
Club Record



May 2019

The May Day Audaxes

It's 6.30am, we're at a Church for a cycling pilgrimage, finally the May Day Audaxes are upon us.

All morning I have been singing, exactly like James Brown (in my head) "get on uppa dat Trang" for my Get on up off that Tring 100km Audax is but a couple hour away, and I am excited!

We set up with Dave and Family and It's not long before the punters start arriving.

Tea? Coffee? There's toast and cereal over there? Is there anything I can do? 4x sentences we all perfected throughout the morning.

Everyone was in great spirits! Westerley had a really good showing of bookings across both distances and we were part of around 250 riders.

We welcomed a young lady along with us, nervous of doing the distance on unknown roads.

We set off and as Dave had planned we took a route, different to normal.....

"I wanted to take this year's rides over to the other side of Watford, St.Albans and Hemel Hempstead as people in our area rarely ride in that direction as these town are a bit of a barrier. A bit of stealthy route planning, combined with an early start on a Bank Holiday meant the riders could miss the traffic and reach 'pastures new' and take the opportunity to explore beyond the towns. So many people commented afterwards that there were loads of new roads to them...which was very satisfying"



It was great, actually I think the nicest 100km I have done. Plenty of hills but all nice ones, no horrible little spikes! There was one hill before our ivinghoe check point where we climbed at a nice rate before being presented with an absolutely stunning view! We could see for miles,

"is that a dog in chalk over on those hills?"

"Yes I think that's whipsnade zoo"

Absolutely beautiful.

Then we arrived at our checkpoint, got our stamps from Andrew Broadbent,

who had kindly volunteered to help the event. We warmed up a little, in fact quite a lot, too much maybe. Then we set off again, in what now felt like arctic conditions. It's wasn't though of course, it was sunny and starting to feel nice outside.



When descended down out of Tring, I spotted the next info point, let everyone shoot past me, feeling smug, like I was the only boy in class who knew the answer. Of course I shared my homework, I've always been desperate to be popular.

Then we flew back through the Chilterns, Amersham, Chalfonts and before we knew it, Harefield for our last hill of the day.

Getting towards Ruislip I started feeling a bit gutted the ride was over. I'd definitely want to try the 200km next year. Dave the Routemaster is really quite amazing at designing these rides. They're all attainable for people looking to try distance cycling.

We got back to hq and we had read, coffees and cake, plenty of cake.

Then the guys set off and I happily stayed to help Dave as planned. When the 200km riders started arriving back, we had a nice flow of people, all smiling, if a little fatigued.

What I realised is that Audaxing brings out the best in all cyclists. It's fun, it's challenging, it's a real community of people doing what they love.

Everyone seemed to enjoy the food and drinks, a new thing for Dave to have done this year....

"This was my first year of 'self catering' as I've previously used venues that provide it for us. I slightly underestimated how much was involved but luckily the support of Friends, Family and Westerlies meant we pulled through...thank you guys! Seeing so many Westerlies on an Audax is fantastic.....well done to the riders too"

Dave it was our absolute pleasure, we all had a great day, one of the best days on two wheels possible.

I can't wait for next year's Audaxes already. Dave already has a plan believe me, it'll be one not to miss!!



On The Beaten Tracks

I need to come clean about an affair I have been having. In the last few months I have completely fallen in love with being off road on two wheels. I know “where are my loyalties” and “think of the children” but I’ve just been absolutely hooked by the freedom it has given me, I just thought I’d share my path to this point and hope that some of you will follow.

It started slowly last year, I took my old road bike to Black Park with my son for a little ride around. My Road bike, a Carrera Halfords special, had seen me through all my first milestones as an adult cyclist. Sadly it had become, like many others, a winter/commuter bike with hard hybrid tyres and it wasn’t getting much use for fun.

We were thrashing it around on the gravel and I thought, what an absolute blast this is!

Gravel bikes and Gravel adventure rides had been getting some coverage online and in the cycling world and my interest started to build. I did a few more of these rides and really enjoyed them but when it rained, the bike just didn’t really work off road.

Shane posted into the Westerley Facebook Group asking about what people wanted to do for winter training, one option being to do cyclocross. Well why not I thought, Shane was more than willing to help too! I looked into getting a Cyclocross bike, Ian McN had one for sale, it seemed plenty of people had them for sale on ebay. Ben Allen even said “everyone’s got a cross’ bike for sale right?!” and it helped me realise that everyone tries this, not everyone carries it on.

Well £500 is a little much for me to try something I’m not sure I’ll like. I decided I would look into adapting my existing, winter/commuter/older road bike.

“What’s the difference between a cross’ bike and a road bike?” became my google top search.

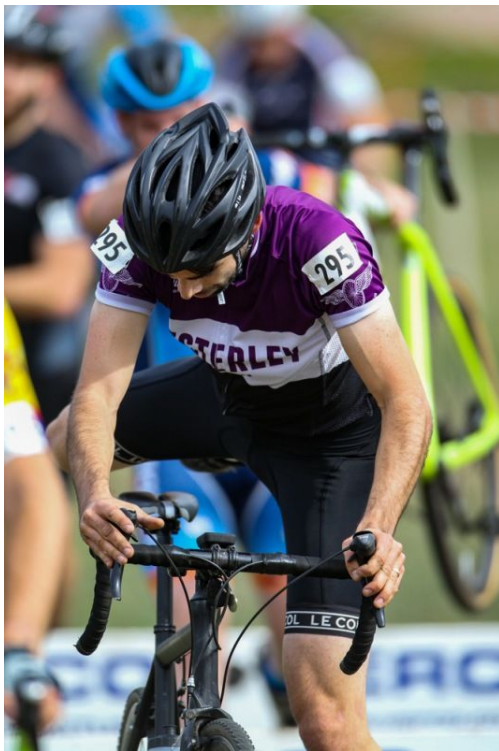
The main differences are the tyres and the clearance, between the brakes and the frame. (Oh and the brakes are different to callipers, and the cables run above the top tube, yeah yeah back to the important ones...)



So I measured what clearance I would get away with, between a potential tyre, and my brakes. It turned out 30mm would be fine. Great! Most tyres seem to be 33mm, so it should be easy to get..... Well as it turns out there is only 1x cyclocross tyre I could find at 700c x 30mm, [Schwalbe CX Comp Cyclocross Bike Tyre](#) . That's perfect for now, I only need one set of tyres, they'll do just fine. I also purchased some off road shoes and pedals second hand on ebay for £20. Again benefitting from someone who had tried but didn't like it.

The tyres arrived and I installed them to my existing wheels and they fit with just enough clearance to run them fine, the brakes work perfectly and I had an "off road ready" bike! Now I can go out with Shane.

I met Shane for the first time that Sunday morning and we head out towards Ruislip woods. I was given loads of advice and encouragement. I had a great time but I realised just how hard off road riding is!



The skills required to stay up and to get up a steep hill, with hardly any traction below your tyres is tough and takes experience. It was great though, being in Ruislip woods took me back to my BMX days!

Shane's a great teacher and it gave me the confidence to book a cyclocross race, on the same bike I had been using. Looking back he gave me just the right amount of info, without scaring me off!

Now the race was September, still very hot, in fact that race was ridiculously hot!

60 minutes of intervals on a course with twists and turns. Skidding in the dust bowl at Milton Keynes. I got my absolute butt kicked that day, I didn't finish last though I was near the back but, I loved it! As did Shane, enjoying the grimace on my face as I went by him! He definitely didn't tell me it would be this hard, good job really!!

The bike remained suitable until deep in winter where the mud would get clogged up between the brakes and frame, quite literally stopping the bike. However it was still absolutely fine on gravel and I discovered the Grand Union Canal towpath and just about every local gravel track possible. I kept these rides up throughout winter and found that I had a better workout than on the road. It's safer because the speeds aren't as fast, so you can run into high heart rate zones, without worrying about slipping on your slicks. Cyclocross is essentially lots of intervals and recovery with bike handling skills thrown in. These skills develop quickly and they are very useful in all aspects of cycling. Don't be fooled in thinking there's loads of running with the bike on your shoulder, that's more of an experts way of dealing with obstacles.



I have changed a couple of things as I have gone along. The tyres although absolutely fine grip wise, had zero puncture protection, especially at a low psi. I must have punctured around 10 times in 20 rides but, being wider tyres they're easy to repair. I upgraded the inner tubes for ones with "slime" inside and then I have also added [Panaracer kevlar liners](#). Since then I haven't had a puncture or if I have, I haven't noticed.

The reason for me writing this now is that the weather is getting good again and it is a perfect time to discover Gravel/off road riding! There are no cars, no pollution, quiet scenic paths and for me, the sense of pure freedom. I know that means it's the perfect for the road bike too, so hear me out.

If road is my real passion, time trialling, racing etc then that's what I will take seriously. I just need a break from it every now and then. Along with our club rides which I love, that's what this bike now gives me off road.

For around £60-80 I converted a bike that was looking forgotten, into a bike that gives me a real sense of joy when I jump on it. I may buy a "proper" cyclocross bike for this season but now at least I know I like it.

I encourage you all to give it a go, use the canal path to dip your cleats in and please feel free to ask me anything you want about it. I will be more than happy to help, and pass you to Shane... ;)

The Big Interview

This months Big Interview is with Gill. One of the most popular members of our club for sure. Gill is an incredibly dedicated cyclist and also one of the best people to have a coffee and chat with. Enjoy...



Gillian Patricia Morgan 58

I live in Wembley Park with my bikes and growing mountain of bike accessories and running shoes.

I think I am a Londoner?

Gill tell us a little more about your upbringing and where you are from.

I was born in Rhinteln in Germany my father was a full time career soldier , I also spent some time in N. Ireland Ballykinler. When I was 3 my father went to staff college at Latimer, I went to Nursery at Ley Common and we lived in Pendor Cottage. . My parents have enjoyed hearing about my trips to Great Missenden to race and rides in the Chilterns . I keep looking for Pendor Cottage but I've not found it yet.

After finishing at school I went to university in London and I stayed here ever since.

What bikes have you had, I know you have a special connection to your current TT bike?

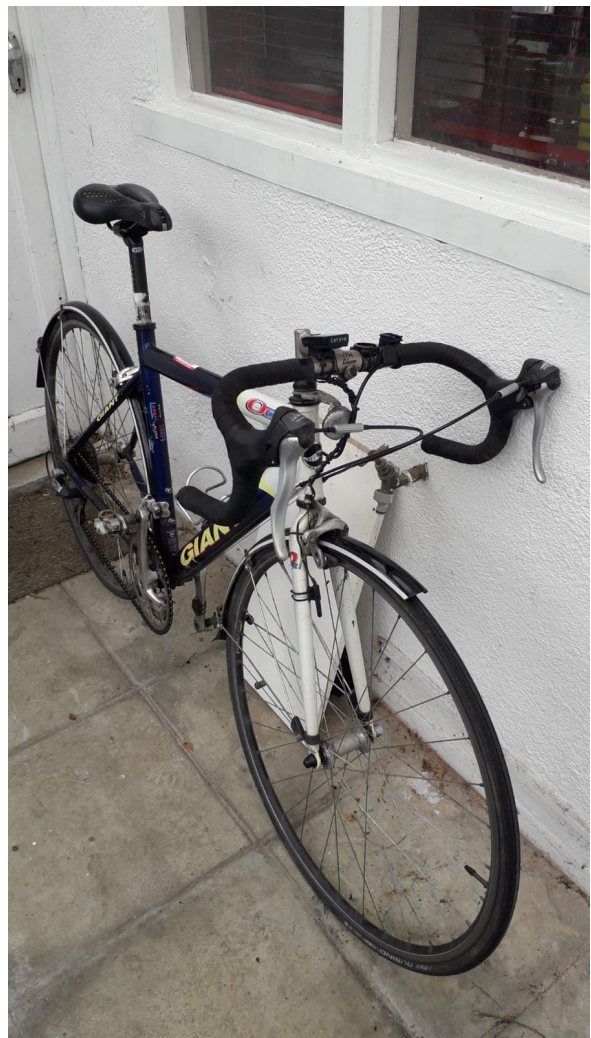
I have five bikes. Three are very dear to me. The Jellogy I have had for about 20 years I bought it when I first raced with the Westerly its an entry level Giant. Aluminium and very heavy. The Dream Machine I bought after I represented GB for first time, she is a Giant Envie. I was very upset when she was damaged when I went Soria. The repair done by carbon bike repairs is amazing.

My TT bike represents a big decision I made. Up until this point I always thought of myself as a runner who cycled. My parents bought her for me, which I am very grateful as a big thank you. I have had my giant AWOW a year , this is my 2nd season with a TT bike. The last season had lots of highs and monumental lows. Being hit by a car a crash at Hillingdon.

After such a travelled upbringing, what got you into cycling as an adult and what are some memories of cycling as a child?

I have three early memories of cycling:

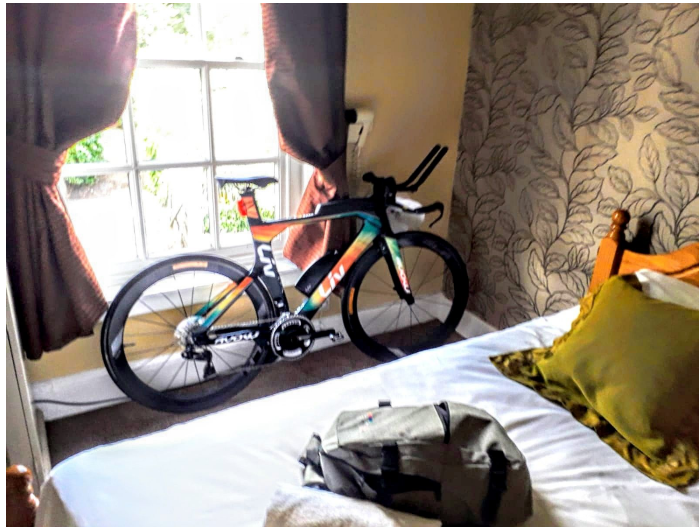
- my tricycle had a mishap... my father reversed over it ! I blamed our dog Sheila, the rest of the family seemed be quite happy not to put me straight.
- when my brother was about 6 he got a new bike for Birthday. Not to be out done I insisted on having a



go. I fell off ... dislocated my thumb. My father then spent the rest of the evening at A&E with me in Berlin. He bought me some roller skates as an alternative !.

- When I was at University I cycled daily to college in Regent Park. By then I owed a treasured racy little black number which I had for about 15 years. I think it was a Rayleigh. Rather appropriately one day when cycling to visit a friend in Camden outside the National Temperance Hospital I was hit by a car. I was carted off to A&E and the bike was impounded

At school I was seriously unsporty. I claimed to have knee problem and managed to not have to play lacrosse for at least one whole winter. This I might add is a very violent game, this falsified injury



reflected a degree of disillusionment on my part following a wack resulting in a fracture of a bone in my hand. I was rumpled after sometime and sent to see a Specialist, so it was back to the mud the next winter.

Things went from bad to worse I was part of the beer and sandwiches brigade at university and a preferred smoke filled debating chambers to the outside or exercise.

The turning point came in a number of stages

In my early thirties I went cold turkey stopped smoking 60 a day and joined a gym.

I became a keen runner unfortunately when I was 38 I had a bad accident running and damaged my feet. I struggled and the view was I might never run again. I had to do something else ... cycling. Katy Fogarty introduced me to the Westerley. Over a two year period my feet got a lot better and I started running again the bike was confined to barracks and had rare outings.

A number of my running friends switched to duathlon and gained GB vests as age groupers. About 5 years ago I decided to give it a go after much persuading and I returned to biking. Last year I decided to focus on cycling for a few years.

I can't believe you smoked 60 a day!! To see you now it's quite hard to believe. So as an adult cycling, do you have a favourite cycling memory?

My favourite moment was becoming women club champion last year.

Well it seemed to be well deserved! You will be hard to beat this year! You seem to be clocking up a lot of achievements in cycling, do you have one which you are most proud of?

I think I have two:

Cycling under 30 minutes at Hillingdon for the first time last year this had eluded me for a long time. The 2nd, the 50 TT I did last year as this was out of my comfort zone and really challenged me.

You also have quite a decorated history in running, could you tell us more about your achievements?

I started running in my thirties. When I started I could not run 100 metres I went beetroot was out of breath but I was determined. After 7 months I ran London Marathon slower than my target but clocking 3 hours 34 with a number of the dreaded pit stops along the way.

After this experience , I switched to the track but did some road running and was cross country team manager for my club Ealing Southall & Middx ac.

I can still clearly remember my races, a few stand out. I got a county medal for 1500, the race was won by Haley Yelling who represent GB on numerous occasions. Running in a British milers race at Watford 5000m with a pacemaker and coming 2nd and getting prize money from UK athletic. At the end of my career when I nearly 50 I ran sub 1 hour 30 min 1/2 marathon though this was nearly 10 mins slower than my best it represent a culmination of intense trading a big return to form. I can still remember the race at Reading, entering the Madejski Stadium at the end.

If you have one, who is or are your cycling hero/heroes?

I don't know much about cycling and until recently I thought of myself Firstly and foremost as an athlete a runner.

I think my hero is probably Laura Trott or Sarah Storey. I can relate to Laura Trott she trains and throws up, she has drive.

From the Westerley, I have immense respect and have had a lot of help encouragement and guidance from Ben Allen, Ian McNally, Tom Newman (former member), John Sullivan, Tim Childs and Tony Flynn.

That's nice to hear, having people like that in our club is fantastic!

You are a very dedicated cyclist, always training hard and you seem focused on Time trialling. Is that your favourite discipline or type of event in cycling?

I have not tried any other event than TT. I love racing and competing . I train to race.

I have thought about road racing but I am rather accident prone and I think I too slow.

Do you have a favourite place to ride your bike, racing or for leisure?

I love racing when I am healthy. I have raced on some great courses to make a truly great day you need sun, warmth and no wind.

Finally What do you love about Westerley CC...

The people, the depth of experience and the
Winter Warmer.



From the Archives...

A new regular feature for the club record will be extracts from the Westerley Gazette 1935-36.

The Westerley Gazette was a collection of club stories from their year in cycling. I've been handed down a copy and I absolutely love it!!

In the spirit of the Spring Classic season, here's one about touring in the heartland of classics cycling....

Touring In Belgium And Holland

Leaving Victoria at 11 o'clock on a Friday Night, we had an uneventful journey to Ostend on a Belgian boat. We arrived here at 5 o'clock Saturday Morning and after having breakfast at the station, set off towards Ypres. We soon found that in Belgium roads and cycle paths made tough riding, going via the Nieuport-Bains coast road from where we turned inland towards Ypres.

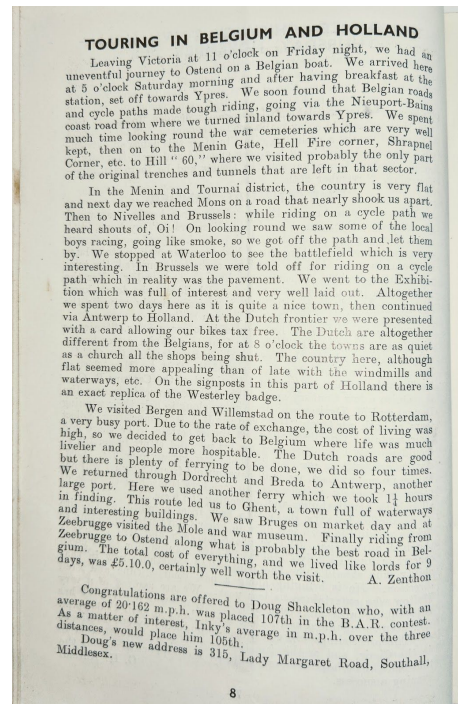
We spent much time looking round the war cemeteries which are very well kept, then on to the Menin Gate, Hell Fire corner, Shrapnel Corner etc to Hill "60" where we visited probable the only part of the original trenches and tunnels that are left in that sector.

In the Menin an Tournai district, the country is very flat and next day we reached Mons on a road that nearly shook us apart.

Then to Nivelles and Brussels: while riding around on a cycle path we head shouts of Oi! On looking round we saw some of the local boys racing, going like smoke, so we got off the path and let them by.

We stopped at Waterloo to see the battlefield which is very interesting. In brussels we were told off for riding on a cycle path which was in fact the pavement. We went to the exhibition which was full of interest and very well laid out. Altogether we spent two days here as it is quite a nice tow, then continued via Antwerp to Holland.

At the Dutch frontier we were presented with a card allowing our bikes tax free.



The Dutch are altogether different from the Belgians, for at 8 o'clock the towns are as quiet as a church all the shops being shut. The country here, although flat seemed more appealing than that of late with the windmills and waterways etc.

On the signposts in this part of Holland there is an exact replica of the Westerley Badge.

Harry Atkinson — the longwear tailor

Wear With such qualifications you may wonder why I advertise. The reason is I must have new customers while my old ones are trying to wear out their everlasting plus four suits.

Exclusive

Suitings

Tailored When an old customer comes back for a new suit, it is because his previous one has worn so long, it's become unfashionable.

Expertly

Refined A family heirloom—An Atkinson suit.

Lasting

Enviable

Yielding

Plus four suits	£3 10 0
Lounge suits	£4 4 0
Dinner suits	£5 5 0
Overcoats	£3 15 0

HARRY ATKINSON
169, THE VALE, ACTON, W.3

We visited Bergen and Willemstad on the route to Rotterdam, a very busy port. Due to the rate of exchange, the cost of living was high so we decided to get back to Belgium where life was much livelier and people more hospitable.

The Dutch roads are good but there is plenty of ferrying to be done, we did so four times. We returned through Dordrecht and Breda to Antwerp, another large port. Here we used another ferry which we took 1 and a quarter hours in finding.

This route led us to Ghent, a town full of waterways and interesting buildings. We saw Bruges on market day and at Zeebrugge visited Mole and War Museum.

Finally riding from Zeebrugge to Ostend along what is probably the best road in Belgium...

The total cost of everything, and we lived like lords for 9 days was £5.10.0, certainly well worth the visit.

A. Zenthon 1935



Pasquale Chionchio (the 5th Floor) – Ride
17
2

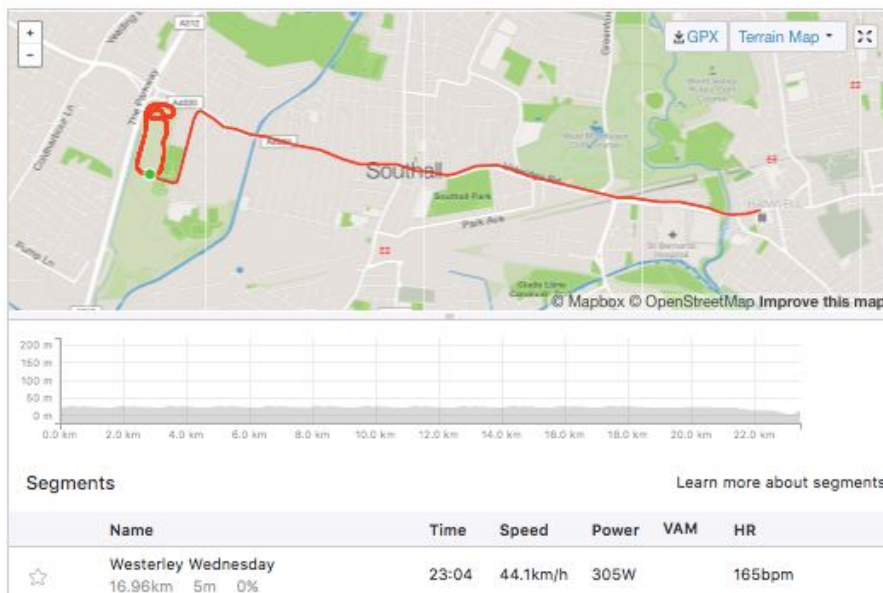
7:23 PM on Wednesday, May 1, 2019
Westerley 10's TT, fastest time, 3rd in a row

+3
View Flybys

23.82km Distance	40:32 Moving Time	96m Elevation	65 Relative Effort
260W Weighted Avg Power	506kJ Total Work	61 Training Load	93% Intensity

	Avg	Max	Show Less
Speed	35.3km/h	52.9km/h	
Heart Rate	146bpm	180bpm	
Cadence	80	103	
Power	208W	515W	
Calories	520		
Temperature	10°C		
Elapsed Time	1:05:24		


Wahoo ELEMNT BOLT
Bike: Sasa'



So here we have Pas' 3rd event at our Hillingdon 10's. The 3rd week in a row he recorded the fastest time but, what's really special is that he had a broken elbow during this ride!!

Dave Morrison – Ride

Give Kudos 12 4



6:06 AM on Friday, April 19, 2019

Morning Ride

382.13km

Distance

17:39:19

Moving Time

2,050m


Elevation


	Avg	Max	Show Less
Speed	21.6km/h	62.3km/h	
Temperature	9°C		
Elapsed Time	23:42:33		


Wahoo ELEMNT

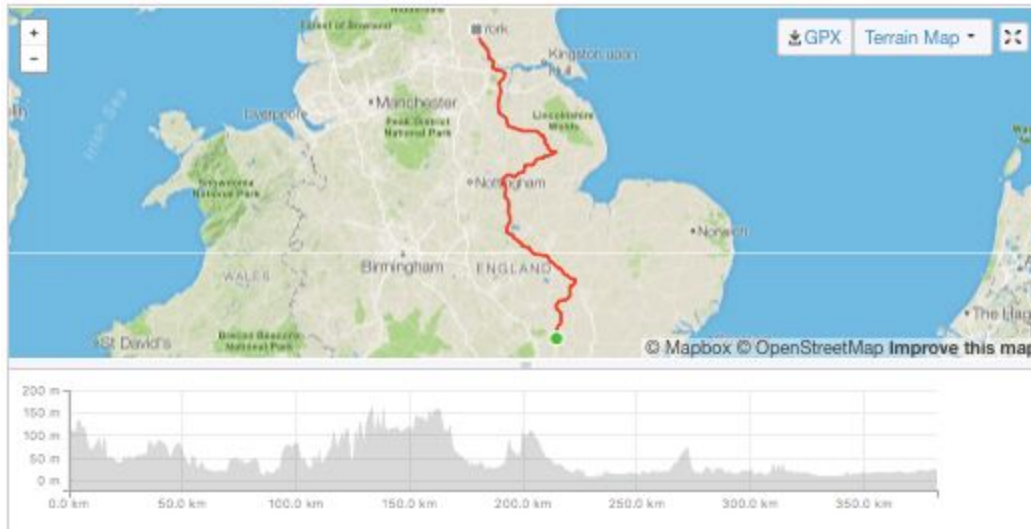
TOP RESULTS

View all

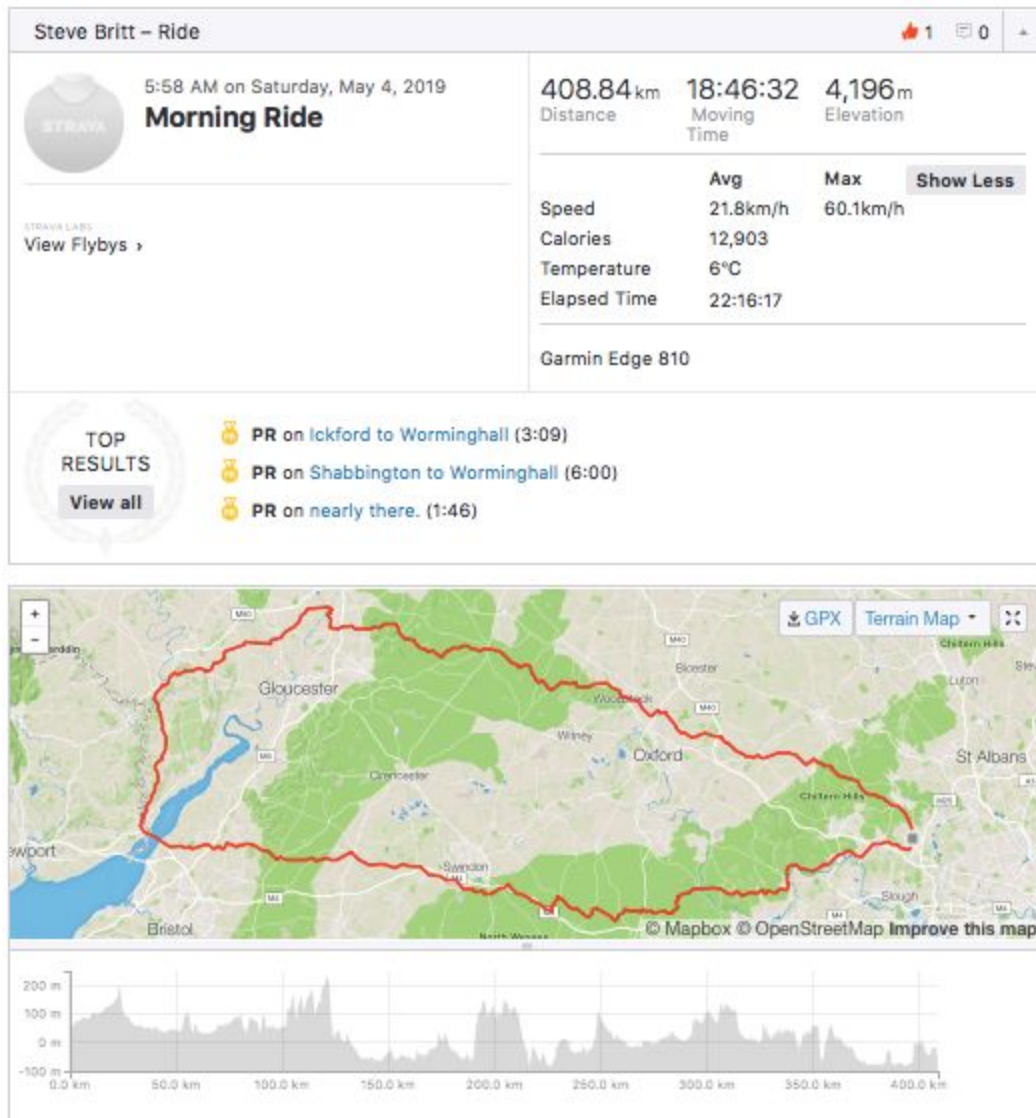

2nd overall on Done for another day (1:10:21)


PR on Houghton Jc. to Camp (3:41)

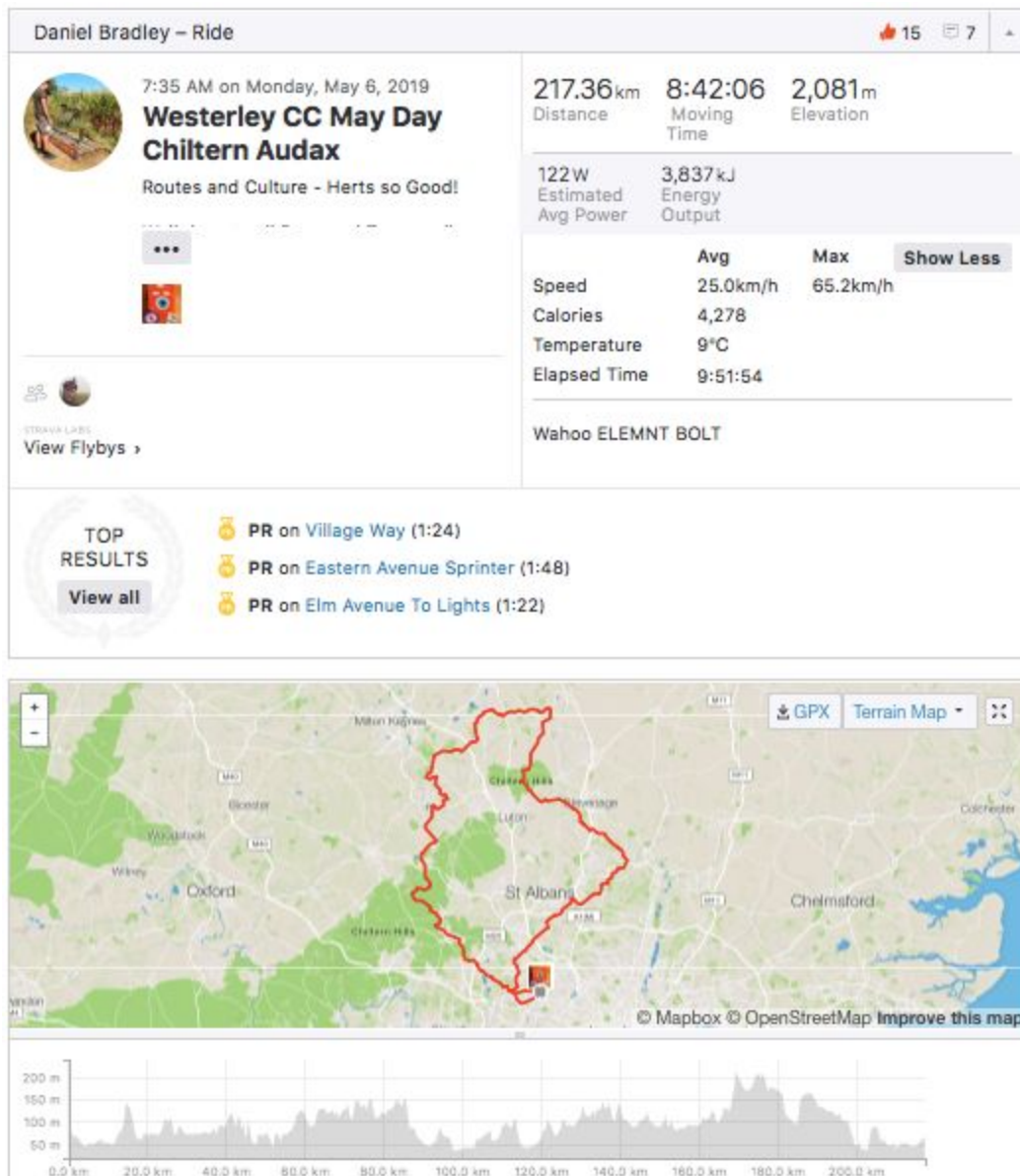

PR on St Ives to Wyton Roundabout (6:17)



Dave and Steve set off on some pretty incredible rides this month. With Audax season in full flow here is their ride from Stevenage to York for the Easter Arrows.



Next up is Dave and Steve's epic London Wales London ride, which is as it says on the tin. 400km with over 4000 meters of climbing, mind blown as usual!!



Finally a ride from new recruit Daniel who took on the 200km Audax and in a really good time. Well done Daniel, great to have you at the club.

Coming Up...

What a season it has been so far! With many events behind us there is still a number of things coming up and one that I have been planning via a contact on our Facebook group.

On Sunday June the 16th our club ride will be assisting a small charity along routes we have made for them. [The Pain Exchange](#) charity contacted our club and since then I have been speaking to them about providing help for a fundraising bike ride. Dave has very kindly helped map out 2x routes and I, a 3rd route along the canal for any family riders.

Westerley CC London is really having a positive impact on our cycling community lately, I hope this will enhance that further.

I will be contacting people to enjoy the rides with the riders from the charity and to treat the day like a club ride, finishing at the rusty bike cafe.

Personally I may do the short canal ride with my son and it would be great for any other members with kids to come along with us. The canal this time of year is suitable for road bikes, providing you don't mind it getting a bit dusty and bumpy.

The poster created by them is on the next page, awaiting a few tweeks, I will contact everyone about it in due course. Thanks Terry

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

Sponsored Cycle Ride

in aid of

The Pain Exchange

Sunday 16th June 2019



The Pain Exchange

Pain is one of the most disabling effects of a many conditions and at the Pain Exchange, we take a holistic approach, offering pain relief, pain management and support to those suffering from chronic pain.

We use physiotherapy and group exercise delivered by fully trained registered physiotherapists. We also offer art sessions, advice on nutrition and sleep and for those who are interested we offer prayer. Although we are a mainly a Christian group we offer our service to people of all faiths.

We have been running classes for over 5 years and we are looking to raise funds to allow us to continue our work and help more people out of pain.

If you would like to know more or sign up for the ride,
please call Alan on 0208 932 0159 or 07970 163432

The Rides

Thank you to the magnificent Westerley Cycling Club who have helped us by mapping out 3 rides all starting from the appropriately named Rusty Bike Café in Uxbridge.



Family Ride

A nice leisurely ride down the canal between Uxbridge and Rickmansworth approximately 7 miles each way with a café at each end

The Social Ride

This is a "comfortably" paced ride of approximately 30 miles through Ruislip Woods National Nature Reserve, Chorleywood, Beaconsfield, Colne Valley Regional Park and back to Uxbridge. Westerley Cycling Club will provide a rider/guide and we will provide maps for those wanting to shoot off ahead.

The Long Ride

For the more determined who want more miles under their belt, this 52.4 mile ride also covers Ruislip Woods National Nature Reserve, Chorleywood, Beaconsfield, Colne Valley Regional Park and back to Uxbridge with an extra circuit taking in Latimer, Chipperfield and Chesham.

Important

These are self sufficient rides, this means that they will not be insured unless you have your own bike insurance etc.

Training

For training, you can contact Westerley Cycling Club and join them for some rides by emailing terrychristopherhudson@gmail.com

Book your place

Email alan@abilityfirst.org.uk with your name, telephone number and which ride you would like to join. We will email a pack of information including how to get sponsorship, British Cycling nutritional advice etc.

If you cant make the ride....

Feel free to support the event by going to our Local Giving page and donate