

Velo Club Norwich

June 2015
Newsletter

VCN's mileage monsters

Chapeau! Our top two Audaxers have now qualified to ride the ultimate 777 mile challenge: Mike Farrington writes:

In August two VC Norwich members, Jonathan Greenway and Mike Farrington, will be on the start line for the 2015 Paris-Brest-Paris. Some of you will have already heard of the PBP. Many, I suspect, will have not. Let me try to put this right.

The PBP was first run in 1891, a full 12 years before the first Tour de France. Both have survived to the present day but have taken different paths to do so. The origins of both lay with the enthusiasts (and the manufacturers) of the newly emergent bicycles wanting to prove that their novel form of transport could go faster and further the mode of transport it was designed to replace – the horse. Distance was important to both in order to prove the point. The PBP was a straight out and back from Paris to Brest, 1200 km with no built-in rest break. The Tour de France covered a total of 2,428 km in just 6 stages, an average of over 400 km for each stage.

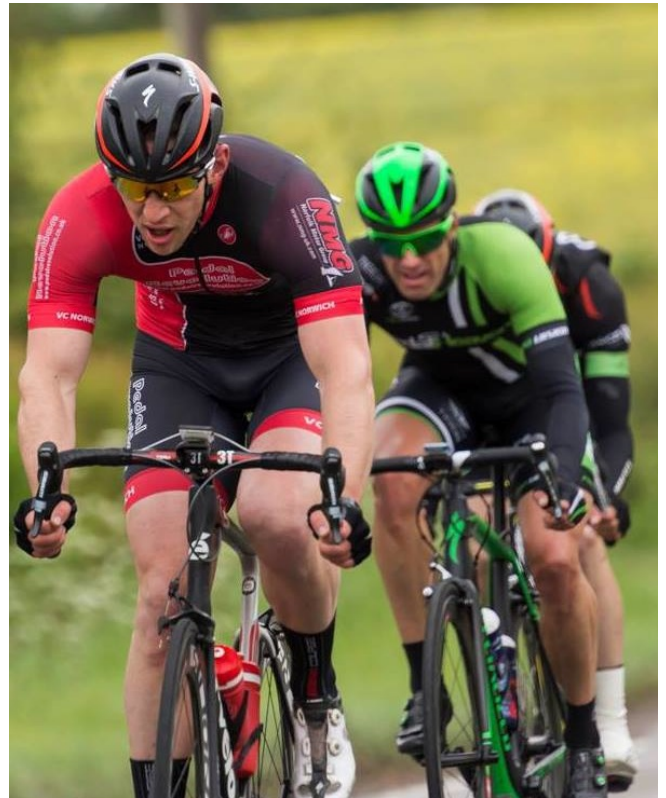


The PBP ceased to be a race in 1951. It took too much out of the riders and the prize money was insufficient to compensate for the money they would lose by being unable to race while recovering.

Today it is run every four years and is a purely amateur event. It nevertheless presents a very considerable sporting challenge: can you ride 1250 km in a maximum of 90 hours? About 6,000 riders will take part this year from just about every country in the world. Each will have completed a gruelling series of qualifying rides in order to be there (unlike L'Etape, today's amateur version of the TdF, money alone will not buy you a place on the start line). The fastest will complete in a little over 40 hours but most will be happy to arrive back in Paris before the 90 hour cut-off. Jonathan and myself will both settle for this. We will, of course, be proudly riding in VCN colours and, if we can work out a way of charging our mobiles en route, we will keep everybody who's interested updated on FB. Both of us will be tested to our limits. Wish us well.

Pride and pain at Lotus

Glyn Thomas of VC Norwich outsprinted Chris Guy (Iceni Velo) to win the fourth round of the Lotus Series after eight riders had broken away in the men's race. The group had made their break early and had 36 seconds over the bunch when the commissaire called a halt while the victims of two crashes received attention. At the restart the break was sent off with the same advantage. Despite several attacks by Louis Julian (Strada Sport) the break was together at the run-in to the finish where Guy attacked first, but Thomas led over the line, clinching the win by a tyre's width.



Reports by
Kate Scotter



In the British Cycling road championships for "Masters" – roadmen over 35 – Phil Hargreaves (VC Norwich) was sixth in the race for 55-60 year olds, after a six-man break got away on the 11-mile circuit near Milton Keynes. There were finishes in the bunch for VCN's Glyn Thomas and James Browne. Meanwhile, VCN's Louise Marsden finished eighth in her category in the women's race.
But not such a great evening for Adam Hole (I)



Coming next...

Is our own VC Norwich Road Race at Great Cressingham for the second year running with both men's and women's races. This is our big event of the year and we need your help to make it a success. An email has already been sent out with details. If you can help out on Sunday, June 27th get in touch with organiser Mark Smart now. Email lapwing67@gmail.com



May bank holiday action:

Ixworth Crits - May 4th

Once again the sun shone for the annual May bank holiday Monday criterium races at Ixworth in Suffolk. VCN were well represented with Tom Doe in the men's category 2/3 race, Simon Hewitt, Dan Gray, Adam Hole and Jonathon Barnard in the men's category 4 race and myself in the women's race.

In the 2/3 race Tom Doe finished outside the points.

In the 4th cat race the field split early on and both Simon and Dan made it into the leading pack of 12 with Adam in the chasing group and the remainder of the field strung out all over the course. That's how the race concluded with Simon coming 4th and Dan in 8th.

The women's race had a field of around 25 riders with Tanya Griffiths the hot favourite to win. The race split early on with local girl Sophie Wright going it alone and winning and Tanya chasing for most of the race. I suffered a bad stitch early on which forced me to drop back from the chasing group but I then managed to join another group. We worked together for most of the race and I eventually finished in a provisional 13th.

A thoroughly enjoyable day as ever, we definitely need more days of criterium racing like Ixworth on the calendar. **Jen Smart**



Lou makes a move for silver

Lou Marsden writes: On Bank Holiday Monday I headed to race in the Bedford Classic Road Race, a race I'd ridden in for the past two years. The first year was one of my first races and I finished 25th from a field of 36 on that day. Last year the race was moved to a new circuit and despite getting cramp I finished 9th from a field of 32. After a solid winter of training I went into this race with high expectations, although anything can happen in road racing.

The circuit is similar to the Skeets circuit used here in Norfolk, with a decent climb up to the finish. The race was 5 laps of the 8 mile circuit. There were 30ish riders on the start line this year and as we rolled out from the HQ at a very leisurely pace for the neutralised section to take us up to the start/finish line I could hear some huffing and puffing around me which lifted my confidence straight away. As the flag was pulled in to the lead car to signal the start of the race proper, the pace literally doubled which I was very happy about. I wanted it to be a hard race.

Towards the end of the first lap there was a small crash with a couple of riders coming down but I avoided this and tried to just keep myself safe towards the front of the bunch and out of trouble. As the race went on there were some attacks and one rider got away on her own for a few miles but the wind was strong and I knew that it would come down to a sprint finish. By the final lap there were approximately 15 of us left in the front group due to the demanding nature of the terrain and I tried to map out in my head what I needed to do in the final sprint up the climb.

We took the final left hand bend and I found myself a bit too far towards the back of the bunch for my liking. As we went down towards the bottom of the climb I saw a gap appearing on the left hand side of the bunch. As we reached the climb the bunch seemed to be going really slowly so I made my move. I got out of the saddle and sprinted up the left hand side of the bunch past everybody. Another rider had had the same idea on the right hand side of the bunch and she powered ahead for the win. The finish line was actually a little bit further on from the top of the climb than I remembered and I seemed to be riding in slow motion as I tried to get there as quickly as possible, expecting the bunch behind to come racing past me any second. Then I was across the line and I couldn't believe it, I'd finished 2nd! I'd dreamt that I could do this well in a road race but actually executing it is a totally different matter. Hopefully this is a stepping stone to more good results this season.



Battling the Icen Road Race

The Icen road race was held May Bank holiday Sunday afternoon, covering 10 laps of the well known local skeets circuit. VCN was represented by Phil Hargreaves, Tom Doe, Joe Berritt, Elliot Fullerton and James Browne. After a rainy morning the race had a damp start, causing several riders (including myself) to suffer from early punctures. The action started early doors with a brave solo attack from an Ipswich rider which lasted a couple of laps. As the race progressed (and dried out) the testing circuit reduced the field further leaving only the stronger riders remaining. About mid-race there was another move when a half-dozen riders separated themselves from the bunch, and when they looked like they were going to be caught, Strada-sport's Tommy Power attacked again and escaped alone. Many attempts to catch him followed, VCN riders included, but the remaining Strada-sport riders teamwork interfered with those plans. This allowed Tommy to ride solo to win 2'30 ahead of the bunch, who were left with the sprint up skeets hill for the remaining places, with Elliot taking a well-deserved 7th place. **James Brown**



Getting down with the kids!

In the absence of a welter of volunteers and partly to get myself out of the house I've been spending every other Tuesday night at Sprowston Park and Ride. By the time I get there the buses have all gone to bed ... but there's room then for Revolution Events youth and novice cycle race coaching. Organised by Ped Rev boss Neil Turner, it's attracting ever growing numbers of youngsters wanting to learn a little more about cycling, taking up the opportunity to use the bikes provided and find out a bit more about competitive riding.

And if you think you might just end up with a broom and some cones, think again. Last time I spent much of the time lapping the track with the pupils and instructing from behind as they practised group riding, through and off, attacking from behind the bunch and other race riding skills.

I'm getting as much exercise as them and enjoying it too. The dates are on the flyer reproduced at the end of this newsletter so if you have a spare Tuesday evening why not coming along. **Bob Carter**

STOP PRESS: you may have heard that Neil Turner's not been well. We wish him well for recovery and will keep you informed on FB about the next coaching evening.

You're welcome, Jon

Jon Barnard's fairly new to the club, but he's having a good time as he writes:

An introduction after my first year in VCN

We decided to move to Hethersett from King's Lynn last year after years of me driving to Norwich. My cycling apprenticeship was served with KL Cycle Club on and off for just over 15 years, racing MTB and Grass Track, so moving club was a big deal.



I have a young family, 3 boys under 5, so club rides happen very rarely and I miss out on having the those familiar faces to talk to. So what have I been up to in my first year with the club?

I decided to give the CX season a go, although my results were not too impressive I had great fun and met a few VCN members such as Tom Doe and Leo Boswell.

I raced Ixworth Crits, I haven't raced on the road for 18 years, the support was great and to have Mark and Jen Smart wishing me luck before I started really made me feel part of the club.

There was the first VCN Audax, I got wet. However I ate my body weight in the best soup, rolls and cake I have ever eaten.

So what's next? More road racing, I'm starting to finish closer to the front, a few mtb races then back into cross for hopefully some better results.

(left) Jon and a famous USA CX rider who, of course, needs no introduction from me.

Winter draws (or kit) on ...

Yes I know I make that lame joke every year. But if you want some VC Norwich winter kit it's time to order. *Clive Rayner writes:*

Due to the delivery time of 8 to 10 weeks from order to receipt, plus the factory closes for their August summer holiday, we need to order the Winter kit at the end of June to receive it by the end of September in time for the colder weather.

So I need to know what items of winter kit that members would like.

The items are - Winter jacket @ £109

Long sleeve thermal jersey @£69

Winter bib tights (without pad) @ £79.

More details on these items can be found on the club website.

We do not keep a stock of these but I do have to order a minimum quantity of 10 per item, so please help by letting me know what you require and don't be disappointed when winter arrives and I don't have what you want.

Please email your requirements to chrayner@hotmail.com

Remembering Billie

Our women riders are invited to take part in a special event later this month in memory of someone who makes our audax riders look like lightweights. (you're not chaps). From June 23rd to 28th the Tribute to Billie rides will be taking place here in Norfolk. Here's what organiser Pam Hart wrote to us:

Can you help us? We are looking for female cyclists in your area to cycle in tribute to Billie Fleming who died last year aged 100. Billie still holds the record, set in 1938, for the most miles cycled in a year, a stunning 29000 miles plus. You can read all about our year-long tribute and see our photos and reports on <http://www.tributetobillie.co.uk/> We are looking for riders to cycle some or all of Billie's route. Cyclists can do as little or as much as they like and ride on their own or with others. We welcome male cyclists too but they must cycle with a female cyclist. We will publicise your intentions and publish your reports, routes and photographs after your ride. Contact me or contact us through the website if you are interested. ride@tributetobillie.co.uk

Get in the right ride

Just a reminder – With the size of the turn outs on Sunday mornings now it's worth giving some thought about what ride you should be in. The pace of each ride is well established. Club rides are not races, no-one is impressed by your sprint off the front to get everyone to chase you.

- 1. Club ride - 16/17 mph average**
- 2. Middle group – 18 mph**
- 3. Fast group – 20 mph**

For 2015 we are also running the occasional OGR social ride which will leave the Forum at 0930 and is aimed at members who are looking for an easier pace. It is a guaranteed 'no drop' ride. Details announced on the VC Norwich Facebook page.



OGRs waiting for cake ...

NMG Sportive Trophy

Just when you're getting used to the idea of Jonathan Greenway's mileage he pulls a new super ride out of the bag. Earlier in the newsletter we reflected on the Windsor to Chester and back ride. But it's worth pointing out that within one week in May it was one of two 600 km rides. Join in the fun by recording your sportive/reliability/audax miles - email to newseditor@vcnorwich.co.uk

	Rider	NMG Sportive Trophy	Total miles
1	Jonathan Greenway	Audaxes: Double Dutch (126), Green and Yellow (189), Buckingham Blinder (252) Breurt Cymru (251) Asparagus and Strawberries (257) Flatlands (376) Windsor-Chester-Windsor (386) Edmunds Sally (127) Heats High Five (129)	3754
2	Mike Farrington	Audaxes: Horsepower (126), The Dean (189), Green and Yellow (189) Blinder (252) Long Melford (127)	883
3	Carl Pentney	Hethersett (90), Spring Saddle (100) VCN Ax (71) Swarm (100) Boudicca (102) Norwich (100)	563
4	Matt Watts	Cheshire Cat (105) Spring Saddle (100)	285
5	Chris Loveday		225
6	Bob Carter	Norwich (100)	175
7	David Whitehead		150
8	Tom Hewett	Swarm (100)	100
9	Roly Cook		75

Coming up:

Our main event coming up is the Road Races on June 27th. Volunteers needed as detailed above, please get in touch with Mark Smart by email: lapwing67@gmail.com

Club events 2015

VCN Road Races

Club 10 #3

Club 10 #4

10 Mile Open TT

Sporting TT

Treasure hunt/Orienteering

Club Hill Climb

2015 AGM

2015 Christmas Ride

Date

June 27th

July 16th

July 30th

Aug 31st

Sept 13th

TBC

Oct 18th

tbc Mid Nov

tbc Mid Dec

Organiser

Mark Smart

Louise Marsden

TBC

Sally Withey

TBC

Ian Doe/Bob Carter

Steve Swift

-

Stew Lyons

Venue/HQ

Gt Cressingham

Horsford

Wicklewood

Morley

Tasvale

TBC

Weston Longville

White Horse PH,
Trowse

White Horse PH,
Trowse

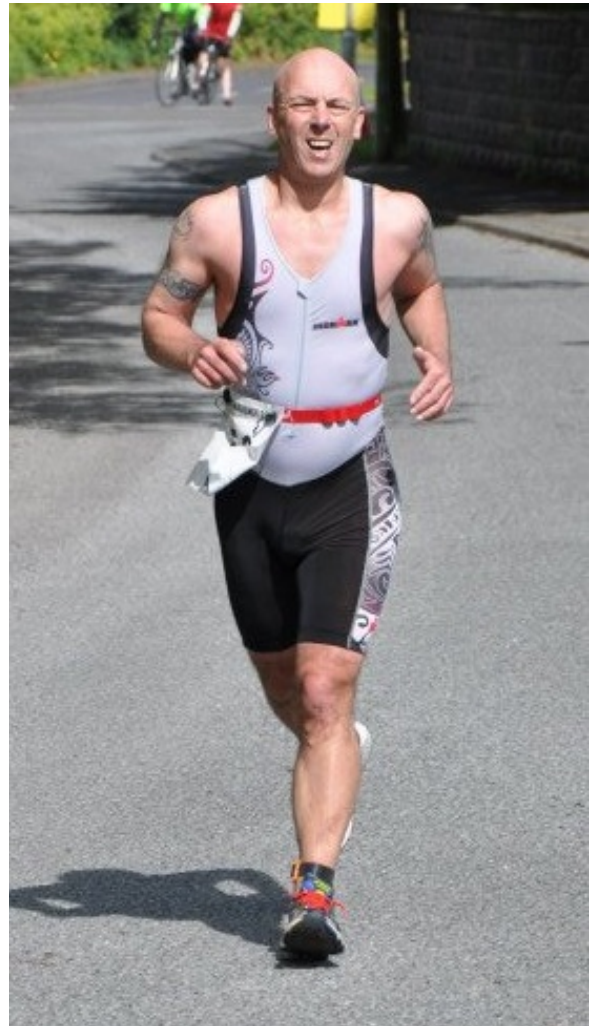
Roly's walking again ...

Roly Walker, sorry, Roly Cook, yes Cook, is undergoing yet another challenge without a bike. He just sees a hill and starts walking – here's what he says on his Just Giving page. So please support him. <https://www.justgiving.com/roly-cook1/>

"Thanks for taking the time to visit my JustGiving page.

It was not long after we finished the National Three Peaks challenge last year that the team was looking for a bigger challenge for this year. The Welsh 3,000 seemed like a natural progression which I thought was a great idea until I Googled exactly what was involved. We travel on 26th June arriving in Snowdon around 5pm. We then climb Snowdon and grab a few hours kip at the top starting the challenge around 3am on the 27th. We then have 24 hours to climb the 15 peaks in Wales over 3,000 ft (easy if you say it quick). Even when we reach the final peak, we still have a 6 mile walk back to the van.

I am raising sponsorship for Macmillan as both my wife and me have lost our Mums over the last few years and the Macmillan nurses were there towards the end, not only supporting our mums but also the family's through a real tough time."



One last invitation:

Could you please pass on an invitation to all your riders to take part in our annual Suffolk Fire & Rescue Service event, the SUFFOLK FIRE RIDE, taking place on 5th July 2015 from Eye Fire Station? The sportive offers routes of 30, 60 and 100 miles. Full details can be found at www.suffolkfireride.co.uk. We have a very reasonable entry fee of £15, all of which goes to The Fire Fighters Charity, and we promise that you will all be well fed on the day in return for your efforts!

Regards, Crew Commander Carolyn Crabb, Blue Watch, Ipswich East Fire Station
Home email: chezcrabb@gmail.com

Sprowston Park & Ride Youth and Novice Cycle Race Coaching



Back for 2015, Norfolk's only regular cycle race coaching programme for youth (8-18) and novice adults.

Perfect Preparation for Lotus Cycle Racing League and the 2015 Team Pedal Revolution Circuit Racing Championships for Youth and Novice Adults.

Free loan bikes available

Supported by local
clubs & teams

GYCC

**Velo Club
Norwich**

**North
Wolsham
VELO**

**STRADA
SPORT**
Road Race Cycle Team

TRANSFORM YOUR

Confidence
Bike handling
Awareness
Speed!

COACHING

Group riding
Cornering
Sprinting
Gear selection
Bunch tactics,
attacking & teamwork

TUESDAYS

April 28,
May 12 & 19,
June 9 & 23,
July 7 & 21,
August 4 & 18,
September 8, 15 & 29
at Sprowston
Park & Ride

**Pedal
Revolution**



Norfolk County Council

www.pedalrevolution.bike