



Items for the Editor to arrive no later than 7 days before month end

# H.R.C. NEWSLETTER

**Sept/Oct/Nov 2013** (approx. 25 paper copies)

**President : Peter Courtnell MBE**

**Editors:** a) Chris McGuire 07800914044 or 01243 530372 Contact by email: [candjmcguire@gmail.com](mailto:candjmcguire@gmail.com) or write to 15, Ettrick Road, Chichester, West Sussex P019 7DU b) Hamish Walker, email: [hamishw1@googlemail.com](mailto:hamishw1@googlemail.com)

**Distributor:** Brian Hall, email: [brian@hall7918.freerve.co.uk](mailto:brian@hall7918.freerve.co.uk) , Tel 01243 527630

**Club website:** [hampshireroadclub.co.uk](http://hampshireroadclub.co.uk)

 Facebook [Hampshire Road Club](http://Hampshire Road Club)

## Another successful break at the Duo 2013



With reasonable weather throughout the day, Sunday the 29th September brought lots of personal bests, **a new course record smashing Chris Boardman and Jen Voigts' 1999 time by some 37secs** set by Luke Durbridge and Svein Tuft, and winners in the Corporate Class for Andy and his team mate Dave Dalton. Luke and Svein were pleased to share the winner's podium with Andy and Dave too! Unfortunately, the break was more painful for some than others Mrs Editor (Jo) broke her ankle in two places although we didn't know it when this photo was taken and she was back in the Gite with a swollen elevated foot. A misplaced step on the Saturday afternoon brought seven weeks off work and waiter silver service provided by the Editor. See inside for all the results and some another pictures. More will follow next month. The name boards identify everyone in the photo, but you will notice Alun is not looking his best this year (following *the Ed's* training programme of too many pies!) *The Ed*

## **PRESIDENT'S RIDE Sunday 20<sup>th</sup> October 2013**

Meeting at 9.30 a.m. at Wickham Community Centre, Mill Lane, Wickham, the skies didn't look too good to the east of the County, however luckily the mystery ride took the hardy President's Ride riders off towards the west of the County! Unusually for meeting in the Wickham Community Centre car park, one was able to powder one's nose in the warm interior of that hall. Positively civilised! So with riders having dull noses they found that Wickham and the surrounding area is hilly and muddy but very quiet, with a constant threat of heavy rain. As advertised, the President Peter Courtnell, took the entourage through the leafy lanes of Hampshire at an easy pace finishing with eats and drinks provided by the Club back at the hall. Other hardy club members who didn't ride but were waiting for the riders, had set out the buffet with The First Lady. Hot soup, pastries, rolls cheese, pickles and lots of cake kept the members entertained as the rain lashed down outside.

Many thanks Peter and Sheila on behalf of the Club, for the food, drink, ride, and keeping the event going as the season closes.

## **Tuesday Rides too have now ended for 2013**

Once Sunset overtakes the 6.15pm start time, then Tuesday rides come to a close too. With a regular five or six riders each Tuesday, the Downs saw a lot of HRC activity. Apart from experimenting with different hydration methods over the weeks at the Fox and Hounds, various protein and carbohydrate foods were tested too. The main foods consumed were tooth breaking pork scratchings, crisps, nuts and biltong, all suitable for longer distance rides and approved by the riders.

## **Sunday Rides are to begin now!**

It is around now that Sunday rides will start again. Watch the website, email circulars, facebook and twitter if you communicate these ways for details.

## **Member News**

New members and old members coming back!

Tom Prichard, Selsey. New member who loves the hills!

Mel Rooney, Midhurst (returning member not old at all.....)

## **CLUB SUBS due 1st October 2013 for racing season 2014**

Yes you should renew this early! Save money, if the fees are raised at the AGM by paying early! There is a very good reason why you must get your subs to the committee before the annual luncheon. More of this later!

## **AGM reminder for Monday 11th November**

At the Emsworth International hall 7.30pm opposite Heidi's Patisserie Emsworth. Important as ever and more so this year as some big decisions will be made that affect you. See the item that follows this:-

## **WINTER CLUB ROOM for members. Started on SEPT 9th 2013 but.....**

However as a club member we all need to think about the hall and its use before the AGM.

The hall is used in the winter months on Mondays, except the first one in the month which is the committee meeting night. The facility has been booked until Christmas 2013, and then the committee needs to know if we keep it on for members? Do we keep the same use, reduce the number of Mondays, or choose an alternative venue that satisfies the younger element too. Does we simply nominate a quiet pub night not necessarily Monday even, that we know somebody will be there for a club natter. After all where do you discuss events/kit/ teams and pass on info of what's on, and meet new members? You all need to discuss and decide this before the AGM.

## ROAD RACING and TRACK REPORT

Report from the Track Secretary, Howard:

Circuit racing at the Mountbatten came to an end on Sunday, with the season closer Omega Points Chaser meet. Myself and Hamish were there representing HRC in the 3rd and 4th Cat respective races

With the weather conditions wet and windy, field sizes were small. This was to the advantage of Hamish, as he required a top 4 finish to earn enough BC points to gain his 3rd cat licence. A hard fought race with successful breakaways saw Hamish sprint hard for 5th place, well done! Agonisingly, this leaves him 1 point short from going up to 3rd Cat racing. In the 3rds, it was a similar story, with breakaway attempts being reeled back to produce a final sprint where I grabbed 6th place. This was enough to win the overall South BC season long competition, which made the effort in the poor conditions worthwhile.

Overall, it has been a successful year with a number of members making their circuit racing debuts. All is not lost for Hamish to gain his 3rd Cat this season: a raid trip to Brighton's Preston Park is planned at the end of November where I'm sure he will manage to get his elusive point!

Roll on next season  
Howard

Overall BC Regional Club Ranking and individual point scorers:  
2013 Regional Club Road & Track

Rank	Club Name	Points
1	Bristol RC	382
5	Hampshire Road Club	32

Hampshire Road Club 2013 regional point scorers

Rank	Rider	Points
1	Howard Milner	23
2	Hamish Walker	9

Season long South BC competition results: Cycling south Season long Competition 2013

3rds			17/02/13	10/03/13	17/03/13	24/03/13	09/06/13	16/06/13	04/08/13	20/10/13	TOTAL
Pos	Name	Club/Team	Mountbatten	Castle Combe	Portsmouth	Portsmouth	Winchester	Winchester	Castle Combe	Portsmouth	
1st	Howard MILNER	Hampshire Road Club	9		15	13				15	52
2nd	Joe DONOHUE	Fareham Wheelers CC	16		18	14					48
3rd	James COOPER	JMJcycles			14	15	16				45

4ths			17/02/13	10/03/13	17/03/13	24/03/13	09/06/13	16/06/13	04/08/13	20/10/13	TOTAL
Pos	Name	Club/Team	Mountbatten	Castle Combe	Portsmouth	Portsmouth	Winchester	Winchester	Castle Combe	Portsmouth	
1st	Luke STACE	I-team Cyclist's Club	12	6	18	19					55
10th	Hamish WALKER	Hampshire Road Club			15					16	31
58th	John BANHAM	Hampshire Road Club			12						12
79th	Gary FERRETT	Hampshire Road Club			7						7
92nd	Den TAPPING	Hampshire Road Club	2								2

## Track Day organised by Derek Sunday August 18th 2013

14 New Track records all established on Road (gears) bikes.

### **200Mtrs.**

<b>Name:</b>	<b>Seconds.</b>
1.Andy Langdown.	14.92
2.Den Tapping.	16.09
3.Gary Ferrett.	16.26
4.Chris McGuire	16.40
5.Sean Elliott.	16.51
6.Bob Crabtree	16.57
7.John Isard	16.82
8.John Withey	17.01
9.Martyn Lewis	17.48
10.Julian Middlewick	17.83
11.Paul Beck	18.25
12.Paul Whitehead	18.87
13.Deer Ferrett	20.42
14.Master Langdown	20.89
15.Miss Langdown	25.51

### **500Mtrs.**

<b>Name:</b>	<b>Seconds</b>
1.Den Tapping.	37.08
2.Sean Elliott.	37.13
3.Garry Ferrett.	37.95
4.John Withey	40.25
5.Bob Crabtree	40.42
6.Julian Middlewick	41.01
7.Martyn Lewis	41.54
8.Paul Beck	42.22
9.Chris McGuire	44.03
10.Paul Whitehead	44.64
11.Deer Ferrett	50.61

### **Single lap 537Mtrs.**

<b>Name:</b>	<b>Mins.secs.</b>
1. Master Whitehead	2.30.00

### **Half Mile**

<b>Name:</b>	<b>Mins.secs</b>
1.Garry Ferrett	1.10.26
2.Sean Elliott	1.11.84
3.John Withey	1.13.58
4.Julian Middlewick	1.13.80
5.Paul Whitehead	1.21.42
6.Deer Ferrett	1.30.15

### **One Mile**

<b>Name:</b>	<b>Mins.secs.</b>
1.Bob Crabtree	2.25.58
2.Garry Ferrett	2.26.95
3.Sean Elliott	2.32.14
4.Chris McGuire	2.33.16
5.Julian Middlewick	2.33.47
6.John Withey	2.35.89
7.Paul Beck	2.36.05
8.Martyn Lewis	2.36.64
9.Den Tapping	2.37.07
10.Paul Whitehead	2.39.92
11.John Isard	2.40.12
12.Deer Ferrett	3.06.09

### **1 Km.**

<b>Name:</b>	<b>Mins.secs.</b>
1.Andy Langdown	1.24.64
2.Garry Ferrett	1.33.26
3.John Isard	1.33.90
4.Julian Middlewick	1.34.73
5.Den Tapping.	1.34.93
6.John Withey	1.35.26
7.Paul Whitehead	1.41.84
8.Deer Ferrett	1.56.00
9.Master Langdown	1.54.32
10.Miss Langdown	2.16.12

### **4 Km.**

<b>Name:</b>	<b>Mins.secs</b>
1.John Isard	5.20.84
2.John Withey	5.25.16
3.Julian Middlewick	5.32.22
4.Sean Elliott	5.36.20
5.Paul Whitehead	5.40.20
6.Chris McGuire	5.50.22
7.Deer Ferrett	6.44.26

### **1 Mile 3 up**

#### **Italian Pursuit.**

<b>Team:</b>	<b>Mins.Secs</b>
1.Den, Garry, John I	2.18.03
2.Bob, Paul B, Martyn	2.20.50
3.Julian, Dee, Sean.	2.31.62
4.Paul W.John W.Chris	2.38.37
5.Family Langdown	2.49.18

### **4000 Mtr 4 up**

#### **Team Pursuit. (mins)**

1.Den, Garry, John I, Julian	5.14.42
2.Bob, Paul B, Martyn, Chris	5.23.70

### **Scratch Devil**

1<sup>st</sup> John Withey

### **HOUR by Andy**

<b>Flying laps</b>	<b>Mins</b>
5 miles.	10.34.13
10 miles	21.15.89
15 miles	32.06.43
20 miles	43.07.16
25 miles	54.13.92
HOUR	27.916 miles

A well organised track day with lots of competition, and good food in the Bowling Club afterwards! Well done Derek and your team of organisers and thanks to Tim Knight of the Portsmouth track! Lets look forward to 2014 and doing it all over again.

**FOOD AGAIN Monday 9th December Last Club night of the Winter at Emsworth International Hall 7.30pm (maybe last Monday ever?)**

**Fish and Chip Supper and joviality to end the Year. Names to be given to Peter the President**

**Annual Luncheon and Prize presentation**  
**Sunday 15th December 2013 at the Brookfield Hotel, Emsworth**

The normal good food, good service and programme of events.

The raffle this year will also include three cash prizes to put a bit of spice into matters too!

Vegetarians inform Peter Courtneil the President of your requirements.

**Guest of Honour: Sean Yates our local Tour de France hero**

Tickets £20 for Adults and £10 for children. **But special conditions for HRC members**

If you are a fully paid up member of the Hampshire Road club for 2014, as either a life member, a first claim member, a second claim member or a family member, then your luncheon ticket will be half price for this event. The subsidy is provided from the Peter Dawson legacy donated to the members from Peter's estate and supported by Margaret his partner. Peter loved the tough competition of cycle racing, our British Professionals and hard riders and they don't come much tougher than the legend Sean Yates!

Truly this event will live long in the memory! Tickets are sure to be in high demand too, so contact any committee member and/or the new membership secretary when voted in, to pay your subs. Contact Peter to reserve your tickets.

**POSTBAG**

Dear Editor,

The article on page 6 of the July/August newsletter was a pleasant surprise. You may notice that my name does not feature in the results between 29th May & 26th June 1957, that was because on the evening of the 28th May I was rushed into hospital with acute appendicitis and was operated on that evening!

See you soon. Brian

Bill Vetcher writes:

Dear Chris,

I enclose my 2014 subs and please give my apologies for not attending the AGM. Not much to report for my season with just five 100km randonees and two open events entered ( both very slow), but I am on to do 7000miles for the year as long as we do not have too much ice and frost before Christmas. I have entered a randonee starting out from Clanfield on 31st November, so I may see a few HRC faces there!

I know the club must have reasons for it, but it makes it a little difficult to pay subs when the club handbook is totally without any contact addresses at all. Being an ex-civil servant, and having to keep, and research records, going back in some cases 50 years I cannot get on with the paperless office idea! If it isn't written down and signed, then by the rule, is it is not valid.

Yours in Sport, Bill Vetcher.

(Points noted Bill, and good to hear from you. *The Ed*)

## Editors Ramblings

Nothing to say this month as I am knackered for various reasons, mainly connected with our French break.... Lots of photos of the Duo and the track day etc. will appear in December's newsletter. Lots of successes for the club and lots of pbs for our riders. Another great year!

*The Ed.*

# Newsletter Part 2

### HRC 10m 13th Aug (P843)

Pos	Name	Club	Time	Av spd	Points	Hcap Pts	Notes
1	Nick Andrews	PNECC	00:22:53	26.22			
3	John Banham	HRC	00:22:56	26.16	4		
6	Julian Middlewick	HRC	00:23:43	25.30	3	1	
11	Robert Crabtree	HRC	00:24:12	24.79	2		
14	Jonathan Stamper	HRC	00:24:29	24.51	1		
16	Den Tapping	HRC	00:25:01	23.98			
18	Sean Elliott	HRC	00:25:15	23.76			
23	Howard Milner	HRC	00:25:48	23.26			
27	John Withey	HRC	00:26:12	22.90		2	
30	Martyn Lewis	HRC	00:26:26	22.70		3	
32	John Isard	HRC	00:26:33	22.60		4	
33	Paul Beck	HRC	00:26:42	22.47			
36	Chris McGuire	HRC	00:27:17	21.99			

### HRC 10m 20th Aug (P841) last Tuesday of year

Position	Name	Club	Time	Av spd	Pts	Hcap Pts	Notes
1	Andy Langdown	HRC	00:21:32	27.86	4		Equalled course record
3	John Banham	HRC	00:22:35	26.57	3		
13	Bob Crabtree	HRC	00:23:30	25.53	2		
20	Sean Elliott	HRC	00:24:14	24.76	1	2	
22	Jonathan Stamper	HRC	00:24:17	24.71			
23	Julian Middlewick	HRC	00:24:20	24.66			
24	Den Tapping	HRC	00:24:34	24.42			
29	Paul Whitehead	HRC	00:25:38	23.41			
30	John Withey	HRC	00:25:49	23.24		3	
32	John Isard	HRC	00:26:01	23.06		4	
33	Paul Beck	HRC	00:26:04	23.02		1	
36	Martyn Lewis	HRC	00:26:34	22.58			
40	Hannah Banham	SDV	00:28:35	20.99			
43	Keith Drew	HRC	00:30:21	19.77			
2 UP Rides							
1	Bob Oliver/Peter Knipe	FWCC	00:25:58	23.11			
2	Dee Ferrett/Chris McGuire	HRC	00:27:31	21.80			

## Clonmore Inter Club Event 2013 Results

<b>BRCC</b> 4th team	6:09:53	<b>HRC</b> 2nd team	5:40:53	<b>SDV</b> 1st team	5:34:56	<b>WECC</b> 3rd team	5:48:06
<b>Simon Coppard</b>	0:56:36 1	<b>1st A</b> Langdown	0:52:42 1	<b>A</b> Napier	0:54:22 1	<b>C Twine</b>	0:54:19
<b>Dave Patton</b>	0:58:53 2	<b>6th John</b> Banham	0:56:10 2	<b>P</b> Boarer	0:54:25 2	<b>S Atkinson</b>	0:56:10
<b>Nick Bell</b>	1:00:00 3	<b>10th G</b> Ferrett	0:56:39 3	<b>M</b> Cleaver	0:54:59 3	<b>M</b> O'Gorman	0:58:03
<b>M Mitchell</b>	1:02:44 4	<b>13th B</b> Crabtree	0:57:52 4	<b>T</b> Delooze	0:56:21 4	<b>T Leeding</b>	0:58:32
<b>P Smeeth</b>	1:05:40 5	<b>15th D</b> Tapping	0:58:20 5	<b>S Smart</b>	0:57:00 5	<b>M Booker</b>	1:00:30
<b>J Rae</b>	1:06:00 6	<b>19th H</b> Walker	0:59:10 6	<b>A Smith</b>	0:57:49 6	<b>D Maxwell</b>	1:00:32

Plus other places:-

### BRCC Promoted 25m Clonmore Trophy and Club Championship 22nd Sept (P901)

Pos	Name	Club	Time	Ave speed	Pts	Hcap Pts	Notes
20	Sean Elliott	HRC	00:59:39	25.15			**PB**
24=	Jonathan Stamper	HRC	01:00:53	24.64			**PB** Time act 01:00:07
29	A Tribe	HRC	01:02:29	24.01		1	
33	John Isard	HRC	01:03:20	23.68		3	
35	Paul Beck	HRC	01:03:35	23.59			
41	Christina Gyles	HRC	01:05:30	22.90			**PB**
53	Mel Rooney	HRC	01:08:43	21.83			*CPB*
56	Dee Ferrett	HRC	01:10:20	21.33		4	*CPB*
58	Hannah Banham	SDV	01:10:56	21.15			
63	Brian Hall	HRC	01:13:00	20.55			

## Further new records at the ski jump in Wales

**The club Team 25m record** has been broken for the third time this year! Now 2hr 40mins 46seconds.

### Port Talbot Wheelers 25m Open TT 9th September (R25/3) Main

1	Matt Bottrill	drag2zero.com	00:46:13	32.46	
11	Andy Langdown	HRC	00:50:06	29.94	**PB** Team & Indi Record

### Port Talbot Wheelers 25m Open TT 9th September (R25/3) W/J Overflow

1	Graham Moir	North Devon Wheelers	00:49:50	30.10	
5	Julia Shaw	drag2zero.com	00:52:36	28.52	
11	Gary Ferrett	HRC	00:54:11	27.68	**PB** Team Record
30	Hamish Walker	HRC	00:56:29	26.56	**PB** Team Record
31	Den Tapping	HRC	00:56:31	26.54	**PB**
101	Dee Ferrett	HRC	01:07:24	22.26	**PB**

## The DUO NORMAND 54km 300m Sunday 29th September 2013

1st No.1 Luke DURBRIDGE - Svein TUFT Orica Greenedge 01:04:10 Av km/hr 50,77 Elites

1st No. 285 Andrew LANGDOWN - David DALTON Spire Portsmouth 01:19:08 Av km/hr 41,17 Corporates

9th No. 89 Shaun SMART - John BANHAM Southdown Velo - Hampshire RC 01:19:43 Av km/hr 40,87 Thirds

9th No. 231 Gary FERRETT - Den TAPPING Hampshire Road Club 01:22:34 Av km/hr 39,46 Veterans

13th No. 387 Sean ELLIOTT - Julian MIDDLEWICK Hampshire road Club 01:27:04 Av km/hr 37,42 Non licenced

42nd No. 355 Paul BECK - Bob CRABTREE Hampshire Road Club 01:33:55 Av km/hr 34,69 Non licenced

56th No. 381 Alun TRIBE - David TRIBE Hampshire Road Club 01:36:34 Av km/hr 33,74 Non licenced

25th No. 200 Christopher MCGUIRE - Deanna FERRETT Hampshire Road Club 01:47:36 Av km/hr 30,28 Mixte

**HRC Placing, Handicap and overall points table complete with a new winner this year!**  
 John Banham is the first winner of the Peter Dawson Trophy too for the Handicap Competition

Event	Total		
Rider	Placing	Handicap	Combined
<b>John Banham</b>	<b>54</b>	<b>21</b>	<b>75</b>
Andy Langdown	46	13	59
Robert Crabtree	24	19	43
Den Tapping	19	18	37
Julian Middlewick	12	10	22
John Isard	0	18	18
Jonathan Stamper	7	9	16
Sean Elliott	1	11	12
Hamish Walker	4	7	11
Dee Ferrett	0	10	10
Matthew Pratt	5	4	9
Gary Ferrett	5	4	9
Paul Beck	0	8	8
Paul Whitehead	0	5	5
Alun Tribe	0	5	5
John Withey	0	5	5
Ryan Adams	0	4	4
Martin Lewis	0	4	4
Dave Tribe	0	4	4
Howard Milner	2	1	3
Barney Jafkins	2	0	2
Chris McGuire	0	1	1

As the clocks go back and winter draws on, Margaret has sent me this flyer to advertise the following activities for next year. Derek and others are old hands riding in the Sun and if you need any advice for a cycling trip or training camp at these exotic places speak to them, and/or give the number a call!



**Andy & Dave Duo Normand Corporate winners on the podium**

## Majorca Cycling 2014

With



April/May 2014  
 Puerto Pollensa,  
 Mallorca

**Ideal Travel**  
 Post Office Square  
 2 Main Street  
 Mexborough  
 South Yorkshire S64 9DW

Tel - (01709) 582322

Fax - (01709) 589485

Email - [sales@idealtravel.net](mailto:sales@idealtravel.net)

Independent Travel Agents since 1983