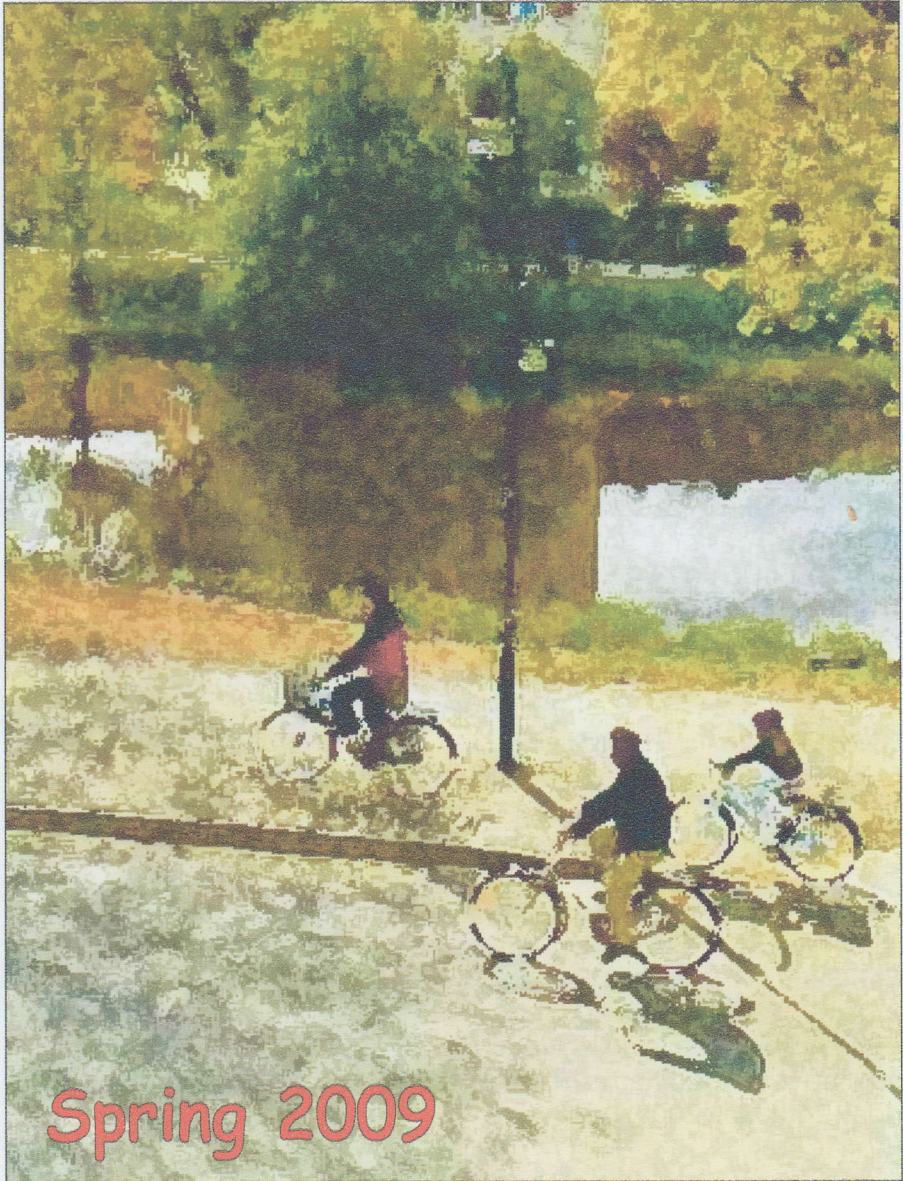




# Southborough Gazette



Spring 2009



## CYCLING CLUB

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Log on to us at : [www.southborough-wheelers.co.uk](http://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 24th May 2009





# Nuts and Bolts

## \*Pyrenean Raid\*

Calling all Mountain climbers! At the moment, Andre Wanders, Steve Boyle and I are going to be doing the Pyrenean Raid from the weekend of the 25th of July to the 5th of August. Others like Martin Yardley might be joining us too, but ideally we'd like to go as a Peloton of about 5 to 10 riders.

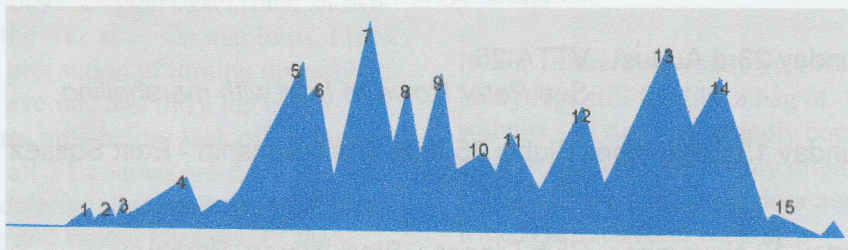
The challenge is organised by the Cycle Club Bearnais in Pau, and we'll be doing the 10 day tourist version which goes from coast to coast in the French Pyrenees, Cerbere to Hendaye, or the other way around, over 28 Cols over a distance of 790 km or 474 miles. Some of these like the Col du Tourmalet form

part of the Tour De France route.

That means we'll be climbing about 3 Cols a day which means a climb of about 2500 - 3000 meters a day. At the end if you complete all the Cols on the allotted route you are given a gold medal to take home to prove you did it.

If anyone is interested in joining our outfit, please contact any of the above named riders or me in particular for more details and application forms:

[garyejanks@googlemail.com](mailto:garyejanks@googlemail.com) or  
01892 524921 or 07962444132.



# FORTHCOMING EVENTS

## 2009

- |                     |   |
|---------------------|---|
| Sunday 08 March     | Sleeches Cross/Mayfield – 1 <sup>st</sup> Club TT.<br>Start 09.00                             |
| Sat 28 March        | S&DW Open 10 mile TT<br>Q10/33. Time 14.30<br><i>See Doug Finch re help with marshalling</i>  |
| Sunday 05 April     | East Sussex CA 2-up<br>GS/839 Time 08.00<br><i>See Graham Hills re help with marshalling</i>  |
| Sunday 12 April     | EASTER DAY  |
| Saturday 16 May     | Club 10 mile Championship – Bexley CC –<br>Q10/22   |
| Sunday 17 May       | SERRL – Club Road Race Championships –<br>Kenardington  |
| Friday 10 July      | BRANDS HATCH.<br><i>Organised by David Watson</i><br>ALSO – Club Criterium Championships      |
| Sunday 12 July      | S&DW Open 25 mile TT<br>G25/89 Time 07.00<br><i>See Neil Quarmby re help with marshalling</i> |
| Sunday 23rd August  | VTTA 25<br><i>See Peter Rowe re help with marshalling</i>                                     |
| Sunday 13 September | Club's 25 mile Championship - East Sussex<br>CA – G25/89                                      |
| Friday 13 November  | Club Dinner – Black Horse, Pembury  |



## Cramp and lobsters

I took part in my first time trial in May last year. Having only ridden casually I decided that the time had come to take part in something a little more competitive. I say decided, I have no idea why I actually chose to try a time trial other than I thought it seemed like a good idea. That's sound judgment for you!

Anyway I highlighted which TT I was going to start with. This happened to be the following Thursdays club TT, the ladies mile circuit. Having chosen my debut event I started my training. I read an article on TTs for beginners in an old copy of Cycling plus. And there it was my preparation was complete and victory was surely going to be mine. It did occur to me that I had not prepared physically in any way what so ever but that was surely a detail.

Having assumed that TT courses were generally flat I was a little curious about the exact route shown on the web site. On that basis, I took the precaution of turning up early on the evening and did a lap of the ladies mile before kick off. Clearly not all TT courses are flat! Undeterred, I pitched up at the start line and waited my turn. To the observant, there were a couple of indications at the start that I was not

going to blow the field away that evening. I left the line in 1<sup>st</sup> gear and then spent maybe 20 seconds farting around trying to clip my shoe into the cleat. But then like a coiled spring I was off.

Determined to make an impression, I made all the classic mistakes, I set off too fast, ignored the warning signs my body was giving me and by the time I reached the railway bridge on the first lap I was already knackered and cramping. The next 20 minutes are something of a blur to me and as I passed Warwick at the final lap I conceded that my training might not have been wholly adequate.

As I crested the hill back to the lay-by, I attempted to dismount, at which point both legs went into the worst cramp I have ever experienced. I am afraid I cannot recall who the kind gentleman was who held my bike while I hopped and winced around the lay-by but thank you who ever you are.

By the following Sunday the muscles in my legs still felt like a bag of walnuts so I decided to apply copious amounts of deep heat to my thighs. There was a knock at the door and friends arrived for a walk at Bedgebury. "Its going to be a warm one" I was advised. So back to the



medicine cabinet I went and covered myself from head to foot in factor 30. The trouble was I succeeded in spreading deep heat over my entire body, including ears, head and feet. For two hours I

walked around Bedgebury, lobster-like, radiating a gentle red glow. I blended beautifully with the trees.

How strange then that I returned a

fortnight later to try Sleeches Cross to Mayfield and back. Not strange at all of course. As all readers will recognise I have become fascinated with trying to do better each ride. I have even found that a little conditioning prevents the multiple cramps from developing. As it turns out I have found it an incredibly memorable first season. The highlight without doubt was joining Dave Parker in a Grand Prix de Gentlemen. I have never been so chuffed to earn a fiver, Thanks Dave.

Funnily enough, I joined the club because I decided to take a year off from other sport. I had no idea that it would lead to such an enjoyable pastime shared with a bunch of friendly and charming people. I would like to thank S&DW for being such a welcoming club. One apology, "Sorry love, I seem to have developed another obsession". I look forward to seeing you all again next season.

*Tom Gordon*

## History on your doorstep at Five Oak Green

Through the 17<sup>th</sup> 18<sup>th</sup> and 19<sup>th</sup> centuries there was a massive increase in the hop acreage grown in Kent, which peaked at some 70,000 acres in 1870.

The extra labour required to pick the crop came in the form of East End Londoners, who in the early days travelled down for the fortnights holiday by horse and cart. Accommodation provided by the



farmers was by any standards, very poor and very minimal. In many cases just straw thrown into unclean barns, cowsheds and sties. Poor health and disease outbreaks were common, probably the worst of which occurred in 1849 at East Farleigh when 43 people died of cholera.

East End vicars travelled down to see the conditions, and most notably a Father Richard Wilson who used the midnight train to Paddock Wood in 1898, before heading to Five Oak Green. Appalled by the conditions he set up a sequence of Hopper hospitals in the village at various cottages staffed by Red Cross nurses and student volunteers.

Then in 1910 the Rose & Crown pub (a Kelseys of Tunbridge Wells Inn) lost its licence, and for the next 3 years the worthy father rented it as his hospital.

In addition, he provided hot pies and teas in the courtyard with an occasional street organ visit for singing and dancing. At the end of the 3 years he had raised enough money to purchase the ex pub, and built a ward over the old skittle alley. Father Wilson regularly circulated the hopfields in the area, a familiar sight on his donkey. He managed to circulate food at the lunch breaks and purchased a gypsy caravan to use as a mobile clinic.

He encouraged local farmers to

upgrade the hoppers accommodation with lime washed huts, brick built cooking shelters for the womenfolk, purpose built privies, and also the collection of rubbish. The result was a much healthier work force. Traders came down at weekends and all enjoyed a great Knees-up.

A large number of the men never returned after WW1 and money was donated for a memorial. The courtyard was brick paved and around 3 sides a roofed loggia was built.

On the 4<sup>th</sup> side facing the road a memorial tablet was inscribed, which is still there now.

The hospital continued its work and in 1927 Father Wilson died, and was mourned by Londoners and villagers alike. A sequence of clergy continued the work up to and through WW2.

In the 1960s machines replaced the manual pickers and a change in brewing meant a great reduction in the hops required. The Hoppers hospital became redundant until 1980 when it was refurbished as a holiday home for London church groups. In 1996 improvements were carried out so that it now accommodates larger church groups and is administered by the Red House charity from Stepney.

*Warwick*

# Glossary of Cycling Terms

I doubt that this will be anywhere near complete, but hopefully will cover a good number of cycling terms and abbreviations and be useful to people newer to cycling than the 'old hands' who use these terms all the time expecting wives, girlfriends, relatives and anyone who will listen, that they know what they're talking about!

Graham Hills

## Cycling Organisations

ASO	Amaury Sport Organisation - The body that promotes and controls the Tour de France.
BC	British Cycling, responsible for most of cycling in the UK, including road, track, mountain, BMX and cyclocross
BCF	British Cycling Federation, previous name for BC, still used by many 'old timers'
CTC	Cyclists Touring Club, non-competitive organisation that promotes leisure cycling and touring
CTT	Cycling Time Trials governing body, cover all forms of time trial in the UK, except those that are part of a multi-stage road race
ESCA	East Sussex Cycling Association
KCA	Kent Cycling Association
LVRC	League of Veteran Racing Cyclists. Promotes road racing in age categories over 40, outside of BC governance
RTTC	Road Time Trial Council, previous name for the CTT
Sustrans	'Sustainable Transport' A charity that promotes leisure and commute cycling and co-ordinates the national cycle network, mainly in towns and cities, and lobbies for cycle paths and road safety schemes
UCI	Union Cycliste Internationale. International cycling body that controls nearly all professional cycle racing, and promotes all forms of cycling world wide.
VTTA	Veterans Time Trial Association. A veteran being over 40 years old.



## Road Racing and Time Trial terms

Aerodynamic Position	The holy grail for time trialling, but also essential at times in road racing, this is where a rider makes his profile into the wind as small and as sleek as possible, mainly by lowering head and body and 'flattening' the back
Age Standard	A time trialling term for veterans over 40 that seeks level out age differences by attributing a number of seconds or minutes to each rider so that older riders have an equal chance of winning on Age Standard. Effectively an age-related handicap system set down by the CTT
Audax	A long distance, non-competitive cycling event, where wayfinding is left to the riders. Distances can be up to 500Km, sometimes even more
BAR	Common term meaning 'Best All Rounder' in a season for a variety of time trialling distances
BBAR	'British Best All Rounder'. The nationally recognised 'BAR' competition over 25, 50, 100 and 12 and 24 hour time trials in a season
Belgian Toothpaste	The mix of grit, slime, diesel and water that usually makes Pave extremely treacherous.
Bit and Bit	A technique of sharing the workload at the front of the Bunch or in a Break. A group of riders work together in formation each doing a turn at the front, with others following in the slipstream. The leader pulls to one side, the next rider does his stint at the front, and the previous leader tags on the back and recovers from the effort
Break	Used in a road race when one or more riders form a group working together ahead of the Bunch, with ambitions to reach the finish ahead of the Bunch and so increase the chances of winning
Bunch	Main group of riders in a road race
Cadence	The term given to the speed that a cyclist's legs turn the pedals. 90 revolutions per minute is considered a good cadence for general riding
Chain Gang	A training term for hard fast training using the Bit and Bit technique, but usually with very short stints at the front such that a 'chain' is formed, one side of which riders are moving forward toward taking their turn,

	the other side riders moving towards the rear after their turn
Climbing	Riding up hill !! More specifically up long mountain hills, or 'Climbs'
Contre la Montre	Often used French term for a Time Trial, meaning 'Against the Clock'
Criterium	A shorter Road Race held on a short circuit, often with the aim of providing better spectator viewing of a cycle race. Always on closed roads or a closed circuit of some sort
Cyclocross	A winter event for off-road racing on bikes similar to road bikes (ie NOT mountain bikes) but with tyres for grip in mud, and brakes with clearance to help stop mud build up. Park circuits usually have at least one section where a dismount and re-mount is required
Descending	Going downhill !! Some specialist riders can really gain time on other riders on long technical descents
Drafting	See Slipstreaming
Dropped	A term when a rider has not got enough strength to stay with the main Bunch, or a break
Echelon	A road racing formation that is used when there is a crosswind and the riders are strung out diagonally across the road, rather than in a bunch or in single file
First/Second wheel	A term used for leading riders following in line, the first being the leader. Being placed Second Wheel is a good position to Sprint from, or in a break the position from which you will take the lead when the First Wheel pulls over
GC	General Classification (called Classement by the French). The term for the overall positions at the end of each stage in a stage race.
Grand Tour	The term for the 3 major annual stage races, Tour de France, Vuelta Espagna, Giro d'Italia
Grass Track	A short oval circuit on grass for racing
Interval Training	An approach to training that requires repeated short hard efforts with periods of rest in between.
Lactate Threshold	The point at which a rider's effort level moves from aerobic to anaerobic muscle use. A rider's maximum sustained power output (or speed) is just below her lactate threshold. At, or just above, lactate threshold breathing becomes laboured, legs ache and the pace



	has to be reduced to continue for any length of time
Lantern Rouge	Last rider in a race, usually a term used in stage road races
LTS	'Last Three Seasons'. This is the time trialling abbreviation used for a rider's best time at a given distance over the last 3 racing seasons
Off The Back	Another term for Dropped
Pavé	Horrible section of ageing and poorly maintained cobbled roads in Northern Europe, mainly in Belgium and France
Peleton	Much used French term for Bunch
Pro Tour	The top tier series of professional races governed by the UCI
Prologue	A term given to a short, and often very short, time trial stage in a multi stage road race. It is often the first stage of a race as it is a good way of getting an initial General Classification for the race
Red Zone	Extending the body beyond Lactate Threshold for a short burst, such as a sprint or a steep hill. Unsustainable for more than a short period, with laboured breathing and heart rate approaching max
Road Race	A group of riders set off together and the first to the finish line is the winner. Usually held on a circuit of 5 to 15 miles in length
Slipstreaming	Following closely behind one or more riders to get the benefit of not have to ride into the wind. It is generally stated that riding behind one rider saves 25% energy, and with maximum shelter in the middle of a Bunch, up to 40% energy
Stage Race	Multiple Road Races held on successive days, usually on circuits for amateurs and point to point for professionals
Team Time Trial	As per a time trial, but with a group of riders sharing the work and riding in formation using Bit and Bit. For a given event all teams have the same number of riders, often 4, and often with the time of the last-but-one rider being the one that counts for the team
Through and Off	Another term for Bit and Bit
Time Trial	An individual race against the clock with riders starting at regular intervals (1,2 or 3 minutes) to ride

	over a given distance, often 10, 25, 50, 100 miles or 12 and 24 hours
Track	The term for a dedicated oval circuit of lengths from 140m to 400m, nearly always with the corners banked to allow higher sustained speeds
Velodrome	Commonly used French term for Track

## Officials, Teams & Jerseys

Assistant Commissaire	Travels in separate car, usually behind the lead car, and assists the Commissaire in controlling and policing the race. If there is a Break then this car will usually fall in behind the Break.
Broom Wagon	In larger Road Races and Sportives, one or more vehicles that follow the event to pick ('sweep') up riders that will not complete the race
Climber	A rider that is good is good at riding the long mountain ascents such as found in the Alps and Pyrenees
Commissaire	The person in charge of, and responsible for a Road Race, and judge of the riders' behaviour. Travels in a car following the Road Race
Directeur Sportif	The boss, manager, coach of a cycling team
Domestique	A rider who's purpose is to support and work for other riders in the team
Green Jersey	The colour used for the leader of the sprint competition in a Stage Race
Grimpeur	French term for Climber
Groupetto	Term used by the Pros on very hard mountain stages where the non-Climbers group together to ride steadily to the finish aiming to finish within the time limit for the stage
Lead Car	The car that leads a Road Race for the whole length of the race. No rider must ever pass the lead car
Lead out Man	A rider who rides flat out leading up to a sprint finish, with his team sprinter drafting behind. The Lead out Man pulls over a few hundred metres before the line to leave the sprinter to go for glory
Marshal	A person placed at a strategic point on a Road Race or Time Trial course to indicate the route and in road races assist safe passage of the bunch
Medical Car	Always follows behind a Road Race



Pink Jersey	A colour sometimes used for the overall leader of a Stage Race
PolkaDot Jersey	The colours used for the leader of the King of the Mountains competition in a Stage Race
Rouleur	A type of rider that is good at riding fast on flatter terrain, working to protect the team leader and, in the event a Break needs to be chased, will assist in leading the Peloton to attempt to catch the Break
Soigneur	Team member that does domestic team duties of washing, cooking and massages for the riders
Sprinter	A rider that specialises in sprinting, and is usually protected by the rest of his team during the race so that he has maximum energy for the all-out sprint
Sprinting	The term used for the last part of a road race on the final approach to the finish line. It is the final all-out effort to win, usually out of the saddle. Some races have intermediate sprint points to maintain interest in the middle of races
Timekeeper	Fundamental in a Time Trial competition to ensure accurate times for all riders. There will be a Timekeeper at both the start and the finish of a Time Trial race
White Jersey	The colour used for the best young rider (25 or under) in a Stage Race
Yellow Jersey	The colour most commonly used for the overall leader of a Stage Race

## **Bike and Accessory Terms**

Bib Shorts/Tights	The most favoured type of shorts for racing as they have straps that extend up and over the shoulders to comfortably hold up the shorts
Bidon	French term for water bottle
Block	Old-style term for Cassette, more appropriate to the earlier method of the set of sprockets on a freewheel carrier that the screws onto the rear wheel hub as a complete unit
Bottom Bracket	Term for the bearing assembly at the bottom of the frame that connects the cranks and allows them to revolve
Cassette	The term used for the set of gear sprockets at the rear wheel

Chamois/Cream	Term for the pad in cycling shorts, which originally was made using chamois leather. Chamois cream was necessary to soften the leather after washing. Chamois cream is now still used for the modern synthetic pads and is very effective
Cleat	Term used for the plate screwed/bolted/nailed to the bottom of a cycling shoe that connects with/into the pedal
Clincher	The more common type of tyre used on all types of bike, and evolved as a viable alternative to Tubular tyres for racing. The tyre is 'open' and the inner tube separate – it relies on the wheel rim to 'seat' the tyre and hence hold pressure. Easy to repair, but max pressure is usually only around 120psi
Derailleur	A french term adopted for the rear gear mechanism. Often referred to as a “de-railier” by us English, but actually pronounced “dur-ray-ur”
Down tube	The tube that extends from the Head Tube at the front of the frame down to the Bottom Bracket
Fixed wheel	Similar to a Single Speed bike, but the rear sprocket has no freewheel and so the rider has to keep pedalling
Fork rake	The amount that the front wheel spindle is forward of the natural line of the front fork
Frame angle	The angle at which the Head (or steering) tube of the frame makes with the horizontal; and the angle at which the Seat tube (Bottom Bracket to seat pin) makes with the horizontal. Typical values for both are between 72 and 74 degrees. The greater the angle the more aggressive and 'racy' the frame is. Smaller frames generally have steeper angles
Gear Ratio	The number of times the cranks need to turn to achieve a given speed. Often expressed in the UK in 'Inches', which gives a direct measure comparison. Also often referred to by number of teeth on the crank chainring coupled with number of teeth on the rear sprocket, and combined with the wheel size
Gear Table	Published table of gear ratios for given wheel sizes, showing the number of inches per crank revolution for each chainring size (no. of teeth) with each rear sprocket size
Gillet	A french term usually used for a sleeveless over jersey with windproof front panels
Head tube	Tube at the head of the frame that the front fork



	steerer feeds through
Headset	Term for the steering bearings in the front of the frame of the bike
Jersey	Term used for the upper body garment, which usually has 3 carrying pockets across the lower back
Maillot	French term for Jersey
Musette	French term for the shoulder bag used to hand to riders at feed stations in long races
Rollers	Older-style indoor trainer with 2 rollers under the rear wheel and one under the front, linked by a drive band to drive the front wheel. This allows the bike to ride 'normally' and so uses the natural wheel forces to balance and ride the bike
Seat tube	Frame tube extending between the Bottom Bracket and the seat pin
Single Speed at the rear wheel, but one stop	Usually used to mean a bike with a single gear sprocket that has a 'freewheel' mechanism to allow the rider to pedalling
Skinsuit	Term for an all-in-one jersey and shorts, attempting to make a very aerodynamic garment
Steerer	Term for the tube extending from the front forks into the front tube of the frame
Toe Clips and Straps	Method of strapping the foot to the pedal, coupled with a slotted Cleat for racing. A misleading term as the metal 'clip' around the toe doesn't really clip anything! However it's been around for many decades so when the new style pedals and Cleats were developed by Look in the '80s they were called 'clipless' – even though they do actually 'clip' in!!!
Top tube	Often called the 'crossbar', extends horizontally between the seat pin and the Head Tube at the front of the frame
Tubular	A racing tyre that includes an inner tube that is sewn in, making the casing 'tubular'. The tyre is then glued to the wheel rim. Difficult to repair punctures, but able to take very high pressures and provides the best ride
Turbo Trainer	Term for an indoor trainer that clamps a bike in place and applies resistance (usually magnetic) to the rear wheel, which the rider can vary to suit
Wheel base	The distance between the spindle centres of the front and rear wheels

## KENT and EAST SUSSEX CYCLING ASSOCIATIONS TIME TRIAL PROGRAMME 2009

Sun 15 March	East Sussex CA Hardriders 15.8 (Boreham Street circuit)	GS/895	10.00
Sun 15 March	Kent CA (3-up) - 25	Q25/20	08.00
<b>Sun 05 April</b>	<b>East Sussex CA 2-up (Organised by S&amp;DW)</b>	<b>GS/839</b>	<b>08.00</b>
Sun 12 April	Kent CA - 25	G25/8	07.00
Sat 18 April	East Sussex CA - 10	G10/87	07.00
Sun 19 April	East Sussex CA - 25	G25/89	07.00
Sun 03 May	Kent CA - 10	Q10/22	07.30
Sun 07 June	Kent CA - 50	Q50/11	06.00
Sun 14 June	East Sussex CA - 50	G50/89	06.00
Sun 21 June	Kent CA - 100	Q100/5	06.00
Sun 28 June	VTTA - Kent group - 25	Q25/8	07.00
Sun 5 July	East Sussex CA - 100	G100/86	06.00
Sat 11 July	Kent CA - 10 inc GHS	Q10/42	14.30
Sun 12 July	VTTA - Kent group - 10	Q10/30	07.00
Sat 1 Aug	VTTA - Kent Group - 10	Q10/22	07.30
Sun 9 Aug	Kent CA - 12 Hour	Q12/3	06.00
Sun 16 Aug	Kent CA - 50	Q50/1	07.00
<b>Sun 23 Aug</b>	<b>VTTA - Kent Group - 25 (Organised by S&amp;DW)</b>	<b>Q25/12</b>	<b>07.00</b>
Sat 12 Sept	East Sussex CA - 10	G10/87	07.30
Sun 13 Sept	East Sussex CA - 25	G25/89	07.30
Sun 13 Sept	VTTA - Kent Group - 50	Q50/11	07.30
Sun 20 Sept	Kent CA - 25	Q25/10	07.30
Sun 4 Oct	Wigmore HClimb (Inc Kent CA)	QHC/11	10.30
Sat 10 Oct	VTTA - Kent Group - 15	Q15/20	09.00
Sun 11 Oct	Catford/Bec CC Hill Climbs	G32 & 31	10.30/13.45
Sun 1 Nov	East Sussex CA - Hill Climb	NEW	GH/87
	East Sussex CA - Hill Climb	NEW	GH/81

KCA Website address: [www.kentcycling.org.uk](http://www.kentcycling.org.uk)



# ASSOCIATION NEWS

## **Kent CA**

2008 saw increasing activity in all aspects of Kent cycling. There was a 16% increase in time trial entries – the 6<sup>th</sup> rise in 6 years. The reliability ride hit a record for entries at 344. I hope 2009 will see an interest from Southborough riders in the KCA time trials – after all we did win the 100 mile team prize in 2008 and only a couple of years ago, we won the team Best All Rounder competition, once the most coveted prize of all. Next year's programme is much as usual.

The increase in ladies racing, particularly girls from the Rye Wheelers and San Fairy Ann, has led to a change of rules to include a ladies Long distance BAR over distances of 25, 50 and 100 miles

## **East Sussex CA**

A most enjoyable lunch and prize presentation was held at Herstmonceux in January with about 80 people attending. These included a sizeable gathering of Southborough members – especially oldies, Warwick and Joyce, Les and Diane, Esther, Neil Quarmby, Crow (Peter Crowsley and Mick Jackson. Crow and Jacko were very active with the club in the 1960s and 1970s.

ESCA is pleased to have recruited Ann Human as Racing Secretary for 2009. She fills one of the jobs left vacant by the death of Mick Burgess. The programme is already decided and published and our own club, with Graham Hills at the helm, are to promote the 2-up as usual on 5<sup>th</sup> April. Please volunteer to ride or help on the day.

## **Joint Plan**

The ESCA and the KCA are proposing a joint venture to promote a 24 hour time trial in 2011. It will be unusual in that, if approved by the 2 CTT district councils, it will start in Sussex (Berwick) and finish in Kent (Bethersden). 2011 will be the 65<sup>th</sup> anniversary of the founding of ESCA. It will also coincide with the Paris-Brest-Paris ride that year and could be a counting qualification for it.

## **Southern Counties CU**

The club voted NOT to re-affiliate to the SCCU due to marshalling commitments entailed. A few club time trialists may be affected, Peter Rowe, Tony O'Callaghan and Chris Cowlard among others who have ridden their events in recent years

*Les Hayman*

# 2009 OPEN/ASSOCIATION TIME TRIAL PROGRAMME (South East DC)

March	1	Sun	VC Elan - 22	QS/7	9.00
	8	Sun	VTТА - 10 (All ages)	Q10/28	7.30
	15	Sun	Kent CA 3-up TTT - 25	Q25/20	7.30
	22	Sun	Kent Cycles - 25 (B) (Solos & Tandem)	Q25/20	7.30
	28	Sat	Southborough & Dist Whlrs - 10	Q10/33	14.30
	29	Sun	Rudy Project TT Series 1 of 8 (VC Elan)	QS/12	10.00
(Seniors Men & Espoirs 24 mls; Ladies & Vets, Juniors 12 mls Disabled 12 mls)					
April	5	Sun	Sydenham Wheelers - 25 Solos & Tandems	Q25/20	7.30
	12	Sun	Kent CA - 25 (B)	Q25/8	7.00
	13	MON	Thanet RC 2-up	QS/3	14.00
	18	Sat	West Kent RC - 10 ( <i>internet entries</i> )	Q10/22	7.30
	19	Sun	TA - 25	Q25/8	8.00
	25	Sat	Catford CC - 10 ( <i>105 riders</i> )	Q10/19	6.15
	26	Sun	SFA 2-up - 25 Solos & Tandems	Q25/12	7.00
May	3	Sun	Kent CA - 10 (A)	Q10/22	7.30
	10	Sun	Wigmore CC - 25 (B)	Q25/8	7.00
	16	Sat	CC Bexley & TA - 10	Q10/22	7.30
	17	Sun	Medway Velo - 25 (B) SPOCO	Q25/8	7.00
	24	Sun	San Fairy Ann CC - 50 (B) Solos & Tandems	Q50/11	6.00
	30	Sat	Medway Velo Club - 10	Q10/22	7.30
	31	Sun	VTТА 30 (Group Championships) All ages VTТА Tandem - 30	Q30/2 Q30/2	6.30
June	4	THUR	VC Elan 10 (75 riders) TT Series 1 of 5)	Q10/30	19.00
	7	Sun	Kent CA + TA - 50 (A)	Q50/11	6.00
	11	THUR	VC Elan 10 (75 riders) TT Series 2 of 5)	Q10/30	19.00
	13	Sat	Woolwich CC - 10 SPOCO	Q10/33	15.00
	14	Sun	GS Invicta - 25 (B) Solos & Tandem	Q25/8	7.00
	18	THUR	VC Elan - 10 (75 riders)	Q10/30	19.00
	21	Sun	Kent CA & TA - 100 (B) (VTТА Kent Group Champs) Solos and Tandems	Q100/5 Q100/5	6.00
	25	THUR	VC Elan - 10 (75 riders)	Q10/30	19.00
	27	Sat	Thanet RC - 10 (on line entries)	Q10/42	15.00
	28	Sun	VTТА - 25 (B) (All ages)	Q25/8	7.00



July	4	Sat	San Fairy Ann CC - 10 Solos & Tandems	Q10/22	7.30
	5	Sun	Thanet RC - 25 (B)	Q25/8	7.00
	11	Sat	GHS - 10 (SEDC Dist Champs)	Q10/42	14.30
			KCA - 10 (A)	Q10/42	15.00
	12	Sun	VTТА - 10 (Kent Group Champs)	Q10/30	7.00
	18	Sat	Gravesend CC - 10 (on lines entries)	Q10/22	7.30
	19	Sun	Gravesend CC - 25 (B)	Q25/20	7.30
	25	Sat	De Laune CC - 10	Q10/22	7.30
Aug	1	Sat	VTТА - 10 Solos & Tandem	Q10/22	7.30
	2	Sun	De Laune CC - 25 (B)	Q25/8	7.00
			De Laune CC Junior 25	Q25/8	7.00
	8	Sat	VC Elan - 10 (TT series 5 of 5)	Q10/30	19.00
	9	Sun	Kent CA 12 hour (B) (VTТА Kent Group Champs)	Q12/3	6.00
			Kent CA 12 hour Tandem + TA 12 hour	Q12/3	6.00
	16	Sun	Kent CA - 50 (B) SPOCO	Q50/1	7.00
	23	Sun	VTТА - 25 (B) (Kent Group Champs) (All Ages)	Q25/12	7.00
Sept	13	Sun	VTТА - 50 (B) (Kent Group Champs) (All ages)	Q50/11	7.30
	20	Sun	Kent CA - 25	Q25/10	7.30
	20	Sun	TA - 50	Q25/8	8.00
Oct	4	Sun	Wigmore - Kent CA Hill Climb	QHC/11	10.30
	11	Sun	VTТА - 15 All Ages	Q15/20	9.00
2010 Jan	1	THUR	Southborough & Dist Whlrs - 10	Q10/10	10.00



Our very own Martin Yardley in action at this year's Tunbridge Wells half marathon. Martin finished in a good time of 1h49mins. Spurred on by his success he's now targeting the Paddock Wood half marathon, run over a flatter course, for a quicker time.

## SOUTH EAST ROAD RACE LEAGUE - 2009

Sat	14 March	Fowlmead	1/2 +3/4	1hr + 5 laps	13.00
Sat	21 March	Fowlmead	1/2 +3/4	1hr + 5 laps	13.00
Sun	29 April	Biddenden	3/4/J/W	80km	09.30
Sat	04 April	Fowlmead	1/2 +3/4	1hr + 5 laps	09.30
Sun	12 April	Brenchley	1/2/3	90km	09.30
Sun	19 April	Chilham	2/3/4	90km	09.30
Sat	25 April	Fowlmead	1/2 +3/4	1hr + 5 laps	13.00
Sun	03 May	Benenden/Cranbrook	3/4/W/J	100km	09.30
Sun	10 May	Lamberhurst/Frant	2/3/4/J	100km	09.30
Sun	17 May	Kenardington	3/4/W/J	80km	09.30

### *Club Road Race Championships*

Sat	23 May	Stage 1 - Fowlmead	1/2/3	120 km	09.30
Sun	24 May	Stage 2 - TT - Chilham	1/2/3	10 mile	11.00
Sun	24 May	Stage 3 - Chilham	1/2/3	80km	14.00
Mon	25 May	Stage 4 - Tenterden	1/2/3	120km	09.30
Sun	31 May	Kenardington	3/4/W/J	80 km	09.30
<b>Sun</b>	<b>31 May</b>	<b>Tenterden/Appledore</b>	<b>DIVS</b>	<b>140 km</b>	<b>14.00</b>

*Organised by S&DW – help wanted with marshalling*

Sat	06 June	Fowlmead	1/2 +3/4	1hr + 5 laps	13.00
Sun	14 June	Biddenden	1/2/3	80km	09.30
Sun	21 June	Toachim House Grand Prix	E/1/2/3	120 km	12.00
Sun	28 June	Edenbridge	2/3/4/J	120 km	09.30
Sun	05 July	Tenterden/Appledore	2/3/4/J	100 km	09.30
Sun	12 July	Brenchley	2/3/4	120 km	09.30
Sat	18 July	Fowlmead	1/2 +3/4	1hr + 5 laps	13.00
Sun	26 July	Kenardington	3/4/W/J	80km	09.30
Sun	02 Aug	Tenterden/Appledore	1/2/3	120 km	09.30
Sun	09 Aug	Benenden/Cranbrook	1/2/3	90 km	09.30
Sat	29 Aug	Fowlmead	1/2 +3/4	1hr + 5 laps	13.00
Sun	06 Sept	Benenden/Sandhurst	2/3/4	100km	09.30
Sat	12 Sept	Fowlmead	1/2 +3/4	1hr + 5 laps	13.00
Sun	27 Sept	Lamberhurst/Frant	1/2/3/J	90km	09.30

SERRL Champs

### CONTACTS

Email for SERRL: [kim@serrl.org.uk](mailto:kim@serrl.org.uk)  
 Website: [www.serrl@org.uk](http://www.serrl@org.uk)

OR [luke@serrl.org.uk](mailto:luke@serrl.org.uk)

**HOT LINE 0208 467 4235**



## SOUTHBOROUGH and DISTRICT WHEELERS 'EVENT COMMITMENTS' FOR 2009

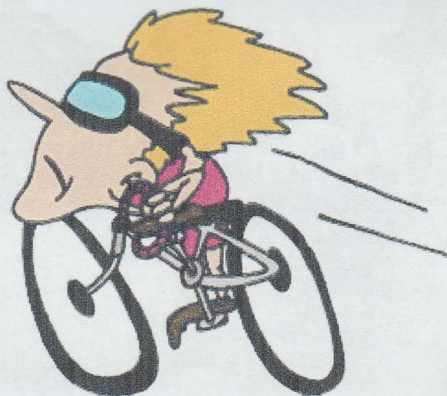
In order to run these events for the riders, the Club will need your assistance PLEASE see the relevant "Event Organiser" to offer your assistance

Sat 28 March	S&DW Time Trial 10 miles <i>Doug Finch</i>	Q10/33	14.30
Sun 05 April	East Sussex CA 2 up 31 miles <i>Graham Hills</i>	GS839	08.00
Sun 31 May	South East Road Race League Tenterden/Appledore 14.00 <i>Neil Lewis</i>		
Fri 10 July	Brands Hatch – organised by David Watson 18.00 onwards		
Sun 12 July	S&DW Time Trial 25 miles <i>Neil Quarmby</i>	Q25/89	06.00
Sun 23 Aug	VTTA (Kent Group) 25 miles <i>Peter Rowe</i>	Q25/12	07.00



## Club Event Timetable 2009

Sun	Mar-08	Sleeches Cross/Mayfield	GS878	9.00 m
Sun	15	Ladies Mile	GS868	8.30 m
<b>Thurs</b>	Apr-17	Sleeches Cross/Mark Cross	GS879	18.45 m
<b>Thurs</b>	24	Ladies mile	GS868	19.00 m
<b>Thurs</b>	30	Sleeches Cross/Mayfield	GS878	19.00 m
<b>Thurs</b>	May-08	Ashdown Forest	GS898	19.00
<b>Thurs</b>	14	Sleeches Cross/Mayfield	GS878	19.00 m
<b>Thurs</b>	21	Ladies Mile (Come and try it)	GS868	19.00 m
<b>Thurs</b>	28	Hartfield/Wych Cross/Groombridge	GS899	19.00 m
Tues	Jun-02	East Peckham	Q10/29	19.30 m
Tues	9	Polhill	Q10/18	19.30 m
Tues	16	East Peckham	Q10/29	19.30 m
<b>Thurs</b>	25	Ladies Mile (Come and try it)	GS868	19.00 m
Tues	30	East Peckham	Q10/29	19.30 m
Tues	7	Polhill	Q10/18	19.30 m
<b>Thurs</b>	16	Sleeches Cross/Mayfield	GS878	19.00 m
<b>Thurs</b>	23	Ladies Mile (Come and try it)	GS868	19.00 m
<b>Thurs</b>	30	Ashdown Forest	GS898	19.00
<b>Thurs</b>	Aug-06	Sleeches Cross/Mark Cross	GS879	19.00 m
<b>Thurs</b>	13	Ladies Mile (Come and try it)	GS868	19.00 m
Sat	Sep-05	Tonbridge bypass	Q10/19	7.00 m
Sat	19	Tonbridge bypass	Q10/19	7.30 m





# Wednesday Wobblers!

Runs have continued throughout the winter mainly averaging about 7 Southborough at lunch, although on a cold and dreary day (the last day of 2008) only 2 of us were out. We've mostly been lucky with the weather as Wednesdays have missed the worse of it. That is except for 28 January when it rained all day and was very cold with it. Evenso, 6 of us met at West Malling for elevenses and after the lovely ride through Maidstone on the river towpath, met Terry at lunch at Marden

Punctures have dogged us recently and can be very depressing in the cold and drizzle.

One very welcome addition to our numbers was Ron Hayward who, at the age of 80 and despite his physical disability, joined us on his trike at Hadlow in November and rode with the club run to East Peckham. He still aims to cover 40 miles a week

*Les Hayman*

04-Mar	Mundy Bois
11-Mar	Woolpack, Benover
18-Mar	Unicorn, Marden
25-Mar	Stilebridge Inn, Marden
01-Apr	The George, Egerton
08-Apr	Lord Raglan, Rabbits Cross
15-Apr	White Hart, Claygate
22-Apr	Mundy Bois
29-Apr	Woolpack, Benover
06-May	Unicorn, Marden
13-May	Stilebridge Inn, Marden
20-May	The George, Egerton
27-May	Lord Raglan, Rabbits Cross
03-Jun	White Hart, Claygate
10-Jun	Mundy Bois
17-Jun	Woolpack, Benover

## Surrey League & LVRC

In addition to the South East Road Race League who are the main promoters of road races in our area, it is possible to ride in Surrey League events as a private member. A calendar of all the races can be found at [www.surreyleague.co.uk](http://www.surreyleague.co.uk)

A new innovation are a series of beginner's races open to those without a British cycling licence and to 4th category riders. These are being held at MOD Chertsey.

For riders over 40 there is the option of riding in events promoted by the LVRC (League of Veteran Racing Cyclists). These events are much cheaper to enter than racing promoted under British Cycling rules. Don't worry if you think you aren't fit enough to race - in the LVRC you are always allowed (encouraged, in fact) to compete in an older age group than your calendar age indicates. This is deliberately designed to help people get back into racing, and move up the groups as fitness starts to return. See [www.lvrc.org](http://www.lvrc.org) for details.

### Audax early season events

**200 08 Mar Hailsham, E Sussex The Upper Tea 200**

07:30 Sun BR £8.00 David Hudson

**100 08 Mar Otford, Sevenoaks Kent Invicta Grimpeur 100**

09:30 Sun AA1.75 [1700m] BP £3.50 Steve Airey

**50 08 Mar Otford, Sevenoaks Kent Invicta Hilly 50**

10:00 Sun AA0.75 [850m] BP £3.50 Steve Airey

**200 15 Mar Otford, Kent Invicta SR Series 200k**

08:00 Sun BR £6.00 Tony Huntington

**200 29 Mar Tonbridge/ Sevenoaks Man of Kent 200**

08:00 Sun [1425m] BR £5 David Winslade

**170 05 Apr Hailsham, E Sussex Supremo's South Coast Super Sportive**

07:30 Sun AA3 [2910m] BR £8.00 David Hudson

**300 11 Apr Meopham, Kent Invicta SR Series 300Km**

03:00 Sat BR £10.00 Barry Jordan

**300 18 Apr Hailsham, E Sussex The Hailsham (Venta) 300**

03:00 Sat [3760m] BR £10.00 David Hudson

**400 09 May Hailsham, E Sussex The Hailsham 400**

10:00 Sat BR £10.00 David Hudson

**200 10 May Meopham, Kent Hop Garden 200km, 150km, 100km**

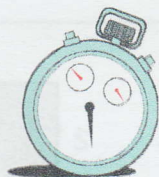
08:00, 08:30, 09:00 Sun BR £5.00 Tom Jackson

**400 16 May Chiddingstone Causeway, Kent West Kent Invicta 400k**

12:00 Sat [472m] BRM £8.50 Steve Airey



# Open Time Trial Results



## THURSDAY 01 JANUARY

### Southboro' & Dist Whlrs 10 Q10/10

Mike Saadat 32.04

Tom Gordon DNS

Winner: D. Wheeler (Rye Wheelers) 22.43

74 riders on the Start Sheet. A cold morning but dry.

Alan Steinle  
Andrew Thomas  
Tom Gordon

### 3½hr group

Ian Turner  
Gary Janks  
Paul Hiscock

## SUNDAY 01 FEBRUARY

### VTTA Reliability Trial 50 miles

Neil Quarmby and Ian Turner both completed the above reliability.

### 3hr group

Neil Quarmby  
Peter Rowe  
Peter Collyer  
Steven Boyle  
Mike Eden

## SUNDAY 15 FEBRUARY 2009

### SDW Reliability Trial 51 miles

### 4hr group

Peter Faro  
David Parker  
Chris Cowlard

A pleasant day was had by all, marred only by the lack of food at The White Hart. Nigel Smith took a few wrong turns on route and Matt Briers succumbed to mechanical difficulties not far out of Tonbridge.

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



## The Fastest for 2009

### Fastest 10 Mile

Mike Saadat

32.04

01-Jan-2009

## Boxing Day Leigh loop

December 26<sup>th</sup> proved to be dry and sunny, but with a chilly wind. This was the first club event since the club dinner, in which there was a chance to bid for one of the trophies. Steve Connery excelled himself in an early bid for the Spearth award.

An inability to count up to one, found him a mile off course after the missing the first turning left. It being Xmas we allowed him a second start 20 minutes later, from which he recorded 6<sup>th</sup> place out of 12 starters. Nick Gritton took the honours on the day, but only by 7 seconds from Peter Faro who recorded the fastest 2<sup>nd</sup> lap time.

Gary Janks one minute improvement on his second circuit may have had something to do with Mat catching him at the halfway point ! (who said that?) Rob Seale propped up the finishing sheet despite improving a minute from last year.

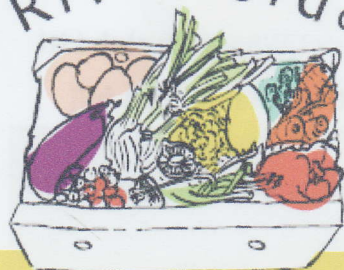
The prizes varied from a range of energy drinks to a presentation bottle of Bishops finger and a set of cuff-links !

1. Nick Gritton	12.04	12.29	24.33
2. Peter Faro	12.24	12.16	24.40
3. Mat Pennell	12.51	12.42	25.33
4. Alan Yardley	13.09	12.28	25.37
5. Mike Eden	12.43	13.14	25.57
6. Steve Connery	13.11	13.10	26.21
7. Gary Janks	13.41	12.48	26.29
8. Mike Sadaat	13.12	13.18	26.30
9. Martin Yardley	13.19	13.46	27.05
10. Bill MacNay	13.50	13.58	27.48
11. Alan Oakley	14.23	13.38	28.01
12. Rob Seale	15.10	15.25	30.35

S. Claus



# Riverford organic vegbox vegetables home delivery

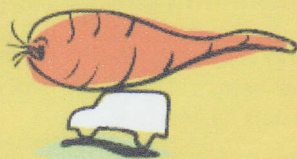


Organic Certification UK

## organic vegetable boxes from our farm to your door

move to a healthier, fresher diet of seasonal vegetables delivered free to your doorstep.

our award winning vegboxes start from only £7.90.



for more details visit

**[www.riverford.co.uk](http://www.riverford.co.uk)**

or call on **0845 600 2311**

or contact your local distributor David

and Josie on **01892 740055**

### our produce is:

- fresh
- organic
- traditionally grown
- seasonal
- full of flavour
- grown by a co-op of farmers
- great value
- easy to order



## Club Clothing

**Stand out in the Southborough & District Wheelers club kit!**

**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](mailto: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