

THE HUB

SPRING 2014

New velodrome could be set for Cambridge sporting village

Club's own David McLean backs the major plans for the model cycling city

David McLean believes plans for a major cycling development in Cambridge would provide a massive boost for the sport.

Proposals for an outdoor velodrome, road racing circuit and BMX track have been put forward by Grosvenor as part of their new-look Cambridge Sporting Village scheme for Trumpington Meadows.

And Cambridge-based former professional cyclist McLean said he would be thrilled if the plans were given the go ahead.

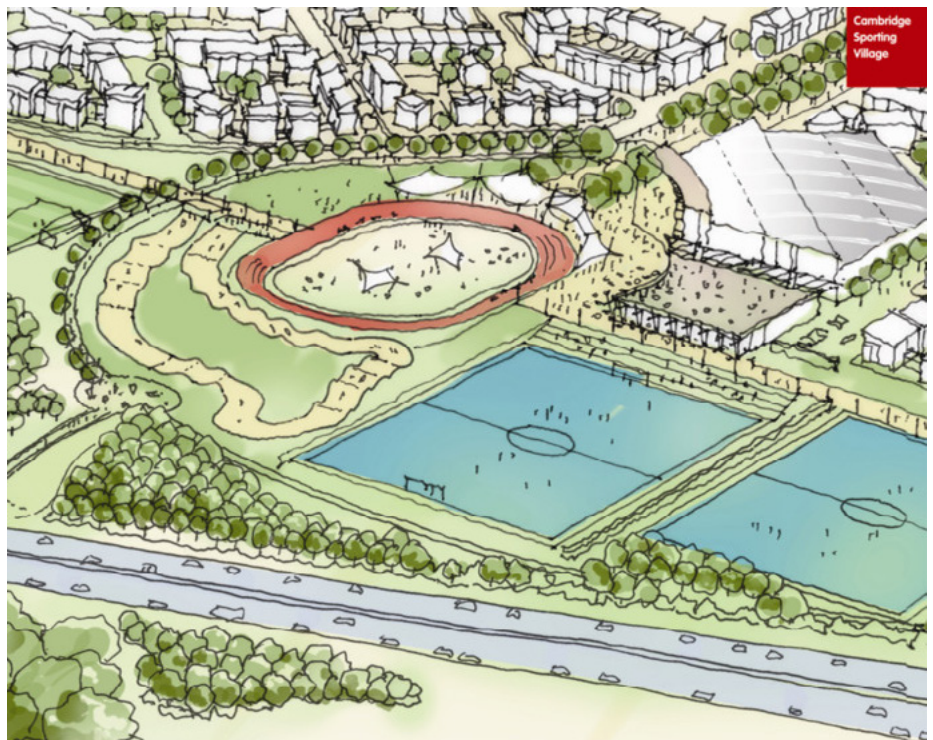
He felt the facilities would be well used given the popularity of bike riding in the city and provide a much-needed base for training the stars of the future.

McLean, who is now concentrating on passing his road racing knowledge on to local young riders, said: "It would be brilliant if it all comes together.

"An off-road circuit would be great because we have rules in this country that you're not allowed to race on the road if you're under 16, so it gives the European riders a massive head start because they have closed roads for races.

"The nearest off-road circuit is in London at Redbridge and all the good young UK riders end up coming from that area.

"Having an off-road circuit would be brilliant for youth development locally because a lot of parents are a little



Plans for the Cambridge Sporting Village include plans for hundreds of homes

hesitant to let their kids go out on the road.

"Because Cambridge is a cycling city, it makes sense to invest in the sporting side of it."

McLean felt the velodrome and BMX track would also attract many cyclists from across the region, not just in and around Cambridge.

He said: "Some people think a velodrome would be an extravagance because there are only a few in the country, but it would be very much a regional facility and people would come

a long way to use it.

"It makes sense to have a BMX track as well and have all these facilities together on the same site because you can have the BMX in the middle and put the road track around it.

"You could also have a mountain bike track which uses a bit of both and goes everywhere as they have at Redbridge Cycle Centre, which is somewhere I go on a regular basis."

AARON MASON (CAMBRIDGE NEWS)



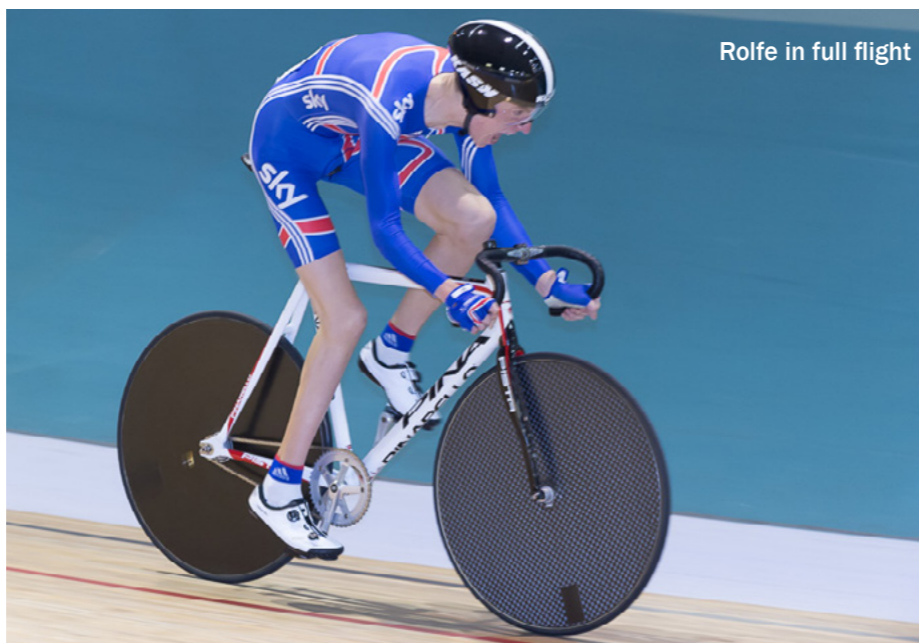
Newport International Para-cycling World Cup

NOVEMBER 30TH

The afternoon session on Day Two of the Newport Para-Cycling International Cup saw qualifying rounds of the men's pursuit in categories C1 to C5 as well as the men's and women's tandem.

The only medals of the afternoon were in the Youth Omnium Challenge which saw five riders compete over three disciplines – 2km pursuit, flying 200m and 500m time trial. With Lauren Booth of Wales and Cambridge CC's Louis Rolfe both breaking the world record in their 200m, it was a close competition which saw Booth take the overall win.

The 16-year-old, who is who is part of the GB paracycling development programme, is now hoping his impressive run of results will earn him the opportunity to ride at an international level.



Rolfe in full flight



Thetford Winter Series

Wes Ullrich was 9th in the first round of the Thetford Winter Series in November and secured 6th place in the second race the following month.

Calshot track reunion

On 25-26th January 2014 a group of former track riders held a reunion at Calshot track in Hampshire. The 'Old Trackies Reunion' was held on Britain's smallest track at just 142 metres, with 2 x 3 hour sessions. Among the 23 riders was CCC member, Stuart Hallam, mixing it with several former professionals, internationals amateurs, and, a number of current World Masters

champions. The tiny track is housed in a former hanger for Sunderland flying boats at the end of Southampton Water "I just love riding the track" said Hallam, pictured below in red, adding "at least we had two good rides in the dry! All the riders were over 45, but, the notion of just having fun soon went out of the window as the competitive edge took over!"



ELV's six days of winter

The East London Velo arctic wolf winter series started a little under a month ago at Hog Hill and I have been dragging myself out of bed on Saturday mornings to represent CCC in some early winter races.

I went into them feeling I had good chances despite the fact they would be not only my first adult races but going straight in with the 2/3 category racers. Many people had told me that there would be a few 'winter warriors' but the majority of the field would be looking for some early training. Boy was I in for a shock!

The first race saw perfect winter conditions: sunny with only a light breeze. There were a few early attacks that came to nothing until a very strong London Phoenix rider attacked, gaining a gap of 20 seconds which he managed to hold all the way to the finish line. I finished 16th after being boxed in at the sprint. With an average speed of just under 24 mph for a twisty, hilly circuit meant that this was the hardest race I had ever taken part in.

In the second race the wind was blowing and fellow CCC member David Mclean, riding for a very strong Cambridge University team, predicted a break would likely take the win today. TT specialist Edmund Bradbury was the one to watch



Charles sets the pace up the Hoggenberg

out for, and sure enough, after a couple of laps he had gone off the front and was maintaining a good lead. I was sitting in the pack just happy not to have been dropped when London Phoenix rider Gunther Zechmann, the victor of the first race, attacked. I tried to bridge the gap and get onto his wheel, but he was just too strong. I dropped back and remained in the bunch, eventually finishing 11th. Incredibly, the London Phoenix rider managed to lap us on our final lap. What a ride!

My preparation for the third race was far from ideal. I arrived to find my back wheel had a puncture. With no time to fix it I had to use my heavy training wheel, complete with powertap. My aim was to secure a top 10 place so intended to stay

near the front. But as the break went again, I found myself in the middle of the pack. The usual suspects of Ed and Gunther were joined by 3 others and they worked well together and had soon created an unassailable gap, again. Everyone else sat up, wanting to save their energy for the 8th place on offer at the sprint. I finished 9th and was chuffed to see my power meter told me I managed to hit 1000w.

For my fourth (and possibly final race in the six-week series) my legs felt heavy, possibly due to the previous weekends taking its toll. The race only stayed together for a couple of laps before, you guessed it, Gunther and Ed attacked. I was mid-bunch again and felt in no position to chase. However on the downhill section I attempted to bridge but got within 20 meters before cramping up and rolling back to the group. I was now pretty angry that everyone was content with them go four weeks running, so with 7 laps remaining I attacked. With the help of two others, we opened a 20 second gap fairly quickly. Behind us David Mclean was organising the group and brought the gap down to 16 seconds but no closer. Our gap then grew up to 58 seconds until the pack was lapped by the eventual winners. In the sprint for 5th place I fancied my chances and took the first available place to our group.

For any other photos visit eastlondonvelo.cc and to view my rides and see my data follow me on Strava.

CHARLES PEARSON

Ladies keep on pedalling

The monthly ladies rides are still going well – eight turned out on in January for a ride in sun and blue skies to Wimpole. There was one well-planned puncture in Ickleton, where a very kind young chap came out of a nearby house to loan us his track pump, making life very much easier. Good to see that the cycling culture spreading through the nation has these wider advantages.

These rides are very sociable and at a steady pace. They're not for

complete novices – best to email/call me if anyone is thinking of coming along and hasn't ridden with the club before. I hope we see all those who couldn't make it this week at the next one.

February's ride saw us visit the Cheddarvine in Barley for tea and cakes, which is after all, what it's all about... (or have I missed something?).



SUETAYLOR



Who scooped silver at the 2013 awards?

OCTOBER 3

The club's annual dinner and the highlight of the Cambridge cycling scene's social calendar took place at the University Centre for 2013. Fifty members made the most of the buffet dinner safe in the knowledge that their seasons were now well and truly over.

The tone of the evening is always very much an informal one and this year was no different. With people more used to recognising members in lycra rather than a shirt and a tie, attendees eventually identified each other and shared their stories and achievements.

CCC member Tony Purnell gave an interesting talk just having completed his first six months as Technical Director of British Cycling before the prizegiving commenced.



Tony Purnell reveals all the details of BC's 'secret squirrel club'



THE WINNERS

The Morris Shield
Mens Club evening TT Series
Tom Vickery

The Cole Cup
Womens Club evening TT series
Madzia Kowalski (above left)

The September Plate
Club 10 mile TT Championship
M: Tom Vickery 21:55
W: Julia Ertner 28:40

The John Brown Cup
Club 25 mile TT Championship
M: Tom Vickery 59:09,
W: Julia Ertner 1:16:14

The Lewis Cup
Club Hill Climb Championship
James Gill 1:43.9

The Halfords Cup
Fastest 25 (open event)
Ken Platts 52:37

The Woods Cup
Fastest 50 (open event)
Ken Platts 1:47:49

The Howcroft Cup (1935)
Fastest 12 hour (open event)
Ken Platts 275.06 miles

The King and Harper Cup
Senior BAR
Ken Platts 27.360 mph

The Colbon Challenge Cup
Vets standard BAR
Ken Platts

The Memorial Bowl
Most Track Points
Louis Rolfe

The Live Vice Presidents Cup
Most BC points
Toby Parnell (above right)

The Howcroft Cup (1936)
Division championships
Toby Parnell

The B Jessop Shield
Junior Road Race
Charles Pearson

The Ike Saul Memorial Cup
Ike Saul road race winner
Douglas Bradshaw

The Harry Lewis Cup
Best Road Race performance
Toby Parnell

The Centenary Quaich
Most Audax points
Nick Jackson

The Fred Krebs Memorial Trophy
Best Mountain Bike performance
Wes Ullrich

The David Ives Trophy
Best young rider
Charles Pearson

The John Jeffrey Bowl
Fastest newcomer
Nick Thorn

The John Brown Memorial Shield
Club Open 25
M: Michael Hutchinson 50:17
W: Mary Bower 1:01:22

The Colbon Cup
Club Person of the Year
Ian Bell (above centre)

The Soot Mynott Shield
Best Club-runner
Rob Hale

Club MTB weekend in the Brecon Beacons

FEBRUARY 1-2

This has become an annual adventure started by Chris James with a group of his uni friends and others from Cambridge CC.

Llanthony is about 10 miles North of Abergavenny, at the foot of the Gospel Pass in the Brecon Beacons.

This year there were 11 riders. We stay at the self catering Llanthony Court Farm Bunk House <http://www.llanthonybunkbarn.co.uk/> arriving on Friday evening. I was quartermaster and bought sufficient supplies for Friday evening meal, including pack lunches and breakfasts.

On Saturday with an appalling weather forecast we decided to stay off the high ridges and starting from Pencelli, Nr Talybont to ride The Gap. In Grant Armstrong's opinion a mornings ride. Well we set off in woods climbing forest trails into sleet and then snow and by the time we reached the famous Gap climb it was hard to pick your way through the loose stones covered in snow. But a full gale up behind us sure did help. At the top it was hard to stop to avoid being blown on to the descent the first few yards of which was unrideable, snow covered rocks.

After that the descent was a bikers dream. Technical at first, big loose stones

then getting faster and faster with options to take to the short grass on which the bike felt like it was floating. Then a narrow stony gully and eventually on to tarmac lanes.

Then I noticed my Garmin had dropped off. Ooopst. With out hesitation Bart, Grant and others went straight back up the trial remembering where I had taken a tumble and found it. I thought their chances of finding it were absolute 0. so many thanks to them.

Saturday Night we had an excellent meal at the Priory restaurant.

Sunday the weather forecast was sunshine and showers and just plain windy, not gales. So we climbed the Gospel pass and went off road onto Offers Dyke Path. Superb views in stunning scenery and mainly rideable. 4 riders continued along a narrow ridge described by one as the most exciting ride he had ever done!! Yea right. Those not so brave without a head for heights, descended on a stony path. We all met up again which was not planned and the last 2 hours was pushing and shoving through mud and bog, with Carry ups for about 2 hours, (A note was made not to that bit next year). before reaching onto the east side of the pass. After a short stop for a few mechanicals.

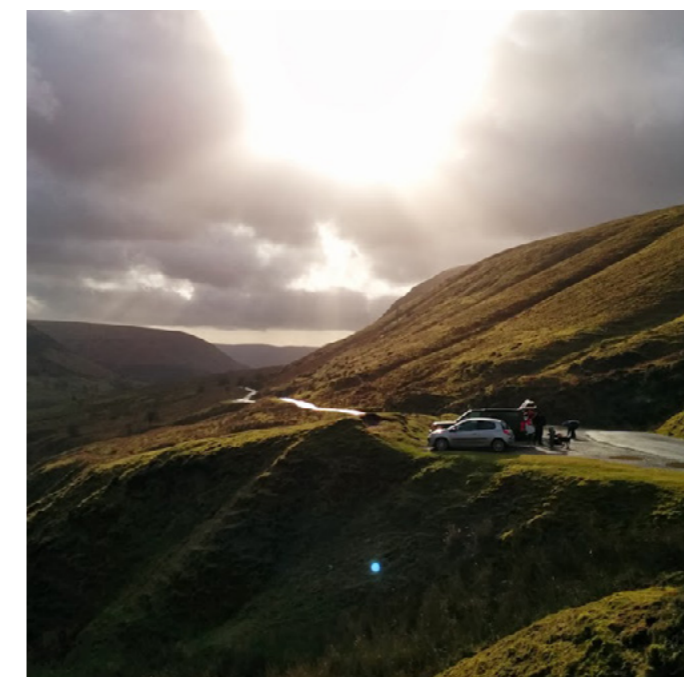


Mike was whingeing that he could not do the descent without brakes !! Who needs them? it was back down the Gospel pass to the bunk house at 4.0pm, after 7hours out riding. Food, pack up and home. Fantastic.

The expertise in fixing mechanical problems along the way from Bart and others was quite impressive.

Next years trip is already booked and the deposit paid. We'll be back on Friday 30 January, 2015.

EDDIE HATFIELD





Cambridge CC time trial series – bigger and better for 2014

The Cambridge CC club time trial season of 2014 is upon us and this year, in addition to the usual TT competitions, we will run an ‘Eddy Merckx’ style competition, for road bikes only, to be known as Road Bike TT (RBTT). This new competition is aimed at people who may be new to the sport, or anyone who do not have a dedicated TT bike but would like to have a go and, of course, for the road racers who may prefer to race using their normal road bikes. To take part in Cambridge CC’s RBTT races you and your bike must comply with the following rules (as well as the CTT’s bike rules – see note 1 below): no tri-bar extensions, no aero helmets and wheel rim depth must be less than 35mm (applies to both front and back wheels).



The Merckx series is a throwback to the times before specialised TT equipment was developed

It is the job of the start time keeper and pusher to verify if a bike qualifies for the Road Bike TT competition and in case of disputes their decision is final!

Apart from the on the night

competition there will be season long RBTT competitions including a separate category for women. Points will be awarded 10 for a win, then 9,8,7 etc. It’s best of 5 races so a maximum of 50 points

can be achieved. In case of equal points the ‘head to head’ standings will be taken into account.

JAN ERTNER

CAMBRIDGE CC TIME TRIAL EVENTS 2014

Date	Time	Course	Distance	Place	Sun Down	Max. Riders	Alternative course
10 Apr 14	18:30	E33/10	10m	Bottisham	19:49	30	
17 Apr 14	18:30	E33/13	12.8m	Bottisham	20:01	35	
24 Apr 14	18:45	F16/10	10m	Barton	20:13	40	
1 May 14	18:45	F16/9	9.5m	Haslingfield	20:25	45	E33/10
8 May 14	19:00	F2A/10	10m	Hardwick	20:36	45	
15 May 14	19:00	E2/07	11.7m	Newton	20:48	45	
22 May 14	19:00	F14z/07	13.8m	Comberton	20:58	45	
29 May 14	19:00	E33/10	10m	Bottisham	21:07	45	
5 Jun 14	19:15	F2A/10	10m	Hardwick	21:15	45	
12 Jun 14	19:00	E33/25	25m	Bottisham	21:21	45	
19 Jun 14	19:15	E33/10A	10m	Sawston	21:24	45	
26 Jun 14	19:15	F16/9	9.5m	Haslingfield	21:25	45	E33/10
3 Jul 14	19:15	F2A/10	10m	Hardwick	21:23	45	
10 Jul 14	19:15	E2/07	11.7m	Newton	21:19	45	
17 Jul 14	19:00	F16/25	25m	Barton	21:12	45	
24 Jul 14	19:15	F2A/10	10m	Hardwick	21:03	45	
31 Jul 14	19:00	F14z/07	13.8m	Comberton	20:52	45	
7 Aug 14	19:00	E33/10A	10m	Sawston	20:43	45	
14 Aug 14	18:45	F16/10	10m	Barton	20:26	45	
21 Aug 14	18:45	E33/13	12.8m	Bottisham	20:12	40	
28 Aug 14	18:30	E33/10	10m	Bottisham	19:56	35	
4 Sep 14	18:45	EHC/13	1km	Beechwoods	19:40	35	

FULL LIST OF THE CAMBRIDGE CC TIME TRIAL COMPETITIONS

- MORRIS SHIELD** Season long, best of 10 races, 20 points for a win then 19,18,17 etc. maximum 200 points
Who can take part : All 1st Claim CCC members on any type of bike (note_1)
Awards: 1st = Shield plus Gold medal , 2nd = Silver Medal , 3rd = Bronze Medal
- COLE CUP** Season long, best of 10 races, 10 points for a win then 9,8,7 etc. maximum 100 points
Who can take part : Women only, must be 1st Claim CCC members, on any type of bike (note 1)
Awards: 1st = Cup plus Gold medal , 2nd = Silver Medal , 3rd = Bronze Medal
- RBTT CUP** Season long, best of 5 races, 10 points for a win then 9,8,7 etc. maximum 50 points
Who can take part : All 1st Claim CCC members, using a standard road bike (note 2)
Awards: 1st = Cup plus Gold medal , 2nd = Silver Medal , 3rd = Bronze Medal
- RBTT WOMENS CUP** Season long, best of 5 races, 10 points for a win then 9,8,7 etc. maximum 50 points
Who can take part : Women only, must be 1st Claim CCC member, using a standard road bike (note 2)
Awards: 1st = Cup plus Gold medal , 2nd = Silver Medal , 3rd = Bronze Medal

There are also a couple of one off competitions:

- September Plate:** Club 10 mile TT Championship (held on the 28th of August)
Who can take part: All 1st claim CCC members, on any type of bike (note_1)
- John Brown Cup:** Club 25 mile TT Championship (held on the 17th of July)
Who can take part: All 1st claim CCC members, on any type of bike (note_1)

In addition to the above there are also competitions for Juveniles (<16) and Juniors (16 ->18).
The Eric Houghton Shield (Juveniles) : 3 fastest 10 mile Time Trials and the John Morley Cup (Juniors) : 3 fastest 10 mile Time Trials.

Note 1: Bike must comply with the rules of the CTT , the governing body of time trialling in the UK (See CTT Bike Regulations)
Note 2: In addition the CTT bike rules , the bike must not have any Tri-bar extensions, and the rim depth of the wheels (front and back) must be less than 35mm. Also the rider must not be wearing an aero helmet (including KASK type short fin helmet).

My goals for cycling’s race of truth

2014 will be my second TT season and my first full season racing for Cambridge CC. In reality it’s also the first season i’m taking seriously, given that last year I started competing on my road bike and only starting racing on a TT bike proper in May. I did no structured training, totalled only 500 training miles during the winter (Nov-Mar) and only hit some decent fitness in June. This year has been so very different, I now have a turbo doing specific training, my total mileage since Nov is currently 1300 miles, I have a new TT bike being built up ready to ride in Feb and I cannot wait to unleash my legs in a race and see how



much faster I have become. My first race will be the North Road Hardrider, a classic TT event and one I’m relishing given it’s a deviously hilly course, and I do love a good hill. Living in Great Chishill you get accustomed to them!

I am targeting the National 10 and 25, the former definitely requiring me to lower my PB from a paltry 21:47 to something below 20:30. I am hoping to do this on the E2/10 or F20/10. My 25 PB is 55:53 set on the E2/25, my best race

of last year. I am targeting getting this below 54:00, probably on the same course. But the race I am most looking forward to is the Bishops Stortford Hilly in April, as the course is local to me, all on roads I train on at 5.30 in the morning and even passes my own house. I very much hope to put in a good shift in that race as a local rider. I am also looking forward to racing with fellow Cambridge CC team mates in 2014, we have some very fast riders of which I hope to become one, and definitely believe when we get enough members together we can target a team prize.

CHRIS PEARCE



Tim's tips for wet weather cycling

Racing in the rain is tough. The rules of triathlon and bike racing make it very difficult to protect yourself and to stay warm.

Training in the rain, however, is different. There is no need to get cold. I don't normally get cold on wet rides and normally really enjoy it. Here are my secrets on how to make it enjoyable.

My bike has long mudguards so none of the spray from the wheels ends up on me. I have age and experience on my side when it comes to bikes: I have a winter bike that I built up from old and second hand components for a few quid. But it's easy and not expensive to fit mudguards to almost any bike, even if the frame does not have mudguard fittings.

Apart from keeping yourself clean and dry, mudguards protect everyone else from your filthy spray too. Most cycling clubs take a very dim view of people who go on group rides without mudguards.

My clothes keep me warm even when they are wet. Modern sports kit is designed to get sweat away from you when you are working hard. It's OK when you're generating heat, but not so good when you stop or when it's saturated with rain. My theory is a bit more 'old school', but is similar to the way that a wetsuit works.



Instead of trying to stay dry, I keep my dampness – sweat or a bit of rain – warm. I do it like this: I wear a wicking base layer next to my skin, then a cotton polo-neck which absorbs water/sweat. I keep that warm by wearing a woolen jersey over the top. Wool is a fantastic insulator, it 'breathes' and it keeps its loft when it's wet. My top layer is a windproof or waterproof cycling jacket.

When it's really cold or wet I wear two pairs of tights, or leg warmers under my tights.

I keep my feet warm and dry by wear-

ing freezer bags over my socks. Wearing thick socks, or extra socks, doesn't keep your feet warm as squeezing them into your shoes cuts down your circulation. Overshoes keep your feet warm, but they don't keep them dry

Finally it's a good idea to take a spare set of gloves in a polythene bag. For wet weather I recommend Sealskins gloves

I love riding in the rain. The only bit that I don't like is dealing with my wet kit when I get home!

TIM WILLIAMS



Club water bottles

The club are pleased to announce that custom bottles are now available for members to purchase.

The bottles are BPA free with a 600ml capacity and feature a wide opening making it easy to add powder and facilitate cleaning. They are constructed with a high grade of soft plastic for the bottle and a special thermoplastic rubber for the pulling spout. They are sourced from the same suppliers that Science in Sport, British Cycling and various pro team use. Drink like a pro, ride like a pro!

Priced at £2.50, they can be collected from David Mclean via davidmclean@hotmail.com

