

## *Rovers' Review*

Newsletter of the Colchester Rovers Cycling Club  
 Founded by Alan Heales 1935-1996  
 No. 106 October/November 2006.

Two events to take note of are the Interclub Map Reading Contest on October 29<sup>th</sup> and the AGM on November 5<sup>th</sup>. Formal notice of the AGM is on the back page. For those unfamiliar with the delights of the map reading contest, details are given below.

Thanks for all contributions, including those I have held over for the next issue. There are lots of things that would make the Review interesting: discussions of equipment; articles about events you have ridden; photographs of events; discussions of training methods you have found helpful; material on the history of the club; your opinions on how we could improve what the Rovers do; etc. Although it is easier for me to get the material as Word files (or similar), I can type copy, including hand-written material. Keep the contributions coming!

Hugh Ward

Please get copy for the December/January issue to the editor by November 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).

### *From our President*

New member Sue Rule has quickly made her mark. On 31/5/06 in the Championship 10, she recorded 27-55, and led Elspeth Knott, 28-40, and Barbara Howard, 30-29, to a new Veteran Ladies' 10 mile team record of 1-27-04, taking 1-40 off the previous standard.

On 11/6/06 Jim Reed recorded 1-08-59 for 30 miles. This is a new Senior Veteran club record, beating the old record by 34 secs. Jim and Nick Webber almost got togetherness to perfection! They travelled to Newmarket together for this event. Nick recorded 1-09-01 - just two seconds slower than Jim. Both rides were at 26m.p.h. plus.

The grass track season ended with a prize presentation in a packed clubroom. This function was superbly organized by Ellen and David Triggs, with an enormous contribution by Tony Asplin behind the scenes. All the youngsters received an award for their efforts, and I am sure enjoyed the free refreshments. The evening had a wonderful ending when Ellen thanked Ken, Colin, Jim, Neil and the many others who have helped, and on behalf of all the youngsters, presented a mounted collection of photos as a big thankyou. This now hangs proudly on the clubroom wall.

Geoff Keeble

### *Interclub map reading competition, Sunday 29<sup>th</sup> October.*

This is a fun event with a competitive element. One way of thinking about it is that it is a time trial where you make up your own course! Specifically you must get from the start to the finish in the fastest possible time and must pass particular places, usually three

in number, where a marshal will be stationed to check you off. You can choose the order you take the checks in as well as the route. Clearly you need a detailed map of the area such as an OS map, especially as the fastest route could involve going off-road on to a bridlepath or other cycle-legal off-road routes. There are prizes for the fastest riders. Members of several other clubs will be involved, including the North Road CC, Norwood Paragon, CC Sudbury and the Kentish Wheelers. Usually people get together in the pub after the event and things turn into a post-season social gathering. The headquarters this year will be at the Lion public house at Honey Tye, Leavenheath, on the main Colchester to Sudbury road, the A134. You should aim to get there by 10am. The pub will be open for meals by the time the event is over. 'Mac' McDermott would ideally like to know if you want a meal so that he can warn the pub in advance about numbers. His phone number is 01787 211041.

*Time trial news.* Gerry McKee

Tom Starmer, Anglia Sport, rode to a brilliant victory in the Hilly '28' at Wix, in 1-5-20, narrowly beating Jim Reed's 1-5-51 and Nick Webber's 1-5-55. Julie Baker set a new ladies course record in 1-14-26, while Adrian Manley achieved a sixth successive personal best with 1-12-34.

Jim Reed beat the thunder clouds home to the second championship '10' at Langham in 23-33, beating Nick Webber by 11 seconds. Performance of the evening was third placed Adrian Manley's 23-46, his first ever 25m.p.h.-plus ride. Chris Warner in only his third '10' took handicap honours with a two minute PB. Meanwhile Julie Baker, Barbara Howard and Elspeth Knott took 4 minutes off the Lady veterans' '10' team record.

Julie recorded 26-00 for a '10' on her 26<sup>th</sup> wedding anniversary on the 26<sup>th</sup> of July!!

Mike Smith stormed to an outstanding win in the private '10' on 16/8/06 with 22-57, one of the few under 23 minute rides ever on the Tendring Circuit. Andrew Woolf, back after an ankle op., registered an excellent 4<sup>th</sup> place 23-29. Ken and Julie Baker were just 2 seconds outside their 1997 tandem record with 22-29.

Mike Smith capped a superlative first season with the Rovers by winning the Club Hill Climb at Wormingford. Ascending steep Sandy Hill in 1 minute 46.4 secs., the Brightlingsea man proved too strong for veterans Jim Reed (1-52.6) and Adrian Manley (1-54). Ellen Triggs made club history by winning the Ladies' Championship in 2-21.7. Still two months short of her 14<sup>th</sup> birthday, she is the youngest ever winner of a major Rovers' title.

Against the odds Ken Baker battled to victory against gale force winds in the Club '30' at Tendring. Fifteen seconds down on Jim Reed at 20 mls,, he staged a magnificent turnaround to win in 1-17-26, beating Jim by 14 secs, with Adrian Manley third in 1-19-49. Senior veteran Colin White received just reward for another ever-present season by winning handicap honours.

The Rovers won the interclub '10' against Maldon and District CC on 23/9/06. Although MAD had the fastest rider with junior Steve Sanders in 23-53, the Rovers' team of Jim Reed (24-06), Nick Webber (24-18), and Edmund Spurgeon (27-28) came home with comfortably the fastest

aggregate. Other Rovers enjoying the delightful views to be had from the top of the hill on MAD's sporting Steeple course were Tony Sheppard and Hugh Ward(28-19), Elspeth Knott (29-07), Doug Williams (29-33), Colin White (30-55), and Chris Hall (31-35).

### *The Tendring Story*

Geoff Keeble.

In June of this year, the Tendring Circuit celebrated its 40<sup>th</sup> birthday. Up until 1964, our only measured ten course was from Elmstead Market to Weeley and back, but at the end of that year the road was designated a clearway and could not be used. The car park at the edge of the village, that we have used in recent years, did not exist, so off road parking and assembling was not possible.

In 1965, a course that started and finished near to our recent fast fifty course was tried. This turned at Wix - yes a 'U' turn in the road!! The present A120 had not been built, so this was single carriageway on what was then the main road to Harwich. It was not successful, the turn proving a problem with turn marshals not always in the correct position, and on at least one occasion missing altogether.

In those days, evening tens did not attract big fields. There were no open tens for men, so some did not bother with the 'private' version. Also work finished later, many not finishing until 6pm, which meant a scramble for a 7pm race start, and few in the club had motorized transport. I have gone straight from work to time an event, and have also done the opposite - gone to work a night shift after timing a race.

But tens had to continue, so Jack King and Harry Haynes got their rev. counters out, their heads together, and came up with a course that did not need marshals; and on the 15<sup>th</sup> June 1966, the Tendring Circuit had its first race. In those days the start was in a gateway between the dip and the now extinct Little Chef. The gateway is still there but much overgrown. The finish was along the straight before the dip.

This road eventually became extremely busy in July and August, with slow moving 'mystery tours'; so we had to move to our present-day start and finish.

There was a brief spell in 1986 when we used a course starting at Byes Farm, and finished a 100 metres short at Red House Farm. This measured 11.54 mls and was not very popular. I do not know and cannot find out the reason for this move. Sadly both Jack and Ginger had passed away so some modern-day course organizer was responsible.

So back to June 1966 and the very first event. This had just nine starters of whom only two did the correct course, four going astray but finishing, and three getting lost altogether, and I'm not certain if they were ever found. Eight events were held that year, and in the following year ten, the last of which had sixteen entries, the biggest on the course to date.

Things picked up and the fields began to average around the twenty mark. There was an exception of 21/6/72 when just six people turned up. Six very brave people, because it must have been the coldest June evening ever.

In the first two weeks of August 1977 entries topped thirty for the first time. Not so many on the 24<sup>th</sup>, the final night of the series, but it was quite a memorable one. On this night Herman Ramsey recorded a 32-05, and to this day it remains an unofficial club record for ten miles ridden in full touring waterproof gear, cape, leggings, sou'wester, the lot, because the event took place despite torrential rain and gale-force winds.

In 1981, because of the large entry for the Geoff Simms trophy, the first event in May took place on a Sunday, with an 8am start. What a shocker: the place had an Xmas card look, everywhere being covered with white frost.

In the summer of 1979, the east coast was overrun with greenfly. Most affected was Gt. Yarmouth as Sylvia and I had discovered two days previously. By the Wednesday the swarms had descended onto the Tendring Peninsular, which made cycling in any form decidedly unpleasant. However, the Baker brothers thrived in the conditions, Gary setting a schoolboy course record of 24-06 and Ken doing two laps!!

During 1983 our most respected magazine editor, that nice Mr Ward ( I didn't write this, honest, Ed.), recorded a superb 24-39. Carol must have worked very, very hard in the engineroom that evening. Like lots of powerhouse lady stokers, she had to share the plaudits, having done most of the work!! (I didn't write this, either! Ed.)

I don't think I will ever forget the evening of 20/6/84. A lovely evening, a good entry, all going well, until with just four riders to finish, and with no warning, the heavens opened. In my entire timekeeping career, never before nor since have I seen rain so heavy. Sitting in the car with Harry Haynes, you could just see his car in the opposite gateway. Four coloured images went by and were timed. We sat there for another twenty minutes and then it suddenly stopped. I made my way back to the deserted assembly area in brilliant sunshine. The evidence of the storm was abundant, roads awash, but most noticeable was that every field of corn had been completely flattened. No one ever asked me for that race result!!

Thankfully mishaps have been extremely rare. Michael Knock was involved in a bad one at Elmstead Market when riding to an event. On 2/6/82, a fired up and flying Tony Asplin got into an argument with a juggernaut in Tendring. He lost, and unhurt, found himself riding in a non risk-assessed ditch. Physically safe, mentally shattered, because at the time he was on a mega P. B. Probably the biggest P. B. ever seen on the course.

June 1981 had seen the first race entry to top fifty. There have been a number of events with this number and the most ever on the circuit was 58 on 20/8/97. Biggest field ever for an evening ten is 60 at Elmstead Market on 26/4/89. Biggest field at Peldon will surprise some: fifty-five rode on 11/6/97, and there have been two other events just short of 50. Biggest entry for a private on the A120 is 44.

At our last annual dinner, Errol and Ken Baker got me into a corner, and somehow talked me into a project for them. I'm glad they did, because it has helped enormously in preparing this article. I hit some snags which I discussed things with Ken, and just recently Tony Howard has been a huge help, but some of the following data could be one or two out.

In the forty years of its existence the circuit has hosted some 365 events.

Almost 900 people have taken part.

On 17/5/06 I actually timed my 900<sup>th</sup> club private time trial, but that's taken a bit longer than forty years.

Ken baker has ridden 186 events, and on two occasions went round twice.

Hugh Ward has ridden 161 times, and I believe is the only person to ride the course on solo, trike, and tandem.

Others who no longer need a map are Colin White, 143, and Julie baker, 136. Colin's rides are an ever present attendance and he has only ever failed to finish twice.

Barry Hall and Tony Howard are hovering around the century mark.

There has been some tremendous racing on this circuit, and some great performances. Some of these are not the fastest but are related to a clubmate's known ability. There is immense satisfaction in seeing someone make his or her debut, and then watch the improvement race-by-race.

Almost every season we see one or two personal duels. Who will ever forget the Barry Hall/Hugh Ward confrontation in 2005, and this year sparring partners Chris Hall and Colin White are having a right old ding dong.

There are, of course, two rides that stand out, the fastest ever recorded on the circuit. In July 1993 a flying Ben Paton had taken course record down to 22-09, taking 13 seconds off a Gary Baker best. We now waited for the first ride under 22 mins. I think most thought this would be Rick Van Looy. We waited three years; and then it happened. It wasn't Rick, it was that talented youngster Daryl Stile. In July 1996 he recorded a terrific 21-38, that was the talk of the club for weeks. Two years later Rick set new figures of 21-20, which is today's record.

Both Rick and Daryl have other impressive rides. In June 2004, Rick recorded 22-10, on he worst weather night imaginable, and in our three year wait for glory Daryl actually did a 22-09.

The roll of honour of course record on the circuit over 40 years contains many others:

15/6/66	Harry Haynes	26-13
22/6/66	Ivan Redgewell	25-39
24/8/66	Alan Holden	25-28
31/8/66	Alan Holden	25-14
10/5/67	Chris Walker	24-44
21/6/67	Alan Holden	24-22
26/7/67	Chris Walker	23-57
30/8/67	John Hill	23-50
19/6/68	John Hill	23-41
28/8/68	John Hill	23-39
20/8/69	John Tovell	23-25
25/6/75	Steve Lawrence	23-14

16/7/75	Steve Lawrence	22-49
21/7/76	Ivan Wilks	22-35
28/7/76	Ivan Wilks	22-34
13/6/84	Gary Baker	22-22
21/7/93	Ben Paton	22-09
2/7/96	Daryl Stile	21-38
23/7/98	Rick van Looy	21-20

*The under 16s' column.* David Triggs.

This year's grass track was one of the most successful yet with 43 different young riders taking part at the new 300 metre grass track at Shrub End. There were many new riders and at the end of the season we held a presentation evening with all riders receiving a certificate to mark their achievements. Certificates were presented by Club President Geoff Keeble. Well done to those riders who received special commendations for the most progress. These were Camilla West (12) Willow Dawson (7), Sam Martin (9) and James Jackson (8). A big thank you to all the parents and helpers in particular Ken, Colin and Jim.

Ellen Triggs again took part in the Mildenhall Grass Track racing on Saturday 28<sup>th</sup> August and did particularly well to finish 5<sup>th</sup> overall in the under 16s category. Overall this was won by Matthew Cook from Mildenhall Cycling Club.

Grass Track resumes at Shrub End Playing Fields on Monday 14<sup>th</sup> May 2007.

Cyclo Cross is great fun in a safe off-road environment. Come along and give it a go. It is the ideal winter follow-on from grass-track. The under 12s' events are free to enter. To ride cyclo-cross events under 16 require British Cycling Membership which can be purchased as a day licence or for the season - see British Cycling Web Site [www.britishcycling.org.uk](http://www.britishcycling.org.uk) or speak to David Triggs ((01206) 571614). More information can be obtained from the Eastern Cross League on <http://easterncross.users.btopenworld.com/>.

Most Saturdays from September through to the end of January there will be off-road cycle training at Foxhall Stadium, Ipswich between 9.45 and 12noon. These are organised by qualified cycle coaches. All you need is an off-road bike, a crash hat and £2 per session. Beside training sessions you can also enter local cyclo-cross events.

The 2006/07 Cross Season for me started on 17<sup>th</sup> September with the Eastern Cross League event at Sible Hedingham. Those of you with good memories will know this was a very warm day and this and the fact it is a hard circuit meant that the hours race was a very tough work out. The winner of the seniors race was Jamie Newall of Evans Cycles and I finished 2 laps back in 37<sup>th</sup> place out of 57 finishers. In the Youths event, Ellen had an eventful race coming into close contact with a hedge of nettles in the first lap but carried on to finish in 15<sup>th</sup> place with VC Deal rider Michael Butler winning in commanding style. In the under 12s race Ben Disney rode a fantastic race to finish in 9<sup>th</sup> place with Josh Parker (Team Darenth) winning.

On 1<sup>st</sup> October the next local Cross event was at Chantry Park in Ipswich. (We are back there at the end of October for a National Trophy event.) This was a much wetter course with significant rain over the previous few days. It was a mostly rideable circuit but I still managed a couple of spills but was pleased to finish 42<sup>nd</sup> out of 65 finishers with Shaun Aldous of Interbike winning 2 laps clear of myself. In the Under 12s Ben Disney finished 6<sup>th</sup> and James Jackson 8<sup>th</sup> with the event won by James Arden from Norwich. In the Youths (under 16s) Ellen finished 18<sup>th</sup> and 2<sup>nd</sup> girl out of 22 finishers.

There are lots of other cyclo-cross events to ride this winter. Here are some of the main local events:

14<sup>th</sup> October Cyclo Cross Eastern League Round 5 - Foxhall \* Stadium, Ipswich

22<sup>nd</sup> October Cyclo Cross Eastern League Round 6 - Hilly Fields, Lexden, Colchester

12<sup>th</sup> November Cyclo Cross Eastern League Round 8 - Colchester Rovers Cross at Mistley

18<sup>th</sup> November Cyclo Cross Eastern League Round 9 - Redgrave Nr Diss

26<sup>th</sup> December Boxing Day Runners v Riders event Friday Woods, Colchester. 3 laps approx 5km (under 16s one lap and Women 2 laps)

21<sup>st</sup> January 2007 Cyclo Cross Eastern League - Colchester Rovers Cross at Mistley

*Notice of Colchester Rovers Cycling Club Annual General Meeting 2006.*

Notice is hereby given that the Colchester Rovers Cycling Club Annual General Meeting in accordance with Club Rule 13(a) will take place as detailed below.

Meeting Start Time	15-00
Meeting Date	Sunday 5 <sup>th</sup> November 2006
Meeting Venue	Boadicea Way Sports Pavilion, Boadicea Way, Shrub End, Colchester

All items for inclusion on the 2006 AGM Agenda Paper, including any rule changes, must be sent to the Secretary Tony Asplin no later than Wednesday 25<sup>th</sup> October 2006, in accordance with Club Rule 13(1). This will allow Tony time to print and post out reports and agendas in time for all members to read them.

Tony Asplin's address is  
12, Ambrose Avenue  
Colchester,  
Essex,  
CO3 4JY.