](mailto:WesterleyMagazine@gmail.com)



The next ride is from Gill, representing Westerley at every opportunity in time trials this year, having great success with it! Keep it up Gill

**Gillian Morgan – Ride** Give Kudos 11 0

 9:03 AM on Saturday, June 1, 2019  
**TT H10/2 South Bucks**  
This is rocky road ... first visit this year !

STRAVA LABS  
[View Flybys >](#)

16.13 km	29:17	78 m
Distance	Moving Time	Elevation
160 W	278 kJ	
Weighted Avg Power	Total Work	

	Avg	Max	Show Less
Speed	33.1km/h	42.8km/h	
Heart Rate	147bpm	152bpm	
Cadence	88	112	
Power	158W	300W	
Calories	276		
Temperature	15°C		
Elapsed Time	29:17		

Garmin Edge 820

**TOP RESULTS** [View all](#)

- 2nd fastest time** on [Twyford to Hare Hatch Ruscombe turn](#) (3:06)
- 2nd fastest time** on [Roundabout, are you losing time here?](#) (25s)
- 3rd fastest time** on [A4 towards The Shire Horse](#) (down hill) (2:08)




Finally here is a massive ride from Alison, a great route to Oxford with plenty of climbing!

**Allison Turrell – Ride** 🔥 24 🗨️ 2

8:40 AM on Saturday, May 25, 2019

### Julian's short ride to Oxford



171.28km	7:06:25	1,246m
Distance	Moving Time	Elevation

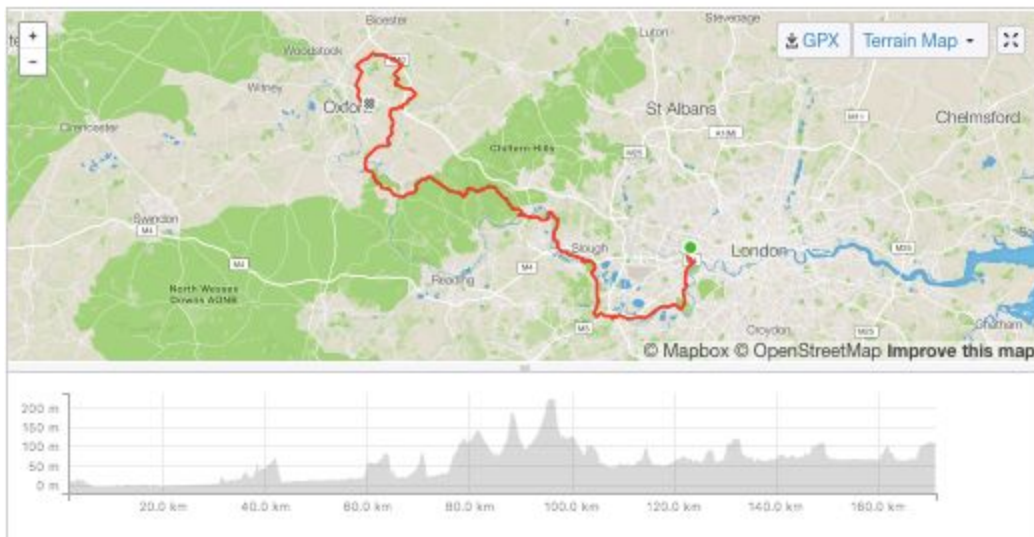
111W	2,834kJ
Estimated Avg Power	Energy Output

	Avg	Max	Show Less
Speed	24.1km/h	63.7km/h	
Calories	4,988		
Elapsed Time	8:42:24		

Garmin Forerunner 920XT

**TOP RESULTS**  
View all

- 🏆 PR on get lucky with the lights (1:19)
- 🏆 PR on Speed bump dash (1:05)
- 🏆 PR on Clacks Lane straight (with a wind up) (3:18)



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# Coming Up...

We are well and truly into our cycling calendar now! The list is slowly disappearing. It's great to see so many people entering races, time trials and representing our club.

We have some very enjoyable rides coming up too, please keep an eye out for them on facebook and our website. I've posted a couple of the suggested club rides below.

I hope to see you all at the club 10 this month!!

Wed 12 June Hillingdon 10

Sun 23 June Club 10 (H10/2) 8:31

Wed 26 June Hillingdon 10

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

Wed 10 July Hillingdon 10

*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)*

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

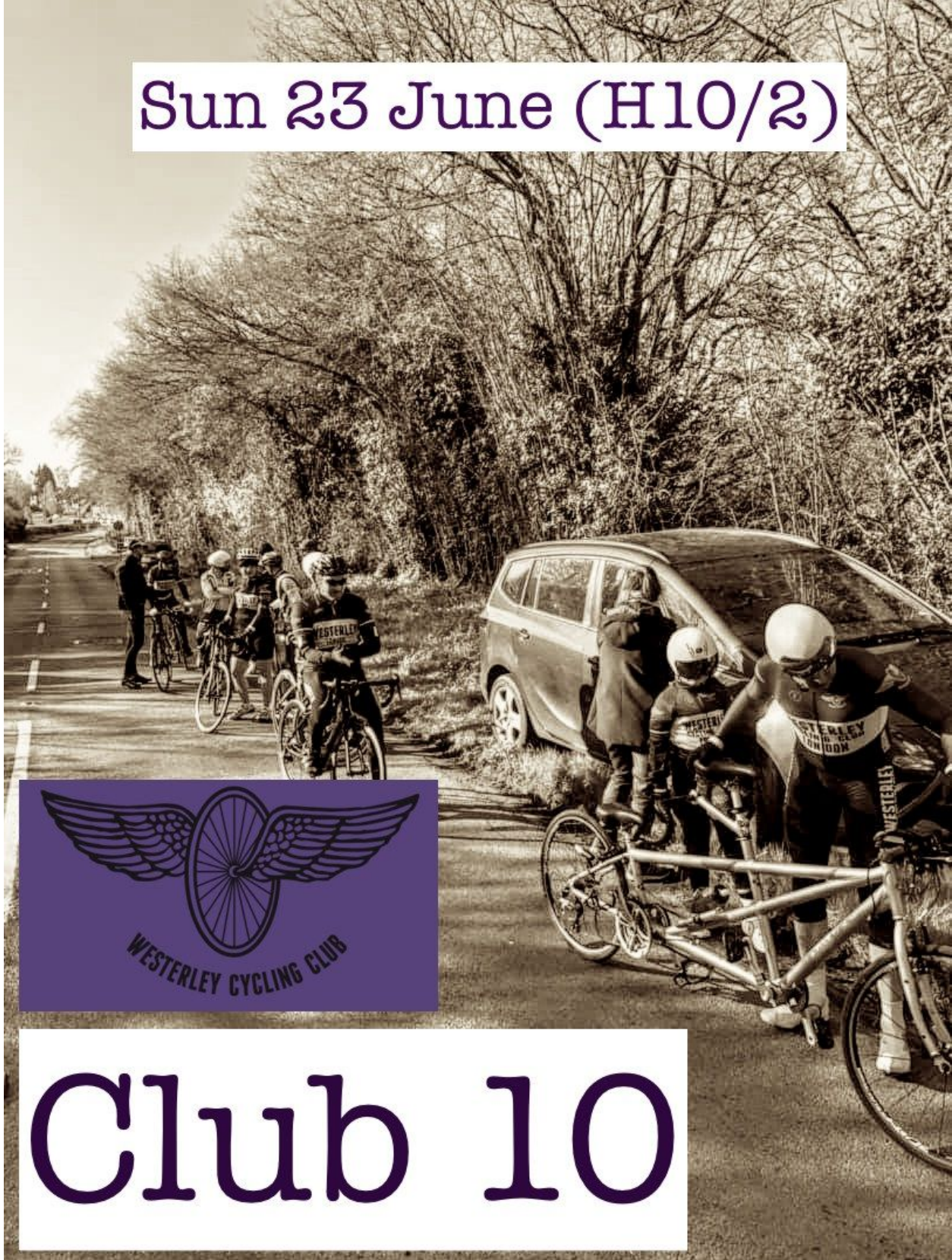
Club Hill Climb (Longdown Hill) 11:31

*3 November CLUB RIDE LONDON-BRIGHTON Veteran Car Run*



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Sun 23 June (H10/2)



Club 10