

Wheelers' Middleton Memorial '30'

On a fine, warm morning with little wind, fastest individual was Tom Boulton of Finsbury Park C.C. in 1:12:12 - beaten only by the tandem pair of David Newman and Malcolm Wolsey of Westerley C.C. with 1:6:02. Congratulations to our own Barry Page for a fine second place time (1:15:16) – which, regrettably, carries no award this year - and to Peter Walton and Chris Walker for completing the only team.

Thanks to every one who helped in the success of the event, especially the officials and marshals, several of whom positioned signs, most especially Brian Evans and Sam who each did two marshalling jobs AND positioned all the signs over the southern half of the course. Thanks also to Janet P for doing the catering single-handedly yet again.

Full results and details of helpers are on the website at <http://www.herts-wheelers.org.uk/race/open.htm>. JP

CLUB AUDAX 19th JULY 09.

Volunteers required at the check points on the Club Audax routes.

If you can help please contact John Cannon. 01245 602134.
Jandr.cannon@care4free.net

If you are riding, please enter before the day. Thank you.

Etape du Dales Sportive

Steve Watson completed this event which he reports was "brutally hard" - 110miles, 4000m climbing and with barely a flat stretch of road. To complete the torture, the ride took place on a cold and windy day with the last 50 miles into a strong headwind. All this made for a very "difficult ride"!



A ford along the Etape du Dales route

Steve recorded 9h18min for 515th place out of 660 starters (40 dnfs). Steve describes this as "not too bad for a fatso - if I hadn't spent 10min faffing about with a recalcitrant waterproof I'd have made the top 500!"

Luckily there was only the odd shower with the heavens opening shortly after the finish. By about half way through Steve was vowing to never do anything this horrible again - but now he is already planning for next year; "all good training"! SW

Website: Publicity

There is now a "members only" area on the website. To access this, click on the "Members" tab. You will then be prompted for a user name and password; these will be circulated by email.



The area includes posters and leaflets that you can print and distribute. **Please do try to get some of these displayed in bike shops, libraries and anywhere else you can think of!**

The members' area also includes; contact details of committee members, price and ordering information for club kit and leisurewear, and a "Sales and Wants" section. What else should be there? Suggestions to mudflap@herts-wheelers.org.uk.

Club Run Schedule

Date	Time	Start	Destination	Dist.	Pace	Lead
June						
14th	9:30	Puck.	Two Tea Pots, Wheathampstead	50m	Med	JF
21st	9:30	Hertf.	Hexton Tea Shop	55m	Med	AP
	14:30	Ware	Standon Tea Room	25m	Easy	BC
28th	9.30	Much H.	Finchingfield Café	60m	Med	A&TD
July						
5th	9:30	Hertf.	3 - 4 hours Off Road, take own food	35m	Med	JF
	14.30	Ware	Tea Shop Ride to Braughing	25m	Easy	JP

Leaders: Bruno Cartwright (BC), Andy Crawley (AC), Tim & Angela Dobson (TD, AD), John Farnham (JF), Paul Fennell (PF), Barry Page (BP), John Pearson (JP), Alex Powell (AP), Peter Walton (PW), Sarah Wren (SW).

Start Locations:

Much Hadham: bus shelter north end of High Street
Puckeridge: outside White Hart pub in High Street
Ware: Broadmeads car park near level crossing
Hertford: Hartham Common, recycling point

Club Runs

Sunday 3rd May – Invitation ride

Bruno C, John Cl, Peter W and son, Jane P, Andy C

The ride left Ware via New Road, Wareside, Much Hadham and Wellpond Green to Braughing Church Hall for tea where the WI were on form as usual. The return route was via Puckeridge and Standon where the new café was inspected - good but not cheap like Braughing! The ride continued back to Ware through Standon Ford, Barwick Ford and Cold Christmas. BC

Sunday 3rd May - Off Road

Alex P, Cathy P, Barry P, John F

A circular route was taken from Ware via Ashridge Common, Cold Christmas, Bakers End, Blakesware, Hunsdon, Gilston, South-End and Sidehill Wood to Much Hadham, where a quick stop was made for refreshments. The route then continued through New Barns Lane, The Lordship, Colliers End, Old Hall Green, Levens Green, Potters Green, Marshalls, High Cross, Youngsbury, Thundridge, Thundridge Hill, Moles Farmand and back to Ware. 35 miles. JF



Drying off when the rain finally stopped at Wimpole.

Sunday 17th May

Tim D, Angela D, Andy D, Jane P, Bob B, Graham K, Patrick D, Steve M

The ride left Much Hadham in pleasant conditions and headed out via Little Hadham, Clavering, Langley Upper Green, Duddenhoe End and Elmdon where the weather became pretty dismal. By

the time the group reached Fowlmere everyone was a bit damp and cold and looking forward to lunch. Sarah met the group at Wimpole, having ridden straight out from home. A very nice meal was had by all (albeit a little expensive) and while we were eating the sun shone!

Nine riders now rode back, against a challenging cold wind, through Melbourne, Great Chishill, Nuthampstead, (where Graham headed for home), Little Hornead (where Sarah bid farewell) and then back to Much Hadham via Albury. T&AD

Sunday 24th May

Tim D, Angela D, Andy C, Cathy P, Graham K and Bob B. (Bill C joined at the venue)

The ride set off, in brilliant weather for a change, through Spellbrook, Hatfield Forest, Bambers Green and Great Eastern to Great Bardfield's "Knead Food" restaurant, which is yet again under new management (and new name). The food was very nice though!

Bill, who was suffering from a virus, joined the group for lunch but rode back on his own to Elsenham rail station where he was encountered again having cuppa at station shop/café! The return route was then via Thaxted, Elsenham and Hazel End. T&AD

Sunday 31st May

Cathy P, Jane P, Peter W, Patrick D, Bob B, Bruno C, Valdis B, Steve Whipp, Alex P, John F

The route out from Puckeridge was through Great Munden, Cherry Green, Buntingford, Sandon, Ashwell, Eyeworth, Dunton and Edworth to Farrowby Farm Hinxworth.

After an *al fresco* lunch, Bruno rode to Baldock and took the train back to Hertford. The rest of the group took the hilly return route through Ashwell, Bygrave, Baldock, Bird Hill, Clothall, Weston, Ardeley and back to Puckeridge. 53 miles. JF



Sarah climbing towards Great Chishill on the way back from Wimpole

Sun 7th June - Invitation Ride

Despite early thunderstorms and a wet off-road morning ride for John F, 10 Wheelers (including JF) met for the pm ride. Unsurprisingly, there were no new recruits. The sky was threatening and by Fanhams Common the prophesied showers had joined together. It rained for the rest of the outward ride - via Bakers End, Barwick Ford, Colliers End, Levens Green and Great Munden - to Westmill.

Unfortunately the café was full and the pub had just stopped serving food, so the group headed for Braughing. Unfortunately Jane skidded and fell whilst fording the Rib, cracking her helmet - which clearly saved her from a worse injury. She was OK, though a little bruised and a great deal wetter.

Some of the WI's best cakes and tea were consumed in the Church Hall. There was then a sunny ride home, via the traditional route of Puckeridge, Barwick. Cold Christmas and Thundridge. JP

Smithfield Nocturne

Bruno instigated a trip down to London to see this event. Andy, Jane, Valdis and Graham joined him. There was a seriously fast pro race (won by Russell Downing ahead of Tony Gibb and Ben Swift) backed up by some fun events including a folding-bike race and a fixie skidding competition. It was well-supported and free. Oh, and the pubs were open. GK

Open Event Marshalling Duties

Volunteers required! We especially need help on the Club Open '10' to be held on 27th June. Contact secretary@herts-wheelers.org.uk.

Time and Date	Event	No. Reqd.	Perf. by
09:00 28 th March	ECCA 10	1	Clive W
08:00 4th May	ECCA Fest. 2up 25		Bruno C
07:00 24th May	Club Open 30	10	See website
14:00 6 th June	ECCA 10	1	TBD
18:00 27 th June	Club Open 10	10	John Clark
06:30 23 rd Aug	NMHCA 25	3	TBD

Club Run Points

Club run points situation up to end May.

Andy C	52
John F	42
Peter W	40
Bob B	39
Alex P	34
Graham K	30
Cathy	28
Barry P	24
Jane P	22
Patrick D	20
Angela D	14
Tim D	12
Steve Wh, John P	10
Bruno C, Steve B	8
Sarah W	7
Paul F, Steve Wa, John Cl	4
Bill C, Steve M, Valdis B	2
Danny M	1

Time Trials

12th May - Club 10

Phil was taking no prisoners this time and won the event convincingly. Full results:

Phil Young	22:32	
Barry Page	24:10	
Renato Davies	25:15	
Doug Davies	25:21	BE

13th May - London & Home Counties Group VTTA 10

Two Wheelers competed on a course near Leighton Buzzard. There was, as usual, a strong wind blowing making the journey to the turn difficult but "a flyer" on the return. Barry Page was the fastest of

the two with a 24:45 and Merv followed up with a 26:21 to win Vet on Standard. Initial hopes that the pair had won the team award were dashed when it was discovered that Barry was not A VTTA member! MP

17th May - Norlond TT Combine 50

Merv rode the on a wet and windy morning on the course from Tempsford to Baldock and back, twice. Unfortunately a puncture at 40 miles and a malfunctioning pump prevented him from finishing. MP

19th May – Club 10

Four Wheelers plus one private from the Becontree Wheelers braved cool and windy conditions. Once again Barry just pipped Phil for top honours. Times were:-

Barry Page	24:19	
Phil Young	24:24	
Doug Davis	25:22	
Renato Davis	26:02	
Fastest (by one second) was F. Jackson 24:18.		MP

23rd May – Victoria CC 10

Barry Page rode this event on the E1/10a. He finished 13th out of 47 in a time of 25:02. The winner was Richard O'Rourke in a time of 21:44. BE

23rd May - North Road CC 25

Peter Walton rode this event at Guilden Morden, he finished in a time of 1:06:52. BE

24th May - VTTA E. Anglian 25

This took place on a warm and pleasant morning from Newmarket to Fourwentways and back. There was just a light north breeze to hinder the return journey. Of the 90 riders in the event Merv managed to win the First Vet on Standard award with a 1:2:14, his best time for the distance this year. MP

26th May – Club 10

Barry Page won and levelled the points at the top of the table for the Club 10 league. Full results:

Barry Page	25:21
Phil Young	25:36
Peter Walton	26:14
Doug Davies	26:39
Renato Davies	27:21
Graham Knight	29:50

31st May – Maldon 50

Barry rode this on a warm sunny morning. He finished 24th in a time of 2:11:38. Steven Dennis won the event in a time of 1:50:21. BE

2nd June – Club 10

Phil moved back into the lead of the club league with a convincing victory on the F20/10, and in the season's best time of 21:56. The event also saw Renato Davies stepping up as a real contender to set a new PB of 22:56 finishing a very close 3rd to Barry. Full results:

Phil Young	21:56	
Barry Page	22:50	
Renato Davies	22:56	
Doug Davies	24:11	
Peter Walton	24:32	BE

3rd June - London & Home Counties VTTA 10

Merv rode on a "lumpy" course at Winkfield, Bracknell Forest. It was a warm afternoon but with quite a strong North East wind. Being a circuit, this did not cause too much trouble. However, Merv could only manage a 27:40 and was too slow for any Standard prizes. The fastest time was by a "guest" rider (under 40) who did a 22:11. MP

7th June - Eastern Counties Championship 25

This took place on the Newmarket course. The wind direction was not favourable for this course with a cross-wind and head-wind in places on the return. Merv managed a 1:6:57 with the winner Richard O'Rourke at 53:00. MP

Club 10 League

After the Ninth League 10 the scratch points position is:

Phil Young	77	
Barry Page	76	
Doug Davis	63	
Renato Davis	58	
Peter Walton	32	
Steve Watson	26	
Graham Knight	10	
Sam Wall	8	MP

Name the village

Mr President correctly identified The Candlestick at Essendon West End in last month's *Mudflap*. It is, he says, "*still a lunch-time favourite for some of us 'old uns'*".



This one is a rather distant view of a popular cyclists' tea-stop village.

Xmas Dinner

OK, it's the middle of summer - but we do need to look ahead to our major social event - the Xmas Party and Prize Presentation.



John Clark has organised it for the last 2 years but wishes to take a break so we need a volunteer. You can run it as before at the George IV, Amwell or take it in an entirely new direction at a different venue. Talk to John if you need more info. before deciding. JC

Membership Update

With most renewals now in we have 58 members - 4 more than this time last year. Of these 8 are Life Members, 2 are Associate (partners of full members) and 10 are ladies.

Please try and recruit new members even if only your partner! JC

Football Jersey

Peter W (who else?) has completed a 503m round-trip to Jersey via Portsmouth, Caen and St Malo by bike in order to play a football match. This despite getting lost several times, losing many of his gears and needing to hitch a lift in order to meet a ferry deadline. (The match was lost 4-1).

Peter says "*I have done something that a year ago I would not have dreamed possible... I dealt with an extreme range of both physical*

and emotional stresses and came out of it with a great feeling of achievement". Surely a well-justified sentiment!

Bicycle Design

Mike Burrows, Snowbooks Ltd.
ISBN-13: 978-1905005680



Mike Burrows was the designer of Chris Boardman's Olympic bike and was subsequently responsible for Giant's introduction of

the compact road bike. He is a practical engineer and not one to accept a conventional view at face value. Instead he is liable to build a bike or a test-rig and measure what happens.

In this book he challenges all sorts of nostrums concerning (amongst others); positioning on the bike, frame materials and angles, and the ability of frames and wheels to absorb vibration and shocks. He also does a pretty good job of explaining the principles that may be applied to bicycle design. If you have ever suspected that the writers of bike reviews were indulging in pseudo-scientific twaddle then this is the book for you.

My copy is the first edition (which you are welcome to borrow) signed by the author at the 2000 CTC York gathering. There is now a second edition that I have not seen - unaccountably the *Mudflap* was not sent a review copy. GK

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