

Velo Club Norwich

Kicking off with a gratuitous film quote
It's the VCN June newsletter

“Nice one Centurion, ... like it, like it”

Great weather, great company, great turn-out. It looked like well over half the VC Norwich membership put on their club kit and got out for the Norwich 100 on the last Sunday in May.

At least four groups set out from Norwich Cathedral for the 100 and another for the 50 and let's hope we made some new friends on the way. Plenty of pictures of the day available if you just go and look at the VC Norwich facebook page and many thanks to Matt Gates for taking them and sharing them there.

(left) always take a stoker and (below) not a helping hand – a manly 'handshake' at the finish.



Rob Strong writes: Michael Wild's fast group was excellent. It was a large group in VCN jerseys and many other riders joined us for all or part of the ride. Everyone rode well. I think a few dropped off near the end, but we still had a lot ride over the finish line together, and got a mention by the man in the yellow suit.

We had one accident between Reepham and the coast when new member Allan (from Barnsley) on a carbon Planet-X was forced onto the sandy verge by an on-coming car and came down, with a couple of others. Everyone stopped, and Allan was able to continue with us, albeit with a buckled front wheel which he got trued at the Sheringham stop.

Only one puncture, me, shortly after Sheringham, when again everyone stopped, so many thanks to all the other riders.

We completed the event in 4 hours 40 mins cycling time, an average of 21mph. Well done and thanks to Michael Wild for organising and marshalling a great ride.

Trevor Matsell and his partner Michelle rode the 100 on their tandem, and I think got a really good time. You might want to check with him. David Davies and Jill Fisher rode the 50 on a tandem also.

Saw plenty of other VCN riders out during the event or at the end. I would say altogether a very good day, and a good advert for the club.

And this from Paul Alcock: I am not a regular Sunday morning rider due to other commitments so I've not had the pleasure of riding with many of the folks. Although the fast group was a big group and attracted some non-club riders, they were respectful of everyone in it, stopped for punctures and made sure it finished as a group. A great ride and definitely a great advert for VCN.

Boudicca V The Centurion

And another 100 beckons with the Boudicca ride on Sunday week June 10th starting from World Horse Welfare at Snetterton. There's 30, 70 or 100 mile routes available but all the rides are within a couple of dozen places of being sold out at the time of writing.

<http://www.lotuscyclerracing.org/boudicca-sportive/>

Again, no club ride planned for that day. If you can't get on the ride, or don't want to, you can always help out on the VCN-staffed feed station. Drop an email to Steve at

Chairman@vcnorchest.co.uk if you can help.

And still to come ...

Mustn't forget two more sportives to come later in the season to support two of our own club members. Erica Howe, who works for the RSPB, would like to see us support the Suffolk Coast Bike Ride which is on August 5th. The routes are 60 and 35 miles and there's more details here:

http://www.rspb.org.uk/supporting/fundraise/individuals/rspb/suffolk_bike Ride.aspx

And even later in the season comes the Cambridge to Norwich ride which supports the Cots for Tots Appeal at the Norfolk and Norwich Hospital. Member Beth Coley runs that appeal and may well be at the finish line to welcome you (well she was there for me last year). It's on the last Sunday in September this year. Last year it was October 1st and the weather was just like it was for the Norwich 100. More details of that ride here:

<http://www.bike-events.com/Ride.aspx?id=339>

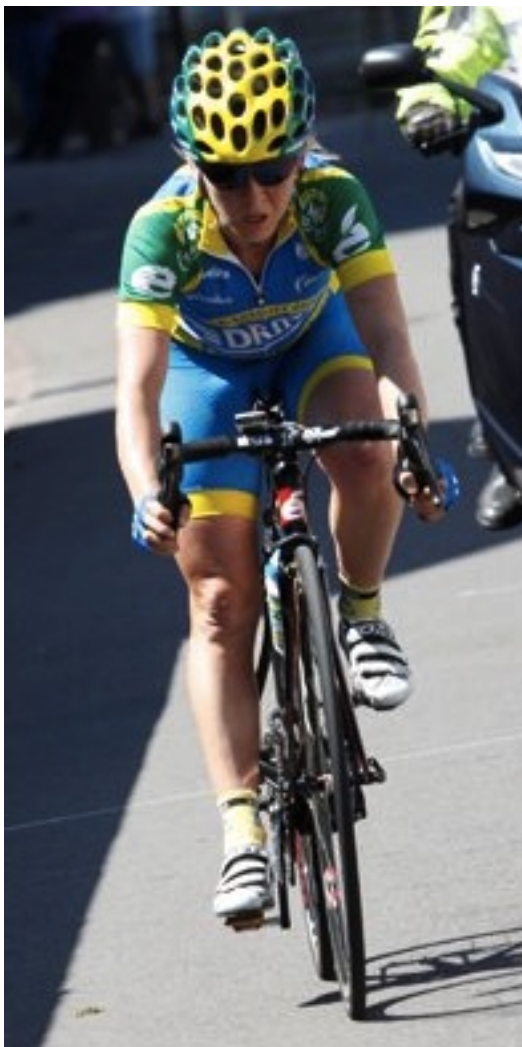
Will and Neil - the TT Centurions

Two weeks before we were all thinking how well we had done to get round the 100, Neil Vaughan and Will Bamber showed how fast it should be done. It was North Norfolk Wheelers 100 TT. I'm told it was Will's first 100 TT, he finished in 4:14:49, securing third place and a Gold standard time at the first time of asking. So. How was it for you, Will?

It was my first 100 TT, but this year my training has been geared towards longer events. The single carriageway course west of Fakenham covered nearly 3 circuits with 300m of climbing per lap. The weather was warm with a moderate northerly wind. I started number 10, although the first 5 riders were tricycles. By 20 miles I had caught all the riders in front of me and rode the next 80 miles only seeing marshals at junctions. Not knowing how I would hold TT speed for 100 miles, I had a controlled first lap, then raised the pace for the second lap. The only objective was to achieve the VCN gold standard of 4:20:00! The wind seemed to pick up towards the end and I dropped from 24mph average to a 23mph average for the final 25 miles. I crossed the line in 4:14:49.

We're getting on well the NNW at the moment, they were well pleased with the VCN contingent turning out for their last Club 10 TT which saw Keiron Cole record a PB 26.06. A good outing too for VC Norwich in the Breckland CC Slowest 60 Open TT. No, I don't get the slowest bit either.

VCN second claim rider Scott Davison (riding for Velo Velocity.co.uk) was fastest overall with 21:37. Karl Read was 13th less than a minute back and Sally Witey took the women's prize with a 24:13 PB. Markos Janes almost broke 25 with a PB of his own.



Dr Pooley will see you now

A big honour for our honorary member Emma Pooley – an honorary degree from the University of East Anglia.

She'll be presented with her honorary doctorate in civil law in July so we hope she'll be able to fit in a club ride while she's here.

At the same time the university will also be honouring Cathy Dennis, Jake Humphrey and Zoe Wanamaker. They too are more than welcome to join us on a Sunday morning.

... and of course Emma's been out on the bike - 4th in the Holland Hills Classic at Valkenburg (picture left) and 9th in 140 km Lotto Cycling round at Gooik in Belgium

Photo: Bart Hazen

Where there's a Will there's a race

Iceni Road Race (6 May): In his first road race on this local hilly circuit, Will Bamber attacked on the penultimate lap and got away from the bunch to take 7th place (4 points). Other VCN riders included James Browne (11th), Dale Johnson (15th), Ian Sandall, Tom Sharpe and Glyn Thomas.

Ixworth Crits (7 May): VCN riders attended the annual Criterium races held at this small village, which closes the roads to make a short circuit that runs through the high street. This is a great day's racing with lots of spectators and plenty of races through the day, from kids to elites, which included 6 riders from Team Raleigh. VCN Placings were: Masters: Philip Thomerson (11th). 3/4 Race: James Browne (7th) Glyn Thomas (9th – pictured right). Inv B Race: Philip Thomerson (9th)



James Browne and Owen Marsden make an early bid for the holiday snap of the year award

Those summmer Niiii igghhhts!

Just a reminder that you don't have to wait for the weekend to meet all your VC Norwich friends. There's evening rides on Tuesday, Wednesday and Thursday. All start at 6.30pm. Tuesday and Thursday are faster rides for experienced group riders, Tuesday meeting at Trowse roundabout and Thursday at Cringleford green. Wednesday's ride also meets at Cringleford and is a slower ride aiming at 16-17mph pace.

And don't forget: www.vcnorwich.co.uk for all your up-to-date club news