

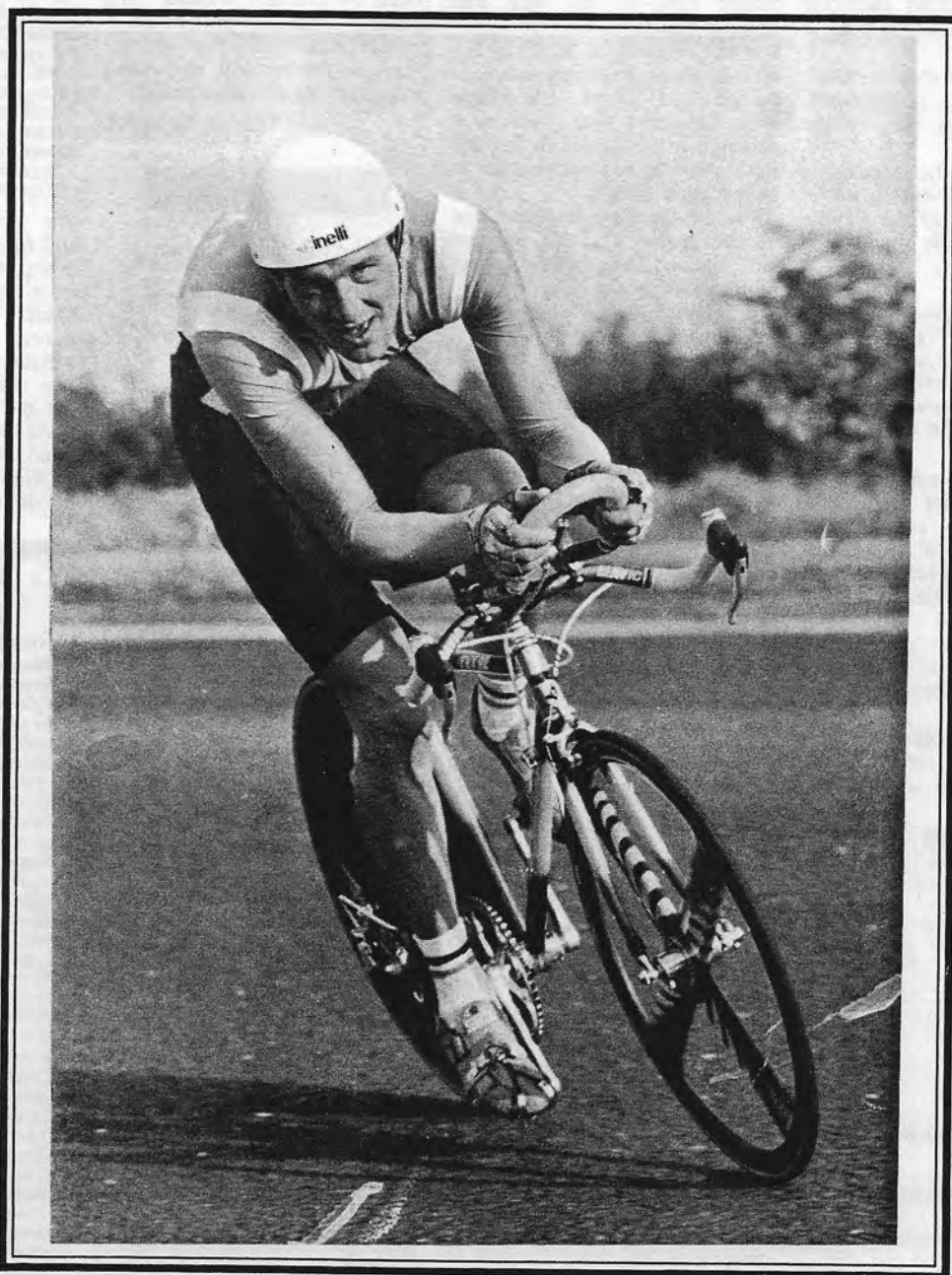
TIME TRIAL WEEKLY

PRODUCED BY TIME TRIALLISTS

18th March, 1993

No 41

Price 70p



**Graham Waddington, Pendle Forest CC
Leader of the North West Spoco League**

LONGLAND/STROUD BEST TWO IN ANTELOPE TWO DAYS OF TWO UPS.

Antelope RT 10 & 25 mile TTT Saturday & Sunday 13th & 14th March. P612 & P613

Southern superchampion Glenn Longland (Antelope RT) can never be written off, and never more dangerous than when he has just been beaten in his own club's promotion.

It was a surprise to see him finish third with club mate Neville Stroud in the Saturday afternoon 10 mile two up team time trial he organised.

Team mate Stroud claimed to be doing his fair share of the work, in Longland's first race of the season.

The next day in the Antelope's two up 25 mile event it was a different story. This time Neville noticed the wheels had been changed to sprints with a 12 sprocket.

"Glenn always goes smoother with a bigger gear" said Neville. "I usually go one tooth lower. Remembering this event last year I took it easy on the way out, so I could do 50% of the work on the way back."

They comfortably won by over a minute, from junior club mate, BAR Chris Ball, and training companion Richard Simmonds (Somer Valley.) Watch this boy, he is not far behind Chris in enthusiasm or talent.

Chris had not been able to ride the day before, but thought he would have been better with the extra days racing.

He was still bubbling that his team had been 30 seconds down on Morgan/Rowley at the turn,

but pulled it all back at the finish. Putting it down to seeing a couple of people he knew on the way back, and that lifted him up.

Which makes one wonder what will happen when this talented rider is better known, and starts to get the roar of the crowd behind him, in the way that Longland does.

Surprise winners of the first day 10 mile event, Salisbury pair, Lee Paxton and Derek Hambleton were delighted with their ride, although a bit slower in the 25. Both showing a determination to have a good season.

After the ten Paxton found that he had broken a spoke, but had not noticed the back wheel rubbing, during the ride.

With Hambleton suffering on the hills during the second day's 25, he found it a bit easier, than the day before. It might also have been because his brake was not holding him back.

Paxton has the look of a man who has prepared well during the winter, but suggested that he had been "a bit lazy last year." Putting it down to having such a good season the year previously, his first in serious racing. He said

25 mile

G.Longland/N.Stroud. (Antelope RT).....	53.09
R.Simmonds/C.Ball. (Somer Valley/Antelope).....	54.14
T.Morgan/A.Rowley. (GS Vitesse).....	54.25
K.Vale/C.Brooks. (VC Camelot).....	54.41
C.Salter/P.Whitebread. (Vectis RCC).....	55.10
D.Hambleton/L.Paxton. (Salisbury RC).....	55.18
M.Jones/S.Lee. (GS Stella).....	55.52
P.Pickers/C.Greenwood. (Antelope/Byways).....	55.58
J.Woodburn/A.Dawson. (Antelope RT).....	56.22
P.Carbutt/D.Hanbury. (Solihull/Rufus).....	57.26
A.Barrett/N.Coventry. (Aylesbury/High Wycombe).....	57.36
G.Dighton/Z.Harris. (Leo/Crabwood).....	57.37
P.Ryder/M.Logue. (Mid Oxon CRT).....	58.56
D.Hillier/R.Lloyd. (Fareham Whs).....	58.33
S.Wood/W.Burgess. (Rufus/Antelope).....	58.39
T.Woolard/P.Tart. (Antelope/Somer Vall).....	58.58
M.Parton/M.White. (Antelope RT).....	59.10
M.Ashurst/R.Wilmott. (New Forest CC).....	59.11
A.Talley/M.Talley. (GS Stella).....	59.31
R.Dadswell/P.Courage. (Antelope/Vectis RCC).....	59.38
Vets.	
D.Hambleton/L.Paxton. A.Dawson/J.Woodburn. D.Hillier/R.Lloyd. (Fareham Whs).....	58.33
Comp Team.	
C.Ball/R.Simmonds. C.Greenwood/P.Pickers. P.Carbutt/D.Hanbury	
Overall Winners.	
G.Longland/N.Stroud. D.Hambleton/L.Paxton. C.Salter/P.Whitebread.	

ominously "I would like to win a few more this year." Both events had excellent changing accommodation for riders and spectators, a standard that could be copied for other events. Prizes were given out in an informal ceremony, in front of the result board by Glenn Longland, only standing down for Pete Pickers to present him with the winners prizes on the last day, and leader overall for the two days racing.

Trevor Fenwick

LRRR 2UP 25mile TTT

Sunday 14th March. C25/11

P.Wakefield/B.Smith. (Cherry Vall RT).....	55.55
I.Dalton/A.Houlden. (Cherry Vall RT).....	56.14
T.Beedham/R.Beedham. (Lincoln Whs).....	56.32
J.Lowes/G.Palmer. (Alford Whs).....	58.02
G.Lang/P.Crashley. (Axholme Whs).....	59.05
C.Hinton/M.Ward. (Axholme Whs).....	59.32
B.Sargent/T.Mason. (Lindsey RCC).....	59.37
K.Middleton/P.English. (VC Lincoln).....	59.49
A.Untin/J.Elliott. (Alford Whs).....	1.00.01
S.Well/M.Rushby. (Lindsey RCC).....	1.00.05
G.Froll/C.Hawkins. (Sleaford Whs).....	1.01.19
J.Armstrong/J.Maughan. (Axholme Whs).....	1.01.51
P.Jones/J.Baines. (Lindsey RCC).....	1.02.04
N.Atkinson/D.Ashley. (Scunthorpe RC).....	1.03.13
R.Inkley/I.Sabberton. (Lincoln Whs).....	1.03.15

Monmouthshire CL

Hilly 25 mile TT

Sunday 14th March. R25/10

C.R.Wallace. (Hirwaun Whs).....	1.03.31
G.J.Evans. (Port Talbot Whs).....	1.03.39
R.M.Bond. (Abertillery Whs).....	1.05.23
M.Bigg. (CC Abergavenny).....	1.05.45
P.Haig. (Cheltenham & C).....	1.08.15
A.Baum. (Abergavenny RC).....	1.08.26
N.Kenwright. (Abergavenny RC).....	1.08.54
B.Jenkins. (CC Abergavenny).....	1.09.02
M.R.Hughes. (Cwmcam Para).....	1.09.05
B.J.Davies. (Cwmcam Para).....	1.09.10
Lady.	
G.A.Ward. (Wyre For CRC).....	1.10.07
G.C.Sparkes. (Cwmcam Para).....	1.25.17
Jun.	
M.D.Biggs.....	1.05.45
A.S.Baum.....	1.08.26
N.Kenwright.....	1.08.54
Vet/Std	
B.J.Davies. (Cwmcam Para).....	1.09.10
G.R.Greaves. (CC Cardiff).....	+3.01
1.11.36.....	+00.03
J.Parsons. (Newtredegar).....	1.11.09
Team. Abergavenny RC. (Baum/Kenwright/Hayhurst)	
Fastest rider Talgarth to top of Pengenford Climb.	
R.M.Bond. (Abertillery Whs).....	11.28
G.J.Evans. (P' Talbot Whs).....	11.50
C.R.Wallace. (Hirwaun Whs).....	11.59

Kent CA 2Up 25mile TT Sunday 14th March. Q25/1

N.Baker/M.Whitehead. (VC Deal).....	58.19
M.Vowells/L.Martin. (San Fairy Ann CC).....	58.33
I.Jordan/P.Austin. (Wigmore CC).....	59.54
M.McGregor/M.Krulse. (VC Elan).....	59.56
N.P.Heather/A.Muir. (Apollo RT).....	1.00.04
T.D.Bayley/M.A.Smith. (VC Deal).....	1.00.27
D.Collins/P.R.Langford. (Wigmore CC).....	1.00.46
G.E.Winsdor/A.Neale. (Eastbourne Rovers).....	1.01.06
I.Edginton/G.J.Bax. (Thanet RC).....	1.01.10
R.Naylor/J.Scott. (San Fairy Ann CC).....	1.01.56
D.Cutting/B.Wright. (S'hiboro & Dist/Dartford Whs).....	1.02.35
P.Abraham/D.Abraham. (S'hiboro & Dist).....	1.02.36
E.King/M.J.Martin. (Polhill RC/S'hiboro & Dist).....	1.02.46
C.Hill/H.Hemley. (Lewes Wanderers).....	1.02.47
S.Roberts/J.Salter. (VC Deal/VC Elan).....	1.03.10

Pre race favourites Neil Baker and Malcolm Whitehead won the event, but not without pressure from the San Fairy Ann duo of Mark Vowells and Laurence Martin.

Amateur time recorders had the two teams level at the far turn, but the VC Deal team made the most of the return leg with the wind, where the smooth pedalling of Neil Baker was seen to the maximum benefit.

Walsall Roads CC 2Up 25 mile TTT

Sunday 14th March. K52

W.Moore/S.Dangerfield. (Leo RC).....	52.44
R.Simpson/G.Wharton. (Noit Clar).....	56.40
D.Kirby/I.Foster. (Cov CC/Cov Olym).....	56.55
P.Hodgkinson/S.Milton. (Crewe Clar Whs).....	57.36
A.Appleby/N.Hodgson. (B'ham Uni CC).....	57.58
M.Norman/S.Towgus. (Team Sabre).....	58.03
S.Burns/J.Edwards. (Walsall RCC).....	58.38
S.Haines/A.Brennan. (B'ham CC).....	59.30
G.Birch/D.Fear. (Brereton Whs/Cannock CRC).....	59.34
J.Mills-Keeling/R.Huges. (Walsall Whs/W'ton Whs).....	59.37
M.Moore/C.Moore. (Cov Olym).....	59.57
A.Godfrey/E.Purchase. (W'shire RC).....	59.59
A.Stanyer/S.Littler. (Walsall RCC).....	1.00.15
R.Coldcott/J.Guy. (Cannock CRC).....	1.00.59
J.Lane/R.Tubin. (B'ham Uni CC).....	1.01.09
Team Inc Lady.	
S.Evans/R.Evans. (S'hull/R.Sutton).....	1.01.28
A.Thomas/A.Harris. (S'bridge CC).....	1.02.34
Ladies.	
L.Taylor/D.Griffiths. (Walsall RCC).....	1.08.00
Inc Jun.	
C.Moore/M.Moore. M.Whitehead/R.Small. (Walsall RCC).....	1.05.12
L.Monaghan/A.Turner. (Elizabethan CC).....	1.07.05
Inc Vet	
D.Fear/G.Birch. M.Moore/C.Moore. J.Guy/R.Coldcott.	

Croydon & District CA 16.5 mile TT

Table with 2 columns: Name and Time. Includes B. Taylor, J. McLaughlin, N. McCormick, A. Murray, R. Jefferies, M. O'Leary, D. Osborn, K. Shaw, A. Payne, R. Donington, Lady, B. Read, J. Saddler, D. Osborn. Total time for team: 43.40.

Cleveland Whs 21 mile TT Sunday 14th March T201

Table with 2 columns: Name and Time. Includes N. Jackson, H. Walker, I. Brough, M. Wright, J. Oakes, I. Cation, S. McPherson, D. Huddard, D. Thompson, M. Hattan, J. Wright, C. Lax, G. Hatcher, C. Ash, P. Fountain, Lady, M. Dawson, Jun., C. Ash, P. West, J. Wright, Team Cleveland Whs.

Elite CC. Joan Marsh Memorial 10mile TT

Table with 2 columns: Name and Time. Includes P. Main, K. Neary, M. Meades, P. Harvey, C. Roffey, R. Wood, P. Panagi, G. Bateman, P. Watkins, R. Hagger, N. Archibald, D. Harmer, M. Livermore, J. Golder, W. Higgins, Lady, M. Boyd, P. Reynolds, D. Penzoni.

Diss & District CC MG 25 Sunday 14th March. B25/41

Table with 2 columns: Name and Time. Includes G. Frost, J. King, P. Bailey, A. Gardner, A. Everett, M. Groves, P. Sawyer, R. Reads, P. Dexter, Jun., A. Gardner, Vet., P. Dexter, D. Matthews.

St Budeaux CC 28 mile hilly TT

Table with 2 columns: Name and Time. Includes A. Ryder, K. Squibb, S. Chattell, G. Dodd, S. Fewell, N. Allen, P. Shelly, K. Lilley, J. Warner, S. Blake, M. Parker, N. Winter, P. Burridge, D. Moulden, S. Mitchell, Lady, B. Browne, J. Treiving, J. Grafton, Vet., M. Parker, M. Frampton, D. Gunn.

St Budeaux CC 10 mile TT Saturday 13th March. S4/10

Table with 2 columns: Name and Time. Includes A. Lyons, H. Fairgrieve, D. Barnes, G. Dodds, P. Roberts, S. Chattell, A. Ryder, N. Polkinghorne, I. Wallace, K. Rees, L. Dinham, L. Lawrence, R. Jackson, B. Newton, J. McNamara, Lady, B. Browne, J. Grafton, E. Whitton, Jun., A. Clemo, L. Fennell, Vet/Std, M. Lawrence, H. Alford, B. Newton.

Essex & Suffolk Border Combine 19.7 mile hilly

Table with 2 columns: Name and Time. Includes J. King, B. Paton, G. Taylor, E. Page, A. Stapleton, S. Jones, M. Jay, G. Snellin, I. G. Burch, R. J. Wood, M. R. Ixoskin, N. Douglas, P. A. Bailey, C. K. Sheppard, K. R. Doring, Handicap, R. Harman, H. Gladstone, S. C. Larbey, Leo RC.

A5 Rangers Hilly 30 mile TT

Table with 2 columns: Name and Time. Includes J. French, L. P. Pick, I. Brazier, S. G. Hunt, S. L. Ward, C. Hillier, C. Roper, B. M. Mitchell, P. Cooke, C. Paginton, D. A. Stalker, M. R. Williams, P. T. Makepeace, G. R. Dennis, S. R. Robinson, Team. Rugby Velo.

A5 Rangers Hilly 15 mile TT

Table with 2 columns: Name and Time. Includes P. Anderson, D. S. Tobin, K. Fretwell, C. Perry, Jun., I. B. Whenham, M. Whalan, Vet., L. J. Burns, I. Bowker.

Sussex CA 16.5 mile TT Saturday 13th March.

Table with 2 columns: Name and Time. Includes S. Elms, P. Main, P. Delani, P. Watkins, Lady, G. Salmon, H. Wimble, S. Lade, Jun., S. Woodbridge, M. Beaumont, Jun., W. Davis, Vet/Std, F. Shepherd, Team.

South Bucks RC 2 Up TTT Saturday 13th March. H10/5

Table with 2 columns: Name and Time. Includes One rider vet, E. Adkine, P. Williamson, T. Batsford, B. Foster, R. Addy, R. Batsford, R. Batsford, B. James, Team.

South West London Combine 10 mile TT

Table with 2 columns: Name and Time. Includes L. Winterbottom, P. Gadd, P. Anderson, C. Davis, J. Froud, G. Birch, G. Stace, J. Hector, R. Murphy, M. Morgan, G. Rogers, P. Smith, A. Cox, L. Pullen, Lady, N. Wadham, L. Donaldson, Jun., R. Murphy, Jun., M. Morgan, Team.

In Scotland, Erskine CC 2-up

A minutes silence was observed prior to the prize presentation in the Braehead Tavern, as a mark of respect for Roy Smith (Johnstone Wheelers), who died of natural causes, at the age of 57 during the week.

Roy was a top rider in the 1960s, and was still active on the bike. He was the uncle of professional Brian Smith.

Erskine CC 2Up TTT Sunday 14th March.

Table with 2 columns: Name and Time. Includes G. Herd, J. Gallacher, M. Millar, C. Bark, P. McDonald, R. Warren, S. Campbell, R. Wilson, R. Crichton.

Table with 2 columns: Name and Time. Includes D. Campbell, H. Kelly, W. Stephen, J. Craig, G. Goldie, G. Matthews, B. Kirkham, Camp Teams, B. Smith, A. Ramsey, L. Pritchard.

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Ramsbottom win after long wait. Dawson second 26 sec's in arrears

Clifton CC York 10 Mile T.T.
Saturday 13th March - V312
This popular early season Event again attracted a full field with 35 entries having to be returned. A warm Spring-like day greeted the riders but it was marred by a moderate southerly breeze, which was to prove troublesome on the way to the turn.
First rider to impress was No. 10, **Julian Ramsbottom** (Dinnington RC) the eventual winner. He stomped home in 21.04. to throw down the gauntlet. It was a time that no-one on the day would better.

We had to wait for No.60 to see another sub 22 minute ride from 4th placed **Mark Addinall** (Midridge CRT), who returned a time of 21.56.
Vince Macklam (Leeds St Christophers) took 3rd place with 21.51, then it was "eyes down the road" waiting to see if **Kevin Dawson** (GS Strada) could pull something out of the bag. He sped across the line to record 21.30 and, on this occasion at least, settle for 2nd place.

Martin Pitchford (Dinnington RC) recorded 22 minutes dead to finish in 5th place.

Fastest Lady was **Sally Boyden** (Askern CC) in 25.06 and yet again the evergreen **Dave Longbottom** (VC York) was best Vet on Standard with his time of 24.11 producing a plus 6.19.

Most riders were satisfied with the flexing of their early season muscles. There were 17 competitors inside 23 minutes and altogether a third of the field achieved 25 mph plus rides.

J.M.Ramsbottom(Dinnington RC)	21.04
K.Dawson(G.S.Strada)	21.30
V.J.Macklam(Leeds St. Christ. CC)	21.51
M.D.Addinall(Midridge C.R.T)	21.56
M.Pitchford(Dinnington RC)	22.00
S.J.Frankish(Scunthorpe Poly)	22.01
P.Curran(Dinnington RC)	22.05
A.Lane(Team Mirage)(V)	22.11
T.McKenna(Midridge C.R.T)	22.12
R.Moore(Hull Coureurs)	22.15
K.S.Turner(Preston Whs)	22.15
R.Krygsmann(Gool&ermuyderCc)	22.23
J.Lewis(V.C. Nouveau)	22.32
S.P.Tyson(West Hartlepool CC)	22.34
S.C.Gore-Brown(V.C. York)	22.39
I.D.Holmes(Clifton CC)	22.51
D.Mariot(Ravensthorpe CC)	22.54
S.Wigglesworth(Featherston CC)	22.54
M.Robinson(Hull Coureurs)	22.55
M.J.West(Askern CC)	22.58

Holmes Home Again In Record Time

Harrogate Nova 19 mile Mountain T.T. Sunday 14th March - V863

Laurie Holmes (Leeds St Christophers CC) won the Harrogate Nova CC 19 Mile Mountain Time Trial in a time of 46 mins 2 secs, to slice around half a minute off his own course record and take the event by a margin of over 2 minutes from second placed **Martin Ingham** (Condor RC) who recorded 48 mins 27 secs.

The promoting club were represented in the prize list by **Paul Caswell** who finished third in 48 mins 53 secs.

The conditions were kind for the time of year, with a warm light southerly wind and some sunshine making quite a pleasant day (for those watching the event anyway) Those riding had to contend with the terrain and probably did not have time to notice the weather. They were more concerned with ascending Whipley Bank and Darley Head.

Mercury Racing Team riders **M.A.Walkley** and **D.Proctor** took 5th and 6th place and

together with **N.R.Edwards** won the Team Award with an aggregate time of 2.35.58.

Fastest Vet was **Kevin Warr** (Seacroft Wheelers) with a time of 52.44 and **Lyn Hanson**, from the same club, was fastest Lady in 1.0.41.

L.Holmes(Leeds.St.ChristCC)	46.02
M.D.Ingham(Condor RC)	48.27
P.S.Caswell(Harrogate Nova CC)	48.53
R.Osman(University of York GSC)	49.53
M.A.Walkley(Mercury RT)	51.00
D.Proctor(Mercury RT)	51.16
T.Horton(Bronte Wheelers)	51.27
P.Musgrave(Clifton CC York)	51.46
N.D.Meal(Huddersfield RC)	51.50
K.Warr(Seacroft Wheelers)	52.14
R.Harrison(Bradford Whs)	52.44
C.P.Yates(Otley CC)	52.48
K.Fields(Airedale Olym)	53.17
D.Turner(Huddersfield RC)	53.26
N.R.Edwards.(Mercury RT)	53.42
Vet K.Warr, Lady	
Mrs L.Hanson (SeacroftWh)	1.0.41
Team Mercury RT	
Walkley/Proctor/Edwards	2.35.58

Roy Smith

B.A.R. Talk

Kevin Dawson, current holder of the RTTC Best All Rounder trophy, talks to Time Trial Weekly.

Roy Smith

I'm not sure I should have been riding at the weekend because I'd had a bit of flu last week. I'd still been to work, mind, so, it wasn't that bad and it did seem to be getting past its worst. I always find it hardest to judge things at the end of a bout of flu: you never quite know when to stop laying off and when to get back to normal training.

On Saturday I came second in a 10 mile time trial. I knew I was below par and so was pleased with the result. The winner was **Julian Ramsbottom** of Dinnington RC. Being a former 25-mile junior champion it takes a lot to match Julian's times.

I finished 12th in Sunday's road race. It was a good test, though I took it steady.

Anyway the attention is now on the Porthole GP next Sunday. I'll take it easy for two or three days this week, then prepare in earnest.

I've ridden the Porthole before so I'll probably go round the 25-mile course in the car late on Saturday to size it up.

Some Sunday morning events I tackle straight from home, others I stay overnight at a nearby hotel: it all depends on the distance. If they're 150 miles away I'd have to be up at 3am if I was at home-that's too tiring. Obviously I always miss the hotel breakfast. The bike stays in the bedroom unless they can find a special locked room for it. Usually there are other riders in the same hotel but since we're all there for the same reason we keep away from the drink.

Back to the Porthole, though, and its hilly course round Lake Windermere, **Gethin Butler** won it last year, it's his sort of course. And it's the sort that

Chris Boardman loves. If I'm fully fit I'm hoping to give them a good run-if I'm in the same condition as I was in the Featherstone 25-mile time trial two weeks ago then it should be close.

What do I carry on board during a time-trial? Nothing. Not even a spare tub? No, nothing.

I just walk back to the start. There's no point carrying anything because by the time you put a fresh tub on and blow it up you've lost your time anyway. It's the same in a 50.

The beauty of a 100 is that you're allowed a following car. I'm lucky: I get the offer of support from various people. There's dad, and my brother, and **Alan Robson**-he's in Askern, lives nearby and has done time trials himself.

Last year I guess I was lucky, I didn't puncture in any of the 25-mile events I rode.

Mind, I do keep changing tyres, replacing them before they wear out. They're **Vittoria** and at £30 each they're one of the main expenses of time trialling.

I don't hoard a lot, I tend to splash out £60 every two months.

Is two events the same weekend pushing things? I manage a 10 and a 25 comfortably, while with two 25s I do find I'm a bit stiff on the Sunday run if I've gone 100% on the Saturday.

My weekly routine is to train hard on Tuesday, Wednesday and Thursday. Monday sees me on the bike but not pushing it while Friday sees me easing right back, though I still get in the saddle to turn the legs.

If you're at the Porthole, give us a shout.

Lewis Pell

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24 Hour Tales, Unlucky Thirteenth

by The late Stan Bray

This was the year! Hadn't we won the National Team Championship the previous year to be fired with enthusiasm and desire to get the Competition Team Record-perhaps a chance of the individual record?

Realising long distance events need planning-feeding; nature stops; picking up lights and night clothing etc., as well as whipping up clubmates, are vital for success, 8 THEN easily-led friends:- George Juggins, Doug Osmonde, Vic Brown, Jim Winter, Bob Griffiths, Arthur Cooper and Bill Thomas were cajoled to enter the 1950 Western TTA. 24 hour Championship and by circulating large scale maps of the U17 course; holding meetings to arrange training, feeding we became very excited about a month before the event.

A pantechnicon was booked to carry riders, bikes, food and helpers to the start, drop off helpers at set feeding stops; then bring the 'bodies' home. (1st Serious mistake)

Club President Noel Brealey had such faith in us he arranged for

all V.P.s and wives to be at northernmost turn-Broadway on the Saturday night.

All riders had been sworn in to finish come what may to keep up team morale.

Training consisted of regular weekly racing at all distances with two long night rides 1 and 2 weeks, with no quarter expected or given, prior to the event. Starting Friday evening we could get home Saturday and have Sunday rest for work on Monday! Setting out, bottles and knockerbags filled we left Birmingham for Bristol back to explore the course. The W/E coincided with Bert Parkes End to End Trike record attempt. Hopefully we'd be able to check him as he passed on his way up from Bristol.

Between Teitbury and Gloucester, pale blue phosphorescent spots along road convinced us we were suffering hallucinations. They were glow-worms'. Mental note-useful spares if lamps fail!

Bert must have passed while we investigated the glow-worms. Sorry Bert-glad you get the record (3 days 38 minutes)

The Boston and back was tough and Jim was left in a bus-shelter in Lincolnshire. On our return he had gone. Passing through Melton Mowbray, Stan took off for home-he must have been desperate for dinner! The others arrived after he had eaten, bathed and was asleep on the sofa!, agreeing he was fit! for the next weekend.

On the day he could not get going. Approaching Broadway he was last of the team, muttering "It's only an off-day I'll be alright tomorrow", but where was the pantechnicon, Ah! there it was-parked -on sign of helpers. Climbing in, driver and rest fast asleep!

"Wakey, Wakey you lazy slackers" he yelled, grabbed bananas before pushing on towards turn with Stan Butler, Eddie Mundy and Stan Harvey passing on their return.

Feeling so ashamed and disappointed the President's party didn't stop as I turned in the blaze of headlights, to be told that 3 of ours had packed-"So you'd better get your finger out!" ringing in my ears as the darkness closed around me, and I longed for midnight-a new day to end the off-day!

Early morning 8 hours to go and it started to rain but I started catching Pantechnicon still not doing its job! Dispensing warming drinks and waterproof clothes wonder what's wrong!

Entering the finishing circuit, suddenly realised I could be third man in our team which spurred me on to give everything I'd got, catching Vic Brown then seeing a 'witch on a bike' in front. It was Jim Winter in torn black cape like a ship in full sail. Eventually passed him and ran out time with 418 miles in thirteenth place. George Juggins was 5th 438 taking the club record off Doug Osmonde who 24 minutes earlier had completed 429.

Once again we had aggregated more than the Vegetarian C & AC team record of 1284.5 miles but AFTER the magnificent Addiscombe had already set up a new team record and Stan Butler (Norwood Paragon CC) had won with new Competition Record 458.18 miles!

Lesson learnt: You cannot give your best as a rider if you are manager as well.

Dougie in the Daytime.

I'm, sitting with a guru, a fountain of expertise. Me, Dougie, a mere mortal is to be found deep in conversation with no less than Richard Ballantine. The maestro. Source of knowledge. Recognise the man's name? You should, he's one of the two Richards (Richard Ballantine and Richard Grant, that is) who are behind Richard's Ultimate Bicycle Book. Now there's a useful read.

It being the start of a new season, I realised I had some fundamental thinking (and possibly spending) to do. You know what smooth talkers shop salesmen are, they'll convince you of anything. Far better to keep them at bay and do things right.

My position is this: with a successful first season of time trialling behind me, my personal best for 10 miles trimmed by more than three minutes from that initial 28 mins. 58 secs. and a shiny golden medal to show that I got my vet's standard, everything is up for grabs. I'm ready to invest. Ignoring (for the moment) the question of money, I want to get everything right (wheels, frame, bars, saddle, tyres, the lot) even if progress comes bit by bit.

Richard smiles at where I've put the focus. "The bike itself is only a small element in your overall aerodynamic efficiency," he says. "The main aspects are the riders: his position and his clothes."

The fact is that your position determines your aerodynamic efficiency more than anything else. It takes total priority.

"At 12mph," explains Richard, warning to his task, 'mechanical resistance is the same as air

resistance. However at 20mph 85% of your work is expended in beating air resistance-that result is that at this speed you are working four times harder. At higher speeds you displace more air and the forces get very large.'

So let's concentrate on riding position. The ideal, if you want to make progress, is for an entire club to get together so everyone is either photographed or videoed-not just sitting posing but when working hard, putting in maximum effort. Then look at the results: see what you look like and take steps to improve.

The crucial point is the shape over the top. 'Remember Chris Boardman on the Lotus bike,' says Richard. 'He had a very smooth line from head to back.'

Be warned that pinching your elbows in too far can raise the shoulders and do harm to that all-important profile. Adjusting the width of your aero-bars outwards may be worth making, since it is your overall shape that counts.

Provided you've got your top line in order, then the rule is the smaller your frontal area the better.

I'm aware that Richard is doing all the talking here. His coffee has gone cold and an array of toast lies barely eaten.

But this man is an enthusiast. His eyes sparkle as he swings the conversation back to clothes and explains the basics of aerodynamics. I'm learning about laminar flow. 'Take this table top here as an example of what's involved,' suggests Richard. 'When the wind has swept across and travelled two thirds of the way along it, the flow of the winds breaks.'

'It's the same with any shape. Blown air has to break somewhere. But if the break is a big one then there's a lot of turbulence: it's like a hand grabbing you and holding you back. However, if the break comes earlier and if the air flow can be challenged selectively, bit by bit, then the damage is reduced because there is less drag.'

'It's why golf balls are dimpled.'

'This explains why you don't want to wear smooth clothing: gear with a vinyl finish like a shower curtain is no good because it's too smooth. A slight weave effect is better.'

The next point is that time triallist' clothes need to fit like a glove: every wrinkle induces unnecessary turbulence. Even your watch contributes, so leave it with the time-keeper (if you can trust him).

If he's a reputation for being a pawnbroker then leave your fancy garnishings/useless clutter at home./

At this point it dawns on me that what I need, ideally, to try out my changes, is a wind-tunnel. That means tracking down a boffin working for a car manufacturer but who has an empathy for bikes. Any offers?

Testing is important: when Richard worked on wind tunnel tests while refining and perfecting the shape of HPVs (human powered vehicles),

the team got the shape of the bike-containing cover so efficient that the researcher in charge said the whole thing had no more than the resistance of a wing mirror on a car. Wow! Now you're talking!

The Seventy Nine Cafe's regulars, spread round the walls, listen with growing interest to this couple at the table next to the window. We're pulling attention all round: three

Guardians, two Independents and a Daily Telegraph all lie folded. Still unread. On close inspection Richard's toast is formally declared dead.

Which brings us on to aero-bars (if you understand the link with close toast you need to worry. Join the club!)

'The clip-on sort are best., I'm advised. 'Avoid the expensive sort that offer only one fixed position, you want to be able to adjust everything until you find your ideal position.'

'Avoid the type that involve wrapping both hands round each other-if you're praying then you've no control over steering. It's too dangerous. Your hands want to be apart.'

'And get your shifters up on the end of the aero-bars because every time your hands falls down to the frame you lose two or three seconds. On a 25 mile time trial that's 1 minutes 15 seconds gone. The reason is simple: you want to stay in the optimum riding position and anything that detracts from that costs you time.'

Coming next: part 2 of The Ultimate Bicycle Book author's performance review where Richard looks at the bike itself. Frame, disc wheels, tri-spokes, tyres and gears are all put under the microscope.

As is riding style. 'For sheer efficiency,' says Richard, it's best to pedal with a cadence of 55 rpm.' Now there's a statement, one that might prove marginally controversial!

Dougie

**VTTA (Notts & East Mids)
25 mile TT****Sunday 14th March. A25/16**

D.Hodgins.(Stockport Clar).....	+12.11
R.Blythe.(Sheffield Ph).....	+12.02
J.Goodwin.(Sheffield Ph).....	+11.44
J.Bevan.(Coventry Olym).....	+11.29
A.J.Smith.(Coalville Whs).....	+10.21
J.J.Gracie.(Sheffield Ph).....	+8.23
K.R.Gent.(Melton Olym).....	+8.15
K.C.Wells.(Alford Whs).....	+7.52
G.J.Barnbrook.(Wrekin Sport CC).....	+7.05
R.J.Perrett.(Ratae RC).....	+7.02
B.S.Hopkinson.(VC Lincoln).....	+7.01
P.Crehan.(Sheffield Ph).....	+6.45

Fastest.	
K.R.Gent.(Melton Olym CC).....	1.01.52
J.J.Gracie.(Sheffield Ph).....	1.02.44
K.C.Wells.(Alford Whs).....	1.03.47
Team/Std.	
Sheffield Phoenix CC. +28.52	

**North Middlesex & Herts
CA. 25 mile TT****Sunday 14th March. F1A/25**

P.Silver.(VC Slough).....	54.06
J.Hunt.(Hemel Hempstead CC).....	56.19
R.Garrett.(Beds RCC).....	57.34
G.Haley.(Hemel Hempstead CC).....	57.37
D.Hitchens.(VC Slough).....	57.50
P.Richards.(Icknield RC).....	59.34
D.Wilsmore.(Stevenage CC).....	1.00.29
J.Green.(Catford CC).....	1.00.34
W.Buxton.(Herts Whs).....	1.00.58
P.Murphy.(Catford CC).....	1.01.39
P.Young.(Herts Whs).....	1.01.42
M.Marsh.(Icknield RC).....	1.01.59
I.Garbutt.(Hemel Hempstead CC).....	1.02.21
G.Chaplin.(London St.CCC).....	1.02.27
M.Cutts.(Lectworth VC).....	1.02.40
Lady.	
R.Cox.(Verulam CC).....	1.06.58
M.Jagger.(Letchworth VC).....	1.08.26
M.Barnes.(Icknield RC).....	1.15.51
Jun.	
J.Hunt.	
Juv.	
S.Barnes.(Icknield RC).....	1.06.10
Vet.	
R.Garrett.	
D.Hitchens.	
W.Buxton.	
Team.	
Hemel Hempstead CC.....	2.56.17

**Velo Sportin 20 mile MTT
Sunday 14th March.**

M.Williamson.(City of Edinbro').....	47.12
A.Young.(Velo RT).....	49.13
S.Smith.(Penicuik RT).....	49.13
M.Cole.(Velo RT).....	49.29
G.Moore.(Penicuik RT).....	50.10
L.Badenoch.(Gala CC).....	50.12
D.Hannan.(Denny RC).....	50.20
A.Davies.(GS Modena).....	50.27
P.Hutton.(Penicuik RT).....	50.31
S.Wright.(Louden RC).....	50.34
A.Mooney.(Royal Albert).....	51.03
S.Armour.(Ayr Roads).....	51.07
N.Lawson.(Musselburgh RC).....	51.20
G.Easton.(Velo Sportin).....	51.25
D.Smith.(City of Edinboro').....	51.30
Lady.	
J.Henson.(Team Caledonia).....	54.45
J.Smith.(Team Caledonia).....	60.04
Jun.	
L.Badenoch.(Gala CC).....	50.12
C.Hoy.(Dunedin CC).....	52.19
N.Hall.(City of Edinboro').....	52.50
Juv.	
N.Walker.(Louden RC).....	53.01
R.Chapman.(Musselburgh RC).....	58.13
Vet.	
D.Millar.(VC Astar).....	49.58
D.Devlin.(Hawick CC).....	53.27
A.Ainslie.(Hawick CC).....	54.35

MDTTA 10 mile TT**Saturday 13th March. J4/1**

R.Haigh.(Seamons CC).....	22.41
P.Turton.(Leigh Premier).....	22.57
A.Hilton.(Leigh Premier).....	23.01
W.Woods.(Warrington RC).....	23.25
S.Milton.(Crewe Clar).....	23.22
M.J.Turnbull.(Leigh Premier).....	23.33
P.R.Feeney.(Leigh Premier).....	23.38
P.D.Pearce.(Withington Whs).....	23.45
M.Bradley.(Warrington RC).....	23.57
D.T.Mulroy.(Team Stonefield).....	24.00
G.Fox Kelly.(ABC Centreville).....	24.01
G.Leicester.(Warrington RC).....	24.08
A.Thorpe.(Dukinfield CC).....	24.09
K.Bailey.(Seamons CC).....	24.09
J.Gresty.(Lymes RC).....	24.12
Lady.	
K.Staff.(ABC Centreville).....	25.51
A.Luckock.(Dukinfield CC).....	28.22
R.Garnwell.(Team Stonefield).....	29.27
Jun.	
R.Standring.(Wrexham RC).....	24.20
C.Barry.(New Brighton CC).....	24.22
W.Sanderson.(Stockport Clar).....	24.25
Juv.	
C.Morgan.(Manchester Whs).....	25.52
D.S.Yates.(Macclesfield Whs).....	26.49
Vet.	
J.Gresty.	
D.Hodgins.(Stockport Clar).....	24.46
P.J.Finch.(Janus RC).....	25.31
Team	
Leigh Premier.	

**Tunstall Wheelers
2 UP TTT****Sunday 14th March.**

A.Hilton/P.Feeney(Leigh Premier).....	32.50
D.Sayers/J.Richardson.(Ratae RC).....	33.22
R.Genders/A.Lane.	
(B'head/Team Mirage).....	33.27
N.Dring/R.Haines.(Ratae RC).....	34.38
M.Cunningham/R.L.Warrington.	
(Wt Pennine/Souls RT).....	34.47
W.Hughes/D.Parkin.	
(Coventry Olym).....	35.32
N.Clementson/C.T.Leigh.	
(Warrington RC).....	35.45
A.Dale/C.Knox.(Lyme RC).....	35.58
B.Keeling/R.Chadwick.	
(Tunstall Whs).....	36.19
R.Braddock/R.Morris.	
(Tunstall Whs).....	36.25
Team Inc lady.	
P.Voller/L.M.Boardman.	
(B'head NE/Nth Wirral V).....	38.22
Inc Jun.	
A.R.Johnson/W.McLellan.	
(Chase Tri C).....	37.14
Vet.	
R.Genders/A.Lane.	
Vet/Std.	
R.Little/J.R.Ogden.	
(Altrincham Ravens CC).....	+8.56

J5/7 had to be abandoned due to major roadworks, new course also threatened by road works the day before, but work was later confirmed as not starting until later in the day, after the race. Only one team out of 37 did not start, this was due to a absence of one partner.



20-27 JUNE 1993

Don't miss Britain's Greatest Festival of Cycling Sport under ideal conditions.

The Isle of Man—the birthplace of modern British road racing extends a friendly welcome to racers, tourists and social seekers.

ENTRIES CLOSE

Wednesday 12th May 1993

Entry Forms and Information write to:-

Mike O'Hare, Secretary,
Killane, Stoney Road,
Douglas, Isle of Man.

VETERANS
especially welcome
ask Dick Clarke!

WHAT'S ON

Saturday 20th Mar, 1993

Sunday 21st Mar, 1993

Barnesbury CC
MM2 14.00hrs

Stone Whs
J8/1 08.00hrs

Basildon CC
E72/25 07.00hrs

Bronte Whs (Hilly)
V831 08.00hrs

North Notts Olympic RC
A10/20 09.00hrs

Ribble Valley CRC
L352 13.00hrs

VTTA (London)
HCC113 08.00hrs

Sussex CA 2-up
G191 09.00hrs

Abbotsford Park RC
J2/1 14.00hrs

CC Breckland
BS21 09.00hrs

Kent Valley RC (Hilly)
L2513 08.00hrs
Porthole GP

Gemini BC
QS/22 08.00hrs

Stourbridge CC
K8/10 14.00hrs

Sotonia CC
Pi45 09.00hrs

Olympic Gold Medallist Chris Boardman heads this star studded field. Last years winner Gethin Butler, Chris Ball, Kevin Dawson, Andy Wilkinson, Stuart Dangerfield and Marie Purvis all National Champions.

Border CA 2-up
H20/8 09.00hrs

Sotonia CC
P613 14.00hrs

Bath CC Hilly
U32 09.00hrs

Winner of the first Porthole GP Arthur Caygill rides, 1989 winner Paul Curran, and Ffour times winner Darryl Webster.

Kettering Am CC Hilly
NC/1A 10.00hrs

Scarborough Para.
V418 12.00hrs

Icknield RC Hilly
F12/27 09.00hrs

B.D.C.A 2-up
A25/16 08.00hrs

N.M.C.F.
O25/4 09.00hrs

Elizabethan CC
K21/18 10.00hrs

Vince Macklam and Laurie Holmes head this full field with Rob Krygsman J.Lewis A.K Corbett and S.Brown among the rest of the riders.

St Austell Whs
S6/10 09.00hrs

Y.L.C.A. event

Yvonne McGregor and Elaine Ward make their first open appearance of 1993

Axholme Whs 2-up
C25/1 09.00hrs

East Dorset CA
P422 08.00hrs

Weston Whs 2-up
U21 09.00hrs

Liverpool TTCA
D25/11 07.00hrs

Carmarthen Whs
R25/17 08.00hrs

Nun Brook Whs
V336 08.00hrs

CLUB PAGE

Essex Roads CC

Nick Hastler continued his winning ways when he rode in the Essex Roads CC 25 mile 2Up event held on the A13 in conjunction with the Basildon CC.

Nick riding with Malcolm Judd recorded 1.04.42. to win by 34 seconds from Richard Fraczek and Stev De-Cruz.

B. Atkinson/G. Clarke.....1.06.04
R. Smith/S. Tiddiman.....1.14.12
D. Stagg/B. George.....1.14.46
M. Ruffy/M. Nurphy.....1.16.16
Overall Winners.....
Basildon CC
B. Duke/S. White.....1.00.42
In the Elite CC 10 mile event on the A12, Nigel Brooks recorded his fastest time of the year 23.35. The event was won by P. Main in 20.23.

North Hampshire RC 20 mile Sporting

S. Carver.....51.58
D. Barton. (J).....52.10
L. Parker.....53.22
D. Morris. (J).....54.13
P. Watts.....54.36
D. Hitchcock. (V).....56.03
J. Moore. (V).....56.52
A. Willard. (V).....57.06
J. Bawden. (V).....58.50
P. Tozzo.....58.53
Visitor.
J. McLaughlin.....49.08

The Unkindness of a Ravens 2-UP.

Roger Little opened his account with Jim Ogden in the Tunstall Wheelers 2-Up described as a 'hilly 15'. Both flogged each other to a vets win on standard in 36mins.49secs. and collected enough petrol money to include any of the increases due to the budget. The pusher-off was that great roadman, Les West.

