

Velo Club Norwich

October 2014
Newsletter

Your club - your call

VC Norwich has grown and changed almost beyond recognition in the past few years. As chairman Steve Swift writes, it's time to take stock and look ahead:

It's difficult to believe with the fantastic Indian summer we are having (maybe "had" by the time you read this), but autumn is here and that means we are approaching our annual AGM which is usually held towards the end of November.

So, time for you all to start thinking about what you want from the club as we move into 2015 and how you can help us continue to move forward.

It's probably worth starting by taking a look at what we have achieved to date:-

- We now have our highest membership ever having broken through the 200 barrier in August this year.
- The club is financially stable, and indeed has a fund that could be used to invest in new club activities and/or equipment if appropriate.
- The club calendar has been carefully expanded over the years and 2014 saw an already healthy list of events augmented by our first women's road race (held on the same day with the same support and with the same prizes as the men) and our first true sporting course Time Trial.
- Our racing teams have once again done us proud, not only in the various open TT's round the country, but also in road racing where the men's team have shone this season.
- 2014 saw the move away from paper based subscriptions to the "on line" club manager system offered by British Cycling.
- We have an excellent track record of participation with people taking part in a wide range of events from racing and TT's to sportives and Audax.
- Club colours are worn regularly and with pride, not least in our club rides which (like almost everything we do) set the standard locally.



But where do we want to be in 2015? We are open to ideas and suggestions with one proviso... if you have an idea be prepared to help implement it. The club will do all it can to assist, by encouraging others to help and/or by providing funds where appropriate. What might be on your mind?

- Another club event? The club's racing calendar is being set now and will likely be the same as 2014 with a few changes to some dates, but there is room for other events. How about one off events like a trip the Olympic velodrome for example?
- An update to the club website? Our current one does a simple job reasonably well, but is maybe due for an update.
- Changes to the way we run club rides?
- The creation and publication of a club ethos or charter.
- Does the club need to be bigger, or is it big enough already?
- Provision for juniors and access for beginners?
- Off road

If you have an idea that you would like to be included in the AGM agenda get it to me during October (chairman@vcnorwich.co.uk) and I would be more than happy to discuss how we present it to the meeting in November. Equally if you feel the club is doing things particularly well let me know too.

Oh, and one final thing. We need to identify some new faces for the 2015 committee. The committee might be reshaped, and there will definitely be some gaps around the table as some of our long serving committee members take a year off to go and ride their bikes.

VCN NMG Sportive Trophy

	Rider	NMG Sportive Trophy	Total miles
1	Jonathan Greenway	New Forest Audax 126, Flatlands 600 Audax	3623
2	Chris Loveday	Tour De Broads 72, CSUK Reepham 70	1805
3	Michael Meadows	TDB 72 CSUK 70	1427
4	Sean Quarmby	TDB 72 CSUK 70	1208
5	Chris Roughton		1159
6	David Linsdell	TDB 72	1062
7	David Whitehead	TDB 72	986
8	Carl Pentney	TDB 72	790
9	Matt Gates	TDB 72 CSUK 70 ROFL 70	773
10	Lee Gumm		669
11	Bob Carter		308
12	Tom Hewett		286
13	Lou Provart		91
14	Roly Cook		62

As the autumn leaves start to fall so does the monthly mileage count but there's still plenty to decide in the NMG Sportive Trophy race. Well, not the over winner perhaps given Jonathan Greenway's massive lead for the second year running. But Sean Quarmby is now challenging for a podium finish.

Miles for October to newseditor@vcnorwich.co.uk

Racing against myself

Bob Carter reflects on a tryer's TT season

Over the year's I've often suggested that a club like ours needs another prize. Every year we would award the 'God Loves A Tryer' trophy – for people who keep trying despite not being particularly good. I suggest it only in part because I reckon I'd be a good candidate.

I've been riding Time Trials for about four years now. I started, as do many, responding to the urging of a club colleague and good friend. Step forward Markos Janes. I also started as so many do by bolting a set of second-hand TT bars onto my road bike just to give it a try. Then came my carbon framed Bianchi which was a road bike pressed into TT service and this year finally a proper TT bike, a Specialized Shiv Elite, and a skinsuit too.

Everyone knows the negative stuff going on inside a TTers brain. On a 10 as your heart-rate rockets and your lungs struggle to keep up in the first couple of miles it's nearly always a voice inside your head saying: "What the chuff am I doing this for?" Then there's the sinking feeling as the Garmin timer slowly confirms yet another disappointing time while you try to find a final burst of energy to get you to the line. And then the excuses: oh the wind, that turning car, that tractor, my lack of sleep/food/preparation/catfood or whatever.

But sport is a strange mistress. The majority of the time you are left disappointed. But the rare occasions when it all goes right and the time comes down, oh, it's worth it.

My plan this year was to ride as many club TTs as possible with the odd open thrown in for a serious effort. The season got under way pretty much without me thanks to a calf muscle problem incurred running (that's a strange thing some people do, sort of like cycling, but without a bike). And as if bodily weakness weren't excuse enough my work pattern changed, at a stroke taking out most of the evening club TTs.

Undeterred I carried on where I could, slowly inching towards my 10 PB from last year as the middle of the year passed. And I dipped a tentative toe into longer events, 15 at first, then a 25 and found I enjoyed the longer form rides. And all the time in my head advice from another club colleague, Sally Withey: "Relax a bit and enjoy the ride."

And that's exactly what happened. And then along come the VC Norwich Open 10 at the end of August and the result I wanted. Two seconds off my PB! Hoorah! And ignore the voice in my head pricing it out at around £450 per second.

Markos suggested we round off the season at the very end of September with two opens on the A143, a 10 and a 25. The ten was OK, a course PB at least. But Sunday morning dawned perfect, Markos lent me a decent set of wheels and off I went ... the average speed on my Garmin went up to where I wanted and to my surprise stayed there. Good enough in the end for a huge PB improvement and second on handicap. I'VE (nearly) WON SOMETHING!

Roll on 2015, more TTing and more importantly, more racing against myself. I'll never set the road alight with my performance but for anyone out there trying it out, it's about you, the bike, the road and the clock. And that's the way I like it.



Running up that hill*

*forgive the headline but I saw that Kate Bush twice in September

The club's big event for October is the Hill Climb. Alongside the race we're having a bit of a social thanks to the organisation skills of social butterfly, sorry, social secretary Matt Gates. Here are the details:

This year's hill climb will take place on Marl Hill between the A1067 and the village of Weston Longville. This is a long established Strava segment for you KoM hunters and should provide a good test to all participants.

The start time will be 10.30 for those going direct to the event.

The club ride on this day will set off from the Forum at 9.00 and take a route that will arrive in time for the start. This will allow for a full list of entries and for riders to be fully warmed up before they attack the challenge.

The club have arranged for food to be provided after the event at the Parson Woodforde pub for all members. This should enable us to look at the results, applaud the victors and commiserate with those that could have done better.

Entry to the hillclimb is £3, and BBQ after is £3 for VCN members, £8 for others. We've already got more than 50 people signed up on the Facebook page and so we can keep tabs on numbers it would help if you could let us know you intend coming by doing that or emailing info@vcnorchest.co.uk

And looking further ahead...

There's still quite a bit of work to do on the calendar for next year so this is merely an advisory at the moment. But if it helps you plan ahead then it's worth sharing. And ... we shall need volunteers to make the events happen. And that means You. Yes You. Step up next year:

Club events 2015	Date	Organiser	HQ
Reliability Ride	Feb	??	Horsford
Awards dinner	Feb 7th	??	Parson Wfd
Tour of Norfolk	March	??	TBC
VCN Audax	April (TBD)	SS/JGreenway	TBD
25 Mile Open TT	TBD	??	Morely
Club 10 #1	May 14th	??	Besthorpe
Club 10 #2	June 11th	??	Ketter'ham
VCN Road Race	June 27th	MS	Cres'ham
Club 10 #3	July 16th	??	Horsford
Club 10 #4	July 30th	??	Wicklewood
10 Mile Open TT	Aug 24th	SW	Morley
Sporting TT	Sept 13th	??	Tasvale
Club Hill Climb	Oct 18th	??	



Victoria Williamson (l) with her 500m silver alongside winner Jess Varnish and Katy Marchant

Vicky puts VCN on the podium

Honorary member Victoria Williamson has done us proud again. At the British Track Cycling Championships she won a silver in the 500 metre time-trial against defending champion Jess Varnish. Varnish's time of 34.419 seconds was recorded as she and Victoria rode the final heat with Victoria less than half a second behind with 34.897.

The following day the same three women took to the podium after the Individual Sprint – Varnish again with the gold and Victoria taking bronze.

The final day's competition saw another silver for Victoria in the team sprint partnered by Marchant – with Jess Varnish completing another gold medal performance alongside Danielle Kahn.

Pic of the month



A veteran roadster relives glory days on the A143 near Bungay. And some old car.