



THE HUB

AUTUMN 2013

Parnell sprints to victory at Fenland Clarion road race



Marginal gains: Toby Parnell, left, beats Ruepp to the line to grab his first victory of 2013

AUGUST 18

In hot and windy conditions Toby Parnell finished off an excellent team performance by Cambridge CC with a brilliant sprint from the breakaway group at the end of six laps of the 70-mile course. With a strong eight-man team also including Edward Farnell, Joey Halloran, Nigel Hobday, Bjorn Krylander, Wes Ullrich, Mark Warren and Tom Vickery, confidence was high that the club could produce a result although an exposed and in parts technical course made a victory never certain.

The race separated from the drop of the flag with Ed and Toby using their experience of the Sawtry course from the previous year's race to make it into a 10-man breakaway after the race was strung out in a crosswind following the course's technical descent. The breakaway group had a good balance of riders from the peloton and, riding hard for each other, they took 15 seconds a lap for four laps to give a one-minute advantage after 50 miles. In spite of the efforts of their teammates in the bunch (Wes, Bjorn, Nigel, Wes, Mark, and Joey) their advantage never looked secure, however. As

the break started to tire in the penultimate lap an eight-man group containing Tom bridged across to the break and the 18-man group that would lead the race to the chequered flag was formed. In the bunch the remaining CCC riders again kept at the front of the race and helped the breakaway riders make good their advantage.

Back in the break, without an interest in the sprint and the motivation to work hard, Tom played domestique for his teammates. The club TT champion rode flat out on the front through the final five miles of the race, putting in an enormous effort through the final climb to thin the breakaway and line out the group for the sprint.

In the final 500m Toby rode a perfect line through the fragmenting bunch and in a shoulder-to-shoulder sprint edged out Icen Velo's Martin Ruepp on the line to take the victory. Suffering from their earlier efforts, Farnell finished 11th and Vickery 18th with Ullrich and Krylander rounding out the top 20 with 19th and 20th in a two-man break from the main bunch on the final climb.

EDWARD FARNELL

Club captain Chris is Papua New goner

Chris James, stalwart of the intermediate club run, has secured a big-money transfer to Papua New Guinea CC after 20 years at Cambridge.

The club captain has packed up his mountain bike and threatened to send back pictures of club kit in sunnier climes. This is news that his clubmates will be delighted to hear after earlier skinny-dipping incidents in the River Cam.



Chris always felt that a club run "is like a night out but without the beer"

James, most often seen on club runs during the winter months when many others pack up the bike for the year, was always a safe pair of legs as ride leader and his years of experience made him into a demon descender with a penchant for a u-turn.

He will be sorely missed and we hope to see him back soon.

CHRIS ADAMS



Ike Saul Memorial RR: Bradshaw solos to triumph

JUNE 23

Cambridge CC's Douglas Bradshaw took a home victory in the Ike Saul Memorial Road Race in Orwell, Cambridgeshire on Sunday 23 June.

The undulating circuit always makes for a tough race and the attacks started early on. It seemed as though the riders had decided that the race would not end in a bunch sprint and blustery conditions made it right for the hard men.

Groups formed, but with the bunch in a chasing mood, none was allowed more than 30-40 seconds down the road before being closed down.

Eventually a group of three came off the front and started to work well together. Glyndwr Thomas (VC Norwich), David Bamford (ELV) and Anthony Purnell (Cambridge CC) pushed on hard. Meanwhile, Douglas Bradshaw managed to slip off the front going up the finish

hill, gradually bridging to the group down the road as the race entered Kingston. Working together, this group increased the gap to 60 seconds.

Just before the bell tolled, several solo attackers coalesced into a bridging group that teased out a gap of 30 seconds, 20 behind the group up the road.

Then on the final lap, the bunch reacted. Strung out, a single line riding in the gutter, they pushed on hard around the back end of the circuit, shelling riders on every slight rise.

Eventually, just over the Orwell hill, the chasing group were caught, though the bunch was still some 40 seconds behind the lead group.

As the lead group approached the narrow roads of the Eversdens, a good 4km out, Bradshaw made his move.

Initially the group did not react, though the chase was soon on. Bradshaw

TOP 10

- 1 Douglas Bradshaw Cambridge CC
- 2 Glyndwr Thomas VC Norwich
- 3 David Bamford East London Velo
- 4 Anthony Purnell Cambridge CC
- 5 Alex Minting Neon Velo
- 6 James Moncrieff Finchley RT
- 7 Theo Doncaster CC Ashwell
- 8 Ralph Mullan Shaftesbury
- 9 Thomas Beasley East London Velo
- 10 Stuart Lindsay St Ives

Full results at britishcycling.org.uk

pushed on, with Thomas and Bamford chasing hard through blind corners and up the finishing hill, but the Cambridge rider's gap increased even more. At the top, exhausted, the local hero claimed the victory.

SAM KING/SNOWDON SPORTS

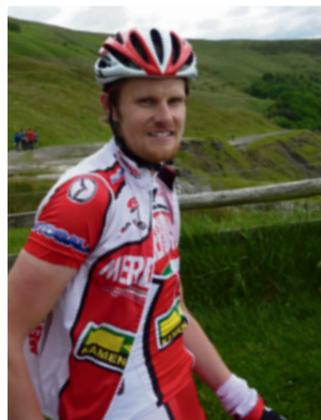
Mud, sweat and beers: MTB weekend in the Peak District

JUNE 29-30

Upon hearing that I was organising a mountain bike trip to the Peak District earlier this year I was suddenly made official MTB secretary by the Cambridge CC committee. I guess occasionally some roles just land themselves!

Five of us attended the weekend, Oliver Caddy, Shane Norval, Damian Lewis, his friend Richard and myself. Damian and Richard are MTB veterans, with around 20 years of off-road experience apiece under their belts, many of which spent in the Peaks. The rest of us only really had our Thetford Forest experience to help us, which in hindsight wasn't all that useful if I'm honest. We learnt fast, though!

Thetford is mainly flat, with very twisty trails formed by cyclists and motocross riders, the earth piles up and



The weekend had spectacular views and challenging terrain

compacts on the edges of the bends, so you can lean into them more and more as you gain confidence and speed. In the Peaks, however, the bridleways were much straighter, very steep and full of loose rocks the size of your fist. I have never had to use the lowest gear on my mountain bike before (26t on the front,

32 on the back) but I ended up using it constantly. For the uphill stretches you must pedal in a low gear and simply try to stay upright, if you unclip you must walk as you won't be able to get started again. When you encounter a steeper bit you must try to accelerate up and over it. By the second day we had the hang of it and were

doing things we never thought we'd manage the previous day.

The downhills were terrifying, thrilling and exceptionally good fun. Loose rocks tumbled with us down the slopes and I learnt (for the first time) how to use my back brake, a device I admit is largely for show on my road bike!

We stayed in Edale Youth Hostel, ate pub grub and were recanted with tales of Shane's Moto GP racing days. It all worked out very cheap, too.

If anyone wants to find out about mountain biking, please get in touch. A few of us usually head over to Thetford once a week on a Wednesday night, all abilities can usually be catered for – mountain biking is nice like that – and very sociable as well.

DAVID MCLEAN

davidmclean@hotmail.com

Sportive report: Prudential RideLondon-Surrey 100

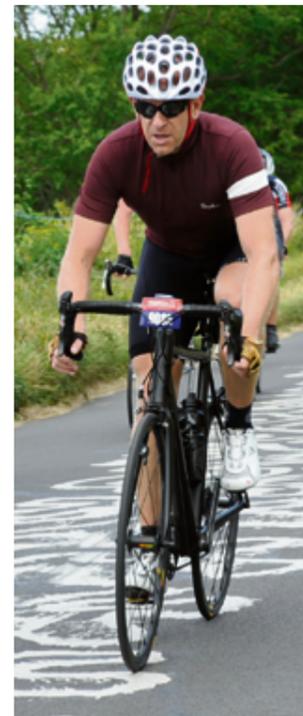
AUGUST 3

A great day! The event was well organised and not manic considering the 20,000 riders taking part. I managed to join an early batch of riders and gunned it as much as possible. Cramp kicked in at both the 75 and 90-mile mark but I still managed to cross the finishing line in under five hours. It would be great to see a bunch of Cambridge riders sign up next year as I couldn't find a group that matched/lacked my ambition, so ended up jumping from group to group and riding most of the day solo.

SIMON MORGAN

TAKE PART IN 2014

The public-ballot entry system for next year is now open. Register at prudentialridelondon.co.uk



Simon takes on Box Hill

It's not every day you get to cycle legally the wrong way down the A12! Every junction was closed along the route and the streets of London and Surrey were packed with encouraging and good-humoured wellwishers. This made for an amazing and memorable experience for everyone taking part. Despite the gruelling climbs of both Leith and Box Hill I'm happy to report that I was able to climb both in one continuous effort and finished the ride strongly by sprinting across the line on The Mall. After eight bananas, four pieces of flapjack and a big bag of jelly babies I recorded a time of 6hrs 17m – faster than Boris Johnson!

PHIL MYNOTT

Phil was riding for Melanoma Focus. Donate at justgiving.com/philmynott

King of Beechwood

AUGUST 22

The rain stopped just in time and on a calm evening 16 riders competed in the Cambridge CC Hill Climb on Beechwood Hill.

James Gill (inset) won the CCC hill climb trophy in a time of 1m 43.9s with the flying Dutchman Willem H de Boer second in 1m 44.5s. Tom Vickery secured third position with a time of 1m 45.9s.

Owen Lake (Team Twenty3c.co.uk-Focus) was once again the overall event winner with a time of 1m 39.8s.



JAN ERTNER

Future is bright for young Charles after first win

AUGUST 11

Back in May, I came 12th in my first youth race at Elveden, finishing only three seconds behind the winner. It was an exhilarating experience and I was now addicted to the thrill that competitive cycling offers.

I made my first podium appearance finishing 3rd at Hog Hill in July. It was only after this result that I found out if I had been racing on a full British Cycling race licence I would have gained a ranking point, and a single point was all that was required to qualify as a category 3 rider for my first junior season in 2014.

With added motivation and with BC licence in hand I went to the NCA road racing circuit at Norwich International Airport a few weeks later for two circuit races.

It was a flat, half-mile course but was made difficult by speed bumps, a brick

paving/tarmac surface, 11 90-degree corners and one hairpin bend.

Two riders broke away in the 20-lap first race and worked together to finish ahead of everyone else. Third place was still up for grabs and, along with it, the single BC point I desperately wanted.

I was part of a three-man chase group and, after dropping one rider on the final lap, my only other rival overshot the final corner, leaving me to secure the final place on the podium and my precious point.

One direction: Charles crosses the line



As the second race got under way, I suddenly found myself at the back of the bunch. Not wanting to make the same mistake again, I moved up through the pack just in time to bridge over to the leading group. My legs felt good and we all shared the work. As the penultimate lap approached I put in a big effort on the front, riding a 31mph lap (and the Strava KoM) to form a select group of the same top three from the first race.

With the finish line in sight, I held my line into the final corner and carried enough speed through to put me on the front. I kicked hard and made it over the line with enough time to celebrate in style.

CHARLES PEARSON



Yorkshire is confident that hosting the Tour will bring in between £100m and £300m in economic benefit to the region

Sustaining the Tour de France legacy

Cambridgeshire County Council organised a summit to discuss how to take cycling forward in Cambridgeshire in order to build a lasting legacy from hosting the third stage of next year's Grand Départ.

The event was held at an excellent school in Swavesey. Excellent because they had done a lot to promote cycling, building a cycle racing track on expanded playing fields and encouraging both pupils and staff to ride.

But I found the event itself rather muddled. What was clear was that the world's biggest annual sporting event will start its third day from Parker's Piece, the riders and their massive caravan of motor vehicles having driven down from the previous day's finish in Harrogate, along with 400,000 spectators.

Cripes, it's really happening, so what are we going to do about it?

At the event 200 delegates from a mix of pupils, sporting organisations, city and county councillors and officers and cycling activists gathered to come up with answers. The sports cyclists shone, their time had come.

What didn't shine was any sense of

how the county or city might want to celebrate all this. Yorkshire wanted the Tour so badly it's offsetting any costs Cambridgeshire will incur. Thus, with no financial stake, and probably very little say in how it will be spent, I really struggled to work out how the Cambridge Cycling Campaign could contribute.

Science is Cambridge's fame and the

LONDON'S 2007 LEGACY

10.5% increase in the number of people cycling on the capital's major roads in the six months
50% of spectators said they would cycle more as a result of the Tour's visit to London

Tourism received a huge boost with 2 million people lining the Capital's streets to see the weekend's events

An additional 1 million people watched the riders race through Kent
The Tour de France also gave London and cycling a huge media profile
London was heralded as a great venue for world-class events in media around the world

city doesn't really need the hassle of dealing with the crowds to bring it any more attention. Suggestions of closing roads for the day to have a Tour de Cambridge or Cambridgeshire met a strongly negative response from some of the councillors and officers whose workshop session I shared. Instead, the summit started talking about the legacy – longer-term strategies for developing cycling in the county. It would be a chance for the Campaign to assert once again the desire for high-quality off-road provision, and in this we were supported by Ely Cycling Campaign which want the same sort of thing there. With a reluctant city, and Yorkshire deciding how money will be spent for the day of the event itself, I think all we can look forward to is filling of the potholes on the route between Parker's Piece and the county boundary, and an early departure for riders on the day, so that Cambridge will be back to normal by 10am, focusing on winning more Nobel prizes.

SIMON NUTTALL

The Cambridge Cycling Campaign works for better, safer and more cycling in and around Cambridge. Go to camcycle.org.uk for more info

Could you inspire the next generation?

Are you keen to get youngsters interested in cycling for general health and fitness, tackling childhood obesity, encouraging a sport to last a lifetime, or coaching a future young Bradley or Victoria?

You may be a keen cyclist with a wealth of knowledge and experience who wants to share this with others. You may be a parent and have kids who you'd like to encourage into cycling. Or do you currently ferry your children around the county to other areas that have youth training opportunities? You could be someone who sees youngsters cycling unsafely on their way to school and wish to do something to help them.

If any of the above is true, would you be interested in helping to set up a youth cycling club affiliated to Cambridge Cycling Club? I would like to take this on with the support of both CCC and British Cycling.

I have been a member of CCC for four years, riding regularly in the Sunday club runs and occasionally at time trial events. I have nearly finished my level 2 British Cycling course that the club have funded, have been coaching at Ashwell Cycling Club which has a thriving youth section and have also attended Go Ride events run by British Cycling. What I lack in experience I hope I can make up for in enthusiasm and motivation and hope that those of you with more experience and knowledge will come on board.

We need coaches, people with some mechanical knowledge and general assistance with signing on, set up, first aid, etc). We also need IT help to set up a youth section within the website.

After you've given your support there will be an opportunity to undergo the British Cycling coaching course for which financial help will be provided. The coaching course is very comprehensive and involves three days of taught time as well as set coursework. It involves a lot of time and commitment but provides a solid foundation for coaching.

All volunteers would need to undergo a CRB check (now called disclosure barring



Victoria Pendleton began grass track racing with twin brother Alex at the age of nine

service, DBS) which will be paid for by the club or British Cycling. The sessions would be run on a traffic-free course so we can provide safe areas for children to practise.

Netherhall Sports Centre is keen to get involved (subject to queries about ground maintenance) and suggested Saturday afternoons to avoid clashing with football practice.

To start with, I propose 1 and a 1/2

WOULD YOU LIKE TO COACH THE NEXT BRADLEY OR VICTORIA?

hour sessions (probably term-time only, to give the coaches and children a break) and then to hold more sessions, perhaps on a summer evening, depending on interest and support. The plan would be to have a couple of coaches first, with a maximum of 25-30 children (divided into two classes) and then to build up numbers when we are up and running. The age range would be 6-18, although to start with 6-14 might be more appropriate.

There is an opportunity to have

a container on site to house bikes, equipment, cones, markers, limbo bars, etc. We would initially expect children to bring their own bikes but could buy some fixed-wheel bikes for track racing in the future and other bikes for those who don't have them or cannot afford them.

The club has initially offered some money upfront but the long-term view would be that the youth section becomes self-funding with youth members paying a session fee for coaching services.

In the future it would be worthwhile to work towards becoming a Go Ride club, which will give our young riders access to competitive events and provide us with help and support from British Cycling. It will also provide developmental opportunities for coaches and valuable networking.

If you would like to get involved, please get in touch.

RAMONA LOVERIDGE

ramona.loveridge@btinternet.com

FIND OUT MORE

CC Ashwell's youth section
www.ccashwell.com/youth.html
British Cycling Level 2 Coaching
<http://bit.ly/h115KN>
Go Ride club status
<http://bit.ly/12SOBET>



Dress to impress with club clothing

Cambridge CC has a range of competitively priced club kit, manufactured by Endura, available to purchase by club members. Many of the items use the same fabrics as Endura's pro team kit and there is normally a good range of garment types and sizes in stock. You will see lots of members sporting our smart and classic kit on the Sunday club runs, the Thursday night time trials and many other events throughout the year.



Premium Skinsuit (Long Sleeve)	£65.00	Vapour Pro Gilet	£35.00
Premium Skinsuit (Short Sleeve)	£60.00	Ultra Packable	£40.00
Pro Road Jersey Full Zip	£55.00	Women's R.J. S.Slv. Full Zip	£35.00
Pro Bibshorts	£50.00	Women's Pro Gilet	£35.00
Roubaix Jacket	£45.00	Thermal Legwarmers	£20.00
Thermal 3/4 Bibknicks	£45.00	Team Bag (Blue)	£20.00
Road Jersey L.Slv. Full Zip	£40.00	Lycra Armwarmers	£15.00
Grid Fleece	£40.00	Thermal Armwarmers	£15.00
Women's R.J. L.Slv. Full Zip	£40.00	Lycra Kneewarmers	£15.00
Women's Lycra Shorts	£40.00	Lycra Overshoes	£10.00
Road Jersey S.Slv. Short Zip	£35.00	Cap	£10.00
Road Jersey S.Slv. 3/4 Zip	£35.00		

Under-18s receive a 50% discount on full priced items

The above list details items of standard kit, other items can be ordered from the Endura range, but there may be a minimum order quantity on non-standard items. New members receive £5 off their first order. If you would like to order any items of club clothing please contact our club clothier Ken Miller by email at: clothing@cambridgecc.co.uk

End of season social and awards

The club's end of year social is to be held on Saturday, November 23rd and will be held at The Graduate Centre. CCC's own Tony Purnell is to be the speaker. For those new to the club the aim is to celebrate the achievements of the members and have a get together off the bike. More details to be announced on the website soon.

Notification of club AGM

The Club's Annual General Meeting is to be held on Monday, October 28. The aim is to re-elect the committee for 2014 and to discuss any issues with other club members.

There are vacancies for the committee; namely time trial secretary, Honorable General Secretary and ECCA representative. That said, all roles will be available and it would be great to have some new faces on the committee.

If you have any subject that you would like discussed or wish to make a proposal then please contact Chris Adams (c.adams359@btinternet.com or 07800 735764). For instance the committee intends to propose a new time trials role to help handle the club side of things. The deadline for proposals is the 21 September. The AGM will be held at Christ's Church on Newmarket Road.

Walden Velo Trans Anglia XC Sportive

On October 13th, Walden Velo is offering a great chance to experience hidden routes and lines carefully planned by its MTB experts.

With a choice of three rides (30, 50 and 80km) there is something to challenge all abilities across some of the oldest known pathways and bridleways in the country.

Time to oil the chain of your MTB, cyclocross or XC bike as the routes includes technical areas as well as some great climbs and descents. All surfaces will be bridleways or unmade roads. Experience is necessary on all but the short course. As MTB sportives go, it's quite unique.

Starting from Carver Barracks, Wimbish, in Essex, and returning to race HQ, full facilities will be on offer, including parking, toilets, showers and changing rooms for both men and women. Refreshments will be on offer with proceeds going to the Injured Soldiers Fund.

Entry is £10 for adults and £5.50 for under 18s. Online entry closes three days before the event and entry on the day is available. Full details at waldenvelo.com

GOT SOMETHING TO CONTRIBUTE?

Feedback, stories and pictures can be submitted to the editor, Luke Sikkema, at sikkema82@gmail.com

