

JUBILEE NEWS

NEWSLETTER OF THE BOURNEMOUTH JUBILEE WHEELERS

Congratulations and apologies to Peter Warhurst on his recent award – congratulations on winning; apologies for not putting it the last newsletter. Peter received the prestigious Ray Price award for his contribution to cycling. How many times can you remember entering an event locally and Peter not being involved? Peter also puts a lot of effort into his position as Racing Secretary on the BJW committee. When you see him next, give him a pat on the back – he's rather pleased!

Due to the foot and mouth crisis, not much has been happening on the Road Race or MTB front recently hence the results will predominately be Time Trials this month.



Nigel Parkinson has been racing across the pond in the US; read his race diaries and tales of fortune on later pages.

(Parky at Perf's courtesy of Trevor Fenwick)

Will O'Callaghan is settling in well with his French team and has been getting some great results in some prestigious races. His team are pleased with his performances and general attitude and his French is improving. Will must find this quite a step up, not only in race length and speed but also in professionalism. For example he now has radio contact with his directeur sportif in the following team car. Turn the page to read about his latest performances. (Photo courtesy of Trevor Fenwick)

Matt Bottrill has been getting plenty of publicity for the club with his name and photo in Cycling Weekly on a regular basis. Matt has been suffering from a virus lately but is on the road to recovery. His targets for the year include the National '50' and locally the Tour of Cranborne Chase. *Editors Note: Matt is definitely getting better having just set a new club '10' record – details inside.*

I'm sure you'll all notice Andrew Coopers' name on a regular basis in the results column. He's been flying in early season Time Trials with some brilliant performances. He is now turning his hand to road racing and has teamed up with Max Rumball and Simeon Goddard to form a very useful alliance.

By the time you read this, the club will have held a road race in a joint promotion with Bournemouth Arrow on the old Holt Circuit. Race distance was 6 laps so if you felt bad after 2 laps imagine how these boys will have felt!

We know he's only second claim, but you can read what Barney Storey has been up to on the track in his quest for International stardom.



(Photo courtesy of Paul Wright)

Editors Note:

If you have anything you would like to see in the newsletter, don't hesitate to contact us. Either post or e-mail any articles you may have to the Editors' address at the back.

Sorry for the delay getting this issue out – life just got in the way too much.

Joint Editors Note (Mike)

All respect due to the tall boy Stevens who put this issue together almost single-handed – he's also ridden a TT!!!!!!

Mick and Andy

Monsieur O'Callaghan – International Man of Mystery

Will runs us through what it's like to uproot and move to France to race. (Photo: Trevor Fenwick)

Arriving in France in the middle of Feb was a bit of a shock. Winter in Britain is cold but you seem to forget that once you are inside with the central heating and fire blazing. When I arrived in Limoges there was a six-inch coating of snow; not too bad, the problem was the house has no heating! - woolly hat and coat obligatory inside. Often the drinks bottles freeze on rides. Thankfully, this only lasted for 2 weeks after which the weather soon picked up, still cold but bearable.



The first race in mid March was quite a shock. After hearing stories of life in the gutter and races full of echelons, I was apprehensive: it turned out there was no need to be. After laying low for the first 40km of the race and allowing the early break to go, I found myself in a second group that worked its way across to the leading break. It helped having my teammate in the first

group as it ensured me an easy ride across. Once across I rested for 5km before attacking for a prime. Looking around at the top my teammate was the only rider behind, feeling a little shocked we carried on and time-trialled the last 40km to the line as a pair where he just nipped ahead in the sprint for first place.

Since then I have been having good results but never quite getting up there for the win; finishing second best on five occasions.

The last race on Sunday the 12th was different. The day before, feeling very tired and run down I climbed off unable to hold the pace. On Sunday I was still feeling tired and decided to sit in and wait. With 30km remaining I saw a prime approaching and decided to take my chance. Having sprinted for the prime, I looked round to see who had followed and there was only a small group on my wheel. There were eight riders, a good number for a break, and we worked well to pull away from the disheartened bunch. Thinking of the mistakes of the previous races, I was nervous and not wanting to show my face too much, trying to keep my cards close to my chest. With 2km remaining, I jumped on a short rise to go clear. This was surprisingly easy and I powered to the line to take my first win. I could see in the group that I was strongest but I was nervous from the previous races and not wanting to finish second again. I tried to hide in the group, still working but not pushing the pace. I was surprised to pull it off but talking with one of the riders after the finish he said that nobody wanted to jump as they were just waiting for me. He said they had thought I was waiting for the sprint and they were caught unaware when I jumped with only 2km to go.

Crossing the line was a great relief and has boosted my confidence for the remainder of the year. Hopefully it will not be long before I write again with some more good news about another win.

Congratulations Will: let's hope it's the first of many!

For Sale

Polar Pro-Trainer XT

Loads of features including the ability to measure speed etc with an additional sensor. Never been out the box let alone sweated on!!

As used by most of the top pro's.

Would cost £149.99 – yours for only £ 95.00!!

Ring Andy Stevens on 01202 387152 for more details.



In This Month...

25 Years Ago

23 May 1976 – 160 riders had sent in entries for this event on the popular P2B course on the Spur Road. Those who got in were probably a little less than enamoured to find themselves riding on the P3A, from Ringwood to Holmsley, due to roadworks. This didn't stop Jubilee's Alan Brimecombe from putting in a fine ride of 59:47 to win the event and lead a team victory with Nick Frewin clocking 1:01:57 and Vic Butler 1:03:46.

Another Era

Dialogue overheard at the start of the Jubilee Open 10 recently.

Peter Warhurst, start timekeeper, to Eddie Fone, Norwich ABC, as he waited to start.

PW: "Are you the E. Fone, Marlborough, who won the Midds 25 on the F4 in which I rode in 1949 or '50 (with 150 starters)?"

EF: "Yes"

PW: "Good Lord, 5..4..3..2..1..GO"

Eddie finished with a time of 25' 26", a plus of 7' 36". Not bad for a 73 year-old!

Bournemouth Arrow Open '25' 29th April 2001

Report by Peter Warhurst

This was quite a morning for a number of reasons:

- 1) The weather was extraordinary
- 2) The Jubilee had three riders doing substantial PB's to win the team race
- 3) The solo event, with 88 riders, was won by a 64-year-old gentleman – need I say it, John Woodburn – with 55' 05".

As finishing timekeeper, I was particularly interested in the weather because the finish is on the Spur Road about ½ mile north of Cooper Dean. As the road is a clearway, the timekeeper has to operate in the open air. The forecast was for prolonged heavy showers, possibly thundery, so I was not surprised to hear rain hammering on the roof during the night and as the alarm did it's duty at 6 am. Plastic over-trousers, kagoul, rain hat and new golf umbrella in hand, I drove to the start at the Queens Park slip road onto the Wessex Way. Still raining hard but a brightening sky as I got there but incredibly, the rain stopped just as the first of the three tandems was starting. Then extended blue sky and moderate south-west wind for the next two hours, with only the final twenty or so riders catching the sharp downpour, increased wind and drop in temperature as they came down the A338 to the finish.

First Jubilee success was Steve Brown and Jon Charman being easily best of the three tandems with 55' 53", well ahead of the very useful pair from the Andover Wheelers. The other pair started late because they got lost on the way from the HQ to the start; not really surprising because no plan of the (very complicated) route was provided on the start sheet. It may be that some of the 36 non-starters shared a similar fate.

Second success was our Andy Cooper sprinting over the line in 58' 18", nearly 6 minutes off of his personal best. Not entirely unexpected because he has been a revelation in each of his outings this year. We don't know what he has been eating but it sure works; he sits well on a bike and could go places!

Third success was Phil Harvey pounding in in 58' 38", 4 ½ minutes off of his recent best though he was a few seconds outside the hour when he raced as a youngster.

Fourth success, and third in the event, was smooth-riding Quentin Allen improving by ½ minute to 55' 35". This despite (or because of?) being diagnosed with a heart problem last autumn and having a pacemaker fitted. One wonders whether the RTTC rules permit this.

Such is the strength of the Jubilee that this trio won the team race by over a minute overcoming strong opposition from Yeovil CC and Salisbury RC. This despite two of our likely team counters, Dave Doust and Steve Pye, being DNS – no doubt shy of the rain.

Finally, an interesting statistic. The total prize value in this *sponsored* clubs event was £ 126 from an income, after deduction of levy, of £ 334, whereas prize values in the recent Jubilee 42K totalled £ 210 from an income of £ 288. As far as I know, as organiser, we did not make a loss on the 42K. But then the Jubilee can afford a mobile phone at the finish of its open events to relay the times quickly to the HQ, rather than having the competitors milling around waiting for their times as one or two riders stop to act as messengers, as in this event.

So much for sponsorship!

Caption Competition

Just what is Steve up to?

Pictured in full cycling kit complete with watering can. Send us your caption for the picture. Best/funniest answer wins a pair of Red/White/Blue socks. Send them to the usual address to be in with a chance of winning.



For Sale

Oakley – New Straight Jacket

Black with Black polarised Iridium lens ~ best lens in the Universe for glare reduction.

New and boxed, never raced or

rallied rrp £ 135.00: for sale at £ 85.00



Ring Mick Tarrant on 01202 722562 for more information.

Tour de France Selection 2001.

Bob Wareing airs his views on the Tour team selections.



You've seen the press, heard the Duffield, so what would you have done? The Giro and Vuelta are predominately Italian and Spanish, so why shouldn't the Tour be predominately French? The Giro

has 14 Italian teams and only one French.

Money is vital for professional sport and French sponsors need to get their publicity at a time when cycling in France is still awaiting the new superstar.

Consider a few facts. In 2000 only 36 French riders started the Tour and an estimate for 2001 from all 21 teams is only 50 - only a quarter of the field. The inclusion of Coast and Mercury would have made good diplomatic sense and aided cycle sport in Germany and the US. Even so, Coast has an ageing squad - Escartin 33, Zulle 32 and Gianetti 37 and Mercury are more suited to one day races at present (Tonkov excepted).

Mercatone Uno should stop crying. They have no riders in the top 100. Their most exciting climber Pantani, who rates 179th place, failed to finish in 2000, has been tainted by doping and could be banned in July. This is a serious consideration.

Saeco are unfortunate. They have a brilliant, though at 34, a fading sprinter in Cipollini. Cipo' never finishes a tour but one has to have sympathy for their top 100 riders Dufaux and Salvodelli.

The inclusion of CSC - World Online can only be due to the presence of Jalabert. Their top six riders are all in the top 100 but the youngest is 30 and Pizicis at 127th is 31. Can experience overcome age - we shall see in July.

Seven French teams have been selected - a careful examination will show that it is unlikely that many Frenchmen will do well in 2001, but the experience gained could well show a profit in future years. Festina, Cofidis and Credit Agricole are French teams but may only field eight French riders between them.

Editors' note: Personally, we think the decision to omit Coast and Mercury is correct. Why should a team be selected because they have a large Bank balance/chequebook. We prefer to see a team selected on merit as the Euskaltel-Euskadi squad have been. They have been prominent in early season races while in 2000 they won the Tour de l'Avenir overall and placed 3rd in the Vuelta team classification as well as taking a stage win along the way. Even the 'Weekly' is tipping them as having an 'outsider for the overall'. Just imagine selecting a team of riders, getting promoted to Div 1 and riding La Grand Boucle all with riders from only Dorset. To start with in '94, all monies came from public donations not sponsorship. That gives you an idea of the great achievement on their part.

Chat Room: Catherine Pascoe runs through the trials and tribulations of real life and what it means to some of us.

Your frequent remarks in the newsletter about the noted absence of certain BJW members made me feel rather guilty! So I thought I'd write and try to excuse myself!

I didn't go to the club dinner because it clashed with my birthday - an ominous step closer to becoming a vet. As my children think that the reason my family didn't have a TV when I was a child was because TVs weren't invented, they really can't quite appreciate the significance of the event!

The AGMum.....actually, I must confess that I forgot!

I read with interest all the racing activity of the members of the club. I have yet to get my head round the idea of racing again, although I did air my jersey for most of the cyclo-cross races. In October I got a job in Southampton. "Oh goody!" thought I, "I can ride my bike EVERY day!"

And I do.

I ride a round trip of 40 miles - Monday to Friday - on my Mercian touring bike, loaded with panniers, mud-guards, big battery pack for equally big lights - and it doesn't recognise words like 'accelerate' or phrases like 'to power up the hills'.

The figures 13 and 14 feature frequently on the computer as I plod my weary way backwards and forwards across the Forest. With a tailwind I can get the numbers to change to 15 or 16! With a headwind - well, don't ask! By Friday I'm so tired that the ride is like the last few hours of a 12! The thought of racing on Sundays is far from my mind. More important is the question of whether I lie down before I eat or do I eat before I lie down?!

Sometimes even: do I lie down before I get home or can I make it to my front door first?! As for racing at Barnsfield on Thursdays.....I picture myself on the really good evenings, when I could stay with the bunch right until the end, forgetting the pain and discomfort.....then I wonder: what if, when I'm on the start line on my racing bike, without those heavy panniers, those lights, those mud guards....what if I can still only go at 14 miles an hour!

Cheers

Catherine

Ed: If you have anything to share tell us; if you don't we won't know!

Wide Mouth Frog...still here!

Last month the WMF ran us through the responsibilities of a pusher-off. This month attention gets turned to marshalling.

As a route/traffic marshall (this also refers to your wish to help with a road race – see later) do you...

- a) ...switch the route marking arrows sending riders off course, swiftly re-aligning correctly for any Jubilee rider you see coming towards you.
- b) ...keep a pair of binoculars trained down the road upon which riders are approaching your junction, so as to give you plenty of time to direct them in the appropriate direction.
- c) ...you take along a six-pack of Guinness, your sunnies, lilo and the Sunday Times so you've got something to do whilst passing motorists hurl abuse at you.
- d) ...scatter pins, nails and broken glass across the road before a rider(s) reaches you; swiftly sweeping these up again if a Jubilee rider is due.

3. If you're marshalling at the Jubilee Road Race and a break is on, not containing a Jubilee rider, do you...

- a) ... (refer to 2a)
- b) ...warn traffic a race is approaching and safely support the motorcycle marshals as they shepherd the race around your part of the route.
- c) ...walk into the path of oncoming riders if none are Jubilee, causing riders to avoid you by heading into the roadside ditch.

N.B. This is a health hazard to yourself and it is only to be used in extreme circumstances. It should be followed by you exiting the area at a great rate of knots...if you are still standing/alive.

- d) ...sow the seeds of confusion by shouting "The break is fourteen minutes in front of you – well done lads".
The desired effect is that the riders will then give up their attack, sit up and be caught by the bunch. This then enables any of the Jubilees' renowned sprinters, Bob, Max, Eamonn et. al. to take the win.

4. If you are on the finish line and it's obvious it's going to be a bunch sprint, do you...

- a) ...pick the years that your nearest and dearest were born in and use these numbers to allocate prizes e.g. 1971, 1968, 1979 so riders 71, 68 and 79 get 1st, 2nd and 3rd and rider 19 gets the Sprints, King Of The Mountains and Most Aggressive Rider awards. N.B. The variations on this one are endless. Caution must be used as many road race fields don't have this many riders. It is for this reason that old blokes are most often seen at the finish; thus riders with the numbers around 11, 23 and 6 get placings.
 - b) ...watch carefully recording the riders as they pass you, into a Dictaphone for later confirmation.
 - c) ...close your eyes and stab at the start sheet 3 times with a pen to decide top three (it has been suggested that this method is the one used at Barnsfield Heath – how else would Max Rumball get placings?).
 - d) ...supply the organiser with a list of numbers you think crossed the line first, second, third...ensuring all numbers are those worn by Jubilee.
 - e)
5. You're a marshall at the Jubilee cyclo-cross on Canford Heath, do you...
- a) ...hide behind a tree, jump out in front of non-Jubilee riders waving your arms and shouting "Rover! Rover! Where are you? Have you seen my dog?..."
 - b) ...helpfully suggest to dog walkers et. al. that riders are approaching and redirect them away from the course; enthusiastically encouraging passing riders, informing them of the best lines to take.
 - c) ...hide in a bush and poke big sticks into the spokes belonging to non-Jubilee riders as they come past.
 - d) ..."re-arrange" the course sending chosen riders off to the crematorium.

If you answered b) to any of the above questions, consider yourself too brainless to be a race official for the club.

Wide Mouth Frog

The skinsuit still fits...

Report by Andy Storey

And nobody was more surprised than me! It's been a long time since I raced, and although time trialling has never been my forte, I felt that a 2 up 10m time trial with Dad would be an ideal way of getting back into things.

I have never stopped riding the bike, and more recently I have been out with Barney on his long endurance rides - for a sprinter - this means 2-3 hours of 60-70% of your maximum heart rate. And of course there are the occasional trips to Calshot track as well.

The ride went well, he were both fairly evenly matched with Dad taking most of the pace towards the top of the climbs and me doing the downhills and the flatlands. Our time was 25:54, 6th quickest, which is not the quickest that either of us have done alone, but we were both happy.

I must thank Max and chum for stuffing us for nearly three minutes though!

The best thing about the race: I enjoyed it, which is what it is all about.

So if you haven't raced for a while, why not give it a go, either the evening club events on a Tuesday or maybe a race at Barnsfield on a Thursday evening. Or even both!

So what next? Well, I guess the 2 up time trial in October in which I'm

sure we will be a little quicker! And who knows, I may even invest in some tribars...

Time Trial Results

Too many results, not enough newsletter: if your performance has been edited sorry, but A4 is only so big!

BJW OPEN 42km

Sunday 1 April

The first time is for the prime competition. (Vets std marked as + or -)

Tandem

1) Simon Foster & Lee Gardner
Andover Whs 7:05 1:02:08

Solo's

1) Malcolm Cox - VC St Raphael
6:57 58:56

2) Mick St Leger - GS Vitesse
6:41 59:50

3) Neil Coleman - Andover Whs
6:55 1:00:02

4) John Limpus - GS Stella
7:01 1:00:23

5) Mark Jones - GS Stella V
+9:20 7:00 1:00:30

6) Max Rumball BJW
6:58 1:01:00

7) Wayne Levet - Hemel Hempstead
7:00 1:01:07

8) Glenn Longland - Antelope RT V
+10:32 6:55 1:01:25

9) Aran Stanton - VC St Raphael
7:08 1:01:50

10) Quentin Allen - BJW V
+8:28 7:21 1:01:53

Fastest group B

Quentin Allen: BJW – 1:01:53

Fastest group C

Andrew Cooper: BJW – 1:02:25

Fastest group D

Wayne Levet: Hemel Hemp – 1:01:07

Fastest to Prime

Mick St Leger: GS Vitesse – 6:41

Fastest Woman

Philippa Brayford: BJW – 1:13:10

1st Vet on Std

John Woodburn: Maidenhead & Dist
+20:06 7:22 1:02:46

Team of Three: GS Stella

Other BJW Times

14) Steve Pye - 7:07 1:02:40

24) Phil Harvey - 7:25 1:05:27

29) Paul Jarvis - 7:41 1:06:20

31) Martin Lefevre – V

+5:27 7:34 1:06:30

38) Barrie Stevens - 7:48 1:08:54

39) Toby Hood - 7:56 1:09:02

40) Steve Brown - V

+0:38 8:09 1:09:12

BJW 42 km Times cont.

43) John Hewson - V

+6:54 7:58 1:10:02

44) Jonathan Charman - 7:50 1:10:08

45) Keith Rumball – V

+5:49 8:09 1:10:32

48) Jim Firth - V

-0:39 8:07 1:11:32

49) Pat Pinchin - V

+7:26 8:07 1:11:49

53) John Pearce - V

+8:09 8:33 1:13:29

59) Jo Taylor - WV

-3:38 9:01 1:17:12

61) Arthur Peters - V

+1:16 9:01 1:17:59

63) Mark Freeman - 8:52 1:18:31

64) Nicki Brayne - W 9:04 1:18:54

SOUTHGATE CC 10

F1/10 - Saturday 7 April

Matthew Bottrill equalled Eamonn Deane's club 10-mile record on the Little Paxton course in Cambridgeshire.

1 Michael Hutchinson - (Team MDT)

2 20:10 Matthew Bottrill

BJW OPEN 10

Saturday 7 April

The event got off to a cracking start with Rowan Horner & Chris Birch of VC St Raphael clocking a rapid 18:29 on their tandem. The vet's event followed with Eamonn Deane winning, 17 seconds clear of John Woodburn. Quentin Allen and Steve Clark both made the top 10. Philippa Brayford was second to Nina Davies (Team Letchworth) in the women's event. The junior event attracted just one entry, Tony Parker of North Hampshire RC. The senior men drew the short straw, the heavens opened and the last 30-odd starters got drenched. The winner, Steve Walkling (Portsmouth NE) was lucky to be first off and escape the deluge but the Jubilee riders Andrew Cooper, Steve Pye, Paul Jarvis and Mark Freeman really got the worst of it.

A special thank you must go to everyone who helped. Some people had to stand around for 3 hours – some raced then marshalled or vice versa.

Tandems

1) 18:29 - Rowan Horner & Chris Birch VC St Raphael

2) 19:36 - Peter Young & Ray Hughes Clarence Whs

3) 21:13 - Lee Gardner & Simon Foster Andover Whs

4) 22:31 - Alan Jones & Oliver Jones Hampshire RC (Trike)

5) 22:38 - Norman Harvey & Mary Corbett Sotonia CC

Veteran Men

1) 21:12 Eamonn Deane - BJW

2) 21:29 John Woodburn – Maid'd & Dist CC

3) 21:31 Andy Sharpe - Team MDT

4) 21:40 Chris Davies - Ogmere Vly

5) 21:42 Pete Pickers - Northovers

6) 21:46 Pete Wilson – B'mth Arrow

7) 21:53 Brian Newton - Evesham & Dist Whs

8) 21:55 Quentin Allen - BJW

9) 22:04 Steve Clark - BJW

10) 22:05 Mark Ashton - Fareham

Women

1) 24:13 Nina Davies - Team Letchworth

2) 24:40 Philippa Brayford - BJW

3) 24:47 Lesley Allen – Ports NE

4) 25:11 Wendy Pails - Farn & Camb

5) 25:12 Claire Newman - Crabwood

Senior Men

1) 20:42 Steve Walkling – Ports NE

2) 21:05 Gary Kristensen - Army CU

3) 21:08 Chris Brooking - Cambridge

4) 21:44 Malcolm Cox - VC St Raphael

5) 21:48 Andy Hoskins -
www.bikeshop.uk.com

6) 21:50 G. Lackford - Anglia Sport

6) 21:50 Paul Holdsworth - Hounslow & Dist Whs

8) 21:53 James Millard -
Charlotteville

9) 21:54 Dave Dent - Portsmouth NE

10) 21:59 Steve Lenn - Bognor Regis

Other Jubilee Times

23:15 Martin Lefevre

22:37 Andrew Cooper

23:31 Steve Pye

24:13 John Hewson

24:18 Paul Jarvis

25:20 John Pearce

27:00 Mark Freeman

MELTON OLYMPIC CC 25

Sunday 8 April

Matt Bottrill (BJW) updated the event record in the 21st running of the Melton Olympic CC open 25 on the A25/1 North of Leicester. 53:09 was an exceptional performance on a day that saw most people 5 to 6 minutes away from their personal bests.

BOURNEMOUTH ARROW 10

Friday 13 April – P415

A cold damp morning on the Ryvita course. Everyone was back on their times of a week earlier at Andover.

Jubilee's new junior Ewan Farrow rode his first 10. Steve and Jonathan knocked 28 seconds off their PB to win the tandem event by 26 seconds.

1) 21:30 James Millard -
Charlotteville CC

Jubilee Times

- 5) 22:09 Quentin Allen
- 7) 22:12 Max Rumball
- 15) 23:12 Steve Clark
- 26) 23:42 Martin Lefevre
- 35) 24:47 Keith Rumball
- 41) 25:26 Jim Firth
- 50) 26:39 Philippa Brayford
- 52) 26:47 Mark Freeman
- 54) 27:04 Bill Simmons
- 59) 27:37 Tracey Lander
- 63) 28:50 Ewan Farrow
- 66) 29:01 Bob Wareing

Tandems

- 1) 21:05 Steve Brown & Jon Charman

CLUB HOLT CIRCUIT 28

Saturday 14 April - P471c

Still cold and miserable. A good ride by Andrew Cooper to win. Steve Pye and Dave Doust were both puncture victims on the second lap.

- 1) 1:13:07 - Andrew Cooper
- 2) 1:16:15 - Paul Jarvis
- 3) 1:20:20 - John Hewson
- 4) 1:22:01 - Pat Pinchin
- 5) 1:22:22 - Keith Rumball
- 6) 1:22:44 - Barrie Stevens
- 7) 1:25:02 - Neil Schofield
- 8) 1:30:11 - Jo Taylor
- 9) 1:39:03 - Nicki Brayne

LEIC'S RC HILLY 32

16 April

Matthew Bottrill 1st 1:17:06
The event was a counter for the RTTC District Series. The day was dry, but with some puddles made for a few worries on this twisty, technical course. The course is not mountainous but a true sporting contest. Jubilee's Matt Bottrill, the winner, has been showing some fine form recently, so was predicted by many to get the better of the usual winner, Geoff Platts, although not by such a large margin (nearly 3 minutes).

SALISBURY RC 25

22 April

Jim Firth 1:07:50

John Hewson 1:08:39

A hard day on the Andover-Popham course, a cross wind making it tough going both ways. Adam Roud (Leo RC) was the winner in 57:28. The two Jubilee riders, making their first trip to the sometimes fast P612/25, weren't impressed.

HARP RC MEDIUM GEAR 25

22 April

John Pearce 10th 1:13:21

Ray Hughes (Clarence Whs) came out on top with a stunning 58:38. This was the final event in the Medium Gear League and should give John 9th place in the overall series.

CLUB 10 - FURZEHILL CIRC

24 April

- 1) 24:46 Quentin Allen
- 2) 25:05 Steve Clark
- 3) 25:23 Andrew Cooper
- 4) 25:24 Steve Pye
- 5) 26:10 Phil Harvey
- 6) 27:42 Paul Holder
- 7) 27:47 Jim Firth
- 8) 28:03 John Hewson
- 9) 28:14 Barrie Stevens
- 10) 28:34 Keith Rumball
- 11) 28:35 Pat Pinchin
- 12) 28:36 Quentin Storey
- 13) 30:10 Philippa Brayford
- 14) 30:25 Bill Simmons
- 15) 31:06 Keith Johns
- 16) 33:50 Bob Wareing
- 17) 38:59 Melissa Hood
- 18) 41:54 Tim Hood

BOURNEMOUTH ARROW 25

29 April P201

Despite the conditions, nine riders improved, including all three members of the winning Jubilee team with Quentin improving 1:16, Andrew 5:55 (and winning best improvement) and Phil 4:27. Barrie Stevens also improved by 1:14. Steve and Jonathan picked up their third tandem win of the year but were not too happy with the time.

Tandems

- 1) 55:53 Jon Charman & Steve Brown

Solos

- 1) 55:05 John Woodburn - Maidenhead
- 3) 55:35 Quentin Allen
- 12) 58:18 Andrew Cooper
- 16) 58:39 Phil Harvey
- 21) 1:00:55 Martin Lefevre
- 24) 1:01:36 Barrie Stevens
- 31) 1:03:53 Jim Firth
- 39) 1:05:48 Keith Rumball
- 41) 1:07:02 Bill Simmons
- 46) 1:11:15 Arthur Peters
- 52) 1:18:20 Bob Wareing

CLUB 2-UP 10

1 May

A convincing win for Andrew Cooper and Max Rumball. The rain cleared but with the north easterly wind it was very hard going out to Horton. At least there was a quick run back down the Cranborne Road for a change.

- 1) 23:01 Andrew Cooper & Max Rumball
- 2) 25:26 Phil Harvey & Paul Holder
- 3) 25:54 Andy Storey & Quentin Storey
- 4) 26:27 Jonathan Charman & Steve Brown

Solos

- 5) 26:03 John Hewson
- 6) 27:50 Bill Simmons
- 7) 29:35 Dave Callaghan
- 8) 32:21 Bob Wareing
- 9) 35:45 Tim Hood

Private Time Trials

- 23:35 Stuart Bowers & Roland Tilley
- 23:59 Paul Harris & Tony Saunders
- 25:46 Roger Papp & Steve Staniland
- 27:35 G Roberts & M Angus
- 31:46 Gerald Chainey

Time Trial Results cont...

Yes, they're still coming!

HAMPSHIRE RC 10

Saturday 5 May
A hard morning, windy and very cold. John Hewson did well making the top 20. Winner was Peter Tadros (VC Bayeux) in 21:19.
17) 25:40 John Hewson

NEW FOREST CC 32

Sunday 6 May
A cold morning with a strong head wind on the B3054 towards Hatchet pond, but this helped on the A35 to the Cat and Fiddle pub. An excellent ride by Andrew Cooper projects him to the top of the East Dorset CA open league. Winner in 1:18:35 was Simon Brooks of VC St Raphael.
6) 1:21:36 Andrew Cooper
9) 1:22:31 Steve Clark
28) 1:33:13 Pat Pinchin
31) 1:38:43 Philippa Brayford
33) 1:40:24 Arthur Peters

CLUB EVENING 10

Tuesday 8 May - P472C FURZEHILL
A pleasant evening although the wind turned to give us the inevitable headwind down the Cranborne Road.

- 1) 24:13 Steve Pye
- 2) 24:19 Steve Clark
- 3) 25:36 Phil Harvey
- 4) 26:41 Quentin Storey
- 5) 27:08 Keith Rumball
- 6) 27:17 Barrie Stevens
- 7) 27:29 Pat Pinchin
- 8) 28:12 Dave Callaghan
- 9) 28:20 Paul Bremford
- 10) 28:22 Bill Simmons
- 11) 28:26 Mark Freeman
- 12) 28:44 Keith Johns
- 13) 28:46 Philippa Brayford
- 14) 29:52 Clive Peskett
- 15) 34:40 Tim Hood

Tandem

22:06 Steve Brown & Andrew Cooper

CC WEYMOUTH 10

12 May - P451 Warmwell
A hot and windy afternoon on the Warmwell - Wool course. Only a small jubilee entry but Eamonn picking up a good win after a short lay-off.

- 1) 22:26 Eamonn Deane
- 6) 23:22 Quentin Allen
- 20) 26:34 Pat Pinchin
- 21) 26:57 Keith Rumball
- 26) 27:54 Philippa Brayford

FARNHAM RC TANDEM 10

12 May - H10/8 Bentley
Similar conditions to the Weymouth event. Hot and a headwind on the long leg. Steve and Andrew were just 20 seconds outside club record.
1) 20:12 Ray Hughes & Pete Young (Clarence Whs/Crescent Whs)
2) 20:27 Chris Birch & Robert Allen (VC St Raphael/Farnham RC)
3) 20:35 Steve Brown & Andrew Cooper (BJW)

BMTH & DIST WCA 25

13 May - P422 Wimborne
With several of our top riders missing, it looked like a close battle for the team award but Steve, Quentin and Paul came up trumps to take the team prize. A warm morning but a struggle back from Bere Regis.

- 1) 55:54 Graham Harman (Sotonia CC)

Jubilee Times

- 3) 58:03 Steve Clark
- 5) 59:33 Quentin Allen
- 14) 1:01:29 Paul Jarvis
- 26) 1:04:20 Barrie Stevens
- 30) 1:05:57 Jim Firth
- 32) 1:06:24 Pat Pinchin
- 34) 1:06:47 Philippa Brayford
- 38) 1:08:00 John Pearce
- 43) 1:09:22 Keith Rumball

CLUB HILLY 30K

15 MAY - P426/30k Wimborne
It was dry and warm an hour beforehand but everyone got a thorough soaking during the event. Headwind in all directions, not even any help down the last half mile to Julians Bridge.

- 1) 43:39 Steve Pye
- 2) 44:42 Steve Brown
- 3) 46:06 John Hewson
- 4) 47:03 Jim Firth
- 5) 47:25 Quentin Storey
- 6) 48:12 Andy Storey
- 7) 48:32 Pat Pinchin
- 8) 49:52 Bill Simmons
- 9) 50:21 Mark Freeman
- 10) 50:58 Paul Bremford
- 11) 51:18 Clive Peskett
- 12) 51:53 Keith Johns
- 13) 55:28 Bob Wareing
- 14) 1:03:12 Tim Hood

NORTH NOTTS OLYMPIC 10

Saturday 19 May
Matt Bottrill set a new club record on Saturday in the North Notts Olympic 10 with a 20' 04". Julian Ramsbottom won the event with a 19' 42". Matt is now concentrating on a podium position in the 'National 50'. If his form keeps improving there is every chance he will make it. It's been a few years since we had a National Champion in the club – let's all hope Matt can do it.

Race reports

If you go away to a race on your own or in a small group/ team, don't forget to let us know how you got on/ what the course was like/ how good the tea and buns were. If you give an event a good report, you might find a bigger Jubilee presence next time. Send any reports along to the editing posse.

Sorry for the abundance of results this issue. Once our lives become less hectic and we produce Newsletters on a more regular basis things should be a lot simpler – I've heard that before though!

BJW Time Trial Points League

Pos	Rider	Cat	Events	Points
1st	Andrew Cooper	A	11	134
2nd	Steve Clark	A	8	101
2nd	Quentin Allen	A	8	101
4th	Steve Pye	A	8	92
5th	Paul Holder	B	7	85
6th	John Hewson	B	9	84
6th	Phil Harvey	B	6	84
8th	Jim Firth	B	9	77
9th	Barrie Stevens	B	8	65
10th	Bill Simmons	B	10	59
11th	Pat Pinchin	B	9	56
12th	Keith Rumball	B	7	52
13th	Quentin Storey	C	5	50
14th	Philippa Brayford	B	10	45
14th	Paul Jarvis	A	5	45
16th	Mark Freeman	C	8	43
17th	Jonathan Charman	B	5	40
18th	Martin Lefevre	B	5	39
19th	Max Rumball	A	2	34
20th	Steve Brown	C	3	32
20th	Paul Bremford	C	4	32
20th	Dave Doust	A	3	32
23rd	Andy Storey	C	3	31
24th	Jo Taylor	C	6	29
25th	Dave Callaghan	C	5	26
26th	Pat Pinchin	B	3	22
27th	Keith Johns	C	5	21
28th	Bob Wareing	C	7	17
29th	Eamonn Deane	A	2	16
29th	Clive Peskett	C	4	16
31st	John Pearce	B	5	14
32nd	Toby Hood	B	1	13
33rd	Arthur Peters	C	4	12
34th	Tim Hood	C	6	7
35th	Tim Day	C	1	6
35th	Mike Woodgate	B	1	6
35th	John Pavett	C	1	6
38th	Neil Schofield	C	1	5
39th	Andy Stevens	C	1	4
39th	Nicki Brayne	C	2	4
39th	Bob Bull	C	2	4
39th	Ewan Farrow	C	2	4
43rd	Melissa Hood	C	1	2
43rd	Eddie Stagg	C	1	2
45th	Penny Doust	C	1	1

BJW Handicap Improvements

Name	Best Time	Hcap	Imp
Paul Holder	23:21	26:03	+2:42
Mark Freeman	25:20	27:35	+2:15
Penny Doust	34:11	35:35	+1:24
Andrew Cooper	21:53	23:10	+1:17
Barrie Stevens	23:44	24:20	+0:36
Paul Bremford	25:29	25:55	+0:26
Martin Lefevre	23:15	23:40	+0:25
Phil Harvey	23:31	23:50	+0:19
Andy Stevens	26:57	27:15	+0:18
Quentin Allen	21:48	21:55	+0:07
Matthew Bottrill	20:04	20:10	+0:06
Arthur Peters	26:46	26:50	+0:04
John Hewson	24:13	24:15	+0:02

Just In...

BJW 30 – Spur Road Sunday 27 May

Pos	Name	Club	Time
1	Keith Coffey	Bec CC	1:06:20
2	Michael Loader	Yeovil CC	1:06:25
3	Malcolm Cox	VC St Raphael	1:06:35
4	Ray Robinson	Fareham Whs	1:07:48
5	Derek Hambleton	Salisbury RC	1:09:01
6	Pete Wilson	Bournemouth Arrow CC	1:09:15
7	Steve Pye	Bournemouth Jubilee Whs	1:09:31
8	Pat Lafford	Crabwood CC	1:09:41
9	Neil Edmundson	Frome & Dist Whs	1:10:24
10	Jeremy Carpenter	Gillingham & Dist Whs	1:11:22
20	Jim Firth	Bournemouth Jubilee Whs	1:15:44
24	Pat Pinchin	Bournemouth Jubilee Whs	1:17:30
30	Bill Simmons	Bournemouth Jubilee Whs	1:21:44
33	Mark Freeman	Bournemouth Jubilee Whs	1:23:15
35	Keith Johns	Bournemouth Jubilee Whs	1:23:44
37	Arthur Peters	Bournemouth Jubilee Whs	1:24:26
39	Dave Callaghan	Bournemouth Jubilee Whs	1:24:31

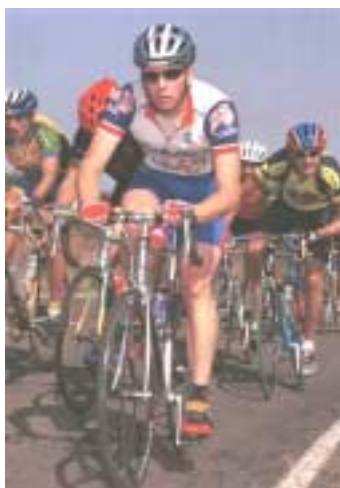
Fastest Team

Club	Time
Bournemouth Arrow CC	3:36:01

TANDEMS

Pos	Name	Club	Time
1	Glenn Longland Neville Stroud	Antelope RT	1:00:48
2	Andrew Cooper Steve Brown	Bournemouth Jubilee Whs	1:04:10

Road Racing News



The Foot and Mouth outbreak have caused this section to be a bit light at the moment. Now racing is getting back into full swing we should see an increase.

BCF WEST THAMES HILLINGDON 2 DAY 28/29 April

Max Rumball and Sim Goddard rode this 2-day

3-stage event. Max missed the break on the first stage, but managed to take one of the primes after a 5 lap solo effort. Sim suffered a bit with the torrential rain & bonked 5 laps from home. Sim recovered well on stage 2, where he took a bonus prime, just after Max had used up all his sprinting strength to take the previous prime. Stage 3 was uneventful, Max had a few more placings in prime sprints and finished the 142-lap stage in 8th place. (Photo courtesy of Trevor Fenwick)

TWICKENHAM CC RR (NATIONAL U-23)

Max Rumball was pleased to finish in the bunch in 19th spot in this, the first round of the national espoirs series. Held on a hilly 97-mile course in Buckinghamshire, the race was won by Bournemouth Arrow's Danny Lloyd who outsprinted another south coast rider Keiran Page (Sport England).

Belmont 80km RR – Nailsea

Sunday 13 May

Three Jubilee riders were off road racing in Bristol on Sunday. In the Belmont 80km RR at Nailsea, Sim Goddard went down in one of the early crashes, 10 minutes into the race. Andrew Cooper was left shaken by this & lost contact on the penultimate ascent of Belmont Hill. Max Rumball managed to break with four other riders on the run in to the finish, but lost out on the sprint, to get fourth place.

Fenland Clarion CC Road Race – 67 miles

Sunday 20 May

In a very fast & furious race there were riders attacking from the start. Matthew Bottrill (BJW) won the event when he got away with Andy Lyons (Stilton TAL Parrot Print RT), who took second. At the finishing line it came down to an exciting 35-man sprint for third place with Scott Gamble (Ashfield RC) edging ahead.

	NAME	CLUB	TIME
1 st	Matthew Bottrill	BJW	02:40:36
2 nd	Andy Lyons	Stilton RT	@ st
3 rd	Scott Gamble	Ashfield RC	@ 22secs
4 th	Aaron McCaffrey	Sigma Sport	@ st
5 th	Duncan Hewitt	Stockport Clarion	@ st

Matt has also had a couple of wins in the Mallory Park Circuit series so is coming back to form. He is going to take a break from road racing to concentrate on his time trialling in readiness for the National 50.

L'Etape de la Defonce

Saturday & Sunday 19 & 20 May

Max Rumball, Andrew Cooper and Simeon Goddard were riding the 2-day 190km L'Etape de la Defonce in Wales. The prologue team time trial didn't go quite to plan and they lost around two minutes on the leaders. In the first road stage, Andrew went for a solo break with about 4 miles to go. His lead got up to 45 seconds and with the bunch bearing down on him he managed to hang on to win by 9 seconds. The second stage on Sunday was the hardest stage of the two with loads of climbs and the field split up quite seriously. There was about 10 to 15 in the lead bunch and with about 15 miles to go Max went off to catch a couple of riders up the road. He caught and dropped them to win by 16 seconds.



Future Thoughts

In a few hundred years, Captain James T Kirk of the Federation Starship USS Enterprise will murmur these

immortal words.

Some of us could use them now perhaps?!

“A little suffering is good for the soul”

“Genius doesn't work on an assembly line basis. You can't say ‘Today I will be brilliant’ ”

Parky's Race Diary

Nigel Parkinson, King to his friends, has been racing on the big stage again. Here he runs us through his experiences.

'Redlands Classic' - California.

Day 1 – 5.4km Prologue Hill Climb

US Postal guest rider, Roland Green took the stage with a time of 8:53. Liam Killeen was the first Brit home in 58th place. I managed 137th place while trying to keep some in reserve for the 5 days of brutal hell to come.

Day 2 – 168 km Road Race

The stage was based on 4 laps of a 25.9-mile circuit. The first 3 laps were fairly easy. The only real action being the usual suicide break from the gun that gained 5 minutes at one point. The last lap however was a completely different story. In the last 10 km Lotto, Mercury and US Postal were winding things up at the front hitting 38 mph on the flat! I think Gord Fraser (Mercury) won the bunch sprint. Tomorrow brings the Time Trial – hope my legs are up to it.

Day 3 – 19.9 km Time Trial

Roland Green won again: this time by 38 secs. He is flying at the moment and looks set for a great season. I didn't do as well as I wanted – trying to keep my legs fresh for tomorrow's brutal stage. There is a good climb at the end. I'm hoping the bunch will still be together when we get there, as I need to climb well to move up the G.C.

Day 4 – 174 km Road Race

At 12km, a group of 24 riders went clear with the US Postal boys riding tempo to control the peleton. I felt comfortable sat near the front of the group and my legs were feeling good. With about 30 km to go the Mercury boys took over and the speed rose from 25 mph to 35 mph! At 15 km to go, US Postal started struggling and losing riders – unfortunately, I bonked with them. Not a pleasant experience when you still have 10 km of climbing to do. The previous days exertions left my legs dead – this is the worst I have ever felt on a climb in my life.

Sorry to say the Redlands Classic is over for me as 49 of us (including 4 US Postal) didn't make the time cut.

'Sea Otter Classic' - USA

Day 1 – 6.5 miles Time Trial.

I didn't feel great this morning: I put it down to a virus I must have picked up during the Redlands race but I thought I'd still give it my best shot. Due to this, I couldn't get my Heart Rate up and finished in 85th spot. My chain jamming and costing me 30 seconds didn't help.

Day 2 - (20min Dirt Criterium)

I felt a little better today: soon getting back in the groove in the lead group of 7 riders. Things started to go wrong when a bee flew into my helmet. It did the same as all bees do when annoyed and started going berserk and stinging my head a few times. I failed to remove the angry insect from my helmet on the move and was forced to stop and sort out my little problem. I managed to pass by a few of the thirty riders who had overtaken me while I dealt with the bee – I even ended up moving up the G.C. 11 places!

Day 3. (38m Cross Country)

Today, my legs felt fine and I got the start of my life. I thought my luck was changing when I found myself in 15th place. This was all to change when some kind rider decided to alter the indexing on my rear mech with his front wheel! This pushed my mech into my wheel, ripping the mech from my frame – race over after only 7 minutes!

It wasn't a nice way to finish my favourite race. There will be a chance for revenge in the Napa World Cup in a couple of weeks: hopefully the virus will have cleared by then and I'll have a flyer. Until then it is ciao.

Parky

Club 10-Mile Handicaps for 2001 Season

H`cap	Name	24:00	Pat Pinchin	25:15	Mike Osborne	26:40	Steve Smith
20:10	Matthew Bottrill	24:00	Andy Storey	25:40	Matt Fear	26:50	Nicki Brayne
20:25	Eamonn Deane	24:00	Jim Firth	25:45	Kevin Williams	26:50	Arthur Peters
21:05	Steve Clark	24:05	Mike Woodgate	25:45	William Suttie	26:55	Trevor Fenwick
21:35	Steve Pye	24:05	Dave Pickering	25:55	Paul Bremford	27:00	Bob Wareing
21:45	Dave Doust	24:15	John Hewson	26:00	Keith Johns	27:10	Tracey Lander
21:50	Max Rumball	24:15	Claire Day	26:00	Rod Langley	27:15	Andy Stevens
21:55	Quentin Allen	24:15	John Pearce	26:03	Paul Holder	27:15	Catherine Pascoe
22:00	Paul Jarvis	24:20	Bill Simmons	26:05	Jo Taylor	27:35	Mark Freeman
23:10	Bob Smith	24:20	Barrie Stevens	26:10	Clive Peskett	27:50	Annemarie Manley
23:10	Andrew Cooper	24:25	Simeon Goddard	26:10	Ian McAvoy	27:55	Tim Balmer
23:20	Steve Brown	24:25	Keith Rumball	26:15	Pete Bazeley	28:40	Bob Bull
23:25	Scott Langdown	24:30	Mike Tarrant	26:15	Ian Perkins	28:55	Christa Pascoe
23:30	Tim Day	24:35	Quentin Storey	26:20	Chris Paynter	29:35	Phil Taylor
23:40	Martin Lefevre	24:50	Jonathan Charman	26:35	Neil Schofield	35:35	Penny Doust
23:50	Phil Harvey	24:55	Sarah Pascoe	26:40	John Fear	38:00	Melissa Hood
23:55	Philippa Brayford	25:00	Guy Pool	26:40	Elle Jarvis		

Barney Storey Treads The Boards

Barney Storey, riding for his new club VC St Raphael started his racing season off with some cracking rides at the two important Easter Track Meetings at Herne Hill and Portsmouth.

The Good Friday Meeting seems to get better every year, in terms of entertainment and the quality of riders there. This year featured Roberto Chiappa of Italy who rose to fame in this country after he knocked former sprint champion Laurent Gane of France off his bike at the Worlds last year for unsporting behaviour. Mr Chiappa is not only a great rider, but also a big hit with the ladies!

The morning session began with the 1-lap handicap qualifiers, which saw Barney start with a reasonable handicap that allowed him to win his heat, securing his place in the final.

Next up was the 200m qualifying time trial for the Classic Walls Champion of Champions sprint. Barney was 7th rider off and with a time to beat of 11.80 set by Ross Edgar the pressure was on. Barney did a great ride recording 11.69 seconds which, considering the windy conditions, was a really result. His team mate Andy Slater 11.28secs and Roberto Chiappa 11.47secs went on to better his time, but he remained in 3rd place taking some impressive scalps in the process; Visplus Berzin (LAT), Jeff LaBauve (USA), Martin Benjamin (HOL), Tuen Mulder (HOL) and Anthony Peden (NZ).

This meant Barney would face Ross Edgar in the first round. Ross had beaten Barney a few times last year, and although he is only 18 years of age, he is a very tough competitor, coached by Dave LeGrys. Barney took the sprint on from the front, and managed to hold off Edgar giving him automatic qualification for the next round without going through the repechages.

In the semi finals, Barney had the toughest heat of all! Against Roberto Chiappa and Holland's Kilo champion Tuen Mulder. Chiappa did a superb ride to hold off Barney and the Dutchman which put him through to the Final which he went onto win, taking the News of the World trophy.

Barney also placed 3rd in the 1 Lap Handicap to earn him some money which always brings a smile to his face, after which we packed the car up ready for the next days racing at Portsmouth.



(Barney at the sharp end against Chiappa and Mulder
Photograph courtesy Paul Wright)

At Portsmouth the next day, after the sunny day at Herne Hill we were greeted by rain and clouds that really brought us all back down to earth. The racing eventually got underway after an hours delay, and Barney cruised through the Sprint qualifiers to end up in the Sprint Final with his teammates Andy Slater and Dave Heald. Barney won the sprint, and by also taking second place behind James Taylor in the 1 mile scratch race gave him joint 1st place in the Senior Omnium with James. All in all, it was a very successful weekend and it really showed that after the two weeks spent in Mallorca with the WCPP, Barney has come on leaps and bounds this year. As I write this article, Barney is up at Manchester for an intensive training week before his next competition.

As some of you may know Barney is a Diabetic (along with Steve Redgrave - five times Olympic medalist) and helping Barney with sponsorship this year as well as local firms such as our own Prendas Ciclismo and Sporting Storeys (sole distributor of Enervit in the UK), Barney is receiving some much needed support from Bayer plc.

Bayer is an international, research-based group with major businesses in diagnostics, polymers, health care, agriculture and speciality chemicals. Bayer will be providing Barney with financial assistance for equipment and overseas travel, as well as the company's blood glucose monitor, the Glucometer Esprit.

So if any of you are or know a Diabetic, you can see that like Barney and Steve Redgrave it does not have to hold you back in the sporting arena.

Riff Tilbury Talks A Load Of Old Cobbles

Tuesday evening: 6 guys 6 bikes 1 Vito van left Bournemouth and drove to Dunkirk via Dover/Calais. We lost an hour, but we'll get it back later. Arrived at the Formula One at past midnight 3 to a room 110 francs per room.

Wednesday: Having had a spot of breakfast it was back in the van and along to Ghent Velodrome (venue of the 6 day). The starting area for Ghent-Wevelgem is now spread through a park that surrounds the velodrome and is totally accessible and photo opportunities abound. By this time the whole thing has taken on a surrealistic air: having watched these guys on the TV, to be just feet away from the likes of Museuw, Tchmil, Ballerini, Hincapie (eventual winner) the list goes on. Having wandered around shell-shocked for a couple of hours, the race started and it was back in the van and off to the Kemmelberg to watch 2 ascents of same, although this year for the first time we watched the descent once (highly recommended). Then a short walk back to the village and into the nearest accessible bar to watch the finish on the box surrounded by enthusiastic cycling fans whilst necking a few beers. Into the van again and off to Tournai amid much after race discussion. Tournai deserves a special mention here.

Hometown of the now legendary Jos Bruyere impersonator, Andre Godeau alias the Jolly Belgian. The town centre was bombed flat during the war and has been rebuilt in traditional Belgium style. The whole town square and the magnificent Notre Dame Cathedral are splendidly lit at night, a truly wonderful sight believe you me. So, having booked into the Hotel Europa (£20 per person B&B sharing a twin) we ventured to the "Dragon Bar" known to us, and I use this term with utmost reverence, as "The Leffe Bar" to sample some of the same, but I cannot linger here as the full Leffe experience was yet to come.

Thursday: In order to instil a sense of tradition into events, those new to the trip were informed that, "we always go to Gerardsbergen on the Thursday". The Mur de Grammont being the main objective, the six of us set forth across the Flandrian landscape.

THE SIX: Riff Tilbury, Mick Tarrant, Ian Perkins (BJW), Tony Saunders (Poole Wheelers), Tim O'Donnell (Team Transvestite) and Sam Sherwood (Unattached but Young and strong!) Rumours were the Edgeware Road lot might be at Gerardsbergen for the annual tear up back to Tournai making a good case for keeping the old powder dry! The Jolly Belgian had also joined us, having been off the bike for a while and Ian was up for his second attempt at the Mur, having been cruelly waylaid, half way up the previous year by two old ladies (he said) and blowing up big time on the return leg. Anyway we all made it up the Mur and nobody blew on the way home; if you disregard the Jolly Belgian's projectile vomiting having drunk from the fountain in the square! After 70 miles we were glad to see the Notre Dame's golden spires just before tackling the last mile or so of cobbles into town.

SIMPLE RECIPE FOR CONTENTMENT:

Step 1: Ride 70 miles through cycle friendly Belgium countryside with a few mates taking in the odd stretch of cobbles.

Step 2: Return to hotel for a short rest and a shower.

Step 3: Proceed to Leffe bar.

Step 4: Order a Leffe.

Step 5: Drink a Leffe

Step 6: Repeat steps 4 and 5 until desired effect is achieved.

Friday: No Jolly Belgian Today although we all agreed, "The Boy Done Well". The Pino Cerami was actually in held in Wasmul, Belgium this year, not Italy as reported in C.W. Tournai to Wasmul can be done mostly on canal path, these are big canals with wide paths and impressive barges. The race was won by Scott Sunderland (Team Fakta) with our own Roger Hammond (Palms) in second place. The cobbled climb on the finishing circuit made a good place to watch. Sam, O.D. and myself left before the others. The wind was getting up and the temperature beginning to fall25miles of block headwind later we arrived back to find Tony waiting outside the hotel having chased us down!

(Insert steps 2 to 6)

Saturday: Three riders out today. I won't bore you with the pitiful excuses of the other three. As the course had been marked out, it was time to do some of the Paris Roubaix cobbled sections! If you, like me, are six foot two and thirteen stone, you might fancy yourself as a bit of a pave` specialist. Big gear, wind it up to 20mph plus and attack that pave! - keep it turned on for as long as you can and don't even think about what it's doing to your bike! - once you lose the speed that's it. Three sections was enough for yours truly. We stopped for coffee at the bar on the Carrefour section, home to the mural featuring some of the Paris Roubaix greats.

Sunday: Having packed the van and vacated the hotel we headed off to Cysoing. Immediate requirement being a bar with a decent T.V. Part of our group headed off to reconnoitre a section of pave to find an interesting spot before returning to watch the early part of the race. When the front group was about 20 minutes away a brisk walk found us at a particularly nasty patch of cobbles awash in a large puddle of muddy water, which was O.K. until the vehicles came thundering through, spraying the crowd. Suddenly Peeters came through, off the front, covered in mud, sent ahead by the Domo team, pedalling smoothly through the puddle and gone. A minute or so later came the chasing group looking well serious and in that group the Man, The Lion of Flanders Johan Museuw the peoples Hero: winner last year, two years after that horrendous crash - tremendous! Hardest game in the world! Back to the bar which, was packed by then, to watch the last 50 Km or so. Knaven won, Johan got the biggest cheer from the bar and we piled into the van for the to Calais. We got back to Bournemouth at midnight having left Cysoing at 6.30pm.

The Big Time Beckons

Andy Storey gives us an idea of what lies ahead for Barney in the near future.

Well, Barney has been selected to ride the Grand Prix de Vitesse de St. Denis on the 14th June 2001, Paris. This will be the first time at a race meeting in the GB squad, which of course he is looking forward to. The event is an International Sprinters Grand Prix, which is one level below a world cup event.

Barney is off this weekend to Manchester for another training week, after which he will compete in the first round of the UK Sprinters League at Reading, which he finished second overall in last year.

Warming Up

I quite often see some rather funny sights before a race, with people carrying out their warm-up and race ritual before their event. After the event, you hear classic comments such as "...after the first 30 minutes, I felt better..."

Well, this is because you did your warm-up in your event!

So, first the science bit. What does a warm up do? Well, physiologically speaking it increases blood flow and muscle & core temperature. So, once you're warmed up, you're ready to race or train properly.

So how long should the warm-up be without adversely affecting your ride? In general, I would say that the length of the warm up should be inversely proportional to the length of the race/ride. For example, if you are riding a 1 km track TT, the warm up should be lengthy - around an hour, whilst a 12 hour would only require a very short warm up - around 10 minutes.

The next critical factor is the intensity that the warm up is conducted. Spinning low gears for 40 minutes....? No, sorry - not unless that is how you ride your races.

Warming up is all about priming your body for what's ahead; you need some 'hard efforts'.

The warm-up is also important mentally, to get ready for the event - try to focus on the job in hand, and not what you need to do when you get home.

To give you all a 'real world' example, because believe me, you do not want to ride the 1km time trial, lets look at a typical schedule for a 25m TT. Here are some ideas, but remember, always try them in training or a club event, before using them on an important event.

5-10 minutes very easy pedalling (42 x 19): 15 minutes in a slightly bigger gear (52 x 19) building up to 40 BPM below your MHR: 3 times, 30 second race effort (52 x 15) with 3 minutes rest afterwards: 5 minutes easy pedalling (42 x 17) to arrive at the start.

Good luck!

Andy Storey

Top Training Tips

Advice on how to structure your training from our very own qualified coach.

As Barney is progressing well with his training, spending some time with the World Class Performance Plan (WCPP) riders, I get the opportunity to learn about sprint and endurance training at an even greater depth than before.

One of the key points that I have learnt over the past 3 months is about the weekly structure to your training schedule. This applies to sprinters and endurance riders, and it is all about thinking about the importance of a particular session, and scheduling it so that a particular session has the maximum effective.

So, as most people train in a weekly cycle, you need to structure your week so that you have two important rides, and the remainder are there as supporting sessions. So, a clubman's weekly winter schedule could look like this: With (1) being important, and (4) not so i.e. the Turbo session on Tuesday and endurance ride on Saturday being the most important.

Mon, (3) Rest Day

Tue, (1) Turbo Session

Wed, (2) 2h Quality Endurance

Thu, (3) 2h Base Endurance

Fri, (4) Rest Day

Sat, (1) 2-3h Quality Endurance

Sun, (2) 3-4h Base Endurance

Dorset Mecca Re-opens

All you mudpluggers and walkers out there will be glad to know the Purbecks have re-opened for business. A majority of the footpaths and bridleways opened again on the recent Bank Holiday Weekend. The only remaining casualties being those paths and tracks that actually pass through farm yards or high density livestock areas. Old Harry, Nine Barrow Down and Godlinton are confirmed as open. Please remember when using these paths, the whole Foot & Mouth epidemic has been very stressful on farmers and associated industries. Please do as little to antagonise as possible –

if the path is open but a farmer asks you not to use it think how you would feel in their position; be polite and find another route.



Rear Mech

John Deering, ex-PR Officer for the Linda McCartney Professional Cycling Team runs us through his thoughts.

When and when were you born?

4th July 1967, Fulham

When did you start cycling and what was your first club?

Mountain biking in the late 80's, then Southend & County Wobbly Wheelers

What was your first race?

A MTB race at Eastway in about '88. I fell on my backside and started crying.

What was your first win?

Tour of Osterley Park drinking/road race, West London, '91 ish.

And your last win?

Beating Chris Walker and Ciaran Power to the 'Cornebarrieu' village sign last summer.

You have to cook a meal for someone special. What would it be?

Linda McCartney mince made into Chilli-non-Carne. You have to put about a dozen cloves of garlic in or it tastes of sod-all.

And your favourite drink?

Hoegaarden beer

What was the first record you ever bought?

3 at the same time with a Woolworth's voucher; Another Brick In The Wall: Pink Floyd
Last Train To London/Confusion: ELO
Crazy Little Thing Called Love: Queen
How cool was I? Not very.

And the last?

Loco: Fun Lovin' Criminals.

What were you like at school?

A pain in the backside. The sort of clever little sod who questions everything the teacher says in an effort to show him up. I got a good few slipperings and not many qualifications, which is what happens to smug little gits. Just say no kids!

What kind of books do you read?

Iain Banks, James Ellroy, Elmore Leonard, Louis de Berniers.

Do you have a favourite TV programme?

Match of the Day

Who or what would you despatch to Room 101?

Mark Lovatt, gagged and bound

What is your favourite film?

Withnail and I

Which newspaper do you read?

Independent

What's your ideal holiday destination?

Croyde, North Devon

Who would play you in a film of your life?

Me, I'd be great.

Do you have any hobbies?

I'm a secret lemonade drinker

Happiness is...?

Putsborough Sands, mountain bike on it's side, bails on the stumps, beer in the eski, good company, Elliott Smith on the stereo.....

Do you have a favourite training ride?

From Aussonne, into the Save valley and Bers, quick look at Gascony then finishing with a few Afligems at L'Antidote in Pibrac.

What is your most unpleasant characteristic?

My devastating wit and charm can upset some, especially when married with my manly good looks.

Which characteristics do you most dislike in others?

Being quicker than me on a bike. That's why Matt Stephens and I get on so well.

Something you couldn't do without, if you were stranded on a desert island?

Ben & Jerry's Cherry Garcia

Who would you most like to meet, and why?

My wife, to find out what happened to all my money

What is your greatest fear?

Being on a ride with a beautiful girl and getting out of breath and making a fool of myself. Every time I go uphill in that case

What is your most treasured possession?

Sean Yates' GB Champions Jersey

Who is your hero?

Peter Osgood or Keith Lambert

Four words to describe yourself?

Overweight, brilliant, lovely, modest



TIME TRIALS in June & July

Sat 16 th	Salisbury RC 50. Dave Loader 01264 350852 £ 5.50	5.00pm
Sun 17 th	Hantspool CC 25. Ian Davies 023 9237 1175 £ 5.00	7.00am
Sat 23 rd	Salisbury RC 10. Mick Hayward 01980 590462 £ 5.00	3.00pm
Sun 24 th	New Forest CC 25. Bob Jolliffe 01590 644191 £ 4.50	6.00am
Sun 1 st	BJW 100. Peter Warhurst 01202 548607 £ 5.50	6.00am
Wed 4 th	Poole Whs Women & Vets 25. Jack Jeffries 01202 761614 £ 5.00	7.00pm
Sun 8 th	East Dorset CA Hilly 30km. Claire Day 01202 773013 £ 3.00	7.00am
Tuesdays	Club events every Tuesday night	

ROAD RACING in June & July

Sun 3 rd	Wessex Division RR Champ's. Sue Knight 023 9264 2226 J 9.00am; E, 1, 2, 3, 4	
11.00am		
Thu 7 th	Barnesfield Heath. JRM – 01202 775588	7.00pm
Thu 7 th	Heath Road Race. Dave Hough 01794 323687	6.00pm
Sun 10 th	East Dorset Road Race. Andy Storey 01202 601693	10.00am
Thu 14 th	Barnesfield Heath. JRM – 01202 775588	7.00pm
Sun 17 th	BCF Western Circuit Races. Shirley Powley 01249 812674	2.00pm
Sun 17 th	Portland Port RR. Donald Cowling 01305 781871	10.30am
Thu 21 st	Barnesfield Heath. JRM – 01202 775588	7.00pm
Thu 21 st	Heath Road Race. Dave Hough 01794 323687	7.00pm
Sun 24 th	Hantspol Portsdown RR. John Lewry 01329 317331	10.30am
Thu 28 th	Barnesfield Heath. JRM – 01202 775588	7.00pm
July		
Thu 5 th	Barnesfield Heath. JRM – 01202 775588	7.00pm
Thu 5 th	Heath Road Race. Dave Hough 01794 323687	7.00pm
Sun 8 th	Wessex Div Circuit Races. Sue Knight 023 9264 2226	
12.15pm		
Thu 12 th	Barnesfield Heath. JRM – 01202 775588	7.00pm
Thu 19 th	Barnesfield Heath. JRM – 01202 775588	7.00pm
Thu 26 th	Barnesfield Heath. JRM – 01202 775588	7.00pm
Sat 28 th	BCF Western Circuit Races. Shirley Powley 01249 812674	from 10.30am

Track Racing in June & July

There is plenty of track racing going on just not locally. For more information contact your Track Secretary – that'll be me then!

YOUR NEWSLETTER

Apologies for the delay with this issue. We are still on a learning curve and things have taken longer than expected.

Next issue out before Pantani's next win in the Tour.

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Get Yours Quicker

If you would like to receive your newsletter by e-mail rather than snail mail or pigeon post send us your e-mail address and we'll do the rest. You'll need Adobe which can be downloaded free from www.adobe.com

Next Issue

Tales of travel in the Basque Country – riding the Raide Pyreneean – Rear Mech questions Billy Mac – results and much, much more.....