



Make sure items for the Editor arrive no later than 7 days before the end of the month

# H.R.C. NEWSLETTER

**February 2010** (circulation – approx. 55 copies)

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## Snow, snow, and more snow!

Unusually for Hampshire and West Sussex regions close to the coast, businesses, shops, some buses and rail services and schools were closed and the region ground to a halt. Drivers heading north were unable to pass Horndean on the A3! Still looking on the positive side many snowmen were built and people could hone their snowballing skills. The happiest cyclists were trike riders with cyclocross or mountain bike style tyres fitted.

Our January newsletter was also held up due to the poor weather conditions.

Enjoy the following photos of the club in the snow.



**Snow stops tea being made by HRC catering team, at Emsworth Club room**



**Desperate members of the 'evening club rides' frantically try to dig the Barley Mow pub out of the snow and get the beer pumps operational and crisps thawed**

So what's in this edition of newsletter?

### New Contributors

With New Year's resolutions achieved already by some veteran

contributors helping out the Ed. Pens or actually laptops have been picked up, to give us some other insights of cycling life. See the special link this month between an article and the postbag!

### Packed Postbag

What more can be said!

There's even incentives for any club riders who's training programme is a little more ahead of schedule.

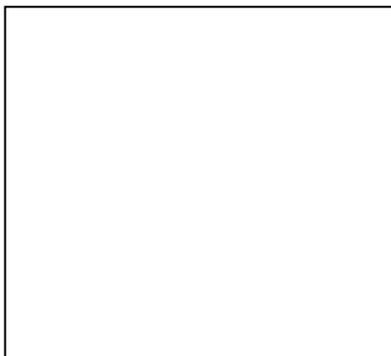
### Return of the 'for sale' ads

See the back page. They really do work too.

### Handbook News

It's usually ready around Christmas, but the lazy Editor has been probably secretly training, so expect it to be available mid February. To ensure nobody missed out on important racing dates, a brief summary of events is included in this newsletter. Club Open and PTTL.

John Barrett's articles have been held over to next month. There's just no room this month.



**The start of the evening 10's, looking east in the snow.**

## Selected highlights from Club events for January 2010

### Monday 11th January Club Night CANCELLED

First club night of the new year, cancelled due to snow.

### Monday 18th January Club Night

All back to normalish. Still slushy outdoors, and some members were still struggling to escape their own streets.

### Wednesday 20th January Track night Mountbatten Centre

First rideable Wednesday. 30 plus riders at the Portsmouth track. The Editor alone for the HRC did two stints on the front before realising he was more like Lance Legweak than the other one, so decided to take it a bit easier. It was quite chilly too.

### Thursday 21st January Committee meeting

A packed committee meeting with lots of business and correspondence to get through. See some letters sent to the club in the 'postbag' section later.

### Monday 25th January Club Night

Snow, what snow? Back to normal.

### Friday 29th January Track night Mountbatten Centre

Den carried the flag for the HRC this evening in the bitter cold. The Editor was talking tactics in the warmth of the Lord Raglan, Emsworth (under new management since 5th Jan, and food plus London Pride very nice).

## VALERIE'S CORNER

Valerie 1 reminds us again that the 2010 CTT Handbook is now available for people interested in riding Open Events locally, and around the country. The details are as follows:

- a) Handbook cost is £8 including postage and packing.
  - b) A handbook and DVD of the 2009 Championship /TT Series is £11 including postage and packing.
- Make your cheques payable to "Cycling Time Trials"

Send your order to:- Cycling Time Trials Handbooks, 1 Pinfold Court, Sherburn in Elmet. LS25 6LD.  
Also write your name and address in BLOCK CAPITALS on a piece of paper and enclose it with your cheque.

Valerie 2 Mentions again, Club subs for 2010 are held at last years prices (p5 of the 2009 handbook). in summary: Racing Senior (over 18) first claim £15, Senior second claim £10, Junior £8.50, Non racing £10, Family Membership £17. For a posted newsletter add £3 to your subs. Get the cash into Valerie asap

### Valerie 3 SOCIAL EVENT on the MONDAY CLUB EVENING 22nd February

**Brian Gray PNE** would be sharing the Club night with a film/slide show . They will start 7.30pm. All are invited.

## DEREK'S DIARY – HRC wins the Local Track League 1963.

The HRC was founded on the love of long distance cycling , with racing time trials at 100 miles, 12 hours and 24 hours. The road (massed start) and track racing was not the older HRC members 'cup of tea' So younger members often moved on to other local cycling clubs who supported the road and track events.

However, at the start of the 60's a group of HRC youngsters (teens/twenties) had got the club to agree to a 'new style' club strip. The committee also agreed for the club to affiliate to the Portsmouth Alexandra Park Track League. The clubs riding were The Portsmouth CC, Portsmouth NE, Fareham Wheelers, Chichester CC, Bognor

CC, Two Southampton clubs, HRC, and the Velo St Raphael who was one of the few sponsored clubs in the country.

The HRC rode the track mainly during 1960 to 1967. The HRC members consisted of Chris Latter (the youngest) Mike Barton, Alan Jones, Derek Hayday (the oldest) Garry Cooper, Jim Morris, Richard Satchel, (doughnut) Bert Nancarrow and 'Red' who all regularly took part during the summer months.

During early season training in 1963 the club had 6 riders who felt that if they trained hard enough they could attempt to win the years Track League. So keen was the riders that Nobbie Hall of Carter & Hall Cycles New Road Portsmouth found the time two evenings a week to help train the HRC on Alexandra Park Track. Nobbie taking lap times etc. Derek did extra track training by rising at 6am two mornings a week to climb over two fences (the park gates opened at 7.30am) with bike to speed round the track for an hour a time.

The HRC riders soon started to show the 'club colours'. Chris Latter was the 'sprinter' and the others all worked together to win the Portsmouth Track League Events by helping Chris to gain points in the qualifying events the club needed.

The 'finals' night arrived and the HRC arrived in force to spread around the track to cheer on their riders. It was good to see so many older HRC members who had by now taken an interest in the track sensing that perhaps the HRC could really do something special. The HRC was noted only for long distance racing and not short distance like the track!!!! The other clubs did not give the HRC a chance in hell of ever winning the Track League or any other BCF Wessex Division Track Championships that night.

Well, Chris Latter Won the '25 mile' Championship. The HRC team won the Overall Track League on Points, and for the 'icing on the cake' the HRC won the BCF Wessex Division 4-up Team Pursuit, a knock out competition led the HRC to race against the Velo St Raphael who man for man were faster than us on paper but the HRC rode as a trained team, were cheered on all round the track by the many HRC supporters and rode above themselves to surprise all by doing the fastest time in the pursuit.

Derek Hayday.

**In the photo from left to right is;- Chris Latter, Mike Barton, Alan Jones & Derek Hayday, presented with the Portsmouth Track League Trophy for 1963.**





**PETER DAWSON** (by Richard Parker)

## POSTBAG

Lets kick off immediately with a seasonal note from Bill Farnham.

Dear Chris

Not the weather for cycling. I've fallen over just walking & I reckon I don't bounce well now. I am 2nd claim for HRC & have the newsletter posted. I paid Val £13 last year. Is it still the same? Do you have any details of local reliability rides? At this time of year there is usually the Hantspol & Fareham Wheelers rides.

Please note my new e-mail address.

Pip pip

B\*I\*L\*L

Bill Vetcher mentions track memories from last century.

Dear Chris

Thanks for the Magazine. The two snippets, one about a talk by Harry Jackson and the other about Track training both brought back memories. The Hampshire R.C. Entered a team in the Division Team Pursuit championship once, There was me Graham Jenkins Ron Earl and another probably one of the Baker brothers. Anyway Harry came over to Alexandra Park to tell us how to do it. "Since you are inexperienced I suggest you ride 3 inches from the rider in front, as you get better you can start to close up," was his starting suggestion.

I used to go down to the Old Six day track at Calshot in the winter, I think it was a bit tighter than the current track. Harry ran the sessions every week in the winter, and if it got a bit hairy he would stand at the end of the home straight swinging a chair. "IF ANY ONE OVERTAKES ON THE INSIDE, ON THE BLUE, HE WILL GET THIS CHAIR IN HIS FRONT WHEEL" he would inform the riders in his quiet way.

We always over ran the finish time, and once we were all up hurtling round and the caretaker got fed up and flicked the lights off for a couple of seconds. We slowed down and got of the track pretty sharpish then.

I look forward to seeing the club name in the track league results again. I still have my old Witcombe track bike 6 1/2 inch cranks high bottom bracket with Campag Record track Hubs. Practically everyone I have ever coached has used it to get started on the track .I bought it from Wally Erringtons cycle shop in Arundel street in 1968 or 69 and it has given more fun than any other bike I have ever owned, even the trike.

Yours in Sport

Bill Vetcher.

Definitely a new correspondent now, Chris Latter!

Hi Pete (Courtnell) and the Club,

Just googled the HRC to see what was going on these days, and saw your email as the contact point and couldn't resist saying hi! Hope you are fit and well and still turning the pedals.

I'm still in touch with Mike Barton (now remarried and living in Norway and still doing a bit) and Gerry Cooper. I've started riding regularly again the past few years, doing the odd race and a few sportives, but mainly just club runs.

Good to see the club still thriving.

Cheers

Chris

Next, both the the Universtiy of Portsmouth and University of Chichester want you!

Dear HRC and cyclists,

I am based at University of Portsmouth and looking for experienced cyclist to take part in a research study.

The study is looking at the effect of a cooling solution on sycling perfrmance in the heat. Testing will take place during a 3 week period in Jan/Feb and would involve 4 visits to our laboratory. Each involving a 40km time trial on

the subjects own bike, in 32degrees C, conditions. We are looking fro potential subjects ot be able to complete a 40km distance in less than 70 minutes.

In exchange for your time we can offer all physiological and performance data from the time trial sas well as £50 to anybody taking part. Anybody potentially interested can contact me on the following and I'll be happy to provide further details and a subject information sheet.

Email: [dannywhite1984@hotmail.com](mailto:dannywhite1984@hotmail.com)

Mobile: 07525342823

Many thanks for your time and I look forward to hearing from you.

Regards,

Danny White

Dear HRC and cyclists,

My name is Steve Myers and I lecture a the University of Chichesster. I am currently supervising a group of undergraduate projects related to cycling for which we are recruting good standard road riders, who are able to time trial.

We are looking at two aspecsts within a single study. 1) How effective is core stability training on improving 10mile time trial performance and 2) a comparison between measures of VO2max and ventilatory threshold (also known as anaerobic threshold) obtained on dynamic and static cycling ergometer.

The static testing will be carried out an either a SRM or Lode cycle ergometer and the dynamic testing including the time trials on the subjects own road bike riding on a set of emotion rollers.

Any volunteers would have to attend the laboratory in Chichester a number of times but the pay off is that they will have their VO2max etc. tested and get a report including levels of training related to power and heart rate. I have attached a pdf and word version files of the subject information form covering the study. (See Peter Courtnell or the Ed for these). If you have any questions drop me a line or phone.

Many thanks for reading.

Steve

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### **Editors Ramblings**

I congratulate all the people that have sent me an article or photo already for 2010. Would you believe I have a few articles held over already for next month. But please keep sending anyway. Also, what a great link, with Derek producing a fine black and white picture of some handsome clean cut chaps and a story showing some of the HRC's glory days including Chris Latter, and then the letter from Chris Latter too.

Its been a bit chilly, and a bit of a lottery getting out in the recent weather we have had, but the training has to be got in some how. I wonder if anybody will take up the Universities offers and obtain some training support. At least in those labs the temperatures will be a bit higher.

First professional tour of the year and I didn't manage to see the Tour down Under, as it was on Sky. I recently gave Sky up. No cover on British Eurosport either, or the German Eurosport version. I hope Sky hasn't pinched this sport too!

The first race that may interest club members closer to home is the PTTL one, a day before our first 2 up time trial. I hope I will be ready. I think I did promise Keith that I'd be there (but I did have my fingers crossed behind my back at the start). Have a good winter period.

The Editor

# Newsletter Part 2

## EVENTS TO ENTER

If you hear of races and events, then do let me know and I'll feature it here. You may find you will have others interested to participate as well.

**The IOW Randonee is to be held in 2010 on Sunday May 2<sup>nd</sup> the Bank Holiday Weekend)**

**The Tuesday evening club rides** to get you ready for the Time Trial Season, will be starting again when there is a bit of evening light. Look out for more messages around the time the clocks go forward! The Famous Five would like a bit more company too.....

**Track riding on Wednesday nights using Road Bikes: 7.30pm to 8.30pm £2.50** Mountbatten Centre

**Track riding on Friday nights using Road Bikes: 6.30pm to 7.30pm,** £3 adults, childrens less! Mountbatten Centre floodlit outdoor track, Portsmouth. All abilities welcome.

Then **Track riding on Friday nights using Fixed gear Bikes: 7.30pm to 8.30pm,** bikes for hire.

Here is a summary of the racing events for the HRC 2010 season:- Full details to appear in the CLUB HANDBOOK.

### HRC CLUB EVENTS 2010

DAY	DATE	CLUB	DISTANCE	COURSE	START	
Sunday	28th February	HRC	10m 2up TT	P843	08:30	
Tuesday	6th April	HRC	10m	P843	19:00	
Tuesday	13th April	HRC	10m	P843	19:00	
Tuesday	20th April	HRC	10m	P843	19:00	
Tuesday	27th April	HRC	10m	P841	19:15	
Tuesday	4th May	HRC	10m	P841	19:15	
Tuesday	11th May	HRC	10m 2up TT	P843	19:30	
Sunday	16th May	HRC	50m	P844	06:30	PTTL
Tuesday	18th May	HRC	10m	P841	19:30	
Tuesday	25th May	HRC	10m	P843	19:30	
Tuesday	1st June	HRC	10m	P841	19:30	
Tuesday	8th June	HRC	10m	P841	19:30	
Tuesday	15th June	HRC	Hilly 20m	P845	19:00	
Tuesday	22nd June	HRC	10m 2up TT	P843	19:30	
Tuesday	29th June	HRC	Hilly 20m	P845	19:00	Hilly trophy event
Tuesday	6th July	HRC	10m	P841	19:15	
Tuesday	13th July	HRC	10m	P843	19:00	
Tuesday	20th July	HRC	10m	P841	19:00	
Tuesday	27th July	HRC	10m 2up TT	P843	19:00	Grand prix des Gents
Tuesday	3rd August	HRC	10m	P843	19:00	
Tuesday	10th August	HRC	10m	P843	19:00	
Tuesday	17th August	HRC	10m	P843	19:00	
Sunday	26th September	HRC	25m	P901	07:30	championship

## Other events with HRC involvement

Sun April 11th 0730 HRC Bob Kemp Cup 25m TT P901/25 H\* (**Bognor Regis CC Event**)

Sat May 1st 1700 **HRC Open** 10m TT P881

Sun Nov 7<sup>th</sup> 1100 Inter Club Hill Climb Charlton. (**promoter by “to be decided”**)

## Portsmouth Time Trial League EVENTS (Courtesy of the Fareham Wheelers Website)

2010 Date	Event / Distance	Start	Course	HQ	Entries
Sat 27th Feb	Team Axiom 10 Mile TT	14:00	<a href="#">P817</a>	Soberton Village Hall	PTTL Event 1 Entries By- Wed 17th February
Sun 28th Mar	PNE 15 Mile TT	08:00	<a href="#">P823</a>	Wickham Sq	PTTL Event 2 Entries By- Thurs 18th March
Sun 16th May	HRC 50 Mile TT	06:30	P844/50	West Stoke Village Hall	PTTL Event 3 Entries By- Thurs 6th May
Sun 27th Jun	SDV 36 Km TT	07:00	<a href="#">P914</a>	Lavant / Boxgrove Village Hall	PTTL Event 4 Entries By- Thurs 17th June
Sun 11 Jul	FWCC 25 Mile TT	07:30	<a href="#">P821</a>	W'ham CC	PTTL Event 5 Entries By- Thurs 1st July
Sun 8th Aug	i-Team 10 Mile TT	07:30	<a href="#">P822</a>	Wickham Sq	PTTL Event 6 Entries By- Thurs 29th July
Sun 12th Sep	VBCC 15 Mile TT	08:00	<a href="#">P851</a>	Rowlands Castle Parish Hall	PTTL Event 7 Entries By- Thurs 2nd Sept
Sun 26th Sep	Hantspol 10 Mile TT	08:00	P829/10A	Wickham Sq	PTTL Event 8 Entries By- Thurs 16th Sept

## FOR SALE



CIOCC

Time Trial

Bike, size 57cm Top Tube  
 Mavic Cosmic Carbone Clincher Wheels, Shimano Dura- Ace Group Set,  
 Cinelli Angel Tri-Bars, Look Pedals, Flite Saddle, Cat-Eye Computer,  
 Continental Grand Prix Tyres, Lo-Profile Brake Levers,  
 9 – Speed Bar-End Gear Levers.

**£500.00**

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