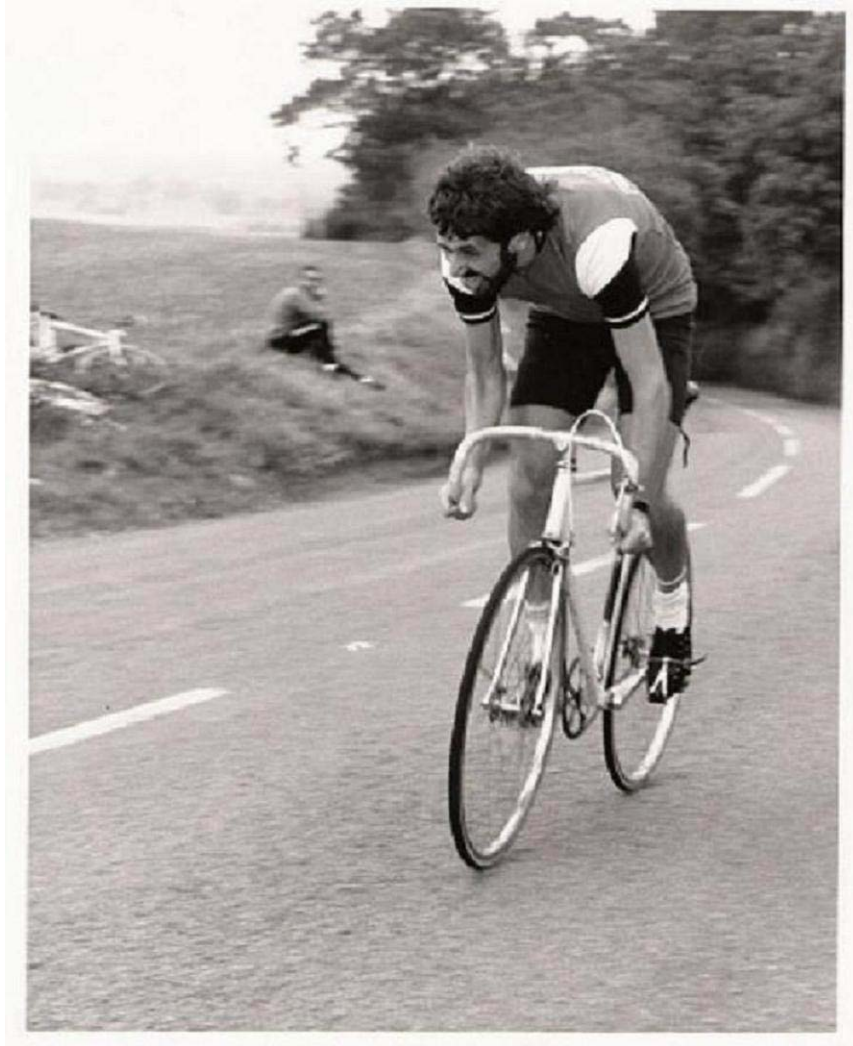


## *Rovers' Review*

Newsletter of the Colchester Rovers Cycling Club  
 Founded by Alan Heales 1935-1996  
 No. 111 August/September 2007.



### *Hillclimb Time*

The club hillclimb on August 29<sup>th</sup> at Wormingford hill is the perfect photo-opportunity, as Alan Heales who took the photograph above knew. Why not support Derek Snowling's promotion this year?; and if you are not riding bring that digital camera so you can take some shots for the Rovers' Review. More photos please!

### *From Our President*

Geoff Keeble.

We were all assembled at the start of the recent Club '10' at Tendring when a young lady riding a big horse approached. It was obvious that the big horse did not approve of the multi-coloured bikies, despite re-assurances from the lady jockey, and the fact that multi-coloured bikies were rooted to the spot. It was then that a dozen motorcyclists arrived at the scene. Big horse did not like this and decided to show off some of his dancing skills. Then, as if by magic, all the motorcyclists shut off their engines. Peace prevailed,

and the happy horse, and much happier jockette, continued on their way. Engines engaged, powered bikies were off with a wave, and Riet got the Championship underway. Brilliant!!

Arriving for an appointment with lots of time to spare, I decided to investigate a large gathering at the end of the road. It turned out to be two gentlemen teaching about a dozen youngsters on bikes how to correctly negotiate a cross roads. I was impressed by how much there was to take in. Turning left not too bad; going straight over, and certainly turning right, much more difficult. To illustrate the moves, the instructors walked them, not easy even in light traffic. It was pointed out that hand signals would be required in most situations and an instructor would demonstrate on his bike. He pedalled off down the road for 50 metres and then --- did a complete U-turn. Not so brilliant!!!

At Langham on July 25<sup>th</sup> Colin White rode his 200<sup>th</sup> consecutive evening '10'. Colin has not missed an event in over eleven years, and following the race the Club president offered congratulations on behalf of members, and made a small presentation to mark this outstanding achievement.

On 29<sup>th</sup> July Ken Baker broke the club Veteran and Senior Veteran record for Colchester to Bury St Edmunds and back. This beat the old record set by Colin Syron exactly 12 years ago to the day by 6 minutes. Time 2-23-37.

Also on 29<sup>th</sup> July Jim Reed broke the club Senior Veteran 50 miles record. His time of 1-55-23 was five minutes better than the record he established last month in the ECCA 50.

### *Marjorie Raby*

Marjorie died in hospital following a short illness on June 13<sup>th</sup> 2007. Marjorie was the widow of our late, long-serving Club President, Stan. The funeral took place at Weeley Crematorium, and was attended by many Rovers, both past and present.

### *Racing Round-Up*

Gerry McKee

In the first rain free conditions for three weeks, Mike Smith sped to a spirited victory in the first Championship '10' at Langham on 23<sup>rd</sup> May in 22-56, with Andrew Woolf just one second adrift, and Nick Webber returning a season's best of 23-58. 'Fresh from' her fourth place in her age-group at the World Duathlon championship, Elspeth Knott was still able to record a PB!

23 Rovers travelled to Lavenham for the interclub '10' against Sudbury CC on 31<sup>st</sup> May. The Rovers won handsomely by 240 points to 205, the first five places being occupied by Rovers, and Mike Smith clocking an untouchable 22-30.

In a helter-skelter finish, Martin Meades was a last-gasp winner of the Rovers' Abberton Road Race. In a dramatic sprint finish Meades had to use the full width of the road to get past Daniel Zagni (Ipswich BC) and Trevor Ormes (InterBike). The whole field virtually finished together, with Rovers Ken Baker (20<sup>th</sup>), Adrian Manley (22<sup>nd</sup>) and Lee Harvey (26<sup>th</sup>) all finishing in the bunch. Great credit to Adrian in his first road race.

Tom Starmer set a new course record for the Langham '10' with 22-30 on 13<sup>th</sup> May, taking 5 seconds of the record set only six weeks previously by Mike Smith.

Rovers have been prominent in open events. In the Harwich Triathlon Rovers Phil Jarvis was second in his age group while Kate Hodgkiss was first novice among the ladies. Riding the Century RC's Bob Dring Memorial Tandem 25, Ken and Julie Baker were second fastest in 56-30. The good news was that Ken Baker finished a rousing and impressive runner-up in the Essex RRL event at Blackmore. The bad news is that he thought he'd won. In a cavalier last-lap escape, he took wing to finish a triumphant 40 seconds ahead of the pack. Yet, in a rare case of collective amnesia, he and most of the field had overlooked Colin Bateman, who slipped the pack's radar to finish ahead of Ken on a wet morning in the Essex lanes.

Mike Smith did not disappoint in the second Championship '10' at Tendring on 11<sup>th</sup> July, falling just short of his season's best, yet winning in 22-31. He beat ever-improving Adrian Manley into second place by exactly one minute. Adrian's new PB placed him ahead of Nick Webber, third with 23-36. Phil Jarvis further improved his PB to 23-41.

Julie Baker took a massive 3 minutes 13 seconds off the old ladies' record, set only last year, for the Hilly '28' on 16<sup>th</sup> July, with 1-11-13. Meanwhile Tom Starmer recorded a winning time of 1-4-5, only bettered by Rik Van Looy, now domiciled in New Zealand.

*Northern Rock Cyclone 15-17<sup>th</sup> June 2007*                      Adrian Manley

The Northern Rock Cyclone is a new event in the cycling calendar. It is a three-day festival of cycling in the North East. It starts with criteriums in central Newcastle-upon-Tyne on the Friday evening, followed by the Cyclone Challenge on Saturday, and finishing with the Beaumont trophy Premier Calendar event on Sunday.

I did the Cyclone Challenge, a 100-mile (with options for 62 and 30 miles) sportive through the hills of Northumberland, and into the Cheviots. It is certainly a challenge, but not in the same league as the Fred Whitton, or the White Rose, thank goodness! There is a lot of climbing, 2374m in total, but it is not as steep as the Pennines or the Lakes being mainly undulating terrain with a few long climbs and one stinker! I rode a standard 53/39, with a 26 sprocket as my insurance policy (though the organiser claimed a 23 was enough...).

The omens before the start were not good. I drove up the day before through a torrential rainstorm with copious thunder and lightning, and after aquaplaning my way up the A1, I was not looking forward to cycling through 100 miles of the same. Fortunately Saturday morning started overcast but dry for the start at Newcastle Falcons rugby ground. We started in groups of 20, and it was an easy rollout from Newcastle.

We quickly hooked up with a fast moving bunch of well-organised club cyclists and did a rapid first 20 miles as we made our way into Northumberland. Once the hills started in earnest it was clear that I couldn't keep up the same level of effort for the next 80 miles, so I made a tactical decision to let the bunch go at the next feed stop. I looked around for my partners from the original bunch, but they had all been blown away!

I did the next 25 miles on my own, going through some of the most beautiful countryside around Rothbury and into the Northumberland National Park. The field was very strung out, and I passed many riders in ones and twos on the way. The terrain was very undulating, but the climbing got a bit more serious in the run up to the third feed high on the moors. Shortly after I managed to catch up with another group as we tackled the most sustained batch of climbing—again not too terrible, but very long, and with a couple of very enjoyable fast descents. We shed a few riders, and were down to a group of four, working well together. This took us to Bellingham, near Kielder Water. After that the hills quietened down, and with a sharp climb to Birtley, we thought that we had finished with the hard stuff....

With thirty miles to go we were looking forward to an easier ride in to the finish, but we had reckoned without the Ryals, a short, but definitely not sweet, climb that blew our group apart, as it was every man for himself to get to the top with tired legs. Some furious pedalling brought three of us back together, and we shared the work into the wind to get to the final feed 15 miles out. The last stretch was a two-up time trial (with the last of our group hanging on) as we raced in to the finish passing huge numbers on the way in, and I put in a fast finishing spurt to take the bragging rights over a local group who had been changing places with us for the last 20 miles. The only thing left was to regroup as the three of us crossed the line together, just under six hours after the start, head off for the timing download, and the goody bag! And then the rain started..

*This and that* Herman Ramsey

Audax: The date of the 400kms is arranged with AUK—Saturday 14<sup>th</sup> June 2008. Route is Ixworth, Halesworth, Beccles, Reedham Ferry, Acle, then probably Aylsham, Wells-next-the-Sea, Red Lodge and Saffron Walden. The latter part depends on finding a control facility, as well as the Red Lodge Café being open early in the morning.

Permanents: After a flurry at the beginning of the year, interest has subsided. I have applied for the 300km from Manningtree via Red Lodge, Swaffham, Burnham Deepdale, Wymondham and Stowmarket. I hope to add another 'out and back' 100, Manningtree to Ixworth, where I found another cyclist-friendly café after searching the 400 route.

Tricycles: A few decades ago the Rovers had a strong tricycling contingent. Adrian Hills has revived the tradition in a big way, showing the Rovers' colours in time trial and circuit races all over England and at the World Tricycle Championship in St Marsault, Charente, France, where he did not escape the wet weather—the Sunday events and village fete were cancelled.

*For sale*

23.5 inch (centre to top) winter/training/Audax bike. Raleigh 501 (chromo version of 531) frame; good pair wheels; Shimano 7 speed; spd pedals; Stronglight chainset; mudguards. £50. Contact Hugh Ward 01206 843163 (hugh@essex.ac.uk)

Please get copy for the August/September issue to the editor by September 25<sup>th</sup>. Contact address: Hugh Ward, 5 Clay Lane Grove, Colchester, Essex, CO4 0HH, 010206 843163, [hugh@essex.ac.uk](mailto:hugh@essex.ac.uk).