

Team Velo Sportif

www.teamvelosportif.co.uk

News Letter, November 09

Time of My Life or Sign of the Times?

The knees are a bit knackered so running had become more of a challenge and the days of competitive football, squash or any other non-pub sport were over. So like many approaching mid-life the shiny red speed machine in the shop window drew my attention and eventually my credit card. That was almost 3 years ago and for the first 2 years it had a few tentative outings when the weather was favorable – the fact that the bike still gleamed and had hardly a scratch told its own story.

A year ago after a few email exchanges with Andy I pitched up for a couple of club rides – that put any pretensions of ‘natural talent’ in the bin – so I didn’t do it again. So being 50 this year, bloody hell, a bit more resolve is called for. I did a fair bit more riding last year on my own and over the course of 12 months shed a stone and on 8 March this year I did my first ever event – the SWRC 100km sportive.

I felt I had done enough miles to go the distance but, not knowing the course, how quick I’d go or how I’d feel the whole event was a complete unknown. The start was at Fetcham and four other TVS riders were also involved. Maybe a bit of nerves and adrenalin set in but I was completely disorganized at the start – how to put on my number, where to keep the timecard so as not to lose it – so after registering I missed the start of the group with the rest of the TVS riders. Never mind, I was probably better off with some slower paced riders – but I still forgot to set my computer.

It was really a great day. The weather was fine, the route, whilst a bit lumpy, was very scenic – are you supposed to notice the scenery? – and the riders were friendly and on occasions, chatty – are you supposed to talk as you come alongside other riders? A small group was starting their build up for l’Etape later this year – one of whom was struggling up Leith Hill in the early part of the sportive which can’t bode well for his chances up Ventoux or wherever they are going. As you would expect there were plenty of SWRC riders who seemed a friendly bunch. What I didn’t expect was the number of punctures – not personally – but the number of tyre levers being wielded with venom on the roadside. One of them only a few hundred yards from the off – what a start.

The sign posting was fine and the drink station and intermediate time check at Wisborough Green in Sussex was a welcome sight. A top up of the water bottle from the thoughtfully provided garden hose, card signed (yes, it had stayed in my pocket despite initial concerns about losing it along some country lane) and off again – how long should you hang around so as not to appear too keen? A long climb followed from the drinks station and a turn north back towards the North Downs.

Despite an advertised start time of 9:30 the earliest riders were away almost an hour earlier – the prospects for the weather were due to change early afternoon. Having been slow to get organized and ready to leave I was close to an hour after the first groups. Fortunately as my pace turned out to be relatively ok and there being plenty of riders ahead of me the second half of the event became an enjoyable time of catching and passing both solo riders and groups. As I wasn’t riding with anyone the competitive streak awoke and each rider ahead became the next target (sad or a natural competitive response?) and each rider that passed me was someone to hang on to.

Returning past Shere the final major obstacle was Coombe Bottom – a hill I’d been up before and so was aware of that nasty final bend and kick up to the top. In bottom gear and with just enough forward momentum not to topple over the top was a real relief and the opportunity to re-inflate the lungs. Not knowing too much about gearing on bikes I did notice a couple of riders spinning a lot faster up the hill but at a similar pace – I presume they were using compact gearing. It looked easier if not faster.

The final few miles ended up being an enjoyable chase through Effingham, Bookham and back to Fetcham. The rider in front and I had been together an hour earlier but he had pulled away so my final target was to catch him again. We pulled into Fetcham together and when we reached the finish he pulled off his helmet to reveal a bloke who must be claiming his free bus-pass. Perhaps he had made a resolution at 50 and was still improving ... there’s a moral to the story.

The final ‘score’ was 3 hours 50 minutes which was equal 43rd fastest of the 289 riders. Encouragement enough to do some more. Ian Parker.

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Results

Evans Ride 22 March 09 100K

| | |
|-------------|------|
| Ian Parker | 3:15 |
| Andy Sturt | 3:15 |
| Javi Nunez | 3:27 |
| Dave Larkin | 3:28 |
| Dave Cole | 3:34 |

SWRC Sportive 8th March 100k

| | |
|------------|------|
| Chris Long | 3:45 |
| Ian Parker | 3:50 |
| Andy Sturt | 3:50 |
| Dave Cole | 4:02 |

Surrey Rumble 1st March 123K

| | |
|-------------|------|
| Andy Sturt | 4:35 |
| Chris Long | DNS |
| Dave Larkin | DNS |



Our very own web doc. Colin Stevens riding the Ville Hilly.

IOW You Had to be there.

Club TT's

Charlotteville CC 10, 29th April

| | | |
|-------------------------|--------------|--------------|
| 1 Chris Long | TVS | 23:04 |
| 2 Jon Lewis | Ville | 24:02 |
| 3 Gary Sheffield | TVS | 24:24 |
| 4 Andy Sturt | TVS | 25:26 |
| 5 Tony Wybrott | TVS | 25:41 |
| 13 Kevin Sykes | TVS | 27:57 |
| 16 David Emery | TVS | 28:13 |

Farnham RC 10, 21st April

| | |
|--|------------------|
| 1 Legg/Healy/Griffin RT316 3 up | 21:04 |
| 2 Steve Leonard | TVS 22:16 |
| 8 Andy Sturt | TVS 23:52 |

Farnham RC 28th April

| | |
|------------------------|------------------|
| 1 Steve Leonard | TVS 21:56 |
| 4 Andy Sturt | TVS 23:18 |

Every year for last few years a few hardy souls have made the trip over to the IOW. It's a 3 day TT series 12 mile 24 mile and 46 mile hilly.

This year Chris long joined us along with most of his family.

Thanks to Chris the economy on the Island has had a well deserved boost this year.

As with the last couple of years we stayed in Colwell Bay with the Farnham club. As usual Dave Rapley took the easy option and rode out. He had a nice cycle down to the new forest on Saturday arriving about 3 hours before the first race.

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As current form would indicate Chris was flying, Highest TVS finisher in all 3 events Dave Rapley struggled around with his sinus infection still not cleared up. I was pleased with my 3 rides especially the 46 mile.

Last year a challenge was thrown down by Farnham as to the best finisher between them and us. Despite them having more than double the riders we had we managed to finish ahead of them taking 4th overall in the team event. Drinks were on them. This is a really good event if you go once I'd guarantee you'll be back for more.

Antelope RT 50k 3 up

1st Charles McCulloch/Adam Duggleby/Mark Holton, (Shorter Rochford RT) 1:03:33

20th Chris Long/Gary Sheffield/ Steve Leonard, TVS 1:13:02

50th Dave Larkin/ Javier Nunez/ Ian Parker. TVS 1:22:03

Billy no mates 1:19:51



IOW Results

12 Mile

| | |
|---|-------|
| 1 st Sean Williams, Wightlink RT | 28:36 |
| 11 th Chris Long TVS | 31:05 |
| 22 nd Andy Sturt TVS | 33:55 |
| 25 th David Rapley TVS | 35:00 |

24 Mile

| | |
|---|---------|
| 1 st Chris Birch, East Street Cycles | 53:55 |
| 12 th Chris Long TVS | 58:43 |
| 20 th Andy Sturt TVS | 1:02;35 |
| 28 th Dave Rapley TVS | 1:0629 |

46 Mile

| | |
|--|---------|
| 1 st Dave Dent Wightlink RT | 1:51:50 |
| 12 th Chris Long TVS | 2:02:14 |
| 20 th Andy Sturt TVS | 2:07:54 |
| 24 th Dave Rapley TVS | 2:16:42 |

(inc a shopping trip).

A3crg 2 up TTT 10th May

1st Julian Jenkinson/ Steve Whitewick Utag Yamaha. 50:54 29.566 mph
5th Andy Sturt/ Javier Nunez, TVS 57:14 26.209 mph

Disappointed to miss out on 4th place by 3 seconds still fastest I've gone in years. Good team enjoyed riding with Javi we worked to each other strengths. Interesting Data also from Javi's power meter. Ave power around 280 watts max around 800 watts. Javi's hart rate pretty much maxed out for the distance.

There are plenty of other results from this year, to many to mention.

Chris Long has gained his 3rd cat. Road licence. Dave Larkin has also scored a few points and should hopefully get his third cat by the end of the season. Gary has been seen out in the pelaton, as has Rick Millin. Late comer to TT scene this year Matt Wall has put in some cracking times setting a personal best mid 21 for 10 on the Bentley course.

New kit.

As you maybe aware we are introducing a new kit design. The basic kit is very

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similar. We have had to change supplier due to problems with our current supplier. This being the case it was an ideal time to update the kit. Main changes are to the white panel on the shirts. The shape has been changed to include a six pack detail. (not because we're vain) it just look good. Price wise very similar to Pro-Vision,

Short Sleeved Tops £35.00

Long Sleeved Tops £47.00

Bib Shorts £42.00

Skin Suits £68.00

Track Mitts £12.00



The Marmotte John Hill

I'm back in one piece after my week in the alps and taking part in the marmotte.

After the initial dread of the bikes (12) of potentially not being loaded onto the plane (mine was the last to be loaded and we painfully watched as each one was loaded, with the owner cheering as theirs went on), and that the bikes made it in one piece we were all present for the Marmotte on Saturday.

The ride turned into one hot long day in the saddle. Climbs took two hours to complete with the Galibier being one real long hard slog. The flat stages were a bun fight for peoples wheels and I probably worked a bit too hard on those sections to maintain my place and gain some protection from the wind. The descents were scary to me but I tried to follow my friends wheel as much as possible as I knew if I lost him I would be on my own for the rest of the day. We absolutely blitzed the 30K from the top of the Galibier to the bottom of Alpe D'Huez complete with our own Police outrider instructing cars to get out of our way. We were literally kings of the road for the day. We got to the bottom of ADH with two hours to spare for Gold in our category and in 38 degree heat ! The slog up the alp is very hard on tired legs. I filled both bottles at the bottom and then set off. I ignored two water stops as I would be caught by my friend (I was going to finish first if it killed me) and I would struggle to get going again. Although there are 21 corners they are a variable distance from each other and get longer as you go up the mountain. It took me 1 hour 15 mins to the top of the Alp and got happily got Gold for my age group. Being old does have it's advantages. I was absolutely shattered at the top, feeling sick and my feet absolutely ached, so for a good 20 mins till I found my friend I hobbled round in stocking feet looking for food and water. Our Chalet was on turn 12 of ADH so we descended to it, chucked the bikes in the bike room, showered and then sat on turn 12 drinking beer, eating chocolate biscuits and cheering on other cyclists. The next day I was wiped out but went for a supposedly easy spin on the bike, but this turned into a four hour ride up another col, and the week continued in that vain, lots of climbing and scary descents. My King of the Mountains title is securely held being the first to the top on every climb but I am very much the lantern rouge on the descents (I have no bottle at all).

Since getting home last Thursday I have been very, very tired and not touched the bike at all. In fact I only unpacked and washed my bike on Tuesday. Oh, and I can't stop eating, so I have had to put myself on a diet as of Monday.

We had a fantastic week, did some great cycling, and more important all six off us got round the Marmotte in one piece with no mishaps. The medal tally was two gold's and four silvers. I finished in 8:54, position 1677 out of 5200, and 499 in my age group which I am very happy with as I don't think I could have done it any quicker, especially in that heat and

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not having experienced the size of the alpine climbs before. To put the above in perspective, the guy who won (for the third year running) completed the route in 6:08 ! That's probably down to genetics and that he may be "juiced" ;-)

Some photo's of me looking half baked on the Alp.

<http://www.photobreton.com/consulter/images.asp?LangueID=2&ListeFichierID=1923711,1934448,1963999,1964056,1964961,1950668,1950768,1964055#> (you need to include the hash)

Hope things are going well with the club and the midweek rides aren't suffering with the rain ?

I now need some new targets for the rest of the year and have even thought of immersing myself into the murky world of pointy helmets and skin suits next year, but I think I need to get a job first. I may come down to do the Guildford Challenge in September ?

John.

Rick Millin sent in a brief report from the Caledonian Etap.

81 miles in 3 hrs 56 mins 12 secs. 5th in category. 13th overall.

It started and finished in Pitlocery. Drizzle first hour then sunny. Fairly flat for first 2/3rds, then hilly. 3500 starters. Course sabotaged by local councillor spreading carpet tacks.

Open 10. As you know we ran our first event this year. The event was won by Phil Sykes. Now also the E 2 E record holder, and brother to our Kevin. TVS took the team win, Gary, Matt and Chris. This was our second team win of the year. We also won the Charlotteville open 10 team. Thanks must go to Sherborne for putting up the prize fund in the open 10.

A rare photo from the Tour 1940's



Membership for 2010.

It has been decided that for 2010 with TVS now well established we will be dropping the membership fee's. New fee's are
Adult £15.00

Couple £20.00

Second Claim £10.00.

This brings us in line with the other local road club's in our area.

Sub's are due by end of January 2010.

We now have a new web site up and running. www.teamvelosportif.co.uk.

I'd like to say thanks to Colin for all his hard work over the last 3 years, Cheers mate.

Another new idea is linking TVS in to Facebook. The site is updated all the time with photo's and what's going on. Any member that is a fan is given access to update and add pictures etc. Please do. It's actually a lot simpler than updating web site.

Another year nearly over here's to next year. A bigger and better TVS.