



Bedfordshire  
Road Cycling  
Club

# The Bedfordshire Cyclist

Issue 114

October 2019

## Editorial

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Autumn has arrived and we are becoming used to getting up and to arriving home in the dark, which means, of course, that Winter can't be far behind. This won't deter us from getting out on the bike, albeit with fewer miles, more clothes and just slightly lower speeds.

There are quite a few things on offer in the social calendar and suggestions are welcome for future events. Membership of the Club doesn't have to be all blood sweat and tears, it can be fun too!

The Editor's battle with

technology continues, but with assistance from more e-savvy Club members the Magazine still gets published, albeit rather late at times.

Two members who currently receive a printed edition of the Magazine have requested to be taken off the mailing list, preferring to have it electronically. Unfortunately the Ed. Accidentally deleted the message so, if you are one of those concerned, would you please contact me on [tab.37@btinternet.com](mailto:tab.37@btinternet.com)

I apologise for any inconvenience caused. TAB

Membership of the Club is open to all interested in cycling. Further information is available on the Club's website [www.bedsroad.org](http://www.bedsroad.org)  
Information on subscriptions is on page 3.

**Deadline for copy for next edition.**  
**Monday 2nd December 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

<b>Sunday 20th October</b>	BRCC 96th Anniversary Ride	Clubroom 09:30
<b>Sunday 3rd November</b>	Central Cyclo Cross League Round 8	Whipsnade
<b>Sunday 10th November</b>	Club Remembrance Day Ride.	Clubroom 09:30
<b>Sunday 17th November</b>	Central Cyclo Cross League Round 9	Hillingdon Circuit, Hayes.
<b>Sunday 24th November</b>	Central Cyclo Cross League Round 10	Swanbourne House.
<b>Saturday 30th November</b>	Central Cyclo Cross League Round 11	MK Bowl
<b>Sunday 15th December</b>	Central Cyclo Cross League Round 12	RoFoWh Corby
<b>Sunday 22nd December</b>	Club Christmas Ride Clubroom	09:30
	Club Christmas Dinner. Kings Arms, Cardington.	
<b>2020</b>		
<b>Friday 21st February</b>	Annual Awards Presentation and meal. Details to follow.	
<b>Thursday 26th March</b>	Quiz night & Buffet. White Horse, Newnham Avenue.	
<b>Tuesday Evenings</b>	Social ride from Clubroom ( Contact Ian McDonnell for details)	
<b>Wednesday Mornings</b>	Wecycle Wednesdays meet at Barkers Lane entrance to Priory Park. 09:30	
<b>Wednesday Evenings</b>	Family ride from Clubroom ( Contact Ian McDonnell for details)	
<b>Saturday Mornings</b>	Go-Ride sessions. Various locations, based on Priory Park. 09:00	
<b>Sunday Mornings</b>	Club-runs leave from Swan Hotel at 09:00 (check web site) Family ride from Clubroom 09:30	



## 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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**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 6th July No 5.

10 miles N1/10

Pos	Name	Time
14	Ian Woodcock	22:49
1	David Langlands Team Bottrill	20:24
-----		

No 6. Abandoned due to hurricane.

Saturday 31st August No 7.

10 miles NC16N/10

Pos	Name	Time
24	David Cook	27:38
1	James Perkins Race Hub	22:02
-----		

Saturday 14th September No 8

14.9 miles NC23.

Pos	Name	Time
13	David Cook	40:43
1	Paul Pardoe Peterborough CC	32:04
-----		

**Open Time Trials**Sunday 11th August 25 miles F1B/25

Finsbury Park CC

Pos	Name	Time
12	Adrian Gower	59:30
1	Ross Clarke TMG Horizon Cycling Team	51:17
-----		

Saturday 17th August 25 miles E2/25

VTTA

Pos	Name	Time
58	Chris Priestley	1:01:25
1	Jon Puleston-Jones Dulwich Paragon CC	49:37
-----		

Saturday 24th August 10 miles E1/10A

Victoria CC

Pos	Name	Time
7	Matt Donovan	22:44
12	Adrian Gower	23:26
1	Paul Hart Southend Wheelers	20:44
-----		

Saturday 31st August 25 miles F14/25

Stevenage CC

Pos	Name	Time
4	Ian Woodcock	57:05
43	Daemon Lee	1:09:45
1	Oscar Nilsson-Julien VC de Londres	52:19
-----		

10 miles E2/10

RTTC National Championship

Pos	Name	Time
69	Simon Norman	20:27
121	Matt Donovan	21:40
1	Charlie Quarterman Zappi Racing Team	18:14
-----		

Saturday 7th September 25 miles E2/25

Team Velovelocity

Pos	Name	Time
109	David Cook	1:00:00
1	Brett Harwood Team Bottrill	48:11
-----		

10 miles F11/10

Icknield RC (Charity)

Pos	Name	Time
27	Adrian Gower	21:26
61	Alex Lubbock	22:20
130	Ian McDonnell	27:07
135	Jo McDonnell f	30:47
1	Gavin Howell VeloElite RC	19:58

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Saturday 14th September Hill Climb FHC/1

Pos	Name	Time
19	Thomas Robb	03:00.0
1	Daniel Hills	
	Brixton Cycles Club	02:30.9

-----  
 10 miles E2/10  
 ECCA

Pos	Name	Time
27	Adrian Gower	21:01
77	Chris Priestley	24:07
1	Matthew Senter	
	Peterborough CC	18:38

Sunday 15th September 25 miles F2A/25

Pos	Name	Time
59	Richard Miller	1:06:05
1	Adam Bidwell	
	Kingston Wheelers CC	49:12

Saturday 21st September 30 Miles E2/30C

Pos	Name	Time
74	Alex Lubbock	1:12:52
79	Phillip Jenkins	1:14:46
81	Chris Priestley	1:15:32
91	Andrew Griffin	1:18:43
1	Matthew Smith	
	DRAG2ZERO	56:30

Sunday 22nd September 1.8 miles HHC012

Pos	Name	Time
32	Thomas Robb	08:53.3
1	Harvey Weinberger	
	AS Test Team	07:17.8

Sunday 29th September 25 miles E1/30

Pos	Name	Time
21	Richard Miller	1:12:29
1	Colin Ward	
	Essex Roads CC	52:43

Saturday 5th October ? miles HHC036

Pos	Name	Time
17	Thomas Robb	04:38.2
1	Jack O'Brien	
	Rapha CC	03:52.8

Saturday 12th October ? miles EH/15

Pos	Name	Time
3	Alexander Norman (J)	02:50.9
1	Alfie Salmon (J)	
	Lee Valley Youth CC	02:36.9

Sunday 13th October ? miles GH/32

Pos	Name	Time
50	Thomas Robb	02:28.6
1	Calum Brown	
	Cycles in Motion	01:49.0

**SpoCo**Sunday 1st September Event 10 20.5 miles

Pos	Name	Time	Pts
1	Mark Gray	49:23	9
2	Alan Crane	50:44	8
3	Alex Lubbock	51:50	7
4	Mick Case	55:28	6
5	Dave Crane	1:01:38	5
6	Steve Smith	1:06:08	4
7	Jo McDonnell f	1:08:56	9
8	Terry Sykes	1:12:40	3
9	Benjamin Coblenz	1:12:49	2

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**Cyclo Cross**

Central Cyclo Cross League

*(Points awarded for top twenty Senior riders)*

Saturday 14th September

Round 1, Team MK

Pos		Pts
	<b>Vet 40-49 Men</b>	
86	Mark Taggart	0
DNF	Oswin Grady	0
	<b>U14 Boys</b>	
18	Thomas Godfrey	3
	<b>Under 10 Girls</b>	
7	Emily Godfrey	0

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Sunday 22nd September

Round 2 Kingston Wheelers

Pos		Pts
	<b>Vet 40-49 Men</b>	
53	Oswin Grady	0
	<b>Vet 50-59 Men</b>	
13	Jon Friend	8
	<b>U14 Boys</b>	
10	Thomas Godfrey	1
	<b>Under 10 Girls</b>	
6	Emily Godfrey	0

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Saturday 28th September

Round 3 Team MK

Pos		Pts
	<b>Senior Men</b>	
63	Adam Gross	0
	<b>Vet 40-49 Men</b>	
82	Oswin Grady	0
	<b>Vet 50-59 Men</b>	
47	Jon Friend	0
	<b>Senior Women</b>	
116	Gwen Warren	0
	<b>Vet 40-49 Women</b>	
41	Gwen Warren	0
	<b>U14 Boys</b>	
36	Thomas Godfrey	0
	<b>Under 10 Girls</b>	
10	Emily Godfrey	0

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Saturday 5th October

Round 4 Kettering CC

Pos		Pts
	<b>Vet 40-49 Men</b>	
51	Oswin Grady	0
59	Jason Lee	0
	<b>Senior Women</b>	
32	Gwen Warren	0
	<b>Vet 40-49 Women</b>	
12	Gwen Warren	0
	<b>U14 Boys</b>	
13	Thomas Godfrey	0

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Sunday 13th October

Round 5 Welwyn Wheelers

Pos		Pts
	<b>Vet 40-49 Men</b>	
50	Oswin Grady	0
70	Jason Lee	0
	<b>Vet 50-59 Men</b>	
29	Jon Friend	0
48	Alastair Fadden	0
	<b>Vet 60+ Men</b>	
8	Chris Priestley	0
	<b>Senior Women</b>	
54	Gwen Warren	0
	<b>Vet 40-49 Women</b>	
19	Gwen Warren	2
	<b>U14 Boys</b>	
20	Thomas Godfrey	1
	<b>U10 Mixed</b>	
26	Emily Godfrey	0

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Sunday 20th October

Round 6 Hemel Hempstead CC

Pos		Pts
	<b>Vet 40-49 Men</b>	
74	Jason Lee	0
	<b>Senior Women</b>	
28	Louise Clark	0
	<b>Vet 40-49 Women</b>	
13	Louise Clark	0
	<b>U14 Boys</b>	
16	Thomas Godfrey	0

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CCXL Round 6 ( *Continued* )

Pos	<a href="#">Under 10 Girls</a>	Pts
5	Emily Godfrey	0
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Sunday 27th October

Round 7 Leighton Buzzard RCC

Pos	<a href="#">Senior Women</a>	Pts
28	Louise Clark	0
	<a href="#">Vet 40-49 Women</a>	
13	Louise Clark	0
	<a href="#">U14 Boys</a>	
12	Thomas Godfrey	0
	<a href="#">Under 10 Girls</a>	
8	Emily Godfrey	0
-----		

would have needed a good PB to improve on my overall of 17th. Checking Strava showed that I did the first half 15s faster than my PB and not far off the pace of the top 3, which rather confirmed what the problem was. Still it served as a useful reminder of how easy it is to screw up these events, regardless of how much training you do.

On to Catford on Sunday 13th Oct. *T.R.* On 2nd Sept, Wayne Tunnah competed for GB at the UCI Gran Fondo World Championships Poznan 2019 Road Race in Poznan the last outing for him in the M19-34 age category!

Wayne managed to be the 2nd GBR rider home, finishing 53rd in his age cat and overall. With a finishing time of 03:24:16, 00:01:54 behind the winner on the 93mile course.

It was a pan flat route with the only elevation gained from the flyovers of the motorway. Coupled with light winds it was always going to yield quick times.

The race was aggressive from the gun, multiple attacks helped in keeping the race fairly safe, but the inevitable accidents happened as inexperience began to show. Splits in the field also began with wheels being dropped on the narrow country roads. Keeping focused not to be caught on the wrong side was key.

Temperature topped out at 31 degC. Thanks for all the support you all give me and special thanks to Stacy Davis out here supporting me as always. *W.T.*

Race report for National 10:

Simon Norman and Matt Donovan competed in the RTTC National 10m TT on the E2 course in Newmarket on 31st August. A strong headwind out to the turn made conditions tough, resulting in slower

**BRRT Reports**

Hill Climb race report from Thomas Robb. The hill climb roadshow moved to Whiteleaf in the Chilterns on Sat 5th Oct for Watford HC. I have done this for the last few years as its local and a good test of the legs. Despite all this experience I made the fatal error of thinking to myself as I came to the start "I feel good today". This resulted in me taking off like it was the Urban all over again, when it is about 3 times as long. So even with my power meter saying 600w I didn't register that this was unsustainable. My body let me know in a big way at 2 mins and I then spent the next 2:38s dieing a thousand deaths and watching my power drain away. With the line in sight I got a very encouraging "get you arse back out of that saddle" cheer from a clearly knowledgeable spectator before I collapsed over the line. I then spent the next half hour feeling the worst I have ever done and trying not to throw up. Despite this I was only 3 secs slower than last year and won vet and £20 by a decent margin. I



than expected times across the board. Unfortunately Simon and Matt didn't quite perform to their usually high standards and finished 69th and 121st respectively in a hugely competitive field. The event was won by Charlie Quarterman (Zappi Racing Team) in a superb time of 18:14.

The conditions changed throughout the day, being more favourable in the morning for the Juniors' and women's races. The wind picked up hugely for the men's race in the afternoon zapping those legs before the turn. Well done to both riders.

#### Other races:

Adam Gross and Dan Gullefer finished 4th and 5th respectively at the Criterium de Hoops Bon Anniversaire at the MK Bowl on 7th Sept in the 3/4 cat. Race, while Simon Norman finished 9th in the brutal E1/2/3 cat. race. Well done to all three.

#### Other TT results:

Ian Woodcock finished 4th on the F14/25 TT in Guilden Morden hosted by Stevenage CC on 31st Aug. Ian finished in an impressive PB of 57:05. *M.D.*

### **Ladies' Captain Report 2018 - 2019**

Thanks to Joy Wilkinson for handing me the reigns of leading out the Ladies. I've inherited some fine riders.

Events and TT: 5 club ladies have ridden



regularly. All made significant improvement in their times over the season. Only 2 have been prolific to qualify for the points competition with yours truly pipping Jo McDonnell. 8 ladies have contributed to the running of the TTs, 5 of whom did not even race.

• SpoCo: Spoco Queen Jo has completed 9 events and is at the top of the leader board. Needing to compete in 8 events leaves the rest of us needing to get out of bed earlier on a Sunday.

Interclub: As the season marched on we had increasing numbers of ladies riding and strangely enjoying the mostly painful TT's: Having speedy Lauren leading us out with a band of 6 of us swelling the ladies' entry we, as a ladies team, can significantly affect the BRCC points haul, although we should probably have cottoned on to this earlier in the season. The best is saved 'til last on Sunday. We look forward to our biggest turn out of the year so far for the hill climb.

Wednesday families & beginners: We've had many new ladies riding with approximately 10 new riders. Asha has jumped up from the Wednesday to Tuesday. We welcome all riders of any ability. Starting with what we can all manage and hopefully moving on to Tuesday rides, then to longer rides further afield on a Sunday.

We have started some new Ladies' events, which we can always repeat for the chaps. We hope to encourage our ladies to learn and try new challenges in a non-threatening environment. Last year we started with the Cycling skills session. This went down very well in fairly appalling windy conditions that would challenge anyone's bunny hop. Great thanks to Peter Coblenz, watch this space for next years event.

*Continued on P.10*

Tour: 3 ladies went to Spain on tour, we



all battled the mountains with ice, sun and a lot of coffee.

A great time, we got out before 10am some days

Results: Nora Haggart represented us in 70.3 World Championship Ironman in Nice on 7th Sept, came 25th in 60-64. Gill Fullen came an amazing 2nd in her age group.

Gwen Warren The girl that races everything, has put her hand to not only the Interclub TT's, but races Cross country and has made her debut in Criterium racing. Jo, 3 TT's in 4 days, McDonnell has continued her endeavours in open TT's. Now she has discovered events with a handicapping system giving her a second place, there's no stopping her.

Charlotte Lawson (AKA Seb the Pony) has covered a bum numbing 7000 miles this year, including taking part in the London - Wales - London Audax ride (407 Km) (See Editions 111 & 112 *Ed.*) Cindy Taylor-Carter Completed Ride the Night (her first 100Km) with 1500 other ladies in Pink, and went on to complete L'Eroica Britannia (65miles including off road trails) on pre 1987 bike and kit. Good luck for L'Eroica Gaiole next weekend.

Mim TC (yours truly) managed Chase The Sun (209 miles with Ian McD) and has ridden a more modest 6000 miles.

Injuries have affected several ladies but hopefully we'll see every one out riding and racing soon.

And for the forthcoming year? We have some plans for new challenge events. Various mechanical tutorials. Come have a go and practice 'til we can.

Can we boost the interclub points by swelling the numbers of ladies entering and having a go?

Start with our TT intro sessions and have a go. Maybe see how the TT runs, come and take the money or make the tea and meet the riders. Can you challenge yourself to beat your last time? Have you ever tried a SPOCO? Have a go. There's no pressure to win, you take part and see how you go. Then eat cake and drink tea. Believe it or not putting yourself on the edge, in pain can be fun! Set yourself something new to try this year. It's time for cross country right now, is that gravel bike or mountain bike gathering dust in the shed?

With more ladies racing, can we get a time trial team together? *MT-C.*



Future Social Events  
**Christmas Dinner**

The Christmas meal is booked for the 22<sup>nd</sup> December at the Kings Arms in Cardington and will be advertised on Facebook in the next few weeks, so get your names on the list to attend!

The Awards presentation is arranged for 21<sup>st</sup> February at the Cochin Restaurant in Bedford. Further

details will be available nearer the time.

Even further ahead,

A quiz with buffet has been arranged for 26th March 2020, at the White Horse, Newnham Avenue.

Again, further details will be available nearer the time.

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If anyone has any ideas for social events please speak to Kim or Jo.

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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., Southhill Road, Cardington, Bedfordshire, MK44 3SX
British Cycling Secretary:-	Simon Norman	
Club Events Secretary:-	Mick Case	
Captain - Men:-	Matt Donovan	
Captain - women:-	Miriam Taylor	
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	
Editor:-	Terry Bush	01234 857131
<b>Written magazine contributions to</b>	— 59, Ridge Road, Kempston, Beds. MK43 9BS	
<b>E-mail</b>	Tab.37@btinternet.com	

To contact any Committee Member  
 Go to  
[www.book-to-ride.com/brcc\\_contact\\_us.php](http://www.book-to-ride.com/brcc_contact_us.php)

website: - [www.bedsroad.org](http://www.bedsroad.org).

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