



# **H.R.C. NEWSLETTER**

**Autumn 2014** (approx. 25 paper copies)

**President : Peter Courtnell MBE**

**Editors:** a) Paul Beck 07971 839566 or 023 9259 8270 Contact by email:

[paul@paulandjobeck.co.uk](mailto:paul@paulandjobeck.co.uk) or write to 3, Oaks Coppice, Waterlooville P08 9QR

b) Hamish Walker, email: [hamishw1@googlemail.com](mailto:hamishw1@googlemail.com)

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

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

 [Facebook Hampshire Road Club](https://www.facebook.com/HampshireRoadClub)

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

## **Autumn edition**

This edition sees the racing season coming to a close with just a couple of events left. I have included forthcoming events for your diaries, results to date, a couple of stories, and some general club news. As always - this is YOUR club newsletter so please send anything that might interest others for inclusion. Please remember our dropbox folder if you have any pictures that you would like to share - and remember that every member that installs dropbox earns us more free space!! If in doubt, ask me!!

Ed

## **Important Date!!**

Don't forget the AGM on Monday 17<sup>th</sup> November at Emsworth - 7.30pm start. Any required motions or propositions to be sent to the Sec (Chris McGuire) by 2 weeks before so no later than Monday 3<sup>rd</sup> November. Its YOUR club so please try to attend!

## **Results so far:**

We have had a very good season so far with some excellent performances from our top riders and very good rides from our many strong riders - no favourites here - just results - but very well done all!! Missed the PTTL first place by narrowest of margins - so next year please lets all try to attend as many as possible - we have the riders - that's for sure.

### PTTL Final Positions 3/8/14

Team	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Total
Southdown Velo	538	576	572	579	568	553	3386
Hampshire RC	569	567	569	564	553	560	3382
Portsmouth North End CC	538	539	533	331	543	547	3031
Fareham Wheelers CC	545	484	202	508	535	543	2817
Bognor Regis CC	428	398	463	474	461	480	2704
Team Axiom	445	352	0	0	0	0	797

## **Club events - from May27th (previous in last edition)**

### **June 3rd - P841**

Position	Name	Club	Time	Ave speed
1	Dave Dawkins	PNECC	00:23:17	25.77
2=	Hamish Walker	HRC	00:23:24	25.64
5	Den Tapping	HRC	00:23:51	25.16
6	Bob Crabtree	HRC	00:24:05	24.91
9	Jonathan Stamper	HRC	00:24:37	24.37
17	Paul Whitehead	HRC	00:25:54	23.17
19	Alun Tribe	HRC	00:26:10	22.93
21	Paul Beck	HRC	00:26:17	22.83
25	Chris McGuire	HRC	00:26:53	22.32
32	Aaron Adams	HRC	00:29:42	20.20
35	Robin Colbey	HRC	00:31:25	19.10
36	Phil Morris	HRC	00:32:21	18.55

### **June 10th - P841**

Position	Name	Club	Time	Ave speed
1	Graeme Stirzaker	a3crg	00:21:47	27.54
2	Tom Pritchard	HRC	00:22:09	27.09
7	Den Tapping	HRC	00:23:44	25.28
8	Hamish Walker	HRC	00:23:47	25.23
10	Jonathan Stamper	HRC	00:24:18	24.69
19	Paul Whitehead	HRC	00:25:28	23.56
21	Andrew Frogley	HRC	00:25:37	23.42
23	Chris McGuire	HRC	00:26:14	22.87
34	Robin Colbey	HRC	00:30:25	19.73
35	Aaron Adams	HRC	00:31:24	19.11

### **June 17th - P845**

Position	Name	Club	Time	Ave speed
1	Graeme Stirzaker	...a3crg	00:54:21	24.73
2	Tom Pritchard	HRC	00:55:42	24.13
4	Julian Middlewick	HRC	00:58:39	22.92
10	Jonathan Stamper	HRC	01:02:55	21.36
15	Den Tapping	HRC	01:03:37	21.13
18	Paul Whitehead	HRC	01:05:34	20.50
21	Andrew Frogley	HRC	01:07:42	19.85
28	Aaron Adams	HRC	01:23:27	16.11
29	Robin Colbey	HRC	01:28:47	15.14
30	Phil Morris	HRC	01:40:22	13.39

## June 24th - P843

Position	Name	Club	Time	Ave speed	Notes
1	Jason Hints	Geared	00:23:44	25.28	Solo
2	James Shaw	HRC	00:24:03	24.95	Solo
3	Bob Crabtree	HRC	00:24:36	24.39	Solo
4	Matthew Pratt	HRC	00:24:38	24.36	Solo
9	Paul Beck/Martyn Lewis	HRC	00:26:04	23.02	
11	Chris McGuire	HRC	00:26:32	22.61	Solo
20	Aaron Adams/Robin Coble	HRC	00:31:34	19.01	
21	Rachel Lamont	Come&Try	00:31:54	18.81	Solo
22	Phill Morris	HRC	00:32:37	18.40	Solo

## July 2nd - P845 - hilly trophy

Position	Name	Club	Time	Ave speed	Points	Hcap Points	Notes
1	Tom Pritchard	HRC	00:55:30	24.22	19	6	*CPB
2	Bob Crabtree	HRC	00:59:49	22.47	18	7	*CPB
3	Hamish Walker	HRC	01:00:02	22.39	17	2	*CPB
7	Jonathan Stamper	HRC	01:01:20	21.91	13	5	*CPB
12	Paul Whitehead	HRC	01:04:47	20.75	8	4	
13	Andrew Frogley	HRC	01:06:48	20.12	7	3	*CPB
18	Robin Colbey	HRC	01:18:06	17.21	2	8	*CPB
19	Aaron Adams	HRC	01:21:22	16.52	1	1	*CPB

## July 15th - P843

Position	Name	Club	Time	Ave speed	Points	Hcap Points	Notes
1	Howard Bayley	Blazing Saddles	00:22:54	26.20			
4	Hamish Walker	HRC	00:23:23	25.66	34	3	*CPB
8	Bob Crabtree	HRC	00:24:03	24.95	30	4	
12	Den Tapping	HRC	00:24:40	24.32	26	1	
20	Chris McGuire	HRC	00:26:22	22.76	18	5	
23	John Isard	HRC	00:27:15	22.02	15	2	
	Jonathan Stamper	HRC	DNF				Broken Spoke

## July 22nd - P841

Position	Name	Club	Time	Ave speed
1=	Howard Bayley	Blazing Saddles	00:22:32	26.63
1=	Paul Helyer	Blazing Saddles	00:22:32	26.63
5	Gary Ferrett	HRC	00:23:17	25.77
9	Matt Pratt	HRC	00:23:55	25.09
14	Bob Crabtree	HRC	00:24:32	24.46
15	Jonathan Stamper	HRC	00:24:37	24.37
29	Paul Whitehead	HRC	00:26:08	22.96
30	Andrew Frogley	HRC	00:26:15	22.86
31	Paul Beck	HRC	00:26:18	22.81
32	John Isard	HRC	00:26:23	22.74

## July 29th - P843 - Grand Prix des Gents - pairs

Position	Name	Club	Time	Ave speed	Notes
1	Andy Langdown/Tom Pritchard	HRC	00:21:43	27.63	GP de Gents winner +4:40
7	Gary Ferrett/Den Tapping	HRC	00:23:16	25.79	VTTA +4:04
9	Paul Beck/Bob Crabtree	HRC	00:24:22	24.62	VTTA +3:29
18	Chris McGuire/John Isard	HRC	00:26:35	22.57	VTTA + 1:??
23	Dee Ferrett/Al Tribe	HRC	00:28:03	21.39	VTTA +0:21

## July 29th - P843 - Grand Prix des Gents - solos

Position	Name	Club	Time	Ave speed	Notes
1	Nick Andrews	PNECC	00:22:53	26.22	
2	Hamish Walker	HRC	00:23:22	25.68	*CPB
7	Paul Whitehead	HRC	00:26:19	22.80	
14	Rachael Lamont	HRC (almost)	00:31:55	18.80	

## August 5th - P843

Position	Name	Club	Time	Ave speed	Points	Hcap Points	Notes
1	Tom Pritchard	HRC	00:22:00	27.27	39	4	*CPB
5	Hamish Walker	HRC	00:23:47	25.23	35	2	
7	Gary Ferrett	HRC	00:24:03	24.95	33	1	
12	Jonathan Stamper	HRC	00:24:41	24.31	28	3	
16	Andrew Frogley	HRC	00:25:37	23.42	24	6	
21=	Martyn Lewis	HRC	00:26:07	22.97	19	8	
23	John Isard/Chris McGuire	HRC	00:26:16	22.84			2 Up
40	Aaron Adams	HRC	00:30:24	19.74	2	5	
41	Dee Ferrett	HRC	00:30:26	19.72	1	7	*CPB

## August 12th - P843 - short course

Position	Name	Club	Time	Ave speed	Points	Hcap Points	Notes
1	Andy Langdown	HRC	00:16:56	26.93	39	2	
2	Tom Pritchard	HRC	00:17:02	26.77	38	7	
6	Julian Middlewick	HRC	00:18:18	24.92	34	4	
7	Hamish Walker	HRC	00:18:19	24.90	33	6	
9	Bob Crabtree	HRC	00:18:29	24.67	31	9	
13=	Den Tapping	HRC	00:19:00	24.00	27	3	
17	Jonathan Stamper	HRC	00:19:14	23.71	23	5	
23	Paul Beck/Kim Piper	HRC/SDV	00:20:03	22.74			2Up
24	Andrew Frogley	HRC	00:20:09	22.63	19	8	
25	John Isard	HRC	00:20:26	22.32	18	11	
26	Chris McGuire	HRC	00:20:34	22.17	17	10	
42	Aaron Adams	HRC	00:23:56	19.05	3	12	
43	Robin Colbey	HRC	00:24:15	18.80	2	13	
44	Rachael Lamont	HRC	00:24:24	18.69	1	1	

## August 19th - P843

Position	Name	Club	Time	Ave speed	Points	Hcap Points	Notes
1	Andy Langdown	HRC	00:21:42	27.65	56	10	*CPB
2	Tom Pritchard	HRC	00:22:15	26.97	55	9	
6=	Julian Middlewick	HRC	00:23:55	25.09	51=	4	
6=	Gary Ferrett	HRC	00:23:55	25.09	51=	3	
8	Hamish Walker	HRC	00:23:57	25.05	49	5	
11=	Bob Crabtree	HRC	00:24:16	24.73	46	7	
18	Den Tapping	HRC	00:24:41	24.31	39	2	
29	Andrew Frogley	HRC	00:25:49	23.24	28	8	
30	Paul Beck/Kim Piper	HRC/SDV	00:25:58	23.11			2 Up
39	Paul Whitehead	HRC	00:26:55	22.29	20	1	
40	John Isard	HRC	00:27:01	22.21	19	6	
57	Rachael Lamont	HRC	00:31:35	19.00	2	11	

Well that's the results round-up so far. Events to come are the Clonmore (Sunday 21st) and of course the Duo Normand

### **New member**

We all extend a warm welcome to Rachael Lamont. Rachael has taken to time trialling this year after two years of pressure from another HRC member. She is a very competitive rider and we look forward to seeing her results both in our own events and also in the "HRC riders out and about" section

Apart from our own events, Rachael has ridden in two other PNECC time trials recently - the 25 on the P821 hilly course from Wickham to Bishops Waltham and back to Southwick - her first "25" in a very creditable 1:25:19 and the last of season 10km in 19:25. Well done Rachael and we all look forward to seeing your results next year

### **Committee changes**

We have had a couple of changes to the committee recently

Val Pither has left after very many years of service - we will all miss her contribution to the catering and friendly smile at our time trial evenings, and extend a very sincere "Thank you, Val" for all that she has put in to our club

Pressure of work has meant that Andy Langdown cannot make the meetings and has stepped down as webmaster (this sounds like a villain in a Bond film!) Again, many thanks for all the work that you have put in, Andy

### **Forthcoming events**

#### **Clonmore 25**

At time of writing we are preparing for the Clonmore 25 mile time trial - last race of the season. 70 riders are signed up start

## **Duo Normand**

Weekend of the 26th-28th sees a group of HRC riders travel to France for the Duo Normand.

The pairings are:

Andy Langdown and Tom Pritchard

Gary Ferrett and Den Tapping

Al Tribe and Dave Tribe

Chris McGuire and John Isard

Dee Ferrett and Hannah Banham (SDV)

Paul Beck and Kim Piper (SDV)

Cheerleader/Mascot is Mae Ferrett

Assistant to team is Brendan Roberts

We are all looking forward to the weekend and hope to do the ride of our lives!!

## **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.

All interested please contact Pete direct - [peter.courtnell@talktalk.net](mailto:peter.courtnell@talktalk.net)

## **Club Hill-climb**

This annual short-term torture event takes place on Sunday November 2nd at Charlton. It's actually quite easy - just ride for a mile and that's it. Riders come from far and wide to join in - perhaps from as far as Birmingham!

## **Club Luncheon and Prize giving**

This year's Annual Luncheon and Prize Presentation will be held on Sunday 14th December at The Brookfield Hotel in Emsworth 12noon for 1pm. Guest of Honour this year is Tim Knight, British Cycling South Competition Administrator, better known for his many years of dedication to the sport at Alexandra Park track and Calshot Velodrome. Tickets are £20. Children under 14 half price. As usual the menu is Traditional - Roast Turkey with trimmings, Christmas pudding, coffee and a glass of wine with the meal. A vegetarian option is available. Any person wishing to come please contact Peter on 02392387478 or [peter.courtnell@talktalk.net](mailto:peter.courtnell@talktalk.net) by December 8th.

## Editor's Ramblings

The alternative Tour de France - AKA "Paris Hayling cycle ride"

This year's Paris - Hayling charity bike ride was July 14th - 19th and of the 130 riders were three from HRC - new member Rachael Lamont, Martyn Lewis and yours truly

We assembled at a pub and were given information packs about the ride. I thought this would make good reading on the boat home - especially about the first day's ride which is always an easy 50 odd miles to get us started. At the pub, out of courtesy, we purchased some of their product. We were delayed embarking so purchased more. On board we went to the bar and thought that a drink would be sensible. As the last of the 3 pints went down I over, I overheard the words "100 miles tomorrow" - Ah!!

Day 1 - Caen to Evreux. Off the boat - given course notes and off we go. As we ride I find snippets of course notes that make interesting reading - "after a mile long climb" and "up a steep hill" Arrived at planned coffee stop/checkpoint at 11 so correcting for an hour time difference reckoned it was 12 so time for a beer. Pressed on, beat the hills and arrived at the Ibis Evreux with 98.7 miles on the Garmin. At this point I became very familiar with a 0.3 mile loop around the town centre until, with 100 miles showing I graciously allowed Martyn to buy me beer

Day2 - Evreux to Paris - 70 miles. Starting to get into stride and get the measure of others. There are some quite quick younger guys who ride quite hard so keeping with them is a challenge. A long climb up hill is rewarded by a very decent lunch stop with a couple of beers, in the shadow of an iconic aircraft - pic below - who can identify? Brilliant views as we drop into Paris - is the Eiffel tower just one big Gallic symbol I wonder?. Get to hotel and always the gentleman accept the offer of a beer from Rachael. In the evening we are told that Montmartre is 15 mins walk away so we decide to go. Sadly we discover that the 15 mins is if walked by Usian Bolt, but never mind, a 45 min walk gives an appetite and we are amazed to get 2 course meal with beer/wine for 22 euro right in the artist's quarter (yes ok some might say that's appropriate!) Common sense prevails (unusual I know) and for about £4 each we taxi back

Day 3 - Paris to Rouen. I am cheered to hear that this is going to be the hardest day! At about 20 miles we are caught by 3 youngsters travelling quickly - catch a wheel and arrive at lunch stop very quickly but slightly tired. This is cured by food and beer. We depart and notice that the road seems to be rising. After 7 miles of climb we reach top - rewarded with good views of Seine valley. Temperature is 84 deg. Press on and pass quite a few. We have heard horrific stories of the climb before Rouen - so approach this with trepidation. Support stop at start of climb so water and flapjacks taken on. Told that there are 8 in front. Passed by 2 more while stopped! Climb not as bad as made out and catch the 2. Catch another group and drop them on fast descent and get 5th into Rouen so celebrate with a beer. Walk into Rouen in evening for a beer and treated to a brilliant son et lumiere display on front of cathedral

Day 4 - Rouen to LeHavre. This looks a reasonable 70 miles - its not hilly we are told. So at 9 miles we have climbed 150 metres vertical but, hey, we've got used to it! Press on and pass a few groups. Decide that, for a change we will stop for a beer. As we approach Le Havre we work out (well Martyn does) that we are clear of the rest! At this point we miss a turning and are lost! Trying to backtrack we see a group go past so chase them down and in a bunch sprint claim a victory. Our destination seems to be a bar so we celebrate with a beer. Other riders arrive to rapturous applause (it's amazing what a couple of pints can do!)

It's now best part of 95 degrees, and we are on the beach - how do we cool off? Let's just say that the sea was refreshing and at least one Bianchi rider is to be congratulated on her colour coordination. However, riding 3 miles to the hotel in sea-water soaked Lycra is not recommended

Day 5 - Le Havre to Caen. Following last year's ride, Martyn and I decide that, come what may, we will get to the end first. For reasons that elude me "what may" beat us away and when collecting our bikes there were 4 left in the garage - so only 126 ahead of us!! A brisk ride catches a lot and we get to Pont de Normandie where we have the joy of a one mile climb stuck in a cycle lane. It's only 50 miles so decide on a 1-stop strategy - a beer (well 2 actually) then go for it. Pass loads and on one descent find 20 Ditcham Park kids on our wheels - a 35mph push on a downhill section loses them and Martyn assures me that we are in the lead. Do some 2-up TTT practice and arrive at Pegasus Bridge, the appointed end of ride - no other riders! So feel the a beer is called for

Day 5 evening - this is party night at Caen Castle. A very decent meal is followed by a disco. I am amazed when an attractive girl hugs me tightly only to find that one of the band has trodden on her foot and she can't stand! Eventually return to the hotel where apparently more drinking is called for. 1:30am - realise that the combination of hard riding and hard partying is taking it's toll I head to bed - get called "lightweight" by Rachael!! Oh the shame of it!

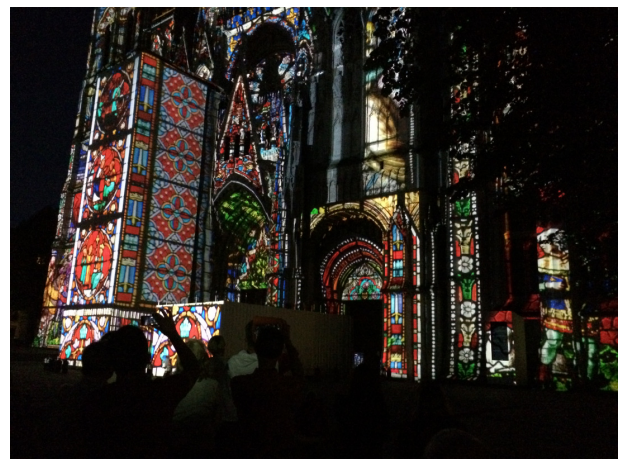
Day 6 - to the boat. The sight of 130 hung-over cyclists making their way to the ferry port is quite something! Amazingly all get there and on the boat!

We disembark and many ride to Hayling while some leave from the ferryport and go their separate ways

It's been a brilliant 5 days riding - plenty of challenges, some new friends made and old ones met. Next year is the 30th anniversary so that's in my diary!



Can you name the aircraft??



Stunning Son et Lumiere at Rouen cathedral!

## And Finally 1

We say a short farewell to Bob Crabtree who leaves for university on the 20th of September. He has chosen Birmingham University because it has an excellent cycle club and by happy coincidence seems to offer a course of study that he is prepared to tolerate. We wish him well and hope that he can avoid the three traditional perils! One OAP will miss the training rides, that's for sure!. Dad Steve has promised to continue time-keeping duties next season anyway - many thanks Steve

## And Finally 2 - it's your newsletter - please send articles!