



Worcester St Johns Cycling Club

Founded 1888

Worcester St. John's C. C. Newsletter October 2010

End of 2010 season

Well the racing season has now finished and so the Cyclocross season commences. I hope everyone enjoyed their Summer of cycling, with the arrival of cooler temperatures, stronger winds and heavy rain Autumn is certainly with us now! Well done to Adam Hart who won our time trial series. Well done also to Dawn Smith with her excellent efforts especially in the endurance tt events. Matt Sheppard and Holly Page have also flown the flag well on numerous occasions for the club. Well done to all who continue to enjoy their cycling in club colours. The club again maintains a healthy membership of 100 plus with many newcomers to our rides this year. Cycling is definitely on the up, the use of the new Diglis Bridge by people on two wheels is testament to that.

The Knutsford Great Race by Dave Preece

As some of you may know, on the 5th of September this year I raced my penny farthing in a 3 hour road race, an event only held once every 10 years. The following is a brief summary of the event.

I first found out about the Knutsford great race two years ago when I called in at the penny farthing museum in Knutsford when on route up to the start of the Sustrans coast to coast bike route, which I was riding on my penny farthing. The museum offers riders who turn up on a penny farthing free tea and the owner, Mr Glynn Stockdale, was keen to tell me all about the great race. I left that day thinking, wouldn't it be great to win that, I'd get to keep the trophy for ten years!

At the time I was unsure if I would even be competitive so when I got home I started to research the results of the previous race. From what I could find out It was going to be hard but not impossible for me to get close to the top step of the podium. The previous race was won by a guy called Jim Brailsford, on a horridly wet day he managed to average about 15 mph around the tight lap.

Thoughts of the race largely left my mind for the next 18 months but then earlier this year I received an email from Mr Stockdale asking if I was going to enter, he also said that he had heard I was quite fast on my penny farthing and that he thought I would do quite well. So my entry was sent off and I started riding my penny farthing a little more seriously.

I did a couple of practice runs at my estimated race effort on the Ketch 19.5 mile tt course. My best time was 1 hour 17 minutes, an average speed of 15.2 mph. At this stage of my preparation my legs, heart and lungs were coping fine but the saddle on the penny farthing was really painful after 90 minutes or so. The main problem on a penny is that you can't stand up or freewheel now and again to reposition and get more comfortable. Also as the handle bars are right by your hips all of your body weight is going on to the saddle.

I came up with a reasonable solution to the saddle problem by cutting up an old camping mat into the shape of a standard bike seat. I then taped this to the seat on the penny, it wasn't perfect and it looked horrid but it was a big improvement.

For the final part of my preparation I rode the penny on the Broadheath 10 mile tt course and then

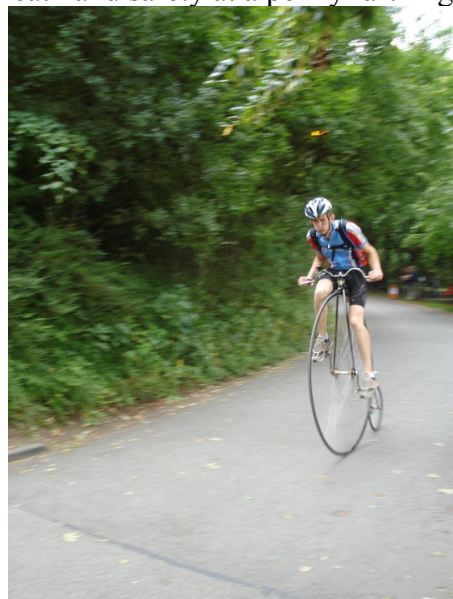
raced it up Church street in a hill climb organised by Steve Price of Vc Sevale. The hill climb is a great event and I would recommend people try to ride it next year.

So to Knutsford. At the pre race party talk of who had a chance to win the race dominated and one name kept coming up. Josef Zimovcak, a Czech rider with a formidable reputation. In 2005 he rode the entire Tour De France route on his penny farthing, starting each stage just one day before the peleton. On one mountain stage he fell, breaking some ribs and his jaw. He was taken to hospital but discharged himself and continued to ride on, finishing the tour in just 3 weeks! As if this wasn't enough in 2006 he rode the Giro route and in 2007 he rode the Vuelta route. Other riders were basically telling me to keep out of his way as he gives way for nobody! One of the other riders told me a story of how he raced Josef in a track race on penny farthings. It was a mile race and Josef actually dipped for the line in order to secure the win. He dipped so hard he went over the handlebars and crashed, but he did win and proudly picked himself up, popped into the first aid tent and came out bandaged up and smiling to receive his trophy. Basically he wants to win at any cost, nothing else matters.

Josef was clearly the man to beat but there were other riders who had achieved incredible things on their penny farthings. One guy, Joff Summerfield has ridden his round the world, to date he has clocked up 25500 miles on his penny farthing. There were also some serious athletes in the race including people who had done Ironman triathlons. Then there was Jim Brailsford, he won the Knutsford great race in 2000 and he was also one of only 8 riders out of a field of 48 to finish a 3700 mile, off road, coast to coast, mountain bike race across Australia. Even in this company, a few people had heard that I was fairly fast and it was nice to be introduced to Josef and the other fast guys by the organiser of the race.

On race day Knutsford was packed, it was estimated that 5000 people were there to watch the race. As the course was a short lap of less than half a mile the crowds looked massive, 4 or 5 deep most of the way round the lap. After my bike was fitted with a lap counting transponder I went for a few practice laps. The course was quite narrow but I did a couple of laps at a pace that I thought I could maintain for the 3 hours. I averaged 15.5 miles per hour.

Before I knew it I was on the start line, The first couple of laps were to be ridden behind a pace car, so that everyone could get a feel for the course and then there would be a rolling start. The start was signalled by the firing of a Napoleonic Cannon! Word has it that Mr Stockdale had asked the relevant authorities for permission to use this and they had said no. Mr Stockdale used it anyway, good man, there is no place for health and safety at a penny farthing race!



I rode the first couple of laps next to a friend of mine, Kat, who was one half of a team. I was riding the race as a solo rider. Teams could swap riders as many times as they liked during the race. When the lead car pulled off the pace picked up and I was soon passing slower riders. It was hard to tell exactly what position I was in as the lap was so short and I was soon lapping people. Friends who had come to watch were able to tell me my position now and again as the bikes had all been fitted with transponders so a computer could keep track of the race. After 30 minutes I was in 4th position and feeling good. My saddle modifications were working well and I was averaging 15.5 mph.

Then at about 35 minutes into the race I was about to get lapped. I was also about to move up to 3rd place in the race. As I came past the start finish area the marshals shouted to a rider directly behind me. They were trying to get Josef's attention, they were pulling him out of the race. Apparently he was to blame for causing two nasty crashes. He was going so much faster than anyone else he could have picked his moment to pass people and he still would have won the race by miles. Instead he chose to dive past people in very dangerous places, refusing to back off, he knocked at least 3 riders off in the process. Josef continued to ride round for a number of laps, but the message eventually got through.

With Josef out I kept up a decent pace for the next hour or so and I was not passed by anyone, then friends shouted to me that I was up to 2nd place and only 28seconds behind Jim Brailsford! Unfortunately my seat was now getting really uncomfortable and I knew my second half of the race was going to be slower than my first half. Sure enough 2nd was as high as I got, that became 3rd place with about 40 minutes to go and then 4th place a few minutes later. It wasn't that I had started too fast, it was just that my seat was so uncomfortable that I just couldn't sit far enough forward to create good power. I had to sit back and just hang on for 4th place.

I just about managed this, finishing 2 laps in front of a hard charging 5th place rider. Another 10 minutes and he probably would have caught me.

My Friend Kat and her team mate Charlotte rode an awesome race and finished as the first team, beaten only by Jim Brailsford who won the race for the second time.

So the 2010 race win was not to be, but all being well I'll try and win for St Johns in the next race.. in 2020!

Dave Preece

Tri club turbo sessions

Start on Tuesday the 5th October, 1900-2030 in the Motion and Performance Centre laboratory, Thomas Telford building on the University of Worcester main St Johns campus.
£3 for guests/non-members, all welcome.

The lab is a roomy, air-conditioned hall perfect for this sort of training. Showers are available in the nearby sports hall. Members are advised to use the small car park between MPC and the astro-turf pitch. Bikes and kit can be unloaded and brought in through the large firedoors at the rear of the building.

We have 4 trainers available to borrow on the night (Tri club members have priority).

Turbo training is a great way of keeping legs and lungs turning over the winter months whilst improving technique, endurance, strength and lactate tolerance. Sessions will run in a progressive programme through until Spring '11. Since you ride at your own pace, it's easy to accommodate

riders of all abilities. No one is left behind!

Suggested kit list:

- Bike (relatively clean please!)
- Turbo trainer
- Riser block for front wheel
- Shorts, shoes, top for the ladies
- Heart rate monitor (extremely useful but not essential)
- Desk fan (a limited number available to borrow at venue)
- Drink in water bottle
- A couple of towels to catch sweat - one for you, one to cover the bike.

Mark Corbett (tri club)

Curry Night

Chris, Rick, Lou and Mark are going for curry at the Postal Order on Thursday 14th October.

We plan to meet at 7.45 to 8.00 and order to eat at about 8.30.

Curry and a drink cost about £6.00.

If you would like to join us that would be lovely - please respond by 10th Oct so I can book a table.

Rick Allen rickallen48@yahoo.com

Kit

There is a new batch of kit due in at the end of October in Worcester Cycle Centre thanks to Dan Jones. A new batch is being produced by Scottish firm Endura. Anyone interested in buy new kit, be it shirts, shorts, mitts, buff etc. please visit Worcester Cycle Centre at the end of the month (College Street, Worcester).

End of Season Meal and Awards

Saturday 27th November 7pm at Bell, Lower Broadheath

Tickets £7.50 from Cheques payable please to 'Gordon Chamberlain', 73 Dilmore Avenue, Fernhill Heath, Worcester, WR3 7XA.

Meal followed by short question and answer session with Ceris Styler (Gilfillan) who rode for GB in the Sydney 2000 Olympic timetrial and road race and who recently took silver medal in the 30+ age group World Duathlon Championships in Scotland. Ceris will then present the cups and medals to this years winners.

Friday nights in Halesowen

The Friday Night Frantic at Halesowen is a six meeting series, with each round taking place on the first Friday of the month, starting bang on 7:15pm. It's not at Manor Abbey Stadium, but at Tenterfields School. You can park in the playground.

Leagues for Youth A - C, Senior A and Senior B. There's no registration fee or form and all entry is on the night - just turn up, pay up and sign on. We've kept it as cheap as we can - just £3 for seniors, £2 for youth A & B, and £1 for Freewheelers (Youth CDE). You can use fixed or freewheel bikes, but the following gear restrictions WILL apply. Seniors (over 16) - 8.26m roll-out; youth A (born 1995 or 1996) - 7.93m; youth B (born 1997 or 1998) - 7.40m; youth c (born 1999 or 2000) - 6.94m; youth D (born 2001 or 2002) - 5.40m;and youth E (born 2003 or later) - 5.10m. Youth with BC dispensation can use the gear of the category they are riding up in.

Mark Allen

Provisional Dates for the Diary 2011

19th February 2011 – Cycle Jumble at Christopher Whitehead Language College

17th April 2011 – St Richards Hospice/ St Johns CC supported Charity Rides

22nd May 2011 – Possible Road Race Welland

26th June 2011 – Possible Club Open on K34 (Inkberrow circuit)

6th August 2011 – Possible Club Open on K22/6 (Rudy Project Series)

14th August 2011- Possible Road Race Kempsey

Midweek Training

Now that our weekly tt's have come to an end why not try Wednesday evening training bash
It's a good workout for people of all abilities, keep an eye on the forum for details.

Tony Horton

2010 ANNUAL GENERAL MEETING

To be held on Tuesday 12th October 2010 at 7.30 pm PROMPT with **free** raffle draw
at the Methodist Church Hall, Bromyard Rd., St. Johns, Worcester. Come and shape YOUR club!

AGENDA

Apologies for absence

1. New members (acceptance to enable them to vote.)
2. Election of two tellers for the meeting.
3. Minutes of the A.G.M. held on 13th October 2009.
4. Treasurer's report and statement of accounts.
5. Secretary's report.
6. Time trial secretary's report.
7. Club dinner organiser's report.
8. Road race organiser's report.
9. Membership secretary's report.
10. Election of 2010/11 club officials (incumbents shown in brackets below).
 - a) Hon. Life Vice Presidents (A.E.Davies, R.Alma, A.G.Field, Mrs P.Breakwell, D.Sparrey, D.Dring)
 - b) Hon. Life Members (Mrs G.Hewlett, N.Shelmerdine, C.L.Smith, D.Jones, A.Fagan, Mrs K.Fagan, I.Fagan, Mrs P.Underwood, Mrs P.Gillman, C.Theakston, Mrs D.Hughes, Miss E.Barden, S.Barden, D Jennings, Mrs. M Chamberlain, J. Dayus, M. Walker)
 - c) Chairman (K. Weyman)
 - d) Secretary (A. Lewis)

- e) Treasurer (J Wheeler)
- f) Time Trial Secretary (S. Barden)
- g) Road Race Organiser (C.Haywood)
- h) Club Dinner Organiser (G Chamberlain)
- i) Membership Secretary (D Jennings)
- j) Committee (D Bayliss, N.Clarke, E Dursley, D Probert.)
- k) Timekeeper (S.Barden)
- l) Assistant Timekeeper (D Jennings)
- m) Handicapper (S. Barden)
- n) Assistant Handicapper (post unfilled)
- o) Press Secretary (D. Walker)
- p) Newsletter Editor (Ed Dursley)
- q) Account Checkers (J Grainger & M Staines)

12. Any other business.

A letter from Johannes Selz our German member!

The biggest difference between cycling in England and cycling in Germany is probably the fact, that you must ride on the other side of the road!

Some times I didn't like the roads around Worcester because they were full of holes, but apart from this I like all the nice small roads and the beautiful landscape. Here in Germany are not so many hedges and sheep like in Worcester.

One thing I missed in England were cycle tracks. I think the reason for that is that cycling in the everyday life is not so popular.

I was impressed how many time trials, road races and track events you have, and I am looking forwards to see the Olympic Games in London!

And I had a new enemy, English wind and rain! But the most time the weather wasn't so bad as I thought before. At last I want to say that the time in England was very interesting and I really enjoyed my stay and all the cycling events with Worcester St. John's Cycling Club. Every rider is welcome to come over and to join my club. I wish all the riders safe rides and successful races!

I hope you have some holiday with nice weather.... *(written before our wet August!- Ed)*

Johannes

Have you won a cup or medal this year???

There are a large number of cups to be won. Those that are for 'Open' events require you to submit your results to Sam Barden because we don't know who has ridden what events.

Write down your best times for 10, 25, 50, 100, 12 hours and give them to Sam before the end of October please.

12 hours of pure enjoyment

Unusually this year the Welsh CA 12 hour time trial was in July. It is normally in September at the end of the season when everybody has got a lot of miles under their belts and there are no more important races to be ridden. The reason for this is simple, riding a 12 hour time trial wrecks any chance you have of doing fast times for a few weeks afterwards. Your legs just get used to plodding along at around 20 mph.

Why do one you ask, well it's a tough question if you're like me and have done a few before and never done that well. I did it because I wanted to have a go at all distances this year. The novelty would be a good excuse if you've never done one. If you are a real fast tough nut, then there's the possibility of showing how hard you are by putting in a good time with the added benefit of appearing on the BBAR (British Best All Rounder) tables if you average more than 22 mph over 50, 100 and 12 hours. I've only done that once many years ago but I did think that the club record of 242 miles was within my grasp as my PB is 238.87 miles.

So on Sunday 4th July 2010 at 7.47am I set off on my Isaac time trial bike from the old A40 road near Raglan to Hereford for the first leg of 50 miles. The wind blew us to Hereford and I ate a banana before turning into a very nasty headwind. Steve Price from VC Sevale grimaced as he battered into the wind on his Moulton. (Later to retire with hip problems) It rapidly became apparent I was not on for a PB or club record so I eased back intent on enjoying the ride. With the wind I would have probably been better off with an aero helmet, but didn't fancy not hearing what was going on around me for 12 hours. There were a couple of riders on road bikes, no aero bars – they looked like they were struggling.

After the Hereford leg we went around a 25 mile circuit Abergavenny to Usk to Raglan a few times. At the end of the first lap I stopped at my car which I had parked at a layby along with a dozen other riders and refuelled. Friendly helpers (of other riders) held my bike for me and pushed me off again. There were several feeds around the circuit provided by the organiser, fruit, energy bars, malt loaf, squash, tea and best of all rice pudding in ice cream cones. You have to remember to eat and drink before you get hungry or thirsty. On my 3rd lap I broke a rear spoke in Usk and rattled to a halt by another rider's helpers who I had been leap frogging as they stopped and encouraged their rider. They offered me a spare wheel but as the brake wasn't rubbing I wrapped the spoke around another and carried on for 15 miles until I reached my car again where I swapped bikes. The De Mayo road bike felt soggy but comfortable after the Isaac though definitely slower. After 5 laps (125 miles) we were switched to a smaller 11 mile circuit on the old and new A40 between Raglan and Abergavenny. Food and drink was still being handed up and the short circuit concentrated the number of marshals, spectators, helpers and riders. The atmosphere is very friendly, any helper will come to your assistance if needed, and everybody gets cheered on all the time. I started to get to know a few riders quite well; they would steam past me, then stop and rest or drink while I trundled on.



Every mile or so there is a timekeeper who notes when you pass. When your 12 hours is up you have to continue to the next timekeeper and they calculate where you were dead on 12 hours after starting to 1/1000th of a mile. My speedo told me 229 miles but it turned out to be optimistic as 224.724 was my official distance for 27th place out of 48 finishers. A 17 year old lad from Pembrokeshire Velo did 221 miles, the fastest lady did 226 and the winner Garry Drew from the Royal Navy & Marinees CA did 269.773 miles, he passed me twice but never muttered a word, I always said hello or had a chat with riders as I passed them. Will Davies from Sevale put in a very solid ride with 238.391 for his first attempt and Julian Bouchet a respectable 218. Bearing in mind competition record is 300.27 miles (12 under the hours 25's back to back!!) The entry fee was only £17, so that makes it about 10 times better value for money than a 10 mile TT. Might I be tempted back? Only if there was a Worcester St Johns Team to have another go at the Team record at the same time. Any one up for 2011?

Martin Staines

Any articles?

Articles for the next newsletter (Spring 2011) can be sent to edursley@sky.com Thanks to all that have contributed to this issue. Please let the club know if you change your e mail address.

Happy cycling. Ed