

Rovers' Review

Newsletter of the Colchester Rovers Cycling Club
 Founded by Alan Heales 1935-1996
 No. 107 December 2006/January 2007.

With very little cold weather or ice to contend with so far, this winter has been a bit of a 'phoney war'. Still the Met. Office predicts the possibility of cold snaps towards the end of winter. I can tell them with some certainty that the medium gear/two-up '25' on the first Sunday in March will occur right in the middle of one such -- as usual! Meanwhile we have the Club Dinner on the 10th February. Details are on the back page. Please let Derrick have your booking and cheque by January 16th. Also the dreaded reliability ride (a.k.a. cyclo-sportif) season will soon be upon us. So best wishes for Christmas; and get some miles in before the winter retaliates first!

Colchester Rovers' Website is now up and running thanks to Chris Douglas. If you have any comments on or additions to the website please contact either Tony Asplin or Chris. The address for the website is <http://www.colchester-rovers.org.uk/>.

Twelve more hours: a lesson on how not to ride a 12 hour time trial. Nick Webber

After my previous effort at riding a 12 hour tt a couple of years ago I vowed I'd never put myself through such an ordeal again. I can only put it down to selective memory that I found myself writing out a cheque for £14 to enter such an event once more. Deep down I believed I could better my mileage from 2 years ago - when Julie, my faithful support, had got lost and when I went hungry and dehydrated for 2 hours - and also when I believed I was unjustly penalised a lap that removed over 13 miles from my true total.

Alas, things got off to a very bad start so the omens were not good. The trouble was that we were due to return home from our holiday in Shetland the day before the event but, because of severe flight and rail delays, ended up getting home only about 3 hours before I was due to drive off to the start. So I was already dehydrated (owing to the paranoia about not allowing water in the aircraft) and had little time to carbo-load or eat much at all. Despite that, I was determined to ride the event and my brother was keen to help out so, wearily, we drove off into the darkness (and the rain). As dawn broke the rain had cleared but the wind was blowing at nearly force 7. There would be few PBs today !

The thing about a 12 hr is that most reasonably experienced riders could probably manage to ride around for 12 hours (allowing a few stops, etc.) but the problem comes when you have to race it - especially in an aerodynamic tuck position ! I knew the first 2-3 hours of the event would be fine. This was the best part of the day for me as I was passing many riders without over-taxing myself. However, I now began to get such chronic indigestion that I found it hard to breathe (probably brought on by the stress of getting to the event and forcing down sugary drinks). After meeting my brother Keith at the 60 mile point, I had to lay down in the back of the car for a few minutes just to relieve the pressure in my abdomen. Back

on the bike I felt better and got back into a reasonable pace to regain the time I had lost, although the strong wind was now really beginning to wear me down.

A huge factor in events like this is mental attitude - after riding at a reasonable rate against the clock for 3 hours it is so very hard to tell yourself that it will be OK to keep this up for another 9 hours. As the high winds took more out of me I began to run out of steam (no fuel in the boiler) and began to debate with myself the wisdom of getting off the bike and going home for a long soak in the bath. If I had been on my own I might have done just that but with Keith there and with the support of the other helpers I felt encouraged to struggle on.

After 4 hours I changed from riding my low-profile tt bike to my road bike as the tuck position was making my back ache a lot (an old rowing injury in my lower back flared up in the spring to cause me a lot of problems this season). This was part of my strategy based upon previous experience and of speaking to other, wiser folk. The more comfortable position improved my morale even though I was now riding much slower than earlier in the morning. A couple more hours passed painfully by until I reached the psychological 6 hour point when I knew that half of my torture was over. I don't remember much about this period of the event except that I was now stopping every 50 minutes or so, whenever I saw Keith, just to relieve the pain in my back and hips. On one occasion I even stopped to phone Julie to ask her to remind me never to enter a 12 hr tt again...

At some point I changed back to my tt bike and felt comfortable enough to tuck down and increase the pace for an hour or so. Trouble was that the wind was now stronger than ever, and from time to time gusts would blow across the flat Bedfordshire fields making it impossible to ride safely on the tt bars. Large branches were being blown off trees onto the road and there were twigs everywhere. It was a struggle to reach 15 mph in places and it was mentioned to me that several riders had abandoned. Strong head winds really sap the energy as one is forced to ride more powerfully just to keep the bike moving forwards - and the slower one goes the more time one spends battling with the wind. My spirit had been broken and, as it was so hard to force myself to suffer more, I just rode more slowly.

I must add, again, that the vocal support that all competitors received from the helpers and some of the timekeepers was such a huge boost. I never had the opportunity to thank them all (as I could not even smile back at times) but, as a note to readers, never underestimate the value of the offering of a friendly yell of encouragement in such circumstances.

I really don't remember much more until around the 10 hour point when we were directed onto the 14 mile finishing circuit - another huge psychological boost that made me aware that I would definitely finish. The last 2 hours ticked down so slowly, however. I took to playing memory games in my head just to distract me from the pain all over my body. I had already switched back to my road bike at this point and was riding miserably slowly. People kept telling me to keep going and encouraging me to up the cadence but there was nothing there.

Into the final hour I stopped for a cup of tea and another banana got back onto the low-profile tt bike. It seemed to transform me and knowing that I had less than 60 minutes more to ride was able to zip

around the finishing circuit at a surprisingly rapid rate - passing several riders in the process. If only I had felt this energy earlier in the day. Despite this I was convinced that my clock was running more slowly - the minutes just would not tick down fast enough. The final quarter of an hour was ridden purely on willpower and adrenalin as my legs did not seem to belong to me any more.

The horrible bit with this sort of event is that even after 12 full hours of riding it is still not possible to stop until one has passed the next nearest timekeeper. A cruel sting in the tail really. Anyway, shortly after 12 hours and 4 minutes I could stop riding for the day. What a blissful release. I had no energy left to ride back the 6 miles to the HQ and, somewhat shamefully, had to phone Keith to drive over to collect me.

Now, the frustrating thing is that I know I could have ridden much further on the day with the right nutritional and mental preparation and if my lower back had been in better shape and if the weather had been more amenable BUT I will take my own (and others) advice this time and stay away from half-day time trials in the future.

The evening '10' series.

Geoff Keeble

The Dave Keeble Memorial Cup has been won by Mike Smith in what has been the best season since 1999 in terms of numbers of competitors and the size of race entries. Mike was involved in a season long ding-dong with Jim Reed, who was runner up. Phil Jarvis filled third place, which meant that the first three had never before been in contention for the coveted cup. With just two weeks to go no one could have predicted the bronze medal position. Last year's winner Jason Meachan, Ken Baker, and Adrian Manley were all possibles who lost out to Phil, who had been a model of consistency throughout and got his reward. Guests Tom Starmer and John Gabriel scored highly but were not eligible for the prizes. The three leaders all recorded best ever season's total points, as did Julian Cordwell, Chris Douglas, Elspeth Knott, Adrian Manley, David Triggs and Andrew Woolf.

Competition points scored, with total points scored before discards in brackets were: Mike Smith 595 (781), Jim Reed 587 (673), Tom Starmer 574 (615), John Gabriel 537 (622), Phil Jarvis 527 (650), Jason Meachan 508, Ken Baker 506, Adrian Manley 499, David Payne 498, Stuart Chatting 481, Nick Webber 456, Tim Pearse 455 (555), Trevor Allen 421, Hugh Ward 417 (442), Edmund Spurgeon 392, Elspeth Knott 381 (432), Julie Baker 373, Chris Douglas 368, Doug Williams 356 (396), Barry Hall 354 (467), Tony Sheppard 339, Colin White 322 (454), Chris Hall 320, Tony Howard 314 (334), Barbara Howard 311 (353), Jeff Wharton 303, Dennis Warner 296, Andrew Woolf 293, Peter Maddox 277, Julian Cordwell 276 (322), Roy Young 259, Ian Coles 245, Neil Watts 242, Errol Baker 230, Mark Lloyd 223, Matthew Wells 223, David Triggs 212, Michelle Van Looy 195, Dick Wood 191, Tony Anderson 180, Paul Dewberry 166, Richard Haines 158, Bob Kemp 158, Neil Evans 157, David West 150, Dominic Schils 136, Frazer Wood 134, Martin Hunter 133, Adrian Hills 130, Eddie Page, 129, Doug Allen 119, Peter Newell 117, Greg Andrews 113, Roly Knott 110, David Wells 109, Peter Hall 103, Chris Warner 93, Sue Rule 91, Ken Champion 90, Kate Thomas 89, Steve Dawson 83, Clive Hilzbrich 81, Tim Warner 75, Brett Travers 73, Neil Pears 71, Scott Hepburn 70, Richard May 68, Steve Docherty 66, Anne Wittekind 58, Colin Syron 56, Lee Harvey 50, Steve Willis 50, Mike Nauls 45, Diane Warner 45, Anneka Broster 42, Graeme Knott 41, Christine Jackson 40, Matthew Cain 39, David Price 39, Richard

Smith 35, Keith Clarke 34, Gerald McKee 31, David Smith 30, John Little 27, Mike Allen 26, Nick Mussett 20, Paul Mines 17, and Jill Coles N/A.

Tom Starmer recorded the fastest time of the series, his time being a Langham course record. Andrew Woolf and Jim Reed both broke the record for the course, and Julie set a new ladies' course record. Results indicate that the Langham and Tendring courses are comparable in speed. Event P.B.s were set by Julian Cordwell, Chris Douglas, Phil Jarvis, Elspeth Knott, Adrian Manley, James Mattin, Jim Reed, Sue Rule, Mike Smith, Frazer Wood and Andrew Woolf. Fastest individual times were: Tom Starmer 22-53; Mike Smith 22-57; Andrew Woolf 23-03; Jim Reed 23-11; Dick Wood 23-32; Nick Webber 23-38; Stuart Chatting 23-39; Lee Harvey 23-41; Jason Meachan 23-41; Ken Baker 23-45; Adrian Manley 23-46; John Gabriel 24-03; Phil Jarvis 24-08; Mike Naulls 24-29; Eddie Page 24-31; Trevor Allen 24-32; David Payne 24-36; Graeme Knott 24-41; Martin Hunter 24-44; Douglas Allen 24-52; Richard Haines 24-53; Dominic Schils 24-58; Paul Dewberry 24-59; Bob Kemp 25-07; Errol Baker 25-16; Roy Young 25-17; Neil Watts 25-29; Mark Lloyd 25-34; Jeff Wharton 25-38; Julie Baker 25-43; Steve Docherty 25-54; Nick Mussett 25-59; Brett Travers 26-01; Dennis Warner 26-02; Tim Pearse 26-07; Richard Smith 26-07; Greg Andrews 26-08; David Triggs 26-24; David West 26-25; Chris Douglas 26-28; Edmund Spurgeon, 26-29; Scott Hepburn 26-30; Hugh Ward 27-10; David Wells 27-16; Sue Rule 27-19; Peter Maddox 27-30; Tim Warner 27-31; Christine Jackson 27-35; Barry Hall 27-37; Adrian Hills 27-42; Tony Sheppard 27-47; Elspeth Knott 27-50; Michelle van Looy 27-57; Peter Hall 28-07; Ian Coles 28-14; Doug Williams 28-16; Tony Anderson 28-24; Peter Newell 28-25; Steve Dawson 28-27; Roly Knott 28-41; Neil Evans 28-43; Michael Allen 28-46; Colin Syron 28-46; Barbara Howard 28-59; John Little 29-04; Keith Clarke 29-09; Anneka Broster 29-12; Gerald McKee 29-25; Steve Willis 29-37; David Price 29-38; Anne Wittekind 29-40; Chris Warner 29-50; Tony Howard 29-58; Rob Amor 30-10; Frazer Wood 30-14; Chris Hall 30-22; Clive Hiltzbrich 30-26; Richard May 30-27; Kate Thomas 30-29; Colin White 30-31; Ken Champion 31-00; Julian Cordwell 31-22; James Mattin 31-22; Diane Warner 31-54; Paul Milnes 32-18; Matthew Wells 32-30; Matthew Cain 33-26; Neil Pears 34-28; Jill Cole N/A; David Smith N/A.

The Charlie Clift memorial Trophy now 26 years old was won for the second year running by Elspeth Knott, her winning points total being identical to last year's. Barbara and Julie filled the runner-up spots. Ten ladies took part - the most since 1997 - and no fewer than six actually won an event. Result: Elspeth Knott 232 (268), Barbara Howard 216 (248), Julie Baker 200, Michelle van Looy 132, Kate Thomas 63, Sue Rules 58, Diane Warner 38, Anna Wittekind 35, Anneka Broster 31, Christine Jackson 20.

The Harry Cole memorial Cup attracted 25 entries, the most ever in its sixteen year history. Jim Reed ran out a comfortable winner from former triple champion Tim Pearse, with 'new boy' Ken Baker in third place. Elspeth Knott and Julian Cordwell both set P.B. points totals, and newcomer Edmund Spurgeon registered some fine performances. The Barry Hall/Hugh Ward confrontation - not quite so intense, perhaps 2007? Results Jim Reed 240(279), John Gabriel 227(263), Tim Pearse 218(266), Hugh Ward 204(217), Barry Hall 197(254), Elspeth Knott 185(208), Edmund Spurgeon 185, Barbara Howard 148 (164), Colin White 146 (199), Tony Howard 144 (152), Chris Hall 137, Peter Maddox 128, Julian Cordwell 119 (137), Ian Coles 111, Errol Baker 106, Tony Anderson 66, Roly Knott 65, David Wells 50, Ken Champion 40, Neil

Pears 30, Colin Syron 28, Steve Willis 20, Keith Clarke 16, Gerald McKee 14.

One small blemish on a great season was a spate of indiscipline at some starts. Some, not all, came from persons not actually racing. This came to a head at the 'come and try it' event, and steps were successfully taken to stop this.

The racing was superb, and until the closing weeks it was difficult to predict the winner of an event. There were in fact six different race winners, Mike Smith 8, Jim Reed 4, Andrew Woolf 3, Tom Starmer 2, Stuart Chatting and Lee Harvey 1 each. Another show stopper was "The Man Himself". We became spellbound as Adrian Manley reeled off P.B. after P.B. in what was for him a fantastic season.

This was the 21st season of the points competition and before it started I listed 21 things that could possibly be achieved. Fifteen of these targets were reached. They were that Errol Baker, Stuart Chatting, Jason Meachan, Nick Webber and David Wells would reach 4000 points, Chris Hall would reach 5000 points, Tim Pearse and Julie Baker would reach 7500 points. Tim reached this total in the last but one event, Julie in the last!! Tim also reached 1000 points in the Harry Cole. The 600 people taking part would be passed - it is now 612; and I would time my 900th private time trial. Barbara Howard and Matthew Wells would ride their 150th event, David Payne his 200th, and Tony Howard his 250th. There were four near misses. David Payne one ride from reaching 9000 points; Tony Howard again just one ride from 7500 points; Chris Hall again one ride from 2500 points in the Harry Cole; and Julie reached 199 events, one ride from her 200th. Fifteen and four near misses - not bad!. The full 21 was never on. They involved Ian Coles and Gerry McKee. Ian unavoidably lost half a season and Gerry took on a dual white/blue collar role. He combined lots of admin. duties with muscle power at the start. Gerry was only one of a huge band of helpers behind the scenes. Riet and Neil provided expert watch-craft. Tony, Derek and Herman acted as starters. On some occasions Snowy provided marking chalk. A huge thank you to the vast army of organisers and course risk assessors who set it all in motion. Anyone reading this who fancies getting involved in the future let Tony Asplin know, and this might make 2007 an even better series.

Final results club championships.

The new format for the handicap championship proved a success with six qualifiers this time. Congratulations to Jim Reed and Tim Warner. Once again thanks to Errol Baker for regularly updated tables.

Club Championship 2006 - Results

Pos	Name	Points
1	Jim Reed	173
2	Adrian Manley	156
3	Errol Baker	155
4	Julie Baker	148
5	Tim Pearse	145
6	Elsbeth Knott	121
7	Barry Hall	117
8	Tony Sheppard	109
9	Colin White	87

Handicap Championship 2006 - Results

Pos	Name	Points
1	Tim Warner	98
2	Elsbeth Knott	80
3	Tony Sheppard	73
4	Tim Pearse	70
=	Errol Baker	70
6	Hugh Ward	65

Interclub map reading.

This year 'Mac' McDermott organised the interclub map-reading contest on behalf of the Rovers. A fine October morning saw fifteen members of the Rovers, Norwood Paragon, and Century RC leave timekeeper Geoff Keeble to find the quickest route they could around five points. The combination of muddy lanes and fords led to several punctures. Still, water-baby Tony Sheppard apparently rode several times through the ford at Arger Fen, so he must like mud and water! Although it was difficult to get terminally lost given that 'Mac' had handed out a detailed map of the area, some members of the Century RC contrived to do so, arriving well behind the rest of the pack. Non-Rovers expressed surprise that Essex and Suffolk could be that hilly. Mac's questions, one to be answered at each specified point, demanded a detailed knowledge of the history of building techniques in East Anglia and of the ecology of the last ice-age! Ken Baker was the winner and the Rovers won the team event, probably for the first time ever. Needless to say, everyone enjoyed themselves, and many sat down to lunch at the Lion at Honey Tye, which proved an ideal venue for the start and finish. Thanks to Mac for organising and to Geoff for holding the watch.

Interclub Map Reading Result
29th OCTOBER 2006

1	Ken Baker	V	C.R.C.C.	1.17.27
2	Steve Roach		N.P	1.27.53
3	John Togher	V	C.R.C.	1.36.27
4	Paul Elsdon		C.R.C.	1.38.32
5	Dan Burgess	V	C.R.C.	1.40.00
6	Nick Webber	V	C.R.C.C.	1.40.34
7	Julie Baker	LV	C.R.C.C.	1.40.56
8	Keith Butler	V	N.P	1.47.09
9	Hugh Ward	V	C.R.C.C.	1.52.50
10	Tony Sheppard	V	C.R.C.C.	1.54.09
11	Derek Snowling	V	C.R.C.C.	1.55.40
12	Owen Goodspeed	V	C.R.C.	1.58.06
13	Phil Giffing	V	N.P	2.08.20
14	Chris Togher		C.R.C.	2.31.49
15	Herman Ramsey	V	C.R.C.C.	D.N.F.
16	Maureen Giles	V	C.R.C.	D.N.S.
17	Alison Butler		N.P	D.N.S.
	1st Team Colchester Rovers		K Baker N Webber	4.38.57
			J Baker	
	2nd Team Century Road Club		J Togher P Elsdon	4.54.59
			D Burgess	
	3rd Team Norwood Paragon		S Roach K Butler	5.23.22
			P Giffing	

Points of view

Herman Ramsey

Audax

Just when I was wondering if I'd been using the right soap, entries for the permanents have been arriving. They have been for all three

distances, the 200 being completed for the first time, though some cards have not been returned at the time of writing. I have applied for two 50 kms routes, a circuit of the Tendring Peninsular and an 'out and back' run to Wally's café at Acton. In view of the recent interest I am working on routes for 300 kms - an extension of the 150 to the Norfolk coast, and 400 kms - a circuit of East Anglia using ferries over the east coast rivers. Sadly the Green and Yellow Fields is no more. CTC Suffolk have decided to drop the event following the cancellation of this year's event. Though there has been an increase in the number of 200 kms events in East Anglia in the past years, longer events have all ceased - and Paris-Brest-Paris takes place again next year.

Crash helmets.

Was there really a need for a survey to tell us that motorists pass closer to a cyclist wearing a helmet, something that many predicted thirty years ago? Since that report was published it seems that some drivers have been trying to affirm the results! Where did they get the notion that experienced cyclists wear helmets when, in fact, the reverse is more likely.

Club membership levels.

As an organizer of Audax events I was worried by the increasing number of entrants who belong to no local club. This matter came into the discussion during the lunch after the map reading competition, and indeed the list of riders in a popular event in Hertfordshire that same day listed 30% of them as being "independent". AUK, like the other national organizations, relies on local clubs to promote its events and, if this trend continues, there can only be a further decline in organized cycling.

Pat Pepper.

Those who read the report of the inquest into Pat's death will have been saddened to read yet another example of the negative attitude to cycling held by those who operate our legal system.

Human rights.

Should any of us have the misfortune to be 'detained at Her Majesty's Pleasure', it is reassuring to know that we will be let out for a daily bike ride for, surely, our addiction is on a par with those who take chemical drugs.

Barbecue.

Thanks to all who supported this event. We think it is time for a change of venue, so anyone with a largish garden? Provisional date for the next one is Sunday 5th August.

Club kit. Ken Baker

I will be ordering some more club clothing in the new year. If you want me to add any items to the order let me know a.s.a.p. I will require £10.00 deposit per item. Have a good Christmas & New Year.

Please get copy for the February/March issue to the editor by January 25th. Contact address: Hugh Ward, 5 Clay Lane Grove, Colchester, Essex, CO4 0HH, 010206 843163, hugh@essex.ac.uk.

**Colchester Rovers Annual Dinner and Prizegiving
The Jubilee At Ardleigh
10th February 2007.**

To start

Homemade winter vegetable soup (V)

Pork and onion pate

Warm pear and cheddar cheese salad (V)

Main courses

Salmon en-crouete with sauté potatoes and steamed vegetables

*Pork steak in cider and mustard sauce with steamed vegetables
and mash and roast potatoes*

*Roast topside of beef with steamed vegetables mash and roast
potatoes*

Mixed vegetables in puff pastry with sauté potatoes and salad

Finale

Home made lemon baked cheese cake

Home made apple crumble tart

Home made cream cheese and cherry pie

Coffee or tea

Price £19.50 per head

Time of start 6.30 for 7.00 pm

*Numbers and menu choices by January 16th with cheque in
full made payable to Colchester Rovers Cycling Club to*

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