

# JUBILEE NEWS

NEWSLETTER OF THE BOURNEMOUTH JUBILEE WHEELERS

## WILL POWER!

Report and photo by Trevor Fenwick



A puncture denied Will O'Callaghan a runaway victory in the Jubilee 'Cross but he made up for it with a fine win a fortnight later at Crow Will O'Callaghan dominated the New Forest CC Christmas Cyclo-cross at Crow on 10th December. After an initial charge, led by Dermis Thorne (Dorset RR), Will took control and despite having to stop to fix a loose saddle on the third lap, he crossed the line over two minutes ahead of runner up Tony Green of GA Cycles. Will is aiming to have a season in France next year riding on the road, he has approached several French clubs and is hoping to go in February. His winter training at present is riding to work 12 miles each way every day. Catherine Pascoe made it a Jubilee double, picking up the women's prize whilst Paul Jarvis

collected some more Wessex League points on 15th spot.

Two weeks before, in the Jubilee Canford Classic at Canford Heath, Will was in the lead for the first two laps and well on the way to victory when he punctured. Paul Lloyd of Dido Phoenix, the eventual winner was about half a minute down at this point. Will chased for another lap before deciding to call it a day. Nigel Parkinson had led at the start and held the leaders before starting to fade at the half way point, he continued to take third place after being overtaken by Tony Green of GA Cycles. Further down the field Paul Jarvis finished 17th ahead of Catherine Pascoe who won the women's award and Jo Taylor came in 25th.

### Leading Positions

1	Paul Lloyd	Dido Phoenix CC	54:10
2	Anthony Green	GA Cycles	54:35
3	Nigel Parkinson	Sobe-Headshock	55:43
4	Robin Wilmott	GA Cycles	58:40
5	Dave Lloyd	Dido Phoenix CC	59:34
6	Trevor Hillier	Dorset RR	1:00:25
7	Simon Smith	Stonehenge Cycles	1:00:54
8	Dermis Thorne	Dorset RR	1:01:45
9	Gary Allen	GA Cycles	1:02:32
10	Chris Chamberlain	Stonehenge Cycles	1:02:32

### Youth

1	Thomas Budd	Dorset RR	32:00
2	Steve O'Neal	Royce UK	
3	Chris Wills	n/a	

### Under 12

1	Brenton Roud	Dorset RR	
2	James Harris	Dido Phoenix CC	
3	William Haysham	Dido Phoenix CC	



Paul Lloyd (above) and Will O'Callaghan (top)

## 50-MILE RELIABILITY TRIAL

A total of 58 riders set off from Merley under threatening November skies. This year's event was run in an anti-clockwise direction, considered by most to be the harder direction. A south-easterly breeze was helpful for the run north via Horton and Woodlands. Conditions remained dry for the first half although the wet and grit-strewn roads led to an inevitable tally of punctures. With everyone making good time to Blandford, more riders than usual took the opportunity for a break at the café. The wind and rain made the second half harder going but thankfully the floods through the Winterbornes had subsided. Few enjoyed the headwind finish combined with the unloved climbs of Lytchett Matravers and Pardy's Hills near the end but 51 made it to the finish back at Merley. A special mention for Joe Topp, who rode on the back of the tandem to raise money for the Bournemouth Society for the Visually Impaired. Joe's lifetime mileage on a bike is probably less than 50 miles but he completed the ride in good spirits and can't wait to have another go.

BOURNEMOUTH  
JUBILEE WHEELERS

CLUB  
BUFFET  
AND  
PRIZE  
PRESENTATION

7PM SATURDAY 27 JANUARY

CLIFFSIDE HOTEL

TICKETS £10

# JUBILEE TIME TRIALS PROGRAMME 2001

DATE	EVENT	COURSE
Sat 10 Mar	3:00pm 10 miles (Mountain Bikes)	P472c
SUN 1 APR	9:00AM OPEN 42KM	P426/42k
SAT 7 APR	1:45PM OPEN 10 MILES	P613
Sat 14 Apr	3:00pm 28 miles Holt circuit (2 laps)	P471c
Tue 24 Apr	7:00pm 10 miles	P472c
Tue 01 May	7:00pm 10 miles (2-up Team TT)	P472c
Tue 08 May	7:00pm 10 miles	P472c
Tue 15 May	7:00pm 30km Stour circuit	P426/30k
Tue 22 May	7:30pm 10 miles	P425/10c
SUN 27 MAY	6:30am OPEN 30 MILES	P201/30
Tue 29 May	7:30pm 10 miles	P425/10c
Tue 05 Jun	7:30pm 10 miles	P425/10c
Tue 12 Jun	7:15pm 25 miles	P425/25c
Sun 10 Jun	7:00am 25 miles (inc. 72" Medium Gear)	P201
Tue 19 Jun	7:30pm 10 miles	P425/10c
Tue 26 Jun	7:30pm 10 miles	P425/10c
SUN 1 JUL	6:00AM OPEN 100 MILES	P484
Tue 03 Jul	7:30pm 10 miles	P425/10c
Tue 10 Jul	7:15pm 25 miles	P425/25c
Tue 17 Jul	7:30pm 10 miles	P472c
SUN 22 JUL	7:00AM OPEN 25 MILES	P422
Tue 24 Jul	7:30pm 14 miles Holt circuit (1 lap)	P471c
Tue 31 Jul	7:30pm 10 miles	P472c
Tue 07 Aug	7:00pm 10 miles	P472c
SUN 12 AUG	6:00AM OPEN 50 MILES	P485
Tue 14 Aug	7:00pm 14 miles Holt circuit (1 lap)	P471c
Tue 21 Aug	7:00pm 10 miles	P472c
Tue 28 Aug	7:00pm 10 miles	P472c
Sun 30 Sep	11.30 am Hill Climb	Kingston Hill

## CLUB PRIZE PRESENTATION, BUFFET & GENERAL JOLLY UP

First date for your diary in the New Year – Saturday 27<sup>th</sup> January at The Cliffside Hotel on Bournemouth's East Cliff. Yes, it's the BJW annual bash – ALL welcome NOT just prize winners. This is a social occasion as much as an awards ceremony and a rare opportunity to interact with and get to know fellow club members. There will be a licensed bar until midnight, an exceptionally good buffet and a top guest of honour – Jill Reames, multi-national time trial champion and the nations' numero uno lady in the 'race of truth'. All this for a tenner? You've never had it so good.

In addition there are concessions for overnight guests. A mere £17.50 instead of the usual £44.50 gets you an en-suite room with all facilities, a full English breakfast and complimentary Sunday papers. What more could you want? Free use of a Health Suite with pool, sauna, steam room, mini-gym etc? OK, you've got it, located at the Queens Hotel, a 150yd walk away. Hotel bookings to Mike Tarrant at least one week in advance please.

Tickets for this annual extravaganza are available from Mike Tarrant, tel 722562; Mike or Andy Stevens at Prendas Ciclismo (next to Xtreme in Lower Parkstone), tel 248649 or from Billy Mac at the clubroom on Mondays.

## 2000 TROPHY WINNERS

21st Anniversary Cup	Service to the club	Jacky Prosser	
25th Anniversary Cup	12 Hours	Steve Clark	251.090 miles
Alex Dunn Trophy	Junior points series	Melissa Hood	5pts
Atry Memorial Cup	Vet on Std BAR	Mike Woodgate	+2:00:17
Barbara Boyland Cup	Women's BAR	Philippa Brayford	23.784mph
Bill Suttie Cup	Juvenile 10	Melissa Hood	40:49
Boyson Trophy	Points competition	Paul Jarvis	148pts
Brian Messer Shield	Off-Road/N on-Solo Road	S Brown & M Rumball	Tandem
Dee McMullen Cup	B&DWCA 25 miles	Philippa Brayford	1:08:37
Douglas Bishop Cup	Novice Rider	Andrew Cooper	
Eric Day Memorial Cup	Club run attendance	Bill Simmons & Claire Day	
Founders Cup	First Open Win	Max Rumball	Poole Whs 25
Golden Jubilee Trophy	Scratch points series	Steve Clark	196pts
Ind Coope Trophy	Open 100 Team	BJW	13:09:08
Joan Attenborough Cup	Women's 25 miles	Philippa Brayford	1:02:44
Jubilee Cup	25 miles	Eamonn Deane	54:21
Ken Swan Cup	Road Racing	Eamonn Deane	194pts
McMullen Trophy	Junior 10 Champion	Melissa Hood	40:49
Mike Jarvis Trophy	Vet on Scratch BAR	Eamonn Deane	27.062mph
New Waverley Cup	Open 25 Team	BJW	2:50:00
Page Trophy	Veteran's 25 miles	Eamonn Deane	51:56
Ray Price Trophy	30 miles	Steve Pye	1:08:26
Royal Enfield Cup	50 miles	Phil Harvey	2:05:39
Sandown Trophy	Handicap series	Steve Smith	+1:53
Ted Nippard Trophy	Women's 50 miles	Philippa Brayford	2:12:44
Tom Shepherd Cup	Hill Climb	Will O'Callaghan	2:05.5
Track Trophy	Track Champion	Barney Storey	
Wilfred Watton Cup	Women's 10 series	Philippa Brayford	30pts
William Taylor Cup	Men's BAR	Eamonn Deane	27.062mph
Wimbleton Shield	100 miles	Steve Clark	4:16:52

### Bournemouth Jubilee Wheeler's

Notice is hereby given that the

## Annual General Meeting

will be held at

8:15pm

on

Monday 26th February  
2001

at

Merley Community Centre  
Harrier Drive  
Merley

All matters for the Agenda to be forwarded,  
in writing to the Secretary by Friday 16th  
February 2001

## TOBY HOOD WINS REGIONAL U-21 DUATHLON CHAMPS

This year's BTA South West duathlon championship was fought out over the Thruxton motor circuit on the 15th of October. The distances for this year's event were a 5km run, a 30km bike and another 5km run, and with the field being boosted by the inclusion of the Army championship, it looked to be a close event. At 10am, the 150-plus field started the first of the two 5km runs. The lead runners were back into the transition area to collect their bikes in around 16 minutes. Then it was out onto the 30km bike course, 8 laps of the Thruxton circuit, made that much harder by the number of riders and runners travelling around the track at different speeds. The fastest bike split of the day went to Chris Ball (Total Fitness) with 41:52, despite having to stop with one lap to go to repair a broken spoke. Once the

8 laps had been completed it was back out for the final 5km run. By the half way point of the run the final positions were all but sorted for the leaders. The eventual winner was veteran Nick Kinsey (Team Noah) in 1:14.22, the South West title which was only open to residents of the Southern and South West regions went to Chris Ball in 1:15.23 and the ladies title was won by Helen Parkinson in 1:23.48. As well as the main titles there were also a number of age group titles to be won BJTW's own Toby Hood crossed the line in 1:23.12 just nine minutes back from the winner to collect the under-21 title. "I'm really pleased to have won the under-21 title and although it was a relatively small field, the main thing was that I improved over 10 minutes on last year's time".

## I WAS A VIRGIN - UNTIL ANDY TOOK ME TO CALSHOT!

### Andy Stevens rides the boards of Calshot Track

OK, so I had ridden track before, but on a 400m version with banking as steep as your average Tesco car park - and the last time I'd used fixed was when my free wheel seized up some years ago.

I accepted Andy Storey's offer of a lift to Calshot Velodrome to ride one of the recent beginners sessions; something I'd been putting off for ages either through work commitments or nerves.

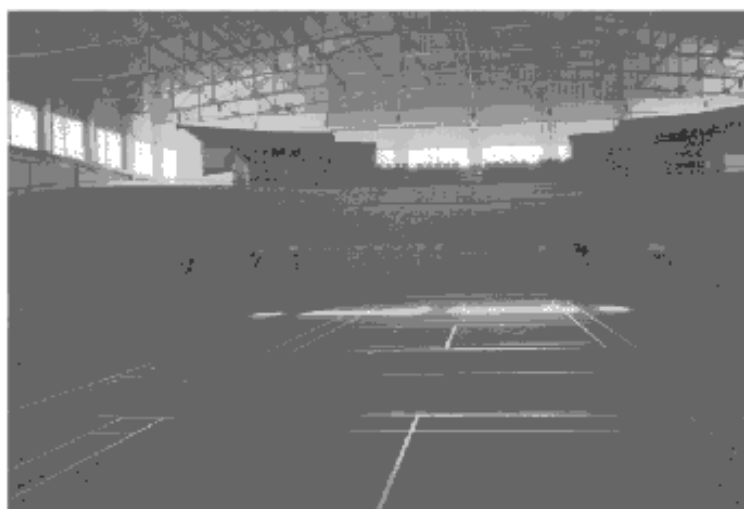
Steve Brown also got to tidy his shed slightly by lending me one of the Club's track bikes.

On first sight, the banked curves are quite daunting as they rear up in front of you. After a few tentative laps, and some wise words from my new track

coach Andy, I was lapping the boards with confidence. The rest of the day's riders had arrived by this time and Alan McRae took charge of the session, running some training drills including group riding and gaining a lap on the bunch.

By the end of the morning I felt happy about my performance. I hadn't fallen off (or knocked anyone else off!) and I'd even beaten a few people with my flying lap time.

I'll certainly be going back for the next Saturday morning training on the 13th January, perhaps you could come along too. The club has some track bikes for loan or there are some you can use at Calshot (best to take your own pedals). If you don't give it a try, you'll never find out how exhilarating riding a bend flat-out on the pursuit line can be!



## BOYSON TROPHY

### Final Table

Pos	Name	Total
1st	Paul Jarvis	148
2nd	Bob Smith	72
3rd	Eamonn Deane	64
3rd	Will O'Callaghan	64
5th	Steve Pye	60
6th	Phil Harvey	58
7th	Andrew Phillips	50
8th	Max Rumball	47
9th	Steve Clark	45
10th	Paul Foxwell	36
11th	Catherine Pascoe	35
12th	Jonathan Charman	33
12th	Barrie Stevens	33
14th	Nigel Parkinson	30
14th	Kim Abbott	30
14th	Mike Woodgate	30
17th	John Fear	25
17th	Scott Langdown	25
17th	Paul Holder	25
20th	Martin Lefevre	24
21st	Jason Abbott	20
21st	Andrew Cooper	20
23rd	Mike Tarrant	18
24th	Phil Tucker	15
24th	Quentin Allen	15
26th	John Hewson	12
26th	Tim Day	12
26th	Keith Rumball	12
29th	Susanne Payne	10
30th	Philippa Brayford	9
31st	Steve Brown	6
31st	Pat Pinchin	6
31st	Jim Firth	6
31st	Arthur Peters	6
35th	Alice Pascoe	5
36th	Dave Pickering	3
36th	Keith Johns	3

Bournemouth Jubilee Wks

100  
MILE

Reliability Trial

Sunday

11 February 2001

Merley Community Centre  
8:30am, 9:00am or 9:30am

# CYCLO-CROSS 2000 ANECDOTES

By John Fear

The Jubilee cross has come and gone yet again, with no less drama than in previous editions, despite the best efforts of our local lizard fanciers (English Nature) and of course mother nature with ample rain and wind, but no ice this year thankfully.

Although to be fair, the day of the event was almost pleasant, with minimal rain and periods of warm sun, or was I dreaming. Perhaps I was hallucinating, after a morning of moderately appalling weather for the merry band of CX hardcore course builders. Needless to say being a responsible event organizer I paid full attention to the weather forecast - fair start, deteriorating as the day progressed and duly instructed said gang to commence work first thing to make the best of the weather. I should have known better, the weather improved dramatically from 1pm onwards, more or less as we finished, or was it gave up! Unfortunately this improvement in the conditions, encouraged some of the sadder elements of our local society to venture out and enjoy the afternoon modifying the course extensively, hanging is too good I say.

Having come closer to cancelling the event than on any other occasion, during a particularly hard storm around about 8am Saturday morning, whilst stumbling about setting out kit in the woods on my own before moral boosting chums



arrived, I almost began to think it was all worthwhile as the course shaped up into potentially the best yet.

It was good to see a number of Jubilee members participating, in fact coming close to a runaway win, in the shape of Will O'Callaghan, until thwarted by a puncture, plus Catherine Pascoe winning the woman's section, although it was disappointing to see so few members spectating on what turned out to be a very pleasant day with excellent fast racing on an exciting course.

Many thanks to Andy Storey, Andy Stevens, Tim Balmer, James Viney, Barrie Stevens for helping set the course up,

Andy Wills and Keith Johns (marshals) for breaking it down and Mike Osborne who showed such exceptional talent in the lap recording department, that he is in danger of becoming a permanent CX staff member, plus Sue and Matt F for assisting in running the event on the day, yet again.

Apologies to Jon Charman, who kindly offered to help and was completely overlooked in all the confusion - never mind Jon, you can do twice as much next year.

At this time I inevitably think never again, after all the initial preparations, manufacturing signs and gathering equipment, spending two frantic days running and setting the event, plus cleaning up, sorting and storing the kit afterwards, at a conservative estimate - 25hrs!

All this for 30 or 40 riders, is it worth it? Perhaps I am getting too old, my back aches, I am completely exhausted for days, but there is always the challenge of a new course, a date that does not clash with another event, the possibility that the next event will run faultlessly, maybe, next year! After all I have just bought new wellies and over trousers, DCDG have coughed up for a new trailer and I think this years event was just in profit after axing £50 or so from the prize list at the last minute.

## EDCA 2001

There are 15 events in the EDCA series this year. The same rules as last year apply, there are 120 points for 1st place, 119 for 2nd and so on. Your best 8 scores out of 15 are counted (juniors 6 out of 12 - the two 50's and the 100 are excluded from the junior series).

Sun 4 Mar	EDCA Hilly 24
Sun 25 Mar	EDCA 27km
Sun 1 Apr	BJW Hilly 42km
Sun 6 May	New Forest Hilly 32
Sat 12 May	CC Weymouth 10
Sun 13 May	B&DWCA 25
Sun 27 May	BJW 30
Mon 28 May	Poole Whs 10
Sun 3 Jun	Wessex RC 50
Sun 1 Jul	BJW 100
Sun 8 Jul	EDCA Hilly 30km
Sun 29 Jul	EDCA 50
Sun 5 Aug	EDCA 25
Sun 26 Aug	Casterbridge Hardy RT 25
Sun 16 Sep	Poole Whs 25



## Claire Day

LSSMDip (Hons)

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Soft tissue manipulation is a form of deep tissue massage used to release "tight" muscles which cause restricted mobility, inflammation, pain, restricted circulation and trapped nerves.

This treatment reduces pain and improves your range of movement by breaking down the pain-causing adhesions between the muscle fibres and their surrounding connective tissue.

Sessions begin with an evaluation of your flexibility and pain-producing movements followed by an assessment and treatment of the muscles, tendons and connective tissue.

Soft tissue manipulation is just as effective for non-active people as it is for top athletes.

I will also offer advice and self-help programmes to maintain and improve your flexibility and strength and to help return you to the problem at bay.

**To make an appointment call  
Claire on 01202 773013**

## NEW TIME TRIAL COMPETITIONS

The RTTC South DC are planning two new competitions for 2001.

The First is a season long points competition, all open events on 'P' courses will count and everyone riding for a South DC club is automatically included. Points are awarded according to the number of finishers. So for example if there are 65 finishers, the winner gets 65 points, 2nd 64 points and so on down to 1 point for last place. All scores count so the more events you ride, the more points you get.

Also new for this year is a South DC 25-mile championship, this is expected to take place with the Sotoria 25 at the end of September at Andover. More details to follow.

# ME AND MY BIKE

## - BARNEY STOREY

I have been fortunate enough this year to having been given a frame from a local frame builder Chas May from deMayo Velo Systems. I have known Chas for a couple of years now, and he was interested in gaining some exposure in a racing environment plus some valuable feedback about his products.

At the heart of the bike is the deMayo Piste Track frame which is keenly priced at £399.95 including Frame, Forks Stem and Seat Pin. The frame is made out of low-torsion 7005 series Aluminium tubing and is TIG welded together making it a very strong and rigid frameset.

I use different wheels depending on the track I am riding and the importance of the event. Typically at Manchester Velodrome I will use a Corima Disc wheel at the rear and a Corima four spoke on the front for the 1km, 200m sprint and the Keirin. I use tubulars on the Corima wheels, and these are Continental Sonderclass 165 and retail for approx £80 each! For an outdoor track, I will use Specialized Tri-spokes for both front and rear wheels, with Vittoria track tyres in case of the inevitable puncture.

The drive train is Campagnolo Record with 165mm cranks along with an 1/8th inch pitch chain. The chain on a sprinters track bike takes much abuse, and unlike a chain for a road bike that has to bend to accommodate the differing gears, there is no lateral flex in the chain whatsoever. Gearing is dependant on the track, but at Manchester Velodrome it would generally be as follows: 1km Time Trial - 96" gear (50 X 14), 200m Sprint qualifying and Keirin - 94" gear (49 X 14), Sprint Heats - 92" gear (48 X 14).

This bike as carried me to a silver medal at the national championships behind Olympic and World silver medallist Craig MacLean, a win at the Nottingham round of the Sprinters League, second place in the Sprinters League Overall, second at the White Hope Sprint as well as various regional and local wins. My best year yet. So if you want a bike that does the business - take a look at a deMayo.

For further details about the frame, deMayo Velo Systems can be contacted by telephone (02380 271775) or on the web at [www.demayo.co.uk](http://www.demayo.co.uk) Alternatively, Chas is at Calshot most Thursday evenings riding the bikes he builds.



## SOUTH DC OPEN EVENTS 2001

Sun 25/02	Andover Wths Hilly 10.2	P601
Sun 4/03	East Dorset CA Hilly 24	P427
Sun 11/03	Hampshire RC 39km	P811
Sat 24/03	Sotonia CC 10	P613/10
Sun 25/03	East Dorset CA 27km	P433
Sun 1/04	BJW 42km	P426/42k
Sat 7/04	Brnth Jubilee Wths 10	P613/10
Sun 8/04	Poole Wths TTT 25	P413/25
Fri 13/04	Brnth Arrow CC 10	P415
Sun 22/04	Salisbury RC 25	P612/25
Sat 28/04	Andover Wths 10	P613/10
Sun 29/04	Rother Valley CC 25	P882
Sun 29/04	Brnth Arrow CC 25	P201
Sat 5/05	Vectis Roads CC 9	P014/10
Sat 5/05	Hampshire RC 10	P901
Sun 6/05	Vectis Roads CC 24	P014/24
Sun 6/05	New Forest CC 32	P333
Mon 7/05	Vectis Roads CC 45	P014/45
Sat 12/05	CC Weymouth 10	P451
Sun 13/05	Brnth & Dist WCA 25	P210
Sat 19/05	Crabwood CC 10	P613/10
Sat 19/05	VTTA (Wessex) 10	P613/10
Sun 20/05	Sotonia CC 25	P612/25
Sat 26/05	Hantspol CC 10	P881
Sun 27/05	Brnth Jubilee Wths 30	P201/30
Mon 28/05	Poole Wths 10	P415
Sat 2/06	VTTA (Wessex) 25	P612/25
Sat 2/06	Border CA 25	P612/25
Sun 3/06	Wessex RC 50	P206
Sat 9/06	Salisbury RC 10	P613/10
Sun 10/06	Hampshire RC 25	P901/25
Mon 11/06	Poole Wths 25	P413/25
Thu 14/06	Bognor Regis CC 10	P901
Sat 16/06	Salisbury RC 50	P611/50
Sun 17/06	Hantspol CC 25	P882
Thu 21/06	GHS 10	P901
Sun 24/06	Border CA 10	P881
Sun 24/06	New Forest CC 25	P210
Thu 28/06	Bognor Regis CC 10	P901
Sun 1/07	Brnth Jubilee Wths 100	P484
Wed 4/07	Poole Wths 25	P413/25
Sun 8/07	EDCA Hilly 30km	P426/30k
Sun 15/07	Bognor Regis CC 50	P901/50
Sun 22/07	Brnth Jubilee Wths 25	P422
Sun 29/07	East Dorset CA 50	P485
Sun 5/08	East Dorset CA 25	P210
Sun 12/08	Brnth Jubilee Wths 50	P485
Sun 12/08	Portsmouth NE CC 10	P841
Sun 19/08	Hampshire RC 30	P901/30
Sun 19/08	Antelope RT 10	P415
Sun 26/08	C'bridge Hardy RT 25	P413/25
Sun 26/08	VTTA (Wessex) 25	P901/25
Sun 2/09	Salisbury RC 25	P612/25
Sat 8/09	Brnth & DWCA 2-up 10	P303
Sun 9/09	Bognor Regis CC 25	P901/25
Sun 16/09	Poole Wths 25	P413/25
Sat 22/09	Andover Wths 10	P613/10
Sun 23/09	Andover Wths 25	P612/25
Sun 30/09	Sotonia CC 25	P612/25
Sun 7/10	Rother Valley CC 40km	P875
Sun 7/10	VTTA (Wessex) 2-up 25	P413/25
Sun 14/10	Bognor Regis Hilly 28	P911
Wed 26/12	New Forest CC 10	P311/10

## OCTOBER CROSSWORD ANSWERS

C	O	P	I	E	S	R	O	A	D	R	A	C	E	
E	J	A	T	A	L								A	
A	R	M				P	R	O	L	I	T			
I	A	N	D	O	W	M					A	R		
K	N	O	F	R	O	S	T	Y						
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I	S												K	
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A														
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Jubilee News 8th January 2001

## JUBILEE SHORTS

### New Members

We've had four new members join us over since the last issue. A warm welcome to Nigel Perry who joins us as a 1st claim member and to Matthew Plested, Gerald Chainey and James Viney who have taken out 2nd claim membership.

### Getting Married

Heartly congratulations and best wishes to Dave Doust and Penny Pepin who are getting married this month. Look out for exclusive photos in the next issue (assuming we can outbid OK magazine of course!).

# WILL THE FROG CROAK?

You've got to be croaking! The rumour mill prompted by my endearing little message left at the Dorchester cafe, for those on the club run, has led to a flurry of speculation. Tee-hee, Ha-Ha, Bonk! Know what that is? That's me laughing my head off. For no-one has come close. The Frog's anonymity remains secure. Croak.

Top-tip in the run up to Christmas: for those of you like myself with unsympathetic partners, if there is something you hanker for and your beloved has replied with, "How much?" Why not try buying said item secretly yourself, wrapping it up and placing it under your Christmas tree with a label with your name on. The time comes to give the presents out in front of relatives and partner on Christmas Day. Lo and behold you get your own present which you eagerly and



innocently receive and open. Much glee on your face for you have what you wanted "But who is it from?" you enquire, for the label does not say.

This ruse worked for me last year. Then I was rumbled - no-one would have spent that much on me! That, and I couldn't keep a straight face. Merry Christmas to all, and may all your little tadpoles get what they hoped for.

## CLUB CLOTHING

Short sleeve jersey £27.95  
Bibshort £31.95  
Air-tech track mitts £10.80  
Cotton cap £3.20  
Skinsuits £47.95  
De-Feet socks £6.00  
Long sleeve jerseys £36.00  
Sweatshirts (Blue or red) £10.00

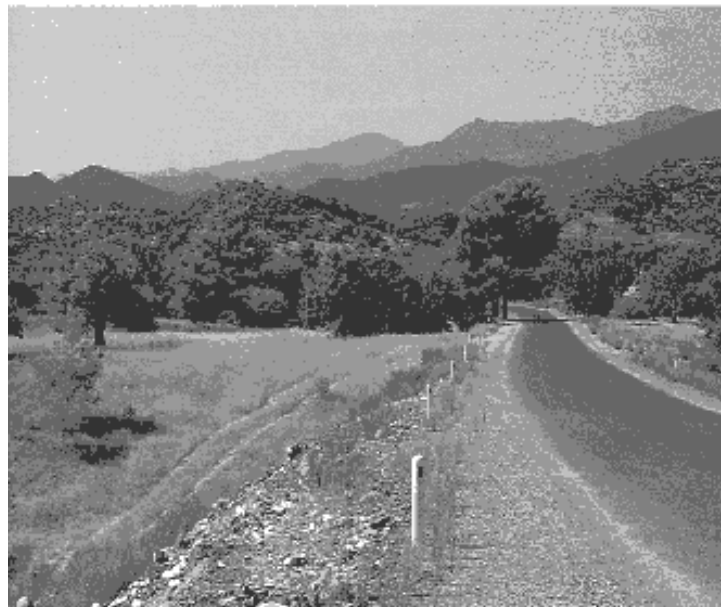
**The best looking kit in the platoon!!**

Callers welcome at our new address:

Unit 1, Old Parkstone Dairy,  
rear of 113 Commercial Rd, Lower  
Parkstone.

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**www.PrendasCiclismo**



**By Steve Brown**

With Britain steadily submerging, a trip to Cyprus for a bit of sun seemed the ideal escape in early November. Flying from Heathrow, I decided it would be easier to hire a bike (cycling up the M3 in the pouring rain complete with a suitcase not being recommended). So, on my first full day I went to Limassol to collect the rental bike. Bike was a bit of an exaggeration. It was meant to be a mountain bike, the nearest it had been to a mountain was the kerbs of Limassol, which would probably explain the shape of the front wheel. What does sn't wobble creaks. Never mind, he only wants £20 for 10 days.

After some maintenance the wreck sort of resembles a bike, at least the wheels go round. I head North, uphill for the first 5km, I'd forgotten quite how hilly the island is. It's 9am and already baking hot, a bit of a change to the 50 reliability trial only a couple of days before. The next morning is even hotter. I decide to avoid the hill by taking a side road, it seems like a good idea as I free-wheel downhill for 2km, then it goes up. 30 minutes later I am still climbing with no end in sight, the sun is beating down and my brains are starting to boil, I'm beginning

to think this was not such a good idea. I eventually come to a hill village called Lofou, well off the beaten tourist trail with steep cobbled streets. The road out continues up, just steeper, but finally, I drop down into Pera Pedi. At least I reap the rewards for about an hour of climbing when the mainly downhill return journey takes little over half that time.

Next day I set off before 8am to avoid the heat. I'm heading for Troodos, at about 6000ft it's twice as high as anything I've climbed before. After 2 hours of climbing I'm starting to get a bit hot under the collar, instead of a 'frontal attack' on the mountain, I decided to loop round and reach the top from the north-west, I certainly had picked the long way up. The further I go the more the road winds. I ride past the disused Amiantos asbestos mine, an immense scar in the side of the mountain. Some bright spark has decided to build a restaurant overlooking the devastation, no accounting for taste. It takes me 2½ hours to reach the top, which at this time of year is pretty much deserted. The views are stunning, north across to Morphou Bay and the Turkish occupied zone and south to Limassol. I take an even longer route home, circuiting the west flank of the mountain overlooking the Paphos Forest, it really is quite beautiful, zigzagging through the trees. The whole 50-mile ride takes 4 hours.

The next day is Sunday and the first day of the shooting season. I say shooting because hunting does not come into it. On this day every red-blooded Cypriot male dons combat gear, jump into their ubiquitous pick-up trucks, head for the hills and blast away at anything that moves. By lunchtime the hospitals are quite busy. I try and avoid the mayhem by going for a short ride just before dark, to explore a road I spotted a couple of days earlier heading along a valley. The few shooting parties I see are all heading home by this time. However one driver, who evidently had failed to annihilate any wildlife that day, decided as a last gasp effort to stick his gun out of the window and shoot over my head. I think he managed to 'hit' a blackbird, judging by the bits and pieces that fell around me, I must take a tin helmet next time.

## CLUB RUNS

Despite the best efforts of the weather, club runs continue in full swing. Over the past couple of months we've endured all sorts of conditions, from the wind and rain of the Salisbury run, the bright and sunny ride to Dorchester through to ploughing through ice-cold flood water over our hubs on the way back from Lyndhurst. It's certainly not been boring.

Thanks to Bill Simmons for leading several of the runs whilst I've been on holiday or off tandem racing. We've got a good selection of destinations over the next few weeks, just turn up at Bear Cross on Sunday morning at 9am (except for the reliability trials which start at Merley).

14 Jan	Lepe
21 Jan	Dorchester
28 Jan	Romsey
4 Feb	Shaftesbury
11 Feb	100-mile RT
18 Feb	Salisbury
25 Feb	Weymouth
4 Mar	Off-Road RT

## NEW YEAR'S EVE OFF-ROAD RIDE



**By Bill Simmons**

On a very windy morning five hardy souls (or idiots) turned up at Sandbanks to

find Andy Stevens unable to lead the ride due to a cold (or good sense). With Mike Tarrant leading, John Fear, Caroline Tilley, Tim Balmer and I set off to the climb of Old Harry, which turned out to be easier said than done. With a force nine gale blowing on to the cliff and mud clinging to the tyres it was impossible to ride from the turn above Harry to the first gate. From there to the next gate was not too bad except for the chill factor and we decided that for safety it was best to get off the hill fast. Once on the road we proceeded to Corfe via the lane along Nine Barrow Down, which had sheet ice on some of the climbs and descents. From Corfe we used a combination of road and track to return to the Banks Arms for quick pint and some warmth. With rain starting it was a quick dash to the ferry and home.

# A DAY WITH THE NATIONAL SPRINT COACH

**By Andy Storey**

After a long drive up to Manchester, Barney and I were off to bed, looking forward to the next day. After a long season, we had finally managed to get some track time with Martin Barras, the National Sprint Coach.

Martin has recently arrived at the WCPP after a long stint with the Australian Institute of Sport, coaching none other than Darryn Hill - two time Sprint World Champion. He was also the chap at the side of the track after Queally's Olympic ride jumping and shouting "you're the man!"...

The day was split into 4 sessions, a classroom session, a track session, lunch, gym session and a final track session. The classroom session proved to be very interesting, in which Martin explained the make up of a good sprinter from a physical, technical and psychological aspect, as well as going deep into the structured training plan that the WCPP sprint group have been following to much success this year. In a nutshell, Martin explained that Sprinting (200m) is an exercise of speed endurance. Speed endurance can only be obtained from high top end speed. Top end speed can only be attained from a strong acceleration. Strong acceleration is only possible if there is great strength. Hence, the training progression for a sprinter should be as follows: Strength, then Power/acceleration followed by Speed, Speed endurance and finally Capacity. Capacity training is interval training to you and me, and would only be applied if the rider was also going on to be a 1km specialist.

Now, enough of the theory - onto the track. I was not looking forward to getting a right kicking from my 'little kid' brother - but as it was only a 40-lap warm-up and then a flying 200m to find out what sort of shape Barney was in. He went off before me and recorded a very impressive 11.1 seconds which considering his PB is 11.08 seconds it just shows the improvement that he will be displaying next year. I also managed a PB of 12.3 seconds - although to put this into perspective - I've never done one before!

After Lunch, we went into the weights room in which, Martin explained, should be used for what it is best at - developing brute strength and/or size. The main point was that free weights exercises should be prioritised to enhance strength and stability. As they are more demanding they should come first in your session. Machine exercises are better used later in the session, when the rider gets tired or is less experienced.

Next up, another track session which was based around technique mainly about outwitting and out-jumping your opponent, and some Olympic Sprint work to finish us all off at the end.

After using "Big Bad Barney" as guinea pig for most of the day, Martin suggested that Barney should raise his game a little and try and enter some of the European Sprint Grands Prix - which you will all hear more about in the future months no doubt.



*Martin Barras with Justin Hy*

# JAN/FEB RACE DIARY

## Cyclo-Cross

20 Jan	Oxonian Cross, Great Hazeley			Alistair Batey
	U12	10:45	Free	Coverdale, Radley Road
	Youth	11:00	£2.00	Abingdon OX14 3SN
	Sen/Jun/Vet/Women	12:00	£7.00	Tel: 01235 530833
18 Feb	Oxonian Cross, Oxford School Cowley			John Vallis
	U12	11:30	Free	11 Turnberry Close
	Youth	12:00	£2.00	Bicester OX6 7YQ
	Sen/Jun/Vet/Women	13:15	£7.00	Tel: 01869 247145

## Time Trials

25 Feb	Andover Whts Hilly 10.2 P601	13:30	£4.75	Bob Smith
	Vernham Dean			Chapel Cottage, Chapel Lane
				Hanging Langford
				Salsbury SP3 4NN
				Tel: 01722 790176
4 Mar	EDCA Hilly 24 P427	09:00	£3.00	Bob Patten
	Wimborne			Briar Cottage, Spetsbury
				Blandford DT11 9DL
				Tel: 01258 857392
11 Mar	Hampshire RC 39km P911	09:00	£4.75	Dave Whitmore
	Circuit of Hambledon			24 Highfield Ave, Waterlooville
				Portsmouth PO7 7PX
				Tel: 023 9234 7759

# YOUR NEWSLETTER

After four years and forty issues as editor this is my final edition. Andy Stevens and Mike Tarrant are jointly taking on the editorship from now on. I'd like to thank everyone who's helped me produce Jubilee News, there's been so many people who have written articles, reports, taken photographs, compiled competitions and contributed in many other ways, there's just too many to name. Best wishes to Andy and Mike, I have always found producing the newsletter a rewarding task and I'm sure they'll find the same.

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### Stop Press!

### 75 MILE

### RELIABILITY TRIAL

Postponed due to ice,  
will now be held on

### SUNDAY 21 JANUARY

9:00am 9:15am 9:30am

Merley Community Centre

## TIME TRIALS

### Border CA Tandem 10 - 17 Dec

Steve Brown and Jonathan Charman rode at Bentley to clock 21:57 for 3rd spot behind Rowan Horner and Chris Birch who won with a very rapid 19:20.

### New Forest 10 - 26 Dec

Bitterly cold conditions and a head-wind return leg meant times were always going to be pretty ordinary but it was a tight finish with just 14 seconds covering the top four places. Eamonn Deane, looking to round of the year with another win, had to settle for 23:40 and 2nd, behind Malcolm Cox with 23:32. Will O'Callaghan came 4th with 23:46, Steve Brown 11th with 27:20, Paul Holder 13th with 27:41 and Mark Freeman 23rd with 31:19. It's a shame there was no team prize as we would have won that too.

## 100KM

## RELIABILITY TRIAL

A good entry of 57 for what is considered by many to be the hardest of the reliability trials. The weather was at least kind with light winds and even a little sun. The long hills between Blandford and Milton Abbas took their toll and left a few riders regretting their early enthusiasm. The diversion via Bere Regis and over Gallows Hill meant there were some tired legs over the second half of the course as it wound it's way through the edge of the Purbecks.

At times it seemed that there were more people standing at the side of the road repairing punctures than riding, but 47 still made it back up the final climbs of Lytchett Matravers and Pardy's Hill to the finish at Merley.

# 2001 Membership Renewal

Seniors £12	2nd Claim £6	Juniors £4	Juveniles £2	Family Members £3
Name.....				
Address.....				
Postcode.....			Telephone.....	

Please return this form with your subscription by 31st January 2001 to: Bill McMullen, 77 Carbery Avenue, Southbourne, Bournemouth BH6 3LW (cheques payable to BJW)

Please tick box if your address has changed.