



## Cambridge CC's Jim Bradford dominates the Ike Saul

Due to snow cancelling the Crest road race, the starting honours of the Eastern Road Racing League fell to Cambridge's Ike Saul road race. The over-subscribed race saw a line up of 8 Cambridge riders which included two of the hot favourites; Felix Barker returning from competition in Europe and Jim Bradford. Having watched the race from the convoy in 2017, Chris Owen and John Mitchell thought they had what it takes to compete for the win. The experienced Bjorn Krylander has done a few of these and knew what it would take. At the other end of the spectrum, Jude Dodd was making his debut in road racing and was the second youngest rider on the start sheet. Jack Brown and Sam Barker rounded out a strong Cambridge squad. Strada Sport also fielded a strong squad. Their seven riders hoping for a repeat of Tom Power's 2017 victory.

With adrenaline pumping, Cambridge set a high tempo from the start. Jim, Jack and Felix took turns to attack the bunch and it wasn't to be long before something stuck. After the first lap it was clear the pace was taking its toll as a few riders dropped off the back. Ieuan Woods (Cycle Team OnForm) took the first prime as they steamed over the start line for the second lap. Through Kingston, Jim managed to ease away from the bunch and with no chasers an attack finally made it. With fifty miles to go, some no doubt thought he had gone too early



as he set off to do another four laps of the circuit.

Several riders attempted to break from the field but the Cambridge team had Jim's back covered as Felix, Sam and Jack controlled the bunch and chased down any attacks. Beaten into submission Strada Sport set a steady tempo for the next few laps hoping to limit their losses and anticipating the rider out front would eventually crack. However the lead stretched out to 90 seconds as the race

unfolded.

Coming towards the line with a lap to go, Jim's lead was down to a minute as the engraver's pen hovered over the trophy to record the first Cambridge win since Douglas Bradshaw in 2013. The bunch had finally awoken and the Cambridge team was starting to tire. After losing John and Chris due to technical problems, a few Strada Sport riders attacked gaining a few seconds over the bunch as they took the bell. Felix managed to go with them but after getting hauled in, a flurry of attacks followed in the last lap.

Several attacks followed and the pace proved too much for some. Jude couldn't quite follow the wheels as the riders strung out - it was a great effort making it this far in his first road race, especially considering a number of more experienced riders had already retired.



Eventually, it was Jonny Allen (Rapha CC) and Jamie Wimborne (Cycle Team OnForm) who managed to get away on the lumpy part of the circuit as the riders reached Arrington. Sensing the danger, Bjorn set off to chase and bring them back, but after a long day in the saddle he was unable to reel them in. At the roundabout, Oliver Knight (Team Corley Cycles) and Callum Clarke (Sigma Sport) clipped off the front of the bunch and gave chase to the 3 riders up the road. As the race went over Orwell hill the bunch caught sight of the race leader for the first time in 50 miles. Battling a fierce headwind along the A603 had finally taken its toll and Jim's lead had been obliterated. It looked like all that hard work would be for nothing as the two riders from Rapha and Cycle Team OnForm joined him at the front. Had it all gone wrong? A couple of chasers were also now bearing down on the lead group. Felix put in a big effort on the hill and bridged the gap.

The riders took the left turn with only 4 km to go. The chasing group were gaining ground quickly as they negotiated the bends through the Eversdens. Watching on the finish line was nerve wracking as it seemed the race was lost. A good crowd had gathered and as the leaders came into view the sprint started with 250 metres to go. At 150 to go, Jim had a gap on the other two and just had to make it up the hill to the line. It seemed the other two had burnt their matches chasing Jim down, and despite 50 miles in the wind, he held on to take a gutsy victory! Jonny Allen took second place and Jamie Wimborne third. Further down the road Felix had eventually tired and didn't have anything left for the sprint. Oliver Knight taking fourth and Felix fifth.

An heroic effort to go from that far out had paid off in the end for Jim and his team mates. The great support and tactics from the Cambridge

squad meant they can all be proud of their achievements in beating a very high quality field.

The rest of the field was broken up by an unfortunate crash with 500 to go. After a touch of wheels, Sam Asker (VC Londres) came down hard taking with him Martin Smith (London Phoenix CC) and Jack Burgin (St Ives CC). Kindly stepping in to help out the Cambridge road race organizers, NCRAs first aider Stacy Davis tended to the downed rider with other race officials and locals until the ambulance arrived. Sam broke his elbow but is optimistic for an early return to racing.

The race organizer would like to thank all the volunteers at the HQ, the marshals, finish line judges, convoy and NEG outriders and those members who baked post-race refreshments. Everyone involved volunteered their time freely and without it the race wouldn't happen.



Jim receives his well earned trophy from race organiser, Peter Blencowe.



## 2018 Club Time Trial Schedule confirmed - and Helpers needed!

Time trial season is nearly upon us and we have two new courses to enjoy! These new courses are based around Brinkley and Knapwell and we're hoping the challenge of setting a new PB will bring you out to give them a try.

However our events can't be run without your support and so please sign up early to help if you want them to continue; if there are insufficient helpers in place for an event to run safely, it will be cancelled.

Don't forget all riders participating regularly in club TTs are expected to help a minimum of twice over the season - so don't miss your chance of a trophy this year, email [timetrials@cambridgecc.co.uk](mailto:timetrials@cambridgecc.co.uk) to sign up to help now to avoid disappointment!

Kate Sanders  
Club Time Trial Secretary

<b>Date</b>	<b>Time</b>	<b>Course</b>	<b>Distance</b>	<b>Place</b>
05 Apr 18	18:30	E33/10	10m	Bottisham
12 Apr 18	18:30	E33/13	12.8m	Bottisham
19 Apr 18	18:45	F16/10	10m	Barton
26 Apr 18	18:45	F16/9	9.5m	Haslingfield
03 May 18	19:00	F2A/10	10m	Hardwick
10 May 18	19:00	E35/11	11.6m	Brinkley
17 May 18	19:00	-	15.2m	Knapwell
24 May 18	19:00	E33/10	10m	Bottisham
31 May 18	19:15	F2A/10	10m	Hardwick
07 Jun 18	19:00	E33/25	25m	Bottisham
14 Jun 18	19:15	E33/10	10m	Bottisham
21 Jun 18	19:15	F16/9	9.5m	Haslingfield
28 Jun 18	19:15	F2A/10	10m	Hardwick
05 Jul 18	19:15	E35/11	11.6m	Brinkley
12 Jul 18	19:00	F16/25	25m	Barton
19 Jul 18	19:15	F2A/10	10m	Hardwick
26 Jul 18	19:00	-	15.2m	Knapwell
02 Aug 18	19:00	E33/10	10m	Bottisham
09 Aug 18	18:45	F16/10	10m	Barton
16 Aug 18	18:45	E33/13	12.8m	Bottisham
23 Aug 18	18:30	E33/10	10m	Bottisham
30 Aug 18	18:45	EHC/13	1km	Beechwoods

These events are detailed on our [website](#)



## 'Hidden Curios'

Here is the first of a series of articles I'm intending to produce, enthusiasm and time permitting, to take you away just slightly from the world of cycling and statistics for just a minute or two. The objective being to draw



your attention to the many hidden features which we cycle past without a second thought – or without being aware of their existence.

Starting with the Hilton Maze ... so, did you know it was there? Well, maybe some of you did but I bet most didn't, until now. Allow me to introduce it to you. First of all, it's only one of eight turf mazes which are still in existence in England. It was made a jolly long time ago – 1660 – by William Sparrow when he was a mere lad of 19. He made it to commemorate Charles II getting his Throne back. The pattern which he cut is called 'unicursal' which apparently means a winding track with no forks or blind alleys. It is thought to originate from a pagan design as similar patterns have been found in medieval art and may represent a path to escape the Devil, who can apparently only move in straight lines. (There's a thing – so

Devils would probably excel at time trials). The maze is 53 ft in diameter and the monument in the centre was thought to be erected in 1729 to mark the death of its creator, who died at age 88 (which is pretty old for these days, and certainly was in those days). There is a Latin inscription on the maze but to save your frustration at trying to fathom it out, here is a translation: 'here passes the glory of the world, William Sparrow, born in the year 1641, died aged 88, formed these rings in the year 1660'

The maze is protected as an ancient monument and was refurbished in 1998 with a grant from English Heritage.

So, now you know a bit of the history ... if you go along the road leading to/from the ford in Hilton, look out for it.



... and finally, whilst we're on the subject of Hilton, one other snippet of information ... local tradition believes the village green at Hilton was designed by Lancelot Brown, who bought the Manor of Fenstanton and Hilton in 1767.

**Sue Taylor**

## Cycling keeps your immune system young

The latest research reveals that cycling is anti-ageing and keeps your immune system in great shape. The study, as reported in the Guardian, tested 125 amateur cyclists aged 55 to 79. Read the full article [here](#)



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