



**Bedfordshire
Road Cycling
Club**

The Bedfordshire Cyclist

Issue 111

April 2019

Editorial

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A third of the year has gone by and the weather still can't make up its mind. Now that we are in May the showery conditions might make us believe that it is still April, though the chilly Easterly wind suggests February. We must take comfort from the fact that our constantly changing weather makes us the resilient souls that we are; equally active in wind, rain, snow and heat waves. Our younger members are acquitting themselves well in the Go-Ride series whilst club rider's names are to be seen on result sheets all across the Eastern counties.

Furthermore, social riding is strongly supported, with several mid-week and Saturday rides in addition to the more traditional Sunday club run. In fact the Sunday rides are proving so popular that on many occasions we have three runs in order to accommodate the varying capabilities.

Following the disappointing response last year, a Prize Presentation Dinner was held and proved successful.

On a more sombre note we have to report the death of Trevor Hughes, a former Club member and well known BC official.

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Special points of interest:

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Membership of the Club is open to all interested in cycling. Further information is available on the Club's website www.bedsroad.org Information on subscriptions is on page 3.

Deadline for copy for next edition.
Monday 3rd June 2019

PARKING AT THE CLUBROOM

We have agreed with our neighbours not to park opposite their entrances. In fact it is not always our members who are responsible but nevertheless we have obtained some "NO PARKING" signs which we hope you will observe .

Diary of Events

Thursday 2nd May	Evening League, Event 1. 10 miles. 1Z/10	Clubroom 19:00
Friday 3rd May	Welwyn Track league. Round 2.	Gosling Stadium 19:00
Sunday 5th May	King of Hillfoot. 11.3 circuit	Clubroom 09:00
Tuesday 7th May	BC West Thames Road Race series. Round 4.	Hillingdon Circuit
Thursday 9th May	Evening League, Event 2. 11.3 miles. 1Z/11.3	Clubroom 19:00
Tuesday 14th May	BC West Thames Road Race series. Round 5.	Hillingdon Circuit
Thursday 16th May	Evening League, Event 3. 10 miles. 1Z/10	Clubroom 19:00
Thursday 23rd May	Evening League, Event 4. 11.3 miles. 1Z/11.3	Clubroom 19:00
Sunday 26th May	SPOCO 22.6 miles 2 x 1Z/11.3	Clubroom 09:00
Thursday 30th May	Evening League, Event 5. 10 miles. 1Z/10	Clubroom 19:00
Sunday 2nd June	Interclub 16 miles (BRCC) 1Z/16 Bossard Wheelers 25 (Charity Event) F1B/25	Clubroom 09:00
Sunday 9th June	Club Open 10 miles F1b/10	
Sunday 23rd June	Interclub 30 miles (HNCC) 1U/30	
Saturday 29th June	Club 100 mile Night Ride	
<hr/>		
Tuesday Evenings	Social ride from Clubroom (Contact Ian McDonnell for details)	
Wednesday Mornings	Wecyle Wednesdays meet at Barkers Lane entrance to Priory Park. 09.30	
Wednesday Evenings	Family ride from Clubroom (Contact Ian McDonnell for details)	
Saturday Mornings	Go-Ride sessions. Various locations, based on Priory Park. 0.900	
Sunday Mornings	Club-runs leave from Swan Hotel at 09.00 (check web site)	

CLUB MEMBERSHIP

SUBSCRIPTIONS ARE DUE ON JANUARY 1st

Joining Fee**	£ 5
Senior 18+	£20
Couples	£25
Family (Couple +under 18's in full-time education)	£33
Junior (16-17 yrs)	£ 8
Juvenile (12-15 yrs)	£ 6
Under 12 years old	Free
60+ on 1st January	£10

** Applies to new members and existing members who renew after 31st March .

Members who have not renewed by 31st March are presumed to have resigned. They will need to re-apply for membership after this date.

Membership Secretary:- Graham Laming.
Subscriptions may be renewed in person by contacting Graham at the Clubroom,
By bac on line via the Club website,
by post to :-
Membership Secretary, Bedfordshire Road C.C.
Southill Road, Cardington, Bedfordshire,
MK44 3SX

Please make cheques payable to 'Beds Road C.C.',
Or by Bank Transfer to :-
Lloyds TSB, High St, Bedford. --
Account Name Bedfordshire Road Cycling Club
Account No. 01293926 - Sort Code 30-90-66
Please use the reference **Joe Bloggs subs****
so that we can identify from whom and why
remittance was made.

**Change to your real name (some people didn't)

Magazine distribution

Please read carefully.

Members for whom we have no e-mail address will continue to receive the magazine in the post.

Members for whom we have a current e-mail address will receive an e-mail containing a link to the Club web site, where the magazine can be read or downloaded. If this does not happen it means that we do not have your correct address and you should contact the Editor as soon as possible.

Members with an e-mail address, but who prefer to receive a paper copy, can still do so by contacting the Editor (details on back page.)

British Library

A copy of this magazine is kept in the British Library and forms an important part of the Club History. It is vital therefore, that accounts are as complete as possible. Would you all please send results, reports and stories to the Editor so that a true picture of Club activities is recorded. (See back page for addresses)

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SpoCoSunday 17th March Event 1 10 miles

Pos	Name	Time	Pts
	1Z/10		
1	Adrian Gower	26:21	11
2	Mick Case	26:53	10
3	Gary Patmore	28:26	9
4	Lauren Tedder (F)	28:59	11
5	Stuart Dare	30:01	8
6	Alan Crane	30:19	7
7	Mark Brown	30:49	6
8	David Towey	30:50	5
9	Steve Smith	31:45	4
10	Chris Martell	31:55	3
11	Joy Wilkinson (F)	34:23	10
12	Dave Crane	37:29	2
13	Jo McDonnell (F)	41:24	9
14	Terry Sykes	47:36	1
PTT	Oliver Knight HMT	23:46	--
PTT	Steve Torley MKRC	24:50	--
PTT	Ian Knight MKRC	24:54	--
PTT	Ian Markham Chronos	28:00	--

Sunday 31st March Event 2 11.3 miles

Pos	Name	Time	Pts
	1Z/11.3		
1	Simon Norman	26:31	10
2	Andrew Knight	27:58	9
3	Alex Lubbock	30:04	8
4	Stuart Dare	32:24	7
5	Mark Brown	32:36	6
6	Alexander Norman (J)	33:02	5
7	Steve Smith	34:05	4
8	Leigh Pilgrim	35:25	3
9	Dave Crane	40:53	2
10	Terry Sykes	48:53	1
DNS	David Heath	00:00	---
PTT	Simon Cannings E V	26:29	---

Sunday 14th April Event 3 16 miles

Pos	Name	Time	Pts
	1Y/16		
1	Adrian Gower	41:46	9
2	Mick Case	44:03	8
3	Stuart Dare	44:49	7
4	Lauren Tedder (F)	46:57	9
5	David Towey	48:22	6
6	Chris Martell	48:47	5
7	Steve Smith	48:56	4
8	Dave Crane	59:35	3
9	Jo McDonnell (F)	1:01:50	8
4	DNS Rhys Evans	00:00	---
3	DNS Mark Brown	00:00	---
10	DNS Jan Laming	00:00	---
2	DNS Terry Sykes	00:00	---
9	PTT Billy Fadden Fl Rouge	41:07	---
1	PTT Jason Lee Team MK	DNS	---

Go Ride - Muddy Monsters

Races are held in age-groups - Under 8's, 10's, 12's, 14's and 16's. There are 3 races per age group per event. The first race (A) is a sprint followed by a longer endurance race (B) and then a handicap, which is just a fun race with no points awarded, in which riders set off at intervals depending roughly on their performance in the previous races. In case of a tie the higher position in race (B) takes the lead.

Round 7 2nd March

	A	B	Tot
Welwyn Wheelers CC			
<i>U10 Girls</i>			
1st Cecilia Linden	2	1	3
<i>U10 Boys</i>			
3rd William Tate	3	3	6
13th Samuel Cooke	15	13	28
1st Conan Anderson			
CC Ashwell	1	1	2
<i>U12 Girls</i>			
2nd Amelie Bona	2	2	4
1st Ellie Michinson			
CC Ashwell	1	1	2

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Awards Night & Curry Evening

On 5th April 2019 BRCC held its annual 'Award Winning Night'.

This year it was hosted in the Cochin Restaurant in Tavistock Street, Bedford – an unusual but very good Indian Restaurant where a fixed menu of assorted platters was brought out for all to try. These included a 'Fish Curry' which surprised all by being extremely tasty and refreshing and a very long bread tube 'Dosa'. The night was a casual affair with lots of chatter, food and a few drinks.

The night was organised by Jo McDonnell and Kim Humphris – our Social Secretary duo – and attended by 33 club members and guests.

As part of the night we also presented a number of trophies to various winners from the 2018 season. The winners and their trophies are listed below.



Continued on P.7



The prizes given out by the club reflect a number of aspects of what is believed are held dear to the club and our riders:

- Achievement through Proficiency, Effort and Hard Training
 - Perseverance to keep going
 - Support in assisting Club Events
 - and Fun and Enjoyment to take part.
- Congratulations to all,

I. McD

The trophies awarded were:-

The 'Chattell' Cup Fastest Club 25

Simon Norman 49:03s

The "French" Cup Fastest Club 30,
Simon Norman 57:23s (Club Record).

Velocipede Attendance Trophy

Conscientious Attendance
(New Member), Simon Stevens.

The "George Deag" Memorial Trophy
Junior or Juvenile SPOCO Attendance,
Alexander Norman.

The "Georges" Attendance Trophy Sen-
ior SPOCO Attendance, Dave Crane.

The "Roy and Phyllis Marston" Ladies'
Attendance Trophy

Lady SPOCO Attendance, Jo McDonnell.

The "Woodford" Cup

Club 50 Winner, Jon Friend. 1:51:58s

The "Matthews" Trophy

Club Hill Climb, Thomas Robb.

The "Roy Marston" Trophy

Member contributing most to the club,
Ian McDonnell. (Tue, Wed, Sun Ride Leader)

The "Beatrice Halylock" Memorial Trophy

Club Annual Open Ladies 25,

Becky Slaymaker. 1:14:08s

The "Arthur F. Pinnock" Memorial Shield

Gent's Open 25,

Simon Norman 49:52s (Club Record)

The Road Racing Trophy Road Race –
Best Male & Best Female Oliver Bates

The "Howard" Trophy Juvenile Time

Trial Performance Alexander Norman

The "Phillip Moore" Memorial Trophy-

SPOCO 8-events Leigh Pilgrim

The Interclub Trophy BRCC

Evening League – Overall Winner M

Thomas Robb

Evening League – Overall Winner F

Miriam Taylor-Carter

Best Male Cyclocross Trophy

Male Cyclo-Cross Champion, Jon Friend

Continued on P.8

Best Female Cyclocross Trophy

Female Cyclo-Cross Champion Gwen Warren

Club Run attendance Trophy, Ladies

Ladies Club Run Attendance, Jo cDonnell.

60+ Club Social Rides

Club Run attendance Trophy, Men's

Men's Club Run Attendance, Paul Marvin

45+ Club Social Rides

Best Male 10 mile Evening League TT

Simon Norman 18:48s

Best Female 10mile Evening League TT

Miriam Taylor-Carter 28:14s

Ron Bousted Memorial Shield

Assistance to Club TTs

Phil Bierton, Steve Smith.

Trevor Hughes.

It is with great sadness that we report the death of Trevor Hughes, a well known figure in the cycling world. Although no longer a Beds Road member, Trevor began his cycling career with the Club as a teenager and always stayed in contact.



Trevor's son, Steve, wrote the following tribute.

It is with unimaginable sadness that my sister, Emma Gibson & I and our wonderful Mum, Ann Hughes, have to announce the passing this afternoon of our Father/Husband Trevor Hughes.

Dad suffered an ultimately catastrophic second heart attack in the early hours of last Tuesday, 16th April, and sadly was unable to be revived, despite the best efforts of those caring for him.

In typical fashion Dad fought hard to the end but realistically it was a battle he could never have won.

The last ten days have been hugely distressing for us and so unbelievably difficult watching someone so loved slip slowly away.

Dad spent his whole adult life deeply woven into the fabric of cycling in the UK, from the recreational and social side to his racing career as an amateur and to the endless hours he devoted to organising and officiating at events from the grass roots to the highest level of professional sport.

He was, as we were, incredibly proud of his (I believe) 13 years as Chief Judge for the Tour of Britain, the subsequent Tour Series and Women's Tour. His proudest moment came in 2012 when he was selected to be Chief Judge for the road cycling events at the London Olympics.

During this lifetime within the sport he loved so much he made a galaxy of friends, who I know meant as much to him as the sport itself. It's fair to say that Dad enjoyed the laughs, the banter and the mickey taking as much as anyone and as a family we positively welcome your thoughts, memories and anecdotes



of him and I'm sure that we will take great comfort in them. I'm also sure that we also share your concern for the local coffee and cake trade!

It is also correct at this time to recognize and be thankful for, the amazing care that Dad received from the paramedics and staff at Bedford hospital, who all worked so hard to help him. The manner and professionalism in which these people work, in particular around the flawed rules and regulations surrounding end of life, is simply incredible and should never be taken for granted.

Most importantly, apart from us and his friends, Dad leaves behind his four beautiful Granddaughters Chloe, Freya, Honey and Willow. The love he had for the girls was simply unquantifiable, he doted on

them all and it is heartbreaking to think of the enormous hole he leaves in their young lives, We're just thankful they'll all have wonderful memories of him.

Back in October Mum & Dad celebrated 50 years of marriage, an amazing achievement and one we marked as a family collective, with a lovely meal. The enormity of Mum's loss is greater than anyone's. Sarah Thomas and I, Emma and Paul Gibbon and the wider family will be with her every step of the way, as our lives take a new path from today onwards.

Dad's legacy will live on in our hearts and memories. It's just so unbelievably sad to lose him when he was so active and full of life.



England - Wales - England

As related by Charlotte Lawson.

It started with an innocent enough question in the Autumn from my friend. Would I like to take part in London - Wales - London over the May bank holiday week end? I vaguely knew what it was as a colleague at work had completed it previously. Last year I did a 200 mile bike ride, and had done bigger climbs in a day, how much more of a challenge could 407 km (253 miles) be? This Audax has been going for a number of years, taking a route out to Chepstow and back from Chalfont St Peter. A recent name change saw a surge in popularity, with the event selling out fast. Liam, the organiser, noticed that there were more people called Dave than there were women signing up so decided to ring-fence some places for female entrants. So. Of course I said yes and the training began. We cycled to and from a 100 km event in Stevenage (Emitremmus Desrever), did a few rides at night (The LiL Fish Club was born) and generally started putting miles in one way or another. I decided to cycle to Bristol and back over Easter as my last big training session (a return to the first big ride I ever did but this

time I got there in one day and cycled back the next...) and after various kit checks and tweaks I was ready to go. Unfortunately, my friend had to pull out so I was going it alone. I kept an eye on the weather, thankfully no rain forecast but there might be a breeze, with temperatures dropping quite low overnight. Decided on comfiest shorts with leggings over the top, merino short-sleeved jersey, two long-sleeved jerseys, winter gloves, overshoes, rain mac and glove liners just in case, with cycling hat and thinner gloves on board in case I got lucky with the weather. I took a ton of food (cereal bars, veggie jelly babies, a few extra sachets of electrolytes) and decided that two water bottles was a better bet than the single bottle and flask combo I'd initially thought about. As I cleaned my bike, packed everything up and set my alarm for 03:45 the following morning I wasn't quite sure when I'd actually see my bed again...

I'm pretty good at getting up early so ruthless efficiency saw me with coffee made, porridge eaten, out of the house and in the car by 04:20.

1h and 6 min later I arrived at HQ.

To be continued in June edition.

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For our younger readers

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Fill in the missing numbers so that every horizontal line, every vertical line and every 3 X 2 box contains the numbers 1 - 6



Committee

President:-	Terry Bush	01234 857131
Chairman:-	Ian McDonnell	
Club Secretary:-	Dennis Ground	
Treasurer:-	Jackie Popland	
Membership Secretary:-	Graham Laming	BRCC Membership Sec., Southill Road, Cardington, Bedfordshire, MK44 3SX
British Cycling Secretary:-	Simon Norman	
Club Events Secretary:-	Mick Case	
Captain - Men:-	David Cook	
Captain - women:-	Joy Wilkinson	
Road Racing Co-ordinator	Simon Norman	
Time Trial Secretary	Vacant	
Sunday Rides	Ian McDonnell	
Results Recorder:-	Steve Smith	
Junior Secretary & Go Ride:-	Peter Coblenz	
Clubhouse Secretary:-	Mick Case	
Social Secretary:-	Jo McDonnell & Kim Humphries	
Communications Secretary	Cathy Johnson	
Kit & Clothing Secretary	Simon Stevens	
Welfare Officer	Des Roberts	
Webmaster	Graham Laming	
Website Home Page	Graham Laming	
Editor:-	Terry Bush	01234 857131
Written magazine contributions to	—	59, Ridge Road, Kempston, Beds. MK43 9BS

To contact any Committee Member
 Go to
www.book-to-ride.com/brcr_contact_us.php

website:- www.bedsroad.org.

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