

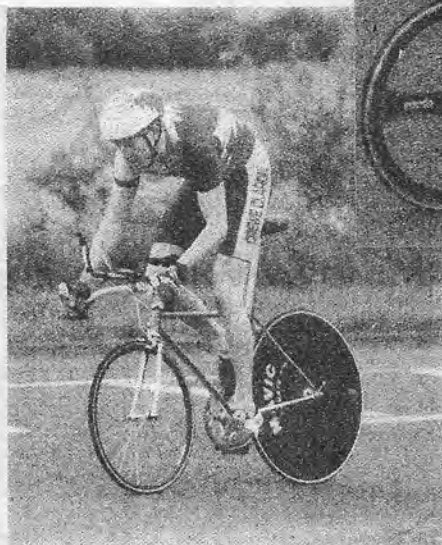
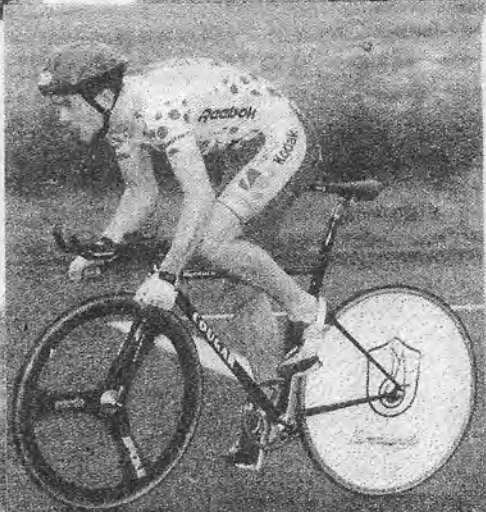
TIME TRIAL WEEKLY

PRODUCED BY TIME TRIALLISTS

10th June, 1993

No 53

Price 70p



Top Left: Les Pick, Icknield RC, Top Centre: Laurie Holmes, Leeds St Christophers. Top Right: Eddie Adkins VC Bad.
Bottom Left: Alan Roberts, Crewe Clarion, Centre: Chris Boardman, Nth Wirral Velo, Bottom Right, Bill Moore, Leo RC

Time Trial Weekly is registered at the post office as a newspaper.

Boardman just, Obree nearly

Phew! Chris Boardman retained his 25 mile Men's National Time Trial Title but only just after the strongest of challenges by Graeme Obree came to grief with an enforced stop at about 10 miles.

On a perfect day for time trialling with the lightest of zephyrs coming across the cornish landscape and the occasional Atlantic fog bank drifting over the clifftops and on to the course to keep temperature moderate these two titans of modern racing against the clock eclipsed the efforts of all other riders.

Obree started fiercely on his 115" fixed gear in the lane high on the cliffs above a placid Atlantic Ocean, swung onto the B3277 and down to the A390 at Chiverton Roundabout. He had made the best possible start and was 4 seconds up on the Olympic Champion in less than 2 miles.

Down to Truro, straight through 3 roundabouts and around the small Newbridge Roundabout then back over steadily rising roads to Chiverton, Obree kept up his momentum and went through the specially coned off lane for competitors on the Dual Carriageway A30 with a lead of 9 seconds-he was told 24 by his team of helpers.

As he swung into action on the long descent from Chiverton he saw to his horror that the rear wheel had pulled across. There was no alternative than to stop and realign the wheel. To have continued would have courted

disaster with a rear tyre blowout the inevitable consequence.

He remounted and redoubled his efforts knowing that perhaps all was not lost but that it may be possible to regain the lost time. Ian Matthews, principle timekeeper, saw the Scot climb up to the top of Scorrer Hill on the opposite carriageway "Absolutely Flying".

At halfway the inevitable truth was recorded. His advantage had been reversed and he was now 24 seconds down. The crowd at the Inn for all Seasons, in front of the magnificent result board, had a perfect side view of the now infamous but super efficient "Crouch". The speed was awesome.

At the final turn to the South of Camborne the impossible seemed now possible. Boardman's lead had been chopped to six seconds. However this was as close as the Scot got. Perhaps he had put so much in over the previous eight miles he had drained his reserves for the last seven miles especially as the morning airs had a definite drift into the faces of the late starters over these final miles. At the line the gap was ten seconds. Boardman had retained his title.

The early pace had been set by Bill Moore, Leo RC. Off at No5 he was the first to lower Andrew Lyons' course record of 56 minutes 8 seconds with his 54.18 effort. The next to impress was Paul Jennings off at No 15 he cut the record to 52.00 which withstood the

efforts of all apart from Obree and Boardman. Of the other fancied challengers they ended up as the also rans. Gethin Butler, Stuart Dangerfield and Nick Gardiner could not match the pace and Chris Ball punctured in the second half but went through 12.5 miles well adrift of the top placing he sought.

The team prize was a two horse race with the North Wirral Velo edging out the Leo by 1 minute 11 seconds.

The most unfortunate rider was Alan Lawrence of RT East who punctured as he waited to start and had to get another rear wheel. Took a 12 minute late start only to have a second puncture and become one of several DNF all of whom were reclaimed from the course by the Cycle Dynamics van of Danny Deakin. All part of the Chough's impeccable organisation.

Organiser John Tomlinson and his team had planned every last detail-roads had been inspected and repaired by the local Highways Department, with all sunken trenches and raised manholes reinstated-the Police patrolled, stood on point duty and generally saw that all competitors had unimpeded passage-Raynet sent in regular checks-Maggie James posted the times on to the result board for which materials were donated by local companies and the artwork was done by Ian Ladbroke (Evesham & District but now living at Perranporth)-Len Pascoe manned the PA.-Seb Coe OBE, MP the local Member of Parliament for Falmouth Camborne presented the medals and all went home with a feeling of a job well done.

Ken Robertson

Pos.	Name	Club	12.5 miles	17.9 miles	25 miles	No	Name	Club	12.5 miles	17.9 miles	25 miles
1	Chris Boardman	North Wirral Velo	26.23	34.44	48.45	52	Andrew Appleby	Birmingham University	30.53	40.38	57.28
2	Graeme Obree	Leo RC	26.57	34.50	48.55	53	Terence Morgan	GS Vitesse	30.36	40.42	57.34
3	Paul Jennings	North Wirral Velo	27.54	36.41	52.00	54	Rob Pears	Bath CC	29.47	39.38	57.37
4	Gethin Butler	RT Italia	28.13	37.33	52.43	55	Keith Rees	St.Budeaux CC	30.51	40.52	57.42
5	Stuart Dangerfield	Leo RC	28.32	37.31	52.48	56	Robert Morris	Beauvale CC	30.25	40.17	57.50
6	Dominic Sweeney	Invicta RC	28.27	37.41	53.01	57	Julian Russell	Newark Castle CC	30.45	40.45	57.50
7	Nick Gardiner	Oxford Polytechnic CC	28.33	37.38	53.22	58	Richard Oliver	RT East	31.01	41.11	57.54
8	Bryan Steel	Team Haverhill	29.09	38.16	53.58	59	Jezz Kirchin	Mansfield RC	30.47	40.53	57.54
9	Scott O'Brien	North Wirral Velo	29.08	38.24	54.06	60	Ian Cargill	Alton CC	30.19	40.33	57.55
10	Wayne Elliot	Concorde RC	29.18	38.35	54.07	61	C.A.Cox	Cambridge University	31.15	41.14	57.56
11	Robert Hayles	Team Haverhill	28.11	37.27	54.08	62	Philip Evans	VC Cumbria	31.00	41.05	57.56
12	Stephen Eims	East Grinstead CC	29.00	38.27	54.09	63	William Pearson	Hertfordshire Wheelers	30.45	40.44	58.03
13	Peter Main	34 Nomads CC	28.48	38.21	54.11	64	John Butt	Duchy TR	31.14	41.09	58.08
14	Chris Alcock	Delta RT	20.04	38.30	54.12	65	Sam Lewis	Penzance Wheelers	31.08	41.07	58.15
15	Bill Moore	Leo RC	28.58	38.16	54.19	66	John McNamara	Duchy TR	31.25	41.18	58.21
16	Andy Wilkinson	Port Sunlight Wheelers	28.43	38.14	54.20	67	Matthew Harrison	Royal Sutton CC	31.22	41.28	58.22
17	Dave Creese	VC Slough	29.02	38.35	54.21	68	Paul Gadd	Twickenham CC	31.12	41.06	58.23
18	Simon Lillistone	North Wirral Velo	29.06	38.13	54.28	69	Mike Fagg	Willesden CC	31.32	41.23	58.32
19	Chris Peate	Morley CC	29.45	39.08	54.32	70	Julian McLaughlin	Calleva RC	30.56	41.21	58.33
20	Phil Silver	VC Slough	29.23	38.48	54.36	71	Paul Prince	Bromsgrove Olympic CC	31.28	41.40	58.37
21	Adrian Rowley	GS Vitesse	29.24	38.35	54.41	72	T.Ablewhite	Newark Castle CC	31.22	41.18	58.41
22	Graham Waddington	Pendle Forest CC	29.09	38.51	54.44	73	Peter Wothers	Cambridge University	30.56	41.22	58.47
23	Nick Giles	CC Abergavenny	29.00	38.24	54.44	74	Stephen Briggs	Somer Valley CC	31.19	41.45	58.49
24	Keith Reed	Clarence Wheelers	29.10	38.43	54.56	75	Dave Driver	Yeovil CC	31.36	41.40	59.00
25	Gary Wharton	Nottingham Clarion	29.38	39.15	55.26	76	Lee Dinham	Plymouth Corinthians CC	31.23	41.29	59.01
26	Steve Dennis	East Grinstead CC	29.51	39.33	55.26	77	R.J.Wood	RT East	31.14	41.30	59.02
27	Richard Walker	Bristol South RC	29.37	39.11	55.26	78	Eddie Page	RT East	31.29	41.33	59.03
28	Steve Hunt	VC Slough	29.50	39.22	55.37	79	Robert Engers	Whitewebbs CC	30.59	41.17	59.04
29	Andy Griffiths	GS Vitesse	29.41	39.13	55.48	80	Chris Rees	St.Budeaux CC	31.34	41.25	59.05
30	Aled Williams	Cambridge University	29.51	39.28	55.56	81	Stuart Pickering	Duchy TR	31.45	41.53	59.11
31	Lee Foster	Border City Wheelers	30.05	39.25	56.00	82	W.Woods	Warrington RC	31.39	41.47	59.15
32	Paul Nabi	Elizabethan CC	29.53	39.25	56.03	83	Gareth Evans	Yeovil CC	31.22	41.50	59.28
33	Andy Gates	Pendle Forest CC	29.57	39.42	56.05	84	Michael Ashurst	New Forest CC	31.45	42.13	59.32
34	Kellie Sidwell	Royal Sutton CC	30.21	39.52	56.13	85	Richard Palmer	VC Slough	31.27	41.55	59.36
35	Richard Cosford	VC Slough	30.15	39.54	56.14	86	Paddy Hill	Choughs RC	31.53	41.59	59.38
36	Richard Van Looy	RT East	29.24	38.40	56.18	87	Robert Stimpson	Olympia Sport	32.34	42.34	59.39
37	Chris Vasey	GS Vitesse	29.57	39.30	56.20	88	Mike Venner	Choughs RC	31.41	42.01	59.41
38	Kevin Neary	Southend & County Whs.	29.21	39.13	56.24	89	Neil Wainright	Newark Castle CC	32.02	42.18	59.55
39	Paul Miller	Mansfield RC	30.31	40.07	56.26	90	Neville Bray	Coalville Wheelers	32.00	42.23	1.00.02
40	Andy Lyons	Plymouth Corinthians	30.06	39.49	56.28	91	Phil Hughes	Truro CC	32.49	43.22	1.00.24
41	Andrew Bowd	Cwncarn Paragon CC	30.18	40.15	56.28	92	Vic Haines	Leo RC	32.13	42.57	1.00.38
42	Peter Pickers	Antelope RT	30.08	40.03	56.32	93	Michael Stephens	Plymouth Corinthians	32.21	42.49	1.00.53
43	Paul Shuttleworth	Team Welwyn	30.19	39.54	56.40	94	Tom Cox	Polytechnic CC	32.36	42.55	1.00.59
44	Robert Thorne	Polytechnic CC	30.07	39.58	56.43	95	J.S.Forward	Cambridge University	32.25	43.25	1.01.32
45	Tim Puffer	Ratae RC	30.30	40.15	56.59	96	Larry Allpress	Somerset CC	32.44	43.55	1.01.50
46	Ian Dennis	North Road CC	30.59	40.30	57.00	97	John Fuke	CS Dynamo	33.04	43.19	1.01.54
47	Colin Found	Barnstaple Imperial Wh	31.09	44.58	57.16	98	Malcolm Steer	St.Budeaux CC	34.04	44.40	1.02.11
48	Alan Lane	Mansfield RC	30.58	40.35	57.22	99	Nicholas Allen	Duchy TR	32.01	42.16	1.02.25
49	Neill Coventry	High Wycombe CC	30.39	40.31	57.22	100	Neil James	Choughs RC	32.49	43.37	1.02.37
50	Nigel Polkinghorne	St.Budeaux CC	30.57	40.38	57.25	101	Martyn Burns	Abbotsford Park CC	34.44	46.00	1.04.50
51	Alex McGrath	Exeter Wheelers	30.20	40.34	57.26	102	Eric Quick	Duchy TR	35.25	48.23	1.13.21

Les Pick well clear in Norlond '50'

Les Pick (Icknield RC) made the most of finding the F1 in an unusually benevolent mood for Sunday's Norlond Combine '50'. In calm, warm conditions he followed up a 50.33 in last week's Oxford University CC '25' with near-five minute victory, in 1.48.33 which saw him punching the air with joy as he crossed the line after starting last man off.

Second was consistent allrounder John McLelland (London St Christopher CCC), a useful rider at Welwyn track, in 1.53.04 just a minute and a half in front of Verulam's Ian Brazier. Fast but push-all-the-way conditions favoured the pedallers, all the top three showing a nimble turn of foot on moderate gears.

For Brazier also there was the added encouragement of a personal best and leading his club to another team win (backed by Paul Bennett-now getting near to finding form after serious illness last year-and improving Warren Marshment). Out to watch him was his dad, Tony, who, nostalgically, couldn't believe it was 40 years ago earlier in the week that he had won the Coronation celebration road race down the road at Welwyn Garden City!

For once Paul Bennett wasn't fastest vet., this honour going to

Bob Garrett (Beds Roads CC) by a handful of seconds, but all acknowledge the mastery on standard of Icknield's Johnnie Lee, with an actual 2.02.55 for a plus of 42.8 at 66 years of age, in a season in which he had only been OUTSIDE the hour once at 25 miles so far!

Phil Galloway organised on behalf of CC Luton/Emmelle/Shorter Rochford Cycles, and was doubly joyful at the large number of personal bests achieved, and especially that of his clubmate, roadman Paul Stewart, who doesn't normally like getting up early on Sunday mornings, but took sixth place in 1.55.04

L.Pick.(Icknield RC).....	1.48.33
J.McLelland.(London St Chris).....	1.53.04
I.Brazier.(Verulam CC).....	1.54.34
R.Garrett.(Beds Roads).....	1.54.45
P.Bennett.(Verulam CC).....	1.54.53
P.Stewart.(CC Luton).....	1.55.04
S.Cotton.(Hitchen Nomads).....	1.55.48
D.Hitchens.(VC Slough).....	1.56.37
G.Anderson.(Hitchen No).....	1.56.50
K.Allen.(Whitewebbs CC).....	1.56.53
D.Solomon.(Whitewebbs CC).....	1.56.55
W.Marshment.(Verulam CC).....	1.57.22
P.Cookson.(Willesden CC).....	1.57.49
I.White.(Nth Road CC).....	1.59.31
D.Wilsmore.(Steveage CC).....	2.00.15
Lady.....	
J.Smith.(Hounslow & DW).....	2.13.28
H'cap.....	
R.Duncomb.(Aylesbury CC).....	1.40.17
Team.Verulam CC.....	5.46.49

Mike Daniell

Ambitious Icke wins Wessex 50

"My ambition is to get under 1.50" said Terry Icke (Poole Wheelers) after winning the Wessex RC 50 mile time trial from national stars Andy Cook (Leo RC) and Lee Paxton (Salisbury RC)

At 49 Terry has a good pedigree, two sixth places in the BAR and a third in the national 12 hour championship. Still a force to be reckoned with in the South DC, only three weeks previously he had been saying that his days of winning open events were over.

The previous week he had done a personal best for 10 miles, the second time in three weeks, beating the course record, which had inspired him to do a little more training than usual.

Experience had helped him win the event, the original course having been changed because of road works, on to roads that he knew better than most of his opposition. The times outside the first three indicated the stickiness of the day and the course.

At 30 miles he had been 20 seconds down on Paxton, and Cook, who were separated by one second. Paxton looking the strongest of the three at that stage.

Paxton slowed over the final miles, riding seven events in eleven days taking their toll. A second place to Clive Brooks the evening before in the Frome 10 in 20.55 bringing to an end a winning run of four.

He admitted to feeling tired, where the week before he had felt good enough to keep going for twice the distance.

Second placed Andy Cook was pleased, he has been riding and going well in Premier League events, but until today time trial

performances had not been as good as he would have liked. He was full of admiration for Icke's performance.

Fourth placed Mike Harris (Caesarean CC) makes the trip over from Jersey four times a year, with the intention of getting in the prizes. Getting in at least a 50, a 100, and the Poole Wheelers 12.

Bringing a team with him to cut down on expenses they pack in as many events as they can, but a revision of ferry times makes it difficult on a Saturday, unless they can find an evening event. The last minute change to a slower course was a problem for them, but they still picked up the team race.

With a hard core of 20 riders on the island, they fit in a programme of three races a week, when they can find the organisers.

Wessex RC 50 mile TT Sunday 6th June. P421

T.Icke.(Poole Whs).....	1.53.44
A.Cook.(Leo RC).....	1.54.13
L.Paxton.(Salisbury RC).....	1.54.19
M.Harris.(Caesarean RC).....	1.59.16
M.J.Potter.(Weston SM).....	2.00.06
A.M.Godden.(Caesarean RC).....	2.00.11
H.Featherstone.(Norwood P).....	2.00.56
W.Harper.(Warwicks RC).....	2.02.27
D.P.Loader.(Andover Whs).....	2.02.55
R.E.Davidson.(Redmon CC).....	2.03.24
K.Stephens.(S'hampton Whs).....	2.04.09
J.Bilby.(Poole Whs).....	2.04.19
Vet.....	
T.Icke.....	
H.Featherstone.....	
Std.....	
Featherstone.....	+38.07
Icke.....	+32.00
Ladies.....	
C.Newman.(Crabwood CC).....	2.16.47
M.Kitcher.(Poole Whs).....	2.20.02
Best Imp.....	
R.E.Davidson.....	+3.26
Team. Caesarean CC.....	

Bad boys take first & second

There was a bunch of smiling faces around the result board as no fewer than 52 of the 114 who started showed improvements on their Line 2 times. Of these 41 were personal bests. The tone was set as the first two on the card both did PB's and the message that it was going to be a fast event was confirmed when No 20 Ken Platts achieved a PB of 52.31, an improvement of 36 seconds.

Highest improvement went to Mark Seaman of the promoting club whose 57.39 bettered his previous fastest by 4mins 42 secs which only just kept out three other riders from best performance against Line 2.

These betterments in time were not confined to the middle and slower riders in the field as the event winner John French of VC Bad improved on his previous best by 20 seconds when he crossed the line in 51.04.

Not far behind him was his team mate Eddie Adkins with 51.08, while Ian Cammish (Cyman-Maxim) finished third on this occasion with 51.31 just ahead of Gary Empson (Aero BC) 51.39.

CC Sudbury 25 mile TT

Saturday 5th June. B25/38

J.French.(VC Bad).....	51.04
E.Adkins.(VC Bad).....	51.08
I.Cammish.(Cyman/Maxim).....	51.31
G.Empson.(Aero BC).....	51.39
P.Hamilton.(Wren Whs).....	52.18
K.Platts.(Coalville Whs).....	52.31
R.Keeble.(Wren Whs).....	52.43
G.Stevens.(VC Bad).....	53.04
S.Jones.(CC Sudbury).....	53.39
R.Hagger.(Southend & C).....	54.01
Lady.....	
S.Goody.(Leo RC).....	59.51

EDCA 30 km TT

Thursday 3rd June. P426

L.Paxton.(Salisbury RC).....	39.39
S.Brown.(B'mouth Jub).....	41.06
M.Ashurst.(New Forest CC).....	42.21
P.Jarvis.(Wessex RC).....	42.38
R.Griffiths.(Poole Whs).....	43.16
M.Tarrant.(B'mouth Jub).....	44.13
P.Doughty.(Poole Whs).....	44.34
N.Rendell.(Poole Whs).....	44.35
T.Saunders.(Poole Whs).....	44.49
M.Woodgate.(B'mouth Jub).....	44.53
B.Garrard.(B'mouth Arrow).....	45.31
P.Jones.(B'mouth Jub).....	45.38
D.Martin.(Salisbury RC).....	46.38
M.Jose.(B'mouth Jub).....	47.13
A.Haas.(Poole Whs).....	47.35
Ladies.....	
M.Kitcher.(Poole Whs).....	49.06
E.Vaughan.(Wessex RC).....	51.44
M.Lord.(Wessex RC).....	51.52
Vet.....	
M.Ashurst.....	
M.Tarrant.....	
M.Woodgate.....	
Team.....	
Bournemouth Jubilee Whs.....	61pts
Poole Wheelers.....	81pts

Beeston RC 25 mile TT

Saturday 5th June. A25/8

S.Day.(Delta RT).....	54.58
I.Wroblewski.(Leicester RC).....	55.51
M.G.Powell.(Beeston RC).....	56.09
S.A.Cotton.(Leices' RC).....	56.47
A.J.Pettitt.(Merca CC).....	57.28
S.Smith.(Zenith CC).....	57.34
J.S.Smith.(Chestfield S RC).....	57.54
J.Maddocks.(Leics' RC).....	57.59
C.Hickling.(Coalville Whs).....	58.54
G.Proll.(Sleaford Whs).....	58.59
T.J.Byett.(Sherwood CC).....	58.59
A.Casgoyne.(VC Chest'ld).....	59.05
T.Brown.(Beeston RC).....	59.09
P.Crehan.(Sheffield P).....	59.13
Mrs.S.Timmis.(Leics' RC).....	59.28
Ladies.....	
S.Timmis.(Leics RC).....	59.28
M.Y.Perkins.(Coalville Whs).....	1.02.02
J.Corbett.(Mapperley RC).....	1.04.54
Juv.....	
A.M.Mitchell.(Witham Whs).....	1.04.53
Vet.....	
A.J.Pettitt.....	
A.Casgoyne.....	
P.Crehan.....	
Team. Leicester RC.....	2.50.37

Richard Van Looy R.T.East recorded 54.18 in the National 25 and not 56.18 as reported on page two, his position was 15th moving other placings down one until the 36th place.

Trevor Horton, Warrington RC, produced a superb 57.52 to win the Merseyside Wheelers Middlemarkers 25 for those not having beaten the hour in the last three seasons.

He was well clear of R.Ronpage of Chester RC who did a PB. 59.26 but was ruled out of the final result as he had beaten the hour in the week before the event. So second spot went to AC.Stuart, Middleton CC, who was one second over the hour. Third was G.Holt, Lancashire RC., in 1.00.20. Of the five ladies in contention D.Turner, Central Lancs RC was best in 1.04.08 but Jean Pierce of Merseyside Whs. kept up her good season with 1.06.39 for second best girl. Lanky Roads took the team prize with their trio of G.Holt, D.Fisher and RK.Tattersall.

Best Merseyside Wheeler for the Norman Dixon Trophy was Frank Olchowski in 1.01.38 and the biggest improvement prize went to TM.Moore. Liverpool Century RC in 1.08.15

Table listing names and times for Merseyside events, including T.Horton (57.52), AC.Stuart (1.00.01), G.Holt (1.00.20), JE.Parker (1.00.35), SB.Williams (1.00.44), CD.Stephens (1.01.01), P.Cartside (1.01.09), P.Finch (1.01.10), D.Fisher (1.01.16), DH.Lees (1.01.18), Team Lancashire RC (3.04.33).

Best Merseyside Wheeler for the Norman Dixon Trophy was Frank Olchowski in 1.01.38 and the biggest improvement prize went to TM.Moore. Liverpool Century RC in 1.08.15

Table listing names and times for Porth & District CC events, including J.McKellow (+7.25), M.Lawrence (+6.44), D.Morgan (+6.21), F.Evans (+6.03), BJ.Adams (+5.38), DG.Wilyam (+5.15).

Table listing names and times for Barnesbury CC 10 mile TT, including C.Issats (21.22), H.Walker (21.24), J.Wright (21.33), D.Aitkenhead (22.53), C.Bush (22.58), J.Logan (23.08), P.Atkinson (23.14), M.McKenna (23.17), G.Coates (23.40), P.McGahey (23.51).

Manchester & District LCA 10 mile TT Saturday 15th May. J4/1

Table listing names and times for Manchester & District LCA 10 mile TT, including C.Roberts (25.25), A.Luckock (27.09), J.Darwell (27.29), S.Longstaff (27.42), R.Gamwell (27.46), M.Atterbury (28.11), J.Shaw (28.12), F.Gillmore (29.44), PH.Clarke (30.27), KJ.Wood (31.32), AC.Butterworth (32.02), S.Chester (34.18).

West Cheshire '50' Sunday 6th June.

Table listing names and times for West Cheshire '50', including A.Roberts (1.57.02), S.Mitton (1.58.42), D.Allen (1.58.52), AF.Stockton (1.59.12), D.Roe (1.59.43), F.Yates (1.59.51), R.Hodkinson (2.01.07), JD.Gresty (2.02.04), JS.Kitching (2.02.20), PM.Jaffrey (2.02.29), Team Crewe Clarion Whs (5.56.51).

Alan Roberts (Crewe Clarion Whs) was fastest in the West Cheshire 50 in 1.57.02 and his wife Christine made it a family double as fastest lady in 2.07.10. Her form of late is good and has convinced her she should go for the big one with a competition record bid in the Mersey Roads Club 24 hour event.

Victoria CC 25 mile TT Sunday 6th June. E1/25a

Table listing names and times for Victoria CC 25 mile TT, including A.Cornish (57.02), G.Snellin (57.10), R.Hagger (57.31), M.Edmonds (58.14), L.Newton (58.22), G.Taylor (58.47), R.Donington (58.50), V.Stark (59.08), T.Davis (59.31), R.Mellor (59.40), C.Lewis-Smith (46.27), Lady M.Jagger (48.22), Jun. H.Wakelin (48.22).

Table listing names and times for LRRR Longmarkers & Middlemarkers 25 mile TT, including M.Edmonson (1.04.49), J.Earl (1.05.42), M.Rushby (1.06.45), A.Janney (1.06.48), I.Sabberton (1.06.51), M.Cullen (1.07.36), CD.Gill (1.07.57), DA.Pedder (1.08.46), J.Mould (1.08.47), T.Ditchburn (1.09.04).

Barnesbury CC 10 mile TT Wednesday 2nd June.

Table listing names and times for Barnesbury CC 10 mile TT, including C.Issats (21.22), H.Walker (21.24), J.Wright (21.33), D.Aitkenhead (22.53), C.Bush (22.58), J.Logan (23.08), P.Atkinson (23.14), M.McKenna (23.17), G.Coates (23.40), P.McGahey (23.51).

Table listing names and times for Westmead Team '88 25 mile TT, including S.O'Brien (56.24), C.Sanders (56.31), J.Waddilove (58.25), E.Taylor (58.50), R.Warrington (59.03), G.Fox-Kelly (59.48), M.Cunningham (1.00.28), M.Oldfield (1.00.28), J.Hopkinson (1.00.30), P.Jaffrey (1.00.25).

Manchester & District LCA 10 mile TT Saturday 15th May. J4/1

Table listing names and times for Manchester & District LCA 10 mile TT, including C.Roberts (25.25), A.Luckock (27.09), J.Darwell (27.29), S.Longstaff (27.42), R.Gamwell (27.46), M.Atterbury (28.11), J.Shaw (28.12), F.Gillmore (29.44), PH.Clarke (30.27), KJ.Wood (31.32), AC.Butterworth (32.02), S.Chester (34.18).

Yorkshire Group VTTA. Wetherby-Scarborough. (59 mile Approx)

Table listing names and times for Yorkshire Group VTTA, including R.Krygsman (2.05.57), J.Read (2.13.15), EJ.Taylor (2.14.53), MA.Chorlton (2.15.20), AJ.Farrell (2.19.43), JR.Charles (2.19.54), SR.Lancaster (2.20.55), V.Caswell (2.21.14), R.Osman (2.21.27), P.Gallagher (2.22.18), G.Firth (2.22.46), PA.Read (2.25.22), J.Laycock (2.25.28), SA.Lightfoot (2.26.24), LJ.Flanaghan (2.26.33).

Vegetarian C & AC 25 mile TT Sunday 6th June.

Table listing names and times for Vegetarian C & AC 25 mile TT, including C.Brooks (53.03), R.Facey (56.46), I.Wallace (57.07), N.Antell (57.45), N.Richardson (57.56), A.Milward (58.10), D.Bentley (58.13), R.Maggs (58.43), B.Marsh (59.07), AP.Malone (59.11), R.Ayres (59.14), S.Parker (59.46), P.York (1.00.20), N.Clements (1.01.19), C.Fendt (1.01.46).

Table listing names and times for North Lancs RC 25 mile TT, including G.Butler (51.36), G.Waddington (54.27), M.Middleton (55.25), RL.Warrington (56.08), JH.Purdy (57.02), M.Smithson (57.31), J.Martin (57.35), C.Meldrum (57.49), M.Cunningham (58.16), RM.Smith (59.03), J.Ramsbottom (59.11), BJ.Hickey (59.46), D.Brown (59.47), T.Stansfield (59.30), M.Dickinson (1.00.02).

North Lancs RC 25 mile TT Tuesday 1st June. L255

Table listing names and times for North Lancs RC 25 mile TT, including G.Butler (51.36), G.Waddington (54.27), M.Middleton (55.25), RL.Warrington (56.08), JH.Purdy (57.02), M.Smithson (57.31), J.Martin (57.35), C.Meldrum (57.49), M.Cunningham (58.16), RM.Smith (59.03), J.Ramsbottom (59.11), BJ.Hickey (59.46), D.Brown (59.47), T.Stansfield (59.30), M.Dickinson (1.00.02).

Northumberland & Durham CA 25 mile TT Sunday 30th May. M257

Table listing names and times for Northumberland & Durham CA 25 mile TT, including P.Wildsmith (56.17), H.Walker (56.17), L.Foster (56.46), R.Mitford (58.19), D.McCready (59.19), C.Herbert (59.47), P.Hurt (1.00.03), G.Coates (1.01.25), P.Atkinson (1.02.05), I.Taylor (1.03.09), D.Clayton (1.03.43), P.Day (1.03.57), A.Winter (1.04.51), A.Fuller (1.04.20), J.Walton (1.04.51).

Westmead Team '88 25 mile TT Sunday 30th May. J2/7

Table listing names and times for Westmead Team '88 25 mile TT, including S.O'Brien (56.24), C.Sanders (56.31), J.Waddilove (58.25), E.Taylor (58.50), R.Warrington (59.03), G.Fox-Kelly (59.48), M.Cunningham (1.00.28), M.Oldfield (1.00.28), J.Hopkinson (1.00.30), P.Jaffrey (1.00.25).

Lincoln Wheelers Tenth Horncastle Grand Prix De Gentlemen 15.5 mile TT.

Saturday 5th June.

Table listing names and times for Lincoln Wheelers Grand Prix De Gentlemen, including G.Lee/J.Lowes (35.30), J.Elliott/A.Linton (36.02), M.Cowgill/A.Robinson (36.17), R & R Oakes (36.34), J.Almond/C.Lamb (37.32), N.Atkinson/A.Nash (37.42), J.Flear/K.Middleton (37.42), K.Norton/D.Strickson (37.44), G.Minton/S.Wightman (38.05), C.Garwell/S.Carmichael (38.48), D.Smith/R.Todd (38.58), A.Middleton/D.Clarke (39.10), M.Cowgill/A.Robinson (+9.10), J.Flear/K.Middleton (+8.29), G.Lee/J.Lowes (+8.12), C.Garwell/S.Carmichael (+8.07), L.Ray/D.Gilham (+7.50), N.Atkinson/A.Nash (+7.45), L.Hurt/A.Moore (VC Lincoln) (+7.36), K.Norton/D.Strickson (+7.01), N.Lill/P.Pulletz (Lincoln Whs) (+6.30), J.Elliott/A.Linton (+6.20).

North Lancs RC 25 mile TT Tuesday 1st June. L255

Table listing names and times for North Lancs RC 25 mile TT, including G.Butler (51.36), G.Waddington (54.27), M.Middleton (55.25), RL.Warrington (56.08), JH.Purdy (57.02), M.Smithson (57.31), J.Martin (57.35), C.Meldrum (57.49), M.Cunningham (58.16), RM.Smith (59.03), J.Ramsbottom (59.11), BJ.Hickey (59.46), D.Brown (59.47), T.Stansfield (59.30), M.Dickinson (1.00.02).

Northumberland & Durham CA 25 mile TT Sunday 30th May. M257

Table listing names and times for Northumberland & Durham CA 25 mile TT, including P.Wildsmith (56.17), H.Walker (56.17), L.Foster (56.46), R.Mitford (58.19), D.McCready (59.19), C.Herbert (59.47), P.Hurt (1.00.03), G.Coates (1.01.25), P.Atkinson (1.02.05), I.Taylor (1.03.09), D.Clayton (1.03.43), P.Day (1.03.57), A.Winter (1.04.51), A.Fuller (1.04.20), J.Walton (1.04.51).

Westmead Team '88 25 mile TT Sunday 30th May. J2/7

Table listing names and times for Westmead Team '88 25 mile TT, including S.O'Brien (56.24), C.Sanders (56.31), J.Waddilove (58.25), E.Taylor (58.50), R.Warrington (59.03), G.Fox-Kelly (59.48), M.Cunningham (1.00.28), M.Oldfield (1.00.28), J.Hopkinson (1.00.30), P.Jaffrey (1.00.25).

Manchester & District LCA 10 mile TT Saturday 15th May. J4/1

Table listing names and times for Manchester & District LCA 10 mile TT, including C.Roberts (25.25), A.Luckock (27.09), J.Darwell (27.29), S.Longstaff (27.42), R.Gamwell (27.46), M.Atterbury (28.11), J.Shaw (28.12), F.Gillmore (29.44), PH.Clarke (30.27), KJ.Wood (31.32), AC.Butterworth (32.02), S.Chester (34.18).

Panagi wins on home ground

Traffic lights at Crossbush, likely to remain until a new road is built to take traffic away from the Arundel by-pass in West Sussex, forced the county's Cyclists Association to move its annual 50 mile championship to a Hampshire based course at Emsworth, but though this switch gave Paul Panagi (Hastings & St Leonards CC) an extra 25 miles to reach the start his journey proved worthwhile when he established a new course record of 1h.55m.5s. to win by more than three minutes from the runner-up, Paul Toppin (Worthing Excelsior).

These two were the only riders in a field of 64 to beat two hours on a hot and sunny morning which lacked a breath of wind. The thoughts of spending the day on nearby beaches seem to slow several fancied competitors, though race organiser, Mark Jones (GS Stella) promised his wife, Heather, dispensing refreshments at race headquarters which included showers for those not so keen on a dip in the briny, that he would spend the rest of his day in the garden.

It was unclear if he planned to devote his time to gardening fatigues when he dismantled the result board which revealed that over five minutes separated his effort from that of the winner, but he did promise to finish closer when the two meet again, in the Finsbury Park 50 this Saturday.

Jone's time of 2.00.38 looked good enough for third place until his "rookie" clubmate, Adrian Talley, hitherto a road man who is now extending his racing to

include time trials as well as the Portsmouth Track League, finished almost exactly ten minutes later. Having finished within six minutes of Jones in his first 100 a week earlier, Talley turned the tables on his more experienced clubmate in his first attempt at 50 miles, finishing ten seconds quicker for a well deserved third place.

This performance was backed up by Richard Keevil and ensured the Stella club claimed the team medals by 1m. 55s. from Worthing Excelsior's leading trio who also finished in the top ten. Other winners were the oldest rider, 72 year-old Tom Battle (Newbury RC) whose time of 2.22.57 gave him the veterans on standard ward, and Teresa Thompson (Brighton Excelsior) who updated her club's lady's record with a time of 2.19.38.

P. Panagi.(Hastings STL)	1.55.05
P. Toppin.(Worthing Ex).....	1.58.20
A. Talley.(GS Stella).....	2.00.28
M. Jones.(GS Stella).....	2.00.38
N. McCormick.(Belle Vue).....	2.02.28
J. Wootton.(Worthing Ex).....	2.04.41
A. Payne.(Brighton Ex).....	2.04.45
B. Stapley.(Epsom CC).....	2.05.59
R. Keevil.(GS Stella).....	2.06.05
D. Lock.(Worthing Ex).....	2.06.43
D. Prior.(Bognor RCC).....	2.07.43
M. Penfold.(Brighton Ex).....	2.07.44
A. Selzer.(East Grin).....	2.08.07
P. Rowden.(Rother Vall).....	2.08.33
P. Cribb.(Bognor RCC).....	2.08.40
Team. GS Stella.....	6.07.11
Vet.	
B. Stapley.	
Std.	
T. Battle.(Newbury RC).....	+03.53
Jun.	
P. Rowden.	
Lady.	
T. Thompson.(Brighton Ex).....	2.19.38

Southern Counties CU 10 Saturday 5th June. G412

Predictably the mighty triathlete Tim Stevens won the Southern Counties '10' with a class ride on what is still a course with "only" a middling 20 for the course record. Surrey County Council had woven their magic a month before by resurfacing some of the course and the hot, sunny afternoon loosened the chippings, with some five riders puncturing.

This course is one of only two London South DC have for Saturday afternoon use in the 'flat' category, although many claim the climbs make it a sporting course!

Colin Smith, Old Portians CC, must have pleased timekeepers and clubmate, Don Glover, by improving 3.59. to record 23.11 in only his third event. General feeling at the result board was 1) wow! and 2) he'll be going well if he ever does that again. Watch out for him in th future and remember you heard of him first here.

T. Stevens.(34 Nomads)	21.02
L. Fanner.(Regent RC).....	22.00
K. Harding.(Central Sussex).....	22.20
S. Heather.(Festival RC).....	22.30
M. Oiney.(Sth Eastern).....	22.30
P. Danckwardt.(Norwood Para).....	22.39
M. Gidney.(De Laune CC).....	22.46
B. Elcome.(Festival RC).....	22.54
S. Woodbridge.(Brighton Ex).....	22.54
T. James.(Brighton Mit).....	23.00
N. McCormick.(Belle Vue).....	23.00
Lady.	
N. Wadham.(Kingston Whs).....	25.48
Jun.	
B. Elcombe.	
S. Woodbridge.	
Juv.	
J. Ibbotson.(Festival RC).....	24.03
Std.	
J. Bornhoft.(Kingston Whs).....	+5.07
Team. Festival RC.....	1.09.27

East Dorset CA 30 km TT Thursday 3rd June. P426

L. Paxton.(Salisbury RC).....	39.39
S. Brown.(B'mouth Jub).....	41.06
M. Ashurst.(New Forest CC).....	42.21
P. Jarvis.(Wessex RC).....	42.38
B. Griffiths.(Poole Whs).....	43.16
M. Tarrant.(B'mouth Jub).....	44.13
P. Doughty.(Poole Whs).....	44.34
N. Rendell.(Poole Whs).....	44.35
T. Saunders.(Poole Whs).....	44.53
B. Garrard.(B'mouth Arrow).....	45.31
P. Jones.(B'mouth Jub).....	45.35
D. Martin.(Salisbury RC).....	46.38
M. Jose.(B'mouth Jub).....	47.13
A. Haas.(Poole Whs).....	47.35
G. Pool.(Wessex RC).....	47.35

Steve Brown (Bournemouth Jubilee Wheelers) was delighted to find out that he had taken the course record off Lee Paxton (Salisbury RC) in the East Dorset CA 30 km evening time trial. Managing to hang on to it for 18m 33s before the rightful owner came along and reclaimed it.

It was still an excellent performance from one of the few riders that still rides out to events. Steve has passed his driving test, but never thought it worth while buying a car, using his bike to get around.

Only starting serious cycling three years ago at the age of 30 he has been making rapid improvements in shorter distance events, but still waiting for a win in an open.

Paxton on to his fourth win in four events, was in good form, but being challenged in an association event attracting a restricted field.

The race run on a one loop circuit over hilly roads, and non standard distance gave an event where position of finishing was all that mattered.

Antelope RT Woman's & Tandem 25 mile TT

Wednesday 2nd June. P201	
G. Longland/N. Stroud.	
(Antelope RT).....	48.35
A. Smith/RA. Holkam.(Brighton Ex).....	50.09
R. Hughes/A. Strong.	
(Clarence Whs).....	50.50
R. Manser/GA. Broad.	
(San Fiary ACC).....	50.58
A.J. Morris/RJ. Horner.	
(Fareham Whs).....	51.54
AW & Mrs. Cook.(Leo RC).....	52.01
EA. Green/M. Winter.	
(F. bor' & Camb).....	54.14
Miss. Miles/I. Kitt.(Catford CC).....	54.23
J. Watson/PJ. Watson.	
(S'borough Whs).....	54.25
Dc.&Mrs. Freestone-King.	
(Verulam CC).....	54.34
K. Balcombs/M. Penfold.(B'ton Ex).....	55.11
K. Williams/T. Brown.	
(Oxford CRC/Corinium).....	56.12
J & Mrs. Pascoe.(New Forest CC).....	58.34
T. Davis/D. Yareham.(Victoria CC).....	58.46

Women.

Z. Harris.(Crabwood CC).....	59.31
P. Strong.(Crabwood CC).....	1.01.53
G. Reynolds.(Willesden CC).....	1.02.15
I. Thompson.(Brighton Ex).....	1.02.43
C. Newman.(Crabwood CC).....	1.02.47
J. Scott.(Alton CC).....	1.03.21
WJ. Pails.(F'boro' & Camb).....	1.04.46
M. Kitcher.(Poole Whs).....	1.04.23
E. Gardner.(Antelope RT).....	1.05.12
JM. Wilson.(Bath CC).....	1.05.51
JE. Taylor.(P'mouth NE).....	1.05.59
M. Gibson.(B'mouth Arr).....	1.06.19
E. Buckley.(Hastings & STL).....	1.06.56
P. Edwards.(North Bucks RC).....	1.07.35
A. Wallace.(Crabwood CC).....	1.07.52

The Antelope evening woman's and tandem 25 on the P201 at Ringwood, was marred when Sue Northover (Antelope RT) was knocked off her bike by a car coming from behind on a slip road at the Cooper-Dean flyover. The same place as an accident occurred in an early morning time trial three years ago.

Sue went through the car windscreen, splitting her crash hat in half. Her subsequent injuries are reported as broken bones in her hand, broken ribs and a blood clot in the head.

Taken straight to hospital she was released the same night.

Possible winner Leigh Lamont (Antelope RT) and Michaela Lord (Wessex RC) the only two behind Sue stopped until an ambulance arrived.

The event was a comfortable win for Zena Harris (Crabwood CC) showing over a minute improvement. Unbeaten this year, she will have the chance to test her form next weekend in the women's national 25 mile championship, which will be held on her home roads.

As expected from the competition record holders, Glenn Longland and Neville Stroud (Antelope RT) they won the tandem 25.

This time they were over a minute outside their record on a sticky evening. Although anything is possible when Glenn is competing, moving from being third in the Division road championship, second in a fifty mile time trial, and winning a tandem event during a week, and still not satisfied with his form.

Heron RC 10 mile TT Wednesday 2nd June. S8/10A

C. Brooks.(VC Camelot).....	21.20
P. Shelley.(Wellington Whs).....	22.50
D. Barnes.(Team Zoyland).....	23.00
A. McGrath.(Exeter Whs).....	23.06
D. Bentley.(Wellington Whs).....	23.25
D. Lebatteux.(Exeter Whs).....	23.42
S. Fowell.(Exeter Whs).....	23.57
A. Shaw.(Axis RT).....	24.18
I. Hennessey.(1st Chard Whs).....	24.32
D. Gunn.(Tiverton CS).....	24.49
L. Allpress.(Somerset RT).....	25.12
I. Moore.(Exeter Whs).....	25.31
D. Owen.(Wellington Whs).....	25.32
H. Alford.(Heron RCC).....	25.42
D. Parsons.(Wellington Whs).....	25.44
Lady.	
J. Bryant.(Penzance Whs).....	26.18
Jun.	
A. McGrath.(Exeter Whs).....	23.06
D. Bentley.	
E. Whitton.(Exeter Whs).....	26.30
Vel/Std.	
H. Alford.....	+5.33
D. Richardson.(Exeter Whs).....	+3.04
D. Gunn.....	+2.18

B.A.R. TALK

Who is this Carole Gandy?"

was a comment I heard frequently around the result boards in BBAR events. Surprising though it may seem I am no stranger to the BBAR., but my last placing was back in 1983 when I was fourth. In all but one of the years between 1978 and 1983 I was in the top six. My contemporaries were Shirley Killingbeck, Ann Illingworth (Mother of Matthew) June Pitchford, Beryl (of course) and daughter Denise Burton, Lorna Hanlon, Fran Browning and Ann Mann to name but a few.

I remember Margaret Allen coming up to a group of us including Beryl and Ann at the end of one season and asking "How the hell do you manage to go so fast?". We gave her no good answer but obviously she learnt how anyway!! Margaret's times are substantially better than anything that I have achieved, but as a vet I am pleased to be still recording personal bests.

When I came third back in 1981 I was still older than Sue Wright is now. Whilst I am enjoying my racing again I can honestly say that my performances last year surprised me every bit as much as I am sure they surprised most of you. Luck plays quite a part in success, but sometimes one has to prove, from what ever field placing one is given, that it is possible to achieve a result.

From 1984, because of family commitments I was unable to race outside of Kent and Essex.

With motivation high on my return to serious competitive cycling my sole ambition last year was to get under the hour again having had a lean four years.

An accident early February laid me low for a short period and I had to think of something that would get me fit reasonably quickly. I started Triathlon training and was surprised to find that it was the sort of tonic that I needed, even though I rode the National 50 slightly under par.

Getting under two hours for a 50 was something I never expected to achieve and once having done this of course the 100 had to be attempted. The Wessex Roads 100 in August nearly put paid to ever riding 100s again but by September all thought of previous pain had gone and I was delighted to record a nine minute personal best in the North Mids and Herts event.

What am I doing differently these days? Well, funnily enough, I have cut down my mileage and do far fewer but better quality miles. Rest I have discovered, is just as important as training!! I was very sceptical about the benefits of turbo training computers and of course heart monitors. Now I agree they all have a place in training and racing.

The start of the National Time Trials Season is here again. I tried out the ladies National 25 course in a Thunderstorm. I was obviously not thinking straight as I thought the course was reasonable but some of the other girls who also rode felt it "rolled" a little. A good honest course which will no doubt throw up surprises!! People are quietly flying around which augers well for yet another interesting and speculative racing year.

Carole Gandy

Clitheroe-Settle TT 25 10th June.

Please note that due to a 'difference' with the Yorks RTTC DC. the turn has been withdrawn into North Lancs DC. country, shortening the course to 23.58 miles. As you will know Yorks DC. have banned all U-turns. We will make up the difference and re-measure the course next year.

The event closed this date with 77 entries. In cooperation with Lancs. Police if more than 60 entries the time will now be 18.00 instead of 18.30. The large entry is due to the event being included in the Northern SPOCO series.

Top entries include, previous winners, Tony Scott, (Blackburn Dist CTC), Ian Kay, Clayton Velo and also Graham Waddington, Pendle Forest CC, Gethin Butler, RT Italia.

There will also be three lady riders and one trike in the event. The course which starts on the main A59T is mainly over good country roads which vary between undulating and sporting and the course record over the full 25 mile distance was a good '57'.

B.Nightingale.
29th May.

This week Chris Ball, current holder of the RTTC Junior BAR title.

Wow! What a time for a 25 mile event: 49min 20secs. It was my best ever. I'm still thinking about that day, of the Oxford University's flying event (29 May) on the H25/13b course where Chris Boardman crossed the line in 45min 57secs.

But forget the absolute times for a moment and look at the leader board: the best news was that I came third. I was really delighted because I was hoping to be in the top eight, while a place in the top five would have been a big step up for me. But to be third: yes sir, things are really motoring.

I didn't expect to be above Prebble, Adkins, Moore or Rowley as I've never beaten any of them before.

Stuart Dangerfield has taken two minutes out of me in the past, but now I've lowered the difference to 47 seconds.

That time of 49min 20secs was a personal best for me by a margin of 1min 55secs.

I was on the line waiting to go when Clive Brooks came back in. He told me "I don't know" when I asked his time as I guess he was still waiting for official confirmation of his marvellous figure, but with ten seconds to go Steve Barnes's dad told me Clive had done 49.59. I knew then I had the chance of a 49min ride, though I didn't expect to see my name as high as third on that result board in Cumnor church hall.

So after all that, you'll want to hear how things went over the weekend in the national 25 mile championship. In short, I punctured after 22 miles.

I was on for a good time, a long 51 or a short 52. With Chris Boardman winning in 48mins 45 secs and with Graeme Obree second in 48.55 even after stopping for 30 seconds, and with Paul Jennings third in 52 dead, I could well have had another third place.

It was a back tyre that blew. If it had been a front one I'd have carried on, putting as much weight as possible on the back wheel but when a rear tyre goes there's nothing you can do about it. I was not pleased.

There were a lot of unhappy people at the national championship: like Obree who knew he could have won it., Gethin Butler (fourth) and Stuart Dangerfield (fifth) who were both looking for medals, and Rob Hailes (Haverhill) who arrived looking for a top five placing and ended outside the top 10.

It was a perfect course for me:

hard and rolling. It's the sort that suits Gethin so I'm surprised he was only fourth.

If Chris Boardman is world standard, thanks to him being Olympic champion, yet Chris would have been beaten if only Graeme hadn't had trouble, where does that put the great Scotsman? We could have a right set-too when the pair get together in the pursuits on the track at Leicester in a few weeks' time.

I'm taking a break from time trials. I've a road race this next weekend; it's my birthday the following Wednesday (a point for the fan club to note); there's criterium racing in Minehead the weekend after that; and following behind all those comes the divisional championship.

The news is that I came through the gym exam with flying colours: you needed 60% to pass and I got 92% so I'm very pleased.

Gymnastics coaching fits in well with my cycling. I'm out on the bike during the day with the coaching being mostly evening work. The boys' group that I started in May last year (aged 5-14) are very dedicated and there has been a big improvement since we got going. That makes me feel good as it shows that I've helped them.

I'm off to Australia soon. I hope to get in lots of cycling out there: I'll definitely be training and I'm looking to get some racing in. My girl friend, Mel Turner, is already out there-she went on April 7. I'll be staying for six months, and we'll be home together from Australia in February 94

My ambition is to be a professional cyclist. Sure I'd like to be Olympic champion, and people have pointed out that my career is giving me greater success, age for age, than Chris Boardman achieved when he first moved into the senior ranks.

In the next two years I hope to race in Belgium and France. You've got to experience racing in Belgium because it's totally different from racing over here.

If I look at anyone's a role model then it's Harry Lodge, rather than Chris Boardman. I want to follow Harry's footsteps. A place in a continental cycling team in my professional life's ambition.

If I get that far, remember the early days-like that issue of Time Trial Weekly back in June 1993 where I first rang up a 49min result in a 25 mile time trial. Best wishes to all. Bye.

Lewis Pell

THERE IS A DIFFERENCE....

During a recent conversation with some cycling friends, the subject got around to records. As the conversation progressed it became clear that some of those present did not know that there were two kinds of records, those accepted by the RTTC as Competition Records, and those accepted by the RRA's as "the best on record". Those who were unaware of the two types were of the younger generation, and they thought that all records were under the jurisdiction of the RTTC. It has thus occurred to me that to highlight the difference and distinction between the two would be helpful to others who might also be unaware of the situation.

Let us start with the RTTC Competition Records. These are put up in time trials at all distances, on all classes of machines, and for both sexes. In certain cases there are records for teams of three riders from the same club. On the occasion when an existing record has been broken the Competition and Records Secretary must be notified. He will issue a claims form and the applicant will start the ball rolling by filling in the appropriate items. Thereafter it will be referred to the District Council Secretary and the Promoting Secretary of the Event. They will submit, where appropriate, a route card showing the order of start, the details of the course, and the timekeeper (s). The District Council Secretary will confirm that the course is one that has been approved and that it has been correctly measured by an approved course measurer. He will confirm that the timekeeper (s) has used an approved watch with an up to date certificate.

When the claim form has been completed it will be returned to the Competition and Records Secretary who scrutinises it before placing it before the Committee. In due course, if there are no snags, the record will be approved and a certificate (s) issued.

Now an RRA record. We are talking here of the national RRA and the various Regional RRA's. Whilst there are some minor differences within their rules-limited boundary areas for instance-the overall procedures are much the same. There are two kinds of records involved, the place to place record and the fixed time and distance records. In the case of the former it presents no problem in that you ride from A to B, B to A, and some times from A to B and back. However, in the case of the fixed time and distance records-and these apply to all classes of machine and to both sexes,-the aspirant may choose any

preferred course, and furthermore the course can be used in one direction only. The onus of providing such a course falls on the aspirant and it becomes his or her responsibility to see that it is measured correctly. He or she must use measurers who are approved by the RRA's and, on the day, must use one of the approved timekeepers.

They must send an appropriate and specified number of schedules and an attempt fee to the Secretary and this schedule must show details of the chosen route. This may be used either way if due and proper notice has been given to the Secretary. Furthermore, to support the claim if the attempt is successful, details of checks along the route must be submitted in support of the claim. Additionally, a following car may be used, but it must carry an Official Observer appointed by the RRA's.

If successful a claim must be submitted and supported by all the evidence. This is placed before the Committee who consider the claim and duly pass the record.

The difference in the two types of records are now evident. The one must be done in competition on an approved out and home course, without following cars, but with the backing of approved timekeeper and course measurers. The other on a place to place basis or an individual basis on a course of his or her choice-on a straight way ride if so desired. The ride must be alone and unaccompanied and, whilst following vehicles are permitted, they are limited to the restriction of the rules of the appropriate RRA. The timekeeper, course measurers, and observers have also to be approved.

Clearly the advantage of using a straightaway course for some of the fixed distance records is obvious. A downhill start, a favourable wind, and the opportunity to select the right day all reflect in the faster times in the record books of the RRA's. The time triallist has to take the day as it comes, the record breaker can pick and choose; although selecting the right weather conditions does require skill and resources and unfortunate decisions can, and do, reflect on some unexpected failures. By the same token a modest riders can sometimes unexpectedly beat a record by virtue of the weather conditions being exceptional; favourable.

So, in the end, one successful rider (s) gets a competition record certificate, and the other to say that the ride is "the best on record".

Peter Barlow

Sheffield Phoenix CC 10 mile TT

Saturday 5th June. 010/3

P.Jezewski.(Belghion Whs).....	21.52
S.Roberts.(Huddersfield SW).....	22.09
N.Mitchell.(Team Mistral).....	22.12
M.West.(Askern CC).....	22.15
A.Cooke.(VC Chest').....	22.16
M.Edmondson.(Axholme Whs).....	22.51
L.Winterbottom.(Hounslow & DW).....	22.53
R.Bower.(Sheffield Ph).....	23.11
J.Rickards.(Rutland CC0).....	23.22
J.Gracie.(Sheffield Ph).....	23.28
R.Hudson.(Scala Whs).....	23.30
S.Wright.(Manchester W).....	23.44
M.Revill.(Sheff P).....	23.49
P.Crehan.(Sheff Ph).....	23.52
V.Gregory.(VC Chesterfield).....	23.55
Lady.	
K.Allen.(Askern CC).....	25.21
J.Towell.(Barnsley Tri).....	27.28
P.Williams.(Barnsley RC).....	28.44
Jun.	
L.Mosley.(Askern CC).....	22.33
N.Wales.(Sheffield P).....	22.48
S.Jenkinson.(East Bradford).....	23.23

Kent Group 10 mile TT

Saturday 5th June. Q10/22

MW.Vowells.(San Fairy ACC).....	22.54
C.J.Worsfold.(Leo RC).....	23.04
R.Manser.(San Fairy ACC).....	23.10
DM.King.(Catford CC).....	23.27
D.Redgwell.(Sth Eastern RC).....	23.30
T.J.Chacksfield.(Southbporo'&DW).....	23.39
DJ.Brewer.(West Kent RC).....	24.30
Std.	
R.Manser.(San Fairy ACC).....	+6.24
DJ.Brewer.(West Kent RC).....	+5.18
D.Redgwell.(Sth Eastern RC).....	+4.29

Scottish Cycling Union National 25 mile TT Championship.

Sunday 6th June. AY7

Womens Championship.

A.Van Kloop.(Edinbur' Uni).....	1.00.03
J.Hewson.(Team Caledonia).....	1.01.35
J.Shand.(Deeside Th).....	1.02.00
J.Gillies-Wilkie.(Glasgow Whs).....	1.02.30
C.Scott.(Musselbur' RC).....	1.02.55
E.Clarke.(Johnstone Whs).....	1.04.00
S.Horne.(Dunedin CC).....	1.04.21
E.Whittaker.(Team Caledonia).....	1.05.35
L.Frenz.(Leeds Well).....	1.06.39
J.Thayne.(Glasgow Whs).....	1.07.10
Team. Team Caledonia. 3.15.56	
(Hewson/Whittaker/E.Forde.1.08.46)	

Mens Championship.

D.Hannah.(Denny RC).....	53.45
D.Gibson.(GS Modena).....	53.58
J.Coia.(Regent CC).....	54.02
S.Campbell.(Coventry Olym).....	54.03
M.Williamson.(Edinbur' RC).....	54.32
C.Isats.(Berwick Whs).....	54.33
J.Millar.(Erskine RC).....	54.38
R.Riddle.(Moray Firth).....	54.45
N.Brown.(Deeside Th).....	54.51
C.Thompson.(Deeside Th).....	54.55
I.Humphries.(GS Modena).....	55.01
I.Sneddon.(Dale RC).....	55.05
K.Riddle.(Moray Firth).....	55.11
M.Coll.(Velo RC).....	55.15
P.Hutton.(Penicuik RC).....	55.20
Team. GS Modena. 2.45.09	
(Gibson/Humphries/S.Whittle.56.30)	

Calder Clarion CC & National Clarion CC

Championship.25 mile TT

Saturday 5th June. V336

P.Hodgkinson.(Crewe CI).....	54.57
P.Dentith.(Stockport CI).....	56.02
I.Wells.(Clifton CC).....	56.45
T.Garwell.(Cradford Whs).....	57.09
J.Waddilove.(Crewe CI).....	57.16
K.Pitcher.(Clifton CC).....	57.43
D.Ireland.(Crewe CI).....	58.04
W.Palman.(Preston Whs).....	58.17
S.Wood.(Holme Vall Whs).....	58.19
S.Hallam.(Mirfield CC).....	58.24
R.Malir.(Aireboro Tri).....	58.27
R.France.(Lancaster RC).....	58.39
H.Dixon.(Mirfield CC).....	58.41
C.Backhouse.(Border CW).....	59.20
A.Magee.(Stockport CI).....	59.21

Tandems.

E.Stokes/B.Martin.(Otley CC).....	53.14
B & Mrs.Newell.(Lincoln Whs).....	56.04
G.Fenwick/G.Giles.(London CI).....	57.15
B & Mrs.Taylor.(Scarboro' P).....	57.36
K.Wallace/P.Harrison.	
(Scarboro P).....	58.34
P.Milson/PD.Milson.(Calder CI).....	1.01.39

Lady

J.Gavaghan.(Mirfield CC).....	1.00.59
J.Greenfield.(Otley CC).....	1.06.33
D.Stoddard.(Crewe CI).....	1.08.37

Clarion Champ.

P.Hodgkinson.	
P.Dentith.	
J.Waddilove.	
Hc'p.	
R.Clark.(Bay CI V).....	50.31
A.Magee.(Stockport CI).....	51.01
I.Clarke.(Fenland CI).....	53.03

Lady.

D.Stoddard.(Crewe CI).....	1.08.37
----------------------------	---------

Team. Crewe Clarion Whs.

Conditions were almost perfect for Calder Clarion open 25, incorporating the National Clarion Championship on the V336.

There were several notable PB's, the most impressive being that of Bob Allen (Ellan Vannin CC) who, after 40 years trying got under the hour,(59.48), including a stop for replacing a derailed chain.

Bob and Noreen Newell will be claiming a mixed tandem age record to add to their list. Watch Bob for some more-he was seen after the event with super-vet., Ron Murgatroyd on the back of the tandem, trying it out.

Janine Gavaghan pulled out the ride of the day, doing a 1.00.59 to show she is ready to go under the hour again, anytime now.

Coventry CCA 10mile TT Saturday 5th June. K10/p

P.Carpenter.(Coventry Olym).....	21.31
PD.Jones.(Team Mirage).....	21.42
BM.Mitchell.(Coventry Oly).....	21.43
P.Denham.(Warwick's RC).....	21.49
AG.Davis.(Rugby V).....	22.13
R.May.(Coventry CC).....	22.21
D.Sheppard.(Oundle Velo).....	22.40
MR.Bullard.(Warwick's RC).....	22.40
CM.Well.(Mercia CC).....	22.48
JW.Dixon.(Coventry RC).....	22.49
Lady. DJ.Griffiths.(Walsall RCC).....	25.11
Jun. SD.Massey.(Mercia CC).....	24.31
Hc'p. RT.Catling.(Hinckley CRC)18.59	
Vet. BM.Mitchell.	
Std. J.Dixon.(Coventry RC).....	+5.36
Team. Coventry Olympic CC. 1.09.24	
(BJ.Patrick.26.10)	

PICTURE PAGE

All the iphotographs in this weeks issue are by John Leitch (Redhill CC)



Top Left: Phil Silver VC Slough. Top Centre: Simon Lillistone Nth Wirral Velo. Top Right: Graham Waddington, Pendle Forest.
Bottom Left: Dave Redding, Mid Shrops' Whs., Bottom Centre: John Pritchard, Bio RT. Bottom Right: Derek Cottington, Charlotteville

PICTURE PAGE



Top Left: Harry Featherstone, Norwood Par. Top Centre: Adrian Rowley, GS Vitesse. Top Right: Richard Prebble, Wembley RC
Bottom Left: Steve Hunt VC Slough. Bottom Centre: Tim Schools, Team Rapide. Bottom Right: Stuart Dangerfield, Leo RC.

CLUB NEWS

Essex Roads CC

Thursday evening saw Nigel Kimpton record his fastest time of the year for 10 miles. Riding in the evening '10' mile series the Essex Roads rider recorded 23.30 to push Nick Hastler into second place with Brian Atkinson third in 24.29!!!

N.Kimpton.....	23.30
N.Hastler.....	23.53
B.Atkinson.....	24.49
N.Brooks.....	24.49
R.Smith.....	25.13
G.Clarke.....	25.41
S.China.....	25.46
D.Griffiths.....	27.08
S.Jago.....	27.43
S.De-Cruz.....	27.50
M.Ruffy.....	27.51
M.Murphy.....	29.52
D.Jago.....	32.11

On Sunday Nick Hastler broke the magic hour figure for the 25 mile club event. He recorded a personal best of 59.31 to win by 4m.9s. from second placed Brian Atkinson//

N.Hastler.....	59.31
B.Atkinson.....	1.03.40
M.Judd.....	1.04.03
S.De-Cruz.....	1.06.33
D.Griffiths.....	1.09.18
D.Larmour.....	1.10.14
S.Jago.....	1.10.50
D.Jago.11.19.19	
Tandem.....	
M.Scott/G.Clarke.....	59.53

Victoria Eastway TTC Tuesday 1st June.

P.Burnett.....	23.32
G.Crabb.....	23.56
A.Dickson.....	24.46
R.Hargreaves.(V).....	24.59
N.Marshall.....	25.07
G.Tambini.....	25.28
I.Sheen.....	25.35
R.Partington.25.35	
J.Baile.....	25.44
A.Mulroy.....	25.53
Lady.....	
S.Wearing.....	31.08

Sheffield Phoenix CC

The latest of the Phoenix events saw another good field of nearly thirty solos and two tandems make the trip into central district to ride on the A10/20 at Tuxford. The effort involved did not go unrewarded with most recording either PB's or not too far off. Clive Ardron making his first evening series performance with a PB and with fellow improvers 16 year old Nick Wales and Rich Bower set a new club 10 team record of 1.05.03. Around half a minute off last years figure set on the same course. On the way Nick improved the junior record by a similar figure after another 58 minutes 25 at the weekend. Again the visitors provided added extra sparkle with a 20 and several 21's

Even the clubs old timers sparkled in the warm conditions, Ron Blythe at 66, recording a 22 was something special, while another five vets were under 23 minutes.

Wessex RC 10 Tuesday 1st June.

P.Jarvis.....	24.28
M.Clayton.....	25.44
R.Kevern.....	26.42
Matt. Clayton.....	27.12
C.Simpson.....	27.25
P.Stockley.....	27.55
R.Patten.....	27.57
J.Clayton.....	28.44
A.Knight.....	29.29

Bournemouth Arrow 10 Thursday 3rd June. P303

R.Tilley.....	23.28
K.Martin.....	23.40
D.Westlake.....	24.23
W.Stevens.....	25.13
D.Walshaw.....	25.43
P.Whitfield.....	25.52
C.Marchant.....	26.01
B.Ryder.....	27.02
B.Goom.....	27.12
P.Brown.....	27.18
Lady.....	
M.Gibson.....	28.12
K.Ball.....	29.13

Poole Wheelers 10 Wednesday 2nd June. P415C

T.Icke.....	20.24
R.Griffiths.....	22.00
S.Langdown.....	22.05
M.Davies.....	22.20
P.Doughty.....	22.25
N.Rendell.....	22.45
P.Hughes.....	23.32
J.Jeffries.....	23.43
R.Langley.....	24.14
B.O'Donahue.....	24.48

New Forest CC 10 Tuesday 1st June.

R.Wilmot.....	24.13
M.Ashurst.24.21	
J.Durno.....	24.57
T.Green.....	25.12
S.Grace.....	25.28
E.Martin.....	25.51
T.Baker.....	26.03

Sheffield Phoenix CC 10 1st June.

V.Gregory.(Guest).....	20.43
C.Ardron.....	21.10
C.Drummond.(G).....	21.36
A.Payne.(G).....	21.42
D.Bowles.(G).....	21.43
N.Wales.(Jun).....	21.56
R.Bower.....	21.57
M.Pinton.(G).....	22.03
J.Yates.(G).....	22.06
M.Clarkson.(Vet).....	22.07
P.Crohan.(Vet).....	22.13
M.Revil.....	22.20
M.Blythe.....	22.28
B.Clayton.(Jun).....	22.35
Lady.....	
J.Buzzard.....	24.23

Redhill CC 10 mile TT 2nd June.

J.Revill.....	23.06
J.Leitch.....	24.15
J.Petts.....	24.23
S.Crabb.....	24.44
S.Bryant.....	25.13
S.Scarsbrook.....	25.27
W.Thomas.....	25.40
M.Bainbridge.....	25.52
K.Bashford.....	25.53
J.Taylor.....	26.16
S.Robert Shaw.....	26.26
M.Carter.....	26.33
J.Cox.....	27.03
A.Leitch.....	27.52
Brenda Read.....	28.18

John Revill equalled his personal best of 23.06, a time he set on this course two weeks ago, and took top honours in a strong field of 17 riders.

James Petts finished the evening rolling in the grass in frustration. Having stripped a nut while trying to put his tri-bars back on, he rode 'bare' and went back 1min 33 secs on his last ride here a fortnight ago. 'Buy some, they're worth it,' he declared after slipped not just to second but third place as one of the club's old war-horses edged him out by an eight-second whisker.

There were glazed looks as Kevin 'I work with glass' Bashford, a new Redhill rider without so much as a club run under his belt, rolled home in 25min 53 secs. This boy's gonna shine!

Eg the Timer had rouble two of the middle order men, First, Simon Crabb had to be dragged from the bushes (with just three seconds to go) and then Muckle Mike (Carter) turned up on the line with an umbrella dangling from his back pocket (a thunderstorm caused last week's event to be called off, you see...only by then the warm-ups had given everyone a thorough damping down)

Wisbech Wheelers CC 10 mile TT 25th May

M.McInerney.....	24.12
J.Harrall.....	24.17
L.Tondel.....	25.02
P.Russell.....	26.07
M.Owen.....	26.45
N.Young.....	27.12
P.Baldwin.....	27.20
M.Emerson.....	27.50
S.Walker.....	28.10
D.Owen.....	28.50

1st June.

M.McInerney.....	23.11
L.Tondel.....	23.32
M.Owen.....	24.45
S.Culpin.....	24.52
P.Baldwin.....	25.30
P.Russell.....	25.42
N.Young.....	25.51
S.Collins.....	25.59
S.Walker.....	26.05
A.Belcher.....	26.16
Tandem.....	
R.&G.Brace.....	26.54

North Hampshire RC 10 3rd June.

A.Jack.....	22.40
D.Barton.....	22.45
S.Carver.....	23.00
G.Smith.....	23.17
J.Stow.....	24.15
D.Morris.....	24.37
P.Tozzo.....	24.53
S.Seabrook.....	24.54
R.McConley.....	24.54
D.Hitchcock.....	24.58
Visitors.....	
G.Farragher.....	23.29
J.McLaughlin.....	23.40
B.Hannington.....	24.11
S.Oxley.....	23.11
I.May.....	24.54

Newbury RC

Only 21 starters showed for the Wednesday evening 10 mile race at Aldermarsten probably due to a downpour just before the starting time. Most riders were rewarded with their season's best time although the wet road surface made everyone very cautious. The outstanding rides of the evening were junior's Mark Letters, 23.54 and Mark Brazendale's first ever ride of 26.41.//

10 mile 2nd June.

L.Gipson.....	22.45
A.Masson.....	23.07
L.Taylor.....	23.23
M.Letters.....	23.54
S.Towler.....	24.00
M.Jones.....	24.14
B.Lyle.....	24.21
A.Ringrose.....	24.30
I.May.....	24.53
B.Copas.....	25.27
Sue Burney.....	29.12

By contrast Sunday's club 100 mile championship, incorporated in the Hounslow event at Oxford, was a nightmare with gale force winds causing many riders not to start and even more not to finish. Lyn Taylor won the trophy with an outstanding ride of 4.37.38 just two minutes from his personal best with Steve Oxley second with a 4.55.53 some 17 minutes from his personal best.

Tadcaster League 10 M TT Tuesday, 8th June V112

R.Krygsman (Goole).....	22.01
D.Almond (Selby CC).....	23.35
S.Mills (Selby).....	24.24
G.Shooter (wetherby).....	24.46
J.Charles (Goole).....	24.50
M.Carter (Leeds Well).....	25.02
C.Keegelis (Wetherby).....	25.47
J.Baker (Wetherby).....	25.48
D.Dale (Yorks RC).....	26.19
B.Young (Wetherby).....	26.21
s.Harradine.....	26.24
J.Baines (Goole).....	26.50
A.Kay (Wetherby).....	27.25
R.Simpson.....	27.46
G.Bryant.....	28.05
K.Lawton (Leeds Well).....	28.05
T.Boyle (Yorks RC).....	28.11

Due to the poor response to the renewal of subscriptions we have to discontinue the publication of this magazine.

All subscribers will receive a refund of the outstanding balance of cash. If you did not receive a cheque with this week's issue the refund will be sent to you in due course.

We would like to thank all those who supported us and kept the results coming in for the events and all the club news. A special thanks to all the correspondants who gave up their spare time to write such good material.

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Dougie in the Day-time.

First, a word about the estate. Well, the garden. It's heaving, absolutely heaving, with vigour and resolve. I put it all down to the weather. But hold on a mo, it's not leaf and profuse blossom we're talking about here. No, no. It's animals. Well...livestock to be precise.

Yes folks, here at Number 23 we're being over-run by creatures. First, the wood-eating wasps are back. They hone in, select a spot, then settle on my shed (and Lenny's too). The brutes proceed to gnaw strips out, making veritable trenches with their thieving nashers. Why? Where does it all go? I adopted a policy of swatting each and every one until I put my dandy wasp wanger straight through a window. Grrr!

Then there's bees in the bedroom. That block-off chimney up above acts like a nuclear reactor: every May, on one particular day, it reaches critical explosion temperature and they hatch or breed or something... anyway hundreds of fledgling bees come pouring out of a ventilation grill. One day, at peak, we got in to find 45 of the little devils. They fight the window for half an hour, they drop lifeless on the floor. The bee man says they'll keep coming for 60 years because the chimney now has 'the smell'.

Outside, there's trails of ant powder deeper than a mid-winter snow scene. Cynthia's barricades to turn the marching armies away from the confines of her kitchen.

And there's rabbits. Well, a rabbit. It's driving Cynthia up the wall. Like all good farmers' daughters, especially Yorkshire Pennine farmers' daughters, Cynthia was brought up to shoot sparrows. A hot shot with an air rifle, like all good mothers she's ensured that her male offspring has a similar skill. (Amy, sadly, fell under the influence of Greenpeace).

Lenny's OK at potting rabbits out in the great beyond (three sheep farmers have given him the green light to take aim), but this homebased nibbler's sure giving him the slip. So Cynthia's had to step in herself. Commandeered the weapon, she has. Only after hour upon hour spend with the bedroom window wide open, after nine, yes nine, clear shots, after loosing a whole patch of delphiniums to the visitor's teeth, technology is now being questioned. Lenny's sights have been striped down, re-set and re-adjusted. They've been dissected and resurrected, worked on and polished. But still the munching goes on. Let me out of here!

I'm down for a 50 mile time trial on Sunday. It's my first ever. My main worry, to tell you the truth, is surviving just getting round the course. I don't want to collapse in a heap.

So, feeling in need of advice I contact Maxim. I get help from Julie Downes. I don't believe this, Julie knows me...well, of me. She reads Dougie's stuff in the magazine, see, and she remembered/knows about Hayley and her famous....

Well, well I have a reader! I feel good already. Julie convinces me that since Maxim has worked wonders for the Cambridge boat crew and since it helped Rebecca Stephens get to the top of Everest, it ought to keep me moving over 50 miles. I agree.

I tell her I've already bought some. 2kg to be precise, costing 16.95. It

came in a huge plastic tub. I got a big 700ml bottle free. Pseuds, apparently, call these tri-bottles. So does Mike, though he's a mere semi-pseud.

The stuff's selling like hot-cakes apparently. Just two years since starting, Steve Jennings and Jon Walshaw have really clicked with this sports nutrition thing. It still faces the acid test, though, the Dougie Ewart seal of approval.

'In preparation for your 50 mile time trial on Sunday, you should start carbohydrate loading two days beforehand,' Julie informs me. 'On Friday, drink two bottles (that's 700ml remember) with five scoops in each. Then do the same again on Saturday.'

It's not a food replacement, apparently, but an extra. You stick to your normal mix (the fish and chips, chocolate cake, beans on toast etc) as usual, but drink Maxim as well. 'You don't necessarily have to drink it-it's lovely when sprinkled neat on apple crumble,' says the lady from up in Humberland.

I can see I'll be able to show off. When I meet Max on the line on Sunday I'll leave him zugzwang (look it up). I'll ask: 'How's your carbohydrate loading, Max?' Adding: 'I loaded 1300 extra calories on Friday and another 1300 yesterday.' Pseudville here we come! Well, two bottles a day at 650 calories per bottle is something even I can work out. Just.

'Your body will store that extra carbohydrate,' explains Julie. 'Think of a car-you'd never run it without petrol would you? Well, you're the car and Maxim is the petrol. It's the idea same as in the old days, only then they carbohydrate loaded by eating all that extra pasta.'

'No, no, you won't get fat. You'll burn it all off during the ride.'

Which gets us to Sunday, the big day, itself. I normally breakfast on a thick slice of toast smothered under a rich belt of hot butter and topped off by a mass of raspberry jam...it's a job to stop most of it from pouring all over the plate.

Julie's not keen on this option, nor my with-more-decorum alternative, a wimpish sized portion of All Bran. So being in 'all-or-nothing' mode, I plan to follow her plan. It had better work JD!! you listening?

'Instead of that, while you're making your way to the event, sip at a bottle with three scoops of Maxim in it,' she suggests. OK, this I will do. A further alternative would have been a Mars bar (or two) (or three) but these are high in sugar, and sugar's benefit quickly wears off, explains you-know-who.

So we're off. Now what? The bike, as instructed, carries a 700ml bottle, a single bottle, of the canny brew, but do I gulp it quick? Should it all be gone within the first 25 miles or should I save every drop until halfway when I turn for home?

'What people find best during the ride varies,' Juxim tells me. 'If it's hot should definitely drink it all. But it's trial and error. No you'll not need a second bottle of Maxim-the only people who carry two bottles are those who need extra water, and that's straight water.'

I'm going to stick to the recommended rate. Four full scoops. Doubling the amount to eight a little dodgy, some of those who try it find themselves being, er...sick.

'Your body needs glycogen to pull on,' explains Maxim regalia. 'If

you've not prepared properly then you'll get to 25-35 miles and find' the body's pull for energy, having by now exhausted the limited supply of glycogen, turns to the reserves of fat. And if your training hasn't conditioned your fat mobilisation process, then you'll grind to a stop. In other words, you'll hit the bonk.'

A City Road Club member, JD of M tells me about the first 50 mile time trial she rode: it was two laps round a 25 mile circuit and her minute man soon came past, building up a two mile lead. But then started wavering and came backward because he'd not got his feeding sorted out.

Is that good news? I feel a sudden surge of discomfort. There's four of us riding from the club: Max and Lorraine, me and new man Crockett, the King of the Wild Frontier. All vets. It's Crockett's first season but he's already got tribars and a flashuit/skinsuit with a full length bits-nipper zip.

My vet's standard time for 50 miles is 2 hours 25 minutes. Max's best time over 25 miles is 1 hour 6 min. and he aims to double that, hitting home in 2 hours 12 mins. I'd like to do the same, but I must be realistic. So where should I settle?

'Go for 2 hours 15 min,' urges Julie.

'Seriously?'

'Yes. Go for it.'

'Alright. But you might be hearing from me.'

'Oh, and after the race, have another bottle: three scoops in 700ml, you'll have depleted your glycogen store.'

But I'm counter attraction: I feast on the bread and butter pudding slabs they sell to raise funds. Only 20p. Glorious. Give me another. They're high in sugar. I don't care. It's over and they're lovely. Mmmm!

Welsh CA Whitsun Rally 25 mile TT

Sunday 30th May. R25/20

A.Bowd.(Cwmcam Para)	55.38
NS.Giles.(CC Abergavenny)	56.49
D.Rogers.(Cwmcam Para)	57.42
L.R.Bond.(Cardiff Ajax CC)	1.00.02
S.Atkins.(Aberthillery & DW)	1.00.18
M.Luther.(Cwmcam Para)	1.00.21
R.M.Bond.(Aberthillery & DW)	1.00.39
K.R.Townsend.(Hereford & DW)	1.01.48
P.R.Watson.(Acme Whs)	1.02.26
N.Williams.(Merthyr CC)	1.02.26
J.Baldwin.(Oxian CC)	1.02.30

Vet.	
K.Wright.(Chippenham & DW)	1.03.07
B.J.Davies.(Cwmcam Para)	1.04.22
N.Harris.(Abergavenny RC)	1.04.51
Team. Cwmcam Paragon RC	2.53.41

2Up 25 mile TT

Monday 31st May.

A.J.Griffiths/T.Morgan.(GSVtessa)	54.10
R.Oakes/D.standard.(VC Notts)	55.47
S.Bowen/G.Crook.(Pt Talbot Wh)	57.26
J.Hayhurst/M.James.	
(Abergavenny RC)	58.52
L.R.Bond/SD.Edwards.	
(Cardiff A/Rhondda V)	59.13
MD.Chard/S.Atkins.	
(Aberthillery & DW)	59.23
DA.Thomas/N.Downes.(AA	
Abergavenny)	59.55

10 mile TT

Tuesday 1st June.

S.J.Higgins.(CC Giro)	23.16
M.J.Higgins.(Glendale C&AC)	23.55
R.D.Jennings.(Glendale C & AC)	25.37
L.E.Orrick.(Leamington G&AC)	26.19
T.Harradine.(Ross-on-W DW)	27.36
M.G.Harrod.(Glendale C&AC)	28.14
PE.Goodman.(Glendale C&AC)	29.07

Scottish Road Record Ass: A new tandem Perth to Inverness Record.

Taking advantage of their form following their successful tandem off-road race across Australia and the continued help and backing from Dawes Cycles and Royce Bottom brackets, Dundee Wheelers tandem pairing of Robert and Jayne Simpson swapped their Dawes mountain bike tandem for a new road version and set a new (mixed) tandem Perth to Inverness SRRA on Sunday 16th May of 5.20.00 (provisional).

They were scheduled for a 5.00.00 and to leave Perth high street post office at 10.00am but with 6 minutes to go the roads were blocked for a band parade leaving the Simpsons to hastily devise a new route out of Perth one way system. However, out of Perth and on the A9T road heading north (6.5 miles) they were back on schedule, and were 5-11 up at Pitlochry (27.5 miles). On a cool and damp day the predicted south easterly gale force wind failed to materialise, starting as a light south westerly and increasing in strength during the attempt to a moderate-strong north westerly, the wrong direction!

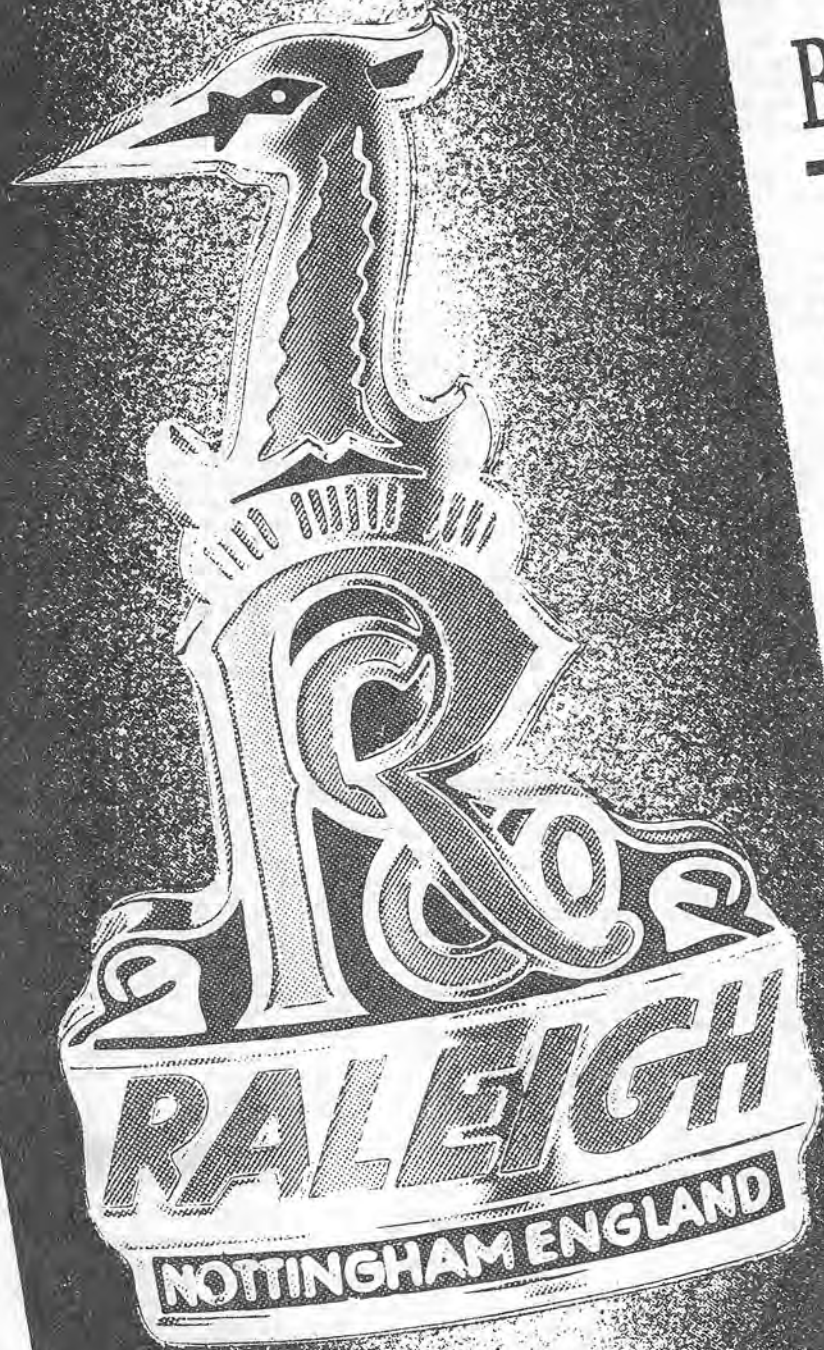
After the long drag to the exposed rain wind and cloud covered summit of Drumochter pass (51.1 miles) Rob and Jayne had slipped to a deficit of 15.26 and with the headwind making for a slow descent as well by Aviemore (81.5 miles) they had only reduced this down to a deficit of 1.10. Passing the summit of Slochd (93.0 miles), with now warmer weather but a stronger headwind the deficit had increased to 18.45, and the difficulty of ascending at speed on a tandem plus the headwind was taking its toll on the remaining climbs.

Finally after descending into Inverness at 55.63mph came the problem of how to get through the town centre to the Post Office with neither the Simpsons nor their helpers knowing. Upon being asked where was the Post Office on a local replied 'It's shut on a Sunday mate, come back tomorrow!' After a few more enquiries, a trip through a car park and some alleyways Rob and Jayne Simpson passed a bemused timekeeper (who had seen them heading in the wrong direction on adjoining streets several times) at 5.20.00.

Royal Albert CC 10 mile TT Wednesday 2nd June.

D.Hannah.(Denny RC)	20.52
D.Gibson.(GS Modena)	21.15
D.Nicholson.(Greenack RC)	21.44
I.Sneedon.(Dale RC)	21.45
G.Hutchinson.(Dunfermline & DCC)	22.06
S.Wallace.(Dunfermline DCC)	22.14
F.Hamilton.(Dale RC)	22.24
M.Smith.(Royal Albert CC)	22.26
I.Gondie.(Dunfermline DCC)	22.27
C.Sneedon.(Dale RC)	22.40
Team. Dunfermline & Dist CC.	1.06.47
Vet. D.Hannah.	

S.Wallace.	
J.Brewster.(Dundee Whs)	22.56
Jun.N.Walker.(Loudon RC)	23.19
D.Syrachann.(Dundee Whs)	24.37
Juv. C.Holmes.(Glasgow N)	24.22
P.Forrister.(Edinbur RC)	25.40
Ladies.	
J.Willies-Gilkie.(Glasgow Whs)	24.57
E.Clarke.(Johnstone Whs)	25.09
Tandem.	
R.Butcher/Lisa Franz.(Leeds Well)	24.36
J.& Susan Walker.(Loudon RC)	24.48



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