

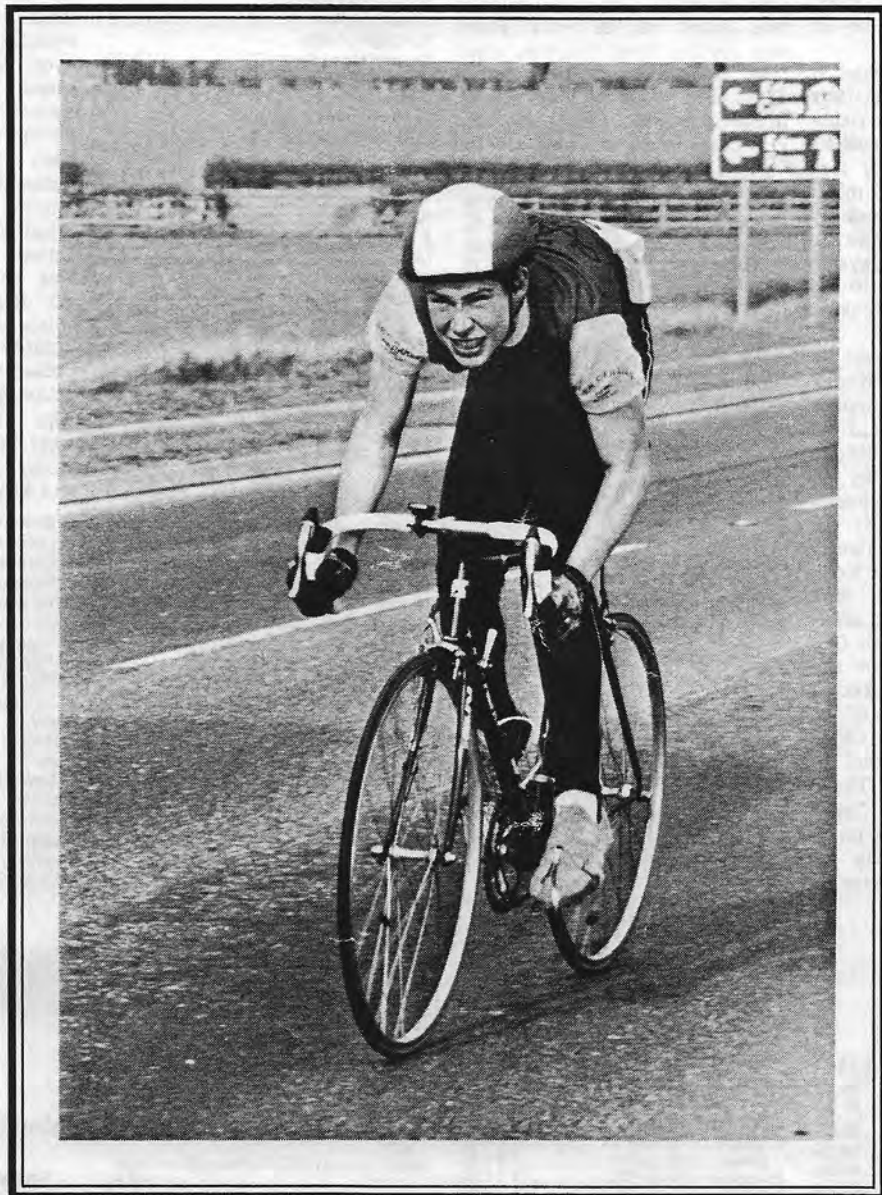
TIME TRIAL WEEKLY

PRODUCED BY TIME TRIALLISTS

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No 46

Price 70p



M. Young, Bay Clarion Velo in one of his early attempts at time trialling
Picture by Mike Spivey

Chris. Boardman returns to form with a weekend double. West of the Pennines

Olympic champion Chris. Boardman proved without doubt he is back on top form when he completed an impressive week-end double in Cheshire and Lancashire. New Brighton CC 25 mile TT Saturday 17th April. D25/11

A full field of 120 assembled for the 5.01pm start at Broxton, just off the A41 and the main question in people's minds was how would Chris.Boardman go after being sidelined at Easter due to a throat infection that ruled him out of the Girvan 3-day in Scotland?

Despite Chris. being launched at 7.01pm., with the later starters having to cope with a rising wind, he flew round the roads he knows so well and calmly free wheeled across the line 50 mins. and 24secs. later to record exactly the same course record time he did last July in the Merseyside Wheelers event, just prior to his departure for the Barcelona Olympics.

His fellow Olympians from the North Wirral Velo-Kodak superteam were there in support. Paul Jennings was second in 53.32. with Simon Lillistone fourth in 54.10, split only by the talented Port Sunlight Wheeler Chris. Sanders who did 53.54. for third spot. The Boardman family was out in force with Dad Keith doing 58.46-a respectable time for a mature vet. Chris's sister Lisa (Birkenhead North End CC) did a decent ride of 1.05.09 and joked as she passed timekeeper Bob McNamee "At least he didn't catch me!" Brother Chris had started 16 minutes behind! Chris. said at the finish "That's it. I'm on the way back." Asked about his L.E.D. rear light under the saddle, he said "They are great. I don't normally race at night!"

A total of 42 riders beat the hour-eight of them for this first time. Fastest lady Christine Roberts (Crewe Clarion Whs) did 1.01.02 on her beautiful new wheels but punctured soon after the finish. Her clubmate Ray Hodgkinson was fastest vet. in 57.27. There was joy for New Brighton when their 16 year old best junior Chris. Barry did 58.33. for three minutes off his PB. The event was categorised and here are the various groups.

C.Boardman. (Nth Wirral Velo) ..50.24	P.Jennings. (Nth Wirral Velo)53.32
C.Sanders. (Port Sun Whs)53.54	S.Lillistone. (Nth Wirral Velo)54.10
K.Turner. (Preston Whs)55.16	A.Hilton. (Leigh Prem)55.41
K.Humphries. (St Helens CRC)56.32	A.Bennett. (L'pool Century)56.37
S.Mitton. (Crewe Clar)56.48	N.Clementon. (Mersey TC)57.15
Group B.	K.Humphries. (St.Helens CRC)56.32
N.Clementon. (Mersey TC)57.15	J.Gresty. (Lyme RC)57.52
R.Johnson. (Nth Shrop Whs)57.53	J.Edward. (Walsall RC)58.55
Group C.	C.Whittle. (Crewe Clar)57.54
S.Stoneman. (RT Italia)58.26	P.Cawley. (Rhos on Sea CC)58.52
A.Dale. (Lyme RC)59.12	A.Abbott. (Preston Whs)59.33
Group D.	P.McCormick. (Chester RC)58.40
C.Barry. (New Brighton)58.53	M.Guy. (Stretford Whs)59.04
R.Standring. (Wrexham RC)59.11	G.Smith. (Port Sun Whs)59.22
Group E.	R.McNabb. (Central Lancs RC)58.41
S.Cranny. (New Brighton CC)59.47	S.Harvey. (Crewe Clar Whs)59.54
J.Dooland. (Preston Whs)1.00.05	K.McIver. (St.Helens CRC)1.01.23
Team. North Wirral Velo. (Boardman/Jennings/Lillistone).2.38.16	

Ken Kirby

West Pennine RC 15.3 mile Hilly TT

Sunday 18th April L171

C.M.Boardman. (Nth Wirral V)36.17	G.J.Butler. (RT Italia)37.43
P.Jennings. (Nth Wirral V)38.05	S.Weston. (Central Lancs RC)39.25
P.Wheeldon. (ABC Centreville)40.50	D.Collier. (Horwich CC)40.53
HE.Iddon. (Cleveys RC)40.55	MJ.Bowes. (Cleveys RC)40.58
MJ.Turner. (Team Rapide)41.18	MT.Taylor. (Cleveys RC)41.30
RL.Warrington. (Souls RT)41.40	A.Mawdsley. (RT Italia)41.50
M.Cunningham. (West Pennine RC) 42.09	T.J.Battersby. (Leigh Premier)42.16
RE.Francis. (Horwich CC)42.42	Lady. A.Plant. (Lakes RC)47.07
Jun. S.Weston.	Juv. P.Evans. (Oldham Gent)52.44
Vet 40/49	SC.Lester. (Team Rapide)44.42
F.Yates. (Sport RC)44.42	50/59.
R.Pilkinson. (N. Lancs Clar)43.59	60+
J.Keith. (Middleton CC)44.10	Team. Cleveys RC. (Iddon/Bowes/Taylor)2.03.23

Unity CC MM 25 mile TT

Sunday 18th April. E72/25B

P.Bowden. (Redbridge CC)1.00.22	RB.Vacher. (Norwood Para)1.00.31
MR.Fuller. (Dartford Whs)1.00.45	J.Baile. (Unity CC)1.00.50
S.Castle. (Wigmore CC)1.01.10	J.Green. (Catford CC)1.01.35
P.Jackson. (Unity CC)1.01.39	SR.Robinson. (Hitchin No)1.01.58
IM.Reed. (Shaftesbury CC)1.02.43	TM.McCormick. (Hitchin No)1.03.06
FW.Hyde. (Leloes For)1.03.07	D.Barnes. (Icknield RC)1.03.14
KR.Stokes. (Medway V)1.03.22	R.Berkeley. (34th Nomads)1.03.33
RW.Chappell. (CC Romford)1.03.39	Lady Hc'p
D.Gapozzi. (Eagle RC)57.51	Jun Hc'p.
A.Paolino. (Eagle RC)59.00	Juv Hc'p.
MR.Rubiera. (Hainault RC)59.39	Vet Hc'p.
N.Haverson. (Finsbury Park)1.00.04	D.Barnes. (Icknield RC)1.00.14
Team. Unity CC. (Baile/Jackson/S.Brennan 1.03.41)	

Kenton RC(Afia Memorial) 2Up 30 M. TTT Saturday 17th April. F11(Area)

E.Adkins/J.French. (VC Bad) ...1.06.53	P.Pickers/A.Dawson.
(Antelope RT)1.08.04	D.Greese/S.Hunt. (VC Slough) ..1.08.32
L.Pick/P.Tomlinson.	(Icknield RC)1.10.19
A.Barrett/B.Edwards.	(Clarence Whs)1.10.44
P.Shuttleworth/A.Friendz.	(Team Welwyn)1.10.48
M.Sinnott/S.Heather.	(Festival RC)1.12.40
J.Stewart/S.Layfield.	(Team Welwyn)1.13.07
N.Stroud/M.Parton.	(Antelope RT)1.13.16
R.Addy/H.Addy.	(Hemel Hempstead CC)1.13.25
S.Bannister/R.Little.	(Edgware RC)1.14.24
G.Macnamee/D.Ashley.	(Twickenham CC)1.14.27
M.Fagg/M.Putman	(Wilsden CC)1.14.28
N.Williams/M.Williams.	(Icknield RC)1.14.33
A.Munday/D.Benger.	(Aylesbury CC)1.15.01
1st Comp.	G.Lee/G.Goddard.
(Oundle VC/Kenton RC)1.15.21	P.Claridge/B.Heaslip.
(Chequers RC/Kenton RC)1.16.01	Vet. S.Bannister/R.Little.
A.Munday/D.Benger.	

VTTA Yorkshire Group. 10 mile TT

Sunday 18th April. V312

D.Longbottom. (VC York)+6.00	J.Brownhill. (Abbotsford Park)+5.37
T.Hoyle. (Nth Lancs Clar)+5.11	B.Haskell. (Hudds RC)+4.40
PL.Hargreaves. (Nth Lancs Clar) ..+4.38	FG.Hick. (Otley CC)+4.24
R.Robson. (Hull Thurs RC)+3.39	M.Blenkinsop. (Hull Thurs RC)+3.24
JB.Ward. (Scarboro Para)+3.14	M.Overton. (Morley CC)+3.09
JL.Collins. (Bramley Whs)+2.57	A.Sowden. (Otley CC)+2.54
JR.Baines. (Goole Vermuyden)+2.42	D.Twineham. (Selby CC)+2.42
PA.Macklam. (Leeds ST Chris)+2.42	G.Foston. (Hull Thurs RC)+2.42
Std 50+	D.Longbottom.
J.Brownhill.	T.Hoyle.
B.Haskell.	40/49
M.Overton.+3.09	LJ.Flanagan. (Leeds St Chris)+2.01
S.Mills. (Selby CC)+1.56	Hc'p.
F.Parker. (Hull Thurs RC)19.58	D.Twineham.20.54
B.Whittles. (Morley CC)21.47	Actual.
PL.Hargreaves.24.00	Team.
Hull Thursday RC. (Robson/Blenkinsop/ Foston)+9.45	

Northampton & Dist CA 25mile TT

Sunday 18th April. F5/25

I.Butcher. (Beds RC)58.11	J.Cross. (North Bucks)59.17
I.Brazier. (Verulam)1.00.02	P.Bennett. (Verulam)1.00.10
L.White. (North Bucks)1.01.15	Lady.
S.Burnett. (VSCP)1.17.35	Jun.
A.West. (45 Road C)1.01.55	Team. North Bucks RC)3.01.15

Plymouth Corinthian CC 25 mile TT

Saturday 17th April. S4/25

As every pre-race pundit predicted Clive Brooks was the winner of the Plymouth Corinthian 25 though his winning time was 1 minute 20 seconds slower than his course record time set in early March.

The reason for the slower time for Brooks, and the majority of riders who rode both, was the moderate South Westerly wind which sped riders to the 13 mile turn some 4 minutes quicker than the return trip on the open A38.

Brooks made the turn in 24 minutes 48 seconds equal with event secretary Andrew Lyons. Third place was held by Dave Barnes just over half a minute down on the leading pair. He had been 'buzzed' by a stupid motorist in the first mile, taken into the gutter and squirted by the misaligned screen washers. This action continued as each rider was passed. Fortunately one to get doused was a policeman in 'plain clothes' and the motorists number has been noted presumably with a view to formal action being taken.

The minor placings at the turn were held by Ian Wallace, Keith Rees, Lee Dinham, Peter Roberts and Mike Lawrence.

C.Brooks. (VC Camelot)54.39	A.Lyons. (Plymouth Cor)54.53
D.Barnes. (Team Zoyland)56.11	K.Rees. (St Bud CC)57.16
I.Wallace. (VC Camelot)57.33	L.Dinham. (Plymouth Cor)57.34
P.Roberts. (Plymouth Cor)57.38	M.Potter. (Weston Whs)58.41
C.Pike. (Heron RC)59.14	D.Lebatteux. (Exeter Whs)59.37
Lady.	J.Bryant. (Penzance Whs)1.07.05
Jun.	S.Lewis. (Penzance Whs)59.59
Vet/std.	H.Alford. (Heron RC)+16.20
Team. (Bidlake)	Plymouth Corinthian CC. (Lyons/ Dinham/Roberts.57.38)

Manchester & District TTA 25 mile TT

Saturday 17th April. J6/6

R.J.Haigh. (Seamons CC)58.39	G.Fox-Kelly. (ABC Centreville)59.07
MJ.Whalley. (Westmead Team 88) 59.08	PD.Pearce. (Withington Whs)59.18
RH.Little. (Altricham Ravens)59.18	PR.Feeney. (Leigh Premier RC)59.23
AG.Thorpe. (Dukinfield CC)59.31	MJ.Turnbull. (Leigh Prem)59.45
G.Crewe. (Stretford Whs)1.00.56	IC.Jackson. (Warrington RC)1.01.09
Hc'p.	SJ.Shaw. (Manchester V)53.03
S.Hall. (Crewe Clar)54.02	T.Horton. (Warrington RC)54.37
Team.	Leigh Premier RC. (Feeney/Turnbull/ PJ.Turton.1.01.30)3.00.38

**Goole Vermuyden CC
10 mile TT**

Saturday 17th April.

A disappointing field of only 50 riders entered for an Event which offered some good prizes, a sporting course and plenty of warm sun-shine. Robby Krygsman, the Event Secretary, had a day off the bike for once, did he know something we didn't??

It was certainly hard. The unchecked Westerly breeze blowing across the exposed course saw to that and only 4 riders beat the coveted 25 mph.

Tony McKenna (Middridge CRT) was overall winner with a time of 22.36, which gave him an 18 second victory over **P.S. McDonald (Morley CC)** who finished second fastest in 22.54. Third place went to **North Notts Olympic rider S.M. Foster** who recorded 23.21.

There were generous prizes for various categories of Vets. **Derek Hatton (Scunthorpe RC)** picked up the 40-49 year old's prize with a time of 24.58 in his first competitive ride since last September. An excellent time of 24.38 by **Sheffield Phoenix's Pete Crehan** earned him the 50-59 award and the "over 60's" was won by **Eric Grocock (Rockingham CC)** with a time of 26.25 which showed many of the young 'uns the way. The "young 'uns" award was won by **Huddersfield Star Wheelers Junior T. Holmes** in 25.01.

Karen Morton (City RC Hull), the fastest Lady with a time of 27.35, might have been even faster had she not been weighed down by the jewellery on her finger!

A. McKenna. (Middridge CRT)	22.36
P.S. McDonald. (Morley CC)	22.54
S.M. Foster. (Nth Notts Olyrn)	23.21
G.R. Ure. (Wakefield CC)	23.45
M. Blackford. (Bridlington CC)	24.15
S.J. Roberts. (Hudd's Star Whs)	24.19
S.J. Parkinson. (Cleveland C)	24.23
K. Williamson. (Goole Vermuyden)	24.30
P. Crehan. (Sheffield Ph)	24.38
J.R. Charles. (Goole Vermuyden)	24.42
D. Hatton. (Scunthorpe RC)	24.58
T. Holmes. (Hudds Star Whs)	25.01
I.P. Hindley. (Askern CC)	25.35
J.M. Pickering. (Hudds Star Whs)	25.43
G. Revell. (Scarboro Para)	25.45
Vet 40/49 D. Hatton.	
Vet 50/59 P. Crehan.	
Vet 60+	
E. Grocock. (Rockingham CC)	26.55
Lady.	
K. Morton. (City RC. Hull)	27.35
Jun. T. Holmes.	

Roy Smith

**VTTA North Lincs Group
25 mile TT**

Sunday 18th April. L251

G. Nowland. (Team Rapide)	56.33
J.S. Leach. (Rossendale RC)	1.02.08
G. Duteson. (Preston Whs)	1.02.12
T. Cameron. (St Helens CRC)	1.02.43
F. Kerry. (Lancs RC)	1.03.34
B. Ramsdale. (Preston Whs)	1.03.36
D. Brown. (North Lincs RC)	1.04.36
R. Belk. (Kenly Vall RC)	1.04.53
W. Lloyd. (Sih'port RCC)	1.05.00
MT. Wilmer. (Kent Vall RC)	1.05.44
D. Goodenough. (Preston Whs)	1.05.47
B. Wood. (Preston Whs)	1.05.51
Vet/Std.	
B. Wood. (Preston Whs)	+12.29
F. Kerry. (Lancs RC)	+11.21
G. Nowland.	+9.27
Team/Std. Preston Whs. (Wood/Goodenough/J. Mellis. +7.52)	+28.23

The record entry of 90 for the event was marred by the appalling wet and windy weather, only 47 names were recorded by the finishing timekeeper, 41 failed to start. George Nowland (Team Rapide) took his first 25 standard medal in his 5th season of 'vetting'. Dave Sharrock (Cleveleys RC) had "Happy Birthday" sung to him as he prepared to start at 8.10 and celebrated his 45th splashing his way up the A6 to record 1.06.36. Jack Mellis a 74 year old was the third man in the Preston Whs team with a very drenched plus of 7.52. Grateful thanks to the timekeepers and marshals who put up with the terrible weather without complaint.

**C.S. Dynamo.
25 mile TT**

The words of the song standard "What a difference a day makes" went through the minds of those who rode both South West events, in some form of other, as they struggled to the turn of the weekend's second 25. Run on the same roads as Saturday's race but from the other direction was blasted by a fresh South West wind which made the long climb to the courses high point above Bickington sheer purgatory.

So much time was lost getting to the top turn that the pedals could not be turned fast enough on the way back and most riders went back four minutes or more.

The one bright spot was the post race presentation where Percy Sedgemoor, a notable local rider of the thirties, presented the worthy winner with perpetual shield in his name.

A. Lyons. (Plymouth Cor)	58.42
D. Barnes. (Team Zoyland)	1.00.47
J. Warner. (Sid Valley CC)	1.02.34
A. Brimcombe. (CS Dynamo)	1.02.56
S. Fewell. (Exeter Whs)	1.03.27
A. Clode. (Heron RC)	1.03.32
S. Hill. (CS Dynamo)	1.03.39
P. Chapman. (Exeter Whs)	1.03.34
M. Potter. (Weston Whs)	1.04.18
D. Labatteux. (Exeter Whs)	1.04.19
S. Pickering. (Duchy TR)	1.04.50
Lady.	
J. Bryant. (Penzance Whs)	1.12.29
Jun.	
R. Davies. (Tavistock Whs)	1.09.52
1st Vet (Not in top 5)	
G. Kripe. (St Budeaux CC)	1.07.09

Another Win for Laurie
Laurie Holmes (Leeds St Christophers CC) continued his recent run of successes by winning the Clifton CC York "Open 25" in style, with an incredible time of 54.32 achieved in wind-swept conditions on the York/Hull Road Course.

As well as the breeze, it looked at one time as if early light drizzle was going to develop into torrential rain and be an added hazard for the riders. Fortunately, the threatened down-pour held off and the road was dry by the end of the event.

Gareth Metcalfe (Otley CC) was second fastest, some two and a half minutes down, with a 57.01 ride which gave him a 10 second advantage over 3rd placed **K.G. Turner (Preston Wheelers)** who crossed the line in 57.11.

J.M. Wainman (Hull Thursday RC), 57.58 and **J.B. Thompsett (VC Cumbria)**, 59.33 were the only other competitors to beat the hour, which gives an idea of how tough the going was and puts Laurie Holmes ride into context.

There was a special Award for **Fastest Middlemarker**

(Slower than 1.00.00 ever) Last year, incidentally, this was won by Thompsett but this year by **M. Smithson (Clayton Velo)** who was only just "outside" with a 1.00.53. His improvement also won him the First Handicap Award, whilst club-mate **B. Cregg** picked up the 2nd Handicap prize with an actual time of 1.3.35.

Wainman led the **Hull Thursday** to team victory supported by **P.M. Purdy**, 1.1.30, (which won him Fastest Junior award and 3rd Handicap prize) and **J.A. Lockwood**, 1.1.43.

The Ladies Award was closely contested, with **Sue Oxley (Kent Valley RC)**, 1.7.40, being pipped by **Alison Winks (Otley CC)** with a time of 1.7.31. Alison who was only a minute down on her PB must surely be signalling greater things to come in more favourable conditions.

Clifton CC 25 mile TT

Sunday 18th April. V336

L. Holmes. (Leeds St Chris CC)	54.32
G.R. Metcalfe. (Otley CC)	57.01
K.G. Turner. (Preston Whs)	57.11
J.M. Wainman. (Hull Thurs RC)	57.58
J.B. Thomsett. (VC Cumbria)	59.33
G. Lang. (Axholme Whs)	1.00.47
M. Smithson. (Clayton Velo)	1.00.53
M. Braithwaite. (Preston Whs)	1.01.03
P.M. Purdy. (Hull Thurs RC)	1.01.30
R. Osman. (Univ of York)	1.01.31
J.C. Bethall. (Clifton CC)	1.01.36
J.A. Lockwood. (Hull Thurs RC)	1.01.43
R.J. Burne. (Wensleydale Whs)	1.01.55
I. Brough. (Cleveland Whs)	1.02.15
G. Firth. (Bridlington CC)	1.02.18
Jun.	
P.M. Purdy.	
R. Williamson. (Cleveland Whs)	1.02.29
P.R. West. (Cleveland Whe)	1.02.58
Ladies.	
A. Winks. (Otley CC)	1.07.31
S. Oxley. (Kent Vall RC)	1.07.40
J. Greenfield. (Otley CC)	1.13.45
G.A. Sherlock. (Clifton CC)	1.14.27
J. Molony. (Stockton Whs)	1.17.45

Roy Smith

True class from Chris.

On a day of high winds and threatening rain, Chris Allcock (Delta RT) showed his true class with a stunning ride of 55.10 on the exposed Calverton/Long Bennington course. His nearest rival, Bill Moore (Leo RC) was left trailing 43 seconds adrift to once again become the bridesmaid, having come second in the previous days Conisborough Ivanhoe '10'.

These two riders were head and shoulders above the rest, with Bob Genders (Beauvale CC) third in 57.39, to claim the scalp of fourth placed Chris Myhill (Chesterfield Coureurs), who rode to an indifferent 58.12, the local Mansfield RC packed three riders into the first eight to walk away with the team prize.

But the day belonged to Allcock, who having produced this great performance immediately dashed off to compete in a 60 mile road race!

Life is tough at the top.

**Newark Castle CC
25 mile TT**

Sunday 18th April. A25/25

C. Allcock. (Delta RT)	55.10
W. Moore. (Leo RC)	55.53
R. Genders. (Beauvale CC)	57.39
C. Myhill. (Ches' field C)	58.12
A. Lane. (Mansfield RC)	58.21
D. Cross. (Ashfield RC)	58.30
P. Miller. (Mansfield RC)	58.38
J. Kirchin. (Mansfield RC)	59.47
J. Seabridge. (Concorde RCC)	1.00.14
K. Sidwell. (Royal Sutton CC)	1.00.33
Lady.	
C. Prescott. (Sherwood CC)	1.08.50
L. Taylor. (Walsal RCC)	1.08.55
M. Perkins. (Coalville Whs)	1.09.37
Mcp.	
I. McNeill. (Long Eaton Para)	52.59
Team. Mansfield RC. (Lane/Miller/Kirchin)	2.56.46

Ian Claudius

West Wales CL 10 mile TT

Saturday 17th April. R10/20

S. Colloby. (CC Abergavenny)	21.20
I. Griffiths. (Abergavenny RC)	21.37
C. Wallace. (Hirwaun Whs)	21.44
M. Luther. (Cwmcam Para)	22.06
G. Rogerson. (Bynea CC)	22.07
M. Biggs. (CC Abergavenny CC)	22.10
G. Evans. (Port Talbot Whs)	22.13
L. Bond. (Cardiff Ajax)	22.19
N. Lewis. (Bynea CC)	22.27
G. Crook. (Port Talbot Whs)	22.31
B. Newton. (Evesham & DW)	22.37
S. Bowen. (Port Talbot Whs)	22.39
P. Cannon. (Jgmore Vall Whs)	22.43
R.M. Bond. (Aberthaw & D)	22.45
M. Hughes. (Cwmcam Para)	22.46
Lady.	
G. Sparks. (Cwmcam Para)	26.10
L. Williams. (Cardiff 100 MCC)	29.07
Jun. M. Biggs.	
Juv.	
P.J. Sheppard. (Cwmcam Para)	23.46
Vet. G. Crook.	
Vet/Std.	
J. McKellow. (Cardiff Ajax)	+6.29
Team. Port Talbot Whs. (Evans/Crook/V. Davies. 23.32)	

Laurie Holmes beats favourites.

The summer came early for competitors in the Conisborough Ivanhoe 10, mile time trial on the O10/2 course, when the fickle spring weather saw fit to bless the afternoon with warm sunshine and a steadily decreasing wind.

No fewer than 25 riders dipped under 22 minutes, with smiling faces around the results board bearing testimony to a crop of personal bests and unseasonably rapid times around.

It was Laurie Holmes who emerged the clear winner with a super time of 20.25, with the next four places being scraped over between the likes of Grahame Waddington (Pendle Forest CC) Mike McNamara (Rockingham CC), Bill Moore (Leo RC) and Chris Myhill (Chesterfield Coureurs), all of these riders setting off in the final 20 minutes and producing a thrilling finale to the afternoons competition.

However, the news started coming in almost two hours earlier when No3, J.Yates from the local Rockingham CC, clocked 22.40 to dip under 23 minutes for the first time ever. "I never thought I was going to do it. Beating 23 minutes had become a mental block over the past two seasons", he beamed "I just can't believe I've done it!" News of this ride travelled fast, and a few of the 'fancied' riders started to sniff a 'flyer' in the air. Two minutes later Alan Cooke (VC Chesterfield), enjoying good form, took the time under 22 minutes with 21.39-the early target was set. Rapidly improving P.Jezewski (Beighton Wheelers) nibbled seven seconds off Cookes time, before the rejuvenated Bob Genders (Beauvale CC) clipped it further to 21.23. Bob is currently wallowing in new found form after a couple of seasons of indifference. Promising results over the previous weekends has persuaded him to enter the national, where he has "high hopes for a time."

John Charlesworth (GS Strada), off at No 70, made a rare excursion into time trialling and produced a fine 21.16 to net a final 6th place and show that he can still mix it with the best when the need arises.

However, it was for number 90, Laurie Holmes (Leeds St.Christopher CC) who set the event alight with an incredible time of 20.25 to go almost a minute clear. Laurie is having a great start to his season, and one wonders what this young man could do if he were to travel to the "fashionable" drag strips. I've no doubt, that on the evidence of this ride, he would more than put the wind up a few of the established fast men.

It was at this point of the proceedings that the wind was noticeably dropping, and expectations of fast rides began rising amongst the gathered club folk.

One of the three co-scratch riders, Grahame Waddington (no 100) dipped under 21 minutes with 20.56, rapidly followed one minute later by Mike McNamara, who hung on to Waddingtons coat-tails to record a personal best of 20.57.

All eyes were now up the road for the next "big litter" Chris Myhill. He flashed across the line with 20.54 to go second and expressed disbelief when told of Holmes' time. "I can just never beat that man", gasped Myhill "When ever I'm going well, he goes well - I must find out what he does for training!"

One minute in front of Myhill was an ex team mate in the form of Andy Hibberb (Sheffield Hallam University VC). The smooth peddling Hibberb was suitably inspired by Myhill to record 22.59-his first ever sub 23 minute ride.

So it was all down to last man off Bill Moore (Leo RC) the author of the winning time in the Chesterfield Spire Christmas event on the same course. On this occasion however, he had to settle for second. Nether the less his fine 20.46 concluded a super afternoons competition and raised expectations for some fierce competition, and 19-minute times once the summer comes for real.

L.Holmes.(LeedsSt Chris).....	20.25
W.Moore.(Leo RC).....	20.46
C.Myhill.(Ch'field C).....	20.54
G.Waddington.(Pendle Forest).....	20.56
M.McNamara.(Rockingham CC).....	20.57
J.Charlesworth.(GS Strada).....	21.16
J.Bateman.(Pendle Forest CC).....	21.22
R.Genders.(Beauvale CC).....	21.23
A.Gates.(Pendle Forest CC).....	21.28
P.Jezewski.(Brighton Whs).....	21.32
K.Sidwell.(Royal Sutton CC).....	21.35
A.Cooke.(VC Ches'field).....	21.39
W.Cook.(Ches'field C).....	21.40
R.Newman.(Askern CC).....	21.40
R.Morris.(Beauvale CC).....	21.42
J.Russell.(Newark Castle CC).....	21.43
A.Lane.(Team Mirage).....	21.47
M.Maltby.(Dinnington RC).....	21.49
D.Thompson.(Regency RT).....	21.49
J.Peate.(Morley CC).....	21.50
Team. Pendle Forest CC. (Waddington/Bateman/Gates).....	1.3.46
Ladies Hc'p. R.Charles.(Scarboro Para)(3.10).....	22.22
Hc'p. R.Morris.(Beauvale CC.(2.15).....	18.52
M.McNamara.(RockngnCC)(1.30).....	19.27
R.Oakes.(VC Notts)(3.10).....	19.31
SA.Jenkinson.(E.Bradford)(3.20).....	19.34
Tandems T & R Beedham.(Lincoln Whs).....	19.49
G.Pritchard/C.Lee.(Beauvale CC).....	20.22
C.Miles/I.Kitt.(Catford CC).....	21.52
Hc'p. A.Spurr/NR.Dexter. (Reford CC)(7.00).....	17.23

Ian Claudius

Conisborough Ivanhoe 25 mile TT

Sunday 18th April. O2

R.Krygsman.(GooleVermuyden).....	55.59
M.McNamara.(Rockingham CC).....	57.21
V.Gregory.(Chesterfield C).....	57.23
J.Read.(Goole Vermuyden).....	57.30
A.Gates.(Pendle Forest).....	57.39
WG.Cooks.(Chesfield C).....	58.06
R.Morris.(Beauvale CC).....	58.11
P.Jezewski.(Brighton Whs).....	58.36
D.Roe.(Morley CC).....	58.36
MA.West.(Askern CC).....	58.52
Team. Goole VermuydenCC. (Krygsman/Read/SR.Lancaster.1.00.51).....	2.54.20
Ladies Hc'p. LD.Porter.(Coalville Whs)(7.30).....	1.00.44
Hc'p. R.Morris.(Beauvale CC)(5.00).....	53.11
RD.Lloyd.(Marple Whs)(8.30).....	54.07
R.Oakes.(VC Nottingham)(6.30).....	54.41
D.Hodgins.(Stockport Clar)(4.45).....	54.47
Tandem. P.Goodfellow/PP.Barlow. (Kiverton Park).....	51.59
T & R Beedham.(Lincoln Whs).....	52.08
Mixed. R.Taylor/Elaine Ward. (Scarboro Para).....	58.21
Hc'p. L.Winterbottom/Miss.Herridge. (Hounslow/Rutland CC)(10.00).....	50.25

Over 100 entries had to be returned for the weekend's Conisborough Ivanhoe 10 and 25 mile events, held on the popular O2 course at Blythe, South Yorkshire.

The top tandem pair of T and R Beedham (Lincoln Whs) recorded a fine ride of 19.49, on Saturday, but had to settle for second place in the 25 on Sunday morning, when new pairing of P.Goodfellow and PP.Barlow (Kiverton Park) pipped them by nine seconds, a superb ride considering the winners had only ridden together for the first time on Saturday for about thirty minutes.

The solo event brought continued success for the Goole Vermuyden CC, Robbie Krygsman leading them to yet another team award, supported by fourth placed Julian Read and Steve Lancaster.

Barton Wheelers CC 10 mile TT Saturday 17th April.

M.Pitchford.(Dinnington RC).....	21.12
MJ.West.(Askern CC).....	22.52
JP.Benham.(City RC.Hull).....	23.05
S.Frankish.(Scunthorpe PCC).....	23.07
DJ.Almond.(Selby CC).....	23.24
AC.Jordan.(City RC.Hull).....	23.33
AG.Moore.(VC Lincoln).....	23.41
ST.Kennedy.(Newark CastleCC).....	23.44
G.Firth.(Bridlington CC).....	23.45
R.Stones.(City RC.Hull).....	23.58
J.Gill.(Selby CC).....	24.10
J.Gadle.(Barton Whs CC).....	24.17
MA.Mattison.(Selby CC).....	24.22
IM.Lazenby.(Barton Whs).....	24.23
ER.Smith.(Barton Whs CC).....	24.32
Hc'p. P.Simon.(York Uni).....	18.44
MC.King.(City RC.Hull).....	20.45
A.Biand.(Lindsey RCC).....	21.01
Lady. JA.Downes.(City RC.Hull).....	29.34
GM.Taylor.(Scunthorpe RC).....	30.25
PM.Barrow.(VC Lincoln).....	32.04
Jun. AC.Jordan.....	23.33
ST.Kennedy.....	23.44
Vet/Std. D.Orford.(Derby Mercury).....	+5.18
G.Firth.....	+5.06
V.Wilde.(Bridlington CC).....	+4.42
Team. City Road Club. Hull. (Benham/Jordan/Stones).....	1.10.36

VTTA North Group 10 mile TT

Saturday 17th April. T105

Mrs.M.Dawson.(Tees-side RC).....	+3.51
R.Thompson.(Tees-side RC).....	+3.33
J.Wright.(Midridge CRT).....	+3.16
L.Dawson.(Tees-side RC)(T).....	+3.08
B.Davies.(Richmond & D).....	+2.14
A.Dinning.(Tyne RC).....	+2.00
G.Hugill.(Tees-side RC).....	+1.52
G.Grehs.(Barnsbury CC).....	+1.46
K.Rutherford.(Houghton CC).....	+1.38
S.Bottomley.(Cleveland C).....	+1.21
T.Bashford.(Cleveland C).....	+1.15
N.Stuart.(Stockton Whs).....	+1.10
C.Davison.(Midridge CRT).....	+1.08
D.Turner.(Houghton CC) (T).....	+1.06
B.Walker.(Tyne V).....	+1.00
Team. Tees-side RC. (Mary Dawson/Thompson).....	+7.24
Actual. J.Wright.(Midridge CRT).....	24.43
D.McCreedy.(GS Metro).....	24.47
K.Rutherford.(Houghton CC).....	25.04
I.Allaway.(Stockton Whs).....	25.23
T.Bashford.(Cleveland C).....	25.27
D.Peacock.(Nth'bria Pol).....	25.52
C.Davison.(Midridge CT).....	25.59
G.Bourner.(Cleveland C).....	26.07
B.Moyle.(VC Nouveau).....	26.28
S.Bottomley.(Cleveland C).....	26.38
Hc'p. R.Potter.(Cleveland C).....	22.47
G.Hagan.(Houghton CC).....	22.56
R.Thompson.(Tees-side RC).....	23.27

Bright sunny afternoon spoiled by a strong headwind on the homeward leg making it a very hard 5 miles. Ray Thompson getting better plusses each year splitting the Dawsons for the team award and pushing Les down to fourth place, also beating arch rival George Hugill on both standard and actual. Two great rides by 1st and 2nd, a "24" is a reasonable time on a good day on this course.

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TERRY ICKE WINS ON A FLAT TYRE.

Nothing is stopping an on form Terry Icke (Poole Wheelers) this year, not even a puncture with five miles to go.

In the Bourne-mouth Jubilee Veterans and Ladies 25 mile time trial at Ringwood, Terry just kept going on a flattening tyre. Riding out of the saddle to take the weight off his rear wheel. "It gets at your concentration," he said. At the time he punctured he was only two seconds up on former Olympic medallist Ron Keeble, motoring round on a hard day, and some how he still stayed one second in front at the finish.

Terry cheered up when he heard he had won. "it doesn't matter by how much does it? He said. "I was trying out a disc wheel for the first time today. I, still not sure but I will give it another try."

"I am getting too old for this" said Keeble, when he heard the result. Third placed Harry Featherstone agreed. "I will give it another five years before giving it up."

Harry's reasons are different, in five years he will be 65 and he does not think it would be fair to his rivals if he was not working.

A few of his rivals might feel that it is not fair now. Fifth placed John Woodburn a past 25 mile champion knows a thing or two about riding them, he rates Harry as world class for his age.

Harry is currently training as hard as ever and was putting in 400 miles a week during January and February. "I don't know how Cammish gets in 20,000 miles a year, and still goes to work." He said.

Harry fits in his training going riding to work and back and has a special fan heater fixed up to dry his clothes. He says, "it was part of the conditions for me working there."

T.Icke.(Poole Wks)	56.45
R.Keeble.(Wren Wks)	56.46
H.Featherstone.(Norwood Par)	59.05
T.Woolard.(Antelope RT)	59.39
J.Woodburn.(Antelope RT)	59.50
M.Ashurst.(New Forest CC)	1.00.03
B.Donington.(Poytechnic CC)	1.00.05
D.Hanbury.(Rufus Wks)	1.00.29
M.Tarrant.(B'mouth Jub Wks)	1.01.15
OB.Lord.(Brighton Ex)	1.01.29
R.Papp.(B'mouth Arr CC)	1.02.05
DC.Trubridge.(Fareham Wks)	1.02.10
MC.Benstead.(Salisbury RC)	1.02.30
K.Balcombe.(Brighton Ex)	1.02.32
DC.Hillier.(Fareham Wks)	1.02.47
F.Shepherd.(Bognor Regis CC)	1.02.52
R.Hopkins.(New Forest CC)	1.02.53
Ladies.	
Z.Harris.(Crabwood CC)	1.04.32
C.Newman.(Crabwood CC)	1.06.29
M.Kitcher.(Poole Wks)	1.09.01
C.Dunford.(Salisbury RC)	1.10.20
Vet/Std.	
H.Featherstone.(Norwood Para)	+17.32
F.Shepherd.(Bognor Regis CC)	+14.49
J.Woodburn.(Antelope RT)	+14.32
Hc'p.	
Cheryl Dunford.(Salisbury RC)	47.26
J.L.Johnson.(Partsmouth NECC)	48.18
KB.Connelly.(Fareham Wks)	48.54
JK.Tunney.(Crabwood CC)	49.07
Team. New Forest CC(Ashurst/Hopkins/T.Baker.)	3.07.17
Team/Std. Salisbury RC	

**West Cheshire TTA
30 mile TT**

Sunday 18th April. D30/5

M.Bigmore.(N Brighton CC)	1.11.28
M.Isherwood.(S'port RCC)	1.12.09
J.Sharp.(Anfield BC)	1.12.41
G.Thompson.(Anfield BC)	1.13.27
S.Mitton.(Crewe Clar)	1.13.43
D.O'Brien.(Port Sun Wks)	1.14.38
D.Davies.(Wrexham RC)	1.14.52
M.Guy.(Stretford Wks)	1.15.06
J.Kitching.(Chester RC)	1.15.12
P.Williams.(Janus RC)	1.15.29
S.Brennan.(Mersey TC)	1.15.37
Team Anfield BC.	
(Sharp/Thompson/K.Orum)	3.46.16
Hc'p.	
P.Williams.(Wrexham RC)	1.01.32
S.Williams.(Wrexham RC)	1.04.37
MS.Guy.(Stretford Wks)	1.05.06
Jun. G.Thompson.	
Juv.	
PD.Morris.(Mid Shrop Wks)	1.24.03
Lady.	
R.Almond.(Wolverhampton Wks)	1.27.27

Mike Bigmore, who switched clubs this season from Birkenhead North End CC. to New Brighton CC., won the West Cheshire TTA. open 30 in 1.11.28., proving the 2.1/2 hours he spent officiating at his club's open 25 the night previously did him no harm!

Second was the pedalling policeman Mark Isherwood of Southport RCC in 1.12.09, and third was Jonathan Sharp of Anfield BC in 1.12.41. to pave the way for the team award.

He was back in fourth place by leading junior Graham Thompson, 1.13.27. and 'old hand' Keith Orum who did 1.20.08.

Best veteran on standard was Ken Matthews of Wrexham RC. who did an actual 1.17.21 for a plus of 13.14. Ken is better known as winner of the Olympic gold medal for walking at the Tokyo Olympics in 1964. He reckons cycling is much harder!

**Louth Spire RRC
Hilly '22' mile TT**

Sunday 18th April. CSC3

M.Pitchford.(Dinnington RC)	56.30
P.Wakefield.(Cherry Vall)	59.50
SM.Foster.(Nth Notts Olym)	1.00.14
G.Parker.(Alford Wks)	1.00.43
I.Dalton.(Cherry Vall)	1.01.34
RA.Sheppard.(RAF CC)	1.01.56
S.Wells.(Lindsey Rds CC)	1.01.58
R.Brewer.(Lincoln Wks)	1.02.11
R.Watkinson.(Harworth & D)	1.02.56
P.English.(VC Lincoln)	1.03.18
B.Atkinson.(Rockingham CC)	1.03.42
I.Sabberton.(Lincoln Wks)	1.04.06
J.Gadie.(Barton Wks)	1.04.30
J.Lazenby.(Barton Wks)	1.04.52
R.Waumsley.(Louth Spire RRC)	1.05.29
Lady.	
T.Brewer.(Lincoln Wks)	1.19.25
Jun.	
M.Yardley.(Spalding CC)	1.09.35
Vet.	
B.Atkinson.(Rockingham CC)	1.03.42
Vet/Std.	
N.Atkinson.(Scunthorpe RC)	+1.28
D.Hoare.(Yorks Cent)	+0.13
Team. VC Lincoln.(English/K.Middleton 1.05.36/A.Moore 1.08.59)	

**Stourbridge CC
2Up 10 mile TT**

Saturday 17th April.

W.Elliott/P.Nabl.	
(Concorde/Elizabethan)	20.52
N.Yarworth/A.Rowley.	
(GS Vitesse)	20.53
R.Evans/M.Purshouse.	
(Royal Sutton)	20.59
T.Morgan/C.J.Vasey.(GS Vitesse)	21.15
P.Carpenter/G.Giddings.	
(Cov Olym/Delta)	21.23
S.Haines/D.Sinar.	
(B'ham CC/Beacon)	22.00
A.Godfrey/E.Purchase.	
(Warwickshire RC)	22.13
T.Hughes/T.Goodwin.	
(Evesham Wks)	22.29
R.Minovi/M.Harborne.	
(Warwickshire RC)	22.35
M.Bullard/R.Palmer.	
(Warwickshire RC)	22.36
GR.Wroblewski/S.Long.	
(Ch'field C/Mapperley CC)	22.43
P.Mallen/P.Pullinger.	
(Stourbridge CC)	22.47
S.Bennett/P.Fessey.	
(St'bridge/Cyclesport)	22.58
A.J.Jarvis/C.J.Washbrooke.	
(Gloucester CCC)	23.07
A.J.Willetts/J.Bellmore.	
(Wyre Forest CRC)	23.09
1st Comp. Elliott/P/Nabl.	
Vets. Minovi/Harborne.	
Mixed.	
C.Jeavons/A.Thomas.	
(St'bridge CC)	24.10
R.Almond/BA.Pudney.	
(W'hampton Wks)	24.59
J.Burfoot/J.Burfoot.(Antelope RT)	25.46
Ladies.	
S.Gillitt/L.Sayers.(Coventry RC)	27.24
Solo.	
H.Roberts.(Mid Shrop)	22.20
P.Carbutt.(Solihull CC)	22.24

**Harlequins CC 25 mile TT
Sunday 18th April H24/3**

J.Pritchard.(Bio RT)	56.47
L.Paxton.(Salisbury RC)	57.43
NF.Coventry.(High Wy)	58.37
R.Lloyd.(Fareham Wks)	59.32
A.Murray.(Sth Western)	1.00.04
J.Enery.(Bath CC)	1.00.28
NF.Connington.(Swindon)	1.01.20
C.Pritchard.(Bio RT)	1.01.21
NR.Logie.(Mid Oxon CRT)	1.01.25
NR.Gordan.(RAF CC)	1.01.41
S.Briggs.(Somer Vall)	1.01.52
J.James.(Oxford Uni)	1.01.53
JR.Froud.(Festival RC)	1.02.18
RP.Scott.(Somer Vall)	1.02.22
C.Harvey.(Corinium RC)	1.02.28
Lady.	
R.Neittall.(Reading CC)	1.17.45
Vet.	
J.Pritchard.	
Team.	
Somer Valley CC.(Briggs/R.Scott/RO.Naggs 1.02.38)	3.06.52

**Yorkshire Cycling
Federation 25 mile TT**

Saturday 17th April. V135

B.Sunter.(Condor RC)	58.59
SJ.Vaughan.(Morley CC)	59.48
M.Davidson.(Morley CC)	1.00.11
D.Roe.(Morley CC)	1.00.23
S.Rowntree.(Bronte Wks)	1.00.49
JW.Cullen.(Otley CC)	1.00.53
AS.Robinson.(Morley CC)	1.01.03
KR.Brown.(Condor RC)	1.01.03
M.Overton.(Morley CC)	1.01.07
J.Macklam.(Leeds St Chris CC)	1.01.26
M.Wilcox.(Holme Valley)	1.01.45
P.Moynihan.(Morley CC)	1.02.09
IW.Woffenden.(Yorks RC)	1.02.13
A.Ryan.(Knaresboro CC)	1.02.20
K.Warr.(Seacroft Wks)	1.02.42
Lady.	
JA.Gavaghan.(Mirfield CC)	1.08.10
SJ.Mannion.(Holme Valley)	1.12.13
B.Burton.(Morley CC)	1.13.13
Jun.	
S.O'Neill.(ShIPLEY RC)	1.03.21
Vet. Sunter.	
Davidson.	
Vet/Std.	
S.Rowntree	+14.40
Team. Morley CC.(Vaughan/Davidson/Roe)	3.00.22
Hc'p.	
M.Atkinson.(Hudd Star Wks)	53.23
S.Rowntree	54.49
H.Dixon.(Mirfield CC)	55.17

Border CA

**Eversley 2Up 29mile TT
Sunday 18th April. H14/5**

D.Cottington/J.Pegg.	
(Charlottesville)	1.06.40
D.Wright/M.Barrett.	
(Farnham RC)	1.14.17
M.Webber/W.Grainger.	
(Andover Wks)	1.14.21
M.Anderson/D.Froy.	
(Farnboro & Camb)	1.14.25
D.Maynard/G.Bryant.	
(Reading CC)	1.14.48
S.Carver/D.Barton.	
(Nth Hampshire)	1.17.29
A.Lloyd-Langston/J.Essex.	
(Farnham RC)	1.17.29
S.Willis/N.Hamm.(Alton CC)	1.17.42
T.Moore/J.Stowe.	
(Nth Hampshire)	1.18.40
R.Neville/P.Jones.(Alton CC)	1.19.17
R.Taylor/L.Cushing.	
(Farnboro & Camb)	1.21.09

**VTTA East Anglia
10 mile TT**

Saturday 17th April. B10/40

E.Fone.(Norwich ABC)	+6.28
B.Ward.(Norwich ABC)	+5.31
J.Morley.(Cambridge CC)	+5.21
MJ.Burrow.(Hainault RC)	+5.20
M.Hennessy.(Sth'end & CW)	+5.14
JA.Stark.(CC Breckland)	+5.03
E.Wells.(St Ives CC)	+5.01
M.Pepper.(Wolsey RC)	+4.17
DL.Bailey.(Ely & Dis)	+4.08
P.Horsnell.(Chelmer CC)	+4.08
LE.Finch.(CC Sudbury)	+3.48
P.Pepper.(Wolsey RC)	+3.39
PF.Baumber.(Cambridge CC)	+3.32
FG.Hessenthaler.(VTTA EA)	+3.23
BE.Foster.(Norwich ABC)	+3.21
Lady.	
P.Pepper.	
M.Horsnell.(Chelmer CC)	+3.11
O.Forsbrook.(Wolsey RC)	+0.34
Actual.	
RJ.Owen.(VC Norwich)	22.21
M.Hennessy.(Sth'end & CW)	22.45
JA.Morley.(Cambridge CC)	22.51
Team	
Norwich ABC.(Fone/Ward)	+11.59

B.A.R. TALK

Gethin Butler talks to Time Trial Weekly

Writing articles for anything has been one of my strong points as I never know where to begin or what to talk about.

I thought about writing on training but as I claim to never doing any, this could be difficult. I basically ride to how my body tells me it feels which follows my philosophy-'that to do well at something you must enjoy what you are doing!' (This uses the presumption that there isn't enough money in cycling too be motivated by enrichment).

It may sound daft but think how many people are pushed into the sport, or just want to race, who never get to see the broader aspects of cycling, such as touring. I started my riding when

I was 11 with the CTC and went on lots of Youth Hostel trips around the country.

The next stage is to enjoy racing. I've always loved it and when I started racing seriously at 17 I would race six times a week, if I could and 3 times at weekends. Now I don't race quite as often but if I need to get fit quickly I will race myself fit. I tend to save the fast stuff for racing and ride gently the rest of the time.

The final stage is what you want to achieve from the sport.. If you're like me, when I made the conscious decision to race seriously, it was to win. For some it will be beating training partners, winning vets standards or just improving their own times.

In theory winning is fairly easy. Al you need is self-confidence, a desire to win, and be prepared to put yourself through more pain than anyone else. This year due to my teacher training I haven't done a many miles as of yore but fortunately I am still winning. This is due more to being prepared to send my body through hell than actually being fit.

I am at present trying to rectify this, having just ridden the Girvan 3 day and followed this by racing the next two nights as well.

Anyway best of luck for the season and remember, Enjoy it and believe in yourself.

Chris Ball

Don't laugh, but if you're wondering how I got on in the time trial I mentioned last time on the P201 the answer is that my entry form was returned. It was vets and ladies only! It was a bit stupid of me to send it in, but I didn't read the RTTC handbook properly.

Any sympathy you might have here will totally evaporate when I let you in on a secret-exactly the same thing happened last year! What a memory this man has! So short of shaving other bits and wearing a dress, there was little alternative to having the weekend off.

In total I must have cycled six miles. I went to watch my friend Dave Price in action at Winchester instead.

To tell you the truth I was in a bit of pain on Saturday because I'd been down in Helston, Cornwall, for three days (Wednesday to Friday) doing a gymnastics instructor's qualifying course. I wasn't used to the exercise and the 14 of us were put through hard circuit training routines which left me with aches in places I didn't know I had.

The exam was for Grade 5, the easiest. It's fingers crossed now for a favourable result.

How is the Antelope's drinking season going? I hear you ask. Well to be honest, I've hardly seen anyone yet. The only face I've met up with is Glenn Longland in a single road race. Our track season gets underway next Wednesday (April 28), so things should change then.

With time triallists always keen to hear performance details, you'll be interested to know that amongst the Antelope crowd, Mat Parton has the reputation for being quickest to the bar-every time I see him he's got a can in his hand, both before and after events.

For quaffing the stuff in quantity, then Antelope's leaders are Nev Stroud and Glenn. I'd put them both equal: they could drink the rest of us under the table.

The routine on Southampton's track nights is that we all nip into the nearby pub for a couple of drinks afterwards, then back to Glenn's for chips and curry sauce. Antelope tradition shows that there is no better fodder for performance cycling! Try it.

To prepare for the track, I train as normal. In the summer, our club holds five mile time trials on Friday nights which are good preparation for the track.

The next open time trial for me will be the 25 mile event on the H25/13B at Didcot, the course where Chris Boardman broke the 25 mile record last year. I've just heard that it isn't May 8th but May 29th, the RTTC had printed the wrong date. I'm a bit miffed that it's gone back so far, but never mind.

I'm hoping to do under 50 mins, since one of my aims for the year is to do a 49 min time in a 25 mile event. There's not a lot of courses you can attempt this on. Chris got me by four minutes when he grabbed the record that day.

I judge my achievements on how my times compare with those of other top riders. Last season, Stuart Dangerfield would clock an advantage of 2min 30 secs-3 mins over my times, while I could match those of Bill Moore and John Pritchard.

This year, I want those comparisons to move in my favour by 30 seconds-for me that would be quite an achievement. See you at Didcot.

Clevedon & District RC 25 mile TT

Sunday 18th April. U21

M.Antell.(1st Chard Whs)	58.35
J.Williams.(CG Abergavenny) ..	59.45
ME.Lawrence.(Clevedon & D) ..	1.00.03
K.Wood.(Durlsey RC)	1.00.40
ND.Brooks.(Team Zoyland)	1.01.08
OJ.Challis.(Choughs RC)	1.01.54
DE.Ellery.(VC Camelot)	1.02.10
P.Bonfield.(Penzance Whs)	1.02.26
SN.Parker.(Clevedon & D)	1.02.35
AJ.Milward.(VC Camelot)	1.02.36
PJ.Blackshaw.(Oxford CRC)	1.03.06
G.Forbes.(VC St.Raphael)	1.03.22
LR.Allpress.(Somerset RC)	1.03.37
K.Wright.(Chippenham & D)	1.03.38
J.Earnshaw.(Weston Whs)	1.03.43

Lady.	
A.Bryant.(Severn RC)	1.14.12
PM.Ellery.(VC Camelot)	1.15.07
KP.Maziarz.(Kingswood TC)	1.15.22

Jun.	
NP.Plant.(Mendip CC)	1.09.45

Vet.	
J.Williams.	
ME.Lawrence.	
DE.Ellery.	
Vel/std.	

ME.Lawrence.	+14.19
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Team.	
Clevedon & Dist RC(Lawrence/	
Parker/GM.Jones)	3.06.52

Tandems.

J.Howells/KM.MacLennan.	
(Corinium CC)	56.22
I.Hennessey/J.Trout.(1st Chard) ..	57.46
K.Williams/TG.Brown.	
(Oxford C/Corinium)	59.50
SJ.Prosser/SR.Starkle.	
(Bristol/Clevedon)	1.01.55
DH.Davies/R.J.Milson.	
(Cardiff Byways)	1.02.06
W.Harper/Mrs.C.Harper.	
(War'shire RC)	1.06.23
MH.Jupp/Mrs.J.Denny.	
(Corinium)	1.17.49

Beacon RCC.

Jack Clement Memorial 39 mile TT

Sunday 18th April.

P.Nabl.(Elizabethan CC)	1.45.58
M.Counter.(Beacon RC)	1.48.52
MD.Biggs.(CC Abergavenny)	1.49.12
S.Jackson.(Warwicks RC)	1.50.49
R.Gordon.(Beacon RC)	1.50.55
Vet.	
C.Singleton.(Beacon RCC)	1.54.36
HNV/c.	
J.Knight.(Halesowen CC)	8.08.
Team.	
Beacon CC.(Counter/Gordon/	
R.Beadley)	5.31.25

Twenty Four Hour Tales No.6
(A quarter of Peppermint creams)
By the late Stan Bray

Feeding is a key factor in long distance events. In 1951 I was still a raw novice, hooked on following the National Championship Trials both individual and team, so it had to be the Catford event. (Sadly this is no longer run.)

After the previous year's fiasco enthusiasm for Club backup had waned with only Doug Osmonde willing to ride in an attempt to get his briefly held (24hr) Club record back. Ever faithful loyal clubmates Ken Topliss and Ken Humphries volunteered to transport and feed in Ken's Austin 10.

So the thrill of riding in the Classic Catford against Doug both with the same aim as there were no team worries!

Our pre-training followed usual lines-racing in local events at all distances; beating Doug in the Speedwell 100 but oversleeping for the first time in my life for the Club Championship 100 which Doug won in a personal best time. Our two long rides to Weston Supermare and back and Skegness and back were made tough by clubmates who were regretting not having planned for the 24 yet hoping to help at this late hour. They did-they hammered us!

A warm weekend as we started with schedules for competition record/Club record/personal best in that order and full of

confidence in the two Kens.

At 100 miles-a sitdown feed, Doug was leaving just as I came in planning to stop 10 minutes. Hurriedly scooped prunes and custard., attended to nature's call and off in 5 minutes hoping a chance to catch him might draw me out although well up on schedule as we went south towards Arundel, before turning along the south west coast.

No sign of Doug as I navigated Arundel then suddenly before Chichester "What was this coming towards me?" a man with a balloon on his knee. It was Doug his right knee as swollen as a football-clearly he would never be able to finish. The two Kens handed up a feed and two full bottles and informed me I was about fifth but Gus Andrews of the Addiscombe was going really well.

Given a ticket for breakfast at a newspaper shop I dived in and was directed to join the queue for Sunday Newspapers-"I'm in a race mate!" but no avail, so I dashed out throwing my ticket in waste box more determined than ever to justify the two Kens' loyalty. Turned off on a lumpy detour I started to slow-or other riders were speeding up? "where's the Two Kens?" kept running through my mind. Eventually veteran Jack Spackman (on his 40th or 50th

24) crawled past, You've got hungerknock Stan-sorry I've only got a quarter of peppermint creams you can have". "Better than nothing, thanks Jack" and I stuffed the lot in my mouth in one big gulp as Jack called out, "Hope you'll soon meet your helpers!" as he crawled away, others speeding past.

A momentary improvement was just fading out when, the Austin 10 tore past and pulled up in a layby. Almost falling off, weakly calling for food and well sugared tea. "Sorry mate, we ran out of petrol and only just found a garage open!"

In about twenty minutes the glucose was taking effect so I started to speed up-began catching riders who had passed including Jack Spackman. Discovered I'd dropped to 20th but was determined to finish and very soon was back into my normal pace still hoping to do a personal best, perhaps even beat Doug's 429?

only got passed once again-Gus Andrews on the finishing circuit on his way to a new Competition Record 461.9 miles-just beat my PB but not Doug's this time running into 13th place (426). Was beginning to get superstitious about 13th.

Fife CA.

Mackie Tankard 25 mile TT
Sunday 18th April F1-1

D.Hannah.(Denny RC).....	58.52
G.Hutchinson.(Dunfermline)	57.51
P.Mack.(Aberdeen MS).....	58.00
I.Sneddon.(Dale RC).....	58.55
J.Stenhouse.(Dunfermline)	59.10
P.Hutton.(Penicuik RT)	59.47
J.Lammont.(Edinburgh).....	59.51
S.Wallace.(Dunfermline)	1.00.10
G.Smith.(Dunfermline)	1.00.43
D.Brown.(Denny RC)	1.00.44
Jun.	
D.Strachan.(Dundee Whs).....	1.7.10
Hc'p.	
S.Moore.(Kennoway RC)	49.37
Lady.	
L.Bissett.(Carnoustie).....	1.18.03
L.Frenz.(Leeds Well).....	1.18.46
Vet.	
J.Lammont(Edinburgh).....	59.51
S.Wallace.(Dunfermline)	1.00.10
Team	
Dunfermline (Hutchinson/Stenhouse/ Wallace)	2.57.11

Putting last weeks defeat firmly behind him Dave Hannah found his form on time to successfully retain the Mackie Tankard on his living room shelf for the third successive year, winning the Fife CA promoted event by nearly a minute with a fine 56.52.

The event was run off on an almost windless, but damp and cold morning with only 7 of the 90 starters getting inside the hour on this sporting course.

Denny RC team counters T.Glendenning and J.Ritchie were among the three puncture victims in the rain and grit, and so thwarted the expected close contest for the team award, leaving victory to the Dunfermline & District RC.

..Glasgow United CC
10 mile TT

Wednesday 21st April.

The organiser regrets that this event has been cancelled. Due to the event being billed in the SCU handbook to start 8.00am, rather than 7.00pm. only three entries were received.

Northumberland & Durham
CA 25 mile TT

Sunday 18th April. M251.

Event unfortunately cancelled, due to flooding on the course, caused by very heavy overnight rain.



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The Isle of Man-the birthplace of
modern British road racing extends a
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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!

E.C.R.A. 25mile TT Sunday 11th April. E72

I.Short.(Sth'end & CW).....	54.40
K.Neary.(Sth'end & CW).....	55.54
G.Stevens.(VC Bad).....	56.55
AA.Melik.(W.Kent RC).....	57.17
A.Williams.(Cambridge Uni).....	57.31
B.McDonald.(RT East).....	57.35
C.Ruffey.(Gemini BC).....	57.42
A.Cornish.(Sth'end & CW).....	57.47
S.Woodbridge.(Brighton Ex).....	57.48
R.Hagger.(Sth'end & CW).....	58.08
M.Jay.(CC Sudbury).....	58.30
R.Ruocco.(VC Elan).....	58.36
J.Golder.(Sth'end & CW).....	58.44
R.Wood.(RT East).....	58.44
D.Rudd.(De-Laune CC).....	58.54
Lady.....	
Sue Goody.(Leo RC).....	1.08.12
Jun. S.Woodbridge.....	
D.Rudd.....	
B.Elcombe.(Festival RC).....	59.11
Vet/Hc'p.....	
J.Bronze.(Sth'end & CW).....	49.15
Team. Southend & County Whs).....	
(Short/Neary/Cornish).....	2.48.21

Yeovil CC 10 mile TT Saturday 3rd April U37

C.Brooks.(VC Camelot).....	21.25
A.Forbes.(Team Haverhill).....	22.21
A.Mummery.(VC St. Rap).....	22.43
LS.Paxton.(Sallsbury RC).....	22.44
RH.Thorne.(Polytechnic CC).....	22.44
JM.Lowe.(Severn RC).....	22.53
D.Bentley.(Wellington Whs).....	23.28
ND.Brooks.(Team Zoyland).....	23.33
PA.Shelley.(Wellington Whs).....	23.39
J.Gunnery.(Yeovil CC).....	23.56
Lady.....	
A.Curran.(Bath CC).....	26.54
Gwen Shillaker.(Chip'ham & D).....	29.56
Jun. A.Forbes.....	
Vet.....	
K.Robins.(VC Camelot).....	24.02
Team. VC Camelot.(Brooks/Robins/ J.Saunders.25.40)	

To no one's great surprise, diminutive VC Camelot rider Clive Brooks, powered his way round the U37 ten mile course to win the Yeovil CC early season event for the umpteenth year, by one of the largest margins seen. This was perhaps augmented by the number of non-starters, on this day of freezing wind driven rain.

The flat and exposed A303 course has on occasion been very benevolent to the competitors that ride on it, but on Saturday April 3rd was not such a day and many recorded times much slower than their PB's., but Brooks had little trouble in tuning his usual big gears to such convincing win, despite the dreadful conditions.

It was a good day for the local VC Camelot riders, with evergreen veteran, John Saunders most amused to find himself third counter in the winning team, together with second counter Kevin Robins, another old campaigner on the come back trail, who was also fastest veteran.

Another riders having a good day was, Team Haverhill's Andrew Forbes beating Andrew Mummery (VC St.Raphael) not just into third place overall, but also for the junior prize.

Admirable rides came from the ladies, both local West DC riders in Ann Curran (Bath CC) and Gwen Shillaker.(Chippenham & District) fastest lady and ladyveteran respectively.

South Eastern RC 26.5 mile 2Up TT

Sunday 11th April. G492	
S.Dennis/S.Blackmore.....	
(East Grinstead).....	1.02.38
T.Batsford/R.Batsford.....	
(Twickenham CC).....	1.04.23
D.Adams/J.Ansell.....	
(Norwood Para).....	1.05.47
H.Hemsley/C.Hill.....	
(Lewes Wands).....	1.07.51
T.Cox/R.Donington.....	
(Polytechnic CC).....	1.08.07
T.Davis/P.St.Quintin.....	
(Wembley RC/VC St Raph).....	1.08.57
D.Biggs/J.West.....	
(P'mouth NECC/VS Havant).....	1.09.26
S.Bowles/P.Verbeke.....	
(Twickenham CC).....	1.13.42
M.Bloom/T.Gould.....	
(Crawley Whs).....	1.13.48
A.Peachey/Claire Peachey.....	
(DeLaune/S.F.Ann CC).....	1.14.35
J.Ibbotson/J.Ibbotson.....	
(Festival RC).....	1.15.47
I.Moore/C.Homan.....	
(Lewes Wands).....	1.16.01
M & A Twitchett.(SERC).....	1.18.23
M.Bloom/B.Courtier.....	
(Crawley Whs).....	1.19.23
Mixed. Mrs.M.Bloom/T.Gould.....	
Vet/Std. R.Harvey/L.Humphrey.....	
(SERC)1.19.33.....	5.10

Abergavenny RC 25 mile TT

Sunday 11th April. R25/7	
AJ.G.Rowley.(GS Vitesse).....	54.55
A.Bowd.(Cwmcam Para).....	54.56
CR.Wallace.(Hirwaun Whs).....	56.18
A.Griffiths.(GS Vitesse).....	56.38
IJ.Makepeace.(VC St.Raphael).....	56.44
T.Morgan.(GS Vitesse).....	56.47
D.Rogers.(Cwmcam Para).....	57.09
LR.Bond.(Cardiff Ajax).....	57.17
R.Hodgkinson.(Crewe Clar).....	57.21
S.Offord.(Dursley RC).....	57.29
M.Luther.(Cwmcam Para).....	57.33
M.Ashcroft.(VC St.Raphael).....	57.35
Lady.....	
AL.Thomas.(Stourbridge CC).....	1.05.17
Jun. IJ.Makepeace.....	
Vet.....	
J.Hayhurst.(Abergavenny RC).....	1.02.18
Vet/Std.....	
R.Hodgkinson.....	
H.Featherstone.(Norwood Para).....	17.16
Team.....	
GS Vitesse.(Rowley/Morgan/Griffiths)	

Bournemouth & District Ladies CA 10 mile TT 12th April. P311

C.Newman.(Crabwood CC).....	26.29
M.Kitcher.(Poole Whs).....	27.01
J.McRae.(B'mouth Arr).....	27.40
A.Wallace.(Crabwood CC).....	29.28
E.Gardener.(Antelope RT).....	30.29

VTTA Surrey & Sussex 25 mile TT

Sunday 11th April.	
K.Cravan.(Crescent CC).....	+13.19
F.Shepherd.(Bognor Regis CC).....	+12.12
D.Redgwell.(Sth Eastern CC).....	+9.04
RJ.Taylor.(East Grinstead CC).....	+8.11
RH.Parker.(East Grinstead CC).....	+8.05
KR.Stokes.(Medway VC).....	+6.51
IA.Landless.(Lewes Wand CC).....	+6.48
RF.Pilcher.(29th Whs).....	+5.57
RJ.Stapley.(Epsom CC).....	+5.17
D.Adams.(Norwood Para).....	+4.43
D.Hook.(Folkestone CC).....	+4.25
RF.Rogers.(Lewes Wand CC).....	+3.37
DS.Taitt.(Old Portlans).....	+3.27
K.Balcombe.(Brighton Ex).....	+2.50
PB.Baird.(Worthing Ex).....	+2.50

South West London Combine 25 mile TT

Sunday 4th April.	
M.Silver.(Hounslow & D).....	59.39
R.Gilmour.(Clarence Whs).....	59.44
P.Gadd.(Twickenham CC).....	59.57
P.Fansome.(SWRC).....	1.00.15
D.Stalker.(Feltham RC).....	1.00.47
P.Swettenham.(Twickenham CC).....	1.01.22
D.Reed.(Twickenham CC).....	1.03.11
G.Stace.(Hounslow & D).....	1.03.28
C.Davis.(SWRC).....	1.03.43
L.Vye.(Hounslow & D).....	1.04.03

VTTA South Wales. 25 mile TT

Saturday 10th April. R25/7	
40/51.....	
R.Hodgkinson.(Crewe Clar).....	+12.45
J.Howells.(Corinium CC).....	+10.44
J.Gresty.(Lyme RC).....	+10.35
A.Littlebury (CC Top).....	+10.24
S.Evans.(Ogmore Vall).....	+9.11
52/70.....	
H.Featherstone.(Norwood Para).....	+18.42
J.Bailey.(Nelson Whs).....	+18.07
E.Marsh.(Hainault RC).....	+18.07
D.Hodgins.(St'prot Clar).....	+17.45
G.Steers.(Rutland CC).....	+17.31
Team. Tees-side RC. (Mrs.M.Dawson +15.42/GL.Dawson.(T) +17.07)	
R.Thompson +11.38.).....	+44.27
Fastest.....	
J.Pritchard. (Bio RT).....	54.48

Woolwich CC Easter 10 mile TT

Saturday 10th April. Q10/24	
L.Martin.(San Fairy Ann).....	22.09
P.Panagi.(Hastings & ST L).....	22.46
K.James.(Sydenham Whs).....	23.16
D.Taylor.(B'mouth Arrow).....	23.28
M.Vowells.(San FA).....	23.44
R.Crayford.(Gravesend CC).....	23.54
P.Anderson.(Kingston Whs).....	23.57
C.Worsfold. (Leo RC).....	24.01
D.Mackey.(Medway V).....	24.24
C.Grant.(De-Laune CC).....	24.27
C.Lord.(Brighton Ex).....	24.33
N.Hay.(Catford CC).....	24.44
J.Kaine.(Finsbury Park).....	24.53
D.Watson.(Southboro' & D).....	24.53
S.Soutar.(Medway V).....	25.11
Vet/Std. J.Kaine.....	+4.27
Ladies.....	
M.Ivatts.(Catford CC).....	27.33
M.Wadham.(Kingston Whs).....	27.58
S.Lade.(E'bourne R).....	31.18

Cleveland Coureurs 27 mile TT

Monday 12th April. T272	
IM.Jones.(Middridge CRT).....	57.00
N.Jackson.(Roxby Whs).....	57.06
SP.Tyson.(Hartlepool CC).....	57.54
IP.Murray.(Stockton Whs).....	57.59
H.Walker.(GS Metro).....	58.09
D.Huddart.(N.Velo).....	59.51
P.Fountain.(Cleveland C).....	59.59
D.McCready.(GS Metro).....	1.00.14
G.Hatcher.(Middridge CRT).....	1.00.27
S.McPherson.(Cleveland Whs).....	1.00.30
RR.Mitford.(Cestria CC).....	1.00.32
MJ.Wright.(Middridge CRT).....	1.00.56
Cat A.....	
P.Fountain.....	
D.McCready.....	
S.McPherson.....	
Cat B.....	
JB.Thorpeett.(VC Cumbria).....	1.01.02
MG.Smith.(Cleveland Whs).....	1.02.27
GR.Sayer.(Hartlepool CC).....	1.03.08
Cat C.....	
M.Hatton.(N.Velo).....	1.01.43
BT.Walker.(Tyne Velo).....	1.05.07
S.Hopkinson.(City RC.Hull).....	1.05.17
Cat D.....	
P.Speight.(Cleveland Whs).....	1.05.09
TS.McArdle.(Stockton Whs).....	1.06.34
M.Tinker.(Cleveland C).....	1.07.08
Cat E.....	
J.Caine.(FWCC).....	1.05.36
WM.Boyes.(Cleveland Whs).....	1.07.08
P.Caine.(FWCC).....	1.07.40
Team. Middridge CRT.....	
(Jones/Hatcher/Wright).....	2.58.23

Cleveland Coureurs CC 28 mile 2 Up TT Saturday 3rd April.

T.McKenna/CM.Newton.....	
(Middridge CRT).....	1.01.02
N.Jackson/A.Chatterton.....	
(Roxby Whs/H'pool CC).....	1.02.47
SP.Tyson/C.Lax.(H'Pool CC).....	1.03.40
JT.Oxley/H.Hardisty.....	
(VC Nouveau/Nth East RT).....	1.04.04
S.Crawford/IP.Murray.....	
(Stockton Whs).....	1.05.18
G.Hatcher/MJ.Wright.....	
(Middridge CRT).....	1.05.20
D.Huddart/M.Hopkinson.....	
(Northern V).....	1.07.08
K.Rutherford/MP.Gibson.....	
(Houghton CC).....	1.08.18
TA.Howcroft/B.Marston.....	
(Otle).....	1.08.58
M.Hatton/J.Orange.(Northern V).....	1.10.52
DJ.Scrivener/DC.Crawford.....	
(Gosforth RC).....	1.11.03
IJ.Allaway/D.Howes.....	
(Stockton Whs).....	1.12.39

Coventry CC 25 mile 2Up TT

Monday 12th April. K37	
R.Evans/M.Purshouse.....	
(Royal Sutton CC).....	56.07
J.Richardson/D.Sayers.....	
(Ratae RC).....	57.13
A.Lane/A.Nash.(Team Mirage).....	58.11
T.Orme/W.Elliott.(Concorde RC).....	59.30
N.Dring/R.Haines.(Ratae RC).....	1.00.00
1st Comp.....	
NC.Sparks/CN.Sparks.....	
(B'ham Uni/Sh'field Uni).....	58.30
Vet/Senior. Lane/Nash.....	
Vets. R.Minovi/M.Harborne.....	
(Warwick RC).....	1.01.40
Mixed. Mrs.R.Almond/B.Pudney.....	
(W'hampton Whs).....	1.07.43
Ladies. L.Sayers/P.Wilson.....	
(Coventry CC).....	1.20.47

Dougie in the Daytime.

I'm flat out, lying horizontal on the rug looking out through the French windows at the garden. I'm excited because there's a pied wagtail bobbing about on the lawn, bobbing and picking for insects.

It's brilliant. I'm a pied wagtail fan. They're so delicate and low profile. Forgotten almost. They remind me of camping weekends in the Yorkshire Dales when I was small (ie 1950). We had a green canvas tent and we drove up to Threshfield in an ex-army truck. Having pitched the tent at a farm called Longashes, we walked u the side of the River Wharfe, Mum pointing out kingcups, wagtails and dragonflies.

Right now I could use a cup of coffee. Hey up! There's sound overhead. Here's Amy bumping down the stairs. Why does that girl spend half her life with a soggy towel round her head? I tell myself it's to prevent the outward migration of brain cells, I tell myself, though she claims that it's got something to do with hair conditioning, at which point I switch off.

'You know the Sunday you go back to Leicester, dear? Well, we could be going late.'

'Why?'

'Because I've got a letter here saying I've a ride in a 25 mile time trial that morning. I'm off at 6.48am.'

'Oh!'

'It shouldn't take too long, could be home by dinnertime.'

'But then you'll want to sleep.'

'Huh! How long is the next term, by the way?'

'Eight weeks.'

'Good grief. It's hardly worth going back: you'll be home before we've even tidied the worst of the rubbish out of your bedroom.'

'Huh to you too!'

Suddenly my dearest daughter plants her two feet on me. This is a crush. It's like being at the osteopath's. He charges £22 for using me as a hacky-sack (remember them?). The bill was £20 until the last grinding: then he threw in an unannounced 10% markup without so much as a by-your-leave.

Let Dougie tell you about his back. I took Rupert Keen's advice (OK, Peter Keen if you insist on precision) and delved into my back problem last September as soon as the 1992 time trial season ended. Local doctor. X-rays. Hospital. Physiotherapist. She sent me away with orders to lie down every day (for 10 mins) with a

packet of frozen peas spread on my torso, followed by twisting exercises (two) of a most extreme nature. By Christmas there was a significant difference. The back was worse. Much worse. And I wasn't even cycling.

So I swallowed my pride (and my chequebook) and went private. Ray, who plays badminton and is a hypochondriac, gave me a name. He swore the man was good. Only I got an assistant. Mind you, he's just as good. An opening bout of three visits in a fortnight eased the problem by 60%: a good return for an outlay of £60, though I still wondered why osteopathy (is there such a word?) isn't free on the NHS.

My back-rack man was contemptuous of the physiotherapist's earlier conclusions and he laughed at the exercise she'd got me doing. He politely suggested I stopped doing them. So I did.

You should have come here 20 years ago, he told me. I felt really pleased at that news. What I've got is probably an inherited thing, it seems. Working along my back, bone by bone, he locks the lower half of my body rigid, then tugs, twists the rest. 'Hear that?' he shouts gleefully. I presume the cracking from within means progress.

The first time I left the place I left like jelly. As I stepped into the sunshine outside, a lady came running towards me. 'My car's broken down,' she shouted urgently. 'Would you help push it into this carpark so I'm off the road?'

I have to turn down her call for help. I feel guilty, though when I explain she laughs. A milkman walks by and he takes my place. Amy has grumbles about the state of our house. It's like Fort Knox now,' she moans. We were burgled, you see. First Lennie's shed, then my shed, a week later. They tore Lennie's lock off the wall, screws and all. Then they came back and cut door free with metal cutters.

Cynthia instantly got wound up, threatening to batten down the hatches herself right away if I didn't cancel my badminton night and clag six-inch nails into everything this side of the Suez Canal.

The response has cost £200. We've horizontal bolts now on the utility room doors (top and bottom). There are 5" screws peppered into the depths of the utility room window. The slots on the screws' heads have been smeared over with plastic wood, so that's on window that will never open again.

Each shed now has a metal bar plus a chunky B & Q padlock across its door, the shed framework drilled through for coach bolts and nuts (to give better resistance against levers)

The gate leading to the back garden has the strongest padlock of all and the back door has a 20mm-thick plywood panel screwed firmly onto its bottom half because the policeman said anyone with a boot could step through the flimsy item we had there.

After all that Lenny points out that all the hinges are vulnerable, but what can you do?

Our insurance man was bugled in the same week. The family was asleep upstairs when some brutes cut the beading out of a double-glazed downstairs room window and lifted it clear with suction pads!

Be warned: my next anti-burglar round will involve a circular hole, 15ft deep, with a 6ft depth of nitric acid swimming in the bottom.

'Dougie, did you get those pizza's for Amy's tea?' calls a distant voice.

'Yes, dear.'

'What about the pack of Diet Coke?' adds Amy, nearer at hand.

'That I refuse to buy.'

One foot leaves my shoulder and reappears on my head. I have a sensation of pain.

Amy says we're not only getting the twins from Tonbridge (they're supposed to be as tall as giraffes so why don't they just eat leaves), but her school pal Jo is coming too. Jo drives her Mum's Rhino truck. You know the sort I mean, either grey or pink and forever cornering too fast. Not Jo, mind. She's just passed her driving test. Still on with exams, she's doing jury service already. Don't you just love feeling old?

We're not having a visit from Paula, though. Another contemporary, she freaked out, somewhat. Her baby by a New Age Traveller is due any time. What's worse (or better) is that he's already done a moonlight flit.

Any more for the big eat? Yes, William. He's the nearest's dearest (or the dearest's nearest) it would seem. Cynthia's going up the wall: after urging Amy to pick a trainee doctor or would-be architect (Cynthia gets excited when I also suggest a vet and lure gig-kisses-on-the-cheeks Magnus to the edge of the conversation), our lass drops her spots on a cyclist. A triathlete to

be precise. He's either swimming or driving here after some big event in the Mendips that got under way at the crack of dawn today.

Not only has Dougie corrupted Lennie's way of thinking-the lad's just bought some poser shoes ready to take up time trialling (they say 'Diadora' in big purple lettering)-but now Amy's lost her marbles too. A triathlete indeed. Amy says he's done 10 miles in under 22 minutes and he's met Chris Ball (I am quietly impressed).

Amy's descended from my head. I now find my arm being twisted half-way round my back. Memories of bobbing wagtails fade rapidly as I find myself in a half-Nelson. Words of gentle persuasion pour into my ear and my chequebook falls out of the sky. And a pen. I sign without delay. The coming eight weeks of learning (I hope) in Leicester costs me back £760. Amy pockets the spoils and offers to make coffee. I should feel better.

Dougie

**WELSH CYCLING
ASSOCIATION.
SPRING RALLY.
29th May-1st June.
USK Showground, Usk,
Gwent.**

Details from.

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CLUB PAGE

Essex RC.

Nigel Brooks of the Essex Roads CC continued on his winning ways when he won his 5th event in 4 weeks. Nigel won the latest event in the evening '10' mile series being run by the club in 26.53. The next three placed riders were just four seconds apart.

Nigel Brooks leads the series with 80 points, but the lead is sure to change as he is shortly to return to his studies at Hatfield Polytechnic.

N.Brooks.....	26.53
R.Smith.....	27.32
C.Cripps.....	27.33
S.De-Cruz.....	27.36
S.China.....	28.22
D.Griffiths.....	29.14
P.Lovewell.....	30.13
M.Scott.....	31.17
M.Murphy.....	31.32
G.Whittingham.....	31.53
B.Davies.....	37.51

It's not too late to take part in the series which is run over a total of 22 weeks and any cyclist interested in taking part should contact Steve De-Cruz on Billericay 625534

Willesden CC 10 mile TT 18th April CC180

M.Fagg.....	23.54
S.Doughty.....	24.53
G.Why.....	25.45
G.Fahy.....	26.08
A.Peyton.....	27.00
G.Cheatle.....	27.34
R.Kelly.....	27.55
S.Allnut.....	28.20
T.Workman.....	29.37
J.Sibun.....	30.13
M.Ellison.....	30.46
T.Moyce.....	30.49
C.Kelly.....	31.20
2nd claim.....	
R.Hull.....	25.50
R.Page.....	26.16
B.Moon.....	28.54
G.Addy.....	30.48

Although a very wet and windy morning the event was a success, with only 3 DNS.

Newbury RC-Mountain BC) 10mile 14th April.

L.Taylor.....	24.55
B.Tate.(V).....	25.11
B.Lyle.(V).....	26.31
A.Price.(V).....	26.37
L.Bowman.(V).....	26.57
P.Jarvis.(V).....	27.00
S.Oxley.....	27.11
B.Hastings.....	27.28
C.Voller.(V).....	27.51
D.Jones.(V).....	28.05
Juv.....	
L.Hastings.....	30.17

MTB.

M.Letters.(J).....	20.08
B.Copas.(V).....	30.33
R.Greville.(Juv).....	39.22

Lady.

S.Burnay.....	32.13
Vet B.Tate.....	25.11

Lyn Taylor duly won the club evening 10 last week on his new bike, equipped with all the latest gear. His winning time 24.55. on the Newbury-Hungerford course.

Bournemouth Arrow 30 mile TT 12th April. P413/30

B.Garrard.....	1.16.45
R.Papp.....	1.17.02
D.Walshaw.....	1.20.39

10mile TT 15th April.P303

D.Westlake.....	24.21
R.Tilley.....	24.43
P.Wilson.....	25.00
P.Harvey.....	25.16
N.Symonds.....	25.22
M.Humphreys.....	25.56
I.Savage.....	26.17
D.Walshaw.....	26.26
W.Stevens.....	26.39
C.Marchant.....	26.42
P.Brown.....	27.13
G.Dimmer.....	27.35
B.Goom.....	27.54
Monique Gibson.....	27.57
G.Bolton.....	28.18
S.Crutchner.....	28.58
M.Turner-Smith.....	29.23
P.Wasley.....	30.03
H.Sutton.....	30.03
P.Spear.....	30.51

New Forest 10 mile TT 13th April. P303

R.Wilmott.....	23.05
M.Ashurst.....	23.27
E.Dimmer.....	23.53
S.Grace.....	24.42
R.Hopkins.....	24.52
K.Pearce.....	24.55
J.Pascoe.....	24.59

Ravens Quoth.

Over the Easter weekend two ravens were in flight in the Mid-Shropshire 3 day time trial event, in the 10 mile 2Up TT, Roger Little and Jim Ogden managed a 22.37, the fastest they have gone for some time) tying with two fast ladies Elaine Ward and Christine Roberts.

On Sunday 50k TT which included a 1 in 7 climb (some walked) not the ravens though, Roger won the vets section with 1.19.33 (+11.47) and Jim with 1.28.16, second on standard.

On Monday a 25 mile TT Roger was first on standard, with 59.44 (+16.19) Jim 1.05.19 (3rd on standard) Overall Roger was first and Jim second on standard.

Last weekend Saturday 17th in the Manchester & District CA 25 mile, Roger Little was equal 4th with 59.18, against Robin Haigh's 57.42, not bad for an oldun!

Your scribe was getting cold marshalling on Chelford Island on the following day Sunday against a EBB TIDE, R.Little 1.02.22, J.Ogden 1.09.00 in the Stretford Wheelers semi-mountainous 25 mile, won by Scott O'Brien 57.42. He must do white water canoeing in his spare time.

Wrekinsport CC 11.25 mile TT Wednesday 14th April.

D.Poulter.....	28.49
A.Jowett.....	29.15
D.Pickering.....	32.07
D.Goring.....	32.43
T.Marsh.....	33.21

The Wrekinsport became the latest follower of the current fashion in time trialling, having to change the course at the last minute because of roadworks. If it is good enough for other clubs to have to do it-then its good enough for us. And so the first race of the season became a 11.25 miles, comprising of 3 laps (yes 3) of a smaller circuit.

Conditions, in complete contrast to last years wind, rain and snow, were sunny calm and nearly warm. It was therefore disappointing to see only five riders, the timekeeper, two spectators and a man and his dog (well he must have been there somewhere).

Just for the record, Dave Poulter started off where he finished last year, winning but not able to catch second place Antony, 'I haven't done any training either' Jowett for 1 minute.

Rutland CC 10.5 mile TT 13th April.

S.Keeton.....	25.10
S.Elsy.....	25.24
D.Kinnerley.....	25.29
E.Wright.....	25.36
D.Lowthorpe.(J).....	25.41
G.Furniss.....	26.11
S.Heywood.....	26.36
J.Rickard.....	26.37
O.Hudson.....	26.54
D.Cubison.(V).....	26.59
G.Singleton.(V).....	27.08
M.Wilson.(J).....	27.13
J.Clarke.....	27.51
M.Glover.....	28.16
P.Braddley.(J).....	28.47
Lady.....	
J.Sedgewick.....	28.58
Juv.....	
M.Cubison.....	31.44
B.Tyree.....	31.44
B.Sorsby.....	34.00

Rutlands club President, Jim Hall gave all 29 riders a good send off in the second of the club's mid week events. He was both pusher off and starter which is always an easier job than riding this undulating course from Calver through Hassop, Ashford, Bakewell and return up the "Avenue of Lime Trees" (not that many were able to take this Natural History fact in) to finish 200 yards from the start.

Youth had to give way a little to age and experience as Dan Lowthorpe (Jun), the winner of the last two events slumped to fourth place in 25.41 behind Dean Kinnerley 25.29. First place went to Simon Keeton 25.10 with Stuart Elsy 14 seconds behind, had a good ride after his non start mishap when he broke a chain last Tuesday.

In the 'Life begins at 40' section, Vet Dick Cubison pipped Glyn Singleton by 9 seconds. Times being 26.59 and 27.09 respectively. Juveniles and ladies section were led home by Jane Sedgewick in 28.58. Male juvenile Brendon Tyree and Michael Cubison tied in a time of 31.44. No doubt a battle royal will be fought next week between this two aspiring Dave Dungworths

North Hampshire RC 10 mile TT

S.Carver.....	23.33
A.Jack.....	23.38
D.Barton.....	23.47
J.Stow.....	23.54
G.Smith.....	24.31
T.Moore.....	25.12
D.Fisher.....	25.16
T.Ellery.....	25.34
R.McConkey.....	27.03
T.Willard.....	27.10
D.Morris.....	27.26
Annette Morris.....	28.29
M.Harris.....	29.22
D.Barton.....	29.32
D.Powell.....	30.22

Visitors.

J.McLaughlin.....	21.31
T.Gox.....	22.58
M.Walsh.....	23.01

WHAT'S ON

Saturday 24th April,

League of Vet'an
Rac'g Cycl.
10 mile TT 13.30hrs L1013

Blind Outdoor Leisure Dev.
26.25ml TT 11.30hrs CS/6

Eagle R.C. 25 mile TT
15.00hrs E1/25b

Icknield R.C.
25 mile TT 16.00hrs F1/25

Macclesfield Wheelers
25 mile TT 14.00hrs J6/6

V.T.T.A. North
25 mile TT 16.00hrs M255

V.T.T.A. North Mids.
25 mile TT 16.00hrs O25/7

V.T.T.A. Yorkshire
25 mile TT 14.00hrs V336

Yorkshire Ladies
Cycling Assoc.
15 mile TT 16.00hrs V124

C.D.L.C.A. 10 mile TT
14.00hrs A10/10

Mildenhall C.C.
10 mile TT 14.00hrs B10/34

Lincoln Wheelers C.C.
10 mile TT 14.00hrs C10/18

V.C. Halton 10 mile TT
14.00hrs D10/1

Maldon & District CC
10 mile TT 15.00hrs E21/10a

De Laune C.C. 10 mile TT
14.30hrs G412

East Sussex C.A. 10 mile TT
14.30hrs G815

V.T.T.A. London 10 mile TT
16.00hrs H10/2

Oxonian CC 10 mile TT
16.00hrs H10/16

M & D.L.C.A 10 mile TT
14.00hrs J4/1

Wolverhampton Wheelers CC
10 Mile TT 14.00hrs K5/10

Evesham & District Wheelers
CC 10 mile TT 14.00hrs
K39/10

V.C. Cumbria 10 mile TT
15.00hrs L1010

West Kent R.C. 10 mile TT
06.00hrs Q10/19

Plymouth Corinthian CC
10 mile TT 14.00hrs S4/10

Cleveland Wheelers CC
10 mile TT 14.00hrs T102

Bristol South 10 mile TT
14.00hrs U21

Huddersfield Star Wheelers
10 mile TT 14.00hrs V312

Sunday 25th April

Bath Road Club (Hilly)
50 mile TT 08.00hrs H50A

Adorior R.C.(Mountain TT)
41 mile TT 09.00hrs J8/4

Wrekinsport CC (Hilly)
35 mile TT 09.00hrs D35/1

Dartford Wheelers (Hilly)
31.5 ml TT 07.00hrs QS/15

Border C.A. 30 Mile TT
08.00hrs H30/5

Bynea C.C. 30 mile TT
08.00hrs R30/5

B.D.C.A. 25 mile TT
08.00hrs A25/26

V.T.T.A.Notts & E.Midlands
25 mile TT 08.00hrs A25/8

Mildenhall C.C. 25 mile TT
08.00hrs B25/38

Lindsey Roads C.C. 25 mile
TT 08.00hrs C25/19

Ormskirk C.C. 25 mile TT
08.00hrs D25/11

Maldon & District C.C.
25 mile TT 08.00hrs E21/25

Viking R.C. 25 mile TT
06.30hrs E72/25

Bedfordshire Road CC
(M.M.) 25 mile TT 08.00hrs
F1A/25

Bedfordshire Road CC
(M.G.72") 25 mile TT
07.00hrs F1A/25
24 Riders include
Dave Fearon Weaver Valley
J.McClelland, London
St.Chris
Les Pick. Icknield RC
J.Barlow Harborough
Concord

East Sussex C.A. 25 mile TT
08.00hrs G836

Southern Counties C.U.
25 mile TT 07.00hrs G435

Marlboro A.C. 25 mile TT
07.30hrs H25/2

South Staffs C.A. 25 mile TT
08.00hrs K6/25

V.C.Cumbria 25 mile TT
09.00hrs L2511

Preston Wheelers 25 mile TT
07.00hrs L251

Sheffield Phoenix CC
25 mile TT 07.30hrs O2

Bournemouth Arrow C.C.
25 mile TT 06.30hrs P201

Stockton Wheelers C.C.
25 mile TT 08.00hrs T252

T.A. (SW) 25 mile TT
10.00hrs U18R

Yorkshire Road Club 25 mile
TT 08.00hrs V134

Trowbridge CC (Hilly)
24 mile TT 09.00hrs U59

South West London Combine
10 mile TT 08.00hrs H10/6

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