



Southboro Gazette



Autumn 2008



CYCLING CLUB

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Log on to us at : www.southborough-wheelers.co.uk

The club meets every Thursday from 8.30 pm at The Borderers Sports Club, St Marks Recreation Ground, Frant Road, Tunbridge Wells (Tel 07748 880251)

The club magazine is published quarterly. Articles for the next issue should be submitted to the editor (preferably by email or on disk) by Sunday 9th November

It's been a great summer for cycling. The women's road team have done us proud in the Olympics and there will be more medals for our cyclists to come over the next few days.

Southborough members have been doing us proud too in a variety of events from sportives to folding bike races. Many thanks to all who have contributed articles for this edition

Club membership has risen too and there's a very healthy number participating in the club time trials – this issue of the Gazette has proved quite challenging with respect to laying out the results. I suspect we're reaping the reward of the Tour de France passing through last year. I'm sure the success of our riders in the Olympics will spark even more interest in cycling. Let's hope we can take advantages of the opportunities that come our way and continue to welcome newcomers to our fantastic sport.

Neil Quarmby



Nuts and Bolts

RETURN OF TROPHIES

Trophies awarded last year need to be RETURNED by either JO or DAVID WATSON by Thursday 2nd October or earlier, in case you forget!!

PLEASE MAKE SURE THEY ARE POLISHED BEFORE RETURNING THEM!! Children don't make a good job of polishing MANY trophies!! It's a DIY job!!

CHAMPIONSHIP FORM

I really would like these forms filled in this year, as they are a way of checking any missing results or wrong times given. It is quite an easy job, but it gets laborious when I have to chase people, especially those at the head of the pack. So please let me have your times when you have completed racing. You can send your results by email – it doesn't have to be a form filling job, I just want to agree with you what you think your best times may be, otherwise the engraving on the trophy will be wrong. (Jo)

CLUB TIME TRIAL

FORTHCOMING EVENTS

- Thursday 21 August Racing Men's meeting. Time: 21.30 at the Borderers Clubroom.
- Saturday 30 August SERRL – Betteshanger 1/2s +3/4s 13.00 – **Club's Criterium Championship**
- Sunday 31 August VTTA (Kent Group Champs) - 25 miles Q25/12 Time: 07.00
*See **Peter Rowe** re marshalling.*
- Sunday 14 Sept ESCA G25/89 07.00 **Club's 25 mile Championship event**
- Sunday 05 Oct Wigmore Hill Climb (Inc KCA)
- Sunday 12 Oct Catford Hill Climb. Yorks Hill. 10.30
- Sunday 02 Nov KCA Reliability Trial. Start Claygate Times: 8.30 / 9.00 / 9.30
- Sunday 09 Nov KCA Annual Luncheon and Prize Presentation. Smarden Charter Hall. Guests of honour: Esther and Tim Carpenter. Organised by Pat Hill.
- Friday 14 Nov ANNUAL CLUB DINNER & PRIZE PRESENTATION 2008
Black Horse, Pembury. Time 19.30
(Approx cost for Meal - £18 per person (Soup / Melon - Roast / Veg option - Dessert - Coffee))
See further details elsewhere in Gazette.
- Sunday 23 Nov ESCA Reliability Trial Start/finish East Hoathly Sports Pavilion. **NO ENTRIES ON THE DAY**
- WEDNESDAY 03 Dec** Annual General Meeting. Start 20.45
Propositions to be with Anthony O'Callaghan (Hon. Secretary) by
Thursday 06 November 2008

2009

Thurs 01 Jan	S&DW New Year's Day Open 10 mile Time Trial. Q10/10 Bethersden Village Hall. Start 10.00 a.m.
Sunday 18 Jan	East Sussex Luncheon and Prize Presentation The Horseshoe, Windmill Hill, Herstmonceux
Sunday 22 Feb	VTTA Kent Group Annual Luncheon and Prize Giving. Organised by Neil Quarmby. Ditton Village Hall.

Keith Wins Prestigious Folding Bike Race

On Saturday 7th June on an almost perfect evening 73 riders gathered at Smithfield Market to prove who is the fastest rider of a Folding Bike in London.

Watched by an estimated 10,000 spectators there were two qualifying heats followed by a hotly contested final, raced round 5 laps of the Smithfield Nocturne circuit, as ridden immediately after in the Rapha Condor Elite Criterium race. Halfords Cycle2Work was the main sponsor of the Folding Bike Race. This was the second Smithfield Nocturne Event, and the second where a Dahon Speed Pro TT has been awarded as first prize worth £850. Judging by the popularity of the event it is a seriously sought after title and prize.

The race was won by Southborough's

speedster Keith Henderson, pictured below holding his prize aloft.



All was going well until I hit the first main climb. I changed down to my small chain ring only to find gears 2-5 were unusable. Just an embarrassing clicking and clunking like a real amateur. I felt like shouting that it was a mechanical problem and not my riding style, but my limited Italian escaped me! I was alternating between twiddling and clunking when our friend Phil caught up with me & rather unoriginally shouted “There’s one in there somewhere!” He also helpfully told me there was mechanical assistance at the top of the climb, added that trouble was coming up behind me &

rode off. Who says chivalry is dead?

Trouble shortly arrived in the shape of Graham. Apparently all I had to do was reach down and twiddle a screw until the gears stopped clunking and ran smoothly. He wasn't sure which way to turn it but I'd work it out through trial and error. Anyway it should get me home was his passing tip as he too rode off.

With constant twiddling and fiddling I was able to use most gears although some rather odd noises remained. These turned out to be a loud squeaking jockey wheel to add to my further embarrassment!



4,500 riders - I'm almost at the front near the guys in the blue Bianchi strip on the left!

Up until the final climb the weather had been chilly but mainly dry. Suddenly dark clouds loomed over the mountains and I got the distinct feeling I was in for a soaking. When I got to the top the heavens opened. You know it's raining heavily when first your mitts, then shorts, and socks gradually soak up water. When you can't see because of all the rain on your glasses then you know it's wet! What with the rain, tight hairpins and oncoming traffic you wouldn't believe how slowly we all descended.

I somehow latched onto a group of italian club riders in green and white (NB I will NEVER ever be persuaded that white cycling shorts are a good idea - especially in the wet) The group included two other women so I reckoned I had a fair chance of keeping up. I even managed a bit of banter in italian which they kindly pretended to understand We descended together and all of a sudden the rain stopped, the sun came out and I was in a chain of riders charging through red lights into Bergamo with the italian police holding back a huge traffic jam. This was FUN! I stuck with them all to the finish and was stunned when I checked my watch - 5 hrs 27 - over half an hour ahead of schedule!

Having collected my medal and been

given a rose, I looked around for Graham who was nowhere to be seen. Several phonecalls and texts later I started to get a bit girly and emotional. I had done a great ride and there was nobody to congratulate me! I eventually bumped into Graham 45 mins later. He had gone back to the hotel to change and get the camera, thinking it would be quite a while til I finished. And his phone wasn't working. To rub salt into the wound, he had done a time of 4 hrs 15, finished before the rain started and had a fabulous final descent. Bah! He had also forgotten the camera so there is no photographic evidence of me at all. (the official website lost all the female photos)

Everyone who took part agreed it was a great event (even the lone guy who got soaked on the Gran Fondo 165km & 2620m elevation) and would seriously consider riding it again next year.

Catherine Hills

All that way and no beetroot..... the comeback continues

The next event on my comeback programme was a 10 promoted by Frome and District Wheelers on Saturday 31 May starting at 3pm. I opted to ride this event as it coincided with a visit to Graham and Ann Seath.

Lorna and I arrived on Thursday afternoon and slumped onto the sofa to watch a stage of the Tour of Italy on an enormous flatscreen television. Well I was tapering down from an intense block of intervals interspersed with periods of inactivity.

As part of my tapered training for the event on Friday we went and visited Lacock and the Fox Talbot photography museum. Lunch was a ploughmans and a pint of beer. In the afternoon we then drove on to some rather attractive gardens and had coffee and a large slice of strawberry sponge and cream.

All those articles in the comic about what and when to eat to maximise performance came in very useful when deciding what to have.

On the morning of the event I pondered on what I should do by way of preparation. I had not ridden since my first club event the previous Thursday on the Ashdown Forest course. My time for this event was positively glacial (pre global warming!)

I decided to do a stint on Graham's

turbo. The turbo was an early edition and some of the parts could be interchanged with Hargreaves' Spinning Jenny (circa 1764). Rather than damage my ultra lightweight rear tyre I opted to use the rear wheel from the bike that Graham usually had permanently attached to the turbo.

The turbo was set up in the garden so that I could study the flora and fauna of Wiltshire as I twiddled. I started at 10.20 intending to do 40 minutes and then stop just in time for elevenses.

I finished on the dot of eleven and sat in the sun with a cup of coffee.

We set off in good time for the event and I was in unfamiliar territory with an assistant to help me get ready. The start is mostly downhill from the hall and what little pedalling required was accompanied by a ticking sound. I put this down to having removed and replaced the back wheel although I couldn't quite understand how the rear gear had become slightly misaligned with the cassette. However I had plenty of time at the start so made some small adjustments to the gear cable.

I set off and soon discovered that the gears had a mind of their own. Sometimes requiring two clicks to change up and then jumping a cog when changing down.

I don't think that this gear issue affected the result and could not be

blamed for my slowness. Of course having a nice downhill run to the start meant that I had to grovel my way back to the hall. With only one chainring I needed the lowest gear I had and further adjustment of the cable was required. When I got going again the gears were still grating and I still couldn't engage bottom gear.

Earlier in an attempt to be as streamlined as possible I had tucked the gear cable between the front brake cable and the frame. On removing it and letting it assume its natural position the rear mech clicked into bottom gear and I had a trouble free grind back to the hall.

Fortunately the tea bar was still open and my result was on the board – 30.58 a personal best in this comeback year but somewhat short of the 28.55 I managed the last time I rode this course some three or so years ago.

Now where did I put that training manual?



It was one of those days

In addition to my return to the pleasure of riding open time trials I have started to ride into work, a distance of 20 miles, when conditions permit as another part of my rehabilitation as a cyclist.

I take a change of clothes into work the day before as riding is hard enough without the added impediment of a rucksack on my back.

On this particular day I got the bike out of the garage and the weather looked a bit threatening but the weatherman had assured me that the sun would burn off the cloud and it would be a nice day. I was still a bit undecided about the wisdom of this ride but set out anyway.

The initial part of the route is undulating and I found the going hard which surprised me as I was sure that it had been easier the previous week. To compound my difficulties it started to rain and I considered whether to turn back and get the car. This dilemma resolved itself as I had forgotten to bring a door key with me and if the lovely Mrs Finch had already left for work I would have no option but to start again.

I continued on my way still struggling. I was concerned that the steep climb from Wrotham up to Vigo, which at my present progress, would have me getting off the bike and walking. I turned up through Kemsing to join the Pilgrims Way and in so doing took the opportunity to look down at the gear I

was using and saw that I was on the large chainring!!!!

When I put my bike away I usually change to the small chainring so as not to stretch the gear cable, being a sympathetic mechanical type, but for one reason or another I had forgotten on this occasion. In my anxiety about the weather, turning back, life in general I did not check this when I started out but on changing to the small ring my legs were soon spinning like a taller version of Lance Armstrong.

I continued with added confidence as the rain fell. This is the second time this year I have been out on a bike in the rain. Something I would never have done in the past. I have no idea what that's all about?

I got to the climb up to Vigo and trundled up the hill as only I can.

Some of you may have been unfortunate enough to have read a previous article on my return to riding time trials where I mention 'a jaunty pace'. This is a racing term but 'trundling' is a training term that sits alongside 'intervals' and 'base conditioning' but isn't often seen in training manuals.

As I went up the hill a large lorry was unable to pass as the road is narrow and even cars have difficulty. Fortunately there is a turning near the top that I pulled into to let him pass. He was very grateful and acknowledged my thoughtfulness and

I felt good at being at one with my fellow road users.

The rest of my ride is essentially downhill and was uneventful.

I got to work and parked the bike in the underground car park and went up to the office. I was greeted by the lady who is in the habit of cross examining anybody about anything from what they did at the weekend, on holiday through to gardening, decorating you name it and today was no exception as before I had time to draw breath the inquisition started. This gave me an idea of how secret agents must have felt when captured the wrong side of the Iron Curtain. I'm sure I spotted a syringe and a phial of truth serum on her desk next to the minutes from the previous night's Finance and Audit Committee meeting.

Being safely inside the Civic Centre I thought my trials and tribulations would be over but when I went to have a shower there was no hot water and I ran out of shower gel. When I came out of the shower to get dressed I found that I had left my trousers in the office so I had to creep back with a towel round me. I ran about a bit to warm up and made a cup of tea.

Peace at last but of course looming up in about 7 hours time was the ride home!

Yes it was certainly one of those days

Doug Finch

Road Racing Swiss Style

Following our trip to the Pyrenees to ride the Étape, we then drove to Switzerland for 2 weeks of Alpine riding. On Sunday 20th there was a 74k road race, (Sierre-Nax) about an hour and a half's drive from our apartment, and I had pre-entered before we left England.

Preparation was good, as I'd had a brief cold after the Étape and for the last week we had a friend staying with us and she had a real humdinger, which in the end I managed to fend off.

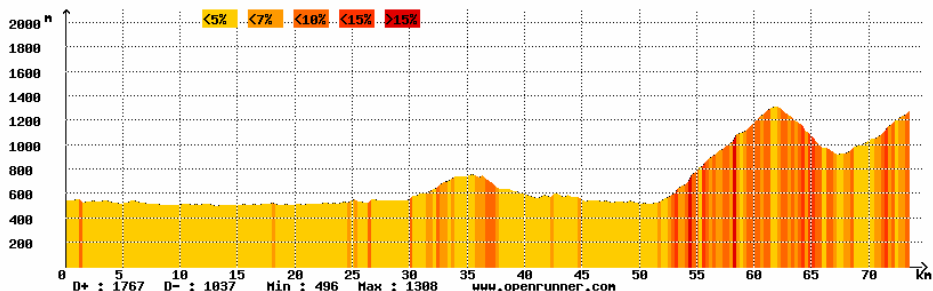
So to the race. We found the registration pretty easily, despite no detailed road map, and I got my number nice and early. Then I realised there were 2 registrations – one for 'Licences' and one for the 'Populaires'. The latter I took to mean a mini sportive to complement the main race. Anyway I got the number swapped and started to think about food, drink and a warm up – the usual ritual for any road race. Oh, and strong coffee... There were 55 starters, roughly 5

women, 15 juniors, 15 seniors/ masters and around 20 elites. I was one of about 4 'Masters', ie. 50+. All the seniors looked pretty young to me – pretty much all in their 20's at a guess. Quite different to the UK where there's always a spread of ages from 18 to 55 or so.

Women and juniors set off first, 5 minutes later the senior amateurs (it took me a while to work out that included 'Masters'), followed 3 minutes later by the elites.

From the profile it was clear there was a convoluted twisty route in the largely flat valley, a climb of 200m, a bit more flat and then an 800m climb, 400m descent and a 400m climb.

We set off in our small group at a pretty leisurely pace initially, but the pace just kept on building and with only 15 or so riders it was like being in a big break working 'thru and off'. We caught the women and juniors group at about 25km. At the 30km point, just before the 200m climb, we



had averaged 28 miles/hour!

My aim was to hang on up this climb and then accept that the 2 main climbs I would just have to ride at whatever pace I could manage. That didn't work then! Started to get dropped straight away, and about half way up the elites all flew past me. I took some heart in that some of the elites were being dropped from their group.

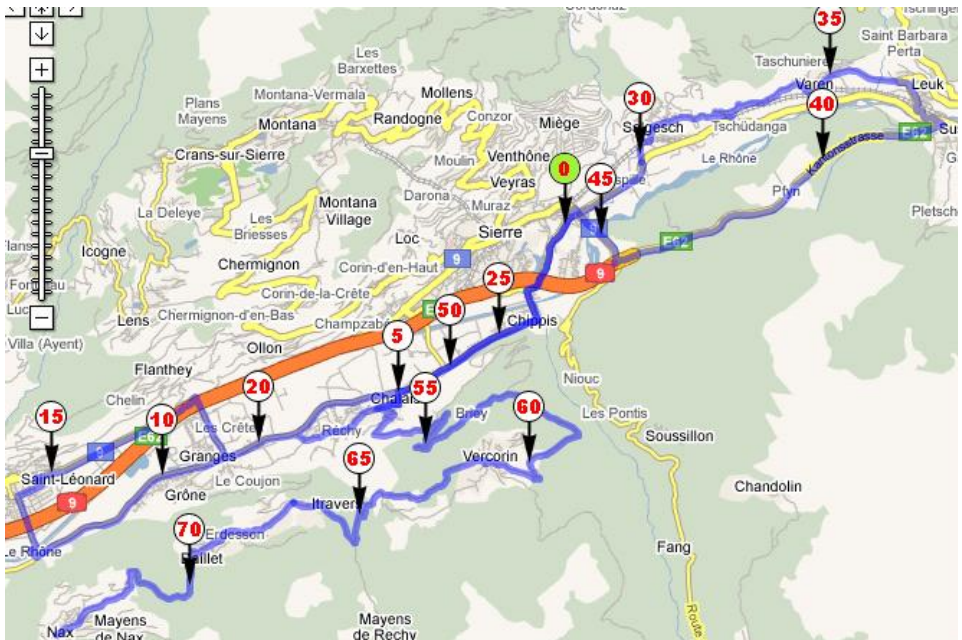
That left me on my own, but after the descent I caught the leading two women and we picked up two others after a while and rode the remaining flat section working together.

Up the climb, the others shot off. I caught one fairly soon though, and one of the girls halfway up and the

rest was on my own to the finish. Not uneventful though – the descent was fast and open and I was after catching the other 2 from our group. One was in sight some way ahead and I was catching quite quickly, until a surprise tighter corner. I came to a gentle lean into the hillside at about 3mph! No harm done, but seriously cross with myself. To add insult, for the next corner they had seen fit to site a marshal, as it was even tighter!

I eventually finished 44th – about 30:28 down on the winner (2:07:24) and about 3:30 behind the winning woman. 51 finished with only 4 DNF's.

The event was well marshalled, with the usual convoy of lead cars,



commissaire, safety car, motor cycle out-riders, etc.

The climbs were hard. How hard? Well I've had plenty of bunch finishes in 1/2/3, and 2/3 races in the UK this year, but Alpine climbs really sort out all the riders and so the race is hard in a very different way to Kent/Sussex circuits. The 2 main climbs were very quiet roads and pretty steep. The profile doesn't really tell the story well enough. Having just done the Tourmalet and the Hautacam 2 weeks earlier, these were shorter, but far harder – partly a function of the early fast pace as well though.

I researched a few of the leading riders on the net. The winner was Silvere Ackermann (24 years old),

and I was pleased to discover that he's a pro, and even happier when I discovered that he was only 3 minutes down on Fabian Cancellara in this year's Swiss national time trial championship. Other leading riders are pro's too, and the winning woman (Myriam Saugy) is an elite female.

As to the 'Populaire' – it seems like this is a road race in all but name for those without UCI licences, and all were serious and capable riders.

I hope to be back next year to see if I can make a better showing!

Graham Hills

OLYMPIC BICYCLE CHALLENGE



Meng Jie has had plenty of publicity for his Beijing Olympic Bicycle, but surely we can do better for London 2012... Now which S&DW'er is prepared to take on the Challenge?

Cadance Man

An extract from Richard Hallet's report on the Dragon Ride where he met own Keith Henderson

As I began the dreaded leg across the Brecon Beacons, a rider with a style reminiscent of faster Audax participants hacked past, having obviously caught me after starting later. Maintaining a near-constant 120rpm by dint of frenzied shifting up and down his cassette, my new companion presented a challenge I could not turn down. Despite the fact that he was moving a fair bit quicker than I though prudent, I got on his wheel and we settled down to a long, hard slog in which I occasionally came through, if only to show willing.

Group after group was left in our wake as Cadence Man whizzed along until we went past a bunch tacked on the back of a solidly-built chap, clad in CSC team kit, riding at around 60rpm. He jumped in with us, putting in useful turns and leaving me unsure exactly how fast I was pedalling. Finally, at the foot of the long descent towards Brecon, we turned left for Heol Senni. Here we passed the Birdwell boys and Kingston Wheeler as they fixed a puncture.

Shortly afterwards, CSC Man eased off to chat to another rider and I was left once more to the mercies of Cadence Man, who turned out to be Keith Henderson, winner of the Smithfield Nocturne Folding Bike Race on his Dahon. He was, he said, new to long-distance riding. Did I

have any advice? 'Slow down a bit; the last 10 miles are the hardest.' I said this more to save my own legs than his, but it had the desired effect as we began the drag up to the Cray reservoir.

Suddenly, Keith seemed less vigorous than previously and not necessarily thanks to my advice. He looked relieved as we pulled into the feed stop and was still there as I left in company with another bunch of fast-looking characters distinguished by their mostly pale-blue jerseys.

For the record Keith finished in an excellent 63rd out of the 1250+ riders who took part with a time of 5h 48mins for the 180k



Club Event Timetable 2008

Events with an 'm' indicate that marshal(s) will be required.

Sat	Aug-30	Tonbridge bypass	Q10/19	7.00	m
Sat	Sep-13	Tonbridge bypass	Q10/19	7.30	m

KENT, EAST SUSSEX and SOUTHERN COUNTIES CYCLING ASSOCIATIONS TT PROGRAMME 2008

Sun	17 Aug	Kent CA – 50	Q50/1	07.00
Sun	31 Aug	VTTA – Kent Group – 25 <i>(Organised by S&DW)</i>	Q25/12	07.00
Sun	07 Sept	Southern Counties CU – 25	G25/53	07.00
Sat	13 Sept	East Sussex CA – 10	G10/87	07.30
Sun	14 Sept	East Sussex CA – 25	G25/89	07.30
Sun	14 Sept	VTTA – Kent Group – 50	Q50/11	07.30
Sun	21 Sept	Kent CA – 25	Q25/10	07.30
Sun	05 Oct	Wigmore Hill Climb (Inc Kent CA)	QHC/11	10.30
Sun	12 Oct	Catford/Bec CC Hill Climbs	G32 & 31	10.30/14.00

KCA Website address: www.kentcycling.org.uk

2008 OPEN TIME TRIAL PROGRAMME (South East DC)

Aug	17	Sun	Kent CA - 50 (B) Solos & Tandem	Q50/1	7.00
	23	Sat	Gravesend CC - 10	Q10/22	7.30
	25	MON	Gravesend CC - 25 (B)	Q25/22	9.00
	31	Sun	VTTA - 25	Q25/12	7.00
Sept	14	Sun	VTTA - 50 (B) (All ages)	Q50/11	7.30
	14	Sun	TA - 50	Q25/8	8.00
	21	Sun	Kent CA - 25 (A)	Q25/10	7.30
	28	Sun	VTTA - 15 All Ages	Q15/20	8.00
Oct	5	Sun	Wigmore - Kent CA Hill Climb	QHC/11	10.30
	12	Sun	VTTA 2-up - 20 TTT (one rider veteran)	QS/22	9.00
2009	Jan	1	THUR Southborough & Dist Whlrs - 10	Q10/10	10.00

Surrey League Late Season Events

Sun	17-Aug	Goodwood	Goodwood	Velocity Bikes CC	4ths	09:30
Sun	17-Aug	Goodwood	Goodwood	Velocity Bikes CC	3W/4W	09:31
Sun	17-Aug	Goodwood	Goodwood	Velocity Bikes CC	Youth	11:45
Sun	17-Aug	Goodwood	Goodwood	Velocity Bikes CC	3rds	12:30
Sun	17-Aug	Goodwood	Goodwood	Velocity Bikes CC	E/1/2	13:15
M on	18-Aug	Angmering	Angmering Raceway	Southdown Velo	Youth	18:30
Sun	24-Aug	Bletchingley	Lloyd Hall, Outwood	Redhill CC	1/2/3	14:00

Surrey League Handicap Championship

Sun	31-Aug	Kirdford	TBA	Norwood Paragon CC	E/1/2/3/4	10:30
M on	01-Sep	Angmering	Angmering Raceway	Southdown Velo	Youth	18:30
Sun	07-Sep	Rusper	Rusper Football Club	Crawley Wheelers	3	09:30
Sun	07-Sep	Rusper	Rusper Football Club	Crawley Wheelers	2/3	13:30
Sun	14-Sep	Cutmill	Elstaed Youth Center	VC Meudon	3	09:30
Sun	14-Sep	Cutmill	Elstaed Youth Center	VC Meudon	E/1/2/3	13:30
Sat	20-Sep	MOD Chertsey	MOD Chertsey	RT 316	4ths	10:00
Sat	20-Sep	MOD Chertsey	MOD Chertsey	RT 316	3W/4W	10:01
Sat	20-Sep	MOD Chertsey	MOD Chertsey	RT 316	E/1/2	11:15
Sat	20-Sep	MOD Chertsey	MOD Chertsey	RT 316	3rds	11:16
Sun	21-Sep	Alfold	Alfold Crossways VH	South Western RC	3/4 h/cap	09:30
Sun	21-Sep	Alfold	Alfold Crossways VH	South Western RC	1/2/3	13:30
Sat	04-Oct	MOD Chertsey	MOD Chertsey	Team Quest	4ths	10:00
Sat	04-Oct	MOD Chertsey	MOD Chertsey	Team Quest	3W/4W	10:01
Sat	04-Oct	MOD Chertsey	MOD Chertsey	Team Quest	E/1/2	11:15
Sat	04-Oct	MOD Chertsey	MOD Chertsey	Team Quest	3rds	11:16
Sun	12-Oct	Goodwood	Goodwood	Brighton Excelsior	4ths	09:30
Sun	12-Oct	Goodwood	Goodwood	Brighton Excelsior	3W/4W	09:31
Sun	12-Oct	Goodwood	Goodwood	Brighton Excelsior	Youth	11:00
Sun	12-Oct	Goodwood	Goodwood	Brighton Excelsior	E/1/2	11:30
Sun	12-Oct	Goodwood	Goodwood	Brighton Excelsior	3rds	11:31

Surrey League Ottershaw Series

Sun	19-Oct	Lyne/Ottershaw	Brook Hall, Ottershaw	Twickenham CC	3rds	11:00
Sun	26-Oct	Lyne/Ottershaw	Brook Hall, Ottershaw	Twickenham CC	E/1/2/3	11:00
Sun	02-Nov	Lyne/Ottershaw	Brook Hall, Ottershaw	Twickenham CC	E/1/2/3	11:00



SOUTH EAST ROAD RACE LEAGUE 2008

Sat	30 Aug	Betteshanger	1/2 +3/4	1hr + 5 laps	13.00
Sun	07 Sept	Benenden/Sandhurst	2/3/4	100km	09.30
Sat	13 Sept	Betteshanger	1/2 +3/4	1hr + 5 laps	13.00
Sun	28 Sept	Lamberhurst/Frant	1/2/3/J	90km	09.30
		SERRL Champs			

HOT LINE 0208 467 4235

Email for SERRL: kim@serrl.org.uk OR luke@serrl.org.uk
Website: www.serrl@org.uk

ASSOCIATION NEWS

East Sussex C.A.

All events this year have received increased entries and next years programme is already prepared with the same format as before. Promotors have been found and Southborough Wheelers will again organise the 2-up 24 mile event on 5th April. Graham Hills has kindly agreed to be the Event Secretary. Laughton village hall will be the HQ.

The lunch and prize presentation will be at the Horseshoes, Windmill Hill on 18th January 2009

The ESCA Reliability Trial is organised by Tony Palmer, Worthing CC and will take place on 23rd November. It will start and finish at East Hoathly Sports Pavilion and be just less than 50 miles. NO ENTRIES will be accepted ON THE LINE. These must be channelled through the Club (probably I shall collect them) and be with the Event Secretary by 11 November.

Unfortunately Mick Burgess is seriously ill in hospital and has resigned from official duties. The Association therefore is seeking a new Secretary and a Racing Secretary. It is essential for these posts to be filled at the forthcoming AGM on 12 November or ESCA may be unable to function. Please consider volunteering.

Kent C.A.

Southborough Wheelers won the team prize in the 100 in June (Peter Rowe, Neil Quarmby and Andrew Thomas), but were unable to field a team for the 12 hour, therefore forfeiting any chance of another BAR victory. Neil did a fine ride in the 12 hour (our only club representative) completing 228 miles on a very windy day. The event attracted 59 entries - the highest for many years.

This years lunch and Prize Presentation is at Smarden on 9th November and the Reliability Ride the week before (2nd November)

Les Hayman

Audax late season events

There are a couple of new events in the Audax calendar this year along with the return of the picturesque Miller's Tale event.

		Start	Fee	Organiser
17-Aug	Tour of the Hills 110k	Shere 09.50	£5.50	Tim Bar, 59 Addison Road, Guildford , Surrey GU1 3QQ Tel 01483 825 691
07-Sep	Invicta 100k	Meopham 08.30	£4.00	John Warren, 4 Edward Road, Bromley, Kent BR1 3NQ Tel 020 8460 7360
21-Sep	The Crown 106	Boughton Lees 09.30	£5 - £2.50	Patrick Cherry, 8 Steed Close, Herne Bay, Kent CT6 7TQ
05-Oct	Autumn Dungeewow 200 and WOW 100	Hailsham 7.30, 9.00	£10 £8	Dave Hudson, 151 Middle Road, Shoreham-by-Sea BN43 6LG
18-Oct	Mid Sussex Hilly 110 Hillier 110	Chailey 08.30	£5.00	Martin Malins, 64 Blount Avenue, East Grinstead RH19 1JW Tel 01483 825 691

In addition to audaxes there are some late season cyclosportives (effectively times audaxes and with marshals to guide the riders). The main one in our area is:

Circuit of Kent 14th September Godden Green, Sevenoaks
(<http://www.kentcyclosportive.co.uk>)

Competition Tapering

A taper is considered to be a period of time where the volume of training is reduced in the days or weeks leading up to a key event to prevent training-induced fatigue from impacting your performance on the day. It isn't done for every event just the one or two a year that you have pre-determined to be your key objectives for peak performance.

The key to a well executed taper period is finding the best balance between recovery and sustained training.

A structured taper will allow the body to recover from the accumulated fatigue of hard training without reversing the affects of training adaptation. The best training and form in the world can all be wasted with an ineffective taper period. Get it right and you'll fly on the day, get it wrong and you'll not be competing to your full potential

Pump Up The Volume?

Most definitely not! You'll have noticed from my earlier statement that only the volume of training is reduced during a taper period, not the intensity. Some people lose the full advantage of a taper period because they reduce both volume and intensity. Ensure you differentiate between the two and success is at least a step closer.

Here we'll try to discuss the merits of a taper and the advantages it could bring if you allow yourself to follow a few simple rules and guidelines. I say, "allow yourself" because it still surprises me how many people ride long and hard up to two days before a key event. They're nervous, that as the big day approaches, they'll lose valuable fitness if they don't stay at full throttle. You can't get any fitter in the last week before a key event; it's a fact!

Remember the FIT principle?

Good training relies on adjusting the Frequency, Intensity and Time (duration) of your workouts to physically overstretch your body to create a sustainable adaptation to your training load. The key word is "sustainable." You can't overstretch your body indefinitely. You need to schedule active rest, recovery and adaptation periods in to your training plan, then finish it off with an equally well planned taper period.

A taper is a cross between a rest period and an activity period. You still stress your body before a key event, you just do it for a shorter activity period, which gives you a longer recovery period. You get to "rest" rest, after your key event! To make the point absolutely clear; tapering isn't resting! Please don't confuse the two.

How long is a taper?

As I said above, and will continue to say throughout this factsheet; it depends. If you're training for an Iron Man event you might need to take a three week taper. A full on sportive like the Marmotte, L'Etape or Quebrantahuesos would probably require a 10 day taper; a 25 mile time trial might require just a 7 day taper. It really is horses for courses and requires a little trial and error to get it just right. The only problem is, you don't want to be "erroring" when preparing for your key event of the year. But you have to start somewhere, and to be honest, I've never heard of anyone saying they tapered too much!

The quantifiable benefits

Again, there is a key word in the heading above; quantifiable. These things have been measured by clever people with

clever stuff; there is scientific research to back these concepts up. So it's worth paying attention and at least giving the next paragraph or so the benefit of the doubt.

Research suggests that a well planned and executed taper can lead to an increase in oxygen uptake, an increase in muscle glycogen levels and an increase in an athlete's strength and power. Some studies have measured a 3% increase in power, and an increase in sustained endurance, over control groups that never undertook a taper period.

Now I can hear a few of you scoffing at 3%. But consider this...

Everyone I know wants to target the hour for a 25 mile time trial. It's the place where everyone wants to be and it's difficult to hit for the "normal" cyclist. Most "normal" cyclists (those with a job, a family, and a life!) end up around the 62 minute mark. A well executed taper, giving a minimum of 3% improvement, would knock two minutes off that time! Two minutes without having to train any harder! How good is that?

There is no template

Just as each individual reacts differently to the same training stimulus, the same is found for tapering. Don't do what your mates do or copy a schedule from a book.

Having said that, there are at least some indisputable rules of tapering that have to be followed.

- ▼ Frequency has to remain around 80% of previous training patterns.

- ▼ Intensity has to remain at or above that of competition level.

- ▼ Time (volume) has to decrease by at least 50-60%.

So, if you're training five times a week, you don't cut back to two sessions, you drop to four. If you have a power meter you know exactly, from previous race data, where you need your power levels to be. So your intervals need to be at race pace, plus some! And as for time, if your endurance ride is four hours, you cut it back to two to two and a half hours. These are all starting points for you to work from.

Psychological benefits

Do not underestimate the psychological benefits of a taper period. If a taper is carried out correctly you can actually feel yourself getting stronger as your key event approaches.

Common sense touches

If you train in the evenings, due to work or family commitments etc, but your key event is in the morning, try to use the taper period to train at the same time of day as your key event. This will allow your body to adapt to the environment and conditions in which you will be competing.

If you've got new kit or nutrition products don't save them all up for the big day. Test them during your taper period. It's no use having a brand new pair of race shoes for the big day if the cleats are misaligned or your new shorts have a seam just where you don't want it! Test your kit in the taper period and if you have new tyres get them scrubbed in before you go flying up the road. Literally!

Train hard, taper well, realize your potential.

*Extracted from an article produced by
Flamme Rouge Coaching*

S&DW Clothing

Many of you will have seen the various e-mails I have issued regarding Club Clothing, be they for orders you may wish to place, or the arrival of another order. Others of you, I hope, have now enjoyed many a ride in your new clothing - some have enjoyed it so much that you have already asked for more garments.

I list below the standard garments available, and held in Club stock, along with an approximation of cost - the Euro has meant prices have fluctuated on some recent orders.

I also list the 'old' IMSPORT garments available, and the reduced prices for which may interest you in a bargain.

Any desire for Clothing - even if it's not listed below (eg. Gilets), please let me know. If it's not in stock, I can get the items in approx. 1-2 months. You pay the same cost as the Club pays - the Club does not take a cut.

I am very pleased with the response many of you have made towards the new Belgium supplier, and it has shown in the fluctuated number of items being sold. Let me know your clothing requirements. Likewise for those of you that have already purchased pieces, please let me know if you have experienced any issues, or if you have any compliments to make. It's good to hear and share feedback.

DEDICATED WINTER WEAR...

Windtex jacket; Long Sleeve; Long Zip; £55

Winter hat; £10

SHORTS (With Standard seat; Gel seat is obtainable for approx +£7)

Bib shorts; (Backpanel & Special Cut); Black; £38

Waist-shorts (Non-Bib); Standard Cut; Black; £33

JERSEY'S...

Summer airtex Jersey; Short Sleeve; 3/4 LENGTH Zip; £22

Summer airtex Jersey; Short Sleeve; Short Zip; £22

Summer airtex Jersey; Long Sleeve; Long Zip; £28

SKIN-SUIT...

Skin suit; (Backpanel & Special Cut); Standard Seat; Short Sleeve; £60

IMPSPORT...

Training Jersey (B4); Long Sleeve; £36.00

Road Jersey (B1); Short Sleeve; Full Zip; £16.50

Road Jersey (B1); Short Sleeve; Full Zip; £16.50

Road Jersey (B1); Short Sleeve; Short Zip; £16.50

Road Jersey (B2); Long Sleeve; Short Zip; £23.35

Wednesday Wobblers!

Runs have continued throughout the year though much interrupted by rain. On one occasion, only Brian Whitehouse rode his bike to the Woolpack, although more than 50 wobblers were there!

Mike Daniels crashed early in the year, riding over a traffic hump at the entrance to Aylesford Priory. After much delay in hospitals, a cracked pelvis was discovered and Mike was off the bike for 13 weeks. Happily he is back and now and wobbling regularly.

Mike is 1st claim to San Fairy Ann as is Clive Bradburn, who comes out with us often. Average number of riders is 6 or 7 and average mileage is 45. We usually meet at Pembury or Tunbridge Wells about 9.30 and always stop for coffee. New 11's stops include the Water Centre at Hawkhurst.

Runs have included one "mountain run" (north of the North Downs), a couple of "River runs" through Maidstone town centre and several trips through Bedgebury Forest.

Dave Parker, Ian Turner and I have ridden the monthly Vets 10's this summer.

Les Hayman

13-Aug	White Hart, Claygate
20-Aug	Mundy Bois
27-Aug	Woolpack, Benover
03-Sep	Unicorn, Marden
10-Sep	Stilebridge Inn, Marden
17-Sep	The George, Egerton
24-Sep	Lord Raglan, Rabbits Cross
01-Oct	White Hart, Claygate
08-Oct	Mundy Bois
15-Oct	Woolpack, Benover
22-Oct	Unicorn, Marden
29-Oct	Stilebridge Inn, Marden
05-Nov	The George, Egerton
12-Nov	Lord Raglan, Rabbits Cross
19-Nov	White Hart, Claygate
26-Nov	Mundy Bois
03-Dec	Woolpack, Benover
10-Dec	Unicorn, Marden
17-Dec	Stilebridge Inn, Marden

Open Time Trial Results



SATURDAY 24 MAY 2008

Charlotteville CC – 25H25/8

Neil Quarmby 1.03.56

Winner: A. Topham (High Wycombe CC) 55.06
120 riders on the Start sheet

SUNDAY 25 MAY 2008

San Fairy Ann CC – 50 Q50/11

Peter Rowe 2.05.59 10th

Dave Parker DNS

Les Hayman DNS

Winner: M. Davis (Kent Cycles RC) 1.53.39
60 riders on the Start sheet

MONDAY 26 MAY 2008

Deal Tri – 10 Q10/4

Peter Crofts DNS

Winner: P. Buttoed (Kent Cycles RC) 22.30
32 riders on the Start sheet of which 23 started. It was a very wet morning

SATURDAY 31 MAY 2008

Frome & Dist Whs – 10 U369

Doug Finch 30.58

Winner: M. Loader (Yeovil CC) 21.39
50 riders on the Start sheet

Southern Counties CU – 10 G10/57

Steve Humphrey 23.58 **PB**

Chris Cowlard 24.24

Peter Crofts 24.52 **1st on AS**

Winner: K. Coffey (Bec CC) 20.04
81 riders on the start sheet
Peter Crofts went off course with time lost approx 1.20 min, due to Lack of Concentration!!!

SUNDAY 01 JUNE 2008

VTTA (Kent) – 30 Q30/12

Chris Cowlard 1.19.44 +8.11

Winner: P. Bull (V.C.Elan) 1.07.56
45 riders on the Start sheet

South Eastern R.C – 25 G25/53

Neil Quarmby 1.00.07

Steve Humphrey 1.02.34 **PB**

Martin Yardley 1.07.47

Winner: L. Harding (www.agiskoviner.com) 51.48

110 riders on the Start Sheet

STEVE had a good weekend with PBs on both Saturday and Sunday. Well done Steve

SATURDAY 07 JUNE 2008

VTTA (Surrey/Sussex) – 10 G10/87

Doug Finch 31.39

Winner: P. Tadros (In Gear RT) 20.44
49 riders on the Start sheet

SATURDAY 07 JUNE 2008

Heanor Clarion CC – 10 A10/19

Peter Crofts 23.25

Winner: B. Charlton (Lyme RC) 20.46
95 riders on the Start Sheet

CLUB VETS RECORD by 29. sec +8.35

SUNDAY 08 JUNE 2008

Kent CA – 50 Q50/11

Peter Rowe 2.08.52

Neil Quarmby 2.13.39

Dave Parker 2.43.55

Andrew Thomas DNS

Chris Cowlard DNS

Winner: K. Tye (ODLS.com Racing) 1.52.06
78 riders on the Start Sheet

SUNDAY 15 JUNE 2008

East Sussex CA – 50 G50/89

Neil Quarmby 2.10.24
Chris Cowlard 2.14.36
Andrew Thomas 2.17.40

Winner: K. Coffey (Bec CC) 1.55.53
63 riders on the Start Sheet
Dry morning, but a bit stick coming back from
Boship into a nagging headwind

G. S. Invicta – 11.4 Q25/8

Steve Humphrey 27.36
Winner: P. Bull (V. C. Elan) 24.01
71 riders on the Start Sheet

SATURDAY 21 JUNE 2008

Horsham Cycling – 10 G10/57

Peter Crofts 23.58 +8.02
Winner: P. Mill (Team Edwardes) 20.27
95 riders on the Start Sheet

Farnborough & Camberley CC – 10 H10/8

Martin Yardley 25.12
Winner: R. Hughes (Clarence Whlrs) 20.38
73 riders on the Start Sheet. A windy morning

SUNDAY 22 JUNE 2008

Kent CA – 100 Q100/5

Peter Rowe 4.40.55
Neil Quarmby 4.52.27
Andrew Thomas 5.06.52 **PB**
Winner: G. Banfield (Kent Cycles RC) 4.06.26
63 riders on the Start Sheet. A very windy morning.

**Southborough won the
Team Prize with a total time
of 14.40.14**

SATURDAY 28 JUNE 2008

Newbury RC – 10 H10/1

Neil Quarmby 23.08
Martin Yardley 24.58
Winner: R. Prebble (GS Strada) 20.28
75 riders on the Start Sheet
This is Martin's best 10 for 3 years

SUNDAY 29 JUNE 2008

Southern Counties CU – 50 G50/53

Steve Humphrey 2.13.54

Winner: L. Harding (www.agiskoviner.com)
1.49.45
120 riders on the Start Sheet

Newbury RC – 25 H25/1

Neil Quarmby 1.00.16
Martin Yardley 1.06.34
Winner: J. Tuckett (AW Cycles) 53.22
58 finishers This is Martin's best 25 for 3 years

VTTA (Kent) – 25 Q25/8

Ian Turner 1.13.59
Dave Parker DNS
Winner: P. Bull (V.C.Elans) 55.44
62 riders on the Start Sheet

SATURDAY 05 JULY 2008

Team Axiom – 10 P881

David Watson 25.53
Winner: J. Boyman (www.agiskoviner.com)
20.22
90 riders on the Start Sheet

San Fairy Ann CC – 10 Q10/22

Mat Pennell 27.43
Winner: K. Coffey (Bec CC) 22.01
95 solo riders on the Start Sheet

SUNDAY 06 JULY 2008

Old Portlians CC – 25 G25/53

Steve Humphrey 1.03.59
Winner: S. Kennedy (Bec CC) 56.17
62 riders on the Start Sheet

SATURDAY 12 JULY 2008

Bec CC – 10 G10/42

Neil Quarmby 23.22
Martin Yardley 26.34
Winner: R. Prebble (GS Strada) 20.47
65 riders on the Start Sheet, of which 53 finished.

SUNDAY 13 JULY 2008

Southboro' & Dist Whlrs – 25 G25/89

Steve Humphrey 1.03.09
Chris Cowlard 1.06.04
Mat Pennell 1.08.25
Ian Turner 1.12.20
Andrew Thomas DNS
Winner: K. Coffey (Bec CC) 54.48
53 riders on the Start Sheet

SATURDAY 19 JULY 2008

South Eastern RC – 10 G10/57

Steve Humphrey 23.52

Winner: K. Coffey (Bec CC) 20.47

SUNDAY 20 JULY 2008

Bec CC – 25 G25/53

Steve Humphrey 1.03.00

Chris Cowlard 1.04.46

Neil Quarmby DNS

Winner: S. Dennis (East Grinstead CC) 54.52

120 riders on the Start Sheet plus 3 reserves

Weatherwatch: Not as good a morning as last Sunday, a bit cool to start and a rising wind during the event.

SATURDAY 26 JULY 2008

South Bucks RC – 25 H25/1

Neil Quarmby 59.19

Winner: A. Goatley (www.agiskoviner.com)

55.10

63 riders on the Start Sheet

SUNDAY 27 JULY 2008

De Laune CC – 25 Q28/8

Steve Humphrey 1.02.17 PB

Winner: P. Mill (Team Edwardes) 54.12

100 riders on the Start Sheet

SUNDAY 10 AUGUST 2008

Kent CA – 12 hour Q12/4

Neil Quarmby 227/8 miles

Winner: G Banfield (Kent Cycles) 260 miles

5? riders on the Start Sheet

CLUB EVENTS

FRIDAY 06 JUNE 2008

Rye Wheelers - 10 Q10/33

Martin Yardley 26.06

Winner: D. Wheeler (Rye Whlrs – 2nd claim)

22.03

29 riders and one Tandem Trike on the Start Sheet

WEDNESDAY 02 JULY 2008

VTTA - 10 Q10/38

Ian Turner

DNF

Winner: Richard Masters 23-18

20 riders on the start sheet



CRITERIUMS

THURSDAY 05 JUNE 2008

Lewes Wanderers (1st of 3)

Laughton 3/4/W/J 30km

Neil Lewis 7th

Graham Hills approx 17th

Winner: J. Cunningham (Bayeaux Landscapes)

THURSDAY 12 JUNE 2008

Lewes Wanderers (2nd of 3)

Laughton 3/4/W/J 30km

Neil Lewis 7th

Graham Hills finished in the bunch

Winner: M. Markowski (Bayeaux Landscapes)

THURSDAY 19 JUNE 2008

Lewes Wanderers (3rd of 3)

Laughton 3/4/W/J 30km

Neil Lewis 10th

Graham Hills finished in the bunch.

Winner: J. Cunningham (Bayeaux Landscapes)

OVERALL for the 3 evenings

Neil Lewis finished = 17th



Road Racing Results

SATURDAY 24 MAY 2008

SERRL – Stage 1 Betteshanger

1/2/3 120km

Graham Hills 2.51.37 36th

Winner: D. Stait (Python RT) 2.41.37

SUNDAY 25 MAY 2008

SERRL – 10 mile TT Chilham

1/2/3 10 miles

Graham Hills 25.57

Winner: M. Miles (Sydenham Whlrs) 21.23

SUNDAY 25 MAY 2008

SERRL – Stage 3 Chilham

1/2/3 80km

Graham Hills 2.15.05

Winner: B. Whenham (Sport-beans-Willier) 2.10.00

MONDAY 26 MAY 2008

SERRL – Stage 4 Tenterden

1/2/3 120km

Graham Hills DNS

Winner: M. James (Citihub/Cycles Dauphin) 3.30.00

Few starters, a very wet morning

OVERALL

Graham Hills 34th

Winner: D. Stait (Python RT)

SUNDAY 01 JUNE 2008

SE Road Race CHAMPS Tenterden

1/2/3 100km

Graham Hills finished 53rd in the bunch.

Winner: G. Dodd (Sigma Sport)

It was a very fast race.

SUNDAY 22 JUNE 2008

SERRL Tenterden

2/3/4/J 100km

Graham Hills finished 28th

Neil Lewis finished 39th
and Simon Whittaker took part

Winner: S. Lawn (Signa Sport)

35 riders finished the Road Race

SUNDAY 29 JUNE 2008

SERRL Edenbridge

2/3/4 100km

Graham Hills finished 22nd

Winner: M. Miles (Sydenham Whlrs)

49 riders finished the Road Race

SUNDAY 13 JULY 2008

SERRL Brenchley

2/3/4 100km

Simon Whitaker finished 30th

Winner: T. Crouch (Felt Racing)

39 riders finished the race

SUNDAY 27 JULY 2008

SERRL Kenardington

3/4/W/J 80km

Graham Hills finished 18th

Winner: L. Anderson (Wigmore CC)

33 riders finished the race.

SUNDAY 03 AUGUST 2008

SERRL Benenden / Cranbrook

1/2/3 90km

Graham Hills finished 24th

Winner: R. Holt (London Dynamo)

Approx. 50 riders started the race

Remember to phone your results
from open time trials and road
races through to the recorder, Jo
Watson on 01892 822049

AUDAX / SPORTIVE RESULTS

SUNDAY 08 JUNE 2008

Dragon Ride 180k

Brecon Beacons

Keith Henderson 5.48.31
Fastest Dan Staite (Python RT) 5.11.49

120k version

Martin Yardley 5.29.58
Mat Pennell 5.48.55

SATURDAY 05 JULY 2008

La Marmotte 109 miles

This event includes the Col du Glandon, Telegraphe, Galibier and Alpe

d'Huex

Peter Rowe 8hr 54 mins

Fastest: Unknown

Peter won a gold for his age standard (sub 9-16) and a PB. This previous times were 9.30 and 9.45

SUNDAY 06 JULY 2008

L'Etape 105 miles

Pau to Hautacam via the Tourmalet.

585th Keith Henderson 6.49.55

1262 Graham Hills 7.13.47

Matthew Briers 7.27.45

4714 Martin Yardley 8.26.20

4958 Andy Carriett 8.52.35

5262 Catherine Hills 9.02.47

5800 Peter Faro 9.30.09

Fastest: Unknown

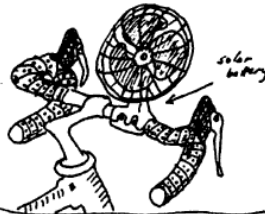
Hey, if you liked Phil O'Reilly's Ice Cube Bandana, you'll go wild over these cool do-it-yourself summer tips!!!

Ice shorts

Insert a pair of bike shorts into a larger pair, sew together, fill with water, and freeze!



Oscillating 3-speed fan on the handle bars



Hands-free sun parasol



Popecycle crown

Styrofoam helmet band



Sleeches Cross/ Mayfield
15 May 2008

	Time	Hcp time	Points	
			Scr	Hcp
Mark Fryza	29.05	28.05	10	9
Neil Quarmby	29.27	28.57	9	7
Keith Henderson	29.55	29.55	8	2
Neil Lewis	30.30	29.00	7	6
Andrew Thomas	32.03	28.03	6	10
Martin Yardley	32.40	29.10	5	5
Peter Faro	34.23	29.23	4	4
Tom Gordon	34.34	28.34	3	8
Bill MacNay	34.42	29.42	2	3
David Parker	41.28	31.28	1	1
Richard Withers	DNS			
Alan Oakley	DNS			
Simon Tovey	DNS			

Ashdown Forest
22 May 2008

	Time	Hcp time	Points	
			Scr	Hcp
Neil Quarmby	34.23	34.23	10	9
Keith Henderson	34.52	34.22	9	10
Simon Whittaker	38.26		8	
Andrew Thomas	38.36	35.36	7	7
Martin Yardley	39.17	35.47	6	6
Simon Tovey	39.31	37.01	5	4
Tom Gordon	40.19	35.19	4	8
Peter Faro	41.24	36.24	3	5
Bill MacNay	42.06	37.06	2	3
Alan Day	43.11		1	
Doug Finch	54.08	42.08		2
David Parker	DNS			
Alan Oakley	DNS			
Neil Lewis	DNS			
Graham Hills	DNS			
PTT				
Andrew Fenn	31.17			
Robert Royston	36.28			

S & DW Club
Time Trial
Results

Ladies Mile
29 May 2008

	Time	Hcp time	Points	
			Scr	Hcp
Keith Henderson	32.4	32.1	10	10
Neil Quarmby	33.2	33.2	9	8
Graham Hills	33.4	33.1	8	9
Martin Yardley	37.3	33.3	7	7
Peter Faro	38.5	33.5	6	6
A O'Callaghan	DNS			
Catherine Hills	DNS			
Neil Lewis	DNS			
Bill MacNay	DNS			

East Peckham
3 June 2008

	Time	Hcp time	Points	
			Scr	Hcp
Neil Quarmby	23.48	23.48	10	6
Graham Hills	24.22	23.52	9	5
Keith Henderson	24.56	24.56	8	3
Andrew Thomas	25.27		7	
Neil Lewis	26.00	24.00	6	4
Martin Yardley	26.07	22.07	5	9
Nick Whitney	26.17		4	
Bill MacNay	27.12	22.12	3	8
A O'Callaghan	27.29	21.59	2	10
Mike Sadaat	27.58	22.58	1	7
PTT				
Mike Hawkins	25.26			

	Time	Hcp time	Points	
			Scr	Hcp
Neil Quarmby	21.08	21.08	10	4
Graham Hills	21.30	21.00	9	5
Neil Lewis	22.32	19.32	8	9
Martin Yardley	23.02	20.02	7	7
Bill MacNay	23.48	20.18	6	6
Peter Faro	24.14	19.14	5	10
Mike Sadaat	24.14	19.44	4	8
A O'Callaghan	24.22	21.22	3	3
Alan Oakley	27.25		2	10
Keith Henderson	DNS			
David Parker	DNS			
Julian seal	DNS			
PTT				
Nigel Smith	24.52			

**Polhill (short course)
10 June 2008**



**Ladies Mile
26 June 2008**

**East Peckham
17 June 2008**

	Time	Hcp time	Points	
			Scr	Hcp
Neil Quarmby	23.40		10	
Steve Humphrey	24.14		9	
Graham Hills	24.58	24.28	8	5
Nick Whitney	25.48	23.48	7	9
Martin Yardley	26.11	24.11	6	8
Andrew Thomas	26.55	24.25	5	6
Neil Lewis	27.12	25.42	4	1
Tom Gordon	27.25		3	
Bill MacNay	27.40	25.10	2	2
Peter Faro	27.50	24.50	1	4
Mike Saadat	28.09	25.09		3
Nigel Smith	28.26			
Ian Turner	28.32			
David Parker	29.02	22.02		10
Alan Oakley	29.47	24.17		7
A O'Callaghan	DNS			
PTT				
Mike Hawkins	25.33			
Julian Seal	29.23			
Angela Nye	30.40			
B Canifrey	31.05			

	Time	Hcp time	Points	
			Scr	Hcp
Neil Quarmby	32.42	32.42	10	7
Keith Henderson	32.54	32.24	9	9
Graham Hills	33.26	32.26	8	8
Simon Whittaker	34.50		7	
Andrew Thomas	35.07	32.07	6	10
Tom Gordon	36.55	33.25	5	5
Martin Yardley	37.12	34.42	4	2
Bill MacNay	37.19	33.19	3	6
Nigel Smith	37.40		2	
Peter Faro	38.08	34.08	1	3
Mike Saadat	38.37	34.07		4
Alan Oakley	43.10			
David Parker	DNF			
Neil Lewis	DNS			
Ian Turner	DNS			
Nick Whitney	DNS			
<i>Come and Triers</i>				
Alan Male	33.30			
Neil Manning	34.03			
Paul Featherstone	35.28			
James Symes	35.43			
Richard Rulach	37.23			
Ed Johnstone	37.28			
Doug Johnstone	39.51			

East Peckham 1 July 2008

	Time	Hcp time	Points	
			Scr	Hcp
Neil Quarmby	22.50	22.50	10	6
Steve Humphrey	23.48		9	
Andrew Thomas	24.12	21.12	8	10
Graham Hills	24.40	23.40	7	3
Neil Lewis	25.14	22.44	6	7
Bill MacNay	26.20	22.20	5	9
Martin Yardley	26.28	23.58	4	2
Nigel Smith	27.04		3	
Tom Gordon	27.06	23.36	2	4
David Parker	28.04	23.04	1	5
Alan Oakley	28.30	22.30		8
A O'Callaghan	DNS			
Nick Whitney	DNS			
Keith Henderson	DNS			
<i>2nd claim</i>				
Rob Royston	23.02			
Luke Evans	25.03			
<i>PTT</i>				
Matthew Miles	21.03			
Ian Sutton	21.56			
Alan Male	24.14			
Neil Manning	24.30			
James Symes	26.19			

Sleeches Cross/ Mayfield 17 July 2008

	Time	Hcp time	Points	
			Scr	Hcp
Neil Quarmby	29.01	29.01	10	6
Keith Henderson	29.04	28.34	9	7
James Symes	32.52		8	
Peter Faro	32.57	27.57	7	9
Bill MacNay	33.15	29.15	6	5
Martin Yardley	33.29	30.29	5	4
Tom Gordon	33.34	28.04	4	8
Peter Collyer	33.42		3	
Mike Saadat	34.51	26.21	2	10
Malcolm Topfe	35.21		1	
James MacNay	35.28			
Dave Parker	37.29			
Les Hayman	38.11			
<i>PTT</i>				
Nicola Pession	33.52			

Ladies Mile 24 July 2008

	Time	Hcp time	Points	
			Scr	Hcp
Neil Quarmby	31.48	31.48	10	9
Graham Hills	33.12	32.12	9	6
James Symes	35.15	31.15	8	10
Peter Faro	36.34	32.34	7	4
Bill MacNay	36.35	32.05	6	8
Tom Gordon	36.38	32.08	5	7
Peter Collier	36.45		4	
James MacNay	38.23		3	
Samir Bloomfield	38.26		2	
Mike Saadat	38.28	32.28	1	5
<i>2nd claim</i>				
Luke Evans	34.09			
<i>PTT</i>				
Nicola Passion	36.13			
Jo Ford (L)	43.34			

Ashdown Forest 31 July 2008

Sleeches X/ Wadhurst 7 August 2008

	Time	Hcp time	Points	
			Scr	Hcp
Neil Quarmby	35.1	35.1	10	7
Simon Whitaker	37.3		9	
Martin Yardley	39.6	34.3	8	9
Bill MacNay	40.3	35	7	8
James MacNay	40.5	33.5	6	10
Nigel Smith	40.6		5	
Peter Faro	41.1	35.4	4	6
Paul Collyer	41.3		3	
Paul Hiscock	42.5		2	
David Parker	45.4	36.1	1	5
PTT				
Nicola Passion	38.2			

	Time	Hcp time	Points	
			Scr	Hcp
Neil Quarmby	26.41	26.41	10	9
Keith Henderson	26.50		9	
Simon Whitaker	29.12	27.42	8	7
Martin Yardley	30.47	28.17	7	5
Tom Smith	30.52		6	
Paul Collyer	30.54	26.54	5	8
Bill MacNay	31.02	28.02	4	6
Mike Saadat	31.31	26.31	3	10
Richard Withers	31.40		2	
Alan Day	32.27		1	
Paul Hiscock	33.29	28.29		4
David Parker	34.28			
Nigel Smith	DNF			
S Bloomfield	DNF			
PTT				
Roy Page	29.15			
Nicola Passion	30.39			

2008 Handicap Competition

	Mar		April		May					June				July					A	Total	Best 10
	9	16	17	24	1	8	15	22	29	3	10	17	26	1	8	17	24	31			
Peter Faro		10	10	5	8	4	4	5	6		10	4	3		9	4	6		88	73	
Neil Quarmby	5				6	6	7	9	8	6	4			6	6	9	7	9	88	73	
Martin Yardley	6			7	10	3	5	6	7	9	7	8	2	2	4		9	5	90	71	
Bill MacNay			8	6	5		3	3		8	6	2	6	9	5	8	8	6	83	70	
Graham Hills	9		9	10					9	5	5	5	8	3		6			69	69	
Keith Henderson	10				9	3	5	2	10	10	3			9					68	68	
Andrew Thomas				4	7	7	10	7				6	10	10					61		
Mike Saadat			7	3							8	3	4		10	5		10	50		
Tom Gordon						8	8	8					5	4	8	7			48		
Neil Lewis						9	6			4	9	1		7					36		
Alan Oakley		9			2	2				7		7		8					35		
David Parker	3							1				10		5			5		24		
Mark Fryza				8	4		9												21		
Les Hayman			6		9														15		
Simon Tovey						10			4										14		
Anthony										10	3								13		
James Symes																10			10		
James MacNay																	10		10		
Nick Whitney												9							9		
Niall McCoubrie	8																		8		
Julian Seal																			8		
Paul Collyer																		8	8		
Doug Bentall	7																		7		
Simon Whitaker																			7	7	
Mike Eden	4																		4		
Paul Hiscock																		4	4		
Doug Finch								2											2		
Ian Turner					1														1		

2008 Scratch Competition

	Mar		April		May					June				July				A	Total	Best 10	
	9	16	17	24	1	8	15	22	29	3	10	17	26	1	8	17	24	31	7		
Neil Quarmby	9			7	9	9	9	10	9	10	10	10	10	10	10	10	10	10	10	152	100
Keith Henderson	10		10	10	10	10	8	9	10	8			9		9				9	112	96
Graham Hills	8		8	9					8	9	9	8	8	7		9				83	83
Martin Yardley	6			6	7	5	5	6	7	5	7	6	4	4	5		8	7		88	65
Bill MacNay			7	5	6	2	2	2		3	6	2	3	5	6	6	7	4		66	55
Peter Faro		10	6	3	5	3	4	3	6		5	1	1		7	7	4			65	53
Andrew Thomas				4	4	4	6	7		7	5	6	8								51
Mark Fryza			9	8	8	8	10														43
Neil Lewis					7	7				6	8	4		6							38
Simon Whitaker								8					7				9	8			32
Tom Gordon							3	4				3	5	2	4	5					26
Steve Humphrey												9	9								18
Mike Saadat			3	1						1	5				2	2		3			17
James Symes															8	8					16
Paul Collyer															3	4	3	5			15
Alan Oakley		9			1						2										12
Nick Whitney										4	7										11
Simon Tovey						6		5													11
Nigel Smith													2	3					5		10
James MacNay																3	6				9
Niall McCoubrie	7																				7
Richard Withers			4			1													2		7
Tom Smith																			6		6
Ian Turner			5																		5
Matt Pennel	5																				5
Anthony O'Callaghan										2	3										5
Doug Bentall	4																				4
Mike Eden	2			2																	4
Les Hayman			2		2																4
David Parker	1					1							1					1			4
Andy Carriett	3																				3
Ian Turner					3																3
Paul Hiscock																			2		2
Alan Day								1											1		2
Malcolm Topfe															1						1

The points tables show a very encouraging list of members participating in the club time trials. An average of 12 riders have ridden each event although only 2 rode the second event of the year.

The Fastest for 2008

Fastest 10 Mile

Bill MacNay 27.39
01-Jan-2008
Peter Rowe 24.20
15-Mar-2008
Neil Quarmby
24.16 04-
May-2008
Neil Lewis 23.36
10-May2008
Neil Quarmby
22.55 10-
May2008
Neil Quarmby
22.50 01-
July-2008

Fastest 25 Mile

Steve Humphrey
1.13.00
30-Mar-2008
Peter Rowe
1.00.12
20-Apr-2008
Neil Quarmby
1.00.07
01-Jun-2008
Neil Quarmby
59.19 26-
Jul-2008

Fastest 50 Mile

Peter Rowe
2.06.52
04-May-2008
Peter Rowe
2.05.59

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Club Clothing

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Contact David Watson for more information (including a full price list) or to place an order.

Tel: 01892 541005 or email: watcha.watto@yahoo.co.uk



Selected garments and prices (approx)

Short-sleeve road jersey	Short sleeved road jersey in Moria Multi-Dry fabric. Designed for road racing, mountain biking and longer time trials and featuring three rear pockets for race food.	£21
Long-sleeve road jersey	Long sleeved road jersey in Moria Multi-Dry fabric. Designed for road racing, mountain biking and longer time trials and featuring three rear pockets for race food.	£28
Wind-tex training jacket	Wind-tex winter training jacket, with full zip and three rear pockets, ideal for the winter club-run. Breathable, water repellent, wind-resistant fabric. Warm yet lightweight and soft garment.	£55
Short-sleeve skinsuit	Short Sleeved lycra skinsuit. Anatomically shaped for extra comfort on the bike. Shorts as per A7.	£55
Bib shorts	Anatomically shaped lycra shorts. Printed panels in lycra, seat areas in teflon coated nylon lycra with shoulder straps	£35