



**Bedfordshire
Road Cycling
Club**

The Bedfordshire Cyclist

Issue 112

June 2019

Editorial

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Those of you who receive a printed copy of the magazine will have noticed the gradual deterioration in print quality - marked by an increasing black smudge along the top edge of each page. With the publication of the April edition this was accompanied by creasing of the paper. Since the cost of repairing this monochrome printer would be more than the cost of a new colour model, it has been replaced. Unfortunately the new model was not fully compatible with Windows 7, so the computer was sent for upgrading. Finally we have Issue 112 and a reprint of issue 111. Charlotte's account of the emotion

brought on by tiredness, reminds me of riding the North Road CC 24 hr and tears being shed on the return leg from Kings Lynn, as the first rays of dawn lit the horizon. Even we rough tough cyclists have our moments!

The weather, as usual, has been changeable but has had its advantages. Despite high temperatures, the unusual prevalence of northerly and easterly winds has made riding the bike completely comfortable. Whether we blame Climate Change or Brexit, Club members have taken full advantage to produce some impressive rides. TAB

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 5th August 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 never-the-less some "NO PARKING" signs have been obtained, which we hope you will observe.

Diary of Events

| | | |
|--------------------------------|--|-----------------------|
| Sunday 9th June | Club Open 10 mile. F1B/10 | Tempsford |
| Thursday 20th June | Evening League, Event 8. 10 miles. 1Z/10 | Clubroom 19:00 |
| Thursday 27th June | Evening League, Event 9. 10 miles. 1Z/10 | Clubroom 19:00 |
| Thursday 4th July | Evening League, Event 10. 10 miles. 1Z/10 | Clubroom 19:00 |
| Thursday 11th July | Evening League, Event 11. 10 miles. 1Z/10 | Clubroom 19:00 |
| Thursday 18th July | Evening League, Event 5. 10 miles. 1Z/10 | Clubroom 19:00 |
| Sunday 21st July | Interclub 25 - CC Ashwell F14/25 | |
| Saturday 27th July | Victoria CC 10 mile TT. Senior, Vets , Junior. E1/10A | 07:30 |
| | Chronos RT 10 mile TT. All Categories inc. Tandem F2A/10 | 14:00 |
| | RTTC National 25 Mile Championships. Women, Juniors.. A25/11 | 15:00 |
| Sunday 28th July | RTTC National 25 Mile Championships. Men | 06:00 |
| | East Anglia VTTA 25 mile TT. E2/25 | 06:00 |
| Saturday 3rd August | Interclub 10 - Icknield RC | |
| Sunday August 4th | Club Open 25 F1B/25 | Tempsford 06:30 |
| Saturday 10th August | ECCA 10 mile TT. Seniors. E2/10 | Six Mile Bottom 14:00 |
| | N&DCA 25 mile TT. All Categories F14/25 | Wrestlingworth 14:00 |
| Thursday 27th September | Club AGM | Clubroom 19:00 |
| <hr/> | | |
| Tuesday Evenings | Social ride from Clubroom (Contact Ian McDonnell for details) | |
| Wednesday Mornings | Wecycle 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 | Membership Secretary:- Graham Laming. |
| Senior 18+ | £20 | Subscriptions may be renewed in person by contacting Graham at the Clubroom, |
| Couples | £25 | By bacs on line via the Club website, |
| Family (Couple +under 18's in full-time education) | £33 | by post to:- |
| Junior (16-17 yrs) | £ 8 | Membership Secretary, Bedfordshire Road C.C. |
| Juvenile (12-15 yrs) | £ 6 | Southill Road, Cardington, Bedfordshire, |
| Under 12 years old | Free | MK44 3SX |
| 60+ on 1st January | £10 | Please make cheques payable to 'Beds Road C.C.' , |

** 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.

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)

Deadline for copy for next edition. Monday 5th August 2019

N&DCA Series

A series of nine events at various non-standard distances on sporting courses. Now run as Open events but including a competition for Member Clubs

Saturday 22nd June No4

20 miles NC/15B

| Pos | Name | Time |
|-----|----------------------------------|-------|
| 20 | David Cook | 56:19 |
| 1 | David Langlands Team Bottrill | 43:25 |

Open Time TrialsSaturday 11th May 25 miles F14/25

North Road CC

| Pos | Name | Time |
|-----|-------------------------------|---------|
| 4 | Simon Norman | 53:26 |
| 63 | Alexander Norman | 1:12:31 |
| 1 | John Wingfield Team Signum | 51:48 |

Saturday 18th May 10 miles E2/10

ECCA Championship

| Pos | Name | Time |
|-----|--------------------------------|-------|
| 5 | Simon Norman | 18:55 |
| 7 | Mick Hodson | 19:21 |
| 18 | Matt Donovan | 19:53 |
| 46 | Ian Woodcock | 20:49 |
| 79 | Alex Lubbock | 21:48 |
| 86 | Mick Case | 22:10 |
| 1 | Paul Pardoe Peterborough CC | 18:34 |

25 miles E14/25

Hitchin Nomads CC

| | | |
|----|---|---------|
| 25 | Adrian Gower | 1:01:50 |
| 48 | Chris Priestley | 1:07:10 |
| 1 | Ross Clarke TMG Horizon Cycling Team | 51:48 |

Saturday 25th May 10 miles E1/10A

Victoria CC

| Pos | Name | Time |
|-----|--------------------------------------|-------|
| 30 | Adrian Gower | 24:36 |
| 1 | Jason Bouttell Team Vision Racing | 20:42 |

Sunday 26th May 25 miles E2/25

ECCA Championship

| Pos | Name | Time |
|-----|-----------------------------------|---------|
| 24 | Matt Donovan | 54:33 |
| 52 | Mick Case | 58:07 |
| 68 | David Cook | 1:02:37 |
| 1 | Matthew Senter Peterborough CC | 49:13 |

Monday 27th May 50 Miles F1B/50

Loveloc Racing

| Pos | Name | Time |
|-----|----------------------------|---------|
| 31 | Jon Friend | 2:07:02 |
| --- | Phillip Jenkins | DNF |
| 1 | Matthew Smith DRAG2ZERO | 1:40:46 |

Sunday 2nd June 25 miles F1B/25

Bossard Wheelers CC

| Pos | Name | Time |
|-----|---|---------|
| 6 | Matt Donavan | 54:21 |
| 15 | Jon Friend | 57:53 |
| 22 | Alex Lubbock | 1:00:10 |
| --- | Mick Hodson | DNF |
| 1 | Luke Clarke TMG Horizon Cycling Team | 51:09 |

Sunday 9th June 10 miles F1B/10

Bedfordshire Road CC

| Pos | Name | Time |
|-----|--------------|-------|
| 9 | Ian woodcock | 22:00 |
| 11 | Oswin Grady | 22:24 |
| 13 | Jon Friend | 22:57 |
| 16 | Adrian Gower | 23:14 |
| 19 | Mick Case | 23:26 |

Deadline for copy for next edition.
Monday 5th August 2019

| | | | | |
|----|--------------------------|-------|--------------------------------|---------------|
| 20 | Alex Lubbock | 23:30 | <u>Sunday 26th May</u> Event 5 | 22.6 miles |
| 26 | Stuart Dare | 24:01 | 2x 1Z/11.3 | |
| 29 | David Cook | 24:54 | Pos | Name |
| 34 | Mark Brown | 27:24 | 1 | Adrian Gower |
| 39 | David Heath | 29:28 | 2 | Alan Crane |
| 41 | Terry Sykes | 32:43 | 3 | Mark Brown |
| 1 | Ross Clarke | 20:00 | 4 | Chris Martell |
| | TMG Horizon Cycling Team | | 5 | Steve Smith |
| | | | 6 | Leigh Pilgrim |
| | | | 7 | Miriam Taylor |
| | | | 8 | Jeremy Godwin |
| | | | 9 | Dave Crane |
| | | | 10 | Jo McDonnell |

SpoCo

Sunday 5th May Event 4 King of Hillfoot

1¼ x 1Z/11.3

| Pos | Name | Time | Pts |
|-----|---------------------|-------|-----|
| 1 | Matt Donovan | 28:52 | 10 |
| 2 | Ian Woodcock | 29:57 | 9 |
| 3 | Stuart Dare | 31:38 | 8 |
| 4 | Gary Patmore | 33:00 | 7 |
| 5 | Alan Crane | 33:36 | 6 |
| 6 | Miriam Taylor (F) | 35:20 | 10 |
| 7 | Dave Crane | 41:04 | 5 |
| 8 | Jo McDonnell | 44:18 | 9 |
| 9 | Terry Sykes | 44:48 | 4 |
| PTT | Ian Markham Chronos | 33:36 | --- |

| Time | Pts |
|---------|-----|
| 58:26 | 11 |
| 1:00:49 | 10 |
| 1:06:47 | 9 |
| 1:08:10 | 8 |
| 1:08:28 | 7 |
| 1:10:59 | 6 |
| 1:11:56 | 11 |
| 1:12:46 | 5 |
| 1:18:45 | 4 |
| 1:24:14 | 10 |

| | | | |
|-----|-------------|---------|-----|
| DNF | Stuart Dare | --- | --- |
| PTT | Jason Lee | 1:01:02 | --- |

Evening League

Points (Club Members only) :- 20 Male Club riders; 1st BRCC Male, 20 pts, 2nd BRCC 19 pts etc. 1st BRCC Female, 20 points etc.

No. 1 Thursday 2nd May 10 miles

Results

| Pos | Name | Club | Time | Pts |
|-----|------------------------|-------|-------|-----|
| =1 | Matt Donovan | BRCC | 23:21 | 13 |
| =1 | Thomas Robb | BRCC | 23:21 | 13 |
| 3 | Gary Patmore | BRCC | 26:07 | 12 |
| 4 | Gary Moore | B'd H | 26:22 | Ptt |
| 5 | Stuart Dare | BRCC | 26:48 | 11 |
| 6 | Trevor Hook | TeMK | 27:19 | Ptt |
| 7 | Andrew Mussett | T Tri | 27:56 | Ptt |
| 8 | Graham Laming | BRCC | 28:31 | 10 |
| 9 | Mark Brown | BRCC | 28:37 | 9 |
| 10 | Chris Priestley | BRCC | 28:43 | 8 |
| 11 | Chris Martell | BRCC | 30:00 | 7 |
| 12 | Miriam Taylor <i>f</i> | BRCC | 31:45 | 13 |
| 13 | Andrew Goodeve | BRCC | 32:33 | 6 |
| 14 | David Heath | BRCC | 32:38 | 5 |
| 15 | Dave Crane | BRCC | 33:16 | 5 |
| 16 | Jo McDonnell <i>f</i> | BRCC | 34:53 | 12 |
| 17 | Laura Sharman | BRCC | 37:56 | 11 |
| 18 | Des Roberts | BRCC | 38:55 | 3 |
| 19 | Phil Berton | BRCC | 44:28 | 2 |

King of Hillfoot Climb Times

| Name | 1st Ascent | 2nd Ascent |
|--------------|------------|------------|
| Terry Sykes | 4m:14s | 3m:54s |
| Jo McDonnell | 3m:51s | 4m:20s |
| Dave Crane | 3m:43s | 3m:25s |
| Mi'm Taylor | 3m:04s | 2m:49s |
| Matt Donovan | 2m:07s | 2m:12s |
| Ian Woodcock | 2m:18s | 2m:12s |
| Ian Markham | 2m:21s | 2m:25s |
| Alan Crane | 2m:34s | 2m:38s |
| Stuart Dare | 2m:14s | 2m:17s |
| Gary Patmore | 2m:18s | 2m:26s |

No 2 Thursday 9th May 11.3 miles

Results

| Pos | Name | Club | Time | Pts |
|-----|------------------------|-------|-------|-----|
| 1 | Ian Knight | MKRC | 26:04 | Ptt |
| 2 | Matt Donovan | BRCC | 26:29 | 15 |
| 3 | Adrian Gower | BRCC | 28:42 | 14 |
| 4 | Steve Torley | MKRC | 29:03 | Ptt |
| 5 | Stuart Dare | BRCC | 29:10 | 13 |
| 6 | Gary Patmore | BRCC | 29:31 | 12 |
| 7 | Terry Hudson | C&T | 29:32 | Ptt |
| 8 | Mark Brown | BRCC | 32:25 | 11 |
| 9 | Kon Clark | BRCC | 32:27 | 10 |
| 10 | Chris Martell | BRCC | 32:53 | 9 |
| 11 | Andrew Wickham | BRCC | 33:30 | 8 |
| 12 | Jenni Lake | CC Lu | 34:03 | Ptt |
| 13 | Miriam Taylor <i>f</i> | BRCC | 34:34 | 15 |
| 14 | Dexter Douglas | BRCC | 35:14 | 7 |
| 15 | Rupert Gates | BRCC | 35:40 | 6 |
| 16 | Dave Crane | BRCC | 37:30 | 5 |
| 17 | Terry Sykes | BRCC | 41:40 | 4 |
| 18 | Jo McDonnell <i>f</i> | BRCC | 42:05 | 14 |
| 19 | Des Roberts | BRCC | 42:37 | 3 |
| 20 | Phil Bieron | BRCC | 50:28 | 2 |

No 3 Thursday 16th May 10 miles

Results

| Pos | Name | Club | Time | Pts |
|-----|----------------|-------|-------|-----|
| 1 | Ashley Cox | Fl Ro | 20:49 | Ptt |
| 2 | Simon Cannings | Eq Ve | 23:07 | Ptt |
| 3 | Matt Donovan | BRCC | 23:15 | 15 |
| 4 | Thomas Robb | BRCC | 23:23 | 14 |
| 5 | Oswin Grady | BRCC | 24:23 | 13 |
| 6 | Terry Hudson | C&T | 24:24 | Ptt |
| 7 | Adrian Gower | BRCC | 25:15 | 12 |
| 8 | Alex Lubbock | BRCC | 25:37 | 11 |
| 9 | Matthew Raw | BRCC | 26:25 | 10 |
| 10 | Lauren Tedder | BRCC | 26:52 | 15 |
| 11 | Mark Gray | BRCC | 27:03 | 9 |
| 12 | David Towey | BRCC | 27:56 | 8 |
| 13 | Graham Laming | BRCC | 28:01 | 7 |
| 14 | Mark Lowe | Be H | 28:04 | Ptt |
| 15 | Luke Turnbull | C&T | 28:19 | Ptt |

| | | | | |
|----|--------------------------|------|-------|-----|
| 16 | Mark Brown | BRCC | 29:04 | 6 |
| 17 | Becky Slaymaker <i>f</i> | C&T | 29:53 | Ptt |
| 18 | Miriam Taylor <i>f</i> | BRCC | 30:35 | 14 |
| 19 | Ian McDonnell | BRCC | 31:01 | 5 |
| 20 | Andrew Goodeve | BRCC | 31:06 | 4 |
| 21 | Sacha Trude <i>f</i> | Be H | 31:13 | Ptt |
| 22 | Jeremy Godwin | BRCC | 31:14 | 3 |
| 23 | Dave Crane | BRCC | 33:44 | 2 |
| 24 | Jo McDonnell <i>f</i> | BRCC | 34:20 | 13 |
| 25 | Laura Sharman <i>f</i> | BRCC | 36:41 | 12 |
| 26 | Des Roberts | BRCC | 37:47 | 1 |

No 4 Thursday 23rd May 11.3 miles

Results

| Pos | Name | Club | Time | Pts |
|-----|------------------------|-------|-------|-----|
| 1 | Ashley Cox | Fl Ro | 23:28 | Ptt |
| 2 | Ian Woodcock | BRCC | 26:39 | 18 |
| 3 | Adrian Gower | BRCC | 27:02 | 17 |
| 4 | Oswin Grady | BRCC | 27:21 | 16 |
| 5 | Alex Lubbock | BRCC | 28:47 | 15 |
| 6 | Mark Gray | BRCC | 29:32 | 14 |
| 7 | David Towey | BRCC | 30:38 | 13 |
| 8 | Jon Clark | BRCC | 31:05 | 12 |
| 9 | Graham Laming | BRCC | 31:19 | 11 |
| 10 | Rhys Evans | BRCC | 31:25 | 10 |
| 11 | Andrew Wickham | BRCC | 31:53 | 9 |
| 12 | Mark Brown | BRCC | 32:12 | 8 |
| 13 | Miriam Taylor <i>f</i> | BRCC | 32:46 | 18 |
| 14 | Mark Hammond | BRCC | 33:19 | 7 |
| 15 | Andrew Goodeve | BRCC | 34:20 | 6 |
| 16 | Simon King | Be H | 34:57 | Ptt |
| 17 | Dexter Douglas | BRCC | 35:02 | 5 |
| 18 | Dave Crane | BRCC | 35:49 | 4 |
| 19 | David Heath | BRCC | 36:12 | 3 |
| 20 | Shane Roberts | BRCC | 38:06 | 2 |
| 21 | Jo McDonnell <i>f</i> | BRCC | 39:19 | 17 |
| 22 | Des Roberts | BRCC | 40:25 | 1 |

Deadline for copy for next edition.**Monday 5th August 2019**

No 5 Thursday 30th May 10 miles

| Results | | | | | | | | | |
|--|-----------------------|-------|-------|-----|---|--------------------------|-------|-------|-----|
| Pos | Name | Club | Time | Pts | | | | | |
| | | | | | 9 | Gary Patmore | BRCC | 25:32 | 13 |
| | | | | | 10 | Trevor Hook | TeMK | 26:34 | Ptt |
| | | | | | 11 | Rhys Evans | BRCC | 26:50 | 12 |
| 1 | Ian Knight | MKRC | 22:42 | Ptt | 12 | Gary Moore | Be H | 27:11 | Ptt |
| 2 | Thomas Robb | BRCC | 22:56 | 20 | =13 | Chris Martell | BRCC | 27:46 | 11 |
| 3 | Matt Donovan | BRCC | 23:09 | 19 | =13 | David Towey | BRCC | 27:46 | 11 |
| 4 | Stuart Dare | BRCC | 25:18 | 18 | 15 | Chris Priestley | BRCC | 27:50 | 10 |
| 5 | Adrian Gower | BRCC | 25:25 | 17 | 16 | Sian Botteley <i>f</i> | TO-F | 28:09 | Ptt |
| 6 | Alex Lubbock | BRCC | 25:46 | 16 | 17 | Jenni Lake <i>f</i> | CC Lu | 28:25 | Ptt |
| 7 | Gary Patmore | BRCC | 25:48 | 15 | 18 | Miriam Taylor <i>f</i> | BRCC | 28:54 | 18 |
| 8 | Jason Lee | Te MK | 25:58 | Ptt | 19 | Mark Gray | BRCC | 29:41 | 9 |
| 9 | Trevor Hook | Te MK | 26:19 | Ptt | 20 | Dexter Douglas | BRCC | 30:34 | 8 |
| 10 | Mark Gray | BRCC | 26:32 | 14 | 21 | Jeremy Godwin | BRCC | 30:44 | 7 |
| 11 | Andrew Mussett | T Tri | 27:28 | Ptt | 22 | Robyn Armstrong <i>f</i> | Be H | 31:13 | Ptt |
| 12 | Nathan Thomas | C & T | 27:19 | Ptt | 23 | Dave Crane | BRCC | 32:25 | 6 |
| 13 | David Towey | BRCC | 27:50 | 13 | 24 | Shane Roberts | BRCC | 34:39 | 5 |
| =14 | Chris Martell | BRCC | 27:57 | 12 | 25 | Jo McDonnell <i>f</i> | BRCC | 35:14 | 17 |
| =14 | Mark Sanderson | BRCC | 27:57 | 12 | 26 | Terry Sykes | BRCC | 36:45 | 4 |
| 16 | Steve Smith | BRCC | 29:57 | 11 | 27 | Phil Bierton | BRCC | 42:20 | 3 |
| 17 | Mark Hammond | BRCC | 30:05 | 10 | ----- | | | | |
| 18 | Richard Pratt | IRC | 30:21 | Ptt | <u>No 7 Thursday 13th June</u> 10 miles | | | | |
| 19 | Andrew Goodeve | BRCC | 30:33 | 9 | Event cancelled due to torrential rain. | | | | |
| 20 | Steve Mussett | BRCC | 30:58 | 8 | ----- | | | | |
| 21 | Dave Crane | BRCC | 33:32 | 7 | <u>No 8 Thursday 20th June</u> 10 miles * | | | | |
| 22 | Shane Roberts | BRCC | 35:45 | 6 | Results | | | | |
| 23 | Jo McDonnell <i>f</i> | BRCC | 35:53 | 20 | Pos | Name | Club | Time | Pts |
| 24 | Des Roberts | BRCC | 37:11 | 5 | 1 | Ashley Cox | Fl Ro | 20:56 | Ptt |
| 25 | Terry Sykes | BRCC | 37:13 | 4 | 2 | Matt Donovan | BRCC | 23:11 | 13 |
| 26 | Phil Bierton | BRCC | 42:46 | 3 | 3 | Thomas Robb | BRCC | 23:13 | 12 |
| 27 | Dexter Douglas | BRCC | 45:17 | 2 | 4 | Ian Woodcock | BRCC | 23:43 | 11 |
| ----- | | | | | 5 | Oswin Grady | BRCC | 24:15 | 10 |
| <u>No 6 Thursday 6th June</u> 10 miles * | | | | | 6 | Adrian Gower | BRCC | 24:50 | 9 |
| Results | | | | | 7 | Gary Patmore | BRCC | 25:37 | 8 |
| Pos | Name | Club | Time | Pts | 8 | Chris Priestley | BRCC | 27:32 | 7 |
| 1 | Ashley Cox | Fl Ro | 21:03 | Ptt | 9 | Mark Gray | BRCC | 27:39 | 6 |
| 2 | Ian Knight | MKRC | 22:41 | Ptt | 10 | Miriam Taylor <i>f</i> | BRCC | 28:48 | 13 |
| 3 | Thomas Robb | BRCC | 23:05 | 18 | 11 | Bob Wright | CC A | 29:17 | Ptt |
| 4 | Matt Donovan | BRCC | 23:12 | 17 | 12 | Jenni Lake <i>f</i> | CC Lu | 29:30 | Ptt |
| 5 | Simon Cannings | Eq Ve | 23:22 | Ptt | 13 | Mark Hammond | BRCC | 29:41 | 12 |
| 6 | Ian Woodcock | BRCC | 23:47 | 16 | 14 | Simon King | Be H | 31:14 | Ptt |
| 7 | Oswin Grady | BRCC | 24:31 | 15 | 15 | Lisa Chapple <i>f</i> | BRCC | 32:58 | Ptt |
| 8 | Stuart Dare | BRCC | 25:17 | 14 | 16 | Neil McAndrew | TeMK | 33:47 | 11 |

No 8 (Continued.)

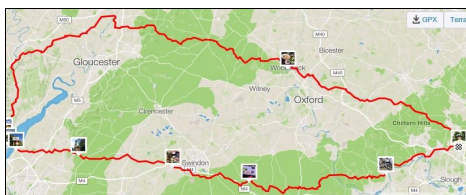
| Pos | Name | Club | Time | Pts |
|-----|-----------------------|------|-------|-----|
| 17 | Jenny King <i>f</i> | Be H | 34:09 | 4 |
| 18 | Jo McDonnell <i>f</i> | BRCC | 36:02 | 3 |
| 19 | Dave Crane | BRCC | 36:12 | 2 |
| 20 | Terry Sykes | BRCC | 36:22 | 1 |
| 21 | Des Roberts | BRCC | 36:44 | Ptt |
| 22 | Phil Bierton | BRCC | 41:11 | |
| 23 | Jo Parker <i>f</i> | TeMK | 41:38 | |

 ** 11.3 course unavailable (roadworks)

Guest Clubs: Bedford Harriers, CC Luton, Come & Try, Equip Velo, Flamme Rouge, Icknield RC, Milton Keynes RC, Team Milton Keynes, Team on-Form, Team Trident.

Go Ride

The Muddy Monsters and Cylo Cross events are now over until the Autumn season begins. Meanwhile members meet most Saturdays for skills training and off-road social rides.

England - Wales - England (Cont)

---- 1h and 6 min later I arrived at HQ. Except parking was around the corner so I drove round, parked up and started to get ready. I'd forgotten my buff. I was going to get cold ears. Apart from that everything went smoothly although faffing looking for the buff that wasn't there meant I'd missed the group photo for the thirty or so women taking part.

Picked up my Brevet card, drank half a cup of sugary coffee and I was on my way...

The ride to the first control at Woodstock felt pretty good. It was about fifty miles and I made it well ahead of the vague schedule I'd sketched out. More sugary coffee and a scrambled egg warm bread sandwich and I was back on my way.

The wind soon started to pick up and coupled with a few dodgy navigational errors it felt like a grind to get to the next "free" control at Tewksbury. I found a little cafe and ordered a tuna panino and full fat Pepsi. I carefully pocketed my receipt and started chatting with some experienced Audaxers who told me I'd need a timed receipt and best to use the ATM on the way out of town.

The wind continued to chip away at my sense of humour. I stopped at the "info control" by the imaginatively named Walford Timber in Walford and started



chatting about the point of it all, whilst loading up with jelly babies for the climb up Yat Rock. The climb was steep and narrow and I did get off and push at the point I thought I might become a 4x4 sandwich. It seemed to take hours and hours until I finally reached the bridge to take me into Wales.

I had almost talked myself into a nice hotel and a fish and chip supper but finally found the Control and lots of smiling faces. After the best vegetable stew I've ever tasted, more sugary coffee and an enormous slice of chocolate cake it was time to set off once more back across the (old) Severn Bridge and back to Blighty.



I was very excited to find that the bike path runs alongside the motorway (small things!) so can tick that one off the bucket list. Next was the climb to the Somerset Monument and then through the Badminton Estate (way too late in the day to pick up a bargain horse rug or watch the cross country phase of the iconic three day event) and on to Malmesbury, finding a



couple of chums to ride with along the way. My Garmin had a mini melt down and couldn't find the route but luckily a kind soul helped me navigate through town and we were soon back on our way, although too late to catch Waitrose and another coffee. Luckily there is a petrol station not much further on and it was here that we stopped to regroup and grab some more food (and sugary coffee). The wind had dropped but so had the temperature so glove liners, rain mac went on and off we went into the now pitch dark night. Three became four and we made good progress to the next Control at Lambourn.

When I met Liam at Woodstock in the morning he had said that Lambourn would be where a mild hysteria kicked in and that would be enough to see us through

the night. I was cold and tired but feeling pretty good so after a dinner of rice, cheese and more coffee and a hug from one of the volunteers it was back out into the night, with the temperature dropping all the time. We started as a foursome but soon lost two as they were moving much faster. I ploughed on with my new friend but was getting slower and slower and starting to feel light headed. We pulled over to swap lights and start charging Garmins, then set off once again. We were constantly climbing and descending and at some point there was a steep descent in pitch black and I seemed to lose my brakes (numb fingers?); that was not the most fun I've ever had. We met up with some other riders but I was drifting further and further behind and eventually stopped at 03:45 to switch off my phone alarm, then carried on alone.

I soon stopped altogether, still very light-headed and shaking with the caffeine overload, finding a bus shelter in Sonning Common to crouch in whilst I tried to get my sh*t together. I thought I might sleep but as it was so cold that was never going to happen. The first sounds of the dawn chorus had me back on the bike and cycling through the eerily quiet mists of the Common, seeing the frost on the ground and feeling quite bereft. At last there was a sign for Henley and I knew I'd be back in civilisation before too long. Sure enough, I soon arrived at the all night petrol station in Henley, the sun was just about rising and I was feeling a lot better about it all. Quick cup of hot chocolate to warm up (I'd learnt my lesson by then - no more coffee!) and I was off for the last push back to HQ. Even the last few miles had a sting in the tail with some steepish and

gravelly, although short, climbs - not what you need with 250 miles in you legs! I finally arrived back in Chalfont St Peter at 07:22, an hour and a half behind my schedule and resembling a human ice cube. After a quick cup of red bush tea (no more caffeine!), handing in my completed



Brevet card and buying my commemorative hat, I headed back to the car and packed everything away. I tried to nap but that wasn't happening so I headed for home. By the

time I got to the M1 I was feeling terrible so pulled in to Toddington to try and have a nap. That didn't seem to be happening either so I carefully drove home feeling like a toddler at a wedding; overtired, wired on sugar and not really sure what the hell was going on. At last I made it home, to a hot shower and at last to bed! When I got out of the car my heel was hurting. By the time I woke up I could barely put weight on it. No swelling and I didn't recall bashing it. Thankfully, the pain seemed to have subsided by the following morning. Apart from that I seem to be relatively unscathed. Even a couple of days later it already feels like a surreal experience.

Would I do it again? Ask me again in a couple of weeks...

Vital statistics

407km (410km on Strava)

4115m elevation

Average temperature 4.6°C

6000 calories (Strava); (11,000 Garmin)
 25h 22min elapsed time

21h 42min moving time

My tips to my future self

Prepare well. Make sure you can do the distance - this will help your rational self convince you to keep going.

Take extra layers - an extra set of thermals will be very welcome at 2 am.

Consider carrying a space blanket - they pack up small and if you get into trouble will help you keep warm whilst waiting for help/daylight.

Don't drink all the coffee! Take hot chocolate sachets or similar for hot drinks at controls.

Consider a flask to fill up before overnight sections (SiS do one that fits in a bottle cage).

Don't worry too much about food.

Plenty at controls and along the way.

Make sure you have chargers, cables, spare lights, ideally with the same fixings to make things easier with cold fingers in the pitch black.

Charlotte Lawson

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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

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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 | vacant | |
| Kit & Clothing Secretary | Simon Stevens | |
| Welfare Officer | Des Roberts | |
| Webmaster | Graham Laming | |
| Website Home Page | Graham Laming | |
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