



# NEWSLETTER

## May - September 2015

### \*\*\* AGM \*\*\*

This year's Willesden Cycling Club AGM is on Sunday 6th December 2015 at the Ickenham Guide Hut, Community Close, Ickenham, UB10 8RE at 2.30pm. All members are encouraged to come along and have their say.

If you would like to propose any Alterations and/or Additions to the Rules and Handbook, please submit these in writing to the Club Secretary Wendy Mears by Thursday 5th November. They can then be included on the Agenda which is sent out to members prior to the AGM.

By the same date, can officers send Wendy a written report for the year 2014/2015 for inclusion with the Agenda; alternatively a verbal report may be given at the AGM.

### **Audax News**

2015 is a Paris-Brest-Paris year, which means there were extra events being run, with larger numbers of entrants and all done with a touch of urgency in getting qualifying rides completed. Naturally Willesden members were in the thick of this!

### **Severn Across 400km Audax Saturday 9th May**

report from the organizer Liam Fitzpatrick

The Severn Across is one of several audax events run by club members, this year it is one of the qualifying rides for the legendary Paris-Brest-Paris which takes place this August. Entrants from all over the UK converged on Chalfont St Peter to ride to Chepstow and back. As well as a keen group riding in green, the field included world time trial champion Stuart Birnie and solo RAAM hopeful Shushanah Pillinger.

Of the nearly 80 riders who started 75 got back in times between 16 and 27 hours having visited Oxford, Tewkesbury, Chepstow, Malmsbury, Membury and Henley.

The event was made possible because Willesden members Richard Jennings, Paul Stewart and Pete Kelsey were on hand to support the 6am start and Marcus Jackson Baker sat up through Saturday night to look after the returning riders. Marcus also rode the course solo the week before to check the route.

## **Audax News continued**

### **The Beast from the East – A Helper’s Story**

report from “Yeoviltinie” Miles Back

The “Beast from the East” is run only every four years.... thank goodness! It is an epic 600+ km Audax ride from Waltham Abbey to Taunton Dean Service station and back. Mark Brooking is the keeper of the Beast and organises it exceptionally well. Mark is exactly on the wave length of the riders and helpers, as well as always being available to answer questions or to solve problems as the event unfolds.

Traditionally the Willesden has two controls on “The Beast”, one in the relative comfort of the Yeovil Scout Hall and the other in a bleak field near Middle Wallop! Fortunately we had drawn the long straw and were asked by Mark to “do” Yeovil. The kitchen Crew at Yeovil, a.k.a. the “Yeoviltinies”, consisted of Vyv Baker, Jim Mears (on kind loan from Wendy), Jane Moore and yours truly. Meanwhile out in the wilds of Wallop holding the short straw, were Wendy Mears, Lynn Corr, Jocelyn Chappell, Phil Magnus and Liam Fitzpatrick running the second Willesden control at the 450km point.

Vyv and Jim are highly experienced having run the Willesden support on three consecutive Paris-Brests, so the Yeovil Branch office of the Willesden CC was in very capable hands. They were amazing in the kitchen, Vyv as head chef, planner and buyer, whilst Jim multi-tasked between helping in the kitchen, stamping brevet cards and acting as a human (and humane!) alarm clock to riders wanting an early morning wake-up call. Jane helped with the serving, making drinks and washing up duties, made all the more remarkable as she also helped at the start/finish at Waltham Abbey, stamped brevet cards at the Tutti Pole café on the way to Yeovil and later helped out at the Wallop control. Whereas my defining achievement was slightly scalding my forehead in the Yeovil kitchen ....I know....how??!!

Our first customers were an elite grupetto of three riders who arrived at Yeovil around 7.30pm, having scampered across 355km of rolling terrain in 13 hours. They had a brief rest and a bite to eat before dashing back to the Waltham Abbey finish before their kettle went cold. The majority of the field of 40 or so riders arrived for food and a few hours sleep from 10pm until the early hours of the morning.

At about 4.30am the riders began to awaken, at which point Jim and Vyv switched in to breakfast mode serving porridge, fried eggs, beans and bacon to appreciative faces, whilst Jane and I helped with the drinks, serving riders and washing up.

All was done and dusted by 8.00am, but it was sobering to learn that the fastest rider was back at Waltham Abbey just after the tail-enders left Yeovil....we must have fed them well!

## Audax News continued

### Paris-Brest-Paris Results

This year's PBP ran from 16th to 20th August. I cannot find any postings from the Willesden participants; they are either a very modest bunch or are still exhausted from their efforts! All the members who took part completed it within the time limit of 90 hours. Below is a list of Willesden Riders (and friends of WCC) with their times:-

Stuart Birnie 69:30	Mel Kirkland 86: 46
Jocelyn Chappell 87:04	Martin Lucas 58:36
Andrew Deaner 84:48	Phil Magnus 86:53
Marcus Jackson Baker (Fixed) 87:18	Ivo Miesen 89:21
Richard Jennings 79:51	Akiko Obata 88:47
Ray Kelly 89:24	Peter Turnbull 84:22
Mark Brooking/Jane Moore (Tandem Trike) 83:19	

### Riverside to Riverside 118km Audax Wednesday 19th August

report from the organizer Anne Mograby

The day started well with bright sunshine seeing 47 riders off from Jenner's cafe in Maidenhead. This is the biggest midweek ride that John Tipping, Mick Hill or myself have been involved in. Thank you John and Mick, I couldn't do it without you. It was great to see a good turnout of Willesden riders 14 or so in all. Thanks for all your support guys.

The ride saw many ups, the biggest and best being Turville Hill and a few downs before reaching our 2nd riverside café in Benson. Unfortunately not everyone got back dry with rain arriving at about 3.30ish. I think most people enjoyed it despite the rain and the ups. I have been persuaded to bring back the "10 Bridges" and "Kaf 2 Kaf" rides, so watch this space.



Sunny Fun Day in July

## Track Racing

### Stratford

On Saturday 13th June in the "Full Gas Legacy" events at the Olympic Velodrome Alex Pierce finished 3rd in the Scratch Race with Connor Woodford placed 6th. In the Elimination race Connor finished 6th. In the points race Alex took 2nd place and Connor finished 6th. These excellent results meant Alex was first overall in the U23 event and Connor was second.

### Welwyn and Hearne Hill

report from Tony Woodford

On Friday 10th July Alex Pierce and Connor Woodford rode at Welwyn. On a fine night a large field turned up to ride. The highlight for the Willesden pair was the 10 mile, after a very fast race only 15 riders were left at the front for the final lap with Connor leading it out Alex took 2nd place behind John McClelland with Connor finishing 5th.

On Sunday 12th July our team of Darryl Lusardi, Connor Woodford, Alex Pierce and Roger Woodford rode in the Club Team Championship at Herne Hill. Although our team included two Junior riders one of whom was riding his first open track meeting they performed very well. The highlights were 6th for Alex in the Scratch Race, a fine third for Connor and Roger in the Team Elimination and a great 5th place in the Team Pursuit by all 4 riders. The team finished 7th overall in the Team Championship

### Club Track Championships Results

These were organised by Tony Woodford and held at Welwyn Track on Sunday 30th August.

Senior Male Champion	Connor Woodford
Senior Female Champion	Jayne Paine
Junior Champion	Darryl Lusardi
Youth Boy Champion	Josh Copley
Youth Girl Champion	Lucie Woodford

## National Masters Success for Jayne Paine

Jayne won the 50+ closed circuit championship on 13th June at Minet Park. I have taken the following from her WCC blog entry:-

*"All the age groups were together and that only brought us up to about 25 women. There was only me and Debbie Moore who won the Masters RR in my age group (50+) so I had been told there wouldn't be medals for us. This was a bit piquing but then I thought hey ho I'll rip it up a bit and have some fun. There were a few attacks, some of which I went with, but they came to nothing. I launched an attack on my own, and to be honest, after 4 laps out I was very happy to be caught. Nothing much happened after that, or if it did I was too knackered to notice. I think I came 5th or 6th overall which I was pleased with considering the riders. Most importantly I sent Debbie back to Dallas and the commissaires gave me a gold medal and a jersey anyway which I think was out of pity for being such a try-hard!"*

Only two weeks later, Jayne's collection of Masters' jerseys and medals increased yet again at the BC National Masters Track Championships in Newport. She won Golds in the Pursuit and Points races, plus Silvers in Sprint, 500m TT and Scratch race.

In October Jayne will be contesting the World Track Masters in Manchester (3rd - 10th October) where she will be racing in the Pursuit, Scratch, TT and the Points race. Go for Gold Jayne!

## Tricycle News

### Mo(o)re Three Wheeled Records

Mark Brooking and Jane Moore saddled up the Longbarrow and aimed for a record or two, or more. Here is Mark's report -

Twenty years on from the last 12 hour I rode and with with zero speed training, but still the heavyweight man and machine came up trumps! At the start there were two gents of similar vintage on a standard tandem. They lasted less than 3 hours. So Mark Brooking and Jane Moore stuck it out to –

1. Record 206.95miles and become VTTA National 12 hour champions.
2. Also won the tandem event.
3. Claim Willesden club record as previous stoker was from another club.
4. I think it might also be a national VTTA best for 54/47 age group.
5. It is a best for the London and home counties group as they have no tandem trike figures recorded.

### 24 Hours On a Tandem Trike

Despite losing time with mechanical troubles Jane and Mark covered 347.95 miles. They and are now the VTTA National 24 hour tandem record holders beating the previous record by 15 miles. They were also awarded the Johnson Trophy for Tandems.

## Time Trialling

### Racy Reynolds

Gill Reynolds is as quick as ever. She was fastest lady in the West London C.A. event in June with a ride of 26.18. On the Hemel Hempstead 10 she finished in 25.03 despite the high winds. In July she set a new National Vets Age Record in the CC Breckland 15 mile event recording 39.14 beating the previous record of 40.38 by well over a minute. Later in the month she took 1st lady vet in the Cambridge C.C. 10 with a time of 25.46.

### Speedy Stuart

Stuart Birnie had PBP in his sights this year but still found time for a long distance time trial or two! July was the Mersey Roads 24 hour event, in far from ideal conditions; he achieved 504.17miles to take 2nd place.

In September he rode the Brecklands 50mi TT in 1:54:41. He suffered on this ride possibly down to having ridden a 300km audax the day before! Completing this event gives him a BBAR rank (50mi, 100mi and 12hr races). Later in the month he rode the Welsh TT Championship 50mi TT in 1:51:09, a new PB.

All this on what seems like a diet of steak and beer.

## Young Riders

### Willesden Duo take Top Honours

report from Tim Nisbet

Cormac Nisbet and Josh Copley rode brilliantly in their individual categories in the Slipstreamers Summer Series on Tuesday 23rd June. Maccy won the under 10 race and was second in the under 12 race with a superb sprint. Josh dominated his race going solo for the last two laps and winning in great style. Both carried the mighty Willesden colours with pride to the top step of the podium, congratulations to both on a great night.



At Rocco's Ride in July

## **Young Riders continued**

### **London Youth Games**

report from Miles Back

It was a full day of sporting action at the Balfour Beatty London Youth Games finals held on Saturday 4 July at the Crystal Palace National Sports Centre. The London Youth Games are Europe's largest youth sports festival with events held across 30 different sports.

Ray and Chris Kelly were the Directeurs Sportif for the Brent Cycling team at the games. This meant an early start as the games started at 9am over in south London. The games were delayed by heavy rain, but after a two hour delay racing eventually started in what was to be muddy and very technical conditions.

The Brent cycling team was competing against 25 other London boroughs. Competition was very strong and Brent finished in 18th place in the Time Trials, 15th in the Girls Road Race and 18th in the Boys Road Race

Other Willesden members taking part were Kye Lewis (riding for Hillingdon) who won the team Gold medal in the CDE time trial and Hannah Keating (riding for Ealing) who won the Bronze medal in the AB time trial.

### **Willesden Road Races**

The John and Dulcie Walker road races were held on the Little Milton course on Sunday 6th September. Race organizer Jayne Payne did an excellent job coordinating and arranging the many components that make up an event held on public roads. The publicity must have been effective because the races were both oversubscribed well before the cut off date. John Wheatley was Chief Marshal an important job, which starts with encouraging enough members to come out to ensure the race is both safe and enjoyable for everyone. Great food and drink (and cake) was provided by the 'Pink Ladies' (Aycan Memed, Debbie Patel, Lauren and Kirsten Savage. The marshals very much appreciated getting meal packs for each race. I hope the catering made a profit as this was going to be donated to the Fountain Cancer Centre.

On the day Jayne organised perfect race weather, dry roads, clear skies, light winds, not too hot, not too cold. The morning's 3/4/W/J race saw a couple of lone breaks, unfortunately the final one was neutralized by slow farm machinery, in the end the race was decided by a bunch sprint. The afternoon's E/1/2 race split up into several groups, the winner coming from a 5 rider sprint.

Once all numbers had been handed back and the equipment packed up, Jayne took the helpers to the Lamb Inn for what is euphemistically known as a post race debrief!

## Up and Coming Events

<b>2015</b>	
1st Friday of the month	Monthly Meeting - Hillingdon Track Club House at 8pm
3rd Thursday of the month	Pub Run - Coach and Horses, Ickenham
11th October	WCC Hill Climb - Bourne End
15th October	Pub Run - 8pm Coach and Horses, Ickenham
18th October	Club Run to the Canal Café, Cheddington
25th October	Club Run to the Coopers Coffee, Marlow
1st November	Club Run to the Orchard View, Mardle
6th November	Monthly Meeting - Hillingdon Track Club House
8th November	Club Run to the Espresso Lounge, Tring
15th November	Club Run to Café Copia, Henley
19th November	Pub Run - 8pm Coach and Horses, Ickenham
22nd November	Club Run to Wendover Woods
29th November	Club Run to the Teapot Café, Cookham
6th December	AGM - 2.30pm Ickenham Guide Hut
<b>2016</b>	
23rd January	Club Dinner & Awards Ceremony - De Vere Denham Grove Hotel

## Contact Details

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WCC Web Site: [willesdencyclingclub.co.uk](http://willesdencyclingclub.co.uk)