

JUBILEE NEWS

NEWSLETTER OF THE BOURNEMOUTH JUBILEE WHEELERS

COX WINS STOUR CIRCUIT

Malcolm Cox (VC St Raphael) was the only rider to beat the hour in Jubilee's open 42km Hilly Stour Circuit Time Trial on 26th March. On a cold and damp morning he clocked 59:32, over a minute ahead of the runner-up, Jubilee's Steve Clark who confirmed his early season form with 1:00:48.

Steve led the winning Jubilee team with Paul Foxwell in 3rd place and Steve Pye 6th with an aggregate time of 3:08:05. There was a Jubilee win in the tandem event, Steve Brown and Max Rumball clocking 1:01:45, over 3 minutes ahead of the Andover Wheelers pair.

Leading Times

| | | |
|--------------------|---------------|---------|
| 1 Malcolm Cox | VC St Raphael | 59:32 |
| 2 Steve Clark | Bmth Jubilee | 1:00:48 |
| 3 Paul Foxwell | Bmth Jubilee | 1:02:17 |
| 4 Neil Coleman | Andover Whs | 1:02:31 |
| 5 Alan Dodkins | Team Velo Vet | 1:04:10 |
| 6 Steve Pye | Bmth Jubilee | 1:05:00 |
| 7 Jonathan Saville | Bmth Arrow | 1:05:56 |
| 8 Paul Ruta | Team Velo Vet | 1:06:01 |
| 9 Paul Whatley | Salisbury RC | 1:06:32 |
| 10 Aran Stanton | VC St Raphael | 1:06:34 |

Tandems

| | | |
|---------------------------------|--------------|---------|
| 1 Steve Brown & Max Rumball | Bmth Jubilee | 1:01:45 |
| 2 Mike Webber & Simon Foster | Andover Whs | 1:05:03 |

Group Winners

| | | |
|--------------------|----------------|---------|
| B Jonathan Saville | Bmth Arrow | 1:05:56 |
| C Douglas Parker | Casterbridge H | 1:08:38 |
| D Phil Harvey | Bmth Jubilee | 1:10:57 |



Steve Brown & Max Rumball
(Photo: Tesor Fenswick)

Prime

| | | |
|---------------|--------------|------|
| 1 Steve Clark | Bmth Jubilee | 5:32 |
|---------------|--------------|------|

Women

| | | |
|---------------------|--------------|---------|
| 1 Lindsay Beale | CC Weymouth | 1:11:39 |
| 2 Philippa Brayford | Bmth Jubilee | 1:13:46 |
| 3 Jo Taylor | Bmth Jubilee | 1:19:00 |
| 4 Nikki Bryne | Bmth Jubilee | 1:26:20 |

Vet on Sid

| | | |
|---------------|---------------|--------|
| 1 Paul Ruta | Team Velo Vet | +10:20 |
| 2 Steve Clark | Bmth Jubilee | +9:33 |
| 3 John Allen | VC Bristol | +9:03 |

JUBILEE VICTORIES IN RAIN-SOAKED OPEN 10

The weather did its worst for our Open 10-mile triple event at Thurston on 15 April. Persistent rain, combined with a bitterly cold north wind, led to very unpleasant conditions with 88 entrants deciding against starting.

From those who braved the cold and wet, Jubilee winners emerged. In the Tandem event, Paul Jarvis and Steve Brown maintained their 100% record with 21:27, a convincing 1½ minute win over the Andover Whs pairing. In the Veterans event Steve Clark clocked 22:06 to take his first open win, beating John Woodburn by 7 seconds, whilst Quentin Allen and Dave Doust tied for 3rd spot with 22:23. Philippa Brayford took the women's runner-up award, clocking 26:53 behind Wendy Pails of Farnborough & Camberley CC.

In the senior event the winner was Paul Rogers of VC St Raphael with 20:45, an outstanding ride on the day and 80 seconds clear of his team-mate and runner-up Robin Hansford. Junior award went to promising Andover Whs youngster Neil Coleman and the Juvenile prize to Liam Terry of Bognor Regis CC.



Remember that club room is held every Monday from 8pm at the Merley Community Centre, off Hazier Drive, Merley. Tea, coffee, cakes and biscuits are always available. Why not come along for some good company and to catch up on the latest cycling news and gossip. Everyone's welcome.

Leading Times

Tandems

| | | |
|---------------------------------|--------------|-------|
| 1 Steve Brown & Paul Jarvis | Bmth Jubilee | 21:27 |
| 2 Mike Webber & Simon Foster | Andover Whs | 22:59 |

Veterans

| | | |
|-------------------|---------------|-------|
| 1 Steve Clark | Bmth Jubilee | 22:06 |
| 2 John Woodburn | Maidenhead | 22:13 |
| 3 Quentin Allen | Bmth Jubilee | 22:23 |
| 3 Dave Doust | Bmth Jubilee | 22:23 |
| 5 Pete Pickers | Northovers VT | 22:38 |
| 6 Jack Haswell | Crest CC | 23:36 |
| 7 Terry Jefferies | Salisbury RC | 24:08 |
| 8 John Allen | VC Bristol | 24:10 |
| 9 Jack Brown | Northovers VT | 24:11 |
| 10 Brian Mallard | Severn RC | 24:17 |

Senior & Junior Men

| | | |
|-------------------|--------------------|-------|
| 1 Paul Rogers | VC St Raphael | 20:45 |
| 2 Robin Hansford | VC St Raphael | 22:05 |
| 3 Tony Harvey | RAF CC | 22:07 |
| 4 Luke Myers | Portsmouth NE | 22:17 |
| 5 Neil Coleman | Andover Whs | 22:32 |
| 6 Robin Jackson | Hounslow & Dist | 22:34 |
| 7 Ian Lahey | Newbury RC | 22:49 |
| 8 Steve Lenn | Bognor Regis CC | 22:56 |
| 9 Ian Charlton | Charlottesville CC | 23:21 |
| 10 Jason Costello | Corinium CC | 23:23 |

Women

| | | |
|---------------------|---------------|-------|
| 1 Wendy Pails | F'boro & Camb | 25:35 |
| 2 Philippa Brayford | Bmth Jubilee | 26:53 |
| 3 Nikki Wheeler | Portsmouth NE | 27:06 |
| 4 Janet Wilson | Bath CC | 28:04 |



CLUB TIME TRIALS



Evening events resume this month starting with a 10 on the Fuzzehill Circuit this Tuesday 18 April. Easter Saturday afternoon sees the traditional Holt Circuit 2-lap hilly event. The following Tuesday is the 2-up 10, with a solo 10 the week after, both at Fuzzehill.

Tuesday 9 May is the 30km Stour Circuit and the following Sunday (14 May) we have a morning 25 on the P201, this event will now include the club Medium Gear event, following the cancellation of the April event due to poor visibility.

From Tuesday 19 May evening events go back to 7.30pm and three consecutive 10's on the Wimborne bypass.

| Date | Time | Event | Course | Meet at |
|--------------|--------|-------------------------|----------|-------------|
| Tue 18 April | 7.00pm | 10 miles | P472c | Fuzzehill |
| Sat 22 April | 3.00pm | 28 miles Holt (2 laps) | P471c | Higher Row |
| Tue 25 April | 7.00pm | 10 miles (2-up Team TT) | P472c | Fuzzehill |
| Tue 2 May | 7.00pm | 10 miles | P472c | Fuzzehill |
| Tue 9 May | 7.00pm | 30km Stour circuit | P426/30k | Wimborne |
| Sun 14 May | 7.00am | 25 miles (inc MG 72") | P201 | Queens Park |
| Tue 16 May | 7.30pm | 10 miles | P425/10c | Harn Lane |
| Tue 23 May | 7.30pm | 10 miles | P425/10c | Harn Lane |
| Tue 30 May | 7.30pm | 10 miles | P425/10c | Harn Lane |

2000 HANDICAPS

This year's 10-mile handicaps, to be used for the club handicap league are listed below. The Sandown Trophy is awarded to the rider who beats their handicap by the biggest margin by the end of September. The list should include everyone who raced regularly last year, or who we expect will race this year, except novices. If we have missed you out, please let Steve Brown know.

| Name | Handicap | Mike Osborne | 24:45 |
|-------------------|----------|--------------------|-------|
| Eamonn Deane | 20:15 | Keith Rumball | 24:55 |
| Steve Clark | 20:40 | Barrie Stevens | 25:00 |
| Paul Foxwell | 21:25 | Matt Fear | 25:05 |
| Paul Jarvis | 21:30 | John Pearce | 25:10 |
| Will O'Callaghan | 21:30 | William Suttie | 25:10 |
| Dave Doust | 21:30 | Kevin Williams | 25:10 |
| Quentin Allen | 21:40 | Jo Taylor | 25:30 |
| Steve Pye | 22:00 | Paul Bremford | 25:30 |
| John Samways | 22:00 | Clive Peskett | 25:35 |
| Max Rumball | 22:30 | Pete Bazeley | 25:40 |
| Scott Langdown | 22:55 | Ian Perkins | 25:40 |
| Steve Brown | 23:00 | Susanne Payne | 26:00 |
| Tim Day | 23:00 | Elle Brenaud | 26:05 |
| Bob Smith | 23:10 | Trevor Ferrwick | 26:20 |
| Martin Lefevre | 23:15 | Stefan Pethybridge | 26:30 |
| Andy Storey | 23:30 | Catherine Pascoe | 26:40 |
| Alec Rumball | 23:30 | Andy Stevens | 26:40 |
| Jim Firth | 23:35 | Ian McAvoy | 26:45 |
| John Hewson | 23:35 | John Fear | 27:05 |
| Philippa Brayford | 23:35 | Annemarie Marley | 27:15 |
| Dave Pickering | 23:35 | Bob Waring | 27:15 |
| Clair Day | 23:45 | Tim Balmer | 27:20 |
| Mike Woodgate | 23:50 | Neil Schofield | 27:30 |
| Barney Storey | 23:50 | Nikki Froud | 27:55 |
| Mike Tarrant | 24:00 | Bob Bull | 28:05 |
| Phil Harvey | 24:00 | Christa Pascoe | 28:20 |
| Bill Simmons | 24:05 | Steve Smith | 28:30 |
| Quentin Storey | 24:05 | Paul Noakes | 28:45 |
| Jonathan Charman | 24:20 | Mark Freeman | 29:00 |
| Sarah Pascoe | 24:25 | Andy Welberry | 29:00 |
| Pat Pinchin | 24:25 | Phil Taylor | 29:00 |
| Guy Pool | 24:30 | Penny Pepin | 34:50 |
| Alan Lewis | 24:30 | Hasu Patel | 35:00 |
| Keith Johns | 24:45 | | |

IN THIS MONTH

35 Years Ago

18 April 1965 - Three Jubilee youngsters put in fine rides on a tough morning in the Crabwood Junior 25. Jubilee's Pete Frazer clocked 1:05:35 for 3rd spot and led the winning team of Chris Bird with 1:09:21 and Mike Tarrant with 1:11:09 for an aggregate of 3:26:05. Winner was Dave Brown of Portsmouth CC with 1:03:43.

SAFETY NOTES

An annual reminder regarding safety. In all events you should not make any U-turns in the vicinity of the start and finish, you must not stop at the finish but return to HQ. Please ensure that body numbers are attached over your backside, not halfway up your back where only the seagulls can see them. There are specific rules for two of the courses we use for club events:

P425

There must be no U-turns, no warming up on the course and no crossing the carriage way on the A31. When you get to the start lay-by remain there until you start, please take care to stand well in from the carriage way.

P201

There should be no warming up on the course and you should not cross the central reservation at any point. After finishing you should leave the A338 at the Cooper Dean exit and go straight on at the roundabout to rejoin the A338, please do NOT use the Cooper Dean flyover after finishing. Use the Kings Park exit to return to HQ. Remember that the course goes OVER Ashley roundabout, riders must NOT use the Ashley underpass.

KINGSTON ROAD CC



30 MILE TIME TRIAL Sunday 21st May 2000

Course P424

Entry:

£5 Solos, £10 Tandems

Steve Brown

2a Richmond Park Close

Bournemouth BH8 8TF

Tel: 01202 301825

Sotonla CC 10 P613 - 18 March

On a hard afternoon with cold wind across the course, there were good performances from Jubilee riders. The first-time tandem pairing of Paul Jarvis and Steve Brown won by 45 seconds with 21:12, less than 30 seconds outside the club record. In the solo event, Steve Clark was 6th in 22:11 with Dave Doust 11th in 22:31 and Philippa Brayford won the women's award with 25:27. Mark Freeman had less luck, after a 6 minutes late start, his race lasted just one minute before mechanical troubles hit. Winner was Paul Rogers of VC St Raphael in 21:02.

East Dorset CA 27km P413 circuit - 19 March

A fine ride by Steve Clark saw him tie for the win with Les Pick, riding 2nd claim for Bournemouth Arrow. It was a fine sunny morning on the new Gallows Hill based course and all the Jubilee riders did well to make it round inside the 50-minute mark.

| Pos | Name | Time | Points |
|------|-------------------|-------|--------|
| 1st | Steve Clark | 37:52 | 16 |
| 3rd | Quentin Allen | 39:22 | 15 |
| 4th | Steve Pye | 39:40 | 14 |
| 8th | Martin Lefevre | 41:27 | 13 |
| 11th | Dave Pickering | 42:22 | 12 |
| 12th | Mike Tarrant | 42:26 | 11 |
| 13th | Bob Smith | 42:51 | 10 |
| 16th | Bill Simmons | 43:51 | 9 |
| 17th | Phil Harvey | 44:09 | 8 |
| 20th | Tim Day | 44:44 | 7 |
| 22nd | Pat Pinchin | 44:55 | 6 |
| 23rd | Philippa Brayford | 45:20 | 5 |
| 24th | Jonathan Charman | 45:22 | 4 |
| 26th | Keith Johns | 45:54 | 3 |
| 27th | Barrie Stevens | 47:09 | 2 |
| 30th | Bob Wareing | 49:33 | 1 |

Yeovil CC 10 U30 - 25 March

Mark Freeman did a personal best 28:02 on the Podimore course. Winner was Rob Lyne of CS Bristol with 21:14.

Bournemouth Jubilee Hilly 42km P426/42k - 26 March

| Pos | Name | Time | Points |
|------|-------------------|---------|--------|
| 2nd | Steve Clark | 1:00:48 | 22 |
| 3rd | Paul Foxwell | 1:02:17 | 21 |
| 6th | Steve Pye | 1:05:00 | 20 |
| 12th | Paul Jarvis | 1:07:20 | 19 |
| 14th | Bob Smith | 1:08:45 | 18 |
| 15th | Martin Lefevre | 1:09:02 | 17 |
| 17th | Dave Pickering | 1:09:24 | 16 |
| 18th | Phil Harvey | 1:10:57 | 15 |
| 22nd | Jim Firth | 1:11:38 | 14 |
| 26th | John Hewson | 1:13:00 | 13 |
| 29th | Philippa Brayford | 1:13:46 | 12 |
| 30th | Tim Day | 1:14:11 | 11 |
| 31st | Jonathan Charman | 1:14:14 | 10 |
| 32nd | Bill Simmons | 1:14:34 | 9 |
| 34th | Barrie Stevens | 1:14:56 | 8 |
| 36th | Keith Johns | 1:17:30 | 7 |
| 37th | Neil Schofield | 1:18:54 | 6 |
| 38th | Jo Taylor | 1:19:00 | 5 |
| 43rd | Will O'Callaghan | 1:20:52 | 4 |
| 44th | Bob Wareing | 1:21:04 | 3 |
| 47th | Arthur Peters | 1:25:33 | 2 |
| 48th | Nikki Brazne | 1:26:20 | 1 |

Poole Wheelers 2-up 25 P413 revised - 2 April

Martin Lefevre and Paul Foxwell claimed sixth place on the Woodbury course, won by the GS Stella pairing of Mark Jones and John Limpus in 54:00. Bob Smith and Jonathan Charman clocked 1:03:18 whilst Steve Brown and Jo Taylor managed a noble last place with 1:22:48, after stopping to help when the Salisbury RC pair ahead of them touched wheels and crashed.

Bournemouth Jubilee 10 P613 - 15 April

Tandems

| | | | |
|-----|---------------------------|-------|---|
| 1st | Paul Jarvis & Steve Brown | 21:27 | - |
|-----|---------------------------|-------|---|

Women & Veterans

| | | | |
|------|-------------------|-------|---|
| 1st | Steve Clark | 22:06 | 8 |
| 3rd | Quentin Allen | 22:23 | 7 |
| 3rd | Dave Doust | 22:23 | 6 |
| 13th | Bob Smith | 24:25 | 5 |
| 32nd | Keith Rumball | 26:31 | 4 |
| 34th | Philippa Brayford | 26:53 | 3 |
| 44th | Bob Wareing | 30:12 | 2 |
| 47th | Annemarie Manley | 31:13 | 1 |

Bournemouth Arrow 25 P201 - 16 April

A excellent Jubilee team win and some fast times on the new P201 course. Steve Clark and Dave Doust tied for 4th spot and, with Quentin Allen in 7th, won the team award with a cracking 2:50:04. Jonathan Charman was one of several to improve and Tracey Lander did her best time in several years. Fastest of the day was Paul Rogers of VC St Raphael with a rapid 51:57.

| | | | |
|------|------------------|---------|---|
| 4th | Steve Clark | 56:32 | - |
| 4th | Dave Doust | 56:32 | - |
| 7th | Quentin Allen | 57:00 | - |
| 10th | Steve Pye | 58:23 | - |
| 18th | Martin Lefevre | 1:00:17 | - |
| 27th | Bob Smith | 1:02:15 | - |
| 36th | Bill Simmons | 1:05:03 | - |
| 38th | Jonathan Charman | 1:05:24 | - |
| 41st | Keith Rumball | 1:08:34 | - |
| 42nd | Tracey Lander | 1:09:05 | - |

Club Time Trial League Table Top 20 after 5 events

| Pos | Rider | Cat | Events | Points |
|------|-------------------|-----|--------|--------|
| 1st | Steve Clark | A | 4 | 62 |
| 2nd | Steve Pye | A | 3 | 47 |
| 3rd | Dave Pickering | B | 3 | 37 |
| 4th | Quentin Allen | A | 3 | 36 |
| 5th | Tim Day | B | 4 | 35 |
| 5th | Mike Tarrant | C | 3 | 35 |
| 7th | Bob Smith | B | 3 | 33 |
| 7th | Will O'Callaghan | A | 3 | 33 |
| 9th | Paul Jarvis | A | 2 | 32 |
| 10th | Martin Lefevre | B | 2 | 30 |
| 11th | Jonathan Charman | B | 4 | 29 |
| 12th | Philippa Brayford | B | 4 | 27 |
| 13th | Jim Firth | B | 2 | 24 |
| 14th | Bill Simmons | B | 3 | 23 |
| 14th | Phil Harvey | C | 2 | 23 |
| 14th | John Hewson | B | 2 | 23 |
| 17th | Pat Pinchin | B | 3 | 22 |
| 18th | Paul Foxwell | A | 1 | 21 |
| 19th | Jo Taylor | C | 3 | 14 |
| 20th | Keith Johns | B | 3 | 13 |

POST-ACUTE INJURIES

By Claire Day



Post acute treatment obviously depends very much on the type and extent of the injury and there is an element of trial and error in it, but generally one should follow the MICE procedure - Mobilisation, Ice, Compression and Elevation.

Mobilisation

This is moving the injured area/joint through its full pain-free range without any weight or resistance. This is a very important part of rehabilitation and over a period of a week or so you should be able to increase this range. Initially you may experience protective muscle spasms but this is only because the body is trying to stop you doing it further damage so gentle movements are the key and this should reassure the muscles that this protection is unnecessary - be patient, move slowly so that the muscles can adjust - no sudden jerks. Introduce movement to the injured area as soon as possible after the acute inflammation has stopped as this will prevent muscle atrophy, help reduce swelling by stimulating circulation and will prevent the formation of adhesions between muscle fibres. Gradually exercises involving resistance can be added to the schedule and once this is OK, weight bearing can be introduced. However, if any pain is experienced during any of the exercises, it's time to back off - it's only safe to continue if the pain dispels rapidly but if it persists, you'll have to revert back to the RICE procedure as described in February's article for a day and then start exercising again at an easier level.

Ice

Continue using ice treatment to the injured area for about a week (remember no longer than 10-15 minutes at a time). Once mobilisation is introduced, ice should be applied to any sore bits after exercising. After a week you can introduce some heat treatment by way of a hot water bottle or infra-red lamp but no more than 30 minutes at a time. Another method which is extremely effective is alternating between a hot water bottle and then a cold/ice pack for a minute at a time.

Compression

As improvements occur and you can exercise more, you can gradually reduce this to just a support bandage and then remove it altogether once full strength and mobility have been regained.

Elevation

Remember to elevate the injured part regularly until all signs of swelling have gone.

Massage

This form of hands-on treatment can start to be introduced after about 4 days and is helpful to aid in promoting healing by stimulating circulation which in turn will reduce the swelling and break down the adhesions and scar tissue that have formed between the muscle fibres. Soft tissue manipulation can reduce pain by lengthening and releasing any tight muscles and tendons and breaking down the adhesions between muscle fibres which are the cause of pain. This will restore the area to its full mobility again and means that recovery time is reduced which equals less time off the bike.

Obviously, as I mentioned in the first article, if you have any concerns, do seek a medical assessment of the area before doing anything.

ROAD RACING



Peter Young RR Chobham - 26 March

Scott Langdown came 4th in the Chobham road race. An early crash let 4 riders disappear up the road which made for a steady pace as only 8 riders out of 80 worked steadily to hold the gap. The bunch caught the break with 5 miles to spare, and jumping out of the last hairpin bend with 600m to go the first 6, including Scott, found themselves with a small gap which they held up the climb to the line. Winner was Scott's Southampton University training partner, Mark Scoular.

Ray Martin 150 Distance League Portsmouth - 5 April

With a team of five, including current series leader Kieran Page, SP Systems/Wightlink RT looked like dominating the evening. After 5 of the 90 laps, the attacks started coming thick and fast, with the SP Systems team making most of the waves through the peloton. Riding his first race of the road season after an extended break, Jubilee's Andy Storey made several of the major breaks, and after 30 laps, he along with Simon Saunders, Nic Hutchins, Kieran Page (SP Systems) and Luke Myers (Portsmouth NE) managed to drive a gap between the main field. Mark Pearce (Hargroves Cycles) and another rider also managed to jump across the 15 second gap to bring the break up to seven. New for this year is commentary from track side, and with comments like, 'this is a really heavyweight group of riders' you can help but wonder if you should have lost a further 5kgs of weight before resuming racing!

At 40 laps remaining, the break lapped the field, and the attacks resumed. Jubilee's Barney Storey and Chris Hughes (VC Venta) pulled clear of the field with two other riders, and Kieran Page sensing the danger, jumped across to the break, taking Andy Storey with him.

On reaching the break, a major crash occurred in the main field involving ten riders including time trial expert Malcolm Cox (VC St Raphael). With the race neutralised for 5 laps, several riders were still on the floor waiting an ambulance to arrive, the race was stopped, and Andy's hopes of getting some BCF points dashed. All that sweat, and no points; that's racing for you!

JUBILEE SHORTS

Thank You

A note of appreciation to everyone who has helped with running Jubilee events this year. Both our open time trials so far this year have been in bitterly cold conditions and the marshals do a sterling job standing out in the rain and wind for hours on end. Then there are our timekeepers, recorders, pushers-off and caterers, not to mention the event organisers themselves, without them, we would not be able to run all the events we do. We have several open time trials, lots of club time trials, a road race and a cyclo-cross event to come this year, why not volunteer your services for at least one of them?

New Members

A welcome back to Stefan Pethybridge who rejoins us after a couple of years break.

CLUB RECORDS

A full list of all the current club records hasn't been published in the newsletter for a while so here it is. A few of the records have stood for a very long time, notably some of the women's team records and the trike records. A booklet containing all the club records broken from 1936 to date, plus all the trophy winners through the years, is available from Reg Haskell of Steve Brown, price £1.

MEN

Senior

| | | | |
|-----------|----------------|---------|---------|
| 10 miles | Eamonn Deane | 20.10 | 14/9/96 |
| 25 miles | Eamonn Deane | 51.31 | 31/5/99 |
| 30 miles | Eamonn Deane | 1.03.54 | 25/7/99 |
| 50 miles | Eamonn Deane | 1.44.11 | 28/9/97 |
| 100 miles | Eamonn Deane | 3.41.58 | 11/8/96 |
| 30km | Eamonn Deane | 39.14 | 10/6/99 |
| 42km | Colin Smith | 58.12 | 30/3/97 |
| 14m Holt | John Sarraways | 32.55 | 3/8/95 |
| 28m Holt | John Sarraways | 1.06.59 | 6/4/96 |
| 12 hours | Eamonn Deane | 278.688 | 17/8/97 |
| 24 hours | Bill Suttie | 418.650 | 20/7/58 |
| BAR | Eamonn Deane | 26.315 | 1997 |

Junior

| | | | |
|----------|-------------|---------|---------|
| 10 miles | Max Rumball | 22:15 | 12/9/98 |
| 25 miles | Max Rumball | 55:59 | 27/9/98 |
| 30 miles | Max Rumball | 1.12.51 | 18/6/98 |
| 50 miles | Max Rumball | 2.04.08 | 23/8/98 |

Juvenile

| | | | |
|----------|---------------|---------|--------|
| 10 miles | Chris Pearce | 23.10 | 1986 |
| 25 miles | Chris Pearce | 1.00.08 | 2/7/86 |
| 30 miles | Terry Dunn | 1.17.54 | 8/6/58 |
| 50 miles | Glyn Frampton | 2.31.33 | 1990 |

Trike

| | | | |
|-----------|-------------|---------|---------|
| 10 miles | Mike Jarvis | 26.17 | 15/8/67 |
| 25 miles | Doug Hunt | 1.12.03 | 8/9/57 |
| 30 miles | Doug Hunt | 1.27.31 | 2/6/57 |
| 50 miles | Doug Hunt | 2.28.53 | 1/6/58 |
| 100 miles | Doug Hunt | 5.07.25 | 30/6/57 |
| 12 hours | Bill Suttie | 212.600 | 20/8/67 |
| 24 hours | Bill Suttie | 381.832 | 19/7/64 |

Medium Gear 72"

| | | | |
|----------|--------------|-------|---------|
| 10 miles | Steve Brown | 23.05 | 4/7/96 |
| 25 miles | Nicky Frewin | 59.14 | 25/2/79 |

Low Gear 60"

| | | | |
|----------|----------------|---------|---------|
| 25 miles | William Suttie | 1.04.25 | 14/2/82 |
|----------|----------------|---------|---------|

Tandem

| | | | |
|----------|--------------------------------|---------|---------|
| 10 miles | Nicky Frewin & Alan Brimacombe | 20:43 | 17/8/78 |
| 25 miles | Nicky Frewin & Alan Brimacombe | 56:36 | 6/8/78 |
| 30 miles | Ray Vesey & Dave Simester | 1:09:10 | 8/6/58 |

Team

| | | | |
|-----------|-----------------------------------|----------|---------|
| 10 miles | E Deane / C Smith / P Jarvis | 1.03.39 | 12/4/97 |
| 25 miles | E Deane / P Foxwell / J Sarraways | 2.44.24 | 4/6/96 |
| 30 miles | E Deane / S Pye / P Foxwell | 3.22.31 | 25/7/99 |
| 50 miles | P Foxwell / I Prince / M Woodgate | 5.34.10 | 17/8/97 |
| 100 miles | C Smith / E Deane / I Prince | 11:51:57 | 18/8/96 |
| 12 hours | C Smith / P Foxwell / I Prince | 783.478 | 7/9/97 |
| 24 hours | J Pearce / A Strong / W Suttie | 1123.820 | 16/7/61 |
| BAR | E Deane / P Foxwell / C Smith | 25.576 | 1997 |

WOMEN

Senior

| | | | |
|-----------|------------------|---------|---------|
| 10 miles | Sarah Pascoe | 23.27 | 25/4/96 |
| 15 miles | Jo Taylor | 38.02 | 10/7/95 |
| 25 miles | Sarah Pascoe | 57.45 | 21/7/96 |
| 30 miles | Jo Taylor | 1.17.50 | 29/6/95 |
| 50 miles | Sarah Pascoe | 2.05.40 | 16/6/96 |
| 100 miles | Jo Taylor | 4.36.13 | 7/7/96 |
| 12 hours | Catherine Pascoe | 223.773 | 5/9/99 |
| 24 hours | Armenarie Manley | 359.652 | 27/6/99 |
| 30km | Sarah Pascoe | 45.56 | 6/6/96 |
| 42 km | Jo Taylor | 1.09.55 | 31/3/96 |

Junior

| | | | |
|----------|---------------|---------|---------|
| 10 miles | Jenny Stobart | 25.36 | 24/7/85 |
| 15 miles | Jean Suttie | 46.30 | 12/6/66 |
| 25 miles | Jenny Stobart | 1.06.19 | 17/7/86 |

Juvenile

| | | | |
|----------|---------------|-------|---------|
| 10 miles | Jenny Stobart | 25.36 | 24/7/85 |
| 15 miles | Jean Suttie | 46.30 | 12/6/66 |
| 25 miles | Jenny Stobart | 25.36 | 24/7/85 |

Medium Gear 72"

| | | | |
|----------|-----------|-------|--------|
| 10 miles | Jo Taylor | 26.17 | 4/7/96 |
|----------|-----------|-------|--------|

Team

| | | | |
|-----------|-----------------------------------|----------|---------|
| 10 miles | S Pascoe / J Taylor / P Brayford | 1.14.09 | 30/5/96 |
| 15 miles | P Stagg / C King / B Mettam | 2.11.20 | 11/9/55 |
| 25 miles | S Pascoe / J Taylor / P Brayford | 3.15.20 | 23/6/96 |
| 30 miles | P Hamilton / D Riley / H Day | 4.42.48 | 8/6/52 |
| 50 miles | P Brayford / E Brenaud / A Manley | 7.16.09 | 8/8/97 |
| 100 miles | S Pascoe / J Taylor / P Brayford | 14.18.06 | 23/7/95 |
| 12 hours | J Taylor / A Manley / B Prince | 617.024 | 1/9/96 |
| BAR | S Pascoe / J Taylor / P Brayford | 22.686 | 1996 |

MEN AND WOMEN

Tandem

| | | | |
|----------|--------------------------|---------|---------|
| 10 miles | Steve Brown & Claire Day | 21:13 | 7/8/99 |
| 25 miles | Steve Brown & Claire Day | 55:51 | 18/7/99 |
| 30 miles | Steve Brown & Claire Day | 1:08:23 | 5/9/99 |



John Sarraways

Holt Circuit records in 1995 and 1996

APRIL/MAY RACING DIARY

Time Trials

| | | | | |
|--------|---|-----------------|-------|---|
| 30 Apr | New Forest CC 32 P333 - New Milton (National Series event) (EDCA Series No. 4) | £4.50 | 07:00 | Jim Pascoe 3 Yew Lane Ashley, New Milton BH25 5BA Tel: 01425 612868 |
| 6 May | CC Weymouth 10 P451 - Warmwell (inc tandems & 2-up) (EDCA Series No. 5) | £5.00 | 14:00 | Adrian Short 5 Creech Way Weymouth DT3 5RE Tel: 01305 813400 |
| 7 May | Bmth & Dist WCA 25 P210 - Avon Forest (EDCA Series No. 6) | £5.00 | 07:00 | Clare Newman 31 Main Road, Hounsdown Southampton SO40 7EP Tel: 023 8026 5214 |
| 13 May | Andover Whs/VTTA 25 P612/25 - Andover | £4.75/ £5.00 | 14:30 | Mike Webber 13 Litchfield Close Charlton, Andover SP10 4RR Tel: 01264 391626 |
| 14 May | Sotonia CC 25 P901/25 - Fontwell (inc tandems) | £5.00 | 07:00 | Julian Gee Laurel Bank, Sandy Lane Romsey SO51 0PD Tel: 01794 368705 |
| 20 May | Crabwood CC 10 P613 - Thrupton | £4.75 | 14:00 | Dave England c/o 31 Main Road, Hounsdown Southampton SO40 7EP Tel: 01590 612567 |
| 20 May | VTTA (Wessex) 10 P613 - Thrupton | £5.00 | 16:00 | Ken Blowe 11 Marlborough Park Waxlington Havant PO9 2PP Tel: 023 9247 5683 |
| 21 May | Kingston Road CC 30 P424 - Wimbome (inc tandems) (EDCA Series No. 7) | £5.00 | 07:30 | Steve Brown 2a Richmond Park Close Bournemouth BH8 8TF Tel: 01202 301825 |
| 27 May | Hantspol CC 10 P881 - Petersfield | £5.00 | 18:00 | Tim Warner 10 Kilwick Way Portchester Fareham PO16 9EH Tel: 01329 314073 |
| 29 May | Poole Whs 10 P415 - Oakdale (EDCA Series No. 8) | £5.00 | 07:00 | Dave Martin 135 Pinehurst Park, Pinehurst Rd West Moors BH22 0BS Tel: 01202 861971 |

Road Races

| | | | | |
|------------------|---|-------|-------|---|
| 19 Apr 26 Apr | Ray Martin 150 Dist League Portsmouth E/1/2/3/4 | £5.00 | 19:00 | Sue Knight 21 Bedhampton Road, North End Portsmouth PO2 7JX Tel: 023 9264 2226 |
| 6 May | Hantspol CC Circuit Races Lee-on-the Solent E/1/2 & 3/4/J/V/W | £7.50 | 10:45 | Alan Slade 2 St Helena Way, Portchester Fareham PO16 8NY Tel: 023 9237 0719 |
| 7 May | Sandie Radford Memorial RR Nomansland 2/3/4 | £8.00 | 10:00 | Glenn Longland 32 Testlands Ave, Nursling Southampton SO16 0XG |
| 14 May | Portsdown RR Portchester 3/4/J | £7.00 | 10:30 | John Levey 16 Camp Road Gosport PO13 0XU Tel: 01329 317331 |

YOUR NEWSLETTER

Apologies for this month's issue being a week late. I'm finding it increasingly difficult to publish every month at the moment but I'm hoping to get an issue out at about six-weekly intervals.

Editor

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Bill McMullen 01202 424824

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Andy Stevens 01202 387152

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Bournemouth Jubilee Wheelers

Coaching Nights

At the BJW clubroom on the first
Monday of every month.

**Perform a workout on an
advanced turbo trainer.
Find your Maximum Heart Rate
and Power Output.
Train more efficiently.
Go Faster!**

Contact Andy Storey
(01202) 253886
info@andystorey.co.uk

TRACK TRAINING

At Colshot Velodrome

Saturday Mornings
13 May
10 June

For more details contact
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Tel: 01202 511140