

Cambridge Cycling Club Newsletter.

Record Breaking TT Veterans.

Andy Grant, 63, has been riding faster than he imagined possible recently. Since retiring last year, he has improved all of his previous personal bests. Last year he set a new VTTA age record with 1-3-16 in the Leo RC 30. On the 7th May he broke the East Anglian vets record with 21:09. This was in the Lea Valley 10. The following week, May 14th, he smashed his 50 time with 1-48-29. This gave him 11th place in the ECCA 50. Cambridge also won the team prize, Dave McGaw, not a vet, (1-41-18) & Martin Reynolds, (1-52-47), also a new club team record. This is the first time a team record has been broken in most people's memories without a Platts in the team. Dave beat Ken Platts's solo record too! He finished 3rd in the event, which he won last year. Dave scored equal 2nd in the ECCA 10 championship on the 21st May. He was 9 seconds behind James Hayden of the Bishops Stortford CC, who passed the timekeeper after 19m 22s of effort. Very good times on a windy afternoon.



Andy Grant

Chris Dyason, 68, is another who has broken an East Anglian Veterans record, his 1-57-43, also in the ECCA 50. Coming back from a nasty crash last year, where his neck was fractured.

In April, Andy, Chris, Colin Lizieri & Chris's nephew, Andre rode the VTTA National 30M TT. Andy claimed 4th on standard times. These are calculated to a formula worked out on age. Cambridge would have easily won the team award if it were worked out in the usual way. However, they use a special VTTA area method, which gave Kent the title.

In the Leo 30 last year Colin Lizieri, (1-5-44) & Ken Platts were part of the team that also broke an East Anglian VTTA record to go with Andy's solo record. This had stood for years. Ken's time

of 1-2-21 is a new national age record. He holds 7 others at various distances too. Now Ken has retired it would be a good bet he will get back to his best & keep beating chaps half his age.



Ken Platts

The national vets records currently held by Ken are:

25 mile

age 60 49-57 (first ever, and to date only sub 50 minute ride by someone over 60)

age 62 51-06

30 mile

age 63 - 1-2-21

50 mile

age 56 1-42-36

100 miles

age 62 3-47-39

12 hour

age 55 283.103miles

age 58 280.673 miles

age 61 275.060 miles

Another fast vet

Sean Kilroy has been riding a lot of races recently. A recent newcomer to the club, he is a former elite level rider. He recently scored a second place in a vets event at the Cyclo Park circuit down in Kent. This was followed up with an age group win at Hog Hill. Seventeenth place in the national vets championship was a disappointment for him. This was on a hilly circuit at Malvern, on the 22nd May, normally this would suit his lightweight physique. He was in the leading break but faded towards the end. He was unlucky in the Tour of Abeleese, three day, four stage race, near Birmingham. Finishing the first time trial stage in twentieth position, he went on to puncture in the next stage. Fourth on the next stage was followed with a fifth place, leaving him nineteenth overall.

Second Category?



Gabriel Fowden animating the bunch on the Hatfield Heath course.

Yes, amazingly. In a very short space of time, sixteen year old Gabriel Fowden has earned a second category road race licence. Still doing his GCSE's at Netherhall, he has found the time to fit in a number of races starting back in January. He has only been riding for two years but is

giving riders with far more experience a hard time. Winning a race at Hog Hill circuit in Ilford has been the highlight this year. He also finished third overall in a three stage race at the same venue last year as a schoolboy. Finishing third on every stage, including a time trial. At the Ixworth criteriums, organised by the West Suffolk Wheelers on May bank holiday Monday he finished third in the third category race, thus gaining a second category licence. He was able to ride the elite/1/2 category race later in the day. Here, he rode in his usual attacking, never say die style. Coping with the tricky circuit made even more difficult by a shower during the event, he finished ninth against some very useful opposition. He has ridden some of the junior national series races too. Finishing tenth in Powys, Wales, on a hilly course. He has a string of good results that are starting to build into a good palmares. There are many more races to go this year. We will be watching his progress.

Fast Going Downhill.

You could be, if you attend Tim Williams's descending/cornering coaching course in Morzine, France in July. Tim is going back to this area just before the Tour de France visits. A beautiful, popular tourist destination it is a chance to ride Cols de Colombiere, Joux Plane and Ramaz. There is also a huge, open air swimming pool, making it very popular with triathletes. If you feel that you need your skills enhancing, turning fear into enjoyment and understanding just how to approach corners in logical, progressive steps, this is for you. Contact Tim by following his link on the club website.

Tour of Wessex.

The Tour of Wessex is one of the biggest multi stage cyclosporives in the World and one of the most established events in the UK. For over 10 years the sportive cognoscenti have been making the journey each year to Somerset to experience the challenge of riding 3 days back to back while enjoying the West country hospitality, music and world class food. Each individual stage has its own unique mix of monuments, history and challenging terrain which sets it apart from other events; add the challenge of riding three days back to back and you have a truly unique event. Riders can choose from 330 miles, 225 miles or ride an individual stage. Several club riders returned to take part in this event over the last May bank holiday weekend. Meeting up in the evening to share stories of their day out with a drink or three.

Sunday Club Run to London.

Rob Hale led a ride down into the centre of "The Smoke" on May Bank holiday Sunday for a change. Ten riders set off, one turning back after Epping. Stopping for coffee in Roydon, then on through Epping Forest, including a short bit of unmade road. They visited the Olympic site, the Gherkin, Whitehall and Hyde Park. Dinner was taken in the well-known "Look Mum, No Hands" café.



After more sightseeing they caught the train home.

