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# H.R.C. NEWSLETTER

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

## Headline news- Four club records broken in five weeks!!

At the recent Hounslow and District 100 mile open (Our Club Championship event) Andy, Hamish and Julian took an amazing nine minutes off the Club record of 12:57:08 that has stood since 1978 with brilliant total of 12:47:41

The Club Open 50 of June 29th saw Andy, Tom, and Julian trim last year's record of 5:44:59 to 5:35:40, with this being Tom's first ever 50!!

On June 23rd in the ...a3cgr open 25 Andy, Tom and Gary took 40 seconds off the previous 2013 record of 2:40:46 with times, respectively, of 51:46, 52:27, and 55:53

Three days later (don't these guys need a rest? - Ed) the same three shaved over two minutes off the club 10 mile record taking it from 1:05:48 to 1:03:32

These are brilliant performances and very well done to all riders!!



Andy in the 100 - the usual blur captured in 1/1250th of a second!



The record breaking team getting a prize in the open 50

## 100 miles of racing - the rider's thoughts

Here are a few thoughts from the 3 riders who set the new Club 100 record

Andy Langdown:

This was the 4<sup>th</sup> year running that I've tackled this distance, all have been on the Bentley course (H100/88). The first year was a blatant attempt to complete the course and achieve the required distances for the Club BAR trophy. I was supported by Alun Tribe & the late Pete Dawson, who confessed to me afterwards that he didn't think I'd finish! It was, without doubt, the most painful thing I had done to date. The time – 4hrs 23 mins & something. The following year was worse – in temperatures that ranged from 78-93F, Gary & Dee supported me & although I PBd by 10 minutes, it was even worse. Dehydration, hallucination & confusion along with the usual cramp & saddle soreness all came to the fore. It left me wrecked mentally & physically. After each of the first 2 attempts, my race times in subsequent events took a nose dive for about 4 weeks. Last year's event was in much cooler conditions and with Al Tribe back as my DS I was going really well until 75 miles, when a combination of saddle soreness & cramp hit me big time. My last 25 miles took 1hr6mins and I completed the race in 4h7mins17secs. I was happy to achieve club gold standard, but not with the overall performance.

So to 2014. With the added incentive of this event being the National VTTA 100 Championships, there was never a question of avoiding it! My season to date had been a bit hit & miss as work & family commitments had really impacted on my time available to train. However, with (finally) a bike that is the correct size, a saddle that is comfortable and 3 100s under my belt I was hopeful that it would be a less unpleasant experience. Having used a power meter for the last 2 seasons helped – I knew that an average power output of 280W should be achievable and also would get me close to my target of 4 hrs. I was also being supported by Den Tapping & John Isard in whom I had absolute faith! Other things that I had decided were to go with a single frame-mounted bottle rather than a reservoir as this would be lighter and less fiddly, one of the more modern rounded TT helmets as one with a fairing becomes a wind break when not in the aero position (which is impossible to hold for 4 hours plus), to stand up to pedal on the numerous inclines to ease some blood flow back into the nether regions and to drink after every rise, roundabout or turn. In fairness, although the road quality on the A31 leaves a lot to be desired and caused both arm and neck fatigue, my strategy paid off as I had hardly any cramp this year and also no saddle issues on the day. In fact, if I had managed to be ½ a second quicker per mile I would've broken the 4 hour mark but as is so often the case, the headwind on the southern section of the course was brutal and took its toll. To manage 13<sup>th</sup> overall and to be 11<sup>th</sup> Vet on standards given the quality of the field riding was better than I could have hoped for. Average power for those who are interested was 281W, so bang on target! I am greatly indebted to Den, who did a fantastic job of handing up drinks, and to John who fed me malt loaf exactly when I needed it! Dee & Gary's shouts of encouragement combined with those of my support team were a massive boost. In the end, to realise when I got home that Hamish, Julian & myself had beaten the HRC Team 100 mile record by over 9 minutes (a record that had stood since 1978) was the icing on the cake. Chapeau Boys – I'm proud of what we achieved and roll on next year!

Hamish Walker:

This was my second 100 mile TT, how quickly one forgets the pain of a year ago. I had my targets and while the obvious one was go 27 seconds quicker than last year in order to achieve a club silver standard, before the event I would have been disappointed if that was all I achieved. While I have trained over the winter I was conscious that that training was primarily for distances up to fifty miles and so 100 miles was always going to be tough, but I thought I'd be ok as I did so much more training in general than the previous, mistake one.

Once the event had started you need to set a pace you know you can maintain, do not go out too hard, ideally it should feel easy(ish) for the first 50 - 60miles. I felt it was quite a relaxed pace, could have gone quicker and held off getting fluids/food boosters inside me until past the first hour, mistake two, the effects of eating/drinking is not immediate. At some point a rider who started 50 minutes after me over took me but then seemed to slow to my pace on the flat and was much slower on the hills, I tried to stick to my own race and back off but found 109 was such a distraction I overtook him and we ended up swapping positions over the course of an hour until he eventually disappeared just after I had set a 50miles course PB! Mistake 3, ride your own race don't get distracted and mistake 4 don't go out too hard.

Miles 55 - 65 were the worst for me, while my legs weren't too bad I felt ill, lacked energy and started to see stars if I had been on my own with no support team (which is an absolute must thanks Dee and Gary) I would have stopped and gone home, as well I thought I'm not going to be the one HRC'er who doesn't complete, but I had had enough. For me it was a case of riding through it and telling myself things like 'you're over half way', or 'you only have a club run distance left to do' or 'HTFU' as well hearing words of encouragement from the side of the road helped a massive amount. Mile 65 onwards the ill feeling passed and it was a case of head down, keep going, drink properly, and have a gel at the correct time. From this point up until 90miles, I was just drained, Dee and Gary, Den and John's comments as I passed them, while they sun bathed, continued to help, although I have no idea what Den tried to offer me from his lunch box...

Mile 90 to the end was a struggle but knowing it wasn't far I put the foot down and thankfully the miles started to tick past quickly, it was such a relief to see the finish line I even managed a little sprint as I crossed it.

Mile 100.1 legs no longer work, little ring, big rear cog time, tired. Done. Said I am never going to do it again but I am, too many mistakes made and the feeling of having actually completed it, even if slow, for me at least, outweighs the disappointments and missed targets. If you have not yet done a 100 TT, I recommend it. Big congratulations to Andy and Julian and all support crew, I saw Julian a couple of times on the opposite carriageway to me going well, only saw Andy once as he sailed past, that provided a boost too seeing your fellow club riders.

Julian Middlewick:

Things I learned from my first 100 mile TT

- 100 miles is a very long way however many times you've done the distance.
- Chamois cream is worth its weight in gold.
- Aero bottles are bloody useless and will fall out on the slightest bump. Going back for them costs time!
- You always plan on starting at a sensible pace and upping it if you feel OK. The opposite invariably happens.
- It's always worth checking the bolts on your newly fitted stem. Otherwise after hitting a bump after 20km your aero bars tend to drop alarming downwards, thus leaving 140km to be ridden with them rotated skywards and holding on for grim death. Nice. Only an idiot would forget that though.
- On that note good quality aero bar pads are a valuable addition to any bike. Preferably before the TT rather than after.
- The A31 is one of the bumpiest roads in the history of the UK road building. At least that's how it felt by the 5<sup>th</sup> lap.
- Find somewhere quiet to change afterwards. You never know who might be taking a crafty gander.
- Never again. (Apart from the 2 more I've got planned for the year)

**CHIEF TIMKEEPER KATHIE SURVIVES 50 YEARS OF "WEDDED BLISS"!**

**TO CELEBRATE**

KATHIE, WITH HUSBAND DAVE, WILL BE CYCLING 100km  
THROUGH LONDON, IN THE DARK, TO RAISE MONEY FOR

**THE SAMARITANS,**

## **Kathie and Dave's "Nightrider" experience.**

It was bedtime but we were surrounded by hundreds of cyclists. No sleep for us tonight!

We were at the Crystal Palace start of the 2014 "nightrider" 100 km charity cycle ride. The cycling equivalent of the much more widely know breast cancer charity "Moonwalk".

After signing on we donned the obligatory reflective jacket and attached our numbers to the front. We were in the 11.05p.m. start group and were soon wheeling our way through broad and well lit residential streets following the clearly placed direction signs. The signage was excellent except for a couple of short doglegs. The first we managed by following the stream of flashing red lights ahead, the second we missed by following the lights ahead, but were called back by more knowledgeable riders who were following us.

Being experienced cyclists and having ridden 68 miles in practice the previous Monday, we knew that the most economical way to get round was by riding within ourselves at a steady pace. As we rode past Greenwich and the Cutty Sark this became impossible. Traffic lights became much more frequent so we had a stop start journey through the City.

First stop was in a park beside Tower Bridge. Beautiful, it was totally dark but the bridge was alive with decorative lights. This was the first of several views which made the journey so memorable.

Here we were treated to three separate crossings of the Thames, we saw The Shard from just about every angle. The revellers were out and the traffic was dense. Traffic jams at 2a.m. that's a new one on me. The crowds were very friendly with "high 5's" and cheers of encouragement. It reminded us of riding around part of the Olympic TT course the day that Sir Brad won the gold medal.

Did you know that there are many cobbled roads in London? Long stretches, not rumble strips. I tried the Sean Kelly method, high gear and ride like hell, it still hurt and I got told off for leaving Kathie behind!

Canary Wharf came next. There are no lampposts here as the buildings have lights on 24/7. Not to worry, strategically placed marshals pointed us on our way.

Suddenly we were in the Olympic Park with a rest stop outside the Velodrome.

We left around 3a.m. and the roads were much quieter as we rode the 10 miles to the turn at Alexandra Palace. Ally Pally, The Peoples Palace, where my parents did much of their courting in the 1930's is at the top of a steep hill. At the top we had completed 40 miles. We sat next to the ice rink with coffee and chocolate cake as the sky, through the glass roof, gradually changed from black to daylight.

Leaving Ally Pally soon after 4a.m. we rode along the front of the huge building.

This overlooks Alexandra Park and has tremendous views right across the City. It was fantastic to see the modern skyscrapers, with their lights on, silhouetted against the dawn sky. From here you swoop downhill again and assume that it will be all down hill back to the City. How wrong can you be, for the best part of the next 3 miles we were climbing again. Then it was downhill, wide residential roads, no traffic, so full speed ahead. Unfortunately a young woman fell off just in front of us but luckily no personal damage and her robust bike stood up to the test.

Past Lords Cricket Ground, Baker Street, Piccadilly Circus, the Royal Opera House and the London Eye and onto Westminster Bridge. The speed of the average cyclist was decreasing rapidly now and we were forced to sit behind a slow moving crowd for many a mile. The traffic was building up and there were buses on the road at 5a.m. Sunday!

The third stop was at the Imperial war Museum. Those guns outside were mighty weapons! Nothing for us here so back on the road, past the Oval Cricket Ground and Herne Hill Velodrome to the foot of the climb to Crystal Palace. This is less steep than the climb to Alexandra Palace but goes on for much longer. We slogged past spent

rider after spent rider but they all got to the top in the end. Into the Park collect your medal, get some photos and sit down with coffee and a hot bacon butty, the sun is shining, Heaven! Well not quite but you know the feeling.

With a total of 145 years between us we were by far the oldest couple on the road but by no means the most worthy of support. We saw an elderly lady in a wheelchair, with a huge battery strapped to the front, leading a peleton at 15mph, but there was better yet. One lady was riding a wheelchair set up as a hand cranked tricycle. She was desperately slow and had a following car but my admiration knew no bounds.

Why did we do it? Well, it was our 50<sup>th</sup> wedding Anniversary in March this year and the last thing we wanted was a houseful of unwanted presents to sell on Ebay! Reading through a cycling magazine I came across the "Nightrider" and we decided to ask those friends and family who wanted to give us a present to make a donation to the Samaritans instead.

Would we do it again? Kathie says not. She found it very stressful riding in a stop start group. Perhaps she watched too much of this year's Giro d'Italia!

However, she did find it easier than the Moonwalk which she did a few years ago.

As for me, I loved it. There was no chance of getting lost so I found riding through the city at night a real joy despite the traffic lights. Would I ride it again? probably not. It cost £39 each to ride and you each pledge to raise £175. That proved surprisingly difficult to do. We would not have done it without our 50<sup>th</sup> Wedding Anniversary support. Perhaps we chose a non fashionable charity. However, I worked in industry with a colleague who committed suicide as a result of work and home conflict, and Kathie and I both know people who have been destroyed mentally by Government cutbacks and managerial decisions in both Health and Education. You cannot force these people to use the Samaritans but we believe they should be there, available to everyone.



Kathie and David on their epic ride!

### **Do you like early evening or night club runs?**

Starting on Tuesday 26<sup>th</sup> August until the clocks change Tuesday evening club runs will be starting at 6.30pm at a pace available for all. Meet at the usual 10mile time trial start layby. Bring your lights. Look out for news on the front page of the website or the round robin emails. More info on the club website front page and round robin emails. A ride of around 2hrs will occur at a pleasant pace through empty silent country lanes finishing at the Woodmancote Pub, Woodmancote.

, Woodmancote

### **Would you like a weekly meet up at a local pub to chat to club regulars? (starting 26<sup>th</sup> August also)**

Starting as a trial but hoping it will be a regular meeting venue, if you can't make the club ride but fancy a meet up/drink/night out with or without food, then turn up at the Woodmancote pub on a Tuesday from around 8pm or earlier if you like! You'll meet the club runs riders also. Or do your own ride and arrive at the pub afterwards We intend to meet every Tuesday until the snow prevents us getting there!

## Club Racing Events this year

The racing season is now well under way and the evening time trials have been well supported. We have seen a few new "come and try" riders and of course if anyone can encourage new members it will be good for the club

As well as the club evening events we have run an open 10, an open 50 and a challenging hilly club event



The Open 10 was early season held on April 26th on the P881 A3 course. It was organised by Dee Ferrett and many thanks and congratulations are due to her hard work

It was won by Michael (Doc Hutch) Hutchinson. From HRC 8th was Tom Pritchard who took the Phil Smith Trophy, 9th was Andy Langdown. Bob Crabtree, Hamish Walker, Jonathan Stamper and Paul Beck all recorded personal bests for the event



The Open 50 was organised by Chris McGuire and again was a great success - all went smoothly and all agreed it was a well run event. It was won by Charlie Mitchell of ...a3crg. HRC riders were spread throughout the event from Andy Langdown to Robin Colbey and most achieved PBs so all in all a brilliant event and good results for HRC!

The recent Hilly trophy event over 22 miles around Lavant and Harting, including a testing climb up Harting Hill saw both both Tom Pritchard and Bob Crabtree record sub-hour rides and just about all HRC riders achieving course PBs. Well done all!

The PTTL is currently neck and neck with four events held and two events left

Evening time trial events have been well supported and have all gone as planned with only one event cancelled due to bad weather

### **To follow!**

There's still a few things to come this year - at time of writing, just one PTTL event left for HRC to beat off the opposition (we hope)

A future article from Paul Beck and Martyn Lewis who have just ridden the Hayling - Paris - Hayling charity cycle ride from July 14th to 18th - 360 miles. Good Duo training!!

Just a few evening time trials left including the tantalising question 'did one OAP have a secret weapon for Grand Prix des Gents on July 29<sup>th</sup>?

The Clonmore trophy this year, as last, is the BRCC 25 event on Sept 21st - please try to support this event and make it a good one for both our friends at BRCC and for this club trophy

Duo Normand. Preparations are well under way for this and entries are now open. Andy Langdown is organising the accommodation and the trip generally but there is plenty to get sorted so if anyone is willing to assist please drop Andy an email. We are staying in the same house as last year which is very nice and well located and there are places free at present

### **THE PRESIDENT'S RIDE - SUNDAY, 5TH OCTOBER, 2014**

This year the Presidents ride will be a bit different from previous years.

There will be the usual leisurely potter around the leafy lanes of the area starting at the Barley Mow at Walderton at 9.30 a.m. but then at the finish there will be a Skittle and Buffet Lunch.

The cost of this is £8 per person and includes home cooked meats, salads, quiche, crisps, vol-au-vents, hot chicken legs, garlic bread etc.

For any person interested I would appreciate their names plus money by 1st October please.

As usual anyone not riding will still be welcome to join us but please book your place by letting me know and paying your money.

We need a minimum of 20 people so please come along and make it a good social occasion.

Cheers, Pete

**Club Hill Climb - November 2nd** - it's only gravity!!! Knights Hill Charlton 11am

### **Some thoughts!**

As a thought! Many of the club are keen skiers. Not many of us have snow tyres on our bikes so how about an HRC skiing trip next year? If you might be interested contact the Editor. Could be good fun!

### **And Finally!**

Given that the Tour de France has just finished, a story about an adventure in France!

### **What was YOUR best FIRST?**

In 1957 three Portsmouth CTC members, myself (aged 17), Bert Barrell and Dave Belchamber (Ding dong) set off for a cycle camping holiday in Northern France. My FIRST cycle camping holiday (and last!!)

On Saturday 8<sup>th</sup> June we loaded up with two tents, (one for the bikes) leaving homes at 7.45am to cycle to Eastleigh Airfield to catch the Silver City aeroplane (my FIRST flight) to Deauville to arrive at 11am. (FIRST time abroad).

We set off, camping in farmers fields (with permission) via Les Mensil. Bert cut his thumb peeling potatoes!! The farmer that night provided us with free home made cider. Bert was ill all next day!!! From Rouen we followed the River Seine heading towards Paris, as Bert had lost our one and only map. At Boessey Le Chalet after a meal and cider Ding Dong got drunk, and was ill.

Arriving at a camp site in Paris on Saturday 15<sup>th</sup> June we found a problem sticking skewers into the ground, to secure the tent as it was very sandy. Cycling off to sight see, we came across a local ‘round the houses’ cycle race. While watching, a little old French Cyclist came over to speak to us and on finding that we spoke English he offered us his card showing that he was the President of the Parc de Princes Velodrome and invited us to attend the Sunday MEETING.

We duly arrived and on showing the ‘business card’ were ushered in to find ourselves in a private box with free drinks and food and discovered that the main event of the evening was to see Reg Harris race Arie Van Vliet. This was to be Reg Harris’ final public appearance to mark his retirement in 1957 after being the Track World Champion FIVE times between 1947 and 1954. (My FIRST to witness such an event, my First to watch a real race in a Velodrome all for free!!). That night we experienced a huge STORM which collapsed our tent!!! And all night we could hear the knocking of people trying to drive stakes into the sandy soil. We were the loudest!!!!

We made our way back to Le Touquet, and on the 21<sup>st</sup> June flew back to Lydd to catch the train back to Portsmouth. The total cost of the holiday including flights was £30.

As you can appreciate at aged 17, cycling was turning out to be a very exciting past time. I found that not only could you enjoy touring but it got me fit for racing. I signed up with the Hampshire Road Club, and then went on to compete in Time Trials, Road racing, Track racing, and Cyclocross and joined the 300,000 mile club in 1999.

I **never** stopped cycling and still enjoy riding my bike and meeting up with lifelong friends-all met at cycling clubs/events. With diaries full of adventures covering my 56 years of cycling and recording 400,000 miles, I am now a life member of the CTC.

Derek Hayday.

## Results from the start of the season to end May for Club Events

**Sunday March 2nd P843.** A good turnout for the first club event of the season with Den and Gary taking 2 UP honours and Tom Pritchard fasted solo rider in his first TT. Conditions were far from ideal with an interesting crosswind.

Position	Name	Club	Time	Ave speed	Notes
1	Den Tapping/Gary Ferrett	HRC	00:23:56	25.07	
2	Jonathan Stamper/Hamish Walker	HRC	00:24:40	24.32	
6	John Isard/Chris McGuire	HRC	00:31:28	19.07	Saddleback/Tool issues
Solo					
	Name	Club	Time	Ave speed	
1	Tom Pritchard	HRC	00:23:58	25.03	
2	Julian Middlewick	HRC	00:24:36	24.39	
4	Matt Pratt	HRC	00:24:55	24.08	
5	Bob Crabtree	HRC	00:25:00	24.00	
7	Howard Milner	HRC	00:28:53	20.77	
8	Andrew Frogley	HRC	00:29:08	20.59	

9	Paul Beck	HRC	00:29:09	20.58
11	Dee Ferrett	HRC	00:31:37	18.98

**PTTL 2 P851c Sunday 23rd March 2014** These results incorporate club placing and handicap points

Pos	Name	Club	Time	Ave speed	Club Pts	Hcap
1	Tom Pritchard	HRC	00:34:57	25.75	62	12
3	Andy Langdown	HRC	00:35:09	25.60	60	6
8	Gary Ferrett	HRC	00:36:46	24.48	55	10
10	Julian Middlewick	HRC	00:37:08	24.24	53	11
16	Hamish Walker	HRC	00:38:33	23.35	47	9
24	Jonathan Stamper	HRC	00:40:00	22.50	39	4
35	Paul Whitehead	HRC	00:42:30	21.18	28	3
36	Chris McGuire	HRC	00:42:39	21.10	27	8
37	Barney Jafkins	HRC	00:42:42	21.08	26	1
38=	John Isard	HRC	00:42:52	21.00	25	5
42	Paul Beck	HRC	00:43:19	20.78	21	7
59	Dee Ferrett	HRC	00:50:15	17.91	4	2

**Bob Kemp Cup Sunday 13th April** BRCC Organised Event A very pleasant morning although a slight cross wind did make for harder going when heading east. Congratulations to Gary Ferrett who wins the Bob Kemp Cup. Quickest four HRC riders were all under 59 minutes, an interesting season ahead. Well done to Tom in his first 25m TT and well under the one hour marker .

Position	Name	Club	Time	Ave speed	Points	Hcap Points	Notes
1	Alex Napier	SDV	00:55:29	27.04			
6	Gary Ferrett	HRC	00:58:07	25.81	37	8	Bob Kemp Winner
8	Julian Middlewick	HRC	00:58:23	25.69	35	9	
9	Tom Pritchard	HRC	00:58:38	25.58	34	6	Tech issues *PB*
11	Hamish Walker	HRC	00:58:56	25.45	32	10	*CPB
15	Jonathan Stamper	HRC	01:01:55	24.23	28	5	
19	Bob Crabtree	HRC	01:03:06	23.77	24	2	
27	Paul Beck	HRC	01:06:48	22.46	16	7	
30	Chris McGuire	HRC	01:07:53	22.10	13	4	
37	Martyn Lewis	HRC	01:12:58	20.56	6	1	
41	Dee Ferrett	HRC	01:17:47	19.28	2	3	

**Tuesday evening 10m TT 8th April (P843)** The first evening TT of the season sees a win for Andy. Dry conditions but with a chilly north westerly breeze making for tough conditions on the home stretch.

Position	Name	Club	Time	Ave speed	Points	Hcap Points	Notes
1	Andy Langdown	HRC	00:22:30	26.67	35	2	*CPB
3	Tom Pritchard	HRC	00:23:32	25.50	33	5	*PB*

6	Hamish Walker	HRC	00:24:15	24.74	30	6	*CPB
16	Jonathan Stamper	HRC	00:25:55	23.15	20	1	
22	Andrew Frogley	HRC	00:27:03	22.18	14	7	
25	John Isard	HRC	00:27:25	21.88	11	3	
33	Aaron Adams	HRC	00:32:05	18.70	3	4	

**Tuesday evening 10m TT 15th April P841** A nasty easterly made for a very hard outward ride. Congratulations to HRC's Tom Pritchard with a win.

Position	Name	Club	Time	Ave speed	Points	Hcap	Points	Notes
1	Tom Pritchard	HRC	00:23:20	25.71	43	11		*PB*
3=	Julian Middlewick	HRC	00:23:50	25.17	41	10=		*CPB
6	Hamish Walker	HRC	00:24:02	24.97	38	12		*CPB
8	Gary Ferrett	HRC	00:24:13	24.78	36	8		
9	Den Tapping	HRC	00:24:21	24.64	35	10=		
13	Bob Crabtree	HRC	00:24:55	24.08	31	5		
24=	John Isard	HRC	00:27:00	22.22	20	7		
29	Martyn Lewis	HRC	00:27:39	21.70	15	4=		
30	Paul Beck	HRC	00:27:41	21.67	14	6		
32	Chris McGuire	HRC	00:28:10	21.30	12	4=		
41	Dee Ferrett	HRC	00:32:26	18.50	3	2		
43	Aaron Adams	HRC	00:35:56	16.70	1	1		

**Tuesday evening 10m TT 22nd April (P843)** A gloomy evening with a south westerly breeze which didn't seem to affect riders times too much, indeed there were a number of quick times. Second place to HRCer Tom Pritchard . Well done to all riders, another excellent turnout.

Position	Name	Club	Time	Ave speed	Points	Hcap	Points	Notes
1	Paul Helyer	Blazing Saddles	00:22:54	26.20				
2	Tom Pritchard	HRC	00:22:58	26.12	37	8		*PB
3	Julian Middlewick	HRC	00:23:23	25.66	36	10		
6	Hamish Walker	HRC	00:23:55	25.09	33	6		*CPB
7	Bob Crabtree	HRC	00:23:59	25.02	32	7		*CPB
9	Jonathan Stamper	HRC	00:24:41	24.31	30	5		
15	Den Tapping	HRC	00:25:33	23.48	24	1		
23	John Withey	HRC	00:26:41	22.49	16	3		
23	Paul Beck	HRC	00:26:54	22.30	15	9		*CPB
25	John Isard	HRC	00:26:55	22.29	14	4		
27	Andrew Frogley	HRC	00:27:15	22.02	12	11		
28	Martyn Lewis	HRC	00:27:29	21.83	11	2		*CPB
37	Aaron Adams	HRC	00:32:07	18.68	2	12		

**Tuesday 10m TT 29th April P841** A glorious evening. Well done to all riders and Tom with a storming ride

Position	Name	Club	Time	Ave speed	Points	Hcap	Points	Notes
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1	Tom Pritchard	HRC	00:21:59	27.29	43	11	*CPB
4	Julian Middlewick	HRC	00:23:22	25.68	40	6	*CPB
8	Bob Crabtree	HRC	00:23:57	25.05	36	8	
11	Den Tapping	HRC	00:24:47	24.21	33	3	
13	Hamish Walker	HRC	00:25:17	23.73	31	1	
14	Paul Whitehead	HRC	00:25:31	23.51	30	4	
24	Andrew Frogley	HRC	00:26:31	22.63	20	10	
25=	Martyn Lewis	HRC	00:26:44	22.44	18	5	
28=	Paul Beck	HRC	00:26:55	22.29	16	9	
30	Chris McGuire	HRC	00:27:02	22.19	14	7	
31	John Withey	HRC	00:27:10	22.09	13	2	
33=	Sean Farrugia	HRC	00:28:00	21.43	11	13	
41	Aaron Adams	HRC	00:31:28	19.07	3	12	

**Tuesday 10m TT 6th May P841** A blustery WSW breeze made for some quick 'out' times. Andy Langdown takes the overall win with HRC riders taking the top four positions and a couple of course PBs were also recorded.

Position	Name	Club	Time	Ave speed	Points	Hcap	Points	Notes
1	Andy Langdown	HRC	00:21:41	27.67	31	4		
2	Tom Pritchard	HRC	00:22:13	27.01	30	7		
3	Gary Ferrett	HRC	00:22:58	26.12	29	10		*CPB
4	Hamish Walker	HRC	00:23:14	25.82	28	9		*CPB
6	Bob Crabtree	HRC	00:23:47	25.23	26	6		
9	Jonathan Stamper	HRC	00:24:47	24.21	23	3		
20	John Whithey	HRC	00:26:35	22.57	12	1		
22=	Chris McGuire	HRC	00:27:07	22.13	10	5		
30	Aaron Adams	HRC	00:32:12	18.63	2	8		
31	Robin Colbery	HRC	00:32:40	18.37	1	2		

**Tuesday 10m 2 Up TTT 13th May P843** A slight westerly with damp roads.

Position	Name	Club	Time	Ave speed	Notes
1	Graeme Stirzaker/John Bullard...a3crg		00:22:58	26.12	
2	Gary Ferrett/Den Tapping	HRC	00:23:37	25.41	
4	Al & Dave Tribe	HRC	00:26:11	22.92	
7	Aaron Adams/Robin Colbery	HRC	00:33:16	18.04	
Solos					
Position	Name	Club	Time	Ave speed	Notes
1	Tom Pritchard	HRC	00:22:24	26.79	
2	Julian Middlewick	HRC	00:24:16	24.73	
3	Bob Crabtree	HRC	00:24:27	24.54	
6	Jonathan Stamper	HRC	00:25:57	23.12	
10	Andrew Frogley	HRC	00:26:24	22.73	*CPB
11	Paul Whitehead	HRC	00:26:43	22.46	
15	Dee Ferrett	HRC	00:31:40	18.95	
	Paul Beck	HRC	DNF		Puncture

**Tuesday 10m TT 20th May P841** A mild and humid evening made for a relatively calm evening although there was a slight SE breeze. Well done to all riders with Tom Pritchard of HRC taking first place. Robin Colbey takes the handicap points this week. Well done to Andrew Frogley on setting his 10m PB and welcome new member Phil Morris.

Position	Name	Club	Time	Ave speed	Points	Hcap Points	Notes
1	Tom Pritchard	HRC	00:22:15	26.97	26	5	
3	Hamish Walker	HRC	00:23:31	25.51	24	10	
4	Matthew Pratt	HRC	00:24:05	24.91	23	8	
5	Bob Crabtree	HRC	00:24:17	24.71	22	1	
6	Den Tapping	HRC	00:24:34	24.42	21	9	
7	Jonathan Stamper	HRC	00:24:53	24.11	20	7=	
11	Andrew Frogley	HRC	00:25:43	23.33	16	11	*PB
14	Paul Whitehead	HRC	00:25:59	23.09	13	2	
17	Chris McGuire	HRC	00:27:28	21.91	10	3	
23	Robin Colbey	HRC	00:31:24	19.11	4	12	
24	Aaron Adams	HRC	00:31:41	18.94	3	7=	
25	Phil Morris	HRC	00:32:09	18.66	2	4	*CPB

**Tuesday 10m TT 27th May P843** A dull evening with a north westerly breeze not aiding riders on the return leg to West Stoke. Congratulations to Tom being first overall.

Position	Name	Club	Time	Ave speed	Points	Hcap Points	Notes
1	Tom Pritchard	HRC	00:23:07	25.96	20	3	
3	Matthew Pratt	HRC	00:24:28	24.52	18	10	*CPB
4	Bob Crabtree	HRC	00:24:41	24.31	17	5=	
5	Den Tapping	HRC	00:25:01	23.98	16	9	
8	Paul Whitehead	HRC	00:26:13	22.89	13	7	
13	Paul Beck	HRC	00:27:14	22.03	8	8	
14	Andrew Frogley	HRC	00:27:34	21.77	7	2	
15	Chris McGuire	HRC	00:27:47	21.60	6	6	
18	Aaron Adams	HRC	00:32:28	18.48	3	5=	
20	Robin Colbey	HRC	00:33:44	17.79	1	1	

## **STOP PRESS: Last Tuesday time trial night 19<sup>th</sup> August**

On the last Tuesday of the 'Evening events' at the hall 19<sup>th</sup> August, people are encouraged to bring along some cakes etc. to celebrate at the end of the evening. Then as is traditional a trip down to the Horse and Groom on the bend of the courses at West Ashling will be in order for hydration purposes. (And the annual opening of Paul W's wallet too!)