

Velo Club **Norwich**

**August 2014
Newsletter**



Going out on a high

**Emma Pooley bows out with:
Two Commonwealth silvers
British Road TT championship
Three stage wins and QOM at Giro Rosa**

Our honorary member Emma Pooley announced her retirement from competitive cycling in the middle of a month of success. Her final day, her finest hour, a tactically perfect Commonwealth Games road race controlling the breaks, defending Lizzie Armitstead and setting up her team-mate for the win. Tears on the finish line, but who could blame her. In between her silver medal TT ride and the road race I spoke to her in Glasgow:

Going from cycling to triathlon – it's not exactly retirement is it?

"What I meant was, I was going to retire was from professional cycling, I'm definitely not going to stop cycling, I'm never going to stop riding my bike, I love it. But I'm not going to sign with a professional team next year and the way cycling is structured means you have to be in a pro team to get in the big races. You can do little races but you can't do the professional races without being on a team and because I want to concentrate on long course triathlon I just found that trying to do both was a compromise that meant I never felt I was quite my best in either road cycling or triathlon. I decided I really wanted to make a go of it in so it's not retirement from sport."

And you've been getting tips from fellow Norfolk triathlete Chrissie Wellington?

"I got to know Chrissie when we got together with Marianna Vos and Kathryn Bertine to try to persuade the organisers of the Tour de France that there should be a women's race as well and Chrissie was hugely influential in that campaign. We got as far as having a one day race for women on the last day of the tour which is a huge step forward in terms of women's cycling getting the publicity it deserves."

I got to know Chrissie through that. Obviously she's such a hero in triathlon, it's hard to meet her and not be dazed by her reputation. But she's such a lovely warm person and she's given me some advice and I appreciate that. I don't think I'm an athlete of the same level as her but it's still wonderful to get to know her. It's really nice when someone like that sends you an email on the eve of the Commonwealth Games to say good luck. It's really nice.

She's a wonderful spokeswoman for sport. She was, and still to be honest is, a very strong athlete but it's her personality that shines through, the fact that she's so enthusiastic. She's been a bit of an inspiration to me as well. Watching her in her role as a professional sports person made me wonder what my job as a sportsperson was. It's not just about doing your sport, it's also about how you represent it and your responsibility to try to get your sport out there so people see it because if no-one sees it and if you never meet kids and talk to them about what it is you do then what's the point of doing it?

Tell me about the support you give to VC Norwich?

When I'm back I come on club rides, that's basically it. It's a great club to train with, they're really strong and friendly and they know all the best cafes and it's great. I didn't cycle as a kid, not properly, I mean, I rode to school and back, but because of that when I started riding I didn't know many routes around Norfolk and it's much nicer cycling with a group anyway because it's more sociable. To go out with a club like VC Norwich means they find the nicest routes and people to talk to and stop for a cup of tea on the way, it's much more fun than training on your own.

So we'll see you for a club ride soon?

I should be back Christmas I guess, if not before, I go back to racing a bit, training and racing. After Sunday no more pro races but I'm doing a charity event called Le Trois D'Etape which is where you ride with a charity team, there's one pro leader and a team of amateurs and they raise money for charity and I'm riding for a team for teenage cancer trust in the Pyrenees for three days and then I'm doing an event called the Haute Route and it's quite competitive and it's through the alps and that's all as training for the world championship long course duathlon which is in September so I'm still a bit busy but when I next have a bit of a break I'll be back in Norwich and out for a ride. Looking forward to it.

4th and 5th for VCN women

It's been a busy summer so far for our gallant VC Norwich duo – Lou Marsden writes:

The races came thick and fast in June and July for both myself and Jen and we're nearly at the end of the season now. Jen has competed at every Lotus and Ipswich Wednesday night circuit race finishing 1st in the Lotus league and 2nd in the Ipswich league. Jen also travelled to races at Doncaster, Birkenhead and St Ives. I competed in 2 stage races, 2 Women's Team Series road races and also the National Masters Road Race Champs where I was 10th in my age category despite not feeling great. The highlight for me though has to be competing in the first VC Norwich Women's Road Race. We had 24 riders on the start line including pro Harriet Owen and the National 50 mile TT champion and an average speed of 23.5mph over the 45 miles meant there were a few points I was hanging on to the front bunch by the skin of my teeth! The cheers from the marshals around the course definitely helped and I was very happy to finish in 12th place. I don't think Jen will mind me saying she was very pleased just to finish as it was only her second road race of the year. We only heard positive comments from the other riders so hopefully we can build on this for next year. The first year of our Women's Eastern Racing League has now finished. We had 19 riders in total with 9 races, a mixture of road, circuit and time trials. Unfortunately 3 road races were cancelled due to lack of entries but we are trying to encourage more women to give racing a go and hopefully next year the league will be even more successful. I finished in 4th place with Jen in joint 5th.

Position	Rider	Team	Category	Total
1	Tanya Griffiths	Starley Primal Pro-Cycling	2nd	240
2	Evgenia Ilyinskaya	Edinburgh Road Club	2nd	168
3	Isla Rush	Wyndymilla-Reynolds	YthA	146
4	Louise Marsden	VC Norwich	3rd	141
5=	Clover Murray	Braintree Velo CRC	J3rd	131
5	Jen Smart	VC Norwich	3rd	131
7	Mandy Bunn	West Suffolk Wheelers	4th	118
8	Elanor Cadzow	Bonita Squadra	3rd	90
9=	Sophie Lankford	Team WNT	3rd	75
9	Renee Fox	Autostrasse Porsche Road Team	3rd	67
11	Caroline Guest	Ford CC	4th	50
12	Jackie Field	CC Ashwell	4th	40
13	Nicola Flynn	Autostrasse Porsche Road Team	4th	37
14	Susan Wood	Maldon & District CC	2nd	30
15	Sally Ormond	Stowmarket & District CC	4thV	30
16=	Melissa Dowell	Braintree Velo CRC	4th	25
16	Ruth Hamilton-Barr	Colchester Rovers CC	4th	20
18	Becky McCorquodale	Stowmarket & District CC	4th	18
19	Michelle Forster	London Phoenix CC	2nd	16

Summer road race success

New venue, new format, chairman Steve Swift reports:

Thanks to all who turned out and made the VCN road races a success on the 6th July, and a special note of thanks to our hosts in Great Cressingham who worked hard to make us welcome in their village and at their summer fete – hopefully this is a model that will grow in 2015 and beyond.

Despite a persistent drizzly rain for the men's race in the morning the pace of the bunch was high and the bunch animated. There were several attempts to establish a break but the final result was settled in a group sprint up the hill to the finish just outside the fete grounds. Well done to Karl Zimmer who stayed upright to take the win on the greasy roads and commiserations to the two riders who didn't (thankfully without serious injury).

After the men's trophy presentation on the fete grounds the afternoon started dryer, but windier. The result was a women's race where the pace varied widely around the circuit on the opening laps. Like the men's race earlier the numerous attacks were swiftly neutralised by a hungry bunch. The last couple of laps were run at high speed with the pack consolidating shortly before the final run in to a sprint where Harriet Owen (Matrix Fitness-Vulpine) took the honours.

The day saw a number of firsts for VC Norwich:-

- Our first women's race run on the same day as the men's race (with equivalent prize money and trophies)
- A new circuit
- One of the first events in the region run to the newly introduced British Cycling traffic management guidelines
- A combined event run in conjunction with the host village.

Pos Men

1	Karl Zimmer	RSC
2	Lubomir Belak	St Ives CC
3	Alex Anderson	Neon Velo
4	Joseph Fry	RST Racing Team
5	Liam Gentry	StradaSport
6	Jason Gurney	Arbis-Colbert Cycles
7	James Sale	PCH
8	Joseph Halloran	Cambridge CC
9	Edward Watkiss	Bonito Squadra Corse
10	David Bird	London Phoenix
11	Nick Esser	StradaSport
12	Anthony Morris	CC Ashwell
13	James Browne	VC Norwich
14	Mike Smith	Colchester Rovers CC
15	Damien Shakespear	Andy Moore Racing
16	David Bamford	ELV
17	Lewis Pendle	Iceni Velo
18	Jack Hardwicke	Ipswich BC
19	Matthew Garfield	Peterborough CC
20	Thomas Gillingwater	StradaSport

Intermediate sprint

Antony Morris, CC Ashwell

Pos Women

1	Harriet Owen	Matrix Fitness-Vulpine
2	Tanya Griffiths	Starley Primal Pro Cycling
3	Elanor Cadzow	Bonito Squadra Corse
4	Mhairi Mackenzie	London Phoenix
5	Tamala Mcgee	London Phoenix
6	Sandra Mackay	GB Cycles
7	Elizabeth Malins	Fusion RT
8	Iona Sewell	GB Cycles
9	Annabel Sill	Team Jadan
10	Aimee Wright	HWCC
11	Hayley Simmonds	VC Pasta Montegrappa
12	Louise Marsden	VC Norwich
13	Evgenia Ilyinskaya	Edinburgh RC
14	Jessica Stoddart	
15	Rebecca Carter	Wyndymilla
16	Nicola Soden	GB Cycles
17	Alison Lilley	Fenland Clarion
18	Katherine Kimber	Essex Roads CC
19	Anneke Prins	Welwyn Wheelers
20	Jen Smart	VC Norwich

Intermediate sprint

Nicola Soden, GB cycles

Picture desk



Lou Marsden at the Holme Valley Wheelers stage race with Laura Trott and Elinor Barker.

Karl Zimmer sprints for the line in the VC Norwich Road Race

Markos Janes in full flight at the club's Horsford TT



July club highlights

It's been a month packed with cycling action for club members that we'll never have space for all of it. So here's an attempt at a look back at what we've been doing so far this summer.

Many members took to their bikes for the trip to Cambridge for the third stage of the Tour de France. At least two others took to the streets in ill-fitting clothes supplied by Asda to be 'tourmakers'.



Last month's newsletter brought the bad news about Rob London's motorbike crash. Club members have been popping in to see him and Rob's kept us all up to date via Facebook. Though he faces more surgery he's recovering well by his own account.

Chris Roughton proved that he has not only too much fruit, but too much time on his hands.



Mark Smart, David Moore, Will Bamber and Markos Janes all took part in the

National 100 TT on the B100/6 Swaffham course – David clocked 4:22, Will 4:15 and Markos 5:06



Gina Preston, Alan Bond, Sean Quarmby and Roly Cook carried the VC Norwich colours all the way from London to the Suffolk coast overnight on the Dunwich Dynamo.

Thirty three riders started the VC Norwich club 10 TT at Horsford, 22 of them club members. Chris Skinner clocked the fastest, 22:02.

12 riders turned out for the Wicklewood club 10, Gavin Money top with 25:10

VC Norwich passed the 200 members mark.

About 30 riders in three groups undertook the 116 mile round trip to Maglia Rosso near Bury Saint Edmunds and presented them with, well, a maglia rosso.



NMG Sportive Trophy

	Rider	NMG Sportive Trophy	Total miles
1	Jonathan Greenway	L'Etape du Tour 91, Suffolk Lanes 130	2547
2	Chris Loveday	Garboldisham Groveller 124	1303
6	Chris Roughton	CSUK Norfolk Sportive 100, Cozens Hardy 80, Suffolk Lanes 130	1159
3	Michael Meadows	Garboldisham Groveller 124, Suffolk Lanes 130	1150
4	Sean Quarmby		980
5	David Linsdell	CSUK Norfolk Sportive 100	904
7	David Whitehead		828
8	Lee Gumm		669
9	Carl Pentney		653
10	Matt Gates		475
11	Bob Carter		222
12	Tom Hewett		200
13	Lou Provart		91
14	Roly Cook		62

Chris Roughton has surged up the table with the most miles of the month, 310, the first time for ages that anyone has recorded more sportive miles than mileage monster Jonathan Greenway. Chris now stands second and looks well set for a podium place come the end of the year (note to club committee – do we have a podium?). But get the quality of the miles Jonathan logged – L'Etape du Tour – they don't get much better than that.

You can join in anytime to get your name on the table. It's open to miles recorded on measured, non-competitive, events with a paid entry. You must be wearing your club kit as well. August claims to newseditor@vcnorwich.co.uk

New Suffolk Sportive

You know the Ipswich Cycling Weekend? You don't? Actually it's the first I've heard of it. But it's at the end of August and the organisers would like some people to join in. Here's what they say:

The Crafted Classique forms part of Ipswich Cycling Weekend – a trio of two wheeled events including the finale of the British Cycling Elite Road Series - and aims to offer cyclists a truly unique experience in the heart of Suffolk. You can choose to take a 100mile or 100km route through Ipswich, Woodbridge, Framlingham, Leiston and Aldeburgh, among many other scenic towns and villages. It's a challenging ride, with a total ascent of 876.64m and maximum elevation of 59.0m.

You can sign up for the event here <http://www.ipswichcyclingweekend.co.uk/>.

We are also hosting a competition on our Facebook page where you can either enter as a group or individual for the chance of winning a framed, limited edition poster signed by a top elite cyclist along with two or five passes to the VIP area of the Ipswich Coastal Grand Prix – the finale of the British Cycling Elite Road Series - (number depends on if you enter as an individual or group). All you have to do to enter is post an image of yourself or team training for the event on the Facebook page:

https://www.facebook.com/craftedclassique/app_730719356989843.

The sportive is part of the Ipswich Cycling Weekend - a trio of two-wheeled events offering something for everyone. Across Saturday 30 and Sunday 31 August, there is a brand new sportive challenge, a pro cycle race concluding the British Cycling Elite Road Race series, and the return of the Sky Ride offering cyclists and families the chance to ride traffic-free routes around the town.