

Rovers' Review

Newsletter of the Colchester Rovers Cycling Club
Founded by Alan Heales 1935-1996
No. 108 February/March 2007.

From the editor.

Not much copy this time, so a short Review. Please keep the copy coming!

There is a list of upcoming events on p. 2, including local open time trials and local Audax UK events. We have a small band of dedicated members who ride open time trials, but many of us just ride club events, or even just private '10s'. There are plenty of open events to ride within a 25 mile radius of Colchester. Details of how to enter and entry forms can be found on the Cycling Time Trials' website. This also gives a full national event calendar. I have given the web address. Beside raising the profile of the club, exposing yourself to the level of competition in open events should make you a better rider. Why not give it a try this season? Quite a few Rovers do ride local Audax events. Again entry forms and an event calendar appear on Audax UK's site, web address given.

Please make sure you send the form on the back to Tony Sheppard. Tony has the worst job in the club -- sorting out the marshalling. Everyone who is a club member and rides club events and privates is under an obligation to do some marshalling.

Off to New Zealand.

Dear All,

By the time you read this my family and I will be settling in to our new lifestyle on the other side of the World, having taken the plunge, decided life is too short, and successfully applied for residency in New Zealand.

Word may have got round of our departure, however with so many acquaintances from the past twenty years of racing, it has been impossible to let everyone know.

I also wanted this opportunity to say a big thanks to all those that have supported and encourage me. I know I haven't always been in Rover's colours, but the support has always been the same.

In particular I would like to thank Geoff Keeble who has always shared his enthusiasm and congratulations with me. If there were cyclists that showed the same dedication to cycling as Geoff does to his time keeping and recording, we would be a Nation of champions!

Give Mum and Errol a special shout for us when you see them out on their bikes.

Keep on riding and enjoying the countryside.

Best wishes,

Rik, Michelle, Ellen and Oliver Van Looy, richard.vanlooy@yahoo.co.uk

Early-season events.

a) Club, private, and Rovers' open events

Sun 4/3	Club Medium Gear 25 / 2 up TTT	Little Bentley	09:00	J. Baker	01206 520707
Sun 11/3	Open Jock Wardley Memorial RR	Alderman Blaxhill School	10:00	M. Hargreaves	01206 212181
Sun 18/3	Club Hilly 28 (1)	Wix	09:00	E. Baker	01206 520707
Sun 01/4	Club 25 (1) (Championship)	Little Bentley	09:00	J. Baker	01206 520707
Wed 04/4	Private 10	Little Bentley	18:30	T. Asplin	01206 522680
Wed 11/4	Private 10	Langham	18:45	D. Snowling	01206 242014
Sun 15/4	Club 30 (1) (Championship)	Little Bentley	09:00	J. Baker	01206 520707
Wed 18/4	Private 10	Little Bentley	19:00	T. Asplin	01206 520707
Wed 25/4	Private 10	Langham	19:00	H. Ward	
Sun 29/4	Colchester Rovers open 50 (2 week closing date) CTT entry form	Hamilton Lodge	07:00	N. Webber	01473 824251

b) Local Audax UK events (www.aukweb.net for further details).

24 Feb	106/50 km	09:00	Henham, Saffron Walden	Victoria C.C.
10 Mar	161/106/53 km.	09:00	Henham, Saffron Walden	Essex Lanes
17 Mar	207/156/103/52 km.	08:15	Ugley, Saffron Walden	Up the Uts
25 Mar	150/62 km.	10:30	Stevenage	Start of Summertime Specials
07 Apr	200/100/50 km.	08:00	Bungay	E. Anglia CC
15 Apr	202/156/106 km.	08:00C	Woodham Mortimer	Witham CC

c) Local open time trials (details at www.cyclingtimetrials.org.uk)

04/03/2007	E18/20	20mls	0800	Maldon & District CC (Hilly)(SPOCO SE)
17/03/2007	E91/10	10mls	1000	ECCA
17/03/2007	B10/9	10mls	1400	Plomesgate CC
25/03/2007	E22/22	22mls	0800	Angliasport RT
21/04/2007	E91/10	10mls	1500	Elite CC
21/04/2007	BS33	20mls	1400	Stowmarket & District CC
22/04/2007	E91/25	25mls	0730	Elite CC

Topical tip.

At this time of year tyres get cut to pieces by flints. If the hole does not go right through the tread and is no more than 1/8th inch long, it is possible to do quite an effective repair that will protect from penetration by other flints and debris. First take an old brake block and file or sandpaper off a small amount of 'rubber dust'. Get some superglue (cyano-acrylate) and put a very small amount in the hole in the tyre, spreading it thinly with the end of a something plastic that doesn't immediately stick, e.g. the prong off a plastic fork. Then get a pinch of the rubber dust and put it into the hole, pushing firmly down. Roughly smooth off the dust so that it is just proud of the tread of the tyre. Then put a very small amount of superglue on the surface of the filling of the hole. Let the lot dry thoroughly. Then smooth down with sandpaper or a file - or let the road do the job for you. It takes a bit of practice to get the amount of glue right, so don't try it first on your racing wheels. Don't attempt it if the cut goes right through, unless you take the tyre off first and put some backing inside. Just in case, wear a mask to keep the dust away from your lungs and plastic gloves so you don't get stuck to anything!

Audax

Herman Ramsey

The two 50kms permanents have been accepted by AUK and proved popular, with three entries for each one. One entrant subsequently sent entries for all distances.

The triangular tour of the Tendring peninsula includes the only two roads in Essex marked on a current road-atlas as scenic.

Probable route for the 300 kms is via Red Lodge to Hunstanton, returning via Castle Acre and Stowmarket.

For the 400 an anticlockwise circuit of East Anglia via Harwich, Southwold, Reedham Ferry, Holt, Hunstanton, and Saffron Walden. Using the ferries limits the time of day of the start and the Harwich to Felixstowe one only runs in summer. The later controls will depend on finding facilities that are open overnight.

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

From the Marshalling Secretary

Firstly many thanks to all who helped in 2006, all our events road races open time trials interclub and come & try it events that needed marshals went off safely with much praise from other clubs as to the organizing and marshalling.

However 2007 is here and will be a busy year for marshals, we have eight event that need marshals a total of 64 in all, so I do need help again, I am especially looking for club members who have not marshalled before so the burden does not fall on a few regulars.

If you are an active club member, especially riding our evening ten series, which are particularly good value, doing one marshalling duty would not be too much to ask. With this in mind a list of events requiring help and the numbers for each is printed below.

DATE	RACE	NUMBERS REQ
11.3.07	Jock Wadley Road Race	14
29.4.07	Open 50 Time Trial	9
12.5.07	Interclub 10	4
10.6.07	Abberton Road Race	14
20.6.07	Bike Week Evening 10	4
22.7.07	Open 47 Time Trial	5
2.9.07	Interclub 25 Time Trial	7
15.9.07	Open 25 Time Trial	7

Along with these events the club have an obligation to help at the ECCA festival

Please fill in the slip below and return to me Tony Sheppard

10 John Kent Ave

Colchester CO2 9ET

Or call 01206 541778 mob 07880700501 email salsatone@hotmail.com

NAME	EVENT
PHONE NUMBER	EMAIL