

Reports Week Ending 6th June 2010

Charlotteville 4th Evening 10 - 19th May

A few TVS'ers riding here

Link to Full Result:

http://www.charlottevilleecc.org.uk/index.php?option=com_content&view=article&id=641:3rd-evening-10-19th-may&catid=77:2010-results&Itemid=66

Evans Sportive – 23rd May by Dave Larkin

Rode the Evans sportive on Sunday "the king of the downs", wow what a hard event! The forecast was hot, hot, hot, so I decided to get an early start even though some of the other guys in the club were starting slightly later I wanted to avoid the midday heat. I managed to complete it in 7 hours 10 mins including 2 stops for refuelling and stretching which I was quite pleased with. The best climb of the day for me was climb 7 out of 10 which was named the wall, a straight road going up, up and up that seemed to go on forever up to Ashted Forest, then a wicked descent which seemed to go on forever travelling about 32-34 mph. By the time I had reached climb 8 after 85 miles I had only been dropped by 2 other riders but that was about to change. As I climbed York's Hill which led to the last drink station, cramps were starting to set in, so I had to dismount and walk some of the climb. Once at the drink station I managed to recover enough to push on to the finish with just the last climb to contend with & starting to cramp again but this time in my toes!! Once at the top it was a nice ride back to HQ. Despite the heat it was surprisingly shaded a lot of the time. Would I do it again?? Yes I would providing I can get some decent training sessions in, as 3 hour sessions once a week and some racing was clearly not enough. Statistics on the day average speed 16 mph, max speed 39 mph, flies in eyes 4 [2 in each], cramps too many to list, cleats worn from a Sunday afternoon stroll up a hill 2, but it was all worth it!!!

King of the Downs – 23rd May by David Emery

Why do sportives have to start so early? 5am is not my best part of the day! A full load in the Volvo, Adam, Chris, Alex and I plus kit and bikes! Arriving in good time for the sign on and start of what was shaping up to be a hot day. A good start for us 20+mph but with plenty of pot holes to avoid you needed to keep an eye out. Lots of less experienced riders on the route not used to calling out holes etc.

A few miles saw us out in the lanes and settling down ready for the first climb. Knowing Adam is good on hill and Chris is somewhat determined I pushed hard at the start of the first climb expecting them to fly by pretty soon. Nope, they were pacing themselves! Unusually, I must have opened up a big gap by the top of the climb on them but decided to keep a good pace 'til they caught me up. To past the time (and slow my pace) I'd settled in with small group of guys and girls around the second climb. I got chatting to one girl, Janette, she rides with provo2.com and had come over from Richmond.

It took some time for the Team to catch me and the second climb was out the way and the first feed station was approaching when the TVS lads regrouped. At the feed stop Janette asked to join our TVS group, the more the merrier so off we headed. The last time a girl hopped on the back of a TVS group (The Surrey Rumble) she lasted 2 hard miles so I didn't think Janette would stay with us for long. How wrong was I? She was never the last up any climb and matched us mile for mile, to be fair Janette didn't take turns on the front but with a 39/23 and those hills she did damn well to stay with us. We all mashed every hill and passed so many other riders we felt good and had smiles all day.

As the day wore on the sun just shone more and more, 27C and those not wearing sun block (Adam) were looking rather red! At around 90 miles we were introduced to Yorks Hill, a lovely climb which seemed around 20-25% at the time!

Apart from TVS and Janette we only saw two other riders actually ride it, the rest were scattered by the roadside looking shattered. A long stop at

the top to cool down and refill very empty water bottles and we set off for the last 25miles.

By the top of the last climb Janette and I had dropped Chris and Adam, 5 mins later I stopped to take a call from Chris saying Adam had caught a big pot hole and punctured. With 20 to go we agreed I wouldn't wait, Janette hadn't realised I'd stopped either. She took some catching! However, with 15 left we had regrouped with one other rider and it was on the drops for a mad dash to the finish.

Janette took a few turns on the front and together we flew home to a well earned bowl of pasta and a cuppa.

A great event and so well organised!

Do it again? YES!!

RTTC National Championship 10 (Men), 23rd May – by Chris Long

After qualifying for the National 10 I had been hoping for a decent result and maybe a top 50 spot but unfortunately I came down with a cold a few days before and struggled my way round to 96th place in 21:47 (I went quicker at the start of April!!) – still a good experience and amazing to see Michael Hutchinson demolish the opposition!!

Link to Full Result:

http://www.rttc.org.uk/?&ge482_geka=0qr-ktkYrcYzPU7-JC7bf4TEQVysEdko9FNyoET_y VunCTWDpc8n3jrAOM5sIVv&ge482_gevi=bkosVTEcmXX5ekdECVvBmA&gv484_gvac=2&gv484_gvff0=55062&gv484_gvfl0=0&language=en-GB&tabid=109

Charlotteville 4th Evening 10 - 26th May

A few TVS'ers riding here

Link to Full Result:

http://www.charlottevilleecc.org.uk/index.php?option=com_content&view=article&id=648:4th-evening-10-26th-may-2010&catid=77:2010-results&Itemid=66

Tour of Wessex – 30th – 31st May by Chris Sharrock, David Emery & Adam Herridge

(See attached separate report – it's a good one!!)

Charlotteville 5th Evening 10 - 2nd June

Javi was there with a solid 2nd place – well done Javi!

Link to Full Result:

http://www.charlottevilleecc.org.uk/index.php?option=com_content&view=article&id=657:5th-evening-10-2nd-june&catid=77:2010-results&Itemid=66

RTTC National Championship 25 (Men), 5th June – by Chris Long

My first race back after illness and still not 100% so my original aim of a top 75 finish was going to be a tough ask! The weather was very hot and the rolling Yorkshire course made it pretty uncomfortable and by mile 16 I was ready to get off my bike but struggled to the finish and ended up with a 59:09 for 100th place exactly!!

Not quite the results I had hoped for in the National's but both a good experience and hopefully be back next year stronger and healthier!!

Link to Full Result:

http://www.rttc.org.uk/?&ge1246_geka=MoeMaZhZdmGPSYuQ8onYwr5VtT1MpzeE2fhLDMJ2ralcgykycJrweT-tOSeqOH8lwz3vaon fP-0YietdGh8vrw&ge1246_gevi=bkosVTEcmXX5ekdECVvBmA&qv484_qvac=2&qv484_qvff0=55138&qv484_qvf10=0&language=en-GB&tabid=109



Chris in action at the National 25 in Yorkshire