

H.R.C. NEWSLETTER

Feb Mar Apr May 2015 (approx. 25 paper copies)

President : Chris McGuire

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

<mailto:paul@paulandjobeck.co.uk> or write to 3, Oaks Coppice, Waterlooville P08 9QR

b) Hamish Walker, email: hamishw1@googlemail.com

Club website: hampshireroadclub.co.uk

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



May already!

The Tour of Yorkshire has just finished, so has the Tour of Turkey, all the one day classics too (more of that later!) so time for us all to step up the training, no excuses now as we prepare for the Grand Tours! The first example of this was seen last Tuesday for our first 'fast 10' on the P841, where Phil Morris featured. Phil is a week on week improver and who favours the courses out West towards Southampton (giving Andy L some team cameraderie), had a crisis. After signing on and setting off to the start, he had a major zip failure on his skin suit and massive drag ensued. True to the HRC never say die attitude, he came into HQ and spotting drawing pins, attached around 10 across his zip area, and got back out into the action feeling the need for speed. Yet another '11' performance!* Would you have done the same? Of course you would as you are a HRCer.

So what has happened since the last newsletter in January

February 2015

Paul Whitehead's 200km Audax: 1st Feb (one of three being organised this year)

Do you like sportives but don't like all the razamataz? Do you like only paying a small fee to ride? Are you quite good at following instructions and don't like the feeding stations at sportives giving you lots of sugar. And finally would you like to visit café's and real food stops on a ride and like a bit of distance.....well perhaps an Audax could be your new challenge!

The 1st Feb ride had 80 entries 43 started, 12 entries from I team (but only one turned up!). A man from Canada rode too. FWCC had 5 riders. It was cold but 41 finished. The money earned on the day provided a profit to the club. Paul asked to donate £50 of that sum to the 'One Year time trial' rider Steve Abraham who's riding every day of 2015 to beat Tommy Goodwin's record set in 1939. The committee agreed unanimously. Paul will be giving Steve bed and board when he comes down to the Hampshire area! (Note Steve Abraham's ride has also had an unforeseen event happening but we didn't know that in Feb, google on the internet....)



A selection of savoury snacks that would be more preferable than energy bars on sportives!

February 2015 (continued)

Skittlers from the business end, who can you spot?



As soon as Rachael Lamont stepped into the Social Secretary's role, firstly the committee breathed a sigh of relief, and then Derek was the first person to volunteer his services to Rachael and pledged to organise the first event.

So, 20 friends and family of the HRC including the CTC, Fareham Wheelers, and Bognor Regis CC dodged cold winds and rain to attend the first organised social event of the year. It was skittles on a Sunday afternoon at the 4 Chestnuts Pub in Chichester, situated on the

Bognor Road just at the end of East St. Luckily for the President and quite by chance it is 'round the corner'!

Food was also part of the event and as soon as everyone turned up the food was served. It was pub grub, but there was lots of it and it was very tasty, so that kicked us off. Weighed down by the pub favourites the games began. It was Men v. Women, with Margaret Thorncroft leading the women and who would be leader of the men, clearly we needed a women in charge and Valerie led the line.

Although the outbuilding where the alley was located felt a little cool on arrival, the competition heated things up. The only worry we had was that there was a flat screen tv at the end of the alley. Despite a shelf in front of it, we were slightly worried that someone would put a ball through it. In the end we didn't and so the HRC insurance policy was intact.

As normal, you could see impossible rolls either taking all the skittles down or taking none down. It was highly unpredictable and even the return ball chute had a few Kleenex modifications made but still would not always hold the balls!

After three rounds of battling between the teams the Men came out as winners by 5 points. Prizes were handed out, the winning team got chocolate bars, Justin Hayday, son of Derek won the men's competition, Jen Churcher and Jackie (Margaret Hayday's daughter) tied the women's prize. Jackie and her husband Ray won the couples prize. By this stage I was beginning to realise why Derek likes skittles..... Anyway, quickly following on, a free raffle was held next where everyone won a prize! You just had to choose wisely between bottle and boxes wrapped in a very green paper! So we were all winners after all. Then just as the President thanked the organisers Derek and Margaret for a fun event in all the winter gloom, matters took a turn for the dark side.

With '50 shades of Grey' taking the cinema world by storm, we were 'introduced' into having a game of 'blindfold sudden death!' For all it was an experience that took us to the edge of the alley, senses sharpened and letting go ----- of the bowling ball. Not surprisingly or pure coincidence Master Derek won that competition too.

With us all feeling warmed up and a lot free-er, we had to call it a day and go back to our normal lives again. 50 trips up the alley, when can we do it again?

Sunday Club rides

Still going strong being run by either Dee or Den or both together!

February 2015 (continued a bit more)

The Winter club night meet up at the Woodmancote every Tuesday night 8pm onwards were still filling the pub! If you attended you may have discussed the season, met a lot of drunken women and men, heard a lot of pub quiz questions, been serenaded by the pub singer, hit your head on a large icicle, won bottles of whiskey or just overdosed on Woodies and potato fried bevarages. You see you should have come.....

March 2015

Sunday 1st March. The Classic HRC first event of the Eastern area for the South District Council (South DC CTT), kicking off the season with the Two Up P843. Weather ok, event on! Den and Gary taking the race honours for the HRC in the two up, with Tom taking the solo honours to clean sweep the event. A good omen for the year?

The club went over to Soberton Saturday 7th March, to ride the first PTTL event of the year and finish up that nasty climb. Cold and a bit windy too. Good turn out though.

Saturday 21st March, nearly but not quite! Rachael lined up social event 2 a barn dance but we couldn't secure enough members to make it work, so it had to be cancelled. What evening social events would you like? Contact Rachael to get the next event better supported!

Then Sunday March 22nd, PTTL 2 organised by the HRC over the hilly course P845. A good event to make you realise what difficult time trials are all about!

The Laurie Pither and Peter Dawson Memorial Ride.

The memorial ride weather on Sunday 29th March was grey, wet, and gale force winds made steering a bike through the potholed lanes of West Sussex very difficult, but this event was to remember Laurie and Peter and clubmen like these would not have been deterred by a little rain and wind. HQ was West Stoke village hall and around 18 riders took part. The route was open to those who wished to ride around 30 miles and a longer one of about 60 miles. Leaving West Stoke it proceeded to Funtington, Racton, Stanstead, Rowlands Castle, Emsworth, Chidham, Bosham, Fishbourne, West Ashling, East Ashling and back to West Stoke. With several Cafes on route, some stopped off for refreshments during the ride. The tougher team headed into the foothills of Harting and beyond before heading back to HQ. The event was rounded nicely off with hot soup, sandwiches, sausage rolls/ cakes and biscuits and plenty of cups of tea catered by Val Pither, Margaret Thorncroft and Sheila Courtnell. The longer distance riders arrived for the lunch later than planned due to mechanical problems i.e. a broken chain. Many thanks to all who joined in to make the event a truly Memorial day.

So £60.80 was taken in donations and ride fees on the day that was directly sent to the Hampshire and IOW Air ambulance charity. Also our guest speaker Ian Hallam MBE donated his expenses £50 from the Christmas luncheon on that day to this worthy charity too, so £110.80 was sent off from the club.



With it's well known route taking in all our area and a challenge tough enough for all abilities, this event may well become an annual event to get some miles in early season.

See you next year?

March 2015 (continued)

The Woodmancote Winter Tuesday club nights were still consuming their products including nuts and mints too!

Sunday Club rides

Yes still going strong despite rain, frost, and ice being run by either Dee or Den or both together!

April 2015

Paul W's 300km one this time on Good Friday April 3rd. Phew! (Paul preparing for the PARIS BREST PARIS 1200km RANDONNEE on 16TH to 20TH August this year, once qualified).

There were 73 entries 57 started, 41 finished. Paul made £174 for the club. Well done Paul, from the club.

Woodmancote Tuesday evenings have come to an end to make way for racing. The pub profits will dip and crisps will go out of date. Tragedy!

Hampshire Road Club Open 10 - April 25th 2015

Despite the organiser, the event seemed to go well. We had 115 entries and, on the day, only 6 DNS, and no DNF

Notwithstanding dire predictions of dreadful weather, the expected rain held off until all riders were safely home (well to the HQ at least) so with the exception of a brief drizzle early on, weather conditions were not bad.

A clash of events meant that HRC attendance was a bit low but we fielded a strong team, and ended up 4th in the team placings with Tom , Andy, and Hamish posting a time of 1:02:33

Individually, best place went to Tom at 10th with a time of 20:21 and next to Andy at 17th with a 20:40, then Hamish at 38th with 21:32. It is a credit to all three that all these rides were course personal bests, and for Hamish an overall PB so very well done to all!

HRC results were:-

Tom Pritchard	Hampshire RC	S	20:21:00
Andy Langdown	Hampshire RC	V	20:40:00
Hamish Walker	Hampshire RC	V	21:32:00
Julian Middlewick	Hampshire RC	V	21:39:00
Jez Hobbs	Hampshire RC	V	24:18:00
Brian Hall	Hampshire RC	V	27:17:00
Phil Morris	Hampshire RC	V	31:17:00

The event would never have run without the input of numerous helpers and many thanks go to all: Sharon Moore and Jon Hawkins who came to watch and bring cakes and ended up standing on Ham Barn roundabout for the whole event, marshalling, although Sharon did say she received some interesting enquiries from passing motorists!

Martyn Lewis for helping to prepare the course and a stint as race commencement facilitator (pusher - off)

Brendan Roberts for a long session as pusher-off

Nicolette Frogley and her Mum, Sheila, for organising and running the post-race refreshments

Andrew Frogley and Jonathan Stamper for marshalling at the Liphook turn flyover

Andy Langdown for taking a turn at marshalling after riding, then collecting signs on his way back

Chris McGuire for seeding the riders into start order, and preparing the start sheets

And , of course, Timekeepers Kathie and Robin, helped by Peter and Sheila

Newsletter Part 2

HRC Riders Out & About 2015

Farnham RC Club 10 28th Feb (H10/8)

1. Andy Langdown 00:21:56
2. S Williamson Farnham RC 00:22:24

Sotonia CC/Antelope RT Open10 7/3 (P140)

1. R Moore Pedal Heaven 21:23
4. Andy Langdown 22:30

Farnham RC Club 10 14th Mar (H10/8)

1. Matthew Charlton FCCC 00:21:42
17. John Isard 00:26:35

PNECC 10 Club 15th Mar (P841)

*Unrestricted Gears

1. Dave Dawkins PNECC 00:23:56
2. Gary Ferrett HRC 00:25:13
7. John Isard HRC 00:27:54
10. Howard Milner HRC 00:29:31
14. Andy Gray HRC 00:31:09
17. Dee Ferrett HRC 00:34:28

Farnborough and Camberly CC Open 10 14th Mar (H10/8)

1. James Boyman Farnham RC 00:20:37
7. Andy Langdown HRC 00:21:41

Farnham RC Club 10 28th Mar (H10/8)

1. Andy Langdown HRC 00:21:47
20. John Isard HRC 00:26:04

...a3crg 22.5 Open 29th Mar (P877) TT Bike

1. S McNamara South Downs Bikes 00:54:25
3. Tom Pritchard HRC 00:55:53
12. Julian Middlewick HRC 01:01:13

a3crg 22.5 Open 29th Mar (P877) Road Bike

1. David Pollard In-Gear Quickvit Trainsharp RT 01:00:58 22.14
20. Phil Morris HRC 01:57:24

Bournemouth Arrow CC Open10 3/4 (P311)

1. Matt Burden Severn RC 00:21:55
6. Andy Langdown HRC 00:22:28
80. Phil Morris HRC 00:35:54

High Wycombe CC Open 10 3rd Apr (P311)

1. Adam Topham High Wycombe CC 19:16
24. Julian Middlewick HRC 00:21:40

Farnham RC Club 10 4th Apr (H10/8)

1. S Williamson ...a3crg 00:21:21
8. Bob Crabtree HRC 00:23:24
21. John Isard HRC 00:25:39
29. Paul Beck HRC 00:27:29
34. Rachael Lamont HRC 00:29:38
36. Hamish Walker HRC 00:33:16

PNECC Club 6 9th Apr (P829)

1. Gary Chambers RN 00:13:55
6. Gary Ferrett HRC 00:14:34
9. Julian Middlewick HRC 00:14:56

BRCC Club 25 12th Apr (P913)

1. Tom Pritchard HRC 01:01:56
3. Hamish Walker HRC 01:06:02

Crabwood CC Open 10 11th Apr (P311)

1. A Stanton VC St Raphael 00:21:41
28. Phil Morris HRC 00:33:09

BRCC Club 8m 16th Apr (P912)

1. Tom Pritchard HRC 00:17:39
24. Brian Hall HRC 00:24:15

BRCC Club 8m 23rd Apr (P912)

- 1H. Bayley Blazing Saddles 00:18:14
29. Brian Hall HRC 00:23:54

PNECC Club 9m 23rd Apr (P829)

1. Paul Ashley FWCC 00:21:08
8. Gary Ferrett HRC 00:22:24
- Dee Ferrett HRC DNS

FWCC Club 15m 30th Apr (P823c)

1. James Copeland FWCC 00:35:25
6. Gary Ferrett HRC 00:37:48
20. Howard Milner HRC 00:42:29
29. Dee Ferrett HRC 00:49:03

BRCC Club 8m 7th May (P912)

1. A. Napier Blazing Saddles 00:17:55
27. Brian Hall HRC 00:24:14

FWCC Club 15m 7th May (P829/9)

1. Gary Ferrett HRC 00:21:00
- Howard Milner HRC 00:25:24
- Dee Ferrett HRC 00:27:07

A3CRG Open 25 9th May (P881/25)

1. John Dewey Dorking CC 00:51:36
8. Tom Pritchard HRC 00:53:50
10. Andy Langdown HRC 00:54:27
29. Gary Ferrett HRC 00:57:18
76. Paul Beck HRC 01:08:35
79. Dee Ferrett HRC 01:13:01
- Den Tapping HRC DNF

Charlotteville Open 50 10th May (H50/80)

1. A Topham High Wycombe CC 01:42:18
31. Hamish Walker HRC 01:58:17

Bournemouth & WCA Open 25 10/5 (P413)

1. Michael Ford Headquarters Club 00:53:07
47. Phil Morris HRC 01:23:40

Position	Name	Club	Time	Ave speed
1	Gary Ferrett/Den Tapping	HRC	00:23:45	25.26
5	Andrew Frogley/John Lloyd	HRC	00:27:10	22.09
6	Andy Gray/John Isard	HRC	00:29:54	20.07
7	Aaron Adams/Robin Colbey	HRC	00:35:49	16.75

Solo Rides

Position	Name	Club	Time	Ave speed
1	Tom Pritchard	HRC	00:22:36	26.55
2	Andy Langdown	HRC	00:23:06	25.97
4	Julian Middlewick	HRC	00:24:27	24.54
7	Boe Harper	Come & Try	00:24:58	24.03
8	Matt Webb	HCC	00:25:24	23.62
12	Chris McGuire	HRC	00:27:11	22.07
14	Paul Beck	HRC	00:28:45	20.87
15	Sean Farrugia	HRC	00:29:07	20.61
16	Al Tribe	HRC	00:29:53	20.08
18	Dee Ferrett	HRC	00:32:07	18.68

PTTL event 1 Team Axiom 10m 7th Mar (P817)

Pos	Name	Club	Time	Ave speed
1=	James Mapley	Blazing Saddles	00:24:12	24.79
1=	Tom Pritchard	HRC	00:24:12	24.79
4	Thomas Wood	HRC 2nd claim	00:24:47	24.21
10	Gary Ferrett	HRC	00:25:27	23.58
12	Hamish Walker	HRC	00:26:01	23.06
13	Julian Middlewick	HRC	00:26:04	23.02
39	John Isard	HRC	00:28:58	20.71
42	Chris McGuire	HRC	00:29:28	20.36
44	Andrew Frogley	HRC	00:29:36	20.27
54	Andy Gray	HRC	00:32:25	18.51
59	Dee Ferrett	HRC	00:36:34	16.41

PTTL event 2

HRC 22.45m 22nd Mar (P845)

Pos	Name	Club	Time	Ave speed
1	Alex Napier	Blazing Saddles	00:56:15	23.89
3	Andy Langdown	HRC	00:58:46	22.87
10	Gary Ferrett	HRC	01:00:42	22.14
11	Hamish Walker	HRC	01:00:44	22.13
18	Julian Middlewick	HRC	01:02:39	21.45
19=	Den Tapping	HRC	01:03:11	21.27
44	John Isard	HRC	01:09:33	19.32
46	Chris McGuire	HRC	01:11:07	18.90
47=	Andrew Frogley	HRC	01:11:11	18.88
54	Andy Gray	HRC	01:15:53	17.71
58	Paul Beck	HRC	01:19:18	16.95
60	Boe Harper	Come & Try	01:25:06	15.79
	Tom Pritchard	HRC	DNF	wheel

HRC 10m 7th April (P843)

Position	Name	Club	Time	Ave speed	Points	Hcap Pts
1	James Mapley	Blazing Saddles	00:22:15	26.97		
2	Hamish Walker	HRC	00:23:32	25.50	43	9
3	Julian Middlewick	HRC	00:23:50	25.17	42	7
7	Bob Crabtree	HRC	00:24:21	24.64	38	8
11	Den Tapping	HRC	00:25:30	23.53	34	2
18	Andrew Frogley	HRC	00:26:17	22.83	27	4
19	Chris McGuire	HRC	00:26:55	22.29	26	3
20	Jez Hobbs	Ports-Tri	00:27:00	22.22		
21	John Isard	HRC	00:27:15	22.02	24	5
29	Alun Tribe	HRC	00:28:26	21.10	16	1
35	Andy Gray	HRC	00:29:18	20.48	10	6
41	Rachael Lamont	HRC	00:31:21	19.14	4	10

HRC 10m 14th April (P843)

Position	Name	Club	Time	Ave speed	Points	Hcap Points
1	James Mapley	Blazing Saddles	00:22:25	26.77		
4	Hamish Walker	HRC	00:23:47	25.23	46	7
16=	Paul Whitehead	HRC	00:25:54	23.17	34	9
16=	Andrew Frogley	HRC	00:25:54	23.17	34	8
28	Al Tribe	HRC	00:27:55	21.49	22	3
40	Andy Gray	HRC	00:29:35	20.28	10	5
41	Rachael Lamont	HRC	00:30:14	19.85	9	
43	Aaron Adams	HRC	00:30:47	19.49	7	6
47	Robin Cobley	HRC	00:32:28	18.48	3	4
48	Liz Mowlem	HRC	00:34:52	17.21	2	1
49	Phil Morris	HRC	00:36:54	16.26	1	2
	Jonathan Stamper	HRC	DNF			

PNECC PTTL3 P822c 35Km TT 19 April 2015 07:00

Position	Name	Club	Time
1	Tom Pritchard	HRC	00:52:00
7	Andy Langdown	HRC	00:54:02
13	Julian Middlewick	HRC	00:56:44
15	Gary Ferrett	HRC	00:56:49
23	Den Tapping	HRC	00:58:27
29	Jonathan Stamper	HRC	01:00:08
46	Andy Gray	HRC	01:09:38
52	Rachael Lamont	HRC	01:12:32
53	Deana Ferrett	HRC	01:13:09

HRC 10m 21st April (P843)

Position	Name	Club	Time	Ave spd	Place Pts	Hcap Pts
1	James Mapley	Blazing Saddles	00:22:21	26.85		
2	Andy Langdown	HRC	00:22:37	26.53	57	6
4	Julian Middlewick	HRC	00:23:56	25.07	55	8
12	Boe Harper	HRC	00:25:41	23.36	47	1
13	Jonathan Stamper	HRC	00:25:43	23.33	46	4
19	Andrew Frogley	HRC	00:26:14	22.87	40	8

20	Paul Whitehead	HRC	00:26:24	22.73	39	10
21	Chris McGuire	HRC	00:26:36	22.56	38	9
26	Jez Hobbs	HRC	00:27:02	22.19	33	1
43	Andy Gray	HRC	00:28:55	20.75	16	11
48	Aaron Adams	HRC	00:30:13	19.86	11	12
49	Rachael Lamont	HRC	00:30:21	19.77	10	13
54	Robin Colbey	HRC	00:32:18	18.58	5	5
58	Phil Morris	HRC	00:35:50	16.74	1	3

HRC 10m 28th April (P841)

Position	Name	Club	Time	Ave spd	Club Pts	Hcap Pts	League
1	James Mapley	Blazing Saddles	00:22:01	27.25			120
3	Hamish Walker	HRC	00:22:50	26.28	43	11	
5	Julian Middlewick	HRC	00:23:43	25.30	41	5	116
10	Den Tapping	HRC	00:24:19	24.67	36	9	111
15	Jonathan Stamper	HRC	00:24:50	24.16	31	4	
17	Ashley Aclen	Come & Try	00:25:07	23.89			
18	Andrew Frogley	HRC	00:25:25	23.61	28	10	
21	Chris McGuire	HRC	00:26:03	23.03	25	8	101
30	Howard Milner	HRC	00:27:03	22.18	16	3	
34	Martin Lewis	HRC	00:28:13	21.26	12	2	
36	Paul Beck	HRC	00:28:23	21.14	10	1	
38	Andy Gray	HRC	00:28:47	20.85	8	6	84
42	Aaron Adams	HRC	00:29:58	20.02	4	7	
45	Phil Morris	HRC	00:33:25	17.96	1	12	77

PTTL 4 Blazing Saddles Sunday 3rd May Cancelled due to Wind and Rain
HRC Club 10m tt P841 Tuesday 5th May Cancelled due to High winds

New Members

We are delighted to welcome Ryan Knight

And Finally 1

The Club Open 50 is on June 28th - get your entries in now! Please use the on-line internet entry if at all possible as the CTT does all the work for the organiser!!

And Finally 2

An appeal please for helpers for the Open 50. This is a big event and we need marshalls, pushers-off, caterers, course preparation operatives (sign putter - outers!), results collaters, etc etc etc!