

## Reports Week Ending March 21<sup>st</sup> 2010

### Surrey Rumble by Andy Sturt

The 2010 Surrey Rumble was run in sub zero conditions. The roads were sheet ice in places, with riders getting off and walking. In my case I rode all the ice sections with no trouble. I don't think it was bravery or good bike control, just couldn't be bothered to get off.

We had a large TVS turnout, with a good few getting in around 100 miles that day. That being the case it was tough and personally I struggled around nearly an hour down on the previous year. No excuses just didn't feel good.

David Emery got around in fastest time by a TVS rider. Well done David on your first century ride. Timing was a tad out on the day so some dispute over times.

David Cole: - 05:09:53  
David Emery: - 04:40:00  
Ian Parker: - 05:13:27  
Matthew Payne: - 05:55:43  
Andrew Sturt: - 05:26:40  
Kevin Sykes: - 05:06:44

Gary also rode unofficially Taking David Emery on a guided tour of the lanes to a time similar to David's.

### The Spring Onion – by Andy Sturt

Funny how things change in week. The weather was warmer (still windy) No ice. I felt really good and the legs worked a treat.

Slightly altered course this year and for the better. I think it added a few extra miles on last year. I was determined to ride this one as a hard training ride. As such I wanted to be on my own or at least on the front and not taking shelter. I managed to drop the group I was with over Ranmoor. This was surprising as I can't climb. (Garmin).

Got to the first checkpoint at a 20mph avg. I new this wouldn't last with the big climb near Petworth to contend with and the head wind back to Dunsfold. The average dropped as I was expecting.

I knew if I didn't see Ian or the Uni boys at Combe bottom climb I would be home before them. Just pulled up about a minute ahead of Ian at the finish.

Great Sportive loved it.

Chris Sharrock, TVS (Sherborne)/Surrey UNI. 04:13  
Ian Parker, TVS (Sherborne) 03:53  
Andy Sturt, TVS (Sherborne) 03:54  
Gary Sheffield, TVS (Sherborne) 03:44  
David Cole, TVS (Sherborne) 04:43

Adam Herridge also rode I think only have no record so I'm guessing unofficial.

### Time Trial Results

#### Farnham Club 10 - 10 Sat 20th March.

Wet, Windy. West wind.

1st Ian White, Farnham RC 23.19  
3rd Andy Sturt TVS (Sherborne) 25.46  
5th Colin Stevens TVS (Sherborne) 26.58.

#### Bognor Regis CC Club 25m T/T - P901/25 - 21st March

1	C LONG	TVS	58.47
2	F NURSE	SDV	1.00.47
3	P McGUINNESS	SDV	1.02.26
4	A.PAGE	SDV	1.04.24
5	K.JARRETT	SDV	1.05.14
6	S COPPARD	BRCC	1.07.48
7	A MALLETT	SDV	1.12.41
8	D LORD	BRCC	1.24.57
9	J WARD	RETBIKE	1.26.47

## **Goodwood Motor Circuit – MS Challenge 21<sup>st</sup> March 2010– by Chris Sharrock**

After getting up at 5:30am, bleary-eyed and forcing a vat of porridge and several rounds of toast down the gullet, Adam Herridge and David Emery turned up ready to roll. We packed the car with the bikes and gear and off we went.

After a rather rapid journey, we were at the dead-flat Goodwood circuit which appeared to be a ghost town apart from a couple of “guards”. After getting the bikes off and out of the car, whacking on the wheels and double checking brake pads and gears, the riders started trickling in. Since it was a “charity race”, riders could choose between a 10 lap (23.8 mile), 20 lap (47.6 mile) or 30 lap (71 mile) race. Inevitably, I, David and Adam went for the 30 laps.

We were told that if we didn't get 20 people or more enter our 30 lap race, we would be put into the 20 lap race. Luckily 20 riders signed on and before long, some mean carbon machines were being pulled down off of car roofs and we thought the competition was going to be intense.

The race started off at a fairly slow pace with everyone knowing a break now would require a huge feat of stamina to stay away from the pack for 70 miles. After two or three 2.4mile laps the pace started picking up and the main field started to stretch out into a long thin line. Coming out of the first corner was the toughest as a pull on this section was directly into a strong headwind. Me and Adam played it safe only taking a couple of pulls throughout the entire race and David kept the pace up every time it wavered near the front. This certainly worked to our advantage by about half way through the race where Adam pulled up beside me and said something along the lines of “we lost a few”. We'd dropped about six riders.

Not long after, the pace started to really pick up and a couple of weaker riders couldn't hold onto the powerhouses driving up the speed on the front and began dropping back. Because they were in-between us and the diesel engines on the front, we fell back too. David instantly reacted, breaking off of the side of our slower group, letting me and Adam latch on and then doing a monster turn on the front, latching us back onto the quickly escaping group. It seemed like seconds later and David got a puncture on his tub which was incredibly unlucky considering the high quality and seemingly clean tarmac all the way around the course.

With about 7 laps to go, there were only four of us left on the front group with no chance of being caught if the pace was maintained. Thanks to the two hulk-like riders doing the work on the front, the pace was maintained and me and Adam dug in and tried to save as much energy as we could for the explosion of speed that was to come.

“White Jersey Guy” as he was colloquially named seemed oblivious to the cat-and-mouse game going on between me and Adam and the London Dynamo rider with about 5 laps to go then the pace really started picking up. It was a matter of hanging on for dear life, head down and grimacing with the heart rate hitting 87% of its maximum value in the run up to the final lap.

The bell rang and I don't remember much of the last lap. What I do remember is coming to the last corner on the back of our group of four and seeing White Jersey Guy fry, dropping off of the front. Adam dropped the hammer and went for the sprint as he crossed the first part of the chicane. London Dynamo didn't have the legs to get on Adam's wheel but still went for the sprint. Forcing myself to hold back for another 15 metres, I went for the sprint at about 200m to go. Adam cooked about 20 metres from the line, I passed him and somehow I crossed the line first with Adam following suit and then London Dynamo. That's the first time I've ever seen my heart rate reach 201bpm!

We're well chuffed to get two TVS riders to 1 and 2 on the podium. We probably wouldn't have done it without David's help getting us onto the break so the real thanks go to him.